

Doubt Clearing Session held on 16 July 2022

By Sadguru Sri Sivapremananda ji

(Guruji's YouTube Videos are converted into Articles by Srividya students)



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Please refer following YouTube Video URL to watch the complete doubt clearing session: https://youtu.be/m7rEf_cMEeA

Q1) Guruji, Currently I am on a week one of practicing Srividya level six. I notice at some point during part a mind will drift into a sleepiness state and I forgot, what chakra I am on especially during level 2 4 and 6. When I regain my consciousness, I don't know sometimes, where I left off. When this happens, how should I continue the round? My concern is, if I try to figure out where I left out I might redo a chakra or miss a chakra and I recall, you warned us about making sure they are all balanced otherwise we should damage or burst a chakra.

A) So I can understand your, you know, problem with uh you know getting lost during the meditation and because of this I have mentioned many times either: you should do this meditation with a half closed eyes or open eyes whenever you feel you are going into a sleep state or you are you know just completely blank out or you don't know where you are. Okay and also use your fingers to locate the chakra bring the attention and chant the mantra until you become aware and all of that and if possible do the alternative nostril breathing before meditation that can be very you know good preparation for your brain to give a lot of oxygen so that you will not again go into a sleep state or completely lost or in a blank state. So there are two things you can do open your eyes okay and do the meditation or half closed eyes do the meditation and involve your you know yourself completely you know wherever you are in one chakra and all with the awareness with your present mind and then bringing each and every you know chakra you know your attention to each and every chakra and enchanting the mantra and also if possible put this you know alternative nostril breathing what you called anuloma viloma pranayama before the meditation. You know so little bit it will you know fresh up your you know mind with a you know a lot of oxygen you feel alert more alert when you do this meditation.

Q2) I am looking at the success eBook and see that you have an exercise for storing cosmic energy. We are only focusing on the solar plexus center. I see a lot of overlap with Srividya level 3 without the mantra. When and how do you recommend practicing this, when we are doing regular Srividya sadhana? Why is it we can focus on the solar plexus without bursting the chakra or causing imbalance?

A) This solar plexus is a very very different chakra. It holds the soul wisdom and it is called as a second brain or it is the so we call solar plexus. It is your inner sun, okay you have to light it, you have to touch it, you have to bright it, then your life will be more successful and all of that. So whenever we focus on the Manipura chakra or naval chakra, we literally energize charge this solar plexus, also so we are not focusing in our Srividya meditation on solar plexus, but, we are focusing in a success wisdom eBook to you know absorb the cosmic energy to activate your inner sun, inner sun that is your soul power okay or self-power. By doing this exercise, you are not bursting out any of that and you are doing it only for five to ten-fifteen minutes and the mantra that I have explained with the soham, it is something very very powerful. It will activate your inner sun and connect with the cosmic sun and

literally brings the cosmic energy to you too so you try doing five to ten minutes and fifteen minutes and it is very good. Especially, you can do it, whenever you are visualizing your goal. For example, I complete my meditation and after meditation there's a one way, I can visualize my goals and what I want to manifest. Otherwise, if I'm doing it apart from the meditation, then you do only this exercise that where you activate your solar plexus awaken your inner sun connect yourself to cosmos and receive that necessary power of manifestation and empower your soul atmachaitanya. Then you do the manifestation process. This is going to be very powerful process but you are not going to burst this chakra. This chakra is literally not in the third dimension. It is in a fifth dimension so we call it holds the soul wisdom. Every chakra is in a different dimension. It is a very deep science. I don't explain everything in the workshop, but I do know what actually happens. You know when your chakra is in a soul dimension, it is very different. Whenever you activate that it will completely balance your entire being, not only just one chakra. I told it's a soul power self-power your manifestation power. So we call solar plexus. It is you know the one that you know connects to the you know higher consciousness the cosmic sun.

