



Born to be a Yogi

(A film script based on real life events)

Colonel T Sreenivasulu

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DEDICATION

To all seekers of self-realization



His Holiness Swami Sahajananda Tirtha at the age of 85 in the year 2009; the venerable Guru of the author

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Key to the pronunciation of the words in *italics*

- a - sounds like “u” in success
- ā* - sounds like “a” in car
- ċ - sounds like “k.”
- d - sounds like “dh” without stress
- ê* - sounds like “e” in there
- h - “h” is silent
- î* - sounds like “i” in niece
- ĵnã* - “ĵn” sounds somewhat like gn
and “ã” sounds like “a” in shall
- n - sounds closer to “m.”
- ñ* - sounds somewhat closer to nn
- ô* - sounds like “o” in go
- s - sounds like “sh” in shall without stress
- sha* - sounds like “sha” in shall without stress
- t - sounds like “th” without stress
- tha* - sounds like “dha” without stress

ACKNOWLEDGMENTS

I am forever indebted to my venerable Guru, His Holiness Swami Sahajananda Tirtha, who made me a *Shaktipat* Grand Guru.

I am also deeply indebted to all the venerable Gurus of my lineage of the “Order of *Shaktipat*” whose collective wisdom has been the guiding light for me while venturing into some of the uncharted waters of this ocean of ancient knowledge.

I compliment all the practitioners who made the compilation of this book possible. If they had not persisted with their numerous doubts on the subject, I would not have possibly explored my mind so deeply for throwing light on some of the lesser-known details regarding the subject.

I am grateful to Mrs Vartika Shukla from Gurugram, one of the practitioners for doing comprehensive editing of the book.

Map of routes and places under reference



Brief plot for the movie script

Introduction to the movie;

(In the form of background voice)

This film is based on the true life events narrated in the books “The Power Unknown to God” and “Secrets of Shaktipat and Kundalini Yoga” written by Colonel T Sreenivasulu. It is an extraordinary story of the author on his direct personal experiences during the awakening of Kundalini energy in his body.

At the age of fifteen he was attracted to the mighty Himalayan ranges and the source of the river Ganga, due to his passion for adventure in rock climbing and mountaineering.

His long journey of more than two thousand kilometers from his home town in South India, led to a different journey altogether. He encountered his Himalayan master on board the same train as a young boy!

Unknown to the young lad his journey had already been scripted long before it began!

The awakening of the kundalini or the cosmic energy in a human body is a rare phenomenon which defies the logic and rational explanation by modern science. The author has narrated his direct experiences with this energy in great detail

in this book.

It gives a fascinating insight into what happens when this cosmic energy gets activated in a human body. Hence, the kind of literature presented in some of the portions is rare to come across and truly mind boggling. This book, also addresses some of the profound questions facing the mankind about its very existence.

This book is meant for all sections of the humanity irrespective of their religious, philosophical, cultural, professional and educational background. The secrets revealed in this book, can be of immense help to anyone in pursuit of the lasting peace and happiness.

Sequence of the movie scenes;

A young boy in his mid-teens was travelling alone to a faraway place from his home to learn rock climbing and mountaineering in the Himalayan ranges in India.

A sage happened to travel in the same train next to the boy. During the course of conversation, the boy learns that the sage was returning to his ashram in the Himalayas. The sage invites the boy to come to his ashram and spend a night both during his onward and return journey.

Due to some strange circumstances, the boy faces some problems in finding accommodation during the journey and had to accept the invitation. He spent a night at the ashram in a place called Rishikesh in India at the foothills of Himalayan ranges. The following morning he left the ashram and was to meet the same sage again after 21 long years.

The boy grows up in the meantime and becomes an officer in the Indian Army. However, in later years he undergoes some serious domestic problems in his personal life. The young man suffers heavy financial losses along with a failed second marriage and frozen career in his profession. His creditors were constantly harassing him. The young man now in his mid-thirties was on the verge of committing suicide.

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During this stage of his life, once while he was on a trip to the city of Hyderabad in India he miraculously happened to meet the same sage once again at one of his friend's (Dr VVSS Chandra Sekharam) house. He met his future Guru at around 9 o'clock in the night.

The sage immediately initiates the young man into Sidha maha yoga system on the next morning by performing Shakthipat on him. However, the Shakthipat process does not work on him until the next two years.

Due to the domestic problems and the constant mental pressure he could not do the repetition of mantra regularly.

The young man had to practice lot of yoga postures, breathing exercises and repetition of mantras during the next two years.

The sage in the meantime teaches the young man on the various nuances of the Sidha Maha Yoga system in detail.

However, in spite of the rigorous yoga practice Kundalini energy does not wake up in his body. The young man was fighting for his very survival under the pressure of several domestic problems. Hence, he was performing the yoga practice in a sort of do or die spirit.

Still the kundalini energy does not shower its divine blessings.

His Guru in the meantime changes the mantra given to the young man two times along with further remedial measures. Finally Kundalini energy was woken up in his body and the reactions start manifesting.

The young man undergoes a series of various overwhelming experiences after the Kundalini energy was woken up in his body.

The experiences were very strange and mind-boggling. Some of them defy the logic and rational explanation by modern science. Many a time the young man was very scared and could not absorb the release of cosmic energy inside his body. However, the sage continuously monitors the manifestation of reactions and guides the young man by clarifying various doubts and allaying the fears.

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The young man does very serious meditation or yoga practice living in the Himalayan ranges for the next four years. He rapidly advances in the yoga practice. He encounters further mind-boggling experiences while practicing yoga.

The sage asks him (now in his mid forties) to write a book on his experiences and spread the message of Sidha Maha Yoga to the mankind.

The book was written under the title “The Power Unknown to God. It was later published in several languages of the world.

Later the sage bestows him with the honor of “deekshadhikara” or the authorization to give Shakthipat initiation to people into Kundalini Yoga. Thus he now becomes a Shakthipat Guru by his late forties.

He starts giving Shakthipat initiation to a large number of people.

He compiles the various experiences of his students and publishes his second book “Secrets of Shakthipat and Kundalini Yoga.”

Later the sage bestows on him (as he approaches his middle age) the honor of becoming a Param Guru (Grand Guru) and asks him to create and train similar Shakthipat Gurus like him.

He starts giving “deekshadhikara” or the authorization to give Shakthipat initiation to some of his own students.

He also establishes an online Shakthipat Ashram in the name of the sage.

Thus the message of Shakthipat starts spreading across the world.

Conclusion of the movie;

(In the form of fast track running scenes)

Many yoga practitioners across the globe start seeking Shakthipat initiation into Kundalini Yoga. His students now

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start spreading the message of Sidh Maha Yoga.

The sage (now in his late nineties) and his student (now in his middle age) look on with a smile of satisfaction as the divine grace showers on mankind!

Film Script

Scene 1: EXTERIORS OF TRAIN – SUNSET

The camera views a moving train and slowly escorts the train.

VOICE OVER

This film is based on the books “The Power Unknown to God” and “Secrets of Shaktipat and Kundalini Yoga” written by Colonel T Sreenivasulu. It is an extraordinary story of the author on his direct personal experiences during the awakening of Kundalini energy in his body.

The camera is returned to view another angle on the train. Then few scenes of nature are captured like; landscape, waterfalls etc.

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VOICE OVER

It gives a fascinating insight into what happens when this cosmic energy gets activated in a human body. Hence, the kind of literature presented in some of the portions is rare to come across and truly mind boggling. This book, also addresses some of the profound questions facing the mankind about its very existence. This book is meant for all sections of humanity irrespective of their religious, philosophical, cultural, professional and educational background. The secrets revealed in this book, can be of immense help to anyone in pursuit of the lasting peace and happiness.

