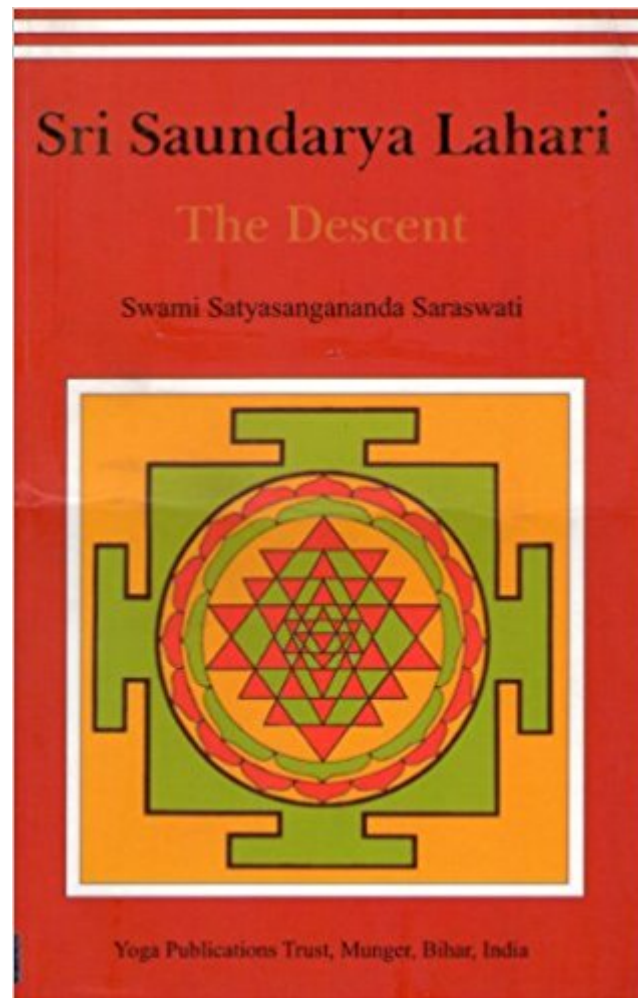




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# Sri Saundarya Lahari/The Descent



## Synopsis

This masterful commentary on Saundarya Lahari reveals Shakta Tantra for every level of aspirant. The original Sanskrit text by Adi Sankaracharya has been translated and explained in a lucid and eloquent style, which brings the reader into the living presence of the Goddess. The 103 mantras of the text are presented here as meditations and visualisations of Sri Devi, the root matrix of creation, depicting her divine form as a path of highest sadhana and realization. The text deals with the essence of tantric philosophy and sadhana, elucidating the esoteric traditions of Sri Vidya, the Dasa Mahavidya, kulakundalini, chakras and tattwas, and their usage to bridge the gap between the outer and inner experience. Sri Soundarya Lahari, the Descent, an exposition of the feminine divine, is substantiated and enhanced by the personal experience and in-depth study of the author. Also included are a comprehensive introduction, prayoga (uses of the mantras, yantras and especially the mandalas contained in the text, transliteration and index.

## Book Information

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## Customer Reviews

Seriously incredible. This symbol came to me during a deep meditation, and I had no idea what it meant... had never seen it before in waking life. I then stumbled upon this book and am blown away! I could write an entire essay on my admiration for this book and the concepts of the divine, creativity, and unity within it, but I will just make this one point here: the translation is wonderful because though it's easy to understand and written in plain English, it still maintains the depth and quality of (what I imagine) the original thoughts contain.

I don't think that I have any background of tantra, much less Shakti tantra. From my experience with this book, please know this book is very powerful, very well written and touches deep deep in heart. It is such a blessing to have Swami Satsangi ji share her direct knowledge with us.

This is beautifully clear and well-written. A fantastic introduction to Sri Saundarya Lahari.

