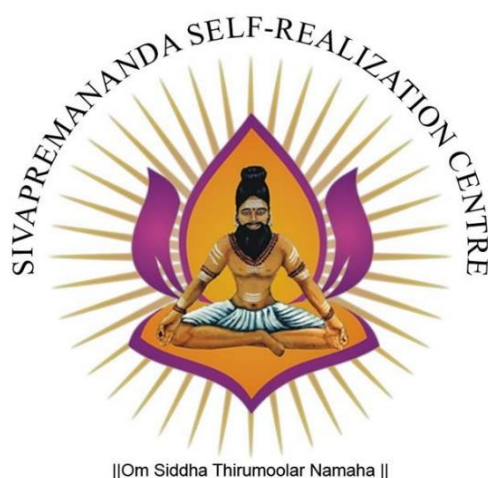


# **Doubt Clearing Session held on 09 May 2022**

## **By Sadguru Sri Sivapremananda ji**

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



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**Please refer following Youtube Video url to watch the complete doubt clearing session: <https://www.youtube.com/watch?v=eePLpy9TaNQ>**

**1 Q) Namaste Guruji, by the grace of Divine Mother I am at Sri Vidya level six and also doing Durga Saptashati, Raja Mathangi and Sampath Siddhi Sadhana. Guruji, last year I bought one photo of Divine Mother online. In the photo right leg is down and left leg is folded. Divine Mother is sitting on Sadhashiva. I pray daily to the Divine Mother for the guidance and help to overcome job issues and financial issues. Recently I saw one of the video in which you mentioned about the significance of the right leg folded and left leg folded. Kindly let me know if I can continue to worship the Divine Mother with a right leg down when I am trying to manifest material desires.**

A) You see that in our center we have a right leg down and the left leg is folded. So when the right leg is down it is for a spiritual progress. When the left leg is down, it is for a material prosperity or fulfillment of desires. And if you go to the most of your Rajarajeshwari temple it is a left leg down than right leg. So if your present face of life is going through a very difficult situation where you have a job issue, financial issue and all of that, I advise go for a Divine Mother picture with a left leg down that can help you to fulfill your desires.

**2 Q) When I do the mantra chanting suddenly for a few seconds I completely forget the mantra. I cannot recall it. After some time it comes back to my memory. This is happening with our Mulavarga Sadhana mantras as well as general mantras or slokas that I have been doing for many years. Also after meditation during the mantra japa automatically the chanting gets slowed down as compared to the normal phase at which I was chanting. Guruji, kindly let me know why this is happening. Am I doing something incorrectly?**

A) You are not doing anything wrong. Whenever you do the mantra chanting. The purpose of the mantra is to take you from sound to a silence. So temporarily you go into a state of blankness. It is for a few seconds you touch your soul or you touch your divine consciousness. You made a connection and again you come back to the normal consciousness. So this is what is happening to you. And also you are telling that mantra is getting slowed down, it should slow down as you progress. Your breath will get slowed down, your thoughts will get slowed down where you start dropping from conscious mind to deeper super conscious mind. Where the less thoughts, the number of chants also getting slow. And this is the way where you ultimately experience the peace, harmony, oneness with divinity. So both are blessing for you. You are doing well you are not doing anything wrong. You continue your sadhana

**3 Q) Guruji, can you please make a video on our Guru Parampara? Because in the workshop video there was not sufficient information given. I'm very much attracted to our Guru Parampara. I want to know how each Guru met their disciples, some of their important stories. Because I searched on the internet a lot but there is no much information available. I want to know the journey of Shiva Sadhana starting from Adi. Guru, Shiva, up to you. It will be really a blessing for me.**

A) I think if I make a video, it takes a lot of time. It is like one movie for you to watch. It is not a five or ten minutes. It's not possible to explain all of that. So we will see. I will see if

the Divine blesses. We will make all the video with each and every detail and you will come to know about it.

**4 Q) I'm doing Shivasadhana level-5, how can I use it to increase my intellect? Because sometimes I feel that I can't make decisions faster. It feels like I'm retarded. Sometimes for very easy things also I take a lot of time to understand the things and this is adversely affecting me. Would you recommend me any tool or mantra?**

A) You see that already you have received Shiva sadhana. Thirumoolarji Shiva Mantra is very powerful it will work in all dimensions. Okay. what you need to do you need to channel this Mantra for specific purpose. now you want to activate your intellectual ability and think faster, make good decisions. so what you do, you visualize this as your goal that every time you face the situation you could be able to understand it quickly and make a decision quickly by the grace, by the guidance of divine so you visualize this and chant the mantra. Visualize this chant the mantra. So, when you do, when you channel the divine energy of Mantra for any specific purpose, it will start working for that. whatever the brain cells that is needed to be activated that will take care. Okay.

**5 Q) Pranam Guruji, my grandfather is a patient of hernia. His operation has been done years ago. now he is feeling same problem and pain again. Whenever I go to his home I gave him energized water as told by you but can't give him energized water daily as he lives away from us. I just daily chant health mantra for him. Guruji what else can I do for him? I strongly feel that I'm able to be on this spiritual path because of this human body and this body is given by my parents and grandparents. So Guruji what else can I do for his health?**

A) You see that already you have been chanting the health mantra in his name and also you are giving energized water for him. So if you want to enhance the result, if you cannot go to him, then you intensify the health mantra in his name. If you are doing it for five minutes, you intensify the health mantra at least half an hour to 1 hour. You chant the health mantra in his name and whenever you chant the health mantra see that divine is coming and filling his entire being with divine healing energy and whatever the specific problem he is having see, that is dissolved and healthy organ health is re-established in his body. That is how you have to do. Whenever the things are not working you have to intensify your Sadhana, Mantra, Japa, Havana or Tarpana whatever you have learned here. You have learned the health mantra, you have to intensify minimum half, 1 hour every day in his name and allow some days minimum 21 days, 48 days one mandala you allow that and things will take care.

**6 Q) Guruji, I'm doing SVS level seven regularly. Few days back, suddenly I felt very much attracted towards Divine Mother Kali. And the love towards Mother Kali was so intense that I had a difficulty in involving myself into my daily meditation. This feeling went off after four days and I was back to normal. I never prayed nor thought about her. But I don't know why I got this feeling. Please let me know.**

A) you see that when you do the Sri Vidya sadhana with the level seven you will be receiving many Shaktis. Even the Shodasi Thithi Nitya Devatas, all their Shakti are in that mantra. So whenever you are ready for a particular energy of the Divine Mother you receive that. You had that darshana, you get a blessing of that. Here you are receiving the blessing of Kali. Even you have not worshiped that. You see that means the SVS level seven mantra brings the necessary Divine Mother blessing to you when you are sincere, surrender to the Divine Mother and Guru Parampara. So this is what's happening to you. It shows that your devotion to the Divine Mother is good. You are following the right way.

You are intensely feeling the Divine Mother energy. Even if you have not worshiped, you have received the grace of Mother Kali. This is a great blessing for you.

**7 Q) Namaste Guruji, due to Covid effect and other personal reasons, I had a break to my Sadhana for more than three months. I remember the entire procedure. But when I decided to sit for a Sadhana, my mind is not allowing me to proceed. And my inner voice tells me to seek your guidance. Do I need to be initiated again into the Sadhana or shall I start my Sadhana again?**

A) You see that if you are taking just a three month gap and not more than that, then you can start this sadhana by making the prayer to Thirumoolarji and Divine Mother. Again you start this sadhana. You have already remembered you can do that. But after starting this again, if your inner mind troubles you, that it is not accepting, then you repeat the course, take again once again the deeksha and start the sadhana. But it's very clear. I want to tell you it's not necessary, but for your convenience, for your mind, if you want to take a deeksha, you can repeat the course and go ahead with that.

