

## Contents

|               |        |
|---------------|--------|
| Foreword      | iii    |
| Preface       | v      |
| Abbreviations | ix     |
| Introduction  | 1 – 19 |

Man does not live by bread alone-searches the source of true bliss. Kaśmīra śaivism a way of thinking very practical in the attainment of human goal. Thirty six elements elaborated. Vasugupta, Kallaṭa, Somananda, Utpaladeva, Rājānaka Rāmakaṇṭha, Utpala Vaiṣṇava, Lakṣamaṇa Gupta, Bhāskara, Bhaṭṭanārāyaṇa, Kṣemarāja, Yogarāja, Nārāyaṇakaṇṭha, Rāmakaṇṭha II, Bhaṭṭa Vāmadeva, Subhaṭṭa Datta, Jayaratha, Śobhākara Gupta, Lalla, Śitikaṇṭha, Siddha Gorakṣanātha, Cakrapāṇinātha, Ādyanātha are introduced as Kaśmir Śaiva writers-light thrown on Kaśmīra Śaiva Thought, the Tantrāloka, Abhinavagupta's contribution-other Śaiva Scholars discussed-cultural heritage dwelt upon.

|                       |                                                                                                                                                                                                                                                                                                                     |                |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| <b>Chapter - I</b>    | : <b>Abhinavagupta's Life and Works</b>                                                                                                                                                                                                                                                                             | <b>20-37</b>   |
|                       | Birth place, time, parentage, education, teachers, works etc.                                                                                                                                                                                                                                                       |                |
| <b>Chapter - II</b>   | : <b>Contents of <i>Tantrāloka</i></b>                                                                                                                                                                                                                                                                              | <b>38-94</b>   |
|                       | Chapterwise details of first ten to fifteen <i>Āhnikas</i> mentioned. Rest of the thirty seven <i>Āhnikas</i> very briefly introduced.                                                                                                                                                                              |                |
| <b>Chapter - III</b>  | : <b><i>Tantrāloka</i> and Human Goal</b>                                                                                                                                                                                                                                                                           | <b>95-127</b>  |
|                       | <i>Tantrāloka</i> a voluminous work - <i>Pratyabhijñā</i> , <i>Krama</i> , <i>Kula</i> systems discussed among other significant issues.                                                                                                                                                                            |                |
| <b>Chapter - IV</b>   | : <b>Jayaratha - the Commentator</b>                                                                                                                                                                                                                                                                                | <b>128-134</b> |
|                       | The famous <i>Tantrāloka</i> could not be understood without the <i>Viveka</i> of Jayaratha - a self-realized soul - Jayaratha's attainment of his life time is the commentary of <i>Tantrāloka</i> . His birth, parentage, teachers. As a commentator he is loyal to the original writer but not a blind follower. |                |
| <b>Chapter - V</b>    | : <b><i>Tantrāloka</i> and India's great cultural Heritage</b>                                                                                                                                                                                                                                                      | <b>135-141</b> |
|                       | <i>Vedas</i> embrace the whole mankind as one family - The <i>Tantrāloka</i> deep rooted in Indian Culture.                                                                                                                                                                                                         |                |
| <b>Conclusion</b>     |                                                                                                                                                                                                                                                                                                                     | <b>142-156</b> |
| <b>Bibliography</b>   |                                                                                                                                                                                                                                                                                                                     | <b>157-162</b> |
| <b>Sanskrit Index</b> |                                                                                                                                                                                                                                                                                                                     | <b>163-167</b> |
| <b>English Index</b>  |                                                                                                                                                                                                                                                                                                                     | <b>168-172</b> |