



|| Srimata Lalitambika Rajarajeshwari

Mahatripurasundari Sharanam Mamah ||

Siddha health and Immortality Satsanga, Group Meditation – 23rd October, 2022

|| Om Mulanji Namah Om ||

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Introduction

Sri Sadguru Sivapremanandaji -

“Shivohum to all of you...

So, we are going to start the session by invoking the grace of Shiva-Shakti by chanting the mantras. Then we will go for Satsanga part and I will also explain some healing techniques and also we will talk about the Immortality – the path of Siddhas. This is not only immortality at the soul level, but at the body level we are going to see how it is possible.

It has been made possible already, it is no more a belief system, our Siddhas have lived it and have also shown, demonstrated that it is possible for all of us. Okay? So we will go in detail about that and what are the techniques, what are the bheeja mantras that are needed to create that physical immortality – that also we are going to learn it today. Okay?

So to begin with, we are going to invoke the grace of Shiva-Shakti, and start the Sadhana. Okay? So make yourself comfortable, keep your mobiles in silent mode – we don't want any disturbance, okay? And today is a very very auspicious day – Dhanteras – today is the day of the birth – creation of the Dhanvantari who manifested during the Samudra Manthana. Then Divine Mother Lakshmi has manifested.

We are going to understand little bit the esoteric, inner meaning of Dhanavantari. And what is this Amrutha, where it is, and how it is connected to Self-Realization and God-Realization. Okay? How it is connected to Riddhi – that is psychic abundance and how it is connected to Siddhi. Because this is very important, whatever we are celebrating is more of symbolic, but not the true meaning that should be revealed. Okay? So today we are going to understand where actually Dhanvantari is – on the outside and where it is inside, and how we can access that Amrutha.

And that Kalasha is not outside, that Kalasha is inside – we are going to discover that also. We will understand all of that... Okay?

So close your eyes. Relax your body. Make yourself comfortable. Today is a very auspicious day and we are all here and invoking the grace of Shiva-Shakti. This is a great blessing by itself. This is the true celebration in the light of Divine consciousness. So relax your complete body and be aware of your breathing for few seconds.

Relax your body. Relax your feet, knees, thighs. Relax your spine, shoulders, hands, palms. Relax your neck, eyes and complete face. Completely relax your body and just be aware of your breathing. As you relax your body, as you bring your awareness to breathing, you are aligning your body to your mind and bringing your mind to this present moment.

Be aware of your breathing – the rhythm of your breathing, observe your breathing. Once you feel relaxed, once you feel centred in your soul with breathing, bring your attention within.

Prayer and invocation of Lord Ganesha

Visualize Lord Ganesha in your mind. See Lord Ganesha that you feel connected, devoted – any form of Lord Ganesha. If you cannot visualize, just pray -

“Lord Ganesha, please manifest in my body, mind and soul. Remove all the obstacles on my path. Bless me with abundance, open the gate of grace, so that I can receive the grace of Shiva-Shakti.”

And then, offer your gratitude by offering flowers to the feet of Lord Ganesha. With this prayer, we are now going to connect to His source of consciousness, source of energy, source of vibration, by chanting the Ganesha mantra -

Ganapathi Mantra



|| Om Gam Ganapathaye Namaha ||



|| Om Gam Ganapathaye Namah ||

Once again, pray to Lord Ganesha to manifest His presence in your mind, body and soul. Pray to Him to bring His divine presence, His healing presence, His consciousness to remove the obstacles in your life.

The ability to troubleshoot the issues in material world and spiritual world – it comes by the grace of Lord Ganesha. To activate your memory physically and at the same time, to activate your soul memory of the past life – it is possible by the grace of Lord Ganesha.

He is Omkara – He is the Vakrathunda – waves and particle energy – the manifestation of consciousness into matter. The first vibration is Lord Ganesha! So we worship Him before all Gods and Goddesses.

Pray to Him once again. Offer your gratitude by offering flowers to His feet.

Prayer and invocation of Lord Bhairava

Now, we are going to invoke the grace of Lord Bhairava – in the form of Trishula – a protective energy. So visualize Lord Bhairava, the form of Shiva that manifested to remove all the fears and to protect you in the mind level, soul level, physical body level and astral body level.

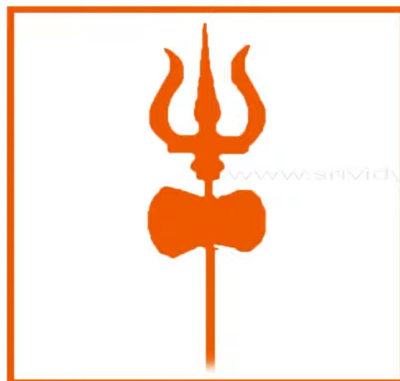
So visualize Lord Bhairava in the form of Trishula and ask Him to manifest this Trishula made of pure white light of protective energy in your spine and protect you from all types of negativities, psychic attacks, tantric attacks, negative entities, energies, and protect your spiritual energy.

He is a great guardian angel – not only for humans but even for Devas. So pray to Him to manifest in your soul – especially in your pillar – that is your spine – in the form of Trishula. And offer your gratitude by offering flowers to the Trishula mentally.

Whether it is Nath parampara, Aghora parampara, Shakti parampara, Shiva parampara or Ganapthy parampara, this Trishula is there everywhere, as a protective form of Bhairava to give success in your Kundalini sadhana and take you to the highest dimension!

And the mantra that we are chanting is very very powerful – Kala Bhairava mantra. It is very very short, but its like an atom bomb. If you compare all the Bhairava mantras and this, this one is very very powerful tantric mantra to manifest Bhairava and protect ourselves, our families, our Sadhana, our spiritual energy, now and forever!

Bhairava Mantra



॥ ॐ नमो भैरवाय स्वाहा ॥
॥ Om Namō Bhairavaya Swaha ॥



|| Om Namō Bhairavaya Swaha ||

Once again feel the presence of Bhairava in your body, mind and soul as a Trishula. As you have chanted the mantra, you should feel more brightness of the Trishula, the energy, the light of the Trishula. You should feel more empowered.

Once again you offer your gratitude to Him -

Ask Him to be present in your soul in every moment and

Keep burning your psychic impressions of this life and past lives,

Karmic impressions of this life and past lives,

Always protect your Sadhana Shakti – the spiritual energy from all types of negativities.

And offer your gratitude by offering flowers to the Bhairava in the form of Trishula in your mind. The Manasa puja – the mental worship of the deity is more powerful than outer worship. This is because -

Deity is within,

You are within,

Your conscious mind is involved,

Your sub-conscious mind is involved,

You are surrendering and

Everything is happening in your soul level, mind level, sub-conscious level, energy level.

So within your Being, so many things are manifesting with Divine. This is the process of Ascension and Empowerment. So Manasa puja is very very powerful.

Prayer and invocation of Mulavarga Siddha Parampara

Now, we are going to invoke the grace of Mulavarga Siddha Parampara. Visualize Lord Shiva, Nandi Devar, Thirumoolar, Sivakami Amma in your mind. Feel that, they are surrounding you, your soul, guiding your soul, blessing your soul, lifting your soul all the time, and ultimately giving you the true wisdom of the soul – that can bring the immortality, release the Amrutha tatva within you.

Without the grace of Guru Parampara, we cannot connect our soul back to mind-level or the earth-level, celestial-level or beyond that – Siddha loka. Without Guru Parampara, it is not possible.

Without the grace of Guru Parampara, it is not possible to awaken the Mantra Shakti, continuously receive the Mantra Shakti – so that we can solve our problems, awaken our soul, raise our consciousness and kundalini and experience the Divinity.

Make a humble prayer to Lord Shiva, Thirumoolar, Nandi Devar and Sivakami Amma – to take you back to your true home and give liberation in this life only. And offer your gratitude to all these Masters, Siddhas by offering flowers to the feet of Lord Shiva, Nandi Devar, Thirumoolar and Sivakami Amma. Ask Them to manifest their protection, guidance, wisdom, love all the time until we experience the truth – become one with Them.



|| Shivam Sharanam Jaya Jaya ||

|| Nandi Sharanam Jaya Jaya ||

|| Mulanji Sharanam Jaya Jaya ||

|| Sivakami Sharanam Jaya Jaya ||

Once again visualize Lord Shiva, Nandi Devar, Thirumoolar and Sivakami Amma. And then see that around them there are many, many Siddhas, all the Guru Mandala are standing and blessing you all. Bow down to the feet of Shiva as respect to all the Masters, to all the Siddhas, all Avadhootas, all Rishis. Tell to Lord Shiva – ask for His blessing, grace, protection.

Tell to Shiva that – “I am Thine!”

Offer your gratitude and be aware of your breathing, body sensations.

Prayer and invocation of Sadguru Thirumoolar ji

Now, we’ll chant Thirumoolar ji mantra. Visualize Sadguru Thirumoolar ji in your mind. Pray to Thirumoolar ji to manifest His presence as a guiding light, as a Krupa drishti – graceful energy of Shiva-Shakti in your body, mind and soul and guide you until you experience the truth and merge yourself to the source consciousness, guide you in your sadhana – Srividhya sadhana, Shiva sadhana, whatever sadhana you are doing.

Ask for His grace. Ask for His presence in your life. Ask Him to take care of you, your sadhana, protect you at all levels of your existence, hold your hand and take you back to the path of liberation, moksha, Jeevan mukthi. And offer your gratitude by offering flowers to His feet mentally.



Feel the presence of Moolanji. Feel His smiling face, blessing hands. He is on the mission to liberate Truth seekers. It was Lord Shiva Who had sent Him to the earth dimension – to help sincere seekers of the Truth, awaken their soul, guide their soul back to the home – the Source Consciousness.

He has all the powers – like Ashta Maha Siddhis. He has the power to give immortal body also. Kriya Babaji received light body by the grace of Mahasiddhar Aghastya Muni. Like that, Sadguru Thirumoolar ji has the power to bless you with the golden light body of immortality. Indirectly already He has given in Level – 3 of Srividhya sadhana and Shiva sadhana how to manifest the immortal body.

He is the greatest surgeon of Consciousness – He creates the situation and brings the life lesson and then reveal to you the Truth. Such a great Master Who gives personal attention and if you surrender, He will take you to the abode of Shiva-Shakti. You need to bow down to this Master, offer our gratitude by offering flowers to His feet and sincerely seek His blessings, grace, help to

liberate yourself, to realize yourself and merge to Shiva-Shakti Consciousness. We are all blessed – with His teachings, with His knowledge, with His grace, with His healing and with His wisdom.

Chanting Thirumoolar ji's 51 – letter Siva Mantra

Now we are going to chant Thirumoolar Siva Mantra that manifests ultimate Shiva Consciousness at all levels of our existence. All 543 chakras get activated when we chant this mantra. It awakens our Kundalini from Mooladhara to Sahasrara and manifests the soul bliss, peace, love and oneness with Shiva Consciousness.

Visualize Lord Shiva in your mind. Offer your gratitude and pray to Him to manifest in your mind, body and soul, in all the chakras, awaken your physical body, energy body, astral body, mental body, soul body to Divine Shiva Consciousness.

Ask Him to -

Awaken all your major chakras,

minor chakras,

micro chakras,

awaken your Kundalini,

raise your Consciousness,

and at the same time – break open your Brahma granti, Vishnu granti, Rudra granti,

so that you can create, manage and destroy all the aspects of your life – which in turn will help you to reach your own Divinity.

Sri Siddha Thirumoolar 51 – letter Siva Mantra

|| Om

Si Va Ya Na Ma

Ya Na Va Si Ma

Ma Va Ya Na Si

Si Ya Na Ma Va

Va Si Ma Ya Na

Om ||

Now we are going to chant this mantra together with rhythm, with love, with surrenderance to Lord Shiva.

|| Om

Si Va Ya Na Ma

Ya Na Va Si Ma

Ma Va Ya Na Si

Si Ya Na Ma Va

Va Si Ma Ya Na

Om ||

Now chant this mantra mentally for few more seconds. As you chant this mantra, feel that this mantra Shakti is rotating and surrounding your physical body, mental body, energy body, soul body. Shiva mantra is very powerful, it works at all levels of your existence. That is the secret.

It works at the -

Pancha maha bhoota levels,

Pancha prana levels,

Pancha kosha levels and then

beyond that – at the 5 types of consciousness also.

It brings greater alignment to your pancha maha bhootas, pancha pranas, pancha koshas – that is your subtle bodies and make you and ground you into Shiva-Shakti Consciousness. The Shiva mantra brings greater peaceful awareness – experience it. It will bring transformation in your consciousness – thoughts will reduce, feelings will reduce, your attention from outside will turn within when you do this mantra.

And you will start feeling that blissful, invisible, soul presence – as a spark of Shiva-Shakti.

Now stop chanting the mantra. Try to feel inner relaxation, be aware of your breathing, and at the same time, be aware of your body sensations – as a warmth, coolness, tingling sensation, of pressure, at different parts of your body – around your palms, feet, forehead, chest, spine. Completely relax your body.

Be aware of your breathing. Be aware of your body sensations and turn within and experience the invisible presence – that is you, as soul consciousness.

As a soul, you are – Nirguna, nirakara, parabrahma swaroopa...

As a soul – you are infinity being – there is no boundary for you. You are like Aakash – sky – just expanding – there are no boundaries, there are no limitations, there are no directions, there are no rules and regulations in the soul level.

Try to experience that freedom – as if you are totally free, like a bird – flying in the sky – there are no conditions of the world, no conditions of the body, no conditions of the culture, no conditions or limitations of your own thoughts, your own beliefs, you just drop all of this in your soul.

You are eternally free – as an invisible presence – experience that. Even for few seconds if you can experience this, there is greater realization, greater healing, greater blessing for you. Your meditation leads you to this silence. All chakra meditations, mantra meditations, visualization – all that dynamic state of the mind ultimately dissolve into the source consciousness, into the soul consciousness – that is the end point of your meditation.

You start from the physical body, mental chanting, visualization, focusing, and ultimately you go into a deeper silence – a bodiless awareness – a greater relaxation within you.

All the tatvas merges back into the Parabrahma tatva – Nirguna, nirakara, no form, no thought, no colour, no sound – it is simply awareness of being present! There are no karmas, there is no worship – just oneness – feeling of presence, feeling of everything, just being... That is Oneness...

Because there are no two in that Consciousness – even the word “oneness” loses its meaning there! Be aware of your breathing. Be aware of your body sensations. And at the same time, be aware of your inner being – a state of thoughtlessness, a state of silence, and greater relaxation. It is a state of surrenderance – let go, let God. Let go of your thoughts, let go of any tensions in your body, let go of the positive feeling, let go of the negative feeling, let go of the positive thoughts, negative thoughts...

You are not giving any importance to the body, mind. You let go of all of that. Let it be and one with Shiva-Shakti.

This is the state of surrenderance where you are not fulfilling any expectation, any desire, you are just surrendering – whether it's a positive thought or a negative thought, positive feeling or a negative feeling – you are just being present and witnessing with awareness, in a state of surrenderance.

In that state, when you are not doing any individual actions, when you surrender, you become the Universe! The drop in the ocean becomes the infinity dimension!

When you are not doing any action, the drop in the ocean loses its energy, its dynamic will, and that surrenderance dissolves the drop and the drop becomes the ocean. Your meditation leads you to surrenderance – surrenderance leads you to dissolving your individual ego consciousness – and once you dissolve your ego consciousness with your free will and then with greater acceptance, in that surrenderance to the universe makes you into a universal being, cosmic being and you become That – and That becomes you!

And there are no two, only one!

The language is lost there, words lose their meaning, in silence that wisdom is revealed to you – that you and Totality is the same – in essence. This is the state of Aham Brahmasmi, this is a state of Om Tat Sat. We can say that even Aham Brahmasmi is duality in that state.

You go beyond that – we call it as Sadashiva Consciousness.

Sadashiva – Shiva is Consciousness and Sada is eternality. You are that Eternal Consciousness – you are never born, and you never die – this is Brahmagyana – God-Realization.

For a few seconds, let go of all your thoughts – of your own body, your own personality, your own family, and all the external activities. Let go of all of them for a few seconds. Any disturbance in your body – let go of all of it... Just witness, observe, aware, in a state of non-doing.

All doing leads you to non-doing. When you let go, your free will becomes Divine will.

Just be aware of your breathing. Be aware of your body sensations – around your palms, feet, forehead, chest, spine – completely relax your body and be aware of your own Self.

Now, offer your gratitude to Shiva-Shakti and then slowly, slowly come back to normal consciousness. Now slowly, slowly open your eyes – come back to normal consciousness. Please take your own time, no hurry. Slowly, slowly come back to normal consciousness. Take your own time, no hurry. If you want to drink water, please drink water.

If you feel too much energy, try to make physical body movement – little bit of you know – slap the places where you feel too much energy. Slowly come back – some of you are still in silence.”

Immortality Satsanga

Sri Sadguru Sivapremanandaji -

“Okay, Shivohum once again to all of you... And today is quite auspicious day – Triyodashi of Krishna Paksha, Karthik month. Actually every month, Triyodashi is very good – Triyodashi is the day when Lakshmi tatva comes to peak and this continues for 5 days. Lakshmi Tatva is very very high on this earth plane during this time. So if you do any Sadhana with Lakshmi during Triyodashi time, it is very very auspicious.

So today, once in a year during Triyodashi – that is today, the energy is very high. Like we also have Shivaratri every month, but once in a year we have – Mahashivaratri. Like that, Triyodashi is also there every month, but this Triyodashi that happens once in a year is very special – and we call this as Dhanteras.

Samudra Manthana in our everyday lives

So what is Dhan? We already know about it – it is money consciousness, okay? And this is coming on the 13th day and so the name – Dhanteras is suggested. And specially today is the day when they devas and asuras did the samudra manthana – where Lord Vishnu took the form of Dhanvantari in order to offer the Amrutha and the knowledge of immortality – that is what is Ayurveda. Okay? One is Knowledge and another is Amrutha. He is giving both to us.

So everybody we know, you know that the story starts because Amrutha was needed and how to get the Amrutha – both devas and asuras wanted Amrutha. But at the last moment, Lord Vishnu took the form of Mohini – yes? Lord Vishnu took the form of Mohini and distracted the asuras and gave Amrutha to the devas.

You do know that – everyday we are attracted to Mohini, yes? Mohini is there in our lives. Yes or no? We are distracted from the Amrutha. Where is the Amrutha? It is on the inside... Mohini is this illusion – the duality of the world, the seeking consciousness on the outside. This is what Lord Vishnu – the sustainer of this Universe does and He makes you to divert your attention to outside.

Asura is the one who gives the attention to the outside. Deva is the one who gives the attention to inside.

So everyday play is going on. Your attention is going to outside or it is going to 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 the pleasure also, you are experiencing the pain also. So that is what the samudra manthana is going on in our lives – where from morning to evening we create positive things or negative things.

If you see the samudra manthana, some positive things also come and some negative things also come. The halahala that came out – nobody wanted that, you know? In your life, the karma you created and which is negative – you don't want pain, you only want pleasure. Only a Yogi who has raised above this positive and negative can hold this halahala visha – the pain. He accept the pain. Yes?

