

*The secret science of
Shaktipat*

(A guide to Shaktipat initiation into kundalini yoga)

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Dedication

I am inspired to dedicate this work to all Shaktipat Gurus of
the past and the future.



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

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Acknowledgements

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

Key to the pronunciation of the words in *italics*

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

Introduction

The author of this book happens to be one of my disciples. I have given him *Shaktipāt* initiation into kundalini yoga about 13 years ago. He happens to be one of my direct disciples known to me since he was a kid. I have given him Shaktipāt deekshādhikara or the authorization to give Shaktipāt initiation sometime ago. He has given Shaktipāt initiation to more than 300 people in a very short span of time.

Seeing his rapid spiritual ascension in general, later I have also made him a Shaktipāt Grand (Param) Guru. Some of his students who are now Shaktipāt Gurus themselves; are actively engaged in spreading the message of the Shaktipāt Order! As a result, he has been freed from other responsibilities so that his services can be put to better use. This book is a direct outcome of his selfless service to the ancient Order of Shaktipāt monks.

The author has written his first book “The Power Unknown to God” which was subsequently translated into nearly 20 major languages of the world. The present book in combination with his first book will benefit the practitioners of yoga greatly. He has also compiled the various experiences of his students and their questions which were published

under the title “Secrets of Shaktipāt and Kundalini Yoga” in multiple volumes. I wish to see that valuable literature along with this present book subsequently being made accessible to many non-English speaking people worldwide.

As mentioned above I have directed the author to hand over the Shaktipat deekshadhikara or the authorization to give Shaktipat initiation to some of his own disciples. He has given the authorization to 13 of his disciples so far. They all are Shaktipat Gurus now. They all are actively involved in spreading the message of Shaktipat around the world.

I am very happy to see that a large number people are getting attracted to this path of yoga system increasingly. As a result I understand that there may be a requirement to hand over the Shaktipat deekshadhikara to more and more people in future. Hence, a need was felt to publish a book on the science of giving Shaktipat initiation itself. This is a much lesser known subject among the mankind.

Traditionally this science has been passed on orally from Gurus to disciples since ancient times in India! However, the social conditions are ever changing at a rapid rate with the advent of modern technology. Therefore, there is a need to adapt to the ever changing conditions in the modern society. Hence there is no need to criticize the author on perceived violation of the ancient yoga traditions by revealing this science to public in general. I am sure this book will be priceless from this point of view to both Shaktipat Gurus in particular and to seekers of Shaktipat initiation into Kundalini Yoga in general.

May this book remain a beacon of knowledge to all *Shaktipat* Gurus from all paths! May it contribute to the less-known subject concerning the practical intricacies of *Shaktipat* initiation!

There may be a huge volume of literature available on *kundalini* yoga in recent times. But, that is mostly theoretical in nature. The authentic knowledge which can be applied to the physical practice of the yoga system is limited. Therefore, I am sure that this book will be of immense help to all yoga

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practitioners. Lastly, I am sure this book will also be of great help for all *Shaktipat* Gurus while giving initiation to their disciples.

- Swami Sahajananda Tirtha

Foreword

This book is primarily meant for all Shaktipat Gurus who are involved in blessing people with Shaktipat initiation into Kundalini Yoga. However, it may also help the students practicing Kundalini Yoga in general.

A suggested procedure for performing Shaktipat is given in brief. However, this kind of literature is usually not found anywhere in the mainstream media. Traditionally this science has been passed on orally from Gurus to disciples since ancient times in India.

Seeing a large number of disciples seeking the Shaktipat initiation into Kundalini Yoga, my Guru His Holiness Swami Sahajananda Tirtha felt the need to authorize some of the practitioners among my students to give Shaktipat initiation. As a result I have given the authorization or Shaktipat deekshadhikara as it is technically called to 13 of my students. They all are actively involved in giving Shaktipat initiation to people.

A problem was faced by me in educating the new Shaktipat Gurus regarding the procedure to be followed while giving Shaktipat initiation. It has been suggested by some of my own students that a book should be published on the science of giving Shaktipat initiation. This is a lesser known

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subject. Usually information is not available in the public domain on this subject. Traditionally this knowledge has been passed on from one Guru to the other orally. Hence, publishing a book on this subject amounts to violation of ancient yoga traditions.

At this point I suddenly remembered the directions given to me by my Guru pertaining to this topic. His Holiness Swami Sahajananda Tirtha has directed me long ago that I should publish a book on the science of giving Shaktipat initiation to people. I have never realized the gravity of the prophetic prediction made by His Holiness at that time. His Holiness had clearly visualized the future need for publishing such a book. The very fact that His Holiness had bestowed such an honour on me shows that His Holiness was remotely visualizing my future and the yet to unfold destiny.

I am struck with great humility on receiving such an honour to publish a book on this subject. Usually authors publish many books on the subject of Kundalini Yoga. However, very few of them publish books on the practical tips to students. Such authors are usually spiritual Gurus by themselves. Then only it is possible to publish such practical books based on their experiences. However, publishing a book to guide such spiritual Gurus themselves is usually an unheard of a thing. This is partly because every spiritual Guru has his or her own style of blessing the mankind. Therefore, who am I to guide such spiritual masters! But this book has become necessary for me at least to educate my own students and their future students. Hence, this is the primary reason for publishing this book on such a rare and secretive topic. I humbly request all the spiritual masters to pardon me for venturing into such a secretive topic and revealing it to the public. I am only following the divine will in the form of the command received from my own Guru His Holiness Swami Sahajananda Tirtha. I am hopeful that this book will be informative as well as helpful to many a future Shaktipat Guru in particular. It may also act as some sort of reference guide to Gurus from all other paths in general.

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If I have written anything wrong in this book due to my lack of knowledge on the subject then that karma is mine alone. If any benefit is accrued out of this book to anyone; then that credit goes to my venerable Guru His Holiness Swami Sahajanada Tirtha.

- Author

What is Shaktipat?

The word *Shaktipāt* means the descent of the energy. It is not an independent yoga system. It is simply an ancient yoga technique. However, it is the highest yoga technique or the mother of all yoga techniques known to mankind. In this, the supreme cosmic power itself is used as the technique on itself.

The supreme cosmic power does the creation of the cosmos at both individual and collective levels. Therefore, the efficient disintegration or destruction of the worlds can only be done by the cosmic power itself.

Every human being is a miniature model of the cosmos as per ancient Sanskrit texts. Therefore, whether at the level of macrocosm or microcosm, it is the same cosmic power that is involved in its creation, sustenance, and also the final disintegration.

As a result, the only thing that exists in the cosmos is this supreme cosmic power. It pervades the infinite cosmos. Even modern science admits this fact. The human bodies with their flesh, blood, and bones are also made out of this same cosmic power.

However, the underlying substratum of this vast and infinite cosmos is unknown. We can call it the God or the

Almighty or the Brahman or the Ātman or the divinity. It is widely proclaimed in all ancient Sanskrit texts that the same substratum of the cosmos is also pervading everywhere infinitely.

Therefore, whether it is cosmic power or the divine is the same as two sides of the same coin. From this perspective and also as proclaimed in ancient Sanskrit texts, a human being is a miniature model of the cosmos; the same underlying substratum in the form of divinity pervades the human bodies too!

The self-realization for a human being, therefore, becomes the only thing to be known or realized. Self-realization results in the realization of the cosmos too. That means if a drop of water in an ocean realizes its nature, then it also knows the entire vast ocean. Therefore, there is no necessity for a human being to explore the vast and infinite depths of interstellar and intergalactic space.

The technique applied to achieve this realization in a human being is what is called *Shaktipāt*. The process which is affected by this technique is called yoga in general terms. The process terminates in self-realization or salvation or a merger with the universal spirit called God etc.

Various yoga techniques have been developed since ancient times to achieve this grand aim of joining the individual soul with the universal soul. However, due to the gigantic nature of the task involved, it is impossible for a human being to affect this process on his or her own.

All yoga techniques or *tāntric* techniques applied are solely geared to achieve a certain benchmark. That benchmark is to instigate the outbound cosmic power from its creative mode to retract itself. As a result, the same cosmic power which had created the human being and his or her individual world starts to disintegrate it by means of destroying the karmas imprinted in their subconscious minds.

This benchmark is what is called the awakening of the cosmic energy. However, there is nothing known as awakening as such in its classical sense of the meaning of the

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word. The all-powerful, all-knowing, and supreme cosmic power is always awakened as we understand the word. It is just the point at which it starts to retract itself from the creative and sustenance mode to disintegrative or destructive mode is what we term as “awakening” for ease of our understanding of the subject.

The awakened cosmic energy in the terminology of human beings is what is called the awakening of *kundalini* energy. This cosmic energy, after having created a human being is supposed to be lying in a dormant state at the base of the cerebral-spinal system in a human body. It is also supposed to be continuously projecting or sustaining the illusion of “life” for a human being. This illusion is akin to a mirage in a desert that gives the optical illusion of water.

In every path of the yoga or t  ntric system, this benchmark is achieved for the practitioner. As a result, there is nothing left for the yoga practitioner to do anything further. Whatever has to happen will happen without any effort from the yoga practitioner! The awakened cosmic energy does the process of disintegration of the world or destruction of the individual karmas after it starts retracting or collapsing inwardly. Different names in different yoga systems call this energy. However, it is popularly known as *kundalini* energy.

