

# **Siddha Healing & Immortality**

## **Group Meditation 23<sup>rd</sup> October 2022**

**Video Link - [https://youtu.be/64S\\_r-zr\\_7M](https://youtu.be/64S_r-zr_7M)**

***(Guruji's YouTube Videos are converted into Articles by Srividya students)***



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### **TRAYODASHI – AN INTRODUCTION**

Today is quite an auspicious day! **Trayodhasi of Krishna Paksha in the Karthik Masa!**

Actually Trayodhasi of every month is very good. Every month Trayodhasi is the day where the **Lakshmi Tattva** reaches very peak for 5 days following Trayodhasi, Lakshmi Tattva is very, very, very high on this Earth planet.

So if you do any Sadhana with Lakshmi, when you start it on Trayodhasi, it's very, very auspicious!

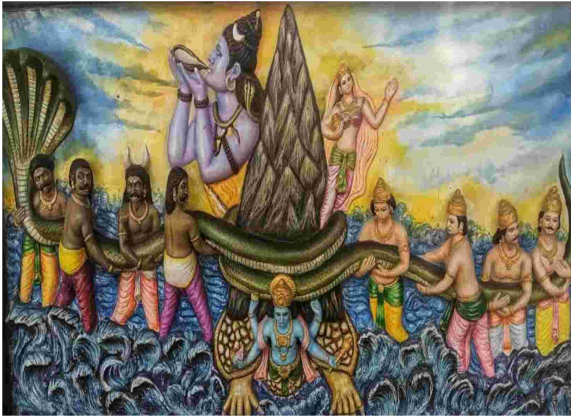
So today's once in a year occurring MahaTrayodhasi and its Energy is more high. How we have Shivaratri every month but a Mahashivaratri once a Year, like this, Trayodhasi is there every month. But this Trayodhasi is very special. It's called

**Dhanteras**, So **Dhan** means... we already know about it. What is it then? It's Money Consciousness. And that is coming on this 13th day - **TerasDhan + Teras** - hence the name so suggested.

And especially today is the day when the Devas and Ashuras did the Samudra Mantana where the Lord Vishnu took the form of Dhanwantri to offer the Amruta.

To offer the Amruta and the Knowledge of Immortality. That is what Ayurveda is, one is Knowledge and the other is Amruta... He's giving both to us!

## ESOTERIC MEANING OF SAMUDHRA MANTAN



So everybody you know that the story itself starts on how to have the Amrutha. Devas also want and Asuras also want. But in the last moment Lord Vishnu took the form of Mohini. Took the form of Mohini and distracted the Asuras and gave Amrutha to the Devas. You do know that every day we **are** attracted to this Mohini. Yes!? Mohini is there in our life. We are distracted from Amrutha. Where is the Amrutha? Inside!

Mohini is this Illusion, the Duality of the World, the Seeking Consciousness. Outside is what, Lord Vishnu the Sustainer of this Universe, making and diverting your attention to. Asura is the one who gives his attention outside. Deva is the one who gives his attention inside. So every day play is going on... Every day play is going on! Your attention is either going outside or it is going inside. When your attention is going outside you are losing your Soul Power to Manifest, Create and all of that. In that you are experiencing Pleasure also, and Pain also. So that's what the Samudra Mantana is going on in our life, where, from morning to evening, we have been creating Positive Things or Negative Things. If you can see in Samudra Mantana that Some Positive Things also come, and some Negative Things also come.

The Halahala that was created - nobody wants that in life. The Karma you created, that is Negative...You don't want Pain, you only want Pleasure. Only a Yogi, who is raised above this Positive and Negative, can hold this Halahala. Visha-the Pain. He accepts the Pain. Have you reached a State, where you are ready to accept the Pain for your Highest Good?

I need to do the exercise instead of sleeping. Pain is there.

Your Mahishasura is the one that got hurt and now you took the one step to accept the Pain and then you start doing the exercise for your Highest Good.

For your physical body and health, Health laws need to be followed.

It's the same with meditation. How many of you are regular to meditation? There 'also, it will reflect how much your growth is.

Whether I'm growing in my Consciousness, Awareness and doing the Action for my Highest Good or still I am a slave of my Subconscious Mind...Here

I'm not telling the Conscious Mind, Slave of my Subconscious Mind and controlled by the Inner Old Self ~~Yur~~Ego Mind...your Ego Mind.

So in our Scriptures, all these Puranas and Stories ultimately lead you to one thing that Dhanwantri who is holding this Amrutha!

Was it, in the beginning Amrutha coming, or in the end was it coming? Why not in the

beginning? In the end, right!? So you have to fight.

You have to fight your Lower Nature. There are two people. And it is so in every person. One is Asura, another one is Deva. The day you hate yourself, are you a Deva or an Asura? When you doubt yourself, are you a Deva or an Asura? When you are thinking Negative about yourself, are you a Deva or an Asura? You see that!? When you are not in favor of the Health of your own Self, are you a Deva or an Asura?

This you need to understand!

Until unless you don't fight and create Deva within you, you cannot reach to Siddhatva or we can say Amaratva - Immortality!

Where the Siddhas could reach it.

Thirumularji, He was not focused on the health. Most of the Masters, most of the Yogis or many Masters, They are not focused on the health, especially the Physical Body. They are more into the development of their Energy Bodies, Siddhis and the Mastery of their Consciousness and the Subtle Things. When He realized that this body is a True temple of Shiva and Shakti, He writes in Thirumandiram that, "The day I realized that this Body is a temple of Shiva Shakti... Every day I take my Consciousness, my attention to my Sushumna Nadi. By doing the Chakra meditation, I am taking a pilgrimage to the Kashi." The Ganga Yamuna Saraswati is flowing within and also outside. According to

**Universal Law of Correspondence -**

**"Yata Brahmanda, Tata Pinanda"**. Kashi is there outside also, Kashi is there inside also. Those Shakti Sthalas are there outside also. Shakti Sthalas are there inside also.

Those Prayag, you see the Rudra Prayag, Vishnu

Prayag, it is there outside as well as here (shows the Forehead region). If you want to have Siddhis,

Then you have to go to the Prayag. You have to go to the Sangama Sthala.

Then you have to meditate to get this Siddhi. There is one Prayag within us, where is it... very, very powerful, Sangama Sthala - Triveni Sangama, where is it? The Ajna Chakra.

That is where the Kriya Baba is telling.


"That is the Siddhi Sthala. You go and meditate!" Where three come together, there Divine manifests.

So Ganga, Yamuna, Saraswati, they come and form... that's where Kriya Babaji is focusing.

How His eyes will be?

He's not looking front; He's not looking down.

He's telling, "I am not in the hold of the Illusion - the Mohini of the Vishnu. I am in the Abiding

of my own Soul.” And He is holding like this (Hand gesture ). Can you see that? He is even sitting with the teachings - “There is only one. I AM THAT”. And in His eyes He is showing that... two become one. How beautiful it is!

Now we have changed His form also with a Blessing Hand!

"No, you don't show me THE ONE. Give me the desires." (Laughs) Thirumularji was in a Samadhi Sthithi - in Oneness

We changed Him into Blessing form. We prayed Thirumularji,

"How many Yugas you've meditated? Please come back. I have money problem, health problem. Please guide me with my Material things."

He was simply sitting like (Shows the meditative posture) and He gave Darshana also like this... all of that.

So all these Masters are Siddhas with the Oneness of Shiva and Shakti. But for us!? What we did?

We prayed. We convinced Thirumularji & then Form of Thirumularji Manifested from Samadhi to Blessing. Now his Tapas Shakti is flowing to us.

Earlier,  
He's holding,

You know Oneness with Shiva Shakti. No Leakage of the Tapas Shakti. Now he is in Blessing Mode!

More miracles started happening when we started worshipping this form in our life. The more of material abundance, more of all of that started happening.

So you see that these Siddhas ... Their aim is to become one, and to teach you the same thing that

"The Real Amrita is within you. Dhanwantri is within you. And you can reach that. And once you win your Lower Nature - Ego Consciousness. "

After Dhanwantri, Mahalakshmi manifests in the Samudra Mantan. If you see that from the Shira Sagara ... what is this Shira Sagara?

Life. (Students)

What else? What is its other meaning, other than life? Consciousness. (Students)  
What else?

So it's very right understanding that we have this Consciousness. Right?

Our entire life is Consciousness. We are playing with this Consciousness. That is what we represent in Nataraja. Yes?

He's a dancing. Sometimes right hand up. Sometimes left hand up. Sometimes right leg up. Sometimes left leg up.

Sometimes both legs up, and both hands up. Our life will be like this.

You don't know what is happening with your life." I'm doing Sadhana, Mantra, Japa, everything, But I'm not understanding what is happening in my Life."

There also, if you see some of the Siddhas, they coded. They put all the secrets in the Nataraja.

If His one leg is up means your Chandranadi should be up! Very secret coding will be there. Like How to do the pranayama...

And every day the Nataraja dance will change... Every day the Nadi will change! How Shiva Consciousness flows to us...

Whether it's a right leg or left leg?

For women, how it is? For men, how it is? How to balance?

Our Siddhas have given all the secrets symbolically in the form of a Deity. So In The same way, this Samudra Mantana is nothing but our own life! Our own life from morning to evening or from the birth to the death!

And the main focus of the Asura and Deva is "how to get the Amruta!?" The true Happiness.

True bliss, True joy,

True Liberation.

True Freedom.

Please understand this.

## **SOUL WITHIN US IS THE REAL GOLD**

But normal people cannot understand.

So for them a different way of rituals is given. You see many people go and buy Gold today; thinking precious metal should be bought today.

They think that

"If I buy Gold today then ..."What happens, tell me!?

"...more Gold I will get. Forever Gold I will attract!"Why Gold?!

What is Gold within you?Your own Soul!

Do you remember in Level three of Shiva Yoga?

We pull that Golden Light as an Unconditional Love of our Soul to our Chakras so that I can break all my karmas and bring my Soul Consciousness to Chakra Consciousness!Can you see that?!

Am I not celebrating purchase of gold every day?

True Gold!?

And that Gold saves you from all the problems!

Of course, outside gold is needed for outside world, (laughs)

But spiritually if you see that Divine Grace, Divine Positive Energy, Divine Positive Karmas will create outside situation about which

We have learned in the Siddha parampara, "Inner World creates the Outside World."

When I create this Gold within myself, it is ultimately I am putting away all the negativity from my life.

This gold is the Energy.

If I go to any temple, go to any Tamil Nadu Navagraha Darshana, you do this right?

You go to the different Shakti

Stalas and all, and

When you do the Shanti puja,

What Energy that Divine Vortex opens...that Energy you download is the same Golden Light!And you are downloading it in your home Every Day by the Grace of Thirumularji!

If you are Clairvoyant enough, if you are sensitive to

The Energy, then go and do the puja and meditate and see the colour of the light. You'll be surprised,

That Pure Golden Energy will be flowing from temple, Shivalingam or Deity to your Consciousness releasing all the Weak Energy and filling the Positive Energy, bringing the Shanti or fulfillment for your Soul.

Can you see the power of this? Power of the Siddha's teachings?

Many of us don't understand.



Still we are running to this temple and that temple ignorantly! But with this temple (shows the Physical Body) every day I can download that same thing which I am receiving outside because of the **Universal Law of Correspondence - "Yata Brahmanda Tata Pindanda"**,

Divine Vortex is also there in that Shakti

Sthala. Divine Vortex is also there in my Shakti Sthala.

When you chant Sri Vidya Maha Paduka Mantra you are downloading the Divine Mani Dvipaas the Mani Dvipa starts opening up for you.

The divine Vortex of Mani

Dvipa start opening up for you when you chant Sri Vidya Maha Paduka Guru Mantra and the Energy starts coming to you! Just I'm refreshing you on whatever you have

Already learned, to the higher level of understanding so that you know that What you are doing,

What changes it's going to bring in your Consciousness, How you are blessed by just sitting at your home,

What you are attracting,

How you are changing your Karmas,

How you are changing your Consciousness,

How you are bringing the transformation in your life!

So,

That Divine

Vortex, That Amruta,

That Soul Power,

That Pure Consciousness,

That Pure Ganga

is flowing to you every day. Please understand.

And the knowledge of that also you are receiving as you progress. As you progress, according to your Perception,

Level of Consciousness, Level of Energy,

Your Understanding,

Things will change and your Sadhana will change. Sadhana brings the Transformation.

I hope you understand this. This is a very, very important thing that we need to understand! Always I take the importance of the festival outside also, and Inside also.

## **SIGNIFICANCE OF DEEPAVALI FOR SADHAKAS**

Now you tell me what is the significance of lighting a lamp on Deepavali? As an Esoteric Inner meaning, when I light a lamp outside, what is it's meaning for you? Dispels Ignorance. (Students)

Awaken the Truth. Yes!?

What else?

Remove the darkness. (Students) Great. What else?

Remove Negative Energy (students)

From my outside life as well as inner life. What else? Enlightenment. (Students)

Yes. Be in the Light. **Enlight - in light**. What is the True light within you?

**Your Consciousness, your Awareness is the True Light within you!**

If this light is taken away from you, what happens to your body? It loses its beauty.

If this light is there, then it is running the life. If that light is not there, then your life will not be alive.

So for Shri Vidya Sadhaks,

What is a true celebration of the Deepavali/ Diwali?

Being in Awareness with the Knowingness that the True Light is within!

So when we understand the true meaning and then we celebrate the ritual how beautiful it is!

I'm not telling, "Don't celebrate the outside ritual."

You enjoy! Celebrate it with your family.

So beautiful! Light it. Because that oil has a Positive Energy. You see that when I light a ghee,

if you are sensitive to the Energy then you go and see how is the vibration.

After you light a lamp for 1 hour, you go and sit there. You see the difference in Vibration. Very clearly you can see the difference!

Means the ions that are generated in the light start spreading and cleansing the Aura. Because like how we have the Aura, the lamp also has the Aura.

So you start cleansing all the Negative Ethereal layers in your own home. That's what; our Siddhas know that every day you create Negative Energy in your home. At least one day we can cleanse this!

How we are going to cleanse it?

We light many lamps in all parts of our home. But nowadays that is also artificial lamp. Because you are aware that if I put the lamp with so much oil, so much dirt will happen. You are right actually! In your own Consciousness you are right.

Because you don't understand what is happening into Subtle Level. You are so much worried about the painting.

"Oh my God. Painting whatever!"

But you are not worried how much Negative Thoughts, Negative Energy, Negative Emotions, when you together fight in your own family, you have created and how every corner is anchored with that Energy.

So we light a lamp at every corner to cleanse it.

How beautiful it is! So the Indian culture is not just on the Physical Body Level. Please understand.

It goes beyond. It is Subtle Level and ultimately it leads to a Soul. There is also the philosophy that will take you back to the Source only. Every action you do in your Puja room or any festival, it leads you to the Self-Realization and God-Realization. Please understand this.

You have to try to understand in a right way. And now with that lamp not only we light our home, but we also light before the Divine in Puja room. Yes!?

And then we do the Aarthi, Why you want to do the Aarthi now?  
What do you want? Why you want to do?

You do the Aarthi in the beginning of the Japa or at the end of the Japa? End of the Japa! (Students)

Why not in the beginning? Divine Consciousness (students)

What happens is –

When you meditate, chant the Sloka, Mantra anything there, you create that Positive Energy within and surrounding. And when you focus on Divine Mother also, Divine Mother's Energy too prevails!

When I do the Aarthi there are two things happening –

Cleansing is happening and at the same time energisation is happening Plus Awareness of the Truth is there!

Because you are lighting a lamp there, yes! When I do the Aarthi, how I am rotating? Like this (clockwise) or like this (anti clockwise)? Like this or like this?

So this Clockwise is the action that we do to Energize

-Pull the Energy from Divine Mother to our Soul, anchor the Energy from the Deity, Yantra or any Temple Garbagraha to our Consciousness and that is why we also do the Pradakshina there, in a clockwise direction.

So in our home we do all the Puja and we All praise, we do the Stotras, we do the Astrothra Namavali or you meditate with the Mantras, you do all that creation of the Energy.

Then what you do you?

Take back and absorb into your Soul at all Levels of Existence.

And when you created you also want this Energy should be given to your family members,

You tell them, "You also come. Do the Aarthi!"

