



Himalayan Mysticism

Shiva's disc to cut asunder
and open the mystic heart

Ralph Nataraj

Himalayan Mysticism

Shiva's disc to cut asunder and open the mystic heart

Ralph Nataraj

A publication of the Nataraj Foundation of Yoga, Beauty & Delight

Design : Studio van Stralen BNO, Groningen, The Netherlands

Coverdesign: Sandro Kortekaas BNO, Groningen, The Netherlands

Printing: Drukkerij Bariet bv, Ruinen, The Netherlands

Publisher: MetaVision Publishing, The Netherlands

E-mail: info@advaita-tantra.com

Website: www.advaita-tantra.com

www.kundalini.nu

© 2004 MetaVision Publishing bv, The Netherlands

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the publisher.

NUR: 728

ISBN: 90-76458-08-1

Introduction

Do not consider what you currently carry in your hands as 'a book'. It is the gift of Shiva's disc that has the power to cut away ignorance. It contains not at all ideas to staple, that would increase the burden, as grace never works that way. These are scrolls of tantric mysticism in a contemporary language. The careful study of this work will most certainly lead to an enormous expansion of consciousness and an inner explosion of freedom. The author works hard to increase resistance in the reader and then frequently and surprisingly offers an enormous relaxation and liberating *letting go*. It is at these moments when 'the real work' is being done, similar as to how Michelangelo sculpted the David.

The book consists of 60 articles based on satsangs and explorations that Ralph Nataraj gave to his international students in 2001 and 2002. They are explorations into the curious relationship between consciousness, the world-process (Goddess Shakti) and the soul. Ralph is establishing validity for the experience of divine madness and invites the apt reader to experience deeper realms and layers of consciousness. His lucid way of writing is more like a trip with a roller coaster than listening to a mad philosopher. All the while the scrolls in this book are saturated with a mystic energy, which seems to have the uncanny power to awaken kundalini. Only the velocity of the disc is determined by the reader.

Ralph is a tantric monk. He resides in the Netherlands.

Contents

'This' Side and the 'Other' Side	9
Soul Searching	11
Shaktipata	15
The Antenna	19
It is a Blue Connection	23
Tantric 'Lovemaking'	25
The Greatest Magician	26
On Kali	29
On Forms	31
How to get <i>it</i> out	32
A Train of Thoughts	34
What does this Path of Yoga, Beauty & Delight entail?	39
Relating, Relationships and the Sins committed	45
Media, Power and the Goddess	48
Adversaries	51
The Doctrine of Acceptance	55
Beyond the Witness	58
The Light	60
The Resistance	64
Nataraj on 'Control'	66
Relationships...	68
Energy	71
Individual Effort	73
In-depth Study	80
Thinking versus Drinking and the Art of War	81
On 'The Force'	84
Rebirth	87
Religion	90
The Guru-principle	92
The Guru-principle Internal and External	95

On Kundalini	99
Applied Kundalini	101
Speaking & Whispering	103
Fear of Committing	104
Soul – God	106
Self-inquiry	108
How does Tantra work?	111
Problems ... #!*^...	113
French, Swedish and Chinese	116
Interface	118
Our Way, your Way, the Highway, the Fourth Way	120
The Magic Lens	121
Touch	124
Monk's Business	126
News	129
Lionheart @ Crossroads	134
Iron, Brain and Void	139
Treading the Path of Mysticism	142
Wisdom	145
Worship	148
Touch II	150
Vigilant Awareness	153
Spirituality and Afflictions upon Humanity	156
Peace & Violence	160
Animal Liberation Day	166
The Master-polisher and her Assistants	168
Questions and Contemplations on 'Desiring'	171
Emotional Deficiency and Love	173
Fine Tuning	175
Divine Madness, Non-doership and Double Absence	177
Apendix	181
About Ralph Nataraj	185
Glossary	187
Recommended literature	191

Preface

The book that you are now holding in your hands is not just another philosophical treatise about tantric mysticism. Many people had exceptional strong recognitions when they encountered these writings, while they were sent as satsangs, via the internet all around the world during the years 2001-2002. I myself experienced tremendous revelations through the work of Ralph and being in his presence. It will be interesting for you to go deeply into these texts and discover the effect it has on you. Each chapter should not be considered to be a mere chapter to be studied with the intellect, but as a precious scroll, studied with great and deep love and wonder. They contain lots of Shakti-energy. Some may make you dizzy. Some may propel you into a dazzling journey and unexpected dreams. When there is resistance as well, that is OK and in fact expected. It serves a purpose. The more tension is built up, the deeper the letting go, the liberation can be.

