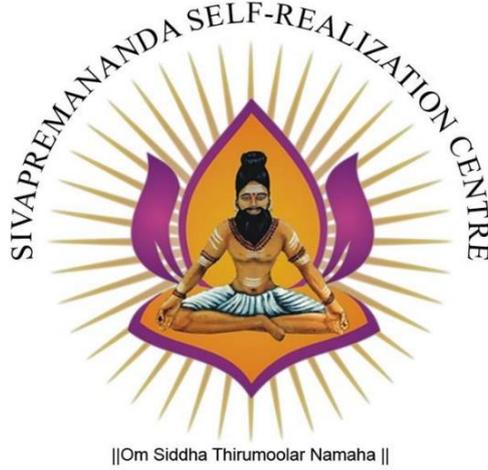


Sri Sivapremananda Teachings – Vol.5

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



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"Blessings of Siva Yoga Sadhana!"

Video Link: <https://youtu.be/wg8KPyKCSBE>

Shiva Yoga is the Path of Self-Realisation. It is the Path of God Realisation. It is the Path of Siddhas, especially given by Sadguru Thirumoolar.

Siddha Thirumoolarji is considered as the Grand Father of the Siddhas, where He has been on this Earth meditating for 3300 years!

Only on Mahashivratri He used to come out and bless and again go back to Meditate. From this Master, these techniques are received to awaken our Soul to Shiva Consciousness, Truth Consciousness.

So, these techniques that we are going to learn today are part of the Siddha Parampara coming directly from

Lord Shiva to Nandhi Devar,

Nandhi Devar to Thirumoolar,

Thirumoolar to Sivakami Om Anandi,

Sivakami Om Anandhi to Me,

And Now,

From me you are going to receive these teachings!

So, it is a direct Parampara from Lord Shiva Himself.

It holds a great promise that if you are sincere, committed and ready then

You can experience the Truth about yourself; you can discover the Truth about yourself;

You can experience that Shiva within you!

So that's the promise this Path holds.

And these are highly Vibrational in nature.

They bring a greater transformation at the Physical Level, Mind Level, Energy Level and Soul Level.

No Karmic baggage remains!

It can bring a great Healing, Burn all types of Karmas!

..This is one more promise of Sadguru Thirumoolarji.

Here you get the personal attention of this Maha Siddhar Thirumoolarji which in itself is a great Blessing!

Then comes all these Mantras and techniques.

So, your first step has to be this:

"How I can connect with this Maha Siddha and receive His Guidance!"

...as with this step itself 90% of your Path is finished!

The remaining 10% is your efforts - just sincere, regular Meditation.

And it will hold the promise to give Truth to you in this life only without any more postponement of it to the next life!

This is the promise and the results which we have received.

Whoever followed it, whoever sincerely put the efforts, have received the Divine Shiva Consciousness, Truth Consciousness!

So, on the Path when we practice these techniques we can overcome

All the Past Life Karmas, Present Life Karmas,

Any sticky Karmas that you are going through like different types of Doshas as the Navagraha Doshas, Pitru Dosha, Kala Sarpa Dosha,

Be it any type of issues that you have been suffering from because of your own doing in your past life! All these can be overcome easily with sincere, regular practice of these techniques! So, these are the promises this Path holds which you can experience as you progress with these teachings.

Shivoham!

Shree vidya Havan
-By Sri Sadguru Sivapremanandaji

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

Srividya Havan - a very powerful Havan!

Here we understand:

What are the Universal Principles?

What are the Spiritual Laws behind the Havan?

How it is going to help you and your family members,

How it is going to you and your surroundings,

How you can cleanse your Subtle Energies, Negative Energies and Entities and all of that with Havan, and

At the same time you bless your entire home with Positive Energy.

Such a tool is what we are going to learn about.

Because this Fire - the nature of this Fire is such, it burns and transforms the form, you see!?

If I put a paper into the fire, what happens?

Is the form of the paper same, or is it going to be transformed?

And our Siddhas discovered that:

If we put the Negative Thoughts into the Fire, what should happen to it!

That it gets transformed into Positive as it is the Universal Principle.

How I can take a Pure Element that is already available on this Earth Planet...Use it to Burn my Karmas!

You see that! And there they have this Technology - **INTENTION!**

Where There Is the Intention and Attention There Is Your Soul Power Energy - It is a Universal Law.

So, they wanted to troubleshoot Specific problems!!

You know, Spirituality is the complete Path where you have to go through for lifetime.

But at this Phase of my life I have this problem - say:

I have to get promoted...

I need to build my home...

I have a court case...

I have marriage issue...

I have health issues...

I have to help my child whose education is not good...

My child's brain is not developed...his speech ability is not good...how I can help him...

This is where the technology which is needed for us is Healing and Havan!

Shivoham!

"During Shree vidya sadhana, my whole brain is experiencing intense energy activity!"

Video Link: <https://youtu.be/MJDQNq0DUYE>

Very true it is... Very true!!

At the higher level all the ...in the 2nd Level what we say?

We connect the Chakras with different Navagrahas.

In the higher Level, what happens?

Navagrahas are in your Brain. The centre of your Brain is your Soul - Paramatma.

So, it is the higher Level of knowledge that we receive as we progress.

This Bindu is nothing but your, you know, Control Room.

If this (shows the Body) is the Manufacturing Unit then Bindu is the Control Room where all the buttons are kept.

It is the mid part of your Brain.

Everything is there.

All the Manifestations are there.

Okay?

Shiva Shakti is there.

Jyothir Rupa is there.

Everything is there!

So, that is a Point - Bindu!

Some people see it as a bright Red point like the Bindu in the Sri Yantra.

Bindu in the Sri Yantra connects to the Bindu in the centre of your head .

That is the Bindu Sthana.

When you meditate with all the Chakras, you not only activate Navagraha Points in the Chakras, you also activate Navagraha Points in your Brain.

We don't want to teach all these things as it is more complicated. You know, Again one more workshop is needed for that.

So, we try to simplify and give the Sadhana which does the job. You don't have to worry, things will be taken care.

So, Bindu is your, you know, Nucleus of your Soul, I can say.

It is a blessing if it's happening to you!

It is really the Grace, enjoy that!

And if the Energy is too intense, take a break.

If you do the Sadhana today, then take a break for 1 or 2 days and again you do the Sadhana. Somehow you have to manage the Energy Levels.

Shivoham!

"How to influence others with spiritual power!"

Video Link: <https://youtu.be/K7ykoE5AUo8>

Q:

Guruji, how to remove Tamasic qualities from my son and negative thinking patterns from my dear ones. Now I am seeing that he is doing mistakes. I am not able to help him. What best can I do?

A:

This is the normal situation for parents where you know that your child is going in the wrong direction, he is doing mistakes, but you are not able to rectify it. That is what I tell to many parents - Whenever they sleep send the healing and while they are asleep you need to send as thoughts what you want from them. During their sleep, their Conscious Mind is turned off. As a parent, your Energy Chords are connected to them. Hence they will receive you hundred percent. Before you go to sleep, when they are asleep, try to send the Healing Energy. In that Healing Energy...Siddha Shakti...in that Light, see what changes you want to bring in your children. Then give some time for this, you see! Today you do the Healing and expecting him to change by tomorrow - No!!! Don't expect this. You want miracle to happen instantly, you know. The relationship between you and your child is Karmic and it is not from one life time, but continuing from many, many life times. So, it's going to take some time for you to influence and surely you are going to influence them.

If you are meditating regularly,

If you raising your Consciousness,

If your connection with the Divine Mother is strong ,

Then you are hundred percent going to influence your children and your family members.

Please understand this Truth. Because it is the Universal Law of Resonance - Higher, you know, whatever it is, and it will resonate with the Lower. Therefore they are going to receive what you are suggesting... what you are signalling. But when you need to do this is very important. When the person is very resisting to your words, don't send the Healing, as he/ she is not ready. But when he / she is sleeping, send the Energy waves of what you want, send the thoughts, intention to the Soul of the person. Connect with your higher Self, You know, chant the Soul Mantra, connect with Thirumularji, use the Siddha Shakti then you channel the Energy. You will be surprised to find that the things are starting to change. We have checked and seen that. Results are, you know, positive! But you need to be persistent. You cannot believe that one of our Shri Vidya Sadhaks could cure the speech problem of his child, fear issue of the child and then your child's issue of doing mistakes is very, very insignificant in comparison to that.

It is possible and you can do it!

Shivoham!

"Amritha from top of the head after Maha Paduka Guru Mantra chant!"

Video Link: <https://youtu.be/30qjvxFKcCI>

It is a blessing actually!

It happens to all students when we Chant Maha Paduka Guru Mantra, okay?

When we Chant Maha Paduka Guru Mantra all the petals of the Sahasrara Chakra open up and the Shiva Shakti Consciousness in the Pinanda, in the individual body connects to the Brahmanda which is the Universal Body.

Then once it happens, the Grace of Shiva Shakti in the form of Kameshwara and Kameshwari with the Shri Vidya Energies come and flow to your entire being.

And this is what you are experiencing also.

It happens to all. But you have the Psychic Ability to experience it .

So, you are blessed to know what is happening with the Mantra and how blissful it is!

So, you are experiencing that Amritha, the Energy of those petals during the Maha Paduka as the cold Divine Energy
Flowing all around your head region and all.

So, it is a great blessing!

What Sadhana you are doing, you are experiencing that as Energy form, as the Amritha of the Divine Energy.

So, you are blessed!

So, don't worry. Offer your gratitude and continue your Sadhana.

Shivoham!

How Thirumoolar 51 Syllable Mantra does helps? -By Sri Sadguru Sivapremanandaji

Video Link: <https://youtu.be/SSRzm64nbTo>

We have chanted this:

51 syllable Shiva Mantra

**OM
SI VA YA NA MA
YA NA VA SI MA
MA VA YA NA SI
SI YA NA MA VA
VA SI MA YA NA
OM**

This is the core Mantra of Shiva Yoga that we learn and we also use this for the Siddha Healing where we want to channel the Siddha Shakti.

So, 51 syllable Mantra is very powerful , as I told you, Sadguru Thirumularji explains that Truth Consciousness, Shiva Consciousness comes and fills all the 543 chakras without requiring you to focus and do it! in Srividya, we bring the attention and Chant the Mantra.... bring the attention and Chant the Mantra, but here it is not the case. As the Mantra itself is a programmed Mantra, it goes and does everything by itself. It is a programmed Mantra. I just need to chant. It will go to the respective Chakras, Nadis, and activate and work on these.

