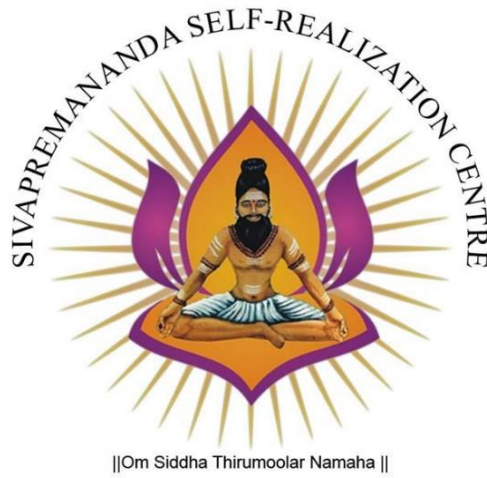


Doubt Clearing Session held on 19 December 2021

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/I-kPCAd0z4>

Q1) Pranam Guruji. Is it possible to visualise all chakras and Nadis?

A: You can visualise the chakras with different colours and petals. We have seven major Chakras that you can visualise and meditate. But Nadis, it's very difficult. So most of the time, only three Nadis are visualised, that is, Ida, Pingala and Sushumna if it is necessary. That we need to understand, because there are 72,000 Nadis and 543 Chakras. In our meditation we only work on the Sushumna Nadi plus Chakras that we need to understand. Here, it is not mandatory to visualise the Chakras; that is also one of the understanding because many of them are not visualistic and these chakra meditation is a spiritual practise and it is not a goal, we need to go beyond that. We have to cleanse, heal, energise the Chakras and we need to go the higher level of consciousness. So I don't want you to stick only or too much focus on the Chakras and Nadis. I want you to go to the main goal that is Self-realisation and God realisation. Just bringing our attention itself activates the Chakras and then bringing the Divine mantra to the Chakra enhances the Chakra ability and cleanses the Chakra and burns the Karma. So, just bringing attention and chanting the mantra is more than sufficient. But if you want to visualise, you can visualise as there are many material available online; go through the different Chakras, see them, visualise and do all of that. But, it unnecessary adds up more for you and it will take a more time for you and it is not mandatory or necessary. Just bringing the attention, chanting the mantra with devotion, surrenderance and acceptance and slowly moving into the next Chakra is more than sufficient. This is because during the Diksha, we have done all the activation and awakening of the Chakras and necessary Kundalini activation as per the need or as purification of your Soul. So, it is not mandatory to visualise and do all those meditation. Nadis is very complicated, it's very difficult to visualise and it is not needed.

Q2) I was reading about Maa Sivakami Om Anandi. The article mentioned that she married her soul mate later in her life. Can you please explain this soul mate concept? How can one find his or her soul mate?

A: Soul Mate, as the name says, it is a friend of your Soul; a partner of your Soul who can go beyond the physical body and mind and can understand you as a Soul. Nowadays, Soul Mate is a very difficult meaning. If you will see the entire website, even in the matrimonial websites, they say Soul Mate and all, it is not true. Soul mate means the one, who is the spark of Shiva Shakti; who has understood himself as a soul and who respect and accept you as a Soul. It is very difficult. Nowadays, only a master is the best Soul Mate for a student. But, it is very difficult to find a partner as a soul mate, that you need understand. In the case of Maa Sivakami Om Anandi, her intuition is very high. She knows what type of person, what is his ability, how your Soul behaves and blossoms when the person comes, how your soul goes into a different state of

Consciousness. That is one of the importance's. Only a spiritual person can understand another person as his Soul Mate because the changes will happen in his Soul when the Soul mate will come. At that time, changes take place in physical, mind and Soul level and the right understanding at all levels of existence will come between both people. There is no expectation, judgement; personal requirement, mind Tantra or ego mind thinking will not be there. It is more of a soul consciousness. You see another person as a Soul and accept him as it is. You don't see the weakness, you don't judge it, just accept as a Soul. So, it is very difficult nowadays to find a Soul Mate. Its better we should not expect and find as many times it happens to us as we will be in a relationship. Most of time it's very difficult as Karmic things are there; many people come together to burn their Karmas and some are enemies in their own family like husband and wife being enemies of each other. So, nowadays it's very difficult to find a Soul Mate and it's a blessing to have a right Soul Mate.

Q3) Can I do more meditation apart from Sri Vidya? If yes, what would be the procedure?

Ans: I have explained, Sri Vidya Meditation can be done once every day. If you have more time, maximum two times – morning and evening or at night Sri Vidya Meditation can be done. Apart from that, if you want to do more meditation of Sri Vidya then you do the mantra Japa. That means, if you are doing Sri Vidya Level 1, the do the Japa of Moola Mantra of Level 1 for 15 min or 30 min or 1 Japa Mala or maximum 3 Japa Mala you can do it. Apart from that, focus on self-analysis, sewa, satsanga which are very important. You go through our videos- **Five Pillars of Srividya Sadhana**, and have to include that also. Just meditation is not a growth. You have to meditate about yourself, your needs, and your likes, need to understand who you are at the personal level and also about the negative things that you have. You also have to understand why the same repeated problems is happening in your relationship, business, what is the believe, thought, Karmic background behind that, emotion, everything you have to analyse. That is what we called self-analysis which is a very important part of spiritual growth and can be done apart from the meditation.

Q4) I'm doing the Level 1 to 4 Sri Vidya Sadhana. I'm beginning to lose interest in rituals these days as I find a lot of peace in meditation. And I think that, this is the right path. However, when I share this opinion with my family, they do not like or I may come across as a rude person and object to something that has been followed for a longer time. My question is on Swadhyaya. Am I getting ego here or is the wisdom that I am gaining? I'm struggling to understand. If it's ego, how can I work to balance it? Please help.

A: I have made a very clear statement that the path is from form to formless, the path is from sound or mantra to silence, the path is from human to a Divine. So, this is the vertical path we are ascending, on the path of spirituality. Now, when the path is from form to formless, what happens is that, you start with the rituals and slowly you enter into meditation, drop the rituals and in the meditation you go into a deeper level of

Consciousness and enter into silence and you discover the Truth about yourself. So, rituals on the way you will drop. As you progress into the higher level, you realise that the real thing, the real truth, the real Divine, the real vibration, the real love of Divine, that consciousness is within your body, not outside. So, as you progress, this is the intuitional understanding that you feel that you are no more interested in the outside ritual. Slowly you drop all of them and meditate deeper and deeper. So, this is a positive sign of the meditation that you are doing well, listening to your soul and you are expressing your soul intention or whatever that is happening or you are experiencing is effect of the meditation which you need to understand. Coming to the family member you see that, they are neither Sadhak nor they have taken a Diksha, so, they don't understand your inner transformation. Please understand, they cannot understand your inner transformation that is taking place every day due to the Sri Vidya Meditation guided by Sadhguru Thirumoolarji which you need to understand. You have to accept them the way they are. Many times I tell to the students, for the sake of the family, whatever rituals are needed, whatever the things are done in the home for Kula Devata Puja, this or that, do it. Whether you have an interest or not, just do it. It is also one of the duties to bring the harmony instead of fighting for this only because there's no understanding. The conscious level of you and the other family members is different, their belief system is different and they don't know what is the inner meditation, what is the beauty of that, joy of that. So, many times I suggest to the students do not share everything to your family member if they are not ready to receive, not ready to encourage, if they're not inspiring you and they are going on degrading and fighting for this. So, you are doing right and it is not the ego play. You're doing great, let go. But to bring the harmony in the family, you to the rituals that are very important at the home.

Q5) I love Sri Vidya meditation and being at the feet of Devi. However, I'm unable to match the same level of devotion every single day. I'm practising Level 4 and I had to take a couple of days break because I had some personal work and couldn't focus on the meditation. Now, I'm back in practising every day. How can I find the right balance every time I sit for meditation? Please guide.

A: You need to understand that you need to drop your expectation that every time, every day you will have a beautiful meditative experience. No. The meditation is to bring the transformation in your inner being. The negative karmas are there, negative emotions are there, your past life karmas are there. You are bringing the healing to your suppressed emotion, so, you cannot expect every day that devotion and love will be there. Sometimes, you come outside from the meditation with the feeling of anger because the release is taking place. Sometimes too many thoughts will be there in a meditation, sometimes there is no devotion for Divine Mother. So, please do not expect that every day and everytime I have a devotion. We are living in the third dimension. This world is working under the **Universal Law of Polarity** - the positive and negative both are there. Today I'm experiencing blissful divine feeling, tomorrow I may not have; I may feel emptiness and even I don't have 1% feeling for Divine. Accept it. Sadhak is the one, who, without expecting the positive and negative feelings, meditating regularly with trust

And faith and focusing on his self-realisation. Spiritual experience come and go, they're not permanent. Please understand only realising the truth about you is the permanent. So, I don't give too much importance to the energy experience and all. Meditate with devotion and gratitude Even if meditation doesn't happen also, offer it as a gratitude to Divine Mother.

