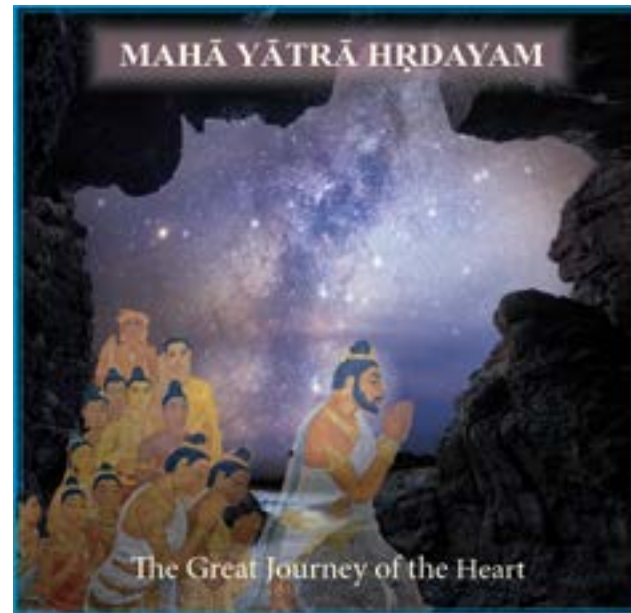




**An Integrated Spiritual Portal Offered
by Swami Khecaranatha
A Carrier of the Śakti Transmission
Lineage of Nityananda and Rudrananda**



KuṆḌalinī Sādhana and Nondual Trika Śaivism

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

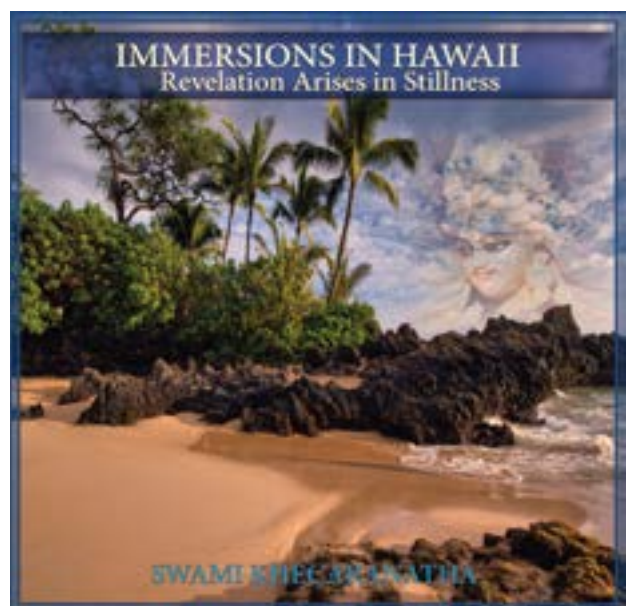
- The 10-module course includes weekly classes, plus optional Intensives and Hawaii Immersions. (In-person, live-streamed, and self-paced courses)
- See schedule at end of this document



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 KuṆḌalinī 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 KuṆḌalinī 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.



Heart of Consciousness Program Schedule

MAHĀ YĀTRĀ HRDAYAM: THE GREAT JOURNEY OF THE HEART

Date	Kuṇḍalinī Sādhana & Trika Śaivism Program	Heart of Consciousness (HOC) Kula Programs
2021		
JAN 24, 2021: GLOBAL ONLINE SPIRITUAL PORTAL LAUNCHES		
Jan 25-April 7	Foundations Course: <i>The Triadic Dance of Śiva</i> The View/Means/Living Expression	Full Self-Paced Course Available
April 8-11	Module One: <i>The Great Journey of the Heart</i> The Heart as the View/Means/Living Expression	Berkeley 3-Day Intensive LIVE-STREAMED AND IN PERSON IF ALLOWED
April 9, 10 AM	Program Introduction and Invocation Puja	
April 19-June 14 (off May 31)	Module Two: <i>The Darśana of Trika Śaivism</i>	
	8 Monday Night Sessions	
July 1-4	Module Three: 3-Day Overview Intensive <i>Kuṇḍalinī in Trika Śaivism</i>	Berkeley 3-Day Intensive Plus Initiation Ceremony into Heart of Consciousness Kula if in-person allowed
July 12-Oct 4	Module Four: <i>Kuṇḍalinī – The Divine Fire</i>	
July 12-Aug 30	8 Monday Night Sessions	
Aug 31-Oct 4 (off Sept 6)	5-Week Practice Period & 4-Monday Zoom Q&A	
Sept 11 - Oct 9	HOC Kula Initiates Immersion: <i>The Heart Sutras</i> Hawaii – 1 to 4 Weeks	
Oct 28-31	Module Five: 3-Day Overview Intensive <i>Āṇavopāya: The Path of Effort</i>	Berkeley 3-Day Intensive
Nov 8, 2021- Jan 10, 2022	Module Six: <i>Āṇavopāya: The Path of Effort</i>	
Nov 8 -Dec 6	5 Monday Night Sessions	

