

A night beach scene with a large full moon, palm trees, and waves. The moon is a bright, glowing orb in the dark sky, casting a shimmering path of light across the water. The waves are breaking gently on the sandy beach. The palm trees are silhouetted against the moon and the dark sky. The overall mood is serene and peaceful.

SIVOHAM

Guru Purnima 2018



||Om Mulanji Guruve Namaha Om||



Srividya Sadhana

I AM.

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Mulavarg Siddha Guru Parampara



Sri Nandi Devar



Sri Sivakami
Om Anandi



Sri Sivapremanandaji



Sri Sadguru Thirumoolarji

Mulavarg Invocation :

Shivam Sharam Jaya Jaya | Nandi Sharanam Jaya Jaya | Mulanji Sharanam Jaya Jaya | Sivakami Sharanam Jaya Ja



Lord Siva

Sri Nandi Devar

Sri Mahasiddha Thirumoolarji

Sri Sivakami Om Anandi

Sri Sadhguru Sivapremanandaji

Guru Parampara Invocation

Shivam Sharanam Jaya Jaya

Nandi Sharanam Jaya Jaya

Mulanji Sharanam Jaya Jaya

Sivakami Sharanam Jaya Jaya

Nandi Devar

During samudra manthana our Nandi bhagwan, Nandi devar took the form of Nandi. Nandi drank all the poison that fell on the earth. Everybody were frightened and Siva assured everybody by stating that “Nandi is my vahana and my complete energy is in him”. This is why cows take negativity very fast and digest it without any problem. When we pray to this master we directly connect to Lord Siva. His contribution are in the field of Kayakalpa, Medicine, Tantra, Yoga, every field he has done contribution. Even Sri Thirumoolarji has not done so much writing than Sri Nandidevar.

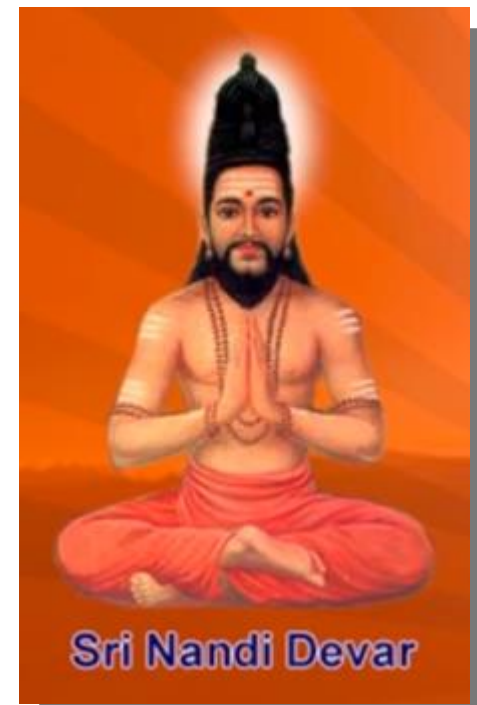
When we pray to this master we directly connect to Lord Siva, this is very powerful.

Only few details we can give about Sri Nandidevar at physical level, they are of no use. All details about these Siddhas in physical plane is of no use

What is important is when I connect to this Siddha What Happens to ME??

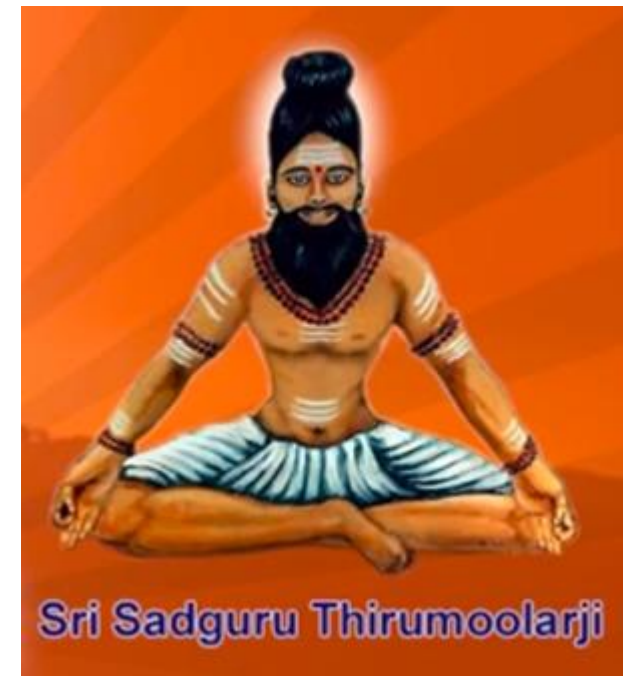
I am in this position, what I can get, how I can lift – this is the real question. Sri Nandi Devar is next to Lord Siva in our Siddha Parampara, he is a great master. His Samadhi is in Varanasi, however there is a controversy that Samadhi is somewhere else.

Don't worry about Siddha Samadhi, they will come where you are!!



Sri Maha Siddha Thirumoolarji

When you worship Nandi or Mulanji, Siva anugraha (grace) is very fast. Siva comes very fast than anything else. When we do Thirumoolarji Siva mantra, you see that results are very fast. One starts going into Thuriya avastha(a top state of body-less awareness) very quickly. Master can also take you to Siva, mother also take you to Siva. Its important to understand what mantra we chant, what divine energy we invoke. Masters help us in realizing the truth. Mentally they free us from all the restrictions. It is Thirumoolarji's promise to take us to the ultimate realization of truth consciousness.



Siddhas have not just attained the state of Aham Brahmasmi, Sivohum but manifested them at body and soul. Thirumoolarji meditated for thousands of years. Siddhas are manifesting that tatva at physical, mind, astral level.

By Holding the feet of Ista & surrendering and worshipping only to that Ista devata, 90% job is done. When I started holding the Feet of Sri Thirumoolarji my 90% of the Job is DONE. It was very difficult in the beginning, I had Ganapathi Mantra, Saraswati Mantra, Siva Mantra, Durga Mantra, Mahalakshmi Mantra. So big list for me before I reached the Feet of Sri Thirumoolarji. Once I reached Sri Thirumoolarji feet, all the mantras dropped, not even Siva or Shakti also. Only,

|| THIRUMOOLAR JI, THIRUMOOLAR JI, THIRUMOOLAR JI ||

Then his grace started coming, his knowledge started coming & later whatever siddhis he has started flowing. He has done tapasya for many many millions of years, if all of this is coming, which you cannot do it for yourself, ***how many times you need to die and be born again*** & how many times you need to Anustana. Just held the name of Sri Thirumoolarji & his feet, everything started flowing with the grace of Sivakami. Such a clarity in path, such a certainty in the spiritual path, such a focus in this path, all hurdles gone, 90% of the job is done.

Sri Thirumoolarji will come where you are, he is very very clear, I am cosmic consciousness, I will be there wherever you are!!

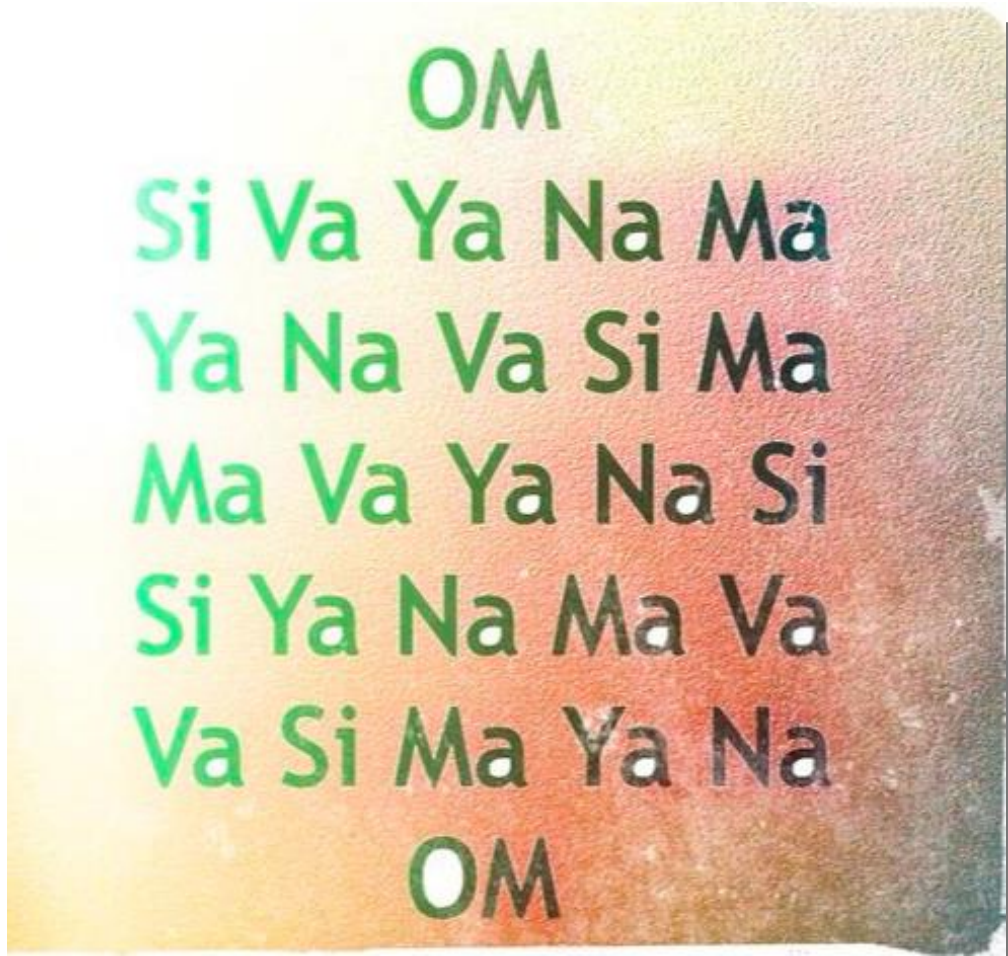
Sri Thirumoolar Siva Mantra/ 51 Letter Mantra

Just chanting 51 letter mantra itself is a Highest Kundalini Kriya Yoga. Because everything is done by Thirumoolarji, this is Guru based technique, where you accept and surrender to Thirumoolarji, he is the one who is going to do all the things.

Your Self Realization will be his target and not your target!

