

The **Methods** seem **Eternal** because they are so fresh and scientific to be used and experimented in the laboratory of your **Inner Space through Meditation**.

**Just Play** with the **Cards** until something **Fits You** and go deep into it with all your energy and mind. While you are playing your mind is more open, so **Just Play**. These methods are simple; so take **One Method** that **Connects with You** and play with it for at least **Three Days** (Read it several times a day). If it gives you a certain feeling that this is for you, then be serious about it and forget the others. Stick to it for at least **Three Months**.

If the technique is not for you, then nothing happens. If it fits you, you are a **Different Person (1<sup>st</sup> Indication)**. So if you begin to **Feel Strange**, know that **Something is Happening**. If you remain the same nothing happens.

If it fits, immediately you are transformed into a different person. You will look at the world in a **Different Way**. All that creates **Tensions** or **Conflicts** starts dropping. Everything is disturbed. Suddenly there is a **Jerk** and **Gravity** becomes **Meaningless**. You will walk, sit and eat in a different way. Everything will be **Different**, Everywhere you will feel a **Gap** and you are an **Outsider** but you have to pass through this period before you become **Attuned**. You have changed. When the technique fits you, **You will Not Fit** in the world.

The commentary and explanation of each technique is taken from **Osho's Recordings of Extemporaneous Talks** given in the late **1960s** to create the conditions for **Individual Enlightenment** (becoming a **buddha**) through **Inner Transformation of the Mind into No Mind**.

**Wei Tzu**

**The Myth that takes the Mystery out of Mysticism**

## **2<sup>nd</sup> Tantric Technique**

### **2<sup>nd</sup> Breathing Method: Turning Point between Breaths**

**Outgoing and Ingoing Breath makes a Circle.** Breath going in is half the **Circle**; breath going out is the other half of the circle. They are **Not Two Breaths**; they are **One Breath**, which has a turn inside. There must be a point where the incoming breath becomes outgoing.

Like a car you have to move through the **Neutral Gear** to get to another gear that is a **Turning Point**. When your breath goes in and turns out, it passes through the **Neutral Territory** then you are neither a body nor a soul, physical nor mental, because the physical is a gear of your being and the mental is another gear of your being. In that neutral gear you are **Existence—Pure, Simple and Un-Embodied with No Mind**. Suddenly you are not part of the mechanism. There are moments when you change gears. Be aware at this very short turn and observe. **Observation** means remaining with **No Verbalization and No Bubbling** inside; just remaining with it with no movement of the mind. It will happen. You will be realized.

On turning, the breath leaves you to move in a different direction. It was with you when it was coming in; it will be with you again when it goes out. At the **Turning Point** it is not with you and you are not with it. If **Breathing is Life**, then you are dead; if breathing is your mind, then you are **No-Mind** in that moment. If you stop your breath, the mind stops suddenly. Only a **Moving Breath** is joined with the mind and the body. In that moment you can become aware of who you are: a **Realized Being**.

## **4<sup>th</sup> Tantric Technique**

### **4<sup>th</sup> Breathing Method: Be Aware When Breath Stops**

When breath is **All Out (Up)** and stopped of itself or **All In (Down)** and stopped in such **Universal Pause**, that one's **Small Self** vanishes—your **Name, Bank Balance, Prestige, and Everything**. Suddenly breathing stops. If you can be aware in that moment, you can reach **No Mind**.

Your mind was expecting it already, so there is **No Gap**. This is sudden and that will create the pause. You cannot understand it and if you cannot understand, the mind stops. When the mind stops, then breathing stops. Either way—if **Breathing Stops**, then **Mind Stops**. If **Mind Stops**, **Breathing Stops**. The mind stops, there is a pause. If you know the technique, you can attain to your **True Self**.

If your mind is pure and **Pure** means you are not desiring, hankering or seeking anything. It is **Silently** and **Innocently** pure. You can be sitting and suddenly your breath will stop. **Mind Movement** needs **Breath Movement**. Mind moving fast needs fast movement in breath. That is why when you are in **Anger**, breath will move fast. In the **Sex Act**, the breath will move very fast. **Life is Measured in Breaths**. If your breathing is **Too Fast**, your life will be **Shortened**.

When the mind is pure having no desire in the mind with **No Seeking** or **No Motivation**; you are not going anywhere. Just remaining **Here** and **Now** as an innocent pool not even having a ripple, then breathing **Stops Automatically**.

## **6<sup>th</sup> Tantric Technique**

### **6<sup>th</sup> Breathing Method: Focus on Gap during Activities**

When in worldly activity, keep your **Attention between the Two Breaths**. Forget the breaths—keep attentive in between them. One breath has come and before it returns, before it is exhaled, there is the **Gap, an Interval**. One breath has gone out; before it is taken in again, the gap in a few days will be **Born a New**. But this has to be done continuously. Whatever you are doing, keep your attention in the **Gap between the Two Breaths**. But it must be practiced while active.

We have two layers of existence: the **World of Doing** and the **World of Being**; the **Circumference** and the **Center**. Go on working on the **Periphery**, on the **Circumference**; do not stop it. But go on working attentively on the center also. Your activity will become acting, as if you are playing a part. **Seriousness** comes from **Identification**. The problems will come out of your seriousness.

This technique is just to make you live in a **Psychodrama—Just a Play**. You are focused in the gap between two breaths and life moves on but on the **Periphery**. If your attention is at the center, then your attention is not really on the periphery—that is just **Sub-Attention**. It happens somewhere near your attention.

You can feel it, you can know it, but it is not significant. It is as if it is not happening to you. If you **Practice** this technique, your **Waking Life** will be as if it is not happening to you, as it is happening to **Someone Else** because you are witnessing it.

## **8<sup>th</sup> Tantric Technique**

### **8<sup>th</sup> Breathing Method: Watch Turning Pt. with Devotion**

There is a slight difference in this technique. A single word makes a great difference. With utmost **Devotion** center on the **Two Junctions** of your **Breath**.

The **Incoming Breath** has **One Junction** where it turns; the **Outgoing Breath** has **Another Junction** where it turns.

With these **Two Turnings** a slight difference is made, which is slight for this technique, but for the seeker it may be great. Only **One Condition** is added: With **Utmost Devotion** and the **Whole Technique** becomes different.

In the **First Form** of it there was no question of devotion, just a **Scientific Technique**. You do it, and it works. But there are persons who cannot do such **Dry, Scientific Techniques**.

Those who are **Heart-Oriented** (those who belong to the world of devotion) a slight difference has been made: With **Utmost Devotion** center on the **Two Junctions** of the **Breath** and **Know the Knower**.

If you are not of the **Scientific Bent** or **Scientific Attitude** and if you are not a **Scientific Mind**, then try this:

With **Utmost Devotion (Faith, Love and Trust)** center yourself on the **Two Junctions of Breath** and **Know the Knower**.

# 10<sup>th</sup> Tantric Technique

## 1<sup>st</sup> Relaxation Method: Become the Caress

If you cannot love, it is impossible for you to relax. If you can relax, your life will become a loving life. A tense man cannot love. A **Tense Person** always lives with purposes. They can earn money, but they cannot earn love because it is **Purposeless** or **Non-Commodity**. You cannot accumulate it. It has **No Meaning or Purpose beyond It**. It exists in itself, not for anything else.

Love is always here; there is **No Future** to it. Death is also always **Here and Now**, it can never happen in the future. You can die only in the present. **Death, Love and Meditation** are in the **Present**. So if you are afraid of death, you cannot love. If you are afraid of love, you cannot meditate, if you are **Afraid of Meditation**, your life will be useless because you will never be able to feel any **Bliss** in it.

Lovers are **Blind** because they have no eyes for the future, to calculate what they are going to do; they cannot see the past without concern for its consequences. When you are in the **Love Embrace**, become it. Forget yourself so totally only love exists. Then the heart is not beating but love is **Beating**.

Love suddenly changes your dimension. You are thrown out of **Time** and you are **Facing Eternity**. Love can become a **Deep Meditation** which is the **Transformation of Love into Meditation**. Love is the **Easiest Natural Door** to transcend this world in the next.

## **12<sup>th</sup> Tantric Technique**

**3<sup>rd</sup> Relaxation Method:** Let yourself Become Weightless

Just feel that you have become **Weightless**. You will feel that there is weight, but you go on feeling the **Weightlessness**. There is no weight. You are no more body, because it is the **Weight of the Body, Not of You**.

Weight is basic to all matter. Even **Sunrays** have weight. If you can collect all the sunrays on a **Five Square Mile Plot of Ground**, their weight will be similar to a hair. If something can be weightless then it is immaterial, it cannot be matter.

If you go on feeling, a moment comes when suddenly you realize that you are **Weightless**. And when you do not feel weight you are **Beyond the Mind**.

When you are happy you always feel weightless; and when you are sad you always feel more weight, as if something is pulling you down.

When you are happy, you are light because you forget the body completely. When you are sad, you cannot forget the body; you feel the weight of it. In **Deep Meditation**, when you forget your body completely, you can **Levitate** and all **Identification is Broken**.

You are **Infinite Power Identified** with a **Very Finite Body**. Once you realize yourself, then weightlessness becomes more and the weight of the body less. Then you can levitate, and the body will go up.

## **14<sup>th</sup> Tantric Technique**

### **2<sup>nd</sup> Centering Method: Put Awareness on your Spine**

Close your eyes and visualize the **Spinal Column (Backbone)**. Look it up in some physiology book the structure of the body. Then close your eyes and visualize your backbone. Let the backbone be straight, erect. **Visualize it and See it**. Just in the middle of it visualize a nerve, delicate as the **Lotus Thread**, running in the **Center of your Spinal Column**.

