

kashmir shaivism the secret supreme

Kashmir Shaivism: The Secret Supreme

kashmir shaivism the secret supreme is a profound spiritual tradition that has fascinated seekers and scholars alike for centuries. Rooted in the mystic landscape of the Indian Himalayas, this ancient philosophy offers a unique vision of reality, consciousness, and liberation. Far beyond a mere religious sect, Kashmir Shaivism presents a sophisticated metaphysical framework that reveals the ultimate nature of the cosmos and the self, inviting practitioners to experience the secret supreme within themselves.

Understanding Kashmir Shaivism: A Brief Overview

Kashmir Shaivism emerged around the 8th to 12th centuries CE in the Kashmir Valley, a region known for its rich cultural and spiritual heritage. Unlike mainstream Shaivism that focuses primarily on devotion to Lord Shiva, Kashmir Shaivism emphasizes direct experience and realization of Shiva as the all-encompassing consciousness. It is often described as a non-dualistic (advaita) school of thought, where the ultimate reality is both immanent and transcendent.

This tradition is renowned for its intricate philosophical texts, such as the Shiva Sutras and the Spanda Karikas, which delve into the nature of consciousness, energy, and the cosmos. The teachings are not only theoretical but also practical, offering meditative techniques and yogic practices to awaken the dormant divine spark within every individual.

Kashmir Shaivism the Secret Supreme: Core Philosophical Concepts

To truly appreciate the essence of Kashmir Shaivism the secret supreme, it's helpful to explore some of its foundational ideas that distinguish it from other spiritual paths.

Shiva as the Ultimate Reality

In Kashmir Shaivism, Shiva is not merely a deity but the absolute, infinite consciousness that pervades everything. This consciousness is called "Parama Shiva," the supreme essence that is beyond form yet manifests as the entire universe. Everything that exists is a manifestation of Shiva's energy or

Shakti. This non-dual vision dissolves the division between creator and creation, self and other.

The Principle of Spanda: The Vibrating Pulse of Existence

One of the most intriguing concepts in Kashmir Shaivism is Spanda, which translates as “vibration” or “throb.” Spanda represents the dynamic pulsation of consciousness, the subtle movement through which the static absolute reality expresses itself as the phenomenal world. This idea invites practitioners to perceive the universe not as a static entity but as a living, vibrant flow of divine energy.

Pratyabhijna: The Recognition of the Self

Pratyabhijna, meaning “recognition,” is a key philosophical school within Kashmir Shaivism. It teaches that enlightenment is achieved through the recognition of one’s true nature as Shiva itself. Rather than seeking liberation externally, the seeker realizes that the secret supreme has always been present within, hidden only by ignorance or limited perception.

The Practices that Unlock the Secret Supreme

Kashmir Shaivism is as much about experience as it is about philosophy. Its practices are designed to awaken awareness and enable the realization of the secret supreme within each person.

Meditation and Contemplation

Meditation in Kashmir Shaivism is centered on focusing the mind to recognize the presence of Shiva within. Techniques often involve concentration on inner light and sound, using mantra recitation or visualization to penetrate beyond the ego and dualistic thinking. This practice cultivates a deep inner stillness, allowing the practitioner to experience pure consciousness directly.

Yoga of Recognition

Distinct from other yoga systems that emphasize physical postures or breath control, the Yoga of Recognition (Pratyabhijna Yoga) focuses on the awakening of self-awareness. Through introspection and guided inquiry, practitioners

learn to discern the difference between transient mental states and the unchanging consciousness that underlies all experience.

Use of Mantras and Rituals

While Kashmir Shaivism is ultimately non-dual, it employs mantras and rituals as tools to facilitate transformation. These sacred sounds and ceremonial acts are seen as expressions of Shakti, the creative energy, which help align the practitioner's mind and body with the secret supreme power.