In this book many topics that carry a certain load for people are addressed. Ralph is trying to shake us up and get us to look from every perceivable angle to these issues; to increase the flexibility, not only of our mind, but also of our perceptions and will. For this to happen it is of great help to perform a simple consecration, to open your mind, before you start to read. This will give you the possibility to also read 'in-between the lines' where the most important information is stored.

This work is written according to the contemporary path of Yoga, Beauty & Delight of which Ralph is the preceptor. He often draws upon the tradition of Vamacari Tantra and non-dual Kashmir Saivism. Non-dual Kashmir Saivism is the philosophy of Grace and in that regard the energy that you now hold can liberate. You will get acquainted with Aghora and Sri Vidya. This book is a work in the yogic tradition, a tool on the path of courage, the path of wisdom and the path of love and an introduction into the mystery school of the Goddess.

Ralph embraces fully the dazzling paradox and leads us to the full experience of divine madness. The receptivity and awareness, with which you go through this text, is the key to make you recognise and celebrate your inherent greatness. The writer wants to offer us a good drink and I sincerely hope that you will accept joyfully and fall in love as madly as I have.

Sikandardas



'This' Side and the 'Other' Side

Many people try to understand mysticism with the mind, but that is simply impossible. Of course you want to know and to understand, but the mind can only grasp some fragmented knowledge. It can only hold some ideas and concepts, and never hold the total picture. It is not capable of real knowing. This is the difficulty in spirituality for a strong Western mind. We want to have a good family life, we want to be happy, we strive to become more successful and wealthy, and we also would like to have some 'spirituality'.

There is, however, not *some* spirituality. There is only delusion for those who are looking for that! With a strong sense of holding on and of mental supremacy, it is utterly impossible to experience real spirituality. We need to humble ourselves and lose our sense of superiority. We need to learn to bow down and admit that we don't know that much. Otherwise we would feel true peace of mind, we would have flourishing relationships and we would be totally fulfilled with the simple things that we already have. There would be no need for more. We would easily be able to share, and joyfully do so. It is the ego that never has enough and always wants more. Who pushes us forward on the ocean of desire? Never coming to rest. Never abiding in our true Self... Afraid of losing something? Afraid of drowning!

What we are looking for, we are searching for on this side. 'This side' is the earthly domain. The domain of the mind, body, senses and the elements. What we are looking for will however not be found – THERE. Anyone who is capable of some logical thinking and deduction can realize that. You need to move over HERE!

As soon as you love somebody, the seed of hate is planted and it will sprout someday. That is the realm of duality. We are looking for happiness, but because of the laws that govern this place (this side, earth, the mind-realm), it is simply impossible. We can have some momentary experiences of happiness. We can feel comfortable amidst our luxury. But we are not even really comfortable with ourselves. Our mind is always active and pushing us forward. The mind does not know rest. Always thinking. Dwelling in the past (memories) and future (expectations, desires). One thing slips away all the time and that is the present. The beautiful opening to the mystic Unknown. The eternal and infinite dimension of HERE.

There is, however, a boat awaiting you. This boat has been with you all the time. You never saw it before. You never paid attention. You had no desire to go to the other side. You wanted to go to Tenerife, France, Peru, the US, Nepal and many places, but you never had the will to really and deeply explore the inner dimension of Life. You do have an inner life. This inner

life is the greatest journey or exploration. It is the real thrill. So adventurous. It is totally unmapped territory. Dragons and villains are hiding. Dark caves. Steep cliffs. Waterfalls. Tigers. The greatest treasure is not so easily available to everybody.

There is, however, a boatman who can take you across. He is a strange man. He doesn't talk much. He hides in the dark. He is not particularly looking for customers. If you ask him kindly, he might.... might be willing to take you ... Take you to the other side. **HERE.**

The other side is Heaven. This is not after death. It is not even an out-of-body-experience. It is a total in-body experience. 'The other side' is the experiencing of Oneness. It is the mystical realm. The other dimension of life (or is it the only dimension?). Experiencing It is awakening. Jesus said that the Kingdom of Heaven is within. It is available for everybody. It is the Garden where we roam around in ecstasy, hearing divine music, smelling intoxicating flowers. It is the domain of love, peace and bliss. The other side is everywhere. Once you are on the other side, there is no more 'this side' and 'the other side'. They merge. The border between the earth and the sky disappears. All 'Theres' are Here. You see your Beloved everywhere. This is the supreme Abode, the only thing worth attaining, although It cannot be 'attained'. You are no longer bothered by *thine* and *mine*. That is only mind-stuff on the other side (the other other side) and has nothing to do with the Free Dome (real freedom).

It is always there (Here) and not far away at all. It was never born and will never die. It cannot be compartmentalized. No one has the privilege. It has no divisions like penthouse suites. Only one person is not welcome to this magnificent place and that is your mind. You will have to leave it behind. It is not capable of enjoying such a heavenly abode. That is why it must die and you need a second birth. But don't be afraid. We tantriks are very loving people. We like to go back and forth, in and out, up and down. We love the matrix. Not being stuck in any one 'place'. We like to experience all dimensions of life. To pierce each dimension. To travel deep and far into the Unknown. And to accept that we cannot and do not need to know 'everything'.

