



**|| Srimata Lalitambika Rajarajeshwari  
Mahatripurasundari Sharanam Mamah ||**

# **Group Meditation & Doubt clearing session on 16th August 2020**

**|| Om Mulanji Namah Om ||**

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## **Group Meditation**

**Sri Sadguru Sivapremanandaji -**

We are going to start this global, group meditation with Lord Ganesha mantra -

**|| Om Gam Ganapathaye Namah ||**

Pray to Lord Ganesha to remove all the obstacles in your life, fulfill your heart desires. At the same time, awaken your soul, help you to reach your divinity.

Offer flowers to Him out of love and gratitude. Accept His grace, love.

Pray to Him for whatever problems that you are facing that you want to remove it at this phase of your life – whether it is -

Health related problem – for yourself or your family member,

Relationship problem – for yourself, for your daughter or someone else,

Education problem – for yourself or your family member,

Marriage issues – for yourself or anyone in your family,

Money issues – for yourself or anyone else in your family,

Protection – where your energies are taken away by some tantrics or you are experiencing very negativity from your enemies,

Whatever maybe the issues, this is the best way to pray to Lord Ganesha.

Sincerely, as a child of Him, pray – my Father, please remove this. Remember, when we are collectively meditating, the Divine Consciousness, Divine Light, Divine Vibration, Divine Energy manifest here and now.

So this space is vibrating with that Divine Consciousness, and It is listening to you. How much you accept, surrender, devote, and pray sincerely – that much you will receive the grace. Once you pray, feel the blessing of Lord Ganesha – He is smiling and offering His help to you, His energy to you, blessing you.

Thank to Him, touch His feet in your mind. See that your issues are dissolved – karmic blocks are dissolved and feel the solution is attained. Experience this in your inner world.

**|| Om Gam Ganapathaye Namah ||**

Lord Ganesha, bless all the participants with abundance, prosperity, success and protection.

**|| Om Gam Ganapathaye Namah ||**

Lord Ganesha, please remove all the obstacles of our participants. Bless them so that they can grow in spiritual path, they can manifest the divinity, awaken their soul and bless this entire universe because of their elevated consciousness.

**|| Om Gam Ganapathaye Namah ||**

For few seconds, relax yourself and be aware of your breathing. Experience the silence. Experience the energy movement around your body, around your chakras.

Now, we are going to invoke divine grace of Thirumoolar ji, Nandi Devar, Shiva Paramatma and Divine Mother Sivakami Om Anandi, and receive their grace to awaken our soul, awaken the Guru Tatva within us and walk on the path of Self-Realization and God-Realization.



**|| Shivam Sharanam Jaya Jaya ||**

**|| Nandi Sharanam Jaya Jaya ||**

**|| Mulanji Sharanam Jaya Jaya ||**

**|| Sivakami Sharanam Jaya Jaya ||**

Offer your gratitude to all the Masters. These are the great Masters and to connect with them is a very very rare opportunity. You may travel many dimensions, many celestial worlds, after reaching here and there, many past lives, then only we can connect to these Masters.

This is a so precious lineage – I have no words to explain. Connecting with the Lord Shiva Himself, connecting with Nandi Devar who is the greatest Rudra of this entire Universe – who is that? - it is Nandi Devar and without His permission, no one can enter the Consciousness of Shiva.



Without the grace of Mahasiddhar Thirumoolar ji, it is very very difficult to go beyond the 3rd dimension also. The negative forces won't allow you without the grace of these Masters. Very few people know – whose 3rd eye is open, who have the psychic ability know the power and truth of these Guru Parampara – the power of this Guru Parampara.

We offer our gratitude to the feet of these Masters. To connect with Them is a blessing. Whether you do your Sadhana or not, connecting, taking Their name itself is a great boon and blessing. Offer your heart and soul to Their feet. Ask for their blessings.

Ask them - ***"Please take me to the next level of Consciousness. I am ready now. Give me the Gyana and Viragya so that I can overcome all the illusions of this world."***

So many negative forces are now not only affecting my mind, but my DNA, my blood, my bones, everything is affected now. It is a terrible, critical situation. Without the grace of these Masters, there is no chance that you will be lifted to the 5th dimension, 9th dimension and beyond. You cannot go at all, impossible. So much illusions, so much negativity, so much low vibration is there in this world now.



Pray sincerely to these Masters. They are the real doer. Now, we are going to chant Thirumoolar ji Siva Mantra, to receive the grace of Lord Shiva, with the portal of Thirumoolar ji's consciousness, and filling all our chakras, nadis, all the subtle bodies, and raising our Consciousness to Shiva Consciousness.

## Sri Siddha Tirumular 51 – letter Siva Mantra

|| Om

Si Va Ya Na Ma

Ya Na Va Si Ma

Ma Va Ya Na Si

Si Ya Na Ma Va

Va Si Ma Ya Na

Om ||

Now we will chant it together, by visualizing Lord Shiva or Thirumoolar ji in your 3rd eye. And chanting this mantra together with rhythm, with love, with devotion and surrenderance.

|| Om

Si Va Ya Na Ma

Ya Na Va Si Ma

Ma Va Ya Na Si

Si Ya Na Ma Va

Va Si Ma Ya Na

Om ||

Now, offer your gratitude to Sadguru Thirumoolar ji, Lord Shiva and Mantra Shakti, the Divine forces behind this Mantra Shakti, Divine Energy behind this Mantra Shakti, Divine Consciousness behind this Mantra Shakti, Divine Beings behind this Mantra Shakti. Thank all the Divinity present in this mantra.

Offer your gratitude and relax yourself for few seconds. Be aware of your breathing and experience the silence, peaceful, blissful awareness, relaxation in your body. Feel the expansion of Consciousness, bodiless awareness, the joy, bliss, oneness. Feel the inner satisfaction of the soul by chanting this mantra. How you feel it, how much content you are from within, how much rich you are from within. This peaceful, blissful awareness is the abundance, real Riddhi that will bring Siddhi in the outside world. Just be in that silence.

Now, we are going to chant the Sukshma Siva Mantra. Offer this mantra, donate this mantra to all the Pitrus, that is our ancestors, Kula Devas, that is our family Gods, all the Siddhas, Rishis,

all the Angels, all the Archangels, all the Divine Forces of Light and Love, Who are helping to sustain this Earth.

So we are offering this, we are empowering out of gratitude and love. Okay? Now I am going to read the Sankalpa – intention, please listen, and in your mind, you just make the same Sankalpa, and then I am going to chant this mantra, you listen to it, and then you can chant it.

When we together chant the mantra, offer together to this entire earth, the effect and the benefit is million times more powerful than doing it individually at our home. So we take this opportunity to give back to Divine Mother Earth. She is our own Mother, She is taking care, She is the real Mother, Who has given the Pancha Maha Bhootas, Who has given and is nourishing this body, Who has given all that is for us from this life and past lives.

So this is the time and opportunity to offer back to Her with this Sukshma Siva Mantra Sadhana. And at the same time, we are also offering to our Pitrus who are our ancestors. This is not only the immediate forefathers, maybe you know, some 6 – 7 generations before us - who have not done any sadhana and have not made the transition in their lives. So we want to lift them also – we want to help them also, so that we can receive their blessings for our further growth in Spiritual Path. Okay?

So we are going to make the Sankalpa or intention.

**Sankalpa – Please tell the same thing in your mind -**

***"Divine Shiva – Shakti, I am offering or donating one japa mala (that is 108 times) chanting of Sukshma (that is Subtle) Shiva Shakti Mantra, to empower all my Pitrus (that is our ancestors), all our Kula Devatas (that is our family Gods), our Rishis (from where we have taken the Gotra and all), our Siddhas, our Yoginis, our Archangels, Angels and other Divine Forces of Light and Love who are working day and night for the upliftment of my family (just think about your family members in your mind, your home), our world (think about this entire world – Divine Mother Earth) and humanity (feel all beings on this earth). So be it."***

Seal this intention, by chanting **"So be it"** or **"Om Tat Sat"**.

Now visualize Lord Shiva in your mind. And as you chant this mantra, offer the flower at the feet of Lord Shiva and feel that the energy goes to all these beings and not for you. It goes for the upliftment of all these beings. And in turn, they start helping you.

If you are not having childrens, you will start getting childrens. If you are not getting marriage, you will start getting marriage. If you are having obstacle in your business, you will start getting

relief. If you are not getting promotion in your job, you will start getting promotion. If your child is not speaking – speech ability is the problem, you will start getting the benefit of that. So it is a win-win situation where you bless yourself, your family, and this entire world and at the same time, you solve your problem, bless yourself and this entire Universe.

It is a very very simple thing, but Sukshma – in a Subtle way, it will bring miraculous results for all of us. So this is the blessing and the method is given by Lalitambika to me, to do this at this critical situation. So that anyone can do it from anywhere without any problem. It is very simple and the mantra is also received from there only. When we have chosen this mantra, it is very very powerful – Shiva-Shakti mantra and it is in the Subtle level – because all the problems have the cause in the inner world of the karmic issues – the Causal body.

So this will start working with your Causal body, thereby bringing solution to your life. So I am going to chant this mantra 108 times. I have Japa mala and I am going to count. Your job is just to chant the mantra by offering your love and gratitude to Lord Shiva.

**|| Om Hreem Sivayanamah Om ||**

We have completed 108 times chanting. Now relax your body. Offer your gratitude to Lord Shiva for blessing all the beings of love and light, for blessing this earth, for blessing your family and all.

Bring the smile in your heart and soul. Just be aware of your breathing. Be aware of the body sensations and completely relax your body.

Just be aware of your breathing. Do not control your breathing. If your body want to take a deep breath, let it happen. If your body want to take a narrow breathing, let it happen. Just be aware, witness your breathing and relax your body.

Together we have invoked the grace of Shiva-Shakti. Now its time to absorb this energy, distribute this energy at all levels of our existence. So the more you relax your body, more divine energy can flow from physical body to energy body, energy body to astral body, astral body to mental body and to the entire being.

More you bring awareness to your breathing, more you align your mind to your soul, to this moment – the divine presence – that is peaceful, blissful awareness – that is Shiva consciousness, truth consciousness – that is Mahatripurasundari consciousness. It is the consciousness of Adi Mahakali – it is just pure awareness, pure consciousness – that is Adi Shakti, Adi Mahashakti, Adi Mahakali, Maha Maha Tripurasundari.

Here there is only oneness, there is infinity power, it has infinity potential to dissolve this life karma, past life karma and all your beliefs also. Because it is deeper than your cells of your body, deeper than the thoughts of your mind, deeper than your energy, beyond that consciousness. You are touching that 5th dimension or beyond that, when you go into silence. It is source consciousness.

When you are in this silence, automatically healing will take place. Automatically your sticky karmas dissolve. If any desire, intention you hold, it automatically manifests – effortlessly, easily manifestation occurs when you are in the silent state. No need to worry about, no need to visualize, no need to overcome negative belief, nothing. Be in that state of consciousness, experience the joy and bliss. Once you experience that stillness, joy and bliss, you hold that intention which you want to manifest.

The marriage, health issues, business issues, family problems, your family member issues, whatever it is – there is no condition here, there is no universal law here, you are beyond all the dimensions, **you are the "Source" - So-Hum bhava, Aham Brahmasmi, Bhavanitvam – that is the state – quantum awareness, quantum consciousness – a zero point field – beyond the 5th dimension** – we are touching it.

Just hold the intention of what you want – nothing to worry, just holding the intention is sufficient -

***"I am married."***

***"I am abundant."***

***"I am having loving relationships."***

***"I am experiencing abundant money flow."***

***"I am meditating regularly."***

***"I am developing healing powers."***

***"I am developing psychic powers."***

***"I am developing my intuition."***

***"I am beyond all the dimensions."***

***"I am Shiva – Shivohum."***

***"I am pure awareness – So-Hum."***

***"I am the Ultimate Truth – Om-Tat-Sat."***

***"I am pure white light – spreading from my Soul to the Infinity Dimension."***

***"I am infinity, pure white light – no negativity can touch me."***

***"I am the protection."***

***"I am prosperity."***

***"I am abundance."***

***"I am Infinity- creative power of this entire universe."***

This is the Truth. This is Oneness Consciousness – there is no two – Adwaita, Atma Siddhi – God-Realization, Turiya Avasta – hold your attention into this silence, into that stillness, into that intention of what you want. No need to worry about the manifestation – of how, what, where, karma, beliefs, nothing to worry.

Just hold and experience the silence, bliss, awareness.

Hold the intention – experience the silence, bliss, awareness. That's all you have to do, Universe will take care. Because you are the Creator at this level of Consciousness.

And It will start manifesting as co-creative power in the mind and body. It is the ultimate healing, ultimate manifestation, ultimate siddha technique.

***"Everyday, in every way, I am experiencing total health at all levels of my existence, easily and effortlessly."***

At the Divine level, everything is easier – without any effort. When it comes to the mind and body – efforts will start, struggles will start. But at the soul level, it is very very easier – no karma, no laws, nothing, just flow of you as a Divine Consciousness, as a Creator.

***"Everyday, in every way, I am experiencing abundant money flow easily and effortlessly."***

Feel the silence. Feel the stillness. Feel the body vibration. Feel the breathing and again come back to the silence and make the intention of what you want -

***"Everyday, in every way, I am experiencing harmony, right understanding, co-operation, respect, peace and love with my family members and with this entire existence easily and"***

***effortlessly."***

This will solve all your relationship issues, health issues, money issues.

***"Everyday, in every way, I am manifesting pure white light of protection at all levels of my existence, easily and effortlessly."***

The highest protection on this earth is available and is ready for you.

***"Everyday, in every way, I am meditating regularly with devotion and surrenderance easily and effortlessly."***

Be aware of the breathing. Be aware of the body sensations – around your palms, around your feet, around your forehead, around your chest, around your spine. Is it warmth, coolness – whatever you are feeling, you can feel – just be aware. Be aware of your breathing. When we relax our body, be aware of our body sensations, we go beyond the dimension of the body.

When we are aware of the breathing, we go beyond the dimension of the mind. Then, where we are, we start growing, shifting our dimension – from 3rd dimension to 4th dimension, from 4th dimension to 5th dimension – we start touching that. It is very very powerful state of Shiva consciousness, Lalitambika consciousness, Mahakali consciousness, Bagalamukhi consciousness. In that state, we remain.

And whatever we intend, it will manifest easily in our lives – everything flows to us effortlessly. Life is very easier, very beautiful when you connect with your soul, when you connect with your Divine, all existence – you go beyond Navagraha dosha, beyond all the Pitru dosha, Kuladevata dosha, all past life karmas.

For this, you have to touch the Source consciousness, and only then you can overcome all the obstacles of your life. This is what the Srividhya does – after meditation – it will take you to the Source consciousness.

Relax your complete body. Relax your feet. Relax your knees. Relax your thighs. Relax your genital muscles. Relax your complete spine, chest. Relax your shoulders, hands, palms. Relax your neck. Relax your eyes. Relax your complete face. Completely relax your body. Just be aware of your breathing now. Be aware of the body sensations.

Now pray to Shiva-Shakti and Sadguru Thirumoolar ji to disconnect, dissolve all the karmic ties, all the karmic, etheric chords of your past life and in this life that are not the highest good for you. Ask and pray for this.

I am calling to Shiva-Shakti, Sadguru Thirumoolar ji to dissolve and disconnect all the karmic, etheric chords in this life and past life, with all the beings, with all the energies, with all the consciousness, that are not highest good for myself and everyone else involved.

...see that, I couldn't able to pronounce – your karmas touch my throat!

Pray to Lord Shiva, Sadguru Thirumoolar ji, Jaganmata Srimata Lalitambika, Rajarajeshwari, Maha Tripurasundari.

Offer your gratitude to Shiva-Shakti, Sadguru Thirumoolar ji, Divine Mother Lalitambika. Now you will be receiving the Divine Mother Kamadhenu Annapoorneshwari mantra. So pray to Divine Mother, Sadguru Thirumoolar ji to seed Annapoorneshwari mantra in your soul, activate Divine Mother Annapoorneshwari mantra in your soul, awaken the Shakti of Annapoorneshwari mantra in your soul and guide you in this mantra sadhana now and forever.

Pray to Divine Mother Lalitambika, Rajarajeshwari, Mahatripurasundari. She Herself is Annapoorneshwari, Jagatjannani sitting in Kashi to give Mukthi, Viragya and Gyana by fulfilling heart desires. So we call Her Kamadhenu. Even Lord Shiva went there as a seeker to Divine Mother, to bless. Because She is the strength of Lord Shiva also – **“Shankara Prana Vallabhe”**.

Divine Mother Annapoorneshwari is Shankara Prana Vallabhe – the strength of Shiva – Shankara. So the power of Shiva can liberate you, give Mukthi to you, She can fulfill your desires and can give Gyana – Self – Realization actually. If you read Annapoorneshwari Upanishads, you will see that with the blessing of Annapoorneshwari – **Poorna**, which means **“Complete”** is possible only when you get Mukthi. So She is Mukthidayini.

Lalitambika takes the form of Annapoorneshwari on the 3<sup>rd</sup> dimension to give Mukthi to all people in Kashi. So we are so blessed to chant Her mantra today, receive Her Deeksha and also this mantra is called as Kamadhenu. She is the Mahabhairavi. Mahakamdhenu fulfills your desires. Because mantra has the words – **“Mamaabhishtitam Annam Dehi”**. So whatever I make as Ishta, that food, that attention, that feeling, that energy, that Consciousness, bless me. That is the meaning. She is Kamadhenu.

So pray to Divine Mother Annapoorneshwari – ***“Amma, please bless me. Amma, give me the Gyana. Amma, give me the Vairagya. Amma, release all the negative ties of this life and past life karmas. Take me to the path of Self – Realization. Jagatjanani, Jaganmata, Jagadeshwari, Parameshwari, Panchakshari, Mukthidayini, Anantaroopini, I surrender at Thy feet! Please take me!”***.

Call Her from your heart. She is real mother of your soul.

***“Amma, please come. Bless me.”***

The call of the heart and the soul is more powerful than the Bheeja mantra. Please understand this truth. How perfect, scientific vibrations are, its okay. But the basic DNA is your love, devotion, surrender to Divine Mother. Without that, nothing will move. If it is there, no one can touch you on this earth.

Now with this intention, keep chanting in your mind -

**|| Hasaom Sohum Sivakameshwari ||**

Keep chanting this mantra. You will be receiving the Deeksha for Annapoorneshwari. To bring your attention, focus, you chant the Sivakameshwari mantra. Because, Sivakameshwari is the totality of all these mantras of Srividhya Devatas. Sivakameshwari has – Annapoorneshwari, Bala, Varahi, Rajamatangi, Ashwaroda, Sampatkarini, Sharabakali, Pratyangira, Lalitambika as Poornashodashi, Mahashodashi. It is everything in one mantra – that is Sivakameshwari mantra.

**|| Hasaom Sohum Sivakameshwari ||**



Keep chanting this mantra in your mind. Visualize Divine Mother in your mind. Offer your love and gratitude to Her feet. In Her feet all the abundance, in Her feet prosperity, in Her feet all the protection, in Her feet is the Mukthi. That is the Truth.

Keep chanting -

**|| Hasaom Sohum Sivakameshwari ||**

Now stop chanting the mantra. Relax yourself. Just be aware of your breathing and body sensations and offer your gratitude to Shiva-Shakti, Guru Parampara, all the Divine healing forces, Divine Angels, Yoginis, Siddhas, Rishis, Devas, the energies that have helped us today to bring complete healing and wholeness for us, to making this event successful for us.

Thank to the entire Universe, your family members also – who allowed you to meditate. Thank to this entire existence, especially the Divine Mother Earth.

Now, slowly, slowly open your eyes. Come back to normal consciousness. Please take your own time. No hurry. If you want to be in a meditative state, then be in that state. Otherwise, slowly, slowly open your eyes. Come back to normal consciousness. You can have water or something. If you feel too much energy, please slap your body – especially the joints of your body – around your neck.

So, Shivohum to all of you. So how your sadhana is going on? Good?

So any questions you have, before I take the online questions? Do you have any questions? In the sadhana part do you have any questions?

## **Doubt Clearing Session – Questions asked by Sadhakas to Guruji at SSRC Center**

### **1. Sadhaka question -**

“What is the procedure to apply for Srividhya distance course?”

**Sri Sadguru Sivapremanandaji -**

“So what you are going to do is, you are going to make payment and send an email to us. Before to this, go to distance Srividhya Deeksha page. Read all the rules and regulations. It is going to be a two year course. This we are giving for 3 – 4 months and after that we will remove this. Because of the covid situation, we are offering as a distance course.

Even most of the distance courses, the beginner courses also, slowly we will remove it. Because it is very difficult to manage all the courses as a distance mode. Okay? So once you make the

payment, we will send you the registration form that you will need to fill and send us back. And once you send it, we will go through the registration form and then we will send you Deeksha schedule – with the date, time and procedure.

