

OM NAMAH SHIVAYA

IN SEARCH OF THE SELF

DAY 1 THE FIRST ENCOUNTER WITH THE MASTER

There I was in front of a white door with circles of red painted Om symbols and a golden Ganesha in the middle. I rang the doorbell and waited. I could feel a tingling energy in my entire being. An electrifying vibration was running through me. Even before meeting Shiva Guruji Aruneshvar, the Himalayan Master, I could feel his presence. The door opened and what I saw was beyond expectation. I saw a mountain of white, bright light in front of me in triangle shape. The light was permeating the entire space and for a moment time and space disappeared. Automatically, my knees bent and I bowed down to this being of light. From far I heard the soundful voice of the Master "Welcome". I felt overwhelmed by this beautiful, white light irradiated by the Master and was totally speechless. "Come", the Shiva Guruji said and guided me into his temple. I saw a smiling Shiva statue with several arms in front of a mirror. In the mirror, I saw me and Shiva Guruji. On the right side of the mirror there was a huge luminous painting depicting Shiva with five heads in strong and powerful hues with Shiva holding the fire. On the left side of the mirror Mother Goddess in the form of Durga was riding on a tiger. The painting was beautifully made with strong colors, especially with red and gold.

The colourful high-frequency vibrating temple was wonderfully decorated with small statues of different Gods and Goddesses, who were ornamented with jewellery and malas (prayer beads). There was a golden Ganesha with marvellous pearl jewellery, Siddhi Ganesha in orange color holding his blessing hand, different statues of Mahalaxmi and Mahashakti, the golden Shriyantra, Kuldevi, Sri Krishna and Radha and different Shiva lingas about which I was going to learn a lot during the following years with the Master.

It was a divine, heaven-like temple of God and Goddesses, impregnated with the fragrance of the incense and with illuminating energy. In the middle there was a statue of Shiva, right before the mirror with four arms. One hand was held in the blessing gesture, another held the trident. Shiva kept a water pot in one hand and held another hand on the thigh. I looked at the smiling statue and I felt a divine bliss overcoming me, unknowingly, unexpectedly.



Shiva Guruji Aruneshvar's Shiva Kailash Temple

The Himalayan Master sat on a blue "asan", a special cloth for prayers and meditation asking me to sit down. I could feel an extremely high vibration energy in the space and my mind was totally still. No thoughts were running, there was pure stillness. "Welcome home", the Master said. "I have been waiting for you for many years". Every word touched the profundities of my being. It was as if Shiva Guruji was talking to my soul. Deep inside, his voice resonated and in that moment I knew: I have come home. I had come home in me. I had reached where I wanted to reach: to the realized Himalayan Master who made me feel at home in myself. "We have been knowing each other for 7 births", the Master shared with me. It explained why I felt that I knew Shiva Guruji already. My soul knew, my soul remembered. "From today on I shall call you Shivani". The Himalayan Master knew my soul name!

Two years ago I was called "Shivani" by a stranger, who was convinced that it was my name. From that day on I strangely knew that this was my soul name. I had asked a Kriya Yoga Guru to initiate me in that name, internally knowing that I had to receive the soul name "Shivani". He could not do it! It was simply not the right Guru. And now I was before the Himalayan Master and from the first encounter on, he was calling me Shivani!

The Master pointed with his index finger towards my heart chakra. It was as if I was released from unwanted knots of emotions and inner despair from one moment to the other. I felt light and free and was totally in awe with this Master, for whom I had been searching for such a long time!

The search for answers to the questions like "Who am I"? "what is the purpose of life?" "how to achieve happiness" had brought me to 21 countries in the world and different spiritual teachers in the West and in the East. I could feel that there was one self-realized Master from Himalaya, who had been calling me and now he was before me - Shiva Guruji Aruneshvar !

