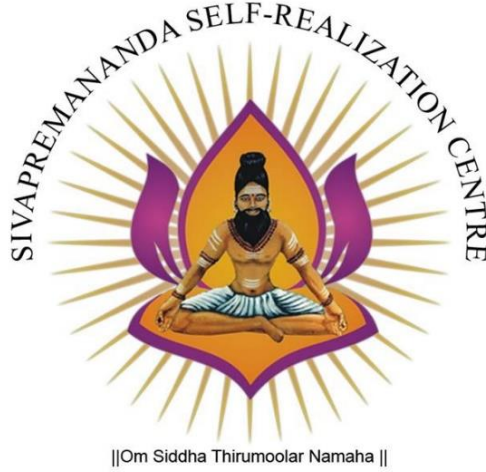


Sri Sivapremananda Teachings – Vol.8

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



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What is the importance of Chanting Mulanji Guru Mantra? **-By Sri Sadguru Sivapremanandaji**

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

What is the use of Chanting Mulanji Mantra, first we need to understand?
Why I need to chant His name?
It is better that I chant my own name or Divine Mother's name, right?
So here what happens is, I have already explained about the Universal Law of Energy Replacement - "Higher Dimension Energy Replaces Lower Dimension Energy"
And when we connect with some Higher Being and call His Name, we are making the connection
To His Soul,
To His Consciousness,
To His Energy,
And we start to receive His Consciousness into our Soul.
So when His Consciousness started coming into our Soul, what happens?
Things will start to change. What you cannot do by yourself for say 10 years, this Mulanji Mantra does it for you.

It will
Prepare you,
Cleanse you,
Heal you,
Removes anything that is an obstacle to your Spiritual Practice.

He is coming as the friend.
He is coming as the Father, Mother to
Support you,
Inspire you,
Guide you,
Heal you, and take you to your Spiritual Practice.
This is very, very important.

And the second thing is, all these Mantras that we are receiving, all these Practices that we are receiving, Are only through His Portal of Consciousness. It is He who has given us all of them. So if I don't Chant His Name, then
I cannot activate these Mantras properly,
I cannot have the Siddhi of these Mantras,
I cannot have the results of the Mantras 100%
So this is very important that we Chant His Name.
Or at least we remember Him. Offer our **Gratitude**,
"Sadguru, you have given this! It is really helping me. I am very thankful to you. I bow down to you. Whatever you are blessing is Amazing! Thank You!!"
You offer this and Chant the Mantra,
"Om Mulanji Namah Om"

And then do your practices.

Shivoham!

Maintain a gap of minimum 2hrs between Meditation and Meals!
-By Sri Sadguru Sivapremanandaji

Video Link: <https://youtu.be/uRO5wox9hUs>

When we meditate, more Energy goes to our Head.

That's what we say, right, don't eat?

If you want to meditate then maintain at least a gap of minimum 2hrs between your lunch or dinner and your meditation.

Because when I meditate, whole or all the Energy goes up.

Even my blood circulation, what happens?

Moves up towards the head.

For any activity - if there is no blood circulation then there is no activity possible.

So what happens?

When you eat your food and you sit for the Meditation ... Your food needs to be digested and for this the concerned organ needs to work and in turn for it to work the blood circulation is required... as meditation is also being done during this process, the blood circulation is made to flow upwards and hence indigestion happens.

Because of this you are not happy with the food also and you are not happy with the Meditation also.

Out of curiosity we do like this...

So we need to maintain the gap of minimum 2hrs between our meals and meditation.

Shivoham!

What energies do we invoke by chanting Maha Paduka Guru Mantra?

Video Link: <https://youtu.be/TuwtmYOMU7E>

Q:

Guruji, do Divine Mother Bala, and Mother Varahi come when we Chant Maha Paduka Guru Mantra?

**The Maha Varahi Shakti is there,
Bala Shakti is there,
Bhuvaneshwari Shakti is there,
Kanchi Kamakshi, Adhi Kamakshi or Para Shambhava,
Kala Samharana Kali Shakti
And
Ananda Bhairava, Sura Devi, Ashta Bhairavas
- All these Shaktis come as Guru Tattva...
Please understand!**

Varahi work in different aspect.
But when we invoke her in Maha Paduka Guru Mantra, She comes as the Guru Tattva.

As the Guiding Principle, They come there to awaken your Mind and Awaken your Soul.

When we invoke Varaahi as Dhandini or Dhandanadha, She will come as the Warrior Force to destroy the things.

When I invoke her as Shatru Samharini, She will come as the Aggressive Force with the different Tattva to win over the enemies.

So how we invoke these Deities is very important.

In Maha Paduka, we are invoking them as Shantha Swaroopa with Guru Tattva to manifest in that Guru Mantra.

Shivoham!

"Does Maha Paduka mantra gives me all the knowledge about Mother Lalithambika?"

Video Link: <https://youtu.be/31QuEmlFOQo>

Some of you go to Maha Paduka....it continuously starts happening to you.
Some students do only Maha Paduka even though you are initiated with so many things.

"Guruji, Maha Paduka is happening to me automatically. Am I doing something wrong or is it a blessing?"

They don't know even if it is a blessing

And you should know that every Mantra has a limitation.

This Mantra leads you to yourself

This Mantra leads you to your Shiva

This Mantra leads you to your Lalithambika

You need to understand that.

Maha Paduka is the Perfect Mantra. This is the Mantra that is the Source of all!

Of course one more Maha Maha Paduka is there...

And

One more Devi Maha Paduka Mantra is there...

There are so many Mantras and all. As you progress you receive them.

But you should know that it is a blessing.

Even **Panchadashi**, I am telling you, leads you to Self-Realization!

Even **Level 1 Mantra** leads you to Self-Realization.... that's very important

Even **OM NA MA SI VA YA** leads you to Self-Realization!

I am telling you the Truth. This is our Experience. But,

How much you are devoted,

How much you accept,

How much you allow,

... That is important!

Even

SO HAM leads you...

SHIVOHAM leads you...

Just **SHIVA**...

Just **RAMA**... just **KRISHNA** leads you there!

But

How much I Allow,

How much I love,

How much I manifest,

... That Tattva, Para Brahma Tattva, to infuse in your Soul and manifest in your Soul.

So if Maha Paduka is happening to you, then do it.

And this itself is Maha Tripurasundari. This Maha Tripurasundari is you yourself.

Please understand. **Your Source is Maha Tripurasundari.**

So you don't need other Sadhana to fulfill that. That's what I already said that Srividya Sadhana is complete and you don't need any of those.

Shivoham!

How is Our Life after Self-Realization? **-By Sri Sadguru Sivapremanandaji**

Video Link: <https://youtu.be/BZ3iHJ3R3Kw>

Actually this is a good question you know, "how am I going to live after Self-Realisation?"...

"How am I going to perceive the material world after Self-Realization?"

What I can say for this is:

After Self-Realization

You become a more Loving Person,

Your expectations drop,

Your reactions drop,

You start living in this Moment without worrying about the future and not bothered about the past like not having any Guilty feeling and all.

So that is the Self-Realisation State where

You live in the Moment as Consciousness and not as a Personality and not as this person or that person with any Identity.

You are just flowing with Life!

You are not at all dominated by the Mind!

You are not at all dominated by the Outside World!

This is what happens after Self-Realization.

Shivoham!

"Can I do Dus Mahavidya Havan for my Clients at their place?"

Video Link: <https://youtu.be/D1ht-yEtaps>

Whenever we use our Mantra for others, we lose our Power.

If I do one Japa Mala for myself then my life will be very beautiful and smooth.

If I make a Sankalpa for another person and do the Mantra then all the Mantra Shakti will go to that person.

I always suggest that all our Sadhana is for our personal growth and not for the service of others.

But you can use it for your family members. Because your family members means you're born on the Earth with them and you are here to balance and take care of them. Hence it is your Dharma which you need to fulfill.

But when you want to do for others like removing the Black Magic done on them or removing their negativities, then what happens?

Unnecessarily you attract that negativity to yourself or your family members will suffer. This is my experience.

Also I have seen many of our students, when they start working for other people, unnecessarily they have fights in their family, and unnecessarily their parents will be falling sick.

And such negativity will not start attacking you because you are a Sadhak. But people who are not Sadhaks in your family are attacked.

If you do such things for others where the Tantrik involved is very deadly when Spirits are employed or Dakinis are invoked and used... you do Havan for them then such Entities not only leave but start attacking you and your family members.

So whenever we work with Tantras we should have someone who is very powerful and should have the promise that it's going to protect you all the time.

Without these you should not enter into such Black Magic, Tantric things and Spirit Release and all.

That's what we don't do all of these here.

Our Path is very pure!

Even many Students write to me, "Please remove Black Magic.... But I don't involve with all of these.

Because I want to maintain the Purity of My Soul, so that when I connect with my students I give the Best to them during Deeksha.

I don't want to work with the negative Path and I don't want to focus on that, If you want to work with those things then you should have some Siddhi.

