



# The Double Mirror: A Skeptical Journey into Buddhist Tantra

*Stephen Butterfield*

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## **The Double Mirror: A Skeptical Journey into Buddhist Tantra** Stephen Butterfield

In *The Double Mirror*, the author's personal history-- as a student of the late Tibetan master Chogyam Trungpa, known for his unconventional lifestyle and "crazy wisdom" teaching style-- is the framework for an incisive and eloquent examination of a profound spiritual journey. Writing both from a critical perspective and from his direct experience of Vajrayana practice, the author look at Buddhist tantric teachings and practices and their expressions in Vajradhatu, Trungpa's organization. While discussing how the institution may sometimes function like a "cult," Butterfield nonetheless experiences Buddhist tantra as an authentic system of profound spiritual transformation.

*The Double Mirror* explores the effects of Buddhist practice on personality, autonomy, perception, and health, and discusses what Buddhism has to offer American. With skeptical intelligence, Butterfield illuminates the stages, teachings, and assumptions of the Tibetan Buddhist path, offering a frank and insightful portrayal of the ideal and reality of spiritual life.

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