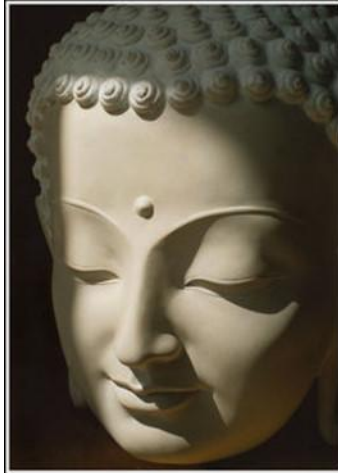


# Akasha Jyana Kriya

## Meditating on the Void



Sit in any comfortable position, with your spinal column erect. Adjust your body, so that you feel at ease. Close your eyes, gently, without blinking, in such a way that only the top lid does the closing. The bottom lid is the cheek, and should remain passive.

Sitting quietly. Just imagine that you are sitting in front of a black velvet curtain.

I am not suggesting that you are going to see anything.

Just imagine.

Concentrate your mind on the velvety blackness. In fact, you may be actually visualizing a dark blue, dark brown, a dark green, even a red...the colour should not infringe upon your consciousness.

Just concentrate on the velvety darkness.

To further deepen the colour, you may imagine that someone has thrown a bucket of black dye on the dark curtain.

Think about the warm darkness.

Gaze passively into the warm black plush.

Try not to get the eyes involved.

Just rest your eyes into the velvety softness.

It should feel like when you rub your nose against the soft fur of an animal, or when you rub your cheek against the skin of a baby.

Slowly, breathe in and imagine the velvet sensation of breath within your lungs.

Breathe out, and imagine the velvet sensation of breath on your nostrils.

Just relax, and think about the colour of the warm darkness.

**Shanti Gowans**

**Renowned Yogi, spiritual teacher and Living Master**

**Excerpt from 'Calm the Mind' – Discover Inner Peace**