



The Real Rasa - A Joyous Initiation into Tantra & Buddhist Multiplicity

Julian Wilde

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"In spiritual matters you have to follow your heart. But in order to do that you have to know your true heart first." "Rasa" means juice, flavour or essence. In this colourful, challenging and provocative book, Julian Wilde, poet, artist, musician, martial arts teacher and a practicing Buddhist for over forty years, draws upon mythology, folk tales, Jungian psychology and his own experiences of Tantra and Tai Chi Chuan. He offers insights into the various schools and techniques of Buddhism and Hinduism, and personal revelations from his long spiritual journey. His perceptions are extremely knowledgeable, often humorous and sometimes painfully honest. He is also highly opinionated and guaranteed to inspire, entertain and offend! This book offers a joyous initiation into Buddhist multiplicity, putting a Tantric tilt on mainstream practice and methodology. A hymn to the various Gods and Goddess too, it's intriguing and entertaining, a heady brew of high spiritual insight and controversy. It contains nothing less than the "The Real Rasa"!

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