

Kashmir Shaivism The Secret Supreme

In the Vijnana Bhairava, Bhairavi (the Divine Mother) asks Lord Bhairava (God) to clear Her doubts about the essence of the path towards Self-realization. Compelled by Her sincerity and the simple yet penetrating insight of Her question, Bhairava explicitly reveals 112 contemplative techniques for entering into the state of God consciousness. In this multimedia study set, Swami Lakshmanjoo, an accomplished master of the Kashmir Shaiva school, not only translates the Sanskrit text into English but also lays bare the essential tricks involved in each of the contemplative techniques.

In this multimedia study set, Swami Lakshmanjoo, the fully realized philosopher saint of the long concealed and secret tradition known as Kashmir Shaivism, translates and illuminates Abhinavagupta's Paramarthasara. Originally a work of Patanjali, Abhinavagupta chose to revise and update this revered treatise in order to reveal the profundities of the Trika Shaivite doctrine. In the conclusion of the Paramarthasara Abhinavagupta tells us, "I have kept this ParamArthasAra, in brief words, in one hundred verses. But although it is only one hundred verses in body, in the volume of knowledge it is more than ten million verses." Abhinavagupta's ParamArthasAra encapsulates the essential teachings of the more difficult and challenging Kashmiri Shaiva works such as his voluminous TantrAloka and Utpaladeva's Ishvarapratyabijna. Unlike these treatises, however, Abhinavagupta's Paramarthasara does not indulge in exacting dialectic or concise logical argumentation. Rather, it is a straightforward piece intended primarily for novices and yet it is highly beneficial even for the more advanced Shaivite practitioner. Abhinavagupta reveals Kashmir Shaivism's unique understanding of the

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One and the Many and prescribes highly advanced and effective means for recognizing our true identity as the One. Swami Lakshmanjoo chose to reveal the Paramarthasara because, as Abhinavagupta tells us, the Paramarthasara contains the complete essence of the teachings of Kashmir Shaivism. In this direct and clear-cut explanation, Swamiji reveals and clarifies the essential teachings of this profound philosophical and practical tradition.

This profound text is concerned with the philosophy and practice known as Kashmir Shaivism. On account of its size and scope it is a veritable encyclopedia of non-dual Shaivism. Why was the Tantraloka written? In answer to this question Abhinavagupta tells us that, although in the schools of Kashmir Shaivism there are many wonderful and important ways and methods for attaining the supreme reality, yet in his time not even one was still existing. All of those ways and methods were lost. It is for this reason that he was requested by his colleagues and disciples to create a text that would illuminate and clarify all of these ways and methods of Kashmir Shaivism. To accomplish this, Abhinavagupta composed the Tantraloka, a text, which he tells us is filled with the complete explanation of the ways and methods associated with Kashmir Shaivism. That is to say that the philosophical understanding on the level of the intellect might have been existing, but the actual practical means or methods to be used to attain the supreme reality - oneness with Universal Being - to which they all pointed was lost. Abhinavagupta was intent, therefore, to revive the true understanding of these very important teachings, to make the practices that they embodied live again. For what is the use of a map if you have no way to reach the destination? Thus, Abhinavagupta gave us the Tantraloka to remedy this situation. The Tantraloka is composed of thirty seven chapters (ahnikas). Each chapter has it's own distinct topic. In this present volume - chapter one - Abhinavagupta lays

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the groundwork for the rest of his Tantraloka. Here are some of the topics Abhinavagupta examines in the first chapter: - The important Masters of the schools of Kashmir Shaivism. - The differentiated perception of all the means and methods (upayas). - The difference between knowledge, ignorance and liberation. - The essence of what is to be recognized, i.e., the real object to be known. - The oneness of Shiva and His energy (Shakti). - Introduction to the means and methods (upaya) for attaining full and pure knowledge where you perceive your nature as one with the universe. - True liberation in Kashmir Shaivism. - A discussion of the four states of means (upayas).- Three variations of absorption or trance (samavesha) as mentioned in the Malinivijaya Tantra. - The contents of each of the thirty seven chapters of Tantraloka.