Shaktip  t is an exclusive yoga technique applied for an awakening of the *kundalini* energy. A small explanation is required here to understand the reason for this specialized yoga technique.

The spiritual evolution of a spirit or the   tman of a human being can be broadly categorized into three stages.

The first stage is before the awakening of *kundalini* energy! In this stage, all effort is put in by the yoga practitioner voluntarily, with egoism coloring all actions. All kinds of worship of God, yoga practices, t  ntric practices, etc come under this category. However, the effort put in by the practitioner amounts to be very minute in nature.

After the awakening of *kundalini* energy, the effort is put in

by the supreme cosmic power itself internally. As a result, the destruction of karmas accumulated in a human being occurs at a rapid and accelerated rate. This second stage terminates in a state of thoughtlessness or *śamādhi* as it is called in Sanskrit texts.

The third stage starts from here. However, there is no more yoga technique left for this stage. Hence, there is no known initiation into this final path. All ancient texts have remained silent after this. It is said in the texts that the final journey of the soul to achieve its merger with the universal soul or God occurs at the will of God.

Therefore, the technique of *Shaktipāt* deals with the second stage only.

However, human beings must have practiced different yoga systems in their different past lives. As a human being approaches a certain benchmark in their respective chosen paths for an awakening of the cosmic energy, initiation is given by a Guru by using the technique of *Shaktipāt*.

After *Shaktipāt* is done on a human being, it remains active forever until salvation is attained. That means *Shaktipāt* is carried forward to their afterlives. However, in every lifetime, it is mandatory to take formal *Shaktipāt* initiation under a Guru in a formal manner.

When *Shaktipāt* is done on a person in whom the *kundalini* energy is already active by birth, it gets stabilized at a safe level. In people in whom the *kundalini* energy has not been activated, it will get activated for the first time, provided they have reached closer to the benchmark level, which I have explained above.

Therefore, *Shaktipāt* is meant in a way for some people only. It cannot be given to anyone. It may not work even if it is given.

The destiny itself decides who is meant to receive *Shaktipāt* initiation. That means the karmas accumulated by the practitioners themselves in their past lives or current life will draw them towards the path of *Shaktipāt*. A Guru may appear out of nowhere all of a sudden and bless them with *Shaktipāt*

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deeksha.

This is crucial to understand. Because of this, the technique is not very popular among mankind. That means people do not usually meet *Shaktipāt* Gurus in the first place. Probably due to the advancements in modern communication technology, people are hearing about it in recent times. However, the actual process of *Shaktipāt* initiation takes place or depends upon their past accumulated karmas only.

What is mantra?

A mantra is essentially a sound body or a packet of sound energy in a particular form. Since it is a sound body, it needs to be conveyed either orally or through the medium of a linguistic script. Since it is closely linked to a linguistic alphabet and also the thought patterns which arise in mind, the entire domain of mantra practice by repetition is also confined strictly within the psychedelic realm. That means, whatever practice is to be done by repetition of a mantra is basically a mental exercise. Just like a muscle is built in a human body by repetition of physical exercises carrying weights etc., over a prolonged period, similarly the mind gets impacted as the power of mantra (which happens to be sound energy) gets accumulated slowly and steadily within the psychedelic realm.

A mantra can be visualized akin to a small brick of clay which goes into the construction of a building. All readers are aware as to what kind of gigantic structures are made by laboriously piling up a huge quantity of bricks. These structures are also manifested in a variety of shapes and sizes. A mantra practice (sadhana) is essentially a similar kind of exercise. The only difference is that it happens to be a mental exercise. However, the benefit of building a house will accrue to both the builder as well as others. But the benefit of a mantra practice will be only for the practitioner! Hence, one

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cannot guess as to the kind of progress one has made. Although one gets a rough idea after some time once the effect of mantra is felt by the mind.

The entire science of mantra (Mantra Shastra) has been developed based on the above principle. Numerous texts have been developed since ancient times. Different mantras impact the mind in various different ways. But the point to note is that they are like any other materialistic sciences. It is just that the science of mantras happens to be a sophisticated one when compared to modern physical sciences. The science of mantras has already been perfected long time ago in ancient times if we go by the ancient Sanskrit texts as a standard. For those readers who entertain any kind of doubt as to the validity of those ancient sciences, I would like to bring their attention towards the modern string theory.

Even the modern proposed string theory points out that all energy or matter is in sound form at the fundamental.

Therefore, ‘science of mantras’ merits attention by everyone. It is a fascinating science definitely by all standards. Hopefully this ancient science will one day once again be a popular subject just like the ancient times. Definitely I would not like to miss the bus!

Basically ‘the science of mantras’ is a sophisticated subject which the modern science is yet to unravel although the indication is already there. Don’t we hear all sorts of music? Every reader must be aware about the power of music on human mind. Therefore, no wonder that ‘the science of mantras’ is such a profound field to explore.

It is (science of mantras) mentioned in ancient Sanskrit texts as well as the Christian Bible. The Sanskrit texts go on to describe how the entire universe has been created out of the primordial sound energy “om”. Similarly we have the same truth proclaimed in Bible which goes on to that “...in the beginning was the word etc.” Essentially the truth has been accepted by ancient Sanskrit texts, Bible and also the proposed modern string theory about the creation of universe as such from the primordial sound form.

Sound is the basis of all languages. A letter of any alphabet in any language is akin to a small brick with which gigantic literature has been created incorporating all sorts of human thought like music, drama, poetry, story etc.,

It is of my humble opinion that the future science will be based on the ‘science of mantras’ rather than the present day ‘mathematical model’. Don’t we all know how the very concepts of universe have been changing since the time of Aristotle, followed by Copernicus, followed by Newtonian mechanical model and lastly the mathematical of Albert Einstein and Quantum Mechanics?

Our scientific concepts about the origin of universe have never been constant. There is no guarantee that they will remain like that in future! At least, history of mankind has taught us this lesson. Therefore, a new ere in the history of scientific development may well see it based on psychedelic (sound) model rather than continuing with the present day mathematical model. As explained above, the newly proposed “string theory” is an indication towards that direction.

The main doubt entertained by all sceptics is that “a mantra” does not work fast enough. They don’t see the results immediately. Hence, they tend to criticize the entire theory. Even the serious believers tend to give up after some time when they don’t see the results.

Just imagine how much time it takes for anyone to develop muscles in their bodies when they go to a gymnasium regularly. When they pick up a weight and try to exercise repeatedly, muscle will definitely build up but takes time. It takes a very prolonged practice of at least may be six months or so before anyone can see the results. Now when we talk of a sophisticated technique like repetition of a ‘mantra’ (sound body) inside our minds, one can easily understand that it takes a very long time before the results are felt. Hence, ‘patience’ has been highlighted as the essential virtue required for undertaking any practice of this sort.

Even to criticize and abandon the theory one needs to experiment with it first otherwise, the criticism itself will lack

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any merit. Above all, the subject of ‘mantra shastra’ itself is so glorious (it talks of the very origin of universe) that it is worthy enough to be experimented.

The understanding of ‘mantra shastra’ will elevate the mind to such a lofty height that knowledge reveals itself to the practitioners of mantra. Don’t we all know that ‘knowledge itself’ is the greatest benefit of knowledge? Knowledge is power. The cosmos is this power. Power is the origin of human existence. Rather it is the very divine thing.

Step by step Shaktipat procedure

This procedure is basically meant for performing Shaktipat on any person from any distance by making use of the free will or 'sankalpa' and also by giving a mantra. However this procedure remains common for other techniques as well. The other techniques used for performing Shaktipat are by physical touch and looking directly into the eyes of the seeker. In each technique the free will has to be exercised as such. Only a few additional requirements might be there while using other techniques. I will elaborate on the other techniques later in the next chapter. The only disadvantage in performing Shaktipat from distance is that it can't be done on more than two or three people at a time. This is due to the mental strain caused on the Guru. I have tried giving Shaktipat to even three people at a time. But I always preferred not more than two at a time. If required another session can be planned successively. But please remember that each session will take approximately more than one hour. The Shaktipat Guru also may need a small break of half an hour for rest.

If anyone asks for Shaktipat deeksha or initiation; first ask

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for some basic details either verbally or in writing. I have given a suggested format for seeking the personal details in one of the succeeding chapters. These details will help you to get to know of the person. Typically ask for the full name, age, place of residence, educational background, profession, married or not, children age profile, religious background etc.

Thereafter start screening the person either verbally or in writing. It is better to screen the person in writing if time permits. For this purpose a few questions can be asked either verbally or in writing. I have given the format of a suggested questionnaire in one of the succeeding chapters. The typical screening should involve health issues, drug abuse, on medication if any, reasons for seeking Shaktipat initiation into Kundalini yoga, any past history of being initiated by Shaktipat into Kundalini yoga or any other history of ever being initiated into any kind of yoga or tantric system etc.

Most importantly ask for the details of any major health issues especially those which are terminally ill. Typically persons suffering from diseases related to heart, cancer, HIV, asthma, TB etc should not be given Shaktipat in their own interest. Similarly people suffering from multiple health problems although not terminally should also be avoided. People with unstable mind or mentally retarded or other mental disorders should not be given Shaktipat initiation under any circumstances.

