

Durga Saptashati



Sri Sadguru Sivapremanandaji

DURGA SAPTASATHI

Durga and Her Powers

Durga Saptashati is one of the very powerful sadhana of Indian tradition, especially Shakti Tantra where it has been called as Durga Saptashati, Devi Mahatma, or Chandi mantra Sadhana or Chamundi Mantra Sadhana with different names. But this energy is very very powerful on this earth as she is a manifestation of Mahakali, Mahalakshmi and Maha Saraswati. and they represent three states of consciousness or three Gunas. What we call Satva, Rajo and Tames. So Mahalakshmi is Rajo guna, Maha Kali is Tamo Guna and Maha Saraswati is Satva Guna. So you know that these three are the shaktis of Brahma, Vishnu and Maheshwara. These three powers joined together it forms one energy what we call divine mother.

If you see divine mother Durga she is sitting on the lion and she is having all the weapons of Lord Brahma, Lord Vishnu and Lord Siva if you see her hand she has a Trishula of Lord Shiva, she has japa mala and Vedas of brahma, Sudharshana chakra and shankha everything is present in her existence in her form to symbolically tell you that she has all the powers of Brahma, Vishnu and Siva. So, if we invoke this power well if you see Brahma, Vishnu and Siva, that real duty on this earth or on this existence. Lord Brahma has the work of creation. Lord Vishnu has work of sustenance, Lord Shiva has work of destroying all this world which are created and again manifesting back into a consciousness so these three forces are in one these three forces are in, so divine mother Durga is the one who is creator, Divine mother is one who is sustainer and Divine mother Durga is the one who can destroy.

These are the powers of Divine Mother Durga. So first we need to have an idea that it is a power that can bring any type of transformation that I am seeking in my life. This is very important to understand whether my deity is powerful enough to solve my problems otherwise again searching here and there. I am worshipping Divine Mother Durga and again worshipping Lord Shiva without knowing out of ignorance. I am worship Divine Mother Durga again I am worshipping Divine Mother Lakshmi. Is it clear. I am worshipping Divine Mother Durga again worshipping else were. So If I have an understanding that these three forces form one Shakti we call Adhi Shakti.

If I worship Durga means I don't need to worship different forms of her as a Shiva, Vishnu and Brahma. This is the first understanding you need to have. So that is where as you need to understand the importance of Trishula. Trishula represents the transformation of three Gunas Satva, rajo and tamo or transformation of three states that is waking state, dream state and sleep state. So if a person can transform these three states and experience the thoughtless state what we call turiya theetha. Thoughtless a Samadhi Sthithi where you transform all these states of consciousness. Then you are a person who can handle a trishula or eligible to hold the trishula. Until and unless that you cannot. Shiva is the one who could able to transform all this and rise himself into that turiya theetha of Shiva consciousness or pure awareness or pure consciousness so you could able to hold that trishula. So that is given to Divine Mother Durga means that she has the having the capability to handle and help you to transform all of this and attain Samadhi. When Vedas and japa mala is given to her by Lord Brahma means Vedas represent the Knowledge, what type knowledge not this

material knowledge. It is intuitional knowledge what we call self-knowledge so once you worship she has the capability to bless you that Vedic knowledge or that truth consciousness to you.

She is holding the japa mala, what is representation of Japa mala. She doesn't need to do the japa it's the representation of a mantra and siddhi. When you worship her she has the capability to bless your mantra siddhi, success & your attainment. When she holds the Sudharshana chakra. What is representation of Sudharshana chakra it destroys all type of negativity. Whether it is a Physical level, mental level, energy level or astral level even at the soul level. Physical level you may have enemies; mental level you have enemies. First enemies are your own negative thoughts then negative people or their comments, their energy.