Scene 2: INTERIORS OF TRAIN – EVENING

The camera focusing on Sreenivas a 15 years old young teenage boy, and his future Guru, Swami SahahjanandaTirtha, a 62-year-old man dressed in saffron clothes who are seated next to their window seats inside the train with their legs folded. They both keep staring at the view outside for a while until the Swami Ji breaks the silence.

SWAMI JI	Hello young one.
SREENIVAS	(Averting his gaze from the old man) Hi.

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SWAMI JI	May I know your name?
SREENIVAS	My name is SREENIVAS.
SWAMI JI	<p>Well, my name is Swami SahajanandaTirtha, but you can call me Swami Ji as most people do.</p> <p><i>Pause</i></p> <p>So where are you headed?</p>
SREENIVAS	<p>I am on my way to learn mountaineering and rock climbing at the world famous “Nehru Institute of Mountaineering” in a town called Uttarkashi. I will have to pass through the town of Rishikesh and catch a bus to Uttarkashi.</p>
SWAMI JI	Wow. Mountaineering...Hmmm...
SREENIVAS	What, did you say something?

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SWAMI JI	<p>Nothing, I was just thinking, why don't I host you at my ashram in Rishikesh?</p> <p><i>The SWAMI JI searches through his belongings and brings out a note pad and a pen and begins writing down the address of his ashram.</i></p> <p><i>Writing down</i></p> <p>You look like a good kid you can stop over at my ashram.</p> <p><i>Extending the piece of paper to SREENIVAS.</i></p>
SREENIVAS	<p>I don't think that will be necessary.</p>
SWAMI JI	<p>Just take it, you never know.</p>
SREENIVAS	<p>Okay.</p> <p><i>Extending his hand and collecting the piece of paper.</i></p>
SREENIVAS	<p>Anyway, thank you.</p>

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SWAMI JI	You are very welcome young one, feel free to drop by anytime.
<i>They continue their journey in peace and quiet and finally arrive at New Delhi.</i>	

Scene 3: EXT. TRAIN STATION –MORNING

The duo is seen stepping out of the train with their luggage at the New Delhi railway station where they bid each other farewell and part ways.

SREENIVAS goes around New Delhi, picking up supplies and making some necessary enquiries.

Scene 4: EXT. INTER STATE BUS TERMINUS OF NEW DELHI – EVENING

SREENIVAS sipping a cup of tea at the bus stand and then he boards a bus going to Haridwar (a town located close to Rishikesh).

Scene 5: INT. MOVING BUS – EVENING to NIGHT

A few scenes showing Sreenivaulu sitting inside the bus next to a window, watching the countryside pass by and then dozing off during the journey.

Scene 6: EXT. BUS STATION HARIDWAR– MID

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NIGHT

<i>SREENIVAS alights from the bus and looks at his wrist watch. It's midnight already and the town is heavily populated. People moving about here and there.</i>	
SREENIVAS	<p><i>(Surprised)</i></p> <p>Wow. I never thought this place would be this crowded at this time of the night.</p> <p><i>He keeps combing hurriedly through the streets and even sees people sleeping on the footpaths. He beckons an old man passing by.</i></p>
SREENIVAS	Hello sir!
OLD MAN	Hello, young one.
SREENIVAS	Please, can you tell me what is going on, why are there so many people here at this hour?
OLD MAN	<p><i>The old man chuckles and replies.</i></p> <p>Well, that is because of the Kumbh Mela, which is a river festival, celebrated on the banks of river Ganga once every twelve</p>

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	years, and it is at its peak at this time of the year.
SREENIVAS	<p><i>(Surprised)</i></p> <p>Whoa... I never knew about that, thanks for the information.</p> <p><i>The old man moves on.</i></p> <p><i>SREENIVAS starts pondering on the issue at hand, He had nowhere to spend the night.</i></p>
SREENIVAS	<p><i>(Talking to himself)</i></p> <p>What do I do now? I guess I'll just keep looking around, I'm sure eventually, I'll find a place.</p> <p><i>SREENIVAS is seen negotiating with someone for a cot in a dormitory at a small hotel. He pays heavily for it and is unhappy about it, but at least he got a place for the night.</i></p>

**Scene 7: INT. COT IN A DORMITORY AT A HOTEL
– LATE AT NIGHT**

SREENIVAS	<p><i>Throwing down his bag and collapsing into the single bed in the room, he then let's out a deep sigh.</i></p>
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	<i>The camera fades out as he falls asleep.</i>
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Scene 8: INT. COT IN A DORMITORY AT A HOTEL – MORNING

SREENIVAS	<p><i>SREENIVAS is awakened from his sleep by rays of the sun hitting his face. He turns around and faces the other side, trying to get some more sleep. He eventually gives up on sleeping and get's up and stretches his body. He then prepares to leave the hotel.</i></p> <p><i>(Talking to himself while putting on his shoes)</i></p> <p>I guess I'll just get my return ticket bought today and be on my way as soon as possible.</p> <p><i>He leaves the room for the railway station.</i></p>
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Scene 9: EXT. RAILWAY STATION HARIDWAR– MORNING

SREENIVAS	<p><i>On getting to the railway station to book his return ticket he realizes the place is still over crowded even with the special rail counters in place.</i></p> <p><i>Eventually he gets his ticket and rushes to the</i></p>
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	<i>bus station.</i>
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**Scene 10: EXT. BUS STATION HARIDWAR –
AFTERNOON**

SREENIVAS	<i>SREENIVAS gets to the station. Looking at his wrist watch, he realizes that time is not on his side and presses further to make inquiries about his bus to Uttarkashi from a stranger.</i> Excuse me please!
STRANGER	Yes. How can I help you?
SREENIVAS	Please, when is the bus to Uttarkashi leaving?
STRANGER	Oh, sorry, the last bus to Uttarkashi left about an hour ago.
SREENIVAS	<i>SREENIVAS gasps, and at the thought of spending another night in Haridwar his head hung in displeasure. He had little money on him, and the hotel prices were outrageous.</i>

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STRANGER	What is the problem young man?
SREENIVAS	<p>I missed the bus, I'm quite low on cash and I have nowhere to spend the night.</p> <p><i>He gives a deep sigh</i></p> <p>I guess I'll just keep moving as close to my destination as I can and I'm quite sure that the further I move away from here, the cheaper the accommodation will become.</p>
STRANGER	Well, good luck to you.
SREENIVAS	<p>Thanks</p> <p><i>As stranger begins to walk away, the young boy beckons on him once again.</i></p>
SREENIVAS	Sorry, please how do I break the journey.
STRANGER	Well, if you could make it to Rishikesh in good time, you might just be lucky enough to catch the last bus to Tehri.
SREENIVAS	Thank you. You've been such a great help.

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STRANGER	No worries son, but be careful though, it's quite late you know.
SREENIVAS	Okay!

Scene 11: INT. BUS TO RISHIKESH – LATE AFTERNOON

SREENIVAS	<i>SREENIVAS is tired and already dozing by the time they get to Rishikesh</i>
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Scene 12: EXT. BUS STATION (RISHIKESH) – EVENING

SREENIVAS	<i>SREENIVAS exits the bus, looks around curiously, and it dawns on him that he was not the only one with the initiative to move further from the main center of the “Kumbh Mela” festival.</i> <i>He checks in with someone at the counter on the bus leaving for Tebri.</i> Hello, excuse me.
COUNTER GUY	Yes, how can I help you?