Have you reached the stage where you are ready to accept the pain for your highest good? I need to do the exercise instead of sleeping. Pain is there, you know? First is your Mahishasura that got hurt you know? And now you took one step – and you accept the pain. And then you start doing the exercise for your highest good – for your physical body and because health laws need to be followed.

It is the same with meditation – how many of you are regular to meditation? Here also it will reflect how much is your growth. Is it clear to you? Whether I am going in my consciousness, awareness, and doing the action for my highest good or is it that I am still a slave of my sub-conscious mind? Here I am not telling conscious mind, I am asking if I am a slave of my sub-conscious mind, and if I am controlled by the inner, old self – your ego mind?

So, in our Scriptures – all these Puranas and stories ultimately lead you to one thing – that Dhanvantari who is holding this Amrutha – is it in the beginning that the Amrutha comes or at the end only the Amrutha comes? It comes only at the end. But why not in the beginning? It's because you have to fight your lower nature, please understand.

Within you – there are 2 peoples present in every person – one is asura and another one is deva.

The day you are hating yourself – are you a deva or asura?

When you are doubting yourself – are you a deva or asura?

When you are thinking negative about yourself – are you a deva or asura?

When you are not in favour of health of your own self – are you a deva or asura?

This you need to understand. Until and unless you don't fight and create deva within you, you cannot reach to Siddhatva or we can say, Amaratva – immortality.

Thirumoolar ji's teachings about physical body

You see Thirumoolar ji, he was not focused on the health. Most of the Masters, most of the Yogis are not focussed on the health – especially physical body. They are more focussed on the development of their energy bodies, siddhis and mastery of their consciousness and the subtle things.

When He realized that this body is the true temple of Shiva and Shakti – He writes in Thirumanthiram –

“The day I realized this body is the temple of Shiva-Shakti, everyday when I take my consciousness, my attention to my Sushumna Nadi by doing the chakra meditation, I am taking a pilgrimage to Kashi...”

Got this point? It is very clear. The Ganga, Yamuna and Saraswati is flowing within us and also outside. According to the Universal law of Correspondence – ***“Yatha Brahmanada, thatha pindanda”***, Kashi is there on the outside also and Kashi is there within us also. The Shakti Sthalas are there outside and the Shakti Sthalas are there inside of us also. You see the – Prayag – Rudhra Prayag, Vishnu Prayag – it is there within us also!

Kriya Babaji's teachings

If you want to have siddhis, you have to go to the Prayag – you have to go to some sangama sthala and then you have to meditate there to get the siddhis. There is one Prayag within us – where is that? It is the very very powerful, Sangama Sthala – Triveni Sangama – where is this? It is our 3rd eye centre. That is where the Kriya babaji is telling – “This is the Siddhi sthala! You go and meditate...” Where three comes together, there Divine manifests. Okay?

So Ganga, Yamuna and Saraswati come and merge at our 3rd eye centre. That is where Kriya Babaji is focusing at that point – you see how his eyes are? His eyes are focusing on His 3rd eye centre. He is not looking in front, He is not looking down. He is telling – “I am not in the catch of the illusion – of the Mohini of Vishnu, I am at the catch of my own Soul!”

And He is holding His hand like this -



He is even sitting with teachings – ***“There is only one, and I am that!”***. And in His eyes He is showing that – where two become one! How beautiful this is! Now we have changed His form also, we show Him with blessing hand. No you don’t show me the one, give me the desires! Ha ha ha...

You know Thirumoolar ji was in Samadhi Stithi, He is in oneness state, we changed Him to blessing state – with His hands in blessing. We prayed – “Thirumoolar ji, how many yugas you have meditated, please come back!” Ha ha ha... “I have money problem...” Ha ha ha... “...health problem...” Ha ha ha... “... please guide me with my material things!” He was simply sitting in Samadhi state – He gave darshana like this and all of that...

So all these Masters or Siddhas are in oneness of Shiva and Shakti. But for us what we did is, we prayed, we convinced to Thirumoolar ji and then form of Thirumoolar ji manifested and it became from Samadhi to blessing hand...! Now His tapas Shakti is flowing to us... Ha ha ha... Earlier He was holding His tapas Shakti – oneness with Shiva-Shakti – there was no leakage of His tapas Shakti, now He is with blessing hands... Ha ha ha... So more miracles started to happen when we started to worship in this form in our life! More material abundance, more of all of that started happening.

Understanding where real Amrutha is present

So you see that, these Siddhas – their aim is to become one and to teach you the same thing and that is the real Amrutha is within you – Dhanvantari is within you! And you can reach that once you

win your lower nature – ego consciousness. After Dhanvantari came, Mahalakshmi manifested in the samudra manthana. You see that – from the Ksheera sagara – what is this Ksheera sagara? It is our life, our consciousness.

So we have the right understanding – this Ksheera sagara is our consciousness – we have this consciousness. Our entire life is consciousness! We are playing with this consciousness – and that is what we represent this as Nataraja. Yes? He is dancing. Sometimes you know, His right hand is up, sometimes His left hand is up. Sometimes His right leg is up, sometimes His left leg is up. Sometimes both legs up and both the hands up! Our lives will be like that! Ha ha ha...

You don't know what is happening with your life! Ha ha ha... I am doing sadhana, mantra, japa, everything, but I am not able to understand what is happening in my life... Ha ha ha... There also you know, if you see some of the Siddhas – they coded, they put all the secrets in Nataraja – if His one leg is up – means that your Chandra nadi should be up – very secret coding is there. They have also explained about how to do the Pranayama and everyday the Nataraja dance will change – so everyday the nadi will change!

They have explained about how Shiva's consciousness flows to us – whether it is the right or left leg and for women how it is and for men how it is and how to balance. Even our Siddhas have given all the secrets symbolically in the form of deity. So in the same way, the samudhra manthana is nothing but, our own life from morning to evening, or from birth to death. And the main focus of both asura and deva is how to get the amrutha – the true happiness, true bliss, true joy, true liberation, true freedom.

But normal people cannot understand, so for them different way of rituals are given. You see? Many people go and buy gold today, you know? They say that precious metals have to be bought today. They think that – “if I buy gold today...”, then what happens tell me...? “...more gold I will get, forever I will attract the gold!” But why gold? You see that?

What is gold within you? It is your own soul!

Do you remember in Level – 3, we pull that golden light as unconditional love of our soul to our chakras – so that I can break all my karmas, bring my soul consciousness to chakra consciousness! Can you see that? So am I celebrating purchase of gold everyday? Yes? True gold? And that gold you know, will save you from all the problems!

Of course, outside gold is needed to solve outside problems... Ha ha ha... But spiritually if you see that, it is the Divine grace, Divine positive energy, Divine positive karmas that will create outside situation.

We have learned in Siddha parampara – “Inner world creates the outside world”.

When I create this gold within myself, ultimately I am putting away all the negativity from my life! This gold is the energy. If I go to any temple – in Tamil Nadu you do Navagraha darshana, right? You also go to different Shakti Sthalas and all and when you do Shanti puja -

Divine vortex opens and that energy you download – it is the same Golden light! And you downloading this in your home everyday, by the grace of Thirumoolar ji!

If you are clairvoyant enough, if you are sensitive to energies, go and do the puja, meditate and then see the colour of the light. You will be surprised, that pure golden energy is flowing from temple, Shiva lingam or deity to your consciousness – and is releasing all the weak energies and filling with the positive energy and bringing Shanti or fulfilment for your soul!

Can you see the power of this? Power of the Siddha teachings? Many of us don't understand and still we are running you know – this temple, that temple, ignorantly... But in this temple – our body – everyday we can download that pure, golden light. The same thing that we are receiving outside from temple can be downloaded into our body due to Universal law of Correspondence - “Yatha Brahmanada, tatha pindanda”.

Divine vortex is also there in that Shakti Sthala, and Divine vortex is also there in my Shakti Sthala(in my body). When you chant Srividhya Mahapaduka Guru mantra -

You are downloading the Divine – the Divine Manidweepa starts opening up for you! The Divine vortex of Manidweepa starts opening up for you when you chant Srividhya Mahapaduka Guru mantra, and energy starts coming to you!

Got this point? I am just refreshing you – whatever you have learnt to the higher level! So that you know that – what you are doing, what changes it brings in your consciousness, how much you are blessed by 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!

Is it clear to you? So that Divine vortex, that Amrutha, that soul power, that pure consciousness, that pure Ganga, is flowing to you everyday! Please understand this. 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 – and hence sadhana brings the transformation!

I hope you understand this – this is very very important thing that we need to know. I always take the importance of the festival on the outside also, and inside also!

Why we light lamp during Deepavali?

Now, you tell me – what is the significance of lighting lamp during Deepavali? As an esoteric, inner meaning – when I light a lamp outside, what is the inner meaning for you?

Light dispels ignorance – awakens the truth,

Removes darkness,

Removes negative energy – in my outside life as well as inner life,

Light signifies Enlightenment – be in 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, then what happens to your body? It loses its beauty! Yes? If the light is there, it is running the life. If that light is not there, then there is no life. So for Srividhya sadhaks, what is the true celebration of Deepavali? It is being in awareness, with knowingness that the true light is within you... Is it clear to you?

So when we understand the true meaning, and then we celebrate the ritual, then how beautiful it is...! Yes? I am not telling you that you should not celebrate the outside ritual! Is it clear to you? You enjoy and celebrate it with your family. It's so beautiful! Light the lamps. Because that oil has positive energy. You see when I light a lamp with ghee, if you are sensitive to energy – you go and see that. See how the vibration is – one hour after you have lighted the lamp, go and sit there and see the difference in vibration! You can very clearly see the difference in vibration.

This means that the ions that are generated in the light start to spread and clean the aura. This is because like how we have aura, the lamp also has the aura. So this starts to clean all the negative etheral layers in your own home. Yes? That's what our Siddhas know this – they know that everyday we create negative energy in our homes so at least one day we can cleanse all these negative energies by lighting oil lamps everywhere in our home.

But now a days we don't want this also and many people use artificial lamp. Ha ha ha... Because you are aware that if oil lamps are lighted then there is so much oil everywhere, so much dirt gets accumulated.... You are right actually, in your own consciousness... But you are not understanding what is happening in the subtle level! Ha ha ha... You are so much worried about the wall paint, you know, you are thinking - "oh my God, what will happen to the paint?" But you are not worried about how much negative thoughts, negative energies, negative emotions are present in the subtle layers!

When there is a fight in your own family, you have created negativity and every corner of your home is anchored with those negative energies! So when we light a lamp at every corner of the house, then those negative energies get cleansed. See how beautiful this is!

So, the Indian culture is not just based on the physical body level, please understand this. It goes beyond the subtle level and ultimately it leads to soul! There is also the philosophy, and this will take you back to the source only! Every action you do – whether it is in your puja room or in any festival, it leads you to Self-Realization and God-Realization, please understand this! You have to try to understand in the right way!

Why we do Aarthi?

And now with that lamp – we not only light, we also use the lamp to light to Divine in Puja room. Yes? And then we do the aarthi. Yes? Why do you need to do the aarthi? What you want, why do we need to do the aarthi? Do you do the aarthi at the beginning of the japa or at the end of the japa? We do at the end of the japa. But why not at the beginning?

What happens is when you meditate, chant the slokas, mantra and anything there – you create the positive energy within and in the surroundings. And when you focus on Divine Mother also, Divine Mother energy also increases. So when I do the aarthi, 2 things are happening -

Cleansing is happening and at the same time,

Energization is happening plus awareness of the truth is happening!

This is because you are lighting the lamp there. Yes? When we do the aarthi, how do we rotate – is it clockwise or anti-clockwise?

So when we rotate the lamp clockwise – we energise – we pull the energy of Divine Mother to our soul – we anchor the energy of the deity, yantra or from any garbha graha to our consciousness! And that is why we also do the pradakshina at the garbha graha. Yes? In the clockwise direction.

So in our home we do all the puja and all – we praise, we do chanting of stotaras, we do ashtotara namavali or we meditate with mantras – you create all those energies and then what you do? You take it back and absorb them into your soul and in all levels of existence!

And when you created, you also want that this should be given to your family member. Yes? You tell them – “you also come and do the aarthi...” That’s what at the end of the workshop I tell to many students to please come and do the aarthi here. But they say to me – “no I am going Gururji, its late...”

We did so much tapasya from morning till evening – so much energy got created and I made Sankalpa that it should be manifested in Thirumoolar ji and Divine Mother Lalitambika, and when you do the aarthi, you take that energy into yourself and then you go home...! But many of them you know, they don’t have the time and they have kept the energy – their investment is kept here and they went home! I say to them – “thank you!” Ha ha ha... Everybody is blessing here actually! In every group meditation you clean our centre, you energise our centre, you make more alive Thirumoolar ji and Lalitambika, and at the end you are also blessed with that!

So this is how you know we are helping each other, blessing each other, lifting each other, to reach our Divine Consciousness. So this is our understanding, so is it clear now? When you go home now, you can celebrate with the right understanding, without any negative thoughts. Yes? If somebody says – “don’t put this in this direction, don’t use this oil, that oil, this mud, that mud...”, you drop all of that!

You understand the true meaning that by lighting the lamp, you are lighting your soul!

You are lighting your soul, energising your soul, cleansing your soul, healing and at the same time you are energising your entire home, blessing yourself and your family by doing this small ritual. Is it clear to you? Do you understand this? And the real celebration of Deepavali is inside, you remember that! After doing all the external things, if you are fixated on only that, but you did not meditate then it is of no use.

Your action brings the changes. It is not only in the thoughts. We all know this.

We understand and we feel very proud, but action-wise, there is nothing done. We need to put this in action also and meditate more, apply our thoughts more and all of that. Okay?

So with this we shall now start with the real topic of the health, healing and immortality. Okay? So coming to the health part, when I say health -

It is health at physical level – physical health,

health at mind level,

health at energy level and

health at soul level.

So at the soul level we can say that we have perfect health. In the soul level there is perfection. When it comes to the mind, energy and body level, you cannot expect the same perfection! Is it clear to you?

So, we are beings made of physical body, energy body, astral body, mental body and soul body.

And in each body there are several layers of bodies. Is it clear to you? Energy body has layers. Astral body has 18 layers. Like this every body has layers. So actually you are not an ordinary person. You are like an onion you know? Have you seen the onion? You are that!

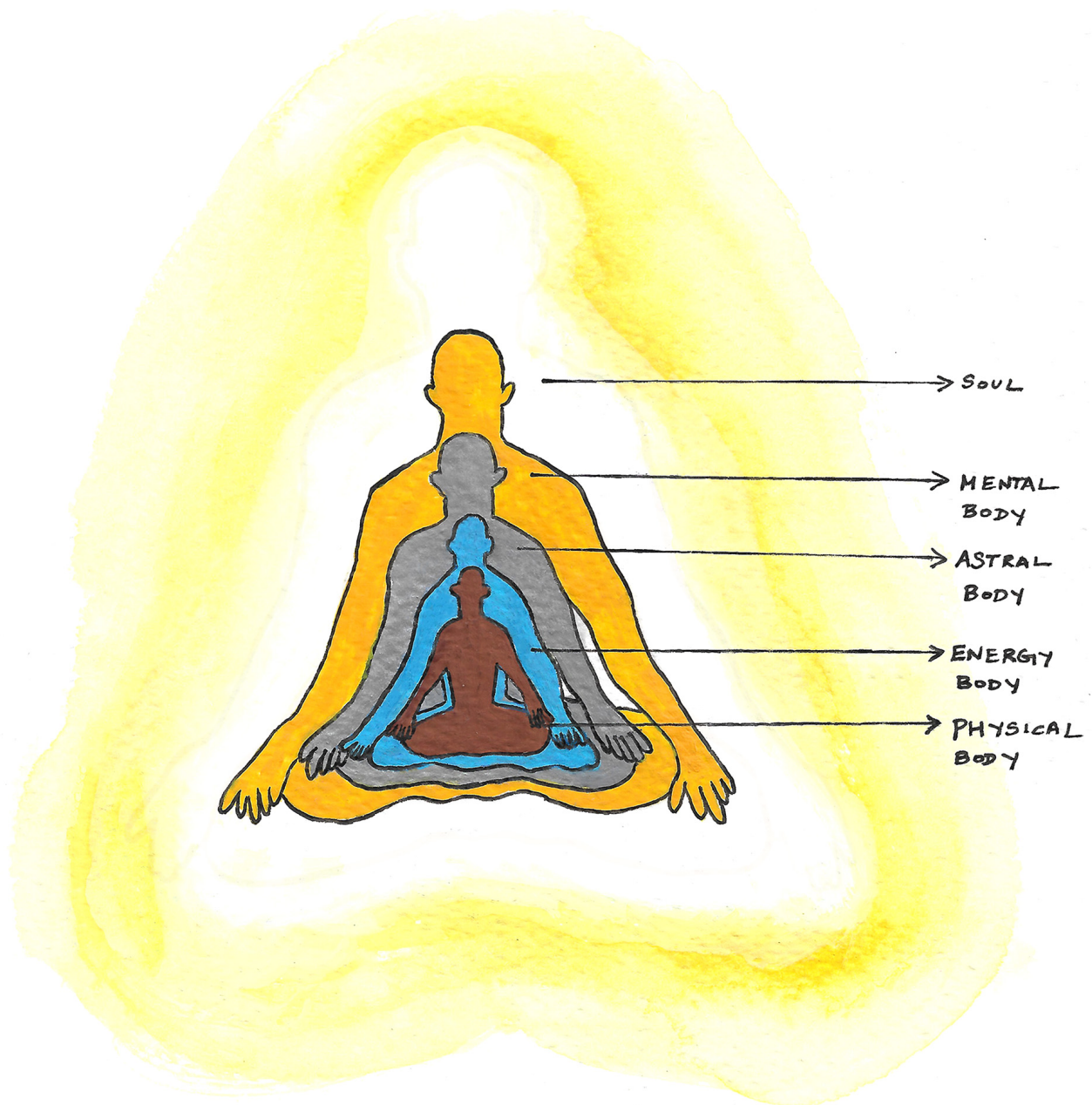
Outside one layer is physical body,

Inside that is the energy body,

Inside the energy body is the astral body,

Inside the astral is the mental body,

And at the deeper level who are you? Do you have any layer there? No, there is nothing!



You yourself go and test today. Take one onion and start peeling it layer by layer – first the physical body is removed, then energy body is removed, then astral body, then mental body and at the end what is there, where am I? You are that invisible consciousness! This realization should happen to you.

The Truth about who we truly are, as a Being

If you are a spiritual person, you should know that, you are not a body, not the mind, you are 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 Srividhya sadhak, if you are a Shiva sadhak. Is it clear to you? Whatever you maybe – a Yogi or a spiritual person, this understanding should be there – that you are the invisible presence.

With this understanding only we can create the right health at the physical level and mind level. Source creates, source influences, is it clear to you? If you bring the changes at the soul level, mind level, energy level, you can bring the changes to the physical body! Many people work just with the physical body level. Changes do happen at this level, but it is not the complete change! If your focus is only on food, only on physical exercises, then it is not complete health.