Astral level negative emotions is first i.e., yours and your relationship bringing to experience the negativity. Then soul level spirit level where you will be influenced by any astral invisible beings who are attacking you, who are influencing you, who are taking your energy. Whatever may that be Tantric effects. So all these negative things can be removed with Sudharshana Chakra. So the Sudharshana Chakra is representation that she has a power to help you to overcome any type of enemies or negativity,

The shankha: what is shankha it will create a om nada she can help you and bless you to experience that om Samadhi to give you that anahata nada that inner sound of bliss, joy, pure awareness. So she has all the power to help you in all fields of your life. So she as a Durga is pure consciousness, when she becomes dynamic consciousness she herself become Maha Kali, Maha Lakshmi and Maha Saraswathi. That one source energy we call it as pure awareness, pure consciousness and it is called as static energy it's not having any dynamic movement.

To make this static consciousness into dynamic consciousness you need a three forces icha Shakti, Jnana Shakti and Kriya Shakti is it clear. So those shaktis what we call Maha Lakshmi, Maha Saraswati and Maha Kali. This is very important to understand. So how this static consciousness become a dynamic consciousness. What I mean by static consciousness for a example I am here with myself its static consciousness without any thought without any the movement I got a thought icha shakthi then I want to lift this paper icha shakthi so that is in my consciousness how it's going to be dynamic how I am going to lift this that is a Jnana Shakti and then kriya Shakti using my hand I can lift the paper. So this we call science of manifestation system.

If I want to manifest something in my life, I need these three Shakti's. First I should have a desire, Icha then I should have the knowledge how to get it then I should know how to get this and what actions I should take to get this.

So Durga Saptashati Sadhana gives you the sankalpa siddhi and give you the siddhi to manifest anything.

DIFFERENCE BETWEEN SRIVIDYA, DURGA SAPTHASATHI & DUS MAHAVIDYA

Maha Tripura Sundari in yogic way she is represents at Sahasrara Chakra. Durga is at Manipura Chakra so, what happens is this pure consciousness what you represent pure consciousness Tripura Sundari and this pure consciousness is oneness of Shiva and Shakthi this is pure consciousness. When this pure consciousness manifests the dynamic consciousness Maha Kali, Maha Lakshmi and Maha Saraswati this combination we call Durga and this is needed for Parama Tatva this is needed on the earth. When you worship Durga, when you do Chandi homa, why we do? to cleans all things on this earth to manifest anything Durga is needed to overcome any obstacles Durga is needed you see this is very important. So Maha Tripura Sundari That consciousness is needed.

Srividya is more about Sri Vidya. Sri Means self, Vidya means knowledge so its self-realization. Atma sakshatkara, Parama Vidya or Para Vidya or what we call as Sri Vidya or Brahma Vidya. So to experience yourself as Truth consciousness as Satchitananda as Divine is what we call Srividya. In Durga Saptashati of course its objective is same but what it does it comes down little bit help you to overcome your obstacles as a Maha Kali, Maha Lakshmi and Maha Saraswathi. So it is very very helpful and supportive to Srividya so when I call Divine Mother Lalithambika Rajarajeshwari she is pure consciousness unconditionally we call her unconditional but you cannot say same thing for Maha Kali, she is not unconditional she will hit also. Maha Tripura Sundari is unconditional but when you come to Maha Kali she is aggressive the force is very aggressive, revolutionary, no unconditional give and takes. So this pure consciousness mix with Tamo guna is Maha Kali, this pure consciousness mix with Rajo guna is Maha Lakshmi, and this pure consciousness mix with Satva guna is Maha Saraswathi is it clear. It is very important, you should have this understanding of these forces and these three forces Maha Kali, Maha Lakshmi and Maha Saraswathi permutation combination again form Dus Maha vidya.

