

SRI MAHAVARAHI SADHANA



SADGURU SRI SIVAPREMANANDAJI'S TEACHINGS

Goddess Mahavarahi Sadhana

Divine mother Mahavarahi Sadhana one of the very powerful Siddhavidya of Srividya Sadhana. We call it as Siddhavidya because her energy is very active and alive on this earth and we call her commander-chief of Lalitambika Rajarajeshwari Maha tripursundari. So she is the one who controls this Bhumandala and also we call her Prithvidevta. We call her a Laxmi in the form of the Prithvi-tattva. She brings abundance and removes all type of negativities from your life, whether it is the negativity in the form of a physical world that is external enemies, whether that is a negativity is or inner enemies. We have anger and unwanted desires, all other anxieties, depression, frustration as the inner enemies. All these can be overcome by the help of divine mother Varahi. And Goddess Varahi is accepted in all the sampradayas whether you take, Siva-Shaiva sampradaya - divine mother Varahi is worshipped in the form of Saptamatrikas. In Shiva temple there will be Saptamatrikas where divine mother Varahi will be present, to help any devotee coming to Shiva temple to remove all type of negativity and bless him the positive energy so that he can get the grace of lord Shiva. Similarly if you consider Vaishnava sampradaya - she is the Shakti of Bhuvanaraha - Varahamukhi, she is the power of Varaha. Lord Tirupati Balaji took the permission of Bhuvanaraha to establish himself in Tirupati. So that Shakti of the Varahaswami is divine mother Varahi. So her presence is very powerful on this earth. Similarly if you go to any other tradition like a Buddhism she is worshipped as a Vajravarahi and different other forms in the Buddhism also. So in Shakti tradition, specially divine mother Lalitambika takes herself with a different other form called Mahavarahi. So Varahi actually has a many forms, more than 8 forms she has it. What we are going to learn is Mahavarahi Sadhana.

Divine Mother Varahi has been worshipped as a Paatala Bhairavi in Kashi because she is a gramadevta of Kashi where she controls Kashi at night time. In the morning, lord Kaalabhairava controls entire city. And Kashi is the place where more cremation grounds are there. And where more Aghoris are present to do their sadhana. It's a land of the tantras where they work at night. If they are working at night, means they are invoking many different invisible beings where divine mother Varahi has to take care of the complete city, control all the aghoris & all the tantriks. So that She can protect that city, protect that city from all type of negativity. So in Kashi they have temple where they are allowed only in the morning from 4 o'clock to 6 o'clock. They don't allow any other time because she has travelled complete Kashi and then she come back in her form, a Pranapratishtapana form in a statue and established herself. And when she come back, she has removed whatever the negativity happening in the city, and it is because of that aggressive nature it is very difficult for a sadhaka to go and face or to go near to her, it's very difficult. So it is said that only 1 or 2 hours it is allowed and not also in front of her. You have to watch her from the top in a small you know window they made it. You just need to watch her feet and only few of her parts. Because every part of her has its own energy. You don't have a power to control that, absorb that or hold her energy. So such a powerful Goddess she is and we are going to worship her. She is called as Paatal Bhairavi, Chand Varahi, MatsyaVarahi, and dhumraVarahi. Even the form of Dhumavati she can take. There are many forms of Varahi and even she is Lakshmi in a different way where she remove the negativity of all type of misfortunes, then whatever you

receive is abundance. So she is also in the form of Lakshmi who can protect and bless you abundance.

Divine mother Lalitambika has chosen her as a Dandanatha, the senadhipati warrior of Her. A Sena has 64 million yoginis and different God and Goddesses controlling each avarana of the Srichakra where Varahi is the one of the main minister who is you know controlling entire warrior force of Lalitambika Rajarajeshwari Maha tripursundari. She is mentioned in different tantras & scriptures like Agnipurana, Rudrayamalatantra and different Srividya scriptures & also even in Buddhism. In Nepal also they worship her. So this is very powerful ancient Goddess who is more active on this earth dimension, the third dimension.

Her worship brings very instant results, very quick results and help you to overcome many negativities in your life. Specially she is considered as a Stambhana Shakti – Stambhana Shakti and a Vashikarana Shakti. She literally makes your enemies paralyzed stop them. She is the one who make enemy as a friend because of her Vashikarana-tattva or attractive energy. She is a very powerful Goddess on this earth. So divine mother Lalitambika chosen her as a Dandanatha.

Also she is one of the Goddess who is more active and working on the Agna chakra. Of course she also works on the Manipuraka but she is more active at the higher level on the Agna chakra and she is very helpful to activate your third eye, inner senses. Intuition can be developed by the help of divine mother Varahi. In one of the form, we call her as Vartali. Vartali means she gives news to you before itself it is going to happen. If some negativity is going to happen in your life before only she will come and alert to be careful with this person, be careful about this job, be careful about this situation, be careful like this. She will make the Stambhana of people who do something wrong. Many times we see that our own colleagues our own friends always with us near to us but they are creating lot of problems at the back. But what she does is she makes you know, a, know about the negative intention of the people around you. This is very important for us to survive on this earth to know who is a real friend who is a not real friend, otherwise we will fall down. Many times we accept the people's suggestion and we don't know whether he is really suggesting for our growth or he is bringing a destruction in our life. So we don't know anything. So she is very good to awaken the intuition of the sadhaka, awaken the third eye so that you know that what is happening there.

