



Oneness with Shiva: Meditate on the Self as the Self (Return to Oneness with Shiva)

By Acharya Ricardo B Serrano R.Ac.

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The important questions: "Who am I? Why was I born? What is the goal of my life? What am I supposed to accomplish here?" are hopefully answered in this supplementary book to the "Return to Oneness with Shiva" with the help of my Siddha Guru Baba Muktananda's excerpts from his books and my Sadguru Nityananda's grace which are based from the Self-realization teachings of Kashmir Shaivism. Who and what you meditate on, you become. When you meditate on the Self as the Self, you become one with Shiva, the Self of all. "Form is emptiness, emptiness is form," states the Heart Sutra. The essence of all things is emptiness.

To become aware of So'ham, "I am That," is to attain oneness with the Higher Self.

The result of the integration of the Siddha Guru and the awakened Kundalini is a meditation that is very powerful.

The subtle path to the Self is most easily attained through the Guru. Kabir said that the Guru makes one perfect; he unites the individual soul with Shiva. To feel the love of one's soul is the goal of yoga, according to the Bhagavad Gita.

Unconditional love is the fulcrum of this universe, the original point of the universe. In the practice of Meditation on Three Hearts and Hanuman Qigong, efforts must be made to integrate the mind and heart, to feel the interaction between Love and Qi, restoring the experience of harmony in the world, in nature, and the Universe that may be understood as "being with higher Self" symbolized by Swastika or Yuan Shen (Original Spirit).

Grounding and rooting to mother earth through the practice of Enlightenment Qigong forms especially Hanuman Qigong, Eight Extraordinary Meridians Qigong, and Drawing in Heaven and Earth via Wei Qi field activation are added to Siddha spiritual practices to balance the Shakti Qi flow in the body, build the Lightbody, psychic self-defense, avoid post-kundalini syndromes often seen in yoga practitioners and Self-realization.

"The supreme state, which may be attained on some paths after extreme hardship, can be attained without great difficulty on the Siddha path." - Yogashikha Upanishad 1.3

"God consciousness is the reality of everything." - Shiva Sutra 1.1

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