

# **Sri Sivapremananda Teachings – Vol.2**

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



**Sivapremananda Self-Realization Center**

**Bangalore, India**

**Mobile: 7483528148 / 9901019177**

**Email: [prem999ananda@gmail.com](mailto:prem999ananda@gmail.com)**

**[www.srividhyasadhana.com](http://www.srividhyasadhana.com)**

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## **"Ramana Maharshi Teachings!"**

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

Ramana Maharishi, what he used to do?

He used to sit like this (poses with His left hand fingers spread over his left cheek - in a pondering gesture)

People used to assume that He was watching them.

But He was not watching anyone else.... He was watching Himself!

That's the truth I am telling you!

He always abided in His Self!

He explains - Never ever think about any person.

If someone asks something / question then He will answer.... And again He will be watching Himself!

You see that....He was always in meditation!

For others...they would be sitting with the assumption that He was watching them (smirks)

And you see that.... power of the Self, I want to tell you.... the moment whoever went close to Ramana Maharishi they started to go into the blank state because He was abiding into the Self.

Whoever came into contact with the Self they too started experiencing the same state because of the Universal Law of Resonance?

And somebody comes to Him asking, "Guruji, can you give me the Mantra?"

His reply would be, "Okay, I will give this mantra. Who wants it?"

The person will go, "I want it!"

RM: Who are you?

Person: I am Raju / I am X / I am Y

RM: No you are not Raju or X or Y. Go and find who you are. Then I will give the mantra.

The person will never come back...never come back!

Like this He tricked all people...He tricked everyone!

Many people, you know, went to get the Siddhi of Ramana Maharishi.

Some, you know, few disciples who were serving Him, they wanted to, you know, first they wanted to serve as they could not directly ask Him, "Give me something!" They wanted to, you know, take care of His legs, clean...this...that.... for 1 year...2 years / 3 years ... now their patience will go off and so they go secretly and ask, "Prabhu!"....

RM: yeah?

(Laughs while imitating)

...."what it that you have got is, you know, that you are so content within yourself, you know, can you give this to me?"

RM: Of course! I will give only now! Are you ready to take it?

And the moment they come closer to His consciousness, that Aura, they go blank and they get struck with the thought, " Am I ready?"

He used to trick in such a beautiful way, I am telling you, amazing..... Amazing Master that he was!

And He always used to turn people towards the Soul. His only duty was, "how can I turn the person to his soul?".. That's all. That's what he said directly, " **WHO AM I?**"

We all are focusing outside looking for Gods / Goddesses, got this point?  
What's He focusing on?

"The one who is focusing, right? Look into him"

Now I am focusing here, right? (Points his hands right in front of his eyes)  
I am looking now.

Now I ask you to see," Who is that looking there? (Turns His fingers towards the eyes)

Turn your attention back. "

When you turn your attention back, the one who is seeing, and you merge there!  
Then what remains there, tell me?  
Who is looking at whom?  
...Who is looking at whom?

**YOU ARE LOOKING AT YOURSELF!**

**ONENESS, SAMADHI HAPPENED!!**

SHIVOHAM!!

## **"How to invoke Sri Krodharaja Bhairava to overcome internal enemies?"**

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

You see that ...what are the internal Enemies if I want to say for example?

The best example is anger - one of the internal enemies is anger, okay? Or our own karmas... or our own negative limiting beliefs, self-doubt, and self-heartedness. All these are our internal Enemies... these will block our inner world manifestation.

If you cannot manifest abundance, harmony, love, Grace within your own soul, within your inner world, then you cannot manifest outside.

Whatever that cannot be experienced in your consciousness cannot be manifested in the outside world.

So how to use the Kroda Raja Bhairava mantra to overcome these internal enemies? okay...

Whenever you chant Kroda Raja Bhairava Mantra you pray to Kroda Raja Bhairava, "Kroda Raja Bhairava, please bring awareness about my internal enemies!"

First step is AWARENESS. The moment you get angry itself you should know that you are getting angry.

Otherwise you will be attached to your anger and it will take over you to undergo various emotions, make toxicity circulate in your blood, and do so many reactions in your body...and you behave and react to the situation.

If you take one step back, then suddenly you become aware that you are getting angry and you start to observe your anger, what happens?

Literally you start controlling your anger, you become aware of your anger, you start controlling your body sensations and then you know why you are behaving? What is happening? What is the thought? What word of the person triggered the anger? What is the word or how is your judgement, your expectations triggering the anger? - all these you will understand, okay?

So you need to pray to Kroda Raja Bhairava to Release all the negative blocks, all subconscious blocks, and make you aware of your internal enemies - first thing, and ask and pray to Kroda Raja Bhairava,

"Help and guide my mind, my intellectual ability, and my behaviour to control myself to overcome these enemies!"

Make this type of prayer and then chant Kroda Raja Bhairava Mantra for 5 or 10 times or for 5 to 10 minutes.

This is the way we invoke and do Bhairava.

Morning if we invoke and do this practice, then all through the day to day activities whenever I get angry, suddenly Kroda Raja Bhairava - that force, that consciousness starts manifesting and guiding you, okay?

This is one way to help yourself overcome these internal enemies with the help of Kroda Raja Bhairava.

## **"Annapurneswari Mantra for Hotel business?"**

Video Link: [https://youtu.be/fu98ap\\_LBaE](https://youtu.be/fu98ap_LBaE)

Yes, you can do it.

Annapurneswari Mantra is very important and is a blessing for you and your customers. Whenever you do and infuse

Mantra into the food that you are giving or distributing to the customers, they feel fulfilment.

When they feel fulfilment, there is a release of Trupti or joyful energy.

When the joyful energy is released in your hotel, what happens? it is an abundant energy which will start attracting abundance from the outside world.... The money will be more... and more customers will start coming... you start getting more blessings...your hotel will be more famous and you are blessed with that!

Yes, you can do Bhairava, Raja Mathangi, Annapoorneshwari - all the 3 Sadhanas for getting great blessing for your hotel.

( Reads the query: my sankalpa is not getting fulfilled)

Don't worry, you know, never worry about all this.

Some Sankalpa are fulfilled within a month whereas some other desires are fulfilled in 2 or 3 months, some in 6 months, okay?

Have a time frame. If you believe that.... Some people want to have a three BHK home and it is not going to get manifested in 2 months' time.... If you want to build the house on your own site it will take some time to manifest.

So like this... you should have a believable judgement on how long it should take to manifest and try to do swadhyaya to check if you're holding any negative believe behind that Desire and try to release that negative / limiting belief and visualise, and experience - Trigger the joy of attainment in your own mind, Okay?

Do that... do the Siddha Mind Power to release the limiting belief, then visualisation + Sankalpa and add Mantra Japa to your Sankalpa or fulfillment of desires regularly and if something negative happens outside, then take one step backward and say, "Inner world creates outer world... YAD BHAVAM TAD BHAVATHI .... Universal law of Cause is within, and Effect is outside.... Whatever negativity I am experiencing outside is from before to all the sadhana.... Now I am creating this positive desire, positive energy with divine mother's help and it is going to manifest. So I accept all that negativity happening at present, but I know that my positive Desire IS going to manifest."

Have such positive expectations and do the Sadhana and things will be taken care of, okay?

Shivoham!



## Mantra Mechanism & Technology

Video Link: <https://www.youtube.com/watch?v=uDhB6xXSGz0>

If your chakra is open 30% its sound is different. If your chakra is open 100% its sound is different. Here we are using the chakra bija mantra that is 100% open. When I say “LAM”, it is a bija mantra of the chakra where your muladhara chakra is functioning with its maximum potential. Now I have karmas—those karmas are located in my chakras. The chakras may be 10% open, 20% open, 30% open. So when I bring this bija mantra and focus there, meaning when I focus there my attention goes there, my soul power goes there. And when I chant the mantra it means I am also bringing that divine sound to influence that. Because of the universal law of resonance those sound vibrations start affecting and opening it to the maximum capacity. So that is the science our siddhas had. When they meditated on the muladhara chakra and it was functioning with maximum capacity, what sound they were able to hear or listen to, they wrote down. And then they say ok, if you want to open this chakra you have to chant this mantra. It is like reverse engineering, where I go and see and now I am reversing. Now his chakra is instead of “LAM”, a different sound is coming. Now he is doing “LAM”, he is raising his chakra consciousness. Like this they discover the mantras and the mantras are also like this. When we say “Om Aim Hreem Shreem” it goes and connects to a different source. If I change the last letter a little bit—instead of “Shreem” I made it as “Kleem”, “Om Aim Hreem Kleem”—it is a different energy source. Here it is the very peaceful, blissful energy of Lalithambika bindustana, or the ultimate state. Here it comes to the triangle of Durga, Chamundi. So this energy is different, that energy is different. This consciousness is different, that consciousness is different. This application is the parama tattva that application is cleansing, healing and energizing and taking you back to parama tattva. So every mantra has its own power, consciousness and transformation. So they found it, all these mantras came like this, whatever they were able to see through their inner senses, perceive through their awakened consciousness, they note it down. Then that is given to the people. You do it and see it, whether it produces the same or not. And it's the universal law of sound and effect. If you absorb this sound you manifest this geometry, this geometry manifests this energy, this energy gives this result. So they find, it is one of the very ancient technologies, to bring the transformation from inside out. So they start using it. They start giving it, one guru is giving to another guru, like that. They started thinking why don't I program and give one mantra where my students don't need to go through all of this? In that mantra all my consciousness should go to him, all my power should go to him. That we call “guru mantra”. So, Thirumoolarji's method is more than 3300 years old. What he has filtered, what he has attained, I cannot sit and attain for 3300 years. But when I chant and focus on him, his soul starts coming into my soul and automatically I start experiencing those Samadhi experiences my master has experienced. So that is the power, how you program the consciousness, program the energy, awaken another person to your soul consciousness. We call it a “guru mantra”. That's why a guru mantra is given. Chosen one, you receive that. Where all my powers will go, all my energy will go, I myself in the soul level manifest in my disciple. Body is different but inside consciousness is the same. So we call it a Parampara—guru Parampara means only one principle, one energy, one consciousness. Many gurus have come and gone but discipline is the same, teaching is the same, they maintain the same purity. They don't add their own things. Only they modify what is needed for the nature of the people. But they maintain the same energy, same technology.

## "Health mantra to overcome any type of diseases!"

Video Link: <https://youtu.be/wd5VGTM7K2I>

Many students are asking for a HEALTH MANTRA...like, "Guruji, what is a HEALTH MANTRA ? So that for me and for my family members I can share them and help them to chant the Mantra ".

So this is one of the mantras given in the Srividya Parampara, you know!

That Mantra has the Shakti of Lalita Ambika, Vishnu and Mahamrityunjaya!  
So this Mantra goes like...

**OM AIM HREEM SHREEM** - this is the Shakti of Lalita Ambika

**ACHUTHAYA NAMAH ANANTHAYA NAMAH GOVINDAYA NAMAH** - names of lord Vishnu

**OM JUM SAH MAM PALAYA PALAYA** - this is Samputa with Mahamrityunjaya Mantra

So if you use this mantra for any type of health issues you can overcome... Even for cancer I am telling...cancer....whatever, anxiety.

You know, I have given this mantra to many people who were undergoing stress and anxiety and they could overcome them in 15 days or one month like that.

I have seen... I have given this mantra to one person with cancer related issues and she could overcome it.

Any type of chronic disorder that you are suffering or your family members are suffering... use this or give this mantra to them as the Sankalpa is made like that!

The Sankalpa is made in such a way that you can share this Mantra with yourself and others.

Regarding the Vishnu names in the Mantra... Once BandaSura attacked divine mother and Her warrior force and among all the astraras he used, diseases were used by him as a form of astra. He started creating diseases in the, you know, Sena of Divine Mother.

Then Mother took these three names of Vishnu

**ACHUTHAYA NAMAH ANANTHAYA NAMAH GOVINDAYA NAMAH** -

They act as astraras / weapons to kill any type of diseases.

So Mother Herself used this as **Nama Asthra Mantra**.

In Shri Vidya Parampara this Mantra is given with SamPutta of Mahamrityunjaya -

**OM JUM SAH MAM PALAYA PALAYA**

So here:

Lalithambika Shakti is there

Vishnu Shakti is there

Mahamrityunjaya Shakti is there...

...These 3 Shakti's together work like a miracle for you!

For Any type of problems you can use it.

Why am I telling this?... of course, ShriVidya Sadhna takes care of all health issues or Rajarajeshwari Kriya takes care of it. Then what is the need for this Mantra?

Sometimes, you know, that you cannot sit and meditate...sometimes you are in a different place or you want to help others, family members, your own parents having diabetes, this, that... who cannot do anything. They don't want to meditate, they don't want to do

R- Kriya.... for them you can give this one Mantra which they will be happy to do and that too for 5 minutes.

So at least in some way we have to help them.

You can do that by giving them this Mantra

**OM AIM HREEM SHREEM**

**ACHUTHAYA NAMAH ANANTHAYA NAMAH GOVINDAYA NAMAH**

**OM JUM SAH MAM PALAYA PALAYA**

**SAH** - see that the SAH is a very powerful word in Mahamrityunjaya.

SAH is the Shakti Amrit eshwari.

**JUM SAH - means** 'Divine please release the healing power Shakti to My Soul'

For what purpose?

'To take care of me' ....**MAM PALAYA PALAYA**....so goes...

**OM JUM SAH MAM PALAYA PALAYA**

For Any type of skin diseases, .you knows that skin problems will remain for many months.... Even Doctors also know... patients also know (jokes) the relationship between the doctor and the patient will be longer than any other professions. Skin specialists, you know, understand their patients very well (laughs) ...that is the way it is because skin is the outer layer... it has to heal inside then it has to manifest as health outside.

So chant this Mantra, give this mantra to yourself and family members and friends' circle if they are in need.

But those who practice Sri Vidya or R Kriya don't need this but still if you want you can use this.

What this Mantra can do in 2 months Rajarajeshwari Kriya can do in one week, You understand? What Mahamrityunjaya can do after chanting for many times, you can see the same result using Rajarajeshwari Kriya in a week's time?

So you need to understand, differentiate and know the importance of

R - Kriya, know the importance of Sri Vidya Sadhana, and know the importance of this Mantra.

Shivoham!

**How to use our sleep time into mantra meditation?**  
**By Sadguru Sri Sivapremanandaji**

Video Link: <https://youtu.be/PJbXIhvwW9U>

What you can do is before going to sleep make an intention then chant any mantra Srividya mantra or Shiva mantra & I ask Shiva shakthi/ I ask Divine mother/I ask my soul to infuse the mantra energy throughout the night, then keep chanting the mantra Srividya, Siva mantra or any mantra you have taken the Deeksha till you get the complete sleep Before chanting the mantra make an intention that, I ask Sadguru tirumoolarji/lord Shiva or Shiva Shakti to infuse the mantra Shakti when I'm sleeping the complete night, bless me with the positive energy & More you start doing this regularly every day for a 2/3/4weeks the mantra starts playing in your mind even you have slept the mantra keeps playing in the background of your mind and it's something like you are meditating throughout the night receiving the blessing, grace of tirumoolarji & Shiva Shakti

Shivoham

## **"Manifestation of desires by using Mahapaduka Guru Mantra!"**

Video Link: <https://youtu.be/psvmyOeIW0w>

You see that.... When we do SVS - level - 1 to 7, we are working with our chakras. Why do we need to work with our chakras? Because, the main objective is to Cleanse, Heal, and Energize.....burn our karmas....then raise our Kundalini balance the Ida and the Pingla...and bring the right vibration, energy to attract or fulfill our desires.

So what do you do.... do the Chakra Meditation of SVS and apart from that if you want to do some practice for the whole day then you can choose to do Maha Paduka Guru Mantra Japa, okay?

Of course Maha Paduka is a very powerful mantra. You can use Maha Paduka Mantra, visualise what you want, use Maha Paduka Mantra.... again visualise...again chant.... this will also work out because this mantra has all the Shakti's.

First is, you know... AIM HREEM SHREEM - Bhuvaneswari....Aim Kleem Saum - Bala... AIM GLAUM - Varahi...then you know, Shambhava and Adhi Shakthi - Hasaksha MalavariOm...all these.... then Bhairava Shakti's will come and all that.... Guru Shakti is there - you can manifest with Guru Paduka also.

I don't deny anything, but when you are saying that you are having desires means, I also suggest that you also work on your chakras which are very important as it will give faster results than doing only Maha Paduka Mantra.

But if you only want to do Maha Paduka then what you do .... Visualise what you want....chant the Maha Paduka Mantra minimum 9 times.... again visualise what you want.....chant the mantra 9 times .... Repeat the pattern for minimum 3 times.

This will fulfill your goal every day. Whenever possible do it and, you know, use the life success statements listed in the Success Wisdom book or that which is explained in the Siddha Mind Power workshop, okay?

That's very important because, first thing is, you have to create what you want in your inner world which is only possible if you make your conscious mind as your friend. If the conscious mind becomes a block then when you visualise and bring in the energy, the conscious mind won't be accepting and won't be passing your wish to your subconscious mind and the subconscious mind is not going to manifest.

So understand Siddha Mind Power, use Maha Paduka and fulfill your desires. If possible, I suggest doing the Chakra Meditation also.

Shivoham!

**Along with Srividya sadhana, which other sadhana helps in business?**

**-By Sadguru Sri Sivapremanandaji**

Video Link: <https://youtu.be/dieoWNRIn40>

Actually Srividya sadhana takes care of everything because the business is not apart or

Different from your karma, it is already there in your karmic blueprint & the root cause of your business problem is also there in your karmic blueprint So when you work with the Srividya sadhana automatically your business issue is also taken care. But what you can do is you can make sankalpa before doing the moola mantra of Srividya that & I want the Srividya or spiritual power or energy to be directed for helping to improve my business, This way you can do the Srividya sadhana and you can help yourself.

Shivoham

## **"Is it possible for householder to remain in egoless state all the time?"**

Video Link: <https://youtu.be/Z2uqKC0hd4k>

You see that? When there is no Ego, it is very difficult to function in this third dimension!

It is very, very difficult, especially for a householder.

Egoless, detached state is very, very difficult. It is easier to be in the state during meditation. When you come out of your meditation, open your eyes, go to your office, and be with your family, it is very, very difficult. Okay?

So there are two things that happen - means your karma is not yet ready that you can experience all of this or I can say your responsibility towards your kids, towards your family or your duty is not allowing you to do it.

Because even at the soul level I am detached but subconsciously when I am committed to my family those energy threads / chords will be pulling you.... Your job chords will be pulling you.

So when you go into the detached state, what happens? not only you get blessed, your family also gets blessed, all your surroundings get blessed because you connect with that divine presence which is Universal consciousness and not Individual consciousness. Then what happens?

Things will be taken care... many, many past life Karma will be burnt in that state of consciousness, okay?

But I can, you know, tell you that you are blessed to experience that Divine presence, Divine awareness. That you need to understand.

But at the same time, Because of our belongings, our family we are again coming to our old self and moving into the difficult fluctuations, and the creations, the drama, the Maya, to get involved.

It will take a lot of time and effort to experience this state. That's why many Siddhas leave everything and go when they finish all their jobs and the duties to the world and their family.

Why is it?

Egoless consciousness is easier but our attachment to this world and family still holds you.. They bond you.

That is what... Many Masters went begging, asking for food, going to different places leaving their own home, land and everything...they go to different places and live on alms.

There their belongings are less and connections to their families are not at all there. They not only go into egoless consciousness, they will start living in the detached state of consciousness. It is very difficult, you know!

That's what... the Avadhootas have left everything.... sitting in temples or hill stations leaving behind their families etc., Because they want to experience the ultimate detached state in the waking state of consciousness, okay?

So it is difficult, and you still have your responsibility and all.... finish them and things will be taken care of when the time is right for you!  
Shivoham!



## Physical Darshan of Siddha

Video link: <https://www.youtube.com/v=vr8ezacsRbU>

I had a thought that I should go and visit place where Thirumoolarji meditated where he has done his Tapasya for 3300 years. It was a near to Chidambaram there is a temple called Chidambaram in Tamil Nadu where Akasha Lingam is worshipped so near to that there is one more place called thiruvadhotharai where Sadguru Thirumoolarji ji meditated .so I went to Chidambaram taken the blessings then I went to thiruvadhotharai ,there a small statue of Thirumoolarji a Samadhi place and also a big Nandi and Shiva is there. I was more worried about my shoes where I can keep them, You are in a such a divine place still your mind is worried about shoes then , I saw that there no shoes stand there was one person, he didn't wear anything, naked he is sleeping under the tree ,old guy ,nothing he wearied not a pant and shirt he is just smiling, I thought he is a mad guy or a bigger sitting it is something it is my intention don't know who is he, at that time what I thought to give some money to him so that he can watch my shoes I asked him to see my shoes, he smiled nothing else than that . I went inside prayed to Sadguru Guru I have been praying for many months, only I am communicating why you are not answering that was question and challenge and fight between me and Thirumoolarji .Everyday 1 hour minimum i used to talk with him in front of him only one way communication , I used to ask when you were going to reply when you come and bless me so then I finished all this and meditated there did the sadhana that are given by Sadguru I have observed that its energy that was present, I would be able to connect him very fast because he meditated there his energy was there then slowly I come back and when I came back to wear shoes this guy was sleeping with his backside facing towards me and his whole body is holding with mud and soil and I went there and touch his knees to give some money , I got shocked such a terrible shock amazing I was a little bit afraid and aware now where I don't know who is that guy just touching his body such power then suddenly OM nadha started in my mind and it started smelling such a beautiful Tulasi fragrance just flowing there I saw this guy so much soil and all of that sleeping under the tree so dirty but next to him such a great fragrance which I cannot get by keeping any incense sticks or perfume to get that fragrance .I was surprised who is this guy what and how can he has such a power He is not bothered and he is just sleeping without aware of this .I was afraid and surrendered inside it happens such force is there ,such a love is there ,such bliss is there, such a OM nadha is there , and that energy start flowing within me up and down amazing that is the really Shakti path in my life where I just bow down and closed my eyes and ask forgiveness and pray to him and the moment I opened my eyes that body was not there ,it was none other than Sadguru Thirumoolarji came with his dirty body to bless body , so it is very difficult for a siddha master to manifest Golden light of unconditional love or that Immortal body taking the physical body coming into a very low level so that this human body can receive that ,it is very difficult .

## **Difference in the enlightenment of a normal liberated being and a siddha yogi?**

Video Link: <https://youtu.be/x6xiGSuyE-A>

What is the difference in the enlightenment of a normal liberated being and a siddha yogi? From reading experiences of beings who achieve enlightenment in the non-dual path it seems like they no longer have an identity and just flow with the natural state of being and life without any interest in creating and manifesting anything since there is no person there who has any desires left. Whereas a Siddha Master seems to go on creating and manifesting and working with the body and mind even after enlightenment.

Enlightenment gives the realization that you are not a body. You are that awareness and that awareness is a totality. And that totality is running this universe and it is also running in you. So you abide in the divine will and you flow with that. That is what happens. But siddhas are not only that, they want to bring that realization, that pure light, that pure consciousness at the cell level and convert this physical being into an immortal being, immortal consciousness. So that is a siddha's path. There are different yogis and different paramahansas, different enlightened beings; they work in their own way. Their interest. I have seen some students, some of them, they got enlightenment, and they die. Finished. They don't want to live. There are some people, they got enlightenment, and now they want to manifest that enlightenment, that light of consciousness even in the physical cell level and they meditate for thousands of years. To meditate for thousands of years they have to hold this body. To hold this body, they have to go through certain processes, siddha processes. They work with that. So there are many, many different ways. Siddhas are different, different yogis, there are many different ways. Why do you want to get confused with all of this? Your goal is to realize the truth about yourself. Ultimately everybody's goal is that. But some people wanted to be happy with that only, some people wanted to manifest that at the physical cell level and then they see they transfer this into a golden light body that is a being of awareness, body of awareness, body of light, body of consciousness, ok? And that way they live their life immortal themselves. That is the path of the siddhas. And not only that, then they wanted to, with that enlightened body merge with as many beings of humanity so that consciousness triggers or seeds the enlightenment in that humanity so that they can overcome. And the entire total humanity, the entire Earth will lift into a transformation and make this world more of truth, more of light, more of love, more of oneness. They wanted to see that what is there in the celestial world, that oneness, that light in siddhaloka, they want to manifest the same thing in the Earth dimension so many siddhas are working for that also. So, many, many ways are there working by the yogis, siddhas, avdhootas, paramahansas, they have all but everybody has to start with the realization about themselves. That is the first stage. Knowing the truth, liberating themselves from the fluctuations or the lower emotions of the mind, lower mind and raising themselves, manifesting that whatever they are they experience at the physical level and cell level also.

## **"Experience of light body meditating while physical body sleeping!"**

Video Link: <https://youtu.be/xPKTCo6BQ3c>

You could experience your Astral body; it is very clear.

You see that... you prayed to the Divine Mother, you prayed to Guru Parampara and slept by playing Lalitha Sahasranama... that intention and prayer helped the Divine Mother to bless you.

Lalitha Sahasranama's energy filled you and infused you, then what happens?...

When the higher level of energy comes in the early morning after you got up...though you got up you were not aware of the physical body but you were aware of your subtle body, light body or your Astral body.

And the experience you had also was a beautiful one which tells you who you are.... that you are not just the physical body.... Beyond your physical body you have the subtle body, light body, astral body.

And when you were in your Astral body and you meditated, you experienced what energy is.

What just a simple meditation at the Astral level can do is the one you experienced.... that you see the spine.... you see the divine mother's Grace flowing to you.... All these things really happen to everyone who does Sri Vidya Sadhana, okay?

People who have psychic ability whose subtle body is active, light body is active, astral body is active, soul body is active can see, can feel, and can receive the benefit easily.

Such experience gives one the confidence that 'I am doing it right and this meditation is helping me tremendously' where otherwise one's normal eyes cannot help, one's mind cannot help to know the results...the benefits of this meditation. So all of this has happened...you have had an astral body experience and received the grace of Divine Mother and one more very important thing is that you know, when you woke up and came back to your normal senses, intuitively that 'something big has happened, yes!'

You have received a special blessing, a special energy that is needed for you in this phase of your life.

And this is only possible because of your sincere devotion, prayer, and surrenderance to the Divine Mother.

You are doing well and you have received the blessing of the Divine Mother.

Shivoham!

## **"Role of sadness, resentment, frustration emotions on the way of our self- ascension!"**

Video Link: <https://youtu.be/rZWV97MwriI>

See... all this resentment, sadness, frustration that you are saying are not your qualities.

What is your quality?

Your quality is Sat Chit Ananda! But what happens when we identify ourselves with our Ego, our identity, our body, identify ourselves as this type of person... that type of person and get attached to the situation, family?.....then all this, you know, drama will start, emotional, you know, things will start. And it is normal for the householders or the worldly persons. But what makes you a more ascended or spiritual person is the manner in which you can witness them and let go instead of reacting to the outside world, reacting to the triggers of the emotions.

When you have sadness, you know.... When you have sadness there should be some limiting belief or some of your expectations or you are thinking that you are not receiving something and so sadness happens.

Similarly the resentment, frustration that you are not attaining what you want... you wanted to have some Siddhi but it is not happening, you wanted to accomplish some goal but it is not happening, you wanted to fulfill something but it is not happening... you see that... These are the attachment, expectations.

So these are the qualities of the 3rd dimension that will make us suffer... that will make us suffer!

All these things can be conclusively surmised as Duality / Polarity. It comes under the Universal Law of Polarity. But behind that the cause of all these problems is seeking, seeking something in the external world, fulfilling something in the external world, running behind something with the understanding that, only that can fill me, make me complete, okay? So these are all the illusions we have.

So whenever we have sadness just be aware, 'why this sadness?

Why is it happening?

What are the thoughts, beliefs, expectations, conditioning behind it?'

Be aware of all these and you just let go.

You know what happens... sadness cannot be there for more than you know, a few seconds or few minutes.... it will just go.

And then you come back to, you know, your real nature which is Sat Chit Ananda - you are that Peaceful Blissful Awareness. And all these emotions - sadness, resentment are like clouds...coming and going... coming and going, But you are not doing anything ...you are just witnessing and letting go.... you just witness and let go. You are not doing anything about whatever that is happening within you with respect to your emotions, thoughts especially your negative emotions and negative thoughts, but you just witness, observe and let go!

'DOING NOTHING' is the only solution that you need to understand!

Once you start understanding this, what happens?

You are not going to react to your negative thoughts and negative emotions anymore, and you are going to just observe that is all and you don't get attached and you don't make any judgement on the negative response, or negative emotions like,'

Why is it happening to me? Why me? Why this suffering?' All of which will again create one more problem. So this is the path of ascension where at first you need to liberate your mind, liberate yourself from negative emotions, negative thoughts, and negative beliefs.

How can you liberate?

This is a very important question. You liberate yourself by not doing anything INSIDE, but just observe... let go... observe... let go - that's all you have to do. So this is the path of ascension!

The more you do this you will be surprised to find that you are already free!

All these qualities come like clouds and go but they cannot touch you, and you go one more Step Up in the path of ascension where you see that 'I AM SAT CHIT ANANDA ...I am always there, but I am not focusing on my Divine Nature, by giving too much attention to these negative thoughts, emotions, false identity, Ego and outside world ', okay?

Shivoham!

## **Guidance of Siddha in a dream during Navaratri to offer vibhuti to srichakra!**

**-By Sadguru Sri Sivapremanandaji**

Video Link: <https://youtu.be/WMc-lFeNVKc>

Since day 1 of Navaratri I am doing DSS beeja mantra japa, Today i met with a dream that someone suggesting me to offer Vibhuthi to Srichakra with chant of each Beeja mantra. I was able to see his hand actually he was doing it & suggested me to do. Dream was amazing. Let me know result of this dream. See that what is the importance of the Vibhuthi? It is something that is a purification when everything is burnt whatever the leftover that will show the nirguna, nirakara parabrahma tatva. The bhashma is the purification, the energy of lord Shiva. So when you offer this bhashma to the divine mother or sriyantra what happens you are literally bringing or dissolving all your attachments, bringing the detachment in your life? So some Siddha or yogi might have guiding you to do the sadhana for yourself, if you are doing you can do it because it's really blessing for you specially this is only for you especially when you received this during Navaratri. You need to consider this as a gift and practice it at your home regularly whenever you do the srichakra pooja you use that.

