

The Shaktipat Education & Resource Guide

Authentic Shaktipat, Who Can Give It, The Benefits of Receiving It

By Kedarji

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Shri Bhagawan Nityananda of Ganeshpuri

The Master of Kedarji's Lineage

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Foreword

It appeared to be by chance that I met Kedarji. I say by chance because I wasn't technically seeking a Sadguru or a yogic path to deepen my spirituality. In all of the spiritual knowledge I had collected, I had never heard of a Sadguru or Shaktipat before. I was content to be a metaphysical junkie, following the hot new teachings of the day, pulling angel cards for guidance, carrying crystals for protection and meditating on positive affirmations – along with indulging the senses through visualization. This was my form of meditation.

In all of these things, the one thing I was seeking was to know the Truth. I wanted to know the Truth of my existence, the purpose of my life, and how to stop the suffering I experienced. I was looking to be happy.

Nothing happens by chance. That desire to know the Truth led me to cross paths with Kedarji. I had no idea I was to learn so much more than I thought was ever possible. A treasure was waiting for me that would begin with the Blessing of *Shaktipat*.

I was introduced to Kedarji through a mutual friend who asked if The Bhakta School of Transformation could hold a meditation program in my metaphysical education center. I happily agreed, as I was eager to experience the meditation he had to offer.

That cold December night, he walked through the door to my center wearing a vibrant smile and kind eyes. A sense of peace washed over me. I felt as if I had known him all my life.

Captivated by his talk on how to experience lasting inner peace, I leaned in to capture every word as if it would be the last time I would hear it. That night, he shared that the state of uninterrupted Bliss that he had attained, and that is attainable by each of us, was all due to the Blessing of Shaktipat and the journey that is *Sadhana*.

And then, to demonstrate his message, he led us through a meditation technique, that quieted my restless mind, in less than 3 minutes. My mind was actually quiet enough for me to notice the

stark difference I had wrongly associated my version of a quiet mind.

I was peaceful for the first time in a long time, meaning that I didn't drift back to thinking about my kids or list of chores. I was absorbed in a state of peace. This is what I had been seeking. I had never experienced this type of profound state before.

I could not argue with the experience I had just had. Here was an authentic Meditation Master, a being who was able to give me the direct experience of true meditation, and explain it in such a way that I, for the first time, understood the purpose of true mediation, which is to go beyond the mind and beyond the senses.

This experience was just the tip of the iceberg. I wanted to dive into that ocean of Bliss to see what wonders lay hidden just below the surface. So, I enrolled in a Weekend Shaktipat Blessing Retreat.

My experience of the receipt of Shaktipat in this retreat was very peaceful and subtle. My mind raced at first, full of thoughts and fears, but once my head was brushed with the peacock feathers, the restlessness stopped and I drifted into Bliss. *I experienced a state of awe and saw myself dive into an ocean and become one with it. From that point on in the experience, I was completely erased. There was no separation between me and the Supreme Intelligence.* I was shown who I really am. I was peaceful, content and happy like I had never experienced before. *It was a feeling I never wanted to end.* The true beauty of that experience was that I didn't cause that state of awe to happen. It was a Blessing of Kedarji's Grace. I could not have produced such an experience because I had no previous knowledge of such an experience and state of being!

My Shaktipat experience was a life changing experience but that was only the beginning. The meat of the experience came in the days following, when I entered into the *Shaktipat Kriya Process* that is also called Sadhana. This is where my life took on new meaning.

In this book, Kedarji shares that we have been going in the wrong direction for so many lifetimes. We are distracted and so

very attached to worldliness that we cannot simply stop and change course without help. We don't know where we are or where to go.

For this reason, he talks about the subtleties of Shaktipat and the Shaktipat Kriya process that root out all the old bad habits that are not who we really are - the tendencies that keep us bound and stuck in suffering. He shares that the role of the Shaktipat Sadguru is to show us the root cause of our suffering and help us remove that cause. This is true healing. We start at the top, rather than the bottom.

Before I had received Kedarji's Shaktipat Blessing, I had no idea that I had any kind of mental conditioning, karmic impurities and bad habits that would be a driving force behind my behaviors, emotions and thoughts. At the time, I did not know that these tendencies are the influencing factor to my life's situations and circumstances.

Two days after receiving Shaktipat, through the Grace of the Sadguru, I had an awareness, an inner knowing, wash over me, that I had a really bad habit of wanting to control and manipulate outcomes and people. I began to observe that every thought I held had some other motive subtly woven into it. I was positioning myself for the seat of control in everything I did. This awareness spoke to me in an indescribable way to where I had an understanding that I alone was responsible for the mess I was in. I was shown many situations where I engaged in this karmic tendency and how I pursued this to keep hold of my comfort, security and reward in life.

This process was showing me how I was being played by the karmic impurities known as the gunas and the malas, so I could stop reaching for them. I was flooded with emotions at having this realization. I was angry, sad, ashamed, in denial and yet deeply grateful at having been shown an obstacle in my path – the reason why I could not let go, heal and be happy. This Shaktipat Kriya Process is the easy means Kedarji speaks of. Ten years of seeking and practicing methods to gain this understanding was replaced in an instant. By this gift of Grace this experience carried me beyond my mind and senses in a way that was very spontaneous.

It is one thing to have the intellectual knowledge of these impurities, but how could I apply that? If left on my own to process this information I would surely fail. I have not seen the final destination nor do I know what pitfalls lie ahead of me. At best, I would be left with passing glimpses of peace. So, I chose Kedarji as my mentor and spiritual companion.

Sadhana requires leadership. We all need leadership to continue the journey to our primordial home, by engaging in the Shaktipat Kriya Process in the way that Kedarji shares in this book.

I won't give away all the gold in this foreword, but he uses brilliant analogies, from luxury ocean liners to cab drivers to flowers in a garden, to help us understand the importance of receiving Shaktipat. He expresses why there is the need to nurture this gift of Grace through the Shaktipat Kriya Process, along with the change in lifestyle that is required to do so.

Muktananda Paramahansa, a great Siddha Guru in our lineage, has shared, "We do not meditate only to relax a little and experience some peace. We meditate to unfold our inner being." We unfold our inner being by the lifestyle change that is the means to help keep us get into the boat of Grace that will surely take us safely to the distant shore of the Self. Kedarji shares the means to make such changes, embodied in his 4 Pillars of Joy In Daily Living.

My reaching for this old bad habit of wanting to control and manipulate everything and everyone is being broken. This is due to Kedarji's spiritual leadership and the approach and practices laid out in *Nityananda Shaktipat Yoga*.

*"Awake to the Supreme Intelligence! Your treasure awaits you.
Claim it now. Don't waste anymore time. You are so much
greater than you think you are."*

- Kedarji

This is one of my favorite quotes from my Gurudev, Kedarji. When I read this I am reminded of the unconditional Love he and all of the Spiritually-perfected masters of our lineage transmit to us. With great urgency *the time is now* for us to awaken to this most precious gift that begins with the Blessing of Shaktipat.

The Shaktipat Education & Resource Guide - Authentic Shaktipat and Who Can Give It is a book that reveals the Truth about this Blessing in a very relatable and direct way. This book is an invaluable resource for the newcomer seeking to know more about Shaktipat and why the Shaktipat Kriya process is necessary for permanent spiritual transformation. The seasoned Yogi can also find useful reminders in these pages to rekindle the flame of self-effort and remember his or her intention for engaging in the journey of retracing one's steps back to God.

Deana Tareshawty

Vice President of The Bhakta School of Transformation

Introduction

First, I want you to remember this; The Shaktipat Sadguru is equal to you in Divinity because God exists equally in everyone and everything, everywhere. So, Shaktipat Gurus are only different from you in one respect. They have attained that which you are seeking. Therefore, the difference is one of attainment, not of equality. Realizing the Self requires the developed ability to tap into and merge with that Divinity, that energy substratum of everything. Shaktipat Sadgurus have mastered this ability where others may not yet have done so. In this regard, the Siddhas, the true Gurus simply want to make you like themselves in this unfolding mastery.

Now, just imagine starting at the top rather than the bottom. What is it like to start at the destination, rather than in search of the destination? This is the easy means of authentic Shaktipat.

The point of receiving Shaktipat is to engage the means to evolve so that you come to live in a state of Grace as a constant. This is a state of rapture so profound as to leave you in awe of every thing and every one, all the time. It is a state of constant, spontaneous inspiration. It is a state of permanent, lasting inner peace filled with indescribable Joy. It is egoless.

Love is the highest religion, the greatest spiritual path of humankind. Therefore, I welcome you with Love, I honor you and I respect you. Love is all there is. Grace is God's Love. The awakening into Pure Perceiving Awareness, Infinite Awareness of the Highest that we refer to as Shaktipat is Love. The journey to recognition of our true nature is Love. Ours is an approach where we lead with Love. In the end, it all comes back to Love.

After the receipt of Shaktipat that is the full Kundalini awakening, leadership in Sadhana is required. This is so because all spiritual attainment must be tested. I know this may not be what you want to hear. However, consider this. How will you know that you have attained anything lasting and worthwhile if you are not tested? How will you come to know the difference between when its your

ego and restless mind talking and when it is God, the inner Self talking?

Of course, you already understand the importance of this kind of leadership in mundane matters. For example, if you got your education in the school and university system then you know that you did not and could not test yourself. You had a teacher, hopefully someone who was a great leader, who had the responsibility of giving you tests to determine whether or not you had learned the subject matter properly and applied it. This test was administered by the authority on the topic you studied. You were graded in order to determine your worth on the subject matter. If you got a failing grade and had a good leader in your teacher, you were offered a means of correcting your weaknesses on the subject and then you were retested. This is just one of several examples that can be offered.

In spiritual life, particularly under the tutelage of a Shaktipat Sadguru, it is no different. This is why you need the discipline offered through strong spiritual leadership. Strong spiritual leadership is one in which the leader leads by example, from direct experience of having mastered what is being taught.

Talk Is Cheap

There is a lot of talk these days about people experiencing higher states of Divine Consciousness, once thought to be rare and difficult to attain, with little or no effort. Many people have, therefore, become skeptical of claims of higher states of Divine Consciousness. And they should be in this regard.

Is it possible to have an epiphany, spiritual breakthrough or elevated awareness of God with no effort? Yes. These can come as glimpses but glimpses are not lasting attainment. Therefore, any such experiences, if they are true experiences (meaning not filtered through the ego or mental conditioning of any kind), should be understood as a message to find the means and path to go higher, to become established in the Self.

Is This Witchcraft or Voodoo!?

Sometimes, when people hear the words Shaktipat, spiritual initiation and Guru uttered in the same breath, they are confused or even frightened. The many opinions on the Internet that are floated as facts don't make matters any easier.

The truth is we accept and undergo many initiations in life. For example, being welcomed and embraced by a fraternity or sorority in college often means undergoing an initiation. Many people have their children baptized and this is a widely accepted initiation, as is the ceremony of Holy Communion in the Catholic tradition.

Training in corporate communication and embracing the underlying culture at one's job also involves a certain initiation. Attorneys are initiated into the culture of their law firms and doctors are initiated into the mindset of the pharmaceutical companies whose product their prognosis often relies upon, to address symptoms of their patients.

What About All Those Rituals We Know and Accept?

Then there are the rituals that we perform every day, perhaps without recognizing them as every bit a ritual as the spiritual ceremony inherent in events like baptism and Shaktipat. For example, what we do and comply with to *fast track* a result in applying for a loan or a new job. Or rituals like coffee and croissants at Starbucks every morning at the same time, at the same table. Or rushing home to catch the next episode or a rerun of *Breaking Bad* – with the same martini in hand, stirred not shaken, and a lemon rind, not a lemon wedge, while sitting in the same spot in your recliner and not on the couch, at exactly 5 minutes before the start of the show, so that you can catch your favorite Capital One credit card commercial – what's in your wallet!?

These are each just examples of how we accept and fully embrace rituals and initiations in every day life. The only difference

between this and Shaktipat is that Shaktipat is an initiation that you may not be familiar with. And it is the initiation of all initiations!

We All Want To Be On The Fast Track.

The *fast track* to success. The fast track to more money or a better career.

