

The background of the cover is a solid red color. On the left side, there are several white, curved, wavy lines that sweep across the page from the top left towards the bottom right, creating a sense of movement and energy.

Colonel
T Sreenivasulu

A guide to
Shaktipat
initiation into
kundalini yoga

**The
secret
science
of
Shaktipat**

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Dedication

I humbly 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, for bestowing such an honor to write this book. His Holiness made me a Shaktipat Guru to get insight into this topic.

I am also deeply indebted to all the revered 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 profoundly; for throwing light on some of the lesser-known details regarding the matter.

Introduction

The author of this book happens to be one of my disciples. I gave him Shaktipat 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 Shaktipat "deekshadhikara" or the authorization to perform Shaktipat initiation some time ago. He has given Shaktipat initiation to more than 300 people in a brief period. Seeing his rapid spiritual ascension in general, I have made him a Shaktipat Grand (Param) Guru later. Some of his students, who are now Shaktipat Gurus themselves, are actively engaged in spreading the message of the Shaktipat Order! As a result, he has been freed from other responsibilities to put his services to better use. This book directly reflects his selfless service to the ancient Order of Shaktipat monks.

The author has written his first book, "The Power Unknown to God," which he subsequently translated into 20 major languages. Combined with his first book, the present book will benefit yoga practitioners greatly. He has also compiled the various experiences of his students and their questions which he published under the title "Secrets of Shaktipat and Kundalini Yoga" in multiple volumes. I wish to see him making that valuable literature, and this present book

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subsequently 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 disciples. He has given consent to 23 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 delighted to see that many people are getting attracted to this path of the yoga system. As a result, I understand that there may be a requirement to hand over the Shaktipat "deekshadhikara" to more and more people in the future. Hence, I felt a need to get a book published on the science of giving Shaktipat initiation itself.

This science is a much lesser-known subject among humanity. Traditionally this science has been passed orally from Gurus to disciples since ancient times! However, social conditions are ever-changing rapidly with the advent of modern technology. Therefore, there is a need to adapt to the ever-changing conditions in contemporary society. Hence, there is no need to criticize the author on the perceived violation of ancient yoga traditions; by revealing this science to the public.

I am sure this book will be priceless from this point of view to both Shaktipat Gurus in particular and 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 massive volume of literature on kundalini yoga in recent times. But that is primarily theoretical. The authentic knowledge to apply for the physical practice of the yoga system is limited. Therefore, I am sure that this book will be of immense help to all yoga practitioners. Lastly, this book will also be an excellent resource for all Shaktipat Gurus

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while initiating their disciples.

- Swami Sahajananda Tirtha

Foreword

I have written this book to guide Shaktipat Gurus, who bless people with Shaktipat initiation into Kundalini Yoga. However, it may also help the students practicing Kundalini Yoga in general.

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

Seeing many 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 allowed or given "deekshadhikara" to 23 students. They all are actively involved in giving Shaktipat initiation to people.

I faced a problem in educating the new Shaktipat Gurus regarding the procedure to be followed while giving Shaktipat initiation. Some of my students suggested that I should publish a book on the science of giving Shaktipat initiation. This science is a lesser-known subject. Usually, information is not available in the public domain on this subject.

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Traditionally, this knowledge has been passed orally from one Guru to the other. Hence, publishing a book on this subject amounts to a violation of ancient yoga traditions.

At this point, I suddenly remembered the directions given to me by my Guru about this topic. His Holiness Swami Sahajananda Tirtha has directed me long ago to publish a book on the science of giving Shaktipat initiation to people. At that time, I was a mere yoga practitioner. Logically, I need to be a Shaktipat Guru myself to write a book on such a topic. I have never realized the gravity of the prophetic prediction made by His Holiness at that time. His Holiness had visualized the future need for publishing such a book. Further, His Holiness had pictured my future life as a Shaktipat Guru.

I feel very humble about receiving such an honor 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 practical tips to students. Such authors are usually spiritual Gurus by themselves. It is possible to write such valuable books based on their experiences, only if they have practical experience. However, publishing a book to guide such spiritual Gurus is usually unheard of historically. Anyone writing books on such science is rare because every spiritual Guru has their style of blessing humanity. Therefore, who am I to guide such spiritual masters! But this book has become necessary for me to educate my disciples and their future disciples. Hence, this is the primary reason for publishing this book on a rare and secretive topic.

I humbly request all the spiritual masters to pardon me for venturing into such a secret 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 hope this book will be informative and helpful to many a future Shaktipat Guru. It may also act as a reference guide to Gurus from all other paths in general.

Karma is mine alone if I have written anything wrong in

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this book due to my lack of knowledge. If any Shaktipat Guru benefits from this book, that credit goes to my venerable Guru, His Holiness Swami Sahajanada Tirtha.

I have briefly touched upon the theoretical aspects of Kundalini energy, Shaktipat, and mantra in the beginning. I have included this theoretical knowledge so that readers can better comprehend the purpose of this book. I have obtained this material about the concepts from my earlier works “The Power Unknown to God” and “The Illusion.”

Further, I would like to point out to all readers that Kundalini energy is often misunderstood. People mostly admit that they have understood it when they read some literature on the subject. However, they tend to forget the real essence of its meaning in the rush of their daily life. This misunderstanding of the issue causes a severe problem in comprehending the purpose of their spiritual journey.

In a nutshell, kundalini energy happens to be the grand cosmic illusionary power that doesn't spare even the Gods or celestials described in the ancient Sanskrit texts. I have given a suitable explanation for making such a bold statement. The very concept of God is a debatable subject. So, it all depends upon what you mean by the term God.

As a result, in a trice, a human being trips (although they admit that they have understood earlier by their academic knowledge of the subject) in their understanding of its (kundalini energy) essence. This tripping happens due to the nature of the energy itself. It traps the eternal soul into believing that it is a limited entity.

They tend to get carried away by the word “energy” and compare it with any other ordinary physical energy like electricity etc. As a result, people have numerous questions about the yoga practice.

In this context, I would like to inform all readers that the word mantra is another term that is often misunderstood. Its purpose is strictly to act as a vessel for Shaktipat Gurus. However, most people get carried away by the materialistic benefits which are supposed to accrue by chanting various

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mantras. They fail to remember that the science of mantras or “Mantra Shastra” is meant for worldly life. It is simply a tool like a baby using the wheel cart while learning to walk.

A mantra has nothing to do with spiritual growth, salvation, moksha, etc. Spiritualism is all about erasing the karmas or actions performed by human beings colored with their egoism. That is precisely what happens after Shaktipat. Hence, this book is all about that glorious and secret science.

I humbly make this bold statement because people don't want to agree to this truth about the mantra. That is due to the power of the Maya or the cosmic energy. It doesn't allow a human being to let go of its spell. You all agree that the kind of power exercised on human beings by Maya in the form of wealth, fame, progeny, physical strength, etc., is too irresistible. Hence, people tend to hold on to the “mantra sastra” or even perform Vedic rituals like sacrificial fires. Even those used to perform noble acts like donating to charity, feeding the poor, constructing temples, etc., fail to comprehend the essence of spiritual growth. Doing all such noble deeds may become anything other than spiritual from a worldly point of view.

But God gives a damn about all such actions performed by humankind. In the dictionary of God, there is no difference between a saint and a sinner. The spiritual growth is inversely proportional to the stock of karmas performed by them. More the accumulation of karmas, lesser is the spiritual growth. The more the karmas are burned down, the more spiritual growth is. The essence of spiritual growth is all about freedom. By freedom, I mean attraction to worldly things and attaining celestial merits, whether they go to hell or heaven after death, etc.

I have compiled some of the questions asked by my disciples, who are Shaktipat Gurus. I used to answer their questions from time to time. I have included some of that conversation without revealing their identity.

I have also tried to include some checklists and instructions to be sent to the seekers seeking Shaktipat

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initiation. I have included these so that a Shaktipat Guru doesn't miss out on anything accidentally.

Lastly, I would like to remind the readers that it is essential to comprehend the terms like Kundalini energy, Shaktipat, Mantra, etc. Otherwise, readers may tend to fall into the same old trap again.

I humbly appeal to the readers to go through my initial chapters first.

-

Author

What is Kundalini Energy?

There is a large amount of literature available in the world on kundalini energy. Kundalini energy has one thousand names as per Sanskrit texts. Therefore, I will not go into scholarly details trying to explain the meaning of the Sanskrit word kundalini. I will come to the crux of the point directly without beating around the bush.

The word kundalini means the coiled one. It is the primordial energy of the cosmos, or to put it another way—the cosmos is the grosser manifestation of this primordial energy.

However, do not assume that this energy is a limited entity due to modern scientific calculations about the size of the universe.

The nature of this energy is incomprehensible and mysterious. Hence, one cannot speak of its quantity or size. The energy itself has to reveal its true nature only to the yogis in the advanced stages.

However, let me use a phrase and see if the reader can comprehend its meaning—"super-smart energy."

This energy is supreme in the cosmos. It is conscious, just like a human being or the Almighty. After all, it is primordial energy or energy in its actual state.

This supreme cosmic power is not different from the Almighty. It is the very Almighty manifested in the form of energy.

Hence, the reader is requested to remove all the ideas of modern science from their mind, as they pertain only to the gross

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physical form of this primordial energy. In this way, readers will comprehend this book much better.

The structured manifestation of the primordial energy into the final gross physical form is highly complex. As I said earlier, the power itself is super intelligent in its more refined forms. It is an entity with superior intelligence to the ordinary human intellect. In its basic form, the energy is all-knowing and supreme.

As per the ancient Sanskrit texts, the Supreme Divinity possesses two attributes. One is the static aspect, and the other is the dynamic aspect. The stationary element is associated with the changeless or eternal principle, and the active component is associated with the ever-changing cosmos or the cosmic energy. However, since these aspects are two sides of the same coin, they are, in a sense, the same thing.

As a result, no one can comprehend this energy with human intellect. This very energy itself needs to reveal its true nature to a practitioner, which happens only in the advanced stages of yoga. One must remember that here the observer is the mind, the thing observed is the mind, and the laboratory itself is the mind.

This supreme energy, or Parashakti (as per yoga texts), manifests as the visible universe at two levels.

One form of this manifestation is at the collective level, and the other is at the individual level. Meaning to say that, on the one hand, the universe exists as it is, in the collective conscience of all of humanity. Still, on the other hand, it also exists differently at the level of each individual. However, both the worlds have meshed together. As a result, it appears as if there is only one reality, experienced by all in the same way.

Let me further elaborate on this.

As perceived at the individual level, the reality is valid only to a person based on accumulated karmas in their mind in the form of various sensual impressions. However, the world as it appears to the person will be the same as that of their fellow human beings due to many other common traits, which pertain to the biological structure of humans. Due to this, all separate worlds appear to have meshed together. Further, this typical world appearance seems to be a reality, strengthening this belief through collective experience. However, as far as the contents of the mind are concerned, they are unique to each individual. Hence, the world as perceived by a person will be unique too. I request the reader to try and

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understand this very carefully. Something that appears to be correct to one person may not be the same to some other person.