Q3) I still have a weight to lose and I am not very active for the past few days my intuition has been telling me towards kriya yoga. Came across your Raja Rajeshwari kriya program and watched your videos on the webpage. I am a complete beginner and from what I gathered, the program focuses more on breathe work than postures. I have no proper knowledge of yoga and wanted to understand if this program is okay for householders and if so would recommend to start the practice now while I am on with the Srividhya level 6 or if I should wait until I am practicing three with the level seven or is there overlap between the programs and the Srividya level is enough?

A) If you do this three with the level one to seven with awareness, I'm repeating once more because this is very important if you do this with the level one to seven not mechanically with awareness means, when I bring my attention to the chakra feeling of the chakra body sensation around the chakra location and making mental prayer to mother, to be one with her and then chanting the mantra on each chakra, this is what we called the sadhana, the spiritual practice with awareness where you are very active and you are in the present moment and you are bringing divine mother consciousness with your attention and you are practicing with involvement. If you do like this with the surrenderance and devotion, actually you don't need another practice you know like our kriya or any other meditation because Srividya level 1 to 7 is complete. This we need to understand, but if you are going with a mechanical, if your mind is not focused, you are not really you know doing the sadhana because of your responsibility and your soul attention is you know directed here and there, you have so many thoughts during the meditation, then yes, I suggest you go for our kriya and this can be very very helpful because it works with the panchapranas these panchapranas are connected to your physical body and subtle body. When you cleanse, heal, energize and balance these panchapranas, you literally remove all the blocks between energy body and physical body. When the energy body and physical body the paths are cleared with all the energy blocks that are created because of anger because of you know negative emotion, like you know depression anger and jealousy all of that. When you remove all of those channels and then plenty of prana starts applying to your body organs

then organs that are not functioning properly not creating a right hormone, right chemical secretion of a right enzyme and all of that that everything will be taken care . Then when you say that a way to lose you need to make a mental affirmation, that all the excess fat deposited in your body and all type of toxins, whether they are in a solid toxins or liquid toxins or gaseous toxins should be released from your body, smoothly safely and easily. You have to make this, you have to pray to divine then, what happens once you make an intention make an affirmation after meditation or during the prayer or you know in your mind when you go into deep state of meditation then what happens body start receiving those signals the soul is you know commanding to the body and automatically body has its own intelligence to start you know releasing all unnecessary you know the fat that is deposited in the body, all the toxins that are you know not allowing you to have a right nutrition to be absorbed in your body, so then slowly in a few months or one year or something the time is needed for your body to release all the toxins all the fat you know deposited in your body and then you start experiencing the you know lightness you know and bringing the weight of the body to the normal and all things will be taken care

Q4) Level 4 Shiva yoga- Guruji, during group meditation, I feel the presence of divine help when you invoke this assistance, I feel the potential for transformation but when I meditate daily on my own, I am not able to connect to the guru parampara in the same way. Why it is?

A) Whenever I do the group meditation, I don't just come simply here to sit and do i prepare you know minimum for 21 days with a prayer with a sincerity asking Tirumoolarji to present during group meditation, asking the Khadgamala yoginis to come and present their blessing, asking my guru mandala to come and bless them asking the Bhairavas to come and bless asking the Srividya Devatas to come and bless me and all students who are you know you know meditating and joining for a group meditation and I'm making a sankalpa. Not only it will help my students, even to the universe. Any person who is sincere and ready to receive this grace bless them, so it is not a one day activity, I do this you know preparation. I take the appointment of Tirumoolarji, I take all of them to make available on that event, so it is a lot of work I do before I announce. The group meditation and all I work out. Then on that day, divine because of their unconditional love, because of their grace, they present and bless all of us. So it is true that many times, we don't you know that's what you don't feel a connection with the guru parampara, the way it happens during the group meditation, because this preparation is needed from a master.

Q5) Why don't I hear see feel know and sense clearly subtle dimensions?

A) All cannot do this because they all persons are not psychic. They have not born as a psychic and some of you may develop because of many years of regular meditation and it is not mandatory or needed that you should know the every subtle dimension and all the things. So you let go. Again, you don't need all of this. **Your main objective of the meditation is to discover the truth about yourself and that truth don't need a psychic ability, the truth don't need your visualistic skills, that the truth don't need your kinesthetic skills.** Your awareness is sufficient and your sincere search to know yourself is sufficient, so all these psychic abilities

are not you know blessed to everyone because everybody's purpose on this life is different.

