



# Tantra Illuminated: The Philosophy, History, and Practice of a Timeless Tradition

*By Christopher D Wallis*

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## **Tantra Illuminated: The Philosophy, History, and Practice of a Timeless Tradition** By Christopher D Wallis

Tantra Illuminated takes the reader on a fascinating journey to the very heart of Tantra: its key teachings, foundational lineages, and transformative practices. Since the West's discovery of Tantra 100 years ago, there has been considerable fascination, speculation, and more than a little misinformation about this spiritual movement. Now, for the first time in the English language, Tantra Illuminated presents an accessible introduction to this sacred tradition that began 1,500 years ago in the far north of India. Using translations from primary Sanskrit sources and offering a profound look at spiritual practice, this book reveals Tantra's rich history and powerful teachings.

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### **Editorial Review**

#### **About the Author**

Christopher D. Wallis (Hareesh) was introduced to Indian spirituality at the age of six and initiated into the practice of meditation and yoga at sixteen. While traveling around the world in his early twenties, he felt an inner inspiration to study, teach, and practice Indian spirituality as the focus of his life. A highly decorated scholar with a Masters of Philosophy in Classical Indian Religions from the University of Oxford, he is currently a Ph.D. candidate in Sanskrit at the University of California, Berkeley. He has received traditional yogic education at ashrams in India, Thailand, and New York. Hareesh teaches internationally on meditation, yoga philosophy, Sanskrit, and chanting, and he also offers spiritual coaching. He is the founder of the Mattamayura Institute for Studies in the Tantrik Arts and Sciences: [mattamayura.org](http://mattamayura.org) Christopher's teaching balances accuracy with accessibility, profundity with clarity, and intellectual integrity with heart-expanding inspiration.

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