This you will need to follow at your home and receive the Deeksha. Once you receive the Deeksha, you have to send the Deeksha experience. We will then review it, and send you Level – 1. This Level – 1 you have to regularly practice for two months. And then you request for Level – 2 with your Level – 1 experience. Then again we will go through and we will send you the next Level. Like this it will continue for all seven levels.

This is the procedure. **And we are offering Siddha Mind Power and Srividhya Havan also in distance mode. Siddha Healing we are not offering.** Because it is not effective. People don't understand and some people who are not kinesthetic, who are not the feeling type, the don't feel anything, in the distance mode.

When they come and learn here one – one, when they do the group healing, and learn from each other and heal each other, and then they do distance healing, they will understand better. Otherwise they don't have the confidence and the objective of that course is also not fulfilled.

So they can apply for Siddha Mind power and Srividhya Havan – what we are going to do is, we will make a video of these principles of Srividhya Havan, how to do Srividhya Havan and share with them. Maybe we will share it in Level – 2 and not in Level – 1. Because Level -1 is already too much with Guru mantra, this, that. Some people take the Deeksha and afterwards that they will be like – “Guruji, I have to do all of these things?”

They thought that its just one mantra japa. Means, some peoples are not committed. Then they you know, cannot continue the Sadhana itself. Because this is the authentic Sadhana given by Sadguru Thirumoolar ji – you have to put the effort to do this. All of this is there. So we have put the condition.

And we don't encourage the people who have mental disorders, who are emotionally up and down, you see that? **And who are going through very negativity – they have so many tantric effects and all. We cannot help them in the distance mode.** And they cannot chant the mantra also. Their situation is such that they cannot chant the mantra. And again you know they will say – “Guruji, I am chanting the mantra, but it is not allowing me... I am getting headaches, I am getting this, that...”. That's why it is not possible.

**So we made it very clear, who are having mental disorders, please don't apply. Who have heart surgery, or some surgery, please don't apply. Who are pregnant women, where the**

**Spiritual Tapah Shakti – where heat will be more and it will create problem for the baby – who is innocent, pure energy. Don't hurt your baby for that.** So we have made very good rules and regulation, that they need to follow.

But people don't understand, you know? These things they don't understand. So this is the Srividhya Deeksha that we are offering. So many peoples are getting it now. People you know, whose parents who cannot come here. Now they are also doing it. And one more thing is, we offer this to those people only who can directly communicate with us in English. Otherwise it is very difficult. Some of our students from Germany, Spain and France – they wanted to translate our courses in their language.

I told no. I don't want one more mediator between me and my student. I want to be very direct. Otherwise, he says something, he translates something, I get something, I answer something! The problem is not solved. Usually in the corporate world – they play a game know? They make a circle and they say something in the ears of the person sitting next to them, transfer the message and the moment it will come back, you know that the version is completely different!

So my ability whatever is possible I can do it. Some peoples are upset – “Guruji you should do it Kannad, you should do it in Hindi...” But limitation is there know? Only one man, how I can do it? Otherwise purity of the teaching is lost.

I want only one person who can happily go better. Than millions of people! No... This teaching is not for millions of people. This is only for few limited people, who are chosen, who have been connected with us from past lives. Otherwise they will not continue this path at all! They will again go to some Guru, something, they will go and you know... It's not possible. This path is very very sacred, connected, taken care, and only chosen ones are guided. Otherwise people will go here and there. So it is like that.”

## **2. Sadhaka question -**

“How does the Divine Consciousness manifest?”

### **Sri Sadguru Sivapremanandaji -**

“This Divine Consciousness start manifesting through its intelligency. This intelligency starts making structures – beings to control the structures – we call them as Archangels. They are the different dimension beings, not of this earth world. They are the Angels – like how we have the Bhairavas – some Bhairavas control the Patala Loka, some Bhairavas control the 3<sup>rd</sup> dimension – the Earth, some Bhairavas control the Astral world, some Bhairavas control the Celestial world.

So we have different Bhairavas.

Some people ask me – **“What is the difference between Krodha Raja Bhairava and Kala Bhairava? Can I chant both the mantras or only one mantra?”** It is something like you know – police force is there right? But the departments are different... So Bhairavas are the group of Consciousness, but they have different fields to work, like -

***some Bhairavas work on the Earth dimension – like Kala Bhairava.***

***Bhatuka Bhairava is working on the Celestial world – especially for the Shakti path.***

***Krodha Raja Bhairava is working with Astral Beings – Patala Loka – Yakshini, Gandharvas, Bhootinis, Smashana Kali, Krodha Raja Bhairava works with all those forces.***

Like this every Bhairava has a different specialization and working.

***When you go to Sharabeshwara – He is Aakash Bhairava, working with the other higher dimensions above the 4<sup>th</sup> dimension along with Pratyangira and others.***

Some when this Divine Consciousness started manifesting with this intelligency, and that intelligency is carrying the information and structures – it created Archangels, Beings of Light, and Beings like Masters, like Rishis and all those Bhootaganas – you see, Lord Shiva has Bhootaganas and all.

So everything is like this. They are not born on this earth. They are manifested by the Divine as Light Being. Their bodies are not like ours. Even in this earth also, you see that – this tree is controlled by the Nature Spirit – like Pan Spirits. And there are Devas, who are working only for Karmas – the Karmic Board. Demons who are also working for Karmas – they may be demons, but they are working for God, not for the negative way! So this is the greater occult science.

When you do the Khadagamala strotas, those Yoginis will come. Each Yogini has the power to raise the Consciousness of the entire Earth! One Yogini has the power to raise the Consciousness of the Earth! And each Yogini has millions of Angels. Like this, millions of Yoginis – minimum of 64 we call them – because 64 is the number – 64 arts, just to say infinity we call it as 64. 64 Yoginis are present at the feet of Lalitambika. You see that?

Whenever we offer something, it is not Divine Mother who will take. It is the working force that is under Lalitambika that will take. If you see you know, some people will do the bali – if you go to Kamakya – they offer the goats, they offer the bulls, they cut them. If you go to the Bhairava temple – they offer the alcohol. It is not Bhairava who is taking, it is His force who are taking it!

You have Police force – you cannot tell them to be vegetarian and fight with negativity! I say to them to have whatever they want, be strong with your body, be strong with your mind and then you can fight with negative people! So, if you go to Kamakya, there are so many – 64 Bhairavas. And under one Bhairava there are again 64 Archangels. And again under one Archangel there are 100, 1000 million Angels!

So once you know that all these structures are present, do you think that you will be afraid of any negativity, of any tantric? Not at all... You will say that – come, I will see you! I am telling the truth.

So this Knowledge of Sukshma is very important in Spirituality. If you don't have Sukshma knowledge, you cannot be a Master. Because you won't have the confidence and you cannot work with others! And if you don't have Sukshma, you will not feel secure in self – you will again be competitive, again other Master – this Master what he is teaching, what he is doing, what I am doing... That competitiveness is not there for a Master with Sukshma Knowledge.

The moment you know that Mother is manifesting in me, Her Yoginis are coming to me, Her Angels are coming to me, I am sufficient to help my students and raise my student's consciousness to Shiva-Shakti. That should be there.

Whenever we do this group meditation – it is not I am working – please understand! I am a zero. I don't have any power! All that is working is Shiva-Shakti, Lalitambika, Sharabeshwara, Pratyangira, Varahi, all the Khadagamala Devatas – their powers start coming. And just a prayer – “Amma, please send your forces. My students need help, they need Your help. Please lift us.” That's all! You know that – everyone experience this right?

But in your heart, you should have the Truth. Please understand this! In your heart, Mother should be there. Then every Angel obey you, every Yogini obey you, every Yakshini obey you, everyone will obey. Otherwise, they will do their tantra and drama! No one want to be under someone else! Got this point? So when you surrender to Lalitambika, Rajarajeshwari, Maha Tripurasundari and all these Siddha Masters, everything comes to us. Energies will come – 9<sup>th</sup> dimension beings will come and help us! What we are telling know – aliens – many of them are not aliens actually, they are Siddhas! They don't eat food, they just absorb from the light. They will just send the thought and we will receive that thought and many of us get benefited because of that.

But all of them are not good. Even in this 3<sup>rd</sup> dimension – now you see whatever is happening – it is the greater negative force that is working to destroy the Earth! So that part is whom we call as Kauravas! Pandavas are the Siddhas and positive forces. And this fight is going on not just

now, but from Satyayuga to this Age. And now we are in such a critical state, where it is the end of Kaliyuga and Satyayuga is emerging. We are in that in-between state now. So this 10 – 15 years we need to be very careful – because if the Universe is normal, then my normal Sadhana will help me. But if Universe is not normal, will my Sadhana help me or will I have to intensify my Sadhana? You will have to intensify your Sadhana.

This is the period where we need to do more Sadhana, more Havan, more collective Sadhana, more calling to the Master, more abiding and showing our love to Lalitambika, more giving ourselves to Lalitambika, making ourselves more pleasing to Lalitambika. You see that? If you see in the Puranas when Divine Mother's body was cut during daksha yagna, Her various parts is distributed in different places where temples are built and Her energies in each place is different. At that time only, Mahakali's curse is there for India. People say know, everything is so beautiful here in India – so much meditation we do, but still we are not going beyond the US and other countries, still we are behind despite everything. Poverty, so many other problems – this is due to the curse of Divine Mother.

More we meditate, more we please Mother, what happens? Those problems will reduce eventually. Now we are moving from Kaliyuga and reaching to Satyayuga. When Mother is pleased know, again our country will be like during the Golden Era time where everything was so beautiful. Everything is at the feet of Lalitambika, Rajarajeshwari, Maha Tripurasundari! This you need to understand.

You need to know the science of all the Western world, Egyptian science, and all the occult sciences and then you have the knowledge of the Sukshma – experience that, what is happening there and then you go beyond that.

And very very important is the Mulavarga Siddha Parampara – which has the power to overcome all the alien forces! I am telling you. That is the power. Why I admire so much, why I bow down to Thirumoolar ji, you know? There are forces, where even the God and Goddess cannot protect me! I am telling the truth! There are forces where even the God – Goddesses are helpless! That is how the situation is right now – everyone has closed their face and their hands are closed. All temples also are closed.

Only this Parampara – Sadguru Thirumoolar ji, Lord Shiva, and Nandi Devar. You see Nandi Devar? He is very very powerful I am telling you, the highest Rudra! He looks very calm, Nandi, you know? But one step on earth he puts know, all the vibrations will be destroyed! Such powerful forces these Siddhas have, I tell you! That's what you know, things are going on happily with our students and not in so much of negativity – I you have truly accepted the path. This is really very important – disciple is different and devotee is different. You need to

understand this.

Many people come to take Deeksha – but they don't listen. They do their own Mahishasura! When they do their own Mahishasura, is that person just a devotee or a disciple? Is that person just a window shopper? He just came, learned the technique – “wow, techniques are good, mantras are good, oh, universal laws are good, oh mind power, healing, everything is good!”. But, he is not following the discipline, he has not accepted the thing, he is not allowing that force to work. He cannot be a disciple.

That's what you know, to be a disciple is, very very very rare, I am telling you! Out of million, one or two disciples are there! Out of million, I am telling you! Don't take it another way! I am telling that, out of million, 1,2,3 disciples will be there. Where – these disciples are carrying the soul of the Master! Please understand! These disciples are carrying the soul of the Master. They are the photocopy of the Master! They are the xerox of the Master! They are the blueprint of the Master!

***They are the consciousness of the Master! Means – there is no difference – only bodies are different, but soul is the same!***

***The same thing happens, when you and Lalitambika – your bodies are different, but inside you, you both are the same!***

***You and Shiva – same thing happens – your bodies are different, but within you, you both are the same!***

***Then I can say – “Shivohum”, then I can say – “Bhavanitvam”, then I can say – “I am Shiva.”***

Until that, the path is there, mediate and mediate. Because, being a Master is not about teaching the techniques, please understand this. Teaching the techniques even a school master can also do it. Srividhya – very simple – I can teach and anyone else can also teach! Even a 10<sup>th</sup> Std person can also teach – these are the chakras, these are the mantras, you do this.

But it is not just the technique, it is the Parampara, it is the Consciousness, it is the crystallized consciousness of That flowing to you and manifesting in you as your soul! That is Spirituality. That is Guru-Parampara. Otherwise you won't understand the Guru-Parampara! That's what many people ask – “Guruji, I have taken the Deeksha from you. You are my Guru! I have accepted you!” You see that! They say – “I have accepted you!”

You see, Guru means not that. Guru means He has to workout for your karmas, do you know that? Not just this life, next life you come also I will be waiting – “...when my student will come

to me?”

It is not that you accept the Guru, the Guru-Disciple is not this, no where, no way, impossible! It is the Guru who has to first accept – if for 2-3 months you are going through trouble, then for those 2-3 months I have to work – Japa, Tapa, Havan done especially for you. That is Guru! It is not that you know, you accept the Guru, it is the Guru Who accepts you!

That’s what, no Guru will accept. He will say – “please leave me! Go to other Gurus, you know? Take workshop and go, you know, I am so happy!”. Because being a Guru is not just some job, you know, it is more than parents place in your life. Like how your father and mother are there, Guru is your father and mother for many lifetimes! He was there for you for many, many lifetimes! Then he waited for you and he accepted you and then he started working for you – for your liberation!

You will be having so many problems – 7 generations Pitru dosha – and your Guru will have to work His way through all of those. You will have so many Kula Devata doshas – He has to work His way through all your Kula Devata doshas also. When He is working, He is struggling, He is suffering your karmas!

So, do you think any Guru will accept you, in that way? Now a days, you don’t want to suffer for your family also! Your problems are yours and my problems are mine! Such a situation is very difficult, it is very difficult. So disciples are very very rare, I am telling you. Very rare! Very rare! There will hardly be 1-2 disciples and not more than that. It is very difficult.”

### **3. Sadhaka question -**

“What happens after we get Self-Realized? What to do after getting Self-Realization, Guruji?”

#### **Sri Sadguru Sivapremanandaji -**

“What happens is that when I reach Self-Realization, God-Realization – it happens in flashes. Once it happens in that “**aha!**” moment, that knowledge comes to you and with that knowledge, with that knowingness, the feeling will start. The feeling of bliss...

So after “**Sat**” in your Consciousness – “**Chit**”, “**Ananda**” happens.

The Truth that is “**Sat**”, that starts manifesting in your Consciousness that is “**Chit**”, and with that, “**Ananda**” starts flowing to you.

In that you experience the samadhi, bliss, joy, abundance, oneness and all. Okay? This is what happens... So it may happen for 5 min, 10 min, 15 min, 20 min, like this. Or for 1 hr also. You

experience that.

Once you experience that and then come outside, your old self – sub-conscious mind will overtake! Because many times, those karmic things are not yet cleared. So, after Self-Realization, you go on remembering who you are, who you are, who you are!

***“I am awareness of the body, mind and senses! All that is happening around me is me only!”***

You start remembering – day and night you start remembering. So-Hum, So-Hum, So-Hum, Shivohum, Shivohum, Shivohum, Aham Brahmasmi, Aham Brahmasmi, Aham Brahmasmi... These are the mantras.

So when you start remembering that, what happens is – from meditation, you start bringing that peaceful, blissful awareness in your waking state of consciousness. In the beginning maybe it is for 10 min only that you feel it. Or you started experiencing – something like your Kundalini is very much awakened, you are walking to the office and people are commenting negatively and you are laughing, smiling!

They will be seeing – “I think this guy has gone mad!”. And you will be thinking – “this entire world is mad!”. You see that! I tell you, this itself is very different! The Avadhoota state, you say know, we call the Avadhoota as “Pishachi”, “Unmadhu”. “Unmadha” means it is like madness! He is like that! Because he is not bothered about the world, he is in his own Consciousness of bliss – “Sat Chit Ananda”. He is walking in the body, he is telling – “I am not this body!”. He is talking with people you know, even if someone is commenting about him, he says – “He is my soul, he is my soul!”. That guy is not commenting about me or about anyone!

So, this type of feeling of Oneness will start at waking state of consciousness. So this will need time. After Self-Realization, God-Realization, you need to come again slowly, slowly. If you have learned the lessons before Self-Realization, then the manifestation of Self-Realization Consciousness is very easier. You see that?

Sometimes you learn Self-Realization because of your Guru, but afterwards you start suffering like Swami Vivekananda. You know Ramakrishna Paramahansa gave him the ultimate – God-Realization and He went. But Swami Vivekananda started suffering afterwards. He don't understand what is this Consciousness! He is not able to touch it in meditation! He went into depression and all.

So, it depends – your Master can give that Consciousness or you earn that Consciousness, and you have life lessons to fulfill – then you will need to manifest That. If you don't manifest that Truth – **“Sat Chit Ananda”** then there is not liberation at all! Impossible! Maybe you will go into

the 5<sup>th</sup> dimension, that's all.

Now the Earth itself is going into the 5<sup>th</sup> dimension! Why all these things are happening you know that? People who are not Sadhakas, whose vibrations are very low... Shivohum! They are taken down! Only who are Sadhakas, who can meditate, who can raise their Consciousness – they can survive. So this is the filtering system that is happening now – actually it is not bad, it is a good thing that is happening for the Earth vibration!

So like this, Self-Realization need again practice. That's what you see, Sadguru Swami Shankaracharya – where ever He goes – Adi Guru – He is the ultimate realization of Adwaita, Vedanta and all! But again He came back and wrote so many strotras, kavachas and all. But why He wrote it? He could have said know – Aham Bhrahmasmi! You only say this and that's enough! You worship me! But He didn't say like this. He came back to the Earth and taught all the secrets of the duality – how to get siddhis, how to get power and then He started putting the siddhis, His own powers into the strotras, kavachas and connecting those kavachas, strotras to That God-Consciousness. So if somebody chants this, he/she will receive That God-Consciousness.

You see that? He has given so much knowledge, so much power – means, that it is Eternal. He cannot be there in the body, but His strotras are still chanted and everybody is getting benefited. He is still there in His Consciousness with all of these strotras and kavachas!

So, Spirituality is not easy, I am telling you. Touching the Self-Realization itself is a great blessing, I am telling you! If you don't have the right guidance, you may go into ultimate depression! Its like how people go into depression when they succeed know – they reach, but afterwards they don't know what to do next. They go into ultimate depression.

So once you touch that Consciousness, and if you know how to bring it slowly, slowly into the waking state of awareness, and then what happens, you will start to get more knowledge – subtle knowledge will start coming to you. Until now I only know what is a Mantra, what is a Tantra, what is a Yantra, who is this Guru, who is that Guru, okay? What is this technique, what Chakras will do, only this knowledge, only healing... But this very limited – 5 percent. After Self-Realization, you know different dimensions, the various layers of consciousness and how to enter them.

And at those layers of consciousness, you have different beings also. We think that Earth is round only and we think that only we are living on this Earth, but no! There are places in this Earth – different 9<sup>th</sup> dimension person is also in this Earth only! 5<sup>th</sup> dimension person is also in this Earth! And 7<sup>th</sup> dimension person is also in this Earth! So Himalayas, Shambala are not just

mountains belonging to our dimension alone. You know, all these Siddha Loka is not just by itself, but many of them are here in our Earth only, not separate. But they are ethereal energy – they are ethereal beings, subtle beings! They are very much present, helping, taking care and lifting you.

So those knowledge will start coming to you. So once you finish Earth dimension, those beings will start coming to you, start communicating with you, Sidhas will connect with you and take you there to Siddha Loka. You learn there and you come back. The you start giving to your sincere disciples who deserve that Knowledge. Otherwise people may not accept it at all! Even if I give that precious Knowledge, you should be in a position to accept know? If you don't know the value of diamond and I give diamond to you, what will you do? You will say – “what is this?”. For you, it is glass only, and not a diamond.

So, there are some precious disciples where the Guru will need to share the real knowledge. Then they carry that and give life to the people and bless and benefit the world. Like this it will be there.

And also with Self-Realization the quality of awareness is awakened. Awakened means you are not living in the same state. Even if there is suffering, with this knowledge of Self-Realization you will say that –

***“I am Awareness!”***

***“I am not a body!”***

***“I am not the mind!”***

***“I am not the emotions!”***

***“This will not touch me!”***

You see that? You will no more go with the same depression. You will no more be a powerless person. You will say that -

***“I am Infinity Being!”***

***“Only one is there! I am that!”***

Means, if one is there and everything is controlled by That one, then imagine what is the amount of creative power that It holds?

***“I am That! I am That! So-Hum, So-Hum!”***

Once “you know” – you see that is very important, when “you know”, then it will manifest! Got this point? You should know. If it is not knowingness, then it will not manifest. Yes or no?

