



SWAMI VISHNUDEVANANDA GIRI

THE HISTORY OF TRANSMISSION OF PRECIOUS LAYA YOGA TEACHING

By the end of the retreat, around March 1995, I had begun to think more about my mission, more about what I was going to do after the retreat finished. Honestly, I had no desire to leave the retreat, as I was immensely happy and my experiences were only growing deeper. My meditations had reached immeasurable depths and I felt completely nourished by the Kundalini energy. Nectar was constantly streaming from the roof of my mouth. My awareness would continue throughout the entire night, even in sleep without dream, and my heart would sing and dance with joy all day and all night.

I would have liked to spend my entire life in retreat, in silence and solitude, in bliss and splendor; to be in spiritual practice - Sadhana, to dwell in the sublime blessing of the Saints, to have experiences in the subtle worlds, to experience non-duality, kundalini yoga, astral travel during sleep - who would ever want to give it up?

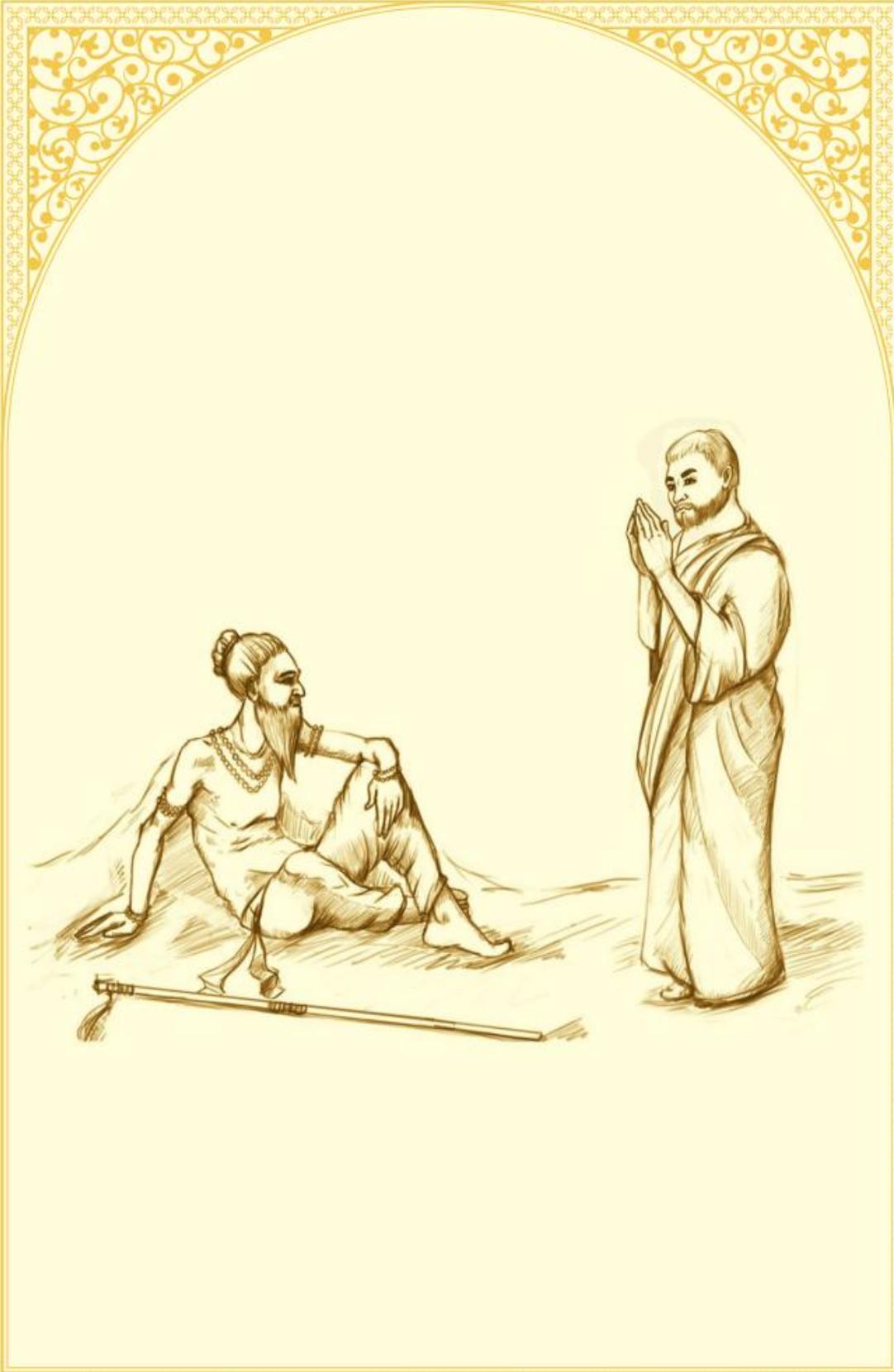
But one day, as I was communicating with my Guru in subtle form, he counseled me:

