

# Sri Sivapremananda Teachings – Vol.6

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



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## **INTRODUCTION**

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

**Srividya Mantras are Sound Form of the Divine Mother. And Shri Yantra is the Geometry Form of the Divine Mother.**

How is it going to bring Prosperity to me?

How is it going to help remove any Karmic blockages?

How is it going to help to solve any Problems in my life?

How is it going to help to remove or dissolve all the Navagraha Doshas?

How is it going to help to balance my Pancha Maha Bhuthas?

How is it going to help to awaken my Soul and Connect with the Highest Cosmic Consciousness, Infinity Consciousness that is called Lalithambika, Rajarajeshwari, and Maha Tripurasundari?

That is the Sadhana that we are going to learn today...

**It is a very, very Powerful and traditional Shakti Sadhana. We call it the Shakti Sadhana, where you receive High Dimension Energy to dissolve your Energy Blocks, to dissolve or burn your Karmas.**

## TEACHINGS ON THE UNIVERSAL LAW OF KARMA

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

So one of the very important things in our tradition is to understand the **Karma Shastra**.

**Karma** means ... Actually it is a **Universal Law**, where it says that

**“Inner World creates Outside World.”**

**“There is a Cause and there is an Effect.”**

If you do something that is the Cause and what you experience is the Effect. So Universal Law works on Cause & Effect.

And so what is the Cause here?

What we are doing is the Cause means -

What we are doing at the Mind Level,

What we are doing at the Energy Level,

What we are doing at the Soul Level,

What we are doing at the Astral Level,

Plus

What we are doing at the Physical Level,

- is the Cause.

What we experience outside, whether it's the Joy, Happiness, or the Depression, Anger,

All of these - the Effect. Your Experience is the Effect.

What you **Think, Feel, Believe and Create - that Energy, is the Cause.**

Is it clear?

So first we need to understand this - Cause & Effect because whole Bhagavad Gita tells about **Universal Law of Karma**:

**“Whatever you do, the same you are going to experience.”**

But here one thing we need to understand...Whatever you do, not only in this life, but whatever you did even in the past life also!

Many things happen in this life, because of our past life actions. Because of our past life actions, we are suffering in this life.

For example:

The choice that you have made to be born in a particular family,

The choice you have made to experience your childhood.

This is not decided by you. Because before seven years of age, your mind is not that much developed. You have not made any of these choices in this life. Those choices that you have done in your past life are taking place in this life.

So your past life, and Present Life actions cause what you are going to experience in this life.

Is it clear?

So first we need to understand the Universal Law of Karma.

Go to any astrologer, they will explain that you are born on this day, this time, this place and based on them they make the twelve houses. And those twelve houses help to interpret what you have in your life. So that is the Blueprint of your Life on this Earth.

Why am I born on this earth?

What skills I have  
What talents I have,  
What diseases I am going to suffer,  
What type of relationship problems I'm going to suffer,  
What type of Doshas I have,  
Karmas are what I have done in my Past Life. So this is my complete Blueprint of my Life.

So we call it the Horoscope - what you have done in your Past Life and what you're going to experience in this Present Life.

So now the question is:

Whether I have a Free Will to change this Horoscope - First question,

Whether I can change my Destiny - Second question,

Whether I have to suffer what is written in my Horoscope.

If you go to the Astrologer, and he can show you the Horoscope says that ...

Your Life is full of sorrow,

Your life is full of Doshas,

You cannot experience the Joy,

You will not have Happiness in your relationship,

You will not have a good Life in your Career.

...then how is your Life?

And if you accept it, then

How is your Life?

Is there any Positive Expectation in your Life?

Any Positive Hope in your Life?

Is there any Feeling of Inspiration to further continue in your Life?

It's very difficult... It's very difficult.

And here's where **Lord Krishna says that**

**“60% is your karma. 40% is your Free Will. “**

60% is your Karma that you are going to Experience. 40% is your Free Will that you can apply and Change your Karma and make your Life Beautiful.

## **TEACHINGS ON THE PRINCIPLE OF THE SPIRITUAL PRACTICE**

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

And here Srividya Sadhana and a simplified worship of **Divine Mother Lalithambika** called **Shri Devi** and worshipping her in a Geometrical Form called **Shri Yantra** brings the result to overcome this 60% of your Karmic Impressions.

This 60%, how am I going to change it?

I have created! Now, I am here.

Now

How am I going to change my life?

How am I going to create a better life?

How can I be successful in this life?

...How to overcome all these? Is the question.

And what is the answer to this?

The answer is **Spiritual Practice**.

**Spiritual practice means going beyond Body and Mind,**

**Focusing on your Thoughts,**

**Focusing on your Beliefs,**

**Focusing on your Awareness,**

**Focusing on your Energy**

**And**

**Bringing the changes in your Energy, Thoughts and Beliefs.**

**And**

**Changing your Inner World.**

And this Inner World is nothing but your Horoscope or Blueprint of your life.

By changing this I can change my Outside Experience!

Can you understand this Principle? - How I can Change my Life?!

Here the problem is this Outside Life is... what you are experiencing...some situations, whatever problems, whatever things you are experiencing outside... just a Product.

It's just a Product that is manifested from your Inner World.

But Cause - the Manufacturing Unit is within us

In the form of a Thought,

In the form of Energy,

In the form of a Belief,

And

Your Karmic Impressions that you have done in your Past Life.

So Inside Energy creates Outside Situations.

Why I call it Energy, because

Whether it is a Thought,

Whether it is a Belief,

Whether it is a Feeling,

Whether it is Consciousness,

...**everything is Energy.**

**Totality is Energy!**

That Energy, we call it **Karmic Impressions, or Karma.**

So because of this Karma, everybody is different.  
Because of this Karma, everybody is born with  
Different qualities,  
Different skill,  
Different parents,  
Different education,  
Different experiences,  
In the Life.

