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Philosophy

Mission

Brief Origin

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# RAJASWALA RITU VIDYA

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## TATTVA & SADHANA (PERSONALIZED)

# SADHAK TATTVA & SHASTRAS

## BECOME A SADHAK / DISCOVER THE SHASTRAS

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
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
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
**According to Shaiva Tantra, seeking is a Tripartite (3-pronged) path. Svatah (own experience), Gurutah (Scriptural), Gurutah (Validation of an Acharya). A seeker only becomes purna (completed) when the wisdom is authenticated by Svatah, Shastratrah & Gurutah. Only then is Sadhak is born.**




**Svatah**




**Gurutah**



**Shastratrah**





## Shri Himavath

Shri-Shastrya Tantra / Jnana-Bodhi-Karma Margya

TATTVA & SADHANA (PERSONALIZED)

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Life of Sadhana is our investment into next life to take a higher birth by exhausting the imprints of past lives

**We took this birth to express & exhaust our unresolved desires, joy, pain & art from our past lives. The unresolved imprints are called Samskaras. The purpose of life is for our souls to find expression, until expression begins, spiritual progress is not possible. Spirituality begins with the expression of Jyotism through Mahamaya.**

Shri Himavath

Shree Shashikala Thakur / Jnan-Bodhi Karma Margs

## Progress in continuous long-term spiritual learning : (4) Life of Samskara & Sadhana

# Shri Himavath

## Shiva-Vishnu-Sakthi | Jnana-Bakthi-Karma Marga

TATTVA & SADHANA (PERSONALIZED)  
**EXISTENTIAL SOUL HEALING**  
EXPRESS YOUR SOUL TO A SPIRITUAL FRIEND



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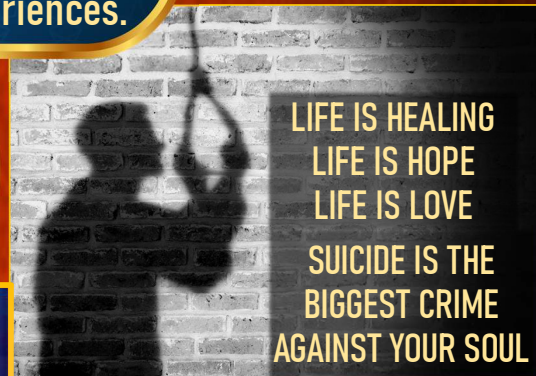
SHIVALAYA DIVYAM | 3-2, Jalan Merbah 4, Bandar Puchong Jaya, 47170, Puchong, Selangor, Malaysia

Spirituality is impossible if you are trapped in your past pain, suffering & trauma. Soul healing is a mind-body-soul approach to healing by embracing the existentialism behind your experiences.

1-on-1 only

Unknot your suffering by expressing your heart. Heal from your emotions, relationships & desires through sensible understanding. Find your purpose in life.

- Truthful Discussion & Investigation of Soul (Atma Vicara)
- Discover if you truly want to solve your problem or just seeking validation for your pain in cycles
- A familiar pain may be more comforting than unfamiliar happiness. Are you ready to walk away from your pain?
- Is your pain real or just a play of ego?



LIFE IS HEALING  
LIFE IS HOPE  
LIFE IS LOVE  
SUICIDE IS THE  
BIGGEST CRIME  
AGAINST YOUR SOUL

In-Person or Online

Mandatory 5 sessions



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Shiva-Vishnu-Sakthi | Jnana-Bakthi-Karma Marga

TATTVA & SADHANA (PERSONALIZED)

