

# **Sri Sivapremananda Teachings – Vol.10**

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



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## **Which mantra is useful to manifest Thirumoolarji or get his physical darshan?**

Video Link: <https://youtu.be/KzLSSKa4IGE>

It's not the Mantra, but your Devotion and Surrenderance and Preparedness, Readiness to receive His Grace and Darshan!

Many of us are subconsciously ...we close ourselves though we pray outside,  
"Mother, Give me the Darshana... Thirumularji give me the Darshana ..."  
But subconsciously there is fear, " I am not good enough... I am a very bad person... I may not deserve that Darshana of the Guru... I am not pure enough or if I have the Darshana of this then I have to commit, or I have to follow a very Satvik diet, or purify..."  
...so many limiting beliefs will be there.

So, many people need to release all the Subconscious Beliefs, then Consciously Pray, and develop the Devotion - real Devotion and Sincere Devotion... not the fake one, !?

Then the Darshana is possible!

It's not Mantra Japa.

Mantra Japa is one part; very, very important part is Devotion, Surrenderance... plus Mantra and release of the Subconscious... then Darshana will happen!

Shivohum!

## "Guruji Teaching in Dream & Its Effect!"

Video Link: <https://youtu.be/gOQZPx0LwP8>

Many times it happens!

It happened to me also!!!

Many times Sadguru Thirumularji used to come, teach something, He used to put and write something - they looked like symbols , letters which I don't understand as it's not in English.... it's not in Kannada... it's not in Hindi or in any language I know. But He's writing everything thing.

After some time I realised that these symbols were nothing but **OM NA MA SI VA YA!** I didn't understand that He was initiating Amnayyas, activating the 5 faces of Shiva in my Soul by writing **OM NA MA SI VA YA** around my head. I didn't understand anything.

But my meditation became SO deep and my Thirumularji Siva Mantra became more focused.

Means I received that knowledge. The Crystallised Consciousness is programmed and kept in symbols in my Consciousness by writing them.

You see Guru does everything!

At that time I didn't understand. After 10 years I understood what my Master has done! Got this point!?

So like this, when you are connected to my Soul.

My.... **SIVAPREMANANDA** is not this body, **SIVAPREMANANDA** is my Param-shiva...Sadashiva who comes in your dream, teaches and gives a package, " This package is for you, dear!"

This you don't understand intellectually, but it's flowing to your meditation.

May be you received

A beautiful Energy that is needed for you,

A higher level of Consciousness that is needed for you,

...which is given to you?

And it's not that I came in your dream, but it's Shiva Shakti taking the form of the Master so that you identify as the right Source from where you are receiving.

So it's not me. It's Divine Mother Lalithambika who comes and teaches.

Same happened to me. Earlier I used to think that it's Thirumularji who is coming and teaching. Then I realised that it's Shiva Himself, Lalithambika Herself, and My own Self who is coming, teaching and guiding me.

Only then I know who is within me, who is outside me, who is a Guru, who is Shakti.

Then it's Oneness, complete understanding.

No more difference, no more Duality ... Just Advaita!

So it's a blessing that is happening to you.  
Divine Mother is coming, taking my Form, to give you the Knowledge  
Because of your Love,  
Because of your Surrenderance.

Many times it happens.... dream is the best medium for the Divine to come and bless  
because you are ready to receive.... ready to receive the Divine Mother's Consciousness.

And what are important is - the results, what is the result?

"My meditation is steady and focused..."

Means you received a blessing that removed the obstacles so that you are better focused  
and meditate.

When you are better focused and meditating, what is the next Level?

### **Samadhi!**

So, no need to think about what is taught and what is understood. Your intellect cannot  
understand.

But that Crystallised Consciousness is installed in your Soul by the Grace of Divine  
Mother.

You are blessed.

With Gratitude you continue your meditation.

Shivohum!

## **"DSS & Srividya online and Self-Realization!"**

Video Link: <https://youtu.be/LKR4LqpEyCc>

I suggest to do the Srividya Sadhana.  
Because you need to work with your pillar - those 7 Chakras.

You need to Cleanse, Heal, and Energize. The first 3 Levels are very important.  
Those...

Bhuvaneshwari Mantra of Level 1,  
Navakkari Mantra of Level 2,  
Navakkari Pranayama of Level 3 - to Cleanse, Heal, Energize your Horoscope,  
Astrological things.

And then these 4 days - this Satsanga where the Mulavarga Guru Parampara teachings  
will be flowing in all the 4 days.

It's not I am who is speaking.  
All these 4 days, these Masters, 18 Siddhas are speaking here.  
I become the society of those Siddhas. It's not I am.  
You are receiving the guidance from the Siddhas.  
Those 4 days are  
When you get the clarity about the Universal Laws,  
When you will overcome... you will have the satisfaction,  
When you have a complete view of where you need to go.

That is the power of Srividya Sadhana, those 4 days' workshop.

So I suggest all the Durga Sapta Sati students who have taken the online Deeksha,"  
Come and attend the Workshop. It's for your Highest Good ".

I am not telling this because it is a benefit for me...NO!  
Telling because  
You will be receiving the Grace,  
You will be getting the guidance and clarity on all aspects,  
Whether it's with any problems in your life - you will learn the tools - we are offering  
Healing free of cost apart from Srividya.  
- We are offering Mind Power  
Siddha Healing is actually a one day course, but we have made it available.  
Siddha Mind Power is a one day course, but we made it available.  
Srividya Havan actually is a one day course, but we made it available, along the Srividya  
Sadhana.

Free of cost we are teaching it along with the Srividya Sadhana so that it can help you  
and your family members... not only you!  
...it will fasten the progress in your life in the Srividya Path.

Many people are suffering, but they are not coming, reaching out and taking.

They just want to sit at home and they want to learn everything.

How is it possible!?

Thousands of life's Karma,  
The knowledge that is needed,  
Principle that is needed,  
Universal Laws that is needed,  
All the exercise - lessons of life that is needed to solve the problem,  
.... You HAVE to COME and LEARN!  
We cannot help it! We cannot help!!

So this is very important!

DSS is just a preparation for you, where you are at your home and you need some guidance, some positive Energy to solve your issues so that you can get the knowledge of Srividya.

I have seen people  
Who have meditated Baglamukhi - they will come to Srividya,  
Who are worshipping Varahi - they will come to Srividya,  
Who are worshipping Dus Maha Vidhya - they will come to Srividya,  
Who are worshipping Kali - they will come to Srividya,  
You will be surprised...  
Who are worshipping Matangi - they will come to Srividya,

Means all these Deities are sending them to Srividya for Self-Realisation!  
Everybody has their own specialisation here, got this point!?  
These Deities are sending, " **Go for my Higher Form - Truth Consciousness, You worship and realise...One with myself!**"

So learn. And it's very important.  
Srividya should be done!

Shivohum!

## Confusion of non-dual teachings & Srividya sadhana

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

You start this journey to seek the Truth.

When the desire is not there then where is the experience?

If I have a desire to eat something then the journey has to start there.

And after sometime, you will slowly drop, with your understanding, with your Realisation; with your clarity...this seeking will drop.

This Non-Dual teaching is very confusing, I am telling you!