Even there is a force called Dhoomavathi ultimate force people are afraid to worship her but she represents widow you know without husband, she swallows Shiva himself when Shiva is not there then where is the Jiva, Jiva is also not there so she is represented in such a way she is before the creation and after the creation also she is there as emptiness as a blissful you complete void that emptiness what is that smoke is represented as Dhoomavathi again these forces are very powerful we call as Dus Mahavidya as wisdom goddess. They give wisdom to you on your path to self-realization. So every sadhana has its own importance in your life. In Durga Sapthasathi these 10 forces we know actually. In Siddha Kunjika Stotra we invoke Kali, we invoke Bhairavi, we invoke Dhoomavati, we invoke Bagalamukhi, and every force is that. And it is like a package you know balanced package, if I work with Kali it's not easier, if I work with Dhoomavathi its not easier, if I work with Chinnamastha its not easier. To work only with that force it has positive as well as negatives. But when I work with Siddha Kunjika Stotra its completely balanced.

Gives all the knowledge how to overcome even to accept the disappointment, to accept the failure, to accept all the sorrow is the power of Dhoomavathi. When I worship Dhoomavathi I have the power to accept my failure you see that, that is the wisdom. If I worship Baglamukhi I could able to still my thoughts still experience the stillness within me experience the overcome my own tattva from Satva to I go beyond that. So all this Dus Maha Vidya has a role in our life. they give one wisdom in our life so that I can lift myself from human and experience the divine.

QUESTION & ANSWERS

How to do a distance healing using Durga Sapthasathi moola mantra?

What you can do is, you visualize the person and chant this Durga Sapthasathi mantra, this mantra surrounding the aura of the person with the sankalpa that is mantra healing we can say.

How can you use the mantra for distance healing?

So visualize that person and circulate the Durga Sapthasathi mantra surrounding to him. How you do the protection shield surround the mantra you surround around him for 10 minutes 20 minutes with sankalpa with what healing is needed. It is the best way to do the distant healing using Durga Sapthasathi Moola mantra. or Varahi moola mantra also you can do it or panchadasi mantra, also you can do it or today what we have done health mantra also you can do it. We call it generally mantra healing. We can put mantra to the chakras, we can put the mantras to the auras with the intention what we want. Even we can also put mantra to the brain cells every cell of a person to his aura and all you can do many ways. This is the one thought and you do it with prayer to Sadguru Thirumoolarji and Divine Mother you will be guided with what is needed for that person.

That is also important, don't just put you know oh this healing is taken place you be aware what you get guidance from Thirumoolarji or Divine Mother Durga she will tell do this mantra circulate this mantra to this part of the body do it. It's very important.

How can Durga Sapthasathi Sadhana helps in controlling our mind?

Guruji I have experienced continuous negative thoughts for four to five days I was not practicing the Durga Sapthasathi only Srividya I could not able to control my mind but when I did the Durga Saptasathi yesterday itself my mind was in control. My question is why could my mind not be controlled when I was doing 5 Srividya alone?

Every mantra has a different energy you know different vibration different Shakti. Srividya has all the Shakti's to be frank but you have to practice all the seven levels and then do this self-analysis, Siddha Mind Power and Havan things will be taken care but when you are still in the beginning and you are using this Durga Sapthasathi you know that Durga is a very very aggressive form and when you say your mind is not in the control, it is a play of the Mahishasura Rahu.

So in scriptures we say that Durga Saptasathi is very good and very powerful to control, their Rahu you know the inner dimension of the Rahu, negative effect of the Rahu, you know negative influence of the Rahu on your mind but that is what is happening to you. When you did the Durga Saptasathi, your mind is under your control because that aspect of divine mother you brought in your soul and you could be able to control. but be careful it won't happen to everyone even I am explaining the mechanism I may explain the astrological but everybody energy is also different Satva, Rajo & Tama, so the experience will be different some people have a great control because of the Srividya, some people have a great control of your mind because of Shiva mantra, some people have a great control of your mind with the Soham Meditation.

You might have the great control of mind because of Durga Saptasathi so you find that what is that sadhana that can help you to control the mind according to that you manage your meditation.

Can I practice Durga Saptasathi & Srividya Sadhana at different time? Can I do Durga Saptasathi meditation one time and Srividya another time since now with Srividya I do DSS only thrice.

