

# **Doubt Clearing Session held on 31<sup>st</sup> January 2022**

## **By Sadguru Sri Sivapremananda ji**

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



**Sivapremananda Self-Realization Center**

**Bangalore, India**

**Mobile: 7483528148 / 9901019177**

**Email: [prem999ananda@gmail.com](mailto:prem999ananda@gmail.com)**

**[www.srividhyasadhana.com](http://www.srividhyasadhana.com)**

**Please refer following YouTube Video URL to watch the complete doubt clearing session: [https://youtu.be/B973s\\_Cz9G4](https://youtu.be/B973s_Cz9G4)**

**1Q) Sri Vidhya student recite Khadgamala or Lalitha sahasranama i am a shiva yoga student can i chant Rudram and other shiva Stotras with your permission or is there any other chant for us.**

A) See Shivayoga is a very very high level path of the siddhas so it is more of an inner meditation and when you have received this shiva mantra deeksha then you are eligible to chant any shiva Stotras like Rudram, Siva sahasranama, Siva Astottaranamavali you want to chant you are eligible to chant you don't need any further deeksha for that.

**2Q) Like a school boy falling in love without thinking my heart is repeatedly drawn to the beauty of awareness itself being even more beautiful than any other objects reflected in it the union of this love and beauty is peace bliss and fulfillment in addition to Srividya sadhana may i consider the beauty of awareness itself to be Balatripursundari and worship her in this way.**

A) Yes Bala is the innocent awareness Bala is the innocent consciousness we call it as a Adhi shakti she is the Adhi shakti the form before creation or in the stage of creation so we call Bala Tripura okay so you can consider as a awareness the mantra itself is that what you are explaining peace bliss and fulfillment “Aim Kleem Sauh” that is the meaning of the whatever you have explained in English so you can consider it as the awareness of the Bala.

**3Q) One day during meditation a thought arise in my mind that the cosmos and my subtle energy body are similar in terms of function and structures, the different chakras in my energy body are like galaxies or black holes in the universe is this true can you please clarify over the last month i have not been regular in my daily sadhana i have had a few gaps ranging from two days to five days moreover i have not been able to do the part b of R- kriya for about two weeks now Guruji please guide me how can I compensate for these gaps i can hold my breathe up to 50 seconds to a minute at the end of the rapid breathe Kriya of R-kriya.**

A) first question is you are experiencing that the cosmos and your inner body or the chakras are somewhat similar okay and their function and structure is also similar it is very true according to the universal law of correspondence what it is said yatha Brahmanda tatha pindanda how the Pancha Mahabhootas are outside at the same time Pancha Mahabhootas are within so as we go in the higher level of our journey our inner awareness our inner introduction to shiva shakti of the vibration light sound everything will start manifesting and you start seeing your inner world is so expansive like a universe so what you whatever you see so many Lokas celestial world or the lower worlds or astral words all are you are within you and you are everywhere that is the experience of the god consciousness the Nirvikalpa Samadhi and you are having a glimpses of that you are having a glimpses of that so it is good sign that you are progressing in your path okay and then he is asking for the he has taken a gap of two to seven days so it's okay if you are you know it's always better two to

four days is a permissible more than four days what happens your soul vibrational goes down so at least you need to chant the mantra of that sadhana for example you are doing at least chant the mantra sanjivani mantra in the R- kriya then you can hold your charge your soul even you are taking a two to seven days gap when you chant the mantra at least for five to fifteen minutes you can hold the charge of that sadhana okay that is the second question. And he is asking one more question that he couldn't be able to do part b of R-kriya from two weeks okay nothing you just pray again you start it don't worry about that you know This is always we because of as a householder we have so many responsibilities and it is very difficult for us to manage in the beginning so pray to divine mother again

You start part b of the R-kriya.

Another question is from the R-kriya that he could able to do the rapid breathing kriya and he could able to hold up to 50 second (five zero) to a minute okay it's okay whatever that is permissible for you what is your capacity to hold you know the breathe the outside of your body okay it should be comfortable feeling it should not be very very forceful okay so you are doing well you can continue with that.

**4Q) When we do our sadhana, why are we not doing the Anganyasa and Karanyasa? & what is the purpose of Anganyasa and Karanyasa & Why do we start with Anganyasa and Karanyasa only for a shloka and not for a puja?**

A) see that in Srividya sadhana we are not doing Upasana we are doing the sadhana and in here in siddha parampara we are taking a deeksha not a upadesha when you take upadesha and do the Upasana this Anganyasa Karanyasa will come to you ,you have to do viniyoga Anganyasa Karanyasa dhyana sloka then purushacharana then you are ready to do the puja and you know all of those worship that is the Upasana procedure is different sadhana procedure is different upadesha is different deeksha is different so here we are giving you deeksha where you don't need to do the purushacharana okay you don't need to do all these things to establish the deity okay so you directly go with the deeksha and then you do the sadhana with your inner worship you go one step ahead we will bypassing you first rituals then inner meditation then Samadhi then realization of the truth these are the stages that you need to go through and here we are directly giving you sadhana where we are bypassing the outer rituals directly taking you to the inner meditation because we are awakening the Kundalini Shakti and that kundalini Shakti is very powerful that will bring the purification and establish the divinity in you so we are bypassing.

**5Q) what is the purpose of Anganyasa and Karanyasa**

A) as you know that Anganyasa means nyasa means establishing, anga means establishing in the limbs or the body parts devotee or the bringing the divine consciousness energy of the devotee in your body parts that is Anganyasa then we have a Karanyasa this is establishing the divine energy of the devotee in the palms and fingers that you have it so this is the Karanyasa you do and then you do Anganyasa you do different parts where you purify those parts and establish the divine consciousness divine energy of the devotee and then you do the sadhana to manifest the devotee in you then this is called as a siddhi Accomplishment of the sadhana so that is the way when you take upadesha and do

The Upasana, here what we do we seed the Devotee consciousness in your soul from soul it will manifest into your energy body mental body astral body then automatically it will

manifest into your physical body so it is automatic process that will happen to you from the siddha consciousness of Thirumularji it is coming in your soul consciousness as a seed then it will the divine consciousness of the devotee manifest in your entire being so you don't need to do all the Karanyasa Anganyasa purusacharana like havan tarpana marjana shanthipuja and all that is not needed so this is the grace of the siddhas where their tapas shakti their you know energy they are you know giving us during the deeksha and that the energy of the shiva consciousness is awakening the kundalini within you from the mooladhara and then the sadhana is given to you as the purification happens during your meditation so the kundalini start raising burning the karmas and Removing the entire obstacle and helping you to manifest the divinity and experience the self-realization and god realization okay.

**6Q.)why do we start with anganyasa and karan nyasa only for a sloka and not for a puja.**

A) No not like this in many poojas we also do that we also do that it depends what type of puja you are doing in a vrata we don't do it there are poojas that are coming with a with the Vedic rituals there are pujas that are explained in the Puranas just as a vrata so i think you were talking about that so puja also need all of these you know Karanyasa anganyasa all that systematic procedure is there if you go to any temple you see how the puja is then done by a priest there he has to do all those things purify himself purify the inner shrine then he has to invoke then he has to do all those things.

**7Q) Guruji you ask your students to slowly increase the duration of sadhana due to risk of permanent chakra damage how does one know the existence and extent of chakra damage can such a person be helped, to get rid of all kinds of bad karmic balance and doshas what is the better to do Pratyangira sadhana or VKG sadhana or should i wait for level 7 initiation where all the shaktis are involved please guide me.**

A)so this is related to chakra damage you see that if you follow the guidelines given by us then this problem will not happen chakra damage will not happen and some chakra damage can be understood by a student if he is a clairvoyant enough kinesthetic enough clari-auditory enough if he has a psychic ability he could able to sense his chakras he could be able to see his chakras he could be able to see the leakage or tears in the chakras in the energy body if the person is not clairvoyant enough he cannot see so if you following the guidelines that is given to you minimum two months then that is sufficient you see you need to understand this spiritual path is a lifetime activity that you need to understand first thing and here in this lifetime we are burning many many thousands of life karmas so what the work we are doing is not easier the inner karma that the real karma we are doing in this life because of the free will because of the acceptance with because of our intention by taking the initiation in the siddhaparampara it is the highest thing that we are doing it okay so slowly steadily we grow and burn our karma with the guidance of the master if the student is not going to follow the guidance of the master first thing is master cannot help and many things can be reversed but some things cannot be reversed you know some chakras get damaged in such a way that cannot be reversed the student has to undergo a lot of health issues lot of you know mind issue lot of imbalance and all so follow the guidelines that is given to you things will be taken care okay.

