

Practice Indie Satsang Recap

November 25, 2018

With great respect and great love, I welcome you all with all my heart!

- Opening Mantra: Connects us by moving us from experience of duality/separateness to unity. The entire universe is made of the same Consciousness (*Shiva*) and Energy (*Shakti*).

Om̐ namaḥ śivāya gurave

Om. Salutations to Shiva, the auspicious Lord, who is the true teacher,

Sac-cid-ānanda-mūrtaye

Who assumes the forms of reality, consciousness, and bliss,

Niṣprapañcāya śāntāya

Who is never absent and is full of peace,

Nirālambāya tejase

Independent in his existence, He is the vital essence of illumination.

- The illusion of separateness is threefold; classically referred to as *malas* (impurities) in non-dual tantric philosophy:
 - **Anava Mala**- “The root ignorance” creates feelings of unworthiness, the feeling of incompleteness that gives rise to insecurity and sadness. Swami Muktananda often referred to this as “the knot in the heart.”
 - **Mayiya Mala**- gives us the false perception of separateness. Puts us in a world of duality. Us/Them. Creates comparison to others. Makes us feel like we are alone in our suffering, or that our suffering is somehow unique. This mala gives rise to Jealousy and Anger.
 - **Karma Mala**- The capacity for limited activity. The feeling of an inability to act. “What’s the use?” No matter what we do, it won’t be enough. It gives rise to worry and fear.
- How do we experience wholeness? How do we come to realize our own power? *Sadhana*. The grace bestowing power of yoga is in its ability to aid us in getting rid of what we don’t need. We learn to untangle ourselves from our contracted

ways of thinking and being. We shed the illusion of separateness and come to know the Self.

- **View Orientation.** Sets the course for our sadhana. Yoga is the Source, Course, and Destination. We can feel ourselves as both *being* and *becoming*: Shiva-Shakti.
 - *Shiva* = Higher Self, the Self of all, auspiciousness. There is nothing that is not sacred; nothing exists that is not *Shiva*. When we are entangled in the three *malas*, we have limited, contracted experiences instead of experiencing ourselves as the Continuity that we really are. We are not a thing or a fixed object, we are not stuck...
 - *We are a process* – unending in the acts of Creation, Sustenance, Dissolution, Concealment, and Grace/Revelation. (*The Five Acts of Lord Shiva*).

- Patanjali's yoga system (*yama, niyama, asana, pranayama, and pratyahara*) harmonizes the body and awakens/accesses the vital energy within us.
 - Inner practices of yoga = (*dharana, dhyana, and samadhi*) reveal divine energy (*shakti* or *prana*) that is present/potential in every moment. The pulsation of this energy is called *Spanda*. It is believed that the universe and everything in it pulsates with shakti, and we begin to enhance our experience and awareness of this Shakti through our practice. To access this felt experience, to expand our consciousness, what is necessary is a deep *desire to grow*.

- Depth over Time: The Yoga Sutras of Sri Patanjali in *Samadhi Pada* affirms that through consciously dedicated practice, we learn to let go of our worries, our tensions, attitudes and opinions. It means, at any given moment we must be willing to release the mental and emotional structures with which we have confined the infinite Creative Energy inside of us. Then we experience Flow.

- It takes time, effort, and devotion. And Enthusiasm! Find some aspect of this rich tradition that excites you and dive more deeply into it. Unshakable happiness! *Bhukti*. Total Freedom! *Mukti*. Realization of the Innermost Self. This isn't something that can be undertaken in a frivolous or half-hearted way, but rather with true longing for liberation, *Mumukshutva*. We must be patient in seeking the experience of a feeling of Reunion of that which has only ever felt separate.
- *Samadhi* = “the same as the highest”. The state where your awareness joins with The Awareness. Your heart touches the heart of all hearts. Swami Brahmananda Sarasvati:

“You deserve the best. Never feel unworthy or not justified in having the best. I tell you, this is your heritage; but you have to accept it. You have to expect it; you have to claim it. To do so is not demanding too much.”
- Sadhana reveals our worthiness: Through the proper application of *Dharana*, *Dhyana*, and *Samadhi*, a stilling of the senses occurs, and we start to get a feeling-sense of who we really are. We come to know that the gifts we've been given (our brain, capabilities, adaptation, desire to give to the world) show us that we are inherently divine.
- In the deepest state of meditation we come to experience our divinity- when the perceived “I” becomes one with the object of meditation, Consciousness seemingly collapses in on itself and we are opened up to a greater experience of what Is.
- **Connection. Alignment. Flow.** Hold onto this awareness: *I am Shiva*. Understand and experience yourself as love, energy, awareness. Allow your practice to strengthen your capacity to hold this inner stance. Allow the tradition of wisdom to help you understand the sacredness of all things, including your very own self. Surrender everything into the fire of love and you allow the energy locked within you to be released.

