

# **AKATHA, the Ancient Science of Sahaji**

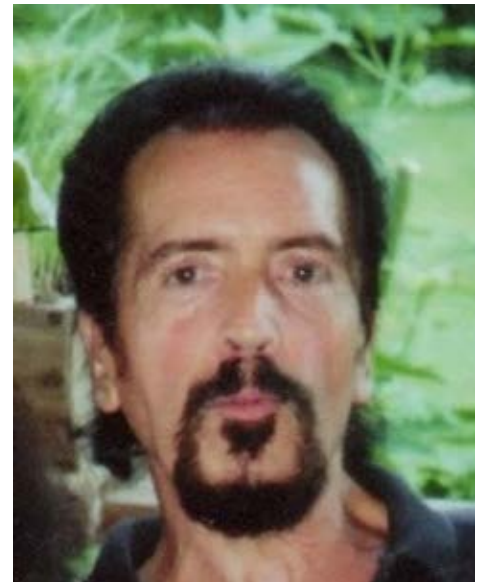
*As the Initiate knows, AKATHA teaches one the way to Self Realization, God Realization, and SRAOSHA Mastership through Sahaji (Soul Travel in English).*



## **Welcome Initiates of AKATHA !**

### **and Welcome New Members !**

Welcome to AKATHA! And welcome to the AKATHA Members page! If you are new: Congratulations for taking the wonderful spiritual quantum leap forward as AKATHA is the highest, most direct or finally and really, the only path to God Realization! Whether you are brand new or an experienced Initiate, these pages were designed to give you support information for enhancing your experience of AKATHA. Remember, Akathists are learning through all the myriad words and talks strewn on these pages that we essentially are trying to get joy and happiness across to them. Too much sadness, serious behavior, and nonsense alike happen in the lower worlds. Paulji was trying to bring back that sense of joy during his short tour between 1965 and 1971. We have brought that back in AKATHA. So, please attempt to bring some joy into your life because obviously that feels so much better. It is hard to express these things in writing on a page and talks unless comedic. The Mahaji cannot be specifically a comedian and tell jokes albeit, He considers Himself a big kidder. So, know that contemplation of the AKATHA works and travelling



in Sahaji absolutely will bring spiritual joy! You can also utilize the listings on this page to deepen your spiritual joy and study of the AKATHA teachings and Sahaji, become actively involved in spiritual service, or explore outer classes, and seminars. Click on one of the selections above for membership listings such as: study programs (satsang discourses), materials, wisdom notes, audio recordings, seminars, and the Vahana/Arahata page (spiritual service).

Membership includes free membership (free renewal voucher each year), monthly study discourses (back on track this year), e-books, audios, videos, initiate publications, and seminars. Initiations in AKATHA connect directly with the SRAOSHA (Light and Sound of Spirit). The Mahaji, the living SRAOSHA Master can work with you on both the inner and outer world to resolve your karma and establish you in dharma (karmaless life) bringing you to the goals of Self and God Realization and SRAOSHA Mastership within this lifetime or the next (Atratas).

**Attention Members- Please do not distribute this website to non-members. This site is for AKATHA Members only. Thank you!**