All these people who have been doing Non- Dual and Advaita, they have done a lot of practices. Either in this life or in past life they have done a lot of practices. They have gone through a lot of frustration, depression and suffering and then they Let Go!

**When they let go, they feel the Enlightenment is happening to them.**

Means they become a block in their own path - they think like that. But they have done their Sadhana. Their **Sadhana is the Preparation to receive what they want.**

So Srividya is very important.

And all this realisation is happening to you. Whatever Srividya Sadhana... is the preparation to receive; within you that seeking is there. Until unless it's not there, even mentally when you say that ... intellectually you say that, "I drop the seeking!" - is it even possible? It's an inner urge. It's not in your control. Until you don't know the Truth, you are so desperate. That inner urge, that inner seeking make you Awakened, Prepare to receive the Truth. If you go to a school... there are hundreds of students. Only a few students, who are seeking, will receive! And all the other remaining students just come for time pass and they go.

So don't get confused too much with Non-Dual, Advaita, and Oneness...

All these are, you know, just good. Practice and BE!

This Srividya practice - **DOING creates a State of BEING!**

Srividya practice prepares you.

When you raise your Consciousness from Muladhara to Sahasrara,

When you balance your Ida and Pingala.... Shiva and Shakti,

When balance your Body, Mind and align to your Soul,

...it will prepare you, **aligning to the Truth Consciousness, opening your Channel, to receive the Grace.**

That will prepare to receive the Grace so that you know the Truth that you have a clarity, you have the Realisation which will be granted!

Shivohum!



**"I feel restlessness, couldn't sleep & also so much of heat inside my body after the meditation!"**

Video Link: <https://youtu.be/Hu-i0Ggw-8I>

When you do the Sadhana before sleep, you have too much Energy and you feel restless. You feel uncomfortable. You feel awake and all. So in this case, you need to take a gap. Again when you are doing Level 2, take a gap of 1 or 2 days. Relax yourself. Come back to only Level 1, meditate and see if you could get sleep. And if possible do the Sadhana in the morning instead of before sleeping.

In the workshop I have explained very clearly that if you are not getting good sleep and if the Energy is too much then you feel restless. So it's the Energy problem. Reduce your Sadhana and do the meditation in the morning.

If you are reducing the Sadhana and yet you are feeling the restlessness and all then stop doing the Sadhana for 2 to 3 days, you have to manage these things. Sometimes whatever the release that's happening - that anxiety , that worry nature is triggered.... where you need to take one step back, relax and go again for the Sadhana.

Shivohum!

## **Can I take the help of Siddha Healing before doing Srividya Sadhana?**

Video Link: <https://youtu.be/1M2bXCdGyA0>

This is very important!

As we suggested, before doing the Meditation you Invoke Siddha Shakti.

Ask Siddha Shakti to

Activate your Chakras,

Cleanse your Chakras,

Cleanse your Nadis,

Cleanse your Subtle Bodies,

And

Connect your Soul to the Divine Mother,

Connect your Soul to Sadguru Thirumularji,

Connect your Soul or Activate all your Soul or Activate the Mantras...

Whatever that is... you ask Siddha Shakti,

Pray to Siddha Shakti.

And ask for its Guidelines and then do the Sadhana.... it's really very good!

Shivohum!

## **"Why we focus on only top chakras while practicing Durga Saptasathi?"**

Video Link: <https://youtu.be/wRSUvTp3XEk>

I have explained in the Workshop that there are some Energy centres that need to be active to download or connect with that Energy.  
So in Durga Sapta we are focusing on only those Energy Centres.

It's like putting the Mantras on that Energy Centres, then that Mantra becomes active and your Body is like the Computer which starts downloading that Energy. So Mantra is like a Password here. Those Energy centres are where you need to keep that password to activate that computer. Then Divine Mother Durga Shakti starts getting downloaded. So every Mantra Sadhana has a Tantra, a method, a technique to invoke, activate, receive and manifest. So that is why we have this - we focus on the top Chakras and special Energy Centres in Durga Sapta Sati.

Shivohum!

**"Should mudra be used for all 1 to 5 levels, when I reach 5th level in Srividya Sadhana?"**

Video Link: <https://youtu.be/nNbRJr2eV6A>

So here, in the levels 1 - 4 we are just doing the Receiving Mudra.  
For Level 5, Level 6 and Level 7 we are doing the Kalpa Vriksha Mudra.

So here only for Level 5 you are going to do the Mudra and not for Level 1 - 4.

Shivohum!

## **How to worship Divine Mother Idol or Sri Yantra by Khadgamala Stotra? Is Any Deeksha needed?**

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

So you want to worship and you want to do the Khadgamala Sadhana and worshipping Her, Divine Mother in Idol form or Sriyantra. So you see that Khadgamala Stotra is the simplified form of Shri Chakra Puja.

So what you can do?

If you don't have a Sriyantra, then you can take a Paper image of the Sriyantra by downloading from our Website, In the Download Section, Sriyantra with the Beeja Mantra is there. You can take download it, take its Print out, laminate it and you can do the Khadgamala Sadhana for it, You can see that and offer the flowers using the Khadgamala Stotra, that is one thing, or offer the Kumkum and Chant the Khadgamala.

For each name you offer the flower,

For each name you offer the Kumkum,

Or

For each name you offer the Akshada which is rice mixed with Kumkum and Turmeric. This you can do it. For each name of Khadgamala, you can do the Sadhana.

Or

You can offer it at the feet of Lalithambika...if you have the Idol ...at the feet of Lalithambika, for each name, you offer the flower, or offer Kumkum, or offer any you know, Chandhan, or the petals, or the turmeric, whatever you want you can offer.

Or just see the feet of Lalithambika, and mentally you offer or touch her feet with every name... that can also be done.

It's the simple Sadhana that you can do.

Or you can just read by seeing the divine Mother Idol. That can also be done.

That's how we can worship the Divine Mother Idol at our home. Or we can also Chant the Shri Vidya Mantra; offer the flower, by chanting the Shri Vidya mantra, to the Feet of divine Mother. This is also one way of worship of divine Mother using divine Mother Idol or Murthy using the Shri Vidya Mantras... whatever you are doing.... level 1 - 7.

So when you have taken the Deeksha for Level 1 - 7, you don't have to worry about the Deeksha of Khadgamala , because the level 1 Moola Mantra Deeksha is connected to Khadgamala Stotras. So you are eligible to chant the Khadgamala Stotra sadhana,

If you don't have a perfect Sriyantras are available in the market.

So take a print out of it and do that. You know it's available in our Download Section. You can do that.

Shivohum!

## Should I stop visualizing material gain & surrender to divine mother?

Video Link: <https://youtu.be/QD8JPazASgQ>

Whenever you have taken a Deeksha, Mother is always doing for you. She is always there for you! She is manifesting herself in the form of Mantra, Consciousness and Energy in your Body.

But it's our duty to remove the limiting beliefs.  
Please understand ... **it's our duty to remove the limiting beliefs.**

To remove the limiting beliefs, we should know what are the limiting beliefs...**we should bring Awareness of the limiting beliefs.**

To bring the Awareness of the limiting beliefs, **we have to start visualizing what we want!** We need to understand this.

**It's the Subconscious Block what you are experiencing here.**

This limiting beliefs create a resistance in you,

Mother is always there for you, but we don't know what is the limiting beliefs blocking our manifestation.

