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Tibetan Tantric Practice, also known as "the practice of secret mantra", and "tantric techniques", refers to the main tantric practices in Indo-Tibetan Buddhism. The great Rime scholar Jamgön Kongtrül refers to this as "the Process of Meditation in the Indestructible Way of Secret Mantra" and also as "the way of mantra," "way of method" and "the secret way" in his Treasury of Knowledge . [2]

Tibetan Tantric Practice - Wikipedia

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Buddhist Tantric texts began appearing in the Gupta Empire period though there are texts with elements associated with Tantra that can be seen as early as the third century. By the eighth century Tantra was a dominant force in North India and the number of texts increased with numerous Tantric pandits writing commentaries.

Tantras (Buddhism) - Wikipedia

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Classes of Tantra in Tibetan Buddhism refers to the categorization of Buddhist tantric scriptures in Indo-Tibetan Buddhism. Tibetan Buddhism inherited numerous tantras and forms of tantric practice from medieval Indian Buddhist Tantra. There were various ways of categorizing these tantras in India. In Tibet, the Sarma schools categorize tantric scriptures into four classes, while the Nyingma school use six classes of tantra.

Classes of Tantra in Tibetan Buddhism - Wikipedia

Anticipating the many questions Westerners have upon first encountering tantra's colorful imagery and veiled language, Tantra uses straight talk to explain deities, initiations, mandalas, and the

body's subtle physiology of channels and chakras. Tantric Buddhism provides a quick avenue to buddhahood by means of dissolving the body's wind energies into the central channel at the heart, mimicking the transformations of consciousness that occur at the time of death.

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