

Instruction Card

In Hindu Mythology, Shiva represents Death and Destruction in a Trinity of Creation (Brahma) and Sustenance (Vishnu) which comes from a 5000-year-old Vigyan Bhairav Sutras of Sacred Cards (Techniques).

Death, Love and Meditation; they all occur 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 in the sense that you will never be able to feel any **Bliss**. They are similar experiences. If you can enter in one, you enter the others. **Shiva, Brahma and Vishnu** all are manifestations of the **Original Source**. **Shiva is the most Human. Brahma's Work is Creation** and may be needed again. **Vishnu** takes care of the everyday **Cause and Effects**.

Shiva longs for a reunion with his original source. **Shiva's Sutras** are a **Map** that shows how to find the way. These **Sacred Cards** are an outline on **Shiva's 5000-year-old Vigyan Bhairav in 112 Tantric Techniques**. **Tantra** translated means: "**Techniques for Going Beyond Consciousness**." **Tantric** means simply technique, which today is associated with sex, but of all the techniques only five are directly concerned with the sexual act. The **Tantra's Point** is to use countless **Situations and Encounters** in the **Ordinary Life** of a human being, as **Doorways** to the **Experience of Meditation**.

These sutras are the oldest and most **Ancient Techniques**, but also the latest because nothing can be added to them. They have taken in all the possibilities of **Purifying and Transcending the Mind into No Mind**. **Not a Single Method** could be added to **Shiva's 112 Methods**.

1st Tantric Technique

1st Breathing Method: Watch Gap between Breaths

After the breath comes in (down) and just before turning up (out) be aware and observe between these **Two Points**. For a **Single Moment** there is no breathing before it turns up and outward the **Breathing stops**.

Then the breathing goes out. When the breath goes out for a single moment breathing stops. Then breathing comes in. In that moment the happening is possible, because when you are not breathing you are not in the world.

But the moment is of such a **Short Duration** that you never observe it. Each **Outgoing Breath** is a **Death** and each **New Breath** is a **Rebirth**. The **Gap between the Two** is of a very short duration, but keen observation and attention will let you **Feel the Gap**.

Nothing else is needed. You are blessed and you have known; that the thing has happened. You are now fulfilled and at peace with yourself.

To know the truth means to know that which is neither born nor dies, to know that **Eternal Element** which is always. When the breath touches your **Nostrils**, feel it there so that you become it.

Then let the breath move in. Move with the breath **Fully Conscious**. Do not go ahead and do not follow behind, just go with it and stay with it. **Breath and Consciousness become One** and then you know.

3rd Tantric Technique

3rd Breathing Method: Watch the Fusion Pt of Breaths

When the **Out-Breath Fuses** with the **In-Breath**, when they become one, when you cannot say whether it is the out-breath or the in-breath, when it is difficult to demarcate and define whether the breath is going out or coming in, when the breath has penetrated in and starts moving out, there is a **Moment of Fusion**. It is neither going out nor moving in. The breath is **Static**, but when it is moving out it is **Dynamic** and when it is coming in it is **Dynamic**. When it is neither and when it is **Silent** and **Nonmoving**, you are near to the **Center**. The **Fusion Point** of the **In** and **Outgoing Breath** is your **Center**. When the breath goes in, it goes to your center and you can connect with it. When it goes out it, it moves from your center going to the navel forming your **Primary Center** there at the **Navel**.

As a child sleeps the breath goes in; the abdomen comes out. The chest remains unaffected. The breath goes in and the abdomen comes up; the breath goes out and the abdomen goes down; it is the **Abdomen** that **Moves** and children are at their center. That is why they are so **Happy**, so **Bliss-Filled**, so **Energy-Filled**, never tired or overflowing and always in the **Present Moment** with no past or future.

Take deep, slow breaths. **Touch your Center**; do not breathe from the chest your body energy is not there, your mind's energy is not there, so it is **Energy-Less**. But it is energy-filled because it has the **Cosmic Source of Energy**, not because of your body energy.

5th Tantric Technique

5th Breathing Method: Focus Attention on Third Eye

Between the **Two Eyebrows** is the **Pineal Gland (Third Eye)** but it is **Nonfunctioning** because it does not function naturally. It is not blind; it is **Simply Closed**. This technique **Opens** the **3rd Eye**. Close your eyes, then focus between them at the **Mideye**, as if you are **Looking** with your **Two Eyes**. They become fixed and cannot move. It is **Magnetic for Attention**.

For the first time you will **Witness** your **Thoughts** running before you like a **Movie Screen**. Your thoughts are running and you are **Watching**. Ordinarily, you are identified with thoughts. If the thought is anger, you will become angry. If a thought moves, you move with it. You do not have any gap between you and the thought. You are sitting at your **Window Looking at the Sky** or at people in the street; you are not identified. You are aloof, a watcher on the hill which is different. Now look at your thoughts. Let your form fill with **Breath Essence** to your head and shower yourself with light as you become a **Witness**.

When you come to feel the essence of breathing, **Prana**, just imagine that your head is filled with it. When you focus your eyes at any particular point, within **Three Minutes** your **Inner Attention** begins to flow toward the **3rd Eye** and your face begins to change. Your face loses all vitality as if you are deeply asleep and your **Attention** is being sucked by the **3rd Eye Center**.

Dreams will become real and your **Whole Reality** will become just a dream, because there is no basic difference between the **Dream and Reality**.

7th Tantric Technique

7th Breathing Method: Technique to be Aware in Dreams

Intangible Breath is an **Invisible Prana** in center of forehead that touches the heart at the moment of sleep. You will have direction over dreams and death itself. More and more you will be entering deeper layers of sleep, then you will see the **Light Showers** at the moment of sleep.

First you must be able to feel the **Prana in Breath**, the **Invisible Part** of it. It comes if you are attentive between the **Two Eyebrows**; then it comes easily. If you can feel the prana flowing in you, you can know when you are going to die. **Six Months** before your death you begin to know, once you feel the **Invisible Part of Breath**.

When a child is sleeping just open his eyes and his pupils have gone up focusing in the **3rd Eye**. You cannot realize in the **Dream** that you are dreaming. If you can become aware of dreams, you can create dreams. Without awareness you are just a **Victim of Dreams**, not the **Creator**. A dream happens to you and you cannot do anything. Neither can you stop it nor can you create it.

If your **Sleep** can become as **Deep as Death**, then there will be no dreaming. Dreaming creates superficiality in sleep. When there is no dreaming you will just drop into the sea, when its depth is reached. Death is the same. Death is a **Life-to-Life Phenomenon**. You fall into sleep and you regain your **Vitality** and **Aliveness** in the morning as you are **Reborn each Morning**.

9th Tantric Technique

9th Breathing Methods: Lie Down as Dead; Stare without Blinking; Suck Something and Become the Sucking

Lie Down as Dead: Suddenly you are dead. Just imagine that you are dead, not moving. You cannot cry, scream, or do anything if you are dead. Do not do anything, **Just Remain Still.**

Stare without Moving an Eyelash: Stare into open space at a single object without **Blinking for Three Minutes.**

Suck Something: Become the **Sucking** which is easy to do, because sucking is the **First Thing a Child** has to do. When the child is born, and begins to cry. He is not really crying but he is just sucking air, because crying is the first effort to suck air. The child was not breathing while he was in the womb. The child was **Alive without Breathing.**

You are **Sucking Something;** become the **Sucker,** not the sucking. A **Cigarette Substitutes** the mother's breast; so you go on sucking it. When the warm smoke flows in, it is just like **Warm Milk.** Forget the cigarette, forget the smoker and **Become the Smoking.** That is the object that you are sucking; and there is the subject who is sucking, and the process in between is the sucking.

Try one of these techniques and within **Three Days** such deep silence is created by it. Within **Three Months** the lying dead, staring, sucking became a very **Silent Gesture.** The **Body, Eyes or Suck Ups Stop** but **Inner Lying Dead, Staring or Sucking** have started leading to **No-Mind.**

11th Tantric Technique

2nd Relaxation Method: Close Senses be Stone-Like

When you have any **Pain** in the body, whatever you are feeling, stop all the **Doors of the Senses**. Close your eyes and think that you are **Just Blind** and you cannot see. Close your ears and think that you cannot hear. With all of the **Five Senses**, you just lose them. It is easy. When you stop breathing for a **Single Moment**: all your senses will be closed.

When you begin to think that I am just like a **Stone**, like a **Statue**, suddenly the feeling comes to you that even if you want to move your hands it was impossible to do so. You want to open your eyes, and they were like stone so you could not open them. You could not move yourself for **Thirty Minutes**. And when every movement ceased, suddenly the world disappeared and you are alone, deep down in yourself. Then all pain disappeared.

The pain was there, but far away as if happening to someone else. When you are closed to the world, you are closed to your own body also, because your body is not part of you; it is part of the world. When you are **Closed Completely** to the world, you are closed to your own body also. You are lying on your bed and you feel the cold sheets, then become dead. Suddenly the sheets will go away and will disappear. Your **Bed, Bedroom** and the **Whole World** will **Disappear**. You are **Closed and Dead like a Stone with No Window Outside** and you cannot move.

13th Tantric Technique

1st Centering Method: Concentrate Totally on an Object

If you can create a **Center** outside anywhere and concentrate totally on it blacking out the **Whole World** and only one point remains in your **Consciousness**, then suddenly you will be thrown to your **Inner Center**. Your mind is just a **Vagabond**; it is never at one point, it is always going, moving and reaching, but never at any **One Point**. The **Mind** goes from **One Thought to Another** always on the move. If you stop it, the mind will **Fight** with you. The mind can be alive only in movement. If you do not move, the mind is no longer there; **Only Consciousness Remains**.