The spinal column is the **Base of your Whole Body Structure**. Everything is joined to it. Really, your brain is nothing but one pole of your spinal column. Physiologists say it is nothing but a **Spinal Column Growth**; your brain is really a growth of your spinal column.

But in **Deep Meditation** it can be seen. It is there; it is **Nonmaterial** and it is energy, not matter. Really, that **Energy Cord** in your **Spinal Column** is your life.

Through that you are related to the **Invisible Existence**, and through that also you are related to the visible. The **Spine** is the **Bridge** between the **Invisible** and the **Visible**.

Through that thread you are related to your **Body** and through that thread also you are related to your **Soul**. You are only as **Healthy** and **Young** as your spine so you need to maintain and keep the **Spine Open** especially the **Sacral** and **Cranial Pumps** activating the **Spinal Fluid** through **Daily Simple Chi Kung Exercises**.



# **16<sup>th</sup> Tantric Technique**

## **4<sup>th</sup> Centering Method: Absorb the Senses in your Heart**

The **Heart-Oriented Person** is a loving, feeling type emotionally, as the senses are absorbed in the heart and you connect to the **Center of the Lotus**. A **Head-Oriented Person**, even when loved, feels it cerebrally, in the head. They think and plan about it, which is a planned **Effort of the Mind**. For the **Heart-Oriented**, someone is beautiful because they love them. A **Head-Oriented** loves someone because they are. The reason comes first, then love. Opposite is true for the **Heart-Oriented**, who is **Centered in the Heart**, touching their heart.

The mind is always doing in the future; and the heart is always **Here and Now**. **Meditation** is more **Mind-Oriented** and **Prayer** is more **Heart-Oriented**. Warmth comes from the heart, never from the head, being **Cold** and **Calculative**. The head always thinks about **Taking More** and the heart to **Give More**. If the person really embraces you, you will feel a **Deep Melting** with them.

Close your eyes and touch your lover, mother, a child, friend, tree, flower or the earth. Feel a **Communication** from your heart to them. Every sense is just the opening of the **Heart (Lotus)**, the **Petals of the Lotus** and becomes absorbed in it. This **Lotus of the Heart** will give you your centering then you fall down into your **Navel Center**. From the heart, the door is opened toward the navel. The **Eye of the Heart** cannot see anything else and in that moment your love becomes **Divine**.

# **18<sup>th</sup> Tantric Technique**

## **6<sup>th</sup> Centering Method: Look Lovingly at an Object**

You look at a **Beautiful Face** and you feel that you are looking at it lovingly. But you are thinking of how to use this body, possess it and make it an **Instrument** for your happiness. **Lust** means how to get something out of it and **Love** means how to give something to it. If you feel love toward the face, the immediate feeling in your **Consciousness** will be how to do something to make this face happy. The concern is not with you, the concern is with the other. **In Love** the other is important; in lust you are important.

**In Love** you are thinking how to become an **Instrument Yourself**. Love means **Giving**; Lust means **Getting**. Love is a **Surrender**; and Lust is an **Aggressor**. If you look lovingly at something material, the object will become a person. Your love transforms anything into a person. If you look lovingly at a tree, the **Tree becomes a Person**.

Whenever you look at someone with **Lustful Eyes**, the person becomes an **Object** making them into a **Dead Instrument** and killing them. A **Thing is Replaceable**; a person cannot be replaced.

Look at a flower and forget yourself completely and a **Deep Love** will flow from your **Consciousness** toward the flower. Do not go to another object, remain with this one. When your mind is totally concerned with the other, you become **Mindless Within** because you have surrendered. That is what lovers feel in an **Unknown, Unconscious Meditation** without any egos or conflict just **Communion** feeling **Blissful**. **Unknowingly** you have fallen Into a **Deep Meditation**.

## **20<sup>th</sup> Tantric Technique**

### **8<sup>th</sup> Centering Method: Meditate in a Moving Vehicle**

You are traveling in a **Train or Car** and your whole body is moving. That is why when sitting in a train you become tired. You have not been doing anything. You have been doing much **Unknowingly**. You were fighting the train continuously; there was resistance. Do not resist. Rather, move with the vehicle movements. Become part of the vehicle, **Do Not Resist It**. That is why children are never tire when traveling.

In a **Moving Vehicle** there is **Rhythmically Swaying**. Create a rhythm in your movements having a **Beautiful Harmony with the Vehicle**. Close your eyes, **Do Not Resist**. Move rhythmically and create **Music** in your movement with the vehicle. Make it as if it is a **Dance**. In a still vehicle, by letting yourself swing in slowing **Invisible Circles**. Swing in a circle.

**First** make a **Big Circle**, then go on slowing it, slowing, making it smaller and smaller, until your body is not visibly moving, but inside you feel a **Subtle Movement**.

Start with a **Bigger Circle**, with closed eyes. When the body stops you will stop. With closed eyes make big circles; just sitting, **Swing in a Circle**, Go on swinging, making the **Circle Smaller and Smaller**. No one will be able to detect that you are still moving. But inside you will feel a subtle movement.

Now the body is not moving, only the mind. Go on making it slower and slower experiencing it becoming a **Centering**. In a moving vehicle, a **Non-Resisting Rhythmical Movement** will create a **Centering Within You**.

## **22<sup>nd</sup> Tantric Technique**

### **10<sup>th</sup> Centering Method: Disidentify with Your Past**

You are **Remembering your Past**, any happening from your **Childhood, Love Affairs, Death of Parents or Anything**. Look at it, but do not get involved in it; as if you are remembering someone else's life, like it is **Being Filmed** on the screen. Just be **Attentive and Aware, a Witness**. Your past form will be there in the film, in the story. **Be Detached** from your past form. Look at the **Whole Phenomenon** as if the whole thing **Does not Belong** to you. You are an **Observer**.

When you are just falling into sleep at night, go **Backwards through the Memories of the Whole Day**. Start right from where you are in bed with the **Last Item** you did **Going Back, Step-by-Step**, to the first experience in the morning when you first became awake remaining just an observer even if you were insulted. They are not insulting you; **Only the Form**, which has **Gone**. In the morning you start winding and the mind becomes tangled in many things, which remain on your mind with **No Time to Let Them Settle** when they happen.

**Going Backward, Unwinding the Mind**, you are a **Witness**; and everything on the screen of the mind is not happening to you. Anger or any emotion is not possible when you **Identify It**. Your **Form** is not you. You can insult that form but you are **Detached** from the form.

**Disease and Health, Birth and Death, Everything Passes**, and you are **Untouched** by it. If you can go backward many times, you will feel that your **Whole Past** is washed away. Through this technique you will **Die Fully Aware Disconnected** from your **Past** only now in the **Present**.

## **24<sup>th</sup> Tantric Technique**

### **12<sup>th</sup> Centering Method: Watch your Moods**

If hate arises for someone or against someone, or love arises for someone, we project it on the person. If you feel love toward me, you forget yourself completely; only I become the **Object**. You forget completely the **Inner Center** of your being; the other becomes the center. When hate or love arises, or any mood for or against anyone, **Do Not Project** it on the person in question. Remember, you are the source of it.

I love you—the ordinary feeling is that you are the source of my love. I am the source; you are just a **Screen** on which I project my love. In that love energy projected onto you, you become **Lovingly** then everyone will feel lovingly toward you. Someone **Projects** hate, then you become repulsive. We are **Projecting** our **Moods** upon others.

Remember that you are the source; so do not move to the other, **Move to the Source**. When you feel hate, do not go to the object. Go to the point from where the hate is coming. **Move to your Center, Go Within**. Use your hate or love as a journey toward your **Inner Center**, to the source and remain centered there. The source is always within you. If you hit a buddha, only **Compassion** will come out because only compassion is there. And it is easy to go to the source at the moment you are angry, in love or hate, because then you are **Hot**. When the wire is hot move inward into that hotness. When you reach a **Cool Point** within, you will suddenly be **Self Realized**.

## **26<sup>th</sup> Tantric Technique**

### **2<sup>nd</sup> Stop Method: Face any Desire and Suddenly Quit It**

You feel a **Desire**—a **Desire for Sex, Love, Food, or Anything**. You feel a desire: consider it, which means do not think for or against it, just **Consider What It Is**.

This **Simple Desire** has come. Do not bring in your **Mind, Past, Education or Conditioning**; do not bring in values. If your mind could be washed completely of all that has been given to you by the society, the **Desire for Sex** will still arise because it is not given to you by the society. It is biologically built in because you were born out of sex, and every cell of your body is a sex cell; you consist of **Sex Cells**. Only a time is needed before the **Body Becomes Mature** enough to feel these desires and enact them.

Remain with the desire but be aware of what is happening. See how you become **Feverish**, and how your body begins to **Tremble**. How you feel as a sudden **Madness** creeping in and how you feel as if you are possessed by **Something Else**. Feel it, consider it. Do not exercise any **Judgment**, just move into this sexual desire.

When you have considered a thing totally, it is very easy. It is as easy as dropping this **Card** from my hand. You have not suppressed it and it is moving out. It is coming up; it has stirred your being. When you consider a desire **Without Interpretation** your whole being will become a desire. Every fiber of your body will be trembling. The **Passion** will have become a flame. Now, quit it. Do not fight with it, simply say, **I Quit It** and it **Dissolves**.

## **28<sup>th</sup> Tantric Technique**

### **4<sup>th</sup> Stop Method: Imagine Yourself Losing All Energy**

You can do it in an **Actual Situation** or you can **Imagine** a situation. Lie down, relax and feel as if your body is going to die. Close your eyes; start feeling that you are dying. Soon you will feel that your body is becoming heavy. Imagine **"I am dying, I am dying, I am dying."** If the feeling is **Authentic**, the body will start becoming heavy and you will feel as if your body has become like **Lead**. You want to move your hand, but you cannot move it. Go on feeling that you are dying and when you feel that the moment has come; just a jump and you will be dead; then forget your **Body** and **Transcend**.