You can do Durga Saptasathi in the morning and Srividya in the evening or Srividya in the morning and Durga Saptasathi in evening or night that you can do it.

Can I recite Durga Saptashati? Guruji, with the DSS deeksha that is offered in our Guru Parampara can I recite Durga Saptasathi all chapters including Navavarna mantra?

You can do it. See in our Guru Parampara, we offer only Siddha Kunjika Stotra. When you do Durga Saptasathi all chapters, it is not good for all students. I have seen some people kundalini activates abnormally some people karma effects very fast. They start seeing very difficult situations in their life. I have seen many of that and when we have simplified and given to you Siddha Kunjika Stotra moola mantra. This Mantra is more than sufficient to solve the issues and receive the grace of mother then why you need to do all this again? Because of this you will add one more burden to you, please understand. I encourage having said that if you want to do Durga Saptasathi all chapters do it plus do Siddha Kunjika Stotra plus do the Nava Avarna moola mantra sadhana that also you can do it but that is not mandatory. Optional for you, choice is up to you.

Can I infuse Siddha Kunjika Stotra into protection shield? Guruji Pranam, Presently I am practicing Srividya Level 7. It happened to me since last month that I was not able to meditate for various reasons sometimes I used to sleep sometimes I was not able to sit properly because of my neck pain then, I prayed to divine mother for help. One day during meditation when I was putting a protection shield it happened unknowingly that I infused Siddha Kunjika Stotra protection shield and my meditation went very smoothly during and then putting the protection shield only I went in body less state. My question is can I Infuse Siddha Kunjika Stotra in the protection shield? please explain why it happened?

It's really good. if you know sometimes, you know you see that whenever your mind is too much powerful, your mind is influenced with that planet Rahu so at that time whenever you use that or we use as you feel stable, you feel body less consciousness, you feel a touching this soul consciousness. This is what it happened to you so this is something you know it's good for you at the present situation mother has guided you to use a Siddha Kunjika Stotra for protection shield do it. It is going to be helpful to you and why it happened because, when you did this you let directly touched your soul consciousness. Soul is a bodiless state it is something you know; you connect it to your soul. This is a blessing of divine mother to you.

Durga Saptasathi Mantra & Siva Yoga

Guruji, I have been following Siva Yoga path that should be over track I know you say that this is enough for self-realization but is there any one mantra off in Srividya that can ease the worldly burdens or just Thirumoolarji Siva Mantra is enough?

If you are doing this Thirumoolarji Siva Mantra you know that you are working with your chakras your overall development will be taking place but if you want to still ready to do this Srividya any one month I suggest you go for Durga Sapthasathi Siddha Kunjika Mantra where you don't want to do the all Srividya Mantra but one mantra to work on the negativity of the other people to overcome negativity all of the doshas to overcome of anything then hold on to Durga Saptasathi mantra. There is some tested mantra in this world tested mantra by this it does and given that the mantra is given for a loka Kalyana cleanses the ethereal layers of the universe that's what in India we worship. You know we will do the Chandi Havana to kill the all the ethereal layers to do anything to help the world any disaster that can take place. what is Havana we do Chandi Havan we do. So this is a time tested energy and it's so powerful on this earth very dominating to overcome any type of negativity on this earth one mantra that can clear all the obstacles the one mantra that has all the powers the one mantra can be promised and tested that you can use it forever that is Durga Saptasathi moola mantra and siddha Kunjika mantra very powerful.

So you can do the Durga Saptasathi and especially if you are a doctor and healer its very powerful mantra for doctors and healers Durga Saptasathi Mantra. where you want to manifest. You are a self-power or even for manifesting your desire Durga Saptasathi moola mantra is very powerful you can do the havan, one you can do the healing you can do it for yourself along with that Thirumoolar Siva yoga sadhana so both combination will be perfect blessing you can do Durga Saptasathi.

Can I use Kamala gatta Japamala to chant Srividya & DSS mantra? Can I do the level 7 moola mantra and Durga Sapthasathi Moola mantra on a Kamala gatta japa mala?