Q6) if everything is Maya why do i experience the word as solid, static and not full of Shakti?

- A) You need to understand the Maya. Maya means illusion. Illusion means false identity, where we focus on the outside thing more than the real thing that is within. That is the Maya. That is understanding of the illusion, because the moment you die, the body you know you leave it actually you don't die, you left your body but you are always eternally as a soul, but our focus is only on the body and the same way this entire universe is run you know by that shiva shakti the consciousness and the energy that is the play of the consciousness of energy in every atom and everything that is made in this universe is because of the atom and these atoms are eternal, even they split the energy that is it will you know create a that is eternal, so it is understood that this conscious and energy is living in each and every being and every particle of this universe. So you are also that understanding is reality okay and if your understanding is that this physical body and everything is as a manifestation of divinity, than you it is a reality. But if you think that this body is a truth it is eternal means it is an illusion so first understand what is illusion then you have an understanding and all of that.

Q7) Bagalamukhi, I broke down crying for help from divine mother after that i realized it was around 100, when i suddenly got cut off. It was dark no fear but bliss seemed my body was not there suddenly some light and I came back to consciousness. Is it normal?

- A) Yes, it is normal you when you meditate on the divine mother your consciousness is moving from physical dimension to the higher divine dimension, when you go to the higher divine dimension, you could able to see the divine light sound and you have a very extraordinary experiences that divine mother has blessed

The same question is continuing here, since then I do feel some raised level of consciousness my legs usually go numb after 15 to 20 minutes is this normal guru?

- A) Yes, it is normal because some of you are not you know having a more active you know exercises some of you are not doing any yoga and some of your don't have a habit sitting on the floor or say or you don't have a habit of sitting on the you know chairs also so this is a normal thing that is because your prana is moving from lower to higher body and higher consciousness so where the prana is not there, it is a lesser prana you know less means the sensation is less so numbness is felt there okay

This has also happened before deeksha while practicing kundalini, I have received distance kundalini

- A) That's what I am telling you, whenever kundalini or whatever meditation you do this is what the prana will move to the higher dimension

Q8) I do practice sending healing for reiki for some of my clients we are taught to shade ourselves in a purple shade or white light. However I have felt psychic attacks and also draining of my energy many times. Please advice, is it okay to use golden yellow diamond and halari mantra while sending reiki healing as well or is this restricted to Bagalamukhi, only as I feel a divine mother can only protect me in all my healing practices

- A) This protection shade is given to you to protect yourself from all type of negativity harms, dangers psychic attacks and all. So you can use this you know you know any time ,that is helpful to you here if you want to use before you know sending the reiki healing to someone or if you want to do you know any reiki healing in a distance. You can use the protection sheet that can be helpful to you

Q9) Guruji, can all mantras which be chanted separately like a dedicated time for Baglamukhi then separately guru mantra with the guru Padhuka mantra because doing all seven to eight mantras together drains my energy at times. Also, when do we need to focus on Mahamrityunjaya mantra if daily and how many times and what is the best technique to ground ourselves?

- A) You need to understand whenever the procedure is given protocol is also given to you and the minimum number of chance that is also given three is the minimum number of chant that you need to chant, so that you will receive all those collective you know consciousness, collective vibration of the divine shiva shakti during meditation, so you follow all the complete the complete protocol as it has given the procedure. But if you want to intensify any one japan more than that more than three times more than 16 times, so whatever that is mentioned in the protocol then you do it separately in the evening you know sit and do it five minutes 10 minutes 15 minutes or one japa mala or maximum three chapter mala. Choose the one mantra and you can do it okay either it is a Bagalamukhi mantra or it is a you know **Mahamrityunjaya mantra** whatever it is you choose and do it, but when you follow the protocol you should follow the protocol sincerely without any no modification that you should that is your surrenderance to the guru parampara that is your surrenderance to the divine mother Bagalamukhi.

