



Vigyan  
Bhairav  
Tantra

Book  
of  
Secrets

Devi asks:



Oh Shiva,

What is your reality





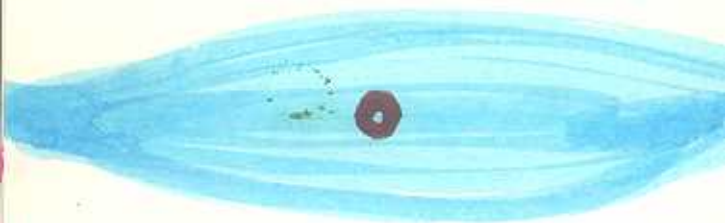
What is this  
wonder-filled  
universe?



What constitutes  
seed?



Who  
centres the  
universal wheel?



What is this life

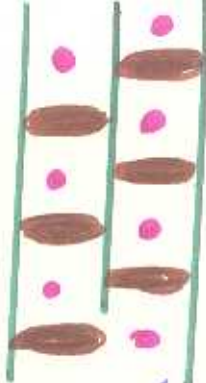
beyond form

pervading forms?

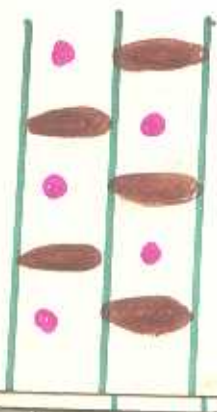


How may we enter  
it fully, above space  
and time, names and  
descriptions?





Let my doubts  
be cleared!



Shiva repletes:



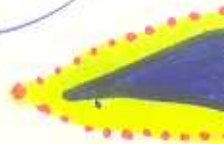
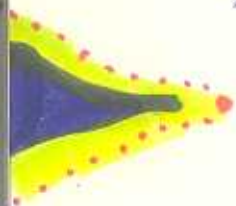
Watch the  
gap between  
two breaths



Watch the  
turning point  
between  
two breaths



Be aware  
when breathing  
stops



Watch the  
fusion  
of two breaths



Focus your  
attention on  
the third eye



Focus on the

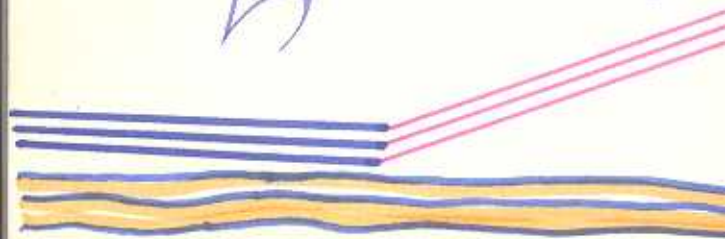
gap during your

daily activities

*Be aware  
in dreams*



Watch the  
turning point  
between  
sleep and awake

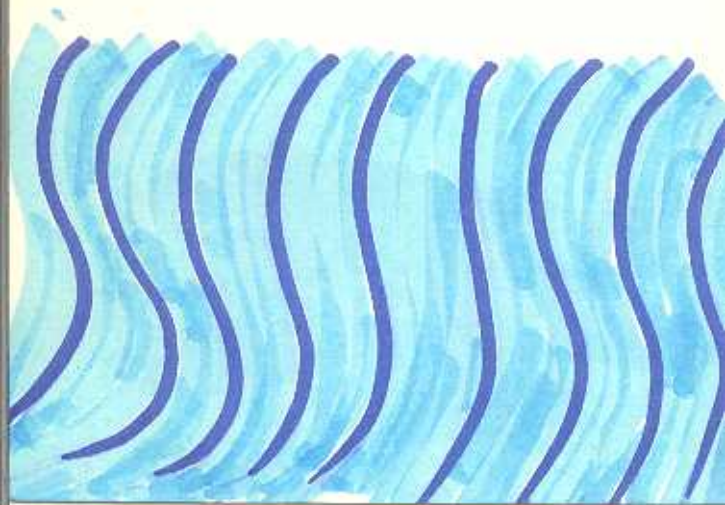


Lie down as dead.