## **Exciting Ways of Getting The Most Benefit from Your AKATHA Membership!**

- 1. Contemplating and Reading** - Some exciting and important suggestions for getting the most benefit from your AKATHA Membership and advancing spiritually include developing a deeper understanding about AKATHA by **Reading and Contemplating upon AKATHA works**. A wonderful starting point would be reading the AKATHA Introductory e-book. Printing the book is best if possible. In addition to the Introductory book, AKATHA's monthly discourses, Wisdom Notes, and Hadjis Books I, II, and III, and other works along with various audios can be contemplated & studied to help advance one's spiritual growth.
- 2. Thirty Minute Daily Spiritual Exercise** - It is strongly suggested to practice the Spiritual Exercises of AKATHA for thirty minutes per day. When an initiate practices contemplation he or she learns to master Sahaji and travel to inner planes or God Worlds and hence begins to move towards his or her higher spiritual goals (Below are some spiritual exercises that can be printed for contemplation).
- 3. AKATHA Satsang** - Another helpful suggestion is joining an AKATHA Satsang. By attending Satsang, Initiates become further refined in the presence of the high group consciousness entity of others. If not many AKATHA Initiates are in your area, you can contact the AKATHA Universal office for connecting with others on free telephone conference-call line Satsang Classes, where you can study discourses or other AKATHA works in a group. E-mail the AUo to request a class for the discourse series you are studying. If you do not wish to join a Satsang class, studying discourses on your own is essential. Each class will have an Arahata (Spiritual Teacher) who will facilitate the class. The Inner Master, Sri Kahtifji, is always present in darshan (presence of the master - Tiwaga [tee-wah-jah] is more specific as the gaze of the Master, but sometimes the term "darshan" is alright to use as the gaze of the Master) as an AKATHA Satsang class is of the highest order.
- 4. Monthly Initiates Report**- You may write Sri Kahtifji in the form of a Monthly Initiates Report that summarizes your spiritual progress, experiences, questions, difficulties, and appreciations, etc. You may or may not receive a physical response but initiates always receive guidance by the Master on the inner planes. The writing of initiates reports is an important spiritual discipline that helps open one to the Living SRAOSHA Master's guidance and help (although He is always with you and you can call out His name "Kahtifji" or "Timji" at any time when you need help or protection.)
- 5. Inner Reliance On The Master** - If you feel stuck, confused, are having trouble with the Spiritual Exercises of AKATHA, or any other challenge, know that Sri Kahtifji is always with you on the inner. Situations always work-out, but sometimes a little duration (time) is necessary. It will not be long. You may ask for His help any time, silently, aloud, or in writing. You may also write an Initiates Report. Additionally, the AUo has several SRAOSHA Masters as well as Mahdises or Higher Initiates (5th Initiate or higher who are qualified to help

one spiritually on the outer through e-mails, letters, in person if they are local in your area, or if necessary over the phone). Again know that the Inner Master, Sri Kahtifji is always with you and you can call out His spiritual name for help on the inner planes when necessary.

**6. Spiritual Service** - is an important step in growing spiritually and reaching all of the goals in AKATHA such as becoming a Co-worker with God. Since Spiritual Exercises create a tremendous inflow of spirit, it is suggested to find ways of giving back as a healthy inflow also requires a healthy outflow. Spreading the message of AKATHA in one or more of AKATHA's Margs (creative paths) such as being a Vahana (sharing AKATHA with others) is one way many enjoy outflowing or giving back. (See our "Service" link above for more information) or contact your local area Madhis or the AUQ office. Many ways exist in helping to spread the message of AKATHA.

**7. Practicing Dharma** - Many paths discuss karma but lack an understanding of **dharmā**. It is an essential spiritual practice which enables the Initiate to live in the karmaless action of dharma. One way to live in dharma is by placing one's attention upon SRAOSHA (Spirit or Sound Current) constantly. This is accomplished when we keep our attention on the Inner Sound Current throughout the waking day such as whilst talking with others or whilst performing our job (if too difficult just know that one is always protected). Another way of practicing dharma is by completing all thoughts and actions in the name of AKSHAR (these practices become common place and are natural after many years on the path). A third helpful method of practicing the dharma as Paul Twitchell stated is "Always chant the word of AKSHAR on thy lips." It is important to practice dharma constantly until it becomes second nature. Practicing the dharma is an essential means to reaching the higher goals of AKATHA. However, know that by doing the daily thirty minute contemplation that dharma becomes a natural second nature practice that eventually very little attention is needed here. It becomes as natural as breathing. In the beginning, we need to learn to breathe as the babe in a mother's arms.

**8. Prioritizing Goals** - Know that the only purpose of AKATHA is attaining Self Realization, God Realization, and SRAOSHA Mastership. Mainly, the simplified explanation is getting the ready Soul to the Soul Plane. It is often helpful to realise that side goals can be a trap if desire is stronger for the side goals than the lofty goals of AKATHA. Having said this Akathists are free and encouraged to pursue life to its fullest in all areas of their lives. There is nothing wrong with other goals as long as detachment exists (again another natural practice as a result of daily contemplation - you can see how important contemplation remains). It is simply having a balance and having a greater desire for AKSHAR than for any of the lesser goals. You are encouraged to be bold and adventuresome and aim for Self Realization, God Realization, and SRAOSHA Mastership. Know that the Kal power will often try and distract one from these lofty goals...thus soul has been incarnating in the lower worlds for millions of years. We suggest you make the most of your AKATHA Membership and AKATHA initiations. Although AKATHA is free in a monetary sense...it is far more valuable to Soul than any amount of gold on Earth. Few understand this until later when they reach the God Worlds of SRAOSHA. Often, Souls went through eons of time to earn being ready for the path of AKATHA. The truly ready Souls WILL understand this lengthy sojourn and know they are now on the one and only high path back to AKSHAR (God) called AKATHA.

