

ENTERING THE MANDALA

This is a collection of live-recordings from a meditation Retreat called *Entering the Mandala* that took place on Orcas Island, Washington October 4 – 6, 2013.

In the course of this Retreat, I imparted a body of information called *Chitananda Tantra*. The word Chitananda is Sanskrit in its origins—meaning knowledge (*chit*) and bliss (*ananda*). Within this context, tantra refers to *energy practices of the mind*, and Chitananda Tantra essentially means *knowledge of bliss*.

This form of tantra is a method to attain self-liberation, or Enlightenment, through the act of training your brain/mind to enter blissful and self-liberating

states of mind at will. These enlightened states of mind lead you, by their very nature, to deep spiritual insight and to a direct experience of your own transcendent nature—unbound by time, space, place or circumstance.

Chitananda Tantra is a result of my many decades of exploration into tantric methods and philosophies drawing from multiple sources including BonPo Shamanism, Tibetan Buddhism, Taoism/Daoism and various forms of Yoga from ancient India.

There are 8 CDs in this set of recordings, and I recommend you listen to them successively because each session builds on

previous sessions. A lot of these sessions are skill-building in nature, meaning that they train your brain/mind to create new neurological networks and ways of perceiving mental/emotional experience. If you skip over a session, you might miss an invaluable skill-building portion of the tantra.

There are also 14 tantric sound meditations in this set of recordings. Since these meditations are designed to explore inner states of awareness, *do not listen to the sound meditations in situations requiring alertness such as driving a car or operating machinery*.

It is also a good idea to sit in silence for a few minutes

after listening to these sound meditations before moving into outer activity or before proceeding to the next track on the recording. This is because some of the most powerful times during a sound session occur immediately afterward.

For ease of use, the names of the tracks and their lengths are noted separately on each CD.

If you would like to view and/or print the class handouts that were given to participants at this Retreat, go to the Articles Section at www.tomkenyon.com. Scroll down to find an article titled *Entering the Mandala (Class Hand-outs)*.