Also she is considered, she has one more form called Swapna Varahi where she will communicate very easily in the dreams. Because mind is not that much present in the dreams compared to waking state of consciousness. When you are in a dream you start receiving the messages, you start receiving symbolic dreams where you become alert. Oh! this is what it is. Many times you are searching for the answer in our life that but you are confused. What I should do for this? I want to whether I should go for this job whether I should go for business whether I need to continue with the same job or I need to change my profession. What I should do? Whether I need go with this relationship or not whether I should you know go to deal with this land, whether I can go for this project or not. Whatever it is, sometimes we feel confused to take the decision. When we worship divine mother Varahi you will be surprised, in a dream you started getting answers if you are really aware before going to sleep if you chant the Varahi with the sankalpa with a intention that mother please guide me so that I can take a right decision.

Because right decision give a channel for you to choose the right path whether you want to grow or you are going to fall down in your path in your life. So she is very important in our life to decide to grow in the right path and to protect our self from all type of negativities. When I say all type of negativities, it is physical, astral, mental & celestial, the higher level. You will be surprised she is one of the parivardevta called Tiraskarani. Tiraskarani means rejection. I have seen many of our own students whenever they do sadhana sometimes some places are not good, somebody is watching, somebody is draining their energy or some tantriks are observing this and they wanted to catch hold the energy of that person. More you become a satvik more you will be in attemptive of the negative people because you are the energy source for them. You know you are an energy source for them. So she has one of the form called Tiraskarani. She is called a Mahamaya where she surround you with a layer of a smoke that other people cannot see what you are doing it. Other people cannot understand what is going on, what sadhana you are doing, what & how you are growing. Even not only the other people even the invisible being celestial world, in other higher dimensions or in the astral dimension they cannot understand what is happening there. You know we had a student where he you know build you know his home and where he used to live and he used to do the sadhana. But every time he was sleeping he used to see all the, you know invisible beings. He is little bit psychic. He could able to see the things. So whenever he used to sleep he used to see all those invisible beings surrounding him. He don't know what is happening but and he used to see you know some piercing you know in his hands or fingers or in his feet. These energies are more powerful in parts like the palms, and chakras are highly sensitive, similarly the feet. And he could able to feel that somebody is observing the energy and somebody is watching his sadhana and doing all of that. So he was a Srividya sadhaka and he was doing all of this and when he took this initiation Varahi initiation, when he started doing the sadhana, it is very surprising that he could able to sleep better he could able to see his entire home was covered with the aura of divine mother and what he used to see earlier, the invisible beings, they are no more inside the home, they are outside the home. So this is the one of the experience of the student where he clearly said Guruji because of the Varahi I feel protected not only myself my complete family. This is one of the quality of the divine mother Varahi. She not only protects you but she will also protect the entire family. Because she is the Senadhipati. She is the commander chief of Lalitambika, under her there are many yoginis, under her there is warrior force. That force contains the Bhairavas, Kinneras, Yakshas, Gandharvas, Dikhapalakas and everything that can controls this world. When you are under that force obviously you get a protection. So this is what we could able to experience in our life and in our student life. Whenever they do sadhana of divine mother Varahi they could able to see lot of changes lot of positive changes not only outside in their own thoughts – in their own thoughts.

Divine mother Varahi is represented with the a face of a bore and below she has the body of a divine mother. If you see that it is a oneness of Shiva and Shakti. Above face is the Shiva below is the Shakti. She is a Ardhanarieshwara that is the form of divine mother Varahi. We call her with a different name as a Panchami. In Thithinithyas, the fifth day, we call it as a panchami and also she has the energy of Sadashiva – she has the energy of Sadashiva. If you see that Shiva has a form of a Brahma Vishnu Maheshwara.

Then we have a Eishana or Eshwara or Sadashiva the fifth state where Sadashiva does the recreation & regeneration. Varahi has that energy. So we consider her very good for overcoming any type of diseases, whether it is a cancer related where the multiple cells will be growing and forming the tumour where she when we do the Sadhana of Varahi she literally change or destroy those cells & regenerate the normal cells. Then you become a normal and coming back into your life overcome your health issues. You know it is very powerful Sadhana to overcome the health issue. So her mantra sadhana helps one to be protected, to overcome any type of deadly or chronic diseases. Whatever you are undergoing, if you energize the water and drink it every day, because energizing the water is very powerful than just chanting the mantra. Because water is a energy – Yes. Can you survive without a water? Because it's a energy, without water we cannot survive. When we have a energy in the physical form I put the energy of the divine in that water and I drink it every day, specially in the morning, if I drink one litre of water energized with divine mother Varahi mantra. You will be surprised entire physical body get cleansed. All the cells of your body getting that divine positive energy. When you have divine positive energy that diseased energy is dissolved. Remember you are made of you know Shiva Shakti. It's a positive energy, so you cannot absorb the negative energy, if you create a negative energy that is a diseased energy because of your negative thoughts, negative feeling, negative emotions that is stored in our aura energy, our astral body it is stored. And it is not going to absorbed, it is not going to be in harmony, it is not vibrating with your soul energy because you are a spark of a Shiva-Shakti it has to release in the form of a negative situations in a relationship, negative situations as accident, negative situation losing a job, negative situation attracting a disease or any other form it has to release. So it cannot hold your body, your being cannot hold the negative energy because you are made of Shiva-Shakti. At the deeper level you are a Shiva-Shakti. So anything you create a negative thought, emotions, feelings, beliefs your being cannot hold it. It has to be released in the form of a negativity attracting the negative situations because universal law that is a – like vibrations attracts like things outside and there is a universal law that the inner world creates the outside world.

