

Dharana- 3

Concentrate on the outer space, where there is no object to see and no object to cling on, which takes you to the state of great Consciousness beyond the mental afflictions. That way it clears the veils on the effluent self. This Sadhana can be done anytime and anywhere, it looks very simple yet very powerful.

Bahirakalpita-vrttirmaha-vidaha
tatahprakasaavarana-ksayah
- Yoga Sutraas of Pathanjali.III. 43

VijnanaBhairavaTantra says the same thing like this:

Nivrukshagiribhithyadhidesedrustimvinikshipeth
Veleenemanasebhayevrutthiksheenahprajayathe

VBT-60

Look above objects
Off trees, hills and obstacles
Afflictions dissolve

~Rama