Shivohum

**What can be done along with R kriya to see the better benefits?**  
**-By Sadguru Sri Sivapremanandaji**

Video Link: <https://youtu.be/WuKrLb-mySE>

Regularly R kriya should be done, it should be done every day and maintain good thoughts, positive emotions & do the swadhyaya, Swadhyaya means self-analysis whenever you feel negative, don't create negative thoughts, emotions all that negative energies everyday Have a good food every day, healthy and pranic food specially plant based diet is very good, cleansing therapy is also given in the same webpage and health mantra is given Try all these things food level you take care, for oxygen and prana level do R kriya , for meditation soul level you do the mantra So when you work with the physical level energy or pranic level or soul level things will be taken care . Mentally you should entertain with good thoughts and whenever negative thoughts come try to understand negative beliefs and all, then try to overcome negative emotions So more you have the positive thoughts, feeling, energy, expectations , regular meditation more faster results you are going to experience.

Shivoham



## **"Secrets of Kechari Mudra -By Sadguru Sivapremanandaji"**

Video Link: <https://youtu.be/NdbnlA0QqpU>

What do we do in Kechari Mudra?

It is said that the movement of the eyes is connected to the breathing; the movement of the eyes is connected to the mind. You know, the movement of the tongue is connected to the mind.

When your tongue is fixed, what happens to your mind? It is stabilized. Then you go beyond the mind dimension and walk into the sky.

Sky means....it is the representation of Consciousness, yes or no?

Akasha is the representation of Shiva, right? It's Consciousness, Pure Awareness.

There is no origin.... it's expanded everywhere!

Can you go deeper into the sky and find the origin from where it started? No (shakes His hand in negation). So that is the Consciousness...that is the expansion...that is the **Shivarupa.... Chidambara - CHITH + AMBARA...**that is what the sky is.

So that is what... we say **Kechari - Skywalker..** Means I walk into my Consciousness.

When I do the Kechari Mudra what does it mean?

I turn my tongue and touch my palate (upper mouth), what happens?

Within me the Ida and the Pingla gets connected , the circuit is made complete, the Sushumna Nadi opens, you know, energy starts flowing, my breath becomes narrow, my mind is stabilized, I lose my body consciousness , I touch my soul consciousness and then I go deeper, deeper, deeper into SO-HUM or SAKSHI BHAVA STHITI....is it clear?

So all of this is there.

SO-HUM meditation with Kechari Mudra - Siddhas say that this is the way to stop time, this is the way to stop your aging. All the Siddhas stopped their aging, you see that?....They are in Kechari Mudra - most of the Siddhas.

You see that, They're just circulating their energies here and there...here and there ( shows with His finger that energy is circulated between the interior of the mouth and the abdomen / spine)....Ida - Pingala circuit is there and so there is no leakage of energy - there only it is circulating...Prana is circulating within that, you see that?

That's why, you know, they are breathing within themselves.

Even this breathing will Stop (indicates Nasal breathing) after some time. So what is happening? They are just breathing mentally and not physically (indicates Nasal breathing again). They're taking the Prana.... body is the same - stabilized .... Time has also stopped, aging has also stopped.

There have been many Siddhas, who are in many hill stations, in caves, and they are sitting, you know, turning in their tongues, and they're in SO - HUM Sthiti....SO- HUM - I AM THAT...I AM THAT ....they are in that SO...HUM.... SO....HUM . We call that **Ajapa Gayatri** .

SO - HUM is the ultimate, you know, beyond the form of Gayatri, beyond the form of Panchadasi is **SO - HUM.... SHIVOHAM....OM TAT SAT**



## **"Purpose of mantra japa apart from meditation?"**

Video Link: <https://youtu.be/dZTbvPPik-Y>

So the first question is: what exactly is the purpose of chanting the Mantras during the day outside of our Sadhana?

See...when we do the Japa, we are holding the vibration of the Divine. It is called The **Feeling the Divine Presence during the Waking State of Your Consciousness.**

In meditation it is easy to feel the Divine Vibration, Divine Energy, Divine Consciousness.

But when we come out of the meditative state, we experience different emotions, different thoughts some of which are positive and some of which are negative.

So instead of thinking about all of these, if you can go on chanting the Mantras holding the Divine vibration, then the Divine Presence can be felt and we experience that Divinity in the present moment and at the same time we burn the thinking pattern, negative worrying nature and all those unnecessary stressful thoughts and we start creating a new future that is good for our life.

So Mantra Japa after doing meditation, after doing sadhana is very important for a Sadhaka and self-analysing on 'how many times I think positive thoughts in a day....how many times I think negative thoughts in a day, how many times I behave negatively with my family people, at my workplace'.... everything should be, you know, observed as a Soul...as a spark of Shiva Shakti.

Remember always that whenever we detach and observe we take one step ahead on the path of ascension which is Self Ascension - it's the vertical path, okay?

So Japa is very important!

So apart from the meditation, do the Japa.

In the second question you have mentioned that you feel more powerful chanting the Kroda Raja Bhairava Mantra.... its okay, if you want you can do the Kroda Raja Bhairava Mantra. Then you can also do Sri Vidya level - 2 Mantra and you also do the Mathangi Mantra.

You have plenty of time - 12 hours in a day you are in the waking state of consciousness , so, you know, half an hour to one hour you chant the Kroda Raja Bhairava Mantra where you feel good, and for another half an hour to one hour you do the Raja Mathangi mantra , and then for another half an hour you can do the Level - 2 Sri Vidya Mantra ...like this, based on your work nature, family life and your day to day activities and your convenience, you plan or sequence the Mantras.

And sometimes being in silence, especially when negative thoughts come and all such other things come is also good.

So maintaining the Silence and doing the Japa are very important on the path of spiritual growth and progress.

Shivoham!

## **Mastery over Death** **-By Sri Sadguru Sivapremananda Ji**

Video Link: <https://www.youtube.com/watch?v=awOCcERs3WA>

When somebody dies, is real person is there or they made a TRANSITION?

If I take an example your friend Raju is dead, today you had a great day with him you spoke to him. Death is something you don't know when it is going to knock, no one can predict it. The Death knocked your friend door and he died, you know that body is there but Raju is not there?!

Your real form is FORMLESS!

Your real form is FORMLESS!

Your own loved ones telling at that time, they don't say Raju. They say

- ☐ Take this body
- ☐ Keep that body
- ☐ this body is smelling bad
- ☐ Put scent for this Body

Can you see that??

What is the value of this Body??

We are so much attached Your own loved one are sitting there and telling:

- ☐ Take this body
- ☐ Burn this body
- ☐ Put clothes to this body

No more you are RAJU there

Raju has gone, Raju has gone

If you don't realize your real form? What happens?

YOU DON'T MAKE A SMOOTH TRANSITION FROM THIS EARTH

THE HIGHEST MASTERY IN SPIRITUALITY IS MASTERY OVER DEATH

I should die happily with knowingness that I cannot die.

Is it clear?

I should realize when I am on this earth the TRUTH that THIS BODY IS NOT I

- ☐ MY REAL FORM IS CONSCIOUSNESS

☐ MY REAL FORM IS AWARENESS

☐ THAT IS ETERNAL

☐ THAT CANNOT DIE

☐ THAT CANNOT BE BORN

☐ THAT IS ETERNAL

☐ NO BEGINNING NO END

If you realize the truth when you have this body, then what happens the moment you are taken away from this body, happily you will be going out, knowing that this is not my death

This is death of my body.

## **Unmanifested and manifested forms of Siva** **- By Sri Sadguru Siva Premanandaji**

Video Link: <https://youtu.be/Z5Bk4r00Ins>

What is Shi and Va— Shi Va means the one that is Unmanifested, and the one that is manifested. Meaning the one that has not manifested at all and still it is there. It is on the

Evolution to manifest to its perfection. And the one that has already manifested and wants to become perfect. Shi-Va means everything, the totality of existence. So, it is pure consciousness, or it is a param-shiva. We can call it as not yet manifested; it is just there as a being, pure awareness. And from that emerges the power that manifested this entire universe. That is also Shiva. Shi means consciousness and VA means Shakti. Shiva means consciousness and energy. Consciousness is the ground/bottom of all existence. And Shakti is all the creation and manifestation. At the higher level, we call 'Shiva' as the pure consciousness, pure awareness, and pure existence. It is Unmanifested, it has not yet manifested but it is there in every consciousness and in every soul as an awareness. And then there is a manifested form of Shiva. Whom you worship as Ad yogi, that is the

Manifested form. In India, Unmanifested form is shown as Shiva lingam while manifested form is yogi. So, the totality of both manifested and Unmanifested is what we call Shiva. Now the question is Yoga.

Yoga means oneness with Shiva. Means I am going to be one with the manifested form of Shiva and I will realise the Unmanifested form as well. That is what we call God realisation. The manifested self is called self-realisation. Unmanifested form of Shiva is called God realisation. For Unmanifested we call parabrahma tatva for manifested – Parramatta or parama Shakti. The Unmanifested we called parama Shiva, for manifested we called Para Shakti. So, there are different terms used for the same ultimate god consciousness or Shiva consciousness. The path is to experience the Shiva consciousness in this human body and mind. So, in Siddhas, the term Shiva is not a male or female. All the siddhas say they Shiva are not a human, male or female. It is 'it'. They call it as ado or you. Meaning 'this' or 'that' is Shiva because it is his Unmanifested form. But Shiva consciousness is there everywhere in every existence, every atom. Because of that they are represented in the form of Nataraja. Nataraja is the manifested form of Unmanifested shiva consciousness. When you see the dance of shiva, it is a play of creation, consciousness, sustenance, destroying, guru kripa, anugraha all that, sadashiva and revealing form of truth consciousness. So, if we go into deeper level of cells in our body, we see that these cells are made of biomolecules and these biomolecules are made of atoms. While these atoms have proton electron and neutrons which are nothing but micro spears of energy rotating in the space and because of the rotation it has its own intelligence, and that space is full of intelligence. And those particles, energies are rotating there.

We call that space as sadashiva, chidakasha. In every atom there is a chidakasha/ Nataraja who is sustaining, destroying, and creating. The deeper form of atoms is nothing but Nataraja. Because of this understanding in Switzerland in front of the big scientific lab they install Nataraja. Their understanding is that inside each atom the consciousness and energy is playing or sustaining the entire universe that is

creating and destroying the entire universe that itself is coming as a guru, teaching principle, and guiding and lifting us to experience the truth about ourselves. So shiva is represented as Nataraja and if you see him, he has four hands and he is in the form of dancing. One hand is blessing, one has damru, other as fire and another is the form of merging and one foot is lifted as form of blessing, another foot is on kala, the demon that is time, the main culprit is time that is making us play in this worldly illusion. So, if you see his form, it is very clearly shown that he is the one creating, destroying, blessing. The moment he holds fire it means he is the destroyer and the fire surrounding him represents the cosmos, the play of cosmos in many universes. He is standing at the south direction. If you see a temple, Nataraja is standing at the south direction because south is the direction of hell, where people go after dying. But in that direction, he is standing with his damru, to call you and say that please don't go there, I am here to give moksha to you. Even at the last moment he calls you. Even when you are leaving your body, even then you have choice to go down or up. Down means lower energy levels and up means higher vibration. So even then if you take the name of shiva, it is said that you are going to his consciousness. He will take care. So symbolically we have shown that the Nataraja is shown as sustained, destroyer, creator, the kripa, the reveal or of truth consciousness. All the five works of the lord are done by him.

**Tulsi vidya and power**  
**-By Sadguru Sri Sivapremanandaji**

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

Tulsi has a very powerful energy & by nature itself it cleanses the aura of the person or the object, so in India we have the Tulsi in front of the home and it has been thought to worship it & make a rotation around it..... When you worship it you have an devotion, that devotion connects you to the energy field of Tulsi & when you make a rotation your aura will get blessed , just do it with simple Srividya mantra with Tulsi plant and see the results ,you need to test yourself all these principles whatever our siddhas has given its very important. Tulsi is going to manifest more oxygen, more ozone layers which we Haven't tested scientifically but our siddhas have told that, but even as a spiritual person your feeling will be good test for yourself & If i rotate around the Tulsi what happens, when i connect my breathe with the Tulsi what happens, Breathing is very powerful because i just breathe and feel intention that i want to connect with Tulsi , just breathe out breathe in & feel that aim making a connection. This itself is the Tulsi vidya, Tulsi kriya , this has been thought in the earlier days where whether you chant Mahamrityunjaya, Gayatri or any mantra first you have to cleanse yourself with Tulsi then youre going for other things So it very powerful & it has been used in most of all the temples to maintain that energy field & purity of that energy field

Shivohum

## **Universal Law of Attraction** **-By Sri Satguru Sivapremananda Ji**

Video Link: <https://youtu.be/FTEG2mUPClc>

Law of Attraction work with your subconscious frequencies

This is very important. Many people do the visualization; inside they are feeling complete opposite. Universal law do not work with outside conscious mind, it works with a subconscious frequency. Because

- ☐ Conscious mind is 10%
- ☐ Subconscious mind is 90%

I see many people doing imagination, visualization everything. But nothing is happening in subconscious mind they have negative blocks. Your world is with your emotions, feeling with that you are creating. So then you say Guruji

- ☐ I am thinking
- ☐ Doing all of the things, nothing is working

Please check your subconscious mind, your underground. With that desire, if I want a Job have a belief system

- ☐ About you
- ☐ Your skills

If you want to get married, problems are going again and again Check your belief system again and again

- ☐ How much you respect?
- ☐ How much appreciate?
- ☐ How much you feel worthy enough?
- ☐ How much you feel deserve?
- ☐ What you believe?

We are conditioned in the outside world, you see. Outside world very much conditioned

They say this and they say that, you feel all of that

- ☐ Know what you want?
- ☐ Then know what are the belief behind that?
- ☐ What are thoughts behind that?

You clear that, DIVINE GRACE JUST FLOWS

YOU MANIFEST. THIS IS WHERE EVERYONE IS MAKING A MISTAKE.

## **How to use Soundarya Lahari for financial freedom?**

### **-By Sadguru Siva Premanandaji**

Video Link: <https://youtu.be/1tRA9jXj0qY>

Whenever I do the Soundarya Lahari Sadhna for money issues, especially shloka number 57, the money comes from my brothers, parents, or friends. But Guruji, I want to earn my own money and make my own home. So, Guruji, can you please suggest a shloka in Soundarya Lahari that will help me become financially independent and make my own home? So the shloka is working for you, that is a good thing. So you are doing it right with the shloka and sadhana. You need to make an intention and visualise that the money should come from unknown sources, maybe some project, bonus in the job, business or some other involvement. So you visualise that money is coming this way from unknown channels. I am ready and open to receiving the money from all known and unknown channels. You make an intention. This will open your soul. Then money flow will start from different places, and then you visualise—in my inner world and imagination, I have my own home. In my mind, in my vibrational universe, I have my own home. Make this intention and chant the shloka. You visualise that I am ready to receive abundant money flow from known and unknown channels and chant the shloka. What you are doing is that your intention, soul power plus shloka, divine power, and the working of the sadhana as a mind power is helping you to receive money from known and unknown people. So, it will start working for you in both ways.



## **"Challenges to be a silent observer of breathing & thoughts!"**

Video Link: <https://youtu.be/1zHdN0d-qgs>

You see that, whenever I say to be in silence, it is not possible for all sadakhas to be in Silence, to hold your attention on your breath for a long time. okay?  
Maybe for few seconds in the beginning, then for few minutes, okay, but we have to cultivate this meditative technique, this quality, this skill to be in Silence, to be with our breath, to be in the present moment every day.

That's what is given in part B. You do all the Sadhana.... all the doing is completed in Part A, and in Part B, you are in surrender state of non - doing, and in the receiving state of Divine Grace.

So, even if it is for few seconds, please do it, as this is very important!

For so many years, from birth until now... some of you may be 30 years, 40 years old now...we have been training our mind to jump here and there thinking so much about so many different topics, and handle so many different projects, and considering this mental quality as one of the successful skill for the outside world. But the same skill is considered not good in the meditative Sadhaka, you know, in the inner world!

So this habit makes the mind jump here and there.

When you want to BE without doing anything, you feel disturbed, distracted, agitated, feel like something is missing, something is wrong.

All such feelings will start happening, because subconsciously we are trained that we have to be engaged, have to be involved in some activities, only then we are considered good, this.... this...in the worldly culture and all of this.

But in meditation it is more of being in silence, more of being attentive, more of watching and witnessing the things...and these qualities are opposite to the worldly nature.

So if it is possible for few minutes...do it, if it is possible for few seconds...do it, then if you want, you can chant the mantra that you have mentioned...whatever is possible you do it, okay?

Shivoham!

**What is intention or sankalpa?**  
**-By Sadguru Sri Sivapremanandaji**

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

Intention means i resolve something in my heart for ex: I want this,I want to have this, I want to improve my business , I want to overcome my problem..... So Intention is what really i want in my life , once i decided what i want then I'll focus on that & give my thought & energy to that , that is my Attention So the universal law says that wherever there is an Attention there the energy goes & where the energy goes there that Intention manifests,Intention, Attention, Energy , Awareness these are the very very powerful principles in spirituality .

Shivohum

## **Why Rajarajeshwari Kriya should not be practiced by the kids below 18 years?**

**-By Sadguru Sri Sivapremanandaji**

Video Link: <https://youtu.be/OX1nfpQSjjw>

Guruji why is this kriya not available for kids below 18 years? Can they be initiated into this If they are suffering from any health issues?

These are the very powerful kriyas that should be done under the guidance of master actually but Im openly giving distance course because of the present situation of covid before that we did not offered to public because pranayama youre directly playing with your energy body so you should do this with the guidance of the spiritual master and specially children's below 18 years not good for them, their glands are not yet grown or not developed to the right way or their emotional things are very different , It may triggers many different kriyas to them and it may harm their psychic nadis very delicate nadis for the children so we don't suggest this if children's start doing this without the guidance they may harm themselves there are many issues with that so I don't suggest this Rajarajeshwari Kriya for children's, For children's I suggest do health mantra that can bring great miracles to them , Children's don't need all these pranayama and all if they sincerely do this meditation, mantra meditation Health mantra is available in our YouTube channel you take that teach that health mantra to your child if possible energize the health mantra with water that video is also given in YouTube and ask them to energize themselves and drink it, their health will be normal any deadly disease can be overcome with that but this R Kriya is not needed for them because it creates problem and Im not in a position to personally guide each individual student it's very difficult because daily we get many application regarding this so i don't suggest

Here is the Heath Mantra

OM AIM HREEM SHREEM

ACHYUTTHAYA NAMAHA ANANTAYA

NAMAHA GOVINDAYA NAMAHA OM

JHOOM SAH MAM PALAYA PALAYA

Shivohum

**Secret of Ashtottara Namavali of Shiva**  
**-By Sadguru Sri Sivapremanandaji**

Video Link: <https://youtu.be/KZRD4D6IBeo>

When we do the Ashtottara Namavali of lord Shiva what it means it's the complete manifestation of Shiva that is 108 qualities that can complete the form , Soul taken the form and manifesting on the earth that's 108 vibrations should be there so 108 names are given So we do the abhisheka with the ashtottara namavali, we do the archana with the ashtottara namavali you see that in temples and all they do shanti pooja to invoke all 108 qualities of lord Shiva coming into our soul and bringing the balance whatever that is missing in our life

Shivohum

**Secret power of Thirumoolarji Siva Mantra!**  
**-By Sadguru Sri Sivapremanandaji**

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

Once you start chanting this mantra you I'll start getting personal attention of Sadguru

Thirumoolarji this is the power If you want to get the personal attention of Sadguru Thirumoolarji this mantra connects you to Sadguru, there was the student from Chennai actually he was not our student , he was the old person at the age of 67 or something he didn't know how to speak in English and all but somehow he saw our website Siva yoga & he was the devotee of Thirumoolarji since long time so he came to our website because of his son showed him that this the website of Tirumoolarji and all , he was attracted to this mantra he told please write it and give to me I'll do this That was the introduction practice we have given in the Siva yoga website long back around 5 years, what he has done is he started chanting this mantra day and night with only one intention that & Thirumoolarji please come and give me the darshana take care of me he started doing this nobody told him that by chanting this mantra Thirumoolarji will come, In a week after he started doing this he started receiving the darshana of Sadguru Thirumoolarji in his dream, Thirumoolarji coming & initiating him on his third eye and telling him that I'll take care of you , He sent the letter through his son in English to us , We have not initiated him to be frank but his love, devotion, acceptance and surrenderance to Sadguru Thirumoolarji is so high he pulled him with this mantra he had Darshan of Sadguru & got the promise from Thirumoolarji that he will be taken care of and he sent the letter, such a promise this mantra holds.

Here is the mantra that follows

OM

SI VA YA NA MA

YA NA VA SI MA

MA VA YA NA SI

S I YA NA MA VA

VA SI MA YA NA

OM

Shivohum

**"After Death, where I will go?"**  
**-By Sri Sadguru Sivapremanandaji"**

Video Link: [https://youtu.be/E\\_tOzX48d3s](https://youtu.be/E_tOzX48d3s)

My inner reality is more important than the outside world.... This is the main shift in spiritual Sadhana... please understand.

My inner world is real and not my.... (Points a finger outward gesturing the outward world)

But presently what we are thinking is that our outside world is .... ( again points fingers outward gesturing for 'real'), and our inner world is...(shakes His thumbs to gesture for ' not real').

When you advance, you know that your shift will be inside, 'I create.... not outside.... inside, I create '. Prosperity, Abundance...whatever it is, it happens inside (points inwards)

In India, you see that all gods are shown to have 2 wives.... That is the speciality of our, you know, depiction!

Ganapathi shown to have two wives! - Riddhi and Siddhi. It doesn't literally mean wives... it means that they have two powers which's been symbolically depicted - one power is Riddhi and the other is Siddhi.

Riddhi means inner world reality - psychic abundance... psychic accomplishment or abundance. Siddhi means outside success.

So Ganapathi is there ( points His hand at the centre) and one is Riddhi , the other one is Siddhi (points His hands on either sides).

What about you?

It's the same with you... you are also Lord Ganesha only, you know...Riddhi and Siddhi

(points again to both sides) - inner world and outside world (points outwardly).

In India our culture has given all the science in a symbolic way.... in a symbolic way so that you can understand.

Same with the Puranas... same with any characters.... it will make you think.

You see that...The Rather of Surya Narayan is run by Aruna, okay?... if you can see that, he doesn't have legs. It will make you think, you know, this guy is riding the Chariot but is not having legs, then:

how could he manage to climb up the Chariot? has Lord Surya chosen such a person?

You see that? Everything is so beautifully depicted. When you go deeper and understand the esoteric meaning of them, then you understand:

what are these 7 horses! Got this point?

My intellectual ability is Aruna. Without Surya - my soul, it cannot function, hence shown to not be having real legs, you see that? then you realise, 'oh! This is what it conveys!' you know, where Surya is actually? In our Soul (points inwards).

All of these you learn....

Who is Ganesha?

who is Karthikeya?

who is Subramania? ....

Where are They?... (Again points inwards) in us.

Where is Durga?

Where is Lalithambika?

where is Shiva?

where is consciousness?

where is Ram?

Ultimately you realise that 'my soul is everything... my soul as everything!'

So I need to focus on (points inwards) soul!

So every Master, every Yogi realised, after having read the scriptures, the Puranas, that all these are written for me to know myself; I need to turn back (points inwards) and see myself - realise myself...find the real Rama!

You see.... when you chant Rama mantra, what is the siddhi of Rama mantra? I become Rama...

When you chant Shiva mantra, what is the siddhi of that? I become Shiva!

Whatever I chant, whatever I focus, my Astral body within me takes that form of the God. Please understand this...this is the science!

In occult, we understand this...whatever we worship....if we worship Lalithambika, then what form will my subtle body take? That of Lalithambika ( gestures).

If you worship Nagadevatha (shakes His hand like a snake's hood), then what is the form of your body? Same as that devatha - snake!

After death where will you go, according to Universal Law of Vibration?

Law of attraction says, ' like attracts the like '.

So if you are worshipping this ( gestures like a snake) where will you go? To Nagaloka . (Audience answer)

If you are worshipping the Siddhas, where will you go? To Siddhaloka (Audience answer).

If you are worshipping Shiva, where will you go? To Sivaloka (Audience answer).

If you are worshipping Vishnu, where will you go? To Vaikunda (Audience answer).

That's what our Siddhas have written, our scriptures are saying.... very clearly they have written about where you will go!

So be careful about what you worship because that's your destiny, you know?

That's your goal.

If you worship the formless ...if you worship the formless, what are you going to be? Will become Formless (Audience answer). And where are you going to

be? Everywhere (Audience answer)..... Everywhere ( Guruji acknowledges).... and that is our goal , is it clear to you?

I am not sending you to Shivpuri or Vishnu Puri or elsewhere...I am sending you to be

EVERYWHERE!

THAT'S THE GOAL OF SRI VIDYA!!

Shivoham!

**Surrender your Ego Mind!**  
**-By Sadguru Sri Sivapremanandaji**

Video Link: <https://youtu.be/chak3i0cAJI>

Many people ask Guruji what is Surrenderance? The first question is What is surrenderance? & The Second question is How to surrender ?

Here the trick is the mind is asking what is surrenderance? And again the mind itself is asking How to surrender? But the truth is the one who has to ask has to surrender , the mind should be dropped but the mind don't move it want to continue the life, it want to survive. So the Mind itself will ask What is surrender? Who am I? Why Im here? What is My Relationship? Who is God? Then it get life , continuity & things will start going on. So Surrenderance is not anything else but Surrenderance means your own ego mind , your own thinking mind, we have two types of mind one is involuntary working in our body it's the subconscious mind another one is conscious mind it is the thinking mind. This thinking mind has the application to check, analyse & then accept, Once it has accepted something then it became a belief and it enters the subconscious mind, that's only the job of the conscious mind/thinking mind Apart from that it has to be in the silent mode otherwise it only worries, create fears, create unwanted thoughts, create unwanted situation and all So to surrender means you just need to see all the play of the mind but you are not attached to the mind youre watching what is happening in your thoughts, body, breathing & your entire creation but you are not involved with that , youre just witnessing them all just by being as a soul that is what we will call it as Surrenderance. It's a higher level because at the higher level you know that you are not the mind , not a body , not a ego identity nothing youre just Being, Being means not doing that itself is surrender state .

Shivohum



## **Experience of Goddess presence**

### **-By Sadguru Sri Sivapremanandaji**

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

My heartfelt pranam to guruji ,I am 24 years old living in Glasgow UK, and have been given Deeksha in Battuta Bhairava and Rajamatangi sadhana. On the night of Thursday 23rd of September at 11:00 pm, I sat down for my Kriya . I have been performing sadhana for few weeks, but i had a very different experience . During the Mahapaduka mantra recitation, I felt the presence of something which i an only describe as ominous in my room. It felt like a female was present in my room looking down on me. I was extremely scared and was shaking and shivering. I wanted to quit the prayer and run away, but kept on doing the sadhana. However something later during Batuka Bhairava mantra chanting, the feeling went away, and i felt normal again. I wanted to ask if this surreal experience was caused by some mistake I might have done and ask for guidance for what to do hence. See this is not the mistake you have done it is a spiritual experience but you were not ready for this Whenever we do the sadhana we invoke the guru Parampara , do the protection shield and then we start our sadhana, so it means only you are attracting the positive things during your sadhana no negative things will come there and whenever you chant the mantra it is 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 ar going to attract So this is something divine goddess presence felt it during your Maha Paduka mantra meditation , it is actually the blessing but many of us are not ready so we feel that something has done, wrong had happened When you have taken the deeksha from guru paramapara and there is nothing like that you have done wrong & directly the god/goddess is coming to punish you , If you have done something wrong first it&#39;ll come to guru Parampara because you are receiving the grace/energy of the mantras from the portal of gurus consciousness, from the lineage of gurus so first it has to pass from here then it has to come to you. But when it comes to you lord Shiva, Thirumoolar, Nandi Devar and amma sivakami things will be taken cared and filtered and you only get the positive blessings. That is the power of guru Parampara 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 that is very very rare especially when you do the sadhana. So you have received blessing of the divine, you are doing good continue with that

Shivohum

## **"Can I do Manasika Puja or Mental Worship of Divine Mother"**

### **-By Sri Sadguru Sivapremanandaji"**

Video Link: <https://youtu.be/6MV83H-1vm0>

You are asking whether you can do Manasika Pooja / mental worship of Devi Lalithambika.

It's very good madam, you should do it.

See... in India we say that outer rituals lead you to inner... outer worship leads to inner worship.

When I do the pooja outside, all things are there, but they are not in my consciousness, they are beyond my Aura... Energy field.

When I do Manasika Puja what happens?... in your consciousness you are there, the Divine Mother is there and the process of worship is there.

All the three things are happening in your mental body, energy body, Astral body.

So Manasika Puja is more powerful than outside Pooja... it's very good!

You are in some place. If you want you can imagine / visualise a beautiful

Himalayan place...or a beautiful temple you can visualise... you know that you are

there, Divine Mother is there and you are sitting and making a flower from your

heart... you know, golden flower you want to make for Divine Mother... make it !

and offer to the Divine Mother, " Mother, this is for you! I love you!", say to her, "I love you, I thank you, I am so thankful to you!"

Because sitting and visualising Her and offering my love and gratitude to Her itself is a blessing.

No need to seek something else, I am telling you!

Whenever we do Pooja - the word Pooja means becoming Puji / zero (draws zero with His finger) - in Kannada we say Pooji which means zero.

Pooja means to become a zero where Ego should not be there, Expectations should not be there, desires should not be there and I just offer myself, "Mother, I offer myself to you!"

Because actually you don't have anything to offer! That is the truth!

This body is given, right? mind is given, Prana is given, everything is given...

actually what are you offering?... What are you offering? Really you don't have anything to offer to the Divine Mother!

But still because of this body, this mind, I don't have anything to understand...this is the expression that I am giving to Mother.

This is how I show my gratitude.

So whenever you do the pooja, whether outside Pooja aur Manasika Puja, we should do it with love and gratitude without seeking something else.... not seeking... something else!