This is how even the World Health Organization (WHO) has defined health – health means not just physical, it includes mental, energetical and soul at the higher level – what we call as spiritual.

Spiritual is that which is beyond the body and mind and that which cannot be understood, that which is the invisible presence, that which cannot be discriminated by the intellectual mind. This is called as spiritual, aatma, soul, but actually it is nameless.

How can you give name to the invisible, you tell me? Yes? That's what whenever you ask – "Who are you?" when you are doing the aatmavichara – self-analysis, and the answer comes as – "I am soul" and then you ask – "Who is soul?", it becomes silent! It cannot understand! Because whatever information that is obtained from mind is obtained from the 5 senses and these 5 senses can only recognize the visible presence, but it cannot recognize the invisible presence! This is the problem with spirituality!

Because I cannot see my true self and so I cannot believe – my mind cannot believe! And your sub-conscious mind communicates with images! Now how are you going to communicate with your sub-conscious mind and say that – "I am an invisible person!"? Can you see the problem of how difficult it is? I am telling you, it is not easier! The process when you go deeper – it becomes very complicated, very difficult. But is very simple -

You are an invisible person!

Very simple means – when you see a person who has died, you can understand very clearly. Person was there, and now that person has gone, but his body is there! Do you have any doubt about this?

Now you can accept – that you are invisible! And for this invisible is what we call as – "spark of Shiva-Shakti!"

So can I say – "I am a spark of Shiva-Shakti"? Instead of soul, this is better for me and I feel safer, when I add Shiva-Shakti with me! When we say – ***"I am a child of Shiva-Shakti"***, we feel a lot safer! Yes? Your ego, sometimes you have to convince and make mahishasura as your friend! And mahishasura will feel very happy and safe, when you say that – "I am spark of Shiva-Shakti"! If you say – "I am a soul", there is no taste, there is no pleasure in that! Ha ha ha... Got this point?

So in spirituality, this is the foundation, you need to understand this. What is your foundation? Before you chant any mantra or do any worship of yantra, before you do any tantra, what is your foundation? It is accepting yourself. Yes? This is the life lesson! So who are you? I am a soul. I will now go one step ahead and say -

"I am a spark of Shiva-Shakti!"

This is the foundation that changes everything, I am telling you! When you are chanting the mantra with this understanding – your mantra shakti will be different! Is it clear to you? When you are doing the affirmation and when you attach your truth – “I am a spark of Shiva-Shakti and I have healthy body, energetic body, fit body!”, then what happens? It is more powerful! Is it clear to you?

First you are affirming the truth, you are accepting the truth about who you are – “I am a spark of Shiva-Shakti”! And then I go – what I am telling is – ***when I am the spark of Shiva-Shakti, do I have the free will to create what I want or not? Yes, you have the free will!***

Many people have confusion. They ask me – “Guruji, do I have free will?”. Because you read books written by many big masters, you know? Ramakrishna Paramahansa, He says that. But His conscious level is what we reached today at the end of the meditation – “let go, let God”, where your will becomes Divine will! He is talking at that conscious level and you are applying at the physical level! And there is lot of confusion in people. Got this point? So it is very difficult – what you read from the book written by that Master at what conscious level is very important.

You truly have free will!

What is Deeksha?

This is until and unless you have made a firm decision and you surrendered and let Divine take over you. Until then you have the free will. Is it clear to you? When you take Srividhya deeksha what is it? Until coming here and taking deeksha – it is free will. After deeksha – it is Divine will... Ha ha ha...

If you truly accept Lalitambika, Thirumoolar ji, transformation starts the day you leave this workshop, you know? You will be surprised, this is not my thought, then why this thought is coming? Why am I behaving like this, you know? My job is not going on well, why is this happening? My business is not going well, why is this happening? Before this it was really good. Whatever is the highest good for you – that starts happening in your life! That is deeksha.

Deeksha doesn't mean just you taking mantra and you go home. No! Ha ha ha... Deeksha means you have accepted them as a true father and mother! You have accepted and so now your DNA has changed, please understand!

When you say deeksha, it is not just energy level, it is also at physical level!

All your data is stored in DNA. Yes? Most of you know that. And that data how is it stored? How your intelligency, soul power activates certain genes, because of your karma and all... It is all very complicated to be frank! The computer, the way it works inside, it is very complicated! But if you give this to an expert person, then what happens? He manages this very well. That is where we surrender and we give this to Thirumoolar ji and Lalitambika – “Mother I am not understanding all the functions of this computer, You please take care of this!”

Then Lalitambika starts coding and writing programming, you know? That's how it happens actually. When you accept, surrender, then what happens? Things will change. Okay? But still, what happens, Mother don't overtake completely because She knows that you have life lessons to learn

– so She will make you to create what you want – so that you can learn the lesson, but She is always with you! Please understand this! This is the truth, I am telling you!

Mother is always with you, watching you, guiding you, taking care of you!

You will be surprised you know – why Mother is making me go through this?

She is telling – “you are not simply going through this, I am holding you completely like a cocoon. But for you illusion is created like as if you have fallen down!”

That is how the Divine Mother Lalitambika takes care. For the One who runs this universe, Who controls everything with Her remote – this earth, sun, moon and all, it is not difficult, once you enter into Her consciousness, enter into Her kingdom!

How we co-create in our lives

So, as a soul, you have the power and free will to co-create – you have already created – this body is already created? This world is also created? You have come to this earth with your family members with certain karmas? You have friend circle with certain karmas? Some cities have certain karmas? Some countries have certain karmas? You see that? How complicated this system is!

You as the soul have chosen your parents, family, city and soul-agenda and then you come here and start your journey!

It is not Shiva-Shakti who have chosen, you have mainly chosen all of these by yourself! Even before coming to this earth you had the free will to chose – what life you want, what lesson you want to learn. Even we have the free will to chose if we want a female body or male body. And we have the free will to chose if we want to be born as a blind or with any other handicap or you want to have a complete healthy body. This is not done by Shiva-Shakti, please understand this!

So you are co-creator of your life! Please understand this – because you are the spark of Shiva and Shakti!

Is there any doubt in this? There is no doubt in this. So now, how are we going to co-create?

We co-create with our thoughts – not just thoughts, but repeated thoughts. Okay?

Thoughts that just come and go don't create. Repeated thoughts – why I am saying repeated thoughts?

It is because repeated thoughts get soul attention – your amrutha is given there!

Repeated thoughts and when you accept those repeated thoughts – it converts to a belief.

Repeated thoughts are accepted by the conscious mind as belief though experience, perception. This then enters into the sub-conscious mind! And sub-conscious mind is your Kalpavruksha, Kamadhenu or we can say alladin chirag - “Jo hukum mere aaka!”

“I am not good enough, I am not good enough, I am not good enough...” - repeatedly you say this to yourself with you – because of karma, thoughts – outside situation is created. Then with repeated thoughts it becomes a belief system that - “I am not good enough!”. So what your sub-

conscious mind will say - “Jo hukum mere aaka!” Means that you are even the master of Kalpavruksha, Kamadhenu! Okay? One genie is within you always – so powerful!

Its so powerful that the moment you say something, it says – “Thatasthu!” It then starts creating the situations... It will bring people, it will bring situations, it will create all the drama so that what you believe becomes your experience in the outside world!

Can you see this? This is what happens.

Karma – you have certain karma from birth – the moment you are born karmas are there. With those karmas you have certain experiences. With these certain experiences you perceive – wrongly or correctly – this is very important! If you perceive those experiences under the right guidance, as just a situation without making them into a belief system and reality, then it will become your experience stored in your sub-conscious mind and it creates again! This is what we call as Chakravayuha – the karmic cycle.

Now when we come to the immortality and health, if I believe – “my health is not good... all my ancestors are diabetic patients and so I am also diabetic.” Your sub-conscious will say – “jo hukum mere aaka!”. Believing is not the problem, accepting is also not the problem, remember this. Your ancestors information is transferred to your genes. Certain genes are activated in your DNA.

And you have the power to change that information and change the activation of the genes!

Can you see this?

Physical – below the physical, energy is there. Understand the layers! Physical being and below that is the energy being. Below that is the awareness with the consciousness. With consciousness you can influence the energy and this energy influences the physical.

Now because of this consciousness, energy and because you are born in the certain ancestral families and all, it is already manifested in the physical! Please understand this.

Now you have the 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 off or on according to what you want!

I will give you an example – I have students, who because of negative karma, undergone cancer – II stage, III stage. Here certain genes are active. Yes? When cell cycle becomes abnormal with no control, when the cell growth is abnormal – it is creating more cells – it is creating tumour – here is it just a thought? No, it is the gene! The work is at the gene level! Certain transaction or transition factors will be there, certain proteins are there, certain kinesis will be there, certain enzymes will be there – anything may be involved in this! And that is activating this process! Now this person who has undergone this cancer, because of the emotions – negative emotions, suppressed emotions, please understand.

Negative, suppressed emotions are influencing this consciousness – which influence the energy – which in turn influences 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, but certain genes means – who is doing all of this? We are creating this!

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

But problem is – what is happening no, the thought form that no one can beat cancer is very very strong! Because outside knowledge – how it is? If you have cancer, what is the other meaning of cancer? If you have cancer means, you are going to die! This is so strong you know!

The belief system in the culture is destroying the ability of the soul to gain its health!

This is how we have been influenced with wrong knowledge. I am not telling right knowledge, I am telling that it is wrong knowledge. Many knowledge in the universal level is very wrong. Please understand this! Whether it is coming from the vaccines, or it is about how to treat day to day abnormal fevers, cough and cold and then going beyond treating these infections – whether it is due to viral or bacterial and all, we have been given very very wrong information! This is through the media, through the authorized doctors also! I am not blaming the profession, please understand! I have very very divine doctors – they are like angels! They bless the humanity like anything!

But what happens is, they themselves are misguided in the professional level! Now they are coming up! You know, there are some true doctors who have done the true research – but their voices have been silenced by many pharmaceutical companies! You see many people – many examples are there actually, I am telling you! In US you can see you know, how many good doctors have been silenced... In India also it is the same thing... The real thing – the real knowledge is not easily available, or it is not easily spread to humanity!

This is because, this is the 3rd dimension – where tamo and rajo guna is more dominating! Satva is less, but rajo and tamo is more – so negativity has more power compared to positivity! Even your mind is always thinking in negative mode! Do you remember in Siddha mind power what I say about what you want – just make a list of what you want. You will be surprised, you will become blank – “what actually I want?” You don't know actually what you want! But when I ask you what you do not want – a big list will come! “I don't want this, I don't want this, I don't want that...” You see that? What you don't want is dominating in your mind. Your mode of thinking is in – “I don't want...”

You see in childrens it's very clear. They are very clearly expressing! If you see the childrens, you will learn a lot! You will learn a lot about yourself, not about the childrens, yourself! Ha ha ha... You will see your inner child in them! Still in you there is a small child – it wants somebody to smile at you, it wants somebody's attention, you know? Maybe you are the age of 60 or at the age of 70, you know? But still you are looking outside – there is a small child within you! But if you give too much importance to this child, you will not be happy – you will be in emotional problems.

If you grow up a bit and see that it is the problem with the inner child, and it is seeking outside – what it is seeking outside – you give that to yourself, then what happens? Your inner child is also

happy, you are also happy and you are happy with outside relationships also, whether you get attention or not, care or not, love or not – you will be happy with yourself.

5 lessons of Life

This is the lesson we learn – 5 lessons are there -

1. Self-Acceptance

2. Self-Love

3. Self-Care

4. Self-Awareness

5. Self-Forgiveness

Is it clear to you?

So, our thoughts, our emotions, our beliefs affect our health. This physical is influenced by non-physical.

Please understand this. Of course whatever you eat, you become that also. Outside physical food also influences you, I am not denying that. But in case of deadly things like cancer, the deeper deadly desires – most of these desires are coming from suppressed emotions, suppressed thoughts, suppressed energy – it is this which is bouncing back physically. Why is this happening? This is because your energy anatomy is made like that – from your soul – the 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 will this go? It will not be stored there, it has to manifest, flow to the physical level – it will manifest as a disease.

See 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! I have seen small child having breathing problem, small child having eating problem, small child the brain is not functioning properly – they are not able to recognize – I have seen all these cases. By birth they have these problems...

And some of these childrens are the boon for the parents – because parents will start to learn healing because of these childrens! Parents will start meditating because of these childrens! This means, some of your childrens are maybe your Guru also – He will be making you to do the sadhana in this life! But you will be suffering, I don't deny that... You will be suffering to take care of that child, you are running here and there, learning this energy and that and all... But it is so complicated!

Why I am telling all of this is to make you understand that you are more of a non-physical being than physical! You are more powerful as an invisible personality than 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 inner world should be very strong enough! If you want to be on the journey of immortality, then your inner world should be very strong.

See how much strong the inner world already is – it is able to deny the universal knowledge given by this world! You are only able to receive the knowledge and accept the knowledge coming from the Siddha master and Lalitambika! Only then it is the immortal path! Otherwise, weak will cannot do anything!

How Kriya Babaji attained golden light immortal body

When Kriya babaji mediated with Bhogarnathar - Bhogarnathar was the disciple of Agasthya muni. Bhogarnathar taught all the techniques – all the breathing techniques, all the Kriyas, Srividhya, all the siddhis path, everything He taught to Kriya babaji. Then He told to Kriya babaji that if He really wants to attain immortality at the physical cell level, He may need thousands of years. So He has the choice to either do this or go and ask Mahasiddhar Agasthya muni to teach Him the technique to get immortal body! You see that?

So Kriya babaji had 2 choices – go and find Agasthya muni and ask for this or He has to meditate for many, many years with the techniques given to Him. So He made the choice that since He has a very short lifespan, and if it is going to take thousands of years then He has to learn Kaya Kalpa, He has to make His body strong, and then only He can meditate for thousands of years. And then only He can manifest the Truth consciousness in His soul and then into His physical cell level consciousness! So this is not an easier journey... So He decided that He will go and meet Agasthya muni and He will make Himself completely available for His teachings and His grace, His Krapa and manifest the golden light body.

Kriya babaji then went in search of Agasthya muni. You see that how tricky it is – Bhogarnathar is very powerful – Ashta Maha siddhis are there, Navapasha Gyana is there, everything is there. But He is not giving immortal body to Kriya babaji! He was still testing Kriya babaji! Bhogarnathar knows everything, He can call and manifest Agasthya muni, but still He wants His student – Kriya babaji to earn the true gift for Himself! Got this point? If gift is given very easily no – “my dear come, I will give you immortality...” How much will you value this? Got this point? Bhogarnathar knew about this.

So Bhogarnathar prepared Kriya babaji in the right way but He wanted His true disciple to be tested in order to receive the true gift. He wanted to make sure that Kriya babaji is the true disciple to receive this knowledge. And He made Kriya babaji to go and search for Agasthya muni. You see that? This means – He developed the intuition in Kriya babaji, He gave sign about how Agasthya muni manifests, how He can call Agasthya muni, He gave Kriya babaji the mantra and everything... But Kriya babaji has to communicate and earn the knowledge of immortality all by Himself.

Then Kriya babaji started the journey, He started searching for Agasthya muni. He went here and there and last He went to Himalayas and He sat there. He was not able to find Agasthya muni. Agasthya muni and Bhogarnathar were actually tricking and playing games with Kriya babaji!

Bhogarnathar told to Agasthya muni – “see I am sending You Your disciple, I have prepared Him enough and my job is complete and now you see into Him!”

Agasthya muni is short and very intelligent...! Ha ha ha... He is great Master! I am telling you, He is such a great Master! He is amazing! He is also called the Grandfather of Siddhas just like Thirumoolar ji! He is a great Master! And He is not like a yogi with 6 pack body! He has got big tummy! Agasthya muni teachings are very typical and so beautiful and also very very different. So Kriya babaji started searching for Him and He was not able to find Agasthya muni. And ultimately He said to Himself that He will be sitting in one place and meditate on Agasthya muni.

Kriya babaji made a firm will – “Do or die”. Either He will receive the grace of Agasthya muni or drop the body as it is of no use – He searched outside, went here and there, nothing was found and His Master Bhogarnathar was also not there to help. So He was in a position where it is a do or die situation. It was in this state where He was calling to Agasthya muni! You got this point? This is how sincerity is tested in us.

These Siddhas are very revolutionary! How much is your sincerity, how much is your level of acceptance, how much you can give yourself – your surrender level – all these are tested. So Kriya babaji was tested like anything. It was not in an easy way that He earned this knowledge, I am telling you. By birth only, Kriya babaji He lost the pleasure of father and mother’s love. He was kidnapped and He was somewhere and He lost His parents love, He was not educated, He did not have the right nourishment during His childhood, got this point?

It was not an easy journey I am telling you, for all these Masters! Even the journey for Lord Krishna was also very difficult – Kamsa was searching for Him – when He will be born and when he can kill Him! Krishna was in underground living here and there, hiding away from Kamsa. To become a Master was not easy for Him, it was very difficult! Kriya babaji was also like that... His journey was not easy at all! He had to work day and night for Bhogarnathar, He has to sit in front of Bhogarnathar and He has to worship Bhogarnathar – Siddha parampara is like this where you worship only your Master, and not any God or Goddess and this is the way of Siddha parampara -

Then whatever is the consciousness of that Siddha, whatever is the Tapas shakti He has earned by worshipping all the Gods and Goddesses, everything will go that disciple!

Where this Master has mediated for many, many years all of that will go to that disciple, with permission. This is the way of the Nath or Siddha parampara or Avadhoota, where -

You look into me, and I look into you and the necessary Kundalini activation, necessary siddhis and everything will flow to you.

So the Siddha parampara, Guru parampara is like this. So Kriya babaji went and sat in meditation in do or die position – He did not eat anything, He did not drink anything, there was only one thought in His body, mind and soul – to get the darshana of His Mahasiddhar, Parameshta Guru – Agasthya muni.

It was terrible – He was not able to manifest, He was not able to get the darshana for many many months – it was not in days, many months passed by and nothing happened. He became

unconscious, He left the desire for His body and in that unconsciousness when His body was not capable to do anything, when He was about to die, at that time Agasthya muni manifested!

Agasthya muni then told to Kriya babaji – “You gave your body for me, and now I will give you a new body!”

Agasthya muni gifted immortal, golden light body to Kriya babaji and He told Him that He will be having a special mission where avatars may come and go, but He will be Mahaavatar, where He will be eternally present as a representative of Siddhas and Devas to this earth dimension!

So Kriya babaji earned the golden light body by giving Himself – He gave His physical body, He literally died and then only He received the golden light body. So such a sacrifice is not an easier thing! Such testing, such sincerity, leaving everything is not an easy path. Then He reached that Maha Avatar level and now He is guiding all the Avatars! Please understand this. You all know what is the meaning of Avatar. And He is guiding the Avatars, guiding Masters, creating Masters, became the channel of Devas and Siddhas to humanity in earth dimension and doing all the things.