- The modern sage, Adyashanti says:

“All that is necessary to awaken to yourself as the radiant emptiness of spirit is to stop seeking something more or better or different, and to turn your attention inward to the awake silence that you are.”

The Stonecutter Parable:

There was once a stonecutter who was dissatisfied with himself and with his position in life. One day he passed a wealthy merchant's house. Through the open gateway, he saw many fine possessions and important visitors. "How powerful that merchant must be!" thought the stone cutter. He became very envious and wished that he could be like the merchant.

To his great surprise, he suddenly became the merchant, enjoying more luxuries and power than he had ever imagined, but envied and detested by those less wealthy than himself. Soon a high official passed by, carried in a sedan chair, accompanied by attendants and escorted by soldiers beating gongs. Everyone, no matter how wealthy, had to bow low before the procession. "How powerful that official is!" he thought. "I wish that I could be a high official!"

Then he became the high official, carried everywhere in his embroidered sedan chair, feared and hated by the people all around. It was a hot summer day, so the official felt very uncomfortable in the sticky sedan chair. He looked up at the sun. It shone proudly in the sky, unaffected by his presence. "How powerful the sun is!" he thought. "I wish that I could be the sun!"

Then he became the sun, shining fiercely down on everyone, scorching the fields, cursed by the farmers and laborers. But a huge black cloud moved between him and the earth, so that his light could no longer shine on everything below. "How powerful that storm cloud is!" he thought. "I wish that I could be a cloud!"

Then he became the cloud, flooding the fields and villages, shouted at by everyone. But soon he found that he was being pushed away by some great force, and realized that it was the wind. "How powerful it is!" he thought. "I wish that I could be the wind!"

Then he became the wind, blowing tiles off the roofs of houses, uprooting trees,

feared and hated by all below him. But after a while, he ran up against something that would not move, no matter how forcefully he blew against it – a huge, towering rock. "How powerful that rock is!" he thought. "I wish that I could be a rock!"

Then he became the rock, more powerful than anything else on earth. But as he stood there, he heard the sound of a hammer pounding a chisel into the hard surface, and felt himself being changed. "What could be more powerful than I, the rock?" he thought.

He looked down and saw far below him the figure of a stone cutter.

Opening Mantras

**Om namaḥ śivāya gurave
Sac-cid-ānanda-mūrtaye
Niṣprapañcāya śantāya
Nirālambāya tejase**

*Om. Salutations to Shiva, the auspicious Lord, who is the true teacher,
Who assumes the forms of reality, consciousness, and bliss,
Who is never absent and is full of peace,
Independent in his existence, He is the vital essence of illumination.*

**Gurur brahmā gurur viṣṇuḥ
Gurudevo maheśvaraḥ
Guruh sākṣāt parabrahma
Tasmai śrī gurave namaḥ**

*The guru is Brahma. The guru is Vishnu. The guru is the Supreme Lord Shiva.
The Guru is both manifest Reality and the Absolute. Salutations to that glorious Guru.*

**Om saha nāvavatu
Saha nau bhunaktu
Saha vīryaṁ karavāvahai
Tejasvi nāvadhītam astu
Mā vidviṣāvahai**

*Om. May we (teacher and student) be protected together. May we enjoy the fruits of
our actions together. May we achieve strength together. May our knowledge be full of
light. May we never have enmity for one another.*

Om śāntiḥ śāntiḥ śāntiḥ

Om. Peace! Peace! Peace!

Namasankirtana

**Om hrīm namaḥ śivāya
Tasmai śrī gurave namaḥ**

Closing Mantras

**Asato mā sad gamaya,
Tamaso mā jyotir gamaya,
Mṛtyor mā amṛtaṃ gamaya**

*Lead us from the unreal to the real.
Lead us from the Darkness to the light.
Lead us from the fear of death to the knowledge of immortality.*

Om śāntiḥ śāntiḥ śāntiḥ

Om. Peace! Peace! Peace!

Lokaḥ samastāḥ sukhino bhavantu

May all beings everywhere be happy and free.