That's why at the end of the worship I tell many students, "Please come and do the Aarthi! Here!"

"... Checking their time... I am going Gurujii!"

We did this morning and evening so much Tapasya, so much Energy Is created. I made a Sankalpa that the

Tapas Shakti should be manifested in Thirumularji and Lalithambika! When you do the Aarthi, you take that to your home.

But many of them don't understand!

All the investment they keep it here and go. I say, "Thank you!"

Everybody is blessing here actually. Every Group Meditation,

You clean our Center, you Energize our Center you make more Alive Thirumularji and Lalithambika. And at the end you are also blessed with that. So this is how we are helping each other, Blessing each other, lifting each other to reach our Divine Consciousness. So this is our understanding. I think this is clear now! When you go home now, you celebrate with the right understanding. Without any negative Thoughts. Somebody says, "Don't put this, in this direction... This direction. Don't use this oil, that oil, this mud..." You drop all of that!

You understand the true meaning that by doing this,

"I'm lighting my Soul. I'm lighting my Soul. I'm Energizing. I'm Cleansing, Healing. At the same time, I'm Energizing my entire home. And I am blessed. And my family is blessed with this small ritual. "

You understand this?

And the real celebration of Deepavali is inside! You remember that!!

"After doing all of the rituals. Only that. But I didn't meditate, Guru." Then it is of no use. Your action brings the changes. Not only the thoughts. We all know this. We understand. We feel very proud. But action wise?

We fail... We need to put this in Action. More Meditation, more Application of our Thoughts and all of that.

## HEALTH

So, Coming to the Health part.

When I say Health, it's a Physical Level. Physical Health, Mind Level.

Then Energy Level.

Then Soul Level.

So at the Soul Level, we can say Perfect Health!

### **Soul Level, there's Perfection.**

When it comes to the Mind, Energy and Body Level, you cannot expect the same perfection.

So we are Beings made of a

**Physical Body, Energy Body, Astral Body, Mental Body and Soul Body.** And actually in that each Body there is layers of Bodies. Energy Body...Again there are layers in this. Astral body. There are 18 layers. Like this there are layers for each Level of Body. So you are not actually an ordinary person. You are like an onion. Onion, you see that!? You are that!

One layer - Physical body inside this is the Energy Body, Inside this is the Astral Body Inside this is the Mental Body

And at the deeper level who you are? Do you have any layer there?

You go and test yourself. Take an Onion:

First body, Physical Body removed, Energy Body removed. At the end where it is! Where am I?"

### **You are the Invisible Consciousness. This realization should happen to you.**

If you are a Spiritual Person, then

You should know that you are not the Body. You are not the Mind. You are the Soul.

And that Soul means Invisible Presence, Awareness and Consciousness. This should be your Realization, if you are a Spiritual Sadhak, if you are a Shri Vidya Sadhak, if you are a Shiva Sadhak. If you are a Yogi and whatever Spiritual kind, you are Invisible Presence. This should be there. With this understanding only we can create a right health, at the Physical Level, Mind Level. Source creates! The Source creates; the Source Influences: If you bring the changes at the SOUL Level, Mind Level, Energy Level, you can bring the changes to the Physical Body Level. Many people...they just work with the Physical Body Level. There will be changes but not complete changes. If your focus is only on food, only on Physical Exercises, then it is not a Complete Health. That's how the World Health Organization has also defined: "Health means it's not just a Physical. It is a Mental, Energetically and Higher Level,

What we call Spiritual. That's beyond Body and Mind that cannot be understood." That is the Invisible Presence. That cannot be... your intellect cannot discriminate. That's what we call Spiritual. That's what we call Atma. That's what we call SOUL.

But actually it is a Nameless. How can you give a name to the Invisible? Tell me. Yes!? That's what... whenever you ask, "Who you are?", When your body is doing the Atma Vicharan –

Self-Analysis, the moment it comes to, "I am a SOUL!" you ask, "Who is a Soul? Again it will become Silent. It cannot understand!

Because whatever information your Mind is going to get, it is from the five senses. And these five senses can only recognize the Visible Presence, not Invisible Presence. That is a problem with the Spirituality. Because I cannot see my True Self. So I cannot

Believe.

My Mind cannot believe. And your Subconscious Mind communicates with images. Now how you are going to communicate with your subconscious mind that, "I am an Invisible Person"! Can you see the problem, how difficult it is?

I'm telling you it is not easier. The process when you go very deeper, it is very complicated, very difficult.

But it's very simple... You are an Invisible Person. Very simple!

Means when you see the person who dies, you can understand this very clearly.

Person was there, but now person has gone!

His body is there!

Any doubt in this?

**You are invisible and this invisible is what we call Spark of Shiva Shakti!**

## I AM A SPARK OF SHIVA SHAKTI



So can I say, "I am a Spark of Shiva Shakti" instead of SOUL?

It's better for me and I feel safer when I add Shiva Shakti with me. "I am a Child of Shiva Shakti". You become safer.

Your Ego... sometimes you have to convince and make your Mahishasuraas your friend. And Mahishasura will be very happy and safe, when you say, "I am a spark of Shiva Shakti!" If you say, "I am a Soul, there's no taste, there's no Pleasure in that. So in Spirituality, this is the foundation. You need to understand what your foundation is. Before you do the Mantra, before you worship the Yantra, before

you do any Tantra, what is your foundation? Accepting yourself!

Life lesson!?

Who you are?

I am a Soul.

I go one step ahead..."I am a spark of Shiva Shakti!"

This is my foundation. This is a foundation that changes everything!

I'm telling you when you're chanting the Mantra with this understanding your Mantra Shakti will be different!

When you are doing the Affirmation and when you attach your Truth,

"I am a spark of Shiva Shakti. I have Healthy Body, Energetic Body, and Fit Body". Then what happens?

It is more powerful. First you are affirming the Truth, accepting the Truth who you are!"I am a Spark of Shiva Shakti."

Then I go...

What I'm telling is

That when I am a spark of Shiva Shakti, do I have a Free Will to create what I want or not?



Many people have confusion, "Guruji, Do I have a Free Will?"  
Because you read many big, big masters!

Ramakrishna Paramahansa - He says that! But His Conscious Level! What we reach today at the end of the meditation, what was the State? "Let Go, Let God!" where your Will becomes Divine Will.

He is talking at that Conscious Level!

But you are applying at the Physical Level! And there's a lot of confusion to the people.

So it's very difficult.

What you read at what Level of Consciousness is very important.

You truly have a Free Will, until unless you made a firm decision and you Surrendered and let Divine take over you! Until that you have a Free Will.

When you take the Shri Vidya Deeksha, What is happening?

Until coming here, taking the Deeksha, it's Free Will. After Deeksha!? Its Divine Will.  
(Students)

If you truly accept Lalithambika, Thirumularji, then you see the transformation starts the day you leave this workshop. Transformation starts! You will be surprised. "This is not my thought. Why this thought is coming? Why I'm behaving like this? My job is not going well. Why it is happening so? My business is not going well. Why it is happening? Before that it was really good." What is the highest good for you that start! That is DEEKSHA!

DEEKSHA doesn't mean just you take the Mantra and Gone! NO!!!

You accepted them as the True Father and Mother. You ACCEPTED... and now your DNA has changed there. Please understand! When you say Deeksha, it is not just an Energy Level, but it's a Physical Level. All your data is stored in the DNA. Yes!?...most of you know that. And that data, how it's stored, how your intelligence, Soul Power that will activate certain Genes because of your Karma and all... it's a very complicated system, to be frank.

The computer, the way it works inside, it's very complicated. But if you give this to an expert person, what happens?

He manages very well.

That's where we surrender and we give this to Thirumularji and Lalithambika,

"Mother, I do not understand all the functions of this computer. Please take care of this!" Then Lalithambika starts coding and writing the programming.

That's how it happens, actually, that's how!

When you Accept, Surrender, then what happens? Things will change... Things will



change! But still what happens? Mother, doesn't overtake completely. Because she knows that you have life lessons to learn. She will make you to create what you want...Create what you want! So that you can learn the lesson. But she is always with you. Please understand. This is the Truth.

**She IS ALWAYS WITH YOU, watching you, guiding you, and taking care of you!**

You will be surprised, "Why mother is throwing me in this?" She is telling, "You are not! I am completely. I'm holding! For you an Illusion is created that you have fallen down!"

That is how it is with the Divine Mother Lalithambika! That's how she takes Care! The One who runs this Universe,

Who controls with her remote, the Earth, the Sun, the Moon and all.

It is not difficult; once you enter in Her Consciousness, enter in Her Kingdom

## **YOU ARE THE CO CREATOR OF YOUR LIFE**

So as a Soul, you have the Power and Free Will to co create. You are already created...This body is already created, yes!? This World is also created. You came on this Earth with your family members, due to certain Karmas. With your friends circle with certain Karmas. This or some city due to certain Karmas, a country due to certain Karmas. How complicated system is!? You as a Soul, choose the parents, family, city and the SoulAgenda! Then you come here, start your journey!

It is not Shiva Shakti who has chosen! It is you...The main is YOU!!!Even before coming to this Earth, you have a Free Will to choose what life you want, What lesson you want to learn, even you have a choice to choose a female body or male body, you have a choice whether you want to come as a blind, handicap or with a completely Healthy Body. It's not a Shiva Shakti!

Please understand this.

So **YOU ARE CO CREATOR OF YOUR LIFE**. Please understand this because YOU ARE A SPARK OF SHIVA AND SHAKTI.  
Is there any doubt in this? Is there any doubt?!No doubt in this!

Now how we are going to Co-Create it?

We Co-Create with our Thoughts! Not just Thoughts, but repeated Thoughts Just come and go Thoughts don't create. **Repeated Thoughts!**

Why I say Repeated Thoughts?

**Repeated Thoughts get Soul Attention; your Amrutha is given there!**

Repeated Thoughts, and when you accept those Repeated Thoughts, it converts into a Belief! Conscious Mind

**Repeated Thoughts accepted something through the Experience, Perception then it becomes a Belief. It enters to the Subconscious Mind and Subconscious Mind is your Kalpavriksha Kamadhenu or we can say Aladdin's Chirag - ' Jo Hukum MereAaka'!**

"I am not good enough! ...I am not good enough! I am not good enough!" Repeatedly it's happening in you, and in Outside Situation because of Karma, Thoughts, and Situation. Then it is Repeated Thoughts. And then what happens?

It became a Belief System that, "I am not good enough!" What your Subconscious Mind says, "Jo Hukum Mere Aaka!"

Means even for Kalpavriksha Kamadhenu, you are a Master for that,

One Genie is within you, always so Powerful! It's so powerful that the moment you say... "Tatasthu!" It starts creating the situation!

It will bring people, it will bring a situation, and it will create all the drama, So that what you believe, has to be your Experience in the Outside World! Can you see this?

This is what happens!

Karma... you have a certain Karma. From birth or the moment you are born karmas are there. With those Karmas, certain experiences!

With certain experiences, you Perceive, Wrongly or Rightly, that is very important.

If you perceive those Experiences under the Right Guidance as just a Situation without making a Belief System, as that is the Reality,

Then it becomes your Experience and Belief System and it is stored in your Subconscious Mind and hence it creates again! This is what we call Chakra Vyuha...

Karmic Cycles! Chakravyuha... Karmic Cycles. Now when we come to the Immortality in Health, if I believe my health is not good, "All my ancestors are diabetic patients... I am also diabetic!"

Means, "Jo Hukum Mere Aaka".

Believing is not a problem. Accepting is not a problem.

Remember your Ancestor Information is transferred to your Genes, Yes!? Certain Genes are activated in your DNA.

And you have a Power to change that Information, change the Activation of the Genes.

Physical (shows as a level)

Below the Physical, Energy is there! Understand the Layers

Physical being (outermost layer) Energy Being, (second layer)

Awareness with Consciousness, (inner most layers) This Consciousness Influences the Energy. This Energy Influences the Physical.

Now, because of this Consciousness, Energy and because you are born in certain Ancestral Lineage and all... it is there... already manifested here. (In the outer most layers)

Now you have a Free Will to change this Consciousness, Energy and change this Physical Thing!

You can switch off the Gene that you do not want.

You can switch it off or switch it on according to your Will! I will give an example

I have a student who has, because of Karma –

Negative Karma, has Cancer - second stage, third stage. Certain Genes are active Yes!? When Cell Cycle has to be abnormal, without control, where the Cell Growth is

abnormal, it is creating more Cells. It is creating a Tumor.  
Is it just because of a thought? No!

Gene Level you are working there!

Certain transaction or the transfection factor will be there. Certain Protein is there, certain Kinases will be there.

Certain Proteins or any Enzymes. Anything is involved in that!

And that is activating that process. Now this person who has got the Cancer because of the Emotions - Negative Emotions, Suppressed Emotions, please understands!

Negative Emotion, Suppressed Emotion are influencing this Consciousness, Energy that are in turn influencing the Physical Body.

And these Negative Emotions are activating or interfering in

the Cell Cycle in the Physical Body, activating certain part of DNA, activating certain Genes,, certain... means who is doing all of these?

We are creating this!

If I can create a cancer, don't you think I can overcome the cancer? I can!

But the problem is what is happening now?

The Thought form to beat a Cancer has to be very, very strong! You should have that! But outside knowledge, how it is!?

"If you have Cancer," what is another meaning for Cancer means, "... you are going to..."!

This is SO Strong Belief System in the culture

That it is destroying the ability of a Soul to gain its health.

This is how we have been influenced with the wrong Knowledge. I'm not telling the right Knowledge.

I am telling it as a wrong Knowledge.

## **TAMOH AND RAJOH NATURE OF THE THIRD DIMENSION**

At Many Universal Levels, the Knowledge is very wrong. Please understand! Whether it is about the Vaccines. I am telling you, whether it's how to treat your day-to-day abnormal fevers, cough and cold and then going beyond that, in treating the infections due to Virus, Bacteria and all, we are given very, very wrong information through the media, through the authorized doctors also.

I'm not blaming the Profession. Please understand! I have and Know very, very divine doctors. They are like Angels. They bless us, the humanity, like anything. But what happens is they themselves are misguided in the Professional level. Now they are coming up. There are some true doctors who have done the true research. Their voices are silenced by many Pharmaceutical Companies. You see, the many people, many examples are there. I'm telling you! In the US, you can see how many good doctors say, "I have been silenced". In India also, the same thing.

The Real Thing / Real Knowledge is not easily available or it is not easily spread to the humanity. Because this is a Third Dimension! This is the Third Dimension where Tamoh and Rajoh are more dominating. Satva is less. Rajoh, Tamoh are more. Negativity has more power compared to the Positivity.

Even your Mind is always thinking in the Negative Mode. Do you remember in the Siddha Mind Power? I say about what you want, "just to make a list of what you want." You'll be surprised. You become blank, "What actually I want?" But when I ask you, "What you do not want?" Big list! "I don't want this... I don't want this. I don't want..." You see that, "don't want!" is dominating your Mind! Your Mode of Thinking is in an "I don't..."! If you see children's then, it will be very clear. They are very clearly expressing. If you see children then you learn a lot. You learn a lot about yourself, not about children... but yourself! You will see your Inner Child. Still in know there is a small child. It wants somebody's smile. It wants somebody's attention. Maybe you are at the age of 60, at the age of 70. Still you are, you know! Look In! A small child is within you!! But if you give too much importance to this child, then you will not be happy. You will be in the emotional problems. Being a little bit grown up and seeing that it is the Inner child who is seeking outside." What it is seeking Outside, I should give for myself!" Then what happens? Your Inner Child is also happy, you are also happy! And you are happy with Outside relationship also. Whether you get attention or not, care or not, love or not, you will be happy with yourself!

This is a lesson we learn! 5 Lessons...

**Self-Acceptance, Self-Love, Self-Care, Self-Awareness, Self-Forgiveness.**

## **YOUR INNER WORLD SHOULD BE EXTERMELY STRONG**

So our Thoughts, our Emotions, our Beliefs affect our Health! Please understand this. This Physical is influenced by Non - Physical. Please understand.

This is the main thing.

Of course whatever you eat, you become that also.

Your Outside Physical food also influences you. I don't deny.

But the deadly things you see, like this Cancer, the deeper desires, deadly Diseases - most of them are coming from Suppressed Emotions.

