

Sri Sivapremananda Teachings – Vol.9

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



Sivapremananda Self-Realization Center

Bangalore, India

Mobile: 7483528148 / 9901019177

Email: prem999ananda@gmail.com

www.srividhyasadhana.com

TABLE OF CONTENTS

1. "Fifteen versions of Khadgamala & Panchadasi mantra".....	1
2. Out of body experience while practicing Varahi Sadhana.....	2
3. How to help a sick person using Varahi Mantra.....	3
4. How Sri Mahavatar Kriya Babaji has connected to our Guru lineage.....	4
5. Maha Shodashi & Shiva Sowbhagya Shodashi mantra difference.....	6
6. Can we reduce the Bhatuka bhairava mantra during Asta bhairava protection shield.....	8
7. Which color clothes should we wear while practicing Shakti Sadhanas?.....	9
8. I started seeing Shodasi sitting on Siva in a lotus, what does she signify?.....	10
9. How to Cleanse, Energize & Program the Rudrakshi?.....	11
10. Can we do any physical activity like Yoga just before or after the Srividya Sadhana?.....	13
11. Real teachings of Gururji in dream about subconscious mind and Soul.....	14
12. Which Sadhana can we do in Manikarnika Ghat of kashi?.....	15
13. Can I chant "Achyutaya Ananthaya Govindaya Namah" only instead of complete Health Mantra?.....	16
14. Can I chant the mantras even if I am not seating on the asana.....	17
15. Is it possible to experience living in an ocean of consciousness?.....	18
16. Mantra to change and alter the cellular information?.....	19
17. Does Bhaglamukhi only change enemy outer behaviour or inner character also?.....	20
18. Is it a mandatory to chant Thirumoolar 51 Syllable Siva Mantra after Srividya Sadhana Meditation?.....	21
19. Why nyasa & other rituals are not required after taking deeksha?.....	22
20. Can we chant Moola Mantra of Srividya Sadhana while working, as we won't be having a count on it?.....	23
21. How to pray & request Matangi Devi's Energy & Presence!.....	24
22. Scared of losing family on the path of Self-Realization.....	25
23. How to do distance healing using Shodasi Nithya Devathas Mandala.....	26
24. Experience of calling my name by divine mother!.....	27
25. Why the separation from divine hurts so much? How do I overcome this feeling of sadness?.....	28
26. Can I meditate with Mulanji in golden body in Gyna kunj?.....	29
27. Can we do havan of Mother Dhoomavati?.....	30
28. I feel guilty when I take a break from doing Sadhana! How to overcome it?.....	31
29. Is it possible to get self-realized while carrying the worldly duties? How to manage both together.....	33
30. How to Locate Chakras in Your Body.....	35
31. Rain Sound happening inside during Srividya meditation.....	36
32. I felt very feverish & like lying down after group meditation.....	37
33. "Who is Satguru or Sadguru?".....	38
34. After Srividya Sadhana Level-3 meditations, I feel like growing short & tiny is it normal?.....	39
35. "Can I attend 10 days of Vipasana meditation?".....	40
36. Psychic experiences in meditation are not permanent!.....	41
37. "Can I use health mantra to bless all the kids in a School?".....	42
38. My japa mala split broke in half. Is there any significance to it and how can I dispose it.....	43
39. "I use the same chair for working in day time & also for meditation. Is it Ok?".....	44
40. Can we perform Srividya Havan outside the house?.....	45
41. Sahasranama & other Namavali importance.....	46
42. Why is it that kali, Kamakya, Tara almost all forms of Shaktis are given a animal sacrifice.....	47
43. How many times should we chant the mantra to get the mantra siddhi?.....	48
44. "Ups & downs of the life!".....	49
45. Can a Srividya Sadhak celebrate festivals?.....	50
46. Om Samadhi Deeksha during Meditation & one verse from Thirumandiram for greater upliftment.....	51
47. Amnayas, Panchamaveda, Meaning of Beeja Mantras & Other knowledge.....	52
48. While doing Soham, I feel cessation of breathe. How to overcome this.....	54
49. How to do the Prayoga of Durga Saptasathi Mantra for Desire fulfillment.....	55
50. Why I see different colors during Siddha Healing?.....	56
About Author.....	57

"Fifteen versions of Khadgamala & Panchadasi mantra!"

Video Link: <https://youtu.be/Ux2eYwWMuTc>

You just do the Khadgamala that you have received. It's more than sufficient.

When we are doing the Srividya Sadhana, specially the Level 5, **all these 15 versions' Energies come in the Panchadashi Mantra.**

Please understand.

**Every Beejakshara of the Panchadashi Mantra holds the power of this Khadgamala. That's the power!
That is the Grace of Lalithambika,**

So the main Deities of Khadgamala, you connect. All the 181 Deities and then you do the Panchadashi Mantra.

What happens?

And every day you do it. Today you are doing the Panchadashi Mantra in the Srividya Sadhana plus the Khadgamala Stotra means whatever the Nakshatras, The Moon, Rashi and the Planet of the day - those Energies are coming to you.

So without knowing these details, you are still performing / receiving all the 15 versions' Energies of Khadgamala to your Soul.

That is why I suggest that regular Meditation is very important to receive the Energy of the Planets and all!

Shivoham!

Out of body experience while practicing Varahi Sadhana

Video Link: <https://youtu.be/VGTV-JwUsSs>

You need to understand that you are doing the Sadhana of the Divine Mother Varahi.

She is the greatest Mother of all Mothers!

She is the Lalithambika Swaroopini taking care of you!

She is the Angel of Protection!

So you should not have any fear that whether you will come back to your body or not. You have so many Karmas and hence you will come back.

So don't worry about it!

Many of us have many Karma and so it's not like you will leave the body and not come back!

No! Not at all!!

It's just the Ego! Your Ego has this fear. Your Body Consciousness has this fear, anxiety and stress, "Oh! What will happen if I don't come back! Who will take care of my baby and all!?"

But be careful and understand whom you are worshipping!

The Universal Mother is whom you are worshipping!!

Do you think she will take you away from your baby?

Not at all... Not at all!

So drop this fear. Meditate!

If Out of Body experience happens then know that you are going to touch your Higher Self-your Soul!

And you will not leave.

And second thing that you need to understand is - all these 5 different types of Body is connected... one thread is there.

That thread will not drop until your Karmic or your Purpose of Life is fulfilled on this Earth.

Then only we say Death.

When Death comes only then the Subtle Body will separate from the Soul.

So don't have any fear. Drop it,

Enjoy your meditation. Whenever you have that fear remember,

"Mother of all Mothers is Lalithambika, Rajarajeshwari and Maha Tripurasundari, coming as the Protective Force in the form of Varahi and taking care of me, my baby and my life. So I surrender and happily meditate. I drop my fear!"

You affirm all these things. Convince your Mind. Then your Mind will be relaxed and you can do better Sadhana.

Shivohum!

"How to help a sick person using Varahi Mantra?"
-By Sri Sadguru Sivapremanandaji"

Video Link: <https://youtu.be/5XtQh6OFESc>

So, if you want to help a sick person, then you just need to

Chant the Moola Mantra of Mother Varahi

Here both Mantras work - **Dusta Pradustaanam** also works and **Roga Praroganaam** also works.

So you need to just rotate the Moola Mantra of Mother Varahi.

I suggest to go for **Dusta Pradustaanam**.

Many times what happens the person is feeling sick due to the Negativity Energy in the Aura.

So you just rotate this Mantra around the person's complete Aura.

But don't work on the Chakras.

Complete Aura you rotate with this Mantra ..." **Om Aim Hreem Shreem Aim Glaum Namoh Bhagavati Varthali Varthali...."**

Like this complete Mantra you rotate from top to bottom for minimum 3 times or 9 times to maximum how many ever times you want - it depends upon the person's sickness , for example if the person is in the ICU then do it for 15 - 20 minutes.

Every 2 hours you have to rotate the Mantra if the person is going through very bad health issues.

So you can do the Moola Mantra only and need not work with the Chakras.

