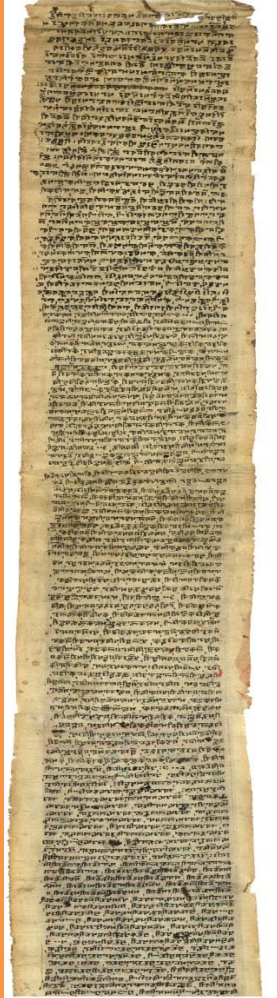


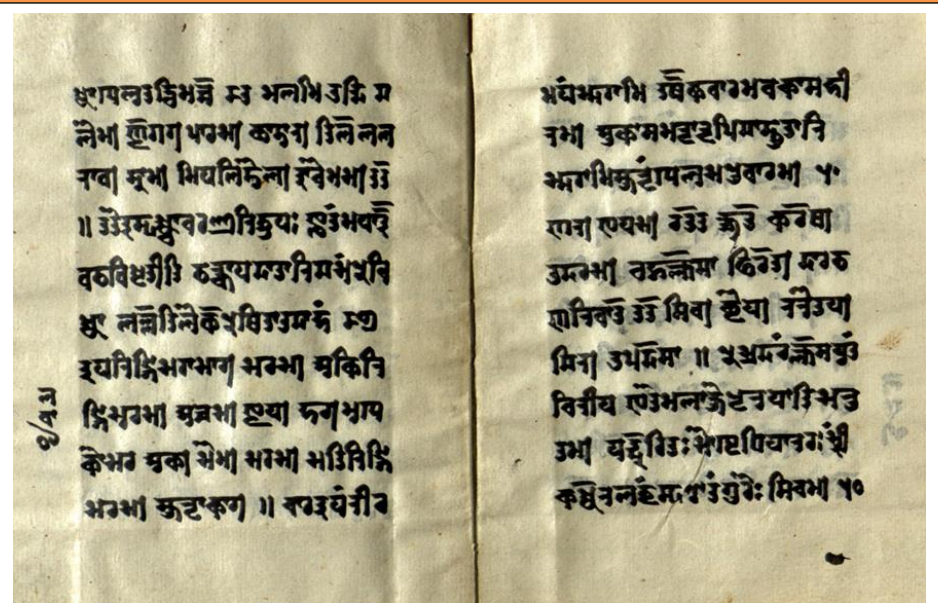
Transformations IV - The Jyeshtha Ashtami Havan and Kashmiri Pandit Wisdom Retreat

held at

Shri Sharada Temple, East Stroudsburg PA
May 26th and 27th 2013



History was made, when for the first time in many centuries, the precious Sharada Sahasranama was revealed to the Kashmiri Pandits who had gathered expectantly for this moment. In a remarkable coincidence, the author who has been identified as Sri Sahajaka completed his composition centuries ago on the day that we assembled. The translation, from Sarada script into Sanskrit and then into English, of this important manuscript, is the painstaking effort of Chris Tompkins who was our keynote speaker. For the first time we now have the description of Sharada, Kasmira Devi, which we can use to visualize her, based on the *dhyanam*. Bhairava says, “Om to Sharada who grants all the wishes of her devotees. She has three eyes, the middle of which is the full moon; in (her four respective) hands are found: a powerful bow with arrows; a bell; a chalice of nectar; (and) a pitcher adorned with resplendent jewels.” The translation of the full Sahasranama is proceeding as part of the Kashmir Shaivism project. It is intended that we will conduct the first home to Sharada on Navratri in the month of *Asvin*.



The Kashmir manuscript project is uncovering many treasures. Above is a copy of a manuscript on the **Lalla Vakhs** of which 49 are believed to have never been seen before in any published works. This translation too will be worked on in 2013. It will provide fresh insights into the great female mystic and poetess of Kashmir. Please join us in this valuable initiative.



Anubhav Raina, son of the illustrious Pandit Tej Raina, author of the book **Trika**, gave a talk on the seminal role played by Sharada script in Indic civilization. He traced the evolution from Brahmi to Gurmukhi and from six vowels to fourteen vowels. Oral traditions were gradually transcribed by the Kashmirian scholars. From the RigVeda to the Tübingen Atharveda to Sakantula and not overlooking the famous Bakhshali manuscript, the Sharada script is a treasure trove which still remains unexplored. There are over 750,000 manuscripts which have yet to be translated into modern languages.



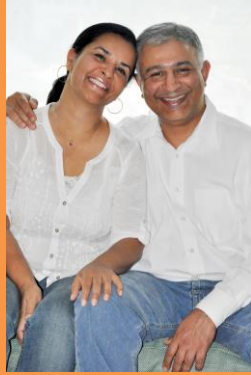
Rakesh Kaul gave a talk on the subject of How to get Rich, How to get Wealthy using the Sharada pathway. Starting with the *Pratyabhijna Hridayam* to the *Viru-pa-k.sapañca-s'ika* he showed how the ancient formulas coded within our body of knowledge provide two pathways -the honeybee pathway of how to get rich and the Lotus pathway on how to get wealthy. He used empirical evidence from ancient art and Lakshmi sculptures from Kashmir to show the hidden lessons for us to apply to modern business opportunities. See extract <http://youtu.be/QqmnHPJLiYY>



Professor Mohan Sapru gave a talk on 'Kashmiri Pandits: Population Genetics Perspective'. He based his talk on recent research findings from several scientific publications in the field of population genetics. In the context of previously known archaeological and historical studies, he emphasized upon the recent understanding of origin of modern humans & distribution of civilizations from genetic studies perspective. Importantly, Dr. Sapru explained the enormous significance of recent findings of R1a (Y-haplogroup), which is uniquely found in Kashmiri Pandits, and the highest age of the R1a1 variation within the Kashmiri Pandit population. Debunking the so-called Aryan invasion theory, Dr. Sapru concluded his presentation by highlighting the recent genetic evidence, which suggests that the gene flow may have taken place from Kashmir and India to Europe and not in the opposite direction.