We need to just flow, "Mother, I want to offer myself". When you are saying, "I want to offer myself ", what are you actually offering you know?

You are offering all your negative karmas, all your positive karmas, all the knowledge you have accumulated, all the negative knowledge you have accumulated, everything you are offering to Her.

And Mother is very intelligent! She will only take the negative things and bless you with the positive things because She is such a compassionate, loving Mother, she will just give you what is actually needed for you!!

Manasika Pooja is very good. You can visualise Divine Mother, offer the flowers, chant the mantra , you know, make Her pooja so grand... of course, you don't have gold outside, but you can bring gold inside, ( says this with the expression to convey the richness of the materials imagined) you can bring diamonds inside, you can bring jewels whatever you want... the one you like, you can offer to Her! Don't you think how beautiful it is!?

It is very beautiful to do Manasika Puja!

You enjoy...and you forget yourself, I tell you! When you are involved with all the things and forget yourself.

When you forget yourself...what does it mean? You become one with Mother!

At mind level you are one with Mother, at energy level you are one with mother, at astral level because of feelings you are one with mother.

When you forget completely about yourself you are really allowing the Divine Mother to express her love, joy, bliss, everything into you. So it is beautiful to do Manasika Pooja!

Very good !...Very good, if you do Manasika Pooja, but a day will come... day will come , when that form will no longer be there... where Mother will know that now she no longer wants to be two, She wants you to merge with Her ( shows by joining His 2 fingers ). If form is there then it means 2, right? But when will this drama end ?

There should be some, 'The end', for this drama - the God and this devotee - this drama has to come to an end!

When is it going to end?

When Mother disappears, you disappear with your identity, then only you become one, then only it is ' The end'. Then only the movie will end. Otherwise this will be going on, on this earth. So it is very important.

So form also disappears, Mantra disappears, Yantra disappears, Guru disappears , you also disappear!

**Only ONE! ONE CONSCIOUSNESS, ONE SOUL, ONE AWARENESS!!!**

Then you realise that "**SAB KA MALIK EK HAI!!**"

Shivoham!

## **Inner Havan for Spiritual Growth**

### **-By Sadguru Sri Sivapremanandaji**

Video Link:[https://youtu.be/\\_rm\\_nf5Ydfg](https://youtu.be/_rm_nf5Ydfg)

How we can do the internal Havan? If we want to do when we can do it? Whether we can do inner Havan alone or we should first external Havan and then we can go for inner Havan? How to do it?

Inner Havan needs little bit concentration; you need to have a visualization skill to do the inner Havan. Otherwise, you need to be in a state of acceptance of divinity, allowing the divinity. Otherwise you cannot do the inner Havan. If you want to do the inner Havan just visualize the Havan kunda, the fire, you are inviting in the Mooladhar chakra or in the Naabhi(Manipur Chakra). Both have the Agni in them. One is Kamagni (at Mooladhar) another is Jataragni(at Naabhi) another one is Jnanagni(at third eye center). You don't need to lit the lamp, its already there. We have 3 fires already present. Only your job is throw the things you don't want. I find Jataragni (Manipur) is more powerful than Kamagni whenever we do the inner Havan. It is very powerful to burn the things very fast. It is the Durga, fire, very fierce fire. Very powerful dominating energy. It can burn anything. So, what you do is visualize Havan patra or feel the downward triangle. You feel that. Triangle is there and fire is there, just accept it. I am ready to offer all my karmas into the fire already ignited by divine mother Lalithambika present here(at Manipur chakra) in the form of Durga, who can dissolve everything because she is Maha Kali, Maha Lakshmi, Maha Saraswati. Then you feel that Havan kunda, fire. You literally feel it. Just you attention is sufficient because its already there. You don't need to visualize that. Then just start dropping what you do not want and what you want also. As a path of Karma kaand what you don't want. As a path of self-realization, spiritual growth you don't want positive or negative also. I want liberation in this life only. No more attachment for happiness, no more detachment for unhappiness. I offer both of them. I become Digamber, Dattatreya and Nirguna, Nirakara I experience that Parabrahma Tattva. We start with body, I offer my body to the Havan. Body attachment will go. The disease, karma that is stored in the memory cells start burning. You start peeling all the skin and offer. "Om Aim Hreem Shreem Shree Matre Namaha Swaha"(3 times) I offer all the skin. Then all the muscles, "Om Aim Hreem Shreem Shree Matre Namaha Swaha". I offer all my muscles, nothing is there. Only then I see myself as a skeleton. I offer all my bones, one by one "Om Aim Hreem Shreem Shree Matre Namaha Swaha". I offer all my fingers etc entire physically body I offer. Once I offer how should I feel? I only feel the energy of myself. Then my energy body. Blue color energy body. You see that karmic layers as a gray color patches there. I offer all of this: "Om Aim Hreem Shreem Shree Matre Namaha Swaha". I offer the all the positive energy and all the negative karma. That is considered as a negative energy. I offer the positive and negative energy also. So, physically body disappeared. The blue colored energy body disappeared. Now, the astral body. Silver color astral body. I see that all my emotions are there. Anger, stress, and depression everything is there. I see the fire, one by one.. Mother I know more want this anger, everyday it's hurting me. It's bringing a negative problems in

my health and also creating problems in my relationships. I offer this anger, please take away “Om Aim Hreem Shreem Shree Matre Namaha Swaha”. I pull all the anger with intention, I ask my soul pull all the anger and offer at the feet of mother in the form of fire. “Om Aim Hreem Shreem Shree Matre Namaha Swaha”. Then I go to the next level, what is that? Physical body gone, energy body gone and astral body gone. Now what remains? Mental body and soul body. Mental body has all the negative thoughts. They are my own children. I created them, given my attention. I borrowed from surrounding people and I stored them in my mental body. I want burn all these thoughts in the fire of divine mother Lalithambika, Raja Rajeshwari, Maha Tripura Sundari. I make the intention, please burn all these negative thoughts, and burn all the positive thoughts. Burn all the bundle of thoughts of this life and past lives. I am ready to receive your blessings. Go on peel and pull that yellow color energy that is surrounding. Negative thoughts mean grey or dark energy of yellow color. Pull that and offer. “Om Aim Hreem Shreem Shree Matre Namaha Swaha”. Negative thoughts and positive thoughts. What remains is crystal pure body that soul body remains. That doesn't have body also. Its just awareness remains. This is there and divine fire is there. Nothing else is there. You see that you are crystal clear child Lalithambika, just watching, aware of all that is burnt. Now pray to the mother. Mother, from your Chidaagni, the consciousness from the fire creates new body that is in highest good for my life on this earth. Pray mother and see that now slowly your mental body is emerging, astral body is emerging, energy body is emerging and all the complete physical body is emerging. You feel yourself; you become one with divine mother and experience that divinity. If you want to create. If you no more want to create, Mother I want to merge. Then what happens? I will be in that soul body, all the time. Be there. Then I just see that, who am I? I am the Nirguna, Nirakara, and Parabrahma Swaroopa. I be in that state. I see that this light, the fire is no more the awareness of Lalithambika. It is just spreading to the entire universe. This is the Samhara kriya where I dissolve all my creation merge with divine mother. This inner Havan can be done anytime. If you do it regularly, in 6 months you will be transformed person. No more attaching to the physical body, mental body and all. You are not attaching at all. You are just feeling your blissful awareness. Because this will bring awareness of who you are. Inner Havan is more of spiritual growth than the outer Havan. Outer Havan is to overcome problems. Guruji, I have money problem, yes, outer Havan. I have health problem, outer Havan. But this inner Havan what we have seen, it will give very good health. Pancha Mahabhootas are balanced. Your energy is so strong and all. So, if you want you can do the outside Havan, if you have time, you can close the eyes and do the inner Havan. Or you cannot do the outer Havan, just do the inner Havan. Or whenever you want or just before the meditation I offer everything and sit as the Dattatreya, Digambara. Given myself, who is the Datta? The one who has given, I given myself, my ego to the mother, no more I am. Then I am that consciousness, Dattohum, Dattohum. That the Avadhoota Sthithi. Nowhere, no attachment. Not to be in one state, it is just moving everywhere as an oneness as Nirguna, Nirakara, Parabrahma Swaroopa. That you can do, Inner Havan can be done anytime.

**Anger, Jealousy, negativity controlling me (as self-defenses). Guide me to be a divine Person?**  
**-By Sadguru Sri Sivapremanandaji**

Video Link: <https://youtu.be/9yAA1SEW5q0>

Q: As a Srividya Sadhaka, I can see anger, jealousy, and negativity controlling me (as a self-defence). Guide me to be a Divine Person.

A: There are many things happening in the inner world. Inner world means thoughts, feelings, emotions and all that is running in your mind as a thinking system about yourself, other person and the entire existence.

And whatever that is you are telling this, anger, jealousy, negativity that is controlling as a self-defence. It is very true! Ego has to survive with all these tools, all of these.

But one thing! We can be mastery over all of this is being aware of all these things within ourself. That's what, we call self-analysis.

Be aware of your thoughts. Be aware of your feeling. Be aware of your emotions. Specially, when things are not working in your life. And you feel anger is happening within you.

It is normal subconscious reaction. Once again, I repeat, whether it is jealousy, whether it is anger, whether it is depression, any other negative emotion that is happening within you due to the person, due to the situation, due to the expectation.

It is a normal subconscious reaction or response that is happening within you in your inner world.

And here, the very important point will come, second step. First is, its happening, second thing is you see that attached to this and you behave or you again bodily react to the people if you are a normal person.

If you are a spiritual person, advanced person, then what you see. You observe that Anger response coming from the subconscious mind.

You experience that jealousy feeling coming inside. You experience the fear that is coming inside, but You are not going to do anything.

You just witness that and you let go and surrender to the moment. Let go and surrender to the moment and not acting or behaving out of these emotions and feelings outside. Then what happens? You are a spiritually advanced Sadhaka. Once you start doing this.

Then what happens. You start let go all the negative emotions. And slowly slowly, you will be surprised. All the Karmic actions that is triggered because of your karma or by the another person or situations are taken control easily, effortlessly.

And You starting getting liberated from your own negative emotions that is within you.

Your inner world, that negative response that is coming, you get liberated from that. And this is a very very important and the spiritual growth of a Normal Sadhaka.

Many people do the Japa for one hour; do the Havan for one hour. But this is a real thing.

When the subconscious mind responds due to the programming, due to the expectation, due to the limiting beliefs.

So many responses happens within, in your inner world and if you could able to aware, observe, let go realizing that you cannot do anything in the inside world. That is the highest and the best action you can do to release.

Then what happens. That is the first stage towards the liberation of the inner subconscious mind and limiting belief and your old past life belief and deeper level of mind of unconscious mind also get released.

## **Bhatuk Bhairava & Krodha Raja Bhairava difference**

### **-By Sadguru Sri Sivapremanandaji**

Video Link:<https://youtu.be/LTIaKrDas0A>

Q: Guruji, what is the difference between Krodha Raja Bhairava and Bhatuk Bhairava Sadhana?

A: In Ashta Bhairavas we have eight Bhairavas. Each direction we have a different Bhairava. So, every direction controls one dimension, one aspect of life.

If it is a North dimension, North is the direction one Bhairava is there. North is for prosperity, abundance and all.

So that Bhairava has a ability to protect that energy, that dimension. So, like this eight Bhairavas have eight different dimensions to protect, all have the same work like a protection, but the different dimensions they are protecting.

But the center of the Ashta Bhairavas is the Batuka Bhairava where the center of this, all the directions come and meet, the center of gravity, that energy, that dimension is protected by Batuka Bhairava.

And, What is the difference between the Krodha Raja Bhairava. Krodha Raja Bhairava is very powerful for the astral world, the dimension of the invisible beings.

Invisible beings means Naga loka, Yaks local, Gandharva loka, Bhoota loka, Yama loka. These dimensions are something very special for Krodha Raja Bhairava. He will have a control on that.

So, when we chant these Ashta Bhairavas, you protect all your dimensions, all the directions energy starts opening up.

So, you start getting abundance, prosperity, Love, relationship and all of that, at the center of that, you are having a oneness of all this directions, Batuka Bhairava.

As the name suggests Apadhudharana, any type of obstacles, any type of problems because of this life karma and past life karma can be overcome by Batuka Bhairava.

And Batuka Bhairava one more specialty he is very good in celestial world dimension also, means when I do the Shakti Sadhana of any Devi or any God and Goddess, he has a connection with that. He opens the gate of that, how the Lord Ganesha, and he protects you to enter in that world and to receive those energy and consciousness all of that.

So that is the difference between the Krodha Raja Bhairava, Ashta Bhairavas and Batuka Bhairava



**Can I use Sarva Vashankari mudra in Srividya meditation?**  
**-By Sadguru Sri Sivapremanandaji**

Video Link: <https://youtu.be/Lmu7unNzRuc>

Q: For RajaMatangi Sadhana, can the Sarva Vashankari mudra be used for doing the rounds around the chakras? Also should I use the same mudra for Srividya, DSS? I love this Mudra and I have always been doing it naturally

A: I don't suggest this. Sarva Vashankari Mudra should be used for RajaShyamala chakra meditation only.

For Srividya, it should not be used and for the DSS it should not be used. You need to understand, the mudra should support the mantra or should do have a same effect as the mantra, then the mudra and mantra together they give a very good result and bring a very, very beautiful thing.

RajMatangi mantra has the same energy as the Sarva Vashankari Mudra. So, they both together give the very good result.

But if you use that in the Durga Saptashati, it is something very different, you may get a very different results. So please don't do that.

Follow the guidelines as given by the Sadguru Thirumoolarji. so that you can get good results.

If you love this Mudra, you can just put this Mudra and whenever you want, you do the Uchhishta Chandali mantra or RajaShyamala Mantra apart from meditation or when you're watching the TV, you just put that mudra and be there.

But don't try to modify the sadhana. I always suggest to students do not modify the Sadhana with your understanding. Because Siddhar knows better than us.

Until and unless we reach our Siddhatva we don't have a ability to see the effect. So, we may see temporary some good feeling but it is not true result. So please follow the guidance. Sadhana should not be modified.

**Can we put the mudra & chant the mantras while travelling or sitting alone? Is there any limitation?**  
**-By Sadguru Sri Sivapremanandaji**

Video Link: [https://youtu.be/TiSvERl\\_h54](https://youtu.be/TiSvERl_h54)

Q: Guruji, can we put the mudra & chant the mantras while travelling or sitting alone? Is there any limitation?

A: There is no limitation at all.

You can open your mobile, talk with the Divine Mother and travel in the train. So, put the mudra wherever you are. Only thing is other people I don't know how they will react when you put this mudra and do. Or you can little bit hide your mudra if you have a cloth and you can meditate.

And Mudra is not always important. If you do in the morning in the meditation, that is sufficient. When you are travelling, just chant the mantra, that is sufficient.

But if you want to do the mudra, you can do it, no limitation! You can do it. But only thing you need to understand, Mudra should not be done more than 30 to 45 minutes. Any mudra. It is not Good. It has limitation. It has to bring the balance.

Once the energies are balanced, your job is to connect, receive, hold that energy and come outside. So, 30 to 45 minutes you can easily do the mudra, but not more than that. Morning also, you do evening also, afternoon.

I had one student, always in the Kechari mudra. His energy is stuck in the throat, its not going up. Energy is circulating and coming, Energy is circulating and coming.

It's not going to the heart or to the up. I asked what you are doing. Kechari. Don't do it. That's what, Whatever the tools that are given should be used in the optimized way.

If you use too much, its not good. Mudra do it for 30 to 45 minutes. It is not necessary everytime you have to do. You are travelling, chant the mantra.

**Experience of Goddess Presence!**  
**-By Sadguru Sri Sivapremanandaji**

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

Q: My heartfelt Pranamam to Guruji. I'm 24 years old, living in UK, have been given Deeksha in Batuka Bhairava and Raja Matangi Sadhana. On the night of Thursday, 23rd of September at 11pm, I sat down for my R Kriya. I have been performing the Sadhana for few weeks, but I had a very different experience. During the Maha Paduka Mantra chanting, I felt the presence of something that I can only describe as Ominous in my room. It felt like a female was present in my room looking down on me. I was extremely scared and was shaking and shivering. I wanted to quit the prayer and run away, but kept on doing the Sadhana. However, sometime later, during Batuka Bhairava mantra chanting the feeling went away and I felt normal again. I wanted to ask if this is a real experience was caused by some mistake I might have done and asked for guidance for what to do.

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

So, whenever we do the sadhana we invoke, Guru Parampara, we do the protection shield, and then we start our Sadhana.

So, it means only you are attracting the positive things during your sadhana, no negative things will come there.

And whenever you chant the mantra, it is a Divine that you are calling, it is a Divine vibration that you are going to attract, and it is a Divine energy and consciousness that you are going to attract.

So, this is something Divine, Divine Goddess presence, you felt it during your Maha Paduka Mantra Meditation. It is actually a blessing!!! But what happens, many of us are not ready.

So, we feel that if something has done something like that, when you have taken the Deeksha from Guru Parampara there is nothing like, you have done something wrong and directly the God and Goddess are coming and punishing you.

Please understand, if you have done something wrong, first it will come to Guru Parampara because, you are receiving the grace, energy of the mantras and everything from the portal of Gurus consciousness, from the lineage of Gurus.

So, first, it has to pass from here, then it has to come to you. But when it comes to Lord Shiva, Thirumoolarji, Nandi Devar, Amma Sivagami things will be taken cared

and filtered and you only get the positive blessings. You need to understand. 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 anything like a psychic attack that is very, very rare, especially when you do the Sadhana.

So, you have received the blessing of Divine. So, you are doing well. Continue with that.

## **How can I make use of Sri Rajamatangi Sadhana for my passion on writing books?**

**-By Sadguru Sri Sivapremanandaji**

Video Link: <https://youtu.be/1QNjGoALb8g>

Q: Before I received Deeksha, I was working on a fiction book. However, now that I have been practicing the Sadhana, I no longer have any interest in this story, it feels empty and soulless. What do I do? I have never written a book before nor I have published anything. Do I wait for inspiration to strike? How do I practice writing and changing my career if I can no longer write something merely entertaining?

A: You have a very good desire; it can be your purpose of life to express yourself through divinity. What I suggest, after meditation sit with a prayer to Divine Mother, Raja Matangi to express and start writing whatever she says. No topic! you just whatever thought comes, you just write them. That's all you have to do.

Things will start flowing, the right knowledge will come, the right thought will come, the right topic will come and when you started expressing that thought, that knowledge, then you will become a real parrot.

If you have an intention, I should write on this topic then you are not real parrot of RajaMatangi.

You need to surrender, meditate. After meditation or whenever you want to write something in your free time, chant the mantra with the intention, “Mother flow through me guide my mind, my intellectual ability, my senses, my subconscious mind to write express that can help me and humanity”.

Then you take a pen and paper you just need to write without deciding anything, and then Mother will flow through you. Then things will organize, once writing will start.

After you stop writing, then what happens, your mind will start guiding, your intellectual ability start structuring, that in whatever you have written and your mind will also say something Oh, this flow is not good, it will start correcting and all

So first step is intuitionally receiving, putting that in the paper. Second step is allowing your intellectual mind and your thinking mind to make that flow in a right direction. So, try to work like this and Mother will guide you, make you a successful author when you surrender to her.

**How do I know whether my thoughts and actions are pleasing to divine mother?**

**-By Sadguru Sri Sivapremanandaji**

<https://www.youtube.com/watch?v=O0AXNEAXTog>

Q: Guruji, I want to do what pleases Divine Mother. How do I know whether my thoughts and actions are according to her?

A: No, it is not about the thoughts and actions. It's our intentions. Remember! Your intention is more important than the thoughts and the actions. If your intention is good with the devotion with the Love for her.

Whatever thoughts actions, don't worry! Slowly it will streamline into the intention. So, you should have the good intention.

"Mother, I want to surrender myself to you! I belong to you! I am Yours! I am a child of you. Bless Me! Be with Me! Show your presence in me, Help me. Guide Me, Guide my intellectual ability. Guide my Mind. Guide my Behavior. Guide my thoughts. Guide my actions".

That should be your prayer. And things will be taken care.

**How is Ucchistha Ganapati powers differ from Ucchistha Chandali?**  
**-By Sadguru Sri Sivapremanandaji**

Video Link: <https://youtu.be/bdn3d1jR8Pc>

Q: How is Ucchistha Ganapati powers differ from Ucchistha Chandali?

A: So, both the power of Ganapathi, power of Ucchistha Ganapati is the Ucchistha Chandali and another name is Neela Saraswathi we call it. But, you work with the Ucchistha Ganapati, the way he work is different.

The way Ucchistha Chandali work with the problems or work with you is different.

Powers are same. Ucchistha Chandali power is same. Ucchistha Ganapati power is same. But the way Ganapati work with you and the way Ucchistha Chandali work with you is going to be different.

You can use either Ucchistha Ganapati or Ucchistha Chandali Sadhana.

**How many times can we chant the Asta Bhairava mantras while invoking?**

**-By Sadguru Sri Sivapremanandaji**

Video Link: <https://youtu.be/j75hoc9fXG4>

Q: While invoking the Ashta Bhairavas, what is the maximum number count we can chant? Right now, as per the protocol, I am doing three times for each Bhairava Daiva

A: So, Minimum three times and Maximum nine times you can chant for invocation of Ashta Bhairavas.



**How to do Ashta Bhairava & Bhatuk Bhairava Havan?**  
**-By Sadguru Sri Sivapremanandaji**

Video Link: <https://youtu.be/bEcmS9oOGlw>

Q: Please guide for Batuka Bhairava. Should I do the eight Batuka Bhairava protection shield and invocation mantras and moola mantra of Batuka Bhairava or just the moola mantra?

A: The moola mantra is sufficient. The Batuka Bhairava Moola mantra is nothing but collecting all the Ashta Bhairavas.

But if you feel attracted and you want to do the hawan for the Ashta Bhairavas, you can do it. So, you just do it, three times each mantra, each Bhairava how we have done or nine times, that can be very helpful to you.

So, all Ashta Bhairavas mantras three or nine times, and then last, Batuka Bhairava mantra.

## **How to energize the lamp & keep in all directions in Ashta Bhairava Sadhana?**

**-By Sadguru Sri Sivapremanandaji**

Video Link: <https://youtu.be/XAR68GZjipY>

Q: Guruji, Once you told to put Ashta Bhairava lamp in some direction of house to avoid any type of negativity. How to energize the lamp and put in what direction?

A: In Ashta Bhairava Sadhana, when you do the protection shield, there the direction is given with respect to Bhairava and his mantra.

So, the same way, you can light a lamp in that direction. So, there are eight directions, eight Bhairavas are mentioned. So, for example, South East I light a lamp, and respect to Bhairava mantra I ask, mentally I pray “Lord Bhairava, Please come in this lamp cleanse, heal, Energize this direction, help me to bring all the directional energy, abundance, protection prosperity, Divine grace and love”.

You pray and light a lamp and chant by seeing that lamp with that Bhairava mantra. Like this you can do for all the different directions you can do it. If you cannot do it at the same time. One day you can do one direction. Like this you can complete, eight days it may take for you to complete eight direction cleansing.

And one light or one lamp you have to put at the center of your factory or home and do the Batuka Bhairava Sadhana with his moola mantra, invoking him in that lamp.

Simple invocation with your own words is very important here. When we chant mantra automatically that mantra is what connect, call Divine, experience that divine energy and consciousness in your soul and around you. So, there is no separate invocation is needed. Mantra itself it's an invocation.

And you have received the Deeksha that is very powerful. That connection is made to you. So, light a lamp, pray chant the mantra like this you do it.

And you'll see tremendous changes in that area. Negativity start going away. And you start to experience the positive energy in life, Great Prana, Great inner harmony, Great Abundance. All that will start flowing to you.

## **How to experience energy of Matangi mantra?**

### **-By Sadguru Sri Sivapremanandaji**

Video Link: [https://youtu.be/xT\\_-EeRtZfQ](https://youtu.be/xT_-EeRtZfQ)

Q: Guruji, When I'm chanting Maha Paduka Mantra. I can feel some signs like a white light or full blankness sometimes. But I can't feel any signs during Raja Matangi mantra sadhana so that's why I want to chant more on Raja Matangi that Divine mother blessed me.

A: You can chant more what I'm asking you is do the Raja Matangi Sadhana first. It will not take much time. One round it will take 10 minutes to 15 minutes. After that, use the Japa Mala, do one Japa Mala, two Japa Mala maximum three Japa Mala you can do. And before that you make intention for what purpose you are doing.

Now you are asking you want to experience the energy of the Raja Matangi. So, pray to divine mother if it is a spiritual intention, pray to Divine Mother. "Mother! Please bless, help me to experience the manifestation of your energy, your consciousness and the positive signs of your invisible hands of protection to me". That is one of the example you can take as a intention.

Then you chant one Japamala, two japa Mala, maximum three japa Mala, otherwise if you have any material desire about the job, about your marriage, about your parent's health or any other you have intention make and do the japa.

## **How to invoke Matangi energy to solve relationship Problems!**

### **-By Sadguru Sri Sivapremanandaji**

Video Link: <https://youtu.be/EWRsSe9KP28>

Q: Guruji, how can I invoke Raja Matangi Amma's energy to resolve my relationship issues with my partner and bring back a loving energy into my life? Please guide

A: RajaMatangi is very powerful mantra especially for relationship issues. What you do, you make a sankalpa and the sankalpa should be in a best like a win to win situation. Divine Mother Raja Matangi or Ucchishta Chandali you can take it, both are good.

You pray to Mother. "Mother Please bring the right understanding between me and my partner, harmony between me and my partner, the respect and love between me and my partner and release, remove all the negative energy cords between me and my partner".

You make this prayer, and then you chant the moola mantra of Ucchishta Chandali or Raja Matangi. Ucchishta Chandali gives a little bit quicker results than Raja Matangi because the energy is like that, manifesting energy, leftover energy.

Raja Matangi also gives, but Ucchishta Chandali when you chant along with Raja Matangi, the energy is very powerful, manifested is very good. Results will be very fast.

You make like this type of prayer and chant the mantra and after chanting as I explained in the before, when if you chant one Japa Mala at least three to four times in between you need to visualize what type of relationship you want.

What do you mean by Harmony? What do you mean by respect? What do you mean by right understanding you need to visualize all of that.

You have to guide your subconscious mind. What are we expecting from this and then again, chant, visualize, chant, visualize. So, when you chant the mantra, Mantra Shakti is there in your soul. RajaMatangi energy is there in your soul, she is manifesting.

Remember, Mantra itself is the divine that you need to understand, "Mantra Rapine". The moment you chant the Raja Matangi mantra or Ucchishta Chandali mantra, you should have a respect as if Divine Mother is with you. So, you need to respect like that to the mantra itself.

When I chant, I need to Respect, Love, Devote, Surrender and visualize, again, chant again visualize this way you continue and if you did it today, and you went to

the with your relationship and you'll see suddenly negative reaction, not in harmony with your expectation and in meditation, then don't worry, accept it, and tell to yourself the truth that inner world creates outside world, maybe the karmas and all those things still there are need to be dissolved, but I'm working in the inner world.

You have to affirm the truth, universal law and what you are working is also true and at the same time, accepts what is happening in the outside world and things will change.

**How to invoke Rajamatangi Shakti for fulfillment of desires?**  
**-By Sadguru Sri Sivapremanandaji**

Video Link: <https://youtu.be/5FoHxz5EB28>

Q: Guruji, I am doing the RajaMatangi Sadhana for few days. I'm able to visualize Raja Matangi Grace in me. I wanted to have a good job in Ireland. How can I convert Amma Shakthi into achieving into my desire?

A: To convert your raw energy to for a specific purpose, you need to intend before the Sadhana.

For what purpose I'm doing Sadhana. "Mother, you are already there in me. I am chanting the mantra I'm connecting with you. Your soul is coming to me. Your vibration is coming to me. My soul is charged with you. With my intention, my visualization, with my thoughts. I want to manifest a good job in that country".

You can do that. Make an intention. Mother, I want to have a job of that.

**How to pray & request Matangi Devi's Energy & Presence!**  
**-By Sadguru Sri Sivapremanandaji**

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

Q: Guruji I have made Matangi Devi as my ishta since initiation I am yet to feel Amma's energy inside me. So how I can intensify meditation feel Divine mother's energy in me.

A: When you made the Sankalpa, This is the blessing itself "that Raja Matangi is my ishta". And when you are working with the Raja Matangi, she will pull you like a magnet.

Her energy is like that. Not only she will pull, she will pull all the manifestation energy, she will start guiding you, giving a success either in the physical world, material world in the Sadhana, everything takes place.

So, you just start your sadhana, regularly do and pray to Divine Mother "Mother! Show me your invisible hands. I'm not feeling your energy. please awaken my 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 to the Divine and brings It's Grace, Love and Energy and all to you.

**I feel so much of anger after Bhairava Sadhana! How to control it?**  
**-By Sadguru Sri Sivapremanandaji**

Video Link: <https://youtu.be/XW81zbQy9fc>

Q: I am practicing Raja Matangi and Batuka Bhairava from 3 months now, I have observed that after I complete Sadhana, during the day I feel very much anger in me. The anger is too much that I sometimes not able to control. I feel the Bhairavas impact on my mind and body. How to control this anger?

A: Whenever these Bhairavas start working, they start working on your emotional body, on your astral bodies, on your past life karmas, whatever that is there, even same with the Varahi. She also work like this. What I suggest to you, You reduce the mantras of Bhairavas. That's all you have to do.

Or you do the alternate day Bhairava mantras. Instead of 9 times, chant 3 times each mantra.

Then what happens? You will not be triggered that much. And you do the Sankalpa/intention to Bhairavas, "I pray to Bhairavas to help me and release the Karmas that I can handle the best possible way" You have to pray.

Sometimes, Bhairavas know that you can handle it. But you know that you out of fear or have your own self-image you feel that you cannot handle it.

But Bhairavas know that you are capable, all of that. But still if you feel it is too much for you, either you reduce Sadhana of Bhairava to 3 times, or if you are chanting 3 times, then make it only one time. Or drop the Bhairava Sadhana, or do the Alternate day Bhairava Sadhana.