Yes!

very detailed, just like I want :)

This book is a practical guide for the use of the Soundarya Lahari. It is clear, concise, and generally complete for a safe (relatively) tantric practice to obtain specific spiritual and worldly desires. The information on each verse, and its application sometimes is limited as I have a comparative text from Karunamayi concerning the first verse and its use to clean the Muladhara, Manipura and Anahata chakras with a diet, etc... In Karunamayi's explanation no use is mentioned of this verse being for the obtaining of prosperity or overcoming obstacles, and in this book no mention is made of the use to clean the chakras, diet, etc... Two very different explanations - both valid but I suspect and feel that this book has not given other specific uses as to limit what people will actually use it to obtain. This doesn't necessarily apply to all the verses and I'm sure Karunamayi would not give out the more advanced uses either to the general public. I have started to use the first verse without the required gold plate - which I will pick up in two days. However I did do 500 repetitions of the first verse yesterday in the lotus and have been using it for about a week. The results are interesting - much light in the third eye circling around, consciousness projection through my third eye, telepathic and spirit communication including physical and energetic touch on even mundane things as waking me up with "Time to get up" and a gentle slap in the face (which I needed - had to go out). I will further update this after I use the gold plate and mandala for the required 12 days - if my knees hold out for three or four hours in the lotus. Hari Shreeyam (M. Rephen)

Swami Satyasangananda Saraswati has done amazing work and this work will keep her name in eternity. This book is the best commentary I have read on Soundarya Lahari among the few commentaries I read so far. This commentary by Swami has been written keeping in mind for a common man/ woman. It is written in simple way and easy to understand. Swami was personally trained for Mother Goddess worship by Guru Swami Satyananda. He trained a group of sanyasins

and Swami was the lead among them. Saundarya Lahari has traditionally 100 slokas, in some other places, it is considered to be 103 slokas. Each sloka is 4 line sanskrit verse. Swami considers each sloka as a mantra. Swami has done both verbal japa and writing japa of the mantras. She had also hand drawn each of the Yantra pictures, about a dozen time for teaching and training purposes. She has mastered tantra and yantra. This book reflects her personal and inner experiences. This book's front cover some what resembles Swami's earlier book Sri Vijnana Bhairava Tantra The Ascent (SVBT), in red colour and showing Sri Chakra. Out of 510 pages, first 92 pages are written only for introduction, similar to SVBT. The big introduction covers glimpse of various mantras and gives the big picture, after connecting the mantras to each other. Next 320 pages are commentaries on each of the 103 mantras. Each of 103 mantras of SL has been given in sanskrit script, then in english with sanskrit pronunciation, then word by word meaning, over all meaning, relevance of the words used and then commentary. Swamiji has also given meditation exercises on some verses/ slokhas. I personally like the moon meditation and has been practicing for a while. Last 98 pages speak about prayoga and appendices for sanskrit text and english translation, glossary, index, etc. First 41 mantras describe the mystical experience of the union of Shiva and Shakti and related phenomena. The opening mantra (sloka 1) provides complete theme of Soundarya Lahari, union of Shiva and Devi. Remaining and last mantras describe the beauty of the Goddess in the order of top to bottom (the descent). As per traditional practice one is not supposed to be discussing mantras openly. So I am not privileged. However I can say that commentaries on the mantras are excellent and providing deep and great insights. I felt the inner sensation of being in Her presence while reading the book. I would say thanks and appreciation to author who has written in simplified, elaborative way. I would recommend this book for a serious Tantra Practitioner or aspiring Practitioner. If some one seeks specific benefits, he/she/ they can pray to Goddess Devi by chanting these mantras, either with one mantra or multiple mantras or entire Soundarya Lahari itself, for a specific number of times during each day. For best benefits, one should practice the meditation or chanting at 4 am with complete faith and surrender to Her and the he/she/they can see the results within few days. Mantra Japa is very powerful. I vouch for it with my personal experience.

Excellent, clear, engaging. Various vidhis are explained.

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