So the **root Cause of all that is happening in your life is Karma.**

And it is not something, you know, a Belief System. It's a Universal Law. It's not a Belief System. It is a Universal Law that everyone has to go through.

It's like Universal Law of Gravity, which applies to everybody. You cannot say, "I will go to the top of the floor and I will jump. And this Universal Law is not going to work for me."

It has to work.

You cannot cut this Universal Law. You cannot dominate this Universal Law.

Everyone has to go through!

Like this, this Universal Law of Karma, Universal Law of Cause and Effect also everyone has to go through. All human beings have to go through.

## **TEACHINGS ON THE UNIVERSAL LAW OF DUALITY**

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

Again, there's a Universal Law of Polarity or Duality that is Positive and Negative.

Day and Night,

Male, Female,

Good things - coming in your life as well as Bad things - coming in your life.

So we are on this Earth, which is **Third Dimension means it is ruled by Universal Law of Duality or Polarity, where Positive is there, Negative also is there.**

So something is happening in your life at this moment. Very badly it is happening that you cannot accept it.

You cannot, you know, allow this.

You cannot believe this can happen. If you see that "It is too much for me, I cannot overcome.", then you need to understand that there's a Universal Law of Polarity according to which after Negativity, Positivity **has** to come in your life.

Please understand.

If suffering is there, then Happiness is also there. Both are here in this World. Third Dimension has both Happiness & Sorrow, Love & Hatred. Anger is also there. Love is also there. So these two come together.

That's what in our culture; we always celebrate, for example, Bevu, Bella. Now, one is bitter, another one is sweet. So both are part of our life.



## **TEACHINGS ON CHOICES OR FREE WILL**

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

But here, with Spiritual Practice, by working with our Inner World, we can decide  
How much Positive sweetness we can experience,  
How much bitterness we can experience.

**Choice is there!**

**You have a choice.**

**You have a Free Will.**

This 60% Karma, you have it. But 40% positive Free Will, you have it. If I use this 40%  
with the right understanding - Right understanding

Means

Understanding the Universal Laws,

Understanding how to use these Universal Laws,

How to apply these Universal Laws...

- So that I can change 60% of my Karma and make my Life more successful.

So here how to change this Karma means how to change my Energy. Karmic Energy /  
Karma mean its Energy. Your Thoughts, Feeling, Belief, Action, whatever you know  
that is available in your account is Energy. And we call it Negative Energy. We call it  
Negative Energy because it's going to bring a Negative Experience to you.

Energy is Energy, but it is going to bring a Negative Experience to you.

## **TEACHINGS ON SPIRITUAL PRACTICES BASED ON THE UNIVERSAL LAW OF ENERGY REPLACEMENT**

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

How am I going to change this Negative Energy into a Positive Energy?  
That is where Spirituality comes, where we start chanting the Mantras,  
Where we start worshipping the Yantras, Where we start going to the temples which  
have Positive Energy Field.

There are ways:

In the Outside World you can go to the temple having a very strong Positive Energy.  
With my Energy Field having Negative Energy, I go and sit there. Then what happens?

**There's a Universal Law of Energy Replacement that says,  
"Higher Energy replaces Lower Energy".**

So when I come into contact with the Higher Energy, my Lower Energy dissolves.  
When I go to such temples, my Lower Energy dissolves.

So this is the Science behind doing the Shanti Puja to the Navagrahas.

You go to one of the Navagraha temples where Navagraha Shaktis are there in  
maximum capacity. If one of my planets has a Dosha, say if I have the Rahu Dosha...  
Rahu dosha means what it is? It's the weakness of that Energy within me. I want to  
raise and amplify, and whatever Negative Energy I am receiving from Rahu, to nullify  
it. Every Planet has one Positive Rays, one Negative Rays. Every Planet has! Sometimes  
it brings Positive things to you. Sometimes it brings Negative things.

When, from the Rahu, positive rays are coming, you will be very successful. It is not  
that if your Rahu is there, then you only face the bad situation.

Rahu can... Make you successful; Give a promotion to you, Bless you in your  
business. Can lift you and make you successful and famous in this world,  
...if His Rays are Positive.

If His Rays are Negative, then  
He will bring fear in you.

You feel weak inside yourself.

You lose your confidence.

Your mind is not stable.

You need to check yourself...

What type of Level I have,

Whether my energy is,

Whether I'm feeling good,

Whether I'm having inspiration to go to the job.

Whether I'm confident that things will be taken care of. Then you know that during  
the Rahu Dasha, what rays I am receiving - whether Positive or Negative.

So every Planet has its own Energies, but when you say Dosha means its Negative  
rays are coming or in your Energy Field you have a weak Energy of that Planet.

So the question is - how can I raise my Planetary Energy or whatever light rays the  
outside Pplanets are reflecting, how can I nullify, make myself stable, balanced and  
make my life successful?

## **TEACHINGS ON THE UNIVERSAL LAW OF CORRESPONDENCE**

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

So whether it's Navagrahas, whether it's Pancha Maha Bhuthas, everything is within us. Because there is this

**Universal law Of Correspondence that says,**

**"Whatever that exists outside that exists inside as well."**

**"Yatha Brahmanda Tata Pinanda"**

Outside **Fire** is there. Inside also Fire is there. Outside fire is Physical. Inside Fire is Subtle...Sukshma, okay?

Outside **Air** is there. Inside also Air is there.

Outside **Earth Element** is there. This Body is also made of Earth Element.

Outside **Water** is there. Inside also Water is there.

Outside **Space...Akasha...Ether** is there. Inside also Ether is there.

Outside there all this **Life Force** is giving Energy to the trees, giving Energy to the Planets, giving Energy to the Animals and all are growing. All are growing by a **Life Force**. The same way you also have a Life Force. You are also **Prana**.

Everywhere it is working. In Animals, it's working. This moment of the Air is happening. This Earth itself is rotating in Space. All Planets are rotating. Everything has a Mind. This Body also has a Mind.