# RAJASWALA RTU VIDYA

MENSTRUAL & WOMB WISDOM | SADHANA FOR WOMEN



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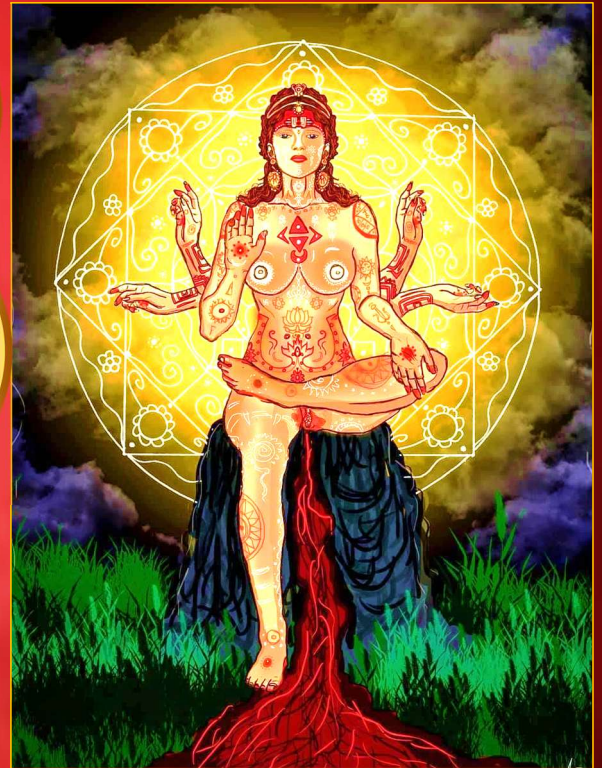
Women have been created by the divine to traverse the spiritual path with least effort.  
Menstruation is a woman's Sadhana.

When menstruation is experienced with mindfulness, in good physical & emotional health & aligned with creativity, art & wisdom, it becomes a Sadhana, a potent Divine Gift

40 Hours

IN-PERSON OR ONLINE

- What is it to be a woman
- Ayurvedic science of menstruation
- Spiritual Significance of Menstruation
- Menarche to Menopause
- Ancient Rituals & Practices
- Asana & Pranayama for Menstruation
- Influence of Sun & Moon
- Menstruation as Sadhana
- Menstrual & Womb Health
- Womb Healing & Awakening
- Role of Shiva & Sakthi Energy
- Art of becoming a divine wisdom mother



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SAHADHARMACHARYA

INTIMACY OF SPIRITUAL CONSORT & COMPANIONSHIP



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In Sanathana tradition, the man or woman in a relationship is called a 'co-pilgrim' on the path of truth & Kama, Ardhha, Dharma & Moksha

She is called Sahadharmacharini and he is called Sahadharmachari. A spiritual companionship is called Sahadharmacharya.

The man & woman drive each other's spiritual thirst & complement each other's Svadharma, a true union of a Man & Woman : Ardhanarishwar

40 Hours

IN-PERSON OR ONLINE

- In Kali Yuga, spiritual seeking is best done with a spiritual companion, spiritual friend or in Grhastha Ashram
- How men & women are spiritually different
- The art of becoming a spiritual consort as a man & woman. Pati & Patni Seva
- The role of Sahadharmachari & Sahadharmacharini in each other's Svadharma
- Spiritual intimacy - From Kama to Bakthi
- Spiritualize your marriage & relationship



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GURUMATAPITR : NURTURE A DIVINE SOUL  
THE ART OF DHARMIC PARENTHOOD



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A child belongs to life & the divine. A soul picked a body made by you only as a vehicle. Dharma as parents is only served when you raise the soul your child embodies. Be your child's 1<sup>st</sup> Guru

Discover the art of raising a Divine Soul. Be a spiritual parent to your child's soul. The first 14 years of your child is the most crucial spiritual phase

30 Hours

IN-PERSON OR ONLINE

- Who is your child
- How to become your child's first Guru
- Why were you chosen as parents
- How language shapes a child's brain
- Importance of Art forms
- Importance of Spiritual Teacher
- Importance of Shashtra
- Importance of Play
- Importance of Discipline & Sadhana
- Impact of gadgets on the soul
- The right food
- Importance of basic rituals



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TATTVA & SADHANA (PERSONALIZED)  
**DVAITA : INTIMACY WITH DEITIES**  
INTIMACY WITH DEITIES FOR FRUITION OF TAPASYA



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The Jivatma is as real as & dependent on Paramatma. The Human life is not Maya. Life is a marriage of Karma, Dharma, Upasana, Sadhana & Aradhana, a love affair with God

Our spiritual Sadhana is in the material world. We must divinize our material actions & expressions. Only then Tapas attain fruition.