**8 Q) In your Success Wisdom book you had explained Life Success Formula. In that you have said that we have to use the above affirmation for minimum 21 days. Then it will be stored in subconscious mind and the desire will fulfill in the coming days. My question is, shall we do one or two desire at a time? Or one desire for 21 days and another desire for next 21 days? Or one desire for 21 days and completion of that desire, then we have to do the next one?**

A) So what you can do is maximum three desires you can do at the same time. Maximum, not more than that. So you have one desire with a job, another desire could be with your health. Another desire could be with your relationship. So you make three affirmations for that and you do the visualization. These are the three goals that you want to fulfill. These are three desires you want to fulfill. Every day you visualize these three desires by making the Life Success statements. So you do this minimum 21 days. Minimum, I'm telling minimum 21 days. So that you can absorb into your subconscious mind. And remember, whenever you want to make it faster. More you have emotion, more you visualize, more you feel that your desire is fulfilled, more your subconscious mind can absorb that energy or fulfillment of that desire that it can manifest better than just simply doing it mechanically. I think it's clear to you.

**9 Q) I'm doing Bhagalamuki Sadhana in the morning. I'm telling all the mantra during meditation, it is not a problem. But in the free time I'm telling Baglamukhi Moola mantra for ten to 15 minutes. At that time, I slept down within five minutes and I don't know whether I'm telling the mantra or not.**

A) This is normal. Whenever you receive the divine healing vibrations, your body will go into a relaxed mode. When your body goes into relaxed mode, the next thing is it goes into a sleep mode. So it's very normal. Many people have this experience because the mantra is energy making you go from conscious mind to subconscious mind. Subconscious mind to unconscious mind. That is a sleep state that you go through. It is very normal, not to worry about it.

**10 Q) Guruji, Now I am six months pregnant and I'm not practicing any Sadhana. I had registered for SV Samadhi Siddhi Sadhana last year. So can I attend it after few years?**

A) Yes, take your own time. Okay. Attend it next year or after two or three years.

**11 Q) As I progress with the Sadhana, I can see anger, jealousy, negativity controlling me as a self defense. Guide me to be a divine person.**

A) You see that there are many things are happening in the inner world. Inner world means thoughts, feelings, emotions, okay? And all that is running in your mind as a thinking system about yourself, other person and entire existence. And whatever that is. You are telling "this anger, jealousy, negativity that is controlling it as a self defense". It's very true. Ego has to survive with all these tools, all of this, okay? But one thing we can be mastery over all of this is by being aware of all these things within ourselves. That's what we call self-analysis. Being aware of your thoughts, being aware of your feelings, being aware of your emotions. Especially when things are not working in your life and you feel anger is happening within you, it is a normal subconscious reaction. Okay? Once again I will repeat. Whether it is a jealousy, whether it is anger, whether it is a depression, whether it is any other negative emotion that is happening within you due to the person, due to the situation, due to the expectation, it is a normal subconscious reaction or a response that is happening within you in your inner world. And here the very important point will come second step. First is it is happening. Second thing is you see that attached to this and you behave or you again bodily react to the people. If you are a normal person. But if you are a spiritual person, advanced person, then what you see, you observe that anger response coming from the subconscious mind. You experience that jealousy feeling that is coming inside. You experience the fear that is coming inside. But you are not going to do anything. You just witness that and let go and surrender to the moment. Let go and surrender to the moment and not acting or behaving out of these emotions and feelings outside. Then what happens? You are a spiritually advanced sadhak. Once you start doing this, then what happens? You start let go all the negative emotions and slowly you'll be surprised. All the karmic actions that is triggered because of your karma or by the other person or situations are taken control easily, effortlessly. And you started getting liberated from your own negative emotions that is within you. Your inner world, that negative response that is coming, you get liberated from that. And this is a very important and the spiritual growth of a normal Sadhak. Many people do the japa for 1 hour, do the Havana for 1 hour. But this is the real thing. When subconscious mind response due to the programming, due to the expectation, due to the limiting belief. So many responses happen within your inner world. And if you could be able to be aware, observe, let go. Realizing that you cannot do anything in the inside world and it is the highest and best action you can do to release, then what happens? That's the first stage towards the liberation of the inner subconscious mind and limiting belief and your world, past life belief and deeper level of mind of unconscious mind that also gets released with them. Okay.

**12 Q) Should vegetarian be followed while performing Havana or homam?**

A) There's no restriction of any type for the food. It's your belief system. Okay? As I have told in the workshop, if you are getting anger many times and you are a vegetarian, and if you compare to another person who is not getting anger and having a Non-Veg food, both are the same. Because this non-vegetarian create a Tamo-Rajo guna, negative emotions, anger, jealousy, fear also create the same energy, same tattva. So there's no use of just leaving a non-veg and doing the havan. You should be able to leave the anger. You should be able to leave all that is holding you. You should sit in front of the Havan, sadhana without any inner disturbances. That is the power. But I have not kept any restrictions. You can have non-veg or veg and do the Havan.

### **13 Q) Does ego really exist? What is the use of ego?**

A) See if ego is not there. ok what is ego? You are a soul. But the ego is a false identity that you are understanding that I am not a soul, I am a body. I am a male. I am a female. I am Mr.xyz, I am an Indian. This is the body identity plus the name, family and all that is connected to that identity is the ego. That you need to understand. But reality is that you are a soul, not a body. You have taken a body living on this earth and the time will come, you drop the body and go. You are formless and nameless and you don't have any tattva. So you are something very different that your mind cannot understand, your intellectual ability cannot understand. So ego is your false identity attached to your body that is needed to survive on this earth. That is needed to function on this earth. Okay? That is needed. Ego is needed to survive on this earth every day to day activities. You need that. Ego is not a problem. But the attachment to the ego is a problem. That you need to understand that you should not attach that I am a body. You should have an understanding that I am a soul, I am in this body, making this life more beautiful and blessing myself and others. That you need to understand. I am here to burn the Karma. Take the help of this vehicle, this body, to realize the truth about myself and the universe that should be your understanding.

### **14 Q) Namaste Guruji, with Divine Mother and Thirumoolarji's Grace everything is fine in my life. I have no worries or complaints. I have a couple of bad habits that I'm trying very hard to let go. But I keep falling back into the bad habits. Smoking is one of them. How does smoking affect my spiritual progress? I know it is still up to me to quit. But is there anything that I can do to make my attempts successful?**

A) You see that whatever habits we have, either it is a smoking, drinking. Negative thinking is also very bad habit. Again and again getting anger and again and again getting irritated are also very negative habits of the mind. So this smoking, you already know how it will destroy your health, how it will affect your health. That is one thing you need to understand. Second thing is this will make your nervous system very bad. Now your nervous system will be disturbed like anything. So there are higher spiritual emotions. As we progress, as we connect with divine, as we receive the grace, the psychic nadis has to be strong. And at the same time, our nervous system should be strong enough to experience that truth, to experience that bliss, to experience that joy and all of that. If this body is having a good health, I can experience all these higher divine emotions, vibrations and realization of the truth, I can manifest siddhis. I can manifest my ability to observe more divine energy if my health is good. If you go on smoking your nervous system will go down, the sensitivity of your neural system is down. Your sensitivity to the Divinity also get down. Your intuition also goes down. Your awakening of the soul will be delayed. So it is not good for your health and it is not good for your spiritual progress. Also, if possible, every day visualize. I always suggest how to overcome the negative habit is first it has to start with a subconscious mind. Please understand. If you want to overcome any negative habits, first it has to start in your subconscious mind. Because habit is a repeated action formed in memory center in your subconscious mind. Conscious mind cannot control the habit. It is subconscious mind that controls the habit. So you have to train your subconscious mind how you can train? just visualize that you are free from that. That's all you have to do. Outside action you take afterwards, first three months, you just need to see that you are quitting the smoking. You see that you become more happy, your energy become better. You could be able to control yourself, your nervous system better. You are not addicted and you feel so high your self-esteem is good. There's no guilty

feeling at all. You need to visualize simply. No need to do anything outside, if you do okay. But for minimum three months, to remove the memory pattern of the habit, first you have to invest in subconscious mind. Work with a subconscious mind at least for one to three months. Just visualize. You quit your smoking, you no more addicted and you have a self-power, self-control and will power and how you feel it. And your nervous system is going to getting better. Instead of that, I have developed a healthy habit of yoga, having a good food, fasting and all of that. At least one to three months. You have to do this visualization to impress your subconscious mind. Then what happens? Slowly, slowly, any smoking habit or the drinking habit, alcohol habit or getting anger again and again, that habit. Or somebody is treating very badly, that is habit. Whatever that is irritating again and again. Or you have a too much sexual active that habit it also can be overcome. You can work on all of that. Okay. The secret is subconscious mind.