You will be out of your mind, because a **Dead Body** needs **No Mind**. A dead body relaxes so much that the very process of the **Mind Stops**. You are there and the body is there, but the mind is absent. Your Mind is needed for life, not for death. With death planning ceases and worrying ceases, because all worries are **Life-Oriented**. Once you can feel you are out of the body, there is **No Mind** in that moment, because the mind is the bridge that gives you the feeling that you are in the body. This is **Transcendence**. Then you can move in the body and mind, now that experience has become part of **Your Being**; it will be there always.

Going beyond the mind is the only way to be **Inwardly Happy and Healthy** to be **Whole**. Then you can move in the mind and use the mind, but the mind becomes the **Instrument** and you are **No Longer Identified** with it.

## **30<sup>th</sup> Tantric Technique**

### **1<sup>st</sup> Looking Method: Close and Stop Eye Movement**

**Totally Close** your eyes, which means the eyes are closed and **Stop their Movements**; otherwise the eyes will continue to see **Images of Things** from the outside. Actual things are not there, but images, ideas and collected memories—they will start flowing. They are also from outside, so your eyes are still not totally closed. Totally closed eyes means **Nothing to See**.

In the **Night** you close your eyes, but that will not reveal the **Inner Nature** to you. Close your eyes so that nothing remains to be seen—no outside object, no inside image of any **Outside Object**, just a **Blank Darkness** as if you have suddenly **Gone Blind**. Not blind only to reality, but to the **Dream Reality** as well.

You have seen your body in a **Mirror** or you have seen your hands from the outside. You do not know what the **Inside of your Body** is. You have never looked around at what is there the inside. Close your eyes, see your **Inner Being** in detail and move from limb to limb inside. Forget the whole body and move to the toes. Stay there and have a look. Then **Move Upwards**, going to **Every Limb**. If you touch someone, you can move into your hand and it will become **Transforming**.

If you can move to any part of your body totally, that part becomes **Alive**. You can move to the eyes totally, then look into **Someone's Eyes**, you will **Penetrate** them going to their **Very Depths**.



## **32<sup>nd</sup> Tantric Technique**

### **3<sup>rd</sup> Looking Method: Look at an Object as the First Time**

We look at things always with **Old Eyes**. You come to your home; you look at it without looking at it. You know it; there is no need to look at it. A **Beautiful Woman** passes you. Your eyes become alive. The **First Time** your eyes are needed, the **Second Time** not so much, and the **Third Time** they are not needed. After a **Few Repetitions** you become blind. **We Live Blindly.**

The eyes become bored. And nothing is old really; it is just that your **Habit** makes you feel that it is so. Nothing can be the same the next moment. Look at **Children's Eyes**, they radiant **Aliveness** and **Vitality**. They look mirror like, silent but penetrating. Only such eyes can reach within. See for the first time a beautiful person or an ordinary object, like your **Shoes** and see the difference. The quality of your consciousness suddenly changes. **Look at It, Feel it**, and you will feel what a long, boring life this shoe must have passed through. It is so sad, tired completely, just an **Old Shoe**.

Any object will do to make your eyes fresh—so **Fresh, Alive and Radiantly Vital**, that they can move within and you can have a look at your **Inner Self**. See everything as if for the **First Time**, you will be surprised at what a **Beautiful World** you have been **Missing**.

This will free you from the past with a look, which can see the **Present**. You will enter into its **Spirit** and into yourself. **The Present is the Door**. Your eyes will become **Innocent** to enter into the **Inner World**.

## **34<sup>th</sup> Tantric Technique**

### **5<sup>th</sup> Looking Method: A Secret Method**

Listen silently while an **Ultimate Mystical Teaching** is imparted. The **Teacher** is not going to give a very long discourse; they will give you just **One to Three Words**.

In that silence those words will **Penetrate** to your very core, to the very center and they will become a **Seed of Consciousness** there. In this **Passive Awareness**, this **Silence**, at once you become **Absolutely Free**.

One can become free only by becoming **Free of the Mind**; there is **No Other Freedom**. Freedom from the mind is the **Only Freedom**. Mind is the **Bondage**, the **Slavery**, and the **Servitude**.

So a **Disciple** has to wait with their **Teacher** for the right moment when they will call them and impart. They are not to ask, because **Asking Means Desire**. They are not to expect, because expectation means **Conditions, Desire and Mind**. They are just to wait.

And when they are **Ready**, and when their waiting becomes total, the teacher can do anything then **Silently Whispers** the method to their student who is ready.

When the student is ready the **Teacher (Lesson)** will **Appear**. So just **Sit Still** and when it comes **Join and Flow with It**.

## **36<sup>th</sup> Tantric Technique**

### **7<sup>th</sup> Looking Method: Withdraw Yourself Completely**

Look upon some object but remember what that looking means. **Do Not Think**. Always remember **Look, Do Not Think**. If you think, it is not a look; then you have **Contaminated Everything**. It must be a **Pure and Simple Look**. Look upon any object. Look at a flower. Then slowly **Withdraw your Sight** from it.

The **Flower** is there, first look at it. Drop thinking, go on looking. When you feel that now there is **No Thought**, simply a flower is there in your mind, nothing else, now slightly move your eyes away. In time the flower recedes and goes **Out of Focus**, but the **Image** will remain with you. The object will have gone out of focus; you will have turned your look away. The image, the **Outer Flower** is no more there, but it is reflected in your **Mirror of Consciousness**. Then slowly **Withdraw your Sight and Thought** from it.

So first, withdraw from the **Outer Object**. Then only the **Inner Image** remains, the flower. Withdraw that thought also. First withdraw your sight from the object. Then close your eyes and remove yourself from the image. **Withdraw Yourself**, become **Indifferent**. Do not look at it inside. Just feel that you have gone away from it.

Soon the image will also disappear. First the **Object Disappears** and then the **Image**. When the **Image Disappears** then you are left alone. In that **Aloneness** one realizes oneself, goes to their **Center**, the **Original Source**.

## **38<sup>th</sup> Tantric Technique**

### **2<sup>nd</sup> Sound Method: Feel in the Center of Sounds**

Whenever there are sounds, **You are the Center**. All the sounds come to you from everywhere in all directions. **Sight is Linear. Sound is Circular**. Wherever you are, you are always the **Center of Sound** moving toward you, in **Circles**. Close your eyes and feel the whole universe filled with sound. The center is without sound that is why you can hear sounds. The center is **Absolute Silence** hearing sounds enter, come, penetrate and encircle you. When you find where the center is, sounds will disappear into **Boundlessness**, a sudden **Transference of Consciousness**. You will be hearing sounds one moment and another moment your awareness will suddenly turn in; next you will hear **Soundlessness, the Center of Life**.

Relax your senses. You have become more **Liquid and Open**; all sounds are moving toward you. Then move with the sounds and come to the center where you hear them. **Sounds are not heard in the Ears**; they only transmit them and cut out what is useless for you. They choose and select what comes to you.

The sound always comes to the **Navel**, not the head. The **AH** sounds are created from there. The sound you hear when you close your ears is not a **Created Sound**. If the whole world becomes absolutely silent, then you will hear the silence. **Sounds need Atmosphere**. The moment you go beyond the **Earth's Atmosphere** there are no sounds—only **Absolute Silence**. That silence happens on earth, if you **Close Both Ears Completely**.

## **40<sup>th</sup> Tantric Technique**

### **4<sup>th</sup> Sound Method: Listen to a Fading Sound**

Any sudden sound can make you awake breaking your sleep. Unless something goes wrong, we are not out of sleep, we go on doing common things sleepily. **Sleepwalker's Eyes** are open, but they are asleep and they can do many things. But in the night, in their sleep, they walk and do certain things and in the morning they cannot remember what has happened. We are all **Sleepwalkers**. You might tell your partner, I love you, but the words will be just **Mechanical**. You are not even aware that you are saying it. You are simply doing things as if you are **Asleep**. We have not become awakened.

First become totally alert, as if your life depends on this and you will be awake. **Be Alert—as if this is Going to be your Death**. If there is thought, wait, because **Thought is Sleepiness**. With thought you cannot be alert. When you are alert, there is **No Thought**. So wait. When you feel that now the mind is **Without Thought** that there is no doubt and **You are Alert**, then move with the sound. Look when the sound is not there, then close your eyes. Then look when the sound is created, struck; then move with the sound. The sound will become **Subtler** and **Subtler** then it will not be there. Move with the sound from the **Beginning to End**.

Wait for the moment when the **Mind is Vacant** and then create the **Sound Inside**. Feel it, move and go with it, until it **Disappears Completely** (**Three Months** will be needed). **Pre-Sound State** and **After-Sound State** have to be watched.

## **42<sup>nd</sup> Tantric Technique**

### **6<sup>th</sup> Sound Method: Use Sound as a Passage to Feeling**

**Sound is Mind and Feeling is Heart.** The **Mind** has to use a passage toward the heart. It is difficult to enter the heart directly because we have been missing it for so many lives, we do not know where to move or to go. The **Door Seems Closed.**

Behind your physical heart a **Deep Center** can be reached through the mind because we are standing in the mind. Any travel inwards has to begin from there. **Mind is Sound.** If all sound stops, you will not have any mind. In silence there is no mind. Silence is a **No-Mind State.** Intone one sound. Go on intoning it, first audibly so that you can hear it, then **Slowly and Inaudibly.** You can hear it inside. Make it **Less and Less Audible** and then suddenly drop it. There will be an **Explosion of Silence** with **No Thought** but the feeling will be there.

