

Buddha Yoga

The practice of awakening.

For the practice and understanding of this process, it is highly recommended to have previous knowledge and deep experience in: Emotional integration, Exhaustive observation, 4 states of being, transmigration of consciousness, practicing the contemplation of Joy, Love, Love-Joy and Bliss as well as the study and practice of the 10 planes of consciousness as explained in Mahajrya.

Buddha means “awakened”. Yoga means “practice”.

Buddha yoga is the practice of awakening. The goal of this process is to cause the awakening of consciousness in each of your planes of existence, thus to its real truth as Buddha.

Through the training prior to this process you learnt to pay attention to your emotions and be able to deal with them, to bring consciousness therein by using the 4 states of being and transmigration of consciousness. Then, with exhaustive observation, you learnt to feel your physical body, to integrate its emotions, and again to bring consciousness into it. And so on with each of your planes.

All the consciousness that you have unfolded in each of your planes causes, by harmonic resonance, the vibration and awakening of the consciousness already existing in each plane. There aren't different types of consciousness, just differences in density. The consciousness of your 4th plane is exactly the same as the one in your causal, mental, emotional or physical plane. The only difference is that one is denser than the other, but it is the same substance. This means that each of those planes is able to awaken individually.

Buddha yoga is not to bring consciousness to each of your planes of existence but to allow, through the contemplation of the Bija mantras, that all of them awaken individually to the consciousness that they already are.

Each Bija is associated but not limited to a chakra. Your main focus will remain the plane of consciousness that you are contemplating and your secondary focus will be the associated chakra of your body.

There isn't a specific way of charging this process. It is recommended that, after each contemplation of the Bijas, you allow yourself to pay attention in case any emotion or reaction arose. In that case, make sure to do your integration about it.

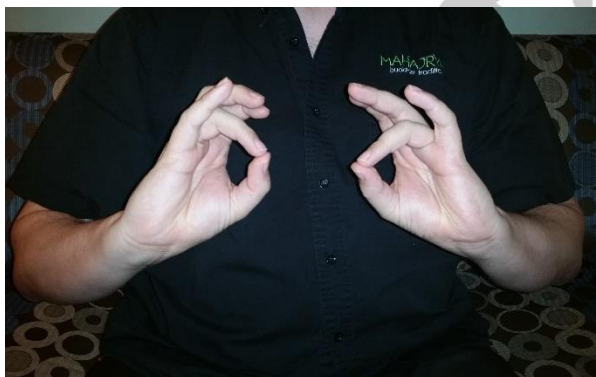
This practice naturally provokes reactions from the ego. When awakening consciousness throughout your planes, you will find the parts of these levels which have been operating in the three poisons. For example, in the awakening of the vital plane, you may be faced with the animal's reflex to hunt outside to fulfill its desires. In the awakening of the physical plane you may experience nauseousness or soreness in the base of the body. Stay vigilant to observe and resolve any reaction you may have.

If the reactions are too intense, discontinue the practice and focus on the integration of what reacted.

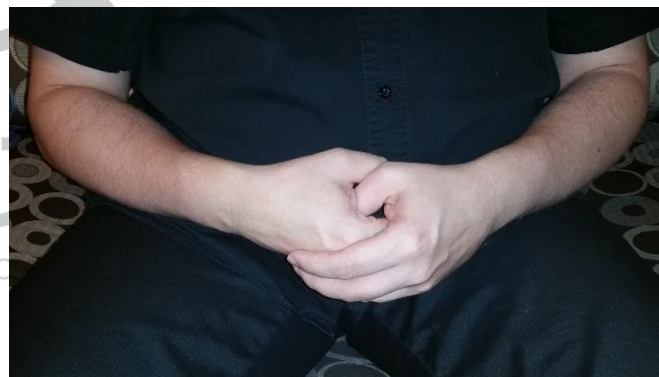
SWASTHYA MUDRA

The Swasthya mudra will help you to be in contact with yourself so that you will be self-contained. This way, projections will stop and drama will be dissolved as your consciousness is returned to yourself inside instead of being focused outside.

The right hand symbolizes the spiritual hand, while the left hand is the hand of nature or the human. By joining the thumbs with the ring fingers we remain conscious (thumb finger) of our emotions (ring finger). Finally the left hand goes through the right hand to symbolize the collaboration and self-containment of one in the other and the other way around.



Step 1



Step 2

Step 1: Both ring fingers touch the tip of the thumbs.