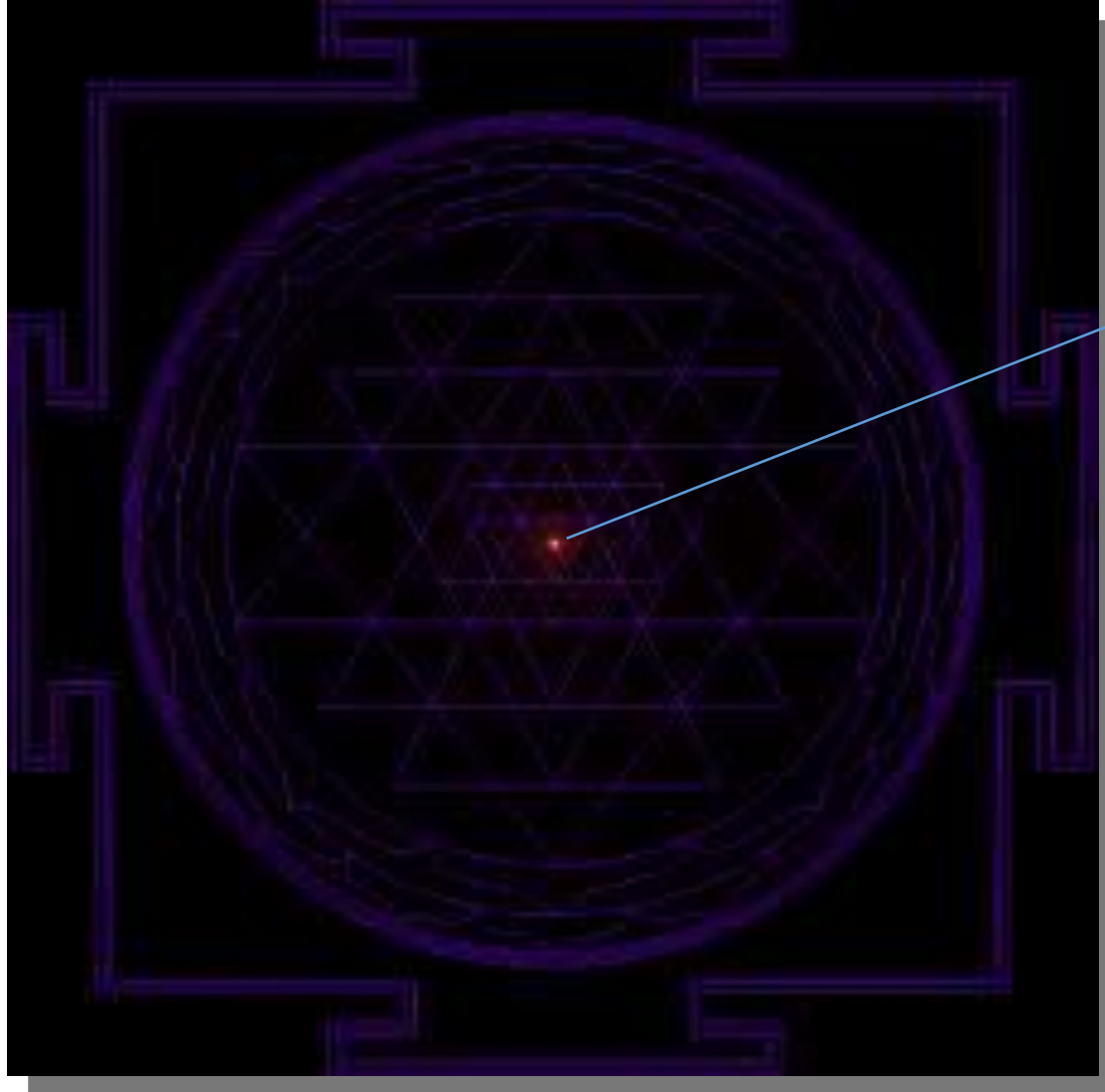
Here Sri Sadhguru Thirumoolarji has ***promised, whoever chants the 51 Syllable mantra he will directly take care of them,*** even if they are not initiated into Srividya. ***Even if they are not srividya sadhaks you can tell them to chant this mantra,*** it can be given to your family members, and you can help them.

This mantra gives spontaneous meditation experience, sahaja yoga – you will reach normal state of Soul Consciousness, thoughtless awareness, body less consciousness, you will go to meditative state when you chant 51 letter mantra.



Chanting 51 letter mantra itself is a Highest Kundalini Kriya Yoga

Thirumoolarji Siva Mantra



This mantra is heart of my being, you can chant anywhere and everywhere.





*When you accept and surrender to Mulanji, Your
Self-Realization will be his target not your target!*

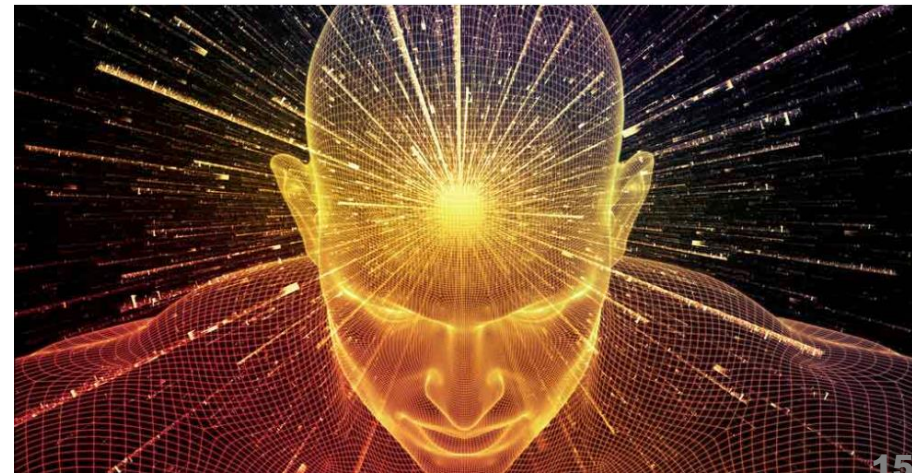
Choosing the Guru

There is so much information available and one chooses or discards based on the power discrimination that one possesses. You choose using your belief system. ***If you choose with your belief system, are you growing?*** If you choose a Guru, both are of the same type and same level due to universal law of vibration. Both will not grow. If Guru chooses, it means there is a growth. Compare the level you are at and the level of Guru. Path is undoubtedly a progressive path



Science behind Mantra

Mantras are nothing but the highest divine light. Those waves are held in a vibration and given to us as mantra. So it is a sound technology packed with divine energy, light energy that works miraculously. In Srividya sadhana, the mantras are soma producing mantras. They give a lot of good useful, blissful energy than any other mantras.



Real Spiritual Knowledge

- Before this Body WHO AM I ?
- In this Body WHO AM I ?
- After this Body WHO AM I ?

If you know this you are really Liberated, not Mantra, Yantra and Tantra!

My identity is I AM PURE AWARENESS (Truth Consciousness) **Before** this body, **In** this body and **After** this body.

Then it is Jiva Mukthi - Liberation while being in the body.

Si + Va = Manifested + Unmanifested

Meaning of Panchadasi Mantra

Ka E I La Hreem

Remove Ignorance

Ha Sa Ka Ha La Hreem

Give me Self Realization

Sa Ka La Hreem

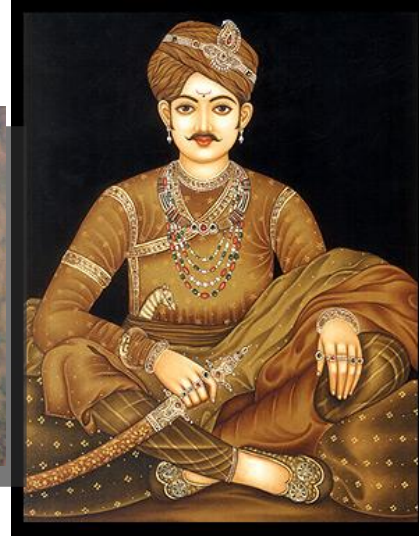
Help me experience everything is I AM

WHO AM I



Before the Body

WHO AM I



In the Body

WHO AM I



After the Body

This is real spiritual knowledge not mantra, yantra and tantra, if you really know this then you are liberated!

From childhood till now you are in the understanding that I am body & I am Mind.

Now you say Divine Mother, after self realization you will say Bhavanitwam, Dattathoham

This is Vedanta (End of Veda) & Siddhanta (Ultimate Experience of what Siddhas have experienced)

Samadhi Siddi you will experience the truth oneness with complete existence. This is the ultimate teaching of Srividya Sadhana.



To receive that ULTIMATE KNOWLEDGE you need to raise your vibration

According to your level of Consciousness, Guru/ Master need to take you to higher level.

Not just chanting mantra & worshipping Sriyantra - go beyond- to know that

YOU ARE EVERYWHERE - YOU ARE THE ONLY EXISTENCE

Please understand I am not telling all are existed, ***YOU ONLY EXISTED!***

YOU ONLY EXISTED AS CONSCIOUSNESS AND AWARENESS

*Until you realize **You Only Existed** this drama will be going on.....*

Advaita

- **In Bhagavad Gita**

What is the mantra given by Lord Krishna in Bhagavad Gita? He gives, you meditate on me by chanting "Om Tat Sat"

So the question is who me? Vishnu says, you meditate on me.

Krishna is not a body or mind, but beyond. He is pure consciousness. He is asking "meditate on me" means, on whom am I meditating. I am meditating on the Consciousness/awareness and chanting mantra. I am not holding any object. I am focusing on my own soul, on my own awareness, consciousness and chanting "I am that, I am that"

- **From Jesus**

Lord Jesus says "I am the way, I am the life, I am the truth". What it means??

He is hinting very clear that real power is where he is telling "I AM"

So who is "I am"? Not outside, it is inside!

- **Scriptures**

Understanding all the scriptures, *you will realize that the message is to focus on self*. This is possible by Master guidance, others will attain this realization after doing research for 20 years

- **Who AM I?**

I am not the Body and not the Mind, I am Awareness, I am Consciousness, I am never born, never die, I am unborn consciousness, I am Niranjana, Nirguna, Nirakara, Chidananda rupa Sivhoham

I am pure awareness (Truth Consciousness) Before this body, In this body & After this body

- **What I can offer?**

Only my ignorance I can offer, I don't have anything else to offer, this body is given, all panchmahabhuthas are given, this world is given, only I have been polluting myself with all these concepts, all the worldly knowledge, that ignorance, false self, I can offer to my Master, to my Divinity, to my Ista, offer at the feet of Sadhguru Thirumoolarji, ask him to Enlighten, Awaken, bring awareness about Truth about yourself.

You are surrendering to your own soul, not anyone else outside of you!

- **Death Experience**

Many people say in last moment chant Rama/ Siva. However at the last moment something different happens, you are asked to vacate your home! Your energy is taken, your breath is withdrawn. You are struggling to hold yourself, leave about chanting the mantra. You don't have focus about other things, it is a terrible experience, if you are not meditating.

If you are meditating, that experience happens during meditation, you will be blessed, nothing will happen, even if I leave this body I AM THERE.

Because I am not this body, not the mind,

I am ***Consciousness,***

I am ***Awareness of this BODY,***

I am ***Awareness of this MIND,***

I am ***Awareness of all that Existent,***

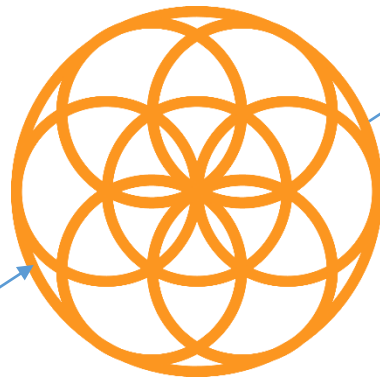
I am ***Here and Now,***

I am ***Sanathana,***
means, I am Forever

I am ***Eternal***



Reject the choice



Surrender and Accept



Realize

- ***Sadhana***

While doing the sadhana we align our body, mind and soul. As we chant mantras, with divine energy we feel body-less awareness.

However, after we come outside in day to day life, if we go to job or family, again we come to the normal state, we need to remember our self. As we practice higher level sadhana, at every moment we have to chant.