Think of the receipt of Shaktipat as *fast-tracking* a powerful connection with the true YOU – your true nature, your most powerful aspect, your highest Self.

Think, for a moment, of the caffeine in coffee, which so many people drink precisely to get a boost, to fast-track the energy they need to get started with their day. Or, what about the music you listen to in order to lift your spirits, calm your tension or get you psyched/pumped to perform better?

We buy E-Z passes to fly through tollbooths, to fast-track our progress in getting from point A to point B with the greatest convenience, and without being held back or slowed down. We attempt to get security clearance passes for airline travel to fast-track getting on planes, or special access passes to ensure we get into our favorite concerts or sporting events with no waiting.

The Exception Here Is The Difference That Makes The Difference

Shaktipat is very similar to these rituals that we engage in, with one exception: It is the *easy means, the fast track* to accessing your highest power, the power of Grace – The Spiritual Power that is your true nature – *the power to end all other powers*. **Shaktipat initiation is like lighting an unlit candle with one that is already lit. In the leap of that flame, so much takes place – and in an instant!**

Shaktipat and Lineage

A Siddha Guru or Shaktipat Guru cannot continue to give Shaktipat based on storing up the maximum amount of Chit Shakti

alone. If the Shaktipat is authentic it is because such a being relies upon the power of a lineage of such Gurus.

That power continues to flow through the Shaktipat Guru from that lineage, only if that Guru continues to please the lineage. This is why lineage is so important. One enters the lineage of his/her Guru when that Guru initiates him and then leads him/her in Sadhana. This is the only way to becoming fully established in the state I share above with respect to coming to live in a state of Grace.

Through the Sadguru who is an authentic Shaktipat Guru, there is an experience that becomes permanent over a period of time of performing Sadhana under such a Guru. This experience can and does also happen for many, upon the receipt of Shaktipat.

There is a barrier that presents the greatest challenge to becoming established in a state of Grace. That barrier is our ignorance of the transcendental and immanent aspects of God being contained in the Absolute, and in way that there are no boundaries between the two.

This barrier in God's immanent aspect is, for many, expressed as attachment to the false notion of being just the body, the mind and the senses, just a person with a particular personality, a set of genes and so on. This is the barrier that, for permanent spiritual transformation to take root, must be erased.

In my experience and that of so many others, the easiest means to this is the bond of power between a living Shaktipat Guru who is the embodiment of the highest state, and the Devotee or Disciple. Through such a being, by way of both the outer and inner worship of such a Guru, the power of that Guru's lineage, over time and with instructed practice, erases the barrier I just spoke of. Then, for the Disciple, there is no difference in experience between the outer physical form of the Guru and that Guru's subtle form inside.

Once this barrier has been erased, something else begins to occur. The Siddhas, the Sadgurus of that Guru's lineage begin to appear to the Devotee inside. Deities connected to the lineage also begin to appear inside the Devotee during meditation, chanting,

contemplation and japa. In fact, this is one of the hallmarks of authentic Shaktipat – an indication that you’re with the right one.

Lineage

An unbroken lineage can be a lineage of one Shaktipat Sadguru and his/her one or two Disciples who carry on the offering by his/her Guru’s command. One example of this is a comparison between the Sage Vasishtha and the Guru Vishvamitra. Vishvamitra had thousands of devotees but produced no great spiritual leaders or Sadgurus. Vasishtha, on the other hand had very few devotees and produced one great Sadguru and spiritual leader. He gave the world Shri Rama. And how great that Rama (the subject of The Ramayana) is!

Or an unbroken lineage can be one in which there are many Shaktipat Sadgurus who are in a lineage of such beings, having been transformed by their own Guru, with the same blessing of Grace and instruction that other beings in the lineage have merged with and been transformed by.

This is *Parampara* – meaning that the lineage is kept alive by the passage of the Kula Dharma, handed down orally from Shaktipat Sadguru to Disciple, down through the ages. This is the case even if there appears to be a break in the chronological/historical order of the passage of leadership from one Guru to another, *because there is no inner break*. Also, in decades past in which we were not present, chronological/historical accounting of passage of a lineage often has to be accepted by inference because we don’t always know how accurate the recording is.

Now, I share this because there are a number of organizations and foundations that have experienced upheavals in their leadership, upon the passing of a Sadguru in the lineage who was the spiritual head of that organization. Typically, the organization that is able to weather the storm of that upheaval, for a variety of reasons that

usually include money at the top of the list, will then insist that they are the only body that can tell the public who and who is not a lineage holder of that Sadguru or who is and who is not a Siddha.

This often occurs even when the organization has no current knowledge of the beings offering whom they say is not a Sadguru, but just a person. This is an unfortunate phenomenon that has occurred far too often.

Organizations Do Not Make Shaktipat Sadgurus

What is important to understand is that organizations do not make Shaktipat Sadgurus. Only an authentic Shaktipat Sadguru in a lineage of such beings can make and authorize another Shaktipat Sadguru. If this were not the case, then an organization or group of people could also claim that it is their sole right to decide who is worthy and who is not, who is God and who is not.

Of course, this would make such an organization just like the early Catholic Church that carried out the crusades to force this kind of opinion on to people everywhere. History has taught us how dark a chapter in the existence of societies this was.

Having stated the importance of a lineage, please use this link for more information about Sadguru Kedarji's lineage in Nityananda Shaktipat Yoga.

<https://www.nityanandashaktipatyoga.org/our-lineage/>

I place my head at the lotus feet of my three-in-One, Shri Gurudev, *Muktananda Paramahansa, Bhagawan Nityananda of Ganeshpuri and Lord Shiva*, along with our Nityananda Shaktipat Yoga lineage who are entirely responsible for this work. The offering of the power of our lineage happened by way of the command received from the great Shri Bhagawan Nityananda of Ganeshpuri, the Master of our Shiva lineage in these modern times. This is a lineage of Shaktipat Sadgurus dating back to the pre-bronze age.

What if you could experience a state of peace and indescribable joy, while calming your restless mind in less than 3 minutes, without years of meditation practice?

What if you could experience unconditional love and compassion for yourself and for others while, at the same time, experiencing a state of fearlessness beyond comparison, without years of arduous struggle?

In the early stages of my meditation practice (the first 10 years), I spent hours each day meditating vigilantly. I had spent a year studying with Zen monks in a Zen monastery. During that time, I was taught a form of Zen meditation. Later, I took up Transcendental Meditation under the supervision of an assigned meditation coach. At the same time, I had fervently examined many scriptures and sacred texts of the world's religious and spiritual paths. Many of these texts were ripe with utterances of Saints and Sages of the varying traditions embodied in those scriptures.

I spent enough time studying and reexamining these to know that, in all my years of meditating, I had not had a single inner experience like the ones these Sages spoke of in their utterances! No visions of light and sound, no visitations of Saints past, no strong inner voice leading me - and no experiences of the indescribable Joy, the sweet Bliss that I had read about. The only experience I could look forward to was being in "time out" with my restless mind and my battles to make it quiet enough to have a momentary glimpse of peace.

This is the way it was until I met Muktananda Paramahansa and received Shaktipat, along with being initiated into the great Shiva lineage of Bhagawan Nityananda of Ganeshpuri. <http://bhagawannityananda.org/>. This blessing of Grace was authentic Shaktipat. Immediately, my meditations became spontaneous - with my mind stopping and dissolving at spontaneous intervals during meditation. I quickly began to have visions of Divine Light and wonderful inner sounds (celestial music).

I was given a Mantra that had a powerful impact on making my mind quiet. The chanting practice I was taught was a powerful form of Meditation unto itself. And, the most important experience of all is that I finally attained states of indescribable Joy, *on a regular basis*. A state of peace washed over me, increasing my experience of content, gratitude and deeply heartfelt Love *without distinctions*.

And this was just the beginning. The Shaktipat Kriya Process that came afterward was the ultimate Blessing and journey to the permanent experience of the states I describe above. This is what *authentic* Shaktipat is all about.

Why Shaktipat?

To answer that question, here's a partial list:

- If you meditate now, you'll meditate better.
- If you don't meditate now, you'll be able to easily start a daily meditation, chanting and Mantra Yoga practice.
- You'll be set on a path to be happy for no good reason, *permanently*.
- You'll begin a process, *an unfolding* that will deliver you to lasting peace, indescribable joy, love without distinctions and the inner strength necessary to take on life's challenges with a smile on your face.
- You'll be set on a trajectory to well-being in all the areas of your life.

Most importantly, the Grace-bestowing power necessary to address and remove all the Karmic obstacles that keep you bound to fear, anxiety, doubt, worry, frustration, anger, lust, corruption due to greed, sarcasm and cynicism – this power of Grace comes by way of a Blessing that is transmitted to you. This begins a journey to an exalted state of well-being that is both incomparable and fulfilling in every way, by helping you get rid of all that you are not – those Karmas.

Your Effort

Will there be additional, extended effort and discipline required on your part? Yes. And, with Grace, what is required to resolve your identity crisis in favor of well-being and permanent spiritual transformation is easy to apply.

This point about Karmas is overlooked by so many. We all have karmic baggage from so many past lives and the present life. These Karmas dictate our past and present mental conditioning in a way that we come to love good news about our bad habits. Once this particular bad habit becomes the norm, it's easy to get stuck in wanting a means that does not require that you work for the beneficial attainment. This also leads to *mindless convenience* where you want everything fast, fast, fast – with no requirement for applied effort. This is all due to Karmas. Once these karmas are removed, *That*, the Ultimate Reality, the inner Self comes looking for you. This is the power of the Blessing of Grace inherent in authentic Shaktipat.

The Greatest Gift

Shaktipat is the greatest spiritual initiation. After receiving it, a profound shift in my spiritual journey began very quickly. This happened within days of having this transmission of God's Grace bestowed on me. Later, I was taught about this being the first step in mastering Shaktipat Meditation and engaging what we refer to here in Nityananda Shaktipat Yoga as the *Shaktipat Kriya Process* or, simply, *Sadhana*.

<https://www.nityanandashaktipatyoga.org/shaktipat-meditation/>

<https://www.nityanandashaktipatyoga.org/>

I have received a number of 'initiations' in my life, some of them religious and/or spiritual (baptism as a baby, baptism in a river as a young adult, benedictions, American Indian initiation ceremonies and initiation into monastic life). But I had never experienced an initiation like this – one that was the greatest gift of my life – an initiation that spontaneously began an incredible, transforming journey of retracing my steps back to God.

Prior to receiving this blessing of Grace that also invoked healing on so many tangible levels, I had never had a personal relationship with God. I had never had the direct experience of the Absolute. My experience had been limited to intellectual knowledge with a few, short glimpses of something 'other worldly' here and there. And my spiritual attainment (or lack thereof) had never been *tested*.

All of this changed under the spiritual leadership and companionship of my Shri Gurudev!

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Authentic Shaktipat, Who Can Give It, The Benefits of Receiving It

*One must seek the shortest route and fastest means to
get back home, to turn one's inner spark into a blaze
and then to merge and identify with that greater fire
which ignited the spark.*

~ Bhagawan Nityananda of Ganeshpuri

The Noise

The Internet has become THE resource that people go to for the information they rely on for making decisions of all kinds. This is both useful and useless at the same time. Since I'm certain you are aware of the useful part, let me address the useless part in the context of Shaktipat.

The Internet and social media provide an inexpensive and effective means for anyone you don't know personally to position themselves as experts in a given field. In some cases, they *are* the top experts in their field. But, in so many cases, they are not. That's the useless part. Online marketing experts call this phenomenon *The Noise*.

Indeed, there are many available, powerful, Internet business development tools that allow inexperienced novices to position themselves as experts. Consequently, so many people you don't know personally are using that fact to convince you, on a web page or in social media, that they are the 'go to' for what you are looking for. These advanced, Internet business development tools make this easy to do. Many more people than you can even count are doing it.

This is no more the case than in the context of Shaktipat. For this reason, I am starting this chapter with a discussion of who can give Shaktipat. What follows after that is all about what authentic Shaktipat is.

Who Can Give Shaktipat?

Authentic Shaktipat Gurus are very rare. When this highest and greatest transmission of God's Grace bestowing power is transmitted by a genuine Shaktipat Guru who is in a lineage of such beings, the effect is miraculous.