Shivoham!

"How Sri Mahavatar Kriya Babaji has connected to our Guru lineage?"

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

Not only Kriya Babaji, even Lord Jesus, even Shirdi Sai, Dattatreya, and all these 18 Siddhas, specially Gorakshnath are all connected to our Guru Parampara some or the other way.

Because a Master cannot be in one Life time. Master means His background spans not only one Life time but many many life times!

May be the final... ultimate Life goal or ultimate expression of the Soul is the Master in the...May be the last Life!

So My Teacher Sivakami has connected with Kriya Babaji, has connected with Lahiri Mahasaya.

She has connected with other Masters...Sufi saints also She has connected with!

So if you take one Master and go to His background.... background of a Siddha or any Real Teacher then you will not find the origin from where He has come down. Because He doesn't have one Life history, but history of many, many Life times. Spirituality is like this!

If I accept somebody as a disciple then I have to take care of the person until he gets liberated!

You don't know for how many life times it takes!!

So it very difficult to accept one disciple!

It's a very, very tricky thing!

And also it's very difficult to find such a disciple who really deserves for whom I can wait for many, many life times!!

It's very, very powerful than any parents or whatever other human relationships.

So Kriya Babaji has been connected with Sivakami Om Anandi, with My Soul, with Thirumularji and all the Siddha Parampara.

So He has been guiding us!

In short I can say it is only through Kriya Babaji that Sivakami got introduced to the Spiritual Path ... through Paramahansa Yoganandaji, Swami Bhakthananda, and Kriya Babaji She entered into the Spiritual Path and practiced the Kriya Yoga for many years

Then She was able to connect with Her true Guru - Thirumularji!

Then Thirumularji had started to coming into her life from whom She received many, many different teachings...Shiva Yoga, Srividya and VA Si yoga, Kriya Yoga and many higher level of teachings which are very, very rare to find in books.

It's Guru Mukhi Vidhya where Guru teaches only to the right disciple!

So that is the Path.

Kriya Babaji is connected with us!

Okay!?

Even I am telling you that Lord Jesus is connected with us!

Even Shirdi Sai is connected with us!

So there are many masters connected with us. Even Siddhas!

Agastya Muni is connected!

Even Swami Ramalinga is also part of the group!!

If I go on saying all of this then it is very difficult and it becomes confusing also -

How can Avadhuthas also come in your Lineage?

How can Sufi saints be part of your group?

How can Siddhas also come in the Guru Parampara?

It's a very, very tricky thing. So we have just kept only some of the important connections i.e. people know about their Masters.

There are some Masters many people don't know about!

Maha Tapasvi Babaji is thereHe of Gyanagunja is connected to us, you know!

The Tapasvi or Yogi Vishudhanandaji is also connected to us !

There are many, many Masters connected to us like this about whom we cannot reveal all the things as it is very difficult and the students get confused.

But you know that our main Master is Thirumularji... our Main Master is Thirumularji!!

From Thirumularji there are many disciples again!

You know, Kriya Babaji is also one of the disciples of Thirumularji.

If Kriya Babaji is His disciple then again He comes in our Parampara only!

So these 18 Siddhas work together!

This Nada Parampara Siddhas, Avadhuthas work together, okay!?

But despite having all this knowledge, we need to hold on to one Master and go beyond that.

Because **Master is not a Physical person**, you need to understand!

Master is a Principle!!

Guru is a Tattva that Manifested in you, ultimately as you in the form of a Soul - as a Chaitanya Rupa or Awareness or Consciousness!

Shivoham!

"Maha Shodashi & Shiva Sowbhagya Shodashi mantra difference!"

Video Link: <https://youtu.be/GY6bMzV1fKE>

Level 7, what is the importance?

When we do the Levels 4...5...6 and then we go the Level 7, where Level 7 has the Energy of all the six Levels.

So it's the last stage of whatever Tapasya you have done through all the Levels, where you are getting the Power of all the Levels in one Mantra and Meditating.

And also in the workshop, what have I explained?

Level 7 Mantra takes your Kundalini from the Muladhara to the Sahasrara and to the Parabrahma or your Divine Self / Higher Soul and then it brings back to the normal Muladhara so that you can function normally in the Third Dimension and then manifest and balance both Spiritual and Material World.

That is the Power of the Srividya Level 7 Sadhana which you need to understand!

What is Maha Shodashi?

In some Parampara, actually, they give the Mantra of Ganapathy, Varahi, Bala, Rajamatangi, then they give the Panchadashi Mantra and others that they have in their own certain order.

All these Shakthis are in one Mantra, which is the **MAHA SHODASHI MANTRA!**

So all these - **Ganapathy, Durga / Varahi, Rajamatangi, then Bala - Shakthis are combined in this one Mantra - Maha Shodashi Mantra!**

So after following all those stages, you reach to Maha Shodashi and then you will be chanting only Maha Shodashi of that Parampara as it is.

So I give this Maha Shodashi Mantra when I have been guided by the Divine Mother to a particular individual.

This Mantra is not given to the public. That's the tradition that has been followed by all the Masters. It's like that!

Otherwise, if you don't prepare with all the Shakthis then even if you Chant the Maha Shodashi, it won't work.

So there are many conditions, restrictions and all of that.
Hence it is not a part of our Sadhana.

Srividya Level 7 empowers mantras of all the seven levels and takes you to Self-Realization and God Realisation.

So there need not be any comparison between this and that.
There is no need for me to again give that one.

I only give the Maha Shodashi when guided by the Divine Mother and specially when some students have done this Sadhana in their past life and they want to help the humanity - at that time when I have been guided... only then I give this.

So some Mantras - like this mantra, Maha Shodashi, Purna Maha Shodashi, Para Maha Shodashi, Taradhi Maha Shodashi, Bhuvaneshwari Maha Shodashi... there are 32 forms of Maha Shodashi - what is needed for the person, I give only them that is guided by the Divine Mother.

It's not asked by the student!

**I sincerely follow the Guidance given by My Divine Mother Lalithambika!
I follow her instruction who is my Guru!!
She is My Father and Mother!!!
I am here to serve her!!!
I am not here to fulfill just people's intentions and all!**

So if I am guided then only I will give those teachings as the Will of the Divine Mother!!!

Shivoham!

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

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

For Protection Shield, I don't suggest you to Chant 108 times. Even you can chant 3 times or 9 times. Each Bhairava mantra for minimum 3 times. And also Batuka Bhairava for minimum 3 times is sufficient or 9 times. That's sufficient, okay!?

If you don't have time then chant 3 times each Bhairava mantra and start doing the Rajamatangi Mantra.

There is no mandatory number.

But whenever you have problems with the enemies, whenever you have problems with negativity, and whenever you have failures in your life at that time you have to increase Batuka Bhairava Mantra Sadhana. At such times you have to increase the Mantra Sadhana to one Japa Mala, to two, to the maximum of 3 Japa Mala.

That is how we have to decide according to the situation, according to the problem you are facing, you need to apply the guidelines, the Mantra Shakti, and all the tools as Homa, Havan, and Japa.

You have to apply and make your Life Successful!

Shivoham!

"Which color clothes should we wear while practicing Shakti Sadhanas?"

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

Most of the times we suggest for the Shakti Sadhna, Red colour... bright red or bright Yellow. That's the good thing.

But what I have seen is that some students when they wear Red colour, their Muladhara Chakra becomes Overactive. They feel more tension, more anxiety, more disturbances. So we have not made any suggestions for colours for doing the Sadhana. The best is to wear Pure White colour.

You can use it for all the Sadhanas.

Why?

It's the colour that balances. It has the Highest Vibration.

You can do the Shiva Sadhana, Shakti Sadhna and all.

Even if it is not there then whatever you have you can use.

So in our Parampara there is no restriction on the dress code, I am telling you.

If you want then you can do it.

Otherwise no restriction of Japa Mala.

No restriction of what sadhana and all.

Because we don't follow the Shastras. Shastras have their own way of teaching. Siddhas have their own way of teaching s.