**8Q) to get rid of all kinds of bad karmic balances and doshas what is the better to do Pratyangira sadhana or VKG sadhana.**

A) You see that i have been telling from the beginning sri Vidya level 1 to 7 are sufficient to burn all past life karmas level 1 level 2 level 3 are very powerful techniques level 1 activates your chakras cleansing energize level 2 burn your horoscopy karmas all your past life karmas all your astrological doshas you know in level 3 where you bring the you know sound light breathe or prana together three forces come in together then you burn highly sticky karmas of your past life that you need to understand so first three level are mainly for burning your past life karma's sticky karmas and doshas then you are receiving Bala Tripura Sundari pure consciousness of Lalithambika then fifth level where you receive the divine mother consciousness then you grow into a divine consciousness manifest that energy in the outside life and inner life so it is the path that has been given and i have explained this in a sri vidya sadhana book what each level does so i request all my students please little bit have understanding what is the each level is doing how i am getting a benefit of that how much I need to give you know the time for each level so that i can do it and then coming to Pratyangira and VKG sadhana Pratyangira sadhana is very very advanced sadhana VKG is also very very advanced sadhana where once you purify yourself with all these things then if there are some tantric attacks to you you know or anything that cannot be you know nullified some people are going to many many negative psychic attacks and tantric attacks there Pratyangira is very very helpful to you vkg you know Vancha kalpa Latha Ganapathi it is also you know combination of Shodashi and other Vidyas and it will help you to fulfill your heart desire and manifest your divinity okay so you continue with your sadhana complete your level one to seven that is a complete if you have any other issue if you inspired from within to take Pratyangira or vkg you can go and take that also okay.

**9Q) thank you for initiating me and my daughter to sri vidya when i came for workshop before initiation on the day i closed my eyes after seeing the statues of shiva Kameshwari and Mulanji suddenly i saw a diamond in between the statues and it lasted for few minutes it repeated after some time before initiation pre-lunch session when you initiated in the evening in the Sahasrara chakra i saw shiva in a Nataraja form and in each chakra i saw goddess this i never felt before the initiation and after the initiation when i came to the workshop before corona sadhguruji during Covid you promised about subramanya deeksha are you considering it now.**

A:so he could able to share the Sri Vidya level one initiation experience you know during the workshop and he could able to experience the presence of the divine in shiva Kameshwari idol here and Thirumularji idol here so what you have experienced is the presence of divine mother Lalithambika in the form of shiva Kameshwari and Sadguru Thirumularji and their light form so idol is there behind that there is a form a subtle form of consciousness and energy that is a pure white diamond light that you could able to experience so that you will understand that you are in the presence of the Sadguru Thirumularji and divine mother Lalithambika it is a blessing that you have received during the workshop and you are blessed one okay related to subramanya sadhana we are planning to give it once the things will settle down we will organize the offline workshop then we will you know announce the dates also okay.

**10Q) Guruji i have completed level 4 in December but i want to extend two more months until February as i am getting too much pleasure in the ins you know chanting moola mantra of Bala Tripurasundari of level four and i also getting blessing from the divine mother kindly allow me to stay two more months with level four ,during the mantra japa session i am doing( that is where he is explaining he is doing mantra japa separately in the morning) my lower third and the second chakra moves downwards upwards respectively and merge together is this normal or abnormal happening kindly give more details about level 1b as after sadhana when i spend more than more time in level b and my bottom chakra starts you know contracting and expanding without doing any japa or kriya okay.**

A:so what is happening is he is experiencing a bliss joy during the Bala Tripura Sundari sadhana it is it it says that your preparedness and your oneness with Bala Tripura Sundari you are blessed one okay first thing you need to understand and you wanted to extend the level four for two more months yes you can go ahead and you can extend once you are ready please let us know okay that is the thing then here your question is when you are doing the mantra japa you are a second and third chakra that is Swadhisthana and Manipura chakra moving up and down and merging together this is the very beautiful experience whenever the Bala energy manifest awakens the kundalini will flow to Swadhisthana from Swadhisthana it will merge to Manipura where the triangle is there you know Manipura chakra agni stala okay so it is telling that you are able to lifting your kundalini from muladhara to the Manipura chakra and you are experiencing those three chakras merging where your Pancha Mahabhootas muladhara is Prithvi ,Swadhisthana is water or jala and this Manipura is the fire where the Prithvi is converting because of the kundalini or the grace of Bala converting into a fire so you could able to experience the merging of the chakras there so you are literally you know bringing the transformation in the consciousness from grosser level to a subtle level okay this is very beautiful experience you could able to get it.

**11Q) during the level 1b my bottom third chakra contracting and expanding without doing.**

A) yes this is the reaction you see during the mantra what is happening to your three levels of chakra you know that once the all the energy is accumulated in the third chakra that is a Manipura chakra the Manipura chakra is you know vibrating reacting to the energy expanding and circulating that energy to your entire aura it is a distribution center it's a distribution center where the life force will be you know distributing to your entire aura that you are experiencing in this you know part b of these Sri Vidya with the level one so all are very positive and you are doing well you can continue with that.

**12Q) Guruji from past few months i am observing that what i am telling to others it is getting happening few of my office colleagues are asking me to talk positively about their future i also believe that most of the occasion what I'm saying to other it is started happening positive or negative not what i am thinking i am also getting afraid to talk or speak to others regarding the task and work.**

A) So what is happening here is in your case you are having a Vak siddhi what we called when we do the purification of you know our own soul our own karmas and when we manifest divine mother Lalithambika and purify our especially the this chakra throat chakra and when this purification takes place then this Vak siddhi manifest and now you know that how good it is how bad it is what is the use of the Vak siddhi you understand now okay what is the use of the Vak siddhi and how the power of the Vak siddhi and when you speak negative the people may go through that also you speak positive people may go through that also it is what we call tapas shakthi you know we can bless the person we can make an intention bad about the another person we can speak negative about another person so it is of no use for your spiritual growth you need to understand because only it will waste your Tapas shakthi you can bless the entire world you can bless the person that's a good thing it's a positive karma but if by chance negative the person is coming his energy triggers it is not your intention his energy comes and his energy communicates with you and you may react to that energy and you speak negatively what happens the person may undergo negative thing and you may feel you are responsible for that and all the guilty feeling and fearful and all of that so what i suggest you let go all of this offer this at the feet of Lalithambika tell to Lalithambika raja Rajeshwari mahatripura Sundari i don't want this siddhi okay you offer back to the feet of Lalithambika tell to mother i don't need the siddhi i need your blessing your guidance you are taking care of everything i don't need all of this help and bless me to experience the truth about myself and transform from this third dimension to soul consciousness okay this is where sincere prayer is needed to let go and offer the siddhis to the feet of Lalithambika.

**13Q) i am one and a half months pregnant i stopped my chakra meditation after knowing my pregnancy how many times can i chant mahavarahi mantras or should i stop all mantra including 51 letter shiva mantra.**

A) you can just to do 10 to 15 minutes of mantra japa for example you do five to ten minutes of mahavarahi moola mantra then you do Thirumoolarji 51 letter mantra with a sankalpa with the intention for a good health for yourself or your baby okay you can do that.

**14Q) is soham meditation allowed during pregnancy.**

A)yes it is allowed but not more than five minutes or ten minutes okay you can do it it is wonderful thing it will bring a lot of blessing it will connect you to your soul and this is a blessing to you and also the new life in you.

