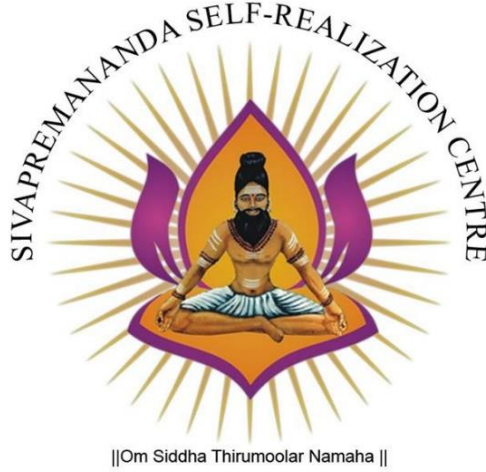


Sri Sivapremananda Teachings – Vol.1

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



Sivapremananda Self-Realization Center

Bangalore, India

Mobile: 7483528148 / 9901019177

Email: prem999ananda@gmail.com

www.srividhyasadhana.com

TABLE OF CONTENTS

1. Shivohum - I Am Shiva.....	1
2. Guidelines for Srividya Sadhana students	4
3. Advait & Dvait Shree Vidya Sadhana difference.....	10
4. Real form of Divine Mother Tripura Sundari	11
5. You are Temple of Siva-Shakti	12
6. Spiritual Path - Story of Ganesha and Subramanya	13
7. Is it ok if we don't feel anything during the deeksha session?.....	14
8. How to communicate with Thirumoolarji	15
9. How much Rajashyamala mantra can clear our karmas?.....	16
10. "Is there any conditions to be followed for chanting Varahi Sadhana?".....	17
11. Sadhana to attract a spiritual life partner!.....	19
12. Which sadhana can be practiced for a good career and prosperity?.....	20
13. How to make Sankalp & its Importance?.....	21
14. Short Mantra of Sri Vancha Kalpalatha Ganapathi!	22
15. How should I pray to the divine mother to solve all my problems together?.....	23
16. Permanent Happiness & Physical World of Duality.....	24
17. Miracle Divine Power is in YOU	25
18. Science & Importance of Navaratri Festival - Navadurga Sadhana	26
19. Guidelines for Solar / Lunar Eclipse Meditation.....	27
20. Is seeing dazzling light on chidakash normal during Tirumoolar's Shivayoga practice....	30
21. Thirumuloor and 18 Siddhas work together.....	31
22. Can I chant Soham Mantra in my native language	34
23. How to perform Khadagamala Havan & Namavali?.....	35
24. E=mc2 & Immortal Golden Lightbody.....	37
25. What is the meaning of "Na Ma Si VaYa"- Shiva Mantra?.....	39
26. VKG Havan for financial problems!.....	40
27. I experienced a miracle after visualizing Ma Lalitha in human form!.....	41
28. I have lost interest in worldly things after practicing Srividya for 3 years.....	45
29. Divine light in Pineal gland & leaving body as a Yogi?.....	47
30. What is best way to heal our relationship when forgiveness is difficult.....	48
31. Four Pillars of Srividya Sadhana.....	50
32. Divine mother is the real guru and everything.....	52
33. Different mantras have different energies.....	53
34. Awareness is the "ultimate reality.....	54
35. How to pray & request Matangi Devi's Energy & Presence.....	55
36. Ramayan & Mahabharata - Story of Soul Journey.....	56
37. Ajapajapa of 'Soham' for Shri Vidya Sadhaks.....	58
38. Apsara and yakshini sadhanas are not needed for Srividhya sadhaks.....	59
39. VKG shorter & longer mantra difference.....	63
40. Can I have a Srichakra tatoo on my body.....	64
41. Ancestral problems and forgiveness.....	65
42. Purpose of mantra japa apart from meditation.....	66
43. Creator & Co Creator.....	67
44. Maintain Same Time & Place for Srividya Meditation to Attain Good Concentration.....	69
45. Srividya Havan.....	71
46. Secrets of Mantra, Yantra and Tantra.....	72
47. Guru Tattva & Different Types of Gurus.....	77
48. NetiNeti. I am not that. I am not this.....	80
49. Secret Principles of Meditation for Samadhi Experience.....	81
50. Goddess Mahavarahi Sadhana.....	84
51. How Srividya Sadhana Brings Real Self-Transformation.....	96
52. What happens if I don't follow the guidelines in Srividya Meditation.....	97
53. About Author.....	100

Shivohum - I Am Shiva
By Sadguru Sri Sivapremanandaji

Video link: - <https://www.youtube.com/watch?v=dPbQrM1mCo4>

Shivoham - ShivamAham - I am Shiva

Whenever we become aware of something, it becomes an object and you become a subject. So the moment I become aware of my body I detach from my body, please understand this, the moment I become aware of my thoughts I become detach from my mind.

The moment I am aware of my Mind & Body automatically I detach from Time.

This is very important & very powerful.

The moment I am detach from Body, Mind & Time I am in this Moment of Super Consciousness State of Pure Awareness/ Para Brahma Tattava/ ParamaTattava

– In that Awareness I cleanse, heal, energize my panchamaha booths, my planets energy & I connect with my soul & to the ultimate cosmos. It's so scientific. It is your own soul power coming to the Cells of your body.

So your attention, Intention & Choice is your Power.

So your powers are

- Attention – Where I can give my attention – Positive Thoughts or Negative Thoughts/ Positive Belief or Negative Belief – this is very important
- Intention – Whether I have a Positive Intention or Negative Intension – behind any action I am doing. Because that will decide where your life is going to take. You create your destiny with your intention, with your actions, with beliefs, with your feelings. You are that!
- Choice - So you have a choice that I go inside at my Soul level, that is the creator or I focus outside that is not a creator that is a product.

So the real power is within, not outside. If I want to change my Life I need to change my Inner World. So Inner World Creates Outside World, in the same way, world is outside universe, entire universe is manifested from Nothingness. But that Nothingness is full of Awareness, that Nothingness is full of Supreme Intelligence. So Nothingness is controlling, sustaining & also destroying. If you go very deeper level only this Nothingness, that Siva+Shakti, that MahaTripursundari, that Para Brahma is working everywhere, everywhere!

If I take this flower go deeper level how it is made of, I will come to know that it is made of some atoms. If I take – ok, - this petal is there, other petal is there, but how this petal is made of?

Through Atoms – Yes or No?

If I go deeper level of Atom – what it is made of Proton, Electron & Neutron & this Proton is there, Electron is circulating & Neutron is also there? Ok? I can say it is Energy or Microscopic matter,

Where it is happening?

Inside the space, so there is space inside Atom, Yes or No?

So 75% is space or more, 25% is the Energy. So if you go deeper level you see that there is space we call it as consciousness, we have Proton Electron & Neutron it is

nothing but energy, that energy & Consciousness doing all the work, so essence of this flower is nothing but consciousness and energy.

So Consciousness is Siva + Energy is Shakti.

If I take this body, if you take any organ of the body, whether – eye, skin, bone, muscle, liver, pancreas, anything you take, they are made of cells? If you go deeper level of these cells what it is made of? You have DNA, Mitochondria all that. Again these are made up of what??

Atom, Yes or No?

Again if you go deeper level of Atom, who is there?? Life force...

Within you as an essence who you are?? Do you accept it or not? It is fact or not?

It is fact that you are SIVA.

With this Understanding can I say Sivohum??

Sivam + Aham – Can I say that?

So this is the Ultimate teaching of Adi Shankaracharya.

This is the Ultimate Teaching of Vedantha – end of the knowledge

Root of All Spirituality

Essence of All Spirituality

It is a real spirituality

So in that case who is really existed and doing everything??

It's the Consciousness and Energy working in your body, so who is doing all this beauty, so who is beauty of this? It's a Siva+Shakti

So can I say Satyam Sivam Sundaram, Yes or No? Can I say or not, YES, Obviously.

So in essence only Siva+Shakti exist. But that Supreme Intelligence taking different forms, because of different forms, its application is different, its unique quality is different, its expression is different. We are all look different but we are all the same.

If I understand this, ok, Can I say real existence is only Siva+Shakti, complete whatever manifested is just Temporary reality not True Reality; in that case I say this world is Maya/ Dream? Can I say that? I can say.

This is highest Teaching of Adi Shankaracharya, he says world is DREAM, because it's just manifestation from that Siva+Shakti. So everywhere it is that.

So to just REALIZE this TRUTH what we call SRIVIDYA SADHANA.

Srividya – To know that you are Sri, knowledge is Vidya

The day you say, SIVOHUM, SIVOHUM, SIVOHUM, that is the ULTIMATE MANTRA.

Your TRUE identity is SIVA

You are that Brahman, Aham Brahma Asmi

You are also God, I am also God, and everyone is God.

Even this flower is also good.

If everything is God what about the dirty thing?

The dirty thing, Cow dung, is it good or not?? Is there anything Dirty in this World?

Everything is Sivamaya

There is nothing negative, nothing is positive. Vibration is different, but who made this Vibration? All of this deeper level, it is Siva+Shakti. So that is the ultimate experience, everything is Poornattava, everything is perfect, it's expressing, it takes own time to express/ manifest its complete 100%

Everyone is on a path to become Siva+Shakti, whether he is a Worldly person or you are a spiritual person, everyone is going and reaching to that consciousness. So this is the understanding we need go, we should not just stick to the only mantra the chanting, worshipping only outside, we need to see Lalithambika, Rajarajeshwari,

MahaTripurasundari. We need to experience, that is God Realization. We need experience Self Realization, and then only it is God Realization. But both are same.

In the beginning I say I AM SIVA. After that I say EVERYONE IS SIVA.

Everyone is that, then whom I am going to chant, whom I am going to worship? Outside or Inside?

Which is more alive outside or inside?? So which is more advanced and more powerful?

Even I go to the Temple, I bow down to Sri Matha,

Who is listening, outside or inside?

Who is going to Bless, outside or inside?

Afterwards, so this is the TRUTH, all Siddhas could experience within is the SIVA and Shakti.

So journey start with outside worship, ends with a Inner realization – TRUTH THAT AHAM BRAHMASMI

OM TAT SAT

SIVOHUM SIVOHUM SIVOHUM

Guidelines for Srividya Sadhana students

Video link:-<https://youtu.be/rmAjH1ROvul>

Prayer is very important. We need to pray again and again. For example, whenever you do the japa, apart from meditation, you should pray "Mother please bless me. Mother, I want to be one with you". Then continue with Japa. After some Japa, again pray "Mother, I want to surrender to you. Mother, I want to experience your invisible hands of protection, guidance, all that healing whenever it is. Please show me" Then, again Japa, Chant mantra, whatever mantra. So, the more you pray, the more you make your subconscious mind come near to Mother, the more you trigger the feeling of devotion.

And whenever you feel distracted before meditation, just remember the time when you got help from divine Mother. Play that situation in your mind, those videos in your mind. How Mother helped you to get a job. How Mother has helped you in your business. How divine Mother protected you from a difficult situation, etc. Recall all those before meditation. What happens? Automatically you are in a state of gratitude that will help you to surrender. Help you do the meditation to your best.

These are the skills we have to develop. "How I can influence my mind. How I can influence my emotions, how I can influence the state of my mind. Make myself surrender, devoted, and accepted". Then my meditation takes me to the higher level, burns much karma, and lifts me to the Shiva Shakti consciousness. These are all the skills we have to develop.

And another very important thing is, imagine some Siddhas with you. For example, if you are connected to Shirdi Sai, imagine him next to you in meditation. If you feel connected to Kriya babaji, imagine he is sitting next to you. If you feel connected to any other master, imagine he is next to you, he is sitting with you and you pray "hey SadhguruThirumoolarji, please come. Be with me in my meditation here" or "hey Sadguru Shirdi Sai, please come and sit next to me. Guide me in my meditation".

If you want you can call Lalithambika or Lord Shiva himself the say "hey Divine Mother, come as my master" or "hey Shiv Paramatma, please come as my master. Be with me. Guide me. Help me in my meditation. Lift me to your own consciousness"

If possible. you can visualize yourself in some place where you feel connected. Some hill station, some temple or as if you are sitting on Himalayas if you are attracted to the Himalayas. You just see that you are sitting in that place and you invoke your Siddhas, your Master or your Guru Parampara. I invoke SadhguruThirumoolarji, Nandi devar, all the Masters, 18 Siddhas. If you feel connected to Gorakshanath, you invoke him. If you feel connected to lord Krishna you invoke him saying "hey Sadhguru, my Lord, my Ishtar, please come and meditate with me. Guide me."

See him as sitting next to you and guiding you. This is very powerful, I'm telling you, very powerful. Once we start doing this after one month or two literally these beings start coming to you. Literally divine Mother starts coming to you. Literally Shiva Paramatma starts coming to you. There is no doubt at all because it's the

universal law, "yad bhavam tad bhavati. Inner world creates outside world". Then what happens? If you can visualize you are walking with Shiva, walking with Sadguru Thirumoolarji's, walking with Kriya Babaji, Shirdi Sai, more you bring them in your life, more you have their protection, more you have their guidance, more you have their grace, more you have abundance, more you have prosperity, more knowledge will flow to you. There is no doubt about it because I have tested it. I have done that. I have seen miraculous results for myself many times. When I was in Germany, when I was in Spain, where I did not have any satsanga, only Sadguru Thirumoolarji's was with me. Lalithambika was with me. Lord Shiva was with me. If I go somewhere, I go with Sadguru Thirumoolarji's. Even when I go somewhere I book a double room, next to me is Sadguru Thirumoolarji's. I had a banner of Sadguru Thirumoolarji's, a photo of Sadguru Thirumoolarji's. Even when I'm sleeping I'm with Sadguru Thirumoolarji's. Which means, I made a sincere effort to be with Thirumoolarji's?

You need to understand that in the beginning you have to put in your sincere efforts. Wherever you are, you have to bring divine wherever you are, you have to bring your master. Stronger is the connection with the master. I tell you, master will come. There is no way he can escape. He cannot hide. He has to come. There is no way. Master starts coming. Ishta Devata starts coming in dreams first. In the astral world it's easy for them to come and connect with you, guide you. Whatever necessary healing is needed, they will come and give to you. Whatever necessary energy that is needed for you to grow, they will come and give you. Necessary karma that is needed to be taken away. They will come and take them away. That is what happens. Many times I see that Paramhansa Yogananda was with me. He used to come and take away my karma. My teacher (Sri SivakamiOmanandi) used to come and hold her hand to a particular chakra. When she held her hand and just disappeared, the next day I saw that my chakra was functioning better. My karma is taken away by my Master. These masters are so powerful, they do so many things. You have no idea. SadhguruThirumoolarji used to come and write something on my head. I didn't know at that time. After 5 to 10 years I realized that he is initiating the Panchakshari mantra. All five faces of Shiva are seeded in me. I didn't know at that time. It looked like "ShivayaNamaha" but it is not "ShivayaNamaha". It was some symbol. Since it was a dream I couldn't understand. After 10 years I now know that those are the 5 amnyas of Shiva Paramatma or five faces of Shiva, Fiveevergies of Shiva were installed at that time. But I didn't know anything about that. You see that so many times I received a lot of grace. So much love, blessing and all of that.

And one more thing I tell you. It not only happens to me, it can happen to you. It is not that you have to meditate for a long time for this to happen in your life. Your sincere desire will bring that. There was a student from Chennai. His age was around 67. He doesn't know English, only Tamil. But his love for Sadguru Thirumoolarji's is like anything. Somehow he came to know about his teaching. Somebody who attended a Shiva yoga workshop told him about this. He told his son to go and get me the notes or get me the guidance that is there, get me the printout. You cannot believe, he just took this Sadguru Thirumoolar Shiva mantra and he started chanting day and night, day and night he started chanting with love for Sadguru Thirumoolarji's. With love for Lord Shiva. Within a week Sadguru Thirumoolarji's started coming and doing something on his third eye.

Initiating him and guiding him in that. He sent me an email that he has not taken a deeksha from us but chanted Sadguru Thirumoolar mantra anyway. Please understand no deeksha. Nothing but his love for Sadguru Thirumoolarji's. His love for Sadguru Thirumoolarji's. His love and desire to connect with Shiva was so desperate. He sent a thank you note. "I have received the blessing of Sadguru Thirumoolarji's. I had a darshan of Sadguru Thirumoolarji's. This has taken me to a higher level. I'm at the age of 67. I don't know how to start my journey at this age, I'm afraid and I want to experience this as my last life. I wanted to sincerely, desperately, find the real master who can guide me and I started receiving Sadguru Thirumoolarji's personal attention." you see this? So, within a week of starting the mantra they received the grace of Sadguru Thirumoolarji's. You see how powerful it is.

What I'm saying is, "you are very powerful. You are very powerful". Don't put any condition that "I'm not good. I'm bad". Some people say "I'm not pure, I have done so many bad things, and I have hurt so many people. I have not given my best to my parents. I'm not really a good person. Am I eligible?" See, divine means unconditional, it won't have any condition. It is you who has put the condition. When you go to the divine, it should be like a child. "I am in front of you as a child. I surrender. I am given to you, please help me" with that you have to do this sadhana, Then what happens? Miracles start happening. Resources will come, Right guidance will come. That's what ParamhansaYogananda said. The first law in spirituality is the law of sincerity. How much you are sincere to yourself, how much you are sincere to your master, how much you are sincere to your ishta devata? Is it clear? It is not that you have to come and tell me your sincerity. No, you should have it within yourself.

And who is the real master? Who is a real master, is it a body or soul? Its Parabrahma tattva. So, Parabrahma tattva manifests as the outside master. You don't need to bow down to the outside master. You don't need to go and attach to the outside master. You need to attach to the inner master. When I pray to my inner master, the inner master brings the right person in my life, right Guru In my life, right teaching will come to my life. So how am I going to pray to my inner master? By chanting maha paduka guru mantra. My inner master is invoked in my sahasrara chakra or my heart center when I'm chanting Maha Paduka. And that is Parabrahmatatva that is a Shiva Shakti that is KameshwaraKameshwari or Radha Krishna or Vishnu Lakshmi or whatever you call it. There are two that will come and help you as one and make you as one. This is very important. And don't go and attach to any master. Take what is best from outside guru, but don't attach.

And don't waste your money for all other things to build a temple, this and that. If you're rich enough, if you have a heart feeling you can give. I don't mind. It's your personal choice. But it's not mandatory. Not necessary. Is it clear to you? Not necessary. What is important is you do the seva where your heart is longing. If you want to help one child, for a poor child, for his education, do it. If you want to contribute something to old people who don't have anything, contribute to them. If you want to give the beggar some money, give it. Don't worry about what other people say. Some people say "don't give money to beggars. He will spend it on alcohol and cigars. Hence don't give to them". When your heart says, listen to your inner voice. You need to understand as we progress what happens. We need to be one with ourselves. We need to love ourselves. We need to accept ourselves.

Means, I need to accept what is coming inside from me. Inner voice is telling me to go and do it. Go there and do it. These are all very important on the path.

It is very important to focus on your meditation. Your meditation is the pillar. Please understand, your meditation is the pillar. If you are not meditating, you are just going to this ashrama, that ashrama, this workshop, that workshop, this temple, that temple. No, it is not true.

When I meditate, I raise my consciousness and then I go to the temple. Now I know the truth whether energy is there in that temple or not. Just meditate, and then you go to some temples. You will feel the vibration; you will feel if the energy is there or not. You will feel if there is truth or not. Otherwise you cannot stand in the temple at all. You feel uncomfortable. You will run away from that temple. If it is programmed in a negative way you will not stand there. See that you are protected, guided. Because of your meditation you are taken care of. And always remember your universal laws. Whenever you meditate, for three or six months, and you see no results, don't drop. Tell yourself it's a universal law. Inner world creates the outside world. I don't have eyes to see how much karma is blocking me. How much sticky karma is there? But my mind is expecting that in three or six months everything should manifest.

So always remember the universal laws. Please understand, universal laws help you to focus your mind. Help you believe in your sadhana. Help you bring confidence in your sadhana. These are very important, otherwise you fall down. Outside the world is always there to drag you down. The moment you go back to home because of the old self subconsciousness, your mind overtakes. You have to insist. You have to put in a sincere effort. "I should meditate, I should meditate". Not any other meditation. Breathing also is meditation. Just chanting mantras is also meditation. Just seeing the Yantra is also meditation. But the meditation given by Lord Shiva through MahaSiddharSadhguruThirumoolarji is the right meditation. We have to put it with the right understanding and guidelines.

You need to have patience. Liberation doesn't happen by going directly to the 7th level. Problems don't get solved because my Mahishasura says "when can I start level 7, when will I start level 7 Sri Vidya Sadhana". This means you are not happy with level one. Can you see the play of Mahishasura? He will not make you happy in level one. You will be just searching for level two, level three. Be careful and work in your own way. All these things are very important things as we progress in our sadhana.

And a very important thing is the five pillars. You need to remember the five pillars. First pillar is Meditation. Second pillar is Japa, which you have to do apart from meditation. Third pillar is Svadhyaya or self analysis. Fourth pillar is Seva. Seva means where you want to contribute to humanity. Even if you have a financial problem you should contribute or donate your money somewhere, some amount. Otherwise inflow of the money, outflow of the money is not balanced. Lakshmi tattva cannot be in your home, you will not be able to create abundance. Fifth one is Satsanga. Reading some good books, watching the right videos and listening to at least lalithasahasranama, especially understanding the names of Lalithambika. Understanding your Ishta Devata, understanding about SadhguruThirumoolarji, understanding your Guru parampara or knowing your techniques, feeling about that. Japa itself is a satsanga. Maha Paduka guru mantra itself is a satsanga.

Taking the Guru mantra itself is a satsanga. Taking moola mantra itself is a satsanga. We call it a practice of presence. Where we keep our mind in this moment and we hold to the positive vibration, is it clear to you?

So all these things are very important on the path. These are all things you have learned in this workshop. please apply them. Self Analysis, you are here on this earth plane to learn the life lesson, to learn the life lesson. The lesson of self acceptance, accepting others. the lesson of self-care, caring for others. The lesson of self love and loving others. The lesson of self forgiveness, forgiving others. And ultimate lesson, being aware of yourself. Being aware of yourself as a soul in this body. then being aware of yourself everywhere as a soul.

First start with yourself and then if any problem is repeating again and again then know that there is a negative belief, limiting belief and there is a lesson for you. Otherwise, going to any temple, any worship, any mantra, any Havan will not solve the problem. Because root is inside until unless you don't release the negative belief no Pratyangira havan, no Navagraha havan will help. No Navagraha temple or shanti puja will help. Remember, your powerful root is within. You have to release it. Otherwise all these are the things we have learned in this workshop. So remember and apply them and raise yourself to Shiva Shakti consciousness and never doubt that. "Guruji, can I get liberated in this life or not?" After attending all the workshops, at the advanced level students will come and ask "can I get a moksha in this life? Is it possible to have a self realization in this life? God realization in this life? It is possible". Yes it's 100% possible and it is possible today only and now only if you are ready. It is your birth right to know myself. Do you need any condition to know myself? Do I need any conditions from outside world? Nothing. So never doubt and even if you are older don't feel that "I'm old, there is no possibility. And that I need to come again to attain moksha". No, age is not a matter of male or female. It is not a matter. It is a soul. Remember, it is a soul. Beyond all the genders, beyond all the religions, beyond all the things. It is you, if you are ready, it happens, that's all. So never postpone this, never postpone.

And don't think that mantra will get activated after lakhs of Japa. Mantra may get activated right after taking this deeksha also. Many students come and tell me "Guruji, since y'day when I took deeksha, this mantra is going within me. All the time" you see that? Means they have not chanted lakhs of time, nothing. They came here, took deeksha, went to their place and they slept. It is going on in them, they have not done the mantra Japa or anything. Yet it is active and alive. It becomes ajapajapa. So you don't put a condition that after one lakh of japam only Mother has to give a darshana. Some people, Mother give darshana in the workshop itself during deeksha. But they think, "Is it possible? Scriptures say after some count then only it should happen. Guruji I have not chanted even 10,000 japa and already I'm having darshan. how is it possible?" Means your devotion is good, your surrenderance is good, your acceptance is good. your innocence and quality to allow is good. Hence Mother is coming to you. Or, in your past life you may have been a Yogi. In your past life you have done so much sadhana so it is happening to you. Some people take the level one, two all the things but level five is just vibrating in them. Level five mostly is vibrating. No matter what they cannot avoid it. It is just happening to them because they have done the sadhana of that mantra in their past life or before coming here they have done something. So, it is vibrating that

mantra and they are eligible to chant that mantra. Even though they are in level one but still it is happening to them, active, alive in their mind. They are eligible to chant this. So remove all the confusion.

Know that you are a spark of Shiva Shakti. Okay? And you are the one beginning point. You are the one endpoint. You are the way. You are the path. You are the goal. That's what Lord Jesus says. "I'm the path, I'm the way. I'm the truth. I'm the secret". You see that? Don't go looking for the secret outside. The secret is within you. Your own soul is that powerful thing. And I told you in the morning, "In meditation, your soul is the source of the creation. Source of you. Your soul is the source of the mantra, yantra, and tantra." Once you reach your soul you drop mantra, you drop yantra, and you drop God, Goddess, Guru and all. Only one remains. No God. No Guru, No nothing. Just you as awareness, you as consciousness, you as sachidananda.