Consciousness is your nature; the mind is just an activity and a process moving from **One Place to Another**. When you are conscious, there is **No Mind**. If you stop at any point, the mind will struggle. Even though the mind will try in every way to push you forward, backward or elsewhere. The mind is just a **Slave** pretending to be your **Master**.

Imagine the **Five-Colored Circles of the Peacock's Tail** to feel your five senses in **Limitless Space**. Now let their beauty melt within. Think that your **Five Senses are Five Colors** and those five colors are filling the **Whole Space** into **Infinite Space**. Move within and feel a **Center** where all these five colors are meeting within you at your mind. **Concentrate on that Point, until the Point Dissolves**.

When it dissolves, the world has dissolved. There is no world for you. **So choose any Five Colors**.

15th Tantric Technique

3rd Centering Method: Close all Openings of the Head

Close all the openings of the **Head—Eyes, Ears, Nose, and Mouth**. When all the **Openings of the Head** are closed, your consciousness is stopped suddenly; it cannot move out. If you stop your breathing for a moment, your mind will stop, because only the mind moves on.

You remain in your consciousness concentrating between your two eyes and focus at the **3rd Eye**. This space becomes **All-Inclusive**. If you can feel the space, you have felt everything. Then you have known existence, because this **Inner Space** is all-inclusive. Nothing is left out of it. The two eyes can only see the finite. The **3rd Eye** sees the **Infinite and Immaterial**. Closing of the openings is **Centering**. Once the **Stream of Consciousness** cannot flow out, it remains at **Its Source**, the **3rd Eye**. If you are centered at the **3rd Eye**; the **Whole World is in You**.

The **3rd Eye** is not part of your physical body. The space between our two eyes is the **Infinite Space**, which has penetrated in you. Once this space is known, you will never be the same person again. You have known the deathless and your life will be **Authentic, Intense and Alive**. Now no security is needed, and now **No Fear** is possible. Now you cannot be killed and now nothing can be taken away from you. The whole universe belongs to you: **You are the Universe**.

17th Tantric Technique

5th Centering Method: Do not Choose, Be in the Middle

The **Mind** will always go on **Choosing Extremes**, because in the **Middle**, the **Mind Dies**. In a **Pendulum**; it goes to the extremes **Accumulating Momentum**. And if the pendulum stays in the middle then the momentum is lost it has no energy just like the mind. You decide one thing on one extreme, and then you move to another. You are angry; then you repent. You do not know that by being angry you have **Accumulated Momentum** to go to the other extreme.

The mind moves from **Anger to Repentance** and back. Remain in the middle. Do not be angry and then also **Do Not Repent**. If you can remain, you will not gather the **Momentum** and the energy will not be angry again.

Unwinding the Mind, and keep in the middle until there is no mind. If the mind is at the **Extremes**; the middle will become **No-Mind**. **Unmind the Mind** is keeping it in the middle.

You have to be aware continuously. **Doing, Eating, Walking, in Relationships and Everywhere** but remain in the **Middle**. You will feel a certain calmness developing, a tranquility coming to you and a **Quiet Center** growing within you. You will have the feel of what the middle means. Whether **Hate or Love, Anger or Repentance** always remember the **Polar Opposites** and remain in between them. Sooner or later you will stumble upon the **Exact Middle Point**. Once you know it you can never forget it because that **Middle Point** is beyond the mind. That point is what **Spirituality** is.

19th Tantric Technique

7th Centering Method: Sit on your Buttocks Only

Without support for feet or hands, sit only on the **Buttocks** and feel centered but you have a dead body and you have to make it sensitive. Just relax and close your eyes. Forget the whole body and just feel the **Left Hand**. The more you feel it, the more it will become heavier and heavier, than feel what is happening in the hand. Do it every day for **Three Weeks**. Daily do it for **Ten Minutes**. Just feel the left hand and forget the whole body. After **Three Weeks** you will feel you have a **New Sensitive Hand**.

Close your eyes and feel that only **Two Buttocks Exist**. Let your **Whole Consciousness** go to the buttocks. The **Feeling of Aliveness** comes in the buttocks and they become very sensitive. When you can feel anything happening inside, a **Slight Movement or Pain** then you **Observe** and you will know, that your **Consciousness** is joined to the buttocks.

Lie on the bed or in a bath and forget your whole body. Just remember that only **Two Buttocks** are left. Just remain on the buttocks; feel the buttocks touching because it has become **Sensitive**. The **Touching** is more **Balanced**. Balancing means they are feeling the same. Once both your buttocks are centered. You will be thrown to your **Navel Center**, and you will be **Centered Inside**. You will forget the buttocks and body and be thrown to the **Inner Center**.

21st Tantric Technique

9th Centering Method: Concentrate on a Body Pain

Pierce your body but only the body is **Pierced**, not you, Though you will feel the pain. If you can become aware that only the body is pierced, that you are not pierced, instead of pain you will **Feel Bliss**. There is no need to do it with a pin. Some pain is there in your body, so use that pain.

Forget the whole body, just **Concentrate on the Pain** and you see that body part is **Shrinking**, When you concentrate, then you feel the pain is not in the whole area but just on a pinpoint. **Concentrate** more on the pinpoint and it will go on shrinking smaller and smaller. Go on staring at the **Pinpoint**, and it will disappear filling you with **Bliss**.

Now you are the **Observer** and the pain is some where else. You are observing the pain, not feeling the pain. The change from **Feeling to Observation** creates the **Gap**. When the gap is bigger, suddenly you forget the body completely and are only **Aware of Consciousness**.

You will attain **Total Purify** and the **Inner Innocence** will be revealed to you. Once you know that you are not the body your life is changed completely and your **Whole World Disappears** and a **Different World** arises which is around the **Soul of Compassion, Love, Beauty, Truth, Goodness and Innocence**. Your **Center is Shifted**, and it is not in the body now, but in your **Consciousness**.

23rd Tantric Technique

11th Centering Method: Feel an Object - Become It

Feel an object before you—any object. Seeing will not do—**Feel It**. You see a rose flower, but your heart is not stilled, you are not feeling it; otherwise you may start **Weeping and Crying** or **Laughing and Dancing**. The mind says that this is a **Rose**. Remain with the rose. See it and then feel it. **Smell and Touch** it let it become a **Deep Bodily Experience**. Close your eyes and let the rose touch your **Whole Face**. Feel it. Put it on the eyes, let them touch and smell it. Put it against your heart, be silent with it. **Forget Everything**. Feel an object and the absence of all other objects because if your mind is still thinking of other things then it will not **Penetrate Deeply**. Let this rose envelope you and drown in the rose. Feel the **Absence of All Other Objects** but this one.

Choose some object you naturally love, then forget the whole world. Relish and taste the **Presence**, **Feel it**, **Go deep into it and let it Go Deep into you**. Now leave aside the feeling that you have for this object and the absence feeling of other objects. Now leave that **Absence** also.

Only this **Rose, Face, Woman, Man or Rock** is present. Then leave this feeling as well. Suddenly you fall into an **Absolute Vacuum** and nothing remains. This is your nature. Only your subjectivity is there— **Pure, Uncontaminated and Unoccupied**. But **Do It in Steps**; do not try the whole technique at once. Do it **Over Days and Weeks** with the **Same Object in Stages**.

25th Tantric Technique

1st Stop Method: Impulse to do Something, Stop

You are dancing and suddenly you stop. **No Change or Adjustment** could be made. If your eyes were opened, they had to remain opened. Consciously you had stopped, you had become just like a **Stone Statue. A Gap Happens.** The body has the tendency to move, so there is **Momentum.** The body is not ready for this sudden stop, but you have stopped. You feel your body as something distant, far away, with the impulse to move with momentum for activity. You have stopped the body's activity and its momentum, you become separate from it. **Stop!** You have heard the word to stop, but still you make yourself comfortable and then you stop. Then nothing will happen and you have deceived yourself. When you hear the word **Stop. Instantly** you have to stop, and do not do anything.

Someone has died and you are crying and tears are falling. You have **Forgotten Yourself Completely.** The one who has died has become your **Center.** Stop and you stop yourself completely; you will be totally taken away from your body. **Sudden Stoppage** throws you off balance. This being thrown **Leads** you to the center. Now you will know who you are. Now you will know that your **Possessions and Actions** are on the **Periphery**; they are just the **Ripples, Not your Nature.**

When the body stops totally, your **Mind Stops.** Let everything stop; **No Breathing or Body Movement.** For a **Single Moment** remain in this stop, you have **Penetrated to your Center.**

27th Tantric Technique

3rd Stop Method: Exhaust Yourself - Drop to Ground

Just Run in a Circle. Jump, Dance and Run again until you are exhausted or until you feel that now not a single step more can be taken.

