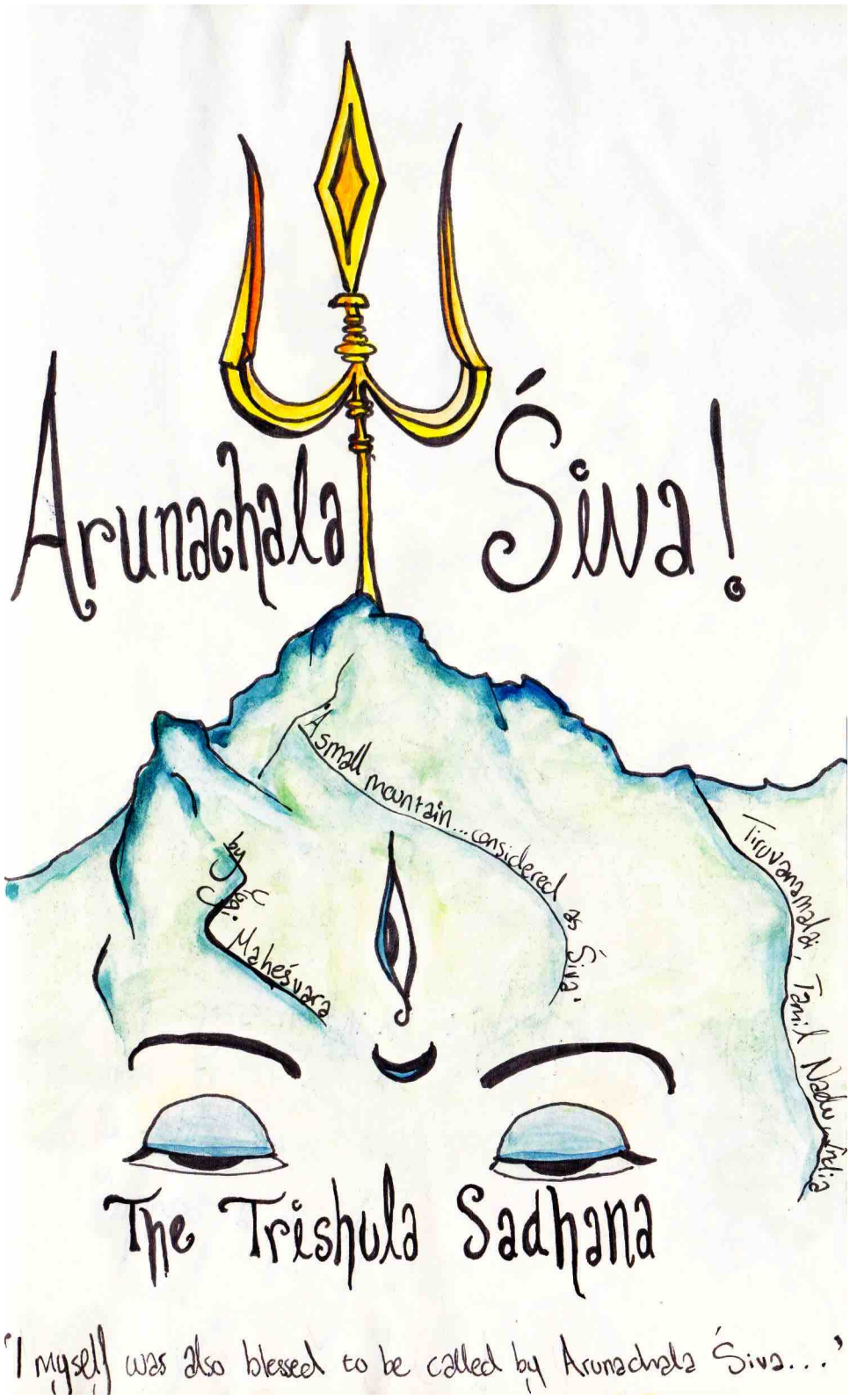