So you continue.

If you cannot visualize then you write it down,

Every day write it down and read it. That will help you to overcome your limiting beliefs.

And whenever you find a limiting belief, write it down, take a candle and burn the limiting belief.

And make a very strong Will or Sankalpa that,

**" This Limiting Belief is burnt from my Conscious Mind, Subconscious Mind and Super Conscious Mind at all levels of my Existence now and forever in the presence of the Divine Fire ( Fire is Lalithambika who you accept as your Ishta). Amma, you come in the Fire and burn my all the blocks, resistance, limiting beliefs , suppressed emotions , karmic block, Psychic Impressions that are holding the manifestation of my Goals!"**

...they become obstacles... you need to burn them, make your Subconscious Mind to see that they are burning and affirm the Truth that, **"it's all burned now by the Grace of Divine Mother. I pray to Divine Mother to release them now and forever!"**

Once you start doing these things, slowly you start releasing ... your Subconscious Mind releases, you don't have a resistance and manifestation starts to happen,

Shivohum!

**Should I practice sadhana twice a day (morning and evening) for two months? Then go for next sadhana?"**

Video Link: <https://youtu.be/kaFn30M5Vk4>

This 2 months Sadhana that I have requested to do or I have advised is only for once in a day.

Once in a day for 2 months is sufficient.

When you do 2 times a day it's more powerful.

But minimum for 2 months you have to do it.

Whether you practice once or twice a day, minimum for 2 months you have to do it.

Then you can go to the next Sadhana.

Shivohum!

**"I feel this world is like dream and what to manifest here as all is temporary"**

Video Link: <https://youtu.be/XHxxdmK8SvY>

See, one of the very important Realisations you got is that this World is temporary!  
Know who is the permanent?

YOU are the permanent!  
YOU as the SELF  
YOU as the CONSCIOUSNESS  
YOU as the AWARENESS  
.... Is the only permanent!

UNCHANGING CONSCIOUSNESS!

All else is temporary!  
With this understanding create all the temporary things!  
Don't worry!

Manifest Money,  
Manifest good Home,  
Manifest beautiful relationships,  
... Manifest!

And when you are in the world, try to share your Love, Peace, Harmony, Bless people ,  
the World! Celebrate your Life!!

That's what I want to say! Celebrate your Life, by manifesting, knowing the fact that this  
World is temporary ... you don't need to attach for this!

There is no attachment for the Money,  
There is no attachment for the Home,  
There is no attachment for the relationships,

For the sake of celebration in this third dimensional world, because you are a  
householder, you need to create all of these!

This will be good for your family members than you!  
Because you have the Realisation that all these things are temporary...they just come  
and go!  
There is no attachment.  
If you are attached then you call it Suffering!  
If you are detached then it means Celebration! ...Bliss!  
You understand the fact and you move on!

Shivohum!



## How did the Siddhas detox their bodies?

Video Link: <https://youtu.be/9nnb2jtwUx0>

You need to understand that the moment you say, 'Siddha', they are not ordinary beings. Siddha is the Master of the Body and Mind.

So they don't need anything to detox their body.

Their Sankalpa, their Intention is sufficient to change the Bio- Chemistry of the Body.

This we need to understand.

But to be on the path to become a Siddha, they have used many methods.

It's called "**Kaya Kalpa**", where they use certain Herbs, certain Kriyas of Pranayama, and certain food. And certain places they have visited to influence their Nadis, their Chakras, Cells and their entire being.

It's a very secret process which they have done under the guidance of their Masters!

Shivohum!

## Message of Soul in a dream!

Video Link: <https://youtu.be/5FUgmn26YZg>

This Inner Voice without any image of a person is of your Soul!

You need to understand that!

So it's very clearly telling that  
Because of your Sincerity,  
Because of your Struggle,  
Because of your Prayer,  
...your Soul is assuring you!

What is it saying!?

That:

- "Don't worry. You are now mine!"

Means

"You are no more Ego- played. You are mine and you are guided by the Soul...!"

"Shortly you will be receiving my Grace and Blessing!"

Means

"Soul as the Spark of Shiva Shakti, Lalithambika is blessing you...!"

"I will meet you to Lalithambika!"

Means

"Soul wants to connect you to the Universal Soul which is Lalithambika!"

It's a blessing of your Soul!!!

So you are blessed!

Shivohum!

## **"After my Pregnancy delivery, I feel back pain?"**

Video Link: <https://youtu.be/TLp39sMyfkA>

For the back pain problem I suggested to take the help of a pillow or lean against the wall and do the meditation.

Even then if you have the problem... because you see, post-delivery you may have Calcium deficiency or Iron deficiency or your nutritional food is not good or you are doing too much work or you are sitting too much and creating this issue because of that. So whatever is the issue, you take a support and do the meditation - this is one thing... Or you can lie down and do the Meditation - these 2 things you can do, so that you can concentrate better than you just feeling the pain of the back.

Some people are sitting from the morning till the evening for their work as their work is like that. They feel a pain. Some are traveling here and there because of their marketing and other such things ... traveling in the vehicles and they have a back pain and when they sit for meditation, what happens?

Like this (shows sitting straight) they cannot sit for 5 minutes also. They feel the pain in the middle of the spine.

So you need to take the support of the pillow or something or lie down and do the meditation. Otherwise you create more problems... back problem for yourself.

So this is very important. You take the help of a pillow or lie down and do the meditation.

Shivohum!

## **How to develop patience to do Srividya Sadhana sincerely in today's busy life?**

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

Sadhana means Trouble for your Ego Consciousness!

Sadhana means Trouble for your Ego Consciousness... it's a process of slow death to your Ego Consciousness.

The Ego Consciousness is your false identity that I am a Body, I am a Mind, I am this personality!

So when you do the Spiritual Sadhana obviously

You feel restless,

You feel fear,

You feel lack,

Or

You don't want to go inside to see the Truth about yourself!

Some of you have a very negative Self-Image. The moment you close your eyes you feel restless. Those images come, thoughts come and all

So this is normal. Don't worry about this.

Make a prayer. Surrender to the Divine Mother and Meditate no matter what it is!

Shivohum!

## **There is black magic done on my house. How we can solve this issue?**

Video Link: [https://youtu.be/3y12\\_QPRHg0](https://youtu.be/3y12_QPRHg0)

First thing that you need to understand is...

You're thought System has to be changed to:

You are a Sadhaka and Bhairava and Matangi are more powerful than any negative black magic that you have understood. And Lord Bhairava is the Master of the Black Magic, Master of the Black Vortex,

Only if the Vortex opens the Black Magic happens. Otherwise it won't.

So you are worshipping the Lord of all the magical things.

You need to understand this.

If you don't have trust and faith in your Sadhana then you will suffer.

If you have trust and faith, and with your devotion and Surrenderance when you are intensifying your own Sadhana, you are protected!

You are protected 100% by, no matter what type of black magic , whatever...air magic, Water magic, whatever it is , Lord Bhairava - and you are bringing the Ashta Bhairavas ...8 directional powers will be coming to you and the centre power - Batuka Bhairava, Matangi, She is very, very powerful, Ucchistha Chandali, She is the one who takes away all the Negativities - the unwanted things !

So you are doing such a powerful Sadhana.