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SREENIVAS	I'd like to board a bus going to Tehri today please.
COUNTER GUY	Sorry, but the last bus for the day already left half an hour ago.
SREENIVAS	<p><i>SREENIVAS turns around in disappointment thinking about his next course of action.</i></p> <p>I guess I'll have to find a place to stay.</p> <p><i>His face then lights up and he begins hastily searching for the piece of paper given to him by the SWAMI JI. He eventually finds it and opens it. He begins walking briskly, trying to locate the ashram, and eventually finds it.</i></p>

Scene 13: EXT. SWAMI JI'S ASHRAM – EVENING

SREENIVAS	<p><i>SREENIVAS slowly approaches the entrance of the ashram. He sees the name Yoga Shree Peeth written boldly above the entrance. The ashram was located very close to the banks of the river Ganga, and on getting to the entrance, he knocks the door. A man who stayed at the ashram came to open. His name was Arjun.</i></p> <p style="text-align: center;">Hello. Good evening.</p>
ARJUN	Good evening to you. How can I help

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	you?
SREENIVAS	I want to see Swami Sahajananda Tirtha please.
ARJUN	Oh...So sorry, but the Swami Ji is not back from his travels yet.
SREENIVAS	Oh Okay. Maybe I'll check in later. <i>He wishes to ask if he can spend the night and this shows with the overwhelmingly sad expression on his face.</i>
ARJUN	Anything the matter?
SREENIVAS	No...No. Everything is fine. <i>He turns around and begins to walk back. As he raises his head, he sees a figure resembling that of the Swami Ji. His face brightens up, and on taking a few steps forward, he confirms it is the Swami Ji and a smile comes on his and his face brightens up more.</i> <i>He goes to greet him and explains his</i>

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	<i>predicament to him.</i>
SWAMI JI	Hello young one. It seems fate had destined it that we meet again.
SREENIVAS	Namaste Swami Ji. I never thought I would be so glad to see you. I got stuck and hotel prices were off the charts.
SWAMI JI	Would you like to take up my offer?
SREENIVAS	I sure would. <i>They laugh heartily together as they walk into the ashram and the light fades out.</i>

Scene 14: EXT. SWAMI JI'S ASHRAM – MORNING

SREENIVAS	SREENIVAS is set to leave the SWAMI JI's ashram for Uttarkashi.
SREENIVAS	Bye. <i>Waving to the SWAMI JI as he departs on his journey. The SWAMI JI also waves back.</i>

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Scene 15: EXT. RISHIKESH – MORNING

PAN: SWAMI JI'S ASHRAM TEN YEARS LATER.

SREENIVAS	<i>SREENIVAS '25', now a young man in his early youth is revisiting Rishikesh and hopes to see the SWAMI JI. He approaches the entrance of the ashram as the camera escorts him. He knocks on the door and a man opens up after a few seconds of waiting.</i> Good morning.
MAN	Good morning. How can I help you?
SREENIVAS	Yes. I would like to see the SWAMI JI.
MAN	<i>(puzzled)</i> SWAMI JI?
SREENIVAS	Yes. Swami Sahajananda Tirtha who lives in this ashram.
MAN	Oh!!! The SWAMI JI. Sorry, he doesn't live here anymore. He left this ashram a

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	few years ago and no one knows where he is nowadays. <i>SREENIVAS is disappointed but knows it can't be helped.</i>
SREENIVAS	Thanks a lot.
MAN	You are welcome, I hope all is well though.
SREENIVAS	All is well. I just would have liked to see him. Anyway, bye.
MAN	Bye. <i>He leaves the ashram a little disappointed as he had really hoped to see the SWAMI JI.</i>

Scene 16: INT. SREENIVAS'S HOUSE IN HYDERABAD – EVENING

ANOTHER ELEVEN YEARS LATER.

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SREENIVAS	<p><i>SREENIVAS '36' a man in his mid-thirties is casually dressed in his home, watching the news, when his phone begins to ring. He picks up the call and realizes it's his friend Dr. V.V.S.S. Chandra Sekharam.</i></p> <p>Hello SEKHAR! How are you?</p>
SEKHAR	Hello SREENIVAS. I am fine, and you?
SREENIVAS	I am well my friend. It's been so long.
SEKHAR	<p>So long indeed. Hey, there's someone I would like you to meet. A SWAMI JI, his name is Sri Swami SahajanandaTirtha. He will be coming to Hyderabad tonight around 8 PM. He will be coming to my house directly to spend a few days.I would really like you to meet him. If possible come over now.</p>
SREENIVAS	Oh really.
SEKHAR	<p>I have heard about the wonders of Sidha Maha Yoga and how it enhances life. You should try it, and I know of no other person who can shed light on it like this</p>

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	SWAMI JI.
SREENIVAS	Okay. If it's from you, I'll take it as the truth. I actually am in dire need of a spiritual Guru and have been looking for one for some time now. I'll be at your place in another two hours or so. I hope your folks are well.
SEKHAR	They are all well. So, in another two hours. Right?
SREENIVAS	Sure. I'll be there. <i>He hangs up the phone and resumes his previous activity of watching his television.</i>

Scene 17: EXT.& INT. SEKHARAM'S RESIDENCE – NIGHT

SREENIVAS	<i>SREENIVAS arrives at his childhood friend's home. He is welcomed and met by his friend Sekharam. They hug each other and exchange pleasantries before walking into the house.</i> <i>On entering the house, Sekharam tries to introduce SREENIVAS to the SWAMI JI, but as the two of them meet each other, they</i>
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	<i>recognize each other instantly.</i>
SEKHAR	<i>(while walking into the living room)</i> So. This is the person I was telling you about. He points to the SWAMI JI. This is SWAMI JI Sri...
SREENIVAS	<i>SREENIVAS completes the name for him, with such a happy smile on his face.</i> Swami Sahajananda Tirtha
SEKHAR	You know him?
SREENIVAS	Of course, I do... <i>SREENIVAS to the SWAMI JI</i> Namaste Swami Ji! He briskly approaches the SWAMI JI and prostrates in front of the Swami Ji and touches his feet.

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SWAMI JI	How are you young one? It's been so long. How many years now?
SREENIVAS	Over twenty years and counting. The SWAMI JI faces Sekharam and begins a recount of how they met.
SWAMI JI	I met this young man on a train over twenty years ago when I was returning to my ashram and we connected. I've not seen him ever since.
SREENIVAS	<i>Cutting in</i> You know, I checked on you at the ashram about ten years ago and was told you were no longer there.
SWAMI JI	Oh, that is true. I left some time before then. I hope you are doing very well.
SREENIVAS	Well, I am doing fine, but I could be better. I told my friend that I was in need of spiritual guidance and he told me about you. He didn't mention the name, but I never could have guessed it was

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	<p>you.</p> <p><i>The SWAMI JI laughs heartily.</i></p> <p>So how are we going to go about it.</p>
SWAMI JI	<p>Well, your friend told me about your interest and I concluded that I will initiate you into Sidha Maha Yoga.</p>
SREENIVAS	<p><i>(Skeptically)</i></p> <p>Okay. What is it about?</p>
SWAMI JI	<p>The awakening of kundalini energy. I believe if you follow through on this, your life will be transformed.</p> <p>We have taken so many births and in each birth we do different kinds of karma. I believe you know what karma means. Our collective accumulated karmas make us what we are as of now.</p> <p>When we are born we bring a set of karmas to spend in the current lifetime. These are the ripened karmas that need to be spent in this lifetime itself. After our birth we don't recollect about our purpose and get so engrossed in the <i>Maya</i></p>

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	<p>around us. In this process we accumulate more karmas. This cycle keeps repeating itself. If we do not have a cause there will not be an effect. Which means if we finish off or burn down all our karmas there will be nothing left to come to this planet for.</p> <p>This awakened kundalini energy will gradually burn down all impressions of the stored karmas from your mind. This will render you free from this cycle of birth and death.</p>
SREENIVAS	<p><i>Eagerly...</i></p> <p>So, when do we start?</p>
SWAMI JI	<p>Tomorrow morning at four a.m. sharp. Okay?</p>
SREENIVAS	<p><i>(exhales enthusiastically)</i></p> <p>Oh okay, sure. Let's do it.</p>
SEKHAR	<p>Come my friend. Let me show your room.</p>

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	Sekharam put's his arm around his friend and they both exit the living room.
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Scene 18: INT. SREENIVAS'S ROOM (SEKHARAM'S RESIDENCE) – EARLY MORNING

SREENIVAS	<i>It's 3:30 a.m. and SREENIVAS just woke up a few minutes ago.</i> <i>There is a soft knock on the door and he replies.</i> <i>(Still a little sleepy)</i> Yes.
V.O	It is time you got ready.
SREENIVAS	Yeah. I'll just get ready and join you He takes a quick shower, puts on some clean clothes and leaves the room.