Before you are ready for the GREAT boat trip, you need to become friends with yourself and be a LOVER OF LIFE. We are not talking about a cerebral experience at all. This is the ultimate experience for any true lover. You need to be a gypsy, a bohemian. Have you experienced the delight of being with your lover and the pain of being separated from Him or Her? Or were you so afraid of the pain that you could never be hurt? Because, then my friend, it is better that you first roam around some more. Start to live and open your eyes. This precious book is not for those who are counting their money. Are you ready to embrace the flowers that your lover gives you even when you know that a dagger is hidden amidst the soft and sweet smelling petals?



Soul Searching

In all of us is hidden the longing for the Beloved. Some people hear the Calling of the heart and others do not (yet). This Calling starts our sacred journey. It is a mysterious one...

We talk about God and have our ideas and concepts of God. This is, however, not God. It is our ideas and concepts of what God is, but please understand that that is not God. God either reveals Him- or Herself to you or not. In the beginning, there are some glimpses. In the Sivastotravali, Utpaladeva describes this very beautifully, and the yearning that it gives rise to. It is this yearning for the Beloved that is so sacred in Sufism.

There are two things at work: we need to do self-inquiry and come to know the mind and the ego. The more the mind thins out and loses its grip, the stronger the Self shines through. We have to do our part, which is strong spiritual practice. Some people think that pursuit of pleasure leads automatically to liberation. That is certainly not so. The ocean of repetitive history is endless.

The tantrik walks a very narrow path. On one side is the abyss of arrogance leading to narcissism, and on the other side a fake humbleness, which is nothing else but an expression of low self-esteem. If you suffer from low self-esteem there is not much for you to find here. Arrogance will be slain down and narcissists will be keelhailed. We need some common sense and I challenge you to develop your intellect to full fruition. It is only with a sharp and awakened buddhi (higher intellect) that we can slay the monster of ignorance upon which Lord Nataraja dances His cosmic dance.

The Self is not to be found or searched for. It is and was always here. We can only allow our ego to be broken down by a skilled hammerer. And support his work by being responsible and doing self-inquiry. We need to step out of the way. That is in fact the only thing.

We are not out to improve the personality. Of what use is that? Most people pick up pebbles while there are diamonds right in front of them. I am talking about an infinite treasure and most people desire a good beach. If you try to follow me with your mind, you will fail, as that is a sheer impossibility. Shiva churns the ocean but your mouth is too tiny to encompass the truth. Only the heart truly knows. But please remember that I am not talking about silly new age ideas. The Heart is triadic!

When the personality has many wounds, it is important to work through these and to purify the heart. With low self-esteem it is hard for God's Grace to reach us. Tantra is for the vira

(hero). This means that there has to be some-one. There needs to be a personality. A strong one who finally comes to realize that in order to know God we have to go beyond the personality. The personality cannot know God. Something very finite cannot know the infinite, which was always there. We have to leave the known behind and at least stick our toe into feeling the temperature of the divine paradox.

One of the biggest secrets in life is that God hid Herself in the creation. God is not to be found out-side. Most of us have ambitions in the earthly realm. Yet the Kingdom of God is within. In order to be successful in the earthly realm, we work with greed, lust, ambition, desire, manipulation, lies etc. It is the domain of the ego. Walking in the Garden fills us up with love, peace and freedom. This same love, peace and freedom cannot be found in the realm of the world. Oh yes, we need to live in the world all right. I am talking about full realization in the body and about living in the world. I am not talking about a heavenly abode somewhere else. That is the domain of religions and I am not religious in that sense. They try to sell you some heaven and use 'hell' as a scarecrow. JC already indicated fairly accurately how to get there, and that you do not need a church nor a priest, so why did they build these huge buildings, become the biggest owner of real estate worldwide and invent a hierarchy of impostors (popes, cardinals, priests etc.) who supposedly can show us the door?

The door is not far away. Whenever you are offered a choice, you take another door. That is up to you. But you don't even have to leave your house in order to find the Kingdom. In fact you don't even have to wink. You don't need to pay anyone money. God doesn't care more about righteous (or moralistic) people than sinners, although I have a feeling that gypsies and lovers – those who are in ecstasy – dance through the Portes du Soleil without even knowing it. Suddenly they find themselves in heaven. The sacred dance of Nataraj is unfolding right in front of their eyes. Aim for ecstasy amidst Divine Madness. Ecstasy is not to be found by party-people. Joy is quite something else. Ecstasy comes upon losing the mind. It happens unexpectedly. You cannot set out to do it, as then the mind will be very alert and defend its foothold.