Hence nama japa (“Aham Brahmami”, “Sohum”, “Sivohum”) is very important.

Every moment it should be with us.

Every breath we have to say “sohum”, not body, not mind.

Even in the vehicle, you should be aware of vehicle, aware of the body that is holding, aware of all that is happening, aware of the awareness.

“Asangoham”. I am in this but detached.

Asangoham

I am in this Body but detached

I am in this Mind but detached



My identity is I AM PURE AWARENESS (Truth Consciousness) **Before** this body, **In** this body and **After** this body.

- **Goal - Unfolding the Infinite Potential**

Lalitha Mahatripurasundari is life in you and breathing as you..

If you don't have this realization then you do not have the siddhi of Panchadashi mantra.

If you don't accept your power, you will not be able to manifest in your project & you cannot achieve what you want in Life.

My purpose of life is to experience Lalithambika completely.

If you are spiritual what you are telling is -

I do not want to be in the same level of consciousness, I want to climb up. No more in past and future, no more coming back, I want to merge here and now.

In the advaita sadhana - you are as an awareness, worshiping yourself as an awareness with the mantra that is also telling that you are that "I am that.. I am that".

The worshiper, worshiped and the process of worshiping become one in advaita, and you disappear. God disappear. Your worship also disappear.

You will be in such a silent state of knowingness, ***you emerge as Aham Brahmasmi***. This is what we say "unfold your infinite potential". ***This is the true potential, real power.***

- ***Path Srividya – A Siddha path***

Our path is that to become Divine from Human, to become Aham Brahmasmi, to become Lalithambika, Raja Rajeshwari, Maha Tripurasundari. That should be you. That is the ultimate realization of srividya.

To go there I need to raise my vibration, my consciousness.

To raise my consciousness, I need to meditate, I need to do right meditation as provided by Siddhas.

Srividya path is called Siddha path. Siddha means perfected. It is perfected since it is based on the universal laws and teaching of lord Siva and Shakti.

We have to apply and use them. These are the facts.

We have to understand the Universal laws and grow.

Changing the mantra will not help you grow.

Changing yourself with understanding you will grow.

Importance of Meditation

If you give excuses of not doing meditation, it means certainly you have not understood the importance of Meditation.

You are indirectly telling that I am ready to suffer being in this same level of Consciousness.

In this current level of consciousness ***I am not accepting I am real power***, I am just seeking the power outside.

When I am seeking the power outside, very certainly saying that I am powerless.

When you say & accept you are powerless, what you want in your life you cannot achieve. If you cannot achieve what you want you are unfulfilled/ suffering - again and again, coming and going.

If you are not doing the spiritual practice you have not accepted your own Divinity, if you have not accepted your own divinity you lack your own power.

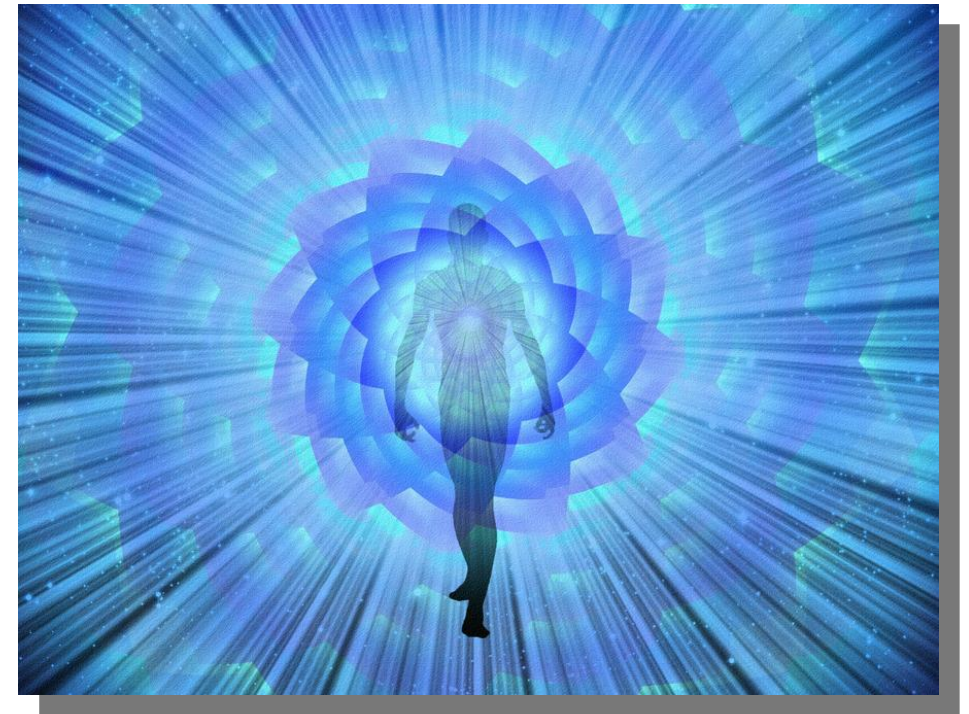
Then you start feeding the lower level of consciousness, powerlessness and the suffering will start.

If you want to end the Suffering - There is ONLY ONE WAY - MEDITATION

How to raise my vibration?

It is only possible through right Meditation as provided by Siddhas.

Sri Thirumoolarji says, Nandi & Siva are within me, breathing as me and doing everything.. Such a oneness, he experienced the Truth. Once you experience you are Lalithambika/ Rajarajeshwari nothing can hold you, things will just flow. Because you are everywhere, I am not kidding this is the TRUTH.



To understand and accept is a Challenge, without the MASTER you dont have the knowledge to accept also.

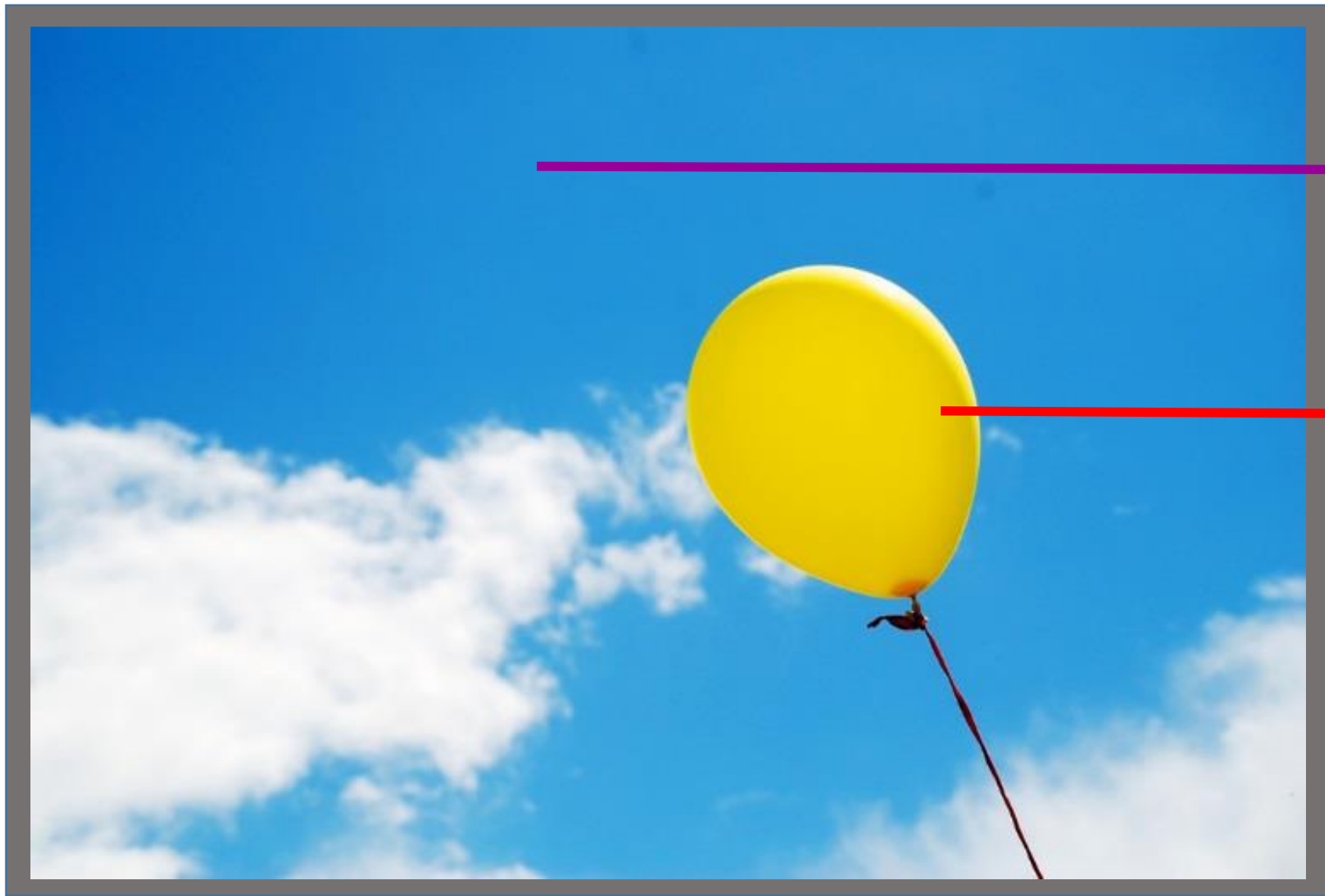
- I am Lalithambika
- I am Rajarajeshwari
- My identity is I AM PURE AWARENESS (Truth Consciousness) **Before** this body, **In** this body and **After** this body
- Sivoham/ So-Ham / Aham Brahmasmi/Om Tat Sat

Om - I am

Tat - That

Sat - Truth Consciousness

First accept the TRUTH, then slowly understanding will happen at different levels of Consciousness



Cosmic Consciousness

Individual Consciousness

Can air in the Balloon be different from the air outside of it??

Its unquestionable, Air is ONE

Qualitatively both the Air is Same, Quantitatively it differs, essence is SAME. Jiva & Siva are same - Shivoham

MIND

- **Mind will control you to be human & not as Divine, be careful**
- Mahamaya – **inside you there is a Culprit, MIND is taking control of YOU**. Leave about other people
- If you say I am a very good person, your own mind will be laughing at you and it will come up with the list, this you have done, that you have done
- But You Need To Accept - **Out Of Situation & Karmic I Have Done**, But **at the Core Level I Need to Accept I Am Siva+Shakti**, I Am Good Person And I Am A Divine Person
- **Accept and vibrate with that**, you will start attracting the same thing outside. So everywhere root cause of all problems is your acceptance of your Divinity. *If you do not accept your Divinity you will not manifest Divinity in Outside World*
- You can understand the mechanics of Mind once you are aware about yourself/ awake state. Then it will be your best friend, once you are aware about the inner mechanics of Mind



Srividya Principles

If you are spiritual what you are telling is -

I do not want to be in the same level of consciousness, I want to climb up. No more in past and future, no more coming back, I want to merge here and now.

