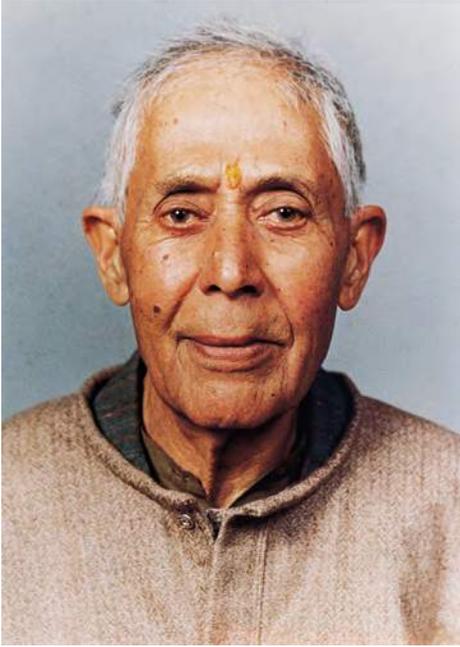




Lakshmanjoo ACADEMY

Swami Lakshmanjoo



The monistic philosophy known as Kashmir Shaivism or Trika Shaivism is an ancient tradition which found its roots and flourished in the Valley of Kashmir. This valley, known as *sharadha pita*, (seat of learning), has remained a center of spiritual learning for over two thousand years. Many seekers made the arduous journey over the rugged Himalayas to the Kashmir Valley to enrich their knowledge. Timeless and with universal appeal the tradition of Kashmir Shaivism encompasses and gives full expression not only to the actual nature of reality, but also to the means to be employed to realize this reality. This teaching lays bare the very secrets of life. Early on the saints and sages of this tradition realized that because of the possibility of the misuse of the powers it revealed, these teachings should be concealed; hidden from that person who might attempt to use them for her or his own personal selfish gain. For this reason the texts were encoded so that they would only be accessible to one who had the key, the key of the oral tradition which has passed from master to disciple in an unbroken chain. And this chain continued from ancient times to the present. It is by the grace of God, that even at times of

great threat, Shaiva masters protected these teachings from possible extinction.

Swami Lakshmanjoo was the last in an unbroken line of Kashmir Shaiva masters. As a boy his life was filled with a spiritual thirst to know and realize God. From a very early age he was filled with spiritual experiences. In fact these experiences were so intense that his parents thought he was suffering from hysteria. They were very concerned and approached their family *guru*, Swamiji's grand master Swami Ram, requesting him to help their son with his hysteria. Swami Ram laughed and said to them, "Don't worry, I should have such a disorder."

As Swamiji grew older his desire to completely realize and apprehend the world of spirituality became paramount. To make this a reality he sat at the feet of his *guru Swami Mahatabakak* and took up the study and practice of Kashmir Shaivism. He became completely engrossed and enthralled with his spiritual quest wholeheartedly practicing day and night, ultimately experiencing the fullness of Kashmir Shaiva realization. It is to his beloved Kashmir Shaivism that he devoted the whole of his life. He translated and commented on what he considered to be the most important texts of this tradition and taught it to all those who asked. He became renowned as a philosopher saint steeped in the tradition of Kashmir Shaivism. With the growing interest in Kashmir Shaivism over the last thirty years, hardly any publication on the subject has appeared without a mention of his name.

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It was Swamiji's fervent desire that the teachings of Kashmir Shaivism not be lost but rather be preserved for future generations. It was our great fortune that John Hughes journeyed to Kashmir and was allowed to audio record the lectures given by Swamiji to his students as he revealed and explained this unique and profound oral tradition. This important work, spanning almost fifteen years, resulted in more than 500 hours of recordings. This included the translations and commentaries of the following texts:

Bhagavad Gītārthasamgraha	Śiva Sūtra Vimarśinī
Bodhapañcadaśikā	Śiva Stotrāvalī
Dehastadevatacakra Stotra	Spanda Kārikā
Janma Maraṇa Vicāra	Spanda Samdoha
Kuṇḍalinī Vijñāna Rahasyam	Stavacintāmaṇi
Paramarthasāra	Tantrāloka (18 chapters)
Parāprāveśikā	Vātūlanātha Sūtras
Parātrīṃśikā Laghuvṛitti	Vijñāna Bhairava
Parātrīṃśikā Vivaraṇa	

