SHIVA SUTRAS
Divine Techniques for Enhancing Effectiveness

SWAMI SUKHABODHANANDA
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by Swami Sukhabodhananda

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What he teaches is essentially a mix of psychological, yogic and meditation exercises tinged with the latest management jargon. *India Today*

He is the latest Guru on the corporate scene. And his program on Stress and Creativity are being lapped up by executives from top-notch companies. *Business World*

TOI does a poll on who talks the talk best. Swamiji tops the list on all counts. This is one man who has the ability to reach out to every member in the audience. Swamiji is erudite, often lyrically so. His programs have been consciously designed to suit the widest spectrum of people, to keep metaphysical and semantic speculations to the minimum. *The Times of India*

Swamiji adopts interactive mode than preaching or discourse mode so that the individual comes out to enquire into the problems or situations with openness and seek their own solutions. He uses objective perception of human problems, realities of life, relationships and situations encountered in life. *Business Line*

Swamiji is clear about what ails the corporate world and its generals; the soul-sapping constant struggle to be one up on the competitor. He is attempting what no
corporate guru has ever tried; reconcile two conflicting objectives. Be a gladiator in the violence-filled arena of corporate competition and yet be at peace within. Business Standard

Swamiji reveals mentally and socially challenging tasks important to success such as decision making, the divine principle of worldly achievement, mind management and powerful art of goal setting. Home News Tribune, USA
Swami Sukhabodhananda is the founder Chairman of Prasanna Trust. He is also the founder of the research wing of Prasanna Foundation, which focuses on the scientific aspects of meditation.

His several books have made many discover a new way of living life. He makes you realise that if one door closes another door opens. Life is an opening.

He is a regular invitee to various forums in India, USA, UK, and Switzerland.

He has been addressing many gatherings at important Universities in India and abroad.
Leading industrial houses invite him to conduct ‘In-house workshops’ for their executives.

His self-development programs have benefited many in the corporate sectors of reputed institutions like banking, finance, industry, education, armed forces and police.

“Times of India” in their recent poll on “who talks the best” places Swamiji as the one, who tops the list on all counts as the best speaker.

“The Week” magazine acclaims Swamiji as one among the top five best exponent of spiritual knowledge.

Swamiji’s English books “Oh, Mind Relax Please!” and “Oh, Life Relax Please!” are the top best sellers in the country and has set a new bench mark in the lives of many, from the Kargil hero Gen. V. P. Malik who swears by the inspiring content of the book to the New York Mayor who acknowledges its usefulness to diminish work pressure and dealing with New York City press!

His other English books are marching best sellers.

Swamiji’s book “Manase Relax Please” has set an all time sales record in the history of Tamil, Kannada & Telugu books and has been included as a part of curriculum in some of the schools & colleges. Leading personalities
have termed that he has revolutionized Tamil literature through his books.

Swamiji was invited as a dignitary on five different panels at the World Economic Forum in Davos, Switzerland and was a special invitee to the United Nation World Millennium Summit of spiritual Leaders.

Swamiji is the only Hindu monk who was invited to participate in the program “Eye on India” showcasing the country by CNN.

Swamiji’s works in audio and video have been transforming the lives of many through Sa Re Ga Ma and Times Music.

His message on the Astha, Gemini, Sadhana, DD Chandana, World Space Radio and many other Channels is reaching a wide spectrum of people both in India and Overseas.

Swamiji was awarded ‘Karnataka’s Best Social Service Award’ by Essel group & Zee network.
From the Author

I have always inspired myself that if I cannot be happy “here and now,” I will never be happy anywhere. This book is an offering of my insights to create happiness in all walks of life. This is possible if one looks at life in a new way … looking at life differently.

The superficial way of reading this book is through intellectual understanding. The deeper way is by feeling the insights of the narration. The deepest way is where these insights and parables light up your mind & heart in your hours of darkness and guide you like a spiritual friend.

Hence I invite you to read this book not just once, but
many times over like a daily prayer ... for prayer does not change the Lord but changes you.