**15Q) in the donate mantra section in the website it is said that we are facing difficulties till 2022 will that get solved in 2023 can you please explain what is going on now how will the problems solve please guide.**

A) i request you don't worry about all the future things what is going to happen next year and all of that okay you are a sadhak so you will need to learn to focus on the present situation and how to overcome with the surrenders with a prayer with a sadhana that you need to understand don't worry about all what is going to happen for 2022-23 we are all safe you see you know we have faced many of that many of you who are really surrender who are devoted who are connected to guru-parampara all are safe only, all are taken care all are getting help so don't worry about all of that that is not our duty to think too much about our

future transformation is taking place and we are getting help of divine mother and we are focused and getting blessed so we will focus and do all of that okay.

**16Q) Guruji i have been doing my regular sadhana very soon i will get a level 2 Srividya sadhana however absolutely nothing is working out or happening the way that i want my health problems job problems and other personal issues which needed help or divine guidance are still there everything is stuck just like it was and i don't even remember since when i know there is a food to eat clothes to wear or a roof above my head and i am grateful for everything in life but you know the nature of the mind that is desires and these desires of mine are very old some problems are there for almost 23 years now and some for around 11 years and i am 34. i really need your guidance and help to solve my health money and career problems they may sound very ordinary to anybody else but for me they are my biggest challenges and i am now somehow now able to find a solution for anything please guide me.**

A) See that you have just started your Sri Vidya sadhana it is a great blessing that you know that and what about you the experience having a problem that also things will be taken care you need to understand the universal of karma causes is within effect is outside the cause is within you as a karmas as a negative belief or as a thought pattern or your thinking pattern or belief system or your emotions you are feeling from childhood until now the moment you are telling you are 34 and you from 23 years you know you are facing the same problem means there is a limited belief within you or some karmic block within you or subconscious block within you that need to be released with a sadhana so just two months you cannot expect that all the years of so you know you know problems get solved have a patience continue with your meditation mother will guide you to the right path and the necessary heart desires I'm telling you all heart desires are not your desires please understand in a level two success wisdom book is there i request you to go through once and a little bit be aware of what are the you know repeatedly problems are you are facing because when there's a problem is repeated there is some limiting belief behind that either it's a relationship issues or it's a career issues or something because as we progress here we are here to find the purpose of our life the purpose of our life is what we passionate to do what we are happy to do okay what we what we are here to express you know our talent our you know the you know inner expression what we are you know learned okay the qualities that we have it okay so it will take some time for you to manifest all your soul you know expression to solve your problems are there only because there's a life lesson to learn if you learn that life lesson you will go to the higher level of consciousness and you start experiencing more of a bliss joy happiness than all these burdens I request go to the level 2 learn the siddha mind power if there is a possible do they sri vidya havan also it will make a faster progress to you it will help you to quicken your process of clearing the karma and clearing the blocks so of the or the obstacles to fulfill your desires so i at present i only assure you that have a patience and continue your sadhana with the devotion surrenders understanding and applying the other principles like you know other pillars of sri vidya sadhana self-analysis whenever there are so many issues are going on self analyzes why i am getting this problem that first question and behind that what are my thoughts my expectation my belief about the person or about the job about the world whatever the situation little bit you be aware of that no need to judge anything just be aware of that more you bring the awareness then you know that from subconsciously something will come out it



surfaces out and you release that block then things will start you know clean clear you start seeing manifesting what you want in this life okay.

**17Q) Related to Mahapaduka guru mantra it is nearly about two years i am doing Mahapaduka guru mantra and other sri vidya sadhana i wanted to start online education portal in my field i asked divine mother to give me any name that i use i can use in my portal so anyone can call me with that name the energy of the knowledge whatever he requires will get from that name automatically suddenly one name has come into my mind called charyanandanatha to check its power i told to two ladies to chant the mantra okay he has given the mantra and one lady saw the golden bubbles surrounding her and entering her other lady saw a big golden ball coming from sun and entering her body Guruji please explain what is the experience and please confirm me can I use this name as my soul name or spiritual name with your permission so i can help my students in their you know path.**

A) you know this is something very beautiful that has happened to you, you see that you have been meditating on Mahapaduka guru mantra from two years and your devotion and sincerity to Mahapaduka guru mantra is like anything else i have been seeing most of the doubt clearing sessions your questions is only on Mahapaduka guru mantra now what is the beauty that happened is because of your meditation sincerity devotion that the essence of the Mahapaduka guru mantra is manifesting in your soul you become the embodiment of charyanandanatha who is this charyanandanatha it is a lord shiva came on this earth as a yogi as a siddha to give the knowledge of Srividya and help others to practice and master and experience the Ananda so that's what we called charyanandanatha okay that is a meaning of the name so you received the that name as your spiritual name it is a blessing of lord shiva on you it is a blessing of Lalithambika Rajarajeshwari Maha Tripura Sundari and lord shiva as a Kameshwara and Kameshwari blessed you with spiritual name charyanandanatha and second thing is you have tested that you have given this with you know the in the form of mantra as guided by your soul or as guided by your inner guru who is inner guru now for you it is charyanandanatha your soul is lord shiva and shakti you know Kameshwara Kameshwari the Srividya powers are manifesting in you blessing you that you need to understand and then when you gave this they could able to experience the golden bubble coming from the sun or surrounding them so what it means golden bubble again it is an unconditional love of lord shiva and shakti highest manifestation is the golden light of unconditional love it is the energy of the Surya it is the energy of Maha Mrityunjaya it is the energy of the shiva shakti it is the energy of the unconditional love it is the energy of the siddha shakti i can say so when the when you give this name to other they could able to experience the energy of the Charyanandanatha that is unconditional love the grace the knowledge in the form of a golden bubble okay that's what we called hiranyagarba the Lakshmi tattva the Lalithambika you know kamala that ultimate knowledge you see that in this Dus Mahavidya the last vidya is kamala when you everything is released you experience the pure you know abundance of prosperity inner psychic abundance at that time the kamala manifest that kamala when manifest she is adorned with that golden light so that is the shakti of the sri Suktam also so they are experiencing this beauty with this mantra that you have given you are blessed and your students whomever you are given you are blessed you happily start doing your you know online teaching with this name and I'm not revealing this in a mantra i think this is precious so just you give this mantra to the one whom you really think they are you know deserved to receive this energy okay.

**18Q) my question is regarding homam i have been doing the homam every week from November onwards as guided by you however i know noticed energy wise I feel very drained the next two to three days after havan why is that after performing havan i saw the energy from the fire going inside all my chakras almost like a deepam glowing which seemed like a blessing however my body was so bloated the whole day is it normal i have been encouraging my daughter to meditate daily however she is 14 years old can she be given deeksha into Srividya sadhana.**

A) so first question is so you are doing the havan okay every week okay from November but you feel drained the next two to three days after homam so what happens whenever you do too much havan this is the reaction of the body when you do the too much havan the number of counts of the mantra or more number of mantras you do your energy goes to very high level your chakras will be more activated that day it's okay then suddenly the next day the energy will be like your body cannot tolerate that energy you feel drained tired and all of that i request you reduce the number of counts of the mantra or number of mantras that you are doing for the havan okay then.

the second question is after performing havan i i saw the energy from the fire going inside all my chakras almost like a deepam glowing which okay that is easy it's normal actually whenever you do the havan the fire in the havan awakens or ignite the fire within you're the in the chakras so that you could able to experience that the outer light outer fire or the outer shakti igniting the inner shakti of the chakras you are having an experience of that this is a blessing it is good okay and however my body was so bloated the whole day so in that case what you do again I'm telling you the the my body was so bloated the whole day again you were doing too much havan I guess try to understand doing more cannot help may create again the problems find what is a good thing for how many number of counts three times Ganapathi mantra not more than that if it is or nine times not like a 108 times Ganapathy 108 times this mantra 108 times that mantra then Khadgamala this that and then you have learned so many other mantras then if you do all of them together too much energy you create it is good for your home but it's not good for your health your body cannot absorb all of that so reduce the number of you know count that you do in the havan okay havan means energizing balancing experience that should be the experience of the havan very energizing balancing if you do too much you start feeling the eyes are burning acidity bloating and the next day sudden things are too much irritated fighting dominating you need to find then the havan should bring harmony balance energisation inspiration cleansing healing not the uncomfortable feeling okay.

next question is i have been encouraging my daughter to meditate daily however she is 14 years old can she be given a deeksha into sri vidya i don't suggest Srividya deeksha at her age she can go for a Rajamatangi sadhana that one sadhana is sufficient for two to three years okay after at the age of 18 let her start the sri vidya sadhana okay Rajamatangi is the best sadhana for the young children's after 14 years they can take a Rajamatangi because it is higher form of Saraswathi and they need to focus on their studies and career and also they need a protection the bhairava and the success the bhairava so that is a very very powerful sadhana Rajamatangi and Batuka bhairava is the best sadhana for the young you know kids or children's at the age of 14 years and above until 18 after 18 they can start this with the Srividya sadhana if they are ready and you are helping them okay.