40 Hours

IN-PERSON OR ONLINE

- Definition of Deities
- Saguna & Nirguna (Form & Formlessness)
- Dvaita, Vishishtha Advaita & Advaita
- Panchabedha
- Kula Devatas & Ishta Devatas
- Shanta & Ugra Devatas
- Inviting Deities into your life
- Prema Bakthi – Divine Love
- Basic Rituals & Mantras
- Divinize your human desires & actions
- Life – A marriage of hard work, Upasana, Sadhana & Aradhana



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TATTVA & SADHANA (PERSONALIZED)  
**SADHAK TATTVA & SHASTRAS**  
BECOME A SADHAK | DISCOVER THE SHASTRAS



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Learn & discover the art & courage to prepare yourself to be a Sadhak. Learn the qualities of a Sadhak (Seeker)

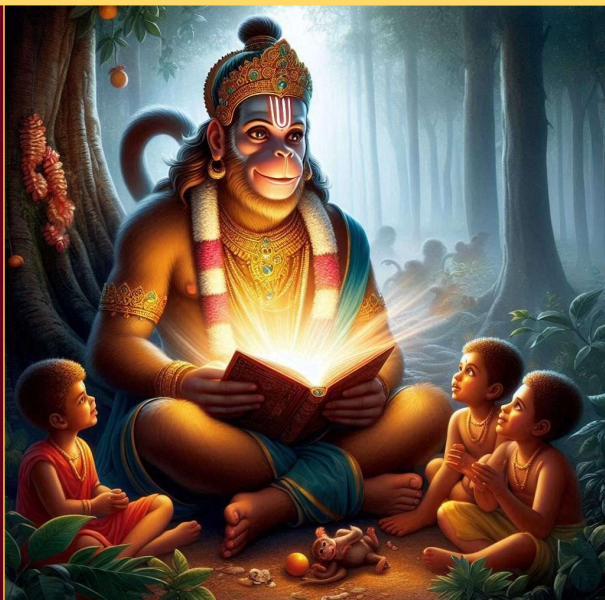
Discover Shastras, the basis of Sanathana Dharma. Have a strong Foundation for your Spiritual Path

According to Shaiva Tantra, seeking is a Tripura (3-pronged) path. Svatah (own experience), Shastratah (Scriptures), Gurutah (Validation of an Acharya). A seeker only becomes complete (Purna) when his wisdom is authenticated by Svatah, Shastratah & Gurutah. Only then a Sadhak is born.



**MANDATORY SELECTION PROCESS  
REQUIREMENT : 20 HOURS**

**PRACTICE & TOPICAL SATSANG**



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**LIFE OF SAMSKARA & SADHANA**  
AWAKEN THE SEEKER | PATH TO SELF-DISCOVERY



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Discover the courage to live the life of  
Spiritual, Artistic & Soul Expression  
according to your will & divine will

Life of Sadhana is our investment into  
next life to take a higher birth by  
exhausting the imprints of past lives

PREREQUISITE : COMPLETION OF  
SADHAK TATTVA & SHASTRA

IN-PERSON OR ONLINE CONTINUOUS  
SATSANG-BASED LEARNING

We took this birth to express & exhaust our  
unresolved desires, joy, pain & art from our  
past lives. The unresolved imprints are  
called Samskaras. The purpose of life is for  
our souls to find expression. Until  
expression begins, spiritual progress is not  
possible. Spirituality begins with the  
expression of Jivatma through Mahamaya.