So, this is the attainment of immortal light body. Is it clear to you? So it is not an easy job – very few people can be Chiranjeevi and not everyone... This is because most of them are not prepared, they are not ready for this. So that is why you can see many Masters who are Self-realized and God-Realized, but they die in the physical level – it could be because they may have chosen not to have the immortal body, or they don't want to eternally serve the humanity, or they decided to liberate themselves and merge with Shiva-Shakti – Parabrahmaswaroopa.

How Mulavarga Siddha Parampara is different from other Paramparas

But in the branch of Siddhas, there is one special branch that focuses on physical immortality – and that is where we belong – our Mulavarga Siddha Parampara. Here we have the choice – where we can get Self-Realized and God-Realized or as a higher step, make sankalpa to attain physical immortality. The choice is there. This choice is not there in many Parampara, I am telling you – the limitation is that it ends with getting Self-Realized and God-Realized only - done!

But in our Mulavarga Siddha Parampara we can go further where Self-Realization is not just the experience of the Truth, but also the manifestation of that Truth in the physical cell level also! This is the Realization in Mulavarga Siddha Parampara!

Please understand this – this is how it is different from other Parampara. Self-Realization means – many people know the Truth about yourself. But here it is not just knowing the Truth about yourself, you manifest that Truth at all levels of your existence also – in soul level you manifest – the moment you realize in meditation, bring that to the waking state of consciousness in the conscious mind and then with repetition, understanding, remembering, from soul level and conscious mind, you bring this to sub-conscious level. Then when you remember, manifest at the sub-conscious mind, then what happens in the outside world also? You manifest in the outside world – as inner world creates the outside world.

Who is real Siddha Guru?

When inside and outside you start manifesting, then what happens?

Your conscious mind, sub-conscious mind or unconscious mind dissolves into the Super-conscious mind! When we live in that Super-conscious mind, we manifest Siddha consciousness!

Can you understand this – what is the meaning of Siddha? Siddha Guru means – this is the Siddha Guru, not all peoples are Siddha Gurus! Name is only Siddha Guru on the outside, but they are not really Siddha Gurus!

Siddha Guru means – that person is not living with conscious mind, that person is not living with sub-conscious mind, that person is not living with unconscious mind, but that person is living with super-conscious mind – that person then becomes the embodiment of Shiva-Shakti!

That is what we call – “Chariyanandanatha” in Mahapaduka Guru mantra -

“Srividhya Aananda Naathaathmaka” – who is that soul? It is Chariyanandanatha!

This is our understanding. And this path leads you to this highest point – this is the potential! Many people ask about what is the importance of connecting with Thirumoolar ji? What is the importance of connecting with this Mulavarga Siddha Parampara? These are the benefits and importance of connecting with this Parampara – if you are seeking for physical immortality, it is possible to attain that in this Parampara. I hope that this is clear to you? Okay?

And you have also understood -

Soul – Subtle level – Energy – and manifestation happens at physical level and hence – inner world creates the outside world.

Even this physical body is outside world only actually. Is it clear to you? Because in the 3rd dimension we have this physical body.

So when it comes to health, all these very deadly diseases are created because of your inner world – because this is not a one day activity. You have to use that emotion repeatedly for many months and years and then only it will manifest outside as a physical disease.

And if we are Srividhya sadhaks and we are cleansing, healing, energising our chakras, are we allowing our inner world of disease to manifest on the outside world? No! These get burned on the inside! We are telling that – in the inner world only we are dissolving everything, and we are not going to allow to manifest this into the outside world!

This is the same thing for our negative emotions and negative experiences in our life – whether we have kala sarpa dosha, shani dosha, or any dosha, whatever it may be – where are these? These are in the inner world! And with our sadhana what we are doing? We are burning all of them! So we are not seeing the same what was predicted by the horoscope! Please understand this! This is very important.

But what are people doing? Universal knowledge is telling that – whatever is written in the horoscope, we have to experience that only for sure! I have seen Srividhya students, it is written in their horoscopes that they are not going to get childrens, but they got their childrens! Got this point? On what basis did they get their childrens? They accepted that they are sparks of Shiva-Shakti! They are co-creator and hence they can change their destiny and they did it!

And this is not a belief system I am telling you, it is the truth! If you go and read Upanishads and Vedas, what are they telling to you, same thing no - “You are Divine. You are spark of Shiva-Shakti.”

Lord Krishna

Why Lord Krishna wrote Bhagavat Gita? Because He knows that after He goes, these people will need a reference book and His leelas! Otherwise their Mahishasura will take over them – as Krishna form! Is it clear to you? So that’s why He wrote Bhagavat Gita. And how it is, the name that He has given – “Gita”.

What is Gita? It is song of the Soul!

He has given His soul knowledge in the Bhagavat Gita. It is very very sacred, very very precious, the essence of all is given by Him! He gave the True Knowledge and went.

But problem is we don’t have the time to read Bhagavat Gita...! Even for half hour you start reading no, it is so difficult – mobile will ring, whatsapp will come, facebook will happen... There is choice now – Krishna, Bhagavat Gita or whatsapp? And Mahishasura your inner Guru – until you reach your real Guru, your inner Guru is Mahishasura... So he will say – “Go for whatsapp!” Got this point? This play is going on... The Samudra manthana is what it is – the choice you make is Samudra manthana!

If you make choice – “I will choose Deva and not asura. I choose Krishna instead of Mahishasura...”, then there is growth.

You will know how to manage your negative emotions, you will know how to manage the whatsapp message, you will know how to manage the social media, you will know how to grow and give attention to yourself.

So why I am telling all of this is because, with all these teachings, one thing that we need to learn is that – “Inner world creates outside world.” And if you want to bring the immortality at the physical level, you have to bring the immortality at the soul level! Soul is already immortal, but it has to be brought to the mind level, astral world level and energy level. Is it clear to you? This is our understanding.

Overcoming physical health problems

And if you want to overcome any type of problem – health problems – first you have to bring it into the inner world. For example you have arthritis, okay? It has already manifested in the physical body, right? It has already manifested at the cell level. Yes or no? The energy level – vata energy is also created – it is imbalanced vata energy is arthritis according to Ayurveda. Ayurveda has its own classification of individual body.

So arthritis has already manifested in the physical body and so now what we have to do is – to undo this. Okay? This physical body is like a computer running the software that is programmed by you. So if we want to change this outside thing, then what we have to change? Inner programming has to be changed.

Is it clear to you? So what is the programming here, tell me... What is the first program that should start here?

“I am a spark of Shiva-Shakti!” - now this is like an anti-virus you know, your Mahishasura will be like – “Oh my God, what is happening here?” Kali has come now! You know, Dakshina Kali is hitting and Mahishasura is telling – “If you say that you are a spark of Shiva-Shakti, then how am I going to survive?” It is a big blow for Mahishasura! The moment you say this, it is something – Kali manifests in you! And Mahishasura is afraid – “Oh my God!”

“I am a spark of Shiva-Shakti!” – it means that Kali has manifested in you now.

Kali is the very very dark level and She manifests in you when you say this. And from this, knowledge will start – Saraswati. And from this experience will happen – which is Lakshmi. Can you see that? Within you – Kali, Saraswati and Lakshmi are present.

Right knowledge leads you to Lakshmi tatva. Otherwise She is chanchala, She will go away... You cannot hold Lakshmi with temporary knowledge. Only with right knowledge can you hold Lakshmi. And what is the right knowledge here?

The soul knowledge that you are the spark of Shiva-Shakti is only the permanent knowledge!

All other knowledge is temporary. In your next life your engineering degree won't come, doctor degree won't come. But your knowledge that you are the spark of Shiva-Shakti will come with you to your next life!

Guru Nanak ji

Guru Nanak ji during His childhood was working in a grocery shop. He was measuring the grains and giving them to the customer.

One... Two... Three... Four... in their language He was counting and giving to the customer. The moment it came to 13 – “Tera”, He became awakened! He kept on saying -

Tera... tera... tera... tera... And awakening happened to Him!

He realized that - “I is not the body, I am not the soul, I am that! Tera... tera... tera...” He left and went. But how was this possible? Got this point?

Dus... Gyara... Bara... Tera... He was measuring the grains and giving to the customer. When He was measuring Tera – He kept on saying Tera, tera, tera, tera, He left and went! Ha ha ha... How it is possible? We attend workshop – Srividhya workshop, Group Meditation, YouTube videos, right? But “Tera” is not happening! Ha ha ha...

And Guru Nanak ji has not attended workshop, no Guru, nothing and while measuring the grains – tera... tera... tera...! Ha ha ha... How is it possible? It is because of the past life spiritual practice that this has happened.

Ramana Maharishi

The same thing happened to Ramana Maharishi, you see that? Sudden knowledge drawn to Him that – “I am going to die!”. The fear of death emerged in His consciousness suddenly. That is okay. But afterwards the action that He took is very surprising! No one take action in this way actually... Normal person cannot take this action! The moment He got the fear of death, He lay on the floor and saw by Himself – “Let death come, let’s see what is this death!”

You see that? Can you see that? The Knowledge that He has gained in His past life surfaced and protected Him and gave Him realization of the Truth! He got Self-Realized! He just lay down on the floor and He started seeing who is now going to die here... Atma vichara started there! No Vedanta person came and told Him that He should do Neti-Neti. It happened to Him... But how did this happen? It is because of His past life meditation, that wisdom – the soul knowledge that awakened at the right time! You see how the karma is working here? How the supreme intelligency is working here?

Can you see that? So this worldly knowledge will not come to you in your next life! It is only the soul knowledge that you have experienced – and that experience which is related to Truth that will help, please understand this! Having experience of idli, upma is not knowledge! Ha ha ha... Don’t expect that this will come to you in your next life! Ha ha ha... Okay?

Only the knowledge that is connected to the Truth will help okay? I am saying this because lot of misunderstandings are there! Ha ha ha... So you need to understand this truth – the true knowledge will follow you because you are a Soul and you are made of That and your knowledge will be there in this life and next life. So when you do Srividhya sadhana or any practice, it will come to the next life. This understanding should be there...

So -

1. Inner world creates outside world

2. If I want to realize truth about myself, I have to be very careful about what thoughts, what belief I entertain about myself.

3. The basic foundation is – “I am spark of Shiva-Shakti”

This is the best mantra I am telling you! It is there in english, but you can convert this to 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 should chant this mantra? When you are facing negative thoughts, negative emotions, when you are feeling

powerless, things are not happening, Shani Maharaj is controlling me, Raahu Maharaj is controlling me – at these times you have to tell this truth!

Your affirmation should be the Truth... Your affirmation should be based on the truth of your soul, and not the truth of ego-consciousness!

“I am a short person...”

“I am an angry person...”

This is not the truth! You are a spark of Shiva-Shakti, and because of your karma that you have certain experience, and because of the experience there are certain belief systems, and because of these belief systems – you created, you accepted the outside circumstances as you... Is it clear to you? Yes?

Repeating the Truth about ourselves in meditation

Shall we little bit close our eyes and say to ourselves this truth? Action is very important here... Okay? Close your eyes and tell with firm, with very very strong will -

“I am spark of Shiva-Shakti”

Try to tell this to yourself in your mind...

When you say this truth to yourself, try to see what of feeling you have. Applying the knowledge is very important thing. If you have the right understanding, then that must infuse in your soul consciousness, with right affirmation! Okay? Please come back...

How was your feeling when you said the truth about yourself? How was the feeling?

Expansion

Satisfaction

Happy

Powerful – this is very important, when you say the truth you will feel powerful... When you say that you are the spark of Shiva-Shakti then it means that you are the child of the Creator! Please understand this! You are the child of the Creator and you are here to co-create... Okay?

You are here to co-create! You are here to help your Father and Mother that is Shiva-Shakti to make this world so beautiful, make your world so beautiful...



Manifesting what we want in life

I hope that you have understood now? Now, after this statement, we need to attach the statement that we want to create -

“I am spark of Shiva-Shakti, in my inner world (or) in my Shiva-Shakti world, I have good health, I have fit body, energetic body.”

Is it clear to you? It should flow from Soul – higher level to mind level, and then to the physical level. This affirmation can be used for anything - to manifest your home, your flat, to you want to manifest your job, to manifest your business, to manifest education for your child, to manifest anything that you want.

Everything has to start first with the truth about who you are and that is – “I am spark of Shiva-Shakti”. So now you are shifting your consciousness from normal human being to Divine Being! And with this you are executing the power of Shiva-Shakti to manifest what you want. Is it clear to you? This is very important understanding.

“I am spark of Shiva-Shakti, and in my inner world (or) in my Shiva-Shakti world -

I have this type of life, this type of job, this type of health, this type of body, this type of relationship, this type of business, whatever you want...”

Is it clear to you? As today is more focussed on health, I am going with affirmation about health. So this is the first understanding that we need to have. Okay? And when we have this Self-Realization, God-Realization then affirmation is of no use actually...

This is because you know – “I am That” and so affirmation is not there, just sit in closed eyes – you go into that state! Ha ha ha... Is it clear? And when you come back from that state, you just have intention of what you want... And automatically things will be taken care!

A normal person manifestation is different and a Self-Realized person manifestation is different! Is it clear to you? Normal person may find it difficult – here in workshop that person will accept, but when at home – when he/she is feeling low, it is very difficult to accept - “Really, I am a spark of Shiva-Shakti...? So many problems are there, so many things...”.

But now again you will have to affirm the truth – because of negative thoughts, negative karmas, negative psychic impressions – we are experiencing the negative situation outside. When we are in a difficult situation we have to accept this – we created this.

Now we have to accept that we have created negativity also, and affirm the truth that we are sparks of Shiva-Shakti and so this negativity can be changed also! Can you see this? We are no more powerless in that situation – we take back our power – and then implement this power to change and bring the transformation!

This is very important. Normal public is different and you as Sadhaks are different! When you feel that you are powerless, you shift your powerlessness to powerful situation – you have to do this shift instantly! This will show how much you have grown in Spirituality...

Understanding how much we have grown Spiritually

How fast you come from being depressed, frustration, anger, low feeling – to feeling positive again will show your attainment in spiritual world!

Is this clear to you? Its not just chanting 5 japa mala, 10 japa mala... Here your energy body is increasing, but there is no Soul maturity! So now we have understood this and we also know how to handle this during negative situations. Right? So inner world is created and now we allow this inner world to manifest into the outside world... Have you understood this?

Now let us understand a little bit in the physical level. When we want to bring the immortality, we already know that at the soul level we are immortal and we don't need to do anything. We are immortal in soul. The moment we drop the body, if we have the understanding, realization – we have the choice to either take the next body or we can be in that consciousness.

We call such a person as ***“Jeevan muktha”***. As this person has attained mukthi we he/she was alive and so next that person has the choice of -

- 1. Going with the same body or***
- 2. Go for next body – next life or***
- 3. Drop the body and become one with the universe!***

Immortal Cell

Is it clear to you? Now let's go one step ahead and understand this physical body. You see that, when this body was created in the womb of a mother, from one cell – embryo and then the entire body is created.

Now when we talk about that first cell – this first cell is called the “Immortal cell”.

The first cell that is there is the Immortal cell. So you are born with Immortal cell. In Siddha Parampara we call this as ***“Siddha cell”*** or ***“Shiva cell”***. In abroad it is called as ***“Christ cell”***. So the first cell is called the Immortal cell.

And now, because of your parents, their understanding, because of your ancestors – their information flows to that first cell and according to that information, the first cell is creating the body, mind and your entire being!

Why I am telling of this is because the first cell is manipulated! Can you see that?

The first cell is manipulated! This first cell is controlled by Lalitambika as Maha Kundalini! You see that? Shiva is born as cell, and is controlled by Lalitambika at the physical level!

Now this cell with wrong information and because of its creative ability is manifesting what it wants! The DNA of the cell has the complete information of the body. That's how you see that, there are lots of differences between the earlier generation and what we see in the current generation – in terms of their physical strength, mental strength and all of that!

Even the food you see that – earlier food and now the food – the nutritional value has completely degraded! Can you see that?

You – from Divine, Immortal – you fall down and become a mortal!

So if a child knows that he/she will not get old – if child and parents made programming at cell level that - “I will not get old...I am only at this _ age now and forever!”, then what happens to your body?

This is very difficult to accept no? Ha ha ha... Soul feels the truth, but Mahishasura mind does not feel it... This is because our whole sub-conscious mind is created in such a way that – earlier people used to live for 100 years and now people are believing that they live for only 70 years! And now you don’t know after vaccination when damar! Ha ha ha... You know that what is happening outside, I don’t need to explain... Ha ha ha... Situations have changed now.

Our belief influences our cells – cell programming.

Every cell has memory. And that memory has programming not only from you, but also from your ancestors! Your ancestors are living in that memory! You see that – when you are young you know you don’t feel it. But as you get old, you will be speaking like your grandfather, you will be sitting like your grandfather, or grandmother... Earlier you would have felt that you are the new generation... Ha ha ha... Jeans pant, this, that, okay... But afterwards at the end – Shivohum! Ha ha ha... You become just like your ancestors! Your ancestors are living in you! You see that?

Your ancestors are living in your DNA!

Re-writing ancestral DNA in cell

I am telling you this. The day you understand all the inner mechanisms and now you want this programming should be changed. You want that every cell memory of your body must have your own programming, and not your ancestor’s programming...

Here is where we bring Lalitambika, Rajarajeshwari, Mahatripurasundari – Her mantra, Bheejaakshara. We take that seed and plant that in our cell.

Now Lalitambika has come here – Akhiladenswari, Brahmandeshwari... Then the fight will start there – ancestors and Lalitambika! Literally all this happens in your consciousness actually! Now you have a choice – do you want to give your attention to Lalitambika, the energy, programming, acceptance... Or do you want to give these to your ancestors? The choice is yours!

Where your attention goes, there your energy goes... This is the Universal Law. You cannot change this. Okay? But you can make a very intelligent choice and bring the seed of Lalitambika in your physical cell level! So the transformation starts!

Mother will start removing the memory pattern of the cell. Why does She do this? This is because -

She is the one who created that cell!

Please understand this. Who has created the cell? Who gave birth to that very first cell? It is Divine Mother Lalitambika!”

How Static and Dynamic are one only and not two!

1. Sadhaka question – “Is it not Shiva who created the first cell?”

Guruji -

“When I say Lalitambika, it is Shiva only! When I say Shiva, it is Lalitambika only! They are not different, we are only separating them! They are so much in love you know, Shiva says – “I will never leave the hand of Parvati!”. Parvati says – “I will never leave my Lord Shiva, never!”. But people – they separate them!

That’s what every time I say that they are like the 2 faces of the same coin! If I erase one face and take that coin to the shop, do think that coin will be accepted? No, it won’t. It is like that only with Shiva and Lalitambika.

For your understanding it is called as Shiva-Shakti, but Shiva-Shakti is not two, I am telling you, They are one! Shiva became Prakriti and Prakriti became Shiva!

This is the dance of Nataraja. Got this point? There is no difference at all... This is the truth. This is how the play is going on. Confusion is made for us because of our mind, individuality, senses, all this confusion exists. Is it clear? Shiva-Shakti are not two at all, impossible!

That is why it is shown – Shiva is sleeping and from the nabhi of Shiva, Mother is manifesting as Lalitambika. Even in this they are not separate actually... You see that, how this is – They are one only, They are not two at all!