Under Swamiji's direct inspiration, the Universal Shaiva Fellowship was established as a fully accredited non-profit organization to realize his vision of making Kashmir Shaivism available to the world. This was to be done without the restriction of caste, creed or color. It is being accomplished by preserving his teachings and making them available in as many forms as possible. We recognized that this teaching is extremely valuable and powerful. It has the power to uplift all of humankind. It offers humanity a clear and certain vision in a time of uncertainty. It shows us the way home and gives us the means for attaining it.

As you can see this is an enormous task. As such it is both demanding and yet exciting. Up to this time the Fellowship has been able to effectively preserve the audio and video by converting them into a digital format. All of these recordings, both audio and video, have been transcribed which resulted in more than 8,000 pages of transcript. Finally, the more than 35 hours of video has been edited and published in DVD format and half of the audio has been edited, with the addition of annotations and footnotes and published in nine volumes as listed below:

1. Light on the Tantra of Kashmir Shaivism; Abhinavagupta's Tantraloka
2. The Mystery of Vibrationless-Vibration in Kashmir Shaivism: Vasugupta's Spanda Kārikā & Kṣemarāja's Spanda Sandoha
3. Bhagavad Gita: In the Light of Kashmir Shaivism
4. Essence of the Supreme Reality: Abhinavagupta's Paramarthasara
5. Hymns to Shiva: Utpaladeva's Shivastotravali
6. Kashmir Shaivism: The Secret Supreme
7. Shiva Sutras: The Supreme Awakening
8. The Manual for Self Realization, 112 Meditations of the Vijnana Bhairava Tantra
9. Self Realization in Kashmir Shaivism: The Oral Teachings of Swami Lakshmanjoo

We have also conducted three online Courses based on the original audio:

1. Kashmir Shaivism and the Transformation of Life (Bodhapañcadaśikā)
2. Grace in Kashmir Shaivism
3. Tattvas (Elements) The Building Blocks of Creation (excerpts from Kashmir Shaivism, The Secret Supreme, Tantraloka)

In order to address the educational and academic community the Fellowship has established the Lakshmanjoo Academy thus providing an avenue for the in depth study of this great tradition and philosophy. In this regard the presently published volumes have been rebranded in the name of the Lakshmanjoo Academy. In so doing the covers were updated and most of the contents have been further edited, with additional annotations and footnotes being added to assist the reader. Also, as all of our publications are transcripts of the original lectures given by Swami Lakshmanjoo we recognized that the associated audio would be very valuable to whoever is studying this text. So, with this in mind, we offer free downloadable audio of the original lectures with all of our publications.

At this point the Lakshmanjoo Academy has edited and published less than half of the translations and commentaries he left with us and is embarking on the publication of Lakshmanjoo's greatest work, his translation and commentary of Abhinavagupta's *Tantrāloka*.

What is the *Tantrāloka*? The *Tantrāloka* is the voluminous masterwork of the 10th century philosopher saint Abhinavagupta and is concerned with the philosophy and practices of Kashmir Shaivism. On account of its size and scope it is a veritable encyclopedia of non-dual Shaivism, a treasure text containing the synthesis of the monistic *Mālinīvijaya* tantra and all of the schools of Kashmir Shaivism. But why was it written? The author, Abhinavagupta, tells us in the beginning of his *Tantrāloka* that although in the schools of Kashmir Shaivism, also known as the Trika system, there are many wonderful and important ways for attaining the supreme Trika state, yet not even one was now existing. All those ways were lost. And so, Abhinavagupta felt it was necessary to explain them again. In this regard, he was also requested by his colleagues and disciples to create a text that would fully explain and clarify all the ways of Trika. Thus, to accomplish this, Abhinavagupta composed the *Tantrāloka*, a text filled with the complete explanation of the ways associated with Trika.

