

R'Shinaya

The Holy Hindu Path

R'shiNaya (pronounced "rishee-nie-yuh"; accent on the "nay") is a Hindu holy path. The Rishi is known as a se-er, a sage, or a saint. Three thousand years ago the Vedas (the oldest scriptures of Hinduism) were revealed to the Rishis while they existed in higher states of consciousness. Naya is conduct or behavior. R'shiNaya is the path to follow in order to become a saint, or seer—one who has perfected his perception.

It is the exhaustive contemplation, a way of life, of five states of being—Peace, Forgiveness, Compassion, Gratitude and Mindfulness. The contemplation is a passive meditation: breathe, pay attention inside, calm the mind, and observing that you are aware of yourself. And then softly voice the one-word mantra while observing a chakra. The recitation begins audibly, but becomes slower and softer until the vibration of the mantra sinks silently inside. Contemplate the meaning given below and then quiet the mind's mental understanding, allowing revelation of consciousness.

It is a 10 days process. Meditate on each state of being for one day for 5 to 20 minutes, doing your best to have the feeling of existing everywhere (refer to the 2nd Siddhi if you know it). First day is Shanti, second day is Anuja, and so forth. This part will last five days. On days 6 through 10, meditate on each state of being as in the first five days, but instead of existing everywhere, place your attention on the chakras.

Shanti

Visualization: Breathe slowly in and out, and see a soft blue light that extends from the 3rd Eye chakra to the Crown chakra. This is “the breath of peace”.

The Sanskrit dictionary definition of Shanti is Peace. The pronunciation of this mantra is “shahn-tee”.

Sh—transformation Anti—presence of higher thought in the tangible world

The deeper meaning reflects the presence of the highest form of thought which transforms what is tangible in the world. Peace means much more than being calm in the midst of one of life’s many storms. We experience the transformed perception that there is no war, there is no conflict—there is nothing to affect us.

Shanti.....shanti.....shanti.....shanti.....sha
nti

MAHAJRYA
buddhist tradition

Anuja

Visualization: Focus on the Throat chakra as you gaze at a blue light that extends from the Jade Gate to the top of the Heart chakra. The Throat chakra is the understanding between the Soul and the Body. It is where there is acceptance that all is flowing. It is not a link, but an ever-open bridge and channel for streams of consciousness.

The dictionary definition of Anuja is Forgiveness. The pronunciation of the mantra is “ahnnojah” (accent on the “nu”).

Anu—presence of a clear experience; refined Ja—knowledge; how the mind does something

The deeper meaning—true and higher understanding of a clear experience, is that an offense does not exist. We never did anything “wrong”; we never did anything “good”; we just did things. No one ever offended us; we only experience denial, ignorance and misunderstanding. We are the creators of drama, and we are the observers of drama. There is harmony between the one who experiences drama and the one who observes it. Anuja is an experience of universal forgiveness—we celebrate the perfection of God.

Anuja.....anuja.....anuja.....anuja.....anuja

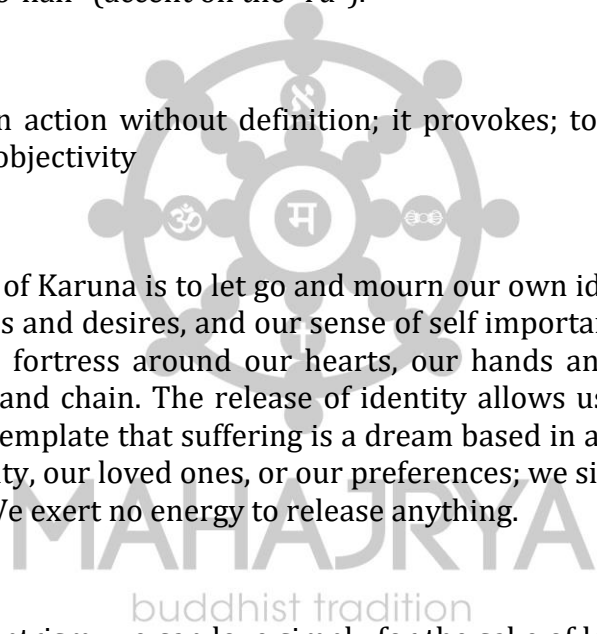
Karuna

Visualization: Divine white light in the Heart chakra. With each chain of identity that is unbinded, the white light extends further outside of you. It is the Soul expanding and becoming more powerful.