Q6) I have been doing Maa Baglamukhi Sadhana for nearly 9 months. I am the same Sadhak who asked you about the "Amrita feeling in the Head". The Sadhana is going on very well and I feel blissful. I have had good experiences of Lord Hanuman, Mata Varahi and Lord Krishna during the Sadhana. I have also been undergoing tough times too in my life and I am treating it as my testing period. But of late, from few months I have become sensitive. I cry when others are in trouble and I feel it as my own problem. I cry a lot during the Sadhana as if my Atma wants to be with Mata. There is a deep sense of missing Her too like an infant missing it's Mother. Guruji, I need your Margdarshan on this. Am I doing something wrong?

A: This type of feeling we experience whenever our Heart Chakra is over activated or Heart Chakra is doing the cleansing. When the Kundalini is working with the Heart Chakra, lot of emotional cleansing will take place. You start feeling all small things like tears, even you watch the television you feel emotional, even you see something here you start feeling emotional. You become very sensitive because your Heart Chakra is more active and working at that time. So, it is very normal, but only thing is that you need to let go all of these and understand that some inner transformation is taking place. If there's no inner transformation, your inner world cannot be cleansed, heal and experience the purity and abundance. And if there's no abundance in the inner world you cannot experience the abundance in the outside world. So, this is normal and right feeling as you progress, when your Heart Chakra awakens and it cleanse and heal these things will happen. You are doing it right, continue and offer all the feelings at the feet of Maa Baglamukhi.

Q7) I have a difficult relationship with my parents as the more I'm trying making a peace with them. However, what can I do to release and resolve all Karmic ties on the Soul Level?

A: Many of us chosen the parents before coming on this earth because of the karmic ties and karmic contract. So, what we need to do is that whatever the situation, you start working after meditation, that is, try to forgive and bless them. No matter how is their behaviour, how hurtful are their words, because you are on the path of self-realisation and liberation. Not they. They may come again and again as they have different purpose of life. But you are on the path or in the journey of liberation. For that, you have to let go. Let go every day, you say that –**"I ask my soul to release all negative energy cords between me and my parents. I thank you, love you, I'm sorry. I bless my parents"**. So, you start doing this after meditation. Not only with the parents, whoever they are, your in laws, your friend circle, your employees whatever it is. Try to remove the negative

Energy cords between you and the other person. How you can do? Make a simple sankalpa / intention **“I ask my soul”**, that is a simple way. Otherwise you ask Divine Mother – **“I ask Divine Mother Lalithambika and Sadhguru Thirumoolarji to interfere and disconnect all negative energy cords between me and that person. So be it. I’m sorry, thank you and love you.”** Feel that Divine Mother energy is coming and dissolving all the negative energy cords and blessing the positive energy cords between you and your parents or any person, so that, the positive energy cord is happiness harmony, respect, love understanding and all of them.

Q8) Is it true that Karmically we come back with the same people each lifetime? Do we get the same parents and spouse in every lifetime?

A: No it's not true. Every lifetime you don't come with them if the Karmic relationship is finished. Sometimes if you and another friend have too much Karma involved emotionally and in outside, too much thinking is there, maybe your friend may come as your spouse in the next lifetime. Or you have done something very wrong with some people and destroyed their life and something; you don't know how the Karma will come back at you. You don't know at all how and when the Karma will come back. That is like a question mark which nobody can understand. That's what Lord Krishna said – **“Do your Karma, let go, and leave it to God”**. Why it is? It's because you don't know the inner dynamics of Karma – when, where and at what time. Nobody knows. So what I suggest, you should not worry about all of this about who will come in the next lifetime and all. We have been telling that – “Do the Sri Vidya Sadhana, use universal laws, life lessons, follow the pillars of Sri Vidya Sadhana and make this as your last life”. That is our main teaching. Focus. You are getting the guidance from the Siddha Parampara, the clarity is very much needed on the path; you have all the clarity – “how to dissolve the karma, what is the best path we can choose, how to take the help of Siddhas” everything is sorted. So, let go all these things about each time and all lifetime. It's not in your hand how the karma works. What is my real question is? – “This is my lifetime. How I can overcome my karma with my parents, friends or within the family and outside? That is possible with The Srividya Sadhana, understanding the universal laws and principles and with the help of the Siddha Parampara or Guru Parampara and Lalithambika.

Q9) We are looking to buy home and move from our current home. I have taken Baglamukhi Sadhana and RajaMatangi, Sri Sampath Siddhi along with Sri Vidya. Please let me know what Moola Mantra works best for attracting the right home with a positive energy of the growth of complete family?

A: What you can do is that you do the Havan of Baglamukhi, RajaMatangi, Sri Sampath Siddhi and Sri Vidya Sadhana. Make a Sankalpa. All these mantras have a power. Sri Vidya Mantras are very powerful. Even Baglamukhi and RajaMatangi are very powerful. You can use all these mantras to manifest their dream home or to bring the positive energy to you and your family members. And if it is just a manifestation of home, if it

has not yet happened you use The Ucchishta Chandali, RajaMatangi also. And if you have chosen and you know this home is already there, you want to bring the positive energy do the Havan there. Also in the last Doubt Clearing Session I mentioned how to clean the home and Vastu, you can check that also.

Q10) I'm doing Maa Baglamukhi Sadhana. How to use the Moola Mantra to remove the black magic effects from self and family as while doing sadhana I had some vision of someone doing black magic? I know as I progress in Sadhana such things will vanish. But how to remove such energy from my family?

A: Whenever you have this type of issues, what you can do is that you can do the Havan using the Baglamukhi Moola Mantra. Make a Sankalpa for protection of yourself and your family member, office, home, whatever the belongings or resources you have. Make a Sankalpa that everyone in your family is protected, your office is protected, your business is protected then you do the Havan of Baglamukhi Moola Mantra minimum for 108 times. Do this once in a week or on a new moon day or Ashtami day or every week once or twice. This will take care and it will protect you and your family from all type of negativity.

Q11) How to use Sarva Karya Siddhi mantra of Goddess Baglamukhi for wish fulfilment like to get married?

A: It is very simple. What you can do is that, after doing the Baglamukhi Sadhana, make an intention – “Divine Mother, please bring me right partner in my life”. So that is your intention and Sankalpa and then you chant the Sarva Karya Siddhi mantra. For example, you can chant it nine times, again you make a Sankalpa and visualise that your marriage is already completed, you married the right partner and you are so happy. You trigger the joy of fulfilment of your desire and then again you chant the mantra and visualise or make an. Intention. So intention, visualisation plus mantra again intention, visualisation again mantra for minimum nine times chant. Like this, you can make a three to six times or minimum three times you do this. What happens? – You are visualising and affirming what you want, your soul intention, soul power, and mantra divine power is coming and your visualisation, mind power is coming and your subconscious mind power is coming. Together you start removing all the obstacles on your path and you manifest your desire.

Q12) How to use health mantra to heal my mom's health?

A: You energise the water with the health mantra and give this to your mother if she is at your home. If she is not at your home, she's living in a different place, everyday make a sankalpa and chant the health mantra minimum 11 times or 108 times depending upon the health condition of your mother. And how to energise the water with Health Mantra is already given in our YouTube video - Healing with water. You check that YouTube video and get all the detail.

Q13) Dear Guruji, I got attacked by an invisible entity in a dream recently. The entity began to scratch the two sides of my head together and create too much pressure. I immediately chanted the Krodha Raja Bhairava mantra and made the mudra. The first utterance was very difficult. My tongues felt very heavy and I found it difficult to utter the manta and make the mudra. But then thanks to Maa's grace it began to flow .Thereafter very quickly, the entity vanished. My question is – why did this entity choose to attack me in the dream state? Should I place the protection shield around me before sleeping?

A: Yes. Many of us unknowingly make astral travel during the dream state. So it is not the entities coming in your home and attacking. When you are doing the astral ravel, you are entering into the different dimensions in and those different dimensions these types of negative and positive entities will be there. So I always suggest whenever you are having this type of experience, before going to sleep make a protection shelter and chant the Krodha Raja Bhairava Mantra. Things will be taken care.

Q14) I have been doing Sri Sampath Siddhi havan every week. I wish to now start doing Sri Vidya Havan and Sri Raja Matangi Havan on the full moon nigh and Amavasya. Which one should I do on the full moon night and which one on Amavasya? Also what are the havan materials for Sri Vidya and RajaMatangi Havan?