By ingesting the essence of this book, you will realise what lies before you and behind you are nothing in comparison to what lies within you. Enlightenment is looking for spectacles that sit right on your nose. Enlightenment is always “here and now,” never in the past or future. This book attempts to awaken you ... like a wake up call.

To do what you like and like what you do is indeed a divine work. Work is an opportunity to find oneself. This book helps you in finding your “self” in all walks of life ... family, work, social, and spiritual zones. In the process, you will be grateful to the weeds of your mind. They ultimately help your practice of relaxation.

Being relaxed is wise. Begin with being wise and you will be relaxed. Being relaxed is a wise and an easy way to live life. When you are relaxed, you look at life differently.

Life, thus lived will bring forth the peace of a rose garden and light of the luminous Sun as a part of your being.

Let your growth bring the best seasons of your life. This is my humble prayer for you.
I specially thank P. R. Madhav for editing this book. My special thanks to Mrs. Devki Jaipuria for all her support. My salutation to my loving mother who is the source of my inspiration. My deepest gratitude, which cannot be expressed in words, goes out to all my Gurus. I offer this book to all my students who are like little lamps shining in the night, which the great Sun cannot do. This is my dream and I am sure you will join me in making it as your destination.

With blessings,

SWAMI SUKHABODHANANDA
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Our heartfelt thanks to all enlightened masters & modern thinkers for their inspirational guidance.
I am extremely honoured and with humility, say fortunate, to unfold the rare text on Shiva sutras. I would not like to go into the history of the word ‘Shiva Sutra’ or where it comes from but the word Shiva means ‘Sham mangalam karoti iti shiva’.

Please understand – sham means mangalam, karoti means that which creates mangalam, or in other words that which creates auspiciousness. It is similar to the word Krishna which means ‘Aakarshnam iti Krishna’ – which I have unfolded during my discourses on Bhagavad Gita. Look at Lord Krishna. His presence is aakarshnanam – that which attracts. I would like all of you to understand that we
need to invoke the state of consciousness of Lord Krishna, or Lord Shiva more than their physical form.

Lord Krishna, Lord Shiva and Lord Buddha are not just objects to be merely worshipped. Worshipping them and stopping then worshipping them is belittling the very vision and experience of all these great souls.

Lord Krishna is a state of being, Lord Shiva is a state of being, and so are Lord Buddha and Lord Mahaveera. It is a state of consciousness. And this consciousness is avaahanam – to be invoked.

Take, for example, Lord Krishna. If you are a true devotee of Lord Krishna, you will see the quality of Lord Krishna as Ananda Labari, Prema Labari and Soundarya Labari. Labari means waves and his presence is like waves of Ananda or joy; waves of Prema or love and waves of Soundarya or beauty because he represents elegance in perfection, elegance in every piece of marvelous creation.

A person living in that state creates an oorjha – an energy field. Such energy field of Lord Krishna is aakarshhanam. So when we worship Lord Krishna, we pray for his blessings and at the same time; seek that state of consciousness which we have to reach. It is the paramatma... the higher self that exists in us.
Similarly, Shiva means *sham mangalam karoti* — *sham* means mangalam or auspiciousness, *karoti* — His presence creates auspiciousness everywhere.

Lord Shiva represents three Shaktis — Strengths… *Ichcha Shakti*, *Kriya Shakti* and *Vidya Shakti*. *Ichcha Shakti* means His intention is beautiful; His intention is to destroy the ratri or darkness in us.

On Shivaratri day we say, the night or darkness in us has to be destroyed. One of the Upanishads beautifully states — we are always outgoing. If we closely observe we find how effortlessly our minds are rooted outwardly.

*Parānche khāni vyatratat swayambhīh*
*Tasmāt parañ pariṣati*
*Na antaratman*
*Kaschat dhiraḥ pratyagatmānām aikshade*
Avṛttacaksbhuh amṛtatvam icchān

The Kathopanishad declares *Parānche khāni* — always outgoing. If one observes closely our mind wanders on various objects. . . without any effort at all. And this process just goes on and on. To go inside or to look inside one needs to be a *sakshi* — witness of the mind, which in other words is the witness of the thought. To go inside and look within one needs to put in a lot of effort.
Let us understand that our minds wandering outside is very natural, but to go inside is not natural, but an extraordinary excellence that one needs to bring in life. And in such extraordinary excellence, can one really enhance the quality of consciousness?