We come from the Siddha Parampara. We follow what the Siddhas have taught.

If I go on referring / comparing the Siddha teachings with those of the Shastras, then so much conflict will be there, and confusion will be there.

So the choice is yours. I can only suggest these things.

If you want then you can use the Red colour...try it and see how you feel. Or you can use the Yellow colour also. Both are good.

If not White colour can also be used.

Shivohum!

"I started seeing Shodasi sitting on Siva in a lotus, what does she signify?"

Video Link: https://youtu.be/IR_mgjdV0yk

It's a blessing!

Now you are about to reach the Level 6.

Mother is already attracting you, telling you that you are ready, prepared to receive her,

"I am ready to receive you!"

That's what Shodashi is showing you. She is one with Shiva and she's blessing you! On the Lotus, She is sitting with Shiva means these are all very, very positive experiences that you are doing well and you are going ahead!

Shivohum!

How to Cleanse, Energize & Program the Rudrakshi?"

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

Q:

Since I am in the peak phase of Sade Sati and I am experiencing lot of problems health wise and money wise I wanted to start wearing a seven Mukhi Rudraksha which I got it from the certified distributor directly from India. I like to purify and energize it. Can you please tell me how to do it?

A:

So what you do?

Once you receive the Rudraksha, one of the best Mantra to cleanse and Energize is the Shiva Mantra.

So you keep your Rudraksha in your left palm and close with the right palm.

Once you do this, you make an intention:

"I ask Thirumularji, Divine Mother Lalithambika and Lord Shiva to Cleanse, Heal and Energize this Rudraksha"

You make this intention and then you Chant:

" OM NAMAH SHIVAYA"... "OM NAMAH SHIVAYA "... OM NAMAH SHIVAYA "...

Like this you Chant for 10 minutes.

This is the process of Cleansing, Healing and Energizing.

Once you Chant for 15 minutes, you blow air from your mouth 3 times over the Rudraksha.

Now what you do?

You make a Sankalpa to connect this Rudraksha with your Soul for the purpose you are wearing it.

In your case, you want to overcome the Shani Sade Sati and you want to wear the 7 Mukhi Rudraksha.

So what you do?

I ask Thirumularji, Divine Mother Lalithambika and Lord Shiva, connect this Rudraksha to my Soul and reduce all the Negative rays of lord Shani to me and help me to experience peace, harmony, protection and abundance in my life. So be it."

And again you Chant the Mantra for 10-15 minutes.

" OM NAMAH SHIVAYA"... "OM NAMAH SHIVAYA "... OM NAMAH SHIVAYA "...

Then you blow 3 times again.

This is the process of Cleansing, Healing, Energizing and Programming your Rudraksha. The same process is applicable if you want to wear Crystals.

Instead of Rudraksha, you keep the Crystals.

Instead of Rudraksha, you keep the ring.

And you energize and very important is you need to programme it.

Otherwise the energy will be distributing like anything.

When I programme and assign the task, it will connect to my Soul and create a protection shield around me and start working.

And do this Cleansing, Healing, Energizing and Programming every week I guess... weekly is better.

Do it every week and you wear it.

And if possible do this Cleansing, Healing Energizing and Programming after the Srividya meditation.

It will be more powerful because your energy is raised, your connection with Shiva Shakti is very good and you are one with Shiva Shakti...at that time you do the programming.

It's very powerful!

Shivohum!

"Can we do any physical activity like Yoga just before or after the Srividya Sadhana?"

Video Link: https://youtu.be/aHR_7btMRx4

As I have said before, this will be really good if you do some physical movements, Yoga, Warm-up exercises.

If you cannot do then at least you slap your body.

That you can do it! This much exercise you can do!!

If possible do them before the Meditation. That can be helpful for you.

But if you are doing the Sadhana early in the morning that you can't do these before the Meditation then do them some other time.

So it's really good. You see how your body is.

After physical exercise have minimum 10 to 15 minutes of gap. Then you go for Meditation if you are doing so many Yogasana and all.

If you are just doing the Warm-up exercises then 5 minutes gap is sufficient for you to go for Meditation,

Shivoham!

"Real teachings of Guruji in dream about subconscious mind and Soul?"

Video Link: <https://youtu.be/5gFTVhjdDD0>

Both are really the Truth!

You are the Spark of Shiva Shakti and your Soul is nothing but Shiva Shakti!

Your real name is Shiva Shakti and that is what you experience which is very true.

And the second thing is that your Subconscious Mind is the Kalpavriksha Kamadhenu because that is where, whatever you feed to your Kamadhenu - Subconscious Mind - that is going to manifest.

So these are True experience that you have received in your dream!

Shivohum!

**"Which Sadhana can we do in Manikarnika Ghat of kashi?"
-By Sri Sadguru Sivapremanandaji"**

Video Link: <https://youtu.be/eGIdlJpJH0A>

Q: Varahi or Srividya Sadhana?

Both will work.... Varahi also works and Srividya Sadhana also works.
And Ashta Bhairavas Sadhana - Batuka Bhairava Sadhana is also very good when you go and meditate in this type of place - the Manikarnika Ghat.

Any Sadhana, even Srividya Sadhana works.

But what actually you want is very important!
Whether I want to activate the Varahi Mantra
Or
Whether I want to activate the Bhairava Mantra
Or
Whether I want to activate the Srividya Mantra
.... That Mantra you meditate on at that place. That's very important
- What Tantra I want to activate,
What Mantra I want to activate.

Because many of you.... Srividya is good.... but you are going through the negative problems - in such cases I would want to go for Varahi .
So I go there, sit at the Manikarnika Ghat and do the Varahi Sadhana more or do the Batuka Bhairava Sadhana more and then do the Srividya Sadhana.

So you can exercise such choices.
And there are no specific instructions.
You already have got the Initiation.
How much you make good intention and much you devote, involve and meditate, to that extent is your result!

Shivohum!

"Can I chant "Achyutaya Ananthaya Govindaya Namah" only instead of complete Health mantra?"

Video Link: <https://youtu.be/H-q6DemXz60>

It's a magnetic and very energetic words of Lord Vishnu and Krishna that has the promise to overcome all types of Negative Energies and especially all types of Health issues. That's a given!

You can only Chant this Mantra if you feel connected, receiving very good results.

No problem. No need to chant the entire Health Mantra.

"I do 9 times the Health Mantra and rest of the time I use these 3 words of Health Mantra."

Good! You are managing good!

Whatever feels connected to your heart, you need to continue it.

And you are doing the Health Mantra also.

You are very well guided by the Divine and you are doing well, okay!?

Shivohum!

"Can I chant the mantras even if I am not seating on the asana?"

Video Link: https://youtu.be/ehS264_OMEI

You can chant!
That's what we call Mantra Japa.

Apart from the Meditation, You have to keep on chanting this Mantra in your Mind.
The more you Chant the more you hold the Divine Vibration.

It's the Inner Meditation.
Whether you sit or not, it has nothing to do with it.

Japa is the inner meditation.

You just need to do. Whether you are wearing the shoes or not, don't worry.
Whether you are in the right place to chant or not,
Whether you are in a shopping mall.
Whether you can chant in the mall.

All These things you let go!
You just do!

You cannot believe, when the Mantra gets activated, it keeps on going, whether you are at home or in your office, whether you are in the wash room or in the market.

It will not stop at all!

Whether you wear shoes or not...it doesn't matter.

When the Divine Mother's Mantra Awareness in the Soul because of the Deeksha it keeps on happening within us!

Then there is no condition!
You cannot say, "Stop the Mantra!"

So don't put any conditions.
Chant the Mantra wherever you want!

Shivohum!

"Is it possible to experience living in an ocean of consciousness?"

Video Link: <https://youtu.be/IlAufCGv7ZI>

This Ocean of Consciousness is the Experience of God Realisation.

As you Experience Samadhi, you will Experience that

"EVERYTHING IS I AM ",

That,

"I AM EVERYTHING",

That,

"EVERY BODY IS A PART OF ME"

And,

"I AM THAT ONE"

And

"THERE IS NO TWO "...