A: Havan Materials are same for all. I have explained what is used for sugar, what is used for Sri Sampath Siddhi and what is it used for mustard, everything is there. According to your need or make a mixture and use that mixture of Havan Material for all of mantras. So new moon day is when it is good to fulfil the material desire and RajaMatangi can be very helpful to you and Sri Sampath Siddhi Havan can be very helpful. And for full moon day you can do the Sri Vidya Havan with the mantras. A full moon day is more of a spiritual upliftment and new moon or Amavasya is more about fulfilment of you material desire. So you choose for what purpose you want to do and according to that you design your Havan for a new moon day and full moon day.

Q15) I had a very deep realisation after the solar eclipse earlier in this month for a long time now I have been in pursuit of during doing more spiritual work in the world. However I suddenly realised that I did not need to do a spiritual job in order to feel more spiritual and connected to Divine Mother. I can infect dedicate every moment and every breathe of this life to her – right here and right now. Guruji, I am a single mother of a small child with a full time job, managing a life in a big city. How do I practically devote every moment to Divine Mother and live my life as an offering to her? What intention, dedication, and practise can I add to my life to keep her front and centre?

A: This is a beautiful question actually that you want to dedicate every moment, every breath of your life to Divine Mother. First I would like to tell you that this thought itself is a blessing from Divine Mother that you need to understand. This is because many

people are too much involved in so many things, so many priorities, so much things going on in their mind it is very difficult to bring Divine Mother all the time in their own life. So, I have been telling Mantra Japa. What is a mantra japa? - it is practising the presence of the Divine. Whenever I chant the mantra not mechanically, but with prayer, it's a beautiful blessing. It's a beautiful way to surrender to bring the Divine vibration in every moment of your life. Whenever you are free and your mind is free take the name of Lalithambika. Just you know – Sri Matre Namaha, or level 1 mantra or whatever that feels connected to you or the one we chant with surrenderance – Sri Marta Lalithambika Rajarajeshwari Maha Tripurasundari Sharanam Mama. “I surrender every moment, whenever I chant I surrender to you. You are the doer and I'm just accepting you and take care of my life. I want that your will should be done in my life. I surrender to you”. So mantra has very importance. That is we say again and again praying – “Mother I am remembering you. I thank you. I love you. Please have your invisible hands around me make me feel your presence today. Bring miracles today and show your presence.” Again chanting the mantra, again praying. The life should be a prayer to Lalithambika and Sadhguru Thirumoolarji. Then what happens is that our mind is beautified with the divine presence of Lalithambika and Sadhguru. We start getting so much bliss, joy and when you have such a bliss and joy and abundance in your inner body, that purity manifest as richness, prosperity in the outside life and things from start flowing very beautifully. People start responding differently and everything will flow in the life. So you can make mantra Japa as one of the thing. More you make an intention, more you make a prayer more you bring the divine in your life and ultimately during the self-realisation and God realisation you realise that it is not you that living within you. Then you know that everything is that. You are not at all there or that become you or you become that. That is Soham or Hamsa.

Q16) Guruji can I add Japa of Shoolini Durga along with Durga Saptashati? Can I do the japa of Shoolini Durga if I am going through a horoscope issue? Can you please explain more about Shoolini Durga?

A: Shoolini Durga is one who removes all the negative grahas in your family and your horoscope and all the negativity from your life. So that is Shoolini Durga. Srividya Sadhana actually take care of your horoscope specially level two of Srividya Sadhana – Navakkari Mantra Shakti help you to remove all the negativity of the Nava Grahas and cleanse the horoscope that you need to understand. If you want to add this Shoolini Durga to Durga Saptashati Sadhana, you can do it.

Q17) During recent group meditation we invoked Shiva consciousness around the whole mother Earth. Can we invoke Shiva consciousness the same way around our family member or friends to ward of their negative karma?

A: You can do that. But all people's Karma cannot be ward up. You can bring the healing and protection to them. Karma is very difficult. Other people's karma removing is not really easy as we think. But you can bring the healing to them, bring the protection to

Yourself and your family member and you can do this process of Shiva mantra or bringing the Shiva Consciousness to your family member.

Q18) we have received the Deeksha of Rudra Maha Mantra – “Om Namoh Bhagwat Rudraya”. I have heard there are 11 Rudra. Which Rudra are we invoking with this mantra? Can you please explain more about 11 Rudras?

A: See there are more 11 Rudras. When you chant this mantra you are bringing the consciousness of all Rudras. Similarly, there are many Vasudevas. Even when you chant the mantra – “Om Namoh Bhagwate Vasudevaya” you are bringing many Vasudeva’s consciousness in your soul. So, it is not one person Rudra. Rudra is not one. It is many. He is lord of vibration. All the vibration – positive and divine will come to you when you chant the mantra. And all the negative vibrations in your soul and Sukshma Sharira will be dissolved.

Q19) Does ascension happen when we no longer have a desire for food and sensual pleasure and when we are no longer angry or sad react to emotionally?

A: As you progress to the higher level with regular meditation what happens is that your expectation goes down about yourself and your expectation from outside people and again your expectation from the outside world will go down. When the expectation goes down then the anger will not be there. You are so peaceful and calm. Whatever that is happening around you are not that much reactive. So this is a by product of regular meditation of many months and year. That happens. So then only the ascension will take place.

Q20) we are bombarded daily by experts who tell us we need to get vaccinated to stay healthy in the pandemic. But do we really need injection to stay healthy? Since we are much more than flesh and bone. Isn’t our health intimately connected to our inner sense of wellbeing? Is Sri Vidya Sadhana a path of grace? Can Self-Realisation can be attained strictly through self-effort?

A: Once it comes to vaccination you know that how the world is going through. The people who wanted to give the vaccine with the intention that they wanted to help the world, they wanted to protect people from the all that viral infection. But now many of them understood that main thing is your immune system and the vaccines are not that effective and many people are suffering with side effect. Blood clotting is happening, their own red blood cells are killing because of the negative antibodies created by the vaccination. So many things are happening, so you cannot come to the conclusion what I should do. It is very personal that you can take it whether your health is good or not, your immune system is good, your digestive system, if you are very healthy then it’s not needed. Of course this Sri Vidya is something, it is added benefit, it has the power, your immune system will be very strong. Due to Sri Vidya your Panch Mahabhootas are and

unnecessary negative thoughts coming because of the outside world, negative things, emotion, fear, anger you are protecting from that then you would feel safe.

Sri Vidya Sadhana is a part of grace.

No, not self-effort. You are preparing yourself to receive, but receiving is a grace. Many people are meditating all throughout the world, many people are doing the healing, thousands-millions of people are doing the organising these Havan that so many things. But how many people are really getting realised? You need to think about that. It is a path of grace of the Guru Parampara, of the Guru, Lalithambika, of the Shiva's grace. When your body is prepared with the sadhana. Sadhana is to prepare yourself to receive. Sadhana is the self-effort you do every day to receive that grace. If the vibration of grace is at higher level and your vibration is at lower level, you have to raise your vibration or consciousness or energy level to match with vibration of grace. Once you are at the same level you attract that vibration. It will be coming to you, adding to you and you will be awakened. So self-effort is needed but after that it is a grace that has to manifest in you. You are in a receiving which means the portal of higher level of consciousness or Guru Parampara or Truth Consciousness has to flow with unconditional love. So, it is not so easy and hence we say it is a path of grace. Any master you go and meet them will say all sadhana is just to cleanse, heal and energise and remove all your Karmic baggage, all your negative thoughts, negative emotions. Once you cleanse, heal, energise and reach a pure state of unconditional love, you receive and manifest the truth in your soul.

Q21) having problem in building the diamond shield in my mind. Also please clarify, when to chant the Moola mantra and when the Beeja mantra? I could not understand the term rotating the Beeja mantra clockwise. Please advice

A: Many people cannot visualise the diamond shield or they cannot visualise anything. In that case, you just need to have intention that Baglamukhi diamond shield is surrounding me just the intention and acceptance that's all. The affirmation with the acceptance that when I make a sankalpa, when I affirm with acceptance it is my soul power and it will manifest. You need to understand this truth. Your intention is the soul power. When your intention makes it and divine power moves to that and manifest. So whether you visualise or not is secondary. If you have visual skills it is beneficial to you, if you don't have visual skill just say, "Divine Mother's protection shield in the form of diamond shield is surrounding me and protecting me from all types of harms, dangers, psychic attacks. That you can do it.

