

EXPLORE YOUR LEVEL OF SADHANA

This is an important aspect in learning / practice / meditation of Kashmir Shaivism.

Four Stages in the manifestation of Speech:

Para - the Supreme speech, the key to all the manifestations.

Pashyanti - the beholding speech, the stir, vision, the great spiritual direction.

Madhyama - the mental speech where we conceive definite ideas and thoughts before expression or manifestation.

Vaikhari - the expressed speech, the spoken word or manifestation.

My divine friends, this is a journey from subtle to gross and vice versa. We can judge our sadhna level - where we stand. Our goal is to merge upwards. Remember our teachers would say mental prayer is more powerful

KASHMIR SHAIVISM

Shaivism based on Agamas (Tantra) is Kashmir Shaivism. This is a modern name given by a Bengali scholar, J C Chatterjee.

In scriptures it is called Trika philosophy or PratibhishaynaDharshan. Purpose is to discover individual as part of divine. In this process we see everything as play of Lord Shiva.

There is no denial or suppression of senses. We have to evolve from external manifestation to inner world. Here Divine Grace guides us to our destination.

Kashmir Shaivism guides us to realize both material and spiritual goal.

REMEMBER: LORD SHIVA IS WITH YOU, ALWAYS.

Even when you feel gloom all around and darkness surrounding you, remember, the Divinity is shining within you.

Have this deep rooted confidence that this divine ray of light will uplift you soon.

So faith in you is faith in Divine.

WHAT IS MY ULTIMATE DESIRE?

Oh Lord Shiva!

MAKE ME DESIRE-LESS

Desires belong to unknown future. Only Lord Shiva knows my future. Let me not become slave of future or past.

Chasing of desires will mean suffering for mind. Ending of desire means ending of trouble.

Also, ending of desires will mean coming alive in present. Right now let us fully express and give our best to the present entourage.