Why Kashmir Shaivism the Secret Supreme Matters Today

In today's fast-paced, often fragmented world, the ancient wisdom of Kashmir Shaivism offers a refreshing path to inner peace and profound self-understanding. Its emphasis on direct experience over dogma resonates with modern spiritual seekers who value personal insight above external authority.

Moreover, Kashmir Shaivism's holistic approach integrates the physical, mental, and spiritual dimensions, encouraging a balanced life. The concept of Spanda, with its focus on the dynamic flow of energy, parallels contemporary understandings of consciousness in neuroscience and quantum physics, making it relevant to those interested in bridging science and spirituality.

Personal Transformation through Awareness

One of the most valuable lessons from Kashmir Shaivism the secret supreme is the power of awareness to transform everyday life. By recognizing the divine essence in all aspects of existence, practitioners learn to transcend fear, attachment, and duality. This leads to a profound sense of freedom and joy, grounded in the realization that the secret supreme is not something distant, but the very core of one's being.

Integration with Modern Wellness Practices

Elements of Kashmir Shaivism, such as meditative focus and energy awareness, have found their way into contemporary wellness and mindfulness practices. Yoga instructors and meditation teachers often borrow from its techniques to help students access deeper states of consciousness. This blending of ancient wisdom with modern methods underscores the enduring relevance of Kashmir Shaivism's insights.

Exploring the Texts: Diving Deeper into Kashmir Shaivism the Secret Supreme

For those eager to delve further, the classical texts of Kashmir Shaivism offer rich material filled with subtle nuances and profound teachings.

- **Shiva Sutras:** A foundational scripture outlining the principles of non-dual consciousness and the path to self-realization.
- **Spanda Karikas:** Verses explaining the nature of the pulsation of consciousness that animates the universe.
- **Pratyabhijna Hridayam:** A concise treatise on the philosophy of recognition and the nature of divine self-awareness.

Reading these works with guidance or commentary can illuminate the depth of Kashmir Shaivism and enrich one's personal practice.

Living the Secret Supreme: Practical Tips for Daily Life

Embodying the teachings of Kashmir Shaivism the secret supreme doesn't require retreating to a mountain hermitage. Here are some approachable ways to integrate its wisdom into everyday living:

1. **Practice Mindful Presence:** Regularly bring attention to your present moment experience, noticing the subtle flow of thoughts and sensations without judgment.
2. **Recognize the Divine in All:** See the sacred essence in people, nature, and situations, fostering compassion and a sense of unity.
3. **Use Mantras with Intention:** Incorporate simple mantras or affirmations into your daily routine to center your mind and invoke inner peace.
4. **Explore Inner Silence:** Dedicate time each day to silent contemplation, allowing the layers of mental noise to settle and reveal deeper awareness.
5. **Embrace Change as Divine Movement:** View life's challenges as part of the Spanda—the divine vibration that drives growth and transformation.

These practices help cultivate a living connection to the secret supreme that Kashmir Shaivism reveals.

Kashmir Shaivism the secret supreme invites us on a journey inward, beyond the surface of ordinary reality, to uncover the boundless consciousness that is our true nature. It is a tradition rich with philosophical depth and experiential wisdom, offering timeless guidance for anyone seeking a deeper understanding of themselves and the universe. Whether through study, meditation, or daily mindfulness, engaging with this path can illuminate the hidden divine spark that lies within all of us.

Frequently Asked Questions

What is Kashmir Shaivism: The Secret Supreme?

Kashmir Shaivism: The Secret Supreme is a comprehensive work by Swami Lakshman Joo that explores the philosophy, theology, and practices of Kashmir Shaivism, a non-dualistic tradition of Hinduism focused on the supreme consciousness Shiva.

Who was Swami Lakshman Joo?

Swami Lakshman Joo was a renowned Kashmiri mystic and scholar who played a pivotal role in reviving and interpreting Kashmir Shaivism in the 20th century. He is the author of Kashmir Shaivism: The Secret Supreme.

What are the main teachings of Kashmir Shaivism presented in The Secret Supreme?