One Deity should back you...

One Entity or an invisible being should be protecting you and your family all the time...
Then you enter into such Field.

Otherwise you will be unnecessarily attracting negativity.

And in the beginning it will look all very good. But as your Tapas Shakthi goes, your life begins to have more problems.

So I don't advice this as our Sadhana is not for removing Black Magic and all.

Otherwise we would have done here in our Centre only, "Every Amavasya Havan to remove Black Magic and all."

We don't do all of these. Because we want to maintain the Purity of our Soul and the Purity of this Centre.

And our main Focus is on Personal Growth, Family Growth and Spiritual Growth for Self-Realisation and God Realisation.

We also don't advice you to do Havan for others and all.

One thing is unnecessarily it will take away your Tapas Shakthi and the other is you will lose your Mantra Charge... you are interfering in other people 's lives and hence those Entities start to hurt your family members and all , your health gets upset and emotional issues of your family members will start.

So better instead is to use Crystals, Swastika Shri Yantra.

If people are going through Black Magic then ask them to take the help of a Tantrik or take any Sadhana that will make them take the Expert Help for themselves.

But by yourself don't put your Energy and Effort and all as you will face issues and in the long run it's not good for you.

If your focus is on Self-Realisation and God-Realisation then you should be very careful with all of these.

Shivoham!

How to Connect with Parama Tatva or Truth Consciousness? **-By Sadguru Sri Sivapremanandaji**

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

"OM AIM HREEM SHREEM"

I use this for all... Lalitha Sahasrara Nama, Lalitha Trishati, Khadgamala, Shri Chakra Puja, Ashtotra Namavali... everything has this.
Why is it so?

Because it is Anantha Tattva, and connects with the Parama Tattva.

Parama Tattva is the one that cleanses everything...
It cleanses the Pancha Maha Bhuthas
It cleanses the Navagrahas
It cleanses the Nakshatras
And everything.

So we call this the Shri Vidya Mantra.

And the Shri Vidya Sadhana is the ultimate that helps you to overcome,
Any limitations in your life...
Any Blocks in your life...

Shivoham!

"How to develop continuous devotion for sadhana?"

Video Link: <https://youtu.be/MFCulDgF5FA>

Whenever you do the Sadhana, try to play in your mind more of the positive experience of How Divine Mother helped you,
How you have had the beautiful experience during the Meditation.

And watch our You Tube videos on the experiences of the students.

The more you watch such videos and the more you mentally play your positive experiences, greater will be your focus, more you feel devoted and surrendered.

Then again you will have positive experiences.

So, positive experiences - focus will again lead you and inspire you to continue your Sadhana.

Shivoham!

"Can you explain about serpent beings or Nagas?"

Video Link: <https://youtu.be/bOmSJKq4BAk>

These are the invisible beings or the Guardian Angels that protect our Earth dimension, They are very powerful beings. They have the power to protect the Earth dimension. They are created for this purpose. Like how we have Yakshas, Gandharvas, we have these Nagas.

They're the invisible beings who are helping. They also take the visible forms of the Nagas and protect the places and all.

They are highly spiritual beings - I can say that!

Shivoham!

"Kriya Yoga & Rajarajeshwari Kriya difference!"

Video Link: <https://youtu.be/dVFSV7YcD0Q>

I think R- Kriya is more advanced than Kriya Yoga,
R- Kriya has some of the secret techniques that are not taught openly to the public.

So there are some techniques that instantly give you the experience of Samadhi which is not there in the Kriya Yoga.

Why have I given this R- Kriya and stopped giving the traditional Kriya Yoga?

Because this R- Kriya also contains the main and essential Kriya Yoga Techniques.
Hence R - Kriya is more powerful compared to Kriya Yoga.

This I can say very confidently. It has everything...

It has OM Kriya

It has the Chakras Kriya

It has the Shushma Kriya

Plus

It has some very important Kriyas that trigger and clear your Memory Patterns at the Emotional level, at the Subconscious Level.

Then of course, you are receiving this Sanjivani Mantra in R- Kriya which cleanses all other things and releases the Sanjivani of your own Soul.

So R - Kriya is more powerful compared to Kriya Yoga.

Shivoham!

"Can we chant das Mahavidya short mantras given in the YouTube by you?"

Video Link: <https://youtu.be/QMJI68DaDJA>

You can use all the Dus Mahavidya Mantras that are given on our You Tube channel because they contain single Beeja Akshara.

You don't need Deeksha for that, so you can chant them. You have already taken other Deeksha and hence Mother is active in you, Bala is active in you and so you are eligible to chant.

That answers your first question.

Another question is - how to infuse Annapoorneshwari Mantra into the hotel food?

What to do?

You make a Sankalpa,

You pray to Divine Mother Annapoorneshwari and bless all the food that is prepared in your hotel.

And see that from Divine Mother a Pure White Light is coming and infusing all the food in your hotel.

Keep on chanting the Annapoorneshwari Mantra with the prayer, " Mother, please bless all the food in my hotel!"

And pray to Divine Mother, "This food should bring the right nutrition, right fulfillment to the customers. They are all blessed."

Like this you pray and Chant the Mantra.

Mother will automatically flow and bless your business.

Your intention should be good. It should be for a win - win situation. It should not only bless the food but also the customer who eats it... their health should be improving.

All these you have to pray for.

Shivoham!

Golden Light is Manifesting in My Third Eye! Is It Safe to Use?
-By Sri Sadguru Sivapremanandaji

Video Link: <https://youtu.be/fSlvXh0ZxbE>

Q: I feel that the divine is manifest as the golden white light in my third eye. I have felt drawn to breathe this Energy...

A: Similar to the Srividya Level 2 but without focusing on the chakras or Chanting the Mantras.

Just breathing the Golden white light energy to bring the energy into day to day activities - is this safe to do?

If we can bring the golden white light which is the Shiva Shakti Prana and the highest dimension Energy and if it is already manifesting in your third eye, then it means the divine Energy manifesting in the third eye.

This we call the **Shambhavi Healing** where we channel the energy from the third eye. You can use it for any of your actions to resolve and solve any problems.

It is really good and is a blessing.

It is very safe...it is very safe for you and your family members also.

Shivoham!

"How to worship more than ONE sriyantra at home?"

Video Link: <https://youtu.be/Fb73AaclYOI>

In this case what you do?

Whenever you offer any Puja for one Yantra, you just offer your gratitude.

You may be having 4-5 Yantras in your home. It is not a problem.

Before meditation, you offer your gratitude - make a prayer:

"Divine Mother Manifest Your Healing Presence, Abundance Presence, Protection in all the Sriyantra in my home."

Like this you make a Sankalpa and then you Chant the Mantra and offer flowers to all the Shri Yantras mentally.

That is all you need to do.

Just do it 3 times.

"I offer flowers to all the Shri Yantras present"

- Wherever you are.... you are meditating means before starting it you say,

"I ask my Soul to connect me with the Divine Mother present in the form of Shri Chakreshwari in the Yantras and receive Her Blessings in my Meditation."

Then you do the meditation.

This is one thing. And if you do the Puja for one Yantra it's sufficient.

Things will be taken care of. It is not necessary that you have to meditate on all the Yantras,

Shivoham!

"Sri Bala manifested in myself like a kalpavriksha because my all wishes are coming true!"

Video Link: <https://youtu.be/pSE89OH2gQM>

You are seeing the results means it is not an illusion, right?
You need to understand that illusion is different and Outside World results are different.

You are seeing the Manifestation.
So you need to accept. Here the lesson of Self-Acceptance is there.
And the second lesson is that because of your Devotion, because of your Sincerity, the Divine Mother has blessed Her Presence in your Soul, okay?

So you need to understand this.

And you already have the experience. It is a blessing!

Second question:
How can I raise Bala's Energy in me?

Chant more of Bala Tripurasundari Mantra with a prayer, **"Mother, manifest more in me, empower me more, show more of your play in my Consciousness.."**

With prayer, with devotion, with Mantra Japa, you can raise Bala's Energy in your Soul.

You are blessed actually to experience all of these.

Shivoham!

"In my dream the divine mother came and told me to pray Renuka Devi"

Video Link: <https://youtu.be/6BxQFanZquE>

Renuka Devi is different and Bala is different.

Renuka Devi is Chinnamasta Energy. You need to understand that.

Renuka Devi is the incarnation of Chinnamasta. She is a very aggressive Energy and has a very, very high Energy. She is very helpful for the Spiritual growth.

She is very good for removing Rahu related problems. Mind related problems, you know, negative problems.

What do you do?

You simply pray Renuka Devi.

You add, "**HREEM**" Beeja Akshara which is the Shakti Pranava...

OM HREEM RENUKA DEVI YE NAMAHA

You can use this Mantra as guided by the Divine Mother.

Practice it for 21 days and see if it brings any changes in your life - like in the Mind Level, Thought level, Energy level , and if the outside problem is changing or not.

