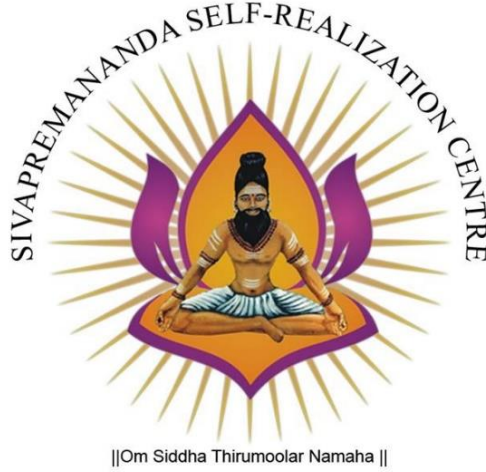


Sri Sivapremananda Teachings – Vol.4

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



Sivapremananda Self-Realization Center

Bangalore, India

Mobile: 7483528148 / 9901019177

Email: prem999ananda@gmail.com

www.srividhyasadhana.com

TABLE OF CONTENTS

1. "Sadashiva, Lalithambika & Srividya Journey!"	1
2. "Does doing perfect Kechari mudra really brings Self-Realization?"	3
3. How to Stabilize Excess Energy of Meditation.....	4
4. "Is my soul really trapped? How could I come out of this trap?"	5
5. "Can I increase mantra Jap of Sampath Siddhi sadhana!"	6
6. "When can I do the Japa?"	7
7. "How to make our Kuladevata and Pitrus happy?"	8
8. "Ganesh with Riddhi & Siddhi!"	9
9. "Is this absence of "I" the real presence and identity of God, Guru, and mantra?"	10
10. "What is the practice after completing Srividya Sadhana level-7?"	11
11. Importance of Granthis [Psychic Knots].....	12
12. "Shaking of the body during meditation! Why this happens?"	14
13. "After starting a level 7, I am developing unconditional love and compassion towards every one!!!"	15
14. "Sushumna Prana kriya with Kechari mudra can be practiced separately?"	16
15. "Is Bagalamukhi sadhana really needed for Srividya sadhaks?"	17
16. "Navakkari Mantra Havan"	18
17. "Why I am developing an urge to talk about lalithambika & Srividya life transformation"	21
18. "Sri Devi Siva Kameshwari"	22
19. "Is it my Last Life on this earth?"	23
20. "Spinal breathing pranayama"	24
21. "What Asana/Meditation posture should be used for Srividya Meditation?"	25
22. "When can we drop practicing the Srividya Sadhana & carry on with Srividya Samadhi Siddhi Sadhana?"	27
23. "I want to anchor my meditation energy into my Soul as Soul Power, how can I do?"	28
24. "Is the experience of liberation is temporary or permanent?"	29
25. "Is it possible to attain Moksha even if it is not reflecting in astrological birth chart?"	31
26. "Shiva Rudrabhishek - Amazing Science of Vibrations!.....	32
27. Secret of Eclipse & Spiritual Practice.....	33
28. My frequency of chanting mantras became fast & I chant mantras sub-consciously! Why this Happens?"	35
29. "What is "Real Deepavali" for Spiritual Seekers?	36
30. Is there any connection between Mantra Siddhi & Self-Realization?"	44
31. "How I can maintain the sanctity of the Sriyantra when we don't do puja due to travelling Etc.?"	45
32. "I am detached to social activities & happy with myself. Am I moving to right direction?"	46
33. "Chintamani Mantra - Powerful Mantra to remove all worldly worries of life!"	47
34. "I got a dream where two gurus asking my dyana vidhi. Are they some forces trying to mislead?"	48
35. "How to perform Inner Havan?"	49
36. "Darshan of Siddha at very young age!"	53
37. Can I practice both Srividya Sadhana & Thirumoolar Sivayoga Sadhana together.....	54
38. "How to resolve the claustrophobic. Why this fear has come, how I can start my meditation again....	55
39. "Can divine mother herself be my guru or physical guru needed?"	56
40. "Mahishasura & other Demons are within!"	57
41. "Smile or Cry or Yawning etc while practicing Srividya Sadhana?"	60
42. "How mantra Cleanse your Subconscious Mind?"	61
43. "My goal is to reach Siddhatva. What sadhana should I do to achieve it?"	62
44. "How to do Lalita Sahasranama Nama japa to manifest divine quality?"	63
45. "Real Guru Puja!"	64
46. "Is my higher self is same as the higher self of other person?"	65
47. Bhairava mantra - Guided meditation.....	66
48. Tulsi Vidya & Power.....	68
49. When I do the Seva of converting videos into articles that I feel some Heat at the throat area?"	69
50. "I have a puncture in my aura due to some karmic relationships. How do I repair this?"	70
About Author.....	71

"Sadashiva, Lalithambika & Srividya Journey!"

Video Link: https://youtu.be/TeHeLoZh_RQ

SADASHIVA - SADA means what?

Eternal, Immortal!

SHIVA - Consciousness!

You see LALITHAMBIKA - , if you see the form of Lalithambika, how is it?

SADASHIVA is sleeping. On Sadashiva.... from the Naabhi of Sadashiva, the power of Sadashiva has emerged as Lalithambika!

If you see the image (image displayed), how is it?

There is a platform - cot like, the 4 pillars or legs are Brahma, Vishnu, Maheshwara, Ishana, right?

And on them resting is Sadashiva.

From the Naabhi of Sadashiva, Shakti starts emerging and sitting on Him.

And many people think that, "Oh, She is sitting on Shiva, right? Then She is more powerful!"

"Shiva is less powerful.... She is more powerful!"

Nothing like that!

She is the Power of Shiva... She is the Power of Shiva!!

And they are like, you know, 2 faces of the same coin!

They are never alone. They work together ...they work entwined always

Never say, ' Only Shiva '...No! "Only Shakti"...No!

SHIVA SHAKTHI!

This entire creation is the manifestation of Shiva and Shakti!

It is something, you know, like I am watching a movie, right?

If there is no Screen.... beginning of the movie, when you go to the theatre, then what do you see?

Screen, Yes? White Colour?

That's Shiva! White Colour Screen is Shiva!

Then movie starts! Shakti will come!

Different Colours, different Characters... Full drama will start! (Giggles)

For 3 hours, you also cry, laugh and do all the things!

After 3 hours, it's, "The End", movie is finished!

Now what remains there?

Just the same Screen again! You see that!?

Our life is like this!

I am a Screen... okay..." I am Sadashiva.... Awareness.... Consciousness!"

I landed on the Earth and took the life - body and mind.... my movie has started...

For you know, if a cinema is for 3 hours, then my life movie is, I don't know, now it is going on for 40 years, 50 years(laughs)... you know, 80 years. My movie will start like this!

In that, all the Navarasa, all the emotions I enjoy!

And in the end, I drop this body. Now what remains...? It's, " The End"... The End! Yes or No!?

In between so much crying, smiling, pain, this, that ... but afterwards....all comes to an End (Gestures)

But the End of the movie should be good!

Then you smilingly come back, Yes or No?

If the End of the movie is, you know, very emotional, then how do you come back to your home?

Depressed! , " Oh, what a sad ending! Pscht! They could not succeed! They could not, you know, meet each other!".... and all!

Our life should be very important!

We should not die unfulfilled. I am telling you!

If we die unfulfilled, then our movies will not End!

One more life!

Again one more Cinema! one more Movie.... one more, you know, will start!!

So, you should be very careful!

Srividya is the, "THE END "....Srividya is the, "THE END ". And in this life only!

Please understand!

The promise of Shri Vidya is like this!

You go to the Scriptures,

You go to the Tantras,

You go to the Siddhas,

.... What do they all say?

It is the MOOLA VIDHYA.

IT is the MOOLA VIDHYA and if you're Ready, Prepared, Accepted, Surrendered, then THIS IS GOING TO BE YOUR LAST LIFE ON THIS EARTH!!!

Shivoham!

"Does doing perfect Kechari mudra really bring Self-Realization?"

Video Link: <https://youtu.be/yH3s8XD8ZZ4>

It is one of the important steps to stabilize your mind, balance your Ida and Pingala, open your Sushumna and raise your Kundalini.

You try with limited Kechari and with that you can experience that state.... that's all And you know, once you are doing the Shri Vidya Sadhana under this, you know, Gurus' Guidance you don't need to do all of these!

It is the Grace that has to take over!! So, if you are interested then you can do the tongue exercise. Even some people are having, you know, surgery for this!

The lower part - Frenulum or whatever they call it - they cut it! They cut it slowly and slowly for about 6 months.

And then they roll the tongue inside and touch the Uvula.

And I don't see them to have grown to Self-Realisation state and all! Means

Too much focus on tongue,

Too much focus on the Pranayama,

Too much focus on the Yantra,

Too much focus on the Mantras,

These are all just the tools, you need to understand!

Real is you!

My Surrenderance!

My Acceptance of the Divine Mother!

My Acceptance of my Master's Teachings!

My, you know, Allowing of the Divinity!

.... These are what make you to progress!

Without Kechari Mudra also, many people have got Self Realised!

You need to understand that without Pranayama also. Just by taking the name of God people have reached the state of Self Realisation means what is important?

Surrenderance!

Acceptance!

Love!

These are what needed the most in spirituality!

So, I won't discourage you. If you want to do the tongue stretching exercises then you can do it. But it is not mandatory!

Shivoham!

"How to Stabilize Excess Energy of Meditation -By Sadguru Sivapremanandaji"

Video Link: <https://youtu.be/bH4o1RgnwN8>

So, what happens, when you meditate - your Energy goes to the Sahasrara, When you are meditating too much, like 1 round, 2 rounds, 3 rounds... headache will come, heaviness will come.

So, if such heaviness is there, what you do?

You do only one round Or when you are doing 2, 3 Sadhanas you are doing only one round, but doing 2 Sadhanas, then that may be the cause of creating heaviness.

This is another thing.

And the third thing is - as you said, you feel something like Vortex, something you know, when you see up; you see something up is, you know, rotating.

This is because the Chakra is open higher Chakras, more Energy is there, and so, the moment I lift my head up, Vertigo type of feeling will come!

So, you need to little bit stabilize yourself.

After meditation, that is what, you know, Be Aware of your Breathing - I have told this you know, that 5-10 minutes are very important.

You need to Stabilize. If it is too much, then you need to divert that Energy to your, you know, Manipura or, your feet. Or be aware...do like this - rubs palms against each other - so that your attention is coming to your palms or to your feet, rubbing them.

Like this, you are bringing the Higher Energy from the higher Centre to the Lower Energy. Or you start slapping, like I have told you, you know, start slapping all over the body, so that you can feel. Otherwise take warm water bath, if, even after doing all the above steps, you cannot stabilize. This is the best solution! That warm water has the Electrical Energy which discharges all the excess Energy.

The Siva Mantra converts the Shakti into Aakasha!

So, when we do that, automatically our Energy transforms into Akasha.

When Energy gets transformed into Akasha, the Energy becomes the Soul Consciousness!

Then you can stabilize your Energy also.

That is what you know, if possible, after practicing 1 to 7 Levels of Shri Vidya, chant it for 5 minutes.

Because many people are not good at, you know, 'be aware of the Breathing'... it is very difficult for many - "Guruji, I cannot do it!"

In that case, do the Thirumoolarji's Siva Mantra:

"OM SI VA YA NA MA....."

And be aware of that!

This is the best thing you can do!!

Siva Mantra you can do for 2 minutes, or for 5 minutes and you see for yourself how is your Energy, how is, you know, your body reacting to that .

This also you can do!

Shivoham!

"Is my soul really trapped? How could I come out of this trap?"

Video Link: <https://youtu.be/mdYvD8YdQJ0>

When you were born it was different. When you have taken the Shri Vidya Deeksha it is entirely different.

You now have a new birth!

You no more have the same Horoscope!!

Please understand this Truth!

If you don't accept me....if you don't allow this Teaching, then I cannot help you!

Now, you are the child of Shiva Shakti - you accept that!

And see that how consciously you need to work out with your life... change your life!

And don't believe all those things and these Sun, Moon, Ganda - throw away all of these from your Mind!

And Focus on your Shri Vidya!

And Learn the Life Lessons.

Dedicate and Surrender to The Divine Mother Lalithambika - this is very important!

Your Attention and Focus should be there!!

And handle the outside situation with Awareness!

With, you know, Confidence, you know that you are a spark of Shiva Shakti!

Shivoham!

"Can I increase mantra Jap of Sampath Siddhi sadhana?"

Video Link: <https://youtu.be/61XyX7sULLM>

It is not the number of counts that gives the result.

That we need to understand!

It is not the quantity. It is the quality, the Devotion, Love, Surrenderance, how much you focus, how much you are enjoying the meditation, that give you the results!

This we have to understand!

With this understanding if we want to do more number of Japa you can do it!

But only thing you need to be careful is, if it gives too much uncomfortable feeling like heaviness in the head, in the body, or too much heat which is not good for you.

Then in that case you know, 1 Japa mala is sufficient! Or 2. Or 3.

So, you try to check - How much you can hold the Energy.

It should be a comfortable and joyful experience in the Meditation.

"When can I do the Japa?"

Video Link: <https://youtu.be/dmTnf4wv22E>

First you have to do the Chakra Meditation!

Connect with Mother; infuse Your Soul with Mantra Shakti by doing the Chakra Meditation.

After that you do the Japa. After meditation you do the Japa, if you have time.

If you don't have time, then any time during the day to day activities, do the Japa.