That is the **ONENESS!**

That is the **OCEAN OF CONSCIOUSNESS!**

So it's possible!

Shivohum!

Mantra to change and alter the cellular information?

Video Link: https://youtu.be/sxwm7C_YHVc

Ucchishta Chandali Mantra can be helpful!
Thirumoolarji's Shiva Mantra also can be very helpful.

Both Mantras can be very helpful!!

Even Srividya Level 7 Mantra also does this!

Even Vancha Kalpa Latha Ganapati Mantra does this!

Shivohum!

"Does Bhaglamukhi only change enemy outer behaviour or inner character also?"

Video Link: <https://youtu.be/tCuDAnov01E>

Question:

I would like to understand Bhagalamuki better and how she works. I am currently working with the Bhaglamukhi regarding an enemy in my outer world who has an evil character.

For example, this person does not seem to experience empathy and will cause harm to me or to an animal without experiencing guilt. This person also gets pleasure out of hurting me and causing me pain. Does Bhagalamuki only change their outer behaviour? Or does Bhagalamuki also change their inner character so that they develop a conscience and feel normal human emotions such as empathy, guilt, remorse and all of that.

Answer:

Baglamukhi...Her first job is to do this Sthambana means to paralyze your enemy not to do all these evil things

Or not to come near to you and do all of that. If you are doing the Bhaglamukhi sadhana and again you are facing all of this means the sadhana that you are doing need to be intensified.

More number of Japa, more with a stronger intention and with a stronger emotions.

And if possible again you have to add the Havan. The fire ritual need to be added to empower, to make it more powerful.

So of course she will, as you see her in an image, she's holding the tongue of enemy and hitting him.

Means she is making him silent and punishing him to realize the mistakes that he is doing.

So both She does this, both She does this. But it takes some time.

Some enemies learn in a faster way. Some of them have to go through a lot of trouble for themselves. Then they realize and then they come back to be the normal person because the karmic balance will be there between you and the person.

The Divine Mother will work with karma, with a person, with all.

Even the punishing is also done by the Baglamukhi.

It is a very, very powerful Mantra. A Very, very powerful way of doing it.

Shivohum

"Is it a mandatory to chant Thirumoolar 51 Syllable Siva Mantra after Srividya Sadhana Meditation?"

Video Link: <https://youtu.be/RUwUAIEBL20>

This is very normal and natural.

As we progress in Srividya Sadhana, more Divine Mother Energy manifests and more She goes towards Bliss, Joy, Consciousness and Awareness i. e. Shiva... from Energy to Consciousness.

Energy we call Shakti; Consciousness we call Shiva.

So all these Srividya Mantras are Shiva Shakti Mantras ... Shiva and Shakti Mantras.

So it is not Mandatory or necessary to go for Shiva Mantra meditation.

This has been a problem with many students because they don't understand that Panchadashi Mantra itself has Shiva and Shakti!

When you say, "HREEM ", in Vagh Bhava Koota, Kamakoota, and Shakthi Koota, it's Shiva Shakti Energy only which balances and makes the Granthi Bhedhana.

Without Shiva Shakti there is no Granthi Bhedhana. We cannot remove the Psychic Knots...those Granthis.

So first you understand that Srividya meditation Mantras also have Shiva Shakti in them. First you go through the Panchadashi Mantra, understand that. Then you know that you no need to do Shiva Mantra Sadhana.

But this 51 letter Shiva Mantra is more of the Highest Dimension. If I consider Shiva's many Layers of Consciousness, it's the Highest Dimension of Shiva's Consciousness.

If you want then you can add this 51 letter Shiva Mantra after the Srividya Sadhana.

At the end of the Srividya Sadhana... Level 1, 2, or whatever you are doing, you can chant this and again finish with the So Ham meditation.

This way you can manage Srividya, Shiva and Oneness with Shiva Shakti!

Shivohum!

"Why nyasa & other rituals are not required after taking deeksha?"

Video Link: <https://youtu.be/eLL7rhtRYps>

Nyasa, Dhyana Sloka, Purusha Charana - all these are the part of the Upasana.
Okay!?

When you get Deeksha, you don't need any of these.

When you get the Upadesha - then you have to do all of them.

Nyasa - why you do Nyasa?

To establish the Deity Energy in your Physical Body, Energy Body.

Cleanse, Energize and then you Chant the Mantra by focusing on the image that is mentioned in the Dhyana Sloka.

Then your Mantra gets activated,

That is the procedure of the Upadesha.

But here, in Siddha Parampara, you are getting the Deeksha.

Means we are seeding these Mantras directly into your Soul.

From the Soul it starts manifesting in the Mental Body, Energy Body and ultimately to the Physical Body.

You don't need all those process that is traditionally taught to you.

So this is a higher technology, Siddha's technology that we are offering to you .
Hence they are not needed.

Shivohum!

"Can we chant Moola Mantra of Srividya Sadhana while working, as we won't be having a count on it?"

Video Link <https://youtu.be/8Uni4dB6JzY>

It's not necessary to know how many numbers.

Here we are very much focused on the quality and not on the quantity.

Because here we are not on the path of Siddhi that, "I need to chant these many Lakhs times. Then only I will get this type of Siddhi."

No!

"I am going to chant the Mantra to hold or to feel the Oneness with the Divine Mother in my Consciousness!"

That is the objective here.

Not to have Siddhi or something and all of that.

So don't worry about the number.

Number is a game!

It's a game for the Mind!

Don't worry. Just Chant the Mantra with Love, Devotion and Surrenderance in your mind during your day to day activities.

If you are

Going for a walk, you do it,

Cooking, you do it,

Going by the Metro, you do it,

.... Wherever you want you do it.

But don't focus on the number. If you focus on the number then again the problems will start.

Just enjoy, flow with the Divine Mother, and take her name all the time through the Moola Mantra and do the Sadhana.

Shivohum!

"How to pray & request Matangi Devi's Energy & Presence!"

Video Link: <https://youtu.be/pXAiJj4th5A>

When you made the Sankalpa, that is the blessing itself, "Rajamatangi is my Ishta!", And when you are working with Rajamatangi, She will pull you like a magnet. Her Energy is like that!

Not only will She Pull you, but she will also pull all the Manifestation Energy and she will start guiding you, giving Success either in the Physical World/ Material World or in your Sadhana. Everything she takes charge!

So you just start the Sadhana. Regularly do and pray to the Divine Mother,
"Mother, show me Your invisible Hands. I am not feeling Your Energy. Please Awaken those Psychic Ability so that I can feel Your Presence in every moment of my life!"

This prayer is needed!

Sincere prayer from the Heart reaches the Divine and brings its Grace, Love, and Energy and all to you,

Shivohum!

"Scared of losing family on the path of Self-Realization?"

Video Link: <https://youtu.be/v91WBk6w42E>

The thing is it is not you who is scared, but it is the Ego that is attached to your family because it is the Ego that will die in the process of Self-Realisation.

Because you will be coming directly face to face with your True Self, the Truth about yourself.

Then what about the false, ' I ' the Lie that is going on within you which is continued by your Ego?

That will die!

So don't worry about all of these!

When you realise about yourself, you know the Truth about yourself, your life will be

More beautiful!

More Flowing!

More Powerful!

More Joyful!

Then living a false identity and a false Life!!!

Then once you realise the Truth, the Real life, the Divine life, the Joyful life will start!

You will be celebrating your life!!

So don't worry!

Let go this scary thing!

Because when you realise about you, you're Infinity, and that all your family members are part and parcel of you, the bondage between you and your family members become stronger, you offer you're Love without any expectations.

How beautiful it is!

All family members and all house holders should get Self-Realised, so that you can offer your best to your family members, your best to the world and at the same time offer the best children to the Society!

So not to have any fear and all of that. Let go all of these!

It's normal for the Ego to be afraid because it is dying in the process of Self-Realisation,

Shivohum!

"How to do distance healing using Shodasi Nithya Devathas Mandala?"