The main teachings include the non-dual nature of reality, the recognition of Shiva as the ultimate consciousness, the concept of Spanda (vibration or movement), and the practice of self-realization through direct experience.

How does Kashmir Shaivism differ from other Hindu philosophies?

Kashmir Shaivism differs by emphasizing a monistic view where the universe is a manifestation of Shiva's consciousness, integrating both the immanent and transcendent aspects of divinity, and focusing on direct experiential knowledge rather than ritualistic practices.

What role does meditation play in Kashmir Shaivism according to The Secret Supreme?

Meditation is central in Kashmir Shaivism as a means to realize one's identity with Shiva, transcend ego and duality, and experience the supreme

consciousness directly.

Can you explain the concept of Spanda in Kashmir Shaivism?

Spanda refers to the subtle creative vibration or pulsation inherent in the supreme consciousness that animates the entire universe, symbolizing the dynamic aspect of Shiva in Kashmir Shaivism.

Why is Kashmir Shaivism considered a secret or esoteric tradition?

It is considered secret or esoteric because its teachings were traditionally transmitted orally to initiated disciples, emphasizing direct experience and inner realization over external rituals, thus keeping its profound knowledge hidden from the unprepared.

How has Kashmir Shaivism influenced modern spiritual thought?

Kashmir Shaivism has influenced modern spiritual thought by inspiring contemporary teachers, introducing non-dual awareness concepts, and contributing to the global dialogue on consciousness and spirituality.

Where can one study Kashmir Shaivism: The Secret Supreme today?

One can study Kashmir Shaivism: The Secret Supreme through Swami Lakshman Joo's published works, online courses, scholarly articles, and at institutions dedicated to Kashmir Shaivism and Indian philosophy.

Additional Resources

Kashmir Shaivism: The Secret Supreme

kashmir shaivism the secret supreme represents an esoteric tradition of Hindu philosophy that has intrigued scholars, spiritual seekers, and practitioners for centuries. Rooted in the northern Indian region of Kashmir, this non-dualistic school of Shaivism offers a unique perspective on the nature of consciousness, reality, and the divine. It stands apart from other Hindu philosophies by emphasizing the recognition of one's inherent divinity and the immediacy of liberation. This article delves deeply into the rich tapestry of Kashmir Shaivism, exploring its core principles, historical context, and contemporary relevance while weaving in key concepts and terminology that illuminate why it is often regarded as "the secret supreme."

Understanding Kashmir Shaivism: Origins and Philosophical Foundations

Kashmir Shaivism emerged around the 8th to 12th centuries CE as a distinct school of Shaiva philosophy, with its primary texts dating from this period. Unlike the more widely known Advaita Vedanta, which posits an impersonal absolute (Brahman), Kashmir Shaivism centers on Shiva as the supreme consciousness that is both immanent and transcendent. This tradition regards the universe not as an illusion (maya) but as a real manifestation of Shiva's creative power (Shakti).

The philosophical framework of Kashmir Shaivism is non-dualistic (Advaita), yet it diverges in its inclusivity of the phenomenal world. It teaches that every aspect of existence is permeated by consciousness and that liberation (moksha) is achieved through the direct recognition of this universal self. The tradition is deeply experiential, relying on meditative practices and spiritual insight rather than mere intellectual speculation.

Core Texts and Key Philosophers

Several seminal texts underpin Kashmir Shaivism, including the *Shiva Sutras*, *Spanda Karikas*, and the *Pratyabhijna* (Recognition) school's writings. These scriptures articulate the nuances of non-dual consciousness and outline the path to self-realization.

- ****Shiva Sutras****: Attributed to the sage Vasugupta, this text is foundational, revealing the nature of Shiva and the methods to awaken to supreme consciousness.
- ****Spanda Karikas****: These verses explore the concept of "Spanda," or the divine vibration, which is the dynamic aspect of Shiva's consciousness manifesting as creation.
- ****Pratyabhijna Philosophy****: Developed by philosophers like Abhinavagupta and Utpaladeva, this school emphasizes the recognition (pratyabhijna) of one's true nature as Shiva, which leads to liberation.