*The mind will say that now you are exhausted, and now you cannot go on anymore. Continue until you **Feel—Not Think**, until you feel that the whole body is tired, and if I move I will fall down.*

*When you feel that you are **Falling Down** and you cannot move, then dropping to the ground, but in this dropping **Be Whole**. Be so exhausted that dropping happens of itself. If you continue, you will drop.*

*Do not plan it; do not try to sit, or do not try to lie down. Drop as a whole, as if the **Whole Body** is one and it has dropped. And you are not dropping it.*

*Drop it as a whole; drop yourself totally. Do not arrange it. **Fall Down Dead**. If you can drop in this way, you will feel for the first time your **Whole Being**, your **Wholeness**, and your **Center**.*

*This helps you very easily to fall into that **Cosmic Ocean of Energy**: There will be **No Fragments** or **No divisions**. Your **Mind** with its **Divisions** will **Disappear**, and your **Being** that is **Undivided and Indivisible**, will appear for the **First Time**.*

29th Tantric Technique

5th Stop Method: Devote Yourself

Devotion Frees. It is simply one word, because **Frees** is the **Consequence of Devotion**. This is for those who are **Intellectually and Scientifically Oriented**; another is for those who are **Heart, Emotionally and Poetically Oriented** which are only **Two Types of Minds**, the **Scientific Mind** and **Poetic Mind** which are **Poles Apart**. They meet nowhere, and they cannot meet. Sometimes they run parallel, but still, there is **No Meeting**.

A scientist moves into another world, with **Another Arrangement of Concepts, Ideas, Logic, Reason and Mathematics**. When one moves to the world of poetry, the **Mathematics** is no more there—**Music** is there. Concepts are no more there; words are there, but they are **Liquid**, not solid. One word flows into another, and one word can mean many things or it may not mean anything. The grammar is lost; only the **Rhythm Remains**. It is a different world. **Thinking and Feeling are Two Types**.

Devotion is for a **Feeling Type**. Devotion is toward something else and devotion is a **Blind Experience**. In devotion the other becomes more important than you. It is a **Trust**. The **Intellectual** cannot trust anybody; they can only **Criticize**. They cannot **Trust**. They can doubt, but they cannot trust. They try to convince themselves about their trust; it is never **Authentic**, finding **Proofs and Arguments**. When they are satisfied that the arguments help, the proofs help, then they trust. Trust is not argumentative and trust is not based on proofs. If proofs are there, then there is **No Need of Trust**.

31st Tantric Technique

2nd Looking Method: Look at an Object as a Whole

Look at anything but look with a **Different Quality**. Look without seeing the sides or the material but as a **Whole**. Ordinarily, we look at the parts. If I look at you, first I see your face, torso and then your whole body. Look at an object as a whole; **Do Not Divide** into parts. Look without seeing the material. If the bowl is of wood, do not see the wood; just see the bowl, the **Form**. Do not see the **Substance**. You can try it with anyone. Someone is standing: look, and take the man or woman wholly into your look, totally into it. Do not think about whether the body is beautiful or not; man or woman. **Do not Think**, just look at the **Form**. Looking at something, you will become **Aware of Your Self** because for the eyes there is no possibility to move outwards. For the **First Time** you know who you are. **Your Being is Revealed in a Flash.**

When you are looking at any object, **Consciousness** is moving out. Finding nothing to move outward, suddenly the eyes will turn back. You will have forced your consciousness to **Fall Back**. When you become aware of you, you will miss the object; it will not be there. When you come to know your self, you become a **Witness** and the world is not there. If you start to look for your self directly, it will be difficult; because the very effort may become a **Barrier**. Fix your stare on any object, and do not move from there, which will create the possibility for the **Consciousness** to begin to flow **Upwards and Backwards**. Then you become **Aware of Your Self**.

33rd Tantric Technique

4th Looking Method: Look into the Limitless Sky

Simply by looking into the **Infinite Blue Sky** beyond the **Clouds**, one will become **Serene**. Just looking, **Not Thinking**. The sky is **Not an Object** because an object begins and ends. You can go around an object; but you cannot go around the sky. **You are in the Sky**. So you may be the object for the sky, but the sky cannot be your object. You can look into it, but you cannot look at it, and it never ends having **No Boundaries**. If you start thinking, you must stop. Just move and look. Do not create words; they are **Barriers** too, so **Do Not Verbalize**.

You should have a **Pure, Innocent Look** into the **Blue Sky**. You will go on and on because there is **No Object**, just a **Vacuum**, suddenly you will become aware of yourself because if there is any vacuum your senses become **Useless**. Senses are only useful if there is an object. All objects are in the sky, but the sky is not an object but a **Vacuum**, the space in which objects can move. The sky itself is just **Pure Easiness**. Go beyond the clouds floating in the sky. Look into the **Blue Sky**—not at the stars or clouds, but at **Emptiness**.

Look into the **Emptiness**; there is no object to be grasped by the senses. Looking into the **Blue Sky without Thinking**, you will feel that everything has disappeared then you will become **Aware of Yourself**. Looking into this **Emptiness**, you will become empty because your eyes are like **Mirrors** reflecting everything before them. The **Mind Function** disappears and **Emptiness Reflected In** becomes **Desireless**.

35th Tantric Technique

6th Looking Method: Look into a Deep Well

At the edge of a **Deep Well** look steadily into its **Depths** and **Wondrousness**. The well will be **Reflected in You**. Forget thinking completely; and stop thinking completely, just go on looking into the depth. Look into a well without thinking. The depth will be reflected in you, the well will become just an **Outer Symbol** of the **Inner Depth**. And go on looking until you feel **Wonderfilled**. Do not stop before this moment. Go on looking, **Day after Day, Month after Month**. Just go to a well, look deep, with **No Thoughts** moving in the mind.

Just become one with it. Go on meditating; one day your thoughts will not be there. Any moment it can happen. Suddenly you will feel you have the **Same Well Within You**, the same depth. And then you will feel **Wonder-Filled**. You are traveling in a fast train. If the train is really smooth and you do not feel the train is running, you are just looking through the windows, the trees are moving, not the train.

The **River is Flowing** because you take the bridge as **Static**. The **Bridge is Flowing** too. **Atoms** and **Electrons** are moving; bridge is a constant movement within. Everything is flowing; the bridge is flowing but in the **Atomic Structure of the Bridge**. Movement is there, so fast you cannot see it. That is why you feel it as **Static**. When you feel **Wonderfilled**, your mind is **No More** but simply a **Scene of Mystery**, then you will be capable of **Knowing Yourself and Feeling the Bridge Move**.

37th Tantric Technique

1st Sound Method: Beyond Words and Sounds

A **Single Word** can create such a disturbance in you that you are ready to **Die for it**. Thoughts arranged systematically, in a pattern and words into a system. **Words are Sounds**, where meaning is agreed upon; otherwise it has **No Meaning**. We invest in the meaning **Projected by Us**; otherwise Rama is just a sound—it is **Meaningless**. We give it a meaning, then we create a system of thought around it. But animals use sounds without any **Linguistic Meaning**, but use them with **Feeling**. **Above Sounds are Words, Thoughts and Philosophies; Below Them are Feelings.**

The **Whole World** is filled with sounds, only the **Human World** is filled with **Words**. Use your eyes **Inwards** and see the letters, because they are sounds. Because we are reading, they are associated with eyes, but they are sounds associated with ears. Move from the **Eyes to the Ears**. First imagine them as letters, then see them, hear them more subtly as **Sounds**, the **Subtle Feelings**. Move from **Letters to Sounds to Feelings**.

A **Horse** is **More Alive**, than a man. They have **No Language**, just **Pure Sound**. They are filled with their hearts, not with their minds. The moment **Ego** comes, **Words, Language and Thought** come. Those sounds are **Feelings** and the horse could **Understand Feelings**. Every child lives with feeling. First come sounds, and then those sounds are filled with feeling. Then come **Words, Thoughts, Systems, Religions and Philosophies** going farther away from the **Center of Feeling** and then you are **Not Free. So Be Free.**

39th Tantric Technique

3rd Sound Method: Intone a Sound and Become It

Aum is one of the **Basic Sounds**. **A-U-M**: there three sounds are combined in it. All sounds are made of them, derived from them or are combinations of them. The **Whole Human Consciousness**, in any dimension it works, comes to the law of the three and its **Symbol, Aum**. These are **Atomic Sounds** combined in Aum, so Aum is near and behind the **Absolute** and **Unknown**. If you move beyond Aum, you move beyond sound then there is no sound. **A-U-M** are the **Boundary of Existence**.

Beyond these three you move into the **Unknown**, into the **Absolute**. Aum is the limit as far as sound is concerned, and you cannot move beyond. **Intone a Sound, as Aum, Slowly**. The **Intoning of a Sound** is a very **Subtle Science**. **First Loudly and Outwardly**; then others can hear it because you can also hear it clearly when you intone it loudly.

Intone the Sound Aum, then you will feel attunement with the sound. When you intone the sound aum, be filled with it, forget everything else. Become the Aum as it vibrates through your **Body, Mind and Nervous System** as if your whole body is being filled with it. Every cell is vibrating with it. **Tune** yourself with the sound, become the sound feeling a **Deep Harmony** with yourself and the sound, developing a **Deep Affection** and **Awareness** with it. The more you intone it, the more you will feel yourself filled with a **Subtle Sweetness**.

41st Tantric Technique

5th Sound Method: Listen to a Stringed Instrument

Hear an **Instrument**—sitar or anything. Be alert and listen to the **Central Core**, the backbone of it around which all the notes are flowing. It is the deepest current which holds all the notes together, just like your **Backbone**. Listening to the music, be alert, penetrate the music and find the backbone of it—the **Central Thing** that goes on flowing, holding everything together. Notes come, go and disappear, but the **Central Core** flows on.

For the doer it's a **Deep Meditation** and for the audience also it was a **Deep Meditation**. A **Dancer or Musician** can be a **Technician**. If there is no meditation in it, they are a technician, but then the soul is not there, only the body. The soul comes only when the musician is a deep meditator. Music is just the **Outward Expression**. While playing a sitar, one is not only playing on the sitar, but also playing on the **Alertness Inside**. The sitar goes on outwardly but the **Intense Awareness** moves inside.