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**TATTVA & SADHANA (PERSONALIZED)**  
**JNANA – KARMA – BAKTHI MARGA**  
**ASSOCIATION WITH & DISCUSSION ON DHARMA & TRUTH**



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**YOGIC SCIENCE OF MATERIAL LIFE**

- Art of Discovering a Purpose / Seeking
- Material-Spiritual Life
- Cyclical & Linear Life
- Humans, Men, Women, Society
- Yogic Science of Relationships, Marriage, Divorce, Parenting & Family
- Yogic Science of Sexuality
- Ahamkara & Entanglement
- Karma of Ardha (Wealth)
- Conscious Living
- Emotional Balance
- Menstruation & Brahmacharya
- Unhealed Trauma, Depression, Anxiety, Anger, Guilt, Grief, Desires
- Yoga & Ayurveda for Body & Mind
- Compassion & Love
- Life cleansing – Creating space & time for spirituality

**YOGIC SCIENCE OF SPIRITUAL LIFE**

- Advanced Atma Vicara
- Art of Sadhana
- Art of becoming a Sishya of your Antarguru (Inner Guru)
- Essence of Shastras & Classical Texts
- Yogic Science of Spirituality
- Evolution of Atma
- Purpose of Yatra
- Animal Spirituality & Wisdom
- Jnana (Wisdom)
- Karma, Samskaras, Vasana (Desirous Actions, Cause & Effect)
- Bhakthi-Bhava (Devotion & Emotions)
- Sakthi Tantra Sadhana (Philosophy)
- Shiva Tantra Sadhana (Philosophy)
- Powers of Kshetra
- Guru & Devatas
- Intimacy with God



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# SHRI HIMAVATH

## YATRA | SACRED JOURNEY

### DISCOVER YOURSELF AT KSHETRAS OF THE DIVINE



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INTIMATE SMALL GROUPS  
ONLY FOR STUDENTS OF SHRI HIMAVATH

Sacred Mountains & Plains

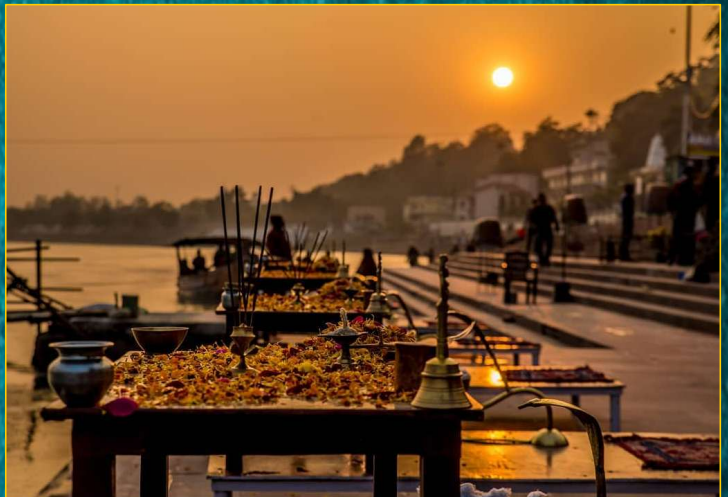
Powerful Kshetras

Holy Cities, Ashram & Nature retreats

Auspicious Days & Festivals

Upasana, Pujas, Rituals

India, Nepal, South East Asia,  
Tibet, Sri Lanka, Bhutan



Yatra is a sadhana for a Sadhak. It is an outward journey towards deities that takes you inwards. Yatri's journey with the clarity of mind to go through the ordeal to cleanse their karma and deal with their soul. It is not a holiday. It's self-purification. A Yatra must be done with an internal Bali or Naivedyam (Sacrifice or Offering). It is a Tapasya.



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## DAKSHINA (HONORARIUM)

