

## **Tantra Meditation — Spiritual Relationship**

Tantra meditation, meditation which includes a mood and which involves relationship can also be practiced in an impersonal way. That is, it's not necessary to use the form of a person for this kind of meditation. You can simply meditate on the energy and consciousness symbolized by the sphere. Tantra is a kind of yoga which transforms you and works directly on your problems and hang-ups to free you and enable you to experience the inner self. Here is the practice of tantra meditation on twoness, or relationship.

### **How to Practice**

Sit straight and comfortably. Relax your body. Do the deep breaths. Now feel that a thread of white light at your tailbone is proceeding gradually and gathering your awareness and your energy and is moving slowly up your spine through the sacral area, past the sacral area, deep within your spine. Now past the navel area all this beautiful gathering white light, moving up your spine, moving up past the ribs (still inside the spine), past the heart, past the heart center. On up past the shoulders into the neck, up to the top of the neck, the back of the brain, directly through the brain, forward and moving out through the third eye.

Moving out through your lower central forehead, this white thread of light which has gathered your energy, which has gathered your consciousness, is now moving forward from your third eye straight out before you, straight out into space four to six feet.

So your being, your energy, your consciousness, has been gathered by the movement, by the ascent of this energy up your spine, and is now moving out before you, about four to six feet in front of you. Now this white light, this beautiful thread of white light, forms itself into a beautiful sphere before you. This beautiful sphere of white light has been formed by this light which came from deep within your being. This sphere is larger than a person's form and is in front of you four to six feet. There it is now, this beautiful, large sphere.

At this point in your meditation, if you believe in a form of Divinity such as Krishna, Christ, Buddha, or Divine Mother, then think of that particular form of God which you love so (or which you wish to know better and which you may not

yet love), think of that form comfortably standing — or preferably seated — in the sphere before you. This sphere of light from deep within your being has been formed before you. All this energy, all this light has gathered, and within that sphere sits comfortably, happily, in a lifelike way, this form of God which you love and which you revere.

And now, with the formation of this being, all you need to do now is direct your heart's love, devotion, to the form in the sphere. If you wish to mentally keep your mind focused by chanting the name of the Beloved before you, feel free to do this. On the other hand, if you do not wish to think of a form of Divinity — one of the incarnations or some aspect of God before you — you don't have to. Simply focus on the sphere and direct your love and devotion to the sphere.

This sphere is a representation of your inner self, of your core being, of your spiritual nature, so it's your choice. Direct your love to a *form of Divinity* seated within the sphere, or simply direct your awareness to the sphere and enjoy directing your heart's love and devotion and deepest reverent attention to this sphere or to the person in the sphere as your way of meditation for the next twelve minutes or so. Proceed.

When you have directed your heart's love in this way, you'll begin to find many pleasant qualities of love filling your being. You may even feel that your heart center or your chest gets warm with the glow of love. Or a mellow feeling of light or pleasure fills your brain cells and your spine. Enjoy.

And then to conclude this form of meditation you feel that the divine person and the sphere move back into the stream of light which came from you. And now, having the form and the sphere dissolve back into the stream of light, the stream of light moves from four to six feet before you back toward you. It moves gradually and thoroughly into your forehead, through the brain cells, down the lifeline of the spine, all the way down the spine to the tailbone.

## **Benefits**

You live in the knowledge that this meditation object — this sphere — can come up out of you and be meditated upon whenever you like, but also that this energy and this consciousness on which you're meditating resides within you as an aspect of your higher consciousness. You carry it around inside — the spirit of Christ, or the blessed and compassion of the Buddha, the glory of Krishna.