**Intone a Sound Audibly,** then less and less audibly so that even you have to make an effort to hear it inside as feeling deepens into this **Silent Harmony.** The more sound will drop: the more you will be **Filled with Feeling.** When sound disappears, only **Feeling Remains.**

**Find your Own Sound.** When you intone it, you will feel whether you have a **Loving Relationship** with it, because the heart will start vibrating. You will feel as if you are falling into something warm, just like your **Lover's Lap** and it begins enveloping you. If you intone a sound, which you love, you will feel a certain **Warmth around You and inside You.**

## **44<sup>th</sup> Tantric Technique**

### **8<sup>th</sup> Sound Method: For those with a Sensitive Ear**

You have to **Intone Aum**, and you have to feel in this **Aum Three Sounds** separately: **A-U-M**. They are there, **Infused Together** but they are **Separate**—very close, but separate. If you cannot hear them separately, then this technique cannot be done. Your ears will have to be trained for it.

Whenever you feel lonely **Go to the River** and listen to it. It is better than listening to human words. In time you will be attuned to the river and its moods, which change. It is sometimes friendly and sometimes not and sometimes singing, weeping, crying, laughing or sadness. Your ear becomes **Attuned**.

When you become so sensitive that you can drop the '**A**' and '**M**' and only the middle sound remains. In this effort you will lose your mind. You will be so sensitive to it that you will **Forget to Think**. Miracles happen, because it is indirect. If you focus, you cannot go on thinking; the **Mind will Drop**. Suddenly one day you will become aware and you will wonder what has happened.

Suddenly, **Everything Disappeared**. So be aware—not aware of something, but **Simply Aware**. You have heard it, but it is **Soundlessness**. But you have to be trained to be attentive, to be alert. Just doing this, you will forget **Aum**, but one day suddenly you will also drop, and there will be **Boundlessness**. You will be a **Newborn Buddha** sitting under a tree.

## **46<sup>th</sup> Tantric Technique**

### **10<sup>th</sup> Sound Method: Close Ears - Contract Rectum**

If you stop your ears and pull your **Rectum Up** and contract it, everything will stop for you. Not only movements, you will feel as if time has stopped. Look at the soldier moving to the front. He has a **Wooden Shape** and feeling, which is necessary for a soldier because he is going to die or kill, like **Dead Toys Marching**.

If you are humble you have a different body; you sit differently and you stand differently. If you feel you stand differently. If you are always in fear, you stand as if you are protecting yourself from some **Unknown Force**. If you are not afraid, you are just like a child playing with his mother; there is **No Fear**. The man who is afraid is armored. and his stomach is not flexible and it feels like a **Stone**. If he becomes **Fearless**, his stomach relaxes immediately.

With the very **Phenomenon of Hearing the Inner Sound**, your **Thoughts Dissolve**. Just try it anytime during the day. Just pull up the rectum and put your fingers in your ears. Press the ears and pull up the rectum. You will feel that your mind has stopped. It will not be functioning; thoughts will have stopped. And if one goes on doing it whenever there is time in the day for **Five to Six Times** within **Three to Four Months** you will become an expert in it. The **Inner Sound**, once heard, remains with you; even if it is noisy once you have heard it and felt it; **Nothing will Disturb you**. You remain silent and whatever happens around you makes no difference.



## **48<sup>th</sup> Tantric Technique**

### **1<sup>st</sup> Sexual Method: In Sex Act, Do Not Seek Release**

Sex can be a very **Deep Fulfillment** throwing you back to your **Real Wholeness Being**. Sex is a **Total Act**. You are thrown off your mind and balance. That is why there is so much fear of sex. You are identified with the mind. Sex is **No-Mind Act**. You become **Headless**.

There is **No Reasoning or Mental Process**. You want a release. Overflowing energy will be released and you will feel at ease. This ease is a sort of weakness. **Overflowing Energy** creates **Tensions and Excitement**. When it is no more you can relax. The sexual beginning is more relaxed and warm. **Forget the End** completely.

At the **Start of Sexual Union**, keep attentive on the fire in the beginning. While you are overflowing, do not think in terms of release; remain with this overflowing energy. **Do Not Seek Ejaculation**; forget it completely. Your lover and you become one creating a **Circle**, This Oneness gives you **Health, Vitality and Youth Again**.

Do not take the **Sexual Act as a Means**. Do not think of the future, but remain in present. Enjoy the meeting of two bodies melting into each other. Without love you are just using each other and the other is a means using you.

**Sex Organs Melt** into each other. A **Deep, Silent Communion** happens between **Two Body Energies**, then you can remain for **Hours** together. This **Togetherness** moves deeper and deeper as time passes. But **Do not Think**. Remain with the **Moment Deeply Merged**. It becomes **Cosmic Consciousness**.

## **50<sup>th</sup> Tantric Technique**

### **3<sup>rd</sup> Sexual Method: Make Love Without a Partner**

You can simply remember the act and feel it without the partner or you go on **Being Dependent on a Lover**. If you have known the moment when you were not there but only a vibrating energy had become one with you.

That **Oneness** is centered within you; the partner is no more there. For it to work have your eyes closed. Then only an **Inner Feeling of a Circle**, only an inner feeling of **Oneness**, is there.

Close your eyes; lie down as if you are with your partner and start feeling it. Your body will begin to **Shake** and **Vibrate**. Forget completely that the other is not there. Move as if the other is **Present**, then the other is there.

As if you are actually going into the love position doing whatever you would with your partner. **Scream, Move** and **Shake**. Soon the circle will be there and this **Circle is Miraculous**. If you are man, then the whole universe becomes woman and the opposite for a woman. Now you are in **Deep Communion with Existence**.

**Forget everything**. Just move in the sex act and move in it totally. Do not leave anything out. Become **Absolutely Nonthinking**. Only then does the awareness happen. You can be in a **Sex Act with a Tree, the Moon or Anything**. Once you know how to create this **Circle**, it can be created with anything—even without anything. **Transformation** is not through conflict, it is through awareness. It becomes a **Meditative Circle**.

## **52<sup>nd</sup> Tantric Technique**

### **5<sup>th</sup> Sexual Method: Eat and Drink Consciously**

We go on **Eating Food**; we cannot live without it. But we eat it very **Unconsciously, Automatically and Robot-like**. Go slow and be **Aware of the Taste**. Only when you go slowly can you be aware. Do not just go on **Swallowing Things**. Taste them unhurriedly and **Become the Taste**. When you feel sweetness, become that sweetness. And then it can be felt all over the body—not just in the mouth, not just on the tongue. With no taste, senses will be **Deaden**ed. And with less sensitivity, you will not be able to feel your body; you will not be able to feel your feelings. Then you will just remain centered in the head. It is **Beautiful to Taste**. You are **More Alive** when more of life enters your **Inner Being**. You will be more open.

When eating or drinking, become the taste of the food or drink then you will **Be Filled with the Taste**. When drinking water, feel the coolness. Close your eyes, **Drink It Slowly, and Taste It**. Feel the coolness and you have become that coolness, because the coolness is being transferred to you from the water, and then it is becoming a part of your body. Your mouth is touching, your tongue is touching and the coolness is transferred. Allow it to happen to the whole of your body. Allow its **Ripples to Spread**, and you will **Feel a Coolness All over Your Body**. In this way your sensitivity can grow, and you can become **More Alive and More Filled**.

## **54<sup>th</sup> Tantric Technique**

### **2<sup>nd</sup> Self-Remembering Method: Feel the Satisfaction**

You feel thirsty, so you drink water. A **Subtle Satisfaction** is attained. Forget the water, forget the thirst. Remain with the **Subtle Satisfaction** that you are feeling. Be filled with it; simply feel satisfied. But the **Human Mind** is **Mischievous**. It only feels **Discontent**. It never feels satisfaction; it never feels **Content**.

If you are dissatisfied, you will feel it and you will be filled by it. **When You are Thirsty You Feel It:** you are filled with thirst, you feel it in the throat. If it grows you feel it all over your body. If you are in a **Desert** and there is **No Hope** of getting water, you will not feel that you are thirsty; you will feel that you have become the thirst. **Whenever You Suffer, You become the Suffering.**

A buddha is happy **Here and Now** in this very life. Life is neither misery, nor is **Life Bliss**. **Bliss and Misery** are our **Interpretations, Attitudes and Approaches**, how we look at it. Analyze your own life. You have not taken any **Account of the Positives**, but you have taken every **Account of your Pain, Suffering and Misery**.

The mind takes the **Negative and Accumulates** it, then it becomes **Negative Itself**. The similar attracts the similar and this has been for lives and lives. You miss everything because of your **Negative Approach**. Take a **Positive Approach**, a **Total Reversal** to the **Ordinary Mind** and its process. Wherever **Satisfaction** is found, **Feel It and Become One with It**.

## **56<sup>th</sup> Tantric Technique**

### **4<sup>th</sup> Self-Remembering Method: The World as Illusion**

Everything is **Illusionary**. Whatever you are seeing, hearing and feeling, all is **Illusion**. It is not real because the **Real cannot be Contacted by Senses**. You are hearing me and I am seeing you hearing me. It may be **Just a Dream** and there is no way to judge whether it is a dream or not. I may be just dreaming that you are here listening to me. Illusion does not mean unreal. Illusion means the inability to decide whether the thing is **Real or Unreal**.

This whole world is **Confusion**. You cannot decide; you cannot be decisive about it. It is always escaping you, always changing, turning into something else. It is fantasy, a **Dreamlike Thing, Illusions Deceive** and nothing is certain. This whole world is like **Rainbows**. They appear to be, but they are not. If you are far away they are, but if you come nearer they dissolve. If you reach to a point where you were seeing a **Rainbow**, it is no longer there. As you feel them to be, they are not.

