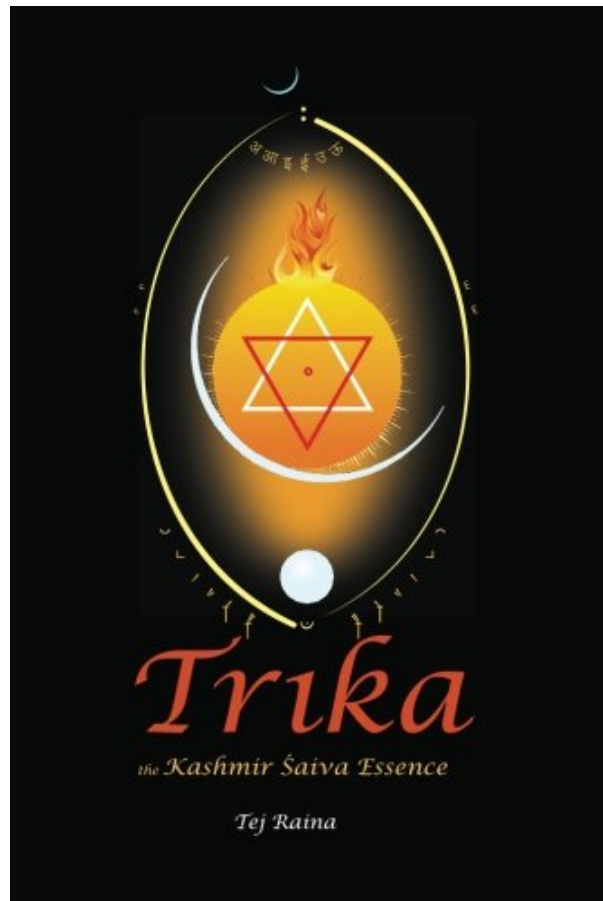
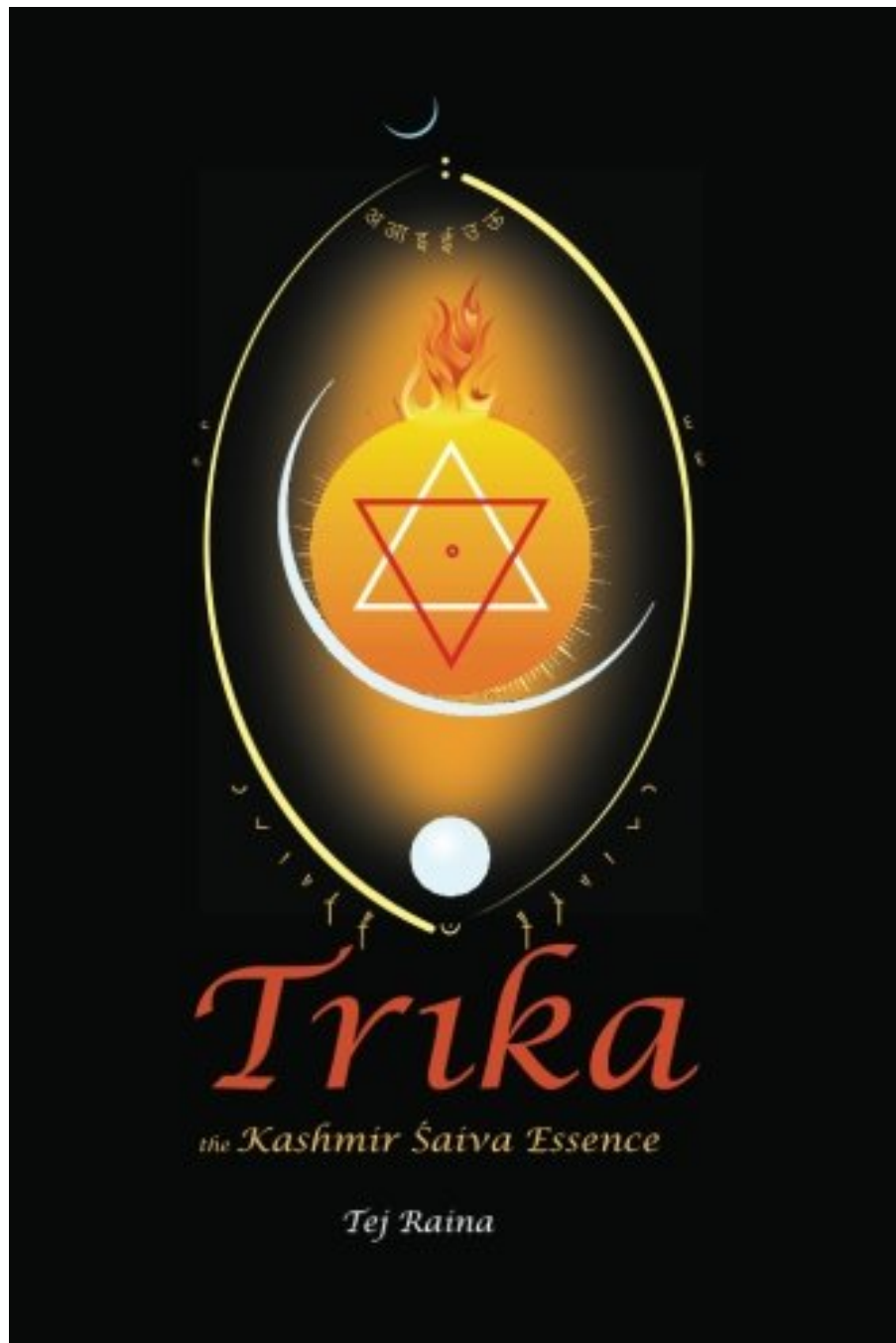