So, it is a programmed Mantra given by Sadguru Thirumularji to Activate the Chakras, Nadis, and Cleanse, Heal, Energize and Awaken your Kundalini, Chakras and Nadis and connect you back with the Source, Shiva Shakti Consciousness and bless you with God Realisation! It is the main objective of the 51 letter Mantra.

Of course, at the same time it will also give good results, you know, for material prosperity and other worldly things.

Blesses with worldly things also because it works with the Pancha Maha Bhuthas**OM NA MA SI VA YA - Pancha Maha Bhuthas.**

If Pancha Maha Bhuthas are aligned and are in good condition then health will be good. When Pancha Maha Bhuthas are balanced, you know, Energized, you attract the right Money, Health and all of these.

Without Pancha Maha Bhuthas there is no Siddhi.

So, this Mantra is so very powerful. That is why we have been using it in Siddha healing. So I suggest to all my students,

"Memorize this Mantra. Don't, you know, sit just with - Om Mulanji - Memorize this Mantra and take advantage of this. You don't get such highly spiritual Mantra anywhere else. It is such a secret. Comes only in the Siddha Parampara. So, use it!"

It is a blessing and you know, great gift from our Sadguru Thirumularji to us!

Shivoham!

Ista Devatha Blessings!

Video Link: <https://youtu.be/3P326HQaxnM>

Whenever you see golden coins and touch on the Throat Chakra, Throat Chakra is very clear.

Many times, whenever we do the healing and send the prayer, it is the Throat Chakra that cleanses any negativity that is coming from that prayer and healing and blesses with the positive Energy.

And in your case you see the golden coin. This represents the Divine Energy that is kept there (points to the Throat).

It means some healing has been taken care of. Something is healed by the Divine Mother.

And it is shown to you in your dream, who is the one doing this...it is your Ishta Devatha !

And you saw yourself being present in that hill also.

So Divine Mother has done some healing for you in the dream.

It is a great blessing that you have received!

Shivoham!

"Darshan of Kali Ma & Kundalini awakening!"

Video Link: <https://youtu.be/0IcP5ATuWwM>

It has a very, very simple meaning - that your Kundalini is awakened!

So, when you say Kaali Mata, it is at the Muladhara. From Kaali she transforms into a Kamala.

When you say, "I woke up as if something exploded...., what does it mean?"

It means Awakened!

Your Kundalini is awakened.

You got the blessing of the Divine Mother and you are blessed.

And when you say, "Kaali Mata was everywhere..." What does it mean?

9

It means that you have experienced within you and outside you, only Kaali - the Oneness experience where you are not there, okay?

It is the great blessing of Divine Mother!

She has shown you the ONENESS experience of the Advaita which is the ultimate experience and has also awakened your Energy.

It is a blessing, great blessing for you!

Shivoham!

**“Significance of Vahanas/vehicles of gods”
-By Sri Sadguru Sivapremanandaji**

Video Link: <https://youtu.be/HVut0vqQVRM>

What the significance of Vahanas?

Whenever some Deities ride a particular Vahana means that Deity has the power to control that Vahana.

And Vahana is one of the qualities of you.

For example - Bull. What is a quality of a Bull? Eh?

It is very aggressive - Tamo Guna... laziness. And who can control that?

That Deity!

So, when that Deity is coming in my life, what happens?

I have the power to control that aggressive behaviour -Tamo Guna. And I will have the strength of... when I control that, what happens?

The strength of that animal will come to me... that power will be added to me.

So like this, when Durga is holding you know, that Lion, She can control, you know, the fear and make you fearless.

When Durga can control the king of, you know, all the animals, what it means?

You have the power to control all the animal instinct - desires within you.

So, Pretha Roda - some Aggressiveness - Pretha, you see that, it is controlling.

Means Pretha is not outside... it is within you - your Mind.

Your Mind is the biggest Pretha (laughs)

The biggest Pretha is within you.

Pretha Roda, " Mother, please control this mind within me. Never sitting in one place. It's going here and there... here and there."

When this Pretha is controlled, what happens?

The Spirit raises to highest Consciousness... raises to the Divine Consciousness.

In India we have shown for example Varahi - She is on the Bull also. She is on the Pretha also... She is on this... that.

Do you remember during the introduction of Varahi, I have told you that She can control all the Harshida Vairis.

So, how can we represent this?

She is shown sitting on the lion also. She is sitting on the Bull also.

All these things are symbolically shown to describe the power of that God and Goddesses.

Someone asks about Peacock and snake of Muruga...

Peacock is the one that controls the snake.

Snake is the symbolic representation of the Kundalini. The one that controls the snake is the peacock and peacock is the Vahana of lord Subrahmanya.

It means by worshiping Lord Murugan I can be the master of my Kundalini!

Even if you see His Astra, you see the Astra? That Spear? What does it represent?

My pillar of Kundalini!

It will come like this (2 parallel lines along the abdomen till the neck) and here it will be like a leaf (draws 2 curved lines along the face joining them at the crown of the head),

So, where this leaf is in us?

My pillar... from Muladhara to Sahasrara - here it is like a leaf.

So, He is holding that leaf means that Brahma Danda within me is held by Karthikeyan!

How can He hold it?
Because He is the Light of my Body.

Kundalini has Vibration, Sound and Light!

Sound is Ganesha!

And

Light is Subramania!

That which is inside them is Lalithambika!!!

So, pura... full Parivara -
Shiva is there!
Shakti is there!
Ganesha is there!
Subramania is there!
...all of them are within me!!!

So, who is Powerful?!

So, that is what you know, the day you realise who is Subramania and what He is doing
I drop that! I don't worry if I don't Chant the Mantra of Subramania. I don't worry if I
don't Chant the Mantra of Ganesha!

I know that everything is the manifestation of the Kundalini.

Kundalini is manifesting

Different Colours means different Gods and Goddesses.

Different Vibrations means different Mantras,

Different Light means different Tantras or any other things or forms of Deities.

But all of these are the manifestation of that one Energy.

And that **one Energy is Lalithambika, Rajarajeshwari, and Maha Tripurasundari!!!**

Shivoham!

Lessons of Life!
-By Sri Sadguru Sivapremanandaji

Video Link: <https://youtu.be/JvMMhSU-IxU>

Forgive yourself, forgive others.
Accept yourself, accept others.
Allow yourself, allow others.
Care yourself, Care others.
Love yourself, Love others.

Ultimately,
KNOW yourself and know everything - the highest lesson!

These 5 lessons I have to go through. That is why I am on this Earth.

For what purpose I am here?

No other purpose than this.
You know -
Lessons of life,
Fulfillment of desires,
Balancing,
Caring,
Blessing,
And
Merging back in the Divine
- are the reasons for us to be here.

Otherwise what is there in this world?

Everything is temporary!

Whatever you look for, everything is temporary...
No permanent job!
No permanent relationship!
No permanent health!
No permanent thoughts!
... Nothing is permanent. Everything is changing; everything is, you know, temporary here!

So, whatever you are, finding the True Happiness is impossible in the outside world.

The day you realise this only you turn in.

Until then you will be still playing, seeking as to -
This person is going to change,
I will get his love or her love,
This job or this money is going to be permanent,

This technique is going to, you know, give me, you know, very good, abundant Money flow,
This you know, channel can help me,
...all will be there.

Every time I see, I fall down... every time I see I fall down.

I see falling inspite of me using all my Intellectual Ability and Spiritual Knowledge and all.

And still I am not able to find which I am seeking in the outside world - that true happiness that joy, that love!

If I realise that Truth that
Everything in the 3rd dimension is Impermanent! Temporary!
And that
The nature of this world is Change!

Change is there means
Love cannot be forever,
Bitterness cannot be forever,
Hatred cannot be forever,
Anger cannot be forever,
Your problems cannot be forever,
And so,
The Solutions cannot be forever!
... Everything is of such nature!!

The day I realise this I turn inward and realise that within me - that Soul which is Aware of all that is happening, is the only permanent.
Abiding in that and it's nature is true Bliss and Joy and how I get permanent happiness.

This is the Realisation of all the Masters. All the you know, the Scriptures and the Vedas say this is that Realisation!

Shivoham!

"Is attending group meditation online is same as attending in person?"

Video Link: <https://youtu.be/vd4OmY0WsXM>

Again it depends. Here during the Group Meditation what Energy you feel live and when you attend here is little bit different. When you are meditating together collectively, its Energy is like anything more than 100 times multiplied. In Group Meditation that you may be separately attending, you will be receiving only 10% or 50% of the same because sometimes the Energy of the place also adds up and sometimes the presence of another person also adds up. Sometimes the presence in the centre -

Divine Mother's Presence is here, Thirumoolarji's Presence is here, Bhairava's Presence is here, Dus Mahavidya Shaktis' Presence is here, Ashta Bhairavas' Presence is here, Khadgamala Yoginis' Presence is here, all the Srividya Devathas Presence is here, Gives a different experience when you Meditate here than when you Meditate in your home with the same recorded video.

It is very; very.....it is quite different,

But the blessings will be received by everyone.

Here the experience is more you know, powerful than what you get in your home, okay!?

Shivoham!

"How to overcome many thoughts during meditation?"

Video Link: https://youtu.be/_BjStT0HomM

The question is, "I am doing the Srividya Sadhana regularly, continuously for 3 years, but still I am having many thoughts during the Meditation. Am I advancing or still have I to, you know, be with these thoughts, witness the thoughts and never attain the concentration in my life?"

This is one of the questions.

It is not the beginners' question. Beginners ask this question, "Guruji, I am focusing, but I am unable to hold the concentration. So many thoughts are coming."

I used to reply that it needs some time like 1 or 2 months or 3 months to develop the concentration. And in the beginning the thoughts will come from outside. As you progress, what happens? Thoughts will be released from inside. You need to know why there are so many thoughts coming...

It is because of you having
So many desires,
So many responsibilities,
So many attachments.

The day you detach and focus with 100% attachment to the Divine Mother, what happens?

What types of thoughts will come?

Only Divine Mother thoughts will come, Shiva Shakti thoughts will come. Thoughts will be there, but these shift slowly from outside thoughts to Shiva Shakti thoughts.

