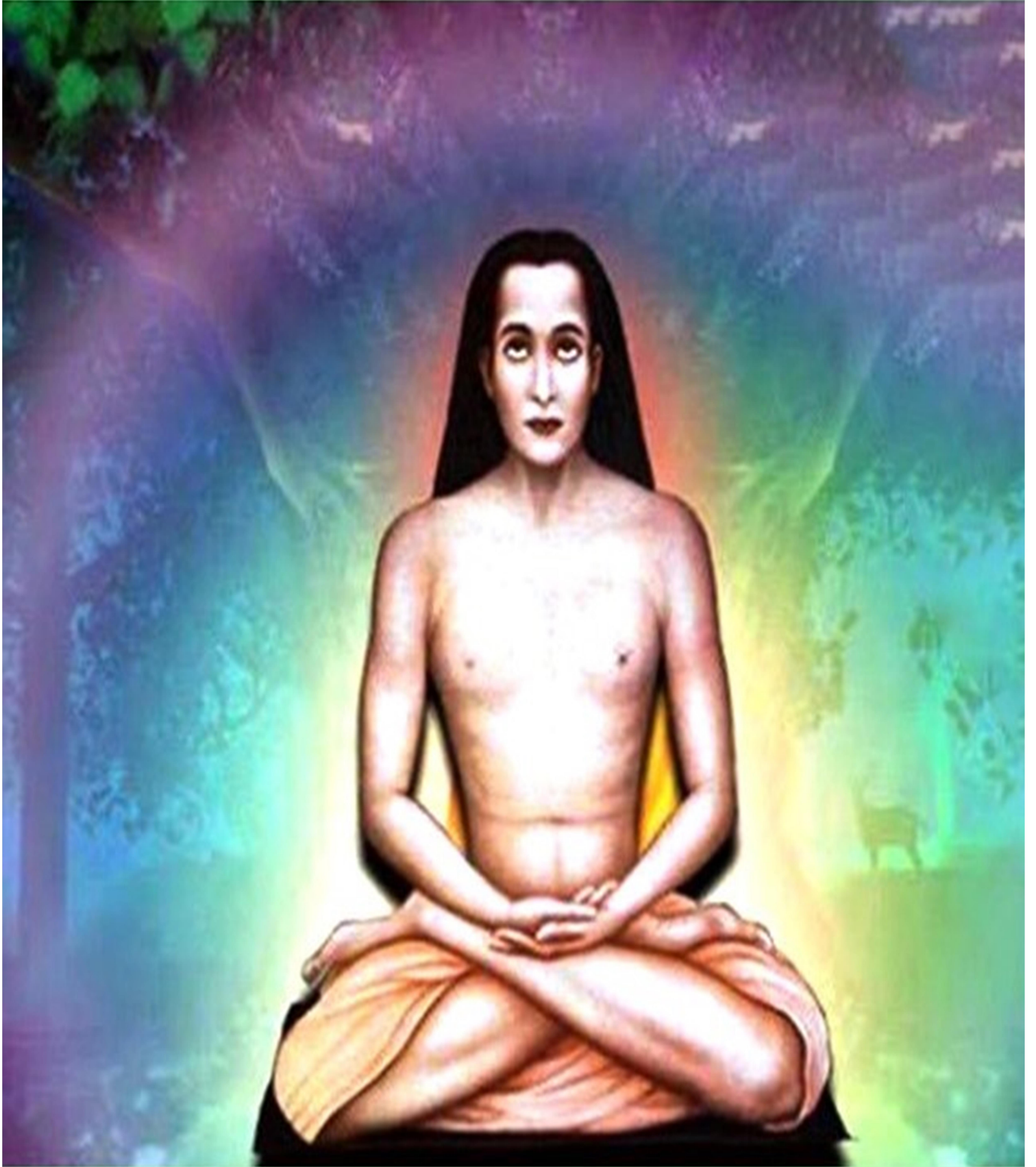


# Rajarajeshwari Kriya Yoga



Sri Sadguru Sivapremanandaji

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## **Rajarajeshwari Kriya Deeksha Importance!** **-By Sri Sadguru Sivapremanandaji**