Q9) Srividhya level seven- My humble Pranam and gratitude to Guruji. During my level five and six sadhana, I was starting to feel a wave of energy flow in my body now that i started level seven this flow is so much more than with a level 7 mantra. It is an amazing peaceful beautiful feeling of unconditional love and bliss doing the during the whole sadhana from level 1 to 7. I love doing my sadhana. This energy flow happens sometimes during chakra meditation or in part b I am starting to go unconscious unaware for a few seconds. I don't know could be longer then I snap back and I feel so peaceful, I sit there in silence. Guruji can you please explain, so i can understand more what is happening will i experience this more or longer as i continue with level 7?

- A) You see that as you progress from level one to seven, you start absorbing the energy of level one to seven okay and level seven mantra is something very beautiful that that has the energy of level four five and six together. So when level four five six energies are coming to be together the energy will be more peak, more powerful ,more energetic okay .You may feel ecstasy, you may feel a peaceful, blissful awareness and all of this. So this is just a great blessing that is you could able to experience as a as a you know blessing from mother divine mother okay. So this is

just you know it's your you know right experience of divine mother that is how it is organized in the level one to seven of Srividhya sadhana. It you are you know really growing better in your sadhana number

Q10) During the last group meditation, chanting Thirumoolarji shiva mantra, I went unconscious as well ,then I hear your voice and i came back just as you have started Varahi healing chakra sadhana. I really enjoyed this meditation, I woke up chanting mantra. Can i do this mantra or sadhana sometimes?

A) Yes, you can do it whenever possible you can do it is a great blessing.

Q11) What I have noticed more during level seven, all of a sudden, I have started to chant Shivam sharanam premem sharanam, anand sharanam should i chant this Guruji but i am not sure?

A) Yes, you can chant it this mantra is very powerful, because Shivam sharanam, you know premium sharanam, anand sharanam. You started receiving the unconditional love of lord shiva because this chant, I dedicated to lord shiva within you, where I have clearly awakened the lord shiva within you. So his unconditional love comes to you. His, you know, consciousness start coming to you, he is a blissful state coming to you. So that's what is happening to you know when you do the level seven mantra, this is what you are receiving the blessing you can chant.

12) Namaste Guruji. My devotion towards divine mother from childhood is very good, but my parents are always passing taunts on my devotion and if something happened negative, they blame me, “from you only things are happening, you don't do puja and all we know how to do the puja this all” and I can't control my patience. I also start arguing with them on, they start cursing me when I am not doing wrong, I am surrendering myself to divine mother then, when they cursed me on my life is that affect my life Guruji, so that I am not able to concentrate on my sadhana now how should I pray to divine mother to relieve from this all negative situation and day by day my anger is being increasing. I can't control myself. Please Guruji; suggest me how should I bring out from this situation?

A) Many of our parents or many of our you know brothers or sisters; they came in this life as a karmic relationship. Because, you have a lot of karmas to give to them, either as husband and wife parents or son or daughter brothers, it means, it is a family has a group karma where they need to give and take. Some of your parents maybe the enemies you know, some of your brothers may be the enemies ,some of your husband or wife could be the enemy of past life they are coming in this life to you to balance that karma, so all this will be triggering you, as you start doing this sadhana. But you need to go beyond this, all drama that is taking place. Go back, see at the higher level what is happening here - somebody is in abusing you, cursing you and you are reacting to that these. Does it going to solve the issue?- Not at all, because we are all connected to the energy course, if these energy cords created because of the negative emotions and thoughts then, what happens we start creating the same situation again and again, our relationship will go very bad. So what I suggest is you pray to divine mother, you are doing the Rajamatangi Bhatuk bhairava. You ask divine mother and Bhatuk bhairava release all the negative energy cords, between you and your parents and in your mind, you tell that whether you are right or they are right, it doesn't matter, I want to finish this drama