The real experiences of wisdom will come to you when you go out into the world and start to communicate and teach others. This is your path.

I must admit, I was a little discouraged by this advice. But after deep reflection, I accepted it as my path and began to prepare myself to leave the retreat.

There was one thing though, I wanted to clarify, and that was the actual methodology of the Teaching. Despite the fact that I'd received Teachings from many teachers from the human world, I'd tended to learn and practice intuitively, guided by my samskaras and memories of past incarnations. I'd really had no need for systematic exposition of the Teaching. I'd just absorbed everything that was given to me, by Brahmananda and by other divine beings, and had immediately incorporated it as part of myself.

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But in order to teach others, I needed to understand how to systemize and organize all that I knew, all that I could do.

I began to intensively pray to the Refuge Tree; to Guru, Shiva, Vishnu, Tara, to other Siddhas and Saints. I fervently asked them to grant me Darshan of wisdom. I needed to be able to clearly speak to everyone and authoritatively transmit the Dharma that I had already experientially validated for myself.

My prayers were answered and the results far exceeded all my hopes and expectations!

Through the blessing of Guru and Goddess Tara, I gained great strength and the exceptional ability of vidyadhara, that is, the ability to spontaneously receive, see, hear and explain the wisdom teachings, directly from the higher dimensions.

First, Guru Brahmananda transmitted to me the sacred text, Yoga Sadhana Hridaya Sutra. Then, appearing in stunning, double Rupakaya form, he imparted to me the teaching of Laya-Yoga, including; Prajna-yantra, Jyoti-yantra, Nidra-yantra, Upadesa - The liberating nectar of precious instructions, and Samarasya-vidya - The taste of Oneness. He also imparted Shambhavi mudra teaching.

But that was not the end of these divine transmissions, day after day, Gods, Siddhas, Dakinis and Goddesses visited me in meditation, in dreams, and even while I was awake and active.