What you need to do is - first understand your Deity and the power of the Deity.

Then you do more Mantra Japa, more Havan. Regularly if you do it, and make a Sankalpa, "This should be protecting you and your family members."

Light a lamp in the name of Lord Bhairava in your home.

Then what happens?

Slowly and steadily you will overcome all the Negativities

You need to understand all of this.

God is more powerful than all of these negativities, you need to understand!

And you have taken a Deeksha in the Siddha Parampara where Thirumularji is more powerful, Shiva is more powerful.

This Parampara has a great power which is unbelievable and no one can touch!

Shivohum!

**"I feel so much of heat after meditation, how do I control it?"**

Video Link: <https://youtu.be/mEp5C4NqNNU>

If it's uncomfortable then how you are going to ignore it. You cannot ignore it, but give attention to that. So one of the very important things I suggested to all the students is doing the breathing from the Left Nostril to control the heat in the Body.

So what you do?

After the end of the meditation, close your Right nostril and just take deep breaths from the Left Nostril until you feel that the heat is reduced.

This is a very, very important meditation you can do which is called Chandra Nadi meditation.

Another way is to breathing from the mouth - Breathe in from the mouth and Breathe out from the Nostrils (does and shows)...

So it will cool down your complete inner system, kill all the Bacteria, create an aerobic condition inside you and it will bless you with the right Energy so that you overcome your heat problem and all of such things.

If it's too much then you go and drink Butter milk , Tender coconut water or drink plenty of water which can also be helpful to you.

Shivohum!

**I should protect from evil and negative people at my workplace. Which sadhana is good for me?**

Video Link: <https://youtu.be/B84od2G1c-I>

The best Sadhanas for your thing are Rajamatangi and Bhairava Sadhana that will be very helpful for Career Growth, Competitive exams and all of that.

This is one thing....

Shiva Sadhana, don't completely drop.  
Atleast You do the Level 1 of Shiva Sadhana daily.

Plus you go for Rajamatangi and Bhairava that can be very helpful to you.

Shivohum!

**"Will DSS sadhana be helpful to me for my spiritual upliftment?"**

Video Link: <https://youtu.be/k3HGFdiclnQ>

If possible take the Initiation during the Navaratri. It's going to be very powerful for you.

And here in DSS, you will be having the Siddha Kunjika Stotra and DSS Moola Mantra - it's more powerful than Navavarna Mantra, so it can be helpful in your material and Spiritual Growth.

Shivohum!



## **"How can I face the Tamasic world post sadhana and leave everything at her feet."**

Video Link: [https://youtu.be/PcqtIpxh\\_Ic](https://youtu.be/PcqtIpxh_Ic)

You need to understand... here, apart from the Sadhana, you need to understand the Universal Law of Karma,

### **Universal Law of Karma:**

**Inner World creates the Outer World.**

**When you are doing the Sadhana,  
you are creating abundant Inner World ,  
you are creating Positive Energy, Positive Karma and burning the negative karmas.**

And when you do the Intention and do the Moola Mantra Japa of Baglamukhi or the Baglamukhi Abundance Mantra or Karya Siddhi Mantra where

You need to get a job - Visualize what type of job, what is your salary , what is the quality, how is the environment

-then you Chant the Karya Siddhi Mantra minimum for 9 times or 27 times.

So you are creating and giving your Mantra Shakti to your Visualizing... to your goal.

**So you need to have a very, very powerful, positive expectation.**

And it's only possible when you understand that there is the Universal Law and it works no matter

What the outside situation is,

How the Outside World is running,

How the competition is,

How good your skills are!

So, "Inner World creates Outside World". Universal Law of **Cause** - is Inside and **Effect** - is outside! You need to understand this.

And Universal Law of Vibration, Universal Law of Attraction - **Like Vibration attracts Like Situations Outside.**

So if you understand these 3 Universal Laws, they work for all, no matter what it is! Only block is your Karma. This you are clearing with your Sadhana.

So after Meditation, have a positive expectation:

I am following the Universal Laws...

I am burning my Karmas...

I am following the Universal Principle as guided by the Universe, how the Universe is running as guided by Lord Krishna in Bhagavad Gita, as guided by all the Masters.

In Upanishads and Vedas, Universal Principles are explained. I am applying them.

This is the highest good I am doing for myself.

I let go all the negative thoughts. If negative thoughts, then I let go!

If Fear surfaces in your Mind, then be Aware, watch the fear, let go, then bring the Attention to the breathing, and Surrender it at the Feet of the Divine Mother,

**"Mother, this is what is happening in me, and I am surrendering it to you and following your guidelines and teachings!"**

That's all you have to do!

This is the Skill we need to develop!

Otherwise we won't be happy in this World.

If we are not going to develop our Skill then we are not going to be happy.

Always one or other problems are going to come. If you don't know

How to face,

How to manifest,

What are the Universal Laws?

What are the tools?

What is the Moola Mantra Japa?

How to take the help of Divine,

How to get the guidance,

If you don't know all of these then you cannot succeed!

This Fear will happen. Outside World will always make you powerless. It's telling you,"

You are a Human Body. You are Powerless; you need to struggle to survive!"

That is the teachings in the Outside World!

But the Inner World, **"You are a Spark of Shiva Shakti. You can create. You can Change your Life. You can get what you want!"**

That is the teachings of the Siddhas and Divine which you need to understand and apply!

That's what I always say, "Follow the 5 Principles. 5 Pillars of Srividya Sadhana!"

Self-Analysis - needed for you...

Siddha Mind Power - needs to be applied...

Srividya Havan - if possible do it, otherwise just do the Inner Havan guided by the YouTube Video...

And also, again and again affirm the Universal Law as the Truth, as the Fact, because when we follow the Truth, the fact, we are confident, things will be taken care!

Shivohum!

## **I keep getting the question; Is Shivakami is Kameshwari or the guru?**

Video Link: [https://youtu.be/7kY\\_j9-aHWk](https://youtu.be/7kY_j9-aHWk)

Actually she is both,

She is the Avatar of both Sivakameshwari... the Goddess Sivakameshwari in the Chidambaram temple or the wife of Nataraja in Chidambaram temple.

So when she came in the human body she was having that Goddess Energy

Plus she is the Guru Tattva.

She has reached the Siddhatva. She is the Siddha also.

She is the Goddess also and she is the Siddha also.

There is no confusion about her.

She is Goddess plus avatar of Sivakameshwari and in her last life she is a Guru blessing all of us.

May be She comes again, I cannot say that as her last life also,

Shivohum!

**Guruji, You had come into my dream and touched my 3rd eye and gave me red Kumkum for pooja?"**

Video Link: [https://youtu.be/SOOTGo\\_HUrA](https://youtu.be/SOOTGo_HUrA)

Many times... this blessing from the Divine Mother for You!

It's you know, Mother just shows you when you are going there , she wanted to tell you that this is the true Source of the Divine teachings of the Srividya Sadhana and you have been received the initiation by touching the Third Eye and offering the Kumkum ... it's very, very auspicious!

Kumkum is the Shakti of Lalithambika, Bhuvaneshwari Tattva - it represents, It will bring Abundance, Peace, Prosperity, Protection and Spiritual Growth - that's the meaning of Kumkum.

