



**TOUCHING  
ENLIGHTENMENT**  
Finding  
Realization in the  
Body

**Reginald A. Ray,  
Ph.D.**

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## Touching Enlightenment

### About the Author: Reginald A. Ray, Ph.D.

Reginald A. Ray, Ph.D. is one of the most innovative and experienced meditation teachers currently teaching in the West, drawing on thirty-eight years of study within the Tibetan tradition and many years of solitary and group retreat practice.

He received his Ph.D. from the Divinity School of the University of Chicago in 1973. After spending a year in India on a Fulbright-Hays fellowship, studying Tibetan and completing his dissertation, he took up a tenure track position at Indiana University. In the spring of 1974, at the invitation of Chögyam Trungpa Rinpoche, he resigned and moved to Boulder, Colorado where he became the first full-time faculty member and chair of the new Buddhist Studies Department at the Naropa Institute. In 1996, Reggie was named an Acharya (senior dharma teacher) in the Shambhala Buddhist tradition. Over the last 30 years, Ray has studied with many accomplished masters of the Nyingma and Kagyu schools of Tibetan Buddhism and Zen. In recent years, he has worked with indigenous teachers from North and South America, and Africa.

Ray has written extensively on the history and practice of Indian and Tibetan Buddhism, including four books and some seventy articles. He continues to teach Buddhist Studies at Naropa University, both in the classroom and online.

#### Books

*In the Presence of Masters* (Shambhala, 2004)

*Indestructible Truth* (Shambhala, 2002)

*Secret of the Vajra World* (Shambhala, 2002)

*Buddhist Saints in India* (Oxford University Press, 1999)

#### Audio Recordings

*Buddhist Tantra: Teachings and Practices for Touching Enlightenment with the Body* (Sounds True, 2003)

*Meditating with the Body* (Sounds True, 2003)

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