

**The Verses On Witness Consciousness**  
**By Sadguru Kedarji**

# **The Verses On Witness Consciousness**

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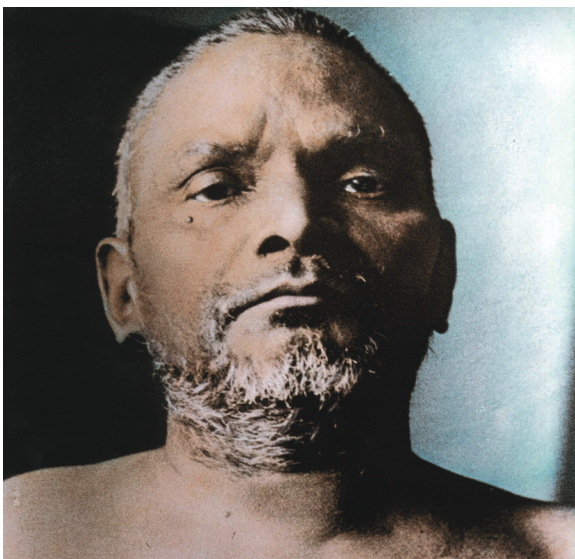
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*Shri Bhagawan Nityananda of Ganeshpuri*  
*The Master of Kedarji's Lineage*



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## ***Introduction***

I offer these verses at the lotus feet of Shri Bhagawan Nityananda of Ganeshpuri and Lord Shiva, the Guru of the Siddhas. To *That* Shiva-Shakti Principle be the glory.

The challenge to your experiencing permanent spiritual transformation, and the ultimate state of Liberation that follows, is that you spend your time concerning yourself with comfort and security rather than investing yourself in finding out who you really are – rather than seeking and discovering your True nature in order to cure your amnesia.

For so many lifetimes you have chased after this comfort and security, embodied in the pursuit of pleasure, in an attempt to avoid pain, in the constant search of liberty and happiness. You are always looking outside for what is not there.

My Master used to tell the story of the musk deer. The musk deer carries the wonderful scent of musk in its own navel. And yet, when it smells that scent coming from inside itself, it follows the breeze that carries the scent into the mountains, searching for where the scent is coming from, thinking it to be somewhere outside itself. It runs and runs after that scent, following the breeze up into the mountains. It runs and runs and eventually dies trying to find the source of that scent. Then the people living in the mountains cut open the musk deer and remove the musk! Until you find the true source of your happiness and peace, you are like that musk deer. So, get smart!

A restless mind cannot produce the kind of Peace, Joy, Centeredness, Groundedness and Happiness that is essential for individual well-being and the collective well-being of everyone on the planet.

Holistic well-being requires a mind that is free from

agitation, worry, doubt, fear, anxiety and restlessness.

Inside you there is an ocean of Peace, a wellspring of Joy and Inspiration that never runs dry. To experience this, you have to go beyond your mind and beyond your senses to That Witness to your mind and your senses.

This begins by making the mind quiet so that you can experience what we call your natural, free state of being, your True nature. So, a quiet mind is essential.

What if you could experience a silent mind and then no thoughts whatsoever, and then a wonderful experience of Peace and Joy, **in less than three minutes?**

And what if you had a simple, daily practice in which you could maintain this experience of a silent mind, while making your mind sharper? The purpose of what is taught in this book is to give you that experience.

My Shri Gurudev has said that there are many journeys in life, but that the journey to Liberation begins with the understanding *Shivo'Ham*, I am Shiva, I am the Self. Without reaching for and holding this highest of understandings imparted by the sages of steady wisdom, while retracing one's steps back to God, it is impossible to stay the course long enough to face yourself in order to root out the karmic obstacles to your Freedom and Liberation – the very obstacles that you yourself have created.

Flushing these obstacles out in order to burn away all that you are not, requires that you be tested. These tests that are given by a living Sadguru, provide the proof of the absolute power of our approach and the practice of Witness Consciousness Centering. I offer these verses to help all seekers understand the huge benefit of practicing Witness Consciousness Centering to experience the state of the



Observer, in a way that one can understand that all the aspects and expressions of Humanity actually belong to the Self, not to the false notion of individuality, not to the body.

This book will offer an introduction to our approach, *Nityananda Shaktipat Yoga*, emphasizing the importance of the *Pure Perceiving Awareness* that comes with the practice and experience of Witness Consciousness Centering, coupled with the practices of meditation, chanting, selfless service and contemplation.

I ask that, just for awhile, as you read and contemplate these verses, that you set your cynicism aside, that you set what you think you know aside, that you set your ego aside, that you set your current life experience aside so that you can contemplate these verses with an open heart and mind, ready to receive.