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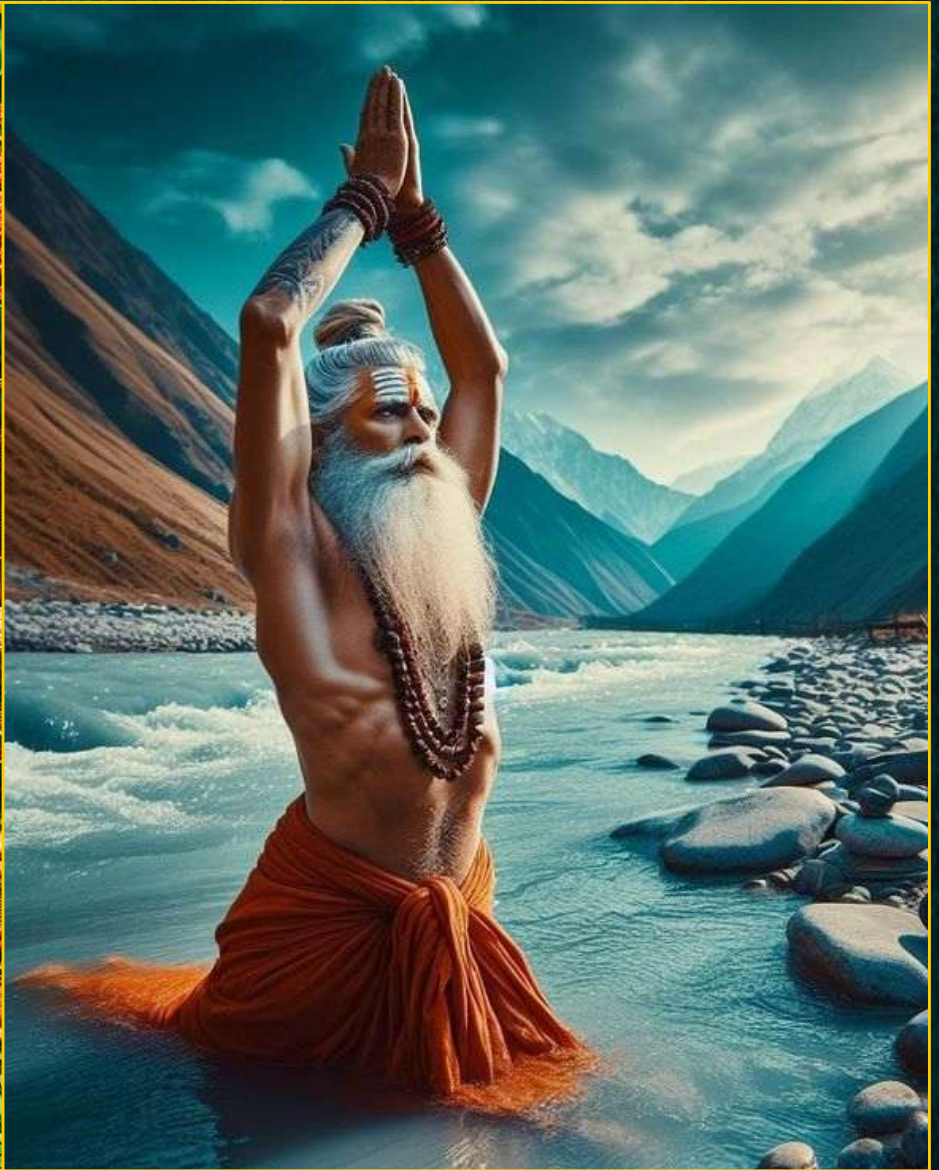
LEVEL	HOURS	IN-PERSON	E-LEARNING (ONLINE)		
		Per Person	Malaysia & Asia	America & Europe	Australia, NZ & Singapore
Dharma of Worldly Life - Grhasta & Vanaprashta (Kama, Ardha, Dharma)					
Rajaswala Rtu Vidya	40 Hours	RM 3400		USD 950	SGD 1200
Sahadharmacharya	40 Hours	RM 3400		USD 950	SGD 1200
Gurumatapitr : Nurture a Divine Child	30 Hours	RM 2550		USD 700	SGD 950
Dvaita : Intimacy with Deities	40 Hours	RM 3400		USD 950	SGD 1200
Tattva & Sadhana – Wisdom & Practice (Adhyayana – Long-Term Spiritual Learning)					
Existential Soul Healing	Hourly	RM 100		USD 35	SGD 40
Sadhak Tattva & Shastra	Hourly	RM 100	RM 65 / Hour	USD 35 / Hour	SGD 40 / Hour
	5 Hours / Month	RM 350			
Life of Samskara & Sadhana	Hourly	RM 100	RM 65 / Hour	USD 35 / Hour	SGD 40 / Hour
	5 Hours / Month	RM 350			



## Shri Himavath

Shiva-Vishnu-Sakthi | Jnana-Bakthi-Karma Marga

## A vibrant illustration of a woman in a meditative pose, surrounded by lush greenery and various herbs. She is wearing a white sari with an orange shawl and has a flower crown. In front of her is an open book with text in Devanagari script, and several small pots containing ground herbs and fresh ginger. The background is a dense forest with large green leaves and a warm, golden light filtering through.