So whatever that exists outside, that also exists inside. Pancha Maha Bhuthas, Navagrahas and all.

So you have a choice

To go outside and worship them in a temple with the rituals

Or

To focus inside and balance your Navagrahas and Pancha Maha Bhuthas and your Complete Soul or Energy.

These are the two choices you have.

Go out outside and do the rituals, Shanti Puja in different temples

Or

Sit in your home and learn

How to balance,

How to cleanse,

How to heal your own Planet,

Your own Pancha Maha Bhuthas

And

Stable your Energy,

Stable your Mind and raise yourself and be successful.

## **AN INTRODUCTION TO THE SRIVIDYA SADHANA AND KHADGAMALA STOTRA**

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

So here we are going to learn,  
How am I going to sit at my home and  
Balance my Navagrahas,  
Balance my Pancha Maha Bhuthas  
And

Burn my Karma which is the Cause of my Problems outside whether it's  
Job problem,  
Marriage problem,  
Health problem,

Whatever it is (I know that the problem is within me not outside)?  
That is the Sadhana we are going to learn!

This Sadhana we call **Srividya Sadhana. Srividya means Atma Vidya.**

And simplified for a beginner's level we are doing the Shri Vidya Sadhana called **Sri Devi Khadgamala Stotra and Mantra Sadhana.**

So here we are going to worship the Sriyantra, which is the Geometrical form of the Divine Mother.

If you don't have a Sri Yantra, we worship Her in the form of a statue.

If you don't have a statue also, then we worship Her in the form of just an Image / a Photo.

If you don't have an Image also, then we just imagine her in our Mind.

In our Mind we visualized / imagine and with that visualizations, with that focus we worship her so that we can Change our Life.

When we chant Divine Mother's Mantra, it's a higher dimensional Energy. It will come into our Soul. When this High dimensional Energy comes into our Soul, it will dissolve our Karmic blocks that are the Root Cause of our problems.

Is it clear?

Why is it going to dissolve?

Because it's a Universal Law like the Universal Law of Gravity that Higher Energy replaces the Lower Energy.

It is something like this, you know - You have a bottle of ink water. If I go on adding pure water, then what happens ultimately?

This ink water is replaced with Pure Water. So actually you are a bottle of Pure Water. With your Karma, with your ignorance, due to situation, due to pressure you have done the Negative Karmas. So you are pure water who has become Ink Water. That is what you are now.

Now my job is how can I become normal as to who I was when I had taken my Life on this Earth?

So what I'm going to do is, I add Pure Water every day. That is what Abhisheka is. That's what we do, right?

I take a Shiva Lingam. I do the abhisheka, right?

**Shiva Lingam is a representation of that Parama Tattva or Universal Soul or it is my Soul because I'm a spark of Shiva & Shakti.**

When I do the abhisheka to the Shiva Lingam, what am I doing?

I'm cleansing the Shiva Lingam.

I'm nourishing the Shiva Lingam with ghee, milk, curd water and honey.

What are these things?

They represent Pancha Maha Bhuthas. They help you to nourish your Energy Body.

So I use all those materials for Abhisheka.

When I do that Abhisheka with a Sankalpa...

What is **Sankalpa? - Intention.**

What is the intention?

"Shiva Paramatma, please bless me! I have this Dosha. I need to overcome it. I have a marriage issue. Please remove whatever the Karmic Impressions. I'm not getting a job. So I need to remove all the obstacles, all the karmic things so that I can get a job. I am having a health problem. I don't know why the anger feeling is created, Lack of love is created."

## **TEACHINGS ON HOW DISEASES ARE CAUSED**

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

These emotions and thoughts create a disease. Many people become diabetic. Why is it?

Lack of love!

BP. Why is it?

Because of more anger, more stressful feeling, allowing more attention outside, not accepting their own Soul, not confident in themselves, not even accepting that they are good people.

The moment they close their eyes, they see, "I'm not a good person at all." They say that about themselves and do not need others to say so.

And then what is that?

'Inner World attracts the Outside World.'

If I say that I'm not worthy enough, I'm not good enough, what happens?

My relationship problem will start.

My own life partner doesn't respect me. No matter, if I am in a very good position, may be a doctor, an engineer, whatever it is, in the Outside World. But at home, I have no respect at all.

This is because inside you have created that "I am not a worthy person. I am not lovable, I'm not good enough. I am very, very like this and like that."

So the Inner World creates the Outside World.

## **TEACHINGS ON HOW IMPORTANT ARE YOUR BELIEF SYSTEM TO BRING THE REAL TRANSFORMATION**

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

Please understand, if I want to bring the transformation, first I need to work on my Inner World. And this Inner World is your Thoughts, Feelings, Emotions, your Beliefs. Very, very important is your Beliefs.

I always suggest **Belief plus Spiritual Practice, and Being Aware of all these, bring the transformation.**

You just see that some people are just chanting the mantras, going to the temple but they are not aware what belief they are holding that is creating their problems.

Today I went to the temple. I did the homa, havan and everything, and my Negative Energy was released.

But again I continue becoming angry. Again I believe that "this person is going to harm...this person is going to harm."

I go to the temple cleanse. But again I believe the same, and again I create the same. Creating, going to the temple, dissolving!

Again, coming back to the home, creating the same, going to the temple, dissolving.

When the moment you are Aware of your belief that "Oh, this is what's creating, ! "

I dissolve that belief.

Now what happens?

You don't need to go to the temple also. Higher Level Meditation is not needed.

Because you are Pure with your

**Loving Energy,**

**Compassionate Energy,**

**Thoughtless and Pure Awareness,**

**Blissful Awareness.**

**And you Experience**

**That Inner Satisfaction,**

**That Joy,**

**That Ecstasy,**

**That Love,**

**...that you become Shiva Shakti!**

Because these are the qualities of Shiva Shakti

We call them Divine Qualities.

