



The Psychology of Buddhist Tantra

Rob Preece

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This book masterfully clarifies the nature of tantric practice. In contrast to the approaches of conventional religion, tantra does not attempt to soothe the turmoil of existence with consoling promises of heaven and salvation. The tantric practitioner chooses to confront the bewildering and chaotic forces of fear, aggression, desire, and pride, and to work with them in such a way that they are channeled into creative expression, loving relationships, and wisely engaged forms of life. In order to make the processes of tantra psychologically intelligible for a contemporary reader, Rob Preece makes judicious use of the work of modern psychotherapy, forging a compelling link between a Western tradition that hearkens back to the alchemical traditions of our own past and the comparably alchemical strategies of Tibetan Buddhist tantric practices. In keeping with the pragmatic and therapeutic aims of both psychotherapy and Buddhist meditation, *The Psychology of Buddhist Tantra* never loses sight of the central importance of applying these ideas to the concrete realities of day-to-day life. By illuminating the richly symbolic language of tantra through the intermediate language of psychology, *The Psychology of Buddhist Tantra* points to the transformative nature of tantric practices.

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