

Shakti Spurna: A global initiative for mental health and Stability in today's generation

By the authority vested in me as The Supreme Pontiff of Hinduism and the Head of State of KAILASA, The Living Representative of Paramashiva, by the Constitution and the laws of Sanatana Hindu Dharma as ordained by Paramashiva in Vedas and Agamas, it is hereby ordered as follows:

Section 1. Establishment and Membership. Hereby Kailasa is establishing the Shakti Spurana Commission. The Commission's membership shall be composed of not more than ten members, appointed by the Supreme Pontiff, including members of the Sovereign Order of Kailasa, representatives from the ShriKailasa Uniting Nations for Mental Health and Development and Department of Health. The Supreme Pontiff shall designate a Chair from among the ten members of the Commission appointed by the Supreme Pontiff.

Sec. 2. Mission. The mission of the Commission shall be to avail the highest attainable standard of mental and emotional well-being in all Hindus by liberating them from the clutches of the mind and emotions. One of my first actions in response to the Mental health and illness was to ensure easy access to science of Shakti spurna and associated resources to all Hindus. Expanded access to this science course is essential to fighting the mental illness. This course introduces participants to the three bodies (physical, subtle and causal), and helps them harness the energies of each for optimal daily living. Setting the three bodies in tune gives one an easy way to fall into a space of deep meditation and Oneness, thus reaching their full potential and establishing them in a space of Powerfulness and eradicates any ounce of powerlessness.

In carrying out its mission, the Commission shall:

- a) Develop empowering sessions to educate Hindus on the science of Shakti Spurna.
- b) Outline a plan to offer meditation techniques suited to a wider range of people to enable the flowering of meditation within each individual.
- c) Continue to find innovative ways to link acharya expertise in this science, courses on this science, organize and facilitate digital sessions to people who need help.
- d) Increase the availability of educational measures on the importance of Shakti Spurana in promoting a better mental health. stability in mind and 3 bodies i.e Physical, subtle and causal as described in the Sarvojnannottara Agama, verse 14", which belongs to the "Shaivagama"

आसनञ्च समाधिश्च योगाङ्गानि षडेव तू
āsanañca samādhiśca yogāṅgāni ṣaḍeva tū

The Lord said:

Through the practice of yoga one can attain beneficent accomplishments; he can attain release (moksa); he can ascend to the state of ineffable bliss. It is to be known that there are six means or limbs of yoga. Now listen to those various subservient parts of yogic practice. Pratyāhāra, dhyāna, prānāyāma, dhāraṇa, āsana, and samādhi are the six constituents of yoga system.

- e) Identify innovative digital services and technologies to spread the Science of Shakti Spurana.
- f) In strict compliance with the - all knowledge is free - clause of - Paramashiva economic policy - laid down in the Veda Agamas, all Nithya Dhyana Spurana services will be absolutely free of charge. The citizens and beneficiaries would be free to offer any amount in donation or none based on their free will.

Sec. 4. Commission Decision-making. The Commission shall endeavour to make any decision on an action or determination under the direction of Veda-Agama principle, specifically Kirana Agama, Yoga Pada with integrity, which shall be deemed to exist where no Committee member objects to the proposed action or determination. The committee shall work directly under the supervision of The Supreme Pontiff of Kailasa.

Sec. 5. General Provisions. a. Nothing in this order shall be construed to impair or otherwise affect:

- i. the authority granted by law to an executive department or agency, or the head thereof; or
 - ii. the functions of the Director of the Office of Management and Budget relating to budgetary, administrative, or legislative proposals.
- b. This order shall be implemented consistent with applicable law and subject to the availability of appropriations.
- c. This order is not intended to, and does not, create any right or benefit, substantive or procedural, enforceable at law or in equity by any party against KAILASA, its departments, agencies, or entities, its officers, volunteers, or any other person, or against any nation's integrity or laws.