**Peacefulness,**

**Harmony,**

**Within yourself, not with another person.**

First I should have harmony, good relationship with myself, only then with another person.

You see that many people don't want to be alone. They will call a friend. They will talk with someone. But they cannot sit alone. If they sit alone, then so many thoughts will come - about their job, about their partner, about their anger, about this and that which they cannot tolerate, they cannot see.

So they go for a mobile, go for Facebook, go for a movie, go for a friend circle.

## **TEACHINGS ON HOW SPIRITUALITY IS ALL ABOUT AWARENESS**

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

**Being Alone and Being Aware of your Thoughts and having the Courage to see your own Creation is very, very important.**

The moment I am aware

What Thoughts I am having - whether I have Positive Thoughts about me or Negative Thoughts,

Positive Belief about me, or Negative Belief,

Positive Energy about me, or Negative Energy.

And if I'm giving my attention to Positive Thoughts or Negative Thoughts. This is very important.

So Awareness. So **Spirituality is Awareness**. Not just chanting the Mantra, just sitting in the Meditation, going every day to the temple, but

Being Aware

What Thoughts I'm entertaining,

whether I'm able to accept my Body as it is, no matter how my colour is, whether I have hair or not, whether my nose is good or not, I have eyes or not.

No matter what it is, whether I accept this Body as a gift of Shiva Shakti!

You know that we cannot create any body.

No matter how super specialized the hospital is, can you give a life to another person?

This is a gift to us. This is the best vehicle given by Shiva Shakti!

This is not yours. This is a gift to you. Please understand. So the moment I stand in front of the mirror, no matter how it looks, I say, "I accept my Body as it is. I Love my Body because it's not mine. It is a gift of Shiva and Shakti. I Love myself."

When you say this with confidence, with courage, with the knowledge that you are Shiva Shakti, you are a spark of Shiva Shakti... and whatever that is given in your life is a gift with Gratitude and Surrenderance, say to myself, "I love my body. Accept my body the way it is."

You'll be surprised. All the conflict, all the guilty feeling, all that you have been entertaining from this Life and Past Life just dissolves.

You'll be surprised. People are coming and loving you. They are coming and commenting good about you even though you are not wearing a good dress, or a new dress, nothing. They just come and they want to hug you. They want to be with you and all.

Why?

You have created the positive energy for yourself. You and your relationship with yourself is in Harmony. When you are in harmony, you attract the Harmony in our Outside World.

This is very important.



When a person knows that you are a beautiful person, you don't exploit anything; he wants to be with you. He wants to share his thoughts with you. Because he knows that you are a Loving Being and he wants to be with you.

That is the beauty of the relationship. Not controlling the other person. No matter how good they are, only telling negative about them, so as to control that person.

To control another person, we focus on only their negative qualities. We say, "You do that...you do this... you do that... you do that." Believe, about our husband or wife, we focus on only negative.

But when they give a gift, when they offer their love, when they bless you, do we remember that?

No!

Because it's **Maya** we call. This world is run by **Maya, Illusion**. It always focuses on Negative things.

If I ask what you want, how many of you really know what you want in this life?

But if I ask what you do not want, then many of you know, " Oh, I do not want this job...I do not want this relationship."

Your Mind thinks in terms of "I do not want. "It is not a Positive, but a Negative way of thinking. It's a nature that is built-in in you, that is programmed...your mind is programmed in you.

**You win your Mind, you win the Maya!**

So **to win the Mind, you need to have awareness**, right, on what it does, what it thinks about yourself?

Your Thoughts, Belief in you...its very important.

So be Aware of that. Plus you do the Spiritual Sadhana.

## TEACHINGS ON THE SPIRITUAL SADHANA

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

What is Spiritual Sadhana?

- **Bring the Divine Energy in your Soul.**
  - **Dissolve all the karmic blocks.**
  - **Lift yourself,**
  - **Raise yourself,**
  - **Have Harmony, Blessing, Joy and so much of Prosperity Feeling, Abundant Feeling within yourself. Not outside, but within yourself!**
- ... Automatically this attracts Outside Abundance, Outside Prosperity, outside Harmony, outside Love.**

In India we call **Riddhi** first, then **Siddhi**. You see that!?

Lord Ganesha is the foremost whom we are going to worship in all the Spirituality.

And He has two Powers. Two wives. One is Riddhi, another one is Siddhi.

And why there are two wives?

For us there is only one wife or one husband.

Why for Gods and Goddesses there are two wives and husbands. What is that?

It means that they have two Powers. It doesn't mean physical relationship. Gods are the Light Beings. Please understand.

They don't have a Physical Body like us.

They have an Energy Body.

They have an Astral Body,

They have a Subtle Body.

Of course they can manifest in a Physical Body. But for our understanding, we have created those forms.

So one God has two Powers.

One is Inner Power, another is Outside Power.

**Inner power, we call Riddhi. Outside Power, we call Siddhi.**

**Inner Success, we call Riddhi. Outside Success, we call, Siddhi.**

So first Psychic Abundance, then Material Abundance.

So Ganesha has to work his Inner World as well as Outside World. And this Ganesha, where is He?

In your body. He is in your Muladhara Chakra.

If you want to experience Prosperity, if you want to have a very good Life without obstacles, or anything, then when

We focus our Attention,

We focus our energy,

We bring our awareness to Muladhara Chakra,

Automatically we receive Ganesh's blessing.

Even, we need not go to the outside temple, but automatically it happens because the Tattva is already within you.

## **TEACHINGS ON THE POWER OF INNER SADHANA**

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

Already I have told, "**Whatever that exists outside that also exists inside.**"  
Ganesha temple is there in the Outside World. His Tattva is there.

When I go to the temple, what happens?

His statue is there. Prana Pradhishthapana is done. His Tattva is invoked.  
His Principle is invoked.

How is it invoked?

By chanting the Mantra. The Mantra which brings that energy, that Prana of Ganesha into that Yantra within that statue.