Universal law of karma says cause produces the effect. If I seed a negative thought, a negative belief, a negative emotion, what I am going to attract is negative experience in the outside world. Remember Riddhi brings the Siddhi. Psychic abundance that is a Riddhi brings the material abundance in the outside world. So lord Ganesha has two energies considered as wives. One is Riddhi another one is Siddhi. So every day we are working with a two world inner world and outside world. Inner world is made up of thoughts, beliefs, feeling, energy and consciousness. This entire thing is you. You are not just a physical body, please remember this. You are not just a physical body you are a thought, you are a feeling, you are an emotion, and you are energy. Ultimately you are pure consciousness, soul, awareness you are that. So this is complete you. If you see yourself you have a physical body, around that you have a energy body, then you have an astral body then you have a mental body then you have a consciousness Anandmayasharira. Source of all that is existed. So you are not just physical body you are entire being. So we call it as a being – Being. You are a thought, feeling, belief & everything is you. So these are all your dimensions. These all are different aspects of you. If one aspect is not in harmony then problem will start as disease. If you are in

harmony everything will be easy in your life. If it is not in a harmony & conflict inside, negative belief about yourself, your relationship, your job – then outside you start seeing the problems. If you are having good belief about yourself, I am good person or if you have belief that I am a very bad person, if you have a belief that I can do it, if you have a belief that I am not good enough I cannot do it then you see that this energy within you attracts the outside situation. No matter how qualified you are, may be you are PhD outside or you are a doctor outside, you are engineer outside may be you are CEO or President outside but inside if you entertain the negative things you start seeing, attracting the negative situation in your life. No matter you are going for temple to worship, no matter how many Havan you do, no matter how many temple you go, no matter how many workshops you attend, until unless you don't bring your attention to your inner creation you cannot resolve outside problem and specially any problem, if it repeats again and again and again then you need to take one step back and be aware what belief you are entertaining in that negative belief you have lesson to learn on this earth.

The moment you learn the lesson, that belief is dissolved, that problem is solved. So life is like this – inner world creates outside world. “Yadhbhavam TadhBhavati”. Whatever that is as above in the consciousness so is below in the matter. Thoughts are things. You see that anywhere you see this is the universal law this is the fact that this is a truth that you have to follow, accept & you have to apply. If you do not apply what happens you suffer – you suffer. You cannot be happy outside by having so many negative belief inside. You cannot accept yourself outside by having negative belief about yourself. You cannot be happy with your outside relationship if you have very negative thought about your own partner. If you have negative thoughts, negative beliefs, negative feeling about your own partner you cannot be happy because inside intention, inside thinking, expresses in your action. There is no way you can escape. If you really want to change your life you have to bring your attention awareness to your thoughts feeling and energy belief, if you cannot bring it, there is no transformation in your life, no matter how many mantra you do no matter how many puja you do no matter how many temple you know go here and there. No matter how it is, this is how the universal laws work. This is how the earth plane works here, without the learning of lessons you cannot transform yourself, problem cannot be overcome. These are the scientific principles of the life, inner world creates outside world, like vibration attracts the like things. These are very, higher energy replaces the lower energy. So here one of the very important part is that Divine mother Varahi brings the awareness about you what is happening inside. Why she has been shown like that you know boar faced form. What is the importance of this you know? What does Boar do? It cleanses the dirt. Not only cleanses it will dig deeper into the earth. No other animal has a power to go deeper as boar can. When we worship her you will be surprised you started bringing your attention to deeper level of your consciousness until that you are not aware what is happening.

When you start worshipping divine mother Varahi you start seeing your own image self-image, what type of self-image you are entertaining about yourself and how this self-image creating a problem in your relationship, how this self-image about yourself creating a problem in your job, how this self-image creating a problem in your life. She brings the awareness about you. One of the very important aspect of divine mother is to make us experience

our self. Whole spirituality, Srividya sadhana is nothing but a Aatmavidya. You have to discover truth about yourself, self-discovery, self-realization experiencing the truth about yourself. Whether you are body mind or a soul. So she is the one who help you to go deeper and find what belief you are entertaining, what type of thoughts you are entertaining, what type you know energy you are holding inside and She will help you to see that when you do the sadhana of divine mother Varahi. Her energy lifts you in such a way and brings the awareness and with that higher consciousness, higher energy, that awareness gives a different perception about the similar situation and you overcome your karmic pattern. Can you see how she works in the inner world? At the same time she works in the outside world also.

