

“THE ULTIMATE BOOK FOR SRIVIDYA SADHANA STUDENTS”

**** Sri Sadaguru Sivapremananda ji ****



|| OM MULANJI NAMAH OM ||

|| Sri Sadaguru Maha Siddhar Thirumoolar Namah Om ||



Dedication

In humility we offer this dedication to Mahasiddhar Sadguru Sri Thirumoolarji, Who initiated Sri Sivapremanandaji into the secrets of Srividya Sadhana.

“THE OBJECTIVE OF “**SIVAPREMANANDA SELF-REALIZATION CENTRE**” IS TO SPREAD „**SATGURU THIRUMOOLAR’S TEACHINGS**” ON **SELF-REALIZATION, SELF-EMPOWERMENT AND SELF-ASCENSION.**



||Om Siddha Thirumoolar Namaha ||

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Gratitude



WE SHOULD GIVE OUR WHOLE HEARTED GRATITUDE TO OUR "**SRI SADAGURU SIVAPREMANANDA JI**", WHO IS GIVING THIS DIVINE KNOWLEDGE TO US. THE GRATITUDE FOR ALL THIS COLLECTION EFFORT SHOULD BE GIVEN TO THE "**SRI GURUJI & SRIVIDYA SADHANA TEAM**". ALL THIS CONTENTS ARE THE ARTICLES PUBLISHED ON THEIR WEBSITE. I HAVE JUST COMPILED THEM AND ADDED SOME INITIAL PICTURES.

FINALLY **IAM** OFFERING THIS DIVINE WORK GIVEN TO ME BY MY BELOVED GURU "**SRI SADAGURU SIVAPREMANANDA JI**" IN THE FORM OF MY "**DIVINE MOTHER**" TO HIS **LOTUS FEET** AS **LOTUS FLOWERS**.



	Om Sri Matre Namah	
	Om Mulanji Namah Om	
	Sivaayanamaha Om	

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GURU LINEAGE OF SRI SIVAPREMANANDAJI

Sivapremanandaji belong to Tamil Siddha Parampara that starts from Mahadeva Lord Siva:



|| SRI Sivapremananda Sharanam Jaya Jaya ||

SRI SIVAPREMANANDA GURUJI



After experiencing higher states of Samadhi, *Sri Sivapremanandaji* willing to share Thirumoolar SivaYoga & SriVidya 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 or attend lengthy retreats. Now *Sri Sivapremanandaji* helping sincere spiritual seekers through Thirumoolar Siva Yoga & SriVidya Sadhana Workshops.

His Professional Education is as follows,

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

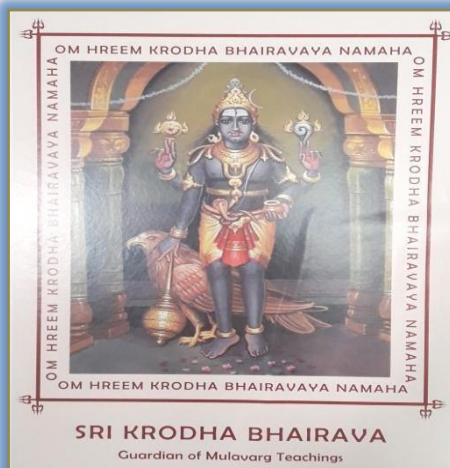
GUIDELINES



- ❖ Treat this book with utmost respect as it contains the most-sacred **Srividya Sadhana Mantras**.
- ❖ Never disclose the **Mantras** and the **Sadhanas** either verbally, in writing, or by any other means as the mantras and the sadhanas initiated to **Srividya Students** are highly powerful and most sacred.
- ❖ By regular practice of the **Sadhanas** taught to **Srividya Students**, huge transformation with-in can be experienced.
- ❖ As a spiritual seeker you should always maintain **Sacredness, Secretness, Simplicity, and Silence**.
- ❖ As **Srividya Students**, it is our duty to work for the upliftment of Community. Let us be worthy of the **Supreme Grace** by Spreading the awareness to one and all as a student of **Sri Sadaguru Sivapremanandaji** & His teachings.

DIVINE MOTHER IS IN YOU

Note: You don't have permission to reveal to anyone these techniques of Srividya Sadhanas under any circumstances. These techniques are protected by "Krodha Bhairava". By doing so, you will lose the charge of Guru and invite unknown problems in your life.



|| OM MULANJI NAMAH OM ||

THIRUMOOLAR'S SRIVIDYA SADHANAS



|| OM MULANJI NAMAH OM ||

+ What is Guru Mantra?

Whom you take, What **Parampara** you take very important. Now a day's **Pandit** also gives the mantra. Don't have a Charge of that Soul Consciousness. Who realised that Sankalp is attached to the Mantra, that Mantra given to you. That is a „**Guru Mantra**“. Otherwise it is not „**Guru Mantra**“, you take a book & read, see the results. You do it here. Understand the Principles, Universal Laws, Understand what quality you should develop to attract the divinity & Inspire & do the *Sadhana*. Surprise within a Year your progress such a way. It might take to learn from book so many years.

<https://youtu.be/SYgNCtVTf6M>

+ Importance of Chanting Mulanji Guru Mantra?



What is the use to chant **Mulanji Mantra** we need to understand first? Why I need to chant His Name?

Here what happens I have explained is **Universal Law of Energy Replacement?** **Higher Dimension Energy** replaces the **Lower Dimension**. When we connect with the **Higher Being** and **Call His Name**; we are making a connection to **His Soul**, His Consciousness to His Energy. And we start to receiving his Consciousness into Our Soul. When His consciousness start coming into your Soul. What happens things will change. What you cannot do it for yourself *10years*, The **Mulanji Mantra** does it for you. It will prepare you, heal you, remove any thing obstacles in your spiritual path & He coming as a **Friend**. And He coming as a **Father/Mother** support you inspire you, guide you, heal you & take you to your **Real You**.

2nd thing is all this mantra we are receiving, all the practice we are receiving through His „**Portal of Consciousness**“. It is Key is given, If I don't chant this I cannot activate this mantra properly I cannot have **Siddhi of this mantra**, I can't have this mantra **100%**. This is very important to **chant atleast We remember Him. Offer the gratitude. Sadaguru you have given Me, It is really helpful, I'm Grateful to You, I bow down to You. Whatever you're blessing is amazing...Thank you. You offer chant the mantra || OM MULANJI NAMAH OM ||** then you proceed with your practices.

<https://youtu.be/VnfgbFmwKoU>

✚ Siddha Thirumoolar Guru Mantra



|| OM MULANJI NAMAH OM ||

<https://youtu.be/OJdrUBbU8B4>

✚ How does Thirumoolar 51 Syllable Mantra Helps?

It is **Core Mantra of Siva Yoga** & we use it for **Siddha Healing**. Where we want to channel the **Siddha Shakti 51 Letter Mantra** is very powerful. **Sadaguru Thirumoolarji** explains that **Truth Consciousness; Siva Consciousness** comes & fills all **543 Chakras** without you too focus & do it. Here it is **Programmed Mantra**. Mantra itself goes & does everything, it is programmed mantra chant, it goes to the respective Chakras, Nadis & it will activate & work out with it. So this is a **Programmed Mantra**.

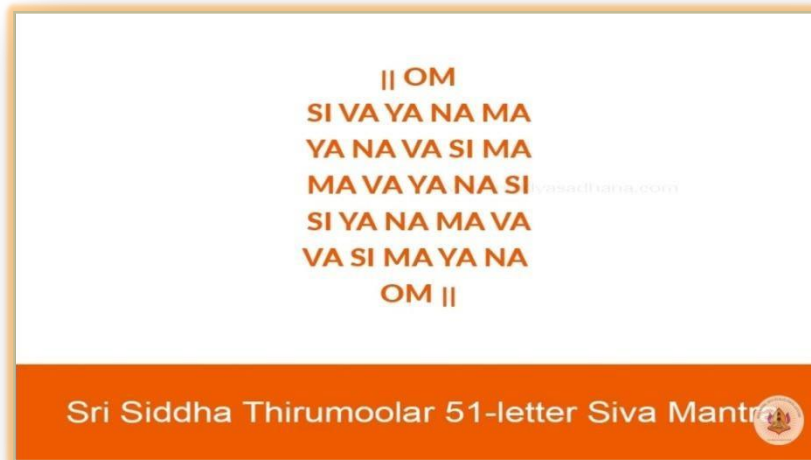
Sadaguru Thirumoolar to a Activate The Chakras, Nadis, Cleanse ,Heal, Energize & Awaken your Kundalini, Chakras, Nadis & connect you back to the Source.

Siva-Shakti Consciousness & Bless you God realization. That is the Main Objective of **51 Letter Mantra**. It will also give good results material prosperity other things also. Because it is working with the **Panch Mahabhutas- Om Namah Sivaaya**. So when panch mahabhutas are in Align with a good condition. Health will be good, when panch mahabhutas are balanced, energized. You attract the right money, health all of that without panch mahabhutas no **Siddhis**. So this mantra is very powerful that we have been using it in **Siddha Healing**. So I suggest to all my **Students** memorize this mantra. Don't just sit with "Om Mulanji" memorize this mantra take advantage of this. You don't get highly **Spiritualize Mantra** anywhere else. Its great comes from **Siddha Parampara**, use it .It is Blessing & great gift from **Sadaguru Thirumoolarji** to **Us**.

This 51 Letter Mantra is more of the Highest Dimension, if I consider Siva Layer of Consciousness. It is highest dimension of Siva Consciousness, If you want you can add this mantra at end of Srividya Sadhnana & finish with SOHUM meditation. Oneness with Siva-shakti.

<https://youtu.be/SSRzm64nbTo>

✚ How to Chant Thirumoolar 51-Letter Siva Mantra?



<https://youtu.be/RYcoqKJmwDo>

✚ Power Of Maha Paduka Guru Mantra



„MahaPaduka“ means „Feet of Guru“ or represent „Siva-Shakti“ means ultimate expression of „Guru Tattav“. Who are they **Siva- Shakti**. They are **Kameshwar & Kameshwari**. So they are the whomever may be **Guru**. If you trace the root of that **Guru** where it is going to reach to **Siva-Shakti**. So this is the Mantra that will Connect You the „**Ultimate Guru Tattav**“. It is highest **Guru Mantra** I consider in my life. It is all Masters know fact about it. And this mantra also has effect like that. If I sincerely start to chant & see the result what experience it gives. How it is going to help you because that **Real Guru Tattav Siva-Shakti** as **Guru**. And Your **Spark of Siva-Shakti**. So your **Soul** is a **Real Guru**.

So what this mantra contains where **Powerful Beej Mantras**, So it is

Om Aim Hrim Srim, we learnt in first level **Srividya Mantra** & also **Aim Klim Sauh**, this is "**Bala Tripura Sundari**" when She is **3rd** year old that Mantra. Then **Aim Glaum**, this Mantra related to "**Divine Mother Varahi**". Then **Hskhphrem**, it is **ParaShambhav Beej Mantra**, **ParaSiva** in the form of **ParaShambhav** or **ParaShambhav Shakti**. It is very Powerful or it is **Divine Mother Beej Mantra** of **Chandi** or **Kaali**, **13th form Kaali highest of all as Kaal Samaharini**. Her beej Mantra is **Hskhphrem**. Then we go **Hasaksa-Malavarayum Hsauh**. Then **Sahaksa-Malavarayum Shauh**.

So it is a **Beej Mantra** of **1st** one is „**Ananda Bhairav**“, **Hasaksa-Malavarayum Hsauh**. Then his **Wife** „**Soora Devi**“, **Sahaksa-Malavarayum Shauh**. Both together as **Siva-Shakti** they are flowing to us.

Srividyanandanathatmaka Caryanandanatha. So **Siva-Shakti** as **Para-Shambhav** form as **Ananda Bhairav**. **Bhairav & Bhairavi** coming on this earth. And Spreading the **Srividya** & experience & master over the **Srividya** means **SrividyaNath**. **Srividyanandanathatmaka**. So He is person what is the name of the Master **Caryanandanatha**. To Him I bow down **Sri Mahapadukkam Pujayami Namah**.

This is the Mantra very very Powerful in **Srividya Tradition**. We say that if I take all **5 Amanyas**, **5 Traditions**, **5 faces of Siva** from every face of **Siva**, One Tradition i.e. **Guru Tradition** has come out. The path to liberate Spiritual Teaching has come out. And from that so much **Vaishnavas**, **Shaktis**, **Surya** so many tradition come out. If you consider all **7 Hundred Crores Mantras** & this mantra that is equivalent they say it in scriptures.

So in the Higher Level after Shodashi, Siva-Soubhagya-Shodashi, Maha Shodashi, then Purthi Vidya. After Purthi Vidya they give to Us. I'm giving in Level 1. So you start getting Blessings in the 1st Level. So that The Power Of The Mantra'.

Mahapaduka Guru Mantra invokes the grace from the „**Lotus Feet of Param Siva**“ who is the **AdiGuru** of all **Vidyas**. **Param Siva** is the embodiment of the **Science of Srividya Sadhana** and it is He who takes various forms of **Gurus** to guide us. In **Srividya Parampara**, we worship **Param Siva** as "**Charyanandanath**". The **Maha Paduka Guru Mantra** is the invocation of His Grace in the name of "**Charyanandanath**". By Chanting **Maha Paduka Guru Mantra**, we offer our gratitude to all **Gurus** who helped in our Spiritual Path & receive Grace from **„Ultimate Source of Guru Mandala“**.

It's very important to chant these **Guru Mantras** to experience *Material* and *Spiritual* benefits of **Srividya Sadhana**.

This Mantra leads to Yourself, Siva, Lalithambika. You need to understand that. So Maha Paduka is the perfect mantra Source of All. How much you devoted; How much you accepted; How much I manifest that Tattav (Param Tattav) Infuse in Soul & manifesting in your body leads to Realization. That Maha Tripura Sundari is You only. Source is Maha Tripura Sundari.

If you make **Maha Paduka** as Your „Guru Mantra“. We call **Maha Paduka Mantra** as a **Source of all Srividya Mantras**. So by Chanting **Maha Paduka Mantra** Your connected to **Kameshwari & Kameshwari, Siva-Shakti** vibration. Only thing is it brings **Blank State**.