When I go there, when I bow down to the Outside Temple and I ask Ganesha to bless me, His Energy comes...where will it come?

To my Muladhara Chakra. Because "**Like Vibration attract like things.**"

When He is coming to my Muladhara Chakra,, what happens?

Ganesha Tattva becomes active. I am blessed. You know, things will be removed.  
Obstacles are removed. I am going to be successful.

But if you know how to, by sitting at home, activate that Ganesha Tattva without going to temple, then this technique is powerful, right?

Say you are going to the Ganesha Temple, Lakshmi Temple, the Dattatreya Temple, Shiva Temple, and Navagraha Temple...

If I travel, today from morning, Ganesha, Subramanya, Durga, Krishna, Dattatreya, Shiva and all the Temples, then how much time it is going to take?

But if I travel inside, to visit these same Deities, how much time it's going to take?

So here when we meditate, it is very, very powerful, and very, very advanced. And you can be regular and you can win and be successful very fast.

Because Inner Dimension is different, and outside Dimension is different. Outside Dimension takes a lot of time, to do the rituals, to go to the temple, be in a queue and also you note that since you are opening your eyes, your concentration is also 50 - 50.

But when you meditate, what happens?

It is

**More powerful,  
More grounded,  
More focused,  
More energetic,  
More balanced.**

**So sitting at home doing the Spiritual Practice is more powerful than running from this temple to that temple.**

Go to the temple. I'm not saying not to go.

But understand the Truth that same thing happens in your home.

I'm not telling, "Don't go to the temple." Please don't understand like that. I appreciate.

Go; enjoy the environment which is so devotional.

You cannot feel the same devotion at your home because of so much fight you have. I cannot sit in my home and meditate.

I go to the temple,

I feel connected,

I feel devoted,

I feel surrendered

And I sit and meditate there.

That's a blessing. But it should not be a everyday activity. At least once in a month, once in a week, go and enjoy that.

But also understand that

How I can make my home a temple, how my home should be like a temple,

How I should have Positive Energy, Vibration, Bliss, Joy at my home.

## TEACHINGS ON THE SHRI YANTRA

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

So when I keep Sri Yantra and do the Sri Devi Khadgamala Stotra every day, you'll be surprised

All the Vastu Dosha is overcome,

All the Planetary effect that is happening in your home will be overcome,

All the Negative Energies, fight between you and your family members is dissolved,

All the negativity that is attacking you is dissolved.

So when I keep a Sri Yantra at my home and worship it regularly, my home becomes like a temple.

It has

Such Positive Energy,

Such Grace,

Such Loving Energy,

That

I start seeing the Harmony.

I start seeing the right understanding between me and surrounding people or my family members.

I start seeing there are some changes in my children.

I start seeing many changes in my surrounding.

That is why tool is given to us.

Why is this tool given?

**To make your home more prosperous.**

**To make your home and family members more active.**

**To make yourself more Energetic.**

**To dissolve all your negativity.**

So in Srividya, the Sadhana is done with the Yantra.

## **TEACHINGS ON HOW YOU CREATE YOUR DESTINY**

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

So sometimes what happens?

We are not regular to the Sadhana. Today I am so good, feeling so devotional to The Divine Mother, but tomorrow I have no feeling at all. Again, I feel so good, so much Love to Divine Mother. Then after one week, no feeling at all, and even you start fighting with Divine Mother, "What is happening in my life? I'm doing all of this. Nothing is happening. What are you doing to me? "But Divine Mother is not doing. Your own Karmas are doing. Because Divine Mother doesn't have any interest in your Life. She Created. She gave the Universal Laws and said, "My dear, I have given you Viveka - Intellectual Ability. Please use it. I have given you Intuition. Be Aware what is happening outside and inside. I have given the Power, the Tantras, and the methods of how to overcome your own problem. I have given everything to you and I have given a Free Will to you. The Power of choice." Every day you choose whether it is going to be idly or Dosa, and Divine Mother is not the one who chooses for you. You choose idly or Dosa.

But what happens? When the problems come, right? You start to scold Divine Mother, thinking she has done this to you. But never.. Never! Shiva Shakti never interferes in your life. You choose your dress. Is it Shiva Shakti who chooses that? Today do I wear jeans or today I need to wear a normal shirt? Do you ask Divine Mother?

"Mother, today what I should wear?"

No! It is you who decided.

You decide today whether to go to the shopping mall or to be in a meditative state. Yes or no?

Everything!

You walk on the path in the road... is Divine Mother deciding whether you need to cross, stay there or you need to go. Who decides this?

**Every moment, based on what decision, or what choice we make, is how our Destiny shapes.**

Please understand. **You create your Destiny.**

How I am going to create is very important.

**With your Thoughts, please understand.**

**With your Beliefs,**

**With your Feeling,**

**With your Emotion.**

**And one more Belief. When I say Belief, means**

**Accepting your own Power That "I can create."**

**And**

**Understanding the Universal Law...**

"I am going through very bad phase now. But I know that there's a Universal Law that Negative is there means Positive is also going to happen. I'm going to solve this problem. I'm going to experience positivity in my life. Things are going to change, may be in one day, one week, one month, but I have to be having a Positive focus."

## TEACHINGS ON FAITH AND CONFIDENCE

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

When we understand the Universal Laws, it will give confidence to us.

That is Faith...Confidence that it is going to clean.

So if I know that...there is a Universal Law on one hand, and on the other - Negativity it is happening to me.

I'm going through a very bad Phase. I am not having a job, I am not still unmarried as a marriage problem is going on, Relationship problem is going on.

...Whatever, it is happening. But this is not a Permanent.

Please understand.

**Nothing is Permanent in this World. The nature of this World is to Change always. Nothing is Permanent.**

So Outside Happiness is not permanent.

So Happiness, Sorrow... Happiness, Sorrow.

