

KUNḌALINĪ ŚĀDHANA



NONDUAL TRIKA ŚAIVISM

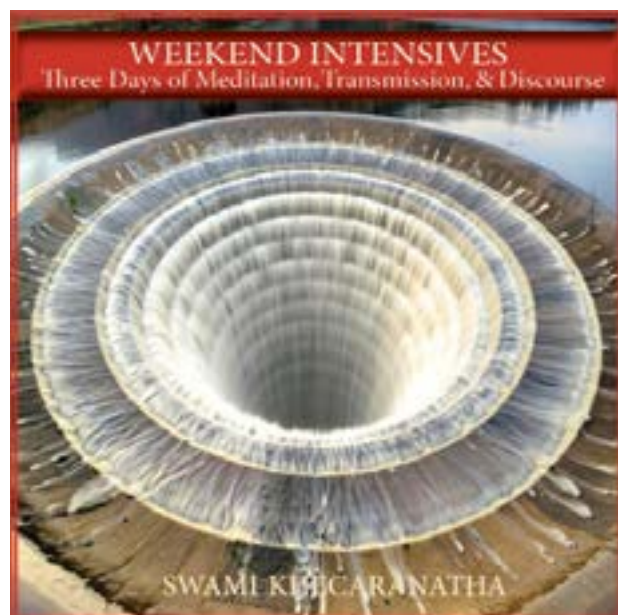
**An Integrated Spiritual Portal Offered by Swami Khecaranatha
A Carrier of the Śakti Transmission Lineage of Nityananda and Rudrananda**



Kuṅḍalinī Sādhana and Nondual Trika Śaivism

This comprehensive 24-month course offers an in-depth journey into the Heart of Consciousness through Kuṅḍalinī Sādhana, an essential practice of Trika Śaivism. We will explore the darśana (view) of nondual tradition, the nature of kuṅḍalinī and the role it plays in one's liberation, and how the upāyas (means of practice) provide a framework for understanding our spiritual growth.

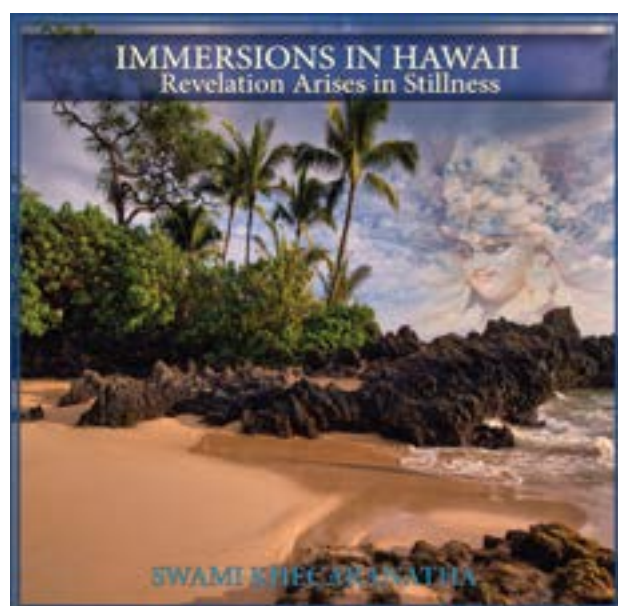
- The 10-module course includes weekly classes, plus optional Intensives and Hawaii Immersions. (In-person, live-streamed, and self-paced courses)
- See schedule at end of this document



Intensives

Swami Khecaranatha offers several 1 to 3-day intensives to allow time for a deeper exploration of topics that directly relate to a student's spiritual practice and experience in life. Guided meditations, powerful śakti transmission, discussion and Q&A are blended into each intensive to deepen your practice.

- Generally offered three times a year, in-person (when possible - in Berkeley, California), live-streamed, on demand, and self-paced.
- Prerequisite: Watching the Introductory Video for those new to Khecaranatha's practice.



Immersions

1 to 3-week retreats on Maui are offered as a time to let go of daily life and immerse yourself in a deeper sādhana, which significantly shifts your experience. The schedule includes extended periods of meditation, śakti transmission, more advanced teachings, seva, and free time to visit the local beaches.