You just need to be in that state all the time? The more you extend, the more it happens. In the last group meditation one student says that Guruji I was able to be in that Dattatreya state. What is Dattatreya state? Nirguna, Nirakara, Parabrahma, Sachidananda state. Where formless, knowingness, awareness, nothing else. You could be in that state, which means it's a blessing. It's a Samadhi itself. It's a short Samadhi he is going through. Then he asks "how I can come back and meditate in chakras". You cannot come back. When you go to the temple, in the inner shrine you are asking "how can I come back into the outer shrine". I told, don't come back. Sit there only. You have done this sadhana and sit there and learn how to sit there for a long time. That is the way the Siddhas are doing. What is SadhguruThirumoolarji doing in his subtle body? Soham. I'm that. That's all they are doing. What are Rishis doing? I'm that. They are not chanting. They are not focusing on the chakras. They are not doing anything. They know that "I am that" is the first step in knowing yourself. Second step is being yourself. That's what Sadguru Ramana Mahrshi says "Be as you are". Lord Jesus says "be still and know that I am god". Not him as God. You as I am state, as a totality, as a consciousness, as awareness are God. It is only possible when you are still. Still means, no mind, no body, no thought. It is just being. That is the state of being, not doing. So that is the ultimate experience of all the Siddhas, Yogis and all. And that is the experience of what we call Sri Vidya, Atma Vidya, Brahma Vidya.

-Shivoham

Advait & Dvait Shree Vidya Sadhana difference **By Sadguru Sri Sivapremanandaji**

Video Link: - <https://m.youtube.com/watch?v=XoS1eufGhHU>

Dvaitasrividyā sadhana starts with you and divine mother. Advaitasrividyā sadhana. Advaita = what happens? No two. Who remains? Not you only Divine.

In self realization savikalpa Samadhi what happens? You know that you are not this body, you are not this mind, you are not these emotions, and you are not the thoughts. You are beyond something people philosophically call it as a soul. Some people call it as consciousness but my mind doesn't know. Athma, go on giving pravachana on Athma but you don't know Athma. Yes or no? But you should know what actually is Athma? You need to ask yourself. What is this Athma? People say it is pure energy, pure consciousness. What actually this pure consciousness means? You need to search. Search, search and search. It happens to you and then you know that Yes! This is. Then you know what and who you are. Then you know that you are experiencing and merging in that consciousness. You are there, entire world is there. Still "I" is there. Seed is there. So you call sa-vikalpa Samadhi. Seed is there. Sa-vikalpa Samadhi. Seed is there. You are there. World is there. But you are not the body and whatever is there it's just there.

In nirvikalpa Samadhi where you go? Self realization to God realization. What happens? What is the difference? There you know that only one thing that existed. You are also not there. In the savikalpa Samadhi, self realization you are there, other souls are there. Many souls are there. In God realization, nirvikalpa Samadhi only God is there. Only one consciousness, one energy, one soul. No more souls. Then you are at peace. Because there is no two know. When there is two you will not have peace. You will not have joy. You will not have bliss. When you are in nirvikalpa Samadhi "Yes! I am". No God, no guru, no you. Just oneness. There your journey ends. Until that namahshivay, namahshivay. Chalo wo karenge, ye karenge. Let's worship this, chant this mantra that mantra, let's do Srividya sadhana, let's do Kriya yoga. You see it is all necessary. It is not that you don't need it. All these are needed to learn the lessons of life. But ultimate your goal is your own divinity, merging with Shiva Shakti and becoming that. Words are telling that becoming that but truth is very different. You are the Truth, You are the Bliss, You are the Unconditional Love, and you are the Divine Presence. Nothing is beyond you.

Once you realize that then what happens? You will not be chanting any mantra; you will not be doing anything. You will be worshipping yourself. Actually there is no two at all. No Divine, no you. Who is worshipping whom? It is very difficult to understand but I have to give you the global view of your sadhana. Your purpose, your goal, what is real spirituality, where you started and where you need to end. What is dvaitasrividyā sadhana? What is advaitasrividyā

Real form of Divine Mother Tripura Sundari
By Sadguru Sri Sivapremanandaji

Video Link:- <https://m.youtube.com/watch?v=N6wylPg8oJO>

They have made this Chidambaram rahasya. If you go to this temple there is a Nataraja, Shivakami statue on this side. Another side only there is a small Garland put like this and behind that there is nothing just space. They wanted to give the Truth form and formless. Many people say by this way they go to the heaven. In Chidambaram there is a way to go to the sky and heaven, kailasa. If you know that from Chidambaram you can go. What it means? You can go heaven if you could able to find that space in you chidakasha, chaitanyasvarupa.

This sky is the representation of that unlimited unmolded consciousness. Can you go and find the depth of the sky? Is it possible? Yes? Is it possible? You go on finding, finding finding could you able to reach it? That is you. That is Divine. When it is a soul consciousness you experience this fact. You see that you are just you know expanding, expanding, expanding, floating whatever it is there is no end. It is just going, going, going, going to become the sky. That's what one of the great Siddhas Bhagawan Nityananda in the North India wrote Chidakasha. Okay he has written some of the verse that is called with that name. Because all the Siddhas were worshippers of Akasha, Chidakasha and you see that from muladhara to you goes here what happens? You go muladhara - earth element then water then fire, air, akasha. So what happens? When you do the mantra chanting it converts earth element into sky. Sky to here (3rd eye) what is the element? Guru, Shiva. Here (sahasrara) Ananda, Parashiva, Parashakti, Paramatma. So I need to go from earth, this body to pure consciousness. That is the Truth.

Everything is given here. Can you see the map? Can you see the map? How to go? Earth then you need to convert yourself water then fire then air then you need to convert yourself to space then you become Guru tatva, Shiva, Namahshivay, Self realization then you go with God realization, Lalithambika, Adi Parashakti. Then what you know? I am. The moment you say "I am" that means it is Shiva, that means it is Lalithambika, that means it is Rajarajeshwari, that means it is Tripura Sundari.

Tripura = three cities. Cities nothing but consciousness. Three worlds. What are three worlds we work all the time? Waking state, subconscious dream state and then sleep. If you transcend these three what you get is turiyatita, thoughtless, pure consciousness. You don't have a thought. You are just peaceful, blissful awareness. Okay? The one who rules these three is Tripura Sundari. Sundari is beauty of these three worlds. The beauty of this world, the beauty of this letter means the form of this paper can be this because of that force. Yes or no? If you destroy those atoms what happens? This paper form disappears. So who is beautiful? It is Divine Mother. TripuraSundari who is the real beauty. Satyam Shivam Sundaram. So it is Divine who is the real beauty. Because she is the sustainer no? You eat the food. Who is really taking care of this body? It is Divine okay. Who is taking care of this skin? Of course we think we are really doing it. We are applying the Vaseline, we are doing this. Yes we are you know managing. But if you manage for the dead body is it possible? I go you know with makeup set and put, make a decorative body then how long can you manage it? So who is the real beauty then? Is it Divine?

You are Temple of Siva-Shakti
-By Sadguru Sri Sivapremanandaji

<https://m.youtube.com/watch?v=wDXBSMqhipI>

One thing is that is real name that is Sachidananda. Ultimate. It is the name of all you know and another name is Shiva. It is Namahshivay. Nama = Name is Shivaya. I'm Shiva. Namahshivay. That is the Truth. Why Siddhas told Namahshivay? Because whatever we think and focus we become that. So every one of us is Shiva. You see we have this body okay and if you divide this body what we get is different organs, muscles and all. If you go and divide that also they are made up of cells. If you go and divide those cells what you get? Biomolecules. If you divide those biomolecules then atoms. You go and divide those atoms then you have proton, neutron, and electron and if you see that what is that rotating and alive is electron. What is this electron? It is micro sphere of energy and it has its own consciousness and rotating. Yes? So ultimately you are energy and consciousness. Yes or no? So you are Shiva that is consciousness, energy that is Shakti. So who you are? At a deeper level you are Shiva Shakti. You are the Temple of Shiva Shakti. You know Ravindranath Tagore he told he wrote a small thing "Divine waits for his temple to be built by unconditional love but men bring stones". See this poet can able to go deeper level and see the truth. But is it true or not? That's what everyone says even Siddhas says why you are? First thing first thing you need to do in spirituality is to accept the truth that I am the Temple of Shiva Shakti. This is the Basic Foundation you need to accept. Otherwise you will not grow. Because if the foundation is wrong then where is the Temple? What is your foundation? I am Shiva Shakti. I am Consciousness. I am Sat Chit Ananda.

Spiritual Path - Story of Ganesh and Subramanya **-By Sri SadhguruSivapremanandji**

Video Link: - https://youtu.be/f0W5_-17lqU

In Puranas, we say Shiva Parvathi is there and they gave competition to Subramanya and Ganapathi to circulate the world. Subramanya choose and started to take the path from outside but what Ganapathi did is just took a pradakshina around Shiva and Parvathi. It means that Ganapathi means path of inner worship and Lord Subramanya means path of outside worship. So this is a symbolic expression. They don't need a competition actually. Neither Ganapathi nor Subramanya need a competition and Shiva and Parvathi don't want to give any competition but this is for our understanding to teach that there is one path where you can find the truth outside by going to different temples, different masters and different countries, outside path, outside worship, outside rituals and there is another path where you can rotate or go inside and find the truth around your soul. Soul is nothing but the spark of Shiva and Shakthi. Shiva Parvathi are really in you as a soul, so if you don't find this truth, it takes so many years for you to find the truth. Outside path also leads to Self realization and inner path also leads you to Self realization. So you have a choice, be a Subramanya and go all the way or are Ganesha and work out within your way.

Is it ok if we don't feel anything during the deeksha session?

Video link- <https://youtu.be/8JWd8pMd1hQ>

Yes, as I have explained in some of the videos, everybody is not sensitive to the Divine energy, and some of you are soul oriented, where you don't have psychic abilities, you are not visualistic, not kinaesthetic, and not auditory.

In that case, you need to accept whatever the Guru says and do the regular sadhana with the guidelines, okay?

If you don't feel, then you watch your thoughts level, feelings level.

After 2 to 3 months of Sadhana, your thinking level will change; your belief will change; your perception will change; your behaviour will change...okay?... your way of handling your emotions will change - negative emotions will be less; negative thoughts will be less; negative behaviour will be less - your confidence will be good; you will be inspired; you will have lot of energy, centeredness...okay? So check for all these aspects in such cases.

And during Deeksha, all don't feel this. Please understand.

All people don't feel energy.

All people do not have a Darshana.

All people do not have the beautiful experience.

I am telling you!

Some people though feel the energy; they feel exhausted because of the healing. They feel very heavy; they sleep.

After deeksha some people sleep for 1 hour, for 2 hours. Like babies they sleep forgetting the world as such healing has taken place for them.

In the guidelines I have made it very clear that you need to just follow the deeksha process. That's all.

You need not expect that Divine Mother should come and touch you; that you should feel the energy; you should feel the kundalini....all these are not needed.

People who are kinaesthetic feel it.

People who are visualistic see the light of energy, different colours of energy, different gods and goddesses.

People who are auditory start to hear different divine sounds, astral sounds, OMnaadha.

People, who are not any of these, feel just relaxed or just stay...they don't feel any of them and its normal. Don't worry about any of this!

Just continue your sadhana. If you are here then Mother has brought you, has taken care of you! Just do regular sadhana as guided by the Siddhas from our Parampara, things will be taken care! Okay?

Shivoham.

How to communicate with Thirumoolarji

By Sri Sadguru Sivapremanandaji

Video link- <https://youtu.be/-ooQxi2sJbE>

Guruji: Shivohum! Sadhak Question: After the meditation last month. I feel so connected to Thirumoolarji will he accept me? Even if I have a materialistic desire? Can I freely talk with him about that? You said in one video that Siddhas are more concerned with our spiritual growth. Can I talk with him freely about anything on my mind?

Guruji Yes... If you want to develop a connection with any Siddhas, you need to approach to him as your friend, father, and mother and without any conditions that you need to understand. So, this is how we develop the relationship from the waking state then the subtle level of our intuitional level of communication. First you start communicating, sit in front of him. Communicate! See him, his eyes communicate! If you cannot verbally communicate, channel... mentally talk with him, Thirumoolarji's thank you for being in my life. I'm very happy that you are guiding me. I can feel your presence. Okay... I want to manifest these desires, please guide me. You see..., I want to take this decision... Please help me. Interfere in my life. You need to do all of that. Of course. I said that the Siddhas are more concerned with our spiritual growth. At the same time, they will help you to discover your heart desires and fulfil those desires. Okay? Because if your fulfilment of the heart desire is not possible, then you cannot grow. You are not happy. You cannot go to the higher level of consciousness you got this point?

So, it's my own experience. Many times, I asked for something. I have received it from SadhguruThirumoolarji. But I realized that why I should waste my master's energy for small small things? Why don't I liberate myself with his help? Liberate my subconscious vasanas all the energies, negativities, karmas of the past life, that I cannot do it for myself. I can manifest with my mind and mantra and all. But something that I wanted to take his help to the higher evolution of myself for ascension. Okay.

So always Siddhas are happy when you respect them for their job. And when you make them as your father, friend, master and communicate with them every day, every night is the best thing. You light a lamp or nothing. You just sit in front of them and receive the messages. Communicate! and do not have any condition. Whether you are good or bad, whether you have materialistic desire or not, whatever you are Siddhas, don't bother. He is unconditional.

Sadguru Thirumoolarji's statement is "AnbeShivhum", the one who has experienced Shiva, the God as unconditional love and manifested that unconditional love. So, he reciprocates in the same consciousness to you. Unconditional. You approach, he blesses. If you don't approach, he's just there blessing you. He doesn't have any condition for you. Okay? You can meditate. You can communicate with him every day without any condition.

How much Rajashyamala mantra can clear our karmas?

By Sri Sadguru Sivapremanandaji

Video Link: https://www.youtube.com/watch?v=t-AActv_3Y0

Guruji, in one of your videos, you mentioned that one round of panch dashi mantra could clear karmas of one year. So how much Rajashyamala mantra can clear? I have read that the Rajashyamala mantra is equal to seven crore mantras. You see that whatever mantra you receive from a guru is very powerful. I am not saying that only the Rajashyamala mantra is powerful. All mantras are equally powerful if they are received as deeksha from the right master. The rule is applied in the same manner. When you meditate one circle of Rajamatangi, it is the same. It will clear a minimum of one year of karmas. When you meditate with involvement and devotion, surrender yourself, accept the interference of the divine mother in life, and meditate non-mechanically; only then will one year of karmas be erased. If you meditate mechanically, it won't be erased. It is the same for the Pancha Dashi mantra, Rajashyamala mantra, Ganapathi and Shiva mantra. But even that also is very powerful. One year of karmas of this and past life involves 365 days of emotions, thoughts, and negative energy created by you for yourself and others and the entire universe. The divine mother cleanses these, and that in itself is a great blessing.

"Is there any conditions to be followed for chanting Varahi Sadhana?"

Video link: - <https://youtu.be/XGJHaxuPxUo>

Here we don't have any restrictions while doing the Sadhana, I am telling you! You can do the Sadhana even without taking bath... 'Morning I get up, fresh up myself, meditate and then have my bath and all of that... is it clear to you? There are no restrictions. It is not any pooja or outer ritual where there are conditions prescribed by the Shastra that you have to take a bath.

This is an inner Sadhana where I am working with my own soul, my own inner energy, my own self. is it clear?... no condition of any type. Mental chanting needs no condition. Even when you are in the bathroom, you can chant this Mantra! And people chant better in the bathroom (laughs) as they are holding no masks there... they will be happily chanting.

Why I am saying all of this is because people have restrictions - Guruji, when I am wearing shoes can I chant the mantra or not? ...

When I am in the bathroom can I chant the mantra or not? when I am at a hotel can I chant the mantra or not?...when I am in a super market can I chant the mantra or

Not? - (waves the hand in negation) ...Divine mother is everywhere!

Hotel is a hotel because of divine mother... got this point?

A flower is having the atomic configuration of the flower because of divine mother.

Water is having the form of water because of divine mother! Everywhere Divine is there... we cannot escape from the divine!

Only we put the conditions as to we should chant here only, we should not chant there.

And this is not the deity as UgraDevatha where there are restrictions as to where we have to chant.

This is the unconditional love of Sri Lalitha Ambika manifesting as the protecting power to you! Is it clear to you?

So you should not have any type of conditions. Your only intention should be to be one with the mother that is all!

"I want to be one with divine mother! I want to bring Mother's consciousness in my every moment, every level of my existence, and every part of my life" is it clear to you?

I have even told to some of my students that even when you are in a sexual activity and want to attract divine child, chant the mantra! Got this point? Because you put the intention / pray to divine mother - 'Mother! Please give me a good child; a divine soul'.

Otherwise, if I don't pray, don't attract a divine child, you know, whole of the life will be a problem, you will suffer because of your children.

So I am telling you...bring the Mother in every action of your life!

Do not put any type of condition, because it is inner Sadhana. Inner Sadhana of the soul do not have any conditions or restrictions of rituals put forth by the Shasta's.

Please understand. And many people do Sadhana better while they are on their beds also. You know...you can do Sadhana on your bed also. If you cannot do in the morning due to much work and you cannot sit also, while you're lying on your bed going to sleep, chant the mantra... it will be that day's Sadhana for you is it clear?

You should not leave any day without taking the name of the Mother!

Try to invoke, chant, and bring her consciousness in all fields of your life. Then what happens? Everything will be Divine!

You don't have the feeling that 'this is dirty, this is bad, this is good, this, that'. No. We need to go beyond all this, right?

Spirituality means rising beyond good and bad. Then only you become a yogi. That is its explanation given in Bhagwat Geeta and other scriptures.

When will you grow beyond?

When you accept Divine, allow it at all levels of existence, in all fields of your life, at all times, it happens.

So no restrictions of any sort in chanting the Mantra, Moola Mantra. Do it have much as you can!

Shivoham!

Sadhana to attract a spiritual life partner!
By- Sri Sadguru Sivapremanandaji

Video Link: -

<https://www.youtube.com/watch?v=pSds35P41rY&list=PLgdyFNOXc7ACM1dP3cFVB6YZveon5Nf7p&index=3>

Dear Guruji, can you please provide which sadhana to choose and the procedure to fulfill the desire of having a good life partner who can be supportive on spiritual and all other levels?

You can use Vancha Kalpalatha Ganapathi sadhana samput with Gayatri mantra is very good to fulfill your life partner issues. You can also do Rajamatangi sadhana, especially uchchhishtachandali mantra.

First, you visualize the qualities of the partner and then chant the mantra. And above all of this, I will tell you that if the person really loves you and cares for you, he will support you in spiritual, material, and all other things. So, try to find a partner who really loves and cares for you, then only these things will flow. Otherwise, it is very difficult in this field if you have to spend your whole life with that person.

Which sadhana can be practiced for a good career and prosperity?
By Sri Sadguru Sivapremanandaji

Video Link:- <https://www.youtube.com/watch?v=8Bkwn1Zd-8s&list=PLgdyFN0Xc7ACM1dP3cFVB6YZveon5Nf7p&index=2>

We have learned Vancha Kalpalatha Ganapathi mantra, divine mother, Gayatri mata mantra, other devatas, and uchchhishta Ganapathi beej; we have also learned uchchhishtachandali mantra. So which mantra should be used for career and prosperity, and how should we use it?

During the Rajamatangi and Batuka bhairava sadhana, I made it very clear that Rajamatangi sadhana is very good for career aspects. Vancha Kalpalatha Ganapathi mantra itself has Ganapathi tatva, which will remove the obstacle and give success and wisdom. So, the combination of the Vancha Kalpalatha Ganapathi mantra and Rajamatangi sadhana, especially the uchchhishtachandali mantra, is very good. Or only the Vancha Kalpalatha Ganapathi mantra also has the same effect. Only Rajamatangi or uchchhishtachandali mantra also provides the same effect.

You can make an intention that 'I am doing this sadhana or mantra japa of Vancha Kalpalatha Ganapathi sadhana for improvement of my business or promotion of my career'. If you are in a career where there are many obstacles in the way, for example- there is no cooperation, no respect, response, or some other issues. Then you make that as your Sankalpa intention and then chant Vancha Kalpalatha Ganapathi mantra, samput with Rajamatangi mantra, Gayatri mantra, uchchhishtachandali mantra or mahamrityunjay mantra. Do one jap mala of this, or do japa for 15 minutes until you see the results in your life.

How to make Sankalp & its Importance?

By Sri Sadguru Sivapremanandaji

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

Sankalp means intention. Our soul has two powers—one is the intention, and the other one is attention. If I make a Sankalp consciously, Sankalp means consciously I intend what I want. For example, I want to have a job; I am aware of my energy, my personality, I am aware of everything. Then I make a Sankalp describing the salary, environment, type of job, facilities, and any other details. We need to make this Sankalp consciously. This exercise needs to be done consciously before the stotra, meditation or pooja. So that wherever the attention goes, there the energy will go. So, when I do the Sankalp for this pooja, all the energy created by this abhisheka should go to fulfill my desire. When we do the Rudra Abhishek, they make us take a Sankalpa so that the energy of the Rudra Abhishek goes to solve the problem; whose problem? The energy goes to the person doing the Abhishek, and we specify the Rashi, nakshatra and gotra. Essentially, we specify our energy blueprint to which the energy is directed. This is a very scientific process which we undertake during our daily lives.

Short Mantra of Sri Vancha Kalpalatha Ganapathi!
By Sri Sadguru Sivapremanandaji

Video Link: -

<https://www.youtube.com/watch?v=iFqfbdbEgkA&list=PLgdyFN0Xc7ACM1dP3cFVB6YZveon5Nf7p&index=1>

Guruji, is there any short form of the VKG mantra? As you said, we should do the VKG mantra where we invoke Lord Gnash. But VKG mantra is too long as compared to 'Om Gam GanapatheyNamaha'. Please guide.

So, you see that in children's deeksha, we give the Chintamani mantra of Lord Ganesha, which is the seed form of the Vancha Kalpalatha Ganapathi mantra. So, if you want, you can chant this mantra: 'Om Shreem Gam ShreemGanapatheyNamaha'.

This is the seed form of the Vancha Kalpalatha Ganapathi mantra. You can only do this if you have been initiated into the Vancha Kalpalatha Ganapathi mantra. If you have not been initiated, both mantras will not work for you.

How should I pray to the divine mother to solve all my problems together?

By Sadguru Sri Sivapremanandaji

Video link: <https://www.youtube.com/watch?v=Ge8Rwxf92I8>

Namaste Guruji, whenever I'm going to take a Sankalpa before meditation, I'm confused as to what I should ask the divine mother because there are many problems. Guruji, I'm confused as to how should I pray to the divine mother to solve all my problems together. Please guide me.

You need to write down all your problems and then convert them into the opposite. For example- if you have money issues and you write 'I don't want to face money problems'. So, what you need to do is write 'Divine Mother, I want to experience abundant money flow in my life'. Write this down as this is your Sankalpa, your desire, and your intention to manifest.

Similarly, if you do not have a good relationship with someone in your life, you write 'Divine mother, bless me with a loving and harmonious relationship with myself, my family members and with the entire world'. So, you need to make a list of what you do not want and convert it into what you want. Then hold it and see it before mediation and tell the divine mother that this is what you want to manifest. Then you do your jap, meditation and Homam, and everything will be taken care of.

Permanent Happiness & Physical World of Duality

By Sri Sadguru Sivapremanandaji

Video link:-<https://m.youtube.com/watch?v=rB7Ma0tdnnQ>

This world is duality. Wave. There is no permanent happiness. There is no permanency outside. You need to understand the nature of this. There is a day, there is a night. There is a positive, there is a negative. There is nothing it is permanent. There is happiness, unhappiness. There is a love, there is a fear. You got this point? There is no, if you are finding permanent happiness outside in this world then you didn't understand the nature of this world. This is you make it clear now only. You do not get permanent happiness in your relationship. If you are really you know struggling struggling struggling you should know that. Never. No friend is going to be permanent. No life partner is going to be permanent. Even your children, parents never going to come with you all the way. This is the truth. You cannot escape. This is the truth you need to understand. This is the spiritual truth every master has been telling. Don't run behind something that is impermanent. Run for that which is permanent. What is permanent? That is you. You are the only person who is permanent. When I say "You" it is Divine. You that are unconditional love. It's you that's happiness. It's you true happiness, true bliss, true peace, true love. Even this path is not permanent. Srividya sadhana after sometime you don't want to like meditate also. Even you don't want to chant the mantra also. You go beyond that. A silence. That is permanent. Silence is permanent. Because it is your own nature. Om nada ultimate Om nada is silence. Pranava it is silence. You chant Om and everything you do but ultimately silence. Vedanta, Nadanta. Veda Anta. Veda means I am that. Anta means I am. That one goes. I am that goes. Only I am. Even AhamBrahmasmi goes only I. It is ultimate. Anta, end. Even Vedas have an end. So there is nothing that is permanent in this world. You need to understand this truth and workout what is permanent? If you are really struggling hard to find true happiness, true solution outside then be Aware, Awake and turn Inside that where you can find true happiness, love, peace, bliss and all of this. This is the truth. You accept or not that's quite different.

Miracle Divine Power is in YOU **By Sri Sadguru Sivapremanandaji**

Video link:- https://m.youtube.com/watch?v=_Vpw9_rp_Zc

Between father and mother, parents and children is Divine. The friendship between two people, the principle of friendship is Divine. The love between two people, lovers is Divine. The super intelligence in a human being is Divine. The breathing, the life force that is happening in this body is Divine. The warmth of the sunlight that is in this building, everything that is. The earth is rotating with its own consciousness. How it is happening? Can you explain? We are so surprised if I take this (photo) and convert this photo or make it disappear, what you feel? It is black color. How can you convert a solid item into gaseous state to air? Now I eat food okay? It is converted into muscles. It is converted into blood. It is converted into your different type of body fluids. So who is doing this? There is some force in you that is doing this. If I challenge you and ask you "I will give rice grains or cooked rice" okay? Ask you to convert it into blood, can you do that? Any scientist I challenge! Okay? Take this food and convert it into blood. Anyone can do this? Any scientist can do this challenge? No way. Still we are not able to produce artificial blood perfectly. You see so many you know blood banks are there. Artificial blood banks are there. Could we able to produce real form? Never. It will be never. So who is that doing? Divine mother.