If you can play with **Music and Meditation**, sooner or later the **Inner Music** will become more important. If you can find the inner music, then the **Outer Music** will be a disturbance. You will throw the instrument away; because you have found the **Inner Instrument**.

You will become **Omnipresent**. If you can become awake, this point will **Disappear**. You will not be anywhere then, you will be **Everywhere** becoming the all. You will have become the **Ocean and the Infinite**.

43rd Tantric Technique

7th Sound Method: Focus your Mind on the Tongue

Keep the mind in the **Middle of the Tongue**. You will have a very **Strange Feeling**, because the tongue has a **Center in the Middle that Controls your Thoughts**.

If you suddenly become aware and you focus on that, **Your Thoughts will Stop**. Focus as if your **Whole Mind** has come to the tongue in the middle. Let the mouth be **Slightly Open** when you focus. The tongue has the **Center of Speech and Thought is Speech**. While you are thinking be aware: **Feel your Tongue**. It is vibrating as if you are talking to someone else.

Then feel it again and you can feel that the vibrations are **Centered in the Middle** and then they spread all over the tongue. **Thinking is Talking Within**, if you stop talking outwardly, then you will become very deeply aware of **Talking Inside**. If you remain completely silent for a **Month or Two** or a **Year**, you will feel your tongue **Vibrating Violently**. Stop your tongue completely and then try to think—**You Cannot Think**.

As breath comes silently in, **Feel the Sound AHH** whether you are **Exhaling or Inhaling**, You are not to make the sound; you are just to feel the incoming **Sounds**.

Breathe on your Tongue. With very **Deep Alertness** you can become aware of it. Start from the tongue and feel it. You will hear it in the **Throat** then you will start hearing it in your **Heart**. Then you have **Gone Beyond the Mind** where you can move from **Thought to No-Thought** and from **Mind to No-Mind**.

45th Tantric Technique

9th Sound Method: Intone a Word Ending in 'AH.'

This uses the **Outgoing Breath** as the **Method**, the **Medium** and the **Vehicle** to go **Deep into Silence**. It is a **Death Method**. We always take the breath in, but we never throw it out. We take it in and the body throws it out. Observe your breathing and you will know. We take it in. We never exhale, only inhale. The body does the **Exhaling**.

Death is a **Purifying Process**. When your whole body has become poisonous, death will relieve you of the body. It will renew you, it will give you a new birth; a new body will be given to you. Through death all the accumulated poisons are dissolved back into nature. The **Outgoing Breath is Similar to Death** and it takes all poisons out. If you can throw the whole breath completely out, you touch a **Point of Silence** that can never be touched while the breath is in. Emphasize the **Exhaling Breath**. If you are suffering from any disease, forget intaking. **Just Exhale and Do Not Inhale**. You force the breath out and do not inhale. The body will inhale by itself. When going up a stairs you feel tired and breathless then just exhale, do not inhale and you will not be tired. By exhaling only, you are **Ready to Let Go and to Die**. You are not afraid of death.

One, who accepts **Death, Welcomes and Receives it as a Guest**, lives with it and goes deep into life. This makes you open. Exhale with **AH**, do not inhale, and that will change your total mind. If you are aware of death, only then does spirituality become meaningful. No animal is **Aware of Death or Imagine** there is going to be death.

47th Tantric Technique

11th Sound Method: Use Your Name as a Mantra

Your own name can be used as a **Mantra** very easily, because your name is deep into your **Unconscious**. Nothing else has gone so deep. Someone comes and calls Rama; no one will listen except the person whose name is Rama. He will listen to it; he will be disturbed in his sleep. No one else will listen to the sound Rama. It has gone down deep. It is not conscious now, and it has **Become Unconscious**. Your Name has gone **Deep Within You**, but there is a very **Beautiful Phenomenon** about your name. You never call it, others call it. Others use it; and you never use it.

If you go on repeating the name fast inside, it will not be a word: it will become a **Sound**. It is just the sound that matters. Enter the sound of your name. Forget the meaning of it, just enter the sound. **Meaning is with the Mind, Sound is with the Body**. Meaning is in the head, sound spreads all over the body.

Just repeat it as a **Meaningless Sound** and through this sound you will enter all sounds. All sounds means all that exists. The basic unit of the existence is sound and not electricity. **Electricity is Nothing but a Form of Sound**. You may have heard that through a particular sound, **Fire** can be created because sound is the basis of all electricity. So if you hit a sound in a particular **Frequency, Electricity** will be created.

49th Tantric Technique

2nd Sexual Method: Shaking in Sex

When in such **Embrace (Communion)** with your lover, your senses are **Shaken as Leaves**, so you enter this shaking. But we have even become afraid of this: while making love you do not allow the **Sex Act to Spread All Over your Body**.

Your mind can control it when it is localized at the **Sex Center**. When it spreads all over your body, you cannot control it.

You may start **Shaking or Screaming**, and you will not be able to control your body once the body takes over. We remain just like **Dead Bodies**.

Once a woman's body becomes possessed, it is very difficult for a man to satisfy her: because a woman can have **Chain Orgasms**; a man not trained in the **Taoist Sexual Practices** cannot have them. **Eighty to Ninety Percent** of women never know what orgasm is. They can give birth and satisfy a man but they themselves are never satisfied.

Women all over the world have **Sadness, Bitterness and Frustration** because of this unfulfillment. Only through **Taoist Dual Cultivation Practices** can they be **Satisfied and Balanced**.

But through the Taoist Sexual practices **Sex is Like an Itch**. It Feels Good when you Scratch It but it Feels Better when you do not have the Itch.

51st Tantric Technique

4th Sexual Method: When Joy Arises, Become It

On joyously seeing a **Long-Absent Friend** a sudden **Joy Grips** you. Your attention is focused on the friend: you will start **Talking, Remembering** and you will miss this joy and it will go. When you see a friend and feel a **Joy Arising** in your heart, concentrate on this joy. Feel and become it. Let the friend be on the **Periphery** and you remain centered in your happiness.

With **Negative or Positive Emotion** use this technique and there will be a great change in you. If your emotion is negative, you will be freed of it by **Being Aware** that it is within you. If the emotion is **Positive**, you will become the **Emotion Itself** and you will become **Joy**. If it is anger, then **Anger will Dissolve**.

By you becoming aware of an emotion, If it **Dissolves** it, it is **Negative**. If it **Spreads** and becomes your **Being**, it is **Positive**. If it is a toxic emotion, you are relieved of it through awareness. If it is good, you become one with it. **Awareness Deepens it**. That which cannot remain in awareness is an **Offense** and that which grows in awareness is **Virtue**, which are **Inner Realizations**. Use your **Awareness**.

If you bring light in, **Darkness** will no longer be there and what is **Real** will be **Revealed**. Through **Awareness** all that **Negative like Darkness** will **Dissolve** as well as **Hatred, Sadness, and Violence**. Then **Love, Joy and Ecstasy** will become revealed to you.

53rd Tantric Technique

1st Self-Remembering Method: Self-Remembering

Your **Self-Remembering** cannot be reflected in your mind because you are behind the mind. It can reflect only things, which are **In Front of It**. You can just see others, but you cannot see yourself. Your eyes can see everyone, but your eyes cannot see themselves. If you want to see yourself you will need a **Mirror**.

Only in the mirror can you see yourself, but then you will have to stand in front of the mirror. If your **Mind is a Mirror**, it can reflect the whole world. It cannot reflect you because you cannot stand before it. You are always behind, **Hidden behind the Mirror**.

Feel I am, not the words I am. Do not verbalize, just feel that you are. **Do not Think, Feel**. Try it. While walking, **Remember You Are** and have the feeling of your being, without any thought or any idea. **Just Feel**. I touch your hand or put it on your head: **Do not Verbalize**. Just feel the touch, but feel also the **Touched One**.

You can do it at any time. It does not need any special place or any special time. You cannot say, **I have No Time**. When eating you can do it, when moving or sitting you can do it—anytime. No matter what you are doing, you can suddenly remember yourself and try to continue that **Glimpse of your Being**.

If you can be aware in one moment, you can be aware for your whole life. Now only effort is needed and this can be done all day. **Whenever You Remember, Remember Yourself**.

55th Tantric Technique

3rd Self-Remembering Method: Wake and Sleep Gap

There are some **Turning Points** in your consciousness. At these turning points you are nearer to your center. Whenever you change a gear you **Pass** through the **Neutral Gear**. When sleep is going, vanishing, and you are feeling awake but not yet awake, at the midpoint, you are in a neutral gear.

From sleep to waking, your consciousness changes the **Whole Mechanism**. Between the two mechanisms, there is **No Mechanism**; there is a **Gap**. Through that gap you can have a **Glimpse of your Being**. The same at night when you move from your waking to sleeping mechanisms from **Conscious to Unconscious**. For a **Single Moment** there is **No Mechanism**. Between the two if you can be awake, you can remember yourself and have a glimpse of your **Real Being**.

If you **Remain in the Middle** you fall into a **Bottomless Abyss**. A **Safeguard Practice** is to imagine with closed eyes that you are falling into a deep well—**Dark** and **Bottomless**. Now this fall cannot stop anywhere but you can stop; when you open your eyes and say **No More**, but this fall in itself cannot stop.