Also Make a Sankalpa and Pray to Bhairavas "Please, I am not ready yet for this emotional Karmic release. So, help me to grow. Help to me understand. Help me to drop my expectation. Help me to overcome this anger". Do this prayer again and again.

And then, reduce the Bhairava Sadhana that can help you. Because where is the trigger? Bhairava. Then, you need to reduce it. When trigger is less, the output is also less; the anger will not be there.



**I practice both Srividya & Rajamatangi! Which protection shield is powerful?**

**-By Sadguru Sri Sivapremanandaji**

Video Link: <https://youtu.be/c4NL3KolGW8>

Q: Guruji, I have taken two additional Sadhanas along with Srividya that is Durga Saptashati, RajaMatangi and Batuka Bhairava. Which protection shield I can use for all three. Kindly suggest

A: You have a choice to do the Srividya protection shield or Batuka Bhairava protection shield or you can do both the protection shield.

All choices are given to you. So, if you want you can use all those three but if you only want to use any one of that.

Use the Batuka Bhairava protection shield where Ashta Bhairavas are protecting you from different directions. That can be more powerful to you.

## **Is it possible for a guru to come directly & guide through Agna chakra in awake state?**

**-By Sadguru Sri Sivapremanandaji**

<https://www.youtube.com/watch?v=8WDauc6nnYs>

Q: Guruji, like we have dreams/visions while sleeping. Is it possible for a Guru to come directly like a flash conveying an instruction or guidance through Agna in awake state? In other words, I am able to see “You” in a flash coming in front of the eye as if I am wearing an eye goggles with a small screen built in. You conveyed the nonverbal the same message to me second time to avoid using my phone too much and focus on studies and get a higher job and “meditate regularly”. First time was in a dream few months ago and second time was a few weeks ago during fully awake state. I had reduced media consumption for few weeks on your first instruction, but my mind went back to its habits. Please help me in understanding this Guruji. Because, either ways it’s a good guidance for my own good anyway. That’s why I am confused if you really guided me and is this amazing thing possible in an “awake” state or is it my mind playing games here. Namaste at your feet.

A: Yes, it is possible. You really received the Guidance. When you surrender, when you are connected, and the mantra that you have received, that “Gom”, is very powerful Ganesha Mantra and it is a very powerful Guru Mantra that you have received because of your sincerity and your surrenderance.

The more you chant, the more the Guru tatva activate, the more the Guiding principle activate, the more it will take a form, in the form of a flash, it will manifest and guide you there, instantly it will guide you. It is possible.

So, you receive the guidance in the dream also, you receive the guidance in the waking state also. It’s a great blessing!!! It’s all because of your preparedness and the readiness to grow in your spiritual path. So don’t worry!

Do you’re the best. Try to follow the instructions and the Guidance you have received during your awaken state and try to implement as much as possible. Because it’s for your highest good.

The More, we meditate, the less we need to focus on the TV, mobiles, laptop, PC and all of that. We need to reduce the usage of those things.

But many of us cannot because our job is like that. So do your best, reduce it. Because for some people who are sensitive, and if they use too much of those things, it will literally damage the nervous system. It is not good for them. It will also hamper their spiritual progress.

So, see how best it is possible for you to follow the Guidelines.

## **Overcome Marriage & Relationship Issues with Matangi Sadhana?** **-By Sadguru Sri Sivapremanandaji**

Video Link: <https://youtu.be/XMhJl-lCm4Q>

Q: Which Sadhana should be practiced to overcome marriage obstacles? I am concerned about the marriage of my two spiritual daughters in USA. It is very hard to get spiritually oriented boys. I do Devi Khadgamala specifically with the intention for suitable marriage for my daughters with the compatible partners. Do you suggest any puja or sadhana for the marriage of my daughters? If yes, please suggest me.

A: Best thing is RajaMatangi Sadhana, especially Ucchistha Chandali Sadhana that they can do it.

Even if you cannot, ask your daughters to do that Sadhana. That's very helpful to them. And one more thing I wanted to tell you, don't search only Spiritual oriented boys.

Please understand! The person who is having care and Love, he is not worshipping God and Goddess is OK! I am telling you. The person who respect a woman, who give respect to a Partner, who is ready to share his life with a good intention, if you find such a person, you go ahead.

Don't find whether this person is doing the Mantra Japa, whether this person is a Siva Yogi, whether this person is a Srividya Sadhaka. That is Secondary! I am telling you

It is not necessary, that the good persons should be a spiritual person. I have seen many Divine beings. They don't do any Sadhana, but their love for Humanity, they care for society is too good.

So, we need to respect each and everybody because Divine is manifesting in that way.

So, always pray to Divine Mother that bring the best highest good partner for my daughters. That's all.

Don't put any conditions. Bring a partner that is highest good for my daughters. Because you don't know what lessons your daughters need to learn in this life.

And to learn their lessons, they may need a partner. And he may be good or bad. The partner relationship is the very important in life.

First relationship is with ourselves, then our relationship with the family members and then with the entire existence. So, relationship is the mirror, the reflection of your inner soul, inner being.

So, partner has a very big role on this earth to fulfill the purpose of our life.

So just pray to the Divine Mother Rajamatangi and whenever you do the Havan, if possible, take the name of your daughters and say to Mother.

“Mother, Bring the highest good, the best partner that is needed for my daughters to fulfill their purpose of life”.

That’s all you do. And it will take care.

**Some benefits of Sri Rajamatangi Sadhana!**  
**-By Sadguru Sri Sivapremanandaji**

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

RajaMatangi is very good for education purpose. She's not only give intellectual knowledge, she gives intuitional knowledge also, and that's the power.

When you say Saraswati is there, higher form of Saraswati means intuitional knowledge also given, not only objective knowledge, subjective knowledge is also given by RajaMatangi.

She's very good and to develop any skill. For example, newly you have joined the job where you have to develop those skills needed. RajaMatangi "I will do it".

I am attending the workshop for my job RajaMatangi "I will do it" for success in that I'm started learning astrology I'm in a spiritual path. RajaMatangi. "I will do it".

I'm started Reiki healing, Pranic Healing I will start Raja Matangi mantra. She will bring the good skill. She will awaken your intuition, awaken your mind power, help you to understand and grasp the concept and all of that.

RajaMatangi is very good for children. And for big children also. Life itself is learning. Throughout the life we should be like a children. Infinity being means infinity learning. No matter what you are in whatever level, still learning is there. Life is like this, endless. We have to be a children as a student, we need to learn, this is very best mantra RajaMatangi is very good mantra.

Anyone can and This is the mantra that will remove the blocks. Very important! mind block is there, it will remove that. If you have an energy block it will remove that.

We have seen many times when people do the Digbandhana with the tantric ways when the RajaMatangi or Matangeshwari mantra done, automatically block will get removed.

If somebody's done the Digbandhana for business, Matangi Removes! Money problem, business is going on. Competition going on. They do Lakshmi bandanna, Matangi Mantra, Removes.

Is it clear? She's very powerful. Very, very powerful, amazing energy. Specially if you are a teacher, professor, Author, Writer, Singer, Actor. RajaMatangi is amazing.

Best Mantra you can use it. Very good! Whenever we deal with this, even your marketing field is very good.

**Sometimes I go into deep meditation & slip on mantras or chakras!  
Is that normal?**

**-By Sadguru Sri Sivapremanandaji**

<https://www.youtube.com/watch?v=rMJ4gSWPkVA>

Q: Guruji, Sometimes we go into deep meditation & slip on mantras or chakras. I hope that is not too much trouble?

A: Not a problem! What is the aim of the meditation? It is to go deeper, not to worry about the mantra. What mantra does? Mantra has the power to convert the earth element to sky element. That is the mechanism. That is the science of the mantra.

So, the moment you go to the sky element, you go to the soul element, then the next level. That is what the mantras are doing.

Some people go very fast. Just they chant the mantra in one or two chakras, again they space out, they go blank and touch the soul. Finish! No need to worry about the chakras or the mantras. No need of that. So, it is ok if you forget the chakras, not to do the meditation.

**To avoid energy problem, I am doing Inner Srichakra puja with  
Srividya Seventh Level!**

**-By Sadguru Sri Sivapremanandaji**

<https://www.youtube.com/watch?v=xmCRts6Zw6s>

Q: During meditation, can I follow this sequence, DSS and Inner Srichakra puja through seventh level mantra only to avoid energy problem. Doing inner Srichakra puja meditation with Srividya Seventh level mantra along with mudras is my complete Srividya Sadhana

A: OK, You can do that. You want to do the DSS and when you want to work with the inner Srichakra Puja, you want to use the Srividya level 7 mantra and you offer the mudra.

That is what you wanted to do because you don't want to experience the energy problem.

If this is the sequence, this is the Sadhana you are following. It is good. You can do it!

**Which sadhana can be practiced for good career & prosperity?**  
**-By Sadguru Sri Sivapremanandaji**

Video Link: <https://youtu.be/8Bkwn1Zd-8s>

Q: Vancha Kalpalatha Ganapathy (VKG) has along with Divine Mother Gayatri Mata mantra, other Devathas, Uchhishta Ganapathi Beeja mantra. And we have learned Uchhishta Chandali mantra as well. Which one should be used for career and prosperity and how to use it?

A: See, I made it very clear in the Raja Matangi Sadhana and Batuka Bhairava Sadhana, this Sadhana especially Raja Matangi Sadhana is very good for career aspect.

And Vancha Kalpalatha Ganapathy Sadhana itself has the Ganapathi Tatva, the one that will remove the obstacles, gives the success and wisdom.

So, combination of, if you use Vancha Kalpalatha Ganapathy Sadhana with RajaMatangi, specially the Uchhishta Chandali is really good, if you can do it, or only Vancha Kalpalatha Ganapathy Sadhana also does the same effect.

Only RajaMatangi or Uchhishta Chandali also has the same effect.

So next question is how to use it? Very simple! You make an intention that I am doing this Sadhana or mantra japa of VKG that is Vancha Kalpalatha Ganapathy Sadhana for improvement of my business.

If it is your business is your career. Or promotion of your career, or you are in the career where there are so many obstacles are on the way, there is no cooperation, there is no respect, there is no response, something, some other issues are there, then what you do you make that as your sankalpa or intention, then you chant Vancha Kalpalatha Ganapathy mantra, Samputa with the Gayatri mantra, Samputa with Uchhishta Chandali, Samputa with RajaMatangi mantra, Samputa with a different, like Mahamrityunjaya mantra, you can do the Sadhana at least for 15 minutes or one Japa Mala regularly until you see the result in your life.



**Why I feel more healed when I do Rajamatangi sadhana & not in any other sadhanas?**

**-By Sadguru Sri Sivapremanandaji**

Video Link: <https://youtu.be/IIA4dRPoxds>

Q: I have taken Baglamukhi, Varahi and their moola mantra sadhana and they cause me headache heaviness. Same started with the DSS sadhana, but when I receive Raja Mathangi Sadhana and I started doing this, for the first time I feel miraculous healing on my head just after chanting RajaShyamala Moola mantra. Now I am doing and chanting Raja Shyamala moola mantra internally during my day, it gives me relief from the headache stress. Now my question is what's the reason behind this? Why other sadhana was not healing me, giving headache pain, while Raja Mathangi sadhana is giving good results to me.

A: Raja Shyamala is the form of Saraswati, Satva Tatva. Varahi has a Kali and Lakshmi Tatva, then Baglamukhi is also like this and the Durga is Kali herself. So, they have an aggressive force to budge the negative things.

They work very hard with the heavy energy, but Raja Shyamala is very, very attractive, pleasing, loving, pure energy of the Satvic quality.

So, if this mantra Shakti is happening, well for you, enjoy that. Chant more of that. Bring the Divine Mother Raja Mathangi more in your life. Thank to her.

Every mantra has a different energy, different results. So, in your case for your soul, RajaShyamala energy is blessing to you. Continue with that.

**Samay, Kaula,Vama and Dakshinachara**  
**-By Sadguru Sri Sivapremanandaji**

Video Link: [https://youtu.be/1Ob5iOKAY\\_o](https://youtu.be/1Ob5iOKAY_o)

Outer ritual we call it as Kaulachara and inner meditation we call it as Samayachara. Many Parampara are there in Srividya Vamachara is there , Dakshinamaarga is there Right hand path and left hand path , Vamachara is left hand path and Dakshinachara. In this Vamachara we use external objects like wine,women,meat,sex, offering the blood and all of that, this is what we call as Vamachara In Dakshinachara we offer our prana, our karmas, our prana contains positive and negative karmas so i offer my own essence my prana to divine mother So this Vamachara is needed for the people who are tamo guna, who are attached to animal desires like drinks,sex all of that. They are not yet ready for the deeper inner meditation, they are indulging more of that They think why can't i bring god/goddess in alcohol, sex, meat also that is Vamachara Now this is 21st century we are already doing Vamachara in our life too much it is there now we need to come back to the Samayachara So you need to go for Samayachara inner worship of shiva Shakti.

## **Difference between Lalitha Sahasranama and Lalitha trishati!**

### **-By Sadguru Sri Sivapremanandaji**

Video Link: <https://youtu.be/rF2wBo3yqE0>

In Lalitha sahasranama we use every name of Lalithambika and the energy is different where we invoke all the angadevatas, pratyangadevatas, upangadevatas by chanting Lalitha Sahasranama and yoginis also come when you chant that, even vagdevatas will come, all shaktis complete Shakti of the manidweepa will come to you when you chant the Lalitha sahasranama. But when you do the Lalitha trishati it is more of Kameshwara Kameshwari and their intelligence will start coming to you Shivasakthi in the form of Kameshwara and Kameshwari and how they work in the universal level and what are their intelligence is they are kept and programmed in those names. So it is said when you chant it is your higher level and this the higher level of sadhana then all others.

**"Divine Mother is Real Guru & Everything  
-Sri Sivapremanandaji**

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

If you have seen our scriptures.... every Chakra has one deity.

But Lalithambika is for all chakras.

You know, Every Goddess has one Rupa, but Lalithambika is the real form of a Guru!

If you go through the Lalitha Sahasranama', you will be surprised to find this:

"Guru Mundala Rupini, Dakshinamurthy Rupini."

Everything is SHE!

She is the Guru...

She is the God,

She is the Mother,

She the Father, everything ....

She is the Protector, you know, Healer, everything!

She is the Maha Kundalini!

What else do you want?

Whole concept of Yoga is about Kundalini, right? She herself is The Maha Kundalini means what else you want!

It is such a beautiful path that, I tell you, you no need to force yourself with Pranayamas, this, that, where you need the right guidance as you cannot play with your energy body.

Here you are just flowing and allowing the Divine to take care! She knows, right?

See, when you were born as a baby, you know, the same Kundalini created you as a complete body from one cell within the womb of the mother.

Once the work is finished, She says, "I think now that 80% of the job is finished, I shall go and sit, you know, below the Muladhara, so that whenever my child calls I will be awakened and I will make him superhuman!"

You see that? She is working! She is working day and night for you!

And she is sitting within you just waiting: When will my child call me?

When can I touch him?

When can I heal him?

When can I, you know, lift him?  
That's the only objective of the Divine, I am telling you!  
...When she could hug you as Shiva? You are Her Shiva for Lalithambika!!

She is just waiting to lift you in such a way that there is no separation between you and her and you become HER!!!

**"Real surrenderance happens with realization of God!"**  
**-Sri Sivapremanandaji**

Video Link: [https://youtu.be/jChzYL\\_eiiU](https://youtu.be/jChzYL_eiiU)

That's what.... in Bhagavad Gita, Arjuna has many questions for Lord Krishna  
....how this...how that...how that.... questioning everything!

When Lord Krishna shows His Virata Roopa ...do you see how Virata Roopa is represented?...

All the Gods' heads are there, right?

All the Gods' , you know, weapons He is holding,

All the Tattvas are represented,

All the powers are represented.

His Virata Roopa means not a form, but formless infinity dimension which He shows to Arjuna.

When Arjuna sees that he gets frightened , " Oh my God! This ( shows the 'infinity' with His widely stretched arms) is Krishna!... This infinity dimension.... supreme intelligence coming into this body and talking!?"

Arjuna 's questions become Zero....no more questions!

He decided," I should shut my mouth and SURRENDER to Lord Krishna!" you see that?

Then what happens?

Whatever Krishna says, Arjuna starts absorbing without the interference of the mind, please understand!

How a disciple absorbs the Master is very important!

Until a certain stage it goes question & answer...question & answer. But after stages upwards you just receive whatever the Master says and absorb it in your Soul without any single doubting and questioning.

Then the progress will be very fast!

Until then doubts will be there about this God...that God...this mantra...that mantra...everything.... Arjuna asked Krishna about everything:

What are the types of Yogas?

How to get AshtaSiddhis....8 Siddhis... minor Siddhis...micro Siddhis?

What is Karma Yoga?

How can I manage my relationships?

What sort of war is this?

How is it possible for me to kill my own relatives?... this...that

...so many questions like these and Krishna patiently answered all of them!

Finally Krishna realised that "If I go on answering his questions then there won't be any end to it as Arjuna 's mind is a monkey and it will go on and on with its doubts and questions. Let Me show him My Real Form, (Krishna shows) I am Nirguna Nirakara.... and that Totality, and that Infinite Dimension which is holding this millions of Universes, millions of Galaxies, millions of all that is in existence!" Krishna shows that!!

In that space, in that supreme intelligence...not just this small earth dimension I mean.... many Worlds like this, .not just this one solar galaxy, like this million galaxies.... everything is controlled by One Consciousness, One Intelligence means how Supreme it must be...how Powerful it must be!!!

"And if THAT is controlling everything then my body also must be controlled by THAT , my mind also must be controlled by THAT!

So why don't I SURRENDER myself to THAT Supreme Intelligence and relax myself.... let go myself !?

I lose my burden, my Ego and SURRENDER to THAT!"

That's what you know? ...In spirituality Surrenderance is the very highest level . It is not just saying, " Hmm...you know everything, do it!" That is not Surrenderance.

Many of us believe that "God knows everything. Why should I ask?... you know.. I surrender to Him." You speak only intellectually , but you don't surrender!

The Surrenderance Arjuna did to Krishna knowing the real nature of the God is the Real Surrender!

You see that?... Knowing the real nature of God and then surrendering is different from not knowing the real nature of God and surrendering which is different...very different.

If you don't know who the real God is, then you will be thinking, you know, that this yantra is God, this statue ( shows Sivakameshwari's idol next to Him) is God and surrendering means you have a limited understanding .

You really are not understanding what God is. So your surrenderance also is not complete.

So that SURRENDERANCE happens as we progress to the higher level. Then you start surrendering to your Ishta Devatas and then you start receiving the real knowledge without the interference of your mind.  
Once the mind is there, it goes on creating issues...once the mind is silent and is absorbed, then intuitional...that Aadhyatmik or spiritual knowledge starts coming to you and you start absorbing that.

This is how the Siddhas give knowledge to the students.  
If you see in Vedas and other things...Dakshinamurthy is sitting facing South, okay?... and all the 7 rishis are sitting in front of Him.

The knowledge is being passed on with Dakshinamurthy in Jnana Mudra transferring the knowledge and all the 7 rishis are sitting in silence like this (shows with both His palms in Jnana Mudra and placed on laps).  
There is no verbal communication. Only the transfer of the Consciousness is being done!  
Their intuition is receiving and knowledge is flowing!

Means that is shown when you reach a Rishi State and when you receive the real knowledge from Shiva! It is symbolically shown in our scriptures and Vedas. Very clearly shown!  
HE is in Jnana Mudra and the Rishis are all receiving with Jnana Mudra.

Knowledge is coming...just downloading is happening.... It's like the computer - Shiva is uploading and Rishis are downloading. Things are going on without verbal communication.

Just a command like how you say CONTROL this...CONTROLS that ..... this Jnana Mudra ( shows the Mudra in both His hands by joining the thumbs with the index fingers and opening the remaining 3 fingers) is the Command -  
"Okay I am ready to receive. Download the knowledge ".  
Then Shiva shows the same indicating, " Okay, I am ready to transfer the knowledge. I am uploading and they are downloading." That's what is happening.

So that is why Rishis were able to reach a very high level. Their knowledge is very high. They were able to absorb all the Upanishads, Vedas - as their Essence.  
And they were able to reach  
That SHIVATVA,  
That ULTIMATE TRUTH CONSCIOUSNESS, that SIDDHATVA,  
That ULTIMATE COSMIC CONSCIOUSNESS!

SHIVOHAM!!



**"Are the forms of god & goddesses are Real or only the formless is the ultimate reality?"**  
**-Sri Sivapremanandaji**

Video Link: <https://youtu.be/MFwTJl8DXCc>

You see that .... Many people have this confusion. You know?

When they know that Formless is the Source then what about these Gods and Goddesses? Some people fight, you know, ' there is no God. You can't see God...there is nothing' and all of that.

For them Advaita is the only Truth and there is no Dvaita!

But NO!

There is God...there are Goddesses. There are Celestial worlds, Celestial Lokas. They do exist.

There are these Bhairavas,  
There are these Yoginis,  
There are these Angels.

There are also the Negative Beings.  
Everything is THERE!... Everything is there!

Divine expresses in different forms.  
Lalithambika expresses herself in different forms.  
She can give a Darshana! I am telling you!  
In the Human Form she can give Darshana!  
In the Guru form she can give Darshana!  
She can give Darshana in a BEAUTIFUL Form that you cannot believe!

Got this point?  
So don't conclude that this is an illusion, this is an imagination...no! This is a reality! It is a reality!

Many times Her Yoginis will come.  
Lalithambika gives Darshana  
Pratyangira gives Darshana  
Varahi gives Darshana  
Baglamukhi gives Darshana  
These Khadgamala Yoginis are very Real and True!... Very Real and True!

In every workshop Thirumularji is very real and True... I want to tell this (chuckles).

You know, all these Siddhas are very real and true.

You know, they give Darshana. So we should respect everything.

Respect the outside world's Gods and Goddesses. Inside my God is my Formless, you need to understand that.

This (taps His arm) is not actually just a physical body, but God only. This physical body is the temple of Shiva Shakti!

You yourself is God only...Deva only and that is the TRUTH!

The moment I overcome this Granthi (shows the lower abdomen region), what do I become? I become Deva.

That's what...The moment I overcome this Granthi (shows the chest region), what do I become? I become A Siddha

The moment I overcome this Granthi (shows the forehead region), what do I become? I am Shiva...Shiva Shakti!

Granthis are the representation that you are the temple of Shiva Shakti.

So Gods and Goddesses are very true. Celestial Worlds are there. But what happens.... when we focus on so many forms we cannot go and reach the TRUTH. Got this point?

So we suggest to GO and Find WITHIN

as it is easier to find the True God. The source of all these Gods and Goddesses is the same which is FORMLESS. Yes or no?

The source of this within is the same, so go to the Source.

That's Sri Vidya sadhana where we ask you to worship all of these within you.

So Gods and Goddesses do exist.

Celestial worlds do exist.

And FORMLESS IS THE ULTIMATE REALITY  
of you! And Gods and Goddesses!

That's what it's said about Divine Mother Lalithambika that when all Gods and Goddesses threw themselves in the Chitagni, then there emerged Lalithambika and from Her she manifested the entire creation .

This is what we need to understand that it's the symbolical story from which Forms are to be understood.

## **"TRUTH of "SELF" Revealed!"**

Video Link: [https://youtu.be/uDmFnToU\\_os](https://youtu.be/uDmFnToU_os)

How do I know if self-realisation happened or not?  
When I say it can happen in a few seconds also, right? Then what happens?  
My mind will come and jump next to that!

Anytime you see that! You receive the Darshana of the divine mother, right?....  
You receive a blissful consciousness... you feel very good and all.... Suddenly your  
mind will come and jump, saying, 'I think it's an illusion, you know, I think I am  
just Day-Dreaming!', you see that?

First you get an experience, and with that experience there is a feeling and after  
that your mind has to jump!  
It has to prove that you are not realised. It's job is that! Mahishasura's job is to  
distract you from your soul! That is its job.

The more you start going to your soul the more it will start giving tantra within you,  
I tell you! Many, many things it will do that you cannot believe!  
It will be distracting... it will give one beautiful flute music within you...it will give  
one beautiful, you know, Veena music inside you... so that you are distracted and  
get attached to the distractions. It will give you beautiful other things like images,  
you don't know!  
So this is the play of the mind - the ego consciousness!

The day you realise that you are the soul, it will die. The ego has to die! It cannot  
survive.  
Because this is a false identity and it is just a thought. It is getting its power from  
the soul.

The day you are absorbed in your soul, it no longer gets its power and hence has to  
die.

So in order to survive it will create all the problems for you.  
So what happens when you realise this...it is such a knowingness, such a clarity  
that there is no doubt at all!

First quality is that there won't be any doubt at all because always it's a first hand  
experience! No doubt!!

If you read something and understand intellectually there will be doubts.

But this is coming in a flash to you, and it is so powerful that the truth within  
you...it is discovered, and it's such an "Aha" moment, you know, like the scientist,  
you know, when he is working on something and happens to discover something, he  
will exclaim, 'O! Eureka!'

Same way, "I am not the body...Eureka (laughs)... I am not the mind... I am  
something that I cannot understand!"

When we go on asking, "Who am I? Who am I? Who am I?" following Ramana Maharishi's method, you don't get the answer at all!

Whatever answer I get, my mind is not satisfied. And I reach a stage, like Google search result, 'I don't know '.

And I will be in that search mode for 1 hour, 2 hours... search mode - it is something which the mind cannot understand, it is searching but not getting the answer - it is in that state... searching, but no answer, blank, it is that mode. And afterwards I realise that, "**I don't know**", is the real answer!

"**I don't know**!" is the real answer because my mind cannot understand me. No form is there, right? You don't have a form. How can your mind see you? You don't have a quality, how can the mind process? You don't have a taste, how can the mind know? You don't have a sound, how can the mind know? How is your mind going to understand you?

It has to come to the conclusion in blankness, that "**I DON'T KNOW**!" is the real knowledge!

In that state you will be there for 1 day, 2 days, 3 days...that is your experience of who you are! **YOU ARE UNKNOWABLE!**

As I told you, right, on the first day? I gave you the example of the sky: I see the sky. I am the Sky. Now go deeper into the sky, what happens? You want to touch the sky so you went inside the sky. Could you touch it? No! Could you go deeper?

I want to know:

What is this sky? From where it originated? Who created this? What is its colour? What is its taste? When I go deeper and deeper probing these, what do I get? Do I get anything? do I know anything?

Do I know - the origin of the sky? what is the sky? from where is it? why has it happened?

( Looking at the students) Do you know why the sky is there?...Eh? Why is it there?!

This is what happens ..... you go deeper and deeper within you and come out, and when somebody asks,"Have you got Self realised?" You will say, "Yes, I got self realised!"

"Do you know what the Self is?" they further enquire. And you reply," I don't know what is the Self!" you know!

But in that answer you know that, right?

"**I DON'T KNOW**" itself is the Answer! See that!!

This is what...but very important...I want to tell you...here is something very important that I want you to notice - **HOW YOU KNOW THAT YOU DON'T KNOW WHAT IS SKY?** (Repeats it 2 times)

SEE! There is **AWARENESS**, Yes? - **AWARENESS** - the one who knows that **IT DOESN'T KNOW - THAT IS THE SELF!!!**

Shivoham!!

**Can i practice the technique & Journey to siddha loka & on other days than guru poornima?**  
**-By Sadguru Sri Sivapremanandaji**

Video Link: <https://youtu.be/J6SCLODDF2I>

Guruji i had a great experience in guru poornima group meditation, Can you please tell me more about siddha loka and if we can do the meditation to visit siddha loka on the days other than guru poornima when the doors are not open? When you are connected to tirumoolarji and when you are chanting the mantras of tirumoolarji you are regularly making a connection with siddhaloka, without understanding also you are making a connection with the siddhaloka and receiving the grace of tirumoolarji, different siddha masters that are 18 siddha masters who are connected with spiritual path.... so you can do this exercise every day when you want , don't worry whether the door is open or not , I have already told a secret about this which is when you enter there the tirumoolarji name, the mantra of the tirumoolarji is the secret ....that is the gate pass that gives access to that consciousness & awareness I don't want to talk more about siddhaloka because you keep on expecting & oh if travel this could happen to me & Some people send the questions Guruji i only see this , some people send the pictures i could see my astral world, some people say i can feel joy, bliss and experience as the light, so many people has the different experience about this. Siddha loka is not an ordinary, it has an vibration, energy & consciousness with the different dimensions , when you reach one level you reach the one part of siddha loka ,like that another level another part so like this you are accessing the different masters and

Siddhas there. So don't have any expectations and know that it is a loka, it is a dimension of the truth, bliss, joy, abundance & oneness with the divine.

## **How to empower Intention of manifestation with Mantra Shakti.**

Video Link: <https://youtu.be/iTWNi6BfNxI>

We have two powers, Soul has two powers. One is intention, another is attention. Wherever we intent and focus our attention our energy flows to that direction. So in Siddha Mind Power we talk about how to use mantra and intention to make manifest what we want. So always you make an intention, the Sankalpa about what you want in your life. Before Shree Vidya you can do, or Bagalamukhee or any sadhana you are doing, make an intention to where your spiritual energy should go directly. So once I make a sankalpa or intention, then I visualise or do the sadhana and then I visualise what I want then I chant the mantra. Minimum 3 times you have to chant the mantra because 3 is the number of manifestation. I want to infuse my conscious mind, sub conscious mind and super conscious mind or my dream, sleep and awaking state with Divine Mother's energy. So minimum 3 times I have to chant and visualise. When I visualise, I have to see as if it is happening in my inner world. In this way, I am communicating with my sub conscious mind. It is very important. Only 5 percent of our mind is conscious mind, 95 percent is sub conscious. So if we Don't work with our sub conscious mind we cannot bring the results. No matter how much you are doing or visualizing but if you do not believe in your visualisation and don't impress your sub conscious mind you cannot able to bring the results. So, visualize and chant the mantra for minimum 3 times. At least 3 times you have to visualize and minimum 3 times you have to chant in between. So visualisation is something you know, where my sub conscious mind is involved, I am impressing my sub conscious mind, then I chant the mantra, Divine power of Mother is also there, I am intending and giving my attention, so my soul power is also there. So I am working in my conscious and sub conscious level, in soul level and in universal level. At all levels I am working and influencing. Then I am sending there my thought, my manifestation, my energy- my child, every thought is your child, every manifestation is your product, you know, you are going to send it. So whenever I put the energy of Divine Mother to my manifestation, it becomes thousand times more powerful.