Video Link: <https://youtube.com/c/rjR-jxbw>

**Sadhak:** If one is already practicing Srividya Sadhana level 1-7, is Rajarajeshwari Kriya Deeksha still required?

**Guruj:** See main objective of Rajarajeshwari Kriya is to balance panch pranas to overcome the health aspect so it is very good if you are suffering from anything diabetes, blood pressure, fatigueless, health problem or going through stressful situation where depression and all where you are holding the energy in your memory of cell, how will you release it off course Sri Vidya will help you but Rajarajeshwari kriya is more for health how to work with panch pranas and all how to circulate them, how to use inner Banda, outer Banda, inner kumbhak, use rhythmic breathing to affect your state of mind, bring harmony fir yourself. It will make you master if you see any Siddha master if he has not mastered pranayama he has not complete master. To become a complete master you should know how to control the prana, how to circulate the prana in what way and how. If you are not understood you have not reached the completeness in yourself. So all Siddhas whether it is Gorakshna, kriya babaji Aur bogarnatha, Shirdi Sai you know they know inner dynamics of prana that will connect them to soul, mind and body , it brings health, mastery in soul and mind this is important step. We are giving it in such a beautiful way, in simplified manner and you won't get anywhere. If possible you learn practice and see for yourself. It will be added advantage for your Sri Vidya sadhana, when you do Rajarajeshwari kriya and then Sri Vidya you see yourself change in energy, clarification in energy, and state of mind everything will be there. Some people doing sadhana sleeping again and again no alertness you know all. of these will be there .but main objective of Rajarajeshwari Kriya is health, health is main priority how to overcome health problem that is very important. And also some people who jot wanted to like own family member they don't want to worship any God and Goddess but they want to be in good health, they want to increase the brain power, memory power they want to overcome stress, they have lack of energy for them Rajarajeshwari is there, where you are meditating but child is not doing mantra sadhana how can I help him. Rajarajeshwari helps. Your wife she is not meditating how can I help her, Rajarajeshwari kriya helps? There is no mantra only breathing technique. Breathing techniques designed by Siddhas, swara yoga designed by hath yogis, any Tamil literature this pranayama is coming from there; it's not my own things. Together coming in order detoxifying yourself, overcoming all these is Rajarajeshwari, to help partner children family member, especially in children young where they need to meditate they focus more on studies take care of their health. Many people go for allergies some cliante change allergy will happen, flu; cold how to have good immunity is very important this is for them and for people who want to have good health.

## **Kriya Yoga & Rajeshwari Kriya difference** **-By Sri Sadguru Sivapremanandaji**

Video Link: <https://youtube/dVFSV7YcD0Q>

**Sadhak:** is R kriya same as Kriya yoga of Mahavatar Babaji?

**Guruji:** R kriya is more advanced then kriya yoga. R kriya has some secret techniques which are not openly thought in public. So there are some instant techniques which will give you experience of Samadhi that is not there in kriya yoga. Why I have given the R kriya, stop using the kriya yoga or traditional kriya yoga, as R kriya also contains main essential kriya yoga techniques, so R kriya is more powerful then kriya yoga this I will say confidently. It has everything om kriya, chakra kriya Sushumna kriya plus it has some important kriyas that will trigger and cleanses merrily pattern at emotional level, sub conscious level off course then you are receiving this Sanjivani mantra in

R-kriya. It will cleanse all and releases the Sanjivani of your own soul, so R kriya is more powerful then kriya yoga that you should understand.