Say I am traveling. After meditation I need to go to the office, right? On the way, if I am traveling by Metro, then I can do the Japa.

If I am going to the office, you know, by walking, and then at that time I can do the Japa. Wherever it is possible, do the Japa.

If it is not possible doing the Japa sitting, then do the Japa whenever possible during the day to day activities.

Shivoham!

"How to make our Kuladevata and Pitrus happy?"

Video Link: <https://youtu.be/j5GTnVU5nsA>

Whenever you do the Shri Vidya Sadhana, automatically Kuladevatha and Pitrudevatha are blessed by the grace of Lalithambika, Rajarajeshwari, Maha Tripurasundari as She is the Mother of Gods and Goddesses!!

She is the Mother of all the Kuladevathas and hence we call Her **KULASUNDARI!**

So, you should not worry about Kuladevatha, Pitrus, Gramadevathas, and all, if you are doing the Shri Vidya Sadhana.

When you do the Shri Vidya Sadhana, you are not only blessing yourself, but you are blessing your Pitrus also, because where is the Pitru Energy?

The Energy is within your body!

Where is your Kuladevatha connection?

It is within your Soul and Body!

Where is the Gramadevatha blessing?

With your Soul!

When you have connected your Soul to the Universal Power of Lalithambika, and when all the blessings are descending, automatically whomever you are connected with will also be receiving the blessings from those Gods and Goddesses.

So,

You should not worry about Kuladevatha,

You should not worry about Pitrus,

You should not worry about Gramadevathas.

But, if your family members are following, you know, some rituals and traditions, you follow that.

But, don't worry about all these, you know, Pitru Shapa, Kuladevatha Shapa, and this, that!

Regularly you do the Shri Vidya Sadhana.

All the things will be taken care, okay!?

Shivoham!

"Ganesh with Riddhi & Siddhi!"

Video Link: <https://youtu.be/wi3W5BU1H88>

Your Thoughts, your Feelings, your Beliefs create the outer Situations, Experience, Problems and all of that.

So, if you want to change your problem, then where do you need to work?

In your inner world (points within).

And in all the Scriptures, we have shown this symbolically. If we take Lord Ganesh - how many wives has He got? How many wives?

2 wives!

Is it allowed here? This 21st century, in the outside world? Are 2 wives allowed?

In Hindu Dharma and all, it is not allowed!

Then what is it?

Why Ganesha has 2 wives?

What about Subramanian?

All our Gods are having 2 wives!

What does it mean?

It means that they have 2 powers - Shakti!

Their Wives symbolically represent Power of that Deity - His Shakti!

So, what do 2 Wives mean?

It means they have 2 Power!

One represents Outside Power and another one represents the Inside Power.

That is what, if you see, you know, Lord Ganesh, what are the names of His Wives?

Riddhi and Siddhi! Or Bhuddhi and Siddhi, we call them!!

When we have an outside Power, we call it, Siddhi!

And Inner Power is called Riddhi or Bhuddhi!

So, Bhuddhi or Riddhi leads you to Siddhi!

To show you the reality of you alone they have symbolically represented them!

Not that, they are telling that you should also get 2 wives! (Giggles) It is not the meaning conveyed by our Gods and Goddesses' forms in our culture!!

It is to tell you that you are so complete that even you don't need a marriage!

You are so complete with your 2 Power and that your Inner Power leads you to Outside Accomplishments!

Shivoham!

"Is this absence of "I" the real presence and identity of God, Guru, and mantra?"

Video Link: <https://youtu.be/9t12CiBrJJg>

Q:
Guruji, I think there am no real I. Just unthinkable Power emanating everywhere all at once. There is no fear in this perfectly empty presence, profound peace, overflowing joy and love, no desire to be anywhere or anything else. Is this absence of I the real presence and identity of God, Guru and Mantra. Sadhana proceeds in this understanding. Is this correct?

Absolutely!

You are Awareness! And the Awareness within you is the same Awareness of Cosmic Consciousness!! And in that Profound Peace, Love, Joy, there is no seeking, only being, experiencing the Truth or the real Identity of yourself or the reality of this Totality and the Existence!

You are the Blessed One!

Hold this Truth as much as possible in meditation, in Waking State of Consciousness, you get liberated!!

Shivoham!

"What is the practice after completing Srividya Sadhana level-7?"

Video Link: <https://youtu.be/636XIB4TPGo>

So, you need to understand that this minimum 8 weeks practice is just to absorb that Level Energy and then catch the next higher level of Energy.

We say Minimum...

When I was doing, my Teacher used to tell me, "Meditate each level for minimum one year!" If I do the same and put that condition to all of you, then to reach the 7th Level it will take 7 years. And the moment you reach the 7th Level, you will drop the Sadhana itself many of you!

Because the patience is not there! The Curiosity is there!

So much curiosity that after doing Level 1 for just one week I will be searching for different Mantras, different Workshops, other Gurus and all.

My Mahishasura don't leave me just like that!

So, this is minimum 8 weeks means what happens?

Level 1, 2, 3 & 7 is life time activity, please remember!

Because every day what am I getting?

The day you say that,

"I no more get anger.

I no more get hurt,

I am no more depressed.

I no more feel low."

Then you no more need Sadhana.

This is the measurement stick.

Are you still getting Anger?

Are you still tossed by the words of another person by the comments of another person?

Then you need Shri Vidya Sadhana again!

You need to work out! Please understand!

The day you realise that,

"I am Blissful,

I am Joyful,

I am the Truth,

I am Satchitananda,

Everybody is part of me! Any comment on me is also coming from me only. the person is not separate from me!" Then what happens?

You will not get Hurt anymore!

I am, you know, detached!! Then what happens?

I am living in all! I am living as one! I am living as Shiva!!

At such State you drop your Meditation! Because you are Shiva yourself!!

Until then, Path goes on, "Shivoham! Shivoham! "(Laughs), to reach there!!

So, it's the Life time Activity which you have to do every day!

Shivoham!

"Importance of Granthis [Pshycic Knots] **-By Sri Sadguru Sivapremanandaji"**

Video Link: <https://youtu.be/s2nu2oJSgP8>

What is the use of these 3 Granthis?

It is very important to know!

This is where Human Consciousness, you seelower Chakras - what are the lower Chakras we have?

Muladhara, Swadhisthana and Manipura.

And what is the use of these?

If you learn about Muladhara - specifically we have given Material aspects. It means Money issues, Fear, Survival. When you come to Swadhisthana - it concerns about Hidden relationship, Sexual related. And your, you know, Manipura - Food Centre. Food means not only Physical Food, but also the attention that we take from different senses. And these Chakras, you know that in every body they are open. Yes or No?

Everybody wants Food,

Everybody wants Money,

Everybody wants all of these...

So, these 3 Chakras are open for all of us!

So, we are struck in this Consciousness.

To break this Granthi (does slicing action at His Lower Abdomen) means I enter from here (points to the Navel Centre) to here (points to the Heart Centre).

(Keeps His hands on His chest) That is where the Compassion, Love, Selfless Service, Blessing, Giving will come!

So, every Granthi represents one state of Consciousness.

So, Granthi Bedhana!

The moment I cross this Granthi (points to the Navel Centre) means I cross the Samsara!

You see that! cross the Sam...sara!!

So, like this, every Deity is very important in Shri Vidya - they have a particular, you know, task to do: so,

Human (points to the Navel Centre),

Divine (points to the Heart Centre),

Universal (points to the Forehead Centre)

...Got this point?

From Human to Divine means there is Compassion, Love!

Divine means from Human you become a Deva!

From Deva you become a Siddha

(Points to the Forehead Centre) or that Oneness with Cosmic Consciousness... Oneness with Universal Consciousness!!

So, our 7 Chakras help you to know

Who you are?

Where you are?

Where you need to go?

These 3 Granthis help you to understand:

What is the importance of these Granthis?

Esoteric meaning,

The Quality,

Consciousness,

Tattva, so that I can penetrate that Consciousness and go to the next step of my

Evolution, Ascension, okay? So, Srividya is the path so perfectly designed where you go from Muladhara to Sahasrara. Many people just work with the Chakras. But they don't know what these Granthis are about, why there are these Psychic Knots... the bundle of these Psychic Knots, what their importance are, What Consciousness these are holding! They are like dams, you know, these water dams!

The Energies are held until here (points to the Navel Centre).

If I break this only then I can go to the
(points to the Heart Centre).

If I break this only then I can go to the Varahi is the one where, this Granthi (points to the Forehead Centre) - what is the name of this Granthi? We call this **Rudra Granthi!**
(Points to the Heart Centre) This one?

Vishnu Granthi!

(Points to the Navel Centre) This one?

Brahma Granthi!

Brahma Granthi, Vishnu Granthi, and Rudra Granthi!

So, **Brahma Granthi** is the one.... **Durga** - that is why we do Durga Saptashati ... do you remember? Durga... Saptashati!

And then we go for the **Shyamala** or **Rajamatangi** - for the **Vishnu Granthi**.

Then we go for the **Varahi** - for the **Rudra Granthi**.

But, when we do this Level 1, 2, 3 -

where you don't worship Varahi,

where you don't worship RajaShyamala

where you don't worship Ganesha

- these 3 Levels automatically help me to cleanse all these things.

Because these 3 Levels have 9 Shakthis or 9 Powers. Those 9 Powers are connected to all the layers of these Consciousness going from Muladhara to Sahasrara.

These Levels -

Help us to cleanse our Horoscope,

Help us to cleanse our Navagrahas,

Help us to cleanse the Pancha Maha Bhuthas,

Help us to cleanse these Granthis,

And still if some issues are there, then for them there is Panchadashi Mantra in the Level 5 where every Koota - Koota means peak energy - penetrates my Granthis.

Even Panchadashi Mantra itself has **Varahi, Rajamatangi, and Kameshwari**.

Vaakbhava Koota, Kaama Koota And Shakti Koota!

So, again, **Panchadashi represents Shristi, Sthiti and Laya....Shristi, Sthiti and Laya, or Surya Mandala, Chandra Mandala and Agni Mandala !**

Shivoham!

"Shaking of the body during meditation! Why this happens?"

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

It is okay and fine if you are fine with that.

Because as you progress, I tell you, many times Energy blocks are released when you make some movement in your body.

I have seen. Sometimes even for me also it happens when Energy is too much.

When you know, my Alignment is so good, my Kundalini starts moving. When it starts moving, it won't move in a straight line, but it moves like a vertex - in nonlinear movement. So, that will happen. Shaking is not a problem, and it is good.

Kundalini is awakened. Kundalini is going up. Energy is absorbed. You are receiving better. It is not at all a problem if it is happening during meditation!

After meditation, for 1 or 2 hours that effect will be there. You may feel it....that you know, heaviness, blankness, shaking, Vibration! So, shaking is not a problem.

Tell your family members, "I am growing in my spiritual path. My Kundalini has awakened. Mother has blessed me and I am thankful."

Shivoham!

"After starting a level 7, I am developing unconditional love and compassion towards every one!!!"

Video Link: https://youtu.be/r9lLAVh_Q9g

This is what happens! Level 7 is very powerful Sri Vidya sadhana Mantra.
As we call this Siva Sowbhagya Shodashi, it will bring Abundance of Shiva Shakti Lalithambika Tattva within you!

You feel the Joy,
You feel the Energy,
You feel the Compassion,
And all of that!

And sometimes, you know, like you are saying, "I do not know for whom I am feeling and crying..." It is just releasing those , you know, all that Love for others - it is this release in you .

"without tears", it is true. Without tears is true because it is an inside happening. It is the Soul Level happening, but you don't understand it in your physical body - your eyes cannot understand it!

It is a blessing that is happening to you!

Shivoham

"Sushumna Prana kriya with Kechari mudra can be practiced separately?"

Video Link: <https://youtu.be/OMq1Odmf1So>

You can do it.

So, slowly you increase the number of Sushumna Kriyas with Kechari Mudra.

Start with 3 times a day. Do it for a week.

Then after one week, you know, do it 9 times a day. Then after 2 weeks do it for 18 times a day.

Like this, slowly you increase the number of this Kriya and see how you feel....

Do you feel Heaviness? Or do you feel Ecstasy? Do you feel Lightness? Or how is your Energy? Okay?

Or when you increase the number of Kriyas, are you feeling that you are releasing more anger during the Kriya or after the Meditation?

Check all these things. And slowly and steadily you can increase the Sushumna Kriya.

Shivoham!

"Is Baglamukhi sadhana really needed for Srividya sadhaks?"

Video Link: <https://youtu.be/UwcR0LUOoKo>

I am telling you again and again that Srividya is complete ...Srividya is complete!
When you say Panchadashi Mantra, not only Dus Maha Vidhya Shaktis, **16** Thithi Nithya Devathas will come!

You know, Baglamukhi is also there!

You know, Pratyangira as Jala wail is also there!

Every Shakti is there in Panchadashi Mantra and Shodashi Mantra.

But,

How much you have accepted, and how much you have understood the Mantra,

How much you focus and meditate is very important.

So, everything is there in Sri Vidya.

In scriptures it is said that **Panchadashi or Shodashi, is Divine Mother Herself!**

Means.... what else remains!?

But, we don't accept it!

Our Consciousness, our inner feeling that you know, "if I do that, then it will be more helpful!"

This, "more", is there, you know," if I do this, more helpful "...." If I do more...."

This ' **more** ' is the very secret word of the mind, you know!

It wants more and more!

Every time, the mind wants more and more!!

So, be careful!

If you have a control of your mind , then you....or if you receive this teachings, then no need of Baglamukhi, Varahi and all of that!

But, if you still want, then you can do that!