Scene 19: INT.LIVING ROOM (SEKHARAM'S RESIDENCE) – MORNING

SREENIVAS, SWAMI JI, FEW	It's 4:00 a.m, SREENIVAS and a few others are gathered in the living room for
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OTHER MEN AND LADIES	<p>their initiation. The SWAMI JI joins them in the living room and without any further delay begins the process of Shaktipat.</p> <p>His Holiness takes turns placing his hand on the top of everyone's head, while they all sat in the room in meditation. They quickly conclude the initiation ceremony.</p>
SWAMI JI	<p><i>(Talking to them all very audibly)</i></p> <p>Very good. The initiation is now concluded but the initiation sequence is not yet complete. You will all present yourselves before me for the next two days, before the initiation sequence can be completed. This is very important, as I will have to keep you under direct supervision while reactions develop in your bodies.</p> <p><i>The SWAMI JI hands each of them a mantra written in Sanskrit.</i></p> <p><i>(still handing the mantra to each of them)</i></p> <p>You are to meditate on this. You will begin to feel some sort of reaction manifesting in your bodies. This is known as <i>Kriya</i> in Sanskrit. The kriya</p>

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	<p>process will purify the karma or sensual impressions that has accumulated in your mind, due to past actions.</p> <p><i>They all nod in understanding. SREENIVAS is seen presenting himself before the SWAMI JI for the next two days (This is shown in slides).</i></p>
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Scene 20: INT. LIVING ROOM (SEKHARAM'S RESIDENCE) – MORNING

SWAMI JI	<p><i>SREENIVAS is set to leave.</i></p> <p>Go in peace young one.</p> <p><i>He hands him a piece of paper containing his phone number.</i></p>
SWAMI JI	<p>That is my contact number. Please do keep in touch. I will get yours from your friend, and also please endeavor to meditate on your mantra at least twice daily.</p>
SREENIVAS	<p>I will SWAMI JI. Thank you for everything. This means so much to me.</p>
SWAMI JI	<p>No worries young one. Just make sure you meditate and recite your mantra</p>

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	<p>frequently.</p> <p>SREENIVAS bids them final farewell and hugs his friend before departing.</p>
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Scene 21: INT. SREENIVAS'S ROOM – MORNING

SREENIVAS	<i>SREENIVAS is seen meditating in his home and reciting the mantra given to him. He would call the SWAMI JI and have frequent conversations with him. He seems little distracted and is unable to concentrate much during meditations.</i>
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Scene 22: INT. SREENIVAS'S LIVING ROOM – MORNING

SREENIVAS	About six months later, the initial exuberance about meditation was over. SREENIVAS is in his living room, his head balanced between his palms. He is lost in thought. His phone begins to ring and he slowly realizes this. He slowly reaches for the phone on his small center table and picks it up. It's his SWAMI JI calling.
SWAMI JI	(Over the phone)

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	Hello Sreenivas.
SREENIVAS	(Sounding depressed) Namaste Guru Ji.
SWAMI JI	God bless you young one. You sound so low. Are you alright?
SREENIVAS	Well, I am in good health.
SWAMI JI	I called to inquire if you were still consistent with your mantra repetition and meditation, but I can sense you are not. What seems to be the hindrance young one? You can talk to me.
SREENIVAS	<i>(Exhales deeply)</i> I am facing severe financial problems as well as problems in my marital life and as a result, I have found it quite difficult to practice the repetition of the mantra on a regular basis. <i>He gives a deep sigh.</i>

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SWAMI JI	All will be well. I will see what I can do about this. Put your heart in the right place young one and do not worry. All will be well.
SREENIVAS	<p><i>He keeps down the phone and collapses back into his seat and exhales heavily.</i></p> <p><i>After a few seconds, he decides to take a stroll out. He picks up his phone and wallet and throws them into the pocket of his shorts. He then exits the room.</i></p> <p><i>SREENIVAS is seen strolling on the streets. He greets a few people who know him, buys some groceries.</i></p> <p><i>Unknown to him, he had forgotten to lock the door of his house.</i></p>

Scene 23: Ext. SREENIVAS'S LIVING ROOM – AFTERNOON

ANAYA	<p><i>SREENIVAS's wife ANAYA '33' is back from her outing. She searches her bag for her key to the apartment and eventually finds it. She slides the key into the keyhole and tries to open it but discovers the door is already open.</i></p>
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	<p><i>She gets angry</i></p> <p>What kind of man is this for God's sake? Who leaves a door open these days?</p> <p><i>She walks into the house still ranting on and on about everything that is wrong in the house.</i></p>
SREENIVAS	<p>SREENIVAS also walks in. He doesn't like the look on her face.</p> <p>Hey darl...</p> <p><i>She cuts him short.</i></p>
ANAYA	<p>Don't even think about it. How could you leave the house this messy and even worse unlocked?</p>
SREENIVAS	<p>I', so sorry dear</p>
ANAYA	<p>Oh please. I've heard that over and over again.</p>
SREENIVAS	<p>I'm really going through some things right now and I was lost in my thoughts.</p>

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ANAYA	<p style="text-align: center;"><i>(Pissed and irritated)</i></p> <p>Going through what? Huh. You have a job that sucks, no money, your life sucks, and you live in this shit hole of an area and still won't lock the door on your way out... You really are an excuse of a man.</p> <p style="text-align: center;"><i>She storms into the room. He follows her into the room.</i></p>
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Scene 24: INT. SREENIVAS'S ROOM – A FEW DAYS

ANAYA and SREENIVAS	ANAYA and SREENIVAS showed arguing sometimes during the day and sometimes during the night.
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Scene 25: INT. SREENIVAS'S ROOM – LATE AFTERNOON

ANAYA	ANAYA is packing her things.
SREENIVAS	What are you doing?
ANAYA	<p style="text-align: center;"><i>(Sarcastically)</i></p> <p style="text-align: center;">Oh...I am building a house!</p> <p>What does it look like I'm doing? Here's a hint, I'm leaving your sorry ass.</p>

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SREENIVAS	ANAYA...Don't do this...ANAYA! Where will you go now.
ANAYA	Anywhere but here. <i>She concludes her quick pack and leaves the house muttering in anger.</i>

Scene26: INT. SREENIVAS'S LIVING ROOM – MORNING

SREENIVAS	<i>Months later...SREENIVAS is relaxing in his usual spot on his couch. His phone rings. It's his SWAMI JI. He picks up.</i> Hello...
SWAMI JI	Hello SREENIVAS. It's been a while. How are you?
SREENIVAS	To be honest Guru Ji. Not so good. Things are really terrible right now. My career has come to a standstill after I missed my chance at a promotion. My second marriage has fallen apart due to differences between my wife and myself. I have also fallen into a huge debt trap after suffering losses in the stock market and in various other online business ventures. I'm just tired of everything.