You can use kamala gatta japa mala or in English we call Lotus seed japa mala. This is having a Lakshmi tatwa so abundant you know energy will be manifesting. so when we use this kamala gatta japa mala the Lakshmi mantra get activated, awaken our heart chakra is more vibrating and it's more balancing our lower and upper chakras so it is a blessing you can use this. Kamala gatta japa mala gives good benefits to do Shakti Sadhana like level 7 mantra and Durga Saptasathi moola mantra.

Can we do DSS moola mantra sadhana Havan?

It is very powerful. It is very powerful to remove any type of disease any type of negativity of individual person or collective or home and also can remove vastu dosha.

My next Clarification is also with Durga Sapthasathi. I have been doing Durga Sapthasathi Sadhana requesting divine mother for a job still trying nothing fruit full. However, whenever I use Durga Sapthasathi Moola Mantra for myself or kids injuries/illness divine mother always protects gives healing. I was thrilled to see the miraculous results. why is that the intention that I am doing daily during in meditation is not happening but when I use the same mantra for healing and it is giving wonderful results.

Whenever we do for others there is a detachment within ourselves the expectation about the results is very less. but when we do it for ourselves there is always a little bit fear and subconscious block that is you know creating a trouble to this result. That's where we need to surrender we need to know to let go the expectation about the results and you do this sadhana, as if you know it is a grace, it is a fun, it is a joy. Just you do that sadhana let go. It is let go need to be learned, you need to understand and it is really good that divine mother is blessing you miraculous, results you are getting it means mother is with you. She is guiding you, she knows what your issue is and now have patience some more time it is needed or the right job that is needed for you is still not ready for you so don't have any negative thoughts about Divine mother. Divine Mother is taking care she will give a good job for you.

Guidance of siddha in a dream during Navaratri to offer vibhuti to srichakra! I'm doing Durga Saptasathi Bheeja mantra sadhana during Navaratri. Today I met with a dream that someone suggesting me to offer vibhuti or bhashma to Sri chakra to chant of each Bheeja mantra I was able to see his hand actually he was doing it and suggested me to do. This dream was amazing, let me know the result of this dream.

See that, what is the importance of the vibhuti you need to understand that. It is something that is purification when everything is burned or whatever they left that will show the Nirguna, Nirakara, Parabrahma tattva, the Bhashma. The Bhashma is the purification the energy of Lord Shiva you can say that. so when you offer this bhashma to the divine mother or the Sri Yantra what happens you are literally bringing or dissolving all your attachment bringing a detachment in your life so some of the Siddha or the Yogi might be guiding you to do this sadhana for yourself. So if you were doing you can do this it's really blessing for you especially this is for only. For you that guidance, you have received on Navaratri, you need to consider this as a gift and practice it at your home regularly. Whenever you do sri chakra Pooja you do it.

How to perform havan with Durga Saptashati moola mantra? Can you clarify how to perform Havana with the DSS Moola Mantra? Should I mentally chant the entire DSS Moola mantra, Mantra ends with Swaha? Pour ahuthi or ghee in the fire or do I have to add another Swaha before pouring in to the fire?

Whenever we do the havan we use we attach this Swaha to the mantra that don't have a Swaha in your case, DSS already have Swaha. So you don't need to attach extra Swaha. When you offer the Ahoothi, chant the DSS complete moola mantra and offer the Ahuthi. No need to add Swaha to that.