Features/Benefits: * Includes free downloadable audio of original lectures. * Bhagavad Gita means The Song of God. It is a 700-verse Hindu scripture from the epic Mahabharata. * This is one of the most important of all Hindu scriptures. * This translation, as seen through the lenses of Kashmir Shaivism by the great Master Swami Lakshmanjoo, teaches that we ourselves are warriors in a great battle for liberation. This treasure of knowledge was one of the last works by Swami Lakshmanjoo. He said, "It was a new revelation of the supreme secrets, hidden in the Kashmiri recension of the Bhagavad Gita." Based on Abhinavagupta's commentary of the Gitarthasamgraha, "The Essence of the Gita", Swamiji declared that, "this revelation was initiated by his direct experience of the state of Universal God Consciousness. Here Swamiji reveals the unique and liberating teaching of Kashmir Shaivism which proclaims; "Freedom from all our miseries, as Abhinavagupta boldly declares, can neither be obtained through renunciation of the world, nor by hatred of the world, but by experiencing the presence of God

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everywhere." At last, the secret and profound meaning of the Bhagavad Gita "The Lord's Song" is being made available for the spiritual illumination of all humankind.

The past thirty years have witnessed dramatic developments in the study of Shaivism in general. On the one hand there has been a substantial increase in the historical and anthropological data. On the other, access has been cleared to vast reserves of unedited and unpublished sources. This book is a collection of essays which document in their own way the author's personal journey in these years through parts of the Shaiva and, to some extent, the Vaishnava Tantras. This ground-breaking book includes the following chapters: Self-awareness, Own Being and Egoity; Abhāvavāda, the Doctrine of Non-being; The Saṅgīta; The Inner Pilgrimage of the Tantras; Kubjikā, the Androgynous Goddess; The Cult of the Goddess Kubjikā. Mark S.G. Dyczkowski is a renowned scholar in the field of Tantra. Living in India for over thirty years, he combines in his books a Western academic base with deep Indian insight. On the Advaita Shaiva philosophy of Kashmir, called the Trika system.

Kashmir Has Been A Land Of Saints, Savants And Sages-Some Belonged To The Buddhist Faith-Some Advocated Shaiva Philosophy, Some Were Sufis And Some Were Saint-Poets. The Volume Gives A Glimpse Of This Tradition Through An Account Of Its Selected Sages From Kashmir And Lead Us To Divinity.

The Parātrīśika (or Parātrīśika) is a short Tantra that has been held in the highest esteem by Kashmir Saivism or Trika. After Somananda, Abhinavagupta has written two commentaries on it, a short one (Laghuvṛtti) and an extensive one the present Vivarāna which is presented here for the first time in an English translation. The Parātrīśika Vivarāna is one of the most fascinating but also most difficult texts of the Kashmir Saiva School, and of the mystical

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philosophical literature of India as a whole. It deals with Ultimate Reality (anuttara or para) and with the methods of realization, centred above all in the theory and practice of the mantra. Abhinavagupta displays here his great exegetical genius and presents a penetrating metaphysics of language, of the Word (vak) and its various stages in relation to consciousness. His language reflects in a luminous fashion the mystical experience contained in this text. The present translation of Abhinavagupta's masterpiece will not only be a milestone in the study of Kashmir Saivism, but it also makes available one of the major mystical texts of the Indian tradition to readers interested in philosophy and spirituality

This Volume Is A Birth Centenary Tribute To Swami Lakshman Joo Raina (1907-1991), One Of The Greatest Saints Of 20Th Century India, Living A Secluded Life In His Ashram In Kashmir. The Articles By Scholar-Disciples, Devotees And Relatives Throw Light On The Extraordinary Life Of This Saint In Reviving Kashmir Shaivism.

On understand the Tantrism in light of the Tantr?loka of Abhinavagupta.

In this multimedia study set, Swami Lakshmanjoo, the fully realized philosopher saint of the long concealed and secret tradition known as Kashmir Shaivism, translates and illuminates Abhinavagupta's Paramarthasara. Originally a work of Patanjali, Abhinavagupta chose to revise and update this revered treatise in order to reveal the profundities of the Trika Shaivite doctrine. In the conclusion of the Paramarthasara Abhinavagupta tells us, "I have kept this Paramarthasara, in brief words, in one hundred verses. But although it is only one hundred verses in body, in the volume of knowledge it is more than ten million verses."