It's touched your Third Eye. **Third Eye is the highly Awakened Spiritual Centre.**

Means Mother is telling that she has taken My Form and to tell you that you are going to have a good experience, Mother is going to bless you, you will progress spiritually in a right way, !?

This is the meaning of that experience!

Shivohum!

**"I am Self-realized now, Should I chant all goddess mantras for 3 times only?"**

Video Link: <https://youtu.be/2LjlvjWnv9g>

Whenever you have Realisation of the Self, Realisation of the Soul, Realisation of your True identity, then you need to meditate more on your Self than Mantra Japa.

So ... that's what in Sri Samadhi Siddhi we have done this SO HAM Sadhana and being in Awareness ...in **I AM** Awareness, SOUL Awareness, SELF Awareness.

We are being in that Consciousness as much as possible.  
And whenever we get Self-Realisation we have to hold that Consciousness throughout the day,

I go to the office. I am opening my eyes, but am I aware that "I am not a Body and Mind"?

This need to be!

This is the practice. Everyday practice.

If I go to the market am I aware...?

If I am eating the food, am I eating as a Body or witnessing and eating as the Body and Mind?

Walking, talking, eating, sleeping, meditating ....At all times...24 hours we need to be aware of our Self, "Who we are!"

Because once we are Self-Realised,

First step is - KNOW who you are

Second Step is - BE As You Are

Not as the Body and Mind, but as your Soul... Awareness... Consciousness!

That is the practice.

Mantras are needed

To manifest in the outside world,

To keep our Energy up - Cleanse, Heal, Energize... every day what we are experiencing, what we are reacting ... creating the thoughts, emotions and feelings.

For these meditations of the Mantras and Cleansing of the Chakras are needed.

So you can chant 3 times or 9 times as it is convenient to you.

Shivohum!

## Permanent Happiness & Physical World of Duality

Video link: <https://youtu.be/rB7Ma0tdnnQ>

Nature of this his World is **DUALITY...Wave**. There is no Permanent Happiness.  
There is no permanency outside.

You need to understand the nature of this...

There is a day, there is a night,

There is a Positive, there is a Negative,

Nothing in this is permanent...

There is happiness, there is unhappiness,

There is Love, there is fear.

If you are finding permanent happiness outside in this world then you didn't understand the nature of this world.

You make this clearer now only.

You do not get permanent happiness in your relationship.

If you are really struggling, struggling and struggling then you should know that...

No friend is going to be permanent,

No life partner is going to be permanent,

Even your children or your parents are never going to come with you all the way!

This is the Truth! You cannot escape!!!

This is Truth you need to understand.

This is the Spiritual Truth!!!

Every Master has been telling,

**"Don't run behind something that is impermanent. Run for that which is permanent"**

What is permanent?

It's **YOU!**

**YOU are the only person who is Permanent!**

When I say

**YOU** - it's the **Divine!**

**YOU** - it's **Unconditional!**

**YOU** - it's **Happiness!**

**YOU** - it's **True Happiness! True Bliss! True Peace! True Love!**

Even this Path is not permanent!

This Srividya Sadhana, after sometime you are not going to like to Meditate also, even you don't want to Chant the Mantra also!

You go beyond that - **SILENCE - THAT'S PERMANENT!!**

**SILENCE IS PERMANENT!!!**

**Because it's your own nature!**

**OM Nadha ... Ultimate OM Nadha is SILENCE!**  
**PRANAVA it is SILENCE!**

You Chant OM, everything.... ultimately Silence!

VEDANTA...NADHANTA...

VEDHA + ANTA

- **VEDHA** means **I AM THAT**

- **ANTA** means **I AM**

Then I AM THAT goes and only I AM remains!

Even AHAM BRAHMASMI goes!

Only I AM...

It's **Ultimate, Anta! End!**

Even Vedas have an End!

So there is nothing that is permanent in this world. You need to understand this Truth.  
And work out what is permanent. If you are really struggling hard to find true solution  
outside then **BE AWARE, AWAKE AND TURN INSIDE!**

**That is where you get True Happiness, Love, Peace, Bliss and all of these!**

This is the Truth, whether you accept or not!

Shivohum!

## **What is the significance of lighting a lamp in home?**

Video Link: <https://youtu.be/WDsjol923Hg>

Light as we learn in the Srividya also ... when we, I teach Srividya Havan, fire has the property to burn the negativity. Not only is the physical thing it going to burn, but all the negative energy.

When we light a lamp, deepam, Diya, in my home, what happens? Wherever this light, this warmth, this Energy goes until there the Aura Cleansing is going to take place. And when you light a lamp with Varahi and Chant the Mantra, what happens? This Agni is the communicator between human and divine

When you meditate in front of a lamp, what happens?  
It brings the purity... one thing,  
It will charge your Soul.

When I sit in front of the lamp...it should be at one and a half feet near to you... my Aura is charged and I get energised and  
And then I meditate in front of the light, what happens?  
My connection and communication with the Divine is better.

Shivohum!



## "Siva Yoga has all Yogic knowledge & Power!"

Video Link: <https://youtu.be/Wt6tRO9pMHY>

Siva Yoga has everything...

- **Kriya Yoga** is also there,
- **Nadha Yoga** is also there,
- **Laya Yoga** is also there,  
...everything is there...
- **Kundalini Yoga** is also there,
- **Guru Yoga** is also there
- **Bhakti Yoga** is also there,
- **Karma** - doing the inner Karma... **Karma Yoga** is also there,
- **Jnana Yoga** - Neti Neti, is also there,
- **Dhyana Yoga** - what you do as Meditation that is also there

Shivohum!

## **Siva Sadhana level-5: OM SAMADHI KRIYA to Contact the Spirit of Siva! - Introduction"**

Video Link: <https://youtu.be/dsjn52vO8Wk>

How to contact the Spirit of Shiva...

How to contact the Highest Creative Vibration of the Earth or any Brahmanda....

That is OM Kriya, which has been practiced

By all the Siddhas,

By all the Yogis,

By all the Rishis,

To awaken the Soul Power, awaken their Intuition, awaken the Divine Will, Shiva 's Will or the Spirit of Shiva within their own Soul , very powerful Kriya.

Shivohum!

## **"Is it normal, if I don't feel the Kundalini energy?"**

Video Link: <https://youtu.be/TuOfPy3lpUE>

It's normal.

Everybody don't feel the Kundalini Energy.

Again and again I have been telling that if you are not Kinaesthetic then it's very difficult you to feel the Energy.

If you are Visualistic then you can see the Energy as different colours.

You can hear the Energy as different Sounds if you are Auditory. It produces different Sounds as it moves in different Chakras.

So when you are Kinaesthetic you feel the Energy as to where it's moving, how it's moving, whether it's a Warm Energy or Cool Energy and with this Energy whether you are feeling Ecstasy or whether you are feeling Joy, When it is burning any Karma, are you feeling the anger? Or When the Energy is too much, are you feeling Heaviness ....all these experiences will be there as a Psychic Ability.

But it is not mandatory that you should feel it.

Because even if you are not feeling, the Kundalini Energy will be moving there.

When you are not Kinaesthetic you are not feeling, that is all.

If you are Visualistic or not,

If you are Auditory or not,

If you are Kinaesthetic or not,

.... You should not worry about all of that.