If Your driving a Car, You don't see any traffic Signal will be there, No people will be there only Siva-Shakti. So in that time this isn't good.

You go into Soul State, MahaPaduka Mantra is that you see that how it works for You. If your sensitive you go into Blank State during driving please don't chant while driving a car, bike. That need your attention.

When I was started giving **Guru Paduka as „Guru Mantra“**. It is guidance of **Divine Mother Herself**. We made a **Sankalp (Intension)** whomever chant this mantra in our tradition & do the **Srividya Sadhana**. The fruits benefits of that **Sadhana** going to their **Soul**. It is programmed like it. So you need not for **diksha**, so you start chanting "**Maha Paduka Guru Mantra**".

<https://youtu.be/QobVW-wXe9Y>

Maha Paduka Guru Mantra

|| Om Aim Hrim Srim Aim Klim Sauh Aim Glaum Hskhphrem

Hasaksa Malavarayum Hsauh

Sahaksha Malavarayim Shaub

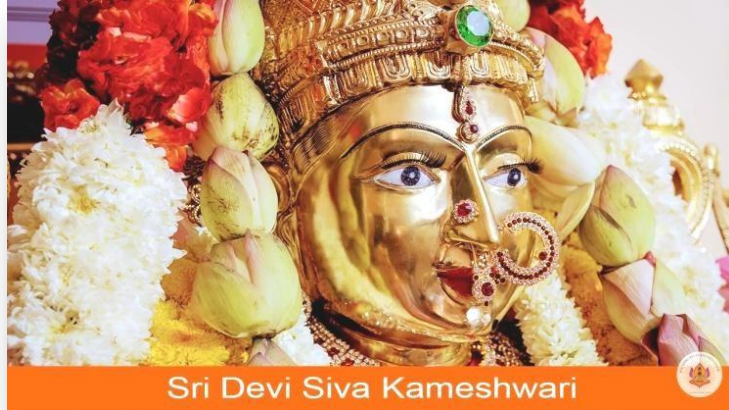
Srividyanandanathatmaka Caryananadanatha

Sri Mahapadukkam Pujayami Namah ||

<https://youtu.be/VvMOBAy6CLs>

✚ **Siva Kameshwari**

Mahashodasi Siva Kameshwari -
Siddheshwari Of Mulavarg Siddha Parampara.



<https://youtu.be/zbFZBv0f7dw>

*She is the One taking care of everything, "**SIVAKAMESHWARI**".*

*She is the **Siddhidatri**.*

*She is the Mother of **Mulavarg Siddha Parampara**'.*

That is The Lalithambika, Raj Rajeshwari, Maha Tripura Sundari in the form of "SIVAKAMESHWARI**".**

Where we receive Her Energies, **The Divine Mother Lalithambika Energy** is there in the **„Maha Shodashi Form“**.

So there energy is established in this place. So **She** is taking care of all our *Spiritual things, Healing things problems & all.*

We explain that **"Sivakameshwari"** in our *webpage*. The energy we have installed in this is so great; All **Tranic Shaktis- Haakini, Saakini, Laakini everybody is active & plus HER Angha Devathas-Varahi, Rajamatangi, Bala Tripura Sundari, Ashwaruda, Samptakarni**, everything is Installed In **HER**.

So when Iam calling Iam brining all this forces in my life.

So this is very very powerful energy.

Whenever you are in trouble you call this energy to **Mother**.

Whenever you feel **Protection** or needed protection call & see the results.

Whenever you need to **Dissolve**, call the **Mother** & see that.

You connect with **the Divine Mother & with all Her Devathas**. It is *Cluster of Her consciousness*; **Khadghamala Devathas come, Prathyangha Devathas, Upagha Devathas; Her Yoginis everyone Haakini, Saakini, Chakra Devathas with Her Bhairavas; Everthying is One.**

Pray to Her, Receive Her Healing, Grace, Ask Her Interference in Your Life, Help Me solve my Issues.

SIVA KAMESHWARI



The Only Divine Mother Idol in the World that is Established with the Oneness of following Shaktis/Powers.

SriVidya Guru Shaktis:

Guru mandala Roopini-

Dakshinmurty Roopini-

Maha Paduka Guru Roopini

Tantric & Yogic Chakra Devatas:

Saakini-Kaakini-

Laakini-Raakini-

Daakini-Haakini-

Yaakini Roopini

|| OM MULANJI NAMAH OM ||

SriVidya Devatas:

Maha Varahi Roopini-

Maha Rajashyamala Roopini-

Annapoorna Roopini-

Ashwaruda Roopini-

Sampatkarani Sarswati-

Balatripura Sundari Roopini

Para Vidya Devathas:

Mukteswari- Paravidya Mahashodashi Roopini

The above Siddha Process and Pranapratishtapana is done under the guidance of Divine Mother by Sadaguru Sri Sivapremanandaji !

+ Siva Kameshwari Mantra



|| Hasaum Soham Sivakameshwari ||

✚ Power Of MahaMrityunjaya Mantra



<https://youtu.be/oBebZMt6B9I>

What **Maha Mrityunjaya** Does? **Deepest Fear is Fear of Death**. That deepest fear is removed by **Maha Mrityunjaya**.

Another Power of **Maha Mrityunjaya** is; It willn't allow body energy to **Drain**. Your **Prana** isn't going. It is something **Digbandhana** does.

When I do that automatically **Prana** willn't leave. My energy sustains, grows. When I do **Maha Mrityunjaya**. It is very good to sustains your **Prana**; **Maha Mrityunjaya Sadhana** is very good.

Many people do the **Sadhana** raise their **Energy**. They don't know how to hold the energy and **Maha Mrityunjaya** holds that energy, binds that energy. That how it is shown that - When **Yama** comes & wanted to take **Prana (Life Energy)**. It willn't go you will surprise what is happening. It want to take his **Prana** and **He** is chanting **Maha Mrityunjaya**. Even **Yama** cannot take this. How it is **„The Power of Maha Mrityunjaya“**. It will hold your **Prana**; Increase your **Prana**; You can sustain Your **Spiritual Power** by chanting **Maha Mrityunjaya Mantra**.

✚ Maha Mrityunjaya Mantra

|| Om Hroom Jum Saa Om Trayambakam Yajamahe Sugandhim
Pustivardhanam Urvarukamiva Bandhanan Mrityor Mukshiya
Maamritat ||

+ Tulsi Vidya & Power



Sri Tulsi has the very **Powerful Energy** by Nature itself. It cleanses the **Aura of a Person of the object**.

Sri Tulsi Power to Cleanse Aura-Energy field of the person or the object.
So in **India** we have a **Tulsi in front of the Home & it has been taught to worship it & make a Clockwise rotation around it.**

When you worship what it happens; You have a Devotion & devotion connects you to that Energy Field of **Tulsi**. When I make a rotation what happens. My **Aura** is get cleansed. You can do it & see. Simple **Srividya Mantra with Tulsi Plant**; See the result. You need to test Yourself, all this principles.

Whatever our **Siddhas** has given it's very important. Of course we have to test. As it has explained **Tulsi** is going to manifest more *Oxygen more Ozone Layer*. We haven't tested scientifically.

This what our **Siddhas** told that. Even as a **Spiritual Person** your feeling will good test for yourself. If I little bit rotate around **Tulsi** what happens. When I connect with my Breathe with **Tulsi** what happens; Breathing is very Powerful. Because I just **Breathe & Feel i want to One with Tulsi. I just Breathe Out & Breathe In. I feel that Iam making connection. This itself is a Tulsi Kriya.**

Earlier days where you want to chant **Maha Mrityunjaya or Gayatri**; Whether you chant any mantra 1st you have to **cleanse yourself with Tulsi**. Then you are going for other sadhana.

So it is used in all the **Temples; most** of the temples. **You see that it has been used to maintain that powerful energy field; Purity of that Energy Field.**

<https://youtu.be/6UFg9gCe2UU>

✚ How to Ground Yourself Before & After the Meditation? What are its Experiences?

After Meditation what are its **Experiences** of **Grounding** which happens in the „**Heart Chakra**‘ or **„Mooladhara**‘ actually what it is?

So most of the time **Beginning** of the **Meditation** we make **Grounding** with our „**Mooladhara Chakra**“. When I sit Invoke „**Lord Ganesha**“ automatically my „**Mooladhara**“ is connected to „**Earth Planet**“. My both the **Feet** are connected to **Earth Planet** are **Balanced**.

You also in the Beginning have Grounding Problem. They never Ground „**Mooladhara**“ have so many Problems; Stability so many thoughts; Too many Worries of that; what You do is.

You sit with **Spine Straight** & Feel that '**Mooladhara**' is making connection as if you know; As a **Tree** how the **Roots** are going inside the **Earth**. Feel that from the '**Mooladhara**' the **Roots** are going to **Earth** down down down. One root is going Down & Feel another Root is coming back Spiralling Up. If you try to make connection One Down; One is coming back.

Whenever there is too much Energy, what it does; One Chord sends the Energy & another Chord receives that; Balance happens. It's very Powerful, Grounding is very Powerful.

So You can do it **Beginning of the Meditation & After Meditation**, Why says Grounding it isn't at „**Energy Level**‘, not „**Chakra Level**‘, not yet „**Body Level**‘, It is yet the „**Soul Level**‘.

„**Grounding into Soul**“ means **I'm experiencing that Silence; I'm feeling that Centeredness; I'm feeling that Thoughtless State; I'm feeling that Silence.**

That Grounding happens after Meditation. The Grounding Before Meditation is different & After Meditation is different.

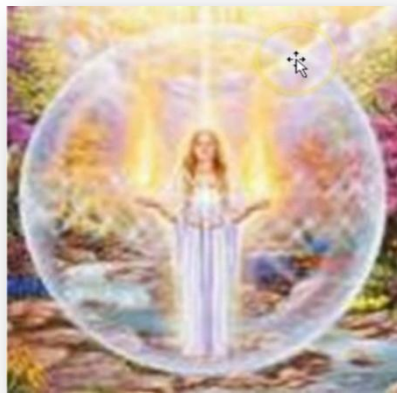
If possible You do this **Grounding Exercise** before that. You feel that '**Mooladhara**' is connected to "**Divine Mother Earth**". And from **Your Feet** you can see the '**Root made of White Light**' from here Pipeline going there very Deep inside the Earth another like '**A Rope**'. You have One & another Spiralling or Circulating to it; Light Pipe something & another coming back; one Sending & another Receiving. I have seen if you do this Simple Meditation very very Powerful Exercise.

Before doing Healing; Before doing the Meditation; Before doing any type of Spiritual Activity. If You Ground with Divine Mother; Your „Mooladhara‘ is

strongly have the **Foundation connected to Earth** you raise very Fast; your **Kundalini** can go very Fast. I tell many times in the **Deeksha** part that; especially on the **Online Deeksha** don't keep any **Woollen Mat**; When I give the **Online Deeksha**. I do **Grounding for Him/Her**. I make that Grounding; When You Grounded I can Lift the **Kundalini** smoothly otherwise very Difficult; Very terrible Experience. **If I don't Ground Your Mooladhara' or Your Soul in the Divine Mother Earth'. I make a Knot; I bind You actually to the Mother Earth to hold your Self; Kundalini will be raised Smoothly.** Then your Experience will be how it is **Smooth, Happy, Joyful, Connected, and Grounded into Shiva Consciousness**. After Meditation You are Grounded into Shakti (Prithiv) into Before Meditation. You are One with Shiva & Shakti perfectly in a Balanced Way. Grounding is Very Very important, Before doing any Meditation; Before doing any Healing; Any Sadhana; Any Havan anything Ground Yourself. **Then do the Meditation!!!**

<https://youtu.be/kuPv8h0MEq8>

✚ Applications of Protection Shield



- One of my **Student** he started using it for **Presentation. Protection Shield** for before going for presentation he not have nervousness at all.
- Another **Student**, She is having **Bad Dreams** before going to **Sleep**. She started using miraculously she don't have any problem with a negative dreams.

Many of us suppress negative things, where they have to show off in dream only. Either you experience in outside life or burn in the Meditation or experience in the dream. Choice is Yours. It is better to burn in Meditation then experience in the outside or expressing in the Dream. It works like this. It's all very important.

- Many People have used in **Examination**.
- Some of them used for **Infection for the Kids**. They just started going for **Montessori** & all. Where **One Kid** get **Flu** or another all Kids will be getting. So they put the **Protection Shield**. They are sending everyday. There is lot of changes in their kids Health & all of that. All these *Allergies* are Less. `
- And as you progress you see that if any **Negative Person** comes near to you. He cannot stand there next to You because this is a „**Shape of A Bubble**“, whatever his thoughts are coming. It will go back to him. And with a Double force he cannot stand there. He will feel more irritability & go means negative people won't be around you.
- Before **Sleep** you can do, whenever you feel **Fear**, whenever you feel uncomfortable, whenever you need confidence, nervousness, You start doing it. But specially **before meditation & after meditation**. To empower the **Protection Shield**.
- Before **Meditation** I do it for **Protect Myself**. So my energy level is like this **30%** before meditation. After meditation your energy level is **70%**. At that time again I programme it. I empower my **Protection Shield**. So I always suggest before & after. It is just a few seconds. After you think it happens. Think you feel the confidence level. Then you know that my protection shield is **Active**.
- I think **Invisible Hands** guiding **Me**.
- I just feel **Protection shield I'm in home**.

I just think, feel guided, grounded, all there are **Results of your Protection Shield**. This is very good you know when you do **Presentation \ Examination** going for that anything you're going to **meet someone** or some activity very you're **nervous**. You can use **Protection Shield**. It is very important.

- You can **Protect your Vehicles, Home, Office, Business Place**. You can put **Protection Shield for Courier** also.
- Many times during **Pregnancy** we are not only absorbing **negative thoughts**, you're **Baby** also absorbing same vibration. It is very important to maintain the *Positive Energy You & Your Baby*. So **Protection Shield** how much you want you go on doing it. And tell to Yourself mentally „**Good comes to Me. Only Good goes out**‘. No matter how much negative situation going outside. Intention makes a *Layer that You & Your Baby*. And you will not have a problem with **Baby Health**.