In neither **Waking nor Sleeping** are you real, but you are only **In-Between**. So do not be concerned with the **Waking, Dreaming and Sleep**. Just be concerned and aware of the **Gap** and have a **Glimpse**. Once you know when the gap comes, you become the **Master of It**. You can open it at anytime and enter into the **Real Dimension**.

57th Tantric Technique

1st Witnessing Method: Be Undisturbed by Desires

In moods of **Extreme Desire**, be undisturbed: When desire grips you, your **Mind starts Wavering** and many ripples go on, on the surface. The **Desire Pulls** you somewhere into the **Future**; the **Past Pushes** you somewhere into the **Future** and this is a **Disease**.

Desire means Disturbance. You are in anger, it grips you. You are temporarily mad, possessed or out of your senses. Suddenly be **Undisturbed**. Inside become naked from the anger. **Undressed Anger** will be there, but now you have a point, which is not disturbed. Stand before a **Mirror** and **Express your Anger** and **Witness It**.

You are alone, so you can meditate on it. If you want to beat someone, beat the **Empty Sky**. If you want to be angry, be angry; if **You Want to Scream, Scream**. But do it alone and remember yourself seeing it all as a **Drama**. You can **Laugh at It** and afterwards you will feel relieved and gain something through it. When you become disturbed, you forget everything and you have to meditate. Do not wait for the moment when anger happens to you. Just think of some **Past Experience of Anger** when you went mad and re-enact it.

Do it again, **Relive it**. Move back on the **Time Track** and bring back desires and relive the wounds. They will be healed. You will become more whole and through this you will have the knack of how to remain undisturbed in a situation, which is disturbed. Then **No One Else** can make you **Happy** or **Unhappy**.

59th Tantric Technique

3rd Witnessing Method: Stay between 2 Polarities

Everything is **Polar** and the mind moves from **One Polarity to Another**, never staying in-between. The **Mind** moves from one pole to another immediately. If you are **Happy**, sooner or later you will move to **Unhappiness**, and you will move immediately: **Happiness will Disappear and You will be Unhappy**. If you are feeling good, sooner or later you will feel bad, and there is no point where you stay in-between. Just like the **Pendulum** you move from **Left to Right**, from **Right to Left** and it goes on moving. When it is going to the left, it is gathering energy, **Momentum**, to go **Right**; when it is going right, it is gathering **Momentum** to go **Left**. When you are becoming **Happy**, you are gathering momentum to feel **Unhappy**. So whenever you are **Laughing**, the moment is near when you will be **Crying**.

When happiness is there you cling; when pain is there you escape. If you want to change this **Natural Law** and transcend it, when pain is there do not try to escape. While you are moving, you cannot know what the world is; your movement confuses everything.

Once you are not moving, you can look at the world. For the first time you know what reality is. A **Nonmoving Mind** knows what reality is; a **Moving Mind** cannot know what reality is. Your mind is just like a **Camera**. You go on moving and taking shots, but whatever comes is just as **Confusing** because the camera must not move or the pictures will be out of focus becoming confusing to you.

61st Tantric Technique

1st Awareness Method: Existence as Waving

In a deeper sense only the **Ocean** is. You cannot have a **Wave Without the Ocean** and even while the **Wave** is there, only the ocean is. The wave is just a **Form, Not a Substance**. There is no wave, just **Waving**, an activity, not a thing; just a **Movement and Process**, not a **Substance or Matter**.

The ocean can be **Silent**. The waves will disappear, but the ocean will be there. It is a waving - a **Simple Form of Movement**. A wave has its own **Personality** and different from others with **Peculiar Characteristics and Character**. While one is rising, another is dying. They look **Different, Separate and Individual**, but the look is **Fallacious**. Deep down only one ocean is and no matter how they look unrelated they are related. The **Rising Wave** may be gathering energy from the **Dying Wave**.

We are just waves in a **Cosmic Ocean**. Meditate on it; allow this feeling to go deep down within you. Start feeling your breathing as just the **Rising of a Wave**. You breathe in and out. The breath that is entering you was **Someone Else's Breath** and the breath leaving you will become someone else's breath in the **Ocean of Life**. **You are Not Separate Just Waves**.

With **No Ego** you cannot cling to the wave; you will fall into the ocean. Feel yourself just as a wave, and allow this feeling to enter in you. Once you **Detach** yourself from the **Waveform** and you become one and realize **Oneness** with the **Ocean, the Formless**; then there is **No Death** for you.

63rd Tantric Technique

3rd Awareness Method: Be Aware Who is Sensing

You see through your eyes. **Eyes cannot see; you see through them. The Seer (You) is Hidden Behind;** the eyes are just the **Opening Windows.** We go on thinking we hear by the ears. You hear through the ears, not by the ears. **The Hearer is Hidden Behind.** I touch you. The hand is not touching you; I am touching you, through the hand. The hand is just **Instrument.** I can touch your hand and avoid touch.

I may have withdrawn. You can put your hand on someone and withdraw yourself. A **Dead Hand** is there, not you. The person will feel insulted. Women have a greater sensitivity of touch with an **Instinctive Feeling** when you are with them and when you are not with them. Unless you are a master of your own self, you cannot deceive them.

First try with **Objects**—a flower, a tree and the stars in the night. They will not feel trespassed upon and they will not object. They will like it and will feel very good and appreciated.

Then try with **Loving Persons**, your wife or child. Take your child into your lap and look at them through the eyes and the child will understand because they are still **Uncrippled** by the society. They will feel deep love and your presence. Look at your lover to get the feel of it and then you will be able to look at anyone. Once you have this art of **Standing Always Alert behind your Senses**, they **Cannot Deceive you.**

65th Tantric Technique

2nd Observation Method: Do Not Judge

The fact is **Simply the Fact**. The **Naked Fact** is simply the fact; it is neither **Moral** nor **Immoral**, **Pure** nor **Impure**. The fact is real and the **Interpretation is Unreal**. Do not interpret. In reality, know nothing as pure or impure because purity and impurity are our attitudes imposed on reality. We are so much oriented towards **Dual Thinking**, that we are not even aware of our **Condemnations** and **Justifications**. If someone starts smoking here, you may not have consciously felt anything, but you have condemned them. Your look may have condemned or no look may have condemned.

By your **Gestures, Sitting or Standing**—you go on condemning, justifying, **Not Even Aware** of what you are doing. When you smile or when you do not smile at a person, when you look at someone or you do not look or ignore someone. You are **Imposing Attitudes**. When you say it is **Beautiful**; then something else is **Ugly**.

This **Dual Attitude** is simultaneously dividing you, so within you there will be **Two Persons**, an **Evil Person** and a **Good Person, a Saint**. Of course, you are bound to be **Identified** with the saint within, so the devil or the evil one within you is to be condemned.

Now there will be **No Peace** and **No Silence**. You will feel **Tensions** and **Anguish**. This is what you are feeling, but you do not know why. You are not two but one, but because of your **Divisive Attitude** you have divided the outer reality. **You are in Both; Both are You.**

67th Tantric Technique

2nd Changing Method: Remember All Things Change

Everything you know about is **Changing**; except for you, the **Knower**, everything is changing. Even the **Himalayas** are changing. They are growing and still rising. Himalayas which look so stable, unchanging and unmoving, are changing. Comparatively **Everything is Changing**. Something looks more changing, something looks less changing, but that is **Only Relative**.

Nothing is unchanging that you can know. **Nothing** is unchanging except the **Knower**. But that is always behind. It can never become the **Object**; it is always the **Subject**. You cannot know it as an object. I can look at you, but cannot look at myself in the same way because to be in a **Relationship of Knowledge** two things are needed—the **Knower** and the **Known**.

If you can move with a river without any conflict, without any direction of your own, if the **River's Direction** is your direction, suddenly you will become aware that you are not the river. **Feel it**. Someday try it in a **River**. Go there, relax and allow the river to take you. Do not fight; become the river. Suddenly you will feel that the river is all around, but you are not the river.

Change is Existence; so do not become worried about it. It is already happening without you; you are not needed. You just **Float in It** with no anxiety for the future and **Suddenly Amidst Change** you will become aware of a **Center** within you, which **Never Changes**.

69th Tantric Technique

2nd Freedom Method: Beyond Bondage and Freedom

The **World** and **Nirvana** are one; **Heaven** and **Hell** are **One** and **Bondage** and **Liberation** are **One**. This **World** is **Bondage**, so we want to get out of this world and be liberated. But both are the **Same** and unless you are **Freed from Both** you are not free. Look at a person who is trying to go **Beyond Bondage**. They leave their **Home, Family, Riches** and **Society** just to get out of bondage. They think that they are liberated, but it is just a **New Bondage**.

You cannot become liberated by **Reaction**. The thing you go against will bind you **Negatively**. You cannot escape it. If someone is against the world and for liberation, they cannot be liberated; they will remain in the world. The **Attitude against Bondage is a Bondage**.

So do not create **Opposite Poles**, they are degrees of the **Same Phenomenon**. If you can feel this, that both poles are the same, and if this **Feeling Deepens**, you will be liberated from both. The burden is in your **Head**; not because of the burden, but because of you. You are carrying the **Whole World**; then they get burdened. And in this **Experience of Misery** there arises a **New Desire** for the **Opposite**.

You were running after something in the **Next World**; now they are running after something in that world. But the **Running Remains** and is the problem. The object is irrelevant. **Desire is the Problem**. What you desire is **Meaningless**. You desire and that remains the same. **You Desire and Desire is the Bondage**.

