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Paris, 5 March 2021

Synopsis of 'Spanda-Karikas' by the well-know Super-scholar (late) Dr. Jaideva Singh (1893-1986) — Who had excellent expertise in many fields such as musicology, philosophy and sanskrit. He was awarded 'Padma Bhusan' - a great National Award — by Government of India in 1971 : After retirement, he settled in the Holy city Varanasi — abode of Shiva — dedicating himself to Shivaism of Kashmir.

- 1 - **Spanda** is the **Essential Nature** of **Shiva-Life** phenomenon of the **Universe** in Its each and every aspects.
- 2 - Just as a banyan tree exists as potency in the seed, the Universe is inherent in Shiva-spanda with all its dynamism.
- 3 - Yoga means realization of perception of Shiva-spanda in one's own **Being**, by and for one-self — not through any fancy or fascination of mind with its constant indulgence in the vulgarity of becoming. This is the Kriya-Yoga process of pranayam of 'Prana' & 'Apana' movements in the Susumna for the advent of Holy Shiva-spanda (Divinity-Division free Awareness) state or Natural State of tranquility, in which thought appears only when there is a technical need — without interfering with the phenomenon of Unmana in Shiva-spanda state !!
- 4 - A strange incident happened, of late. The alarm clock got me up after a deep sleep - very refreshing. Looking at the clear sky through the big window was ecstatic. Just after a while, I got up in enthusiastic energy. Then the utmost surprise — looking at the watch! Two hours gone! A timelessness in chronological time! An all-oneness in aloneness! Psychological time, the 'mind-I', came to a total stop in a strange state of **SACREDNESS! IT** comes to those, to whom **IT** comes! A remembrance spontaneously surfaced in the brain — Old J. Krishnamurti shouting to thousands assembled at the JJ School of Art Lawn (Mumbai, India) with folded hands in **Namaskar** greeting: — '**Freedom from mind is the greatest enlightenment**' !!!
- 5 - The verses in **Spanda-Karikas (Divine Creative dance of Pulsation)** pointing towards the phenomenon stated in the previous paragraph, have been quoted, translated and explained masterfully along with scholarly commentaries par excellence. All this leads to dissolution of 'I'-consciousness into 'Is'-awareness. 'I' then remains still available as reference-point for doing technical / practical tasks. **Energy of Equanimity continues unabated.**
- 6 - **Veracity** of the verses : 'Chidananda-rupa Shivoham Shivoham' is then revealed naturally.
- 7 - Buddha's **Shunya-Purna (Emptiness is wholeness)** is the **Shiva Pulsation (Spanda-Karika)**.
- 8 - **Diksa (Kriya Initiation)** implies **Di** (giving) and **Ksa** (destroying). **Giving awareness** of 'Is-ness' and **Destroying illusion of 'I'-ness**. Divine pulsation is shared by both **Teacher** and the **Taught**. **Shiva Process** is the **Supreme Sadguru**.
- 9 - **Spanda-Karikas (Divine Pulsation)** is not the **sedative prayers** which merely decorate the **mental prison** without feeling the need to break it open and come out in the **fresh air of Life and Love Divine : No desire, no prayer ! Only Pulsations Divine: Shiva-Shambho-Mahadeva!!**
- 10 - Just as a plunderer carries away the valuables of the house, **depression of the mind** (Glaani) saps away the **vitality of the body**. Creative Pulsations Divine-Shiva-dance within the **Inner Being**, is the constant absence of depression from the body-mind complex of the Kriya Yogi. He is ever young with the elixir of contemplative meditation, that is, the empirical **Natural Self**.

Jai Jaidevaji