Video Link: <https://youtu.be/BFE5DTnCHdI>

When you form the Mandala and you do the Puja, your Sankalpa will be for your health, your wealth and your Healing.

If you want to something for another person, then what you do?

You keep his photo. Your Sankalpa only changes to:

" I am invoking these Shodashi Thithi Nithya Devathas for the Health of this person, for the healing of this person ."

Only your Intention changes. All other Puja will be the same. Process will be the same.

This is regarding the Shodashi Thithi Nithya Devathas Puja.

We make a Mandala formation. At the centre of the Mandala, we can keep the photo of the person , for the healing of the person 's health, if he's having Psychic attack, I can help him...if he's any negativity, I can help him, okay!?

Many people get suicidal tendency, because of their negativities. I want to help him for removing all those thoughts.

Put that person in the Shodashi Mandala and do the prayers and all. It's very, very helpful.

You can do this for your family members, your children. Or you can put the complete family picture there!

"Shodashi Mandala, every day I do for all my family members!" - You can do like that.

Shivohum!

"Experience of calling my name by divine mother!"

Video Link: <https://youtu.be/4mcQPIXPZBM>

Obviously, when you have a connection, when you have been talking with her in your Conscious Mind, then what happens?

You start developing a relationship. In Astral Level, Mother will start manifesting and guiding you.

That's what is happening to you!

Shivohum!

"Why the separation from divine hurts so much? How do I overcome this feeling of sadness?"

Video Link: <https://youtu.be/OBEA96YH87A>

I tell you, this pain is actually blessings for you!

If pain is not there...if that see separation feeling is not there, then you don't value the ONENESS with the Divine!

And this Srividya Sadhana is the Practice to experience Oneness with the Divine.

When you Chant the Mantra on one Chakra, or any Chakra, what is the meaning of that?

In that Chakra Level, in that Chakra Energy Level, in that Chakra Conscious Level, you are chanting the Mantra means the Mantra is Divine and you as chakra become one!

So in every Level of your existence - Chakra represents your different Levels of Existence. Muladhara is a different Level of Existence of you... of Money Consciousness and Survival Consciousness are there.

When I bring the Divine Mother's Mantra, what happens?

Mantra itself is the Divine Mother - "Mantra Rupini".

So the Divine Sound, Vibration, Energy and Consciousness are merging with the Muladhara Chakra, it's Energy and Consciousness means you are One with the Divine Mother in the Muladhara Chakra Level. When you do the Sadhana with this Awareness, so much Bliss will start manifesting, so much Love will start manifesting.

You start feeling the ONENESS at every Level of your Existence.

That is the power of the Sadhana, where in Shri Vidhya Sadhana - '**Shri Vidhya**' means **Atma Vidhya, Brahma Vidhya or Oneness with the Divine Mother.**

And it has to happen every day in your Sadhana.

So whenever you do the Sadhana, you make this Affirmation consciously,

Feel the pain and thank the Divine Mother,

"Mother, you have given me the pain. You have shown me the reality of myself and I want to be one with you, at every Level of my Existence and every moment of my life!"

This should be your prayer and when you do the Sadhana, **Sadhana is the experience of the ONENESS with the Divine.**

You need to understand,

The thought of the Divine Mother is ONENESS with the Mother!

The Mantra Chanting of the Divine Mother is the ONENESS with the Mother!

Thinking of the Divine Mother is the ONENESS with the Mother!

Feeling about the Divine Mother is the ONENESS with the Mother!

Feeling Sad that I am separated from the Divine Mother is also ONENESS with the Divine Mother!!!

Meditate on what I am saying. You will understand the reality,

Shivohum!

Can I meditate with Mulanji in golden body in Gyna gunj?

Video Link: <https://youtu.be/k2dJAH2YjP4>

This is really good!

This is really good what you are following and it's a great blessing.

And you are doing it under the right guidance.

So your Inner Soul is guiding you in the right way,

Now your question is:

"Should I visualise Mulanji within myself during the Puja?"

If you see that ...if it's possible for you then you do it. Because many times it's not possible for many of us as we feel the limitation and we don't accept ourselves 100%. So it's very difficult for us to pull the Guru or the Divine within ourselves!

If you do it then it is a great blessing also. I am telling you!

Because whenever we worship the Deity or the Guru within our heart, it's more powerful than worshipping them outside,

Shivohum!

Can we do havan of Mother Dhoomavati?

Video Link: <https://youtu.be/10aD3gRmWRE>

Yes, you can do it.

When you do the Havan, when you do the Mantras, and whatever, remember and see that Divine Mother Dhoomavati coming, giving the blessings to you and taking away all the Negativities from you and your family.

That you need to visualise or affirm after completion of the Sadhana.

Shivohum!

"I feel guilty when I take a break from doing Sadhana! How to overcome it?"

Video Link: <https://youtu.be/v6Lzjr6IJ24>

Many times we have been influenced
By our planetary positions,
By our Karmas,
By our family members,
By the situations that is happening in the outside world.
Like this so many things are happening around us.

Hence sometimes we cannot be regular and we may take a break, for one day, two days, or something like that.
But whenever you take a break, never feel guilty about it.

Remember this Guilt Feeling disconnect you from the Divine.
Taking a break is okay, but feeling guilty is not okay.

You need to understand that the Divine is Unconditional Love and Loves you all the time whether you do the Sadhana or not!

We do the Sadhana to raise our Consciousness, to Cleanse, Heal, and Energize and raise ourselves, that's all.

It's not an expectation from the Divine. It's we, doing to raise our Consciousness to become one with the Divine - the Highest Dimension of Unconditional Love... Vibration.

So never feel guilty.
Just sit and do it! That is all you have to do!
If you cannot do it then Chant the Mantra. Keep chanting the Mantra. Or keep taking the name of Mother,
"Shri Mata Lalithambika Rajarajeshwari Maha Tripurasundari Saranam Mamah".

Go, talk with the Divine Mother. Sit in front of the Divine Mother's photo and tell her,
"Mother, I could not do the Sadhana. Inspire me, motivate me, Guide me, Help me, And Lift Me. I need you! ".
Hold the Feet of the Mother.
This is what we need to learn.

This is the way to Surrender. Again and again, life will come and show you that you need to Surrender, Devote and offer your Love to the Divine.

These techniques are just part of your journey. Don't worry too much.
Do your best.

Whenever you cannot do it, don't feel guilty. Go and talk with Mother. Offer your prayer... take her!

"Mother, I am your child. I could not do it. But I love you. Without doing also I am remembering and thinking about you at the back of my Mind. You are in my Heart. I Love You. I Thank You. Inspire me; Help me so that I can meditate!"

Prayer is very important!
Whenever you lose track,
Whenever your Mind is not allowing you,
Whenever the Situations are very unconducive,
...go, sit and communicate with the Divine Mother. Accept Her as Your friend, Mother, Father and your real Guru.

And you will be surprised! When you sincerely pray, Mother will start guiding.
It's very easy for That Supreme Intelligence which runs this Universe, to lift, guide you and take you to the next Level.

That is all you have to do!
No need to worry. Don't feel guilty at any time.

Shivohum!

"Is it possible to get self-realized while carrying the worldly duties? How to manage both together?"

Video Link: <https://youtu.be/Ei6D9hsNf20>

To know yourself - what this has got to do with the Worldly duties and all?

You don't know about yourself. You have understood yourself to be your Body, Mind and some Personality.

Now you have realised the Truth that you are a Soul.

And how it's going to affect your Worldly duties?

It's only going to help and you are going to do the Worldly duties better!

When you know yourself better, you give better to the world.

You don't need to worry about the responsibilities,

It's a blessing for you!

Q:

How to manage these both sides?

Are full day long Sadhana necessary or not in the journey towards Self-Realisation?

A:

Full day long Sadhana, I don't suggest.

Remember, you need to understand that if you are a Householder or a Yogi.

If you are a Householder then whatever Sadhana you are doing is more than sufficient.

And even when you are having burning desire, don't do a lot of Sadhana, like the whole day long ones.