Is this not a total cosmic illusion?

Now I will come to the point of how human beings are affected by the illusionary nature of reality. The primordial force operates in such a way that it affects people's perception of reality. The power itself is responsible for projecting and sustaining the world of illusion, which all humans perceive as "reality."

However, this world of illusion is dissolved into a latent stage during deep sleep. The same world is created again when a person drifts back into the waking state. As far as the "collective world" is concerned, it is dissolved only once in an epoch, and then creation begins afresh once again.

Let me further elaborate on this.

The external world is a projection of the inner world, or what is there inside the mind. Therefore, how a person experiences reality daily is based on the impressions (created by the senses)—both physical and mental—recorded in that person's mind (whether in this life or countless past lives). Readers are requested to understand that every person has undergone innumerable lives in the past and will keep being reborn until they achieve Self-realization. Thus, the experience of the external world is unique to the individual experiencing it—in the sense that it is "real" only to that particular person.

For example, a person might meet and interact with different people daily. All the people the person encounters are only a medium through which the person is experiencing their external world. Other than this, the outer world cannot impact a person. It is only a person's reaction to their surroundings, which is true, although not in an absolute sense. This reaction is again based on what is inside the mind in terms of all the sensual impressions recorded.

Therefore, no person in this world can blame any other person for anything happening to them. This is a bitter fact with which people need to reconcile. A human being is not designed in any other way. No person can help another person (unless destined by the Divinity to act as a medium). Similarly, no person needs any help from another person. Everything experienced by a person is self-created.

I hope that the reader can now easily comprehend the

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illusionary nature of the external world. It has no basis in reality at all. The very basis for the existence of the world around us lies within the Self of a person. This inner world is projected onto infinity through the mind and the five senses. So, the contents of the mind are projected outwards, thereby creating a world at the individual level.

A new world is created when a person drifts into the dream state. Yet another world is created when the dream changes. The dream world is as real as the external physical world, as long as the dream lasts. The nature of both worlds is the same. However, we don't accept the dream world and brush it off as a mere psychical experience when we wake.

When a person drifts into sleep, the external world, either during the waking state or dream state, is dissolved completely. The person has no awareness of any existence during the sleep state. During the sleep state, the ego of a person gets completely dissolved. Hence, no separate creation (whether in a dream world or external physical world) is experienced. There is no experience of "I" ness or a distinct identity away from the Almighty.

The external world is created again when a person drifts back into the waking state. However, there is no difference in the knowledge level of that person. With whatever knowledge the person had entered into the sleep state, they returned with the external world's same memory.

Similarly, when a person drifts into the waking state from the dream state, they do so with memories of the dream world etched into their mind. However, the dream world is forgotten slowly, just like we all forget our daily external life! This is also the reason why we do not remember our past lives. As time lapses, so do the memories, which fade away. It is as simple as that.

So, this illusionary world at the individual level is called "Life" in Earthly languages. Therefore, the supreme primordial energy (emanating from the Almighty or the spirit within the Self of a person) is called creation, either at the individual level or the collective level. Here, I would like to draw the reader's attention to one crucial aspect of the primordial energy as manifested in the cosmos. The power will never get separated from the source that is the Almighty or God or the spirit.

Life manifests this energy (at the individual level) in illusionary form—which constantly changes at a trice. It is like a projection of

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a film on a screen. However, the projector, the beam, and the screen are all one entity represented by the Almighty at the collective level and the spirit (the Self) at the individual level.

To summarize, when put into reverse from its creative mode by a Guru, the supreme primordial force slowly dissolves back into the source from which it had begun creating the world. After practicing yoga for an extended period, the individual starts to enter into a state of Samadhi or thoughtlessness. The play on the screen or life (or creation at the individual level) is undone, leaving the Self of a person with Absolute Knowledge.

This force is located in the human body at the base of the cerebrospinal system. The exact location is halfway between the anus and the genital region.

This energy projects a world of illusion on the psyche of humanity (at the collective level) on the one hand and the very mind of the individual human being on the other hand.

The Almighty must be thinking of the Self as "Lord of the Universe," just like a human being thinks they are the Lord of their body. God is also referred to as "Lord of the Universe" in several Sanskrit texts due to the illusionary power of the supreme primordial energy. That is why this energy is also popularly hailed by Sanskrit texts as the "Grand cosmic illusion." Hence, with humble salutations to this supreme mother of the cosmos, I have paid my obeisance by calling it "The Power unknown to God."

A human being is a miniature model of the Almighty or the cosmos!

So, you see, this is the cosmic play of the supreme super-smart energy of the Almighty. The entire game again is being played out by the very Almighty.

That is why it is so difficult to comprehend the Divinity's nature and achieve the state of self-realization.

First of all, this supreme energy manifests from God creating the collective universe; then, God manifests in the form of a multitude of human beings; then, this supreme energy of the Almighty creates a variety of worlds within all human beings at the individual level. All these different levels of creation are meshed together to appear as one reality, which is a complete illusion.

This supreme energy also creates a multitude of gods or celestials and puts them in charge of specific regions in this vast and infinite cosmos. Lastly, this supreme cosmic energy (as

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proclaimed in the Sanskrit texts) is located in a place called "mani dweepa," or the islet of gems surrounded by the "ocean of bliss" far away from the myriad of all these countless world systems very deep inside the vast and infinite cosmos.

Now, what do you make out of this?

Though difficult to comprehend, Self-realization can theoretically occur at any moment. And this self-realization results in direct knowledge of the true nature of this supreme super-smart energy.

This energy is space. This energy is time. This energy is the Lifeforce. This energy is Absolute Truth and Absolute Consciousness. This energy is the mind. This energy is Absolute Bliss. This energy is the intellect. This energy is the ego. This energy is Love. This energy is my humility. This energy is my breath.

My salutation to this energy!

This energy is Mysterious. And finally, this energy is inexhaustible. As mentioned above, the pinpoint location of this energy in the human body is at the base of the cerebrospinal system. The exact location is halfway between the anus and the genital region.

This is called Kundalini energy—the coiled one.

This energy swings into a reverse mode when tampered with by a Guru in a person to destroy the accumulated karmas of the person. This retrograde journey of energy results in Self-realization. The merger of the human being with the Divinity occurs as the energy ascends the person's cerebrospinal system, elevating the mind to higher and higher platforms.

The process due to which this energy in its reverse mode propels a person towards immortality is called yoga.

What is Shaktipat?

The word Shaktipat 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 humanity. In this, the supreme cosmic power itself becomes the technique on itself. The ultimate cosmic power creates the cosmos at both individual and collective levels. This sentence has profound implications regarding our understanding of the cosmos. This concept implies that the cosmos is completed both at the collective level of humankind and the individual level. Therefore, the cosmic power can only do the efficient disintegration or destruction of the world. As per ancient Sanskrit texts, every human being is a miniature cosmos model. Therefore, the same cosmic power is involved in its creation, sustenance, and final disintegration, whether at the macrocosm or microcosm. As a result, the only thing in the cosmos is this supreme cosmic power. It permeates 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 God

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or the Almighty, Brahman, Atman, or divinity. All ancient Sanskrit texts widely proclaim that the same substratum of the cosmos is also pervading everywhere infinitely. Therefore, cosmic power or the divine is the same as two sides of the same coin. From this perspective and as proclaimed in ancient Sanskrit texts, a human being is a miniature model of the cosmos; the same underlying substratum in the cosmos permeates the human body too!

Therefore, the self-realization for a human being 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 recognizes its nature, then it also knows the entire vast ocean. Therefore, humans do not need to explore interstellar and intergalactic space's enormous and infinite depths.

The technique applied to achieve this realization in a human being is Shaktipat. The process 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, human beings can't affect this process independently. All yoga or tantric techniques try to achieve a specific benchmark. That benchmark instigates the outbound cosmic power from its creative mode to retract itself. As a result, the same cosmic energy that had created the human being and their world starts to disintegrate by destroying the karmas imprinted in their subconscious minds.

This benchmark is what is called the awakening of cosmic energy. However, there is nothing known as awakening in its classical sense of the word's meaning. The all-powerful, all-knowing, and supreme cosmic power remains awakened and doesn't sleep in its classical sense of the word's meaning. It is just the point at which it starts to retract itself from the creative and sustenance mode to disintegrative or destructive

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way is what we term as "awakening" for ease of our understanding of the subject.

The awakened cosmic energy in human beings' terminology is called the awakening of kundalini energy. After creating a human being, this cosmic energy is supposed to be lying in a dormant state at the base of the cerebral-spinal system in a human body. It continuously projects or sustains 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.

Every yoga or tantric system achieves this benchmark 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 disintegrating the world or destroying the individual karmas after it starts retracting or collapsing inwardly. Different yoga systems call this energy by various names. However, it is popularly known as kundalini energy.

Shaktipat is an exclusive yoga technique applied to awaken the kundalini energy. A little explanation is required to understand the reason for this specialized yoga technique. The spiritual evolution of a spirit or the Atman of a human being occurs broadly in 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, tantric practices, etc., come under this category. However, the effort put in by the practitioner amounts to be minute. After the awakening of kundalini energy, the action is put in by the supreme cosmic power itself internally. As a result, the destruction of karmas accumulated in a human being occurs rapidly and accelerated. This second stage terminates in a state of thoughtlessness or samadhi, 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 absolute path. All ancient texts have remained silent after this. They say that the

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soul's final journey to achieve its merger with the universal soul or God occurs at the will of God.

Therefore, the technique of Shaktipat deals with the second stage only. However, human beings must have practiced different yoga systems in their past lives. As human being approaches a particular benchmark in their respective chosen paths for an awakening of the cosmic energy, a Guru initiates them by using the technique of Shaktipat. After performing Shaktipat on a human being, it remains active forever until the attainment of salvation. That means Shaktipat is carried forward to their afterlives. However, it is mandatory to take formal Shaktipat initiation under a Guru in a traditional manner in every lifetime. If a person receives Shaktipat initiation in whom kundalini energy is already active by birth, it gets stabilized at a safe level. In people in whom the kundalini energy is not yet operational, it will get triggered for the first time, provided they have reached closer to the benchmark level, which I have explained above.

Therefore, only some people receive Shaktipat based on their past accumulated karmas. Anyone can't receive Shaktipat initiation at random. Destiny or the divinity itself decides who will receive Shaktipat initiation. That means the karmas collected by the practitioners of yoga themselves in their past lives or current life will draw them towards the path of Shaktipat. A Guru may appear out of nowhere suddenly and bless them with Shaktipat Deeksha. This cosmic phenomenon is crucial to understand. Because of this, the technique is not very popular among humanity. That means people do not usually meet Shaktipat Gurus in the first place. Probably due to the advancements in modern communication technology, people have been hearing about it in recent times. However, the actual process of Shaktipat initiation takes place or depends upon their past accumulated karmas only.

What is a mantra?