So just use a Protection Shield & Intend all „Good comes to Me and only Good goes out of Me‘. You will not attract the negativity & You will be Safe.

<https://youtu.be/2Jzb26zIugc>

✚ Srividya Sadhana-Protection Shield



www.srividhyasadhana.com

SrividyaSadhana- Protection Shield

To protect from from Negative Energy, Evil Entities & Spirits etc

You should shield yourself with Divine Mother's white light in the form of bubble around you to protect from Negative Energy/people, Evil Entities & Spirits etc



"Visualize White light coming from Divine mother and circling your body as if you are inside the bubble of white light shield. Now program this protection shield by affirming mentally, "Divine Mother's White light shield is protecting me from all forms of psychic attacks, harms and dangers. Only I and Divine Mother can program, reprogram and deprogram this shield. This white light shield is impenetrable and unbreakable. This

white light is infused with divine mother mantra(??? Om Hreem Om). Chant the mantra minimum 3 times and see the mantra letters floating in white light around you clockwise from right of you). This shield is protecting me at all levels of my existence for a duration of minimum 24hrs from now onwards. So Be It. Thank you. Om Sri MatreNamah"

Divine Mother is in YOU

<https://youtu.be/YuulE9x-yAQ>

Power of Forgiveness Exercise

Very Powerful with Relationship Issues, whether in Family, Employees or anything you want to go balance in relationship this exercise is very very powerful.

What we are doing is we are communicating between **our Higher Self** to other **person Higher Self**. It is a communication at the **Soul Level** not yet the **Mind Level**. It is at the *Soul Level* we all understand & agree. *Mind Level* we don't agree all disagrees all. Physical Level we fight, but at the Soul Level we all have understanding. So here we are communicating at the Soul Level. From Soul only it has bring to mind from mind only to bring to physical reality.

Many times **Husband & Wife or the Partner or the Friends or the Employers** that relationship there when the negative understanding will be there. Opinions will be there, Disagreement will be there. We form **Negative Energy Chords** between each other. When the same experience starts what happens Energy Chords become thicker & broader between husband & wife or the friends or with the job fields. Wherever it is when two people creating a stronger negative energy chords whatever means to bring **Harmony**.

So whatever the negative energy chords disagreement, whatever the hurts we have done whatever amount of **Ego** out same how repeated you don't have connect that energy chords to attract same situation again. So we need to cut it.

So this is **The Best Exercise to bring the positive energy** between couple, friends or two people & cut the negative chords energy, negative thoughts, negative belief, negative karma. This is very important.

Somewhat you like **one of family member** at **one situation** of some other thing you scold, you hurt them & egos don't allow them to ask sorry.

If you do with **this exercise & remove that hurt feeling is there**; negative feeling is there at that time only what happens. It will not repeat again. Your relationship will be **Harmony. Very Powerful exercise..Try it!! Great miracles at Relationship office place.**

It is at Soul Level communication. When it is Soul Level communication there is Love, Compassion, Understanding, Acceptance, Allowance, Healing, Mind & Physical Level very difficult.

<https://youtu.be/WQ0EoZksqYE>

✚ Forgiveness Exercise with Ancestors passed on:

Pray to **Divine Mother** I'm really **Gratitude to my Ancestors, Husband or Mother** who have passed away, I'm really thankful to them & if there is some any Hurt between Me & Him, if any negative emotions are there or *negative energy chords* are there, Please release remove & bless the person. Let Me focus on my Path.

What you are going to do **Praying the Best possible for passed away ready to forgive the person.** And you want **to disconnect the negative energy chords** or **thoughts you don't want.**

Now you're walking in the path of **Self-Realization.** I want **to disconnect all the thoughts,** all this things. **I request to discontinue negative energy or chords of my Ancestors.**

I'm thankful, bless them. But I want to walk on the path of _Self-Realization' move on path of Truth. So with that intention you do the Forgiveness Exercise.

<https://youtu.be/67kV132tpfs>

✚ Forgiveness Exercise

Forgiveness Exercise

To remove energy cords and blocks from chakras and subtle bodies

*I ask my higher self to convey my forgiveness to the higher self of -----
and disconnect any negative energy cords between us.*

I am sorry. Thank you. I love You.

www.srividhyasadhana.com

How to Communicate with Siddhas?

Kriya Babaji, Shridi Sai, Lahari Mahasaya, Thirumoolarji, all these Masters are still available in the **Higher Dimension**. We call it as a „**Siddha Loka**“.

Once you grow; the time will come „**Siddhas**“ don't come. You go there Place; You Learn & come back. Every night you go there its classes will be there for You. We ask know to *Contact, Communicate* this what I want to understand please.

*There it isn't Human language; it is only **Light**. Light Communication, my intension first goes as a Light & Answer comes as a Light. Consciousness received; Knowledge is received. That Knowledge suddenly doesn't come. Once I come & Meditate on this Earth that Knowledge comes as a Intuition Flashes. Then we know this how it happens; this how it has to be; this Knowledge will come like that. Communication will happen.*

Even many **Rishis** are Available to Help You, Guide You but what happens. They are available we have to raise Ourselves to touch them; we need to raise Ourselves; ready to receive their **Vibration, Guidance, Answer & Everything**. Then everything will happen.

He is sending the vibration & you aren't catching at all. Bouncing back you know you're not able to catch it at all. It's like that. He is sending Energy & I'm not able to receive. I'm praying why You're not answering..Why are not answering...??

Thirumoolarji everyday I am answering; you're not receiving, you're not Tuning. **Radio Station** you know; Right Frequency is there. We need to tune receive that; with Meditation it happens.

That is One of the „**Thirumoolarji Siva Mantra**“. It sets your Wave Length to **Thirumoolarji**. So that I'm tuning my Radio in this Radio is going on to tune **Thirumoolarji..Om Si Va Ya Na Ma**...means I'm adjusting my Own tuning and He is telling that **Ya Na Va Si Ma**...like this „**Siddhas**“ communicate. So the **Mantra** is very important. Why it is? **It is Code to Communicate; It is a Code to Connect; It's a Code how to receive; Mantras are the Vibrational Code, Technical Code, Scientific Codes to Connect with that 'Siddha', to Connect with that Master & receive his Guidance.**

It will come as a Light; It will come as a Sound; It will come as a Consciousness. Once it comes to my Brain with Intuition, I understand the Answer. That's the Technology; How it will work like that because there Language is Light not a Sound. Light Transfers...!!!

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

✚ "Neti-Neti" I'm not That, I'm not This!

We identify Ourselves as a „Body“, „Mind“, this Person, that Person, this Name, that Name. What is our identity is I'm not a „Body“, not a „Mind“, all this World is said about „Me“.

Because this 'Sky' is there; Yes. The 'Sky' doesn't have its own identity. It is there as a 'Sky' everywhere. But we Call it as a 'Sky'. In India we represent -Shiva as -Akash. If know the nature of Akash; You know the Shiva. To know the Akash you go into Sky could able to find go deeper deeper; Can able to go deeper no matter how many days; Could able to find where is Shiva; Where is the Origin of the Sky; How it is Started; Where it will End. You see it as a Blue Colour; When you go there what could be the colour; I taught it would be Illusion for Me; I taught it will be Blue go near it is no more Blue. Same thing happens to You also; When you starts going deeper inside what happens you are going going where am I? I'm not the Body, not a Mind, not a Feeling, not a Belief, not a Energy, nothing; I'm going deeper with a Question Who am I? But I'm not understanding what is happening there. That is what we happen a Technique Sadaguru Thirumoolar ji' says Neti-Neti - It isn't This & It isn't that. Where you need find. Explore True Identity, True Self!!!

https://youtu.be/m_uXu6wy0jo

✚ Know Thyself!

The Ultimate Goal of Spirituality is:-

Real Spirituality is- It is not about „God & Goddess“; It isn't about „Mantras“; It is not about „Yantras“; It is about „You“. **„Knowing the Truth about You“**; That is the „Real Spirituality“. You see the all the Masters; They have done the „Temple Worship“; They have gone to **This Guru: That Guru**; then they have Stuck. Realize that know; It is the time that to know **Myself; I need to find Myself**.

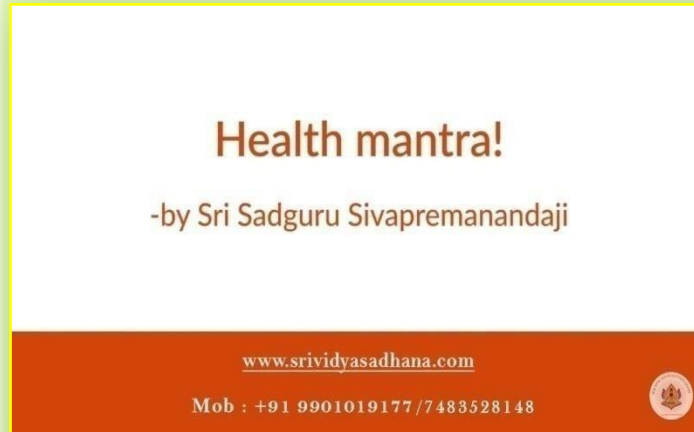
Everybody says that **1st Self-Realization then God-Realization**. Whether in India or Western World. Everybody is telling that **„Know Thyself“**.

Real Spirituality not about Lalithambika', Rajarajeshwari', Maha Tripura Sundari'; It is not about Lord Shiva'; not about Ganapathi'; It is not about Anything; It is about You. Because -You're Spark of Shiva-Shakti; You're the Divine on this Earth'. There is no Comparison of -Your Soul with anything that is existed Outside World. All the Temples; All that is existed i.e. 'Yantra', Mantra'; All that is Dim Reflection of Your Soul. That is the Ultimate Truth!!!

<https://youtu.be/ChPznqL8Jgo>

HEALTH MANTRA

(To Overcome Any Type Of Diseases)



<https://youtu.be/wd5VGTM7K2I>

Today I have initiated in the one of the **Health Mantra** in this **Group Meditation** session **i.e. (30—11-2019)** that I have not told you just initiated, because from past Two Group Meditation many students are asking for **Health Mantra**, Guruji what the **Health Mantra** is because for me, for my family members I can share, I can help them to chant this mantra. So this the one of the mantra given in **the Srividya Parampara**. It is the **Shakti of Lalithambika, Vishnu & MahaMrityunjaya**.

So it is chanted as **Om Aim Hreem Shreem**, this is **Shakti of Lalithambika**.

Then the name of **Vishnu, Achyutaya Namaha Anantaya Namaha Govindaya Namaha**.

Then it is **Samputa of MahaMrityunjaya Mantra, Om Jumsah Mam Palaya Palaya**.

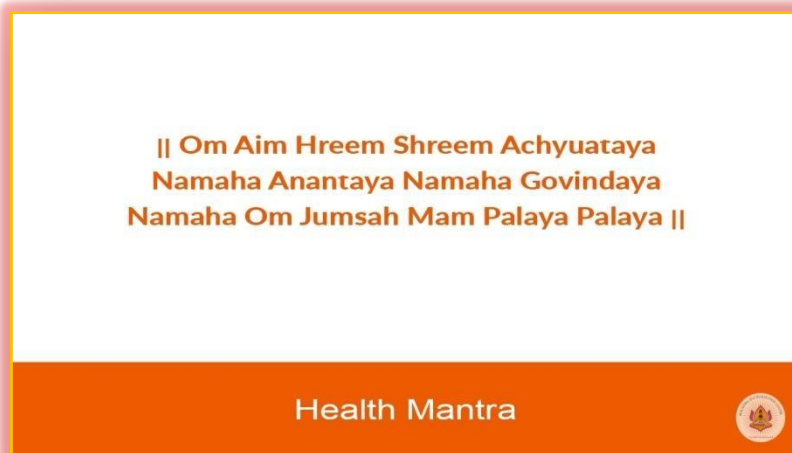
If you use this mantra for any type of **Health issues** can overcome. Even **Cancer** I'm telling, Cancer whatever Anxiety. I have given this mantra to many people who are going for **Stress, Anxiety** they are able to overcome 15 days or One month like that. I have seen for **One Student** gave this Mantra for a Cancer related issues. She could able to overcome Cancer, Any type of Chronic Disorder that your suffering or your family is suffering, give this mantra to them. It is **Sankalp** made like that, You can share this Mantra with **yourself & others**.

So 1st is **Om Aim Hreem Shreem**, then the **Three Names of Lord Vishnu**, where it is said that when **Bhandaasura** was attacking **Divine Mother**, Her own Warrior Force. When he used all his **Astras**. He used **Diseases** as One more **Astra**. It started creating Diseases in the Army of **Divine Mother**. Then **Mother** has Spoken these **Three words** taken the Names of **Three** that is **Achyutataya Namaha Anantaya Namaha Govindaya Namaha**. Then act as an **Astra** the Weapon to kill enemies any type of Diseases, **Mother Herself** used that **Nama Astra Mantra**. It is a **Nama Astra** in **SriVidya Parampara**, this is given with a **Samputa of MahaMrityunjaya, Om Jumsah Mam Palaya Palaya**.

Here **Divine Mother Lalithambika Shakti** there, **Vishnu Shakti** there. Then **MahaMrityunjaya Shakti** is there.

Three together they work like *A Miraculous* things to you. Any type of problems you can use it. Why I'm telling this **Srividya** takes care of Health Issues or **RajaRajeshwari Kriya** takes care of that. Then what is the need of this Mantra. Sometime you know that, you cannot sit & meditate, sometimes you are on different place, you wanted to help others family members who are your own parents Diabetes. They cannot do anything; they don't want to do meditation. They don't want to do **R-Kriya**. For them you give One Mantra they are Happy to do this, that also 5 minutes they will do it. So at least somewhere we have to help them. So this is the Mantra you can use it.

|| Om Aim Hreem Shreem Achyutataya Namaha Anantaya Namaha Govindaya Namaha Om Jumsah Mam Palaya Palaya ||



This that the **Sah**, very powerful word in a **MahaMrityunjaya**, **Sah** is the **Shakti Amruteshwari, JumSah** means **Divine** please release that Healing Power to take care of Me, **Mam Palaya Palaya, Om Jumsah Mam Palaya Palaya**.