**19Q) Namaste Guruji i am currently practicing level 7 sri vidya sadhana due to your grace i am going deeper in meditation to the point sometimes i forget on what chakra i was nowadays I'm getting disturbed in meditation due to some disturbances come along when I'm meditating sometimes i don't get a time due to busy activities and day-to-day life i never was that busy before why I am encountering all these disturbances i am currently practicing with the level seven i was told by you to do the meditation once in a day due to the pitta problem due to havan now i have completed all seven levels it's been two months as well can i do the meditation twice a day now.**

A) You see that so many questions in your so first you are telling that you don't have a time to meditate now you are asking can i make it twice a day and all of that so what happens as we grow in our path and when you are in a phase of life where you are focused on your career where you are focused on the relationship issues where you are not at get married or just married and all your life become more busier you know where your attention to the outside activities needed so it's okay it's fine so at least short version of sri vidya sadhana should be done at least 10 to 15 minutes of mantra should be done okay at least you should be able to give a time should not give a gap like you know not to do the meditation at all at least 10 to 15 minutes mantra japa or the short version of sri vidya sadhana should be done just short version means protection shield level one level two level three level seven okay if that is also not possible protection shield level seven one round at least it will bring you harmony you bring the harmony alignment cleanse heal energy then you do the job in the outside life okay and the disturbances why I'm getting more disturbances it is very normal you know as a householder plus a spiritual sadhak disturbance should be there where there is a disturbance there is a lesson for you to learn that something is disturbing your inner balance your inner focus your confidence your soul power your willpower your awareness you need to bring you know take one step back bring your awareness to your inner self be aware of your breathing try to control or align yourself then you see what is that is disturbing okay whether it's another person is disturbing another situation is disturbing or your own thoughts are disturbing or you don't have a clarity your own confusion is creating issues and all so you need to bring the awareness these are all the needed as you progress on the path disturbance should happen challenges should come then there is a growth then only there is a when there is a pressure then only we rise above the consciousness bring the awareness and see what is the real subconscious block limiting belief or our own behavior and then with that awareness we go to the one more step of our growth soul ascension okay that happens so this is normal and now you are asking the second thing can I meditate twice a day if it is possible for you, you can do the meditation what I suggest meditate for two three days for twice a day morning in the after in the night or morning and the evening and see what is your energy level if it is too much energy not getting a sleep okay then what you again you reduce first day you do only one day second day alternative like a second day morning and evening then again only one day try to see that how you could be able to manage your energy okay now you are at this level seven and you have watched many of your our videos and also you are advanced enough now how to manage the energy level and all so according to your own feeling you measure your energy and whether it if it is needed do it two times a day okay.

**20Q) Guruji i have received Srividya sadhana all completed all seven levels Bagalamukhi sadhana and now Shivayoga sadhana in level 3. my question is that previously in the Manipura there was so much energy i felt but now a days i felt heat in that area sometime vibration on Swadhisthana chakra and energy moves upward to vishuddhi chakra firstly the right side of the body feels like opening up then after some time left side is also opening up it become a normal course that my sleep breaks around 2 a.m. in the morning and then for three hours i do not get to sleep anymore and dreams come many times number of japa as i really feel to do or only soham is sufficient what I what more i need to do self-realization i feel more like a stuck in this we see a circle need to get out of it as soon as divine allow me to.**

A)you see that you are guided you are doing the meditation you could able to complete all three with the level one to seven by the grace of Lalithambika then now you are in the Siva yoga level one level one not one level three you are blessed now you could able to experience your chakras even you could be able to experience whether it's a right side of the body or left side of the body how the energy moving everything you are experiencing so beautifully and when you are on the path it is more you are desperate more you are disturbed okay so the path should be smoother what you mean by smooth you should have a trust that i have been guided in the siddha parampara by the grace of shiva shakti i am receiving the right guidance from the right master and connecting to siddha master Thirumularji that itself is a blessing getting the right sadhana and also experiencing my chakras energy and all those effects also i am so blessed that should be your experience and don't think that if this is a vicious circle no it is a choice by you so you are here on this earth so you are guided you are taken care okay so you are doing this very good you need to now learn to enjoy your present life enjoy the meditation don't worry about all other things and know that when you are ready self-realization happens know that the shiva shakti always know what is the right time for you to give or manifest that self-realization in you so enjoy the path experience the grace experience the you know positive effect and blessing that you are receiving by sitting at your home be thankful and start your sadhana okay continue your sadhana.

**21Q) Related to bhairava Guruji in a recent group meditation you kindly installed bhairava in in the form of a trishula in our soul does it mean we received the deeksha of this mantra and what is the difference between this mantra and krodha raja bhairava mantra should we chant both daily**

A) Yes this is the blessing of bhairava in our center if you see the we have a Trishula here this trishula is the manifestation of bhairava you know in our center it is always here to guide bless protect and take care of us okay and now you are asking that you know whether you have received the deeksha of that mantra yes you have received who may have attended the you know that group meditation or whomever interested to do that mantra if they watch that YouTube video then they will receive the deeksha for that mantra then you are asking what is the difference between this mantra and Krodha raja bhairava mantra this is this” Om Namo Bhairavaya Swaha” is not a particular one bhairava we are invoking we are invoking the bhairava consciousness all type of bhairava consciousness that are present on this earth or in the different dimensions will come and bless you when you chant that mantra and when you chant the krodha raja bhairava mantra it is specifically to invoke the krodha raja bhairava mantra the next question is should we chant both daily yes if you have a time you can chant both of them okay.

**22Q) Guruji in inner srichakra puja how many rounds of each mudra mantra should be done one mantra chant per mudra or can be more one mantra chant per mudra is sufficient no need to do more of that okay related to shiva sadana Guruji would you please inform about pashupathastra mantra or Stotra can we chant that mantra listen to the Stotra for quick results of protection and removing negativity.**

A) Its not needed okay Thirumoolarji shiva mantra is more powerful and it will take care of all your negativity okay.

**23Q) Guruji Durga Matha killed so many demons like chanda munda Mahishasura how are they still alive in us human beings sorry if it is a stupid question.**

A) See you need to understand whenever there is a story in the puranas okay there is a esoteric meaning behind that okay in this third dimension it is a dimension of the duality, duality means it is you know always like you know positive and negative in this dimension you know you have to experience the demon as well as the devas okay so divine mother already killed the asura in this soul level you have to kill them in the you know subconscious level conscious level in your you know energy level that's what you do the sadhana for that okay so don't literally take the meaning of the purana the way it is explained okay you are here manifested here for your purpose of your life you knew you were you yourself is one word one universe within you also demons when you call divine mother durga you will kill them and you manifest durga in your consciousness

**24Q) Guruji i am trying to get a new peaceful job and buy a house but there are so many difficulties and obstacles what sadhana or mantra that you recommend to help with these issues i feel there is so much suffering on this earth but i am grateful to divine mother for protection.**

A) For the to get a new job and to manifest the house the raja Matangi is more than sufficient you continue with the Batuka bhairava and raja Matangi sadhana if possible if there are more obstacles are coming more difficult are coming increase your mantra japa and do the more of havan and also try to bring the affirmation use the siddha mind power okay that will be taken care

**25Q) Guruji in one of the videos on YouTube you mentioned about the Khadgamala Stotra is actually a mala mantra can you please explain more on this how many times moola mantra and this Stotra can be chanted daily.**

A) You see that entire Khadgamala you know what are the names are there those names itself is a mantras mala mantra means it is a collective of many mantras more than five mantras together in one you know Stotra it is called mala mantra okay you just simply take Sri vidya Stotras book and you just read Khadgamala Stotra that is given there that is sufficient for you to do this because you are already initiated in sri vidya sadhana reading itself is a Sufficient okay.