If I ask you 2 + 2 is? You know that it is 4! If you ask for childrens, 3...? 2...? they will say. But they don't know, means there is a doubt, there is hope, and so it will not manifest.

But you know that it is 4. Got this point? If it is 4, then your energy – soul will manifest. The moment I know that “I am Shiva!”, then Shiva manifests!

I know that “I am Lalitambika!”, then Lalitambika manifests.

So once you know that, when you close your eyes, you don't focus outside and worship someone else, you focus inside and you worship your own soul. Got this point?

So from outside you start coming to inside. When your focus, attention, energy, everything goes inside, then what is your power? Your power is so great and you will begin to manifest. That's what they say no – “unfold infinity potential!”. At this point only the unfolding of the infinity potential happens. Until that it is not potential, it is just there. You don't know that you are an infinity being yet. So how can you manifest anything?

So, your belief system itself will change. You will no longer say that you are the body, you will say that –

***“I am That!”***

***“I am an Infinity Being!”***

***“I am a Consciousness!”***

***“I am that ultimate Truth!”***

***“I am the real Master!”***

Because, soul is the real Master! Outside Master is the reflection of the inner Master! When you know that – “I am real Master!”, then people will accept you as a Master. Until then people will still be doubting you know – maybe he is not my Master, like that... Means, if they are not ready, not vibrating with True Master, they cannot accept that person as his/her Master.

So in this way, so many things are there... But regular meditation leads you there. And very important thing is, you need to at least participate in Global meditation and watch the videos also. This is very important! And do the Swadhyaya – this is missing in many people, I have seen that.

Many people watch 5 – 10 videos and then finish! Then they think – “I know everything!”. Only a disciple will come and watch the videos with the intention – “what new can I learn from my Master today from the same video?”. The person who is full – whose cup is full, he will come and say – “yeah, I know this Panchadashi mantra...!”

Why you know, Durvasa Muni meditated for so many years on only one mantra? Why you know, Agasthya Muni meditated on Panchadashi mantra for so many years? If He was also like you – “I know this already...!”, they would not have succeeded in their tapas.

So every video will teach you something. Every video will guide you in something. So Satsang is very important. You take example of any Master, how do you think He has grown? It is not only just with his sadhana, it is with the help of his Master – whenever his doubts are there, he will get them cleared with the Master and go ahead. Again, if doubts will arise, he gets them cleared with Master again and go ahead... By serving, doing Seva.

You see, earlier people what they used to do – they used to make disciples to serve their Ashrama for 1 year – with their body consciousness. Then Shani dosha is taken care. There are methodologies – when they wash the Master’s clothes, utensils, take care of the peoples around them, then Pitru things will be taken care. The volunteer seva what they are doing no – it first cleanses the doshas, then the Guru will give Mantra Deeksha. Until that, nothing.

But we are in the different 21<sup>st</sup> century – I cannot wash my own clothes! I go to the washing machine and I put my clothes for wash there. We are now in a different, information age and if we can meditate, that by itself is a big challenge. Everyday meditation is a big challenge. That’s what I meditate and follow the 4 pillars -

**1. Meditation**

**2. Japa**

**3. Satsanga**

**4. Swadhyaya and one more pillar that I have added -**

**5. Seva**

Now, at this moment, Seva is so much required. Seva means what you do is – now what you have done no, Mantra dana – it is the best Seva from the home, I am telling you. Many people ask me –

“Guruji, how I can overcome Pitru dosha?”

“Guruji, I am not getting childrens...”

“Guruji, I am not getting married...”

“What to do to overcome this, Guruji?”. In this simple, easy way, you can do it.

You can also do this with any mantra, I am telling you. One japa mala of Srividhya Level – 1 mantra also, I can offer that. You need not offer Sukshma Shiva-Shakti mantra alone. But I have made a program of that and have received it and then I am giving this so that anyone can do this, without Deeksha. Is it clear to you?

So if you want to do Seva, teach this mantra and tell this to those who have many issues and ask them to donate one japa mala to the Nation, to the Earth, for your family, all the Siddhas who are working for us. All of this is there. Okay?”

#### **4. Sadhaka question -**

“Guruji, when I am meditating at the Muladhara or at the Svadhishtana Chakra, I am getting so many thoughts and questions but as I go up higher to the Crown Chakra, I am thoughtless and there are no questions. Why is it so Guruji?”

#### **Sri Sadguru Sivapremanandaji -**

“True, very true. You see that, this is what I am telling you know – “At all levels of existence...!” Why it is said – at all levels of existence?

This means that in every level of existence -

***Energy is different,***

***Consciousness is different,***

***Awareness is different.***

In your Muladhara, your awareness is different. In your Swadhistana, your awareness is different. In your Manipura, your awareness is different, consciousness is different, energy is different.

***When I am feeling powerless, fearful, where is my awareness? It is in my Muladhara.***

***When I am having emotional up and down, where is my awareness? It is in my Heart Center.***

***When I am feeling no thoughts, everything will be taken care, things are fine, then where is***

***my awareness? It is in my Crown Chakra.***

One awareness is flowing in all the dimensions – the 3<sup>rd</sup> eye chakra is a different dimension, the throat chakra is a different dimension, the heart chakra is a different dimension and every chakra is a different dimension.

So sometimes, according to the situation I am working with different levels of consciousness and with different levels of awareness. Is it clear?

***So it is true that there are many levels of awareness – because we are beings of awareness! But ultimately, all this awareness has one source – that is at the crown chakra – that we call it as “Shiva” or “Maha Tripurasundari” or “Lalitambika”.***

That is why we call Her as “Lalita” – because She is playing no? Yes or no? She is playing in your Muladhara. She is playing in your Swadhistana. She is bringing the situation on the outside and will confuse you first! You will be confused. Then you will start searching, searching, searching and then you will get something. And then you will see the video – “aha...!”, so this is the answer!

You see that? First your awareness was holded and once you get your answer, your awareness will get released and you understand and know that yes, “I am”. Then, this is absorbed in your consciousness and it becomes your knowledge! Please understand this. Then it is your knowledge! Until that it is not your knowledge.

On the path, we experience all of this. Okay?”

#### **5. Sadhaka question -**

“Guruji, when I started meditating some time back I was doing Level – 1 of Srividhya Sadhana and when I saw your videos, I got some understanding of what you are saying. But as I meditate more and when I reached Level – 5 of my Sadhana, and with more months of practice, I am getting a very different level of understanding of the same video that I had watched some time back. Why is there a difference in the level of understanding Guruji?”

#### **Sri Sadguru Sivapremanandaji -**

“Yes. Very true. Because when I am meditating in Level – 1 of my Sadhana and watch the video – my level of consciousness absorbs something. After I reach to Level – 5 and I see the same video, my understanding of the same topic is different. Why is that so? This is because I raised my consciousness, I raised my awareness through meditation so that’s why my understanding of the same topic is different. Is this clear to you?”

## **Doubt Clearing Session – Questions asked by Sadhakas to Guruji online**

### **6. Sadhaka question -**

“What is the difference between Krodha Raja Bhairava and Bhatuka Bhairava?”

**Sri Sadguru Sivapremanandaji -**

“I have already answered this question previously, okay?”

### **7. Sadhaka question -**

“Guruji, as the name suggests, can the Krodha Raja Bhairava help me to master, conquer the anger? And what is the difference and purpose of Krodha Raja Bhairava mantra and Bhatuka Bhairava mantra?”

**Sri Sadguru Sivapremanandaji -**

“Yes, Krodha Raja Bhairava energy is very good to overcome anger problem.

Bhatuka Bhairava is very very powerful for your Shakti Sadhana. He is like the gatekeeper and can help you. But, I am telling you again after saying this, real Bhairava is Thirumoolar ji here. You need to understand! Who opens the gate, who opens the consciousness, who does the everything, who brings the Shaktis, everything is – more than Krodha Raja Bhairava, Bhatuka Bhairava is Thirumoolar ji! You need to understand this. Then you go for all the mantras.

Because, importance of the Gurus need to be understood. Then you can do all the other mantras chanting.”

### **8. Sadhaka question -**

“Guruji, I am Mathematics degree holder and I am doing the studies in the Science and Mathematics. I felt, they are divisive and violent in they way they study the Universe. How should I worship Siddhas and Divine Mother in order to be blessed with an opportunity, capability to manifest a greater knowledge in Mathematics, so that the Science can bring unity and harmony and that can bless the Nature and existence?”

**Sri Sadguru Sivapremanandaji -**

“He wants to develop Mathematics that can help to bring the Knowledge in a unified existence. Okay? I want to tell you, again the solution is in Srividhya Sadhana! When I do my meditation regularly, when I awaken my intuition, then only I can think out of the box about the subject.

Yes or no? Whatever may be the studies that you are doing, it is still made by others – by other minds.

When I meditate, my intuition develops and only then I can think out of the box and receive the new knowledge from the Shiva-Shakti, Lalitambika. Because Lalitambika Herself is Rajamatangi – Who is the higher form of Saraswati. And when I am chanting that mantra, I receive that knowledge.

Whatever intention you put before the mantra, that manifestation, that siddhi, that knowledge can happen to you. That is the science. Okay? So, it is possible that you can develop new field of Mathematics that is more bringing unity, which brings more experience of oneness and all of that. It's possible with meditation.”

### **9. Sadhaka question -**

“Guruji, these days while doing the Sadhana, sometimes I feel like crying for hours. But after internal havan, all goes well. And I see that, there is a white image that is moving in my house. It is also visible to my son. Once I heard a loud breaking or cracking sound right below my seat during my meditation, which my son also heard it who was sitting far away. I felt the floor below me is broken down.”

### **Sri Sadguru Sivapremanandaji -**

“You see, she was experiencing negative entity, invisible being in her home and so she is feeling uncomfortable. There are some places, some homes that have negative energy, negative beings. Or these beings are your own grandparents or disincarnate beings. I have seen more of these in Dubai countries than in India. There, whenever I give Deeksha no, I see all those things. So many peoples experience not good growth in those countries, I have seen that.

But I am not telling that you are not going to grow you know? With the help of Thirumoolar ji, with the help of Lalitambika, with the help of Krodha Raja Bhairava, you will grow. Because I have seen many people – when they start Bhairava mantra no, all the negative beings will start feeling uncomfortable. They will feel suffocated. Then they will start creating problems to the family members and all. I have seen all these things in my students especially when they are in a negative place – where their home is not good.

What you can do is a very simple procedure – put Lalita Sahasranama in your home with the intention – **“Mother, Your vibrations should fill my home and bring the positivity.”** This is very important as Srividhya Sadhaka has the power. Or you light a lamp – especially in South-East and in South directions where the negativity is usually entering the space. Light one lamp for

Bhairava – Bhatuka Bhairava if you have done the sadhana or Krodha Raja Bhairava or in the name of Lalitambika you light one lamp.

Do this for some weeks and you will see that things have become very normal. The power you have is very very high than any negative, invisible beings! That you need to understand. And it is not possible for you to understand because you have not seen no? You have only listened to the stories from childhood – “*Wo ajayega! To hum sojayenge...*”. So we have fear from childhood. There are people who even if we switch off the lights no – “Oh my God, what is there...?”. Even no matter how much sadhana they are doing – Krodha Raja Bhairava – when light goes off, Shivohum!

So, you need to be very very careful. One lady, she took the new rented home. She saw the same thing that you are experiencing. Then she took the Ashta Bhairava mantra and what she did was – she lit a lamp in all the 8 directions with oil or ghee or mustard oil. She started putting that diya in all 8 directions. Then she offered to Bhatuka Bhairava like how we do in protection shield right, she did it in this way.

Within a week, complete home got changed – energy is changed. These Ashta Bhairavas are so powerful, you don’t have any idea! These Ashta Bhairavas work with Ashta Matrukas on the earth dimension. So these are very powerful beings – whether you call Ashta Matrukas or Ashta Bhairavas, both energies will come.

And when we light a lamp, their energies start communicating, please understand. Fire is the medium to communicate between you and Devas and invisible beings. When I make a sankalpa, and mantra and light a lamp, it will start cleansing. Is it clear to you?

That is the importance of lighting a lamp. Or if you have learned Siddha healing, start putting the Siddha Shakti to the entire home. If not, energize the camphor – camphor is very powerful, I am telling you again and again! Camphor is such a Shiva Consciousness energy, no bhoota gana, no demon, no rakshasa can stand in that energy!

So you have to put the camphor – now electric camphor burner is also available, where you put camphor in that device, plug it and switch it on and it will spread the camphor energy to the whole space. If you do this before meditation, before sleeping, with sankalpa and you also energize the camphor then what happens? The entire home gets cleansed. Then the invisible beings can no longer be there in that space. And you will not hear the sounds of breaking or cracking. It will go away! Okay?”

## **10. Sadhaka question -**

“Guruji, I am doing Srividhya Level – 1 sadhana regularly. But I am not able to sit at the same time daily. Will this be a hindrance? Also at times, my sadhana is very good for 20 min and at times it lasts for an hour. But I am lost in the chakras only. Please guide.”

**Sri Sadguru Sivapremanandaji -**

“This is a normal problem with the beginners. When you start the sadhana, you need minimum 1 or 2 months to get familiar with the chakras, with your consciousness, with your attention, with your regularity and sitting at the same time. For this, you need time. So, give some more time.

It is very true – sometimes, you can finish in 20 min and sometimes it is 1 hr. This depends upon your concentration level. If my concentration, devotion and surrenderance is good, I can focus easily on the chakra and chant the mantra. If your focus, concentration is not good – you are thinking about your family problems, job problems, then your mind will be in those thoughts and to bring back your mind and then focus on which chakra you were in is difficult. So this is normal, don’t worry. You just give minimum 1 or 2 more months so that you can have a good experience.”

**11. Sadhaka question -**

“Guruji, I am observing that people known to me seemed to have changed their behavior towards me. My dog walker who would come regularly from 3 years never gave me any trouble. But from past few days I am not liking his behavior at all. I am scared of such people around me as I am a single parent. I also have unknown fear from childhood and hence after Deeksha I make it a point to never miss protection shield. Probably I am cleansing during the sadhana and the wrong people are moving away.”

**Sri Sadguru Sivapremanandaji -**

“Very true. Very true. You see that, when you work with meditation in your chakras, it is not easier – you will start seeing the behavior or the reaction from the family members, reaction from your friends circle, reaction from the outside people or neighbors. So many things will be happening!

This means you have started working with your blueprint. So, some people will come in your life and some people will leave your life. But you need to know that you are working for your highest good – with the right technique, with right guidance under the Siddhas. So you should not be bothered.

You just have the trust that things will be taken care for my highest good and start meditating and praying – ***“Guide my mind, guide my intentions, guide my actions, guide my behavior so that I can do the highest good for myself and everyone else involved.”***

See, your prayer is also important. Spiritual path is very very sticky, very very difficult. You are working with what you don't know. You cannot believe, sometimes when I give Deeksha, when I touch some person's karma, the student is very against me. I am telling you. He is thinking very bad about me. Whenever I touch other person's karma no, it is my disciple only, when I touch no, he don't feel good about me. He start scolding about me. He has very different thoughts about me. Karma plays very bad, I am telling you! Or, if I do the group meditation and I go back to my home, my own family member will be reacting to me! You don't have understanding – how karmas of myself and my students work on me or on others!

So all these things are very normal and common. What is needed is – you need to be very, very – what you should be? You need to be very very strong! You should be very strong! Then only you can be the Will of Shiva! Are you the Will of Shiva or not? You should be the Will of Shiva! Then you become Arunachala! Like a pillar, you know, no one can touch me! No one can harm me! Nothing can come, because I am pure fire, not only I burn my karmas, I burn other's karmas also and help to lift the humanity. That is the path that I am going!

So, weak minded people cannot grow in spirituality I am telling you! They are stuck with anger, they are stuck with devotion, depression. They will say – “I cannot mediate today”, and this, that. There will be no growth. They are better to watch the YouTube, they are better to read the books, but they don't want to meditate! Regular meditation is needed. If not, atleast you need to melt into Divine Mother, for atleast 5 min. You need to melt with Divine Mother, and then all 1 hr mediation is taken care! That melting with Divine Mother need to be learned in spirituality!

Melting with Thirumoolar ji is needed. Your heart needs to melt, merge with That. Then what happens, everything is taken care! Even if you don't meditate, yes, Mother has taken care of everything.

So don't worry about the behavior of the people. Just you know, accept them as they are and if they do well then its okay or if they don't come in your life, then let them take their own path in their life.”

## **12. Sadhaka question -**

“Guruji, I have taken Bagalamukhi Sadhana. 14 years ago some Muslim tantric gave me Muslim

tantra and from that day until today I feel weak – in determination, poor in studies etc. and lose consciousness. Now I requested Ma Bagalamukhi Deeksha from you. With this Bagalamukhi Sadhana can I recover from this situation? Can I overcome with all the weakness and all?”

**Sri Sadguru Sivapremanandaji -**

“100% you will overcome. There is no question of doubt. Okay? Bagalamukhi is the powerful Sadhana that will bring the shift – She will bring the shift – where negative becomes positive, poverty becomes abundance, no knowledge becomes knowledge. It is Her power. She has blessed you. **Only important thing for you is, accept these words and surrender to Divine Mother.**

Focus on your development, focus on your thoughts – thoughts of richness, thoughts of positivity, thoughts of your own meditation, be regular in your meditation – meditate, meditate! And do your best and things will be taken care. **You are the doer. Sadhana is there, but you are the spark of Shiva-Shakti and so you can do anything!**”

**Sri Sadguru Sivapremanandaji –** “I don’t have the SSRC Id number. I request all the online students to please send the questions atleast 1 day before. Today morning some people have sent the questions and night 12:00 am some people are sending us the questions. And if I don’t include know, they will say that Guruji has not included my question! You see that! This is what happens.

And some people who are coming here to the center no, sometimes what happens is at the last moment they cannot come here and so they will send the questions. So even if you are coming here, you send the questions with your SSRC Id and I will include them so that even if you don’t come also we will answer your questions.

Because question and answers are very important! If your mind is not relaxed no, not focused, then there will be no Sadhana, no growth and again Mahishasura will be saying that - “...something else is more powerful, something else is more joyful, someone else is more better”, it will say. Okay?”

**13. Sadhaka question -**

“Guruji, I am doing 7 Levels of Sadhana regularly twice a day from 4 years. Along with the Sridividhya Sadhana, I have added the Durga Saptashati Sadhana(DSS), Bagalamukhi, Bhatuka Bhairava, Shodashi Thithi Nitya Devatas Sadhana, Soundaraya Lahari, So-Hum meditation for some time.

After doing all of these Sadhana I am feeling very peaceful, calm, rich inside. I feel inward pulling forces in my chakras, in all parts of my brain. I feel energy movement in my whole brain, Sahasrara chakra, Ajna chakra and other chakras. Apart from the Sadhana I am sitting in silence with concentration on the Ajna chakra because it is pulling me.

My question is with regarding balance with outer material world. Day by day I am losing interest in the outer world. My mind is now constantly waiting for message and communication with the Divine. There is a burning desire to get communication and guidance from Mother. When it will be answered, please guide me.”

**Sri Sadguru Sivapremanandaji -**

“It should happen no? I have told this in many videos, yes? It should happen. Okay? So you agree with me now! Yes? You agree with me. Because I have gone through with all these in my life too.

You see that! When you are on this path, when you are on this meditation, when your sincerity is there, when all your intention is pulling in your Ajna chakra and you are experiencing the peaceful, blissful energy means who is communicating with you? Who is communicating? Is it your mind that is communicating with you? No. Is it your senses that are communicating with you? No. Then who is communicating with you there? Shiva-Shakti is manifesting in you – they are not only communicating, they are manifesting. In that manifestation, whatever you think – it is your thought, it is Divine Mother thought. Got this point?

You are experiencing the Oneness and now you are asking - “...when I separate Mother and myself and then when we can communicate...?”. See how it is! This is how we get problems you know? I also get so many problems. But when I sit on this chair, I get the answers! When I am outside no, I don’t get answer. When I surrender myself at the feet of this Guru-Parampara and sit here with prayer, I get all the answers. I watch my own videos - “...oh, this is the answer that I was searching for! Thirumoolar ji answered!”.

That Guru-Parampara, your own souls are communicating with me – your collective consciousness is answering, it is not me!

***Here Sivapremanandaji is we, not I, it is we!***

That is what is the answer for this.

So don’t worry, just you know, reduce your Sadhana. You see? Reduce your Sadhana. No need to do so many Sadhanas now, you see? You are doing Srividhya Sadhana, Durga Saptashati

Sadhana(DSS), Bagalamukhi, Bhatuka Bhairava, Shodashi Thithi Nitya Devatas Sadhana, Soundaraya Lahari, So-Hum meditation. No need for all of these. Reduce them.