in this life. I no more want to continue this relationship in the next coming life also. So tell to mother, that I don't want this and please disconnect all the negative energy card between me and my parents, bring the right understanding harmony and blessing so that I can be blessed and walk on the path and liberate myself. Experience the you know good materials or abundant in my life loving relationship in life in my life, so this is only the way. You have to understand - what is happening beyond this what you are just focusing on the present situation, take one step back you know that there is a karmic ties, you need to release all of that so this is a triggering and you need to meditate more. You see that whenever we are going with all of this it will help us to understand that so much karma is there we need to meditate and burn in the meditation, that karma should be burned in the meditation then experiencing in the outside life experiencing outside life is very difficult and it's not easier, it will trigger a lot of emotion, lot of you know problems in the outside relationship, but it's better you burn them in your meditation. That's what you have to be regular in a meditation regular in a mantra surrender more, let go let go all of this at the feet of you know divine mother you know raja Matangi sadhana, disconnect all negative energy card between me and my parents I bless them, I forgive whatever it is you know that is happening because of the past life or this whatever my behavior, whatever it is i don't know anything. I forgive them; I bless them, thankful to be in this life to release all of this. So in this attitude you create the positive things as a forgiveness let go and surrender disconnect all the negative energy, then what happens you start attracting the positive relationship between you and your parents.

Q13) Guruji, whenever some bad dreams I see the dreams have some negative energy trying to hurt me. So on that time, I'm chanting Om Shakti parashakti and suddenly I came out from the dream, this is happening with me from past four years and I had a physical form darshana of divine mother in my dreams. She always told me, I'm always there with you don't worry. Then also why facing a problem so much in my life?

A) So this is what again I'm telling, whenever you have a karmic things so there is a one thing you have to release the karma, second thing is you have you need to learn the lesson of self-forgiveness. You see that there are five lessons **self-acceptance, self-care, self-forgiveness, self-love and self-awareness** until unless, you don't learn these lessons you cannot overcome even you will having a darshan of divine mother to tell you as inspiring as a supporter she will tell the time with you I am always holding you okay, but your soul agenda is here to experience the you know who you are your divinity you cannot experience until you don't grow in these lessons life lessons. Okay you need to learn all of that

Q14) Guruji, can I chant shiva mantra of Sadguru Mulanji?

A) Yes, you can chant it is a blessing to you next question

Q15) about mahavarahi sadhana Guruji how can i extend the protection shield of mahavarahi to any person?

A) So what you do you how you do the protection shield for yourself you just visualize the same type of protection sheet is coming on another person then you rotate the mantra around the protection sheet of that person and pray to divine mother Varahi?

Q16) I was never an early riser but since my initiation, I start my practice every day between 6 to 6 30 am, I feel sleepy and i tend to fall asleep sometimes. How can I complete my daily sadhana fully aware and awake and full of energy?

- A) So what you do little bit you do the physical body movement ,when you get up okay some you know uh you know warm up exercise for five minutes, then you do a little bit you know breathing meditation especially you know alternative nostril breathing that what happens. It will a little bit release the all the vata and sleepy energy ,lazy energy that can minimum 10 to 20 minutes, you do the alternative nostril breathing on anuloma villama pranayama .okay then you do the sadhana. Then what happens your brain is quite alert and it is your nadi soda has taken place. Your ida pingala is also balanced it can be very helpful to you okay.

Q17) I find myself difficult to visualize devi Varahi when I am chanting the mantra not only that when I try to focus on the mantra i lose track of the count and when I try hard to visualize the devi I lose track on the mantra it goes wrong?

- A) You just need to you see when you have a visualization problem, then you drop, it you just you know focus on the mantra tell to mother, my surrenderance, my devotion for you is so much, I love you and me this whatever I'm chanting the mantra, it is my gratitude and devotion to you. You make a prayer to mother and simply chant mantra and dissolve in mother and one with mother, you see that the visualization should help you to grow and experience oneness with mother if visualization itself is a you know hampering your growth, you let go and surrender to mother and pray to mother and do the mantra meditation and feel that the sound of the mantra itself is a mother is manifesting in you .okay pray to mother and do the meditation. Okay simplifies your sadhana that can be helpful and you can move devoted and surrender to divine mother.

