

The Radiance Sutras: 112 Gateways to the Yoga of Wonder and Delight

By Lorin Roche

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The gateways to wonder and delight are flung open wide for all to enter. At once a beautiful love song and an encyclopedia of yogic techniques, the cherished text known as the Vijnana Bhairava Tantra shimmers with new effulgence in Lorin Roche's *The Radiance Sutras*. Lorin brings us his unique perspective on each of 112 Sanskrit teachings, along with his one-of-a-kind guidance in how to meditate with, embody, and practice them—what he describes as "answering the call of the sutras you love."

Here is an invitation to experience directly the ecstatic depths of yoga as revealed by the divine partners Shiva and Shakti, through an intimate exploration of:

- The divinity that is permeating your body at this very moment
- The alchemical power of Sanskrit
- Yoga meditation—harmonizing all the elements and levels of your being
- The depths of your connection to the energies of life

Taken as a whole, this teaching is startling in its breadth and the huge range of human experience that it encompasses. This is a book to savor one phrase at a time, over a period of days or years or a lifetime. With *The Radiance Sutras*, yoga and meditation students everywhere can nurture their own relationship with these living wisdom teachings.

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Editorial Review

Review
"Like feeling and reading Shakti in print. I read a little bit each day, then close my eyes and do the exercise, or ponder the thought. I let the warm sweet loving words and imagery wash and heal my many layers of self." - Lilias Folan

"Meditation teacher Roche (*Meditation Made Easy)* gives a contemporary interpretation of an ancient text: the *Vijnana Bhairava Tantra.* The book includes an incisive foreword by yoga luminary Shiva Rea, who observes that following even one of the titular sutra is 'enough to change a life.' Roche explains that he calls the text 'The Radiance Sutras' because the writings are so luminous: the compendium is set as conversation between two lovers, Shiva and Shakti, and covers breathing, tasting sleeping, making love, and sensory vehicles for “realizing your nature.” With each entry presented in Part One, Roche includes the Sanskrit script, transliteration, and pronunciation. Part Two, 'Invitations and Illuminations,' offers 112 meditation practices (*yuktis)* that guide readers toward falling in love with their own existence. Readers with advanced meditation experience will appreciate the intensity of Roche’s knowledge of and experience with this ancient text, and newcomers will be drawn to the beauty and radiance of the verses, as well as the accessibility and creativity of the practices."
—***Publishers Weekly***

“If you love Rumi, Hafiz, The Tao, if you love words dancing out of the mystery, welcome to *The Radiance Sutras*: these are among the most profound and luminous verses you will ever read.”
—**Jack Kornfield**, author of *A Path with Heart*

“If you are wild and longing for a more profound experience of love, this book is the perfect companion and teacher. If you’re afraid to explore the inner reaches of your heart but long for that freedom, you can trust the magnificent journey *The Radiance Sutras* offer. You will be blessed by this book—it will forever change you in the most positive, surprising ways.”
—**Judith Orloff, MD**, author of *The Ecstasy of Surrender*

“Lorin Roche’s poetic renderings of the Vijnana Bhairava Tantra are a gift to anyone who loves the inner world. They arise from the currents of his own meditation, grounded in deep practice. These verses can draw light into your sitting practice and shed wisdom into your days. Keep this book by your bed, hold its inspiration in your heart, and let these verses pulse through your life with the radiance of the tantric revelation.”
—**Sally Kempton**, author of *Meditation for the Love of It* and *Awakening Shakti*

"The most inspiring rendering of the Vijnana Bhairava I have ever encountered. Juicy, hip, intelligent, and the best companion for your daily life. We all need daily reminders to ‘celebrate the boundary where body meets infinity.’”
—**Margot Anand**, author of *The Art of Everyday Ecstasy*

“Lorin Roche is a tantric troubadour! His engaging and lively versions of *The Radiance Sutras* capture the joy and spontaneity of the original Sanskrit and are a unique window onto the meditative experience.”
—**David Gordon White**, author of *Sinister Yogis* and *Kiss of the Yogini*

“*A* treasure trove of invaluable spiritual jewels. Pick up any of these jewels and behold, as precious esoteric knowledge suffuses your entire being with ineffable joy, love, and ‘knowing.’”
—**Raz Ingrasci**, chairman, Hoffman Institute International