For this I suggest – following Srividya Principles :

1. First thing is realization that you need to ***commit to Meditation regularly, no matter what happens*** I need to meditate every day

1. Only when you meditate with commitment ***everyday regularly then it is Srividya Sadhana, otherwise it is not Srividya Sadhana***

1. Learning is different/ attending workshop is different, ***applying the principles*** & meditating regularly is the biggest thing. Then you have accepted that I am ready to change. ***Applying the Universal Laws and principles is Paramount***

1. Self Analysis (Swadyaya) – Awareness about ourselves - beliefs, thoughts, feelings, likes, dislikes about family, about job & about your children

Universal Laws and Principles

The universal laws and principles related to subconscious mind that influences the manifestation of ***Desires***

★ Law of Creation

Inner world creates outer world/ Yat Bhavam Thad Bhavati

Lesson of Love & Acceptance

Grow by changing yourself with understanding

★ Law of Karma

Cause is inside, effect is outside

★ Law of Power of Choice

I have power of Choice, to choose what I want, good v/s bad, right v/s wrong, Meditation v/s suffering, Mukti v/s Rebirth

Choice and Karma/ Freewill & Destiny

Choice is your freewill and Karma is your destiny, means you have done something in your past & current life (which is in alignment) and that has become your karma in this life. So with choice only you have created Karma. Without choice you cannot create Karma.

With Meditation you can burn the Karmas and with Awareness you can learn the Lessons.

When we raise ourselves we can burn karmas and make better choices. It is said you come on this earth with 60% Karma and 40% choice. If you burn 60% of Karma under the guidance of Master then you will have 100% choice, you manifest as you want!



Freedom of Choice & Karma (Destiny)!

★ Universal Law of Energy Replacement

Higher Dimension energy will replace lower dimension energy

★ Time Dimension

Outer world and inner is governed by different time dimension.

For example if you think about your home, can you see it manifest in your mind immediately. Think about a person it will manifest immediately in mind, however in outer world the same process will take time to manifest.

Outside world is 3rd dimension has time element, inner world do not have this time element. Hence time is a very important element in Sadhana

In Kriya yoga, Sri Yoganandaji says one round of Chakra Meditation will burn one Year of Karma.

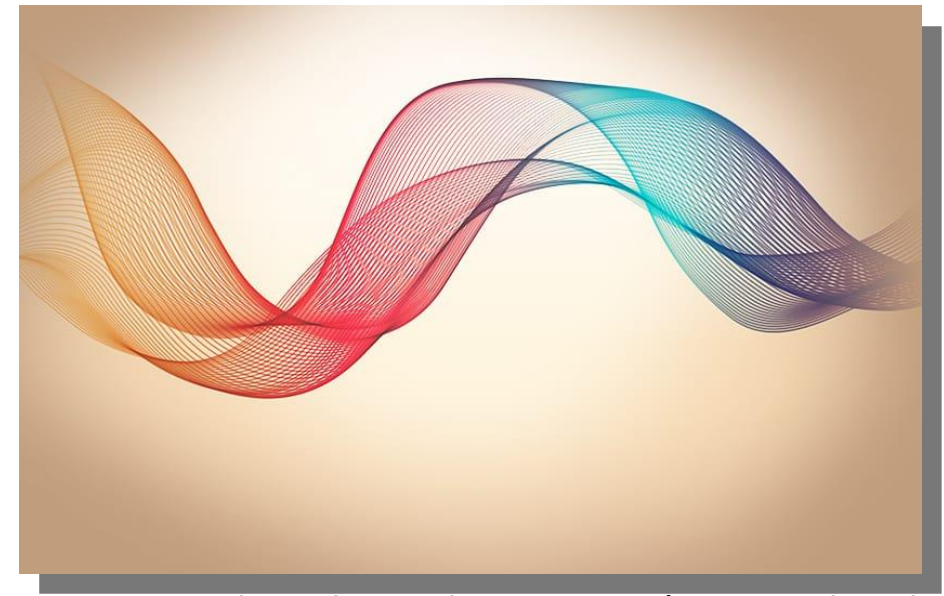
It is very difficult for us to accept it, Astral world rules are different and Physical world rules are different, Astral world it happens, in Physical world it takes time. So best thing is to burn your Karma in your inner world.

★ Universal Law of Success

Body, Mind & Soul – focused on 1 thing, Success will be achieved!

***These are very powerful laws & principles we need to understand & apply in our life.
If you do not understand, accept & apply - you will suffer***

Energy Management :



- Whatever the reason (illness/ travelling) if you are unable to meditate at least you need to chant the mantra (current level you are practising) mentally for 15mins, so that you can charge your soul with that divine vibration to sustain the energy levels
- Whenever you are going to low vibration places like Hospitals – make sure you have the protection shield activated so that there is no energy drain
- Whenever you feel low visualize Rose flower – in all spiritual tradition Rose is used to cleanse yourself. Just see that Rose flower is filling your complete body and as it goes out imagine red color Rose is turned little bit greyish mixed with negative energy. You blow that, you will be surprised you will be back with great energy levels
- Some people will have a feeling that at night some one is pulling my energy and I am stuck and unable to move – chant the mantra, put the protection shield, call Sri Thirumoolarji or put the Rose shield

Energy Management – Contd..

- Whenever you facing negative people at home or workplace have a Intension that between me and that person there is a red rose made up of Divine Mother. Whatever negative is there Rose will absorb, while coming back just blow it, will merge with Divine. You will be surprised it is a simple technique will help you to manage your energies. This is ancient program, even if you look at Ireland/ Hawaii Islands/ India – Vaishnava tradition rose is used to cleanse. This is programmed by Divine Mother itself. This can used to remove any negativity at home as well, if there is problem in one of the corners visualize rose is filling that corner and merging back in sky. This is very powerful technique
- Or you can chant mantra, whenever mantra becomes alive, negativity will stop, will not come near you, Stambana automatically happens, higher level you don't need Rose, Protection shield anything.. Your understanding, your oneness, your realization with that, what awareness comes amazing things will happen. *When you realize that you are the Siva, you are that awareness, not born not died who will harm you, what way he is going to harm you*
- Samadhi is very powerful to protect yourself, it is beyond Pratyangira Mantra, beyond Bagalmukhi Mantra, beyond Kali Mantra, beyond Sarabhewara Mantra, that is the POWER. You need to realise this TRUTH, otherwise you will be afraid. You will be changing the Mantra and God and Goddesses



Energy Management – Contd..

- Srividya Mantras give a lot of good useful, blissful energy than any other mantras. But they are Shakti and if you do it more, your body cannot absorb. With Siva consciousness, automatically it will transfer to Akasha tatva. Mother will merge there. This is the power of Siva. *Whenever you feel heaviness, you chant 51 letter mantra and in 5 minutes you will bring the transformation/energy shift will happen due to Siva mantra.* Now you will be ready to go out.
- Overcome anger, irritability
 - When I drink tea/water, I can have the intention that that my patience should increase. With that intention I ask Divine Siddha Shakti to infuse patience/ calmness in water/ tea the moment I drink my patience/ calmness should grow
- Energize Food with the thought what you want. Food is also astral energy. All the emotions are astral energy. If I put the intention, instead of eating tamoguna, I eat a patience. This is how pancha mahabuta shudhi will happen
- Taking a bath with intention - divine mother this should be like a showering the Ganga and cleansing all my negativity
- Releasing anger by holding water - Go to a bathroom where sink is there. Put on the water and ask divine siddha Shakti that the anger I am holding should flow in the water. Water has the magnetic power. It pulls your astral energy
- Hot water and cold water bath
 - Cold water - cold water has a magnetic energy. Take cold water bath to energize yourself
 - Hot water – Want to remove excess energy - add little bit salt, take warm water bath. Can be used when you are unable to sit/focus in meditation

Awareness/ Observations

Along with Meditation what else we can do to progress faster in Self-Realization/ experience the Truth about ourselves:

30mins we meditate and in waking state what thoughts we entertain what belief I entertain, what feelings I entertain is very important.

Being aware of your waking state of consciousness and being aware during when you are depressed/ low is very very important, when you are depressed if you shift your energy with your understanding and universal laws then what happens is you will be aligning with your meditation.

Otherwise you will become low, whatever you have earned in meditation you will dissolve that energy.

Be aware, it is very important to learn Awareness in spirituality.

Awareness about what, about ourselves – ***Swadyaya – Self Analysis.***

Actually you are a Soul but your understanding is you are Body and Mind – at least be aware of your body & mind.

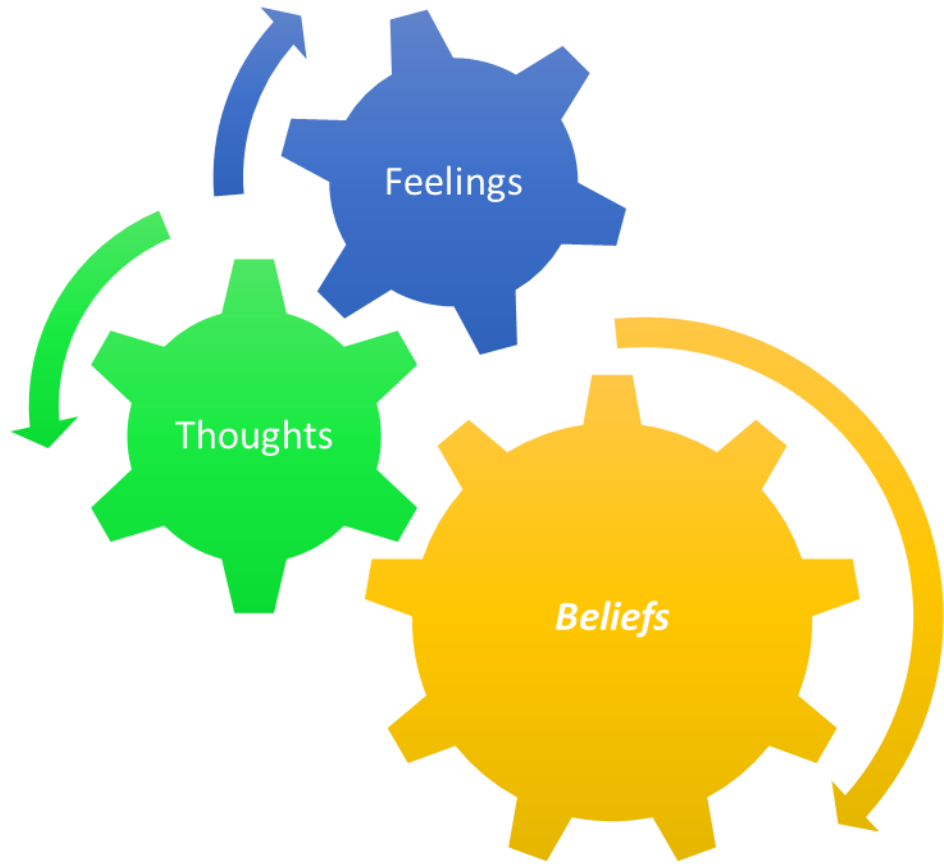
- What are your Thoughts?
- What are your Likes?
- What are your dislikes?
- What are your thoughts about your Family?
- What are your thoughts about your Job?
- What are your thoughts & beliefs about your Children?

Once you are aware about these you will be surprised why I am entertaining these thoughts.

Many times we believe about our own partner, and we will have great problems. Our own job we do not respect we will have negative beliefs. We will have negative beliefs about our own body, we do not like our own body – friction will start in relationships, people will come and start degrading, no matter how much you look good and do good, people will come and degrade you.

Your Negative Thoughts/ Negative Feelings/ Negative Beliefs are very important be aware of them.