Your goal is Self-Realisation and God Realisation.

That you need to understand.

Some are Psychic and have the Psychic Ability and they feel it.

Some don't feel it.

Some are Soul Oriented and they only feel Peaceful, Blissful and that's all.

They feel relaxed.

But they never feel the Kundalini Energy.

That doesn't mean their Kundalini is not awakened.

Everybody's Kundalini is awakened when they have taken the Deeksha here.

According to the purity of their Soul, Body and Mind, the appropriate present of Kundalini is awakened here.

So you should not have any thought like, "if my Kundalini is awakened or not.."

Your ability to experience it may not be there.

But it is there!

Kundalini awakening is there!

You just focus on the meditation and continue doing it.

And things will be taken care for your Highest Good!

Shivohum!

## Does Mahapaduka mantra gives me all the knowledge about Mother Lalithambika?

Video Link: <https://youtu.be/31QuEmlFOQo>

Some of you go deep into the Maha Paduka Mantra...i. e., it continuously starts happening to you. For some students, it's only Maha Paduka, despite being initiated into so many things, Guruji, Maha Paduka is happening to me automatically. Whether there is something wrong or it's a blessing!?"

They don't even know whether it's a blessing or something else.

It's a blessing!

And you know that Mantra has a limitation.... has limitations.

These Mantras

- lead you to yourself!
- lead you to your Shiva!
- lead you to your Lalithambika!

You need to understand that.

So Maha Paduka is the perfect Mantra.

So we have put this Mantra here at the top - you see that (shows the Maha Paduka image above His seat) ...we have kept it.

This is the Mantra that is the Source of all.

Of course there are Mantras -

**Maha Maha Paduka Mantra** is there

**Devi Maha Paduka Mantra** is there

... Like this there are so many Mantras and all.

As you progress, you receive all of them.

But you should understand that this is the blessing.

Even just the **Panchadasi Mantra**, I am telling you leads you to Realisation...

Even the **Level 1 Mantra** leads you to Self-Realisation...

That's is important

Even **OM NA MA SI VA YA** leads you to Self-Realisation.

I am telling you the Truth. This is our experience.

But

How much you are devoted,

How much you accept,

How much you allow,

...that is important!

Even

**SO HAM** leads you...

**SHIVOHUM** leads you...

Just **SHIVA**,

Just **RAMA**

Leads you to THAT!

**KRISHNA** leads you to THAT....

But

**How much I Accept,**

**How much I Allow,**

**How much I manifest that Tattva, Para Brahma Tattva ....all these things are Para Brahma Tattva**

**.... Infuse in your Soul and manifest in your life.**

You need to understand that.

If Maha Paduka is happening to you, then do it.

And **this itself is Maha Tripurasundari**

And this **Maha Tripurasundari is you only!**

Please understand!!

**Your Source is Maha Tripurasundari!!!**

You need to understand...

So you don't need other Sadhana to fulfill that. That's what I have told that Srividya Sadhana is complete. And you don't need of others.

Shivohum!

## **"I feel body jerks during Srividya Meditation! Is it a kind of Astral Projection?"**

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

As I have explained in the Meditation / Workshop, whatever Jerk happening does not imply you're leaving the Casual Body, but it indicates the alignment of the Body... the Subtle Bodies are aligning with your Physical Body.

So when I sit for meditation, what happens?

My Energy Body expands.

When it expands it becomes light. So it also, leaving the Physical Body, goes a little bit higher.

Suddenly when a thought comes, what happens?

Again I come back to the Waking State of Consciousness.

That Waking State of Consciousness brings my Subtle Body down, like an Astral body or something. So this alignment is going on.

Jumping or aligning is happening within my meditation.

It has got nothing to do with the Astral Projection.

And why you want to do the Astral Projection?

Where you want to go?

This World is too much for you!

This family is too much for you!

So many things are there... you don't have time for meditation.

In that you want to do the Astral Projection and all!

So leave this Astral Projection to happen itself.

It's a by-product of the Real meditation.

Don't focus only on the Astral Projection.

So don't go for the Astral Projection and all of that.

Leave all of these. And when you enter the Astral World, It's not a good World as we think. It's a different Dimension. There are not only humans, but there are Invisible Beings of different shapes and forms. We are not ready for that!

That Courage, Confidence are needed.

So as you progress in the Srividya Meditation, it happens automatically.

If you are not ready then it won't happen.

So by doing that you don't create it.

Some people have that..., from birth itself they have the talent. Because in the past life they have done the Sadhana and they could get the Siddhi and they, in this life, from childhood only travel!

They no need to sit and visualize them. It happens to them.

It's a natural ability like how I move the hand, for them this is happening.

So don't focus on this.  
Our main job in Srividya is Self-Realisation.  
I don't want you to divert your attention to the Astral Travel, Soul Travel, and Third Eye opening...  
No!

Even if Third Eye opens, it's more of a distraction!  
One World is too much....  
So many Worlds you will start seeing.  
One family affair is too much...  
So many affairs will start!

Why you want all of that?  
It's falling down from the Path.

Please don't go for all of that!

Shivohum!

**Which Srividya Mantra Japa can we do when we reach Srividya Sadhana Level-7?"**

Video Link: <https://youtu.be/Zf6EGauLbow>

So this is a very common question.

If you are practicing Level 1 then apart from the meditation you Chant the Level 1 Moola Mantra.

Once you finish all the 7 Levels, you will be chanting Level 7 Moola Mantra continuously in your Mind.

Shivohum!



## **Why I get too much of pain in my forehead, when I meditate?**

Video Link: <https://youtu.be/NwHDT4wDctM>

If you are focusing too much on the forehead doing so many Mantra Japa then Yes, it's because of the Sadhana only.

Otherwise, it cannot be.

So if you are doing so many Mantras focusing on the Third Eye or you have done the previous Sadhana with too much focus on the forehead then this is the problem.

So next time when you do any Sadhana focus on the Heart center and do the Mantra Japa.

Shivohum!

## **Why my body does starts shivering, after practicing Srividya Sadhana Meditation**

Video Link: <https://youtu.be/1XBtqZMffCk>

Yes, because some of you are more receptive to the Divine Energy.  
And you see that when we do that healing also, many of you sitting with closed eyes... you don't want to come out also some people even their eyes are locked. They don't know how to open their eyes also.

All these things will be there because it's not something I am doing but Mother is doing within you. So this is really good that you are receiving the Divine Mother Energy.

You are shivering means the temperature changes are taking place...Ida Pingala things are taking place. Vibrating too much means more Energy you are receiving.  
It's really good and you can continue with that.  
Of course it takes a long time to become normal.

So that's what for 10 - 15 minutes we have kept for BEING state in Part B.  
Why it's in Part B?

To not do anything, just sit and relax so that you become normal.  
So this is good and you are doing well in your meditation.

Shivohum!

## Can I chant the Soham mantra in any language?

Video Link: <https://youtu.be/QW4QbFrhKjQ>

If with the same meaning in your native language  
You are getting that understanding,  
You are getting that awareness,  
Then you Chant in your own native language.  
Don't worry about So Ham because  
After So Ham also you go to the Silence,  
After the same in your native language also you go to the Silence,  
Which is your Source?

It's not mandatory that Soham should be there.  
So if you want then you can chant in that language.