We suggest Varahi, Baglamukhi like Sadhanas to some people when they are going through very deep struggle, negative problems and all.

In that case, they cannot wait for Level 5 for which they have to do all the Levels 1, 2, 3 and 4. For such people I ask, " Go and do the Baglamukhi" Go and do Varahi! "...." Go and do all of these...!" Because you need instant help, instant solutions for such problems!

They are very helpful....

Varahi comes instantly,

Baglamukhi comes instantly,

Pratyangira comes instantly,

...these are the powers.... very, very aggressive powers!

Tamo, Rajo, everything is in them... depending upon the Mantra... what type of Energy we invoke, which is needed. So, they will help you, you know, at that phase of life.

But, Shri Vidya is overall development... life time activity! overall development and life time activity!! That you need to understand!

Shivoham!

"Navakkari Mantra Havan"

Video Link: <https://youtu.be/VC2IIUJXuHI>

We learn about Thirumularji Navakkari Mantra in Level 2 and we find that one of the objectives of Thirumularji Navakkari Mantra is to cleanse our horoscope, okay? All 12 houses of our horoscope and then to nullify the negative rays of the 9 planets - Navagraha Dosha.

So,

overcome the Navagraha Dosha,

whatever... Shani Dosha,

Kalasarpa Dosha or whatever it is,

...it is one of the point and Cleanse our horoscope.

Then we will bring or control, our emotions, behaviour and personality and control our karmas and our manifestation. So **that is the power of the Thirumularji Navakkari Mantra Sadhana.**

And when we meditate, we bring that Consciousness in our Soul.

And when we do this with Havan we amplify the Power of this to 10 to 100 times.

Because we take the Pancha Maha Bhutha, one of the very pure elements - that Fire that

Enhances the Mantra Shakti,

Brings the Purity of our Soul,

Awaken the Kundalini

Or that fire ignites the Mantra Shakti in my Soul.

So we do the Havan.

Now the question is how I can use the Thirumularji Navakkari Mantra to do it in the Havan and cleanse ourself.

So very simple thing is you do the Navakkari Mula Mantra Havan.

For example, one of the Navakkari Mantras that starts with KLEEM Beeja Mantra, okay?

And it ends with

SI VA YA NA MA.

And what you need to do?

At the end of **SI VA YA NA MA**, ' **SWAHA** ' needs to be added.

We learnt in the workshop what happens when we chant ' **SWAHA** '.

We release our Prana!

That is a sound that releases this Prana.

Then my Prana contains positive karma and negative karma.

That is, you know, the Deity, the Navakkari Shakti,

Takes away the negative karma of planetary doshas and blesses with the positive Energy.

Brings the, you know, Shanti - peace of mind, solve the problems and give the solution.

Is it clear?

So, we do the Navakkari Mantra Havan by chanting the Mula Mantra of Navakkari.... the one that starts with ' **KLEEM** ' Beeja Mantra. Okay?

The last one, 9th point in the table given in the notes. Last one - 9th point, where the Mantra starts with

"**KLEEM SHREEM**..." and all... and ends with "**SI VA YA NA MA SWAHA** ".

Okay?

Prepare the Havan Patra.

All the Materials.

Pray to Sadhguru Thirumularji,

And do the Navakkari Mantra Havan.

It's very powerful! I am telling you!!

It will bring all the **Shaktis**!

You know, **SHREEM Shakti** will come,

You know, this **Varahi**, She, as **GAUM Shakti**, will come,

Kali, She, as **KREEM Shakti** will come, **Lakshmi**, She, as **SHREEM Shakti**, will come,

Bhuvaneshwari - Lalithambika Herself, as **HREEM Shakti**, will come, Amudeshwari,

this **Brahmanda Shakti** or **Para Vidhya Shakti** Herself, as **SAUM**, will come,

Para Badarika will come in, you know, Navakkari Mantra!!!

What is left?!!

Starts with **KLEEM** ends with **SAUM**!

SAUM is **Mother**!

SAUM is "AHAM **BRAHMASMI**"

SAUM is "OM **TAT SAT**"

SAUM is "I **AM THAT**"

That is the Entire Space - that **SAUM**!!!

When I do with this the Mula Mantra, I solve my Material Problem, and at the same time I reach to a Higher Level of Consciousness.

So, that is how you can do it!

Do it for... minimum 9 times you chant the Moola Mantra of Navakkari, okay?

Or do it for 10 minutes or 15 minutes.

But, if you want to do it for 108 times, be careful! If you can hold that energy, you can do it. Otherwise don't do it!

Too much energy is not good!

Triggers many negative emotions, fears that is not good for or in harmony with your life!!

So, do it as much as needed, and don't overdo!

Because most of the people think that, "If I do more Mantra Japa, then more Karmas will be burnt!"

It is not true!

When you do the mantra with the Devotion, Surrenderance, Love and Offering... really you should feel offered!

Whenever I do the Havan, how I do?

I feel that my all the Karmas are being offered - Tanu, Mana, Dana, everything... all my subtle bodies - "AHAM **AHUTI**".

"I am offering my body.

I'm offering my mind.

I'm offering my Karmas.

I am offering everything at the feet of Mother!"

The moment I feel these, I should feel that Energy is going from my hand and going to the fire!

I should feel that I'm really offering AHUTI - my prana is going there!

That feeling is needed!!

Instead chanting so many Mantras and therefore feeling headache. Not doing anything... sitting!

You know, that's not Havan!

That's a different kind where you're just working with the Energy Body and

Not working with the Astral Body,

Not working with the Soul Body,

Not working with the Mental Body!!

You should feel, "I'm offering myself, Mother please take!"

That's a real Havan that we need to do!!!

Shivoham!

"Why I am developing an urge to talk about Lalithambika & Srividya life transformation"

Video Link: Video Link: <https://youtu.be/Z5xXTrRo01c>

When we meditate on any Deity, we become that, okay?

When we meditate on Lalithambika, we start experiencing Her Energy within us.

And when Her Energy is there, Her Consciousness is there, thoughts about her will start manifesting.

Then when you know more about her, your Soul wants to share more about her.

So, that is what is happening.

Means, you are absorbing more of Divine Mother and so, you are experiencing more Oneness with Lalithambika.

So, you want to share this with the outside world. It is actually a blessing, Grace that, you know, your oneness is getting deeper with Lalithambika, Rajarajeshwari, and Maha Tripurasundari!

Shivoham

"Sri Devi Siva Kameshwari"

Video Link: <https://youtu.be/zbfZBv0f7dw>

She is the Doer here!
She is the Real Guru!
She is the Real Teacher!
She is the Real Healer!
She is the One who is taking care of everything!

Sri Devi Sivakameswari

- She is the Siddhidatri!
- She is the Mother of our Mulavarga Siddha Parampara!
- She is Lalithambika, Rajarajeshwari, and Maha Tripurasundari in the form of Sivakameswari!
- We receive Her Energy - Divine Mother Lalithambika's Energy in Maha Shodashi form, okay?

So, Her Energy is established in this place.

You know, she is the care of all our Spiritual things, Healing things, and our Problems. We have explained that about Sivakameshwari in our Webpage.

The Energy that is installed in this Murthy is so great that all the Tantric Shakthis - Hakini, Sakini, everybody is active.

Plus Her Anga Devathas, you know, Varahi, Rajamatangi, Balatripurasundari, and then we have Ashwaruda, Sampath karini... everything is installed in Her.

So, when I am calling, I am bringing all these forces in my life!

Please understand! All these forces in my life!!

So, it is a very, very powerful Energy!

Whenever you are in trouble, you call Mother.

Whenever you feel the need for Protection - Divine Protection, just call and see the results!

Whenever you want to dissolve, call the Mother and see that!

You connect with Divine Mother and with all Her Devathas. It is, you know, a cluster of Consciousness, and complete.

Khadgamala Devathas come.

All Anga Devathas come.

Pratyangira Devatha comes,

Upanga Devathas come,

Her Yoginis come,

.... Everything....

Hakini, Sakini... come,

Chakra Devathas come,

With Her Bhairavas come...

.... Like this everything is in one! Everything is in One!!

Pray to Her!

Receive Her Healing, Grace!

Ask her interference in your life, and help you to solve your issues.

Shivoham!

"Is it my Last Life on this earth?"

Video Link: <https://youtu.be/WRmXQH9z1Hg>

Many people ask this, "How do I know whether I need to come again in next life or this is my last life?"

So, as you progress on this path, and once you have the Self-Realisation and God Realisation, what happens?

The desire, the attraction, the expectations from the outside life goes down!

You start closing your eyes, abiding in yourself,
Experiencing the Relaxation,
Experiencing the Silence,
Experiencing the Stillness
Experiencing the ONENESS

.... And in that state - what we call, " Sat Chit Ananda ", there is no desire at all!....

No desire at all!!

No expectations at all!!

No attachment to the external world at all!!

So, when there is

No desire,

No expectations.... nothing,

Then there is no creation,

There is no expression,

There is no coming back here with one more life!

Shivoham!

"Spinal breathing pranayama"

Video Link: <https://youtu.be/PfQ2wcVYQII>

Spinal breathing is very powerful.

It is a very helpful preparation, if you do it before Sadhana. Or after Sadhana also.

The Spinal breathing is something that will make your life force to travel in your pillar.

Just you travel with your attention to your Spine, from Muladhara Chakra all the way to Sahasrara Chakra and go back to the Muladhara.

When you travel like this with your attention, what you are doing?

You are bringing your Energy, your Consciousness and your Attention.

So, what happens?

You are aligning your entire being.

So, it is a good preparation for you, if you can do this Spinal breathing for few seconds, you know, for a few times. It will be very, very helpful.

If you do this with OM mantra, then it is even more powerful.

OM is the Mantra vibration to attune yourself to your Soul and to the Universal Soul.

It is the song of your Soul and it is the Song of the Universe!

So, it is how you tune your own Soul to the Universal Soul.

That is why we have this OM chanting in the protocol, do you remember?

That is the preparation stage where you connect with the right vibration and right Energy, so that you can invoke Divine better in your meditation.

So, you can do this Spinal breathing. That is really good. It is very helpful to you.

Shivoham!

"What Asana/Meditation posture should be used for Srividya Meditation?"

-By Sri Sadguru Sivapremanandaji"

Video Link: <https://youtu.be/76U2JQdtUtU>

Asana - Question is whether I should sit on the floor or should I sit on the chair?

If I sit on the floor, what Asana should I use?

If I sit on the chair if I would be able to sit comfortably or would I be having any problem sitting?

In India the problem is people think that they 'should' sit on the floor only!

They think that, "if I don't sit and do the Sadhana, you know, on the floor then I won't be getting the benefit."

Mentally we are conditioned this way.

But this has nothing to do with the effectiveness of the Sadhana.

You can use Padmasana, Siddhasana, when you sit on the floor.

Or if you have any knee problems or are overweight, you can sit on the chair.

Also, if you're not familiar with sitting on the floor then sit on the chair and do the Sadhana!

Sadhana should help you to go into the deeper level of consciousness, right?

Say you have knee problem and you are sitting on the floor, and you are meditating.

Now your legs start paining... where your attention will go?

Will your attention go to your legs or to the Divine Mother?

To your legs!

So be careful!

Your Asana should be supportive for you to go the deeper into the Meditation.

So it is not necessary that you should sit on the floor.

You can sit on the chair.

The only condition is that your spine should be straight.

Please understand! This is very important!

Say, it is damn cold outside, and so your floor also will be very cold.

In abroad with the chill weather, imagine meditating on the floor... will your attention be on the cold floor or on the Divine Mother.

So the best Asana is the one which is supportive for meditation.

Sit with the spine straight.

The second thing is to use a woollen mat or a wooden block so that it can disconnect you from the Earth element....from the Earth element.

Because we are interacting regularly with the Earth's magnetic field....Earth's magnetic field. When I sit for meditation, I should be able to receive the energy and hold the energy until I cleanse, heal and balance and connect and energize.

Then if I come out, it is ok. I am balanced and, you know, have received whatever energy I have absorbed. If some energy discharges after this meditation, it's ok!

But during the meditation itself and receiving the energy but the same energy is dissipated in to the earth. Then what will you gain?

Nothing!

People are meditating for one hour sitting on the floor... What is their result?

Energy is coming and energy is going, but you are the same as before!...you are the same as before!

Hence to avoid this, use a wooden block which is a non-conductor of electricity or energy, or use a woollen mat Or Silk cloth.

You got this point? Use these.

And if you're sitting on a chair use the same woollen mat or any mat... mat like this carpet also is ok... for your feet.

And the chair you are sitting on should be made of wood not metal because again metal is the conductor of energy or electricity.

It will receive... the moment I sit and meditate on it, energy will be flowing into it.

Then I am energizing my chair, not only myself!

So the chair should be wooden, it is better.

And the most important thing is that your spine should be straight.

That is the only condition!

Shivoham!

"When can we drop practicing the Srividya Sadhana & carry on with Srividya Samadhi Siddhi Sadhana?"

Video Link: <https://youtu.be/69skBUXjk74>

This is a very important decision you need to make.

"What you want?" That will decide this.

Levels 1 to 7 have the power to Cleanse, Heal, and Energize Chakras, Karmas and everything.

At the same time, the Shri Vidya Samadhi Siddhi Sadhana also has the power to Cleanse, Heal and Energize.

Because you are touching the Soul Consciousness, Universal Consciousness. That is, you know, like Lottery!

Once it's clicked, done!

No need to work all the levels from 1 -7.

But Levels 1 - 7 is the priority.