Q18) DSS- I took DSS Before three months, I'm regularly doing the sadhana and feeling change in my nature gradually in 2015. I got married and marriage last only two days and end with a divorce. In July 2021, I got engaged and my engagement last only one week. Guruji, please guide me regarding marriage and how to remove blockages as my age is 31 and have family pressure during family pressure from relative sides as I'm a girl. How to get a blessing of divine mother?

- A) You got a very very powerful mantra durga suprashirt sadhana; it has a power to remove all the horoscopic issues with the marriage or anything. You need to understand this first thing. The second thing is you see when something is happening repeatedly in your life means you have a some memory pattern in your subconscious mind or one karmic block in your subconscious mind. Only two cause will be there and this memory pattern is because of some limiting belief about yourself either you created in the in this life or past life or in childhood, you don't have any awareness. So what you need to do is now what you want you want to get married that's all that is the end result. Every day after meditation ,you visualize this you got married and with the help indivisible hands of divine mother you know Chandika parmeshwari is you know around you mother herself is standing next to you and clearing all the blocks and your marriage is successfully completed and you got a right partner who is you is you know caring loving chosen by divine

mother you know you need to have all this process and when you visualize all of this and then you need to chant the mantra okay the moola mantra of durga satay you chanted nine times, then again you visualize again you chant it nine times, again you visualize again you chant it nine times, so minimum three times you have to do this visualization and chanting the mantra after meditation that's one thing and, also you have to do it, before going to sleep before you are about to sleep at that time, your subconscious mind is ready to absorb your visualization. So this is the first point you have to do it and now comes a very important point that is whenever you are doing this visualization, because of this you know now whatever you have experienced that you know you are a divorce, your marriage ended up only in two days, now your engagement broke up all these thoughts will come to you when you visualize. Please remember and understand this all these negative thoughts will start coming to you and your faith and trust and your respect or you know the feeling that your goal is going to manifest is going to come down. Now how we are going to manage this you have to tell the truth to yourself and to your mind and to your negative thoughts, that the divine mother Chandika parmeshwari, the one who has a power to create you know who has a power to create the universe who has the power to create manifest anything who can bring a miracles, even she can make a dead person is alive, I trust in divine mother, I let go all these you know negative thoughts and experience that experience that i have during this life as my past life karma, Now, I surrender my karma at the feet of mother i am going to manifest the loving relationship great marriage in my life. You have to affirm this truth because define mother means infinity possible divine mother means impossible can be possible. Many people don't do this and they again fall in the trap of their own karma, their own negative thoughts and they fall down okay. You remind this and tell that mother will take care of my karma, once you do this sadhana and visualization and chanting and affirming the truth then all the negative blocks will be released you will have a very successful married life

Q19) Guruji, how to manifest job and wealth abundance and guidance for divine mother?

- A) I have explained you the process of manifestation use the same thing for a job use the same thing for health wealth abundance.

Q20) How to stable mind on ground level sadhana and focus as too much thoughts arrive during this?

- A) It is very normal many people saw many of you are going through many difficult situations in your outside life because of so much responsibility. It is very difficult for you to concentrate on your meditation. That's what I always suggest to maintain the same time and the same place then what happens at least on that time you will be having the thoughts of divine mother when you practice on the same time same day after you know certain number of days after you know one or two months same thoughts will start coming up a divine mother, literally you started feeling the blessing of divine mother and divine mother also you know start blessing you on that time okay try to maintain the you know principle. I have explained it in my videos that the same time same place. That can helpful to you

Q21) Srividhya level five, R-kriya, Varahi and Sri Suktam- Shivo hum, Guruji during the group meditation you briefly talked about our master living in a different dimension. I'm curious to know how many dimensions are there.