Suppressed Thoughts, and Suppressed Energy. These 3 are bouncing back physically.

Why it is happening?

Because your Energy Anatomy is made like that. From your Soul, Energy is going to the Energy Body. From Energy Body it is coming to the Physical Body. The direction is like this. If I create Negative Emotion, Negative Thoughts where it has to manifest? It's not going to be stored there. It has to manifest / flow to the Physical Level where it will manifest as a Disease.

Some people by birth they are having diseases because of their past life Karmas. They have not done anything in this Life. But in this Life they are suffering like anything! Small child, I see, it has a Breathing problem.

Small child has an Eating problem. It cannot open.

Its brain is not functioning. It is not recognizing. I have seen all these cases suffering by birth and some of these children's are Boons for their parents. Parents will start learning Healing because of their children. Parents will start meditating because of their children.

Means some of your child, maybe, is your Guru also. He will be making you do the Sadhana in this Life. But you will be suffering. I don't deny! You will be suffering to take care of the child. You are running here and there, looking for this Energy, that and all. But it's so complicated. Why I'm telling all of this?

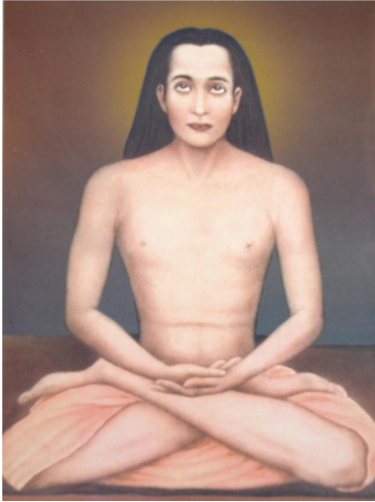
You are more of a Non Physical Being than a Physical. You are more powerful with the Invisible Personality than the Visible.

We need to focus on that Invisible Thing to find the Real Growth and Transformation.

If you want to have a very good health, your Invisible or the Inner World should be very Strong enough.

If you want to be on the journey of Immortality, then your Inner World should be extremely strong! How much strong means it should be able to deny the Universal Knowledge given by this World, and only be able to Receive the Knowledge and Accept the knowledge coming from the Siddha Master and Lalithambika! Only then it is an Immortal Path. Otherwise ... Weak Will cannot.

## KRIYA BABAJI



### TEST OF KRIYA BABAJI:

When Kriya Babaji meditated with Bogarnathar where Bogarnathar was a disciple of AgastyaMuni, where He taught all the Techniques, all the Breathing Techniques, all the Kriya, this ShriVidya, everything He taught. He taught the entire Siddhis path and all of that.

Then he told that, "If you really want to attain Immortality at the Physical Cell Level then you may need thousands of years. So you have choice either to do these Techniques or you go and ask for this from Maha Siddhar Agastya Muni!" You see that? So Kriya Babaji had two choices.

Go and find Agastya Muni and ask for this. Or He has to meditate for many, many years with those Techniques that are given to Him. He made a choice. "I have a very short lifespan. In thousand years' time means, I have to know the Kayakalpa. I have to make my Body strong. Then only I can meditate for thousands of years. Then only I can manifest the Truth Consciousness in my Soul into a Physical Cell Level Consciousness. So it is not an easier journey."

So he decided, "I will go and meet AgastyaMuni and I will make myself completely available for His teachings, for His Grace, His Kripa and Manifest the Golden Light." That is when He went in the search of AgastyaMuni.

You see how tricky it is! Bogarnathar is very powerful! Ashtama Siddhis are there, Navapashad Gnana is there. Everything is there. But He is not giving an Immortal Body to Kriya Babaji. He is still testing Him. He knows EVERYTHING!

By His calling Agastya Muni can manifest!

But still He wanted His student earn the true gift for Himself! Got this point!?

If gift is given very easily, like, "My dear come, I will give immortality!" How much is it of value to you? When Bogarnathar knows that this guy is prepared." I have prepared Him in right way. But I need to test Him to give a True Gift to my True Disciple!" And He made Babaji to go and search for Agastya Muni. He developed the Intuition in Him. He gave a sign how He can manifest, how you need to call. He gave a Mantra, everything. But He has to communicate and earn His own Immortality.

Then He started the journey. He started searching for Agastya Muni and here and there. At last in the Himalayas, is where He sat? He couldn't able to find Agastya Muni. Agastya Muni and Bogarnathar tricking! Playing the game!!

He's telling, "I am sending this... I have prepared your Disciple. My job is completed. Now you see into Him." Agastya Muni, you know, firstly Short, and Very Intelligent. Great Master! I'm telling you!! Such a great Master!! Amazing!!!

He's also called a Grandfather of Siddhas, like Thirumularji. Great Master! And He's not like a Yogi, like you know, having a Six Pack Body, but with a fat belly. Very typical and very beautiful! Agastya Muni teachings are also very different...very, very different. So He started searching for Him and He couldn't able to find.



Ultimately He said to Himself, "I will be sitting in one place and I'm going to meditate. He decided making a firm will – "Do or Die! Either I am going to receive the Grace of Agastya Muni or I'm going to drop this body. It's of no use. I searched Outside, I went here and there. Nothing is useful. Now my Master Bogarnathar is also not helping me. And now I am in a position of do or die." That is the state where he started calling Agastya Muni! How Sincerity is tested for you? These Siddhas are very revolutionary. How much is your sincerity?  
How much is your level of Acceptance? How much you can give yourself?  
How much is your Surrender level? It is tested for Kriya Babaji like anything!  
It is not easier. He earned it.....

### **LIFE JOURNEY OF KRIYA BABAJI:**

At the time of birth itself He lost the pleasure of the Father and Mother's love. He had been kidnapped and He went somewhere and He lost his parents' Love. He didn't have an education.

He didn't have the right nourishment during his childhood. Got this point!?  
It is not an easier journey. I'm telling you! All these masters!!  
Even Lord Krishna's journey is also very difficult.

Kamsa was waiting - When He is going to be born, and when he can kill! He is like, underground, hiding here and there and living his life... Krishna! How difficult a life they had!

To become a Master, it was not easier for them. Very difficult.

Kriya Babaji's was like that. His journey was not an easier one at all!

He had to work day and night for Bogarnathar. He had to sit in front of Bogarnathar. He had to worship Bogarnathar.

Siddha Parampara is like this. You worship only your Master. No God and Goddess. That is the Parampara... Siddha Parampara!

Then whatever the Consciousness of the Siddha, whatever Tapas Shakti he has done for all God and Goddesses,

Everything goes to a disciple. Where this Master meditated for many, many years, it goes to the disciple with the permission.

So that is the Parampara! In Naata or Siddha Parampara, Avadhuthas... it's like that!

Where you look into me, I look into you and necessary Kundalini activation, necessary Siddhis and everything will flow to you! The Siddha Parampara, Guru Parampara is like this!



## **ATTAINS IMMORTAL GOLDEN LIGHT BODY**

So He went and sat in a do or die position.

Didn't eat anything, didn't drink anything. Having just only one thought in his Body, Mind and Soul - Having a Darshana of my Maha Siddhar, my Parameshti Guru who is Agastya Muni It was terrible. He couldn't manifest. He couldn't get a Darshana for many, many months. I am not talking about the days, but many months where he becomes unconscious. He left desire for the body.

Unconscious, when his body is no more capable and it's about to die, at that time, Agastya Muni Manifested there.

He says, "You have given your Body for me. I give you the new Body!" That is where He gifted the Immortal, Golden Light Body!!

And he told that, "You will be having a special mission where Avatars may come and go, but you will be a Maha Avatar where you will be eternally present as a representative of Siddhas and Devas on this Earth Dimension!"

So He earned that by giving himself to be frank! He gave his Physical Body. He died literally. Then only He received the Golden Light Body!

So, such a sacrifice is not an easier thing! Such a testing, Such Sincerity, ...leaving everything is not an easier thing!

Then He reached the Maha Avatar Level! And now He is guiding all the Avatars! Please understand.

You all know what the meaning of an Avatar is.

He is guiding these Avatars! And guiding the Masters, Creating the Masters,

He has become a Channel of the Devas and Siddhas to Humanity in this Earth Dimension! He is doing all these things. So that is the attainment of the Immortal Light Body. So it's not an easier job. Only a few people can be a Chiranjeevi. Not all of them!

Because it's not possible. They have not prepared themselves. They are not ready for that! That's what you can see; many Masters can have Self-Realization and God Realisation. But they die in the Physical Level... have Physical Death.

Because either that they have chosen not to have the Immortal Body to eternally serve humanity or that they have just decided, "I want to be liberated and merge with the Shiva Shakti, Para Brahma Swaroopa".

But in the branch of Siddhas, it's very, very special that their focus is on the Physical Immortality.

## **EXCLUSIVE CHOICE IN MULAVARGA SIDDHA PARAMPARA**

That is where we belong - Mulavarga Siddha Parampara - where you have a choice of getting Self-Realization and God Realization or of going ahead also, making a Sankalpa, "I want to attain the Physical Immortality!"

This Choice is there!

In many Parampara you don't have this choice, I am telling you! The limitation is Self-Realization and God Realization. Done!

But in this Parampara, there is further ahead, where Self-Realization is not just experiencing the Truth, but **Manifestation of that Truth in the Physical Cell Level!**

### **That's called Realization in the Mulavarga Siddha Parampara!**

Please understand this...how it is different from other different Paramparas. What is the Realization?

Many people...you know it as "Knowing the Truth about yourself!"

But here it does not about just know the Truth about yourself, but manifesting that Truth at all Levels of your Existence!

That is - at the Soul Level you manifested, the moment you realize in your Meditation. Then how I can bring it in the Waking State of Consciousness, the Conscious Mind.

And then, with repetition, understanding, remembering, from Soul Level, Conscious Mind, I will bring it to the Subconscious Level!

## **SIDDHA GURU**

Then when I remember and manifest in the Subconscious Mind, what happens? In the Outside World also I manifest!

"Inner World creates the Outside World!"

When I start manifesting inside and outside, what happens?

My Conscious Mind, Subconscious Mind and Unconscious Mind dissolve into the Superconscious Mind!

When I am living in that Super Conscious Mind, I am manifesting Siddha Consciousness! Can you understand this...what is the meaning of a Siddha? Siddha Guru means this is i

Not all people are Siddha Gurus!

Only namesake they are Siddha Gurus, but it's not there in reality.

### **Siddha Guru means**

**He is not living with the Conscious Mind; He is not living with the Subconscious Mind, He is not living with the Unconscious Mind,**

**But He is living with the Super Conscious Mind! Embodiment of Shiva Shakti!!**

That's why we call, "Chariyananda Nadha"! In Maha Paduka, what we call "Srividhyananda Nathatmaka..."

Who is that Soul? "Chariyananda Nadha"! That's our understanding!

And this Path leads you there! That's the Potential!

Many people ask, right? "What is the importance of connecting with Thirumularji?"

What is the importance of connecting with the Mulavarga Siddha Parampara?" These are the benefits or importance.

If you are seeking for the Physical Immortality then it is possible. In this Parampara it is possible!

!

## **INNER WORLD CREATES OUTER WORLD**

That Soul - your Subtle Level - Energy Manifestation happens at the Physical Level. So your Inner World creates the Outside World. Even this Physical Body is the Outside World, actually!

Because of the Third Dimension the Physical Body is the Outside World. You need to understand.

So when it comes to the Health, all these very deadly Diseases are created because of the Inner World.

Because it's not a one day activity

You have to use the repeated emotion for many months and years. Then it becomes the manifestation outside.

Physical Diseases,

And If I have understood this, when I am doing my Shri Vidya Sadhana where I am Cleansing, Healing, Energizing my Chakras, am I allowing the inner disease to be Manifested in the Outside World? No!

I am burning them inside! I am telling that, "In the Inner World only I am dissolving it. I am not going to manifest it in the Outside World!"

Same thing for your Negative Emotions, Negative Experiences in your Life.

You have a Kala Sarpa Dosha; you have a Shani Dosha, this Dosha, that Dosha...whatever it is!

Where are these? In the Inner World.

With your Sadhana, what you are doing? Cleansing and dissolving all types of Doshas! So I am not seeing the same happenings that are predicted by my Horoscope. Please understand. This is very important.

But the Universal Knowledge is, "Whatever is written, you have to undergo!"

I have seen Shri Vidya students, who are astrologically written, "they won't have children", have got children!

They Accepted, "I am a Spark of Shiva Shakti. I am a Co- Creator. I can change my Destiny. I can do it!"

And it's not a Belief System, I am telling you, it's the Truth!

If you go and read Upanishads and Vedas, what are they telling you? Same thing, right?

"You are Divine. You are the Spark of Shiva Shakti. Why Lord Krishna has written the Bhagavad Gita?

Because He knows that "When I go, these people need a Reference Book.

When I go they need my Leelas and Reference Book. Otherwise Mahishasura will be taking Krishna Form!"

So He wrote! And how He has named it? 'Bhagavad Gita'

What does Gita mean?

## **Song of the Soul!**

He has given His Soul Knowledge in the Bhagavad Gita!

It's very, very sacred, very, very precious. The Essence of all is given by Him. He gave the Knowledge... True Knowledge and went.

But the problem is we don't have time to read the Bhagavad Gita. Even for half an hour a day if you start reading, it's so difficult... mobile will ring, Whatsapp will come, Face book will happen.

Then there arises a choice, "Krishna - Bhagavad Gita or Whatsapp?"

And Mahishasura, your Inner Guru! Until unless you reach your Real Guru, your Inner Guru is Mahishasura.

He will say, "Go for Whatsapp!" Got this point!? This play is going on!

The one who made... that Samudra Mantana is only indicating this, I am telling. The Choice what you make is Samudra Mantana.

If you make a choice, "I will choose the Deva, not the Asura. I Choose Krishna instead of Mahishasura", then there is growth.

You know how to manage the Negative Emotions. You know how to manage the Whatsapp messages. You know how to manage the Social media. And you know how to grow and give attention to yourself.

So why am I telling all of these?

With all these teachings, one thing we need to learn is:

"Inner World Creates the Outside World!"

If you want to bring the Immortality in the Physical Level, then you have to bring the Immortality at the Soul Level.

Soul is already immortal.

But it should be brought to the Mind Level, Astral Level and the Energy Level.

That is our understanding.

Even when you want to overcome any type of Health problem, first we have to bring it into the Inner World.

For example, you have Arthritis, okay!?

It's already manifested in the Physical Body, right? It's manifested already at the Cell Level, yes or no?

The Energy Level - Vata Energy is created also, right!? Imbalanced Vata Energy is - Arthritis in Ayurvedic!

Ayurveda has its own classification of the Individual Body, okay!? That is how it's categorized and all.

So, since it's already mentioned in the Physical Level, what I have to do now? I have to undo that!

## **WITHIN YOU KALI, SARAWATI AND LAKSHMI**

This Physical Body is like a Computer running on the Software Programmed by you!  
If I want to change this Outside Thing then what I have to change? Programming has to be changed,

So what is the Programming there, tell me? What is the first Programming you start with? "I am A Spark of Shiva Shakti!"  
It's like Anti-Virus, you know!

Mahishasura says, "Oh my God, what is going to happen now? Kali has come now! Dakshina Kali hitting me! You are telling you are the spark of Shiva Shakti! How am I going to survive?"  
It's a big blow for Mahishasura!

It's like Kali manifesting in you. He's afraid!

"I am A Spark of Shiva Shakti". Kali Manifested there at the very, very dark Level.  
From that Knowledge will start - Saraswati!  
From that Experience will happen - that is Lakshmi!

Within you Kali, Saraswati, and Lakshmi.

Right Knowledge leads you to the Lakshmi Tattva. Otherwise she is Chanchala. She will go away!

With Temporary Knowledge, you cannot hold Lakshmi! With Right Knowledge you can hold Lakshmi.

What is the Right Knowledge here?

Spark of Shiva Shakti - **Soul Knowledge is the only permanent Knowledge!**

All other Knowledge is temporary.

In the next life, your Engineering degree won't come. Your this life's Doctor degree won't come.

But your Knowledge that "You are the Spark of Shiva Shakti" comes in the next life!