Awareness is Fire, the moment you are aware they dissolve automatically. You don't need to do anything!!



Awareness is Fire, the moment you are aware negative thoughts/ feelings/ beliefs dissolve automatically. You don't need to do anything!!

Awareness/ Observations Contd..

When you do the right meditation, then stillness will happen. When stillness happens, then only awareness becomes aware of the awareness. Then you know that you are a God.

Everybody experiences this. It is undoubted that you will be self-realized and God-realized provided you apply the principles taught.

Applying in your waking state of awareness is the question. Are you accepting the power of choice? Are you accepting universal law of cause and effect? Only block is your karma that you have done in your past life. This is the fact that we have to apply, then only we can choose and change, grow and manifest our life.

Have commitment to one path, meditate and see if

Am I feeling peaceful?

My anger has reduced?

Depression has been overcome?

Accept the problem without worrying too much and having confidence that it will be taken care.

These become your qualities as you progress. Whenever you meditate, be aware of thoughts, be aware of inner happening, what you are receiving.

That full complete awareness is very very important.

Regular meditation help you to be aware of your mind, its tricks, its dynamics then you will learn how to control it. Then you know what its qualities are.

Facing challenges and irregularity in Sadhana

Guilty feeling of not able to do meditation is very very bad. Just shift it. Ask sorry and continue the sadhana.

When we start meditating sitting with will power, after some days, all the laziness, and sleepiness disappears. Lower thoughts, feeling, belief, emotions will also be mastered. Mind to survive, will take your attention to wrong place. In the beginning it is difficult, later it becomes your best friend and create what you want.

For Students seeking increase sadhana

Who is a Yogi?

You become a yogi after you devote because there is nothing inside you. You are just flowing, just you know and whatever it is happening is at the will of Siva and you know that you start seeing invisible hands taking care everything that is happening. To become yogi, mental freedom is the first thing required. Mentally you become free from all the restrictions such as what food not to eat? What deity to worship?

Energy Management techniques/ Yogic diet

Along with right meditation practice, try to adopt right diet practice. When your body seeks, you need to take care. It is a lesson of self-care:

Secret behind upavasa

Name suggests upavasa, upa – vasa means a place near to God. That is Upavasa. One has to take attention from outside to inside that is the way of near to God. From rituals one has to go to meditation. From meditation one need to go to the Samadhi. In Samadhi truth is experienced. Krishna never told, not to eat anything. He says, enjoy your food, enjoy your day to day life but only focus your mind on me.

Yogic Diet

- Fruits, Rice, Green gram with Ghee
- Lemon juice/ Hot water with honey in the morning
- Nuts in the morning
- In between if you feel hungry, take some cashews, groundnuts
- Avoid all this acid forming foods like meat, coffee, sugar all atta things, maida
- coconut water or butter milk to reduce excess body heat
- Uttarani seeds or apamarga for reducing hunger (using mobile phones is prohibited)
- Avoid sugar, use jaggery
- Avoid processed salt, use Himalayan salt/ Sendha Namak

- ***Yogic Bath***

White Pepper, coconut oil/ sesame oil - Make little paste of white pepper and apply it on head and spine so that it reduces the heat in the body instantaneously.

- ***Pranayama***

For the students who are facing the issue of excess of body heat produced after sadhana, Shitali Pranayama is also very good. After the sadhana, sit and practice it for 5-10 minutes. This is a powerful pranayama for advanced students where you feel too much energy, warmness, heat that is produced due to your sadhana.

- ***Use of Oil***

Navaratna oil from Baidyanath/ any old companies

Increasing your meditation duration by additions to meditation technique

Guidelines for Meditation – If you want to meditate more:

What we have learnt is each level for 2 months and progressively move to next level every two months. As per Master Guidance following is the course steps:

- Level 1 – 2 months
- Level 2 – 2 Months
- Level 3 – 2 Months
- Level 4 – 2 Months
- Level 5 – 2 Months

The moment you go to level 7 what happens, it will be L1, L2, L3 & L7 directly.

This will take 1year to reach level 7, if not regular it might take 1.5years.

After doing level 7 for 2 to 3 years, if I want to raise my consciousness & I want to absorb more power of this and I want to activate & energize my chakras and my being in a higher level. How I can do it?

In that case what I suggest, increase Level 1 to one more round. For example do the following:

- Level 1 – 2 rounds
- Level 2 – 1 round
- Level 3 – 1 round
- Level 7 – 1 round

Do it for 1 to 3 weeks, and see if you can hold that energy. If yes, then you can raise level 2 to one more round.

- Level 1 – 2 rounds
- Level 2 – 2 rounds
- Level 3 – 1 round
- Level 7 – 1 round

Do it for 2 to 4 weeks.

Then:

- Level 1 – 2 rounds
- Level 2 – 2 rounds
- Level 3 – 2 rounds
- Level 7 – 1 round

Do it for 2 to 4 weeks.

Then:

Why 2 to 4 weeks gaps?

To see if my body can absorb and hold this energy or not.

If you can hold the energy continue to next step, if not stop and continue the current level for 2 more weeks.

You need to stop when you are uncomfortable i.e., too much energy, too much heaviness, too much irritation.

Increase the round and see how Your level is. Each level, maximum you are permitted to increase is 7 rounds i.e.

Level - 1 - 7 rounds,

Level - 2 - 7 rounds,

Level - 3 - 7 rounds,

Level -7 - 7 rounds

If you get bored sitting in meditation, go for a walk, keep on chanting the mantra, come back and sit for meditation. 7 rounds are more than sufficient on this earth for a normal human body to raise your consciousness to beyond sahasrahara. Have a gap of 3-6 hrs in between meditation. Advanced sadhaks can meditate both in the morning and evening. Use Yogic diet, bath and pranayama along with meditation to improve the effectiveness of sadhana.

Maintaining oneness during waking state

Enjoy your day to day life but focus your mind on Siva Shakti during your day to day activities. She is always with you in your consciousness. Even If you see something, maintain the awareness that it is divine, who has manifested as some object or something. You start experience of her in every moment

- ***Balanced path for Householders***

If you do more meditation, you will not be happy in your job world. You start experiencing those negative thoughts negative vibes, negative belief, and negative intentions of other people around you.

Even if you want to smile, but inside in your aura is so strong, it will not allow you to smile also. So it is very difficult to lead a spiritual life in this world. One will have to eat rajo food also. This keeps you happy and you will balance your life. Srividya teachings are for householders.

Managing different Sadhana taught by Sri Sadhguru Siva Premanandaji

Whatever you want to do outside things do first i.e., Archana, Tharpana, Puja, Havan. Then you go for inner meditation

- You can do Havan followed by Srividya Sadhana
- You can do Khadgamala followed by Srividya Sadhana
- You can do DSS followed by Srividya Sadhana
- You can add Soundarya Lahari after Srividya sadhana

The order will be like Rituals, Srichakra Puja/ Khadgamala Archana, DSS, Srividya Sadhana, Soundarya Lahari

If you want to split and do all sadhana morning DSS and Srividya Sadhana and evening Srichakra puja/ Khadgamala archana and Soundarya Lahari or

Morning Srichakra puja/ Khadgamala archana and DSS and evening Srividya Sadhana and Soundarya Lahari

Measurement scale :

1. Kama/ Desires

Your desires & expectation will drop down. Path is from Desire to Desire less:

Why desireless?

Untill you have a seed, you have to come again. If you do not have a desire then there is no need to come back, because there is no karma. ***DNA of karma works with desire.***

As we grow spiritually, our desires should become less, that is the measurement. Though you might have dropped your heart desires, still you are so happy with yourself.

It is not something like a un fulfillment feeling, you would have told, that desire was there, now it is no more needed will drop it happily without any feeling of depression or frustration

2. Krodha/ Anger/ Reactions

If you want to measure your attainment your anger should have dropped, intentionally you are not getting angry, or your anger is not harm someone..

How many times I am angry everyday, has it come down or increased? I am chanting panchadasi mantra still I am old self, after 5 months also I am old self.

In awaking state of consciousness you are not accepting, you are not learning the lesson that is needed for you.



Ask



Kama & Krodha
Desires & Reactions

Kama & Krodha are very powerful forces, on that everything else. It is said, Divine Mother holding Pasha and Ankusha is to kill Kama and Krodha.

Kama and Krodha after Sadhana

As you progress you will be surprised very positive thoughts, positive feelings, respect, love & Harmony, so Happy & centered in yourself.

Somebody comes and scold you, you are not all bothered. You are so Happy.

It is something like, if some person is giving, only if you are ready to receive it will come to you. If you are not ready to accept, then it will go back to same person. If someone is coming and giving you Rs. 100/- and you are not accepting it will go back to same person.

If someone is coming and telling you are a fool and you are not accepting it.. Where it will go? Into his pocket, more a person scolds it will not go to other person, more karmic will be in his pocket.

Once you realize power of choice take the negative and take this positive -

This world is made up of Tamo Guna & it rules that. So negative feelings are more, corruption is more, lazy nature is more, party nature is more in this world.

I am doing spiritual practice means, I am above this quality, this is challenge for you. Earlier you used to go and gossip with people after sadhana it will come down. It happens means, fulfillment happens within you.

Highest Possibility/ Unconditional Truth!

If you do ONE Mantra and hold Lalithambika feet or Siva or Thirumoolarji – anyone ista devatha – hold it.. And Give yourself, and you will be surprised your astral body changes to Divine Mother/ Siva/ Thirumoolarji. Inside you become SIVA.

Then whatever guarding Lalithambika will start guarding you. Varahi will start surrounding you whether you call or not. Her upangadevatha/ angadevatha start manifesting your aura even if you don't do any sadhana. Siva will also manifest, 64 million Yoginis will also start coming to you.

If I start with 1 Yogini when I can reach there? Can you see that??

In this life you have very less time, you can hardly meditate for 1hr, in that 1hr you can hardly focus for 2mins. If I take 2mins for 5years what will be your deposit??

Please understand we need the GRACE of MASTER/ GRACE of DIVINE Mother

You have to surrender, you have to tell, Mother I am doing what is best possible for me, but this is my condition please bless me/ lift me. You need to cry to Divine because you are her real child. She will come, you cannot believe how compassionate & loving she is.

Siva/ Thirumoolarji/ Divine Mother will come, their love is unconditional, again I am telling their love is ***Unconditional***

64 Million Yogini

YOU

64 Million Yogini



Sri Rajamatangi

Sri Varahi

64 Million Yogini

64 Million Yogini

If I start with 1 Yogini sadhana when I can reach there? Can you see that??

How to chant mantras to deepen the experience?

Awareness is very important,

- Chanting the Mantra with Intention
- Chanting the Mantra with Surrenderance
- Chanting the Mantra with Devotion
– then there will be result.



If I chant 3 malas but my mind is in Super market only,

Om Namaha Sivaya – 50% discount offer is there, evening only I should go and buy

Can you see that – your subconscious mind and heart is there in the market but mantra is going on ***Mechanically.***

Your body, mind and soul is giving just 5% of your attention and not 95%, then what could be your attainment??

If I have 100% then –

Lord Siva,

I love you, thank you! Chanting your name is itself a blessing for me. I am having this body, at this moment taking your name is a great blessing..