Abhinavagupta, in particular, stands out as a towering figure in Kashmir Shaivism. His extensive commentaries and synthesis of tantric, philosophical, and aesthetic knowledge have made Kashmir Shaivism both intellectually robust and spiritually profound.

Key Concepts in Kashmir Shaivism: The Secret Supreme Explained

Central to Kashmir Shaivism is the identification of Shiva not merely as a god but as the ultimate reality—consciousness itself. This supreme

consciousness is described as “the secret supreme,” a term capturing its hidden yet all-encompassing nature. Several concepts are critical to understanding this:

1. Shiva and Shakti: The Dynamic Duo

In Kashmir Shaivism, Shiva represents pure consciousness, while Shakti is the creative energy or power through which the universe manifests. This dual-aspect reality is inseparable; Shiva without Shakti is inert, and Shakti without Shiva is chaotic energy. Their interplay is the source of all existence, embodying the unity of the absolute and the dynamic.

2. Spanda: The Divine Vibration

Spanda, meaning vibration or pulsation, refers to the subtle movement within the stillness of pure consciousness. This concept explains how the static absolute expresses itself dynamically without losing its essence. Recognizing Spanda in one's experience is a gateway to realizing the secret supreme.

3. Pratyabhijna: The Recognition of the Self

Pratyabhijna denotes the moment of self-recognition, where an individual realizes their identity with Shiva's universal consciousness. This awakening is not an acquisition but a remembrance of one's original nature, obscured by ignorance and ego.

Practices and Methods: Pathways to the Secret Supreme

Kashmir Shaivism is not merely theoretical; it offers practical techniques for spiritual awakening. These methods are often tantric in nature but differ significantly from popular misconceived notions of tantra. They emphasize mental and energetic discipline to transcend ordinary consciousness.

Meditation and Contemplation

Meditative practices in Kashmir Shaivism focus on internalizing awareness, observing the flow of consciousness without attachment, and ultimately abiding as Shiva. The practitioner cultivates an experiential understanding of Spanda and the unity of Shiva and Shakti.

Mantra and Ritual

Mantras are used as vibrational tools to align the practitioner's consciousness with the secret supreme. Rituals, often symbolic and meditative, help invoke the presence of Shiva and Shakti within, facilitating deeper states of recognition.

Yoga and Energy Control

Specific yogic techniques, including breath control (pranayama) and energy channeling (kundalini), are employed to awaken latent spiritual energy and dissolve the boundaries between the individual self and universal consciousness.

Comparisons with Other Philosophical Traditions

Kashmir Shaivism's non-dualism often invites comparison with Advaita Vedanta and Buddhist philosophies, particularly Dzogchen and Mahamudra.

- **Advaita Vedanta:** While both uphold non-duality, Advaita emphasizes the illusory nature of the world (maya), whereas Kashmir Shaivism sees the world as a real, conscious manifestation.
- **Buddhism:** Some parallels exist in the emphasis on direct experiential realization. However, Kashmir Shaivism uniquely posits a supreme conscious principle (Shiva), contrasting with Buddhism's no-self (anatman) doctrine.
- **Tantric Traditions:** Kashmir Shaivism is one of the most philosophically sophisticated tantric systems, integrating ritual, metaphysics, and aesthetics into a holistic spiritual path.

These distinctions highlight Kashmir Shaivism's nuanced position in the landscape of Indian spirituality and philosophy.

The Modern Relevance of Kashmir Shaivism

In recent decades, Kashmir Shaivism has garnered increased attention in global spiritual circles. Its focus on immediate recognition and the divine nature of consciousness resonates with contemporary seekers interested in non-dual spirituality beyond dogmatic frameworks.

