



The meditation:

Visualize your body in the image of *Vajra Yogini*, the skin of your body is red, and your inner body is made of the light of Pure Bliss

In your right hand is a curved knife with which to cut off the ego, and in your left hand is a skullcup filled with amrita, the nectar of the Gods which intoxicates and incapacitates your false beliefs. Become *Vajra Yogini*



Bring your awareness to the sushumna nadi, the central channel that runs in front of your spinal column, it is the color translucent red, and it begins at the level of your navel and ends at the crown of your head.

Visualize the right and left channel, the right channel is red and the left channel is white. They run alongside the central channel, and begin at either nostril, and end one inch below the level of the navel, with their ends bent upwards in a tip.

In the one inch space between the end of the central channel and the end of the right and left channels is your mind. This is the space of your mind.

Visualize now, a small, one inch sized VajraYogini in that one inch space. She looks identical to the VajraYogini that you have visualized yourself to be, and her body is red, and her inner is made of pure light, at her heart space there is a prism of pure light.

She is standing on the upward bent tips of the right and left channel, and the crown of her head is touching the lower tip of the central channel.

She is your *Mind VajraYogini*

Bring your focused awareness to your imagination now, as you inhale gently and softly, through the right and left channel, the winds of the upper body, in a V shape that ends at the heart space of your Mind VajraYogini.

Hold your breath there, and tighten the muscles at your perineum and upwards to the navel, as you see all the winds of the lower body and hold the winds there.

Hold both the winds of the upper and lower body in the heart space of mind VajraYogini and Meditate on this affirmation

“I am my Mind VajraYoginii”, “I am my Mind VajraYoginii”, “I am my VajraYoginii”. Until you feel the need to release the breath.

This is “vase breathing” a Highest Yoga Tantric Practice and formal meditation

Repeat this 12 times.

And then.

Visualize:

The two legs and two arms of The Outer VajraYogini dissolve into her main body.

The lower part of her main body dissolves into The Mind VajraYogini at the navel.

The mind VajraYogini i ascends to the heart The Outer Vajrayogini.

The Main Body of The Outer VajraYogini below the heart dissolves into The Mind VajraYogini at the heart.

The Mind VajraYogini ascends to the crown of outer VajraYogini

The main body of the outer VajraYogini below the crown dissolves into The Mind VajraYogini at the crown.

Then the crown of outer VajraYogini dissolves into The Mind VajraYogini

The Mind Vajrayogini instantaneously flies through the sky of the essence of the universe, the unity of all things and beings, unmanifested and reaches the Pure Land of Bliss

Meditate on this belief single-pointedly without distraction.

The body of The Mind VajraYogini becomes smaller and smaller and dissolves into emptiness, into nothingness, which is everything, and which is inseparable from The Great Bliss.

Meditate on the union of great bliss and emptiness, which is the actual *inconceivability*.

Repeat this practice of the *uncommon yoga of inconceivability* three or seven times in each session.

Receiving the powerful blessings of becoming Vajrayogini.