Many times.... it's my own experience... when I say, "**I AM**" - English language and not my own native language; I go in better than the Soham.

When I say, "I AM "... more powerful than Soham for me!  
Find the word that will take you to the Source.  
Don't stick with Soham only,  
Soham also, I am telling, is only a tool. At higher level, you have to drop that also.

**If your inner, your native language is giving you the  
Touch of the Soul,  
Touch of the Truth,  
Touch of the Truth,  
Then Go For That!**

Shivohum!

## **Astral Travel, Soul Travel & Siddha Loka**

Video Link: <https://youtu.be/e6hlUpCc2LA>

Astral Travel started happening. I started going to different Worlds.  
At night I started seeing that my own Body was leaving the Physical Body, going outside and coming. But it's not a good experience at all. I thought that somebody is attacking me ... something and all of that.

I realised that my own Astral Body is leaving. But when it comes back, it was such tiredness.

The moment I get up, as if I worked like anything... like I worked out in Gym and only then I came and slept.

It was like that. I could not go to the college and all of that.

It was very difficult.

Then I prayed to Thirumularji, "I don't want this experience of astral travel and all ..."

Why I need that?

What is the use of that?

It's of No use! Then I stopped...

Then Soul Travel started...I told you, right.

Going above the Body and coming inside... I started seeing my own Body, but when I see back with my physical eyes to check, " Who is seeing...", Nobody is there - you don't have eyes, you don't have Body , nothing... With the Consciousness you are seeing the things!

That is something I don't know. Then I asked my teacher. She told, "Its Soul Travel! With this Soul Travel, now you can go to Siddha loka".

That's how I started travelling to Siddha loka. There I started meeting Thirumularji and all of them then He made me the promise, "I will be with you, I will guide you, I will teach your students. I will personally take care! You just be an instrument!"

That's how all journey started...

Then I started the teaching Online.

People started responding very well. They were getting very good results.

Then slowly some people wanted to meet me; they wanted to have a discussion about the technique and all.

Then we started Satsanga slowly in Chennai.

Then slowly, slowly it became a Workshop and converted like this... like how it's happening now!

Shivohum!

## **"Why do we need to face north or east while doing sadhana?"**

Video Link: <https://youtu.be/DOrrtc9FRGk>

Every direction has its own Energy,  
When you come to this Third Dimension, of course, every direction has its own Energy.

So East direction is a powerful Energy. It connects you to the Sun's Energy and connects you to the Peaceful Divine Energy. And North direction connects you to the Abundance Energy.

That's one explanation I can give you.

Another thing is whenever we face the North; our Magnetic field will align with the Magnetic field of the Earth which will help to receive the Energy in a properly aligned manner. That will help us to grow better,

That's the inner meaning or the real meaning behind facing the East or North.

Shivohum!

## **"Can we transfer positive energy of puja & meditation to our new house?"**

Video Link: <https://youtu.be/ql8Az-cpGPk>

What you do is:

Make a prayer to the Divine Mother.

And if possible place one Crystal there... Clear Crystal Quartz in the form of a Pyramid,

Keep it in the Puja room. Make a prayer to Thirumularji and Lalithambika to transfer all the positive energy in your home into the Crystal. And ask the Divine Mother or Thirumularji to seal that Crystal with that positive energy.

Then you take the Crystal to your new home.

This is one thing you can do.

If you don't want Crystal then you can use Coconut,

Good Coconut, you take it which we usually use for Kalasha and all.

If not then you take a Lemon also.

So Lemon, Coconut or Crystal has the Power to absorb the Energy according to your Intention within you or outside you.

So you absorb all the positive energy in that. You take that to your new home so that whatever Tapas Shakti, whatever Energy you have created, you take it with you and shift it to your new home so that you will be blessed and you will have the positive energy in your new home also.

Shivohum!

## **Can I worship all dieties in Srichakra as I have beautiful experience by doing Srichakra Puja?**

Video Link: <https://youtu.be/SBmxWLWw2vM>

You can go ahead. If you feel very attracted, very focused and inspired from within to do the Srichakra Puja only, you can go ahead and do it. Don't worry about all other Sadhana.

These Srichakra Puja Mantras invoke the Dus Maha Vidhya Shaktis. You need to understand. All these Nava Aavarnaas have all the Nava Shakthis...Nava Durga Shaktis are there, Dus Maha Shaktis are also there.

You need to understand,

So if you just do the Srividya Sadhana and Srichakra Puja then your life will be taken care. Such a powerful Beeja Mantras are there. Plus you are using the Mudras to infuse the Consciousness of Divine Mother at all levels of your existence.

Then you are communicating with the Deities in a Systematic and Scientific way... Tantric way!

So you can do it, don't worry.

It's a positive sign that the Divine Mother is attracting you, making you to drop all the other Sadhanas and pulling you towards this.

You know, it's a very positive Sadhana. You can do it.

Shivohum!

**"Why I feel numbness around my entire face, throat, heart chakra & shoulders during meditation?"**

Video Link: <https://youtu.be/flDnv1MFAao>

Yes, it's very normal.

When you feel the numbness, in that area the Prana circulation is less, the blood circulation is less. It should happen.

As I meditate my Prana must go to the higher centre - towards my Sahasrara.  
So all my Body, lower Senses, Chakras become numb.  
Or your sensation to your outside Body is less which can be felt as numbness.

So it's normal. No problem. You are doing it better.

Shivohum!



**"While doing havan, should we add Swaha at the end if the mantra has already a Swaha?"**

Video Link: <https://youtu.be/7HcG0ci8MpM>

Yes...

If a Mantra already has ' Swaha ', then you don't need to add another, ' Swaha '.

This you need to remember,

So, when there is no, ' Swaha ', you need to add, ' Swaha '.

For example - here you are asking about the Health Mantra -

"Om Aim Hreem Shreem

Achyutaya Namah

Ananthaya Namah

Govindaya Namah

Om Jhoom Saha Mamam Palaya Palaya"... then you add, ' Swaha '.

Now I think it's clear...

If the Mantra already has, 'Swaha', then you don't need to add;

if the Mantra doesn't have, ' Swaha ', then you need to add, ' Swaha ', for Havan purpose.

Shivohum!

**"Please guide, how to chant Thirumoolar Shiva Mantra & Shiva Saubhagya Shodasi Mantra for whole day?"**

Video Link: <https://youtu.be/jDR3rocgr30>

You Chant Shiva Saubhagya Shodashi Mantra plus Thirumularji Shiva Mantra.  
For example for half a day you Chant the Shiva Saubhagya Shodashi Mantra and for the other half a day you Chant the Thirumularji Shiva Mantra.

Like this you manage both the Mantras as per your situation and Chant the Mantras.

In that way you will have both the positive energy.... Both the Shiva Shakti Energy and you will have a great blessing!

Shivohum!

## **"How does fasting helps in spiritual path?"**

Video Link: [https://youtu.be/goK8Nz\\_6hcc](https://youtu.be/goK8Nz_6hcc)

I don't put any conditions. Eat whatever you want. Meditate regularly... that is the only condition.

Fasting is very good to bring the purification to you.

If you do the fasting on the same day then what happens... your body understands, it won't secrete the acids and enzymes. It will be in the rest period and you start healing yourself ... healing one's own body.