## **Rajarajeshwari Kriya- Ultimate Solution to Health Problems!**

**-By Sri Sadguru Sivapremanandaji**

Video Link: [https://youtu.be/oBqAF\\_fr1Sg](https://youtu.be/oBqAF_fr1Sg)

**Sadhak:** What is Rajarajeshwari Kriya & its benefits?

**Guruji:** Rajarajeshwari kriya as the name suggests Rajarajeshwari in Srividya we worship divine mother Lalithambika as Rajarajeshwari. Why this name is given because she will make you raja king of your word. In the scriptures it says when you experience dharma, artha Kama, moksha then there is completeness purnatva, when purnatva happens we called it as raja of his own word. The divine power that will help you to experience that shakti that will help you to experience that we call it as Rajarajeshwari queen of all being, so much importance is given and we explain Bhoga and moksha sadhana, we will learn here Rajarajeshwari kriya that will help to bring power to you to heal yourself in inner and outside world. Inner world we called Riddhi and outside world we call as siddhi to bring Riddhi siddhi Ganesh tatva that is Rajarajeshwari kriya so it contains pran kriyas, kriyas means conscious act actions to enhance pranas in your body, it is not mechnal it is conscious action to enhance pranas which is life-force energy in your body. These are pranas kriyas enhance the power life force that is needed to bring the health in you whether it is physical health, mental health, astral or energy, so it is complete health at all aspects of your being that is what we call pran kriya and these kriyas are not ordinary kriyas, these kriyas are thought in siddha parampara from master to disciple. If you and learn in hatha yoga some kriyas are there ok. If you in gyan bhairava tantra there are 112 kriyas, if you go in shiva Surabaya again there are many kriyas, so. Like this there are more than 700 prana kriyas are there, minimum i am saying. Out of them in our parampara they have chosen some of these kriyas can help you to work on your health problem and activate and balance your panch pranas and activate and balance 543 chakras and activate and balance clear the circulation of pranas and 52000 thousand nadis, so order of these kriyas systematic order of these kriyas is called as Rajarajeshwari kriya. Even we are focusing it as health Couse but i want to tell you if you sincerely practice it your kundalini gets activated, your past life karmas can be burnt, in itself it is spiritual practice apart from health benefits so it is added advantage for you, if you not doing any mantra or anything, it is just a breathing technique to raise your consciousness, to raise your energy and bring the balance, in your entire being and not only body because definition of health is not only physical, it is entire your mind should be good and body should be good. Because this body is controlled by brain, brain is controlled by mind, but mind is controlled by consciousness this is very important, you see some people some neural problem will happen and whole body becomes paralyses you see that brain controls complete activity of body but brain is controlled by mind and mind is controlled by consciousness awareness, that consciousness we call it as a soul, if you go to Bhagwat Gita it us very clear it is soul that controls body, mind and senses, so Rajarajeshwari kriya works at body level, mind and soul level. There are main three causes suffer diseases first cause is our food habit, not following health laws and third cause is negative thinking and negative feeling and negative beliefs these three are the main cause in this life for suffering different disorder we see this easiness there is no balance, there is no harmony, disease is imbalance, something is not balanced in you, something is not proper in you, something is not in harmony that is what we call disease and then there is one more cause karma not of this life, past life there is some habit you have created, some memory pattern you have created, you came on this earth with those memory patterns, those karmic layers, physic layers those things also cause diseases, Rajarajeshwari kriya help you to overcome all these causes

