

Dharana - 6

We have many tastes, interests and emotions. We may not be able to get the required concentration to do meditation. The mind wavers and goes to many things or thoughts, it may be sweetmeat or a thought on our beloved or anger on our neighbor. No problem, keep the concentration on that thing or thought as long as you can. Just think that your object of desire is nothing but Siva. In course of time, you can be able to see Siva in everything and everywhere.

VijnanaBairavaTantra says the same in mantra 116 as under.

Yathrayathra manoyaathi baahyavaa abyantharepinaa
Thathrathathra sivavastha vyapakathwaath yashyathi.

See whatever you like
Whether an object or thought
Know that it is Siva

~Rama