Even **Divisibles are Indivisible**. Your whole mathematics and all your philosophy just become **Futile**. If you try to understand this illusion, your **Effort Confuses** you. **Nothing is Certain; Everything is Uncertain** with no possibility for you to decide whether this or that is true or false. If you really go deep in this **Attitude**, you will **Automatically** turn to yourself. The only point where you can have a **Center** is in your **Being**.

## **58<sup>th</sup> Tantric Technique**

### **2<sup>nd</sup> Witnessing Method: See the World as a Drama**

This **Whole World** is just like a **Drama**; so do not be too serious about it. **Seriousness** will force you into trouble. If you can look to the world as a drama you will **Regain your Original Consciousness**. The dust gathers because you are so serious. Go to a movie theater. Do not look at the **Movie Screen**, forget the picture just look at the **Spectators** in the hall.

Someone will be **Weeping, Laughing or Sexually Excited**. There is nothing on the screen, just pictures—pictures of **Light and Shadow**. The screen is vacant. They are **Weeping, Crying and Laughing**. They have forgotten that it is just a **Story**, they have taken it **Seriously**. It has become alive and real to them.

Look at the life that is all around you. Remember your **First Love**, how serious it was and life depended on it. Now you do not remember it at all, it is **Forgotten**. It is like a movie, everything changing into everything else. But in the moment you feel it is very serious and you get disturbed. Nothing is **Transgression, Only Error** and you suffer because of error, not because the universe punishes you. You **Suffer** because of the **Rules** you do not follow. If you are unhappy, you have taken it too seriously. Just change your **Attitude**. You cannot be happy with a **Serious Mind** only with a **Festive Mind**.

Take this whole life as a **Myth**, as a story. For **Seven Days** remember only one thing: that the **Whole World is Just a Drama** and you will not be the same. You are not going to lose because you do not have anything to lose.

## **60<sup>th</sup> Tantric Technique**

### **4<sup>th</sup> Witnessing Method: Acceptance**

When you are angry, you always **Justify** your anger, but when someone else gets angry you always **Criticize**. You always find some **Rationalization** for your anger. When someone gets angry at you, the same **Rationalization** is **Not Applicable**. We have **Double Standards—One Standard for You and Another Standard for Everyone Else**.

Whatever the **Spiritual Person** sees in everyone else, they see in themselves. If there is violence or greed, they immediately see if it exists in them. It is not a question of how to change the world; it is a question of how to change oneself. The **Change starts when you Accept**. **Rejection** never transforms anything. It only **Suppresses**.

**Acceptance** brings everything up. If you force yourself to be **Nonviolent**, this will be a **Violence to Yourself**. You cannot change one into another; you can simply be **Aware and Accepting**. By **Acceptance** is not meant that there is **No Need to Transform** it. Accept the fact as it is. Do what you are doing; remembering well the **Fact that is**. Awareness will **Transform** you because knowingly you cannot be greedy or angry.

If you do not know what a flame is, what fire is, you can put your hand in it. But if you know that **Fire Burns**, you cannot put your hand in it. Without **Suppression**, **Transgression** disappears. When **Anger** disappears without making you **Non-Angry**, it has a **Beauty** of its own.

## **62<sup>nd</sup> Tantric Technique**

### **2<sup>nd</sup> Awareness Method: Mind-Doorway to Meditation**

Wherever the **Mind** is **Wandering**, whatever it is **Thinking**, **Contemplating** and **Dreaming**, this **Very Mind**, that you have this very moment, is the **Door**. This mind which goes on **Dreaming** and **Imagining Relevant or Irrelevant Thoughts**, is crowded with **Ugly Desires**, **Passions**, **Anger** and **Greed**. **All that is Condemned**, which is there beyond your control, pulling you **Here** and **There**, pushing you from here and there, constantly a **Madhouse** is the **Doorway to Meditation**.

The **Ordinary Mind** is not unrelated to the **Universal Mind**: it is part of it. Its roots go down to the very center of existence; otherwise you cannot be. Even an **Evil Doer** is grounded in the **Divine**; otherwise he cannot be. Existence itself is possible only because of the **Groundedness** in the **Divine**.

However it moves and wherever it moves, it remains **Grounded in the Totality**. You cannot go away from existence; that is impossible. This very moment you are grounded in it.

Once you know how to change your **Focus Inwards**, you can come back to the world. Again you focus, but now your **Inner Being** has a different quality. You know that this is your focusing. Sooner or later, in the right moment when your focus has really **Gone Inwards**, the **Clouds will have Disappeared** and you are the **Ever-Pure** and **Ever-Virgin Sky**.



## **64<sup>th</sup> Tantric Technique**

### **1<sup>st</sup> Observation Method: Big Sensation, Be Aware**

Very simple acts like **Sneezing** can be used as devices. Whenever you feel that a sneeze is coming become **Alert** and the sneeze may not come at all because a sneeze is a **Nonvoluntary Action** and **Unconscious**. However you may try, you cannot bring it out. It does not happen because of your mind; it is because of your **Total Organism**. If you become alert, it may not come, because you are bringing **Alertness**. The **Sneezing Energy** moves to your alertness. Suddenly there is a **Flash, a Lightning**. You become more alert.

At the start of sneezing the **Mechanism** has started. The energy is on its way to being released, it cannot be stopped. By the time you are ready, it has already happened. Just at the beginning, **Become Alert**. The moment you feel the sensation coming, become alert. Close your eyes and **Be Meditative**.

Bring your **Total Consciousness** to the focus just where you are feeling the sensation of an oncoming sneeze. The sneeze will disappear transforming the energy into alertness. There will be **No Mind or Thought in a Sneeze and Thinking Stops**.

**Thought** is the **Barrier**. But if thought disappears only then is alertness there. It can disappear in **Sleep, Unconscious** or **Drugs** but there is **No Alertness**. Meditation is **Thoughtless Consciousness**. You can become **Thoughtless and Unconscious but Aware**.

## **66<sup>th</sup> Tantric Technique**

### **1<sup>st</sup> Changing Method: Aware of What Never Changes**

Something in you remains continuously the same, it **Never Changes**. You may not have observed it or encountered it yet. Nothing has remained of your **Childhood**. Everything has changed.

Your body is **No More** the same. Every moment your body and mind are changing. In the morning you were **Different** as far as your mind is concerned. In the evening you are **Totally a Different Person**.

Go on feeling something in you, which is the same. When someone is **Insulting** you, focus yourself to the point where you are just listening to him—**Not Doing Anything**, not reacting—just listening. And then someone is praising you. Just listen. **Insult-Praise, Honor-Dishonor Just Listen**. Your **Periphery** will get disturbed. Look at it; do not change it. Remain deep in your **Center**, looking from there.

You will have a **Detachment**, which is **Spontaneous**. **Hunger** can only be felt by the **Periphery** because the periphery needs food. You do not but the body needs it. You are just the **Knower of It**.

The body can have it, but it cannot know it. You know it, and you cannot have it. Always stay within, I know that my body is hungry. In the **Moment of Death** also you will know, I am not dying; my body is dying. I am changing bodies. If this **Discrimination Deepens**, just **One Day**, suddenly, there will be **Enlightenment**.

# **68<sup>th</sup> Tantric Technique**

## **1<sup>st</sup> Freedom Method: Be Hopeless**

You are doing many things, but in dream—not in reality. **Do not Help Dreaming** to grow more in you; do not give your energy to it. Withdraw yourself from all dreams **Gradually** because you have always lived in a **Postponed Dream**. You have never been **Here and Now**; you are always **Somewhere Else Hoping**.

Man lives just in hope and this is not real because **Hope Means Dream**. Unless you live here and now, you are **Not Alive**. You are a **Dead Weight** and that tomorrow which will fulfill all your hopes is never to come. When death will come, then only will you realize that now there is **No Tomorrow** and now you cannot postpone. Then you will feel **Disillusioned and Cheated**, but no one has cheated you because you are the **Master of the Whole Mess**. Through hope dreaming enters.

**Be Hopeless**. If life is hopeless, be hopeless. Accept it, but **Do not Cling** to any **Future Event**. Then suddenly there will be a change. Once you remain in the **Present Moment, Dreams Stop** because then they cannot arise. The source has been withdrawn. You cooperate with them; that is why they arise so **Do not Cooperate**.

From this morning, when you open your eyes, try to be **Real and Authentic**. Do not do anything, which is false. Whatever you lose, lose it. But remain real and within **Seven Days** a new life will be felt within you. The dead layers will be broken and a **New Current** will come to you. You will **Feel Alive for the First Time—a Resurrection**.

## **70<sup>th</sup> Tantric Technique**

### **1<sup>st</sup> Light Method: Visualize Rays up your Spine**

The whole body is rooted in the **Spine**. If you can keep your **Spine Young**, it is difficult to become old. Everything depends on your spine. If it is alive, you will have a very **Brilliant Mind**.

Once the **Rays** reach the **Crown** and are released from there, then you will have the **Absolute Bliss** with you. The key is to move energy through the **Spinal Column** against gravity. Sex is very easy because it follows gravitation. You are **Light**. Close your eyes imagining you are just **Light Rays**; then move your imagination to the **Sex Center**. Feel that they are **Rising Upwards** towards the **Navel Center**. Just feel a warming of the energy. **Light Rays** are rising up from your sex center to your navel like a **River of Light** warming the navel and a **Source of Light** that it moves to the **Heart Center**. Your **Heartbeat** will be **Changing** and your **Breathing** will become **Deeper** while a **Warmth** will come to your heart. Then **Light Rays** move from **Center to Center** up the spine rising an **Aliveness** in you.

As energy moves to the **Crown** a warmth will go to the **Head**. You will feel **Dizzy** and **Maybe Unconscious**. Within an **Hour** the energy automatically falls back or is released. After that unconsciousness you will feel so fresh like coming out of a **Deep Sleep**. If the head becomes **Hot**, it is a **Good Sign** and **Release** the energy. Feel as if your head is opening like a **Lotus Flower**. Release energy into the **Cosmos** then you will feel a **Coldness** come to you.