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About the Author

Tej Raina, (born 2 February 1942), a college teacher by profession, taught Physics in various government colleges of the Jammu and Kashmir state in India and at the same time remained associated with literary pursuits, T.V. script-writing, news-reading and ETV program presentation. He also worked as Educational Media Generalist in AIIMS, New Delhi, India. At present he lives in Jammu, India busy with his writing and study.

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Lofty philosophical subtleties of Trika school of Kashmir Shaiva wisdom shrouded in intricate Sutras, have been unfolded in rational investigative manner for a modern thinker, in a captivating conversational language, by the author Tej Raina in Trika, the Kashmir Shaiva Essence. Beginning with the perceptive experiences each one of us has, he develops a coherent, thought-provoking argument that helps to visualize the profound Trika communication, handed down from centuries to us in the form of Sutras by the seers of profound truth. He uses Sutras as lighthouses to authenticate the perspective he provides for understanding, contemplating upon, and practicing Trika truth. The book can certainly enlighten any serious reader.

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A Magnificent Quest piloted by an Explorer of the Universe

By RakeshKKaul

Trika by Tej Raina: A Book Review

"What is that, by knowing which, one needs to know nothing else?" is the question that Tej ji starts his quest with. He further quotes the much venerated Krisnaju Razdan ji, "Make me do such that that I need to do nothing else."

You fasten your seat belt as you become a mahabhage, a partner and traveler alongside Tej ji on a journey into the core of the Universe, the Hridvyomny.

Listen, he says, but don't just hear as you go on your tour. Listen, especially to the sounds of silence and then the sounds that arise even before thought and speech.

Tej ji deftly shows you the Treasure maps which have come down to us which are the compass and GPS that provide the directions for this journey. There are the Shiva Sutras, the Paratrisika, the Pratyabhijnahridayam, the Spada Sandoha, the Malinivijayatantra and of course the Vigyan Bhairava Sutras. While translations are

available for each scripture Tej ji masterfully weaves the relevant content from a continuity and contextual point of view in a manner which best benefits the lay reader. Nothing reveals the power of his approach more than when he groups the 112 dharanas in the Vigyan Bhairava Sutras into six groups rising from the novice to the realized seeker who has achieved Shiva hood but now wants to permanently reside within it. He writes in lucid English but preserves the original terms in Sanskrit so that the authenticity and the rasa of the terms can be experienced in the original language.

Why would the reader want to go on such a journey? Is it the Mount Everest argument which is that you climb it because it is there? No, says Tej ji it can be summed up in one word Bliss. Do you want it or don't you want it? If you have the Iccha Will to want it then to reach out for it you have to go upwards to the source. He also provides a warning buried deep in the Appendix. If you don't want to experience bliss in your life then be careful of Pisacavesah (trance of ghosts) that makes a person a victim of unending series of obstacles in their life. He quotes Malinivijayatantra: III-31 specifically "These Ghoratan energies of Rudra carry the individual entangling him in the joy of senses." But, say you, does it mean that you have to give up on the world? No, says Tej ji, this will give you jagadananda and cidananda, joy in the world and bliss in reposing in consciousness. But, you ask, what is the mechanism which triggers all of this? What turns an ordinary man into a superman, one with siddhis and powers? Aha, now you have to go and read the book.

Tej ji is a quiet man who when you meet him presents a cultured and refined presence. Still waters however run deep. Until now I had always felt uncomfortable being addressed as a Kashmiri Pandit recognizing who gave us that identity marker. I have felt much more comfortable being addressed as a Kashmiri Bhatta fully cognizant that the Kaula pathway that one has to follow to deserve that appellation is not one that many do. Yet, it is only after reading this book that I understood that there is a Kashmiri highway and those who travel on it are an even rarer breed. These are the Trikas and to encounter one such individual in Tej Pandit ji is a rare event and certainly an encounter of the most gratifying kind.

Summary: Highly recommended for one's library and a must purchase. Keep moving forward through the book even if there are parts which on the first reading are not absorbed right away. This book like fine wine will get better as you age. A great release from within the tradition coincident with the celebration of the nine nights of Navratra. Once you read this book the world and Reality will never look the same again.

3 of 3 people found the following review helpful.

Excellent reading/study

By Frank-in-SanDiego

this book is excellent for those that are prepared to read it. In my humble opinion there are several foundational books that are needed

for one to get max. benefit from this book's offer. Once the 4 or 5 foundational books have been read this book sews them together nicely.

If you are new to trika this would not be the first book to consider.... i will be happy to list the 4 to 5 books i think are essential to read/comprehend if requested.

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