**15 Q) Every time I see your mails on the upcoming workshop, Mahishasura tells me to do this Sadhana or that Sadhana. Since everything is going well in my life, do I really need to do any additional Sadhana? Or should I wait for further level diction and progress in Sri Vidya Sadhana?**

A) You see that if you are already doing Sri Vidya Sadhana level one to seven. So level one to seven is a complete Sadhana. So you don't need to do again one more Sadhana until unless you are facing any difficult situation. Difficult problem? Like a court cases, divorce cases or psychic attack, negative tantric attack and all of that. So, SVS is complete and sufficient. You can do SVS level one to seven regularly. All other Sadhanas are not necessary, not at all needed. But you tell to your Mahishasura that "I am happy with whatever Sadhana I am doing. Divine Mother grace is with me". Only thing I have to do is follow the five pillars of SVS and do the sadhana regularly with devotion, love and gratitude.

**16 Q) My deepest gratitude for your compassion in seeding us with the Divine Mother initiation and guiding in the path. This morning, as usual, I practice Maha Varahi and Raja Matangi Moolamatra and protection, followed by Sri Vidya sadhana level seven. After the Sadhana I practiced soham breathe, focus. And during that process I saw the following. I am a soul floating and did not see my body. I see many other souls floating around and don't see their bodies. When I look down, life on earth is standing still. Without the souls, absolutely no life happening. At this point, the visualization and realization I had was that as the souls enter their bodies, they get stuck inside and lose focus on the bigger goal, that is to reach the bigger energy. I see a white huge blob on top of all of us. I also realized that whatever we are doing on earth is more machine like based on cause and reaction effect. It took a little bit of time to digest what I saw post meditation. But I do feel the impact of it, where I want to understand the truth more and more. And I am also feeling a little bit detached at work today. Please guide me and explain what I have experienced. Is it my mind or a glimpse of the truth? Help me to continue elevation in this part.**

A) So it's very clear from the experience that you are detached from the body and you can see above the earth and also see other people's souls without a body. So without a body means, you see the souls means what it is? It is just a pure light, pure space or just knowingness. So whatever you have experience is the truth about yourself and others and existence that is shown in you. see within few seconds or a few minutes, you know what is happening here. The body without a soul is of no use. Everybody is just a soul. And, it is also true when the person takes the body, he loses his bigger goal. Okay, "who is

he?" what you say big white energy that you have experienced and where you have experienced, above the head, that's where we meditate in the third level SVS. Third level we move that higher self. That is where you six pointed star. That is what you are experiencing it. So what I can say, it is all true that you are a soul and all people also are a soul. This world is don't have a life if the soul is not there, if the prana is not there, if the life is not there. So you have experienced. You are blessed to have a glimpses of the reality of this world. Reality about you, reality about the people. It's really good. And it's also natural. Whenever you go into that state of consciousness, it's very difficult to come back into the body consciousness, work and focus on the family and job and all. It may take one or two days for you to settle down to your normal life and then to proceed with your day to day activities. You are blessed. You could be able to experience the reality of this world and yourself.

**17 Q) Earlier when I was practicing Sri Vidya Sadhana you were coming in my dreams regularly and you are telling so many things. But now I don't practice. But yesterday you had come in my dream and explained me about Shiva lingam and how Shiva lingam becomes powerful with time and also you told me that different Shiva Lingams have a different causes and effects. And I have a collection of Shiva Lingams at my mom's home as I love to have it even though my mother opposes to buy it and you told me to not collect it anymore. Why should I not buy the Shiva Lingams anymore? Sir, my attraction to Shiva Lingam when I see it will be unbearable sometimes. why should I not buy Shiva Lingam again?**

A) You need to understand that shiva lingam is a representation of that ultimate truth, parabrahma swaroopa, shiva-Shakti consciousness. And, you yourself is the best Shiva Lingam. see you love your own soul, your own Shiva Lingam so you are too much attracted to outside Shiva Lingam. if you don't understand the reality, you go on collecting the Shiva Lingam then what happens? The day will come where your complete puja room will be with the Shiva Lingams and you cannot sit and meditate also. so why don't you see yourself as a Shiva Lingam? Think about this, pray to Shiva, "*Lord Shiva, make me to realize the truth. Make me realize the truth. I am a Shiva lingam*". You see that you are the pinda of Shiva. you need to understand you are a spark of Shiva Shakti. That outside Shiva Lingam is showing that. You are the consciousness of Shiva. Until unless you don't really understand the truth, what happens? You go on collecting outside. why don't you see everybody is Shiva Lingam. how many beautiful. everybody is Shiva Lingam's that is the truth. So understand the truth then what happens? All this attraction for the reflections outside Shiva Lingam's are reflection of the real Shiva Lingam that you need to understand. Then you will not run behind the reflection of that. Okay you drop all the things, understand? My aim is to show and guide you to the truth. It's up to you to accept or you can collect the Shiva Lingams

**18 Q) Today I don't even want to possess bhakti towards Mother or Shiva as I feel somewhat separated from Bhakti. I just want to become one with mother or Shiva. my urge to become one with Mother or Shiva has intensified. What can I do to experience oneness with mother during pregnancy?**

A) You don't need to do anything. you just close your eyes just accept that or affirm the truth that "I and Shiva-Shakti are one", that's all you have to do. It is a reality. This is a truth that we are already one with the Shiva Shakti. because of the ignorance, because of this third dimension, because of our identity with this body we feel separated. so what do



you need to do? You just drop all the things, close your eyes and say I and Shiva are one, that's all and experience that. whatever thought comes, let go. Whatever Mahishasura says, let go. just need to let go and hold the truth. Things will be taken care of.

**19 Q) After how many months of delivery can I start the Sadhana again?**

A) You see that once you give a delivery to your baby minimum three months you take care of yourself and your baby, your health and your baby health is very important. And if you want, you can start Thirumoolarji Shiva mantra. Then you start with the SVS level one slowly, and then slowly slowly you can add the next level. Like a two month or one month gap. You take and add the next level.

**20 Q) I started my deeksha in October 2020. I'm trying to tell about the Sadhana to my family members and relatives. But none of them seem to show any interest at all. To come into this itself, do people require divine will or is it a majority of the world is only in the materialistic realm that good things don't interest them. I have started praying to Divine Mother that my husband and children at least should be blessed in this birth itself.**

A) Very true. The thing is when you have this mind, when you have this senses, when it is going outside, seeing all the external word, So this false identity of ego makes all this drama. And nobody is really interested in spirituality. They think they are happy, they are good, they are a body. They don't feel the urge to know the truth about themselves. Until unless the problems will knock the door or health problem will knock the door, something will happen to them, until then it is not possible. Especially Sri Vidya Sadhana is so beautiful that without the grace of Divine Mother it is not possible to come to this path at all. Even this Parampara, it only attracts sincere devotees. Not all the people. It's not possible. Even they come also. They cannot practice this Sadhana. Or after some months they just drop and run away with all other things. Because we are connected to truth giving the truth. And people who do not want truth, they just want a drama, they want to have some miracles, they want a Siddhi, They don't stay on this path, they just drop. They will find the alternative. You are doing well. You just pray for them. Ask the Divine Mother to have a grace on them. Things will be taken care of.