Shiva – the Static consciousness had one desire and from one – it became many. Many Vedantas are in complete confusion. They have this question – “how Static consciousness has desire? Nirguna, Nirakara, Parabrahma swarupa cannot have desire!” But the Upanishads, Vedas say that one became many...! There is a big fight there because of this. This is because they don’t know that - Static and Dynamic were together! Their mind cannot understand this. They are separating and you know, they are searching for the truth and in separation and division you cannot find the truth!

For our understanding we call it as static, but it is not static, it is dynamic only! Got this point? The supreme intellegency – how it manifests, how it creates, the Upanishads and Vedas are still empty I am telling you! Your experience is only the true thing!

That’s what the Siddhas prefer the path of experience. This is what makes the Siddha parampara different from other paramparas – this is a path of experience! Other parampara follow the path of scriptures and tantras. They will quote – “Do this...” and then they will do that. Quote something and follow that – this is done in other paramparas.

But in our parampara it is not like that – it is one’s own experience with the guidance of the Master that gives the real knowledge. This will liberate that person.

This will take the person beyond the Upanishads! That is why it is called as -

Veda – Anta – Vedanta – that is the end of the Knowledge – this is **Siddanta** – and that is where we need to go. This is only possible by the grace of Masters like Thirumoolar ji, Kriya babaji and all. They give the right knowledge. They have gone there and so they are able to come and give us the precious knowledge to us. They went and collected all the fruits there and came and gave it to us – “Take this fruit!”.

You eat that fruit and say – “Oh, this is so blissful Thirumoolar ji! I want one more fruit!” – so one more meditation! They collected that consciousness, that knowledge, that emotion – we usually live our lives with only few emotions, yes or no? In a life of 100 years how many emotions do you experience?

Now Thirumoolar ji is telling – “Come, I have very beautiful, pleasurable emotions!” - bliss, joy, ecstasy and in the higher level – all these three come together, you cannot believe it! You cannot experience this in any food, any relationship, such an experience will be there! It is so beautiful! Om Samadhi and all – it is amazing!

So the first cell that gave birth to us is the Immortal cell. But generation after generation, generation after generation, what happened? Immortal became mortal. That is why Lord Krishna came and said – “Know Thyself who you are!” Thirumoolar ji came, Swami Vivekananda came... All the Masters are coming and telling – “Know who you are...”

Ramana Maharishi removed all the things actually. He took and spoke about only that is core to the practice – “Who am I? Who am I?”. He removed mantra, yantra, tantra, scriptures, everything He threw away and only the true spirituality He focused on – **Aadhyaatma** – where the prime focus is only on Atma. His teachings are growing everyday, you see that? Whoever is the sincere seeker of the truth is attracted to Ramana Maharishi’s teachings.

But that seeker is not an ordinary person – he/she is a **Gyanayogi** – that person would have gone through and done so many practices and only then he/she can go there to Ramana Maharishi’s teachings. A person without any ground work cannot go there.

So we have lost our truth about who we are, that is – we are immortal. We see this and hear in our stories also, yes or no? We hear stories about how people were immortals, earlier peoples were 7 feet tall, 12 feet tall and all that. Now in many channels like Discovery, History channel also – they have discovered large human skeletons – such large human beings lived on this earth once upon a time.

But now we are telling – “No this cannot be a human being, maybe it is a Brahmarakshasa...How can a human be so big?” We don’t accept it, see that? We have come to a level where we don’t want to accept our own truth.

So the first thing that we need to understand is – our cells are immortal.

As we came by many generations, the program changed – the creation, sustenance, programming, everything has changed. So you need to understand that if you want to bring the immortality at the physical body, it has to start at the cell memory. It is not the cell – it is the cell memory – or the

soul of the cell – the consciousness of the cell – the immortality I am talking about. This topic is actually a big topic to talk about, okay?

How Prakruti and Purusha are one and the same only!

Now how can we make it in action? What could be the technique to attain this? Yes? But I am telling you – even when a person dies, the physical form is changing, but it is not completely destroyed. Yes or no? We are still immortal at the Prakruti level also! Form has changed, but still it is there. When the body is burned, what happens to it? It becomes ash. Is it still going to die or is it still there? Human body is gone, but the ash remains.

It is just like how we have the Universal law of Energy – where the energy cannot be created or destroyed. So what about you?

You are not created, you are not destroyed at all! Only the change has taken place. Even at the Prakruti level, you are immortal!

Please understand this truth. Many people have this idea that Prakruti means temporary, and hence we have to always focus on the Purusha.

But Prakruti and Purusha are same, they are immortal things!

Only thing is in Prakruti, there is change in form – there is always change in energy, that's all. But it is still living with different forms! You have come in this form and in next life you will be in a different form! Yes or no? So this understanding should be there that – we are immortal beings.

"I am a spark of Shiva-Shakti and 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. Is it clear?

So because of this in Srividhya sadhana what we do is – we want to bring this to the physical cell level – for that we have to bring it first to the conscious level and energy level. For energy level what we do is – we seed the mantras at the chakras.

Yes? When you are meditating, what you are doing?

You are seeding the consciousness of the Divine in your chakras which is 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 we are seeding, and in the afternoon when we are in the conscious level, what are we saying? "I am mortal, I am mortal, I am mortal..." Got this point?

We need to understand that we have the physical body, we have the energy body, we have mental body, but we are immortal beings. If we are immortal beings, then we can bring the immortality at the physical cell level also. I hope that you have understood this.

And even in Prakruti also it is immortal only, but the form changes. So we are also immortal. We have the power to change from the physical body to energy body and light body when we go to the immortal state. That is how Thirumoolar ji is. Where, when He comes, He does not manifest

completely in physical body. He just manifests in His light body and He would come and stand in front of you. And your mind or your soul will then start to communicating with Thirumoolar ji. Thirumoolar ji does not communicate with words. He comes and with Him the knowledge also comes – you will be receiving the answer – you won't know how you are receiving the answer and you also ask Him the questions in this manner.

Then you have the realization – what is Siddha, what is His light body, how He communicates with you and all of that. And then you go ahead, you prepare yourself by raising your consciousness, by raising your physical body consciousness and then Thirumoolar ji comes to you next in the physical body consciousness and then you are ready to hold His vibration.

Is it clear to you? Thirumoolar ji is ready to come, but you are not ready to receive. Lalitambika is ready to come, but you are not ready. The moment She stands in front of you, you burst, you know – 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 human body with less energy. But It has manifested like this in the universal level, so It has to also give the darshana in that form only. Then only you will believe that you had the real darshana of Devi or Siddhas and not like an ordinary human being – where that person's mahishasura does not let him/her to trust what he/she just saw. Only then that darshana will have an impact on your soul and growth will happen. Otherwise growth will not be there.

Have you understood now, why the Siddhas choose when to give darshana, why Divine Mother choose to give darshana? It is not that they don't want to give you darshana, but we are not ready to receive it. I hope that you have understood this.

Stem cells

So now, we have understood that we are beings of immortal. Is it clear to you? You see that, in us still there are some cells that hold the same energy. What are those cells in our body? They are the stem cells. The stem cells hold the same immortal consciousness. The stem cell therapy has come now. You see that? If the ligament has teared, and we need to create that again, it is done using the stem cells.

Now when mother gives birth, the umbilical chord is stored as it has the stem cells. It is because with that cell we can create any organ! Can you see the power of this? We are born with this – immortal cell! And with this we can create anything. But the problem is the outside knowledge that made us from immortal to mortal – a normal human being. We have settled down and accepted that this is what we are... Is it clear? This is the real understanding.

Now what we need to do – the technique to immortality is – how to bring the immortal consciousness to the cell level. Is it clear to you? So already cell is created and everything else is also created.

Bheeja mantra for Chiranjeevi Shakthi

There is one Bheeja mantra that will give Chiranjeevi Shakti. Do you what is that Bheeja mantra? In Dattatreya, what is the Chiranjeevi mantra?

द्राम् (Draam) is the Bheejaakshara for immortality. Is it clear to you? **द्राम्** contains the Chiranjeevi Shakti. So we need to infuse the **द्राम्** to all cells of the body. How can we do this?

So we know that we are co-creator. We create with thoughts. We create with belief. We create with feelings. Yes?

So can we create a thought, make a sankalpa, that **द्राम्** should be infused in every cell of my body? Yes? We can do it. **द्राम्** is the Bheejaakshara where we can infuse in every cell and we see that every cell is vibrating or chanting this **द्राम्** Bheejaakshara.

Do you remember this Dattatreya mala mantra?

**|| Om Bhavavandana Vimochanaya
Aam Asadhya Sadhanaya
Hreem Sarva Vibhoodidaya
Kroom Asadhya Aakarshanaya
Aim Vakpradaya
Kleem Sarva/Jagatraya Vashikaranaya
Souhu Sarva Mana Shobhanaya
Shreem Mahasampat Pradaya
Gloum Bhumandala Adithya Pradaya
Draam Chiranjeeviney ||**

You see that, the secret is already given! Got this point? So what every Bheejaakshara does is very clearly given in the mala mantra. So here Lord Dattatreya, the Chiranjeevi has given one Shakti – His mantra Bheejaakshara is that! It is **द्राम् (Draam)**.

First He will make us immortal at the soul level... Ha ha ha... Then He will make us immortal at the physical level. Is it clear to you? So that's why He is the Guru tatva who helps us to manifest the immortality. Have you understood this?

So what we have to do is, we have to make sankalpa, and pray to Shiva-Shakti to infuse the **द्राम्** Bheejaakshara in every cell level. And we visualize that every cell in our body – the millions of cells, billions of them are manifesting that **द्राम्** in each and every cell. Is it clear to you?

We seed the seed sound of immortality. What does this seed sound have? It has the -

Immortal consciousness

Immortal energy

Immortal vibration

So when this added to the mortal cell then what happens to it? Transformation takes place. The more you repeat, then what happens? It will no longer be the sadhana at the conscious level, it will become sadhana at the sub-conscious mind. When we do this – once the sub-conscious mind gets impressed and has accepted then what happens to Kamadhenu and Kalpavruksha? They will say – “Thatasthu!”. You will then start seeing the changes. Is it clear to you? I hope that there is no confusion in this.

Using द्राम् for anti-aging

If you don’t want immortality, you want anti-aging you know – “Guruji, I want to be at this age person!”. Now you put that age into that cell. For example – “I want to be 25 forever! Or 16 forever! It should be believable to you...” Ha ha ha... You go and look at yourself in the mirror – “I am 16?”, and you feel shy for yourself... Ha ha ha... Leave about another person, you are only so shy about yourself! Ha ha ha...

But this is possible I am telling you. When you say that you are an infinity being, then there are infinity possibilities. When you say to yourself – “I am going to infuse all the cells in my body at the age of 25.” You can infuse 25 years of age into your cell. If you want to stop ageing and be at a particular age – this is how you program the cells, I am telling you. I am not just telling it, this is how the consciousness works.

You are already programmed, yes or no? Is your immortality destroyed by you, or someone else? We destroyed it! So now why don’t you create it back? What you lost, why don’t you regain it? Is it clear to you? It is possible. But you should have the will for that. First you should have the will for that. If you are feeling very detached within you and are no longer interested in the physical body and world – in that case whatever you do will not work. Is it clear to you? In this case you will have to just drop this body and merge with That. Is it clear?

So choice is there. As a sadhak, as a Master, you have a choice to create immortality at the cell level, or give the Truth or whatever is possible, balance the karmas and merge with Shiva-Shakti and so you drop this physical body. Is this clear to you? So you have both the options. We have both the options given to us.

Atleast when you are here, accept and create the truth, the health at the cell level, I am telling you. This is possible and you can create all of this. This is how Bhagavan Nityananda of Ganeshpuri meditated when He was in His final years. Do you know what was His meditation? He would mediate -

“I am Shiva, I am Shiva, I am Shiva, I am Shiva...”

In this way He was remembering His truth. He was repeatedly saying – “I am Shiva, I am Shiva, I am Shiva...”. He used to even walk around His place, as He could not go outside – if you see in His

video. If He goes outside, people will not leave Him. We are all lucky, we can walk around anywhere we want and have a good walk! But He cannot have a good walk... He was confined in His place only – He had to walk around in His home only in order to sustain His physical body. Otherwise it was very difficult for Him – to hold such high level energy in that such a small physical body.

Is it clear to you? Have you understood this? Now how are we going to mediate, please tell me...? Shall we do this together? Here I am not talking too much about the health laws, you already know that – you should eat the right food, you should do the right exercises, you should do all of these... I am bypassing all of this and going directly to this. I am not telling you to do Yoga and all of that, you already know all of this...

I want to take you beyond all of this and make you aware about the truth – about immortality, about the teaching of the Siddhas. Is it clear? Otherwise this will become like a workshop and it should not happen like that. So I hope that it is clear to you now.

Meditation using द्राम् Bheejaakshara

So now we are going to bring this द्राम् Bheejaakshara or if you want you can bring any age – it is up to you, it's your choice, okay, to the cell level. Please close your eyes. Bring your attention to your 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 mantra - “I am a spark of Shiva-Shakti” and chant it. And as you breathe out, you chant it. This will help to attach or infuse this affirmation to your spirit when you chant this with your breathing. As you breathe in you say - “I am a spark of Shiva-Shakti” mentally and as you breathe out you say - “I am a spark of Shiva-Shakti”.

As you breathe in, chant - “I am a spark of Shiva-Shakti” and as you breathe out, chant - “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 few seconds and chant again in your mind - “I am a spark of Shiva-Shakti”.

And as you breathe out, chant in your mind - “I am a spark of Shiva-Shakti” and again hold your breath outside and chant - “I am a spark of Shiva-Shakti”.

So as you inhale, chant - “I am a spark of Shiva-Shakti”, and hold your breath temporarily and chant - “I am a spark of Shiva-Shakti”. As you exhale, chant - “I am a spark of Shiva-Shakti” and again hold the breath and chant - “I am a spark of Shiva-Shakti”. Do this for few more times. Breathe in and chant, and then hold in your breath and chant. Breathe out and chant, and then hold the breath and chant.

Now do this with Keechari 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 inner Khumbaka – Baahey Khumbaka is happening here also.

Perform Keechari mudra, breathe in and chant the mantra, and hold your breath and chant the mantra. Breathe out and chant the mantra, and again hold the breath and chant the mantra. In between if the Keechari mudra is difficult, you release and do it. Don't get hurt with your tongue, okay?

With this you are making your affirmation infused to your body level, energy level, conscious level. Its a very simple one and very easy and at the same time it is very very powerful.

Breathe in and chant - "I am a spark of Shiva-Shakti". Hold your breath and chant - "I am a spark of Shiva-Shakti". Breathe out and chant - "I am a spark of Shiva-Shakti". And again hold the breath and chant - "I am a spark of Shiva-Shakti". This cycle should continue.

Now replace the mantra with द्राम् Bheejaakshara. Breathe in and mentally chant – द्राम् (Draam). Hold your breath and mentally chant – द्राम्. Then breathe out and mentally chant – द्राम्. Hold your breath and mentally chant – द्राम्. If possible, do this with Keechari mudra.

Now, make mental affirmation –

"I am a spark of Shiva-Shakti and now द्राम् shakti is infused in all the cells of my body!"

"I am spark of Shiva-Shakti and in my inner world or in my Shiva-Shakti world, every cell of my body is infused with immortal consciousness and energy of द्राम् Bheejaakshara."

As you affirm, try to feel and see, every cell of your body. Feel it. And try to feel द्राम् is written on every cell of your body...



द्राम्... द्राम्... द्राम्... द्राम्... द्राम्...

Every cell is vibrating in द्राम् consciousness of immortality.

द्राम्... द्राम्... द्राम्... द्राम्... द्राम्...

Every cell is vibrating in that consciousness of immortality – Chiranjeevi tatva. Try to feel everything – every cell of your body is vibrating and manifesting **द्राम्** shakti – the immortal consciousness.

द्राम्... द्राम्... द्राम्... द्राम्... द्राम्...

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 you say that for every organ also, collectively and keep on chanting in your mind -

द्राम्... द्राम्... द्राम्... द्राम्... द्राम्...

And in-between you affirm again -

“I am being of immortal, I am manifesting immortality in my inner world now. My inner world creates on the outside. I am going to manifest my immortality at all levels of my existence, now and forever...”

Make an affirmation that is comfortable for you, acceptable to you, believable to you and chant the mantra and affirm. Again chant the mantra and affirm. And see that, every cell is having the **द्राम्** Bheejaakshara – the **द्राम्** Bheejaakshara is written on every cell of your body.

The **द्राम्** Bheejaakshara has Brahma, Vishnu, Maheshwara tatva. It can create and destroy the old programming. The **द्राम्** shakti can destroy the old programming, create new programming and sustain the new programming and manifest the immortality – all in one. That is the **द्राम्...**

This is a very very powerful shakti of immortality. And now you try to breathe in for your every cell of your body with **द्राम्** shakti – with **द्राम्** light – **द्राम्** energy – **द्राम्** vibration. Feel as if your entire body is a sponge and is absorbing **द्राम्...** Your every cell is like this now.

The golden light of **द्राम्** shakti is absorbed into your every cell. As you breathe in you feel that you are absorbing and as you breathe out you feel that it is manifesting and expanding in your body.

Now, relax yourself, stop chanting the mantra, taking deep breaths, visualizing. Stop all of that and completely relax your body. Observe your breathing. Be aware of your breathing and relaxation in your body. Release the Kechari mudra. Completely relax your body. Come back to normal consciousness slowly. Slowly, slowly come back to normal consciousness. Open your eyes.

So were you able to do it? Yes? So how many of you want to continue this? Let’s see... (many of us raise our hands) Really good... So immortal batch is very big... This is really good... This is really good...

Understanding healing and how it is done

This means many of you have really accepted the truth about yourself, your true nature is immortal and all of that... Very good... So this is about immortality and health. Now let us come to the healing part. How can we as Srividhya sadhak or Varahi sadhak, or Rajamatangi sadhak or Shiva

sadhak or Bhairava sadhak manifest the healing for ourselves in our body, mind and soul...? Is it clear to you?

So the two Universal laws that are very important in healing are -

“Where there is the attention, there is the energy” and

“Where there is the intention, according to that, energy manifests”

Where ever we focus, our energy will go there and that part – of the object will grow. Is it clear to you? If we focus our energy, attention into the fingers of the hand, our energy will go there. If we focus more there, more our energy will go there. But if we programme it with intention – for what purpose the energy will have to go there, not to simply go and scatter... If the intention is – that the energy must go and heal the fingers there – then what happens is, healing will manifest.

It is the Universal law, please understand. I am not asking you to believe this. It is the Universal law – “Where there is the attention, will, there is the energy.” And how you put the intention, like that the energy flows and manifest. Here you need to understand two universal laws. Is it clear to you? And 3rd Universal law is very very powerful, that -

“Divine is everywhere. Everything is the art of Divine Mother”

Yes or no? Within you – Divine is there, within me – Divine is there. So that’s why you and I are breathing... The day Divine says bye bye – you are no longer breathing – finish! Is it clear to you? So the 3rd Universal law is that – “Divine Mother is everywhere!”