She is very active in the astral world, she is very active in the physical world. So by worshiping her not only we become successful, we come to know who we are at a personality level, who am I? At the mind level, who am I, At the soul level, who am I? So we call her Sadashiva. Not only she removes the negativity, give the success give the abundance but also help you on the path of liberation, on the path of Self-realization, on the path of God-realization. That is power of divine mother Varahi. So she has been worshipped in Srividya Sadhana. Srividya sadhana is very powerful, main objective of Srividya sadhana is Self-realization, God-realization. So we call this path is not only for moksha, this is a path for bhoga also. If I don't overcome my negative belief, I cannot be successful. If I cannot be successful I cannot be prosperous, happy in my earth dimension. So Srividya sadhana is the sadhana of bhoga as well as moksha. It is only the path where it won't ask restriction from your side. Please understand. It is a beauty of Srividya sadhana where you are living your normal family life and doing the sadhana regularly that itself will give a result. It is not asking you to eat this not eat that. It is not asking you to leave this family go to forest. It is not asking you to become a Sanyasa or become a Brahmachari. It is not asking anything. It is a path, because why it is not asking, it is divine mother who is Mahamaya who has created this universe. So she knows how to control the maya-tattva in your life, in your being.

We represent her with a Pasha and Ankusha. Pasha is bondage – the maya. Ankusha is knowledge that will repel the Maya. So she will take you slowly, slowly on the path. First she will give abundance, help you to solve your problem, protect you, help you, guide you in your life, not only you, your family member. Then she slowly brings the awareness, realization, perception. Einstein says that if you have a problem – if you have a problem and you want to change it, then you have to alter your consciousness or raise your consciousness, then only you can change your problem. When I alter/raise my consciousness what happens my thinking changes, my perception changes. When perception change problem don't remain as a problem, there is a solution and there is a transformation. And Srividya is the path where I can raise my energy, where I can lift my soul consciousness, where I can change my thinking system, where I can break the karmic pattern.

The Chhakravyuha in Mahabharata is like this : We are born with a certain Karmas, with that karmas there is thinking system or with that karma there is a experience in your life - a positive experience or a negative experience. With that experience I have developed a belief system and with that belief system I have a thinking system which thinks - it should be like this & it should be like that. With that thinking system, again experience and

again belief & again repeat. And who is going to break this chakravyuha. There should be some changes that need to be happen. If I want transformation I need to change this pattern of same thinking same belief, I need to overcome. I need to go out of the box. How can it happen when I am having this karmic impression, when I am having this level of consciousness when I am having this level of energy! There is a universal law that says that the higher energy or higher dimensional energy replaces the lower dimension energy. So how I am going to get this higher dimension energy ? That is the important question. Higher dimension energy I can get it by invoking the divine energy or divine form divine consciousness. How I am going to invoke this divine form? By chanting the mantra. What is this mantra? Mantras are the vibration or calling codes that will pull the energy. It is a programmed the light force that is coming to your soul when you chant that mantra. When I chant divine mother Varahi mantra what happens I start absorbing it in my energy body. When I start absorbing this energy how is the quality of my energy? Every consciousness has its quality. So when you invoke divine mother Lalitambika, Varahi, Rajamatangi Lord Ganesha or Krishna, their divine state of consciousness is invoked. What is divine state of consciousness – happiness, love, harmony, balance, growth, energetic, inspired, confident you know being fearless. So these are the qualities of that consciousness. If you see we all are different people right because we are made up of consciousness. Now I don't need to say because already proven now, its 21st century – consciousness creates the matter and humans are the consciousness being. So when consciousness is there means you have a power to create what you want. It is not a belief at all now. It is proven fact in a scientific lab that if you are consciousness you have a power to create what you want. There is no question of doubt now. So for you as an individual your life is different because of your consciousness. Because of your creation, your action, your karmas you are different, you are unique. So consciousness has its own qualities, its own ability, its own energy, its own pattern, its own geometry. So consciousness has its own geometry, we call them yantras, consciousness it has its own vibration, we call it as mantra. So we use that geometry that is yantra, the vibration that is mantra and invoke and change our consciousness our energy. Why we use because we want to experience the bliss, we want to experience the joy, we want experience the strength, we want to experience the confidence, we want to experience the harmony, bliss joy, want overcome from my disease. and to be powerful on this earth and manifest what the heart is really seeking. This is very important thing. This is your dharma, to protect yourself is your dharma, to feel confident is your dharma, to become a healthy is your dharma, to become a successful is your dharma, to experience the happiness at all levels of your existence i.e., presence on this earth, is your dharma. Otherwise what is the need of this life? To be here, to cry, to be depressed? No. This is not the purpose.