I want to tell you this truth. What we call this as Kundalini. What we call this as Prana Shakti. Okay? Jeeva Shakti. The stored Jeeva Shakti in the muladhara chakra is termed Kundalini. The one that is active working in your body is called Jeeva Shakti. The one that is running this universe outside your body is called Brahmanda Shakti, Para Shakti. But energy is One. Same energy is working in you, same energy is working outside. The one that is bringing flowers into the tree is the same energy. The one you see your body has changed from childhood to adult to different ages. Who has done this? Who has done this miracle? What is this force that is working in you? It is Divine Mother. She is in You. You need to understand this truth.

First thing you need to understand, Divine is in You and It is serving You. You see? It is your servant. Divine mother is serving you like a mother. You see? When you were a child, a baby, Mother comes as a physical form and serve you. As you grow again she serve you through working in this body. The moment she leaves this body what happens? The body becomes dead. That life force is the physical manifestation of Divine. You understand this truth. Life force in you is a physical manifestation of Divine Mother, Shakti. See Vedas say this "It is Eshwara who breathes". Who is Eshwara? Who is breathing? You. In you that is Divine that is existed. But only thing is we are not aware or acknowledging it. That is what we are going to learn today. How to be thankful to the Divine that is working

Science & Importance of Navaratri Festival - Navadurga Sadhana

By Sri Sadguru Sivapremanandaji

Video link:-<https://m.youtube.com/watch?v=EMEFy64Fd1o>

Navaratri you know it is a big festival, 9 days and if you see Durga the meaning of this is the destroyer of negativity. The name itself Durga means kill the negativity. So she has been shown with you know lion and sitting with so many avataram. Just the symbolic representation that she is going to destroy.

Who is you know what is the negativity? That is what the question. Who is creating this negativity? It is all of us doing this. The guilty feeling where it goes? Got this point? I think positive and positive energy. I think negative, negative energy. Fear creates negative energy. Depression creates negative energy. Okay? My own imagination of so many different things create those things. So all this negative thoughts, negative emotions create negative energy and where, not one person billions of people creating this energy. Where it is going? Where it is going? It is there in this atmosphere and then thoughts are things. When same thought is accumulating it has its own consciousness and it becomes a thing, things. It becomes alive. Entity we call it. You see there is a negativity. It has different forms. It is not like a human but it is there. Who created? It's the children of us. We are the fathers, parents for that. All that negativity is there is because of humanity.

Siddhas what they wanted to do? They wanted to erase this negativity. What they did? Navadurga sadhana, collective Navadurga sadhana. We all together chant and invoke that positive energy then what happens? That negative energy is removed and positive energy is sustained. This is the importance of festivals. Please understand the science behind our Siddhas. Siddhas are great scientists and their intention is to help humanity. Only one intention they have. Help humanity, bring peace, harmony on this earth and lift this earth. That is the intention of the masters and they have done this. What you are going to do? We all together thousands of people will be sitting and chanting Divine vibration, mantra. It has a positive vibration. So what it does? It will remove the negativity. Got this point? This is the truth.

Guidelines for Solar / Lunar Eclipse Meditation

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

What is the sadhana that I should do during the eclipse, whether it is a solar eclipse or lunar eclipse?

What is the sadhana I should do, how should I do the sadhana?

First you need to understand that whenever the eclipse happens, the positive energy releases to this entire universe. Negative energy is absorbed, dissolved. So, so many eclipses are need to be a part of the expanding evolution of this universe. There are some eclipses just to balance. Earthquakes will come, water (high/low tides) will come. It is the balance of the negative energy that is created outside. It has to do it that way, Mother has to. You know, divine Mother Brahmandeswari has to manage everything, this world and that. So she has to do.

So eclipse, most of the time for spiritual sadhaks, you get very very high power. Your body is charged. your soul is charged with divine Mother. I have explained to you. According to the universal law of correspondence, "yadhabrahmanda, tadhapindanda". Whatever that is happening in the outside world , the same thing is also happening in your body, in your soul.

In the eclipse, what is happening? there is an alignment between the sun, moon and earth. They are coming close to each other, coming close to in line with, alignment; there is an exchange of energies between these three planets, major planets. Of course it will influence the other planets also. So, when you see that the sun, moon and earth are aligned, the same thing is happening within us.

What is the sun in your body? You're Soul.

What is the moon in your body? The Mind.

What is the earth in your body? This body.

The physical body is the earth, Mind is the moon, your Soul is the sun

So when an eclipse happens, what happens? My body is aligned to a mind, my mind is aligned to a soul.

When body, mind and soul are aligned, what happens to you? You are connected to universal. You see that? Nature produces that effect in you naturally. So our Siddhas and Rishis told, wrote in the scriptures, "do the mantra sadhana during the time of eclipse"

Because, when these are aligned, body, mind, soul, the universal soul is aligned. The layer between them is very very thin. You receive the energy without any block 100% of the energy. you could have a mantra siddhi, you can have any type of accomplishment when you do the sadhana during an eclipse. So, this we need to understand. This is according to the universal law of correspondence, you don't need to believe. "yadhabrahmanda, tadhapindanda"

And when your soul is empowered, what happens to your other planets? Tell me? They are empowered. From this sun itself all planets are getting energy. Yes or No? Outside sun gives energy to all planets. So how is the sun getting the energy? from the cosmic sun, spiritual sun, Lalithambika, Raja Rajeswari,

MahaTripuraSundari or in vedas we call her as Gayatri. From that we are receiving that.

So, when you do meditation, especially Srividya meditation, any type of meditation, what happens? Your soul is empowered. Navagraha dosha is removed. Navagraha dosha is again what? all your doshas, pitru dosha, kalasarpa dosha, kulu guru dosha, whatever dosha you say, all these Navagrahas are reflecting that only. whatever blueprint we have that is reflecting.

So, this is what is happening during the eclipse. So whatever that time (eclipse) is there, you check the calendar, it's available on the internet also. You check the timing for your city, in your country what is the timing, when I should sit for meditation? and do the meditation at that time.

Or any mantra you wanted to activate, any mantra you want to make it as more powerful in your soul. you choose that mantra and do that sadhana. Or you can do complete Srividya meditation. you can do the havan during the eclipse. whatever havan you have learned when you attend the workshop you do that. Or you can do all the mantras in the havan.

I suggest at least you know what is the mantra needed for a pleasant life. You need to work on that mantra. So hold that mantra. Do the havan of that mantra minimum of 108 times. If you want you can do the tarpana also on that time. For example, if you feel too much energy, what you can do is, tarpana. your body heat will be reduced. so you plan accordingly and do it.

And whenever you do, it's very important, your asana should be good. You should have a woolen cloth, or wooden block, this is very important. You are receiving that energy, very very powerful energy. If you dissipate and leave it, you lose that.

And if you are feeling too much heat, then you use darba grass, they are available in pooja stores. Darba is very important to cool down your body. You can also wear the pavitra. If you are a person who is having too much heat, wear a pavitra that is available in a pooja store that is like a ring made of darba. You can wear it on your ring finger that connects your heart chakra and balances your energy body. That is one way to take one more step.

We use it in all rituals to cleanse everything. We use it for cleansing food too. Why is it? It is the one that nullifies the negative rays, UV rays and all of that. Especially the Shani rays are nullified with darba. Very powerful. You can use darba also as a mat and you can do your meditation.

First you do Srividya meditation. Or you start with havan. Outer thing, outer rituals first. Like Lalitha Sahasranamam, Khadgamala Stotram. Or I do the havan. Once I finish the havan, come to the inner meditation. Inner meditation you do, then you finish with soham meditation or you just relax your body, be aware of your breathing. Then if its too much energy, take a bath. Warm water bath. So that excess energy is cleansed.

You see that, so they have set rules and regulations. During eclipse time temples are closed. because temples are also receiving that energy. they don't want any disturbance from outside to disturb that energy. Because you know the universal law of attraction, temples are also empowered during the eclipse. It's not a bad thing. And during the time they say don't eat anything. otherwise people will be like, "idly hojai", "upma hojai", during eclipse time. People are focusing on tea and coffee. People are not focusing on the real thing. "Focus 100% on yourself", Your meditation. And they also say that they take a bath, before and after the eclipse.

Before the eclipse you take a cold water bath to energize. After the eclipse you want to cleanse excess energy by taking warm water. And then we can come out of meditation with gratitude.

On the day of the eclipse you plan your meditation during the eclipse. Only once during that day. That is the sadhana you can do for the eclipse.

"How to receive devi darshan in this 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 realize it.

Thirumoolarji 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!!!

**Is seeing dazzling light on chidakash normal during Tirumoolar's
Shivayoga practice?**

-By Sri Sadguru Shivapremanandaji

Video Link <https://youtu.be/5Txjhj6APEA>

Sadhak's Question: While doing the Jyoti mudra in Shivayoga, the dazzling light appears on Chidakash in an excessive manner on the certain days. Though it is a surprising, pleasant experience, do we need to follow any guidelines to avoid adverse effect?

Guruji's answer: This light that is manifesting, this is Astral color light, the Astral inner world of Shiva shakti, inner world of light and sound. And it will not create any adverse effect. It is a blessing for you. Sometimes we receive better Shiva Shakti. Sometimes we don't receive better. Jyoti madra helps you to introduce you how much you are receiving divine light, divine energy, divine vibration. Jyoti Mudra is the introduction to you, to your own divine. So don't worry if sometimes more light, enjoy that; less light, enjoy that. Offer everything at the feet of Shiva Shakti. If there is a problem to you, then let me know. If there is no uncomfortable feeling, enjoy this, let go!

Thirumuloor and 18 Siddhas work together **-By Sri Sadguru Sivapremanandaji**

Video Link: <https://youtu.be/A5-BluJYVYQ>

Kriya Babaji is disciple of Bhoganath, and Bhoganath is disciple of Agastya Muni. Agastya Muni is friend of Thirumoolarji. Bhoganath not only learned from Agastya Muni, but he also learned from Sadhguru Thirumoolarji many things. These 18 Siddhas work together. It is a specialization of the Siddhas. It is not like “you are a disciple of Agastya Muni and I have nothing to do with you”. No, Thirumoolarji goes to a disciple of Agastya Muni and teaches what is needed by him. Every master, these 18 Siddhas have one specialization, if you go and read about these masters. Bhoganath has his own Nava Pasha, preparing, using herbs and mercury, creating Alchemy, bringing the physical changes, physical body changes, chakras changes and all other changes as his specialization. Kriya Babaji has his own specialization as Nagaraj. His connection to the Naga loka, his connection to celestial world, his connection to siddha loka, his connection to celestial world of Mani dweepa. He is a representative of all the things. He goes to Naga world, goes to celestial’s world and comes to Bhoomandala. He is the representative of Celestial world, siddha loka and Bhoomandala. He goes to Surya Loka, Chandra mandala. He has the power. All 18 siddhas have given this power to Kriya Babaji. He works for all the Siddhas, he works for lifting humanity, he works for Shiva, he works for Lalita Ambika, he works for all. That is the specialization of Kriya Babaji. He learnt most of the teachings from his master Bhoganath. Then Bhoganath directed him to do tapasya and get the knowledge from Agastya Muni “so that you can transfer your physical body to a golden Light.” Then he (Kriya Babaji) meditated on Agastya Muni. Agastya Muni manifested and blessed him with the tantra, the way to make a transition from his physical body to golden light. Then he (Agastya Muni) blessed him that “you will eternally be known for your teachings, for your grace on this earth.”

So, he (Kriya Babaji) has been teaching Kriya Yoga, Srividya, Shivayoga and other. He is the master of all these teachings. You can get all the teachings through him. He is the representative and connection to us and all the Siddhas, whether Agastya Muni, Kriya Babaji is connected, whether it is Bhoganath, Kriya Babaji is connected, where there is Gorakshanath, Kriya Babaji is connected, if you go to Matyasendranath, Kriya Babaji is there, If you go to Nath Parampara , Dattatreya, Kriya Babaji is there. He is present in all this, and he is universally present, as he has taken the responsibility to lift the humanity in the east part of the world and west part of the world. He is preparing the masters; he is guiding the masters. He is doing all this invisibly. Maybe in future he will come, more manifestation, of Kriya Babaji, more manifestation of Thirumoolarji, Agastya Muni, and more manifestation of Gorakshanath will happen. As we progress, as more revolution is happening in spiritual level, down the line, we can have the Darshana of these masters. You can see their Leela with your eyes. So this master is manifesting. This (Kriya Babaji) is the main master who is involved with my teacher Sivakami OmAnandi. She started her spiritual journey with Paramhans Yoganand disciple called Bhaktanand, and then she connected with Kriya Babaji and then Paramhansa Yoganand. Her direct connection with Kriya Babaji, then from there

she made connection with Thirumoolarji. From there she got all Shiv-Yoga teachings. Her journey started from Kriya Yoga and then she realized that Shiv-Yoga is her path. With that (Shiv-Yoga) she realized Self Realization and God Realization. So, we have a connection with Kriya Babaji, we have a connection with Paramhans Yoganandji, we have a connection with Agastya Muni, even we have a connection with Durvasa Muni, a powerful master. He (Durvasa Muni) is present now in Kanchi Kamakshi. He is taking care of all the Peetham. He is the present master of Srividya Sadhana, he is guiding all of us in Srividya path, Shakti path. The masters are present guiding us. Kriya Babaji is guiding us. You will be surprised, you will be meditating on Thirumoolarji, you will have Darshana of Kriya Babaji, you will be meditating on Thirumoolar ji, and you will have Darshana of Shivalingam. You will be meditating on Thirumoolarji, Shiv-Yoga, Shakti or Srividya and you may have a Darshana of Lord Hanuman. He is also a great master. Like Kriya Babaji, he has been there before Kriya Babaji, taking care of most part of the teachings, he is the Guru Tatva. Guru and disciple tatva you can see in Lord Hanuman. Lord Hanuman is Chiranjeevi, Kriya Babaji is also Chiranjeevi. We have many Chiranjeevi; Thirumoolarji is Chiranjeevi, Gorakshanath is Chiranjeevi. There are many masters who are Chiranjeevi who have taken birth for humanity. Their only task is to help humanity spirituality, than materially. These masters are more involved in spiritual than material things. If you go on asking them for car, bungalow, etc. they will say “there are many mantras, go and get all of that. If you want to become a siddha, join with us. This is a manifestation of Siddhatva. I want you to help, and I expect you to help others”. It is not personal individual guidance. They choose the person. Millions of people are praying to Kriya Babaji, but they choose the person who is ready. His (person) divine will is to help humanity. Do seva for the Humanity “I want to help humanity, I want to teach, I want to bring healing to humanity”. Then your will is aligned to the siddha will, then you start receiving the grace of the master automatically. You are no more individual, you don't think of your personal life, you think about humanity, then you start getting darshan of Thirumoolarji you start getting darshan of Kriya Babaji, they start guiding you. They know that you are prepared one and they guide you so that you can be good for their company (their work). See how a company does it outside, they pick and train and take them to their company. Siddhas also do it for their company. here the company s different, no salary, but greater than salary the satisfaction is there, the power is there, the manifestation power is there.

Kriya Babaji is directly connected to my teacher, Sivakami OmAnandi. She had a direct Darshana of Thirumoolarji and Kriya Babaji with her connection. When we practice, literally, we get the guidance of Thirumoolarji, Kriya Babaji, Agastya Muni, and Gorakshanath. All masters will come, you will be surprised, Swami Ramlinga will start coming and helping you. Power is not in technique and mantra. Powers is in Parampara. The Parampara holds the promise that you will get guidance from these 18 Siddhas, they will start coming to you, you just need to connect one Siddha, that's all. Kriya Babaji is one of the great masters guiding us. Paramhansa Yoganand is still available, he is guiding us from siddha loka, in the astral world, in the dream he guides. Many times, he comes and takes the karma of our students. Paramhans Yoganandji is doing his work for us. All these masters are doing the work. SwamiRamlinga is so much concerned for the entire universe. He wants to bring the manifestation, the truth consciousness to every human being. He

sacrificed his human body, converted to a light body, merged into the entire space, he is working in every atom. SwamiRamlinga has such a power, you cannot believe, it possible for a human to manifest as a divine and divine to become a siddha and siddha become a universal level manifestation in every atom, like Shiva himself. He is working day and night. It's a process going on, things are going on, when all these masters, Siddhas are working. If you connect with Thirumoolarji, Kriya Babaji will come, Agastya Muni will come, and SwamiRamlinga will come. Important thing for you is maintain the purity, in intentions in your Will. What you do inside and what you do outside. This is very important. These Siddhas are giving more attention for Antaranga Shuddhi. They don't see if u have taken bath or not. They see if your intention is good, thoughts are good, you Will is with compassion. They focus on these things. It is now how many Japa mala of mantra you are doing. That is the siddhi path, it is path of self-realization, awareness. It is a different path of the Siddhas. We are not focusing on Siddhis, manifesting material things. Here is it ultimate goal. Your will become ultimate Will of Shiva. When ultimate Will of Shiva works, automatically all AstaMahasiddhis manifest. You don't need to work on one-one Siddhis. That is the path we are on. More we meditate regularly, more we bring the cleansing, more we bring the Shiva Tatva. We become siddha; we attract the Siddhas. Until now you see and read the stories, then these Siddhas will become a part of your life. You will be surprised how Thirumoolarji comes and gives blessing to you, how Kriya Babaji comes and gives blessing to you. They don't have to manifest in physical body, they just come in light body, you just feel their presence, you don't need to communicate with them, just in silence you communicate, their consciousness communicates with you. Then they will leave the space and after 3 days, one week or two weeks, you realize what is the message. To digest that consciousness to energy level, then it is coming to astral body, mind level, it takes minimum 2-3 weeks for a regular meditator. For those who are not meditating, for one month you will go blank. That is why they don't give Darshana because their energy light rays are so high. You cannot believe, SwamiRamlinga used to cover his complete body. His light rays are so strong if he opens little bit comes it could burn the Naadi. If he opens his outer cloth, inside he is solid light. No body at all. He lived with that light body on this earth. People don't understand him. People tortured him. Every moment he had only one thought. How to bring Shiva consciousness to earth, he never thought about his own sadhana. That's why shiva came to him. Shiva himself came, Mahadeva, blessed and asked him to help humanity and become Shiva. He is doing that work now. The one who has sincere seeking for the truth then only he knows the value to the self-realized master. Getting the mantra yantra, you can get anywhere, but getting the knowledge of the truth is important which happens through the Siddhas. You have to find truth within yourself. Kriya Babaji is involved Paramhans Yoganand is involved. My teacher Sivakami is guiding us. Thirumoolar ji is guiding us. Many knowledge what we get is not from the books, we get training from Thirumoolarji. In dream he will come and teach us, in meditation he will give answers. He will do all these things You should be sincere, accept, allow, surrender, then all this will happen. If not, then you will not allow these things to happen.

Can I chant Soham Mantra in my native language?

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

As I practice Soham, my feelings are not as deep as compared to chanting in my native language with the same meaning as Soham, it is more of feeling than chanting. This practice alters from one to other as an unforced effort. When I start with such a feeling of chanting in my native language then shift to chanting to Soham, the chanting goes with a deeper feeling. Chant with Soham seems somewhat mechanical compared to other. Can this change with time, more practice.....

No, not at all, if the same meaning in your native language and if you are getting that understanding, you are getting that awareness, then you can chant in your own native language, don't worry about Soham, because after Soham also, you go to the silence and after your native language also, you go to the silence to the source. Ok.....

It is not mandatory that Soham should be there. Ok.....

So, if you want, you can chant in you native language. many times, it's my own experience, when I say "I am", it's more powerful than Soham for me.

So find the word that will take you to the source, don't only stick to the Soham.

Soham is also again a tool, at the higher level you have to drop that also. Ok.....

If your native language is giving you the touch of your soul, touch of the source, touch of that truth, then go for that.

How to perform Khadagamala Havan& Namavali? **-By Sri Sadguru Sivapremanandaji**

Video link:-<https://www.youtube.com/watch?v=B0Qh4FnNJoY>

shivoham!!!

If you are already got initiated in Sri Vidya level one, you can use level one mantra to make it as namavali.

For example:

Om Aim Hreem Sreem Hridayadeviya Namaha!

Om Aim HreemSreem Shiro Deviyanamaha.

So you add this level one bija mantra “Om Aim HreemSreem” before and Namaha at the end. then it’s more powerful, you take one step ahead okay? If you want to do haven. So many times many students ask Guruji what is actually Sri Vidya Haven? what is actually Sri Vidya Haven? This is the Srividya. If you take every name and at the end you add Swaha.

For Example: Om Aim Hreem Sreem HridayaDeviya Swaha

if you do this haven its ultimate it is. Ultimate!

There you know Khadagamala there is like this namajapa is there, another where it is namoanthamala where Namaha is there, another type is swahaanthamala is there where Swaha is added, so you just need to add Swaha at the end of each name. at the beginning of each name the divine mother mantra is added

For example: Om Aim HreemSreemHridayadeviyaswaha

Om Aim HreemSreemShirideviyaSwaha

You can also use this for archana for example if you want to do arachan for Sri Chakra every day, one way is we do it with Lalitha Sahasranama. But more powerful than the Lalitha Sahasranama is the Devi Khadagamala. So what you do, you take the copper Sri Yantra or Meru Sri Yantra, if you don’t have, take a paper sri Yantra laminate it (geometry is very important) at the centre of the sri Yantra you take every name

Example: Om Aim HreemSreemHridayadeviyanamaha –add kumkum at the centre. Do same for every name, until you finish all the 181 names. It will take just 10 minutes. But the energy that you create and the benefit you get is amazing. There are no words to explain and how powerful it is.

Tarpana also you can do it, you can take the water and with these two fingers and add by chanting

Om Aim hreemSreemHridayadeviyapoojayamiTharpayaminamaha

Like that tarpana also you can do.

But haven and archana is amazing where you will feel energy like anything the best possible. You can do this haven for house opening ceremony. You don’t need any other haven like Ganapathi, Navagraha or sudharsan nothing is needed. You yourself if you do this is more powerful than anything else.

The way we had thought in the Sri Vidya workshop you can use haven procedure and you can just say Swaha. Of course it will take lot of time to memories so you just read it and put the ahuti in the haven. Archana also do like this only. We can arachan with kumkum or flower petals or flowers. Whatever flower is available you

can do it. If you don't want flower or if you don't want kumkum then do just with manasajapa. You just feel that You are offering your prana. got the point. You don't need kumkum or flower or anything, you just need to offer your prana. feel that for divine mother you are offering your prana. For what purpose are you offering kumkum archana? Please tell me? Because what happens when I add kumkum arachan means, I am offering my prana there. My prana consists of positive karma and negative karma and when I make a Sankalpa, mother please helps me for the improvement of my business. So what happens when I do archana with kumkum and kumkum has power to absorb my prana and transfer in to the Sri Yantra? And when the prana is transferred, the prana had positive karma and negative karma. The negative karma which is associated with business is taken away by the divine mother and mother blesses me a positive energy so that I can fulfill my desires. It is the power of archana, I giving my negative karma and mother is burning them and giving us positive karma. If I am having sane dosha then I can do Khadagamala Archana, mother I have sanidhosa so please remove this, don't go here and there. Sit and do it. Every year whatever it is sani dosha, rahu dosha anything please do archana or haven. This nine Avaranas represents Nava Grahas. Please understand. Everything is here. You really don't need to go anywhere; with in your home you have all of that in the form Sri Yantra. Whatever dosha you have make a Sankalpa and do archana.

Shivoham!!!

**E=mc² & Immortal Golden Lightbody
-By Sri Sadguru Sivapremanandaji"**

Video link:- <https://youtu.be/uWMrTwNEcc>

Einstein says E is equal to MC squared...

$E = mc^2$ right?

Energy = mass × (velocity of light)²

Energy is there, mass is there...what is a critical factor that can change energy into mass or Mass into energy is light... speed of light, right?

So Siddha says how I can increase the speed of light so that I can change the mass into energy and consciousness, is it clear?

How to transform your physical body into golden light body of immortality is given by our Siddha Masters.

They say, "increase the speed of light"... in

$E = mc^2$ if I increase C what will be the mass (m)? It will be infinitely small...and Energy (E)? It will be infinitely huge.

Who you become? You become Shiva!

But the trick is how I am going to increase the speed of light. That is the path of Shiva yoga! Is it clear?

That is where Siddhas give a technique.

How to raise your body consciousness?

How to raise your soul consciousness?

How to raise yourself from human to Divine?

You see that?

How scientific they are!

How have they been working!!

In India, we say that speed of light is like this... (Shows a gliding line up in the air).

What is the speed of light? It is 3,00,000 km per second.

We are all under this light, so aging is happening.

We are all under this, so friction is taking place.

We are all under this, so we are coming in contact with time and space.

If I go beyond the speed of light? If I increase my wavelength, my vibration beyond the speed of light who you become? You become a Siddha!!

This is what our Maha Siddha Swami Ramalingam has done!

In India one of the beautiful concepts about light is that when we are under the wavelength of light we call it Belagu/Kirana.

When we go beyond the speed of light we call it Jyoti, you got this point?

We only call Jyotirlinga, we don't say BelaginaLinga.

Jyotirlinga means it is not vibrating below the vibration/ speed of light or in the lower dimension, it is vibrating with the infinite dimension of light. That is the significance of the 12 Jyotirlingas!

Why people go and visit them? It will speed up the process of spirituality. It will raise my soul vibration, soul light.

So our Siddhas made these power centres where you go. The vibrations of these power centres raise your vibration; you dissolve much karma there!

**What is the meaning of “Na Ma Si VaYa”- Shiva Mantra?
- By Sri Sadguru Sivapremanandaji**

Video link:-

<https://www.youtube.com/watch?v=r44nfkq0pSg&list=PLgdyFN0Xc7AAEGYDs2VIBt72erEtBI47V>

Tirumularji says, “Na Ma Si VaYa”. ‘Nama’ means Jeeva Atma, ‘Siva’ means Paramatma, ‘Ya’ is for yoga between the Jeeva and shiva. This is what we call “Na Ma Si VaYa”. So the mantra itself tells what the goal of shiva yoga is. “Na Ma Si VaYa,” tells that you are here as a JeevAtma, and you need to experience Paramatma. The moment you experience the Paramatma as Siva, you experience the oneness, i.e. yoga and you as a JeevAtma disappear, and you become Paramatma. I am that om tat sat.