whether karmic level product, some Pitru dosh you call, some past life karma, speech is not there 6 years, 8 years not able to speak because of karmic, other day life health laws not followed, we do this Rajarajeshwari kriya one of the very important thing is overcome karmic issues, then we learn how to control negative thoughts, emotions how to control all the negative beliefs second thing, third thing is how to live healthy life, how to understand health laws, how to apply them so that we can bring health. This 21<sup>st</sup> century you know that home food itself is great blessing, have home food every day, freshly prepared is a blessing, otherwise we have to eat here and there and who prepares that food, what emotions is put in that, what love is put in that you don't know, because food reacts you take one or two plants you scold to plants see that plant will die in a month, you encourage love, appreciation to plant it will grow better than normal. These plants, food and I can say matter reacts to consciousness; matter react to the mind, water is the highest sensitive matter available on earth that will react to your thoughts emotionally. Maybe future will come water would be the highest and the first medicine available on the earth because water has power to absorb the memory patterns. Now recently it has been discovered that the DNA can be copied into water molecule, electromagnetic energy of a matter can be copied and absorbed in water, now can you use it as a medicine in future, it can be. Today we learn how to use the water, because water is something you see this body is made of 70% of water, 70% fluid, 70% brain is made up of fluid your muscles contain 70% fluid, bones contain 35% fluid, your entire body is that and if you energise, programme the water what you do know what you doing you are influencing your entire body entire biochemistry, entire neurological system, entire brain system, even blood is 90% water how powerful it is what we are using energy healing, it must go to energy body and then come to physical body, if I know there is something physically I can influence instantly, so I am telling you within one two days you see results, you can reduce weight like anything, weight loss can be very powerful, because when water is there in muscle, brain, water in cells, see cells also fluid everything is fluid so today you are going to learn how to programme cells in our body to bring the health we want, whether I have diabetes, BP, asthma, I have COD, child issues, getting child, neuter problem, menstrual problem, heart attack, brain neurological disorder parkinson, any type of disorder or I have liver, kidney you see that when pranas supply energy what happens liver, kidney functions better, your heart brain function better very important your organs function better. One question you should ask yourself when I am at the age of 20, 60 I can eat anything no problem with sugar, BP, no problem with fatness tiredness, why it is happening to me at age of 35-40 I am the same, my living is same then what is the change that has taken in my inner body level that I am suffering you need to learn the cause of suffering once you learn you need to have a tool you overcome that suffering. It is very clear that when you are young organs are functioning properly, what you mean by disease there is some imbalance taken place it is that there is no right amount of enzymes, hormones, protein, kingies or any right functioning of gland not happening so thyroid problem will start what is thyroid problem either producing too much or too less of we have these diabetes whether not producing insulin or less or producing more, if not producing at all then you need to take from outside. Your capacity of organ to produce right amount of proteins Kyliies or all that is needed will come down. Now question comes why it happened to me what is wrong I am doing, and taking multivitamins minerals but toxins in my body is too much multivitamins are not absorbed by my organs. Means they are accumulated toxic lying in my body, how to overcome toxic, we have three types, solid, liquid and gaseous toxic our siddhas say that we should eat good food, nutrition food at the same time your body should have ability to release toxins if i eat too much but not able to release balance is not there, you see that many people have irritable bowel syndrome and now a days most of the diseases are genetic disorders, most of them are life style diseases, physiological diseases affecting the body, one stress can affect your heart, pancreas, liver and kidney not only that production of enzymes not only that your breathing, heart