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SWAMI JI	Worry not young one. I have sent a new mantra as a counter measure or rather, as a protection against the deteriorating conditions. It should reach you soon. Stay strong son. I am with you through every part of your journey.
SREENIVAS	Thank you so much Guru Ji. You seem to be the only one who cares.
SWAMI JI	Don't worry young one. This storm will soon pass. All will be well. Take care for now. I'll be in touch. Bye...
SREENIVAS	Namaste Guru Ji! <i>Disconnecting the phone</i>

Scene 27:INT. SREENIVAS'S LIVING ROOM – MORNING

SREENIVAS	<i>SREENIVAS is seated in his living room with his laptop on a stool. He has a depressed look on his face. His laptop is shown with a Google search result on “the easiest way to die”. Just as he keeps scrolling through, his doorbell rings.</i>
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	<p><i>(Sluggishly)</i></p> <p>Coming</p> <p><i>He opens up the door. It's a courier guy. SREENIVAS collects his parcel and signs for it. He walks back into his living room as he unwraps the parcel and beholds his new mantra. He drops the mantra on the table and returns to his laptop. Just as he settles into his seat, his phone rings. He picks up.</i></p> <p><i>It's one of his creditors.</i></p>
CREDITOR	<p><i>(in business tone)</i></p> <p>Mr. SREENIVAS!</p>
SREENIVAS	<p>Yes</p>
CREDITOR	<p>Your payment to our firm is already overdue sir.</p> <p>May I know when I can send someone to collect the payment?</p>
SREENIVAS	<p>Please don't send anyone to my house. I will be out of town for a few days. I will let you know the payment details after I drop the check.</p>

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	<p><i>SREENIVAS cuts the phone line.</i></p> <p><i>SREENIVAS slowly places both hands on his head.</i></p> <p><i>Different slides roll on the issues he was facing. Different creditors ringing up on phone to ask for their money, SREENIVAS deep in thought....</i></p>
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Scene 28:INT. SREENIVAS'S ROOM – LATE AFTERNOON

SREENIVAS	SREENIVAS's phone is ringing. Once again, it's his Guru Ji. He picks up the call.
SWAMI JI	Hello SREENIVAS, how are you today.
SREENIVAS	Namaste Guru Ji. Well, I'm alive... That's something right.
SWAMI JI	Oh! SREENIVAS! What makes you speak like this. How is your mantra repetition and meditation going? Are you practicing regularly?
SREENIVAS	<p><i>(Sighs deeply)</i></p> <p>No, Guru Ji. I haven't been practicing regularly.</p>

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	Guru Ji!
SWAMI JI	Yes, Sreenivas, I'm listening to you.
SREENIVAS	I'm hanging by a thread here. I believe my situation is too far away from any hope of recovery. I have also been defaulting on making payments to service my debts and various creditors have been harassing me.
SWAMI JI	Hmmm... I am going to send you a new mantra, but I request you. Please take this one seriously. Obviously, things cannot continue like this. But you must also play your own part, okay?
SREENIVAS	Okay Guru Ji. I will.
SWAMI JI	It should get to you in a day or two. Just hang on and take care of yourself.
SREENIVAS	I will Guru Ji. Namaste!

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Scene29: INT. SREENIVAS'S LIVING ROOM – EARLY MORNING

SREENIVAS	<p><i>Sitting in lotus pose and meditating</i></p> <p><i>Visual depiction of kundalini energy rising in the spine of SREENIVAS. Blissful expression on his face.</i></p> <p><i>An intricate movement of energy in the body depicted visually.</i></p> <p><i>Blessings pouring in from the lineage.</i></p>
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Scene 30: INT. SREENIVAS'S KITCHEN – EVENING

SREENIVAS	<p><i>Preparing tea in the kitchen.</i></p> <p><i>Phone rings and he goes to the living room to answer it.</i></p> <p><i>Placing phone near his ear.</i></p>
SWAMI JI	<p>Hello son! How are you? It seems you have finally started chanting the mantra regularly.</p>
SREENIVAS	<p><i>Surprised</i></p>

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	Namaste Guru ji! How did you make that out?
SWAMI JI	<p>Oh! By your voice, keep it up! My blessings are with you always!</p> <p><i>SREENIVAS hanging up the phone smiling, sipping his tea going and sitting near his living room window.</i></p>

Production Script

Video	Audio
Scene 1: EXT. TRAIN – SUNSET	
Wide shot: The camera views a moving train and slowly escorts the train.	<p>Sound of train</p> <p>V.O:</p> <p>This film is based on the book “The Power Unknown to God” written by Colonel T Sreenivasulu. It is an extraordinary story of the</p>

	author on his direct personal experiences during the awakening of Kundalini energy in his body.
Wide shots: The camera is returned to view another angle on the train. Then a few scenes of the nature are captured like; landscape, waterfalls etc.	V.O: It gives a fascinating insight into what happens when this cosmic energy gets activated in a human body. Hence, the kind of literature presented in some of the portions is rare to come across and truly mind boggling. This book, also addresses some of the profound questions facing the mankind about its very existence. This book is meant for all sections of humanity irrespective of their religious, philosophical, cultural, professional and educational background. The secrets revealed in this book, can be of

	immense help to anyone in pursuit of the lasting peace and happiness.
Scene 2: INT. TRAIN – EVENING	
Mid shot: Inside of a train both Sreenivas, a 15 years old boy and Swami ji, a 60 years old man sitting on window seats of a compartment facing each other.	
Scene 3: EXT. TRAIN STATION – MORNING	
Wide shot: The duo is seen stepping out of the train with their luggage at a platform of New Delhi railway station. Mid shot then Wide shot: Camera follows Sreenivas who is seen exiting the station and going into a market in New Delhi.	Sounds of people on the platform. Greeting each other. Coolie calling out. People negotiating with coolie. Sounds of people buying and selling.

Close-upshots: of shops in the market.	
Scene 4: EXT. BUS STATION NEW DELHI – EVENING	
Wide shot: A bus stand in New Delhi with HARIDWAR written on a bus. Some small vendors selling chana, murmura, juice, water, tea etc. Children running around. People with luggage.	Hustle bustle of a bus stand. Vendors calling out.
Scene 5: INT. MOVING BUS – EVENING to NIGHT	
A few scenes showing Sreenivas sitting inside the bus with co-passengers. Sreenivas looking out through the window and then dozing off during the journey.	Sound of moving bus
Scene 6: EXT. BUS STATION HARIDWAR – MID NIGHT	
Wide shot: Sreenivas	Hustle bustle of people.

<p>alights from the bus.</p> <p>Close-up: of his wrist watch. Watch striking 12:00 midnight.</p> <p>Wide Shot: of the town which is heavily populated, well-lit and decorated. People moving about here and there. Crowd</p>	
<p>Wide shot: Sreenivas combing hurriedly through the streets.</p> <p>Wide shot: people sleeping on the footpaths.</p>	<p>Hustle bustle of people. Sound of Sreenivas's footsteps.</p>
<p>Scene 7: INT. COT IN A DORMITORY AT A HOTEL – LATE AT NIGHT</p>	
<p>Wide shot: Sreenivas collapsing on his cot. Camera fades out</p>	
<p>Scene 8: INT. COT IN A DORMITORY AT A HOTEL – MORNING</p>	
<p>Wide shot: Sun from inside the window,</p>	<p>Birds chirping</p>

<p>camera turning towards Sreenivas sleeping on the cot with Sun falling on his face.</p> <p>Mid Shot: Sreenivas turning the other side on the cot.</p> <p>Wide shot: Sreenivas getting up.</p> <p>Wide shot: Sreenivas getting ready and leaving the room.</p>	<p>Yawning</p> <p>Shower sound. Footsteps, door closing</p>
<p>Scene 9: EXT. RAILWAY STATION – MORNING</p>	
<p>Wide shot: A very crowded Haridwar railway station, Sreenivas rushing towards ticket counter</p> <p>Wide shot: He is standing in a long line of ticket booking</p> <p>Wide shot: Crowded</p>	<p>Sounds of crowd, coolie, train announcements. People talking.</p> <p>People talking about trains, mela and crowd</p>

