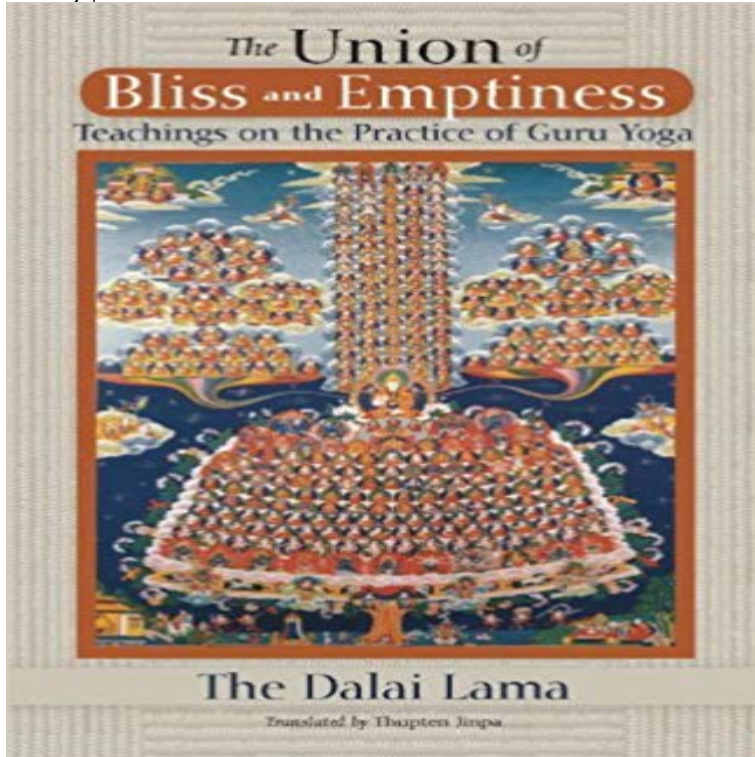


# The Union Of Bliss And Emptiness: Teachings On The Practice Of Guru Yoga



Guru yoga is the force that gives vitality to a serious practitioners meditation. Combining the essential aspects of the sutra path with the profound tantric techniques that activate the latent spiritual forces within us, it lays the framework of the entire Buddhist path and sets down the guidelines for undertaking a complete form of practice on a daily basis. Tantric meditation depends largely upon inspiration, and this practice taps the inspiration of unbroken lineage.

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