And the question itself tells that you are still not prepared for doing only Shri Vidya Samadhi Siddhi Sadhana.

Many times we know from inside!

"Guruji, I think now I am ready from within... I am ready to do Shri Vidya Samadhi Siddhi and I am ready to drop all of this!".

The feeling - that you should feel, " I don't need all of these !"

Okay? You need to have that feeling when you do it.

Specially I have told to many students, " If you are regularly practicing Shri Vidya sadhana - Levels 1 to 7 for one to two years or for 3 years, then you drop them and go for Shri Vidya Samadhi Siddhi Sadhana.

So, if you cannot decide, then you practice regularly and then you drop and start doing Srividya Samadhi Siddhi Sadhana.

Shivoham!

**"I want to anchor my meditation energy into my Soul as Soul Power,
how can I do?"**

Video Link: <https://youtu.be/3se2fs4rSwg>

You just, you know, make an intention after meditation, to Divine Mother,
"Divine Mother, please help me to absorb all my Tapas Shakti into my Soul . Please bless
me. Integrate my Energy into my Soul."

You just need to pray.

And whatever, you know, intention you make, the Energy will go there. It is the Universal
Law!

Wherever the Intention and Attention, there is the Energy, okay?

When you make the Sankalpa to hold the Energy as your Soul Power, it goes there,
okay?

Shivoham!

"Is the experience of liberation is temporary or permanent?"

Video Link: https://youtu.be/T_oY239i5Kc

Very good question!

But they are touching them after Self-Realisation.

But you see that many times, now a day, it has become a trend in the western world, you know. "Be here and now, you know. Stillness or, you know, Power of Now! "Truth is there, but not complete Truth is there.

In Bhagavad Gita, Lord Krishna says this:

"This state - Temporary Mano Laya ...it is not permanent! "

It is the Temporary state of the Siddha.

It is the Temporary state of the Avadhoota.

So, Liberation, Jeevan Mukti, Siddha state.... And if you want this to be permanent then that is the Sadhana we have to do with the Sri Vidya Samadhi Siddhi.

Otherwise you will experience the glimpses of a Self-Realisation, God Realisation. You experience the Liberation in your meditation, but not in the waking state of Consciousness.

That's what the Mantras:

So Ham...So Ham...So Ham

Shivoham.... Shivoham....Shivoham

Aham BRAHMASMI....Aham BRAHMASMI....Aham BRAHMASMI

You see that?

Why Adhi Shankara has to chant "Shivoham, Shivoham", when he was walking here and there?

What is the need when already he had reached?

To remember!

To Be in that state of liberation!

Not to be, you know, overtaken by the old person.

You know.... that is what -

Who am I?

Always...So Ham....So Ham....So Ham

Aham BRAHMASMI....Aham BRAHMASMI....Aham BRAHMASMI

So, Experience in a meditation is different. Experience That in the waking state is very important! Otherwise you are not a **Siddha**.

Siddha is the one who experiences this perfection in a meditation and brings in a Waking state of Consciousness; lives on this earth in a Soul level.

You see? That is a Siddha!**Siddhatva**, manifesting that **Siddhatva**.

Many times we fall down. Once we experience in the meditation, but we don't experience in the Waking state. Again and again our Subconscious mind takes over.

That's what I was telling, you know:

"When you reach a Level of Immortal Consciousness,
Chakras are not there. Kundalini is not going to be there. Subconscious mind is not going to be there. You are just a Pure Crystal Consciousness.

That is the state of Avadhoota!

That is a state of Siddha!

That is a state of Thirumularji, or Shirdi Sai and all the Masters!!! "

Only then they can detach from the body.

That's what you know, Ramana Maharishi in the end, exhibited....created the Cancer to show to the students - what level you can go - even, you know, without Anaesthesia got operated, you know, for the Throat Cancer. Not a sign of attachment to the body!

He's telling, "I am not this, I am... THAT

That is a Siddha. He is a Siddha! It is not easier!!

And when he was there living, it he didn't go here and there. He was always Awake, AWARE of His own Soul.

Not about any student, not Mantra, Yantra, Tantra, No! That is the Power of the **SOHAM**..... Power of the **SOHAM**!!

That's what my Master told me:

"Meditate on **SOHAM**. At the end, after Self Realisation - **SOHAM**! EVERY moment be AWARE of your Breath." That is a challenge!

Be aware of your Breath, with the **SOHAM** Nadha! Only then you can raise yourself, and be in a Soul Level, in the waking state of Consciousness. Otherwise your subconscious mind can overtake. So, that could be, you know, I can say - if you want...Of course, in the beginning you have a glimpses of Self-Realization, have a glimpses of God Realisation - But when you bring that, with the guidance of the Master, you know, with a different sadhana, what happens? You start experiencing that Soul Level Self-Realisation, God Realisation in the Waking state of Consciousness!

So, of course it is temporary in the beginning, but it is a permanent experience, as you walk on this path, you know, in day to day life, doing the meditation that is given by Thirumularji.

"Is it possible to attain Moksha even if it is not reflecting in astrological birth chart?"

Video Link: <https://youtu.be/ZQ50ET50vSw>

When you say an astrological chart, you need to understand that the astrological chart represents your past life Karma.

This past life Karma is done by whom?

Only You!

Now the chart is indicating that these are all the mistakes that you have made.

Now you want to improve yourself from those mistakes under the right guidance of the Master, under the Universal Principle, and surrendering to the Divine Mother.

So it is possible to attain Moksha in this life Only, if you persist, if your focus is there, and if you are sincerely desiring from your heart. IT is possible, okay?

You see that Sadguru Paramahansa Yogananda's Master Sri Yukteshwar, you know, He was, you know, an Astrologer, He was meditating and He was doing all His activities. But at the age of 52 or 53, I don't know the exact age, when His wife died, he had a great detachment of the world.

Then He really started to meditate for Self Realisation and God Realisation. And within one or two years, He got Self Realised and you know, attained Jivan Mukti, Moksha!

So, you see that everything is possible!

When you align with the Divine, everything is possible!

And inside you if you have a burning desire for your liberation, for your freedom then it is going to happen!

So, Moksha or Liberation is your birth right!

You need to accept this Truth!

Knowing the Truth about myself is my birthright!

By knowing the Truth about myself I get liberated. THAT is Moksha!

So, don't have even a single or 1% doubt whether I can get liberated in this birth or not,

So Spirituality is going beyond all this - be it an astrological chart or anything, I am telling you!

This is my own experience!

With the help of a Siddha, with the help of Mother Lalita Ambika, with your sincere devotion and Surrenderance, everything is possible, okay?

We can get Moksha in this lifetime only, if you really accept, allow and surrender, okay?

Shivoham!

"Shiva Rudrabhishek - Amazing Science of Vibrations!"

Video Link: <https://youtu.be/fCoURu4OQ0U>

Rudra is the one who is the Lord of Vibrations....

So, Consciousness is there, from that Consciousness, one Vibration manifested - from that Vibration, Waves started manifesting!

That Waves.... The Lord of

Those Waves,

That Energy,

That Vibration,

...we call it **Rudra**.

So, we do the **Rudra Abhisheka**. **Rudra Abhisheka** means I'm not working at the Conscious Level. I'm working at the Vibrational Level, which is just one stage before Energy.

Consciousness, Vibration, then Energy.

Energy means Shakti... Parvati Tattva starts. So in between that, I want to work at the Level which is before the Energy Level, and after the Conscious Level, what we call Rudra Abhisheka...Rudra....Abhisheka

How to dissolve negative vibration of my karmas, of my negative thoughts, of my psychic impressions? So I take a Shivalingam and offer the milk, offer the water by chanting those names of Rudra. When I offer them, what it is actually I'm offering?

It is not just the milk. Milk is a symbolic expression of my Prana. Please understand! I am offering my own Prana because my Prana contains positive Karma and negative Karma. So, when I do the Rudra Abhisheka, for what purpose I do?

I want to overcome some problem. I want to overcome some Karmic issues. So, I make a Sankalpa before doing the Rudra Abhisheka. Then I do the Rudra Abhisheka with Eleven names of Lord Rudra. These names are also very important. When there's Vibration and Energy, the layers between them are the eleven layers of Consciousness. And eleven layers of energies are there. So, for every layer I have given one name of Rudra so that He can come and work with the Vibration, and Change my Energy....

Change my Energy. Energy has a positive Karma as well as negative Karma.

So Rudra Abhisheka is one of the ways to overcome the problems, to overcome or do the Shanti Puja for your issues. So, it has been told that if you do the Rudra Abhisheka, you can overcome any type of negative issues in your life. Whether it's a health related issue, whether it is a relationship issue, whether it's a money issue, whether there is any negativity in your home, you can overcome by doing this.

Shivoham!

Secret of Eclipse & Spiritual Practice **-By Sri Sadguru Sivapremanandaji"**

Video Link: <https://youtu.be/kDcb9-ZfOSg>

I have been telling that there is the Universal Principle - "Whatever that is existing outside is existing inside."

So, this Moon, Sun and Earth are inside us.

My Soul is the Sun.

This body is the Earth.

My Mind is the Moon.

So, whatever is happening out there, the same thing is happening here body).

You can see that some people are having too much problems with Full Moon day and the New Moon day.

Whatever is happening in the Moon - with its water level - the same thing is happening with the water level in them.

Water is the Feelings.... Emotions.

It is happening to their Mind also.

Especially some people on the New Moon day - Amavasya, start fighting without any reason. Particularly women are more, you know, prone to them than men. They themselves won't know for what reason they are fighting.

So, during this Eclipse, you know, what happens, whatever things are happening with the Moon, Earth and the Sun, same things will be happening in my mind, body and the Soul respectively. So, during this Eclipse, you know, what's happening?

They are coming in alignment....in alignment!

Means Moon, Earth and the Sun are coming in one straight line.

What is going to happen in me at this time? My Mind, Body and Soul are also coming in one Alignment. When Body, Mind and Soul are aligned, what happens? Automatically you are connected to the Universal Soul. When you are automatically connected to the Universal Soul, what is the effect of whatever Sadhana you do?

Results are multiplied exponentially!

Are you able to see the science behind all of these?

So, when your Body, Mind and Soul are aligned,

The layer between Body and Mind,

The layer between Mind and Soul,

Is very thin,...is very, very thin!

So, **whatever Power my Soul receives, automatically my Mind and Body get it!**

So, Eclipse is a very, very powerful time to do Mantra Sadhana.... Mantra Sadhana.

You can even do the Havan, Tarpana, and Abhisheka. Whatever it is you do during the Eclipse time. They even say, you know, "after Eclipse take a bath ", why they say so? They know that you will have excess Energy! Too much Energy during this Eclipse!!

When I take a bath, what happens?

Too much Energy is washed away.

They also say, "During Eclipse don't eat anything!" Why they say so?

They mean to say, "Focus on meditation. Take this opportunity. It is happening once in 50 years. During such rare celestial support, if you are wasting time taking coffee, tea, pizza, idli, Vada, then it means that you are a fool. "

It is such a special event. Take this opportunity. Even 10 minutes of meditation during this time is more powerful than 3 - 5 months of Meditation.

It is Equal! Years and years of Meditation is equal to meditating during this time.

Because first of all the Alignment is very difficult. Alignment is the biggest difficulty because of thoughts in mind. But here, nature is doing it for you! During Eclipse, nature is doing it for you!!

So, you need to take advantage of that. Meditate...on your Mantra that you have been practicing!!! You know, for some people, " This Natchatra is problem for me ... this Rasi is problem for me!" ... saying this they will meditate on these Mantras because that may harm them. But Srividya Mantras are something.....they create a Universe!....they create....a Universe!!

They create things - Pancha Maha Bhuthas!

They create Navagrahas!

They create, you know, Galaxies!

So, when I am chanting those Mantras, then do I need to, you know, chant any other Mantra again for one Rasi, one, you know, Natchatra, one this?

Not at all!

These are the Source!

We call them Shri Mata!

Her Mantras are more powerful than all others.

So, you need to chant your Sadhana Mantras during Eclipse time!

Many people write, " Guruji, what should I do, you know, for Eclipse?"

What else you have?!! You have so much Sadhana , what else you want to do?

Do the Sadhana that is given. That is what I always suggest, " Do your Shri Vidya Meditation. Work with your Chakras. Atleast one round each Level you do it. And you chant that Mantra whose Mantra Power you want to absorb more..... you want to absorb more! If you want to do Havan, then do it during this time! You know, Do Havan longer. This is all you need to do:

Meditate more!

Chant more!

Be in Silence!

Give less attention to outside things!

Focus on yourself, your Soul, and your Power!

Shivoham!

"My frequency of chanting mantras became fast & I chant mantras sub-consciously! Why this happens?"

Video Link: <https://youtu.be/Einxbl6cuhU>

It means you have done good preparation or ground work where you have formed the Memory Centre of the Mantra in your Subconscious Mind and it has become active and alive and is working for you.

So, you can enjoy that!

When Mantra chanting starts happening by itself, you just need to listen without trying to stop saying that you need to chant slowly etc. No! Do nothing.

You have done this work and Mantra is awakened and once the Memory Centre is formed in your Subconscious Mind means it is the Antenna receiving the Energy directly from the Universe.... from the Soul.

So, you don't need to worry. You just need to listen! And be Aware!

That is all your Sadhana should be.

So, you don't worry as it is a blessing and good for you!

Shivoham

"What is "Real Deepavali" for Spiritual Seekers?" **-By Sri Sadguru Sivapremanandaji"**

Video Link: <https://youtu.be/5dA1RlfZNc>

We light the lamp... outside. At the same time we pray to the Divine Mother to ignite the same light within us....the same light within us.

