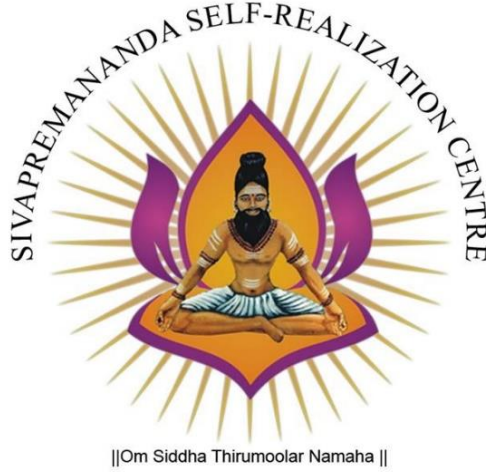


Sri Sivapremananda Teachings – Vol.3

(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

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"How to manifest intellectual & intuitional knowledge by the grace of Rajamatangi?"

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

Yes, it's possible.

Okay? What you do?

Before chanting the Rajamatangi Mantra, before doing the Rajamatangi Meditation you make a Sankalpa / intention :

“Divine Mother.... okay.... please bless me.... okay....or awaken my intellectual ability, my intuitional ability, and help me to perfect my skills “,

Okay? You make this intention.

Now, you are asking, “how can I receive this? How long does it take?” Okay?

There are 2 ways to receive.

One:

The moment you pray, the Divine Mother says, “Tattaatsu”, in the Soul level it has started manifesting, okay? And then slowly it will come to your Subconscious Mind, okay?

And then what happens?

In the Subconscious Mind slowly the energy starts moving.

And whatever necessary teaching needed for you in the external world, then you start attracting it from the external world.

Like necessary skills, okay?

Some tools are needed it, will come to you,

Some videos are needed it, will come to you,

Some books are needed it, will come to you...

So, it will start working in the Soul level , Subconscious Mind, then it will start manifesting in the outside world , and you start learning from outside and

Two:

You start understanding them intuitionally also.

All these processes happen automatically..... Happen automatically.

How long it takes?

It depends upon your acceptance level.

It depends upon how much your Subconscious Mind is ready to accept and allow this,
you know, Graceful Energy

It depends upon how much you surrender

..... Accordingly it may happen instantly within a day or it may happen in few days, few months or few years.

It all depends upon you :

how much you accept and allow

how much your Subconscious is ready to receive

how much you are ready to discipline yourself - for eg: if you are receiving the book, then

how much time you are ready to give it.

It depends on all these aspects.

Shivoham

"Regular Meditation Protects you every day!"

Video Link: <https://youtu.be/kSnz30e27Yg>

Regular Meditation is very important.
Its the pillar!

Because The Universal Law of Karma says that, " the inner world creates the outer world."

Like how we take bath every day, we have to take the spiritual bath.
Cleanse every day because everyday I think Negative thoughts, have negative emotions, you know, suppressed feelings, depression, stress, and all. All These are the patches in my Astral body.

Who is going to clean that? Who is going to clean?

If you don't clean them with meditation, what happens?

Terrible dirty body you have and those patches, those Energies start attracting negative situations in your life.

And you start to experience unwanted experiences like
bad relationship, you know,
bad health like frequently having, you know, viral infections, stomach problems, this,
that, so many issues start,
and
unnecessarily losing the job....
we are creating them, but we are not aware how we are doing it.

So, meditation is taking the Spiritual bath. Bringing the Ganga - where is the Ganga, outside or inside? - within me. Making Her to flow.
When I chant the Mantra, I connect with the Divine Mother Lalithambika. Her Energy, Her Consciousness is the real Ganga that is flowing to me.

Remember! That is the real Ganga which is also manifested outside. But it's already there inside. You take a bath in it everyday by meditating!

Shivoham!

Power of Thirumoolarji Siva Mantra!"

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

Once you start chanting this mantra, you start getting personal attention of Thirumularji.

This is the power!.... This is the power! You got the understanding?

If you want to have the personal attention of Thirumularji, then this mantra connects you to Thirumularji.

There was a student from Chennai... actually he was not our student....he was an old person at the age of 67 or something. He did not know to speak in English and all. But somehow he saw our Website and about Shiva Yoga. He has been a devotee of Thirumularji for a long time. He came to know about our Website through his son as he showed him, " this is the Website...".

He was attracted to this mantra and he told him," please write it and give to me and I will do it".

That is the introduction Practice we have given in the Shiva Yoga website long back... around 5 years back.

What he's done is - he started chanting this mantra day and night with only one intention:

" Thirumularji , please come and give me the Darshana. Take care of me!"

He started doing this.

Nobody told him that by chanting this mantra, Thirumularji will come.

In a week's time he started receiving Thirumularji 's darshana in his dreams.

Thirumularji is coming and initiating on his third eye, telling, "I will take care of you!"

And he sent this in a letter in English through his son to us.

We have not initiated him. To be frank I am telling you, "No initiation I have given with this Mantra."

But his love, devotion, surrenderance, and acceptance for Thirumularji is so high that he pulled him with this Mantra, he got the Darshana of Thirumularji and got a promise from Thirumularji that he will be taken care of.

And he sent the letter.

Such a promise this Mantra holds.

Thirumoolar 51 Syllable Siva Mantra

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

"Lord Krishna's Technique of Meditation!"
-By Sri Sadguru Sivapremanandaji"

Video Link: <https://youtu.be/paDfz01RnZw>

Even Lord Krishna, in Bhagavat Gita, what does He say?

"You meditate on me by chanting,
" OM TAT SAT " "
Very clearly He says!

But He says, "You meditate on me ".

"I " doesn't mean the form of Krishna!

Please understand!

It's a Nirguna Upasana where Krishna is Everywhere.... Krishna Is EVERYWHERE as Formless Truth Consciousness.

The moment I close my eyes when
That Space is there....
That Aakash is there...
That Darkness is there....
That Formless thing is there....
.... That is Krishna!

That's what...

Do you see how Krishna is represented with the colour (rubs His skin), not bright, but dark blue colour which is the sky colour?

What does the Sky represent?

Infinity!

You go into the Sky. You start entering the Sky and go deeper and deeper... Will you be able to find out where the Sky started?
You got this point?

So, this is symbolically represented by Lord Krishna.

And Siva, how is He
(Indicates His body)?

He represents the Infinity Consciousness!

The moment I close my eyes and
Where I lose the body Consciousness, where I lose the mind Consciousness,
What remains is that

Chidakasha,
Chidambaram, you know,
Chida Nanda Rupa
PARAMA Tattva,
just expanding and growing, growing....
No form,
No beginning,
No end,
... That is Lord Krishna!

And with that understanding I am chanting, "Om Tat Sat!"
Om - means I am
Tat - means that
Sat - means Truth

"I Am That Truth"

You see that!

How beautiful highest meaning it is!
"I Am That Truth" -
"Om Tat Sat"
And
What will you become?
Who will you become?

"Om " you become!
"That " you become!
"Sat "you become!

Shivoham

"You are Formless!"

Video Link: <https://youtu.be/bnU4njQOo2U>

In meditation, you experience that you are not the body. You see that?

By just doing Self-Enquiry, I cannot accept that, "I am not this body ".

But once I experience it in my meditation, I start to feel that, "I don't see my head. I don't see my lower body; maybe I only see my head. "

And a time will come where I see no head, no body, and I only see myself as a space. And will be surprised, "Who is inside? Who Is There Inside? "

You Are The Space.

You Are The Consciousness.

You Are The Awareness.

You Are The Sky.

And when you open your eyes, you see your hands, you know, like this.... this (Shows by seeing His hands on both sides).

And if you continue watching more and more, suddenly your hands start disappearing. (Laughs) Looks like it is there.

Meditate on your hands. After some time, this disappears, and you will start seeing the Space only. You start to see the Source of your hands.

You meditate on a flower. After some time, when you meditate, meditate, meditate, what happens?

The flower disappears.

You try and see. In Trataka we do, right?

When you do Sriyantra you will understand.

When you focus on the Sriyantra you see so many Triangles coming, this.... that. After some time only Bindu comes and later on the Bindu also disappears.... then it is BLANK!

Whatever you meditate, you go beyond that and touch the Source!

That's what our Siddhas say,

"Meditate on anythingMeditate On anything...

You want Rama, take

You want Lamina, take

You want Sita, take

You want Yantra, take

.... You want to meditate on a flower, and then you meditate

But wherever you meditate, on whatever you meditate, ultimately it makes you touch the Source of that! "

Shivoham

"Do we need to quit our jobs & meditate for whole day to get Self-Realized?"

Video Link: https://youtu.be/s_KpCNW_75s

I don't suggest it.

I don't really suggest you to quit your job, sit in your home and meditate all day, until unless some, you know, money flow, some arrangements are made by you for sustaining your life.

So, I don't suggest any one of you to quit your job, sit in your home and to do meditation... I don't suggest this. Okay?

One of the beautiful things that is happening to you is that you are experiencing the bliss of Oneness with the Divine Mother. You should be joyful. You should be thankful.

Use the Energy of Bliss to put better efforts in the outside world than not doing any work. Is it clear to you?

Find what is your passion in life.

May be you want to be a Healer, or a meditation teacher where you can be connected and it can be your profession too.

You know, you can be
a Healer,
a meditation teacher

Or
doing something in the same field
or
some other work which you really love to do,
like
writing books about spirituality, okay? making You Tube videos on Spirituality, doing
Online coaching in spirituality,
being a life coach,
or
Mind Power teacher,
or
some profession that helps you to express that Bliss, Joy of Divine to the humanity, to the world.

If I too sit at home, enjoying my blissful state, "Wow, so blissful!" , then I cannot help you all. (Laughs)
It is of no use!

So, what is that which every day makes me to sit in meditation, connecting with the Divine and inspiring me to help others?

It is the profession. It is the passion for me.

If you ask me to speak taking the name of the Mother, then I will go on speaking all day, even without food and sleep. I will enjoy sitting and doing it.

Because this is my passion. This is what I love to do.

This is how I am here to express the purpose of my life:

To Serve Mother!

To Meditate on Mother!

To Awaken Mother in you!

And

To See Mother in Everything!

That's the purpose of my life.

So, find out what is it that makes you, you know, passionate, love, you feel flowing in your life.

Then

Time is not going to control you,

Success will be all yours,

nothing can touch you ,

and all such things happen.

That is very important.