- In-person, but may be available live-streamed or as on-demand and self-paced courses.
- In person attendance is by permission and generally requires prior participation in either the 24-month Kuṅḍalinī Sādhana program or attendance at two or more of the Intensives.

The Matrix of Sādhana & The Means to Liberation

A clearly defined and articulated roadmap of the journey to spiritual liberation through Kuṅḍalinī Sādhana.

The Darśana (The View)

The imparting of knowledge and insight and the directing/empowering of the practices that bring about that knowledge in the individual.

The Upāyas (The Means)

The upāyas are at once the means of liberation, perpetually cycling in a non-linear focus and prominence, and the state of awakened consciousness with each individual.

ĀṆAVOPĀYA

THE PATH OF EFFORT:

Open the Heart

ŚĀKTOPĀYA

THE PATH OF ENERGY & INSIGHT:

Surrender to the Śakti

ŚĀMBHAVOPĀYA

THE PATH OF AWARENESS:

Reside in Consciousness

The Key Aspects of Sādhana: The Journey into the Heart

Each of the key aspects are articulated in depth across and within each upāya, supported by the practices that enable each person to have the direct experience of that knowledge/insight within themselves.

- Inner Practices and Meditations
- Receiving Transmission
- Teacher-Student Relationship
- Selfless Service
- Surrender and Stillness
- Insight from Wisdom Teachings

The Lived Expression of Realization: Knowledge In Action

The spiritual insight and experience consciously forged by living in the world, dissolving the apparent internal and externality of duality.



THE SCHEDULE

Heart of Consciousness Program Schedule Oct 2020 – March 2025		
Date	Kuṇḍalinī Sādhana & Trika Śaivism Program	Heart of Consciousness (HOC) Kula Programs
Oct 29 - Nov 1, 2020	Foundations Course: <i>The Triadic Dance of Śiva</i> The View/Mean/Living Expression	Berkeley 3-Day Intensive
2021		
Sun, Jan 10, 2021 12 noon – 4pm	Program Introduction and Invocation Puja	
Jan 11 - Mar 22 (off Feb 15)	Module One: <i>The Darśana of Trika Śaivism</i>	
	10 Monday Night Sessions	
Mar 25-28 or April 1-4 (TBD)	Module Two: 3-Day Overview Intensive <i>Kuṇḍalinī in Trika Śaivism</i>	Berkeley 3-Day Intensive Initiation Ceremony into Heart of Consciousness Kula if in-person allowed
April 5-June 28	Module Three: <i>Kuṇḍalinī – The Divine Fire</i>	Pilgrimage Retreat in Hawaii 1-3 Months—April/May/June Work-Trade/Seva (Open to Everyone - Application Required)
April 5 - May 24	8 Monday Night Sessions	
June 7 - June 28	4-Week Practice Period & Monday Zoom Q&A	
July 1-4	Module Four: 3-Day Overview Intensive <i>Āṇavopāya: The Path of Effort</i>	Berkeley 3-Day Intensive
July 12 - Oct 4	Module Five: <i>Āṇavopāya: The Path of Effort</i>	
July 12 - Aug 30	8 Monday Night Sessions	
Aug 31 – Sept 27	4-Week Practice Period & 3 Monday Zoom Q&A (NO zoom on Sept 6)	
Sept 11 - Oct 9		HOC Kula Initiates Immersion: Hawaii – 1 to 4 Weeks
Oct 28 - 31	Module Six: 3-Day Overview Intensive <i>Śāktopāya: The Path of Energy & Insight</i>	Berkeley 3-Day Intensive