For Srividya Sadhaks, this is very important to realise on this auspicious day, that
Realising the Truth,
Realising the Soul,
Realising the Self,
... Is the real Deepavali!

You know, Real Deepavali is to know the Light within....to know the Light within!

In Yogic terms or in Siddha Parampara, Light means Consciousness... Light means Consciousness.

Light means Awareness.... Light means Awareness!

This is a very important understanding that we need to have on the Spiritual Path.
Because we have been celebrating Deepavali, but only in the external way... not realising what the real inner meaning is....what the real inner meaning is.

So, one of the, you know, I will go through the **Sadhguru Adhi Shankaracharya's Eka Sloki:**

Kim jyotistavabhānumānāhani me rātrau pradīpādikaṃ
syādevaṃ ravidīpadarśanavidhau kiṃ jyotirākhyāhi me .
Cakṣustasya nimīlanādisamayē kiṃ dhīrdhiyo darśane
kiṃ tatrāhamato bhavānparamakam jyotistadasmi prabho ..

Guru: What provides you with light?

Sishya: By day, the sun, by night, a lamp.

Guru: What is the light that sees these lights?

Sishya: The eye.

Guru: What is the light that illumines the eye?

Sishya: The intellect.

Guru: What is it that knows the intellect?

Sishya: It is the "I".

Guru: Therefore, you are the light of lights.

Sishya: Truly, I am That. (I realize that I am)

This is a conversation between Sadhguru Adi Shankaracharya and His disciple.

Sadhguru asks His disciple:

First question - What is your Light?... What is your light?

And the student says, "For me, Sun is the Light in the day, it is a lamp that is the Light at night." That is what he answers.

Then the next question comes - "By what Light do you see the Sun or the outside Lamp? What is that, which makes you to realise this is the Light?"

And the disciple says, "Through my eyes I see that it is the Light."

And then He goes further and asks,

"If you see that, when you close your eyes, what is the Light?... what is the Light that you see it with? "

So you see that...when we close our eyes, we can see astral colors around our forehead. Some, you know, White Light, Purple Light, Indigo Light....we can see inside.

How do you know that?

Because of Buddhi - Intellectual Ability or Intellect - we know that there is a Light within us.

Now, a very important question, you see that,

He asks, "What is the Light that helps the Intellect to know that inside Light is a Light?"

This is a very important question, I'm telling you!

Because **Eka Sloki** -

This contains the essence of all Upanishads,

This contains the essence of all Vedas,

This contains the essence of the Bhagavad Gita,

This contains complete Spiritual Knowledge,

...in one Sloka!

Whatever Sadhguru Adhi Shankaracharya could attain, He expressed it in such a simplified way; He put it in only one Sloka. And that one Sloka, if you really understand, you get Self Realised!

So He asks, "How you know how the Intellect knows that inside Light is a Light? "

And the disciple says, "Because of me. Because of myself. "

"What is yourself? What is your inner Light?"

Disciple answers, "Because of my Knowingness, because of my Awareness, because of my Consciousness, I know that inner Light is a Light. Outside Light is a Light."

If I take this Awareness minus your human body... Awareness minus your human body, then what do we call that?

Dead body!

Awareness minus the human body - we call it as a Dead body.

Awareness plus human body is a LIVING body!

So, the moment Shiva - that is Awareness goes out of this body, the body becomes a Shava. So, this is the true Light. This is the true Light that we are!...that we need to understand!

Deepavali is not just to lamp outside, to lamp this Form (taps His Shoulders), this Body needs to be lit.

If your Body doesn't know it is a Body, means it loses its existence.

If your Mind doesn't know it is a mind, it loses its existence.

If you are not aware that you are a human, you are this person, that person, this family name, this Engineer, and this role and all you lose your Existence.

What is the difference between a mad person and the, you know, right person who has a stability?

Mad person has lost the Awareness - who he was at this Mind Level... psychological level. So we call him a mad person.

So, this one Shloka, you know, Lights us. Helps us to know the Truth - who you are? The moment I realise this... the moment I realise that

**"I am Awareness,
I am Consciousness,
I am Knowingness,
I am not a Body, but Awareness of the Body.
I am not the Mind, but Awareness of the Mind.
I am not all these Thoughts,
All this Intellectual Ability,
All those roles and regulations whatever I have,
Then I know that
"I am that Awareness of Everything"
Then you know that,
"I am the Ultimate Truth.... I am the Ultimate Truth!"**

Because, if Awareness is not there, what else is there?!
And that **AWARENESS in Sri Vidya is called SUNDARI - Beauty!**
And who is this SUNDARI?
TRIPURA SUNDARI! - The beauty of three worlds.

What are the three worlds?
Waking State of Consciousness.
Dream State of Consciousness,
Sleep State of Consciousness.

So, the one who is the beauty of these three worlds, we call her TRIPURA SUNDARI.

So, **MAHA TRIPURA SUNDARI is nothing, but AWARENESS!**
She's the Beauty of Everything!!
If she is not there, then nothing is there...if She is not there, nothing is there.

So, that is what again, Sadhguru Thirumularji also explains the same thing:

2681: Know Light Within

**Know the Light; your Form becomes Light;
Know the Hidden Form; you that Form become;
Know the Light's Form; you that Light become;**

That Light within you to melt, He in love stands.

Whether you
Come with a conclusion with the Siddhas,
Come with a conclusion with the Avadhuthas,
Come with a conclusion with, you know, all the Rishis,
There is only One Truth - Know Light Within.

And that Light is your CONSCIOUSNESS.
That Light is your Soul.
That Light is your Awareness.

If we don't know this, we waste our life just lamping outside things. But we are not going to be aware of the real Truth....that is
We are AWARENESS.
We are CONSCIOUSNESS.
We are all of that!

In Puranas, this Deepavali has a great significance.
Because when Rama defeated Ravana and brought Sita back to His kingdom and established the Ramarajya.
Thus He returned to the kingdom.
So this is a victory... celebration. That event, we consider as Deepavali.
But this is, you know, the superficial meaning.
Who is Rama for Srividya Sadhaks? Who is Rama?
Rama is Consciousness.
And He is the Static Consciousness. And He is in this human body.
This Mind is Sita.
And this Body with Ego Consciousness, you know, Ravana - the ten heads he is holding.
Do you think it is possible in the outside world to have ten heads?
No. Not possible.
But that is given in our Puranas. Such things are made up so that you can think about it. Don't accept as it is. You see that!?
Everything is so beautiful there!
There, it is very clear that the ten headed Ravana is none, but this Body having ten senses - Jnanendriya and Karmendriya.
When this Body with Ego Consciousness takes away the Mind... takes away the Mind, Rama wanted to win her back.
But Rama is Static Consciousness. Like Sadasiva, Rama is Static Consciousness. He needs some Dynamic Consciousness. That is where... Lord Hanuman! - Maha Prana!! Hanuman is Maha Prana... Dynamic Consciousness. With the help of Hanuman, Rama has to bring Sita back, so the Mind merges back into Consciousness. And then there is the establishment of Ramarajya.

What is Rama Rajya?

The **Rama Rajya means the Consciousness. Bliss, Truth, Justice, Awakening, Harmony, Love, Ecstasy. This is Rama Rajya.**

Where is this Rajya, outside or within us?

Within!

So, this is the meaning of Ramayana.

This is the real meaning of Deepavali, where the Mind and Prana merge back into your Consciousness, Okay? Awareness.

Become AWARE of AWARENESS - means what happened?

The Mind loses its identity.

Ego disappeared, and

you emerged as Truth Consciousness - AHAM BRAHMASMI,

SHIVOHAM,

OM TAT SAT,

SO HAM

That is the real meaning of Deepavali.

Our Siddhas, our Rishis...they wanted you to realise these esoteric meanings, inner meanings of every festival, so that you can turn back.. **You can turn back your**

attention from outside to within and

Light yourself, Glow,

Blossom with

Pure Consciousness...Pure Awareness.

Free yourself from the Karmic bondage.

Free yourself from all the miseries.

This body has a disease. This body is seeking Pleasure, right?

The same thing with the Mind.

So the moment I realise that, "I am not a body", don't you see that I overcome those problems with the body?

I overcome!

This Prana has hunger, thirst, and all the Bodily needs, Pleasure needs. If I realise the truth, "I am not Prana, I am the Awareness of the Prana." Don't you think I will overcome all those problems?

So the day I realise that, **"I am not a Body, I am not a Mind, I'm not an Intellectual Ability, I'm not all of these. I am beyond all of these. But Base for Everything. If I am not there... then all the above also don't serve"**

In the Deep Sleep State... when you are in a deep sleep, are you aware of your body... in your deep sleep, are you aware of this world, aware of your family?

The moment I woke up early in the morning I knew that I had a deep sleep!

So who was there existing, when the Body was not there, the Mind was not there, the World was not there, who was aware?

You were AWARE!

That is what happens in Samadhi. **We go into deeper Samadhi where**

We lose Body Consciousness,

We lose External World Consciousness,

We lose everything.

And,

We are just one with that Existence and there is only AWARENESS.

And this Awareness - not Aware of itself... it is not Aware of itself!

So that is a State we need to go to! THAT is what we call Sri Vidya!

Srividya means that State of Consciousness, I need to experience! Nirvikalpa Samadhi!

Not just Sarvikalpa Samadhi.

IT is Nirvikalpa Samadhi, where Existence alone is you yourself disappear!

You become one with everything!! That is what we call Srividya Sadhana, where you become one with Maha Tripurasundari!

That is the real form of Maha Tripura Sundari... that is the real form of Mahatripura Sundari!!

So,

That is the, aim of all the Siddhas,

That is the aim of all Rishis,

That is the aim of all these, teachings!

You should go and experience the Truth about yourself!

So, that is the real meaning for Srividya Sadhaks!

You enjoy the external rituals.

At the same time, know what the real Light is!

Outside Light is a symbolic representation of Inner Consciousness, Inner Awareness.

Once you realise that then things are good.

And with this Awareness we should do the Arthi. Whenever we do Arthi you know, why do we do the Arthi to the Divine? ...Tell me, why do we do the Arthi to the Divine?

We are telling the Divine Mother,

"Mother, please Awaken my Soul!" When I do the Arthi, what am I doing? **" Mother, make my life, Light my life, Bring the happiness, Bring the Awareness, make my life successful! "**

When we do the Arthi, we should be very careful, as what we are asking, will come to us! And it's very powerful!!

Doing Arthi is very powerful, because when we rotate the Arthi in a clockwise direction, what happens?

I am pulling the Energy of the Deity into my Soul. So I'm rotating in a clockwise direction. I'm asking, "**Mother, please Awaken my Soul! Mother, Light my Soul, Light my Life, Remove all the negativities, Awaken my Intellectual Ability, Awaken my Intuition. Bless me! Bless me with that Truth so that I shine forever! I shine forever!!**"

This Truth is the main aim of, if you see, the Upanishads, Vedas.

'**Asatoma Sadgamaya**' - means,

"Please take me from darkness to Light".

This same Intention we wanted to bring in the culture,

So, Arthi started, you know!

But how many of us, you know, really know about the importance of that?

We don't know anything.

And one more very important thing about Arthi is that it has the power to remove all negativity.

If you do the Arthi, after, you know, doing it for Divine Mother, then you do it for yourself! You'll be surprised!

All the negativity from your Aura cleanses away.

It is the greatest healing method that has been used in the past by Siddhas and all for everything. But we forget the real, you know, meaning, real objective of that.

We just make it mechanical, you know!? "Haan, you (points to one side) also come, do the Arthi. You (points to the other side) also come, do the Arthi..." You know, and you will be thinking somewhere else, and here, you know, simply (Circulating His hand). And the Mind is not there, but you are there. Just you are waving it, finishing it. It is not like this.

You do the Arthi to the Divine. Then what you do?

You do Arthi to yourself!

When you do the Arthi, what should be, you know, the direction? When I do this (Circulating in a clockwise direction),

When I do it for myself, you should do this (circulates in an anti-clockwise direction)...the Arthi should be facing me. Then you remove it...remove the lamp...whatever... camphor...whatever you do with, you need to throw it out.

This is the best healing method for your children. You see, so many children are having, you know, Drishti Dosha and all of that. Because we are all powerful people. You know, When we have a feeling of jealousy, obviously we hit another person.

So dosha will be... because of this negative energy, we hit, you know, all of that... another person. It is not that we want it but it is there from so many births. When we have taken the Body and Mind, these are the by-products. So we need to understand and accept it. When I accept and bring Awareness then there is transformation. Accept, but no Awareness, means no transformation.

So, the whole of Spirituality is about Awareness! Awareness!! Awareness!!!

So, the complete teaching of Siddhas is "Know Yourself! Know YOURSELF!!... Know your Light! "

That is a true celebration of Deepavali that we need focus.

So, whenever you feel tired, do Arthi for yourself and know that real God is within you!

Real God is within you!!

Because of that, you are living! The moment that God goes, you are dead. This is the Ultimate Truth!

Every Master, you know, is saying, "Know Yourself!"

Otherwise you have been feeling powerless. You have been saying, "I have this problem, that problem."

Why you are telling?

Because you believe that you are powerless. You believe that you are limited.

The day you realise that **the Awareness in this body is the same Awareness that is running this Cosmic Awareness, Cosmic Consciousness then you know that you are a Cosmic Consciousness. Then you know that you are a Universal Awareness.**

Then only you are a Siddha!

Then only you are an Avadhoota!

Then only you are a Master.

