

Yantra Gazing

Place the yantra on a wall so that it is at eye level and about an arm's length away. Sit in a meditative position. Start with your eyes closed and follow your breath until it is regular and even.

Scan your body and release any tensions you're holding onto by using your breath. Breathe in fresh energy into any area of tightness or tension you notice and consciously release it as you exhale. Then make any necessary adjustments to ensure you're completely comfortable.

Next, concentrate on sitting perfectly still. Settle into your meditation posture until your body is totally motionless. There should be no physical movement at all. Your body should become so still that it feels like a statue.

Once your body is locked in position, open your eyes and direct your attention to the *bindu*, the dot in the center of the yantra. Try not to blink. But don't try too hard. The less thought you give to not blinking, the easier it is.

Keep your eyelids slightly more open than usual. Observe any thoughts or feelings that arise, watching them come and go without engaging them. If you get pulled in by them, gently return to your gaze and focus back on the bindu.

Once your attention is totally one-pointed and unwavering, slowly broaden your view and gaze at the X, appreciating the beauty of it. It has an alluring quality that pulls you in, drawing your attention away from all other concerns.

At a certain point, you may notice the lines of the X moving or becoming wavy. These visual changes signal that you are entering a beneficial meditative trance. After a short while, the X will return to being a static image. If it starts moving again, that's fine, too. Just keep observing the X.

Continue gazing at the yantra for an extended period of time, then close your eyes and find the afterimage of the yantra with your mind's eye. If the image starts drifting, stabilize it by bringing it back to the center of the area inside your forehead. This location is known as the eyebrow chakra. Hold it there until the impression disappears.

After the image disappears, open your eyes and gaze intently at the outer yantra for a few seconds. Then close your eyes and find the afterimage with your mind's eye again, remembering to hold it in place at the eyebrow chakra. Continue alternating between gazing at the yantra with your eyes open and then closing your eyes and watching the afterimage until it disappears.

With time and practice, the afterimage will become more vivid and will appear more and more like the actual yantra. Eventually, you'll be able to visualize a mental image of the yantra exactly and effortlessly. While you are still developing this ability, though, at a certain point, after about a minute or so of doing this part of the practice, just keep your eyes closed and watch the yantra until it disappears.

Once it is gone, continue gazing into the darkness. Fix your gaze on the eyebrow chakra and use it as a focal point to penetrate deeper into the formless essence of your consciousness. If a vivid or vague impression of the yantra is present in your inner visual field, use it like the crosshairs of a scope to aim your attention into the core of your consciousness.

Next, cross and uncross your eyes as a way to plunge your awareness deeper into your consciousness. If the yantra is still present, this action will cause the part of your awareness that is looking at the yantra to move towards it and pass through it, which is good.

You may feel some strain in your eyes when you first try this technique, but your eye muscles will grow stronger with practice. Just proceed mindfully and only do as much as you comfortably can each time. Use the same precaution with the next technique.

Roll your eyes back as far as possible until only the whites of your eyes would show if they were open. Bring your gaze to the apex of your eye sockets and stare up into your forehead. Your eyes should be slightly crossed again. Keep your eyes fixed in this position as long as you comfortably can.

Switch back to focusing on the eyebrow chakra again, crossing and uncrossing your eyes to penetrate deeper into your consciousness each time. Finish this part of the meditation by alternating between these two techniques. Repeat as many times as you deem necessary.

When you're ready, stop and take a few slow, deep breaths. With each exhalation, let your essence totally merge with the vast darkness of inner space, becoming one with its endless spaciousness.

Notice this same spacious quality inside your body and beyond it. Let yourself expand beyond your body as you merge completely with the limitless field of your consciousness. Then rest in the feeling of being without any boundaries, knowing that this is your true nature.

Continue meditating for as long as you'd like at this point. If any insights arise, acknowledge them and then let them go, trusting that they will not be forgotten. To finish, gradually withdraw your awareness from the formless dimension and become aware of the world of form.

Return to the room you are in. Slowly bring your awareness back to your body. Wiggle your fingers and toes and shift slightly in your seat to fully ground yourself back inside your body. As you open your eyes, take a moment to notice the peace and clarity you have cultivated.

Over time, gazing at this yantra will integrate itself into your consciousness and function as a tool that you can use to harness your attention and access your higher self whenever you meditate. You can also visualize it anytime you need a quick boost of energy and a reminder of where your true source of power and freedom lies.

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