If I know this Universal Law then in Sorrow also I can take one step back...**Be Aware and Be Confident that things will be taken care.**

Then I create a more Positive situation in my life than Negative situation. That is the knowledge.

**That is the knowledge...**

**To make myself Happier,**

**To make myself more Confident.**

**To be accepting whatever negative is happening. "I accept this. I created it. Out of my Karma, I created. I'm not pointing or blaming that this person has done this. I'm not pointing that this Planet has done this. "**

Please Understand.

Planets are, you know, your working professionals. They don't have any ill intention against you or do anything to you. Your Inner World, your Karmas are reflected by the Planets. That's all.

So there's no Shani having a personal fight with you. Rahu doesn't have any personal fight with you. They don't have anything to do with. They are doing their jobs. They just say, "You know, this is what Karma you have created. I'm reflecting this. Please be aware. Change it."

That's all they do.

So we should not be afraid of any Planets. But we need to respect those Planets. Because they are working like us.

If you are in a company job, then you have some responsibility which you have to do it.

Like this they have some responsibility in this Cosmos and they are doing their jobs. But they don't have any personal fight with you.

## TEACHINGS ON THE SOURCE ENERGY

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

So when we do this Srividya Sadhana one more very important thing is Srividya - We call Her Shri Matha. Shri Matha means Source Energy It is.

From this Source Energy, the Sun is going to receive the Energy. This main Sun in the Solar system, what we are experiencing in the Sky, is receiving it's Energy from the Source Energy.

From that Sun, these Planets are going to receive their Energy.

Is it clear to you?

### **Divine Mother is like Cosmic Energy... Main Source.**

Like for example, for this Bangalore city there is the main electrical board where the electricity generated... which we call **Lalithambika, Rajarajeshwari.**

And the branches are there, right?

Like this area, this branch... these are like the Planets. They are receiving the Energy and that area is lightened.

But when I'm connecting to the Main Source I should not worry about all the other things.

**So Srividya Sadhana is to directly connect to the Source and nullify all the Negative Doshas of the Planets. All the Nine Planets**

**And**

**All the 27 Nakshatras.**

**All five Pancha Maha Bhuthas**

**All three Gunas, Rajoh Tamoh and Satva.**

When you are sleepy, it is Tamoh Guna.

When you are active it's Rajoh Guna.

When you are silent, it's Satva Guna.

So every day you are going through **three states of Mind - Dream, Sleep and Waking State.**

**So these three things can be cleansed by the Shakti of Lalithambika, Rajarajeshwari, and Maha Tripurasundari!**

So because of this you see that benefits are given like this... So many benefits:

They say that

it is the highest Protection Shield. It will not only protect you from all the Planets, even if any earthquake happens, any accident happens, anything happen, then also it is going to protect you.

So when I do this Sadhana, Divine Mother's Energy surrounds me like a Kavacha. Just it surrounds my Aura!

So whatever Negativity is there it has to first affect the Divine Mother Energy. Then it has to come to me.

It will nullify...repel back...rebound. That's why we call Her Pratyangira - Bounce Back. She will not receive. She will bounce back.

When Divine Mother Lalithambika is Pure Consciousness, Truth Consciousness and a little **bit Tamo Guna is mixed with this Pure Consciousness, what form will she take?**

**She will become Pratyangira.**



**When the Pure Consciousness is there, and to it if Rajo Guna is mixed, then she becomes Lakshmi.**

**When Pure Consciousness is there and is mixed with Satva, She becomes Saraswati.**

**Cosmic Consciousness becomes Dynamic Consciousness because of these three Gunas.**

**So she becomes Maha Kali Maha Lakshmi and Maha Saraswati.**

So to overcome your Tamo Guna, who is needed?

Kali Shakti is needed.

You'll be sleeping, right? If someone comes and says, "Get up, Get up!" You will continue sleeping, saying, "I will wake up... I will wake up! "But if put some water, then you instantly get up! Kali is needed for that!!

Saraswati saying, "Please wake up!"?

No Effect! Kali is needed!!

Like this every action is governed by one Shakti. So these three Shaktis are needed in our Life.

## TEACHINGS ON THE SHRI KHADAGAMALA STOTRA

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

And here Srividya Khadgamala means there are 181 Shaktis in this Shri Yantra. These Shaktis from, you know, Source Energy from the different layers.

You see that?

Physical Level,

Mind Level,

Astral Level,

Energy Level

...every level one Shakti is there.

Like this the Shakti of Lalithambika is divided into 181 Shaktis and

These Shaktis have Yakshas, Yakshinis in this.

These Shaktis also include Gandharvas.

These Shaktis also include Kinnaras. These Shaktis also include Siddhis - Ashtama Siddhis.

These Shaktis also include Mudra Shaktis.

These Shaktis also include Sapta Matrukas or Ashta Matrukas.

So **complete Brahmanda Shakti is in one Stotra called Shri Devi Khadgamala Stotra.**

So if I am chanting this Mantra, chanting this Stotra means what I'm doing?

I'm worshipping complete Brahmanda Shakti by sitting at home means how powerful it is!

And it will take you just five to seven minutes to chant this Mantra. How even more powerful it is! Because time is very important now. Say I can give only ten to 15 minutes or half an hour every day regularly and not more than that. Then if you chant it sincerely with Focus it takes only five minutes and ten seconds. Like that. If it is memorized by you, then like in three to four minutes, it will finish up.

In three to four minutes, you will be connecting to all the Brahmanda Shaktis.

These same Shaktis, same Powers are controlling this Universe.

These Navagrahas are controlling...

These Pancha Maha Bhuthas are working outside. ...

These Ashta Matrukas are working outside...

These 27 Nakshatras are working outside...

Same Shaktis are also working in my Inside World. Brahman is a Big World. My Inner World is a Small World.

When these Shaktis are controlling everything, if I invoke these Shaktis in my Inner World, don't you think they will control your life, help your life?