Swami of your Inner World and Outside World.

So, these are very important.

The path is to become a powerful person.

The path is to become the Divine.

The path is to realise the Truth that you are a Formless...Digambara... Nirguna Nirakara Chidananda Rupa Shivoham!

That is what...that is what we need to walk!!

So, that is a real celebration of Deepavali.

So, do outside whatever the things. But at the same time, celebrate with Awareness that the main objective of celebrating Deepavali is to **"KNOW THYSELF!"**

Shivoham!

"Is there any connection between Mantra Siddhi & Self-Realization?"

Video Link: <https://youtu.be/5YqMQ4JJPCM>

Mantra Siddhi means Manifestation of Divine Power.... Manifestation of Divine Power!
So, some Mantras give Health Benefits, Health Mantras which we give is for Health Benefits - that is it's Mantra Siddhi.

Some Mantras give Protection like what we are going to learn today . Protection is it's Mantra Siddhi.

Some Mantras give Self-Realisation.

Shodashi Mantra, Shiva Sowbhagya Shodashi Mantra, and this So Ham Mantra .

So, the Mantras and Self Realisation are different.

Some Mantras have different applications and some Mantras have their application as Self Realisation!

So, in Shri Vidya Sadhana, ' I get Self-Realisation ', means what?

"I have the Mantra Siddhi of **So Ham!**"

"I have the Mantra Siddhi of **Shiva Sowbhagya Shodashi Mantra** or **Shodashi Mantra!**".

So, if you are doing Shri Vidya Sadhana, then Self Realisation itself is the Mantra Siddhi for **Shodashi Mantra, Shiva Sowbhagya Shodashi Mantra, and So Ham Mantra.**

If you are doing other Mantras.... Like some people want to do predictions, you know, they want to know the future, they want to predict, they want to be a good Astrologer and all.... then it is a different Mantra Siddhi because here psychic ability is what you develop, but not your Soul ability.

So Ham gives the Soul Ability. It is not Psychic Siddhi, but it is an Athma Siddhi.

You need to understand what type of Siddhis Mantras is to give. So, it's you what you want!

If I want the Mantra Siddhi of **So Ham** means Self Realisation is the, you know, attainment.

If you want other Siddhis for the worldly problems, then Mantra Siddhi is primary and Self Realisation is secondary.

This you need to understand.

Shivoham

"How I can maintain the sanctity of the Sriyantra when we don't do puja due to travelling Etc.?"

Video Link: https://youtu.be/kGh8kDxi_Us

Wherever you go, you just mentally pray to Divine Mother, " Mother, bless my Shri Yantra at my home!"

And you chant the Mantra at least for one minute, wherever you are.

And See that the Shri Yantra is energized with the Divine Mother Mantra and also it is Blessing your family members and your home.

You just need to make a Sankalpa, to make a prayer, And Chant the Mantra visualising the Shri Yantra, and it will have the same Energy will hold the same vibration!

Shivoham!

"I am detached to social activities & happy with myself. Am I moving to right direction?"

Video Link: <https://youtu.be/zNeMB8WzSvE>

When you meditate for a long time... you have said that you have been meditating for 5 years, doing the Shri Vidya Sadhana, Durga Saptashati and Khadgamala.

your devotion, gratitude and surrenderance is very good, obviously you see the detachment and you see the Oneness with the Divine Mother and you are always happy whether you are in your home meditating or not or you are outside and all.

And when you see the surrounding where people are struggling and doing Vishnu Sahasranama, so many Mantras and all, it is obvious to feel, " why all these things?... why so much suffering?" and all.

You are different, other people are different. Your Karmas are different; other people's Karmas are different. Your Life lessons are different; other people's Life lessons are different. So we cannot really compare ourselves with others, okay? But what I can tell you from all your experience is that, You are really doing well, You are growing, Detachment is happening, You are no more enjoying the social groups, social life, And you are happier by yourself!

So, actually this is the Spiritual growth that is taking place in you.

And....yes - " is this okayis I moving to the next step?" -

You are moving to the higher level of Consciousness,

You want to be Alone,

You want to be Blissful,

You want to, you know, go within more and more!

This is what we call Spiritual. Spiritual means turning from outside to within.

More focus on your Soul

More focus on your thoughts,

More focus on your Devotion,

More you are spending; you know, your thoughts on Divine Mother,

You know, more focus on your inner Consciousness with the Divine Mantra and all...

That is what.... this is the progress that is happening to you! And you are doing well!

Shivoham!

"Chintamani Mantra - Powerful Mantra to remove all worldly worries of life!"

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

Whenever you have financial problems,

Whenever you have so many issues around you, about the job and all,

It is very difficult for your mind to focus and meditate.

So, what do you do?

Just you use **Shakthi Pranava**. Actually I have given you. I think I remember giving you:

HREEM NA MA SI VA YA HREEM

Where it is a combination of Shakthi and Shiva!

But if you still want another one, just Chant this Mantra:

OM HREEM NAMAHA

It is called the **Chintamani Mantra**!

Chintamani means the one that will dissolve all your worries - whether it is about your Job, Money, Health or whatever it is! A very simple Mantra, but a very powerful Mantra. So, make it happen. Chant it during your day to day activities, for your manifestations, ...whatever you are doing:

OM HREEM NAMAHA

Here you bring Mother Lalithambika in the form of Bhuvaneshwari to help

To establish your World,

To manifest your World,

To manifest your Empire,

To have Abundant Money, Health, Relationship and all of that!

Shivoham!

"I got a dream where two gurus asking my dyana vidhi. Are they some forces trying to mislead?"

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

Any Guru does not ask you for the process! The Guru knows the process, your ability, and then He can guide you?

you could able to see the Astral being, and they wanted to, you know, know you, because of your love, because of your devotion to Divine Mother, because you created very positive Prana, Soul Power and so started attracting advanced Astral beings who wanted to take that Energy from you.

But intelligently what you have done? You stopped. You couldn't explain. It is also the Grace of Divine Mother....it is the..... Grace of Divine Mother!

So, you are protected with that Power... your Mantra Shakti is protected. Your Soul Power is protected. Tapas Shakti is protected!

Shivoham!

"How to perform Inner Havan?"

Video Link: https://youtu.be/_rm_nf5Ydfg

Inner Havan:

And if we want to do, when we can do it? Whether can we do the Inner Havan alone or should we first do external Havan, then go for Inner Havan? That is the question.

So... and how to do the Inner Havan, okay?

This is very important that Inner Havan need your concentration...little bit concentration.

You need to have a visualization skill to do the Inner Havan.

Otherwise you need to be in a state of acceptance, of Divinity, allowing the Divinity.

Otherwise you cannot do the Inner Havan.

So if you want to do the Inner Havan, just visualise the Havana Kunda, the fire that you are igniting, in this, in the Muladhara Chakra or in the Nabhi - the Manipura Chakra.

Both have Agni in them. One is a **Kamagni**, other one is **Jataragni**. The third one is **Jnanagni**. (Points the Agna Chakra).

We have three fire already present. You don't need to lamp a light further. It's already there. Your only job is to throw the things that you don't want. Okay?

So this is more powerful. I find, you know, whenever we do the Inner Havan, than the Muladhara, this point you know - the Manipura is more powerful to burn the things very fast. It is Durga, you know, fire, fierce fire, you know, very powerful, dominating energy. It can burn anything!

So what you do, you visualise the Havana Patra here or visualise just one triangle,

If you don't want Havana Patra. Just feel the triangle. Downward triangle. ()

You see if I have - shows by joining His 2 thumbs and 2 index fingers - downward triangle is like this. Yes, downward triangle.

This is upward triangle. (Index fingers' joint up)

If I do it like this, (Index fingers' joint down) it is a downward triangle.

You **feel** that triangle is there. Fire is already there. You don't need to ignite also... just acceptance!

"I'm ready to offer all my Karmas...all my karmas into the fire already ignited by Divine Mother Lalithambika present here in the form of Durga, who can dissolve everything because She is a Maha Kali Maha Lakshmi, Maha Saraswati."

Then you feel that Havana Kunda. And fire...You will start feeling the fire there. Literally, you feel it. Just your attention is sufficient, because it's already there. You don't need to visualise that, it's already there. Then just start dropping what you do not want, and what you want also! As a Karmakanda, what you don't want. As the one on the path of Self Realisation, Spiritual Growth, you don't want positive also and negative also.

"I want liberation in this life only. Moksha in this life only. No more attachment for the happiness, no more detachment for unhappiness. I offer both of them. I

become Digambara, Dattatreya, and Nirguna Nirakara, I experience that Tattva, Para Brahma Tattva within myself."

So visualise that and ask. They start with the Body. I ask myself, or I offer my Body to the Havan.

Body attachment...everything will go. The disease Karma that is stored in the memory cell start burning. You start peeling all this skin and offer, chanting,

"Om Aim Hreem Shreem Shree Matre Namah Swaha"

I offer all the skin, then all the muscles, you know, maamisa, pinda, anything you have.

"Om Aim Hreem Shreem Shree Matre Namah Swaha"

I offer all my muscles. Nothing is there. When I see, I only see Bone Skeleton. I offer these entire bones one by one,

"Om Aim Hreem Shreem Shree Matre Namah Swaha"(2 times)

I offer all my fingers. All Everything, entire Physical Body I'm offering.

Once I offer, how should I feel?

I only feel the Energy of myself.

Then Energy Body. A Blue color Energy Body. You see that... There are karmic layers as grey patches there. You see that. I offer all of this,

"Om Aim Hreem Shreem Shree Matre Namah Swaha"

"I offer all the Positive Energy and all the negative karma that is considered as the negative Energy. I offer positive Energy also. Negative Energy also." Now, Physical body disappeared. The Energy Body as a Blue color disappeared. Now the Astral Body. Silver color Body is there. I see that all my emotions are there - Anger, Stress, Depression...everything is there. I see the fire. Then one by one:

"Mother. I no more want this anger. Every day it is hurting me. Bringing negative problems in my health. Also creating a problem in my relationship. I no more want this anger. I offer this anger. Please take away."

Anger, I offer,

"Om Aim Hreem Shreem Shree Matre Namah Swaha"

I pull all the anger with intention. I ask my Soul, "Pull all the anger and offer at the feet of Mother in the form of fire."

"Om Aim Hreem Shreem Shree Matre Namah Swaha"

Then once I am done with all the emotions then I go to the next level.

What is that?

Physical body gone.

Energy body gone.

Now astral body gone.

What is remaining?

Mental Body and Soul Body.

"I offer this Mental Body. It has all the negative thoughts. They are my own children. I created them. Given my attention. I borrowed from people's surroundings. And I stored in my own Mental Body. I want to burn all these thoughts in the fire of Divine Mother Lalithambika, Rajarajeshwari, and Maha Tripurasundari."

I make an intention:

"Mother, Please burn all these negative thoughts. Please burn all these positive thoughts. Burn all the bundle of thoughts of this Life and past Life. I am ready, you know, to receive your blessing."

Go on! Feel!

Pull that Yellow color Energy that is surrounding. That is having negative thoughts means, you know, grey energy or dark energy of Yellow color. Pull that and offer,

"Om Aim Hreem Shreem Shree Matre Namah Swaha"

Negative thoughts and Positive thoughts gone!

What remains is a Crystal Pure Body. That Soul Body just remains! And in that...it doesn't have actually body also. It is just Awareness. Just remains THAT! This is there. Divine fire is there. Nothing else is there. You see that you are the Crystal clear child of Lalithambika, just watching, aware of all that is burnt.

Now pray to Mother:

"Mother, from your Chithagni, the Consciousness, from the fire, Create the new Body that is in highest good for my Life on this Earth." Pray mother and see that from that fire slowly, your Mental Body is emerging. Your Astral Body is emerging and you know Energy Body is emerging. Your all...the complete Physical Body is emerging. And feel yourself that you become one with the Divine Mother. And experience that Divinity. This is, If you want to create! But if you don't want to create. "Mother, I want to merge! No more, I want." Then what happens? I will be in that Soul Body all the time. Be there. Then I just see that who I am.

I am this **Nirguna Nirakara Parabrahma Swaroopa!**

I am in that Havan. I see that this light, this fire is no more the Awareness of Lalithambika... it is just spreading and merges with me and the entire Universe. That is **Samhara Kriya** where I dissolve all my creation, and merge with Divine one.

This Inner Havan can be done anytime.

And if you do it regularly, in six months you will be a transformed person. No more you are attaching to the Physical Body, Mental Body and all. You are not attaching at all. Then you are just feeling your Blissful Awareness. Because this will bring Awareness about who you are. Inner Havan is more of a spiritual growth than Outer Havan.

Outer Havan is to overcome problems.

"Guruji, I have a money problem."

Yes, Outer Havan!

"I have, you know, a health problem."

Outer Havan!

"I have a relationship problem."

Outer Havan!

But this Inner Havan, what we have seen now, will give a very good health...Very good health! Pancha Maha Bhuthas are balanced. Your Energy is so strong and all.

So if you want, you can do the Outside Havan. Then close your eyes. If you have time, do the Inner Havan. Or if you cannot do the Outside Havan. Just do the Inner Havan whenever you want! Or before meditation, I offer everything, and sit as a Dattatreya, Digambara, given myself!

Who is a Datta?

The one who has given!

I have given myself, my ego... to Mother. No more I am! Then I am That
CONSCIOUSNESS!

DATTHOHAM...DATTHOHAM... DATTH...OHAM!!!

That's **Avadhoota Sthiti**

-Nowhere. No attachment!