Abhinavagupta's *Tantrāloka* consists of thirty seven chapters (*āhnika*). Each chapter has its own distinct topic. Swami Lakshmanjoo, in his teaching always sought to emphasize the practical aspect of Kashmir Shaivism and the associated intellectual content. So in translating and explaining the *Tantrāloka* he only translated the first nineteen chapters. Yet even then it was a massive undertaking which resulted in over 250 hours of audio recordings which when transcribed produced more than 4,000 pages of transcript.



The Lakshmanjoo Academy intends to publish all nineteen chapters Swami Lakshmanjoo revealed. This will take many years to accomplish. Overtime you will hear from us about our progress. Although this is our opinion that these are great treasures of humankind yet we know because of their profound spiritual esoteric nature we will never sell enough to support our work. Thus, we need your help. Knowing that you are deeply interested in the preservation and study of these texts we look to you for the support we need. Please help us with a generous donation.

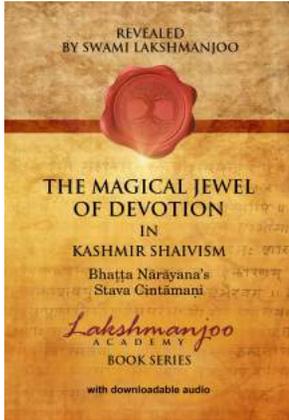
With Swamiji's Blessings,
Lakshmanjoo Academy & Universal Shaiva Fellowship

To support this important work please contact our parent organization, the Universal Shaiva Fellowship, an IRS recognized 501(c)(3) charitable nonprofit organization on the number below or visit our website to make a donation. All your donations are fully tax deductible (for US citizens).

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Lakshmanjoo Academy Study Series

The Magical Jewel of Devotion in Kashmir Shaivism - Bhaṭṭa Nārāyaṇa's Stava Cintamani (audio study set)



Contents:

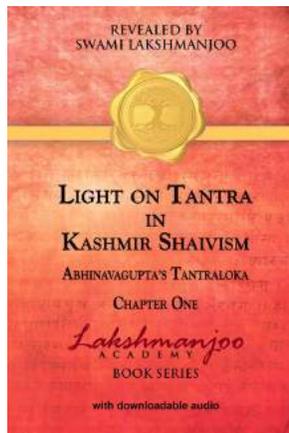
Hardcover/Softcover Book and Ebook - 220 Pp xxvi + 182.
Free Downloadable Audio - total time 6 hours.

“Even if you are already drowned in the cycle of the ocean of repeated births and deaths, when you once find attachment (love) and devotion for Lord Shiva, then you have found that Cintamani jewel.”~Swami Lakshmanjoo

The Magical Jewel of Devotion in Kashmir Shaivism – is a sublime and unique hymn addressed to ‘Lord Shiva’, whom the author, Bhatta Narayana, holds as the Supreme Reality. Though these hymns are both practical and deeply philosophical, the constant theme that runs like a thread through the one hundred and twenty verses is that love and devotion towards Lord Shiva is everything.

Here Swami Lakshmanjoo shares with us the secrets gleaned from the ancient masters of his oral tradition.

Light on the Tantra of Kashmir Shaivism; Abhinavagupta's Tantraloka (audio study set)



Contents:

Hardcover/Softcover Book and Ebook - 480 Pp xxxviii + 442.
Free Downloadable Audio - total time 10.5 hours.

This book, “Light on Tantra in Kashmir Shaivism; Abhinavagupta's Tantraloka” as revealed by Swami Lakshmanjoo, is Chapter one of the renowned 10th century philosopher saint Abhinavagupta's voluminous masterwork – Tantraloka. This profound text is concerned with the philosophy and practice known as Kashmir Shaivism. On account of its size and scope it is a veritable encyclopedia of non-dual Shaivism.

Why was the Tantraloka written?