VKG Havan for financial problems!
-By Sri Sadguru Sivapremanandaji

Video link:- <https://www.youtube.com/watch?v=R2-PiwIDC2U&list=PLgdyFN0Xc7ACM1dP3cFVB6YZveon5Nf7p&index=4>

Dear Guruji, how should we use Vancha Kalpalatha Ganapathi (VKG) sadhana to overcome financial problems and gain financial abundance? Could you please provide the procedure? Does VKG Havan give quicker results than VKG Japa, and how many times do we offer the mantra during the havan procedure?

Havan is always a powerful procedure to manifest material world solutions. When you work with fire, it awakens your inner fire, and the outside fire acts as a mediator to connect with the deity and receive the blessing. So even if you do it mechanically, there is a very good result. So, make a Sankalpa to solve your financial problems and do the japa in your mediation. Secondly, before you do the havan, make a Sankalpa and then do the havan with the VKG mantra. You can chant and give ahuti of VKG mantra 27 times, and that is sufficient. The minimum is 9, 18 or 27. But if you have time, you can do more as well.

You need to use all the havan material that is good for finances, as I had explained in the havan procedure. Sugar, jaggery, banana and coconut are some of the materials that work well in solving financial problems. If you want to enhance the effect, you can also use kamalguttama, i.e., the seed of the lotus flower. This is also very good for manifesting Lakshmi tatva and increasing the abundance principle in your soul. So, you can use the lotus seed while doing the havan with VKG mantra. The havan should be done every day, atleast 27 ahuti should be done of VKG with all the specified material, making a Sankalpa to clear all the obstacles related to financial issues and bring harmony, peace, abundance, prosperity and protection to you and your family members. You can also take the Sankalpa of your business and follow this procedure.

I experienced a miracle after visualizing Ma Lalitha in human form!
-By Sri Sadguru Sivapremanandaji

Video link:-

https://www.youtube.com/watch?v=UQb3Zg_oJ24&list=PLgdyFN0Xc7ACM1dP3cFVB6YZveon5Nf7p&index=5

After Vancha Kalpalatha Ganapathi sadhana (VKG), I started visualizing Ma Lalitha in human form. After that, I started seeing a lot of miracles in my life. Why is there so much of a difference in imagining the human form?

It is not that you are getting more results when you are visualizing the human form. You are getting results because when you meditate for a long time, your karmic baggage gets removed, and things start flowing; at that time, you might have visualized mother's human form, and you might have felt that a miracle is happening because of this visualization. But irrespective of whether you are visualizing or not, the mantra will flow because of the deeksha. So, you can try not visualizing, and then you'll see that miracles will still happen because your karmic baggage will be cleared.

OM & SOHAM Difference

SOHAM is the mantra of Silence. AUM emanates from that silence. SOHAM to OM and then OM to Nama Shivaya (PanchaMahaBhoota) followed by the creation aspects.

Shiva Mantra is Nama Shivaya, which is OM followed by other manifestations of different mantra. Otherwise, it is Aim, Hreem, Shreem, Kleem followed by other manifestations of different mantras.

OM is the manifestation of the spirit of Shiva. However, SOHAM references Sada Shiva

SOHAM is the silent sound before the creation/source consciousness and from that the manifestation starts as a Bindu referenced as OM.

SOHAM is the Purusha while OM is the Shakthi or Prakrithi.

SOHAM is the Being level while OM is the Becoming or Creation/Manifestation

My energy is going out of Sahasrara Chakra – what does it indicate?

Guruji during sadhana, sometimes I feel like energy from entire body is moving to top and that heat or energy is going out from Sahasrar chakra. Sometimes like I'm lifted up into the air and I open my eyes suddenly. What does this indicate?

Whenever we do the sadhana, the energy starts to rise upwards. It is a vertical path where the kundalini energy ascends upwards. You are able to feel the energy ascension all the way to the Sahasrara Chakra and getting released. Actually, it is not getting released, but, it is the oneness with the universal consciousness. You feel that the entire energy is connected to the universe.

About your feeling of being lifted, it actually means you are able to feel the lightness in your body (or) you are feeling no body at all. You are feeling that you are inside the air and the gravitational force acting on you is a bit less – your consciousness,

attention or energy is moving from Mooladhara Chakra to the higher level of consciousness. In other words, you are moving from a body consciousness to Soul consciousness where you are feeling no body, less body or feeling the expansion. You are able to go into a Soul consciousness during your meditation. This is a very positive sign.

Trataka to deepen our Dharana Shakti

Sri Sadguruji can you guide us on Trataka to deepen our Dharana Shakti.?

Yes, Trataka is very powerful! If possible, take one candle or a lamp and try to focus both eyes on the fire, candle or lamp and continue looking at the same as much as possible. When your eyes are getting hurt, close them for a few seconds and again open your eyes and watch. This is how you need to do Trataka (or) you can do the Trataka on Sri Yantra (Bindu) – Keep looking at the Bindu as much as possible (or) you can do Trataka on Tirumoolarji – just sit and look in the eyes of Tirumoolarji (or) you can look in the eyes of Latambika which is also another approach. If none of these are possible, you can simply focus and watch on the tip of your nose.

Whatever you focus, you become that. If you focus on the eyes of Thirumoolarji, then you are touching the Soul of Thirumoolarji. If you are focusing on the light of the fire – outside it is fire while the inside, it is awareness. When you focus on the fire, your inner awareness activates. When you focus on the Bindu of SriChakra, then your Sahasrara Chakra or the Shiva Shakthi Oneness awakens in you. So, whatever you focus, the same will be activated within yourself.

When you are focusing on the tip of the nose, it is the merging point of the Surya and Chandra nadi which is the point of Sushumna. Therefore, you are activating and raising your Kundalini. All of these approaches, you can start every day, starting say 2 minutes a day and increase to 5, 10, 15 etc. according to your comfort level. This takes a long practice of many weeks.

Travelling to Siddha Loka and gaining knowledge during sleep

Guruji, you have spoken in your lectures about traveling in sleep to different world and gaining knowledge from guru (like the night classes). Does such travel happen on need basis by the grace of guru or is there any guiding technique to master this art similar to the guided meditation using which you took us to Siddha Loka?

Yes, there is a technique where you need to learn how to go with your Subtle body. During Guru Poornima, we visited to SidhaLoka through Soul travel. In this approach, we utilize our Astral Body, Mental Body and Energy Body as well in order to learn and observe the teachings from the Siddhas. All cannot follow this process. If you want to learn, before going to sleep, make an intention to Thirumoolarji by lighting a lamp in front of Him or Devine Mother. Then, ask Divine Mother or Thirumoolarji – Please take my subtle body to your Celestial World (Manidweepa or SidhaLoka) to teach me to the higher level of consciousness that I am ready for. Do this Sankalpa every day by lighting a lamp and at some point you will start getting dreams and sometimes you will see vivid dreams which is called lucid dreams where you know it is no more a dream – your subtle is there along with Thirumoolarji and that you are learning. It takes some months for you to practice this technique. But, start with intention and prayer to Thirumoolarji and Lalithambika and slowly ask Thirumoolarji to teach you the techniques that are needed to take you to the next level of Soul ascension. Then, both Thirumoolarji and Lalithambika will guide you for the same.

How many dimensions exist and which of these are of utmost significance to a Srividya Sadhana?

Guruji – you have several times mentioned that we are all in third dimension. Can you kindly tell us how many dimensions exist and which of these are of utmost significance to a Srividya Sadhak?

For the present, I will give you five dimensions. This waking state is the third dimension and we go into one more dimension which we call as the Soul dimension where we are aware of what is happening within and outside. Then we go to the higher level (5th level) which is called Thuriyatheetha – in this state, we are not aware of our body and the outside world. But, we just exist as the Beingness or the Pure Consciousness. So, for now just focus and understand these five dimensions. In between there are many other dimensions and consciousness. In some other satsang, I will talk about especially for the inner circle and advanced students, the different dimensions, consciousness and the self. This is a long and complex topic and requires about half day to give a full explanation. But for now, focus on the five dimensions – we are currently in the third dimension and we need to get to the fifth dimension which is called as the God Realization. The fourth dimension is like the Self Realization.

Tricks of the mind:

Mind never stops. What, how, why, you know, these are the tricks of the mind. 'Srividya Sadhana': what is Srividya Sadhana, how to do Srividya Sadhana, why Srividya Sadhana? This, that, what is Mantra, why Mantra, how Mantra? Anything you see, the mind will come, go on putting questions, questions and you have to answer, no? It gives one question, you start searching, you will go to the Google, 'Jagat Guru', accepted by all nations, all informations are there. You go there and search and you get the information. So mind makes you, tricks you to go and study. And when you study and get the answer, do you think you will be happy? No. It will ask one more question, it will make you to search only but it will never stop. The nature of mind is to distract you from your own source, that is your soul, please understand. Once you come under the guidance of a Mastre, Master will teach, these are the mechanism of mind, don't be fool. Meditate, practice. Practice is more important than reading books. Only 5 percent is conscious mind, 95 percent is sub conscious mind. When you are going to clear the sub conscious mind, if you don't practice, it is not possible. So meditate, meditate, meditate. And try to post pond the questions, whatever it may be, surrender to The Divine Mother. Know that, my only goal is Self Realisation, to know my self. First I want to know my self then all the other things. Untill and unless you dont have that Realisation you would not sit for meditation. I have seen people sitting in meditation, suddenly one question came and they leave the meditation and go to Google. Now everything is in Mobile, you know, Mobile will be next to that meditation. And once they enter to the Google, you know, they go from where to where they don't know. Where they go, where they enter, where they land they don't no. It happens like this. If you see your own history of Web searching you see that where you are, where you are going... So it is very important to control that. We need to control our mind; we need to control that search button. Otherwise you go on searching and searching, but you are searching all other

things than yourself. Outside things you know but what about you? Who you are? This is what happening. You know Srividya, you know Kriya Yoga, you know SivaYoga, you know this mantra, that mantra, all of that. But who you are? And you go for this to Google, jagatguru don't give answer. 'Who am I' put in Google, ok? What it says? Only the notes will come. Who am I, the techniques, Vedanta, NetiNeti all that will come, but it will not answer, who you are, yes? That is where you hit, real question starts there. Then the desperation will start. Google is not giving answer, book is not giving answer, none of the Workshop is giving answer, and you see that? None of the outside tools giving answer. Now where you have to search it? The real cannot be answered by any one. Even I cannot answer for you. Because you have to know this. Even if I answer for you, it is going to be intellectual understanding only, only intellectual knowledge, not real knowledge. I have to experience from my own Inner Self, that is my first hand experience, then only that is realisation.

I have lost interest in worldly things after practicing Srividya for 3 years

Video link:-<https://www.youtube.com/watch?v=GCc9aChBifs&t=366s>

It has to happen! For a true Sadhak, he will lose interest in the worldly things. The Vairagya will happen. Of course, three years! Everyday two times! You are preparing for making a smooth transition from this life.

But you see the problem will start now; 'I am in a kind of depressed state!' you know. No interest in the super market, no interest in the politics; this party or that party. No interest in films, no interest in buying plots no interest in the stock market. No interest at all, in the outside world!

So, it is very difficult to explain this state, I can very easily understand this, I have gone through this.

I am going through my job forcefully, for last 1-2 years, as I have lost interest in doing the same things, again and again. Also, I feel to avoid talking to others, as I enjoy the company of Self'. You see, it has to happen!

'Now sadhana has become integral part of my life, I wish Mother will soon provide clarity on my life situation, at present that I am going through'- Actually, this happens as you progress. Where you don't want to talk too much, you don't want eat too much, you don't want to drink too much, you don't want to sleep too much. You want to be with yourself. Sometimes, too much noise irritates you. You know, earlier you were so happy, but now you are not happy. Even at office when people come to you, and chat about other things like weather, incidents, but you are no more interested in them. So, people start seeing you in a different way, wondering what has happened to him? It's the same case in the family too, what has happened to my husband? What has happened to my wife? No interest in talking.

As you progress detachment happens in the outside world and more you are attracted to the inner world. So, this is a sign, that you are living your last life. It won't happen to all. When I tell this, you have to understand why this won't happen to all students. Why does this happen to the only few chosen ones? Because you are living your last life, last birth on this earth, it is symbolically shown to you, that this is my last life, I need to express my divinity.

You need to know how to express your divinity. You shouldn't worry about what others think of you. If I lose my job, what will my parents think? What will my family think? So if it is your last life, only then, will you feel this way.

And this is not for everyone. But don't get disheartened and leave your sadhana. It won't happen to all, but to the ones who are truly sincere, who have surrendered to Divine Mother, allowed the divine will and they are seeking for Moksha and true liberation, to such people all these things will happen.

Firstly, understand that this is a blessing for you. This is grace and Mother will start showing you the way forward. Because once question has arisen, then the answer will follow. She will bring new solutions to your life, new purpose to your life, the soul agenda will manifest to you.

Not to worry, but just one thing that you could do is to continue with your relationships, continue with your job and whenever possible, maybe during weekends, express what you want.

If you want to teach something, start teaching. If you want to paint, start doing that. If you want to be a singer, start doing that. If you want to do some gardening, do that. If you want to be a farmer, start doing that. You have to channel your expressions during the weekend or at least one day during the week or at least one day in a month. Then, this depression state will go away! Its very important!

To handle this situation is very difficult. As you advance you don't know what is happening to you. How should I balance this? I am not happy with the outside things. I feel everyone are so different! I don't belong to this world! so many questions arise.

So be careful about this, and try to attend the Satsang, meet like minded people, be with them whenever you get the opportunity, and if they have same goal or common interests join them. Express yourself! Maybe that could be your job on this earth too after your transformation. So, you have to find your own expression. Creative expression, purpose of your life. And that should be your passion, and not a burden like your present job, forcefully you shouldn't be doing it. It should make you happy and joyful. So, as you progress, your expression will change and your life will change, your creative ability will change. I pray for you, don't worry. Mother will guide you to find your expression on this earth.

Divine light in Pineal gland & leaving body as a Yogi?

Video link:- <https://youtu.be/dpEZscrragk>

Sadhguru Paramahansa Yogananda says that the pineal gland is the highest centre as one when works with the chakras. The meeting point of Agna chakra and Sahasrara chakra is where the Pineal gland is located. In Siddha Parampara, we call this as Shiva. Pineal gland is called as Shiva and pituitary gland is called as Shakthi. There is a great amount of spiritual energy or light which lies between this Shiva and Shakthi or the Pineal and Pituitary, which due to the friction of these two, is awakened. Once this is awakened, then this becomes the living God within you in the form of light, which is called as Jyotirlinga or third eye, called in different ways.

What Paramahansa Yoganandji says is true. When one leaves the body or the prana leaves through the higher centre which means higher ascension. A yogi can do this, not a normal person. But how is a yogi able to do this? because he worked with his chakras, he worked with his nadis and cleansed, healed and energized and he raised his prana from the lower to the higher dimensions.

So , you are already doing this during the Sri Vidya sadhana meditation. You are not just raising your consciousness but you are also awakening your pineal gland during the Level 3 of Sri Vidya Sadhana.

Level 3 of Sri Vidya sadhana awakens Pineal gland, pituitary gland, astral body, subtle body and all the chakras, and brings the soul energy to the chakras.

When you do the Srividya sadhana for life time, whatever Sadhguru Paramahansa Yoganandji said will start happening to you.

Whether it is a siddha, an avadhoota or Parahansa , they all say that one should raise their consciousness to the highest centre, by practicing to move up and down these energy points. A time comes, when you want to drop this body, and with practice you will know to raise your prana to the highest level and then you can leave the body from the highest centre.

It is very true that a perfect yogi, at the time of leaving his body, leaves through the third eye.

There is also a higher level than this. As one progresses, the energy from the third eye also goes to the heart chakra and merges with the universal way at the Manipuraka chakra and leaves from there.

There are different levels of leaving the body. There are people who leave their body from the lower chakras, from the higher chakras and also some who go from lower to higher and again to lower and leave the body.

There are different mechanisms and they depend upon one's attainment.

It is also possible to leave from the crown, which is called Bramrendra , where the energy from the pineal flows to Bramrendra and it merges with the Universal consciousness and leaves the body.

In Sri Vidya Sadhana, when you work with all the chakras, you are raising the energy, you are activating the pineal gland during level 3. At level 2 also you are raising your consciousness to six-pointed star, that also helps. After all these practices, when you reach level 7, you will be able to fulfill as per the words of Sadhguru Yoganandji by doing the Sri Vidya Sadhana.

What is best way to heal our relationship when forgiveness is difficult?

https://www.youtube.com/watch?v=by36bqJIaHA&list=UUSbB58gxTy_EVUYFztgZtGQ&index=13

You see, whatever is not possible for you, is possible by the Divine Mother that you need to understand. Pray to divine mother, ask her interference! Pray to Thirumoolarji and ask his interference! Another best way is whenever we conduct a group meditation, make a Sankalpa and pray to Thirumoolarji and Lalithambika that 'I am sitting for this group meditation and I want to dissolve all the negative cords between me and my mother. I want to forgive her completely at my subconscious level, energy level; because I want to progress in the path of self-realization and God-realization. With this negative energy cord, I don't want to create one more lifetime with my mother in the next life. So, I want to finish up in this life'. So, make a clear Sankalpa, and then you attend the group meditation.

During group meditation, we are actually doing this. I am dissolving all these by bringing the Shivaghanas, bringing the Khadgamala devatas, bringing the Thirumoolarji and divine mother's consciousness energy. Asking them to dissolve the negative energy cords of the students. Remove their obstacles, that are creating hindrance from their sub conscious mind, from their Pithrus, from any past life doshas that are not helping them.

So, what is the intention of group meditation? This is to lift you! That which you cannot do it individually by yourself, that is where the group meditation helps, where we take the help of Sadguru Thirumoolarji; we take the help of 18 Siddhas; we take the help of Shivaghanas, Shivaparamatma; We take the help of Lalithambika, her Athidevathas, Angadevathas, Prathyangadevathas, Yoginis, Khadgamala Devathas. Everyone will be present during the group meditation! It is not an ordinary event; I am telling you! It is a very-very powerful event. You cannot get such a blessing anywhere on this earth, especially at this time, that of great transition period. Make yourself available by coming to the group meditation, make a Sankalpa and things will be taken care. That is also one of the ways to bring healing for you.

How to handle painful memories clearing during Siva Sadhana?"

Whenever you want to clean anything you first clean the dirt. Only then you can see the beauty of the item or the thing. After cleansing the thing Shine with its beauty and purity.

The same applies to you.

Until unless all your Karmic baggage of this life and all past lives is removed; your emotional demons and memory patterns are removed, you will not be happy.

This is a cleansing process. You have to accept this with much pride and feeling of gratitude towards divine mother because she is cleaning our garbage for us which you cannot do it for yourself as you cannot see it.

When you put divine Mother's energy or Tirumoolar's Shiva mantra, it starts cleansing.

It's like our Karmic baggage is a bottle of ink water and Thirumoolar's Shiva mantra is pure water... what happens when you keep on adding the pure water into the bottle of ink water? the inkwater is replaced completely with pure water.

The process has started... its a cleansing process; a purification process which you need to accept with humility and gratitude thanking Lord Shiva. " Lord Shiva, You have brought about this cleansing in me. You have made me to face all my past Demons of my childhood and past life. I am thankful. I let go. This pain that is happening is for my highest good, so I accept it."

This way you have to think, but if you feel the pain is too much, you stop the practice for one or two days... take a break, take a gap.

Settle down with your things if you cannot handle them and then slowly you resume your practice. Okay?

If you feel the release is too much then do Shiva yoga - level 1 only one round. And stop it, okay? Then do Soham and NetiNeti for 5 minutes each and stop.

That's the way... if you cannot handle the release reduce your practice, take a gap and resume the practice.

But you understand this as the highest blessing. We are on this earth and we don't know how much our past life Karma and thousands of Lives Karma are and all these have to be cleared. All the baggage's that we have stored from many, many lifetimes have to be cleared.

Then only your soul can shine and you can bring divinity and bliss in your life.

Shivoham!

Four Pillars of Srividya Sadhana

Video link:- https://youtu.be/S54BbgSL0_Q

There are four pillars in spirituality. First one is Meditation. Second one is Japa. Apart from Meditation we need to do the Japa the mool mantra of whatever sadhana we are doing. These two are very important. Third one is Swaddhyaya. Swaddhyaya means self analyzing. Being aware of your thoughts, feelings, believes ; specially negative thoughts, negative emotions and feelings. First thing is being aware, 50 percent task is done. The moment I am aware that I am getting anger, 50 percent energy shifted. Just awareness only to do. Then a sincere effort shifts your consciousness from anger to breathing. Suddenly, as you progress, you could able to control over your anger, you could able to control your anxiety, you could able to control your depression, and you could able to control your outside negative emotions. You need to aware from morning to evening, how is your behaviour, how you reacted to a particular person. Otherwise you don't bring a transformation. Where there is awareness there is a consciousness, there is a knowledge and there is a transformation in the perception and in your soul. Of course meditation is one part which works with Karmas and Sub conscious mind. And when I am aware that I am working with a conscious mind, can you see that? Conscious mind, sub-conscious mind and your deeper karmic body that I am also working pless I am growing to my Soul consciousness. So these three are very important.

Then 4th one is Seva. Seva means nit is not that you have to work for Moolvarga Centre. Wherever you feel passionate to help the humanity, do it. I want to give something to one child for his education. or I want to plant a tree... ok, or I want to do something to this temple, ok. When no expectation or motive or desire, without desire I am doing some....., some contribution to the world. Do you remember we have discussed about Laxmi Tattwa? If I want to attract the Laxmi, the inner and outer energy should be balanced. If I am making money and the money is not given out in some form, what happens? I cannot able to experience that abundance. So somewhere you have to donate. Just one rupy is also ok. Or one chapati is also ok. Or a small grain of rice is also ok. There should be your contribution from your money, which you have earned. Somehow there should be your contribution from your money, which you have earned. And in such contribution you should feel good, this is very important. You should do it not because Guruji is telling or somewhere you read in a book. It is Universal law that inner energy and outer energy should be balanced.

So in India we call Laxmi Chanchala. Chanchala means She don't stay in one place. Why she doesn't stay in one place? Because there is a Universal Law of inward flow and outward flow. I am earning so many lakhs but I am not spending a single rupy without expectation.

It is not about money only, it is the feeling, this feeling is very important. It is not that 10 lakhshas come so 10 lakhs should go. No. If 1 rupy I am giving out of my love and devotion and with a good intention means what it is? You are balancing your energy So any place where you feel connected, where you feel there is an opportunity to express your gratitude to the Divine, wherever it is, you need to involve, do some work. Or I just plant a tree today, or I want to sit in my home and I invoke Siddha Shakti and send the energy to the earth. I don't want to go to any

Ashrama or anywhere else, I sit in my room and after meditation I will bless the entire earth. That is also Seva. This is more powerful than outward Seva. Because inner world creates outside world. Here you are working with your true world. So I can send healing energy to the people who are suffering. Make an intention, Lord Shiva, Shakti, Shadjuru, please Channel your healing energy to them who really needed, lift them, make them smile, bring happiness in their life. One good intention and doing it just for two minutes also works. Even you do not need to sit, while you are working or doing something you just invoke and have intention, I asked Siddha Shakti that this energy go and fill all of them who are really needed. Or you just send this energy to all trees, to all water bodies, to all the creatures, animals or to the entire earth dimension. So that, wherever it is needed it can flow.. Somewhere you have to contribute your Seva, you have to go without any expectation. And you can do this very simply from your home. No need of anything, even you don't need to go outside. You may have restrictions in your family, you just sit, do it, have an intention, finish. It will work out.

So we have four pillars that we need to manage to grow. Because in Spirituality, how it is? I grow up to a particular level of consciousness and after reaching that level I need to give back. Otherwise we cannot grow. It is like a private company,

Until you go to a certain position there are promotions, after that there comes a big target. Unless and until you pull all of them, unless you do something for the company, you cannot grow. Same here. This is a Divine Company, where the Siddha company want you to contribute. Something you have to contribute. So these Four Pillars we have to manage:

Meditation/Dyane, Japa, then Swaddhyaya and then Seva.

DIVINE MOTHER IS THE REAL GURU AND EVERYTHING!

-By Sri Sadguru Sivapremanandaji

Video link: - <https://youtu.be/-MYa-DmRq9g>

"If you see in our Scriptures, every chakra has one deity, but Lalithambika is for all the chakras. Every Goddess has one roopa, but Lalithambika is the real form of Guru. If you go in Lalita Sahasranama, you will be surprised, Her other names are - "GurumandalaRoopini", "DakshinamoorthiRoopini"

Everything is She!

She is the Guru, She is the God, She is the mother, She is the father, She is the protector, healer, everything - She is the Maha Kundalini, what else do you want?

Whole concept of Yoga is with Kundalini, right? She Herself is the Maha Kundalini, then what else? It is such a beautiful path where you don't need to force yourself, with so many Pranayamas, this, that - where you need right guidance, where you cannot play with your energy body!

Here you are just flowing, and allowing Divine to take care. She knows no? See, when you are born as a baby - the same Kundalini, from one cell, creates you as a complete body - in the womb of a mother.

Once the work is finished, She says - "I think this 80 percent is finished, now I will go and sit at below the Muladhara of my child and whenever my child will call, I will awaken and make him a superhuman!"

You see that! She is working - She is working day and night for you! And She is sitting in You - within You and is just waiting - "when my child will call Me, when I can touch him, when I can heal him, when I can lift him?". This is the only objective of Divine Mother, I am telling you.

When She wanted to hug you as Shiva - you are a Shiva for Lalithambika. She is just waiting - to lift you in such a way - where there is no separation between you and Her, and you become Her! "

DIFFERENT MANTRAS HAVE DIFFERENT ENERGIES!