Shivohum!

## **Pitru dosha & Relief!"**

Video Link: <https://youtu.be/qeZK6j5wVB4>

You see that...A Shri Vidya Sadhak should not worry about himself, about all this Kula Devatha, about this Pitru, about curses etc. ., as everything will be taken care off.

You need to keep this in mind because many of you read here and there that many rituals are followed during Pitru pasha like tarpana is done, til homam is done etc., Please understand that such rituals and other activities are done by normal people but not by Sadhaka.

You are a Srividya Sadhaka; your lineage, ancestral Karma is within you in your Shushumna Nadi and Chakras. When you are bringing the divine mother energy, when you are accepting that you are the Spark of Siva Shakti, you are bringing a transformation in your consciousness, energy, being and soul. This you need to understand. This is the truth!

That's what Thirumoolarji has given this Sadhana for. He need not give like this. He could have given you so many rituals instead. Why has he given you this Sadhana? Why Kriya Babaji has given this Sadhana? You need to understand this!

The scriptural rituals are blessings for normal people, okay?

But one step you have gone ahead and have become a Sri Vidya Sadhaka because of your karmas. Because of your devotion, love and surrenderance to divine mother you have come here being Shree Vidya Sadhaka.

Now you need to understand and focus on real principle like energy, transformation.

Higher energy transforming the lower energy or replacing it.

What is the higher energy? The Srividya Mantras that you have received from the Siddha Guru Parampara - from Lord Shiva himself, through Thirumularji and all.

So they bring the divine transformation in you. Whatever the ancestral Karma there within this Energy body, Astral body, are being transformed into Shiva Shakti consciousness of unconditional love of Golden light. You need to understand this truth!

Even your DNA will change; every cell will undergo transformation if you do the Sadhana sincerely with acceptance offering your gratitude to the masters! You got this point?

Otherwise if you do your own things like again doing this ritual, that ritual, also do your Sadhana, this, that, your subconscious mind is confused. You don't get the results!

When you do homa outside, tarpana also, pindadanam, this, that, plus you do your Sadhana also without understanding the principles, Universal laws, the real teachings of Guru Parampara - you are just doing what your inner ego consciousness - Mahishasura is telling and you will not reach there or anywhere and you will be struck where you are without any progress. Please understand.

As a Srividya Sadhaka when you are doing your Srividya Sadhna sincerely, and regularly with devotion and surrenderance to Divine Shiva Shakti and the Guru Parampara, you are lifted and taken care.

Especially Bala Tripura Sundari Mantra. It's very, very powerful; releases all Pitru doshas.

Many students do not understand all of this. They just run here and there.

Navagraha doshas are released by Navakkari mantras and Pranayama.

Then Bhuvaneswari in level - 1 nourishes and fulfills your desires. From level 1 to 4 you reach higher level clearing all of that.

Then you reach to the feet of Panchadashi, you know, divine mother Lalithambika.

Then you go to higher level. Then you practice level 1 - 7 regularly for your life time.

This is what I want to tell you!

Many people just do for the first 14 months and the moment they reach the level 7 they again want Shiva yoga, this Sadhna, that Sadhana, but lack their interest, and do not regularly practice what they have taken.

It is a lifetime activity, please understand!

Because this is not the only life.

You are, you know, the person on this earth for thousands of lifetimes.

Those karmas, those emotions, those thought forms, those memory patterns - everything is within you!

If you had been thousand people in thousand lifetimes imagine how many Pitru you will have? How many ancestors you will have? When will you give mukti to all of them?

Please have a deeper understanding.

When you have self-realized, when you know that I am not a body, mind, or personality I am a soul - never born Or never die - eternal - then only it is real Mukti for you and all.

That is the importance of self-realization!

Then only your liberated from all of this.

Until you experience the truth about yourself, you know, discover the truth about yourself, you have to meditate regularly, day and night, holding the feet of Shiva Shakti, holding the feet of Sadguru Tirumoolarji, then only you will reach the higher level of consciousness.

Don't worry about, you know, what will happen to your future generations. A person comes individually and goes individually, please understand this truth.

Because of our Karma we come as a family.

We can pray, bless, you know, take care... that's all!



You are not responsible for another person's Karma. If that person is also a meditator like Srividya sadhak he will reach because everybody is here in the image of God Shiva Shakti. They are here to co - create the purpose they are here for.

In that co - creation they experience the purpose of life and true bliss and success. Then only there is a path of fulfillment - of bhoga and Moksha as the next step. So it is not easier. Don't expect that everyone should be blessed when you do the Sri Vidya sadhana... it's not like that!

You can only use the tools like Shri Vidya Havan, Siddha mind power, Mantra Shakti to bless them whenever they are in need.

Teach them, you know, teach them instead. Or help them to get the Deeksha. And let them practice in their life. It's like how we make them get educated from 1st standard to 7th standard etc., as we know only then they will get their job. If not they will not get a good job and earn enough money to live/ grow in this material world.

In the similar way if you want them to grow in their life spiritually and get liberated burning their karmas and reach and experience true fulfillment and success, then you have to help them do spiritual practice. Everyone must do. That's the reason we have Children's Deeksha and all here. Why we are giving them?

Because we want to seed the divine mother's consciousness in them, so that they are lifted, okay?

So, at least, you can teach the Sukshma Shiva mantra that's mentioned in our website. You can teach them.

And you too if you want can chant Sukshma Shiva mantra for minimum 108 times for the liberation of pitrus and ancestors. You can pray and do it. But do it without many expectations.

Let go... let God! How you have come here after thousands of years, similarly your Pitrus have gone through thousands of years and they are there because of their Karma and all. Again, they will come again if they have desires and they need to learn lessons of life.

It is a very complicated system and it is not easier as you have understood it.

So focus on your Srividya Sadhana, fulfillment of your desires and pray and do the Havan and bless them. But you carry on with your focus on your Self-realisation, okay?

Shivoham!

**Power of Veda Vakya Mantras!**  
**-Sri Sadguru Sivapremanandaji**

Video Link: <https://youtu.be/Xgh49yWxrRQ>

"The moment I say "So-Hum", the moment I say "Shivo-Hum", my Aatma tatva, the soul

principle get active.

The mantra to activate the soul principle, is the "So-Hum".

The mantra to activate the Shiva tatva, the Shiva principle is the "Shivohum".

The mantra to activate the Dattatraya tatva is, "Dattohum".

The mantra to activate Divine Mother Consciousness is, "Bhavanitvam".

You see that? All these are very powerful mantras. But these mantras don't have "Om", they don't have high level Bheeja mantras like Shreem, Hreem and all, nothing is there. But they will take you directly to the Source, that is the power of these mantras!

So-Hum will take you directly there! You will fly with freedom - from the mind, body, and all the attachments - you are just in that Consciousness. So they are very powerful mantras - they are very very powerful! That is why we call them as "Veda Vakyas".

Even "Aham-Brahmasmi - Aham Brahma Asmi" where - Brahman - is the Soul or the Parama Tatva. Aham - I am That

Asmi - I live in that state only, as it is! This is a very powerful mantra. Because every day my mind is thinking that "I am a body, I am a body, I am a body, I am a body .....". That is the problem! Problem is the continuous thinking that we are the body.

I am Raju, I am Ramesh, I am this, I am that, I am Engineer, I am Doctor, I am this.... all of these are false identifications happening day and night - 12 hours this only.

Now to overcome this, what I need to do? I should say that - "I am not this, I am not this, I am not this", means - "I am That, I am That, I am That, I am Shiva, I am Shiva, I am Brahman, I am Brahman...!". You have to repeat and tell continuously, then it goes to your sub-conscious mind, you see that? Until and unless your realization doesn't go to the sub-conscious mind, and if it is not your sub-conscious feeling, then it is not realization!

Why we say, mantra should be chanted one lakh times, two lakh times, five lakh times? Because, it has to, by repetitions, enter to the sub-conscious mind, make a memory centre, and once it is a memory centre, it becomes a feeling for the sub-conscious mind and sub-conscious mind starts connecting to the Universe and according to the Universal Law of Correspondence, according to Universal Law of Vibration, according to Universal Law of Resonance, it will start bringing that tatva, that knowledge to your soul and it becomes your realization and you become lifted!

You see that science! How beautiful it is!"

## **Power of Maha Padhuka Guru Mantra!**

**-Sri Sadguru Sivapremanandaji**

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

"Maha Padhuka Guru Mantra - you see that we have put it at the top, Maha Padhuka means the feet of Guru, or they represent Shiva and Shakti. This means, the ultimate expression of Guru tatva - who are They? They are Shiva and Shakti as Kameshwara and Kameshwari. So they are the - whomever maybe the Guru, if you trace the root of that Guru - where is it going to reach? It will reach to Shiva and Shakti! So this is the mantra that will connect you to that ultimate Guru tatva! It is the Highest - the Highest Guru Mantra I consider in my life and all Srividhya Masters know the fact about this. And this mantra also has effect like that! If you sincerely start to chant - you test for yourself and

see the result - what experience it gives. How it is going to help you - is it clear? So it is the same mantra that is written on the top board - that Guru tatva - Shiva-Shakti are the real Guru, and you as the spark of Shiva-Shakti - so your soul is the real Guru! So this is our understanding, our experience, is it clear? So what this mantra contains - it contains very powerful Bheeja mantras! So it is - "Om Aim Hreem Shreem Aim Kleem Sou Aim Glaum Hasakafrem Hasaksha Malavaraou Hasou Sahaksha Malavaraeem Sahou | Srividhyananda Nathatmaka Chariyananda Natha Srimahapadhukaam Pujayami Namah | | "Om Aim Hreem Shreem" - we learnt this - it is the 1st Level Moola Mantra

"Aim Kleem Sou" - we have learnt this - this is the mantra of Bala Tripurasundari when She is 3 years old. "Aim Glaum" - it is the mantra of Divine Mother Varahi. "Hasakafrem" - it is the Para Shambava Beeja mantra - it is Para Shiva in the form of Para

Shambava or Para Shambhava Shakti. This is very powerful. Or, it is the Beeja mantra of Divine Mother Chandi or Kali - the 13th form of Kali - She is the highest of all - as Kala Samharini. Her Bheeja mantra is "Hasakafrem". "Hasaksha Malavaraou Hasou - This is the Bheeja mantra of Anandabhairava. Sahaksha Malavaraeem Sahou" - is His wife, Sura Devi.

Both together as Shiva-Shakti are flowing to us. And then "Srividhyananda Nathatmaka Chariyananda Natha" - so Shiva and Shakti as Para Shambava form, as Anandabhairava, Bhairavi coming on this earth and spreading the Srividhya and experiencing mastery over the Srividhya - means Srividhyanatha. And His soul - Srividhyananda Nathatmaka. So who is that person, what is the name of that Master? - It is Chariyananda Natha. "Srimahapadukaam Pujayami Namah" - To Him, I bow down. This is the mantra. It is very very powerful mantra. Is it clear? In Srividhya tradition, we say that if I take all - we have the five Amnyas - five traditions - the five faces of Shiva and from every face of Shiva, one tradition - Guru tradition has come out. The Path to liberate, the path to do spiritual teaching has come out from each of the five faces of Lord Shiva. And from that, so many - Vaishnava, Shakti, Surya - so many traditions started. So if you consider all those 7 crores mantras and this mantra - this mantra is the equivalent of the entire 7 crores mantras - it is said like that in the Scriptures. If you balance 7 crores mantras on one side and Maha Padhuka Guru mantra on the other side - this Maha Padhuka Guru Mantra is in balance with the entire 7 crores mantras. Is it clear? So at the higher level - after Shodashi, Shiva Sowbhagya Shodashi, Maha Shodashi, then Poorthi Vidhya and after the Poorthi Vidhya - they give this Maha Padhuka Guru Mantra to us. And I am giving this to you in the 1st Level itself - because I want you to start getting the blessings in the 1st Level itself! Is it clear? So, that is the power of the mantra."

## **"Applications of Protection Shield"**

### **-By Sri Sadguru Sivapremanandaji**

Video Link: <https://youtu.be/2Jzb26zlugc>

One of my students started using the Protection Shield for presentations.... before going for presentations he used protection shield and hence he did not have any nervous feeling at all.

Another student used to have bad dreams. When she started to use Protection Shield before going to sleep, miraculously such bad dreams stopped and she did not have any more problem of negative dreams.

Many of us suppress many negative things. And where such suppressions will show up? In dreams only. Either you experience in the outside world or burn in the inner meditation or experience in dreams.... choices are there!

It is better to burn them in the meditation, rather than experiencing in the outside world or in dreams. Is it clear?

Life works like this! These are all very important.

This is how many people have used it... For examination, some have used it.

Some of them have used it to prevent infections for their small kids who have started to go to Montessori and all, where, you know, if one kid catches flu or something all other kids are very prone to get infected. When parents put Protection Shield daily and send their kids, there are lots of changes, you know, in kid's health and allergies and such kinds. And as you progress you see that if any negative person comes near to you he cannot stand there next to you. Since the shield is in the shape of a bubble, whatever thoughts are

Emanating from him will be bounced back to him and with double force he won't be able to stand there. He will feel more irritated and he will leave. Means negative people won't be around you.

(To some body's query) ...before sleep you can do. Wherever you feel fear, wherever you feel uncomfortable, wherever you feel nervousness, whenever you need confidence you start doing it.

Especially before the meditation and after the meditation to empower the protection shield. Before meditation I do it to protect myself. Before meditation my energy level is, say, 30%

after meditation it be raised to 70% and at that time when again I program it, what happens? It empowers the protection shield!

So I always suggest to apply the shielding before and after.

And it takes only a few seconds to apply it, though in the beginning it appears to be time consuming, later on it happens just by thinking.... think of it and you will feel confident! Then you will know that your protection shield is active.... think, confidence feeling will come ; think, and you will feel that, you know, some invisible hands are holding you; I just think about the protection shield, and I just feel at home , I feel guided, grounded. You see that? All these feelings are results of your protection shield.

This is very, very good, you know!

when you give your presentations, examinations, if you have to meet someone new, something new you are doing, any new activity you need to do, and hence you are feeling nervous then you can apply this. It is very, very powerful.

You can protect your vehicles, home, office, business places.

You can, you know, put the protection shield for your couriers also....

**I feel attracted to Shiva as I practice Srividhya Sadhana! Should I make?  
Shiva as my Ishta Devatha?**

Video Link: <https://youtu.be/rL31fwSTFL8>

Sadhaka question –

"Guruji, more I worship Divine Mother, more I feel attracted to Mahadeva - Shiva! Should I make Shiva as my Ishta? I know that it is one and the same, but my mind is confused, please guide...."

Guruji's answer -

"You stop Srividhya Sadhana, your attraction for Shiva will be stopped! Mother is there, so you are attracted to Shiva! It is not actually your attraction, it is the attraction of the Divine Mother of Kundalini to reach Her ultimate state! So it is a positive indication that you are doing the Sadhana better, Mother is moving towards Shiva! And Ishta, if you want you can make Shiva as the Ishta, if you don't want you can make Lalithambika as your Ishta! And what happens when you go here at the head region, Shiva is also not there, Shakti is also not there! Shivohum! One with whatever It is - Existence! So, don't get confused, and don't feel bad.... You know some people feel bad you know? Today Shiva, tomorrow some other God, I am not sincere to one person, one God.... That feeling will be there! No. Don't worry about that. There is only one Consciousness, one Energy, enjoy to the fullest! Sometimes tears will come out of love and devotion for Shiva.... sometimes for Lalithambika, sometimes for Tirumoolarji, sometimes, not for anyone.... Got this! Enjoy the present moment, the way it is given! Don't complain.... Enjoy, accept, allow, and celebrate with your Divine! Form is just the surface level, don't worry about it!"

## Why am I running away from Non-Vegetarian meals?

Video Link: <https://youtu.be/saWHeQt4XSM>

Sadhaka question -

"Guruji, lately I am unable to sit longer for meditation, as I am feeling heavy because of energy, quite frequently and I started dropping and increasing the Sadhana as per your guidance in the previous Q&A session. Lately, I am having difficulties having outside meals - especially meats. I am throwing it out if I force myself to consume it, out of no choice. Medical check-up shows no issues with my health. I have started running away from non-vegetarian meals except for selective home cooked food."

Guruji's answer -

"It should happen. As you progress to the higher level of Consciousness, you attract the higher level food, higher vibrational food, higher energy food. So, from inside-out, change will start happening. You see that in the Srividhya Sadhana, in the workshop, I don't put any condition - I say eat whatever food you want, have whatever lifestyle you want - if you are having alcohol, have it, if you are sexually active, be that. Whatever maybe your lifestyle, I don't put any condition for you, okay? Because I know that, if you are sincere, regular, true changes that are needed in the outside life automatically happens. You don't need to force them to bring changes in life! Got this point? So in your case, what is happening is -

1. You are very sensitive to energy. This I want to tell you.
2. Your past life has very very good spiritual connection. This also, I would like to tell you with confidence. Okay? You are not an ordinary person, like a normal, day to day householder. No. Your capability to receive and connect to the Divine is very strong and even if you are meditating less also, you get too much of energy and receptivity. It shows that your connection between your soul and Divine is very strong, connection between you and Guru Parampara is very strong.

Now, this Divine is manifesting in you, and when the Divine is manifesting in you, it won't allow you to eat the food that is not vibrating with that Consciousness! Is it clear to you? It is not a problem, it is a blessing actually for you! As we ascend, our thinking will change. As we ascend, our speaking will change. As we ascend, our perception will change. As we ascend, because of the Sadhana, our behaviour will change. As we ascend, even our communication will change. Earlier maybe we used to gossip like anything, but after we meditate, we become more inward. As we meditate more, we drop more outside activities like shopping mall, going to the party, eating too much food, everything will drop. Because you receive lot of prana, lot of contentment, lot of joy, Divinity within you and so you don't seek outside. That's what is happening to you. You are becoming more Satvic - which is a blessing for you actually. You don't need to worry that it is health issue. It is because of your ascension, you are attracting the right food and your body has its own intelligence, so it is rejecting very clearly. Okay? It is a blessing actually."

## **Why I lose count of Japa or the Japa Mala fall down from hands while doing Japa?**

Video Link: [https://youtu.be/WFWVbbT3Z\\_U](https://youtu.be/WFWVbbT3Z_U)

Sadhaka question -

"Guruji, many times when I do the Japa of Baglamukhi, the mala falls from my hand, and I have to restart. I don't understand if it is sleep or something else, please guide."

Guruji's answer -

"You see that? As we grow, we need to drop these Japa malas! Japa mala is the beginner

Stage... It is the game of the ego-mind! I do Japa - I do this much Japa! Means, you are still in the mind plane... When you connect with Mother, what happens? You go beyond the mind plane and touch to the Soul, you lose the Prana in your body - in your legs, hands and all Prana goes to the Brahmarandra and automatically your hand doesn't have the control because of this, as sensation is not there and so the japa mala drops! This is the good thing that is happening. So don't worry, in that case, put the alarm for the time usually taken for one Japa mala! 10 minutes, okay? Put the alarm, enjoy your Japa, and alarm will wake you up! Because, sometimes if you go into deeper meditation you cannot go to the office! You cannot go to your work! This is very difficult.... So, know that how much time is needed, if it is happening repeatedly, if it is a disturbance, drop the Japa mala, and just enjoy the presence of Mother, be one with Mother. As you progress and go to advanced level, you should not be attached to the Japa mala and it is not something wrong when the Japa mala falls down from your hand...As we grow, our rituals are dropped, our outside puja is dropped, our japa mala will drop, our attention - seeking from outside will drop, what is happening is - growth is happening - I need to go back to my home! Where is the home? Outside or inside? It is inside only - and I need to go back! And this is what is happening during meditation for the sincere seekers! It won't happen to many people, you know.... It won't happen to all people... So it's good and it's fine, don't worry about that..."



**“Real Prayer to Divine Mother”  
-By Sri Sivapremanandaji**

Video Link: <https://youtu.be/gpvt2rqA3eQ>

Real Prayer is this:

**“Divine Mother, please come in my life. Divine Mother; show Your invisible hands in every moment of my life. Divine Mother, guide my mind, my intellectual ability, my senses, my karmas, my actions, my behaviour in the right way so that I can surrender, so that I can flow into the purpose of my life!”**

You see that? This is the real Prayer and not the one as this:

" Mother, give me one million dollars."

This is not called a prayer.

Prayer should be how she can guide your mind, intellectual ability, and your senses.

This is a very important prayer. If you don't take a wrong decision means you are in the safest path. Got this point?

Even if you have a million dollars, if you take one wrong decision, then what happens?

You fall down (shows this by sliding down His hand)

So the real prayer to Divine Mother is to guide you in your life - your mind, intellectual ability, your senses, your karmas, your actions ...your actions should be guided , otherwise you will be surprised as you will be doing some evil actions which are not in harmony with your purpose of your life - these are very important!

So this prayer should be done by everyone!

Shivoham!



## **Importance of Sri Vancha Kalpalatha Ganapathi Sadhana!**

**-By Sadguru Sri Sivapremanandaji**

Video Link: <https://youtu.be/IF8tk-iwOly>

What is the importance of Vancha Kalpalatha Ganapathi sadhana?

I told you Vancha Kalpalatha Ganapathi itself is the meaning Vancha means to desire, Kalpalatha means

fulfilment of that desire in the form of Divine mother Lalithambika and lord Ganesha This contains Shodasi mantra also within itself, so it is very helpful to fulfill your material desires as well as spiritual desires So it is very advanced highest sadhana if you want you can continue with that, this is really helping and support you to Srividya level 7 sadhana specially fulfill your desire that is why we go for Vancha Kalpalatha Ganapathi sadhana.

Shivohum

## **Srividhya Sadhana while travelling?**

**-Sri Sadguru Sivapremanandaji**

Video Link: <https://youtu.be/twT2LK8WqPU>

Sadhaka question -

"Daily I travel for 5 hours for my job. Can I do my practice, my Srividhya Sadhana, Varahi Sadhana, during my journey in a car? Please clarify."

"You see that? If you are driving the car, you should not do Chakra Meditation! Please understand... And don't chant Mantra like Maha Padhuka, it will make you blank, if you are driving car...! If not, if you are sitting at the backside of the car, and somebody else is driving, you can do all your Chakra Meditation. And one more thing is, if you are sitting with any other stranger apart from any of your family member, then be careful! Because when you do the Sadhana, your aura should not interact with another person. Okay? Because when I am doing the Sadhana, I am allowing my Divine Mother to enter into my aura, I am doing the protection shield. I don't want another person's energy to interfere with my Sadhana! You need to understand this! So, if you are travelling by car, if you are in the backseat, if you are alone, and you have the time, you can do the Chakra Meditation. If not, just do the Moola Mantra japa. If you are travelling in a bus, in a train, with other people, who are not related, don't do the Chakra Meditation! Just do the Mantra Japa."

## **"How does Universal Law of Karma & manifestation works?"**

Video Link: <https://youtu.be/hWGCsmsxiT4>

Universal Law of Karma:

What does the Universal Law of Karma say?

What are the seeds we are going to seed?

Where are we going to seed?

And

What are the fruits we are going to reap?

Where are we going to reap them?

Outside...so we are going to get the fruits in the outer world.

So how does the Universal Law of Karma work?

We Seed into the inner world, yes or no?

What is our inner world?

Our inner world is our Consciousness which is made of Thoughts, Feelings, Emotions, okay? And Beliefs - very important is the Beliefs!

These are the seeds that we are going to Seed.

So where are we going to get the results?

In the outside world.

If I am going through a relationship problem then where is the seed of that, cause of that, is it outside or inside?

(Students answer) Inside...(He nods in affirmation)

If I am having a business problem, okay? then where is the seed, cause of that, root of that?

Inside...

If there is a health problem then where is the issue, the root of that?

(Points to His body) Within

This is important, right?

If I want to change then do I need to change the outside product or change the design of the manufacturing unit?

I should change the design of product in the manufacturing unit (points His body).

So inside is the Creation and outside is the Experience.

In India what Vedas call this as?

YAD BHAVAM TAD BHAVATHI

Means whatever you think, feel, and believe, THAT you are going to experience in the outside world!

When I am working in meditation what am I doing?

Inner Karma, the highest Karma is what I am doing. Overall development is what we are doing.

So what is the inner Karma I am doing? I am working with all my chakras.

So why am I working with all my chakras instead of outside rituals?

It is a faster, more advanced, and okay? More powerful than all other means.

I will give an example for this:

If I want to worship Panch Maha Lingas outside, then how much time is it going to take?

It will need quite a lot of time.

If I want to worship the same Panch Maha Lingas inside, then how much time is it going to take?

Within no time as mind has no spatial distance. And why should I believe this?

Because of the Universal Law of Correspondence!

YATHA BRAHMAANDA THATHA PINDAANDA

See, these are very important things for us!

If you have this understanding, what happens?

You won't get confused!

No Master, you know, will get confused even if someone wants to confuse Him. Because He knows that

"I create

With my thoughts

With my feelings

With my energy

And there is no question about this at all. And if something happens wrong happens outside I will change it

By meditating

By visualising

By thinking positive, you know,

By being aware of the negative beliefs and removing those negative beliefs."

Is it clear to you?

These are all very important that we need to understand these Universal Laws.

If we understand these Universal Laws then we know that, " If I do, like this, then it is going to happen, like this ... it's a science!"

## **Soundarya Lahari for financial freedom**

**-By Sadguru Sri Sivapremanandaji**

Video link: <https://youtu.be/1tRA9jXj0qY>

Whenever I do Soundarya Lahari sadhana for many issues #Shlokano57 the money comes from either by my brothers, parents or friends Guruji I want to earn my own money and want to make my own home, Guruji please suggest the shloka in Soundarya Lahari that will help me to become financially independent, make my own home So the shloka is working for you that is the good thing ,so you are doing it right with the shloka and sadhana What you need to do is you make an intention and visualize like this The money should come from unknown sources not the known sources, maybe it's the business you are doing , maybe the bonus in the job you are doing, maybe some project you are getting, maybe some other involvement so you visualize this way that money is coming in this way from the unknown channels , I'm ready and open to receive the money from all the channels, known and unknown channels You make an intention then open your soul then money flow will start to flow from different places and then you visualize also in my inner world/in my imagination i have a own home/in my mind , this is very important process In my vibrational universe or In my mind i have a own home and then chant the shloka You visualize & I'm ready to receive the abundant money flow from the known and unknown channels & then chant the shloka So what you are doing your intention, soul power plus shloka divine power and the working of the sadhana is the mind power helping you to receive the money from your known people, unknown people also Then it'll start working for you in both the way.

Shivohum

## **What are Brahma Muhurta and its Importance**

**-By Sadguru Sri Sivapremanandaji**

Video Link:<https://youtu.be/JsQA6JLmK-0>

Brahma Muhurta time is before 5AM in the morning and after 3AM it is good time or even 4AM to 5AM that is very very peak time The Brahma muhurta means the Brahma the creator and muhurta means timing, the energy of the creative force entering on this earth this is what we call Brahma muhurta. At that time earth is nourished by creative energy so that it can sustain and work for humanity When i consciously sit for meditation I'm also receiving that creative force in my soul, so when I do meditation at that time nature supports my

Meditation so all siddhas and masters say do the meditation and sadhana in the brahma muhurta.

Shivohum

## **"Can I chant "Arunachala Shiva" as I am drawn to it!"**

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

Yes!

The more the divine mother's energy is activated in you, the more you will be attracted to Shiva and Shiva Mantra. You need to understand this, okay?

The more Mother manifests, the more the Kundalini rises, the more it wants to reach Shiva. So you are all the more attracted to that.

So this is what's happening to you.... that ARUNACHALA SHIVA - ARUNA + ACHALA + SHIVA.

ARUNA is Grace, okay?

ACHALA is Stillness.

SHIVA - Always, you know, you as a Soul.

It shows you that you are one with Shiva. Shiva is manifesting in you. You want to chant.. you are attracted to Shiva....all these are very positive things that you are doing well.

Your soul could absorb the divine mother's vibration and mother is manifesting in you and, you know, attracted to Shiva. So you chant it.

Happily you enjoy chanting..."Arunachala...Arunachala....

Shiva...Arunachala...(Sings and shows)! This is beautiful, you know, beautiful!

Recently we visited Tiruvannamalai Arunachala and with all students we did Abhishegam for Agni Shiva Lingam in the Arunachala Temple and the Sankalpa was that all the students connected to this Mulavarga Parampara get the blessings!

We did beautiful Abhishega...we were able to have that Divine Healing.... awakening of the Kundalini in the Garba Gudi. We prayed not only for ourselves, but for all our students. The Sankalpa was that, you know - "May all our students get blessed, healed, energized and protected."

And today I am seeing your question, you know, having so much connection with it and remembering the event that recently happened. We are all really blessed. You can chant the Arunachala Shiva Mantra. It is a blessing!

## **"How do I know that I'm Self Realized?"**

Video Link: <https://youtu.be/xwmhisuxT4k>

You see that...it's something like the question,  
"How do I know that I ate a mango?"  
"How do I know that I ate a chocolate?"  
" How do I know that I had paani Puri?"  
" How do I know that I had Gobi Manchurian?"  
Does anyone have to tell you about this?

It is a first-hand experience. I eat and experience through my senses, through intuition and my intellectual ability.

So you know that one of the very beautiful experiences of self-realisation is you experience a bodiless consciousness. You experience and know yourself. You don't need someone to come and tell you that you are a bodiless Awareness, you are a bodiless consciousness, you are the SatChitAnanda - that blissful state of consciousness, truth consciousness.

It is not outside. It is coming from the senses, it is coming from within through intuition . It is a first-hand experience.

So you know yourself. And once you come and share the experience with the Master, Master's assurance is the great blessing and is grounded in you that,  
"Yes, I am! I have reached it! I have touched that Self Realisation! I have known my truth! I have discovered my truth. I have reached my home. I have experienced myself!"  
Got this point?

