

Expressions from Shivanga Sadhakas

"Life has changed a lot now, it has improved tremendously. I have experientially started seeing that Shiva is everywhere. In my experience, everything is Shiva, only Shiva."

- Lakshmi Narayanan,
Software Architect, Chennai

"I kept chanting Shiva Shambho as I climbed [the Velliangiri Mountain]. I don't know how I reached the top. It felt like somebody else carried me up."

- Velayuthamoorthy,
Businessman, Palani



"The Shivanga Sadhana is about bringing into your awareness that you are a limb of Shiva, the very source of creation and the Ultimate Possibility."

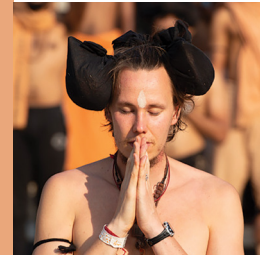
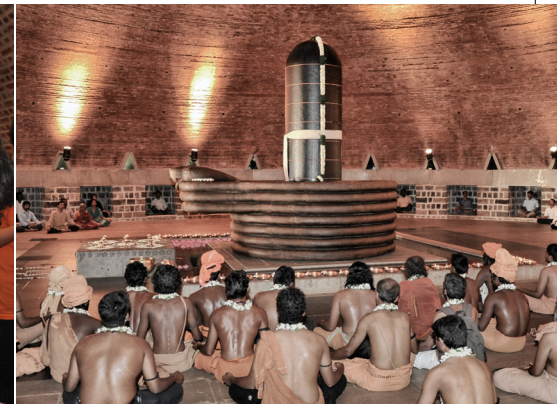
- Sadhguru



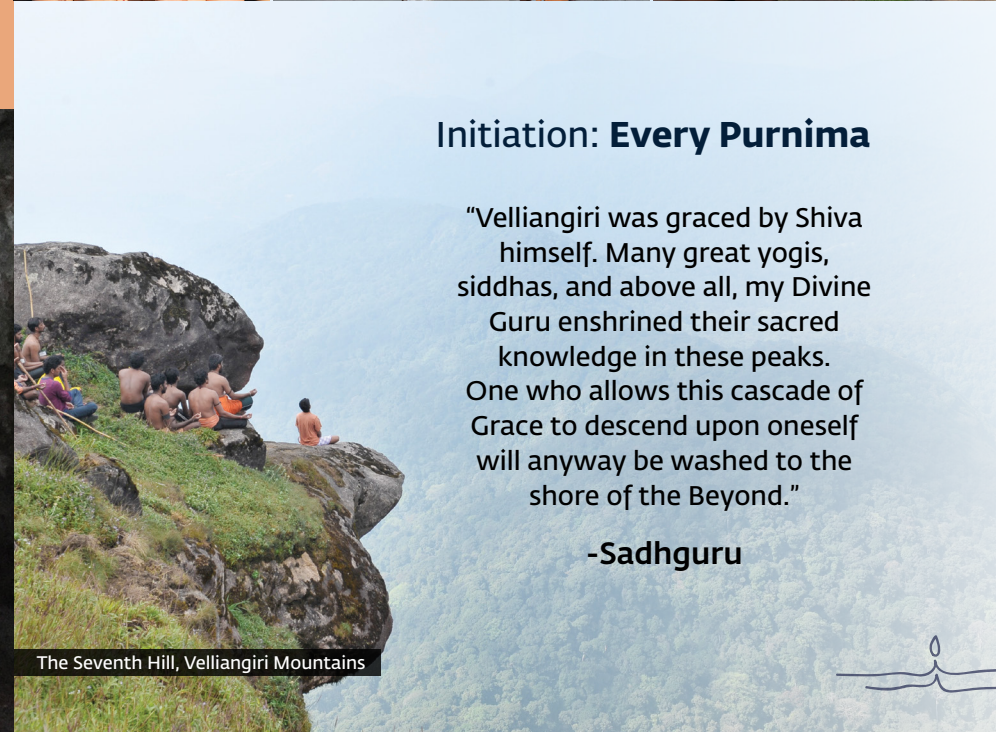


Shivanga is an intense 42-day sadhana period designed to explore higher levels of experience in body, mind and energy. Beginning on Purnima day each month, it culminates on Shivaratri at the Dhyanalinga with an offering, and a yatra to the peaks of the Velliangiri Mountains, the Kailash of the South.

The Shivanga Sadhana includes daily practice of Shiva Namaskar and a powerful chant, which will enhance one's spiritual receptivity and provide a strong physical and psychological basis for inner exploration.



Swayambhu Linga on Seventh Hill



The Seventh Hill, Velliangiri Mountains

Initiation: **Every Purnima**

"Velliangiri was graced by Shiva himself. Many great yogis, siddhas, and above all, my Divine Guru enshrined their sacred knowledge in these peaks. One who allows this cascade of Grace to descend upon oneself will anyway be washed to the shore of the Beyond."

-Sadhguru

