



-Vigyan Bhairav Tantra-

Osho Techniques for Going Beyond the Attention

Devi asks:

“O Shiva, what is your reality? What is this wonder-filled universe? What constitutes seed? Who centers the universal wheel? What is this life beyond form pervading forms? How may we enter it fully, above space and time, names and descriptions? Let my doubts be cleared!”

Shiva replies:

- 1. Watch the gaps between two breaths-** Radiant one, this experience may dawn between two breaths. After breath comes in and just before turning up - the beneficence.
- 2. Watch the turning point between two breaths-** As breath turns from down to up, and again as breath curves from up to down - through both these turns, realize.
- 3. Watch the fusion points between two breaths-** Or, whenever in-breath and out-breath fuse, at this instant touch the energy-less, energy-filled center.
- 4. Be aware when breathing stops-** Or, when breath is all out and stopped of itself, or all in and stopped - in such universal pause, one's small self vanishes. This is difficult only for the impure.
- 5. Focus your attention on the third eye-** Attention between eyebrows, let mind be before thought. Let form fill with breath essence to the top of the head and there shower as light.
- 6. Focus on the gap during your daily activities-** When in worldly activity, keep attention between two breaths, and so practicing, in a few days be born anew.
- 7. To be aware in dreams-** With intangible breath in center of forehead, as this reaches heart at the moment of sleep, have direction over dreams and over death itself.
- 8. Watch the turning point with devotion-** With utmost devotion, center on the two junctions of breath and know the knower.
- 9. A/ Lie down as dead. B/ Stare without blinking. C/ Suck something and become the sucking-** - Lie down as

dead. Enraged in wrath, stay so. Or stare without moving an eyelash. Or suck something and become the sucking.

10. Become the caress- While being caressed, Sweet Princess, enter the caress as everlasting life.

11. Close your senses, become stonelike- Stop the doors of the senses when feeling the creeping of an ant. Then.

12. Let yourself become weightless- When on a bed or a seat, let yourself become weightless, beyond mind.

13. Concentrate totally on one object- Or, imagine the five-colored circles of the peacock tail to be your five senses in illimitable space. Now let their beauty melt within. Similarly, at any point in space or on a wall - until the point dissolves. Then your wish for another comes true.

14. Put your awareness on your spine- Place your whole attention in the nerve, delicate as the lotus thread, in the center of your spinal column. In such be transformed.

15. Close all the openings of your head- Closing the seven openings of the head with your hands, a space between your eyes becomes all inclusive.

16. Absorb the senses in your heart- Blessed one, as senses are absorbed in the heart, reach the center of the lotus.

17. Do not choose, keep in the middle- Unminding mind, keep in the middle, until.

18. Look lovingly at an object- Look lovingly at some object. Do not go to another object. Here in the middle of the object - the blessing.

19. Sit on your buttocks only- Without support for feet or hands, sit only on the buttocks. Suddenly, the centering.

20. Meditating in a moving vehicle- In a moving vehicle, by rhythmically swaying, experience. Or in a still vehicle, by letting yourself swing in slowing invisible circles.

21. Concentrate on a pain in your body- Pierce some part of your nectar-filled form with a pin, and gently enter the piercing and attain to the inner purity.

22. Look at your past dis-identified- Let attention be at a place where you are seeing some past happening, and even your form, having lost its present characteristics, is transformed.

23. Feel an object and become it- Feel an object before you. Feel the absence of all other objects but this one. Then, leaving aside the object-feeling and the absence-feeling, realize.

24. Watch your moods- When a mood against someone or for someone arises, do not place it on the person in question,

but remain centered.

25. Stop!- Just as you have the impulse to do something, stop.

26. Face any desire- When some desire comes, consider it. Then, suddenly quit it.

27. Exhaust yourself and drop to the ground- Roam around until exhausted and then, dropping to the ground, in this dropping be whole.

28. Imagine yourself losing all energy- Suppose you are gradually being deprived of strength or of knowledge. At the instant of deprivation, transcend.

29. Devote yourself- Devotion frees.

30. Close the eyes and stop their movement- Eyes closed, see your inner being in detail. Thus see your true nature.

31. Look at an object as a whole- Look upon a bowl without seeing the sides or the material. In a few moments become aware.

32. look at an object as if for the first time- See as if for the first time a beautiful person or an ordinary object.