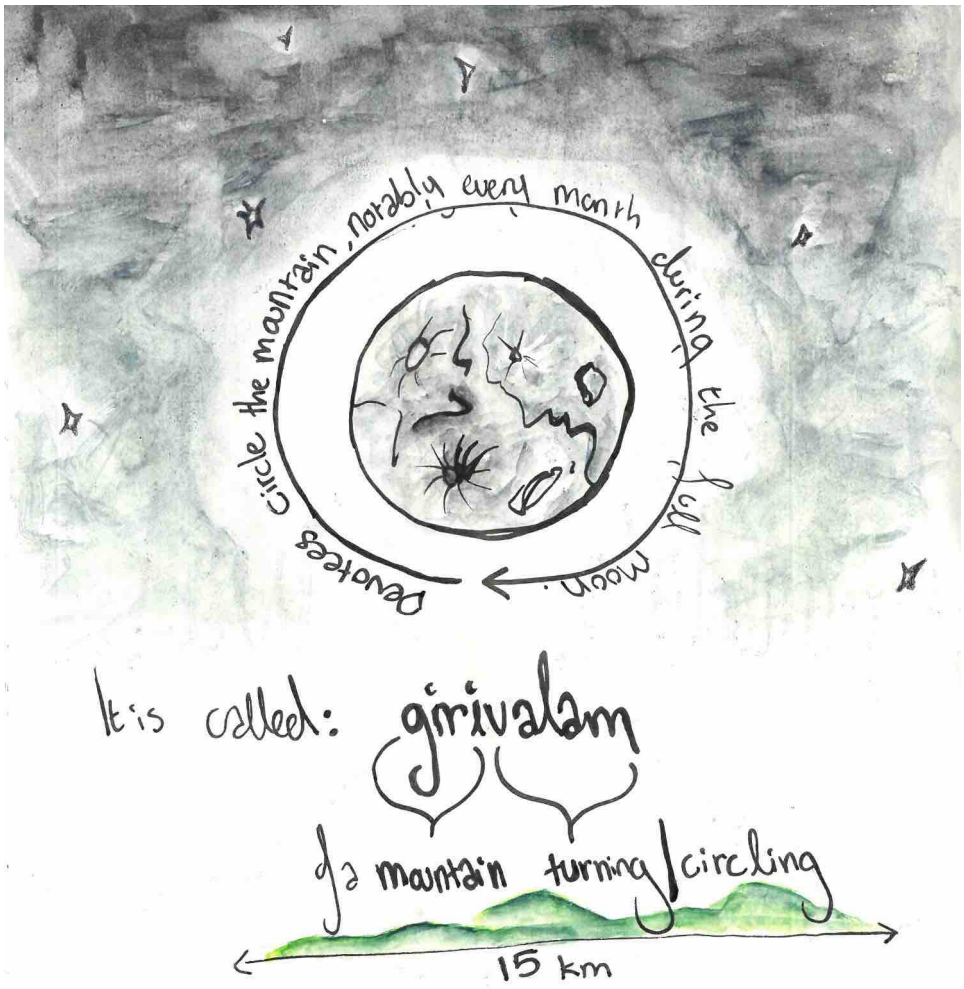
