



Pratyahara

A practitioner must learn how to draw all the *indriyas* away from the material world, and away from mental thoughtforms, and gaze inwards.

All breathing must be done with the diaphragm.
All airflow must be controlled by the diaphragm.

Be seated in your *Asana* (meditation posture).

Establish an Image of the Mind

Envision a Circle. Inside is the conscious Mind. Outside is unconsciousness.

Observing the *Indriyas*

Observe the Tentacles of thought as they extend, like a root system, from consciousness and disappear in the unconscious darkness.



Knowing that each single root terminates in a thoughtform or a sense organ, select one Tentacle and follow it out into the darkness. Upon coming to the end, behold the sensation or the image

Withdrawing the *Indriyas*

Withdraw the Tentacles of thought, each root at a time, through one of three methods: **Knowing**, **Retreating**, or **Cutting**.

Inhibition through Knowledge - To see the image, to feel the sensation, to think the thought, is to Know that this hidden complex is influencing the workings of your mind. To Know this is to limit the effectiveness of the thoughtform. *But, it is likely that more effort than this will be required.*

Drawing Back through Retreat - Each root can be loosened from its sustaining thoughtform or sense receptor and withdrawn by exhaling and consciously "pulling" it back within the circle of the conscious Mind.

Cutting the Ties that Bind - Each root can be specifically identified and then "severed" with a sharp instrument, while exhaling and saying "I cut this tie, I loose this connection. *A mental knife, sword or scissors may be constructed for this purpose.*

Introspection

You are now free to Look inward