Therefore, an authentic Shaktipat Guru is one who is in an *unbroken lineage* of Shaktipat Gurus and has served as a Disciple of another Shaktipat Sadguru in a lineage of such beings. The following applies:

- Authorized by his/her Guru to transmit the Grace-bestowing power of Shaktipat.
- Stored up the maximum amount of this Grace-bestowing power over a period of years of performing Sadhana under the direct leadership of another Shaktipat Sadguru in a lineage of such beings.
- Served his/her Guru for a period of *years*. This is not a being who attended a weekend seminar or a few days of courses with a known Sadguru. An authentic Shaktipat Guru is a being who has been molded by his/her Sadguru.

Origins of Shaktipat For Full Kundalini Awakening

The experience and knowledge of what authentic Shaktipat is was brought to the West and Europe by Sadgurus (true Gurus – true spiritual leaders). Equally important, these masters were in a lineage of authentic Shaktipat Gurus. Such Sadgurus served their own Masters for many years. In this way, they earned their Guru's Grace. Most of all, this is how they attained the authority and power to transmit this most precious Grace-bestowing power of God. This profound Blessing was not known outside of the East before these beings traveled outside of their regions!

There are people who have the ability to transmit energy or an energetic experience to you. However, this ability alone does not automatically qualify them to transmit this Grace-bestowing power. In fact, a person who has attained a healing certification, for example, or a Reiki master certification, etc. is not, automatically, qualified to give Shaktipat. And yet, many such people are claiming to do so.

There is nothing wrong with people following what they believe to be their calling, where meditation, yoga, spiritual teaching, healing, etc. are concerned. *We wish these people well in their endeavors.* However, in Nityananda Shaktipat Yoga, it is our feeling that such people should be more honest about their attainment and authority.

It's Just Business, Unfortunately

Remember my discussion about The Noise (see above)? In many cases, people who have never received Shaktipat are making claims about it. Additionally, there are even spiritual teachers who claim to give it, never having received it and never having served another Shaktipat Guru.

Why? It's just business, unfortunately. To maintain viability of any offering using the Internet as the primary marketing tool, people have to build their platform. This begins with creating compelling content that gets people to give their email address and become active email openers and social media participants. Some people using this tool want to serve the public's greater good first, and have the expertise and authority (by way of experience) to do so. Others are only interested in collecting followers to increase income and notoriety. Some want both. *Seekers beware.*

Does a person needing heart surgery go to a doctor who has never performed the surgery, or to a surgeon who has done so successfully many times, by way of mentoring under another expert?

Does a person needing expert legal representation in a court of law hire a paralegal or a seasoned, litigating attorney? So, use your

head in your search for authentic Shaktipat, as you do in other matters of life.

Seeker Beware! 13 Questions You Should Ask Before Receiving Shaktipat and The 5 Common Mistakes You Should Avoid.

People who have never received authentic Shaktipat from a Shaktipat Sadguru in a lineage of such beings are in no position to talk about what Shaktipat is. Further, someone who has not been led by a Sadguru who was led in the same way, in the gradual unfolding of the fully awakened Kundalini is in no position to give Shaktipat or tell you what it is.

There are those who say that the receipt of Shaktipat from a Shaktipat Sadguru is unnecessary to awaken Kundalini. Additionally, most of these same people admit that they have never received Shaktipat from a Shaktipat Guru. If they've never received authentic Shaktipat, they have nothing on which to make a comparison between the two! Therefore, such statements are mere opinion and do not represent the truth. For all these reasons, I share the following with you.

13 QUESTIONS TO ASK *BEFORE* YOU CONSIDER RECEIVING SHAKTIPAT FROM ANYONE

1. Who is your Guru?
2. How long did you (or have you) serve/d your Guru?
3. How much time did you/do you spend in the company of your Guru each month?
4. What is your feeling for your Guru?
5. Were you accepted as a Disciple of your Guru?
6. Did your Guru have a Guru who he/she served for an extended period of time as a Disciple?
7. How did your Guru receive the authorization to give Shaktipat?
8. How did you receive the authorization to give Shaktipat and when were you authorized?

9. Do you have any written documentation or something other than a picture that shows that you had/have a Guru and that you served that Guru for an extended period of time?
10. Or are there other people who also served your Guru in the period that you did, who can verify that you did so?
11. Do you have video testimonials at your web site from people who have received Shaktipat from you?
12. Are some of those people available to speak to me directly about their experience?
13. After giving Shaktipat, what support do you provide in the form of programs, course of study and leadership to nurture the unfolding of the awakened Kundalini?

(These questions are answered for Sadguru Kedarji at the end of this eBook.)

Do You Make These 5 Common Mistakes When Seeking A Shaktipat Sadguru? - Avoid Them.

1. Talk is just that, talk. In so many cases people claiming to be spiritual teachers or leaders are *only* very good communicators. This is fine and necessary. But don't make your decision to receive Shaktipat from anyone based on that person's ability to communicate or entertain alone. Spend some time studying that being's written works and video content. Also, unless you live at a great distance from that being, visit his/her ashram or center, attend some programs and spend some time in the physical company of that being before deciding. Otherwise, dig down into the video content and blogging provided and read some of that person's books, to start.
2. My Shri Gurudev used to say that the false Guru market has gotten so large because the number of false disciple's has increased exponentially. Shaktipat Sadgurus are true spiritual leaders who have become the principles and practices they instruct others in. They are pure beings who live in a state of constant delight. If you look for

common personality traits in the Guru that are shared by you, your friends/family and popular culture, if you look for mundane desires in the Guru that you are fond of pursuing, you'll certainly get the wrong one. *We go to a Sadguru, we seek to receive initiation from a Shaktipat Guru to imbibe qualities, habits, tendencies and spiritual principles of great power and purity, that we have not yet attained or not yet fully attained. Look for these in the one you are seeking to receive Shaktipat from.*

3. Research the Guru's lineage before receiving Shaktipat from such a being. Authentic Shaktipat Gurus are very rare. This is because their ability to transmit the Grace-bestowing power of God in a way that fully awakens your Kundalini *safely* comes from the power of the lineage of Shaktipat Gurus they are in. So, lineage is very important when choosing a Shaktipat Guru.

4. If you receive Shaktipat from an authentic Shaktipat Guru, after initiation, spend some time testing that Guru before entering into the Shaktipat Kriya Process of Sadhana (tutelage under the Master). This should be done so that you are certain that you are with the right one, before you make the choice to be led in the journey of nurturing the awakened Kundalini over an extended period of time. *This nurturing for the unfolding of Kundalini is imperative* and requires obeying instruction given by the living Master. So, test first. The way in which to test the Guru is spoken about at length later in this book.

5. Take your time. If you decide to follow, take your time in performing the test of the Guru. Typically, people do so over a period of 6-24 months of spending time in direct physical proximity to the Guru. In other words, test by keeping the Guru's company and testing the Guru's instruction in the laboratory of your own existence.

Now, let's take a closer look at what authentic Shaktipat is and the journey of unfolding after its receipt.

Shaktipat - The Easy Means

I took a permanent, quantum leap in my spiritual and well-being transformation, with just one touch! This quantum leap embodied in the Shaktipat Blessing is called *the easy or spontaneous means*. It is so called because, lifetimes of arduous struggle and practice utilizing many different spiritual techniques, is replaced with this initiation given by a Shaktipat Guru. This makes the practice necessary for going beyond the mind and beyond the senses spontaneous and free flowing.

A Shaktipat Guru who is a Sadguru (true Guru), is a being who has stored up the maximum amount of Divine Conscious Energy (Shakti) necessary to fully awaken this dormant spiritual awareness in others, *without ever depleting his/her maximum store of Shakti*. **Such a being is also a Master at *leading* devotees in such a way that the fully awakened Shakti is properly nurtured to full expansion.**

This is an experience in which the spiritual aspirant eventually rests in the uninterrupted state of *Pure Perceiving Awareness* that brings the exalted experience of *the fullness of Humanity in the constant delight of the inner Self*. Entrance into the process or journey to this full expansion of Shakti is the purpose of the receipt of *authentic* Shaktipat. This *journey* is what we refer to in Nityananda Shaktipat Yoga as the *Shaktipat Kriya Process*.

This Grace-bestowing power is transmitted by an authentic Shaktipat Guru to awaken Kundalini (dormant spiritual energy, dormant spiritual awareness), and to revolutionize one's meditation practice and spiritual life. Those who have had a lapse in their spiritual practice or feel the need for additional support, also return to receive this transmission of Grace-bestowing power.

Understanding What Shaktipat Really Is

Contrary to what some high profile spiritual teachers say (who have never received Shaktipat, by the way), Kundalini is not

awakened through jumping around, rebounding or playing sports. If this were so, most of the NFL would be populated with saints who only want to serve the common good. And we know this is not the case!

Shaktipat does not occur during moments of intense activity either. In fact, that's like saying that someone who does shots at a bar, one after the other, for an extended period of time will awaken his/her Kundalini. Or that wild sex for a day will do so, with controlled concentration. Or that an intense, controlled focus on stealing money by hacking bank servers will also awaken Kundalini.

Ha! Even a child knows better. And yet, under pressure of embarrassment, due to becoming one of those 'go to' Internet experts with no experience of Shaktipat, such 'spiritual teachers' are making it up as they go.

No Effort Required?

One mistake that many yogis make in their understanding of Shaktipat is that, after its receipt, there is nothing else to do except, perhaps, meditate. Within this understanding is the false notion that no particular instructed practice or ongoing leadership in the spiritual journey is required – that one day at some point in the future, the state of Liberation will just dawn on it's own, or by the will of the individual. Would that this to be true! Then there would be no particular effort on our part to attain anything lasting – and no discipline required in doing so.

Of course, this is not true and this is where so many get it wrong. This useless understanding is also the cause of so many who have never received authentic Shaktipat and never followed a Shaktipat Guru, who then claim to give it. Unfortunately, today this is the environment in which Shaktipat has been reduced to a questionable commodity – with comparisons to suspicious 'spontaneous awakenings' and the use of hallucinogenic drugs (disguised as 'ceremonial' in nature) that promise instant enlightenment. How

unfortunate to be robbed of the true Shaktipat experience in such ways!

As my Gurudev used to say, “Milk exists naturally in cows, but one still has to make the effort to milk the cow to get the milk out. Diamonds exist naturally in the Earth, but there is still something one has to do to get them out.” In the Shiva Sutras, Shivaji states, “Udyamo Bhairava,” - extended, vigilant effort is itself God. So, the initial receipt of authentic Shaktipat is *only the beginning* of true Shaktipat, setting the stage for what must come next.

Which Would You Rather Have, A Passing Glimpse Or A Permanent Reality and Experience of It?

So, if extended, vigilant effort is required after the receipt of the transmission of Shaktipat, why is the receipt of Shaktipat called ‘the easy means?’ What’s easy about it?

My Shri Gurudev often repeated the words of so many Sages of our lineage; “We’ve been going in the wrong direction for so long, attaching ourselves to objects of sense in so many hopeless pursuits – seeking Joy and Happiness where they are not – looking outside, outside, outside for it in all the wrong places. This has become our perpetual habit, our ritual bath.”

As I’m sure you are aware from your own life experience thus far that, in many cases, old habits are very hard to break. People love their ‘comfort zones’ that they have developed out of the choices they have made over so many years and lifetimes. And people love ‘good news’ about their bad habits. Literally, the ‘ocean liner’ of limiting desire and craving has been traveling at high speed in the wrong direction for so long that it must now be brought to a complete halt in order to change direction.

Here I’m speaking of the hot pursuit of worldliness, the ferocious pursuit of comfort, security and reward – in the hope of possessing people, places and things on some level – in the hope of being completed by something or someone – based on the false

notion that you lack something that now needs to be pursued at all costs and by any means necessary.

Some people try to turn this ocean liner around but the Captain of that boat does not know any other direction in which to take it. Add to all of this the tremendous amount of distraction we face today – the distraction of constant stimulation and the pursuit of instant gratification embodied in attachment, attraction and aversion. The previous generation did not have the challenge of such distractions as we face today. And our ancestors did not suffer these distractions at all (as a result, they were so much more disciplined).