Stare

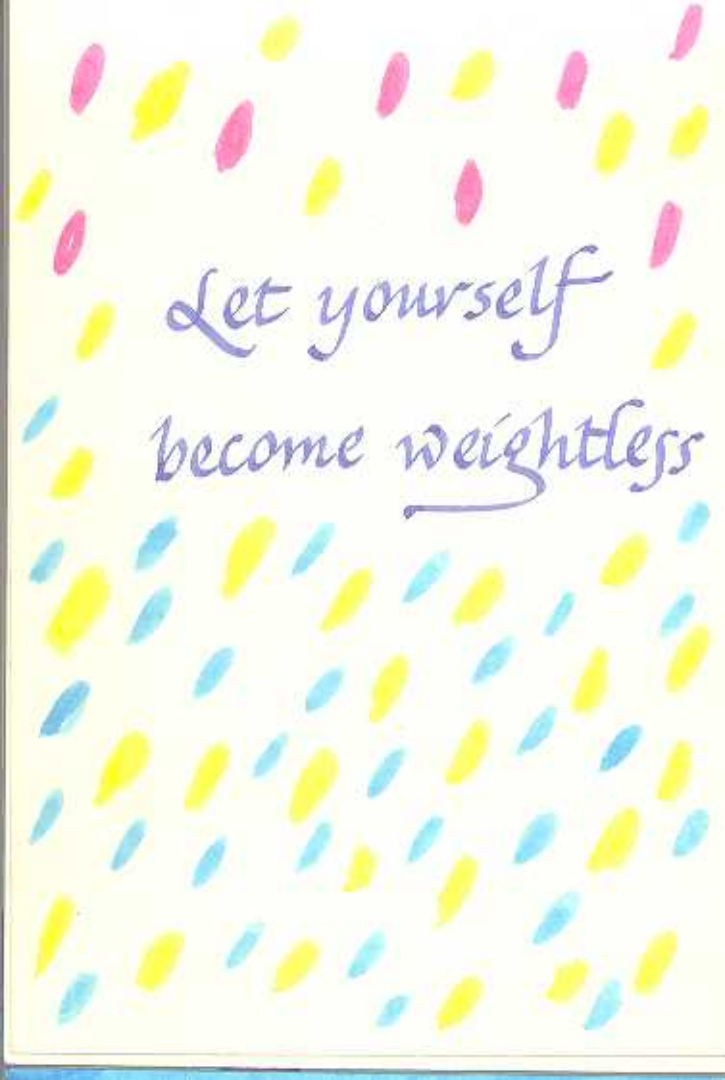
without blinking

Become  
the caress



*Close your senses—  
Become stonelike*





Let yourself  
become weightless

Concentrate  
totally on one object



Put your  
awareness on your  
spine



Close all the  
openings  
of your head

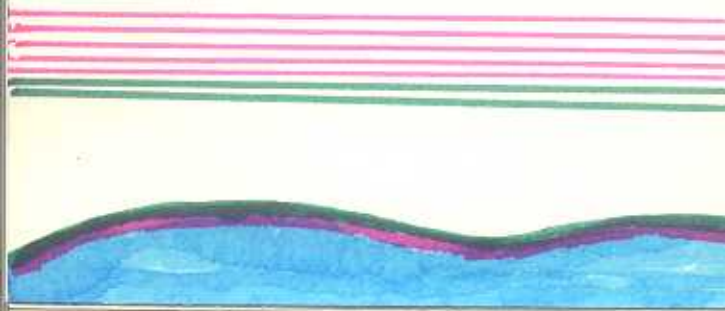


Absorb the  
senses in your  
heart

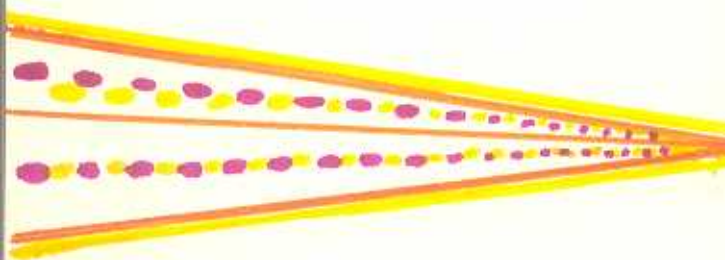


Do not choose

Keep in the  
middle



Look lovingly  
at an object



Without support  
for feet or hands,  
sit on buttocks  
only





*In a moving  
vehicle, sway  
rhythmically*



Concentrate  
on a pain in  
your body



Look at your past  
disidentified



Feel an object  
and become it



Watch

your

moods



Just as you  
have the impulse  
to do something ~

STOP!



When a desire  
comes, consider it—  
then suddenly

QUIT IT !