**26Q) Guruji before i ask my doubts i have a small experience to share lately in deep meditation during sri vidya sadhana sometimes random faces and impression appear they are like how a negative film turns into a real positive ones sometimes thoughts of lust also come I used to get very hesitated and guilt driven with this while visualizing divine mother and Mahishasura are acting up i think these have been my own accumulated impression over time and latent tendencies just playing out and sometimes out of control but i also observed that in Matangi sadhana i did face this issue within my mind and felt empty in fact it was very opposite and even when i used to come out of Matangi sadhana the world outside used to help me overcome this and one day out of nowhere i saw myself as a naked infant baby as an infant Baala bhairava this single vision has melted away all my guilt and agitation helped me a lot to cope up and move on i have a long way to go and drop many such things through swadhyaya but i truly blessed to have such a guiding grace**

A) it's very true as we meditate more and more we see that many of our past life karmas they start surfacing and coming in our awareness and you see different faces that you are not aware at all sometimes the known faces sometimes unknown faces sometimes those faces are very ugly also that you never visualize or thought such things will be there so all these things is a cleansing and releasing of your past life impression it has to come in your awareness then it has to release so it happens for your highest good this is the way you release your past life karmas and this life you know subconscious you know psychic impression that is going to happen and whatever you are experiencing it's a blessing you are blessed with a divine mother Matangi and also shiva shakti to experience and also knowing within you, you know what is happening to you so you are also guided within what is happening to you why it is happening and how you need to let go how you how you when you let go how you feel the gratitude all that is happening to you it's really wonderful to see such a good experience

**27Q) so my first question is that in this coming Navaratri of February if we have to do Matangi mantra japa for long still we do it with japa mala or Sarva Vashankari mudra if with mala then what mala how many rounds please guide.**

A)you see that you see that during this you know Navaratri that is starting from 2<sup>nd</sup> of February until 10th of the February the energy of the Matangi will be more awakened and the more is released during these days so Matangi sadhana is very, very powerful at that time so what you do the basic meditation should be done okay without a you know confusion every day you should do that then apart from that if you want to increase the number of japa so what you do take the crystal japa mala okay Spatika mala and do maximum three japa malas of Matangi moola mantra i.e., Rajamatangi mantra or Ucchistha Chandali anyone you can do otherwise you can do one japa mala of Ucchistha Chandali another japa mala with RajMatangi sadhana that is more than sufficient everyday sadhana apart from that if you want you can keep on chanting in your mind any one moola mantra hold it and do it in between you make a prayer mother bless me guide me help me to experience your energy within me i want to feel your invisible presence and help me to manifest these desires that i am holding from long time you pray and do it and if possible during these nine days if possible do the Matangi havan also if possible at least nine times or ten minutes if you don't want to count anything 10 and 15 minutes every day these nine days do the Matangi havan with moola mantra Ucchistha Chandali moola mantra then RajaMatangi moola mantra do the havan at least for nine days so you will be doing the

meditation infusing the mantra or experiencing the oneness with the Matangi at all levels of your existence that is your chakras okay then you are doing the moola mantra japa one japa mala or maximum three japa malas plus you are doing the havan and you have asked another question when you do this mantra japa okay with the mala do you need to do Sarva Vashankari mudra no not at all Sarva Vashankari mudra should be meditation apart from that you relax yourself hold the japa mala and do the mantra of okay without any mudra.

**28Q). In sri chakra puja while doing the mudra and reciting the mantra shall we close our eyes with mudra or show the mudra to the chakra with the eyes open along with the mantras recitation can you please show what is the correct way also you also mentioned about holding that space of divine within yourself while chanting the mantra kindly explain.**

A) what you do whenever you do the you know sri chakra puja if you are doing the outside sri chakra puja then you see the sri Yantra and then you do the mudra you know you do the mudra and see the I'm not showing the mudra you can just you consider this is the mudra I'm showing to the sri Yantra that is in front of me i will do that and chant the mantra okay if I'm doing the inner sri chakra puja i close my eyes but i am showing the mudra like this only outside only not like it's not possible you will be showing them this but you you you have an intention inside you know in your awareness you are showing to the divine mother within you it is here okay the chidakasha the highest vibration of lalithambika because is here and here so you bring your awareness at the center of your head and show the mudra chant the mantra with your closed eyes when you do the Sri chakra puja within your inner Srichakra puja okay.

**29Q) sadhguru can you please tell us the fundamental difference between the sounds aum and soham.**

A).you see that the soham is the mantra of the silence it is a mantra of the silence from silence that is om ,soham to om ,om to Namasivaya otherwise om to in siva mantra is Nama sivaya otherwise Aim Hreem Shreem kleem okay then other manifestation of different mantra will happen so soham to om om to namasivaya and that is panchamaha bhuta then the creation aspect will start so the om is the manifestation or the spirit of the shiva the what we say shiva when you call as a sadashiva it is a soham okay so om soham is the silent sound the before the creation or the source consciousness from that the manifestation will start as a bindu of that is om from om shiva shakti and all the manifestation okay so soham to om om to Namasivaya or om to Aim Hreem Kleem shreem then all the manifestation of the creation will takes place okay that is the difference between om and soham actually it is a level of consciousness it's a different level of energy one is the being level that is soham, om is the becoming level in if i talk if i talk soham is the purusha om is shakthi or prakruthi soham being om is becoming okay or creation manifestation okay that is the difference between om .

**30Q) Dear Guruji, I recently received a consecrated Maha Meru Sri Yantra and I have been saying the Sri Suktam and Khadgamala Stotra daily in front it. I am also practicing Level 4 Srividya mantra of Bala. Subsequently, I have been feeling a complete shift in my energy field – I can't even find the right words to convey it. It is**

**like a refinement of consciousness and although not too much has changed in my outer world, there is an exquisite sweetness and enjoyment in everything I am doing, even if it is quite mundane. My question to you is about Ma Bala. I am a soul-oriented person so I am not able to sense Ma Bala's presence in physical form nor connect with her in dreams. Can you please tell us a little bit more about how She manifests in the body? Thank you very much.**

A) so Bala Tripura Sundari is the child form of Lalithambika raja Rajeshwari mahatripura Sundari it is not different from raja Rajeshwari it is a child form the innocent form of lalithambika raja Rajeshwari and when you know that whenever child consciousness is there it is way of thinking is different whenever the adult or the young you know kid is there our children there is understanding and consciousness is different this similarly whenever you become a you know mid-age person your consciousness your understanding and your thinking is different so when the we worship this form of lalithambika in the child form it's an innocent energy unconditional consciousness you need to understand and it will bless whatever you want without any judgment without any expectation it is something just so beautiful awareness very peaceful sweet consciousness i can say okay and now coming to how it manifest in the body it manifest in your body the way that you never thought you know sometimes you start seeing the you know faces of the you know smile baby in your meditation or in your dream okay or sometimes you go outside somehow the you know children's will come and touch you they start seeing and smiling on you or somebody is coming and asking you something all of this will start happening or in your own home or in your neighbor you started you know attracted or the children start attracting to you and communicating you without any reason there are many many different ways that divine mother manifest when we were doing the this level 4 workshop in hotel kanishka-in Bangalore what's surprising was that we just did the initiation of the bala Tripura Sundari and outside our hall the children's at some school event was there small children's you know small girls started coming there they are you know whistling they are shouting they are smiling and all of that we saw that we received the blessing of bala the moment we you know finished our initiation we received the bala sometimes you know when i myself meditating and doing all of that suddenly when I'm so much emotional devotion and connecting to the bala i see that my own daughter is coming and you know touching me in my meditation she's coming opening the door and knocking the door and you know coming and touching and telling that you see that there are many ways that you can see the bala Tripura Sundari manifest most of the time if you see her as a form she come with a pure white energy and pure pink energy and the energy is very sweet very blissful very joyful that i cannot explain the bliss and joy that is amazing you're in that joy you just forget everything about the past and future you just enjoy whatever you do that is the the present state of consciousness the present moment of the consciousness that is bala Tripura Sundari many times some of our own students they expressed that whenever they started bala Tripura Sundari they were getting some girls are you know small baby school girls are asking for a lift you know from their vehicles they give a lift to the small you know girls and all of that you know there is something so many different experiences are there some you know students saying that they were some neighbors are coming their neighbor's child is coming



and before that never it happened coming and taking a chocolate or giving a chocolate or keeping some items of that baby in their home and all of that so there are many ways i cannot explain the experience how she will manifest the divine has a she's a she likes to play bala is a one energy she playfully work with you she playfully work with you and if your love for her is true whether you are a Kinesthetic or not whether you are whatever type of visualistic or not she will come and bless and show you that i came and blessed you okay.