## **72<sup>nd</sup> Tantric Technique**

### **3<sup>rd</sup> Light Method: Feel the Presence of Existence**

Feel the **Cosmos** as a **Translucent Ever-Living Presence**. The whole world around you becomes a **Light Phenomenon of Colors** that are **Translucent and Alive**. It is a **Rainbow of Colors**, a **Mystery of Colors** and **Translucent Light**.

But your eyes have become dull. That is why you can never feel it in such **Wonderous Color**. **Clear your Eyes** then the whole world erupts before you. Even an ordinary chair becomes a **Marvelous Phenomenon**.

Just a shoe on the floor takes on new colors, a new youth. **Ordinary Traffic Noise** becomes **Musical**. **Trees** you have always seen, but never looked at are **Born Anew**, though you have passed them by and you know you have seen them. Every tree leaf is a **Miracle**. Feel the **Cosmos** as a **Translucent Ever-Living Presence**. **Everywhere Light** is, it is in many, many shapes and forms. Light is happening everywhere. **Look at it**. And everywhere light is, it is because the **Whole Phenomenon** is based on the **Foundation of Light**.

Look at a **Leaf, Flower or Rock** and sooner or later you will feel rays coming out of it. **Just Wait Patiently**. Do not be in a hurry. **Wait Silently** with anything and you will discover a **New Phenomenon** which was always there, but of which you were not alert—not aware of it, but now **You are and Ever will Be**.

## **74<sup>th</sup> Tantric Technique**

### **2<sup>nd</sup> Clarity Method: Feel the Universe in the Head**

**Close your Eyes** and feel as if the **Whole Space** is absorbed in your own head. When you are just ready to sleep, lie down on your bed, close your eyes and feel where your **Feet** are.

Then just imagine that your feet you have become **Six Inches Longer** and then feel that your head has also become **Six Inches** longer. You feel that you have become **Twelve Feet Tall**.

Now in your **Imagination** you are touching the walls—you have filled the whole room. Then, by steps, feel that the **Whole House** has come within you.

For **Three Days** go on feeling that; then for **Three Days** more, feel that you have filled the **Whole Room**. Then for **Three Days** the **Whole House** is within you; then for **Three Days** you have become the sky. The space is already absorbed in your own head in the brilliance.

Then you can close your eyes and feel that the whole sky and space is absorbed by your head. The moment you can feel this, the **Mind Disappears**. With such vastness the mind cannot exist; it simply disappears. In such **Vastness** the mind is impossible.

The **Mind** can only be **Narrow** and **Limited**. In such **Infinite Space** there is no place for the mind to exist. For **Safety Gradually Do this Technique in Steps**.

## **76<sup>th</sup> Tantric Technique**

### **1<sup>st</sup> Darkness Method: Dissolve into Darkness**

**Darkness is Eternal.** Light comes and goes but **Darkness Remains.** In the morning the sun will rise and there will be light; in the evening the sun will set and there will be darkness. For **Darkness Nothing will Rise;** it is always there. It never rises and never sets. Light always has some source; **Darkness is Without Source.** That which has some source cannot be infinite; only that which is sourceless can be **Infinite and Eternal.** Light has a **Disturbance;** that is why you cannot sleep in it. It creates a tension. **Darkness is Total Relaxation.**

If you can love darkness you will become **Unafraid of Death.** When you can enter into darkness only you enter and you will achieve **Total Relaxation.** If you can become one with darkness, you are **Dissolved** and become **One with Death.** You cannot die now, and you have become deathless. **Darkness is Deathless.** **Boundaries** exist because of the light. When light is not there, **Boundaries Dissolve.** In **Blackness** nothing is defined, everything merges together. **Forms disappear.**

**Contemplating, Meditating and Merging** will be easier to merge into **Darkness** than into **Light** because light gives distinctions. **Darkness takes Away All Distinctions.**

In the light you are beautiful or ugly, rich or poor. The light gives you a **Personality—Educated or Uneducated, Saint or Evil Doer.** **Darkness Envelops and Accepts** you without any **Definitions.** You are enveloped and you become **One with Eternity.**

## **78<sup>th</sup> Tantric Technique**

### **3<sup>rd</sup> Darkness Method: Develop Pure Attentiveness**

Develop a sort of **Attentive Attitude**, so wherever your **Attention Aligns** you can experience yourself. You are looking at a flower doing nothing else. You are here; the flower is there and between you two there is **No Thought**. Attention means **Silent Alertness** without **Thoughts Interfering**. You can develop it only by doing it. Doing anything, being anywhere, try to develop it.

For **Half an Hour** you will be in a train or car: develop attention. Just be there. Do not think. Look at someone, look at the train or look outside, but be the look. Do not think anything. **Stop Thinking**. Be there and look, which will become direct, penetrating and will be reflected back and you will become **Aware of the Looker**.

Whatever you are doing, eating, showering **Just Be Attentive**. You may be traveling in a train, but your mind may be arranging other journeys, programming or planning. **Stop this**. You will **Experience the Experencer**; you will fall back to yourself. The **Whole Existence** will become a **Mirror**, you will be reflected everywhere, then can **You Know Yourself**.

In you exists the **Divine**. Wait, be silent and patiently allow that energy to come back and you will never feel exhausted. **Without Thought the Energy comes Back; there is No Barrier**.



## **80<sup>th</sup> Tantric Technique**

### **2<sup>nd</sup> Fire Method: Imagine the Whole World Burning**

If you can come to **Imagine** that your body is burning, it is not difficult to imagine that the **Whole World is Burning** because your body is the world and through your body you are related to the world. **The World is an Extended Body.** The whole world is **Burning** and **Disappearing**. There is no need really to do the second technique if you have done the first. With your body, everything disappears automatically. Start with the **Toes** because they are very far away from the **Head** and from the **Ego**.

Then move still further away: **Start** with the world, and then **Move Nearer** and **Nearer** towards yourself. Start with the world and then come nearer. When the whole world is just burning, it will be easy for you to burn in it.

You do not know how **Imagination can become Real**. You have to feel it first Just close your hands together and your eyes, then **Just Imagine** that now your hands cannot be opened, they have gone **Dead Locked** and you cannot do anything to open them. In the beginning you will feel that you are just imagining and you can open them. But for **Ten Minutes** go on thinking that you cannot open them, you cannot do anything, your hands cannot be opened. And then after **Ten Minutes** try to open them. Out of ten, **Forty Percent of People** will succeed: after **Ten Minutes** they cannot open their hands—the imagination has become real. You are seeing your own hands and you cannot open them. Just close your eyes again and imagine that now you can open them; only then will you be able to open them.

## **82<sup>nd</sup> Tantric Technique**

### **1<sup>st</sup> Feeling Method: Feel it, Do not Think**

Feel your thought, **I-ness, Internal Organs**—you. Do not think but feel. We have become so **Intellect-Oriented** that even when we say that we are feeling, really we are not feeling, we are thinking. Feeling has completely stopped; it has become a **Dead Organ** in you. If you feel, you will feel yourself centered near the heart. Whenever you feel deeply, you are **Headless**.

In that moment there is **No Head**. The **Heart** becomes your **Whole Being**. While you are thinking, the **Center of Being** is the **Head**. But thinking proved very useful for survival, but all **Other Dimensions** of our being have been **Stopped and Closed**. You will have to work on them to open them. You look at a **Flower** and immediately you say it is **Beautiful**.

The moment you see the **Rose**, the mind says it is **Beautiful. Finished**. Now there is **No Contact with the Rose**. The mind did not allow you even a **Glimpse** of the rose. The mind came in between and the heart could not come **In Touch with the Rose**.

**Only the Heart can Say** whether it is beautiful or not, because **Beauty is a Feeling**, it is **Not a Concept**. The **Beauty** exists in a **Meeting of the Heart with the Rose**. When the heart meets with the rose, beauty flowers. The **Deeper the Contact**, the more beauty is revealed. **Beauty is not a Calculation** and there is **No Criterion** by which to judge it. It is a **Feeling. So Feel It**.

## **84<sup>th</sup> Tantric Technique**

### **1<sup>st</sup> Detachment Method: Detach Self from your Body**

There is a **Deep Attachment** to the body. You have been living in the body for many lives and you were always embodied. There have been certain moments and times when you were not embodied, but then you were **Not Conscious**. So you do not know how you will feel when not embodied. You do not know who you are when you are not in a body. You feel you are the body—this is the **Attachment**. You feel that you are not anything other than the body, not anything more than the body. This is the **First Basic Realization**. Realize that you know only one thing, and that is the body and then you **Realize the Attachment**.

The moment you **Toss Aside the Attachment**, you will realize you are **Everywhere**, it is not the body, which is limiting you; it is your attachment to it. The **Whole Existence** becomes your body. In the body you are somewhere. Without the Body you are everywhere. When you die, you are **Not Somewhere**, not confined to a space. You are **Nowhere and Everywhere**.

You have an **Oceanic Feeling**; your consciousness exists **Without Any Location**. You become like a **Sky**, enveloping all; everything is in you and is joyous. This **Freedom is Existential**. When you are **Totally Free you are Joyous and Blissful**. Whenever the body is **Forgotten**, Joy happens to you and then you have the **Key to Open the Door** whenever you want. Whenever joy is, the body is not. You are **Not Attached** to it; but you have **To Jump Out into Consciousness**.