## Shiva-Vishnu-Sakthi | Jnana-Bakthi-Karma Marga

# YOGA DHARSHANA - HOLISTIC WELLBEING & HEALING

# YOGA DHARSHANA - HOW TO PROGRESS



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HOLISTIC WELLBEING & HEALING  
**YOGA AYURVEDA SADHANA**  
MASTERY OF YOUR TEMPLE (BODY) & HEALTH

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**PREPARATORY (PRACTICAL)**

- Yamas & Niyamas (Good Conduct)
- Basic Asana Sadhana for Meditation
- Pranayama Sadhana for the Mind

**YOGA AYURVEDA (PRACTICAL)**

- Tridosha Balancing
- Dinacharya & Diet
- Relaxation & Recovery Techniques
- Basic Yoga & Ayurveda cleansing
- Right Clothing For Energy Flow

**PRATYAHARA (PRACTICAL)**

- Conscious engagement of Senses

**DHARANA - MEDITATION (PRACTICAL)**

- Basic Mantra Chanting
- Silent Sitting
- Vak Shuddhi
- Basic art of Prayer & Ritual

36 Weeks @ 1 Hr 15 Min each  
Private group (In-Person & Online)  
Dakshina : RM 250 / Month @ 9 Months

Yoga, meditation, & Ayurveda are practice-based lifestyle Sadhana. It only works if practiced holistically

Shri Himavath only teaches traditional authentic practices to the right students. This is a non-certificate Program.

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**STEP 1**  
Complete the mandatory Foundation  
Yoga Ayurveda Sadhana

**STEP 2**  
Progress to Weekly Practice &  
Continuous Learning according to your  
preference ;

- If Mind : Pranayama, Meditation, Satsang
- If Physical : Traditional Hatha Yoga
- If Physical & Mind : Choose combination of both

Physical

HOLISTIC WELLBEING & HEALING  
**TRADITIONAL HATHA YOGA**  
REVITALIZE THE BODY & LIFE ENERGIES (PRANA)

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**WEEKLY PRACTICE**

Dakshina : RM 120 / Month  
Registration Fee : RM 50  
Optional Add-On : RM 30 / Session

**Prerequisite :**  
Yoga Ayurveda Sadhana

**Subsequent Renewal :**  
4 months (Paid Monthly)

4 Sessions / Month  
1 Hour 15 Mins / Session  
**IN-PERSON ONLY**

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Shiva-Shaktha Tantra | Jnana-Bakthi-Karma Marga

TRADITIONAL HATHA YOGA

**YOGA AYURVEDA SADHANA**  
(Foundation Sadhana)

Mind

HOLISTIC WELLBEING & HEALING  
**PRANAYAMA, MEDITATION, SATSANG**  
AWAKEN YOUR INNER PERCEPTION

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**WEEKLY PRACTICE & SATSANG**

Dakshina : RM 120 / Month  
Registration Fee : RM 50  
Optional Add-On : RM 30 / Session

**Prerequisite :**  
Yoga Ayurveda Sadhana

**Subsequent Renewal :**  
4 months (Paid Monthly)

Min Age : 18 Years  
4 Sessions / Month  
1 Hour 15 Mins / Session

Satsanga means companionship with truth. Constant discussion with noble souls is the heart of Satsang. Individual spiritual paths may vary according to Karma but Satsang is the only way to begin a spiritual path. Our minds get disturbed from the world-of-objects outside and realm-of-desire within. In Satsang, we can destroy the distractions & attune our actions to divine & higher life.