Because for many people, you know,

Children have problem,

Wife has a problem,

Husband has a problem,

Business is not going on,

So, our Soul is, you know, distracted from many places.

Those Vasanas,

Those Memory Centres,

Those responsibilities,

Those attachments,

...if all of these are not overcome, then we cannot overcome these thoughts.

You observe for yourself as to what type of thoughts are coming.

Any other thoughts apart from your life problems? Any other thoughts?

So, only about your life problems, these thoughts are rising. And these are there.

We should not distract ourselves.

We should not feel that our concentration is not developed.

"I am not doing well"

No!

I know that my Memory Centre in my Subconscious Mind has all these thoughts, sometimes these are coming on the responsibilities or bringing the attention from outside or inside.

I should just witness them and let go! I should not feel that I am not progressing.

It is very important!!

Why am I answering this question?

After 3 years of Srividya Sadhana, still there are thoughts!?

There is this question mark - am I doing it right or wrong?

You need to be aware that the moments you finish your responsibilities, I am telling you, how will your life be?

Do you think you will again have same thoughts?

No!?

"I need money",

"I need health",

"I need to help my child ",

"I need to help my daughter"

"I need to get this...clean the house.... that..."

So many things are there in the form of responsibilities.

And we always give priority to the outside world than the inner world.

The day you decide to give the foremost priority to Divine Mother Lalithambika and then to the other things, what happens?

The thoughts will be reduced.

This is what we say, "**Surrenderance!**"

What is Surrenderance?

I need to drop my Mind, nothing else.

The moment you drop your Mind, who are you?

That is what it is said,

The moment you surrender,

Or

The moment you experience that Stillness, then you know that you are that! You are that!!

So, it is very important!

Many people ask this question.

If it is in the beginning means I can understand, so many thoughts will come.

Hence I also requested / suggested to maintain the same time and same place .

Otherwise what happens?

At 10 o' clock I meditate today.

Tomorrow 6 o' clock I will meditate.

Day after tomorrow 7 o' clock I will meditate....

If you are doing so, then what types of thoughts will come?

Thoughts on what I am usually focused upon at that time:

Early morning - different thoughts

Will come.

If 10 o' clock is your office time, then thoughts on office only will come.

In the evening the moment I come out of the office, if I am used to have tea with news, then only those thoughts will come.

So, we need to understand that one particular time daily I have to give for the Divine Mother.

And try to maintain the same place where you are doing daily, if possible.

I can understand that some people are helpless and cannot maintain the same time as they have jobs with different time shifts.

But yes, you can manage in the best way possible.

when I want to think about anything in the external world, how are my thoughts?

For example, I need to get this contract... this deal, and I am going for it, do you think there will be any thoughts on Shiva Shakti?

Only thoughts on how I should talk to them or what I should do!
Only such thoughts will be there. This is what we call the Concentration.
That time you are not telling why Shiva Shakti thoughts are coming!
So it is very important for us. The day you have that real inner burning desire for Lalithambika, Rajarajeshwari, Maha Tripurasundari, your meditation will be very blissful. You will not complain at all!
Only her thoughts will come, Messages will come, Answers to your questions will come,
And
Solutions to your problems will come.
I am not connecting at all with her.
I am just praying, but not receiving.
I am talking with you know, my thoughts, with feelings. And some messages are coming, but I am not ready to catch them. So this is very important as we progress to be aware of the thoughts without feeling that we are not progressing.
You are progressing.
Many of the students are householders whose responsibilities are too much...
responsibilities are too much and so minds are little bit distracted.
We need to learn to bring it back to meditate regularly.
This is very important - the day you become desire less as Shri Vidya does that - when we meditate what happens?
Suppressed emotions,
Anger feeling,
Depressed feeling,
If hurt by someone then that feeling...
Everything starts emerging... Coming out of you from your Emotional Body, from you know, all your Subtle Bodies.
And then you become a completely pure Light Being inside.
That Pure Light being what we call, you know, **Deva**. That is the state of a Deva!
Then as you progress and realise the Truth that you are Formless then you reach the state of a Siddha!

So,
From Shri Vidya Sadhaka you become a Deva,
And
From Deva to a Siddha,
And
From Siddha to AHAM BRAHMASMI!!!

Everywhere you are! All THAT IS you!

So don't worry about the thoughts.

- * Just be aware of them.
- * Bring the attention back to the Meditation.
- * If possible meditate at the same time and same place... every day same time and same place.

These will help to overcome these problems about the thoughts.

Shivoham!

"How do I always exist as the awareness which I experience in my meditation?"

Video Link: <https://youtu.be/oDbVT1Cc4rU>

You see that.... always remember your meditation.

If possible you give one word, whenever you go to that, for example, "Shiva".

The moment you feel that Shiva, you should go into that Awareness.

"Sadashiva", "Lalithambika "... you should **feel** that.

Pray to Mother, "Mother, whenever I am in this deep state of this Awareness and when I Chant this I should go back again and again!"

Or you say, "I a " - very powerful phrase. You just say, "I am ", and in the Waking State... automatically you go into that Awareness.

Or you say in a very clear sentence, "I Am Awareness ", because you experience your Awareness in the Meditation.

You say the same thing, "I am Awareness".

And when you are you know, falling back and coming back to your Body Consciousness, little bit you Affirm the same Truth you experienced.

" I Am Awareness, I Am - means Awareness.... again I Am...I Am...I Am...

I Am Awareness... Awareness....

Awareness... Awareness"

You have to do this, okay?

Or what you can also do is, "So Ham ".

When you go into that, "I Am Awareness" means So Ham.

"So Ham...So Ham....So Ham...Shivoham... Shivoham... Shivoham... Om Tat Sat... Om Tat Sat...Om Tat Sat...Aham BRAHMASMI...."

You use those words to bring that Consciousness, that Awareness in the Waking State of Consciousness.

Q: What should I do if I want to connect with you immediately?

Just, you know, remember Thirumularji you will connect with Me, Shivakami and all the Guru Parampara.

Okay?

We are one... We are one and the same.

Okay?

Connecting with Thirumularji is connecting with everyone.

Shivoham!

"Divine mother as SHREEM GOLDEN SPACE"

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

Until this experience it is Divine!

The moment, you know, you think, "I want this now and forever", it is your Mind!
It is the Mind - means it is destroying the experience that you are having because of Divine.

You should not do anything!

Actually you should not be coming here, you know!

Don't come with the Divine thing.

You cannot do anything! All you need to do is to have gratitude, whenever you experience and BE there.... that is all!

Whatever you get, BE there happily and offer your gratitude.

Don't expect that it should be so now and forever.

Now and forever ' is not in this world. It is only in the dimension that is beyond the Body and Mind which is the Soul Level.

'Now and Forever ' - this you cannot expect here.

She will come, give Darshan and go!

She cannot stay like this all the time

(Shows with Varadha Mudra) in front of you!

Then you will get bored!

Duality - how it is! When Darshan happens you are Happy with Devotion and Love.

But, If She is there in front of you for one hour, then you will say, " Mother, my feeling is gone. Please leave!"

It is not possible!!

Don't expect this to be forever.

But this is a blessing that is happening to you.

Mother is giving.... showing her, you know,

"SHREEM" Tattva. Golden Space is nothing but the "SHREEM" Tattva abiding everywhere as Brahmanda.

You see, In Shri Suktam, it is mentioned,

"Hiranya Garbha".

This is what she is showing you - Who Is She, and who you are, and how you have connected.

That is the beautiful experience that is happening to you. It is a blessing.

Be happy with that.

But don't ask the question, "how to have this now and forever?"

Whatever you try to do, you will lose it!

If you do then you lose.

But if you BE then you happen to be in that state of Consciousness!

Shivoham!

"Why Does Our Mind Create More Disturbances While Doing Srividya Sadhana?"

-By Sri Sadguru Sivapremanandaji"

Video Link: <https://youtu.be/sgg0U2--6Ms>

In the beginning as we start our Sadhana, many thoughts from outside come... But as we advance, many thoughts from the Karmic layers are released. You see that? In the beginning you are receiving from outside and in the advanced level from inside you are releasing. Whether you are an advanced Sadhak or a beginner, you need to understand that you should not worry about the thoughts. You should know to "Be Aware"! To be aware that 'this disturbance is there, but it is not going to dominate me!' So, being Aware with the understanding that in the beginning outside thoughts, and as we advance, the inner Karmic layers released thoughts are coming to our consciousness and I able to feel the disturbance - is the foremost understanding required!

First thing is that it is happening...the release is happening.
Second is that you should be grateful for the release to be happening as you advance.
Third is that with the understanding and awareness of the happening, to be not attached to this. Not to give attention to that.
Many times more challenges will be coming.
Because more, you know, the highest lesson is there in your life.
Sometimes **Surrenderance** is the highest lesson. We hold within, "I only do this.... I only do that.... I use my money.... I use my friends' circle... I use my Intellectual Ability..." I put all my efforts, but still I don't Surrender.
Then your mind is too much disturbed. You won't even be able to sit and meditate. You will fight with the Divine Mother, "Why is it happening to me?" which itself is not surrendering.
So, we will be having many lessons to be learnt on this path.
Otherwise we cannot Master...
Otherwise we cannot make a transformation of the Body, Mind and the Inner Senses.
So, it is very important that we should not be disturbed by this.
Only thing that we need to know is, "Mind is like a child. It is taking Energy, Power and Attention from my Soul.
I cannot control it, but I can be aware and focus, shifting my attention to my work, Sadhana, or Mantra. Then automatically Mind is controlled.
You should not force it. You see it as your child.
When you have a kid, a very naughty kid who does all the things. But you have accepted the kid, right... that,
"He is just a child"
Even if he put fire and broke the things, are you upset with the child?
You know that he is just a child, he is ignorantly doing and you don't disturb
Mind is like this, I am telling you! It is your true child!
Even before having a physical child for yourself, you already have a mental child within.
It is there with you from childhood. It is creating positive as well as negative thoughts.
So, don't be distracted by this. Just be aware of all these things and come back.
When you become aware, when you understand these principles, automatically Silence will come to you. You will not be disturbed by it.

Shivoham

Secrets of Sandhya Kala & Meditation
-By Sadguru Sivapremanandaji

Video Link: <https://youtu.be/t5Wq9bMUf9Y>

In India we say that Sandhya Kala Sadhana is very important.