Video Link- <https://youtu.be/yL46RTAgeew>

Sadhaka question - "Guruji, can I get blessing of Mahapadhuka mantra and 51 letters Tirumularji mantra, if I chant only Vanchakalpalata Ganapathi mantra regularly?"

Sri Sadguru Sivapremanandaji -

"See different mantras have different objectives, different energies, different sources. So 51 letter mantra will help you to go back to your Eshwara Tatva, ParamaTattava. Vanchakalpalata Ganapati will help to remove all the negativity of this life, past life, to fulfill your desires. And this Mahapadhuka mantra will help to connect with your real Guru.

And when we are doing this Srividhya Sadhana, Kameshwari is acting - so I can awaken and attract good people also, and bad people also! So I need to protect myself. I can attract the positive angels also, and negative yakshini also. So Srividhya sadhak is very very powerful as he progresses - as he has the attraction power - he becomes a magnet - he can even attract the nagayakshini, nagakanyas also, Divine Goddesses also. That is the power of Srividhyasadhak. This is because of the Panchadashi mantra, Shodashi mantra.

To protect yourself, Mahapadhuka is needed. That's what - "Hasakafrem" - this is the highest form of Kali Who is surrounding you and protecting you and Shambhava Shiva is surrounding you and protecting you. Mahapadhuka is different - where it will protect you from the aghori forces, yakshini, gandharva, all negative beings - so that you can focus on the positive part - only attract the right people, right angels, right invisible beings, and walk on the path of spirituality. So Mahapadhuka is very important.

So the objective of Mahapadhuka is to connect you, your soul to your real Guru - that is Kameshwara-Kameshwari, Mahashodashi, and Lalitambika. And objective of 51 letter is to experience the ParamaTatva. Objective of Vanchakalpalata Ganapati is to experience the fulfillment of your desires.

So you cannot expect that by chanting one, you get all... But when you are having all of this - chant the mantra according to your need. Atleast Mahapadhuka, Vanchakalpalata Ganapathi mantras can be chanted together."

AWARENESS IS THE "ULTIMATE REALITY"

-By Sri Sadguru Sivapremanandaji

Video link: - <https://youtu.be/GrCNErnj9AI>

"Samadhi is not permanent. You have Self-Realization, God-Realization - they come and go. But once I go on remembering my state, again and again - this will become my practice of spirituality path. So you might experience the waves of energy, and there is the time where there is no waves of energy - you just feel the space, silence, just expansion, okay? - that is the state of the soul. These are the soul qualities.

Again you come back to the mind and energy - psychic qualities, waves of energy, light, sound and all. So you are travelling within yourself!

Soul level you will go and come back. Mind level you will go and come back. Body level, Prana sharira all of this is going on - up and down it is going on. But in all of that, you need to understand that these are all there, they come and go, but what is important is that my presence that is aware of all of this. Who is that? - "I am".

I am aware of all that is happening and that is only the existence. If that awareness is taken away, what is the use of waves, what is the use of expansion and all? So that awareness is the ultimate reality, that I need to abide, I need to appreciate, I need to identify my truth, my reality. Then I go on remembering this - then what happens is that as we progress - you will no more start to identify yourself as the body, no more will you identify with energy, no more you are identifying with thoughts, nothing.

You just remain as knowingness - awareness, that's all. That is what we say - AhamBrahmasmi - So Hum - the One that is everywhere, it is also in me, I am that. So you reach in that, but it is still temporary in the beginning. But as you remember, hold it day to day - this is where again the mantra is needed.

Even "I am Awareness" is the mantra! So Hum is the mantra. Okay? So that is the state after Self-Realization or the practice after Self-Realization. Before Self-Realization, it is Levels 1 to 7. After Self-Realization, remembering, abiding within your soul. That is the practice. Until and unless it becomes so natural for you that you know that, in every activity - whether I am -

Walking - I am not identifying with the body, driving - I am not identifying with the body, eating food - I am not identifying with the body, but I am aware of all those activities.... But I am not attached to that. Then, your karmas are zero And whatever that is happening, that is also zero - no karma. This will start happening.

How to pray & request Matangi Devi's Energy & Presence!
By Sri Sadguru Sivapremanandaji

Video Link: -<https://www.youtube.com/watch?v=pXAiJj4th5A>

Question: Guruji, I have made Matangi Devi as my ista. Since initiation I am yet to feel amma's energy inside me. So how can I intensify meditation and feel amma's energy in me?

When you made the Sankalpa that Rajamatangi is my ista, it is the blessing itself and when you are working with Rajamatangi, she will pull you like a magnet, her energy is like that, not only she will pull, she will pull all the manifestation energy and start guiding you giving the success either in the physical world, material world and in a sadhana, everything she will take care, you just start your sadhana regularly do and pray to divine mother, "Mother show me your invisible hands, am not feeling your energy, please awaken my psychic abilities so that I can feel your presence in every moment of my life", just prayer is needed, sincere prayer from the heart reaches to the divine and brings the love, grace, energy and all the other things.

Ramayan & Mahabharat - Story of Soul Journey!

By Sri Sadguru Sivapremanandaji

Video link:-<https://youtu.be/64Jj7A0gYJI>

Our puraanas, if you go deeper level - Ramayana and Mahabharata – what is the character? How it is connected to my soul? How it is connected to my prana? How it is connected to my chakras? How it is connected to my main naadis? How it is connected to my body? How it is connected to my ego? And if you go on, little bit think and see the characters, their names are so powerful. The names are having a very good meaning and power – and they connect you to all of that. So that will make you think, think and go deeper beyond the story, go to esoteric meaning, beyond that Ramayana.

You see, it's beautiful: Rama, Yana. Who is the “Rama” – the soul. “Yana” means the journey towards the soul. And all characters start coming. When I walk my path from human to Divine, how much you start struggling? What is the help you need? And how it goes? “Hanumana” – another name is MahaPraana. Lord Rama himself is our Lord, then why did he need a Hanumana to win over Ravana? This question comes. See, static consciousness is the “Rama”. Dynamic consciousness is the “Hanumana”. Static consciousness cannot win the mind without having the help of the dynamic consciousness. Mind is the “Seetha” – that is absorbed by “Ravana”, that is the body. You see that.

If you go deeper level, you realize the truth that Ramayana is written for you. Mahabharata is written for you. Bhagwad-Geetha is written for you. Bible, Quran, everything is written for you, to give a deeper meaning. All the Vedas, Upanishads, are telling that go and find the truth about yourself. Know thyself.

Even the Mahabharata – how beautiful it is! Five husband having one wife. Now it is twenty first century. Can you legally accept that five people have one wife? Is it possible? It is not possible. It will make you think – how is it possible that panch-pandavas are having one wife, Draupadi. It makes you think. And if you go deeper level, you realize that these panch-pandavas are nothing but our senses and “Draupadi” is nothing but the mind. And these panch-pandavas start playing the game – **jujata(mundane world play)**- that is the pleasure game that we play in this world, the senses play in this world. They forget the Krishna and these senses don't help the mind. Mind has to call Krishna, Krishna... There is a secret – if you want to protect the mind, you need to take the name of God. Then only you are protected. Then Krishna sends the saree. What is the meaning of saree – it protects her. That means – when I take the name of the Lord, it protects me from all types of negativities. So if I go to the deeper level, “Duryodhana” is us with ego mind, cunning mind. Where is Shakuni? He is us. When this mind is focused on listening to the Krishna – you become Arjuna. Ok? When your mind is involved with all the senses and ego, you become Duryodhana. Everyone is inside and everyday Mahabharata is going on. From morning to evening.

"Mastery over sexual feelings"

"Mastery over sexual feelings"

You see that!

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. Specially when Swadishtana Chakra gets activated, gets healed, gets energized, this sort of sexual feelings can be felt around your Swadishtana 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 NetiNeti 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!

Ajapajapa of 'Soham' for Shri Vidya Sadhaks
-By Sri Sadguru Shivapremanandaji

Video link:-<https://youtu.be/93SDwhNvndg>

Sadhak's question: Because death seems near, although the body seems healthy, I would like to focus on self and God realization more consistently throughout the day in addition to recommended daily Shri Vidya sadhana.

Tirumantiram tantra 2403 says, "The mantram 'Soham', That Vedanta's intone, Is but Siva Yoga." So I would like to continue Soham Ajapajapa, but only with the Guru's blessing.

Could that mantra then be activated for me? Or would it be better for me to focus on Moola mantra throughout the day?

Guruji's answer: After the Sadhana, you include Soham Pranayama, that's one thing, you can do.

And apart from the moolamantra sadhana, for example, we have 12 hours a day, hardly, you may chant 1 hour Moola mantra of Shri Vidya and other time you can chant the Soham mantra, more of aligning with the breathing.

If you do the Soham, it is more effective. Of course, mental chanting is also effective. But apart from that, if you align with breathe, then what happens? Your mind will be less active, your soul will be more active. And your awareness will be more grounded into your present state, present moment.

You have the permission and this mantra is seeded in all my students. Soham is the practice that we do in the group meditation.

We do this so, because I made an intention that this mantra should bless all.

You can do this plus Moola mantra. If you're too much attracted, that you want to give your 100% to Soham, you can do it.

If you do Shri Vidya in the morning, you can do Soham in the evening or the whole day.

APSARA AND YAKSHINI SADHANAS ARE NOT NEEDED FOR SRIVIDHYA SADHAKS!

Video link:-https://youtu.be/D6dJKLj_KHI

"Today I want to tell one more very important thing. One of my students told me that - "Guruji, I have read about the apsara sadhana, I have read about the yakshini sadhana, I have read about the pishachini sadhana, bhootini sadhana, kinnera sadhana, and I am very much attracted to them. I found these in many websites and all and they say that these are very fast result giving sadhanas, and they are very powerful sadhanas, they can fulfill all your desires... And I am feeling more attracted to them so can you give deeksha for these sadhanas?"

I want to make it very clear that if they give really fast result, I would have taught that than Srividya Sadhana!

Yes or no? Its better right, to start with apsara sadhana - many apsaras are there already... I don't need to work for life-lessons, Siddha healing, Siddha mind-power, Srividya havan - I don't need to teach all of these...

These apsara sadhana, yakshini sadhana, kinnera sadhana, bhootini sadhana - these are not really good sadhanas. And it is not true like they have said that it will manifest very fast. And it is not true that they will give instant or fast results as it is mentioned in those websites.

And these are the conditional sadhanas - not like unconditional love. And many of these sadhanas cannot be done sitting at home - please understand that. You have to go to some places, offer some things, and then you have to do it. Some yakshini sadhana you have to do under the tree. Some other sadhana you have to do in the well. Some sadhanas you have to do in kalyani, some under Bilvapatra tree you have to do, some in cremation ground only you can do the sadhana. Some sadhanas you have to sit in the middle of the road and do the sadhana because those energies - like the triangle energies of Sriyantra - those energies will be there at that place only.

It is not as easy as it is mentioned and many people are fooling others saying that it is easy and offers quick results. And has any Master said about this? Did Shirdi Sai say - "Go and do yakshini sadhana?" or "Go and do apsara sadhana?". Did Paramahansa Yogananda say to go and do all these types of sadhanas? Or did Ramakrishna Paramahansa say to go and do these kinds of sadhanas? Did any great Master or any Vishnu avatar say to go and do these kinds of sadhanas? No.

None of us really appreciate or encourage to do these kinds of sadhanas. And these sadhanas are conditional - means, in-between you have relationship with them - the

relationship is like a human relationship - like a wife, or like a mother, like a sister - give and take will be there. And their lifespan is different and your lifespan is different. And their energy body is different - you cannot satisfy their needs. In the beginning you may do, but afterwards you cannot do it. In the beginning you may get some small things, but afterwards the same sadhana will become a problem for you. Then you will be running from this Master to another Master and asking - "Please disconnect this energy as I am not able to disconnect it!"

Some people go for nagas, nagayakshinis, nagakanyas and all. No. I don't encourage my students to go for that and I don't give the deeksha of those sadhanas. Please understand that, it is not needed. I know that highest, the best sadhana is Srividya Sadhana. And people go on telling that it is very difficult to manifest Mother or have Darshana of Divine Mother. But the opposite of this is true actually.

If you see my students experience -on the time of Deeksha only they are experiencing the energy, blessings, Darshana of Divine Mother. Many of them experience in the first level itself. Some of them have tricky karmas also, have many lessons to learn and all of that. And problems don't get solved like this - you see that? You need to understand why you are here. You need to understand for what purpose you are on the earth dimension.

You are on this earth dimension to learn the life's lessons. In order to learn the life's lessons - there is a problem. Otherwise there will be no problem in your life. If you learn the five lessons, which are -

1. Self-Acceptance
2. Self-Love
3. Self-Care
4. Self-Forgiveness
5. Self-Awareness

If you have learnt these lessons, then done, you won't have problems in life. If you understand the Universal Laws, you are done. If you are using the Siddha healing, Siddha mind power, Srividhya havan - you solve your problems faster than any yakshini, kinnera, gandharva, apsara sadhanas. Is this clear to you? So please don't go for all those sadhanas, it is not needed. If it is needed, I myself would have given those sadhanas.

Even I am telling that Srividya Sadhana by itself is complete. But people don't have the patience. They are not ready to learn the lesson, they don't want to do the self-analysis - Swadhyaya, they don't want to meditate regularly - you see that?

And those other sadhanas are with promises - you come here, do this for these many days. And once the promise is complete, you have to do the sadhana again. Some apsara sadhanas are like, if you do that sadhana, you cannot even think about other woman at all. Not outside relationship, even in the mind you cannot think of another woman - even if you have lustful look for other woman, you will get problem with apsara.

Already there are so many problems outside, do you really need another inner apsara problem also? So these sadhanas are not needed at all. Most of these sadhanas are done by the aghoris, tantrics to help someone. For example, some person comes and I want to know what is his problem. I want to see his background. I take one yakshini to just see that person's background and help that person. There are some yakshinis who want to help you in order to help humanity. In that case, I take her help to help another person. Not for making a million rupees.

Many people who really have siddhis, they use their powers for really helping out others. There are some who don't even have mantras mentioned in any books - like Chitradevi, Vakdevi - only with Guru you receive the mantras of these Devis. And Guru will also give these to only that person who really wants to help humanity - there is no other condition for himself or selfish desire. Some nagayakshinis are there - they show everything, they even show the treasure. They show the person's past, they show the person's future. They even show what are the siddhis of that person and where this person lost his/her siddhis. Everything. These are needed for the Master who want to do some social activity, social service to help the students and not to exploit another person or get money or to hypnotize someone or do all of that. This is not needed.

Srividya Sadhaks you have small problems - like money problem, health problem, relationship problem - these things can be solved by using simple tools - meditating at home everyday - and this is a lifetime activity! Please understand this. Problems come, solutions also come. Do you think that there is no problem in the 3rd dimension? Again, problems will be there! And solution also will be there...!

It is not only you have problems - even Gurus have problems! Your problems are different, our problems are very different... Got this point? I am telling you the truth that everybody who lives in the 3rd dimension will face the Universal law of Duality - you will face ups and downs in life. Positive is there, negative is there. Problem is there, solution is there.

But as I progress in the Srividya Sadhana, with the help of life's lessons, with the help of Universal laws, with the help of Srividya tools, I see what is the real cause of the problem, how to solve that problem without worry, without stress, without

depression, without losing my confidence, without fear, I know how to solve this. Then I balance my mind - problem is there, but I am not too much worried. Got this point? With positive expectation, I wait. I solve. And then I go ahead. Is it clear?

This is very important on the path of spirituality. And here, what is our focus? It is Self-Realization and God-Realization. Not just temporarily solve one problem with one yakshini. No. Again you will have another problem. For that you will need another yakshini. This is a life time activity so please don't pollute your energy by connecting to those forces!

Once you connect with those forces, your path, for what purpose you have come here - it is going to get delayed. Or you may take one more birth for your journey to experience the truth about yourself. So please don't go for all of that. Meditate everyday - I tell you - Lalithambika is your own soul! She is closer to you than any yakshini, apsara, gandharva. She is your soul! Please understand that.

Lalithambika is the Mahamaya working everywhere, She is the One holding the Pancha Maha Bhutas, She is the One holding the Navagrahas, She is the One holding the Nakshatras. That's what Parashurama - the avatar of Lord Vishnu says that -

"GaneshaGrahaNakshtra Yogini RashiRoopinam |

Devim Mantra MayinoomiMatrukaam Peeta Roopinam ||"

Meaning that Divine Mother is the Ganesha, Divine Mother is the Yogini, Divine Mother is the Navagrahas, Divine Mother is the Nakshatras, Divine Mother is the Rashini, Divine Mother is all that is! Why do you need to go here and there? Scriptures say that Divine Mother is Navagraha Nayaki, Nakshatra Nayaki and all and ultimately what is your experience in Srividhya? Your own soul is Lalithambika, Rajarajeshwari, Maha Tripurasundari!

When you have your deity so close, you yourself is That, then why do you need to work for other things? There is no faster technique than Srividya. There is no better God than the unconditional love Lalithambika, Rajarajeshwari, MahaTripurasundari! Where She is waiting for you for many many lifetimes, not one life I am telling, for thousands of lifetimes She is waiting for you - "when my child will come back?"- She is always thinking this way about you. We are just playing - one car, two cars, one bhk, two bhk, we are saying - "Mother, please wait.... I still want to manifest....". Actually it is Divine that waits, not you. We think that why Mother is not showing up. Because of ignorance, no intuition, no psychic abilities, I am not able to understand what is going on. With this ignorance, I am fighting with Divine. Divine Mother is closer than anyone else. This is the best sadhana you can do by surrendering to Lalithambika, Rajarajeshwari, and MahaTripurasundari. "

VKG shorter & longer mantra difference!

-By Sri Sadguru Siva Premanandaji

Video link:- <https://www.youtube.com/watch?v=yn-4WMRe5bE&list=PLgdyFN0Xc7ACM1dP3cFVB6YZveon5Nf7p&index=6>

I am doing Srividya Sadhana and VKG sadhana regularly apart from the daily sadhana. I am getting a strong desire to do VKG mantra japa throughout the day. But I am facing difficulty chanting as the VKG mantra is long. In one of the videos, you mentioned the Sri Vancha Kalpalatha Ganapathi mantra's short mantra. You mentioned that those who are initiated in VKG sadhana could chant this short version. So, I just want to reconfirm if I have permission to chant a short form of the VKG mantra during day-to-day activity? If yes, then can you please tell us something more about this mantra and can we get a similar result to the long VKG mantra?

Many people have a problem memorizing the mantra, especially when it is long. So, I have given the shorter version of the VKG mantra so you can chant that mantra during your day-to-day activities. But, you cannot compare the benefits of the longer mantra with the shorter mantra. The shorter mantra is like a seed, while the longer mantra is the tree. When a seed grows into a tree, the tree gives more benefits. Hence, the longer VKG mantra will give more benefits.

So, you choose what is best possible for you. The shorter version cannot give all the benefits of the longer mantra. If this was the case, I would have given only the shorter version of the mantra. The VKG sadhana is very powerful, and if you memorize it properly and chant it for one or two months, you will definitely be chanting the VKG longer mantra automatically. This mantra has a lot of benefits because this mantra has all the Shaktis of kuber, Ganapathi, mahamrityunjay, Gayatri and divine mother, Lalitambika and Bala. I cannot explain the power of the mantra. Even the kaar-siddhi and uchchhismaha Ganapathi, all Shaktis are in one mantra, so give some more effort from your side to memorise this mantra. But if it is not at all possible, do the shorter version for japa because it will boost your VKG sadhana; that is why I have given the shorter version. Because when you are doing the sadhana regularly, and you do the japa, you are holding that energy in seed form, so the VKG benefits will be better.

CAN I HAVE A SRICHAKRA TATOO ON MY BODY?

Video link:- <https://youtu.be/2dfocjcdOng>

Sadhaka question - "Guruji, is it okay to have Srichakra tatoo, on the body?"

All of us laugh for sometime....

Guruji's answer -

"Don't ask next how many Srichakra tatoo can I have on the body? If I allow, next question will be this... And then in which part of the body can I have the tatoo and what size of the Srichakra tatoo can be done....

You can have the tatoo of the Srichakra on the body, no problem at all. Only thing is you have to accept, your partner has to accept, that is very important here. So you can have the tatoo on the body.

Otherwise you can have T-Shirts also, you can have shawl with Srichakra/Sriyantra image on them - it will be Kavacha for you. This it is available now a days.

But real thing is - the real Srichakra is you! That understanding should be there, then the tatoo will work. If that understanding is not there, tatoo will work, but only 3 - 5 percent - you have to understand this."

ANCESTRAL PROBLEMS AND FORGIVENESS

Video link:- <https://youtu.be/ad-32-UaZ7M>

Sadhaka question - "This happened to me once before starting meditation. I remember my ancestor and I did the forgiveness prayer. And as soon as I completed doing the prayer, I felt sudden, intense pain in my chest area. It went away only after completing Srividya Sadhana. I want to know why this has happened and it has not happened again with the same ancestor or with anyone else after this occurred."

Guruji's answer - "So you need to understand whenever we are connected with our ancestor or another person especially the strong relationship - it means that we are connected with energy chords. We are not only physically communicating with another person, we are also communicating, responding energetically with another person.

So, when you are speaking about your ancestor - he is not in the physical plane, but he has his own subtle body. The connection with him and you as an energy chord will be there. So when you did the forgiveness exercise, the energy chord that was connected - whenever it is emotional, it is connected to your heart center. Your heart center is the emotional center where you feel the pain, you feel the emotional burden.

So when you did this prayer, it was successful, and you were able to feel the intense pain of separation - maybe it is not from your side, it could be from your ancestor. He may have felt it - the bond between you and your ancestor is disconnected. Now he is on his own path on the ascension and you are on your own path of spiritual growth and self-realization.

So it did not occur after you did the forgiveness exercise, you did the Srividya meditation, and in Srividya meditation you were able to bring the healing and cleansing to your own heart center. So this is a very positive thing as you have learnt -

1. How to disconnect from your ancestor - very important
2. How to payback and
3. How to manage your energy and walk on the path of truth.

So this is one of the good experiences and even others can understand how to disconnect from our ancestors with forgiveness - when we feel any guilt, any hurt and liberate from this relationship, from this issue, from this bondage and walk on the path of truth.

Purpose of mantra japa apart from meditation?

Video link:- <https://youtu.be/dZTbvPPik-Y>

What exactly is the purpose of chanting mantras during the day, outside our sadhana? I have noticed that I feel very alert and powerful when I chant the Krodha Raja Bhairava mantra when I am out of my home. But should I be chanting the Srividya level 2 mantra or Rajamatangi's Moola mantra?

When we do japa, we are holding the vibration of the divine. It is called feeling the divine presence during your waking state of consciousness. In meditation it is easier to feel divine energy, divine consciousness and divine vibrations. But when we come outside the meditative state we experience different emotions, different thoughts—some of them are positive, some of them are negative. So instead of thinking about all of this if I go on chanting the mantra holding the divine vibration, divine presence can be felt and we experience that divinity in the present moment. At the same time, we burn the thinking pattern, negative worrying nature, and all the unnecessary thoughts and we start creating a new future that is good for our life. So, mantra japa after the meditation, after the sadhana is very important. And self-analysis (how many times I think of negative thoughts in a day, how many times I think of negative thoughts in a day, how many times I behave negatively with my family, people and my job), everything should be observed as a soul, as a spark of Shiva-Shakti. Remembering always whenever we detach and observe we take one step ahead to the path of ascension. That is, self-ascension is a vertical path. So japa is very important. So apart from meditation, do the japa.

The second question you are telling is that you feel more powerful with the Krodha Raja Bhairava mantra. It's ok, you can do the Krodha Raja Bhairava mantra then you also do Sri Vidya level 2 mantra, then you also do Matangi mantra. So you have plenty of time—twelve hours a day you are spending your waking state of consciousness—so half-hour to one hour you chant Krodha Raja Bhairava mantra where you feel good and other half-hour to one hour you chant Rajamatangi mantra and other half-hour you can do Sri Vidya level 2 moola mantra. Like this, you plan according to what is convenient for your work nature, for your family life or your day to day activities. And sometimes being in silence, especially when the negative thoughts and all of that will come, is also good. So, maintaining silence and doing japa is very important on the path of spiritual growth and progress.

CREATOR & CO CREATOR !

-By Sadguru Sivapremanandaji

Video link:- <https://youtu.be/rl-VUypFJ7A>

Being aware of your power - that I create, co-create with my thoughts, feelings and beliefs - this is very important.

Otherwise you will worry - why worry?

Because, lack of knowledge that I cannot create...!

Why is it a worry? Because I don't have the control...

Why there is worry, disturbance? Nothing is happening, I am powerless....

The day I realize - the Consciousness in me has the power to create, my thoughts create, whether it is positive or negative - in past life also I had created, in the present life also I have created, but the only problem is that I cannot see what cause is creating the action that I am experiencing in my life. That is the problem, because I don't have the eye to see.

But everyone of us are creator - co-creator!

Individual level we say co-creator. Universal level I say - creator!

Why is that we cannot say - "I am creator!"?

For example - if your belief system is strong, but your wife's belief system is stronger than your belief - she will disturb.

If I am doing healing to my child - I am believing - "energy link is perfect for my child!" But my wife is believing - "without medicine, there is no healing for him!"

You are doing, she is laughing there. If your power is more - your soul power is more, it will heal. If your wife's power is more - she believes more that medicine only heals - then what happens, she is observing also - you are observing - effect of this quantum field - observation effect happens!

So this is very important - we are co-creator at the individual level!

At the soul level what I am? I am the Creator!

After the meditation of the So-Hum - you say that I am God! I am Shiva! This has to happen means, it happens! Here there is no co-creation.

Can you understand this? Individual level is different, after meditation when I go to

So-Hum, when I know that I am the formless consciousness, I am the Cosmic form - then whatever it may be - even my wife, my daughter, everyone is me only. There is no difference - I am a Creator!

See, this is very important to understand who is the Creator and Co-Creator - when I have the power to create and dominate the Universe!