And test whether you received the right advice from the Divine Mother or not, okay?

Shivoham!

Secrets of Chakra Bija Mantras

-By Sri Sadguru Sivapremanandaji

Video Link: <https://youtu.be/b6DwZUcUnyA>

Now little bit let's understand about the Chakra Bija Mantras.

My Muladhara is Vibrating and hence it has
Energy,
A Frequency,
A Vibration.

When my Muladhara is 100% open, it expresses its maximum Potential.

At that time the Vibration it is producing, the Sound it is producing is, ' LAM '.

Why there is this, ' LAM ' for Muladhara, we need to understand!

When Muladhara Chakra is Active without any Karma and there is Crystal Pure Energy of Muladhara, then there is the sound of,
'LAM '.

Now my Muladhara has Karmic Impressions!

My Karmas are stored.... Positive Karmas and Negative Karmas are stored.

So my Chakra is not vibrating with,
'LAM '.

To bring back to its original form and to make it Vibrate with the maximum Potential, what should I do?

I need to Chant, ' LAM'.

Then what happens?

I burn my Karmas and raise my Muladhara Consciousness to the higher Level.

Like this different Chakras have different Vibrations and Sound when they are 100% open with their maximum Potential.

It is Reverse Engineering.

Once Siddhas know that when all the Chakras are open and when they observe, feel their Soundsthey noted down what they listened to and gave to their students, "You chant this. Your Karmas will be burnt and you will go back your original state!"

Shivoham!

**"If I am progressing spiritually do soul travels happen on its own?
What's its purpose?"**

Video Link: <https://youtu.be/ZBLgbZVcmD4>

All people don't experience Soul travel, astral travel and all!

If it's needed for your Realisation then only it will happen.

Its purpose is to tell you that

YOU ARE NOT A BODY AND MIND BUT YOU ARE BEYOND THAT. YOU ARE THE SOUL AND YOU CAN EXIST BEYOND THE BODY AND MIND AS THE SOUL.

To experience this Truth, Soul Travel will be there.

This is the purpose,

Shivoham!

"How to Release all karmic ties at soul level?"

Video Link: <https://youtu.be/yDp5y1LyAC0>

Many of us have chosen the parents before coming on this Earth because of the Karmic ties, because of the Karmic Contract.

So what we need to do is this -?

Whatever the situation, you start working - after the Meditation try to forgive and bless them no matter how their behaviour is - how hurtful their words are, how hurtful is their behaviour, because you are on the path of Self-Realisation and Liberation and they are not.

They may come again and again and have different purpose of life.

But you are on the path or on the journey of liberation. **YOU HAVE TO LET GO!
YOU HAVE TO LET GO EVERYDAY!!**

You say, **"I ask my Soul to Release all Negative Energy Chords between me and my parents, Thank You, Love You!"**

"I am Sorry, Thank you, Love you!"

And then Bless, "I bless my parents!"

You start doing this after the Meditation.

I am not telling this not only for the parents, whoever they are - your in-laws friends circle, your employees...

Try to remove the Negative Chords between you and another person.

How can you do it?

By a simple Sankalpa - Intention.

"I ask my Soul..." Okay!? That is the simple way.

Otherwise you ask the Divine Mother,

"I ask Mother Lalithambika and Sadguru Thirumularji To interfere and disconnect all the Negative Energy Chords between me and that person, So Be It! I am Sorry, I thank you, I Love you!"

And feel that the Divine Mother's Energy is coming and dissolving all the Negative Energy Chords and Blessing the Positive Energy Chords between you and your parents or any person. Positive Energy Chords means Happiness, Harmony, Love, Respect, Understanding and all of that, Okay?

Shivoham!

"How to use Sarva Karya siddhi mantra of Bagalamukhi for wish fulfilment?"

Video Link: <https://youtu.be/K6UgHUMmg50>

It is very simple.

What you can do is - after doing the Baglamukhi Sadhana, make an intention, "Divine Mother, bring me the right partner in my life!" Okay?

This is your Intention and Sankalpa. Then you Chant the Sarva Karya Siddhi Mantra. For example -

You Chant it for 9 times,

And again

You make the Sankalpa

And

Visualise like your marriage is already completed and you are having the right partner and you are so happy.

You trigger the Joy of fulfillment of your desire.

Again you Chant the Mantra.

Again you visualise and make the Sankalpa.

INTENTION - VISUALISATION - MANTRA

And again

INTENTION - VISUALISATION - MANTRA

... Chant the Mantra minimum for 9 times.

Like this, 3 - 6 times you can do this cycle. Minimum 3 times you can do it.

What are you doing?

You are Visualising

And

You are Affirming what you want ...by this

Your Soul Intention, Soul Power, are involved,

And

By Mantra, the Divine Power is coming and

By visualisation your Subconscious Mind Power is coming.

Hence together with the Divine, you are removing all the obstacles on your Path and manifest your desire, okay!?

Shivoham!

"I am crying a lot during Bagalamukhi sadhana, please guide!"

Video Link: <https://youtu.be/YrEZ3gORB9E>

This type of feeling we experience when our Heart Chakra is over activated or when the Heart Chakra is doing the Cleansing - when the Kundalini is working with the Heart Chakra, lot of Emotional Cleansing takes place.

For small, small things, you start feeling with tears!
Even when watching something on Television, you feel emotional.
Even when you see something here, you start feeling emotional.

You got this point?

You become very sensitive. Because your Heart Chakra is more active and working at that time.

So it's very normal. **Very normal, but the only thing is that you need to Let Go all of these. Let go all of these with the understanding that something is going on that the Inner Transformation is taking place.**
If there is no Inner Transformation then my Inner World cannot be Cleansed, Healed and experience the Purity and Abundance.

If there is no Purity and Abundance in the Inner World then I cannot experience the Abundance in the Outside World.

So this is the normal feeling and it is the right feeling as you progress... when you're Heart Center or Chakra is awakened and it starts the Cleansing and healing, these things will happen.

You are doing it right. Continue and offer all the feeling at the feet of Baglamukhi,

Shivoham!

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

Video Link: <https://youtu.be/by36bqJlaHA>

Whenever something is not possible for you, it's possible for the Divine Mother.

This you need to understand.

You pray to Divine Mother. Ask Her Interference.

You pray to Thirumularji and ask for His Interference. Or

Another best way is - whenever we conduct the Group Meditation, make a Sankalpa, pray to Thirumularji and Lalithambika,

"Mother, I am sitting for this Group Meditation. I want to dissolve all the negative energy chords between me and my mother. I forgive her completely, at the Subconscious Level, Energy Level. Because I want to progress on the path of Self-Realisation and God-Realisation.

With that Negative Energy Chords, I don't want to create one more Life time with my mother in the next life.

So I want to finish this up in this life!"

Like this make a clear sankalpa. Then you attend the Group Meditation.

During the Group Meditation, we are actually doing all this.

I am dissolving, bringing the Shiva Gana, bringing the Khadgamala Devathas, Bringing the Thirumoolarji's and Mother's Consciousness, Energy...

Asking them to dissolve the Negative Energy Chords of the students, to remove the obstacles that are creating hindrance from their Subconscious Mind, from their Pitrus, from any Past Life Doshas which are not helping them.

So what is the Intention of the Group Meditation?

It is to lift you.

You cannot do it individually for yourself.

That is where the Group Meditation comes for your assistance during which we take the help of **Thirumoolarji**,

We take the help of the **18 Siddhas**,

We take the help of the **Shiva Gana**,

We take the help of **Shiva Paramatma**,

We take the help of **Lalithambika**,

We take the help of Her **Adhi Devatha, Angha Devathas, Prathingha Devathas, Yoginis, and Khadgamala Devathas...**

... Everyone will be present during the Group Meditation.

It is not an ordinary event, I am telling you!

It is a very, very, very powerful event! A very powerful event!!

You cannot get such a blessing anywhere on this Earth, especially at this time where we are going through a great transition period.

Make yourself available.

Commit to the Group Meditation.

Make a Sankalpa.

And things will be taken care. It is also one of the ways to bring the healing for you, ok

Shivoham!

"Can we reduce the Bhatuka bhairava mantra during astabhairava protection shield?"

Video Link: https://youtu.be/t_KY1LA9-dk

For Protection Shield, I don't suggest you to Chant 108 times.
You can chant for either 9 times or 3 times.
Each Bhairava mantra for minimum 3 times.
Same with Batuka Bhairava - minimum 3 times or 9 times.
That is sufficient, okay!?

If you don't have time, then just chant each Bhairava mantra 3 times and start doing the Rajamatangi Mantra, but it is not mandatory.

Whenever you have problems with the enemies,
Whenever you have negativities,
Whenever you have failures in your life, during such times you need to increase the Batuka Bhairava Sadhana.
Okay, you have to increase the Batuka Bhairava Mantra chanting, like one Japa Mala, or 2 or to the maximum of 3 Japa Mala.

