

*"If you love Rumi, Hafiz, The Tao, if you love words dancing out of the mystery, welcome to *The Radiance Sutras*, these are among the most profound and luminous verses you will ever read."*

JACK KORNFIELD, author of *A Path with Heart*

THE RADIANCE SUTRAS

112 GATEWAYS TO
THE YOGA OF
WONDER & DELIGHT

LORIN ROCHE, PhD

Foreword by Shiva Rea

Lorin Roche

The Radiance Sutras: 112 Gateways to the Yoga of Wonder and Delight (English and Sanskrit Edition)



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what he describes as " At once a beautiful love song and an encyclopedia of yogic techniques, the cherished text referred to as the Vijnana Bhairava Tantra shimmers with brand-new effulgence in Lorin Roche's The Radiance Sutras. Lorin brings us his unique perspective on each of 112 Sanskrit teachings, along with his one-of-a-kind guidance in how to meditate with, embody, and practice them—The gateways to wonder and delight are flung open wide for all to enter.harmonizing all of the elements and degrees of your beingThe depths of your link with the energies of lifeTaken all together, this teaching is definitely startling in its breadth and the large range of human experience that it encompasses. With The Radiance Sutras, yoga and meditation students everywhere can nurture their very own relationship with these living wisdom teachings.Here's an invitation to see straight the ecstatic depths of yoga as revealed simply by the divine partners Shiva and Shakti, via an intimate exploration of:The divinity that is permeating your body at this extremely momentThe alchemical power of SanskritYoga meditation—answering the decision of the sutras you love. This is a book to savor one phrase at the same time, over a period of times or years or an eternity."



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Beautiful, well presented - rather than quite the original text This is an extremely fine book of practices. The dual presentation (the practices in a single group, and the Sanskrit keywords in another) gives two viewpoints about each practice. The writer also tells you how exactly to pronounce the Sutras, even if you have no idea the unusual pronunciation that's found in the Roman-letter transcription of Sanskrit. Excellent Research Documenting that Kriya Techniques were well known prior to Babaji's Initiation of Shyama Charan Lahiri. They are an interpretation - an inspired and helpful interpretation, however, not exactly what the old text message says. The author admits that, and clarifies why he did it. He has also given a well-commented bibliography which will direct the reader to more exact versions. In case you are charmed by this collection, you can expect to be buy another version the offers the original meanings. Sutra 7 gives the equivalent of first kriya, and sutra 155b provides equivalent of the foundational kriya mantra 'hong sau. While this is true enough, you can use this volume as a companion to the original translated by Jaideva Singh. When I compare the initial sutra's translation against its counterpart in The Radiance Sutras I find them to be in comprehensive harmony. I am a Sanskrit instructor, and have browse and studied the Vijña Bairava in Sanskrit, so I didn't be prepared to be, well, impressed, by a presentation that's not a 100 % pure translation of the written text, but I was stunned. I am extremely aware these sutras are the lynchpin kriyas more than 100 years before Babaji introduced them to Sri Shyama Charan Lahiri. Each one of these 112 sutras may lead the practitioner to an awakening and each one is based on some observation of phenomena included in your very own being. Beautiful Sutras. No various other equipment or further purchases required. For instance, one sutra is founded on the built-in repetition of a mantra most of us say a large number of times every day once we breathe, but by no means with awareness. We also see that in your earlier graduate function you research the problem of the hazards of meditation. 'Until I read these I have been 'accusing' my guru P. I first bought the Jaideva Singh translation and discovered that on the flyleaf the reader is advised to first get yourself a philosophical grounding by reading the Siva Sutras (translation also available by Jaideva Singh). I took that information and am pleased I did so. Yogananda of giving out kriya indiscriminantly in his 1925 Yogoda or Tissue-Will Program of Physical Perfection. I was, frankly, stuck in getting an ever deeper understanding of the Siva Sutras - a book I possibly could seriously spend the rest of my life studying all on its own. So my advice - echoing the flyleaf of the Jaideva Singh's translation of the Vijnanabhairava - is to browse the Siva Sutras first, then do the practices here next. yes, it's that deep - when I discovered the Radiance Sutras. Its discovery prompted me to use of my research of the Siva Sutras to attempt the methods of the Vijnanabhairava. speaks of Yogananda as "democratizing kriya" and I'll leave him to defend that assertion, but perhaps we might now see Yogananda while attempting to bring India's entire spiritual legacy to the West (and not just that of Babaji's kriya). These Sutras, however, are not a literal translation of the original Vijnanabhairava. Thank you Dr. Many thanks for that. fame is approximately the only real other Master I understand that gives examples of the psychosis that may and fairly predictably will ensue at the best reaches of meditation prior to nirvikalpa samadhi. Yogananda, I must admit that the inclusiveness represented in these sutras is astoundingly refreshing and helpful. I found each someone to end up being jewel and each demonstrated how the manifested universe offers embedded in it, and in each of us, what I can only describe as 'life hacks for awakening'. Inspired and inspiring Many reviews here will tell you that this isn't the original Vijnanabhairava. Knowing of my interest in nondual philosophies, a friend of mine introduced me personally to Kashmir Shaivism and first recommended the Vijnanabhairava to me many years ago. I would say that understanding the basics of the Siva