End of 2021 - 2022		
Nov 8, 2021- Mar 7, 2022	Module Seven: <i>Śāktopāya: The Path of Energy & Insight</i>	
Nov 8 - Jan 24 (off Dec 20 & 27)	10 Monday Night Sessions	
Jan 25-Mar 7 (off Feb 14 & 21)	6-Week Practice Period & Monday Zoom Q&A	
Mar 31 - Apr 3	Module Eight: 3-Day Overview Intensive <i>Śāmbhavopāya: The Path of Awareness</i> (Optional Initiation Ceremony into Heart of Consciousness Kula)	Berkeley 3-Day Intensive Initiation Ceremony into Heart of Consciousness Kula if in-person allowed
April 11 - June 27	Module Nine: <i>Śāmbhavopāya: The Path of Awareness</i>	Pilgrimage Retreat in Hawaii 1-3 Months—April/May/June Work-Trade/Seva Open to HOC Initiates Only- Prerequisite to Conscious Studentship Program (Application Required)
Apr 11 - May 23	7 Monday Night Sessions	
May 24 - June 27	5-Week Practice Period & Monday Zoom Q&A (no zoom May 30)	
June 30 - July 3	Module Ten: 3-Day Overview Intensive <i>Anupāya / Pratibhā: No Path</i>	Berkeley 3-Day Intensive & Para Devi Puja & Ceremony (Puja for HOC Initiates Only)
July 3 – Sunday 10:00 am – 1:00 pm	Parā Devī Puja & Ceremony Only if In-person Attendance Is Possible (HOC Initiation Required In Advance to Attend)	
July 10 - Sunday 12 noon – 4pm	Convocation Ceremony & Puja (In-person and/or online)	
Aug 6 - 20		HOC Kula Initiates Immersion: Hawaii – 1 to 2 Weeks
Aug 27 - Sept 3	Module Eleven: Immersion in Hawaii	
Aug 27 - Sept 3	7-Day Immersion	
Sept 3 -10	7-Day Immersion: (Optional Initiation Ceremony into Heart of Consciousness Kula)	
Oct 27 - 30	Module One: <i>Foundations Course: Conscious Studentship – Keys to Mastery</i>	Berkeley 3-Day Intensive
2023 - 2025		
Jan 7 - Feb 4, 2023		HOC Kula Initiates Immersion: Hawaii – 1-4 Weeks
Mar 2023 - Aug 2024	Ajñī & Vibhūti/Fire & Ash: The Alchemical Transformation of Conscious Studentship	Ācārya Training & Initiation Sept 2024 – August 2026 Prerequisite: Conscious Studentship Program

KUNḌALINĪ SĀDHANA



NONDUAL TRIKA ŚAIVISM

Swami Khecaranatha

With a mastery etched from five decades of disciplined inner practice and selfless service, Khecaranatha is an authentic adept in the Śakti Transmission Lineage of Bhagavan Nityananda and Swami Rudrananda. Swami Khecaranatha teaches from his personal experience and revelations. His ardent study of the richness and wisdom of ancient tantric scripture provides a means to articulate the teachings of his lineage within the larger context of these powerful nondual traditions—while emphasizing the essence of his teaching, which is to empower students to discover their own innate divinity.

Swami Khecaranatha's teachings coincide with the Trika school of Śaivism. He has attained, through the transmission of his teachers and a lifetime of practice and profound personal experience, a deep understanding of the

teachings of Anuttara Trika - considered by the Kashmiris to be the most elevated of all the Tantric practices.

—Mark Dyczkowski, one of the world's foremost authors and authorities on Nondual Trika Śaivism



Sādhana is the search for ourself in the Heart of God and the discovery of God inside our own heart.

I first met my guru, Swami Rudrananda, on October 10, 1971. That moment was so powerful and transformative that it has continued to fuel my own sādhana and teaching up to this day. Over these past five decades, I have attempted to continuously refine the teachings that I received, and to articulate them in a manner that would be accessible to anyone who wishes to grow spiritually.

In the past few years I have worked to create a comprehensive framework, a manual for liberation, in which to elucidate my teachings. In order to do so, I have reached further into the nondual wisdom teachings of ancient India in order to better express my own experience and sādhana.

As a result, I have created an immersive spiritual portal that will allow a sophisticated Matrix for Sādhana and the Means to Liberation framework to be explored in its scope and its depth. You can think of the matrix as the warp and weave of the fabric of sādhana — the journey to liberation.

I invite you to look at this program for spiritual growth and to join if it resonates with you.

*Web: heartofc.org
and coming soon once the new portal is launched: kundalini-sadhana.org*

— In Service, Swami Khecaranatha