Western scholars and practitioners have translated key texts, making the tradition more accessible. The analytical rigor combined with experiential depth makes Kashmir Shaivism appealing both as an academic subject and as a living spiritual practice.

However, the tradition's complexity and the esoteric nature of many texts can present challenges. Authentic transmission often requires guidance from knowledgeable teachers, underscoring the importance of lineage and experiential learning.

Challenges and Opportunities

- **Challenges:** The esoteric language and tantric symbolism may deter newcomers. Misinterpretations of tantric elements have sometimes led to misconceptions about the tradition's goals.
- **Opportunities:** The increasing interest in consciousness studies and holistic spirituality offers fertile ground for Kashmir Shaivism to contribute uniquely to global dialogues on metaphysics and self-realization.

By bridging ancient wisdom with modern inquiry, Kashmir Shaivism continues to illuminate the path toward understanding the secret supreme.

The exploration of Kashmir Shaivism reveals a profound philosophy that transcends mere theological discourse. It invites a radical rethinking of identity and reality, pointing to a secret supreme consciousness that is both the source and substance of all existence. Through its intricate metaphysics and transformative practices, Kashmir Shaivism remains a compelling tradition that challenges practitioners to awaken to the depths of their own divine nature.

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kashmir shaivism the secret supreme: Kashmir Shaivism Swami Lakshman Jee, 1988-09-22
Swami Lakshman Jee is the last living Master of the oral tradition in Kashmir Shaivism. This exposition of the non-dual philosophy with practical applications is his first book in English. The

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.

kashmir shaivism the secret supreme: Kashmir Shaivism John Hughes, 2007

kashmir shaivism the secret supreme: Kashmir Shaivism Swami Lakshmanjoo, 2015-08-06
Kashmir Shaivism: The Secret Supreme - Includes free downloadable audio of the original lectures. In 1971 John and Denise Hughes traveled to Kashmir, India to study Kashmir Shaivism under the world renowned Philosopher/Saint Swami Lakshmanjoo. This book is the result of the lectures he gave John and Denise when they asked him to teach them Kashmir Shaivism. - This is a definitive scholarly work on the philosophy and practice of Kashmir Shaivism by the self-realized master Swami Lakshmanjoo. This book, Kashmir Shaivism: the Secret Supreme, by the twentieth century's great philosopher saint Swami Lakshmanjoo, presents a systematic unfolding of the Tantric teachings of the ancient tradition known as Kashmir Shaivism. This profound tradition, long enshrouded in secrecy, is so rich and detailed in its descriptions of what it reveals as the ascent of individual consciousness to universal God Consciousness that it has been characterized as a 'mystical geography of awareness'. Within the pages of this book is found the key of the oral tradition which unlocks its secrets and provides the reader with the tools necessary to venture into this wondrous landscape.

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Swami Lakshman Jee is the last living Master of the oral tradition in Kashmir Shaivism. This exposition of the non-dual philosophy with practical applications is his first book in English. The 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.

kashmir shaivism the secret supreme: Kashmir Shaivism M. G. Chitkara, 2002

kashmir shaivism the secret supreme: The Yoga of Kashmir Shaivism Swami Shankarananda, 2016-01-01
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 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.

