



WHAT IS AWAKENING ?

Essential Teachings of Shaiva Tantrik Yoga

We are all here because of the desire within Consciousness to wake up to itself.

Yoga: a body of psycho-physical (mind-body) practices focused on a specific goal

- meditative awareness cultivation (inner yoga)
- postural āsana (outer yoga)

Two-fold Goal: universally held among the many branches and traditions of Yoga

- Moksha - Liberation/Freedom (from all mind created suffering & false identity constructs)
- Bodha - Awakening (to your essence nature)

Moksha/Bodha (two sides of one coin) are your natural state and attainable by all beings.

TRADITIONAL CRITIQUE OF MODERN YOGA

First awaken to the truth that the body/mind/thoughts/feelings are NOT essence-nature and do not define the real Self; these are simply the ever-changing conditioned self and they constitute a relatively superficial veneer covering your innate radiant no-thing-ness. Become more connected to essence nature, then lovingly refine your mind-body by correcting misalignments.

Spirituality: the foundation of the modern self-help movement is “attempting to fix the broken self” without a strong connection to who you really are.



KEY POINTS

- You cannot heal the broken self while you believe you are it.
- The work is far more challenging without contact with your core, the Divine Self
- Constructed self-images naturally fall away when seen in comparison to majesty of the real Self.
- Drop the self-improvement project for now and spend time learning how to connect to your
- Innermost Self, and nourish that connection.

DARSHANA

The View Teachings

In general, the teachings revealed by masters who have walked the path, outlining the journey to allow us to avoid serious pitfalls. This evolved into spiritual “philosophy.” The View is a body of teachings that is absolutely essential to the path and a prerequisite to successful practice over the long term.

TWO-FOLD MOVEMENT OF AWAKENING:

transcendence followed by [experience of] pervasion of Essence into the immanent. Infusing the transcendent into all levels of being, into every aspect of daily life, obliterating the dichotomy between the spiritual and the mundane. Realization of wholeness; from the perspective of Core, there is no ownership nor denial of ownership of any of these layers. All is Consciousness expressed dynamically, not a problem to be solved. This leads to a spontaneous and free flow of love towards any misalignments of being, healing them because that is what love wants to do, not because anything is wrong.

RESTATING THE GOAL:

engaged loving compassionate action that organically expresses Essence Nature.

—Do not take the byproducts of awakening (feeling good/ānanda/bliss) as the goal or you will avoid essential steps that do not feel good!



YOGA IS A SCRIPTURAL TRADITION

The mind and body are highly conditioned entities. Conditioning is an adaptive mechanism and has its place in functioning and survival. But we cannot look to the mind (thoughts/feelings) to tell us who we are, it can only respond from conditioning (what it has previously encountered, esp. pain and pleasure). Our goal is to have a direct experience of reality free of filters of the conditioned mind.

ESSENTIAL INTERIM STEP:

We cannot go directly from misaligned thoughts and stories to stabilized Freedom. First we trade misaligned stories (interpretations of reality) for aligned stories. The false stories are debilitating energy leaks.

—You cannot succeed in arranging the whole of external reality to fit the preferences of the mind. That strategy for happiness has never worked for anyone.

—Tap into the ultimate source of joy, and discover what it is like to be happy for no good reason.

The only true happiness is that which is not dependent on causes or conditions.

HISTORICAL CONTEXT OF SHAIVA TANTRA:

—Yoga: 500 BCE (earliest supported evidence)

—Tantra: 450 CE (emergence in north-central India)

Tantra: the teachings and practices found in scriptures called tantras, which presented systems of practices which “expand awareness (tan) to encompass reality as it truly is and protect us (tra) from mind-created suffering.”



THREE MAJOR BRANCHES OF TANTRA:

- Buddhist
- Vaishnava
- Shaiva (= Shiva-Shakti)
- *Tibetan Buddhism is Tantrik Buddhism.

Shaivism:

- Shiva:** Infinite spacious Awareness (cid-ākāsha), total openness and clarity. The ground of being and the context in which everything occurs
- Shakti:** patterned flows of energy within that field of Awareness

Each is an expression of the other

9 MAIN SCHOOLS/LINEAGES:

- Trika School - Main influential text is Mālinī Tantra. Hareesh teaches primarily from this Lineage.
- See Tantra Illuminated for all the details

N O T E S



THREE STAGES OF AWAKENING

One can have foretastes of any stage of awakening at any time, but in practice we focus entirely on 1st level awakening until it is stable.

