

For the times, they are a changing...

The year was 1964. I wonder how great the change was that Dylan saw when he wrote this timeless song. Did he see the distortions that would arise in human beings as the machine age, the Kali Yuga, swept over them? Now is the time to start swimming or the machine will sink us since those who installed the machine are themselves the slaves of greed and deceit. Now is the time to take a firm stand in one's chosen path, without fluctuation, and to pursue it in the way Matsyendranath describes in the 17th chapter of his Samhitha;

'For the fullness of Khechara (the roamer of the pathways of heaven), one must be ready to take risk without the mind deviating from the path. There are two types of men. The first is the one who is in constant change due to doing in order to gain mastery is a Sadhaka (practitioner). The other is the one who observes Melanam (gathering) without doubt or its wickedness. That one is a doer, a governor and a destroyer, happy and without disease. He perceives the world as moving and unmoving, not distinct from his soul, a siddha (adept) and a learned person. Therefore the state of Khecarī Melanam (roaming gatherer upon the pathways of heaven) should be attained through effortful exertion.'

Those who are slaves to their own machines are turning the earth into hell, lulling all into a false sense of hope that leads inexorably through doubt and disappointment, to the greatest darkness in the heart of humanity. For that reason and, much as it goes against my nature, I have decided to use the machine for the good of our Shadow Yoga community in these trying times. I will run a discourse programme of 12 sessions, extended over a period of 12 months on the full moon day of each month. Each session will last for 50 mins. The first session will be given next month (May).

The most unique and far reaching contribution of the Nath Yogins is Kundalini Yoga. It is not a term we can find in the Vedas, Upanishads or even the Gita. It came down to us from the Nath traditions and was incorporated into the tantras; hence the term 'Tantric Hatha Yoga'. The Nath were heterodox in their theology, unorthodox in their practices yet supremely orthodox in their upholding of the principles handed down uncorrupted from the beginnings of time. The goal of Tantric Hatha Yoga is the awakening of the hidden power within, that rising, grants the eight faculties by which detachment is realised; for one can only dispense with what one has attained not with that which lies outside one's grasp (a truth unseen in modern yoga).

We have slowly been preparing you over the years for these secrets are only imparted to initiates and even then not to all. Unfortunately the extremity of the present time has forced us to give now at least a theoretical guidance of how to proceed upon the path of the Nath Yogins. The discourses will consist of the hidden instructions within the prayers, the technical keys to Nrta [pure dance], Asanas, Mudras, Pranayamas and instructions on how to use the guidance of the crescent moon in the daily practices and the building of the Chakra systems.

The 19th chapter of the Matsyendra Samhitha states;

'In Baddha padmasana, practice Dridhata (strength and firmness), meditate upon the unity of the body that is free from the turbidity of time and healthy.'

And some wisdom from Manu, the first teacher, about the power of endurance.

'Whatever is hard to be traversed, whatever is hard to be attained, whatever is hard to be reached, whatever is hard to be performed, all may be accomplished by austerities, for austerity possesses the power which is difficult to surpass. Its action rids the spirit not only of grief but also of joy by using the barest minimum of means or equipment.'

The reason for holding the live discourses on the full moon day is that the practices of Khecarī Mathana and Melana (churning and gathering) are only undertaken at this time. I would like you all to know that these discourses will be the first time I reveal, in accordance with the level of those who participate, the information given to me at my initiation by my Diksha Guru, Narinath.

And now, as food for the journey ahead, something whispered from the clouds of the Himalayas;

'Courage and particle are of the nature of body and speech; while darkness is that of the mind.'

May the Lord Shiva, the lord of Yogins on the path, protect you through these troubled times.

Sundernath (Shandor Remete)
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