And then coming to the Moola Mantra, the Beeja mantra is within the Moola Mantra. For example, Om Hreem, that is within the Moola Mantra. The first one is a single Beeja mantra then the same Beeja mantra is also in the Moola Mantra. First visualise the diamond protection shield from the top to the right, back, left and front. This is the clockwise movement, from my right hand the mantra should float or rotate in the protection shield from here towards the right side then it goes back, and then left side,

then it come front. This is what we clockwise rotation for ourselves. So mantra, if it is Nama Shivaya mantra, Na Ma Si Va Ya , like this I rotate the mantra from top - centre to the right, back, left and again front. Now it is here, then it will come here, again I rotate, it will come here like top to below the feet like this one time I rotate the mantra, second time Na Ma Si Va Ya. Namah Shivaya is an example as I cannot reveal the moola mantra in front of the public. So like this you rotate the mantra, specially the Baglamukhi moola mantra you use and rotate but if you want to only use the Hreem beeja mantra you just rotate that mantra from front right, back, let open like this you start from here and go on rotating the mantra until it will be completely the mantra letters will be floating in your protection shield. And do it the way you want, there's no strict rules. Just you feel that, otherwise you just write the mantra there on the walls of the protection shield. Otherwise if you don't visualise, it is very difficult to you, just make a Sankalpa- "Divine mother moola mantra is floating in my diamond protection shield and protecting me from all the harm, dangers and psychic attacks." Make an intention. That's all and I accept this. So, be it. That's all you have to do. Effectiveness, whether you visualise or not is the same. It is not that if I visualise than only protection shield will be there, no. The moment you make a Sankalpa, because it is the universal law in the astral world, the moment I think it pops and manifest. The moment I think about it my friend, whether you visualize or not he's there in your mind, he pops up. It is there. So, moment I, it happens. You accept or not it is secondary. It is the universal law it will manifest.

Q22) How many times I have to do the procedure in one day?

A: Once in a day is sufficient. Morning, evening or at night. Any one time. If you have more time, maximum two times. But once is more than sufficient. Otherwise maximum two times, morning or evening as per your timing or schedule.

Q23) Can I chant mantra even if I am not sitting on the asana. Will it have any effect if I chant?

A: You can chant. That's what we called Mantra Japa, apart from the meditation you have to keep on chanting this mantra in your mind. More you keep; more you hold the vibration of divinity. It is inner meditation whether sits or not, it has nothing to do. The Japa is a inner mentation. You just need to do .Whether you wear the shoes, don't worry; whether you are in the right place to chant or not, whether go to the shopping mall, whether I should chant in a shopping mall all those things you let go. You just chant the mantra. You cannot believe, when the mantra get activated, it keep on going whether you are in the home, office, washroom whether you are in a market it will not stop at all. Whether you wear shoes or not it doesn't matter. When Divine Mother's mantra awakens in the soul because of the Diksha, it goes on happening within us. At that time no condition, you cannot say stop the mantra. So don't put any condition chant the mantra wherever you want.

Q24) Is it okay to undertake a personal Sadhana of the deities of Dasa Mahavidya using the mantra you gave us for 21 to 49 days? Or is it just to add it to the Sri Vidya mantra sadhana you gave us. At certain times I'm into totally drawn to one of the Vidya deities. Earlier last year and this year it was Dhoomavati, now it is Tara but Matangi is also bubbling at sometimes. I don't want to ignore this impulse but at the same time I feel conflicted that I'm going against Guru's explanation to follow the specific practise. Please forgive my ignorance or lack of understanding. I feel more inspired when I let like this intuitively. Please advice as to whether this is appropriate or not. If I am over complicating things. Ultimately it is all one itself.

A: Until you reach to the one you have to go through all the mantras, different mantra as guided by your soul. This is because now the situation is so difficult, your mind is fearful, your mind is there with so much negative thoughts and all and when you wanted to protect your mind protect yourself from outside things there are very powerful mantra you have received during the initiation and you have learned many things. So if you want you can chant whatever that is guided from your soul. So don't worry about all. The day will come where from within you that you say that I don't want all this mantras. I am happy with my own self. In my own silence I am getting everything that I may not get from mantras. The state will come, what we called the inside that is Soham Bhawa or Aham Brahmasmi or only oneness, the experience of Samadhi start surfacing your conscious mind, subconscious mind, physical everything will start happening. At that time you can say that only one mantra or no mantra at all. Only the silence is the mantra at the time. Until that, the journey has to reach that state, so whatever mantra you have received if your soul is guiding you, your intuition is guiding you, you can use it. You can use, apply and make your life successful.

Q25) Recently as a result of my practises I'm noticing that I can detach from my mind desires and ego completely and remain in an aware present state. When I do this, everything in my life and all of my problems instantly start rectifying themselves and things start transforming as I become more detached. The problem is that I don't remain in this detached state for a long time and again get sucked into the mind and Maya and start experiencing difficulties. How can I remain in this ego less detached state always?

A: When there's no ego it is very difficult to function in this third dimension, especially the family holder it is very difficult. Ego less detach state is very difficult. It is easier to experience in the meditation but when you come outside the meditation open your eyes, come to the office come to the home, come to the family it is very difficult. So there are two things that happens, means your karma is not yet ready so that you can experience all of that or your responsibility towards your family or your kids or your duty is not allowing you to do it. Because even at the soul level I am detached but subconsciously

when I am committed to my family those energy threads or cords will be pulling you, your job cord will

be pulling It's when you go into detached state, not only you get blessed, your family also get blessed all surrounding get blessed because you connect to the divine presence and that is a universal consciousness, it's not individual consciousness. Then what happens things will be taken care, the many past life karma would be burn in the state of consciousness. But I can tell you that you are blessed to experience this divine presence, divine awareness that you need to understand. But it is at the same time because of our belongings, our family we are again coming to our old self and moving into the difficult fluctuations and the creation, the drama, the Maya we are involved. If take a lot of time and effort to experience. That's why many Siddhas leave everything and go, when they finish all their jobs, duty to the word and their family. Why it is? Ego less consciousness is easier but the attachment of ourself to the world and family still making you hold and bond you. That's what many masters started begging, asking the food, going to the different places, leaving everything, their own home and every land, they go to someplace and then they start begging and eat. Their belongings are less; their connection to the family is not at all there. They not only go into egoless consciousness, they will start living in a detached state of consciousness. So it is very difficult. That's how the Avadhootas left everything, sitting in the temple or somewhere in the hill station, left everything, there family because they want to experience that ultimate detach state in the waking state of consciousness. So it is difficult. Now you still have a responsibility and all. Finish this and things will be taken care as it is right time for you in future.

Q26) Earlier this year I have experienced very powerful and intense Kundalini awakening. They were magical yet very intense. Now things have calmed down. More than anything now I want to just wake up from this human drama and delusion and awaken my Kundalini fully and become self-realised. I'm tired of going through this human delusion. How can I speed up my awakening?

A: Again you come to the same thing. How I can experience the detach state of consciousness? , how I can experience the fully Kundalini awakening? The purification is taking place and as I told you when you have a responsibility, when you have a karmic baggage you cannot go or manifest complete fullness of Kundalini awakening. This is very difficult because your karma, you're holding the karmic tie with your family and all. It is not easier to manifest all of that but again you pray. One thing you understand the reality of the truth about human life, one thing you know what is the outside illusion and all. This itself is a blessing means it is telling that you are prepared and taken care. Things will be slowly and Mother will manifest completely in you as Kundalini. So again meditation in the morning, then Japa, self-analysis, Satsanga, Seva. Try to manage these five things that will help you to speed up the awakening of the Kundalini and come out of all these issues.

Q27) I have been married with my wife for over 10 years and we have two great spiritual children. My wife is very good girl deep within but she has had a very messed up childhood and her family is very negative which has affected her mental state greatly. Due to these negative tendencies in her mind over the year she has brought a lot of problems in my life and also disharmony living with my family. She has always had a close connection to divine but it has been clouded due to bad karma and negative mind-set. Recently I enrolled her into Shiva yoga level one and it has been helping immensely and all of her past mistakes and childhood traumas have been coming out of her and she is getting more awareness. How can I help create more harmony in my life, family life and between my wife and kids and my parents at home?

A: Already you're doing well. You are already cleansing your karma's, you're also helping your wife to cleanse her karmas. Apart from this you can do the regular havan or once in a week to bring the harmony. Make intention, "I want to bring the harmony between me, my family and my children". You can do that. The extra thing if you want to do for your parents, maybe they're not meditating. If they are meditating it is good, they can burn their own karma but now you need to take one step back and allow your wife to go through her path of ascension and still you have kids, you just bless them with Srividya havan done in their name. You can do Srividya havan for your parents name, same for your wife so that she can overcome faster with all her suppressed negative emotions, all the Vasanas, memories of the childhood so that she can grow better and bring more harmony and love in your family.