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tantric teachings are hidden in a language of allusion and symbol. Swamiji offers the skeleton key of the oral tradition that allows access to the secrets. The intent is to preserve the tradition and to make it available. The emphasis is on practical realization of Truth through the experiences of Kundalini Yoga. The author contrasts this realization with the concepts of liberation taught by other schools of Indian philosophy, especially Advaita Vedanta. Kashmir Shaivism experiences the world as real and true—as real and true as the existence of God. Liberation is the unbroken awareness of this universe as one's own transcendental Consciousness. It is a blissful realization.

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Shiva Sutras: The Supreme Awakening - Includes free downloadable audio of original lectures.
- A collection of 77 aphorisms that form the foundation of Kashmir Shaivism. - The version herein contains the commentary of the 10th century philosopher and mystic Kshemeraja, and is revealed to us by the fully realized master Swami Lakshmanjoo. The Shiva Sutras, gifted by

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God to the sage Vasugupta for the upliftment of humanity, is one of Kashmir Shaivism's most important and revered texts. Swami Lakshmanjoo gives the reader a penetrating vision of the glorious journey of the Supreme Awakening; the traveling from limited individuality to absolute oneness with God. Basing his rendering on the esoteric commentary of Abhinavagupta's chief disciple Kshemaraja and drawing on his own experience, Swami Lakshmanjoo shows us the way home.

The Shiva Sutra was revealed to and written down by Vasugupta (ca 875--925 CE). The Sutra is considered mystical and of divine origin. For Kashmir Shaivism, it is one of the most important key sources. It outlines the teachings of Shaiva non-dualism, where the focus is on attaining the Ultimate Reality in which everything is created and dissolved. This ultimate state is called Param Shiva and is beyond description. For attaining this state of Shiva for those who remember to reside in their own inherent-self-nature, which is of the nature of Shiva, no effort or no way is needed. For everyone else there are three ways for the attainment of Param Shiva described in the Shiva Sutra. There is no strict order given for meditating on the Sutra. It depends on one's stage of evolution. Translation from the original Sanskrit with notes.

Kashmir Shaivism is the study of consciousness. Consciousness is the most intimate experience of life the essence of life itself. Among the many spiritual traditions born and developed in India, one ancient philosophy-Kashmir Shaivism-has explored it completely. Consciousness is the most intimate experience of life, the essence of life itself. Among the many spiritual traditions born and developed in India, one ancient

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philosophy-Kashmir Shaivism-has explored it completely. Until now, Kashmir Shaivism was an esoteric field accessible only to a few scholars and other specialists. Here, for the first time, Swami Shankarananda, a Self-realised spiritual master, presents the wisdom of this powerful tradition in a form that will delight and inspire all spiritual seekers. He explores the teachings in rich detail, elucidating ideas and meditative practices while drawing upon a vast canvas of many great beings, wisdom traditions and personal experience. When Kashmir Shaivism is studied the way a subject at university is studied, it becomes a set of principles and concepts, which are rich and suggestive. But Kashmir Shaivism is not only food for the intellect. It also implies direct nurturance of the soul, the direct experience of consciousness itself. The goal of this book is to inspire spiritual seekers to make sure of the sublime methods and understandings of Shaivism in their own practice. The Yoga of Kashmir Shaivism is a book that will transform you. It is a resource and guides you towards investigating and deepening your own consciousness.

Dr. Tagare S Book Unfolds The Essence Of Saivism And Its Principal Philosophical Expressions. Spelling Out Saivism S Fundamental Concepts, It Offers A Discussion Of The Major Agama-Based Saiva Schools Besides The Vedic Pasupatism.

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The Reality Sutras is a handbook of teachings about the nature of the self and reality from the perspective of Trika Shaivism. Trika Shaivism, also known as Kashmir

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Shaivism, is a spiritual tradition from Northwest India. It shares with Dzogchen and Daoism an emphasis on direct experience and on naturalness as the fruit of spiritual practice.