So, why is authentic Shaktipat the easy means and what's 'easy' about it? The fact is the 'ocean liner' I speak of above *cannot be turned around*. As I said, the Captain of that boat knows no other direction in which to take it. So, it must be *abandoned* for the boat of the Sadguru, the only boat that will take you to that distant shore of the Self! The Sadguru is himself that boat, being the Captain that knows the destination because he has ferried people across the treacherous ocean of worldliness to that destination and knows it well - because that destination is the Shaktipat Guru's dwelling place – the abode of the true Heart – the Supreme Self.

In a sea of worldliness in which so many are drowning, will you attempt to leap off that ocean liner of despair into the treacherous waters in which you have observed so many others drown – with no life raft, no life vest, sharks in the water and no land in sight!? Authentic Shaktipat is the *easy means* to halt that racing ship long enough for you to be rescued off it safely, so that you can easily climb into the right boat!

Now Here's The Rest of What Authentic Shaktipat Is

Once in the right boat, the boat of the Guru, headed in the perfect direction, you have to *stay in the boat!* Herein lies the challenge that requires the ongoing leadership and companionship of an experienced spiritual mentor – what we

refer to as the Shaktipat Kriya Process that my Gurudev called Sadhana.

We have so many past and present Karmas to face (that ocean liner). My Gurudev said that Sadhana is like a bird, in that birds need two wings to fly. The first is the tremendous Grace of the Shaktipat Sadguru and the second is your loving Grace, embodied in your ongoing, vigilant effort at Sadhana. Without your Grace being extended in this manner, by putting forth self-effort in the manner instructed, God's Grace that is embodied in the form of the living Master cannot rescue you. Why? Because you won't stay in the boat without the kind of self-effort that is *imbued with spiritual discipline*. And, for most of us, spiritual discipline does not come naturally. It has to be carefully taught to us.

Therefore, your Grace is also required. So, Shaktipat is both the way to get you into the right boat that is headed to that distant shore of the Self, and *the means to keep you in that boat that is taking you to Freedom*. It requires a steady effort for you to stay in the boat of the Sadguru. Your first class seat on the 'ocean liner' of worldliness is what you have pined for all your life, even knowing, at times, that it has been taking you in the wrong direction. There are so many enjoying the pleasures on that ocean liner that you have come to believe it's the right boat for you. You see, you've been on that ship for so long without realizing that you've been riding the Titanic – a ship destined to sink!

So, yes, we are talking about a change in lifestyle! The lifestyle you have led is the underlying cause of your 'madness.' You've filled your head with all kinds of notions beliefs and habits that will take time to break. Changing those old, vicious habits (karmic patterns) means you have to stay in the boat of the Guru. The original transmission of Shaktipat gets you safely into that boat. *The rest of Shaktipat is the process that keeps you in it.*

Only this will ensure that, over time, you evolve into a permanent, *tested and verified* state of the Highest, the Self, rather than just experiencing Shaktipat as a passing glimpse that, like so many, you may even take for granted.

Shri Gurudev Bhagawan Nityananda of Ganeshpuri has said;

“One must live in the world like common people. Once established in infinite consciousness, one becomes silent and, knowing all, goes about as if knowing nothing. Although he may be doing many things in several places, he outwardly appears as if he is simply a witness to life - like a spectator at the cinema. He is unaffected by events, whether pleasant or unpleasant. The ability to forget everything and remain detached is the highest state possible.”

And in another of His utterances...

“The only thing required for spiritual growth is detachment from worldly pleasures. If you don't listen to this, you will fail in the end. The thoughtless state, the state of detachment, is the highest state. How can there be desire in the state of detachment? It is not the world the yogi gives up, it is desire for worldly sense pleasure. The true yogi is full and content whether she is a pauper or a rich person. If pleasurable things come your way, experience them, but never go looking. Always be content in yourself wherever you are and whatever your circumstances.”

Contemplate Bhagawan Nityananda's words for just a few minutes. What state is being described and how can you hope to achieve it without the necessary leadership – the leadership in your steady self-effort that is ripe with the most useful methods for attaining the goal?

So, contrary to what many believe or have been told when receiving what is not Shaktipat; Shaktipat *is not just* the transmission of God's Grace bestowing power. So, understand what authentic Shaktipat really is.

Spontaneous Meditation

Authentic Shaktipat begins with the transmission of the highest spiritual energy that, gradually, makes meditation more

spontaneous. You are able to be fully present in the moment more and more often – fully present with your own Peace and Joy. For some, this state unfolds very quickly after Shaktipat initiation. For others, it takes a while. This is due to differences in people's Karmas. However, if the original transmission of Grace was authentic, for those who stay in the Shaktipat Guru's boat, spontaneous Meditation on a regular basis is inevitable.

Shaktipat also invokes the inner healing process that purifies the heart, the body and *all* the subtle spiritual energy centers (provided one stays in the boat of the Guru, rather than jumping out of that boat to swim back to a sinking ship). Over time, this purification allows you to embrace a *spiritual lifestyle* of *Joy, Content* and *Wellness of your entire being*.

Authentic Shaktipat deepens and accelerates your spiritual practice in this way. After this awakening is received, a purification process begins whereby, over time and with regular spiritual practice, the fully awakened Kundalini Shakti pierces and purifies all of the subtle energy centers within the physical and subtle bodies.

Over time and with vigilant practice of the Master's instruction, this awakening leads to a person becoming completely established in his/her own Joy, *with the constant awareness and experience of the Ultimate Reality inside and everywhere*.

By the nurturing of this full Shakti awakening through daily spiritual practice and a lifestyle change, *as instructed*, the student experiences an inner unfolding of awareness that leads to states of higher and higher conscious awareness of the Ultimate Reality. Gradually you secure the Bliss, Joy, Peace, Happiness, and Well-Being that is your birthright. **In our school, we have documented this transformation in others over a period of many years.**

If You Could Do It The Easy Way Or The Hard Way, Which Would You Choose?

We are, at our core, all energetic beings. In daily mundane life, nothing can function without *energy*. *In spiritual life it is the same.*

My Shri Gurudev opened the floodgates of wellness and vitality for me by leading me to become established in what I refer to as *the energy substratum*, that Divine Conscious Energy or Shakti that even Quantum Physics and the science of Epigenetics now fully embrace as *the energy field*. The Sages of steady wisdom of our lineage refer to this as the substratum of all things.

Start by contemplating the following, undeniable Truth, for this is not only the easy way but it is the only way.

We live on a rock that hangs in a void of space, with no material support, that spins on an axis in an orbit around a fireball.

No nation, no government, no world leader or dictator, no army or group of people anywhere and no criminal or organized crime group and none of the financially wealthy has any control over this.

Further, there is a distinct, verifiable order in how the movement of this realm takes place, day in and day out, for millennia. The Sun rises and sets at an appointed time that we cannot influence or change. And so it is for the moon, as well. Wind blows and ceases, rivers and oceans rise and fall, species come and go here and we are all subject to birth and death of the body. And who decided that females will bare children, rather than males? I think you get my point.

There is a sacred law here that supersedes all societal law. Wherever there is law, there is a *lawgiver*. So, it is very relevant, both for permanent spiritual transformation and overall wellness that we begin our journey by discovering and experiencing who or what this lawgiver is, along with our relationship to this lawgiver.

The 4 Pillars of Joy In Daily Living

Integrated into the *Nityananda Shaktipat Yoga* curriculum that is taught in our school is what I call the 4 pillars of Joy In Daily

Living. These 4 pillars help to frame the journey back home embodied in what Shaktipat really is. They are:

1. The Spiritual Power
2. An Improved Mental State
3. Emotional Resilience
4. Vibrant Health

The Spiritual Power

The Spiritual Power is the first and foremost of the 4 Pillars of Joy In Daily Living that comprise our *Ecology of Well-Being* in Nityananda Shaktipat Yoga. In our experience, without this first pillar, it is impossible to get well and stay well in the long-term. So, as did my Shri Gurudev, *we define wellness as having a very strong foundation in The Spiritual Power.*

The Spiritual Power is that power that reveals our true identities, our Oneness with the lawgiver. ‘Light bulb’ is a name given to a piece of glass fashioned with metal pieces inside it, and a metal base as a connector. The name is really an oxymoron because, even though the light bulb is paraded around as the light source for our environmental living, indoors and out, *light bulbs do not give off light. It’s the electricity, the power source that gives the light.* The light bulb is just a conductor that has to be connected to that power source in order to transmit light.

In true spirituality, it is the same. The physical body, the mind, the senses – these cannot function on their own. *They have no agency of their own.* They require power, energy with which to function. In one way, you already know this. Because when that power, that energy substratum leaves the body, you call that death. And no one has any interest in a dead body. The body is only attractive and embraced, to one degree or another, due to the power that resides inside it. Once that energy leaves the body, that body, the mind, the brain, the senses – these become inert and worthless!

Therefore, in our approach, this energy substratum of all things, the *Shakti*, is accessed, experienced and nurtured by using time-honored, effective methods proved to help you go beyond your mind, body and senses to experience, nurture and embrace that highest Power that is also the lawgiver here. You'll notice that I said, "Accessed." This is a power that you already possess. It cannot be given to you nor taken away from you. It is the power that contracts to become your mind, your senses, etc. *It is the power source.*

So, the only true spiritual methods, the only true spirituality is that approach which provides us with the methods and pathway to experience and embrace this *Spiritual Power*, out of which naturally and spontaneously (not to say without effort, but with tremendous inspiration and intuition) flow an *Improved Mental State*, the second pillar, *Emotional Resilience*, the third pillar and *Vibrant Health of the Physical Body*, the fourth pillar.

In order to recognize, experience and embrace our Oneness with this Spiritual Power, **we need an ever-increasing Awareness of it.** We refer to this as spiritual or witnessing awareness and it is by this awareness that we come to realize and identify with this Spiritual Power. *However, this spiritual awareness is asleep in us.* If we are fortunate enough to cross paths with a genuine Shaktipat Guru then this awareness can be fully awakened by way of the easy means, so that we don't have to gamble on lifetimes of arduous struggle in the hope of fully awakening it.

Improved Mental State

Once this dormant witnessing awareness is fully awakened in us, with the right leadership and practical, effective methods, we can *nurture* this spiritual awareness, over time causing it to blossom into a *paradise of wellness*. I was Blessed by my Gurudev in this way with the one missing element that is the difference that makes the difference – **Grace!**

So, what is the Grace I speak of? Grace is the Power, the Love that rescues us from the entanglement of worldliness and, like a boat,

carries us across the illusion of this world to that distant shore of Joy, Peace, and the Bliss of The Absolute. Grace is That which frees us from the bondage of ignorance that keeps God concealed from us. *This Grace comes from a Master.*

My Shri Gurudev has said, “For the sake of Joy, a person does all kinds of things, not knowing that happiness lies within. Such a person is like the musk deer that carries the precious fragrance of musk in its own navel. But out of ignorance, the musk deer keeps searching for that fragrance outside. The breeze carries the fragrance of the musk toward the mountains, and the deer runs eagerly in that direction.

It runs and runs searching for that fragrance and eventually dies. Then the people who live in the mountains cut open the deer and remove the musk. It is the same story with a human being. In spite of everything one does, a person does not see lasting happiness. But if, by good fortune, he/she meets a Saint, a great being, then a person can become completely happy.” Here, my Gurudev is describing my poor condition before meeting Him – a condition that so many of you also share.

It is said that the mind loves the places it frequents the most and then, as a result, we become what we obey. An improved mental state is one in which the mind has been trained to turn within on a regular, consistent basis. In this way, the mind becomes what it meditates on.

So, our mental state vastly improves when the tired, restless mind is made to turn within long enough to desire the company of the Self - the company of that Shakti power that brings the experience of Bliss, Happiness, Fearlessness and Content. Such a mind becomes like gold, withstanding the test of time with great fortitude of Peace and Joy. This leads to a mental state that is awash in the Bliss, Inspiration and Intuition of the Ultimate Reality and Cause – God.

With the daily spiritual practice and leadership in the methods for changing lifetimes of useless understandings and false notions, your mental state improves to the point where the mind

becomes sharper, full of mental clarity and the most useful vision for attaining the highest experience of what wellness is. Such an improved mental state naturally leads to release from the prison of the emotions.