People who are addicted any kind of serious drugs should not be given Shaktipat initiation in their own interest.

Please check if the person is on any kind of medication. Sometimes people get addicted to normal medication also like cough syrup, sleeping pills, anti depressant drugs etc. All such cases should not be given Shaktipat initiation.

Ask for the reasons for seeking Shaktipat initiation into Kundalini Yoga. Only those serious of seeking self-realization or divine grace should be considered. Usually some people seek Shaktipat with a materialistic intention. Some seek supernatural powers. Some seek for business purposes like energy healing etc. Some seek it as a treatment for their

medical problems which they would have hidden. Some seek it as a remedy against black magic etc. Some may seek it for gaining a variety of other materialistic benefits which may be difficult to list out here. This list is not exhaustive by any means. A Guru must use his or her own judgement while screening the person. All such cases should not be given Shaktipat initiation. It will be a pure waste of time and effort. They can be politely told that no such benefit will be accrued to them by Shaktipat initiation.

Ask for any history of past Shaktipat initiation into Kundalini yoga. Persons who have already taken Shaktipat initiation within the same lineage should not be given Shaktipat again as this would amount to some sort of clash or dishonouring the own lineage of past Gurus.

Ask for any past history of having been initiated into any kind of yoga or tantric system. People who are prone to switching the Gurus or yoga systems too often should be avoided unless there are genuine reasons.

After screening the person if he or she is found to be suitable for giving Shaktipat initiation; then share a book or pdf of the book which can give some basic idea about the Shaktipat system. It is suggested that “The Power Unknown to God” written by the author be shared with the person in whichever language he or she desires provided the book is available in that particular language. At present the book is available in most of the major world languages. Audio book can also be shared if the person desires due to any reasons. Some people who lack adequate education may not be able to read. Audio books are best suited for such persons. At present audio versions of “The Power Unknown to God” are available in some of the major world languages.

The book itself is likely to do the second layer of screening. Many persons may drop out after reading the book. This happens typically very often.

If the person persists with the desire to seek Shaktipat even after reading the book then do the final screening by way of interacting with the person either on phone or

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through any other means of communication. Please have patience and carry out detailed interaction with the person. Ask for his or her inner desires and aspirations. Just interact for the sake of getting to know the person as much as possible. Sometimes something might pop up out of the interaction. Persons who refuse to recognise the institution of a Guru or those who are too proud of their bookish knowledge etc should be avoided. In such cases please tell them politely that you can't give them Shaktipat.

After screening of the person is complete fix up suitable time and date for the Shaktipat initiation ceremony or please tell him that you will plan for their initiation in the next few days.

Shaktipat should be received by the person preferably during the morning hours on empty stomach. Any time after four in the morning till nine or ten in the morning is usually suitable for receiving Shaktipat initiation. However, the earlier it is the better it will be. Similarly Shaktipat can also be received by the person in the evening hours any time after five to eight or nine in the night. These timings are very general and meant only as general guidelines. Otherwise Shaktipat can be received by a person at any time of the day or night if the situation arises due to necessity. However, there is no restriction on the time in general for the Guru who is performing Shaktipat.

Suitable date should be worked out for the Shaktipat initiation ceremony. It is suggested that Indian lunar calendar system be followed for this purpose. Certain digits of the moon are considered auspicious and Shaktipat initiation should be given on such dates. However, the most important issue to be kept in mind is for the menstruating ladies. Shaktipat initiation should not be given for the ladies during such time when they are undergoing periods. Same rule is applicable for the lady Shaktipat Gurus also. It is better to keep adequate margins since some ladies are not sure of their menstruation cycles.

Once the time and date is finalised for Shaktipat initiation

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send the detailed instructions to be followed by the seekers. I have given a suggested checklist for the seekers in the succeeding paragraphs below. However it is not exhaustive by any means.

Send the pictures of all Gurus of the Shaktipat Order (respective lineage) so that seekers get familiar with the names and faces of the past Gurus as well as the Guru who will be giving Shaktipat initiation. Each picture of the past Shaktipat Gurus should be sent separately along with the name.

Please prepare four or five *2-minute* short videos containing your pictures and any of the seed mantras Om, Ram, Lam, Yam etc. I will let you know the reason for preparing the videos later. These videos prepared with various images of the Shaktipat Guru giving initiation should be sent to the seekers so that the image of the Guru is well embedded on the mind of the seeker. Prepare the videos with different seed mantras added as audio. Tell the seekers to mute the videos and watch them as much as possible. For this purpose each video should contain a different set of images of the Guru. The idea is to make the seeker thoroughly familiar with the face of the Guru.

Then have a lengthy conversation with the seekers a few days prior to the initiation. Please tell them to start preparing for Shaktipat initiation mentally. Personal details of the seekers can be shared with your respective Gurus during this process so that blessings can be received by him as well. All instructions sent to the seekers should be explained verbally although at the cost of repetition. The importance of exercising self surrender to the divine or Guru should be highlighted. Similarly please tell them not to wait for the kriyas to manifest on the day of Shaktipat initiation. Tell them to leave it to the divine. They should keep their minds calm as much as possible during the process of Shaktipat initiation.

On the day of Shaktipat initiation please ask the seeker to call you at the scheduled time. But please warn them not to sit on the meditation seat prior to contacting you. Otherwise usually some people sit on the meditation well before the

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scheduled time in their over exuberance to receive Shaktipat initiation. As a result their legs start painning at the time of actual initiation. This is not desirable because their minds will not be calm due to pain in the legs. In case you are getting late in getting ready for the Shaktipat initiation ceremony then please inform them also well in time. Give them as much notice as possible. Tell them that you will contact them yourself after you are also ready. Same thing is applicable to the seekers also. In case they happen to get delayed due to any unforeseen circumstances please educate them to inform you.

Once both of you are ready; tell them that you will be praying for them first. Tell them that it will take about 15 or 20 minutes. Tell them that you will call them back and give them a mantra.

Tell them to keep sitting on the meditation seat while you are praying for them. They should sit with a calm mind and recollect the images of all Gurus including your picture. They should offer their respects to each of the Gurus mentally. They should seek their blessings that the mantra you are about to give them should be fruitful at the earliest. This is called the seeker's or sadhak's prayer.)

After they finish praying and seeking blessings from each Guru for the success of the mantra; they should sit with their minds focussed on your picture alone and keep attending their phone. After briefing them regarding what to do; convey the blessings to them on behalf of all past Gurus of the Shaktipat Order and your own blessings.

Thereafter, you also sit for meditation. First sit with a calm mind. Let the thoughts run freely in your mind for 2 or 3 minutes. Take a few deep breaths.

Then start repeating your own mantra for a few times. Start visualizing all Gurus of the Shaktipat Order in a sequence whenever you repeat your mantra. Offer your respects to each one of them individually by repeating either the Sanskrit verse "Om Sri Gurubhyo Namaha" or saying "Salutations to the venerable Guru" once or twice or thrice

or any number of times till you feel satisfied.

Mentally pray to them that the mantra (say the mantra) which you are about to give to that person should be fruitful. Mentally say the name of the person along with city of residence and country. Repeat the prayer three times at least or any numbers of times till you feel satisfied.

Thereafter make the second prayer. Pray that after you give Shakthipat initiation to that person, whenever that person repeats the mantra (say the mantra); kriyas or reactions should start manifesting in his or her body immediately and aggressively but at a safe level. Repeat this prayer also three times or any numbers of times till you feel satisfied.

Thereafter make the same two above mentioned prayers to the formless supreme cosmic power. You can simply visualize the image of outer space with galaxies in it or simply keep the mind blank. However, please follow the exact procedure and sequence mentioned above.

Thereafter make the first prayer again for the success of mantra to the Goddess of the mantra. In case of seed mantra, you can simply visualize the mantra script; e.g. for “ram” seed mantra you can visualize the letters “ram” or if possible, the Sanskrit symbol. This is also repeated three times just as mentioned above or any numbers of times till you feel satisfied.

Then call the person and give him or her mantra. Ask the person to repeat it aloud so as to ensure that he or she has understood it properly. Basically you are trying to mentally prepare yourself by doing all this in such elaborate manner so as to avoid any kind of omissions. Otherwise a simple prayer to Gurus once will also do. However, it suggested that you overdo it since it's a life changing ceremony for the person receiving Shakthipat. You do it sincerely from the depth of your heart. Just do your duty correctly and overdo it to make sure.

After you give mantra tell the seeker to take a 10 minutes break. Tell the person to get up from their meditation seat,

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stretch their legs and visit washroom if required. Then ask the person to watch the video which has the same mantra that has now been revealed. Tell them to forget about the other mantras and videos henceforth. Tell the person to keep their phone in silent mode and inform you finally after sitting for their second session of meditation or the initiation ceremony.

You can also take a few minutes break in the meantime. Once the person contacts you after sitting for the second session; ask him or her to repeat the prayers just like they did for their mantra initiation. Only difference is they will now seek the blessings from all Gurus “for success of Shaktipat initiation ceremony and also for immediate manifestation of kriyas.” This entire procedure will take them about 7 or 8 minutes. Tell them not to rush through and that you will be performing Shaktipat only after 10 minutes from the time you both finish your discussion on phone. Further tell them that adequate cushion time has been catered for in view of any unforeseen circumstances.