A) there are actually 21 dimensions are there okay

After I took a sri-Suktam and Varahi deeksha, I had a dream of a black snake running away from me and saw a golden snake felt friendly can you please explain this experience

A) You see the snake is a representation of energy okay and when you say color black color means the negative karma is released golden snake. It is a very golden is a you know a positive energy, golden is a precious energy, golden is a divine energy so you have received the blessing of a divine and negative karma has released that is the meaning of your experience

Q22) is prana our own bio magnetic energy that we breathe from our aura or is it coming from outside of us?

A) It is coming from outside. There are two type of Puranas okay one prana is called your lifespan that you are going to live on this earth that the prana is stored in your pineal gland you know back of your head so that is your lifespan okay and you get this prana from your breathing actually and another prana you take from the outside word also okay you can take outside word and enhance this prana also okay. Whenever you do the meditation there's a possibility we can you know exchange our lifespan that is given to us from because of our past life karmas in this life by taking the universal prana that is coming from outside

Q23) the question is related to Raja Matangi -My sole purpose of Srividya was to get a self-realization .However some circumstances made me to take a raja-matangi for some material benefits, Also I kept attracted towards mother Saraswati for unknown reasons. Lately, I took this sadhana 2.5 months before. Though I'm practicing raja matangi regular, now I'm not able to feel the energy of raja matangi. I also pray and do sankalpa of to mother to make me feel her but still im not feeling her energy but when i started durga Saptashati the very first day of ds sadhana, I have started to feel the energy of divine mother, even now just by uttering a word amma itself makes me feel her energy. Could you please tell me what I would be doing wrong with the raja matangi. Can I do Bhatuka-bhairava and Rajamatangi sadhana separately or should these always are together and how will I know if mother matangi has manifested in me?

A) You need to understand sometimes our own limiting belief blocks the energy of divine mother matangi. You see here very clearly, you have written my sole purpose of Srividya was to get self-realization. However, some circumstances made me to take raja matangi sadhana for some material benefits. Also, I kept attracted to Saraswati and all of that so I took these 2.5 months before though I am practicing this. You see that your you know acceptance of Rajamatangi is not complete here, you believe that Rajamatangi is only for material benefits. Raja matangi is something you know you are attracted to the Saraswati form. There is a little bit acceptance is not there from your side, also you believe that you know negative belief you are limiting belief. You are holding that now Rajamatangi is not only for material benefits. You need to understand she can give a self-realization. Also okay it has that because she is a lalithambika herself Varahi is also like herself, they are making, and they are helping us to reach lalithambika because that is a formless

consciousness. You need to understand second thing is every, energy is very different DSS is very very strong aggressive energy; you can feel very easily in the body. Raja matangi is like a very very you know very subtle energy very blissful energy. Every energy is different so you can even mother is manifesting in you, you may not aware of

Q24) how will I know if raja matangi had manifested in me?

- A) You see the moment you taken a deeksha; I have seeded the consciousness energy of raja matangi in your regular sadhana of raja matangi enhance that power that you have received during the deeksha. So already mother is in you. Only thing is many of us, don't have an ability to sense the energy because of our spiritual growth or psychic ability or our intuition or inner senses are not developed properly. You need to understand that

Q25) Guruji, I have a tinnitus on my both ears since four to five years. Surgery didn't help me to get rid of this doctor told me to learn to live with it. I hear lot of loud noises that was a very disturbing earlier and wasn't allowing me to sleep. After, I started meditation and year back, it helped me. I can sleep well wake up early and do meditation. I don't get disturbed from it much now. Though, I still hear noises louder than before however I still feel it's a kind of an obstacle to me to hear the inner voices of divine. Could you please help me how can i hear inner divine voice and sounds with this problem you see that

- A) You should not worry about all of this you see as you progress all these physical you know senses related problem, cannot you know create obstacle to hear the subtle astral sound or divine sound. You need to understand this okay so you just drop this that you know that you may not be able to hear this because of your problem. You drop that thought in from your mind and just pray mother "I'm ready to you know receive your you know divine wise inner wise no bless me" that's all you have to do let go hold the feet of mother things full takes place.