**21 Q) Presently I'm regularly practicing Khadgamala Stotram followed by SVS level seven. Initially I was feeling complete peace and flow of energy during meditation. But from past one month during meditation I feel there is a block in the flow of energy. I have this feeling that there is a closed door. I'm unable to go past, unable to go and I need a key and searching it everywhere. I feel I'm unable to connect with the guidance. Please guide Guruji. Why is this happening? Is it my mind game or there is something else that I need to do.**

**Yesterday I had a strong feeling to surrender for guidance to you. So I am feeling this.**

A) So this is a very normal experience for many devotees. Many students as they progress, they cannot see the same energy flow, same devotion, same regularity. It is like once you go very high and again you come back. There's no feeling, very emptiness. Even there's no devotion again. After some months, again you go high, again you come back. So this is a normal process where you feel I'm not connected, I am not good, I am not this or it is because of the phase of the karma that you are undergoing. I can say sometimes your Karmic thing is also influencing you on the path. So irrespective of whether you feel connected or not, you feel energetic or not, you feel devoted or not, you should meditate

with the surrenderance to Divine Mother. That's all you have to do. Don't worry that I'm not connected. This dream of key finding, you are the key. There's no extra key. You are the truth of Shiva. You are the goal, you are the beginning, and you are the end. Within you is a Shiva-Shakti. Shakti cannot be found outside, it's within you. Only you have to go deeper with the true inner desire to know yourself. Many people do this sadhana. But there's no desire to know the truth. Seeking is not there. Just a mechanical doing the sadhana. There are two types of people. I have seen students. One student simply does the sadhana, mind power etc. Another person doing the sadhana, but his Sadhana is to search himself. *"Who am I? Where I am, for what I am here? Where is this Shiva Shakti within me? Where it is and how I am connected? What is the relationship? How is this?"* All this? The inner desire is there. Seeking is there. So there are two types of students, okay? The one who is seeking goes very fast. Even he meditates less. But he goes very fast. Realization is drawn to him because he's ready to receive the truth. Don't worry, there's no key anyway. There's no Mantra, there's no Yantra, there's no Tantra. You are the source of all of that. You need to realize, have this clarity. I am the source. This is the truth. When you say I am not the body and mind you as a soul spark of Shiva Shakti. Okay? In the God realization this spark of Shiva Shakti goes beyond and knows that the spark is a complete ocean. That is the realization, God realization. In self-realization you just say *"I'm a spark"*. In God realization you say that *"the spark is complete ocean"*. That is the experience. Okay? So simply do the sadhana. Don't worry. Surrender to Divine Mother. Things will be taken care of.

**22 Q) I am a Sri Vidya level seven student. Since last seven months I have been regular in my practice though it is a mechanical surrender. First question, surrender versus intention. Does making an intention, a prayer to Divine Mother, contradict the surrenderance towards mother? If I'm asking for something then does it mean that I'm not willing to accept whatever mother is giving to me or that I am not satisfied with this?**

A) Remember this, Mother really don't interfere in your life. okay? until unless you ask her. So all these karmas is that you have done it. Okay? And surrender is something very difficult. It is happening to you. So when you are asking this question means it is not happening to you, still surrender is not happening. This question will not come in Surrenderance. First you need to understand, asking or having intention is normal, natural, you need to have an intention to have a good health, and you need to have an intention, okay? If there's no intention, how you are going to? okay? So ask, make a prayer. And surrenderance means whether it happens or not, that is a surrenderance. Whether my prayer is answered or not, that is surrenderance. I'm not awaiting, the moment I ask I want it to happen. If it is for highest good, it will come. If it's not for your highest good, it will not come. So that is a surrenderance.

**23 Q) I have recently become very sensitive to negative news or general incident that I witnessed during the day, such that I mostly get a related dream at night wherein I see that I'm going through that suffering or I'm going a particular activity. because of this now I tend to be a lot concerned about what I watch on TV or listen in the news or listen to any conversation. How shall I stay immune to all these experiences?**

A) You see that it is very normal and natural because as you grow to the higher level, your awareness becomes very heightened, very clear, your energy become very sensitive. Even the small one word, one thought can trigger the things. Okay? Because you are alert. As you progress your soul awareness, having more power, you become very alert. When you

are alert, you don't make a mistake. You don't make a mistake. So what you do, whatever you are doing it, not to watch unnecessary news, unless I think that's really good. One of the ways to detach from that, that's creating if you watch anything, but how much you are going to do all of that, it's very difficult. You need to understand the reality that there is a positivity in this world, there's a negativity in this world. So positive is serving the negativity, negativity is serving the positivity. You are beyond the negativity. You are beyond the positive. You need to realize the truth. If you don't realize that this is going to be like this, one is of course protection shield will be helping you. And again you say that only good comes to me, only good goes out of me. That's one of the ways you make a programming of your protection shield. Another thing is to realize the truth that *I am a soul beyond the body, mind and word and universe*. That realization should happen to you in a meditation. Then you can overcome all the negativity. Okay? This individual has a karma, so he's experiencing problems in his life. This universe has a karma. There is a collective consciousness. So some cities are going through some places, some colonies, some areas are going through a difficult situation. Some countries are going into a difficult situation. So all of this is there. It is a part of their karma. This is a part of a collective consciousness that is working. It's a cause and effect. So you cannot do anything. You just need to witness and let go. It is a drama that is running. You should need to understand that as a body you are there, but as a soul you are beyond all of this. The realization should happen. Okay.

**24 Q) yesterday night I had a dream where I saw myself standing at a doorstep and people around me asking me not to enter the room. But I am seeing Divine Mother sitting inside and asking me to walk in. I entered the room running towards Divine Mother saying *I'm trusting you and coming in*. And as I reached her, she kept her hands down on the floor as if asking me to jump on her hands. I jumped and then I was thrown to the sky. Suddenly I saw that there was a beast in the form of a fox jumping towards me to the sky to bite me. It reached my neck and then I was pushed to sky at a higher speed that the fox could not reach me. I remember exiting into some unknown space and then I woke up realizing that I'm chanting all the while I was flying in the sky and I woke up in the same mode. This is the second or third time I'm getting such dreams where some negative energy will reach so close to me and then it vanishes as I start chanting mantra in dream. I feel the pride of sound sleep. Since a long time, every time I sleep, something or the other experience in a dream. I'm not being regular in placing protection shield before going to sleep. Is that the only reason for such experiences? Is there any other reason why I have such a scary dreams of evil energy attacking me?**

A) You see that one of the beautiful things is every time you go through the difficult attack, psychic attack, you are protected. So you need to understand there's something beyond all of that. There's a fear in you, the deeper fear in you that is showing up in the dreams. What you hold in your subconscious mind, unconscious mind that surfaces in your dream. What you don't fulfill in the outside world, that will also show up in your dream. So, dreams are very important for us. Either they are a way to fulfill or act as a mirror to show our subconscious mind. So you need to consciously work. Tell to yourself I am protected always by the grace of Divine Mother. Affirm it as a truth. *I and Divine Mother are one. Mother is always with me. Mother is always protecting me*. You need to do this every time you feel. Every time you go through this dream, you know that it is a dream. You got one more assurance. Mother is taking care. You are blessed and all of that. But fear within you creating all the problems. You need to let go of this fear. Otherwise it's very difficult. Okay? If possible, do the protection shield before going to

sleep. Or use the Vibhuti chant Mantra and apply to forehead. This will help you to remove all type of negative dreams.

**25 Q) I'm currently doing level seven of distance Sri Vidya Sadhana since August 15, 2021. The question at the time of death or leaving the body, should we focus on moola mantra of current level or repeat our daily Sadhana protocol? How to exit from the body properly? So what happens?**

A) The question is you asked very easily. But the death process is not so easy. You are not in a position to chant the mantra. When death knocks the door, all your fears surfaces. Your Prana is not supporting, your hands are not supporting. Prana is withdrawn from the hands. Prana is withdrawn from their leg movement, eye movement, nothing is happening to you. Even thinking also goes down, you cannot chant the mantras. Such a situation will be there during the death where entire body consciousness comes into the one point. All the entire prana will come there. Then you will make an exit according to your level of power. Either you exist from Sahasrara or muladhara or different chakras or from the eyes, from the mouth and all of that. So, mantra really doesn't help when you die. So you need to meditate sincerely, regularly. When you experience the truth that you are not a body, you are not a mind, you are not a sense, you are a soul detached from this body and this body. When you drop a body, nothing will happen to you. You are eternal. If you don't have that experience of the truth about yourself, there's no true solution or there's no true way to exit from this properly.