In answer to this question Abhinavagupta tells us that, although in the schools of Kashmir Shaivism there are many wonderful and important ways and methods for attaining the supreme reality, yet in his time not even one was still existing. All of those ways and methods were lost. It is for this reason that he was requested by his colleagues and disciples to create a text that would illuminate and clarify all of these ways and methods of Kashmir Shaivism. To accomplish this, Abhinavagupta composed the Tantraloka, a text, which he tells us is filled with the complete explanation of the ways and methods associated with Kashmir Shaivism. Abhinavagupta was intent, therefore, to revive the true understanding of these very important teachings, to make the practices that they embodied live again. For what is the use of a map if you have no way to reach the destination? Thus, Abhinavagupta gave us the Tantraloka to remedy this situation.

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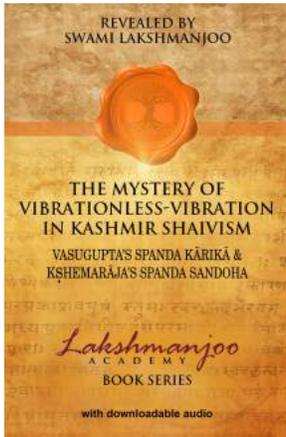
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The Mystery of Vibrationless-Vibration in Kashmir Shaivism: Vasugupta's Spanda Kārikā & Kṣemarāja's Spanda Sandoha

(audio study set)



Contents:

Hardcover/Softcover Book and Ebook - Pp xxii + 322.

Free Downloadable Audio - total time 8 hours.

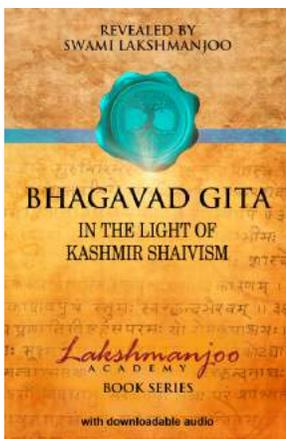
A central theme of the philosophy of Kashmir Shaivism is the highly esoteric principal known as spanda. Swami Lakshmanjoo tells us that the word 'spanda' means established stable movement. That is, it is movement-less-movement, vibrationless-vibration. It is this secret, mysterious and yet essential principle that Swami Lakshmanjoo clarifies and elucidates in his revelation of the two texts dealing specifically with this principle, the Spanda Kārikā and the Spanda Sandoha.

The theory of spanda is not new. It was hidden in the body of the tantras and extracted by Vasugupta, founder of the Shiva Sutras, and initiator of monistic Shaivism in the valley of Kashmir. Vasugupta composed the Spanda Kārikā, a text filled with the fundamental precepts (*kārikās*) regarding spanda and the philosophy surrounding it.

Kṣemarāja, the chief disciple of the very important and central figure in the tradition of Kashmir Shaivism, Abhinavagupta, is the author of the second pivotal text regarding spanda, the Spanda Sandoha. This text is an extensive exposition (sandoha) on the first verse of the Spanda Kārikā.

Bhagavad Gita: In the Light of Kashmir Shaivism

(video study set)



Contents:

Video 27 DVDs - total time 26 hours

Hardcover/Softcover Book and Ebook - 705 Pp xxii + 683

Free Downloadable Audio - total time 26 hours

This treasure of knowledge was one of the last works by Swami Lakshmanjoo. He said, "It was a new revelation of the supreme secrets, hidden in the Kashmiri recension of the Bhagavad Gita." Based on Abhinavagupta's commentary of the Gitarthasamgraha, "The Essence of the Gita", Swamiji declared that, "this revelation was initiated by his direct experience of the state of Universal God Consciousness. Here Swamiji reveals the unique and liberating teaching of Kashmir Shaivism which proclaims; "Freedom from all our miseries, as Abhinavagupta boldly declares, can neither be obtained through renunciation of the world, nor by hatred of the world, but by experiencing the presence of God everywhere." At last, the secret and

profound meaning of the Bhagavad Gita - "The Lord's Song", is being made available for the spiritual illumination of all humankind.