**31Q) Guruji i am very attached to ma Rajamatangi it is she who led me to you and ma Tripura Sundari when i go my day the mantra that i can very easily hear and you know chant into is the Ucchistha Chandali mantra that seems to be going on continuously in my heart as guided by you i do try to do other mantras consciously during a day like the level four mantra and through the krodha raja bhairava mantra now the my question is how much does it matter what mantra is being chanted throughout the day should i continue like this and then once i finish level 7 only chant the level 7 mantra throughout the day if all mantras lead us to a silence is one mantra more effective than others to cultivate japa Ajapa thank you**

A) you see that all mantras really don't lead you to the silence that you need to understand of course generally i speak the path is from mantra to silence it is very general statement i do but every mantra has a special purpose okay special purpose if you chant this Durga sapthasathi mantra you see it is not going to take you to the silence very aggressive very powerful mantra okay but shiva mantras will take you into silence very easily you can go into silence with the Thirumoolarji shiva mantra same with the soham meditation you can go into your silence okay so all mantras don't lead you to into silence that you need to understand second thing is every mantra has a specific purpose specific vibration specific quality and manifestation and application okay so now with the guidance whatever you're getting guidance you just flow with that don't worry what happens after level seven okay now you're in level four and you let you enjoy your level four mantra okay the blessing of the bala and you enjoy the you know grace of raja Matangi okay and whenever it is needed you also chant the Kroda raja bhairava mantra when you reach to the level seven you will be guided your consciousness will be awakened your intuition will be awake and your perception will be changed at that time you know what mantra need to be chanted okay what are the you know conditions at that time what is your situation what divine mother wanted to guide you so don't worry about anything for the moment you just need to continue with this journey with this journey the time will come where you reach a state you reach a state you know just you want to be in a silence you don't want even the chanting mantra become a disturbance for you okay so according to the your journey your level of consciousness you receive the guidance so at present i suggest and advise you continue whatever you are doing don't worry too much about what happens after level 7 and all of that okay Ajapa japa everything will happen as you progress okay.

**32Q) dear Guruji sri vidya deeksha include the Lalita sahasranama if i wanted to chant one of the names from the Lalitha sahasranama to solve problem in my life or create that specific quality in myself how many times a day should i chant it.**

A) see whenever you take a level one sri vidya deeksha that means you have received the deeksha to or eligible to chant Lalitha sahasranama okay so now you are you know already completed level one you are already going into the higher level so you are eligible to do the Lalitha sahasranama okay so there is no separate deeksha for Lalitha sahasranama that now question is if i want to chant one name of Lalitha sahasranama to solve the problem or create that quality how many times until you feel that energy is manifested in you for example if i want to chant om sri Matre Namaha okay this mantra has to be chanted day and night day and night okay until you experience that quality what is that quality shreemata source consciousness silence abundance oneness expansion everything that is the sri mata until you experience until you manifest that energy in you you have to chant for some people it may take one day some people two weeks some people some months for some people one year two years i don't know so whatever that is needed you keep on chanting until you feel it is manifested in you okay there's no restrictions okay it's a Nama japa there's no restrictions you can chant it okay.

**33Q) Guruji Sadhana is going good with your blessings. Great experience I had is, I requested Sadhguru Thirumoolarji and Goddess to take negative and sexual feelings out of me, as soon as I can see you at Agna chakra pulling the dark or black Energy, after that I felt relaxing and golden reddish energy started flowing in my Forehead.**

A) its really blessing you know sadhguru Thirumularji could be able to listen to you divine mother able to listen to you and take the all the negative energy that you don't want it that's a great blessing to you it shows that how much your surrender how much you are connected your soul is connected to tirumoolarji and lalithambika it's really good.

**34Q) Guruji during sadhana, sometimes I feel like energy from entire body is moving to top and that heat or energy is going out from Sahasrara chakra. Sometimes like I'm lifted up into the air and I open my eyes suddenly. What does this indicate Guruji.**

A: So what happens whenever we do the sadhana the energy start going upward okay so the path is to ascend it's a vertical path the ascension energy raising kundalini energy going upward so you are able to feel that the energy is moving up going to the Sahasrara and all the energy is released it is not actually is released it is a oneness with the universal consciousness you feel that entire energy is connected to universe that is like a released all of that that is what one thing you have experienced second thing you felt that you are lifted up into the air and when you open the suddenly and then you feel that you know what is happening means you are experiencing your lightness in your body when you say uh i can you know little bit mean what you say i am lifted up into the air it means you are feeling the lightness of your body or you are feeling no body at all so you are feeling that you are inside the air means the gravitational force is very less then you are a little bit going above means

what it means your consciousness your energy or your attention is moving from muladhara chakra to the higher level of consciousness means from body consciousness you are going into your soul consciousness where you feel no body or less body or you are feeling the expansion or in the air means you are going into your soul consciousness during your meditation it's a very positive side okay.

**35Q) how can i help my sister to conceive a child through this sadana it's been six years that both are engaged and consistent miscarriages or is there anything that i can make them to do please guide.**

A) There is a one Stotra is there sasti Stotra especially for the you know the couple who are not getting marriage and there is one more mantra called Santana gopala mantra okay these two are very important sasti devi moola mantra sasti devi Stotra plus Santana gopala lord Krishna is worshipped in the form of Santana gopala these three mantras should be done by those couple who are expecting a baby okay this miscarriages need to be protected the shasti devi protect that before birth of a child after birth minimum three months they should do this sadhana okay try to find it if you don't get please send us an email we will send you those details okay.

**36Q) I have taken Sri Bagalamukhi Devi sadhana yesterday i had to get up in between sadhana for emergency work such times after the work is done how i should continue the sadhana from where I left or from the starting.**

A) so what happens here it is very normal for many you know Sadhaka who are you know connected with a heavy responsibility in their career or some other household work and all of that so if you have done a lot of sadhana i mean for example if one hour Bagalamukhi sadhana is there okay so half an hour you have already completed this now in between there is a you know short two minutes break that you have taken due to some emergency call you need to attend or some other you know somebody knocking the door and you are alone you go and open the door in that case what you do you start where you have left because you are already completed half an hour sadhana remaining 10-15 minutes will be remained so you continue with that if you remember where you have left it but if you don't remember where you are left it you have to start wherever it is possible you know wherever it is possible you can start it okay so there is no problem some such breaks will be taken not an issue pray to divine mother ask a blessing and do the sadhana okay but if you have just started sadhana okay just five minutes i started a sadhana suddenly you got a call or some you knows somebody's knocking a door or something you need to attend at that time i said i suggest you start from the start okay if it just you have done two to five minutes sadhana you start from that that can be helpful to you okay.