The Master lit a "yagya", a fire and prayed. I felt like swimming in an ocean of peace and silence. It was a feeling of having reached in me, in the soul. The silence expanded in and around me and I could feel a wonderful energy, irradiated by Shiva Guruji and in this temple. For the first time in my life I perceived a very high energy comparable to the Jyotirlingas, the Shiva temples, which I had visited before. Honestly speaking, I did not know about Shiva before Shiva Guruji taught me, but I could just feel the energy and I internally knew that it was divine. During the prayer of Shiva Guruji, I saw my past passing by in high speed, and understood that whatever had happened before, it was a preparation for this meeting with the Master, the encounter of a lifetime. Every learning step, every spiritual practice, every journey had brought me here. I was looking into the yellow golden flames and absorbing the energy of the mantra prayer of Shiva Guruji, receiving tremendous blessings. In February, three months before, I had felt like singing mantras for Shiva from my heart and soul. I was chanting mantras and came to know, that it was the day of Shivratri, the most important celebration for Shiva.

At that time, I found myself in a difficult situation of life and I was eager to reach to the Himalayan Master, whom I had seen before in visions in Nepal, in India, who had called me to India, who had been calling me from the lake of Geneva when I was meditating in Switzerland few years before. The circumstances of my life had brought me into a situation, in which I knew that I could not wait longer. I needed to meet this Master now. I internally knew that it was my destiny. On the seventh floor of a huge building, I was looking towards East and saw a red flag waving with the wind. It was the flag of a Shiva temple, which I came to know after few days. I closed my eyes and repeated my prayer: "God, I am ready to give you everything, please, guide me to an enlightened Master like Mahavatar Babaji, like one of these great Himalayan Masters who are totally pure, selfless and self-realized". I closed my eyes and prayed. In blue bright light flames appeared an ascetic yogi in front of me, it was Shiva! I could see the bright light shining through him. My eyes were open and I could see the luminous shape of Shiva before me. The sight was literally breath-taking. "In three months from now your life will drastically change. You will meet your Master". As fast as Shiva appeared he had gone. In three months! I was immensely thankful for this vision and announcement, which responded to my souls call. My mind was cunning and normally automatically questioning everything, but this vision was unquestionable! It was real, I had seen and experienced it.

In the coming weeks after this great vision, I felt the need to make an astrological analysis. It was one of the soul sciences, which I was dreaming about to learn from the Master. Like Sri Yuktesvar Giri, the great Guru of Paramahansa Yogananda, I was dreaming about meeting a Master from Himalaya who would teach me meditation and the Vedic astrology. I believed in the power of Vedic astrology and I felt that I had to do an analysis. Interestingly, the astrological report was very short and consisting only in a remedy, which was wearing a yellow sapphire ring in gold. In a meditation I received the message to go to Babulnath temple in Mumbai on a Thursday in the early morning. The city was asleep when I took a taxi at 4am before sunrise, equipped with milk, the new gold ring and a fresh apple. Arrived to the gate of the temple area, I walked upwards to the temple located on the hill.

There was a light breeze and silence. The temple was being cleaned from the previous day at that time and I could not remain inside. A beautiful statue caught my eye: it was the statue of the bearded Babulnath, an incarnation of Shiva. When praying, I something pulled me to walk down the stone stairs. The moment I arrived to the cave-like premise of the Swami from Himalaya, the yellow-orange fire flames were blazing. Naga Baba from Himalaya stood in front of the fire, praying. It was an exceptional moment and I felt like offering what I had brought to the temple: the milk, the apple and the ring. I put the ring on the ring finger intuitively and I could see as if the sapphire was melting. It was a magic moment and I felt lots of energy in it. It was as if the power of the ring was activated. The milk bag had opened automatically, which is unexplainable with a logic mind and the milk poured on the golden plate next to the fire. My prayer was complete. I thanked Naga Baba and left the temple. Few months later I came to know that the ring finger is the finger of the Sun and that this stone has in fact cleared the way to reach the Master, the Sun Guru "Aruneshvar". "Arun" means sun and "Eshvar" God. Everything was predestined and happened in a flow. Interestingly, two days after meeting Shiva Guruji the ring has disappeared! This was the first magic experience, which I could make with Vedic astrology and one among many which I was going to make with Shiva Guruji's Vedic soul astrology and its remedies. During many years I was being prepared for meeting Shiva Guruji, what I realized only afterwards. The learning from different teachers, the journeys, different experiences all brought me to the Master.