Lakshmanjoo Academy Study Series

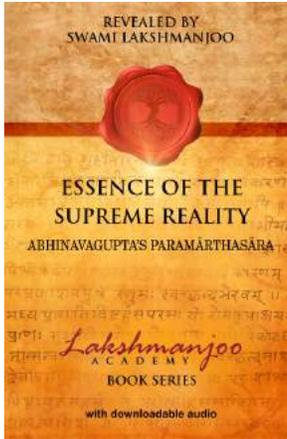
Essence of the Supreme Reality: Abhinavagupta's Paramarthasara (video study set)

Contents:

Video 5 DVDs - total time 5 hours

Hardcover/Softcover Book and Ebook - Pp xviii + 183

Free Downloadable Audio - total time 5 hours



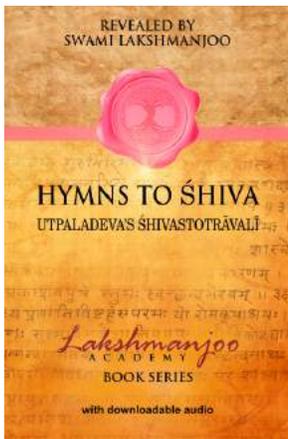
In this multimedia study set, Swami Lakshmanjoo, the fully realized philosopher saint of the long concealed and secret tradition known as Kashmir Shaivism, translates and illuminates Abhinavagupta's Paramarthasara. Originally a work of Patanjali, Abhinavagupta chose to revise and update this revered treatise in order to reveal the profundities of the Trika Shaivite doctrine. In the conclusion of the Paramarthasara Abhinavagupta tells us, "I have kept this Paramarthasāra, in brief words, in one hundred verses. But although it is only one hundred verses in body, in the volume of knowledge it is more than ten million verses."

Hymns to Shiva: Utpaladeva's Shivastotravali (audio study set)

Contents:

Hardcover/Softcover Book and Ebook - Pp xxvi + 550.

Free Downloadable Audio - total time 16 hours.



The enchanting verses that comprise our newest publication, Festival of Devotion & Praise were born on Kashmir Valley's picturesque Dal Lake as an inspirational outpouring of devotion from the heart of the medieval Kashmiri spiritual master and mystic Utpaladeva. These hymns are so profound they have the power to free the devoted reader from the restrictions of their intellect and instantaneously elevate them to the experience of oneness with the very nature of their own divine consciousness.

When commenting on this text Swami Lakshmanjoo would tell his devotees that, as Utpaladeva continually teaches us through these beautiful hymns, "devotion, or passion for God consciousness is everything". The reader will

personally witness this for themselves when they experience Swami Lakshmanjoo's narrative as he, himself, becomes filled with emotion and longing for God.

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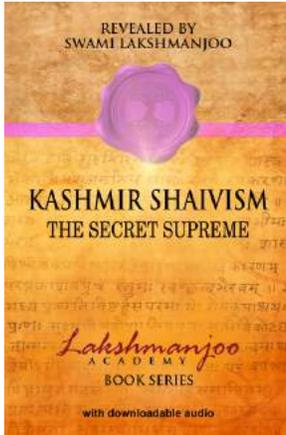
Lakshmanjoo Academy Study Series

Kashmir Shaivism: The Secret Supreme (audio study set)

Contents:

Hardcover/Softcover Book and Ebook, Pp. xvi + 148

Free Downloadable Audio - total time 10 hour 33 minutes



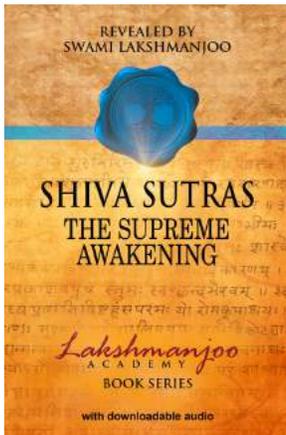
This book, Kashmir Shaivism: the Secret Supreme, by the twentieth century's great philosopher saint Swami Lakshmanjoo, presents a systematic unfolding of the Tantric teachings of the ancient tradition of Kashmir Shaivism. This profound tradition, long enshrouded in secrecy, is so rich and detailed in its descriptions of what it reveals as the ascent of individual consciousness to universal God Consciousness that it has been characterized as 'a mystical geography of awareness'. Within the pages of this book is found the key of the oral tradition which unlocks its secrets and provides the reader with the tools necessary to venture into this wondrous landscape.

