

**YANTRA  
GAZING  
&  
MANTRA  
CHANTING**

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# Introduction

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In the vast landscape of meditation practices, Yantras (sacred shapes) and Mantras (sacred sounds) stand out as potent tools for personal growth and spiritual awakening. While each practice exists in its own right, the true power of Yantras and Mantras emerge when they are practiced together. The chanting of a Mantra amplifies the vibrational energies of the associated Yantra, creating an ambiance rich with divine presence.

Working with Yantras and Mantras can also be magnified in group settings. When a community gathers to meditate upon a shared Yantra while chanting the same Mantra, the collective energy generates a resonance far greater than individual practice alone. The vibrations meld, propelling the group into elevated states of unity and spiritual connection.

This manual will guide you through the intricate yet beautifully simple processes of understanding and incorporating these ancient techniques into your daily life and practice. You'll discover how Yantras and Mantras complement each other, how to combine them, and the wonderful experiences that await those who embark upon this sacred journey of finding the sublime emptiness at the heart of enlightenment and self-realization.

Yantras are not mere art but visual emanations of divine energies and universal principles. The X in this Yantra embodies the material and spiritual archetypes of creation in perfect harmony. The upward-pointing angle of the X also represents the practitioner's aspiration to reach the higher self, and the downward-pointing angle represents the descent of higher consciousness into one's body, heart, and mind. Finally, and most importantly, this Yantra is a practical device. The X functions like the crosshairs of a scope, focusing your attention into the formless depths of consciousness, which is the secret to integrating your soul and higher self.

Mantras are sacred words or phrases also charged with cosmic qualities, which are invoked through repetition to raise the vibrational state of the practitioner and the environment. The Mantra in this manual unifies what are known as primordial seed syllables, or *bijas*, into one potent consciousness expander. The vibrations created by chanting bija mantras resonate with the chakras, or energy centers in the body, balancing and harmonizing them while at the same time helping to activate the awakening potential contained in the Yantra.

Together, the hypnotic allure of this Yantra harnesses the wandering mind and stabilizes it so that it's ready for self-realization, and the melodic chanting of the Mantra amplifies and anchors the experience, leading to heightened states of awareness, inner peace, clarity of mind, feelings of bliss, and ultimately the shift into nondual being.

The instructions for Yantra Gazing and Mantra Chanting are covered separately to make it easier for you to learn these techniques. Once you've got the basics of both down, combining them is a breeze. The methods might seem complicated initially, but they're actually not that difficult. Plus, the pleasure of these practices will motivate you to want to become a pro at them. Just remember that it's perfectly normal to struggle and miss steps when learning any new skill, and keep in mind that the final goal is spiritual freedom, not perfection.

# Yantra Gazing

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Place the Yantra on a wall so that it is at eye level and about an arm's length away. Before meditating on it, you can set an intention to more clearly understand your spiritual journey or ask for guidance in an area of your life that you are struggling with. Then sit in a meditative position. Start with your eyes closed and follow your breath until it is regular and even.

Scan your body and release any tensions you're holding onto by using your breath. Breathe in fresh energy into any area of tightness or tension you notice and consciously release it as you exhale. Then make any necessary adjustments to ensure that you are completely comfortable.

Next, concentrate on sitting perfectly still. Settle into your meditation posture until your body is totally motionless. There should be absolutely no physical movement at all. Your body should become so still that it feels like a statue. Once your body is locked in position, open your eyes and direct your attention to the *bindu*, the dot in the center of the Yantra. Try not to blink. But don't try too hard. The less thought you give to not blinking, the easier it is.

Keep your eyelids slightly more open than usual. Observe any thoughts or feelings that arise, watching them come and go without engaging them. If you get pulled in by them, gently return to your gaze and focus back on the bindu.

Once your attention is totally one-pointed and unwavering, slowly broaden your view and gaze at the X, appreciating the beauty of it. It has an alluring quality that pulls you in, drawing your attention away from all other concerns. Let it absorb all of your attention.

At a certain point, you may notice the lines of the X moving or becoming wavy. These visual changes signal that you are entering a beneficial meditative trance. After a short while, the X will return to being a static image. If it starts moving again, that's fine, too. Just keep observing the X.

Continue gazing at the Yantra for an extended period of time, then close your eyes and find the afterimage of the Yantra with your mind's eye. If the image starts drifting, stabilize it by bringing it back to the center of the area inside your forehead. This location is known as the eyebrow chakra. Hold it there until the impression disappears.