2022

Jan 13-16	Module Seven: 3-Day Overview Intensive <i>Śāktopāya: The Path of Energy & Insight</i>	Berkeley 3-Day Intensive
Jan 24-May 16	Module Eight: <i>Śāktopāya: The Path of Energy & Insight</i>	Pilgrimage Retreat in Hawaii 1-2 Months—April-May Work-Trade/Seva Open to HOC Initiates Only- (Initiation Offered July 2021) Prerequisite to Conscious Studentship Program (Application Required)
Jan 24-April 4 (Off Feb 14)	10 Monday Night Sessions	
April 5-May 16	6-Week Practice Period & 5 Monday Zoom Q&A	
June 30-July 3	Module Nine: 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
July 3 SUN 10:00 am-1:00 pm	Parā Devī Puja & Ceremony Only if In-person Attendance Is Possible (HOC Initiation Required In Advance to Attend)	Para Devi Puja & Ceremony (Puja for HOC Initiates Only)
July 11 – Oct 3	Module Ten: <i>Śāmbhavopāya: The Path of Awareness</i>	
July 11-Aug 29	8 Monday Night Sessions	
Aug 30-Oct 3 (Off Sept 5)	5 weeks practice & 4 Zoom Sessions	
Oct 27-30	Module Eleven: 3-Day Overview Intensive <i>Anupāya / Pratibhā: No Path</i>	
OCT 30 10 AM	Convocation Ceremony & Puja (In-person and/or online)	
2023		
Jan 7- 21, 2023	Module Twelve: Immersions in Hawaii - For Those Completing the Full Course -	
Jan 7-14	7-Day Immersion	
Jan 14-21	7-Day Immersion: (Optional Initiation Ceremony into Heart of Consciousness Kula)	
Feb 4 - March 4	HOC Kula Initiates Immersion: Hawaii – 1-4 Weeks	
April 6-9	Foundations Course for Conscious Studentship – Keys to Mastery (LOCATION TBD)	
2023 - 2024		
May 1, 2023 - August 2024	Ajñī & Vibhūti/Fire & Ash: The Alchemical Transformation of Conscious Studentship	
2025 - 2026		
January 2025 - August 2026	Ācārya Training & Initiation Prerequisite: Conscious Studentship Program	



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: HEARTOFC.org*

— In Service, Swami Khecaranatha



This logo has been one created for the new site. Here is a description of it.

Trika Śaivism masterfully and succinctly articulates the movement toward liberation and was significantly influenced by the direct recognition that emerged from Kuṇḍalinī Sādhana. The practice of kuṇḍalinī, with evidence of the term showing up as early as the 7th century, was very influential and widespread, and it is one of the most exalted of the ancient Eastern spiritual traditions.

This logo is the perfect symbol of our practice, as it is a powerful visual image of spiritual realization according to Trika Śaivism and Kuṇḍalinī Sādhana.

- **The three prongs of the trident** represent Śiva's triadic powers of will, knowledge, and action, as well as Consciousness, energy, and the individual—three expressions of an undifferentiated unity. The trident also refers to the upayas, which are the triadic means to liberation and the state of awakened Consciousness—the recognition of one's own Śiva-hood revealed by the descent of grace.
- **The staff of the trident** depicts the suṣumṇa, the central channel within an individual that is the pathway for kuṇḍalinī to rise through the psychic body and back to its source, Consciousness, revealing the direct recognition of our own divinity. This is significant because our individual lives, divinely offered to us, are our means to discovering the highest truth in God. The lotus represents the Goddess Parā, who is Śakti—the Goddess Kuṇḍalinī, who is also the energy of bliss, the essential nature of our existence that is awakened and enlivened through our practice.
- **Finally, the open halo encircling the trident** represents the liberation of kuṇḍalinī, opening and expanding into the Heart of Consciousness – the unbounded, universal Self. The “open arms” of this circle represent the sacred space for the community of practitioners to come together, held in union and energetic embrace.