Any type of **Skin Diseases issues**, because you know that Skin Problems will be there for many months, Even Doctor also knows, Patient also knows. The relationship between **Doctor & Patient** will be long than any other profession. Skin Specialist & Patients knows each other. Because the Skin is the outer layer, **1st** you have to Heal inside then it has to manifest health in the out.

So **chant this Mantra** give this Mantra to yourself, to your family members, to your friends circle, if you want to give this or you want to share with yourself or if you are doing **Organic Business** put this Mantra in **Food** by Infusing **Siddha Shakti** in that food making the **Sankalp** that this food whomever take gets good strength, good energy of **Divine Siva-Shakti**. So like this where you want to **Bless** the food & give to others. So it is Win to Win situation. Because **Mother** will is also same & your will is also same & deeper side the will of the person also same. They also seeking help, bliss and joy. So it is going to be Highly Successful with this Intension, Objective and Energy Exchange is Happening .You also Growing, Other person also Growing. So there are all very important as you progress.

For **SriVidya, RajaRajeshwari Kriya** you don't need this Mantra. But what this Mantra can do *Two Months*; **RajaRajeshwari Kriya** can do for same result in *One Week*. Got this point **MahaMrityunjaya** can do after chanting many times. You can see the same results with **R-Kriya** in a within week, so you need to understand differentiate and know the importance of **SriVidya**, know the importance of the Mantra. This is *One* of the important thing.

Even **Pregnant Women**, it is a blessing. Because not only She is bringing a blessing to Herself to the Baby also. Its very Good.

Even you can do for **Inner Havan**, You can also do for **Outer Havan**. At this phase of my life Health is a priority. I want to manifest Health. I going to very Fatigue, Stress, Anxiety so many problems are happening to me so much Allergy are going on what happens. I take this Mantra. I chant this Mantra as much as possible. I do Havan of this Mantra as much as possible. I do Inner Havan also Outside. And Heal myself by using all these tools with this Mantra.

- You can **Energize Water** with this Mantra, *give to others*.
- You can **Energize Coconut Oil**, apply to the *Skin Problem*.
- You can **Energize Coconut Oil**, apply to the *Skin*.
- You can **Energize Hair Oil**, apply to the *Scalp*.

Wherever it is possible give a **Divine Touch**. You have to empower the **Soul** of object. Remember everywhere **Siva-Shakti**. When I bring the **Divine** means I'm empowering the Atomic configuration. Its maximum potential. Then what happens highly Active. That the concept of **Ayurveda**. What Ayurveda they do. They go to particular Nakshatra, Day & pick the Herb, Energize the Herb & with a specific Day

prepare in special way. Then it has a potential to Heal the Subject. These are all powerful.

If you are taking any **Medicine** chant with this Mantra. How you do **Siddha Healing – Siva Mantra**. You do instead of that you can do with this also.

You can tell this to others, you had not learnt **Siddha Healing**. You can do with this Mantra, Energize your Medicine & take it.

In **Health Mantra**, there is **Maha Mrityunjay Mantra – Mam Palaya Palaya** . Instead of **Mam** you can put any person name, **For e.g.** My child having fever, He has having infection or My father is going through difficult situation, what can I do is Replace **Mam** with **Name of that person Palaya Palaya**. For my brother I want to do it, His name is **Ganesh** what I do **Ganesh Palaya Palaya**.

If I want this **Health Mantra** for **complete family Mam Parivar Palaya Palaya**. Especially women want to do this because their husband don't do, children's don't do. They want to do. They are the pillar. They want Health. So **Mam Parivar Palaya Palaya**.

So you can **chant 1 JapaMala** or mentally chant it **15 min to 30 min** or in day to day activities **Heal Issues**. You can chant this mantra as much as possible mentally until you get the results.

This way it is very very helpful to **You**.



SHIVO HUM

|| OM MULANJI NAMAH OM ||

+ PROTECTION MANTRA

(Protect Yourself from all type of Negativity)

Protection mantra!

-by Sri Sadguru Sivapremanandaji

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(Krodha Raj Bhairava)



<https://youtu.be/fLbdRIRiwhQ>

Today (14-12-2019) I'm going for **Protection Mantra** for that only already your using **Protection Shield** still if you want. Today I'm going to learn the Protection Mantra that is one of the powerful mantra **Thirumoolarji**, or He is **the Guardian Angel for Our Mulavarg Teachings**. So it is called **„Krodha Raj Bhairava“**. It is manifestation of **64 Bhairava's** in **One Energy**. If that Energy is taken away no Bhairava can function.

So use this mantra to Heal Yourself, Protect Yourself from all type of Negativity. This mantra speciality is that it will take away all Invisible Beings. Speciality of this mantra is that Psychic Attack, Tantric Attack that is done on You. That may be Invisible Being like Yakshini, Bhootani, Dakini, Sakini that level this mantra will help You.

If possible share with **Your Loved Ones** & **Health Mantra** also given share with Your **Loved Ones**.

If loved ones don't want to it then I can't help it. So see Universal Law of free will. Person has to take one step & then **Siva-Shakti** can take another step. If person is not ready to take. Then what we can do. Then person don't want to help himself. So we can't help them. You can take this **Protection Mantra**, you can help your family members, you can do the **Havan** for them, and whatever the problems are happening their home it is happening you do this. It isn't One Time; you need to continuously do it. Until you see the result. Very important!!!

Because if somebody **Tantric** is working on You. He will see that if you work one time, if you nullify. Then again he can work. So that what it is said you do for yourself what happens protect yourself. Always it is other people don't help long time one time or two times they will come & help. Do you thing every day they have to come & help for you. No we have to help ourself. We have to learn do it for **ourself**.

It is a **„Krodha Raj Bhairava Mantra“**, When you say **Krodha Bhairava** is different, **Krodha Raj Bhairava** is different. Please understand this Krodha Bhairava is one of the Bhairava among the **Asta(8) Bhairava's**. But when you say Krodha Raj Bhairava means it is **64 Bhairava's Energy** which I make as **One**. That we call as **„Krodha Raj Bhairava“**. This mantra is very powerful mantra very when you chant this mantra literally that Bhairava starts manifesting in You in Your Soul.

It isn't He is coming & giving Darshan No. He becomes You. You become Him. That the Power, So the energy is very high very powerful, it will burn all the karmas, whether it is **Navagraha** this that... Any Negative Entity, any Negative Spirit cannot stand there **Yakshini, Dakini, Bhootagana** all of that whatever it is. Nothing can stand there **„Krodha Raj Bhairava“**.

The Mantra is like this,

|| Om Hoom Vajra Phat Krum Krom
Krum Krum Hoom Hoom Phat ||

॥ ॐ हूँ वज्र फट् क्रूं क्रों क्रूं क्रूं हूँ हूँ फट् ॥

Protection Mantra

|| Om Hoom Vajra Phat Krum Krom
Krum Krum Hoom Hoom Phat ||

Very powerful Mantra once you start doing surprise **Kundalini** start rising, awakening also with this Mantra. It is something awakens **Kundalini** also, brings the **purification** also, and removes all type of **paranormal activities**. What I'm telling you know.

All of this **Spirit in Your Home**. It cannot stand start crying. If you do the **Homa**, if this happens, if you go some place, if negativity is there it start jumping, if you go there. They know not You "**Krodha Raj Bhairava**" is coming. Because it isn't worshipping "**Krodha Raj Bhairava**". It is manifesting "**Krodha Raj Bhairava**" **Tattav (Element)**. So no power can stand there. No **Dakini** something can stand there. It has to release like that from place. No **Nagas, Yakshini** this that can stand there, No **Bhootini** they cannot stand there. It is a Power like that "**Krodha Raj Bhairava**". Very you can chant, if possible you can give to family members, let them do it. Whatever it is everything will be taken care.

So this mantra worked miraculously, I have given to many **Students** going to difficult when their own family members are having "**Spirit**" problem. You see that family members don't work. They don't meditate. But they have so much mental disorder negative problem all.

Even with the "**Gramdevath**" problem can be overcome. One of the Specialities of the mantra, many times your own "**Kuladevath**", Your "**Gramdevath**" creating a problem because you have prayed for something. And you haven't fulfilled & all of that. So this is something very powerful mantra. And this the mantra we use in the **Damari Tantra** in "**Agori Sadhana**" where "**Krodha Bhairava**" is the mediator between **Me** & some **Sudra Devath**.

So I have seen many people, many miracles with this mantra, so this what I'm giving by the **Grace of Thirumoolarji**.

This is needed as you progress in **Spiritual Path, Business Level** of course if you made **Ista** of "**Lalithambika**" you don't all of these.

If you made "**Thirumoolarji**" as you **Ista** means you don't need all of that. He will take care of everything. But our mind is no fluctuating we need all of this. Once you have surrendered have to "**Thirumoolarji**" & "**Lalithambika**" is there all things will come. But still it isn't happening means we take supporting all these mantras.

To enhance the mantra you can use this **Mudra in Left-hand & holding Sword in Right-hand**. You should feel **„Thunder-Bolt“**. The **„Sword of Thunder-Bolt“** in your Right-hand. You should feel that **„Musti“**, How the enemy comes, this **Left-hand Mudra** push away all the Negativity. And you feel that "**Krodha Raj Bhairava**" is surrounding You. He is coming feeling you. You are one with **„Krodha Raj Bhairava“**. What He is holding **„Thunder-Bolt“**? He is holding one hand **„Thunder-Bolt“**. Very very **Powerful Weapon** to burn all the **Negativity**.

Second thing is the pushing away all the **Negativity**. You should feel **Aggressiveness** then you chant this mantra what happens. If any negativity is there in your body or some one else body. It start running you will start Amazing. Don't go on trying all the places. It has happen.



Mudra in Left-hand & Holding Sword in Right-hand

First manifest "**Krodha Raj Bhairava**" in **You**. Then automatically it happens no need to go like this if negativity comes people will start happening. This is the very powerful method.

You just feel that no more separate **You & Siva**. You feel Siva holding you these hands as surrounding you. Your hands Siva is holding there, surrounding this hand Siva is there. Whatever Sword it is made of very very powerful „**Thunder-Bolt**“ that Sword is there. And your feeling from **Third-Eye of Siva His Energy** is coming & filling. It is not from somewhere it is coming to **You & Siva become One**. And Siva himself manifesting in You as "**Krodha Raj Bhairava**", very powerful I'm telling You. After doing you will be roaring like **A Lion** telling You. That type of feeling it will come. Because that confidence, that strength will be feeling in You. You will see that all the diseases coming because of **Tantric** thing they just Burn away. Sometimes no reports" telling what is happening to this person. You just do this it will take care.

- If you do **Havan** with this mantra Amazing energy.
- You can do this mantra for **Srividya Protection Shield**.
- Before starting **Srividya Sadhana** also you can do it.
- You can do **5min or 9 times** you can chant it.
- To **protect yourself, others & family members**.

This is **Tested & Active Mantra**, you don't need to do anything.

You just start to feel the **Warmness** & if you feel too much **Heat**. You stop it. This is Power of it!!!

For our **Protection** this is very powerful one very good very very powerful. You should feel **Oneness with Siva. Siva himself with You**. Nothing can touch You.

A **Srividya Sadhana** is the path of **Moksha (Enlightment) Self-Realization & God-Realization**.

Don't use any Astra Mantra like Varahi, Bagalamukhi, Pratyangira, Krodha Raj Bhairava these mantras are Astra Mantras. The Prayogas use shouldn't be used for negative things.

When I want to do this **Navagraha Dosha, Shani** will not touch **You. Rahu** will not touch **You**. He will take one step back, this is the **Mantra**. You shouldn't worry of that. If you do this also again & again you go to know **Horoscope** this **Astrologer** that Astrologer what you are doing is. You know what you are doing is. You know what signal you are sending to *Sub-Conscious Mind*.

So **Accept, Meditate, Lift Yourself, Help Yourself & Merge**.

This way it is very very helpful to **You!!!**



SHIVO HUM

|| OM MULANJI NAMAH OM ||

“SRIVIDYA SADHANA SCIENTIFIC HEALING PRAYER”



|| OM MULANJI NAMAH OM ||

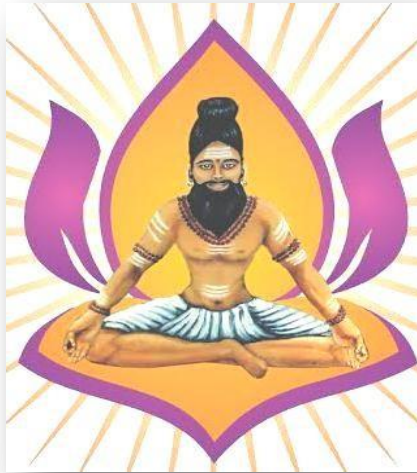
+ Invocation Of Mulavarg Siddha Parampara



|| Shivam Sharanam Jaya Jaya | Nandi Sharanam Jaya Jaya |
Mulanji Sharanam Jaya Jaya | Sivakami Sharanam Jaya Jaya ||

- 9 times (**mental chanting**).

+ Sri Thirumoolar Guru Mantra



|| Om Mulanji Namah Om ||

- 9 times (**mental chanting**).

|| OM MULANJI NAMAH OM ||

✚ Maha Paduka Guru Mantra



|| Om Aim Hrim Srim Aim Klim Sauh Aim Glaum Hskhphrem

Hasaksa Malavarayum Hsauh

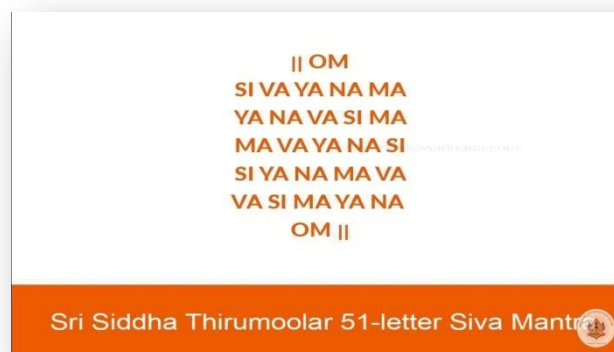
Sahaksha Malavarayim Shauh

Srividyanandanathatmaka Caryanandanatha

Sri Mahapadukkam Pujayami Namah ||

- 9 times (**mental chanting**).