Not to be in one state. It is just moving everywhere. As **ONENESS...as Nirguna Nirakara
Parabrahma Swaroopa!!** That you can do. Inner Havan can be done with that
understanding.

"Darshan of Siddha at very young age!"

Video Link: https://youtu.be/Pmlih_3uPqc

What you have seen must be the form of Agastya Muni. It is the form of Siddha Agastya, you know, Siddha Agastya. May be He has blessed you. Given you the Darshana. Because of His Grace, you are following the path - spiritual path. When the right time comes, He will again show up and guide you.

May be because of Him, or Kriya Babaji and Divine Mother Shiva Shakti blessing you have been, you know, it is a great blessing that at the age of 5 , you had that intense desire for God! It's very, very rare!! At that age, it's very, very rare! Means it is very clear that you're past life's very much connected with the Siddhas; you might, you know, have been a very good student or a Yogi in your past life!

Only then you can have such intense desire at the age of 5! And you had the Darshana of Guru where He told that "In this life I have given a Darshana to you. When the time is right, I will show up!" So, don't worry about all of this. Focus on your Sadhana,

Pray to Thirumularji,

Pray to Lalithambika,

Pray to Lord Siva,

Things will be taken care!

Everything will happen here! I am telling you! Siddhas choose! Siddhas choose to come and meet a disciple!! Please understand! When your detachment is good, When your desire for Truth is so high, when you raise your Vibration to the higher Level, then automatically you start meeting the Siddhas and all ! But you know, you have already met! You should **feel** very Blessed and thankful for having guided into the great Parampara of Siddhas!

The things will be taken care!!

Shivoham!

Can I practice both Srividya Sadhana & Thirumoolar Sivayoga Sadhana together?

Video Link: <https://youtu.be/AxNr5hTyTkc>

How beautiful it is! How beautiful it is....

So, my question is....

You have added Srividya,

You have added Vancha Kalpalatha,

You have added Shodashi Tithi Nithya Devathas,

.... What is missing... what is that you are missing, you want one more Shiva?

Thithi Nithya Devathas mean Amsa of Shiva,

Vancha Kalpalatha Ganapati is Shiva Shakti,

And Panchadashi is Shiva Shakti Mantra,

Means it should be complete, right?

In this case you want to do Shiva Yoga also....

What is the desire behind that?

Why do you want to do it?

What is lacking in you?

... You need to ask these questions!

So, you need to be very careful! Sadhanas are given to you, but do you need them? - You need to ask yourself this question!

First thing - "Is it needed for me.... one more Sadhana? What is missing in my present Sadhana?" If you don't ask this sincere question and if you don't accept it sincerely - this is also very important! People ask the question sincerely, but they don't accept the answer sincerely! They convince themselves....self-deceive - "I think this is needed for me. this is needed this!"

All of these are not needed!

Srividya is complete in itself!

Shiva Yoga is complete in itself!

A Sadhana is complete in itself. But to make it your presence as your Conscious Level, Subconscious Level, and Super Conscious Level, and understanding the Universal Laws, applying the Universal Laws, understanding the Life Lessons, all these together will help you to grow! And not just adding the Sadhanas. People are just adding their Sadhanas. But they are not working with the other pillars. Seva is not happening, Satsanga is not happening, Japa is not happening, Swadhyaya - Self Analysis.... very, very important.... is not happening!

They just go on, like, Sadhana... Sadhana!!... Sadhana!!!

- NO! All these SHOULD be taken care! Only then you can progress on your path.

Because you are not this single Energy Body.

You are Mental Body, you know, Soul Bodyall these things along with Awareness need to be developed!

Shivoham!

"How to resolve the claustrophobic. Why this fear has come, how I can start my meditation again?"

Video Link: <https://youtu.be/wIR6lvqvZK4>

It is not your fear, but it is the fear of your Ego.

Means it realises that, when you say that,

"I am the Spark of Shiva Shakti ".... its death has started now!

That real form, the real Self is awakened in you!

That you know that you are no more a body and a mind and a personality, but you are the spark of Shiva Shakti.

Then what happened -

You went into a very good sleep and in between you woke up and woke up with your body Consciousness, Ego Consciousness and your Ego felt threatened that it will go....it will die! So that fear is now surfacing on you, so, as you meditate, this fear will also drop, as your Real Self, your Soul Self, your Truth take over. Then this fear will dissolve. So, keep praying to the Divine Mother. And that is what happening to you also - when you Meditate this fear is not there, because you know that you are the spark of Shiva and Shakti, when you come to your Body Consciousness, again, you know, your Ego will grab you and the fear will resurface. You tells your Mind, tell your Ego,

"You are Safe with me, because I am the Truth... I am the Spark of Shiva Shakti.

You are taking identity. You are getting my attention and so you are also safe!"

Like this you just say to it as you would to a small child. Right!?

You have to convince your Ego in the same way!

Shivoham!

"Can divine mother herself be my guru or physical guru needed?"

Video Link: <https://youtu.be/qDZZrt6ZDHc>

It is always important to know the Truth that the **Real Guru is our Soul - Parabrahma Tattva!**

"Guru Saakshath Para Brahma!"

So, your own Soul is the Real Guru!

But the outside Guru is the Reflection of my Inner Guru. So, that is important!

Second thing is: When we accept the Masters who are not in the physical dimension, but in the Soul Level like Thirumularji and all. Even He is there in the Physical Dimension when it is needed! So, when you accept such Gurus or Lord Siva Himself as the Guru or the Divine Mother Herself as the Guru, what happens?

They will guide and direct you to the different Physical Gurus! That you need to understand! How prepared you are and how ready you are, accordingly appropriate Guru will come and take you to the next level. But, at least you should have one Guru like, "Lord Siva Himself is my Guru"

"Lord Thirumularji Himself is my Guru"

"Shirdi Sai Himself is my Guru"

Or

"Dattatreya Himself is my Guru"

Like this some where you have to focus and divert and give your complete surrenderance. Then that Force takes charge!

And this - he is asking, "Can Divine Mother Herself be one's Guru directly and completely?" - is possible..... This is possible!! Many people, when they cannot realise the Truth on this Earth and they have been practicing Srividya for life time , but then still, because of their own, you know, ignorance and belief system , they could not realise, means what happens? They will not be born again on this Earth, but they will go to the Celestial World of Manideepa where Mother Herself will guide you to the next level!

Same is the case with Lord Siva! You know many times, we are so much attached to Lord Siva, where we want to have His Darshana, where we want to have direct interaction with Siva, where we want every moment to be with Siva, but in third dimension, it is against the Universal Law. So, what happens?

The moment you drop this body, where will you be going to?

Shivaloka! Where you will interact with Siva! Have Him as your Guru!

Live with Him! And

Experience the Truth!

Become One with Him!

So, like this, if you really want them to interact with you physically, then it is possible.

It is possible, but for that you have to raise yourself.... raise yourself and have right intention. Then it is possible! Because Divine Mother cannot be available in the third dimension all the time...Shiva cannot be available all the time, we are here, to guide you

Shivoham!

"Mahishasura & other Demons are within!"

Video Link: <https://youtu.be/Yr9yk3JjPms>

Within us, there is one demon. Very powerful demon!
What it does is - it distracts your Mind!
It will not allow you to focus on anything,
It will not make you to be happy with any person, any job, or anything.
This demon is called Mahishasura!
And he is not outside. Where is he?
(Points within) Within us!
Job people tell, "Business people are very happy!"
You know Job people tell "Business people are very happy!"
Business people say "Job people are very happy!"
Children feel, "When will I finish this education and go for work?"
You know, and people who are working, you know, stress out, " Won't I get back my college life, my beautiful, good old days of childhood?!"
You know, when you are working, you will be thinking, " When will I get retirement, you know?" Retired people complain, "Why did I retire?" This is the play! This game is going on!! This we call Maya, you know!? Programmed thing! Programmed!! If I give a chocolate and Neem juice, then how many of you will prefer Neem juice and how many of you will prefer the chocolate? We are programmed to seek pleasure in everything! We call this demon, Madhu Kaitabha, in Durga Saptashati. Durga Saptashati is so beautiful that it is not about Divine Mother Goddess at all, but it is about you! Madhu Kaitabha – Tamo demons! You need to kill them! You know, to maintain the good health, you have to accept the Kaitabha ... Neem juice is needed, yes or no?
Always Pizza is not good! Chapati, home food is also good. You know, Bitter things are also good! So, Madhu Kaitabha - going beyond! Like this, we have the Raktha Beeja, do you see that? Desire!
In Durga Saptashati, we say that one drop of Raktha Beeja falls on the ground means what happens? He multiplies into plenty! One desire manifest into multiple desires...
"I want to have a car". Yes? One desire? From this, what happens?
"What type of a car?" - You see desire is added!
"What colour?"
"What model of the car?"
"How is its maintenance?"
"How about all other features of the car?" Everything!
One becomes a bundle of these Raktha Beeja. This is another demon within us!
So, on the path, we need to see these demons! There is a very, very bigger demon -
"Something is missing!" Especially in spirituality, people, you know, when they start their journey - one path, one Mantra, one Yantra, one God - they are happy for few weeks,...few months,...few years. Afterwards,
Change the Mantra,
Change the Yantra,
Change the God only!

Why is it happening?

Because Mahishasura within says,

"Something is missing!"

And do you think when you go to the different God, you will be happy with that God? No, there too only for few weeks, okay? Few months, few years! Again, change the God, Mantra and Yantra! It is not outside! The same is happening when people are finding their partners,

"When will I get my Shiva?"

"When will I get my Radha?"

"I think, Guruji, he is not perfect for me!" You know, ' perfect ' - this word, you know , very, very beautiful word !

"Perfect Partner!" You know,

"Perfect Job!"

"Perfect Business!"

"Perfect Child!" you know!?

We realise that this is not true.... this is not true!

Every time we seek, we fall down, get frustrated. intelligent people understand this. Otherwise again you will be running,

"I am May be in another... May be...! "

This running has taken away complete life time in some people resulting in unfulfilled death - Phir Milenge!

Aur Ek Janam,

Phir Jayenge School,

Phir find for a partner,

Phir find for a Job,

Find Again one more Shri Vidya Workshop, you know, life starts!

So, this life is so precious that we need to make the right decisions,

We need to understand the Universal Laws, which is very important, I am telling you!

And we need to know what the demons are within!

That is why, Durga Saptashati is written.

For what purpose? Divine Mother is needed for killing every demon...

She has to come as a Kali,

She has to come as a Lakshmi,

She has to come as a Saraswati,

.Shumbha, Nishumbha - Self-deceiving, you see that?

"I know everything!"

What is the attitude of these spiritual people, you know?

This..." I know everything!"

They understand some Mantra - "I know this Mantra!"

Rishi has taken 1000 years to know that Mantra!

But these fellows, just by reading some book, they boast, "I know this Mantra! What is in there?" We call this demon, the Satvik Demon. It's a good demon... this is the good demon! Tamo demon is the Madhu Kaitabha. Rajo demon is, you know, this Mahishasura, and Raktha Beeja. Shumbha, Nishumbha - they are Satvik Demons, " I know Everything!" It is something, you know, Divine Mother is there, You are there.

In between one glass is there! You believe, "I know Mother!" "I know!" Now that you understood the nature of God, " God is the Sky.... finished!"
We call such demonic nature, Shumbha, Nishumbha.

Means the knowledge that is coming from the intellectual ability is not even knowledge! The knowledge that is coming from reading books is not even knowledge! ... Please understand! We call them Objective Knowledge! The knowledge I am getting from the material world like Engineering, Medicine, and Science is outside knowledge! In my school, they never taught about, "Me!", "I am Formless!", "I am Divine!"

Any school has taught us," Who we are "? No!

No schools, no colleges have taught us!

"Who are we?" - We are not taught! So, we are attending this Workshop for the Spiritual Knowledge. And this Spiritual Knowledge doesn't come by reading books, please understand! Many people just keep reading books after books. And they think, "I understood everything!" No! When you Meditate, When you Experience with your Intuitional Understanding - you see that I am not telling about intellectual understanding, I am not talking about the Sensual understanding which we get by seeing outside, but by closing my eyes, you know, silencing my mind, I am with my Soul Ability of Intuition, I experience the Truth - that knowledge I am talking about!

We call this knowledge, the Self-Knowledge!

We call this knowledge - SHRI VIDHYA!

Shivoham

"Smile or Cry or Yawning etc while practicing Srividya Sadhana?"

Video Link: <https://youtu.be/2Vzha1zO-HU>

You need to understand that some of you are smiling, some of you are crying, some of you are, irritated, some of you are angry you don't know. The Reactions start happening as your karmas or you knows, your emotional things are released from your subtle bodies. Some of your Nadis are getting activated during your meditation. Some of you are yawning too much because the Vata is being released. Some of you are, you know, having different reactions in their body, like producing wind, because of the Vata , you know, cleansing is taking place. You don't know all these things!

What is happening is:

You are releasing your Karmic blocks,

You are releasing your Emotions,

You are triggering some of your Nadis,

You are doing so much in your inner world!

You don't know

How powerful this Sadhana is,

How this Shri Vidya is working in how many levels of your existence.

But, luckily, in your case you are smiling means it is a blessing.

Good emotion is happening in you means don't ask why it is happening.

Enjoy that smile!

Smile at Divine Mother!

Smile at yourself and continue your meditation.

Shivoham!

"How mantra Cleanse your Subconscious Mind?"
-By Sri Sadguru Sivapremanandaji

Video Link: <https://youtu.be/r08camPi2jY>

Once it become, you chant the Mantra, what happens?

