

FAQ for Abroad : Frequently asked questions.

Incase of additional questions or inquiries that require further assistance, please contact us at info@absclp.com

Q. I have never attended a Shivyog Program, can I still attend this ?

- 1. Yes sure you can. This is your first step to start your Shivyog journey of self growth.**

Q2. Do I need to bring something along with me to attend this event ?

- 2. No, you do not necessarily need to bring anything. However if you have LRT Book & a Woolen Sadhna Mat bring it along or if you have special dietary need carry along your required meal with you.**

Q3. How long is the event expected to be ?

- 3. This is approximately a 3 hours event.**

Q4.What can I expect in this event ?

- 4. This will include Shivyog chanting , breathwork, discourse and initiation into the sacred Shivyog Shree Lalita Rudra Trishati Sadhna.**

Q5. I already have a Guru. Can I still take this ShivYog initiation ?

- 5. ShivYog Path comes from the Sacred Shivyog Lineage that starts from Lord Shiva himself in the form of Dakshinamoorthy Swami. Guru is the Tatva that guides you towards light and if you do have an inner desire to get initiated into ShivYog Sadhna you may choose to be part of this event.**

Q6. What is ShivYog Initiation ?

- 6. ShivYog initiation is a sacred process of starting your Shivyog journey by receiving the grace of the ShivYog Masters Dr. Avdhoot Shivanand ji / Ishan shivanand ji in their physical or subtle presence. ShivYog sadhna is passed from the Shivyog Master to the disciple by the Sankalp Shakti (empowerment) of the Siddha Master to the disciple, without any physical contact.**

Q7. How do I chant these syllables ?

- 7. You can use the LRT book given to you to read the syllables.**

Q8. Can I get online access to recite LRT ?

- 8. Yes you can download our Shivyog Play App from the App store/Play store. In the Shivyog App - Samadhi Tab - Visit : Lalita Rudra Trishati , to chant along .**

Q9. Can I do this Sadhna all the days of the year, or should I skip it on menstrual days or when I'm unwell or when someone in my family passes away or is born ?

9. Shivyog Sadhna brings positivity, so doing this sadhna during all these days will further strengthen you and make you positive. So feel free to do this sadhna all the days of the year.

Q10. Can children do this sadhna , can my family join me?

10. If your children can sit through, they may choose to attend this event under parental guidance and get initiated. Your family too can get initiated in this event to practice this with you.

Q11. What are your authorized pages that I can follow ?

11. For updates follow us on :

Face book page :

<https://www.facebook.com/IshanShivanand>

Insta page:

<https://www.instagram.com/ishan.shivanand/?hl=en> ,

Whatsapp Channel:

<https://whatsapp.com/channel/0029Va8vDnnKQuJDTJNFBx2M>

Youtube:

<https://www.youtube.com/c/IshanShivanand>

Q12. How can I attend other Shivyog events or Shivyog Forum ?

12. Visit our Shivyog page for all upcoming events & Shivyog forums

<https://www.shivyogportal.com>

Q13. Is this a free event ?

13. Yes this is a free event and you are not required to pay.

**Bless you
Namah shivay**