✚ Sri Thirumoolar 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 ||

- 9 times (**mental chanting**).

|| OM MULANJI NAMAH OM ||

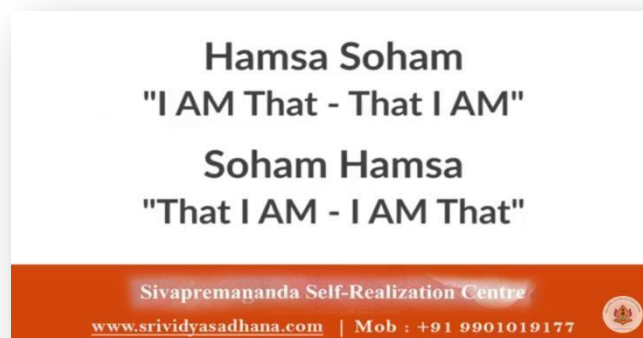
✚ Mulavarg Sivakameshwari Mantra



|| HASAUM SOHAM SIVAKAMESHWARI ||

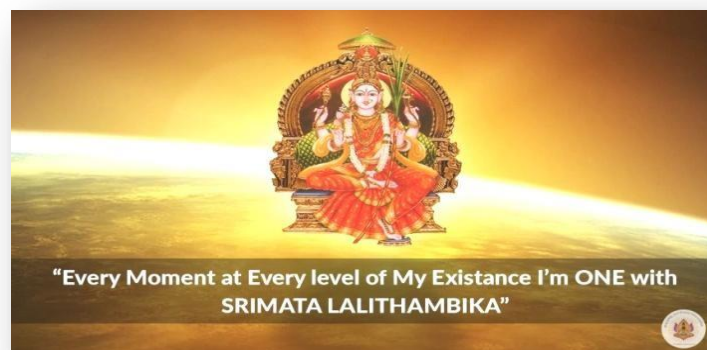
- 9 times (**mental chanting**).

✚ Hamasa Mantra



- 5 to 10 min (Inner Meditation) After every Meditation end.

✚ Sri Vidya Affirmation



- Inner 24*7 need to Affirm & Feel Oneness with '**Divine Mother Sri Mata Lalithambika**'.

|| OM MULANJI NAMAH OM ||

+ Veda Vakya Mantra's

The Mantra to Activate Atma Tattav, Soul Principle is 'So Hum'

The Mantra to Activate Siva Tattav, Siva Principle is 'Sivo Hum'

The Mantra to Activate Dattareya Tattav is 'Datto Hum'

The Mantra to Activate Divine Mother Consciousness is 'Bhavanityva'.

+ Health Mantra (To Overcome Any Type Of Diseases)

|| Om Aim Hreem Shreem Achyutataya
Namaha Anantaya Namaha Govindaya
Namaha Om Jumsah Mam Palaya Palaya ||

Health Mantra



|| Om Aim Hreem Shreem Achyutataya Namaha Anantaya Namaha Govindaya
Namaha Om Jumsah Mam Palaya Palaya ||

- As many times as you feel comfortable chant this Mantra (**mental chanting**).

+ Protection Mantra (Krodha Raj Bhairava Mantra)

|| Om Hoom Vajra Phat Krum Krom
Krum Krum Hoom Hoom Phat ||

॥ ॐ हूँ वज्र फट् क्रूं क्रूं क्रूं हूँ हूँ फट् ॥

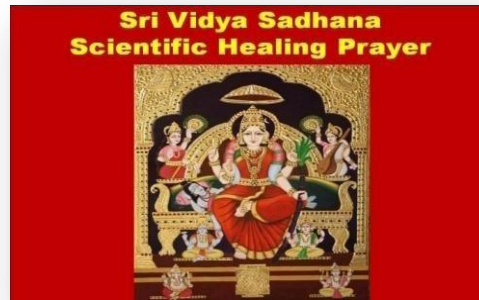
Protection Mantra

|| OM MULANJI NAMAH OM ||

|| Om Hoom Vajra Phat Krum Krom Krum Krum Hoom Hoom Phat ||

- As many times as you feel comfortable chant this Mantra (mental chanting).

✚ **Srividya Sadhana Scientific Healing Prayer for Abundance**



Om Hreem Sri Maa Parameshwariye Namaha
Om Hreem Sri Maa Parameshwariye Namaha
Om Hreem Sri Maa Parameshwariye Namaha

Now I connect with **Divine Mother Maha Tripuara Sundari**, the source of all creation, healing and power.

Now I accept blessings, healing and love for all of creation.

Now my intention is to allow the physical, mental, emotional and spiritual abundance (i.e money, health, relationship, supportive environment, opportunities for growth etc) to continually flow into my life.

Now I go back in time before any event which triggered any sense of lack or poverty in my life, and from that place and time I make a new choice. I follow the amazing path of my spiritual purpose. The other events and participants go their own way. Our lives are not entangled.

Now these decisions open my heart and mind to the opportunities for abundance and the reasons for gratitude that exist in my life. Every day in every way I am blessed, cared and loved by divine mother in an amazing & miraculous way. My life flows like a river of blessings, positive new ideas come to me and the right people appear at the right time. This is the Divine Mother abundance for me. I accept it and my heart is filled with gratitude and devotion to my real **Mother Maha Tripuara Sundari**.

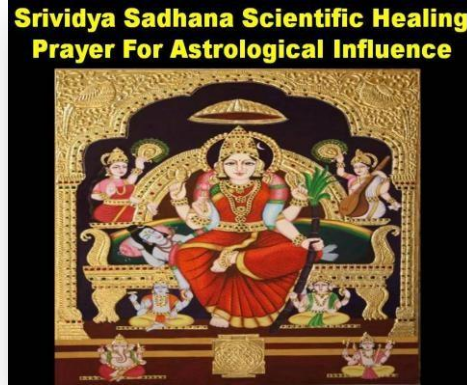
I love you. Thank you. So It is.

Om Hreem Sri Maa Parameshwariye Namaha
Om Hreem Sri Maa Parameshwariye Namaha
Om Hreem Sri Maa Parameshwariye Namaha

>Loudly Chant this healing prayer 3 times everyday before going to bed and early in the morning. this attracts grace, blessings and abundance in your life.

>Anywhere, anybody and anytime can chant these scientific prayers to change their life situations.

✚ **Srividya Sadhana Scientific Healing Prayer for Astrological problems:
Overcome negative effect of any planet**



**Om Hreem Sri Maa Parameshwariye Namaha
Om Hreem Sri Maa Parameshwariye Namaha
Om Hreem Sri Maa Parameshwariye Namaha**

Now I connect with **Divine Mother Maha Tripuara Sundari**, the source of all creation, healing and power.

Now I trust unconditional love and power of divine mother.

Now I accept blessings, healing and love for all of creation.

I know that **Divine Mother Maha Tripura sundari** is the Power of all Nakshtras, planets, galaxies and other astrological bodies and nothing moves without her grace.

Now my intention is to remove any negative astrological influences from my life.

Now I travel to the Akashic records, where the records of all my incarnations are maintained. In that place and time I choose, with divine mother's blessings, to bring myself into alignment with my soul purpose and plan – this brings all the planets and other astrological influences, in my reality, into the most beneficial positions and relationships.

This is the Divine Mother's grace & blessings for me. I accept it and my heart is filled with gratitude and devotion to my real **Mother Maha Tripura Sundari**.

I love you. Thank you. So It is.

**Om Hreem Sri Maa Parameshwariye Namaha
Om Hreem Sri Maa Parameshwariye Namaha
Om Hreem Sri Maa Parameshwariye Namaha**

>Loudly Chant this healing prayer 3 times every day before going to bed and early in the morning. This attracts grace, blessings and abundance in your life.

>Anywhere, anybody and anytime can chant these scientific prayers to change their life situations.

Free Srividya Meditation



NOTE: This is a Free Meditation. The mantra used in this meditation is very simple and powerful received by 'Sri Sadaguru Sivapremanandaji' from 'Divine Mother'. He is offering this mantra here so that all sincere students can benefit from it.

This is very Basic Srividya Meditation. You need to apply for Srividya Deeksha to learn Advanced Srividya Meditation.

Srividya Meditation Procedure

Sit in padmasana (or on a chair) in a quiet place in a comfortable position with spine kept straight and facing east or north. Chant **OM** Nine times to balance you energy centers in the body. Do deep breathing for 3-5 minutes. Add Protection shield around you to protect yourself from negative energies as explained in the video: <http://srividhyasadhana.com/srividya-videos/>

Now you are prepared to follow the meditation procedure:

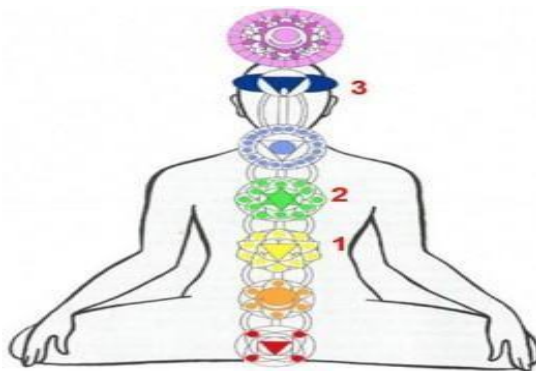


Figure.1

1. Begin by concentrating at **Solar plexus Chakra**(At Navel Center) as shown in the above *figure.1*. While still concentrating on this area, chant the mantra “**Om Shreem Shakti Om**” for 5-15min
2. Next concentrate on **Heart Chakra** and chant the mantra “**Om Shreem Shakti Om**”for 5-15min
3. Now **Visualize Shreem Shakti Yantra**(as shown in the *figure.2*) at the middle of your forehead/**Ajna Chakra** and chant the mantra “**Om Shreem Shakti Om**” for 5-15min



4. Figure.2

5. After finishing above meditation let your body be relaxed and free to do whatever happens, just observe your involuntary breathing or any physical or mental activities (kriyas). Breathe normally and keep the mind engaged in observing your involuntary breathing. Think that *you are not the body* but only the pure air which is the gross manifestation of Prana (Life Energy). Do this for 5 to 10 minutes or more.



“Your own SELF is Tripura Sundari.”