Roam till

exhausted —

dropping to the

ground, be whole



Close the eyes  
and stop thier  
movement

Look at an  
object as a whole



Look at an  
object as if for  
the first time—





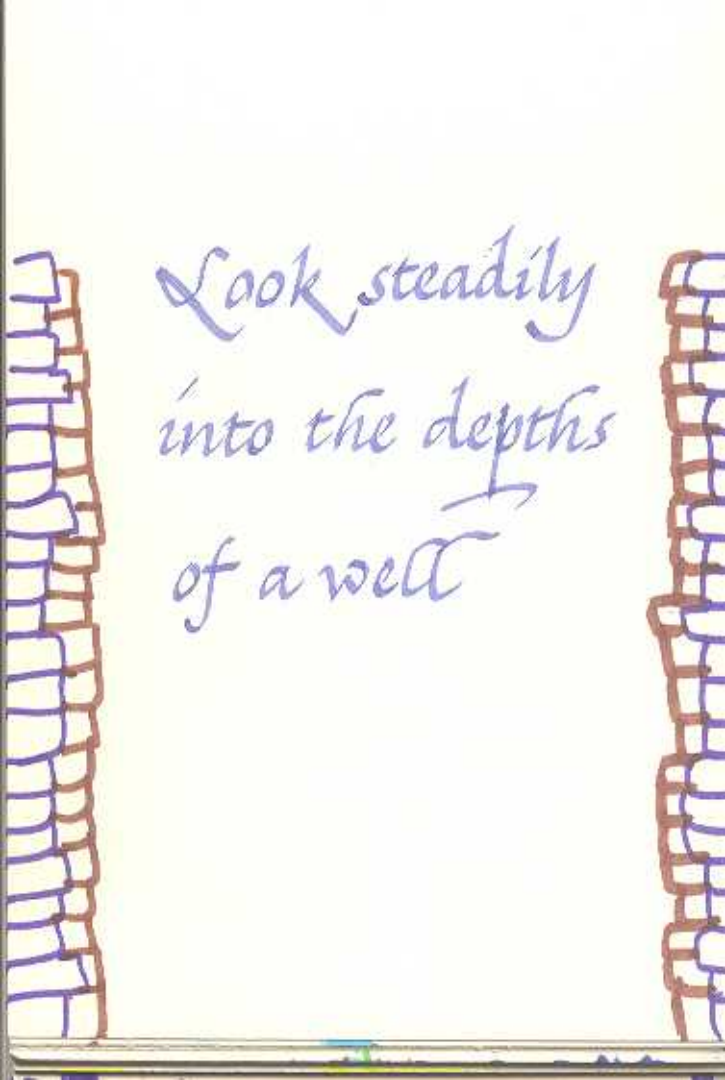
Look  
into the  
Limitless sky

Listen

totally to the

mantra

ॐ ॐ ॐ ॐ ॐ ॐ  
ॐ ॐ ॐ ॐ ॐ ॐ  
ॐ ॐ ॐ ॐ ॐ ॐ



Look steadily  
into the depths  
of a well

Look at an object -  
withdraw your  
sight, then your  
thoughts



Go beyond  
words and sounds



Feel yourself  
in the centre  
of sounds



Intone a sound,  
30 AUM,  
and become it



Listen to a  
fading sound



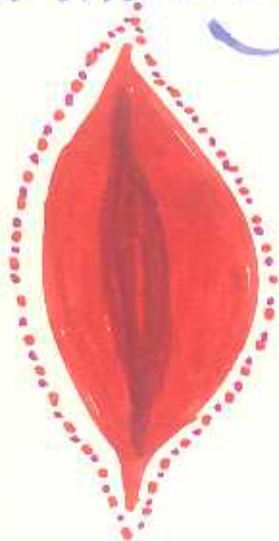
Listen to the gaps  
in a stringed  
instrument



Listen to the  
feeling of a sound



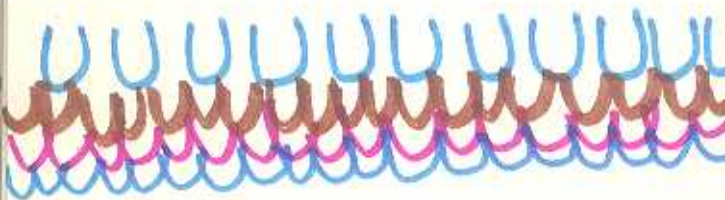
Focus your mind  
on the tongue



Centre on the sound

30 AUM

without any 'A' or 'M'



Feel yourself  
whilst saying  
'AHH'