After finishing prayers to all Gurus they should only focus on your picture and start repeating the mantra simultaneously for at least 30 minutes. Tell them to remain seated with calm mind. If random thoughts arise; they should allow them but repeatedly try to focus their mind back on your picture and the mantra.

Please tell them specifically not to be curious about the kriyas or reactions in the body or mind. They should exercise full self-surrender to the divinity and remain seated with calm mind. Please tell them that the cosmic energy will be radiating from your body and entering their body. After awakening the kundalini energy and it will return back to you. But it is so subtle that they will not experience its arrival and departure. Remind them that they don't even get to experience the x-rays in a medical laboratory. Therefore they shouldn't be curious about it. Otherwise their mind will be engaged with the thoughts and deemed to be not calm. Tell them to just forget about all worldly things.

At this stage you need to psyche them up mentally. Try

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and stun them or silence their mind temporarily. Put the fear of God in them. Tell them that it is not their first birth. Tell them that they have taken innumerable births in the past. Remind them that he or she came alone when they were born. Remind them that they will leave alone when they dies. Hence, they will have to leave everything behind including their family, friends and all materialistic possessions. Remind them that nothing will accompany them other than the Shakthipat. This will force them to look inward temporarily till Shaktipat initiation is over. It's for their own benefit that you are creating this psychological impact on their mind. Somehow try and ensure total self surrender from their side. It's your duty as a Shaktipat Guru to ensure the right conditions in their mind just minutes before they receive Shakthipat initiation. It's like the climax of their psychological condition.

After this ask the person to put their phone on silent mode or switch it off. Once the phone is put down no contact is possible from either party. From that point onwards it is deemed that Shakthipat will be done after approximately 10 minutes from the time the phone is put down. Please tell them to make sure that they are not disturbed in any way. Tell them that Shakthipat can't be repeated again. Lastly don't forget to convey the blessings of all past Gurus of the Shaktipat Order including your own blessings for the successful reception of Shaktipat by the person.

After stunning them temporarily and blessing; tell them to start.

Please give a time lag of 5 minutes before you sit for meditation. After this you put your phone on silent mode and start the procedure same way as you did for mantra initiation. The only difference is pray that you have decided to give Shakthipat initiation to that person now. Pray that Shakthipat should be successfully executed on them. Pray to the Gurus to shower their blessings on that person. Mentally repeat the name and place. Repeat the prayers minimum three times or

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any numbers of times till you feel satisfied.

Make the second prayer that whenever he or she repeats the mantra given to them, Shaktipat kriyas should manifest aggressively for them but at a safe level. Repeat this also three times or any numbers of times till you feel satisfied. Each time you pray, end it with the mantra given to you.

After this repeat the same set of above two prayers to the all-knowing supreme cosmic energy.

In the similar manner mentioned above you can also exercise free will from your side as an additional wish. This can also be repeated minimum three times or any numbers of times till you feel satisfied.

For example you can mentally exercise free will saying; I hereby wish from the bottom of my heart that Shaktipat should happen successfully for so and so person living in so and so place. End this wish with the mantra given to you by your own Guru. Repeat this also three times or any numbers of times till you feel satisfied.

After this make the second wish saying; whenever so and so person repeats mantra I have given him or her a few minutes ago Shaktipat kriyas should start manifesting in their bodies aggressively but at safe levels. Repeat this also minimum three times or any numbers of times till you feel satisfied.

After this you can once again repeat the entire sequence of prayers starting from Gurus, followed by the supreme cosmic power and lastly yourself. There is no specific limit to this kind of praying. Since you told the person to sit in meditation for minimum 30 minutes you can constantly keep performing Shaktipat on the person for the duration of entire 30 minutes.

The idea is since you are not aware of the mental condition of the person you are trying your best to ensure that Shaktipat happens to the person. Hopefully at some point of time during the period of mandatory 30 minutes the person receiving Shaktipat also exercises total self surrender to the divine with a calm mind. This means hopefully at some

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point of time at least both of you are simultaneously in the act of the energy transfer. This is for the benefit of the person receiving Shaktipat that you are trying to over ensure it.

Please remember that Shaktipat session can't be repeated later. Shaktipat should only be done on a person only once by you. It should never be attempted again on the same person by you.

After you finish performing Shaktipat on the person you can continue to sit in meditation for some more time just in case that person also continues to sit for more time. Although you may not be aware of the person at this time still there is no harm if you sit for a little longer time. You can keep visualizing the picture of the person for the next 15 or 20 minutes or so. Focus your mind on the person mentally desiring that Shaktipat should be successfully executed for them and kriyas should start immediately. This is the reason why you have told the person to do it for minimum 30 minutes or more if possible. You don't know whether that person is receptive or not at the time when you exercise your free will for Shaktipat to occur. You are basically trying to over ensure that it is done. Remember that it can never be repeated by you again to that person.

Please go through the entire sequence and clarify your mind thoroughly.

Different methods of Shaktipat initiation

Shaktipat is performed by using any of the techniques namely; free will, mantra, touch and eye sight.

However, this actually amounts to two methods only broadly speaking. Shaktipat is performed either from distance or in the physical presence of the Guru.

In case of the former many administrative problems can be avoided. In some cases I have given Shaktipat initiation to persons living in ships in middle of oceans also. This has made it easier for the seekers also. Sometimes it may not be suitable to organize the ceremony at the residence of Guru for various reasons. In such cases also it is convenient to perform Shaktipat from distance. Therefore it can be decided and resorted to depending upon the convenience of both the seeker and Guru. In this case a mantra is also linked with the Shaktipat and given to the seeker either on phone or through a simple message. It is even possible to perform Shaktipat on the seekers without the requirement of even talking to them on phone.

In case of physical presence there is a tradition that the seeker needs to stay with the Guru for three consecutive days.

This may cause some inconvenience. If required the seeker can go back after the session on the first day and return back on the subsequent two days in the morning time. That means there is no need to stay with the Guru during the period of three days completely. In this case the seeker is physically present in front of the Guru. Therefore, all the four techniques mentioned above can be used. Since the seeker is present right in front of the Guru, Shaktipat can be done by looking into the eyes and also physically placing the hand on head. Exercising the free will is mandatory in any case. Lastly there is no harm in giving a mantra also linked with Shaktipat. The advantage of this method is that Shaktipat can be performed simultaneously on a group of people. However, care should be taken while giving the mantra to the person so that others do not hear it. For this purpose each seeker can be called in turn separately to a place away from the others and the mantra can be given. The only additional thing to be done in this method is to use red coloured flowers or flower petals. Flowers are placed on the head first and hand over them while exercising the free will or sankalpa.

While sitting for Shaktipat initiation ceremony the seeker sits facing the Eastern direction as usual. The Guru can sit at a right angle to the seeker or facing the seeker. In this method the mantra can be given either in the beginning or later. The seeker should close eyes while sitting in meditation at the time of Shaktipat. Rest of the procedure is same with a little modification.

To summarize first make the seeker sit on the meditation seat. Let the seeker visualize and pray all the Gurus. Let the seeker seek blessings from all the Gurus. The seeker can seek blessings for both the mantra and Shaktipat combined in one attempt unlike the above method. The Guru also can sit in meditation and make his prayers. After about 10 or 15 minutes the Guru can get up from the meditation seat and stand in front of the seeker. Pick up red flowers or petals in either the palms or only right palm. Flowers should be kept in front of the seeker for this purpose beforehand in a plate or

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basket. After placing the flowers on the head the Guru can place the right palm on top of the head crown and exercise free will or sankalpa that Shaktipat should happen to the seeker. One should not hurry it up. The Guru should take his or her sweet time and do it with a calm mind. Let it take any amount of time. The Guru should be satisfied mentally. That is the only criteria. Thereafter he or she can move on to the next seeker if there is any.

A few guidelines for Shakthipat Gurus

I have not written anything about which mantra to be given to the seekers deliberately since it is supposed to me kept as a secret between the Guru and the seeker.

Giving Shakthipat initiation indiscriminately leads to unhappiness and dissatisfaction for you later. It's better to be little moderate. Nowadays you come across a wide range of diseases. You need to be little careful while exercising your judgment. Otherwise seekers may end up with unusual medical problems after Shaktipat initiation and it may be difficult to help them out.

Similarly please be careful about the psychological issues. Mentally retarded, unstable persons etc should not be given Shakthipat.

People who appear to be too materialistic in attitude and people trying to do business in the name of God etc also should be screened out.

Do not give Shakthipat initiation to people who have not crossed the minority age limit legally. If something goes

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wrong then the parents may start fighting with the Guru. Otherwise technically there's no minimum age limit for Shaktipat. However, if any of the parents has already taken Shaktipat initiation from you then you may consider their case as an exception.

Similarly please avoid people who are too old. Again there's no upper age limit as such for Shaktipat. That is technically there is no upper age limit. But usually I avoid going beyond 75 years. But please consider old people only if they are healthy.

Next it is regarding homosexuals and lesbians and also those who are gender challenged. I have not denied Shaktipat to any such kind of people because it is nowhere written in ancient yoga texts that Shaktipat can't be given. I have discussed the subject pertaining to transgender with my Guru His Holiness Swami Sahajananda Tirtha also. His Holiness is also in agreement with me that there's no restriction in giving Shaktipat to them. However I have not discussed about the homosexuals and lesbians with His Holiness. But from my side I have already given to some. I don't ask any questions pertaining to this subject because it is not an issue for me but people volunteer the information.