kashmir shaivism the secret supreme: Healing Mother Earth Lloyd Lill, 2018-05-04 The vulnerability of our planet is evident everywhere with daily revelations of the effects of climate change. Global warming began with the advent of the Industrial Revolution in the eighteenth century, with the burning of fossil fuels as reflected in carbon dioxide (CO₂), which measured 300 ppm (parts per million) at the time of the Industrial Revolution and today stands at 400 ppm. The climate change is creating multiple problems. The concerns of melting sea ice and glaciers are contributing to rising sea levels. The increases in the warmer seas are fueling damaging hurricanes and typhoons, as witness the recent sequence of hurricanes Harvey, Irma, Jose and Maria and typhoon Haiyan in the Philippines. Extreme heat waves and droughts are impacting farming and creating a world of environmental refugees. There is mounting evidence that soil, water, and air pollution increases are impacting our health. The dramatic loss of species worldwide is unsettling. A response to our troubling time is found in ancient teachings of the Vedic heritage. Their teachings are as relevant today as they were 3,500 years ago. These insights are found in the Samhitas and the texts of the Vedas Rgveda, Yajurveda, Samaveda, Atharvaveda, Brahmanas, Aranyakas, and Upanishads. Additional understanding of the inner nature is found in the five basic elements: earth, water, fire, air, and space. The lynchpin of my book is the idea that it is not too late to protect and save our environment and our planet earth. Readers will also value the book's appeal to the world communities and their reflective concern in caring for Mother Earth. The aim of this book is to showcase the Vedic teachings and how they can transform our current thinking and, at the same time, how they impact your personal renewal.

kashmir shaivism the secret supreme: Art as Contemplative Practice Michael A. Franklin, 2017-09-01 Drawing upon his personal experience as a practitioner-researcher, visual artist, and cancer survivor, Michael A. Franklin offers a rich and thought-provoking guide to art as contemplative practice. His firsthand experience and original artwork complement this extensive discussion by consulting various practice traditions including yoga, rasa and darshan experiences, imaginal intelligence, and the contemplative instincts of select early twentieth-century artists. From this synthesis, Franklin suggests that we treat art as a form of yoga and meditation with the potential to awaken deeper insight into the fundamental nature of the Self. Exercises and rubrics are included that offer accessible instruction for any artist, meditation or yoga practitioner, art educator, or art therapist.

kashmir shaivism the secret supreme: The Inner Journey Home A. H. Almaas, 2004-04-27 What is the soul, and how do we come to know it? What is its journey in life, and what stages and obstacles are encountered along the way? These questions are explored here in detail according to the Diamond Approach, a spiritual path that combines systematic inquiry into personal experience, the practice of traditional spiritual methods, and the application of modern psychological research. The Inner Journey Home is the centerpiece of the Diamond Approach literature, providing a complete overview of the teaching with references to the author's other books for more details on certain topics.

kashmir shaivism the secret supreme: Marcel Duchamp and the Art of Life Jacquelynn Baas, 2019-11-19 A groundbreaking reading of Duchamp's work as informed by Asian "esoterism," energetic spiritual practices identifying creative energy with the erotic impulse. Considered by many to be the most important artist of the twentieth century, the object of intensive critical scrutiny and extensive theorizing, Marcel Duchamp remains an enigma. He may be the most intellectual artist of all time; and yet, toward the end of his life, he said, "If you wish, my art would be that of living: each second, each breath is a work which is inscribed nowhere, which is neither visual or cerebral." In *Marcel Duchamp and the Art of Life*, Jacquelynn Baas offers a groundbreaking new reading of Duchamp, arguing in particular that his work may have been informed by Asian "esoterism," energetic spiritual practices that identify creative energy with the erotic impulse. Duchamp drew on a wide range of sources for his art, from science and mathematics to alchemy. Largely overlooked, until now, have been Asian spiritual practices, including Indo-Tibetan tantra. Baas presents evidence that Duchamp's version of artistic realization was grounded in a western interpretation of Asian

mind training and body energetics designed to transform erotic energy into mental and spiritual liberation. She offers close readings of many Duchamp works, beginning and ending with his final work, the mysterious, shockingly explicit *Étant donnés: 1° la chute d'eau 2° le gaz d'éclairage*, (Given: 1. The Waterfall, 2. The Illuminating Gas). Generously illustrated, with many images in color, Marcel Duchamp and the Art of Life speculates that Duchamp viewed art making as part of an esoteric continuum grounded in Eros. It asks us to unlearn what we think we know, about both art and life, in order to be open to experience.