Go for only Level – 7 and So-Hum mediation. Because it is happening to you – you are getting Vairagya, you are getting Gyana, yes? Both are happening no? And Samadhi is also happening for you temporarily, then why you worry?

So, go into silence and in that silence manifest, hold the intention of what you want – ***“I am experiencing respect, love, harmony, co-operation, with my family members and from the entire existence.”***

Now release that intention and again sit in silence. That’s all you have to do, nothing else! There, infinity dimension is working, you don’t need to do anything. It is the effortless and easier manifestation! ***We call it as the 5<sup>th</sup> dimension manifestation. Okay? Or Quantum Field manifestation. Or Zero Point Field manifestation.***

There you just need to say that it happened, and it happens. That’s all you have to do. As you grow to higher levels, your manifestation is effortless and easy. Your life is effortless and easy. It should happen as you progress. Okay? This is when you are working with yourself.

But when you are working with others no, it is not an easy effort! There will be struggles when you work with other people, other families, other students, it is not easier. Okay?

So but when you work with yourself, you manifest – go into silence and in that silence little bit you feel bliss and in that bliss you feel contentment of the Soul, like how you feel content after you have your food no? ***Like that in meditation you feel content, and in that contentment, in that silence, release one Brahmastra – your intention! It will manifest! It will 100% manifest!***

Okay? Hold the same thing no matter how it maybe on the outside and you are seeing that your relationships are still not manifesting. Don’t say that it is not manifesting. No! Allow the time – from 5<sup>th</sup> dimension to 4<sup>th</sup> dimension to 3<sup>rd</sup> dimension it has to come!

To make one 3D movie how much they have to put the effort! For your movie has to manifest in the physical world means you have to give it some few months! People don’t have patience. That is the problem. Okay? Do this, okay?”

#### **14. Sadhaka question -**

“Guruji, if we seek something in the material world, and we sincerely ask Divine Mother to fulfill it, still it is not happening. Then how long we should hold that desire? I think if Mother is not providing means, there is something better She has planned for me.”

## Sri Sadguru Sivapremanandaji -

“Yes, it is there. Whenever you go on the path of Sadhana, sometimes you just want to be a one rupee. But Mother is holding hundred rupees for you! And you think one rupee is so great! You are so much upset, fighting with Divine Mother! Mother is saying – “wait, I will give hundred rupees to you!”.

So if you surrendered, then this happens. Please understand this, this is very important here! If you surrender, it happens. If you don't surrender – still you are fighting – “give me one rupee, give me one rupee, give!” , even though She is holding hundred rupees you are telling Her – “give me one rupee!” , then it won't happen! It won't happen...

So, surrenderance has a value as you grow at the higher level. And here one more thing I want to tell you – Mother says – “Thatasthu!” to whatever you ask! Whatever you ask! Whether it is good or bad, She doesn't say anything, for Her this whole creation is One!

Her whole creation is One! There is no two. I am telling you! For Divine Mother, there are no numbers actually!

***She only count – “One, one, one...”. You give to Divine Mother one dozen of bananas, do you know how She will count? She will count them as – “one banana, one banana, one banana...” There is no two for Her! You will be surprised!***

I have seen all this play of Mother, how she counts, in what Consciousness She is in! For Her, it is no two bananas, it is one banana, one banana, one banana, one banana, one banana.... Ha ha ha!

That is how Mother will play! Her Consciousness is very different, I am telling you! We are so complicated beings, I tell you! When you sit at Her feet know, She will just say – “Thatasthu!” Finish! Whatever you ask, She will say – “Thatasthu! Grow my child! Have all the infinity with you! I myself give myself to you!”. That is Divine Mother!

And we are you know, give me one rupee, give me one rupee, give me one rupee, ha ha ha! That is what is happening. That is what, when you know Divine Mother no, this is important – ***when you know Divine Mother***, see what I am telling – ***“know”***.

When you know Divine Mother, when She started coming and playing with you, when you know Her mechanism, how Her intelligency works, how Her information works, how Her Consciousness works, how Her energy – Shakti works, then you will know how to use that to manifest for yourself and for others!

That's what we call this as tantra. Tantra means, you should know, how Mother will react, how Mother will act, how will Mother will play with you! Then according to Her own play, you please Her and then what happens, She will be a loser, but happily She will lose! She will make you as a King! That is how Divine Mother works!

It is very very, I tell you it is... That is what Dwaitha is also very, very beautiful, I am telling you! Adwaitha is also beautiful, but Dwaitha is more beautiful! When you really start playing with Mother know, Her Consciousness, Her Ethreal body, She starts coming and sitting in your mediation and all! That is a different dimension! You need to accept that also, but at the same time, Adwaitha also.

Is it clear? So both are there. Mother manifests physically, I am telling you! Mother manifests in dream, Mother manifests in your mediation, and She can even come and stand in front of you! It is not something you know, miraculous! The One who created Brahamanda, it is very easy for Her to manifest!

But many people have this you know – very very square head – only Adwaitha, only Adwaitha! Aham Brahmasmi, Aham Brahmasmi, Aham Brahmasmi...

***She will be sitting next to you and She will say – “I am the Creator! You are my child! Can you create me? Can you create your father?”***

Can you create your father? Anyone of you? Your father gave birth to you right? So, can you create your father? So, there is a lack in Adwaitha also! As you go in higher level, Mother will teach you! What is Adwaitha, what is Dwaitha, She will teach you and She will put a line also!

***She will say - “My dear, you should know that you cannot cross this line. You should be within your limits and then you can work with me. I will make you a King in this world and also in the next!”.***

Otherwise, Shivohum! Both are there, okay!”

#### **15. Sadhaka question -**

“Guruji, please explain how to chant Siddha healing 51 Syllable mantra? How to get Maha Meru and what is the cost of this?”

**Sri Sadguru Sivapremanandaji -**

“Maha Meru is not available and we are no more selling it.

Siddha healing should be learned. Actually it is a full day workshop. I cannot teach this even in Group Meditation. It is a demonstration and initiation, where your soul will be connected to Thirumoolar ji's and His grace is needed. 51 Syllable letter Shiva mantra you can chant it, it is available in our YouTube channel."

#### **16. Sadhaka question -**

"Guruji, I am at Level – 1 Sadhana. There are many issues or blockages in my destiny. Like I am 38 yrs old and I am still childless. I always quarrel with my wife and there is non-cooperation and dispute with other family members also. There is no fixed source of business. There is also unnecessary expenses related to health and also with family members. Whatever I earn, it gets into the drain in the same month, in the same way. How obstacles are formed in a person's destiny? How we can change our destiny, erase huge blocks of negative karma? What is the best way to remove all obstacles? What is the best way to have the Bhoga and Moksha in this life? Also please bless me, I desperately want atleast one child."

#### **Sri Sadguru Sivapremanandaji -**

"Still I also quarrel with my wife! This is not a problem you know? When you are in the 3<sup>rd</sup> dimension, this is the joy of relationship. You cannot say only peace – it's a permanent thing, no! It is always, both love and fighting are there and by quarreling you express your love also. Love has to take the shape of anger. Love has to take shape of different variation and then only then there is unconditional love in the 3<sup>rd</sup> dimension! Ha ha ha! Not in the 5<sup>th</sup> dimension!

So it is very normal okay?

As for the other questions – the one line answer is – what is the answer? Srividhya Sadhana!

So, this is how you see – all of you understood! Ha ha ha, you have realized this. Now you "know"! Ha ha ha...

You know Srividhya Sadhana is the answer to all your problems!

So my dear one, you have very sticky karmas. So every field of your life is in problem. Do some charity work. Especially I suggest to most of the students – when they go through problems in all fields of life, when they have problem with getting child and all... They have Pitru issues and all... And I think this student has just taken the Deeksha, maybe one or two weeks back. He has not yet started Srividhya.

So I suggest you to do your regular Srividhya Sadhana. You know? Allow some more months to overcome all the problems that you have mentioned. And if possible, if your wife is not a

Sadhaka, then atleast Rajamatangi Sadhana is good for child issues. Even Ucchistha Chandalini is very good for child issues. If not that also, Santana Gopala – Krishna in Bala Roopa – Santana Gopala mantra is also good. If not that also, atleast you plant Peepal tree – you can plant 48 Peepal trees and you can plant them anywhere. It is good for not only your generation, but next all your generations also will have very good childrens!

Where you give Guru no, Peepal tree is Guru! When I give to the Earth Guru dhana, when Guru is growing as the Peepal tree, what happens to you? All the negative planetary doshas get reduced. Abundant money flow will happen, health issues get solved, all these things are there. Because whenever child issues are there, both husband and wife are involved. So he is doing the Sadhana and his wife is not doing the Sadhana and it is very difficult here in this situation as co-operation is not there.

And if I ask them to do the Sadhana you know that, she may take Mahakali avatar also! You don't know! So now she is Lakshmi and sometimes only she is Mahakali and it's okay. So what I suggest is that if you cannot plant so many Peepal trees then plant atleast one Peepal tree in your home in the North-East direction. Take one pot and plant a small Peepal tree in the North-East direction and water it by chanting Thirumoolar ji's Guru mantra everyday. Add water also everyday.

After 6 months to 1 year, you take that plant and during the rainy season and plant that tree in a good place. Then what happens, you offered Guru, that tree to Mother Earth – do you know how long is the life span of Peepal tree? It is for 2500 years. So how many generations you may have? In that time, all your generations will get the benefit! This the power I am telling you! This is a very very simple remedy, but it is a very very powerful remedy. And this is needed for the present situation and it is to be done only once, so you can do it very easily.

Especially North-East direction is very important. Whether you have Pitru dosha, money issues, relationship issues, negativity, all of that, even for Srividhya Sadhaka it is the North-East direction where Mother energy is coming! Lalitambika is coming from that direction only!

I have seen many people, North-East is very less space you know? Just go to their home and if the North-East direction space is very less no, we can very clearly say that they will be suffering from health issues, childrens problem is there, money flow is not there, and all. Sometimes with planetary problems you can see these kind of issues and sometimes by just seeing the home itself you can say that these are the problems that they are facing. See how karma works! If your karma is like this then even when you go to the hotel you will get a room where North-East direction space is very less!

You see that, how perfectly karma works! With what type of structure this Universe is working! For each individual, only Universal Law of Attraction, Universal Law of Vibration and in accordance with these laws, you will go to that type of room only!

That is what the moment you start Srividhya Sadhana, you start getting good home with the best Vasthu. Automatically you will change something, you will clean something and your problems will start getting solved. That is the power of Srividhya Sadhana! Why I don't give so much importance to Vasthu and Navagraha and all is because I know that if you are devoted and surrendered to Lalitambika no, She will hold your hand and say – “my dear, you come, I have chosen this home for you... come, this is how I am cleaning for you...”. This is the personal attention of Mother that will come to you! But for this you should surrender and be devoted to Her. This is what is missing in people.

They are too much attached to the mantra, yantra and so many things, than Mother!

***Mother is the Universe!***

***Mother is the tatva of Parabrahma!***

***Mother is the solution!***

***Mother is everything!***

This is missing in people! Even with one mantra – where you melted in Mother, merged with Her, your problems will get solved. But our Mahishasura makes all the problems and make us to go here and there.

So I request you to do your Sadhana sincerely and regularly. Whatever maybe your problem – whether it is your family members who are quarreling or anything, just close your eyes and see that it is the karmic thing that is working and I should not bother and I just need to walk on the path. That is only the solution. Fighting is not the solution. You have to go ahead with that in mind.”

**Sri Sadguru Sivapremanandaji –**

“I request all of you to please add your SSRC Id number. Because we are also getting many beginners questions also who are not our student at all. And I am answering all those students questions also! And you know, I cannot give my time to my own students! I am dedicated to my students and I need to give my time to my students. All these people who come have not taken Deeksha, no understanding, no principles and all so send us your questions with your SSRC Id...”

### **17. Sadhaka question -**

“I have been practicing Srividhya Level – 1 from May month. I have done it regularly but I have missed a few days. Is it okay? And also when do I start experiencing the depth of these practices?”

**Sri Sadguru Sivapremanandaji -**

“Madam, when we come to this spirituality, Srividhya path, it is a lifetime activity. We are working on not only one life karma, but we are working with thousands of lifetimes karmas! So, you will experience the depth of these practices -

*When you surrender,*

*When you are prepared,*

*When you have accepted,*

*When you are regular to the Sadhana,*

then things will start flowing to you. I request apart from the mediation, you also do the japa, swadhayaya, satsanga and seva. Then you will start experiencing higher growth in less time. Manage all these five pillars and you will go and experience better results.”

### **18. Sadhaka question -**

“Guruji, I feel mentally strained when I chant the mantra. Due to this I am not able to sit for meditation or for long duration – even for 15 minutes. I feel very repulsive towards it, chanting externally is also not helping me much. Same while doing japa also. Instead, my mind wants to sit in silence without any chanting. If I do meditation in this way I feel very calm, relaxed, elevated and with full involvement, and I am able to sit for longer duration. Not much of thoughts is also coming during this. Please help me on how to overcome this.”

**Sri Sadguru Sivapremanandaji -**

“You see this. His karma is not allowing him to do the Sadhana at all! He is a beginner no, he is a Level – 1 sadhak. And he has just taken the Sadhana, maybe one or two weeks back. So, what happens is – you have to workout with your soul, with your karmas, with your blueprint that are in your chakras.

So if you don't want to workout, then it is very difficult for you. So what is suggest to you is, now if it is not possible, before going to sleep and after getting up early in the morning, make

an affirmation -

***“Everyday and in every way, I am getting up early and I am meditating with these mantras, on the chakras, easily and effortlessly.”***

You need to work with your mind. Because it is a sub-conscious block, we can very clearly see this. Your sub-conscious is not allowing you to meditate, it is playing with you – by showing that you are happy, relaxed and all without Sadhana.

If this is happening to you after Level – 5 or Level – 7, then I would have told you to not do the Sadhana and sit happily in silence. But this happening when you have not started even one week of Sadhana! Then this means very clearly that it is a block of your sub-conscious mind. Start doing affirmation at night before going to sleep. Do the affirmation and slowly start chanting the mantra for 5 – 10 minutes and then slowly develop chakra mediation, take your time and do the Sadhana.”

#### **19. Sadhaka question -**

“Guruji, the expectation of Srividhya Sadhana is that, we evolve stepwise move to Level – 6 and then Level – 7. Thereafter can the practice be continued lifelong?”

#### **Sri Sadguru Sivapremanandaji -**

“Yes madam. These 2 months gap is to prepare your body to receive the mantra Shakti, that level vibration and energy. And your karmic baggage of thousands of lifetimes is still there in your subtle bodies and in your karmas. We need to work with this.

And it is not just one year that you will finish up your thousands of lifetimes karmas! If it is so easier, then you know, everybody will be enlightened, who are coming here! No need to mediate... Okay?

So, it is a lifelong activity. Because, what happens is that I am living in the 3<sup>rd</sup> dimension –

Morning I am going to the office,

I am interacting with my family members,

I am reacting to the situation, to the world – fear and all – I am creating the karmas!

***I am not only having past life karmas, but everyday I am creating karma – in the mind level, emotional level, physical level and soul level. Who is going to cleanse it?***

***So mediation – Srividhya Sadhana is like taking bath regularly.***

Today if I finish all my past life karmas also, everyday whatever I am creating also I have to cleanse it. Otherwise, there is no growth. Yes, it is a lifelong activity.”

**20. Sadhaka question -**

“What Asanas are good to do with Srividhya Sadhana?”

**Sri Sadguru Sivapremanandaji -**

“Any Asana, any Yogic school, whatever Asana that is comfortable is good for Srividhya Sadhana. Okay? Even warm-up exercises are also good. Even any Surya Namaskara is also good. Anything is good for you. Just warm-up, circulate the prana – what Yogaasana and Asana does? It will circulate your prana, release the energy block, and strengthen your nervous system, your muscles, body, bones and your glands.

So that will prepare you for mediation. So any Sadhana, any Yoga, any exercise is good. Even you can go for gym also and then you can come down and do the Sadhana. Or at a different time you can manage it.”

**21. Sadhaka question -**

“Guruji, how much time does it take for Srividhya energy to settle in our system? Of course there will be individual differences, but a pointer to the approximate time needed will be helpful, if you can guide.”

**Sri Sadguru Sivapremanandaji -**

“I cannot do that. Until and unless I see your energy field and only then I can tell that. Then I can say – “oh, it may take you some 2 months, or it may take some 4 months”. You see that, the way I am living will affect my mediation – my living habit, my food habit will affect my mediation. My thinking habit will affect my mediation. Okay?

My behavior – reaction, emotion, reaction with other persons, family members, world – they affect my mediation. So you know that – what type of person you are – if you are having a peaceful thoughts, less struggle, less fights, less anger, then you can reach very fast – few months is sufficient for you to absorb the Srividhya mantra Shakti. Is it clear to you? That measurement I can say, but I cannot tell like one stick – that all people should experience in 2 months this mantra Shakti! No!

Because some of you are Yogis, I am telling you! In one day also you can receive the energy! Some of you are started your journey in this life only! All your thousands of lives you have done Bhoga! Only now you have started your journey – then you will need some 2 years or 3 years or 10 years also to absorb even one level mantra Shakti!

So I cannot give a fixed thing for you. But you judge yourself – your thoughts, your feelings, your emotions will tell you how much purity you have in your soul and how much time it may take to absorb the energy.”

## **22. Sadhaka question -**

“Guruji, now that I am doing Srividhya Level – 1, should I stop other practices that I used to do earlier, such as some Kriyas or mantras and all?”

### **Sri Sadguru Sivapremanandaji -**

“What I suggest is you do Srividhya Sadhana in the morning. And you do the other Sadhana in the evening or at a different time – say at night. And see the difference – when you do the Srividhya Sadhana, how is your mind? How is your energy level? How your mind is – is it inspired or not? How is your energy – is it balanced or not? How you are feeling? All these things you check and decide for yourself.

And then you do the other Sadhana at a different time and then judge yourself – what results are the 2 Sadhanas giving? If Srividhya is really giving you the complete satisfaction, balance, healing, inspiration, then you only continue Srividhya Sadhana. Okay?

If you still feel that something is missing, then you can add some Pranayama, some mantra that you learned from some other Guru and you practice that also. But it’s my experience that Srividhya is the complete practice and it is sufficient to go and experience Bhoga and Moksha.”

## **23. Sadhaka question -**

“Guruji, how to deal with family members who are curious and interested and at the same time critical and negative and they watch when I am doing the Sadhana?”

### **Sri Sadguru Sivapremanandaji -**

“You see that? This is always interesting for your family member... You know, in family how it is? More than themselves they think about others. Whether you are eating or not, you are sleeping or not, you are thinking or not, you are buying or not, you are meditating or not, if you are meditating then what Sadhana you are doing, everything is so much interesting for them,

than themselves!

Because Mahishasura never allows you to think about yourself! Only attention is outside! So it is very normal for family members – their reaction will be there. If they are like minded, okay, and they support you, then its okay you can little explain about the Sadhana – like this is the Srividhya Sadhana for Bhoga and Moksha which will develop my body, mind, emotions and overall total health. It will bring abundance, inspiration from inside out, real solution in my life and this is what I am practicing... You can share like this if they are supportive. If they are not supportive then let them be by themselves and you be with yourself.

If they are very critical about your Sadhana and not respecting what you are doing, then it is better that you keep that for yourself instead of sharing with those family members. But you should respect your family members, because everyone is different! Everybody's life agenda is different, learning is different, lessons are different! Respect everyone and walk on your path. Okay?"

#### **24. Sadhaka question -**

"Guruji, can the mantra of Shodashi Tithi Nithya Devi be combined with Vancha Kalpalata Ganapathy?"

**Sri Sadguru Sivapremanandaji -**

"You see we have Shodashi Tithi Nithya Devatas and this has 16 mantras. He is asking whether he can combine them with Vancha Kalpalata Ganapathy mantra.

You can do it. No problem if you have the time you can combine and do it. But I want to tell you that Vancha Kalpalata Ganapathy has Shodashi mantra. This Shodashi mantra – Bheejaakshara themselves connect and receive the grace of Shodashi Tithi Nithya Devatas. So to simplify your life I can say you to not combine the two of them. But if you want to do, then I encourage you to do it. Okay? The choice is yours.

But I can tell you the truth that Shodashi Tithi Nithya Devatas come in the Shodashi mantra of Vancha Kalpalata Ganapathy."

#### **25. Sadhaka question -**

"Guruji, I have been practicing Sadhana for almost 3 years and recently Rajamatangi, Bhatuka Bhairava Sadhana I am doing for around 3 months. After about one month of Bhatuka Bhairava Sadhana I am having panic attacks, anxiety and some strong experiences where I thought I would die. And it was all around the fear of death. It was very intense. And it intensified even

more when I went outside as I was picking up other people's fear during this corona, covid crisis. I realized afterwards that this was the sub-conscious fear of death slowly leaving me and I came to realize that it's Bhairava's grace and blessing. I have started to feel now that I am overcoming the fear of the death completely. I have heard you say that Bhairava becomes our Guru during the Sadhana. Please can you talk more about Him about how He teaches us to overcome our fears? How we can work with His energy in the best way?"