SRIVIDYA SADHANAS, MANTRA'S, GROUP
MEDITATION, Q & A WITH YOUTUBE LINK



➤ Mantra's

✚ **Mulavarg Invocation-Recieve Grace Of Maha Siddhas**

<https://youtu.be/AvMRQ4ltPqY>

✚ **Sri Thirumoolar Guru Mantra**

<https://youtu.be/OJdrUBbU8B4>

✚ **Sri Thirumoolar Siva Mantra 51-Letter**

<https://youtu.be/RYcoqKJmwDo>

✚ **Maha Paduka Guru Mantra**

<https://youtu.be/VvMOBAy6CLs>

✚ **Stula & Sukshma Siva Mantra**

<https://youtu.be/LrHm4DODAkC>

✚ **Srividya Naam Japa**

<https://youtu.be/2YpRmZiahEc>

✚ **Sri Rajarajeshwari Mantra**

<https://youtu.be/a5hD3Ixjy0s>

✚ **Sri Maha Varahi Mantra**

<https://youtu.be/YmS7N3Xx3zE>

✚ **Sri Devi Khadagmala Stotra**

<https://youtu.be/tbwhzryamqI>

✚ **Srividya Healing Mantras**

<https://youtu.be/V7jL6r0vsjE>

✚ **Tara Mantra**

<https://youtu.be/wO-a-jmShi0>

|| OM MULANJI NAMAH OM ||

✚ **Kali Mantra**

https://youtu.be/Uf6DrEU_IPE

✚ **Bhairavi Mantra**

<https://youtu.be/oALOsxdfOS8>

✚ **Sri Bhuvaneshwari Devi Mantra**

<https://youtu.be/st9ZH-OvsqE>

✚ **Chinnamasta Mantra**

<https://youtu.be/hoLm8bJjbVg>

✚ **Dhumavati Mantra**

<https://youtu.be/gYfWNXRAQDM>

✚ **Bagalamukhi Mantra**

<https://youtu.be/iC88b4AqXqA>

✚ **Matangi Mantra**

<https://youtu.be/jfrCze1iZ0k>

✚ **Kamala Mantra**

<https://youtu.be/NEESsG8Mhco>

✚ **Asta Bhairavas Mantra**

<https://youtu.be/BWfheXVAaCk>

✚ **Hamsa Mantra**

<https://youtu.be/buib-2zFhcU>

✚ **Supreme Grace Light Mantra**

<https://youtu.be/DMcxrJk8gtk>

|| **Sri Gurubyo Namah** ||

➤ **Sadhanas**

✚ **Sri Devi Sivakameshwari!**

<https://youtu.be/zbFZBv0f7dw>

✚ **Shree Vidya Affirmation-Very Powerful**

<https://youtu.be/TONJrPWszo0>

✚ **Lord Krishna's Technique of Meditation!**

<https://youtu.be/paDfz01RnZw>

✚ **Srividya Sadhana-Protection Shield**

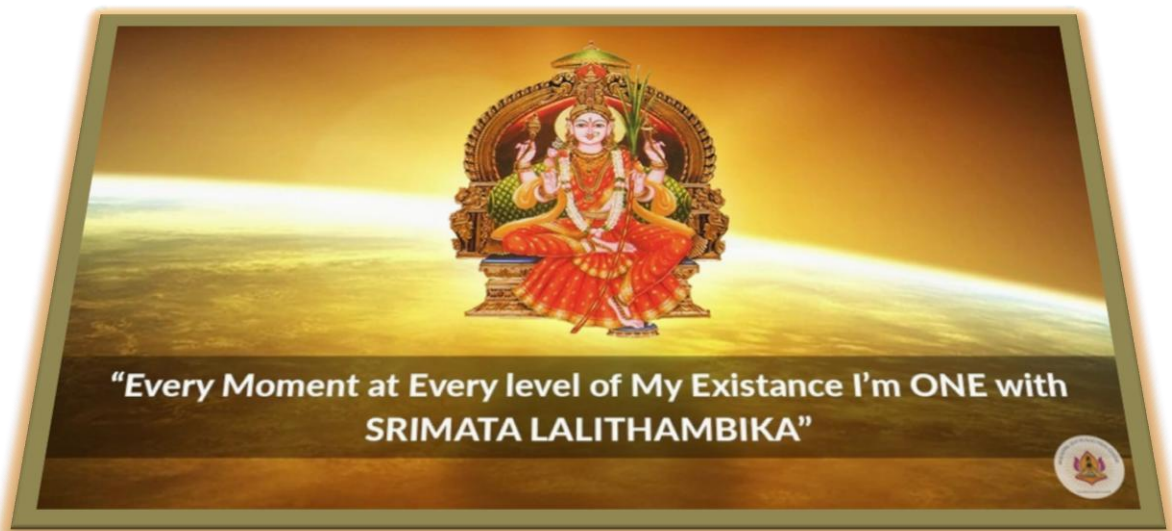
<https://youtu.be/YuulE9x-yAQ>

✚ **How to perform Inner Havan?**

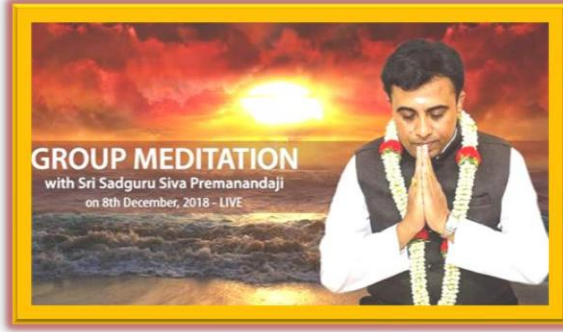
https://youtu.be/_rm_nf5Ydfg

✚ **Soul Healing & Stress-Free Meditation!**

<https://youtu.be/aRAnIGfybXo>



➤ **Group Meditation with Q & A**



✚ **Group Meditation - 8th dec 2018**

<https://youtu.be/ppzo4lrCwOM>

✚ **Group Meditation - 24th February 2019**

<https://youtu.be/188WesvpcuQ>

✚ **Srividya Q & A -24th March 2019 - Group Meditation**

<https://youtu.be/NW8SPtk0G3Q>

✚ **Srividya Q & A -1st May 2019 - Group Meditation**

<https://youtu.be/2fK0EE5tyBo>

✚ **Srividya Q & A -16th June 2019 - Group Meditation**

https://youtu.be/lmPX_mGVTmY

✚ **Srividya Q & A -28th July 2019 - Group Meditation**

<https://youtu.be/4pSZtCuvLU4>

✚ **Srividya Q & A -24th Aug 2019 - Group Meditation**

<https://youtu.be/8dhDZdXD7sU>

✚ **Srividya Q & A -19th Oct 2019 - Group Meditation**

https://youtu.be/kIAm_X06qHc

✚ **Srividya Q & A -30th Nov 2019 - Group Meditation**

https://youtu.be/DEO2P_aEz0M

✚ **Srividya Q & A -14th Dec 2019 - Group Meditation**

https://youtu.be/MNO6n9L_y4c

➤ FAQ'S

✚ **Five Pillars of Srividya Sadhana!**

https://youtu.be/S54BbgSL0_Q

✚ **Guidelines for Srividya Sadhana Students-Must Watch!!!**

<https://youtu.be/rmAjH1ROvuI>

✚ **Some Instructions for Srividya Sadhana Students!!**

<https://youtu.be/zxPbz1g64tk>

✚ **Yoni Pooja & Panchamakara Sadhana Not needed!**

<https://youtu.be/OVHA-68b0CU>

Apsara & Yakshini Sadhanas are not needed for Srividya Sadhaks!

https://youtu.be/D6dJKLj_KHI

Rajarajeshwari Kriya-Ultimate Solution to Health Problems!

https://youtu.be/oBqAF_fr1Sg

Thirumoolar & 18 Siddhas Work Together!

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

✚ **Can I practice both Srividya Sadhana & Thirumoolar Sivayoga Sadhana together?**

<https://youtu.be/AxNr5hTyTkc>

Playing with Mantras & Gods is NOT a spiritual progress!

https://youtu.be/UZI3_NupimA

Can Divine Mother herself be My Guru or Physical Guru needed?

<https://youtu.be/qDZZrt6ZDHc>

Physical Darshan of Siddha Thirumoolarji!!!

<https://youtu.be/zr8ezacsRbU>

Nature of God is Love! - "Anbe Sivam"

<https://youtu.be/Gq4SGUoECcQ>

✚ **Money Problems - How to Overcome?**

<https://youtu.be/nNtJadTEGXA>

✚ **Women, Menstrual Cycle & Srividya Sadhana**

<https://youtu.be/RflxeEoLf8>

✚ **No predictions in a Horoscope will work for Srividya Sadhaks!**

<https://youtu.be/XOl5Mw1Dlrc>

✚ **Your Devotion, Surrender & Intention for Oneness with Divine is more important than any rules!**

<https://youtu.be/-aZ9GA7ILJQ>

✚ **Divine Mother is Real Guru & Everything!!**

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

✚ **What is Intention or Sankalp?**

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

✚ **Can I take the help of Siddha Healing before doing Srividya Sadhana!!**

<https://youtu.be/lM2bXCdGyA0>

✚ **Maintain a gap of minimum 2hrs between Meditation and Meals!**

<https://youtu.be/uRO5wox9hUs>

✚ **Univeral Law of Gratitude!**

<https://youtu.be/NpXjZZXRp8M>

✚ **What is Self-Realization & God-Realization?**

<https://youtu.be/MXc73PB451Q>

✚ **What is the Kundalini?**

<https://youtu.be/imTtZNziibk>

✚ **We Are Within Siva-Shakti!!!**

<https://youtu.be/TpmwRHERjIg>

✚ **How does Fasting helps in Spiritual Path?**

https://youtu.be/goK8Nz_6hcc

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

<https://youtu.be/EKWOSft2SrM>

 **What Asana/Meditation posture Should be used for Srividya Meditation?**

<https://youtu.be/76U2JQdtUtU>

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

<https://youtu.be/z235NjijVdY>

 **Why You Should Chant Srividya Mantras Mentally & Not Loudly**

<https://youtu.be/JTeowzAoFdw>

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

<https://youtu.be/RU42dyFdXd0>

 **Real Prayer to Divine Mother!!**

<https://youtu.be/gpvt2rqA3eQ>

 **Miracle Divine Power is in YOU!!**

https://youtu.be/Vpw9 rp_Zc

 **You are Temple of Siva-Shakti!!**

<https://youtu.be/wDXBSMqhipI>

 **Real form of Divine Mother Tripura Sundari!!**

<https://youtu.be/N6wylPg8oJ0>

 **How Mantra & Mudra creates Yantra Within Ourselves!!**

https://youtu.be/Wo_TIfKwB00

 **Can I give Moksha to my Great Ancestors using Srividya Sadhana mantras?**

<https://youtu.be/6PdFLSBWsh8>

 **During Srividya Sadhana, my whole brain is experiencing intense energy activity!**

<https://youtu.be/MJDQNq0DUYE>

✚ When Self Realization begins to happen, what are the usual first signs?

<https://youtu.be/sDnh6Y3Ies0>

✚ Real Surrenderance happens with Realization of God!

https://youtu.be/jChzYL_eiiU

✚ Devotion, Gratitude & Spiritual blessings!

https://youtu.be/eEJLvZ3Qz_Q

✚ Savikalp & Nirvikalp Samadhi!

<https://youtu.be/xenO19bp-5g>

✚ When I do healing to my closed ones, do I take their karmas?

<https://youtu.be/cypUO3RgwjI>

✚ How to help a sick person using Varahi Mantra?

<https://youtu.be/5XtQh60FESc>

✚ How to Stabilize Excess Energy of Meditation?

<https://youtu.be/bH4o1RgnwN8>

✚ How to Energize Water with Mantra?

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

✚ Healing with Water can cure any Diseases using Health Mantra!

<https://youtu.be/OpAXbXfj9Eo>

✚ How to manage high energy after meditation?

<https://youtu.be/wUw-4QOZF2s>

✚ Why so much Heat is created while we Meditate?

https://youtu.be/cM408K_Epw8

✚ Secrets of Kechari Mudra!

<https://youtu.be/NdbnlA0QqpU>

✚ Importance of "Om Aim Hreem Shreem" mantra in Srividya Sadhana!!

<https://youtu.be/rb48WfIspY8>

✚ **Power of Veda Vakya Mantras!**

<https://youtu.be/Xgh49yWxrRQ>

✚ **Affirmation about Self Realization!**

<https://youtu.be/0fjVKn3plZc>

✚ **Shivoham - I'm Shiva**

<https://youtu.be/dPbQrM1mCo4>

"Om Tat Sat - I am That"

<https://youtu.be/UQsSmzFbnLM>

Glimpses of Self Realization!

<https://youtu.be/Gfv1utNH7Bk>

Om Samadhi!

<https://youtu.be/tt2k2oZEb7M>



SHIVOHUM

Yogic Diet :

Green gram, rice, milk and ghee is simple diet food. Milk after meditation for burning or itching sensation on skin.

Shift from

- Sugar to Jaggery
- Cold drinks to Coconut water
- Fast food to Home food/Organic food
- Refined oil, Packed food to Organic food
- White flour to Brown flour
- Masala meals to Raw salad & Vegetables, Fruits, Nuts
- Morning drinks : Tulsi tea, Warm water with Honey
- Avoid acid forming foods like Meat, Coffee, Sugar, and White flour products.

To Kill Hungry so that you can focus on meditation :

Use Apamarga seeds (Achyranthes aspera seed)

Remove seeds outer covering and boil with rice and eat

To remove Uric acid , Body pain, Heat & Acidity :

Use Radish (मूली) :

Cut radish and keep whole night covering in a cloth. Eat in the morning adding little lemon juice. Then don't eat anything for 30-60min.



Coconut Water



Jaggery



Honey



Apamarga seeds

Yogic bath to cool body heat

1.White Pepper(सफेद मिर्च) - 10gms

2.Almond Seeds (बादाम के बीज) - 2.5gms

3.Saffron (केसर) - 2.5gms

4.Skin of Indian Gooseberry fruit (आंवला) - 2.5gms

5.Root of Guilandina bonduc or Grey nicker, Nicker bean or Knicker nut (गजगा, कटकलेजी)

6.Kernel (Soft inside part) of margosa seeds 2.5gms (नीम Seeds)

1.White Pepper



2.Almond Seeds



3.Saffron



4.Amla



5.Guilandina Bonduc



6.Margosa Seeds



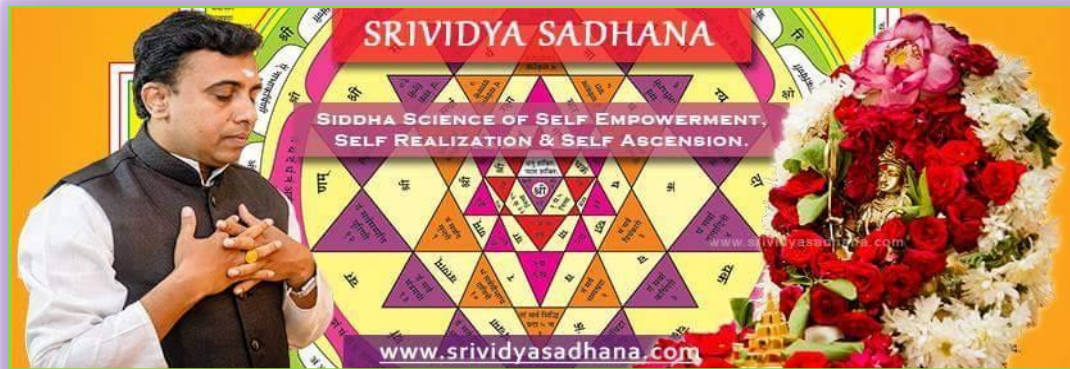
Dry these in the sun and finely powder them. Take 1 gm of this powder in 1 cup of milk and boil it well, when it is cool down rub it on the head for about ten minutes and smear around the body. Allow for 30 min so that your body absorb it. Then take bath with cold water.

Pranayam :

Sheetali pranayama / cooling breath to reduce body heat after meditation.



SRIVIDYA SADHANA



The **experimental knowledge** of the goddess Tripura Sundari that leads to divine or absolute truth can be attained by our srividya teachings, **bringing you peace, tranquility and satisfaction in all spheres of life.** Our Srividya Sadhana teachings by Guru Sri SivaPremananda Ji belong to the Lineage of Tamil Siddhas and they can be **life-changing** if practiced properly. The mediation routine is meant for the **self-realization which leads to absolute bliss.** The procedure has eight levels which are undertaken one after the other. It can be learnt from **any part of the world** and **does not require much time or effort.**

The systematic meditation techniques thought in this website under the guidance of Sri SivaPremanadaji will help you to **discover Divine Mother in you, the shakti in you, the Soul power in you.** The Ultimate realization of this path is that **—your own SELF is Tripura Sundari.**|| This knowledge or Srividya happens to you through Self-Realization by practicing the techniques given here sincerely.

Benefits of Srividya Sadhana

- Healthy body that is in a constant rejuvenative mode
- Mind that is inspired, guided and powerful
- Attract Wealth, fame, respect, power, and prosperity
- Supercharge your energy level
- Manifest your sacred purpose as human and evolve
- Manifest your dreams into reality
- Learn to detach and free yourself from negative feelings and emotions
- Draw and feel divine that is divine love near to you
- cultivate inner silence and bliss
- Find out just what true satisfaction is
- Learn to trust yourself
- Access answers from your higher self
- Clear away karma by clearing chakra system
- Take control of your life
- Awaken psychic abilities

In reality SriVidya Sadhana dispels all the deficiencies of life and helps the aspirant to lead Stress-free, Peaceful and Successful life.