Shiva Sutras: The Supreme Awakening (audio study set)

Contents:

Hardcover/Softcover Book and Ebook - Pp xxviii + 322

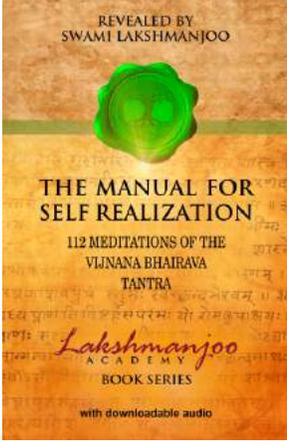
Free Downloadable audio - total time 15 hours 50 minutes



The Shiva Sutras, gifted by God to the sage Vasugupta for the upliftment of humanity, is one of Kashmir Shaivism's most important and revered texts. Swami Lakshmanjoo gives the reader a penetrating vision of the glorious journey of the Supreme Awakening; traveling from limited individuality to absolute oneness with God. Basing his rendering on the esoteric commentary of Abhinavagupta's chief disciple Kshemarāja and drawing on his own experience, Swami Lakshmanjoo shows us the way home.

Lakshmanjoo Academy Study Series

The Manual for Self Realization, 112 Meditations of the Vijnana Bhairava Tantra (audio study set)



Contents:

Hardcover/Softcover Book and Ebook Pp xli + 316
Free Downloadable Audio; 147 MP3 files; total time 7 hours

In the Vijnāna Bhairava, Bhairavī (the Divine Mother) asks Lord Bhairava (God) to clear Her doubts about the essence of the path towards Self-realization. Compelled by Her sincerity and the simple yet penetrating insight of Her question, Bhairava explicitly reveals 112 contemplative techniques for entering into the state of God consciousness. In this multimedia study set, Swami Lakshmanjoo, an accomplished master of the Kashmir Shaiva school, not only translates the Sanskrit text into English but also lays bare the essential tricks involved in each of the contemplative techniques.

"...Lakshmanjoo shares with me this ancient teaching from the Vijnāna Bhairava.... Shiva first chanted it to his consort Devi in a language of love we have yet to learn. It presents 112 ways to open the invisible door of consciousness. I see Lakshmanjoo gives his life to its practice.

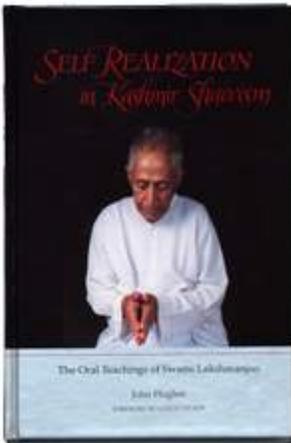
Paul Reps–Zen Flesh, Zen Bones

"I express my sincerest gratitude to Swami Lakshmanjoo who unsealed my eyes, and kindly taught this book to me word by word."

Jaideva Singh–Vijnānabhairava

Self Realization in Kashmir Shaivism: The Oral Teachings of Swami Lakshmanjoo

Edited by John Hughes.



Soft cover only

State University of New York Press, 1995 Pp. xxxiv + 139

The first two chapters are a masterful rendering of two important Kashmir Shaiva texts: the *Bodhapañcadaśikā* (Fifteen Verses of Wisdom) of Abhinavagupta, and the *Parāprāveśikā* (Entrance into the Supreme Reality) of Kṣhemarāja. The three remaining chapters present original works by Swami Lakshmanjoo. "Talks on Practice" gives a guidebook account of Kashmir Shaivite meditation, and "Talks on Discipline," discusses the nature and importance of the *yamas* and *niyamas* of traditional yoga. The final chapter, "The Secret Knowledge of Kuṇḍalinī," discusses the nature of kuṇḍalinī and various modes of its experience by the Shaiva yogin. Transliterated Sanskrit texts are provided in the appendices.