A mantra is a sound body or a packet of 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 represents a linguistic alphabet and the thought patterns that arise in mind, the entire domain of mantra practice by repetition is also confined strictly within the psychedelic realm. That means repeating a mantra is a mental exercise. Just like a muscle is built in a human body by repetition of physical activities carrying weights etc., over a prolonged period. Similarly, the mind gets impacted as the power of the mantra (which happens to be sound energy) gets accumulated slowly and steadily within the psychedelic realm.

One can visualize a mantra akin to a small brick of clay that goes into constructing a building. All readers know what gigantic structures are made by laboriously piling up a massive quantity of bricks. One can manifest these structures 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 and others. But the use of a mantra practice will be only for the practitioner! Hence, one cannot guess the kind of progress one has made. However, one gets a rough idea after some

time once the mind feels the effect of the mantra.

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

The modern proposed string theory points out that all energy or matter is in the sound form at the fundamental level. Therefore, 'science of mantras' merits attention by everyone. It is a fascinating science, definitely by all standards. Hopefully, this ancient science will once again be a popular subject, just like old times. I would not like to miss the bus!

Basically, 'the science of mantras' is a sophisticated subject that 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 of the power of music on the human mind. Therefore, no wonder that 'the science of mantras' is a profound field to explore.

It is (the science of mantras) mentioned in ancient Sanskrit texts and the Christian Bible. The Sanskrit texts describe how the universe has sprung from the primordial sound "om." Similarly, we have the same truth proclaimed in the Bible, which goes on to say that "...in the beginning was the Word, etc.,"

Essentially, ancient Sanskrit texts, the Bible, and the proposed modern string theory agree more or less about creating the universe from the primordial sound form.

Sound is the basis of all languages. A letter of an alphabet in any language is akin to a small brick which created gigantic literature incorporating all sorts of human thought like music,

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drama, poetry, story, etc.,

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

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

The main doubt entertained by all skeptics 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 serious believers tend to give up 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, the strength will build up but takes time. It takes a very prolonged practice of at least maybe six months or so before anyone can see the results. When we talk of a sophisticated technique like the repetition of a 'mantra' (sound body) inside our minds, one can easily understand that it takes a long time before the results manifest. Hence, 'patience' has been highlighted as the essential virtue required for undertaking any practice of this sort.

To criticize and abandon the theory, one needs to experiment with it first. Otherwise, the criticism itself will lack any merit. Above all, the subject of 'mantra shastra' itself is so glorious (it talks of the very origin of the universe) that it is worthy enough to experiment.

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The understanding of 'mantra shastra' will elevate the mind to such a lofty height that knowledge reveals itself to the mantra practitioners. Don't we all know that 'knowledge itself is the most significant benefit of knowledge? Knowledge is power. Power is the cosmos. Hence, knowledge is the origin of human existence. Instead, it is the very divine thing.

Step by step Shaktipat procedure

I have suggested this procedure for performing Shaktipat on any person from any distance by using the free will or 'Sankalpa' and giving a mantra. However, this procedure remains typical for other techniques as well.

The different methods used for performing Shaktipat other than those mentioned above are by physical touch and looking directly into the eyes of the seeker. Although various ways are there, Gurus do Shaktipat by exercising free will in every mode. Only a few additional requirements might be there while using other techniques. I will elaborate on the different methods later in the next chapter.

The only disadvantage in performing Shaktipat from a distance is that one can't do it on more than two or three people at a time. The penalty is due to the mental strain caused to 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, one can plan another session 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.

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If anyone asks for Shaktipat Deeksha or initiation, first ask for some basic details verbally or in writing. I have given a suggested format for seeking personal information in one of the succeeding chapters. These details will help you to get to know the person. Typically ask for the full name, age, residence, educational background, profession, married or not, children's age profile, religion, etc.

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

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

People addicted to any serious drugs should not be given Shaktipat initiation in their interest.

Please check if the person is on any medication. Sometimes people get addicted to usual medicines like cough syrup, sleeping pills, anti-depressant drugs, etc. Do not give Shaktipat initiation to all such cases.

Ask for the reasons for seeking Shaktipat initiation into Kundalini Yoga. Consider only those serious of seeking self-realization or divine grace. Usually, some people seek Shaktipat with a materialistic intention. Some seek supernatural powers. Some seek for business purposes like energy healing etc. Some desire to treat their medical

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problems, which they would have hidden. Some seek it as a remedy against black magic etc. Some may seek it to gain other benefits, which may be difficult to list out here. This list is not exhaustive by any means. Shaktipat Gurus must use their judgment while screening the person. Do not give Shaktipat initiation to all such cases. It will be a pure waste of time and effort. You can politely tell them that no such benefit will accrue by Shaktipat initiation.

Ask for any history of past Shaktipat initiation into Kundalini yoga. Shaktipat should not be given again to persons who have already taken Shaktipat initiation within the same lineage earlier. Giving Shaktipat initiation again would amount to some clash or dishonoring the own family of past Gurus.

Ask for any history of being initiated into any yoga or tantric system. Avoid giving Shaktipat to people prone to switching the Gurus or yoga systems too often unless there are genuine reasons.

After screening the person if they are suitable for giving Shaktipat initiation, share a book or pdf of the book that can provide some basic idea about the Shaktipat system. I suggest that "The Power Unknown to God" be shared with the person in whichever language they desire, provided the book is available in that particular language. The book is available in most of the major world languages.

One can also share the audiobook if the person desires. Some people who lack adequate education may not be able to read. Audiobooks are best suited for such persons. Audio versions of "The Power Unknown to God" are available in some major world languages.

The book itself is likely to do the second layer of screening. Many people may drop out after reading the book. People dropping out from Shaktipat initiation typically happens very often. If the person persists in seeking Shaktipat even after reading the book, then do the final screening by interacting with the person either on the phone or through other means of communication.

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Please have patience and carry out complex interactions with the person. Ask for their 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. Avoid persons who refuse to recognize the institution of a spiritual Guru or those who are too proud of their bookish knowledge. In such cases, please tell them politely that you can't give them Shaktipat.

After the person's screening is complete, fix up a 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 an empty stomach; from four in the morning till nine or ten is usually suitable for receiving Shaktipat initiation. However, the earlier it is, the better it will be. Similarly, people can also receive Shaktipat in the evening from five to eight or nine in the night. These timings are very general and meant only as general guidelines. A person can receive Shaktipat at any time if the situation arises due to necessity. However, there is no restriction on time for the Guru who is performing Shaktipat.

Work out a suitable date for the Shaktipat initiation ceremony. I suggest you follow the Indian lunar calendar system for this purpose as far as possible. Certain digits of the moon are considered auspicious, and one should give Shaktipat initiation on such dates. I have listed the procedure for working out suitable dates for Shaktipat in the succeeding paragraphs below. But it is not compulsory for Shaktipat Gurus to follow it. However, I suggest you take advantage of the Moon digits. Modern science has not much knowledge of the Moon digits and how they impact human minds. But modern science does not know about Shaktipat either. Therefore, it is better to stick to the ancient, time-tested techniques.

However, the most crucial issue to be kept in mind is menstruating ladies. Do not give Shaktipat initiation to the

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ladies during periods. The same rule is applicable for the lady Shaktipat Gurus also. It is better to keep adequate margins since some ladies are unsure of their menstruation cycles.

After finalizing the time and date for Shaktipat initiation, send the detailed instructions to 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 and the Guru who will be giving Shaktipat initiation. Send each picture of the past Shaktipat Gurus separately along with the name.

Please prepare four or five 2-minute short videos containing your pictures and seed mantras Om, Ram, Kleem, Yam, etc. I will let you know the reason for preparing the videos later. Send videos designed with various images of the Shaktipat Guru giving initiation to the seekers. Ensure that the form of the Guru becomes familiar in 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 before 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, and receive blessings from him.

Explain all instructions sent to the seekers verbally, although at the cost of repetition. Highlight the importance of exercising self-surrender to the divine or Guru. 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.

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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 before contacting you. Otherwise, usually, some people sit on the meditation well before the scheduled time in their over-exuberance to receive Shaktipat initiation. As a result, their legs start painning at the time of actual initiation. This situation is not desirable because their minds will not be calm due to pain in the legs. If you are getting late for the Shaktipat initiation ceremony, please inform them well in time. Give them as much notice as possible. Tell them that you will contact them yourself after you are also ready. The same thing applies to the seekers also. If they get delayed due to 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 the person 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 praying for them. The person 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 prayer 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 to their phone. After briefing them convey the blessings on behalf of all past Gurus of the Shaktipat Order. Lastly, bless them from your side too.

After that, 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 mantra a few times. Start visualizing all Gurus of the Shaktipat Order in a sequence whenever you repeat your mantra. Offer your respects to each of them individually by

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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) you are about to give to that person should be fruitful. Mentally say the person's name and the city of residence and country. Repeat the prayer three times or any number of times until you feel satisfied.

After that, make the second prayer. Pray that after you give Shaktipat initiation to that person, whenever that person repeats the mantra (say the mantra), kriyas or reactions should start manifesting in their body immediately and aggressively but at a safe level. Repeat this prayer three times or any number of times until you feel satisfied.

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

After that, make the first prayer again for the success of the mantra, to the Goddess of the mantra. In the case of the seed mantra, you can visualize the mantra script; e.g., for the "ram" seed mantra, you can imagine the letters "ram" or, if possible, the Sanskrit symbol. Repeat this prayer three times just as mentioned above or any number of times until you feel satisfied.

Then call the person and give them the mantra. Ask the person to repeat it aloud to ensure that they have understood it correctly. You are elaborately doing all this to avoid any omissions. Otherwise, a simple prayer to Gurus once will also do. However, it is suggested that you overdo it since it's a life-changing ceremony for the person receiving Shaktipat. You do it sincerely from the depth of your heart. Just do your duty correctly and overdo it to make sure.

After you give the mantra:

Tell the seeker to take a 10 minutes break.

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Tell the person to get up from their meditation seat, stretch their legs and visit the washroom if required.

Ask the person to watch the video, which has the same mantra you have given them.

Tell them to forget about the other mantras and videos henceforth.

Tell the person to keep their phone in silent mode and inform you after sitting for their second meditation session or the initiation ceremony.

You can also take a rest in the meantime. Once the person contacts you after sitting for the second session, ask them to repeat the prayers just like they did for their mantra initiation. The only difference is they will now seek the blessings from all Gurus "for the 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 when you both finish your discussion on the phone. Further, tell them that you have catered for adequate cushion time because of unforeseen circumstances.

After finishing prayers to all Gurus, they should only focus on your picture and repeat the mantra simultaneously for at least 30 minutes. Tell them to remain seated with a 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 a calm mind. Please tell them that the cosmic energy will be radiating from your body and entering their body. After awakening the kundalini energy, it will return 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 minds will be

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engaged with the thoughts and deemed not calm. Tell them to forget about all worldly things.