What is happening during the Sandhya Kala?

What changes are happening in the external world?

The Sun and the Moon - their Energy changing is taking place.

In between that what is happening?

There is Stillness. When there is this transform from the Sun to the Moon, in between Harmony is there - Stillness.

When there is Stillness, what happens?

There is the Super Conscious Energy or Shiva Shakti Energy - that Together Energy... the Sun and the Moon.

The Sun is Shiva. You know, the Moon is Shakti.

Like this (shows joining of 2 fingers), together they will be merging there. At that time there is a Power.

Where there is Oneness, there is a creation. Male and Female - when they are one, there is creation.

You know, the Sun and the Moon - when they are one, there is a creation. That Sandhya is the point of creation!

So, it is said in many scriptures and many things to do the Havan at the Sandhya Kala, to do the Meditation at the Sandhya time.

Gayathri Sadhana, when do you do?

During Sandhya Kala.

Because that is the opening, the window period, when the Divine Shiva Shakti is open. What does it mean?

It means my Sushumna is open.

We say this Universal Law of Correspondence - Yatha Brahmanda Thatha Pinanda .

Where is the Surya Shakti within me?

Ida / Sun (right) and Pingala / Moon (left).

When Ida and Pingala are balanced, what happens to the centre - the Sushumna Nadi? It opens!

When Sushumna Nadi opens, what happens?

Whatever Sadhana you do becomes million times more powerful.

Same concept applies for the Eclipse time, Yes or No?

What happens during the Eclipse?

They are in alignment - the Sun, the Moon and the Earth.

What happens to your Sushumna, when they are in alignment?

It opens!

When I do the Sadhana during this celestial event, scriptures say that Mantra Siddhi happens!

Shivoham!

We Are Within Siva-Shakti
-By Sri Sadguru Sivapremanandaji

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

If this Air is moving, you know, the Force behind the Air is Shiva and Shakti The Space between you and Me is Shiva Shakti.

If I remove the Space, what happens?

We all collapse and will be finished. The world itself is ended.

So, between you and Me the Space is there, right?

It Is Shiva Shakti!

We are in the ocean of Shiva and Shakti.

With this understanding we need to call!

Do you think you are separated from the Divine after you understand this that "I am already inside!"

This is like you know, Space... this Space is so powerful.

We call this Space Sadashiva!

We call this Space Akasha...Mahakasha!!... Sadashiva!!!... Shivoham!!!

If this Shiva is removed, what happens?

Everything gets collapsed!

So, Divine Mother is sitting on Shiva. Shiva is there (substratum) on Him, She is sitting!

From His Naabhi, Lalithambika is emerging, means within this substratum of Sadashiva, Mother is playing!

You and I am Mother! And Shiva is there as this Space!

This is you know Shiva Shakti's Play... the Leela of Shiva Shakti!

So, we are inside Shiva Shakti!

We are within the ocean of Shiva Shakti!

We are not at all separate...not at all!

The moment this Body drops, what happens?

I merge with this Space!

It is like you know a balloon!

We say right, Balloon is like a person? The moment this balloon bursts, what happens?

Where do you merge?

The inside Air merges back with the Air outside.

So, inside you is the solid Space. Even our Science says if you go to the deeper Levels of our Organs, Cells and Atoms, then within the Atoms there is Space.

That Space is so intelligent, Shiva. And in that, there are Protons, Neutrons and Electrons - the Mother's Play is going on. And thus in us Shiva Shakti!

So, inside us, the biggest Space is there!

We are the Beings of Space!! Beings of Space!!!

Shiva is there! That Energy - Shakti is also there!

So, **we are within Shiva Shakti.**

We are Shiva Shakti!!!

Shivoham!

What is True spirituality?
-By Sri Sadguru Sivapremanandaji

Video Link: <https://youtu.be/sepFrL9X02Q>

True Spirituality is about you!
Not about Gods and Goddesses.
Please understand this. It is very important!
Otherwise you are stuck with only worshipping this God, and that God, this Mantra and that Mantra. And you forget yourself!
The most powerful and the most secret thing that is needed is You!

You are the greatest secret!!

Because you don't know.

You have not discovered your Power!

You have not discovered who you are!

You don't know that

You Are The Spark Of Shiva Shakti!

You Are Lalithambika!

You Are Shiva!!

Then what happens?

It becomes chaotic and you become confused!

Someone will say Muruga is great...

Someone will say Surya is great...

Someone will say Shiva is great...

Someone will say Lalithambika is great...

Someone will say Ganapati is great...

But, **the Truth is, when you experience, only One Consciousness, One Energy, and One Soul which becomes many.**

Sadguru Thirumularji says, "**One wanted to become Many!**"

That is all!

Shirdi Sai, what He says?

"Sab Ka Malik Ek!"

If you see the teachings of all the Masters like Paramahansa Yoganandaji, they're the same!

Even Kriya Babaji sits with one finger

(Index) raised, you know, to tell you the Truth, "**Only One is there, my dear, don't run here and there! Surrender, Abide and Realise!**"

Only One,

Even Masters sit with whatever symbolical postures that means to tell you the Truth only!

Kriya Babaji, so beautiful, you know, He sits like this (shows with His right index finger alone raised) - Only One - the ultimate Truth!

Shirdi Sai - His is only One teaching, you know,

"Sab Ka Malik Ek!"..." Shradha Saburi"

Finished! His teaching is finished!!

Nothing else! That is the ultimate Realisation - there is Only One, we need to merge, and experience that ONENESS. Finished! That is the ultimate goal!

That is you, as the duality in the beginning, you know, you are there, God is there.

Afterwards you are not there, God is not there, Guru is not there, and Only One is there which is You... that... that whatever you say!

That's what we call **Aham BRAHMASMI** in that state!

Aham BRAHMASMI is not an individual entity, but the collective Consciousness, that become I Am!

In India we say, right, in the beginning you are the bubble of the ocean?.. just one bubble of the ocean. And after you realise THAT, the bubble becomes the ocean. That is the difference. You are the same ... looking the same, but inside such a transformation happens that you are no more walking as a bubble, but walking as the ocean.

That is the Truth! That is the Realisation of all the Masters... greatest Realisation!

So, once I have the clarity, this is the purpose of my life, you see that?

Everybody is searching for the purpose of life, you know.

But the Truth is - everybody has the same purpose.

Everyone's biography is the same - I came as a human, I am going to become Divine... that is all!

I came as a Jivatma; I am going to experience Sivaatma, Parmatma... that is all.

So, we have different path to go and reach and experience our Realisation

Srividya Affirmation - Very Powerful
-By Sri Sadguru Sivapremanandaji

Video Link: <https://youtu.be/TONJrPWszo0>

Being with the divine mother every day, every moment things are different! I used to affirm every day: "Every moment I am one with Sri Mata Lalithambika", you know... if you affirm this.... this is very important!

You always experience the oneness:

"Every day, every moment I am one with Shree Mata Lalithambika"...

"Every day, every moment I am one with Shree Mata Lalithambika"

What happens by this is:

Consciously you are telling this,

Consciously you are intending it,

Consciously you're sending your energy and intention

That you want to be one with the Mother.

What is Shri Vidya Sadhna? It is to be one with the divine mother.

Many times it so happens that you cannot chant the mantra.

Because Mantra is a vibration that imprints my subconscious mind and consciousness.

How am I going to imprint my conscious mind?

With my own language I need to chant the sentences.

How am I going to chant?

every day or **"Every moment I am one with Shree Mata Lalithambika"**, even mentioning 'day' is not at all needed...' every moment' is the right phrase because that is the truth. Because day is not at all there... month is not at all there... it's all an illusion!

So **"Every moment I am one with Shri Mata Lalithambika"**

I can make this even more powerful:

"Every moment, at all levels of my existence I am one with Sri Mata Lalithambika"

"Every moment at all levels of my existence I am one with Sri Mata Lalithambika" "

This is very important. Very very important. Because every moment counts and because I am not just a physical body.... I also have a mental body and energy body you know!

An Astral body and a soul body....hence, "at all levels"!

I want to experience the oneness with my mother!

Hence:

"Every moment at all levels of my existence I am one with SHRI MATA LALITHAMBIKA"

You can do such same affirmations for your masters!

If you are a devotee of Shirdi Sai you do this!

If you are a devotee of Kriya Babaji you do this!

If you are a devotee of any great Masters or Siddhas,

You do this:

"Every moment, every level of my existence I am one with Shirdi Sai"...like this!

"Every moment, every level of my existence I am one with Kriya Babaji"....

Whomever you feel devoted to... for example, if you are devoted to Shiva!

"Every moment, every level of my existence I am one with lord Shiva....or Mahadeva....or Shambunada...." Whatever you feel to address Him as!

You have to feel...Take your master in your consciousness; take your deity in your consciousness...all of this you have to do!

You use all your subconscious mind, conscious mind, super conscious mind to bring that consciousness in you!

"Mastery over sexual feelings"

Video Link: <https://youtu.be/JX7LjELWZjQ>

Whenever Kundalini is awakened due to Sri Vidya Sadhana, due to Deeksha taken from Guru Parampara, you will see a different feeling surfacing around you, around your body, around your mind, all can be felt. Especially when Swadhisthana Chakra gets activated, gets healed, gets energized, this sort of sexual feelings can be felt around your Swadhisthana Chakra or around the entire body.

One of the best ways to overcome this feeling is to be detached and to watch them from a higher perception like that of the soul level - watching your body and your feelings with the detached attitude. Then what happens?

Those feelings will be there only temporarily and then the sexual feelings will turn into bliss and then into consciousness...then you will start feeling peaceful awareness.

This is the only way to transform such feelings or I can say energy from lower dimension into higher dimension

This is the best skill that we need to develop to observe, to watch our thoughts, feelings and specially our emotions with the detached attitude accepting ourselves as a soul and not as a body, mind or feelings.

The Neti Neti technique holds this significance of, "I am not this...I am not this..."

This is how we learn on the path of spirituality to detach from our lower dimensions - I won't say them as lower because these are normal - and see it, as the truth or as the soul, as feelings surfacing as reaction in the energy body, as reaction in the physical body, we will not be worried, we will not be disturbed by this and master such type of feelings and overcome the vibration and then we become a Siddha and we become a Yogi and walk on the path of spirituality, self-realisation and got realisation, okay?

Shivoham!