One is the experience within you and the other is the assurance from the master to help you to know that I, " I am Self realised!"  
Both things are very important.

And then when you read the scriptures what happens? inner experience is explained in the scriptures, Upanishads, Bhagavad Gita...Then it's more confident that " what happened to me is what Krishna is explaining .... What happened to me is what Upanishads are telling .... What happened to me is what Vedas are telling ..... What happened to me is what my Master is guiding and telling .... Now I know this is what it is!"  
This is how you know that you are Self-realised!

Shivoham!



**Advanced method of Siddha Mind power**  
**-By Sadguru Sri Sivapremanandaji**

Video Link:<https://youtu.be/DSfYBRLFJ2g>

To always become conscious of being a soul and affirm I am as soul and to affirm what i want to become Can we do that ?Of course we can do that, once we understand the formless it has the potential to become anything else You can say I am a happiness, I am an abundance, I am a love, I am a grace, I am a protection and everything You can make an affirmation that's what in success wisdom book what we say first we affirm I am vibrational being In my vibrational universe I have this Similarly you can ask like this I am a soul in my soul i have this , this is very powerful and an advanced level of siddha mind power When i say I am the soul I'm reaching to formless when you say formless it is the highest power point of Shivasakthi consciousness, It is a zero point field , It is a quantum field you are reaching, In that field I'm putting my intention like this & In my soul i have this I accept it thank you so be it This is how you program it has to manifest from inner world to outside world, it has to happen. You can do that type of affirmation so if you have learned siddha mind power and you know that how to use it in the mind power we understood how to do that and then once we affirm any negative thoughts, beliefs, feeling and bring the self-analysis release them and every day you do the affirmation and do use the mantra also that will help to manifest

Shivohum

**Does practicing Bagalamukhi sadhana makes my life harder?**  
**-By Sadguru Sri Sivapremanandaji**

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

In Bagalamukhi sadhana it was mentioned that Maa Bagalamukhi brings challenges in life! Does it mean my life will become harder struggle as it created a fear in me and I didn't start the sadhana please guide She don't make your life harder but she will make your life smoother and what you have left pending unconsciously she bring that attention in you. For ex: If Haven't changed something then she will show that please change it so that you can go faster that is the challenge I am talking I am not talking like you'll lose your job, you'll lose wife, you'll lose this and that no nothing will happen everyone will be there Only in your consciousness whatever you have postponing in your consciousness those beliefs negative beliefs, negative thoughts they will surface at you and you will be known to that , that you need to work on that and release that so that your life will be more prosperous It's a good thing don't worry about that do the Bagalamukhi sadhana, its my own experience , its the experience of many of our students she will bring the blessing to you don't worry about that.

Shivohum

## Can deep meditation replace the sleep?

Video Link: <https://youtu.be/k-bWC2kskG4>

Sadhaka question -

"Can deep meditation replace sleep? The reason for asking this is we get energised when we

sleep. If we do long meditation, Dhyana, do we get the same energy level as sleep?

Can

Meditation replace the sleep?"

Sri Sadguru Sivapremanandaji -

"Yes! At the higher level, whether it is Paramahansa Yoganandaji or myself, or any Master, as

they progress, they meditate more at night. They sleep less.

Means even 1-2 hours of sleep is more than enough as meditation gives more energy than

sleep. So in sleep, unconsciously I am connecting to Universe. In meditation, consciously I am

Connecting to Universe.

But this won't happen easily until and unless you clear all the blocks in the Chakras, there is

smooth flow of energy, and your soul is able to connect to the Universe and receive the energy.

Then it is possible that you can replace the sleep.

But I am telling you, it is happening than doing. Okay? It happens to many people after many

years of Tapasya or many years of Sadhana, this takes place."

## "Understanding Sri Devi Rajarajeshwari Form or Idol!"

Video Link: <https://youtu.be/3zfiuQUFUG8>

When we worship Divine Mother Lalithambika, as I told you, the formless cannot be seen and so we have to give a form, yes?

When I say you are formless, yes or no?

When you die what happens? You leave your body, Yes? and make a transition and hence you are formless.

Same way Divine is Formless!

And you need to give a form.

That's where the Divine Mother, Lalithambika, has been given a form. She is the Cosmic Consciousness, Universal Consciousness, Brahmanda Shakti, Adi Shakti, okay? Parabrahma Swarupini!

For Her I want to give a form! What form can I give?

Pasha, Angusha....in one hand she is holding a rope (Pasha) and in another hand she holds the Angusha to pull the rope.

Pasha - what does it represent? Bondage, yes or no?

We are in an illusion / a bondage having accepted ourselves as, 'I am a body '.

'I am a body ' - means I am a powerless person... I have this name...that family...karma started.. all of that - ego consciousness, false identity, illusion, attachment, bondage...all of that!

So, Bondage - means She is the Mahamaya who created this world!

Illusion is created by whom? Herself!

And who is going to take away this illusion?

The One who has created!

Angusha - is for this! - to take away the bondage! You got this point?

Hence She is holding the **Pasha** and **Angusha**.

Another depiction - the **Sugarcane** as bow and **5 flowers** as the Arrows! Okay?

So, these **5 flowers** represent the 5 senses.

This Sugarcane bow (points to the sugarcane in the Idol next to Him) represents the Mind.

As I told you....we always put forth our actions/ efforts seeking pleasure. When there is no pleasure we reject it right away.

Yesterday, I told you if I give a chocolate and some Neem kashaya, how many of you would choose the kashaya and how many of you would choose the chocolate?

We know that most of us would choose chocolate!

Even if I ask if you can come to the centre by yourself walking or shall I send you a car for coming, you would say, " Guruji, please send me the car!".

So our actions are always pleasure seeking, yes or no?

If something gives me pleasure I like it. If I have a partner who admires me, who likes me, who accepts me, you know, who listens to me, who pays attention to me then I like that person.

The one, you know, who degrades me, who don't, you know, accepts me, who don't respect me, do you think you will like that person?

You will say, 'what an idiot that guy!' (Laughs) see?

Wherever pleasure is, there is a loving relationship! Wherever it is not, there is rejection (shows this non verbally) .

So, Mother is holding the Sugarcane. What is Sugarcane? It's Sweet!  
And that is the Mind and she is holding that!

She is also holding **five flowers** as Arrows that represent five senses.  
So she is representing my own Soul. My soul has control over my mind, my soul has control over my senses, and my soul has the knowledge of SatChitAnanda.

But, if you don't seek your soul, you are in the bondage, yes or no?  
Representation / depiction of the universal soul in form is Lalithambika,  
Rajarajeshwari!

And she is depicted in a seated form with one leg down and one leg folded up.  
Which leg is down here (points to the Divine Mother's idol next to Him), right or left?  
Right!

If she is shown with her right leg down then she is called **Mokshadayani**.  
If her left leg is down then she grants Bhoga as **Bhogadayini**.

Moksha means liberation; Bhoga means worldly prosperity.

So we say Bhoga and Moksha.... Srividya is for Bhoga (material prosperity) and Moksha (spiritual liberation)

Here in our Centre we worship her as Mokshadayani as we are more interested in Self-realization and God realisation than fulfillment of small, small, you know, desires.

If you go to any temple of Rajarajeshwari, which leg of hers is down, right or left?  
It's left leg! If it's right leg down, I don't think you will go to such temples!  
In most of the Rajarajeshwari temples only the left leg is let down.  
She will fulfill your desires... She will bless for your desires.

That's what... you see that, on New Moon days we go there, yes or no?  
On New Moon days we go there and perform Aarti praying, 'Mother, give me a job... Mother, I am building a 3 BHK home, please give me the loan... Mother! my son wants to go to abroad - USA, please give him the visa and the scholarship.... Mother my daughter is to be married please send the right person... you see that!?'  
New Moon is the right day to ask for desires because the new moon has the material energy.

Full moon day? It has a highly awakened spiritual energy. I cannot ask for desires! Even if I ask them it won't happen because the full moon manifests spirituality, Aatma Tatva.

Whereas on the new moon day, this mind is active, the mind tatva( manasu) is active.

So we go on New Moon days to Divine Mother to ask something from her, you know, Amavasya is the day we go to Her perform Aarti, do Puja, Archana and ask something like job, health etc., It works...I am telling you, it works!

But when you visit on a full moon day you need to ask for spiritual growth.

That's what, we ask students, whenever if they want to connect with Tirumoolarji, to Meditate more on full moon days... if you want to connect with Kriya Babaji meditate more on full moon days.

If you want to get liberated ask for the Elevation, Ascension in prayer during the full moon day meditation.

Because you're entire mind is active with Divine Mother Tatva. It is possible! Your Aatma Tatva is more Jagrit!

God this point?

So the Divine Mother is represented like this.

Sometimes the Divine Mother is shown seated with both her legs folded...it depicts **Samadhi!**

If you go to Kanchi Kamakshi temple...if you go to Kallur Mookambika temple.... how is She sitting there? Samadhi!

So she will bless you with both States - Bhoga and Moksha! Is it clear to you?

So it is beautifully and symbolically represented - the universal consciousness the cosmic consciousness in a form.

And that form should be a human form, yes or no?

If it is not of Human Form do you think you will worship? It will be very difficult to accept it as Divine.

So, especially in India, mother's form is more appreciated because we feel that the sacrifice of a mother, affection of a mother, love of a mother are Divine qualities.

So the subconscious mind can accept it very easily.

So we represent the truth consciousness in the Mother form.

Sometimes we also represent it in male form like Shiva, Vishnu, Krishna, okay? Dattatreya ....but all are

One consciousness, one energy, and One Soul!

Shivoham!

**Secret of Ashtottara Namavali of Siva**  
**-Sri Sadguru Sivapremanandaji**

Video Link: <https://youtu.be/KZRD4D6IBeo>

"When we do that Ashtottara Namavali of Lord Siva, what it means?

It is the complete manifestation of the 108 qualities of Siva!

It is the Soul of Siva manifesting as Form on this earth - for this the 108 vibrations should be

There. For this, 108 names are given.

So we do the Abhisheka with Ashtottara Namavali, we do the Archana with Ashtottara Namavali

In temples and all, it is used in Shanti Puja - it is to invoke all the 108 qualities of Lord Siva to

Come into our Soul and bring the balance to whatever that is missing in us!"

**Sadasiva, Rudra and Bhairava!**  
**-Sri Sadguru Sivapremanandaji**

Video Link: <https://youtu.be/sUtgKz6Cvw>

"Many of us are familiar, Siva means - "Sivalingam" and we worship this. It is the Formless - Form. Siva, as the Formless - Form, the symbolic representation is Siva Lingam - "Syayambu"!

The manifestation of that creative force or the totality of the existence is symbolically represented as Siva Lingam.

And in human form we worship Siva as Mahadeva, Maheshwara, Rudra, Shankara. This is another avatar of Siva.

The Formless took the Form of a Yogi - we call It as Adi Yogi also.

The Formless took the Form in order to destroy the negativity - we call it as Rudra.

The Formless Form took the Form to come on this earth to help, teach, and spread the teachings - we call it as Shankara. The Formless Form took the Form to bring the and protect the teachings, protect the Spiritual

Energies - we call it as Bhairava. We usually see it in the temples as Kala Bhairava. Different spiritual teachings have one Bhairava as the protective force - it is like the police force - manifesting and protecting the teachings, energies and power on this Earth. This we call it as Bhairava.

But the One that is there as the Formless - we call it as "Sadasiva", "Chidambara Siva"! Is it clear? It is the complete Source Consciousness - Static Consciousness - without any expression.

But when that Static Consciousness takes the Form, it is a Dynamic Consciousness and we call it as Rudra, Maheshwara, Shankara and other different names."



**Power of Siva Mantra!**  
**-Sri Sadguru Sivapremanandaji**

Video Link: [https://youtu.be/dOO\\_HbW17oI](https://youtu.be/dOO_HbW17oI)

"What is Dosha? Weakness...

My Soul is having imbalance - there is some weakness in me - that energy is lacking in me, that

I need to take it from outside.

You see like how you have multivitamin, multimineral - when you have Vitamin D deficiency,

what you do? You take Vitamin D tablets.

Same here - I have a one Pancha Mahabhoota - Pruthuvi tatva is low - so money problem has

started, stability is not happening, my job is not stable, my marriage, my relationship is not

stable - you see that?

That Mooladhara is not functioning properly. What I need to do? Stabilize that! For that I need to

bring the Pruthuvi tatva from outside. How can I bring it? From Siva Mantra -

Na Ma Si Va Ya

By this all the Pancha Mahabhootas are stabilized. This body has manifested from Formless

Soul to Form and for that It needs Pancha Mahabhootas. It cannot manifest without the Pancha

Mahabhootas.

And if your Pancha Mahabhootas are not in balance, then what happens? You cannot manifest

good health, you cannot manifest prosperity - money, you cannot expand your business, you

Cannot grow in your job, you cannot complete your project!

If your Air element is not good - what happens? Your Knowledge cannot spread!

If your Space element is not good - your communication cannot be better!

So when we take this Na Ma Si Va Ya mantra as a capsule every day, just like multivitamins,

multimineral type, and I bring the balance - all the doshas, weaknesses are removed!

What happens? Automatically all my problems will get solved!"

## **"How do I practically, devote every minute to Divine Mother and live my life as an offering to her?"**

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

This is a beautiful question actually! that you want to dedicate every moment, every breath of your life to Divine Mother.

Firstly I would like to tell you that this thought itself is a Divine Mother's blessing to you....

you need to understand!

Because many people are too much involved in so many things having so many priorities, you know, with so many things going on in their minds.

It is very difficult to bring Divine Mother all the time in their lives.

So, I have been telling about Mantra Japa. What is Mantra Japa?

It is practicing the presence of the divine.

Whenever I chant the mantra, not mechanically, okay?

Chant the mantra, with prayer it is a beautiful blessing!

It is a beautiful way to surrender. It is a beautiful means to bring the Divine vibration in every moment of your life.

Whenever you are free - your mind is free take the name of Lalithambika!

Just like this, you know:

**Divine Shri Matre Namah,**

Or level 1 Mantra

Or whatever that feels connected to you

Or are that we chant with surrenderance..

**Sri Mata Lalitha Ambika, Rajarajeshwari, Maha Tripura Sundari Saranam Mamah**

"I surrender every moment; whenever I chant I surrender to you... you are the doer, I am just accepting You and You take care of my life and I want Your Will to be done in my life...I surrender to You"

So Mantra Japa is very important.

That's what we say about again and again praying, you know,

"Mother I am remembering you, I thank you, I love you, please have Your invisible hands around me, make me feel Your presence today, bring miracles today, and show Your presence!"

Then, again chanting the mantra. Again saying your prayers.....

Your life should be prayer to Lalitha Ambika... life should be a prayer to Sadguru Tirumoolarji!

Then what happens you know mind is purified with the Divine presence of Lalithambika and Sadguru.

We will start to feel so much Bliss, Joy, and when you have such Bliss, Joy and Abundance in your inner world, this purity will start manifesting as richness and prosperity in outside life!

Things will start flowing very beautifully. People will start to responding differently and everything will flow in life.

So you can make Mantra Japa as one of the constant things. The more you make the intention, and the more you make the prayer, the more you bring the Divine in your life!

And ultimately during your Self-realisation and God realisation you realise that... .... it is not you but it is THAT living within you!

Then you know that everything is THAT; you are not at all there. THAT becomes you; you become THAT - **SO HAM** or **HAM SA**

That's the experience you will have!

**Shivoham!**

## **How to do a distance healing using Durga sapthasathi moola mantra?**

**-By Sadguru Sri Sivapremanandaji**

Video Link:<https://youtu.be/wNa0Q5Iatfw>

You have to visualize a person and chant the Durga sapthasathi mantra surrounding to the aura of the person with a sankalpa...that is the mantra healing we can say, so visualize that person and circulate Durga sapthasathi mantra surrounding to him just like how you surround in protection shield you surround the mantra around him for 10/20 minutes with sankalpa like what type of healing is needed that is the best way to do distance healing of Durga sapthasathi moola mantra. You can even do it with Varahi moola mantra, panchadashi moola mantra & health mantra also... We call this generally as mantra healing, we can put the mantras to the chakras, auras with the intention what we want, even we can put the mantra to the brain cells, every cell of a person & you can do it in many ways You can do it with the prayer to Sadguru tirumoolarji, divine mother srimata Lalithambika you'll be guided what is required for that person which is also important.... Not just like simply healing be aware what you get guidance from tirumoolarji or divine mother.... Because she will tell do this mantra, circulate the mantra to this part of the body, it's very important and things will be taken care.

Shivohum

**Protection mantra**  
**-By Sadguru Sivapremanandaji**

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

Sadguru Sivapremanandaji says:

So it is the Krodharaja Bhairava mantra , Krodha Bhairava is different and Krodha raja Bhairava is different please understand this when you say Krodha Bhairava is one of the Bhairava in astabhairava But when you say & Krodha Raja bhairava means all the 64 bhairava energy make them it is the one. That we called as a Krodha raja

Bhairava. The mantra is the powerful mantra where when you chant this mantra literally that Bhairava start manifesting in your soul, it is not he is coming and giving the darshan no he become you & you become him that is the power of this mantra. So the energy is very high and very powerful, it'll burn all the karmas whether it is Navagraha or anything any negative entity, any negative spirit it cannot stand there As yakshini, dakini, bhootagana or whatever gana is there nothing can stand there with Krodha bhairava-Krodha raja Bhairava So the mantra is like this

| | OM HOOM VAJRA PHAT KRUM KROM KRUM  
KRUM HOOM HOOM PHAT | |

This is a very powerful mantra, this is a something that awakens Kundalini also, brings the purification also and removes all types of paranormal activity like example if there is a spirit in your home it cannot it will start crying if you do the homa if this happens even if you go some places if negativity is there it starts jumping before if you go there they know that it's not you Krodha bhairava is coming , because it's not worshipping Krodha bhairava its manifesting the Kroda bhairava tatva so no power can stand there noshakini, dakini, bhootini or any gana can stand there it has to leave the place it is the power of Krodha bhairava where you can chant and if possible you can give to your family member let them chant it, whatever it is everything will be taken care, Sivapremanandaji says he has given this mantra to his student in Singapore, he was a very good student he not only connected to tirumoolarji in this life but past also he was the student Mulavarga student, his love, devotion to the Sadguru tirumoolarji is so high, his connection with tirumoolarji is very high , he was not ordinary he was the yogi in the past life , when he used to go to the different places because of his work he has to rent a home and all so he took a new home for the rent and he started doing the sadhana within a week he started feeling uncomfortable in that home so much negative energy moment of the negative energy and all , then what happened he brought the Sriyantra where in the workshop as i said where there is a negative energy place the Sriyantra facing South direction so you can remove the negativity, he placed that and after sometime it happened that Thirumoolarji's photo the glass broke down and he started seeing black spots on the Sriyantra so it's a clear indication that the negative energy at him on him & he become ill for 15 day's bed rest because of that negative energy because of that negative energy that's focussed on him even he is a yogi I'm telling you he is not an ordinary Sadhaka he is a devotee of tirumoolarji in the past life when tirumoolarji photo broke down it's a clear sign that tirumoolarji has taken the negative energy on himself & Sriyantra has taken negative

energy on itself, then he contacted me and i gave this mantra then he just did one Japamala of this mantra with Havan next day somehow it happen he cannot go to the office but somehow he felt that he needs to go to the shirdi sai baba mandir it was something blankly it was forcing within him it has to happen , then he was going in the bus then he started experiencing astral things in his own body he was not aware of the outside world he started seeing some spirit started crying and begging him like please help me i want to release myself in this and all that he came to know that young girl was the spiritual Sadhaka and she got suicide in that home and that spirit was praying him to release from this, she find that this person is a Srividya sadhak doing mudra and pooja, that spirit thought this guy is a tantric and he will help me to release ,so she started to creating a problem so she will get attention and all of that and somehow it is made that he went to shirdi sai temple and in that in between in the bus he communicated the communication started at thought level he started communicating who is that & the spirit started telling it's all in mind that I'm this and I'm living in your home & your wife is suffering because me only I'm the one who is giving all the problem so now I find the way you're chanting this mantra this is Suffocating me i cannot survive here so i thought I can take your help only to release myself so somehow he went through the shirdi sai temple and then he prayed and told the spirit if i want to release you not only create a problem to me and another person also by telling this he prayed to shirdi sai baba and felt astrally shirdi sai baba is coming and making this person to sit on his lap and also this spirit is with him then he took both of them to the sky level and he released that spirit & then he came back and blessed him, all these event happened not physically but astrally happened then he came back to his home where his wife told him today i got very peaceful sleep so we can see the assurance of the divine here From other side how you know how this happened not by illusion and all, his wife was clearly telling I had peaceful sleep and very energetic and all so this was Assurance Now the question came to his mind that why i didn't call Sadguru tirumoolarji? Why i didn't call Sivapremanandaji? Why i don't directed this spirit to that? Why i went to shirdi sai temple? These questions came in his mind Then tirumoolarji sent him a message & I and shirdi sai baba are not different, we are same & That was the learning for him that all masters are one, then he was very happy ,very happy to realize the truth whomever form is different but guru tatva is same that is & Guru sakshat para brahma & that is in you and all .You see that even he is a yogi, advanced level sadhak but this teaching helped him to focus more now, he got to know what is guru tatva, he know how he is protected, he know how to overcome not only that how to protect, so this mantra worked miraculously i have given to many students who are going through difficult times when their own family members are going through spirit problem ,just see that family member don't meditate or chant but they have so much mental disorders and negative problem and all so when i gave this mantra to my students many changes have taken place they started protecting themselves even the gramadevatha problem can be overcome with this mantra, one of the specialty of this mantra is that is your own kuladevata your own gramadevatha creating a problem because you have prayed for something and you have not fulfilled and all of that so this is something powerful mantra for this issue. This is the mantra we use in the damara tantra in aghora sadhana where krodha bhairava is the mediator b/w me and kshudra Devathas see if you work with the yakshinis it's not easier, if you work with pisachi gana it's not easier you cannot believe the queen of the Bhoota gana also have the name of divine mother Tripurasundari you'll get to confused there like oh mother is the Bhoota gana yes that is different and this, so if you go and see all those mantras then Lalithambika name was there,bhairavi as Varahi names are

there, many names are similar and many people don't know that they are calling Bhoota gana or deva gana and then they will have the problems you know because they don't understand they read some book and take the mantra and they don't know whether they are invoking positive energy or urge Shakti and they'll tell me Guruji i have chanted the Tripura Bhairavi mantra I'm having many problems, does really Srividya does that ? I don't call it Tripura Bhairavi mantra i call that something different, see all these things are there you should know what is the source of the mantra from which it is coming? Who has whether he has manifested the love and compassion, truth in his soul then i have to take that mantra from that person and meditate on it, that'll reduce your time and energy , not this lifetime energy I'm telling many lifetime energy will be reduced so this is very important, I have seen many miracles in this mantra so this is the mantra I'm giving you with the grace of Sadguru tirumoolarji it is guided by tirumoolarji, Many students demanded for the protection mantra now the supply is going on because it is needed as you progress in the business level, of course If you choose divine mother Lalithambika as your iota you don't need all of these, if you made Sadguru tirumoolarji as your iota you don't need all of these because he will take care of everything but when our mind gets fluctuating we need all of that, Once your surrenderence, love, devotion to Lalithambika & tirumoolarji is there then all things will be taken care but still it is not coming means you take the support of all these mantra So here is the technique if you want to enhance the results you need to feel you're holding sword of Thunderbolt you're holding in the right hand { Do the Mushti(Punch) mudra in right hand and Alana(Karana) mudra in left hand } to protect yourself from the enemies this will push away all the negativity, you need to feel that Krodha bhairava is coming and surrounding you , he is coming and filling you and you are the one as krodha Bhairava He is holding one hand a thunderbolt a very very powerful weapon which can burn all the negativity and second thing is he is pushing away all the negativity ,you should feel that aggressiveness and then chant the mantra then what happens is any negativity is there in your body or someone else body it starts running it's just amazing but don't go on try it in all places because it has to happen, for example & spirit is coming in your room I'll come & no not like that , first manifest Krodha bhairava in you then negativity will automatically take care , there is no need to go like this So this is the very powerful method you just feel that you and shiva both are not separate you just feel that shiva is coming and holding you, feel that from third eye of shiva energy is coming towards you, feel that shiva himself coming and manifesting in you as krodha Bhairava It's a very powerful mediation method after doing this you'll start roaring like a lion because that much confidence, strength and feeling will come, you'll see that diseases coming from the tantric things they just burn away , sometimes the medical reports can't tell that what happened to this person but just do this mantra and things will be taken care, If you do the Havan of this mantra there will be an amazing energy, you can do this mantra for protection shield also & Srividya protection shield also before starting Srividya sadhana also you can do it. You can do it for 5 minutes or 9 times you can chant it, if you want you can chant 108 times also. This is the tested and active mantra which protects you and your family members also; when you chant this mantra you'll feel the warmness and if you feel too much heat then stop chanting because that's the power of this mantra. When shiva is there with you then nothing can touch you, nothing can When you do yakshinis, bhootini, karnapisachini Sadhanas it is very important for you to invoke the Krodha bhairava if not then they'll start playing with you because they don't want to be controlled by anyone , see they're the invisible beings who are powerful & there on earth for many many millions of years they don't want somebody to control

them so it is very important to invoke Krodha bhairava before doing these type of Sadhanas ,without worshipping Krodha bhairava please do not do the sadhana. Many siddhas use this mantra to bring the rain because rain department is Nagas they have to bring the rain and protect the earth but because of people's karma they take one step back and stop doing but when you bring the Krodha bhairava and force the Nagas then they have to bring the rain otherwise they'll get hurt this astra will go to them so it's a programmed one you should use this only in a win to win situation never in a thought use this mantra to hurt anyone please understand this, the Srividya sadhak is in the path of moksha like self-realisation and god realisation, don't use any Asta mantras like varahi,bagalamukhi,pratyangira and Krodha bhairava these mantras are the astra mantras, they are used specially for pray gas so you should not use this for negative things You can do this for your Navagraha dosha and all other problems so accept, meditate, lift yourself , help yourself and others.

Shivohum



## **Awakening of the Kundalini & its position during Sadhana?**

Video Link: <https://youtu.be/hlvdoPv1vLY>

It is not necessary to know whether my Kundalini is in my Sahasrara Chakra or whether it is in my Muladhara Chakra or whether it is in my Heart Chakra...no! Because when Deeksha is given all students' Kundalini is awakened.

As the purity of the soul, as the purity of the mind, as the purity of the intention become very good the Kundalini goes up, got it?

So it's a lifetime activity. Sometimes when I am upset and hence my energy level is very different, that time, my Kundalini is not moving high, instead it is doing the healing of my own negative emotions.

So every day the Kundalini position is different.

Even if you reach the Sahasrara.... Sometimes when it reaches Sahasrara and beyond you feel devoted, connected, space, nothingness, Oneness, you see that? Sometimes the Kundalini will just be in your Swadhisthana or just in your Muladhara.

Sometimes when you are very upset seeking justice and fighting, it will be in your Manipura.

So we are not too much focused on the Kundalini here because the goal is Self-realisation and God realisation.

When the Kundalini is open and divine mother Mantras...these Srividya Mantras are Kundalini activating mantras and they will take care of all these things.

So don't worry about your Kundalini position and all.

Instead you approach it in a different way, for example -

How are my thoughts?

How much positive thoughts have I every day? how much good intentions have I every day? How much am I having positive expectations from my life?

How is my behaviour - how many times am I getting angry and how many times am I not?

These things are easy for us to check.

This is also the by-product of Kundalini awakening.

If your mind is:

Happy,

Peaceful,

Having more of positive thoughts,

Having more inspiration,

Having less anger,

Having more of harmony,

Having more of right understanding, and

Manifesting more abundance

...then what it means?

It means my Kundalini is going beyond my Sahasrara or my Agnya Chakra.

So your day today activities clearly tell where you are and what it is. But it is not necessary that I need to measure and all of that. What is important is Self-realisation and God realisation.

The day you become self-realised, all these Kundalini concepts will go down, and all the Gods concept will go down, all the Guru concept will go down!

It will take you to such a level of Oneness, nothing will be there!

You alone as **Aham Brahmasmi** and only **Sat Chit Ananda** will prevail.

I expect all my students to reach higher levels.

And if you are too much worried about your Kundalini I may feel that you may get stuck in your energy body, you may get stuck in the mental body.

So no need for any of this. Just practice regularly and pray to the Divine mother that you reach your destination of Self-realization and God realisation!

Shivoham!

## **"Living with Siddhas & Divine Mother Consciousness!"**

Video Link: <https://youtu.be/sIKXh3IFVnk>

There is a Universal Law of Resonance. Whatever I focus, whatever I think, I start resonating with that consciousness. My consciousness, my vibrations, my frequency match with that frequency.

If your friends' circle is very bad, then what is the frequency of your vibration? It will be that of your circle. (Says this with His body language)

If your friends' circle is very good, then what is your vibration? It will be that of your company. (Again expresses this through His body language)

If your friends' circle is full of Siddhas, then you will vibrate in accordance with them!

That's why I tell to my students, "Make a group of Siddhas surround you every day in meditation. Sit with the Siddhas every day".

You see.... In the external world, in the corporate world we teach to the higher executives that in order to get a solution they should try to be connected with higher minds who are successful and make them as your friends' circle. This way they can get all the necessary solutions to run the business.

Sometimes I want to start a business, but I don't know how to start. Such times what am I to do?

I need to start visualising the presence of the person who is successful in that line of business with me, and meditating with him. Then what happens?

You start getting this intuitional vibration, the knowledge of that person in my soul.

If I am sitting with Thirumoolarji? Kriya Babaji? Paramhansa Yoganandaji? in meditation.... every day with lord Shiva in meditation, how is it?

### **YAD BHAVAM TAD BHAVATHI**

You think that you are visualising in the beginning, later, literally you will feel the presence of Kriya Babaji, presence of Thirumoolarji, presence of Paramhansa Yoganandaji in your home in your meditation room, I am telling you.... this is the truth!

I have experimented and have received the grace and have seen the master's presence with me all the time, you see that?