At this stage, you need to psyche them up mentally. Try and temporarily stun or silence the person's mind; 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 they came alone when they were born. Remind them that they will leave alone when they die. Hence, they will have to leave everything behind, including their family, friends, and worldly possessions. Remind them that nothing will accompany them other than the Shaktipat. Your small talk will force them to look inward until Shaktipat initiation is over temporarily. For their benefit, 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 Shaktipat initiation. It's like the climax of their psychological state.

After this, ask the person to put their phone on silent mode or switch it off. Once the Shaktipat procedure begins, no contact is possible from either party. You will be performing Shaktipat on the person after approximately 10 minutes from that point onwards. Please tell them to make sure that they are not disturbed in any way. Tell them that you can't repeat Shaktipat. Don't forget to convey the blessings of all past Gurus of the Shaktipat Order. Lastly, bless them from your side too for the successful reception of Shaktipat by the person.

After psychologically stunning them temporarily and blessing them, 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 as you did for mantra initiation. The only difference is; to pray that you have decided to give Shaktipat initiation to that person now. Pray that Shaktipat should happen to them successfully. Pray to the Gurus to shower their blessings on that person. Mentally repeat the

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name and place. Repeat the prayers a minimum of three times or any number of times till you feel satisfied.

Make the second prayer that whenever they repeat the mantra given to them, Shaktipat kriyas should manifest aggressively for them but at a safe level. Repeat this also three times or any number 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 as an additional wish from your side. Repeat this extra wish a minimum of three times or any number of times until you feel satisfied.

For example, you can mentally exercise free will, saying; I at this moment wish from the bottom of my heart that Shaktipat should happen successfully for the person (say their name mentally) 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 number of times till you feel satisfied.

After this, make the second wish saying; whenever so and so person repeats the mantra, I have given them a few minutes ago Shaktipat kriyas should start manifesting in their bodies aggressively but at safe levels. Repeat this a minimum of three times or any number of times until 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 praying. Since you told the person to sit in meditation for a minimum of 30 minutes, you can constantly keep performing Shaktipat on the person for the duration of the entire 30 minutes.

The idea is that since you are not aware of the person's mental condition, you are trying your best to ensure that Shaktipat happens to the person. Hopefully, at some point during the mandatory 30 minutes, the person receiving Shaktipat also exercises total self-surrender to the divine with a calm mind. Hopefully, at some point in time, at least both

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of you are simultaneously in the act of the energy transfer. To benefit the person receiving Shaktipat, you try to ensure it happens by putting in the extra effort.

Please remember that you can't repeat the Shaktipat session 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. 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 person's picture for the next 15 or 20 minutes or so. Please focus on the person's image mentally desiring that Shaktipat should happen successfully and kriyas start immediately. You have told the person to do it for a minimum of 30 minutes or more if possible so that you don't have to rush through the process and increase the chances of successful Shaktipat. 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 trying to over ensure that it's a success. 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

You can perform Shaktipat using four techniques: free will, mantra, touch, and eyesight. However, these are two methods only. Shaktipat is performed either from a distance or in the physical presence of the Guru. I have already explained the step-by-step procedure in the previous chapter on giving Shaktipat from a distance. Hence, I will not repeat the same points.

In the case of the former many administrative problems can be avoided. In some cases, I have also given Shaktipat initiation to persons living in ships in the middle of oceans. Giving Shaktipat from a distance 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 a 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 linked with the Shaktipat and given to the seeker. You can do it either on the phone or through a simple message. It is possible to perform Shaktipat on the seekers without talking to them on the phone. Only

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two out of the four methods mentioned above, free will and mantra, are used in this process.

In the latter case, there is a tradition that the seeker needs to stay with the Guru for three consecutive days. If the seeker is required to stay with their Guru physically, it may cause some inconvenience from an administration point of view. If needed, minimize the inconvenience by asking the seeker to return after the first-day session; on the subsequent two days in the morning. That means there is no need to completely stay with the Guru for three days.

Since the seeker is physically present with the Guru, one can use all four techniques mentioned above. Since the seeker is present right in front of the Guru, Shaktipat can be done by looking into the eyes and physically placing the hand on the head. Exercising free will is mandatory in any case. Lastly, there is no harm in giving a mantra linked with Shaktipat. Thus, one can perform Shaktipat using all four techniques simultaneously.

The advantage of this method is that Shaktipat can be performed simultaneously on a group of people. However, ensure that while giving the mantra to a person, others do not hear it. If required, call each seeker separately and provide the mantra. The only other thing to be done in this method is to use red-colored flowers or flower petals. Flowers are placed on the head first and palm over them while exercising the free will or Sankalpa.

While sitting for the Shaktipat initiation ceremony, the seeker faces the Eastern direction as usual. The Guru can sit at a right angle or face the seeker. In this method, you can give the mantra at the beginning of the initiation ceremony. The seeker should close eyes while sitting in meditation at the time of Shaktipat. The rest of the procedure is the same, with some modifications.

To summarise, first, make the seeker sit on the meditation seat. Let the seeker visualize and pray to all the Gurus. Let the seeker seek blessings from all the Gurus. The seeker can seek blessings for the early fructification of the mantra and

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success of Shaktipat combined in one attempt, unlike the former method wherein the seeker asks for blessings separately. 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 the right palm. Flowers should be kept in front of the seeker for this purpose beforehand in a plate or basket. After placing the flowers on the head, the Guru can put 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. Gurus should take their 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. After that, they can move on to the next seeker, if there is any.

I want to give you some additional information about performing Shaktipat from a distance. It used to be very difficult for people to travel in the olden days as you all know. Whenever any person wants to go on pilgrimage in India, they have to travel often on foot for weeks. Sometimes, people used to travel for months depending upon the location of the holy place. As you all know, India used to be a vast country in the olden days before its partition into three different countries. As a result, whenever any person used to go on such a long travel, their family members were not even sure if they would ever see them again.

When the person used to contact any spiritual master during his travels, he received initiation into any yoga systems, including Shaktipat. Further, they requested their Guru to help out their family members back at home. Since there was no means of communication in those days, the Guru used to charge a mantra with Shaktipat and tell them to give it to their family members back at home. In this way, their family members also used to receive Shaktipat Deeksha. The Guru used two out of the four techniques to perform Shaktipat. One is by Sankalpa or exercising free will, and the

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second was a mantra. Here, the mantra is supposed to act as a carrier, vessel, or vehicle of Shakti or cosmic power.

Further, sometimes due to lack of time, the Gurus gave Shaktipat to the disciples without bothering much about any auspicious day. If a person used to contact a Shaktipat Guru where he was halting for the night in a village or town, they used to request them for Shaktipat, and the Guru used to perform Shaktipat immediately then and there. Maybe they followed only the basic rituals like taking a bath and being on an empty stomach. I doubt if they could have the luxury of wearing even fresh clothes. Therefore, when performing Shaktipat, you don't need to be too rigid either. It all depends upon the circumstances. However, one should not try to take shelter under these guidelines due to laziness. Please remember that the all-knowing cosmic power is always watching you. Therefore, you need to be truthful about it. If the circumstances do not permit you to follow all the rules, it is different. Otherwise, you should try your best to follow all the rules as much as possible.

A few guidelines for Shakthipat Gurus

I have not written about the mantra you should give to the seekers deliberately since it is supposed to be a secret between the Guru and the seeker.

Giving Shakthipat initiation without adequately screening the seekers leads to unhappiness and dissatisfaction for you later. It's better to be a little moderate. Nowadays, you come across a wide range of diseases. It would help if you were a little careful while exercising your judgment. Otherwise, seekers may end up with unusual medical problems after Shaktipat initiation, and it may be challenging to help them out.

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

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

Do not give Shaktipat initiation to people who have not

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legally crossed the minority age limit. If something goes wrong, the parents may start fighting with the Guru. Otherwise, technically there's no minimum age limit for Shaktipat. However, if any parents have already taken Shaktipat initiation from you, you may consider their case an exception.

Similarly, please avoid people who are too old. Again, there's no upper age limit as such for Shaktipat. Technically from a yoga point of view, there is no age restriction. But usually, I avoid going beyond 75 years. But please consider older adults only if they are healthy.

One can give Shaktipat initiation even to gender-challenged people. I have not denied Shaktipat to anyone because yoga texts do not specifically discuss this issue. I have also discussed giving Shaktipat initiation to transgender people with my Guru, His Holiness Swami Sahajananda Tirtha. His Holiness is also in agreement with me that there's no restriction in giving Shaktipat to them.

However, I have not discussed homosexuals and lesbians with His Holiness. But from my side, I have already provided Shaktipat to some. I don't ask any questions about 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 an explanation when you refuse Shaktipat initiation are in any case unfit for Shaktipat.

Usually, Gurus take their own sweet time before accepting anyone in India. They hope that the more time they take, the better the chance of thoroughly screening the person. So that something or the other which they might have missed out on 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

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my book "The Power Unknown to God" as a precondition for anyone seeking Shaktipat. His Holiness felt the book itself would do the screening to a large extent. Many people backed out from taking Shaktipat initiation after reading my book. However, do this screening after the initial screening. You do screen 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. It would help if you had a strong reason for refusing Shaktipat initiation to a person; this is the thumb rule for all Shaktipat Gurus.

But as a Guru, you shouldn't give Shaktipat indiscriminately as well. Therefore, you have to operate somewhere 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 "sadhan" as such. Therefore, you must exercise caution and not 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 Shaktipat 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 they are intellectuals or feel 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 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 why my Guru has made the screening process more manageable. Many people, including some of my Guru Bhai or brothers, think indiscriminate in my approach. But the truth is that my destiny always unfolded rapidly for me. That's

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all about it. Otherwise, I have refused Shaktipat initiation to many people in my life. Therefore, please do not try to emulate my style of functioning.

Next, please don't give Shaktipat initiation to drug addicts or even those addicted to ordinary medicines. Nowadays, many people are addicted to various drugs due to lifestyle problems. Although everyone is entitled to God's grace, you should not give Shaktipat initiation to them due to the risk involved. Hence, politely refuse them. It doesn't matter even if people are unhappy or emotional about it. But please be firm in your approach. As a Shaktipat Guru, you must rise above such emotional issues.

Whenever you are in doubt regarding a person's medical fitness, please keep the decision pending for a few days. Just sleep over the issue for a few days; don't confirm the person. You can always give the person some excuse. When you allow some time to lapse, the supreme cosmic power will inspire you to decide without any mental bias. That's the trick.

It's not about whether you can give Shaktipat to a person or not. It's about your "sadhan" as well as a sadhak. That means the all-knowing cosmic energy will also sort out the Shaktipat Gurus. I hope you all understand what I am trying to say. Just don't be in a hurry to give Shaktipat initiation. Please take your own sweet time to decide. It may appear unjustified to make the other person wait for your decision. But in spirituality, one doesn't bother about any rational, logical, or ethical issues. It is all about cutting down the egoism of a yoga practitioner. That's the crux of the matter.

Common questions on Shaktipat

A Shaktipat Guru: After Shaktipat initiation, can I continue with my previous practice, which I was doing under a different yoga system?