## **86<sup>th</sup> Tantric Technique**

### **1<sup>st</sup> Imagine Method: Imagine the Unimaginable**

Whatever you can imagine you have **Known Somehow**. Your mind will supply many **Images** and **Dreams**; many **Conceptions** and **Symbols** will come. Your mind will create **New Combinations**. If you go on discarding, nothing will happen to you as an object, only the screen of the mind will be there with no image, with no symbol, with no dream on it, no picture on it. In that moment a **Metamorphosis** happens. You become **Aware of Yourself, the Perceiver**. When there is nothing to be perceived, your **Whole Attention** changes. Your **Whole Consciousness** reflects back. When you have nothing to see, you become **Aware of Yourself and See Yourself**.

If there is something, which cannot be seen and cannot be grasped, it is not and the mind will immediately react saying that it does not exist. So do not become a **Victim of the Mind**. I cannot see myself like I see you which is every **Relationship of Knowledge**. **Seeing and Perception (Knowledge)** means that there are at least two things: the **Known** and **Knower**. But really there is only one.

Energy cannot be static. It has to move. When I see you, my energy moves towards you. When I perceive you, a circle is made. My energy moves to you, then it comes back to me and a **Circle** is made. With its coming back it brings you to me. **Knowledge** means that energy has made a **Circle**. It has moved from the **Subject** to the **Object**. If I go on living in this way making circles with others; I will never know myself, because my energy is filled with **Energies of Others**.

## **88<sup>th</sup> Tantric Technique**

### **1<sup>st</sup> Knowing Method: Know the Knower and the Known**

You look at a **Rose**. It is there and you are inside. Some energy moves from you, which comes to the rose and takes its **Form, Color and Smell**. It informs you that this is a **Rose**. All **Knowledge** is revealed through the **Faculty of Knowing**. But knowing reveals two things: the **Known** and **Knower**. When knowing a rose there are **Three Things**: the **Rose, Known** and **Knower (You)**; and the **Relationship** between the **Two: Knowledge**.

Knowledge can be divided into **Three Points: Knower, Known** and **Knowing**. Knowing is like a bridge between two points, the **Subject** and **Object**. Ordinarily your **Knowledge Reveals** only the **Known**; the **Knower** remains **Unrevealed**; it points to the rose but it never points to you. Knowledge will not allow you to **Know about Yourself**. Your knowledge must be double arrowed, pointing to **Two Points: the Knower and Known Flowing Simultaneously** towards the **Two Directions**.

You are **Self-Remembering** by looking at a **Flower** and remembering the one **Who is Looking**. If you are aware of both the **Known** and the **Knower**, suddenly you become the **Third, a Witness**. If you are the knower, then you remain fixed to **One Point: This is Self-Witnessing**.

If the **Attention is Total** then the **World Disappears**. Now you can move inwards and start becoming aware of yourself—the knower. **Knower, Mind** and **Rose** will be there. You are in the **Middle** looking at both, the **Witness**. It takes **Months, even Years** when you have reached the **Center of Existence** and **Duality is No More**.

## **90<sup>th</sup> Tantric Technique**

### **1<sup>st</sup> Touching Method: Touch your Eyes Lightly**

Your eyes cannot deceive. You cannot create **False Eyes**. You can create a **False Face**; you cannot falsify your eyes. If someone looks in your eyes, **Stares** in your eyes, you feel offended, because they are trying to find the **Real You**. And at that point you cannot do anything—your eyes will reveal your **True Self**. Even while talking you go on **Avoiding the Eyes**. Unless you are in love with someone, or unless someone is ready to be true with you, you cannot stare.

In a crowded train or in a crowded elevator, sitting or standing just being close together, you **Never Look** at each other's eyes. You can touch the body but you never look into each other's eyes because you will penetrate the **Real Person**. The **Eyes** are **Pure Nature**, they have **No Personality**. You move into the world almost only through the eyes. Eighty percent of contact with the world is through the eyes, and **Eighty Percent of your Energy** moves out through the Eyes.

You are moving into the **World through the Eyes**. So when you get tired, the first thing is the eyes. Later on, other parts of the body will be affected; but the eyes will be the first to be **Drained of Energy**. If you can refresh your eyes, you can refresh your whole body, because they are eighty percent of your energy. If you can **Revitalize** your eyes, you have revitalized yourself. The eyes are the **Windows of the Soul** revealing your **True Nature** and through them the **Realization of Yourself**.

## **92<sup>nd</sup> Tantric Technique**

### **1<sup>st</sup> No-Thought Method: Be Aware of All Moments**

If **Knowledge** is important then your head is the center. If **Childlike Innocence** is important then the heart is the center. The child lives in the heart; we live in the head. The **Child Feels; We Think**. Even when we say that we feel **We Think that We Feel**. When you think, you remain separate; when you feel, you melt.

Feel the flower and the distance drops, because for feeling, **Distance is the Barrier**. The closer you come, the more you feel. You cannot feel the boundaries of where you are and where the flower is, of where **You End** and where the **Flower Begins**. **Feeling is Losing the Boundaries and Thinking is Creating the Boundaries**. Without **Definitions** you cannot create boundaries. We are isolated and imprisoned in our **Head like Islands**.

Start feeling things giving your self the time and energy to feeling to do it. Your mind can be without thoughts; then it is **Pure Mind** and it can move towards the heart. If there are **No Thoughts**, consciousness drops to its **Original Innocence in the Heart**. You become a **Child Again**.

When thoughts are there, you cannot move to the heart. When there is no dream and you must be as **Alert** as you are while awake. When **Awareness** and **Thoughtlessness** meet, it is a **Meditation of Thoughtless, Dreamless, and Undisturbed; Calm and Quiet, but Alert**. You will feel a **Transformation in your Consciousness and your Center Changes**. You are thrown into the heart. From the **Heart**, when you look at the world, there is **No World**.

## **94<sup>th</sup> Tantric Technique**

### **1<sup>st</sup> Saturated Method: Feel Yourself Saturated**

For **Seven Days** feel your **Blood, Bones, Flesh and Body** filled with **Sadness**. Not a single **Ray of Light** with **No Hope, Just Gloomy**, as if you are going to die. You are just waiting for death. Contemplate on the feeling that **Death** has entered throughout the body; it has penetrated deep in the **Bone Marrow**. After **Seven Days**, see how you feel. All feeling will have **Disappeared**; and the body will not be felt as alive. You have been eating, you have been doing everything the same as you have always been doing; the **Only Change** has been in the **Imagination**. You will become aware that whatever sadness you have was not real. You were the **Creator of It**.

Try it for **Seven Days** consciously and you will **Never Be Sad Again**. Then for **Seven Days** try just being in a **Stream of Bliss** floating in it, every breath giving you ecstasy. Just feel it. The **Contrast** will be there, because it is deeper than happiness. **Sadness** is the **Surface**; **Happiness** is the **Middle** and the **Innermost Core** is the **Cosmic Essence**. Feel your **Bones, Flesh, Blood and Substance** saturated with **Eternal Life, Divine Energy and Cosmic Essence**.

Start from **Sadness**, then move to **Happiness** and then try the origin, the very origin of life—the **Cosmic Essence**. And feel yourself filled with it. When you understand that **Everything is Just Mind**, you are **Freed**. Then there is **No Bondage** and then there is **No Desire**. Everything appears to be there, but it is there only because of the **Thought Form**.



## **96<sup>th</sup> Tantric Technique**

### **1<sup>st</sup> Spacing Method: Look into Aloneness**

To be **Alone** is basic and foundational; that is how your being is. In the **Mother's Womb** you are alone, **Totally Alone**, and psychologists say that the **Hankering for Nirvana**, for **Enlightenment**, for **Salvation**, for **paradise**, is really a deep **Imprinted Memory** of the experience of the **Mother's Womb**. You have known it, the **Total Aloneness**, and the **Bliss of It**.

You were alone, you were a god. No one else was there. No one **Disturbed** you, and no one **Interfered**. With no conflict the **Peace was Intrinsic**. **Silence** was there and **No Language**. You were deep into yourself.

The **Child Floats in an Ocean of Bliss and Peace**. The mother's womb is **Just like the Ocean** and has the same **Constituents as the Ocean Water (Same Salts)**.

For the child it is always the same temperature in the womb. They are **Warm, Blissfully Floating**, with **No Worries, No Anxieties, No Responsibilities and Alone**. They are not aware of the **Mother**; mother does not exist for them. You carry on this **Imprint**.

This is the **Basic Reality**, and this will be the **Reality Again** when you go out of society and die. You will again be alone. Deep down you **Remain Alone** because that is your **Basic Reality**. Everything goes on happening but just on the **Periphery**. The **Deep Layer** remains totally **Alone**. That is your **True Reality**.

## **98<sup>th</sup> Tantric Technique**

### **1<sup>st</sup> Expanding Method: Feel the Peace in your Heart**

Close your eyes and feel all over the body. Start from the **Legs** and feel whether there is some **Tension** or not. If you feel there is some tension, make it **More Tense**. Bring it to a **Peak** then suddenly relax so that you can feel how the **Relaxation** settles there. Then **Go All Over the Body** just looking everywhere for some tension.

Wherever you feel the tension make it more so, because it is easy to relax when it is intense. The very **Extreme** creates the situation to move to the other. Create tension and bring it to a peak then **Suddenly Relax to All Parts** of the body particularly the **Face Muscles**, because they carry **Ninety Percent of all Body Tensions**.

All your **Tensions are in the Mind**, so the face becomes the storage. Do it for **Five Minutes** so that you can feel that every limb in the whole body is relaxed. Forget the body, remember the area between the **Two Armpits and Chest**, and feel it filled with **Great Peace**. When the body relaxes **Peace Automatically** happens in the heart and becomes **Silent, Relaxed and Harmonious**.

The **Heart Radiates** all the peace that happens to you. If you can find peace directly your life will become filled with **Love and Not Be Possessive**; centered around one or be dependent and it will not make anyone dependent on you. No one can disturb you, because your **Peace is Rooted** and your love comes as a **Shadow of your Inner Peace**. When you feel this peace you are farther away from the surface, which brings you a **Deeper Silence**. You have **Transcended**.