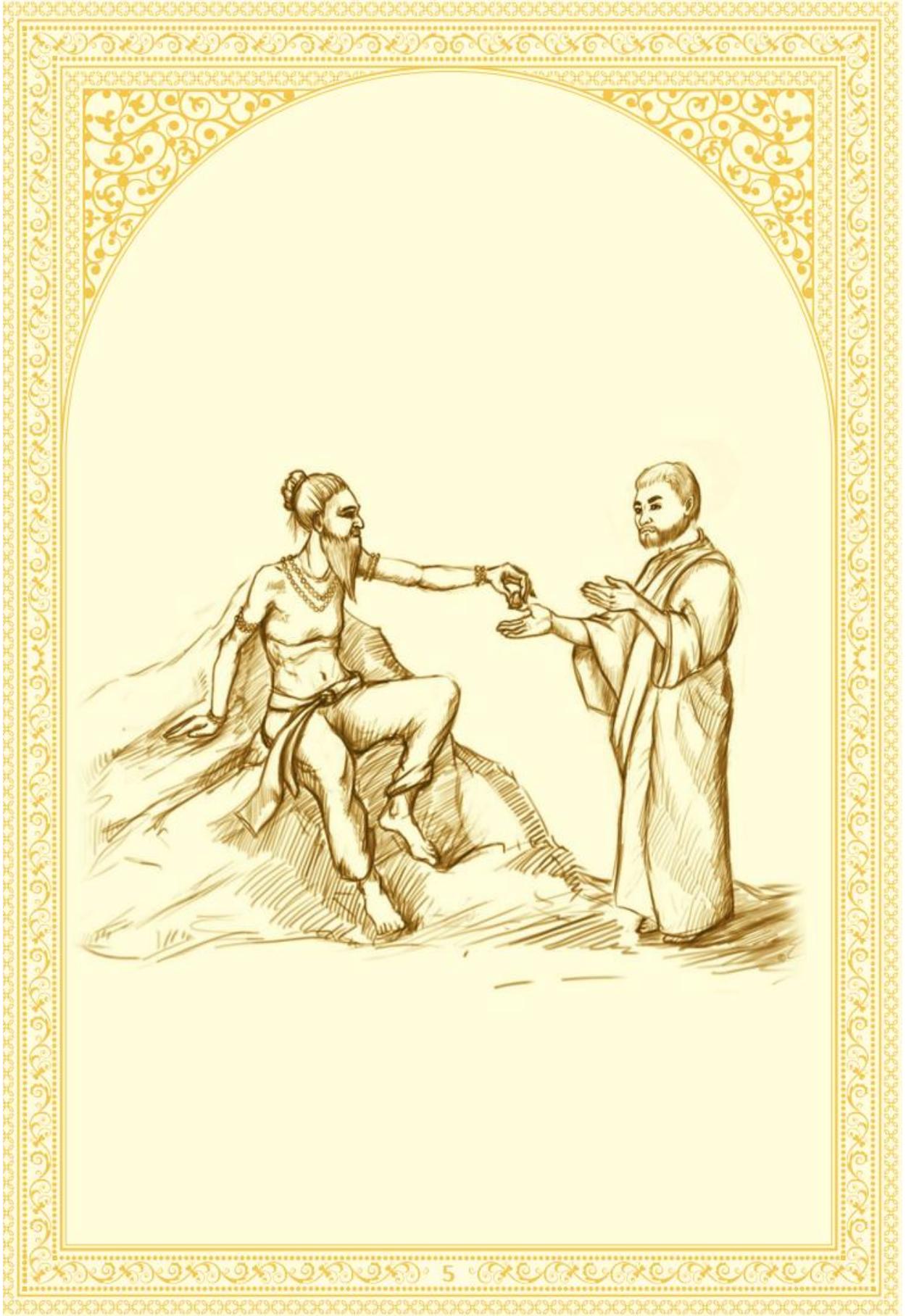
Again and again, these divine beings elucidated every nuance and subtlety, until no obscurities remained and the teachings were rendered completely clear to me.

It was only then that Goddess Tara descended from her pure abode and appeared to me in the aspect of the Pure-Land Mistress. She put me to the test, thoroughly scrutinizing my knowledge. After she was satisfied with my understanding, she instructed me in methods of contemplation and intention, or Sankalpa-Vidya. She also gave me further instruction in Prajna-yantra and Shakti-yantra to advance my proficiency in prana control.

Dakini Anandeshvari initiated me into the most subtle aspects of the Tantric teachings, including: Samyoga, mahashakti yoga, samarasya, mahamelana, kamakala, sukhashunya, among other Tantric teachings. Anandeshvari aroused the strongest bliss my body had ever known, a bliss that did not diminish for two days after the initiation.

With the booming sound of thunder, Rajeshwari, Queen of the Dakinis, awakened my mind and gave me the teachings of Pure Vision and Divine Greatness, as well as instruction on the yoga of sound, called Nada-Yantra.

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Dattatreya appeared in the form of Trimurti, the great Trinity of Brahma, Vishnu and Shiva. He conveyed to me the teachings of Prajna Yantra of the section of the nine self-dissolutions, as well as portions of Bhava, One Taste, and Crazy Wisdom. He then instructed me further in Nada-Yantra.

A Dakini called Nirguna then gave me the darshan of pratyabhijna; the recognition of one's own primordial nature.

Siddha Manjushrimitra sang a song of awareness about the nature of Sravana, Manana and Nididhyasana, about Vichara, Viveka and Vairagya, about a natural meditation beyond all conventions and concepts, about the state of non-dual mind.

