

## **Is Sri Yantra needed to do your Srividya Sadhana Course?**

**By Sri Sadguru Sivapremanandaji**

Video Link: <https://youtu.be/SFeKVRr8pg8?si=1FHF25rvPTdm8m92>

To do this Sri Vidya Sadhana, whether I need to have a Sri Yantra, whether it is a mandatory, okay little bit we understand this. Now earlier days, traditional way, Sri Vidya Sadhana means Sri Yantra Puja. Sri Chakra Puja means Sri Vidya Sadhana. That is how it is considered. So earlier what happens, Guru used to energize the Sri Yantra, infuse his prana, bless and give a protocol, the procedure how to worship the Sri Yantra. And the student used to take that Sri Yantra to his home and he used to follow the meditation or the worship or ritual that is given by a master. But he don't have any understanding what actually it is going to do for him. What it is going to do for him. So he just regularly worship. So what happens, Sri Yantra is geometry of our soul at individual level I am telling. At an individual level, it is geometry of my soul. At a cosmic level, it is geometry of the entire cosmos. So when I am worshipping this Sri Yantra, what happens, all my soul powers are represented in the Sri Yantra. Every point of the triangle, every petal, every joint of the Sri Yantra is a one power of your soul. So you have a choice to directly bring the attention to the body and activate those powers or bring your attention to the Sri Yantra or activate those powers. Is it clear? So one is outer way, ritual, I can activate my inner soul, another way is inner worship and activate my soul. Earlier peoples are not ready for advanced inner meditation. They want something because their focus, their mind is roaming here and there, not in a control. So master has to give this. Then what happens, when the students start worshipping the Sri Yantra, he started worshipping, the day started coming where inner meditation start happening to him. When he started doing the Sri Yantra puja, outer ritual, outer worship, inner meditation, eyes started closing, he started going within himself and the day started where he is not feeling to worship Sri Yantra. That is the stage where he becomes afraid, he feels guilty, I couldn't able to do it. Whether somebody has done something to me, some tantric has done something to me, you see that? Whether this Navagraha dosha is affecting me, because these are the first thoughts comes to sadhak, because so many things we have read and all, but you don't know that what is happening inside. Then the student goes to a master and tells that, Guruji nowadays I am not doing a puja, what is happening? The moment I sit and chant the mantra, automatically my eyes closes, I go into deeper meditation. You see that? Then the gurus know that, now my student is raised to one more step, he is ready

for advance meditation. Then the guru says that, now you stop doing the puja, now you bring the attention to your chakras that are your energy center, you need to worship them and you stop worshipping outside. You see that? From outer ritual, outer worship, he enters into the inner worship and then his meditation will start. And here in Sri Vidya Sadhana, we call our parampara is a Mishra Kuta, Mishra Mata, where we are not only belonging to Samayachara or Kaulapita, but we are taking all of this. If you are interested in Sri Chakra Puja, we teach that also. If you are interested in Sri Vidya Meditation, Inner Sadhana, we teach that also. Is it clear? Both path will lead you to the same goal, destiny is same, but paths are different. So in Sri Vidya, what we are doing here is, I am bypassing, our Siddha Parampara is bypassing the outer ritual, directly invoking the Divine Consciousness in your soul, in your chakras, seeding the Sri Vidya Mantras directly in your chakras and guiding you to go directly into the deeper meditation. Is it clear? So here, having a Sri Yantra is not mandatory. Is it clear to you? Very important is meditation. Worshipping our own energy bodies, mental body, energy body, astral body and soul body and realizing the truth that, I am a spark of Shiva and Shakti. If you go to the scriptures, Vedas and Hatha Yoga or Patanjali Yoga Sutras, they have given the map, how to go from outside to inside. They say that, outer ritual leads you to inner meditation. Outer ritual leads you to inner meditation. Inner meditation leads you to Samadhi. Inner meditation leads you to Samadhi. Samadhi blesses you the truth about yourself, truth about the God, truth about the entire existence. Is it clear? From outside, we need to go inside and realize the truth, realize the, who am I? If I am the soul, who is the God, what He is? And if I am the soul, this is the God and what is this universe? You see that? And then there is a higher knowledge, how I came on this earth, why I have taken the body, who I was before the body. And then higher knowledge, after leaving the body, what I could be, where I go, whether I go or here or what happens to me? These are the higher questions that will come to you and you started learning them with your psychic abilities, with your intuitional powers, with your master guidance. So in Sri Vidya Sadhana, now we start with inner meditation. We bypass this 3 to 5 years of outer rituals that you don't need to go through. You start with the inner meditation and enter your inner shrine, true temple that is within you, that is Shiva Shakti consciousness. When you enter your true temple, that is Shiva Shakti, then you know that the I am, the identity, the false identity that I am a body and mind disappears and that is replaced with I am a spark of Shiva Shakti. That We call it as a self-realization that I am not a body, not a mind, I am a soul, consciousness, awareness, what Sadguru Adi Shankaracharya said, Chidananda Rupa Shivoham, Shivoham. Thank you.