This is how we need to know, according to the situation, according to the problems you are facing, you need to apply the guidelines, the Mantra Shakti, and all the tools as the Homa, Havan, Japa, and make your Life Successful.

Shivoham!

"Experience of Goddess Presence!"

Video Link: <https://youtu.be/xFA2IoLAsGQ>

This is not any mistake that you have done.
It is a spiritual experience, but you were not ready for this.

So you could not...

See, whenever we do the Sadhana, we invoke the Guru Parampara, we do the Protection Shield, and then we start our Sadhana - which means you are attracting Positive things during your Sadhana and no Negative things will come there.

And whenever you Chant the Mantra, it's the Divine that you are calling.
It is the Divine Vibration that you are going to attract!
It is the Divine Energy and Consciousness that you are going to attract!

So this is something of the Divine Goddess Presence which you have felt in your Maha Paduka Mantra meditation which is actually a blessing.

What happens is - many of us are not ready. So we feel if we have done something wrong or like that.

When you have taken the Deeksha from the Guru Parampara there is nothing like we have done something wrong and all for which God and Goddesses is directly coming and punishing you.

Please understand!

If at all you have done something wrong then first it will come to the Guru Parampara. Because you are receiving the Grace, Energy of the Mantras and everything from the Portal to Guru's Consciousness, from the Lineage of the Gurus.

So it has to first pass through the Lineage before it comes to you.

But when it passes down the Line -
Lord Shiva - Nandhi Devar - Thirumularji - Sivakami Om Anandi.
- Things will be taken care and filtered.
And you will only get the Positive blessings.

You need to understand this.
That is the power of the Deeksha in the Siddha Guru Parampara.
You are not going to experience anything bad in your life especially this type of Spiritual - Astral Attack or Psychic Attack. It is very, very rare, especially when you do the Sadhana.

So you have received a blessing of the Divine actually.
You are doing well and continue with that.

Shivoham!

"Invisible voices heard after DSS Havan!"

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

Sometimes what happens, if you have the Earth bound Spirit of your own family members like your grandfather, grandmother or any brother, sister who had died in that home

or

Some other Earth bound Spirit in your home is there then it will get disturbed.

This is one thing.

Or sometimes you might have some Divine Being also there.

Some places are there where Gramadevathas Energy is present.

Or somebody has worshipped in their home some Kuladevata and they have manifested and they give so much Energy and that is also there in the Subtle Form.

So there are many possibilities for the experience you are having - like it is calling you for either disturbing you or blessing you.

In both cases you should not worry about it.

You just continue your Havan.

If it's the Negative Spirit then it will just leave the place.

If it's a Positive Divine being then it will start blessing you continuously.

So don't worry about all these things.

You just follow the Havan according to the things I have explained in the Havan and do it.

Great changes will take place.

Especially Durga Sapta Sati -

It will cleanse the astral layers...

It will cleanse the Negative Energy layers...

It will cleanse the Vastu related issues...

It will cleanse the Pancha Maha Bhuthas...

So many miraculous things will happen with the DSS Moola Mantra.

You continue with that,

Shivoham!

"Some benefits of Sri Rajamatangi Sadhana!"

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

Rajamatangi is very good... for educational purposes. She will not only give the intellectual knowledge, but will give the Intuitional knowledge also. That is Her Power.

Saraswati is there.... the higher form of Saraswati means Intuitional knowledge also is given. Not only Objective Knowledge, but Subjective Knowledge is also given by Rajamatangi. She is very good! And to develop any skill, for example, newly if you have joined a job where you have to develop the skills needed, then I will do Rajamatangi for it. I am attending the workshop for my Job, means I will do Rajamatangi for succeeding in that. I have started learning Astrology; I am in the Spiritual Path... I will do Rajamatangi for it.

I have started Reiki healing, Pranic healing... I will start Rajamatangi Mantra.

She will bring your good skill,
She will awaken your Intuition,
She will awaken your Mind Power,
She will help you to understand and grasp the concept and all.

Rajamatangi is very good for children and for big children also!

Life itself is learning. Throughout the Life, we should be like children.
Infinity Beings means Infinity Learning!

No matter what you are and in whatever Level, still learning is there!

Life is like this.... Endless! We have to be like children and like students we need to learn.

This is the very best Mantra! Rajamatangi is a very good Mantra. Anyone can do it.

It is the Mantra that will remove the Blocks ... this is the Mantra which will remove the Blocks and it is very important.

Mind block is there means it will remove that...

If you have an Energy Block then it will remove that...

We have seen many times when people do the Dikhbandana in Tantric ways; if Rajamatangi or Matangeshwari Mantra is done then automatically the Block will be removed. If somebody has done this Dikhbandana for business then Matangi - removes! Then Money problem - business is going on... competition is going on where they do Lakshmi Bandhana - Matangi Mantra - removes everything!

Very Powerful! Very, very Powerful!!

Amazing Energy!!! Especially if you are a teacher, a professor, an author, a writer, a singer, an actor then this Rajamatangi is amazing!

Best Mantra you can use! Very good whenever we deal with the Marketing field... it's so very good!!!

Shivoham!

What type of Japamala should be used for Rajamatangi mantra sadhana?

Video Link: https://youtu.be/9_X5ljYEuyI

I suggested the Saptikamala or the Crystal Japa Mala for the Shakthi Sadhana.

You want to do Rajamatangi, Pratyangira or for whatever Shakti Sadhna you are doing, use the Crystal Japa Mala.

And once you use the Japa Mala, don't wear it, but keep it in your place where you are meditating.

And keep it covered with a woollen cloth or a silk cloth. Don't keep it on the floor or on any metal surface.

Because it will be having an Energy. If you keep it on the Earth or somewhere where it's Energy can be dissipated, it will lose its Energy.

And don't wear it also. It is not needed. As a Sadhaka you can keep it. For wearing you can use a different Mala when going outside.

But this Mala is a product of your Sadhana and hence you keep it separately where only you can touch and use it,

Shivoham!

How do we know that Sri Bagalamukhi Devi has manifested?

Video Link: https://youtu.be/_5G1ulRobgM

Bala Tripurasundari also manifests fast!
Lalithambika also manifests fast!

But Baglamukhi Energy is mixed with Lord Vishnu.
So this Sustaining.... Creation has already happened and Destruction is also going to happen in the future....but this Sustaining Level is there, right, called Prathipalana - that Shakti is very Manifested on this Earth.

Whatever you are seeing is the Prathipalana - the Sustenance Shakti. So Lalithambika Shakti mixed with Vishnu is then Baglamukhi which is a very alive Energy that is already there present in this moment.

That Stillness of the Mind - that Presence which you feel it - that's Baglamukhi.

How She Manifests?

You can see her as the Golden light.
You can see her in the Stillness of the Mind.
You can feel her in the Bliss.
You can smell the Fragrance which is her signature especially for you.
... Like these there are many things...
You may have a Vision of Her.
You Chanted Her Mantra, and the moment you go, whatever you were thinking, it happens.
...there are many, many such symptoms.

You pray to Mother, "**Mother, how do I know that you have manifested? How do I know that you are receiving my prayers?**"

It is always with sincere prayer you communicate with Lalithambika or Baglamukhi.

You will get that answer. There is no doubt.

Prayer is Sincere.

You are true.

And

The right Question.

Don't unnecessarily ask questions. It's Supreme Intelligence and it knows everything.
It will only answer what is needed at that time of your life.
This you need to understand.

Shivoham!

"How to use Sarva Karya siddhi mantra of Bagalamukhi for wish fulfilment?"

Video Link: <https://youtu.be/K6UgHUMmg50>

It's very simple.
What can you do?

After doing the Baglamukhi Sadhana, make an intention:
"Divine Mother, please bring me the right partner in my life!"
This is your intention and Sankalpa.

And then Chant the Sarva Karya Siddhi Mantra.
For example you can chant it for 9 times, again you make the Sankalpa and Visualise that your marriage is already completed and you have married a right partner and you are so happy.

You trigger the Joy of fulfillment of your Desire!

And again you Chant the Mantra and again you visualise or make a Sankalpa or intention.

So Intention, Visualisation plus Mantra.
Then again Intention, Visualisation and again Mantra, minimum 9 times you Chant,

Like this you can make 3 to 6 rounds. Minimum 3 times you do this.

What happens?

You are Visualising and you are Affirming what you want... your Soul Intention / Soul Power and with Mantra, the Divine Power is coming and by Visualisation your Mind Power is coming - your Subconscious Mind Power is coming.

Together you start removing all the obstacles on your Path and you manifest your desire,

Shivoham!

"Para kaya Pravesha siddhi - Entering another body"

Video Link: <https://youtu.be/IV6Xc33UXzI>

In meditation what happens?

You even start going outside this body and from outside you start seeing your own body.

Then you know that, "I am outside the Body and my body is there. I see from the top. " When I see from the top I have no body and yet I have eyes to see the things. And those eyes are Invisible Eyes. That is the **Consciousness... that is the Awareness. Soul is watching my body.**

Then I know that...