A Brahman-Siddha, an Aghori named Diamond Wisdom emerged during my Samadhi and gave me an incredible teaching of One Taste, beyond any identifications.

A Dakini named Loving Heart, appeared in the subtle body and transmitted the teachings of Prajna Yantra and Prana Vidya and materialized the Mangala Sutra.

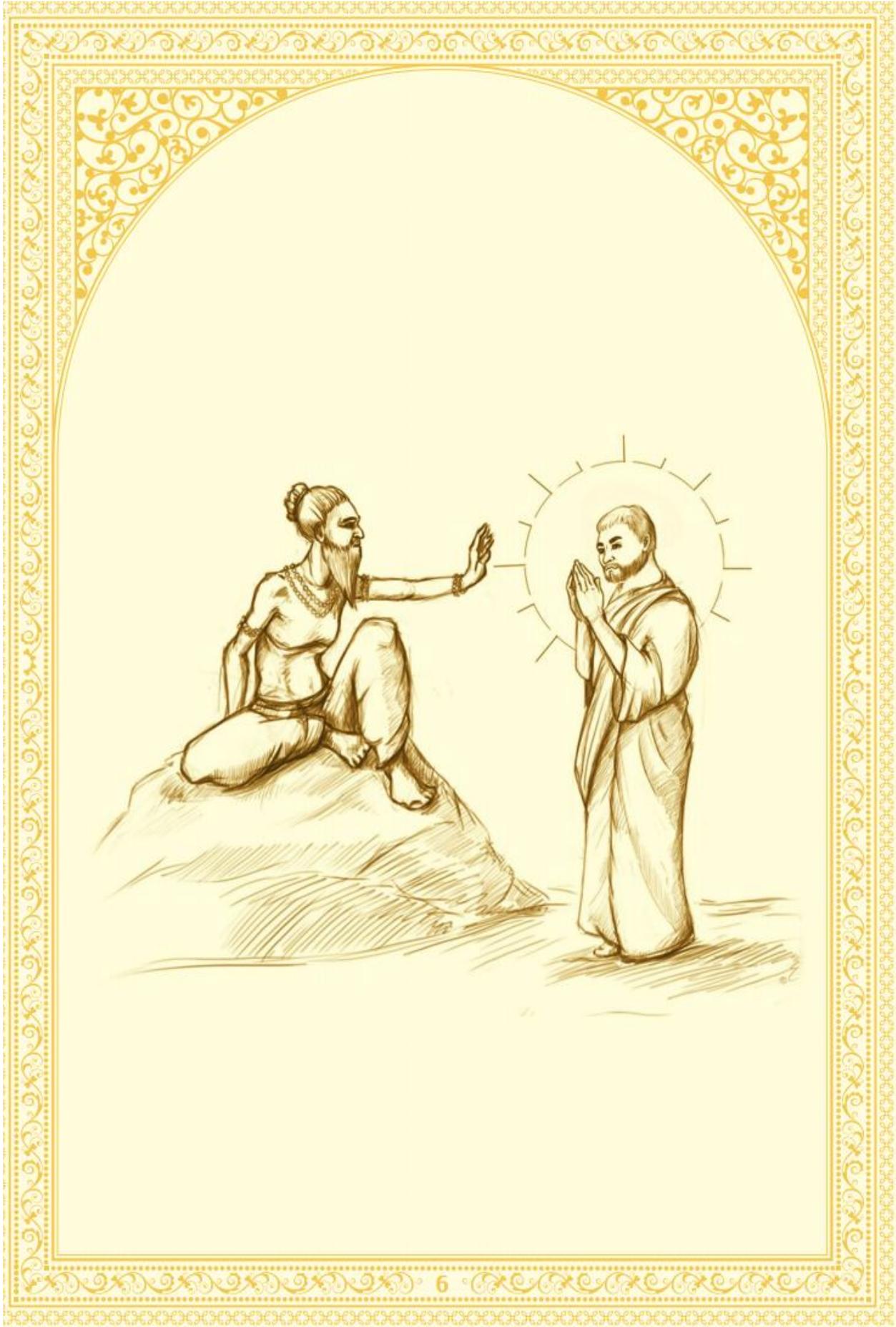
The Yoga Sadhana Hridaya Sutra was recorded in writing in 1995 and published by my disciples in 1998. The other teachings were preserved in the flow of my mind, until I gradually committed them to writing or dictated these highly cherished secret teachings to my disciples. Much of this was accomplished between 1996 and 2006, on long retreat in Crimea, or in a rickety old wooden house in the Russian Vedic settlement of Divya Loka, where I lived for three years.

