

## Psychology Of Buddhist Tantra

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Tantra—often associated with Kundalini Yoga—is a fundamental dimension of Hinduism, emphasizing the cultivation of "divine power" (shakti) as a path to infinite bliss. Tantra has been widely misunderstood in the West, however, where its practices are often confused with eroticism and licentious morality.

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He is the author of "The Psychology of Buddhist Tantra", "The Wisdom of Imperfection", "The Courage to Feel" and "Preparing for Tantra". Addeddate 2014-05-13 03:15:16.389257

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Preece has been working as a psychotherapist since 1987 and gives workshops on comparative Jungian and Buddhist psychology. An experienced meditation teacher and thangka painter, he lives in London and is the author of The Wisdom of Imperfection and The Psychology of Buddhist Tantra.

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CentreLondon, June 2-3, 2012

## **"The Psychology of Transformation: Understanding Buddhist ...**

Excerpts from article - "From the mahayana buddhist point of view, all sentient beings possess Buddha nature, the potential to become a Buddha, just naturally. This potential defines us. For the Tibetan Buddhist, every practice—from the most basic: harnessing the energy of our behaviour; to the most advanced: tantric meditation—is for the purpose of achieving Buddhahood, enlightenment.

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