

## Hubert Benoit's "Technique of Timeless Realization"

"Alone, in a quiet place, muscularly relaxed (lying down or comfortably seated), I watch the emergence within myself of mental images, permitting my imagination to produce *whatever it likes*. It is as though I were saying to my image-making mind, 'Do what you please; but I am going to watch you doing it.'

As long as one maintains this attitude—or, more exactly, this relaxation of any attitude—the imagination produces nothing and its screen remains blank, free of all images. I am then in a state of pure voluntary attention, without any image to capture it. I am not paying attention to anything in particular; I am paying attention to anything which might turn up but which in fact does not turn up. As soon as there is a weakening of my **voluntary effort of pure attention**, thoughts (images) make their appearance. I do not notice the fact immediately, for my attention is momentarily asleep; but after a certain time I perceive what has happened. I discover that I have started to think of this and that. The moment I make this discovery, I say to my imagination, 'So you want to talk to me about that. Go ahead; I'm listening.' Immediately everything stops again, and I become conscious of the stoppage. At first the moments of pure attention are short. (Little by little, however, they tend to become longer.) But, though brief, they are not infinitesimal instants; they possess a certain duration and continuity."

*Notes in Regard to a Technique of Timeless Realization*, by Dr. Hubert Benoit, translated by Aldous Huxley, from *Vedanta and the West* (March-April 1950). (The entire essay can be found online <http://www.selfdiscoveryportal.com/bztech.htm> ).