After the vision of Shiva, three months passed by, when I suddenly felt an inner call to go to the Babulnath temple. It was on a full moon day when I travelled to the old part of Mumbai to climb up the stairs to the temple situated on a hill. There were many people who came to pray on that day. The different deities were adorned with colorful flower garlands and the fragrance of incense permeated the space. I prayed in the temple and meditated on the marble floor outside. The people have come, beautifully dressed to sing songs and pray. After a deep meditation and prayers, asudden I felt drawn to walk down the stairs, where small candles lit the path. It was a special day, I could feel that. Naga Baba was sitting in a meditation at the fireplace. He called me to come to him. "If anyone can help you, it is him", the Himalayan Yogi said and pointed towards a photograph, which he had removed form a hidden prayer place. I saw the photograph of a grey-bearded, smiling Master, irradiating golden light. "This Master has a power", the words came out of me without thinking, I could feel lots of energy just seeing the photograph. He resembled the statue of Babulnath in the temple. It was Him! It was the Master for whom I had been searching since childhood! Naga Baba was the messenger, sending me to Shiva Guruji and giving me the contact on full moon day, three months after the announcement in a vision. I had found him! It was predestined, that I understood the moment I saw the photograph. I thanked the Himalayan Yogi who by the way prays 3 months a year in the temple and travels the rest of the year. He was destined to be the messenger exactly at that time. On the next day I called the Himalayan Master with great excitement and also nervousness. Had I been waiting for this moment for so many years, it was kind of incredible what was happening.

The moment I heard the energy-filled voice of the Master, it was as If I was touched in the soul. It had never happened before. For the first time in my life I could feel that somebody has reached my soul. Every word touched me where I had never been touched before. Tears were running down my cheeks, it was tears of joy and an inner knowing, that this was the Master, for whom I had been searching, for whom I had been praying for a long time.

The Master explained to me how I could reach his temple on the same day. It was on a Thursday, which is "Guruvar", the day of the Guru, what I learnt afterwards, when I met Shiva Guruji for the first time. Funnily I thought that his name was "Shiva Guruji Aruneshvar", although disciples used to call him "Guruji Aruneshvar" or simply "Guruji". From the first moment on I thought and felt that his name was "SHIVA Guruji Aruneshvar", then I was with the Master, it was as he was Shiva in person. That is why the name "SHIVA Guruji" appeared to be appropriate for him. It came out of my soul and it was the most natural thing for me to call him "Shiva Guruji Aruneshvar".

Later on, the Master shared with me about his soul journey and how he was guided to spiritual Masters in the Himalayan mountain ranges who told him, that Shiva was his Guru. They called him Shiva Guruji after initiating him. Among the 21 Masters who have trained Shiva Guruji is Guru Shivanath Sudhnavanath Shivananda, who initiated him with the name "Shiva Aruneshvar". These Masters used to see him as Avatar of Shiva and sent him back to the world to give Shiva Dhyana Yoga and to share his wisdom in the world.

Had I been attracted to visit many different Shiva temples, to pray to Shiva and finally reached to Babulnath temple and to Shiva Guruji, I was wondering "Who or What is Shiva?"

"SHIVA is the existence, SHIVA is the nature, SHIVA is Synergy Sky Self - Harmony Humanity Horizon - Initiation Innovation Ignition - Vastness Vibration Variety - Awakening Awareness Air", Shiva Guruji replied. There was no need to verbalize my question, the Master could read my thoughts! "One of Shiva's names is "Mahadeva", the God of the Gods and as such he performs the three cosmic actions of creation, continuation and completion. In addition to that, there are two very important actions of Shiva, which are related to the soul: The fourth action is called veiling. SHIVA breathes Himself for us, purposefully limiting our awareness with the Shakti (power) Maya (illusion), keeping us in the world in illusion about our true self and nature, about our past and future lives and karmas. Maya is a concealing grace, then she allows us to grow and evolve gradually. The fifth action of Shiva is named revelation or Anugraha Shakti. With the blessings of an enlightened Guru we can be freed from the illusion of separateness from God or Shiva and be granted realization of our true self, our true identity. This state is also called Oneness, Buddhahood or Shivahood. The birth of the world, its preservation and completion, the veiling of the soul and its revelation or liberation, these are the five acts of Shiva, who is the Master over the 5 elements, SHIVA = Space (Ether) - Horizon (Earth) – Ignition (Fire) - Vastness (Water) - Air (Prana)." I could feel the power of every of Shiva Guruji's word and just by listening to the word SHIVA, my soul rejoiced.



