

Transforming the Three Karmas into the Three Mysteries

Body, mind, and speech are the Three Mysteries that form the path of an Esoteric practitioner. Mudra, mantra, and visualization are the means of attaining transcendence.

Hold the mudra intact so it does not come loose. Chant the mantra in silence and nonstop. Visualize accordingly, in an orderly fashion.

To benefit from the practice, one should simply relax, relax, and relax. “Let go” is the key to enter a deeper meditative state. When meditating, sit comfortably, gently close your eyes and relax your whole body. It is not necessary to sit in a lotus posture. Many meditations are best done sitting in a chair.

People have often asked how much time one should take to do a meditation. Time is irrelevant. It is how deep you enter the meditative state that matters. Hours pass by in seconds when you are in the ‘state’ and seconds become a long time when you are not. Perseverance makes practice. Practice daily. Practice leads to perfection but only perfect practice makes perfect!

Learn the methods to help yourself so that you are able to help others. When you cannot even help yourself, wishing and wanting to help others is merely a dream, not a reality.

Know yourself. Change yourself. Conquer yourself. When you no longer fight for yourself, when you no longer fight others, when you no longer fight to enter samadhi, when you have finally surrendered yourself and when you begin to have humility, you are on the path.

May your journey to the other shore of enlightenment be realized!

-Venerable Pannavati 2024