



Instructions for Meditation with the Shambhala Yantra

1. Consecrate the fruits of this practice to God, the Spiritual Heart, the essential reality of which Shambhala is an archetypal expression. Keep a purity of intention...
2. Maintain a state of aspiration and intense longing for union with this sacred, perfect, pure realm, without interfering or compromising the communion with selfish desires.
3. Hang the *yantra* on a wall facing north or east, placing the center of the *yantra* at the level of *ajna chakra*. Be sure to orient it so that there is one white circle on top within the central black circle (not two). Place the *yantra* at such a distance that you can see it completely in one glance without needing to move your eyes.
4. Adopt your favorite meditation posture or, if you prefer, sit on a chair, keeping your spine straight.
5. Relax and bring your awareness to the middle of the chest, a finger-width to the right.
6. Look into the center of the *yantra*, trying to blink as rarely as possible; until the mind calms down, keep your attention only on the middle of the *yantra*.
7. When the mind has become calmer (after around 5 minutes), extend your perception to encompass the whole *yantra* in your sight. In general, even if it is a big *yantra*, you don't need to look at its particular details; just keep your gaze right in the center and observe the whole *yantra* at once.
8. From time to time, close your eyes and try to visualize the *yantra* as accurately as possible.
9. In your heart (in your soul), feel a subtle connection with the realm of Shambhala and the uplifting energies that arise from it. Become aware of any possible insights...
10. *Yantra* visualization should last at least 21-30 minutes every day; don't push any process of imagination, and don't selfishly go in expectations regarding such a practice. Let it gradually guide you to the sublime energies of Shambhala. It is the dissolution of the ego that makes all these wonderful revelations possible. After which it is like you enter a different space, a different world...
11. In time, after at least one month of daily practice, you will be able to tap into Shambhala energy even without using the physical *yantra*. (You may evoke the *yantra* with your eyes closed wherever you are, or even fix your gaze on an exterior or imaginary point and continue the meditation.)
12. In later phases, it is like you fall in love with the *yantra*. It will become more and more fascinating, so that the *yantra* absorbs your complete attention, and there is such intimacy that you can no longer tell if the *yantra* is within yourself or if you are within the *yantra*. In such a state of nonduality, the realm of Shambhala is equally inside your heart and encompasses the entire world you live in...