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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 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).

Descent - Tattvas Continued

12. Purusha - the limited being
13. Prakrati - limited manifestation
14. Bhuddhi - ascertaining intelligence
15. Ahamkar (ego) - 'I' making principle
16. Manas (mind)
17. to 21. Gnanendriyas - Five perceptions of the senses - Hearing, Feeling, Seeing, Tasting and Smelling.

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