**37Q) I'm wearing yellow hakik mala can i use the same mala that i wear around my neck for japa also and put back around my neck again after the japa is over or do i need to use a separate mala bearing around my neck and japa.**

A) you can use the same japa mala hakik mala do not attract any negativity okay and the yellow hakik mala is thestambana shakti it will hold all the negativity outside you outside your energy field okay so you can wear that japa mala you can go any place if you want and come back again you use the mala it act as a protection shield for you and you are energizing it every day with a japa it is very powerful divine mother blessing and vibration will be with you whenever you do this whenever you wear this japa mala okay you can wear it okay you can wear this japa especially whenever when you are asking for a yellow hakik mala i am asking to if you are wearing this particular crystal mala i don't suggest students to wear it after doing the japa because Spatika mala is a pure crystal mala it absorbs the vibration okay so it is very good only for a japa not for wearing in if you are meditating you can wear crystal mala and do this apart from that if you are going to the shopping mall you are going to the workplace here and there its better not to wear the crystal mala because when you go there it is it is a possible that because of its purity it can attract the all the outside vibrations also if you are not sealed that japa mala okay so in your case you are using yellow hakik mala you can wear it Rudrakshi mala can also be weird also used for a japa okay

**38Q) do i have to remove mala i wear around the neck when i go for a bath or washroom how to cleanse and purify the mala.**

A) what happens if it is an always i suggest early morning you do all your you know washing and all the fresh up and all take a bath then you wear the mala and then do the sadhana and all and before going to sleep again you remove it okay and again next day after taking bath you can wear it that you can do it but what happens sometimes when you are in a workplace where you want to go to the washroom and all at that time you don't need to worry just wear it go and come back don't worry about that because this yellow hakik mala do not absorb any negative vibration okay so don't worry you can wear it okay.

**39Q) how to cleanse or purify the mala.**

A) so what happens whenever you do the japa with this mala cleansing and purification automatically it will take place otherwise what you do you hold the mala like this okay make an intention i asked divine mother Bagalamukhi to cleanse this japa mala okay you make that intention and chant the moola mantra of Bagalamukhi for five to ten minutes and feel that divine mother energy is cleansing the japa mala and once you cleanse it then you energize this mala again you hold it and you make an intention i asked divine mother Bagalamukhi to energize this japa mala with her mantra then again you keep on chanting the moola mantra for five to ten minutes then you program this japa mala for your you know purpose then you say that i ask divine mother Baglamukhi connect this japa mala its energy to my soul to bring the to remove the obstacle bring the abundance peace harmony growth in my life you program that and again you chant the mantra moola mantra of Bagalamukhi minimum for five to ten minutes so you cleanse first time you energize then you program the japa mala then you can wear it once you do this you can wear and you can do the sadhana also you can wear and you can go any place if you want okay .

**40Q) How should we prana pratishtha by ourselves to divine mother idol or kalasha which mantra should we use for invoking mother's energy okay and Guruji from second feb gupta Navaratri is coming how should i do the meditation during gupta Navaratri at what time you suggested to do the sadhana to get the grace of divine mother raja Mathangi and another question Guruji i have my own hotel so for attracting the customers more should i use a Kamadhenu Annapurna mantra which you given in YouTube or mother raja Matangi mantra is sufficient and Guruji i am taking the sankalpa before meditation from divine mother and my but my sankalpa is not getting fulfilled and something negative happens with me please tell me Guruji I'm is I'm doing something wrong .**

A) So what happens first question is about prana prathistapana by yourself to divine mother idol you see that always it is suggested you should not do the prana prathistapana but for yourself because to do the prana prathistapana you should go into your soul consciousness once you go into soul consciousness at that consciousness you need to infuse the prana pull the prana from your soul and infuse into the idol okay if you are that is the higher level of the soul consciousness you infuse that prana then you worship that will manifest and bless you if you do the prana prathistapana your level of consciousness is this and you infuse that then it will you are not going to attract the better things so better you need to do the prana prathistapana from some master that is a great blessing for you that you need to understand if not take to the any temple ask temple pujari to do the archana to that idol that's all you have to do you know make a sankalpa divine mother, mother you only bless my you know devi the idol and you come and establish and bless me you just make a prayer do the archana in a very good temple that is a powerful temple you ask the person to do the archana that can be done okay otherwise it is not a right way for you to get the blessing if you do for yourself okay. then the second question is about the gupta Navaratri and what is the time to do this you see that whenever you say Navaratri so rathri meaning is there in the word nine days at night shakti is more manifested because of the moon outside okay when the moon energy is more shakti is more active so if possible do the sadhana any time after six o'clock in the evening during the Navaratri okay how should i do the meditation what you do you do your whatever deeksha you have taken the Batuka bhairava RajMatangi you do the meditation then you can do the one japa mala of raja Matangi and if you learn the havan then you can do the one japa mala or five ten minutes or fifteen minutes of raja Matangi moola mantra you can do it okay.

**41Q) I want my hotel to attract the more customers can i do the Kamadhenu Annapurna mantra that is given.**

A) yes you can do it is very important and blessing not only for you for your customers whenever you do and infuse this Annapurneswari mantra to the food that you are distributing or by giving to the customer they feel fulfillment when they feel a fulfillment there is a release of the Trupti energy or the joyful energy when the joyful energy is in you know released in your hotel what happens that is abundant energy and start attracting the abundance from the outside world the money will be more and more customers start coming you start getting more blessing and your hotel become more famous and you are blessed with that yes bhairava RajMatangi plus Annapurneswari sadhana all you can do it it's a great blessing for your hotel.

**Q42) my sankalpa is not fulfilling it and some something negative happens.**

A) Don't worry you know never you know have a worry about it some sankalpa some desires fulfilling within a month some are desirable fulfilling the two months or three months somewhere in six months okay have a time frame if you believe that okay some people wanted to fulfill the three bhk home it is not going to manifest within a three months okay if you want to build a home in your own site it will take some time to manifest that so like this you should have a some believable judgment how long it should take to manifest okay and try to do this word if there is any limiting belief that you are holding it behind that desire try to release that limiting belief and visualize and experience trigger the joy of attainment in your own mind okay do that do the you know siddha mind power to release in limiting belief and visualization plus sankalpa then add your mantra to your sankalpa or your fulfillment of desire regularly and whenever negative happens outside take one step back and tell that inner word creates outside world yadbavam thadbavathi universal law of cause is within effect is outside whatever i am experiencing that negativity is before to that now i am creating the positive desire positive to you know energy with a divine mother help it is going to manifest so i accept whatever that is happening negativity but i know that the positive my desire is going to manifest have that positive expectation and do the sadhana things will be taken clear okay.

**43Q) Sri Sadguru can you guide us on how we can invoke Sri Krodharaja Bhairava to overcome internal enemies.**

A) You see that what are the internal enemies if i take example the best example is anger okay the internal enemy is the anger or our own karmas or our own negative limiting beliefs self-doubt self-heartedness all these are the internal enemies these will block our inner world manifestation if you cannot manifest harmony abundance love grace within your own soul your inner word you cannot manifest in the outside world whatever that cannot be experienced in your consciousness cannot be manifested in the outside world so how to use the krodha raja bhairava mantra to overcome these enemies okay so whenever you chant the Krodharaja bhairava mantra you pray to krodha raja bhairava , krodha raja bhairava please bring the awareness about my internal enemies first step is awareness the moment you get anger first step is to know that you are getting angry otherwise you are attached to the anger and start feeling so many emotions blood circulation so many reaction in your body and you behave and react to this situation and if you take one step back suddenly you aware that you become anger and you observe your anger what happens literally you start controlling the anger you become aware of the anger you control your body sensation and then you know that why you are behind what is happening what is the thought what is the person you know what the word of the person is may trigger to anger what is the word or how is your judgment your expectation triggering the anger that you will understand okay so you need to pray to so you know the krodha raja bhairava to release all the negative blocks subconscious block and make you aware of your internal enemies first thing and ask and pray to grow the krodha raja bhairava help and guide my mind my intellectual ability and my behavior to control myself to work on these enemies so make this type of prayer and then you chant the krodha raja bhairava mantra for five times ten times or five minutes ten minutes that is the way we invoke and do that morning i do this invocation do that during my day-to-day activities whenever i get anger suddenly the krodha bhairava that force that

consciousness start manifesting and guiding you okay that is the one way to help you to overcome the internal enemies with the help of krodha raja bhairava.