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PARANAYAMA, MEDITATION, SATSANG

**WHY FOUNDATION SADHANA**

- Foundation Sadhana prepares a new practitioner to the reality of Yoga or Meditation Sadhana
- Teaches the importance of self-practice & commitment for progress
- Enables you to discover your physical & mental limitation
- Focused teaching & learning for new practitioner
- To meet the progress of long-term students in weekly classes

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# YOGA DHARSHANA - HOLISTIC WELLBEING & HEALING

## YOGA AYURVEDA SADHANA

### MASTERY OF YOUR TEMPLE (MIND-BODY) & SELF-HEALING



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#### PREPARATORY YOGA AYURVEDA, PRATYAHARA, DHARANA (PRACTICAL)

- Yamas & Niyamas (Good Conduct)
- Basic Asana Sadhana for Meditation
- Pranayama Sadhana for the Mind
- Tridosha Balancing
- Dinacharya & Diet
- Relaxation & Recovery Techniques
- Basic Yoga & Ayurveda cleansing
- Right Clothing For Energy Flow
- Conscious engagement of Senses
- Basic Mantra Chanting
- Silent Sitting
- Vak Shuddhi
- Basic art of Prayer & Ritual

Yoga, meditation, & Ayurveda are  
practice-based lifestyle Sadhana. It only  
works if practiced holistically

Shri Himavath only teaches traditional  
authentic practices to the right students.  
This is a non-certificate Program.

24 Weeks @ 1 Hr 15 Min each  
Private group (In-Person & Online)  
Dakshina : RM 180 / Month @ 6 Months



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Shiva-Vishnu-Sakthi | Jnana-Bakthi-Karma Marga

# YOGA DHARSHANA - HOLISTIC WELLBEING & HEALING TRADITIONAL HATHA YOGA

REVITALIZE THE BODY & LIFE ENERGIES (PRANA)



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## WEEKLY PRACTICE

Dakshina (Group) : RM 120 / Month  
Subscription : 4 months (Paid Monthly)

**PREREQUISITE :**  
**YOGA AYURVEDA SADHANA**

Private Pass  
1 Student : RM100 / Hour  
More than 1 Student : RM80 / Hour



4 Sessions / Month | In-Person Only  
1 Hr 15 Mins / Session | Min Age : 18 Years



Hatha Yoga is an art of gaining inner awareness of our bodies & Prana through meditative movements & synchronized breath. Mindful self-practice is the key to Asana Siddhi. It must be practiced correctly to avoid serious side-effects. Hatha Yoga is not a bending exercise for fame.



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# YOGA DHARSHANA - HOLISTIC WELLBEING & HEALING PRANAYAMA, MEDITATION, SATSANG

## AWAKEN YOUR INNER PERCEPTION



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### WEEKLY PRACTICE

Dakshina (Group) : RM 120 / Month  
Subscription : 4 months (Paid Monthly)

### PREREQUISITE : YOGA AYURVEDA SADHANA

Private Pass  
1 Student : RM100 / Hour  
More than 1 Student : RM80 / Hour

4 Sessions / Month | In-Person or Online  
1 Hr 15 Mins / Session | Min Age : 18 Years



Satsanga means companionship with truth. Constant discussion with noble souls is the heart of Satsang. Individual spiritual paths may vary according to Karma but Satsang is the only way to begin a spiritual path. Our minds get disturbed from the world-of-objects outside and realm-of-desire within. In Satsang, we can destroy the distractions & attune our actions to divine & higher life.



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LEVEL	OFFERING	DAKSHINA (HONORARIUM)	
		OPEN GROUP	PRIVATE SESSION
Foundation	Yoga Ayurveda Sadhana	RM 180 / Month (6 Months)	
Body & Prana	Traditional Hatha Yoga	RM 120 / Month	1 Student RM 100 / Hour
Prana & Mind	Pranayama, Meditation, Satsang		More than 1 Student RM 80 / Hour
Body, Prana & Mind	3 + 1 or 2 + 2 or 1 + 3 Combination Of Hatha Yoga Asana & Pranayama, Meditation, Satsang		



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