



# Introduction to Trika Shaivism and Parabhairavayoga

## Course syllabus

### 1. Section: Introducing the Tradition

- Introduction
- Parabhairavayoga
- Trika Shaivism or Non-dual Shaivism of Kashmir
- Briefly about the 4 schools of Trika
- The Tantra-s and the scriptures of Trika
- The importance of Sanskrit language

### 2. Section: The basics of Trika Shaivism

- The nature of a non-dual philosophy
- Paramaśiva / Parabhairava
- Śiva, Śakti and nara
- Āṇavamala – the forgetting of our essential nature
- Liberation in Trika Shaivism – the difference between Ātmavyāpti and Śivavyāpti

### 3. Section: Upāya-s or Means/Methods

- Anupāya – no means
- Śāmbhavopāya – the means pertaining to Śambhu/Śiva
  - o the thoughtless state
  - o cittapralaya – the dissolution of the mind

- Śāktopāya – the means pertaining to Śakti
  - o concentration on „Aham” or „I Am”
  - o Śuddhavikalpa-s or pure thoughts
  - o understanding the mind
  - o cittasambodha – the enlightenment of the mind
- Āṇavopāya – the means pertaining to the aṇu
  - o various spiritual practices in the realm of Āṇavopāya
  - o cittaviśrānti – the repose of the mind
- The nature of the spiritual path
- Divine Grace

#### 4. Section: Spiritual ignorance and Liberation

- The two aspects of Āṇavamala
  - o Pauruṣājñāna – Ignorance about the Self
  - o Bauddhājñāna – Intellectual ignorance
- Āṇavamala – the notion of the lack of Fullness
- Māyīyamala – the notion of differences
- Kārmamala – the notion of the limited doer of actions
- The 5 Kañcuka-s or Sheaths of ignorance
- Liberation according to Trika Shaivism

#### 5. Section: Tattva-s or the 36 categories of Manifestation

- The study of the 36 Tattva-s as the backbone of Trika Shaivism
  - o The Highest Reality (1-2)
  - o The Divine Reality (3-5)
  - o Ignorance and its progeny (6-11)
  - o The Self and His Power in a veiled way (12-13)
  - o The inner psychic organ (14-16)
  - o Powers of perception (17-21)
  - o Powers of action (22-26)
  - o Subtle elements (27-31)
  - o Gross elements (32-36)

## 6. Section: The 5 states of Consciousness

- The states of unity
  - o Turyātīta – the State beyond the Fourth State
  - o Turya – the Fourth State
- The states of duality
  - o Suṣupti – the state of deep sleep
  - o Svapna – the state of dreaming
  - o Jāgrat – the state of wakefulness
- The four bodies of the human being
  - o Sthūlaśarīra – the gross body
  - o Sūkṣmaśarīra – the subtle body
  - o Karaṇaśarīra – the causal body
  - o Mahākaraṇaśarīra – the supracausal body
- The experience of four lights in meditation associated with the four bodies

## 7. Section: The 3 Sources of Divine Grace

- The Fivefold Act of the Supreme Lord
  - o Ṣṛṣṭi – Manifestation
  - o Sthiti – Maintenance
  - o Samhāra – Dissolution
  - o Tirodhāna – Concealment
  - o Anugraha – Revelation
- The 3 Sources of Grace
  - o Śiva/Bhairava – the Self of everybody
  - o The scriptures – the 64 non-dual Bhairavatantra-s
  - o The human Guru – Śiva/Bhairava in person
- Guru as the Cosmic Principle

## 8. Section: The 4 Schools of Trika

- The Spanda school
- The Pratyabhijñā school
- The Kula school
- The Krama school

- The literature of Trika Shaivism
  - o Āgama branch
  - o Spanda branch
  - o Pratyabhijñā branch
- The great sages of Trika

## 9. Section: Characteristics of Parabhairavayoga

- Foundation of Parabhairavayoga
- Overview of the main features
- The Seventh Face of Lord Śiva
- The sacred scriptures of Parabhairavayoga
- The mission of Parabhairavayoga

## 9+1. Section: Review and Summary

- General review and summary of what has been learnt

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- The Course\* is scheduled to begin in January. **The exact starting date will be confirmed through the Telegram group that will be created, as there are still people registering for the course.**
  - The classes are held weekly (once per week) with an approximate duration of 1h 30m to 1h 45m, via Zoom. You can join the Course anytime, and all previously recorded material will be shared with you.
  - The classes will be recorded and shared with all participants. As there are people from different time zones, the classes can be attended both in person or on delay.
  - Each week, the students will receive practical meditation methods drawn from the scriptures of this philosophy in order to foster direct experience. Each meeting ends with a Satsaṅga section (Questions & Answers).
  - Registration fee: ask for information through the email address below.
  - The Course is led by: **Robert Bhāskara Upācārya**

**\*If you would like to register for the Course, contact us at the following email address: [parabhairavayoga.hu@gmail.com](mailto:parabhairavayoga.hu@gmail.com). Please introduce yourself by including the following information: name, age, place of residence, occupation, any prior**

knowledge or spiritual paths, and the reasons why you wish to participate in the course.

Useful links and more information:

<https://www.parabhairavayoga.org/en>

<https://www.parabhairavayoga.org/en/actividades>

<https://www.parabhairavayoga.org/en/upaacaaryas>

<https://www.instagram.com/parabhairavayoga/>