I am outside the Body.

And I Realise I am not the Body.

I can come outside the Body and **Be** Living Immortal.

And I realise that "**I am not the Body**"!

... You see that!?

Meditation can even take you and help to realise the Truth that, "I am not the Body."

And once I start going outside and coming... outside again and coming back to the body , going outside of my body again, then I know how to go inside the Body and come out. Soon I know how to enter another person's body, called **Para kaya Pravesha!**

So all these things happen in meditation.

And all these Siddhis are by products**all such Siddhis are the by-products of the right meditation.**

But people are just running behind such Siddhis - This Mantra - to open the Third Eye... That Mantra - to have the Vak Siddhi... This Mantra - to have the great Power of Healing ... and so many such things.

It won't happen like that!

You need to raise!

You need to have a strong connection!

All your Chakras should be awakened!

...then

Your Inner Sensitivity opens up,

Your Inner Psychic Ability opens up,

...and then all Siddhis just come to you!

You don't need to run behind them!!

You know that you are detached from them and you are not seeking them.

You use them when it's needed!

Shivoham!

"If I want to involve all of the family members in spiritual process slowly what is the best method?"

Video Link: <https://youtu.be/T02rs5V6Sz0>

The best way is the Lalitha Sahasrara Nama Chanting,
Or one Beeja Mantra that I have given last time...

"OM HREEM NAMAHA"

It's very simple.

All 40 - 50 members can sit and Chant this for half an hour or 15 minutes or 5 minutes.

Amazing Energy will start developing in your whole home.

Everybody will stay blessed.

Your whole home will start attracting Abundance, Prosperity, Peace, and Protection. All of these will happen.

So best is Lalitha Sahasrara Nama.

Bhajan is okay ... this and Puranas are good to hear.

But if you want to bring them to the Spiritual Path then Mantra chanting, Meditation, Lalitha Sahasrara Nama Stotram Meditation are the best.

"OM HREEM NAMAHA"

Make them all sit together and Chant this loudly for 5 -10 minutes.

Then Chant the same Mantra for 5 minutes mentally with closed eyes.

Amazing Energy!

When they do it together, they find it amazing. Peace will happen.... everybody blessing each other.

Then they know that it's really giving amazing results for them and they themselves will have interest and do it.

Otherwise just Lalitha Sahasrara Nama. Just go on chanting the Namavali. Instead of the Strotra, take the Namavali and each Nama, one of you Chant, other people can listen or all can listen and chant.

Or play its Audio and along with the Audio all people can chant.

That way you bless each other and the complete family get the benefit of it.

Shivoham!

"What Mantra to chant for immediate help during difficult times?"

Video Link: <https://youtu.be/ySDrB6Ru18s>

Whenever there is a threat, trouble, problem, you need to call your Ishta Devatha.

You might have taken Rajamatangi, Durga Sapta Sati, Batuka Bhairava and Mother Lalithambika in Srividya,
So who is your Ishta Devatha?

That you need to call!

If you have accepted Lalithambika as your Ishta Devatha. You feel more connected from your heart... then you call her,

"Mother please come and helps me!"

Her Mantra you use.

If you feel Durga is your Ishta and you feel connected then you call her!

If you feel more connected to Shiva, then you call Shiva with Shiva Mantra!

Or if it's Batuka Bhairava then you call Him.

If it's Varahi, then call her!

If it's Rajamatangi, then you call her!

First thing is you need to make a strong bond with the Deity which is your Ishta Devatha then you call that Ishta Devatha.

Then immediate you will see the response from your Ishta Devatha,

Sometimes we call Thirumularji also. Because you can have Him as your Ishta. If your Guru is your Ishta then you can call your Guru also.

Because if the Guru is present in the Earth Dimension then He can be and His Energy can be very fast.

Especially these Siddhas also respond very fast because they are in the Universal Level.

Or Divine Mother Lalithambika is also very fast!

Varahi is also very fast!!

Everybody is really fast if you accept them!

If you accept them then everybody is very fast!

So you call your Ishta Devatha whenever you need immediate help and protection. That is very important, okay!?

First you decide who your Ishta is. Then more Mantra Japa you do on that!

More you visualise the Grace of your Ishta! More you do Manasa Puja of your Ishta!

By these what happens?

Your connection will be very strong. And then whenever you call you will get immediate response, help, and result from your Ishta Devatha.

Shivoham!

How should I manage time between practicing Level-7, Durga Saptasathi and Maha Varahi sadhana?

Video Link: https://youtu.be/1BtX_427E2k

First day you do Shri Vidya Sadhana and Durga Sapta Sati and just Chant 3 times or 9 times the Moola Mantra of Mother Varahi.

Next day what you do?

Srividya Sadhana and the complete Maha Varahi Sadhana. Then you Chant 3 to 9 times the Moola Mantra of the Durga Sapta Sati or you can chant once the Siddha Kunjika Stotra.

Like this on alternate days you add up the Sadhana at least for 2 - 3 months.

And then what happens?

Slowly you drop the Durga Sapta Sati Chakra Meditation and do only the Siddha Kunjika Stotra for 1 to 3 times plus Shri Vidya and Varahi.

After 2 months of the Varahi Sadhana, you just do the Moola Mantra of Mother Varahi dropping the Chakra Meditation of Varahi.

So that way -

Shri Vidya Chakra Meditation,

Moola Mantra of Mother Varahi,

Durga Saptasathi Siddha Kunjika Stotra for 1 to 3 times

...you will be doing all these 3 in one sitting and things will be taken care for you.

Shivoham!

"Which sadhana is more effective for me?"

Video Link: <https://youtu.be/HP1wsAfbyTg>

For example, if I start Baglamukhi then I can practice for a month and see or like we have Mandala in our Indian System, we can do it for 40 days.

This is needed for the Divine Mother Energy to get infused in your Conscious Mind, Subconscious Mind and Unconscious Mind.

Then it can Form the Memory Pattern and create the Energy, and connect you to the Universe and receive the Energy.

So at least for one Mandala you do one Sadhana

How is your Feeling?

How is your thought?

How is your Manifestation?

How is your Energy Level?

-you check yourself!

Then you add another Sadhana and see if there are any changes in the above.

This is also a very important question to ask yourself because what happens is - if I do all the Sadhana then I don't know which Sadhana is giving what results.

Baglamukhi also I am doing, like

'Coffee bhi ho jayega',

'Tea bhi ho jayega',

'Juice bhi ho jayega',

'Lassi bhi ho jayega'

That ultimately results in indigestion!

I cannot digest this Energy and that because it is too much for me. Got this point?

That's why I always suggest, "Do one Sadhana in the morning. See the results... Do another Sadhana in the evening and see the results. After doing the Sadhana how do I feel? Am I feeling Energized, balanced, connected, feeling Home and very confident with Trust, Faith, Love, Bliss, Joy?

These should be the manifestation of your Sadhana results.

If it's not happening then something is not right - be it your

Understanding,

Belief System,

Or your

Connection might be missing there!

You need to do Swadhyaya - Swa + dhyaya.

So like this try for yourself and have the courage to drop the Sadhana that is not giving the result.

Because people are afraid as to what will happen if they drop the Sadhana.
Nothing happens!
Only your growth will happen!!
Many people, even when I say, have many different recipes -
One Kavacha, one Strotra, one this etc, - so many such things secretly.
Along with them, they have this Sadhana

That's what, whenever they face problems, I will ask, "Please send me your procedure. Are you doing only this Sadhana or are you also doing secretly so many things?"
I should know, right, what other Energies you are mixing in there?
Hence I will ask them and then I will troubleshoot, "Okay, you drop this. Then it will change!"

That's how we need to guide each and every one. Each and every one is very different we cannot compare another person's experience.
One person comes to Baglamukhi after 10 years of Sadhana. He has done Baglamukhi, but now he is coming for the Workshop.
Another person who doesn't know anything about Baglamukhi is also coming for the Workshop.
And when both are getting the Deeksha, we cannot tell that this person's experience and that person's experience are the same.
And also Karma is different - this person's Karma and that person's Karma.
Background of each and every student is very different! And hence you cannot compare them.

You took the Deeksha at the same workshop don't mean that you will have the same experience.

What matters is -
You're Acceptance Level,
You're Surrenderance Level,
Your Karmic Thing,
And that Goddess Energy Receptivity and all!
Everything matters!
And Also your regularity!

Many people, "Guruji, I am doing for the past 2 months, but nothing is happening!"
I ask, "Tell me really how regular you are?"

"May be, Guruji, in the past 2 months I have done 2 weeks of Sadhana!"

And in those 2 weeks also, during the one hour Sadhana your real investment is only for 5 - 10 minutes.

I sit for the Meditation, you see that - you start with Baglamukhi, and suddenly your office thought will come about some fight you had the previous day - full meditation about this thought only for 10 minutes. Then, 'Oh, I was in the middle of Baglamukhi...!' Again you come back!