What we seek is beyond language. However, language is necessary to convey understandings that lead to the Truth. In a recent program one man said, “I was raised Catholic. My mother will never accept that I am God.”

So, please try not to get hung up on certain terms. They are ‘educational’ terms designed to direct your attention within. Do whatever it takes to get your feet into the water so that you can begin swimming in the ocean of your own Bliss, the Joy and Love of the true Heart. For example: If you are having trouble with the references here that you are God or the Self, then you can begin with the understanding that *it is possible* that you are much greater than you think you are. At the very least, I encourage you to start there, if it makes it easier for you to listen and imbibe.

May All Be Joyful,

*Sadguru Kedarji*



# **The Verses On Witness Consciousness**

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*“You are the one witness of everything, and are always completely free. The cause of your bondage is that you see the witness as something other than this.”*

~ Ashtavakra, from his Ashtavakra Gita

1. Witness Consciousness or the State of the Observer: An experience in which you are able to watch your thoughts, emotions, notions, etc. come and go passively, without judgment and without any reaction or response that allows the energy of egoism to arise. A state in which, from that Witness to your mind, you are able to observe that Source from which all thoughts rise, are sustained and withdrawn.

2. The purpose of practicing Witness Consciousness Centering is to begin the important process of *Remembrance*, as you go about your daily activities. The great beings tell us that Remembrance means resolving one's identity crisis by identifying with the Self, with our True nature, in every movement of thought, emotions, notions, etc. in our Consciousness.

3. Why do you need to be reminded? Because you forget who you really are. Through so many karmas (mental conditioning) of so many past lives and the present life, you have developed the false notion that you are just a person, a mere individual, that you are the body with an exclusive personality, that you are small, ordinary or delightfully weird. Without remembering who you really are, without being reminded constantly that you are the Self, there is no hope for permanent spiritual transformation. Finding true peace and happiness then becomes a fading dream, mostly due to the raging river of worldly distractions.

4. We know when we are thinking but how do we know we

are thinking? How do we know we have slept? How do we know we have dreamt? We know because there is a higher power, a power that we refer to as *the Knower, the Witness, the Shiva-Shakti power or Supreme Principle*, that is beyond the mind and beyond the senses. *That* is what observes these changing states of experience. That Witness is who we really are.

5. Reaching for this Witness Consciousness state, with practice and the Grace and leadership of a perfected spiritual teacher or Master, leads to your awareness merging in the experience of the Witness. In Shaivism, this merging is referred to as *Pure Perceiving Awareness*. It is a Blessing of the Grace-bestowing power that flows through a Shaktipat Guru, along with your Grace inherent in your performance of instructed spiritual practice.

6. To begin to understand and to experience this State of the Observer known as Witnessing Awareness, it is necessary to hold and to contemplate the fundamental teaching of our approach. This is a Shakta approach leading to the Shambava approach (upaya) as elucidated by Shivaji in such sacred texts as the Shiva Sutras and the Spanda Karikas.

7. This teaching is framed in the utterances of the great beings of our lineage who state, **See God In Each Other. The Self Exists Equally In All.**

8. In order to practice and perfect Witness Consciousness Centering, we begin by holding the highest understanding “I am Shiva. I am the Self. I am God.”

9. Even if you have not yet gathered the evidence of this Truth, by way of direct experience, you can hold this

understanding. It will help you gather the evidence of this fact by allowing you to build a foundation for going higher with the spiritual practice and guidance in application of this teaching that will become the proof of this Truth.

10. Without embracing the understanding “I am Shiva. I am the Self. I am God,” it is impossible for us to sustain the practice of Witness Consciousness Centering long enough to shatter belief and opinion in the direct experience of the Highest. We hold this understanding, coupled with our spiritual practice as instructed by our spiritual companion in the living Master, to prove this statement to ourselves, in the laboratory of our own existence. **Holding this understanding becomes our act of Grace.**

11. Therefore, the great beings tell us “You are not a person. You are the Self. You are God.”

12. In fact, your perfection is already with you. The great travesty is that you *forget* who you really are. You lose awareness of the Self, the Pure Perceiving Awareness of your own Divinity. *You lose this awareness by concealing from yourself the fact that you are the Self.*

This is a matter of resolving an identity crisis by inner investigation and experience – beginning with the experience of Witness Consciousness. STOP HERE FOR A MOMENT AND TAKE A DEEP BREATH. It is recommended that you use the following link to experience the practice of some centering techniques that will help you prove the import of these verses to yourself.  
<http://nityanandashaktipatyoga.org/dharanas.html>