Emotional Resilience

Are you enjoying your emotions or are they enjoying you? If you contemplate this, even for a short while, you will begin to discard the tired, worn out noise intended to suggest that connectedness to each other is based on ‘emotional availability.’

Although there is great usefulness in empathy, there is no usefulness in enabling worthless causes like enjoying mutual enslavement in emotional reactions. And *Love* is what connects us, *not* the sharing of what appears to be mutually shared emotions. *Love is Love, precisely because it makes no distinctions and is unconditional, thereby rendering Freedom to the true expression of Humanity.*

Therefore, *Emotional Resilience is freedom* – the freedom to express one’s Humanity *fully* without becoming a slave to the emotions. Here, in Nityananda Shaktipat Yoga, you are taught proved methods for developing emotional resilience in a way that gives the experience of inner Joy, regardless of what kind of emotion is being expressed, and regardless of the degree of intensity of expression.

In other words, your inner state is never swayed away from that of Peace and Bliss, regardless of how your Humanity is being expressed in the moment. You come to know that *the act* of expression is not who you are, but rather a tool that you engage.

Vibrant Health

Spirituality and the journey to Joy that comprises retracing one’s steps back to God, does not exclude the quality of life embodied in vibrant health. Here we make one very important distinction connected to the first of the 4 pillars, The Spiritual Power.

The physical body is the child of the mind. And the mind is the child of the Self – God. We embrace this understanding to ensure that we don't get carried away by our senses and emotions, through attachment, attraction and aversion which are each a play of the Gunas and the Malas - the inner impurities for which the Shaktipat Kriya Process is the cure. Still we want to be in a healthy vehicle in the body, at least long enough to realize the goal of our existence here, with a comfortable quality of life.

Therefore, we begin applying the lifestyle medicine for vibrant health of the physical body with the understanding that *the body is the temple in which God resides*. Because the Ultimate Reality, the Indweller, resides in the form we call 'body,' we respect and care for the physical body with this intention. This is the only way to truly respect the gift God has granted us in the miraculous nest that is the physical body.

So, our intention for vibrant health is to dwell in a pure, clean and healthy temple, in order to maintain the vehicle that allows us to engage our existence here, free of the distraction of illness and disease, whenever possible, given one's Karmas.

Freedom from this kind of distraction paves the way for endurance in realizing the purpose of a human birth – to retrace one's steps back to God – without attachment to what is fleeting and ephemeral. It is with this understanding and intention that we also offer programs in holistic nutrition, vibrational healing and holistic lifestyle medicine.

These 4 pillars combined, form an indestructible foundation for nurturing the receipt of Shaktipat and the realization of the goal of the Shaktipat Kriya Process, also known as Sadhana. They are offered for this purpose alone.

Understanding The Importance of The Shaktipat Kriya Process With Respect To Your Pot of Karmas

If you have a consistent itch on your face, or an unexplained lump on your lip, how do you begin to determine what's actually

taking place on your face? *You look in a mirror.* You need the agency of a mirror to see your face, to reflect the spot where the itch and/or lump is, in such a way that you can further examine it to determine whether it's just passing acne or something more serious – so that you can address it to stop the itching and any underlying cause. Without a mirror to reflect your face, you're simply shooting blind.

Imagine treating an itch on your face with a Swiss army knife, attempting to carve it away by bludgeoning your face, when all that was needed was to wash away the dirt causing the itch! And all because you didn't have a mirror with which to see the spec of dirt that simply needed to be washed away with some warm water! **The suffrage of your Karmas is just like this.**

“A blind person may hold a light in his hand, but that light is of no use to him.”

~ Shri Bhagawan Nityananda of Ganeshpuri

This profound utterance of Bhagawan Nityananda really does sum up why the right understanding of Shaktipat *as a Grace-filled process that one is led through*, is so necessary to experiencing and imbibing authentic Shaktipat. I have met many people claiming to have received Shaktipat from their boyfriends, lovers, wives and ‘spontaneous awakenings.’ In observing such people over an extended period of time, I have seen that they have no lasting attainment. Whatever they think they received has become either a distant memory or a vicarious glimpse relived at the behest of the doership of the ego. Such people would do well to contemplate my Shri Nityananda's utterance.

We all have many Karmas, accumulated over many past lives and the present life. The storehouse of Karmas is inconceivably vast. It is only by the Grace, Blessing and leadership of a Sadguru who is a Shaktipat Guru in a lineage of such beings that we can even begin to understand and experience this Truth. Furthermore, it is only by such a being's Grace that these Karmas can be destroyed. This is why

I took a Shaktipat Sadguru and obeyed His every instruction and command.

“The ego is like a black bug on a black rock on a moonless night. How can you even hope to see it without the light of the living Master’s Grace?”

~ The Poet Saint Kabir

The false notion of individuality that gives rise to the ego-idea is one of many Karmic tendencies that are embodied in the impurities embedded in our subtle body – *the world of our inner impressions*. We refer to these impurities using their scriptural terms from the Vedas and Shaiva Agamas. They are known as the three Gunas and the three Malas. The Gunas and the Malas are impurities that manifest as the embodiment of our Karmas in the many ways in which they have been expressed over countless lifetimes.

These impurities are actually planted in our being by God, to drive us back to Oneness with the Self. This is part of the extraordinary play of Divine Consciousness that rules this place. It may seem illogical, harsh or even cruel that a just, compassionate God would create useless contraction in binding, karmic tendencies. But consider this as an example; How does a long distance hurdler training for competition become a champion? Because great runners who are hurdlers *are not born that way*. They train for many years. I know because I used to run hurdles as an Olympic athlete in training.

The hurdles are the *necessary obstacles* that cause the hurdler to get stronger and stronger in running the hurdles. Without those *obstacles*, the runner cannot get strong enough to compete. So, the obstacles in the hurdles themselves are an absolute necessity, both in the training of the runner *and in the testing of the runner’s attainment and preparedness for competing*.

Similarly, in Sadhana, *we understand the play of the Gunas and the Malas – these karmic impurities – to be just like those hurdles*. In fact, the mantra ‘Guru’ actually means the one who first takes you to and shows you the darkness of these impurities. Only then does the Guru then open your eyes so that you can actually see and begin to

understand, experience and fully embrace the light you hold in your hand – your unclaimed treasure within.

So, without being led through an authentic process where the ways in which you conceal that glowing inner light from yourself (due to your Karmas) are revealed, you are just like that blind man that Bhagawan Nityananda speaks of - with a light in his hand that is useless to him because he can't see it.

The Importance of Lineage

The poet Saint Kabir has said, “Guru Janam Janam Ki Atak Koli.” It means ‘The Guru has freed you from being stuck for many lifetimes.’ This freedom comes by way of the Shaktipat Sadguru actually burning away the Karmas you have created that keep you bound to ignorance. An authentic Shaktipat Guru is able to accomplish this *only by the power of an unbroken lineage of such beings that the Guru serves.*

This is why, when it comes to Shaktipat and Sadhana, lineage is essential. The living Master must consistently please his/her lineage in order to constantly invoke the power that, combined with the Grace of your own self-effort, *burns away all that you are not – your Karmas.*

This is why my Shri Gurudev emphasized great caution in choosing a Guru to receive Shaktipat from. He would say that, if such a being wears colored robes and professes to give Shaktipat, but has never served another Master or lineage, is he a Guru or a dyer!? My Baba would also warn us that the false Guru market is growing exponentially because the false disciple market is so large!

For these reasons, when considering the receipt of the greatest gift on the planet – Shaktipat – and the leadership that must follow, be sure you receive Shaktipat from one who is in a lineage of Shaktipat Sadgurus. Such a being must have served a Shaktipat Guru in this lineage, *over an extended period of time – a matter of years, not weeks or months!*

This is so because such a being must have been completely erased and molded by his/her own Guru. *This is the only way in which Shaktipat Gurus attain the power necessary to burn the Karmas that cause you to be stuck, lifetime after lifetime.*

So, investigate this carefully. If the ‘guru’ has no lineage that he/she has served, no master that he/she served for many years, *then do not follow*. You will not receive authentic Shaktipat from such a person, nor will such a person be able to consistently give the direct experience of what he/she instructs.

Test The Guru

After the initiation of Shaktipat that fully awakens the dormant Kundalini, there is a journey of unfolding that begins. In Nityananda Shaktipat Yoga, we like to say that this is a journey to retrace our steps back to God. It is an inevitable journey dictated by the sacred law that governs this place – a free evolution of beings who God sends here.

This unfolding is a nurturing of the fully awakened Kundalini. It is like a gardener or farmer who has planted seeds for a wonderful bounty of crops. That garden, those crops need to be nurtured to harvest. Sadhana, the Shaktipat Kriya Process that begins upon the receipt of Shaktipat, is very much like this.

This unfolding is supported by a daily spiritual practice and discipline that is taught by a living Shaktipat Sadguru. Indeed, this unfolding has many obstacles of karmic tendencies opposing it. This is why we need leadership in this process. And that leadership has to be strong, true and based on both personal experience and the collective experience of a lineage that has made the same journey.

So, you don’t want to follow just anyone in the unfolding of your Sadhana. Instead, you want to be sure that you are with the right one. This requires that, as you begin this journey, you also test the Guru, before fully embracing this leadership for the unfolding and nurturing of the awakened Kundalini.

In Nityananda Shaktipat Yoga, the means to test the Guru has been taught and supported down through the ages in our lineage of Siddhas – the Sages of Steady Wisdom – the spiritually-perfected Love Beings. The steps to testing the Guru are:

1. You must have experiences of peace, joy, love and strength while in the company of the Guru and by following the instruction of such a Guru. And you have to have inner experiences of the awakened Kundalini, upon the receipt of Shaktipat. These experiences may be subtle or blatant, but they must take place. Your experiences should indicate to you that, if you continue to keep the company of the Guru and follow his instruction, your mind will become quieter and quieter, your joy will increase and fear will be erased from your being. Peace and Love should follow and your longing to know God should increase regularly. The beneficial experiences others share who keep the company of the Master, along with your observation of their transformation should also be considered. But that does not replace the fact that *you must have experiences*.

2. In your own direct observation, the Guru's speech and actions should be pure, dharmic and full of the intention to serve the spiritual needs of you and other students/devotees. Such a Guru should speak regularly of his/her experiences of his own Guru. The Guru's behavior should clearly indicate his love for and devotion to his own Guru and the lineage. Such a Guru's speech and actions should be free of attachment, attraction, aversion and limiting desires and cravings that are hallmarks of worldliness.

3. The Guru's speech, actions and instruction must be supported by the scriptures and sacred texts that comprise the Wisdom, the utterances of the Sages of Steady Wisdom of the Guru's lineage. Such texts should be made available for followers to examine and study, to support this test of the Guru. The Guru's leadership should be in complete alignment with these scriptures and sacred texts.

In our lineage, the above is what is known as the 3-test of the Guru. It has been used by many beings to test their Guru when taking up Sadhana. This test requires that you give yourself time to begin following the Guru's instruction for your Sadhana.

You need time to be able to test what you are taught in the laboratory of your own existence. You need time to have experiences of what takes place when you follow the instruction vigilantly, as compared to what happens when you don't. You need time to journal these experiences as a scientist would, so that you can determine whether or not you have performed the test of the Guru *to your satisfaction*.

For most, this is a period of 6-24 months. But that is not a hard and fast rule, *as a lot depends on how long it takes for you to actually take up and follow instruction*.

The Shaktipat Kriya Process

After the initial receipt of Shaktipat from an authentic Shaktipat Guru, the *Sadhana* that solidifies the unfolding of the awakened Kundalini to re realization of its fullest potential begins in earnest. This process of unfolding is best secured in the bond of power between the Devotee and the Shaktipat Sadguru. This is the *Shaktipat Kriya Process* in which everything you are not is rooted out and addressed in a way that you become increasingly and consciously aware of:

- Your Karmic tendencies that are the obstacle to your permanent spiritual transformation and Liberation.
- All the ways in which you refuse to let go of these tendencies, thereby concealing your true identity from yourself and concealing the experience of the highest Bliss of the Self.
- The steps and instruction you must follow to rid yourself of these false leanings and tendencies, beginning with the ego idea that causes you to live in a state of fear.