SRIVIDYA DEEKSHA LEVELS

The core practices of Srividya sadhana is thought in 7 graduated steps/levels. All the practices are meditative in nature and are not outward puja rituals. Each level should be practiced regularly for 6 weeks before going to next level.

Srividya Level 1 – Kundalini Chakra sadhana

Eligibility: Willingness and open mind

Srividya Level 2 – Thirumoolar Navakkari Chakra sadhana

Eligibility: level 1

Srividya Level 3 – Thirumoolar Navakkari Chakra Pranayama

Eligibility: level 2

Srividya Level 4 – Bala Tripura Sundari sadhana

Eligibility: level 3

Srividya Level 5 – Panchadasa Sadhana

Eligibility: level 4

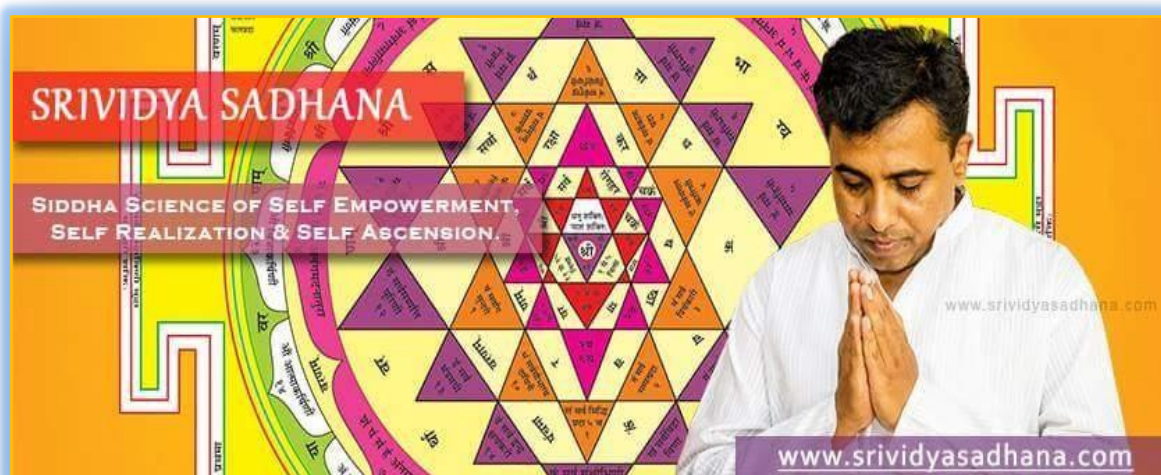
Srividya Level 6 – Shodasi Sadhana

Eligibility: level 5

Srividya Level 7 - Siva-Soubhagya Shodasi Sadhana

Eligibility: level 6

Sri Vidya Sadhana is the Highest Divine Help Available in this world to Burn Your Past Life Karma & Solve All Your Life Problems Like Health, Job, Money, Money, Protection from Negativity & Evil, etc.



RAJARAJESHWARI KRIYA **(Kriya Yoga Of Kaya Siddhi)**



***Unlock the Power Within to be Diseases Free for a Lifetime!
Highly Effective & Scientific Prana Kriyas of Siddhas to heal and
prevent oneself from all the disease, disorder and disability to
experience ultimate wellness.***

Salient Features of Rajarajeshwari Kriya:

- Turn off Stress, Anxiety, Tension and tap into your autonomic nervous system.
- Clear toxins from your Gut, removal Nasal and Sinus congestion and purify your Blood.
- Lower inflammation, create more energy and promote self healing.
- Increases the blood flow & oxygen supply to internal organs & endocrine system.
- Strengthening & toning of nervous system.
- Cleanse your digestive system, eliminate bad bacteria and promote growth of good bacteria.
- Boots the Immunity System.
- More stamina, Better Sexual Energy circulation, Anti-aging, Longevity and Peak performance.
- Awakens dormant parts of your brain, Increases the brain functions & psychosomatic coordination"s.
- Clear negative imprints of Subconscious Mind and liberate from the past.

- Activate Psychic Chakras (Energy Centers) & Psychic Nadis (Energy Channels) by purifying the Panchabhutas (5 fundamental elements) of the Human Body (Earth, Water, Fire, Air & Space).
- Activate and Circulate Primary Pancha Pranas (Pran, Apan, Udan, Saman & Vyan) which release most of the energy blocks in subtle bodies.

Real Solution to all Your Health problems!

Benefits:

- Regulates the blood pressure (Hyper Tension) & Cholesterol by increasing the blood circulation through-out the body.
- Improves the overall functions of all internal organs & endocrine gland.
- Free from mental stress & additions effortlessly.
- Increases the Vitality & reduces the risk of Cancer
- Activates Body Detoxification & Blood Purification Process.
- Relief from Chronic Ailments like Asthma, Diabetes, Migraine, Thyroid, Obesity, Acidity & Skin problems.
- Protects from the risk of Coronary Artery Disease & Heart Disorders.
- Increases Your Brain functions, Will Power, Concentration & Memory Capacity.

What it Involves:

Initiation/Deeksha into Ancient Secret Breathing Prana Kriyas, Mudras & Powerful Healing Seed Sounds.





“Thirumoolar”s Siva Yoga”



“These teachings are ever connected to the Ancient 18 Tamil Siddha Tradition, taught in this form as given by Siddhar Thirumoolar. Make them your Polestar and amazing doors will open for you” -by Mahavatar Kriya Babaji

***Siddha Thirumoolar** has given us an ancient Siva Yoga Meditation techniques for Self-Realization. The practice of Siva yoga meditation techniques with devotion and concentration will lead you to an experience of eternal bliss in which the mind and soul totally merges (Laya) in the Supreme Being i.e **Siva Yoga**. Siva Yoga results in the melting of all the impressions which have accumulated throughout one's lifetime/s, thereby liberating one's mind from all obstacles and limitations and freeing one from the hold of karma. This also causes the seeds of habitual inclinations (i.e. samskaras) to be dissolved and turned into primal energy.*

*It is important to understand that **Siddhar Thirumoolar is center stage as a Master/Guru figure for those who choose to practice these teachings**. By concentration upon Thirumoolar before or during (or both) these Siva yoga techniques, the student will draw to him to initiate a spiritual charge of transmission for the opening necessary for them to tap the power that lies in these great teachings. He is one of the greatest masters to ever live, and from his place of great love and compassion for his family of the world, he has chosen to again help us. If you practice these Siva yoga teachings with enduring love for the Divine, you will draw the Divine near to you, for that Divine One is Love (Anbe Sivam). God is Love. When one comes to know the Divine Primal Creator (**first through self-realization and then through God-realization**) one experiences deep abiding bliss. It is a joy so great that attempts to describe this state always fall short. The transcendental union of the soul with its creator is beyond the description of all words and speech. It can only be known through direct experience.*

Initiation (Deeksha) into Siva Yoga levels:

The core practices of Siva yoga is thought in 5 graduated steps/levels. All the practices are meditative in nature and are not outward puja rituals. Each Siva yoga level should be practiced regularly for 6 weeks before going to next level.

level-1: Thirumoolar Siva Mantra Dhyan Kriya

***Eligibility:** Willingness and open mind*

level-2: Shiva Pranashakti Kriya

Eligibility:level 1

level-3: Sourabha Samadhi Kriya

Eligibility:level 2

level-4: Shiva Jyoti Kriya

Eligibility:level 3

level-5: Om Samadhi Kriya

Eligibility:level 4

When these Siva yoga meditation techniques practiced regularly with devotion and concentration, these ancient Siva yoga techniques are a powerful magnet that will draw you into Realization of the Self; that spark of the divine that dwells within each of you. You are that which you seek. The true Church or Temple of God/Shiva is within. It is there that the true Alter of God is found. It is beyond the outer trappings of all religions. They are but dim reflections of the Sound and Light and Bliss to be found within you.

Benefits:

- ***Healthy body that is in a constant rejuvenative mode***
- ***Mind that is inspired, guided and powerful***
- ***Attract Wealth, fame, respect, power, and prosperity***
- ***Supercharge your energy level***
- ***Manifest your sacred purpose as human and evolve***
- ***Manifest your dreams into reality***
- ***Learn to detach and free yourself from negative feelings and emotions***
- ***Draw and feel divine that is divine love near to you***
- ***cultivate inner silence and bliss***
- ***Find out just what true satisfaction is***
- ***Learn to trust yourself***
- ***Access answers from your higher self***
- ***Clear away karma by clearing chakra system***
- ***Take control of your life***
- ***Awaken psychic abilities***

|| Om Mulanji Sharanam Jaya Jaya ||



 SWASTIK SRIYANTRA

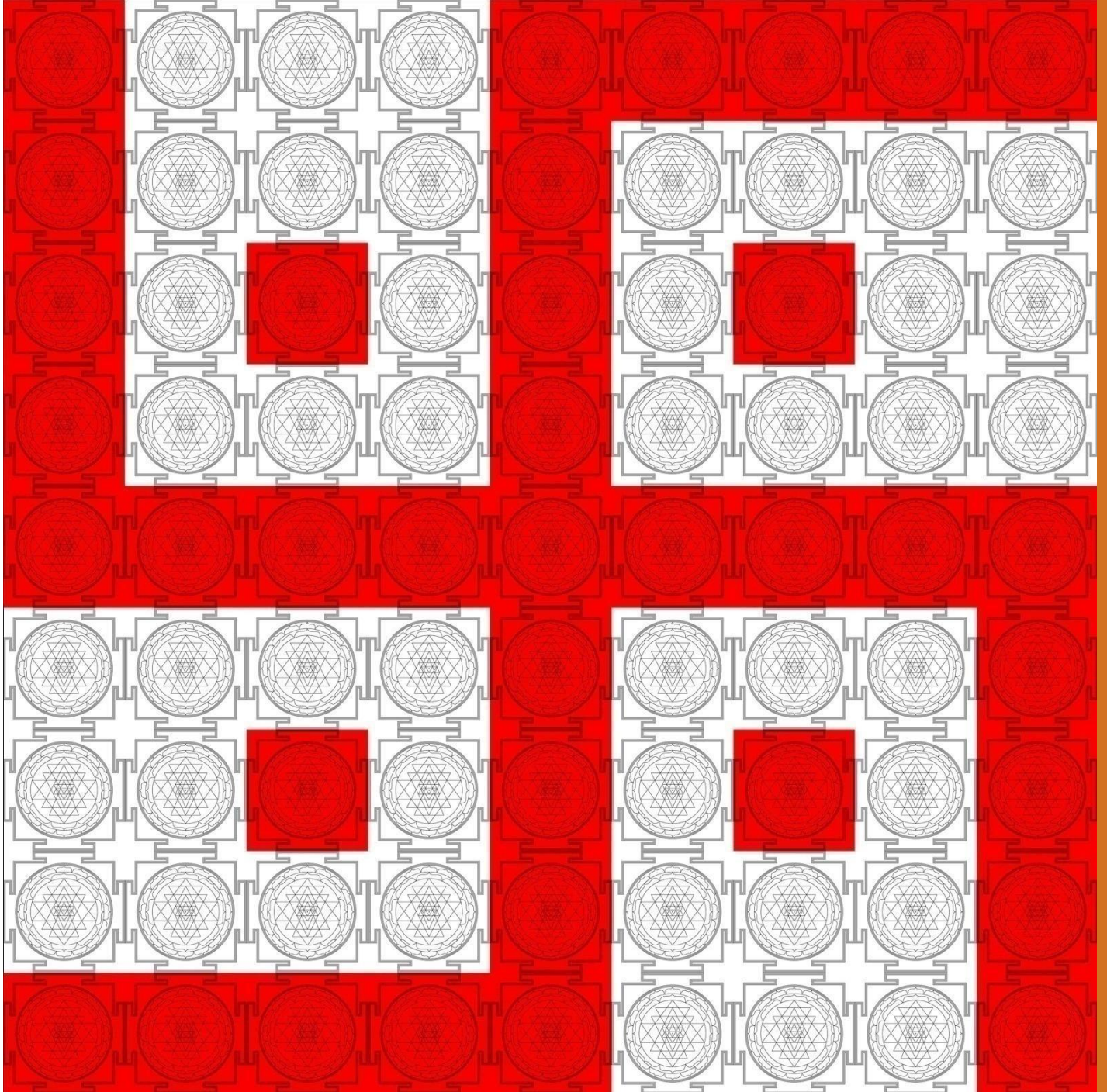


PHOTO GALLERY



Guru Vandana - 2017



GURU POORNIMA - 2018



SRI SUKTHAM - 2018



MULAVARG PROJECTS

➤ **Flood Relief Project Sept-2019 Mulavarga Foundation**

Intent: Serving Divine Mother BalaTripurasundari in Children



https://youtu.be/piHIGII_M1s

➤ Tree Plantation Drive from Mulavarga Foundation

Intent: Serve Divine Mother Earth

Focus: Cities are in dire need of greenery & good oxygen, hence current focus to plant trees in cities in a sustainable model

Where: RT Nagar Government School, Bangalore

When: Sunday 30th June @ 7:00am to 10:00am

Location Map: <https://goo.gl/maps/i8dGzVspRyfq6Bpo8>

Guidelines & schedule on Plantation Day:

1. Collectively invoke Sri Maha Siddha Thirumoolarji by Sri Mulanji mantra – min 3 times (mentally)
2. Infuse Siddha Shakti to fertilizer, plants & mud before planting – min 3 times (mentally)
3. Invoke Mother Durga by Durga Sapthashathi Moola Mantra – min 3 times (mentally)
4. Preparation & planting – do mental mantra japa, any mantra is fine, DSS is preferred
5. Breakfast & gratitude session

Benefits:

When we involve in the Seva/selfless service with spiritual emotion then we receive following benefits:

- ☐ Activates panchamahabhuta/tatvas/5 elements
- ☐ To detach from mind and experience divine connection & presence
- ☐ To overcome past life negative karmas or doshas specially childless & other issues
- ☐ To ground your muladhara chakra to mother earth that gives stability in life
- ☐ To learn and activate divine will
- ☐ Best way to break old patterns of ego due to serving divine will
- ☐ Release of negative emotions like guilt etc
- ☐ Developing feeling of belonging & oneness
- ☐ Activating siddha healing powers due to unconditional love through selfless service
- ☐ Experience surrender and invisible hands of divine working through you and others.