Chant with love and devotion without any desire & one with the Process – ***Om Namaha Sivaya***, I am not asking anything from Siva, I am not expecting anything, I am not expecting him to give Darshana – I am just there enjoying the process.

What happens – 100%!

Siddi will come automatically - you don't need to ask for it!!

Quality brings siddi, not quantity.

Om Moolanji Guruve Namaha Om

Announcement

Mulavarga Foundation as a Trust

We will be having more activity soon because we will be having this Mulavarga foundation as a **Trust** and we will be going to villages teaching the healing, reaching to many people. We taught villagers siddha healing, for them it is miraculous, they started feeling the vibration. They could heal their trees and cows. They had very good results. If we can teach them how to do all of this and ***if they can create a better tree in their agriculture field, in their own life, if they can manifest more abundance***, everyone will be happier.

Hreem Vidya Sadhana

We are going start one more sadhana. Hreem Vidya. It is more for a normal person than a spiritual sadhak. It involves, hreem as a sound for a sadhana and pranayama what Sri Thirumoolarji has given. Does not focus on Divine Mother. Even if practiced mechanically manifestation happens!

Benefits include increases capability, awakens nervous system, energizes and awakens soul power, awakens energy body, spine, brain, brain fluid and ensuing results would be joyful & confidence feeling.

Training for teachers of Hreem Vidya

I am planning to make teachers of Hreem Vidya in future. Where you can teach this to school children, college students, whomever you want to teach, because many people have desire that they want to give right technique to people who can bring transformation in others life. This type of thing, you practice it, learn it and teach it to others so that you will help other people also. This would be possible with support from the student community of Mulavarga. You are the divine souls who would be making it possible.

Divine Mother Guidance during Preparation of Guru Purnima Celebrations – 2018:

- *Shopping for Decoration!*

Volunteer team prepared a list of items to be purchased for decorating Mulavarga Center to be fetched from a nearby market. Shopping started two days before the event so that there is no last minute rush. As three volunteers walked across the market they were amazed to experience how they were able to find what was on the list effortlessly in a market, which is as busy as a stock exchange! And it was a wonderful experience to interact with the vendors as they were delighted to do business with us and showed items which is better than what we were looking for! Price negotiated as if it was a pastime of Krishna days, where vendors duly agreed to the price what we were asking for!

Clarity in a chaotic place, Love in a cut throat transaction based business & design more elegant than what we asked for!

It was truly a ***Shopping Celebration!!***

When we are aligned to the Divine Intent then every moment is a Celebration!

As Sadhguruji says when more than 3 people have pure intention – Divine Mother just Flows!!

- ***Divine Mother idol – Saree draping***

Divine mother idol was scheduled to come to Mulavarga center day before Guru Purnima, so volunteer team had to plan for the decoration of Divine Mother idol accordingly. During volunteer conference call direction came from one of the Sadhaks to approach Sri Rajarajeshwari temple to see if priest can come down and help us draping the saree to Divine Mother. One of the Sadhaks approached the temple to inquiry about the possibility, with the Grace of Divine mother he met the head priest directly who duly agreed to the request to send the priest early morning on Guru Purnima.

However due to last minute change idol did not arrive on the previous day as anticipated and sadhaks were worried how to reschedule the time with Temple priest if idol arrives late next day, he went on contemplating on this task as this was critical. As he drove across center, suddenly the inner voice told - talk to Sadhak Sri Arunachalamji at the center to see if he can drape the Saree to Divine Mother.

Sadhak approached Sri Arunchalamji & asked if he can drape the Saree, to his astonishment he was an expert in draping the saree to Divine Mother idol & more over his sadhana is beyond Mantra, he sees Her as lover!

Anything more to ask for from Divine Mother?!!

Her Grandeur is such, she will manifest the Way She Wants!!

Divine mother truly knows who is best for the Job & how the guidance flows when one is truly devoted to Divine Mother!

However the question is, was it the intension of the Devotee or Divine Mother to find the right person to drape the saree?

Seems Divine Mother is both Question & Answer itself, Sivohum!

- **Setting up stage for Flower Decoration**

Upon our request Sadhguruji agreed to have the flower decoration on Guru Purnima in the Mulavarga center. Now the question is about how to set up a stage which is temporary yet strong to withstand at least 50kgs of Flowers? Each Sadhaks contemplated on the solution, as Mother wished two sadhaks got the same guidance to go with Pole jack, as this was being discussed among the team one of the Sadhaks mentioned these would be available in a construction site of big apartments, other Sadhak quickly jumped on the idea and said we have a big apartment complex being constructed just opposite to our center, we need to go and check it out!

Same jack what was in imagination was available just 200 mtrs from where we were! And we approached the landlord to see if he can rent us 10jacks for 2days, we did not know him at all, the answer he gave surprised all of us – he said to his subordinate “Give them whatever they want”, conversation was wrapped up in 10mins, we got what we wanted effortlessly! Now we have pole ready to be installed, however these are really huge jacks and we would need more people to place this aptly. Just one request with other fellow sadhaks all of them came & helped us installing poles, Around 11:00pm we badly needed a big ladder to fasten the work, so all of us went to the same apartment complex just opposite to our center, one of the Sadhaks shouted hey there is the ladder on 1st floor! We inquired with security team that we wanted ladder for 1 day, he said he need to check with his supervisors, he called his boss @ 11:00pm night, and response was “Give them what they want!” Please note we did not know any of them before!

Once we got the ladder it was easier for us to complete the task of decoration..

Decoration was great, Sadhguruji was very happy and appreciated our efforts!

The whole experience was just a like watching a movie, things manifested just like moving shots of a movie!

Just like a strict mother, Sadhguruji mentioned these flower decoration is great however I need to tell the Truth, these will fade away in a day, *what is important is You, I want you to Bloom to the fullest capacity, which is Permanent and Forever –*

Aham Brahmasmi

Volunteers during Guru Purnima :

Divine Mother Idol

Narendra Babu seva in getting the Divine Mother Idol

Devotees who helped us in setting the stage, flower decoration & Alankara to Divine Mother

| Sevakarthas | |
|--------------------|-------------------|
| Amit | Rajeeva |
| Arun | Rashmi |
| Kamal | Santosh |
| Lalitha | Sri Arunachalamji |
| Lokesh | Sri Rajeshwari |
| Mahesh | Usha Devi |
| Mamtha | Veeresh |
| Narendra Babu | Vinayak |
| Narendra Narayan | Uday |
| Prabhu | |



Shivoham

Question & Answers

Question: Sadhguruji you are telling everything, but how to meditate?

Answer:

Because you do not have understanding and realization you don't meditate.

I am giving you a Choice, Mediate or Suffer

And even I am telling scientifically, how astral world works and outside world works.

In the beginning your subconsciousness mind will have resistance, because in many lives you would not have focused inside, if you go to a movie/ mall it is very natural, but if you sit for meditation it is completely opposite, so it takes many months to be regular for some, for others it may take many years to do regular meditation.

BUT ACCEPT & ALLOW IT, IT WILL HAPPEN

Days will come where every moment you will be in meditative state/ in oneness state, because you are in a understanding that you are not there. **Whom** you are going to worship & **Who** is going to worship?!!

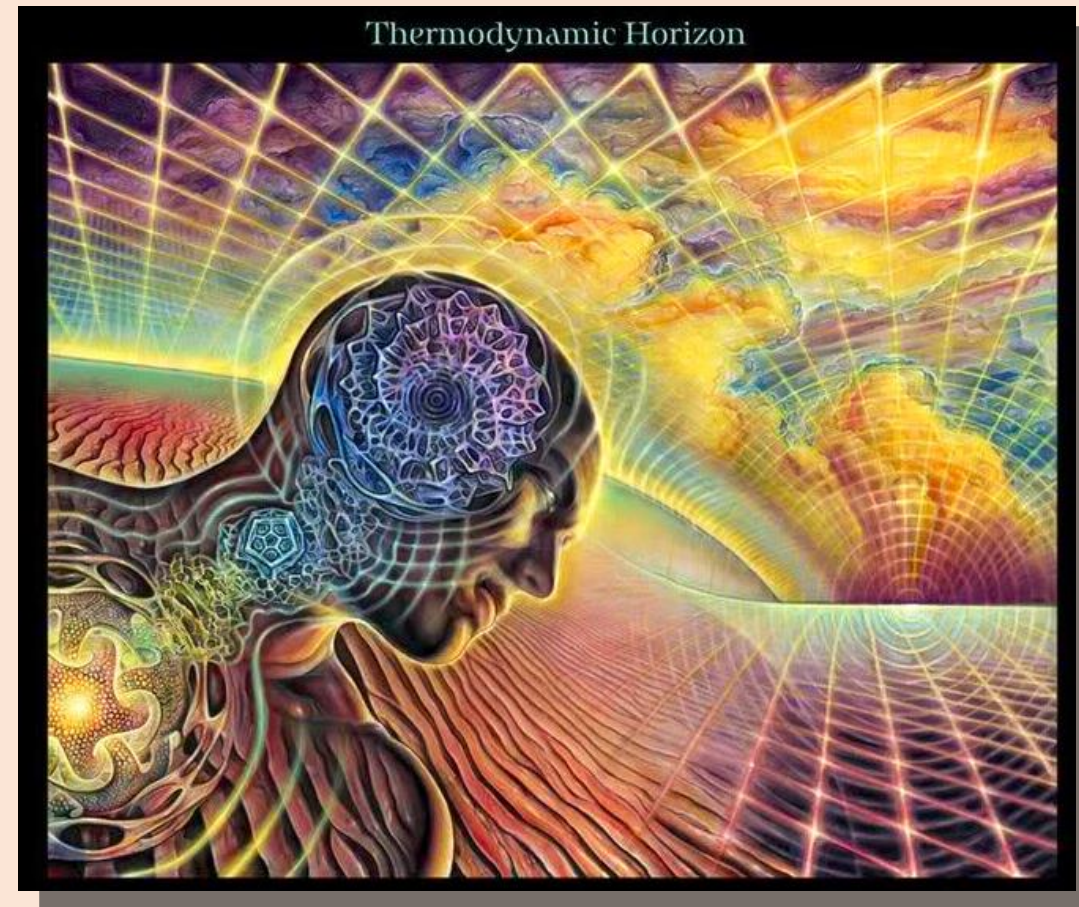
So it is very difficult to chant the mantra at that moment. So there is limitation for Mantra, Yantra & Tantra.

ONLY YOU ARE PERMANENT/ ONLY YOU ARE AWARENESS

That is the TRUTH you are going to experience, until then you will be running for this mantra, that mantra, this yantra that yantra, this God, that God.

Question:

Guruji, many times during initiation or during meditation I feel very sleepy, but when you say open your eyes I will be immediately alert – why this happens?



Answer:

As you know many people experience this, whenever we do this you go beyond the Body and Mind level. You feel this as sleepy, you go beyond, you know I am there but you don't have any other awareness, then I ask you bring your awareness to breathing, chant the mantra and then suddenly you are awake, you come back. This is the best thing happening to you, means you are going beyond the mind level. But it will not sustain all the time, sleep will be active, but you need to work out at least 4 levels.

Question: What is the difference between Choice and Karma?