Below are AKATHA Spiritual exercises that bring one to a higher spiritual vibration.

## **AKATHA Sahaji Techniques**

**Thirty Minute Daily Spiritual Exercise** - A basic discipline in the path of AKATHA is practicing a spiritual exercise for thirty minutes per day. When an initiate practices contemplation, he or she learns to master Sahaji and travel to inner planes or God Worlds and hence begins to move towards his or her higher spiritual goals.

### **Basic Spiritual Exercises** -

The teachings of AKATHA revive the often forgotten Para-Vidya or God-knowledge of the Sahaji techniques. The art of Sahaji, which revives the Para-Vidya, can be performed through contemplation by outwardly or inwardly chanting of charged words such as "HU (derivation of 'hu-man')," the Universal Mantra of the Light

and Sound of SRAOSHA (Spirit).

**Sirat Technique** - Its practice comprises one hearing the sound current or the melody of SRAOSHA. As Soul goes higher into the inner worlds coming closer to AKSHAR, the sound or music of SRAOSHA becomes greater. The Sirat technique is the spiritual exercise that involves sitting with the eyes closed in a silent fixed position. The participant sits in a chair either with feet under him in tailor fashion or on the floor. Putting both hands on the lap, left hand in right, palms up, he gently places his attention on Tisra Til, the spiritual eye in the middle of the forehead. The subject then takes five deep breaths and begins repeating the word HU. After chanting for a time, he takes five more breaths and continues chanting HU softly. One's attention stays fixed gently on the Ajna (also name for third eye) whilst not trying to see anything; just holding it there.

After a few more minutes of softly chanting HU, the contemplator again repeats five breaths bringing the total to fifteen. Following the last five breaths, he quiets the chanting and listens closely whilst making it very, very soft until it is halted vocally. His attention is switched, listening for the esoteric inner sounds as the rolling HU flows through him. Very soon the inner sound within his head spreads out into his body until he becomes a part of the sound. Then the various parts of the SRAOSHA melody start. Many different sounds exist. Often it is the sound of a waterfall, other times of chimes, bells, violins, or flutes. These sounds mean he is out somewhere on the far flung planes of the higher worlds, beyond the Fifth or Soul plane, traveling in the Atma body in the realm of AKSHAR.

These sounds will gradually become a melody of celestial music unlike anything ever heard. Its beauty is so entrancing for he now exists in the state of glory and magnificence of a high plane of spiritual consciousness. He wishes to remain dwelling in the Godly voice never to return. Yet he does so, for serving out life is necessary before passing on permanently into the higher worlds. The Sahaji techniques, such as this one, are practiced daily for thirty minutes to achieve higher levels of consciousness and gain control over all aspects of our lives. The modus operandi of AKATHA are the contemplation techniques. If one believes they cannot set aside thirty minutes a day for something as important as Spiritual Mastery, perhaps this teaching is not for them. When one dedicates themselves to the contemplative Spiritual Exercise, they can attain SRAOSHA Mastery within this lifetime by Sahaji adeptship. The journey does not end here for one continues to unfold spiritually as another level of perfection in quiescence always exists.

**The Nirat Technique** - This is a technique that focuses on the light of God and the higher spiritual planes. Sitting tailor fashion one places attention gently upon the spiritual eye and looks obliquely for the light of SRAOSHA (spirit). Next the chela begins to softly chant the zikar (zih-kahr), repetition of the holy words or names of AKSHAR (God). If the student is an AKATHA Initiate, it will be all right to chant his own secret Initiate's word. If he is not an AKATHA Initiate he may chant HU or other high vibration words: AKSHAR, SRAOSHA, AKATHA, Mahaji, etc., or various names of sounds on each plane he passes on the way to the Soul region. (See the AKATHA God Worlds Chart). By repeating these words in zikar, the chela will lift himself up through the lower planes into Atma Lok (Soul Plane).