At all stages in all ways: *Surrender to reality; connect to your real situation.*

Samāveśa = Immersion, the spiritual experience of immersion into reality.

1. ĀNAVA-SAMĀVEŚA - FIRST LEVEL AWAKENING

Immersion into Individualized Divine Consciousness. Full connection to Individual Essence Nature. Absolutely centered in the soul and love/accept yourself completely. Awakening to the part of yourself which is always already okay with what is exactly as it is.

CHARACTERISTICS OF ONE WHO HAS ACHIEVED ĀNAVA-SAMĀVEŚA:

- Acceptance of one's life and situation, 100% self-acceptance
- 100% ability to take responsibility for one's inner state, free of blame
- Effortless effort. Ease and Flow.
- Free of attachment to praise and blame
- One is able to accept love offered by others freely & completely but is not needy
- One can reflect on mistakes clearly without any self-hatred or guilt
- Able to make sacrifices without complaint
- Confidence combined with humility
- Comfortable in one's own skin
- Abolition of chronic low-level anxiety
- Strong energy body; can digest experiences

See what is not yours and release it. See what is yours and lovingly digest/reabsorb it.

Consider always: are you in your own way or are you assisting the process of awakening?



2. ŚĀKTA-SAMĀVEŚĀ- SECOND LEVEL AWAKENING

Surrendering personal and individual sense of self into the larger pattern of universal energy; seeing deeply into the universal patterns of life-energy. Unity-consciousness. Surrendering one’s personal story and “specialness” into the universal story. Perfecting compassion and service. Must have a healthy ego to go beyond ego, must be stabilized in the Individual before one can stabilize in the Unity, which puts the Mind in its proper perspective. Stabilized first level is necessary for stable second level.

3. ŚĀMBHAVA-SAMĀVEŚĀ - THIRD LEVEL AWAKENING

Immersion into infinite potentiality beyond existence and non-existence. Accessing the vast spaciousness that hosts all that is manifest and all that is unmanifest, utterly beyond the grasp of the mind.

N O T E S

C L A I M

If the path and the practices are the absolute priority in ones life, the tradition states that Level 1 awakening can be attained in only 6 months - 3 years (depending on individual karma).



WHY DO YOGĪS TODAY NOT REACH THESE POWERFULLY INTEGRATED LEVELS OF AWAKENING?

Seven reasons

1. THE FOLLOWING THREE ELEMENTS MUST BE IN ALIGNMENT FOR THE PRACTICES TO WORK:

- View: darshana (empowering and aligned vision of reality or “Right View”)
- Practice: sādhanā
- Fruit: phala (know what you want from the inner longing of your Heart)

2. PLUGGING ENERGY LEAKS. ENERGY LEAKS INCLUDE:

- Exhaustion/overdoing
- Strongly held beliefs
- Disease
- Samskāric (habitual) behavior patterns
- Unconscious speech
- All forms of escapist thought- fantasies/anxieties re: the future; reverie/regret re: past
- Using Sexual Energy in depleting (as opposed to rejuvenating) ways
- Relationships without clarity

3. ONE MUST BE AWARE OF THE FULL PALETTE OF YOGIC PRACTICES AVAILABLE TO ONE TO GENERATE THE ENERGY

(that you will, in turn, leak less of if you have addressed #2 above)



4. IMPURE MOTIVE: WILL NOT LEAD TO FREEDOM/AWAKENING

- Doing your practice with a vision of yourself as broken, wrong, or bad, and seeing yoga as a means to “fix the broken self”.
- To attain high states/pleasures/bliss
- To acquire power over others.

Pure motive: walking the path out of love for yourself, as an expression of your true nature, for the benefit of all beings

- *No one starts out with Pure Motive
- *Pray for Pure motive with your practice!

5. HEAVY FAMILY KARMA

- There is a specific practice to resolve this.

6. LACK OF COMMUNITY (KULA) WHO ARE ALSO ENGAGED WITH THE PRACTICES

7. SIX REALMS: THE SIX FORMS OF DELUSION WHICH PULL US OFF THE PATH

***WE DEDICATE THIS PRACTICE TO THE BENEFIT OF ALL BEINGS.
MAY ALL BEINGS BE FREE. OM.***