And the 4th point is – how you call Her, like that She will manifest!

Okay? If you call Her to manifest abundance, that type of energy will come. If you call Her to manifest protection, that type of energy will come. If you call Her for healing energy, then She will manifest as healing energy. If you call Her for any different purpose, like that Divine Mother will manifest! And all of you have already taken initiation and Deeksha – so already Divine Mother has manifested in you.

What you only need to do is to channel the Divine Mother energy as per your requirement with intention.

Is it clear to you? So you don’t need special Deeksha for healing here. You just make the intention and if you are sensitive to energy, you will start feeling the energy. This is one of the techniques taught by Paramahansa Yoganandaji. He just said the truth -

“Divine Mother, Thou art is everywhere. You are manifesting everywhere, and You manifest in me as healing presence.”

Can you see this? He is devotee of 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 whatever the purpose was – He would put the energy, focus and intention – the energy would start going there, and start bringing the cleansing, healing, energization and release all the negativity!

It looks very simple. All spiritual things are very simple actually! Divine is very simple! But when you apply them under the right guidance, miracles will happen. So, how are we going to manifest?

We hold our palms, and make a sankalpa. And whatever is your Ishta devata, you call that – if your Ishta devata is Lalitambika, you call Lalitambika. If your Ishta devata is Varahi, you call Varahi, if your Ishta devata is Bhagalamukhi, you call Bhagalamukhi. Is it clear to you?

Just make a sankalpa -

“Divine Mother Lalitambika, manifest Your healing presence in my body, mind and soul.

Divine Mother Lalitambika, manifest Your healing energy in my palms. And make me feel Your presence in my palms.”

You will start feeling the energy. It is very simple. Now we are doing the exercise and you will feel it. And you will be surprised that –

You are born with healing ability!

Why is it so? What is the answer? It is because you are the spark of Shiva-Shakti! Ha ha ha... You see, I can feel it you know, my hands are vibrating. I have not taken any Deeksha for healing and all... Just my connection, my surrenderance, my devotion with Lalitambika – She is vibrating, Her energy is vibrating here in my hands!

Now I can channel this to heal my – shoulder pain, knee pain, stomach pain, headache, whatever I want. Is it clear to you?

First thing is your understanding about the reality that – “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 the Brahmaanda. 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 is made so that the paper has the form of the paper! Who is holding this atomic configuration? It is the same Adi Shakti! Okay?

Now, I want that this Shakti manifests as healing power and help me to heal and manifest health. Is it clear to you? Very simple... There is no confusion, there is no complexity. And this is done with the understanding of the Universal law that – “Everywhere, Divine is manifesting!”. This is not a belief system, it is the Universal law.

The Prana – the Shakti takes care of everything. This is what is called as Universal energy – this has another name known as Reiki shakti. Yes? This is what is called as Pranic healing. And now so many names have come now. Okay? Now, for that a Sankalpa is made – “Mother manifest in me. When I put this symbol, You manifest in that symbol and whoever puts the symbol!”. And then I give the symbol to you. This is the Reiki symbol.

But for this the connection should be there first. If connection is not there, then whatever is done, nothing will happen. Ha ha ha... Got this point? So that is how the energy systems are created –

Reiki system, Pranic system, where in the Reiki system – the saint mediated for 21 days and communicate with Universal power and then he received those channels. He visualized them as symbols and he started giving them with the sankalpa – “If any person uses this symbol, then that person must receive the same energy.”

In this way the system was created. Now many peoples are creating their own energy healing systems. And they give different names for that. Is it clear? Some people add the Pancha Maha Bhoota into that, some people add this energy, some people are connecting the symbols to astral beings and giving to you! And you don’t know what is happening, you are calling those astral energies while putting the symbols and contaminating your energy system!

So you should be very careful. Why do we need all of this, why don’t we directly call our Ishta devata? I tell you – when I did this the first time, I was in such a joy! Such a love with Lalitambika! Because I am calling Lalitambika, I am asking Her to manifest in my chakras, I am asking Her to manifest in my cells, I am asking Her to manifest in my breath – what could be the experience then?

My Kundalini started shooting up, I was going in such a bliss! All this in fraction of seconds... You are calling your Ishta and you are telling Her you know –

“Divine Lalitambika, please manifest in my heart!” See how beautiful it is!

“Lalitambika, please manifest in my Mooladhara chakra! Cleanse, heal, balance, raise the consciousness of my Mooladhara chakra for my highest good!”

You cannot believe, my whole body started dancing like a drum – by the grace of Lalitambika! It is something you know, where you accept so much – in soul level, mind level, physical body level! How beautiful meditation it is I tell you, amazing... amazing!

And you bring greater healing here actually! Here you are not using symbol, this, that, mantra, nothing, just you are making a sankalpa – your soul power, your mind power, little bit of universal laws knowledge and you will manifest healing and health and bring miracles!

I have seen many times, some people they email me – “Guruji, my father is admitted in ICU.” That person is not a sadhak. I just go in front of Mother, and I see in Her eyes – so much of love of Lalitambika, and I just say –

“We are all Your childrens. How You have manifested everywhere, like that please manifest Your healing power in that person’s body, mind and soul. And do what is the highest good for him.”

Here you are not interfering. And you surrender –

“Mother, I surrender at Your feet. Because You know better than me! You know his karma, his past life, present life, anything and everything!”

Ha ha... And I know that She is listening to me – you see this is very important. And next day email will come that the father has come out from ICU. I am not going and putting the Reiki symbol from bottom to top – doing every chakra healing, this, that... I am not doing anything! Ha ha ha... But I

know that there is one Supreme Power and It is so miraculous, and there are no Universal laws – the Universal laws of karma and all – nothing will work here! 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 is very beautiful actually I am telling you – I have many, many experiences like this – many, many experiences! I have manifested Lalitambika in yantras. I have manifested Lalitambika in idols – with a simple Sankalpa shakti. When somebody comes and gives me the idol – I don't go on using the Prana Prathistapana mantra, this mantra, that mantra – I just see Her in me and breathe Her out in the idol. And I know that Mother has manifested in that idol! This is not done using the process of – doing abhisheka, take the darba, touch the idol with the darba, chant the Prana Prathistapana mantra and infuse the Shakti – no!

She is my Atma Shakti, my Ishta Shakti, my Kriya Shakti – so whatever I do, what happens? It is She!

And when people worship – I get all the feedback. And then how you infuse that is also very important! I tell to Mother –

“Mother, manifest in this as unconditional love!”

Because I know that many people don't do puja... They don't offer anything like neiveidya and all.

“Mother, just unconditionally bless them!”

So what happens when you take any pendent, yantra and idol? You won't have any negative side effects! You only have positive effects! I do know this Prana Prathistapana process, the procedure – I used to do that... But in the next step Mother taught me, She said –

“You just see me and infuse me!”

She taught me the super shortcut method... That's how its done for the deeksha process, everything super shortcut She gave me you know, you always receive the ultimate knowledge from your Ishta and your Guru actually! It is not coming from the book or anywhere else, I am telling you... So, once you start manifesting Divine Mother, imagine you want to heal your pet animal.

Healing your pet animal

I call Mother in the pet animal – if it is your dog that is having a problem, you pray –

“Divine Mother Lalitambika, Rajarajeshwari, Mahatripurasundari – (more you call Her names, more of Her different energies and vibrations will manifest, okay?) please manifest Your divine healing presence in this ____ (name of dog), in this dog's body, mind and soul. Bless what is the highest good for this dog.”

Keep on chanting whatever mantra you want. Otherwise just give your love to a dog. Just give your love like how Mother would do, like how She would have taken care of a dog – in the same way you give your love to your dog. Mother will simply flow! And how powerful it is I am telling you – your hand will go where healing is needed. Here you have to surrender, I am telling you.

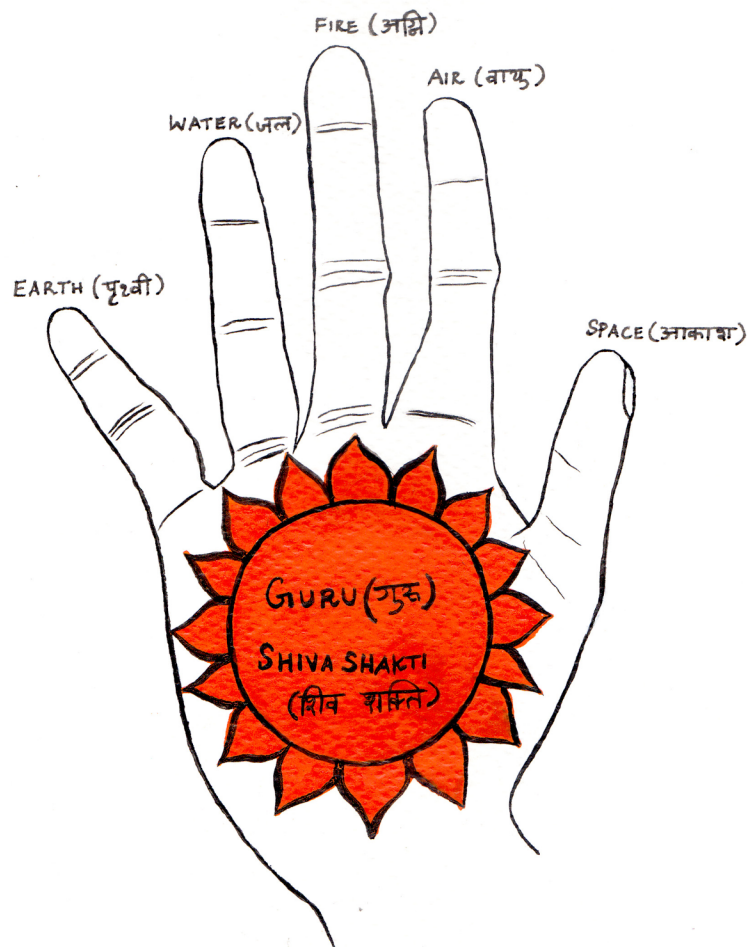
And you will be surprised that – more you do this type of moving your hand over the body of the animal or over a human being, literally your body will also feel it as your body also communicates with the vibration of the energy!

This is also a Universal law – “When we do this type of movement of the hand, whatever energy is there on the body, whatever vibration is there, whatever physical atomic configuration is there, it will start reacting and changing to your energy!”

This is not a physical level communication, it is the energy level communication. Why is this so? Because, our hands have all the powers – all Pancha Maha Bhootas are at the tips of our fingers. See how powerful we are?

Different energies present in the palm of hand

- 1. Earth energy manifests in the little finger***
- 2. Water energy manifests in the ring finger***
- 3. Fire energy manifests in the middle finger***
- 4. Air energy manifests in the index finger***
- 5. Space energy manifests in the thumb finger***
- 6. Guru and Shiva-Shakti energies manifest at the centre of your hands***



So Pancha pranas are there, Guru prana is there, Shiva-Shakti prana is there in our hands. Now we are moving this over the body of an animal or a human being, then what is happening there? Who is communicating there? Your Pancha Maha Bhootas are communicating, Guru is communicating, Shiva-Shakti is communicating. And when we surrender, then what happens? Your hand will go to where it is needed. And then I ask the person – “Do you feel more pain here?”

That person will say – “Yes, I have pain here!”

You don’t need to ask him. Is it clear to you? You just need to focus and go on communicating with the person’s energy and you will be surprised, your Shiva-Shakti energy just communicate what is needed there. Is it clear to you? It looks very very simple, but it is the truth. Things are very simple, actually. It is very simple.

And then the Vata, Pitta, Kapha also start changing there when you do this communication – body communication, vibration communication, energy communication to the body of a human or animal, then automatically Vata if it is stored will start releasing from there. Okay? Or it will balance it there, cleanse it there, healing there. Then what happens? Whatever is the diseased energy, stored energy will start releasing there and automatically your body will absorb the positive energy as your body has the ability to absorb the positive energy!

The body is made for that – to absorb only the positive energy! But because of our thoughts, feelings, emotions, we attract the negative energy! But at the centre level – we are a spark of Shiva-Shakti, only the positive can stay! Negative cannot stay – so negative emotion has to manifest as disease and leave!

You see that, how beautiful we are made! So -

1. First we call Divine Mother with our sankalpa
2. Then where ever the problem is, we start communicating there. And more you go into silence, more you will go one step ahead in healing. More you go into silence – in the surrender state of stillness, you reach a state and start touching the quantum field – which is the mother of all the healing!

There is Reiki, Pranic, Ayurvedic, Allopathic therapy – whatever it is, different layers are there, all these come under different layers of healing.

And at the bottom, one layer is there – it is the stillness! It is abundance. It is Shiva. It is Static consciousness. From that Static consciousness, everything is created! This is called as zero point field or quantum healing. At that level, you can even change the karmas of past life, present life and according to your sankalpa, it will be taken care.”

Questions asked by Sadhakas to Guruji at SSRC Center

2. Sadhaka question – “Can we do this for ourselves?”

Guruji -

“You can do it for yourself and others also. You can teach this to others also, with the universal laws. Please understand, universal laws are very important here. What I am teaching here are the principles of healing, principle of the soul, principle of the energy – these are the laws.

Whether you or I say them or not – they work! They are eternally working. Is it clear to you?

“Where my attention is, there my energy is.”

Now my attention is to heal my body – so my energy will go there. And now my intention of what I want to manifest in my inner world and outer world, I make that intention – “Mother, manifest Your healing presence!” Is it clear? And if you are sensitive, you will start feeling the vibrations. And if you are not sensitive, don’t worry. Just go ahead and follow the process. You just communicate with the diseased part.

If you have knee problem, go on communicating with knee – just be there. Try to sense. If you are sensitive, you will feel strong vibrations in the diseased part. Is it clear to you? For example you have headache at the lower back side of the head, at that part, where when you rotate, you will feel all the problems and energy – too much energy and strong vibrations.

Now you little bit rotate your palms at that place – the Pancha Maha Bhootas, pranas, Guru and Shiva-Shakti pranas at that place. Just communicate, communicate – you are not doing anything actually, Divine is doing everything, but the credit will go for you!

“Guruji, you healed this, oh my God!”

One person you know, he had headache for minimum 10 years I think. When we just taught him this method and asked him to do this for himself, you cannot believe, his Vatta was stuck at the lower side of his head for 10 – 15 years – this Vatta pressure!

He went to physiotherapy and it was of no use. He did this, that and they were of no use. Just in silence he rotated his hand around his neck area.

Anti-clockwise direction rotation - is for cleansing and

Clockwise direction rotation – is for healing.

You see how our devatas are sitting – with one hand facing us – giving us blessing and another hand is down – is receiving. This is universal energy, you know? And whenever we do clockwise rotation it is for energization. And whenever we do anti-clockwise rotation, it is for cleansing.

If I want to do the cleansing of the energy at the bottom part of the head region, you will have to first cleanse that part there and only then do the healing and energization. If you want to do Puja, first you clean the place and then only you will energize with mantras. You will simply not go there and do the Puja.

So -

1. You manifest Divine Mother with Sankalpa
2. Bring your attention to where you want to do the healing

3. Begin communicating with the energies of that part that you are healing. Rotate your palms in the anti-clockwise direction first to cleanse that part.

If possible, you cleanse that part like how you would clean normally with cloth – in side to side direction. See that there is some dust in that part – energy dust is there and it needs to be cleaned. So how is this done? Just move your palms side to side to clean the energy dust. It looks very simple right? But you do it and see, you will be thankful to me! Ha ha ha...

“...its so simple, how is this possible Guruji?”

I am teaching you this with confidence because I have done all of this before. In order to learn this, Mother gave me problem, you know? Ha ha ha... And only after that She gave me knowledge! First She will give problem – you will do research and all of that and then She will say – “*Come, I will tell you!*” Ha ha ha... And then She will teach all these simple things.

So, how you do this – its like how you erase something from the board using duster, like that you move your hand side to side erasing the painful energy. Keep doing this again and again and intend to release all the painful energies.

Make sankalpa – “***Divine Mother Lalitambika, clear all these negative energies, painful energies, give me good health.***” Just make sankalpa like this and do it. This is all you will have to do.

And then you rotate your hand in the anti-clockwise direction at the region where you are having pain. Do this for few minutes and check and see how you are feeling. For example, you were not able to lift your hand previously, but now you are able to lift your hand by 10%, then again you will have to increase the healing and energise that part again. Rotate your hand now in clockwise direction.

After this, hold your attention at that same place – go into quantum field, go into silence. This is the true healing. If you want to bring permanent change unlike the other healing methods that are temporary, then this is the way. If you no longer want that pain, if you want your healing to be permanent, then you will have to hold your attention at that place. Try to feel your palms at that area.

This is all you have to do, have no expectation or anything. Be there as the silent watcher. This is the big problem for people!

The problem with quantum healing is, people don't want to be in silence. They want to keep doing something. But when you let go, let Divine, Mother will take care.

This type of healing is so permanent I am telling you – your body structure will change, your spine alignment will happen, your hip joint alignment will happen, the atomic energy configuration of inside the cell takes place, the cancer cells can get converted to normal cells, the torn part can be regenerated – I am telling you. It looks very miraculous, but it is possible. I have seen the results, I am telling you. Without seeing I won't be teaching you this.

And it does not matter at what age you are – as at the quantum field, there is infinity potential, there are infinite possibilities!

If you are at the age of 70 and you believe that your knees cannot be healed, only surgery will work – then it won't work. You have been told by science that at the age of 70 you cannot create stem cells, and so the only option is surgery.

But with the understanding that you are the spark of Shiva-Shakti, you can literally trigger the stem cells at the age of 60, 70! Why is this so, tell me?

This is because, stem cells are already within you – it is stored in your bone marrow.

When you are in a do or die situation, the stem cells get released automatically. And that's why in R-Kriya we have one pranayama – the Rapid Healing Breath. This will enable your body to release the stem cells from the bone marrow. The Bahe Kumbhaka creates a situation in the body which triggers the release of stem cells and they start circulating, flowing in the blood stream. And wherever the blood stream goes, there the stem cells start going. And where the regeneration of the part is needed, it starts happening there!

So this is one of the Prana Kriya that we have in Rajarajeshwari 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? At the age of 16, ten gulab jamuns are also okay, ten laddos are also okay! But at the age of 40? One sugarless laddo, sugarless mysore pak... Ha ha ha... You are just deceiving yourself, you know? Ha ha ha...

So, what has changed here? The cells have changed in your pancreas – and the energy behind that, the supply of the energy to pancreas has changed. Please understand.

I created negative energy, diseased energy and 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 Srividhya tell me – “Guruji, my diabetes is under control... My BP is under control...” This is with just chakra meditation, in Level – 1 only! Why is this possible? Why are they able to create this? For them it looks miraculous, but it is not a miracle, what you are doing is, you are programming and giving Divine healing energy to your cells, and your cells are now coming back to functioning normally because of this. So when the cells begin to function normally, the pancreas begin to function correctly and hence it begins to create the right amount of insulin, which in turn enables you to overcome diabetes! It is not miracle, it is science – “Inner world creates outside world...”