But I don't suggest that you quit your job, just sit in your home and do Japa.

That is not my intention.... until unless you have some source of income coming to you.

Then you can do it, it is not a problem.

Your meditation should not create one more problem in your life. That you need to understand, okay?

Shivoham

"Never doubt on working of Srividya Mantra blessed by Guru!"

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

To understand, and have confidence, you must know the Universal Laws.
If you don't know the Universal Laws, you may feel, you know, "Guruji, Mantra may not be working for me. I am doing this. Will this Mantra work or not?"
I tell them, "No question of doubt. Mantra works! It is the Universal Law of Vibration. Maybe you have not learnt the lesson, or your Karmic baggage is so high that you need one or two more days of meditation."

Please understand this.

Never ever doubt. These Mantras are the Vibrations, Frequencies, and Energies.

Divine manifests in the form of a Mantra or the Light, Vibrations, Sounds.

So in India we say, "the Divine Mother - who is She?"

Mantra Rupini!....MANTRA RUPINI!

Divine Mother is the Sound body
Divine Mother is the Geometry
Divine Mother is the Light, Sound and Vibration.

So when I chant the Mantra, what does it mean?
Mantra is the Sound Body of Divine Mother. When I chant the Mantra, my Sound body is one with the Sound Body of the Divine Mother. Yes or No?

When I bring the Mantra to my Chakra what's happening there?

My Chakra experiences the Oneness or the Chakra Energy experiences the Oneness with the Divine Mother's Energy.

So,
I am one with the Divine Mother at the Energy Level,
I am one with the Divine Mother at the Conscious Level,
I am one with the Divine Mother at the Sound Level,
I am one with the Divine Mother at the Frequency Level...
Yes or No?

In my inner world, every day, I am one with Shiva Shakti and that is the Sadhana, Yes!?
That is the Sadhana... to lift myself, to raise my consciousness, experience the Divinity and manifest the Divine qualities.
What are the Divine qualities?

Gratitude, Love, Compassion, Harmony... okay? Feeling content, BEING happy with myself... okay? not seeking too much outside, BEING with myself so content!

Shivoham

"Ganapathi, Bagalamukhi & Mooladhara Chakra!"

Video Link: <https://youtu.be/9JrP3alsWpc>

You see that!?

Two people have come now!

Competition is happening in Muladhara between Baglamukhi and Ganapati!

You need to understand whether it is Baglamukhi or Ganapati, they are not just in Muladhara, but they are everywhere!

When you do OM Kriya, it's Lord Ganesha Himself - Who Is OMKARA Rope!? It is Lord Ganesha. He is also in the Sahasrara Chakra and above. He is permeating everything with His Light in the entire creation.

That's what we say, right? -

Vakra Thunda Mahakaya
Koti Surya Samaprabha
Nirvighnam Kurume Deva
Sarva Karyeshu Sarvada

Vakra Thunda....

Vakra - Wave
Thunda - Particle
Wave & Particle Theory is Lord Ganesha Himself!

Vakra Thunda means the Wave and Particle - the light that is flowing in this entire Brahmanda is nothing but Lord Ganesha.

Without light nothing will happen. That is what we do Puja for Him prior to the start of anything.

If Light and Sound are not there, then what is going to happen?
Nothing will happen in spirituality.

So, we feel Lord Ganesha is that.

Mahakaya - everything is That!

Koti Surya Samaprabha - His Aura is such. We know the glaze of just one Sun. Then if thousand Suns, million Suns are together then what will be that Aura?
That is the Aura of Lord Ganesha.

Nirvighnam Kurume Deva - without any interruption He is working continuously day and night on this planet Earth, Yes or No!?.... The Sun, and the Moon are coming without fail, the Pancha Maha Bhuthas are working smoothly.

See,
That One Para Brahma Tattva is Lord Ganesha
That One Para Brahma Tattva is Lalithambika
That One Para Brahma Tattva is Baglamukhi

So, don't get confused, you know that Lord Ganesha is only in the Muladhara.

It is so said just for our understanding at the beginning level. In the beginning level...

But at the ultimate level we know that there is Only ONE, and no Two! ONLY ONE!!!
That ONE becomes everything!

So,
If your mind allows you, then pray to that only One.
If mind does politics, then pray to both... you know, Baglamukhi also and Ganapati also.

Sab kea Swath, Sab kea Visas - like that, you know, we have to go with it.

Shivoham!

Sri Devi Sarvamangala mantra
-By Sri Sadguru Sivapremanandaji"

Video Link: https://youtu.be/O_4fFg0I2Wo

Many people who are Doctors, you know, Advocates, Lawyers, Healers, who are working for the well-being of the society - please try to use the Sarvamangala Thithi Nithya Devathas... use that Mantra .

Because of you many people are getting their problems solved.

So Sarvamangala means when you bring Her Consciousness, Her Energy in your Soul, what happens?

In your profession, you do the highest good. You know, a doctor can do the highest good with this Mantra. Whatever medicine he gives, even the negative effects can be reduced, when he invokes Sarvamangala in your Consciousness!

Advocates, Lawyers can use this.

Healers, chant this Mantra, make her as your Ishta Devata, every day chant this, Sarvamangala:

"Mother I want the highest good for myself and the highest good for my clients!"

"Mother I want the highest good for myself and the highest good for my patients!"

"Mother I want the highest good for myself and the highest good for my hospital!"

"Mother I want the highest good for myself and the highest good for the society!"

So,
Sarvamangala - all types of Auspiciousness

Especially doctors and all can use this.

Wherever you are involved with other people's healing, blessing, you know, solving their issues - it's one of the best mantras that you can use in your day to day life.

Adi Shankaracharya will tell you "Use the Sarvamangala! So that from you good things should happen to others"

From you..... Good things..... happen to others!

If you are in Organic Food business, or something where you are blessing the things or if you have an agricultural land where you want to bless the yield and then supply to others, where you have goods, bless and to give to others...

Use Sarvamangala Mantra, Sarvamangala Yantra....Chant Her where you want to do good for others.

Sri Devi Sarvamangala Mantra:

|| OM AIM HRIM SHRIM SUAUM SARVAMANGALA NITYAYE NAMAH ||

You can start your day as a doctor with Sarvamangala!... Your profession, you know, your day should start with this!

As a Lawyer, your day should start with this!

As a Healer, your day should start with this!

.... “Divine Mother Lalithambika please come and help In the form of Sarvamangala Mantra!”

Shivoham

"Tattva Shuddhi & Srividya sadhana"

Video Link: <https://youtu.be/51-8xNTG9NM>

Ok, it's really a good question about Pancha Maha Bhutha Shudhis, Navagraha Shuddhi, Tanmatra Shuddhi, Karmendriya Jnanendriya Shuddhi and others, you know, Atma Tattva, Paramatma Tattva. All these things are there.

So you need to understand, when we work on our Chakras - our chakras not only represent energy centres, they also represent Pancha Maha Bhuthas, Navagrahas and different aspects of our life.

When I work with my Muladhara Chakra, I am working for the purification of the earth element, okay? Prithvi tattva Shuddhi!

Plus I am awakening the Divine element which is Lord Ganesha in my Muladhara Chakra.

Like this, we are working on our Chakras.

So when I work with the chakras especially with the Shri Vidya mantras - please understand - in Level -1 we work the Chakra Mantras plus Samputa combined with Sri Vidya Mantra - Bhuvaneshwari Mantra.

Those Chakra Mantras like, "LUM " not only activates the Chakras, but also purifies the earth element.

And when it is connected to Bhuvaneshwari tattva the Parabrahma tatva of Lalithambika...Akilandeswari, then what happens?

It awakens and makes the Kundalini to become Jagrata or alive... active and your Chakra becomes active!

So when I am working with Sri Vidya Level 1- 7, I am doing the Pancha Maha Bhuta Shuddhi, plus in level 2 we go a little bit higher, we go with a different, for example, Navagraha Shuddhi... those Tattvas are balanced.

Astrologically twelve houses of your Horoscope are cleansed - Shuddhi Karana takes place. Different types of doshas are taken away.

When we go to the higher level of Sadhana, when we complete the circuit - from here (points to the Agna chakra) to the Muladhara Chakra and then climb up to, you know, to the Sahasrara Chakra, your 12 Zodiac signs will be cleansed.

Then as you progress with the Panchadashi Mantra, and Shodashi Mantra, your Nakshatra Shuddhi will take place!

So we call this Moola Vidya where not only this, it will also take you to Shri Vidya, means Atma Vidya, Jagrata - Self Realisation.

Then Para Brahma Tattva - the God Realisation will take place!

So all the 36 Tattvas get purified when you do the Shri Vidya Sadhana!

So just doing this Srividya Sadhana sincerely and regularly as guided by Guru Parampara helps you to do Tattva Shuddhi, okay?

"Know Thyself"

Video Link: <https://youtu.be/ChPznqL8Jgo>

The Ultimate goal of Spirituality or the Real Spirituality, I tell you,

is not about God and Goddesses...

is not about Mantras....

is not about Yantras also....

....it is about **YOU!**

Knowing the Truth about YOU !

That is the Real Spirituality.

You see all the Masters:

- They have done the temple worship, yes?
- They have gone to This Guru, That Guru, yes?

Then

- They have stuck and realised that, "Now is the time I need to know myself! I need to find myself! "

You know, everybody says, "First Self-Realisation then God Realisation "....

....First Self-Realisation then only God Realisation!

And whether in India or in Western world, everybody is telling this:

"KNOW THYSELF!"

Everybody!

In India, the Scriptures and the Vedas are telling, "Know you!"

If you go abroad, they are also telling,

"Know Thyself ".

So, Real Spirituality

Is not about Lalithambika, Rajarajeshwari, Maha Tripurasundari...

is not about Lord Siva...

is not about Ganapati...

is not about anything....

It's about YOU!

Because

- You are the spark of Shiva and Shakti.
- You are the Real Divine on this Earth.
- There is no comparison to your Soul with anything that exists in the outside world!
- All the temples, all that is existed - the Mantras, Yantras...all of them are just dim reflection of your Soul!

That is the Truth!!!

Shivoham!

What is the Kundalini? **- Sri Sadguru Sivapremanandaji**

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

He asked, "What is Kundalini?"

As I told you, you know,

Kundalini is just Energy. Your own Prana in a light form....in a light form.

So, what I told:

When this **Life Force is there within this body**, I call it **Jeeva Shakthi**. And

When this **Energy** (places His hands on His head) **is beyond my body**, I call it **Brahmanda Shakthi**..... the Same Energy!

