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Kashmir Shaivism

Presentation By
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Overview - Philosophy

• Focus on PARAM SHIVA
• Recognition/Discovery of the individual self as one with Param Shiva
  - Cosmology - Descent from Godhood to Manhood - the principle of 36 Tatvas or cosmic manifestations
  - Goal - Ascend back to Godhood
  - Devotion for Ultimate Reality
Descent from Godhood to Manhood - 36 Tattvas

1. Shiva Tattva - The Consciousness
2. Shakti Tattva - The kinetic energy
3. Ishvara Tattva - Ichcha (desire) Shakti
4. Sadaashiva Tattva - Gyana (knowledge) Shakti
5. Shuddha Vidya Tattva - Kriya (action) Shakti
6. Maya - Veiling power of Param Shiva consisting of 5 covering of Maya
7. to 11. Five coverings of Maya: Kalaa (creativity); Vidya (knowledge); Raaga (attachment); Kaala (time); Neeti (system).
12. Purusha - the limited being
13. Prakrati - limited manifestation
14. Bhuddhi - ascertaining intelligence
15. Ahamkar (ego) - ‘I’ making principle
16. Manas (mind)
Descent - Tattvas Continued

22. To 26. Karmendriyas - Five organs of action
   - Voicing or Expressing
   - Handling
   - Locomotion
   - Rejecting/Discharge
   - Resting in Rapture/Recreating

27. To 31. Tanmantras - Five subtle objective elements: Sound, Feel, Color, Flavor/Taste, Odor

32. To 36. Pancha Maha Bhuta - Five Elements - Earth, Water, Fire, Air and Ether
Ascent to Godhood

- Depends only on Shaktipath - descent of Divine Grace or Anugrah
  - Shaktipath is independent of human effort
- To earn Grace or Shaktipath, we have to make effort which is called Trika Yoga
- Trika Yoga has 4 main categories called 4 Upayas or Means depending on degree of grace within an individual
Ascent to Godhood - Trika Yoga

• **Anupaya - Supreme Means**
  - due to Ananda Shakti of Lord Shiva
  - for those born in a highly evolved state like Ramakrishna Paramahansa
  - In this Upaya, no effort or very little effort is required.

• **Shaambhopaya - Higher Means**
  - in which aspirant can reach to Godhood by mere will.

• **Shaaktopaya - Medium Means**
  - in which knowledge predominates

• **Anvopaya - Lower Means**
  - where action predominates (also called Kriya Yoga).
  - This Yoga is of various categories like
    • Dhyana Yoga (concentration on meditation),
    • Uchchara Yoga (breathing and moving energy),
    • Karna Yoga (focus on the body, etc.)
Special Features of Trika Yoga

• Repression not advised
• No distinction based on gender, age, caste, denomination, etc.
• Moderation in living
• Learning based on
  - Scriptures
  - Preceptors
  - Direct experience of individual (highest importance)
• Vighyan Bhairav Tantra
  - Most fascinating book containing 112 subtle methods or Dhaarnas of God Realization
Devotion

- True meaning of devotion is emphasized
- Shiv-samavesha - I.e.
  - Charged with Shivahood
  - Experiencing/Seeing God in each and every being
- Total Change in our personality
- Final Submission
  - Submit and Surrender to Lord Shiva
Unique Basis of Kashmir Shaivism

• Three Malas or Impurities
  - Anvo-mal - inherent (because of descent)
  - Mayaa-mal - of illusion
  - Karm-amal - attachment (good and bad)

• Four Stages of Manifestation of Speech
  - Para - Divine/ Supreme
  - Pashyanti - great desire
  - Madhyama - planning
  - Vaikhari - execution/ outer manifestation
Unique Basis of Kashmir Shaivism
Continued

• Five Great Acts of Lord Shiva
  - Creation
  - Preservation
  - Dissolution
  - Veiling
  - Anugrah or Bestowing Grace
Message for All Ages

• Youth
  - Must face all aspects of life
  - No problem should be ignored

• Middle age
  - Bhoga and Moksha part of our life
  - Carry-on our duties with focus on God.

• Elderly
  - Be in the world, and yet away from it
  - No Sannyas is recommended.
Lalla - The Mystic

• 14th century poetess
• Provides guidance to all aspects of living
• Conveys the essence of Kashmir Shaivism
• Her message
• Her verses - divine outpourings from her heart.
• Tirvatam Shaktipath
Conclusion

• Comparative Perspective
  - Kashmir Shaivism
  - Advaita Shaivism
  - Shaiva Siddhaanta (Tamil Nadu)
  - Bhaasva Shaivism (Karnataka)

• Summary Message
  - Lead life as an observer
  - Don’t be judgmental
  - Have an attitude of acceptance
  - There is nothing wrong in enjoyment