It's the best healing process. Fasting is good for the health. But Mother has nothing to do with it.

It's only supportive of the meditation.

If you want you fast. But some people don't fast, I am telling you.

Some diabetic people cannot fast.

So don't put any conditions for yourself.

Only thing is Meditation!

You meditate. Remember your Soul, Who you are!

Shivohum!

## "Does deeksha or initiation is needed to chant Guru Paduka Mantra?"

Video Link: <https://youtu.be/SZZglFeBiPo5>

When I started giving this Maha Paduka Guru Mantra, it's by the guidance of the Divine Mother Herself! And many people have not taken the Maha Paduka Mantra before that.

I requested all students whoever not chanting, "Start chanting this!"

We made a Sankalpa, "Whomsoever **chants this Mantra in our tradition and do the Shri Vidya Sadhana, the fruits / benefits of their Sadhana will be going to their Soul.**"

It's programmed like this. So you don't need to sit again for the Deeksha. Don't wait for that. You start chanting Maha Paduka Guru Mantra.

Shivohum!

## **"Can we use Varahi mantra to energize Vibhooti?"**

Video Link: [https://youtu.be/sYu\\_C9aN7Y4](https://youtu.be/sYu_C9aN7Y4)

Yes!

Vibhuti is very powerful!

Vibhuti holds the Mantra Shakti!

Water holds the Mantra Shakti!

Lemon holds the Mantra Shakti!

Coconut holds the Mantra Shakti!

Flower holds the Mantra Shakti!

All these are the tools to transfer the Mantra Shakti.

You can use it. Vibhuti is very powerful ... very, very powerful!

Especially when you do the Havan using Vibhuti, it's amazing. Because you infuse in the Physical Level. And in the Physical Level the effect will be very fast than doing the healing and Energy and all!

That is the power of physical level.

That's what Shirdi Sai used to give Vibhuti, you know!

He transfers His Energy into the Vibhuti and gives to the people. Because He cannot go to their family, right!?

"So, take this, I will be there!"

Technically He is telling them to take Him!

Shivohum!

**"Dhoomavathi Devi worship is encouraged only if the person has lost everything. Is it true?"**

Video Link: <https://youtu.be/Meg1OOrF9II>

What have you to lose?

We really don't have anything! What is there to lose!?

This Dhoomavathi is the highest Energy.

Before Creation.... that Smoke Energy means before Creation what is the Energy prevailing is what we call Dhoomavathi!

The Highest Spiritual Light She is!

She is the Grandmother who Guides you and takes you to the highest level.

So we have connected her with Kethu. Kethu is the Planet for Spiritual Thing.

Hence she is a great blessing for us. So don't have any conditioning.

Ask her to come as your Mother, Guru and guide you.

Then she will take care of you.

Do not worry about anything.

And actually you don't have anything to lose at all.

Only you need to lose your Ego Consciousness on the Spiritual Path and nothing else!

Mother doesn't want Money, right!?

Does Dhoomavathi need our money?

Does she need our relationship?

Does she need your body?

No! Nothing!!

Then what are you going to lose!?

Nothing you are going to lose. Mother doesn't need anything.

If at all you going to lose anything then you are going to lose your Ego Consciousness and it is for your Highest Good Mother is going to do it!

So you can do the Dhoomavathi Sadhana without any fear . Don't worry at all!

Shivohum!

## **"Varahi, Trance & Sleep!"**

Video Link: <https://youtu.be/E-O63wVfpr8>

Now when you are telling that you are feeling sleepy while doing Varahi Sadhana, my question is:

How many chants are you doing in the Varahi Sadhana?

If you are doing the Varahi Sadhana by chanting the Mantra once for one chakra, then this should not be.

If you are doing too many Mantras means then yes... you are going beyond the Body and Mind dimension and touching the unknown Zone where you feel sleepy but you are not actually as you are lifted to the Soul Level Consciousness which is too much for you. You are doing too much.

Reduce the number of chants in the Varahi Sadhana.

And if it's too sleepy then do the Meditation with the eyes open or half closed.

This will be helpful for you to sustain, stay awake and complete your Varahi Sadhana.

Shivohum!

## **Does Sri Sampath Siddhi sadhana brings health as well?**

Video Link: <https://youtu.be/OI-52IsYZsg>

Very True!

When you say Divine Mother Mahalakshmi, She brings Sampath.  
Sampath means Abundance Consciousness.

Abundance Consciousness means at Levels of your existence.  
So Health is also one aspect of that.

It's very true that she will bless you good health.  
And bring you right focus so that you can take the right decision and lift yourself and  
put your Willpower in the right direction also.

All these things will be the great blessing from the Divine Mother Bhuvaneshwari  
Mahalakshmi,

Shivohum!



**"During sleep I had a strong pulsation at my mooladhara it was so pleasant that I wanted to cry?"**

Video Link: <https://youtu.be/ENHIVq6vBqA>

You can do...Srividya is the main thing. It's the Moola Vidhya.  
That should be practiced every day.

And other beginners course, just Moola Mantra Japa , you can do one time, 3 times and you can go to the office and your day to day work.  
That's one thing.

Second thing is:

You could have a beautiful, pleasant experience in the Muladhara Chakra and you could not handle it and you got up and it happened 2 times a day. It's a blessing for you. You see, whenever we do so many Sadhanas we literally trigger our Kundalini.

During the Deeksha the Kundalini is awakened for you...

During the Deeksha all the Ida Pingala Shushumna, all the Chakras, those Nadis - their purification have taken place

- Your Soul is connected to your Higher Self and Universal Soul
- Then is connected to respective God, Goddess.

This Deeksha you have taken. Then Mantras will be seeded into you.

So whenever you intensify your Sadhana all these experiences will happen. Kundalini experience you have witnessed.

That's what you had a pleasant Kundalini experience in your Muladhara Chakra. It's a great blessing of Divine Mother for you.

Shivohum!

## **"Why some sadhaks are prone to attacks like black magic, psychic attacks?"**

Video Link: <https://youtu.be/Jct42cKrkac>

No, it's not of fear. Some people have fear, so it happens.  
Some people are really attacked by Tantric way and other things.

Its main cause is Karma. You need to understand.  
Either you have done a very bad thing to another person in the past life or in this life, so you are receiving this, you need to understand this. There's nothing happening in this Earth...all people don't have this... you yourself say, "Some Sadhaks..." Not all Sadhaks.

We have students who are having a beautiful experience within one month...they are having the Darshana also!

Some Sadhaks, 5 years.... no Darshana.

Some Sadhaks are struggling to do the meditation.

Some Sadhaks don't go to the higher level also.

So it's their Karma that blocks.

Until the students don't pray sincerely, students do not surrender to a Master, the Guru Parampara and the Ishta; it's very difficult for them to grow in spirituality and material world,

So these are all karmic things and when you do this sadhana , Srividya Sadhana, specially , this type of attacks will be happening again and again repeatedly... then Varahi is there,

Baglamukhi is there,

Bhairava is there,

Krodha Raja Bhairava is there

And ultimately

Maha Pratyangira with Shoolini Durga and Sharabeshwara is ultimate Energy!

These Shaktis will always protect and guide you. You should not worry about other things,

Shivohum!

## 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.