But at the back of your Mind, you will be focused on that only!

So the main ingredient is, ' burning desire'.

If that's not there....if DNA is not there, then nothing can be done.

So that's the main thing.

You have a burning desire means the level of Sadhana you are doing is sufficient. Don't worry of the full day long Sadhana.

Especially for the householders, I am telling this.

We have some other students who are Yogis, to whom I am telling to do day long Sadhana.

They have both the burning desire and want to do the whole day long Sadhana.

Not only to help themselves, but to help this World ... the present World, Humanity and to work for the Siddhas.

So that's a different Path.

That's not focused here.

Here what we are focusing is:

"I dedicate my one hour, for my inner Self, for Ascension and do the Swadhyaya, and am aware of myself. Whenever I do any job, I do it with Awareness. Whenever I relate with another person in the family, I talk with Awareness. "

Awareness needs to be developed. That's the best Sadhana!

On any given complete day, how many times you are Aware of

Yourself,

Your words,

Your Emotions,

Your Feelings,

... Is the Sadhana needed for the Householders towards Self-Realisation.

Because ultimately it's Self-Awareness that you need to bring!

If you are not aware of your Thoughts, Feelings, Emotions, then how you are going to be Aware of your Higher Self?!

It's not possible!

So I suggest,

With Awareness you work in the Outside World...

With Awareness you meditate inside...

For you to reach very, very fast, your goal of Self-Realisation!

Shivohum!

How to Locate Chakras in Your Body -Sri Sivapremananda

Video Link: <https://youtu.be/x4gERdUA1QI>

So in the beginning it's very difficult to experience the Chakras... where they are located, where they are!?

So most of the time I tell students to take the Navel point as the centre and make your hand for span measurement - stretch your thumb finger and little finger widely, folding the other 3 fingers

Now start measuring from the Navel point (**Manipura**) by placing the little finger tip at it. The upward point reached by the thumb fingertip is the **Solar Plexus** centre.

Now place the little finger tip at this centre.
The point reached by the thumb fingertip is the **Heart** Chakra.

Now place the little finger tip at this centre.
The point reached by the thumb fingertip is the **Vishuddhi** Chakra.

Now place the little finger tip at this centre.
The point reached by the thumb fingertip, by bending your neck is the **Agna** Chakra.

Now place the little finger tip at this centre.
The point reached by the thumb fingertip on the top of the head is the **Sahasrara** Chakra.

Now measure from the Navel point (Manipura) by placing the thumb fingertip at it. The downward point reached by the little finger tip is the **Swadhisthana** centre.

Now place the 1
Thumb fingertip at this centre.
The point reached down by the little finger tip is the **Muladhara** Chakra.

Every one's Body is different and so measurement is different and our hands are different.

So the Chakras are perfectly placed for our Bodies.

Divine Mother has created these perfect positions!

Nothing can beat this. In the beginning you make these measurements and do the Sadhana. Don't worry about it..." Where is the location... whether I am doing it right or not?"

After 2 -3 days, what happens?

It starts swirling... like how water vortex revolve as whirlpool.

It can be clockwise or anti clockwise. You need not worry about how it's going on.

Because we don't interfere. Inside the Divine Mother works. She knows, that is the combination they have to be in, to bring the perfection. Our job is to bring the attention to those points, Chant the Mantra and become one with the Divine Mother.

Shivohum!

"Rain Sound happening inside during Srividya meditation!"

Video Link: <https://youtu.be/buIOh5moNCU>

It's not raining outside. It's raining inside!

It's how your Pancha Maha Bhuthas get activated!

It means your Swadhisthana Chakra gets active where the Water element is more active. Many times we listen to the sounds of the Chakras. Listen to the sound of our own Prana.

You see, when you close your ears in OM Kriya, what you see?

The flow of the Prana, like the water is flowing to you.

So it's a subtle experience. Not the outside experience. Which you could feel it. It's a blessing!

Rain is always a blessing. Always the grace of the Divine. Know that it is a positive experience.

Shivohum!

"I felt very feverish & like lying down after group meditation!"

Video Link: <https://youtu.be/QCV0i5om-YQ>

As we meditate, we receive the Energy.

And after that I ask you to do the Soham meditation to distribute the Energy... to discharge the excess Energy where your Body reacts becoming very warm or very cold ... Being feverish, heavy or light ... different ways it's going to react according to whatever system you have got.

So don't worry about this.

You have done the right thing. You have felt like lying down and relax.... let it go! Whatever the extra Energy, whatever the Cold Energy, whatever the feverish Energy will be discharged.

After one or two hours, you will become normal, complete and back to your life.

So don't worry about it. It happens for your highest good.

It happens even in the workshop, during the Initiation / Deeksha.

So it's normal and not a problem.

Shivohum!

"Who is Satguru or Sadguru?"

Video Link: <https://youtu.be/H7d55WyUmFQ>

SATGURU -

'**Sat**' means **Truth**. '**Guru**' means **The Guiding Principle**.

Where is it?

My Soul!

My Soul is the Spark of Shiva and Shakti.

And Shiva Shakti is the Real Guru!

I need the Outside Guru to reach my True Inner Guru - **Guru Shaakshath Parabrahma**,

That is the Higher Level where you learn that
Real Guru is not outside, but the Real Guru is within,
Real God is not outside, but the Real God is inside,
Real Power is not outside, but the Real Power is inside,

And you stop searching for the Secrets also!

Real Secret is not outside, but the Real Secret is inside!

Shivohum!

After Srividya Sadhana Level-3 meditation, I feel like growing short & tiny is it normal?"

Video Link: <https://youtu.be/Z7esbQETxF8>

It's a Psychic Experience.

It's not abnormal, but a normal one.

Sometimes when you are doing the Sadhana, you feel that you are becoming very tiny and going inside the Earth.

Sometimes you feel that you are expanding and merging with the Aakasha.

Many of us feel like merging with the Aakasha.

Many feel becoming tiny and going down the Earth.

So we call this as one of the Siddhis - **Anima Siddhi** and **Garima Siddhi**.

So this is normal, good and don't worry about that.

Anima Siddhi is where we feel ourselves as an atom, very small, very small!

And it's happening to you means that Siddhi is activating in you, when you are doing the Level 3

It's good, normal. Don't worry about it.

Shivohum!

"Can I attend 10 days of Vipasana meditation?"

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

Completely safe!

You can attend.

It's the Meditation technique based on the breathing, based on the Nirguna Nirakara, formless Meditation.

You enjoy that meditation. Whatever forms of meditation that can help, you do it. It's the best thing, go there!

You cannot meditate for 8 - 10 hours in your home.

If that Meditation Camp is bringing it, then go, enjoy and dive deeper into that Meditation. It's really very good! So you go there.

Enjoy!

It's very, very safe. So go there.

You can do it.

Shivohum!

"Psychic experiences in meditation are not permanent!"

Video Link: <https://youtu.be/UsOlvuONB6o>

Because you should understand this Universal Law of Duality that sometimes you are so happy with yourself and some other times you are unhappy with yourself only.

Meditation is also like this. You feel Surrenderance, Devotion, Love and other times you cannot feel any of them at all.

It's very normal. Understand the Law of Duality.

Accept when you are happy having Devotion for the Divine Mother.

When there is no Emotion, Devotion for the Divine Mother also, Accept, Ready yourself and Meditate to the best possible extent for yourself.

Shivohum!

"Can I use health mantra to bless all the kids in a School?"

Video Link: <https://youtu.be/OK5gztD4uS8>

Such a noble thought!
Such a Grace!

Not only want to meditate, grow and bless your family, you are going one step ahead.
You want to bring that blessing to your workplace where you are working as a teacher or someone in the Playschool.

You should do it!
It's a blessing!

Pray to Divine Mother, "Divine Mother, bless the food, and all the children..."

Circulate this Mantra. It's a great blessing.

The more you bless others, the more the Divine Mother will manifest in you!

When you bless others, what happens?

Detachment will be there. We allow more divine!
When we want to bless our own family members, there is still some attachment, and we don't allow that much divine.