Q28) Currently I am practising Varahi, Sampath Siddhi and Sri Vidya level two. Recently, one day at around 1:00 PM I was half asleep lying in the bed that I'm in a kind of a dream. There was a man giving me instruction about how to go to different satellites. His face was not clearly visible as I remember like a shadow view. When he was giving instructions suddenly my consciousness started moving higher in the sky, my consciousness reached a zone where I heard a beautiful music then went higher to zone full of golden glittering and shining light. I saw this for a few seconds then my consciousness come back to normal. Where did my consciousness go and who was the man who was giving me the instruction?

A: when you go there what has happened to you is you could able to see the golden light and beautiful music. So it was very clear sign of the celestial world of the golden light and music and so who is this man, maybe you have been connected with any divine Angel who has instructed or guided you to reach to the celestial word because of your regular divine vibration in Sadhana. Whenever we start our Sadhana, you start attracting many masters, start attracting many angles starts acting many archangels, start attracting your own spiritual guides who are helping and taking you to the different levels of expansion and ascension. So, this will happen in the dreams, it will happen your meditation, it will happen during the Deeksha, it will happen in your waking state

Of consciousness. So, there are many experiences that will come on your path as you progress with Srividya Sadhana.

Q29) Few weeks back Guruji came in my dream where I reached a place where Guruji was teaching to some people in a classroom kind of a set up. It seemed that I reached there late and the session almost ended. Again in another scenario, it was like a big hall where Guruji was teaching and there were some foreigners also. Again I reached there late and seen that the session was almost over. I tried to inquire about the session to people around in the dream. What does the dream convey to me?

A: What happens is that sometimes we have this type of belief system or some childhood suppressed emotion will be there that I am not worthy enough to attend or I am always a latecomer or something that is tying you. So, such experience of your childhood or in your college day or school days takes the different shapes when you start meditating and they start releasing in the dream. So, it is very clear you have gone through some old thing that you experience. Those memories have shaped this way and has released that maybe something late coming and something is there in your mind or subconscious mind or unconscious mind that is released. I can only think like that I don't see any other thing or meaning for this.

Q30) Few weeks back, after my regular early morning Sadhana I slept again for some time. During that time, I see shining silver background and there appeared an Eagle standing by its side. I felt like it is Vahana of Krodharaja Bhairava. Then the eagles disappeared in the same shining silver background and appear a cow. Please let me know the interpretation of the dream?

A: This is Vahana of Vishnu or Krodha Bhairava not Krodha Raja Bhairava. Krodha Bhairava is Vishnu, the blessing of the Vishnu you have received; you have received the blessing of the cow the Nandi Devar of Shiva. So you have received the blessing of Lord Vishnu and Shiva because it is coming with a beautiful silver light shining silver background it is coming and blessing you. You have received the blessing during the dream that is really good because you say that after my regular early morning Sadhana you slept. After you slept you received that grace of Shiva and Vishnu.

Q31) Can you share with us how to use our sleep time into a meditation time?

A: First thing is before going to sleep you make an intention to chant any mantra Srividya mantra or Shiva Mantra. "I ask Divine Mother or Shiva- Shakti or ask my soul to infuse the mantra energy in my soul throughout the night "and then keep chanting the mantra. OM SI VA YA NA MA or the Sri Vidya mantra or any mantra you have taken the Deeksha. In your case it's Siva Yoga level 1, Thirumoolarji Siva mantra you keep on chanting before you get complete sleep but make an intention – " I ask Sadhguru Thirumoolarji or Lord Shiva or Shiva Shakti to infuse this mantra Shakti when I am

Sleeping complete night and bless me with a positive energy". Then what happens is that more you are doing every day for a week, two, three, four week the mantra starts playing in your mind. Even when you slept at the background of your mind the mantra will be playing and sometimes you are meditating throughout night and receiving the blessing and grace of Thirumoolarji Siva Mantra.

Q32) my question is about this Shakti or Energy or sexual energy that I notice activates men. I think it is ancestral as I have seen my mother, grandmother and uncle use it in their favour for business and making network connection. I have been very sexually active in my youth. Now in a level 4 of Sri Vidya I am celibate. But I can tell this energy is still activating men that I have come across randomly and I really don't know how to turn this energy off because I am going to Ayyappa Temple where I really respect the Swamis. I don't want this to happen there because it is so pure and sacred there. Guruji I do not do this intentionally and I am praying to Divine Mother to clear all the impurities, shame, judgement, Vasanas, karmas so that this doesn't happen anymore. In the meantime is there a way to turn off this energy? I welcome your additional advice. Guruji I kindly ask for your blessing to overcome this at your feet and the feet of Divine Mother.

A: What you can do is that you make a Sankalpa. Whenever you do the protection shield you make a Sankalpa. Make an affirmation – "Only good goes out of me, only good comes to me". This is the Sankalpa you have to do. Make a beautiful protection shield and make a Sankalpa – "This protection shield is surrounding my sexual energy and protecting it and not creating any activation to the surrounding". That you can do. You need to make that protection shield and shield that sexual energy that is within you especially in your Muladhara Chakra and Swadhisthana Chakra. These two chakras have the sexual energy more active especially Swadhisthana has a more activation. Try to put a protection shield there. For the outside protection shield you use "Only Good comes to me, good goes out of me" and this special protection shield for your sexual energy and say that it is protected and it is not activating not attracting any negatives. You know how to make an intention. Pray to Lord Ayyappa. Ask His blessing, ask His grace. "Please come and protect me and my energies. Close the aura or the energy of this and bless me and my family". You have to make a protection shield, make an intention and as you progress, allow one or two weeks so that the protection shield will be active at the astral level and energy level. Then what happens you start protecting and holding that energy and you can use that energy for any manifestation. Make an intention, feel the energy, protection shield ask Lord Ayyappa channel this energy for this manifestation. Or I ask my soul to channel this energy for manifestation. Or I ask Divine Mother Lalithambika channel this energy to this manifestation. This pure, innocent, crude sexual energy is Kundalini Energy which we call it as Bala Tripura Sundari in this place and it is very powerful for manifestation and all. That's what when you do the tapasya with the Sri Vidya Sadhana that energy literally the purification of that essence comes to your Manipura Chakra. When Manipura Chakra starts receiving that energy you start manifesting better in the outside world, you become a magnetic personality and

You can dominate the entire world. Here entire world means your own world, your family; your business whatever is there. You dominate and you manifest better. You can do like that.

Q33) I am initiated into Sri Vidya Sadhana, R-Kriya, Varahi Sadhana. My question is about Siva Kameshwari Mantra. Can we heal each internal organ and remove illness with Siva Kameshwari Mantra? Can we get a strong, disease less in the body and remove chronic illness. If so, please explain. Thank you.

A: The Varahi health mantra does this what you are asking. The R-Kriya sanjivani mantra does this what you are asking; the health mantra that is given to the public through YouTube channel does this. Especially when you drink water using Siva Kameshwari Mantra, health mantra, Varahi Health Mantra making an intention what you want. Yes, you can do this by energizing the water and drink that. So when you are doing R Kriya you are working with energy body already. And when you are doing Sri Vidya Sadhana you are working and also during Varahi Sadhana you are working with subconscious mind and past life Karmas and outside enemies also. So, now you want to particularly have an intention for any specific organ then you energise the water with any mantra even Siva Kameshwari Mantra also help to cleanse, heal and energise all the diseases. Make an intention, energise the water and drink it. You will be surprised as all the organs will be strengthened, the illness energy, the diseased energy, the acidic energy, all the negative Karmic energy for the disease producing that will start dissolving and you become a more powerful. Your immune system becomes for powerful.

Q34) Because death seems near, although the body seems healthy, I would like to focus on self and God realisation more consistently throughout the day, in addition to recommended daily Sri Vidya Sadhana. In Thirumandiram Tantra no. 2403 says the mantram Sohumi Vedanta's intone is but Siva Yoga. But I would like to continue Sohumi Ajapa but only with Guruji's blessing. Could that mantra then be activated for me or would it be better for me to focus on Moola Mantra throughout the day?

A: After Sri Vidya Sadhana you include Sohumi Pranayama. That's one thing you can do it. And apart from the moola mantra Sadhana for eg: you have 12 hours a day, hardly you may chant one hour moola mantra of Sri Vidya and another time you can chant the Sohumi Mantra. More of aligning with the breathing. If you do the Sohumi it is more affective. Of course mental chanting is also effective, but apart from that if you align with breathe than what happens is that your mind will be less active, your soul will be more active and your awareness will be more grounded into a present state, present moment. You have permission and this mantra is seeded into all my students – Sohumi. That's why in the group meditation we do the Sohumi because I made an intention that this mantra should bless all of them. You can do the Sohumi plus moola mantra japa. If you are too much attracted, you want to give your 100% to Sohumi you can do it. In the morning you can do Sri Vidya Sadhana and in the evening if you have time 1 hour you

Do the Sohum Pranayama or Sohum Japa also. Apart from that during the day to day activities also you chant the Sohum.