Closing ears and  
contracting rectum,  
enter the sound



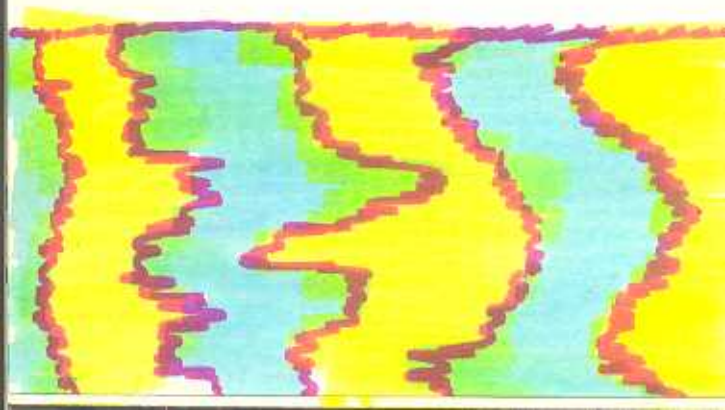
Enter the sound  
of your name  
as a mantra

ASH | ASH | ASH | ASH |  
ASH | ASH | ASH | ASH |  
ASH | ASH | ASH | ASH |

In the sex act,  
do not seek  
release—



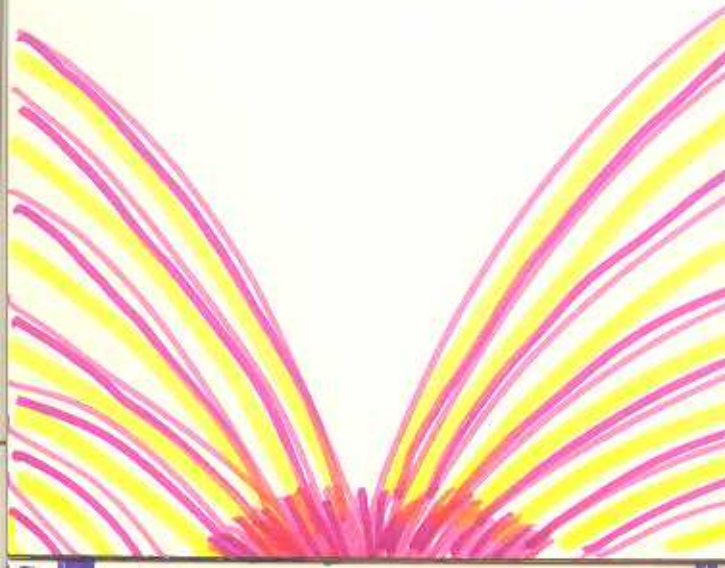
When in embrace,  
enter your shaking  
senses



Close your eyes,  
imagine love  
without the partner

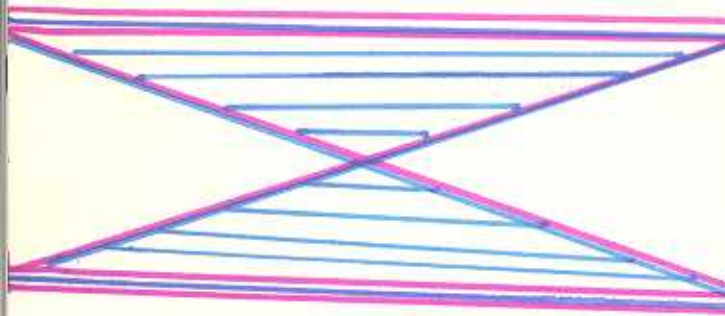


When joy arises,  
become it



Eat and drink

consciously



When singing, seeing,  
tasting be aware of  
who you are.



Be aware of the  
gap between  
waking and sleep





*Feel satisfaction,  
wherever it is  
found*

Think of the  
world as  
illusion



Be undisturbed

by

desire

See the world

as a

Drama



Put attention  
neither on pleasure  
or pain, but inbetween





Desires exist

in me and others -

be accepting



Waves come with  
water, so experience  
the Universe wave  
with us





Experience your  
mind - wandering,  
internally or externally



Be aware of

who

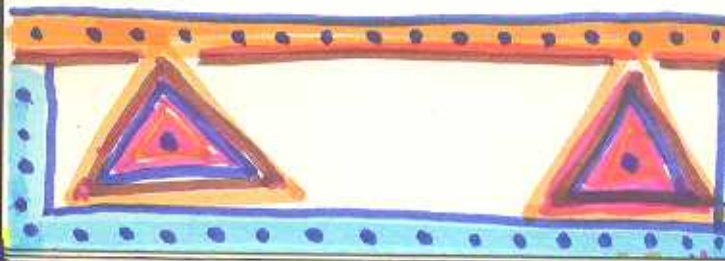
is sensing



At the beginning  
of a strong  
sensation, anxiety,  
fright, be aware—



Know nothing as  
pure - impure -  
Do not judge



Be the same - to  
friend or stranger -  
He never changes



Be aware of that  
which never changes  
in you



Remember that  
everything changes



A decorative border consisting of two parallel red lines with a hatched pattern between them, forming a large inverted 'V' shape that frames the text.