My response: All yoga systems merge into one grand path at some point. Then maha yoga starts. It's akin to all small rivers merging into one big river before the river joins the sea. Similarly, after Shaktipat, maha yoga begins. It's akin to joining college after high school. There's no need to go back to the old school after entering higher school. The same is the case here also. Shaktipat is a higher yoga technique and not any independent yoga system. Hence, everyone can't receive it as such. Only those who have already reached a certain level in spirituality can receive Shaktipat. There's no need to follow your old yoga system after Shaktipat Deeksha. It will only slow your spiritual journey. Just like a baby needs to leave the mother's hand after it has learned to walk! There's no restriction from my side if you wish to continue with your previous path after Shaktipat Deeksha. You can start doing both things. But ultimately, the old way will drop off at some

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stage or the other unless you resist doing so. That's the situation. It's up to you what decision you would like to take. All that I can do to help you is give you the same mantra your previous Guru had given you by linking it with Shaktipat. But for giving you the same mantra, you need to reveal your mantra just before taking Shaktipat Deeksha.

A Shaktipat Guru: Guru Ji! I have this question. Why did you choose me to be a Shaktipat Guru? What did you see in me?

My response: Whatever happens in a person's life is all due to the past accumulated karmas or destiny, as you call it. When I had become a Shaktipat Guru myself, it was the same story. I had no control over it. Further, as I understand it, when a person becomes a Shaktipat Guru due to their destiny, it's part of the "sadhan." When I say sadhan, it means the spiritual growth for that concerned person will occur with performing service to the own Guru as a Shaktipat Guru. In a way, by becoming a Shaktipat Guru, you only become a medium for spreading the message of Shaktipat. The concept of Shaktipat reaches out to humanity on its own because Shakti or the cosmic power is a conscious entity. This all-knowing cosmic power controls who becomes a Shaktipat Guru or who doesn't. My mind and intellect are part of the cosmic energy only. So is your mind. Therefore, the required inspiration when it arises is also due to this cosmic power only. How it happens or why it happens is beyond rational explanation. Please remember that intellect of a human being itself is a gross form of that energy. Can you explain why you have taken Shaktipat Deeksha from me in the first place? It's not me as a person who has given you Shaktipat Deeksha as such. It's you who have received the divine blessing. In a way, it was not even your deliberate conscious decision as such, although you might be thinking that way for now. You came on to this path of yoga due to your destiny. Same thing here also when it comes to becoming a Shaktipat

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Guru. Why I had you in mind can't be explained. Although, as part of my duty as a Shaktipat Guru, I look for grooming more replicas of myself in various regions of the world. I have already made two practitioners as Shaktipat Gurus from your area. One is a lady who has already given more than 120 Shaktipat initiations to people from all over the world. The other person is yet to begin. You will be the third Shaktipat Guru among my disciples from your region should you decide to accept. But it's all your choice whether to take it or not. As for as your destiny is concerned, it had already started knocking on your door when as your Guru, I got inspired to make you a Shaktipat Guru. Therefore, my suggestion to you is not to resist. Becoming a Shaktipat Guru is also an excellent opportunity for you to serve the lineage of Shaktipat Gurus. You will, of course, get significantly benefitted in the times to come. But it would be best if you remembered that you only become a medium or a conduit for Shaktipat to serve your Guru directly. Therefore, it's a serious decision you will be taking. God bless you.

A Shaktipat Guru: Pranam Guru Ji! Please guide me on the following person; I have a lady seeking Shaktipat Deeksha. Over the last two years, she has had several kundalini awakenings from Gurus, not in our lineage. Here is the complication. She has PSVT, a type of abnormal heart rhythm or arrhythmia. She is not on any meds for this and was all cleared a few years ago by her Cardiologist. She also has low-level anxiety; no meds at the moment, but again was on meds earlier for a few years. She wants to receive Shaktipat Deeksha. I would have said no due to the above health issues. But because she has received Shaktipat Deeksha previously, she thinks it will be okay. What do you think?

My response: It's like this. If the lady had already taken Shaktipat initiation, there wouldn't have been any requirement to retake it. Further, she had received Shaktipat initiation twice. There was no need for her to take Shaktipat

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Deeksha the second time itself. Had everything been okay with her Shaktipat Deeksha, then there's no requirement for her to come to you now. As you are aware, Shaktipat is the same everywhere. There's nothing left for the person to do anything else after Shaktipat initiation. We don't make any sadhak do anything special like other independent yoga systems in our path. Her situation leads us to two conclusions. Either she is changing her Gurus frequently, or she wasn't satisfied with her Shaktipat Deeksha from previous Gurus. If the earlier conclusion is proper, you should avoid her because she may go to someone else again for Shaktipat. If the second conclusion is correct, her Shaktipat Deeksha from the previous Gurus is questionable. I wonder how they had given her Shaktipat Deeksha in the first place with her health issues.

Anyway, in this situation, you have to have a fresh look at her since her previous Shaktipat Deeksha is questionable. If you consider her health, then it's obvious all is not well. Primarily it's risky with an abnormal heart condition. Recently one lady had died due to a sudden heart stroke. She had taken Shaktipat Deeksha from me only. But at that time, she had no problem with her heart. Everything happened all of a sudden. Therefore, it's better to err on the positive side in such cases. I understand that she is seeking spiritual growth. But we aren't sure about her heart condition, whether something may happen or not. Therefore, it's better to err on the positive side with humility. Otherwise, the cosmic power may humble down the Gurus also.

Please look into your inner mind. This dilemma is sadhan for you also. Anyway, I will look at the internet and find something about her heart condition. You also can have a look at the internet and let me know. As of now, please don't tell her anything either way. If required, I will have a word with my Guru Ji also. But only, if necessary, will I discuss this issue. It's increasingly becoming a problem for me to speak to His Holiness on the phone due to his hearing problem. Further, His Holiness may not comprehend her heart

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condition due to the medical terminology.

Please don't bother about it too much. You will come across many such cases in the future. I have come across some instances wherein it was complicated for me to decide. Even my Guru Ji, His Holiness, didn't confirm me either way. Therefore, please don't ponder too much about such cases. You are a spiritual Guru. It's a sadhan for you too!

The more we try to exercise our intellect trying to arrive at the so-called right thing to do, the more complicated things are presented to us by God. As you progress more on the path of yoga, the more narrow and slippery the trail becomes. That's the essence of sadhan. Please brace for it. There's no other way but to fight it out with your internal dilemma.

As a spiritual Guru, you are operating between two terms of reference. First, you shouldn't refuse Shaktipat Deeksha to any human seeking divine grace. Second, you shouldn't be indiscriminate either. That's how the path is laid out in front of you. It's your internal battle now; your "sadhan" as a spiritual Guru! That's why I have said earlier itself that your spiritual journey occurs based on your service to the lineage of Gurus as a Shaktipat Guru.

It's my sadhan also trying to train the trainers. That's why I am also trying to rake my mind and rip it apart.

There's no problem with her anxiety, I suppose. But the issue is with PSVT. It's difficult to say how serious that is. We are not medical practitioners. Therefore, we need to decide from the perspective of a spiritual Guru. Please wait and take your own sweet time. Maybe something will pop out. Then you can confirm her either way.

A Shaktipat Guru: Pranam Guru Ji! I have a question regarding the science behind granting Deekshadhikara or the authorization to give Shaktipat initiation. I would like to understand what happens to the internal energy of a human being after receiving this authorization, which then allows a person to transmit Shakti or perform Shaktipat on the other person. Moreover, in a normal sadhak, the energy is placed in

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retraction mode after Shaktipat. Can he also perform Shaktipat on others without an authorization?

My response: As you know, before a person becomes a Shaktipat Guru, they are already a sadhak in whom the Shakti is working. Of course, it's working at all the five levels or sheaths of human existence. The comprehensive working of Shakti means that it's working to neutralize all the accumulated karmas of the sadhak.

It's no different in the case of a Shaktipat Guru either because a Shaktipat Guru is also a sadhak in essence. It's just that they happen to become a medium for Shaktipat or a sort of conduit for the transmission of the Shakti.

In a nutshell, a sadhak is already like a burning fire after Shaktipat Deeksha. As you are aware, it takes one blazing fire to light up another fire. Sometimes it may happen accidentally in a person without the medium of a Shaktipat Guru. But then it's akin to accidental fire, which occurs by forced simulation, just like you produce fire initially by simulating heat due to friction. But after generating the fire once, it doesn't need to be put through the same phenomenon again and again. That's how a burning lamp can light up any number of lamps without losing its brilliance. It's the phenomenon of induction in modern scientific terms. It's a different matter that can happen in ways other than through touch. That means one can do Shaktipat remotely also.

Now the question is, can any person who has already received Shaktipat Deeksha transmit the same Shakti and give Shaktipat Deeksha to others without being given deekshadhikara. It may sometimes happen, provided that sadhak happens to be a serious sadhak. But there's a catch here. As I said on many occasions, it's sadhan for the Guru. If they are destined to be a medium for the transmission of Shakti, then it will happen naturally by succession. However, if someone takes it by force, it will become new karma for the person who happens to be a fake Guru. Whereas for a genuine Guru who received deekshadhikara from his own

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Guru, it doesn't add new karmas unless they do not exercise adequate self-surrender. However, as I said earlier, one doesn't have to worry. There's nothing known as a perfect Guru or a perfect sadhak. A little bit of transgression does keep happening all the time. As long as it's only a little bit of transgression, the karmas are also not that strong. So, no need to worry. Whereas in the case of a fake Guru, karmas are very strong. Had the person exercised adequate self-surrender initially, then he wouldn't have become a fake Guru in the first place. They would have focused only on their sadhan alone.

Next, please remember that Shakti is not under the control of anyone unless it reveals its nature to the person on its own. It only comes under the control of someone only when it blesses the person with that control. Otherwise, sometimes people may gain some supernatural powers but unnaturally. In such cases, they are doomed obviously, just like a poor man who uses up all his bank balance and tries to live an expensive lifestyle. Soon they get exhausted. Whereas in the case of a naturally rich person, this doesn't happen that way due to the blessing of the Goddess of wealth. In this context, please understand that everything is due to the approval of the cosmic power only; wealth, intelligence, health, strength, courage, etc. Therefore, no person can control such supreme power unless the same power blesses them.

Initially, the Shakti is experienced by a sadhak in a state of dualism after Shaktipat Deeksha. Later, when the Shakti starts revealing its nature, that person experiences the state of non-dualism with Shakti. This means the Shakti is now under the control of the sadhak. This, in turn, means gaining all supernatural powers since all energy is under the control of the sadhak. Till then, it's only a blessing from the Shakti.

A person experiencing the Shakti as distinctively a separate entity means the divine blessing is showering on a person through the medium of Guru tattva. This implies God himself is blessing a person through the medium of Guru tattva. Hence, no difference between God and Guru tattva.

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They are the same. In such a situation, how can anyone become a fake Guru?