Step 2: Your left hand interlaces the right one as if the thumb and ring fingers were going through the hand (without any pressure). So your left thumb will be touching the center of your right palm and your left ring finger is at the same place on the outside of your right hand.

The right ring finger and thumb remain in direct contact.

Bija mantra of the Awakening of the Physical plane (10):

LAM

Lam is a bija mantra that transmits incarnation (L), which is the presence (A) of consciousness (M).

Chakra: Base.

Contemplate your physical body being self-aware. You are conscious that you are conscious, and in the same way your body is conscious that it is conscious. It's your body that is doing it. From there, go to the physical experience of Love-Joy and ask yourself what is Bliss at this level. Let go of your previous emotional experience of this contemplation, and do not answer the question from your mind but allow your physical body to reveal it through a bio-experience.

Bija mantra of the Awakening of the Vital plane (9):

VAM

Vam is a bija mantra that transmits the union and desire (V) which is present (A) in that consciousness (M).

Chakra: Navel.

During this contemplation consider that your vital plane is made of will power. It is the power of your will which keeps you alive and which produces your energy. So your vital plane is Consciousness' will and desire to exist. It is the will of God in you, not as a plan to accomplish but as the will power and passion to exist. Then, your vital plane starts to awaken to the consciousness it already is. Now bring the experience of Love-Joy and contemplate how your vital plane experiences Bliss, feeling the vital experience.

Bija mantra of the Awakening of the Emotional plane (8):

RAM

Ram is a bija mantra that transmits the definition (R) which is present (A) in that consciousness (M).

Chakra: Solar plexus

This level will be easier and more familiar because of all the emotional integration you have already done and all of the attention you have already paid it. Again allow your emotional plane to awaken itself as consciousness and find the experience of Love-Joy so that your emotional plane discovers bliss in itself.

Bija mantra of the Awakening of the Mental plane (7):

YAM

Yam is a bija mantra that transmits the intelligence or understanding (Y) which is present (A) in that consciousness (M).

Chakra: Heart.

Remember that your planes are not limited or exclusive to a part of the body. Your emotions are everywhere, as is your mind and every other plane. Also remember that your mental plane is not necessarily your thinking process: that happens in your emotional plane. Your pure mental plane is creativity, which is why we have it here at the level of the heart so that your creativity will come from compassion. With Yam, your mental plane awakens to consciousness and divinity by itself. Contemplate what is Love-Joy and Bliss experienced from this plane.

Bija mantra of the Awakening of the Wisdom plane (6):

HAM

Ham is a bija mantra that transmits the potentials (H) which are present (A) in that consciousness (M).

Chakra: Throat.

The plane of wisdom is made of the consciousness gained through every awakening you have had and every experience of Dharma. Allow your plane of wisdom to remember and to awaken to its own consciousness and divinity. Contemplate the experience of Love-Joy and Bliss in this plane.

Bija mantra of the Awakening of the Causal plane (5):

AUM

Aum is a bija mantra that transmits the presence (A) experienced and felt (U) in that consciousness (M).

Chakra: Third eye.

Every experience that you live and every potential you experience exists in the causal plane. These potentials or experiences are still pure consciousness but in the shape of actions and events. With Aum you will awaken the self-awareness in your causal plane. Find and contemplate the experience of Love-Joy and Bliss for this plane.

Bija mantra of the Awakening of the Consciousness plane (4):

OM

Chakra: Crown.

Om is the fusion of consciousness. To be conscious that you are conscious and fuse yourself with that experience. Contemplate and feel the Love-Joy and Bliss experience of this plane.

Bija mantra of the Awakening of the Interaction plane (3):

Silence

Here your plane of interaction awakens to its own nature as Buddha. It goes beyond the human, that's why there is no chakra to focus on. Intentionally mentalize a silence like a siddhi every few seconds, remaining aware in contemplation of the experience. Find what is Love-Joy and Bliss for this plane.

Bija mantra of the Awakening of the Creation plane (2):

Non-silence

Your creation plane becomes self-aware of the consciousness it is already made of. The bija is a "non-silence". Find therein the experience of Love-Joy and Bliss at this level.

Bija mantra of the Awakening of the Creator plane (1):

Experience the Love-Joy experience even before its existence and distinction. In this plane they aren't present, but neither are they absent. It is before polarities happened, so it is an experience of non-distinction and complete fusion. Simply Bliss.

The mantras of the Buddha Yoga Process come from the Hindu Tradition.