

SESSION FOUR

FINDING SHIVA



Through Sound

Evolution, Asia Yoga Conference | asiayogaconference.com

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Marut's new book, "A Spiritual Renegade's Guide to the Good Life" is available now at Beyond Words, Amazon and bookstores.

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विज्ञानभैरवः
vijñānabhairavaḥ
The Vijnana Bhairava Tantra

DHARANA 16

praṇavādisamuccārāt plutānte śūnyabhāvanāt |
śūnyayā parayā śaktyā śūnyatāmeti bhairavi || 39 ||

O Bhairavi, one who recites “om” and other such seed mantras and then meditates on emptiness at the end of the drawn out version of such a recitation, arrives at emptiness through emptiness, the highest shakti.

DHARANA 17

yasya kasyāpi varṇasya pūrvāntāvanubhāvayet |
śūnyayā śūnyabhūto'sau śūnyākāraḥ pumānbhavet || 40 ||

Even one who contemplates on what is before and after the sound, that person becomes joined with emptiness through emptiness; he assumes the form of emptiness.

DHARANA 18

tantryādivādyaśabdeṣu dīrghēṣu kramasamsthiteḥ |
ananyacetāḥ pratyante paravyomavapurbhavet || 41 ||

One who with single-mindedness stays fixated for a long time on the sound of music made by a lute or other stringed instruments will, at the end of the process, become embodied in the space of the Supreme One

DHARANA 19

piṇḍamantrasya sarvasya sthūlavarṇakrameṇa tu |
ardhendubindunādāntaḥ śūnyoccārādbhavecchivaḥ || 42 ||

One who goes step by step from the gross form of any of the seed mantras up through the crescent and drop until one reaches the end of sound in emptiness – that person becomes Shiva.

DHARANA 50

gītādiviṣayāsvādāsamasaukhyaiikatātmanah |
yoginastanmayatvena manorūḍhestadātmatā || 73 ||

Through the unequalled joy of becoming absorbed completely in the sound of beautiful music and such the yogi's mind is elevated and becomes one with that.

DHARANA 58

madhyajihve sphāritāsye madhye niṣṭipya cetanām |
hoccāraṁ manasā kurvaṁstataḥ śānte praliyate || 81 ||

Keeping the tongue inside (and inverted), put your consciousness in the middle of the wide open mouth. Mentally make the sound "ha." Then one will be absorbed in peace.

DHARANA 67

abindumavisargaṁ ca akāraṁ japato mahān |
udeti devi sahasā jñānaughah paramēśvaraḥ || 90 ||

Repeat the letter "a" without nasalization or aspiration at the end, o Goddess, and then suddenly a great flood of wisdom, the Supreme Lord, will arise.

DHARANA 68

varṇasya savisargasya visargāntaṁ citiṁ kuru |
nirādhāreṇa cittena sṛṣṭedbrahma sanātanam || 91 ||

Put your mind on the aspiration at the end of a letter with aspiration. Because the mind has no support, one touches the eternal brahman.