kashmir shaivism the secret supreme: Liquid Light G. William Barnard, 2022-06-07 The Santo Daime is a syncretic religion that arose in the Amazon region of Brazil in the middle of the twentieth century and now has churches throughout the world. Its spiritual practice is based around the sacramental use of ayahuasca, a psychedelic brew consumed only within regular ceremonies. In Liquid Light, G. William Barnard—an initiate of the religion and a scholar of religious studies—considers the religious practice and transformative inner experiences of the Santo Daime community. Immersing readers in his own journeys into nonordinary states of consciousness, Barnard provides a vivid as well as introspective depiction of the dramatic ritual and visionary worlds that a practitioner of this tradition encounters. He combines striking first-person accounts of the ritual life of the Santo Daime with accessible examinations of the psychological and philosophical significance of mystical states and mediumship. Bridging insider and outsider perspectives on religious experience, Barnard demonstrates how the Santo Daime offers its practitioners a transformative and profoundly illuminating spiritual path. Liquid Light also reflects on the broader implications of psychedelics, arguing that entheogenic religions can shed light on a wide range of key philosophical questions concerning consciousness, selfhood, and reality.

kashmir shaivism the secret supreme: Dark Light Consciousness Edward Bruce Bynum, 2012-06-19 How to awaken the Ureaus--the serpent power of spiritual transcendence within each of us--and connect to the superconscious of the universe • Reveals the biochemistry of how the body's melanin provides the template for the subtle energy body or light body • Shows how embracing the dark light consciousness of the awakened Ureaus opens a portal to the sacred darkness of the superconscious • Provides illustrated instructions for meditation practices, breathing exercises, and yoga postures to safely awaken Ureaus/Kundalini energy Within each of us lies the potential to activate a personal connection to the superconscious. Called "Ureaus" in ancient Egyptian texts and "Kundalini" in ancient Hindu yoga traditions, our innate serpent power of spiritual transcendence inhabits the base of the spine in its dormant state. When awakened, it unfurls along the spinal column to the brain, connecting individual consciousness to the consciousness of the universe enfolded within the dark matter of space. At the root of creativity and spiritual genius across innumerable cultures and civilizations, this intelligent force reveals portals that enfold time, space, and the luminous matrix of reality itself. Combining physics, neuroscience, and biochemistry with ancient traditions from Africa and India, Edward Bruce Bynum, Ph.D., explores the ancient Egyptian science of the Ureaus and reveals how it is intimately connected to dark matter and to melanin, a light-sensitive, energy-conducting substance found in the brain, nervous system, and organs of all higher life-forms. He explains how the dark light of melanin serves as the biochemical infrastructure for the subtle energy body, just as dark matter, together with gravity, holds the galaxies and constellations together. With illustrated instructions, he shows how to safely awaken and stabilize the spiritual energy of the Ureaus through meditation practices, breathing exercises, and yoga postures as well as how to prepare the subtle body for transdimensional soul travel. By embracing the dark light of the shining serpent within, we overcome our collective fear of the vast living darkness without. By embracing the dark, we transcend reality to the dimension of light.

kashmir shaivism the secret supreme: The Garden of Reality Roland Faber, 2018-06-20 The Garden of Reality contemplates the relativity of religious truth, religious pluralism, transreligious discourse, postmodern cosmology, and multireligious mysticism. Its transreligious approach aims at a future multireligious, peaceful society in an ecological and cosmic context. It proposes that the future of humanity is bound to conviviality with itself and the Earth, that the deepest religious

motivations of existing together are relative to one another, and that transreligious relativity is essential to the conviction of religions that their motivations, experiences, and conceptualities are meaningful, real, and true. By engaging diverse voices from poststructuralism to Sufism, Dzogchen, and philosophical Daoism, from conceptual frameworks of Christianity and Hinduism to mystical and postmodern cosmology, current cosmopolitanism, and interreligious and interspiritual discourses, but especially understudied contributions of process thought and the Bahá'í religion, this book suggests that multireligious conviviality must listen to the universal relevance of a multiplicity of minority voices. Its polyphilic pluralism affirms the mutual immanence and co-creative nature of religions and spiritualities with the universal in-sistence of divine or ultimate reality in the cosmos. Embracing a relativistic and evolutionary paradigm in an infinite cosmos of creative becoming, religions must cope with events of novelty that disturb and connect, transcend and contrast, the continuum of their truth claims, but must avoid conflict, as religious diversity is enveloped by an ever-folding landscape of ultimate reality.