Important Notes:

1. We can get havan ash from home, if available, which can be mixed with fertilizer, will enhance innate shakti
2. Whenever we involve in collective consciousness service should invoke Mother Durga for protection
3. Seva is a way of showing gratitude, this should be done as part of Sadhana.

<https://youtu.be/onQUQLGWggE>



CONTACT DETAILS

The objective of “*Sivapremananda Self-Realization Centre*” is to spread **Satguru Thirumoolar’s** teachings on Self-realization, Self-Empowerment and Self-Ascension.



SIVAPREMANANDA SELF-REALIZATION CENTER

*No.87, 3rd Main,
Raghavendra Layout,
Gubbalala, Raghuvanhalli,
Bengaluru, Karnataka-560061
Land Mark: Gubbalala Lake
Mobile: 9901019177 / 7483528148
Email: prem999ananda@gmail.com*

So please type “**Sivapremananda Self-Realization Center**” in the google maps to find exact building location.

Venue Map: Sivapremananda Self-Realization Centre.

|| OM MULANJI NAMAH OM ||

Sri Devi Sivakameshwari



||Om Aim Hreem Shreem Sri Matre Namah||

www.srividyasadhana.com



SRI SADGURU THIRUMOOLAR GURUJI

Know Light Within

Know the Light, your form becomes Light
Know the Hidden Form; you that Form become
Know the Light's Form; you that Light become
That Light within you to melt. He in love stands.

Tirumantiram, Tantra Nine, #2682



SRI SADGURU ADI SANKARACHARYA'S EKA SLOKA PRAKARAM

Kim Jyothis tava bhanumaan ahani me. Ratrau pradeepadikam.
Syaad evam ravi deepa darshana vidhau kim jyothiraakhyahi me.
Chakshuh tasya nimeelanaadi samaya kim dheeh dheeyo darshana kim
Tatra aham Athah bhavaan paramakam jyothih tadasmi prabho.

TRANSLATION :

"What is your light?" "For me, sun in the day and lamp in the night". "Let it be."
"By what light do you see sun and lamp?" "Eyes" . "When you close your eyes,
what is the light?" " Intellect". "What light helps to see intellect?" " Me. (Self)."
"So, you are the ultimate light (self-luminous Self)". "Yes, that's so, my Lord"





Anbe Sivam

*Experiencing Siva in Meditation
is Like Falling in Love with LOVE.
Siva is Love. Love is Siva.*

Anbe Sivam

by Sri Sivapremanandji

www.srividhyasadhana.com

Your Devotion, Surrender & Intention for Oneness
with Divine is more important than any rules!

-by Sri Sadguru Sivapremanandaji

Sivapremanandaji Self-Realization Centre

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Mula Varga
Self Realization
Centre

RAJARAJESHWARI KRIYA - Experiences

IT'S A SUBTLE PRANAYAMA & YOGIC KRIYAS WHICH GIVES US GOOD HEALTH, LONGEVITY, MAKES US DISEASES FREE, THOUGHTLESS & ALSO GIVES INSTANT GLIMPSES OF SAMADHI.

Pranams to Sadguruji,

It was a blessing to be student of Mulavarg Parampara under the guidance of my Guru Sri Sadguru Sivapremanandaji.

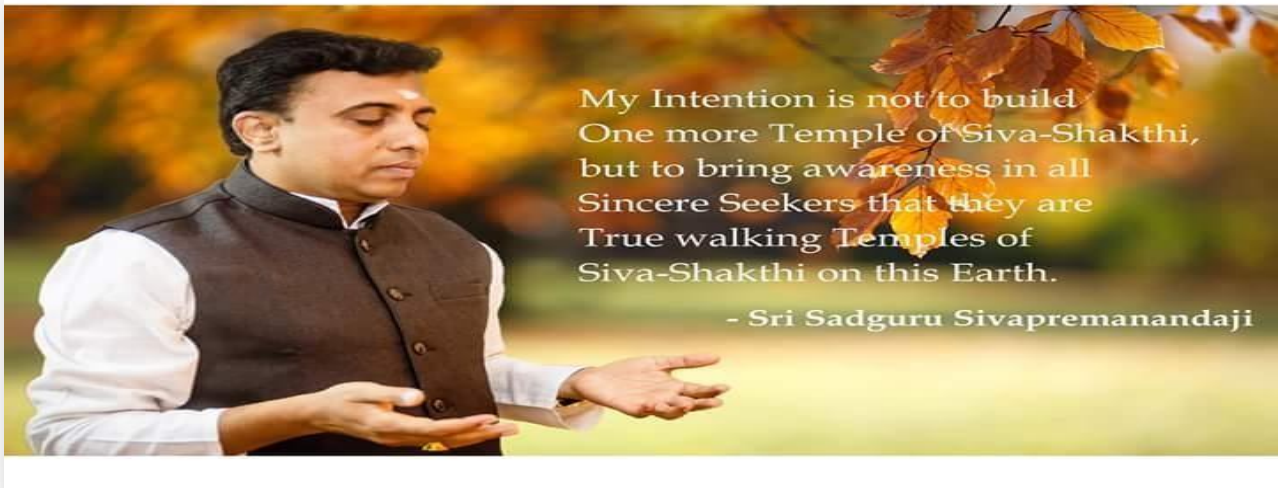
Every workshop taught in Mulavarg Self-Realization centre is inner studies of higher spiritual knowingness - who am I?

Guruji today blessed us with very sacred secret sadhana practiced by our Siddhas called Rajarajeshwari Kriya. It's a Subtle Pranayama & yogic kriyas which gives us good health, longevity, makes us diseases free, thoughtless & also gives instant glimpses of Samadhi. Everyone should come here, learn the techniques & take home health!

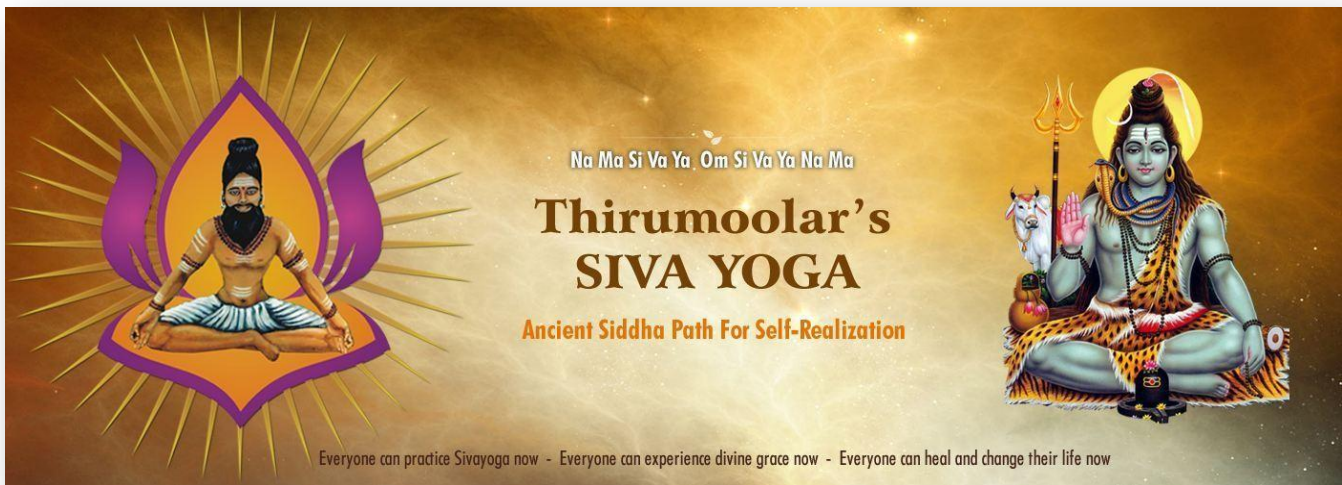
I offer my gratitude to lotus feet of my beloved Guru!

-Sri Amit
Indra





Divine Mother in you, the Shakti in you, the Soul power in you



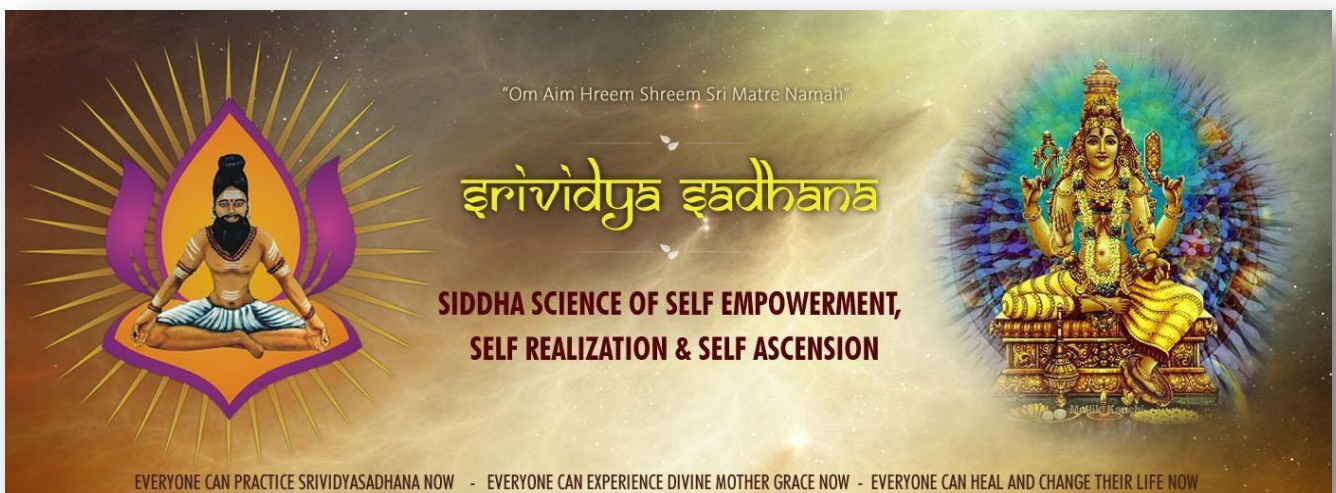
Na Ma Si Va Ya, Om Si Va Ya Na Ma

Thirumoolar's SIVA YOGA

Ancient Siddha Path For Self-Realization

Everyone can practice Sivayoga now - Everyone can experience divine grace now - Everyone can heal and change their life now

This banner features a central illustration of a bearded sage (Thirumoolar) in a meditative pose, seated on a lotus flower. To the right is a depiction of Lord Shiva, also in a meditative pose, holding a trident (trishula) and a damru. The background is a warm, golden-yellow gradient with subtle star patterns.



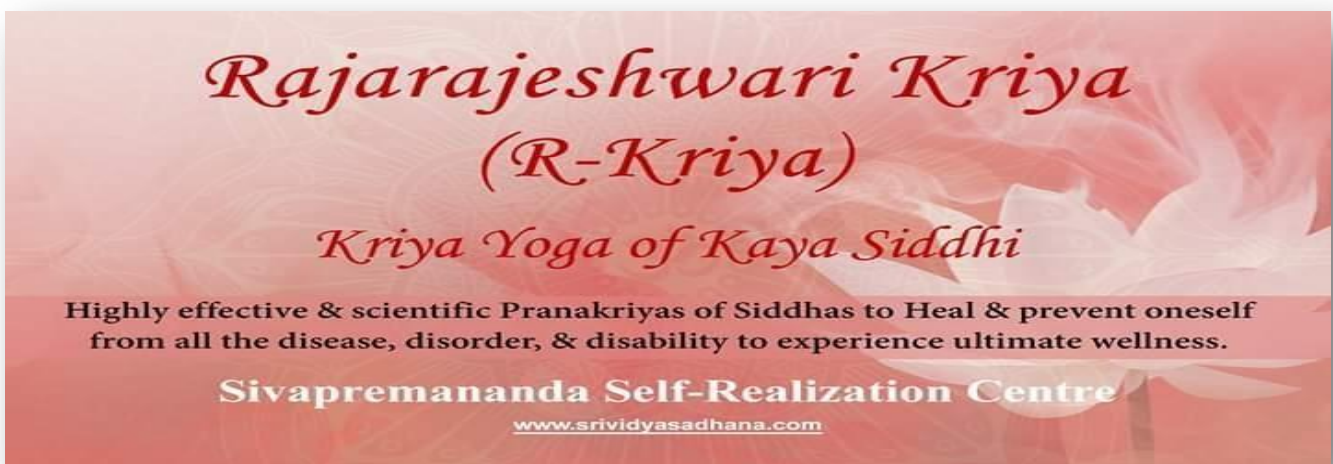
"Om Aim Hreem Shreem Sri Matre Namah"

श्रीविद्या सधना

SIDDHA SCIENCE OF SELF EMPOWERMENT,
SELF REALIZATION & SELF ASCENSION

EVERYONE CAN PRACTICE SRIVIDYASADHANA NOW - EVERYONE CAN EXPERIENCE DIVINE MOTHER GRACE NOW - EVERYONE CAN HEAL AND CHANGE THEIR LIFE NOW

This banner features a central illustration of a bearded sage (Thirumoolar) in a meditative pose, seated on a lotus flower. To the right is a depiction of the Divine Mother (Sri Vidya) seated on an ornate throne, holding various symbolic objects. The background is a warm, golden-yellow gradient with subtle star patterns.



Rajarajeshwari Kriya (R-Kriya)

Kriya Yoga of Kaya Siddhi

Highly effective & scientific Pranakriyas of Siddhas to Heal & prevent oneself from all the disease, disorder, & disability to experience ultimate wellness.

Sivapremananda Self-Realization Centre

www.srividyasadhana.com

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Srividya Sadhana Workshop

-by Sri Sadguru Sivapremanandaji



www.srividhyasadhana.com

Venue : Sivapremananda Self-Realization Centre, Bangalore

For Registration Please call : 9901019177

Or visit : www.srividhyasadhana.com