When **it is coming from the Source**, I call it **Adhi Shakthi**.

When this same **Life Force stored in my Muladhara**, I call it **Kundalini Shakthi**.

That is it!

But people have made so many theories about it.

But this Kundalini will not be in one form. It will move....it changes. Filter.... Filter.... Filter (shows from down to up in steps), from Grosser it will become a light. The light is of infinite velocity.

Light has certain frequency and wavelength. We call it 3 lakhs km / sec, right?

That is the velocity of light.

Where we are all under that frequency. So, ageing and everything is happening.

If I cross this Energy, then what happens? **Infinity!**

That is what Kundalini ... from here (positions His hand at one height to indicate the velocity of light - 3lac km / sec and by 'here' He means from below the velocity of light); it will transfer to there (means above the velocity of light which is Infinity).

That is what Kundalini does!

But in you, it's just Energy.

Shivoham

Power of Maha Mrityunjaya Mantra

-By Sadguru Sivapremanandaji

Video Link: <https://youtu.be/oBebZMt6B9I>

What Mahamrityunjaya Mantra does is:

The deepest fear in us is the fear of death.

That deepest fear is removed by Mahamrityunjaya Mantra!

And another power of Mahamrityunjaya Mantra is:

It will not allow your body energy to drain. Your Prana is not going down. Its something like the Dhikh Bandana is done by this Mahamrityunjaya!

When I do this, automatically, my Prana won't leave. Means my Energy sustains, grows, when I do the Mahamrityunjaya.

It is very good. To sustain your Prana, Mahamrityunjaya Mantra is very good!

Many people do the Sadhana, raise their Energy, but they don't know how to hold their Energy.

And Mahamrityunjaya holds that Energy; binds that Energy.

And that is how it's shown that when Yama comes and wants to take the Prana, your life force - it will not go. He was being surprised, "What is happening? I want to take his Prana, and he is chanting Mahamrityunjaya".

Even Yama cannot take this means how the Mantra must be!

Means that is the power of Mahamrityunjaya Mantra.

It will hold your Prana. Increase your Prana. You can sustain, you know, power - Spiritual Power by chanting Mahamrityunjaya!

Shivoham!.

Experience of Varahi and Pratyangira are the same
-By Sadguru Sri Sivapremanandaji

Video Link: <https://youtu.be/o92--b9GAOc>

Shivoham

Question

Guruji, I had a dream in that I saw a small Varahi statue [side view] and someone praying in front of it. I also wanted to worship so I am approaching the Varahi amma but when I go near to the statue just the face itself became a Pratyangira and turned towards me. Before 2-3 days I wanted to buy Varahi statue but I didn't, and I also have the urge to go for Pratyangira sadhana. Is it Varahi Amma telling me Varahi and Pratyangira are same? or please enlighten me.

Answer

Very true, its very true. Varahi, Pratyangira, Rajamatangi, Sampatkaarini, Bala all are nothing but different manifestation of Lalithambika Rajarajeshwari Maha Tripura Sundari. That you need to understand. You might have worried that you wanted to take a Pratyangira sadhana because of your life situation. But mother has shown you that, she herself is Pratyangira and she can take care of you at this phase of your life. Please understand, the message is very different. It is not just, you know, showing whether they are one but she is also indirectly telling you that I can take care of you during this present situation if you are suffering with enemies or some issues are going on, then she is taking care of you. She is very clearly indicating that I will take care of you. ok? So this is a blessing for you that Divine mother has shown she is both Varahi, Pratyangira and all of that. Ok, even the Dhoomavati is also it is her form. She has a eight forms. Ok? So Varahi can take the form of Pratyangira. Varahi can take the form of Sadashiva. There are

many things in this I cannot explain. But know that mother wanted to help you and bless you.

Shivoham, Shivoham.

Universal Law of Gratitude **-Sri Sivapremananda**

Video Link: <https://youtu.be/NpXjZZXRp8M>

You know actually,
Universal Laws,
Life Lessons, and
Right Meditation, and

The Attitude of Gratitude...

You see that? Gratitude should be there!

You do the Sadhana or not, Gratitude should be there!

You do all the Sri Vidya Sadhana and always you are complaining.... always... you are complaining!

Complaining means - what signal are you sending to your Subconscious Mind?

That:

"I don't have it!"... "I don't have it! "

"I am not getting this! "

"I am not having this! "

"These people are treating me like this!"

"This is that!"" This is that! "

... What I am creating is:

"I Am In Lack Of All Of These!"

So, what are you going to attract?

You are to attract only that you have created for yourself in your inner world - in your Subconscious Mind!

That is, more of such lacking only!

Shivoham!

Chinnamasta and Shabari Mantra Vidya

Video Link: <https://youtu.be/UgnqbQEB2ew>

Chinnamasta is meditated by many Navanatha siddhas. Even for Gorakshanath, who is the adi devatha for Gorakshanatha? Chinnamasta. For Adi Shankaracharya, divine mother Lalithambika is the adi devatha. For Gorakshanath who is the adi devatha? Chinnamasta. She is a Prachanda Kali. Kali means still she is controlling the time, she is in the time dimension. Chinnamasta is beyond time. Got this point? time don't work there. universal laws don't work with Chinnamasta. So, because of her power, Gorakshanath used to control many many individual beings. Yoginis he could able to control, Yakshini he could able to Control. He could able to command them. and they has to afraid. Because he has Chinnamasta. Without any time dimension he can destroy anything, instant result with Chinnamasta. Not like a time, I meditate now, so many days, then things will happen. Chinnamasta is not (like that) so we call Prachanda Kali. That's what we shown her with a, you know, we cut her head. Because she is a more representation of the egoless awareness. And you know the ida, pingala they act as a two yoginis. One is Varna, another one is the Dakini, then the center Channel is the Sushumna. From that she is doing that, so she is yogic sadhana of Opening the Sushumna Nadi, you know, acting very powerfully and destroying Immediately. Not like this, you know, takes a time. Without a time it is. That's how Gorakshanath chosen that path. So he could able to have all the siddhis, all the individual Yakshinis, Gandharvas he could able to control all of that. And then he infused them or programmed them into the Shabara mantra and then Shabara mantra is given to the people. Because it is coming from him and his intention, you know, I chant like this you should come here and you should do this work whomever do this. And this is you know, agreement between me and you. That's how he do that. Then he gave that Shabara mantra to people. That's how he made agreement with Hanuman, he made agreement with Kali, he made agreement with Bhirava, KalaBhirava and then he programmed and infused those shakti in the Shabara mantra and then he started giving that. That's how the Shabara vidhya has you know developed and that's what in Navanatha Siddhar, Navanatha parampara they started Shabara mantra, giving that. There they don't have a purushachara and all of that. Once in a year you have to, like mobile Recharge, you have to recharge once in a year that mantra. Specially on the Surya Grahana, you have to go the special place and then you have to meditate, that Mantra will get activated. And that mantra will work for one year. You can use this for, you know helping yourself, healing others. That technology is very different. Vedic technology different, Tantric different and Shabara mantra is different. That is the parampara that has a Maha Shabari Vidhya. Maha Shabari is nothing but Chinnamasta. Renuka Devi, you know, Renuka Devi is also Chinnamasta. Avatara of Chinnamasta is Renuka. Many Kula Devathas, you know have this Renuka Devi. She is the Chinnamasta. Very powerful, aggressive goddess. All of that. That's what, she is the mother of Parashurama, so because of that, again Parashurama got powers, able to kill many of them. Because of the Renuka Devi. So this is very very powerful sadhana, we invoke those shaktis within us and Manifest, burn the karmas, solve our problems. Almost all.

Does making an intention or prayer to mother contradict the surrendered?

Video link: <https://www.youtube.com/watch?v=1H8WxFciBpk>

Surrender vs. Intension: Intension means intending to perform an action (be it good or bad) of your interest; karma means the result or effect (good or bad) of your intension; surrender means something that happens to you within. Does making an intention or prayer to divine mother contradict the surrender to divine mother. If you are asking for something, does it mean that you are not willing to accept whatever divine mother is giving to you, or that you are not satisfied what you have received. You should remember that divine mother does not interfere in your life until unless you ask for it. Karma says you have done it. Here, surrender should happen from within. This question does not arise if surrender is happening within you. Asking or intending for something is always natural. For example, to have good health, you need to have intension. If you do not have intension, how are you going to direct the energy of your Soul. You can ask (what you intend for) or make a prayer (requesting divine mother to help you), and surrender to divine mother (whether it happens or not); whether my prayers are answered or not, the moment you asked, you know it is taken care of, that state is surrender. If it is for your highest good it will happen; if it is not for your highest good, it will not happen, that is surrender.

Sexual energy for manifestation!!!

Video Link: <https://www.youtube.com/watch?v=j2HlcJudKdw>

QUESTION: Dear Guruji, my question is about this Shakti or energy (sexual) that I notice activates men. I think it is ancestral as I have seen my mother, grandmother, and uncle use it in their favour for business and making network connections. I have been very sexually active in my youth (because of ignorant western ways I was taught). Now in level 4 of Sri vidya I am celibate but I can tell this energy is still activating men (sexually) that I come across randomly and I really don't know how to turn this energy off because I am going to Ayyappa temple where I really respect the swamis and I don't want this to happen there because it is so pure and sacred there. Guruji I do not do this intentionally and I am praying to divine mother to clear all impurities, shame, judgements, vasanas, karmas so that this doesn't happen anymore. In the meantime, is there a way to turn off this energy? I welcome your additional advice. Guruji, I kindly ask for your blessings to overcome this. At your feet and the feet of Divine Mother.