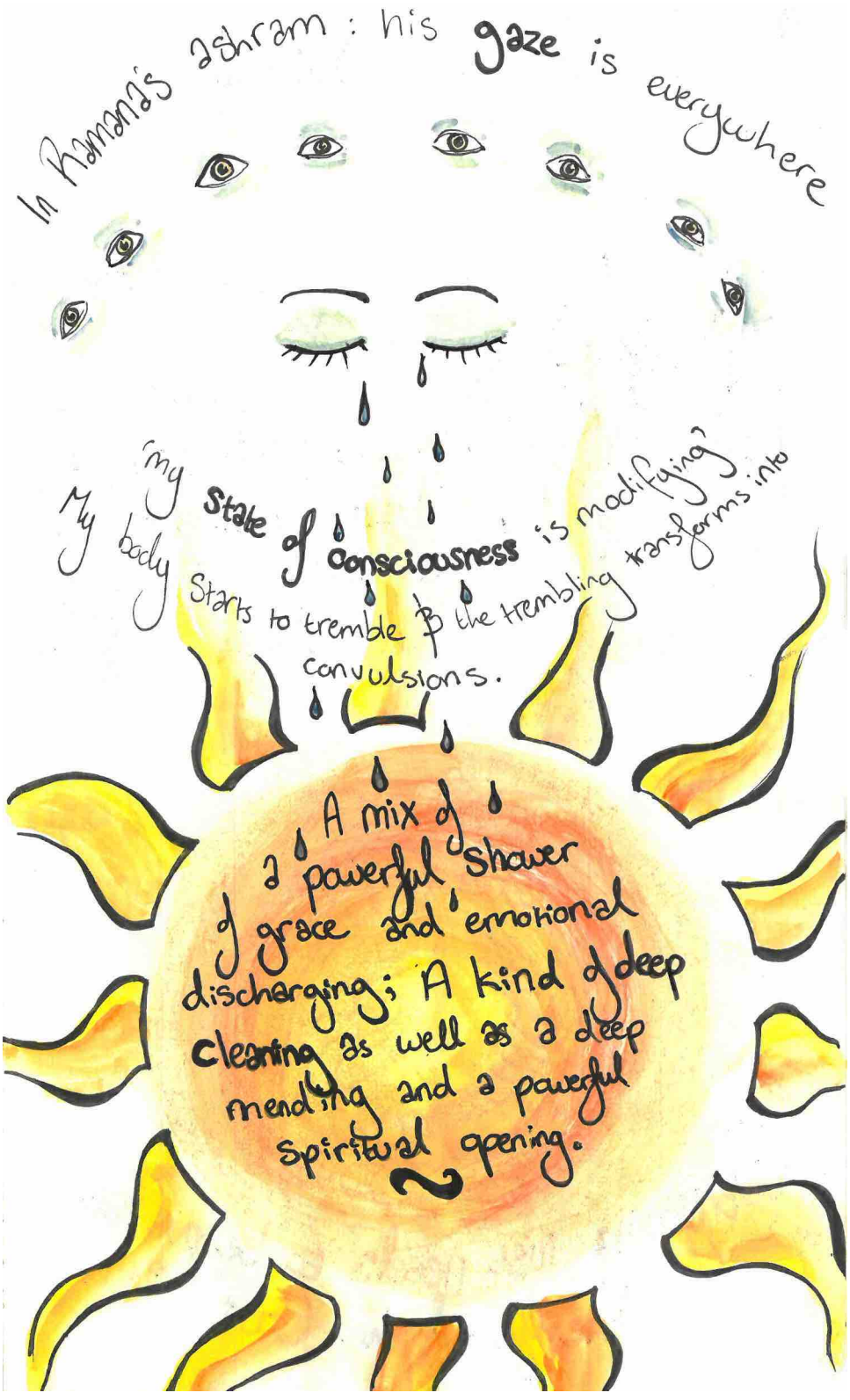

