

Friday, 1 November 2024

Panchakshari Mantra

So, who is the god of this mantra? Let's look at the literature. It mentions "Sadashiva" and "Rudra Devata." Devata means God, so the deity here is Sadashiva, or Rudra, embodying the aspects of universal consciousness and changeless presence.

You may have heard of Shiva before. Shiva represents universal consciousness, transformation, auspiciousness, presence, and essence. He is not destruction as commonly thought. Shiva is about awareness and constancy, and the word "Shiva" denotes the changeless, auspicious presence in everything. When we see change all around us—whether in our thoughts, emotions, or physical existence—Shiva represents the unchanging core that allows us to witness all these changes.

Understanding Sada Shiva and Rudra

The term "Sada Shiva" means "always Shiva," the eternal, unchanging presence. Rudra, on the other hand, breaks down into "ru" and "dra." "Ru" is derived from "roga," which means disease or pain, and "dra" means dissolving or destroying. Rudra is the force that dissolves pain and suffering. Changeless by nature, Rudra is beyond disease or affliction and has the power to dissolve everything back to its source.

In this sense, Shiva doesn't "destroy" but rather dissolves things back into their origin. We see this concept echoed in nature: everything that manifests eventually returns to its original state. Just as in atomic and subatomic physics, particles momentarily emerge from energy, exist for a time, and then dissolve back into energy, so Shiva represents this cycle of manifestation and dissolution. Just as waves in the ocean rise and fall, so does all of creation.

Shiva as the Foundation of Recycling and Transformation

Shiva, in his essence, is auspicious because he enables recycling and renewal. Consider composting: when things die, they disintegrate back into the earth, becoming the soil from which life arises again. Without this recycling process, existence would be chaotic, and life unsustainable. Certain materials, like plastic, don't break down easily and therefore fall outside of this natural cycle, which is why they're problematic. Shiva embodies the ultimate recycling process, making him a deeply positive, auspicious force.

Shiva as Tamas and the State of Deep Sleep

Now, if we delve deeper, Shiva is also associated with "Tamas," which can represent darkness, forgetfulness, or the cessation of awareness. This is significant because, if we could never forget anything, our minds would be overwhelmed and unable to function. In deep sleep, the

mind is in a state of Tamas, where the entire world fades, and we reach a state of pure consciousness. In this state, we exist without identities, possessions, or attachments—it's a state of profound peace and purity. Shiva, as the Lord of Tamas, represents this liberation from the mind's activity.

Shiva as the Lord of Liberation and Yoga

Traditionally, Shiva is the Lord of liberation, the force that stops the mind's chatter and distractions. He is worshipped in his pure form by yogis and those seeking freedom from worldly attachments. In our everyday lives, Shiva plays a vital role in the recycling of damaged cells, thoughts, and energies. Just as our cells are continuously renewing, Shiva enables this process on all levels, clearing out what is no longer needed to maintain balance and health.

The Connection Between the Gayatri, Om Namo Narayana, and Om Namah Shivaya Mantras

In the Gayatri mantra, we visualize the rays from the Creator stimulating our heart, energizing and guiding us. In Om Namo Narayana, we focus on this energy manifesting and expanding as our Tejas and Ojas. Om Namah Shivaya, in turn, helps dissolve all unwanted elements—emotions, energies, and doshas—back to the source. Through this mantra, we recognize and participate in a natural process that constantly recycles what is no longer needed, promoting harmony within ourselves and the universe.

These three mantras—Gayatri, Om Namo Narayana, and Om Namah Shivaya—align us with the processes of creation, sustenance, and dissolution. Practicing these mantras allows us to actively participate in these cycles, strengthening our inner processes and removing blockages. If we feel disconnected, Gayatri can help re-establish our connection with the universe. When energy is low, Om Namo Narayana can augment and sustain us. When we feel burdened with old memories or emotions, Om Namah Shivaya can help dissolve them.

The Application of These Mantras

Each of these mantras can support us in different phases of life. If someone feels alienated or disconnected, practicing Gayatri can restore a sense of belonging and connection. In periods of growth and activity, Om Namo Narayana supports the flow of energy. When life becomes overwhelming, or when memories and experiences feel like they are holding us back, Om Namah Shivaya allows us to let go and find peace.

This basic trio—Gayatri, Om Namo Narayana, and Om Namah Shivaya—offers a foundational practice for anyone seeking mental clarity, balance, and liberation. If you have any questions about these practices or would like to explore other mantras, please feel free to ask.