"If all mantras lead us to silence, is one mantra more effective than others to cultivate Ajapa japa?"

Video Link: <https://youtu.be/HePCJvynSF0>

All mantras really don't lead you to silence. This you need to first understand.

Of course, generally I speak that the path is from mantra to silence. It is a very general statement I make. But every mantra has a special purpose.

If you chant Durga Saptashati Mantra, it's not going to take you to silence as it is a very, very aggressive kind.

But Shiva Mantras can take you to silence.

Very easily you can go into silence with Thirumularji Shiva mantra. Same with So Ham Mantra...this can lead you into silence.

So all mantras don't take you to silence, that you need to understand.

Second thing is, every mantra has a specific purpose, specific vibration, specific quality, manifestation and application,

So now, whatever guidance you are getting, you just flow with that. Don't worry about what is to happen after level -7, okay? Now you are in level - 4 means you enjoy your level - 4 mantra; enjoy the blessing of Bala and enjoy the grace of Raja Matangi okay?

And whenever it's needed you can chant Krodharaja Bhairava Mantra.

When you reach Level -7, you will be guided, your consciousness will be awakened, your intuition will be awakened, your perception will be changed...at that time you know what mantra need to be chanted, what are the conditions at that time, what situation you are in , what Divine Mother want to guide you to. So don't worry about anything. At present you need to continue with this journey.

A time will come where you reach a state... **you reach a state, you know, you will just want to be in silence!**

Even chanting a mantra becomes a disturbance to you.

So according to your journey, your level of consciousness, you will receive the guidance.

So at present I suggest and advice that you continue with whatever you are doing without worrying about what will happen after level -7 and all. Ajapa Japa and everything will happen as you progress.

Shivoham!

"Advance Manifestation secrets with Divine grace"

Video Link: https://youtu.be/ZAc_YfTVcj8

Here you are asking about visualisation.

And how to hold the visualization, or your Desire, the image, the impression in your state throughout the day is your question.

What I suggest is:

First thing you need to understand is that our mind is never in one state... it's always fluctuating up and down... okay... up and down.

Now when you do visualisation after meditation you feel so good. You feel it has been manifested in your inner world. Slowly when you come back to the normal state of consciousness, that is, the waking state of consciousness, you're thinking mind will jump and go on creating all the illusion, all the negativity around your goal and push it down.

This is the working of the thinking mind - the ego mind creating self-doubt without which it will not survive,

This is the mechanism we need to understand.

If we don't understand this mechanism as to how our mind works - thinking mind works, how our intuitive mind works, how our subconscious mind works then we get confused. And we believe that all are the same, okay?

So you understand that during your intuition after meditation or somewhere when you feel that it has manifested great! It has happened, let go!

And when you open your eyes, come back, self-doubt will happen, your negative belief in your subconscious mind will start overtaking etc., and you feel that it may not manifest, but what you need to think at that time?

You need to remind yourself of the truth about your thinking mind - nature of your thinking mind is to fluctuate up and down based on the negative Belief in your subconscious mind. **"But I am the spark of Shiv Shakti. I have the power to manifest beyond my negative belief by the grace of mother Lalitha Ambika, by the grace of Truth consciousness, by the grace of Shiva Shakti!"**

This is the higher law of manifestation that we need to understand.

Who we are?

We are the spark of Shiva Shakti!

We are above this thinking mind, intellectual ability, and all the emotions that are in the lower dimension.

Our soul controls everything. If the soul is taken away from the body, your body cannot function, your mind cannot function, and there won't be any thoughts.

You need to realise this truth:

"I am soul. I have control over my body, mind and senses. Self-doubts are normal and natural because of my past experience and all but I let go this self-doubt. Accept the divine grace of mother Lalithambika. I accept that my manifestation is going to happen."

Repeat it again and again... this is one thing you need to do.

Second thing is, before going to sleep, you need to visualise what you want, and the moment you wake up, you need to remember what it is. The first thought in the morning and the last thought in the evening or at night help you to remember, and focus your mind throughout the day.

And whenever the negative thoughts are coming you let go! let go! let go!

You just need to observe. **Let Go** means thoughts are coming... I see that - I accept the negativity, the negative belief and all, but I am not going to worry about it.

I just say:

"I am the truth, I am the soul, I am Divine... things will manifest."

This is what you need to learn.

That's what... remembering and accepting the truth about yourself, help you to overcome all the lower forces of your mind, intellectual ability, and negative beings of this world... you need to understand.

That's what... we need to raise above all these lower dimensions.

Only then we can have mastery over our mind and soul, and manifest what we want!

Shivoham!!

"How to receive Devi darshan in this life!"

Video Link: <https://youtu.be/3jtWN1h7OKc>

Darshana of divine mother is not a difficult thing. It depends upon your surrenderance, your devotion, your commitment towards divine mother... this is very important that you need to know.

Divine mother can give Darshana in many different forms, different energies. So you don't think that divine mother should come in this form only, wearing particular saree only etc., to ascertain me of getting her darshana. No! Many times Lord Shiva appears in the form of normal human beings, silently blesses us and goes. At that time we won't know that it was Shiva Himself who had come... only later we would realise it.

Tirumoolarji has done that... he has come in many different forms of young and old and has blessed us!

Lalita Ambika comes as Bala, blesses us and goes.... She comes as an old lady, as a healer, blesses and goes. We don't know how she will come to bless us and go.

Hence Darshana is not very difficult. Your love, devotion and surrenderance are very important than anything else.

It is possible... it is possible in this life if you really have that love devotion and surrenderance towards Divine Mother. If divine mother is the first and the foremost in your life then it is possible!

Instead if all other things are first in your life than divine mother and divine mother holds the second or the last position in your priority list then it is not possible!

Shivoham!!!

"Where should we focus when we chant Varahi moola mantra?"

Video link: <https://youtu.be/UD--a2ut1NM>

This is also a good question...where do we focus when we chant Moola Mantra?

If you're comfortable then you can visualize (Gurdeva is pointing his hand in front of the ajna Chakra) divine Mother's form and chant the mantra.

For some people what happens is, if they visualise divine mother's form here (points his hand in front of the Ajna Chakra) too much energy goes in there and they start feeling aches in the head region, too much activation etc.,.

In that case visualise at your Heart Centre or at the Navel centre. Or you can just chant the mantra and see that the energy is coming to your entire body. This also you can do... is it clear?

Because what happens...many people do too much here, (Points again at the Ajna Chakra) too much Mantra Japa they do focusing here (Ajna Chakra) and this is a very, very active centre. Ida, Pingla, and Sushumna - all three nadis come and merge here and this is a very sensitive energy centre point. What happens if you focus at this point too much and chant? Energy imbalance, headache, irritation and all start happening.

So, if you are such type of person who when focusing at Ajna Chakra and chanting, gets such issues, it is very important to bring your attention to Heart Centre as this centre is very, very good.

Because the thing is, from your mind you come to your heart level. Literally you go into a deeper level of meditation when you bring your attention to your heart centre. Is it clear?

If you are visualistic then you bring the divine Mother's form at the heart centre and chant the mantra.

If you cannot visualise divine mother, just close your eyes, chant the mantra and see, feel or listen to the mantra only... that's all you need to do.

Need not worry about visualising divine mother; just chant the mantra...OM AHEEM GLAUM AHEEM.... Where 'I am listening to the mantra, chanting the mantra, I am not seeing anything, and just darkness is there... I am just aware of my body, breathing, chanting, and the space'... that's all I am doing! Is it clear to you?

This is also one of the best ways, the best meditation if you want to do with Moola Mantra Sadhna.

Or during your morning walks, you can keep on chanting the mantra... is it clear? I am focusing on my walk which is very important

And chanting.

Be careful while driving and chanting such long mantras, you see... lot of attention is needed, while driving, to drive the car than chanting the mantra.

If this Mantra is making you to go into a deeper level of meditation then don't chant it while walking or driving as it is not good for you, is it clear?

You have to know what type of person you are and how the mantra is giving result to you... and then you adjust this accordingly, ok?

Shivoham!

"As a House holder, I am scared of Dhoomavati meditation. How to overcome it?"

Video Link: <https://youtu.be/aQBAukz2cUg>

This is related to Global Meditation for COVID situation.

Yes, absolutely you can do it.

I have mentioned in the Guided Meditation, "You visualise Divine Mother Dhoomavati as she is coming, taking away the negativity and going back. She is not staying at your home."

That's the secret I have given you - how householders can worship Dhoomavati. The secret is, you pray to her, chanting Her Mantra with the Sankalpa to take away the negativity like Dhukka, Dhaaridhra, and all that you don't want in your life ...Vyadhi...all of these.

I ask Divine Mother Dhoomavati,
"Take away all types of Negativities, all types of diseases, all types of worries (and whatever you don't want). Please take away all these from myself, from my family, and whatever (you can specifically mention any problem - court cases, you know, somebody is torturing, blackmailing etc). Please, Amma, please take all of them! "

Chant the Mantra.

And visualise that She is absorbing all the negative Grey Energy from your body and absorbing them all into Her Body and Blessing and Going back merging into the sky / Aakasha - **Dhoomavati Tattva - the Space Element.**

She is very powerful though she looks, you know, very ugly or Her Form is given very different.

She is unconditional Love and has the power to swallow any negativity of the devotee.

Don't worry or don't be scared.

You are doing the Sadhana under the guidance of a Master and the Siddha Guru Parampara.

So you should not worry about the people who are telling you about their understanding of this Deity.

You need to understand and receive the word of the Master than those of all other people.

Shivoham!

"Thirumoolar Sivayoga & Srividya Sadhana difference!"

Video Link: <https://youtu.be/dYN4Ig0s-HY>

In Shiva Yoga we worship Lord Siva, His Mantras to reach Self-Realisation and God-Realisation

In Srividya we worship Lalithambika, Her Shakti Mantras to reach Self-Realisation and God-Realisation.

So, whether you do Shiva Yoga or Srividya, the, you know, end goal is the same which is the Self-Realisation and God-Realisation - Atma Vidhya and Brahma Vidhya respectively.

That is the goal of both Shiva Yoga and Srividya.

But, here in Srividya, with the help of Lalithambika we reach there.

In Shiva Yoga, with the help of Thirumularji we reach to Shiva and in Shri Vidya, with the help of Lalithambika we reach to Shiva.

In both cases we reach to the same Truth Consciousness.