Q35) My spiritual journey started when I was 23 years old. Now I am 26. When I was a kid I had clear memories of me as another person travelling in a spaceship and confirming my current house, family before my birth. And I experienced an incident which I cannot express through words; the entire cosmos appeared in the sky. It happened when I was a kid. I knew it was a future event. Can you please explain these two incidents?

A: Whenever the soul takes a body in a particular family, particular place or home it knows everything. It has chosen for its personal agenda, for the purpose of its life, for the lessons of his life. So, what you had an experienced, we call it as Soul travel where you don't see your body but you can experience all that is happening around you. So this is a soul experience, soul travel that you had experienced.

Q36) Guruji is my higher self and higher self of other person is same? Does higher self means Shiva consciousness?

A: Higher self is not the Siva consciousness. We call it as a personal God. We don't call it is a universal God. Higher self is a part of you; it is your super conscious mind. But it is not universal mind. So when you say Shiva consciousness it is universal mind.

No, the higher self of you and other person not same because individuality is there. Universal consciousness means oneness, it is same everywhere. Higher self, is a super consciousness but it is controlled by higher self. Higher self means divine entity, divine consciousness. We call it personal guru, personal God, personal Angel, personal guardian. That is controlled by that controller. Your spirit guide will be there that is controlling that. So, for every human there's one Angel, one God, one thing will be there controlling, guiding and helping. We call it personal Krishna, personal Radha, personal Shiva, personal Guru, or in western world angel, guardian angel, self, soul and all of that. But it is not the same. Your higher self is different and another person's higher self is different. As you progress on the path and especially when you enter into the spirituality, you can change the higher self. The control of the higher self can be changed. That is higher level of inner dynamics which happens when you progress at the higher level where you replace. Your higher self will be the master, Paramaguru. That will happen. So your higher self is different and another person's higher self is different. Your higher self is not Shiva consciousness, but it is a spark of Shiva consciousness. That you need to understand.

Q37) After the meditation on last month, I feel so connected to Thirumoolarji. Will he accept me even if I have materialistic desires? Can I freely talk with him about that? You say it in one video that Siddhas are more concerned with our spiritual growth. Can I talk with him freely about anything in mind?

A: If you want to develop a connection with any Siddha you need to approach to him as your friend, father, and mother and without any conditions. That you need to understand. So this is how we develop the relationship from the waking state and then the subtle level of or intuitional level of communication. First you start communicating. Sit in front of him, communicate; see him, his eyes communicate. If you cannot verbally communicate, mentally talk with him. Thirumoolarji - "Thank you for being in my life. I'm very happy that you are guiding me. I can feel your presence. I want to manifest these desires, please guide me. I want to take this decision, please help me. Interfere in my life". You need to do all of that. Of course I said that the Siddhas are more concerned with our spiritual growth. At the same time, they will help you to discover heart desire and fulfil their desires, because if your fulfilment of the heart desire is not possible then you cannot grow. If you are not happy, you cannot go to the higher level of consciousness. Got this point. So, in my own experience, many times I asked for something I have received it from Sadhguru Thirumoolarji. But I realised that why I should waste my master's energy for small things. Why don't I liberate myself with his help? Liberate my subconscious Vasanas, all the energies, negativities, Karmas of the past life that I cannot do it for myself. I can manifest with my mind and mantra and all but something that I wanted to take his help to the higher evolution of myself for ascension. So always Siddhas are happy when you respect them for their job and when you make them as your father, friend master and communicate with them every day. Every night is the best thing, you light a lamp or nothing, you just sit in front of them and receive the messages, communicate and do not have any condition whether you are good or bad, whether you have materialistic desire or not whatever you are Siddhas don't bother. He's unconditional. Sadhguru Thirumoolarji statement is "Anbe Shivam" the one who has experienced Shiva, the God as unconditional love and manifested that unconditional love so he reciprocate in the same consciousness to you. Unconditional. You approach, he blesses if you don't approach he is just there, blessing you. He don't have any condition. You can meditate; you can communicate with him every day without any condition.

Q38) I have been doing DSS sadhana regularly. Lately when I am practising Siddha Kunjika Stotra, sometimes I suddenly start to cough. The cough comes uncontrollably, it's like a dry cough. I get this sometimes when doing other Sadhana too like Batuk Bhairava Sadhana. Is this some kind of a negative energy within me getting released? Also I have a sensation throbbing and pulsating on and off exactly at the Sahasrara Chakra- the tip of my head, sometimes on my forehead and when I start chanting the mantra sometimes I will get sensation in my nose that causes me to sneeze. Is this due to energy flowing upward due to mantra chanting?

A: When the energy is cleansing your Vishuddhi Chakra – throat chakra cough will come. It is very normal. As you progress you feel a tingling sensation, pressure or you feel your head is little bit pressurised, pushed here and sometimes your medulla oblongata - back of your Ajna Chakra you may feel pull like this sort of thing. Or your Ida Pingala maybe you know the activating, the energy moving here and sometimes moving here, the vortex type of feeling is felt during meditation. It's because energy is moving up so it is clearing its way, when it is clearing its way certain Nadis, certain glands, certain energy, certain chakras are reacting. So, all these experiences are the by product of cleansing, healing and energising. It is a positive thing. Even the cough is also like this. When the energy moves like this. This is a very powerful energy centre-the purity. This should be very pure to communicate with Siva Shakti and Siddhas. Highest Karmas are stored here. That's why Shiva is shown as Neelkantha, He absorbed all the worldly negativity that Halahal- the poison is created due to Samudra Manthan he holds it here. What it means? It means in you many times the negative Karmas are transferred from here and cleansing has to be taken place. So, many cleansing will place and it is normal. You should not worry. All these are enough good things, it is not negative energy - your own Karmic things are cleansed here.

Q39) I have seen a video of you explaining about healing as a service to people and to do it without harming oneself, family, intuition clarification, auditory and other Siddhis should be awakened. Guruji how do I get these Siddhis, capabilities activated? Are there any particular Sadhanas that I need to do? I need to attend? I need to pay attention? I am just practicing Sri Vidya level 1. Do the above mentioned capabilities get activated when I go to next levels?

A: All people don't have these capabilities. Their psychic ability is like anything. Some people they have been meditating for five to 10 years Srividya all the level and so many different Sadhanas none of these divine qualities is manifesting in them. So, you need to understand if the purpose of your life and these skills are needed then only they will come to you. If your life purpose is not in that healing those qualities will not come, no matter how much you try, what mantra you do, what workshop you attend no way it will. Because your Karmic, your soul agenda will not allow that to happen. So, I cannot say that you will get all these. Some people it is a by product, automatically happens. Some people it will not happen.

Q40) Is Krodha Raja Bhairava – the Shakti of Vishnu Bhagwan or Garur Deva? The weapons and his Vahana resemble that of the Vishnu Bhagwan.

A: One is Krodha Bhairava another one is Krodha Raja Bhairava. Krodha Raja Bhairava is a form of Shiva. Krodha Bhairava is a form of Vishnu. That tatwa is different. Energy is different. So you have seen and what you are explaining is Krodha Bhairava or Vishnu. Krodha Raja Bhairava is Lord Shiva form, he don't have all these things.

Q41) I am a Sri Vidya Sadhak. I have completed all 7 levels. I am doing Raja Matangi Sadhana. My question is regarding my marriage, as a relation has come but the girl is Mangalika. So should I proceed with that or not?

A: For Sri Vidya Sadhak, we don't give too much importance about all the astrological things. If you want, you can proceed, there's no problem in your future and all of that. But if your family members have a belief system and you also little bit hesitated then I don't suggest you to go through that. But for Sri Vidya Sadhak things will be taken care and if the girl who will be getting married to you and if she also do the Sri Vidya Sadhana then there's no problem in your future also. The life will be very smooth, happy; both will be having a right understanding blessing to each other.

Q42) I'm initiating into Sri Vidya level 7, VKG, Raja Matangi, Baglamukhi, Varahi, Sri Sampath Siddhi, Sri Chakra Puja, and R-Kriya. After VKG Sadhana, I have started visualising Maa Lalita in human form. After that I have started seeing a lot of miracles in my life. Why is there so much difference in imagining the human form?