ANSWER: What you can do is to make a sankalpa: whenever you do the protection shield make a sankalpa (an affirmation): & only good goes out of me, only good comes to me. This is the sankalpa you have to do. Make a beautiful protection shield and make a sankalpa & this protection shield is surrounding my sexual energy and protecting it and it is not creating any activation to the surrounding. You have to make an intention: add the protection shield and seal it, feel that you seal that sexual energy that is within you; especially in your muladhara chakra and Swadhisthana chakra (especially these two chakras have that sexual energy more active). Especially your Swadhisthana has more activation so try to put one protection shield there and seal this energy with the protection. For outside protection you say only good comes to me, only good goes out of me for this special protection shield for your sexual energy you say it is protected, it is not activated, it is not attracting any negativities You know how to make an intention. Pray to lord Ayyappa, ask his blessing, ask his grace please come and protect me, protect my energies, close the aura or the energy of this shield and bless me and my family You have to put the protection shield and make an intention. As you progress allow one or two weeks so that this protection shield will be active in the astral level and then in the energy level. Then what happens? you start protecting and you are holding that energy and then you can use that energy for any manifestation: make an intention, feel the energy and the protection shield; ask i ask lord Ayyappa to channel this energy for this manifestation or i ask my soul channel this energy for this manifestation or i ask divine mother Lalithambika to channel this energy to this manifestation This energy, the pure innocent crude energy, the sexual energy is kundalini energy. We call it Bala Tripura Sundari in this place and it is very powerful for manifestation and all. When you do the tapasya with the Srividya sadhana that energy, the purification of that essence comes to your Manipura chakra. When Manipura chakra starts receiving that energy you start manifesting better in the outside world, you become a magnetic personality and you can dominate all the entire world, that is your own world, your family, your business and whatever that is. You dominate, you manifest better

"Patanjali methodology of Spiritual Ascension"

Video Link: <https://youtu.be/eHiA13qGkKQ>

Sadguru Patanjali, Siddha.... Patanjali has given beautifully, systematically about how the spiritual elevation takes place... how you ascend... and what are the steps that take place... He says that your journey begins with Temple worship, Bhakti and outer rituals. And as you progress with the outer rituals, it will lead you to Inner Meditation.

So beautifully he says,

1. **Outer rituals** lead you to **Inner Meditation**.
2. **Inner Meditation** leads you to **Samadhi**.
3. **Samadhi** leads you to the **Darshana of the Divine - Sanidhya of the Divine**.

Beautifully he explains the methodology, the way to ascend yourself to **Divine Consciousness, Truth Consciousness**.

So,

Outer rituals lead me to Inner Meditation.

Inner Meditation - when I cleanse, heal, energise my chakras, what happens?.... My connection with my Soul is so stronger that I start experiencing the ONENESS....

Oneness means Oneness with my Source - that is what we call the

Samadhi = Sama + Adhi

Sama - Equality

Adhi - Source

Equal Oneness means Samadhi.

I am one with

My own Soul,

My own Consciousness,

My own Awareness.

I drop my Ego identity or false identity that I am a body and mind.

When I drop my identity as the body and mind, then there are no 2, but only one.

If I am there as a body and mind, then

God is there, yes?

Process of worship is there,

This entire existence is there,

Guru is there!

When I am not there,

Where is the Universe?

Where is the God?

Where is the Guru?

Where is the Mantra?

Where is the Yantra?

Where is the Tantra?

... Nothing!

Just **ONENESS**!

In that **ONENESS**, even I cannot say, "I AM THAT", I say only, "I **AM** "!

You see that?

Even, "I Am That " is also not the ultimate state!

Just "I Am" - ness! **BEINGNESS** is the ultimate state!!

You see that?

In Vedanta we say that,

"OM **TAT SAT** ",

"**SO HAM** " - "**SO AHAM**"

"**SHIVOHAM** " - " **SHIVAM AHAM**"

"**AHAM BRAHMASMI**"

.... Even all these are obstacles. You go beyond these states also and reach into such a Silence.

In that Silence -

feeling, knowing and experiencing of

Just PRESENCE - that we call the **NIRVIKALPA SAMADHI**.... last stage! Last Stage, you know, **God Realisation!!**

Shivoham!

"Does making an intention or prayer to mother contradict the surrendered?"

Video Link: <https://youtu.be/1H8WxFciBpk>

Remember this:

Mother really doesn't interfere in your life, okay? Until unless you ask Her.

So, all these Karmas are what you have done for yourself, okay?

And surrenderance is something very, very, you know, it's very difficult...it is happening to you.

So, if you are asking this question means it's not happening... surrenderance is still not happening. This question will not come in surrenderance.

First you need to understand this.

So, you are asking about having an intention.

It's normal and natural. You need to have intentions. Okay?

To have a good health, you need to have an intention. Okay?

If you don't have an intention, then no use. The energy of the Soul needs to be directed. Okay?

So, ask.... make a prayer, and surrenderance means whether your prayer happens or not, your faith is unwavering... that is Surrenderance!

Whether my prayers are answered or not.... that is Surrenderance.

I am not waiting. The moment I ask I know that it's happened.

If it is for my highest good, then it's coming,

If it's not for my highest good, then it's not coming

-That is Surrenderance, okay?

Shivoham.

"Meditation Place & its Power of healing"

Video Link: <https://youtu.be/hBUg02FSyZ8>

I suggest many times to my students,

"Make one place in your home for practicing Meditation every day. Meditate at that place every day. And after one or two months, whenever you feel stressed, you just go and sit in that place where you daily meditate and see for yourself.

Your emotions change.

Your Energy changes.

Your thoughts change."

Got this point?

Means -

When I meditate receiving the Grace of Lalithambika, Shiva Shakti and when I am receiving it in the entire body, you know, it starts expanding to my Energy Body, Astral Body and ultimately to the Soul Body and the excess Energy starts spreading around me. And this Extra Energy, my Earth starts absorbing.

Many Siddhas meditate for 100 years, 1000s of years in one place means don't you see what could be the Energy of that place?

Why it (Energy of the Place) changes? Tell me. Why it changes?

Because of the

Universal Law of Energy Replacement,

Universal Law of Resonance,

Universal Law of Vibration,

Universal Law of Attraction!!

It is not any Miracle, it's a science!

It is pure science. All these Siddhas worked with the Science.

So, we call this the **Siddha Science of Ascension, Empowerment and Self-Realisation!**

It is beyond any doubts and belief system, I am telling you!

Please understand this!

We are teaching the Science!

Shivoham!

**"Siva Sadhana Level-1: "Thirumoolar Siva Mantra Dhyana Kriya"
activates chakras, Kundalini & burns Karma"**

Video Link: <https://youtu.be/3hkmA52dq4Q>

It fills all your Chakras - 543 Chakras, Activates, Heals, and Energizes, and Burns your Karmas, okay? ...

Whether it is the

Navagraha Doshas,

Pitru Doshas,

Kula deiva Doshas,

Kula guru Doshas,

Naga Doshas,

Or Rahu Doshas

Whatever Doshas those are stored as low Vibrations.... Dosha means Weak Energy ...Dosha means Weak Energy or Low Energy!

Every type of Karmas is burnt by this Yoga!

Shivoham!

"How to Energize Water with Mantra -By Sadguru Sivapremanandaji"

Video Link: <https://youtu.be/L-KTVFXmlvg>

You take a glass of water.

And

You make this type of arrangement of your fingers (shows by joining all His right hand fingers' tips together - like a flower bud) and keep inside the water .

Then you make this Sankalpa:

"I want to Energize this water so that my daughter / my son 's health should be good ."

With that Sankalpa, what I do?

I chant the Mantra for minimum 3 - 5 or 9 times.

And then I blow the water 3 times and infuse my Prana also.

And then I give this water to the child.

Especially if you do and give this early morning before eating anything , then it is more powerful.

Because your body can absorb all of that.

Is it clear?

And we all know that our body is composed of 80 % of water and the Energy will be absorbed.

Means - at the physical level you are doing the Healing!

When we send the Healing, it will first go with the Astral body, the Energy Body and then it will come to the Physical Body.

But when we Energize and give this water, where water is the physical element and we infuse the Divine Power , it goes and does the physical Healing with fast results for Health issues.

Shivoham!

**I want my family members also receive the grace of Srividya Path but
nobody is listening to me**

-By Sadguru Sri Sivapremanandaji

Video link: <https://www.youtube.com/watch?v=2dMysoYzdfs>

Very true Very true! The thing is when you are born when you have this mind or when you have these senses when it is going outside seeing all the external world, so there is false identity of ego makes all this drama. And nobody is really interested in spirituality. They think they are happy, they are good, they are body. They do not feel the urge to know the truth about themselves until unless the problems will knock the door or health problems will knock the door, something will happen to them, until that it is not possible. Especially that Srividya Sadhana is so beautiful that without the grace of divine mother, it is not possible to come to this path at all. Even this Parampara attracts only the sincere devotees, not all the people. It is not possible. Even they come also they cannot practice this sadhana, or after some months they just drop and run away after all other things because we are connected to truth giving the truth. And people who are not connected to truth they just want drama they want to have some miracles or have siddhis, they do not stay on the path, they just drop and find some alternative. You are doing well, you just pray for them: just ask divine mother to have grace on them. Things will be taken care.

**"Shivalinga Temples - Power Centers of Higher dimensions!
-By Sri Sadguru Sivapremanandaji"**

Video Link: <https://youtu.be/tfV4Qg1iET0>

We go to Jothirlinga to raise our Consciousness to Siva Consciousness, Truth Consciousness. But we go to Pancha Maha Bhutha Lingas to cleanse our Pancha Maha Bhuthas, and to overcome our problems - health problems, or you know, relationship problems, any problems. So,

There are Shivalingas which are connected to Navagrahas, There are Shivalingas which are connected to Pancha Maha Bhuthas, And there are Shivalingas which go beyond our body and mind and they connect to the Light, Truth Consciousness that we call Jothirlingas....we call them **Jothirlingas!**

So many times, when we go and sit before such Jothirlingas, we don't feel anything, many of us.

Because it is not of the dimensions of the Energy, or the body, or the Pancha Maha Bhuthas, but it is beyond all these and of the ultimate Consciousness.

Only a Siddha can experience the Jothirlinga.

Only very, very few can experience the Light Form of Jothirlinga.

So, what they have done is, these Siddhas - they have realised that the highest dimension - Vortex of the Light is on this Earth at that place!

So,

What they wanted?

They wanted to protect that. They don't want to impure it.

So, they put a Shivalingam there and they call it Jothirlinga.

It should be worshipped. Everybody should go on a pilgrimage to visit them.

Because it is so powerful that it is very difficult to explain.

Same thing they have done for the Pancha Maha Bhuthas...

...They find that

How this physical body has Pancha Maha Bhuthas

Or

How this physical body has the Chakras

Or

How this physical body has those Navagraha elements inside it,

The same way our Mother Earth also has different Chakras. Different Chakras or the different Energy Vortex where all the same thing is existed!

They realised that there are 2 paths:

That is

- The outside path
- The inner path.