Next right from the beginning please make it clear that the final decision whether to give Shaktipat or not always rests upon you. Since it is a spiritual science people usually understand this. Those people who don't respect the decision of their future Guru are in any case unfit for Shaktipat. I mean those who demand explanation when you refuse Shaktipat initiation are in any case unfit for Shaktipat. Usually in India Gurus take their own sweet time before accepting anyone. They hope that more the time they take the better chance of screening the person thoroughly. So that something or the other which they might have missed out might get highlighted later on.

In my case my Guru has made it easier for me. I mean this screening process. His Holiness has prescribed reading my book "The Power Unknown to God" as a precondition for

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anyone to be considered for Shakthipat. His Holiness felt that the book itself will do the screening to a large extent. Many people backed out from taking Shakthipat initiation after reading my book. However, this screening is done after the initial screening. Basically you do screening or filter people in a few layers.

But please keep it in mind that you should not refuse Shaktipat at your whims and fancies to a deserving person because God is watching you as well. You should have a strong reason for refusing Shaktipat initiation to a person. This is thumb rule for all Shaktipat Gurus.

But as a Guru you shouldn't give Shakthipat indiscriminately as well. Therefore you got to operate somewhere in between these two extremes exercising caution. However, there's nothing to fear. There is nothing known as perfect screening either. Please remember that as a Shaktipat Guru it is your own sadhan as such. Therefore your duty is to exercise caution and not to be indiscriminate. As long as you follow this thumb rule you are protected from the people who try to lie and cheat. I have noticed this phenomenon sometimes. As a Shakthipat Guru please think that you are only a medium for the divine grace to shower on a person.

Avoid giving Shaktipat to people who proudly think that they are intellectuals or who think that they know everything etc. However, never pick up any quarrel with anyone. Never sound negatively to anyone.

Please understand that every human mind which approaches you for spiritual help is basically sick in their minds. Therefore please treat them with compassion even if they happen to be the worst sinners.

Yoga doesn't make any distinction between Saints and Sinners.

Probably in my case things happened at a rapid pace. That must be the reason why my Guru has made the screening process easier for me. Many people including some of my Guru bhai or brothers think that I am indiscriminate in my approach. But the truth is my destiny always unfolded at a

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rapid rate for me. That's all about it. Otherwise I have refused Shakthipat initiation to many people in my life. Therefore please do not try to emulate my style of functioning.

Next please don't give Shakthipat initiation to any drug addicts or even those addicted to normal medicines. Nowadays so many people are addicted to various drugs due to lifestyle problems. Although everyone is entitled to God's grace; unfortunately Shakthipat initiation can't be done on them due to the risk involved. Hence they should be politely refused. It doesn't matter even if people are unhappy or emotional about it. But please be firm in your approach. As a Shakthipat Guru you must rise above such emotional issues.

Whenever anyone of you are in doubt regarding the medical fitness of a person please keep the decision pending for a few days. Just sleep over the issue for a few days. Please don't give any confirmation to the person. You can always give the person some excuse. When you allow sometime to lapse then the supreme cosmic power only will inspire you to take a decision without any kind of mental bias. That's the trick. It's not about whether a person can be given Shakthipat initiation or not. It's about your own sadhan as well. That means the all knowing cosmic energy will sort out the Shakthipat Gurus as well. I hope you all understand what I am trying to say. Just don't be in hurry to give Shakthipat initiation. Please take your own sweet time to decide. It may appear unjustified to make the other person wait for your decision. But then please understand that spirituality has nothing to do with anything which is rational or logical or ethical or anything else for that matter. It is all about cutting down the egoism of a yoga practitioner. That's the crux of the issue.

Common questions on Shaktipat

A Shaktipat Guru: It seems I am being contacted by a lot of people who are unwell. They are either with depression or anxiety or other physical conditions. It seems very few are eligible for Shaktipat initiation. Is that what happened in your experience?

My response: Please understand that this is not meant for treatment of the people in this materialistic world. Shaktipat is not a materialistic science like psycho therapy or energy healing etc. It's a different game altogether. It's a game with God. Hence, at the time of Shaktipat we tell the people that it's their date with the God or destiny or with themselves. Therefore please don't bother about all such cases. As a Shaktipat Guru, you too are being tested out by the all conscious cosmic power. You need to resolve your internal contradictions too. Hence it is sadhan for you also. I am happy to see you getting exposure to the world at large. You now know that everyone has a story leading a miserable life perhaps. Not many are happy. Only a few lucky ones may be enjoying a happy life due to their past good karmas. But soon that will get exhausted and then the story repeats.

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A practitioner: I was so excited for my *shakthipāth* initiation that I had not slept the whole night before. I just couldn't sleep. So the next day morning at the time of my initiation at 7 AM my alertness level was very bad. The same thing happened for the next two successive days. I feel due to my shortcomings and over-excitement, I might not have been a good recipient as I was not tuned into alertness and sharpness. My sincerest apologies! Is it possible to give me *shakthipāth* initiation once again please?

My response: Please don't worry about it at all. There's nothing known as *shakthipāth deeksha* not being successful. However, the mental condition of the recipient at the time of *shakthipāth* initiation matters to some extent. But this is a minor issue. It is your past accumulated karmas that matter most. Understandably, all practitioners may not be able to exercise a perfect state of calm mind at the time of taking initiation. But no need to worry about it at all! It might cause a little bit of delay and nothing more than that. It is just like the delay which occurs when trying to light up a wet stack of grass. Other than this, it is all your internal doubts only. *Shakthipāth deeksha* is given by a Guru only once. Actually it is me who has to confirm whether *deeksha* has been given or not, which I have already confirmed to you. Please be patient and have full trust and faith. Please continue with your practice the same way as told to you. Please sit along with me when I am in meditation whenever possible for you.

Regarding the re-doing of *shakthipāth* simply, it is neither necessary nor it is done the second time. It is not like any physical action. Moreover, the cosmic energy is all-knowing. Just don't worry about it at all.

A practitioner: Thank you so much, dear Guru Ji - I was worried that I might have messed up my initiation with over excitement and not being in a stable and calm condition. One more thing Guru Ji! You said the three day period is mandatory. But because of my exhaustion due to no sleep, I almost fell asleep the next two days during meditation. What happens in that case? I am continuing the practice now. Now

I am in a more stable state. But because I messed up during the three days, I am a bit worried.

My response: Second and third days are meant for observing the practitioners only. Otherwise, *shakthipāth* initiation is over on the first day itself. Regarding falling asleep during meditation, it is an age-old problem for all practitioners of yoga. It is the most common among all the practitioners. Just don't worry about it at all. Have faith and trust. Lastly, exercise full self-surrender to the divinity or Guru. It's just your internal doubt and fear. There's nothing known as perfect initiation either. A little bit of messing up happens with almost every practitioner. Please don't worry.

A practitioner: Dear Guru Ji! I need your blessings to spread the word out about *shakthipāth deeksha*/ initiation with likeminded people. Please guide me in understanding health restrictions due to which an individual becomes ineligible for *deeksha* and other important information on eligibility criteria.

My answer: Sure. You can spread the word around regarding *shakthipāth deeksha*. Some of our practitioners have been doing this. Basically you must screen them for a few things. There should not be major health issues like heart-related health problems, cancer, HIV or any other major health problem. Minor health issues are no problem! Next, they should not have taken *shakthipāth deeksha* earlier from any of the Gurus in our *parampara* or Order. But this is applicable only within our *parampara*! If they have taken *shakthipāth deeksha* from someone else from other *parampara* or Order, then there's no problem. Another requirement is that they should not be seeking *shakthipāth deeksha* for any materialistic benefits. This is very important. Otherwise, it will be a waste. Initially, please share my book with them. The best way to promote the *shakthipāth* initiation program is by joining some social media groups like Facebook related to yoga, *kundalini* yoga and other spiritual groups. You can post a message in those groups that if anyone is seeking *shakthipāth* initiation free of cost, then they can contact you.

A practitioner: Guru Ji! Are all the Gurus in your

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shakthipāth lineage self-realized?

My answer: I can only say about myself. I am just like you. Struggling for my self-realization! Nowhere near anything! Let alone self-realization! Therefore, I have no idea about the spiritual level of the Gurus of my lineage.

A practitioner: I have a question. How does *shakthipāth* help in case of a curse on anyone? This is the third time when someone who has some powers like seeing my aura and previously two astrologers had also said this that there is a curse on my paternal family. And I remember that my grandmom always used to say this but at that time I was a kid and didn't even believe in all this or maybe didn't pay any attention either. So according to this, no girl in my family is happy or has a marital bliss. This is also true except for two girls. Basically I'm asking this as this thought came across my mind.

As you know, this is the second time I have received *shakthipāth deeksha* and all I have to do is meditation. But I just can't do that. I either get involved in some work such that even in spite of trying my level best, somehow, I just don't get to sit and meditate. So is this negativity trying to pull me back from my destination? I decided that I will start from *navrātri* festive time anyhow and I tried to by getting up early also and by hardly sleeping for four to five hours. But still that day something happened and couldn't sit for meditation. I sat a bit later but then I just couldn't concentrate. So as we are not supposed to force ourselves, I got up then.