## **SOUL KNOWLEDGE IS THE ONLY PERMANENT KNOWLEDGE**

Gurunanakji, in His childhood, when He was working in a Grocery store, His job was to measure the grains and give to the customers. Like this when He went on measuring 1, 2, 3... in their language, the moment He reached Tera -13, He was Awakened! He just counted, "Tera...Tera...Tera..." and Awakening happened to Him! He realized that, "I am not the Body and I am not the Mind. I AM THAT...Tera!" He left the Shop and went.

How's it possible? Got this point?

Dus, Garish, Bara.....Tera! - He was measuring the grains and giving to the customers. When He was measuring the 13th - Tera...Tera...Tera... He just left it and went!

How's it possible?

We attend Workshop! Shri Vidya Workshop, Group Meditation, You Tube Videos!

But, "Tera" is not happening! (Laughs)

And Guru Nanakji did not attend any Workshops. Had No Guru, nothing! He got just by measuring things, "Tera...Tera!"

How's it possible?

It's the Past Life Spiritual Practice! That's what fetched Him!

The same thing happened to Ramana Maharshi. A sudden Knowledge dawned on Him, "I am going to die!" The Fear of Death emerged in His Consciousness.

That's okay! But what Action He took afterwards is very surprising! No one will take that action, actually! Normal person cannot take such Action.

The moment He got the fear of death, He lay down and saw Himself, "Let the death come! Let's see what it is!"

Can you see that!

The Knowledge that He has gained in the Past Life surfaced and protected Him and gave Him the Realization of the Truth - Self Realization - He got!

He just observed. He lay down and started seeing, "Who is going to die here?" Atma Vichara started there! No Vedantin came and told, "You should do Neti! Neti!" It happened to Him, Why?

Because of His Past Life Meditation, that Wisdom, the Soul Knowledge Awakened at the righttime.

You see how Karma is working there! How the Supreme Intelligence is working there! Can you see that!?

So this Worldly Knowledge will not come with you in the next life.

It's only the Soul Knowledge that you have experienced ...your Experience related to the Truth, please understand, will come!

Having the experience of Idli, Upma, is not Knowledge. Don't expect it to come in the next life, Okay!? Laughs – “because there's lots of misunderstanding”

**The Knowledge that is connected to the Truth only will follow!**

So you need to understand that the True Knowledge will follow you!

Because you are the Soul and you are made of that. And your Knowledge will be there in this life and next life.

So when you do this Shri Vidya Sadhana or any practice, it will come to the next life. This understanding should be there.

So Inner World creates the Outside World - that's one thing.

If I want to realize the Truth about myself then I have to be very careful on what Thoughts, what Beliefs, I entertain about myself!

**So the basic foundation is, "I am a Spark of Shiva Shakti!" This is the best Mantra, I am telling you!**

It's in English. You can convert in your language also... "I am a Spark of Shiva Shakti!" When you have to chant this Mantra, do you know that?

Tell me when you have to chant this Mantra?

When Negative Thoughts, Negative Emotions arise.

When you say, “I am powerless. Things are not happening”, “Shani Maharaj is controlling me! Rahu Maharaj is controlling me!”

*At such times you have to tell this Truth. Your Affirmation should be the Truth...it should be based on the Truth of your Soul! And not on the Truth of the Ego*

*Consciousness - "I am a Short person ...I am temperamental!" These are not the Truth. "You are a Spark of Shiva Shakti!"*

Because of your Karma, you have certain Experience. Because of the Experience, you have certain Belief System.

Because of this, you created or accepted the Outside Circumstances as You!



## **AFFIRM THE TRUTH ABOUT YOURSELF**

Shall we little bit close our eyes and say to ourselves, this Truth? Action is very important here, okay!?

Close your eyes.

Tell with firm, with very, very strong Will,

**"I AM SPARK OF SHIVA SHAKTI"**

Try to tell this yourself in your Mind.

When you say this Truth to yourself, try to see, what type of feeling you have! (Gives couple of minutes for this exercise)

Applying the Knowledge is the very important thing.

You have the right understanding. That should infuse in your Soul Consciousness with the Right Affirmation!

Please come back!

How was your feeling, when you said the Truth about yourself?

**Students:** Expansion ...Satisfaction....Happy...Powerful

Feeling Powerful is very important. When you say, "I am a Spark of Shiva Shakti", means you are a child of the Creator, please understand.

You are the child of the Creator. You are here to Co - Create,

Make your World so beautiful!

I hope it's understood now!?

Now, after this statement, we need to attach the Statement that we want to create:

**"I am a Spark of Shiva Shakti. In my Inner World or in my Shiva Shakti World I have a good Health...Fit Body, Energetic Body!"**

You are here to Co Create, to help your father, mother i.e., Shiva and Shakti,

You should flow from the Soul Level to the Mind Level and then to the Physical Level.

This Affirmation can be used for any...home...if you want to manifest your Flat, you want to manifest your job, you want to manifest your Business, and you want to manifest education for your child, anything that you want to manifest!

First it has to start with your Truth, 'who

You are?"I am a Spark of Shiva Shakti"  
Now where are you?

You are shifting your Consciousness from the normal Human being to a Divine Being. And with that you are executing the Power of Shiva Shakti to manifest what you want!

This is a very important understanding.

"I am a Spark of Shiva Shakti. And in my Inner World, in the World of Shiva Shakti I have this type of Life ...this type of job.... this type of... whatever you want!"- Body, this type of Health, this type of Relationship, this type of Business, whatever you want!

Since I am focusing on Health I am going with Health Affirmation and all of this. This is the first understanding we need to have, okay!?

## **INSTRUCTION FOR SELF REALISED AND GOD REALISED SOULS**

And when we have Self-Realization and God Realization, Affirmation is of no use, actually. Because you know, "I am that!". So affirmation is not needed. Just sit with the closed eyes. You go into that State.

And when you come back from that State, you just have the Intention of what you want.

Automatically things will be taken care.

A normal Person's Manifestation is different and the Self-Realized Person's Manifestation is different.

Normal person may feel difficulty. Here in the Workshop, you accept it. But in home, when you are Low, it's very difficult, - "I am a Spark of Shiva Shakti? So many problems!?"

But again, you have to affirm the Truth -

"Because of the Negative Thoughts, Negative Karmas, Negative Psychic impressions, I am experiencing this!" - When you are in the difficult situation, you have to accept it... You created it!

Take again the position of the creation of the Negativity also and then affirm the Truth, "I am a Spark of Shiva Shakti. I can change it also!"

Can you see the process!?

You are no more Powerless in that Situation, you are again taking your power and you are implementing your Power to changing and bringing the Transformation. This is very important.

Normal public is different. You, as a Sadhak, are different.

When you are Powerless, you have to shift the Powerlessness to a Powerful situation. Instant Shift you have to do it. That will show how much you have grown in the Spirituality.

**How fast you come back from Depression, Frustration, Anger, and a Low Feeling to a Positive Feeling, will show your attainment in the Spiritual World.**

Not just chanting five Japamala, ten Japamala. Energy body is increasing, but your Soul. Maturity is not happening.  
So we understood this.

We know how to handle this, right?

Inner World is created. Then we allow this Inner World to manifest into the Outside World. This is understood!?

Now little bit, let's understand the Physical Level.

When we want to bring the Immortality, we already know that at the Soul Level we are Immortal.

I don't need to do anything. I am an Immortal. I drop the body.

If I have that understanding, Realization, then I have a Choice - either to take next Body or to be in that Consciousness. What we call such a person?

**Jivan Mukta.**

**He has attained the Mukti, when he is living a Life.**

**Next he has a choice whether to go on with the same Body or take up a next Body or drop the Body altogether and become one with the Universe.**

## **FIRST PHYSICAL CELL IS IMMORTAL CELL**

Now let's go one step ahead and understand this Physical Body.

You see that when this Body is created in the womb of a mother, it's from one cell, I'm telling you! From one Cell, Embryo and then the Entire Body is created. Now you talk about that FirstCell.

### **FIRST CELL IS CALLED THE IMMORTAL CELL.**

Immortal!!! First Cell that is there is an Immortal Cell. You are born with an Immortal Cell. In Siddha Parampara, we call this **the Siddha Cell or Shiva Cell**. In abroad, as the **Christ Cell**. We can call this the Physical Cell,

The Cell, first one you have - it is an Immortal Cell.

And now because of your parents, their understanding, because of your ancestors, that information flows to that, and accordingly that Cell is creating a Body, Mind and your entire being. Why I'm telling all of this?

The First Cell is manipulated. Can you see that?

### **First Cell is a manipulated!**

### **First Cell is controlled by Lalithambika as a Maha Kundalini.**

Shiva born as a Cell and is controlled by Lalithambika at the Physical Level. Now this Cell with the wrong information manifesting, because of its creating ability, Manifesting what it wants!

The DNA of the Cell has Complete Information of the Body. That's why you see in the earlier generation, and the present generation, that there is a lot of difference in the Physical Strength, Mental Strength and all of that. Even the food. You see that earlier food and the present food...the nutrition value has come very much down.

### **You from Divine Immortal, You fall down, and become a Mortal.**

So if a child knows that it will not get old. If child and parents made a programming at the Cell Level that, "I will not get old. I am only this age now and forever". Then what happens to your body? Very difficult to accept, right!?

Soul feels the Truth. But Mahishasura Mind doesn't feel it. Because our Whole Subconscious Mind is created in such a way that earlier 100 years was believed possible, now 70 years, people are believing as a possible life span, but now you don't know, after all these vaccines when 'dammar!'

You know what is happening Outside, I don't need to explain. Situation has changed there.

Our Belief Influences our Cells... Cell Programming.

## **CAN ALTER THE CELL PROGRAMMING**

Every Cell has a Memory. And that Memory has a Programming not only from you. Your ancestors are living in that Memory.

You see that while young you don't feel it. As you get older you will be speaking like your grandfather. You will be sitting like your grandfather or grandmother.

Earlier, "oh I am new generation". Jeans pant this.... that, it's okay. But afterwards!? In the end!?

Shivoham!!! (Laughs)

They are living in you, you see that!?

Your ancestors are living in your DNA, I'm telling you this!

The day you understand all this Inner Mechanism, you will want this programming to be changed, "I want every Cell Memory should have my own Programming. Not my Ancestors' Programming."

That is where I bring **Lalithambika, Rajarajeshwari, and Maha Tripurasundari** ...Her Mantra... Beeja Akshara. You see that?

I Take that Seed and plant in my Cell.

Now Lalithambika comes there! Akilandeswari! Brahmandeshwari!! Then the fight will start. The ancestors and Lalithambika!

Literally I'm telling you, this all happens in your Consciousness, Actually!

Now you have a choice – either to give to Lalithambika, your Attention and Energy, Programming, Accept it, or to your Ancestor

Choice is yours!

**"Where your Attention goes, there the Energy goes!"**

It's the Universal Law.

You cannot change it. Okay!?

But you made a very Intelligent Choice. And you brought the Seed of Lalitambika in your Physical Cell Law.

The Transformation starts!

Mother starts removing the Memory pattern of the Cells! Why? Because she is the one who created that Cell! Please understand.

Who created that Cell?

First Cell, who has given a birth to that?

## SHIVA SHAKTI IS ONE!

When I say Lalithambika means Shiva only. When I say Shiva means Lalithambika only. They are not different. We are separating them.

They are so much in Love. He says, "I don't leave the hand of Parvati! Parvati says, "I don't leave Him!"

But You! "Separate"

It is like, every time I say, "they are like two faces of the same coin."

If I erase one face, and take to the shop, then do you think it is acceptable? It's Like this!

For you, your understanding that's Shiva Shakti. Actually Shiva Shakti is not two, I'm telling you! One!!!

Shiva becomes Prakruthi. Prakruthi becomes Shiva. That dance of Nataraja! There's no difference at all. That is the Truth.

That's how the play is going on. Confusion is made for us because of our Mind, Individuality, and Senses, all this confusion is there.

They are not two at all! Impossible!!

That's what it is shown:

Shiva is sleeping. From the Nadi of Shiva, Mother is manifesting as Lalithambika. Even there also they are not separate, actually.

You see how they are one only! They are not two at all.

The Shiva Consciousness - Static Consciousness have one Desire. And One becomes Many. Many Vedanta are in complete confusion:

"How Static Consciousness have Desire?"

Nirguna Nirakara Para Brahma Swaroopa cannot have a desire there!" But in Upanishads, Vedas say that, "One becomes Many!"

Big fight there! Because they don't know that Static and Dynamic were together.

Their Mind cannot understand it. They are separating and searching for the Truth. And in this separation and division you cannot find the Truth.

For our understanding we call Static. But it's not static! It is Dynamic Only! Got this point!?

That Supreme Intelligence... How it manifests... how it creates it is still not understood! Upanishads and Vedas are still... they are empty, I'm telling you!

### **Your Experience is only the True Thing.**

That's what; Siddhas prefer the path of Experience. How the Siddhas parampara is different?

This is a Path of Experience.

Other Paramparas are path of Scriptures and Tantras.

They quote..."Aham!", then you do. They quote, and then do.

In our Parampara, it's my Experience with the guidance of my Master. That gives the RealKnowledge. That will liberate me, take me beyond the Upanishads.

That's what we call Veda + Anta...Vedanta - end of the Knowledge. This is Siddhanta. That's where we need to go!

That's only possible with the grace of Master Thirumularji and Kriya Babaji and all. They give the Right Knowledge and all. They have gone there, so they can give to others.

Now they went and collected all the fruits there. Now they come, "Take this fruit! You eat!" "Oh, so blissful, Thirumularji! I want one more fruit!"

One more Meditation.

Because they collected that Conscious, that Knowledge, that Emotion. We only have a few Emotions, when we are living our life.

Yes or no?

How many, hardly how many Emotions in your life of 100 years?

Now Thirumularji is telling, "Come! I have very beautiful pleasurable Emotions!"

**Bliss, Joy, Ecstasy!**

And in the Higher Level, all three come together, you cannot believe it!

You cannot experience in any food, any relationship. Such Experience will be there! So beautiful! OM Samadhi and all... amazing!!!



## **WE ARE IMMORTAL AT LEVELS OF EXISTENCE**

So first thing we need to understand is that our Cells are Immortal. As we came by, as we program what happens?

Our Cells have their Creation, Sustenance Programming, and everything changed. So you need to understand if you want to bring the Immortality at the Physical Body Level, then it has to start with the Cell Memory. I'm not telling just Cell, but **Cell Memory or the Soul of the Cell, Consciousness of the Cell.**

IMMORTALITY - I'm talking!

It's a very big topic, I'm talking about that! Okay!?

Now, how we can make it in action?

What could be the technique to attain this? Yes!?

But even, I'm telling you... even when you die the Physical Form is changing, but is not completely destroyed, Yes or No?

Still you are Immortal at the Prakruthi Level also! Form has changed, but still it is there! When I burn this body, what happens to it? Still is it going to die, or It is there?

It is still there!

What is the Universal Law of Energy?

### **Energy cannot be Created or Destroyed"**

What about you?

You are not created, and not destroyed at all! Only the change has taken place.

**Even at the Prakruthi Level you are Immortal.** Please understand this Truth.

Many people have this understanding that Prakruthi means temporary and that you should be always focused on Purusha. But Prakruthi and Purusha are the same. They are Immortal things. Only thing when you say Prakruthi is, it is changing the Form, changing the Energy, that's all. But still it is living with different forms. You came with this form, in the next life you will be in a different form, yes or no? So this understanding should be there -

### **We are Immortal Beings.**

**"I am a Spark of Shiva Shakti. I am an Immortal Being. I am a Spark of Shiva Shakti. I am an Immortal Being. "This should be your understanding at the Cell Level.**

When you have this understanding at the Cell Level then things will change.

"

So because of the Shri Vidya Sadhana what we do?

I want to bring it in the Physical Cell Level. For that I have to bring it in the Conscious Level and the Energy Level.

For Energy Level what I do?

I seed these Mantras in the Chakras! Yes!? When you meditate what you are doing?

**You are seeding the Consciousness of the Divine in your Blueprint.**

And this Blueprint, it is understood, that it is going to manifest at the Physical Cell Level. But what is happening, you know that!?

In the morning I am seeding,

But afterwards, when I am in the Conscious Level, what I'm telling!? "I'm Immortal... I'm Immortal... I'm Immortal Got this point?