The Mantra forms the Memory Centre. When you have the Subconscious Mind And Mantra is there (represents it as a location in the subconscious mind).

More I do the Chant, what happens? The Mantra position in the Subconscious Mind starts expanding. Your Vasanas, past lives Karmas are being erased and erased by this expansion of the Mantra space. And then this Mantra takes over the Subconscious Mind, and takes over your Consciousness Mind and then it connects you to the Super Conscious Mind. You start acting with the Grace of the Divine! You know, your thoughts are henceforth guided by the Divine Mother. You will be surprised! Things will be just happening!! That is how your Will becomes the Divine Will!!! That happens! At the higher Level!

Shivoham!

"My goal is to reach Siddhatva. What sadhana should I do to achieve it?"

Video Link: <https://youtu.be/aC40BdoJALQ>

No, I have not said anywhere that Bala Mantra will work only if you do some sadhana of lord Ganesha.

If you have taken the Deeksha means Bala Mantra will work. Don't put any such conditions, okay?

Q: chanting Om Gum Ganapatheye Namaha mantra for one japa mala daily. Is it okay?
Okay! It is okay!!

Q: Guidance for Siddhatva?

First stage for Siddhatva is Self-Realisation.

Second stage is God Realisation.

Third stage is sharing that Truth, you know, with humanity.

Fourth stage is, you know, going beyond, you know,

The physical third dimension, helping humanity, being in the God Consciousness, Blessing all of them, and slowly elevating ourselves, bringing the Immortal Consciousness in the Physical Body Level. These are the, you know, the stages of attaining Siddhatva.

Shivoham!

"How to do Lalita Sahasranama Nama japa to manifest divine quality?"

Video Link: <https://youtu.be/Z0S49DrAoy4>

Whenever you take Level 1 Shri Vidya Deeksha that means you have received the Deeksha or Eligibility for chanting Lalitha Sahasrara Nama. So, now that you have, you know, already completed Level 1 and you are going to the higher Level, you are eligible to do Lalitha Sahasrara Nama. There is no separate Deeksha for that.

Now the question is: "If I want to Chant one name from Lalitha Sahasrara Nama to solve the problem or create that quality, then how many times?"

Until you **Feel** that Energy is manifested in you! For example, if I want to Chant, "**Om Shree Matre Namah**", okay!?

This mantra is to be chanted day and night.... day and night, okay? Until you experience that quality!

What's the quality?

"Shree Mata" - Source Consciousness, Silence, Abundance, Oneness, Expansion.... Everything!

That is **Shree Mata**!

Until you experience or until you manifest that Energy in you , you have to Chant!

For some people it may take one day , for some people 2 weeks, for some,few months , and for some people it may even take one year or 2 years, I don't know.

Whatever is needed, you keep on chanting until you Feel that it is manifested in you.

There are no restrictions.

It is Nama Japa. There are no restrictions and you can chant it.

Shivoham!

"Real Guru Puja!"

Video Link: <https://youtu.be/gOjNASae6y4>

The practice is advanced where I have explained that we go from the outside rituals to the inner meditation. And our Guru Parampara doesn't want you to worship them outside your Soul. So, Guru Invocation is the best thing you can do. And the real Guru Puja is not just worshipping the idols. Applying the Principles taught by the Guru Parampara is the real Guru Puja! That we believe and we are practicing. If I don't practice the teachings of my Master then that is not the Guru Puja. Just having the idol and offering the flowers is very simple. Applying the teachings, Spiritual Principles, Universal Laws, you know the 5 pillars of Shri Vidya Sadhana and the other Universal Laws taught along with them, by surrendering our Ego Mind is the Real Guru Puja which you need to follow. So, we don't give any Guru Puja externally. Guru Invocation is more than sufficient that you can follow. And as far as connecting with Me is concerned, you see that, once you connect with Thirumularji, you connect with all the Gurus of this Parampara who are living in this Physical Body and who are living in the Light Body. In our Parampara all the Gurus are living : Sadguru Thirumularji is living with the Immortal Body, And Divine Nandhi Devar, Lord , you know, Shiva, Sivakami Om Anandhi, you know, who Herself is the Avatar of Lalithambika , is living with the Golden Light Body. I am living in this Physical Body, but They, the Guru Parampara, are only flowing in this Physical Body.

So, I am not separate from the Guru Parampara.

So, I am not giving any Mantra to worship this Physical Body.

Only you need to focus on Thirumularji. In our Parampara we focus on Lord Siva and Thirumularji, because after making the transition from this Physical Body, again you need higher dimension guidance. It is only possible by connecting with Thirumularji and Lord Siva. So, in our Parampara, we only give the photo of Thirumularji and not anyone else, not anyone else! Just for the Invocation we have put one photo on the You Tube for people to understand that we are all connected and we are all one Parampara.

To all our students we only suggest that the Real Guru is **THIRUMULAR** His name is more than sufficient!! But again, we give the Guru Lineage Invocation for information sake and to connect with the Parampara. To have that Chain - Golden Chain of Link! Other than what is given to you, no need of any other Mantra.

Shivoham!

"Is my higher self is same as the higher self of other person?"

Video Link: <https://youtu.be/Yt3DCxIOQvs>

Higher self is not the Siva Consciousness.

We call it the Personal God.

We don't call it the Universal God!

Higher Self is a part of you. It is your Super Conscious Mind!

Higher self is your Super Conscious Mind, but it is not the Universal Mind.

So, when you say Shiva Consciousness, it is the Universal Mind, okay?

Then the question is if the highest Self of the other person same...

It is not same, because individuality is there.

Universal Consciousness means ONENESS. It is the same everywhere.

Higher Self - it is the Super Consciousness, but it is controlled by the higher Self. Higher Self means its Divine Entity, Divine Consciousness which we call Personal Guru, Personal God, Personal Guardian, Personal Angel. We call it in so many ways.

So this higher Self is controlled by them. That Control will be there. Your Spirit Guide will be there. And it will be controlling that. So, for every human there is one Angel, one God, you know, one thing will be there controlling, guiding, and helping you. We call it your Personal Krishna, Personal Radha, Personal Shiva, Personal Guru.

Or as in Western world it is called the Personal Angel, Guardian Angel, Self, Soul, and all of such many, many terms. But it is not the same. Your higher Self is different, and another person's higher Self is different, As you progress on your path, especially when you enter into Spirituality, you can change the higher Self. The control of the higher Self can be changed. That is the higher level of inner dynamics. It happens as you progress to the higher level where you replace. And you want your higher Self to be your Master - Parama Guru. Okay? That will happen. So your higher Self is different and another person's higher Self is different. Your higher Self is not Shiva Consciousness, but it is the Spark of Shiva Consciousness which you need to understand!

Shivoham!

Bhairava mantra - Guided meditation

Video Link: <https://youtu.be/ASH1j2MDNgI>

Along with Thirumularji, now Bhairava is also more active in our center.

So, we are also chanting the Bhairava Mantra together, invoking His Grace for the protection and guidance and success in our Spiritual path and Material path.

So, visualise Lord Shiva in the form of a Bhairava. Offer your gratitude. Ask him to remove all the obstacles of the past life. Remove all the fears in your life especially the highest fear - that is the fear of the death. Bhairava is very, very powerful to remove the fears of this life or past life. Helps you to burn past life Karma and this life Karma.

At the same time He is very, very active to protect you on this Earth from all type of negativities.

Sincerely pray to Lord Shiva in the form of Bhairava

Mantra: OM NAMO BHAIRAVAYA SWAHA

Chanting of the Mantra continues...

Feel Bhairava in the form of a Trishula in your Soul, especially in your Third Eye center. Pray to Lord Bhairava to establish in you as a Trigunathmika Shakthi that can destroy anything. That can protect from anything. Ask Lord Bhairava to establish in your Soul. Feel His Trishula in you. When Trishula is active in you, the Ida, Pingala and Sushumna become active. And when Trishula becomes active in you, you can burn all the Satvik Karmas, Tamoh Karmas, and Rajoh Karmas by the Grace of Lord Shiva's Energy in the form of Bhairava. Feel that Trishula Danda as your spine. It is protecting you. And this is not made of any metal. It is made of Shiva Consciousness - Pure White Light.

If you cannot visualise just make an intention:

"Bhairava, install the protective shield of Trishula within my Soul. Awaken it. Activate it. Let this fire of Trishula burn all my negativity. All my fears of this life and past life.

Always Shine, Awake and be Active whenever there's negativity around me."

It's a very powerful Astra of Lord Shiva. It's the Bhairava Himself.

Without this no Aghori can work in his Sadhana.

Dhuni is made with a Trishula, so that Bhairava will be there.

When Shiva Energy is there on this earth it becomes Bhairava.

Now you become a Dhuni of Lord Shiva. You yourself is that.

Now you establish that Bhairava within you. You become that Aghori - Fearless, Truth
CONSCIOUSNESS -

- The one who is Truth,
- The one who is fearless,
- The one who is purest of pure,

That is the Aghora who doesn't have any fear because he's the embodiment of Truth.
Where there is Truth, only Light will be there. There is no darkness, there is no fear.
That is Aghora Shakthi,
That is the Trishula,
That is Lord Shiva!

"OM NAMO BHAIKAVAYA SWAHA"

Chanting of the Mantra continues...

As you Chant, feel that Trishula's Light is increasing, its brightness is increasing,
It's burning the impurity, and establishing the confidence, Truth and so much power in
you that you can overcome any disease, any obstacle, any fear in your life.
That confidence should awaken. That is what we call Self Confidence.

"OM NAMO BHAIKAVAYA SWAHA"

Chanting of the Mantra continues...

Feel Bhairava in the form of the Trishula in your Soul. Feel its Energy, its Warmness,
it's brightness of the Light. It's a Blessing! Offer your gratitude by offering the flowers to
Lord Bhairava in the form of a Trishula in your Soul. Ask Him to be with you all the
time. Protect you all the time, especially during the difficult times.

Protect you from all type of

Negative thoughts,

Negative feelings,

Negative emotions,

Negative peoples,

Negative beings,

Negative spirits,

Negative entities,

And all that are not the highest good for you.

Ask Lord Bhairava in the form of the Trishula to blaze it's fire and burn all of these
around you!

Shivoham!

“Tulsi Vidya & Power”
-By Sri Sadguru Sivapremanandaji

Video Link: <https://youtu.be/6UFg9gCe2UU>

Tulsi has a very powerful Energy!

And by nature itself it cleanses the Aura of the person, of the object. Tulsi has the power to cleanse the Aura or the Energy field of the person or the object. So, in India, we have this practice of growing Tulsi in front of our homes and have been taught to worship it and make the Pradakshina around it. When we worship, what happens?

You have devotion. This devotion connects you to that Energy field of Tulsi. When I perform the Pradakshina, what happens? My Aura is cleansed! You can do this and see for yourself! Simple Srividya Mantra with Tulsi plant - see the results! You need to test it on yourself.... All these principles, which our Siddhas have given, are very important. You know, of course you have to test them. It is also explained that Tulsi is going to manifest more Oxygen and more Ozone layers. But we have not tested this scientifically. This is what, you know, our Siddhas have told about Tulsi. But even as the Spiritual person, your feeling will be a good test for yourself... If I little bit circumbulate the Tulsi plant, then what happens? If I connect to the Tulsi with my breath, then what happens? Breathing is very powerful, because I just breathe and feel with intention, "I want to connect with Tulsi", I just breathe out and breathe in and I feel that I am making the connection. This itself is the Tulsi Kriya, Tulsi Vidya. It used to be taught during the earlier days where, whether you chant Mahamrityunjaya, whether you chant Gayathri, Whether you chant any Mantra, you got to cleanse yourself with Tulsi first, and then you are to go for other Deities. Hence it is very powerful. It is used in all the temples...most of the temples. You can see that it has been used to maintain that powerful Energy field, purity of that Energy field!

Shivoham!

When I do the Seva of converting videos into articles that I feel some Heat at the throat area?"

Video Link: <https://youtu.be/oE0VXsfL59c>

Yes, it is the healing Energy.

Whenever you watch my Videos, whenever you listen to them for many times, typing each and everything mentioned in them, you are receiving that power, that Energy that I am, you know, giving through the teachings.

So, you are absorbing that!

When you are converting the Videos to Articles, you are watching them again and again for many times.

So, you are literally absorbing the Divine Energy of the, you know, Guru Parampara that is flowing through Me.

That is the blessing you receive when you do the Seva.

That is what you felt more in the Throat Chakra as a blessing...it is the healing.

That is a blessing for you,

Shivoham!

"I have a puncture in my aura due to some karmic relationships. How do I repair this?"

Video Link: <https://youtu.be/pLCC-SFuva0>

Whenever you do Srividya Sadhana actually this will take place. When you work with Shri Vidya Sadhana, the Subtle Bodies gets healed. The entire repair that needs to be done, it starts doing it. But it needs some years of regular Srividya Level 1 -7 practice. But when you already have got this guidance from a Psychic person who can see the Energy Aura and tell, you know, in that case what you do?

You make Sankalpa to ask Divine Mother, " Mother, please interfere and with whomever or whatever the negative Energy chords are connected with this puncture in my Energy Field - please disconnect them.

Bring harmony in my entire being, and seal my Aura. Protect me from all types of Negativities, negative Energy chords, negative relationships now and forever ".

Make a Sankalpa like this.

Make this Affirmation for minimum 21 days or until you feel that you are protected or you know, you feel that the healing has taken place and your Aura is complete now without any puncture with any type of Energy.

You do this and things will be taken care!

Shivoham!

Sri Sivapremanandaji



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

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

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