<p>station</p> <p>Mid shot: He gets his ticket</p> <p>Wide shot: He is rushing out.</p>	<p>Footsteps</p>
<p>Scene 10: EXT. BUS STATION HARIDWAR – AFTERNOON</p>	
<p>Wide shot: Haridwar bus station</p> <p>Mid shot: Sreenivas looking at his wrist watch and walking fast.</p> <p>Wide shot: Sreenivas and a stranger talking.</p> <p>Wide shot: Boarding a bus which has Rishikesh tag on it</p>	<p>People talking.</p> <p>Vendors selling various stuff like; juice, tea, water etc.</p>
<p>Scene 11: INT. BUS TO RISHIKESH – LATE AFTERNOON</p>	
<p>Inside the bus Sreenivas is sitting, he is tired and</p>	<p>Sound of bus</p>

already dozing by the time they get to Rishikesh	
Scene 12: EXT. BUS STATION (RISHIKESH) – EVENING	
Wide shot: Bus, Sreenivas alighting Mid shot: Sreenivas looking around at the crowd	General chatter
Wide shot: Sreenivas standing at ticket counter talking to counter guy Mid shot: Their discussion	Discussion
Close-up: Sreenivas's face lightening up Mid shot: Sreenivas hastily searching his pockets Mid shot: Sreenivas drawing out a piece of paper from his pocket, opening and reading it Wide shot: Sreenivas	Pocket searching sound Sound of paper ruffling

begins walking briskly, trying to locate a place and finding it	Footsteps
Scene 13: EXT. GURU'S ASHRAM – EVENING	
Wide shot: A serene ashram at Rishikesh	Light music
Wide shot: Sreenivas walking towards its entrance	Footsteps and gravel sound
Close-up: He notices the name of ashram written on the exterior of the ashram: Yoga Shree Peeth	
Wide shot: river Ganges flowing nearby	
Mid shot: Sreenivas knocking at the door	River water sound
Wide shot: Door opens discussion between a	

<p>man and Sreenivas</p> <p>Close-up: Sreenivas sad expression</p> <p>Wide shot: Sreenivas turning and walking back then suddenly guru coming from other end Sreenivas smiling.</p> <p>Mid shot: They come closer, stand and talk and laugh heartily.</p>	<p>Door Knocking</p> <p>Door opening sound</p> <p>Discussion</p> <p>Discussion</p> <p>Laughter</p>
<p>Scene 14: EXT. GURU'S ASHRAM – MORNING</p>	

Wide shot: Sreenivas leaving guru standing at gate of ashram	Discussion Footsteps
<p>Scene 15: EXT. RISHIKESH – MORNING</p> <p>PAN: GURU'S ASHRAM TEN YEARS LATER.</p>	
Wide shot: Sreenivas, a young man approaching the ashram gate and knocks.	Footsteps Knocking
Wide shot: A man opening the door	Discussion
Sreenivas leaving disappointed	Footsteps
<p>Scene 16: INT. SREENIVASULU'S HOUSE IN HYDERABAD – EVENING</p> <p>ANOTHER ELEVEN YEARS LATER.</p>	
Wide shot: Sreenivas, a grown-up man watching TV	News on TV.

<p>Close-up: phone ringing.</p> <p>Mid shot: Sreenivas picks up the call.</p> <p>Mid shot: Sreenivas hanging up the phone</p> <p>Wide shot: Sreenivas walking back to watch TV.</p>	<p>Phone ring.</p> <p>Sound of picking receiver. Voice of Sreenivas and a man on the other end.</p> <p>Keeping receiver on cradle.</p> <p>News on TV.</p>
<p>Scene 17: EXT. & INT. SEKHARAM'S RESIDENCE – NIGHT</p>	
<p>Wide shot: Exterior of Sekharam's house, a park nearby children playing there. Shekharam standing outside to welcome Sreenivas.</p> <p>Mid shot: They hug each</p>	<p>Children shouting while playing</p> <p>Pleasantries</p>

other	
Wide shot: Living room of Sekharam's house, guru is sitting on a sofa.	Discussion
Wide shot: All three near the sofa two standing, guru sitting on sofa	
Multiple Close-ups	
Scene 18: INT. SREENIVASULU'S ROOM (SEKHARAM'S RESIDENCE) – EARLY IN THE MORNING	
Mid shot: Sreenivas waking up	Yawning
Wide shot: Knock at his door	Knocking
Mid shot: Sreenivas getting ready	V.O It is time you got ready
Scene 19: INT. LIVING ROOM (SEKHARAM'S RESIDENCE) – MORNING	
Mid shot: Living room of Sekharam's house. 5 people standing and waiting	Muffled discussions

Mid shot: Guru enters the living room	Greetings. Guru speaking
Wide Shot: Living room Guru seated on sofa, others on a sheet on the floor	Guru speaking
Mid shot: Guru handing them each a mantra written on a paper	Guru speaking, paper sounds
Mid shot: Sreenivas and guru meet next two mornings in the living room	Muffled discussions
Scene 20: INT. LIVING ROOM (SEKHARAM'S RESIDENCE) – MORNING	
Mid shot: Sreenivas, Sekharam and guru	Paper sound and discussions
Mid Shot: Guru handing Sreenivas a paper	
Mid shot: Sreenivas, Sekharam hugging	
	Good byes

Scene 21: INT. SREENIVASULU'S ROOM – MORNING	
Mid shot: Sreenivas meditating in his house. Mid shot: Sreenivas on phone with guru Mid shot: Guru on phone with Sreenivas	Mantra sounds Music Music
Scene 22: INT. SREENIVASULU'S LIVING ROOM – MORNING 6 MONTHS LATER	
Mid shot: Sreenivas sitting with his head in his palms Mid shot: phone Mid shot: Sreenivas and	Sad music Phone ringing

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<p>guru discussion</p> <p>Mid shot: Sreenivas keeps down the phone and collapses back into his sofa and exhales heavily.</p> <p>Mid shot: Sreenivas gets up picks up his phone and wallet, keeps them into his pocket and goes out.</p> <p>Close up: Door of his house which he has forgotten to lock.</p> <p>Wide shot: Sreenivas on the streets. He greets a few people who know him, gets some groceries.</p>	<p>Discussion</p> <p>Thud sound of sitting down</p> <p>Door closing</p> <p>Street sounds</p> <p>Greetings.</p>

Scene 23: Ext. SREENIVASULU'S LIVING ROOM – AFTERNOON	
Mid shot: Sreenivas's 28 year old wife Anaya is standing outside the house door searching her bag for her key to the apartment.	Bag ruffling sound
Mid shot: Anaya takes out the keys and slides them into the keyhole, but discovers the door is already open.	Sound of keys
Close-up: Anaya getting angry	Sound of key being inserted in key hole
<i>Mid shot: Anaya walks into the house angrily.</i>	Angry murmur
<i>Mid shot: Sreenivas enters the house</i>	
Scene 24: INT. SREENIVAS'S ROOM – A FEW DAYS	
<i>Long shots and mid shots</i>	Anaya and Sreenivasulu arguing and bickering
Scene 25: INT. SREENIVASULU'S ROOM – LATE AFTERNOON	
<i>Mid shot: Anaya packing her bags</i>	Sound of almirah opening,

	things banging etc
<i>Mid shot: Sreenivas enters the room</i>	Discussion
<i>Mid shot: Anaya concludes her packing and leaves the house.</i>	Angry murmur
Scene 26: INT. SREENIVAS'S LIVING ROOM – MORNING <i>Months later...</i>	
<i>Mid shot: Sreenivas relaxing on his couch</i> <i>Close-up: phone ringing</i> <i>Mid shot: Sreenivas talking over phone.</i> <i>Mid shot: Sreenivas disconnecting the phone.</i>	Ringing of phone Discussion between Sreenivas and guru
Scene 27: INT. SREENIVAS'S LIVING ROOM – MORNING	
<i>Mid shot: Sreenivas sitting with laptop on a stool, depressed</i>	Typing sound

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<p><i>Close-up: Sreenivas's laptop screen showing Google search engine. Searched item: Easiest ways to commit suicide.</i></p>	<p>Sound or door bell ringing</p>
<p><i>Mid shot: Sreenivas opens the door, collects parcel and closes it.</i></p> <p><i>Mid shot: Sreenivas opens the parcel and looks at a paper.</i></p> <p><i>Close-up: phone ringing</i></p> <p><i>Close-up: Sreenivas picks up phone</i></p> <p><i>Mid shot: Sreenivas talking over phone.</i></p> <p><i>Mid shot: Sreenivas slowly places both hands on his head.</i></p>	<p>Sound of opening and closing of door</p> <p>Sound of opening parcel and paper ruffle</p> <p>Ringling of phone</p> <p>V.O. Mr Sreenivas! (In business type tone)</p> <p>Discussion between the creditor and Sreenivas</p>

Scene 27: INT. SREENIVAS'S LIVING ROOM – MORNING

Mid shot: Sreenivas working on his laptop.