So in half an hour, your real investment is 2 - 5 minutes. Then in fifteen days, what is your investment?

And with such involvement, we have this expectation that everything will be solved and kind.

So there are so many things involved in this!

Shivoham!

"If I want to involve all of the family members in spiritual process slowly what is the best method?"

Video Link: <https://youtu.be/T02rs5V6Sz0>

The best way is the Lalitha Sahasrara Nama Chanting, okay!?
Or one Beeja Mantra that I have given last time...

"OM HREEM NAMAHA"

It's very simple.

All 40 - 50 members can sit and Chant this for half an hour or 15 minutes or 5 minutes.

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Or play its Audio and along with the Audio all people can chant.

That way you bless each other and the complete family get the benefit of it.

Shivoham!

I cry due to fear. I always pray to divine mother and shirdi sai. Yet that fear is not going away?

Video Link: https://youtu.be/gmQrC_fIt8

Whenever you have fear, it is because of some news you have seen or when some of your friends have described the deadly situation that they have gone through or that they watched on the television or something.

If it's happening because of these then it is temporary and will go away.

But if the fear is surfacing suddenly from inside without any outside triggers then you know that there is some childhood issue, some memory, some suppressed emotion is being released.

In that case, you Chant the **Bhairava Mantra**.
Bhairava is the one who removes Fear.

We have the video on it:

"OM NAMO BHAIKAVAYA SWAHA"

And trust on this. Trust is the question here.
You are actually being taught with life Lesson:
'If you just pray or you also really trust your Deity or your master'
This question is coming to you!

So it's the testing time for you.

If you Trust, Allow, Surrender, and then you will be happy as things will be taken care.

But if you are not then you will not be happy, fear will overpower you and you will be disturbed.

So Choice is there. Most of the Srividya students are taken care by the Divine Shiva Shakti. With time they will come to know how they are protected.

So one thing - put the Protection Shield for yourself and your entire home and your children.
And - Trust the Deity and the Master. Things will be taken care.

And the second thing - you Chant
"OM NAMO BHAIKAVAYA SWAHA",
Light a lamp every night and invoke the Bhairava Energy in the lamp and tell,
"You are the one who protects me and my family ..."

You tell them. Have trust and faith and things will be taken care.

Shivoham!

"Why not to meditate on bed?"

Video Link: <https://youtu.be/oaTm3VMNnqk>

No, not at all. You don't attract negative events and situations to yourself when you meditate on the bed.

You need to understand this.

You attract Negativities when your beliefs are very negative.

You attract Negativities when you don't accept the Divine Grace.

You attract Negativities when you don't respect and offer Gratitude and Care for yourself.

You need to understand...

When you don't meditate,
When you don't respect your Guru,
When you don't respect your Deity,
When you don't respect yourself,
...all these things are there!

Only then, these -
Self-Doubt,
Self-Hatred,
And
Jealousy,
Guilt Feeling,
Will creep in which are the biggest Blocks that create Diseases, and obstruct the opportunities in your life.

So why we suggest you not to meditate on the bed is for only a simple reason...

When we go and sit on the bed, subconsciously our Body and Mind are programmed to go into sleep, okay!?

You don't even need to tell your Mind , " Go to Sleep!"

So at that time what happens is you become sleepy than having an alert state of Mind - this is one thing.

And the second thing is - sometimes the more you meditate on your bed the more you get disturbed with your sleep because you are bringing the Divine Vibration there and sometimes if you are the type of the person who gets alert after meditation then also your sleep can be disturbed.

This is the only reason we suggest not to meditate on the bed, that's all!

Shivoham!

Can I Keep My Attention at Sahasrara Chakra with or without doing Japa and or observing breath?

Video Link: <https://youtu.be/3BJAFKAX7yo>

Yes, you can keep it. You see, whenever we keep our attention on the Sahasrara Chakra, we are going beyond the physical Body and Mind Dimension, and we are going into the state of the Silence.

Please remember.

So this is the state of the Static Consciousness and not the Dynamic Consciousness. It is the state of the Shiva Consciousness. You need to understand that.

If it is really needed for you then, yes, you go, keep your attention in your Sahasrara, if possible do the Kechari Mudra and keep your attention on your breathing here (Muladhara Chakra) and here (Sahasrara Chakra)... feel that your breath is entering at the Muladhara Chakra and touching the Sahasrara Chakra and again your breath is coming back .

So you will try to do this exercise, this type of meditation if you want to go into the deeper Silence, or the Static Consciousness, okay, a blank state of Soul Awareness.

But this is not good for householders if you want to be active in the outside world, outside life, or the Manifestation of desires.

So choose to be clear as for what purpose you want to do this meditation.

Shivoham!

Can I learn all the 7 Levels of Srividya Sadhana at One Workshop? -By Sadguru Sri Sivapremanandaji

Video Link: <https://youtu.be/LQRglHu2eb4>

Here you can learn all the 7 Levels in 4 days.

There is no problem in the Deeksha, or the Energy or anything.

You can learn all the Principles, all the 7 Levels and collect everything and then you start your Sadhana from Level 1.

It is not like how some people think, "oh, if I come tomorrow for the 2 & 3 Level will there be any Energy problem or any other problem!?"

Nothing will happen.

We are only seeding those Mantras. But I will not do so much of Healing because I know what is the capacity of each and every individual.

I will maintain as much as possible. But I do more of seeding those Mantras in your Soul connecting your Soul to those powers.

Then when you start doing the sadhana it can be awakened, active and you can do it.

So anybody can learn all the 7 Levels in 4 days.

And one more benefit of attending all 7 Levels is that of learning Healing, Mind Power, and Havan which are taught during the 4 days.

These 3 things if you have learnt then you can start using them from day 1. No need to wait for the turn of the Higher Level.

For example if I start doing the Level 1, then I can do the Havan of Level 1 Mantra from day one. I can use Siddha healing from day one.

With the Siddha Mind Power Techniques I can start controlling my thoughts - I convert the Negative Thoughts into the Positive thoughts.

Shivoham!

"How to manage stressful job situation?"

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

So the real problem is your job. Either your job is expecting too much from you or it is your feeling that you are putting so much effort from your side.

Because when you say, "stressful and exhausting is your job", I am worried what could be your life after 5 - 10 years and what could be your health condition.

This Stress creates a lot of problems to the health, okay?

So now your question is,

"I want to surrender to the Divine Mother, but I find it difficult to do so at work. How can I let go of control and Surrender to the Divine Mother?"

This Thought itself is SURRENDERANCE actually.

When you Say, "I want to Surrender this....".

When you have accepted this Stressful situation - this job, itself means you have surrendered -

To the Situation,

To the Moment,

To the Time,

To the Consciousness.

No need to worry!

You use the Siddha Mind Power every night or every morning - You visualise what type of job you want or how you want your job should be and it's nature.

And how the reaction should be - if you are feeling Stressful then what could be that and how the stress could be reduced

- You need to visualise this.

And you need to tell this in your Mind whenever you are Stressful:

"In my Inner World I have a peaceful, right supportive Job with the right requirements where I am enjoying and feeling respected, feeling fulfilled and happy!"

Though Joyful feeling has to be triggered - means when negative is there you **have to change it to Positive.**

Siddha Mind Power is very important.

When you say, "I **want to surrender to the Divine Mother!**" - **Accept the situation what you have** and within you say,

"In my Inner World, in my Soul, in my Mind, I have this changed situation (you change the Stressful and Exhausting situation in your Inner World)"

Then what happens?

This itself is SURRENDERANCE - You Accept the Outside Situation, but at the same time you need to bring the changes by the Grace of the Divine Mother with the help of Siddha Mind Power - in between you chant the Mantra...

Or

One of the very important things is **breathing!**

When such Stressful and Exhausting situation arises, **just sit and BE AWARE OF THE BREATHING which itself is the LET GO! LET DIVINE!!**

Tell to yourself,

"Let go all the Thoughts. Bring Awareness to your Breathing. It's the Surrenderance to the Divine Mother - 'Mother, you take it!'..."

You have to do like that.

Then things will be taken care and **you start working with the present situation along with the Acceptance, Surrenderance happening. Also you are Visualising and changing things within.**

Shivoham!

Shall I Meditate in the Morning or Evening/Night? **-By Sadguru Sri Sivapremanandaji**

Video Link: <https://youtu.be/LkT77fAiX98>

You can do the Sadhana in the morning.

Or

You can do the Sadhana in the evening.

...whenever you want.

It is not necessary that you have to sit during the Brahma Muhurta. Please understand. May be for 1 day or 2 or 3 days you will do at 4 o' clock - 5 o' clock. Afterwards you will not do the Sadhana itself. Leave the Brahma Muhurta; you will not even do the Meditation.

So choose one time - whether you like to do in the morning or afternoon or at night.

Fix and stick to it - "11 o' clock at night I will do meditation daily. I will sit and meditate ... because there is no family problems, mobile disturbances, and nothing. I will be giving the time to myself. So 11 o'clock at night, I do".