*Be hopeless*



Go beyond  
bondage and  
freedom



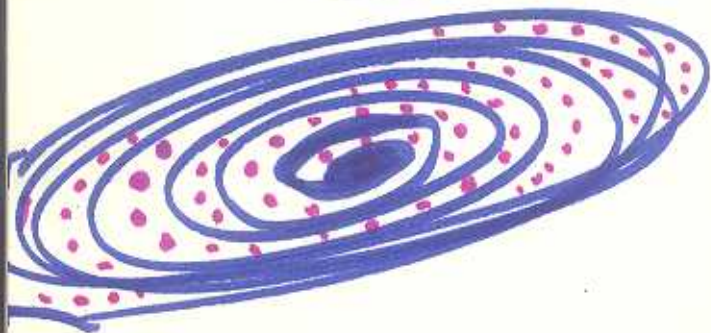


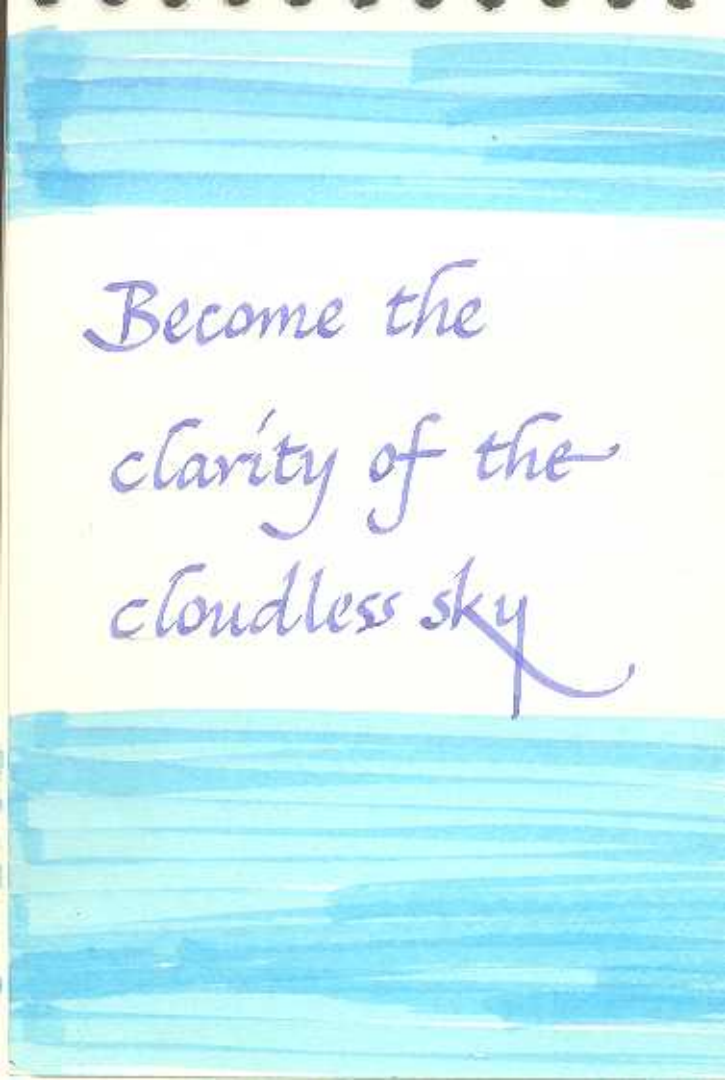
Visualise light  
rays arising  
from your spine

Visualise a spark of  
light arising from  
one chakra to the next



Feel the cosmos  
as the  
everlasting presence



The image shows a piece of paper with a blue background, possibly a notebook cover or endpaper, featuring horizontal brushstrokes in various shades of blue. The text is written in a cursive script in the center of the white space.

Become the  
clarity of the  
cloudless sky