Similarly, how can anyone think they are transmitting Shakti to anyone else? As I said earlier, I pay obeisance to my picture while giving Shaktipat Deeksha. Lastly, please understand that as your Guru, I am also a sadhak like you. I am also under the impact of dualism with Shakti. I am also living under the effect of the same Maya as you. Hence, I could be wrong in my above explanation. But if you happen to exercise self-surrender to the Guru tattva, you shall receive the correct understanding. Even if your Guru has said something wrong, it may become right, defying all sciences.

There's an element of doubt that Shaktipat might happen if a sadhak touches others accidentally. I can't entirely agree with that somehow. My own Guru Ji His Holiness also doesn't agree with that phenomenon, although it's written in one of the books written by His Holiness Swami Shivom Tirtha. I have no clarity on that. But I can't entirely agree with such a phenomenon, although it sounds very logical. Some people have reported that Shaktipat occurred after reading my book also. Somehow, I don't have clarity on this. But for now, I can't entirely agree with such a phenomenon.

A Shaktipat Guru: Guru Ji! Some sadhaks keep asking silly questions. Sometimes it becomes challenging to bear with them. Can you please guide us on this issue?

My response: As a Shaktipat Guru, you are like a farmer sowing the seeds. Some germinate, some get destroyed in the soil itself, and some get eaten by animals. Only a few will rise to become trees. Even cyclones or tornadoes will not be able to uproot them. The same is the case with sadhaks also. You have to sow the seeds and, of course, tender them as much as you can; and forget about them later on. Lastly, as a Shaktipat Guru, it's going to be your sadhan too. That means your understanding will mature as you keep performing your duties as a Shaktipat Guru.

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A Shaktipat Guru: Guru Ji! Can you please guide me on the following gentleman; I am not quite sure whether to give him Shaktipat Deeksha or not. A 21-year-old student, staying in a living group, not with his family, health seems fine. He doesn't speak much English or communicate well. He said that his alcoholic father abused him in the past and no longer lives with him. His inner desire for Kundalini awakening is as follows; "My inner desire is to awaken my kundalini because I seek the divine, and I want to be more blissful, happy and have more peace in life. I hope I can connect more with God and the divine through kundalini awakening." My concern is that he does not have his family around for support if he needs it, and he is also a relatively young man. Do I leave this to the cosmic energy to sort out or be conservative and not give him Shaktipat?

My response: That's alright. You can give him Shaktipat Deeksha. I don't see any issues. If he doesn't live with his parents, that's his own choice. Many yogis in India in the olden days used to do that.

Further, please understand that an element of eccentric behavior will always be there among spiritual seekers. An ideal family or social, financial, or professional ecosystem may not be necessary for undertaking a spiritual journey in life. It often happens the other way because if a person is living under an ideal ecosystem, then where's the need for the mind to turn inward and focus on itself? It may happen in a few cases that way; I don't rule it out. However, often it's the orphan from a society who receives divine grace.

A Shaktipat Guru: Guru Ji! Today I have developed very aggressive kriyas while giving Shaktipat Deeksha to a person. Please guide me on what to do during such circumstances.

My response: Sometimes, it happens when you are giving Shaktipat Deeksha. But it would be best if you managed to

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provide Shaktipat Deeksha somehow. Just try and focus your mind on the person receiving Shaktipat. Remember that you have to give Shaktipat Deeksha to him. Don't focus too much on sadhana. That's the way to handle it. Otherwise, you tend to get immersed in the kriyas yourself. Sometimes you may even forget that you have to give Shaktipat Deeksha to someone else. Recently it happened that way with some other Shaktipat Guru also. However, he recovered himself quickly before it was too late. Please remember that you all are sadhaks, too, besides being a Shaktipat Guru. As such, your mind will be focused on your Guru while giving Shaktipat Deeksha. As a result, kriyas are bound to happen. However, it would help if you exercised little caution to complete the Deeksha. That's it. God bless you all!

A Shaktipat Guru: Guru Ji! There's a sadhak who had received Shaktipat Deeksha from me. It seems he is taking some online classes on meditation, etc. Also, he claims in his online courses that some women students are experiencing Kundalini awakening. I did tell him that a desire to be a Guru is like creating new karma and that he is not authorized to do so. I don't know what this guy wants to do. He is using our teachings, literature, etc., to make money in online classes. He thinks or pretends that he can give Deeksha to others or get authorization after some years etc.; as such, he has not referred any candidates to me for any inquiry regarding Shaktipat. When some people express interest in Shaktipat, he tells them that they have to practice meditation for over a year, then he will decide, etc. Also, he is posting some of our literature and Gurus pictures on his Facebook groups owned by him. Please guide. Can Shaktipat happen because of him as he is awakened, or can he awaken?

My response: Please don't get into a confrontation with him. Only handle him but firmly. First, drop him from your group. Cut off all communication from him from your side. If he asks you anything about Shaktipat deekshadhikara, tell him

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that right now, you are not giving Shaktipat deekshadhikara to anyone, and neither can you say when you can. Tell him that it all depends on your Guru. Just tell him that whatever he is doing is on his own and you have nothing to do with it. Advise him that he shouldn't be doing that without Shaktipat deekshadhikara because it's not the proper way.

After that, forget about him. It would be best not to get distracted or disturbed by his actions. You may find more such people in the future also. If anyone takes Shaktipat Deeksha from him, it will not be authentic since there's no backing up from the Guru Parampara. If such people happen to approach you or any of our Shaktipat Gurus, do not recognize them to be sadhaks. If he sends someone to you for Shaktipat Deeksha, it's different. Then you can, of course, give them a fresh look and consider them for giving Shaktipat Deeksha. If he had collected money from them, they would soon realize that we don't charge any standard fees in our lineage. Therefore, he will quickly lose his credibility. Hence, you don't have to bother about it. However, you can, of course, consider giving Shaktipat Deeksha to such people, treating them as you would with anyone else.

Regarding whether Shaktipat Deeksha works or not, if it's given by someone who is not a Shaktipat Guru is not a guaranteed thing. In some cases, when a person happens to be a severe sadhak, it might happen, but it will be out of control. It is akin to boiling water spilling over. Such Deeksha will not be under any protection. It will lead to damage to the person who is receiving Shaktipat Deeksha. Of course, the guy giving Shaktipat Deeksha will add new karmas to himself. Shaktipat is a spiritual journey. The all-knowing cosmic power knows what's happening. Therefore, you need not get distracted or disturbed by such aberrations. Obviously, as a Shaktipat Guru, you have no control over your sadhaks if they decide to become rogue sadhaks. Just forget about them. In the future, you may find more such sadhaks too. I am only concerned about you and your Guru brothers and sisters. You all know for sure that I had given you Shaktipat

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deekshadhikara with blessings from my own Guru, His Holiness Swami Sahajananda Tirtha. Most of you have already spoken to His Holiness on the telephone before receiving Shaktipat deekshadhikara from me. Therefore, we are all clear on what we are doing and its authenticity.

A Shaktipat Guru: I was approached by a person for Shaktipat initiation. (Identity of the person is hidden in this book.) He says he talked or chatted on Facebook with you before 2 yrs. He knows Param Guru Ji too. He read "Chit Shakti Vilasa" by Nityananda in Gujarati. I did speak with him today for about an hour. He said he didn't take Deeksha from anybody till now. But still, I want confirmation whether he took any initiation from anyone amongst us? Please Guide if he is okay to be given Shaktipat Deeksha?

My response: One of the main reasons a person doesn't progress spiritually is the lack of trust in the divine. Although many say that they do have it, they don't have it deep in their hearts. They go to the extent of treating God like any other person. The illusion of dualism due to egoism is so strong that they think of even cheating God. A case of a person has come to light today. This must be a lesson for everyone. This person took Shaktipat Deeksha from me last year. He has approached one of my students to seek Shaktipat Deeksha once again by lying that he has never taken Shaktipat initiation earlier. It's understandable that he has limited intellect but what happened to his trust and faith in God? This is a typical example of how people accumulate new karmas and negative karmas of yoga practice. They will have to face the consequences one day. Either they may not contact any authentic Guru or will end up with a fake Guru. At least, in this case, it has come to light, and he will be warned. He will be saved from acquiring new negative karma, provided he learns his lesson at least now. However, the damage would have already occurred if he had taken Shaktipat initiation by lying to his Guru. Therefore, I request

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all of you to ponder over such incidents. The path of yoga is a trail of fire. A practitioner can't hide from God. Hence one needs to come out neat and clean in front of the divine. One needs to accept their mistake and surrender to the divine completely. There's no room for any deceit or hiding in front of the divine. Practitioners often fail to exercise this transparency, at least in front of God. Therefore, how can they expect to attract divine grace? They end up attracting precisely what is there in their subconscious minds. In this case, there is deceit and betrayal, etc. I only pity the person. Other than that, I have nothing against him personally.

A Shaktipat Guru: Guru Ji! Please guide us in selecting the most auspicious date for giving Shaktipat Deeksha according to the lunar calendar system.

My response: My Guru Ji, His Holiness Swami Sahajananda Tirtha, has directed that there's no need to follow the dates strictly since Shaktipat has nothing to do with whether something is auspicious or not. However, various Shaktipat Ashrams have followed this tradition since the olden days. It's more of a Hindu tradition. Since Shaktipat originally started in ancient India, selecting an auspicious day based on the lunar calendar has been in vogue since there were no other religions at that time. Further, when His Holiness Swami Gangadhar Tirtha gave the first Shaktipat Deeksha in modern times, he did it on an auspicious day based on the lunar calendar system. That's the reason we have also adopted it more as a tradition. However, technically yoga has nothing to do with any tradition as such. But the dilemma in the requirement of following the practice has never arisen earlier because; mostly all Gurus happened to be Hindus and mostly all seekers of Shaktipat Deeksha also happened to be Hindus. Hence it was convenient for everyone to follow the Hindu tradition of selecting an auspicious day for giving Shaktipat Deeksha. Whereas purely in technical terms, it's not necessary to follow any rules from a yoga point of view. As you all

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know, yoga is meant to break through all barriers. In our case, we have Gurus and sadhaks from all religions and corners of the world. Hence, I have decided to make the astrological information available to you merely. Rest I will leave it upon you all to decide what tradition to follow. I have taken this decision because, increasingly, it's becoming challenging to apply the practice of selecting an auspicious day for giving Shaktipat Deeksha. As you all know, the lunar calendar system is different from the solar calendar system. From my side, I will only provide you with the information. I will leave it upon you to follow whatever you wish to follow since it's not possible to lay down the exact auspicious day for all regions in the world.

Procedure to select auspicious dates for conducting Shaktipat initiation ceremonies:

Lunar Cycle Starting immediately after New Moon; in the bright fortnight, 1st, 2nd, 3rd, 5th, 6th, 7th, 10th, 11th, and 13th lunar digits are considered auspicious. Whereas 4th, 8th, 9th, 12th, and 14th lunar digits are not auspicious. The exact sequence repeats again during the dark fortnight immediately after the Full Moon. However, please remember that Full Moon is considered auspicious, and New Moon is not auspicious.