**They will do that!**

**They will give an Intuition.**

**They will give Protection.**

**They will bless you with Abundance. They will give Attraction Power.**

**They will give all the Powers that are needed for you to be Happy, Prosperous, and Successful in your life.**

So this is the Sadhana.

Very, very powerful.

Kept very secret.

This is very simple, but at the same time very powerful.

We call it Khadgamala... Shri Devi Khadgamala. **Khadga** means what?

**Sword.**

Why is it needed here? For what purpose we use a Sword?

Protection.

To protect myself, and to protect my family.

So here, **Khadga means it is the Sword of the Light, the Sword of the Divine. It is the Power that is given to you.**

Please understand. **Sword means it is a Power that is given to you to protect yourself and your family.**

So we call Khadga + Mala. **Mala is Garland. Khadga Mala means These Protective Powers, these Divine Powers are in an order, they are written in an order. So we call it Khadgamala Stotram.** It's very important.

## **TEACHINGS ON THE SPIRITUAL SCIENCE AND THE TECHNOLOGY OF CONSCIOUSNESS**

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

In our Vedic tradition, everything is very scientific. Every Shloka is scientific. In Navagraha Shloka, you can see how the Energy comes from Cosmic Sun to the Sun to the Moon, from the Moon to Budha or Mangala like this, the Energy flows. Like this Shlokas are written..."Surya, Chandra..." you see, they don't put in the order just like that. Everything is so powerful.

They have seen what is happening. They noted down. And then when they noted down, they made one Shloka and they programmed it..."When somebody Chants this Shloka, this Energy should go to that person's Soul. "

Can you see this Programming, just like how we do this Software Programming outside?

Our Body is like a computer. These Mantras, Shloka are like a Programmed Software.

When I start chanting, what happens?

**It starts Installing in my Soul. Once it is Installed, I start downloading the Divine Energy in my Soul.**

**When I start downloading the Divine Energy, I start burning the Negative Karmas of my life.**

**When you start burning the Negative Karmas, I start seeing my problems are solving in my Outside World.**

That is the Science. **The Technology of Consciousness we call them!**

So, we call **Rishis as Scientists, Spiritual Scientists**. Where they observe...Where they observe with their Inner Senses. Because they cannot see with the Outside Senses. For example, they have given names, such beautiful names for these Nakshatras. One such, if you see, is Anuradha, how such a name, Anuradha, was given to it?

So beautiful! The quality of that Nakshatra, its Vibration, its Energy, they feel the Experience. And what that Vibration brings, that Sound. That Sound they catch holds in their Minds and then they say, "**This is Anuradha.**"

They have not given just for the sake of giving some name. You know, now we see, right, in the computer?

"Oh! What a good name?!"

Not like this.

They see face to face and they Experience the Geometry - the Energy Geometry, its Vibration, what it does. And then they name.

They have grouped them as 27 Nakshatras. But it's not 27, it is 108 Nakshatras and beyond that!

## **TEACHINGS ON SURRENDERING TO THE SUPREME INTELLIGENCE**

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

Actually there are millions of Nakshatras. We think there are only nine planets. There are more than that and more than 100 planets are there. Only they know that these nine planets are more closer to the Earth, and so they can help.

What about the other Planetary Effects? How we are going to work?

That is why it is told in Spirituality, "**Surrender**".

**Lord Krishna**, what He says at the end?

**"Surrender to Me!"**

Because you don't have the eye to see what is happening outside. You don't have the eye to see your own Thoughts. What problem you are creating, you don't know actually about yourself. Leave about that, you even don't know

What you are going to eat,

How it is going to convert into bone, muscle and blood.

Do you know anything?

When you eat Dosa today, do you know?

At what time it is going to convert into muscle,

And

At what time it is going to convert into blood.

Do you know anything?

You don't know anything. You only know how to eat the Dosa. And that is also very difficult nowadays with mobile, with phone and all the things!

If you have the Power to Control your Inner Organs, and Control outside World, then imagine how your life will be?

Very difficult.

You would have died, if your Heart is in your Control...If you say to it, "Mobile is coming, Wait for two minutes", means finished!

So Divine is given what is necessary and other things are controlled by the Divine.

**Divine is so Good, so Compassionate, so Loving that they are the True Mother and Father. Real Father and Mother is Shiva and Shakti.**

Mother is breathing through you. Your Consciousness, Awareness is Shiva.

When your Awareness is gone, you become a mad person. Yes or no?

You forget your name also. If you forget your name and identity, what about your family? What about this world?

Everything is dissolved. Awareness and Consciousness is Shiva, and Energy is Shakti or the Power is Shiva Shakti. They are our Real Mother and Father!

Outside Physical Mother, we need to respect. Because they are the representation of same qualities of Shiva and Shakti. We can clearly see them... Outside Mother will take care of you when you are a child. When you are a baby, how she takes care, how much Love she gives to you! How much she does all of that!

Leave the human beings. Take the example of cats and dogs - How they take care! Even they leave their food for two days, three days. Who teaches them!!?  
The butterfly, even to give birth to its new baby, it has to prepare everything! Three months before itself, it will prepare and do all of the things.

Means **this World is run by Super or Supreme Intelligence.** With this Supreme Intelligence, it is working.

We need to understand that **there is some Power that has such great Intelligence, great Awareness and it is so powerful that it can do all the Miracles in the Outside Life.**

**If I SURRENDER to the same Power my life can be changed. There's no doubt at all!!!**

Please understand.

When you surrender to Real Father and Mother within you, your Life will change 100%. **Nothing can touch you.**

**So that Real Father and Mother we call Shiva and Shakti or Vishnu and Lakshmi Brahma and Saraswati.**

**But there is only ONE CONSCIOUSNESS, ONE ENERGY, ONE SOUL.**

**That is the Ultimate Realization of all the Siddhas.**

Even Shirdi Sai says, "**Sab Ka Malik Ek Hai**". This Ultimate experience is only One that is taking care of all this!

