



Tantric Techniques

Jeffrey Hopkins

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Deity yoga is the meditative practice of imagining oneself as an ideal being, fully endowed with compassion, wisdom, and their resultant altruistic activities. The idea is that by imagining being a Buddha one gets closer to actually achieving Buddhahood. *Tantric Techniques* offers a complete system of Tantric meditation comparing the views of three seminal Tibetan authors on deity yoga and on issues such as how to safeguard against psychological inflation and how to use negative emotions on the path.

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