Arunachala Śiva!
A small mountain... considered as Śiva.
by Śrī Maheśvara
Tiruvannamalai, Tamil Nadu, India
The Trishula Sadhana
'I myself was also blessed to be called by Arunachala Śiva...'



Ramana Maharshi (Bhagavan Sri): An indian sage who attained enlightenment and spent most of his life as a sannyasin under Arunachala.


In Ramana's ashram : his gaze is everywhere
'my state of consciousness is modifying'
My body starts to tremble & the trembling transforms into convulsions.
A mix of a powerful shower of grace and emotional discharging; A kind of deep cleaning as well as a deep mending and a powerful spiritual opening.

I've just received the **darshan** of Sri Bhagavan

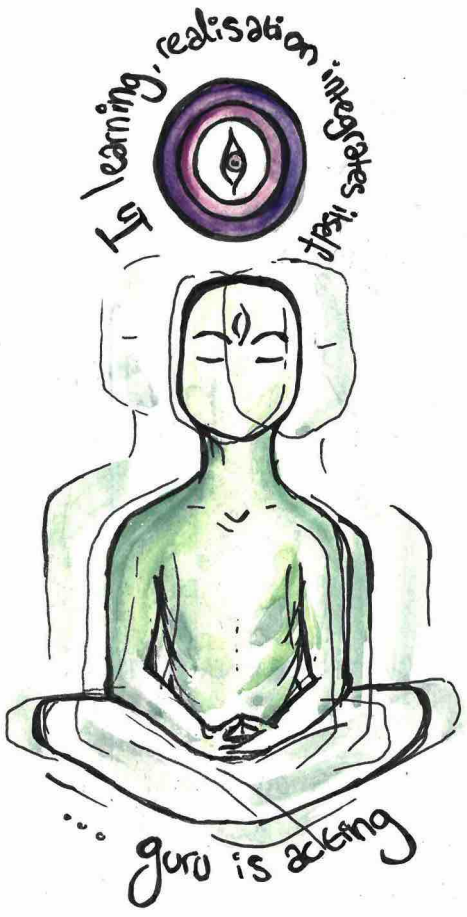
derived from **Sanskrit** word *darsana*: vision or sight. Regarded as the act of **beholding a deity** in Hinduism - especially the image of their physical form.

"Everything just needs to be put at the feet of the Guru"

What is a guru?

It can also be considered as 'a transformative principle as an initiator that is acting from inside.

At times it has the generic meaning of "teacher, professor" ... someone having knowledge and transmitting it. A physical master

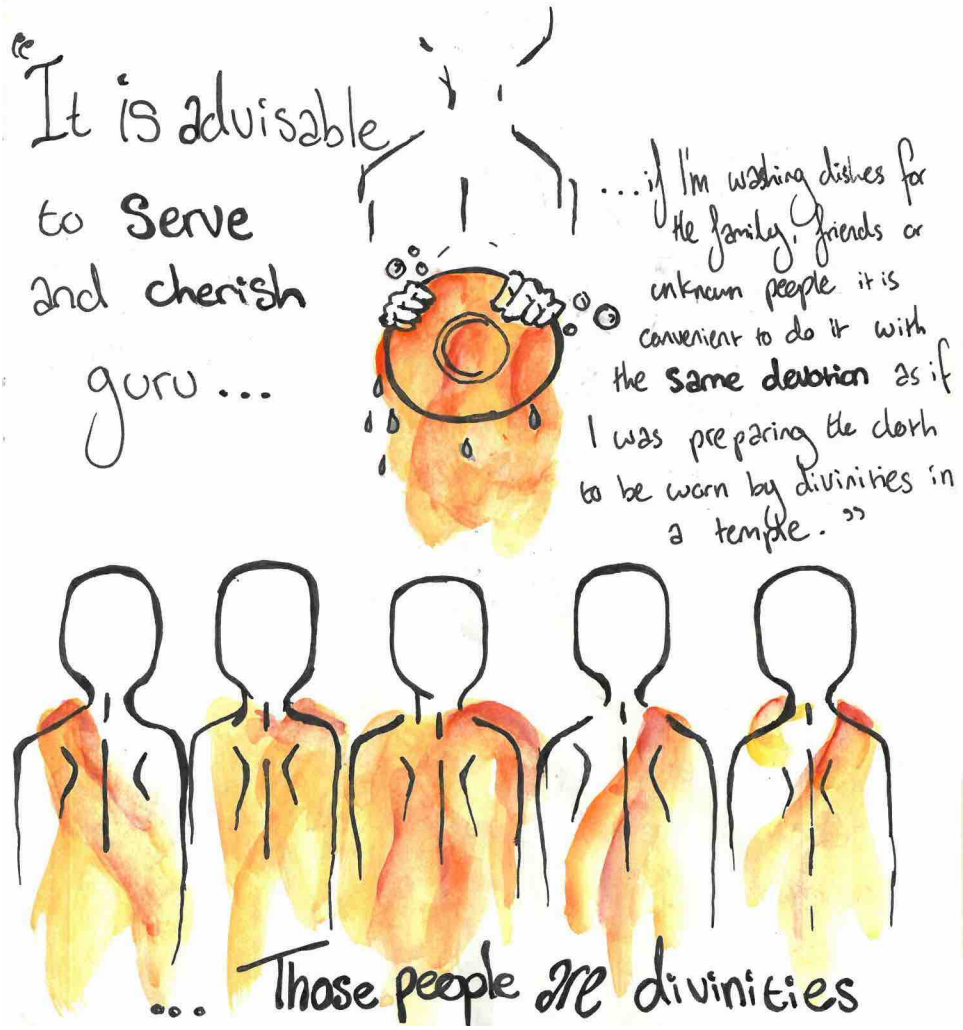


"Guru is everywhere in each of us and constantly alive; in each and every experience, and most especially in the difficult moments"