Shivoham

Regular meditation protects you everyday
-By Sadguru Sri Sivapremanandaji

Video Link: <https://youtu.be/o92--b9GAOc>

Shivoham

Regular meditation is very important. It is a pillar, because universal law of karma says that inner world creates outside world. Really how we take a bath outside every day, we have to take a spiritual bath, cleanse every day. Because every day I think negative thoughts, negative emotion, you know, suppressed depression, stress all those things are patches in my astral body. Who is going to clean them? Who is going to clean? If you don't clean them every day with meditation what happens? It is a terrible dirty body you have and that patches, those energies start attracting negative situation in your life and you started experiencing, you know, unwanted experiences, bad relationship, you know, bad health, frequently going to the.. Some viral infection, stomach problem, this that, so many issues start, unnecessary losing the job. Everything we are creating but we are not aware how we are doing it. So, meditation is taking a spiritual bath, bringing the Ganga. Where is the Ganga? Outside or inside? Within me. Making her to flow, when I chant the mantra I connect to the divine mother Lalithambika. Her energy, her consciousness is the real Ganga that is flowing to me. Remember, that is the real Ganga that is manifested outside, but it is already there inside. So take a bath everyday by meditating.

Shivoham, Shivoham

"What is Spiritual Realization?"

Video Link: <https://youtu.be/M-19jzkZNMw>

Intellectually you understanding Who Is Shiva,

Intellectually you understanding What Is the Truth,

Intellectually you understand Who Is Lalithambika.

But,

When you meditate, these Tattvas, these Concepts

- have to go deeper into your Subconscious Mind,
- They should form a Memory Centre,
- They should connect to the Universal Consciousness.

Then

That Force has to download

And

That Experience flashes in your Conscious Mind - then it is a Realisation!

Got this point?

These all things have to happen in Spirituality.

Then it's a First-hand Experience!

Then it is Real Acceptance.... Real Acceptance!

Shivoham!

"Marriage is a personal choice of seeker!"

Video Link: <https://youtu.be/CBxt2Ns8IUY>

When you are in the path of Spirituality, Marriage is a personal choice.

Outside of the path, it is okay, but, I am not, you know, talking about outside.

When it is coming to Spirituality, marriage is a personal choice.

Whether you want to get married and experience your Grahastha.

Then it can help you to know

what is real love,

what is the love of a child,

what is the responsibility,

And that may help you to understand , that problem will create an Awareness in you, so that you can grow better....all these are there.

Another thing is:

In so many life times you have already married many times and you have understood that,

" Now in this life I have an understanding that I don't need to go through that! I don't have really, you know, any desire for sex, for child, desire for, you know, all the family and all.

I am so happy being alone with myself. In this case, I choose not to marry. I want to walk on the path of Truth, Only the Truth! "

But this should not be a forceful action. It should be happening to you. Then only it is accepted.

Now, what is happening?

Many Masters are creating Brahmacharis to create their, you know, force , to spread their teachings.

And parents are coming and crying, you know,

" My child doesn't want to get married ! ",

" My child doesn't want to go for a job! ",

" My child doesn't want to eat food also and takes only fruits and avoids any other food! "

You see that?

In that case, what ?

We need to understand the parents' issues as well as the son's state.

Is the son really having the ability to detach and walk on the path of Spirituality?

If it is there, then we need to support that child.

Otherwise we need to bring him to the life. Make him understand,

" If you still have a desire for sex,

if you still have a desire to live the worldly life,

then do it ... do it!

Then only you can go to the path of Self Realisation and God Realisation! "

I have seen!

" Because my friend became a Sanyasi, I am also a Sanyasi! "

How we choose, you know?...

" Friend is in I.T. I am also in I.T! "

Friends circle is something, you know - 'My friend' is like Krishna. ' I am' like Arjuna.

Whatever coming from the Friends is like coming from Krishna.

Whatever coming from the, you know, parents?

It is a Big No!

So, many times I have seen that people are so much attracted to the Master and they absorb the Master and they start to become a Master.

To become a Master, they start doing all the activities,

" how their Master lives? Only on fruits. And he is a Sanyasi. So I also follow! "

But, it is nothing to do with outside things at all!

Knowing Yourself how is it going to change?

I Marry or may not marry - how is it going to change my inner Soul?

I don't understand!

Nothing to leave!

Nothing to, you know, Attach!

Just give, bless, meditate and realise the Truth about yourself!

So, this is very important!

Nowadays I am seeing that many people are having this Gurukula System where they are creating many Brahmacharis.

But, inside they still have so many desires.

When they have desires, and Brahmachariya, they start doing all the scams and all scandals will start.

Why is it so?

Means - they have not accepted themselves.

First lesson is, " ACCEPT YOURSELF ". Right?

The first lesson itself is not completed. So, he has to come again!

Next life,

- come again,
- get happily married,
- have the experience of a child,

then

- have detachment,
- go deeper within myself,
- realise the Truth,
- drop the body

and

- merge with.... the Source (gestures so) !

That is what Mahamrityunjaya Mantra, you know!

What does Mahamrityunjaya Mantra say?

It is like, you know, how the creeper is having the fruit , the moment you die, it is such a detachment , there is no harm... nothing!

You will be such a mature Soul, you will be realising the real Mahamrityunjaya.... you become that!

Mahamrityunjaya makes you That where you become so ripened with your Soul Consciousness, you drop all the bondage and you experience that Liberation !

That is Mahamrityunjaya... Real Mrityunjaya!

That Mantra takes you to that state!

Fear of death goes. You know yourself and that your own Soul is Eternal!

Shivoham!

"Devote to One Siddha & experience grace of all masters!"

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

Instead of thinking / taking many Siddhas, hold one Siddha. One Siddha! Because these Siddhas work together.

Shridi Sai is also working with us. But I don't want to put that photo. Because people will get confused. We have been showing Him as an Avadhoota, now if I put Him along side Siddhas, then people will get confused. And they will ask me many questions. So, I didn't put up His photo. But He works! He comes here, He works here , He gives His Darshana and all.

So, hold any One.

When I held Thirumularji, I had the Darshana of Kriya Babaji. But, I didn't worship Kriya Babaji .

When I held Thirumularji, I had the Darshana of Paramhansa Yoganandaji.

During my PhD, I was going through a very terrible time. Paramhansa Yoganandaji started coming, holding His hand on my Manipura Chakra taking away my Karmas. He is a great Master. He held me!

So, like this....Ramakrishna Paramahansa, or this Swami Ramalinga - never worshipped them, but they started coming.

For what purpose?

Because I held the feet of Thirumularji!

So, Thirumularji - His Portal of Consciousness made Me, My Soul to connect with Ramalinga Swamikal, Shridi Sai and all of Them!

So, hold one Siddha 's feet. That is what I am telling...One photo of the Siddha ! Okay? Or Paramahansa Yoganandaji, or Kriya Babaji or Any One you feel devoted. That is important.

You should feel devoted ! You should feel Surrenderance to that Form ! That is very important than having ten photos.

I should feel, the moment I see Thirumularji, that compassion , and that love, tears flow in me, that cleansing takes place in me, automatically my Soul connects with the Universal Soul!

All these automatically happen just by seeing Thirumularji .

Just when I see Thirumularji, my body bows down, automatically Subconsciously it happens!

So, you should find the form of a Guru where you feel Connected, Surrendered, Accepted, Allowed , then what happens?

Miracles will start to happen!

"Sri Pratyangira Kavach & other protection shields!"

Video Link: <https://youtu.be/JmII9ryQEMw>

What I suggest, " Always test for yourself the
Experience of confidence,
Experience of feeling secured,
Experience of feeling home, Or
If you are visualistic, then feeling the Energy around you as a Protective Energy,"

So, if you want to use only the Pratyangira Kavacha, you just, before reading, make an intention that,
" Divine Mother Pratyangira and the Yoginis of Pratyangira, surround me and my family members, protect us from all types of dangers, harms, psychic attacks, Tantric attacks, Enemies, cheaters and all of that for minimum 24 hours." And chant the Protection Mantra - that is Pratyangira Kavacha.

So, here, no need to visualise anything like white light and all.
It is a programmed Kavacha. It automatically does that.

Many Mantras are so - Kavacha means power is such that, you utter that Mantra, automatically the protection shield happens! Okay?

So, when you make an intention for you and your family members - even you can intend for your home, your vehicles, your - you know - whatever - office and pray to Divine Mother ask for protection shield to surround and things will be taken care!

So, again, I leave this to you whether you want to continue with Srividya Protection shield, Baglamukhi Protection shield, Ashta Bhairava Protection shield, or Pratyangira Protection shield.

One is more than sufficient. Its my experience. In higher level even Protection shield is not needed, okay?

Because of your connection with Divine Mother when Divine Mother manifests in you , then what Protection shield is needed.

So, these are all there only in the beginning until you experience , " You Are That" . That - you know, Lalithambika, Rajarajeshwari, MahaTripurasundari , all Protection shield is needed.

The day you realise that you are not there, then who is protecting who?

So, if I say only Pratyangira, and you might have this feeling good about Ashta Bhairava, then your mind will be again confused whether to do it or not.

So, try to do what is best for you. All Protection shields are very powerful , and Pratyangira 's also is a very, very powerful Shield.

I am telling you. She herself protects. Her main intention is to remove the negativity, protect you from all negativities.

So, if you want, use only Pratyangira Kavacha, okay?

Shivoham

How many times can we chant or do japa of any mantra?

Video Link: https://youtu.be/_rOsG1L-2DY

I have always suggested chant, you know, the Mantra japa or Baglamukhi Mantra or any Mantra for minimum one Japa mala and maximum 3 Japa mala which is more than sufficient.

Because you are doing the Chakra Meditation, you will be empowering the Soul . So, after this , maximum 3 Japa mala is sufficient to fulfill your desires, to charge your Soul.

It is more than sufficient.

But, if you are very, very sensitive to Energy, then maximum 1 Japa mala is sufficient.

If you are not feeling any Energy, then maximum 3 Japa mala can be done.

Okay?

Shivoham!

"How does a student know whether his Kundalini has awakened, by taking Srividya Sadhana Deeksha?"

Video link: <https://youtu.be/W8G3LarbNA4>

So, Kundalini is the power - life force within you.

Whenever you do the sadhana, you know that tingling Energy sensation in your palms, in your chakras.

So, you know that the Energy is moving from Muladhara to Sahasrara.

In the beginning you feel this as a vibration.

Some of you see this energy as colours.

Some of you hear this energy as different sounds.

