

## Conclusion

Bhairava said,

Beloved power-permeated one,  
When the elements of your being –  
the creative mind,  
the one who divides things up,  
the identification with your limited self –

When all these dissolve into essence,  
and are experienced as delightful  
manifestations of the true Self,  
then that Self is known.

Being established in even one  
of these hundred and twelve practices,  
you can know from inside  
the one who permeates all.

You will have the power to say a word, and  
it will be done, the power to bless and unbless.  
The one who goes deeply into any of these,  
becomes friends with the life-force itself.

The goddess then asked,

If this is the nature of the universal self,  
then who is to be worshipped?  
To whom do I offer oblations,  
To whom do I sacrifice?  
If everything is divine,  
and consciousness merges with that divine essence,  
then what happens to the distinction between worshipper and  
worshipped?

Bhairava replied,

Oh goddess, the practices you are speaking of  
refer only to the externals.  
When you enter into the great Self,  
then all prayers go on inside you spontaneously  
without ceasing.  
In reality all songs of gratitude  
and ecstatic lovemaking are resonating in  
every particle of creation at every moment.  
When you are established in mindfulness  
you are listening, and you hear them.

Plunging without reservation  
into the ocean of being is meditation.  
No image, no thoughts, no prop.

Concentrating on the image of a god  
with a body, eyes, and a mouth,  
is not meditation.

Worship does not mean offering flowers.  
It means offering your heart to the vast mystery  
of the universe. It means to let your heart pulse with the life  
of the universe, without thought and without reservation.  
It means being so in love that you are  
willing to dissolve and be recreated in every moment.

Being transformed by even one of these practices,  
fullness of experience develops day by day.  
One day the desire of the self for the great Self  
is consummated. Come ready for that day!

To dissolve in the fire of the great void,  
senses dissolve, mind dissolves,  
the objects of sense dissolve,  
even the void is dissolved -  
that is worship.

Sacrifice is to let your sins be destroyed  
by the vast power of the universe;  
It is to live in radiant bliss,  
having sacrificed your shame before infinity.

The real purification with water  
is to bathe in the essence of eternity.  
Stunning autonomy, radiant bliss,  
invisible consciousness permeating you  
always and in every direction.

The flowers, the candles, the honey  
that are offered in worship are  
made out of the same divine stuff as you.  
Who then is worshipped?

As the breath flows in, and as it flows out,  
it travels always the curving path of the goddess.

Breath flows in and out spontaneously of its own will,  
thus all breathing beings continually worship the goddess.  
Be conscious of this unconscious prayer,  
for she is the most holy place of pilgrimage.

The breath flows out with the sound sa,  
The breath flows in with the sound ha.  
Thus thousands of times a day,  
Everyone who breathes is adoring the goddess.

Know this, and be in great joy.  
Listen to the ongoing prayer that is breath.  
Life shall dance in you  
a dance of ever-renewing delight.

Devi said,

Beloved Revealer,  
I am suffused with satisfaction.  
My questions have led to fullness.

You have sung to me of the ways of union  
of the god and the goddess,  
space and time, personal and impersonal,  
energy and form, infinite and finite.  
You have sung the song of being at home in the universe.

Having said that, the goddess,  
radiant with delight, embraced her lover.

**From: Vijanabhairava Tantra**  
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**Lorin Roche**