Om Painting by Shiva Gururji Aruneshvar

“AUM Namah Shivaya”, the Master initiated me into this mantra, and explained to me that very part of the mantra had an inner and multidimensional meaning. AUM means Awareness Universal way Mind meditation . It is a sound to awaken the awareness. The creation started with the prime sound OM, which Shiva created with his damaru (drum). With the OMKAR (OM& Kar; Kar = to do) Shiva created out of the 5 elements the entire existence, energy, nature, cosmos and the imagination of the world. The sound of origin AUM is the sound of a the breath, which is Shiva himself. To know Shiva, know your breath through Shiva Dhyana Yoga Meditation.

The first Shiva Dhyana Yoga meditation brings the realization of how everything from the internal to the external cosmic life evolves.

The three parts of A-U-M are Jagruti (Awakening) – Swapna (Dream) – Sushupti (Deep sleep), the gross, subtle and causal dimensions and the three states of consciousness - conscious, unconscious, subconscious, the three dimensions of time - past, present and future. AUM also includes the three universal processes of coming, being, and going. The absolute silence is beyond all the three levels of the AUM out of which the pure consciousness emerges.

“Namah” means literally “I bow down”. Bowing down as a sign of respect and reverence to the divine and expressing, that nothing is mine as an individual person, but that everything is Thine, everything belongs to the divine, the absolute reality, which is beyond the three levels of consciousness. “Om Namah Shivaya” means “I bow down to Shiva”. Shiva is the pure consciousness, the absolute reality. It is the form of the formless. In the realization of the divine, the absolute reality, one becomes aware of being one with the Divine. Shiva is the breath, the existence, the nature in and around us.

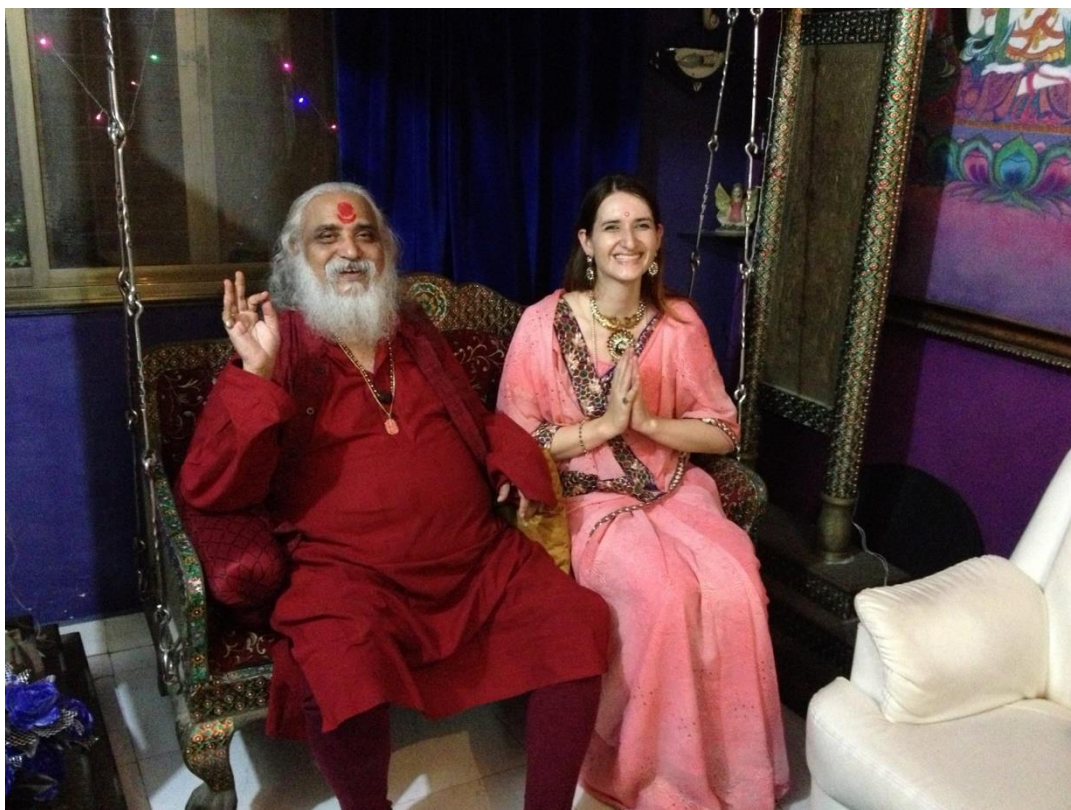
“Namah Shivaya” is called the Panchakshara, the five-syllable mantra (panch means five and akshara syllable) which is preceded by AUM, the cosmic sound. It is a powerful mantra and at the core of the Vedas. The five syllables represent the five elements of earth, water, air, fire and space or ether. Used with OM, it becomes a six syllable mantra.