You are a spark of a Shiva-Shakti means you are here to manifest your divinity. There is no question at all. This is the path everyone has to go. One person accept another person do not accept because of your karma because of his thinking because of his situation and belief he has a different idea about life. But ultimately everyone has to go to the path of self-realization. To realize who am I? If I don't realize who am I? Then how I know why I am here. If I don't realize who am I? How I know where was I before? Why I am in this body? What I am going to do? Where I am going to go after the death? All

those clear questions will come to our life. So divine mother Varahi is very helpful for us. When I call her mantra what happens, my consciousness changes, my energy changes. What I have created ignorantly, the karmic impressions, psychic impression that are stored within me changes. Remember, the moment you born, your birth date birth time birth place your horoscope is made, the moment you are born and these are the outside details you get. But the same horoscope what we call blueprint of your life is already there in your energy body. Outside rituals take a lot of time, lot of energy lot of money and lot of confusion also. But when I work with the inner blueprint I don't need to have any knowledge, I just need to bring that divine consciousness whatever type of dosha you consider whether it is Shani dosha, Rahu dosha, Kalasarpa dosha whatever it is you know mangal dosha, Surya dosha whatever dosha. Dosha means weakness. It's a weakness that is present in your energy body. So weakness means it's a low energy, if I know how to change this low energy to high energy, if I want to change this planetary low energy into high energy by sitting at home. How could be your life? How could be your confidence? How could you will be acting every day? How could be your life will be? All scriptures say Srividya sadhana is the sadhana that will help you to overcome any type of belief any type of doshas whether it is planetary, nakshatra dosha, pitru dosha or guru dosha or brahma-hatya dosha or naga dosha or whatever dosha, you can overcome with that those mantras. These mantras are not just nakshatra mantra or graha mantras or any other mantras but these are the mantras which create the universe – create the Brahmanda. So we call her Srushtidevta.

Srividya is the Shreem tattva what it does Laxmi – abundance, creation. So we call the Sriyantra as a tool of manifestation. Manifestation means to create. Srividya mantra dissolves your old pattern, old blueprint & create the new blueprint. When I bring these mantras into my consciousness, what happens to the energy? All the negative impressions, negative karmic blocks, negativity in my inner horoscope is cleansed. Lord Shiva-Shakti have given everything to us, within us they have kept a Kaamdhenu, Kalpavrushka, that is your sub-consciousness mind. Within you there is a discriminating power that is your intellectual ability Vivek-buddhi. You have given choice to choose what you want. The power of choice is there. If you do not accept this principle if you do not accept your divinity, if you do not understand the universal law you will suffer. There is no escape. You have a choice to understand apply and experience the joy, happiness, harmony or you be as you are and suffer as you are suffering. Choice is there. There is no way you can escape from this. This is a world running with a certain laws. There is not time which only has night or only has day. The duality – universal law of duality is there. Universal law of polarity is there. Positive is there, negative is there. There is no way you cannot say only positive is my life. You cannot say no law of gravity will work for me. Today morning I will go and jump from the you know this building and nothing can touch. Can you say that? We all are same, we are bound by the universal laws. Similarly there are universal law – universal law of karma, cause and effect. Cause is your thoughts, cause is your choices, cause is your belief, cause is your acceptance, cause is your energy and the effect is your outside life experience. If I don't understand this universal law I will fall again and again. I always point, this guy is doing this to me, that guy is doing this to me. This planet is doing this to me, this neighbour is doing this to me, my boss is doing this to me. There is no end for this. You cannot

end it. You will be falling-falling-falling. Ultimately, it comes in such a way that you feel this life is no more. Un-fulfilment start happening in your life. When un-fulfilment starts, you start fighting with your own family members. You start becoming angry and when your real desires are not fulfilling, you start feeling frustrated and you become more negative person in your own life. But you never try to understand how this universe work. How some people are very successful? Why their life is very smooth? Why it is not the case with you? What karma I have bought it? How I can change it? Is there a way to change it? All these things need to be understood. So this is entire universe is running with universal law. You see that everything is growing on this earth. Whether it is a tree whether it a human body whether it is a village whether it is a city everything is growing. Because there is a life force that is sustaining these galaxies. There are many things happening. In our life many things, whether it is positive or negative everything is growing. Wherever you focus you attract that. There is no question at all, I focus on my positive qualities I attract positive things. I focus about my own negative qualities, I attract negative things. And there is universal law whatever I resist that is going to persist. Today I should not eat – today I should not eat – I should not eat. You say I should not meet this person - I should not meet this person, I should not go here – I should not go here, you will be surprised you are there only. Universal law works. Today I don't want to meet this guy & you just open the door he is there. Fear is strong force on this earth. Fear is a tamoguna. We want our mind always to get involved in other things, watch a TV, be in whatsapp, be in a Facebook. Do something but not be silent. No satvik guna, only rajoguna is active. Even people don't sit they will be holding the pen & do pen juggling. Very active rajoguna. Tamoguna people are mostly sleeping – snoring. They don't know where they are. Only satvikguna will be able to listen a little, "Oh! Guruji is telling right, I should apply it". So we are ruled by all these gunas every day. You see that how will you be morning what guna you are exhibiting, expressing you know that. When you eat, rajo guna is prevalant. When jadda – tamo is more in you obviously you go for sleep. So this entire third dimension is ruled by Tamoguna & rajoguna. It is very difficult to be a good person on this earth. I am telling you because of the negativity, tamoguna, aggressiveness, more active activity is going on mostly related to how to harm this person, how to do this, how to do that etc. Competition mind oriented world it is. In competition, rajo and tamo is more. So fear is more powerful than giving a love to someone, you know blessing someone is a satvik quality. So you should be very careful, if you have any fear you need to be aware. No need to do anything no need to chant the mantra. You need to learn to be aware and when there is awareness about the fear then be aware why you are having that fear & the thoughts behind that fear. Similarly for anger thoughts, where are those thoughts coming from. Belief system – when you created that belief, you go back with awareness & you will be surprised, it all happened even at the age of 8. You accepted that I am not good enough, I am not intelligent you know. Now you are going for you know job, communication fear you know oh my god what is happening I am afraid Guruji. I cannot give a best presentation there. Why it is? If you go back ,be aware during your school days some of your, friends told you that you are not good enough, this & that or your parents told something that you are holding still now. Even you will be surprised you are very good with communication compared to all other people. Even you are