Sounds of keys of laptop

Close-up: Laptop screen

Mid shot: Sreenivas opening the main door

Doorbell rings

Close-up: Parcel

Close-up: Phone

Sound of door opening

Mid shot: Sreenivas on the phone

Sound of paper while unwrapping of a parcel.

Close-up: Phone being hung up

Mid shot: Sreenivas racing up and down the living room

Phone ringing

Close-up: Phone from different angles and of Sreenivas's perturbed

Discussion over phone.

Sound of hanging up of

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<i>face</i>	phone loudly Sound of footsteps Repeated ringing of phone
Scene 28: INT. SREENIVAS'S ROOM – LATE AFTERNOON	
<i>Long shot: Sreenivas walking towards the phone</i> <i>Mid shot: Sreenivas talking taken from different angles</i> <i>Close-up: Phone being hung up</i>	Phone ringing and footsteps Long discussion Hanging up of phone
Scene 29: INT. SREENIVAS'S LIVING ROOM – EARLY MORNING	

<p><i>Mid shot: Sreenivas meditating</i></p> <p><i>Close up: Sreenivas meditating</i></p> <p><i>Visuals of energy moving, kundalini energy rising in the spine of Sreenivas</i></p>	<p>Mantra sound</p> <p>Light music</p>
<p>Scene 30: INT. SREENIVAS'S KITCHEN – EVENING</p>	
<p><i>Mid shot: Sreenivas preparing tea</i></p> <p><i>Long shot: Sreenivas walking towards living room with tea</i></p> <p><i>Mid shot and close up: Sreenivas talking over phone while sipping tea</i></p> <p><i>Close up: Sreenivas hanging up phone</i></p> <p><i>Mid shot: Sreenivas walking towards his window</i></p>	<p>Utensil and boiling sounds</p> <p>Phone ringing</p> <p>Footsteps</p> <p>Discussion over phone</p> <p>Hanging up of phone</p> <p>Footsteps</p> <p>Birds chirping and rainfall</p>

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<i>Long shot: View from the window birds on trees and rain falling outside</i>	
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Glossary

Aham: Egoism or the principle of “I’s” in a human being!

Ajñā chakra: The energy centre located between the two eyebrows in a human body.

Akaash tatva: It means the essence of the element ether. As per the ancient Sanskrit texts, the cosmos, including the human body is made of five elements. They are earth, water, fire, air, and ether. However, modern science doesn’t yet recognize the existence of the fifth element ‘ether.’

Anāhata chakra: The energy centre located at the heart region on the spine.

Anāhata sound: The sound produced without anything being struck and could be heard by a person internally.

Asana: It is a yogic posture. Yoga practitioners practice various asanas as a preparation for meditation based *Ashtanga* yoga.

Apan: The life force which operates in the lower region of the body!

Ashram: The yogic retreat. It is the residence of a *Guru* or the venerable teacher under whose direct supervision people practice yoga.

Ashtanga yoga: This is also called *Raja* Yoga. It is a meditation-based yoga system. It has eight preparatory levels

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or stages.

Ashtami: The eighth day after the full moon or new moon as per the lunar calendar system in India!

Ashtami havan: A sacrificial fire ceremony performed on the eighth day during the *navaratri* or the nine-day festive season in India in honor of the supreme cosmic power.

Añavee deeksha: An initiation into the practice of any kind of yoga system or any other practice aimed at materialistic fulfillment before the awakening of *kundalini* energy in a person.

Añuvopay: The technique used for giving *añavee deeksha*!

Bhagavad Gita: The literal meaning is song celestial. It is a sacred Sanskrit text of the Hindus. It is in the form of teaching by Lord Krishna to his friend and the Pandava prince Arjun who refused to fight the battle to avoid the unpleasant act of killing his relatives on the opposing side. This text is part of the famous epic Mahabharat of the Hindus.

Bhakthi yoga: It is a yoga system based on the devotion of a person to a particular God or Goddess. Here, the devotion is used as the technique to achieve stillness of the mind. Usually, this kind of yoga practice is suitable for persons who are temperamental by nature.

Brahman: The supreme divinity pervading all cosmos and beyond or the God or Almighty etc.!

Brahmacharya: The practice of celibacy!

Brahma muhurta: This begins approximately one hour and thirty minutes before the sunrise! It is considered as the most auspicious time for undertaking any kind of work and more so for yoga practices.

Buddhi: It is a form of the cosmic energy called the ‘intellect’ in a person or the discriminating faculty along with which egoism is co-located.

Chakra: An energy center in the cerebrospinal system!

Chamunda: One of the Indian Goddess worshipped at the city of Dewas in India.

Chidakash: The mind space!

Darshan: The opportunity to see a person or any other thing!

Deeksha: The formal procedure of giving initiation into a yoga system to a practitioner by his or her Guru. It is usually done at an auspicious time on an auspicious day selected for the purpose.

Deekshadhikara: The formal authorization given to give *Deeksha* to any person by a spiritual or yoga Guru to one of his or her disciples. After this authorization, the disciple also becomes a spiritual or yoga Guru formally. This authorization can be given to more than one disciple also.

Dhanteraspuja: A worship ceremony performed on the festival of *Dhanteras* festival in India.

Dholak: A kind of musical instrument of India!

Dhyan mudra: The meditative posture and gesture!

Guru: The venerable teacher who drives away the darkness or ignorance from the mind of a student, so that the light of knowledge which is already there inside the Self shines forth!

Guru Gita: The song celestial in adoration of Guru. It is part of an ancient Sanskrit text called *Markandeya Purana*. It teaches the essence of Guru and how to worship him as God or the Almighty. It is available as a separate book on many publishing platforms.

Guñās: The three qualities of the mind-stuff.

Japa: Repetition of mantra!

Jī: It is a suffix added at the end of any name or a professional as a mark of respect in the Hindi language in India. The same suffix might also be in use in more of Indian languages as well.

Jñāna yoga: This is a yoga system based on the path of knowledge. Usually, this kind of yoga practice is suitable for intellectual type people.

Kaali: The Goddess of destruction or the primordial supreme cosmic power in the destructive form!

Kailash parvat: Kailash Mountain in the Himalayan ranges!

Kamakya: A Goddess worshipped at Guwahathi city in the Assam state of India.

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Kalighat: A Goddess worshipped at Kalighat in India.

Kanyakumari: A Goddess of India worshipped at the city of Kanyakumari in the Tamilnadu state of India. It is located at the southernmost tip of India.

Kartal: A kind of musical instrument of India.

Kathak: A kind of dance form of India!

Kawali: A kind of dance gesture of India!

Kriya: The involuntary reaction in body, mind, and external daily life which manifests to clean the mind of a person of all its sensual impressions!

Kundalini: The supreme primordial cosmic energy which manifests in the form of the universe. This energy is located at the base of the cerebrospinal system in every human being halfway between the anus and the genital region.

Lakshmi: The Goddess of sustenance or the primordial supreme cosmic power in sustaining forms!

Lingam: The phallus! Followers of Lord Shiva worship him in the form of a phallus.

Ma Durga: The Goddess Mother *Durga* worshipped in India.

Mahalaksmi: The great Goddess of sustenance or the primordial supreme cosmic power in sustaining forms!