From the Author

A LANGUAGE OF LOVE
A Tantra is a conversation between the Goddess Who Is the Creative Power of the Universe and the God Who Is the Consciousness that Permeates Everywhere. For short, they call each other Devi and Bhairava, or Shakti and Shiva. They are lovers and inseparable partners, and one of their favorite places of dwelling is in the human heart.
The text has the feeling of one richly experienced body speaking with love to another body.
Their inquiry is about how to enter into the vibrant essence of the world with the dual balance of passion and detachment. The teaching emerges from their love-play, reminding us that from within our own hearts we are educated in the spirit of love. They lived this teaching. The secret pathways in the body and the flow of delicious energies are revealed in words that one friend or lover would speak to another. The text invites us to be at home in the universe by accepting every intense experience, every sensual delight, every ordinary moment, as a gateway to the divine.
The conversation begins with Devi asking, "Beloved, tell me, how do I enter more deeply into the reality of the universe?" In reply, Bhairava describes 112 techniques for becoming enlightened through everyday life experience. Each of these techniques is a way of attending to the rhythms, pulsations, and sensuousness of the divine energy that we are made of and that flows through us always. As we engage with these meditation techniques, we are alerted to the presence of the sacred that permeates our bodies. All of these methods involve savoring the incredible intensity underlying the most common experiences. They work by activating the senses, by ??????????????extending the range of the senses further into the inner and the outer world. The basic dynamics of life--breathing, falling asleep, waking up, walking, loving--are all used as gateways to alignment and enlightenment.
Each meditation is a deep dive into aliveness, into the underlying reality of what life is. Balance is there at every step; the unshakable serenity of the depths is used as a foundation so that we can tolerate the electrifying vastness of the universe. We are invited to cross the threshold, to walk by the guardian of the gate, to face our terrors, and make our way into the immense and timeless mystery that is always calling.
Many of these meditation techniques are surprisingly informal: Notice a powerful emotion, sensation, or desire, and enter into that awareness with total abandon, so that you go with it right into the root movement of the universe. When making love, put your aware- ness into the flame of passion pulsating through the body and become that flame. Falling asleep, pay attention to the transition from waking consciousness to unconsciousness, and catch a glimpse of what con- sciousness itself is. Or go outside on a moonless night and simply merge with the darkness and vastness of space.
The text also describes what we think of as traditional yoga medita- tions--ways of savoring breath, sound, and internal luminosity. The intimacy with the self implied in these teachings means that tantra is not a set of techniques imposed from outside. Rather, the method emerges naturally from one's relationship with the self and with life. Lose yourself in intense experience, and find your Self. In this text, the word yoga is used in its etymological sense, "the act of joining, linking together." Yoga is connecting--connecting all the elements and levels of your being.
The tone of the text is playful and exploratory--jump in and feel everything. Lila is Sanskrit for "play," "amusement," and the sense that the universe has been manifested as an act of play by the divine. Through play, find your way. In play, find freedom, revelation, illumination.

From the Inside Flap

FOREWORD BY SHIVA REA
In your hands, you hold a treasure. The Radiance Sutras, the life-work of beloved writer and teacher Lorin Roche, is a contemporary interpretation of the timeless, universal meditations of the Vijnana Bhairava Tantra. The 112 con- templative meditations known as both yuktis and dharanas unfold as a sacred exchange between the divine masculine as Shiva, or Bhairava, and the divine feminine as Shakti, or Bhairavi. This sacred teaching was revered by the great sages of tantra, including Kshemaraja in the 11th century through this last century's yoga masters Swami Lakshman Joo, the yogini Lalita Devi, and Swami Muktananda. The Vijnana Bhairava Tantra provides a way into the universal realization of divine embodiment that is developed fully within the tantras. Universal, sensual, very human experiences such as breath- ing, tasting, seeing, waking up, sleeping, getting angry, and making love become vehicles for realizing your nature. This happens at a deep level of vibration through the living current, spanda shakti, the pulsating source of consciousness of the early Trika-Krama lineages of tantra that knew of the quantum wave long before modern physics. Lorin has brought the Vijnana Bhairava Tantra alive for a wide audience in a way similar to how Coleman Barks revived the poetry of the great Sufi teacher, Jelauddin Rumi. These poetic interpretations have brought the vibratory wisdom of the tantras to the most neglected places within Western embodiment, as Lorin breathes a rhythm and life to lan- guage through his own realization. He has opened a doorway into the tantric realization of the divya deha, the divine body, the shimmering flow of embodied consciousness manifesting as Shakti and returning to infinite potency as Shiva.
-- SHIVA REA Malibu, California August 2014

Users Review

From reader reviews:

Betty Ahlstrom:

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William Butcher:

The knowledge that you get from The Radiance Sutras: 112 Gateways to the Yoga of Wonder and Delight is the more deep you rooting the information that hide inside words the more you get thinking about reading it. It does not mean that this book is hard to understand but The Radiance Sutras: 112 Gateways to the Yoga of Wonder and Delight giving you enjoyment feeling of reading. The article writer conveys their point in specific way that can be understood by anyone who read the idea because the author of this publication is well-known enough. That book also makes your current vocabulary increase well. Making it easy to understand then can go along, both in printed or e-book style are available. We propose you for having this kind of The Radiance Sutras: 112 Gateways to the Yoga of Wonder and Delight instantly.

Sandy Reid:

A lot of people always spent their own free time to vacation or maybe go to the outside with them household or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity that is look different you can read any book. It is really fun in your case. If you enjoy the book that you simply read you can spent all day every day to reading a book. The book The Radiance Sutras: 112 Gateways to the Yoga of Wonder and Delight it is rather good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. Should you did not have enough space to bring this book you can buy the particular e-book. You can m0ore quickly to read this book from your smart phone. The price is not too costly but this book offers high quality.

Scott Settle:

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