After the image disappears, open your eyes and gaze intently at the outer Yantra for a few seconds or so, and then close your eyes and find the afterimage with your mind's eye again, remembering to hold it in place at the eyebrow chakra. Continue alternating between gazing at the Yantra with your eyes open and then closing your eyes and watching the afterimage until it disappears.

With time and practice, the afterimage will become more vivid and appear more and more like the actual Yantra. Eventually, you'll be able to visualize a mental image of the Yantra exactly and effortlessly. While you are still developing this ability, though, at a certain point, after about a minute or so of doing this part of the practice, just keep your eyes closed and watch the Yantra until it disappears.

Continue gazing into the darkness once it has vanished. Fix your gaze on the eyebrow chakra and use it as a focal point to penetrate deeper into the formless essence of your consciousness. If a vivid or vague impression of the Yantra is still present in your inner visual field, use it like the crosshairs of a scope to aim your attention into the core of your consciousness.

The yogic secret to plunging your awareness deeper into your consciousness is to gently cross your eyes and then let them uncross naturally. If the Yantra is still visible, this action will cause your awareness to move toward and through it, which is beneficial.

You may feel some strain in your eyes when you first try this technique, but your ocular muscles will grow stronger with practice. Just proceed mindfully and only do as much as you comfortably can each time. Use the same precaution with the next technique.

Bring your gaze to the apex of your eye sockets and stare up into your forehead. Your eyes should be slightly crossed again. Keep your eyes fixed in this position for as long as you comfortably can and then relax. No more than ten seconds is sufficient.

Switch back to focusing on the eyebrow chakra again, crossing and uncrossing your eyes to penetrate deeper into your consciousness each time. Finish this part of the meditation by alternating between these two techniques. Repeat as many times as you deem necessary.

When you're ready, stop and take a few slow, deep breaths. With each exhalation, let your essence totally merge with the vast darkness of inner space, becoming one with its endless spaciousness.

Notice this same spacious quality inside and outside your body. Let yourself expand beyond your body as you merge completely with the limitless field of your consciousness. Then rest in the simple feeling of being without any boundaries, knowing that this is your true nature—the formless essence of your soul.

Continue meditating for as long as you'd like at this point. If you have any insights or come to a resolution about the intention you set before the meditation, acknowledge them and then release them, trusting that they will not be forgotten. To finish, gradually withdraw your awareness from the formless dimension and become aware of the world of form.

Return to the room you are in. Slowly bring your awareness back to your body. Wiggle your fingers and toes and shift slightly in your seat to fully ground yourself back inside your body. Open your eyes and take a moment to notice the peace and clarity you have cultivated.

Over time, gazing at this Yantra will integrate itself into your consciousness and function as a tool that you can use to harness your attention and access your higher self whenever you meditate. You can also visualize it anytime you need a quick boost of energy and a reminder of where your true source of inner peace, joy, and freedom lies.

# Mantra Chanting

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Sit quietly and comfortably with your eyes closed. Set aside any thoughts, feelings, or distractions you may have. Find the stillness at the center of your being by focusing on the blank screen behind your eyelids. Look deeply into the emptiness. Notice that the essence of this inner field is made of consciousness, and that this same consciousness is not only inside you, but all around you, too. Let your awareness expand and merge with the surrounding field of your consciousness.

When you are ready, open your eyes and focus on the Yantra for an extended period of time, then close your eyes and continue meditating. Let the direct knowing of being to arise. Notice how your awareness comes from the consciousness within you. Revisit the Yantra several times, increasing your felt experience of it, then close your eyes and allow your awareness to penetrate deeper into your consciousness each time.

Next, spend a few minutes chanting OM out loud. Take a deep breath, and as you exhale, begin chanting a long O sound that naturally flows into the M sound, drawing the M sound out so that you produce a long, continuous humming sound. The humming sound does not have to be too loud. Just loud enough for you to feel the vibrations internally.

Focus on feeling the vibrations in the belly area specifically, but also throughout the rest of your body. Continue chanting this way for a few minutes. As you get deeper into it, intensify the vibrations of humming by generating a low guttural sound from the bottom of your vocal chords.

Once you get a strong guttural sound going, start chanting a short UH sound for a minute or so. This bija is vocalized rapidly in a sharp, explosive manner. As you chant bursts of the UH sound, direct the powerful vibrations down through your root chakra while projecting your awareness into the bowels of your being.

