



## Vajrayogini: Her Visualization, Rituals, and Forms (Studies in Indian and Tibetan Buddhism)

By Elizabeth English

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Vajrayogini is a tantric goddess from the highest class of Buddhist tantras who manifests the ultimate development of wisdom and compassion. Her practice is prevalent today among practitioners of Tibetan Buddhism. This ground-breaking book delves into the origins of Vajrayogini, charting her evolution in India and examining her roots in the Cakrasamvara tantra and in Indian tradition relating to siva.

The focus of this work is the *Guhyasamayasadhanamala*, a collection of forty-six *sadhanas*, or practice texts. Written on palm leaves in Sanskrit and preserved since the twelfth century, this diverse collection, composed by various authors, reveals a multitude of forms of the goddess, each of which is described and illustrated here. One of the *sadhanas*, the *Vajravarahi Sadhana* by Umapatideva, depicts Vajrayogini at the center of a mandala of thirty-seven different goddesses, and is here presented in full translation alongside a Sanskrit edition. Elizabeth English provides extensive explanation and annotation of this representative text. Sixteen pages of stunning color plates not only enhance the study but bring the goddess to life.

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**Vajrayogini: Her Visualization, Rituals, and Forms (Studies in Indian and Tibetan Buddhism)** By Elizabeth English Bibliography

- Sales Rank: #1109824 in Books
- Brand: Brand: Wisdom Publications
- Published on: 2002-11
- Released on: 2002-06-15
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 1.70" w x 6.00" l, 1.83 pounds
- Binding: Paperback
- 608 pages

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#### **About the Author**

Elizabeth English (Locana) received her MA and PhD in Classical Indian Religion from Oxford University and is a member of the Western Buddhist Order. She is the founder and director of Life at Work, a right-livelihood business that provides consultancy and training for supporting people, teams, and organizations through communication skills and conflict resolution.

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