I ask Divine Mother to manifest in me, and I ask Divine Mother to manifest in my pancreas –

“Divine Mother, manifest your healing presence in my pancreas, in every cell of my pancreas, bring complete healing, the normal functioning of the cells and create the right amount of insulin...”

With this sankalpa, I hold my hand there, okay? Then what I do, I try to feel that energy, I begin communicating with that organ. Then what I do? I try to give my love to that... I communicate with my hand, with my palms, I give my love to that by feeling it...

And then I little bit cleanse that, and make sankalpa -

“Divine Mother, please cleanse this part...”

And then I rotate my palm anti-clockwise. After this, I rotate my palm clockwise and pray -

“Divine Mother, please heal and energise this part...”

And then I hold my attention there in silence and pray -

“Mother, completely balance and stabilize the energy that is received into the pancreas...”

Now be in deeper silence. Feel the pancreas and palms energy and silence – just be there as a presence. You are not doing anything. You will be surprised, the atomic configuration, the reorganization starts taking place!

First you do healing, go into the quantum healing, and you permanently change it, is it clear to you? This is very very powerful! You can use this to activate your chakras.”

3. Sadhaka question – “How much time will this take?”

Guruji -

“It will take little time, depending upon your belief... For me it happens very fast... This happens with experience, you will come to know that its possible...”

I can bring healing for my heart. I can bring healing for my kidney. I can bring healing for my hair... I can bring healing for my skin. I can bring healing for my knees... Can you see that? If I have headache regularly, I can bring healing for that...

Whatever you are having problem, just make sankalpa, feel the energy, rotate your palms at that place, cleanse that place, discharge all the energy, bring the healing energy, loving energy, hold in attention, in silence in quantum field, and be there for few seconds...”

4. Sadhaka question – “Can we heal someone from far away also?”

Guruji -

“Yes! I have done the healing in video calls... Many healings happen during deeksha also, you know that... Yes, its all possible... Everything is possible...”

But your connection with Divine is very important. Because who is doing all of this – it is Divine! And you know that within me Divine is there, and within another person also Divine is there...

“She is the doer, She is the healer, She is the one who does everything!”

But I am using the Universal laws here, it is not just Bhakti, please understand! Universal law of Energy is used – “Where there is attention, there the energy flows!” and I also know that body vibration communicates when we simply move our hands over that part of the body that needs healing... This is the Universal law of how body vibration communicates, energy communicates...

And I also know that I am built with all the Pancha Maha Bhootas and all the energies in my palms. If you go for acupuncture and all other systems, the entire body organs are treated with needles pierced on your palms!

So your palms are very very powerful! That's why in India we don't shake our hands with anyone... Is it clear to you? I do Namaste – you are there, and I am here... Ha ha ha... They have very intelligently designed this – they don't shake hands and all... Ha ha ha...

In other places it is very different, of course. Our culture is more Soul oriented, Divine oriented. That's how it is. I hope that you have understood.

So what is the first step? Manifestation. Can we manifest? Shall we do it? Yes?

Example for healing a chakra – the Heart chakra

Now if I want to do the healing for my chakra, how can I do it? I ask Divine Mother -

“Divine Mother Lalitambika, Rajarajeshwari, Mahatripurasundari, manifest your healing presence, healing energy, healing consciousness in my body, mind and soul. So be it.”

And then what I do? I then bring my attention to where I want to heal. For example I want to do healing for my heart centre – heart chakra. Today I was feeling very emotional, I was very hurt, so many things – I go emotionally up and down, no matter how much positive I think nothing is working, so what needs to be done? I have to work with the energy level. Okay?

I ask Divine Mother -

“Mother, please manifest your divine presence, healing presence in my heart centre. And cleanse, heal, energise, balance and raise my heart chakra for the highest good of my growth...”

Whatever you want, you make the sankalpa. Then what I do, I hold my hand there at the heart chakra. I try to feel my chakra. If possible, use your right hand – as right hand is more for giving. You hold your right hand above, near to your heart chakra and begin cleansing first – by using side to side motion – wipe away like you would clean a table with cloth. Wipe your chakra.

Now do this and try to see how you are feeling, I want to take you step by step. Do it. And see what happens to your heart centre. Make a sankalpa and bring your attention to your heart centre. So here you are using the Universal law, and this type of movement we have already learned from childhood on how to clean. Now use this same movement to clean your heart centre. And see that your heart chakra is responding to you – please see it, feel it.

“Divine Mother, cleanse my heart centre... Remove all unwanted vibration, energy, thoughts, feelings that are not the highest good for me...”

Do this for yourself. Make sankalpa of whatever is needed for you. Do it with involvement. Once this is done, now you rotate your hand – your palm in anti-clockwise direction and pray -

“Divine Mother, cleanse my heart centre.”

Now try to feel what happens here when you rotate your hand in anti-clockwise direction. If possible, maintain distance of 3 – 4 inches from your heart centre and rotate. This way even your aura will get cleansed and healed. Once you have completed few rounds of rotation, next you rotate your hands in clockwise direction. Now your sankalpa will change to -

“Divine Mother, energize my heart chakra and raise its vibration for my highest good.”

Keep rotating in clockwise direction, and see and feel the chakra. Once this is done, keep your both hands facing your heart centre and make sankalpa -

“Divine Mother, stabilize the energy of my heart centre. Seal the energy of my heart centre. Bring the right vibration, growth. Raise the consciousness of my heart centre.”

Now be there and hold your attention there in silence. Be in silence and be aware of your palms, your heart centre and all the energy movements. But you are not going to do anything. Just be in awareness – witness what is happening. You will be surprised when you are doing for heart centre, you can feel that changes are happening for all other chakras also.

Then you offer your gratitude to Lalitambika -

“Divine Mother thank You for your healing, blessing and energization.”

Then you relax your palms and take rest.”

Steps for healing

Step 1 - Manifest Divine Mother with Sankalpa



1. Make sankalpa to heal whatever you want to heal. Draw your attention to the area that needs healing.
2. Ask Divine Mother to help you.
3. Hold your hands right above the area where healing is needed.

Step 2 - Bring attention to where you want healing



Use right
hand for
healing

1. Cleanse - wipe away by moving your hand from left to right and right to left.
2. Try to feel what is happening.
3. Ask Divine Mother to remove all the unwanted, negative energies from that area that is not for your highest good.
4. Always do healing with involvement.

Step 3 - Ask Divine Mother to cleanse the area



1. Now rotate your hand in anti-clockwise direction. Do this right above the area that needs healing.
2. Ask Divine Mother to cleanse that area.
3. Continue rotating your hand in anti-clockwise direction for a while. Try to feel what happens after sometime.

Step 4 - Ask Divine Mother to energize the area



1. Now rotate your hand in clockwise direction. Do this right above the area that needs healing.

2. Now your sankalpa changes - ask Divine Mother to energize that area, raise it's vibration for your highest good.

3. Repeat this for sometime. Try to see and feel what happens when you do this.

Step 5 - Be in silence and offer gratitude to Divine Mother



1. Now place your both hands facing the area that you are healing.

2. Make sankalpa and ask Divine Mother to stabilize the energy and seal it for the area that you are healing. Ask Her to bring the right vibration, growth and raise the consciousness of that place.

3. Now hold your attention and be there. Be in silence. Be aware of your palms, the area that you are healing and all the energy movement - but don't do anything. Just witness what is happening.

4. Offer gratitude to Divine Mother. Thank Her for the healing, blessing and energization.

5. Relax your palms and rest for sometime.

5. Sadhaka question – “Can we repeat this for all the chakras?”

Guruji -

“Yes. You can do this starting from Mooladhara and go upwards to the crown chakra and do for all the chakras. You can do this same thing for others also. First you ask Divine Mother to manifest in body, mind and soul and at the same time ask Divine Mother to manifest in that person whom you want to heal.

When you do this type of healing, if Vatta is more, that person will start getting burps, yawning will happen, tears will start flowing, gas will also start releasing, everything will start happening to that person, I am telling you. This is the sign that energy has started to work for that person. The same goes for you also when you heal yourself.

Don't think that you are getting more sleep and that is why you are yawning more and negative energy is getting released. No, it is the release that is happening of the Vatta energy and this is needed. You see our body is under the universal law –

“Whatever the body takes in as food, and negative food is released from our body...”

We take in good air – oxygen and then release carbon dioxide. And in the same way, we accumulate lot of negative Vatta, Pitta and Khapha. This should be released. Otherwise all the organs in the body will have problem.

I have seen people have accumulated Vatta for 5 – 10 years in their body! Its not 1, but 5 – 10 years! They will be yawning like this for 2 – 3 days! They have never yawned this much before, they have never burped this many times before. But in 2 days, so much yawning and so much of tears happen. Means Vatta is releasing and after 2 days, they are so light! They feel like they are flying!

“Oh, how beautiful this is...!”

They had lost this. As in the past they had created negative Vatta due to – wrong food habits, wrong sitting habits – you see some people will be sitting with their one leg folded and the other leg down for 2 – 3 hours – this creates imbalance in their energy systems. They are not aware of this and they will just be working in that position in front of the computer – with their one leg folded and the other leg down.

Or, they will be always tilting their neck in one direction and then in the other direction and seeing in that tilted angle only – this creates Vatta pressure! Or their back would be hunched and they will be working in that wrong posture for many hours.

Our living styles create Vatta problem! And Vatta rules minimum 75% of the diseases in the list of diseases, I am telling you! All the body pains, BP, everything is almost due to Vatta. And if you do this type of healing, where ever is the problem, just circulate and you will release the Vatta!

You will be surprised, how we are in-built with technology and how we need to clear the negative energies. We have not been taught all these... Is it clear? We have not been taught all these.

One thing is – we create problem because of our food habits.

Another thing is – because of the seasonal changes, we get cold, cough, fever and all that. This is because of disharmony – our body is not adjusting to the outside things.

Now situation has come in such a way that we don't know when rain will come. It is in this way due to the collective consciousness. The collective consciousness influence the Pancha Maha Bhootas and so the rain may come suddenly and continue for a month or even two months! You will be surprised...

Why is it happening in this way? It is because of whatever we had done to the Pancha Maha Bhootas is now affecting the earth and all of us! We are going to face so many problems because of this...

So this is very important to know how to heal ourselves. Are you able to understand about healing the chakras, how simple it is? But at the same time it is very powerful. Try this and see for yourself. Here you are not taking any mantra, yantra, tantra. You are using your soul power, aligning with divine principles which are already given and we are doing healing for ourselves.

And you can also teach this to your childrens, your family members and they can heal themselves. And advanced students – the more you are experiencing silence after meditation, the better you will be as a quantum healer, I am telling you. You can not only help yourself, but you can help your family also! Is it clear to you?"

6. Sadhaka question – “Can we heal from far?”

Guruji -

“Yes from far also you can heal. That's what if you are there and I take a photo of you, I can give healing to you via your photo also. Sometimes if we have problem at the backside of body where hands cannot reach, what we can do is – just take photo of back and heal your back on the mobile also... Got this point?"

7. Sadhaka question – “Can this heal anxiety, depression, anger?”

Guruji -

“Yes, you can heal anxiety, depression and anger also. Because some of you have the memory pattern in sub-conscious mind – if something happens, one thought gives rise to something else and this in turn leads to something else until the whole mind gets overcome with negativity due that single thought! And you experience that mental disorder.

So you can heal mental disorder. Mental problem means, you have to focus on Ajna chakra – this is the commanding centre of your soul. If you want to command to your body, mind and soul, then from this centre you can command to your sub-conscious mind, conscious mind and super-conscious mind also.

Ask Divine Mother to heal whatever is the mental problem you are facing. If you have very very deep rooted sub-conscious mind problem, then you have to focus on your nabhi. The nabhi is the part where more things related to sub-conscious mind are present. Hence we call this as Samsara.

When person is good then okay, but when he becomes rich and then his tummy becomes big, we say – “Oh, this is Samsara!” Means that his tummy is where his sub-conscious mind is present. Got this point? That is what Taraka mantra does – it enables to go from Brahma granti to Vishnu granti! Ha ha ha...

First Brahma granti has to be opened up – then you will have to ability to create.

Then Vishnu granti has to get opened up – then you will have the ability to manage your creation.

Then Rudra granti has to open – so that you can destroy what is not working for you.

Then only Brahma, Vishnu and Maheshwara Shakti will be awakened in your soul. So that is why grantis are given to us. Only then we can raise our consciousness! Is it clear to you?”

8. Sadhaka question – “Do we always need photo only to heal even for our family members?”

Guruji -

“You don’t need photo for your family members – you can always imagine them in your mind. But if you want to do healing for a stranger, at that time you will need photo. But if you are doing healing for your son, daughter, you don’t need photo.

You close your eyes, you know they will come... Sometimes beautiful picture will come of your family members... Ha ha ha... So in this case, you will have to first release those images -

“Divine Mother please manifest and release all these negative images between me and this person and also the negative energy chords.”

This is very important. Especially for relationships you will have to release the negative energy chords, negative things everyday. And then you can put the healing for whatever is needed for them. You can do this for your child/childrens also.

If the memory power is not good, ask Divine Mother to manifest, activate the brain cell of that child and awaken the memory power -

“Divine Mother please manifest as Saraswati tatva, the intelligency in the soul, body and mind of ___ person.”

Then you go on healing that child – cleanse the brain cells, sub-conscious mind – memory patterns and then energise with Divine Mother energy – just the movement is sufficient. Then hold in silence and go into quantum field – create more unconditional love and hold in silence with the sankalpa that it should bring permanent change. This is how we will have to do.

Healing is different as after sometime many people lose the energy. So that is why you will have to go into the quantum field and bring permanent change in the structure. So we have -

1. Invocation of Divine Mother

2. Manifestation of Divine energies in the palms of our hands

3. Place hands where healing is required and communicate with the energy using our palms by making the movement

4. Where ever strong movement is there, try to be there. In this place you cleanse, energise, hold, be in silence and create positive, healthy structure

Is it clear? You can do the same for trees also, cows also, dogs also and cats also. You can do this for your entire agriculture land also. Is it clear to you? When you do this, it will start working at the soil level, seeds, the moisture content of the soil will change, pH of the soil will change and for the seeds – whatever necessary DNA that needs to be changed will also change. Is it clear?

You can do for all of them... You can also do this for non living things. For example, if something needs to be repaired, you try and see this. It is possible to rectify a problem temporarily using this method. This is because when you go into the quantum field, it will react.

It is my own experience – in our Hubli centre we had a computer and when I was working, or some other person was working, it was very good. But when another new person came, and when he started working there, he started getting headache and all of that. This means that the computer reacted to the person's mind and I was surprised to see this!

The computer was reacting to that person's energy! We have seen that even the non living items react to a person's energy and mind! Then we did forgiveness exercise between him and the computer...! It looks very funny, but we have done that! And after this was done, he was very happy and was not getting any headaches and all of that! This means that we are communicating with everything! This is very important to understand.

That is why it is said that whatever you keep is very important. From where you take something is also very important.

If you take one item from wrong place and you bring that to your home means that entire energy is landing into your home! Got this point? Everything is very important, when you go in energy level...

9. Sadhaka question – “Can we heal Earth also in this manner?”

Guruji -

“Yes you can heal Earth also. Go into silence and give the energy for the entire Earth. Visualize Earth in front of you and go into silence as much as you can – offer your love. And ask Divine Mother Lalitambika to manifest as 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 – be in silence. And She will take care of everything. You can do this for lakes also. You can do this for trees also, you can heal areas also, heal old temples – all this is possible.”

10. Sadhaka question – “While healing someone will I take that person's energy? Because in Reiki healing we have to purify ourselves after we heal a person.”

Guruji -

“This is a very important question. No, you won’t be taking that person’s energy. This is because you are making sankalpa and asking Divine Mother to manifest in you as a healing presence, but you are not doing anything here. It is Divine Mother only who is doing everything and that person’s energy will not affect you.

Even when you communicate using your energy, it is not you who is communicating. It is Shiva-Shakti, Pancha Maha Pranas who are communicating. And also while healing you are not touching anyone, you are doing your healing from distance. So it won’t affect you.”

11. Sadhaka question – “What is the difference between mantra and quantum healing?”

Guruji -

“Mantra works at the wave energy. Quantum healing goes one step ahead. Some types of healing are -

1. Form healing

2. Sound healing

3. Energy healing

4. Awareness healing

When I go into stillness, awareness – it is more powerful than energy healing! Is it clear?”

12. Sadhaka question – “Can we use photo to heal someone?”

Guruji -

“Yes you can do it madam. It is particularly useful when you want to heal strangers. Here, you will need their photo to heal them – in order to focus on them.”

13. Sadhaka question – “What if I don’t have photo of that person?”

Guruji -

“Then it is difficult – in this case you will have to take the name of the person, visualize him/her as a person without any specific face and all – just the outer layer of body and then do the healing. Or any part of the body that requires healing also you can do that.”

14. Sadhaka question – “How to hold hands while healing Mooladhara chakra?”

Guruji -

“For Mooladhara chakra you just hold your hands little bit below your stomach only. You need not go at the exact point where Mooladhara chakra is present. Just make sankalpa and rotate your hands, hold in silence and do the healing. Is it clear?”

15. Sadhaka question – “Is it possible that people who are working as beauticians can get other person’s energy?”

Guruji -

“Yes because when they work with other people, they are interacting with the energy of the person. They are touching that person. Got this point? That is the problem. But not all beauticians are like that madam. Ha ha ha...”

16. Sadhaka question – “Guruji, so finally we surrender to Her and the complete healing happens in silence?”

Guruji -

“Yes, yes. That’s what we go into silence. When we say silence it means – “Let go, let Divine!”. So like this you can literally do lot of healing. You can manifest Divine Mother in Sri Yantra. You can pray to Her -

“Divine Mother, please manifest your healing presence, your abundance presence, your prosperity presence, your Divine presence, your wisdom presence. And guide me through the Sri Yantra, guide my family members. Protect me and my family members. Guide my business, my _____ (whatever you want)”

You make sankalpa and manifest Divine Mother, feel Divine Mother energy and all of that. Is it clear to you? If you want you add the mantras also – you can add one mantra. One of the beautiful Shakti mantra is ह्रीं (Hreem).

For example you mind is too much distracted, then what can be done is – whenever you are feeling distracted, just chant ह्रीं ... ह्रीं ... ह्रीं ... (Hreem... Hreem... Hreem...) in your mind. So that you are holding yourself in the vibration of Lalitambika as Shiva-Shakti roopa. ह्रीं (Hreem) is Shiva-Shakti roopa. ह्रीं Bheejaakshara is Shakti pranava.

Or ॐ (Om) is also okay. ॐ... ॐ... ॐ... (Om... Om... Om...) is also okay.

But as Srividhya Sadhak, ह्रीं can be manifested easily for you. Is it clear to you? You can do this also.”

17. Sadhaka question – “Can we use Level – 1 Srividhya moola mantra for this?”

Guruji -

“That also you can use, but what happens is 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 anything. Just use ह्रीं ... ह्रीं ... ह्रीं ... (Hreem... Hreem... Hreem...) and that is okay.