It is a lifestyle. You have been focused outward for a long, long time. Some readers finally understand something about the inner journey. The shadow. Demons. Mythical figures. Fairy tales. They are not there for nothing. They are all signposts along the trail. Many tests for you to pass. You need courage. It is not the work of one night. Better to schedule many years, my friend. You may need decades or lifetimes to arrive at that very instant called the everything and everywhere.

But this truly is the most precious thing for a man or woman. It is the only worthwhile objective. The only valuable experience. If you were only to know how precious it is to have a

human body... The capabilities are enormous. You are not a man but a God-man. God is taking birth in or through you. But this 'you' must die. Most people are not ready for that. So there are long spiritual practices to prepare you for the shock.

Can you make a picture of God and focus on her attributes? Which attributes do you imagine God to have? Please write down some.

.....

Now zoom in on these attributes and manifest and live them in your life. God reveals herself to you in the intensity that you can handle. Become more like God. Live as a proud human being, while at the same time it is important to be humble. Develop a relationship as a servant to God. Even the very wise ones – upon full God-realisation – regard themselves as a servant to Her. A very bold one has the relationship of a spouse (lover). The Dervish trembles! You are however the king, the queen and the tiger.

We don't have to give up who we are but our 'sense' of who we are. We are hugely deluded. This is indescribable. That is why I suggest folks study the movie 'The Matrix'. It makes it very clear.

The qualifications of a good student on the spiritual path are severe. They almost make up a master. The disciple needs to prepare himself to confront (come vis-à-vis with) the boatman. A student has a relationship with his mind. Those relationships are not worthwhile and interesting on the Path of Yoga, Beauty & Delight. This is the path of the heart.

You need to make a strong effort to make your body strong, to refine your senses and antennae, to dilute the footholds of the mind, to develop will-power and discipline, to develop a noble character, to develop compassion for all living beings and to open your heart. How to open the heart?

Allow it to be hurt. Offer it to be crushed. Walk with open eyes into the dagger that your friend carries.

Feel love for everybody – especially for those who are obnoxious, obstinate and very difficult to love. Make room for all of them in your heart. And then feel compassion for all those souls who are suffering. And I am not only talking of Palestinians and poor children in Africa. Many people are suffering. Suffering is 3-fold and until (every) one is fully realised, there is suffering.

What are your thirst and your longing aimed at?

The spiritual journey is very difficult. There are only a few authentic paths that can take you to the end and across. Many are endless loops. All these experiences are worthwhile. A master in the esoteric order of the Holy Fire has tremendous powers to liberate someone. The tradition of Shaktipata – one of the biggest secrets in esoteric schools – is developed to the fullest in Kashmir Sorcery.

We have many ideas about spirituality. It has to permeate our entire life. We cannot be spiritual for two weeks a year or one hour a day and for the rest, just carry on with our ego. You have to cut down to the very essence.

This is not a simple job my friends, and you need to come well prepared. I am saying that only one desire must remain. Your will has to be sharpened to only one will and that is the Will of the Almighty. That is how you must humble yourself.

If you have a job, a family and other responsibilities, you need to take care of all those. I am not saying that you should become a monk. I am saying that you have to do some work.

You must be aware of every time that you fall out of multi-dimensional awareness and how, where and why.

You identify with an 'I'. But this 'I' is a false identification. You need to experience this for yourself. That means you have to do self-inquiry. Slowly but steadily in the spiritual process, you come to know yourself as a totally different I. An I that encompasses and embraces everybody. An I that is filled with bliss, peace, love and compassion. An I that encompasses the whole universe. Because enlightenment is not an individual effort. What use is it that you are 'enlightened' while everybody around you is suffering? Live for others. Those who only live for themselves are more dead than alive.

Let's all come alive and let there be a Sangha (spiritual family).



This book is written in the energy of non-dual Kashmir Saivism by the young western tantric monk Ralph Nataraj. The style of these

writings is absolutely unique. Ralph operates as many tantric masters do: most of his writings are somehow cryptic. It takes a while to get used to his unusual style, in which he quickly changes subjects in a highly lucid manner. But at the end everything is intricately interwoven and after a while one discovers that Ralph is weaving a magic carpet with an astounding 'pattern'.

These texts do not only pass on information, but are very much expanding the consciousness of the reader. Ralph does that in a brilliant and unheard of way. Those who learn to read with an open mind and heart are often swept away by waves of inner joy and beauty. Ralph has developed his own style and a unique teaching which is universal in nature and he calls it 'The Path of Yoga, Beauty & Delight'. His work is very authentic and highly modern at the same time. It is the practical synthesis of non-duality and mysticism.

ISBN 90-76458-08-1



9 789076 458083