**How to perform Chandi havan for Durga Saptashati sadhaks?
Kindly explain how to do Chandi Homa just using DSS Moola Mantra or using the
Siddha Kunjika Stotra?**

So you could use the DSS Moola Mantra and do the havan, that itself is called Chandi homa or Chandi Havan. If you want to do the Chandi Havan with Siddha Kunjika Stotra then for each Stotra or each you know lines say you can add Swaha.

for example the moola mantra will come first then Namaste Rudra rupinye Namaste Madhu mardini Namaha Kaitabha Hiranya Namaste mahishardini Swaha like this for every two lines of Siddha Kunjika Stotra you can add the Swaha, In the siddha Kunjika havan but the moola mantra is more than sufficient because the moola mantra the essence of Siddha Kunjika Stotra. All the Siddha Kunjika Stotra starts with Moola mantra then only the energy will flow to all the other names of the divine mother in this Siddha Kunjika Stotra. So Moola mantra is sufficient if you want to do havan with Siddha Kunjika Stotra also you can do it.

**I'm practicing DSS & Srividya Sadhana together! What mantra should be used for
Protection Shield? Guruji, For practicing Durga Saptasathi along with the
Srividya level 2 sadhana what mantra should be used for protection shield
should it be Krodha Raja Bhairava Mantra or DSS Protection shield.**

Both mantras are very powerful mainly this Krodha Raja Bhairava is needed as a protection shield. OK so use protection shield with Krodha Raja Bhairava Mantra that you need to do and if you feel attracted to divine mother then three times you chant Durga Saptasathi Moola Mantra, three times Krodha Raja Bhairava Mantra. You energize your protection shield with both the mantras.

**Invisible voices heard after DSS Havan! Guruji, after completing Havana myself
and my family member start hearing some voice multiple times in my home
someone was calling me by my name yesterday but when we go there we do not
find anyone in that room or near the gate while this normal or guide me how to
handle this? Please note I have DSS moola mantra and doing havan with DSS
Mantra.**

What happens sometimes if you have a earthbound spirit of your own family member like you or you know grandfather, grandmother or any brother sister whoever died in that home or some other earthbound spirit in your home is there, it will get disturbed OK that's the one thing or sometimes you might have a some divine being also there, some places are there some grama Devatha energy will be there or somebody has worshipped in their home with some Kula Devatha there without that is they have manifested to give us so much energy and it is also there in a subtle form so there are many possibilities that you may experience that and it is calling you or it is disturbing but it is a blessing you in both cases you should not worry about it you should not worry you just continue. If it is a negative spirit you just leave this space if it is a positive divine being starts blessing you continuously. so don't worry about all of this you just follow the havan. What are the things needed for havan, I have explained in the havan do it great changes will takes place especially Durga Saptasathi, because it will cleanse the astral layer to clean the negative energy layer it will cleans the vastu related issue it will cleanse the Pancha Mahabhootas so many miraculous things will happen. So you continue.

Which havan can be done to overcome negativity in particular place? My father is doing rice manufacturing business since past 12 to 15 years he's facing heavy losses went with the huge debt machinery also get damaged daily with no reason he used to burn Chilli's daily to avoid stopping off obstacles, no smell of smoke came out of chili many spiritual person told us that around 15 years ago one of our relative have done black magic against us with the intention to destroy our business my question is will DSS Homam alone able to destroy these problems completely or Varahi Homam also need to be done? what is the correct procedure number of round, number of days to be done or is there any special ingredient to get rid of this problem completely and establish the grace of the divine mother for prosperity please guide.

DSS is very powerful. This alone can destroy all the negativity that is there in your manufacturing unit or in your business place. If you have learned, you can also add the Varahi sadhana if you have done. Minimum nine times. You can do nine times DSS Moola Mantra chanting and Havan. If you have less time but if you want to do it more you can do it for 108 times also that is sufficient. All the Havan materials I have already explained for the negativity. Havan material I have explained for abundance. Havan materials I have explained and so you see that first you have to use the Havan material to remove the negativity, then you use the Havan material to bring the abundance. If you cannot separate those Havan materials then mix all the materials in one bowl and then add it with mixing with the ghee. You can add it that is how you can do the regular Havan and if possible ask your father to sit next to you and make sankalpa, that should remove all the obstacles and he should receive the grace protection abundance, prosperity and bring the harmony. All these things need to be done and second thing you need to understand that you should remove this belief that that negativity somebody has done Tantric effect is still you know creating a problem many times your own karma, negative karma creating all of that. When you receive the deeksha you should have a positive expectation that divine mother will take care and you should remove all those negative things somebody has done something. Many times I have seen many people have these negative thoughts in them because something is not going right they have given pointing to someone else. So, remove all of that. You have received the grace of divine mother have a positive expectation belief and do the havan as much as possible. Number of days you're asking, until you see the positive results because you don't know what the quantity of karma that is behind it is. Start doing it and try to change the belief system the way you think. You remove all of that if you remove all of that if you do this. It is really good and light a lamp in your factory where it is possible every day.