Sutras should be considered prerequisite to tackling this practice. YOGODA or Tissue-Will Program of Physical Perfection: Including 3 Chapters on Focus and Meditation Techniques by Swami Yogananda (2016-04-19) Perhaps instead he was giving Sutra 7 as a breathing mantra yet without attributing it to its source. Phil Goldberg The Life of Yogananda: The Tale of the Yogi Who Became the First Modern Guru The knowledge - and the Radiance Sutras' contribution to that experience - offers been very enriching. Apprenticed to a Himalayan Grasp: A Yogi's Autobiography Powerful stuff here. Roche for bringing this publication to light! Each page is wow Beautiful book, Never-the-less let me emphasize that to find these sutras to be brilliantly refreshing We also see them soulfully solacing and curative. and Trip Continues: A Sequel To Apprenticed To A Himalayan Master After 40 years of discipline as a kriya yogi disciple of P. In any case I many thanks for your excellent function! Wonderful, very helpful. A fresh go to reserve for me! This is simply a wonderful book. So we'll written and useful for an uplifting second as well as daily meditations. The Heart of Tantra, a Jewel of a Presentation The Radiance Sutras by Lorin Roche is a breathtakingly beautiful, poetic presentation of the Vijña Bairava Tantra text. It isn't a translation, per se, but a poetic re-presentation, and therefore, it in fact captures the essence of the real text better than many translations! Each night, I've worked well my way through the Vijnanabhairava and the Radiance Sutras one sutra at a time and contemplated the meaning of what I'd examine then did the workout each sutra defined. I love reading these every minute I could to meditate and reflect.! The Vijña Bairava Tantra seeks showing us how to open up our hearts to the awareness of the Divine, ever-present inside our lives. That message is manufactured beautifully, perfectly, open to us, in Lorin Roche's The Radiance Sutras. Beautiful Sutras. I love reading these every second I could to meditate and reflect. Awakening is available within! Lorin Roche offers let the Vijña Bairava enter his becoming and talk with him, and then has used his personal poetic gift to bring it alive for others. This is so beautiful, and so profound in its teachings I have ... That is so beautiful , and so profound in its teachings I've given several copies as gifts. It really is one of the best books ever! By capturing the spirit, the essence, and the lifestyle of the Vijña Bairava, he has taken forth something that isn't just lovely, moving, and highly available, but is eerily more accurate than even more traditional translations. Five Stars Love every page a delight for the senses Spiritual, joyful, engaging, every page a delight for the senses. Sri M of



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