You need to have this understanding:

**"I have a Physical Body, I have an Energy Body, and I have a Mental Body. But I am the Immortal Being.**

**If I am the Immortal Being, then I can bring that Immortality at the Physical Cell Level."**

I hope you understood this.

And even the Prakruthi is also immortal,

But changes the Form. You are also immortal. You have the Power to change from Physical Body to Energy Body and Light Body, when you go to the Immortal State.

That's how Thirumularji is where, He comes, but He doesn't completely manifest the Physical Body. He just manifests the Light Body. He comes and stands in front of you and your Mind or your Soul start communicating with Thirumularji.

It's not like He is communicating with words. He comes! And with Him, the Knowledge. You are receiving the answer. Yet, you don't know how you are receiving the answer. And also you are asking the questions.

Then you have the realization on:

What is the Siddha? What is His Light Body?

How He is going to communicate with you and all of that.

Then you go ahead and again you prepare yourself.

Raise your Consciousness. Raise your Physical Body Consciousness. Then Thirumularji comes in the Physical Body Consciousness.

Then you are ready to hold his Vibration

## **WHY SIDDHAS AND DIVINE MOTHER CHOOSE TO GIVE DARSHANA**

Thirumularji is ready to come, but you are not ready to receive. Lalithambika is ready to come, but you are...not yet ready! The moment She stands in front of you, you are burst.... you don't know where you are! Got this point?

This is how it is. Divine means It has Its own form of manifestation. Please understand.

It can also come in a Human Body with less Energy also. But It has manifested like this in the Universal Level. So It has to give the Darshana like that. Then only you have a real Darshana of Devi or Siddhas.

Not like an ordinary Human Being. Then even Mahishasura will come and you don't trust, and that realization will not be there...that Darshana will not be impacting your Soul. And Growth will not be there!

Is it understood, why the Siddhas choose when to give Darshana?

Why Divine Mother choose when to give a Darshana and all of that?

It is not that they don't want. They want to give! But I am not ready to receive it! I hope you understood.

So now we understood that we are Beings of Immortal.

You see that, in us, still, there are some Cells that hold the same Energy. What are those Cells in our Body?

**Stem Cells!**

**Stem Cells hold the same Immortal Consciousness.**

## STEM CELLS

So Stem Cells: Now the Stem Cell Therapy has come, you see that!?

If your ligament is torn, then I want to create that with the Stem Cells. Now, when the mother gives birth, that whatever...the Umbilical Cord - they will store it because it has Stem Cells. Because with that Cell I can create any Organ.

Can you see the Power of that?

**You are born with that Immortal Cell! You can create anything!**

But problem is, our outside Knowledge has dragged us down from Immortal to a Normal Human Being. We have settled down accepting this is what we are! This is the real understanding! Now what we have to do?

What is the technique to immortality means, how I can bring the Immortal Consciousness to the Cell Level!

So already the Cell is created, and everything.

There is one Bija Mantra that will give a Chiranjeevi Shakti! Do you know what the Bija Mantra is?

In Dattatreya, what is the Chiranjeevi Mantra?

**DRAAM** (students)

**"DRAAM" is a Bijakshara for Immortality!**

**DRAAM is the Bijakshara for Immortality! D-R-A-A-M.** Chiranjeevi Shakti.

So I need to infuse this DRAAM to every Cell. How I can do it? You are a Co - Creator, right?

You create with the Thoughts,

You create with Beliefs, You create with Feeling,

Yes!? Can I create a Thought?

Make a Sankalpa that **DRAAM** should be infused in every cell of my body, yes!? You can do it!!!

**DRAAM** is the Bijakshara which you can infuse in every Cell. And you see that every Cell is Vibrating or Chanting this **DRAAM** Bijakshara.

Do you remember this **Dattatreya Mala Mantra**? **Dattatreya Mala Mantra:**

**Om bhavabandhavimōcanāya, Am asādhyasāadhanāya,  
Hrīm sarvavibhūtidāya, Kraum asādhyākarṣaṇāya, Aim vākpradāya,  
Klīm jagatrayavaśīkaraṇāya, Sauḥ sarvamaṇḥkṣōbhaṇāya, Śrīm  
mahāsampatpradāya,  
Glaum bhūmaṇḍalādhipatyapradāya, Drāmcirañjivinē**

## **TO INFUSE DRAAM BIJAKSHARA IN EVERY CELL**

What every Bijakshara does - it's very clearly given in the Mala Mantra. So there, LordDattatreya - the Chiranjeevi has given one SHAKTI!

His Mantra Bijakshara is that - **DRAAM**.

First He will make you Immortal at the Soul Level.

Then He will make you Immortal at the Physical Level.

So that's why He is the Guru Tattva where He can help us to manifest the ImmortalityIs it understood by you?

So what we have to do is, we have to make a **Sankalpa** and pray to Shiva Shakti:

### **"Infuse DRAAM Bijakshara in every Cell Level"**

And we visualize every Cell in our Body, millions of Cells, billions of them, just manifestingthat **DRAAM** in them.

### **You seeded the Sound. The Seed Sound of Immortality!**

What this Seed Sound has?**Immortal Consciousness, Immortal Energy, Immortal Vibration!**

When it is added to the Mortal Cell, what happens to it?Transformation will take place!

The more you repeat, what happens?

This is no more a Sadhana at the Conscious Level, but a Sadhana at the Subconscious Mind. When you do that, when your Subconscious Mind, once it becomes impressed and accepted, what about your Kamadhenu, Kalpavriksha?

**"TATASTHU"**

You start seeing the change! I hope there's no confusion in this.

## **RECREATE THE IMMORTALITY YOU DESTROYED**

If you don't want Immortality, and you want anti-aging!"Guruji, I want to be this age person."

You put that age into that Cell. "I want to be 25 forever. 16 forever..."It should be believable to you!

"Guruji you are telling ..."

You go and see for yourself the mirror, " 16!?"You will shy yourself! (Laughs)

Leave others' comments, you will only shy yourself. (Laughs)But there is a possibility, I am telling you.

There is always...When you say you are an Infinity being, there are infinite possibilities.You can say to yourself that, "I am going to infuse myself at the age of 25!"

25, you can infuse in yourself,

If you want to stop this aging and be in that age. This is how you program the Cells

I'm telling you. It is not that I'm just making it out. It's how the Consciousness works! You are already programmed. Yes or no? Your Immortality is destroyed by yourself or someone else?

We destroyed it.

Why don't you create it back? What you have lost, why don't you regain it?

**It is possible.**

But you should have a Will for that. Okay!? First, you should have a Will for that.

If you have detachment. You have received so much detachment in you, that you are no more interested in the Physical Body and World. In that case, whatever you do, it is not going to work out.

You just want to just drop this body and merge with that.

So choice is there. As a Sadhak, as a Master, you have a choice to create Immortality at the Cell Level. Or you say that, "I am done with this. I just wanted to give the Truth.

Give what is possible and balance the Karma and Merge with the Shiva Shakti. I drop this Physical Body".

Both options are given to us.

At least when you are there, accept the Truth. Create health at the Cell Level. I'm telling you that is possible.

That is possible and you can create all of this. This is how... the Bhagwan Nityanand of Ganeshpuri at the last moment, what was his meditation?  
(Touching every body part)

I am Shiva. I am Shiva. I am Shiva. I am Shiva. I am Shiva. I am Shiva! That was how, He remembered his Truth.

I am a Shiva. I am Shiva. I am Shiva.

That was His meditation. Even he used to walk there. You see that?

You see His video. He cannot go outside. If He goes outside, people will not leave him. You are all lucky. You can have a good walk. But he cannot have a good walk.

He has to be there only. He has to walk in the home and all of that just to create and sustain his Physical Body. Otherwise very difficult for Him to hold that Energy in that small Physical Body.



## **GUIDED MEDITATION TO INFUSE DRAAM SHAKTI INTO EACH PHYSICAL CELL**

So here I am not talking too much about the Health Laws. You know that you should eat the right food, right? You should do the right exercise. You should do all of that. I'm bypassing. I'm going directly to this. I'm not telling you to do the yoga and do all of that. You already know most of that. What I want is to take you beyond that

-  
What is the Truth about immortality! What is the teaching of the Siddhas! I want to bring these to you.

Otherwise again it will become like a workshop and it should not happen like that. So now we are going to bring this **DRAAM** Bijakshara or if you want, whatever age you want, you can bring that. It's up to you. You have a choice.

### **Guided Meditation:**

Please close your eyes. Bring your attention to breathing and relax your complete body.

Now if possible, affirm the Truth about yourself:

**"I am a spark of Shiva Shakti."**

And as you breathe in, you breathe in this as a Mantra, "I am a spark of Shiva Shakti." As you breathe in you chant it.

As you breathe out you chant it.

This will help to attach or infuse this affirmation to your Spirit, when you chant it with your breathing.

As you breathe in, you say, "I am a Spark of Shiva Shakti." mentally.

As you breathe out, you say, "I am a spark of Shiva Shakti". This is your Truth. This is your Reality.

Now As you breathe in, Chant, "I am a spark of Shiva Shakti."

And then hold your breath for a few seconds and chant again in your Mind, "I am a spark of a Shiva Shakti."

And as you breathe out, chant in your Mind, "I am a spark of a Shiva Shakti." Then again hold your breath outside, and chant, "I am a Spark of Shiva Shakti."

So you'll be doing -

As you inhale, Chant, "I am a Spark of Shiva Shakti",

Hold your breath temporarily and Chant, "I am a spark of Shiva Shakti", Exhale, and Chant, "I am a spark of a Shiva Shakti",

Again, holding the breath, Chant, "I am a spark of Shiva Shakti".

Do this a few more times... Breathe in and chant,  
Hold the breath and chant. Breathe out, chant.  
Hold the breath and chant.

Now do this with the Kechari Mudra, if possible.

Turn your tongue and touch the upper roof of your mouth and close your mouth and try to do this.

Pranayama again with this affirmation and Kumbhaka - Inner Kumbhaka, and Bhava Kumbhaka are happening there also.

Perform Kechari Mudra,

Breathe in, and chant the Mantra. Hold the breath and Chant the Mantra. Breathe out and chant the Mantra

Again hold the breath and Chant the Mantra.

In between, if the Kechari Mudra is difficult, then you release and do it. But don't hurt your tongue.

With this you are making this affirmation infused to your Body Level, Energy Level, and Conscious Level.

A Very simple one. Very easier! At the same time very, very powerful:

**Breathe in and chant, "I am a spark of Shiva Shakti". Hold the breath and chant, "I am a spark of Shiva Shakti", Breathe out and chant, "I am a spark of Shiva Shakti",**

**Again hold the breath and chant, "I am a spark of Shiva Shakti" This cycle should be continued.**

Now replace the mantra with **DRAAM** Bijakshara:

**Breathe in** and mentally chant **DRAAM Hold the breath**, mentally chant **DRAAM**  
**Then breathe out** mentally chant **DRAAM**  
**Then hold the breathe** mentally chant **DRAAM**.

If possible, do this with Kechari Mudra.

Now make a mental affirmation, " **I am a spark of a Shiva Shakti. Now DRAAM Shakti is infused in all my Cells... all Cells of my body. I am a spark of Shiva Shakti.**

**Now in my Inner World or in my Shiva Shakti World, every cell of my body is infused with the Immortal Consciousness and the Energy of DRAAM Bijakshara!"**

As you affirm, try to feel and see every Cell of your body. Feel it and try to feel **DRAAM** is written on every Cell of your body... **DRAAM... DRAAM... DRAAM... DRAAM...**

Every Cell is vibrating with that **DRAAM Consciousness of IMMORTALITY... DRAAM... DRAAM... DRAAM... DRAAM...**

**Every cell is vibrating that Consciousness of Immortality... Chiranjeevi Tattva!**

Try to feel everything... Every Cell of your Body is Vibrating and Manifesting **DRAAM Shakti, Immortal Consciousness... DRAAM... DRAAM... DRAAM... DRAAM...**

Every Cell of your brain, every Cell of your skin, every Cell of your heart, internal organs, bones, muscles, nerves, entire body... all the Cells, all the organs.

If you want for organs also you say that collectively and keep on chanting in your mind **DRAAM** and in between again you Affirm, "**I am a Being of Immortal. I'm manifesting Immortality in my Inner World now. My Inner World creates Outside.**

**I'm going to manifest my Immortality at all Levels of my existence now and forever."**

Make affirmation that is comfortable to you, acceptable to you, believable to you and chant the Mantra, affirm...chant the Mantra and Affirm...and see that every Cell is having that **DRAAM Bijakshara**.

**DRAAM Bijakshara** is written on every Cell of you.

It has **Brahma Vishnu Maheshwara Tattva**. It can create and destroy the old programming -

**DRAAM Shakti.**

It can destroy old programming, and create a new programming, sustain a new programming and manifest the Immortality all in one. That is a **DRAAM!**  
Very, very powerful Shakti of Immortality.

And now try to **breathe in every Cell of your body with DRAAM Shakti, DRAAM light, DRAAM Energy, DRAAM Vibration, as if your entire body is a sponge absorbing DRAAM.**

Every Cell is like that.

This **Golden Light of DRAAM Shakti is absorbed in every cell.**

As you breathe in, you feel that you are absorbing.

As you breathe out, you feel that it's manifesting, and expanding in your body.

Now relax yourself.

Stop chanting the Mantra, breathing, and Visualizing.

Stop all of that and completely relax your body. Completely relax your body and observe your breathing. Be Aware of your breathing and relaxation in your body. Release the Kechari Mudra completely relaxes your body and then come back to normal Consciousness.  
Slowly, slowly... slowly come back to normal Consciousness.

Open your eyes.

**Meditation Ends....**

So could you able to do it, yes?

So how many of you want to continue this? Let's see!

(Seeing the response) Really good. So the Immortal batch is very big! (Laughs) That's really good. Okay!?

It means many of you really accepted the Truth about yourself - Your True Nature is Immortal and all of that! Very good! Okay!?

So that's it about immortality and health

## **SIDDHA HEALING**

A little bit shall we come to the healing part now?

How we can, as a Srividya Sadhak or Varahi Sadhak, Rajamatangi Sadhak or a Shiva Sadhak or Bhairava Sadhak, manifest the healing for ourself in our Body, Mind and the Soul?

So one of the Universal Laws is that **“Where there is attention, there is Energy”**.

And **“Where is your Intention according to that Energy manifests”**

So two Universal Laws are very important in Healing.

Wherever I focus, my Energy will go there and that part / object will grow.

If I focus my Energy, my Attention to my fingers, my Energy will go there,

If I keep giving more attention there, my Energy will go. But if I program it with my intention for what purpose it has to go there, not simply go and scatter there. For what purpose?

If I say that “my Energy should go and heal there...this part”, then what happens?

The healing will manifest there. It's a Universal Law, please understand. I'm not asking you to believe it.

This is a Universal Law: **“Where there is an Attention, Will, there is the Energy”**

And how you put the intention, like that Energy flows and manifests. You need to understand two Universal laws here.

And the third Universal Law is very, very powerful that: **“Divine is everywhere.”**

Everything is the creation of the Divine Mother, yes or no?

Within you, divine is there, within me, she is. So I am breathing. So you are breathing. The day Divine says, 'bye bye', you are not breathing. Finish.

So the third Universal Law is that, **“The Divine Mother is everywhere.”**

And fourth point is:

How you call her, like that she will manifest.

If you call her to manifest Abundance, that Energy will come. If you call her to manifest Protection, that Energy will come. If you call her for Healing Energies, it will manifest like that.

If you call her for any different purpose, like that, it will manifest.

And already all of you have taken Initiation and Deeksha.

So Already the Divine Mother is manifested. Only you have to channel the Divine Mother Energy as per your requirement with Intention.

So here you don't need a special Deeksha for healing.

You just make an Intention. If you are sensitive to Energy, you start feeling the Energy. This is one of the techniques taught by **Paramahansa Yogananda**.

He just said the Truth:

Divine Mother is everywhere. **Thou Art Everywhere**. "You are manifesting everywhere. You manifest in me as a Healing Presence."

Can you see this?

He's a devotee of the Divine Mother Kali. Right!

He wanted Mother Kali to be manifested in His Body, Mind and Soul as a healing Presence. Please understand this. And she manifested. And she started Healing.