Because many of us pray for other people, chant the mantra and our tapas shakti goes there! My energy goes to that person while trying to solve that person’s problems. But in this method my shakti is gone – whatever tapas shakti I have done is gone!”

18. Sadhaka question – “Can we use Level – 1 Srividhya moola mantra for self-healing?”

Guruji -

“For self-healing it is okay. Because you are already infused with the mantra shakti and so you can use the mantras – Panchadashi mantra, Shodashi mantra, Bhuvaneshwari mantra, Navakari mantra for self-healing. But even without the mantras you can heal yourself, I am telling you!

Even without the mantras the healing is very powerful. This is my experience. Without the mantra, in silence it is more powerful! We use the mantras only when the mind is too much disturbed. In this case, as a support we take the mantra. Otherwise without the mantra also is very very powerful! Because you are literally communicating without anything coming in-between.

But many people you know, they have problem with the mind. So in this case, you can chant in your mind ह्रीं ... ह्रीं ... ह्रीं ... (Hreem... Hreem... Hreem...) mantra and do the healing.”

19. Sadhaka question – “For how much time we have to do the healing?”

Guruji -

“Just do like this madam – for example, if my knee pain is too much, when I do healing and I try to see myself. If initially the pain was say – 10/10 for the pain and after doing healing for 2 minutes – just check and see how it is after the healing. Am I able to see some relief there? Has it changed from 10/10 to 8/10?

Then again I have to do healing for 2 – 5 minutes. Is it clear? And then again I do, but it is not changing, then I will leave it for now and I will do the healing again in the evening. You should know how much you can continue. Just because you achieved 8/10 by 2 minutes doesn't mean that you can keep on forcing your body to accept the healing after every 2 minutes!

“Oh, from 10/10 the pain has reduced to 8/10 and so now it has to become 6/10 now! But 6/10 is not happening, but why is it like this?”

Divine Mother knows how much healing is required for your body at that point of time. You have to give your body the time and space to accept the healing fully and not force it for more. I have seen many times that hardly 2 times quantum healing is sufficient – this is because when quantum healing is done – it continues healing even after the healing session is complete. This type of healing is not restricted to only the time when you are doing healing in silence, no!

This 2 minutes of healing will take 24 hours or until the time it needs to completely overcome the pain that I am facing. Sometimes healing happens continuously for 3 days! But you would have done healing for only 2 minutes! But the healing process will continue for 2 – 3 days...

Until the Vatta is released, you will be yawning, sleeping and all... All your family members will be scolding you – “what type of things you are releasing!” ha ha ha... They are afraid... ha ha ha... “What happened in 2 days it has become terrible...” ha ha ha...

But in 2 -3 days you become a completely new person, I am telling you! Because, many of us due to our sleeping positions, sitting position, eating position have accumulated the negative energy and that is stuck within us for many years! And you are releasing that many years of that energy that was stuck within you and greater healing takes place!

So it is always good that after having food, after 10 min, just rotate your hands near to your stomach area in anti-clockwise direction and pray to Divine Mother -

“Mother, please manifest and digest my food...”

And then after sometime rotate your hands in clockwise direction around your stomach area.”

20. Sadhaka question – “Even after eating we have to do healing?”

Guruji -

“Yes madam, as digestion is very weak for some people. You see that? I have seen that for some people one banana is also very difficult to digest! Ha ha ha... I have seen all these cases. So those people will just have to rotate their hands anti-clockwise, clockwise, anti-clockwise, clockwise, little bit you know, and pray to Mother -

“Mother, please help with the digestion...”

I am telling you – slowly and steadily, your relationship with your Ishta will become very strong. That is the beauty, I am telling you! You will start communicating with Her, you will start bringing Her energy in your meditation, bringing Her energy into your life, and bringing Her energy in your pain also!

And your faith will start improving and you will also start feeling Her presence. Everything is possible!”

Healing using Mandala

“I hope that this is clear to all of you. Shall we now do this for ourselves? Can you do this for yourself – do this for your chakras and let me know. I won’t guide you, you all do it for yourselves and let me know.

You can call Varahi, you can call Pratyangira also, I am telling you! We have seen – we create Pratyangira mandala and make the person to sit. I just pray to Divine Mother to manifest in the mandala, and in the body and mind of the person.

If there is any negative energy, it would start manifesting! Got this point? And because of the mandala, the negative energy cannot affect you. It has to be within the mandala and will be arrested within that mandala only. And you go on putting the Divine Mother mantra – Uchatana mantra or Marana mantra and the negative energy cannot stand there.

It will either die or it has to escape somehow, or it has to go to the right dimension to Shiva-Shakti’s light to Lord Shiva. We have seen all of these – negative spirit problem and everything can

be solved using the mandala. This is the mandala puja where you arrest the spirit and then bring the interference of Divine Mother in the form of Pratyangira and we ask Her to release that negative spirit, entity, energy to the Divine light.

And no matter what is the reaction from the spirit maybe, you just need to hold the faith in Lalitambika in Pratyangira form. Keep on chanting the mantra and all negative energy will get released. That is also there.”

21. Sadhaka question – “Can I heal my dog, animals using mantra? And when I use the mantra, am I using my mantra shakti?”

Guruji -

“Yes, please sit down. Yes, you are using your mantra shakti. Because when you chant this mantra, the Divine energy first comes to you, and then it goes to the person whom you are healing.

You either energize the food or water and then you give that to dog or any animal. So why don’t you directly pull the Divine energy -

“Divine Mother manifest in the body, mind and soul of this dog...”

Here your interference is less, your energy is less affected and Divine Mother is directly taking care. This is much better than using your mantra shakti.

Varahi is very good for animals. I think this Sadhaka has the experience with healing dogs and all, am I right madam? Varahi is very very good. She is Sanchara devata and She can come very fast. Okay? So like this there are some devatas – Bhairava is very good. Today what we chanted -

|| Om Namoh Bhairavaya Swaha ||

Is a very powerful mantra. This also brings a lot of protection, healing and all of that.

So there are some devatas whose energies are very effective for particular things. Is it clear to you? But if your Ishta is someone, they can manifest any energy... In my case I can manifest any energy because of Lalitambika. I can manifest Pratyangira, I can manifest Varahi, I can manifest any Shakti – Bhairava Shakti, Dus Mahavidhyas Shakti also, Bhagalamuki Shakti I can easily manifest. This is because of Lalitambika!

Lalitambika is in Turiya Avasta – from Turiya Avasta, soul energy – it is easy to manifest any form. From Turiya – to Parabrahma tatva – to Satva, Rajo, Tamo.

But the very aggressive Tamo guna – to manifest Parabrahma tatva is very difficult. It is not possible. Is it clear? So that’s what the Dus Mahavidhya leads you to Srividhya, the Turiya Avasta and all of that. Okay?

Now shall we do healing together? Please do it for yourselves...”

22. Sadhaka question – “Can I put Sanjeevani mantra in my body cells using this method of healing?”

Guruji -

“Yes you can do this madam. This is especially when your body cells are cleansed, healed, energized – at that time you can put the Sanjeevani mantra in your body cells. But if your cells are blocked, not energized and all, then you have to put in a lot of effort with द्राम् (Draam). Even without cleansing and healing द्राम् will work, but it will be delayed.

So the basic things have to be understood as to what can be done easily – the movement of the hand first in anti-clockwise direction and then in the clockwise direction. And then being in silence and holding your state there. Is it clear to you? Now shall we do this by ourselves? Please do it for yourself. You can do this for all your chakras.

What you do is, the invocation – ***“Divine Mother, please manifest as a healing presence in my body, mind, senses and in my palms.”***

Try to chant this in your mind. Then you do the process as described to you before. Okay?”

Once you are done, please come back. So, were you able to do it? Yes? Do you have any doubts in this?

23. Sadhaka question – “When must we do this Guruji? Is it before or after meditation?”

Guruji -

“Do this before meditation. Do all cleansing first and then you will be ready to receive better the Divine energies when you meditate.”

Creating healing spaces

Now you can also use this to manifest healing space in your meditation room. Got this point? For example, you can create a healing space for your childrens in the study room – so that they can focus better. Simply pray to Divine Mother -

“Divine Mother Lalitambika, please manifest your Saraswati tatva in this study room, so that my childrens can study well.”

If you have a clinic, you can create a healing space for your clinic also – you can make intention and pray to Divine Mother to manifest the healing space for your clinic for the next 24 hrs. Just feel the energy of the room and pray to Divine Mother -

“Divine Mother, please manifest your healing presence, divine presence, abundance, (whatever you want)...”

Then do the same – feel the energy and ask Mother to be there. Rotate your hands anti-clockwise and clockwise directions, hold in silence with the sankalpa –

“Divine Mother’s healing presence is manifested in this space, for a duration of minimum 24 hrs, bringing cleansing, healing, energization, raising the consciousness for whomever comes to this space...”

Is it clear to you? You can do this for your meditation room, for your clinic, for your pet animals room if you want good energy area for them, for your office also – where there is usually very active, dynamic energy, where your mind is more active, intellectual ability is very good.

You can do this also to activate the healing space – for meditation, healing, even for business purposes. Is it clear to you? And for womens – they can also do this to solve their problems – any PCOD problem, anything – just hold your hands near to Swadhistana chakra, make sankalapa, chant mantra little bit and be in silence and hold it – “every organ is functioning properly and with good health”. Hold this intention, hold this image, and be there.

And you will see that changes will start happening. Is it clear to you? So if it Vatta related problems, in one or two days you will start seeing changes clearly. But if it is related to some damage in the bones, some nerve problem, or the muscle problem, then it will take time depending upon what the problem is.

If there is a ligament tear, then the healing – regeneration may take 3 months also. But healing will surely happen, that’s the thing. You need to hold your intention throughout even if the healing takes time. Everything is possible, many many things are possible. Is it clear?

24. Sadhaka question – “Can we use this healing to heal anxiety, Guruji?”

Guruji -

“Yes you can heal anxiety also. Ask Divine Mother -

“Divine Mother, please manifest as divine peace, love, happiness(all of that which are opposite of anxiety)...”

Then you rotate your hands anti-clockwise at the Ajna chakra with the intention to release all the anxiety and bring peace, harmony. And then you rotate your hands clockwise and energize. In this way you can do it. Is it clear?”

All of this is there. Any questions with this healing? We have covered the immortality, healing and also the health.

25. Sadhaka question – “Must we specifically name the problem and then heal or do we heal a person generally for good health?”

Guruji -

“It is always specific madam. It is good to heal that specific problem faced by a person. Because, if that person has no health problem at all, then a general intention for the welfare of that person

can be made. But if a specific body part of that person is paining, then you have to know exactly what that is, and make the proper sankalpa to heal that pain.

You see that we have Pancha Mahabhootas – you can balance them also. The Pancha Pranas – you can balance them also. And Pancha sub-pranas are also there – you can balance them also. And we have 5 bodies, the subtle bodies – you can balance them also, with this healing. Is it clear?

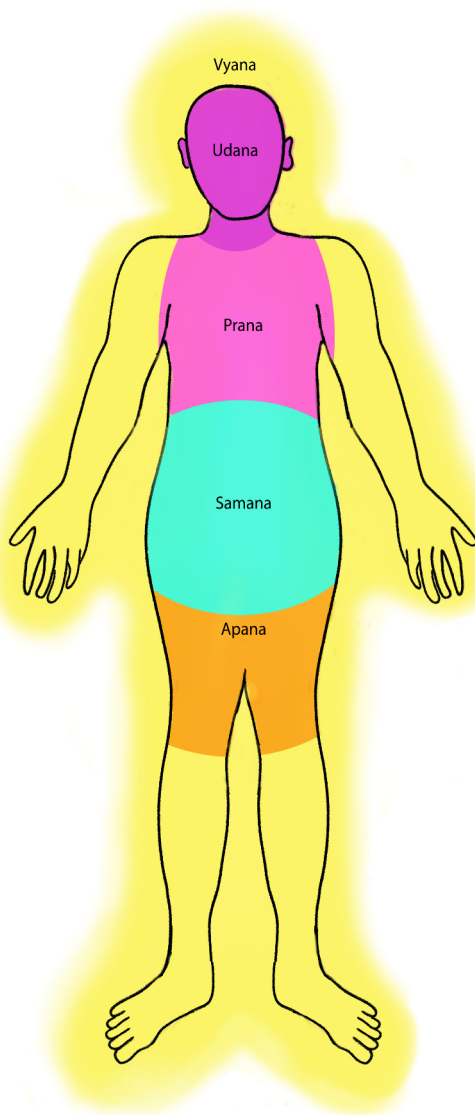
So where is the Prana? It is in the chest region.

Apana – is present below the naval point at the Svadhishtana region.

Samana – is present at the Manipura region.

Udana – is present beyond the throat and above the throat region – the whole head.

Vyana – is circulated to the entire body.



So if you want to balance your Prana, Udana, you can do it. You can balance and heal the sub-pranas also.

What are the sub-pranas for Udana? It is Devadutta

The sub-prana for Apana is Kurma

The sub-prana for Vyana is Dhananjeya

The sub-prana for Heart centre is Naga

The sub-prana for Samana is Kukula.

So we have Pranas, sub-pranas, and Pancha Mahabhootas also, and chakras also. Of course when you work with chakras, automatically things will be taken care – all Pranas, sub-pranas and Pancha Mahabhootas will be taken care and energies will be circulated there. But if you know about the knowledge of Ayurveda, knowledge of Yoga, if you are aware that certain prana is disturbed, then you can heal that particular prana.

For example, some people don't have good breathing – asthma will be there. This means that Prana problem is there. Some accumulated Vatta is there. You will have to clean that. Some people don't get the right discharge of stools and all. Then you know that Apana is the problem. Some people have again and again abortions. This is because their Apana is not functioning properly. Here you have to stabilize and balance it.

Some people have irregular periods. This is because of Apana vayu. Some people have PCOD. This is because these two – Samana and Apana vayu. So if you know that this particular prana has problem, then you can make sankalpa to heal that prana. Plus that associated organ needs healing also.

Organ – Energy body – Prana associated with this(if you have knowledge of what prana is associated with the problem)

If you don't have knowledge of which prana is associated with the problem, then simply surrender and go into silence. And things will be taken care. This is very simple and very good actually. Is it clear?

Going into silence is very important. Being in stillness is very important. So how to be in silence? Just be aware of the sensations in your palms, be aware of the organ that you are focusing. That's all. And if in-between you have any thoughts, then ask to Divine Mother to help you to focus -

|| Shree Matrey Namah ||

And then come back and continue being in stillness. Be there. Come back, and be there. Hold your intention for what you want to heal and continue this. Is it clear? Do this and it will be very very helpful for yourself and family members and all of that. Is it clear?

You can do this for yourself and if you are getting good results then you teach to others also. There are no restrictions of any type in this. If you want to teach with money also you teach, there is no problem in this. But people should get benefited, that is only the intention. Is it clear? Because some people have asked for all of this. Yeah?”

26. Sadhaka question – “Can I do this healing to establish the right blueprint in order to overcome allergy?”

Guruji -

“Yes, you can do it madam. You can intend to establish the right blueprint – a healthy blueprint so that you don’t get allergy. You can do this madam, we have seen all good results with this type of healing.”

Do you have any doubts? Shall we finish the session today? Its quite long I think, it already 3:00 pm and many of you will be hungry... Healing is needed there also you know, for hunger also... Ha ha ha...

27. Sadhaka question – “Can only a person who has received Deeksha do this or can anyone else also do this healing, Guruji?”

Guruji -

“Anyone can do this. No Deeksha is needed for doing this healing... Yeah?”

28. Sadhaka question – “Can we do this healing during eclipse, Guruji?”

Guruji -

“In eclipse what is happening is, according to Universal Law of Correspondence – “Yatha Brahmanda Tatha Pindanda” – like how the sun, moon and earth are all aligned in a straight line, in the same manner it is happening within us also. Here your body, mind and soul are aligned together – so if there is any mantra siddhi that you want, if there is any accomplishment that you want, if you want to empower any sadhana, then at that time you have to do that sadhana.

You can also do havan, mediation you can do, only japa you can do, chakra mediation you can do, So-Hum you can do, or havan plus meditation also you can do. Yeah? Havan is more powerful. But whatever is best for you, you do that.

Whatever tools you have learned, you use that during the eclipse period. Because nature is supporting you to align your body, mind and soul. So automatically the energy of Shiva-Shakti is flowing in your entire being without any condition of karmas and all. So take advantage of this and make more jagruta, more absorption of your mantra Shakti.

That is why eclipses are very important and you need to mediate more during the time of eclipse. Don’t waste your time with gossiping here and there and all of that. That is why in our culture they

told not to eat any food, so that you can meditate during the eclipse time. Temples are closed, because meditation is more important during the time of eclipse.

During the time of eclipse, you have to go more within. Of course, every positive action also has some negative things. So negative energy also gets released at the time of eclipse. But when you are meditating, you are empowering yourself and so you overcome all the negative things – whether it is rashi dosha, nakshatra dosha, all the doshas – during the time of eclipse some rashis are affected, some nakshatras are affected.

But if you are a Srividhya sadhak, you should not worry about all this. Utilize the time well as the combination happens very rarely. This is an opportunity given to you to empower yourself with any mantra. So use this well and do whatever is the best that you can do. Okay?

You can use any mantra, or make sankalpa for a problem that you have been facing for many years. You can use the eclipse time to release the problem. So make sankalpa and do havan during the eclipse time. It will be very powerful. Okay?”

29. Sadhaka question – “Is the Khadagamala for Lalitambika or Pratyangira Khadagamala more powerful, Guruji? What can be used during the time of eclipse?”

Guruji -

“Both are very powerful madam. But what is the intention that you want to manifest is very important. If a person is going through many negative, psychic attacks, spirit attacks, tantric attacks, then in that case that person can do Pratyangira Khadagamala.

But if that person has no such problems – just that person has normal problems – with health, money, job, relationship, marriage, then Khadagamala is sufficient. Okay? This is because in Pratyangira Khadagamala we invoke all the Bhairavas, all the shudra devatas, all of them – you know. And as a normal sadhak this is not needed. Okay?”

Shall we finish the session? Shall we offer our gratitude to Thirumoolar ji and Lalitambika?”

Conclusion

Divine Mother Lalitambika, Rajarajeshwari, Mahatripurasundari,

Sadguru Thirumoolar ji, Lord Shiva, Nandi Devar, Divine Mother Sivakami Om Anandi,

All the Khadagamala Yoginis, Archangels, Angels, and all the Divine Masters,

Siddhas, Rishis, and all the Divine forces of light and love,

We are all thankful to You for all the Knowledge, all the healing, all the blessings. Protect us always, guide us always, be with us, be as an invisible friend, father, mother, and take care of us.

Thank you very much, Thank you very much, Thank you very much...

Shivohum... Shivohum... Shivohum...

Thank you, thank you very much.

Contact Details

For more details, please visit srividhyasadhana.com

Contact numbers are – 9901019177, 7483528148 (Office is closed on Sunday)

Instagram handle – [sivapremananda](#)

YouTube channel – [Siva premananda](#)

About the Author



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 online and Sri Vidya Sadhana face to face at Siva Premananda Self Realization Center (SSRC), Bangalore. 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.