But, as you advance, you experience the same Kundalini as Bliss, Joy and Ecstasy.

Okay?

So, when your Kundalini is there, your thinking will change.

When kundalini is there, your regularity in Sadhana increases.

When kundalini is there, so many challenges will come in your life.

Okay?

Outside also and inside also!

And all students, whoever has taken a Deeksha with us, all of their Kundalini is awakened.....all their Kundalini is awakened - according to their needs.

May be that person's purity is very less and only 3% kundalini is needed, it happens. Another person's purity is really high, 30% kundalini is needed, it happens.

So, this is tested and everybody's kundalini is awakened and Srividya Mantras literally do that also, okay?

So, when kundalini is awakened, these are the symptoms,

Where you have Energy movement in the body,

You experience - your mind level experience, your behavioural level challenges will be there,

And also mental state - Bliss, Joy, Thoughtless state, you know, Silence, Stillness,

...All the above mentioned are the symptoms of the kundalini awakening!

Shivoham!

"Power of Mulavarg Siddha Techniques!"

Video Link: https://youtu.be/I9aKGO_mP-c

These techniques are very powerful. These techniques', means crystallized Consciousness programmed and given to a person. When you practice, that Consciousness start to open in your Soul.

So, techniques given by Siddhas are very important, and not by any normal human Body!

These techniques should come from Lord Shiva and Siddhas, and then they hold the authority to bring the transformation.

Because when you say Siddha and Shiva, they have seen the manifestation from Consciousness level to Matter; Matter to Highest dimension of Consciousness.

They have gone through every layer of Consciousness, understood every mechanism and with that observation they give one technique which is not created by themselves, but what they have seen in the Nature, about its working according to the laws.

They observed, witnessed and absorbed that knowledge and wisdom and made it a technique and gave that technique to another person.

So, in the Siddha Parampara, following the discipline is very important to manifest that Siddha Consciousness in your Soul.

So, these Paramparas are like this: where they, whatever the Master says, they start practicing, meditating day and night - they Started meditating.

They started meditating for 10 - 12 years and they become Siddhas. They dedicated their 100% for this.

You see that! Any Master, you see that.... Ramana Maharishi, you see, Paramahansa Yoganandaji, you see, any Master you see - they have meditated on the practice given by their Masters for 10 - 12 years.

Here, Thirumularji, Kriya Babaji say, "If you meditate on these techniques for minimum 12 - 18 years, you are liberated on this Earth, in this life only!"

It is the promise they give!

Because they have tested it.

They have tested that whatever the Karmic baggage you have accumulated , if you are allowing us, Siddhas to coming and helping you to bring the changes in your Consciousness, to bring the transformation in you, lift you to the highest dimension, then they will do it for you!

Shivoham!

"Spiritual challenges and Real knowledge!"

Video Link: <https://youtu.be/B2ME26nakQk>

What is the big challenge for the householder?

Regular Meditation!

The main big challenge for the householder is doing regular Meditation.

I have seen that any student who has sincerely applied the principles, meditated for 5 - 10 years has reached to such great levels which another person cannot.

The Problem is after just one year of practice, they fall again in the trap of this Mantra, that Mantra.... this path, that path leaving this and start them, and again there also they are not sincere, leaving that also just after 3 months, 6 months and keep wandering here and there.

With their playing with Spirituality in this manner, 10 years just are gone.

And then they realise, "I should start Sri Vidya Level - 1."

We have students who have taken Deeksha 5 years ago, and are now coming again for Level - 1 and starting all over again.

So, the problem is that our life is very short. How can you test and try each and everything?

It is not just, you know, Dosa or Idli to test and try.

It is lot of efforts to understand the Mantra, Yantra and experience its effects. It is very difficult.

Subtle things, only a clairvoyant, psychic person can test and see.

Otherwise intellectually you cannot. That is the problem with the spiritual path. You cannot test each and every path. Life is very short.

If I keep on testing the methods then my life is gone!

And even with regularity, meditating for one hour every day is the biggest challenge.... I am telling you!

If you are meditating regularly without break for one year means it's because of the Divine Will, Divine Grace. Mother is really taking care of you!

We have students who are meditating for not just a single year, but for 4 years,... 6 long years even without a single day break!

And within that 4 years to 6 years' time, many of them get Self-Realised. No more, you know, waiting for next life... this.... that - NO!

Some people reach there in Level 1 itself.

Why is it so?

Because they are desperate. They are hungry for the Truth! They want to know the Truth!

They come and ask, " Guruji, leave this Mantra, Yantra, Tantra. Tell me about the Truth. I want to know the Truth! "

See!

It is not easier, right?

Everybody is like, "Guruji, my life is going on like this. This mantra You give me... that mantra You give me...."

Such people are different seeking this technique and that technique.

"This Level I experience this.... That Level I experience that "- these are different.

Last level, you realise that, "I want to realise my Self. I am so desperate. No more postponing. Of course there are so many Gods and Goddesses. How about me? Who am I?"

That is, you know the burning question. The guilt that is felt at the higher level is terrible.

No Google Maharaja can give,

"Who am I? " It can only list all the books on, "Who am I? ", and articles on, " Who am I? " or will give some Videos, but not the answer, the real answer!

Not even Scriptures, Upanishads give you answers as they only point, "You are the Soul... You are the Soul "and not tell you what the Soul is!

Like this some people search outside.

We have to search within! Search within, look within. See through our own eyes - eye of INTUITION, eye of that INTUITIONAL knowledge, Soul....Knowingness.

With that you experience.

Hence we call it the Self-Knowledge, not Objective Knowledge.

It won't come by reading a book. If it comes from reading a book, then it is coming from the senses, intellectual ability which we call the Objective Knowledge - all these material know - how are Objective Knowledge.

Example: Engineering, Medicine, you know, is Objective Knowledge which are different.

But VIDHYA - the higher Wisdom that comes from the Intuitional understanding. It flashes in you....it flashes in you! That Truth which flashes in you , that fact about you is the Real Knowledge, or Spiritual Knowledge, or Subjective Knowledge!

What we call Self-Knowledge is what everybody is seeking. That is the Truth!

That is what, you know, many people, in the beginning, they start this journey - they went to temples, they worship this God, that God, they find, you know, "Okay, some problems are getting solved ".

Few Siddhis they get. But Real Truth they're not getting. Then they leave and go to another Master.

Those Masters - some are fake, some are good.

And to meet a Master is another big problem. Cleaning the Master's Clothes, cleaning the Ashrama, this, that10 years just gone like this!

After 10 years with one master, they realise that, "This master doesn't know anything!".

Then they go to another Master. By the time they realise the Truth, they become old, you know, old!

Luckily we don't have that problem now. The information is available very easily through the Google, You Tube, and the internet which we can browse and access, And we can start meditation somewhere, develop our intuition. At least we can feel that, "This person is Real . His teachings are real! "

Such knowing will happen!

If you are truly seeking, then," Like vibration attracts the Like things, Like teachings."

It will pull you the Right Master!!!

Shivoham!

"Energy drain & depression!"

Video Link: <https://youtu.be/wUl-uZ69Ffc>

Problem is not about energetically raising the rounds of Sri Vidya.

But the problem is why you are getting depressed. That is the problem....why you are getting drained.

So, try to analyse, for what Thoughts, for what situations, and by meeting whom you get drained energy wise. Okay?

If I am doing 10 rounds also, then if I meet that person, all those 10 rounds Energy is gone!

That being the case, even if you increase the number of rounds, what is the use of that?

So, try to bring the Awareness, "Where Energy drain happens to me? "

Sometimes, after my daily meditation, I go on gossiping, then my energy will go.

Sometimes, after my daily meditation, I go on listen to people's problems, then my energy will go.

Sometimes, after my daily meditation, my own family members are crying, scolding, and so much upsetting is happening, then my energy will go.

See, a spiritual Sadhak must not only know how to meditate, but should know how to sustain the Energy.

So, if you know that, going and meeting that person drains your Energy, be careful.

You put the protection shield and say that, you know, "My Energies should be protected from this person. Only good comes to me and all my Energies cords are removed from this person!"

Because that person may be pulling your energy. The person may be your friend, your wife, or your husband, or your father, mother, or your neighbour , or someone.

Some people call you on mobile and pull your Energy.

Sometimes you sit in front of the computer - you Meditate for an hour and before the computer for 10 hours means your Energy will be taken away.

So, it's very important for you to first understand where Energy draining is taking place.

Try to stop that if possible, okay?, instead of raising the number of rounds.

That is not good because you have just started Sri Vidya Level - 1 and I don't suggest you to suddenly increase the number of rounds. You may harm yourself. Okay?

It is not good for you, okay?

And you are saying that you are depressed.

Why are you depressed?

What are the thoughts you have?

What are the Beliefs you have about yourself?

What is that holding you?

What are the expectations which are not fulfilled?

If that unfulfilled expectations are making you depressed, then is it worthy enough to desire that, and be depressed?

- ask these questions to yourself.

Raise yourself.

You see that, "Self-Care" - Lesson of Self-Care is there on this Earth.

Self-Acceptance

Self-Love

Self-Care

Self-Awareness

- All these are very important lessons.

They are bringing situations like this to you to make you a Master, okay?

Not just Mantra Japa.... that is where Swadhyaya comes!

Be careful and try to do these.

And again I am saying that do maximum 3 rounds of Sadhana only, and don't go beyond that and create a problem for yourself, okay?

Shivoham!

"Mind always seeks pleasure"

Video Link: <https://youtu.be/-lC1xSABTNQ>

Mind is always pleasure seeking.

If I give a choice - I give a chocolate and I give kashaya - neem kashaya, then what your mind is going to choose?

Chocolate or Kashaya?

Students answer - Chocolate (Gurudev nods)

You see that how we are programmed?

Pleasure seeking! Please seeking is the attitude!

That is kept programmed!

We think that, you know, we are making the choice, but no ! That programming is making all the things.

Until unless you have a health problem, right? Only then you say , " No chocolate, Neem kashaya! "

Got this point?

So, until you don't get a blow, you will not come to the right path. It is very difficult.

Either you have a highly awakened awareness and perception or you will be going through all of these.

It is a pleasure seeking world. Every action I do , is for the pleasure I am seeking.

If I ask you , " I will send a car to your hotel to come to the centre." , then you will want to come by car or come by walk?

What your mind will say?

" I will come by car! " You know, " I will come by car."

See! These are all, you know.....See any action you take .