71st Tantric Technique

2nd Light Method: Jumping from Chakra to Chakra

Between one center and another, as **Light Rays** are coming, you can feel it like **Lightning**—just a **Jump of Light**.

Look at the **Electric Light**. There are **Gaps**, but the gaps are so small that you cannot detect them. **Electricity** comes in jumps.

One jump and then there is a **Gap of Darkness**. Another jump and then there is a gap of darkness. But you never feel the gap because the jump is **So Fast**. Again there is a **Jump, Light Comes**, then again **Darkness**. Light jumps, it never travels.

In the spaces between, feel this as **Lightning**. If you do not feel good and rays are jumping, then forget about rays. Think of this as **Lightning in the Sky**, just jumping from one place to another.

The **Feminine Mind** can conceive of **Gradualness** more easily and the **Male Mind Jumps** more easily.

A man goes on jumping from one thing to another and for women this is inconceivable. They must have **Growth—Gradual Growth**.

Try these ways and choose whichever you feel is good for you. Connect with the **Gap** either **Gradually or Fast**; just become aware of the **Gap** and you will discover your **Real Self**.

73rd Tantric Technique

1st Clarity Method: Clarity of a Cloudless Sky

The Mind is Confusion; there is No Clarity always cloudy; **Never the Open Sky, Cloudless, Empty.** You cannot make your mind clear; it is not the nature of the mind. The mind will remain unclear. You can be clear, but not the mind. It is a **Continuous Process of Thought Relevant, Irrelevant, Associated, Nonassociated and Multidimensional Impressions** gathered from everywhere - **the Dust.** Only one who is seeking certainty can be uncertain. The mind is always uncertain and always seeking certainty. A buddha is one who has dropped the mind with all its **Confusion, Certainty and Uncertainty.** Your **Consciousness** is like the **Sky** and your **Mind** is the **Clouds.**

The Sky remains Untouched by the Clouds. The Sky remains Virgin: No Record, Footprints, Clouds or Memory. They come and go; the **Sky Remains Undisturbed.** As your **Consciousness remains Undisturbed.** Thoughts come and go. You have **Many Minds Evolving and Disappearing** always changing.

Just lie down on your back so you forget the earth; just look at the sky. **Staring at the Sky,** feel the clarity of it—the **Boundless Expanse** becoming **One** with it. Feel as if you have become the sky, the **Space.**

Do not Blink just Stare. Do not think about the sky; it creates a barrier. Be the **Sky** and allow the sky to move into you then you can close the eyes. You will see the **Sky Within.** After **Forty Minutes,** the mind is no more, close the eyes and remain in the **Sky Within.**

75th Tantric Technique

3rd Clarity Method: Remember Yourself as Light

The life of man's mind is divided into **Three Divisions: Waking, Sleeping, Dreaming** and **Consciousness** is the **Fourth**. While **Waking, Moving, Eating, Working-**remember yourself as **Light**. Your body is nothing but a **Light Aura around the Flame**. Let it to go within your **Mind** and **Consciousness**. Within **Three Months**, others will feel a **Subtle Light** around you. When you come near them, they will feel a **Different Warmth**. If you touch them, they will feel a fiery touch. Do not tell anyone.

Now take it into dreaming. It has become a **Reality**. Now it is not an imagination. Everything consists of **Light** because every particle of matter is light. **Light is the Source of All**. You are **Condensed Light**; through **Imagination** you are simply uncovering a reality.

When you have become so filled with it, you can carry it **Into Dreams**. While falling asleep, go on feeling the flame and you are the **Light**. This continues in sleep **With Dreams** while feeling you have a **Flame Within**.

Then dreams will start disappearing with **Less and Less Dreams - More and More Deep Sleep**. **Consciousness** is not a **Mechanism**. **Consciousness** is **Never Born, Never Becomes Old or Dies** and **Needs No Rest**. It is **Pure Energy, Perpetual and Eternal Energy**.

If you can carry this image through the **Doors of Sleep**, you will never sleep again, only the body. Once this happens, you have become **Consciousness**. One who goes through them all and is **None of Them**.

77th Tantric Technique

2nd Darkness Method: Bringing out Inner Darkness

First close your eyes, **See Blackness**. Then open the eyes and the blackness that you have seen **Within**, see it **Without**. If it disappears without, that means that your blackness was false. Close your eyes, feel darkness; open your eyes and with open eyes see the **Darkness Out**. This is how you throw the **Inner False Darkness** out.

It will take at least **Three to Six Weeks** and then **One Day** suddenly you will be able to carry the **Inner Darkness Out** and you have come upon the **Real Inner Darkness in a Full Sunny Day**. The sun is there, but you can **Spread the Darkness**. Even while the sun is there the darkness is always there; it feels very **Cool**. You cannot see it; it is covered by the sunlight. Once you know how to uncover it, you can uncover it. Feel darkness as a **Mother's Womb** all around; live with it; forget yourself more and more in it. Carry a **Patch of Darkness** in your heart wherever you go. The darkness will become the light. You will be **Enlightened through Darkness**.

When the **Inner Darkness** is felt, you have become so **Cool, Silent and Unexcitable**. When you feel that you are filled with passion or desire or sex, simply **Remember the Inner Darkness** closing your eyes and feel darkness absorbing the passion and it disappears. You have become an **Infinite Vacuum**, into which anything can fall and it will **Not Return**. You are now an **Abyss**.

79th Tantric Technique

1st Fire Method: Focus on Fire

Go to a **Burning Place** and observe a dead body being burned. For **Three Months** just sit there and watch, day and night and meditate. Just look at the **Dead Body**; then the fire would be created and the body would start burning. People go to burn their relatives' bodies, but they never watch. They start talking of other things, they argue and discuss, but they never watch.

No talking should be allowed there, because it is a **Rare Experience** to see someone you loved being burned. You are bound to feel that **You are also Burning** there also there in the flames. If you are very much afraid of death you cannot do this, because very few will protect you. You cannot enter into it or you can just imagine on the surface, but your deep being will not be in it. Then nothing will happen to you. Whether you are afraid or not, **Death is the Only Certainty**. Nothing is certain except death. Everything else is **Accidental**. Death is absolutely certain.

Death is not going to happen in the end; it is already happening. It is a **Process**. Just as life is a process, death is a process. You are dying every moment. Whenever you inhale, it is life, and whenever you exhale, it is death. Our **First Act** is inhalation, while dying, we will do the **Last Act**, which will be exhalation. **Inhalation is Birth and Exhalation is Death** This is how you are in the fire by **Breathing in Life and Death Breathing Out** every moment of your life.

81st Tantric Technique

3rd Fire Method: All Converges in your Being

The **Ego** is always afraid of being **Vulnerable, Open** and **Afraid** something may **Enter** and **Destroy** it. So the ego creates a **Citadel** around it; you start living in a walled prison. Everything converges in your being.

Stand under the **Open Sky** and the whole existence, from everywhere is converging in you—your ego cannot exist **Just Sit under a Tree**. The breeze is blowing; allow it to move within you and the wind is blowing through you. You are not only breathing through the nose, but the **Whole Body from Every Pore and Cell**.

The air is really passing through you, but you have lost the contact and you can listen to it through your whole body in every pore. **Listen, Drink and Absorb** it as it is passing through you. You have become **Porous**; everywhere the **Door is Open**,

You are **Not a Barrier Now** to anything—the **Air, Words, Sound, Rays or Anything**. You are not a **Barrier**; you do not resist anything without any struggle. Suddenly you will **Become Aware** that the ego is not there, because the **Ego Exists** only when you **Struggle**.

Whenever you say **No**, the **Ego** comes into **Existence**; whenever you say **Yes**, the **Ego** is **Not There**. The **Whole Existence** is **Converging** on you—**No Resistance, Allowing it to Converge**. You will **Simply Disappear** and become **Infinite Space**. It can converge only when you have become infinite like it, when you have yourself become an **Infinite Space**.

83th Tantric Technique

2nd Feeling Method: Change your Focus to the Gaps

A **Desire Arises** and the feeling that **I am** arises. A **Thought** arises and the feeling that **I am** arises. Before desire and before knowing, there is **No Ego**. Sit silently, **Look Within**. A thought arises and you get identified with the thought. A desire arises and you get identified with the desire. In the **Identification** you become the **Ego**. There is **No Desire, Knowledge or Thought**. When you cannot identify with anything. The **Ego cannot Arise**.

You see a car. It is beautiful. Now a desire has arisen to possess it. **Say Out Loud**, I am **Just Noting** that a car has passed. The mind has said it is beautiful and now desire has arisen and I must possess this car.

Verbalize Everything. When **Efficient in Noting**, there is no need to say it aloud. Just inside, note that a desire has arisen. A beautiful woman passes; the desire has come in. **Just Note It** as if you are not concerned, and then you will be out of it. **Note Whatever Happens**. **Just Go On Noting** and then it disappears. **Again Note** that now that desire has **Disappeared** and you will feel a distance from the desire. Then everything is **Silent**, not a **Ripple** is there. In the consciousness, there is **No I**.

If you can consider that a **Desire has Arisen** and a desire has gone then you have remained in the gap and the desire has not disturbed you. It came and it **Passed Like a Shadow**. It has not touched you; you remain unscarred, **Fall in the Gap and Be the Gap**. It is the **Deepest Experience of Beauty, Good and Truth**. Go from the **Filled Spaces** to the **Unfilled Spaces**.