My answer: After *shakthipāth deeksha*, everything gets burned down. Whether it is a curse or anything else is all materialistic in nature. Therefore, everything is doomed to get neutralized. As I have mentioned several times earlier, *shakthipāth deeksha* is the highest form of yoga technique available since ancient times. However, kindly understand that it can't be treated as a cure for any sort of thing. Whether it is illness or poverty or curse or black magic or any other kind of misfortune from a worldly point of view, happens due to the past accumulated karmas only. But if someone

wants to seek the cure or remedy for such things, then *shakthipāth* can't be used for that. However, as a byproduct or result of the serious practice or *sādhana*, all those things get nullified and the person is freed from those karmas. That's for sure.

A practitioner: Whenever you are giving *shakthipāth* initiation to anyone, will it be beneficial for us if we also sit for meditation along with you?

My answer: It will be beneficial if practitioners sit for meditation along with their Guru when he is giving *shakthipāth deeksha* to someone else. The vibrations will be more powerful at that time. It will also be very good if those who wish to sit along with their Guru share their names in advance so that it would help the Guru to direct his thoughts towards them. In that way, the vibrations tend to become all the more powerful and helpful. It is also advised that the practitioners focus their minds on the image of Guru.

A practitioner: Suppose some kind of black magic was done on a person and that same person was given *shakthipāth* initiation. Will the *shakthipāth* initiation neutralize the black magic done on that person?

My answer: First of all, the claim regarding black magic having been done by someone is a debatable issue. In case it has been done, then it will ultimately get sorted out after *shakthipāth* initiation. However, as you questioned, it will get sorted out only as *kriyas* start manifesting. It will indeed take some time for all such kinds of aberrations to get sorted out. However, if a practitioner doesn't practice, then the cosmic energy remains dormant and these kinds of benefits will not be accrued to the practitioner. The bottom line is *shakthipāth* initiation can't be used to free oneself from the effects of black magic. It will happen as a byproduct if a practitioner is sincerely practicing. I hope you have understood the concept now.

A practitioner: Is Swami Gangadhar Tirtha the first Guru of the *shakthipāth* lineage/Order, and how did it all start?

My answer: Yes. In modern times he is the first Guru in

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the lineage. That's it! He started it. Very little information is available on him.

A practitioner: Still wondering! What are the roots/origin of *shakthipāth*? How did it come to be the way it is now? Is it secret, not a secret and why?

My answer: There are three stages in the spiritual evolution of a person broadly speaking. In the first stage, the technique applied is called "atomic initiation." All kinds of worship of God done by a human being including the practice of various yoga or *tantra* techniques before the awakening of *kundalini* energy, comes under this category. That means it amounts to nothing in reality because it is done by a person tinged with egoism, although some kind of initiation must have been given by a Guru. This effort is so minute. That is why it is called "atomic initiation." I am omitting the Sanskrit word *añavee deeksha*. After a person does this kind of practice over several prolonged lifetimes, he or she reaches the second stage. The person becomes eligible for receiving *shakthipāth* initiation. At this stage, *kundalini* energy is directly awakened by a Guru by performing *shakthipāth*. Because of this, you find very few people who have taken *shakthipāth* initiation in general.

Otherwise the majority of mankind seeking their spiritual growth falls under the first category. Therefore, *shakthipāth* Order has remained secretive in nature. No one knows when it has started or why it has been like that. Perhaps the evolution of human race and their spiritual growth must have been ordained by nature in the natural course of time. Just imagine! Mankind was in existence for quite some time. At least it was already highly evolved much before the advent of modern religions like Buddhism, Jainism, Christianity, Islam, Sikhism and other religions. What about the period before this? For example, we know that Egyptians have built pyramids.

Similarly we hear about the Mayan civilization etc., Today we might speculate about the various theories, but the fact is human evolution was very much in a highly developed state.

As far as yoga systems like *Ashtanga* yoga or *Raja* yoga and *shakthipāth* are concerned, they were also in existence. But we have no idea when did they start. In India, we only have some references in ancient Sanskrit texts like *Ramayan*, that Prince Rama was given *shakthipāth* initiation by his Guru sage Vashista. It is not the business of a yoga practitioner to bother about such academic stuff. A yoga practitioner goes for direct experience. Just like a patient consumes the medicine and not bother about the pharmacy part of it or the biochemistry part as to how it works inside a human body. You can also Google around for the information. But all of it may not be authentic as you are aware.

A practitioner: So we do our practice and pay homage to you, and the outcome will be what it is! No expectations?

My answer: You can't have expectations simply because you have no idea about the high volumes of karmas accumulated by you in your past lives. That's the problem. However, you will get adequate insight into your practice based on the kind of transformation occurring in your mind. But nothing can be said about the salvation part of it since it is in the hands of God. All that *shakthipāth* can do for you is to take you to the level of *samādhi* or thoughtless state. That by itself is a very high spiritual state. A person acquires even supernatural powers in that state. It is just for your information.

A practitioner: Will *shakthipāth* help with our spiritual progress in future lives too? Will our *sādhana* or practice automatically continue from where we might leave it in the current birth?

My answer: Yes please. All yoga texts have been harping on this. However, in every life time, *shakthipāth* initiation is required to be taken formally under a Guru. The occurrence of this formality seems to be predestined more or less. Of course! It will depend upon the accumulated karmas in your previous lives too.

A practitioner: Even after taking *shakthipāth* initiation, are there any chances of non-awakening of *kundalini* energy

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despite the disciple meditating every day?

My answer: *Shakthipāth* initiation is akin to lighting fire in the haystack of karmas. If the conditions are not conducive, then the grass will not catch fire. For example, if the grass is wet or it is raining at the time of the lighting of fire etc., the fire may not rage properly. Similarly, the manifestation of the *kriya* depends on prevailing mental conditions at the time of taking *shakthipāth* initiation. These conditions could be temporary in nature, like the practitioner's mind not being calm. It could also be due to the nature of accumulated karmas in the mind. Although the mind would have already fulfilled the basic requisite condition by acquiring some sort of equilibrium of the three “*guṇās*” (*Rajas*, *Tamas*, *Satvic*) or qualities, otherwise that person would not have been able to meet a Guru and take *shakthipāth* initiation in the first place. Now let me go back a little to our original discussion.

The reason for fire not catching up immediately could be due to some minor aberration. For example, the mind may not yet be stable enough with the three *guṇās* or qualities. It means a person may be having too much of *Rajas* or *Tamas* quality. The remedy is to practice the mantra with a mind focused on Guru. All said and done, *shakthipāth* once done, will remain active forever. The spark of spiritual fire will not die down as it happens with the physical fire. It will remain dormant if the practitioner does not practice. But it will not die down. Now it all depends upon the practitioner to ensure that the lighted flame is tended so that it starts burning down the karmas. Once the fire is big enough the effort required will become less. Therefore, there is nothing known as non-awakening after *shakthipāth* initiation is given because the very act of *shakthipāth* initiation means the awakening of the *kundalini* energy. The cosmic energy emanates from the body of Guru and after awakening the *kundalini* energy in the practitioner, it returns back to the Guru. Another issue to be kept in mind is that a practitioner may not be experiencing the *kriyas*! But that does not mean that *kriyas* are not taking place inside the body or mind or intellect. For example, in a

practitioner who is already awakened in previous lives, the reactions may be very subtle in the current life. Many practitioners do get a doubt as to whether *kriyas* are happening or not. I will tackle this subject later while answering another practitioner.

A practitioner: I would like to ask you a question. When you are giving *shakthipāth* initiation to other people, is it good for those who have already had initiation to join you in meditation?

My answer: Yes. Of course! It is good if you join the Guru in meditation not only when Guru gives *shakthipāth* initiation to other people, but also whenever Guru is in meditation. It is always beneficial for all yoga practitioners to practice along with their Guru. It has some sort of powerful impact, or rather the time is highly beneficial for practitioners. That's the rationale behind it. I keep everyone informed about my meditation schedule so that people can take advantage of it if possible.

A practitioner: What is the minimum age stipulation for getting initiated by *shakthipāth*?

My answer: There is no age restriction technically. But I don't give *shakthipāth* initiation to anyone unless he or she crosses the legal minority age stipulation. Ideally, the person should be of 21 years or a marriageable age at least. Otherwise, there have been some cases wherein the parents and family members started quarreling with the Guru in case their children happen to develop aggressive *kriyas* or reactions due to *shakthipāth* initiation. If they are at least out of the minority age restriction, then the Guru is safe legally. Otherwise, the consent of the parent or guardian will be required. Usually, *shakthipāth* Gurus avoid getting into such hassles.

Further, it also makes sense to wait until the children become more matured mentally before they are given spiritual initiation. I had to turn down many such requests. In some cases, even teenage children approached me directly without the knowledge of their parents.

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A practitioner: Guru Ji! My question is whether *shakthipāth* can be used as a healing modality in people that have a mental illness like schizophrenia or any other? Can these Karmic patterns be cleaned through *shakthipāth*?

My answer: No please. It is because of two reasons. Firstly it will not work out that way at all. They will not be able to receive the *shakthipāth*. Secondly, it is highly risky to give *shakthipāth* to such people. The reaction could manifest in a counterproductive manner. It can go wild and may not be controllable.

A practitioner: Dear Guru Ji! Can you suggest a very good English book on *shakthipāth* and how to get it?