So, if you follow this Srividya which is followed traditionally as more people say that they have been doing this as the Shri Chakra Puja in the temples, as Pujas in homes as Pundits or as a tradition.

In India we call this Srividya as the Moola Vidhya which has been followed over many, many years.

And the system is very powerful with Varahi, Baglamukhi, this, that.... with so many Gods and Goddesses this system is very perfect and powerful.

And it is more familiar and more famous because it will bring Abundance also as SHREEM TATTVA or Money Tattva is there in Srividya than Shiva Yoga.

Shiva Yoga is more of Vairagya and no Money Tattva.

So people are not familiar with the Shiva Yoga.

But the Path is very fast for, you know, Spiritual Realisation.

And Shri Vidya is the path which is slow and steady and when you are ready then you are taken to the highest level of that.

So,

Both are good,

Both the paths are same,

Both will take you to the Consciousness.

So, I suggest you to do at least one Sadhana for one or two years before you go for the Shiva Yoga.

If you have taken the Shiva Yoga, then practice it for one or two years.

And then you see if you need Srividya or not.

Same way if you have taken Shri Vidya, then practice it for one or two years, before you decide on taking the Shiva Yoga.

Otherwise what happens?

As soon as people finish Srividya, they come for the Shiva Yogaor on finishing the Shiva Yoga they come to Srividya.

They are not doing Srividya also regularly and they are not doing the Shiva Yoga also regularly.

On New Moon day, Shiva Yoga and on the Full Moon day, Srividya.

It should not happen.

And they don't know what the result is and what its ability is and so on.

So, I put the condition for your good... for your highest good. All these rules and regulations are for your highest good.

And nothing like we don't want to give and maintain secrecy and all.

Only thing is you are not in the position to decide what path you need to choose.

And that's the reason we have put the condition for taking Shiva Yoga.

That is all we can say!

So, Shri Vidya is a very powerful Sadhana and a complete Path.

You really don't need one more Path as the Shiva Yoga so that you focus 100% on Srividya.

Shivoham!

**"Siddha Thirumoolarji Samadhi
-By Sri Sadguru Sivapremanandaji"**

Video Link: https://youtu.be/_Yd8odWWZOU

Thirumularji didn't leave His Physical Body. He converted it into a Light Body and merged into the Aakash Linga in Chidambaram!

That Chidambaram Shiva Himself is the Samadhi of Thirumularji.

So we suggest to all our students, "If you want to meet Thirumularji, then you go to Chidambaram."

But, Thirumularji Himself has said,

"I am no more in Chidambaram alone. I am everywhere! I can come to your home. Wherever you call, there I come, because I am no more restricted to this Body and this Place. I am Consciousness. I have become the Air that is everywhere! "

So, He has made it very clear that you don't need to go anywhere.

You sit in your home. Only that is needed is

Yours Sincerity,

Yours Devotion,

Your Surrenderance...

Then wherever you are I am there!

Shivoham!

What is Nirvana State or Experience? **-By Sri Sadguru Sivapremanandaji**

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

You will be surprised, when you are chanting, "Om Mulanji....Om Mulanji..." to not seeing Thirumularji, but Divine Mother coming there !

In the beginning, Thirumularji comes. Afterwards,
For "Om Mulanji Namah Om",
Divine Mother comes...

For, "Om Gum Ganapatheye Namaha Om", Divine Mother comes...
She will show you that,

I am the Guru,
I am the Master,
I am the Deity,
And,
I am Your Soul,
You are me,
And

I am you!

Then Realisation!

This Mother will show you. Divine Mother is very, very powerful. She will teach you from inside out, you know!?

First-hand experience for you! No second hand experience she makes.

Then you will be surprised. You know, your connection with Thirumularji is very strong - just you close your eyes and He is there, you know such a strong connection you have. Then what happens, suddenly Thirumularji is not coming, but Divine Mother is coming which should be something, right?

There is some position changing happened to show you that:

I am Thirumularji,
I am Shiva,
I am Shakti,
I am you!

And then everything disappear... everything... disappear.

And what we call, "Nirvana" - **just "I AM" remains...." I AM.... I AM...I AM..."**

But you don't know who this I AM is!

And you are in the state of "Don't know!"

I AM state is there and you know that I AM IS EVERYTHING, but you still you don't know what actually this all are - " I AM...I AM...I AM... "

So, that is what happens where

Divine Mother becomes your Guru,

Divine Mother becomes your God,

You also become God,

Actually you also disappear!

To be Frank, you no more remain there.... you...no more remain there!

It is very, very difficult...very, very difficult to experience / explain all of that!

Shivoham!

"What mantra can be used for Sri Pratyangira Devi havan?"

Video Link: <https://youtu.be/G0jMXgviqB4>

Q: "KSHAM SWAHA" - can this be used for the Havan for Maa Pratyangira?

A: Even you can add to this:

"OM KSHAM PRATYANGIRAYA NAMAH SWAHA"

This will give more feeling to you.

Because Mother's name is there, but in mantra you are having only single Beeja Mantra .

"OM KSHAM PRATYANGIRAYA NAMAH SWAHA"

You can do that. It can be a blessing to you.

Shivoham!

"What I do when my bad Karmas are not letting me to get prosperous!"

Video Link: <https://youtu.be/9jGe5TTZ56M>

Many times we think and believe that if I meditate for 3 - 6 months or 1 year, then my problems will be solved.

But I don't have an eye to see how much difficult Karma I have created.

The quantity of Karma is not known to me.

And I am just meditating without knowing the Karmic Impressions.

And make a decision immediately, you know, that it is destined...it is destined, " I can't create the prosperity... I cannot create the health... this or that!"

So, don't accept this and don't believe that.

Karmas are there... good karma and bad karmas are there and their effects are also there.

But know that, you know, may be the right time has not come yet or you know, the right lesson is not learnt yet.

May be one more day of Sadhana makes you prosperous! You don't know!!

So, continue the Sadhana.

Do not allow this type of thought.

Do not accept all such, "the bad Karmic effects are not allowing me...".

This is the biggest Block you are creating for yourself.

If you retain this thought along with Meditation, then you will not be prosperous!

Within me I believe, "I cannot... I cannot... I cannot! "

But outside, "Lakshmi... Lakshmi! "

... How is this going to be effective?

It is possible... it's not at all possible!

Shivoham!

"Is recorded group meditation video also has the same effect as live meditation?"

Video Link: <https://youtu.be/3hd0HmRYSbl>

What you are addressing as 'Live' and 'Recording' suit only your third dimension.

But for the Divine everything is streaming LIVE always,

It is Eternal, Immortal and Always there, okay?

And then I also make a Sankalpa that this Energy of the Group Meditation should be accessed by anyone even after the Live Sessions also.

Sometimes what happens is, our Indian Timing of the Group Meditation is not convenient for our abroad students, for whom you know, it is night for there, when it is day here.

So, they cannot attend the Session. Or if it is very early in the morning also they cannot attend it. But they are also very sincere and they also want to receive this Grace of the Group Meditation.

So, I make the Sankalpa during the Meditation or the Group Meditation that even if students meditate using these Group Meditation Videos later, they should receive the

Same Blessing of,

Same Energy from,

Same Healing of,

Same Connection with,

The Divine Mother !

The Divine Mother is unconditional who always listens to us and always blesses us.

Yes, it's very true. You know, you can also meditate using the recorded videos after the Live Group Meditation Sessions whenever you want!

Shivoham!

"Does Samadhi help to overcome the fear of Death?"

Video Link: https://youtu.be/kZSpbOxV1_A

There are two things...

Samadhi - it will help you to realise the Truth about YOURSELF - Who you are!!

There are different Samadhi's.

One is **Sarvikalpa Samadhi and Nirvikalpa Samadhi.**

In Sarvikalpa Samadhi, you know that you are not a Body, not a Mind, but you are Soul.

In Nirvikalpa Samadhi, you know that there is only One Soul, One Consciousness, One Energy.

If you have a really Deep Samadhi where you have the first-hand experience, then this question will not come.

If I have the experience then this question - if fear of death go or not? - will not come!

So, Deep Samadhi means I don't know what you mean by Deep Samadhi.

Samadhi means SAMADHI!

There is no deep or shallow in the State. No!

Samadhi means experience of the Truth. And Truth can be experienced for a fraction of a second or Truth can be experienced for one hour of being continuously in that State of Consciousness.

Samadhi is needed for overcoming the fear of death, because you know that you are not the Body and you are not the Mind. Then who is going to die?!

The one who is born has to die!

But you are not born. Then how are you going to die?

So, you can overcome this fear of death which is very clear.

And coming to, ' Clinical Death ', this state can be produced without Samadhi also.

With some Pranayama, I can reduce the heartbeat.

I can reduce different things with the help of Pranayama.

By the Mastery of Pranayama, I can create the death state during which when different physical parameters are tested, you know, doctor will say that heart beat is not there, the temperature of the Body is very cool as if a dead person without any vibration in the body , any heart beat or respiration .

After testing with all the available diagnostic instruments they will clearly declare you dead, but you are not dead! You know how to shift your Consciousness from the Body to the Mind and from the Mind to the Soul with the help of Breathing.

This Mastery of breath is not Samadhi.

To attain this Mastery, you don't need any Samadhi also.

In 3 months' time you can attain such Mastery and you can also become famous with that.

Because that is important, right?

To become famous, some measuring system is there. Some accreditation is needed.

Some influence is needed. But it is not a real attainment,

So, the answer to your question is that Samadhi really help you to overcome the fear of death and that it cannot be deep or shallow and that it can be for a fraction of a second also!

Shivoham!

**"Real Pilgrimage is Srividya meditation!
-By Sri Sadguru Sivapremanandaji"**

Video Link: <https://youtu.be/PwHsF3YfFcQ>

I prefer going for Inner Pilgrimage to going for Outer Pilgrimage.
And today, we went on a pilgrimage to the real Temple of Shiva Shakti!
And I don't like Outside Pilgrimage. No more I have interest.
Outside leads you to Inside!
And you are a Shri Vidya Sadhak. Enjoy your pilgrimage wherever you want to go. You
come to the Group Meditation which is you know, the right pilgrimage to enter into our
Soul!

Shivoham!

Playing with Mantras & Gods is NOT a spiritual progress!