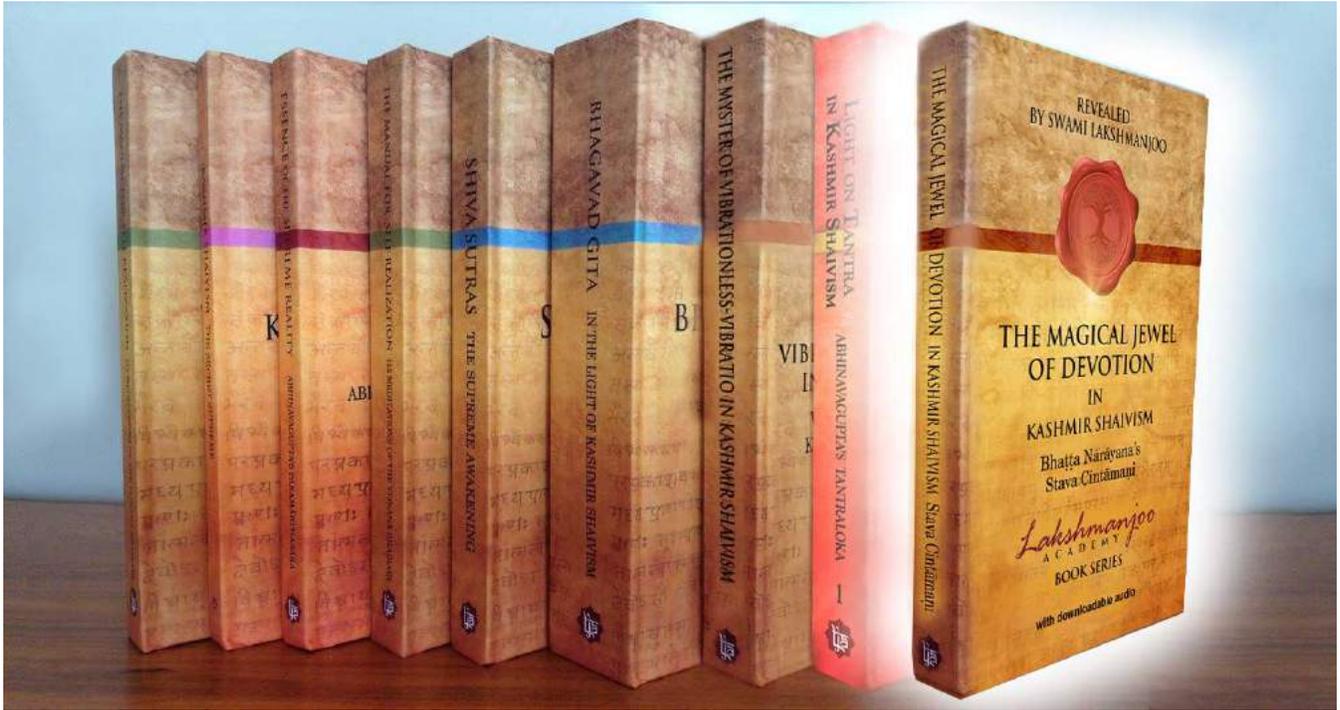
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Lakshmanjoo Academy Study Series

Nine Classic Texts on the Transformation of Consciousness



Contents:

Series of 9 books (available as hardcover, paperback and ebook):