**26 Q) I'm doing this SVS level seven. Everything is fine by Divine Mother grace. I love the level four Bala Mantra very much. I feel her presence in me always. Does Bala Mantra lead to god's realization? can I chant her mantra with inward breathing from Manipura Chakra to Agya and back? my goal is to reach Siddhatva. can I achieve it with her mantra? I'm asking you as you once said that all mantras don't give God realization.**

A) very true, very true. But Bala gives you God realization, self-realization, even Siddhis. You need to understand Bala is the seed form of Panchadasi mantra. Bala is seed form of Panchadashi. So all the fruits that you receive from the Panchadashi mantra is in a seed form in Bala. This "Aim Kleem Sauhu. This Sauhu Bijakshara is for God realization self-realization you need to understand Aim is the beginning, Kleem is the sustenance or Aim is the creation, Kleem is the sustenance, Sauhu is the destroying everything. okay? Sauhu is the destroying your human nature, your ego and give you the truth. so that is the *Aim Kleem Sauhu*. that's what it extends to Kamakuta, then it goes to Vagbava koota and Shakti koota in panchadasi mantra. Aim becomes vagbava kuta, kleem becomes Kama kuta Sauhu becomes Shakti koota. so Bala has the power to bless you self-relation and God relation you can do the Bala mantra with sincerity, love and all of that. remember every god is very powerful okay? And this mantra is very powerful. I'm claiming so it's good like a Guru mantra I'm telling you it is like a Guru Mantra that will awaken your soul and give a truth to you but how much you surrender to Bala is also important. how much you devote to her is also important. how much you attract in your soul is also important. okay?

**27 Q) Can we do DSS Moola Mantra Havan?**

A) Yes. It is very powerful. It is very powerful to remove any type of disease, any type of negativity of an individual person in the collective or in the home, even vastu dosha can be removed.

**28 Q) I'm currently doing level seven Sri Vidya and Maha Varahi. I saw a dream where you visit my grandparents house. You were telling "why you always call me? I have other students to look after." in house you have chanted some mantra and one eyed demon vanished. Then my some relatives saw a snake outside home and also you said, "you are rich". I replied "it's not me, my grandparents are rich". also I saw a dog didn't do anything to you. To which you replied "what can a dog do to a person who don't exist", could you interpret the same?**

A) This is just your devotion, your love, your connection made this experience in your dream. How much you are connected, how the grace of mother, grace of this Guru Parampara is blessing you. And also it is telling that the Guru Parampara is not just a person, it is a guiding principal. And you and your family all are blessed. And negativity is removed. the demon shows the negativity is removed from your family. You are blessed one.

**29 Q) During group meditation I saw different faces of demons and other beings. In the beginning, after the space starts, it was empty space, felt like bodiless presence, what we call this? Does this prolonged state is a part of self-relation?**

A) Yes. It is not just seeing the stars, space. Self-realization is discovering the truth about yourself, who you are. Okay? These are the very beautiful spiritual experiences of celestial word or Siddhaloka or the Shivaloka or the galaxy or different dimensional, the world of Shiva-Shakti. You can experience all of this. Okay? These are the normal experiences that you go through in the dream, in the meditation, in the group meditation and all of that.

**30 Q) Currently I'm practicing SVS level five and DSS. Namaste Guruji. Whether Khadgamala Stotra and Das Maha vidya with the Sadhana are open for all. Can I share these mantras with my family members?**

A) You see that earlier we have thought this DSS mantras, not the Moola Mantra. Single Bijakshara mantras are thought that you can share to your family member. This Khadgamala actually need a deeksha. It is a Tantric Mala mantra. If the deeksha is taken, the benefits are good. If the deeksha is not taken, even then they can chant it. But we cannot assure the results.

**31 Q) I have a question relating to Durgasaphashati. My Sastang Pranam to Gurdeva, I am grateful to you for your regular and serious effort to help all your students. Thank you very much. I have done Sri Vidya all levels. The first line "Aim Hreem Kleem Chamundayey Vicchey" is also known as Navavarana Mantra and is regarded as a very potent mantra but the fourth line "Aim Hreem Kleem Chamundaye viche" has all the same Bijakshara except the Pranava. I would pray to you Gurudev, please tell me whose grace this fourth line would invoke when used as a standalone mantra. Is it linked to Sri Kuberdeva? Can one who is initiated with DSS mantra use the japa of the 4th line only?**

A) so 1st line and 4th line, it is more than that. So "Aim Hreem Kleem Cha mun da ye vi che" which is the Navavarana mantra without Om. When you add Om it is not Navavarana mantra. But to make it more powerful, balanced energy for a householder or fulfillment of a desire to go to the Mukthi state Om is added in the beginning of the mantra. So if you chant with Om it is better for you, for a householder. Otherwise not good. **"Aim Hreem Kleem Chamundayey Vicchey"** if you just simply chant it is going to be very powerful Tantric mantra, very aggressive energy will manifest. It's good for the Aghoris, Yogis, Kali sadhaks. You just chant with Om or DSS Moola mantra. DSS Moola mantra is more powerful than this. This is a very short form. That is a real form and very powerful that you can chant it.

**32 Q) We have an agriculture lands got from our ancestors. Can I do Havan at my farmland to get better crops? If yes, which havan is better for this purpose, also is it ok to send healing to trees and crops in our land.**

A) Yes, you can do it. It is a blessing. Actually, everyone should do this. Because nowadays the food quality, the essence of the food, the nutritional value of the food is coming down. When you do this type of Havan, when you bless the trees, bless the crops, what happens? The tree has more prana, more nutritional value. The person who eats get blessed with that. And it will give a good help to you and others. Also, everyone should use his mentorship. Everyone use this Havan to bless his home, family, trees, pet animals, agriculture, land all of this is really good. We have tested this. Whenever you pray and chant the mantra, the quality of soil changes. And the fertility of the soil, the wetness of the soil, the PH of the soil, everything changes when you put the mantra to the soil. If you do havan with intention to go that energy to the soil, trees, and crops and to the entire land, you can do that. Okay? You can do specially DSS is very good for this type of activity. For energizing the agriculture lands and crops, it is very good. You can do the Havan there and then whatever remains at the end of the Havan, whatever that is left or use it as a fertilizer and offer to the land whenever it is possible, just mix it and spread to all your land. It will have a positive energy, beautiful energy and it will bless the land. It's a really good idea.

**33 Q) I'm a student of SVS level five. Due to ill health and travelling, I was not able to continue my daily meditation for 15 to 20 days. I felt that I lost my earlier Sadhana energy. During meditation, I started again level one for ten days. Then level one and two for next ten days. I start again locating my chakras. kindly suggest the standard procedure for those who lost his continuity for meditation for 15 to 20 days. Also inform that which level mantra japa should be practiced during this time if I already reached up to level five**

A) So what you do, whenever you are in a level five, in your case and you make a gap of 15 to 20 days, okay. you keep chanting the level five moola mantra those 15 to 20 days that you need to understand. Then you start from the level one as you practice it for ten days or 15 days or one month as you feel good and then you add the next level. Minimum two weeks you have to practice each level whenever you take a long gap. Okay? In your case you have done very well that level one you practice for ten days then you added a level two, then you again you practice level one and two again for ten days. So you are doing it right. I think you are guided by divine so you are doing it right in this way. And you do the moola mantra of level five because already you have reached there. Okay? Now you just wanted to raise the vibration of your body to the level five. So whatever that is there, you wanted to practice the way slowly steadily you need to raise your vibration that you are doing it right and you continue that way only.

**34 Q) Is it necessary to make mudra while chanting the level five mantra or only required during meditation of level five.**

A) It is not necessary to do the mudra when you want to do the Moola mantra Japam apart from the meditation. This mudra we do to facilitate our divine energy to flow from Mooladhara to Sahasrara Chakra. Because the Panchakshari mantra is doing I'm doing the meditation on the chakra, So I want to raise my consciousness. Once I raise my consciousness, then I just do the Moola mantra japa. At that time I don't need a mudra. Okay?