**44Q) Sri Sadhguruji can you guide us on how we can take a support of yoga danda for deep meditation.**

A) you see that deep meditation goes beyond the yoga danda because when you say deep meditation it is something you are going above the body consciousness okay so earlier how people used to do the siddhas used to do one is they used to do the japa so they used to keep support the yoga danda here they keep here okay and hold the japa mala and chant the as much as possible to be aware of that and some people they used to you know sit with their spine straight and keep the yoga danda here so that they are not going into sleep consciousness they become fall down to the body consciousness and then they sit with this yogadhandha then and meditate as much as possible for throughout the day so this yoga danda was used by yogis and siddhas okay for householder it is not needed but if you want to go for a longer meditation you can use it you can use it other one ways if you want to listen the or do the om Samadhi kriya you use the yoga danda and close your ears and then you listen the om nada try to be aware of your om nada you know within yourself keep on as you breathe out you go on chanting the om and being aware of the om nadha especially the right side of your head okay that is also done by many siddhas as nada yogis they do all of that in a nada parampara they tie a rope here so that they should not fall down the spine should be straight so they tie a rope from here to here then they put the yoga danda like this they will be sitting like this throughout the day and night being in the consciousness of nirguna nirakara parabrahma that is also one of the tapasya in the nada parampara they do using the yoga danda and trying their rope and doing all of that i have seen many yogis are doing all of that so this is the way you can take a support of yogadhandha and do the sadhana if you you know feel that that is needed for you, you can do that okay.

**45Q) Can you guide us on Trataka to deepen our Dharana Shakti**

A) Yes Trataka is very powerful if possible what you do take a one candle or one lamp and try to focus your attention both eyes you keep on the fire or the you know candle light a lamp or the candle and go on looking at the fire of the lamp okay keep looking at that as much as possible whenever your eyes are getting hurt again you close for a few seconds again you open your eyes and watch all the time this is how you need to do the Trataka or you can do the Trataka on the sri Yantra Bindu take a sri Yantra Bindu you go on looking on the Bindu as much as possible okay or you can do the Trataka on Thirumularji you just look in the eyes of the Thirumularji just to sit and look in the eyes of the Thirumularji look in the eyes of Lalithambika and that is also one of the Trataka that you can do it if that is also not possible you just focus on your you know tip of the nose and watch how much it is possible both eyes will be focused on this right you goes on looking onto that that you have to do it that is also what happens whatever you focus you become that if i focus on the eyes of Thirumularji means i am touching the soul of Thirumularji if i am focusing in the light of the fire on the consciousness of the fire that consciousness outside light or the fire inside it is awareness when i focus on the fire my inner awareness activates okay when i focus on the bindu of sriyantra my you know the Sahasrara chakra or the shiva shakti oneness

consciousness awakens so whatever i focus that will get activated within myself that you need to understand so with this understanding you can focus when you touch the tip of the nose what happens you are focusing your you know surya Chandra nadi here where they merge and when they merge your Sushumna also opens you start experience the raising your kundalini also that is the one of the way how to raise the kundalini how to open Sushumna by focusing the tip of the nose all those things you can do start every day start with the two minutes a day five minutes a day ten minutes a day fifteen minutes a day slowly, slowly you increase it it takes a long practice of you know many weeks that you can do it.

**46Q) Guruji has very profoundly explained the significance of sankalpa leading to manifestation sometimes we are very confused and we feel whatever we want may not be the best thing for us in this case can we surrender completely to the devi and leave everything in her hands and not wish for anything and ask her to do whatever is best for us Namaste.**

A) Yes you can do that also whenever you are confused you don't know what is highest good for you it is always better to let go whenever you are very clear from your heart this is what i want this is the purpose of my life you can ask pray for that to divine mother so there are two ways one way is you have a clarity that for what purpose you are here okay you have learned the life lessons now I want to manifest my purpose of life so i pray meditate make a sankalpa and i ask and I put the action in my outside word and manifest what i want and other times I'm very confused i am very stuck in my life very much confused because of the family career situations things that i don't know what is going on i don't have any clarity i am confused at that time it's better to surrender let go and ask divine mother to take guide your mind and intelligence and handle your situation okay so both options are there one is you leave your life as a surrender another one is you have a very clear idea what you want you ask and manifest okay both are okay.

**47Q) Shivoham Guruji i have been practicing Srividya sadhana for last three years and six months i have recently taken shiva yoga online deeksha to deepen my sadhana i do not want to stop Srividya sadhana as i am reaping enormous benefits both in material and spiritual levels can i practice sri vidya sadhana and shiv yoga together either both in the morning or one in the morning and another in the evening time is not a problem as i am ready to sleep one hour less due to meditation practices and your grace sleeping less has never caused me any kind of fatigue.**

A) Yes in that case it's good if you can able to practice both and you have a time then you can do it for example first you do Srividya sadhana okay the dynamic consciousness then you go for shiva sadhana that is a static consciousness okay start with the sri vidya that you can do it and see that if you practice both the sadhana at the same time if you feel too much energy or too much staginess is you feel so blissful in your within yourself so content within yourself and so much within yourself that you don't want to go outside for work for a job or for your family responsibility if it is start happening what you do you reduce it you reduce it to only one sadhana morning Srividya sadhana evening or at night you know shiva sadhana or other way around like this you can practice both of them and you will get a blessing from shiva and shakti.



**48Q) Guruji you have several times mentioned that we are all in third dimension can you kindly tell us as to how many dimensions exist and which of these are at most significance to a Sri Vidhya sadhana.**

A) See that for the present I'm just giving telling you five dimensions okay that is not what we have been experiencing this waking state is a third dimension and we go into one more dimension we call it as a soul dimension where we are aware of what is happening within and outside then we go to the higher level of fifth level where is we called you know turiya thitha you know we are not aware of a body and outside world we are just existed beingness okay as a pure consciousness so you just understand only now five dimension okay or five type of consciousness so there are in between there are many other dimensions and consciousness some other day i will take a you know satsangha I'm planning for satsanga series where very important topic i am going to talk for especially the inner circle and advanced students i want to take to the higher level with the different topics as a satsang series in that i will explain different dimensions what are the levels consciousness and mind level or the self you know all that i will be correlate and explain all of that it is not a very simple topic it's a very long topic maybe half day i need to explain this but for the moment you just see five dimensions now we are in the third dimension we need to go to the fifth dimension that is a god realization the fourth dimension is like a self-relation that we need to understand okay.

**49Q) Can you you have spoken in your lectures about traveling in a sleep to different world and gaining knowledge from guru does such travel happen on need basis by the grace of guru or is there any guiding technique to master this art similar to the guided meditation using which you took us to siddha loka.**

A) Yes there is a technique where you need to learn how to go with your shuttle body during the you know uh the guru poornima we visited to siddha loka through soul travel so but in this we need to have a astral body also our energy body mental body then we learn and absorb the teachings from the siddhas there's a way and all cannot do it if you want to learn it what you do before going to sleep make an intention slowly pray to tirumoolarji light a lamp in front of tirumoolarji or divine mother ask divine mother or tirumoolarji please take my subtle body to your world to your celestial world or manidweepa or siddhaloka and teach me to the higher level of consciousness that i am ready for you every day you make a sankalpa and just light a lamp make a sankalpa in tirumoolarji or lalithambika you start this technique every day then what happens you start getting a dreams where you are taken then slowly vivid dreams will be there what we call lucid dreaming where you know that it is no more a dream you know that your subtle body is there and tirumoolarji is sitting and you are learning all of that so it is a it takes a some months for you to practice this technique but uh start with the intention prayer to tirumoolarji and lalithambika okay and slowly ask the you know tirumoolarji to take and teach you that is needed for your next level of soul ascension okay then Thirumularji will guide you and Lalithambika will guide you and help you for that 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,

- M.S. in Biochemical Science from Germany.
- PhD in Biomedicine from Spain.
- Post-Doctorate in Cancer Biology from USA.