The dictionary definition of Karuna is Compassion. Compassion is not pity, nor even loving kindness. It is simply complete understanding of your own suffering and the suffering of others, which may then lead to an act of kindness. The pronunciation of the mantra is “kahroo-nah” (accent on the “ru”).

Ka—effect; a cut—an action without definition; it provokes; to mourn Ru—defined, felt experience Na—objectivity

The deeper meaning of Karuna is to let go and mourn our own identity and egocentric experience, our needs and desires, and our sense of self importance. Every part of our identity reinforces a fortress around our hearts, our hands and our sexual organs; each part is a block and chain. The release of identity allows us to truly understand suffering and to contemplate that suffering is a dream based in attachments. We don't push away our identity, our loved ones, or our preferences; we simply mourn and stop holding onto them. We exert no energy to release anything.



As we let go of egocentrism, we can love simply for the sake of loving. The experience of enjoyment becomes more intense—food tastes better; relationships with loved ones fulfill us more, sex is better. When free from all the walls of our fortresses, Bliss comes and we are forever in a state of Oneness.

Advanced teaching: There will be remorse, rejection and abandonment when we mourn my identity. We have to resolve them. To mourn this way is to die in a way. Mourn our own death. Mourning the cells that are dying helps them regenerate faster. Without the mourning, the body holds on to them.

Karuna.....karuna.....karuna.....karuna.....
karuna

Krutajna

Visualization: An infinite blazing, golden, shining light flowing through you from within the Solar Plexus chakra.

The dictionary definition of Krutajna is Gratitude. Krutajna is not the gratitude we feel when we receive something we value—something material, emotional, or mental. This state of being of appreciation reveals that everything is wonderful and that we have everything we need, but the feeling is not fixed on anything. The pronunciation of the mantra is “ker-tan-yah” (accent on the “tan”).

Kru—gratitude towards the experience T—structure Ajna—mental presence (from flesh to divine)

The deeper meaning of Krutajna provokes a change in our mental structure (from the flesh to the Divine part of us) of gratitude toward an experience. We feel a kind of nondramatic amazement, being thankful for nothing in particular.

Krutajna.....krutajna.....krutajna.....krutajna.....
.....krutajna

Manasvin

Visualization: Focus on the abdomen, the Sacral and Base chakras. Be conscious of a presence sitting inside you, and consciously expand to everywhere, in everything around you.

The dictionary definition of Manasvin is Mindfulness. The pronunciation of this mantra is “mahnahs-vin” (accent on the “nas”).

Ma—intellect; unmanifested thought Na—tangible S—empowers V—invades In—intention in all things Svin—fully invested, objective, observing

The deeper meaning reflects intention invested in all things; the mind absorbed in every aspect of consciousness. We are aware of everything; we accept everything. There is no judgment or denial in our awareness.

Manasvin.....manasvin.....manasvin.....manasvin.....
.....manasvin

Living as a Hindu saint is the diligent practice of perfect perception:

- Finding no conflict in our lives brings peace.
- Releasing our belief in the existence of offence brings forgiveness.
- Complete understanding of our own suffering through the release of identity brings compassion.
- Living in a state of thankfulness for nothing in particular brings gratitude.
- Absorbing the mind in consciousness brings mindfulness. We practice these states of being during our experiences of ordinary daily life.

The R'Shinaya Process was created by MahaVajra