33. Look into the limitless sky- Simply by looking into the blue sky beyond clouds, the serenity.

34. A secret method- Listen while the ultimate mystical teaching is imparted. Eyes still, without blinking, at once become absolutely free.

35. Look into a deep well- At the edge of a deep well look steadily into its depth until - the wondrousness.

36. Withdraw yourself completely- Look upon some object, then slowly withdraw your sight from it, then slowly withdraw your thought from it. Then.

37. Beyond words and sounds- Devi, imagine the Sanskrit letters in these honey-filled foci of awareness, first as letters, then more subtly as sounds, then as most subtle feeling. Then, leaving them aside, be free.

38. Feel yourself in the center of sounds- Bathe in the center of sound, as in the continuous sound of a waterfall. Or, by putting the fingers in the ears, hear the sound of sounds.

39. Intone a sound and become it- Intone a sound, as AUM, slowly. As sound enters soundfulness, so do you.

40. Listen to a fading sound- In the beginning and gradual refinement of the sound of any letter, awake.

- 41. Listen to a stringed instrument-** While listening to stringed instruments, hear their composite central sound; thus omnipresence.
- 42. Use sound as a passage toward feeling-** Intone a sound audibly, then less and less audibly as feeling deepens into this silent harmony.
- 43. Focus your mind on the tongue-** With mouth slightly open, keep mind in the middle of the tongue. Or, as breath comes silently in, feel the sound 'HH'.
- 44. For those with a sensitive ear-** Center on the sound 'AUM' without any 'A' or 'M'.
- 45. Intone a word ending with AH-** Silently intone a word ending in 'AH'. Then in the 'HH', effortlessly, the spontaneity.
- 46. Closing ears and contracting rectum-** Stopping ears by pressing and the rectum by contracting, enter the sound.
- 47. Use your name as a mantra-** Enter the sound of your name and, through this sound, all sounds.
- 48. In the sex act, don't seek the release-** At the start of sexual union keep attentive on the fire in the beginning, and so continuing, avoid the embers in the end.
- 49. Shaking in sex-** When in such embrace your senses are shaken as leaves, enter this shaking.
- 50. Make love without the partner-** Even remembering union, without the embrace, transformation.
- 51. When joy arises, become it-** On joyously seeing a long-absent friend, permeate this joy.
- 52. Eat and drink consciously-** When eating or drinking, become the taste of food or drink, and be filled.
- 54. Feel the satisfaction-** Wherever satisfaction is found, in whatever act, actualize this.
- 55. Be aware of the gap between waking and sleep-** At the point of sleep, when the sleep has not yet come and the external wakefulness vanishes, at this point Being is revealed.
- 56. Think of the world as an illusion-** Illusions deceive, colors circumscribe, even divisibles are indivisible.
- 57. Be undisturbed by desires-** In moods of extreme desire, be undisturbed.
- 58. See the world as a drama-** This so-called universe appears as a juggling, a picture show. To be happy, look upon it so.
- 59. Stay in the middle between two polarities-** O Beloved,

put attention neither on pleasure nor on pain, but between these.

60. Acceptance- Objects and desires exist in me as in others. So accepting, let them be transformed.

61. Experience existence as wave-ing- As waves come with water and flames with fire, so the Universal waves with us.

62. Use mind as the door to meditation- Wherever your mind is wandering, internally or externally, at this very place, this.

63. Be aware who is sensing- When vividly aware through some particular sense, keep in the awareness.

64. At the beginning of a strong sensation, be aware- At the start of sneezing, during fright, in anxiety, above a chasm, flying in battle, in extreme curiosity, at the beginning of hunger, at the end of hunger, be uninterruptedly aware.

65. Do not judge- The purity of other teachings is an impurity to us. In reality, know nothing as pure or pure.

66. Be aware of that which never changes in you- Be the unsame same to friend as to stranger, in honor and dishonor.

67. Remember that everything changes- Here is the sphere of change, change, change. Through change consume change.

68. Be hopeless- As a hen mothers her chicks, mother particular knowings, particular doings, in reality.

69. Go beyond bondage and freedom- Since, in truth, bondage and freedom are relative, these words are only for those terrified of the universe. This universe is a reflection of minds. As you see many suns in water from one sun, so see bondage and liberation.

70. Visualize light rays rising up your spine- Consider your essence as light rays from center to center up the vertebrae, and so rises "livingness" in you.