**Dhyana Technique** - The initiate steadily gazes at the shining face and directly into the eyes of the Living SRAOSHA Master on the inner screen of the spiritual eye. Seeing both pupils of the eyes at the same time is done by focusing on the middle of the forehead or directly between the eyes. This gazing into the Master's eyes should be done detachedly for thirty minutes.

**Image Gathering Technique** - With eyes closed, after one chants HU or one's secret word he lets the images within himself gather at the Tisra Til (spiritual eye). Simply, whatever image comes to the chela as he sits in contemplation should be used for stepping into Sahaji. When the image comes into the screen of the Tisra Til during Image Gathering, one should let it increase into Sahaji reality. When gently bringing the image into focus and the image wants to change, just let it, for eventually Atma will settle on a certain picture. As the image becomes more real, Atma should step into the picture as participant. He may if he wishes find the Living SRAOSHA Master or go to the AKATHA Temple of Golden Wisdom of the particular plane.

**Destination Creation Technique** - In this exercise, one may determine their destination for themselves in one of several different ways. One of which would be either to see a picture or remember a place one has visited. Upon entering contemplation with eyes shut, mock-up the image of this place on the inner screen. Some

people can create an image right there on the screen of the spiritual eye without having to remember an image. Once one has created the image, they should again make it as real as possible and attempt interaction within it.

**Goals of AKATHA** - The Initiate of AKATHA practices what is called the four fundamentals of AKATHA:

1. First is the important discipline of Spiritual Exercises. 2. Equally important is practicing the presence, kundun, or darshan of the Mahaji, the living SRAOSHA Master. 3. Reading, contemplation, and study of the AKATHA spiritual writings and works are of the utmost importance to continue spiritual growth. 4. Finally, discipline is key. Practice of the four fundamentals along with a growing awareness and subhakti (divine love) for AKSHAR (God) are important practices that help propel one to make greater spiritual progress towards one's higher spiritual goals: First- Self Realisation, the actual realisation of the individual as Soul receiving the Fifth Initiation; second, God-Realisation, the actual realisation of the individual as part of AKSHAR (God in AKATHA) receiving the Eighth Initiation and third, becoming a Co-worker with AKSHAR as a SRAOSHA Master in the Tenth Initiation. Achieving Mastery enables the individual to choose a position on the outer or inner planes. One can now assist SRAOSHA in universal responsibility. A series of inner and outer initiations are given on the path of AKATHA. When one receives the second initiation, they have the choice of concluding their reincarnation cycle. This choice is made possible by the Living SRAOSHA Master hastening the end of the Akathist's karma so they can lead a life of dharma (karmaless life) and reach higher levels of Self and God Consciousness.

*Membership does require **no usage of Illegal drugs, especially marijuana** (if made legal still taboo in AKATHA) as of spiritual dangers of mixing AKATHA and Sahaji with the destructiveness of Illegal drugs and marijuana. If you have used Illegal drugs in the past this practice must be stopped once stepping onto the path of AKATHA. It must be remembered that in order to reach the goals of AKATHA, it is highly recommended that one spends 30 minutes per day doing the Spiritual Exercises of AKATHA. Most, after practicing them for only a short time, find them enjoyable and very pleasant, and many Akathists (students of AKATHA) find them as important as breathing or eating food daily.*

For sending Initiate Reports or questions please click on our "**Contact Us**" link below:

[\*\*Contact Us Link.\*\*](#)

## **AKATHA Membership Renewal-** (Important Message For Members)

We would like to ask all AKATHA Members to please renew your AKATHA Membership on an annual (yearly) basis every April by filling out a new membership form. This Free Membership renewal is for important administrative purposes and can be done from [www.akatha.com](http://www.akatha.com). In the current calendar year however we are asking members to renew your annual membership by February 15, 2012. This will help us to make sure we can notify you of any important announcements, newly released books, new classes, new seminars, and other helpful communications. Please include the words "Membership Renewal" on the form. Thank you!