Answer:

Choice is your freewill and Karma is your destiny, means you have done something in your past & current life (which is in alignment) and that has become your karma in this life. So with choice only you have created Karma. Without choice you cannot create Karma.

With Meditation you can burn the Karmas and with Awareness you can learn the Lessons.

When we raise ourselves we can burn karmas and make better choices. It is said you come on this earth with 60% Karma and 40% choice. If you burn 60% of Karma under the guidance of Master then you will have 100% choice, you manifest as you Want!

Some of you will happily do Srichakra Pooja, open eye mediation. However closed eye meditation will be difficult. If you think Srichakra Pooja is helping you to ground yourself to bring peace & to have a stronger connection you can go for Srichakra Pooja. ***But ultimately you have to know that you need to go from outside to inside.***

In the beginning if there is some hindrance as you say, financial, negativity issues or in your own home so many things are happening, it is better you do outside rituals and as you finish external Pooja try to go for inner meditation. ***But you need to allow some time for yourself.*** In Humanity there is ***nothing like Average***, each person Karma is different, skills are different, concentration levels are different, surrenderence level is different & devotion level is different. ***We are all unique with our own make-up!***

So we cannot make one thing, ***you know how much time is needed for you*** and adjust with that and do accordingly.

Question: Can we chant Moolanji Siva Mantra/ 51 Letter mantra during anytime?

Answer:

Yes, *mentally you can Chant* the 51 Syllable mantra anywhere anytime, even you can chant the mantra after having non-veg food, because this is soul process, physical thing does not matter.

We are working at Super Consciousness level beyond the Speed of Light, these physical things are below Speed of Light.

So you don't have to worry on all these things. Even non-veg will be converted to veg, ***mantra can transform Tamas to Sattava because of the Paramatattava which is brought by the Mantra.***

Because Thirumoolarji says in the poem itself, Transcendental reality starts filling the chakra the moment you start chanting the Mantra, your chakras are holding all the karmic things, automatically karmic things will be cleansed, you will be lifted and automatically you will be taken care.

Question: How I can burn my negative karmas?

What I am invoking in my meditation is Divine Energy/ Divine Vibration which can burn negative karma

★ ***Universal Law of Energy Replacement:***

Higher Dimension energy will replace lower dimension energy.

So When I meditate literally I burn the negative Karma in my meditation. This is based on Universal Law not based on any belief system.

You have a choice to accept, apply and become a joyful being or you can reject and go through your own experience.

★ ***Universal Law of Power of Choice :***

I have choice to Surrender & Accept Siva or Suffer

Siva has given both the choices to you. Siva is dancing with Damaru and facing south telling that don't go to hell come here, you are part and parcel of me, I will give you Moksha. That is the representation of Siva holding the FIRE to burn the Karmas. Putting leg on Demon, that is your negativity will be taken away.

That means even in Last minute I can help you, if you surrender and accept.



Question: *Guruji, How we can overcome negative karma by outside ritual?*

Answer:

Outside Karma can be overcome by outside action and inner action, inner action is more powerful than outside action. Outside world is governed by different Time Dimension and inner world is governed by different Time Dimension.

So you can burn the karma in inner world through inner meditation. So why it is a good choice, as I said outside world is 3rd dimension has time element, inner world do not have this time element.

For example

If you think about your home, can you see, it will manifest in your mind immediately. Think about a person, it will manifest. If I want to manifest in outside world you need to go your home which will have time factor.

Hence time is a very important element.

So if I need to burn the Karmas in outside world it will take lot of time but inner meditation burns the Karmas very fast, because of Time principle.

In Kriya yoga, Sri Yoganandaji says one round of Chakra Meditation will burn one Year of Karma.

It is very difficult for us to accept it, Astral world rules are different and Physical world rules are different, Astral world it happens, in Physical world it takes time. So best thing is to burn your Karma in your inner world.

Choice is there, again, Power of Choice. You can burn the karmas in inner world or you experience karma in the outside world.

So you have choice to meditate or suffer your negative karma in outside world.

•**Question:**

Gurujii why God created all of This, why don't we remember our past lives, why Birth & Death, why Karma, why this game ?

Answer:

Question is not Why God created and all, question is I am here that is the Truth/ Reality – [How I can go out of it & win the Game that is the Question.](#)

Until you reach Consciousness you do not understand all of this. As I gave an example last time, city if we look from the current place where we are, we see that there is lot of garbage, however if you look from TOP of a Hill it is so beautiful.

Similarly at that level consciousness you will accept the Truth however from a current consciousness you do not accept the Truth.

You don't have intuition to realize the TRUTH, you don't have consciousness to understand and accept the answer as well, no matter what answer I give, you will not accept.

Raise your consciousness,
God within you will answer all these questions!



Question:

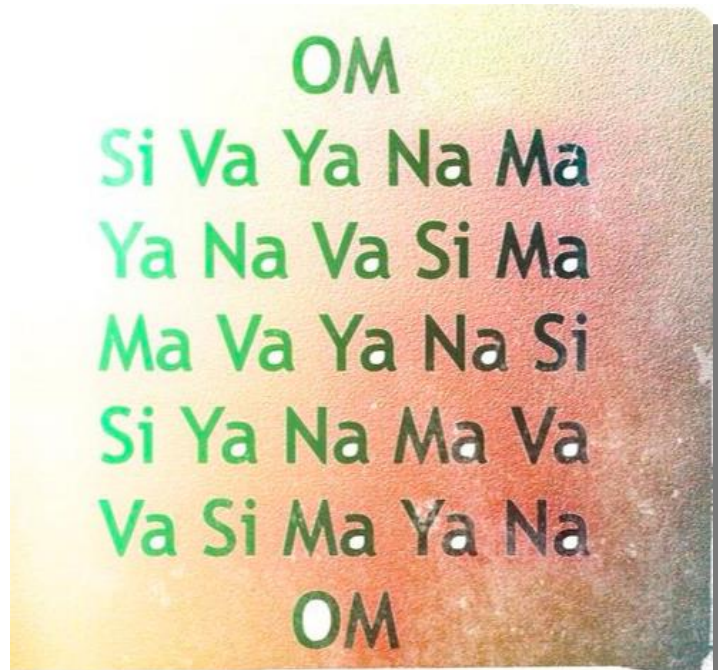
Dear Guruji, My wife has been initiated through distance Deeksha can she do 51 Syllable Mantra ?

Answer:

Yes, she can do it.. Here Sri Sadhguru Moolanji has promised, whoever chants the 51 Syllable mantra he will directly take care of them, even if they are not initiated into Srividya.

Even if they are not srividya sadhaks you tell them to chant this mantra, it can be given to your family members, you can help them.

This mantra gives spontaneous meditation experience, sahaja yoga – you will reach normal state of Soul Consciousness, thoughtless awareness, body less consciousness, you will go to meditative state when you chant 51 letter mantra.



Question: *Guruji can you explain more on Kundalini awakening?*

Answer:

Most of them are not aware as to what is Kundalini Awakening – People have seen here and there and assumed Kundalini Awakening as jumping like a frog, crying like anything/ shouting like anything, moving here and there – no it is not Kundalini Awakening. Kundalini awakening is not just energy experience.

Kundalini awakening can be anything for anyone, many people don't experience any energy but experience bliss.

If you are just sitting and meditating sincerely that is also Kundalini experience.

One of the very important sign I have seen, the moment Kundalini Awakening happens he will not stop, he will keep searching.

If it is there only then you are coming to Srividya Sadhana, please understand this, if it is not there you cannot come here.

Your search has started your Kundalini has awakened!



Question: *Guruji I am currently in level 5 and do not have an experience of Turiya State please advice how I can reach to that state*

Answer:

Don't worry about Turiya also. Turiya state cannot be attained it happens, all spiritual states happens not attainment.

What you have to attain, everything is a GRACE of Siva and Shakti.

Some people will have an expectation that if I move to higher level means I need to attain, its not so, even in 1st level also you can attain. But here some people need many years of practice before Turiya happens because of their Karmic background or it could be of their Life Situation is not good for them, some people are not ready – if you go into Detachment/ Viargya while you have a great responsibility towards your family, does this Turiya state helpful to you? It is not good for you, everybody scolding you at home, no earning source – one more karma – Phir milenge one more life.

All this Kundalini Awakening/ Turiyathitha is blessing and Grace.

You have to do this meditation given by Siddhas, with Sincerity, with Gratitude and with Love.

The more you surrender, more you ask and more you are ready – more it will happen.

And many people will have desires also, they will be seeking Turiya Avastha – but inside different experience they want, inside themselves they have a conflict. Many students I have seen, in front of God they will be asking give me Self Realization but once they come out they will have different prayer. Consciously different prayer & sub-consciously different prayer. Subconscious wins Conscious mind because subconscious mind is 95% and conscious mind is 5%.

Many people cannot manifest because there subconscious mind is programmed due to Karma, until you realize your power – Self Realization - that you are soul.

So allow and meditate – Turiya will happen to you.

Turiya State



Everything is OM

Question:

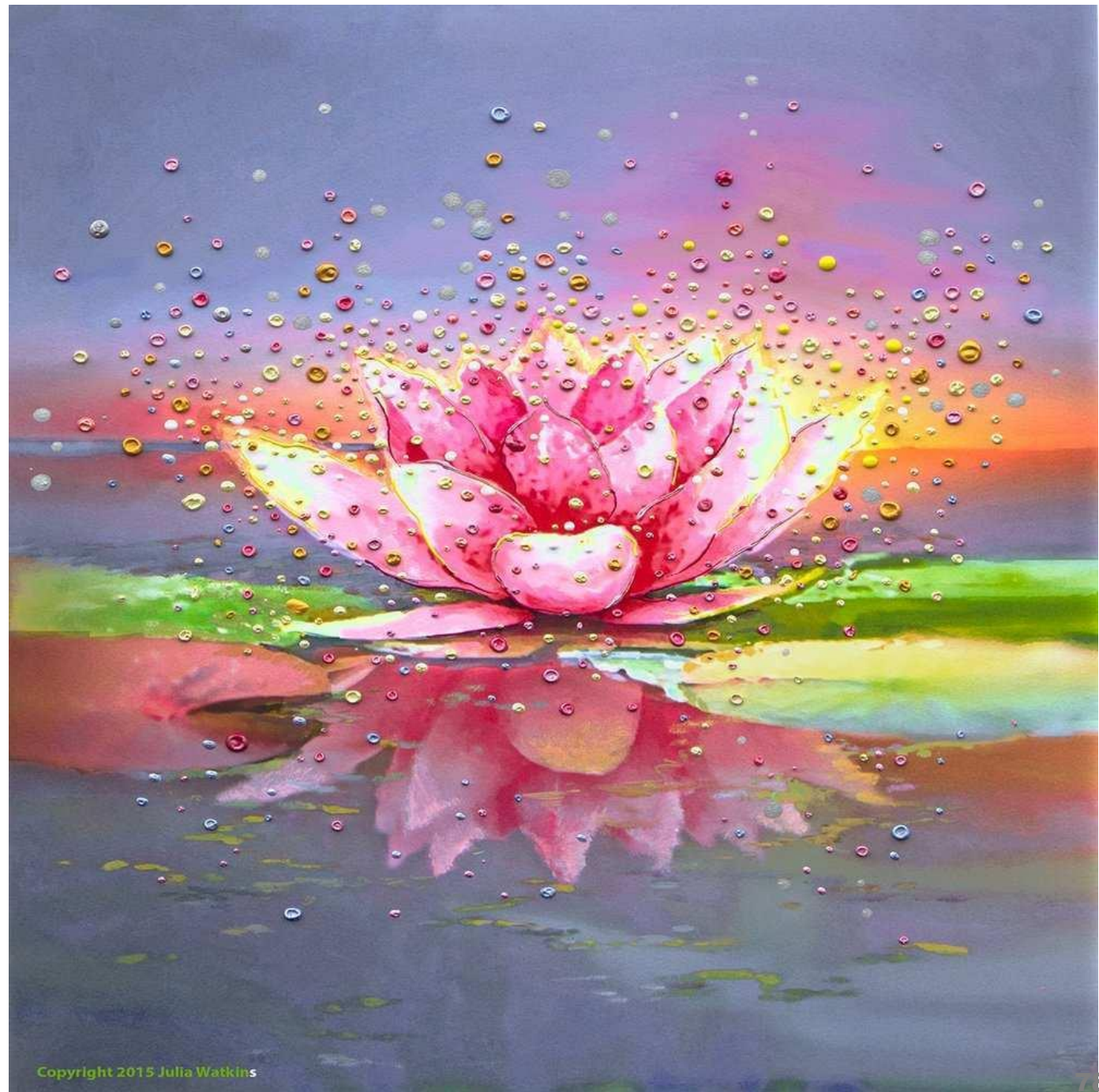
How I can reduce sleep so that I can add that time for Meditation ?