Let us take the word Bharat... Bharat means India. Bharat is more than geography. Bharat is a vision, Bharat is an experience. What is Bharat? *Brahma vidhyam tasyam ramate iti bharata.*

*Brahma vidhyam* — one who revels in ultimate truth, *tasyam ramate* — one who is always reveling in what the truth is... that is Bharat. So more than geography, Bharat is a vision. India is a vision.

Similarly, Lord Krishna is more than a physical presence. He is a vision. Lord Krishna says, “*Avajananthi Mam moodaha manushim tanu ashritaha*”. *Avajananthi* means they really don’t know me. *Manushim tanu* means they look at me as a body *Avajananthi mam moodaha* means they are indeed fools. In short, they are fools who look at me as a mere physical body.

I am unfolding a vision, of experience because the whole vision of Indian culture is to transform from *samsara* — bondage to *nirvana* — freedom.
We are in a state of *samsara*... always in deficiency. Nirvana is a state of internal sufficiency. To experience sufficiency in our lives is the overall vision.

To dwell deeply let us start with Shivaratri because all of us understand this well, as most of us celebrate Shivaratri festival. I remember as a young boy, we used to wait for Shivaratri, because special movie shows were available all through the night in the theatres. Why? Because we have to be awake throughout the night on Shivaratri. Can you see how foolishly we live? And when we are awake, we watch a movie or play cards. That is not the way to celebrate Shivaratri festival.

*Ratri* means there is darkness inside us. There is ignorance of our higher nature. There is a centre in us which is uncontaminated by the world. What do we do? We have to destroy the darkness. But how? How do we destroy the darkness? By bringing in *Ichcha Shakti*, *Vidya Shakti* and *Kriya Shakti* as a part of our daily lives.

Lord Krishna represents *Ananda Lahari, Prema Lahari* and *Soundarya Lahari* while Lord Shiva represents three shaktis – *Ichcha Shakti*, *Vidya Shakti* and *Kriya Shakti*.

Let us take up *Ichcha Shakti*. *Ichcha* means one’s intention. What should be one’s intention? Not just pleasure, name, fame or acquire more money. This is an ordinary
intention. But if one brings in Lord Shiva’s energy – that is mangalam and continues to acquire pleasure, name, fame or more money there is nothing wrong but go a little higher, to the next level.

What is the next level? One’s Ichha Shakti should be to destroy the internal darkness. Who really am I? God gives us a trailer of this every night. When we go to sleep, the state of sleep is such a magical state. The state of sleep is so magical, so aesthetical, no money can ever buy it. It is natural and allows us to be with ourselves. But only thing is that we are ignorant.

The great saint Patanjali said that there is difference between Nidra and Samadhi – enlightened consciousness. In Nidra you are asleep. In Samadhi you are in a conscious state.

Therefore on Shivaratri festival, there is a ratri, there is a night, there is a darkness; to that darkness one need to bring the quality of Lord Shiva... mangalam.

Lord Shiva is not darkness. I was so surprised to hear in one of the discourses, Shiva being called a dark night. Shiva is not a dark night. Shiva means mangalam. The speaker is misrepresenting Shivaratri with ‘Shiva as dark night.’ Shiva, the word, means mangalam – into the dark night of one’s soul, bring the consciousness of Lord Shiva. And what is the consciousness of Lord Shiva? It is mangalam, it is auspiciousness. Ichcha Shakti means one’s
intention to destroy the internal darkness. Keep the intention alive.

When Wright Brothers thought about a plane, they only intended to create a plane. When they had the intention to create a plane, they did not have the knowledge to create a plane. Did they have? They only had the intention. And from that intention to build a plane, they acquired necessary knowledge and experimented. Rest is history.

Therefore, the mother of creativity is a pure intention.