**35 Q) What makes a difference if during level four while traversing bottom up concentration is made on back chakra instead of the front chakra?**

A) I think if you see the functioning of the chakras, the front chakra function different, back chakra function is different. Top chakra function different, bottom chakra function different. So this energy circuit should be completed the way it is given by Thirumoolarji. If you do differently then your emotional center or the will center these are the emotional center. At the back Chakra is will center, top is your mental center, the bottom is the physical energy center will be there, the chakra opening according to that so we have to work on the front and back both. Then only we can balance our entire being with all different levels of our existence like emotional being, mental being, physical being, energy being. So we have made the sadhana accordingly. So we need to follow the sadhana given by us. we don't divert our sadhana in at any cost. If you divert, if you don't see the result then we are not responsible for that.

**36 Q) I have a question related to lineage of Maha Siddhar Thirumoolarji. Thirumoolarji had a disciple Bogarnat who is said to be founder of Natha Yogi traditions. Then whether Goraknath who is also said to be a great saint in that tradition in any way linked to Thirumoolarji in terms of our lineage, I may kindly be clarified because both Bogarnath and Mathsendranath, the Guru of Goraknath are said to be the disciple of Siddha Agastya muni.**

A) You see that we have kept one poster in our center. 18 Siddhas. where the Agastya muni will come, bogarnatha will come, Kriya Babaji will come, Goraknath will come. Okay. There are many Siddhas will be there who are working together. Even Jesus will come there. Lord Krishna, everything is coming in that dimension. So these 18 Siddhas work together. Okay? So once you connect with Thirumoolarji automatically the necessary Siddha gives his guidance that is needed for you at particular stage of your spiritual growth will come to you. Okay? Jesus will come, Kriya babaji will come. Even the Swami Ramalinga, it is not in the 18 Siddha's poster. He will also come. Because it's a network where they are working. There's nathas also there, Siddha is also there. Paramahansa also there. He is also connected with us. If you really go back, all everything ultimately ends to Lord Shiva. Okay? From Lord Shiva it starts the lineage and Lord Shiva it will go back. Even SVS tradition. If you see ultimately it's five faces of Shiva. Whatever it is. But ultimately we go back to your lord Shiva. Okay? So it's very true that all of them are connected to our lineage. All of them are connected to our lineage. That's the power of Guru Parampara. See that many masters don't reveal their Guru Parampara, okay? Guru Parampara is very important. Guru just opens the door. But you have to walk on the path. And the spiritual path, your destiny is unknown. You don't see the end there and inside wherever you need guidance the necessary master will come and help you. That power of that master is needed. There are certain things where I cannot do it only Shiva kami Amma has to come and help you. There is a certain stage where Shiva kami Amma has the issue cannot help. Thirumoolarji has to interfere in your life. Then only the problem will solve. Then only the astral level issues will be solved. Or the different issues like Pitru dosha etc will be solved. There is a time when Thirumoolarji cannot be helpful. Nandi Deva has to come. Nandi Bhagavan has to come. Got this one. There's a time even Nandi Bhagavan cannot help. Lord Shiva has to come. He has to help us.

So Guru Parampara is very important. People don't have an important understanding of Guru Parampara until unless they experience the power of the Guru Paramatattva, very few can experience it. Because, as you get advanced in the spiritual path you start getting more problems from the astral being, from the Tantrik being where the interference of the Siddha is needed. Guru has to come. Okay? Many people don't connect you to the Guru Parampara. Don't even reveal their Guru Parampara. If at advanced level, most of the advanced students know the value of the Guru Parampara. the power of the Guru. How much it is important to worship Thirumoolarji, Nandi Devar, Lalithambika, and Lord Shiva. So it is very important and necessary. As you say. Bogarnatha will come and teach you. Gorakshanath will come and teach you. You see that you will be surprised. You have not chanted the Gorakshanath mantra. And you have not just understood that, you know that Gorakshanath came and helped you. Swami Ramalinga will come and help you. You have not chanted his mantra. Kriya Babaji will come and help you. You have not chanted his mantra. This is the power of the Guru Parampara. I'm telling you. So it is very true. All these masters are connected to us. But if I go on telling even Shirdi Sai is also connected. People will get confused how the Avadhootas, Siddhas, Paramahamsas. Everybody is one Paramahamsa for our understanding. This is the way of the divine being. Their work is very different. Very different. The higher level, all this will drop. Siddhas will drop. Everything will drop. And you see only divine beings. They are there to help. Just they are extending their hands to help you. Just come down. I want to help you. There's no discrimination. "*You are my Guru. You are not my Guru*". All this is mind level, low level of discrimination. At the higher level, the Siddhas are just waiting to help us. But you need to make aware. You need to make our level. You have to prepare certain level. You have to grow. Until that, you cannot. So it is very true. All these masters are connected. there is a research that says that Lord Krishna is also part of the Guru Parampara. He is a disciple of Thirumoolarji. It looks very different, very high way of saying. But there is a research done by one of the research scholar in Tamil Nadu where he explaining all of that. Okay? But this understanding is not needed. This is not too much worried. You need to know that to connect with one Siddha, you'll be getting the blessing and grace of different masters at the time of your spiritual growth. Okay?

**37 Q) Guruji, I have a cat that was diagnosed with an incurable immunodeficiency virus? What mantra is more powerful for an incurable virus that affects the immune system? Health mantra or Varahi mantra?**

A) I advise go for a health mantra. Okay, that can be very powerful mantra. It has the very promising vibration in the health mantra that can be very helpful. Okay

**38 Q) is the health mantra the most powerful healing mantra for degeneration of the brain as in the case of Alzheimer, Dementia or Parkinson's disease? Or is there another more powerful mantra for healing the brain and also stopping or reversing degeneration of the brain?**

A) See, this health mantra has all the powers, all the powers to heal you, to live, to energize and all of that. The only thing is as we go with the health mantra, new doors will start opening to us, the new knowledge will come, necessary medicine will come, necessary helps will come, necessary suggestion will come so that you go to the next level of treatment like the right person who can help you, it will come. So this health mantra attracts the all necessary thing to heal your disease or to solve your health problem. Okay, you do this. This is very powerful, I'm telling you it is a promising health mantra. We have seen miraculous benefits, cancers, we have seen all these neurological disorders we can see the peoples are overcoming and all of that. Okay



**39 Q) I would like to understand Bagalamuki better and how she works. I'm currently working with Bhagalamuki regarding an enemy in my outer world who has an evil character. For example, this person does not seem to experience empathy and will cause harm to me or to an animal without experience guilt. This person also gets pleasure out of hurting me and causing me pain. Does Bhagalamuki only change their outer behaviour? Or does Bagalamukhi also change their inner character so that they develop a conscience and feel normal human emotions such as empathy, guilt, remorse and all of that?**

A) You see that her first job is to do this tanmana, means to paralyze your enemy, not to do all these evil things or not to come near to you and do all of that. If you're doing the Bhagalamuki sadhana and again you are facing all of this means the sadhana that you are doing need to be intensified, more number of Japan, more in a stronger intention with stronger emotions, okay? And if possible, again you have to add the Havan. The fire ritual needs to be added to empower to make it more powerful. Okay? So of course as you see her in the image, she's holding the tongue of enemy and hitting him. okay, means she is making him silent and punishing him to realize the mistakes that he is doing it. So both she does this, both she does this. but it takes some time. some enemies learn in a faster way. some of them have to go through lot of trouble for themselves. Then they realize and then they become a normal person. Because the karmic balance will be there between you and the other person. Okay? The Divine Mother will work with a karma, with a person, even the punishing's is also done by the Bhagalamuki. It is very powerful mantra. Very powerful way of doing it.

**40 Q) Do you know any remedy for throat problems? Can I do Havan with health mantra to heal my throat related issues? What are the other samagri I need to offer in havan**

A) You see that samagri, you use whatever the Havan samagri is available. I have explained same samagri used for Havan for your health issues, things will be taken care of. And always when you have a throat and other gland related problem try to see why it is happening. What food you are taking, you need to little bit bring a self-analysis. What is the throat, what are the food that you are intake that is affecting? what are the emotions that are affecting? all these things a little bit and what is the position every day you are sitting? Whether it is also affecting that so little bit study about it and also do the health mantra regularly. Okay? And when you do the health mantra try to hold your hand like this wherever you want and then chant the mantra and see that health mantra energy is going and whatever the gland is not functioning properly it has become healthy and functioning properly like this you do it.