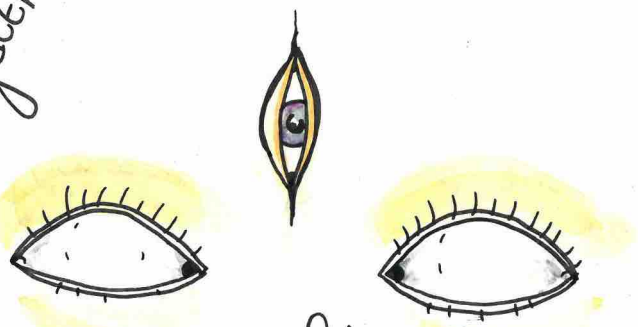
A quite clear vision enters my mind...

... a yogic vision.

"I'm inclined to correspond to a past life... could be my past life guru or myself in a previous incarnation ? "


"It is advisable to Serve and cherish guru ...
... if I'm washing dishes for the family, friends or unknown people it is convenient to do it with the same devotion as if I was preparing the cloth to be worn by divinities in a temple."
... Those people are divinities

The faith in the principle must be absolute...

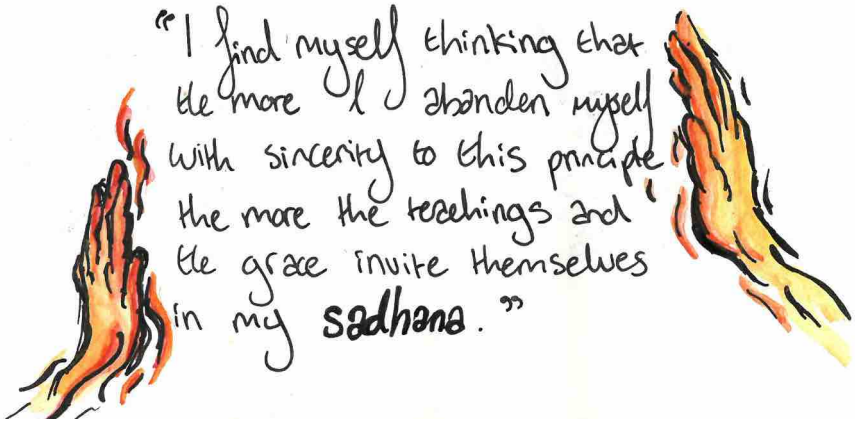


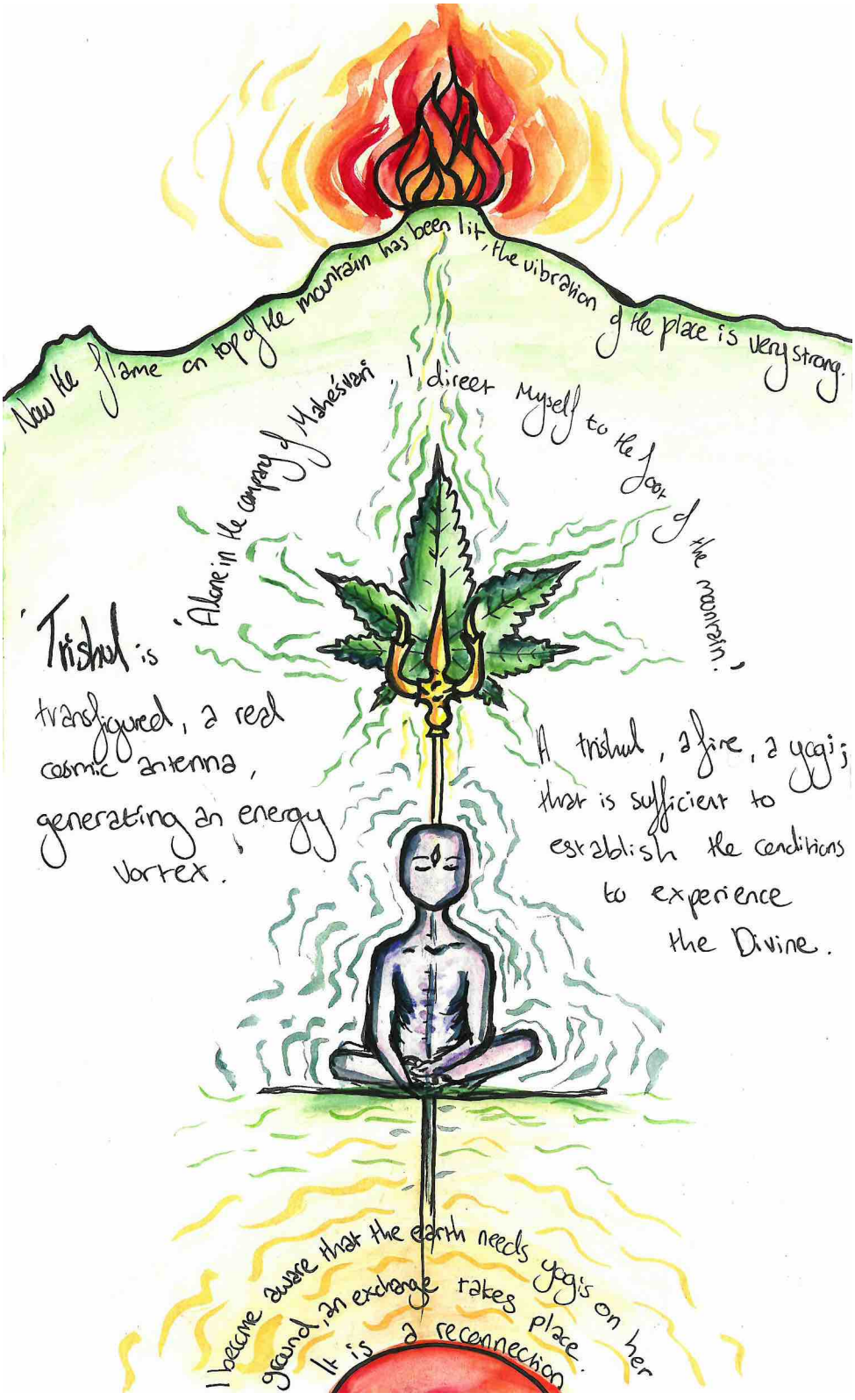
to the point of **blindness.**

The relation with guru is framed by a devotional dynamic

of bhakti

"I find myself thinking that the more I abandon myself with sincerity to this principle the more the teachings and the grace invite themselves in my **sadhana**."




Now the flame on top of the mountain has been lit, the vibration of the place is very strong.
"Alone in the company of Maheśvari, I direct myself to the foot of the mountain."
'Trishul' is transfigured, a real cosmic antenna, generating an energy vortex.
A trishul, a fire, a yogi; that is sufficient to establish the conditions to experience the Divine.
I become aware that the earth needs yogis on her ground, an exchange takes place. It is a reconnection

"... the brahmin in charge of applying the ash to devotees is not there, a small group of pilgrims turn towards me and ask me to replace the brahmin. I take some ash with my index finger but they show me to use the ring finger! ... often blessings are given by imposing such ashes on the foreheads of people."

Ash is the material part of fire.