Just as your bathroom mirror may reveal how you really look without primping and makeup, the Shaktipat Kriya Process has its foundation in a similar mirror. This is called the mirror of the Guru and its power is unfathomable. It is the root of all expanding spiritual awareness and permanent spiritual transformation. Sadhana is based on having this mirror of the Sadguru's Shakti as the outside agent that reflects back to you what you cannot see without the mirror - just like in the case of what is revealed to you when you look into your bathroom mirror after waking up in the morning.

Again, the Shakti of the living Shaktipat Guru acts like a huge mirror, reflecting both a person's useful and useless tendencies back to him/her. The Guru's Shakti, in the form of that fully awakened Kundalini, will also bring up and make evident tendencies and weaknesses that are lurking just below the surface of the student's conscious awareness. In this way, the student/devotee is always given a clue as to where he/she is at in the moment.

For example, in close physical proximity to the living Master, and also in the Master's school or center, if your ego is ablaze (limiting, impure perceptions and emotions) those are going to be reflected back to you, often in stark contrast to where you think you are at. Additionally, this is also the Sadguru's challenge to you.

Another very important point is this: It must be understood that the Shaktipat Sadguru does not take away your pain and suffering. *The Master's job is to show you the root cause of your suffering and help you remove that root cause.* Therefore, students who see the Guru as a "dumping ground" for their suffering are not able to go the distance. Such people usually come to a skewed vision of the Guru that forces them off the path.

Without the Blessing and Grace of this mirror, it is not possible for you to become aware of the karmic leanings and tendencies that are holding you back. Likewise, one needs a very strong witnessing awareness to harness the bond of power in the mirror of the Guru, in a way that you learn to let go of these useless and binding impurities so that they can be rooted out permanently.

Indeed, it is this miraculous mirror that forms the foundation for your ever expanding, witnessing awareness that is so necessary in Sadhana. This ever-expanding witnessing awareness is the unfolding of Kundalini.

Shaktipat FAQ

The following is taken from a live Q&A program in which Kedarji was asked questions about Shaktipat and Sadhana.

Question: What is Authentic Shaktipat?

Answer:

If you go online today, it would appear that everyone and their brother is a Shaktipat-giver. These people make it sound like every energetic experience is Shaktipat. And particularly, in certain places on the planet, they have made a business of this now. Unfortunately, Shaktipat has gone the route of American yoga.

When Yoga was first offered, it was understood that Yoga is a transformational path to experiencing the highest in you, the Self, the Highest Power. *Yoga actually means the transformation of limited human awareness into Divine Awareness of the Ultimate Reality – the energy substratum of every thing – Divine Conscious Energy or Shakti,* but that's not what you see on the sign for the yoga studio today.

In fact, many years ago when I was taking a course in how to run a healing business, they were talking about yoga, and they told us “Never say Hatha Yoga (the type that is popular today), never say anything else, just say yoga when you run your business.” So, *yoga has become commercialized*, and Shaktipat has now gone the same route, and it's a big commercial.

Healers have now jumped into the act, putting up websites that say they give Shaktipat. People who have studied a few hours of Reiki, without long-term mentoring, or have simply read a book on it say, “I’m a Shaktipat-giver now.” Anyone who has any energetic experience says, “Oh, I received Shaktipat.” In most cases, this is false. So, what is Shaktipat then?

First of all, there’s nothing wrong with healing. We have a healing program here. There’s nothing wrong with giving energy to another individual that you have the power to extend. So, I’m not negating any of these things. I’m just saying *that’s not Shaktipat*. Healers give you energy. Shaktipat awakens an energy you already have. This is the first thing you have to understand. *This energy has two aspects.*

At the base of your spine, in the Muladhara chakra, there is the second aspect of an energy you’re already used to using (immanent aspect). The energy you use to concentrate, to focus on objects of sense, on people, places and things - when you’re able to do that well, you call that *concentration*. Concentration is taught from a very young age. But there is another aspect to that same energy that lays dormant within your being at the base of your spine, until it is fully awakened.

The dormant aspect of that energy is the *transcendental* aspect of One Supreme Intelligence. This is a sleeping awareness that is then awakened through authentic Shaktipat. In its state of sleeping, it’s known as Kundalini. It is awakened by a Shaktipat Guru who has been authorized to awaken the Kundalini by another Shaktipat Guru.

This is the first thing you must understand. We exist in this Kali Yuga age where there is so much misinformation and disinformation. Any kind of teacher puts a shingle out and says, “I’m doing this, I have the power to do this” when they’ve only read a book, for example.

Understand that Authentic Shaktipat is what I'm speaking about now. Authentic Shaktipat can only be given by a Sadguru (true Guru) who is also a Shaktipat Guru *in a lineage of such beings*. Here we make that distinction for one reason only – there are Sadguru's who do not give Shaktipat. So, this is why we say, "...must also be a Shaktipat Guru."

Even today on this earth plane, a Sadguru is very rare. *A Shaktipat Guru is even more rare*. One who gives Shaktipat has to have been authorized to do so by his or her Guru, whom that person served – **not just for a week, a month or a couple of months – for years**. My Shri Gurudev used to say, *"Only the one who obeys can command."*

Now, you already know this. Suppose you need heart surgery. Do you go to the person who says, "I'm going to learn how to operate on hearts by operating on yours."? No! That would be a ridiculous notion. Let's suppose you're in trouble with the law, and now you need a good attorney. Do you go to the paralegal who says, "I've never tried a case."? No! That would be stupidity. *It's no different in spiritual life, particularly with respect to Shaktipat.*

Authentic Shaktipat is given by one who has obeyed a Guru, one who has been a disciple of a Shaktipat Guru for many years – to the point where that Master authorized this person to give Shaktipat, and extended the Grace and the full amount of Shakti to do so. The full amount means that such disciples of a Shaktipat Guru, once authorized, are able to transmit the Grace-bestowing power of God without ever becoming depleted of their own Shakti.

This is what full amount means; that no matter how many people such beings transmit this Grace-bestowing power to, their own Shakti, their own energy is never depleted. Only one who has stored up the full amount can do it. When do such disciples know they've store up the full amount? *When their Guru tells them, either outwardly or inwardly; that's how they know.*

This is why authentic Shaktipat-givers *are in a lineage of Shaktipat Guru's*. Do not – do not – do not seek Shaktipat from any other beings. A healer may be able to heal you of illness by dint of that person's combined spiritual merit of many past lives. Healers may be able to heal you, and in doing so, may even burn some of your karmas, temporarily; **but that is not Shaktipat**.

You may experience beings where, in their company, they're able to transmit some energy to you. It is possible that there's an energy exchange, *but this is not Shaktipat*. And here's why: make certain you're listening very carefully... **Shaktipat has a very specific intention. Upon the receipt of Shaktipat, there begins what is known as Sadhana, what, in Nityananda Shaktipat Yoga is called the Shaktipat Kriya Process.**

The intention of Shaktipat is to release you from the bondage of ignorance by securing your permanent spiritual transformation and Liberation. That's the intention in which it is given. **Therefore, the one giving it also has to be able to lead you through this Shaktipat Kriya Process over an extended period of time, for as long as it takes to liberate you.** This is the difference that makes the difference.

Sadhana begins upon the receipt of this highest spiritual initiation. Therefore, Shaktipat is the greatest gift you can ever receive because it begins a spontaneous unfolding of your spiritual awareness. The dormant Kundalini is the awareness that is sleeping. It's awakened just like lighting an unlit candle with one that's already lit; there's just this leap, and it's subtle but so profound!

You have to understand this; *Shaktipat is a matter of subtleties, not a matter of blatant things like the sky opening up and you hear the voice of Charlton Heston as Ben-Hur or Moses saying, "Come to me."* Some people watch too many movies. **Although, if with the right one, people can and do have very strong, initial experiences of the receipt of this Grace-bestowing power of God, this is not all that**

Shaktipat is about. *Shaktipat is all about the subtleties.*

Also, understand that, if it is authentic Shaktipat, there is an intention that the Master then delivers on. **And that is the process that roots out all of the karmic tendencies that are the obstacles to your permanent spiritual transformation and Liberation. Therefore, Shaktipat is an unfolding process in which you engage ongoing, spiritual leadership from one who is an adept in this regard, due to having served another adept for many years.**

Only this is Shaktipat; and you should only receive this Highest transmission of the Grace-bestowing power of God from a Master where there is a proved ability to lead you through this Shaktipat Kriya Process.

Question: So, once you know you have a Guru who can give you Shaktipat, and then you receive Shaktipat, does it last forever, or does it have to be, let's just say, tuned-up for a better term in use?

Answer:

This is a very good question. That depends on *your effort*. The truth is, if you're with a Sadguru, a Shaktipat Guru, it's always raining Grace. Such beings can only give Grace, and this is the experience of my Shri Gurudev, and his Guru before him. Sadgurus who are

Shaktipat Gurus can only give Grace. Now, will you embrace that Grace or sabotage it? This is the question.

This is also why you need leadership. You can't arrive at a place that you've never seen, never experienced and don't know anything about; for that, you need to be led. Let's say, as an example, you grab a cab to go uptown and you want to make sure you're going to Riverdale and not Harlem. But you've never been to either place. You have to

rely on the cab driver, don't you? You have to get a cabbie who knows the difference between Harlem and Riverdale and is actually going to take you to Riverdale and not drop you in the South Bronx by an abandoned building, just because the taxi driver didn't know. So, what does that mean?

Now you need a particular taxi driver, don't you? You need a driver that knows all of uptown New York and knows to take you to Riverdale and not the South Bronx in the demilitarized zone, right? That's a specific cab driver. So, here, you need a specific Guru for the same reason.

You hit on a very important point because one of the roles of a Sadguru is to consistently stay after you to ensure that you're nurturing this wonderful, full Shakti Awakening, and that you are performing the self-effort necessary to nurture that awakening. Can the fully awakened Kundalini become dormant again? Yes, to a certain extent, it can, if you don't nurture it.

Consider this example; Let's say you have this wonderful bed of flowers. They need watering and regular care. If you never water those flowers and remove any weeds growing in the flowerbed, the flowers are going to die. However, the seed will remain. This is a perfect analogy for Shaktipat.

If you don't water that incredible gift of Grace to cause it to increase and to increase and to increase with the love of your self-effort, it will become dormant; but the seed will remain. This is why we also say Shaktipat never really goes to waste. The seed will be there, but the manifestation of that seed in such a way that you can use it to completely expand your spiritual awareness will not remain unless there is effort on your part to follow the instruction to nurture that awakening, so that the Kundalini continues to rise.

What is rising? Your spiritual awareness. Your self-effort, as instructed by the Sadguru is offered so that your spiritual, witnessing awareness continues to expand and expand and expand, rather than contracting back to that original ignorance for which you received Shaktipat to address. So, yes, after Shaktipat, the Kundalini can become dormant in this way, and we see this. In my Gurudev's time, there were people who came and went. Some of those people treated Shaktipat like taking drugs. They wouldn't follow the instruction completely, they'd go to an intensive, get Shaktipat – get high. For, it is the best high. Then they'd run off and engage in all kinds of contracting activity.

And then they would say to Baba (because my Gurudev was giving intensives every weekend), "Baba, I'll see you next month." And they'd come back and they'd be completely dried out and they'd look horrible, and they'd say, "Ok, I'm taking the intensive again." So, they'd go get a little bit more energy and they'd run away and say, "Okay, I'll see you in three months because I'm going to party in Europe. I'm going to hit the clubs every night. I'm just going to waste all my Shakti. I'm going to have sex twice a day and I'm just going to waste all the Shakti and do drugs." And, again, they would come back completely dried out and say, "Okay, I'm here to take another intensive." This *is not* the way to proceed.

What happened to those people is, eventually, my Baba took Mahasamadhi. Now where are they going to go every week for Shaktipat? There are very few lineage holders now remaining, and Kedarji does not give intensives every week. Furthermore, for people who are just treating it as a drug, you can only sabotage Grace for so long.