Otherwise what happens? Family karma will be there - family karma is influencing - it is influencing - your children are influencing, your parents are influencing, so you are co-creator!

Maintain Same Time & Place for Srividya Meditation to Attain Good Concentration

Video link:- <https://www.youtube.com/watch?v=EKWOSft2SrM>

You should maintain same time, same place every day. Same time, same place every day. This principle of time is very important in sadhana.

Consider a situation that I am preparing for any examination, ista aptitude test where timing is 9-12 ok. I want to perform my best in this aptitude test. What I need to do? I have to train my mind during 9-12 so that it can solve the paper in the best possible way. If I regularly practice/study between 9-12, my potential to solve the question papers or give my best in the test can be managed.

Hence the "Principle of time" is very important.

For example, Every day if I start drinking tea at 7'O clock and I continue to do this for 1-2 weeks. After the 3rd week what happens?

At 7'O clock I am sleeping and a thought of tea will come in my mind. Yes or No?

You train your mind. You train your mind with your habit.

If I want to go deeper into the my meditation - what do I need to do? Use the same principle

Make a determination that at 7'O clock I should meditate. After 2-3 weeks, one month what happens?

Even you are sleeping, thought of divine mother will come. Even if you are sleeping you are in meditative state. If I maintaining the same time what happens, I go deeper.

If you don't maintain same time, what happens?

Today at 7'O clock a thought of tea will come. Tomorrow I meditate at 10'O clock.

During meditation a thought of office and business will come and you are not meditating on Srividya sadhana at all. You will be in the thoughts of your business. Your whole meditation will be in business only. Only 5-10 minutes you will be concentrating. After that your mind will take control of you. Because that is how it is pressurizing you about very important need.

One more thing that you should know is that your mind always wants to tell you that all other things in your life is more important than meditation.

When you sit into meditation, your mind is so powerful that it will come and tell you "You go. You need to do this today. You need go there. You have to pay that... You have to do this" in meditation only. When you are having tea or coffee it will not disturb you. This is the play of game - Maya.

You have to know that inside you there is one enemy. If you know how to make it as a friend, it will help you and make you as a King.

That is what we are going to teach Siddha Mind Power. "How to make your mind to listen".

If your mind listens and accepts you, it becomes a belief because it enters into subconscious mind. Subconscious mind does not have any thinking ability. It only produces. It brings all situations and can make any impossible into a possible. Hence Kamadenu and Kalpavruksha is within us. We should know how to use it otherwise it is very difficult.

So maintain the same time. What does this help? It will help to train your mind. It will help you to have a good concentration. What I tell to many people is to Meditate on same day at same time. You will observe that after few days, automatically thoughts of divine mother will only come.

Then you will not struggle with your thoughts. As you progress, you will go into deeper levels of samadhis. You need not have to wait for years.

It is very important principle.

Second aspect is that wherever we sit and meditate, our energy is anchored.

Here I am sitting and invoking divine mother. What happens?

I am receiving whatever energy that is extra that is discharged into my surroundings. So when I sit and meditate on the same place, I get all the positive results. It is very important.

For example, if you are fighting in one place say hall or dining hall.

Every time you go there you feel irritated because that energy is there. I tell people to be careful about what they entertain in their home. Vastu of home is because of people than doors and walls. Vastu is because of you and not doors and walls. How much energy a door can create? How much energy can this window create? You are the energy machines. Every day from morning to evening you keep thinking and releasing the thoughts, energy and feelings. Hence you are most important for Vastu than anything else. So it is very important to have positive energy, positive aura. How does positive energy, positive aura help? The day you start sitting, meditating, receiving and your aura starts expanding. Your physical body has a limitation. Energy body does not have a limitation! Astral body does not have a limitation! You can expand it to not just meters but to any Kilometres.

When Buddha was sitting, his Aura used to be there for more than 10 Kilometres. Whoever goes to that place automatically becomes silent. Even you can. As you progress in your sadhana, you raise your energy (divine energy of harmony, love and unconditional energy and aura). The moment the person thinking negative about comes near you, he will think positive about you. This is how you make your enemy as your friend with your sadhana. That is what your Tapobala, that is what is your Power of meditation that will make other enemy into your friend in your life.

A person is scolding. The moment he comes next to you, he becomes silent. Questions will go.

Some people come next to me, they don't remember the questions. My aura is "full silence". People will have questions and they come near me, the questions will not be there. Again they will come. So it is what your energy creates.. Silence, acceptance and magnetic personality.

You will observe changes when you attend interviews. No matter how it is. Your words have so much power, charge and energy because it is coming from soul - coming from your divine mother.

Hence same time, same place is very important.

But many times it is not possible to maintain same time. Many times it is not possible to maintain same place. In that case do your best and use the protection shield that we are going to teach. Because in you home you need to protect from your own thoughts.

Srividya Havan

Video link:-https://youtu.be/LZLt_NEQFnU

A very powerful Havan where 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 member? How it is going to help you and your surrounding? How you can Cleanse your Subtle energy, Negative energies, Entities and all of that with Havan. At the same time you bless your entire home with the Positive Energy. The nature of fire is that it Burns and Transforms the form, if I put the paper into the fire what it happens? is the form of paper is same or it will be transformed? And our Siddhas discovered that if I put the Negative thoughts in that fire what it should happen. It should turn into Positive. This is a Universal Principal of how I can take a pure element that is already available on this Earth planet use it to burn my Karmas. And they have technology of Intention, where there is Intention there will be Attention, & where there is Attention there is a your Soul Power Energy. It's universal, so they wanted to troubleshoot the specific problems of your Life.

Secrets of Mantra, Yantra and Tantra

- By Sri Sadguru Sivapremanandaji

Video link:- <https://www.youtube.com/watch?v=EWAbzCuppkc>

The moment I chant those mantras that energy has a qualities of divine love, divine bliss, divine joy, harmony, abundance prosperity. So these are the qualities I am seeking in my life, right, so I need a some force that can come and start bringing those qualities in me and in my world, in my world. Durga is that power. Durga is... So if I want to that bring that you know that the bliss joy harmony love in relationship abundance prosperity overcome all the negativity all that tantric effects or the enemies court cases, this and that you know whatever may be. So who is the one I need to connect divine mother. So first this should be your first understanding who is Durga and when I connect and chant her mantra what I am going get from that. So mantras are the vibrations, mantras are the codes to connect with the divine source. For example we have a mobile numbers, right, there are only 9 numbers 1 2 3 4 5 6 7 8 9 last one is 0. When these 9 numbers are ordered or placed in a different way, what happens it become a mobile number for different people. So when I, to connect you, what I need to do, I have to type that number so that I can connect. Same with the mantras, Aim Hreem Kleem. When they are in order or connected with these specific codes I connect to that power source. Is it clear to you? So when I connect to that power source I start receiving that energy because I have physical body at the same time I have a energy body. So I plug my energy body to divine source called Durga I start downloading her energy. I start downloading. So once that energy starts coming in me what happens, its qualities starts manifesting in me. Earlier I was so fearful, now I am not fearful of. May be I have fear of death, fear of height, fear for the you know, forest, some people are fear for the market also, I have seen. People have different type of fears. Then once I start happening it should change your, you could overcome your fear then you know that yes, Durga is helping me to overcome my problems. So slowly it always in spirituality we call Riddhi and Siddhi. Siddhi is outside accomplishment before that it has to happen in our inner world, in our psychic level. So Riddhi is psychic abundance, siddhi is you know physical abundance. First Riddhi will come then Siddhi will come. So it is very important when we start doing sadhana the spiritual sadhana in a right way as guided by master then you start getting all this changes happening at your thoughts, at your feeling, at your belief level at your... Then so what happens outside problem start... Because who created those problems you only the greatest master of your life. If you have created a cancer I bow down to you, because you out of ignorance created your... One simple example you take your food habits and see the body structure and take a person who is exercising every day and see the body structure, how you have created you know because it is very easy to have physically what you eating to show up very fast results but mentally what you creates takes time to manifest in this physical world. Because subtle thing subtle matter to manifest as a grosser physical matter it takes some time, some months. There is something like you know I put the water ok to become to make it a ice in refrigerator it need some time right, it needs some time. So we are in this 3 dimensional world where space and time is influencing. So I should do my sadhana

sincerely with acceptance with positive expectations and allowing myself for some months, some week, some days then I start seeing the results. Now a day's what happens, this a 21st century instant coffee, know, instant coffee. The moment I do the sadhana I should get it. If I am not getting you know they just take a deeksha and after 1 week Guruji nothing is happening, Guruji nothing. Know, I visualizing I am following the principles that you have taught nothing is happening. I tell them allow some more time, allow some more time and don't go on you know digging the same things that the nothing is happening nothing is happening. It is something you know I put a seed into the soil, right. So what I should do, I should have a faith that it is going to become a plant or tree and my only job is water every day add some fertile thing and protect it. So it going become a plant and produce a, become a tree and. After one week you remove this and see the seed, you know, nothing is happening. Do you think it is going to grow, no know. Same thing, thoughts are your seeds, when I put in my conciseness, ok when I accept it the seed enters to my conciseness and every day with my positive expectation visualization and meditating that it is going to happen it's going to happen and allowing for some time that you believe it may take this much time you believe that it may take 3 months. Then you start seeing the result and at the same time protecting it you know you need to fence it. Otherwise you see if I put the seed ok adding the water and if I don't put fence around this, some cow can come and eat or some dog can come. Now a day's human also does all the dog and cow act, got this point.

You need to protect, what it mean by protect keep your sadhana secret, keep your sadhana secret and your thoughts and your goals secret. If you tell to your, you know someone who is not believing in spiritually may be your husband is not believing or your wife is not believing or your parents do not believe. Now you sitting in a meditation and you see so much you know good energy so good vibration and so blissful you know a thing. Now you tell to your wife or the one who does not believe they will laugh at you. You chant the mantra, you laugh and you think that is going to change it. So what is happening you lifted yourself in meditation but another person the moment you share who is you know do not have idea do not know what is this the science and you tell them what they do, they will pull you or there some more people you know they put the you know some other things. They are not happy with your know progress, they are not happy with the progress. They will tell you know, be careful you are hypnotizing yourself be careful you are you know creating a problem for yourself be careful this. Now you become you know or it could be your imagination is it possible for a divine mother to come and bless you. You are an idiot. You see, your own friend come put one seed into you and if it comes from your friend you know it is like lord Krishna blessing you, it is like a lord Krishna... Then you accept it then you what happens you have experienced it as a first hand but you are not accepting your own spirit. So why I am telling secret, it is not for something you know to hide it. It is for your progress, it is for your focus so that you can manifest one, is it clear?

The people will you know as you progress people will be surprised will come and ask you are looking different your energy is different you are so happy what are you doing. Your, you know your face is glowing I have compared to early now it looks very... you are not anger face. Earlier you used to smoke so much now you are smoking vey less why are you not meeting me at bar, you see that. You start seeing, I am telling you these are all inside out creation. May be you struggle for

alcohol, may be you have struggle for smoking but I tell you the moment that the divine force comes it will start changing your inner mechanism it will start changing your bad habits it will start changing negative thoughts feelings it will start removing unwanted negative people in your life except husband and wife ok. It will start removing all unwanted people. So this is power of spiritual sadhana this is a power of meditation that you need to understand.

So now we understood who is Durga, ok, what are her qualities if I bring her in my meditation if I connect with her everyday what benefits I can get it? Ok, now I will come to core subject, what is Durga Saptashati. Ok, some of you know, some may not know. So Durga Saptashati, it is a sadhana that is given in the Markendeya purana. So this has as a name suggest Durga Saptashati, Durga is a name of divine mother. Ok, sapta means 7, shati means 100 and Duraga Saptishati slokas. So there in this you know a practise spiritual practise the sadhana you have to chant Durga you know a saptishati means 700 slokas, 700 slokas. So each sloka has a different vibration and energy that you can invoke and take the help of that and solve your problem and change your life. Is it clear?

What is Durga Saptishati? So this Durga saptishati you know has a 7 chapters, has a 7 chapters and here we have divided them as a 3 sections. One is first section you know for some chapters and 2nd section and 3rd. There if you see traditionally prathamamadhama and uttama. So they have divided in a 3. Why they have divided they have divided because of the Durga manifesting as different forces. Durga as first manifesting as a Mahakali first one right, you know a pradamaaddahaya where divine mother kali force will be there her slokas her energy. 2nd one 2nd chapter 2nd section not a chapter, section 2nd ,madhyama where we invoke divine mother in the form of Mahalakshmi it is there then in last section we invoke divine mother as a Saraswati. Is it clear to you?

So this Durga Saptashati and this how is they have divided, you know in 3 sections. Now question comes why they divided why they have divided why there are 700 slokas why not 1000 slokas. Why not only 1 sloka you know. Now a days we want only, you know, as less as possible. You know, because as a householder we don't have much time to do the Sadhana. We want one and get all. We want to do one sadhana but get all. Now days the way the mind thinks with all the difficult things we are getting all us gathers and all of supportive tools our mind expects same thing in the spiritual world so this is how they have divided. Now you need to understand there is a pure consciousness what we call it as Lalitambika Rajarajeshwari Maha tripursundari. That pure consciousness as oneness of Siva and Shakti. The form of oneness of Siva and Shakti is what they call Mahatripursundari. This pure consciousness is a static consciousness. It will not act. It just a Sarvanandayamaya. It is not a time space consciousness. For this static consciousness to become a dynamic consciousness it needs a 3 force what are these 3 forces. First force is Eichha Shakti, Echha Shakti, next force is Dyana Shakti 3rd force is Kriya Shakti. So the consciousness static consciousness become a dynamic consciousness. A consciousness become a creation what I am telling is become a creation you need a 3 forces. If what is my Eichha Shakti I want to lift this paper, I want to lift this paper is my Eichha Shakti, how to lift this is Dyana Shakti I can use my hands to lift or I can ask him to lift this paper is called Dyana Shakti and lifting this paper is what Kriya Shakti. If these 3 forces are not there my thought cannot manifest into a creation. Is it clear to you?

My Eichha Shakti to create what I want to create I want to lift this, it is my creation it is my creation. So consciousness become a creation, static consciousness become a dynamic consciousness with the help of these 3 and the same forces what I call eichha Shakti, Kriya Shakti and Dyana Shakti as Mahalakshmi, Mahakali and Mahasaraswati. Is it clear to you?

Mahatripursundari manifest as a 3 forces that is Mahakali 1st, Mahalakshmi and Mahasaraswati. And these 3 forces with permutation and combination form again you know cascade what we call Dasmahavidya. From the source the moment a paramatva says paramabrahamaswarupa or paramatma says I want to become a many. Earlier there was a God from that God had Eichha a desire a vibration or has a world and he becomes... (Many). So Paramatma he just a pure consciousness, he want to express himself as a many that desire of it we call it a Kamarupeni Kamakhi Kameshwari. Lalitambika takes a form of Kameshwari during the new moon day that is where from the creation starts. From darkness to the light that is full moon day. New moon day is like black hole from that then start coming creation all this as full moon day. So the pure source paramatma has a desire that he want to become a many. To become a many the eichha has come then with that eichha intelligence came, how to do it, with that you know how to do the, you know action to do that eichha or fulfil that eichha or the desire has come. So Mahakali Mahalakshmi Mahasaraswati. And these forces like Mahakali and Mahalakshmi together they are called one more God. Got this point, together they become a one more God. A Saraswati and Mahalakshmi energy together they become a one power. If you see the Kamakhya in Assam or Guwahati right, so she is the form of Tara and Kali mixed with a Lalitambika, these energies. If I go to the you know Kamakshi, Kanchi Kamakshi there is a force of Parvati and Lakshmi mixed together, she become Kamakshi. Can you see that? The same source they are coming but because of mixing of the energy her vibration is different, her yantra is different, her mantra is different. Because I need to connect to that source invoke that power and change my life. Is it clear to you?

So how the mantra yantra tantra happens. Why divine mother has taken a different forms? Ok. So here Mahakali Mahalakshmi Mahasaraswati 3 parts. Ok 3 parts and why there are 3 parts, again you need to understand because we are living in a 3 states of consciousness. What are 3 states of consciousness? Waking state of consciousness ok dream state of consciousness and sleep state of consciousness. So our whole life, from born until we live on this earth then die and leave this body and complete creation. So this complete life we are living day to day in these 3 state of consciousness. So to bring transformation in these 3 states of consciousness we need a these 3 (forces) ok. And again one more important thing is we are made of 3 gunas qualities ok. One is tamo-guna, rajo-guna and satva-guna. Mahakali is needed to overcome the tamoguna, Mahalakshmi is needed to overcome rajoguna and satvaguna Mahasaraswati is needed to overcome satvaguna. We know that a satvik quality is very good, satvik quality is very good and all our sadhana is to become satva to purify ourself to become a crystal clear but it is not sufficient. You need to become or you need to go beyond 3 gunas also and reach a parama-tatva, parama-tatva. That is ultimate consciousness, ultimate consciousness. That's where again the force of Durga will help you. First she will take form of kali to cleanse your tamo(-guna) then she take form of Mahalakshmi to cleanse your rajo(-guna) then take the form of Mahasaraswati to cleanse your satva(-guna) and take you from

satva to...That is why Sadguru Adi-shankaracharya could able to establish Mahasaraswati in Shringeri. Why he has to establish all ultimately her in that satvik form so that she take you to beyond that beyond this. You become a going every this. That's what the representation of Trishula also. Why Siva is holding the Trishula, because he has transformed these tatvas these gunas, you know. He become like a parameshwara. Even same the moment you transform these gunas what you become, so it is called om-tat, AhamBrahmasmi. These are the main Vedya-vikyas. This Duragasaptashati help you to go to that or to experience that knowledge of the Vedas. So could have an understanding of this, any question here? Any question.

Now why there 700 slokas, this is also very important part, Why there are 700 slokas? Why not you know 1000 slokas? Why not 500 slokas? Because we live in this body in a 7 states of consciousness and those state of consciousness represented by our own chakras. How many chakras we have major chakras, 7 chakras. So to go from Mahakali to Mahasaraswati or Lalitambika Rajarajeshwari. I need to go step by step. Is it clear? I need to go step by step and reach to my oneness with Siva and Shakti. So at the Muladhara what is the tatva that represent is a Prutvi. So, I am on this earth yes, I am on this earth where I need to go, to become divine to become, a transform these tatvas even pancha-mahabhutas, then guru-tatva then Siva-shakti and merge with... So we call it as a map, so 7 level of consciousness, 7 levels of energies that represent 700 slokas. Every chakra is, like you know 100 slokas. So Durga saptishati is a sadhana of from human to a divine, from human to a divine. Is it clear to you? Why there are 700 slokas? And now this path from Muladhara to Manipura is like a Mahakali. From Manipura to here Vishudhi is Mahalakshmi. And from here to here Mahasaraswati. So there are the 3 sections, got this point. Prathma-adhayamadharma-adhayauttama-addahya. So as I read the Durga-Saptashati I step by step reach my divine state of consciousness.

Guru Tattva & Different Types of Gurus **- By Sri Sadguru Sivapremanandaji**

Video link:- https://youtu.be/0Sd_kk5ePKU

Guru Brahma Guru Vishnu Guru Devo Maheshwara, here one more step it's very important Guru Sakshat Parabrahma Tasmai Sri GuruveNamaha. Guru is a creator, Guru is the sustainers, Guru is the destroyer. But ultimately who is the real Guru-Sakshat Parabrahma for that Guru Tasmai means I offer my gratitude and love. So here this Parabrahma is a real Guru. This paramtattva is the real Guru that we need to understand who is the real Guru and this Paramtattva is guiding all of us through different human bodies, through different objects in our life. May be sometimes you may learn something from a tree something you learn from your friend something you learn from your own family member something you learn from some book. But it is a principle that is guiding you through different objects through different people in your life. So I told, you know, we meditated we offered our gratitude to all the masters somehow they have helped us to reach one step, to reach one more step, to reach one more step towards Self-realization towards God-realization. So real Guru is Paramtattva you know or Parabrahma. That you know consciousness, truth consciousness soul consciousness or divine consciousness that is a real Guru. First this should be our understanding that is real Guru. So we call divine mother Lalitambika Rajarajeshwari Maha tripursundari is Dakshinamurthi roopini means from Dakshinamurthi that guiding principle is flowing to the Rushis. You see that we are not just worshipping Dakshinamurthi we that go beyond to see who is a background that is Lalitambika Rajarajeshwari Maha tripursundari. So she is the one who is the Paramtattva who is the real Guru of all Gurus who is a real master of all Siddhas, Yogis and Rushis that is Mahatripursundari. A oneness - it is the form of oneness of Shiva and Shakti. It is not a Shakti, it is not a Shiva, it is a oneness of Shiva and Shakti that is the real Guru principle that the Paramtattva param or parabrahmaswaroopini, we call it with different names. But that principle is guiding. In Lalita Sahasranama again it is said GurumandalaRoopini, you see that, if I have a Gurumandala of masters, of siddhas in siddhalokas or Rishi in Rishi or any other different dimension that mandala that collective consciousness of the masters where the energy the teaching principle is there that is nothing but divine mother Lalitambika Rajarajeshwari Maha tripursundari. So I we prayed today Jaganmata you come as our master and guide us lift us help us. So she is true master. She is a true master who is teaching through Siddhas who is teaching through different Yoginis who is teaching through different books, through different technique, through different mantras, through different experiences.

So real Guru is that you know unconditional love compassionate divine mother Lalitambika Rajarajeshwari Maha tripursundari .That ultimate source is the real Guru. But here the real problem will come - the problem will come to understand the Paramtattva. If I tell you that, that principle is the Parama, your mind can not understand your mind can not understand because your mind do not know who you are first of all. You are a spark of a Shiva and Shakti. Every scripture says every Upanishad says every Vedas says that you are temple of Shiva-Shakti you are a

spark of Shiva-Shakti, you are a spiritual path of Shiva-Shakti or that divine consciousness or truth consciousness or the nature of you is Sat-Chitta-Ananda. But the problem is our senses cannot understand or our mind cannot understand our intellectual abilities cannot understand who am I? That Soul, that Chaitanya cannot be understand. So the real Guru is within you as a soul. Real Guru is within you as a soul Chaitanya, Parabrahmaswaroopa. But our mind cannot understand, our senses cannot understand. So this is the true inner Guru - this is the true inner Guru. To reach this inner Guru you need a external Guru. Got this point. I cannot see with my own eyes that I have a Guru already within me. That spark of Shiva-Shakti is already there that guiding principle is already there in me. But with my mind intellectual abilities I cannot experience I cannot understand I cannot accept it. This is very important and very challenging that to accept that there is a Guru principle that is working within you already. So you need a outer Guru - you need a outer Guru. One more person who has to teach you who has to guide you to take you to your inner Guru. So that is the job of outer master who will take you to your real Guru - to your real Guru, I am telling again. So outside master are reflection of inner master, you see that outer masters whatever whomever you are learning from whatever master is helping you to go one step ahead towards your path to self, to discover the truth about yourself that what we I have given the quoting "Discover the Divine Mother Within You" Srividya Sadhana - Discover the Divine Mother Within You, not outside. She is living you as you. Only she is going to manifest her own ultimate truth consciousness as you progress with your sadhana step by step. So first we understand who is real Guru, then we understand what is inner Guru - what is inner Guru Then we understand who is outer Guru and how he can help to us? Is this clear to you? So this is very important to have understanding. Now outer Guru is there again there is a qualification and there is you know a step for the outer Guru. This is differentiation. Guru is there okay, Sadguru is there, Siddha Guru is there. Guru is there, Sadguru is there, Siddha Guru is there. So Guru is the one who experienced the truth who experienced the inner Guru and know that inner Guru and try to manifest it outside, through his words through his expression through his actions. The person who just understand the inner Guru that is soul that truth consciousness that Satchittanandaswarupa is the real Guru real master real Siddha within him. After understanding he guides outside person to reach inner Guru. So we call him as Guru-outer Guru. Where again one more stage-higher stage we called Sadguru. Sada-means the truth Guru who experiences who experience himself as a truth consciousness plus who expresses that truth consciousness outside through his words through his power through his actions. First just this realization second is expression of that realization through his personality. So we call self-realized master. Self means not body not mind but the soul that truth. So that we call Sadguru. Sadguru who experienced the truth experienced the real Guru who experienced the Shiva-Shakti who don't have any differences who whose I-consciousness became that. He is the Sadguru a self-realized master. Now we go one more step, Guru, Sadguru, Sadhguru. You see that Sadguru Thirumoolar our Siddha our real master what it means a person who experienced the truth Paramtattva, expressing that Paramtattva truth through his words through his actions through his soul power initiating people seeding this truth consciousness into his another student soul. Awakening another student

other people awakening Paramtattva in their soul through deeksha through Updesha. That is the Sadguru.

But Siddha goes one step ahead - Siddha goes one step ahead and not only he expresses this Paramtattva through his words through his actions but brings that Paramtattva that truth consciousness at the physical cell level this is very important where he transformed his physical body into a golden light. He is not just immortal with his consciousness his is immortal at the physical level. So we call him as a perfect Siddha. Until you have this physical body still imperfect, limitation is there. The moment I transfer this body into golden light of unconditional love, golden light of truth consciousness or Paramtattva that Sharira into immortal body then that master is called as a Siddha Master. This is very important to understand who is a real Guru who is a inner Guru who is a outer Guru and what type of gurus and what they can have a power to give to you.