Answer:

My experience has been as we progress in Meditation automatically sleep will reduce because you are connecting with Divine in Meditation, automatically you are getting more energy and more freshness, sleep will reduce.

If you sincerely meditate and allow some time, automatically your wish will be fulfilled.

Thank you!



Appendix



We are all unique with our own make-up! you know how much time is needed for you and adjust with that and do accordingly



Morning meditation and awaking state of awareness what you are doing and what emotions and thoughts you are entertaining is very important.

Being aware of your waking state of consciousness and being aware during when you are depressed/ low is very very important, when you are depressed if you shift your energy with your understanding and universal laws then what happens is you will be aligning with your meditation.

Otherwise you will become low, whatever you have earned in meditation you will dissolve that energy

When having food try to be **Aware** of process of eating than watching mobile, TV, Whatsapp. Nowadays people while having food, TV will be going on, Mobile will be going on and *Food also going on:-)*

Attention is very important for Food to digest, attention gives power to Colon

Luckily many things are happening **involuntarily**, otherwise if Heart was under your control it would have been very difficult.



Sri Yantra and Misconception

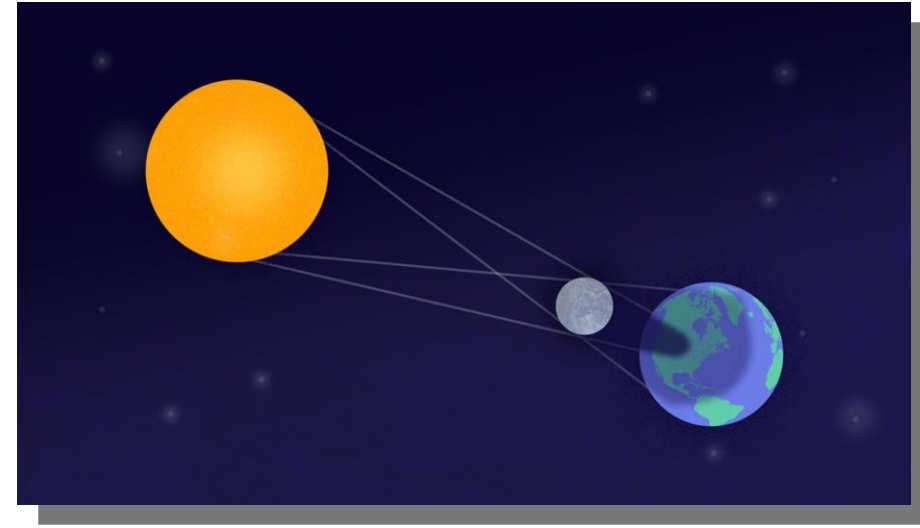
Sriyantra is the map of the creation, it's a divine tool/ instrument that help you.

If you have Sriyantra at home and you prepare non-vegetarian food, others scare you by telling that Mother will kill you. Sriyantra brings parama tatva. It has power to convert Tamo to Rajo, Rajo to Satva and Satva to **Parama Tatva**.

It is not going to harm you. But people make that as a big mistake. The restriction is not from Sriyantra but it is due their belief system.

Observations has to be made to remove any wrong believes.

Science behind Eclipse

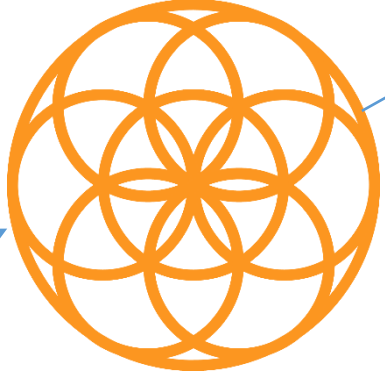
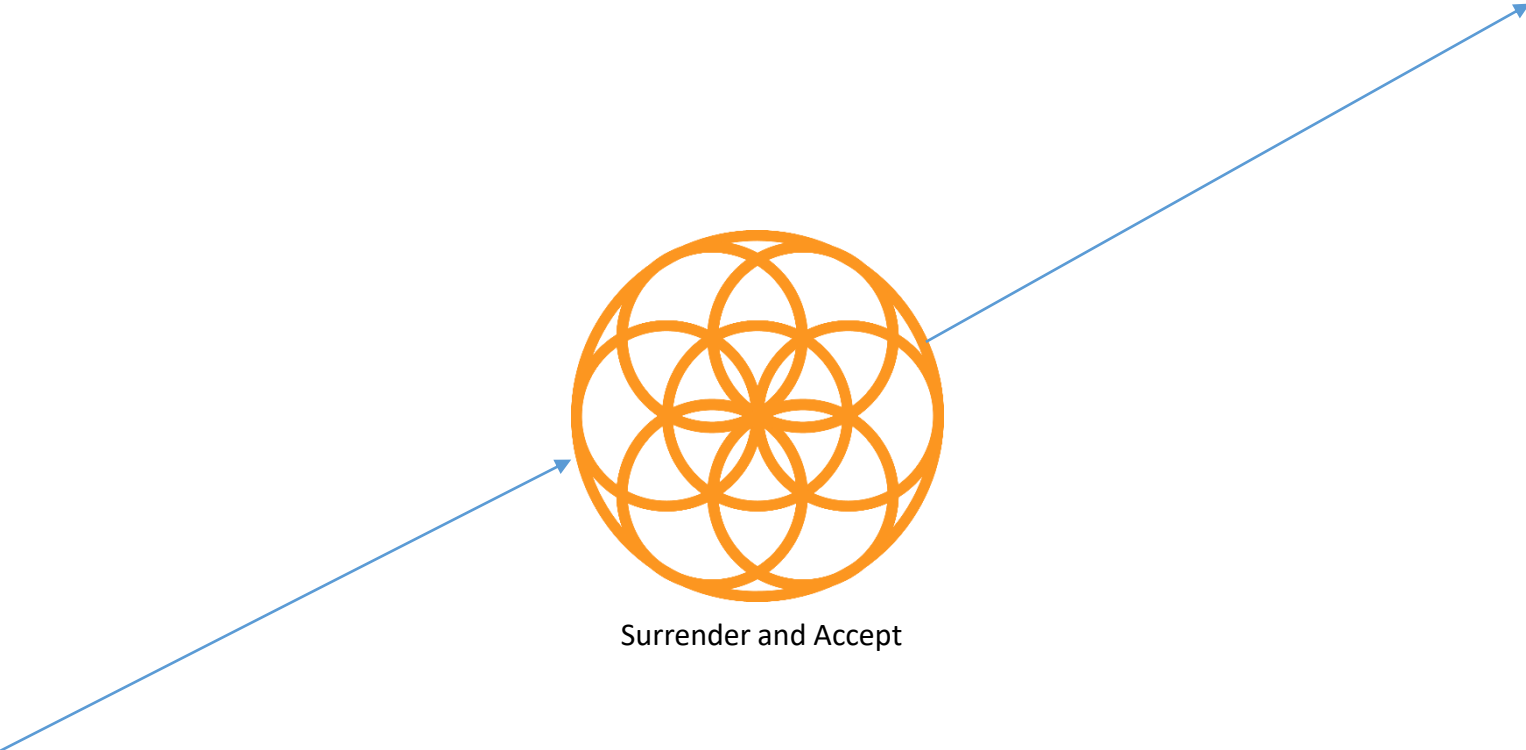


During eclipse, moon, earth and sun are in alignment. Your body, mind and soul are in aligned. Automatically you are connected to universal soul. So when body, mind and soul are aligned, the layer between them is very thin. Whatever my soul get the power, automatically my mind and body get that. So eclipse is very very powerful to do the mantra sadhana. Even you can do the havan, tarpana, abhisheka. Even 10 minutes of meditation is more powerful than 3-5 months of meditation.

Importance of Surrenderance



Reject the choice



Surrender and Accept



Realize

Yogic Diet & Pranayama - Slides

Pranayam :

Sheetali pranayama / cooling breath to reduce body heat after meditation.



Yogic bath to cool body heat

1. White Pepper (सफेद मिर्च) - 10gms
2. Almond Seeds (बादाम के बीज) - 2.5gms
3. Saffron (केसर) - 2.5gms
4. Skin of Indian Gooseberry fruit (आंवला) - 2.5gms
5. Root of Guilandina bonduc or Grey nicker, Nicker bean or Knicker nut (गजगा, कटकलेजी)
6. Kernel (Soft inside part) of margosa seeds 2.5gms (नीम Seeds)

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1. White Pepper



2. Almond Seeds



3. Saffron



4. Amla



5. Guilandina
Bonduc



6. Margosa Seeds



Dry these in the sun and finely powder them. Take 1 gm of this powder in 1 cup of milk and boil it well, when it is cool down rub it on the head for about ten minutes and smear around the body. Allow for 30 min so that your body absorb it. Then take bath with cold water.

Yogic Diet :

Green gram, rice, milk and ghee is simple diet food. Milk after meditation for burning or itching sensation on skin.

Shift from

- Sugar to Jaggery
- Cold drinks to Coconut water
- Fast food to Home food/Organic food
- Refined oil, Packed food to Organic food
- White flour to Brown flour
- Masala meals to Raw salad & Vegetables, Fruits, Nuts
- Morning drinks : Tulsi tea, Warm water with Honey
- Avoid acid forming foods like Meat, Coffee, Sugar, and White flour products.

To Kill Hungry so that you can focus on meditation :

Use Apamarga seeds (Achyranthes aspera seed)

Remove seeds outer covering and boil with rice and eat

To remove Uric acid , Body pain, Heat & Acidity :

Use Radish (मूली) :

Cut radish and keep whole night covering in a cloth. Eat in the morning adding little lemon juice. Then don't eat anything for 30-60min.



Coconut Water



Jaggery



Honey



Apamarga seeds

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