For what purpose you want... You put the Energy, Focus and Intention. The Energy starts going there. You start bringing the **Cleansing, Healing, Energisation, releasing all the negatives**.

Looks very simple. All spiritual things are very simple actually. The Divine is very simple. But when you apply them with the right guidance, miracles will happen.

So how are we going to manifest?

## **TO MANIFEST THE HEALING**

We hold our palms and we make a Sankalpa. Now whatever Ishta Devatha, say your IshtaDevata is Lalithambika means you call Lalithambika.

If your Ishta Devatha is Varahi, then you call Varahi.

If your Ishta Devatha is Baglamukhi, then you call Baglamukhi.

You just make a Sankalpa:

**"Divine Mother Lalithambika, Manifest your Healing Presence in my Body, Mind and Soul. Divine Mother Lalithambika manifests your Healing energy in my palms. And make me feel the Presence of you in my palms."**

You start feeling the Energy. It's very simple. Now we will do the exercise. You will feel it. And you will be surprised. You are born with Healing Ability. Why is it? Why is it? What is the answer?

You see, I'm feeling now... Vibrating! My hands are vibrating now. I am not taking any Deeksha for Healing and all.

Just my Connection, my Surrenderance, my Devotion to Lalithambika. She is Vibrating. Her Energy is vibrating here.

Now I can channel it to heal my shoulder pain, knee pain, my stomach pain, and my headache... Whatever I want!

First thing is your understanding about reality: Divine Mother is everywhere! Yes or no?

**She is the Sound. She is the Vibration. She is the Prana.**

**She is the Consciousness. She is Brahman.**

**She is the Breath within you. She is the Breath within me.**

She is the one holding this paper form also... the atomic configuration that it's made of, so that the paper has the form of a paper.

The atomic configuration: who is doing this? The same Adi Shakti.

Now I want this Shakti to manifest as the Healing Power and help me to Heal and manifest Health.

Very simple. There's no confusion, there's no complexity.

And this understanding, with Universal Law. It's not a Belief System



## OTHER HEALING SYSTEMS

It's Universal Law that everywhere Divine is manifesting. That Prana is... that Shakti is taking care of everything. That's what we call Universal Energy. Another name we have is Reiki Shakti. Yes?! That's what we call Pranic Healing. And now there are so many names. Okay!?

Now I make a Sankalpa: "Mother, manifest in me". And then I make a Sankalpa:

"I put this symbol. You manifest in this symbol whomever I put this on." And then I give a symbol to you. That is a Reiki symbol. Got this point?

But for that connection should be there first. If the connection is not there, then whatever you do nothing will be happening here. Got this point?

So that's how the Energy Systems are created. Reiki System, Pranic System where in Reiki System that Saint was able to meditate for 21 days and communicate with the Universal Power and then He received those channels and he visualized them as symbols. Then he started giving them with Sankalpa:

"If another person also does this symbol, he should receive the same Energy!"

And all Systems have been created. Now many people are creating their own Energy Healing System. They give a different name for that.

Some people add the Pancha Maha Bhuthas into that. Some people add this Energy. Some people are connecting that to the Astral Being and giving to you.

And you don't know what is happening... You are calling that Astral Energy and putting those symbols and contaminating your Energy System. So you should be very careful.

Why do we even need all of it? Instead why don't I call directly my Ishta Devata?

## **GURU'S EXPERIENCE WITH THE SIDDHA HEALING**

I tell you, when I did this the first time I was in such joy, such love with Lalithambika because I am calling Lalithambika.

I am asking her to manifest in my Chakra. I am asking her to manifest in my Cells. I am asking her to manifest in my Breath... What could be the experience!? My Kundalini started shooting up. I am going into such Bliss within a fraction of second!

You are calling your Ishta and you are telling, **"Divine Lalithambika please manifest in my heart!"** How beautiful it is!

**"Lalithambika please manifest in my Muladhara Chakra. Cleanse, Heal, Balance. Raise the Consciousness of my Muladhara Chakra for my highest good."**

You cannot believe my whole body started dancing like a drum with the grace of Lalithambika. It's something where you accept Her so much at your Soul Level, Mind Level, Physical Body Level.

How beautiful meditation, I tell you... Amazing... amazing! And you bring a greater healing there actually.

Here you are not using symbols, this, that, Mantra, nothing!

**Only your Sankalpa, Your Soul Power, your Mind Power, little bit of the Universal Laws' knowledge.**

**And you are manifesting healing and health, and you are bringing miracles.**

I have seen many times some people email me, "Guruji, my father is admitted in ICU."

He is not Sadhak... nothing. Now I just go in front of Mother and I see in Her eyes so much love of Lalithambika and just say,

**"We are all your children. Like how you have manifested everywhere, please manifest your Healing Power in that person's Body, Mind and Soul and do what is the highest good for him."**

You are not interfering and you Surrender, **"Mother, I Surrender at your feet. Because you know better than me. You know his karma of past life, present life, everything."**

And I know that she is listening to me. This is very important.

And the next day an email will come that father has come out of the ICU. Looks miraculous! I'm not going and putting the Reiki symbols from bottom to top, doing on every Chakra, the average Healing. But I know that there's one Supreme Power and it is so miraculous. And there are no Universal Laws actually functional for

this Supreme Power. The Karma, Universal Law of karma, nothing will work there. She knows how to intelligently manage everything! And you bring that Shakti and you focus on that person and you surrender to that. And that will take care! How beautiful it is!!! It's very beautiful, I'm telling you! I have many, many experiences like this... Many, many experiences!

I have manifested Lalithambika in Yantras have manifested Lalithambika in Idols. with a simple Sankalpa Shakti.

When somebody comes and gives me the Idol, I don't go on with Prana Prathistapana Mantra, this Mantra, that... I just see her in me and breathe out her in the Idol and I know that Mother has manifested.

It is not the process of: do the Abhishegam, take the Dharba, chant, touch this, chant the Prana Prathistapana Mantra and infuse this...

No!

**She is my Atma Shakti! My Ishta Shakti! My Kriya Shakti!**

Then whatever I do, what happens? It is her!

And when people worship, I get all the feedback! And then how you infuse that is also very important!

I tell my mother, "Mother, Manifest in this as Unconditional Love."

Because I know many people don't do Puja. They don't offer anything, naivedya etc., so just, "Mother, unconditionally bless them."

So what happens, when you take any Pendant, Yantra and the Idol? You don't have any negative side effects, you only have positives.

I do know this Prana Prathistapana procedure. I used to do that. But the next step Mother taught me!

"You just see me and infuse me!" Super shortcut!

That's how Deeksha process, everything in Super Short Cut, She gave me this!

**Ultimate knowledge you receive from your Ishta and from your Guru, actually!**

It is not coming from the book or anyone else, I'm telling you.

## MECHANISM OF SIDDHS HEALING

So once you start manifesting Divine Mother... say you want to heal your pet animal. I call Mother in the pet animal.

If it is a dog that is having a problem. I call, "Divine Mother, Lalithambika Rajarajeshwari Maha Tripurasundari..."

The more you call her names, the more her Energy in the different Vibration, different Energy. Okay!?

"Please manifest your Divine Healing Presence in this ---- (the name of the dog) dog's BodyMind and Soul. Bless what is the highest good for this! Highest good!"

And keep on chanting the Mantra if you want. Otherwise just give your love to your dog. You see, just, if Mother is there, like how she would have taken care of the dog, you just give love to your dog.

Mother simply flows!

And how it is powerful, I'm telling you, your hand will go where it is needed!!!

Here you have to Surrender, I'm telling you!

And you will be surprised that more you do this type of hand, literally, your body also has a communication to the Vibration of the Energy. It's also a Universal Law! It's a Universal Law: When I do this type of movement of the hand, whatever Energy is there, whatever Vibration is there, whatever Physical atomic configuration, start reacting and changing to me.

It is not a Physical Level communication; it's an Energy Level communication.

Why is it?

Because this has all the Powers... **My hand has all the Powers. All Pancha Maha Bhuthas are in the tips of my hand.**

How powerful we are!

Earth Energy manifests in my Little finger. Water Energy manifests here, in Ring finger. Fire Energy manifests at the Center finger.

**And this (Index) is the Air Energy.**

**This (Thumb) is Space Energy.**

**And Guru and Shiva Shakti manifest at the Center of the Palm. So Pancha Pranas are there.**

**Guru Prana is there.**

**Shiva Shakti Prana is in my hand**

Now I am moving this here.

What is happening there? Who is communicating there?

Pancha Maha Bhuthas communicating. Guru is communicating. Shiva Shakti is a communicating. And when I surrender, what happens? It goes where it is needed. And then I ask the person, "Do you feel more pain here?" The person will say, "Yes, I have pain here."

You don't need to ask him,

You just need to focus and go on communicating with the person. You'll be surprised. Your Shiva Shakti just communicates what is needed there.

Looks very, very simple. But it is the truth. Things are very simple actually... very simple! And then some Vata, Pitta, Kappa also start changing there. When you do this Communication, Body Communication, Vibration Communication, and Energy Communication to your Body, automatically Vata, if it is stored, starts releasing there. Or balancing there, Cleansing there, healing there.

Then what happens?

Whatever the Diseased Energy, Stored Energy starts releasing there. Automatically your Body has an ability to absorb the Positive Energy. We are made like that...to absorb only Positive Energy!

**But because of our Thoughts, Feelings, and Emotion, we attract negativity. But at the center level we are a Spark of Shiva Shakti. Only Positive can stay. Negative cannot stay! So Negative Emotions have to manifest as a disease and leave.**

So, first we call with our Sankalpa, Then wherever it is, we start communicating there.

Communicate. And the more you go into Silence, the more you go one step ahead in Healing. **The more you go into Silence with a Surrender State of Stillness you reach a State and you start touching the Quantum Field. That is the Mother of all the Healing!**

Whether it's Reiki, Pranic, Ayurvedic, Allopathic, whatever it is, and different layers are there,

These are different Healing Therapy or the Allopathic, whatever it is; I call them as different layers. (Shows as a stack)

Here at the bottom, one layer is there.

**It is Stillness.**

**It is Abundance.**

**It is Shiva.**

**It is Static Consciousness.**

**From that Static Consciousness, everything is created!**

This is what we call the Zero Point Field. You see that!?

**Zero Point Field or Quantum Healing, we call it.**

**At that level, you can even change the Karmas of past life, present life.**

According to your Sankalpa, that will be taken care of.

(Responds to a student) You can do it for yourself and others also. You can teach others also with the Universal Laws. Please understand, Universal Laws are very important here.

What I'm teaching is the Principle of Healing, Principle of the Soul, Principle of the Energy.

These are the Laws. They cannot fail / change if you say, or I say... they don't!

**They work! They are eternally working!!!**

**Where is my Attention, there is the Energy.**

**Now my Attention is to heal my Body. My Energy will go there.**

**And now my Intention, what I want to manifest in my Inner World and Outside World: I might make an Intention, "Mother, manifest your Healing Presence.**

**And then if you are sensitive, you can start feeling the Vibration.**

**If you are not sensitive, don't worry. Just go ahead and follow the process.**

**You just communicate with a diseased part. If you have a knee problem, go on communicating with your knee. Just be there. Try to sense.**

How do you communicate?

If you are sensitive, then you see this strong Vibration where there is a diseased part.

For example, you have a headache here.

You are having a half headache. There is some part where, when you rotate, you feel all the problems and Energy, you know, too much of that.

And where you find that strong Vibration, little bit, circulates your palms there...

Pancha Maha Bhuthas, Guru Prana, Shiva Shakti Prana there, just to communicate. Communicate.

**You are not doing anything, actually! The Divine is doing everything!** But Credit is only for you.

"Guruji you healed it, oh My God!" One person was there.

He had a headache for at least ten years, I think. Ten years. And when we just taught him and asked him to do it for himself, you cannot believe, his Vata is stuck here from ten to 15 years, Vata Pressure. He went to Physiotherapy which is of no use. He did this and that with no use. Just in Silence, he was able to just rotate his hand.

**Anticlockwise is for Cleansing. Clockwise for Healing.**

You see how our Devatas are sitting? Yes!?

It's Universal Energy. How our Devatas are sitting... giving and receiving.

**And whenever we do Clockwise, it is an Energization.**

**Whenever we do Anticlockwise, it's a Cleansing.**

If I want to do the cleansing... just healing and energizing is not a permanent result. You have to cleanse it. Yes!?

If you want to do the puja, how do you do? First you cleanse it. Then you energize with a Mantra. You just don't go and do



## STEPS OF SIDDHS HEALING

**1. So first you manifest Divine Mother with a Sankalpa and bring your attention where you want.** Then what do you do?

**You communicate with that.**

**2.** If possible, you cleanse it, like how you clean this table, if I give a towel to you. How do you do it?

Like this, you see that there is dust, there is energy dust... It is there. I want to clean it. How do I do? Can you see that?

It looks very simple. But when you do it and see, you will be thankful to me, "It's so, so simple. How is it possible, Guruji?"

I have done all of that. So I am teaching you with confidence. Because I have done all of that. To do that, the Mother has given me that problem. Only then she gave knowledge. First she gave a problem, you know!

You will be doing the research, doing all of that. Then She will say, "Come, I will tell you!" Then she will teach simple things!

So how do you do? You just... if I write something on the board, right, how I erase it with the dusters, right? Now **I want to erase the painful Energy. Just I want to do it...Do it...**

**Do it...Release...Release...Release.**

Make a Sankalpa, "**Divine Mother Lalithambika, clear all this Negative Energy, Painful Energy. Give me good health.**"

**Just make a Sankalpa and Do it.** That's all you have to do.

Then what do you do?

**3. Anticlockwise...Yes, Anticlockwise for a few minutes, a few seconds.** And see that...

If previously you cannot lift this hand and now you are able to lift it for 10% then again you have to increase.

**4. Then you have to energize that part with a Clockwise direction.**

**5. Then you hold it.**

**Go into a Quantum Field. Go into Silence. Because that is true Healing.**

Because many Healing methods are temporary.

You want to bring it a Permanent change there. No more you want to create a problem there. It should be Permanent.

Then **you hold still there. Try to feel your palms, the area. That's all you have to do. You don't need to worry about... Don't have expectation... nothing. Be there as a Silentwatcher.**

That is a big problem for people. Quantum healing: what is the problem? People don't want to be in Silence. They want to do something.

But when you, **"Let go, Let Divine!"**

Mother will take care. THAT healing is so permanent, I'm telling you!

**- Your Body Structure will change.**

**-Your Spine alignment will happen.**

**-Hip Joint alignment will happen.**

**-The Atomic configuration of the inside Energy and Cell will take place.**

**-The Cancer Cells can be converted into normal cells.**

**-The Torn part can be regenerated.**

I'm telling you, it looks very miraculous, but it is possible!!! I have seen the results.

I'm telling you! Without seeing, I don't teach... I have seen the results.

And it doesn't matter what age you are. I'm telling you, **in the quantum field, InfinityPotential, Infinity Possibilities!!!**

You are at the age of 70 and you believe that "Oh! My knees. Now it is not going to get healed by Quantum Field only surgery is left there!"

This is because, you know, the science has told you that "Now you cannot create Stem Cells. Now your age is..." But with your understanding, as a spark of a Shiva Shakti you can literally trigger Stem Cells even at the age of 60... 70.

Why is it? Tell me.

Because Stem Cells are already within you, stored in your Bone Marrow. It's already there! In Bone Marrow. When you are in a situation, in a do or die situation, that's when the Stem Cells release automatically.

So that's what, in R-Kriya we have one Pranayama called **Rapid Healing Breathing** - it deals with - How to release the Stem Cells from your Bone Marrow.

**That Bhaya Kumbhaka creates such situation in the Body that will trigger Stem Cells from the Body and they start flowing into the Bloodstream.**

**And wherever the Bloodstream goes, there Stem Cells will start going. And wherever a regeneration of the parts needed, it starts happening there.**

That's one of the Prana Kriya we have in Raja Rajeshwari Kriya.

But here with Quantum Healing, you can attain that.

For example, you have Diabetes and your Pancreas Cells are programmed to create Diabetes.

Am I right with my language now? Am I right with the language?

At the age of 16, 10 Gulab Jamuns also were 10, you know, Ladoos were also okay. But at the age of 40, you know, one...that too sugarless... Sugarless Ladoo, Sugarless Mysore Pak, it is like deceiving yourself! So what has changed there?