So the first quality of Lord Shiva which brings mangalam - auspiciousness is Ichcha Shakti. With this intention, the very effort stated in one of the sutras of Lord Shiva is, Udhyamo Bhairavaha. Udhyamo means the very effort that one creates, an intention to eliminate darkness… such effort is called Udhyamo; Bhairavaha means Lord Shiva – it means the very intention itself is Lord Shiva... mangalam.

There was an old Sufi lady who read that prayers move mountains. In her backyard there was a mountain covering a river. So she sat down, closed her eyes and prayed, ‘Let the mountain move, let the mountain move, let the mountain move. By God’s blessings, let the mountain move so that I can
see the river.’ For fifty minutes she prayed and when she opened her eyes. What did she see? The mountain was exactly where it was. She smiled and said, “I was cocksure that this mountain would not move.” That means her prayer came with the conviction that even prayers cannot work.

This is how most of us pray. This is not the spirit of prayer.

Please understand that when you are reading this book, many of you should audit yourself, and edit yourself. You sit down and say ‘Let me collect all this information. In the next birth I will practice them.’ This would not work.

One of the reasons why Hindus are very relaxed people is because they believe in rebirth. Whereas Christians and Mulisms do not believe in rebirth and they have to complete their understanding in this very birth. They don’t know whether eternally they will be in heaven or hell. But for Hindus it is a *pyjama* – loose philosophy. Kindly don’t operate from such philosophy.

“Iccha Shakti, the intention is that I am going to destroy my ignorance right here” – such type of commitment while sitting is called Upanishad. The word Upanishad is the end word of Veda. The Veda has two portions
Karma Kanda and Gnana Kanda.

*Karma Kanda* is concerned with rituals while *Gnana Kanda* is concerned with knowledge which is called Upanishad. What does the word Upanishad mean? The Great saint Adi Shankaracharya says, “*Sadehe datobo visharana gati avasadananthsyakqupa pratyaanthasyarupam Upanishad iti***.

The Bhasya, commentary of Adi Shankaracharya states beautifully that the word Upanishad means sitting at the feet of the master. *Snad* means sitting at the feet of master, *Upa* means near, *ni* means *nischayena* – with definiteness and with tremendous commitment. *Shad* means to sit down, and with definite commitment near the master. Why near? So as to feel the master’s vibration. Master is not the word, it is the vibration. More than the words, “Who you are speaks so loudly I cannot hear what you are speaking”, the student may say. So the presence is more than the word.

When a student sits with deep commitment near the Master, as per great saint Adi Shankaracharya – *visarana gati avasadananam*. *Visaranam* means it will destroy. What will be destroyed? – One’s ignorance; *gati* means one will reach; what will one reach? – *Moksha* or liberation.

There are three meanings for the word *shad*. *Visaranam* means destruction, *gati* means you will reach, and the
third is *avasadhanam*, which means *shitali karana* – wearing out, at least your ignorance, your *samsara*, your frustration would loosen. It will wither away. It will not be cemented, it will loosen and fall away. You should stay near the teacher with definiteness.

Lord Shiva says in one of the sutras, that the very intention itself is *udbyamo bhairavaha*. The effort one is putting is *bhairavaha* – more often Lord Shiva is seen dancing. How is he dancing? *Bheejam avadhanam*. It exists as Bheja in you, Bheja means seed, but the seed should be *avadhanam*... it should be a meditative seed. Meditation exists in us as a seed, when we have a pure intention... *Icheha Shakti*.

In my LIFE workshop I quote, “Can’s creates success; Can’t creates failure”. “Come from I Can”. In the management module I quote, ‘Winners never Quit and Quitters never Win.’ In the spiritual module please see that *Icheha Shakti* is the right quality one need to possess.

Possessing only *Icheha Shakti* is not enough. For example, if you have an intention to be a doctor, if you keep thinking that you will be a doctor and keep aside all the medical textbooks saying that you believe in auto suggestion, it will not work. So not only one should have *Icheha Shakti*, but one should also have *Vidya Shakti*. 