A central theme of the philosophy of Kashmir Shaivism is the highly esoteric principal known as spanda. Swami Lakshmanjoo tells us that the word 'spanda' means established stable movement. That is, it is movementless-movement, vibrationless-vibration. It is this secret, mysterious and yet essential principle that Swami Lakshmanjoo clarifies and elucidates in his revelation of the two texts dealing specifically with this principle, the Spanda Karika and the Spanda Sandoha. The theory of spanda is not new. It was hidden in the body of the Tantras and extracted by Vasugupta, founder of the Shiva Sutras, and initiator of monistic Shaivism in the valley of Kashmir. Vasugupta composed the Spanda Karika, a text filled with the fundamental precepts (karikas) regarding spanda and the philosophy surrounding it. Kshemaraja, the chief disciple of the very important and central figure in the tradition of Kashmir Shaivism, Abhinavagupta, is the author of the second pivotal text regarding spanda, the Spanda Sandoha. This text is an extensive exposition (sandoha) on the first verse of the Spanda Karika.

Cutting across distinctions of schools and types, the author explains the central feature of Kashmir Saivism: the creative pulse of the all-pervasive Consciousness called Siva. This is also the central theme of the Hindu Tantras, and Dyczkowski provides new

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insight into the most literate and extensive interpretations of the Tantras. This book is significant from four points of view. First, it breaks new ground in Indian philosophy. According to the Spanda Doctrine, the self is not simply witnessing consciousness as maintained by Sankhya and Vedanta, but is an active force. Second, the ultimate reality is not simply a logical system of abstract categories, but is living, pulsating energy, the source of all manifestation. Third, the work elaborates the dynamic aspect of consciousness. It supplies an excellent introduction to the texts and scriptures of Kashmir Saivism. Fourth, it suggests a Yoga for the realization of self.

Rajatarangini Means 'River Of Kings'. The Stories Were Written In Verse By Kalhana, A Famous Eleventh-Century Historian-Poet. These Stories Cover Kashmir'S Rich Culture, Traditions And Beliefs.

This book presents the oral teachings of the twentieth century's great Kashmir Shaivite master. The last of his long lineage, Swami Lakshmanjoo preserved, as did his predecessors, the oral knowledge that illuminates this ancient philosophy—that clarifies the often deliberately obscure tantric texts. Swami Lakshmanjoo reveals the essence of the way and the means to self realization. Here in his own original discourses, as well as in his English renderings of Abhinavagupta and Kshemaraja, he unveils the essential teachings of this yoga philosophy. Swami Lakshmanjoo reveals the tantric understanding of the purpose

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and reason for creation. He offers instruction on the greatness and importance of the supreme mantra sauh\ . In his presentation of effective practice, he explains why meditation is both effortless and, at the same time, difficult. In his discussion of discipline he clarifies why personal habits and dispositions play an important part in spiritual growth. Finally, in his unveiling of the path of Kundalini yoga, he is intent on exposing and thereby preserving this hidden and elevated process while warning of its pitfalls. Contains 8 black and white, 14 full color photographs.

"I have prepared a trident of Wisdom in order to cut asunder their bondage." -- Abhinavagupta This is a long commentary on a short Tantra. One of the most authoritative and venerated texts in Kashmir Shaivism, it deals with the nature of Ultimate Reality and with methods of realization focusing on the theory and practice of Mantra. Abhinavagupta presents his metaphysics of language, of the Word (Vak), and its relation to consciousness. He calls it, "trikasastra-rahasya-upadesa: The teaching of the secret of the Trika doctrine."

One thousand years ago, in the valley of Kashmir, a great Tantric master named Kshemaraja wrote his masterpiece: the Pratyabhijnahrdyam, which means "The Essence of the Recognition Philosophy". This text was a concise primer, written to introduce spiritual seekers to the Recognition philosophy in less formally philosophical, more approachable language. What Kshemaraja created turned

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out to be one of the world's great spiritual masterpieces, breathtaking in its brevity but stunning in its power. It came to be considered equivalent to scripture itself by later generations, because of its undeniable inspiration. This book expounds the subtleties of this spiritual and philosophical classic. One of the most powerful and revelatory spiritual masterpieces of world history, the Pratyabhijnahridayam is one of the primary sources for the study and practice of nondual Tantrik Yoga, and it has never been accurately translated or fully explained until now.

The Shiva Sutras is one of the most important spiritual treasures of the Tantric tradition of Kashmir Shaivism. The secret teachings and potent spiritual practices it contains are revealed for the first time by the great philosopher saint Swami Lakshmanjoo.