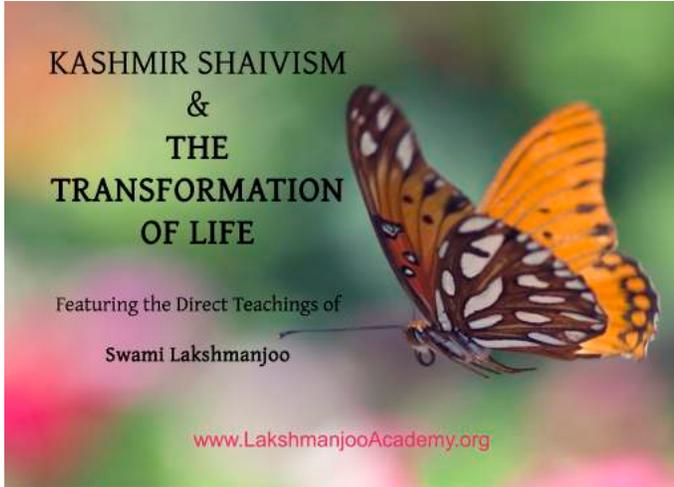
1. The Magical Jewel of Devotion in Kashmir Shaivism - Bhaṭṭa Nārāyaṇa's Stava Cintamani
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 3. The Mystery of Vibrationless-Vibration in Kashmir Shaivism: Vasugupta's Spanda Kārikā & Kṣemarāja's Spanda Sandoha
 4. Bhagavad Gita: In the Light of Kashmir Shaivism
 5. Essence of the Supreme Reality: Abhinavagupta's Paramarthasara,
 6. Hymns to Shiva: Utpaladeva's Shivastotravali
 7. Kashmir Shaivism: The Secret Supreme
 8. Shiva Sutras: The Supreme Awakening
 9. The Manual for Self Realization, 112 Meditations of the Vijnana Bhairava Tantra
- + Free Downloadable Audio of all 9 books**

It was Swami Lakshmanjoo's heartfelt desire that his teachings of Kashmir Shaivism would be preserved long after his departure from this world. The last in an unbroken chain of masters, Swami Lakshmanjoo's teachings draw from the depths of his own personal experience, and from the knowledge handed down through the chain of masters of the Oral Tradition of Kashmir Shaivism. This nine book series encapsulates the core of knowledge and practice, essential to the understanding of this unique philosophical system.

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Lakshmanjoo Academy Online Courses

Kashmir Shaivism and the Transformation of Life



A six part webinar series featuring Swami Lakshmanjoo's revelation of "Fifteen Verses of Wisdom" the *Bodhapañcadaśikā*.

Internet links to 6 webinars. Includes links to download webinar video and audio. Total time 8 hours.

Annotated Transcript included, 127 Pp document in PDF format.

For Students of Spirituality Everywhere Who Aspire to Learn the Basic Tenets of the Profound Philosophy Known as 'Kashmir Shaivism'.

In this webinar Swami Lakshmanjoo takes us on a journey of discovery and rediscovery. He reveals to us the reality of this world and our place in it. We learn that this universe, which is filled with infinite diversity, is not different or separate from the supreme light of Consciousness called Lord Shiva. We also learn that in actuality we are that Lord Shiva. Our great journey, therefore, is a journey of rediscovery filled with joy and excitement. This journey may seem long and the way uncertain, but great preceptors like Swami Lakshmanjoo have gone before us. To help us on our way Swamiji draws us a mystical, spiritual map filled with his personal insight and experience.

This webinar series is designed for students of all levels and all ages. It is shaped around the original audio recordings of Swami Lakshmanjoo's revelation of Abhinavagupta's seminal text, the *Bodhapañcadaśikā*, "Fifteen Verses of Wisdom". This text is a brief but revealing collection of verses about the nature of reality and our place in it. Swamiji was interested in explaining these verses because they address the fundamental reality of non dualism as taught by the tradition known as Kashmir Shaivism.

These webinars are led by John and Denise Hughes, and George Barselaar. John, Denise and George all lived in Kashmir for a number of years with the sole purpose of studying and learning Kashmir Shaivism at the feet of the last living exponent of this important yet hitherto hidden tradition, the philosopher/saint Swami Lakshmanjoo.

Each webinar lasts one to one and one half hours and includes original audio lectures on the *Bodhapañcadaśikā* "Fifteen Verses of Wisdom" given by Swami Lakshmanjoo along with clarifications and discussions from the webinar leaders as well as the answering of questions posed by the participants from an earlier time. The video files that comprise these webinars also contain visuals, powerpoint slides, pictures and text that support the audio and help the student by providing tools for understanding.

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