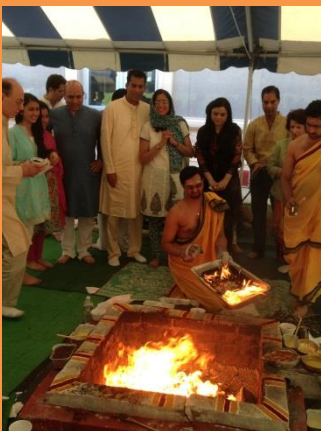
Our **Chief Preceptor** for the Transformations Yatra, Dr. Rabinder Koul, gave a talk on Gotra, meaning Protector of a ray of light. Rabinder ji traced the origins of Gotra and how its study can be tied to migration of human populations, historical conflicts, and flow of knowledge and power and up to today with its connection with the sacred thread that we wear. Epic India, all the way up to the Vedas, came to life as the eponymous Gotra weaves its way through time and space across India.



Rakesh Kaul Jr and Dr. Shubha Kaul wife of Dr. Sanjeev Kaul were the copilots on our aesthetic celebration. In honor of the Sharada Sahasranama Shubha ji sang an exquisite composition in Raag Bhageshwari to Ma Shaarde. Rakesh Jr sang the traditional Arti and bhajans. Not an eye was dry as his melodious voice brought the very experience of the Devi's sonic energy into our hearts.



Dr. Nirmal Mattoo shared the update on the completion of the \$ 5MM Endowment for the Center of India Studies. He talked about the opportunity to launch a Chair of Kashmiri Pandit studies. He also emphasized the importance of supporting the Kashmir manuscript project. Chris Tompkins' initiative in going to Kashmir to secure copies of our ancient treasures had yielded many dividends. However there were many manuscripts in private and public hands that needed to be scanned and secured for future generations. It was key to get the translation of the Sharada Sahasranama and the Lalla vakhs completed in the next twelve months.

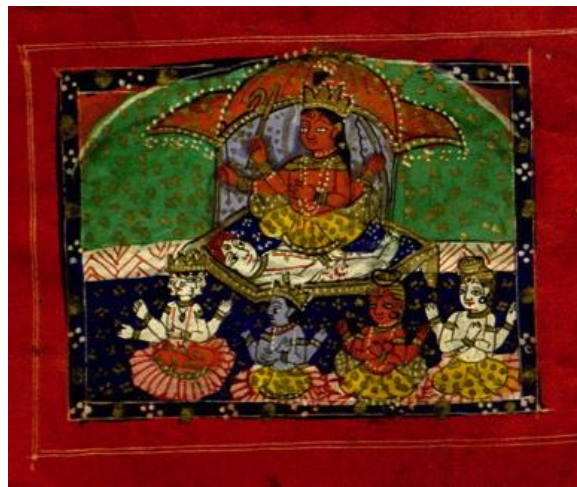


- Grand Maharagnya Sahasranama Havan**
- Ganapati Pooja
 - Punya: Vachanam
 - Maatrukaa Puja
 - Sahastranaama
 - Yajnyam
 - PurNaahuti

Chris Tompkins' afternoon workshop was on the practices of the antaryoga or inner yoga. Starting with a simple relaxation technique of sss breathing, upward generation of brahmi sound, he then moved onto the long vowels, A E I O U and then the Kundalini association with each one of the five divinities associated with Lalita Goddess.

“The Self blazes forth as the mantric fire formed by the drawing together of the moon (in-breath) and the sun (out-breath) into the center of the body. There the expansive power of the Supreme Goddess is kindled and arises from the heart (hridaya-ucchāra) in the form of sacred sound resonance.” -Shrī Abhinavagupta, Tantrāloka V.29.

The 5 seed mantras, beginning with the earth chakra (LAM), are aligned with the 5 male elemental deities in the painting below from Panchastavi -- in due order, beginning with earth and ending with space, i.e. from subtle to gross. These are universally performed in the highest practice of the Shaivas, called 'UCCHARA' ('ascent' of Kundalini Shakti as liberating sound current). The deities are BRAHMA (earth), VISHNU (water), RUDRA (fire), ISHVARA (air), and SADASHIVA (space). The corresponding bija mantras that were practiced by the participants were LAM, VIM, YAIM, HAUM and M. The power had to be experienced to be believed in.



Vijay Parimoo, our Bhairava, for the Transformations Yatra, delivered an event which generated a financial surplus, which will be used as seed money for next year's programs. The Kashmir Lakshmi framed posters from the Lost Scrolls of Kashmir proved to be a hit with all copies sold out and members contributing handsome donations. Vijay ji's talk on Panchtantra will be delivered at the next Transformations which will have more value added programs focused on the next generation. The volunteer team who served the food and hospitality deserves our appreciation and great thanks. Thanks also to the Sharada temple authorities for being great hosts.

Al Fontes is a Latin phrase meaning to the source. Without knowledge of the source there can be no knowledge. Transformations IV was an intense immersion experience where the 72 participants connected with the source. For that and much more, we are truly grateful to our ancestors, our rishis and our devas and devis.