Yes!

Or

"Morning at 7 o'clock I will do."

Or

If you are a house wife then, "I will wait send all the family members and finish up with all the daily chores and around 10.30 - 11 o' clock in the morning I want to do."
- Do it.

But maintain the same time. Give this time especially because giving time for God is giving time for your own Soul.

This is the Lesson of Self-Care.

Following the Health Laws and Rules is the Lesson of Self-Care.

If you don't follow then a day will come when you will be hit to be taught the Lesson of Self-Care.

All these Rules and Regulations are there.

Earth is not a dimension to enjoy the life, to be Frank, because nothing is permanent here!

If you are looking for

Permanent job,

Permanent relationship,

Permanent Money Flow,

Anything permanent,

Then you will not get here because this world itself is Impermanent which is ruled by the Universal Law of Duality / Polarity - Positive is there - Negative is there.

Day is there - Night is there.

Male is there - Female is there.

- So it is run by the Universal Law of Polarity.

If you are looking for the permanent Partner, permanent Love, permanent Job, then you will not get.

Turn inside to your Soul which is beyond this 3rd dimension. Here you get the Permanent Happiness, Joy, Bliss, and Real Satisfaction.

Real Love and Satisfaction is within you!

Until unless you don't realise this Truth, you will going on be struggling to find the Permanent thing Outside. In this Impermanent World you don't get it anywhere! No Mantra will give you that!!

Only when abiding in your Soul, you experience that!

And people meditating at night - if you feel awake and alert then you shift the practice to the morning time because you will be having sleep problems.

Some people become more energetic after meditation whereas some others sleep off during the Meditation itself.

You should know what type of person you are.

If you are the type who feels sleepy then night time practice is the best for you... meditating and you will be sleeping too!

But

If you are the type who feels more energetic and awake then you have to do it in the morning.

If possible do it one time.

And again if it's possible then do 2 times - morning and evening.

Whoever is more sincere and more devoted for Self-Realisation and God Realisation, have to do 2 times because once you do the Sadhana, the Energy is there for a minimum of 6 hours.

Then if you have your Lunch, then how long it is going to be in the afternoon and how long it is going to be?

Again I need to have my dinner, right?

Same way if meditation is done in the morning then this Energy is there only until the evening.

Again you have to meditate and recharge your battery again.

So minimum once and maximum twice a day you have to do the Sadhana.

But don't do more than 2 times because more than 2 times and more Mantra chanting bring the detachment and this is not good for the householders.

Shivoham!

"Rajarajeshwari Kriya Deeksha importance"

Video Link: <https://youtu.be/cxrjIR-jxbw>

R – Kriya's main objective is
To balance the Pancha Pranas,
To overcome the health issues.

So if you are suffering with anything like Diabetes, BP, Fatigue Ness, to maintain health problems,

Or
If you are going through more Stressful situations and depression and all, where you are holding that Energy in the memory of your cells, then how you are going to release them?

Of course Srividya will help you, but this R- Kriya is specifically for such issues and specifically about

Working with Pancha Pranas and circulating them,

The breathing technique,

How to use the Bandhas - inner Bandha & outer Bandha, and inner Kumbhaka & outside Kumbhaka,

How to use Rhythmic Breathing to affect the State of your Mind,

Bringing the Harmony for yourself

And

Gaining Mastery over Pranayama.

If you see any Siddha Master who does not have Mastery over the Pranayama then he is not really a complete Master.

To become a complete Master, you should know -

How to Control your Prana,

How to Circulate your Prana and in what way.

If you have not understood this then you have not reached the completeness in yourself.

So all Siddhas, whether it's Gorakshanath, Kriya Babaji or Bhogarnath, or Shirdi Sai or any others, they all know the inner dynamics of Prana... Breathing which will connect them to Their Soul, Mind and bring them Health and bring them Mastery in Their Soul and Mind.

This is a very important step.

We are giving it in such a beautiful way and in such a simplified manner that you don't get similar to this anywhere else.

If possible you learn, Practice and see for yourself. It will be an added advantage for your Shri Vidhya Sadhana also.

You do Rajarajeshwari Kriya and then Shri Vidhya Sadhana and see for yourself the change in the Energy and the Shift in the Energy, Clarification in the Energy, State of Mind - everything will be there.

Some people do Shri Vidya Sadhana, but sleep again and again without any awakens and alertness. They will have all of these issues.

But the main objective of the Rajarajeshwari Kriya is Health Aspects.
How to overcome the Health problem which is very important.

Sometime one of your own family members doesn't want to worship any God and Goddesses,

But would want

To have good health and to increase their Brain / Memory Power,

To overcome Stress,

To overcome their lack of Energy

- Rajarajeshwari Kriya is tailor made for them.

Another situation is, you are meditating, but your child does not want to do any Mantra Sadhana, how can you help?

- Then Rajarajeshwari Kriya is the best!

Your wife is not meditating - how can you help her? - With Rajarajeshwari Kriya.

Because there is no Mantras and only has to do with the Breathing technique which is designed by the Siddhas.

In SwaraYoga it is designed...

In Hatha Yoga Pradipika it is designed...

Take any Tamil Siddha literature - this Pranayama is coming from that!

It is not my own teaching.

But that's together coming in an order and detoxifying yourself.

To overcome all the above mentioned issues, Rajarajeshwari Kriya is the best solution.

Also to help your family members, your partner and especially for young children it is very helpful.

For PUC level children who need to meditate and need proper health and need to concentrate more on their studies can take care of themselves with this Kriya.

Some people who suffer from Allergies some of which are triggered by seasonal changes, frequently get Flus, Cold etc.

For them having proper Immunity is very important ... This Kriya is for them.

And also for people who want to have good health.

Shivoham!

How to keep up the Srividya Sadhana Practice during Sickness? **-By Sri Sadguru Sivapremanandaji**

Video Link: <https://youtu.be/J0eryErsul4>

This is very important!

Many of us are going through fever, viral infection and all.

During such times it's very difficult to do the Sadhana.

If you are having Migraine Headaches then you cannot sit...

If you are having cold and you cannot breathe then how you will be able to do the Navakkari Pranayama...

So this is a very good question - How I can keep up with the practice during Sickness?

One thing is - do what is possible for you -

If you can sit then you do the Sadhana at least one round of any one Level.

No need to do all the 7 Levels.

Because during Sickness, what do you need?

You need to Energize, Balance, and Tone your Physical Self.

So it's better that you do any one Level of the Shri Vidya Sadhana.

If that's not possible then you can do it lying on the bed also...

If even that's not possible then you just Chant the Mantra!

Is it clear!?

You just Chant the Mantra in your Mind.

No need to go through all the 7 Levels.

So when we Chant the Mantra, automatically we align to our Soul, our Consciousness and we bring that Higher Self, Higher Energy, and Higher Dimension in us.

Whatever the Sickness, and infection we are going through, those can be cured very fast.

Shivohum!

"Lord Buddha, Real suffering & Happiness"

Video Link: <https://youtu.be/o8y73wJkPwY>

This Worldly Life is a temporary Duality that comes - goes.... comes - goes... comes - goes like the temporary Happiness, temporary Joy, temporary Pleasure.

There is nothing permanent.

But we are going on seeking for that and struggling for that and not realising that this itself is suffering!

That's what Lord Buddha had, you know!

He had a Kingdom, having all the Luxurious Life. Everything he had.

Then why he had to leave that!?

Didn't He see that it was pleasure there!?

Didn't He see the Luxury there!?

Didn't He see the Happiness there!?

No!

He saw the Inner Suffering. That's a Permanent Suffering!

"One day I will also get this disease...

One day I will also get older...

One day I will also experience that Fear of having to lose my own loved ones...

Then where actually is any real happiness!?

It's all temporary!

Then what/ when is the Liberation from these temporary things?"

That is where his real Spiritual Journey started!

He started asking about these to His father.

But his father didn't understand any of these things. For him, "everything's so happy, so joyful and so enjoys the kingdom"

But for Buddha's Heightened Awakened Consciousness ...He is perceiving the Truth...

He perceives the Truth in everything!

He seeing the Universal Law of Duality working everywhere.

Inside Him, He sees that Positive thoughts are coming, and Loving Thoughts are coming about this person.

And suddenly the same Loving Thoughts about the same person are changing into Anger Thoughts.

See, when we have a relationship with one person, our feelings will change for the same person.

Today I am very happy about the behaviour or the talk about this person.

Tomorrow!?

I am upset with the same person!

The person is the same. You are also the same. But the process that is happening, the Duality that is happening - this 'Come & Go', is creating the problem!

But you are not seeing this happening within you and you are fighting with the outside person!

Same with the Seasons.

Rainy season ... when in summer, so much sunny means then we will be expecting, "when rain will come?"

The moment rain comes, first day, you will be so happy, "Wow! Rain has come! So good feeling! So much cool!"

