

ॐ  
Aum



I bow down to Lord Shiva  
The One who is self-luminous,  
delighting in his own being.

And now the beginning of the Shiva Sutra.

---

1.

Consciousness is the Atman, the Soul.

Knowledge is Bondage.

The Body is the union of Raman,  
Nature and Raman, the Ego, the Doer.

The Spiritual Endeavour is Raman.

One who applies his total energy,  
For him the world exists no more.

---

2.

Knowing Wakefulness, Dreaming  
and Deep Sleep each separately,  
Turya, The Fourth State is attained.

Constancy of Knowledge is the Waking State.

Choosing is the Dreaming State.

Unconsciousness and Lack of Self-Awareness  
Create the Illusion of Deep Sleep.

He, who is aware of all three, is the Supreme Hero.

---

3.

A Sense of Wonder is the Foundation of Yoga.

To be established in Oneself is Strength.

A Transcendental Logic is a Means to Self-Realization.

To Enjoy the Blissfulness of Existence is Enlightenment.

---

4.

The Mind is the Mantra

Effort is the Seeker

The Guru is the Means

The Body is the Offering

Knowledge is Food

When Knowledge is destroyed, the Dream is seen.

---

5.

The Soul is the Mind

Lacking Discrimination of what is Essential is Illusion

The Yogi caught in Attachments may attain Powers  
but not Self-Knowledge

After Conquering Attachments permanently,  
Spontaneous Wisdom is attained.

The Awakened Yogi Realizes that the whole Universe  
is an emanation of his own Energy.

---

6.

The Soul is a Dancer

The Inner Soul is the Stage

Through Control of the Mind, Reality is attained,  
and Freedom flows out from that Attainment.

And because of this Sense of Freedom,  
he freely moves within and without.

---

7.

Meditation is the Seed.

Just Sitting, relaxed with Himself,  
He enters spontaneously into the Lake of Supreme Being.

He attains to Self-Creation or becomes 'Twice-Born'

Eternal Knowledge leads to Cessation of Birth and Death.

---



8.

The Fourth State should serve as oil  
to permeate the first three states.

So bathed, he enters into the State of Self-Awareness.

He who experiences the Divine Energy pervading everything,  
Views all things as equal,  
And he attains to Shivahood.

---

9.

Whatever he utters is Japa.

Self-Knowledge itself is his Gift.

He is the Master of the inner Powers  
And the Source of Knowledge.

The Constant Enjoyment of Self-Energies  
is His Universe.

Life and Death are under his Will.

---

10.

Happiness and Sorrow are but external Moods –  
This he knows constantly.

Freed from these he achieves his Aloneness.

The Yogi who is established in his aloneness ceases to desire,  
And thus attains freedom from Birth and Death.

The liberated person,  
for whom Body and Mind are no more then clothing,  
Attains to Shivahood.

---

Aum!



This is dedicated to Lord Shiva.

---