71. Visualize a spark of light jumping from one chakra to the next- Or in the spaces between, feel this as lightening.

72. Feel the presence of the ever- living existence- Feel the cosmos as a translucent ever-living presence.

73. Become the clarity of the cloudless sky- In summer when you see the entire sky endlessly clear, enter such clarity.

74. Feel the whole universe in your head- Shakti, see all space as if already absorbed in your head in the brilliance.

75. Remember yourself as light- Waking, sleeping, dreaming, know you as light.

76. Dissolve into darkness- In rain during a black night, enter that blackness as the form of forms.

77. Bringing out the inner darkness- When a moonless black night is not present, close eyes and find blackness before you. Opening eyes, see blackness. So faults disappear forever.

78. Develop pure attentiveness- Wherever your attention alights, at this very point, experience.

79. Focus on fire- Focus on fire rising through your form from the toes up until the body burns to ashes but not you.

80. Imagine the whole world burning- Meditate on the make-believe world as burning to ashes, and become being above human.

81. Everything converges in your being- As, subjectively, letters flow into words and words into sentences, and as, objectively, circles flow into worlds and worlds into principles, find at last these converging in our being.

82. Feel , don't think- Feel: my thought, I-ness, internal organs - me.

83. Change your focus to the gaps- Before desire and before knowing, how can I say I am? Consider. Dissolve in the beauty.

84. Detach yourself from your body- Toss attachment for body aside, realizing I am everywhere. One who is everyone is joyous.

85. Think of nothing- Thinking no thing will limited-self unlimit.

86. Imagine the unimaginable- Suppose you contemplate something beyond conception, beyond grasping, beyond not being - you.

87. Feel "I am"- I am existing. This is mine. This is this. O beloved, even in such know illimitably.

88. Know the knower and the known- Each thing is perceived through knowing. The self shines in space through knowing. Perceive one being as knower and known.

89. Include everything in your being- Beloved, at this moment let mind, knowing, breath, form, be included.

90. Touch your eyes lightly- Touching eyeballs as a feather, lightness between them opens into heart and there permeates the cosmos.

91. Experience your etheric body- Kind Devi, enter etheric presence pervading far above and below your form.

92. Be aware of moments of no-thought- Put mind stuff in such inexpressible fineness above, below and in your heart.

93. Consider the body limitless- Consider any area of your present form as limitlessly spacious.

94. Feel yourself saturated- Feel your substance, bones, flesh, blood, saturated with the cosmic essence.

95. Concentrate on the breasts or on the roots of the penis- Feel the fine qualities of creativity permeating your breasts and assuming delicate configurations.

96. Look into unlimited space- Abide in some place endlessly spacious, clear of trees, hills, habitations. Thence comes the end of mind pressure.

97. Fill endless space with your bliss body- Consider the plenum to be your own body of bliss.

98. Feel the peace in your heart- In any easy position gradually pervade an area between the armpits into great peace.

99. Expand in all directions- Feel yourself as pervading all directions, far.

100. Remain detached- The appreciation of objects and subjects is the same for an enlightened as for an unenlightened person. The former has one greatness: he remains in the subjective mood, not lost in things.

101. Believe that you are all-powerful- Believe omniscient, omnipotent, pervading.

102. Imagine spirit within and without- Imagine spirit simultaneously within and around you until the entire universe spiritualizes.

103. Do not fight with desire- With your entire consciousness in the very start of desire, of knowing, know.

104. The limits of perception- O Shakti, each particular perception is limited, disappearing in omnipotence.

105. Realize the oneness of existence- In truth forms are inseparate. Inseparate are omnipresent being and your own form. Realize each as made of this consciousness.

106. Become each being- Feel the consciousness of each person as your own consciousness. So, leaving aside concern for self, become each being.

107. Know only consciousness exists- This consciousness exists as each being, and nothing else exists.

108. Become your own inner guide- This consciousness is the spirit of guidance of each one. Be this one.

109. Feel your body as empty- Suppose your passive form to be an empty room with walls of skin - empty.

110. Be playful in activity- Gracious one, play. The universe is an empty shell wherein your mind frolics infinitely.

111. Beyond knowing and not-knowing- Sweet-hearted one, meditate on knowing and not-knowing, existing and not existing. Then leave both aside that you may be.

112. Enter the space within- Enter space, supportless, eternal, still.