To use ash is a reminder of our ...

impermanence

fragility

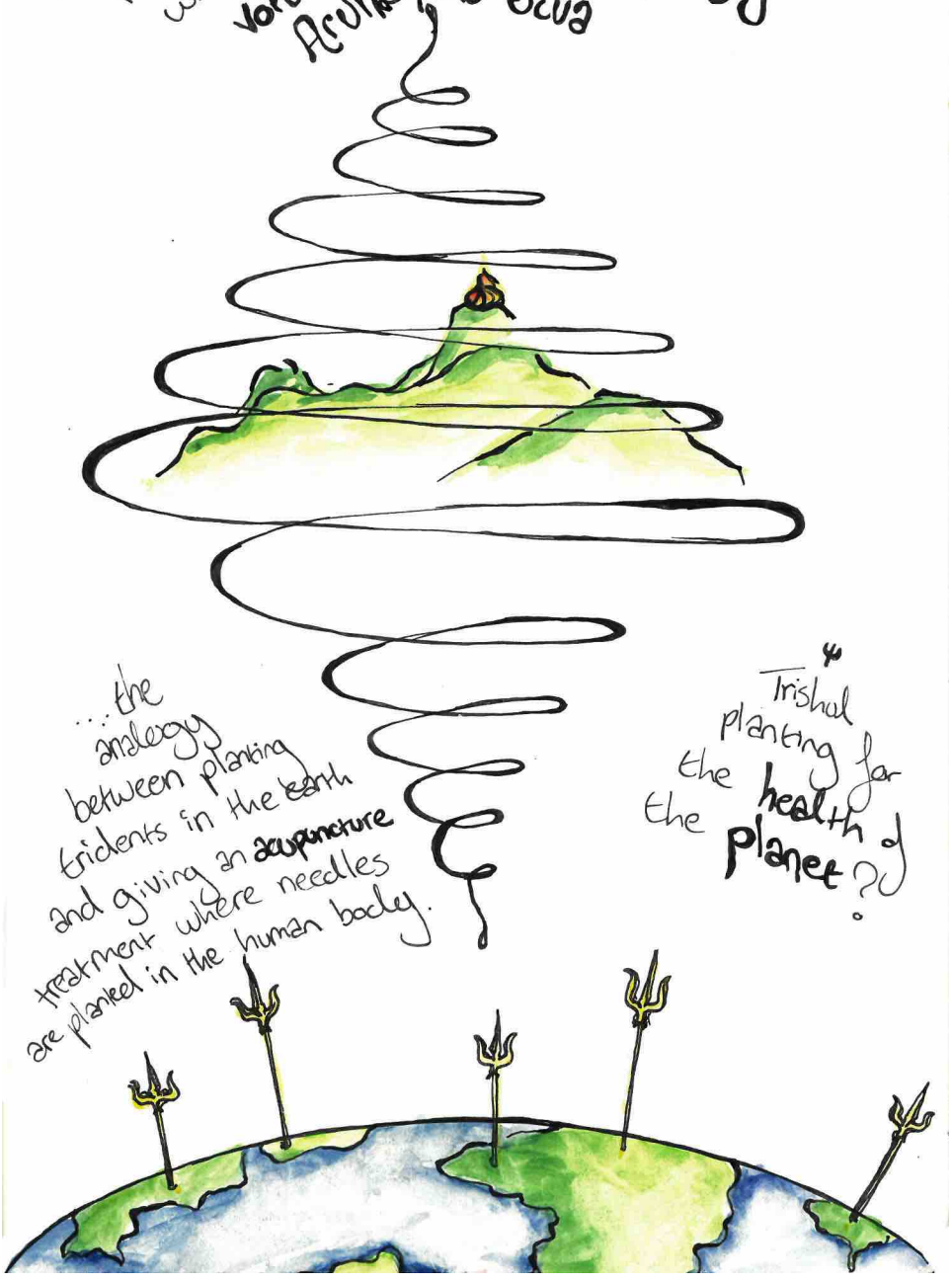
temporariness

The ash comes from yagna, from dhuni, that is

Holy fire

It becomes charged with those sacred vibrations. The ashes produced under such circumstances are precious.

At any moment, day or night, devotees are circling the mountain bare foot, so this dynamic is never interrupted, a perpetual movement which participates in the energy vortex that some name Arunachala Śiva



...the analogy between planting tridents in the earth and giving an acupuncture treatment where needles are planted in the human body.

Trishal planting for the health of the planet?