**Sri Sadguru Sivapremanandaji -**

"Yes that experience of death will come. Very true. And already you are working actually, He is already teaching you all of that..."

***Bhairava – is the One who can help you to overcome the deepest fear.***

And He made you to aware about what is your deepest fear – fear of death! He is already working in your Consciousness as Awareness, as Guru. Yes or no?

Even in his question, answer is also there! His gratitude is there! And he also knows how Guru is working as Bhairava. So you already know how Bhairava is working with you. Bhairava is very very powerful force, I am telling you! It is very very strong force on Earth dimension! It is very very helpful to burn your past life karmas, past life fears, and this life fears – the sub-conscious fears!

One is Varahi and another one is Bhairava. They work very very hard, I am telling you! These God-Goddess work very hard than what we are working! To be frank I am telling, we work only half hour to one hour in mediation. But they work for you know, for 24 hours! How much hardworking Devatas we have! We are not aware of this.

My Sadguru Thirumoolar ji how much He works! Day and night He is thinking about you, if you have accepted Him! He is going here and there in all the dimensions, and sending so many God-Goddess to you, so many Siddhas to you! ***He is saying to them – "Help my child, he is growing, I want to lift him!"***.

Such a love – where you get such unconditional love? Such Masters are there, such Bhairava Devatas are there, please open your 3<sup>rd</sup> eye and see this grace and love of Shiva-Shakti, Bhairavas, and these Masters! Then only you will progress!

If you don't see from your intuition, then you will fall again and again. No Guru can help you in that case."

**26. Sadhaka question -**

“Guruji, what is the average time that one should take for completing one round of Level – 1. Somewhere I have the feeling that I am doing it too fast. What will be your advise?”

**Sri Sadguru Sivapremanandaji -**

“You can focus 30 seconds to 1 minute for one chakra. That is the minimum time to focus on a chakra. So if I am working on 14 points, then how much time it will take? It will be some 12 – 15 minutes. This will be the timing for you.

But what need to you know is that concentration is very important. Today if I fight with my wife, my child, my father and I sit for Sadhana, then do you think that you will finish it in 15 minutes? No... In this case it might take ½ hr or sometimes even 1 hr! Then also you don't know in which chakra you are in! So got it! So I can only say that it will take some 12 – 15 min if your concentration is there and if you are involved. Otherwise it may take more time.

And it is not the timing that is important, it is how much loving, devoted and focused you are in your Sadhana that is very important. Okay? ***When I invoke the mantra in that chakra, it means that it is the Oneness of Shiva-Shakti and I and Divine Mother are one!*** That should be understood. That should be known to you!”

**27. Sadhaka question -**

“If apart from the normal chakra dharna of Level – 1, one wants to do So-Hum, Hum-Sou meditation, then when it should be done? Before Level – 1 Sadhana or after Level – 1 Sadhana? What is ideal? Is initiation required for So-Hum meditation? Can it be done without initiation?”

**Sri Sadguru Sivapremanandaji -**

“See, So-Hum is a very very powerful mantra. It is a highly effective mantra for Self-Realization and God-Realization. We give the initiation for this in Srividhya Samadhi Siddhi. But you can start So-Hum meditation from Level -1 if you want, without initiation. Okay?”

What you can do is, if your thoughts are too much, then the very good thing that you can use is Thirumoolar ji's Siva mantra, Shiva mantra or deep breathing or So-Hum mediation. This will help you to stabilize your mind. Okay? Or you can do relaxation exercises also – by bringing your attention to your feet, telling yourself to relax, to your muscles, starting from the lower part of your body to the head. Start relaxing yourself. This is also a very good mediation before starting the Sadhana. Okay?”

Or if you can start your Srividhya mediation very happily without any disturbance, then the best time to do So-Hum is after Srividhya Sadhana. After you complete Level – 1, when you do the

Part – B, you do the So-Hum mediation there. You can do it in this manner.”

## **28. Sadhaka question -**

“Guruji, it is said that when the person has opened all the 7 chakras, he has reached the Divine abode of Lord Shiva. What are the indications that a particular chakra has opened up? I am particularly interested in Muladhara chakra and Anahata chakra.”

### **Sri Sadguru Sivapremanandaji -**

“See, in the workshop I have very clearly explained - Muladhara chakra represents the Earth element. This is for survival issues and money problems. Okay? That is the measurement stick for you. Are you struggling in your survival issues? Are you having so many fears in your day to day earning? Then your Muladhara needs more work to be done. Or if your money issues are solved and you don’t have so much problem means Muladhara is taken care. Okay?

When you come to the Anahata chakra – what I have explained? This is the emotional center. Okay? Your communication, your emotional problems, your relationship with yourself first and with your family members and the world. If you are have a smooth relationship, loving relationship, you are experiencing harmony, then you know that your Anahata is balanced and stabilized.

I cannot say all chakras are opened 100%! If all your chakras are opened 100%, then you will not be in the 3<sup>rd</sup> dimension! Shivohum! If all chakras are opened 100% means even I also cannot sit here, I also Shivohum! It is not that. To be working, communicating, my chakra has to be, my energy has to be within 100%.

So there is no 100% opening, only when I leave my body, when I make the intention to raise my Kundalini to my Sahasrara, my Bindustana, open all the chakras with the help of Lord Shiva, Thirumoolar ji, then I can open all chakras 100% and then I make the transition from this Earth dimension to Siddha Loka or Celestial world. That is when I take Samadhi, when I leave this Earth. That is the process. So at time chakras are opened 100%. At that time I can do it.

But when you are living on this Earth, communicating with your family, 100% opening of chakras don’t work! This is not true. Okay? That you need to understand. And here, you please check in Level – 1 workshop video, I have explained what are the chakras, what are the elements they represent, what are the material attainments for each chakra. Then you measure it – oh, Muladhara chakra, what are the symptoms... How my life should be then. Even the spiritual attainments for each chakra also I have explained.

So you don't need to worry about that. You do your Srividhya Sadhana, and all your chakras will slowly slowly open and you will make the transition to Shiva-Shakti."

### **29. Sadhaka question -**

"Guruji, when I do the Sadhana, I feel the vortex of energy in my 3<sup>rd</sup> eye center going upwards towards the Sahasrara. What should be done to ensure that I experience the same bliss in my Heart center?"

### **Sri Sadguru Sivapremanandaji -**

"You see that? My first question is, why do you want to experience the bliss in the Heart center? Bliss means bliss, whether you experience it at the Sahasrara or at Anahata. You enjoy that no? Why you think Heart center and this? Your ego, your Mahishasura is not happy here! Please understand..."

Your Mahishasura want to bring you from bliss consciousness to ego consciousness! So when you are in bliss, enjoy that totally! Don't think about chakras there! Chakra is not the dimension to think about when you are in bliss! Okay? So don't worry, have gratitude and experience the bliss."

### **30. Sadhaka question -**

"Guruji, I have issue with my childbirth. I did Kadagamala Devi Archana for 48 days, by making a Sankalpa before the Sadhana. Can I energize the water with Varahi Moola mantra on regular basis? Kindly let me know what should be the better way for this issue?"

### **Sri Sadguru Sivapremanandaji -**

"You see, I have already answered about the child issue. I don't know, but before questions only all the answers regarding child issues are answered. And also this mantra dana that we are doing will resolve almost all the issues or doshas. Okay? This is one thing.

And now you want to energize the water with moola mantra on a regular basis. This is very good. Do it! Water is the energy. Our body holds 70-80% of fluids that contain water. By energizing the water with Varahi moola mantra, you are energizing all the entire cells in the physical level. So it is very good! If you can do it on a regular basis, then do it.

This is the best way, not better way to help you to solve your problems."

### **31. Sadhaka question -**

“Guruji, I getting some unknown dreams early in the morning and I wake up at around 3:30 – 4:00 am and there is some type of fear and more heartbeat. It takes me some time to relax. Before sleeping, I am doing Bhairava Sadhana and Sukshma Siva mantra for 324 times.”

**Sri Sadguru Sivapremanandaji -**

“Please stop Bhairava Sadhana. Okay? See, He will start working with your fears. Because when you are not ready in the waking state, He will start working in the dream state. He is working, very clearly He is showing you that - “...dear, I am working for you! I am taking care of you!”.

Your experience will tell you, how Bhairava is working for you. So, stop Bhairava Sadhana. Do the Sukshma Siva mantra. And when you are doing Sukshma Siva mantra, you are working with your Pitrus. And when you are working with your Pitrus, you will start experiencing this type of dreams! Uncomfortable dreams, uncomfortable body pain, so many things will happen! Okay?

So, you need to understand that instead of Bhairava mantra and Sukshma Siva mantra, you can do japa of Thirumoolar ji’s Siva mantra. You will have very good sleep then! You will not have all these issues! Thirumoolar ji knows how to take away this fear without bringing it to your attention and to your notice! This is one more power of Thirumoolar ji, you need to understand this...

This is the power of the Master, this is the power of Lalitambika! How She works and how Bhairava works and how the Sukshma Siva mantra works, is all very different from each other. You see that?

All these experiences will teach us how these Shaktis are working for us.”

**32. Sadhaka question -**

“Guruji, I am doing Srividhya, DSS, Rajamatangi, Mahavarahi Sadhana. In my previous birth, I lost my parents and I was taken care by an old woman and her family members. But still I was waiting for my parents innocently. I waited for my parents for almost 22 – 23 years and then I died in 1989. But in this life I have very good parents according to me. My marriage problem is happening because of their attachment to me.

They are searching for someone who is ready to shift here in my home. They want me to stay here only in front of them. But after so many years no suitable boy has come. So now I want to get rid of these parental issues. I want to get married and have my own family. So how I can overcome this situation Guruji?

My another question is, I died in 1989 and I was born in 1991. Where was I in this time

between 1989 – 1991? And if I have to go through many lives, why it is one after the other life and why not all the lives at a time than in different bodies Guruji?”

**Sri Sadguru Sivapremanandaji -**

“Very interesting question. You see that? Past life no parents, in this life there are parents but they don’t want to leave this girl with another person! They want to hold her back. You see that, many times we see our own past lives, it is possible, I am telling you. And she was there only for a short time – between her death and her rebirth in this current life. She left her life in her previous birth in 1989 and again she was born into this life in 1991.

You know, people don’t want to stay in someone else’s place. They want their own freedom! Okay?

You know, very difficult question you have asked me. If the question is about the living then I can tell, but after death what happens you are asking me! Whatever I answer you should accept, yes or no? Ha ha ha...

So, in this one very secret thing is revealed here – ***unfulfilled desire will make you take birth in the next life.*** Yes? What this is telling is, unfulfilled desire – “I am not having the right parents!” and so I took the birth again to have loving parents! But loving parents is also a problem now, for a new husband, for a new life partner! If this desire to get a good life partner gets fulfilled now, then its okay otherwise, *phir milenge, khabi alvida na kehana...* ha ha ha...

You see the secret, this is the secret that we need to understand from other people’s experience, from other student’s experience, we understand the mechanism of the death and reincarnation. You won’t get this by reading a book, I am telling you. You get this by listening to student’s experience.

So, that’s what I tell no, many times people ask me – “How I know that I got liberated? How I know that I got Mukthi?”.

***The day you don’t have the desire for anything – no Self-Realization also, no God-Realization also, no desire for darshana of Divine Mother also, no desire for anything!***

Just – ***Shivohum, Shivohum, So-Hum, Shivohum...*** I am telling you, this is the truth! This is the Moksha, the song of the Moksha, the song of the Liberation! Why is this called the song of the liberation? It is because of this!

It is the real song of liberation where – ***I AM, I AM, I AM...***

***I don't want anything, I don't want anything...***

***Nirguna, Nirakara, Parabrahma Swaropa...***

***Chidananda Roopa, Shivohum, Shivohum!***

This is the ultimate state of liberation! Until this state is attained, you have to keep running...

Now she has to run, manifest her husband! If this does not get fulfilled, then she will take one more birth, one more life! That's what you know, Lord Buddha says – *"Craving for desire is problem, it is suffering..."*. This is suffering no? In the last life she suffered and now also she is suffering in this life.

What is suggest to you is, fulfill your desires and don't worry about the parents! You know? Parents love you and they accept you when you are happy! Yes or no? When you have a life partner who can take care of you, they will be happy! So parents are also happy and you are also happy! So work on your desire of getting a good partner! And don't worry about all the other things. Parents will be taken care.

And now question comes about where she was between 1989 – 1991. I was there I guess... Ha ha ha...

So here what happens, you see when we leave this physical body, our soul goes into a waiting period to get the right parents to fulfill our desires. Got this point? So you have waited for 2 years to receive the right parents that you are seeking! The right environment to manifest your desire! So, Universal Law of Vibration is working here, Universal Law of Attraction is working here. Permutation and combination is working, your soul intention is manifesting! So that's why there is this waiting period for you, to come back on this Earth.

That's all it is. You don't need to worry about you know, in what Loka I was there, whether it was Siddha Loka, or these Lokas and all. No. You are not there, you were just around the Earth dimension, where you have different, higher levels of Earth Consciousness – where there are waiting lounges present, like how you have waiting lounges in the airport, in train stations... I am not kidding! This is the thing.

There is the waiting period where you don't have the body, mind, but you are searching – where is my lock and key which can be energized! Where is my energy, where are my parents? It is working in this manner. ***We call this as the Consciousness Magic.***

I tell you it is so beautiful! This Consciousness has all the Blueprint, how it works, the Universal system is very perfect! It is very perfect! The Universal system works very very beautifully. And

these beings – the Archangels, Angels, they are working at that dimension. They are the ones who take you there, make you wait, and bring you back in the womb of a new mother. These works are done by the invisible Yoginis, Angels and they are working for this. Okay?

So this is an interesting question, you know. But please don't ask me these type of questions, ask for Srividhya Sadhana and all... Time will take care of these type of questions... Okay?"

### **33. Sadhaka question -**

"Guruji, I am doing Srividhya Level – 7 and I experience love of Divine Mother in every second, in every mediation. If due to external reasons I cannot do the Sadhana, I begin to feel extremely irritated, restless, I am missing Divine Mother and I lose interest in taking care of myself also. All the thoughts would be about Her – Divine Mother, but even unable to do the Sadhana. This has never happened before I got into Srividhya Sadhana. How should I understand this emotional response Guruji?"

#### **Sri Sadguru Sivapremanandaji -**

"So many times it happens that you react to your family members, your expectations are not fulfilled and so you feel anger and all. But your love for Divine Mother is there then you should not worry. Even if you don't do the Sadhana, its okay. Sometimes there are periods where you cannot do the Sadhana, it is very difficult.

So don't worry, pray to Mother and when its best possible do the Sadhana. Otherwise you don't worry, your love and devotion to Mother is so good, you need not worry about anything. Okay?"

### **34. Sadhaka question -**

"What is the present moment, according to Srividhya? If Consciousness and Being-ness can be expanded to include all of the space in deep Samadhi, being everywhere, can it also be expanded to directly experience all of time – including the past and future?"

#### **Sri Sadguru Sivapremanandaji -**

"You see that? So many questions in one question! He is talking about the Samadhi, he is talking about the oneness experience, he is talking about the stillness, power of now – what the western world is so much involved and talking, about the Adwaitha.

Then he is asking, going beyond the past and future time dimensions! He is telling that, now, power of now – in now is there past and future? Is it there? No.

If you are in this moment, how can you think about the past and future? You cannot think. **You cannot expand because past and future are illusion in the presence of “now”.** So, you have not understood what is the Samadhi experience.

It is such a mistaken experience now a days, they say that momentarily when you are thoughtless, they think that it is the Samadhi. No.

Samadhi means, knowing who you are, accepting who you are and being in that Consciousness. That is Samadhi. Not just you know, temporary manolaya is not the Samadhi at all! It has been a big mistake in the western world, they have taken this and making it as Adwaita teaching and so many people are following it! I am Awareness, I am Consciousness, I am this, that... No.

***You should “know” that, you are the Awareness,***

***You should “know” that you are a Consciousness,***

***You should “know” that the Awareness in this body and the Awareness in the another person’s body is the same! One!***

Knowing that and experiencing that oneness has nothing to do with power of now! Does this have anything to do with the power of now? No!

So this is a huge misunderstanding and the teaching is so much manipulated and the people who have experienced the temporary mind silence have started to teach the Adwaita! I have many students you know, they are saying to me – “Guruji, I have started the Adwaita teaching!”. They started only talking about the soul! You don’t understand about the soul no, your mind cannot understand, and whatever he talks, you can only say yes, yes...

Best teaching field is Adwaita! There is no Sadhana here, so many questions will not come, no mantra Deeksha okay? Where ever I go and whatever place it maybe – you just call me to your home and I will talk about the Soul! Very easy no? It is the best thing! And they will bow down to you and call you – Atmagyani, Brahmagyani! You will say Thatasthu and go off...

This is happening now a days, I am telling you. My own students are doing this! I am proud about whatever they are doing! Ha ha ha... Some students will be you know, diamonds, they spread the light. But some will be fake diamonds also, they spread the darkness! But both are my students and I am proud of them... Ha ha ha... Because I have to accept them no? Ha ha ha...

Both types are my students only... Ha ha ha... Some of my students have a big Ashrama! I am telling you, they have a big temple, big Ashrama! Ha ha ha... Oh my God! But these things are

there. In the name of Adwaita, people are doing all of this! And they go on reading Upanishads, translating Upanishads, talking about Bhagavat Gita and all. You go there, you become blank and come back!

Your level of Consciousness is at one level and they are telling something – and nothing is happening there! It is just a discourse and you go and come back home blank. Daily there is only Upanishads studies, that's it. But the Consciousness is the same, it is the same intellectual ability, it is the same understanding ability, so where is the growth? Where is the evolution? Where is the raise of Consciousness? ***That is what you have to do mediation, connect with Thirumoolar ji – when His crystallized Consciousness comes to my soul, then I can grow!***

***Panchadashi mantra – you know, it is Atmavidhya mantra, Brahavidhya mantra! Just chanting Panchadashi – that Consciousness will start manifesting in your soul!*** Whatever Upanishads you are reading, do you know who has written the Upanishads? Who has written the Vedas? It was written by the one who has practiced the Sadhana and then he realized himself and then he wrote them!

You need to understand who is that writer of the Vedas and Upanishads, and aim to become a writer like that yourself! Then you will understand the importance of your Sadhana! You will not fight saying that only this is Upanishad is great and that Upanishad is not great and all... I have seen in the forums, so much confusion is there, and they explain everything quote by quote, that it should be like this only! There is fighting and all, but do think that the discussion will end? It will never end! It starts with confusion and ends with confusion and then they go back. Only time got wasted. This is what happens. I have seen many people you know, doing all those things in Adwaita and all, teaching Adwaita and all.

So here, I suggest to you – first experience oneness. First experience Samadhi. First understand what is Consciousness. Then, the answer to this question will be revealed to you! There is no past and future! When you come down from that, you can access the Akashic records that holds all the information that is stored into the Consciousness. Then I know that what are all these things and then I can know the past, future and all of that...

So this is a siddhi path, when I am able to access all the data available in the Akashic records. Akashic means Consciousness – Chidambaram Stithi – that you can access and you do that...

So, going into Samadhi is different, accessing the past and future is a different siddhi by itself. So both are not the same. So you first go into the Samadhi and when you go into the Samadhi, I don't think that you will come back to know about the past and future. Because past and future don't have any value when you are in Samadhi! It won't exist! The eternal now – when you

know that you are eternal, then where is the past and where is the future?

This question is little bit confusing. Please take care of that.”

**35. Sadhaka question -**

“After meditation, can we do the exercise, go to gym, walk, Guruji?”

**Sri Sadguru Sivapremanandaji -**

“You can do it. There is no problem, okay? You can do exercise before or after mediation. So mediation will support you in all your physical activities.”

**36. Sadhaka question -**

“Guruji, my question is regarding Srividhya Level – 1 and Varahi Deeksha. In Sadhana we pray to Guru Mulanji, Chariyanandanatha, Krodha Raja Bhairava, Mother Lalitambika, Mahavarahi. Involving so many people creates a kind of inconvenience in me, and the main difficulty arises when I am in some kind of trouble, I find it difficult to chose the right Guru and Deity among them. To whom I should pray? If it is possible, that only one Deity serves as my Guru, Deity, Protector and everything, who will be that? Kindly enlighten me. Thank you.”

**Sri Sadguru Sivapremanandaji -**

“You see this is very important. We meditate on many Shaktis with the understanding that all these Shaktis are nothing but Lalitambika, Rajarajeshwari, Mahatripurasundari.

