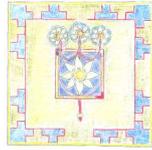
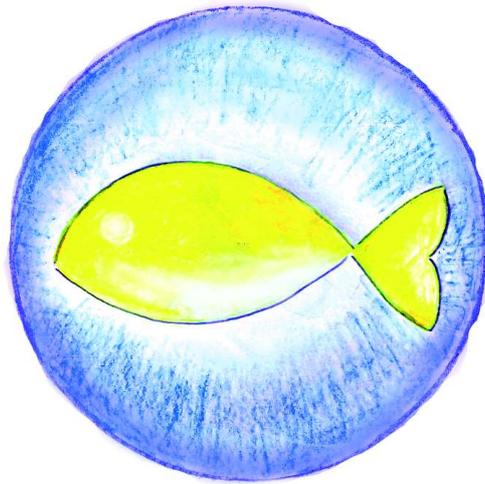


MATSYA KUNDALINI YOGA ACADEMY

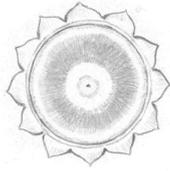


TANTRIC CONTEMPLATIONS



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CONTEMPLATIONS



These meditations are all creative contemplations, *bhāvanā*. They emphasize openness. They are *śuddha vikalpa*, a pure thought. They are a modification of mind but yet they lead to the true self. Behind the image is the true reality, the one state of being.



Imagine that anything that you can perceive is nothing but the consciousness that is perceives. Because without that consciousness it would not be. Therefore anything is just consciousness. This is the nature of all. With firm conviction observe this thought.



The total plenitude of the absolute is everywhere and therefore in all beings. Whenever you see anything or anybody, no matter how ordinary that person may be. With firm conviction stabilize your mind in the thought that this person is fully pervaded by the absolute.



The whole world or anything that you perceive is just an illusion like a magic show. Firmly stabilize your mind in this thought and simply become happy.



Whenever you see another person concentrate on this person's heart with open pointed awareness. This heart is just like the heart of God.



Listen with an open ear to your heart. There is a sound there that is just like a rushing river, without beginning or end. Listen to this sound it is your most inner blessing.



When you sing any mantra or *bija* concentrate on the sound, just when it fades away. When your mind is fully fixed on that sound fading, you can travel with it into the transcendental void.



Imagine all around you till the very edge of the universe and beyond, in all directions, above and below, everywhere just space till eternity, focus on this with firm conviction.



Imagine the fire of time rising from your feet, step by step consuming everything, from your body, the room, the country, till the whole universe, what remains? Focus on this with firm conviction. It is the truth.



Remember the most beautiful scene of love and passion that you ever experienced, imagine these kisses and touch on your skin. Focus on this rising joy with one pointed concentration, till the secret bliss beyond your bliss will make you dissolve.



See that space that is your body, see that space that is the world. Visualize that all this space is just pervaded by the bliss of your own self. with clear conviction expand into this bliss.



Anyone is fully loved and embraced by at least one person, or at least in one moment in life, and even a person who may appear as the greatest jerk, is still hugged and loved by his own parents. Who can say which degree of love is objectively justified? Who can say that the moment you don't love someone is more important, than the moment you do? Therefore, it should become clear as the day to you, that it is your choice alone that makes a lovable person or not. So take your chance! Allow yourself innocently and strongly to love any person you encounter from the heart. Make your mind that whoever you may see is the most lovable creature in the world. Focus with all your power on this thought whatever you may do. They deserve it. You will become supremely happy.

Om

Ānandamayī

Om—She, the Delight

(We invoke supreme bliss)

Chaitanyamayī

She, the Consciousness

(We invoke supreme consciousness)

Satyāmayī

She, the Truth

(We invoke supreme truth)

Parame

She, the Supreme

(Eternally)

All Nature dumbly calls to her alone

To heal with her feet the aching throb of life

And break the seals on the dim soul of man

And kindle her fire in the closed heart of things. ||81.24|

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