

HOW TO SOUL TRAVEL WITH THE SHAKTI GAYATRI

From teachings following Sri Kaleshwar's first Yoga Samadhi in May, 1998



What I did in my life through the Shakti Gayatri is to send the soul out. How to soul the send out?

When you sit in deep meditation and are in a deep trance, the color of green comes. At the time, tell your inner consciousness to use the Shakti Gayatri. The Vedic tradition says the Gayatri is equal to the four Vedas.

At the time, forget the nada bindu, forget the Brahma Kundalini Nadi. You're in your consciousness through a pulse. Through the pulse, you are chanting the mantra. When you chanting that mantra with the pulse, with the inner consciousness in deep silence, in deep trance, then work. After some time, the energy is going to the heart, the juice is coming out. The energy is forming. Your soul is rising and connecting to the energy. The third eye is connecting.

Using the Shakti Gayatri, the energy forms, rising up in the highest stage connecting. That is when you chant with the pulse — it is a deep inner consciousness stage. Then the master's responsibility is to take care of you, to make you get out. When you are in the deep chanting stage, when you are rising up to the position, everybody needs the master's help. Without the master's knowledge, it's blindness. There is a big tradition in the knowledge, at the time you are sucking the energy and sending the energy, it is your highest communicating [with the God energy]. Definitely, after a little time while, your soul is blooming. There are no words to say, to write down. You must have your own personal experience. Then you'll see the dazzling of your soul. Only through your inner consciousness can you sense God.

Student: Swami, you said you pulse the mantra through the green light in your third eye?

Swami: Yes.

Student: Where does it start? Where does it begin? The top of your head or through your third eye?

Swami: If you are seeing the glowing green, you see it with your two eyes or are you using your third eye?

Student: Third eye.

Swami: That's accurate. I taught the Brahma Kundalini, the nada bindu. After you reach a certain level, you focus there, then come back. If you reach there, then you can use everything in the knowledge, the techniques. Getting knowledge is everybody's duty. Much knowledge, careful knowledge, to teach to heal, formulas to handle the negativity. That's necessary. That is why I teach everything. It is necessary to heal the people with the formulas. That is why I teach.

Here in my programs everybody's meditating, without your notice, you're sucking the energy. You are seeing with your third eye. There is no structure to the third eye. It's just a focusing of the energy. The Shakti Gayatri vibrations are waking up the soul. If you sit in meditation 100 times, and are in a trance, you want to repeat it but you can only 20 to 30% of the time. 20 to 30% you can tell your inner consciousness to chant it. Even if every time you can tell, after some time you stop. It can not take off powerfully. Know what I'm saying? When you are in the deep relaxing mind, it means your mind is dead. Your total, crazy mind died. The energy can't; there is no way of taking off powerfully that way. Even though your inner consciousness is saying you're doing that. Again, after a few minutes, okay, now try again. That is one stage, telling the inner consciousness to chant the mantra. Using your inner consciousness a little while, then it dies. The inner consciousness doesn't work very powerfully all the time you are in a trance. Just 20 minutes to 30 minutes.

When you are in the deep trance it means your body is only able to sit 15 minutes, 20 minutes, 30 minutes then stop. Then, again after 35 minutes 40 minutes you are enjoying the energy. The soul is sucking the energy. When you are in a deep trance, what does that mean? You're not sending the energy, you're sucking the energy.