go and do little bit study you will be surprised what is going on now and then you needed to ask question is it needed for me, do I need to be in a such a stress, so if I need to. overcome how can I, what is the way, today we learn very simple technique brings the awareness to breathing, what happens to. your mind it more thoughts or less thoughts, less thoughts right. This is the way my body is at different speed at x km and mind is at y km x and y I.e. 10 and million times if you compare it is more. Mind is power it is highly powerful if you go can study the different light rays, Cray radio waves, ultrasonic you will be surprised that highest of all is thought wave. Thought is more powerful then infra, ultra violet rays any rays you make comparison highest what is thought waves means you are more powerful than anything created on this earth, any vibration that is created on this earth, so human is the divine being he is the highest manifestation on the earth is divine. If you want you have possibilities to go beyond that reach super conscious level that is what we call siddhas, rishis, avdhootas and names, is it clears to everybody. So we need to understand not only our physical body, we have Suttle bodies first focus health means physical body, we don't focus energy body but energy body is more important than physical body. If I ask you when you are young physical body is good, energy body is good, as I get old above 30, 35 40 what happens between physical and energy bodies blocks are created, when blocks are created right amount of pranas are not supplied, then functioning of organs is not proper take one example of light, we have light, wiring system and button if it is at 10 volts and I supply 5 voltage will it. Work even it will work but light will be dim. If it is 10 I supply 1000 what happens to this, when you 16- 18 years then 10 volts and receiving 10 and when you are 35-40 required 10 receiving 5, 4 3 or 0, I don't know you see the electricity that is needed to be given to bulb is less you call this electricity prana life force energy what this light is called organs whether it is liver, kidney, heart, pancreas, intestine. These organs receive right amount of pranas properly if less pranas then it goes dim, when students come here who has diabetes, irritable bowel syndrome, asthma headache problem, headache is problem you cannot determine whether it is sleeping problem or your acidic level in food or your thoughts process worry nature, but our medical system says take one pain killer. Headache is coming is a symptom that life style is not good or not sleeping or eating properly or thinking too much worrying stress level is too bad, but medicine system symptom mean I need to cut that, is problem solved, it's like i am driving vehicle and my car having different indicators and fuel is low indicator start beeping with red light, be careful very less fuel you need to fill it, what our medical system says it is beeping know cut the wire it is cause treated or symptom treated tell me what is treated. Complete medical system works on symptoms means what it is hospitals are there to treat the disease but not for health, please understand the definition of health, health is more important many of us become more aware when the disease knocks the door until then we are so happy we drink 10 types of tea, coffee, in stress also tea, coffee and happy also tea, coffee to meet someone also tea coffee, see that now it is very clear publication in research field that sugar is a drug it can bring 150 diseases I think in future it may come written on pack that be careful, how you have on cigar and all, be careful it will bring 150 diseases, it is one of the poison slow poison that I am using it every day beautiful poison we are using it every day, using consciously hurting ourself. We are here to learn the lessons of life, first lesson is I need to accept myself, second lesson is I need to take care of myself, take care of my thoughts, feelings and emotions energy plus my body what I eat not only good but thoughts, emotions also what I see, hear it is all good, that is why we say be careful what you hear, what you see, be careful, so it universal whatever you think, belief accept that you are. So today we are going to learn bring awareness of food you can replace easily without any compromise and I am going to give some super foods that has all the power to detoxify and more that 103 nutrients that is not available in any market and it is super vibrant if you take daily all health aspects will be taken care, I will. bring awareness to that, so Rajarajeshwari kriya help you to overcome all your diseases problem whether karmic also, food

problem, way you think ok and then these Pancha pranās are very important if you don't know how to balance them you can make your organs to function properly so we are going to learn all of these in today's workshop and then what happens you become master of your health, body and when you do the Rajarajeshwari kriya you will say you I will not suffer heartache or experience neurological disorder, I will never experience parkinson disease or anything, all other experience, you will not suffer BP, sugar pcod, asthma, menstrual issues, child issues that has been problematic, then there is also one important suffering from headache, stress how to control thoughts, never will have kidney or liver problems , never in life you will experience these problems if you regularly do R kriya Rajarajeshwari kriya.



**I have many health issues; do I need to practice R-Kriya along with Srividya Sadhana?**

**-By Sri Sadguru Sivapremanandaji**

Video Link: <https://youtu.be/UHZriLCmrr4>

Shivoham Shivoham

**Sadhaks:** I am doing Sri Vidya level 3, I am having many health issues do I need R Kriya, how. Long does it take to do the daily practice?

**Guruji:** Focus on the R kriya then you go for Sri Vidya Sadhana. What does R Kriya does it does the release of all the energy codes. It does the balance in the panch pranas. Panch Pranas are if I good conditions your organs are in good condition, as you get old the pranas flow in organ will be less. When the organs receive less prana, whatever is organ functioning producing hormones, kinesiology, protein everything goes down, then what happens any one harmony is imbalance one disease will start and our body works as a complete system, if some insulin problem happens in pancreas it will affect thyroid, it will affect my heart beat and blood circulation, so everything is connected.

So if you are having many health issues I would suggest do R Kriya which is enough blessings to us and then go for Sri Vidya Sadhana.

**Sushumna Prana kriya with Kechari mudra can be practiced separately?**  
**-By Sri Sadguru Sivapremanandaji**

Video Link: <https://youtube/OMq1Odmf1So>

Shivoham Shivoham

**Sadhak:** Can I practice Sushumna kriya separately and increase number? Since I have practiced kriyayoga before and can perform Kechari mudra proper, may I use Kechari during Shushumna Kriya?