I never pondered over these teachings. Though I sometimes gave thought to picking the right words, they were written, essentially, just as they had come to me. All these teachings form the basis of the books: Radiance of the Laya Yoga Precious Mysteries; Volume 1 and Volume 2.

The teachings emerged in many different ways, some came forth in written text form, others were handed down to me by Sages, Saints and Deities.

Thus the precious wisdom of Laya Yoga Teaching was transmitted and clarified through ten different independent channels.

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**SHIVA PRABHAKARA SIDDHA YOGI AVADHUTA
SRI GURU BRAHMANANDA**

Guru Brahmananda manifested in most excellent form, floating in the space before me in his divine, radiant body. He bestowed a direct, symbolic transmission and his every prediction and prophesy was ultimately fulfilled. He communicated in a language that transcends all speech:

Oh Noble One!

Keep this transmission line secret

Reveal it only to those worthy and tested.

Do not lose the spirit of mystery,

And blessings will follow.

Live spontaneously like God's fool sage,

In the purity of awakening.

Be free from worldly conventions.

Do not follow the teachings of the intellect

But abide in the light of consciousness

Beyond the limits of mental constructs

Beyond time and space, beyond karma

Beyond all concepts.

See everything as one, without separation.

Reject nothing.

In the mode of teaching be like universal space.

In meditation, be like the Deity

With clear light of consciousness.

In behavior, act in the play of Lila

Without Limitation.

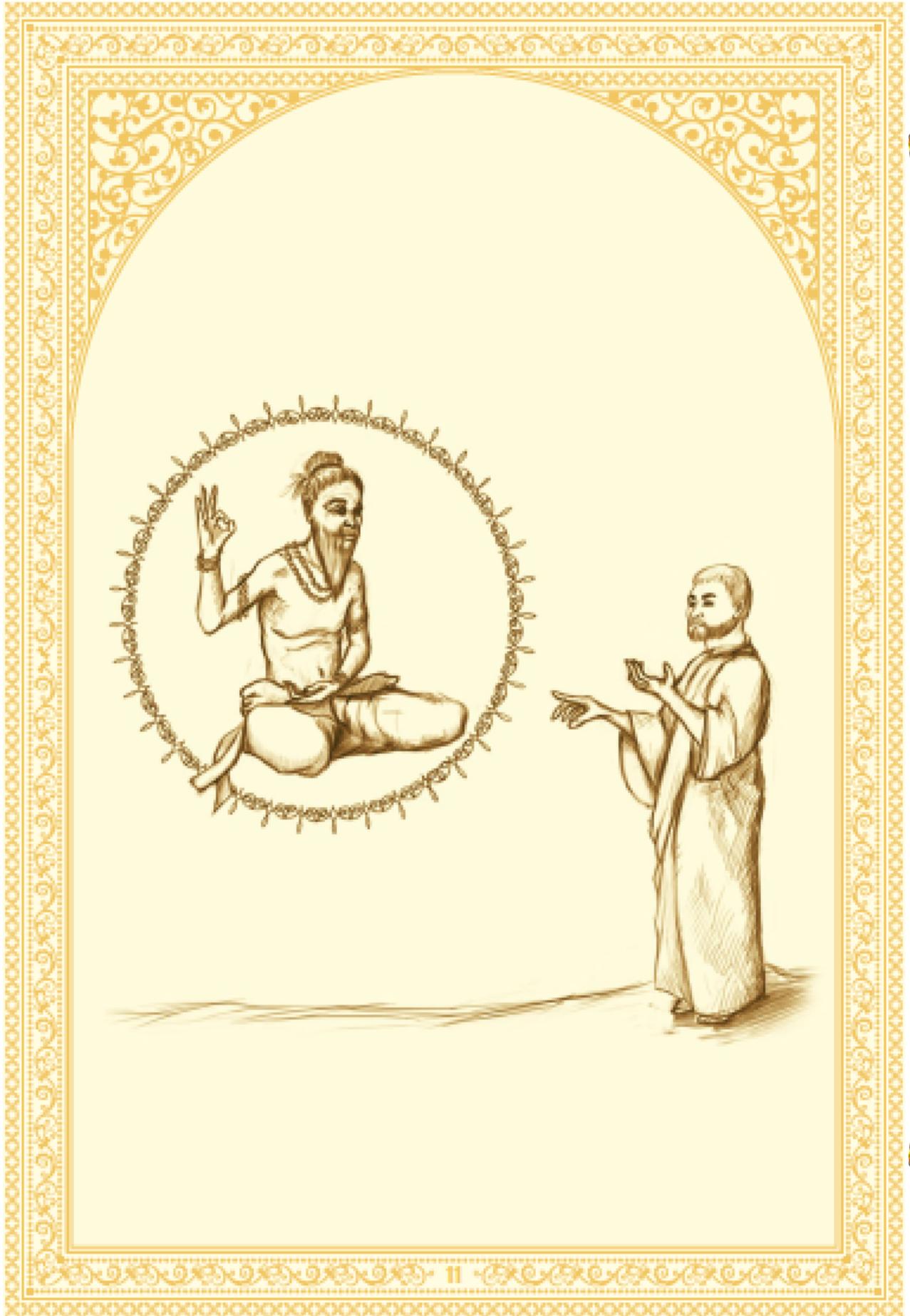
Having become an Avadhuta, live easily.