85th Tantric Technique

2nd Detachment Method: Think of Nothing

If there is **No Object** for your attention, you are **Nowhere** or you are **Everywhere**, **You are Free**. You have become **Freedom**. If you are not thinking, you are unlimited. **Thinking gives You a Limit**. To be a Hindu is to be attached to a thought, to a system, to a pattern. You are a Christian and limited. A **Spiritual Person** cannot be a Hindu or Christian.

A **Spiritual Person** means **Not Thinking Thoughts**; not limited by any thought, by any system, by any pattern; not limited by the mind—**Living in the Unlimited**. When you have a certain thought, that **Thought** becomes your **Barrier**. A **Beautiful Prison** is still a prison. You have a thought and you are attached to it. You are always **Against Someone**, because **Barriers** cannot exist if you are not against someone.

A thought is always a **Prejudice**; it is always for and against something. Thought is always from the mind. It is your **Attitude, Speculation and Prejudice**; and your **Reaction, Concept Formulation and Philosophy**, but it is **Not Existence** itself. The flower exists without your thoughts, and when you are thinking about the flower, you are creating a **Barrier** between **You and the Flower**.

Drop your Thoughts and then you can drop yourself into the flower. What you say is not needed. It is not giving any existence to the flower. If you do not think, you simply are, **Fully Alert and Aware**, and without any **Clouds of Thought**, you are **Unlimited**.

87th Tantric Technique

2nd Imagine Method: Feel "I am"

Do not think it. Just Feel it—I am. Do not use the words "I am". If you repeat this you will fall asleep, you will become **Self-Hypnotized**. First you get bored, then you feel sleepy and then your **Awareness is Lost**. It becomes a **Mantra** and you will **Fall Asleep**. So do not make it a mantra. Feeling is a totally different thing. **Thinking** is a **Trick** to escape feeling; it is a **Deception**. All thinking is a **Dialogue**. Thinking as such is a dialogue and a **Social activity**. It is society, which gives you **Language**. When you get grounded within yourself, there is no society, there is no one. You alone exist. The **Mind Disappears**.

You are there **Without the Mind** and this is what **Meditation is—Being without the Mind**. Be perfectly **Alert** and **Conscious**, feel existence in its totality, in its **Multidimensionality**. Everything disappears in your **Total Innocence** you are there, not floating, rooted in **I** that which is, **I am Existing**.

Try it. You can do it anywhere. Just riding in a bus or train, just sitting or lying down on your bed, try to **Feel Existence** as it is; do not think about it. You start **Feeling Existence**; the whole world becomes alive to you in a **Totally New Way** you have not known. Now you are **Grounded in Existence**.

You meet the **Same Friends** but they are not the same, because **You are Different**. Once you get acquainted, with your own existence, you will become **Aware of Others' Existence**. Feel it through the **Heart**. Be grounded in it and know this **Overflowing Being is You**.

89th Tantric Technique

2nd Knowing Method: Include All in Your Being

Sitting in Meditation and be inclusive with your **Body, Mind, Breath, Thinking, Knowing** and **Everything**. Do not divide. **I am All and Be All**. With closed eyes include everything. Do not get yourself **Centered Anywhere**. **Breath Comes and Goes, Thought Comes and Moves**.

The form of your body will **Go On Changing**. Just close your eyes and sit. You will feel that sometimes the body is very big filling the whole room and sometimes it is **So Small—Just Atomic**. As your **Attention Changes**, the form of the body changes. If you are **Inclusive**, it will become **Big**; if you **Exclude**—this is not I, then it will become **Very Minute, Very Small** and **Atomic**.

Include everything in your being and do not discard anything. And with the center gone, there is **No Self**; there is **No Ego**; only **Consciousness Remains**—like a sky covering everything and becomes **Inclusive** to you.

All the **Himalayas, Suns, Stars** and **Moons**, they are there in your mind in a very **Subtle Existence**. Once you feel this all your **Individual Misery** is **Lost**. You are no more an individual. This feeling becomes real. Our **Individual Consciousness** is not really individual; because deep down it is **Collective**. **We look like Islands**, but all the islands deep down are **Connected to the Earth**.

If you can include the **Enemy Within Yourself**, then they cannot harm you. The harm comes when you exclude them. The moment you exclude them you become the **Ego, Separate, Alone, Cut Off** from **Existence**, then even your enemy will give you **Vitality** and **Energy**.

91st Tantric Technique

2nd Touching Method: Experience your Etheric Body

If you do the **First Method**, then you can do the **Second** very easy. You feel light, **Levitating**, as if you can fly—suddenly you will become aware that around your body form there is a **Bluish Light** but only when you feel that can you **Levitate**. Sometimes it happens that it comes to such a **Balancing Point** that your body goes up. But that is not the goal, and do not think about it at all.

If with **Closed Eyes** you feel as if your body has gone up and you feel there is **No Weight** to it. This is enough; it has become **Weightless**.

Do it with closed eyes in the beginning. When this light goes on spreading and you feel an aura, a **Bluish Aura** all around the form. Sometimes while doing it in the night with **No Light** in a **Dark Room**, open your eyes and you will see it exactly around your body hanging all around like a **Loose Robe—a Bluish Form, just Blue Light**, all around your body. If you want to see it actually, not with closed eyes but with open eyes, do it in a dark room with **No Light at All**. This bluish form, this **Bluish Light**, is the presence of the **Etheric Body**. You can enter into the **Highest Ecstasy**.

There are **Seven Bodies** used to enter into the **Divine**; every body is just a door. The **Blue Light** is so **Calmng, Soothing and Relaxing**. The **Blue Sky** is so soothing because it is the color of your **Etheric Body**.

93rd Tantric Technique

2nd No-Thought Method: Consider Body Limitless

The **Mind** creates **Limits**. If you do not think, you move into the **Unlimited**. The mind cannot **Coexist** with the **Undefined, Unbordered and Infinite**. It will disappear.

Close your eyes and imagine that your head has become infinite with **No Boundaries** becoming the **Cosmos**. Thoughts will stop and thinking will not be there. When the mind becomes **Total Space**, there is no thinking. If you are educated then the **Creativity** is lost; your mind is a **Storage Space**. You are repeating what has been taught to you. Close your eyes and feel your body is **Spreading** and then the **Boundaries are Lost**.

You have become the **Cosmos**—all that is bound up with your **Ego** will not be found there. Your **Name, Identity, Poorness, Richness, Health, Disease and Miseries**—all will be lost. Once you know this, come back to your **Finite Body** and now you can **Laugh**.

Try it from the **Head** first, because that is the **Base of All Illness**. Close your eyes, lie down on the ground or sit on a chair and relax. Just look within the **Head**. Feel the walls of your head **Spreading and Expanding**. You will actually feel your skin touching the walls.

Now the **House** has come within your head, then the **Whole Town**. Within **Three Months**, slowly, you can come to the point where the **Sun Rises** in your head. This will give you a **Deep Freedom** and all the **Misery** that belongs to this **Narrow Mind** will **Disappear**.

95th Tantric Technique

2nd Saturated Method: Focus on Breasts and Penis

The Male and Female Bodies are Similar and Different but always Complementary. What is positive in the male will be negative in the female body and the reverse. That is why when they meet in **Deep Orgasm**; they become one organism-**One Circle of Electricity.**

The Attraction is because both male and female are **Matching Half Circuits.** In Love you **Become One** with a **Single Individual**; in Prayer you **Become One** with the **Whole Cosmos.** The **Female Positive Polarity** is near the **Breasts** and **Negative Pole** at the **Vagina.** The **Male Positive Pole** is at the **Penis** and **Negative Pole** near the **Heart.** The positive and negative connect.

The Whole Creativity of Feminine Existence is rooted in **Motherhood.** Her creativity is around the breasts and all her concern. So concentrate on the breasts, **Become One** with them, forget the whole body, and a very **Sweet, Deep Sweetness** will envelop you. It will **Pulsate Around You, Within You, Above, Below and Everywhere**—a **Deep Feeling of Sweetness.**

The Reverse for the **Women to the Men** surrounded around his **Positive Pole - the Penis.** So concentrate on the penis, **Become One** with it, forget the whole body, and a **Deep Sweetness** will envelop you.

Man is a Creator: Inventing, Creating, Making, and Constructing wanting to **Become a Mother**; that is why to be a woman it is really to become a **Mother.**

97th Tantric Technique

2nd Spacing Method: Fill Space with your Bliss Body

Meditate on a hilltop with **Endless Space (Sky)** before you. Consider it to be filled with your own **Body of Bliss**. There are **Seven Bodies**. The **Bliss Body** is the **Feeling Body**; so the more you enter within, the more you feel yourself to be blissful.

It is just around your **Essential Soul** called the **Bliss Body**. Feel that your bliss body has increased and the **Whole Space** is filled with it.

Try first to feel that the **Whole Space** is filled with **Silence**, then **Bliss**. **Nature's Musical Sound** can be **Silent** because it is **Harmonious**, the **Breeze Blowing**, **Stream**, **River** or **Wind** - they are not disturbing. Listen to them and the very listening will **Deepen your Silence**. Feel that the **Whole Space** is filled with **Silence**.

When you feel that the sky has become silence, then be filled with bliss. As silence deepens you will feel at ease, relaxed and the **First Glimpse of Bliss** will come to you, then you can imagine that the **Whole Space** is **Now Filled with that Bliss**.

The **Whole Sky** becomes your **Body of Bliss**. In **Endless Space** and **Silence** with **No Human Beings** around you. Because you cannot see a human being without reacting back to your old patterns then you forget that you are human **Remembering Simply that You Are**.

You **Do Not Belong** to **Anybody**, any **Society**, any **Group** or any **Religion**. This **Nonbelonging** is you.