**Guruji:** Yes you can do it, so slowly increase the number of Shushumna kriya with Kechari, like 3 times a day for a week, then 9 times next week, after again 2 weeks 18 times a day, like this slowly increase the number of kriyas and see how you feel heaviness or ecstasy or lightness. See your energy or when you increase the number are you feeling releasing more anger during kriyas, after the meditation check all these things and slowly steadily increase the Shushumna kriya number.

**R-Kriya changing my entire mindset and psychology!**  
**By Sri Sadguru Sivapremanandaji**

Video Link: [https://youtube/afbo\\_vNp84c](https://youtube/afbo_vNp84c)

Shivoham Shivoham

**Sadhak:** I have been meditating regularly and following sadhana for 1 year now. I recently started R-Kriya and feeling R-Kriya is causing more detox than any other Sadhana. I am. Feeling very emotional and loss of appetite and too much energy in my head. I have felt more emotions in last 10 days, then in last one year. But then when it passed i feel calm. I feel my entire mindset and psychology changing. Is this normal?

**Guruji:** Yes it is very very normal. As I explained R kriya what it does is when you do different breathing techniques and different systematic breathing techniques, rhythmic breathing techniques you are triggering and cleansing all buried negative emotions from sub conscious mind and they have to release it. If you don't release they become block and manifest some problem in life like health problem or some other worldly problem. So it is always better that you release your negative physic impressions, emotions, thoughts during the meditation specially R-Kriya. It is positive sign of cleansing and deeper healing taking place in your life. It means you are doing well and allowing divine to take care of you.

**Can we use Sanjivani mantra of R-Kriya for Japa to improve health conditions?  
-By Sri Sadguru Sivapremanandaji**

Video Link: <https://youtube/TEPuBZ7EZIA>

Shivoham Shivoham

**Sadhak:** in addition, can we use Sanjivani mantra of R-Kriya for japa to improve our health conditions?

**Guruji:** Off course you can do that, that's the very powerful mantra you know given by divine mother from Soundarya Lahari. The energy of Soundarya Lahari to heal the things will come to you when you chant the mantra which is thought in R-kriya, you can do that also. It also brings lot of great blessings; impossible miracles can happen with that mantra.

**How to practice Rajarajeshwari kriya along with Srividya Sadhana?**  
**-By Sri Sadguru Sivapremanandaji**

Video Link: [https://youtu.be/ozjRqP\\_RCjQ](https://youtu.be/ozjRqP_RCjQ)

Shivoham Shivoham

**Sadhak:** For Srividya Sadhaks it was advised to do only part A before Srividya Sadhana? Do we have to do part B at all or can only do 1 or 2 mudras as per need. Should we do the full part B in evening?

**Guruji:** Yes you can do it. In the morning do part A of R kriya, then you go for Srividya and in the evening you can do part B Or you can if having some diabetes may be you want to only select only pranayama you can do that apart from A and Srividya Sadhana during your daily activities.

## **How to overcome health issues by practicing R Kriya?** **By Sri Sadguru Sivapremanandaji**

Video Link: [https://youtu.be/HuBd\\_IH89g4](https://youtu.be/HuBd_IH89g4)

**Sadhak:** I have various health issues arthritis, teeth problems and neurological issues and I was wondering if I should add. R-kriya practice for healing?

**Guruji:** Yes you can do it. R-kriya is very powerful when your pranas are balanced, cleansed all nerve related issues will be taken away and whatever blocks are there between Astral. And subtle body organs are cleared, then more prana is supplied, then what happen is a right hormone, right secretion of enzymes right chemicals needed to solve problems will be blessed to us. R kriya you do will be very helpful and also I suggest for any health issues three issues should be taken care of what you eat, what you breath and what you meditate.

What you eat should be non-veg ok, but more of vegetables, more of fruits in your food system. Specially early morning before breakfast more fruits should be added and fruits according to your weight can be better. If you are 50 kg person into 10 times 500 Gms of fruit in morning you can eat then go for any type of breakfast. For lunch also. Like that Fresh vegetables, 50.kg into 5, 250 gm. of different vegetables should be eaten, first eat vegetables then whatever you eat non veg, junk food is ok.

