

Basic Advaita Soma Kriyashakti (ASK™) Sadhana

The context of The Advaita Soma Kriyashakti (ASK™) Teaching is derived from the Rig Veda, an Ancient text dating back to around 2500 or 3000BC arguably recognised as the oldest religious texts.

This was an era where worship was not based on any particular idol but on the formless essence of God. There were 33 Gods during the Vedas that were worshipped which are given below :

- 12 Adityas which represented the Sun God
- 8 Vasus which represented the elements like Earth, Water, Fire, Air, Ether, etc.
- 11 Maruts associated with God of wind and storms
- 2 Ashwins associated with God of health and medicine

These 33 Gods were associated with nature itself (within and outside of us) and what is worshipped is the formless energetic essence of these Gods invoked through chants and prayers. Most chants, hymns and prayers in the Rig Veda however were directed towards invoking three main deities :

- 1 Indra
- 2 Agni
- 3 Soma

Indra was considered as a heroic God full of energy and virility.

Agni, the sacrificial fire, was considered as a purifying God.

Soma, the elixir, was the God of nectar, ever flowing bliss and joy with healing propensity.

The purpose of The Advaita Soma Kriyashakti (ASK™) Teaching is primarily focused on these 3 deities and the qualities they represent :

Indra (Self empowerment through inner wisdom)

Agni (Self purification through inner ceremonial offering to fire within)

Soma (Self expansion and healing through inner juice or RASA)

All suffering is self created. It happens when we go against our true and real nature of ever-expansiveness, uninterrupted bliss and authentic offering for self purification. This creates self contraction which develops knots or blockages within our physical and energetic body causing a host of physical and mental diseases. Unless we don't remove spiritual ignorance that creates suffering in the first place, we won't be able to attain lasting peace, happiness and success in our material and spiritual life.

Through the Advaita Soma Kriyashakti (ASK™) Sadhana, we are able to address this by reversing the old habitual self-contracting patterns and replacing them by what is inherently our true natural state of bliss and ananda (SATCHITANANDA) through a step by step KS-way of invoking the Divine powers of these 3 Vedic deities.

Below are the 4 basic steps which need to be practiced daily:

KriyaShakti Affirmations (KSA)
KriyaShakti Amplification (KSamp)
KriyaShakti Affirmations, Repeated (KSAr)
KriyaShakti Absorption (KSAbs)

MORNING ON WAKING UP:

On waking (before even stepping foot out of bed), the first priority is to KNOW and AFFIRM The TRUTHS (**The Kriyashakti Affirmations (KSAs)**) which are as follows :

* KRIYA SHAKTI CONTROLS EVERYTHING

KRIYA SHAKTI CONTROLS EVERYONE

* I AM EVER LOVED

I AM EVER BLISSFUL

I AM EVER POWERFUL

I AM EVER SAFE

AND I AM EVER CONNECTED TO THE KRIYA SHAKTI RESIDING WITHIN ME

Affirming these powerful, positive mental thoughts before getting out of bed in the morning (and also when getting into bed at night before sleep) will help reprogram old negative thought patterns.

SITTING MEDITATION:

It is suggested to begin every Sitting in the same place, at the same times (twice or thrice daily) as far as is possible. DO NOT Sit in bed to Meditate. Have a chair or mat somewhere *away from* the bed and adopt a certain attitude for Meditating, dropping all worldly worries, etc. **first.**

Start with the Prayer to The Guru (The Guru Pranam) to establish a link with the lineage and to express gratitude. These are the words of the Prayer (*your pure intention is more important than their actual recitation*) and to learn it, you may like to listen to the recording of the beginning of each Satsang where you'll hear Gurudev chanting it aloud.

AUM akhandmandalakaaram
vyapatam yen characharam,
tadpadam darshitam yen,
tsme Shri Guruve Namah x 3
AUM Shanti, Shanti, Shanti

The KSamp (Amplification) :

1) Nabhi Kriya

Minimum x 100 front; and x 25 behind

(See 7-minute video on the Members'-area of the website titled "Instructions for Nabhi Kriya" which you can locate via the "ISIP Sangha" Tab; "ASK Initiation.")

2) Spinal Kriya (Pranayam)

Minimum 36

Maximum 72

(Offering an AUM at each of the 6 Chakras as you breathe up & down the spine.)

Note : Do not increase these numbers unless & until you are instructed to do so by Gurudev or by your Mentor.

The Amplifying Kriya will deepen these NEW CIRCUITS created out of repetitive intentions and thoughts from the Affirmations.

KSAr (Repeat the KSA Affirmations, above) : (Mentally)

(Internal) Recitation of the Trio Mantras :

5 - 21 x OM GAN GANAPATAYE NAMAHA

5 - 21 x AUM AIM RHIM KLIM CHAMUNDAYE VICCHE

5 - 21 x OM NAMAHA SHIVAAY

The Kriya Shakti Absorption (KSAs) : Sinking into the watcher

Sit in your Third Eye for some time simply watching the dark space ahead of you (as if watching the 3rd eye through your physical eyes.)

Then gently shift attention behind and simply relax at the background by sinking into the joyous Self. You could visualize a vast space behind you or ocean of bliss behind and simply rest or float in that ever expansive space.

You may like to use one of the Guided Meditations now, for example the Soma Meditation
(For this, see 12th October's 2019 Satsang, beginning at 51 minutes, 49 seconds.)

LASTLY, complete the Sitting with the **Prayer to The Guru (The Guru Pranam)**

Post-ASK™ Sitting Meditation :

You may like to **Journal** any experiences you had during your Meditation.

Triggers

Each time you come across a situation or event not to your liking, you will also be asked to make a choice - would you choose to remain in your old contraction state or will you choose expansion instead. The choice you make at this moment will decide the quality of your material and spiritual life. The best choice is the choice to move ones breath into the middle channel (Sushmna) as soon as you are aware that you are triggered. Exercise restraint and initiate breathing into the Sushmna. This would have a very calming effect to soothe your nerves and you will be able to effectively manage emotions positively in your life and reverse old habitual self-limiting patterns.

Advanced sadhakas on the path will be given the "Situational Spine© technology" to nullify and reverse negative karma arising of complex situations and harness positive karmic credits from the same.

OFFERING :

LIVE your life as the breath of Prayer itself where everything, including food and drink and other forms of enjoyment, is an Offering to the Higher Other, The Deities, The Prana, to SOMA KRIYASHAKTI ITSELF.

Before eating or consuming food, drink or any Bhoga (enjoyment), you can say mentally chant "Sarva Dev Samarpan" x 4, hands in namaskar, before consuming it for your own self.

CHECK : Are there days to exclude Kriya?

Yes. Nabhi Kriya and Kriya Pranayam need to be avoided during these times :

- 1) When one is ill*
- 2) Suffering high blood pressure and heart problems*
- 3) When one is pregnant or suspected of being pregnant*
- 4) During monthly menses*
- 5) When there is lightning in the sky due to rainy season*
- 6) If taking any kind of mental health medication*

Please consult your Mentor for practices during such times.

- 7) Also keep a gap of 3 hours post meals for Kriya although tea and light snacks are fine*
- 8) Keep this information about the practices confidential and don't teach this to anyone*

These instructions lay down the daily common practices for every ASK™ member. However to achieve consistent results it is advisable to get your practices monitored, or checked and adjusted accordingly, at least once or twice a month by Gurudev or your Mentor.

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