So it's the Grace!
When we bless others, it's amazing!
More Mother Energy will flow.

You can use the Health Mantra to bless all the kids in the school.

Shivohum!

"My japa mala split broke in half. Is there any significance to it and how can I dispose it?"

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

Whenever a Sadhaka does any Sadhana, he should not be afraid. You should only take anything as positive and never as negative.

You need to understand this.

When I see the Rudraksha mala breaking down as positive, it's clear that your sticky Karma as broken down. That's one thing and there is no negative in that. It's a blessing!

Now how you are going to dispose it?

You going to take it and give it to any lake, any river, or where water is just flowing. You offer it there. Because it has a Mantra Shakti as you were meditating on that. It will be holding that Aura, Energy. And hence it must not be thrown out in any other places where people are walking.

It should be offered to the water. Water is also Energy. So when you offer it in water, its Energy blesses the water. This way you are giving back to the Universe.

When you are giving back to the Universe, whatever Tapas Shakti you have done, will come back to you multifold.

Hence we advise that you need to offer such things to the flowing water.

Shivohum!

"I use the same chair for working in day time & also for meditation. Is it Ok?"

Video Link: <https://youtu.be/2W3gsfivg8Q>

If you are using a mat on the chair, then you should not worry about it.

If you are not using the woollen mat then you should be careful.
Your chair should only be for your Sadhana.

This you need to understand.

Obviously it's not going to influence you negatively.
Only positive influence will be there for your wife.

When you work from the same chair, then your waking state, stress, emotions all will be accumulated there only.

And when you meditate it's possible that you start getting those work related thoughts, emotions in your meditation.

So you should have a different place, a mat which should be used by you alone.

When not in use, fold the mat and keep it.

If you are using a chair then you have to use a mat.

If you are not using the mat then you should keep the chair exclusively for yourself for meditation and a separate chair for work.

This you need to understand,

Shivohum!

Can we perform Srividya Havan outside the house?
-By Sri Sadguru Sivapremanandaji

Video Link: <https://youtu.be/v4xCyBSakfY>

Of course, but the only thing is that you are helping the humanity!
If you do it at home then it is good for your family members and for clearing the Vatsu.

If you are doing outside the house like the terrace....

... because many times what happens - I have seen that some people are facing problems due to their family members who don't want it to be done in the house saying the smoke spoils the painting.

And sometimes if you are living in the rented house then your owner doesn't want you to do the Havan in the house because of the same reason.

-in such cases some of them go to the terrace or some of them go to the temple and do the Havan.

...then don't worry, make a Sankalpa,

"This Energy should go to your home and your family members...", and do the Havan.

Shivohum!

"Sahasranama & other Namavali importance"

Video Link: <https://youtu.be/Sri2QDAx1iU>

Vishnu Sahasranama, Ganapathy Sahasranama...

Every Deity has Ashtotara Namavali, Stotras, and Sahasranama.

To understand your Deity, Ashtotara Namavali is very good. 108 names give the Power of that Deity... Real Power of that Deity!

How I can explain?

By reading that I know what is the nature of that Deity, an understanding.

Then Sahasranama... means she is beyond that.

Sahasranama is only limited to 1008, so that you can read it for yourself.

If it's more than Sahasranama then you don't read it!

You know that!

Can you read anything more than Sahasranama?

You don't read it!

Sahasranama means to bring the understanding to your Mind about who she is...who your Ishta Devatha is?

That will **help you to absorb in your Subconscious Mind, accept the Divine.**

Then what happens?

You start accepting that Divine!

You start allowing that Divine!

Then what happens?

Energy starts flowing very fast!!!

Earlier when 100% was coming, because of my own understanding, resistance, only 10% of it I was receiving.

Once I understand my Deity, and Allow, 100% of Energy is coming and 70% of it I will be receiving.

A day will come where I surrender myself to my Deity... then 100% of Energy flows and the entire 100% of the Energy is received!

You become a Miraculous Person!

No more difference between you and Divine!!!

Shivohum!

"Why is it that kali, Kamakya, Tara almost all forms of Shaktis are given an animal sacrifice?"

Video Link: <https://youtu.be/zJcdp7taDDs>

You need to understand that there are 2 types of Worship - Dakshina Marga and Vama Marga.

In Dakshina Marga we don't give Bali or Pashu Bali.
You need to understand this. First point.

Second point - it's not the Divine Mother who wants the Bali.
It's Her Bhoota Ganas who want the Bali.

Because they are not made of the Infinity Consciousness. They are working for the persons. When you go and offer in the name of Kamakya, Her Bhoota Ganas will come and help you to solve your problem.

You are having Psychic Attacks, for example. In that case you will be doing the Sadhana or giving the Pashu Bali there.

It's not Kamakya, who will be receiving the Pashu Bali, but it's what you are doing and Her Bhoota Ganas.... means

Many, many Bhootas will be there,

Some Bhairavas will be there,

Some Yoginis will be there,

Some Yakshinis will be there

Or

There are some Lower Beings also

And

Below to those also, like bhathala...Athar Yoni Ganas, will be there....they will come and receive the Bali and do your work.

For that purpose, you offer the Pashu Bali, okay!?

And it's the Vama Marga and not the Dakshina Marga.

Mulavarga Siddha Parampara is the Dakshina Marga, following the Samayachara - inner worship as guided by the Siddha and Lord Shiva Himself

You know that Lord Shiva is the Master and the Lord of all the Tantras. So our Parampara comes from that. We need to have the understanding. And there are 2 ways - outside worship as Pashu Bali and inner worship. The Emotion - Pashu represents one emotion... this I offer in my Inner meditation - that emotion itself is the Pashu Bali for our Dakshina Marga. So in our Parampara we don't do any animal sacrifice. Please note it!

In our Parampara we don't appreciate or we don't accept animal sacrifice.

And we only offer our love, devotion and gratitude to the Deity,

That is our Parampara! So we don't do all of these...in Havan or anything!

Shivohum!

"How many times should we chant the mantra to get the mantra siddhi?"

Video Link: https://youtu.be/iOW_jyvu3cE

Mantra Siddhi is not an ordinary thing.

Mantra Siddhi means Mother has to manifest in you!

Then it is Mantra Siddhi.

Not just chanting the Mantra, No!

You should be an embodiment of Lalithambika. Then it is Shodashi Siddhi otherwise it is not.

Just Chanting the Mantra won't make it happen.

Your Surrenderance, Devotion and Love are more important than all of the others.

Shivohum!

"Ups & downs of the life!"

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

Q:

There are days when I feel desperate as if Soul wants to leave the body like its a burden to be in the body. But then worldly things pull back. Is living about realising Duality?

A:

This happens to many people... many Srividya Sadhaks.

Sometimes you feel you are not connected with your own family members.

Leave others, your own family members are creating so many problems to you that you feel why I am still living and all.

But don't give into that!

Again and again you need to tell at that time, **"I am Soul. No one can hurt me. No one can bring Depression to me."**

- These are the Soul Knowledge I am telling you!

Whenever you accept you as body and mind you go into depression.

When you accept you as SOUL, does Soul has depression or not!?

You do not understand that you are not living your Truth!

When you are living the Truth that, "I am Soul", means you should not accept that "I am unhappy... I am depressed.... I am not good... I am not growing"

No!

You are telling that "I am a body... I am a Mind ", by experiencing these.

You need to shift to, **" I am SOUL...I AM SOUL!"**

That's very important!

Shivohum!

"Can a Srividya Sadhak celebrate festivals?"

Video Link: <https://youtu.be/K3X7O3XfYvw>

Our Culture is such; "Namaste" itself starts with that! "The Divine in me , bows down to the Divine within you "

That's what we experience in the Srividya Samadhi Siddhi, yes!?

That, 'what is within you is within me also!'
...in Srividya Samadhi Siddhi, we experience this Truth.

So all these Hindu festivals is about this only.... This one thought, "How to bring the Divine Consciousness in the day to day outer activities.