This book explores one of the most explicit and sophisticated theoretical formulations of tantric yoga. It explains Abhinavagupta's teaching about the nature of ultimate reality, about the methods for experiencing this ultimate reality, and about the nature of the state of realization, a condition of embodied enlightenment. The author uncovers the conceptual matrix surrounding the practices of the Kaula lineage of Kashmir Shaivism. The primary textual basis for the book is provided by Abhinavagupta's Paratrisika-laghuvrtti, a short meditation

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manual that centers on the symbolism of the Heart-mantra, SAUH.

The date, month and year you were born in: that's all you need to know to discover your future in a matter of minutes! Numerology for All introduces you to the fascinating world of numbers and shows you how they influence your destiny. Acquaint yourself with your governing planet and zodiac sign, gain a perspective into various approaches to numerology, and find out which colours, numbers, flowers, metals will help you become a success. Numerology for All highlights the authenticity of the science by giving you examples of events, both mundane and historical, which have proved the cyclical influence of numbers true. You too can benefit from this science, and open up a bright new future for yourself!

A beautifully realized synthesis of the ancient tradition of Advaita Vedanta and Tantra.

Abhinavagupta, a leading figure in Kashmir Saivism is increasingly being recognised as one of the chief contributors to the evolution of Indian thought. In his encyclopaedic work the Tantraloka 'Light on the Tantras' he describes the various tantras of his day and places at their apex the most extreme of them, the Kula ritual which proposes the use of wine and meat and intercourse with women of the lowest castes. In Abhinavagupta's esteem of the Kula ritual just the shadow side of genius an aberration best forgotten? This work is a translation-the

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first into english of any chapter of the Tantraloka of Abhinavagupta's version of the Kula ritual.

Tantr?loka is the voluminous masterwork of the 10th-century philosopher-saint, Abhinavagupta. It is a veritable encyclopedia of non-dual Shaivism, a spiritual treasure trove containing a glorious synthesis of all the schools that make up Kashmir Shaivism. This second volume includes chapters two and three, dealing with anup?ya, the means (up?ya) where there is nothing to be done for attaining oneness with Universal Being, and ??mbhavop?ya, the means requiring supreme awareness. Being the last master in the direct line of Abhinavagupta, Swami Lakshmanjoo is singularly able to reveal the true meaning of this otherwise difficult (or inaccessible) text. In the accompanying audio, the sincere student can hear the words of a master who lived and breathed Kashmir Shaivism in its fullness.

"The Magical Jewel of Devotion in Kashmir Shaivism" is a unique hymn addressed to 'Lord Shiva', whom the author, Bhatta Narayana, clearly venerates as the Supreme Reality. Though these hymns are both practical and deeply philosophical, the constant theme that runs through them is that love and devotion towards Lord Shiva is everything

The Vijr?na Bhairava is one of the most important Tantras of Kashmir Shaivism

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as far as the practical aspect of yoga of this school is concerned. It teaches 112 dhāraṇās or ways of centring awareness and entering divine consciousness, which include ordinary and extraordinary experiences, as well as tantric methods of spiritual practice such as kuṣṭhalī, mantra and mudrā. This ancient text is of great relevance for a spirituality of our times which has to integrate all aspects of life. The present edition, translation and commentary is unique since it contains the oral teaching of the last great master of the Kashmir Shaiva tradition, Swami Lakshman Joo. In his explanation of the dhāraṇās he gives the deep significance and practical application of various methods of yoga which give direct access to states of higher consciousness.

Abhinavagupta, Probably The Greatest Genius Of India In The Fields Of Philosophy, Aesthetics, Poetics, Dramaturgy, Tantra And Mysticism, Is Being Rediscovered Only In The Last Few Decades. Although Several Scholars, In India And Abroad, Are Engaged In Studying His Works, It Is Surprising That There Are Still Few Translations Available. The Great Merit Of The Present Translation Of Abhinavagupta`S Summary Of The (Real And Secret) Meaning Of The Bhagavad Gita Lies In The Following: First, It Includes The Text And Translation Of The Kashmiri Version Of The Bhagavad Gita, Which In Places Differs From The One Commented Upon By Shankara. Besides, It Brings Out

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The Specific Meanings In The Context Of Kashmir Shaiva Philosophy And Yoga, Without Being Influenced By Samkhya Or Vedanta.

Explaining the need for kundalini awakening, this text describes the experiences that arise once it has taken place and addresses the potential obstacles to attaining the ultimate life goal, liberation.

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