But when you eat these fruits and vegetables adopt in your life necessary prana, vitamins, minerals that is needed is absorbed by your body, as all students who want to grow reduced refined food, sugar instead use jaggery, all these cold drinks change to fresh, pure juice and all. the outside food to home food and only once during a week or a month you go for party you may take non veg, cold drinks I don't mind, but every day you should control over diet. Health law should be followed if you want good health and that what happen if you have genetic disorder pray to divine mother Hasoham soham Sivakameshwari mantra I ask divine mother Sivakameshwari to cleanse, heal energise and purify my DNA and remove all genetic disorders and bless very good health and chant Hasoham soham Sivakameshwari for 2 minutes and feel divine mother energy cleansing it and don't do every day when you work with DNA effect is very strong start feeling pain will increase body pain may increase, mood may change, so take a gap DNA healing is powerful mother starts working, kundalini has power and below DNA is made of atom, atom is made of different molecules energy conscious is there divine mother works and change DNA, so all. These things needed when you work. Plus when I say breathe, do deep breathing before, protocol I have given at least for 5 mins. Deep breathing means your abdomen should be filled with oxygen then your chest filled with more oxygen entire system should absorb Prana that is what I call deep breathing and plus if you add Rajarajeshwari technique it is amazing I am telling you such a secret Siddha technique we have received amazing results literally feel all prana. So food I have take care, panch pranas either i do by Sri vidya or Rajarajeshwari kriya take care, then meditation Sri vidya meditation will help you. When we work. With all these things plus swadhyaya negative thoughts emotions also impact us, so. With self-awareness we dissolve slowly all negative emotions and slowly slowly we walk and reach shivatva, bramhthva, divinity and we manifest our purpose of life.

## What can be done along with R-Kriya to see the better benefits?

- By Sri Sadguru Sivapremanandaji

Video Link: <https://youtu.be/WuKrLb-mySE>

Shivoham Shivoham

**Guruji:** Regular R kriyas should be done regularly every day and maintain good thoughts, positive emotions and do swadhyaya meaning self-analysis whenever you feel negative. Don't create negative thoughts, emotions and all that negative energy every day. Have good food, healthy pranic food specially plant based diet, liquid, cleansing therapy is also given, on same web page health mantra also given, try all these things. Food level takes care, prana level R kriya, meditation, soul level you do mantra. When you work with physical level, energy or pranic level; soul level things will be taken care. Mentally entertain good thoughts and whenever negative thoughts try to understand pattern and overcome negative emotions. So more you have positive thoughts, emotions, energy, expectations, regular meditation, faster results you will experience.

## How does R-kriya helps me, if my karma is to suffer from health issues throughout my life?

-By Sri Sadguru Sivapremanandaji

Video Link: <https://youtu.be/LsHtb8SOck0>

Shivoham shivoham

**Sadhak:** If my karma is to suffer from health issues thought my life how R kriya helps in erasing such karma?

**Guruji:** See that, some karma is created through thoughts, some karma created through our emotions and some created through with memory pattern stored in our subconscious mind. Because some thinking habit, feeling habit create memory pattern in our subconscious mind that becomes vasna, becomes physic impression and at higher level it is karmic impression.

When we do the breathing special breathing that produces special rhythmic patterns that will destroy these memory patterns stored in subconscious mind so that way you erase your karmic logs. Many times we get anger to same situation because we have a belief, that belief is stored as a memory pattern in your subconscious mind and creates same pattern of anger and same pattern of anger creates same energy and that energy from subtle body manifest to physical body as disease as a health problem. So when I do Rajarajeshwari kriya what I do rhythmic pattern of breathing destroys erases these memory patterns stored in your subconscious mind and rhythmic breathing clears pranic channel because if you create a memory pattern that can be energy block in energy body when I do the rhythmic breathing it circulates. Pancha prana using Rajarajeshwari kriya that energy block is removed and right amount of energy is supplied to organ. Organ can starts functions better and create right harmony, produces enzymes, protein then you establish health in your life. Please understand breathing is very important, directly influences energy body and in your energy body stores both positive and negative energy and negative energy is karmic impression that you need to remove and the Rajarajeshwari kriya does that and is very powerful Also we have mantra in it sanjivini mantra that also helps to receive the grace healing power from your own soul, distribute and cleans, heal and energize your entire body and bring health.