A Shaktipat Guru: One of my sadhaks has an eight-year-old girl who has been sitting with her during her sadhan. She is interested in mediation and sits for about 15 minutes in the morning and 30 minutes at night. I told her she was too young for Shaktipat, but she wanted guidance. Can you please guide Guru Ji? Anything else that she can do now?

My response: She is too young. It's not advisable to give her Shaktipat Deeksha at this stage. Earlier, His Holiness didn't agree for 13- and 14-year-old children also. She needs to be a minimum of 18 years. That means she has another ten years to go. Please advise her that she shouldn't be thinking about it now. Although technically, from a yoga point of view, there's

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no age restriction, we need to draw a line somewhere. Children in their late teens can be given only if one of their parents is a sadhak. Late teens mean 18 or 19 years or at least 17. I can't think of anything really to guide her. Sitting for meditation with her mother will create solid impressions for her future. Since it's an impressionable age, it will make strong tendency for her future. If it's an independent yoga system, it's a different thing; but Shaktipat is another thing.

A Shaktipat Guru: It seems many unwell people are contacting me. 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 the treatment of the people in this materialistic world. Shaktipat is not a materialistic science like psychotherapy, 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 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. It would help if you resolved 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 comfortable life due to their past good karmas. But soon, that will get exhausted, and then the story repeats.

A practitioner: I was so excited for my Shaktipat initiation that I had not slept the whole night before. I couldn't sleep. So, the following day, my alertness level was awful at my initiation at 7 AM. The same thing happened for the next two successive days. Due to my shortcomings and over-

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excitement, I might not have been a suitable recipient as I was not tuned into alertness and sharpness. My sincerest apologies! Is it possible to give me Shaktipat initiation once again, please?

My response: Please don't worry about it at all. There's nothing known as Shaktipat Deeksha not being successful. However, the mental condition of the recipient at the time of Shaktipat 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 when 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. Shaktipat Deeksha is given by a Guru only once. I have to confirm whether Deeksha has been given or not, which I have already confirmed with you. Please be patient and have complete trust and faith. Please continue with your practice the same way I said to you. Please sit along with me when I am in meditation whenever possible for you.

Re-doing of Shaktipat is neither necessary nor it is done the second time. It is not like any physical activity. Moreover, 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

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the practitioners only. Otherwise, Shaktipat initiation is over on the first day itself. Regarding falling asleep during meditation, it is an age-old problem for all yoga practitioners. 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 about Shaktipat initiation with like-minded 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 response: Sure. You can spread the word around Shaktipat Deeksha. Some of our practitioners have been doing this. It would help if you screened them for a few things. There should not be significant health issues like heart-related problems, cancer, HIV, or any other major health problem. Minor health issues are no problem! Next, they should not have taken Shaktipat Deeksha earlier from any of the Gurus in our "Parampara" or Order. But this is applicable only within our "Parampara"! If they have taken Shaktipat Deeksha from someone else from another "Parampara" or Order, then there's no problem. Another requirement is that they should not be seeking Shaktipat Deeksha for any worldly benefits. This is very important. Otherwise, it will be a waste. Initially, please share my book with them. The best way to promote the Shaktipat 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 Shaktipat initiation free of cost, then they can contact you.

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A practitioner: Guru Ji! Are all the Gurus in your Shaktipat lineage self-realized?

My response: I can only say about myself. I am just like you. I am struggling with 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 Shaktipat help in case of a curse on anyone? This is the third time someone has some powers, like seeing my aura, and two astrologers had previously said 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 enjoys marital bliss. I'm asking this as this thought came across my mind. This is the second time I have received Shaktipat Deeksha, and all I have to do is meditate. But I can't do that. I either get involved in some work such that even despite trying my level best, somehow, I don't get to sit and meditate. So, is this negativity trying to pull me back from my destination? I decided that I would start from "Navratri" festive time anyhow, and I tried to get up early and hardly slept for four to five hours. But still, that day, something happened, and I couldn't sit for meditation. I sat a bit later but then I couldn't concentrate. So, as we are not supposed to force ourselves, I got up then.

My response: After Shaktipat Deeksha, everything gets burned down. Whether it is a curse or anything else is all materialistic. Therefore, everything is doomed to get neutralized. As I have mentioned several times earlier, Shaktipat Deeksha is the highest yoga technique available since ancient times. However, kindly understand that it can't be treated as a cure for anything. Whether it is illness or poverty or curse or black magic or any other kind of

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misfortune from a worldly point of view, it happens only due to the past accumulated karmas. But if someone wants to seek the cure or remedy for such things, then Shaktipat can't be used for that. However, as a by-product or result of the severe practice or sadhana, all those things get nullified, and the person is freed from those karmas. That's for sure.

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

My response: It will be beneficial if practitioners sit for meditation with their Guru when giving Shaktipat Deeksha to someone else. The vibrations will be more potent at that time. It will also be perfect if those who wish to sit along with their Guru share their names in advance to help the Guru direct his thoughts towards them. In that way, the vibrations tend to become more powerful and helpful. It is also advised that the practitioners focus their minds on the image of Guru.

A practitioner: Suppose someone did some black magic on a person, and that same person has received Shaktipat initiation. Will the Shaktipat initiation neutralize the black magic done on that person?

My response: First of all, the claim regarding black magic done by someone is debatable. If it has been done, it will ultimately get sorted out after Shaktipat 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, the cosmic energy remains dormant and will not accrue these benefits. The bottom line is Shaktipat initiation can't be used to free oneself from the effects of black magic. It will happen as a by-product if a practitioner is sincerely practicing. I hope you have understood the concept now.

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

My response: Yes. In modern times he is the first Guru in 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 Shaktipat? How did it come to be the way it is now? Is it secret, not a secret, and why?

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

Otherwise, most humanity seeking spiritual growth falls under the first category. Therefore, Shaktipat Order has remained secretive. No one knows when it has started or why it has been like that. Perhaps the evolution of the human race and their spiritual growth must have been ordained by nature in the natural course of time. Just imagine! Humanity 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

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faiths. 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 human evolution was very much in a highly developed state. As far as yoga systems like Ashtanga yoga or Raja yoga and Shaktipat 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 Shaktipat 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 does not bother about its pharmacy 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 response: 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 a good insight into your practice based on the kind of transformation occurring in your mind. But I can say nothing about the salvation part of it since it is in the hands of God. All that Shaktipat can do for you is to take you to the level of "samadhi" or a 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 Shaktipat help our spiritual progress in future lives? Will our "sadhan" or practice automatically continue from where we might leave it in the current birth?

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My response: Yes, please. All yoga texts have been harping on this. However, in every lifetime, Shaktipat initiation must 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 Shaktipat initiation, are there any chances of non-awakening of kundalini energy despite the disciple meditating every day?

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

The 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 Gunas 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, Shaktipat, once done, will remain active forever. The spark of spiritual fire will not die down as it happens with the physical fire. It will stay 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 to start burning down the karmas. Once the

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fire is big enough, the effort required will become less. Therefore, there is nothing known as non-awakening after Shaktipat initiation is given because the very act of Shaktipat 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 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-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 Shaktipat initiation to other people, is it suitable for those who have already had initiation to join you in meditation?

My response: Yes. Of course! Please join the Guru in meditation when Guru gives Shaktipat initiation to other people and whenever Guru is in meditation. It is always beneficial for all yoga practitioners to practice with their Guru. It has some powerful impact, or rather the time is helpful for practitioners. That's the rationale behind it. I keep everyone informed about my meditation schedule to take advantage of it if possible.

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

My response: There is no age restriction technically. But I don't give Shaktipat initiation to anyone unless they cross the legal minority age stipulation. Ideally, the person should be 21 years or a marriageable age. Otherwise, there have been some cases wherein the parents and family members started

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quarreling with the Guru if their children develop aggressive kriyas or reactions due to Shaktipat 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, Shaktipat Gurus avoid getting into such hassles.

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

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

My response: 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 Shaktipat. Secondly, it is precarious to give Shaktipat 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 an excellent English book on Shaktipat and how to get it?

My response: There is a lot of literature available about Shaktipat. 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 about these books earlier. But these books are not available on any publishing platforms for purchase. Some of the ashrams print them, and they hold all the copyrights. I have been arranging for the books to be available for some 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

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and check. But I can't guarantee the authenticity of the literature. This sort of literature is very tricky. It would help if you were 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 Shaktipat, whatever little I could do in my book "The Power Unknown to God." Hopefully, I will try and publish my next book 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 given by my own Guru Ji, His Holiness Swami Sahajananda Tirtha. I am sure people who have taken Shaktipat initiation and who are regularly practicing will quickly 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 for before. While I understand what you said, there is still a doubt. After Shaktipat, if there are no restrictions, wouldn't I accumulate the karmas of killing animals if I eat meat (not that I ever want to)? The bigger question is that you indicate that everything that happens after Shaktipat is to burn down karmas. I get it in theory, but, on the other hand, it seems a bit self-fulfilling. Please understand this is not a reflection of your knowledge or understanding. Instead, it is solely about my knowledge. I firmly believe that there is a deeper understanding of your teaching, but I cannot grasp it. In my mind, the message goes something like this:

After Shaktipat, 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 person who continues to act in this world according to ego versus one who has received Shaktipat in terms of karmas? I know you

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have mentioned that after Shaktipat, karmas don't have a substantial effect or will be resolved quickly or something to that effect. But, a more significant karmic event like killing someone or animals for the sake of food and enjoyment should carry a heavy burden.

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 Shaktipat 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 those who hunt etc., but that's not the majority. In a usual scenario, a person who buys meat, but doesn't kill, also contributed to the death of that animal. Wouldn't they 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 karma. Whereas, after Shaktipat, if the swinging movement of the body occurs naturally during sadhan under the influence of the awakened Kundalini energy, it is called kriya.

Then, there's a third variety of people, those in whom Kundalini energy is already awakened before Shaktipat 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 karma only since Shaktipat initiation was not yet formally received by them. That's the reason it is said that everyone must receive the Shaktipat initiation in every lifetime formally under a Guru.

However, this issue about committing fresh karma versus its manifestation as a kriya becomes subtler and subtler when it

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comes to subtle actions like; thoughts, etc. Then the thin line between karma and kriya 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 new karma, it will be relatively easier to clear it in the future as the karma will not be strong enough. Moreover, it will be ensured that the karma is not too firmly imprinted to protect the practitioner. This is why people are advised to be bold and not stop their thoughts during sadhan, however sinful they may appear.

However, a more significant event like killing or hurting some animal or bird for food will get imprinted as strong fresh karma, but killing and injuring only; not what you eat, these are two different karmas. Although eating food is also karma, it's necessary to maintain your body. Therefore, committing 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 new karma.

Killing for food becomes new karma, but not under exceptional 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 survival is not deemed powerful karma although, it is new karma.