Q26) I feel guilty sometimes to pray mother but a material desires about material desires, because I feel a kind of conflict to have a purpose of self-realization at the same time having a desire. So, I don't pray to mother about my desire sometimes. Other reason, why I don't want to pray for a desire is that by praying I may be limiting myself and stopping the greater possibility mother would have planned for me and also I wouldn't know what is best for me. My question is, should we really need to pray to divine mother about our desires or doesn't she aware about our desires and fulfill even if we do not ask?

- A) Mother knows everything about you okay. But my question is, do you know everything about your heart desires, do you know what actually you want. This question you need to ask. We pray to divine mother, not that mother is going to listen. To be sure what we are holding within ourself and we should respect every material desire. Having a desire to have a food is your dharma, okay having a you know abundant money flow to help you and your family members is your dharma, so you're praying for that is your dharma, mother knows everything but are you respecting that for yourself, material desire, spiritual desire nothing like that okay. You are here to fulfill your dharma to manifest abundance, either it is a material word or in a spiritual world so that's what in a siddha mind power we ask you know

I ask especially to student what actually you want in this life. Many people don't know many people not at all aware, why they are here what they want to do what they what for what purpose they are here many people get confused that's what I make them to do the exercises for desires, then find and distribute those desires in the dharma artha kama moksha, then at the present situation present phase of life, what desire is needed and how to manifest using the mantra mind-power super conscious mind and subconscious mind, so that they can see the divinity that they are the spark of shiva shakti they are the co-creator, they can manifest in their life and then they can also help and manifest healing and abundance in the other person's life and they can also manifest abundance to the universe so we are here for this. So divine mother knows everything but when we pray for the desire when we visualize, our limiting beliefs start surfacing up that will help us to release that and there is a life lesson that we start understanding, why this limiting belief from where it came what is the lesson there for me to learn so. I always advise my students specifically work out on the you know desires. Some people if they you are not aware of your desire you will be absorbed your parents desire you are absorbed or you know friends desire you are absorbed, some desire from the television, some desire from the movie, some desires from the shopping mall, some desire in the traffic, you know this you have to absorb, when you breathe many desires and if you're not work on that you are not aware that you are holding on of that and sometimes you don't know why im manifesting this, why it is happening in my life okay. So you need to work out you need to little bit, you know clear all unwanted desire you are holding and only know what is your desire. Be aware then once you clear your subconscious mind all unwanted desires are gone you remove all of them clear all of them then you hold only the desire for this life okay for this life, because many times subconsciously, not consciously- subconsciously we absorb many things that we need to bring to the conscious mind and release let go so for that purpose we have to have a desire know ourselves at the personality level know ourselves conscious level know our search subconscious level.

Q27) Guruji, I have taken Srividya level one course and I want to ask that I am not able to do chakra meditation but I am doing mantra meditation of Mahapaduka moola mantra and guru mantra and I also feel vibration moving up from muladhara to vishuddhi chakra what is it why it is so?

- A) You see that when you take a Srividya sadhana you should work with your chakras. I have explained you what is the importance of a chakra importance of chakras you understood every chakra represents an energy level and it has a spiritual aspect and material aspect. If you don't work out, then what is the purpose of taking a Srividya level sadhana what is the use of that. If you have an energy problem then you open your eyes and start to work at least one round you does everything that can be very helpful and now question is. I feel when you do the moola mantra chanting. I also feel vibration moving up from mooladhara to vishuddhi chakra what it it's a divine kundalini energy flow that takes place during the initiation of Srividya. I awaken almost all people's kundalini as your purity of the soul as your chakras get cleared so much energy start moving from other to visit the chakra and above that Sahasrara okay.

Sri Sivapremanandaji



After experiencing higher states of Samadhi, Sivapremanandaji willing to share Sri Vidya & Siva Sadhana teachings for the benefit of those who aspire for Self-Realization but don't know where to begin, or their worldly responsibilities are too great to allow them the time to pursue in-depth studies.

Now Sivapremanandaji helping sincere spiritual seekers through Thirumoolar Siva Yoga and Sri Vidya Sadhana Online. His Professional Education is as follows,

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