Your Cell has changed in your Pancreas. And the Energy behind that Supply of the Energy to the Pancreas has changed there. Please understand.

I created Negative Energy, Diseased Energy that is overlapping my Pancreas and my Pancreas Cells have been programmed in such a way that it cannot produce the right amount of Insulin.

Many students, when they start the Shri Vidya, "Guruji, my Diabetes is under control. My BP is under control!"

When they start the Shri Vidya Sadhana, with the Chakra meditation only, in Level one only! Why is it possible? Why they were able to create this? For them, it looks miraculous.

But it's not miraculous, what you are doing...

**-You are programming and giving a Divine Healing Energy to your Cells**

**And your Cells coming to a normal functioning.**

**-When Cells are normally functioning, your Pancreas is functioning right.**

**-And it's creating a right Insulin.**

**-Now, what is happening? You are overcoming Diabetes.**

It is not a Miracle. It's a Science - **The Inner World creates the Outside World.**

Now, if I hold my, you know, I ask the Divine Mother to manifest in me. And I ask the Divine Mother to manifest in my Pancreas. **"Divine Mother, Manifest your Healing Presence in my Pancreas. In every Cell of the Pancreas, bring a complete Healing Function, Normal function of these Cells and create a right amount of Insulin."**

With that Sankalpa, I hold my hand there!

Then what do I do?

1. I try to feel that Pancreas. I'm communicating with that organ. Then what do I do?  
I try to give my Love to that. Communicating with my hand, with my palms. I'm giving myLove to that... feeling it.

2. And then a little bit cleanse that. I make a Sankalpa, **"Divine Mother, please cleanse thatpart."** And then do anticlockwise.

3. Then I do Clockwise, **"Divine Mother, please Heal and energize this part."** Clockwise.

4. Then I hold, **"Mother, completely balance, Stabilize the Energy that is received into the Pancreas."** And be in a deeper Silence.

Feel the Pancreas and Palms' Energy and Silence. You are just there as a presence. You are not doing anything. You'll be surprised...

**The Atomic configuration reorganization starts to take place, when you go into Silence. Means first you do the Healing, then you go to the Quantum healing and you permanently want to change it.**

This is very, very powerful. You can activate your chakras.

(To a student query) It takes little time depending upon your Belief. For me, it happens very fast! With experience you know that it's possible...

I can bring a Healing for my heart,

I can bring a Healing for my kidney; I can bring a Healing for my hair,

I can bring a Healing for my skin,

I can bring a Healing for my knees. Can you see that?

If I have a headache. Regularly, I'm having headache. Then I'm bringing the healing for that.

Whatever....

**-You just make a Sankalpa.**

**-Little bit feel the Energy, rotate it, do that, cleanse it. You see that? Cleanse it. Discharge all the energy.**

**-Bring Healing Energy, loving energy.**

**-Hold in a quantum field and be there for a few seconds.**

Sorry? (To a student's query)

Yes, I have done the healing in video calls.

I have done the healing. Many healings in Deeksha also take place. You know that! That's all possible...Everything is possible. But your connection with Divine matters!

Who is doing all of this?

It is Divine. And you know that within me, Divine is there.

Within another person also Divine is there. **She is the doer. She is the Healer. She is the one doing everything!**

But I am using the Universal Laws here.

It is not just Bhakti, here, I'm telling you! Please understand.

**-Universal Law of Energy - Where there is Attention, there is Energy.**

**-And also I know Body Vibration can communicate like this.**

**-It's a Universal Law how the Body Vibration communicates... Energy of You communicates.**

**-And I know that I am built with all the Pancha Maha Bhuthas and all the Energy.**

If you go for Acupressure and other Systems, entire Body organs are treated with Palms! So your palms are very, very powerful. That's why in India we don't shake our hands.

I will be doing Namaste..."You are there. I am there."(Laughs) Very intelligently we don't shake our hands and all. Other places, it's very different. Our culture is more of a Soul Oriented, Divine Oriented.

That's how it is. I hope you understood.

So what is the first step? Manifestation.

Can we manifest? Yes? Shall we do it? Yes!?

Now, if I want to do the healing for my chakra, how can I do it? For example:

-I ask Divine Mother,

**"Divine Mother Lalithambika Rajarajeshwari Maha Tripurasundari, manifest your Healing Presence, Healing Energy, Healing Consciousness in my Body, Mind and Soul. So Be It."**

And then what do I do?

-I bring my attention to where I want to heal.

For example, I want to do the Healing for my Heart Center. Right!? "Heart Chakra. Today I felt very emotional. I feel hurt. For so many things emotionally I go up and down. No matter how much I think positive, nothing is working there."

So what do I need to do?

I have to work with the Energy Level.

I ask, "Divine Mother, please manifest your Divine Presence, Healing Presence in my Heart Center.

And Cleanse, Heal, Energize, Balance and Raise my Heart Chakra to the highest good form growth."

Whatever you want, make it as your Sankalpa.

Then what do I do?

-I hold my hand there.

Try to feel my Chakra. If possible, use your Right Hand. Right Hand is more of a giving. Hold like this... (Shows Left Hand held face up) "Mother..."

And you just cleanse it. You wipe away like how you wipe any water spot, right? Wipe your Chakra.

Do it and try to see. I want to take you step by step. Do it and see that for your Heart Center, what happens to you?

**-Make a Sankalpa.**

**-And bring your attention to the Heart Center, so that you are using the Universal Law.**

**-And this type of movement, we learn from childhood how to clean. Use this same movement for cleaning your Heart Center. And see that your Heart Chakra starts responding to you. Please see it, feel it. "Divine Mother, cleanse my Heart Center. Remove all Unwanted Vibration, Energy, Thoughts, and Feelings that are not the highest good for me!"**

**-Do it for yourself. Make a Sankalpa... Whatever that is needed, do it with involvement.**

**-Once you do it, come back and rotate anticlockwise. "Divine Mother, cleanse my Heart Center!"**

**Anticlockwise for yourself. Try to feel what happens to the Centre.**

**Anticlockwise... If possible maintain a little bit of distance... around three to four inches from your Heart Center and rotate so that whatever the Aura is there, that is also Cleansed and Healed. Once you do a few rounds of rotation...**

**-Now you do Clockwise rotation opposite to that. Sankalpa changes there, "Divine Mother, Energize my Heart Chakra and raise its Vibration for my highest good. "Make a Sankalpa. Rotate in a Clockwise direction and see and feel the Chakra.**

**Once you do that, now go with both hands facing to your Heart Center and make a Sankalpa, " Divine Mother, Stabilize and stabilize the Energy of my Heart Center and seal the Energy of my Heart Center. Bring the Right Vibration, Growth; Raise my Consciousness of the Heart Center."**

**And be there. Hold it and be there in Silence. You are just silent, aware of your palms, aware of the Heart Center and all the Energy movement. But you are not going to do anything. Just Awareness, Witness. You will be surprised when you are doing for Heart Center, other chakras also, you start feeling the changes.**

**-Then you offer your gratitude to Lalithambika, "Divine Mother, and thank you for your Healing, Blessing and Energisation."**

**-Then you relax your palms and rest yourself.**

(Student asks) "Can we do the same for all the Chakras?"

From Muladhara you can do to all the Chakras.

(For some query from a student)

No, you should do for both. It's a very important question.

The same thing you can do for others also.

"Divine Mother...", first, you ask the Divine Mother to manifest in your Body, Mind and Soul. At the same time, you ask the Divine Mother to manifest in the other person. And when you do this type of rotation if Vata is more, you start having Burps, Yawning, Tears start flowing, and gas also starts releasing. Everything starts happening to you. I'm telling you! That is a sign, "Oh Energy started working for me!"

Don't think," Guruji, I'm getting more sleep, more yawning, Negative Energy..."No! It is a release! Release is happening and it is needed. Our Body is under the Universal Law. Whatever it takes like food and negative food is released from our body, good air, oxygen, and then carbon dioxide is released. The same way we accumulate a lot of Negative Vata, Pitta and Kapha that should be released. Otherwise all your organs will have a problem. I have seen people who have accumulated Vata for five to ten years in their body, not one year! They will be yawning like this for two to three days. They would have never yawned so much, that much burp they never felt it! In two days, so much yawning, so many tears, means Vata is releasing. And after two days they are so light, they just feel like flying, "Oh, what a beautiful feeling it is!" Because they have lost that. Because they created! Because of wrong food habits, wrong sitting habits. some people will be sitting like this (shows slouching posture) for 2 to 3 hours, creating an imbalance in their Energy System. They are not aware. They are just working like this on the computer. Their one leg is like this, another leg is... or they are always looking like this, or like this (shows tilting head to one side) creating Vata pressure... like this always (shows bending the neck down) .

Our living style creates the Vata problem. And Vata rules minimum 75 percent of the diseases in the list.

I'm telling you all the Body Pain, BP, all this everything is almost Vata.

And if you do this, just... wherever you are... just circulate... you release the Vata!

You'll be surprised; how we are inbuilt with the technology and how we need to clear it, we are not taught about

We are not taught. One thing is we create problems because of our food habits.

Another thing is because of the seasonal changes, we get a cold, cough, fever and all!

Our Harmony - body is not adjusting to the outside things.

Now the situation has come, you know that! When rain will come, you don't know at all. Now the situation is like this, I'm telling you, because of the Collective Consciousness' influence on the Pancha Maha Bhuthas, the rain, you don't know how it is going to be! Still it may go on for one more month, two more months. You'll be surprised!

Why is it?

Now whatever we have done to the Pancha Maha Bhuthas level is affecting the Earth and all of us. We are going to face so many of such effects.



So this is very important ...how we can heal ourselves.

Could you understand the Chakras, how simple it is!? But at the same time very powerful.

You try and see for yourself! Here you are not taking any Mantra, Yantra, and Tantra.

**You are using your Soul Power, Aligning with the Divine Principles which already we have given and we are doing the healing for ourselves.**

And you can even teach it to your children and family members. They can heal themselves.

And advanced students, more advanced who are experiencing Silence, after meditation, you can be a good Quantum Healer. I'm telling you!

You will not only help yourself, you can help your family and all people.

If you are there. If I take your photo, then using it also I can do it.

Sometimes, my back, I cannot see. My hands cannot go. I can see my back, by taking its photo and healing it on my mobile itself.

Anxiety and whatever... depression, anger. Because some of you have that memory pattern in your subconscious mind - something happened and that one thought... complete thing will overcome and you experience that mental disorder.

So you can do this to heal mental disorder. For example, you ask the Divine Mother to manifest... especially mentally means, you go to the Ajna Chakra - the commanding center of your Soul is here... you want to command your Body, Mind and Soul, from this Center you can command your Subconscious Mind, Conscious Mind, and Super conscious Mind also! Where, when you go there, you do this (rotation), "I ask to heal this problem..." or if you want to heal a very deep rooted pattern in the Subconscious Mind then you go to the Nabi.

Nabi is the part where you have more Sub consciousness. We call this a Samsari. When person is good, it's okay. When you become rich and this tummy becomes huge then it's, "oh! This is Samsara." Means this is where his Subconscious Mind.

Taraka Mantra! Taraka Mantra means going from here (Swadhisthana) to here (just above the Heart Chakra).

Because...

**Brahma Granthi has to be opened up. Then you have ability to Create.**

**Vishnu Granthi has to be opened up. Then you may have an ability to manage your Creation.**

**Then Rudra Granthi has to be opened so that you can destroy that is not working for you.**

Then only Brahma, Vishnu, Maheshwar or Shakti will be awakened in your Soul. So Granthis are given to us. Then only we raise our Consciousness.

Imagine for example what happens... If you want to do the healing for a stranger then at that time

you need a photo.

If you are doing the healing for your son and daughter, then you don't need a photo.

You close your eyes. You know them... They will come. Sometimes a beautiful picture will come. Sometimes... (Laughs)

So first you have to release those images. "Divine Mother, please manifest. Release all these negative images between me and this person. And Negative Energy Cords also. Especially relationship Negative Energy Cords."

And this is very important. Every day we have to release the Negative Energy Cords, Negative things and all of this. And then you put the healing for this.

You can do this for your child also. Children also. If their memory power is not good then you ask the Divine Mother to

"Manifest and activate the Brain Cell of that child. Awaken the Memory Power. Divine Mother, please manifest as a Saraswati Tattva, Intelligence in the Soul, Body and Mind of this person."

Then you go on doing that.

**-Cleanse all the Brain Cells and Subconscious Mind, Memory Pattern. (Anticlockwise)**

**And then Energize with a Divine Mother Energy. (Clockwise) Just the movement is sufficient.**

**-Then hold in a Quantum Field. Go into Silence. More Unconditional Love you create and more you hold it with a Sankalpa, "that it should bring a Permanent change."**

That's how we have to do.

Because Healing is different. After a while, many people lose the Energy.

You have to go into the Quantum Field. Bring the Permanent Change in the Structure. So we have -

### **First Step - Invocation**

**Second Step - Manifestation in our... Invoke...and manifest in our Palms or somewhere.**  
**Third Step - where we want to heal. And then communicating with our palms making the movement.**

**Fourth Step - Then feeling wherever the strong moment is, try to be there.**

For example, if I am doing this healing I am communicating and if it is strong here (thigh) I go there. What should I do?

**Cleanse, Energize, Hold.**

**Be in Silence and create a pause to Healthy Structure.**

You can do the same thing for trees also, cows also, dogs also and cats also. You can do this for your entire agricultural land also.

Because when you do this it will start working at this Soil Level! Soil, Seed and all of that...

-The moisture content of the Soil will change,

-pH value of the Soil will change

-And the seed, whatever the necessary DNA is needed, can be changed.

All these you can do!

You can even do it for the non-living things.

For example, something is getting repaired. You try for that also... it is possible...to rectify, if it is a temporary issue... some things to be set right... it is possible because when you go into a Quantum Field, it will react

I have seen! It is my own experience:

In our Hubli Center, we had a Computer and with that Computer when I was working and some other person was working, it was very good. But when another person came, new person came and he started working there he started getting headache and all of that!

Means - I was surprised -

The Computer reacted to the person in the Mind Level, The Computer reacted to the person in the Energy Level. The Computer reacting to all of that.

We have seen that even the non-living items react to the person's Energy and Mind.

Then we did the Forgiveness Exercise with him and the Computer. It looks very funny, but we have done that. And then he was very happy. He's not getting the headache and all of that.

Means even everything will be...we are communicating with that. It's very important.

That's what it is said - Whatever you keep is very important. From where you take is also very important. If you take one item from the wrong place and you bring it to your home, it means that the entire Energy is landing into your home. Got this point?

Everything is very important. When you go to the Energy Level...(Student interrupts)  
Heal Earth?

We can go into the SILENCE and give the Energy to the full earth, visualize Earth in front of you and go into the Silence as much as possible and offer your Love and ask, "Divine Mother Lalithambika, manifest as a Bhudevi. Cleanse, Heal, Energize, Lift the Earth Frequency, Earth Dimension, Earth Energy to the highest good that is possible."

Then you Surrender and let Divine Mother do the work. And She does this!

You can do this for lakes also.

As you brought up this question...Lakes, you can do it. Trees, you can do it. Areas, you can do it. Temples, for old temples, you can do it. All this is possible!

When you are here, you know that you are manifesting the Divine Mother. You are making a Sankalpa. You are not doing it. This is very important question.

Many people have this, "if I take another person's Energy?"

Here you don't need. Because you are not doing anything here. You are asking everything for the Divine Mother to... even when you communicate also... it's not you who are communicating. It's the Shiva Shakti, Pancha Maha Bhuthas that is communicating and you are not touching here! Anybody, are not touching. Just you are, you know, from a distance you can do.

(Query) See! Mantra works at the Wave Energy. Quantum Healing goes one step ahead. Some are the  
Form type of Healing, Sound Healing, Energy Healing,  
Some of them are Awareness Healing.

When I go into Stillness and Awareness, it is more powerful than Energy.

(To a query) Sorry?

You can do it, Madam. That's what, Madam; photo is needed for the strangers... just to focus.

(To another doubt of the same person) Then it's difficult.

You have to take the name of the person, visualize him as a person without specific face and all... just his outer layer of the Body and do the healing or any part you want to, you can do that also.