**Should I hold the mudra till I complete the chakra prana kriya in R Kriya?  
-By Sri Sadguru Sivapremanandaji**

Video Link: <https://youtu.be/anlVhjh8s4A>

Shivoham Shivoham

**Sadhak:** Should I hold the mudra with both hands for the whole duration of Prana Kriya or release it when I start doing the chakra prana kriyas?

**Guruji** This is question from part B Rajarajeshwari kriya where we use mudra, focus on Yantra and do mental pranayama and chant the mantra. So when we do this specific chakra, mudra we need to perform as explained in procedure and complete that kriya.

If muladhara prana kriya is there for that mudra should be performed with both hands and finish that prana kriya as given in procedure. Then you release the mudra and relax yourself before going to Swadhisthana kriya. If your hands feel tired then rub them, make claps whatever is comfortable for you.

Again you sit, if back is paining, then bend a little bit here and there, take a break, relax and then we go for Swadhisthana Prana Kriya.

But when you do the Swadhisthana prana kriya for complete procedure for that kriya to be complete perform mudra with both hands.

**Can I practice Rajarajeshwari Kriya Yoga while lying on bed?  
-By Sri Sadguru Sivapremanandaji**

Video Link: <https://youtu.be/xsKAXcLtl>

Shivoham Shivoham

**Sadhak:** My third doubt is that I am not doing R Kriya as I cannot sit i have been diagnosed with spine Injury, can I do R Kriya lying down.

**Guruji:** Yes you can lie down and do the R Kriya.

I only suggest is don't lie down on the bed where you stare sleeping. Because our subconscious mind programmed when I go to bed automatically sleep.

That is why during studies we say don't sit on bed and study because subconsciously our mind will go down.

Unconsciously we are programmed. So what you do is you use woollen mat, yoga mat, woollen cloth or silk cloth on floor, lie down on that and then do the Sadhana that would be helpful.

**Why Rajarajeshwari Kriya should not be done by kids below 18 years?**  
**-By Sri Sadguru Sivapremanandaji**

Video Link: <https://youtu.be/OX1nfpQSjjw>

Shivoham Shivoham

**Sadhak:** Why is this Kriya not available for kids below 18 years? Can they be initiated into this if they suffer any health issues?

**Guruji:** These are very powerful kriyas that should be done under the guidance of a master. I am openly giving it as distance course due to present situation of covid before that it was not offered publicly.

Because pranayama you are playing directly with energy cord so do with guidance of the master. Children below 18 years specially not good for them. Because there glands are not yet grown, not developed to right weight or their emotions very different and it may trigger many different kriyas to them. It may harm the physic nadis as they are delicate, so we don't suggest it. Children start doing without guidance it may harm them and there are many issues I don't suggest Rajarajeshwari kriya for children's.

For children's I suggest do the health mantra that can bring great miracles for children's. Children don't need all these Pranayamas and all, if they sincerely do mantra meditation. Health mantra is available in your you tube channel, you take that health mantra teach your child if possible energize water with health mantra that video is also given. Ask them to energise themselves and drink it and health will be normal. Any deadly disease can go away with it, but this R kriya is not needed and I am not in position to personally guide each individual student, because we everyday get many application so very difficult so I don't suggest.

# Sri Sivapremanandaji



After experiencing higher states of Samadhi, Sivapremanandaji willing to share Sri Vidya & Siva Sadhana teachings for the benefit of those who aspire for Self-Realization but don't know where to begin, or their worldly responsibilities are too great to allow them the time to pursue in-depth studies.

Now Sivapremanandaji helping sincere spiritual seekers through Thirumoolar Siva Yoga and Sri Vidya Sadhana Online. His Professional Education is as follows,

- M.S. in Biochemical Science from Germany.
- PhD in Biomedicine from Spain.
- Post-Doctorate in Cancer Biology from USA.