If I walk, I will be walking with Thirumoolarji only and I don't see me as walking alone. Whenever I go to different workshops, I used to take a banner of

Thirumoolarji with me; I used to book a double bed room, you know - one for me and one for Thirumoolarji. Next to me Thirumoolarji ( in banner form) will be there. I put all such efforts to convince myself, and my mind that Thirumoolarji was with me all the time.

Within 30 - 40 days, you won't believe, He started manifesting around me. In my consciousness He started manifesting; in my Aura He started manifesting; in my chakras He started manifesting; in my **Soul** He started manifesting. The same way you can do for Mother Lalithambika, Raja Rajeshwari, and Maha Tripura Sundari.

Once you see that Mother has started manifesting in you, your entire body takes the form of Sriyantra! Your entire body being surrounded by 64 million Yoginis, and Archangels, and Angels around you! Your entire body being surrounded by Sri Vidya Parivara Devathas! Your entire soul being surrounded by Khadgamala Devathas!

This then, no more, will be an illusion, I am telling you!  
This is the reality! This is the truth!

### **YAD BHAVAM TAD BHAVATHI**

**Whatever I accept; whatever I visualise; whatever I feel; whatever I allow in my consciousness I manifest the same in the outside world! No doubt about that!**

Shivoham!

## **What is importance of "Mulanji Guru Mantra"** **-By Sadguru Sri Sivapremanandaji**

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

Shivoham!

What is the use of chanting the Mulanji mantra? First of all, we need to understand why I need to chant his name! It is better I chant my own name or, you know, divine mother's name. So what happens... I have explained you the Universal Law of Energy Replacement - higher dimension energy replaces the lower dimension energy. And, when we connect with some higher being and call his name, we are making a connection to his soul, his consciousness, his energy. And we start receiving his consciousness into our soul. When his consciousness starts coming into our soul, what happens, things will change. What you cannot do it for yourself for 10 years, this Mulanji Mantra does it for you. It will prepare you; it will cleanse you, heal you, and remove anything that is obstacle in your spiritual practise. And, he is coming as a friend, he is coming to you as a father, mother - support you, inspire you, guide you, heal you, and take you to your spiritual practise. This is very important.

And second thing is all these mantras that we are receiving, all this practise that we are receiving through his portal of conscious ness. It is he who has given us. If I don't chant this, I cannot activate this Mantra properly, I cannot have a siddhi of this Mantra, I cannot have results of this Mantra 100%. Is it clear? So this is very important. We chant. At least, we remember him, offer the 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, chant the mantra - Om Mulanji Namaha. And then you proceed with your practise.

Shivoham!

**What is Guru Mantra?**  
**-By Sadguru Sri Sivapremanandaji**

Video Link: <https://youtu.be/SYgNCtVTf6M>

From whom you take or from what Parampara you take this, are very important. Or if you go, nowadays temple pandit also gives the Mantra Deeksha. it won't have the charge of that, you know, soul consciousness. A master who is realized himself, and in that consciousness he makes an intention that when my student chants, he should experience what I have realized. If that Sankalpa is attached to the mantra and that Mantra is given to you, then it is Guru Mantra. Otherwise, it is not Guru Mantra. You take from the book and read. See the results. You do it here, understand the principle, Universal laws, understand what qualities you should develop to attract the divine. Then you do the sadhana. You will be surprised. Within a year, you progress in such a way. It might take for you, to learn from the book for so many years.

Shivoham!

**No need for Yoni Puja and Panchamakara Sadhana!**  
**-Sri Sadguru Sivapremanandaji**

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

"This Srividhya Sadhana is all about inner meditation. We don't promote Panchamakara Sadhana! Please understand.... Okay?

Panchamakara means - Madhya, mithuna, mamsa, meena, mudra. These are involving Sexually, using alcohol, using meat, using another person, to raise yourself to consciousness....

So we don't suggest, and it is not a sadhana to be followed for 21st century! Is it clear to you?

Already too much of alcohol is going on... too much sexual activities is going on... too much Negativity is going on... in Srividhya also you want to bring that? It is only for the people who are Animal in nature, and to help them to overcome that, that sadhana is given to them! This is the First thing you need to understand! So please don't go for Panchamakara sadhana! Because, I have seen some people - they come from Tantric temples and they say - "Guruji, Panchamakara is the highest sadhana, than inner meditation!" Because their Guru taught them In this manner - Panchamakara means, in one year you grow very fast as compared to doing Ten years of inner meditation! Means, what they think is, when you indulge in those activities, there is a chance of detachment Happening, so you can now turn your attention inwards, to your soul! That is the real meaning, but these people you know, no turning the attention inwards and all! They are only multiplying - changing the partner, more Bhairavis, more Bhairavas and all that is happening now a days, I am telling you! And western people are doing too much of this, they have adopted this, for them Tantra means this only.... Meaning of Tantra is spoiled! Please don't go for that! This is one thing... Second thing is, we don't appreciate the physical yoni puja! Please understand this... Some people are propagating in Srividhya that - you have to worship physically yoni of a wife, yoni of a Partner, yoni of little children's.... And they are exploiting! I have seen, my own students are Coming here - they came here, meditated, okay? Then they meet someone from outside who Says to them - "No.... results won't come like this, come here! Only with yoni puja you can Achieve...!". And then these people are exploited! You cannot believe, there are masters; they exploited the children's of the devotees! What is this? This is terrible! And how these children's - they have attended the workshop here - you see that? These devotees have attended the workshop here for 4 days and I explained everything to them and then they go there....! See the Karma! How much illusion is acting here....! Please don't go for that! Why I am telling this is because, last time one lady came from Gujarat, who is the student of our own workshop, not outside! Both she and another student from the workshop exchanged their mobile numbers - and in the guidelines I have already told to all people - Don't share your phone numbers! We don't create any whatsapp group Learn, accept, apply the principles, go back and meditate! But these two people started exchanging messages in mobile and all - this guy from Mumbai is calling this girl in Gujarat and all the conversations started happening and he told her that - "I am an advanced student! I can help to activate your chakras! I can help to connect to your Kundalini! And for this I have to do Srichakra in the yoni puja for you, and all that..." And this girl thought that this is very true! Because Scriptures are telling

this no? He is giving reference for that and all - Kaula Tantra, this, that and all! And luckily she sent an email to me - "Guruji one of your own students is offering this puja for me, can I go there?". I told her - "Please don't do that! It is not going to empower you, it will make you feel way worse than before!".

So why I am openly telling you this now day is because, this is the last group meditation and I need to educate you... Don't go for all of that! It is not needed! Remember, soul is beyond this Physical body and mind! Inner meditation is more advanced, better for you! Don't get trapped in all these types of illusionary activities! I have seen all of this! They will come and tell - "Guruji, I came here and I got saved!" So the important thing is - meditation is very important! I am telling you! Hold the Mahapaduka Guru Mantra - if you don't have trust in any Master, it's okay! Take Shiva Himself as your Master! Please understand! No need for another Master, you hold Shiva Himself - things will come to you! Shiva is very true - He is the Truth, He is the Consciousness, He is Sachidananda, He is in you, He is manifesting in you, so hold Him as your Master! Otherwise hold Lalithambika Herself as your Master! And meditate - follow the guided meditation - you need to understand - to have all the past life karmas, the present life karmas, all the doshas, navagrahas, you need minimum one year, two or even three years to raise yourself and overcome that karmic barrier and see that success in your life! Problem is, people don't have the patience for doing the meditation - they want results within a day, or the very next day itself! But how can this happen? Spirituality is an organic process, it doesn't work like this! So please don't go for all these and meditate regularly!"



## **"How to worship Divine Mother idol or Sri Yantra by Khadgamala Stotra? Is any deeksha needed ?"**

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

So you want to worship. You want to do Khadgamala Sadhana, okay? And worshipping Her, Divine Mother in Sri Yantra or in idol form.

So you see that Khadgamala Stotra is the simplified form of Sri Chakra Puja. So what can you do?

You can, if you don't have a Sri Yantra, download the same from the Download section of our Website on a paper.

Sri Yantra picture with Beeja Mantra is available which you can take a print out and laminate it and you can do the Khadgamala Sadhana with it, okay?

You can see that, offer flowers chanting the Khadgamala Stotras - this is one way. Or offer Kumkum chanting the Khadgamala Stotras... for each name you offer the flower, for each name you offer the kumkum

Or for each name you offer the akshadha - rice mixed with kumkum and turmeric.... that you can do it.

For each name of Khadgamala Stotras you can offer like this.

Or for each name, you can offer these at the feet of Lalithambika, if you have an idol of Lalithambika.

For each name you offer the flower, or offer Kumkum or akshadha or Chandan, or petals or turmeric or whatever you want at Mother's Feet .

Or you just see the Feet of Mother and mentally you offer anything you feel like or touch Her Feet for each name. This also can be done as the simple Sadhana.

Or you can see Her Idol and read the Khadgamala Stotras. That's also can be done.

That's how we worship Divine Mother Idol at our home. Or you can also chant Sri Vidya Mantra... offer the flower at the Feet of Mother by chanting Sri Vidya Mantra.

That's also another way of worshipping, you know, Divine Mother Idol or Murthy with the Sri Vidya Mantras according to whichever level you are presently in, from levels 1 to 7.

So when you have taken Deeksha for Sri Vidya level 1 to 7, you need not worry about Khadgamala Sadhanas Deeksha.

Because Level 1 Moola Mantra Deeksha is connected to Khadgamala Stotras.

Hence you are eligible to chant the Khadgamala Stotras and do it's sadhana.

Even if you don't have any perfect Sri Yantra, you can take a print out and do it. It is available in our website's download section. You can do that.

## **"Jeeva Samadhi!"**

Video Link: <https://youtu.be/bfxaQ51V8fg>

Jeeva Samadhi is when I have this body, I hold the life force in this body, but I don't want to do any external activities.

I want to sit in one place, take the Prana in my third / last part or Brahmarandra and meditate for long time.

And communicate with my students from that Samadhi state only.

This is what we call Jeeva Samadhi where you are living, where you are willing to close yourself from the external world, but inside, underground meditating for a long time.

(A student enquires) Will his soul be there?

Answer: Yes, His soul will be there.

But you are disconnected from all the things. You are not breathing.

It is completely closed. You are inside the earth and it is completely closed, but you know how to take the Prana from the universe through your Sahasrara.

There is nothing that, you know.... you are living, but to the external world, you are dead.

If a doctor examines then he will say that clinically he has died. "You say he is a Yogi and all, but he is clinically dead."

But he is not dead. His entire Prana is here (points to the Sahasrara Chakra), his body temperature is not there, and his heart beat is not there.

But he knows how to hold the Prana here (Sahasrara Chakra) which is his Yogic attainment.

And only a very few could do this.

Jeeva.... Samadhi - when you are alive, you take a Samadhi, be in that body forever!

That's Jeeva Samadhi! Siddhas have done this!

I have seen Yogis make one Sivalingam and a statue of themselves. And they transfer their Prana from their body to them and then they leave their body.

Or they don't want to transfer but hold the Prana in the body itself in the ultimate dimension (Sahasrara Chakra) and they want to be there forever.

We have many Siddhas like this.... still available.

Still there are some caves, there are some, you know, places in the villages where Siddhas have attained Jeeva Samadhi.

Most of them are available in villages and not in city places that is the thing!

But we don't go, as it is very difficult to go there. They are in such forest areas where they are in that state and they don't want any disturbance.

They want to be underground and just meditate for long, be there. Because they want to know, they want to manifest this physical body into the Golden light body which will take for them not one life time but many life times.

"Instead of coming again with the new body, I'll have the same body and meditate, without losing the consciousness, without losing the memory; I want to be in this body forever." - is their yogic attainment.

So they have applied that science of Jeeva Samadhi and they could do that.

Still there are Siddhas who are doing all of that, who are, you know, for 700 years, 800 years still sitting in the same place, in the same position and meditating for a long time.

Shivoham!!

## **"Synchronize breathe with mantras?"**

Video Link: <https://youtu.be/uOJkIpL7Xsk>

You can do it! You can do it!

It is a very, very powerful way of meditation... powerful way of meditation.

If I chant, "AIM KLEEM SAUM", then I do this like

AIM with my breathing in,

KLEEM with my breathing out, and SAUM again with my breathing in and

"SAUM KLEEM AIM" this again you align with your breathing and do it.

My teacher, when she started Shiva Mantra, NaMaSiVaYa, She started

OM at the centre of the head and

'NA' She chanted with inhalation,

'MA' with exhalation,

'SI' with inhalation,

'VA' with exhalation, and

'YA' with inhalation.

When she started doing NaMaSiVaYa Pranayama, Thirumularji started manifesting before her.

Means she's taking Shiva directly into Her Energy body.

When you align the mantra to your breathing, what is happening?

You are aligning that Shakti to your Energy body directly. Directly you are working with that.

But you should be careful about not doing it too much. Otherwise imbalance happens, okay?

Panchadashi Mantra, you can do it this way....

Ganapati Mantra, you can do it this way...

Any Mantra, you can do it this way...

If you want then you can do it.

So if you are interested then you can do all these mantras this way:

You know,

Panchadashi Mantra you can do

Shiva Sowbhagya Shodashi Mantra you can do

Navakkari Mantra you can do

AIM KLEEM SAUM - you can do

Or just NaMaSiVaYa Pranayama you can do which will be amazing!

NaMaSiVaYa Pranayama, amazing it is!

Just put

OM in the Sahasrara Chakra, breath in with NA,

breath out MA,

breath in SI,

breath out VA, and

breath in YA and

in the last breath out with OM....

then Na...Ma...Si...Va...Ya (flaps His hand in and out gesturing the respiration),

I tell you, you will go into the space!

Na...Ma...Si...Va...Ya (shows His hand ascending in steps from down to up).... yoga will happen! ...with one Pranayama!!

Shiva Mantras, you know, are very direct to the soul!

There is no diversion.... here and there (shifts His hand to right and left).

No Bhoga, nothing! Direct to, you know, the Destination that is Shiva!!

You know, that is the power of the mantra!

So you can do Pranayama.... Mantra can be chanted aligning with your breathing. It is a very powerful process. Very, very powerful process. If you want then you can do it.

But only thing is, not too many mantras, you know?

Ganapati also...

Level -1 also....

Level -2 also....

Level -3 also....

You see? Your Prana will be struck there!

So please, you know, be careful when we align Mantra to our breath, it's a meditation and not a Japa.

It is A MEDITATION!

When you chant mentally, it is a Japa which can be done as we go about our day to day activities, Yes or no?

When I am aligning, what happens? Automatically I go to the soul level.

If I am, you know, driving a car and all, then it will be a disturbance.

If you are in the kitchen then it will be a disturbance.

But if you want then do it alone separately giving your full attention to that.  
Otherwise don't do it.

When walking, if its possible then do it. But if it's taking you, causing imbalance to you that you can't walk properly, if you are losing, you know, your body consciousness then you should stop!

I am telling you! ...That's the lesson of Self Care.... lesson of.... Self-Care! You should take care of it.

So everything has an effect and the limitation also. You need to understand the limitation (chuckles) otherwise it will be the other way around....it will create a problem for you.

Because I have seen...too much heat will be created when we do Mantras with this (indicates breathing with His hand).

Fire ignites... Kundalini awakens.... when we put Mantras with the breathing.

So when you are not prepared, you know, it'll be very difficult for you. Your eyes.... you don't get sleep.... you feel, you know, tiredness in your eyes, you know, warmness in your eyes and all. Even if you had slept for 7 hours, you won't feel fresh.

So all these are the effect of the Mantras when they are aligned with the breathing.

These are all very important.

So Check..... Measure with your feelings...how you feel and how much you need to do. And that will help you!

Shivoham!

## **"How to manifest "Krishna consciousness" in your soul?"**

Video Link: <https://youtu.be/C7nZbP9zT3U>

What is Hanuman doing? Tell me.

What is he doing?

He is breathing Ram...Yes?

He is chanting Ram....

He is working Ram....

He is eating Ram....

He is sleeping Ram....

So, what / where is His Karma?

It is Ram only!

No karma!

His bank account is Ram!

You know, His secure feeling is Ram!

So, the entire Universe has to abide Him!

When He just says, "RAM", His whole body says, "Ram.... Ram....Ram "!

You see that? So powerful!



So, if you want to be One with KRISHNA,  
you have to breathe KRISHNA , you know?

You have to breathe KRISHNA, absorb KRISHNA like a sponge,  
in your physical body ,  
in your astral body,  
in your energy body,  
in your mental body,

And

in your entire being to such an extent, the moment you close your eyes, what  
should you see?.... not your image, but

KRISHNA's image!

Same way,

Not my image, but Lalithambika image!

Not my image, but Shiva's image!

Not my image, but Thirumoolarji's image!

Once you hold His feet, chant KRISHNA....so simple:

KLEEM KRISHNA KLEEM

So powerful Mantra!

I am telling you, it will awaken your Kundali, attract KRISHNA and manifest  
KRISHNA in you....so powerful!

So,

Breathe KRISHNA,

Live KRISHNA,

When you are eating food, think that it's KRISHNA eating that food!

When you are walking, think that it's KRISHNA walking!

When drinking, think that it's KRISHNA drinking the water!

Then what happens, your Astral body becomes KRISHNA body,

According to the Universal Law of Vibration...

According to the Universal Law of Attraction...

According to the Universal Law of Energy Replacement...

And the moment I drop this body, who am I?

KRISHNA!

Where will you go?

Vaikundam! That is the thing.

But still it's, you know, not a liberation!

Not Liberation!!

You need to drop the body of KRISHNA and take the body of the TRUTH....  
AWARENESS.... CONSCIOUSNESS and all of that!!!

Then you go to SIDDHA LOKA as Light Being!

AHAM BRAHMASMI.... THAT is the Siddha Loka...

That is the Rishi Loka!

That is, you know, the higher level of Consciousness

Where, you know, many Masters, Rishis are coming again and again and working, helping us. They take the Formless and come again as Form.... take the Formless and come again.....all these are there!

So,

you can manifest Kaali in you,

you can manifest Pratyangira in you,

you can manifest Baala in you,

you can manifest Varahi in you,

you can manifest Rajamatangi in you!

And it is up to you who you want to manifest in you! Okay?

Or you simply manifest the TRUTH and you become EVERYTHING!

SHIVOHAM!

## **EGO, SOUL AND UNIVERSAL CONSCIOUSNESS**

**-BY SADGURU SRI SIVAPREMANANDAJI**

Video Link: <https://youtu.be/FgxUguCROC4>

In the beginning we start, Understanding I am a body, I am mind, I am this person, that person, and this is my personality. I am Lecturer, I am engineer, I am Doctor, I am Indian, I am American, I am Canadian. This that so many labels are there yes or no? for these we call it as false identity. The identification of our self with body, name, family, country this that we call it as false identity. For this we call it in spirituality as Ego consciousness. From this where I need to go? To the truth consciousness, real identity that I am not body I am not mind, who am I? Soul. I am having form, I am having senses. But, I am not body, I am not senses, I am beyond all of this and I am formless. you see that we live with our family members. Ok we accept another member as body only, but the day that person leaves this earth dimension, that was little bit shock to us when a person dies, his body is there but real person is not there ,yes or no? But where is real person? Is the body is real person or someone else was there in the that body? What is your experience? Tell me the truth. May be many of us seen the death, yes in our own family, our own loved ones, our own mother, father, grandmother, friend. Who is the real person? Or someone else in the body was real person? Tell me the truth? Is there anything? Is it fact or illusion? It is fact. Yes are you body or someone else in the body? You see that Many times in spirituality, death is given so much importance. Many spiritual traditions start with meditation on death. Because, that is only the direct attack on the ego consciousness. Ego is telling, I am body, male, female, I am engineer, Doctor. Now self-realization- Atma vidya don't come by just chanting the mantra. Until unless you have see the awareness with awareness the fact as it is. Without any programming, conditions. So we all know the fact that, there is someone living in the body but body is not a person. To understand who is that? Is it having form or formless? May be x person dies. Person body is there, yes but x person I can't see when he left the body? Could you able to see, when he left the body? I am in front of him during the last moment of the death but I cannot see that when he left the body? At what time he left the body? How he left the body? But I know that he left the body. That is Truth. That I am formless being. For that people give the different names Atma, soul, Prana etc. So many different names are there but it is Nameless, formless but when he took the body name is given to this. Division starts, you are male, female, Indian this that castism, so many things it will envelope itself in the karmic thing. One that is not true, if you believe, that is your karma. The day you realize that you are formless and whatever you do, that is not Karma- Nishkama karma, Lord Krishna says that. Know thyself, Be thyself then whatever you do, it is not karma because you are formless beyond body and mind, all karma, universal laws comes under the rules and regulations of the mind and below the mind dimension, but above the mind, no rules and regulations, nothing karma, so to go beyond this we call it as Liberation- Moksha.

I need to experience truth about myself, discover who am I? That is what we call as Atma vidya or realization of my true self. We call it as Self-realization, I am not

body, not a mind, not something peoples given me the label, and I am not all of that. I am something beyond that my senses cannot see it because I am formless; no quality is there .No Satva, tamo, rajo I am beyond this trigunathita.I am Nirguna, Nirakara, Parabrahma Swaroopa that is Realization, we call Atma vidya. So 1 at stage is I am not body, I am soul. I don't have form – I am formless, living in the form. That's all, Self-realization - Atma vidya Then there is one more step, when you started in living in that soul consciousness, Atma vidya as Yogi, as Paramhansa you start living there, then you go the higher level of consciousness, where you experience that if I am formless, what about another person also, form or formless?, I am formless, source of this body is formless, source of other person is also formless. And what about source of this creation? Formless or form ? Formless. Then same consciousness, awareness, formless is in this body, in another person body, in the trees, in the mountains, in the sky and from that everything is created then whether there are many or only one? Only one. In you the same, in me the same. If I take the example of Balloon. This body is like a balloon ok. Balloon can be visible, inside the balloon air is there, is it visible or not visible? If I realize that first I say, what is ego consciousness, I am Balloon... I am balloon, Ego consciousness and once intuition opens, you started doing Srividya Meditation, in meditation you see that balloon bursts. You are no more seeing your body. You are seeing only air. You realize that, oh my God I am not balloon, I am air. Self-realization-Atma sakshatkara. When this balloon burst, inside this is air and I see another person, oh this is red balloon, this is green Balloon, yellow balloon, black balloon. Qualities are different, bodies are different, and skills are different, Mindset is different but inside that balloon, what is there? Same air, right. Is it different? Then, what I See outside the balloon there is air inside this balloon also air. In between the balloon air is there or Not? Now you burst all the balloon, what remains? I call it as Aham Brahmasmi. Can you say? At the Level of experience Aham Brahmasmi, not this body is Brahmasmi, No I am not telling, Aham – No More individual consciousness, it is totality of all. I call it as Aham Brahmasmi. Can you say this? You Can say it confidently. You can say this. This is Truth. This is Liberation, where no Dvaita, is there any dvaitha, I am different from that. I am Indian, I am different from American. I am Hindu, I am different from Muslim. I am Karnataka person, I am different from Tamilnadu person or kerala ,Maharashtra person. Can I say that? I go beyond the dimension, beyond the division. I become Universal consciousness, universal being. . That we call God realization, Nirvikalpa Samadhi. Savikalpa means still individual consciousness is there. Nirvikalpa means nothing is there, only one consciousness, one energy, one soul. Is there many souls or one soul is there? One soul. so That is we call Brahmaildya.

Brahmaildya is that I never die I never born, I am Eternal. I take this body ok, then I drop this body again, I take this body, again I drop this body and when I get bored with this, I decide I no more want to take this body, no more I want to come again on this earth. I want Liberate, Jivanmukthi. No punarapi Jananam, No punarapi Maranam. So This is the path we are going to lead. Ok Srividya bring that understanding to you, it will Liberate you not only material problems but all the issues that are holding you from all the problems.

## **"Am I releasing my negative Karmas in a right way?"**

Video Link: <https://youtu.be/phWSa4WjQgk>

You see that?

It is something that we feel,  
whenever we feel unprotected,  
Whenever we feel that we are in danger, whenever there is a fight,  
Automatically to start experiencing the Divine Mother Pratyangira Mantra,  
Baglamukhi Mantra, you know,  
Varahi Mantra,  
in us....  
Or  
Guru Mantra... Thirumoolarji Mantra  
Will come!

(Reads from the Question)

Also when it's out of my control, especially during the full moon day I feel instead of suppressing the outrageous anger, I should express it in the safe presence of my Divine Mother, both positive and negative thoughts and by visualisation so that it is fully released and expressed in front of her....

It's the best thing you can do. It's the best thing you can do it...in front of Divine Mother you express,  
Your anger,  
You're hurt,  
Your depression,  
Whatever it is.

The other day, I even told to write down such emotions.

You know, sometimes what happens?

For some people it's easy to express, but can't say the words. But when you write, what happens?

Automatically the Subconscious Mind expresses the feelings through the words and it's released.

Later you burn it. You burn,  
all the anger feeling that you have for someone else...  
all the hurt feeling that you have for someone else...  
... whatever that you don't want to hold in your, you know, inner world.

If you hold them in your inner world, what happens?

It will manifest as a negative experience in the outside world or disease in the inner world as health problem.

So, this is good. If you find a way to release them, you do it. It is really good.

(Reads from the Question)

Hoping She will free me from the emotions. I feel very light, empty, and safe after doing the exercise.

You see that?

Many times we find our own ways to express, release our suppressed emotions and thoughts.

Good!

You are doing it right!

(Reads from the Question)

Please suggest if I am following the right approach.

Yes!

Your feeling is the result! It's the Measurement for its effectiveness!

How is she describing?

(Again reads from the Question to quote)

"I feel **very light, empty, and safe** after doing the exercise."

This is the result!

When you release something - burden - how do you feel?

Safe, Home, Light, you know, relaxed!

These feelings are one of the best ways to know that you are doing it the right way, Okay?

(Reads from the Question)

I hope I am not creating any new karma with this practice. Hoping these thoughts, are to only release and don't materialize in future.

No, they don't materialize!

When you take a Deeksha means, you are allowing the Divine Will. You are allowing Thirumularji to interfere in your life!

So, only the highest good can manifest for you!

So, this is an approach....who has thought you?

Divine Mother only! She only has helped you, taught you how to release also, and it's a blessing!

You are doing it in the right way!

Shivoham!

**A deep desire for the consciousness of Lord Shiva in human form!**  
**-By Sri Sadguru Sivapremanandaji**

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

Question:

Dear Guruji, I have been experiencing very visceral waves of sexual energy ever since doing Level 4 Sadhana, and now at Level 6, the feelings have heightened even more. It is like a constant state of hyper-arousal, and a deeply yearning and desire is for the consciousness of Lord Shiva in human form - unperturbed, totally present, fully loving and all-pervading. What does this mean? Prior to this, after my divorce, I had almost zero interest in engaging with a partner on any level.

Guruji's Answer:

This is a very normal experience for Srividya sadhak. Whenever the divine mother energy manifest in you, It seeks shiva in a form or formless. But I always suggest going for formless instead of form. That is an easier and smooth experience for you. Channel all your energy to the shiva in your Sahasrara chakra and offer yourself to the shiva. Breathe in and as you breathe out, merge with the shiva. You feel that I am breathing my energy and myself and as I breathe out, I surrender/offer myself to the shiva in the Sahasrara. That is the best thing to merge with the shiva. Because in the form also, it is temporary. When a form is there, the attachment overpowers. When there is no form, you can easily transfer and experience the oneness with shiva



## **How do you exit from the body properly at the time of death?**

### **-By Sadguru Siva Premanandaji**

Link: <https://www.youtube.com/watch?v=lHDz5h7KMLo>

Question: At the time of death or leaving the body, should we focus on the moola mantra of the current level or repeat our daily sadhana protocol? How to exit from the body properly?

Guruji's Answer: The death process is not so easy, and you are not in a position to chant the mantra when death knocks on the door. All your fears surface, your prana is not supporting, and it's withdrawn from the hands, eyes cannot see, prana is withdrawn from there, leg movement eye movement, nothing happens to you, even your thinking also goes down, you cannot chant the mantra. Such a situation is there where the entire body consciousness comes to one Bindu, then you make an exit according to your level of power, from any different chakras or eyes or mouth. So, mantra really doesn't help. So, when you meditate sincerely and regularly, you experience the truth that you are not the body, mind, or senses; you're the soul. Detached from this body, and even if you drop the body, nothing will happen to you; you are eternal. If you don't have that experience of the truth about yourself, then there is no true way to exit from the body.

## **Traveling to siddha loka and gaining knowledge during sleep!**

Video Link: <https://youtu.be/34d3IsGmUC8>

Yes, there is a technique for you to learn how to go to Siddha Loka with your subtle body.

During, you know, the Guru Poornima, we visited Siddha Loka by using Soul Travel.

But in this technique, we need to involve our Astral body also; our mental body, and Energy body, and then we learn and absorb the teachings from the Siddhas.

So, there is a way, but all cannot do it.

If you want to learn it, then what you do?

Before going to sleep, make an intention... slowly pray to Thirumularji, light a lamp in front of Thirumularji or The Divine Mother and ask Mother or Thirumularji, "Please take my subtle body to your world, to your Celestial World, or Mani Dweepa or Siddha Loka and teach me the higher level of Consciousness that I am ready for!"

Every day, you just make a Sankalpa like this, light a lamp; make a Sankalpa in front of Lalithambika and Thirumularji.

You start doing this technique every day.

Then what happens?

You will start getting dreams in which you are taken to their world.

Then Vivid dreams will be there, what we call Lucid dreaming where you know that it's no more a dream and you see your subtle body there and Thirumularji sitting and you are learning all of that !

It will take a few months for you to practice this technique.

But start with an intention, prayer to Lalithambika and Thirumularji, okay?

And slowly ask Thirumularji to take you and teach you what is needed for your next level of Soul Ascension , okay?

Then Thirumularji will guide you and Lalithambika will guide you and help you with that, okay?

Shivoham

**"Jiva & Siva are same in Essence..!  
-By Sadguru Sivapremanandaji"**

Video Link: <https://youtu.be/ORjQrLZ6RTA>

To merge with Siva, first you need to know that " **I am not Jiva, but I am Shiva!**"

That's the whole concept of Shiva yoga: **SHIVOHAM** - " **I am Shiva in essence**".