***So Divine Mother Varahi – is coming from Divine Mother Lalitambika’s five arrows,***

***Divine Mother Rajamatangi – is coming from Divine Mother Lalitambika’s sugarcane bow,***

***From Divine Mother Lalitambika’s Pasha and Ankusha – Divine Mothers Ashwaroda and Sampatkarini are coming respectively,***

***From Divine Mother Lalitambika’s stomach, the Manipura, or from Her back – Divine Mother Durga is coming,***

***From below Her nabhi, from Her Swadhistana – Divine Mother Bala is coming,***

***From Her Heart Center – different Gods and Goddesses like Lord Krishna, Divine Mother Rajashaymala are coming,***

***From Her tongue – Divine Mother Bagalamukhi is coming,***

***From Her own Adi Stithi – Kali is coming.***

***So from one God Herself, so many manifestations are there.*** Like how you are mother, father and different roles you play in your family, but you are the same person!

***But the roles are different,***

***Consciousness is different,***

***Energies are different,***

***Actions are different and***

***Applications are different.***

So we have many Gods-Goddesses, they are nothing but the manifestations of Lalitambika, Rajarajeshwari, Mahatripurasundari!

So hold one form – that’s what I tell all the time – whether you are worshipping Varahi, Rajamatangi, you have only Lalitambika and worship Varahi, you have only Lalitambika and worship Pratyangira, you have only Lalitambika and worship Shiva, Ganapathy, whatever, Krishna, anyone you worship.

***Have one form and worship that form. Because ultimate truth is only one! One become many! So hold any one form – whomever you feel very attached to.*** Some people what happens, they feel devoted to Divine Mother. Some people feel devoted to Shiva. Some people feel devoted to child – Bala. Some people feel devoted to Guru. Hold any one form and worship and chant the mantra. Okay?”

**37. Sadhaka question -**

“I started with spending barely 5 min in Part -1B. After a year, I am now able to spend 30 – 40 min in Part – 1B. Is it okay to do more of Part – 1B as I progress?”

**Sri Sadguru Sivapremanandaji -**

“Yes, this is really good. You know Part – 1B is touching the soul consciousness, expanding the soul consciousness, being in that truth awareness. So it is very good, you can expand it.”

**38. Sadhaka question -**

“I am doing Durga Saptashati for one year and Level – 1 Srividhya Sadhana now. Why do I find it more naturally effortless, addicted to chanting Mahapaduka Guru mantra more than Durga

Saptashati mantra?”

**Sri Sadguru Sivapremanandaji -**

“So he is more addicted to Mahapaduka than Durga mantra. Every mantra work in a different dimension. Okay?

Mahapaduka works at the crown – Sahasrara chakra. Durga mantra works at the nabhi – Manipura chakra. So, if your consciousness is more moving in the layer of Sahasrara, then you will be attracted to that vibration mantra and you chant it more. Okay?

When you are struggling more with court cases, this, that, struggles no – Durga mantra will be more powerful for you. You will be happier chanting Durga mantra. Got this point? So where ever your consciousness is, where ever your soul is vibrating, that mantra you like very much, most of the times.

So if you like more of Mahapaduka mantra, you can chant it. Its not a problem. But again maintain the balance and do the Durga Saptashati sadhana also and if you want to do more Mahapaduka mantra, do it. It’s okay for you.”

**39. Sadhaka question -**

“Guruji, I am practicing Level – 3 and I would like to know the difference between meditation and chanting. And also, can we keep Shivalingam in the Puja room? If yes, what are the rituals to be performed?”

**Sri Sadguru Sivapremanandaji -**

“So you are doing Level – 3 so mediation and mantra chantings are different. Chanting means you are not focusing on the chakras – any chakra. In meditation you are focusing on the chakras and doing it, especially in our Srividhya Sadhana.

So chanting means you just chant by focusing on Divine Mother on your 3<sup>rd</sup> eye or just in front of your forehead – you imagine Divine Mother and chant the mantras. Or you don’t imagine, you listen to the mantra and do the chanting. So that is the difference between chanting and mediation.

You can keep the Shivalingam in your Puja room. Offer everyday, water, milk for Shivalingam. Because Shiva is the fire element, who needs to be cooled down. So everyday milk and water is added – even in temple you see that? How you are going to please Him, cool Him? By adding the water, by adding the milk.

So this is only possible if the Prana – Prathista is done for the Shivalingam. Then only it will get heated up and you will cool Him down! Shiva will be there! If no Prana – Prathisthapana is done, it is just Lingam... So you are a better Lingam! So, Shivalingam puja is not needed for Srividhya Sadhak, I am telling you.

But if you have love for Shiva, you want to do the ritual, do it and add the water, add the milk with Shiva mantra. Otherwise there are 11 Rudras, you take their name and do the Puja. Okay?”

#### **40. Sadhaka question -**

“Guruji, while practicing Level – 1, is it okay to start mantra chanting outside loudly? And then move to silence meditation? Because I am staying alone in my home. I find it helps me to focus better and memorize the mantra. If not, I will continue practicing only in silence. Are all mantras to be done in silence, including 9 times chanting the “Om”, Guru mantras? Is there any particular breathing pattern to be followed when chanting the mantra internally? Especially when we are doing Srividhya Level – 1 mantra for chakra clearing? Thank You for this Sadhana, I am greatly enjoying it.”

#### **Sri Sadguru Sivapremanandaji -**

“So here, if your focus is not there, your mind is not focusing, you can do the one round of Srividhya Level – 1 by loudly chanting, if you want to. But, I told you, many times the places are not good, the energy of the places are not good, so you lose the mantra Shakti – the charge of the mantra so we ask, we request the students to chant all mantras mentally.

So what you can do is, the best thing is loudly chanting Om.

Om... Om... Om...

Like this, chant it 9 times. If you want to chant loudly, chant Om 9 times. When you chant Om what happens? Your energy starts attuning to the Divine Shiva-Shakti consciousness. That is the power of Om nada. Okay?

Chant Om for longer time – Om... when you chant this way, the whole face must vibrate, especially your nose bridge must vibrate when you chant Om. Then what happens, your vibration will be good, your mind will be free, you are ready to chant the mantra. So I always suggest, chant Om loudly than any other mantra. Then you start the Srividhya Sadhana silently – Guru mantras, Srividhya mantras, one japa mala of mantra also you can chant silently.

Now coming to the question of breathing pattern during internal meditation, yes there are

advanced levels where you do that – in Khumbaka you chant the mantra. We do this in Bagalamukhi Sadhana. But when your attention is on the chakra, and you are chanting the mantra there, automatically your breathing will be very less. So without knowing also, you are influencing your breathing patterns – special type of Pranayama is happening to you when you do the chakra meditation.

So why we don't need to focus on breathing pattern? This is because, our focus should be on the chakras as they contain the blueprint of our karmas that need to be cleared. So don't focus on breathing patterns, do the Sadhana that is given by Sadguru Thirumoolar ji. You will have very good results.”

#### **41. Sadhaka question -**

“Can Bagalamukhi Sadhana help me to experience inner yogic stillness?”

#### **Sri Sadguru Sivapremanandaji -**

“Yes. Bagalamukhi Sadhana is very powerful. Bagalamukhi means Sthambana Shakti. Sthambana means whatever is the movement in your body – the mind, where nature of the mind is always moving, and the one, the power that will make your mind to hold, Sthambana, is Bagalamukhi.

So it is the highest yogic Sadhana to still your mind, bring stillness to your Consciousness. So it is a very powerful Sadhana that can bring yogic stillness, bliss, joy, silence, powerful and peaceful awareness, and everything for you.”

#### **42. Sadhaka question -**

“Guruji, thank You very much for Srividhya Level – 1 Deeksha. Can I take Mata Varahi, Mata Bagalamukhi Deeksha along with Srividhya Level – 1?”

#### **Sri Sadguru Sivapremanandaji -**

“You can take it. First practice Srividhya Level – 1 for minimum one month. Then you go for Varahi and again you practice Srividhya and Varahi for two months and then you go for Bagalamukhi.

You see that, whether you need all the Sadhanas or not. You need to question to yourself – “Do I need all the Sadhanas, or not...?”. If you feel attracted towards that Sadhana, and you have some negative problem, court cases and all, enemy problem, then only you take the Varahi and Bagalamukhi Sadhanas. But have a gap of atleast one month between each Deekshas. This will

be helpful for your body to adjust to new energy and have smooth experience and that is why I am asking you to do it in this way.”

### **43. Sadhaka question -**

“In Part – B, I came out very quickly in just 5 – 10 min. Is it okay? Please guide me in So-Hum meditation. How to do So-Hum meditation? Thank You for all Your teachings for Srividhya Sadhana.”

### **Sri Sadguru Sivapremanandaji -**

“So if possible, I know that it’s very difficult for people to sit in Part – B. Whenever there is the question of sitting in silence no, our minds do not want that. Many people ask me – “Can I do mantra japa again in Part – B?”. Got this? Because mind doesn’t want to sit still.

From childhood I have been training my mind to go here and there. Now I am telling it to sit in silence in one place. Do you think it’s possible? If you have a child you know, it is playing here and there, and now you are asking to your child – “Sit there only...!”. See the child what it will do!

It is the same with your mind! It will not like to sit in one place. So one of the best thing to do is So-Hum mediation.

Give your attention, travel with your breath. Breath normally and -

***As you breathe in, mentally chant – So***

***As you breathe out, mentally chant – Hum***

This is very good mediation if you cannot sit in silence.

So-Hum... So-Hum... So-Hum...

I tell you when you say So-Hum, Ida-Pingala starts balancing and Sushumna starts opening. When Sushumna starts opening, Kundalini starts raising – where Shakti starts moving towards Shiva and oneness of Shiva-Shakti happens which brings stillness, peace, harmony, abundance, Samadhi experience takes place.

It is technology of Siddhas – they found it. So So-Hum is a very, very powerful mediation, I am telling you. But very, very simple mediation. The power cannot be explained in words.

So you can do So-Hum mediation like this. Chanting of So-Hum must be done mentally. Okay?

And don't control your breathing – if your body wants to do deep breathing, okay, do deep breaths. If your body wants to do narrow breathing, okay, do narrow breaths. Your job is to witness, be aware of the breathing and mentally chant the So-Hum as you breathe in and breathe out.

This is the So-Hum mediation that you can do in Part – B. Okay?"

#### **44. Sadhaka question -**

"What Sadhana is more powerful, Srividhya Sadhana, Bhatuka Bhairava Sadhana or Krodha Raja Bhairava mantra Sadhana? How can we use these Sadhanas to solve our life problem apart from protection?"

#### **Sri Sadguru Sivapremanandaji -**

"You see that, if you want to use any mantra sadhana, make a sankalpa before starting the sadhana. Its very simple. For any mantra, any siddhi sadhana, its like this – make a sankalpa, intention, chant the mantra and do chanting of 1 japa mala, 2 japa mala, 3 japa mala..."

***All mantras have the power to solve all your problems! I am telling you...***

***Srividhya Panchadashi mantra has the power to solve Bhoga, Moksha, Artha, Kama, anything...***

***Bhatuka Bhairava has power. Om Namah Shivaya has power! Got this?***

***Just Hreem bheeja mantra has power! Om has power!***

***Just Ram has power! Just Shiva has power!***

But, your mind don't allow that, that is the problem! It wants big mantra with so many bheeja mantras! So much secrecy should be kept, then your mind will accept, be devoted, surrender and then you will do your sadhana!

If I tell to them know, in your ear you know, slowly I whisper the mantra and tell – "Don't tell this mantra to anyone!". Earlier you know, same mantra was given to all the students but the Guru will tell to each student – "I am giving this very personal mantra to you! This is your Atma bheeja mantra and you don't tell to anyone!". And secretly the Guru will whisper the mantra to each student.

And everyone will think that they are very special – "Its my bheeja mantra! Its my bheeja mantra!" Ha ha ha...

And by chance they come to know about each other's bheeja mantras no, ha ha ha...!

Earlier it was like this, you know? Then Guru used to say – “You had promised not to say to anyone your mantra and now you have broken your promise! You are not my student anymore...!” Ha ha ha...!

Yes? And then Guru used to say - “...how can you say your mantra to another person? You disclosed the mantra and so you have lost the power of the mantra!” Ha ha ha...

You see people used to play like this, like anything! Earlier Gurus used to play! So much exploitation and all that... I have come with all these types of Gurus you know? Just one bheeja mantra was given to all students and each one was told that it was his special bheeja mantra! Ha ha ha...

So, any mantra has the power. All mantras are tested. What is needed is, you, your surrenderance, your acceptance, your allowance, your receptance, your persistence, your intention...! This will help you to manifest solution to your problems!

You see that, when Prahalad was there, he just chanted one name. Yes? Lord Hanuman with one name He is getting all the power. He is not only getting power, He is also saving many people, with one “Ram” naam! You just see that!

There was one student you know, who came last time, he just chants Shreem! Only Shreem! He is getting so much bliss, so much joy, so much abundance he is manifesting! What he is doing? He is chanting only one mantra! He told me – “Guruji, I got initiated from one of the Divine Avatar. They gave me only one mantra, the seed mantra. Can I tell You?”.

I told yes, and he came near to my ear and whispered – “Shreem bheeja mantra I got Guruji... And with this, I am getting all the money problems solved, Guruji, I am getting all the things solved Guruji...”

This means, that student, he accepted it... Yes? He allowed it.... Yes? He respected it... Yes? And so he manifested it! This is the power. Means, you are very, very, very powerful person!

Your devotion, surrenderance, acceptance is very important! If you don't accept, Guru cannot help, Divine Mother cannot help. This is what happens.

The moment Mother comes and stands in front of you, you start with different mantra! You are chanting – “Om Aim Hreem Shreem Shree Matrey Namah...”, you just did it and you are seeing that there is no time, so now let's go to the next mantra...

Mother has come and She is saying – “Wait, I have come now!” She is blessing you! This is what is happening... ***As you go to higher level, I tell you, your mantras will drop. You hold the feet of Master. You hold the feet of Lalitambika. You know that the source of all mantra, yantra, tantra is in That feet and you need to abide.***

And what happens, in That, your mind is concentrating 100%, and so siddhis start manifesting. Got this point? Why siddhi comes? Because there is concentration! If there is no concentration, there is no siddhi! You don't receive it 100% no? All that is there... Siddhi path, it is not easier...

So, you can chant the Krodha Raja Bhairava or Bhatuka Bhairava mantra and both are equally powerful. Okay? Even Srividhya mantras are powerful. Any mantra is powerful, but make a sankalpa before chanting that mantra. And persistently meditate for 1,2,3 months on the same mantra. That is very important.”

#### **45. Sadhaka question -**

“Guruji, in Ashta Bhairava protection shield, I feel special attraction towards Krodha Bhairava mantra. Is it okay to chant for 108 times only Krodha Bhairava mantra?”

#### **Sri Sadguru Sivapremanandaji -**

“Yes you can chant it, it's good only. Where ever you feel attraction, you do it. It's not a problem. Whatever Sadhana you want to increase, I am very happy! Do it! Instead of leaving you are doing the Sadhana.”

#### **46. Sadhaka question -**

“Guruji, I have been doing Srividhya Level – 5 for 4 months. I don't feel like going to the next Level because I am in love with Level – 5 mantra and energy. I know that I need to move to the next Level, but how to I am not sure. Can you please comment?”

#### **Sri Sadguru Sivapremanandaji -**

“You see that? He is stuck to Level – 5. So he just wants to do that. See, I explained to you what is the importance of Level – 5 mantra. It will raise your Kundalini from Muladhara to Sahasrara. And your Level – 6 mantra takes your Kundalini from Sahasrara to your Oversoul – the 6 pointed star. And Level – 7 mantra takes your Kundalini to 6 pointed star and brings it back to your 3<sup>rd</sup> dimension.

So every mantra has its own application. You should know, at present state of life – what you want? Do you just want to raise your Consciousness to Sahasrara? Then Level – 5 is sufficient

for you and you continue with that. If you think that you are not yet ready to raise this Consciousness from Sahasrara to the 6 pointed star, then don't do the Level – 6. You continue with Level – 5 only. Okay?

So don't have confusion. Understand the technique, its mechanism – what it does and according to that you apply that knowledge. So there is no problem.“

#### **47. Sadhaka question -**

“Guruji, our Kula Devi is Chintapoorni – that is Mother Chinnamasta. As for decades our family has been going and worshiping Her, my question is can I chant Mother Chinnamasta moola mantra? Because I have been initiated in Dus Mahavidhya Sadhana by You during the Deeksha in Level – 1.“

#### **Sri Sadguru Sivapremanandaji -**

“Yes, you can chant it. Whenever the Dus Mahavidhya Shakti is your Kula Devata, it is very powerful. You can chant the moola mantra of Chinnamasta and it will be very helpful to you because She is your Kula Devata.”

#### **48. Sadhaka question -**

“After Srividhya Sadhana, I am feeling attracted to Gods like Varahi, Dattatreya, Matangi. But from past 4-5 days, thought of Mother Gayatri is coming desperately. What is the meaning and energy of Mother Gayatri?“

#### **Sri Sadguru Sivapremanandaji -**

“You see that when you do Srividhya Sadhana, you need to understand that the moment you come to Level – 5, I have explained that Gayatri is nothing but Lalitambika only.

In Vedic tradition we worship Divine – Truth Consciousness as Gayatri mantra. When you come to Tantric tradition, we worship the same Truth Consciousness as Lalitambika, Rajarajeshwari, Mahatripurasundari.

So, when you started doing the Srividhya, obviously you are feeling attracted to the same Truth Consciousness of Level – 5 mantra. So you don't know the value of that, you have not understood the Panchadashi mantra – which is by Itself has Gayatri mantra Shakti. So you are attracted to Gayatri mantra.

So don't worry about this. When you reach Level – 5, you do the Panchadashi mantra. She

Herself – Lalitambika Herself is Gayatri. That you need to understand.

***In Vedic technology – Gayatri and***

***In Tantric technology – Lalitambika.***

***Both are the Mookshadayini. Both will give you God-Realization.***

So this is common that you are feeling attracted to the right energy of Lalitambika Who is in the form of Gayatri.

And its very clear you know, – different vibrations are there for each chakra and when your chakras are getting activated – according to Universal Law of Vibration, according to Universal Law of Attraction you start getting attracted to those chakras levels of vibrations and so you are feeling attracted to Varahi, Dattatreya, Matangi Shaktis. This is very common.

All things are good and you are doing it right.”

**49. Sadhaka question -**

“From last 1.2 years, I am practicing Level – 1 Sadhana. So I made a prayer to Divine Mother to give me a hint, as a green signal to take Level – 2 Deeksha. Is this Mother Gayatri thought is a signal from Divine Mother for Level – 2 Deeksha Guruji?”

**Sri Sadguru Sivapremanandaji -**

“Yes. Mother is not signaling you for Level – 2, She is signaling you for Level – 5! So you start and finish up Levels – 2,3,4 and come to Level – 5. Okay? This is the signal of Mother.”

**50. Sadhaka question -**

“Guruji, I have learned all the Sadhanas – Rajamatangi, Bagalamukhi, Srividhya, Srichakra, Tithi Nithya Devatas and all. I practice Srividhya Sadhana everyday. What is the one Sadhana from the above list that will help for manifestation of my one desire?”

**Sri Sadguru Sivapremanandaji -**

“If you tell me the desire, I can help you... Ha ha ha! If your desire is hundred million crore rupees then what about me...? Ha ha ha...”

Many students tell me – “Guruji, I don’t want all these things, I have only one desire...” And when I asked them what it is, they tell me – “I want just 10 crore rupees! And if this one desire manifests, I will meditate everyday! I will do all the Sadhanas...!”

You see that, this one desire will lead you to another one desire! Like how Mother is counting no – “One... One... One...” Ha ha ha...

For Mother, there is only One! Ha ha ha... So, the moment you have 10 crore rupees, another headache will come. Now where to invest this money? In Fixed Deposit or in Mutual Funds? What are the rules in the Bank for Fixed Deposit? Now with covid situation which Bank is secure? Post Office is better! Ha ha ha... Because of Govt no Bank is open... No Mutual Funds... Ha ha ha... Post Office is much better, ha ha ha...

So when you get money no, another problem will start! Getting married is different, but after marriage it is a different problem! Ha ha ha... Getting childrens is different, but after getting childrens it is a different problem! Ha ha ha...

So your question itself is a problematic question! You know there is no something like one desire! Many students tell me that – “Guruji, after Self-Realization for me, then finish! I don’t want anything!” Ha ha ha... But you know, in inner, sub-conscious mind you have many desires. Many of my own students are sincerely intending for Self-Realization and they are feeling that Mother is sufficient. But when you see the lower chakras, they have desires.