better than your boss. But still you don't have awareness you don't have eye to see that you are very good in that. You create all those things, so divine mother varahi is someone who brings awareness to all those unconscious beliefs, unconscious negative energy. They all start surfacing in a smooth way and a positive way. She will teach you like a mother, she will hold your hand be careful about this. This belief is creating this problem. Try to be aware and release that. Then what happens we start learning to know all the universal laws. How the life works? How we can change our life? How to overcome our problems? So this Varahi sadhana is very powerful. That will help us in all aspects of our life. Whether you are a person who is doing a job, whether you are businessman, whether you are student, for everyone this sadhana is very helpful. Varahi is also very good for real estate issues. If you are a person who is working with a real estate, She will give a very good result for you. Any land issues whether it's a plot, agricultural land anything if you are having a disputes she is very good in that. Specially court cases you see that court case where you are having the entire problem. She is a Stambhana Shakti, make it to stop all negativity paralysed, stopped. So that you can have a right decision from the people and you can grow. And she is very good for the political carrier. Because political is always you know pull and push only. I see the families of the politicians. How many enemies you know for them? Oh my God! Not only the enemies you know not only cursed them, you know from grandfather level there are enemies. So Varahi is needed for everyone. She is very good for students, she is very good for business person. Because you need to have that confidence you need to have that attraction power. The Varahi is the highest Vashikarana mantra, I can say is the highest Stambhana Shakti is the highest to destroy the negative people enemies in your life. Not only outside inner enemies – kaama, Krodha, mada, matsarya. Her energy is more powerful on this earth. She is like a male force. In Srividya, it is complete force of a Shaktis. But divine mother Varahi is considered as a Sadashiva, Shiva force. So she is very powerful, make you confident to face your problem confidently. And she will awaken your intellectual abilities to how to solve it. That's very important. Many times we are stuck because we don't know how to think better or different to solve the problem. She awaken that because she is governing the third eye and she is Dandini, Dandanatha, Dandini. I don't give more about this because you don't like it. So she will bring the discipline. When this is open what happen, this chakra is more active, time management will come, motivation will come. Now a day's motivation is a problem to see. You know that there are many benefits of meditation, but to sit for meditation is the biggest problem. You know that if I can exercise I can lose my weight but doing exercise regularly is a problem. You know it I need to follow the diet, you know many problems you know the solution already, but to implement is a problem, motivation is a problem. So divine mother Varahi make you awaken. She is a Shakti of lord Vishnu. She awakens the Vishnu not only you, she will awaken the Vishnu. So she will make you hesitate – RundheRundhini we call her, hesitate you – kshobhan Shakti. She will leave it. She will you know push you get up, do it.

And one more very important thing I want to tell you we call her a Balidevta. Whenever we offer something as Naivaidya in our tantric practices or in a normal puja also, she is the one who can go and visit the devotee place and collect that energy – prana of the Naivaidya. She is called as sancharidevta who can't sit in one place. She will be visiting like

Saptamatrikas do. Saptamatrikas are the sancharidevtas, if you see any temple these Saptamatrikas are worshipped because they don't sit at one place. They will be walking to their devotees places and seeing what needs to be done. They will be controlling, helping, blessing. So you will be surprised when you start worshipping divine mother literally she start coming to your home. Her energy just comes to your home. If you are sensitive to you know if you auditory you know you start feeling the presence of her. Somebody is walking in your home, when you do the Varahi sadhana. Somebody is watching you when you are doing sadhana. Many times we want to do the sadhana but we are afraid what is happening. Varahi watches and guides you, protects you all the time. Because she is her own angadevta, upangdevta, tiraskarani. All the forces of Goravarahi, Swapnavarahi, Laghuvarahi start surrounding you and her shaktis – Stambhini, Rundhini, Mohini , all these shalthis help you overcome the ignorance, all these shaktis started surrounding you guiding you giving you those siddhis. And divine mother, Varahi controls the directions also in your home. So there are many benefits I cannot explain anything that she cannot do this or that. So she is, she has been worshipped in all the traditions. She has been worshipped from many ancient days and she is being worshipped in many forms even in Egypt also. Similarly for Pratyangara, Varahi they are also worshipped in Egypt with different names of God and Goddess there. So she is the one that is universally accepted whether you go to Buddhism Vaishnava, Shaiva everything. And she can bring you all the abundance, protect you, heal you, awaken your soul to self-realization.