You have a rosebush that's flowering, but you're not taking care of the bush; you're not weeding out the weeds, you're not watering the bush, but you're still taking the roses off because you like the roses. You just don't like taking care of the bush, but you love the roses.

Eventually, that bush is going to die. You'll get the roses out, only for so long, and now it stops producing beautiful roses, because you haven't been taking care of it.

So, this does happen, for some, with respect to Shaktipat. And people do engage in this kind of behavior, but again, this is why the Sadguru exists, to lead you over those kinds of hurdles.

Question: My second part of that was, as you talked about Shaktipat, you talked about surrendering. Can you explain what surrendering is in this approach? What are you surrendering?

Answer:

You're surrendering the limitation of your ego, and that's it. But that's a big 'it,' isn't it? Because the ego is your lover. Then, if you make the ego your jilted lover, the ego is going to stalk you, so expect it. That's why you need the order of protection – the order of protection is your Guru. That's why you need that order, because the ego is going to stalk you. The harder you try and root it out, the more it's going to stalk you. It gets subtler and subtler, so that's what you're surrendering and the ego has to be surrendered completely.

There is no need to change the clothes you wear. There is no need to go on long monthly fasts. There is no need to take pilgrimages 10-15,000 miles away to certain temples. These temples are beautiful and there is nothing wrong with taking pilgrimages. Sometimes making such an effort helps to invoke Bhakti, longing – and that's a good thing. But there's no *need* to do it when you have a Shaktipat Guru at the helm of your boat. There's no need to go to confession on Sundays. You don't need any of these things to be Liberated in the moment or to expand on that experience.

The only thing you need to realize the Self, your True Nature, is to surrender the ego, the false notion of being the body, the mind, the senses.

Like I said, the ego has been your lover for centuries, so you need a third party to help you root it out.

When you go to therapy, that's why you go – because there is a third, unbiased party in the therapist. You've been in relationships for a while, you have a breakdown, now you talk to your lover and you say, "Okay, let's go to therapy. We need some help." It's the same with the ego. With the Sadguru, now you're going into a kind of therapy. This is the Guru's therapy. When it comes to surrendering the ego, the Guru is the therapist that you're going to see.

Your intention is to break up but your ego doesn't know that yet. You're getting a little slick with the ego, you're saying, "Okay my beloved ego, let's go to therapy. So, the ego thinks, "Ok, maybe she still likes me." Your intention is to get rid of that ego, but you don't tell your ego-lover yet. You tell the therapist first.

Ever been in this situation with an intimate relationship? So, the therapist says, "Ok, husband, step out of the room," and then the therapist talks to you separately. This is done in all relationship counseling. The therapist talks to you together, and then talks to you individually. So, the husband steps out and the therapist says, "Ok wife, now, tell me the truth, tell me how you really feel." "Well, how I really feel is I'm done with this."

So, this is why we need the Maha (great) therapist in the Sadguru, so that we can be done with the ego idea that we have made our lover for so long. So, this is what you do. You take the ego to the therapist and the therapist is the Guru. You say, "Pssst..." and the Guru says, "Don't worry, I'll handle it." Sometimes that's the way you have to be with your ego - leave it on a need-to-know basis. In this way, you surrender the ego that is the false notion of individuality. Then you can realize your true worth.

But it is very difficult, if not impossible, to surrender the ego without the Grace of the Shaktipat Blessing. This is why I took an authentic Shaktipat Guru.

Question: What is the proper way to prepare for Shaktipat? How does one know that they're ready?

Answer:

The moment that you have the desire to truly know God, to have a personal relationship with God, that's when you're ready. The moment you are aware that you have that desire. Because most have this desire and they're not yet aware of it. But the moment that you're aware, even if it's just the question, "Who am I?" Even if it's just the understanding there must be something greater than this; don't yet know what it is, but I want something greater than just this daily mundane life. At that moment, you're ready.

CASE STUDY EXCERPTS

Case Study 1. Adult Female, 11 Years of Participation In Nityananda Shaktipat Yoga and Still Participates In Our Spiritual

Community – Was introduced to Kedarji through a childhood friend.

Contact With Our Staff: Frequent.

This person's progress in the Shaktipat Kriya Process (Sadhana) has been closely monitored throughout an 11-year period. She had very strong, initial experiences of the receipt of Shaktipat that are classic expressions of same. In addition, her effort in participation in her Sadhana has grown exponentially in that time, giving way to her following more and more of the Guru's instruction.

Family members and her son have expressed a noticeable improvement in her demeanor, behavior and overall state. Staff and other devotees in our spiritual community (Sangham) have observed the same. Her progress in Sadhana, although not without challenges, has been steady.

Key Areas of Notable, Long-Term Transformation, As Observed By Our Staff and Kedarji:

- Greatly Reduced Anger
- Daily Experiences of Indescribable Joy
- Far Deeper Meditations
- More Focus At Work
- Much More Energy To Address Mundane Tasks
- The Experience of Bliss Under Stress
- Deepening Quality of Relating With Family Members

Here is an experience she shares of receiving Shaktipat from Kedarji:

During Shaktipat, after Kedarji tapped me on my head with peacock feathers, I felt waves of peace quieting everything. Several minutes later, he returned and touched spots on my face and head. And while he was doing this, my eyes remained closed, but although they were closed, I could see Bhagawan Nityananda to Kedarji's side following him as he went around the room. And after Kedarji touched these various spots on my face, my head felt like it was floating away, and then the rest of my body began floating away as well. And as I breathed in, it felt like my body was expanding and filling the room. And then the body, very gently, burst like a balloon, and I just let it go and let it float away.

I was breathing very deeply and spending long periods of time in the spaces between the breaths. And as my breathing slowed and nearly came to a stop, I recognized that I was hovering in a Void, but with no body. I was nothing but a pulse of a breath, filling and releasing into this Void. And one thing that I noticed was that, while this Void was massive, it was also so, so gentle and welcoming. There was no fear in this place, and there were no boundaries.

And as I remained in this state, my breath became more and more spread out in the Void, until it merged completely with everything around me. It got to the point where there was no difference between this Void and my breath. The entire Void became my breath, and I had no sense of separation between me and this place where I was floating.

I had no concept of where my breath was; it was everywhere and nowhere at the same time. And a little bit later, I heard a vibration in the Void that picked up strength as the meditation continued. Here and there, there would be little flashes of light – mostly white, but a couple times there were also a bright blue or purple color.

And at some point while I was seeing these little flashes, I saw what appeared to be a silhouette of Shiva, almost as though it were made out of clouds. And so inwardly I asked, 'Shiva, is that you?'

And inwardly, I received the message, ‘There is nothing that is not Me.’ And after that, the silhouette just dissolved and went away.

And so I just continued to, literally, hang out there, just content. I don’t know how long the mediation was, but it felt like it was only about fifteen minutes long. And what was especially notable was that every meditation for the remainder of the Intensive weekend, I melted right back into this same place, and I had the same experience – almost like the whole weekend was my Shaktipat.

And I came out of this experience really in awe at how gentle and subtle my Shaktipat was. During the Shaktipat Kriya Process, I constantly feel like I have to be in fight mode, like I have to fight my tendencies and beat them to win and move forward on the path. But this experience in Shaktipat showed me how difficult I make things, and how simple and peaceful and gentle my Sadhana can be if I just stopped fighting and let go. And I am so, so thankful for my Guru’s Grace, that allowed me to have this experience and to see this for myself.

Case Study 2. Adult Female, 4.5 Years of Participation In Nityananda Shaktipat Yoga and Still Participates In Our Spiritual

Community – Was introduced to Kedarji via an Internet search.

Contact With Our Staff: Frequent.

This person’s progress in the Shaktipat Kriya Process has been closely monitored throughout a 4.5-year period. She had very strong, initial experiences of the receipt of Shaktipat that are classic expressions of it. In addition, her effort in participation in her Sadhana is growing and her resistance to following more and more of the Guru’s instruction is lessening, in that she now affirms the benefit of surrendering that resistance.

Some family members and friends have expressed a noticeable improvement in her demeanor, behavior and overall state. Staff and other devotees in our spiritual community have observed the same. Her progress in Sadhana, although not without challenges, is becoming steadier.

Key Areas of Notable, Long-Term Transformation, As Observed By Our Staff and Kedarji:

- Greatly Reduced Fear
- Daily Experiences of Indescribable Joy
- Deeper Meditations
- The Experience of Bliss Under the Pressure of Fear and Confrontation

Here is an experience she shares of receiving Shaktipat from Kedarji:

During the Miracle Intensive in honor of Shri Bhagawan Nityananda of Ganeshpuri, Kedarji transmitted this Grace-bestowing power of God through his Shaktipat Blessing. During meditation while Kedarji was walking around the room bestowing this blessing on everyone, I spontaneously began repeating the sacred Hamsa Gayatri Mantra over and over again.

A few moments later, I could feel Kedarji's presence standing in front of me as I continued to repeat the Hamsa Gayatri Mantra. And as he transmitted this Shaktipat Blessing to me, my mind went completely blank, and not only could I not remember the words to the mantra that I had just been repeating, but I didn't even remember that I was repeating a mantra to begin with – because my mind had gone completely blank!

Inwardly during this meditation, I placed my head at my Guru's feet... that's when he placed his feet on the floor in front of me and I reached for them and placed my forehead on his feet, a gesture of humility and reverence... then I began hugging his feet, inwardly. And that's when I heard, inside, this voice say, "Hold on

to my feet and I will take you there.” There, being that Highest Abode of the Heart – the Self. I wrapped my arms around my Guru’s feet even tighter, hugging them, not wanting to let go.

That’s when I was reminded of a vision that I had had 14 years ago about the entire cosmos being contained inside of me. I felt this swirling ocean of Love and Peace all around me, and all I wanted to do was drown in that ocean.

Case Study 3. Adult Male, 14 Years of Participation In Nityananda Shaktipat Yoga and Still Participates In Our Spiritual

Community – Was introduced to Kedarji via an Internet search.

Contact With Our Staff: Frequent.

This person’s progress in the Shaktipat Kriya Process has been closely monitored throughout a 14-year period. He had initial experiences of the receipt of Shaktipat that are also classic expressions of it. In addition, although he has experienced difficulty in maintaining self-

effort at his daily spiritual practice, his effort in participation in Sadhana is growing. He is beginning to address his laziness at self-effort and, as a result, is following more and more of the Guru’s instruction.

Staff and other devotees in our spiritual community have observed an overall improvement in him. His progress in Sadhana, although not without challenges, is becoming steadier, as well.

Key Areas of Notable, Long-Term Transformation, As Observed By Our Staff and Kedarji:

- Better Communication
- Daily Experiences of Indescribable Joy
- Deeper Meditations

- Improved Attention to Detail
- Takes More Responsibility For Daily Tasks
- Improved Parenting Skills
- Improved Leadership By Example
- More, Steady Experience of Heightened Spiritual Awareness and Content On A Daily Basis

Here is an experience he shares of receiving Shaktipat from Kedarji:

When I attended the recent Shaktipat Blessing Retreat, I experienced something profound that I would like to share. In the Retreat, there was a meditation during which Shaktipat was given. And during this meditation, I sat with my eyes closed, while Kedarji went around the hall in order to give Shaktipat. Then when Kedarji got to me, he tapped me on the head with the wand of feathers and he also pressed a point above the top of my nose.

After I received Shaktipat at this time, I heard some of the people in the room make various sounds and noises, such as one person who started to even roar like a lion. During the rest of this meditation, my mind somewhat quieted. And while in this state, I stopped listening to the sounds around me, as they slowly faded away.

And then at the end of the meditation, I didn't even want to stop meditating. I wanted the meditation to continue and go on, as I was going deeper and deeper, getting quieter and quieter. I was really enjoying my meditation.

And then in a separate meditation that occurred shortly after Shaktipat, there were no thoughts whatsoever; there was no mind at that time. In that state, I inwardly started to repeat the mantra, *Om Namah Shivaya*. However, as soon as I started to mentally repeat the very first syllable of the mantra, there was an incredible upsurge of power.

And this showed me, through my own personal experience, that I exist as Awareness, an Awareness without being aware of anything, while simultaneously being content. And in that meditation, even the word ‘awareness’ is one word to many, since there were no words that were in that state. I am profoundly grateful for having attended this retreat, as I came away with a fuller understanding of my Self.

