



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

By Christopher D Wallis

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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 Christopher's teaching balances accuracy with accessibility, profundity with clarity, and intellectual integrity with heart-expanding inspiration.

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