You see on what basis you choose.

Where there is pleasure,

where there is less work,

where there is no, you know, hard work - there you want to go.

...Short cut specially, I can say!

Short cut is the way we all seek in between.

So, in spirituality we know that.

This is what we call, ' **Madhu Kaitabha** ', in **Durga Saptashati**. Madhu and Kaitabha - Sweetness and Bitterness.

We always avoid Bitterness , but only want Madhu. No Kaitabha we want.

Pleasure - Pain is going on. They come together.

You cannot say, " No Pain, only Pleasure."

It is the Universal Law of Duality or Polarity.

Night has to be replaced with Day, and Day has to be replaced with Night.

Pain has to be replaced with Pleasure , and Pleasure has to be replaced with Pain.

You cannot say, " I avoid, you know.... I only want Pleasure. Pain I never want ! "

That is what we are doing actually. We resist Pain , but we want Pleasure.

But our life will teach us, " You cannot avoid Pain . You have to experience it You have to.... experience! "

Until unless you don't see that it is inevitable, " It is No way I can resist, but I need to transform it. To transform it I need to go beyond the Universal Law of Polarity. "

How is it possible?

Only with Atma Vidya - Self Realisation! Otherwise I cannot go!

Punarapi Maranam Punarapi Jananam - Again and again coming.... coming.... coming... until in one life you realise that, " Now I should stop it! I really need to turn back and find the true Joy of the Soul ! "Until that, this drama will be there.

This goes on , you know, school, marriage, this, that goes on this life, then again next life..... again start with the school, (laughs) you know, searching for a partner, one more workshop, one more everything will be sought.(Laughs) This life you have a choice.

Make a decision , the right decision

- To realise the Truth about yourself.
- To overcome the real suffering that is happening inside and
- Not to run behind the temporary pleasure and pain.

Go beyond that. Make a transformation and go beyond that!

"Guru Paduka puja is applying teachings of Master!"

Video Link: <https://youtu.be/KPZa5FL3gNU>

'Guru Padhuka' means you need to go into the Consciousness of Siddha.

Then you are really worshipping the Feet or you know, the Padhuka of the Siddha.

Why the Padhuka is shown?

Walk the path that is shown by the Siddha!

Not just, you know, putting the lamp or Diya - ' You are there, I am here only '

That is not the Padhuka Puja . Dattatreya tradition is not that!

Dattatreya tradition is:

" Wear My Shoes. Walk My Path " - that is the Padhuka!

Shri Sai is not that - His Padhuka.

He says,

**" Wear My Shoes. Take Me In Your Consciousness. See Me In You And Walk As Me !
"**

That is the path He has shown. His whole life is that - Working for the Master; working for the humanity - Shirdi Sai!

So, all of this is there in Parampara.

As we go to the higher level,

we worship the principles,

we understand the principles,

We Apply the Principles,

- That is what the Gurus are telling ,

" WALK ON MY PATH ! "

Shivoham!

**"Misconceptions about Baglamukhi Devi!
-By Sri Sadguru Sivapremanandaji"**

Video Link: <https://youtu.be/v3gPKvLtpJk>

Some people have serious misconceptions about Baglamukhi.

Other day they came and asked, "Guruji, can a Shri Vidya Sadhak do Baglamukhi Sadhana?"

They think that she is a black magic Goddess.

I am literally telling.

Some body, you know, has told them that, " She is a black magic Goddess. You should not worship Her. Otherwise Lalithambika will not be coming to you! "

I was surprised!

Baglamukhi and Lalithambika are same, and both are coming from Sri Kula.

Baglamukhi is a black magic Goddess. Of course She can be used in Tantras..... She can be used in Tantras, because She has taken that form.

Kali is also like this. She can be used as a Tantric Goddess to harm . At the same time She can be used in the positive way.

Even Ganapati is also like this.

Ucchshita Ganapati is used for negative purposes also because He is the Ucchshita, you know, the Energy that is left over energy of the creation , which I can use it for positive purpose also and negative purposes also .

It is like electricity. I can use it to light a lamp or to burn something.

So, these are Energies that can be used for positive and negative purposes.

Baglamukhi is not just that, please understand!

So, She is the one to whom if you really bow down and surrender, who will be very helpful .

She brings such a transformation in your life - amazing results!

She also gives you Self-Realisation and God Realisation!

Shivoham!

"Does Self-Realization means being in a soul state?"

Video Link: <https://youtu.be/jomf2iIXiwA>

Once you know who you are -

For example:

From childhood a name is given to you - you are the 'X ' person, and you are always attached to the identity and you always behave like that.

The moment you are Self-realised -

'Realised ' means,

'I am not the body, mind or the family name or the worldly name that is given to me, but I am a nameless, formless - Nirguna Nirakara and I are an Infinity Consciousness '.

That realisation makes you to live your life in that aspect, live in that Consciousness only!

That is what we call Self-Realisation.

After Self-Realisation,

The state will change!

The way of thinking will change!

The way of seeing the world will change!

The way of seeing yourself will change!

The way of seeing others will change!

And it is very true!

And if possible you can do:

"I AM THAT"

Or

"SO HAM"

"I AM SHIVA"

Or

"SHIVOHAM"

Like these you can use small mantras....

Or

"OM NA MA SI VA YA"

Or

"I AM SHIVA"

"BHAVANI TVAM"

Or

"I AM DIVINE MOTHER SHAKTI"

"AHAM BRAHMASMI"

Or

“I AM THAT INFINITY CONSCIOUSNESS OR TOTALITY”

“I AM THAT ONE AWARENESS LIVING IN ALL, MANIFESTING IN ALL AS IT IS”

These are also very good way to do the Sadhana for Self-Realisation.

That is the importance of Nama Japa. Okay!

The higher Veda Vakhyas are Nama Japa. We use them as Japa.

Veda Vakhyas are used as:

“OM TAT SAT”

“SO HAM”

“SHIVOHAM”

“AHAM BRAHMASMI”

- All these become Mantras to remind yourself as to " Who you are ! "

These are very, very powerful. You can use them also.

Shivoham!

"Observe quality of your life to bring change?"

Video Link: <https://youtu.be/q3SRluRK-JA>

What is the quality of my life?

Each morning, from the moment I get up until evening,

how many times am I blissful ?

how many times am I joyful ?

how many times am I happy ?

how many times am I angry ?

how many times am I depressed ?

how many times I felt powerless ?

how many times am I stressed ?

- You just, every night, just see yourself !

Once you see that, I tell you, with your own eyes, with awareness, your world will, you know, not be easy.

You will see that:

" What I believe....

the happiness I am searching for,

the joy I am searching for ,

the love I am searching for,

the permanent thing I am searching for,

.... I am not really getting it! "

" If I am getting it, then for how many seconds or for how many minutes am I getting in a day ? "

- Just See for yourself!

Because this is very important to see

with your own Intuition,

with your own awareness,

with your own consciousness,

" What is the quality of my life? "

Then you ask yourself, " Is it what am I searching for? "

You know, may be

you have money,

you have a good job,

you have a loving relationship,

you have beautiful children!

- I don't deny!

But ,

how much are you happy?

how much are you peaceful?

how much are you connected, balanced, happy and all?

- If you See yourself this and you will know that background of your life- it is just seeking fulfillment.... seeking fulfillment..... seeking fulfillment and hence no peace of mind.

You are running behind something, and you got it. So, you are happy for a few seconds . For a few days you rest. But again what happens?

Next round of running behind something....(Shows this with His hand gesture like running).... then again you relax!

90 days running, 10 days relaxing! (Laughs) Again 90 days running, 10 days relaxing! (Continues laughing)

When you see this pattern for yourself , you will start to wonder, " What is going on? When is this going to end? "

Shivoham!

"Can Annapurna mantra be chanted for career issue?"

Video Link: <https://youtu.be/njXin6v6oM4>

Yes, you can do the, you know, Annapoorneshwari Mantra which is for the fulfillment of desires.

Of course when you say, "Mamah **ABHILASHITA Annam Dehi** "

Here '**Annam**' not only means physical food, it also means your necessities in your life.

So job and career is one of the very important necessities and needs of your life.

So you can chant the Annapoorneshwari Mantra:

Om Hreem Shreem Kleem Namō Bhagwati ANNAPURNE Mamabhilashitam Annam Dehi Swaha

What you can do is:

- Chant the mantra either in the morning or afternoon or in the evening.
- Make a Sankalpa / intention:

" Divine Mother Annapoorneshwari please bless me with the right job to fulfill my purpose on this earth " (or whatever the affirmation in whatever way you want - you can make the Sankalpa / intention)

- Pray it
- Then chant the Annapoorneshwari Mantra. For example one Japamala I am going to do.

So, what do you do?

You make the intention and chant the mantra.

In between chanting the mantra hold or, you know, wait for, you know, 2 to 3 minutes visualising what type of job you want.

You made an intention and started chanting the mantra...

once the mantra energy is infused in your soul, you make an intention because of the presence of the divine mother, you are creating... you are giving Mantra Shakti to your visualisation and fulfillment of your desire.

- So, visualise:

What type of job you want,

What could be the salary

What type of environment

How do you feel when you work in the job

How is the promotion prospects

How it's supportive for you

.... Everything you visualise then Chant the mantra again for 10 minutes. Again you visualise.

If you are doing one Japamala then at least three to five times in between, you know, you have to visualise 'WHAT YOU WANT! '

In this case, it is a job and a career.

So you go on visualising the type and nature of it.

And a very important thing is whenever you feel any negative thought there, like you know, you feel that it is not possible, just be aware of those thoughts... nothing to do... just be aware of those thoughts.

Again you chant.

Again be aware. Whatever those negative beliefs or whatever it is.

You will see that some negative beliefs will be there and when you bring the Awareness they dissolve.

You need to do nothing. Just be aware.

It dissolves.

Again you go ahead. That's all you need to do.

You have to affirm again and again,

" Irrespective of my negative beliefs irrespective of my karmas, the Grace of Divine Mother is the highest of all.

She can bring great miracles in my life. I accept it to manifest and fulfill my desires. "

Then you chant.

You keep on affirming all of these.

Use the mantra and manifest it, okay?

Shivoham

What is Prana prathishtapana of Sri Yantra or Sri chakra?
-By Sri Sivapremananda"

Video Link: <https://youtu.be/yR2btaTpYbg>

"The Prana Pradhishta which you do that...If it is so easy, then why don't you make the dead person alive ? "

It is not possible!