**41Q) currently doing with the SVS level one to seven, Varahi, chanting the mantra received from Thirumoolarji in a dream. Chanting this with your consent since September 2020, Guruji like we have a dreams or visions while sleeping. Is it possible for a Guru to come directly like a flash conveying an instruction or guidance through Agya in awake state?**

A) Yes, it is possible.

**42 Q) Who is Charyanandanatha in Mahapaduka guru mantra. Is he Parama Shiva? What is the difference between Parama Shiva and Shiva? Can we imagine Lotus feet of Mother Goddess in Mahapaduka?**

A) You see that as I told you the Lord Shiva in the form of a guru came on this earth and practiced this Sri Vidya and he experienced the Ananda, mastery over that. For that we call Chariyananda. Taking a form as a human form on this earth and blessed us. Okay? And when he left this dimension goes back to his original form. We call him as a Parama Shiva, Shiva came on the earth dimension become a Chariyananda. But then he has to dissolve his form, go back to the formless, the real form of Kailasha Yogi Shiva. That is a Parama Siva. Okay? That is what I have explained. There is a difference between Shiva, Parama Shiva and Sadha Shiva.

**43 Q) the next question is can we imagine Lotus feet of Mother Goddess in Maha Padhuka Mantra?**

A) Yes you can visualize Divine Mother Lalithambika, her Paduka and you can chant Maha Padhuka mantra.

**44 Q) In other words, I was able to see you in a flash coming in front of the eye as if I'm wearing an eye goggles with a small screen built in. You conveyed the non-verbal the same message to me. Second time, to avoid using my phone too much and focus in studies and get a higher job. I meditate regularly. First time was in a dream a few months ago and second time was a few weeks ago during a fully awakened state. I had reduced media consumption for a few weeks on your first instruction. But my mind went back to its habits. Please help me in understanding this Guruji. Because either way, it is a good guidance for my own good. That's why I'm confused if you really guided me and is this amazing thing possible in an awoken state? Or is it my mind playing games here?**

A) no you really received the guidance. when you surrender, when you are connected and the mantra that you have received, it's a very powerful Ganesha mantra. *Gaum*, It is very powerful Guru mantra that you have received because of your sincerity and surrenderence. So more you chant that, more the Guru tatva activate, more the guiding principle will activate more. More the guiding principle activate more. It will take a form in the form of a flash. It will manifest and guide you there instantly. It will guide you. Okay? It is possible. It is possible. So you are receiving the guidance in a dream also. You are receiving guidance in a waking state also. It's a great blessing. This is all because if you have preparedness and readiness to grow in your spiritual path. so don't worry. Do your best. Try to follow the instruction, the guidance that you have received during your waking state and try to implement as much as possible. Because it's for your highest good. More we meditate less we focus on the TV and this mobile and then the laptop and all of that PC. We need to reduce the usage of that thing. But many of us cannot because of our job is like that. So do your best reduce it. Because for some people who are sensitive and if they use too much of those things it literally damage their nervous system and it will not good for them. It will also hamper their spiritual progress. So see how best it is possible for you to follow the guidelines.

**45 Q) I'm practicing level seven of Sri Vidya. Wanted to know if it is necessary to do the Varahi Sadhana course.**

A) You see that if you are going through enemy problem, if you are going through many negative emotions, if you are having many negative inner thoughts, negative belief and you want to bring the positivity to you. In that case you can go for Varahi Sadhana, especially for overcoming the enemies, attracting the abundance and helping us to remove the deeper limiting belief, deeper negative emotions, deeper negative thoughts, and especially the sticky karmas of the past life. For that we do the Varahi Sadhana. If any of this is connecting to you, then you can take Varahi Sadhana.

**46 Q) I have taken Mathangi Sadhana. My mind does not get devoted to one form. How do I allow Mother Mathangi to completely absorb my mind in her?**

A) Okay, so this is very important. You see that whenever you take a Sadhana, it takes many years of tapasya to absorb one deity form in your soul. And especially if you are visualistic, then it is easier. Some people cannot visualize. In that case, it's very difficult for them to hold the form and absorb it. Okay, so what do you do? My mind does not get devoted to one form. How do I allow Mother Mathangi to completely absorb my mind in her? You just make clear, make a sankalpa, intention. Show your love and devotion and gratitude to Divine Mother and surrender. I have been always telling you, **do your best**. And something that cannot be possible to control, cannot be able to handle, you need to give it to the feet of Divine Mother. So you do your best. Let go of your thoughts and focus on Divine Mother and meditate. Let go. Whatever thoughts, form that are coming, focus on Divine Mother. That's all you have to do. It's okay. It takes many months and many years of practice to completely hold her. That's what we call it Dharana. In Patanjali way, it is not easier. It takes a lot of effort to hold a one pointed concentration. When you achieve one pointed concentration, then you can hold one form for a few seconds, few minutes or sometimes few hours. Also by the greater the higher level. Okay? But it is all not necessary. Your love, your devotion, your surrender, your gratitude is more than sufficient. Form comes and goes. The day will come, Divine Mother will show and then she shows a real form. Her real form is formless. The real form of Mathangi is formless, the real form of Varahi is formless. Real form of Shiva is formless and real form of you is also formless. Okay? That is the path. So understand, whether you have a form or not, it doesn't matter whether you can go beyond that and experience oneness with you and Divine Mother. You are telling that how do I allow Mother Mathangi completely absorbed in my mind? You see that it is only possible when you drop everything and you just simply there in her consciousness, in her name, in her mantra, with devotion. Okay? So it will happen to you. Don't worry.

**47 Q) I want to do what pleases Divine mother, how do I know whether my thoughts and actions are according to her?**

A) No, it is not about the thoughts and actions. It's our intention. Remember, your intention is more important than the thoughts and actions. If your intention is good with a devotion, with a love for her whatever thought actions don't worry. Slowly it will streamline to your intention. So you should have a good intention. **"Mother, I want to surrender myself to you. I belong to you. I am yours. I am a child of you. Bless me, be with me, show your presence in me. Help me, guide me, guide my intellectual ability, guide my mind, guide my behaviour, guide my thoughts, and guide my actions"**. That should be okay and things will be taken care of. Okay?

**48 Q) Guruji, I'm practicing Sri Vidya Sadhana that I took from you in Bangalore in 2019. I prefer the inner meditation rather than the meditation on the yantra. Could you please give guidance for the inner practice of the mantras? Shall we recite the mantras of the Thitinitya Devata of the day 15 times only or do we need to recite it together with the mantra of Tripura Sundari Mahanitya? Do you consider putting the other sadana online so that we can get the pronunciation of the mantras?**

A) So your first question is you want to do the inner meditation? Yes, you can do it. What you do, you just visualize the Shodasi mandala in your mind, in your Agya chakra and whatever the Thithi Nitya of that day, you visualize her there and then you chant the mantra. Okay? So for example, today is the PratiPada or Padyami, first day, I need to worship Kameshwari Nitya. So I visualize the mandala, I see the Kameshwari where it is. the tip of the triangle that is looking towards you. there she is there. So I focus on her, I visualize her and I chose the mantra that you can do it. It's very simple. Instead of outside mandala Puja you visualize the mandala within and you chant minimum 15 times.

**49 Q) Shall we recite the mantra of the Thithi Nitya Devata of the day 15 times only or do we need to recite it together with the mantra for Tripurasundari Mahanitya.**

A) Nitya is sufficient there. Because when you are doing this SVS, again you are doing Maha Nitya, Shodasi, Panchadasi etc. that is not necessary but if you want, if you have time you can chat the Maha Nitya Tripura Sundari also.

**50 Q) Do you consider putting the Shodasi Thithi Nitya sadhana online so that we can get the pronunciation of the mantras?**

A) We don't have any plan about that. If you have any issues with any mantra you send me, I try to write down the pronunciation. Any mantra? I cannot tell all mantras that are there. But if you have any one mantra you can or you can send me any questions related to this mantra. I will guide you one or two videos that can be helpful for you with the pronunciation okay.