A: It is not like that you know, if you visualise divine in human form then you getting the more results, not like that. Whenever you are meditating for long time and then what happen, suddenly your Karmic baggage are removed and things will be start flowing and at that time you might have visualised Divine Mother as human form. You may feel that it is because of human form miracles are happening. It has nothing to do with that because you visualise or not the mantra will flow. You will be receiving blessing because of the Diksha. So, that is even if you don't visualise and you see it miracle will be there because of your Karmic baggage might be cleared.

Q43) is it ok to visualise a specific person that we want to marry or should we leave that to the Devi. I am unable to surrender. When I visualise, I can only imagine one face but I'm wondering if I am asking for something wrong?

A: I always suggest, you just need to make an intention, affirmation and prayer to Divine Mother without seeing a particular person. Many times we believe that this person only my life partner, another person cannot be. And if your karmic baggage is something else, where you have to work out with another person and what happens, you are chanting the mantra and making a strong desire only for this person and you're not allowing another real person to come into your life. If this person has to come in your life, he will come. But remember do not visualise that face- this person should be that. I know that it's very difficult when it is a relationship, when you accepted someone emotionally that is in a subconscious way it is very difficult to surrender. That's what I always suggest you visualise and make a Sankalpa and tells to Divine Mother, "Please bring this person in my life for highest good of myself and that person and everyone else involved". Then what happens, even we visualise that person, if that person is highest good for you then only he will come otherwise he do not come and the right person will come into your life. So, if we cannot surrender, you cannot visualise any other person then you can do it. You don't need to visualise the face at all. You are telling that I can only imagine one face okay- I don't want know is what sense. But if it's possible you just see the right person and you chant the mantra or make a Sankalpa. If you cannot do that at the end of your Sankalpa say that please do this for highest good of myself, that person and everyone else involved and continue your Sadhana.

Q44) Guruji I have received Sri Vidya level 1, 2 initiation from you in March 2020 and I started practising sincerely only from 15th October 2021. After a few weeks of daily Sadhana I have received it this mantra suddenly from YouTube as Maha Shodasi. I had another mystical experience such as someone trying to whisper in my ears, feeling like somebody is standing next to me while I was home alone doing the Sadhana. I also experienced the energy moving up and down suddenly while carrying out my normal work. Please guide what should I do.

A: As you progress with Sri Vidya Sadhana, this moving of energy up and down is normal because your Kundalini is awaken and you are bringing the Divine Mother consciousness receiving that energy. As you are progressing in your spiritual sadhana, in the previous question I told that you are connected with your spiritual guides, archangel, angels or past life master and all. You start experiencing whispers and all of that or you are telling that the Maha Shodashi is coming into YouTube. These are all the spiritual experience we will get as the path but remember it is a path that you need to walk for lifetime. This type of experience come and goes. If you feel that you want to include that mantra you can do it, there's no problem but practise Sri Vidya level 1 to 7 with the guidance that is given to you. And if you want to include that mantra also you can do it but the Sadhana should be continued.

Q45) How do we save ourselves and family the epidemic like Covid, economic crisis, natural disaster, government lockdown and trouble? As each of it is prolonging for long time and is advancing into more destructive forms. I feel scared. Please guide.

A: This is the process of evolution. It is actually the transition period from 1st to 5th dimension. So, in this period, the population has to be controlled, out negative karmic layers that are present in the ethereal form has to be released and Earth has to go through this struggle. You need to understand that when you meditate regularly with the right intention and understanding the universal law- “Yat Bhavam Tat bhawati” i.e. inner world creates the outside world. Even if you are in so many difficult situations you are protected, guided and taken care of. This is my experience. No matter what is happening in the biggest world, so many changes are happening but when you surrender to Divine Mother and accept her and took her in your life, allowed Her in your life you will be protected all the time. This you need to remember. That is the power of the Diksha of the Guru Parampara. It will help you, protect you. You need to remember that all the time. Things will be taken care.

Q46) How should we use the Swastik Sri Yantra given in the download section for removing the Vastu Dosha and generating the positive energy in home? Do we have to energise it or keep in a particular direction or time or need to do some Puja? Please guide.

A: This Swastika Sri Yantra is already energised in the form of Swastik. And it is very powerful. Wherever the negative energy is there you just need to place the Swastik Sri Yantra, automatically the cleansing, healing, energise and balancing of the Pancha Maha Bhuthas, nine planetary energy, 27 Nakshatra, 8 directional energy will take place automatically. You don't need to do anything. No puja, nothing. You just need to place and offer gratitude and thankful to Swastik Sri Yantra, Shiva Shakti blessing this to me. That's all you have to do. Nothing else. If your North East corner is not good, you just paste it. If your South corner is not good you just paste it there. If you want to study better than place the Yantra next to your table. That's all you have to do. It's very simple. Wherever you want you just paste or keep the Yantra taking the printout. Things will be taken care.

Q47) Going to Siddha Loka where you took us on Guru Purnima day. Same place is going to GyanKunja – the city of immortal being also called Sambala? Is it possible to go there? I am very strongly attracted to the Golden City of immortals and think that by blessing of our Mulanji I imagine going to GyanKunja and meditating with all the Siddhas in front of Divine Mother. I am wondering if I am visualising Siddha Loka in doing so. How can I make this a real experience?

A: I can only give access to you to Siddha Loka. Until you don't have permission to those different immortal beings, it is very difficult to go there. So you belong to the Siddha

Parampara and Thirumoolarji, taken a Deeksha you are connected to that master, you are chanting His Mantra so it is easy for you to go to the Siddha Loka. But it's not so easy to go to all the master's place. It's very difficult. They are all protected. Because until and unless they don't see your vibrations matching to their they will not allow this to happen. I don't know why do you want to go everywhere. What is your goal? Self-Realisation and God Realisation and transferring your physical body to Golden light body. Siddha Loka is sufficient to fulfil all these goals and desires for you.

Q48) For the planetary effects, is it okay to use Havan Samidha – nine planetary sticks and Havan Samagri while chanting the Navakkari Mantra? Is there a particular Havan Samagri that you suggest? I chant the mantra 27 times with Swaha for the entire family once in a month. Is that okay?

A: That is sufficient. If nine planet sticks are available to you, you can use it. If it's not available simply use the Havan Samagri and do the Navakkari Mantra for yourself and family. That is more than sufficient. Even if you just use ghee, sesame oil also the things will be taken care. Only this nine planetary sticks can enhance the results.

Q49) Guruji you say that we should not do more chakra meditation. But when I chant 51 letter mantra on Aksha Mala, I involuntarily concentrate on various chakras. I try my best to avoid that but I am unable to do. Please guide me on how to stop that.

A: Whenever we start doing the Chakra meditation, many times even when we are just doing the Japa our consciousness or our attention start flowing in that direction only. So, what I suggest, you open your eyes see the Lord Shiva picture or open your eyes see the Shiva Lingam, open your eyes see the Thirumoolarji picture or any Divine picture if you have or the Sri Yantra. Open your eyes and do the Mantra Japa. Moola Mantra or Thirumoolarji Shiva Mantra if you want open your eyes and do that. In that way you stop going your attention to flow to the chakras. You become more and more aware when you do that.

Q50) Guruji, I am doing Level 3 of Shiva Yoga now. But still I don't have any spiritual experience. How can I know that whether I am doing right or wrong? How can I get motivated to continue without a doubt?

A: I made it very clear that all students are not cenesthetic or visualistic or auditory. All are not psychic. Some of us are soul oriented where we don't experience all this energy. You experience only peacefulness, calmness. But apart from that you need to check your thoughts- what type of thought you have it, how your day to day life is going on when you meditate, how your focus on the outside world is. All that outside world also reflect how you are doing your meditation. So the person who is not soul oriented who cannot feel he need to check his thoughts in his outside world, his sleep quality, his behaviour.

All of that will tell you that there's a transformation in you. Earlier you may get excited too much or too stressed or too getting anger. It is reduced now. The you know that my meditation is affecting me. And don't expect this spiritual experience and all. Focus on your meditation regularly. See the thoughts will change. After some months or years of practice complete change in your food habits, perception, thinking ability, behaviour. Because it is inner transformation that has to manifest in the outside world and this is a tested Sadhana given by Siddhas and so you don't need to worry about that. Have a trust and faith in Lord Shiva and Thirumoolarji. Focus and meditate.

Q51) I am having a 9 by 9 inch Meru at my home taken from another master when I was doing Durga Saptashati Sadhana. During some discussion with astrologer they said I should not keep Meru at home as there are some custom to be followed. We are not vegetarians at home. Kindly request your suggestion to having a Meru at home.