A just a Guru help you with a Updesha, Up-desha. Desha means place Up-means near to the place. Updesha means to bring you near to the place. What is the place you want to go near, to Shiva-Shakti - to Shiva-Shakti to truth to experience the truth. So that is what we call Guru gives the Updesha. What he does he brings you nearer to Shiva-Shakti, nearer to sat-chitta-ananda, nearer to truth consciousness. That is Updesha Guru can give. So you see that many masters gives the mantra and ask you to do all the purshacharna, it is Updesha. It is a guidance to follow this path that will lead you nearer to the truth, Updesha. Then if you go for a self-realized master Sadguru he not give you a Updesha he gives you a Deeksha. Updesha is different, Deeksha is different. Updesha means guidance is given but you have to earn from yourself with that technique` with that whatever you do. You have to do millions of Japas, you have to do the you know Havana, Tarpana, Homas Purushacharanas all of that. That is what Guru gives. But when you receive the Deeksha that is given by a Sadguru what he does - Sadguru seeds his truth consciousness in your soul. You see that he charges your soul with that Paramtattva directly. You don't need to go with you know chanting the mantra to reach that. Directly I seed that truth consciousness into your soul. All you have to do is remember connect and experience. So that is a Sadguru where he does that. Then if you go for higher level. Siddha it is something very different. He directly gives a self-realization. This is what our you know master Sadguru Thirumooler. No mantra to chant, no you know form to worship. Just to connect and surrender - connect and surrender. That is what lord Krishna said in the last chapter 18th chapter. He didn't say in the 1st chapter because he knows that. He is a Siddha you know that a pure consciousness Krishna. He says surrender to me I give this to you. Same with Sadguru Thirumooler, surrender to me I pass this to you. I am living in a physical body. I am living with a Paramtattva. You just invoke I just flow into you. That is what we call Guru mantra a real Guru mantra that transform, bring this transformation from human to a divine. Gives experience of the formless. It is very important, awaken your intuition to experience the truth - awaken your intuition to experience the truth. So we are blessed to connect with this master Sadguru Thirumooler. We need to feel this blessing we need to offer our gratitude that master I don't know unknowingly because of my karmas I landed here how blessed I am - how blessed I am.

NetiNeti. I am not that. I am not this
- By Sri Sadguru Sivapremanandji

Video link:-https://www.youtube.com/watch?v=m_uxu6wy0jo

We identify ourselves as a body, mind, this person, that person, but our true identity is that I am not a body, I am not a mind, I am not all that everyone has said about me. The Sky doesn't have its own identity. In India we represent Shiva as Akasha. Shiva's nature is very similar to that of Akasha. There is no origin of the sky no matter how deep we travel in it. It has no end. In the beginning we see that the sky has a blue colour but as you go more near you see that is not true. Similarly when we go deeper within ourselves with the help of meditation we realise that what impressions we have of ourselves and the world are also not true. It is an illusion. We come to know that I am not a body, not a mind, not a thought ,not a belief, not a energy, actually nothing. Sadguru Thirumoolarji has given a technique to identify ourselves with a negative approach that is NetiNeti which in Sanskrit means I am not that. I am not this. Here in this technique we explore our true identity.

Secret Principles of Meditation for Samadhi Experience **- By Sri Sadaguru Sivapremanandaji**

Video link: <https://www.youtube.com/watch?v=G4oyinr5--0>

When we do this Durga Saptashati they it is said if you don't chant Siddhakunjika will not get the force of Durga Saptashati. Why it is? Because it is a key. It will not unlock the power of Durga Saptashati. But what we are doing is we are holding the direct key. Essence we are getting. Directly we are enter into a Prime Minister office without any MLA, MP anything. Directly go to the Prime Minister. It is something Siddhakunjikastotra is directly connecting with divine and receiving the blessing to change our life. So you can do it in the morning or do it in the evening. Any convenient time you choose and do it. If you decided to do it at 6 o'clock or 7 o'clock in the morning then maintain the same time you know and do the sadhana. For example today I do the sadhana at 6 o'clock tomorrow again I should do at 6 o'clock. So this will help to train your mind – train your mind in a meditative state. If you do today at 7 o'clock tomorrow 10 o'clock day after tomorrow in the evening like this if you do it will take a few months to concentrate. You will be fighting with yourself with your own concentration. If I maintain one time and stick to that regularly after a week two three or month at that time automatically I will go into a meditative state. Its training to your mind. If I drink a coffee or tea at 7 o'clock you see that after one or two weeks you will be sleeping your mind will say get me a coffee. Automatically you train your mind for coffee or tea. If you train your mind for meditation what happens 7 o'clock yes after you know you will be sleeping you will be seeing a divine mother you will be seeing the thoughts of divine mother at that time. So you should use this principle to of training your mind that is by maintaining same time regularly. Every day you fix that, today 7 o'clock ok every day I am going to sit for 7 o'clock or at night I will finish everything 11 o'clock I will go for a meditation. Yes go for it. That whatever that is convenient to you there is no disturbance from you know specially with mobiles and your family member. So you should give time to divine mother and for yourself. Because you know that if I do regularly I change my life. And spirituality is and meditation is pillar of my life. Inner world creates outside. I have a choice to experience negativity, negative situations outside or I can burn it by meditating within. Choice is yours. You can choose to attract the accident or burn that accident negative karma with meditation, choice is yours. So meditation is very (important) and meditation is something like a supermarket you enter, health issue you know relationship issue, money issue everything will be taken care. So this very important in our life. It is a pillar of our life – it's a pillar of our life. Until and unless you don't realize this truth you will be postponing you will be falling not meditating. The day you realize you know it is more important than a food then you will sit and meditate. Until that same drama same things will be going on coffee will be dominating, the TV serial will be dominating, going for shopping mall will be dominating. The choice will be on that side, not for the meditation. But this is very important that you being able to sit and connect every day to divine mother and here more thing I want to tell to you,

if somebody dies in your home or relatives no need to stop the meditation, Ok. For outside rituals there are conditions you don't need to do Puja when you know somebody dies. For meditation that's happening inside no condition. If somebody dies or not you should connect with divine mother receive her grace and go for your day to day activity. Is it clear to you? Inner sadhana no conditions no restrictions of any type. Is it clear to you?

You can have whatever life style you want but meditate regularly. I have only one condition meditate. I didn't put any condition eat whatever you want drink whatever you want whatever you want have whatever relationship, but meditate regularly. Because I know that more you start connecting more your life will change, more your habit change, things will come in order. So I don't put give you more focus on the outside power. I know that divine mother will take care. All you have to do is connect to her regularly bring her in your life and see the miracles in your life. Is it clear to you? So any doubts you have – any doubts. And specially if you are meditating at night some people we are all different our experiences are different. If you are meditating at night you are feeling more energy more awake less sleep then you needs to shift it to the morning Ok. In that case you know that my sleep will get disturbed if I meditate at night, then you need to do it in the morning. For some people they are meditating in between meditating they will sleep, for them meditation at night is very good. They will get very good sleep when they meditate. So in that case you choose to meditate at night instead of morning. Is it clear to you? And stick to the same. It is not that I have to meditate on Brahma muharta and all of this. I have seen it is not possible to many householders, four days like this and then curve will be like this. Chaar din bahut acchetarah subah 3 baje 4 baje then slowly after one week and what happens you know that could be very good excuse for you to not to meditate and you start scolding yourself. Ok. So find one time that is best for you every day where you will not have disturbance of your children your husband no mobile calls nothing sit and do this and tell to yourself this half an hour I want to give to myself. This is a way of taking care of. Lesson of taking care give to myself and divine mother. This is needed. My true father and mother is where I want to connect and do it. Srividya is a core course in us this is supportive tool. This is a support because in Srividya we will be working with every chakra. These chakras represent different aspects of your life. Money centre is there in Mooladhara, sex centre is in Swadheesthanan, food centre is in you know in Manipura, emotional centre is in your heart centre, communication centre is here (throat), discipline centre is there (in between eyebrows), oneness centre is here. I need to work here and all your different karmas are there. I need to work with that and I cannot directly go to the divine mother, I need a steps, slowly I raise my vibrations slowly I raise, because this body need some time to adjust. I cannot you know it is something like you know 100 watt bulb if I put suddenly 1000 watt what is that can happen. So slowly you know 100 to 200 I take, one mantra I give level 1 that is needed for you. Best is Bhuvaneshwari who has created that will be level 1. Then Navakari mantra slowly it will raise and remove all astral doshas, cleanses you. Then level 3 higher you know power is coming more sticky karmas are cleansed. So level 1, 2, 3 cleanses your chakras heal awaken kundalini nadis and remove all your astrological issues whatever doshas of astrology horoscopy whatever it is. The moment you reach level 4 you reach Baala tripursundari a Divine Mother is a innocent form energy Baala like child form you start receiving that blissful

joyful so sweetful energy your life will you know start experiencing start you know your kundalini start coming up. Then you go for Paanchadashi where it reach your kundalini up with here then you go to the Shodashi. It will raise your kundalini above your Sahasrara. Then you go for Shivasoubhagya Shodashi where it will take there and again bring it back because you cannot there you know householders. Yogis ok, I am here something happen I leave go. Shodashi is such a problem that is what all people are not given Shodashi mantra. It is kept secret, but people thinking in the other way. He is keeping it secret there should be more power. People ask like that you know. Some People ask why there are 7 levels when divine mother is only one. People ask me that question, I told divine mother is one her mantra is ok but what about you. How many stages you need to go? So this is mantra not for divine mother but for you to stage by stage, step by step. You cannot directly go to become doctor or engineer you need to develop your intellectual abilities and your understanding then you reach where you can give your service your knowledge can be a service to a another person another human you know that's how you go. So spirituality is like this slowly you take to higher level and then you merge with Shiva and Shakti, Ok. (Question by Student) In Srividya what is a significant role of a Lalitha Trishati? Lalitha Trishati is a you know a expansion of Paanchadashi Mantra. So if I give a mantra deeksha to you the Paanchadashi mantra I want to have more understanding of what actually Paanchadashi. What is what intelligence it holds what miracle energy it holds how it an effect and bring a transformation in my life then you go and understand Trishati each word understand the meaning and then correlate this with your soul mind body to realize Paanchadashimantra.(Student- So you will be teaching that Trishati that is Lalitha Trishati). I give you a essence to you a mool mantra. Against your choice you want to go for a stotra. See my job is to simplify give the essence. But people want to again add up add up app up and make it. Why I am you know you are householder you cannot do all of that. That is needed for yogi who wants to bring that. I have a student who meditates for 18 to 20 hours a day – 18 to 20 hours a day. With a small one fruit and a cup of milk. There purpose is only Shiva and Shakti, for them the teachings are different. For them I don't say eat what you want do what you want. No they cannot do it. Meditate 10 hours 12 hours go and eat a one you know Jamun. Next day ulcer will be there. Your body cannot tolerate normal food. Only fruits only you know nuts some juice or some herbs only your body can tolerate with that energy with that system. That's what I tell to many students householders even don't meditate more than one hour because you don't feel to go to office. Problems will start your wife will complain your mother will complain your father will complain. So we have to understand the energy we have to understand all of this then we need to take help and then reach that.

Goddess Mahavarahi Sadhana

Video link:-<https://www.youtube.com/watch?v=8mOGZWdLBjM>

Divine mother Mahavarahi Sadhana one of the very powerful Siddhavidya of Srividya Sadhana. We call it as Siddhavidya because her energy is very active and alive on this earth and we call her commander-chief of Lalitambika Rajarajeshwari Maha tripursundari. So she is the one who controls this Bhumandala and also we call her Prithvidevta. We call her a Laxmi in the form of the Prithvi-tattva. So brings abundance and removes all type of negativities from your life, whether it is the negativity in the form of a physical world that is external enemies, whether that is a negativity is or inner enemies. We call anger and desire unwanted desires all other anxieties depression frustration. All these things can be overcome by the help of divine mother Varahi. And here this Goddess is accepted from all the sampradayas whether you take, it is Siva-Shaiva sampradaya divine mother Varahi is worshipped as on the form in Saptamatrikas. In Shiva temple there will be Saptamatrikas where divine mother Varahi will be present to help any devotee comes to Shiva temple to remove all type of negativity and bless him the positive energy so that he can get the grace of lord Shiva. Similarly if you consider in a Vaishnava sampradaya she is Shakti of Bhavaraha you know Varahamukhi you know she is the power of Varaha. If you go to the Lord Tirupati Balaji where he took the permission of Bhavaraha to establish himself in Tirupati. So that Shakti of the Varahaswami is divine mother Varahi. So her presence is very powerful on this earth. Similarly if you go to any other tradition like a Buddhism she is worshipped as a Vajravarahi and different other forms in the Buddhism also. So in Shakti tradition, specially divine mother Lalitambika takes herself with a different other form called Mahavarahi. So Varahi actually has a many forms, more than 8 forms she has it. What we are going to learn is Mahavarahi Sadhana.

She has been you know worshipped as a Paatala Bhairavi in Kashi because she is a gramadevta of Kashi where she controls Kashi at night time. In the morning, lord Kaalabhairava controls entire city. And Kashi is the place where more cremation grounds are there. And where more Aghoris are present to do their sadhana. It's a land of the tantras where they work at night. If they are working at night, means they are invoking many different invisible beings where divine mother Varahi has to take care of the complete city, control all the aghoris all the tantriks. So that you know she can protect that city, protect that city from all type of negativity. So in Kashi they have temple where they are allowed only in the morning from morning 4 o'clock to 6 o'clock. They don't allow any other time because she has you know travelled complete Kashi and then she come back in her form in her you know a Pranapratishtapana form in a statue and established herself. And when she come back the whatever the negativity she has you know removed and is because of that aggressive nature it is very difficult for a sadhaka to go and face or to go near to her, it's very difficult. So it is said that you know only 1 or 2 hours it is allowed and not also in front of her. You have to watch her from the top in a small you know window

they made it. You just need to watch her feet and only her some parts. Because every part of her has its own energy. You don't have a power to control that, absorb that or hold her energy. So such a powerful Goddess she is and we are going to worship her.

So she is a Paatal Bhairavi, Chand Varahi, MatsyaVarahi, and DhumraVarahi even the form of Dhumavati she can take you know. So like this there are many forms of Varahi and even she is Lakshmi in a different way where she remove the negativity all type of misfortune then whatever you receive is abundance. So she is also in the form of Lakshmi who can protect and bless you abundance. But here divine mother Lalitambika chosen her as a Dandanatha. You know the senadhipati warrior of her you know a Sena what have you know 64 million yoginis and different God and Goddesses controlling each avarana of the Srichakra where Varahi is the one of the main you know minister who is you know controlling entire warrior force of Lalitambika Rajarajeshwari Maha tripursundari.

So if you see her she you can see her in different tantras or a different scriptures like Agnipurana and in Rudrayamalatantra and different Srividya you know scriptures even Buddhism. Even Nepal also they worshipped her. So this is very powerful ancient Goddess who is more active on this earth dimension third dimension. So her worship brings very instant results very quick results and help you to overcome many negativities in your life. Specially she is considered as a Stambhana Shakti – Stambhana Shakti and a Vashikarana Shakti. She literally makes your enemies paralyzed stop them. She is the one who make enemy as a friend because of her VashikaranaVashitva-tattva or that energy. So she is a very powerful Goddess on this earth. So divine mother Lalitambika chosen her as a Dandanatha.

And also she is one of the Goddess who is more active and working on the Adnya chakra. Off course she also works on the Manipura but she is more active at the higher level on the Adnya chakra and she is very helpful to activate your third eye, inner senses. Intuition can be developed by the help of divine mother Varahi. One of the form is we call her as Vartali. Vartali means she gives news to you before you know it is going to happen. If some negativity is going to happen in your life before only she will come and you know alert you be careful with this person, be careful about this job, be careful about this situation, be careful like this. If something some people are doing around you she will make them Stambhana. Many times we see that our own colleagues our own friends always with us near to us but they are creating lot of problems at the back. But what she does is she makes you know, a, know about the negative intention of the people around you. This is very important for us to survive on this earth to know who is a real friend who is a not real friend, otherwise we will fall down. Many times we accept the people's suggestion and we don't know whether he is really suggesting for our growth or he is bringing a destruction in our life. So we don't know anything. So she is very good to awaken the intuition of the sadhaka awaken the intuition of the person, awaken the third eye so that you know that what is happening there.

Also she is considered, she has one more form called Swapna Varahi where she will communicate very easily in the dreams. Because mind is you know not that much present in the dreams compared to waking state of consciousness. When you are in a dream you start receiving the messages you start receiving symbolic you know dreams where you become alert. Oh! this is what it is. Many times you are

searching for the answer in our life that but you are confused. What I should do for this? I want to whether I should go for this job whether I should go for business whether I need to continue with the same job or I need to change my profession. What I should do? Whether I need go with this relationship or not whether I should you know go to deal with this land, whether I can go for this project or not. Whatever it is, sometimes we feel confused to take the decision. When we worship divine mother Varahi you will be surprised, in a dream you started getting a answers if you are really aware before going to sleep if you chant the Varahi with the sankalpa with a intention that mother please guide me so that I can take a right decision. Because right decision give a channel you to the right path whether you want to grow or you are going to fall down in your path in your life. So she very important on in our life to decide to grow on the right path and to protect our self from all type of negativities.

When I say all type of negativities again you know it is a physically, astral, mental you know celestial even the higher level. You will be surprised she has a one of the parivardevta called Tiraskarani. Tiraskarani means rejection – Tiraskarani means rejection. So what happens whenever I have seen many of our own students whenever they do sadhana sometimes some places are not good, somebody is watching, somebody is draining their energy or some tantriks are you know observing this and they wanted to you know catch hold the energy of that person. More you become a satvik more you will be in attemptive of the negative people because you are the energy source for them. You know you are a energy source for them. So she has one of the form called Tiraskarani. She is called a Mahamaya where she surround you with a layer of a smoke that other people cannot see what you are doing it. Other people cannot understand what is going on, what sadhana you are doing, what you how you are growing. Even not only the other people even the invisible being celestial world then, you know other higher dimension or the you know astral dimension they cannot understand what is happening there. You know we had a student where he you know build you know his home and where he used to live and he used to do the sadhana. But every time he was sleeping he used to see all the, you know invisible beings. He is little bit psychic. He could able to see the things. So whenever he used to sleep he used to see all those invisible beings surrounding him. He don't know what is happening but and he used to see you know some piercing you know in his you know hands or fingers or in his feet because where ever the energy these are very powerful you know this palms are very powerful with a very you know a high sensitivity of the chakras similarly to the feet and he could able to feel that somebody is observing the energy and somebody is watching his sadhana and doing all of that. So he was a Srividya sadhaka and he was doing all of this and when he took this initiation Varahi initiation, when he started doing the sadhana, it is very surprising that he could able to sleep better he could able to see his entire home was covered with the aura of divine mother and what he used to see the invisible beings no more they are inside the home they are outside the home. So this is the one of the experience of the student where he clearly said Guruji because of the Varahi I feel protected not only myself my complete family. This is one of the quality of the divine mother Varahi. She not only protect you she will protect the entire family. Because she is the Senadhipati. She is the commander chief of Lalitambika, under her there are many yoginis under her there is warrior force. That force contains the Bhairavas, that force contains the

Kinneras that force contains the Yakshas that force contains the all the Gandharvas that force contains all the Dikhapalakas that force contains everything that can controls this world. When you are under that force obviously you get a protection. So this is what we could able to experience in our life and in our student life.

Whenever they do sadhana of divine mother Varahi they could able to see lot of changes lot of positive changes not only outside in their own thoughts – in their own thoughts. One of the, if you see her face you know divine mother how she is represented she has a face of a bore ok and down she has you know a body of a divine mother. If you see that it is a oneness of Shiva and Shakti – Shiva and Shakti. Above face is the Shiva below is the Shakti. She is a, She is a Ardhanarieshwara that is the form of divine mother Varahi and if you see we will consider we will call her with a different name as a Panchami if you see that you know we have a Thithinithyas, know, fifth day we call it as a panchami and also she has the energy of Sadashiva – she has the energy of Sadashiva. If you see that Shiva has a form of a Brahma Vishnu Maheshwara you know. Then we have a Eishana or Eshwara or Sadashiva the fifth state where Sadashiva does the recreation regeneration that energy she has it. So we consider her very good for overcoming any type of diseases, whether it is a cancer related where the multiple cells will be growing and forming the tumour where she when we do the Sadhana of Varahi she literally change you know destroy those cells regenerate the normal cells. Then you become a normal and coming back into your life overcome your health issues. You know it is very powerful Sadhana to overcome the health issue. So today we are going to learn her mantra to protect, her mantra to overcome the, a, a, any type of deadly or chronic diseases. Whether it's a you know a whatever this is your undergoing if you do that and if you energize the water and drink it every day, because energizing the water is very powerful than just chanting the mantra. Because water is a energy – Yes. Can you survive without a water? Because it's a energy, without water we cannot survive. When we have a energy in the physical form I put the energy of the divine in that water and I drink it every day, specially in the morning, if I drink one litre of water energized with divine mother Varahi mantra. You will be surprised entire physical body get cleansed. All the cells of your body getting the, that divine positive energy. When you have divine positive energy that diseased energy is dissolved.

Remember you are made of you know Shiva Shakti. It's a positive energy, so you cannot absorb the negative energy, if you create a negative energy that is a diseased energy because of your negative thoughts, negative feeling, negative emotions that is stored in our aura energy our astral body it is stored. And it is not going to absorbed, it is not going to be in harmony it is not vibrating with your soul energy because you are a spark of a Shiva-Shakti it has to release in the form of a negative situations in a relationship, negative situations as accident, negative situation losing a job, negative situation attracting a disease or any other form it has to release. So it cannot hold your body your being cannot hold the negative energy because you are made of Shiva-Shakti. At the deeper level you are a Shiva-Shakti. So anything you create a negative thought, emotions, feelings, beliefs your being cannot hold it. It has to be released in the form of a negativity attracting the negative situations because universal law that is a – like vibrations attracts like things outside and there is a universal law that the inner world creates the outside world. Universal law of karma it says cause produces the effect. If I seed you know a

negative thought, if I seed a negative belief, if I seed negative emotion, what I am going to attract negative experience in the outside world. Remember Riddhi brings the Siddhi. Psychic abundance that is a Riddhi brings the material abundance in the outside world. So lord Ganesha has two energies considered as a wife. One is Riddhi another one is Siddhi. So we are every day we are working with a two world inner world and outside world. Inner world is made up of thoughts inner world made of beliefs inner world made of feeling, inner world made of energy and consciousness. This entire thing is you. You are not just a physical body, please remember this. You are not just a physical body you are a thought, you are a feeling, you are an emotion, and you are energy. Ultimately you are pure consciousness, soul, awareness you are that. So this is complete you. If you see yourself you have a physical body around you have a energy body then you have a astral body then you have a mental body then you have a consciousness Anandmayasharira. Source of all that is existed.

So you are not just physical body you are entire being. So we call it as a being – Being. You are a thought feeling belief everything is you. So these are all your dimensions. These all are different aspects of you. If one aspect is not in a harmony then problem will start, disease. Whatever, if you are harmony everything will be easy in your life. If it is not in a harmony conflict inside negative belief about yourself, your relationship, your job - outside you start seeing the problems. If you are having a you know good belief about yourself, I am good person or if you have belief that I am a very bad person. If you have a belief that I can do it, if you have a belief that I am not good enough I cannot do it then you see that this energy within you attracts the outside situation. No matter how qualified you are, may be you are PhD outside or you are a doctor outside, you are engineer outside may be you are CEO or President outside you are. But inside if you entertain the negative things you start seeing, attracting the negative situation in your life. No matter you are going for temple to worship, no matter how many Havana you do, no matter how many temple you go. This workshop that workshop until unless you don't bring your attention to your inner creation you cannot resolve outside problem and specially any problem it repeats again and again and again then you need to take one step back and be aware what belief you are entertaining in that negative belief you have lesson to learn on this earth. The moment you learn the lesson that belief is dissolved that problem is solved. So life is like this – this is inner world creates outside world. Yadhbhavam TadhBhavati. Whatever that is as above in the consciousness so below in the matter. Thoughts are things. You see that anywhere you see this is the universal law this is the fact that this is a truth that you have to follow you have to accept you have to apply. If you do not apply what happens you suffer – you suffer. You cannot be happy outside having so many negative belief inside. You cannot accept yourself outside having negative belief about yourself. You cannot be happy with your outside relationship if you have very negative thought about your own partner. If you have negative thoughts, negative beliefs, negative feeling about your own partner you cannot be happy because inside intention inside thinking expresses in your action. There is no way you can escape. If you really want to change your life you have to bring your attention awareness to your thoughts feeling and energy belief, if you cannot bring it, there is no transformation in your life, no matter how many mantra you do no matter how many puja you do no matter how many temple you know go here and there. No

matter how it is, this is how the universal laws work. This is how the, you know earth plane works here, without the learning the lessons you cannot transform yourself, problem cannot be overcome. These are the, you know scientific principles of the life, inner world creates outside world, like vibration attracts the like things. These are very, higher energy replaces the lower energy.

So here on of the very important part is divine mother Varahi is that she brings the awareness about you what is happening inside. Why she has been shown like that you know bore faced form. What is the importance of this you know bore what it does in outside world? It cleanses the dirt yes or no, not only cleanses it will dig dipper into the earth. Can you see that? No other animal has a power to go deeper as bore can do? What is when we worship her you will be surprised you started bringing your attention deeper level of your consciousness until that you are not aware what is happening. When you start worshipping divine mother Varahi you started seeing your own image self-image, what type of self-image you are entertaining about yourself and how this self-image creating a problem in your relationship how this self-image about yourself creating a problem in your job, how this self-image creating a problem in your life. She brings the awareness about you so she is the one the very important you know aspect of divine mother to experience our self to experience our self. Whole spirituality, Srividya sadhana – sadhana is nothing but a Aatmavidya. You have to discover truth about yourself, self-discovery, self-realization experiencing the truth about yourself. Whether you are body mind or a soul. So she is the one help it to go deeper and find what belief you are entertaining, what type of thoughts you are entertaining, what type you know energy you are holding inside and she will help you to when you see that when you do that sadhana of divine mother Varahi. Her energy lift you in such a way and brings the awareness and with that higher consciousness higher energy that awareness gives a different perception about the similar situation and you overcome your karmic pattern. Can you see how she works in the inner world at the same time she work in the outside world? She is very active in the astral world, she is very active in the physical world. So by worshipping her not only we become successful we come to know who we are you know at a personality level, who am I? At the mind level, who am I? At the soul level who am I? So we call her Sadashiva – we call her Sadashiva. Not only she remove the negativity, give the success give the abundance but also help you on the path of liberation, on the path of Self-realization, on the path of God-realization. That is power of divine mother Varahi. So she has been worshipped in Srividya Sadhana.