99th Tantric Technique

2nd Expanding Method: Expand In All Directions

You have made yourself so **Tightly Narrow**, you feel always in **Bondage**, which is coming from your **Narrow Mind** and **Projection**.

You are very confined which gives you the feeling of bondage. You are an **Infinite Being** but that **Infinite Being** feels **Closed** and **Imprisoned**. You feel **Limitations Everywhere** you **Move** and **Project**.

Everywhere there is a boundary created by you for **Security** and **Safety** to feel secure. If you have a very **Large Boundary** you cannot watch over all of it, or be alert and watchful. You are **Vulnerable**.

The **Narrower** the **Boundary** you can watch it easier and you are **Not Vulnerable**. If you are too concerned about security and safety then remain in **Bondage**. We have created **Mental Prisons** around us, **Psychological Prisons** around us, and they are **Portable**.

Wherever you go, **Your Prison Goes with You**. **Friendship**, **Love** and **Communion** are **Impossible**. You are **Afraid**. Life becomes a **Drudgery** and **Boredom**. If you are **Too Cautious**, life cannot be an **Adventure**.

If you are **Protecting Yourself** too much, you are already **Dead**. Life is **Insecurity** but this is **Freedom**. If you are ready to be **Insecure**, you will **Be Free**. **Freedom** is the **Door to the Divine**.

101st Tantric Technique

2nd Detached Method: Believe You are All-Powerful

Believe that you are **Omniscient** and **All-Knowing**; believe that you are **Omnipotent** and **All-Powerful**. Believe that you are **Pervading** and **All-Pervading**. When you believe you can become anything that you can believe. This is the **Power of the Mind**.

A **Belief** becomes useful only when you know that it is so. The **Mind is More Powerful than Matter**, if mind really believes something, then matter has to follow. **Matter cannot Do Anything against the Mind** because **Matter is Completely Dead**.

Even certain **Impossibilities Happen**. Is it really the **Treatment** that helps or the **Belief of the Patient**? That is a reason the **Question** and the **Answer** is in the belief of the patient who is taking the treatment.

Just **Water** or something **Nonmedicinal** is given to a patient but the patient believes that this **Medicine** has been given and it is going to cure the ailment. It works because of the patient's belief that it will work. And not only the patient, the **Doctor also Believes** it, because they also are not aware but the doctor's belief supports and substantiates the **Patient's Belief**.

If the doctor is aware whether it is **Medicine** or **Not**, it will have an **Effect**, because the doctor gives a **Belief to the Patient** more than a **Medicine** and you get well better and sooner. It is a **Question of Belief**.

103rd Tantric Technique

2nd Realization Method: Do Not Fight with Desire

If you can bring your **Entire Consciousness** to anything, it will become a **Transforming Force**. If listening is your **Entirety**, that listening will become a **Meditation**. That is the problem with the **Human Mind**, it is **Partially Listening**; other parts are **Elsewhere, Asleep, Thinking about what is Being Said or Arguing Inside**, which is a **Dissipation of Energy**. When you are not holding back, your **Whole Being** has come into it becoming **Meditative and Transforming**. If a desire arises within you, do not fight it. **That is Futile.**

Just at the beginning, at **First Glimpse**, that a **Desire** is arising bring your **Total Consciousness**, the entirety of your being to look at it. **Do Not Do Anything**. Nothing else is needed. With the **Entire Being** the look is so fiery that the seed is burned, with **No Struggle, No Conflict and No Antagonism**.

The **Arriving Desire Disappears** completely. And when a desire disappears without a fight, it leaves you so powerful, with **Immense Energy and Tremendous Awareness**. If you fight, you will be defeated. Even if you are not defeated you will have no energy left.

You will **Feel Frustrated** whether you win or get defeated. Just a total look—in the intensity of that total look the seed is burned. In that very moment **Simply Know, Look and See**. Do not do anything. Only your **Total Presence** is needed.

105th Tantric Technique

4th Realization Method: Feel Oneness of Existence

*In truth forms are inseparate. They appear separate, but every form is joined together with other forms. It coexists with other forms. Our reality is a **Coexistence**, it is really an **Inter-Reality** and **Inter-Subjectivity**. Even your form and the form of the whole existence are inseparate. You are one with it.*

*You cannot be without it. The universe cannot be without you. You have been existing in many, many forms always and you will exist always in many, many forms. You are an **Intrinsic Part** of this universe. You are not an **Alien**, you are not a **Stranger** to it and you are not an **Outsider**. You are an **Insider**. The universe cannot afford to lose you because if it does, it will lose itself.*

***Forms are Not Separate**, they are **Inseparable**. Only the **Appearance** gives **Demarcations** and **Boundaries**. This can become a realization if you ponder over it, penetrate into it. It becomes a **Realization**, not a **Doctrine**, not a thought, but a realization that, Yes, I am one with the universe and the **Universe is One with Me**. The otherwise is not possible. You come from the same source related to the **Divine**. Not only realize that you are made of this **Consciousness**, you realize that everything around you is made of this consciousness. When everything is **Divine** you cannot have any **Egoistic Mind**. When everything is **Divine**, you are **Humbled**. Underneath all forms is **Hidden One of Formlessness**.*

107th Tantric Technique

2nd Being Method: Know Only Consciousness Exists

So there are **Three Layers of Existence**. **Matter** is the **First Layer, Surface**. If you penetrate the surface you can perceive the **Second Layer, Energy**. Then if you penetrate energy through understanding, you can become aware of the **Third Layer, Consciousness**.

Matter is just apparent, deep down it is nothing but energy. The body looks like material, but deep down there are **Currents of Life, Prana and Vital Energy**, which makes it alive with energy flowing in it. Still deeper you can **Witness** your **Consciousness**.

This **Consciousness** exists as **Each Being - Nothing Else Exists**. If you **Close your Eyes** and try to find out who you are, ultimately you conclude that you are **Consciousness**. Your body becomes an **Object of Knowledge** and you become the **Object**.

You can manipulate your body by **Activating** it or make it **Inactive**. Not only are you not your body, you are not your mind either. If thoughts move, you can see them and make them disappear becoming **Thoughtless** or you can focus your consciousness on a thought and not allow it to move from there. You can separate yourself from **Everything Else**. You can know that you are not your body or mind and you will be the **Witness**. You cannot **Separate Yourself from Witnessing Consciousness**. **Everything is Alive. Everything is Conscious**. If you can persist then soon the world will start **Revealing Its Mysteries**.

109th Tantric Technique

1st Emptiness Method: Feel Your Body as Empty

Relaxed, alone, your **Backbone Straight** as if the whole body is hanging on it. **Close your Eyes** then feel your body is just **Walls of Skin**. Thoughts are just like **Clouds Moving in the Sky**. They do not have any roots to the sky; they **Simply Roam in the Sky**. They come and go; the sky is **Untouched and Uninfluenced**. Feel that your body is just **Walls of Skin** and there is **No One Inside**.

Thoughts will still continue but just think that they are **Rootless Clouds** moving in space—they do not belong to you. You are empty. Your mind would like to catch some **Thought**, be **Identified** with it, **Move** with it, **Enjoy** it, and **Indulge** in it. Just say there is **No One to Indulge**. Within a **Few Days or Weeks**, thoughts will slow down; becoming **Less**. The **Clouds** will disappear and if they come, there will be **Great Gaps of Cloudless Sky** when there will be **No Thought**, then you will be filled with **Bliss**. If you are not there, than disturbances will come and pass through the emptiness without touching it.

The body has an **Electric Circle** moving **Round** and **Round** inside the body, it does not leak out. The body is inactive and passive, closed inside; it has become a **World unto Itself**. Nothing is moving out, nothing is coming in. Eyes are closed, hands and feet are locked and the energy moves in a **Circle** creating an **Inner Music** dropping into **Emptiness**. You will feel **Everything Disappear**. In that **Gap**, when you are not present inside, the **Divine** is present. Try to **Disappear** from within.

111st Tantric Technique

3rd Emptiness Method: Knowing and Not-Knowing

Meditate on **Knowing** and **Not-Knowing**, **Existing** and **Not-Existing**. Meditate on the **Positive Aspect** of life and then on the **Negative**; then put both aside because you are neither. Meditate on your **Birth**, on this **Whole Growth**. Then you become **Old** and **Die**. Imagine the very moment of your **Conception** and being in the **Womb of the Mother** when you became the **First Cell**. From there look to the very end, where your body is buried.

Then put **Both Aside** and then **Look Within**. There you are; that which is **Never Born** and which is never going to die, **Knowing** and **Not-Knowing**, **Existing** and **Not-Existing**. You can do it with any **Positive** and **Negative Polarity**.

You are sitting here. I look at you, I know you. When I close my eyes, you are no longer there, I do not know you. Then put aside both the knowledge that I have **Known** and the knowledge that I **Do Not Know** then you will be **Empty**. You will become aware of the beyond, that which transcends. Putting aside both **Positive** and **Negative**, you will be **Empty**. You will be **No One**, neither **Wise** nor **Ignorant**.

When both the **Polarities** are put aside you are **Empty**. But this is a **Trick of the Mind**: it can put one aside but never the **Two Together**. It can put one aside so you can put ignorance aside, and then you cling to knowledge.

Just do not cling to anything, **Positive** or **Negative**; because with **Nonclinging** you will find yourself. You are there, but because of clinging, you are hidden. With **Nonclinging** you will be **Exposed** and you will be **Uncovered** finding your **True Self**.