

Vacuity

Vacuity is the Void. It is Nothing. To meditate on vacuity, there is no mantra, but an intention of pure emptiness of light, sound and matter. It is a place where light is more absent than complete obscurity, where sound is more absent than silence, where there is nothing for the mind to contemplate. It is void of the mind, heart, body and consciousness.

To initiate a session of vacuity, it is good to do the mantra “aBhu” a few times, since it means “un-generated” or simply put, void. But quickly forget about the mantra, sink into darkness more obscure than complete absence of light; silence more damp than complete absence of sound; losing yourself by not caring about your nervous system input. It is done thru a fantasy that becomes real for the mind and the soul.

It is someplace within, the source of everything. Where we are one with the Creator, so there is nothing created. Then, there is non-self, non-being, non-existence. In oneness, there is no prayer, who would we talk to? Prayer is when you still need sound and light, the impression of perceiving something, even from within. Even communion suggests two beings.

Here one is free from emotions and thoughts, completely free from the pull of natural forces. And so it is the place where the ego has nothing to hold on to, and it does not know what to do. Contradictions might rise up in your experience. There could be the sensation of sudden movement, both falling and rising, both contracting and expanding, all at the same time, when you first sink into it. And when you arrive, you are at once deep in a black hole and in far outer space (but with no planets or stars) so that the Void is close around you, but expanding forever. There is nowhere to drop yet nothing to hold you. You are completely alone, but there is no loneliness. You feel safe, but there is nothing to protect you, and nothing to protect you from. There would be happiness if there were causes of happiness, or something that can be happy, but it is not the case. All the above is not pure vacuity, but the fantasy one can experience while getting there.

Meditate in vacuity for 20 minutes.

It is normal for the ego to resist sinking into vacuity, by creating mental activity. If this happens, do integration prior to the meditation. During the meditation practice, try not fighting the thoughts, just observe them and then let them go. If the resistance continues, do 20 minutes of fixity meditation many times in a row, with a brief break between. This will eventually tire the ego, to the point of weak, or non-resistance. The successful vacuity practice may initially only occur for a few minutes, and then gradually grow to the full 20 minutes.

The most efficient way to still the mind is to do 30 minutes of integration of a mask of the ego, followed by 30 minutes of vacuity, one mask per day for 21 days, straight or not, but close enough not to lose the momentum of the entrainment effect on your mind.