# **100<sup>th</sup> Tantric Technique**

## **1<sup>st</sup> Detached Method: Remain Detached**

Everything is there but you are **Fast Asleep**. **Things, Persons and Events** move around you, but you are not there. So whatever happens in your surroundings becomes your **Master**.

You are **Impressed and Conditioned** by it. Anything can catch you, and you will follow it. **Enlightened Persons and Unenlightened Persons** live in the same world and it remains the same.

The difference is not in the world, the difference happens in the **Buddha** who moves among the same objects but they move in a **Different Way**. They are his own **Master**.

Their subjectivity remains **Aloof and Untouched**. Nothing can **Condition or Overpower** them. They remain detached and themselves.

A **Detached Person** is a person who does not change the situation but themselves. When **Alertness** is just like breathing you do not have to maintain it. **Power** comes through **Alertness and Awareness**.

For an **Enlightened Person**, there is **No Bridge between Them and Anything**. The bridge has broken. They move and live alone. They follow themselves. Nothing else can possess them. They are **Totally Free**.

## **102<sup>nd</sup> Tantric Technique**

### **1<sup>st</sup> Realization Method: Spirit Within and Without**

**Imagination is a Reality.** Through this imagination you can **Destroy or Create** yourself. A **Tibetan Lama** will be standing naked in the snow imagining that they are perspiring. The heat is so much that they are **Perspiring** although the temperature is zero. This **Perspiration and Heat are Real**, but this is created through **Imagination**.

**Just Count your Pulse.** Sit In a closed room and count your pulse. For **Five Minutes** just imagine that you are running. It is hot, you are taking **Deep Breaths**, you are perspiring and your pulse rate is going high. Then count your Pulse. Your pulse rate will be high.

Sitting in a **Secluded Area** in nature alone, you become **More Imaginative**. When someone else is there, your reason is in control because you cannot relate to the others without it. When there is no one there, the mind relaxes and you regress to a **Deeper Imaginative Layer** of your being and it starts functioning.

Once the **Distinction is Lost**, your imagination is in **Full Force**. Sit and close your eyes and imagine a **Spiritual Force** is felt within and without around you, everywhere, spirit is present and your body will start vibrating. Feel everything has become **Nonmaterial**.

**Matter is Illusory. Energy (Spirit) is Real.** When the body becomes **Spiritual** and you feel it as energy; there is **No Distinction** between the **Within and Without**. The **Boundaries are Lost**, only a **Flow Vibrating Remains**.

# **104<sup>th</sup> Tantric Technique**

## **3<sup>rd</sup> Realization Method: Limits of Perception**

Whatever we see is limited, whatever we **Feel** is limited and all **Perceptions** are limited. But if you can become aware, then every limited thing is disappearing into the **Unlimited**. Look at the sky. You will see a limited part of it, not because it is limited because your eyes and focus are limited. But you can become aware of this **Limitation** because of your focus and then you will see the **Boundaries Melting** into the **Unlimited**. Everything is losing its boundary; every moment waves are disappearing into the ocean. There is **No End** or **Beginning** to anything, **Everything is Everything Else**.

**Limitation** is forced by us. You make a fence around your house but your land and your neighbors' land are one. The fence is just because of your mind.

Just sit under a tree and **Look** and whatever comes into your view, just go and look beyond it. This small tree just in your garden has the whole of existence in it. It is melting every moment. If the sun does not rise tomorrow this tree will die, because this tree's life is bound together with the sun. If the **Sun is Giving Life to the Tree**, the tree must be giving **Life Back to the Sun**, because there is a **Response** and **Energy Equalizes**. They are one. Go on until you **Lose your Mind** or all your **Limited Patterns**.

Suddenly you will be **Illuminated** and you will have the **Illumination of Oneness - Nonduality - Highest Peak of Consciousness - the Deepest Bliss**.

# **106<sup>th</sup> Tantric Technique**

## **1<sup>st</sup> Being Method: Become Each Being**

Feel the **Consciousness of Each Person** as your own **Consciousness**. The mind says it is there but the heart is not touched by it. Our relationship with people is as it is with things. Then we try to possess them, but **Only Things can be Possessed**. A person means **Freedom**. A person cannot be possessed. If you try to possess them, you will kill them as they become things. A thing is to be **Manipulated, Used and Exploited**.

In **Meditation**, you can do it with every person. Whoever comes near you, **Simply Dissolve** into them and feel that you are **Not Two, but One, Flowing Together**. You become one with the **Tree or Liver** then you can try it with persons becoming **Blissful**, because they are a **Higher Evolved Being**. You can feel a **Divine Ecstasy** from a person that you are not afraid of **Being Intimate and Close** without any **Fear**, that you can **Lose Yourself**. The two energies melt into each other and there is no ego or no individual, it is **Simply Consciousness**. This is also possible with **One Individual and the Whole Universe**.

When you lose the concern for the self, you will be entering a **Different Reality and Dimension** becoming each being. You can become the **Tree, River, Wife, Husband, Child, Mother or Friend**. Do it for an **Hour Every Day** and whatsoever passes around you become that.

Become a **Free Person**. When the wind comes and the whole tree starts **Shaking and Trembling**, feel that shaking and trembling is within you. When the tree is completely **Satisfied and Content**, feel satisfied-content with the tree.

# **108<sup>th</sup> Tantric Technique**

## **3<sup>rd</sup> Being Method: Become your Own Guide**

You have the **Guide Within** you but you have not used it for so long that you are not be aware that a **Guide Exists Within You**. You only are whenever you **Stop Thinking**. If you do not think, it is as if some **Inner Guide** is working. Your reason has **Misguided** you.

The **Greatest Misguidance** is you cannot believe in the **Inner Guide**. Even if your inner guide says, go ahead, you have to convince your **Reason** and then you **Miss Opportunities**. **Intellect** takes **Time** and while you are **Pondering, Contemplating** and **Thinking**, you miss the moment. When you are fighting in the field with your sword, **You Cannot Think**. You have to move without thinking. Be **Moment to Moment** with the **Inner Guide**, do not think. Allow the inner being to do whatever and whatever happens to it **Do not let the Mind Interfere**.

**Our Schools, Culture and Civilization** teach our **Heads**. We have lost contact with the **Inner Guide**. It is not allowed to **Work and Function** and is **Paralyzed**, But it can be **Revived**. Do not think at all. **Just Move**. You will have to **Be Alert: Not to Think**, but to **Feel Inwardly** what is coming to the mind coming from your **Navel Upwards**.

Whenever your mind thinks, It is just on the surface, in the head, then it **Goes Down**. If your inner guide decides, then something bubbles up in you. It comes from the **Deep Core of your Being towards the Mind**. The mind receives it, but it is not of the mind. Whereever your body moves, allow it to move. You just be a **Witness**. **Do not Interfere** and act according to the **Inner Guide**.

# **110<sup>th</sup> Tantric Technique**

## **2<sup>nd</sup> Emptiness Method: Be Playful in Activity**

You cannot be empty the whole day and you cannot be passive the whole day. You will have to do something. **Life Means Activity**. So you can be inactive for a **Few Hours**, but for the rest of the **Twenty-Four Hours** you will have to be active. **Meditation** becomes your **Style of Life**; it should not be a fragment. Otherwise you will gain it and lose it. The **Active Forces** will be more, and they will destroy whatsoever you attain in your **Inactivity**

So, your mind must change its **Attitude** about **Work** and **Activity**. Work should be considered **As Play, Not as Work**, just a **Game**. You should not be serious about it; you should be just like **Children Playing**, It is meaningless, nothing is to be achieved; just enjoy every activity. When you work; you are **Serious, Anxious** and **Responsibly Worried**, because the result, the **End Result**, is your **Motive**. The work is not worth enjoying.

The **Real Thing** is just in the future, in the **Result**. In **Play** there is **No Result**. The very process is **Blissful**. And you are not worried; it is not a **Serious Thing**. Even if you look **Serious**. It is **Just Pretending**. In play you enjoy the very **Process**; and in work the process is not being enjoyed—the **Goal**, the **End** is important.

If you could achieve the end without this, you would drop activity and jump to the end. **Just Play**. Let your **Whole Life** be just a play and you are acting everything out playfully. The universe is an **Empty Shell** wherein your **Mind Frolics Infinitely**. Your mind goes on playing infinitely. **Be Playful**.



# **112<sup>nd</sup> Tantric Technique**

## **4<sup>th</sup> Emptiness Method: Enter the Space Within**

There are **Three Qualities of Space**. **Supportless**: there can be no support in space. **Eternal**: it can never end. **Stillness**: it will be soundless. **It will be Silent**.

But the mind always asks for support. Something must go on, you must be doing something. In **Doing**, the **Doer Remains**; in doing, you are filled.

The **Mind** resists **Emptiness**. It wants always to be **Filled by Something Else**, because if it is filled it can be. If it is not filled it will **Disappear**.

In emptiness you will attain to **No-Mind**. So drop all **Supports, Mantras, Gods and Scriptures**, whatever gives you a support.

If you feel you are supported, **Drop It** and just **Move Inside-Supportless**. You are moving to where you can be **Lost Completely**. You may not be able to come back, because **All Supports** will be lost.

Where this river will lead you, **No One Knows**. You may fall into an **Infinite Abyss**. Hence, fear grips you, and you ask for some support. Even if it is a **False Support**, you enjoy it. From there **One Arises Alone, Supportless**.

Enter **Space, Supportless, Eternal and Still**, that space has **No Beginning and No End**. And that space is **Absolutely Soundless**. There is nothing—not even a **Sound Vibrating** or not even a **Ripple**. **Everything is Still**.