## **TEACHINGS ON HOW THE SRI YANTRA IS THE KING OF ALL YANTRAS**

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

### **ONE BECOMES TWO. THAT IS SHIVA AND SHAKTI.**

That **TWO** become FIVE.

That **FIVE** become **NINE**.

That **NINE** become ONE **NAUGHT EIGHT**.

That **ONE NAUGHT EIGHT** become MILLIONS.

And that become, you know, cascade of Energy coming, flowing, and controlling this entire Brahmanda. And that cascade - one to two, two to five, and five to nine is what this Shri Yantra is.

You see that!?

From one it becomes Two. (Points the Yantra) That is Shakti and Shiva. And then it will go on multiplying.

So we call Shri Yantra as the King of all Yantras. Why?

Because it represents

How Consciousness manifested in Matter.

How Chaitanya becomes the Energy / Shakti.

How it becomes Jada / Prithvi.

So from Consciousness, slowly the becoming / multiplying kept coming, and coming and it becomes Matter - this Entire World.

So Shri Yantra is a map like how Shiva Shakti who is you, now you are their map!

So it is the complete map, cosmic map. So we call it the **King of all Yantras**.

**Complete Energy is there.**

If Ganapati is there, then He is one Tattva here.

Got this point?

If Kali is there then She is one Tattva here, you know, Tamoh with Consciousness.

If Lakshmi is there, then she is one Tattva here.

If Saraswati is there, then one Principle or Tattva is here.

**All principles. All 37 Tattvas, all creative Energies in one Geometry is very, very difficult to have it.**

**Since Shri Yantra is having all of them in one, we call it the King of all Yantras.**

Please understand.

When I have this Shri Yantra,

I can invoke Lord Ganesha

I can invoke Bhairava

I can invoke Kali also

I can invoke even Muneeshwara...I can invoke any Kuladevata in this Form.

Any Kuladevata Happily comes in this form, why is it so?

Because Kuladevathas Feel empowered when it comes into the Shri Yantra, as it has all the Tattvas. So Sacred Energy, Sacred Space that every God, every Master, every Siddha wanted to come and worship them.

So if you have a Shri Yantra, then you don't need to have so many Yantras, and so many different things.

Invoke Pratyangira, She will come here.

Invoke Varaahi, She will come here.

Invoke Raja Matangi, She will come.

Invoke Dus Mahavidya Shaktis, they will come here.

Actually all these nine Aavarnaas are nothing, but all Dus Mahavidya Shaktis.

These nine Aavarnaas... these nine Steps, these nine Energy Circuit, are nothing, but all the nine Planetary Energies.

Everything is here!



## CONCLUSION

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

Only thing, what is needed at this 21st century is,  
**Right meditation done regularly with Gratitude and Devotion  
And  
Being Aware of our Negative Thoughts, Belief and Energy.  
This will bring the transformation.**

Is it clear to you?

**Right meditation,  
Right Mantra,  
Right Guidance.**

**At the same time,  
Being Aware of Negative Thoughts, Negative Belief, and Negative Emotions.**

Then when you become Aware, what happens?

You start dissolving that.

If I see there is dirt here, yes?

I can cleanse it, yes?

If I don't see dirt here, then can I cleanse it?

So if I'm not aware that

This Thought, this Belief is bringing my job problem,

This Thought, this Belief is not giving me promotion,

This Thought, this Belief, this Emotion is making my health very bad,

If I don't have Awareness, if I don't see this Negative Energy, can I create a Positive Life Outside?

So in the Western World, and in the Eastern World, they say one Principle

- **“Yad Bhavam Tad Bhavati.”**

**Or**

- **“Thoughts are Things”.**

- **“As Above So Below”... Above in the Consciousness** whatever it is there that is created in the below. What is below? **It is the Matter.**

So whether you go to America, same Principle, same Universal Laws, you come to India, go to the Upanishads and Vedas, they say the same Principle.

Upanishads talk more of Soul Consciousness - about Soul, Atma, Para Brahma Tattva, and Parama Tattva they speak.

When you cannot understand them with your Intellectual ability, they came down. Then Vedas happened.

From there they even came down, when you cannot understand the Vedas.

They came down and started giving those understandings in the form of Stories. These become Puranas.

Now again came down with Life Principle, all the moral stories and all of that which you learn in your schools and all.

So same principles are taught.

- **Do good so that you can experience good things.**

Do good - means what?

**Not only for the Outside Person, for yourself First!**

Doing well for yourself first - means what?

**Think Positive about yourself.**

**Feel Positive about yourself.**

**Have a Positive Belief about yourself. Accept yourself.**

**Allow Divinity.**

**Allow other persons who are positive people, in your life.**

**And then**

**Allow the great knowledge of the scriptures or the great masters**

**And**

**Apply them.**

**Use your Intellectual Ability, Intuition, to apply it and change your life!**

The same thing is given to us. So what we understand here is the same thing.

I'm just teaching. I'm not going into The Upanishads and the Bhagavad Gita and all.

**I'm getting the Eessence of that.**

I'm giving you in the form of a Fact. Those facts are nothing but Universal Laws that You understand, apply and test for yourself and see the results for yourself.

Once you see the results, you become very confident, "Oh, this life works like this. Thoughts are Things. Only block that I'm getting is my Karma. That karma can be erased with the help of Srividya Sadhana."

Can you see that?

Can you see the clear picture, how your life is working?

How the science of the life can be taking care of?

So once we understand all these Principles, then we do the Sadhana.

**Doing Sadhana - means I accept that "This Sadhana helped me because it is working on the Universal Law of Energy Replacement - Higher Energy Replaces Lower Energy.**

**Only thing is, it depends upon**

**My Karmic Impressions,**

**How much I allow,**

**How much I accept,**

**How much I regularly do,**

**How much I focus. "**

That gives the results!

## **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.
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- Post-Doctorate in Cancer Biology from USA.