-By Sri Sadguru Sivapremanandaji

Video Link: https://www.youtube.com/watch?v=UZl3_NupimA

Who has created the problem? We are the creator. Because of the ignorance of present and past life. But to solve that, how many gods and goddesses will you need? To solve marriage problem, will you only sit with Ganesha? No? Durga? No. minimum 3-5 gods needed. See the situation of life. How we are playing with god and goddesses. I see many students come here after 10 and 15 years. They say that Guruji I have been in spirituality for past 20 years and when asked what your sadhana was, they go on telling I worship this god that God and so many mantras. Meaning, they have changed many gods and goddesses but no change in themselves. No realisation of the truth. They have learnt the gita, Vedas, panchamaha Vedas, puranas, everything quote to quote. But they don't know the purpose of their life or what they want. You see this is the Mahishasura within us. Always Mahishasura says that in something else there is happiness. The job people think that business people are very happy and business people think job people are happy. So, you think your neighbour is happy but your neighbour thinks you are happy. When you do mantra, your mind will say something is missing. So, you see this inbuilt consciousness or technology programmed within us that is the Mahishasura. He says Ganesh is not sufficient we need durga also, durga not sufficient we need shiva also, shiva not sufficient, we need Karthikeya also. Karthikeya is not sufficient lalithambika also. Some people's pooja room is a decoration you know full of photos. Some people send a photo of their pooja saying I have kept the Sri Yantra. I had to search where the Sri Yantra is. There are so many photos and In one place sri Yantra will be there. I had to ask how you manage such big pooja room. There is politics also in the pooja room. Red flower to my Ishta only. This god no flower. So you see that we are really playing and in India it is a tradition. I go to Rameshwara I bring one thing like a toy-- Shaligram and I go to another place and get another idol. What are you doing? You are mixing a lot of energy and creating confusion. When there is so much confusion, who are you going to pray during the problems? When you worship 10 gods and goddesses, who am I going to give priority in a risk situation? Ganesha please come, Lakshmi please come. There is no such thing, yat bhavo tat bhavati. Ganesh will also not come and Lakshmi will also not come. If you go to Shakti. Lalithambika is also sufficient and Ganapati itself is sufficient. If you go to Vaishnava, lord Krishna or Vishnu is sufficient to lead you to moksha. But what is happening is that we have been diluted by so much knowledge and advices and we are not focused on one thing. When we are not focused on one thing, there is no success in anything. Its a law. Until and unless my mind and body is focused on one thing, it won't be a success. See for example projects, if you are handling 10 projects then can you succeed in all? You cannot. If I handle one with focused attention, I can be successful. Same with the spiritual path. You need to understand that these are the forms of gods, but my path is to go beyond the form. Did you get it? The path of spirituality is from form to formless and from mantra to silence. Anahada, nada that is silence. The deeper silences how you listen to the entire when you sleep you see there is sound when you sleep? That is Anahada nada vibrating everywhere and the same Anahada nada vibrating in myself. It is a deeper form of Om nada. Om to soham, soham to ham, ham to hum. Hum to hai and hai to ee. Kaam kalpa we experience that. In nada yoga we go to deeper levels of silence and experience that. Very very parabrahma tatva we experience that as awareness, consciousness. These are all there. If I am fighting with mantras only or the form and Yantras, then when am I going to go beyond mantra, Yantra and tantra?

I feel exhausted sometimes during sadhana, why is it so?
-By Sri Sadguru Sivapremanandaji

Video Link- <https://www.youtube.com/watch?v=OvZ7MhsokII>

Sadhak:

I am currently practicing sadhana in this sequence in one sitting Rajamatangi and Batuka bhairava sadhana followed by Srividya sadhana followed by Varahi moola mantras chanting, after moola mantra of Maha Varahi, sometimes I feel exhausted and not able to sit long time for Part B where we sit in silence and observe breathing, everything is smooth till Maha Varahi but after her moola mantra chanting I feel Exhausted sometimes, why is it so?

Guruji: You see you are doing the Maha Varahi mantra at the end when you have already done a lot of sadhana. If you do too much also you can get exhausted. You need to understand how much sadhana you can do. So, you need to shift the Maha Varahi sadhana at a different time. Meditate, after one hour, take five to 10 minutes and do the moola mantra. Or you can meditate in the morning, do other sadhana and shift the Maha Varahi sadhana in the evening or night maybe. Just chant the mantra for 9 times. Do not chant 1-3 japa malas. Many of you do this and are disturbing your energy, getting irritated and exhausting yourself. You see what is happening for you and do sadhana accordingly.

**"Sada Shiva is Our True Nature
-By Sri Sadguru Sivapremanandaji"**

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

Could you feel that Bliss?

People call that feeling which is more than happiness as Bliss!

When you are detached from all the things - Physical Body, Mental Body, inside and outside, you detach from everything!

You go beyond all of these!

You will be in the state of Sada Shiva where nothing can touch, where nothing can harm!

You are so Blissful, Joyful that you want to be there - in that feeling all the time!

Because that is our True Nature!

Could you feel that!?

At least could you touch it!?

So, it should happen in the Meditation.

Goal is -

How I can go into that State of Consciousness that is beyond my Body, Mind and beyond all the thoughts, all the things and detached from everything, but at the same time witnessing al, being everywhere!

If you read it in a book, then it is very difficult to understand.

But if you experience it yourself, then you know this:

What is the State of Sada Shiva!

Shiva is more involved with Mind and Body and Creation.

Sada Shiva is more detached in the Conscious Level!

Shivoham!

What is intention or Sankalpa?
-By Sri Sadguru Sivapremanandaji

Video Link: <https://youtu.be/5rzQWsCsV3Q>

Intention means I resolve something in my heart, "I want to have this...I want to improve my business.... I want to overcome this problem (I don't want that - so I convert it into what I want)"

Intention is what I really want in my life at this phase.

Once I decided then I **focus** on that. Give my thoughts, my **Energy** to that.

That is my Attention!

So, the Universal Law says that

Where there is **Attention** There is **Energy**.

And

Where your **Energy** goes there your **Intention** Manifests.

So,

Intention - Attention - Energy - Awareness

These are very, very powerful Principles in Spirituality!

Shivoham!

"In dream, Guruji advised to do Srividya twice a day. Is it ok if I miss it?"

Video Link: <https://youtu.be/oBsYr4itUMQ>

It's a good thing!

Whenever we connect with each other at the Soul Level, you start seeing Divine Mother taking my form and guiding you in your dream.

It is not me. You know, I cannot go to other person and all. I don't want to do that.

But it's the Divine Mother who does!

Why does she do that?

Because it is easy for you to accept the living person who you see and communicate with. It is for you to receive such a person in your dream.

So, it's the Divine Mother who is guiding you to do the Sadhana twice daily.

You need to understand. That's all!

The one who is guiding you in your dream, taking my form is not me, but the Divine Mother.

First you should understand this!

Second, if she is telling you to do it 2 times daily, do it as much as possible.

If it's not possible due to unavoidable circumstances like say, you are traveling here and there, your family needs you at times, then Mother understands you very well.

So, don't worry about it!

You can miss it during such times.

It's not a problem at all.

But the good thing is that Mother is guiding you. This is important than anything else!

Means,

She is listening to you,

She is helping you,

She is taking care of you!

That's an important understanding to have!

Shivoham!

"Secret Siddha Technique of Mantra Japa!"

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

"How can I do the Mantra Japa?"

That is the question.

First, you need to understand what the objective of Mantra Japa is. To have the Divine Presence in my Mind, I am going to do the Mantra Japa - is the first objective!

Second is - I want to absorb the Divine Vibration as much as possible in my Soul, so that I can burn my Karmas.

So for this, if you are sitting in the meditative state then you can align with the Breath,

Panchadashi Mantra, for example:

"Ka E la Hreem" in one Breath...

"Ha Sa Ka Ha la Hreem", when I breathe out...

"Sa Ka La Hreem", again when I breathe in.

Or

"Aim" - while inhaling,

"Kleem" - while exhaling,

"Saum" - while inhaling... And repeating the rhythm.

Like this you can do as it is very powerful. It will align and automatically it will connect with your Energy Body and it will charge very fast.

But you cannot do this for the whole day. It is a meditation and not a Japa.

First thing about Japa means mentally chanting.

But when you align the Chant with your Breath means you are meditating and have started to work with your Subtle Bodies.

This, you cannot do all the time like "**So Ham**" which can be aligned with your breath.

But you can't do this with the Beejakshara of Shakti as they are very powerful and you cannot hold that Energy and also as it is too much.

Also it is not suggested to do the Japa focusing on any one Chakra.

This I have told in the workshop also,

"Don't do Japa for one or two hours focusing on only one Chakra as it will imbalance the other Chakras."

So, what you can do is:

Just Chant the Mantra and listen to the Mantra.

For example:

"Aim Hreem Shreem"

**Chant the Mantra
Just be there.
Don't focus on anything else.
Even need not visualise.
Listen to your own Chanting.
Feel your own Energy and Body Sensations.
And Be Aware of them.**

Now what happens?

It becomes a very higher level of Mantra Chanting.

I am
**Sitting,
Chanting the Mantra,
Listening to the Mantra,
Feeling the Mantra,
And
Being Aware of the complete Mind, Body and Soul.**

It is the highest way of chanting the Mantras.

Means I am
**Chanting the Mantra,
Aware of the Mantra,
Aware of what it is doing in my Body,
Aware of the senses/ awareness or of whatever tingling sensation that is happening
to me,
But
I am not bothered.
I am not attached to any Feeling or Energies.
I just keep on chanting.
I am experiencing that Bliss, Joy, Consciousness and Divinity in the Formless
Awareness within my Soul!**

This is the best way you can do it, where **Your Attention is not going outside.
Your Attention is going within your Soul. You become a more powerful person.
You are bringing and attracting more powerful Divine Energy into your own Soul.**

That is the best way you can do the Mantra Japa.

Shivoham!

"What is the minimum & maximum time we should focus on each chakra during Srividya Sadhana?"

Video Link: <https://youtu.be/8oLqqJ8T6C4>

Here timing doesn't matter.
You focus on it for a few seconds to one minute.

And it also depends on the person's concentration level.

If the person's concentration is very good then within few seconds they can focus on one and go to the next Chakra.

For some people whose concentration is not at all there, they will be here (Ajna chakra) only.

When they want to go to the next Chakra (Vishuddhi), office thought will come and it's finished ... their office becomes their next Chakra (laughs).