QUESTION & ANSWERS

Is there any conditions to be followed for chanting Varahi Sadhana?

Here we don't have any restrictions while doing the Sadhana, I am telling you! You can do the Sadhana even without taking bath...Morning one can get up, fresh up myself, meditate and then have my bath and all of that... There are no restrictions. It is not any pooja or outer ritual where there are conditions prescribed by the Shastra that you have to take a bath. This is an inner Sadhana where one is working with one's own soul, one's own inner energy, one's own self. There are no conditions of any type. Mental chanting needs no condition. Even when you are in the bathroom, you can chant this Mantra! And people chant better in the bathroom as they are holding no masks there... they will be happily chanting. Why I am saying all of this is because people have restrictions – “Guruji, when I am wearing shoes can I chant the mantra or not? ... When I am in the bathroom can I chant the mantra or not? when I am at a hotel can I chant the mantra or not?...when I am in a super market can I chant the mantra or not?...” Divine mother is everywhere! Hotel is a hotel because of divine mother... got this point? A flower is having the atomic configuration of the flower because of divine mother. Water is having the form of water because of divine mother! Everywhere Divine is there... we cannot escape from the divine! Only we put the conditions as to we should chant here only, we should not chant there. And this is not the deity as UgraDevatha where there are restrictions as to where we have to chant. This is the unconditional love of Sri Lalithambika manifesting as the protecting power to you! So you should not have any type of conditions. Your only intention should be to be one with the mother that is all! "I want to be one with divine mother! I want to bring Mother's consciousness in my every moment, every level of my existence, and every part of my life". I have even told to some of my students that even when you are in a sexual activity and want to attract divine child, chant the mantra! Got this point? Because you put the intention/prayer to divine mother - 'Mother! Please give me a good child; a divine soul'. Otherwise, if I don't pray, don't attract a divine child, the whole of the life will be a problem, you will suffer because of your children. So I am telling you...bring the Mother in every action of your life! Do not put any type of condition, because it is inner Sadhana. Inner Sadhana of the soul do not have any conditions or restrictions of rituals put forth by the Shastra's. Please understand. And many people do Sadhana better while they are on their beds also. You can do Sadhana on your bed also. If you cannot do in the morning due to much work and you cannot sit also, while you're lying on your bed going to sleep, chant the mantra... it will be that day's Sadhana for you. You should not leave any day without taking the name of the Mother! Try to invoke, chant, and bring her consciousness in all fields of your life. Then what happens? Everything will be Divine! You don't have the feeling that 'this is dirty, this is bad, this is good, this, that'.. We need to go beyond all this, right? Spirituality means rising beyond good and bad. Then only you become a yogi. That is its explanation given in Bhagwat Geeta and other scriptures. When will you grow beyond? When you accept Divine, allow it at all levels of existence, in all fields of your life, at all times, it happens. So no restrictions of any sort in chanting the Mantra, Moola Mantra. Do it as much as you can!

Video link: - <https://youtu.be/XGJHaxuPxUo>

Srividhya Sadhana while travelling? Daily I travel for 5 hours for my job. Can I do my practice, my Srividhya Sadhana, Varahi Sadhana, during my journey in a car? Please clarify.

If you are driving the car, you should not do Chakra Meditation! Please understand... And don't chant Mantra like Maha Padhuka, it will make you blank, if you are driving car...! If not, if you are sitting at the backside of the car, and somebody else is driving, you can do all your Chakra Meditation. And one more thing is, if you are sitting with any other stranger apart from any of your family member, then be careful! Because when you do the Sadhana, your aura should not interact with another person. Because when I am doing the Sadhana, I am allowing my Divine Mother to enter into my aura, I am doing the protection shield. I don't want another person's energy to interfere with my Sadhana! You need to understand this! So, if you are travelling by car, if you are in the backseat, if you are alone, and you have the time, you can do the Chakra Meditation. If not, just do the Moola Mantra japa. If you are travelling in a bus, in a train, with other people, who are not related, don't do the Chakra Meditation! Just do the Mantra Japa."

[Video Link: https://youtu.be/twT2LK8WqPU](https://youtu.be/twT2LK8WqPU)

Experience of Varahi and Pratyangira are the same

Guruji, I had a dream in that I saw a small Varahi statue [side view] and someone praying in front of it. I also wanted to worship so I am approaching the Varahi but when I go near to the statue just the face itself became a Pratyangira and turned towards me. Before 2-3 days I wanted to buy Varahi statue but I didn't, and I also have the urge to go for Pratyangira sadhana. Is it Varahi Amma telling me Varahi and Pratyangira are same? or please enlighten me.

Very true, its very true. Varahi, Pratyangira, Rajamatangi, Sampatkaarini, Bala all are nothing but different manifestation of Lalithambika Rajarajeshwari Maha Tripura Sundari. That you need to understand. You might have worried that you wanted to take a Pratyangira sadhana because of your life situation. But mother has shown you that, she herself is Pratyangira and she can take care of you at this phase of your life. Please understand, the message is very different. It is not just showing whether they are one but she is also indirectly telling you that I can take care of you during this present situation if you are suffering with enemies or some issues are going on, then she is taking care of you. She is very clearly indicating that I will take care of you. So this is a blessing for you that Divine mother has shown she is both Varahi, Pratyangira and all of that. Even the Dhoomavati is also it is her form. She has a eight forms. So Varahi can take the form of Pratyangira. Varahi can take the form of Sadashiva. There are many things in this I cannot explain. But know that mother wanted to help you and bless you.