Srividya sadhana is very powerful, main objective of Srividya sadhana is Self-realization, God-realization. So we call this path is not only for moksha, this is a path for bhoga also. If I don't overcome my negative belief I cannot be successful. If I cannot be successful I cannot be prosperous, happy in my earth dimension. So Srividya sadhana is the sadhana of bhoga as well as moksha. It is only the path where it won't ask restriction from your side. Please understand. It is a beauty of Srividya sadhana where you are living your normal family life and doing the sadhana regularly that itself will give a result. It is not asking you to eat this not eat that. It is not asking you to leave this family go to forest. It is not asking you to become a Sanyasa or become a Brahmachari. It is not asking anything. It is a path, because why it is not asking, it is divine mother who is Mahamaya who has created this universe. So she knows how to control the maya-tattva in your life, in your

being. So we represent her with a Pasha and Ankusha. Pasha is bondage – the maya. Ankusha is knowledge that will repel the Maya. So she will take you slowly, slowly on the path. First she will give a abundance, help you to solve your problem, protect you, help you, guide you in your life, not only you, your family member. Then she go ahead and slowly she bring the you know awareness realization perception you see that.

You know a, a, Einstein says that if you have a problem – if you have a problem and you have consciousness, yes you have consciousness - you have a problem, if you want to change this problem you have to alter your consciousness or raise your consciousness then only you can change your problem. When I alter raise my consciousness what happens my thinking will change my perception will change. When perception change problem don't remain as a problem there is a solution and there is a transformation. And Srividya is the path where I can raise my energy where I can lift my soul consciousness where I can change my thinking system where I can break the karmic pattern. You see, we call a chakravuva in Mahabharata because we born with a certain Karmas with that karmas there is thinking system or with that karma there is a experience in your life a positive experience or a negative experience. With that experience I have developed a belief system with that belief system I have a thinking system. You know, it should be like this it should be like that. With that thinking system again experience and again belief again this. And who is going to break this chakravuva. There should be some changes need to be happen know. If I want transformation I need to change this pattern of same thinking same belief. I need to overcome. Out of the box I need to go then how it happens when I am having this karmic, you know impression I am having this level of consciousness I am having this level of energy. What I need? There is a universal law that says that the higher energy or higher dimension energy replaces the lower dimension energy. So this higher dimension energy how I am going to get it that is the question. Higher dimension energy I can get it by invoking the divine energy or divine form divine consciousness. How I am going to invoke this divine form? By chanting the mantra. What is this mantra? Mantras are the vibration or calling codes that will pull the energy it is a programmed you know energy, the light force that is coming to your soul when you chant that mantra. When I chant divine mother Varahi mantra what happens I start absorbing it in my energy body. When I start absorbing this energy you know so what is a quality of this energy. Every energy every consciousness has its quality. So when you invoke divine mother Lalitambika, Varahi, Rajamatangi you know lord Ganesha or Krishna. These have its own qualities the programmed energy when divine mother energy means divine state of consciousness. What is divine state of consciousness – happiness, love, harmony, balance, growth, energetic, inspired, confident you know being fearless. So these are the qualities of that consciousness. If you see we all are different people right because we are made up of consciousness yes or no?

Now I don't need to say because already proven now, its 21st century – consciousness creates the matter and humans are the consciousness being. So you when consciousness is there mean you have a power to create what you want. There is no belief at all now. It is proven fact in a scientific lab that if you are consciousness you have a power to create what you want. There is no question of doubt now. So if you are a individual your life is different because of your consciousness. Because of your creation then your action your karmas you are

different you are unique. So consciousness has its own qualities, its own ability, its own energy, its own pattern, its own geometry. So its own consciousness has its own geometry so we call yantras, consciousness it has its own vibration we call it as a mantra. So we use that geometry that is yantra the vibration that is mantra and invoke and change our consciousness our energy. Why we want because we want to experience the bliss because we want to experience the joy because we want to experience the strength we want to experience the confident we want to experience the harmony bliss joy and to be powerful on this earth and manifest what my heart is really seeking. I want overcome from my disease. This is very important thing. This is your dharma to protect yourself is your dharma to you know feel confident is your dharma, to become a healthy is your dharma to become a successful is your dharma, to become you know experience the happiness at all levels of your existence is your you know presence on this earth. Otherwise why what is a need of this? To be here, to cry, to be depressed. No. This is not the purpose. You are a spark of a Shiva-Shakti means you are here to manifest your divinity. There is no question at all. That is you know a perfect everyone has to go into that path. One person accept another person do not accept because of your karma because of his thinking because of his situation and belief he has a different idea about life. But ultimately everyone has to go to the path of self-realization. To realize who am I? If I don't realize who am I? Then how I know why I am here. If I don't realize who am I? How I know where was I before? Why I am in this body? What I am going to do? Where I am going to go after the death? All those clear questions will come to our life. So divine mother Varahi is very very helpful for us.

When I call her mantra so what happens, my consciousness changes, my energy changes. What I have created ignorantly the karmic impressions psychic impression that are stored within me - within me - changes. Remember, the moment you born you know your because of your birth date birth time birth place your horoscope is made, the moment you are born and this is a outside you know details you are getting. But the same horoscope what we call blueprint of your life is already there in your energy body. Outside rituals take a lot of time, lot of energy lot of money and lot of confusion also. But when I work with the inner blueprint I don't need to have any knowledge, I just need to bring that divine consciousness whatever type of dosha you consider whether it is Shani dosha, Rahu dosha, Kalasarpa dosha whatever it is you know mangal dosha you say, Surya dosha whatever dosha. Dosha means weakness yes or no? It's a weakness that is present in your energy body right. So weakness means it's a low energy yes, if I know how to change this low energy to high energy, if I change want to change this planetary low energy into high energy by sitting at home. How could be your life? How should be your confidence? How should you will be acting every day? How should be your life will be? You see this is very important and when we bring these Srividya mantra you see that all scriptures says Srividya sadhana is something that will help you to overcome any type of belief any type of doshas whether it is planetary, nakshatra dosha, pitru dosha or guru dosha or brahma-hatya dosha whatever dosha you consider naga dosha you can overcome with that those mantras. Why it is - because these are not just nakshatra mantra or graha mantras or any other mantras. These are the mantras create the universe - create the universe - create the Brahmanda. That what we call Brahmanda purana, it creates the universe. So we call her

Srushtidevta. Srividya is the Shreem tatva what it does Laxmi – abundance, creation.

So why we call the Sriyantra is a tool of manifestation. It's a tool of manifestation. Manifestation means to create. Srividya mantra creates dissolving your old pattern old blueprint create the new blueprint. When I bring these mantras this consciousness this energy what happens? All the negative impressions negative karmic blocks negativity in my inner horoscope can be cleansed. I should not worry about you know this. Lord Shiva-Shakti given everything to us within us they have kept a Kaamdhenu, Kalpavrushka your sub-consciousness mind. Within you there is a discriminating power that is your intellectual ability Vivek-buddhi. You have given choice to choose what you want. The power of choice is there. If you do not accept this principle if you do not accept your divinity, if you do not understand the universal law you will suffer. There is no escape. You have a choice to understand apply and experience the joy happiness harmony or you be as you are and suffer as you are suffering. Choice is there. There is no way you can escape from this. This in a world is running with a certain laws. Do you see that you know any time you see that night will not come at all only day will come. The duality – universal law of duality is there. Universal law of polarity is there. Positive is there, negative is there. There is no way you cannot say only positive is my life. You cannot say no law of gravity do now work for me.

Today morning I will go and jump from the you know this building and nothing can touch. Can you say that? We all are same, we are bound by the universal laws. Similarly there are universal law – universal law of karma, cause and effect. Cause is your thoughts your choices, cause is your belief cause is your acceptance cause is your energy and experience – the effect is your outside life experience. If I don't understand this universal law I fall again and again. I always point you know this guy is doing this to me that guy is doing this to me. This planet is doing this to me, this neighbour is doing this to me. This you know my boss is doing this to me. There is no end for this. You cannot end it. You will be going again and again falling-falling-falling. You ultimately, it comes in such a way you feel this life is no more. Un-fulfilment start happening in your life. When un-fulfilment start you started fighting with your own family members. You start becoming anger and when your real desires are not fulfilling you start feeling frustrated and you become more negative person in your own life. But you, you never try to understand how this universe work. How some peoples are very successful? What it is you know happened? Why their life is very smooth? Why it has not the case with you? What karma I have bought it? How I can change it? Is there a way to change it? Know? All these things need to be understood. So this is entire universe is running with a, you know universal law. You see that everything is growing on this earth. Whether it is a tree whether it a human body whether it is a village whether it is a city everything is growing. Because there is a life force that is sustaining this, you know galaxies. There is, many things are happening. In our life many things are whether it is positive or negative everything is growing. Where ever you focus you attract that. There is no question at all, I focus on my positive qualities I attract positive thing. I focus about my own negative qualities, I, you know. And there is universal law whatever I resist that is going to persist. Today I should not eat – today I should not eat – I should not eat. You say I should not meet this person - I should not meet this person, I should not go here – I should not go here, you will be surprised you

are there only. Universal law works. Today I should not meet you know I don't want to meet this guy today. Just open the door he is there. Jo hukum mere aaka. I am here. So we more we have a fear, fear is strong force on this earth. Why it is? Fear is a tamoguna you know fear is a tamoguna and more you know activity we want our mind always want to you know involve in other things, watch a TV, be in whatsApp, be in a Facebook. Do something but not be silent. No satvikguna you know only rajoguna active even people don't sit they will be doing this you know holding the pen doing this (pen juggling). Very active rajoguna. Tamoguna people you know (sleeping - snoring) I don't know where I am you know. Only satvikguna little bit, Oh! Guruji is telling right you know I should apply it. Satvikta. So we are ruled by all these gunas every day. You see that how will you be morning what guna is you know you are exhibiting, expressing you know that. When you are eating a food what happens jadda - tamo is more in you obviously you go for sleep. So this entire third dimension is ruled by Tamoguna rajoguna. It is very difficult to be a good person on this earth. I am telling you because of the negativity tamoguna aggressiveness you know the more active activity that is going on how to harm this person how to do this, how to do that mind oriented world it is. Competition you know this is tamo and rajo is more. So fear is more powerful than giving a love to someone, you know blessing someone as a satvik quality. So you should be very careful if you have any fear you need to be aware. No need to do anything no need to chant the mantra. You need to learn to be aware and when there is awareness about the fear then you know that why you are having that fear, you know thoughts behind that fear. Similarly for anger if you have thoughts if these are thoughts from where they are coming. Belief system - when you created that belief you go back just awareness you will be surprised, it is even at the age of 8. You accepted that I am not good enough, I am not intelligent you know. Now you are going for you know job, communication fear you know oh my god what is happening I am afraid Guruji. I cannot give a best presentation there. Why it is? If you go back be aware during your school days some of your, you know friends you know told you that you are not good enough this is that , this is that you are not good or your parents told something at that you are holding still now. Even you will be surprised you are a very good with communication compared to all other people. Even you are better than your boss. But still you don't have awareness you don't have eye to see that you are very good in that. You create all those things so divine mother Varahi is someone who brings all those you know unconscious beliefs unconscious negative energy they will start surfacing in a smooth way in a positive way. She will teach you like a mother, she will hold your hand be careful about this. This belief is creating problem this problem. Try to be aware and release that. Then what happens we start learning to you know all the universal laws. How the life works? How we can change our life? How to you know overcome our problems? So this Varahi sadhana is very powerful. That will help us in all aspects of our life. Whether you are a person who is doing a job, whether you are businessman, whether you are you know doing any other you know or you are student, for everyone this sadhana is very helpful to you.

Varahi she is very good for real estate issues. She is very good with real estate issues. If you are you know a person who is working with a real estate. She will give a very good result for you. Any land issues whether it's a plot, agricultural land anything you having a disputes she is very good in that. Specially court cases you

see that court case where you are having the entire problem. She is a Stambhana Shakti, make it to stop all negativity paralysed, stopped. So that you can have a right decision from the people and you can grow.

And she is very good for the political carrier. Because political is always you know pull and push only who legs this and who is that pull and push. And more enemies you don't have that much enemy, but political, I see the families of the politicians. How many enemies you know for them? Oh my God! Not only the enemies you know not only cursed them you know from the you know grandfather level there is enemies.

Varahi is needed for everyone. So she is very good for you know students, she is very good for business person. Because you need to have that confidence you need to have that attraction power. The Varahi is the highest Vashikarana mantra, I can say is the highest Stambhana Shakti is the highest to destroy the negative people enemies in your life. Not only outside inner enemies – kaam, Krodha, mada, matsara. She will she is the one she can and her energy is more powerful on this earth. So and also she is like a male force. In Srividya you see that it is complete you know force of a Shaktis. But divine mother Varahi is considered as a Sadashiva, Shiva force. So she is very powerful, make you confident to face your problem confidently. And she will awaken your intellectual abilities to how to solve it. That's very important. Many times we are stuck because we don't know how to think better or different to solve the problem. She awaken that because she is governing the third eye and she is very Dandini, Dandanatha, Dandini. I don't give more about this because you don't like it. So she will bring the discipline. When this is open what happen, this chakra is more active, time management will come motivation will come.

Now a day's motivation is a problem to see. You know that there are many benefits of meditation, but to sit for meditation is the biggest problem. You know that if I can exercise I can lose my weight but doing exercise regularly is a problem. You know it I need to follow the diet, you know many problems you know the solution already, but to implement is a problem, motivation is a problem. So divine mother Varahi make you awaken. She is a Shakti of lord Vishnu. She awakens the Vishnu not only you, she will awaken the Vishnu. So she will make you hesitate – RundheRundhini we call her, hesitate you – kshobhan Shakti. She will leave it. She will you know push you get up, do it.

And one more very important thing I want to tell you we call her a Balidevta. Whenever we offer something as Naivaidya in our tantric practices or in a normal puja also, she is the one who can go and visit the devotee place and collect that energy – prana of the Naivaidya. So we have seen and she is called as sancharidevta who can't sit in one place. She will be (visiting) like Saptamatrikas. Saptamatrikas are the sancharidevtas, if you see any temple these Saptamatrikas are worshipped because they don't sit at one place. They will be walking to their devotees places and seeing what is need to be done. They will be controlling, helping, blessing. So you will be surprised when you start worshipping divine mother literally she start coming to your home. Her energy just comes to your home. If you are sensitive to you know if you auditory you know you start feeling the presence of her. Somebody is walking in your home, when you do the Varahi sadhana. Somebody is watching you when you are doing sadhana. Because it's very important I tell you, many times we want to do the sadhana but we are afraid what is happening. But somebody is

there to watch and guide you, protect you all the time. Because she her own you know angadevta, upangdevtaaadi you know tiraskarani you know Goravarahi, Swapnavarahi, Laghuvarahi they all these forces start surrounding you and her shaktis – Stambhini, Rundhini, Mohini all these you know Andhani who can overcome the ignorance, all these shaktis started surrounding you guiding you giving you those siddhis. And divine mother, this, you know Varahi controls the directions also in your home. So there are many benefits I cannot explain you know she cannot do this or that.

So she is, she has been worshipped in all the traditions. She has been worshipped from many ancient days and she been having a some worship forms even in Egypt also. Similarly for Pratyangara, Varahi they are also worshipped in Egypt with different names of God and Goddess there. So she is the one that is universally accepted whether you go to Buddhism Vaishnava, Shaiva everything. And she can bring you all the abundance, protect you, heal you, awaken your soul to self-realization.

How Srividya Sadhana Brings Real Self-Transformation?

-By Sri Sadguru Sivapremanandaji

Video Link: - <https://youtu.be/Spc0azakw8Y>

So whole spirituality is knowing one-self and being one-self, knowing one-self and being one-self. That is what we call real spirituality true spirituality where I discover truth about myself. I find my true identity that I am a soul. I am a pure consciousness. I am awareness. I am not a body not a mind not any other labels roles of my life. I am the one that I am worshipping that is a divinity. I am the one that I am worshipping that is spark of Shiva-Shakti – that is spark of Shiva and Shakti. So that is the true spirituality where it start as a human ends as divine. Where you starts, you as ego consciousness identified with your body, mind and family and all the roles. But you end with a, or disappear and experience that you are a spark of a Shiva and Shakti. So whole spirituality, all the objective of spirituality is to reach that goal. But the problem is from the many life time we have been accumulated many karmic impression psychic impressions that won't allow us to experience the true joy, true identity, true self. So because of that we need to remove layer by layer whatever we have been accumulated. To remove that layer we need a one weapon that weapon we called high dimension energy or higher dimension consciousness. That is where the deity comes into a play. That is where the deity comes into a play. That's where we chant the mantra worship the yantras to cleanse our self – to cleanse our self and reach our own divinity our own source our own identity and experience the truth that I am Shiva and Shakti. I am Lalitambika. I am Rajrajeshwari. I am Mahatripursundari. I am Rama. I am Krishna. I am that – I am that. So-hum So-hum. Om-Tatt-Sat. That is a ultimate experience where your path will end where you will drop or you experience the oneness with your own deity. Experience of oneness with your own deity. In the beginning its very difficult to accept it, how I can be a God, I have so many problems, my own people in my home they don't listen then how I am going to accept I am a, that highest dimension energy. So this conditioning - this conditioning need to be removed. How we are going to remove that? By raising our intuition, by raising our intellectual ability, by raising our soul vibration. Because if I have a consciousness with a certain karmas, certain energy, psychic impression what I going to experience is the same. If I want to change my experience of the inner realty inner world and outer reality outer world I need to raise my consciousness. To raise my consciousness means what I am need to do I need to connect with a higher dimension energy. Again that is where we chant the mantra ok. Do the spiritual practise, meditate then we raise our self, our energy our soul our consciousness. When we raise our soul and energy what happens our perception changes, our belief system changes our thinking system changes. When these things are changes my inner reality changes, when my inner reality changes what could be my outer reality that is also changes. So that is what we called self-transformation. Transforming from within to outside. That is a true transformation. If I say something you do it for one day that is a temporary transformation. I say to you do the fasting one day you do it after wards? But if it happens from within that you know, it is for my, you know it has to be, from awareness, from perception I need to do it. I need to do it without any force it should happen then it is a real transformation.

What happens if I don't follow the guidelines in Srividya Meditation?

-By Sri Sadaguru Sivapremanandaji

Video link:-<https://www.youtube.com/watch?v=z235NjjVdY>

So for example if I want to take you Universal level, I cannot take you in a one level, slowly. For Level one mantra prepares you to level two mantra. If it is like you know, if you are, the energy of this a mantra is a few kilometres per hour. The higher energy I want to take how I can take if you are not vibrating I cannot take it. For example, if you don't do the level one and if you do directly do the level two you will not get the benefits. This is something like that, it is programmed. Once level one mantra is absorbed in your soul then when you do level two that mantra Shakti open to you, otherwise it will not open.

Student: So in such a cases someone does all this seven levels in one go and the seeding has been done then it just a 16 weeks or time is required or it is like a. Each level minimum 8 weeks, minimum, minimum ok. Minimum 8 weeks you need to practise then you can add next level for yourself. And here some-some person asked you know, how I know that you know I am ready for the next level. This is very good question, you know. How I know? Here what we have done the sadhana is no negative effect here. In this sadhana it is so perfectly prepared by Sadaguru Siddha that it is itself is a Siddha. No negative effects if you follow according to the guidelines.

If I say you chant the mantra only once and do the 3 rounds. Some intelligent people why I do 3 rounds? Why don't I chant 3 times at each level and do the 1 round. Yes or no? Why I do 3 rounds? Chant 3, 3, 3. Some people 9, 9. Why only 3? 9. So what happens, the moment I chant the mantra what happens, my chakra will be expanding. This energy will be expanding. If I chant it more it (Adnya chakra) will be like this (bigger). This chakra is (Vishuddhi-small). When I brings this energy here (at Vishuddhi), what it does? It will slap, it will hit the another chakra. Got this point.

My intention is smoothly you increase, let the energy flow, smoothly it will go to the next. Next round smoothly increase, come smoothly. If you do you know (too much), your energy is like this (very big) and this is small you harm your chakra. You break your chakra. You tear your chakra. You make a damage for chakra, got this point. But they don't have understanding you know. 1 round 3 times I chant, finish, 5 minutes I will do. But its not true. So these are the guidelines. So I give to them. Do it only this much. Some people have chanted 108 times. In you know Durga Saptashati, I told 8 or maximum 9 times. Some person 10 - 1008 time. Now she cannot sit and do the Puja also. The moment he-she sit the Kundalini jump and hit her head. She becomes blank. She cannot sit you know even you know proper this also backbone is a problem now. Who harmed this? Who has done this? Herself. Why you do that? And what basis you do that? More chanting do not. And see one more thing, these psychic Nadis cannot be reversed if damage has happened. Please understand. Imbalance happens no one can do that healing. Burn away know, you

cannot. Durga Shakti is very powerful. Narsimha Shakti very powerful. They inside neuronal fire will created when I chant that, fire will be create, Durga is like that. She is a golden fire. I am playing with a golden fire, why I should do that?

Student: Creates heat.

Lot of heat madam, acidity, heat, and ulcer will start. I cannot eat what I want. You see, here with these conditions you can eat whatever you want. I have a students who are meditating for 20 hours. (These normal) Conditions are not there, they have to follow the Brahmacharya. They have to follow the food needed. They have to do all of that. There are different set of rules and regulations for them. They have to take bath with different you know herbs. They have to eat the food that is needed. They have to wear in such a way they can absorb that energy. For them rules and regulations are different. For you rules and regulations are different.

You meditate for 10 hours and go to the McDonald, do you think you will digest that, will not digest that. Your vibration won't match at all. And that is not our objective right? You are a householder you need to balance. You complete your family responsibility slowly you go to the Sachidananda. That is what we are training and teaching. And if you harm yourself no one can help. These naadis burns I tell you, one naadi of one chakra burns finish the cascade will not go there. All this will be jammed. What you do? No one can heal that, no one can. Until and unless it has to be changed by something regenerate recreate that. Why you? That's why I tell you, follow the guidelines. One person whose kundalini is awakened I told him, don't chant the mantra. He chanted morning to evening next day in hospital. Guruji, I my brain become faint I don't know what happened full vertigo. If I see like (upward) this I fall down. Means kundalini is not at all here (Mooldhara) it is already here (Sahasrara) only. You know Paanchadashi makes that, you are not playing with - these are Tantric mantras not Vedic mantras. Please understand. Mahamrityunjay is Vedic mantra. Gayatri is Vedic. These are Tantric mantras, very powerful. If you receive in a right guidance from Guru it will not leave you. It is very powerful. And this initiation is not for this life, forever. If you leave this life next life also the same energy will be there with you. Deeksha energy will be there, initiation will be there. Because initiation not for body or the mind it is for the soul. It's a process of the soul it is not a men or women. This spiritual path is the soul journey, not a men or women. There is no difference at all. Not a caste-ism nothing is a difference here. Only it is the path of the soul. You should understand, you should you know follow the guidelines and you can do miraculous things on this life. Ok.

Student: When we are meditating sometime you fell sleepy but you are not sleepy. Yes.

Student: Awareness of it, so kind it is.

It's you know during initiation for many people it happened. During, During the Deeksha you know that but you think you are you know sleepy because your mind is off. Because I take you to the higher dimension beyond the mind. You don't know. When I call, call, you know bring your awareness to the breathing, bring your awareness... What I am doing? I am pulling you from high to low. I am bringing you back. You are somewhere else, you don't know it what dimension you are because you are going beyond your mind and body. I take you to soul consciousness and slowly again I bring you back to the body consciousness. So it is normal, it's normal.

Student: In home also.

Home also it is possible. Because many people even while they meditating on chakras they sleep. Some people just aware they don't know what they are doing, they space out they become a sky. They don't know they become blank. In that case be there, better know you become a akasha suddenly. From Prithvi you reached Akasha. How much is needed for you to reach you know Shiva-Shakti and merge with that. It's really good. I tell to many advanced students know they feel guilty you know they don't complete the sadhana. I tell don't this, you know, they feel guilty.

If one level is doing you spacing you out taking you to bodiless awareness means you are entering the soul consciousness. Right? If you are entering to soul consciousness then why you worry. You should you know receive it as a blessing know. But they are, Oh! I didn't complete my 3 more rounds. It's not you know, the path is for self-realization. If you are start entering in level 1 in 1st round only it's a blessing for you go ahead. Got this point?

At higher level I tell you to don't do the sadhana. The moment I say Om NamahaShivaya I am there. The levels are not needed there. You reached there. You know how to enter and come back. In that case you don't need to go for level 1 level2 level 3. You close your eyes breathe-in, you are in soul. Got this point? That is possible. That is what you learn from divine it is not taught by anyone. Many things divine teach you. In spirituality this is my experience we don't learn many thing from book. We learn from inside there is divine within us that will guide you. It will teach you, oh do this do this be there. Divine within us who is a real Guru, we are all just instruments. Where is a real Guru? (Inside) You are all there right? If your real Guru is not awakened whatever I am telling you is just going here and there. If your real Guru is there awakened in you, you listen oh yes, yes. I grasp it. This is very important. This is very important. So real God real Guru is within you. Outside Gurus are just reflection of inner true Guru. So you see, Guru Brahma Guru Vishnu Guru Devo Maheshwara. Last part you say, Guru Sakshat Parabrahma. Where he is? He is not outside he is in your soul. So real Guru is your soul. Within you is real Guru. So don't go on attaching any Gurus. Gurus, take the principles teaching but meditate and one with your inner Guru with your soul with your you know real God and Guru is within you. So you just, you should not worry about all of the Gurus and all of that. Take the best from different masters raise yourself and one and merge. That is the best thing. Do not attach with any master with his personal things and all of this.

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.