Nevertheless, if it is done for the sake of pleasure like in hunting expedition and after that 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.

Killing someone and taking shelter under the excuse of kriya is karma only. However, it depends on various factors; for example, someone might kill in self-defense, etc. Even the law of the land becomes vital in such aberrations. Therefore, you need to understand this entire concept comprehensively rather than in isolation.

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Moreover, you may be trying to understand this karma stuff from a mathematical point of view. But there's something known as the person's mental state. When an action has been committed, it could be even in a dispassionate manner. For example, a soldier fighting a battle may not have any personal grudge against the enemy soldier he is killing. He is just simply doing his duty dispassionately. Therefore, it can't be deemed new karma in such circumstances. Anyway, please don't bother too much about it.

The awakened Kundalini energy will give you a critical understanding as you progress. Eating is a different karma, and killing is 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, flesh makes the mind more restless and promotes cruel behavior, as you see in carnivorous animals. Whereas eating vegetarian food helps make the mind a little peaceful like herbivorous animals. Other than this, a person is not affected in any manner.

However, killing is a different story altogether. It depends on whether you do it out of vengeance, for food purposes, 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 have clarified this issue because I repeatedly find sadhaks asking this doubt.

Please don't bother too much about the differentiation between karma and kriya. Just surrender yourself to the divinity and go ahead with your practice; that's the bottom line.

Information on seekers

A Guru should obtain the following minimum information 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 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 any way. If the Shaktipat Guru desires to know more about the person, he can seek that.

Personal details

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

Full Name:

Age:

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

Origin of the 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 the 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 for purely spiritual growth and not worldly benefits, like supernatural powers or 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 God.)

Why are you seeking to get initiated into this path/what is your inner desire?

Do you have any significant health problems, like heart-related issues, cancer or HIV, TB, asthma, or other terminally ill diseases?

Do you have any mental illnesses?

Are you addicted to any drugs or on any medication otherwise?

Have you ever been initiated into kundalini yoga by Shaktipat or any other yoga system previously? If yes, who was the Guru and the lineage?

Instructions for Shaktipat initiation

(Guru should send these instructions 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 the other two days. However, do not plan on a tight schedule. You must cater two hours exclusively for this purpose on the first day and 90 minutes on the other two days. If the Shaktipat initiation is at 5 a.m., you should be able to spare time till 7 o'clock on the first day.

Shaktipat Guru and the seeker should be on an empty stomach before the Deeksha. However, one can take water, tea, or coffee lightly on the day of initiation. This rule will be applicable on the second and third days as well. However, after the morning meditation session, you can eat food on all three days.

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

Prepare a meditation seat for yourself. A folded blanket or a

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cotton sheet will do.

I have sent you eight pictures of the Gurus of the Shaktipat Order, including my photo.

It would help if you memorized 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 photographs should be in a formal dress if possible. You should not take any photo with a smiling face or different postures. Pictures should not contain any background scenes or people. It should be with a plain background. Please ensure that your face is 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 non-vegetarian food for 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 take a head shower compulsively on all three days before sitting for meditation every day and wearing 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 days 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. The second session will be for actual Shaktipat initiation.

You need to contact me on the initiation day at the decided time. Please do not sit on the meditation seat before speaking to me or messaging me. You will only sit on the meditation

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seat after telling 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 complete 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 Shaktipat Order. Please offer your obeisance to them and seek their blessings that the mantra you are about to receive from me should be fruitful for you at the earliest.

After 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 provide you with 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. After that, keep your phone on silent mode or switch it off and contact me.

You will start the second meditation session 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 silent mode. Therefore, neither will you contact me, nor will I be able to speak to you from this point onwards till Shaktipat initiation is over. Please keep in mind that you can't repeat the Shaktipat session. Therefore, ensure that there is no disturbance for you. In case of any disruption 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. According to the yoga traditions, I can only exercise my free will for you once.

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

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developing in your body at the earliest. Take your time, and don't rush through the prayer. Lastly, focus only on my picture and repeat the mantra simultaneously while concentrating on my photo.

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.

If your mind drifts and thoughts enter your mind, slowly focus your mind again on my picture and start repeating the mantra. By any chance, if some reactions develop in your body or mind and you are unable to do a 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 observe 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 are 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. Full three days!

But on the second and third days, you seek blessings that reactions should start manifesting in your body well. I don't need to sit with you, although I will try to. But for you it is compulsory.

The secret of success in yoga practice is 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 alone. It's a power granted to me by my Guru, which I am executing. I am only a conduit for Shaktipat. It's just a medium or akin to 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, you must 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 your initiation since I follow the Indian lunar calendar system.

It is a total package kind of thing. A sort 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 that 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 will be a very spiritual thing.

It's about your direct relationship with God.

I am only a medium for Shaktipat or a conduit for Shaktipat. Otherwise, it's going to be you and 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 know that it is all about faith and trust.

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

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

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

The awakening of Kundalini energy is purely 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.

You must 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!

Ajñã chakra: The energy center between the two eyebrows in a human body.

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

Anãhata chakra: The energy center located at the heart region of the spine.

Anãhata 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 in preparation for meditation-based Ashtanga yoga.

Apan: The life force that operates in the body's lower region!

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 per the lunar calendar system in India!

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

Añavee ðeeksha: An initiation into practicing any yoga system or any other method aimed at materialistic fulfillment before awakening kundalini energy in a person.

Añuvopay: The technique used for giving añavee ðeeksha!

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.

Bhakti yoga: A yoga system based on a person's devotion to a particular God or Goddess. Here, faith is used to achieve the stillness of the mind. Usually, this kind of yoga practice is suitable for temperamental persons by nature.

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

Brahmacharya: The practice of celibacy!

Brahma muhurta: This begins approximately one hour and thirty minutes before sunrise! It is considered the most auspicious time for doing any work and 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!

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

ðeekshadhikara: The formal authorization given to give

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Deeksha to any person by a spiritual or yoga Guru to one of their disciples. After this authorization, the disciple also formally becomes a spiritual or yoga Guru. This authorization can be given to more than one disciple also.

Dhanteras puja: A worship ceremony performed at the Dhanteras festival in India.

Dholak: A kind of musical instrument of India!

Dhyān Mudra: The meditative posture and gesture!

Guru: The venerable teacher who drives away the darkness of 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.

Guṇās: The three qualities of the mind-stuff.

Japa: Repetition of mantra!

Ji: 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 be in use in more Indian languages as well.

Ĵñāna 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!

Kamaka: A Goddess worshipped at Guwahati 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 Kanyakumari in the Tamil Nādu 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!

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

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

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

LingamThe 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 repeating a mantra.

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

Manipura: The energy center located in the navel region of 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.

Mantra Shastra: 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 Tamil Nādu 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 humans. Moksha is not feasible for any other living creature, including the celestial beings and demons.

Mudra: A special yoga gesture!

Mookambika: A Goddess worshipped in India.

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Mūlādhāra chakra: The energy center 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 shudhi: It means cleaning of the subtle channels of energy. Nadi shudhi is usually done by practicing pranayama. It is a yoga technique.

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

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

Navrātri: It means nine nights. However, these nine days are a festive season for Hindus in India. Usually, many serious devotees observe fasting during this period. This period is for worshipping the supreme cosmic power or the divine as Mother Goddess as per the tradition of Shaktas or energy worshippers.

Ojas: When people practice celibacy, 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 people a powerful aura to attract the masses. Wherever a person is seen in society displaying extraordinary genius and impacting a large 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!

Parāshakthi: The supreme primordial cosmic energy!

Parayanam: Recitation!

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

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Prāṇ: It is a form of cosmic energy or 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. People in India use this word 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.

Prañāyama: 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 their body.

Sādhana: It is the phenomenon of involuntary practice 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 center located at the crown of the head.

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

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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.

Saraswathi: 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 ḍeeksha or initiation. Here, the cosmic energy or the Shakthi is used as the tool.

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

Shambhavopay: The alleged technique used for giving Shambhavi ḍeeksha or initiation.

Shambhavi mudra: The yoga gesture allegedly used by people to give shambhavi ḍeeksha!

Shanthy: 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 the Order of Shakthipath monks uses to initiate a practitioner into the Sidha Mahā yoga system.

Shakthi: The primordial cosmic energy!

Shakthi Peeta: The primordial cosmic energy center!

Shiva murti: Form of Lord Shiva!

Shri Phal: Coconut!

Siddha mahā yoga: The grand yoga system encompassing all

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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 canal of the spine in a human body!

Svādhīsthāna chakra: The energy center is 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: As per yoga texts, it is a state between the dream state and the waking state.

Tantra: A form of the 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 about ideal architectural aspects.

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

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

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

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

Vishudha: The energy center is located in the throat region of the spine!

Yogi: The practitioner of any yoga system!

Yōgini: The lady practitioner of any yoga system!

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

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(Traceable & Autonomous)

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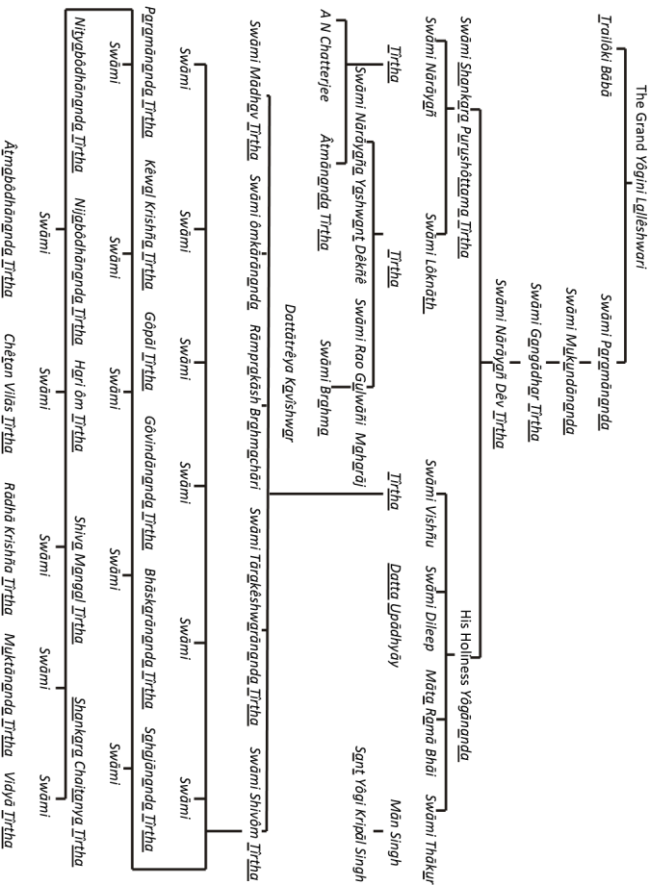
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Monks of the Shakthipāth Order (Traceable History)



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 trip altogether after encountering his Himalayan master on board the same train as a young boy! Unknown to the young lad, God had already scripted his journey long before it began! The author is presently serving in the Indian Army and also happens to be a Shaktipat Grand Guru incidentally.