The Om Namah Shivavaya mantra awakens the awareness and purifies the entire being of the one who chants it. With reversed syllables it means “mana vashi”, which means “control your mind”. It is a prayer to God, to Lord Shiva, to control your mind so that it may always be filled with divine, positive and creative thoughts. The mantra Om Namah Shivaya leads us back to the source of our existence, to the divine in us.”

Shiva Guruji played a “Om Namah Shivaya” music and asked me to chant the mantra. I felt that continuously chanting it, my mind and soul reached a state of peace and happiness. “Continuously chanting the mantra heals the mind and the soul and it brings peace of mind and success in all the activities. It becomes a habit and increases the awareness and consciousness of the seeker. Another tool is to chant the mantra or recite it internally with a mala which has been initiated by a Shiva Master and becomes thus more powerful. Reciting or chanting this mantra clears the mind and gives the power to overcome difficulties, negative energies, negative thoughts and mental and creative blockages. No matter where you are and what you do, chant Om Namah Shivaya continuously and you will personally experience its multidimensional impact on you.”

“AAAAUUUUMMM”, the Himalayan Master chanted the AUM in manifold ways, it was as if the vibrating sounds pierced through my heart right into the soul and fulfilled my entire being with a sensation of joy and happiness. I had never experienced these sounds, which were wrapping me in a beautiful energy and vibration. Shiva Guruji mastered over 1008 AUM-sounds, which he had learnt from his Masters in Himalaya.

“Close with the right thumb the right nostril. Inhale and think Om while counting to four. Then close the left nostril with the right index finger and chant internally Namah, while counting to 16. Now open the right nostril by removing the thumb, exhale and think Shivaya, while counting to eight”, the Master guided me through the meditation. My mind and heart were at peace and I enjoyed the meditation. It was an experience of awakening awareness. I perceived that my awareness had changed, that I could sense and perceive more subtle energy in and around me.



Shiva Guruji Aruneshvar & Shivani Himalaya

From the first moment when I saw Shiva Guruji's photograph for the first time, it was clear to me that he was one of these rarely found realized Masters living in the world to teach and to enlighten. This Thursday, the 9th of May, was a beginning of a New Life and Himalayan training!

I went back home and internally reviewed what had happened. I meditated and prayed to God in silence. I remembered the silk cloth, which the Master had given to me and removed it from my bag. I was amazed and realized that Shiva Guruji was not only a Himalayan Master, but also a great artist! He had drawn a beautiful Goddess, sitting on a wide –open lotus flower with multiple hands on silk - it was me! Before meeting me for the first time, Shiva Guruji already knew that I would come to him. He had drawn me on a lotus flower, symbolizing the state of enlightenment that I wanted to reach. It was as if I was looking at myself. Shiva Guruji had given me the homework to clean the cloth from dust with the mantra "OM Namah Shivaya", as a self-cleaning. I took another cloth and started with the prayer. Gradually the dust was removed from the beautiful Goddess. Unintentionally, the gold from the border of the clothes spread on the drawing. It was symbolic for the gilding, which was happening to me through the prayer of "OM Namah Shivaya" and Shiva Guruji, who appeared to me later on many times in golden light. With this meditation exercise the Master was showing me the power of this mantra prayer and what the prayer did with me on multiple levels. The Master saw the full potential of a Goddess in me and showed it to me. It was as if he held a mirror before me to make me see the divine in me. He himself had reached the state of enlightenment and realized that he was the one, who was actually able to make me reach!

Om Namah Shivaya

Shivani