My answer: There is a lot of literature available pertaining to *shakthipāth*. Unfortunately, most of these books were written in the Hindi language. Only a very few have been translated into English. I have circulated the information pertaining to these books earlier. But these books are not available on any publishing platforms for purchase. They are printed by some of the *ashrams* and they hold all the copyrights. I have been arranging for the books to be made available for some of the practitioners. Only a very few books are available in English. Other than these books, I am not aware of any other books. You can search on the internet and check. But I can't guarantee the authenticity of the literature. This sort of literature is very tricky in nature. You need to be very careful about the authenticity of the source. Otherwise, people might get misguided. That's the danger. It's best to seek this kind of knowledge directly from your Guru rather than depending on unknown sources. I have tried to summarize the principles of *shakthipāth*, whatever little I could do in my book "The Power Unknown to God." Hopefully, I will try and publish my next book also at the earliest. In the meantime, I suggest you try and read my book once again deliberately so that you may unravel new things. Let me assure you that I have tried my best to pack a few things hidden in the book. I can't reveal the reasons for deliberately hiding the content. This had to be done as per the directions

are given by my own Guru Ji, His Holiness Swami Sahajananda Tirtha. I am sure people who have taken *shaktipāth* initiation and who are practicing regularly will be able to easily unravel the stuff as they read it again and again.

A practitioner: Namaste Guru Ji, I wanted to express my lingering doubt about the food restriction I asked before. While I understand what you said, there is still a doubt. After Shaktipāt, if there are no restrictions, wouldn't I accumulate the karmās of killing animals if I eat meat (not that I ever want to)? I guess the bigger question is that you indicate that everything thing that happens after Shaktipāt is to burn down karmas. I get it in theory but, on the other hand, it seems a bit like a self-fulfilling. Please understand this is not a reflection on your knowledge or understanding rather, it is solely about my understanding. I firmly believe that there is a deeper understanding of your teaching but I am unable to grasp it. In my mind, the message goes something like this:

After Shaktipāt, if I hurt someone due to past differences etc., is it justified under the notion that it happened to burn down my karmas? What is the difference between a people who continue to act in this world according to ego versus one who has received Shaktipāt, in terms of karmas? I know you have mentioned that after Shaktipāt, karmas don't have a strong effect or that they will be resolved quickly or something to that effect. But, a bigger karmic event like killing someone or animals for the sake of food and enjoyment should carry a heavy burden, right?

Like the example of killing a person, I don't know about spiritual ramifications but, local law will be swift in judgment and punishment whether that person has received Shaktipāt or not, right?

Maybe, I am not asking the right questions or confusing myself further but I hope you understand my doubt and request your help in understanding this. Also, there is the accepted principle of supply and demand. In that light, a butcher will not kill unless there is a demand for meat from people which is the situation in our societies. An exception is

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those who hunt etc., but that's not the majority. In a normal scenario, a person who buys meat, but doesn't kill, also contributed to the death of that animal. Wouldn't he/she take part in that karma as well apart from eating it? Please, help me understand Guru Ji.

My response: Let me answer your questions point-by-point in the same sequence. If, a person deliberately moves his body into a swing it is called karma. Whereas, after Shaktipāt if the swinging movement of the body occurs naturally during Sādhān under the influence of the awakened Kundalini energy then, it is called Kriyā. Then, there's a third variety of people, those in whom Kundalini energy is already awakened before Shaktipāt initiation, it must have been a carry forward from the previous life or accidentally awakened in the current life. In such cases it will be deemed to be a karma only since Shaktipāt initiation was not yet formally received by them. That's the reason it is said that everyone must receive the Shaktipāt initiation in every lifetime formally under a Guru. However, this issue about committing a fresh karma versus its manifestation as a Kriyā becomes subtler and subtler when it comes to subtle actions like; thoughts, etc. Then the thin line between a karma and Kriyā becomes more subtle, often people get confused, I have said on a few occasions earlier that you don't have to worry too much about it because even if it is a fresh karma it will be relatively easier to clear it in future as the karma will not be strong enough. Moreover, it will be ensured that the karma will not be too strongly imprinted to protect the practitioner. This is the reason why people are advised to be bold and not to stop their thoughts during Sādhān however sinful they may appear to be. However, a bigger event like killing or hurting someone will obviously get imprinted as a strong fresh karma, but killing and hurting only, not what you eat, these are two different karmās. Although eating food is also a karma it's considered a necessity to maintain your body. Therefore, committing a karma is unavoidable in such cases, how many people wish to kill any animal or bird for meat? Many don't

want to do that, however, they don't mind eating meat to satisfy their sensual pleasures. In that case, eating food will also become a fresh karma definitely, but about the action of eating food, killing becomes a fresh karma obviously but not under special circumstances like; it happens if you are stuck in a wild forest with no other food available to eat. What a person does for such kind of survival is not deemed to be a very strong karma although, it is fresh karma. Nevertheless, but if it is done for the sake of pleasure like in hunting expedition and thereafter if you happen to eat the meat passionately then obviously two kinds of karmas are committed here. That's how some people have this rule that they need to eat if they happen to kill.

Regarding killing someone and taking shelter under the excuse of a Kriyā etc. will be a sure shot fresh karma only. However, it all depends upon various factors, for example, someone might happen to kill in self-defense, etc. even the law of land factors in such aberrations. Therefore, you need to understand this entire concept in a comprehensive manner rather than in isolation. Moreover, you may be trying to understand this karma stuff from a mathematically precise point of view, but there's something known as the mental state of the person. When an action has been committed, it could be even in a dispassionate manner, for example, a soldier fighting a battle, he may not be having any personal grudge against the enemy soldier whom he is killing. He is just simply doing his duty dispassionately. Therefore, it can't be deemed to be a fresh karma in such circumstances, anyway please don't bother too much about it. The awakened Kundalini energy will give you the required understanding as you progress. Eating is a different karma, killing is a different karma. You are trying to mix up the two by bringing in ethical issues here. There's no difference between eating vegetables and meat other than its impact on your mind. I mean meat makes the mind more restless and promotes cruel behavior as you see in carnivorous animals. Whereas, eating vegetarian food helps in making the mind a little peaceful like you find

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in herbivorous animals. Other than this, a person is not affected in any manner. However, killing is a different story altogether, whether you do it out of vengeance or for food purpose or inadvertently for amusement, the bottom line is there are no issues on ethics or sins for a yoga practitioner. There's no distinction between a saint and sinner for the Divine, that distinction is only within the realm of human existence, I hope you got some clarity on this issue because I find members asking this doubt repeatedly, please don't bother too much about the differentiation between a karma and Kriyā. Just surrender yourself to the divinity and go ahead with your practice, that's the bottom line.

Information on seekers

The following minimum information should be obtained from the seekers of Shaktipat initiation into kundalini yoga. This information is helpful to get to know the seeker and form a mental picture regarding the person. It can be sent to the seeker as a form to be filled in by the seeker and returned to the Guru. The seekers are at liberty to volunteer any other details if they wish to do so. However, this information is not exhaustive in anyway. If the Shaktipat Guru desires to know more details about the person then that can be sought.

Personal details

***Note:** (This information is required to get to know about you and is kept confidential.)

Full Name:

Age:

Name of city/country: (location of current residence)

Origin of country: (if different from above)

Email:

Mobile phone No:

WhatsApp No:

Religious background: (information required although it

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doesn't matter)

Educational background:

Professional background:

Marital status:

Children if any & ages:

Photos: 3 photos including a close-up from chest above required for initiation

Shaktipat Questionnaire

***Note:** (Please respond honestly. Otherwise it can be risky to your health and life. You need to be honest from the bottom of your heart while replying to the questions. Shaktipat is meant for purely spiritual growth and not for gaining any kind of materialistic benefits, like gaining supernatural powers or any other materialistic benefits. Please remember that Kundalini energy is conscious and all knowing. Therefore, please express your inner objective in seeking initiation into Kundalini Yoga. Please remember that you can't cheat the God.)

1. Why are you seeking to get initiated into this path/what is your inner desire?
2. Do you have any major health problems, like heart related issues or cancer or HIV or TB or asthma or any other terminally ill disease?
3. Do you have any kind of mental illness?
4. Are you addicted to any kind of drugs or on any medication otherwise?
5. Have you ever been initiated into kundalini yoga by Shaktipat or any other yoga system previously? If yes, who were the Guru and the lineage?

Instructions for Shaktipat initiation

(These instructions should be sent to the seeker a few days before the scheduled date of Shaktipat initiation.)

Please start memorizing the names and pictures of all Shaktipat Gurus in our lineage sent to you.

Watch the videos sent to you as many times as possible.

It is going to be a three-day program.

It takes approximately ninety minutes on the first day and 60 minutes on other two days. However do not plan on a tight schedule. You must cater two hours time exclusively for this purpose on the first day and 90 minutes on the other two days. That means if the Shaktipat initiation has been planned for 5 o'clock in the morning you should be able to spare time till 7 o'clock on the first day.

Shaktipat is done on empty stomach. However, water, tea or coffee can be taken lightly on the day of initiation. This rule will be applicable on the second and third day as well. However, after the morning session of meditation is over you can eat food on all the three days.

In the meantime you have to do a few minor preparations.