With this as the objective, they have created the festivals; they have created the rituals and all.

But you know that, all these scriptures, Patanjali Yoga sutras and everything; they give the order to proceed

From outer rituals to inner meditation,

From inner meditation to Samadhi,

From Samadhi to the Darshana of the Truth or the Realisation of the Truth!

So these festivals are good. If you want to enjoy then enjoy them.
If you don't want to do it then meditate, do Srividya Sadhana.

These rituals and festivals are there to help you, to bring togetherness, to share your love, to bring about celebrations in your family among other things.

But your meditation - it's advanced level. Sadhaka means you go beyond the festivals and rituals.

So it's not mandatory for you, but you can enjoy. Festivals are very beautiful. Enjoy with the Divine Mother Consciousness!

Shivohum!

Om Samadhi Deeksha during Meditation & one verse from Thirumandiram for greater upliftment!

Video Link: <https://youtu.be/Hq49sViWycw>

I am not much into Thirumandiram, to be Frank!
But the author of Thirumandiram is with me!
So this is the reality!
Many times I wanted to study, you know!
... Put my head on that!! And once Thirumoolar asked, "Do you want Thirumandiram or me?" Whom will you choose the author or the book!?
I chose, "Sadguru, you come!"
So I am not into Thirumandiram.
And in our Parampara it's very clear as Thirumularji says, **"It's your experience that you need to share. Not the book knowledge, you need to share."**

That's what; I don't quote from Bhagavad Gita, Upanishads and Vedas because it is the book knowledge.

Those are not my knowledge.

My knowledge is My Experience!!

Only that will touch you and help you to understand the real Spirituality.

I can quote from Bhagavad Gita, translate it, interpret it, but you will still be in that only, "What is this?"

When I communicate what I experienced then what happens? You receive it!
In my Parampara...Shivakami also told,
"Don't go on quoting Sanskrit Shlokas...teach all of them. Share what you experienced.
That will help others. Don't go on like one big Pandit!"
No, I am not some big Pandit or someone.
I am a servant of Thirumularji, Lalithambika!
I have taken them as my Father and Mother. That's the secret!
Thirumularji is the Father and Mother for me!
Lalithambika is the Father and Mother!

That understanding, that Acceptance, that Allowance, brought me greater knowledge than all the scriptures and all.

So I am not good with Thirumandiram. But I can tell that **OM Nadha can be experienced - it's such Bliss, such a Joy, such a Love - amazing it is!!!**

If you think that you have already received the OM Samadhi Deeksha then you know that you will also receive the technique. So Deeksha is given means technique also comes to you. Don't worry. Have Patience. Just Offer your Love and Gratitude to Sadguru Thirumularji. Things will be taken care!

Shivohum!

Amnayas, Panchamaveda, Meaning of Beeja Mantras & Other knowledge

Video Link: <https://youtu.be/TGvaKEM6HDY>

What are the different types of Amnayas?

What are the different types of Moola Mantras?

What are the Beeja Mantras... their knowledge and all?

Many people want to know all of these.

But first I want to tell you that the **Real Srividya is Atma Vidhya , Brahma Vidhya!**

First Know Yourself!

Got this point?

Time is very short. When Death is going to knock your door, you don't know!

Got this point?

First you know yourself and then you learn all of these.

Then you know,

What is Mantras?

What is Amnayas?

What is Guru...

Everything you will understand.

So, **Srividya is a vast knowledge. One life time is not sufficient to learn all of them.**

So don't go too much in depth for it will be confusion.

And if you want to learn then learn from one Master and not from different Paramparas.

For again there will be confusion, mixture of knowledge and it's going to be half knowledge and it's going to be difficult for you to digest that knowledge.

These are all secondary.

First your Dharma is how I can solve my problems with this Mantra... you understand this knowledge.

How I can use these tools to bless my children and all?

Once I become prosperous then how to know myself?

You need to focus on this.

Then this Mantra, Yantra, Tantra... Because all these are created to know yourself.

Ramayana is written with the intention to know yourself.

These Mantras are just codes to impress your Consciousness to know yourself.

To focus is to know yourself,

So you learn all these Amnayas, Tantras, different Panchamavedas and all as Satsanga.

Give Like a half an hour every day to learn Bhagavad Gita, learn Mantras... meditate on that. Learning means not reading just a book.

Learning means meditating on that.

When I Chant the Mantra with intention, what is this mantra I need to chant?

And then **meaning of that should be revealed within you. Not interpreted by someone else.**

That's not a learning in the Spiritual Path.

Learning means you have to learn!

Bhagavad Gita, when I Chant a Bhagavad Gita Shloka, it's knowledge should be revealed within me and not interpreted by someone else.

Then it will be just an intellectual knowledge.

For the Real Knowledge, it has to be revealed to you from within.

So it takes a lot of time, effort, concentration and interest and commitment, okay!?

So you can learn all these Amnayas etc, but follow one Path and meditate regularly.

Meditation is more important than reading a book.

Intellectual, you know, your Mental Body is like this...so vast... what is the use of that!?

So know thyself first! Know Yourself!!

Then everything will be known to you!

That is very, very important to your Path of Self-Realisation and God-Realisation!

Shivohum!

"While doing Soham, I feel cessation of breathe. How to overcome this?"

Video Link: <https://youtu.be/nPEw2Sxex8M>

It should happen!

So Ham should produce long breathing, and ultimately **Kumbhaka** where breath should stop.

Then why should you overcome this!?

The objective of So Ham Pranayama is to stop your Mind by stopping your breath, so that you bring the Stillness and Concentration to your Soul.

It's actually a blessing!
Don't do anything!

Who is asking this question, "How to overcome?"...!?

Your Mind is asking this question and distracting you.
Be aware of your Mind tricks here. Your Mind is tricking you here.
And drop this.

Enjoy your **Breathless state, Stillness, Oneness with the Shiva Shakti!**

That is the goal of So Ham! So Ham Bhava means that!!!

Shivohum!

"How to do the Prayoga of Durga Saptasathi Mantra for Desire fulfillment!"

Video Link: https://youtu.be/69_za2xmZJg

As I told, this Manifestation Process where You visualise your goal... what you want to manifest and then you Chant the Durga Sapta Sati Moola Mantra Sadhana.

This is your Prayoga.

And you can do this Prayoga until you see the manifestation of your desire, minimum for 3 months, 6 months, depending upon your desire....1 week, 2 weeks, depending upon your desire you can do it.

And also the Intention of your Mantra chanting depending upon your desire.

Some desires you know, you believe that it's easily manifested.

In that case 3 times, 6 times, or 9 times the Mantra should be chanted and Visualisation of your desire should be done.

If your problem is too much, like too many obstacles are coming then what I do?

I increase!

I visualise, pray to Mother, "to anchor the Mantra Shakti to my desire"

And then do the Sadhana for 27 times, 54 times, or 108 times.

So like this, you see what is the obstacle in your Manifestation, how good you are in your visualization and then you use this Prayoga and continue this until you see the manifestation of your desire.

Shivohum!

"Why I see different colors during Siddha Healing?"

Video Link: <https://youtu.be/LXZQ3JgQN10>

In Siddha Healing we Visualize, Imagine Golden Light.

But it doesn't mean that only Golden Light will come.

Thirumularji knows, Divine Mother knows what Light is needed for you, what healing is needed for you.

Only that colour light you are seeing.

May be today you are seeing the colour Blue.

After one week you may see Violet...

After one week you may see Golden colour...

After one week you may see Silver...

So these lights are just the needed Vibration, Frequency for you to Heal, Energize, Balance yourself.

So don't focus on this.

If it's Blue Light, accept it, offer the Gratitude... Violet light, accept and offer the Gratitude
Golden Light, accept with gratitude...

It's not about what Light comes, but what results come that is important!

Whether I got healed or not, is what matters!

You need to understand whether I am having the food and enjoying it or not.

Rather whether the food is Red coloured food, black coloured food, is of no use!

So enjoy the Healing process and what it gives as result is very important,

You will see many different colours of Light, which is normal!

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.