Or they will fight with their family members and they will become their Chakras.
Energy will go there!

So, it depends upon your concentration level - you can focus on each for a few seconds to one or two minutes.

Then you go to the next Chakra.

Hence we are not putting restrictions as this much must be the timing of focus.

If it is so, then what happens?

You will ask, "How to count the timing?"

Mahishasura won't stop with one doubt. Questions have to continue, you know, the past should continue to the future!

So, you will ask, "Can I use this clock? Can I use this Alarm?"

No!

Please understand.

Feel! Your Feeling is the direction.

How much you want to focus on one... you do that.
Then you go to the next Chakra.

So, a few seconds to one or two minutes are more than sufficient to focus on each Chakra.

Shivoham!

"Once a person is Self-Realized, does it mean that he will no longer be reborn after his death?"

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

It is a very, very important question.
It is a contradicting question actually.

**Self-Realisation means to become a ZERO!
SELF means not a Body, and not a Mind.**

Mind and Body have Karma, whereas the Soul doesn't have Karma.

So the moment I say Self-Realisation means I mean that
**" I am not the Body and I am not the Mind, but I am the Soul .
And if I am the Soul then I am never born and I never die."**

Then
How will the Karma come there?
How will Rebirth come there?

That state is the Moksha. It's Liberation.

Liberation means no more Karma because I know that I am not the Body and I am not the Mind and I am not this family person or Indian or American or this and that. All such attachments will go along with Body and Mind because all the Karma comes the moment you take ' I ' to be the Body.

But the moment you know ' I ' is the Soul, and not the Body and Mind and never born - never die, then no Karmas - all becomes ZERO!
You become Zero!

So Self-Realisation is the Path to experience the Truth that you are not your Body or Mind and you become a ZERO.

If I do Sadhana for 8 hours daily for many years also I cannot burn all my 1000 life times of Karma.

Only with Self-Realisation I clear my account and I become a ZERO .

So that is the importance of Atma Vidhya and Brahma Vidhya.

Why are all the people after this Self-Realisation and keep on focusing and doing continuous sadhana for it?

Because they know that we cannot burn these karmas even if take 1000 life times.

Only Self-Realisation - your true identity that I am a Soul and not a Body, Mind - will make you ZERO. Your Karma becomes ZERO!

So once you are Self-Realised you know that for yourself and this is not something that I have to teach you because you know that you are a Soul.

The moment you know that you are a Soul, your Mind cannot see you as a Body or Mind, or your senses cannot understand, your Mind cannot understand where you become that Ultimate Existence.

Then you know that **being in that Consciousness itself is Sadhana!**

Sadhana becomes not doing something there, but Being there!

Before Self-Realisation it is DOING!

After Self-Realisation it is BEING!! Who am I?

I AM A SOUL!

So that is the Sadhana after Self-Realization!

Shivoham!

**How to Manage Trance state in-between the Srividya Sadhana!
-By Sri Sadguru Sivapremanandaji**

Video Link: <https://youtu.be/WusNMjP-Ov8>

It is very natural for a beginner - And it is very easier to go into the Trance state.

Whenever you come back to your normal Consciousness, if you want you can continue or you can go into the Silent state of Part B Meditation.

It is normal, we meditate and somewhere we lose track and we don't where we are. It is a blank state.

This is very normal.

Until unless your Body really absorbing, aligning, preparing and adjusting to this High dimensional Energy.

So meditate. Don't worry. At least allow 2 to 3 more months which can be very helpful.

Shivoham

"Effects of doing too many Sadhanas in ONE sitting!"

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

He is doing all practices at the same time.
Not only doing them, but bringing them to the Chakras also.
So you are bringing the changes to your Body and it is saying 'NO' to this.
How do you know that it is saying 'NO' to this?
Through the Headaches!

That's its signal, "My dear, I not yet ready for this. Please take some more time..."

So slowly you need to add them, okay?

What you do?

Little bit change these things. Too many things you are doing, you know!?

If you want you can just do the Level 7 and go for the Samadhi Siddhi Sadhana.

That's all your Sadhana should be instead of doing all of them.

So drop the things.

Many times it happens ... When we do some Mantras, we do with full concentration on one Mantra only with very good results.

Then we do this Mantra, that Mantra... this and that, everything so much, that the results what we got out of one Mantra also gets blocked.

Then the Divine Mother shows the way,
"Drop all the Mantras. Only this one Mantra is sufficient for you."

Then you will know what is the Mantra you should practice and do only that.

Like this you will learn many things as you progress on the path.

Shivoham!

Secrets of Swara Yoga
-By Sadguru Sivapremanandaji

Video Link: <https://youtu.be/EWP4VcfX8KM>

Do you know what the power of the Swara Yoga is?

Your breathing is connected with your Ida and Pingala and again it is connected with your left brain and right brain and then it is connected to your Mind dimension.

Everything is connected.

When you are, you know, stressful or angry, how is your breathing?

Very fast and agitated.

When you are doing the meditation, how is your breathing?

Very slow and calm.

So your Mind and Breathing are connected.

And your breathing and your Ida, Pingala are connected.

So by controlling the Prana, I can control my Mind.

And by controlling Ida and Pingala I can open my Shushumna and activate my Kundalini.

Can you see the connections?

Shivoham!

"I have many health issues; do I need to practice Rajarajeshwari Kriya along with Srividya Sadhana?"

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

Focus on the R- Kriya and then do the Srividya Sadhana.

What does the R- Kriya do?

It releases all the Energy blocks. It will bring the balance of the Pancha Pranas.

The Pancha Pranas are in good condition means your Organs are in good condition.

As we get older, the Prana flow to the Organs will be less.

When the Organs are receiving less Prana, whatever functions they do, like realising the Hormones, Kinesis, Proteins etc, will come down.

Then what happens?

If any one of the Hormones is in imbalanced state then one disease will start.

And our Body works as one complete system.

If some Insulin problem occurs in the Pancreas then it will affect my Thyroid function, it will affect my Heart function and the blood circulation.

Because of this, soon BP will start.
So everything is connected.

If you are really having many health issues, then I suggest you to do the R- Kriya which is a blessing for us.

You can do the R - Kriya and then do the Sadhana.

Shivoham!

**I see the exact information coming to me from somewhere that I know
in meditation!**

By- Sri Sadguru Sivapremanandaji

Video Link: <https://www.youtube.com/watch?v=yd7fo7UUI5w>

Sadhaks Question: Sometimes there is some news or information which comes to my thought and after few days I See the exact information coming to me from somewhere. I do not know whether others are receiving my information, or I am receiving others information.

Guruji's Answer: you are receiving the information from above. You are receiving the information beforehand from outside the world or from outside people. It is what we call that your intuition is developing now, that is what the meaning of that.

"Protective Power of Srividya System!"

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

There is no other Protection System as in Srividya.

I have not seen any Path that is as powerful giving Prosperity, Abundance and at the same time giving the Protection.

Because of Mother Varahi, Pratyangira, Ashwaruda and all. They are very powerful dimension Goddesses.

There are no such Goddesses in any Path. You can go and search, find the history etc. You won't find such a Perfect System where it doesn't need any conditions from you, any restrictions from you, but it will give you Bhoga as well as Moksha.

You won't find anywhere, these many Goddesses, these many Angels, these many Yoginis like they are in this Path.

It is such powerful.

Second thing is that it is the Path of creation.

With Shri Yantra - from Consciousness Matter is manifested.

These Mantras have all the power of creation.

So we call SHREEM TATTVA.

SHREEM TATTVA is Abundance and Creation Aspect.

This is present here.

So you start manifesting and fulfilling your desires.

Once your true desires are fulfilled then your Faith, Devotion, Surrenderance will be more to Divine Mother

Once it happens then you start detaching from the world and walking on the Path of Liberation... Moksha!

Such a System they have designed so powerfully, it's amazing. Amazing Path this is!

Shivoham!

I read many self-help books but surrenderance to Divine Mother & Mulanji brought transformation!

Video Link: https://youtu.be/J_bO8m8Qj9M

The important thing that you have mentioned is, "with complete Surrenderance to Mother and Mulanji..."

This is very important.

Means when you surrender to Lalithambika and Master, things automatically takes place which you cannot do it, with all these Self-Development workshops, books etc.,

These things are now leading you to the state of Surrenderance which is a blessing!

Now you understand the power of Surrenderance!!

Shivoham!

"Long gap in the practice of Srividya Levels is not helpful!"

Video Link: <https://youtu.be/Tn1WrnVKiyc>

One year gap is not accepted. 3 days gap or even 1 week gap is okay. You should not take such long gap, Means you are not.... you are losing that Consciousness, that Energy.

So I suggest you to continuously and regularly do the Sadhana.

At least once in a day for 15 minutes just do the short version of Chakra Meditation.

Even if you cannot do the Guru Mantra, it's alright. Just do the short version. Even if it's mechanical just do it.

Don't give such a long gap.

you need to understand that your Inner World creates the Outside World ...

That Inner World's Past Life and this Life Karmas come out in the Outside World.

Why you want to Experience the Negativity in the Outside World?

Instead why don't you burn them in your Inner World itself?

Why don't you understand the importance of the Meditation?

Why don't you devote 15 - 30 minutes a day for your well-being, for your Lesson of Self-Care, Self-Acceptance, and Self-Love?

Otherwise your Life will be like this, you don't know when the Death will knock your Door and you know the present situation how people are suffering.

And especially now it's a Must that everyone should do the Meditation.

Shivoham!

Srividya Devathas are Manifestation of Lalithambika's Powers

Video Link: <https://youtu.be/1-zJuvYrd8w>

If you see Divine Mother 's Form, then She is holding the Arrows in Her Right Hand and the Bow in Her Left Hand which is the Sugarcane and then She has Pasa in Her other Right Hand and Ankusa in Her other Left Hand.

So in these 4 Hands she is holding all of those Astras.

From Her **Arrows, Divine Mother Varahi** has come into being...

From Her **Bow - Sugarcane, Divine Mother RajaShyamala** has come about...

From Her **Pasa, Divine Mother Ashwaruda** has come about...

From Her **Ankusa, Divine Mother Sampath Karini** has come about...

So it's Her own Power Manifested as all these Shri Vidya Devathas.

And **She Herself with the Tamoh Guna Manifested as Pratyangira!**

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.