Abide motionless like a mountain,

Flow with the rivers, fly with the wind,

Dance in the realm of non-duality.

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GODDESS TARA

Goddess Tara, elegant, sophisticated, incomprehensible, revealed herself twice:

First, at my solitary retreat in the Crimea, in the village of Perevalnoye. Then, later in Divya Loka, near the hallowed stream Pavitra.

She descended on ten rays of light: Nine of the rays were white and one was a scarlet-purple color.

Majestically floating in space, she examined my understanding of the Dharma. Then, from deep Samadhi, she spoke to me from a state of unfathomable greatness, bringing me into Samadhi with her words:

My Dear Son!

Eliminate concepts, castes, classes, writings,

Symbols, doctrines and evaluations.

Without creating concepts, without interruption,

Dwell in the Crystal Palace of the Unborn.

Plunge into the Unborn,

Do not leave Him!

Do not let teachings of the intellect

Confuse your mind.

Keep my teachings secret

Hidden from those who are foolish and immature.

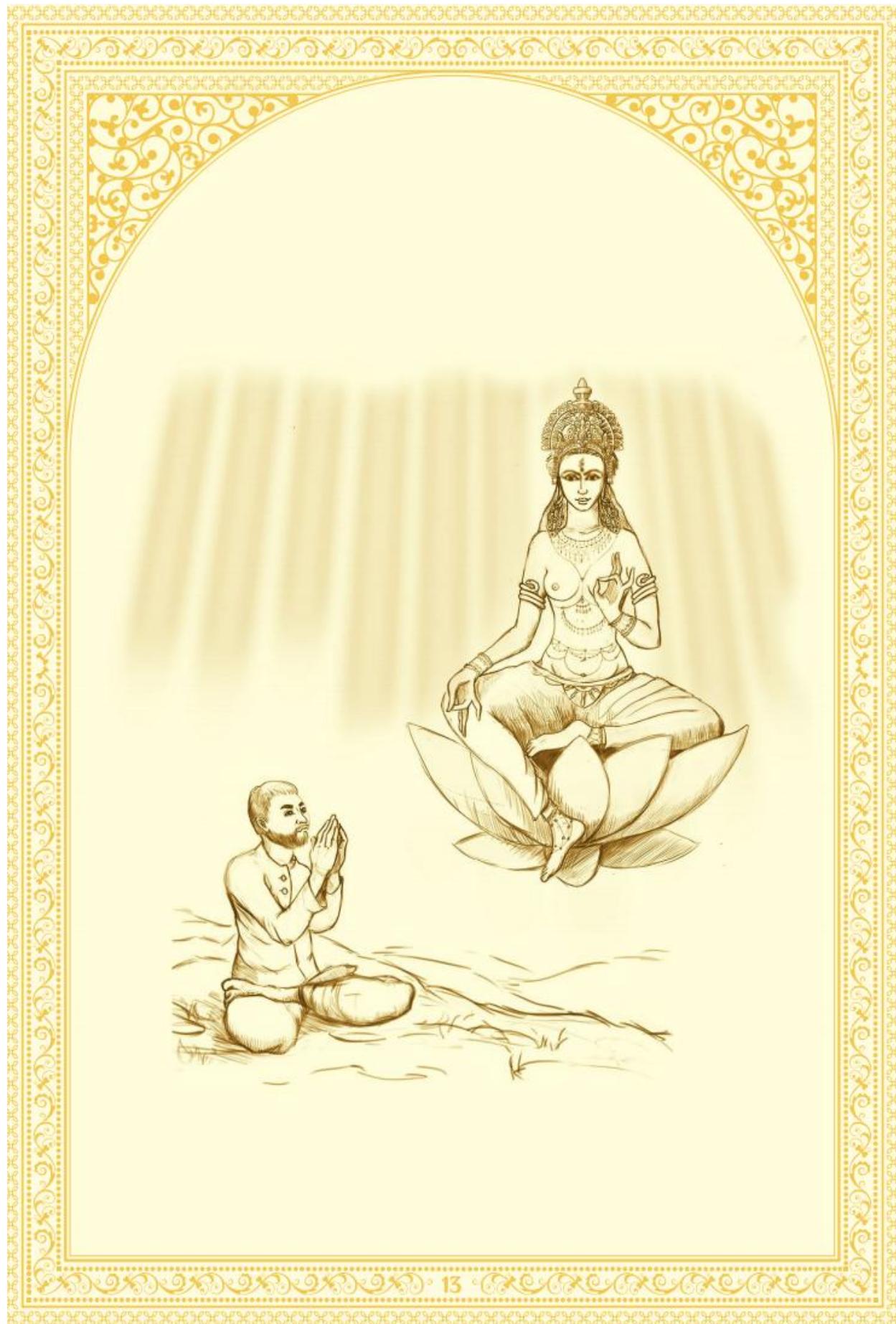
Honor Samaya, as the apple of your eye

Without deviation.

Take my blessing and proceed along the path

With faith in the innate purity of all phenomena!

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ANANDESHVARI SIDDHA DAKINI, MISTRESS OF BLISS

The Siddha-Dakini, Mistress of Bliss – Anandeshvari, appeared during my meditation, in the house where I was dwelling. She floated in the air in lotus posture and spoke thus:

*Oh, Yogi, I see that for a long time
You have been following the beginner's Vedic path.
Now it's time for you to follow
The Secret Siddhas' tantric path.
Seek the truth in the mysterious abode of Kamarupa,
At the first hint of any desire,
Accomplish a great merging with the Dakini.
Experience the Mother's great bliss of emptiness.
Stay balanced and recognize non-duality
As a play of bliss.
Abiding in bliss,
Plunge into the source of the median channel
And behold the triple light in the gem of the heart
That gives Unity.
Oh, Yogi, do not divulge these secret teachings
To unsuitable vessels,
Protect Samaya like a precious jewel.*

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RAJESHVARI QUEEN OF THE DAKINIS

The Regal Queen of the Dakinis, Rajeshvari, materialized in the human world before me. Majestically seated on a throne, she was surrounded by her devotees. After performing the Ritual of Devotion, a sound like thunder could be heard as she spoke thus:

Oh, Yogi, one who knows how to keep the oaths and mysteries,

One who faultlessly upholds Samaya!

Forget the old concepts of pure and impure!

Settle down in the secret house of bliss

And behold the Unborn.

Renounce the rigid mind, renounce the shame

Based on ignorance and duality.

Forsake pride - the basis of the ego.

Engender greatness and pure vision,

And abide in devotion.

Taste the nectar of the blessings of Great Mother!

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To be continued