[Video Link: https://youtu.be/o92--b9GAOc](https://youtu.be/o92--b9GAOc)

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

It's very clear from the experience that you are detached from the body and you can see above the earth and also see other people's souls without a body. So without a body means, you see the souls means what it is? It is just a pure light, pure space or just knowingness. So whatever you have experienced is the truth about yourself and others and existence that is shown in you. The body without a soul is of no use. Everybody is just a soul. And, it is also true when the person takes the body, he loses his bigger goal - "who is he?" what you say big white energy that you have experienced and where you have experienced, above the head, that's where we meditate in the third level SVS. Third level we move that higher self. That is where you six pointed star. That is what you are experiencing it. It is all true that you are a soul and all people also are a soul. This world doesn't have a life if the soul is not there, if the prana is not there, if the life is not there. You are blessed to have a glimpse of the reality of this world. Reality about you, reality about the people. It's really good. And it's also natural. Whenever you go into that state of consciousness, it's very difficult to come back into the body consciousness, work and focus on the family and job and all. It may take one or two days for you to settle down to your normal life and then to proceed with your day to day activities. You are blessed. You could be able to experience the reality of this world and yourself.

<https://www.youtube.com/watch?v=eePLpy9TaNQ>

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

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

<https://www.youtube.com/watch?v=eePLpy9TaNQ>

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

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

<https://www.youtube.com/watch?v=eePLpy9TaNQ>

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

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

<https://www.youtube.com/watch?v=eePLpy9TaNQ>

Guruji how can i extend the protection shield of mahavarahi to any person?

Like how you do the protection shield for yourself you just visualize the same type of protection sheet is coming on another person then you rotate the mantra around the protection sheet of that person and pray to divine mother Varahi.

https://youtu.be/m7rEf_cMEeA

I find myself difficult to visualize devi Varahi when I am chanting the mantra not only that when I try to focus on the mantra i lose track of the count and when I try hard to visualize the devi I lose track on the mantra it goes wrong?

When you have a visualization problem, then you drop it you and you just focus on the mantra. Tell to mother, my surrenderance, my devotion for you is so much, I love you and me this whatever I'm chanting the mantra, it is my gratitude and devotion to you. You make a prayer to mother and simply chant mantra and dissolve in mother and one with mother, you see that the visualization should help you to grow and experience oneness with mother if visualization itself is a you know hampering your growth, you let go and surrender to mother and pray to mother and do the mantra meditation and feel that the sound of the mantra itself is a mother is manifesting in you .okay pray to mother and do the meditation. Okay simplifies your sadhana that can be helpful and you can move devoted and surrender to divine mother.

https://youtu.be/m7rEf_cMEeA

Srividhya level five, R-kriya, Varahi and Sri Suktam- Shivohum, Guruji during the group meditation you briefly talked about our master living in a different dimension. I'm curious to know how many dimensions are there.

There are actually 21 dimensions.

https://youtu.be/m7rEf_cMEeA

After I took a sri-Suktam and Varahi deeksha, I had a dream of a black snake running away from me and saw a golden snake felt friendly can you please explain this experience

You see the snake is a representation of energy okay and when you say color black color means the negative karma is released golden snake. It is a very golden is a you know a positive energy, golden is a precious energy, golden is a divine energy so you have received the blessing of a divine and negative karma has released that is the meaning of your experience

https://youtu.be/m7rEf_cMEeA

I am one and a half months pregnant i stopped my chakra meditation after knowing my pregnancy how many times can i chant mahavarahi mantras or should i stop all mantra including 51 letter shiva mantra.

You can just do 10 to 15 minutes of mantra japa for example you do five to ten minutes of mahavarahi moola mantra, then you do Thirumoolarji 51 letter mantra with a sankalpa with the intention for a good health for yourself or your baby.

https://youtu.be/m7rEf_cMEeA

This book is a culmination of Sri Sadguru
Sivapremanada Ji's teachings on Goddess
Sri Maha Varahi Sadhana

About Sadguru Sivapremananda Ji:

After experiencing higher states of Samadhi, Sadguru Sivapremananda Ji willingly shares his teaching on Srividya sadhana for the benefit of those who aspire for self - realization, but dont know where to begin, or their worldly responsibilities are too great to allow them the time to pursue in-depth studies or attend lengthy retreats.

Now Sadguru Sivapremananda Ji is helping sincere seekers through Thirumoolar Siva yoga and srividya sadhana. His professional education is as follows;

- M.S in Biochemical science from Germany
- Ph.D in Bio-medicine from Spain
- Post-Doctorate in Cancer Biology from USA

Sri Sivapremananda Self-Realization Centre
#87, 3rd main road, Raghavendra Layout,
Gubbalala, Bengaluru
Karnataka - 560061