Prepare a meditation seat for yourself. A folded blanket or

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a cotton sheet will do.

I have sent you 8 pictures of the Gurus of the Shaktipat Order including my picture.

You need to memorize the names and faces of all the Shaktipat Gurus in the same order

You need to send me your pictures. One good close up picture and one up to waist level. Your pictures should be in formal gestures. There should not be any smiling face or picture taken in different postures etc. Pictures should not contain any background scenes or people. It should be with a plain background. Please ensure that your face is clearly visible without any shadow falling on it. Ideally send multiple pictures if you are in doubt about the quality.

You need to avoid alcohol and all non- vegetarian food during the period of three days including eggs. However, smoking is permitted. There is no restriction on indulging in sexual activity between husband and wife.

You need to select a place in your house in such a manner that you face the Eastern direction when you sit for meditation.

You will have to compulsorily take a head shower on all the three days before sitting for meditation every day and wear freshly washed clothes.

All these restrictions are only for three days.

After the three day procedure you are free totally. There are no more restrictions after three days.

For ladies, the date selected should not clash with their menstrual cycle. But after the three day process this restriction will also be no longer applicable.

The actual procedure on the first day will be as follows; Shaktipat initiation will be done in two sessions on the same day consecutively. The first session will be for mantra initiation. Second session will be for actual Shaktipat initiation.

On the day of the initiation you need to contact me at the decided time. Please do not sit on the meditation seat in advance before contacting me. You will sit on the meditation

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seat only after I tell you to start your meditation session.

I will be first praying for you. After I finish praying I will call you myself and give you a mantra. It might take about 15-20 minutes to finish my prayer. During this time you also need to sit in meditation. While I am praying; you need to close your eyes and focus your mind on the Gurus of Shakthipat Order. Please offer your obeisance to them and seek their blessings that the mantra which you are about to receive from me should be fruitful for you at the earliest.

After I finish praying I will call you and give you the mantra. It will be a small mantra. So don't worry about memorizing it. However, please remember to keep attending your phone. Please don't switch it off or put it in silent mode till I finish giving you the mantra.

After giving you the mantra I will give you a small break of 10 minutes. You can get up from your meditation seat, stretch your legs and relax the muscles. You can also visit the washroom and also drink water if you wish. Thereafter keep your phone on silent mode or switch it off and contact me.

You will start the second session of meditation only after I tell you to do so. After I tell you to start; you can sit on your meditation seat and close your eyes. I will also sit in meditation with my phone switched off or in silent mode. Therefore, neither you will be able to contact me nor I will be able to contact you from this point onwards till Shaktipat initiation is over. Please keep it in mind that Shaktipat session can't be repeated. Therefore ensure that there is no disturbance for you. In case of any disturbance at my end I can always schedule the Shaktipat session later. But this will not be the case with you. Since I will not be aware of your situation I will continue performing Shaktipat on you. I can exercise my free will only once for you as per the yoga traditions.

First, recall the images of all Gurus of the Shaktipat Order. Pay your obeisance and seek their blessings that Shaktipat should be successful and that reactions should start developing in your body at the earliest. Take your time and

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don't rush through the prayer. Lastly focus your mind only on my picture and start doing the repetition of the mantra simultaneously while focussing on my picture.

You need to do the repetition of mantra for 30 minutes minimum. You can continue doing it for more time if you can sit longer. You can stretch your legs and relax in between but keep your eyes closed. You can also change the position of your legs.

In case your mind drifts and thoughts enter your mind; slowly focus your mind again on my picture and start doing the repetition of mantra. By any chance if some reactions develop in your body or mind and you are unable to do repetition of mantra or focus on your Guru's picture; then forget about me and the mantra. Focus only on the reactions developing in your body or mind and keep observing them like a silent spectator.

Don't wish for any materialistic things in life. Just seek the divine blessings. You shall get whatever you deserve or whatever the divinity thinks is good for you. Otherwise often people have no idea what is good for them. They seek something but don't realize that they may be seeking a curse in reality. Therefore please keep this in mind.

At the end of the session pay your respects to all Gurus of the Shaktipat Order once again before getting up.

Message me after you finish the meditation.

I would be meditating on your picture simultaneously along with you.

When I finish my meditation I will contact you.

That is it!

Same procedure for the next two days. Total three days!

But on the second and third day you simply seek blessings that reactions should start manifesting in your body well. It is not necessary for me to sit with you although I will try to. But for you it is compulsory.

Success in yoga practice is always based on the grace of the Guru. You take me for example. I don't have any supernatural powers or capability to transfer the cosmic

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energy and awaken Kundalini energy all alone. It's a power granted to me by my Guru which I am executing. I am only a conduit for Shaktipath. Just a medium or like an operator who presses the button and it works. That is all I know about it.

So you see, it's all due to the grace of my Guru.

Therefore it is important that you familiarize yourself with the names and faces of all Gurus of the Shaktipat Order because you will be drawing all your strength from them.

You have a right to invoke the divine blessings from all Gurus of the Shaktipat Order at any time and everywhere.

That's how you attract their grace.

I will give you the mantra formally only on the day of your initiation since I follow the Indian lunar calendar system.

It is a total package kind of thing. A kind of spiritual package! It is not just limited to some simple meditation. It covers all areas of your life comprehensively. You have already read the book "The Power Unknown to God." Therefore you must have got an idea about it by now.

It is the correct frame of mind which matters. Sit for meditation and surrender yourself to the divine both mentally and physically. Just sit helplessly and seek the divine blessings. That is the trick! It needs to be spontaneous and no fake surrender to the divine. The divinity is all-knowing. Therefore please understand this well.

I would like you to understand that it is going to be a very spiritual thing.

It's about your direct relationship with God.

I am only a medium for Shaktipat or some sort of conduit for Shaktipath. Otherwise, it's going to be you and the God; face to face. Kindly understand this very carefully.

I am only a fellow human being for you on this planet. Therefore I am willing to help you. If you understand what I mean you will also understand that it is all about faith and trust.

You may cheat anyone but not the God. Therefore, be very clear as to what you want from the depth of your heart.

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If you seek the grace of God you will get it.

Otherwise if you want to seek any materialistic benefits then you can forget about everything. This Shaktipat will not work for you.

Awakening of Kundalini energy is purely meant for attracting the grace of God.

I suggest you please seek that grace and you shall be saved.

When you sit for meditation, surrender yourself to the divinity or Guru.

That's the trick!

Don't wait for any reactions in the body from your side. It might take a lot of time for them to manifest.

Your duty is to focus only on the mantra and your Guru. That's it! That's the secret.

Next it may take a very long time for results to show up.

It is patience and perseverance which are going to pay off.

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.

Apān: 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 or stages.

Ashtami: The eighth day after the full moon or new moon as

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per the lunar calendar system in India!

Ashtami havan: A sacrificial fire ceremony performed on the eighth day during the *navaratri*s 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.

Kalighat: A Goddess worshipped at Kalighat in India.

Kanyakumari: A Goddess of India worshipped at the city of

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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.

Mahalakshmi: 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.

Mūlādhāra chakra: 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 tradition or yoga system!

Parāshakti: The supreme primordial cosmic energy!

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

The secret science of Shaktipat

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!

Svādhīsthāna 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 yoga texts.

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 *Trikaṭa Mountain* in *Himālyās* 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.

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

Colonel T Sreenivasulu

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 *anabat* chakra.

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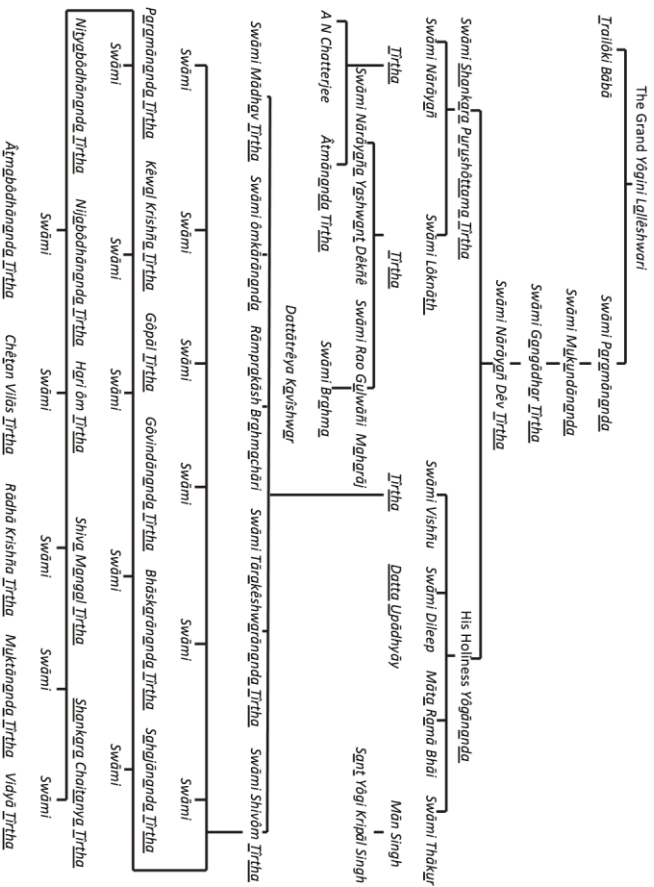
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Monks of the Shakthipāth Order (Traceable History)



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.