**51 Q) During the past week I had several times the word the Digambara coming consistently to my mind. I did not know the meaning of the word. I had to go and check the Google and I discovered it is the name of one avatar of Sri Dattatreya. I understand there must be a message from Dattatreya. Could you please provide me guidance on what I should do? Should I recite a mantra or do something else?**

A) You should recite this mantra. *Digambara*. Very powerful mantra. Actually I was preparing the Dattatreya course for the past one month. I was meditating on him and making the course and all the things. whatever I have done. What are the things mantra have done? I was doing that course sometimes whatever I meditate, some of my students catch the vibration of that. What I'm doing the sadhana intensifying doing the sadhana. I think you are also catching this mantra. There is one mantra we call Digambara. Digambara SriPadha SriVallabha, digambara. One of the Maha mantra. Okay, so what is Digambara? Digambara means Dig plus Ambara. Dig means the direction. Ambara means sky. The Ambara don't have any direction. It is everywhere. It shows the infinity consciousness. It shows the truth consciousness. It shows the awareness, pure awareness. It shows the cosmic consciousness. It shows the totality. Digambara means that. there we chant digambara, digambara, SriPadha

SriVallabha, digambara. digambara means pure Infinity consciousness. Infinity consciousness come in the form as SriPadha SriVallabha as avatar. As pure consciousness, Cosmic consciousness manifested in a human form, came as avatar on this earth. Perform the miracles, guided the humanity and again go back to Digambara. Go back to the super consciousness. So that is the mantra, Digambara, digambara, SriPadha SriVallabha, digambara. Digambara means that positive, pure infinite consciousness, the pure consciousness, truth consciousness, infinite dimension. Okay, so that you might have received it. So it is a great blessing for you that Lord Dattatreya has blessed you. Or you could be able to access the divinity of Datta or his blessing and all of that. It is a great blessing for you. Okay, so you can chant this mantra, Digambara with understanding. The Digambara means that spiritual consciousness, truth consciousness. Digambara means yourself, your soul, your identity. Okay, how we shall say Shiva, how we say Krishna, how do you say that is? The meaning is Digambara.

**52 Q) As Sreem represents Lakshmi. What deities represent Saum?**

- A) It represents Bala Tripura Sundari. In para vidya we call it formless form of Lalithambika or formless form of Bala.

**53 Q) In Sri Yantra there are nine avarnas. And it is said that each avarna is linked to one chakra of human body. And according to human body is also said to be Sriyantra. But it is not clear how they are linked? for example, the Shodasa dala Padma of Sriyantra. There are 16 triangles where it's corresponding chakra, swadistana has four petals.**

A) You see that in Sri Chakrapuja we have a detailed course I think you have not attended where we include two more chakras below the muladhara, Vishnu and Kalachakra. Okay, that Vishnu and Kulachakra when you connect them to the Sri Yantra then you have nine chakras. So I think you are connecting in a wrongly Sriyantra and all of that. That's one way that first you need to learn the course, then you are eligible to answer all the questions about that course. Okay? Second thing is you need to understand that we have a 543 chakras according to one of the Yogic parampara that is the thing. So here when you say chakra, it is a big way, it is a major chakra you are telling. You are not including the minor chakras and micro chakras. Okay? So human body, human chakras represent not just the petals and the connecting to the triangles or the petals of the Sri Chakra. How they are correlating is the conscious level of that chakra because now you have a Manipura chakra. Even this Manipura chakra is connected to solar plexus and this Manipura chakra is also connecting to the Pancrea chakra. And then there are many other micro chakra, minor chakras are there. So you simply cannot compare this major chakra to the major of that Sri Yantra. That also you need to understand. But what it is said in Tantra that the consciousness of this chakra, the energy of this chakra is connected to that Avarna of the Sri Yantra. Now that you need to understand. So you are going to access the consciousness through the Sri Yanthra or Sri Yantra is a representation of this consciousness, this energy. that you need to understand.

**54 Q) lately I'm experiencing active lower chakras all the time, especially Muladhara, Swadhisthana and Manipura. This is new and I don't know what to make out of it. It's not uncomfortable, but I am conscious of it constantly. On the other hand, if I pay attention, I can tell all the chakras are budging constantly except Sahasrara. Sahasrara is active in some moments of meditation but I cannot feel it even if I tried for the rest of the day. What do you think about it?**

A) You see, your job is not to worry about the chakras at all. You need to understand. Depending upon the karmas, depending upon your situation, depending upon your mind level, depending upon your emotional level, different chakras get activated. In a spiritual level it is more of a Sahasrara than lower chakras. And some people don't feel lower chakras, only they feel Sahasrara. Some people only feel these four chakras but they don't feel low chakras like this. Some people feel too much of lower chakras, some people too much of higher chakras. Some people don't feel any chakras but still they get self-realized, god realized, you need to understand this. This feeling is one of the ability to experience your inner world, your inner being. That's all. It has nothing to do with anything. So please don't worry about what chakras and all of that. When you are anger, you see what are the chakras are active. Try to explore. When you are anger see what chakras are getting active, what happens to your chakra? What happens to your lower chakra like this different. When you are happy, what chakras are active. When you are very depressed what chakras are active. When you are hurt, you are closing yourself from the when you feel guilty, you are closing yourself, what chakras are active. So chakras are reacting every moment differently. If I go to the temple, my chakras are different. If I go to cremation ground, my chakras are very different. If I go to the place where I don't like it, my chakra's behaviour is very different. If I meet a person I love my chakra's behaviour is very different. If I meet a person, I hate it my chakra's behaviour is very different. So these are not like a constant thing. Every moment, every second, every minute they are communicating energetically with you and the environment. So this is not needed. You need not worry about what happened to you. What is important is how I am. Am I feeling good? Am I cantered? Am I absolving my entire being? Am I leaving my day with awareness of the soul? This is a spiritual thing. Okay? So you are lucky enough to experience all the chakras. Many people cannot feel anything. They don't have kinesthetic ability. They cannot see it, they cannot hear it, and they cannot feel anything. But still they got self-realized, God realization irrespective of knowing the chakras, all of that. Okay, here we cannot make any judgment. We cannot interpret anything here. From this, it's very clear that you are becoming more and more aware of your chakras. Some chakras are active, some chakras are not active. Active means I am not telling that 100% active. All chakras are open even for the normal person. Only thing that person chakras are open only 10% or 10% their chakras are active. Even in the dogs and the animal chakras are open. Even the normal being chakras are open and active. Almost all chakras, no chakras blocked. Actually it is 10% open means people say it as a block. Okay, so all people chakras are open. Some people more you bring attention, more the chakra will react and open better. More the energy, more intention, more it will open. So there's nothing. but more your chakras are active, more your communication is good with outside world, with yourself and divinity. More energy you can receive, more beautifully we can manifest that's all. You can do it. Okay.

**55 Q) where is Sahasrara located? Depending on which meditation I'm doing location changes to top of the head to the one foot above the head in the instructions. I can't pinpoint it during meditation with other chakras.**

A) You see that Sahasrara chakra is a very big chakra. It is having 1000 petals. 1000 petals doesn't mean only it is like this. They are spreading around your head. the more it is going to expand. And it is not a chakra of a pindanda, it is a chakra of a Brahmanda. You need to understand this. Sahasrara is a universal chakra. It is not individual chakra . The six chakras are the Pinanda, Sahasrara and above some chakras are there. From Agya to mooladhara six chakras, seven (head/Sahasrara) plus again some more chakras are there. More than twelve chakras are there. To the anthakarna we call it connects to the infinite dimension. There are different layers

**56 Q) Can I chant her mantra with inward breathing? From Manipura chakra to Agya chakra and back my goal is to reach Siddhatva.**

A) Manipura to Agya you can do it you can do from Manipura to Agya pranayama. This breathing will work if your condolences raised from Mula to Manipura. Otherwise just breathing from here to here don't work okay? Okay so it's always suggested if you want, if you don't know what level of Kundalini it is your position, so what I suggest, go for Muladhara to Agya or Sahasrara. Otherwise if your Kundalini is not awake if you breathe from here to here if Kundali is not awake then it is very difficult to see the results okay? And this breathing is very powerful technique and it is not good for all. It's not good for all. Especially for householders. So be careful and don't do too much number of breathing okay? Otherwise you have to have a body problem, health issues and all of that.

# 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.
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