You know play the Lalitha Sahasranama every day there, Soundarya Lahari every day and Khadgamala Stotra every day or Durga Sapthasathi audio you can play in your place when you bring all these changes, use this Swastika Sriyantra in our website download put to the gate direction of your factory and also one above your main door and start doing all of this and I tell you things will change. If you accept the divine mother grace protection and all. all these tools are given that to bring the changes in you no matter, somebody has done also it is taken away by the grace of Lalithambika Rajarajeshwari Maha Tripurasundari and the grace of Thirumoolarji and Shiva the guru parampara will help and guide you.

Which Sadhana can I do intensely to solve my financial or legal disputes?

I do Durga Sapthasathi, Srividya level 1 to 7 and Khadgamala other mantras that you bless us with the group meditation with among these can I do intensely to resolve any financial or legal disputes without having to add another sadhana?

DSS does everything. Durga Sapthasathi is all round mantra. We call it as Siddha Kunjika Stotra the perfect key for all the problems. You can use that moola mantra or Siddha Kunjika Mantra, make a sankalpa and chant for 9 or 3 times or just the moola mantra chanted for 9 times, 27 times or 54 times or 108times depending upon your issues and if possible, add the Havan procedure this is very powerful. Whenever I do the Havana especially for material desire to solve our problems on the material world. One of the very effective tool is use Havan, use Srividya mantras use all the group meditation mantra. Whatever mantra you have received I have explained the application to use of that. so according do that, you use for your, you know problems in your life and solve them and overcome your issues. So Durga Sapthasathi, Srividya is a powerful these two will take care of you every problem to be frank. But still I'm giving all the other different Mantra Deeksha just to fulfill and make you, your mind happy inside your Mahishasura want all this Sadhanas, every technique it want to know every mantra it want to chant and everything. It wants to accumulate and feel powerful empowered. so I'm giving all this sadhana. Only Srividya itself is more than sufficient. Only needed is self-analysis, Havan, japa and siddha mind power but I'm giving all other things because I don't want you to go and take this deeksha from this guru and that deeksha from that guru and there are so many mixed principles, so many philosophical changes and you get confused and you will be not progressing. you stuck in your life so I'm giving all the deeksha of different mantras different things and all just to bring you into the one path, one Guru Parampara, One teaching so that you can overcome all your problems lift yourself get self-realized, God realized, awaken your truth and manifest your truth and bless yourself anything entire world.

Why do I feel burning sensations on my forehead after Durga Saptasathi sadhana? I have been practicing Sri Vidya from 4 years. Below are my Sadhanas – Khadgamala, Siddha Kunjika morning and evening & meditation morning and evening feel blessed to do the same I can feel the mother's energy sometimes on the top of my head and sometimes around the Anahata Chakra getting connected within a minute my questions are as below feeling burning sensation on my forehead and face after meditation please clarify?

It's really good, what happens whenever the energy starts coming from mooladhara to Sahasrara. You can feel the energy on the face. The Ajna chakra is the highest channel there are three Nadis joining here, Ida, Pingala and Sushumna joining here. At Sahasrara and Ajna more vibration energy is felt that energy prana the movement can also make your blood circulation that can also feel warmth or burning sensation. If it is comfortable you continue if not comfortable stop this sadhana for few days.

Sri Sadguru 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.