You should need to first know who you are and what you are.

You are a Soul!

If I know the Soul, only then I can pull it and infuse it!

Got this point?

People are just....

You cannot do it, to be frank!

You just chant the Mantra with intention. That is all.

But real Prana Pradhishta can only happen, once you know that, " Yes, I bring that Consciousness in my Breath and then my Breath is infused into the one that has to be consecrated."

So, whenever I consecrate anything like Pendant etc , I try to Breathe, you know, I pull my Soul into that.

It is not that I am pulling my Soul , but it is that of the Divine Mother.

I realised this... Here (shows His body).

who speaks is Divine Mother, not me. The moment I realise this.... Yes!

What you get is not mine, it's Divine Mother's.... that's the thing!

So this is Prana Pradhishta!

Shivoham!

"How to increase the ability of the body to meditate for more than 3 hours a day?"

Video Link: <https://youtu.be/RU42dyFdXd0>

You see that?

That is the best thing happening to him. He is going into a Samadhi state. When you say that, " You can stay in the bodiless Awareness state for more than one hour - that too 3 hours ", it is not easier - it is Samadhi. It is happening to you! So, you should be, you know, thankful to Divine Mother and Shivashakti. Okay?

And of course, when your Energy is withdrawn, when you go into bodiless , what is happening there?

Your Prana is released from the Senses and body parts and going to the Sahasrara Chakra and above.

So, it is difficult and painful for your body - especially your legs will pain, you cannot get up so easily and all.

So, it takes a long time to prepare for that... long time.... to prepare for that.

One more thing is, many people do it by sitting on the floor. Many people do it by sitting on the chair.

So, you find the way, how you can do it.

Or in between, after 3 hours, when you come out, try to change the position - instead of Siddhasana do Viraasana, okay?... and do the Sadhana, instead of, you know, Siddhasana on the floor, sit on the chair, and extend - do the , " So Ham " and extend the, you know, Samadhi state.

So, you find. Pray to Divine Mother, Thirumularji to guide you and try to change the position. Or you lie down and try to go to that state.

So, it is up to you to find what it is that will help you to, you know, intensify your Sadhana and extend the Samadhi state.

But I am very happy that you are blessed with this. Amazing it is!

These 3 hours holding itself is the Siddhi and Attainment, I am telling you!

3 hours of holding the bodiless state means being in the Soul State means it is an attainment! It is a blessing already happening to you! You are blessed!

And other things also are possible.

So, when you sit for a long time, your back will hurt you, okay? your legs will be paining...

So, you go into, you know... because you are going into the bodiless state why do you worry about the body?

What position you are sitting or not sitting is of no concern because you are in bodiless state, you are in the Soul State.

Whatever the body wants to be.... sometimes body has good intelligence - you need the body, but the body says, " my Divine I want to sleep". Okay sleep.

When it says, " I want to change my legs."

Yes, change them!

Otherwise what happens? It will not support you....

" I want to relax my back." Yes, do it.

You need to follow the intelligence of your body. Listen to, you know, your body. Then what happens?

It will support you. Help you. It can go for a longer meditation.

Shivoham!

"I am unable to match the same level of devotion daily. Please guide?"

Video Link: <https://youtu.be/P-2cGo2rWlc>

You need to understand that you need to drop your expectation of having a beautiful meditative experience every time and every day.

No!

Meditation means you are bringing the transformation in your inner being...

Negative Karmas are there,

Negative Emotions are there,

You know, your Past lives Karmas are there...

You are bringing the healing to your suppressed emotions.

So, you cannot expect that everyday the same degree of devotion will be there, love will be there.

Sometimes you come out of the meditation with anger feeling. Because that release is taking place.

Sometimes too much thoughts will be there in the meditation.

Sometimes there is no devotion for Divine Mother.

So, please do not expect that everyday I have the devotion. Every time I have devotion.

No!

We are living in the third dimension . This world is working under the Universal Law of Polarity - where positive is there.... negative is also there.

Today I am experiencing Blissful, you know, Divine feeling, but tomorrow I may not have. I may feel emptiness, I may even not have, you know, 1% feeling for the Divine.

Accept it!

Sadhaka is the one who, without expecting the positive and negative feelings, meditating regularly with trust and faith and focusing on his Self Realisation!

This you need to understand.

ritual experiences come and go, but they are not permanent, please understand.

Only realising the Truth about yourself is permanent.

So, I don't give too much importance to the Energy experience and all.

Meditate with devotion and gratitude.

Even if meditation doesn't happen, offer it as your gratitude to Divine Mother.

Okay?

Shivoham!

"Guru Parampara takes care of the next Ascension of the Sincere Sadhaks"

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

So you need to understand that the very important thing is :
as you progress in The Spiritual path,
as your intention becomes stronger for self realisation,
as your purification of your body becomes very good,
as your devotion, surrenderance is very good,
....then what happens?

You are Kundalini starts raising.... Kundalini starts rising and at the same time the Guru Parampara... you see that... when you receive the Diksha, that is not only the job of the Guru - after your progress at what level you are, from there, how to take you to the next level of consciousness is also the job of the Guru Parampara.

You need to understand, when the student is ready the Guru will come and awaken his soul to the next level of consciousness.

This happens - the invisible presence of the master will come to you and the Divine Mother's energy will start flowing to you.

So, this is not any unknown energy, but it is the energy of the Guru Parampara, Mother Lalithambika, or the Srividya energy or the energy of the Kundalini that is needed for you to go to the higher level of consciousness.

When you say that so many Kriyas are happening, why are they happening?

Because
for the cleansing to take place,
for activation of some special Nadis, and subtle body
that will help you to channel the Kundalini and raise the Kundalini to the higher level of consciousness.

When your energy body is activated,
all these Kriyas will happen,
all these Nadis will be activated,
Mother energy will be flowing there
and then
you will feel the Oneness,
you will feel the grace,
you will feel the abundant energy flowing to you,
and your blessed with that!

You need to derstand this.

All these things happen, not only for you, to many many students also, have sent such emails.

It's Not only, you know, during Deeksha they get energy.... but it does not happen to all students... Such Things happen only to the one who is dedicated, who is sincere to the path of the Guru Parampara, who has accepted the grace of mother lalithambika,... To such a person only it happens.

There are thousands of people who have taken the Deeksha, but among them only one or two sadhaks are really, really, really like diamonds... For them the Guru Parampara works day and night, Kundalini Mother works day and night, all the Divine Shaktis will come and help them.

So I say
that you are the blessed one you have received the guidance from the Guru Parampara and
that the Guru Parampara is working for you,
that your Kundalini is getting awakened and
that you are receiving the next level of consciousness for your progress,
that it is the blessing from Sri Lalitha Ambika, Rajarajeshwari, Maha Tripura Sundari to you,
that it is the blessing from Thirumoolarji and Lord Shiva to you.

You are the blessed one!

Shivoham

"Srividya havan on new moon & full moon day & benefits"

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

Havan materials are the same for all.... I have explained the use of materials also:

what is the use for sugar,

what is the use for, you know, sesame

what is the use for mustard,

.... everything is there.

According to your needs you use the materials or make the mixture of the Havan materials for all Mantras, okay?

So, New Moon day is the day which is good for fulfilling the Material desires.

So, Rajamatangi Mantra can be very helpful to you. And Shri Sampath Siddhi Mantras also can be done. And on Full Moon day , you can do the Shri Vidya Havan with the Shri Vidya Mantras. Like this Full Moon day facilities more of the spiritual upliftment and New Moon day or Amavasya is more about fulfilling your Material desires. So, you choose as to what purpose you want to do the Havan and according to that you design your Havan for New Moon day and Full Moon day.

Shivoham!

I could see lord Siva and Krishna in between eyebrows chakra. What does it indicates?

-By Sri Sadguru Sivapremanandaji

Link: <https://www.youtube.com/watch?v=36x1MkplkE8>

Sadhak: I have been practicing Srividya sadhana 1st and 2nd level from 2 and half month. I'm so bless full I could see lord Siva and Krishna in between eyebrows chakra. I saw third eye and inside that globe. What does it indicate?

Guruji's Answer:

It is showing you the reality. Within you the infinity dimension, Siva and Krishna is there. Within you the entire Brahmanda is manifesting as a spark of shiva Shakti. It is a blessing that you got introduced to the inner world of Shiva- Shakti.

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

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

You see that.... very important thing that you have mentioned is, " with complete surrenderance to Divine Mother and Mulanji..." - this is very important!

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

All that is leading you now to the state of surrenderance!

It is a great blessing!

Now you understand the power of Surrenderance!

Shivoham!

**"Spiritual Secrets of Mahabharat
-By Sri Sadguru Sivapremanandaji"**

Video Link: <https://youtu.be/TSfAZc5upmE>

True Guru said this... Lord Krishna! Where is he?
(Points inside) within you!

Lord Krishna is not somewhere else. He is within you as your Soul!

And your mind that is focused is called Arjuna!

In the meditation state you are Arjuna.

In meditation, your Soul, the inner voice, the true God communicating with you and teaching you the truth is the real Lord Krishna.

So Krishna is within you! Arjuna is also within you.

And Duryodhana is also within you! (Laughs)

The mind, out of pleasure, you know, pleasure seeking jumps into bad things... due to jealousy it wants to do so many things... Like this, out of many uncontrollable things, it will follow Duryodhana within you.

Kauravas, Where are they?
(Again points inside) as hundreds of Desires Kauravas are within you!

What is the force of Duryodhana?

These Kauravas as Desires! They will drown you.

And these 5 Pandavas are your Five Senses.

There is a fight that is going on within you -Mahabharata, everyday
Mahabharata!...everyday Mahabharata!

If as Arjuna I listen to Krishna, then I win the fight.

If I listen to my soul,
If I listen to my inner voice,
If I listen to my Shiva,
Then I win the fight!

Instead if I listen to my desires, my pleasures, then where I will be?

Then I will end my life in misery!

So, Choice is there - either to raise yourself or to be stuck in this vicious cycle.

So within you is everything!
Within you is your true Guru,
Within you is the true God,
Within you is the true realisation!

The truth is you!
To experience that,
To have a connection with that,
To bring the guidance from that,
... Is very important in life.

And meditation... the right meditation, not just meditation!... right meditation helps you to touch that consciousness, and get the grace and guidance from the true inner Guru or God and manifest the same thing outside!

Shivoham!

Sri Sivapremanandaji



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

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

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