Next, stop chanting for a moment and listen for your heartbeat. If you can't hear it thumping, continue chanting UH again until you get your heart really pumping. Once you can hear and feel your pulse, start chanting the AH bija. This is the same sound you make when relaxing into a soothing bath. Use the middle range of your vocal chords for this sound, and focus the vibrations in your heart area.

Try to create a staccato rhythm that is in synch with the beating of your heart. This produces a continuous ah-ah-ah-ah sound. Continue chanting this way until your heartbeat slows down to a normal pace, then continue chanting a long AH sound for a few more minutes, except now do it with a universal sense of love in your heart. Feel the love you have for the miracle of being alive. Appreciate the sheer mystery of existence.

Direct your attention inwards and notice how your heart opens up when you chant this bija with loving gratitude. Really give yourself over to letting the love and appreciation in your heart expand. Continue until you generate enough loving emotions that they begin washing over you. Then stop chanting and focus on experiencing those loving waves surging through your being.

When the emotional intensity begins to dissipate, start chanting HU. This bija is vocalized as a sonorous, high-pitched tone similar to the sound you hear during the old test pattern at the end of a television broadcast. It is made using the top of your vocal chords and the hollow space inside your nasal cavity. If you are doing it right, you should feel this sound vibrating specifically in your head area. Do this chant for a few minutes. When you stop, notice the sense of mental clarity this tone produces.

Finally, as you sit in silence, listen for a faint ringing sound inside your head. You may hear other sounds, too. Hissing, buzzing, whooshing, grinding, or humming sounds are common. Listen to whatever sounds arise. They all come and go. Eventually, you will hear a higher-pitched whistling or chiming sound. Once you hear this elevated tone, focus all your awareness on it. Let it carry your awareness into the silence from which it arises. As you follow this sound, you may feel your consciousness rising up into your higher self.

Don't worry if you can't hear this enlightening tone (or any other inner sounds) the first time you try. You will with practice. As your mind grows calmer and more alert, this ringing sound will stand out above all other sounds (inner and outer) and become an easy and reliable way to align your consciousness with your higher self.

Also, if you practice these chants on a daily basis, you'll eventually reach a stage where you can silently and inwardly chant these three bijas—OM, AH, and HU—together as one continuous Mantra—OMAHU—while focusing on the three corresponding areas of your body (belly, heart, head) as a quick and easy way to get centered in the midst of daily activity.

And, last but not least, with regular practice, you'll also develop the ability to tune into the enlightening tone of your higher self, not only during meditation but any time at all, by silencing your mind and turning your attention inwards. This will quickly align your consciousness with your higher self in the moment.

# Summary Sheet

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1. Get into a comfortable meditative pose and do some conscious breathing as you focus on becoming physically still. If you are seeking any answers or guidance on your path, set an intention to receive them.
2. After locking your body into position, open your eyes and concentrate on the bindu for a few minutes, followed by the Yantra. Do some Mantra chanting while gazing at the Yantra to energize your chakras and align with your higher self.
3. When you are ready, close your eyes and practice holding an inner image of the Yantra with your mind's eye, keeping it in the eyebrow area. Alternate between opening and closing your eyes to imprint the Yantra into your consciousness.
4. Next, close your eyes and keep them closed. Let your awareness merge with the dazzling darkness behind your closed eyes as you watch the Yantra fade away. Use the eye-crossing techniques to penetrate deeper into the energetic field of consciousness.
5. Finish by gazing into the surrounding space of pure consciousness you have accessed and cultivated, and allow yourself to fully merge with it until only the limitless awareness and formless essence of pure being exists.
6. To end the meditation, reconnect with your body. Wiggle your fingers and toes and shift in your seat. Open your eyes and take a moment to appreciate the inner peace and clarity of resting in your true nature.

# About the Author



Stephen D'Amico is a spiritual teacher and author who spent much of his early life enjoying the enlightened state of being and attained full self-realization at age 22. His books include *Heaven On Earth: A Guide to Enlightenment & Human Unity* (2005), *The Incredible State of Absolute Nothingness: A Personal Account of Spiritual Enlightenment* (2013), and *The Lost Book of Mystical Insights: Pointers & Reminders* (2023). Blending the richness of his own spiritual experiences with traditional and contemporary teachings, his work is a treasured source of inspiration and guidance for seekers around the world.

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