kashmir shaivism the secret supreme: An Indian Tantric Tradition and Its Modern Global Revival D.E. Osto, 2020-03-06 This book analyzes the contemporary global revival of Nondual Śaivism, a thousand-year-old medieval Hindu religious philosophy. Providing a historical overview of the seminal people and groups responsible for the revival, the book compares the tradition's medieval Indian origins to modern forms, which are situated within distinctively contemporary religious, economic and technological contexts. The author bridges the current gap in the literature between insider (emic) and outsider" (etic) perspectives by examining modern Nondual Śaivism from multiple standpoints as both a critical scholar of religion and an empathetic participant-observer. The book explores modern Nondual Śaivism in relation to recent scholarly debates concerning the legitimacy of New Age consumptive spirituality, the global spiritual marketplace and the contemporary culture of narcissism. It also analyzes the dark side of the revived tradition, and investigates contemporary teachers accused of sexual abuse and illegal financial activities in relation to unique features of Nondual Śaivism's theosophy and modern scholarship on new religious movements (NRMs) and cults. This book shows that, although Kashmir Śaivism has been adopted by certain teachers and groups to market their own brand of High Tantra, some contemporary practitioners have remained true to the system's fundamental tenets and teach authentic (albeit modern) forms of Nondual Śaivism. This book will be of interest to academics in the fields of religion and Asian philosophies, especially South Asian, tantric, neo-tantric and yoga philosophies, alternative and New Age spiritualities, religion and consumerism, and NRMs and cults. Winner of the inaugural 2021 New Zealand Asia Society Book Award, second prize.

kashmir shaivism the secret supreme: Yoga Sutras of Patanjali Patañjali, Swami Veda Bharati, 2001-01-01

kashmir shaivism the secret supreme: Body Parts Michelle Voss Roberts, 2017-12-01 Christians have traditionally claimed that humans are created in the image of God (imago Dei), but they have consistently defined that image in ways that exclude people from full humanity. The most well-known definition locates the image in the rational soul, which is constructed in such a way that women, children, and many persons with disabilities are found deficient. Body Parts claims the importance of embodiment, difference, and limitation-not only as descriptions of the human condition but also as part of the imago Dei itself.

kashmir shaivism the secret supreme: Paranormal States D. E. Osto, 2024-09-10 A number of converts to Buddhism report paranormal experiences. Their accounts describe psychic abilities like clairvoyance and precognition, out-of-body experiences, near-death experiences, and encounters with other beings such as ghosts and deities, and they often interpret these events through a specifically Buddhist lens. This book is a groundbreaking exploration of these phenomena and their implications for both humanistic and scientific study of the paranormal. D. E. Osto examines accounts of paranormal phenomena experienced by convert Buddhists from around the world collected through an online survey and interviews, placing them in the context of Indian Buddhist sources and recent scientific research. They focus in detail on the life stories of two interviewees

and the important role the paranormal has played in their lives. These contemporary first-person narratives demonstrate the continued importance of the psychic and paranormal within the Buddhist tradition, and they can be interpreted as a living Buddhist folklore. Osto considers the limitations of both traditional religious views and Western scientific studies of the paranormal and proposes instead a new Buddhist phenomenological approach. Ultimately, *Paranormal States* contends, these deeply mysterious and extraordinary experiences exceed current understandings—and they can help bridge the gap between religious and scientific worldviews.

kashmir shaivism the secret supreme: *Paths to the Divine* Vensus A. George, 2008

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