Now after continuous rain!? Say after one week?

"Oh my God! This Rain! I want to go here and there!"

For the same Season, you were happy, but now you are unhappy.

You see that... outside thing has changed or inside thing has changed?

So Lord Buddha saw that this is the Suffering!

That Duality is happening to me within. Happiness is coming to me, but does it remain?

Never! It converts into a Depression!

Love for someone - is it Permanent or is it going to change?

It is going to change!

That is the Nature!

That is the Real Suffering!!

Temporarily getting a Job or what you go through after getting the job is not suffering.

Real Suffering is already happening within me as Duality - at the Mind Level, at the Body Level!

Fear is coming.

Stress is there.

Insecurity Feeling is there.

Competition is there.

So many things are happening nonstop.

When is the MUKTI from these!?

That is the Real Question of Lord Buddha!

That's the Real Question... **then the Real Spirituality starts!**

Until then only Ganapati Mantra, this Yantra and that Yantra!

That is not Real Spirituality!

Real Question comes from, **"I am really suffering and I am no more able to overcome this!"**

THEN SURRENDERING HAPPENS!!!

To the Duality, to the situation... I start accepting!
Anger, I start accepting!
Something happening and I accept - Good happens - accept! Bad happens - accept!

Then I start going beyond the Dimension of the Duality - Mastery in the Yogic Level...in the Master Level.

Overcoming the Negative Thoughts & the Positive Thoughts, the Negative Situations & the Positive Situations ... when I see the Reality, the Fact that I cannot change it!

I can only ACCEPT, BE in my own SOUL as my SOUL is the ONLY DIMENSION That CANNOT BE CHANGED!

It's the PERMANENT, ETERNAL, UNCHANGING STATE of CONSCIOUSNESS!!

So everyone is abiding in their own Soul, Realising the Truth that True Happiness is not outside, but the True Happiness is within!!

And they stop expecting outside and start Accepting whatever it is, and thereby start living happily within them!!!

That is Spirituality!

That's the Real Spirituality!!

Shivohum!

Which Sadhana can I do intensely to solve my financial or legal disputes?

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

Durga Sapta Sati is an all-round Mantra!

We call it the **Siddha Kunjika Strotra - The Perfect Key for all problems.**

You can use that Moola Mantra or Siddha Kunjika Strotra,
Make a Sankalpa, and Chant it for 9 times or 3 times

Or

Just the Moola Mantra - Chant for 9 times or 27 times or 54 times or 108 times depending upon your issues. If possible add the Havan procedure as it's very powerful!

Whenever I do the Havan, especially for the material desires, to solve our problems in the Material World, it's a very, very effective tool. So Use Havan, Use Srividya Mantras, Use all the Group Meditation Mantras - whatever Mantras you have received so far - I have explained their applications and uses...so according to that you use them to solve the problems in your life and overcome your issues. So DSS and Srividya are very, very powerful. These 2 will take care of every problem, to be frank!

But still I am giving all the different other Mantra Deeksha just to fulfill and make you and your Mind happy!

Your Mahishasura Inside wants all the Sadhanas...

Every technique it wants to know,

Every Mantra it wants to chant,

Everything it wants to accumulate...

And hence feel powerful, empowered.

So I am giving all the Sadhanas.

Only Srividya is more than sufficient!

What is needed is -

Self-Analysis,

Japa,

Havan,

&

Siddha Mind Power.

But I am giving all other things. Because I don't want you to go and take this Deeksha from this Guru and that Deeksha from that Guru. And there are so many mixed principles, so many philosophical changes that you can get confused and you will not be progressing and you will be stuck in your life.

Hence I am giving all the Deeksha of different Mantras, different things and all, just to bring you into One Path, one Guru Parampara, one teaching, So that, you can Overcome all your problems, Lift yourself, Get Self-Realised, God Realised, Awaken your Truth and Manifest your Truth and bless yourself and the entire world.

Shivohum!

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

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

It's very natural as a beginner. I think you have taken the Deeksha 2 or 3 months ago in the last workshop.

It's very normal, Madam. You can do the Shri Vidya Sadhana. And it's very easier to go into the Trance state.

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

It's normal for many of us when we Meditate... somewhere we lose track of it and we don't know where we are and we go into a blank state.

It's very normal until unless your Body is really absorbing, aligning, preparing and adjusting to this 5th dimensional Energy.

So you meditate. Don't worry.

At least you allow some more time of 2-3 months. That can be very helpful to you.

Shivohum!

**"Why there are different Protection Shields in Srividya Sadhana?"
-By Sri Sadguru Sivapremanandaji"**

Video Link: <https://youtu.be/wo-WvNHXk3s>

If you feel that the Protection Shield which you have learnt in the Shri Vidya Sadhana is not sufficient then I suggest you to go ahead with Baglamukhi, Pratyangira and Batuka Bhairava.

But here, I need to know what you mean,
"Not enough for me...".
It's a very important question!

I don't know in what sense you are saying, "This protection shield is not enough for me".

If you are going through a very severe Negativity, Psychic Attacks, Tantric Attack then alone I suggest you to go to other things.
Otherwise if it's about just negative thoughts then its okay.... you continue with the Shri Vidya Protection Shield.

Shivohum!

"How to Manage the Saliva Secretion in Mouth While Meditating?" -By Sri Sadguru Sivapremanandaji"

Video Link: https://youtu.be/K8QJC5j_ahA

Actually the more we meditate, the more we bring the transformation in our growth factor...in our Saliva.

Sometimes, you see, we do some particular Pranayama and our Saliva starts absorbing the growth factor - Neuronal growth factor.... some Hormones will be produced there.

So it's better you swallow that Saliva. It's not a bad thing, I am telling this again and again... whatever that is produced by this Human body is a precious thing, no matter how it is, whether it is smelling good or bad.

We believe that if it smells bad then it is bad; if it smells good then it's good.

So don't go with all of these.

If Saliva is secreting during meditation then you swallow that and meditate, no problem at all.

Or you take a glass of water in between, hold it and drink it ...if you don't want to swallow that Saliva, drink some water that will be comfortable to you and also supportive in your meditation.

It should happen. With many Pranayama it happens - the Saliva will be more.

With Kechari also the Saliva will be more.

Pranayama secrets more Saliva means that your inner glands are producing more things and it is good for you.

Shivohum!

Why awareness of life lessons is needed?

Video Link: <https://youtu.be/0HNTZ6AJtPQ>

Why do we need to bring Awareness about these Life lessons?
What is the use of these Lessons?

To know ourselves (students)

Behind every problem there is one Lesson for you!

Everybody is going through different problems...
Somebody is going through the health problem,
Another person is going through the relationship problem,
Another problem is going through the Money problem,
Another problem is going through Psychic Attacks,
... Everybody is going through such different problems, why is it?

There is a Lesson behind that!

Why there is a problem?

To learn a Lesson!

There is a challenge for us.

Once you learn these 5 lessons, your existence on this Existence on this Earth is complete!

You no more come back on this Earth to learn the same lessons.

You will be going to the Higher Dimension!

Shivohum!

**"We make choices without intention. Do these generate Karma?
-By Sri Sadguru Sivapremanandaji"**

Video Link: <https://youtu.be/sKjBGGs7zIc>

Many times we will be talking with people, watching the television, or we see something and we indirectly feel, "I also want it!"..." I also want to be like this!"..."I also need it!"

But when you go to your home, you know that it was not needed at all.

So such choices are going to create / generate any Karma!?

Of course.... that's how we are coming from one life to another life without knowing where we are going.

We are making the choices.... unknowingly we are making our choices because of our friends, family and we are coming again and again!

So the choice is made only once then it is not a problem.

But if you make a choice with such an intensive emotion and feeling then obviously it's going to land in your Manifestation!

And some people make choices out of fear also which will be effective!

So Yes!

These choices generate Karma

If you repeat them again and again,

If they are attached with more feelings and emotions,

And

If they are attached with Fear,

.... Then obviously they are going generate Karma.

If you just make a choice but forget about it then it will not generate Karma!

Shivohum!

Why I See Scary Faces while Practicing Srividya Sadhana? **-By Sri Sadguru Sivapremanandaji**

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

This is very normal. When we work with the Chakras, as I have told you, a complete Blue print of our present life and all the past lives is stored in our Energy Centres. Psychic impressions of the past lives are stored.

When I am working with the Chakras means there is a release of Energy, Psychic impressions and Karmic Impressions happening.

So these releases, if you are clairvoyant enough, then you can see them as faces - some of which are good and some of which are bad.
So don't worry about it.

You just need to offer and surrender to that.
Don't do anything about that.
You should just say,

"Mother, you are helping me release all of these - good faces also and bad faces also...both are mine only or my relationship with families - my old family in the past lives. Whatever it is I surrender to you.

I am ready to release all of these. Please release more of these. Make me more Pure and show me the real face - who am I - so that I can be blessed with that!"

Shivohum!

Sri Sivapremanandaji



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

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

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