(Another person's question) For Muladhara Chakra, you just hold. You rotate here

only. (Below Swadhisthana)

You don't need to take your hands to the bottom. You just make a Sankalpa, rotate, hold and do,

(Another person's question) Sorry? Ahaan? Yes. Because when they work with other people, they are interacting with the Energy of the person. But they are touching the parts and all of that. Got this one? That is the problem. Not all beauticians, Madam.

(Another person's question) Yes! Yes! That's what we go into Silence.

When we say silence means, **"Let Go, Let Divine Let Go, Let Divine!"**

So like this you can literally do a lot of Healing. You can manifest in Shri Yantra...

You can manifest Divine Mother:

**"Mother please manifest Your Healing Presence, Your Abundance Presence, Your Prosperity Presence, Your Divine Presence, Your Wisdom Presence... and guide me, through this Shri Yantra, my family members, protect me, and my family members, guide my business, my,.."** you know, whatever it is.

You make a Sankalpa and manifest Divine Mother.

Feel the Divine Mother's Energy and all of that.

So this is how you can... if you want then you can add the Mantras also behind that. If you want, one mantra you can add.

One of the beautiful Shakti Mantra is **"HREEM" ...H-R-E-E-M**. For example, your Mind is too distracting.

What I do, whenever I do the healing, I chant, **"Hreem, Hreem, Hreem, Hreem..."** in my Mind. So that I will be holding myself in the vibration of Lalithambika as Shiva Shakti Rupa!

**Hreem** is Shiva Shakti Rupa...

**Hreem** Bijakshara, Shakti Pranava. Keep on...or **"OM"** also is okay. Chant **"Om Om Om..."**

as you heal. But as a Shri Vidya Sadhak, **HREEM** can be manifested easily for you. Is You can do this also...you can use Mantra. (Query) Can Moola Mantra be used?

That also you can do. But what happens whenever you use Moola Mantra... for any purpose, your Energy is going there.

So I don't want your Meditation Energy to be wasted for a Healing purpose.

Just use **HREEM... HREEM... HREEM**. Because many of us pray for other people, chant the Mantra. Our Tapas Shakti goes there.

My Energy goes to that person's problem solving. But my Shakti is gone, No!? My Tapas Shakti, what I have done ..... Gone!

(Query continues) For Self-Healing, it's okay. Because already you are infused with that and so you can do it.

Your own Mantras -

Panchadasi Mantra, use Shodashi Mantra, use Bhuvaneshwari Mantra, use Navakkari Mantra,  
You can use.

But without them also, you can do it. I'm telling you, without Mantra also it's very powerful! It's my experience. Without mantra in silence it is more powerful!

I'm telling you to use the Mantra only if your Mind is too much disturbed... only then as a support you are taking Mantra. Without any Mantra, it is very, very powerful, I'm telling you!!! Because you are literally communicating without any thing. But many people have this problem with the Mind.

So "**HREEM...HREEM...HREEM**" in the Mind, you can chant that Mantra and do it.

Again, I will do it again for two to five minutes.

And then again I do, but it is not going to change. Then I will leave that. Then I will do it again in the evening.

You should know how much you have to continue like this.

"Ten has come to eight ...eight has come to Six...from Six it is not going down...yet let me do!" (Mimics doing vigorously)

No!

It means Mother knows that this much healing is only needed at that time. You have to give some space for your time, for your Body to heal.

I have seen! Once we follow this, hardly two sessions are sufficient to come out! Complete healing!

In only two sessions, when you go for a Quantum Healing! This, But when you go for a deeper Silence healing in two... after I do the Healing for two minutes to three minutes, the entire day healing will be taking place. It's not that healing happens for the five minutes only when you are doing.

No!

Ten to eight, it has come?

These two minutes take 24 hours or until it has to completely overcome.

Sometimes three days of healing will be continuous where you did the Healing only for two minutes. But it will be on for like two or three days!

The Vata, until it has to release, you'll be Yawning, Sleeping and all your family members scolding, "what type of things you are releasing..." all of that they are afraid, "what happened, that in two days it has become terrible!"

But in two to three days, you become a completely new person, I'm telling you! Because many of us, because of our sleeping position, sitting position, and eating position, have accumulated Negative Energy and are stuck with that for many years! And you are releasing those many years of that stuck Energy. And a greater Healing will take place there.

It's always good after having food, just after ten minutes, "Mother, please manifest and digest my food."

No, Madam, digestion is very weak for some people. I have seen, for some people, just one banana is also very difficult.

So I have seen all the cases. So for them, they just need to rotate anticlockwise, clockwise, anticlockwise a little bit. "Mother, please...!"

I tell you **slowly, steadily your relationship with your Ishta becomes very strong.** I'm telling you!

That is the beauty, I'm telling you!!!

**You start communicating with her.**

**You start**

**Bringing Her Energy in your meditation, bringing Her Energy in your life, bringing Her Energy in the pain**

**And your faith will start improving and you start feeling Her Presence.**

(To Student's statement) Everything is possible. Already you had a contact, Madam. But is it enough? More of that ...Hope it is clear; shall we do it for oneself? Can you do it for yourself?

For your chakras, you do it and let me know. I don't guide you. You do it and let me know.

So first you are going to...you can call Varahi, you can call Pratyangira also, and I'm telling you.

We have seen that when we create a Pratyangira Mandala and make a person sit there. I just pray to Divine mother to manifest in this Mandala, in the Body, Mind of

the person. If there is any Negative Energy, then it starts manifesting.  
Got this point?

And because of the Mandala, the Negative Energy cannot affect you.

It has to be arrested in that Mandala only. And you go on putting the Divine Mother Mantra, Uchchatana Mantra or Maarana Mantra; the Negative Energy cannot stand there.

Either it will die or it has to escape somehow or it has to go to the right dimension in the light, Shiva's light.

We have seen all that. Negative Spirit problem everything can be solved with that. So that is a Mandala Puja where you arrest the Spirit and then bring the interference of Divine Mother Lalithambika who we call in the form of Pratyangira and ask to release that Negative Entity, Energy, Spirit to the Divine light.

And no matter what the reaction from the Spirit is, you just need to hold on to Lalithambika or the Pratyangira Form and keep on chanting the Mantra; you can release all of that. That is also there.

(To a Query) Yes, yes, please sit down. Yes, you are using your Mantra Shakti because when you chant this Mantra, Divine Energy comes first to you and then it will go to the person. Either you energize in water, either you energize in food and then you give to the dog or anything at all. Instead why don't you directly pull the Energy, "Divine Mother, manifest in the Body, Mind and Soul of the dog!"?

Means you are less interfering, your Energy is less affected and Divine Mother directly taking care! That can be better.

Varahi is very good. I think she (points to a student) has an experience of dogs and all, with Varahi and all. So Varahi is very, very good. Sanchara Devatha, She can come very fast.

So like this, there are some Devathas... Bhairava is very good. Today what we have done, "Om Namo Bhairavaya Swaha" is a very powerful Mantra. That also brings a lot of Protection, Healing and all of that.

So there are some Devathas. Their Energy is very effective for particular things,

But if your Ishta is someone, they can manifest any Energy.

In my case I can manifest any Energy because of Lalithambika! I can manifest Pratyangira.

I can manifest Varahi.

I can manifest any Shakti... Bhairava Shakti, Dus Maha Shakti also. Bagalamukhi, easily I can manifest because of Lalithambika.

You see, from Turiyavastha... Turiyavastha- the Soul Energy, It is easy to manifest any Form. From Para Brahma Tattva, Satva, Rajoh, and Tamoh.

But if you have a very aggressive, Tamoh Guna, to manifest Parabrahma is very difficult. It's not possible.



So that's what the Dus Maha Vidya leads you to Shri Vidya, the Turiyavastha and all of that.

Shall we do it together?

Yeah, please. You do it for yourself.

(To a query) Yes. You can do that.

That is especially when your Cells are cleansed. Healed and Energized, that time you want to put the Sanjivini in that. But if your Cell is blocked, not Energized and all, then you have to put a lot of effort with **DRAAM**.

It will work, but it will be delayed. So the basic things we need to understand, what is possible easily.

The movement of the hand - Anticlockwise, Clockwise and Being in the Silence, holding your State.

Shall we do it?

Please do it for yourself. Either you can do it for all your chakras. What you are going to do?

You ask Divine... first is invoking Divine Mother, " **Please manifest as a Healing presence in my Body, Mind and Senses (or in your Palms also. If you want, you can say) and in my palms.**"

Try to chant this in your mind. Then you do the process.

### **Students doing the healing process....**

(To a query) For that also... your headache, knee problem, you can do that also. Once you're done, please come back. Okay!? So could you be able to do it?

Yes!? Any doubts with this?

(Query) When should we do this chakra healing?

Before meditation. Yes. Cleanse it. Yes. Then you are ready to receive better.

Now you can even use this to manifest Healing Space in your Meditation room. Got this point!?

In your study room for your children so that they can focus better,

"Divine Mother, manifest your Saraswati Tattva in this study room so that my children can study and do all of that".

If you have a Clinic, for the Healing Space in your clinic that is needed. For at least 24 hours, that Healing space should be there. More you go into... Just feel the Energy of the room. Try to do. "Divine Mother, manifest your Healing Presence. Divine Presence, Abundance and all of that. Whatever you want. Then you little bit feel that Energy. Ask Mother to be there. Clockwise anticlockwise and hold it with a

Sankalpa:

**"Divine Mother Healing Presence is manifested in this space for a duration of minimum 24 hours, bringing Cleansing, Healing, Energization, raising the Consciousness of whomever coming in this space."**

You can do it for your Meditation room, for your Clinic, or for your pet animals, as you want them to have a good Energy area. For your office also, to have a very active Energy,

dynamic Energy, where your Mind is more active, Intellectual ability is very good. So you can do this also to activate the Healing Space. For Meditation, Healing, even for a Business purpose also you can do it.

And for women, for their problems also you can use it...

Any PCOD problem, anything... You just hold and make a Sankalpa. As much as you go into Silence, chant a little bit Mantra...go into Silence and hold the Sankalpa: "Every organ is functioning properly and with a good health."

Hold that intention, hold that image and be there. And you will see the changes will start happening.

So if it is a Vata related problems, in one or two days you see the clear changes.

But if it is related to some damage in the bones, there is some the nerve problem or the muscle problem, then it will take time according to the need of that.

If the Ligament got torn then regeneration is needed, maybe it takes three months or something like that. But it will happen. That's the thing! You need to hold it.

(To a query) That can also. Everything is possible, Madam. Everything is possible. That's what I'm telling. Many, many things are possible.

(To a query) For that also. You ask Divine Mother to clear. "Divine Mother, please manifest as the Divine Peace, Love, Happiness... all of this opposite of Anxiety." Or you can also go release this Anxiety. (Clockwise) "Bring me the Peace, Harmony. "

Then you do that. (Anticlockwise)

? All of this is there. Are there any questions with this Healing?

We covered the Immortality Healing and also the Health Healing.

(To a query) It's always specific, Madam. Always, always specific. It is good to be always specific, if you are having a problem.

If you don't have any problem with health, then you can make a general statement.

But if you have a specific part that is paining, then you have to go there and then you make a Sankalpa.

we have Pancha Maha Bhuthas, right?

You can balance them also.

Pancha Pranas... you can balance them also.

And Sub Pranas are there... you can balance them also.

And five Bodies...we have Subtle Body... you can balance that also...with this healing!

So where is the... **Prana will come here...(Shows the chest area)... Prana Energy.**

**Then Apana - below this Naval point or this Swadhisthana, Samana - in your Manipura.**

**Udhana - beyond this area (from neck till the region above the head) Vyana - is circulated to your entire Body.**

So wherever you want... I want to balance my Prana, Udhana and all...Sub Pranas... What is the **Sub Pranas for this Udhana? Devadutta.**

**For Apana - it is a Kurma. For Vyana - it is Dhananjaya. For Heart center - Naga. For this (means Samana) - Kukula**

So we have Sub Pranas also, Pranas also, Pancha Maha Bhuthas also and Chakras also. Of course when you work with the Chakras, automatically things will be taken care.

Pancha Maha Bhuthas are there, Pranas are there, and Sub Pranas are divided and circulated there.

But if you felt... if you know about the knowledge of Ayurveda, knowledge of Yoga then you know when certain Prana is disturbed.

For example, some people don't have a good breathing. For them Asthma will be there... that Prana problem is there, some accumulated Vata is there. You have to clean that.

Some people don't get right discharge of their stools and all of that. Then you know that Apana is the problem.

Some people are having again and again Abortions because of their Apana functioning not well. You have to stabilize and balance it.

(To a query) Down part.

That's why... some people have irregular Periods because of Apana Vayu. Some people have a PCOD because of these two... Samana and Apana.

So you know, if that is the case, I will ask - make a Sankalpa particularly for that plus organ. Organ, Energy Body plus if you have any knowledge of that (Pranas), you include that also.

I'm telling. If you don't have any knowledge, you Surrender, go into a Silent state, things will be taken care. That's very simple and very good actually.

Going into Silence is very important, I'm telling you! Going into Silence is very important. Go into Stillness.

How you can go into Silence? Just become

**Aware of the sensation on your Palms,**

**Aware of the organ where you are focusing** ...that's all! And in between any thoughts come... Just again,

"Mother, help me to focus, **Shri Matre Namah** ", then come back, be there, come back, be there, hold your intention for what purpose you are healing.

Do this. It will be very, very helpful for you, your family members and all of that. I You can do it for yourself. If you see a good result, then you can teach to others also. There are no restrictions of anything. If you want to teach for money also, you teach it. There's no problem whatsoever. What is important is that people should get benefitted. That's the only intent.

Because some people ask for all of this.

To a query) Yes, you are right. You want to establish the right blueprint. Healthy blueprint. So that you should not get an allergy.

Yes. You can do it, Madam. We have seen all the good results with this.

Any doubts? Shall we finish this session today?

It's quite long I think. It's more than 3 o' clock, many of you are hungry and Healing is needed there,

Eclipse what is happening... during this time, according to the Universal Law of Correspondence, Yata Brahmanda, and Tata Pindanda.

How the Sun, the Moon and the Earth are aligning there, same thing is happening inside. Your Body, Mind, Soul are aligning.

Any Mantra Siddhi you want, any accomplishment you want. Any Sadhana you want to Empower, at that time you have to do that Sadhana. (To a query) Havan you can do, Meditation you can do. Only Japa you can do. Chakra Meditation you can do.

Or Havan plus Meditation, both you can do.

Whatever tools you have learned, you use them during the Eclipse period. Because nature is supporting to align your Body, Mind and Soul.

So automatically the Energy of Shiva Shakti is flowing in your all being, without any condition of the Karmas and all.

So take advantage of that and make your... you know what you say, Mantra Shakti more Jagratha - more Absorbed. That is why the Eclipses are very important. And you need to meditate more during that time.

Not to waste your time with the gossiping here and there and all of that.

That's what in our culture they told, "don't eat food!" so that you can meditate during that time. "Don't go to the temple." Temples are closed.

(Because Meditation is more important at that time. You have to go within more. Of course every positive action also has a negative thing. So Negative release... Negative Energy is also released at that time.

But when you are meditating, you empower yourself, you overcome all these things.

Whether it's a Rashi Dosha, Nakshatra Dosha... you see, during every Eclipse some Rashis are affected, some Nakshatras are affected.

But if you are a Srividya Sadhak, you should not worry about all of that.

Homa can be done. Homa is more powerful.

It's up to you. What is best for you, you utilize it during that time. Because that combination happening is very rare.

And that is an opportunity given to you to empower yourself with any Mantra. So use that and do it. Any Mantra, any Sankalpa...

For example, some problems are going for many years. "At that time, I want to release that problem" - that Sankalpa you take and do during the Havan Eclipse. That is very powerful.

For what intention you want to manifest? If I am going through many Negative Psychic Attacks, Spirit Attacks, Tantric Attacks, in that case I go for a Pratyangira Khadgamala.

But I don't have anything. I just have just a normal problem...

Health, Money, Job, Relationship, Marriage... then Khadgamala is sufficient.

Because there you invoke all the Bhairavas, all the Shoodhra Devathas, all of them. It is not needed actually. As a normal Sadhak, you don't need that.

Offer gratitude to Thirumularji and Lalithambika.

**THANK YOU**

## 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.