You need to workout on them. So I suggest you to follow Srividhya Sadhana. You need to know that this one desire leads to multiple other desires. If you had asked me the question – **“What is the one Sadhana from above all the Sadhanas to manifest zero desire?”** Then this is the correct, true question from a real Sadhak. Then I can answer you.

This one desire will lead you to another desire. This is how the mind will play – Mahishasura will play! This is how the inner dynamics of the mind works. One leads you to two. Two leads you to three!

There is a story of a Yogi you know – there was a Yogi who was happily meditating. Devotees would go and offer him milk. He was so happy. Then all people thought that – “Why don’t we give one cow as a gift to this Yogi? In this way, he can get milk everyday.”

With that cow, one girl came and with this one girl, one family came. With one family, childrens happened and then he is no more a Yogi, he became a Bhogi! So one desire – where it led him to? It led him back to the creation! Please understand!

I have seen many Self-Realized Masters falling from the Path! They are falling down after Self-Realization! After God-Realization, they are falling. This is because, some of the unfulfilled desires are manifesting. They are not grounded in their own Truth Consciousness, so they fall down, and do all the things.

They were Sanyasis for 40 years – Bala Sanyasis! But after 40 years they do all the naughty things, in the name of Guru and all that and there is exploitation. This is because of unfulfilled desires.

So this question is – be careful, I am telling you. There is no one desire like this. Your Mahishasura is playing with you.”

### **51. Sadhaka question -**

“Guruji, I am practicing Srividhya Level – 1 Sadhana after getting Deeksha from You. I want to know whether I can do Sadhana during my monthly periods or do I have to take a gap of 3-4 days?”

### **Sri Sadguru Sivapremanandaji -**

“You can take a gap of 3-4 days. Many times what happens during the monthly cycle is – the energy is going down. This happens as a natural cleansing process. But during meditation, I am raising the energy up. So it is complete opposite to each other.

So what I suggest to my students is not to do too much Sadhana and don't do less Sadhana also. Just do Level – 1 to balance and not to raise the energy.

But if from childhood you have that sub-conscious programming that you are not pure and so you cannot go near to God or do any prayers, and then if you do your Sadhana, then inside you will feel a conflict of energies. In that case I ask you to take a gap during your monthly cycle time. That's the better thing. You relax also, you enjoy your day also, take rest also and after 4 days you will have so much inspiration to do the Sadhana also! So take rest for 3-4 days and then do the Sadhana.”

### **Sri Sadguru Sivapremanandaji -**

“Actually these questions I have already answered many times, I don't know. This is what happens you know, now a days, we are doing a lot of hard work! Guru is doing a lot of hard work – making the videos, editing the videos, you see, and then compiling all the list of videos...

After every Deeksha we are sending the YouTube list in Excel sheet to the students! To click and see student don't have the time! You see that? This is what is happening... And they want the next Sadhana! They tell me – “Guruji, send that Sadhana also... And do that Sadhana also online...”

For that no, I have to watch 10 workshop videos and then see what workshop video is good and

then myself and Arun have to sit and we edit the videos together... And students what they do? They drag the video forward, forward as they are feeling that there is no time. Eating the food also side by side and dragging the video forward... And then they think that they know everything!

Then they tell me – “Guruji, I finished... Now tell me what is the next Deeksha, next Sadhana?” This is happening! Now people want Srividhya Samadhi Siddhi online, Pratyangira Sadhana online, Shodashi Tithi Nithya Devatas Sadhana online – everything online! They don’t want to come and meet also...! No!

Liberation online! My next website url will be – liberationonline.com! Ha ha ha... People don’t have the time you know? They think that all the external world is true! And spirituality, the inner world is not true! Can you marry online? You are there and I am here, now let’s have a relationship!

It is very difficult now a days. The values have come down very low. The vibrations have come down very low. And mind is programmed that way. There is this depopulation agenda, where your DNA is degraded, your mind is degraded, your values are degraded. You see that? People don’t want the population to grow. People don’t want intelligent beings on this Earth!

People want to control the entire Universe! Such things are happening! Those waves hit us. When you sleep at night at 3:30 AM – your heart is hit, your spine is hit, and if you don’t have the protection shield, it is terrible! Your energy will come down.

That is what you see, so many peoples are doing the mantra and so many Sadhanas, but there is no growth! No guidance! Everybody is just behind mantra, behind the mantra techniques, and if I give them a book no, they are so happy! But they are not doing Sadhana!

“Oh what is this mantra?” - you see them, even if I stand next to them, they tell me – “Wait Guruji, first I will see the mantra...” They have that much inner urge to learn about mantras, the techniques, that craze is there! But they don’t practice it! That is the problem. Even they don’t know what the mantra is actually! It is Divine Mother Herself! If Divine Mother Herself is there, then why do we need so many mantras? It is very difficult, I am telling you!

But I am giving all the things. Whatever is the request that comes from the students, I have to fulfill the Mahishasura and then they say – “Guruji is very good!” Yes.”

## **52. Sadhaka question -**

“Shivohum Guruji, I am practicing Srividhya Level – 1 Sadhana. And sometimes, I am not able to

concentrate on my breath while doing Part – B of the Sadhana. How can I increase my concentration level in Part – B?”

**Sri Sadguru Sivapremanandaji -**

“See, all these things are beginner questions. Even to cultivate the habit of doing something in the outside world, I need a minimum of 21 days. This is according to the Psychological Research University and all. If I want to learn something new, I need a minimum of 21 days to focus, to put my effort.

If I want to have a vegetarian diet, minimum of 21 days is needed for my body and sub-conscious mind to absorb. You have just started the Sadhana and so Part – B is very very difficult for you. This is because from childhood until now you have not focused yourself on one thing. So you going against all your learning and all your culturing and sub-conscious conditioning. It will take minimum of 2-3 months for you, if you are very sincere, dedicated and committed. Otherwise in this life you can't do it.

So take some more time, where ever your mind goes bring your attention back, have patience and do the Sadhana. That's the only way. You have to give some more time. The way to increase your concentration level is to give it some more time of atleast 1-2 months for yourself. Bless yourself, be kind to yourself, and things will be taken care.”

**53. Sadhaka question -**

“Guruji, I am practicing Srividhya Level – 4. My question is, if I want to do the Sadhana at Brahmamuhurtha, then can I do the Rajarajeshwari Kriya, physical exercises after the Sadhana? What should be the sequence – Pranayama, Yoga and Breathing in the morning?”

**Sri Sadguru Sivapremanandaji -**

“Yes, many times it is not possible. The right method is Yoga – Exercise or the warm-up exercise – and then mediation. This is how Patanjali has given – first it is the physical posture or Asana, Yoga. Here you first cleanse, heal, release and balance the meridian chakra and all by doing the Asanas. Okay? Or you can do the exercises to remove the energy blocks.

After this you sit for meditation. But what happens, if you are getting up at 4:00 AM and then you are doing Yoga for 1 hour and then you are doing the Sadhana from 5:00 – 6:00 AM, then you will need to have a lot of time. So you decide, if you have the time, you can do it this way. Otherwise you do the meditation, R-Kriya, Srividhya and then you go for gym or yoga class after 6:00 AM you can do that. You can do it in this way also. No problem.

But real sequence is -

**1. Yoga**

**2. Pranayama and then**

**3. Meditation**

That is the order – from outside to going inside.“

**54. Sadhaka question -**

“Guruji, people say that many problems or obstacles are there in life because of Pitru dosha. So what can I do to heal Pitru dosha on a daily basis, like should I do Anna danam, Havan, Sadhana with an intention to heal Pitrus? Please show me the light on Pitru dosha and guide me on this topic. How to overcome Pitru dosha?“

**Sri Sadguru Sivapremanandaji -**

“See, one of the events that we have started – the mantra dana, you do the mantra dana – one japa mala to your Pitrus. When you are doing the havan, to release the Pitrus, do one japa mala for your Pitrus. Make a sankalpa – Lord Shiva, Thirumoolar ji or Divine Mother, I am offering one japa mala Shakti to my Pitrus. I am doing the havan of one japa mala to my Pitrus. And then offer all the things.

If you do it everyday, what happens? The energy will automatically go there. Whatever it is that is unfulfilled, will get released into the light – to whatever right dimension that they have to go. Then they will disconnect and they will not be an obstacle for you. That’s one thing.

Second thing is, if you are doing Srividhya Sadhana, and after coming to Level – 4, the moment you come to Bala, Bala is so powerful! She releases literally all the Pitru doshas actually. She is such a powerful Divine force, you have no idea. She is the One who works with all the negative planetary doshas. This Aim Kleem Sou is such a powerful mantra, I have no words to explain this.

If you really understand with experience what that mantra does, how it influences in all your chakra points, how it balances the entire granthis, nadis, chakras, and all the 9 planets, then I know that Pitru dosha is taken care of.

But due to lack of understanding and knowledge, what happens, you still go to the astrologer – show the horoscope and what he says - “...you have Pitru dosha, you have Kula devata dosha,

you have Brahmahathya dosha” and so many things will be there. Everybody have come here and you have not lived just one life. How many lives you have lived? You have lived thousands of lives!

So, you might have done any kind of mistakes or you have taken the birth here now on Earth to balance out your sticky karmas. Most of the time, you are son in the past life and you are a father in this life, in the same family! You have chosen this same family if there are sticky karmas.

If you are a Srividhya Sadhak, then obviously you don't want to take birth again. You may take birth in the higher dimensions – in the celestial worlds after leaving this body. This is one choice. Or, you want to come back to help the humanity and so you want to take birth again. Or, there is something that you want to give back – you want to give back something to the society and so you want to come back. There are different desires for which you want to return back to earth.

So, its very important that you do atleast one japa mala everyday and offer it for your Pitrus, for your Kula devatas, for our Siddhas, our Gurus, or for our Nation, our country, for our Divine Mother Earth. This is the Seva from your side. This is the best Seva that you can do. And we have given very simple, but very very powerful mantra for this -

**|| Om Hreem Sivayanamah Om ||**

***Namah Sivaya what happens – energy comes from top to down.***

***Sivaya Namah – energy goes from down to upwards.***

Thirumoolar ji says, in Tirumanthiram -

**|| Namah Sivaya**

**Om Sivaya Namah ||**

So it is programmed in this way. Sukshma means, it is working on your Subtle body. And your Subtle body is connected to your Pitrus, your Kula devatas, your family members, your karmas of your past lives.

So you work, do the havan everyday if you are facing too many problems. You also share this mantra with anyone – you can ask them to do the mantra dana. Please share this. Because many peoples are suffering now. Health issues are going on, child is born but speech ability is not there, handicapped child is born, mentally retarded child is born, peoples are not getting

married, they are not getting childrens, they are having so much of court problems, this, that, so many issues are happening.

You can ask them to do the Sadhana. No Deeksha is needed for this and anyone can do this. Its just simply sitting and mediating, that's all. You can also ask your family members to do this and it will be very helpful for you."

#### **55. Sadhaka question -**

"Guruji, I have immense admiration, devotion towards Lord Krishna. I have a deep desire to become like Him – as a person and adopt, inculcate all His values and character. Although I perceive Him more as a person and Yogi of the greatest divinity, I also have Him as my Ishta deva, Guru, friend since childhood. I have a great inclination and emotional attachment and I get tears naturally whenever I think about Him – His struggles, hardships, His life, His compassion, His grace. It is He who has led me to Srividhya and I am forever indebted for His guidance. I wish to know as to how I should channel His energy in me by not conflicting this feeling during Srividhya Sadhana. I have realized that its all the same but Shree Krishna form attracts me a lot and like I said that I want to become like Him, so what can I do to achieve His brilliancy? Any Sadhana, mantra can I do, please guide me."

#### **Sri Sadguru Sivapremanandaji -**

"You see that? In Siddha Sadhana, in our Siddha Parampara, what we do, we absorb the Guru's Consciousness in our Consciousness. What we do is – we worship Him in my chakras, I take in Thirumoolar ji in all my chakras.

I take Thirumoolar ji in all my aura. I take Thirumoolar ji in my soul. You see that? This is how I am in oneness with Thirumoolar ji -

***Physically I am one with Thirumoolar ji, where I feel Thirumoolar ji in my every cell.***

***Energetically – my Energy body is one with Thirumoolar ji. For all of this, my sankalpa is sufficient, I am telling you. There is no need to do anything else. Visualization and Sankalpa will manifest whatever you want. This is the Universal Law.***

So, it is like this in our Siddha Parampara. When I started, it was Thirumoolar ji Siva Mantra and Thirumoolar ji's face. This was only my sadhana. I had to only to this – that was my Guru mantra, that was my practicing mantra, everything is only that! Even Level – 1 mantra was not given to me for a year. I had to visualize Thirumoolar ji's face and chant Thirumoolar ji's Siva mantra, that's all.

After one year, chakra meditation was given to me – with the same mantra. So it was like this. But happened was, maybe in that one year I have chanted Thirumoolar ji's mantra for more than core times – at night sleeping that mantra, waking up that mantra, walking that mantra, even in the classroom I used to chant Thirumoolar ji's Siva mantra! It was automatically playing in me, it was awakened in my soul.

So, you absorb Thirumoolar ji's complete Consciousness into your Being. So your question is how you can become Lord Krishna. Means, the other way of putting this is, how to manifest Krishna in me? Yes? How I can manifest Thirumoolar ji in me? How I can manifest Lalitambika in me? How I can manifest Shiva in me? Okay? How I can manifest Rama in me?

What Hanuman is doing? Tell me? What He is doing?

***Lord Hanuman is breathing Ram,***

***He is chanting Ram,***

***He is working Ram,***

***He is eating Ram,***

***He is sleeping Ram...***

***So what is His karma, where is His karma? Ram only! He has no karma!***

***Lord Hanuman's bank account is Ram,***

***His secure feeling is Ram. So the entire Universe has to abide in Him.***

***He just says – "Ram" and His whole body says – "Ram, Ram, Ram..."***

You see that? This is so powerful. So if you want to one with Krishna, you have to breathe Krishna, absorb Krishna like a sponge in your physical body, in your energy body, in your astral body, in your mental body, in your entire being!

***The moment I close my eyes, what I should see?***

***Not my image, Krishna's image.***

***Not my image, Lalitambika's image.***

***Not my image, Shiva's image.***

***Not my image, Thirumoolar ji's image.***

Then people will come and say –

***“Guruji, you are Divine Mother only!”***,

***“Guruji, you are Thirumoolar ji only!”***,

***“Guruji, you are Shiva only!”***

How are they saying this? And they are saying this with confidence! Why is that so? It is because they are communicating with my Energy! Got this point? This is the secret.

Once you hold one feet, chant Krishna, very simple -

**|| Kleem Krishna Kleem ||**

This is such a powerful mantra, I am telling you. It will awaken your Kundalini, attracts Lord Krishna and will manifest Krishna in you! It is so powerful!

So you -

***breathe Krishna,***

***live Krishna,***

***when you are eating food, think that it is Krishna who is eating the food,***

***walking, think that it is Krishna who is walking,***

***drinking water, think that it is Krishna who is drinking water.***

Then what happens, your Astral body becomes Lord Krishna's body. This is according to Universal Law of Vibration, according to Universal Law of Attraction, and according to Universal Law of Energy replacement!

***So the moment I drop this body, who am I? Lord Krishna only...***

***Where I will go? To Krishna-Loka...***

That is the thing. But still, it is not liberation! You need to drop the body of Krishna and take the body of Truth, Awareness, Consciousness and all of that. Then you will go to Siddha Loka, as a Light Being!

### **Aham-Brahmaasmi...**

That is Siddha Loka, that is Rishi Loka, that is the higher level of Consciousness where we have many Masters, Rishis, who are working, they are coming back here again and again and they are helping. They take the formless, and come as a form. They take the formless again, and come back again as form.

All this is there. So you can manifest Kali in you, you can manifest Pratyangira in you, you can manifest Bala in you, you can manifest Varahi in you, you can manifest Rajamatangi in you, it's up to you, whom you want to manifest! Okay?

Or, you simply manifest the truth, you become everything! The choice is yours! Is it clear? The choice is yours!"

### **56. Sadhaka question -**

"Guruji, why it is that while doing DSS I keep getting random thoughts? Even if I am not doing the Sadhana with any expectation and desires, my mind does not rest at all and keeps going here and there while performing the Strotra and Japa. This does not happen while doing any other Sadhana like Srividhya and Vancha Kalpalata Ganapathy."

### **Sri Sadguru Sivapremanandaji -**

"You see that, in Durga Saptashati you are working with samsara – Manipura chakra. The big samsara is here in your stomach, belly area. Lord Ganapathy is shown with big tummy, who can hold this samsara and equally enjoy all the things! That is Lord Ganesha, with His intelligency, with His power!

So Durga Saptashati is very very powerful, it does the cleansing, it is the Shakti mantra that cleanses all the Vasana Sharira and all. It is the same with Varahi also. She also starts cleansing and all. So its okay, if thoughts are coming, know that it is cleansing. And you are telling very clearly that there are random thoughts, not chain or connected thoughts. Random thoughts means that your Vasana Sharira is cleansing and you should be thankful that it is effectively working for you."

### **57. Sadhaka question -**

"Guruji, we all have been taught how to behave with respect, conduct in front of our parents. But nobody talks about or guides as how to deal with toxic parents – when they are themselves not respectful to each other and to their child. This becomes very difficult to respect them just for the sake of it. Please guide me. It is very sensitive aspect of my life."

## **Sri Sadguru Sivapremanandaji -**

“It is very true. Many times, especially in India you know, it is like that. In abroad they will treat very well – if you are toxic, they will say you go away, bye, bye! In India, we are still afraid. And especially if you are in joint family no, it is terrible!

Even if that uncle did something wrong, you have to hide it! There are cases where so many childrens are abused by their own family members... All this is there. Many times parents are with different mentality and child is also with very different mentality. But you need to know that all these relations are karmic! Please understand... All these relationships are karmic and until and unless this karma is not resolved, you cannot have this harmonious relationship between you and your parents.

It is very difficult. I am not just talking about the normal person, I am talking about many Masters and many Yogis also! You see that? When the Yogi left the home and went and meditated, do you think that when he becomes famous the parents will be liking him? No! They will tell - “...what is this guy, he left everything and became a Sanyasi!”

But he is the Guru and savior for many peoples! But his parents don't respect him. This is karma, see how it plays! So, you should be very careful with your parents. Because, if you don't forgive, of course there is always some limit to which you can forgive also... But first if I give some space for my parents or anyone – even my partner, my childrens, my friend. And afterwards, I have to take action. I have to resist, otherwise I cannot survive.

If I don't stand for myself then this means that I am not following the lesson of Self-Care and Self-Acceptance. And these type of parents will come – I have told you many times that – sometimes parents or childrens or husband or wife are enemies from past life! You don't know!

Sometimes you are an enemy for yourself! Your ego is your enemy. I am telling you, the biggest enemy is not outside! It is within you... It will say - “...don't meditate... you are not good... you are powerless...” You know, all these doubts that arise, who it is that is doing all of this? It is us only!

Self-talk, who is doing? It is ourselves only. It is that ego, that image, which is shown to you always - “...you are a body, you are a mind, you are this person, you are a boy, you are a woman, you are Indian, you are this, this is you, this is you...!” It has to keep on telling you this again and again. And it does a lot of hardwork, you know? Yes or no? So much hardwork it does!

Why it does great hardwork? Because if it gives one second gap, and in that one second you get

Self-Realized, then what will happen? You see that? It is at so much risk and is under high pressure stress as it is afraid that you will get Self-Realized – your ego!

One second if ego leaves gap no, this person will get Mother Darshana and may get Self-Realized... No! Ha ha ha... See, how ego is working day and night! Even in dreams it is working, yes or no? This is illusion. This is the Maya! This is the play, that is going on...

So, your parents, your family and all are secondary. Inside is there no – that judgment system is the primary enemy. So, give some space to your parents and with respect, with grace, and whatever that is not in harmony you communicate that to your parents. Communication is very important, I am telling you! Whether they listen, appreciate or not, you have to communicate again and again!

And again you have to pray to Divine Mother also - ***“Please give good thoughts to my parents...”*** You see that.

***Like how we pray for our childrens, you have to also pray for your parents! And ask Mother to bring the harmony.***

And if it is too toxic, it is better to separate from them and you live in some other place. I am telling you! Sometimes, it is too suffocating! And you cannot accept it. So you have to care for yourself. Because real father is not on the outside, real mother is not on the outside, I am telling you. Where is the real father and mother? Who is the real father and mother? It is Shiva-Shakti, your soul is the real father and mother!