Case Study 4. Adult Female, 4 Years of Participation In Nityananda Shaktipat Yoga and Still Participates In Our Spiritual Community – Was introduced to Kedarji by another devotee.

Contact With Our Staff: Frequent.

This person’s progress in the Shaktipat Kriya Process has been closely monitored throughout a 4-year period. Her initial experiences of the receipt of Shaktipat were undeniable and are also classic expressions of it. In addition, although she has experienced difficulty at times in keeping her mind quiet, her daily experiences of calm, Bliss and heightened spiritual awareness is growing steadily and rapidly. She now experiences great delight in pursuing her Sadhana and, as a result, is following more and more of the Guru’s instruction. Her progress has become steady in a very short period of time.

Staff and other devotees in our spiritual community have observed an overall improvement in her.

Key Areas of Notable, Long-Term Transformation, As Observed By Our Staff and Kedarji:

- Better Communication
- Daily Experiences of Indescribable Joy
- Deeper Meditations
- More Experiences of Bliss In the Midst of Confrontation
- More Organized In Daily Tasks

- The Steady Conquering of Fear
- Improved Leadership By Example
- More, Steady Experience of Heightened Spiritual Awareness and Content On A Daily Basis
- Improved Ability To Give and Receive Love

Here is an experience she shares of receiving Shaktipat from Kedarji:

During Shaktipat, I felt peacock feathers brush over me two times. Each time, I sat up – bolted upright. I felt my body jolt upright. The first vision I saw was as if I was up in an airplane, at high altitude above the clouds. I saw some white clouds below, and some fields in a gently rolling countryside far below the clouds, as if through a bit of a haze. The fields resembled a sort of patchwork quilt, with bright greens, dark oranges, light browns, and gold yellows.

While airborne in this vision, I looked over to my left and I saw Lord Shiva sitting on a magic carpet, which was being pulled forward by Ganesh. Lord Shiva is the Guru of all Gurus. The Lineage of this spiritual approach originated with him. And the magic carpet's design looked just like the book cover of a sacred text called The Shiva Sutras, which forms a foundation for the tradition of this spiritual approach. And Ganesh is a deity who represents the remover of all obstacles.

I kept repeating my mantra, *Om Namah Shivaya*, and repeating the three primary pillars of understanding taught in this spiritual approach. Then, inwardly and silently, I felt a welling up of Love and gratitude and a feeling of surrender. I felt ready to surrender my attachments to some old habits, of things like resistance to sharing or expressing Love, and resistance to focusing on going inside, instead of reacting to interactions or circumstances with people, places, and things.

Then I experienced a second vision. I looked down and I saw that my body was totally blue! I looked like Lord Shiva in pictures I've seen of him! Shiva blue! Wow, I thought, I am Shiva! I felt so expansive; my body felt so light. And without actually getting up out

of my seated position, I felt my body rise up; I felt myself sit straight up – so, so, so tall, so straight and strong, without any fear.

I felt such strength to help me realize the Truth of who I really am. To realize that there is no difference between any individual soul, myself, or anyone else, and Shiva, and my Guru. There is no difference between the Self and God. I already am the Self, and all others are the same Self also. This is the first primary pillar of understandings that's taught in this spiritual approach. And I felt a heightened awareness of it, at a much deeper level than I ever have before. So, thank you Sadguru Kedarji, thank you for your Grace!

Case Study 5. Adult Female, 3 Years of Participation In Nityananda Shaktipat Yoga and Still Participates In Our Spiritual Community – Was introduced to Kedarji by another devotee.

Contact With Our Staff: Frequent.

This person's progress in the Shaktipat Kriya Process has been closely monitored throughout a 3-year period. Her initial experiences of the receipt of Shaktipat were intense and are also classic expressions of it. In addition, although she has experienced difficulty at times in keeping her mind quiet.

However, her daily experiences of inner strength, Bliss, heightened spiritual awareness and Longing for God (Bhakti) is growing steadily and rapidly. She now experiences increasing Joy in pursuing her Sadhana and, as a result, is following more and more of the Guru's instruction.

Some family members and friends, as well as, staff and other devotees in our spiritual community have observed an overall improvement in her.

Key Areas of Notable, Long-Term Transformation, As Observed By Our Staff and Kedarji:

- Better Communication
- Daily Experiences of Indescribable Joy
- Deeper Meditations
- More Experiences of Bliss In the Midst of Confrontation
- Increased Patience, Particularly In Very Difficult Situations
- Greater Ability To Overcome Fear
- Improved Ability To Give and Receive Love

Here is an experience she shares of receiving Shaktipat from Kedarji:

I had the privilege of attending Kedarji's Shaktipat Blessing for a second time last August. During that Retreat, I learned about surrender and trust in the Guru, and I was given a set of instructions to follow: repeat my mantra, which is words that are given to me by Sadguru Kedarji to quiet my restless mind; recall the form of the Guru to mind, and take three deep breaths.

I didn't realize how profound of an experience this would be later on in my life, almost a year down the road. So, a few months ago, I was with my youngest child who's nine, and he had an episode, a very unexplained episode. He lay lifeless in my arms, and I was having panic and sadness and I just didn't know what to do.

My inner voice said, "Your Guru!" And that was a great moment for me because I was able to stop what I was doing and recall the form of my Guru, take my three deep breaths, and repeat my mantra. And then I yelled my Guru's name, Kedarji! My son's eyes popped open and he began to breathe, and the color returned to his face.

I know that this would have been a completely different situation had I not had Kedarji's Shaktipat Blessing and been given these instructions. I would have been in despair, total chaos, even more sadness, loss, and that was not the case. I had that moment of bliss and love and I was content and there was no attachment to my body or my son's body. So, this experience, for me, has been extremely profound, by taking Kedarji's Shaktipat Blessing.

Your Treasure Awaits You. Why Wait? Claim It Now!

Just imagine starting at the top rather than the bottom. What is it like to start at the destination, rather than in search of the destination? This is the easy means of authentic Shaktipat.

The gift of authentic *Shaktipat*, full Kundalini Awakening, is transmitted in every weekend Shaktipat Meditation Retreat offered in Nityananda Shaktipat Yoga. Come experience Kedarji's Shaktipat Blessing <https://www.shaktipatblessing.org/> for yourself.

Additional Shaktipat Education Resources

Nityananda Shaktipat Yoga – Spiritual Path That Manifests Total Well-Being In All Areas of Life

<https://www.nityanandashaktipatyoga.org/spiritual-path/>

Chidakasha Gita of Bhagawan Nityananda of Ganeshpuri

This sacred text can be studied here, Free

<https://www.nityanandashaktipatyoga.org/about-us-our-approach/wisdom-practices/the-chidakasha-gita/>

Bhagawan Nityananda of Ganeshpuri, By Swami Muktananda Paramahansa, ISBN 0-911307-45-1. This sacred text can be purchased here

<https://www.amazon.com/>

Shri Guru Gita of Lord Shiva, Compiled. This sacred text can be downloaded here, Free

<http://www.babachants.com/GuruGita.pdf>

The above with English translation can be downloaded here:

<https://svaroopa.org/assets/pdfs/General%20Docs/Sri%20Guru%20Gita%201501.pdf>

For Kedarji's commentary on each verse of the Shri Guru Gita, contact us here: info@nityanandashaktipatyoga.org

Devatma Shakti By Swami Vishnu Tirtha. This sacred text can be purchased here
<https://www.amazon.com/>

Shiva Sutras of Lord Shiva – The Yoga of Supreme Identity, With Translation and Commentary By Jaideva Singh, ISBN 978-81-208-0407-4. This sacred text can be purchased here
<https://yoursacredstore.org/sacred-texts/>

Vibration of Divine Consciousness – A Spiritual Autobiography By Kedarji, ISBN 978-0-595-27410-9. This sacred text can be purchased here
<https://www.nityanandashaktipatyoga.org/books-by-sadguru-kedarji/>

The Verses On Witness Consciousness By Kedarji, ISBN 978-0-692-74115-3. This sacred text can be purchased here
<https://www.nityanandashaktipatyoga.org/books-by-sadguru-kedarji/>

13 QUESTIONS TO ASK *BEFORE* YOU CONSIDER RECEIVING SHAKTIPAT FROM ANYONE – Answers that apply to Kedarji and Nityananda Shaktipat Yoga

1. Who is your Guru?

Muktananda Paramahansa. Before his passing, Muktananda told Kedarji that Kedarji's God-realization was immanent, and that he should begin meditating on Bhagawan Nityananda of Ganeshpuri. Kedarji was also told that he should follow every inner command Bhagawan Nityananda gives him. This is how we have this offering, named after Bhagawan Nityananda of Ganeshpuri, the master of our lineage in these modern times and a world renown Avadhut.

2. How long did you (or have you) serve/d your Guru?

Kedarji served his Guru in ashrams and centers for more than 18 years. This period corresponds to the period of his Sadhana under his Guru's leadership. He continues to serve his Guru to this day.

3. How much time did you/do you spend in the company of your Guru each month?

During his Sadhana and service under his Guru's leadership, Kedarji spent an average of 4-6 days per week, each and every week, in his Guru's ashrams and centers. This time was taken up in attending programs, performing selfless service and keeping the company of his Guru. In addition, Kedarji participated in joining and supporting the world tours of his Guru and the successors to his Guru's foundation. All of this occurred during the 18.5 years mentioned above.

4. What is your feeling for your Guru?

Even though his Guru is no longer in physical form, Kedarji's Love and Longing for his Guru is evident in his many talks and writings in which he also quotes his Guru regularly. This love for his Guru is also a common observation on the part of his devotees and disciples. Kedarji never stops talking about his Guru and has said that he is just a puppet – that it is his Guru who has taken up residence in him, leading our mission.

5. Were you accepted as a Disciple of your Guru?

Yes, after making a request for Discipleship, Kedarji was accepted as a disciple.

6. Did your Guru have a Guru who he/she served for an extended period of time as a Disciple?

Yes. Bhagawan Nityananda of Ganeshpuri.

7. How did your Guru receive the authorization to give Shaktipat?

Bhagawan Nityananda built an ashram for Kedarji's Guru. He then began sending devotees to Muktananda. Muktananda received both

an outer and inner command from Bhagawan Nityananda to give Shaktipat.

8. How did you receive the authorization to give Shaktipat and when were you authorized?

Kedarji received the authorization to give Shaktipat in the form of his Guru's final words to him that his God-realization was immanent. That occurred in 1981. He then received the authorization again as an inner command from Bhagawan Nityananda, Muktananda Paramahansa and Lord Shiva. That command came in 1996. The power of Kedarji to transmit authentic Shaktipat has been verified by a good number of people who received Shaktipat from his Guru and other Shaktipat Gurus in our lineage.

9. Do you have any written documentation or something other than a picture that shows that you had/have a Guru and that you served that Guru for an extended period of time?

Yes. There are several notes/letters that provide evidence of this fact. These can be viewed, by appointment, in the office of our school. The reason we don't post these online is to avoid the hacking, reproduction and altering of the copyrighted material at our web sites that has occurred in the past.

10. Or are there other people who also served your Guru in the period that you did, who can verify that you did so?

Yes. There are people, both in our spiritual community and at large, who were present when Kedarji performed his service to his Guru and have verified that this occurred. These are people who followed his Guru and/or the successors to his Guru's foundation.

11. Do you have video testimonials at your web site from people who have received Shaktipat from you?

Yes. You can view these videos on this page.

<https://www.shaktipatblessing.org/shaktipat-experiences/>

12. Are some of those people available to speak to me directly about their experience?

Yes. Most of the people interviewed for the videos participate in our spiritual community. Arrangements can be made to make contact with them, upon request.

13. After giving Shaktipat, what support do you provide in the form of programs, course of study and leadership to nurture the unfolding of the awakened Kundalini?

Nityananda Shaktipat Yoga is a curriculum that is part of our school – The Bhakta School of Transformation – our not-for-profit public charity. So, we are a school where the full support necessary for nurturing the fully awakened Kundalini is offered year round. Go here for more information.

<https://www.nityanandashaktipatyoga.org/>