A: This is one of the misconceptions of the guidance you get from many people from outside. I have seen this. Some people they do the Puja and temple priest will come and make it. "Do you have kept this Sriyantra, you should not. You have to take bath every day, you have to do the Kumkum Archana or you have to do the Lalita Sahasranama, you have to keep your home very clean, non veg should not be there, this, that so many conditions are there. But you need to understand what a Sriyantra is. It is a geometrical form of Divine universal Mother Lalithambika Rajarajeshwari Maha Tripurasundari or universal soul. It is the cosmic map or cosmic soul I can say. You are a spark of Lalithambika or Shiva Shakti. So, that Sri Yantra is already within you in same geometry in your astral or energetic or subtle body. Whenever we give the Diksha I literally seed the Sri Yantra in the students soul so that he should not worry whether he worship outside or not. When you chant the Panchadashi Mantra your energy body develop a form of a Sri Yantra. So how do you avoid that? Sri Vidya Mantra does that. Pure geometric form of your soul. That you need to understand the truth. So when you understand the truth, you don't need to worry or have a fear about all of it. Whatever I have I am keeping outside as a physical way. That's all. I am worshipping whenever I want, otherwise I don't. So, drop all these type of thoughts because many people and astrologer don't know the real truth. They have been trained in a certain traditional way. Their system is like that. They put so much condition. Their Guru might have put so much condition and they accepted it and that belief system, condition they are putting on you. So, you have a choice to follow the astrologer or the master. Choice is with you. You cannot follow the both. Either you follow the Guru Parampara teaching or you follow the astrologer. In my case keep the Sri Yantra, it is a blessing for you and your family. It brings protection to you and your family and is a great blessing. Because of the blessing of Divine Mother only you can have the Sri Yantra. You need to understand that.

Q52) I have just started doing Siva Yoga Level 1 for approximately 4 to 5 weeks. Here are my questions. Since starting my Siva Yoga a lot of past Karmic things are coming out of me and releasing and this process sometimes make me feel overwhelmed and emotionally drained as I am having to face a lot of my past demons. How can I go through this process and be strong and complete it?

A: Whenever you want to clean anything, first you have to clean the dirt then only you can see the beauty of that item or that thing. Then only it will shine with its beauty and purity. The same thing happened to you. Until and unless all your Karmic baggage is not removed of past life and this life, all these emotional demons, memory patterns are not removed you will not be happy. It's the cleansing process. You need to accept proudness and feeling of gratitude to Divine Mother. Mother is removing the garbage. How I should do it? I cannot do it for myself. I cannot see it. When you put that Divine Mother energy or the Thirumoolarji Siva Mantra it starts cleansing. It is something you have a bottle of ink water, the Thirumoolarji Siva Mantra is pure water. The more you add water into the ink water, the ink water is replaced with a pure water. The process has started. So it is a cleansing process and purification process. You need to accept with a gratitude and blessing. You need to thank to Shiva. Shiva, "you have brought this cleansing to me, you have made me to face all the demons of the past and my childhood and all of that. I am thankful. I let go this pain that is happening is for my highest good so I accept it". That way you have to think. But if you feel too much then you stop doing the practice for one or two days, take a gap, take a break, settle down with your things if you cannot handle that and slowly you practice. If you feel too much release just do Shiva Yoga Level 1 of only one round and stop it. The Sohum and Neti Neti for 5 minutes each you do, stop it. That way if you cannot handle, reduce your practice or take a gap and again resume to the practice. But you understand this is a highest blessing because we are on this Earth, you don't know this life Karma and past thousand life Karma that need to be cleared. All that is we have stored from many lifetimes had to be removed, then only you can and your soul can shine and you can bring the bliss and divinity in your life.

Q53) I have had a past of lustful actions that I am not proud of. Now I am married with two children but I still have impurities within me. I feel that need to be cleansed and I really want this. Since starting my Siva Yoga, I have started getting a lot of more awareness in my life that I never had and lot of past memories being cleansed from me. It's being a liberating process but very painful at times. I also feel lot of sensation in my private area and second chakra that gets very uncomfortable at times. I really want to cleanse this part of my life. How can I do this?

A: It's been a liberating process but very painful at times. That's what you know always like this, whenever the negativity it has to have its own effect. You cannot say that I want to eat but I don't want to taste that. It's a part of a process. It's a dark night of soul. Everyone has to go through that. Only with acceptance, surrenderance we can overcome

This Pray to divine again and again. Mother, “Please make my path smoother more enjoyable” so that I can release and walk on the path of truth.

Q54) My birth family are very toxic to me and negative. I have had a very negative upbringing. I have realised that I need to move on from my parents but still maintain a detached relationship with them. However this has been quite difficult for me as they always pour their emotional energy on to me and this affects me emotionally and then I refer many other areas in my life and relationship. How can I deal with it?

A: You pray to Thirumoolarji, Shiva or your soul and ask to disconnect all the negative energy cords between you and your parents. That you have to do it. Let go and say, “I am sorry, thank you, love you and I bless you”. Because when you have this type of parent means there is some very strong Karmic baggage between you and your parents in your past life and they are just giving it to you back. So, this is a time instead of reacting, accept the situation, let go and disconnect all the negative energy ties. So, it will not repeat again the same thing. You do this. Disconnect all the negative energy cords between you and your parents. Mentally you go one doing it. Bless them. You will see that after many weeks of this practice or maybe miracle happen in one or two practices also or it may take one or two months also. As you start go on disconnecting all the negative energy cords, negative emotional cords between you and your parents, what happens, you start getting very positive energy, positive relationship, and harmony. All these will start coming to you. So, try to do that. Put the protection shield whenever you meet the parents. Have that in your mind, chant the mantra and let go and only say- “only good comes to me, only good goes out of me to my parents”. You make that protection shield with this programming that can be very helpful to you.

Q55) I am a Srividya Level 1 Sadhaka. I have been practicing since last about 7 weeks and I have following questions. How do we visualize chakras? Are they horizontal or vertical? And how do they rotate? Can I visualise like a two wheels on the same shaft and when we rotate in the front does it rotate in the back too? I am very confused. Can you please explain about it?

A: Do not visualise about the rotating Chakra. No need because every chakra is rotating differently every day at different time. So, maybe your Agna Chakra is rotating clockwise but your Mooladhara is rotating anti-clockwise. Because the chakra system is not individual Chakra system. Everything is connected. So, one chakra is connecting another and they are reacting to the Karmas, present situation, place, emotion and when you are sitting for meditation what thoughts, everything is influencing your chakra. So, what you can do is as I said in the meditation visualise them vertically, bring the attention, chant the mantra. That’s all you have to do. Don’t worry about how they rotate. Clockwise, anti-clockwise, whether they are horizontal; vertical you should not worry about that. When you bring the attention there whether vertical or horizontal the

Attention and the energy goes to centre of the chakra and then you chant the mantra again it will absorb that. It is because chakra is like energy centre. It magnetically pulls the energy of your attention and it will go to the centre point of the chakra whether horizontal or vertical. And it will rotate sometimes clockwise or anti-clockwise depending upon the cleansing, energising, or aligning of the chakra. So, you don't know in what direction they are rotating. You need to surrender that part to the Divine Mother Kundalini within us as Bala Tripura Sundari as a Lalithambika. So, your job is bringing your attention with love and devotion and focuses there and chants the mantra. That's all. So simple thing is, if your visualisation is good horizontally you just do it, if it's vertical you just do it. Otherwise you cannot visualise, bring the attention there and focus on the body part and chant the mantra. That is also okay. Or if you are cenesthetic, you feel the vortex of energy focus there and chant the mantra. If you are visualistic and you see some energy in the form of light, red or blue, whatever for different chakra, see there and chant the mantra. If you are soul oriented, don't see anything, can't visualize and feel, you bring your attention there simply make a chanting once on each chakra. That's all you have to do. So, don't make it complicated because whether you visualise or not, rotate or not you will get the benefit and blessing. Just you do the Sadhana as given to you.

Q56) My relationship with my siblings is becoming bad without any fault of mine. Guruji when I start doing Sadhana, sometimes I am totally lost. I keep seeing so many things, people whom I don't even know and I totally forgot where I was I was means in what Chakra is was meditating. Why does it happen?

A: Srividya Level 1 Sadhana and it is very difficult for you to hold the attention to all the chakras and you may need some more months of practice to bring the habit or to follow the circuit of the Chakras. First chakra, second chakra and all. And sometimes when you have difficult time with your siblings or your family members or in a job or something your attention in between goes here and there you forget all of that. So, what I suggest try to use your right hand to hold it and chant the mantra. So that you know that in what Chakra you are. Especially on the front part of your Chakras. Then for the back part if it's possible you can hold it or front part you only hold it but you know that you have to focus on the back. Like this you can do the Sadhana. If that is also difficult, open your eyes and do the meditation or open the half eyes and do the meditation. Try all these tips and find what is best for you.

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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