Your soul is the real father and the real mother that has brought on the outside all these physical beings to help you – to make you learn, educate and make you free, to liberate you! So, these are all the things that are there -

***1. It is Karmic – so I need to work out on this more, I need to do more Srividhya Sadhana on this, I need to mediate more.***

***2. I need to give more space to my toxic parents – and communicate with them whenever there is hurt feeling in me.***

And if you don't communicate, you create inner child! It is always unhappy and it will create problem in your future relationship with your partner! Got this point? You will feel that - “... first my parents didn't give me the attention and now even my partner is not giving me the attention!” You see that?

This will create reaction, chain, karma – you will be stuck in the Chakravayuha and you will have

to come again! So these are all very very tough. Again, be aware, be aware, be aware and workout for your life!”

#### **58. Sadhaka question -**

“Guruji, I have taken Rajamatangi, Bhatuka Bhairava, Bagalamukhi, Maha Varahi in one Deeksha event – all together as one Deeksha. But I have not practiced it. Did I lose the charge? Do I need to take the Deeksha again?”

**Sri Sadguru Sivapremanandaji -**

“No.

***Whenever I give the Deeksha, I seed these mantras, these vibrations at the soul level. Whether you practice in this life or next life, this energy will be there with you forever!***

That you need to understand.

Just make a prayer to Divine Mother and start the Sadhana. That’s what I tell to many people – many people want to take Deeksha for 2,3 times. They tell me – “Guruji, I have done the Srividhya, now I want Deeksha from You online also!” They want Deeksha multiple times and all, because they had left the Sadhana due to their life circumstances, fear is also there now a days...”

#### **59. Sadhaka question -**

“Guruji, I want to ask if we can practice the mantra by revisiting Guruji video but I had missed the initiation. Will the mantra work? For example if I had missed a doubt clearing session where Guruji had initiated a mantra, but due to time difference I saw the video later. Can I still receive the full benefit of the mantra?”

**Sri Sadguru Sivapremanandaji -**

“Usually if you are there during the initiation then it is really good. It is really good to get initiated at that time when I am initiating in the face-face event or live video. But after initiation if you attend, then what you are telling is - “... I am not ready... I am not giving my time...”

So you will not receive that mantra so effectively.

***So always whenever mantra Deeksha is there, you should be present. That is your respect, love towards Divine.***

But instead of that you want to sleep and afterwards when you play the video you want to receive means, to whom are you giving your attention? Are you are giving attention to your ego or to Divine? You need to think about this yourself – to whom you are giving your attention, or are you telling that Divine is second and all other things in my life are first?

In that case you receive only that much benefit.

***It is always that – how much I value, how much I respect, that much I accept, that much I manifest in my life!***

If I don't give value to mantra, then mantra don't give any benefit to you. Mechanically doing it is of no use."

**60. Sadhaka question -**

"Guruji, is it possible to achieve Realization in this life through Srividhya Sadhana?"

**Sri Sadguru Sivapremanandaji -**

"Yes. It is 100% possible – with right Guru Prampara, with right guidance, with right Sadhana and your involvement is also needed.

***50% is from our side and 50% is your side. It is a win-win situation!***

We are ready, are you ready? You are saying – "I am ready, are you ready?"

Its like this -

***Thirumoolar ji is ready!***

***Lalitambika is ready!***

***Are you ready is the only question! Okay?***

That's how it is. But it is smooth and slow process. I told you no, if I give Realization and if you have not learned the lessons yet, then what happens? Your life will not be smooth. You will have depression again and all issues will start."

**61. Sadhaka question -**

"Guruji, when I perform the circle of chakra points with mantra for the 3 cycles, should I touch each point? If so, how?"

**Sri Sadguru Sivapremanandaji -**

“You can use your fingers and touch the chakra points. Okay? Where it is possible you touch it, and where it is not possible, like at the back, you use your shoulder blade and push and make some movement that will make that part active and your attention can go there. You can do like that.”

**62. Sadhaka question -**

“Guruji, can you clarify how and when the Sadhana should use Siddha mind power to manifest the desire?”

**Sri Sadguru Sivapremanandaji -**

“You can use Siddha mind power from Day – 1! The moment you start Srividhya Sadhana, from Day -1 you can start your manifestation. Because there is no eligibility for Siddha mind power. You can start it with whatever level you are in.”

**63. Sadhaka question -**

“Guruji, am I eligible to receive the Deeksha for the Annapoorna Kamadhenu mantra?”

**Sri Sadguru Sivapremanandaji -**

“If you have attended today’s session, you are eligible for this. So that’s what we have given no, that anyone can attend and take this. Anyone can do the Sadhana, you are eligible. If you have attended today’s session, you can chant it.”

**Sri Sadguru Sivapremanandaji -**

“See, Kamdhenu, Annapoorneshwari mantra is very powerful mantra. Actually it is the mantra for manifestation. Like how we have Rajamatangi mantra, it is like that type of mantra. I have not explained the mantra no? Ya, I will explain the mantra...”

It is very very powerful, I will explain why it is so powerful. And also we have one temple in Bengaluru, it is a very powerful temple of Annapoorneshwari, you can visit that temple. It is one home where one lady has a small moorthi of Annapoorneshwari. You can visit that temple and get the blessings of Annapoorneshwari also.

So you know that, whenever we do the Anna dana, the prosperity is more. If you go to Kallur Mookambika temple, they will ask you about what is the problem. Say you have money problem. They will ask you to do the Anna dana. If you have any negativity problem, they will

ask you to do the Chandi homa.

So like this, Annapoorneshwari is very powerful Goddess – it is Lalitambika in the form of Lakshmi – abundance, fertility and all. Even She is very good for childless couples. Okay? I will explain that.”

#### **64. Sadhaka question -**

“Guruji my question is, what is the mantra to use to energize the food, medicine, or even at work? Does Panchadashi mantra work effectively for Earth plane manifestation?”

#### **Sri Sadguru Sivapremanandaji -**

“Yes. Panchadashi mantra is very very powerful. It has all the dimensions energy actually. Panchadashi mantra is not a one dimension mantra, it is a 16 dimension mantra. So you need to understand that it works in all dimensions!

So you can use Panchadashi mantra it will work, or you can use Annapoorneshwari mantra that was given today. It is very powerful and it will work. You can use Thirumoolar ji’s Siva mantra. It is very powerful and it will work. You can use Srividhya Level -1 Bhuvaneshwari mantra, it is also very powerful and it will work.

You can use all these mantras to energize the food.”

#### **65. Sadhaka question -**

“Is ह्रीं (Hreem) and ह्र्लीं (Hlreem) mantra same? I requested an astrologer and he suggested to me to chant Hreem to overcome unstable feelings, habits in my life. Since you blessed Ma Bagalamukhi mantra, instead of Hreem can I chant Hlreem and get the same benefits in life?”

#### **Sri Sadguru Sivapremanandaji -**

“Yes. Hleem is advanced level of Hreem meditation.

What is Hreem?

ह्रीं = ह + र + ई + म

Hreem = Ha + Ra + E + Ma

ह (Ha) is Shiva

र (Ra) is Agni

ई (E) is Shakti

So it is a Shiva-Shakti mantra and it the oneness of this with Bindu (म). So it is Shiva-Shakti mantra that we use in Panchadashi mantra also, do you remember?

It comes in Vakbhavakoota where it ends with ह्रीं and in the other Kootas also it ends with ह्रीं.

ह्रीं is the oneness of Shiva-Shakti mantra and also Bhuvaneshwari mantra.

But in Bagalamukhi, we add one more letter, one more seed sound and that is ल (La).

ल (La) is Pruthuvi Bheeja mantra. Okay? It will make Sthambana of all negativity – that negativity is nothing but your mind. To Sthambana of mind, have concentration, and manifest stillness, abundance and all of that. Okay?

So when I add ल to ह्रीं, it is going to be ह्रीं (Hlireem).

So even if you chant Hlireem also, you get the benefit of Hreem plus better benefit to overcome enemies and your mind, and manifest your desire.

So Hlireem is sufficient for you and you can drop Hreem and start Hlireem.”

#### **66. Sadhaka question -**

“Sir I am practicing Varahi Sadhana, Srividhya and all other Sadhana. My daily routine is from morning 4:00 – 5:00 AM Srividhya Level 1 – 7 and at night Varahi Sadhana at 11:00 PM. I am facing health issues like breathlessness, acidity, cataract in my left eye, glaucoma. Kindly suggest what Sadhana I have to follow to get rid of all the health issues that I am facing.”

#### **Sri Sadguru Sivapremanandaji -**

“You see that? Many times we do all the Sadhanas, but effect is not there. What you people think about this, why is this happening?

Student is doing all the Sadhanas and from 2-3 years. But health is not manifesting, money is not manifesting, okay? Student is unable to reap the benefit of the mantra. Why is it like this?

It could be because of not doing Swadhayaya...

Or acceptance is not there yet...

Or surrenderance is not yet happened fully to Divine...

Other one is karma also, I am telling you. Many times that person's karma is so sticky, even though he/she is doing Sadhana for 2,3,4 years, still no solution will come. Its because that person's karma is so high!

Or that person is under the influence of some negativity... I have seen, that negativity gets removed and again that person gets it back. Once again you remove it, and once again that person gets that negativity back! You clear the garbage, and next day another person puts one more garbage to this person! Negativity problems are there, you know that...

I have seen that many people when they have enemies and that person clears his/her karmas, but those enemies will add up more karmas for him/her. This happens again and again for that person. But again, this also happens due to karma only! Okay?

So I suggest you to continue your Sadhana. Don't leave your Sadhana. It maybe that the very next day or next time itself your problems will get solved.

And you are telling that you are having acidity, breathlessness – so I am also asking you, are you having a food diet? You see that? If you are a Businessman, and you take 10 times coffee and then you wonder why acidity is happening, Panchadashi mantra is going on...?

Varahi mantra is going on... but I am having 10 times coffee also! And I am wondering why acidity has come to me? Got this point?

At all levels of existence, at Physical level, try to avoid tea, coffee and all. This is influencing your health. Go for organic food. Go for vegetable juice, fruit juice. This will be very helpful for you.

***See sometimes, we don't follow the Health laws. We follow only the Spiritual laws.*** We believe more in mantra than in fruit. Sometimes I see that fruit does the miracle than mantra! I am telling you the truth! I have seen these things...! One Hibiscus flower can do the miracle that one lakh mantra cannot do it, for acidity and all of that! I have seen all those...

Means, that's why the Siddhas never neglected the branch of Ayurveda! They never neglected the herbs! You see that? They developed it and to show the importance of the herbs they made a story also for this – where for Lakshmana, herb is needed. Rama cannot heal, Agasthya muni cannot heal, Vashistha muni cannot heal, even Anjaniputra Hanuman cannot heal Him!

They have to go and get the Sanjeevani and only then Lakshmana can get healed. Means who is more powerful here? Herbs are very powerful.

So what they are telling is that -

***Divine manifests in different Consciousness, in different energies, in different vibrations and in different things! I need to respect every entity, every plant, every object of this Earth!***

***You don't know in what, what vibration of Shiva-Shakti is there...!***

It is very important to understand this. One flower I am telling you, it is such a miraculous gift and that's what our Siddhas have found out what is flower, what is stick, how it is, what is Navadanya, you see that? All these things are very important...!

When you offer milk, automatically moon energy will come down. If you have moon negative energy, how to bring that in balance? If you chant the mantra of moon what happens? That moon energy will increase. But if you donate the moon vibration outside, then what happens to your moon? Moon energy gets balanced.

I buy something, I buy milk which has the vibration of the moon. And I donate milk to people. Then what happens to my moon energy? It gets balanced! Even a mantra cannot do this. But milk has the power to do this.

That is what charity is so important. Why they say offer one blanket? You cannot believe, in Sharabeshwara temple, when court cases are going on, they will ask you to offer 108 blankets to poor and your court cases will get solved. Many miracles have happened because of this. Means that there is some give and take balance and that Tatva is there in those things. Is it clear?

So all these things are there, very very complicated, so you have to take care of your food diet.

What I am telling you is, the essence of the answer is – ***don't neglect your food diet. Food is very important!***

***That's what our Siddhas say – "Food is thy medicine!"***

They didn't say mantra is thy medicine. Did they say that? Did they say that yantra is thy medicine? They have said that food is thy medicine!

They did not say mantra, yantra is thy medicine because they know that ***this Annamaya Sharira is made up of the Pancha Mahabhootas of the food particles that can be overcome with the same vibration!***

So the food is very important! I have seen people, who have 10 – 20 diseases, just with fruit juice, fasting, and having some vegetable soup or juice, they were able to overcome those diseases! These are all very important!

So, I request you to please also focus on health diet, and continue doing your Sadhana, don't be discouraged, because maybe tomorrow only your problems will get solved. You may never know...

This is also the problem in many peoples you know, they come and do the Sadhana here for 3-5 years. The moment they are getting the blessing, they go to some other Sadhana. They get the mantra Deeksha there. They chant the mantra and because their karmas got resolved suddenly, their problems get solved! And they think that it is only because of that Guru that all their problems got solved! But here I have put my effort, I have put hammer – 3 years of training, Global meditation, group meditation and everything! And after 3 years they go to some place else and they chant and their problems suddenly got solved and they think - "...huh! That Srividhya did not work, only this Srividhya works for me!" The planetary changes and all, so many things are there...

That's what in Siddha Parampara it is there, they tell you to hold one path, hold one Master, meditate on what you learned from that one Master, develop yourself, learn the lessons of life, do the Swadhayaya, burn your karmas, and liberate yourself!

All these things are there."

## **Annapoorneshwari Mantra**

The mantra is -

॥ ॐ ह्रीं श्रीम् क्लीं नमो भगवति अन्नपूर्णे  
ममाभिलाषितम् अन्नम् देहि स्वाहा ॥

|| Om Hreem Shreem Kleem Namō Bhagavati Annapoorne  
Mamaabhishtitam Annam Dehi Swaha ||

The first seed is very very powerful – ॐ ह्रीं श्रीम् क्लीं (**Om Hreem Shreem Kleem**) - these are the seeds, Bheejamantra, codes to connect with Divine Mother Annapoorneshwari.

Then what we call Her? नमो भगवति अन्नपूर्णे (**Namo Bhagavati Annapoorne**) - Amma, you are the greatest God! I bow down to You!

Then what I do? In mantra I request Her, ममाभिलाषितम् (**Mamaabhilashitam**) - you see that? मम (**mama**) means my. अभिलाषित (**abhilashita**) means my wishes, my desires. Please fulfill my desires Mother!

अन्नम् (**annam**) means my desired food. Annam here is not just rice, please understand. Annam here means your fulfillment. Annam is for your physical fulfillment. When you are hungry, if I give you mantra, are you fulfilled? Will mantra fulfill your hunger? Anna only is needed! Mantra don't fulfill your hunger...

So like this, अन्नम् देहि स्वाहा (**annam dehi swaha**) – physical fulfillment is there, energy fulfillment is there, mind fulfillment is there, soul fulfillment is there. And very important is, we call Her अन्नपूर्णे (**Annapoorne**).

If you see Sadguru Adi Shankaracharya, He wrote Annapoorna Strotra and at last He explains -

|| Annapoorne Sadapoorne Shankara Prana Vallabhe

Gyanam Viragyam Siddyartham Dehi Cha Parvati ||

So what He is saying is “**Annapoorne Sadapoorne**” – you see that, it is very important. पूर्णे (**Poorne**) no God has got this name! Please understand... If you go to the Annapoorna Upanishads, this mantra He chants. The Yogi, the Rishi says that if you chant this mantra, not only your physical desires get fulfilled, but also your spiritual desires are fulfilled!

So we have made Her as the Adidevata for Kashi! What is the importance of Kashi, Varanasi? What is it? It is for Liberation, Muktidhama it is! Where, even if you don't do anything, you take pilgrimage to Kashi, you will get Mukthi!

So what it means, Divine Mother Lalitambika, is sitting in Kashi in the form of Annapoorneshwari to fulfill your desires and give Liberation to you! Is it clear to you? It is Her mantra that we are chanting.

And in which dimension is Divine Mother Annapoorneshwari sitting? She is sitting in the Earth dimension, 3<sup>rd</sup> dimension! So She can help you to fulfill your desire.

So in Srividhya tantras, they call this mantra as Kamadhenu mantra which brings prosperity, abundance, and She works as Mahabhairavi so She is the protection giver. Who is protecting Kashi? Who is the Kothwal there?

It is Kalabhairava. Who is the main deity of Kashi? It is Kashi Vishwanatha. Who is the power of

Kashi Vishwanatha? It is Divine Mother Annapoorneshwari.

So don't you think when you worship Annapoorneshwari, His Parivara Devata Kalabhairava will come and protect you? Yes, He will come and protect you! He will fulfill your desires. And very important, you see that, Mukthi means it is the same for your pitrus also! It is not only for you.

Whatever soul is in the 3<sup>rd</sup> dimension that wants Mukthi, Liberation, this energy holds that power and promise to fulfill that desire for Mukthi and Liberation. So we call Her as **"Poorne"**, which means **"complete"**.

And what else we call Her - **"Sadapoorne"**, which means that She is that eternal, immortal Consciousness Who fulfills the physical desires, mental desires and Who also gives Liberation.

So this is the mantra. The mantra is for fulfillment of your desires. And it is a very good mantra if you are in food business like you have a hotel, grocery shop, distributing any food materials, or you have agriculture land and you are farming in your land.

You see earlier, people how they used to do is first whatever they used to grow in their land, they used to make one mala of that and offer that to Mother! The first yield of the crops used to be offered to Mother.

You see in Banashankari, what Puja they do? They offer a garland of all fruits, decorate Her with all fruits, why it is done in this way? Its because they want to first please Divine Mother! Mother, everything is given by You only, so please accept our first harvest... When You are pleased, then everything will be good – Pancha Mahabhootas are going to get pleased or not? So harmony will come, navagraha harmony will come, fertility will come and things will be taken care!

See how much intelligent, scientific thing has been imbibed to our ancestors! Even the farmer knows how to please Divine Mother! Normal person knows how to please Divine Mother and also get the work done from Divine! He is the best tantric! We are not actually... We don't know how to please Divine Mother to be frank, that is the problem...

That is why we are not getting siddhis... If you don't please Mother, there is no siddhis... That is how you know, Ramakrishna Paramahansa, His duty was – how to please His Divine Mother Kali today? It was not about how many mantra japa to do, how many chakra meditation to do, how many times to do fasting, how many Pranayama to do, no...!

What He was thinking you know? He was thinking – **"How can I please my Divine Mother today? How can I make Her happy?"** When She is happy no, at that time He used to ask Her –

“Mother please, bless my students...! He is going through so many problems... I am your child no, and he is my child, so how can You leave my child?”

So Mother has to come, there is no way! Mother has to dissolve whatever may be the sticky karmas also, whatever it may be! She used to think – **“Oh my God this Ramakrishna, making me to do all of this...!”** I am telling you, these are the secrets that have been used by many Masters and I am also still using, it works miraculously!

When you know that you cannot dissolve the karmas with mantra, yantra, tantra, you have to bring Divine Kali, Her energy, to solve! Until that, you cannot do anything! Its very difficult!

So this is the tantric way, to please Her, to do all of that. So this Annapoorneshwari mantra is a very powerful mantra. Do it. Because in Srividhya Parampara, She is the Angadevata of Lalitambika.

First one is Ashwaroda, then Annapoorneshwari, then Bala, then Lalitambika. These are the Angadevatas – which means that they are the part and parcel of Lalitambika. But I don’t give all the mantras because Panchadashi mantra takes care of everything. So that’s why I don’t give. Because many people ask why I am not giving those mantras...?

I am ready to give. In the future group meditations I will give all the mantras! But are you ready to do all of these...? Right, its very difficult. Doing one hour of meditation everyday is by itself challenging. And in that also, our love and devotion must be there. When are we going to merge with Mother? If our focus is on this, this, this... and simply mechanically only if we do then its of no use.

And the -

**|| Hasom Sohum Sivakameshwari ||**

is a very very powerful mantra, I am telling you. I personally received this mantra from Divine Mother and it is very very powerful mantra! You can give this mantra to anyone who needs help. Okay? All these mantras are very powerful mantras that will connect you to Divine, bring the solution, lift you, heal and solve the problems. Okay?

Any other questions? Shall we finish the session? Thank you.

Shall we offer gratitude for 2 min?

## **Conclusion**

Divine Mother Lalitambika, Rajarajeshwari, Mahatripurasundari,

Sadguru Tirumular ji, Lord Shiva, Nandi Devar, Divine Mother Sivakami Om Anandi,

All the Khadagamala Yoginis, Archangels, Angels, and all the Divine Masters,

Siddhas, Rishis, and all the Divine forces of light and love,

We are all thankful to You for all the Knowledge, all the healing, all the blessings. Protect us always, guide us always, be with us, be as an invisible friend, father, mother, and take care of us.

Thank you very much, Thank you very much, Thank you very much.

Shivohum... Shivohum... Shivohum...

Thank you, thank you very much.

## **Contact Details**

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## About the Author



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

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

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