

Infinite Wings®



Yoga Sankirtan Series

MahaShiva Dhyana

A mystic musical composition by Yogishri Sudarshan Kannan

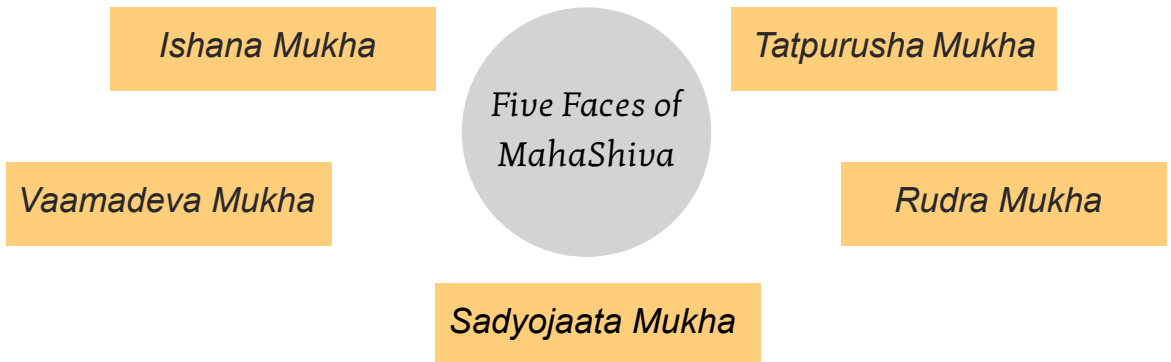
Introduction

Maha Shiva Dhyana is a composition along the principles of Yoga Sankirtan, the ancient science of cosmic sound vibrations.

Maha Shiva refers to the Supreme Reality which is beyond all forms. Shiva also means 'that which is auspicious.' It is said that one who learns to tap the energy of Maha Shiva receives the highest blessings of spiritual growth and material success.

Five faces of Maha Shiva

Maha Shiva is traditionally depicted as having five faces called *Panchamukha*. The five faces are turned in different directions to illustrate the all-pervasive nature of divinity. Whenever the scriptures gave a form to divinity, it was not meant to be restrictive in nature. Rather, it was only a beginning to ultimately reach the formless aspect which is the nature of the Infinite.



Significance

The five faces of Maha Shiva have deep secrets hidden in them which when tapped can transform one's life in totality. The word mukha (face) also means 'an entrance.' Thus, each mukha (face) serves as an entrance to one aspect of your personality.

You are a multi-dimensional personality consisting of five aspects. They are :

Annamaya Kosha (Food-sheath) - This refers to the physical body which is essentially sustained by food.

Pranamaya Kosha (Life-force sheath) - This refers to the astral body which is made of life force energy called prana.

Manomaya Kosha (Mind sheath) - This refers to the mind with its various emotions and thoughts.

Vignanamaya Kosha (Wisdom Sheath) - This refers to the inherent wisdom which every individual possesses deep within.

Anandamaya Kosha (Bliss sheath) - This refers to the deep-rooted impressions or seeds from which various thoughts and emotions manifest.

Beyond these five bodies lies the God principle within you. You are essentially that infinite supreme being. Today you are disconnected with that divine power and your consciousness is conditioned by the five bodies. The aim of sadhana (spiritual practice) is to purify yourself at all the five levels of your personality and get connected to the divine.

MahaShiva Dhyana structure and significance

The Maha Shiva Dhyana composition consists of essentially five parts which are meant to invoke the divine energy and purify the corresponding aspect of your personality.

Ishana Mukha – The face of Ishana

Right at the outset, the mantra (sacred chant) Om Namah Shivaya has been chanted in different svaras (notes) at a very slow pace. This is meant to purify and divinise the fifth aspect of your personality which is the Anandamaya Kosha (Bliss sheath).

Vaamadeva Mukha – The face of Vaamadeva

In this portion, the three manifestations of Divinity – namely Shiva (auspiciousness), Jeeva (life) and Poorna (completeness) have been invoked. This is meant to purify the fourth aspect of your personality which is the Vignanamaya Kosha (Wisdom Sheath).

Sadyojaata Mukha – The face of Sadyojaata

In this section, the mantra (sacred chant) Om Namah Shivaya has been sung at a faster pace at four different scales ranging from low to high. This is meant to purify the third aspect of your personality which is the Manomaya Kosha (Mind sheath).

Rudra Mukha – The face of Rudra

This part invokes the aggressive Rudra energy in a gentle meditative way. It is meant to cause intense purification at the level of the second aspect of your personality which is the Pranamaya Kosha (Life-force sheath).

Tatpurusha Mukha – The face of Tatpurusha

In this segment, the mantra (sacred chant) Om Namah Shivaya has been sung at a further fast pace aimed at purifying the physical aspect of your personality which is Annamaya Kosha (Food-sheath).

Total effect

Even though the individual parts of the composition are aimed at invoking the energy of that particular Mukha (face) of Maha Shiva, in reality it is much more. The successive invoking of the energy of the five Mukhas and activation of the corresponding aspects of one's personality, create a combined effect wherein the entire personality is purified at the deepest level. This results in the deconditioning and expansion of one's consciousness to the infinite dimension, which is way beyond human conception. It is therefore suggested that a seeker surrenders with utmost humility and allows the higher grace to happen naturally.

Poorna Mantra (Sacred chant for completion)

At the end of the composition the following Poorna Mantra (Sacred chant for completion) has been chanted.

Mantra

ॐ पूर्णमदः पूर्णमिदं पूर्णात् पूर्णमुदच्यते

पूर्णस्य पूर्णमादाय पूर्णमेवा वशिष्यते

ॐ शान्तिः शान्तिः शान्तिः

Transliteration

om pūrṇamadaḥ pūrṇamidaṁ pūrṇāt pūrṇamudacyate

pūrṇasya pūrṇamādāya pūrṇamevā vaśiṣyate

om śāntiḥ śāntiḥ śāntiḥ

Translation

Aum. That is complete. This is complete. From completeness arose completeness. Having come out of completeness, what remains is complete. Aum Peace. Peace. Peace.

The Inner journey of
Mutli-dimensional Purification

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