Mala: A string of Rudraksha beads used for counting while doing the repetition of a mantra.

Māya: Cosmic illusion or the cosmic energy in its most fundamental form!

Manipura: The energy centre located in the navel region on the spine.

Manjunatha: Lord Shiva!

Mantra: It is a sacred Sanskrit syllable or a word or a sentence or a group of sentences that could run into any amount of text.

Mantrashastra: The science dealing with the mantras! So many ancient texts are available in Sanskrit dealing with this subject.

Mazira: A kind of musical instrument of India!

Meenakshi: A Goddess of India worshipped at the city of Madurai in the Tamilnadu state of India.

Moksha: It means salvation or free from the cycle of life and death for any creature. As per the ancient Sanskrit texts, this is possible only for a human being. That means this is not possible for any other living creature, including the celestial beings and demons.

Mudra: A special yoga gesture!

Mookambika: A Goddess worshipped in India.

Mūlādhāracakra: The energy centre located at the base of the cerebrospinal system halfway between the anus and the genital region.

Naada: The primordial vibration that caused the beginning of the cosmos!

Nadis: Subtle channels of energy!

Nadi shuddhi: It means cleaning of the subtle channels of energy. This is usually done by practicing *pranayama*. It is a yoga technique.

Nadi sodhana: The process of pumping out of the impurities from the subtle channels of energy!

Naga baba: The mendicants who roam around yielding a trident. They are usually followers of Lord Shiva. They are usually found roaming around without wearing clothes, and their bodies smeared with ashes.

Navrātri: It literally means nine nights. However, this nine-day period is observed as a festive season by Hindus in India. Usually, many serious devotees observe fasting during this period. This period is meant for worshipping of the supreme cosmic power or the divine as Mother Goddess as per the tradition of *shakthas* or energy worshippers.

Ojas When celibacy is practiced by people, sex energy gets converted into this substance. It is supposed to be climbing up the *sushumna nadi* or the central channel of the spine. As a result, it gives some kind of powerful aura to the people to attract masses. Wherever a person is seen in society displaying extraordinary genius and impacting a large size population, it is due to the power of these substances!

Padmasana: The lotus posture of the asana!

Parampara: The lineage or the order of monks of any

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tradition or yoga system!

Parāshakthī: The supreme primordial cosmic energy!

Parayanam: Recitation!

Patanjali Yoga Sutras: This is an ancient Sanskrit treatise on *Ashtanga* yoga or *Raja* yoga. This is considered to be the most authoritative text on the meditation-based above the yoga system.

Prāṇ: It is a form of the cosmic energy or the kinetic energy pervading the entire cosmos. It is also the life force pervading the 'sheath of life force' in a human body.

Prañām: It simply means salutations. This word is used by people in India while greeting elders or venerable persons in society, usually accompanied by both palms joined together either standing or kneeling. Sometimes prostration of the body is also done on the ground.

Prāṇ vāyu: It is the life force in the form of an invisible gas that operates in the upper region of the human body.

Prañayama: It is a part of *Ashtanga* or *Raja* yoga. It deals with the science of breathing to achieve control over the life force that exists within the human body.

Puja: Worshipping ceremony in India!

Rajas: One of the three qualities of the mind due to which creativity manifests in all forms.

Raja yoga: This is also called *Ashtanga* yoga. It is a meditation-based yoga system. It has eight preparatory levels or stages.

Ramayan: It is an ancient Sanskrit text of India. It is an epic that describes the deeds of Prince Rama, who is worshipped as a divine incarnation of God in India. The prince was born in an ancient kingdom of the Indian subcontinent and later became its ruler.

Rishis: Sages of India!

Sādhana: It is the voluntary practice done by a person tinged with the human egoism before *kundalini* energy has been awakened in his or her body.

Sāadhan: It is the phenomenon of involuntary practice that takes place inside a human body, mind, and in the external

daily life after *kundalini* energy has been awakened.

Sādhak: A practitioner of any yoga or tantric system!

Sahasrara: The energy centre located at the crown of the head.

Samsāra: The worldly existence or the experience of life by a human being or any other creature. It is presumed to be the only psychedelic in nature as per ancient texts.

Samādhi: It is a state of thoughtlessness. It is the terminal objective of all yoga practices before self-realization can occur!

Sankalpa: Freewill exercised by humans in their minds!

Sākshi bhāvam: The state of a mute witness or mindfulness in a human being! It is a term applied to the human psyche.

Sarswathi: The Goddess of creation or the primordial supreme cosmic power in the creative form!

Sātvic: One of the three qualities of the mind due to which the function of maintenance or sustenance manifests in all forms.

Shastra: The word means science. However, it is usually used when reference is made to the ancient Sanskrit texts on various sciences.

Shakthopay: The technique used for giving *Shaktipat deeksha* or initiation. Here, the cosmic energy or the *shakti* is used as the tool.

shambhavi deeksha: *Shambhavi deeksha* or initiation is a state reached by a person. There's no more initiation or *deeksha* at this state as such although often misunderstood by people. This state is supposed to be reached at the end of yoga practice using *Shakthopay*.

Shambhavopay: The alleged technique used for giving *shambhavi deeksha* or initiation.

Shambhavi mudra: The yoga gesture allegedly used by people to give initiation into *shambhavi deeksha*!

Shanthi: Absolute peace!

Shakthas: The energy worshippers in India! They worship God in the form of cosmic energy.

Shaktipat: 'The descent of energy' It is a technique used by

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the Order of *Shaktipath* monks to initiate a practitioner into the *Sidha Mahā* yoga system.

Shakthi: The primordial cosmic energy!

Shakthi peeta: The primordial cosmic energy centre!

Shiva murti: Form of Lord Shiva!

Shri Phal: Coconut!

Siddha mahā yoga: The grand yoga system encompassing all the individual yoga systems after the *kundalini* energy is woken up in a person. It is the yoga system practiced by the Order of *Shaktipat*.

Surya tratak: A tantric practice involving focusing of concentration on Sun.

Sushumna: The central channel of the spine in a human body!

Sushumna nadi: The subtle channel of energy in the central channel of the spine in a human body!

Svādhishthāna chakra: It is the energy centre located near the root of the genital region in the cerebrospinal system.

Tāmas: One of the three qualities of the mind due to which destruction manifests in all forms.

Tandhra: It is a state between the dream state and the waking state as per yogatexts.

Tantra: A form of yoga system.

Tāntric: Practitioner of *tantra*! A form of yoga system!

Tattva: The essence of a thing!

Trishul: The trident wielded by Lord Shiva!

Vaastu: The ancient Indian science pertaining to ideal architectural aspects.

Vairagya: It is a state of the mind when interest is lost in both the external and internal worlds, which are materialistic in nature.

Vaishṇodēvi: The Goddess located on the *Trikūta Mountain* in *Himālayās* in the State of Jammu and Kashmir in India. It is the most popularly worshipped energy centre.

Vedanta: It is one of the six systems of Indian philosophies.

Virat Kali: The Goddess of destruction in her full universal form.

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Vishudha: The energy centre located in the region of the throat on the spine!

Yogi: The practitioner of any yoga system!

Yôgini: The lady practitioner of any yoga system!

Yam: The seed mantra sound of the heart chakra or the *anahat* chakra.

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ABOUT THE AUTHOR

The author is an alumnus of some of the prestigious institutions of India like Sainik School Korukonda, National Defense Academy, and Indian Military Academy. At the age of fifteen, he was attracted to the mighty Himalayan ranges and the source of the river Ganga, due to his passion for adventure in rock climbing and mountaineering. His long journey of more than two thousand kilometers led to a different journey altogether, after he encountered his Himalayan master on board the same train as a young boy! Unknown to the young lad, his journey had already been scripted long before it began! The author is presently serving in the Indian Army and also happens to be a *Shaktipat* Grand Guru incidentally.

