

54. Single-Pointedness

Single-pointedness is the state of mind in which the mind is fixed on one object without distraction. It is the foundation of all Buddhist meditation practices. In the context of tantra, single-pointedness is often achieved through the visualization of a deity or a sacred symbol. The practitioner focuses their mind on the object of visualization, maintaining a steady and unwavering attention. This state of mind is essential for the development of deeper meditative states and the realization of the ultimate truth. The text describes various methods for achieving single-pointedness, including the use of mantras, visualizations, and specific breathing techniques. It emphasizes the importance of consistency and patience in the practice, as single-pointedness is a skill that develops over time through regular practice. The text also discusses the challenges of maintaining single-pointedness, such as distractions and mental fatigue, and provides practical advice on how to overcome these obstacles. The overall goal of the practice is to achieve a state of mental clarity and stability, which is necessary for the attainment of enlightenment.

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