I am not telling that you are Shiva at the Universal Level, but that you are Shiva at the Individual Level.... Soul Level!

At the Universal Level ( indicates this with His hands widespread above His head ) it's different. But the essence is the same.... essence is the same!.

If you see a balloon - there is air inside the balloon and there is air outside the balloon.

Inside the balloon the air quantity is very less. But outside the balloon the air quantity is vast and infinite.

Now the balloon thinks, "I am separate from the entire existence."  
The air inside the balloon says, "I am different from the outside air."

The Spiritual path.... What is this path about?

The Spiritual path is to bring **Awareness** that,  
"The air outside and the air inside the balloon is the Same!"

**"JIVA AND SHIVA - BOTH ARE SAME IN ESSENCE"**

The power of the outside air is that it can bring so many different changes.....  
But the air inside the balloon doesn't have that much power like the outside air.

This inside air always believe that,  
"I am powerless.... I am powerless.... I cannot have the power of the outside air which can bring so many things; which can, you know, sweep away thousands of homes!"

So the inside air says, "I am powerless!"

The day it realises that it will remove its covering of the balloon, the balloon bursts!

Now what happens?

Becomes One with the outside air (students answer)

Yes?! It Merges!

Now where is Jiva? And where is Shiva? That's Shiva Yogam!! That is Shiva Yoga!

In the beginning I identify this (shows His body) and I say, "This is my body. This is what I am!"

This is like a balloon, yes?

In this balloon called the body, what plays the role of the air?

**Consciousness!** Okay?

The day I remove the Awareness that, "I am not a body!" I burst the balloon!

Then what happens?

The Consciousness within this body

(Shows His body) and the Consciousness in all of us here (points to all the students), is it different or same?

Same!

Then who are we, in essence?

If we are all same then is there many Souls or One Soul?

One Soul (students answer)

Can you see that, ONENESS?

If we are all one then what about GOD?

Is it different from me or it's the same?

Same (students answer)

Then can I say

**SHIVOHAM!?**

**AHAM BRAHMASMI!?**

Yes?

**OM TAT SAT!?**

Yes?

Can Vedanta be explained in that way? Yes or No?

Yes!

So this is the Ultimate!

Essence of all Spirituality!

**To know this Truth** is what we call **REALISATION!**

....That "I **AM**" means not this body (shows His body), not this mind, but

"I **AM**" means **EVERYTHING....**" I AM "means the **TOTALITY!**

So when I say, "OM **NA MA SI VA YA**", what is my experience?

My name, "NA **MA** ", is" **SI VA**"!

So what is your true name, Soul name?

**SIVA!**

So,  
Family name is different, right?  
Body name is different,  
But in essence, what is your name?

**SIVA!!!**

That's the Siddhi of the **SIVA** Mantra..... Siddhi of the **SIVA MANTRA!**

When I say,

**OM NA MA SI VA YA**  
**OM NA MA SI VA YA**  
**OM NA MA SI VA YA.....**

In the beginning I think that Siva is somewhere else and I am somewhere else.

But when Siva started teaching you, bringing the Truth and makes you understand,  
what happens when you say, "OM **NA MA SI VA YA** "?  
Whom are you worshipping?

Yourself (students answer)

In worshipping yourself, don't you think you are worshipping the entire  
Brahmanda?

Yes?

So is there anything left out?  
Any Gods / Goddesses left out?

Nothing is left out!

So, this is the Realisation of all the Saints....all the Masters!

.... that there are no 2.... There are no 2 At All! **THERE IS ONLY ONE!**

And that's Advaita.... that....is..... **ADVAITHA Sadhana** where you experience the  
Truth that **I AM THAT**,"

and

I am not this body,

I am not this mind!

I am not these roles, labels, as man, woman, family name, doctor, engineer etc...

All these drop!

**" I AM THAT EXISTING EVERYTHING " - SOHAM ....SO....HAM ... SOHAM.....**  
**SHIVOHAM....AHAM BRAHMASMI!!**

SHIVOHAM!

## "Power of Veda Vakya Mantras!"

Video Link: <https://youtu.be/Xgh49yWxrRQ>

The moment I say, "SOHAM",  
The moment I say, "SHIVOHAM",  
my Atma Tattva - my Soul Principle become active.

The Mantra to activate the Atma Tattva, Soul Principle is "SOHAM"  
The Mantra to activate the Shiva Tattva, Shiva Principle is "SHIVOHAM"  
The Mantra to activate the Dattatreya Tattva, Dattatreya Principle is "DATTHOHAM"  
The Mantra to activate the Shakti Tattva, Divine Mother Consciousness Principle is "BHAVINITHVAM"

You see that?

All these are very powerful Mantras!

But these Mantras,  
Don't have OM...  
Don't have highly, you know, coded Bija Mantras like HREEM, AIM....  
... nothing is there.

But they will take you directly to the Source!  
That's the power of these Mantras!

SOHAM will take you directly there. You will become like a, you know, bird  
(Gestures by swaying His hands sideways) flying freely from your mind, body, and  
all the attachments, and you are just, you know, in THAT Consciousness (gestures  
again with His hands widespread).

So, these are very powerful Mantras! Very, very powerful!

That's why we call them **VEDA VAKYAS**.

Even **AHAM BRAHMASMI!**

**AHAM.... BRAHMA....ASMI - BRAHMA** means the Soul, **PARAMA Tattva**.

**AHAM** - I Am

And

**ASMI** - I live in that state only as it is!

....**AHAM.... BRAHMA....ASMI....** very powerful mantra! Very, very powerful  
Mantra!!

Because everyday mind is thinking that,  
"I am a body! I am a body... I am a body.... I am a body...."..... And that is the  
problem.

Problem is, " I am a body...I am a body...I am Raju....I am Ramesh.... I am this.....I am that.... I am, you know, a doctor..... I am an Engineer..."

All these false identifications go on day and night, 12 hours living with only this.

Now to overcome this, what do I need to do?

"I am not this.... I am not this..... I am not this..."

Means

**I AM THAT.... I AM THAT.... I AM THAT**

**I AM SHIVA.... I AM SHIVA....I AM SHIVA**

**I AM BRAHMAN....I AM BRAHMAN....I AM BRAHMAN**

You have to repeat and tell this continuously so that it then goes to your Subconscious Mind, you see that?

Until, unless your Realisation don't go to the Subconscious Mind and if it is not your Subconscious Feeling then it is not Realisation!

Why do we say that Mantras should be chanted 1 lakh times, or 2 lakhs times, or 5 lakhs times?

Because by repetitions,

it has to enter the Subconscious Mind, make a Memory Centre,

and once there is this Memory Centre, it becomes the feeling in the Subconscious Mind.

Then the Subconscious Mind start connecting to the Universe and

according to the **Universal Law of Correspondence,**

according to the **Universal Law of Vibration**

according to the **Universal Law of Resonance,**

It starts bringing that Tattva, knowledge to your Soul and it becomes your Realisation and you become Lifted!

You see that Science? How beautiful it is!

Shivoham!

**"Accept & Love Your Body AS IT IS!  
-By Sri Sadguru Sivapremanandaji"**

Video Link: <https://youtu.be/PSvbRA-XBzU>

Whether am I able to accept my body as it is irrespective of the colour of the body, of the fact that my head has hair or not, my nose is good or not, I have good eyes or not....no matter what it is ?

Whether can I accept, you know, this body as the gift of Shiva Shakti?

You know that you cannot create any body of your own! don't you?

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

This (taps His body) is a gift to us!

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

This is not yours! This is a gift given to you, please understand!

So the moment I stand in front of the mirror, no matter how the body looks, I say, "I accept my body as it is. I love my body. It is not mine. It is the gift of Shiva and Shakti. I love myself!"

When you say this with confidence and courage and with the knowledge that you are the spark of Shiva Shakti and that whatever you are given with, in this life, is a gift, then with gratitude and surrenderance you say to yourself, " I love my body! I accept my body the way it is!"

You will be surprised to see that  
all your conflict,  
all your guilty feeling,  
all those which you have been entertaining in this life and in all the past lives  
.... just dissolve!

You will be surprised to find that people are coming and loving you!

Despite you not wearing any new or good dress, nothing of the sort, people are commenting good about your appearance and they just want to hug you; they just want to be with you and all!

Why?

Because you have created the positive energy for yourself. You and your relationship with yourself are in harmony.

When you are in harmony with yourself then you create / attract a harmonious environment outside.



This is very important!

When a person knows that you are a beautiful person who don't want to exploit anything or anyone then the person wants to be with you, wants to share his / her thoughts with you.

Because the person knows that you are a loving being. The person loves being with you!

That's the beauty of any relationship.

It is not in controlling the other person, you know?

No matter how good they are, certain people only tell negative about them. They do this to control that person.

To control another person, we focus only on the negative qualities about the person and say, " you do that... you do this ... you do that.... you do this..."

Believe this!

...When it comes to husband or wife, only their negative qualities, we focus on .

But do we ever remember:

When they gave you gifts...

When they offered you love...

When they blessed you...?

No ! ( gestures )

Because... it's MAYA we say!

This world is run by Maya!

Shivoham!

## **"Sri Kamadhenu Annapurna Devi Mantra"**

Video Link: <https://youtu.be/O6iYkTyzCCA>

The Mantra is:

OM HREEM SHREEM KLEEM NAMO BHAGAVATI ANNAPURNE  
MAMABHILASHITAM ANNAM DEHI SWAHA

Okay?

The first seed is very, very powerful ...

OM HREEM SHREEM KLEEM

.... These are the seeds, you know....Bija Mantras, Codes to connect with the Divine Mother Annapoorneshwari.

Then what we call her?

NAMO BHAGAVATI ANNAPURNE

"Amma, you are the greatest Goddess! I bow down to you!"....NAMO BHAGAVATI ANNAPURNE

Then what do I do?

In Mantra I request Her, MAMA ABHILASHITAM, you see that?

MAMAH - My;

ABHILASHITAM - Wishes, Desires

ANNAM - food..... My desired food

DEHI SWAHA - please grant / bless me with

Means ANNAM here doesn't mean just Rice, please understand!

ANNAM here means your fulfillment. ANNAM always means physical fulfillment, yes?

If you are hungry and I give you a Mantra for that, then will you be fulfilled?  
ANNAM only will be needed by you and not Mantra for fulfilling your hunger.  
(Chuckles)

So like this ....ANNAM DEHI SWAHA....

Physical Fulfillment is there...

Energy Fulfillment is there...

And then

Mind Fulfillment is there...

Soul Fulfillment is there!

And a very important observation to be made here is that we call the Divine Mother ANNA....PURNE!

If you see Sadguru Adi Shankaracharya....He wrote ANNAPURNESHWARI STOTRAM in which He explains in the last,  
"ANNAPURNE SADA PURNE SANKARA PRANA VALLABHE  
JNANAM VAIRAGYAM SIDDHYARTAM DEVI JAYA PARVATI...."

So what He says is, ANNAPURNE SADA PURNE.... you see that? this is very important!

PURNE ....no Divine has got this name... please understand!

If you go to ANNAPURNA UPANISHADS, this Mantra He chants!  
The Yogi.... the Rishi says that with this Mantra not only your physical desires are fulfilled, but your Spiritual desires are also fulfilled!

So He had made her as the Adhi Devatha for Kashi.

Kashi, Varanasi.... what is the importance of this place? It is for what?

It is established for Liberation!  
MUKTHI DAMA it is, where, you see that? Even you don't do anything, but you take a pilgrimage to Kashi... And you will get Mukthi.

So what does it mean?

Divine Mother Lalithambika sitting in Kashi, taking the form of Annapoorneshwari is to fulfill your desires and give liberation to you!  
Is it clear to you?

And this is Her Mantra that we are doing!

And where and in what dimension is she sitting?

She is sitting in the Earth dimension, 3rd dimension.

So she can help me fulfill my desires.

So in Sri Vidya Tantra, they call this as the KAMADHENU MANTRA!

They call this as the KAMADHENU MANTRA,  
To bring the Prosperity...  
To bring the Abundance!

And she works as Maha Bhairavi, so she is a Protection Giver!

Who is protecting Kashi? Hmm?  
Who is the Kothwal there?

Kala Bhairava!

Who is the main Deity of Kashi?

Kashi Vishwanatha!

Who is the power of Kashi Vishwanatha?

This very ANNAPURNESHWARI!

Don't you think when you worship ANNAPURNESHWARI, Her Parivara Devatha - Kala Bhairava will come and protect you?

He will! He will fulfill your desires!

And very important.... You see that...Mukthi means.... for your Pitrus also same here and it is not just for you.

Whatever Soul that is in the 3rd dimension which wants Mukthi and Liberation, this Energy holds the power and promise. So we call her the PURNE! - Complete.

And what do we say?

SADAPURNE - means Eternally Complete. 'You are the Eternal, Immortal Consciousness...'

'.... That fulfills my desires - physical desires, mental desires and also gives me Liberation!'

So this is the MANTRA!

Sri Kamadhenu Annapurna Devi Mantra:

OM HREEM SHREEM KLEEM NAMO BHAGAVATI ANNAPURNE  
MAMABHILASHITAM ANNAM DEHI SWAHA

Here, MAMABHILASHITAM ANNAM means ' my desires, my wishes'... ' please give to me, fulfill them for me '

That's all it is. You do think it is the Mantra for Fulfillment of your desires, right?

The Mantra itself is that.... fulfillment!

And it is a very good Mantra, if you have a food business.

If you have a hotel...

If you have a Grocery shop...

If you have distributorship of any food materials...

Or

If you have an agricultural land and you do farming....

You see, earlier what they used to do was: whatever they used to grow, first they would make a mala (Garland) and offer to the Divine Mother... first and foremost they offer to the Divine Mother!

You see, in Banashankari, have you seen what they do in Puja?

They offer all the fruits as one Mala and decorating Mother Banashankari with fruits... what is the significance?

They want to please Divine Mother first,  
"Mother, all these are given by You! You will be pleased first! When You are pleased then everything will be pleased...".

Will Pancha Maha Bhutha be pleased or not by this?

Yes! (Gestures so)

Harmony will come...

Navagraha harmony will come...

Fertility will come...

And things will be taken care!

See, how much intelligence and scientific awareness were in our ancestors?!

Even the farmers knew how to please Divine Mother!

Normal person knows how to please Divine Mother and get work done from the Divine!

He's the best Tantric actually! And not us!

We don't know how to please Divine Mother, to be frank! That's the problem! That's why we are not getting the Siddhis!

If we don't please Mother, then no Siddhis at all!

This ANNAPURNESHWARI MANTRA is a very powerful mantra, does it!

Because in Sri Vidya Parampara, She is the Anagha Devatha of Mother Lalithambika!

First one is

Ashvaruda....

Then

Annapoorneshwari....

Then

Bala...

Then

Lalithambika....!

Shivoham!

## "OM & SOHAM difference!"

Video Link: <https://youtu.be/xj4LOAPLKNs>

You see that!

SOHAM is the Mantra of the Silence. It is the Mantra of the silence. From Silence it's OM, okay?

SOHAM to OM; OM to NA MA SI VA YA.

Otherwise OM to the Siva Mantra is NA MA SI VA YA.

Otherwise OM to AIM HREEM SHREEM KLEEM, okay?

Then other manifestations of different Mantras will happen.

SOHAM to OM; OM to NA MA SI VA YA which is the Pancha Maha Bhutha then the creation aspect will start.

OM is the manifestation of the Spirit of SHIVA.  
When you call SADASHIVA - it is SOHAM, okay?

So, SOHAM is the Silent Sound or before the Creation or we can say it as the Source Consciousness.

From that the MANIFESTATION will start as the BINDHU and this is OM. AND from OM, SHIVA SHAKTI and all the manifestation, okay?!

So, SOHAM to OM; OM to NA MA SI VA YA or OM to AIM HREEM SHREEM KLEEM, and then all the other manifestations of the creation will take place, okay?!

That's the difference between OM & SOHAM.

Actually it is the level of Consciousness. A different Level of Energy.

One - that is SOHAM is the BEING level, and OM is the BECOMING level!

If I talk then SOHAM is the PURUSHA and OM is the SHAKTI or PRAKRITI, okay?

SOHAM IS THE BEING AND OM IS THE BECOMING!

Okay?

Or OM IS THE CREATION / MANIFESTATION

That's the difference between OM and SOHAM!

Shivoham!

## **"Satyam, Shivam, Sundaram"**

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

Mind says," I am a Body. I am this. I belong to this family." So this game is going on here.

This is a big play where you are the Consciousness which has taken a body. And this body is also controlled by your brain. (Chuckles)... This body is controlled by your brain... and in this moment!

And I need to realize the truth that I am a Space. I am Akasha. You see?... Chidakasha! You know, Chidakasha Chaitanya Rupa. Means Inside (shows within the body) this Chaitanya is there. Means the Space itself is the Chaitanya. Inside, that Space itself is Chaitanya.

When this Chaitanya goes out of this body...

It is said in India, once Shiva leaves your body you become a Shava. If Shiva is there, everything is there. If Shiva is not there? Nothing is there!

And this Shiva is the real beauty... I tell you!

The moment the body dies... you see that? Within 3 hours it starts degrading. Yes? Smelling hell like anything. No matter whatever you do with the cosmetics, put on the perfume, you know. Do you think you are able to manage it? Never, it's impossible! (Gestures so)

So the real beauty of this body is Shiva.

So in India, we say

Satyam is Shivam. And Shivam is Sundaram

- that is the real beauty!

He is the truth. We are all there. But we do not exist. Only that exists. The one that is there, that is Satyam, which is truth.

And the one that is there, that is only the beauty that is taking care of all of this. The moment that Shiva goes... I tell you! This body smells like anything.

The value of this body is a few thousand rupees. I tell you! I take this body - dead body. If I want to sell to anyone...do you think anyone will take this? If I cut it, separate all the chemicals and sell it...how much do you think will be the value of this body?

So our Siddhas are very, very, you know, careful about the body. When Shiva is there... When the Divine Mother- Her Shakti - the Prana is there...this body has beauty. So that's what... they started realizing the truth: That if I enhance this Shakti in my body I can overcome my diseases. I can be immortal.

Shivoham!

## **"How to communicate with Siddhas?"**

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

Kriya Babaji, Shirdi Sai.... these are all the Masters... Lahari Mahasaya...all these Masters are still available in the higher dimension what we call the Siddha Loka.

...Where Thirumularji is available...all these Masters are available. Once you grow, a time will come where Siddhas don't come, but you go to their place; you learn and again come back!

Every night you go there...as classes will be there - night classes will be there for you, you know ( chuckles).

You go there and like how we ask here, you contact, communicate, "This is what I need to understand, please help me to..."

There you don't have human language, but only Light communication.

My intention, question go as light and answer comes as light!

Consciousness just received. Knowledge is received. And this knowledge won't come suddenly in an instant. Once I come back to the earth, meditate, then that knowledge comes as Intuition in flashes!

Then we know that, "Oh! This is how it happens! This is how it has to be! "

So this knowledge will come like that. So communication is going to happen in this manner.

Even Rishis are available like this. Many Rishis are available to help you, guide you.

But what happens is, they're available in a higher dimension (indicates this by holding His hand at a higher level) and we need to raise ourselves (shows this by bringing His another hand at par with the other hand).

To touch them we need to raise ourselves in order to be ready to receive their vibration, guidance, answers and everything. Then everything will happen.

He is sending the vibration (shows this by placing His hand high at His head level), but you are not catching at all (keeps His other hand at a lower level)... and it bounces back like the cricket ball (jokes)... bouncing around and you are not able to catch them. It is like that.

He is sending the energy, but we are not able to receive.

I am praying, "Why are you not answering? Why are you not answering?"

And Thirumularji says,

"Every day I am answering, but you are not receiving... you are, you know, not tuning in!"



It is like the radio station, you know? Right frequency is there to tune in, to receive that!

With meditation it happens! with meditation it happens.

That's what... One of the Thirumularji Shiva mantra...it sets your wavelength to that of Thirumularji.... so that I am tuning my radio. In this (shows the body), radio is going on, tuning in to Thirumoolarji's frequency....OM SI VA YA NA MA (sings the mantra) means, you know, adjusting my own tuning.

He is, you know, and then answering, "YA NA VA SI MA" (sings and laughs). He is sending back the signal.

So like this Siddhas communicate, Rishis communicate.

That's where Mantras are very important. Why is it so?

Because

It's a code as how to communicate

It's a code as how to connect

It's a code as how to receive

...so Mantras are vibrational code, technical code, scientific codes to connect with that Siddha, to connect with that Master and to receive His guidance.

And

It will come as a light,

It will come as a sound,

It will come as Consciousness

And once it reaches my brain, by intuition I understand the answer.

That's the technology behind the working of this communication. Okay?

Because their language is Light and not Sound. Light transfers....!

Shivoham!

## **Srividya Samadhi Siddhi Sadhana Importance**

Video Link: <https://youtu.be/HjGUPjvdaK8>

Can Sri Vidhya Samadhi Siddhi Sadhana be done alone or should it be done after Sri Vidhya Level 1 to 7 practice?

That is the question.

So Sri Vidhya Samadhi Siddhi Sadhana can be done alone, anytime. Okay?

For example, in the morning I can do Sri Vidhya plus Sri Vidhya Samadhi Siddhi.

Or if you think, "I don't want both as already I'm doing Sri Vidhya Level 1 to 7 practice for many years....say One year, two years, three years. Now I want to focus only on Sri Vidhya Samadhi Siddhi Sadhana. Because I believe that I am prepared for Self Realization. I believe that I am ready to experience the Soul Consciousness - the Truth about myself."

So in that case, I can only do this Sri Vidhya Samadhi Siddhi also. Because the Para Vidhya Kriya itself is complete. SO HAM, you know, that Para Brahma of Sri Vidhya Samadhi Siddhi...That itself is complete. You don't need to worry because you are already prepared with Sri Vidhya Level 1 to 7.

But the problem is, some of you may feel confused that, you know, if I lose this Sri Vidhya Level 1 to 7 then I may not burn the Karmas. I may not solve my problems. You see that?

Your inner Mahishasura will say, "You have dropped this Sri Vidhya Level 1 to 7, not meditating on the Chakras, and are doing only Sri Vidhya Samadhi Siddhi?"

But Mahishasura doesn't know that how much working at the energy level is different from the extent of working at the soul level.

When I'm doing Sri Vidhya Samadhi Siddhi, what am I doing? I'm working at a Soul Level. I'm touching the Soul Consciousness.

The moment I say," Feel the moment. I AM Space. I AM Awareness. I AM Consciousness." I burn ten lifetimes of Karma that I cannot burn, you know, with Sri Vidhya Level 1 to 7 even in six months. Is it clear?

The power of Sri Vidhya Samadhi Siddhi is that; power of the Soul Consciousness is that, where I go into that consciousness means, I literally burn many, many lifetimes of Karma. Because I hold myself as a Soul, not a body and mind or any personality. In that I release that Shakti of my Soul identification, my Subconscious Mind starts erasing all the memory pattern identification with the body and mind; it starts happening. Got this point?

So some people have confusion that, you know, they are afraid. Because they are suffering with the outside world - Job is not happening, Relationship issues going on, Money problem is not yet solved. "And in this case are you asking us to go for Self Realization, God Realization. How is it possible?"

So you cannot understand. If you go to the Kularnava Tanatra, there it says that, you know, the Para Brahma Mantra that you have received is so high that it will

manifest Shiva within yourself. It will give all the Ashta Maha Siddhis like Anima Siddhi, Garima Siddhi etc., immediately, instantly manifest, they say when you do that sadhana!

If you go and read those tantras, this is one of the great secret mantras given by Dhurvasa Muni in Shakti Stotra or Shakti Mahima Stotra. He kept it a secret. This is a secret of secrets. No one knew. Or even when they knew, they could not hold onto this. It is very difficult to hold

Because of the illusion,

Because of the, you know, long mantras,

This... that... our mind is so confused. We cannot hold onto that.

Very clearly He says ... Dhurvasa Muni says that this is the ChintaMani Mantra, he says and where he adds AIM KLEEM SAUM to the same mantra that we have, and SAUM KLEEM AIM at the end, so as to balance a little bit. But we have already done that during Sri Vidhya Level 1 to 7.

So we are doing the perfect Sadhana given by Dhruvasmani.

We are doing the perfect Sadhana given by Sadguru Thirumularji.

We are doing the perfect Sadhana given by Avadhootas, Paramahansas and all.

We are blessed to receive that Navanatha Parampara Siddhi in ourselves. You know, Siddha Parampara Siddhi in this Sadhana.

So don't worry, don't get confused. If you feel, "you are doing it!" jump into that completely with 100% surrenderance.

Touch that Soul Consciousness. Pray to that, you know, "bring that identification that I am a Soul, I am an Infinite Consciousness, and I am Blissful Feeling, that knowingness!" The moment you reach there, literally your karma starts burning.

Until and unless you don't reach and don't hold on to that state for many years, you cannot get liberated on this earth in this life!

Please understand that! If you want liberation in this life, you have to do that! Consistently, you know, meditating every day. That's the power of the advanced SO HAM Samadhi Siddhi Sadhana. The name itself is that! - Sri Vidhya Samadhi Siddhi.

You know, with the help of Para Vidhya, Para Brahma Mantras with the Tantra given by Sadguru Thirumoolarji or the Siddhas - how I can use that to reach... experience the Samadhi... Oneness with the totality... AHAM BRAHMASMI, okay? That's very powerful!

So if you want, you can do only that. If you have been practicing Sri Vidhya Level 1 to 7 for many years...say one to three years, you have already done it. In that case I ask you, "Only do Level 7, And Samadhi Siddhi Sadhana. Okay? No need to go for Level 1, 2, 3, 4, 5 and all of that. Only do Level 7. That's enough."

If you feel that you have done that also for 5 years - 3 to 5 years drop that too and do only SO HAM Samadhi Siddhi Sadhana. You have to do it that way. Very powerful... very, very powerful. You can do it.

And you know that you don't have energy problems... I'm telling you! It's Atma Mantra. No energy. It's Consciousness. You feel Bliss, Joy, Ecstasy, Harmony, and Oneness. Those are the qualities of those Mantras. The knowledge about the Truth, that is the mantra, got this point?

So that is the power of SO HAM Samadhi Siddhi Sadhana which you can do alone also or you can do it along with the Level 1 to 7 or along with Level 7 only.

I think I have explained everything:

What is the eligibility?

Who can do it? And

Why should you not worry about your karma and day to day life?

You please know that day to day life and their problems are temporary.

Spirituality is working with a real solution. Real suffering can be overcome when you see the truth about yourself, see the duality that is happening every day in your life. Otherwise there's no liberation.

One of the ways to liberate yourself - means - is to witness what is happening in this up and down and coming out of that. Then only you are a Yogi, a Paramahansa, and a Siddha or an Avadhoota. Otherwise if you are still just attached to the Mantra, Yantra, Tantra means you are not yet ready for that Truth Consciousness.

Shivoham!

## **How do I know that I'm progressing in my spiritual Practice?**

**-By Sri Sadguru Sivapremanandaji**

Link: <https://www.youtube.com/watch?v=mCy86t69xio>

Human means a condition; divine means unconditional. Human means expectation, and divine means no expectation. Human means desires, divine means desireless. Human means all forms, sounds and everything. Divine means formless, silence, bliss, joy and consciousness. The path is from huma to divine. It would help if you had this clarity about where you're going and what mantra you're doing and what meditation you're doing, and where that's leading you. Because what happens is that if you don't have any measuring system, then what happens is that you don't know if you're progressing or not. One of the symptoms of when you do the right meditation guided by the right master is you experience healing in your meditation and energisation, inspiration and balancing in your meditation. You experience the bliss and understand that it's the real form of your soul and shiva-Shakti. If it starts manifesting, in the beginning, we focus on the form; as we progress, the form starts disappearing. In the beginning, I am holding ma Lalita Ambika, but as I progress, I notice that in a few months or a year, the more I focus on the form, the more it disappears, and it becomes blank, like darkness within myself or the sky. Then I hold that state of formless sky within me; the more I do that, the more I experience my true form and the true form of divinity, and from that, there is the experience of peace, bliss, joy, and all. Then I know I am one with shiva Shakti. More of the bliss and peace will start manifesting, and more we feel at home and grounded and inner satisfaction that we cannot find in the outside world. This is how I know that I am really progressing in my meditation.

## **"Om Samadhi!"**

Video Link: <https://youtu.be/tt2k2oZEb7M>

### OM SAMADHI KRIYA

This is one of the Samadhi - higher Samadhi.

If you compare Sarvikalpa Samadhi, Nirvikalpa Samadhi and OM Samadhi then OM Samadhi is more pleasurable Samadhi than Sarvikalpa Samadhi, and Nirvikalpa Samadhi.

Here more Awareness of the Soul will be there in Sarvikalpa Samadhi, (God Realisation) and Nirvikalpa Samadhi (Self-Realisation).

But here, OM Samadhi is very pleasurable, blissful Ecstasy.

Only Samadhi where you can find pleasure is the OM Samadhi!

Other things are just, you know, Stillness, Awareness, Bodiless Consciousness... the same in all of them.

But OM Samadhi is the Creative force and it will vibrate all the Creative aspect of your Soul.

Physical body, mental body, Astral body, Energy body and Soul body.... everything will be vibrating with its highest dimension, highest pleasure, highest energy and highest bliss.

So it's the only Samadhi that is Eternal, Blissful and Pleasurable because pleasure never comes in the spiritual path.

It is with only this.

If I compare this OM Samadhi with any peak experience in the sexual intercourse then whatever that is there in the physical act, it's million times more in OM Samadhi.

So it's the highest attainment of Siddhas where they are almost detached from the entire world and all the Pleasurable things of the world.

Why is it and how is it possible?

Because of this OM Samadhi.

Within them they could get this Pleasure, Bliss and Joy without any person, without any object, without any external things of this world.

Within themselves, that merging of Shiva and Shakti is such a highest Bliss and Ecstasy which cannot be explained!

So that is what we call the OM Samadhi!

All the Yogis are able to attain this. Then only they could have the Mastery over all the external pleasure.

Otherwise they will be still attached to the external pleasure.

When OM Samadhi happens they know that all the external worldly pleasures are limited but the one they experience within alone is eternal, "I don't want anything from outside but inside I will be eternally experiencing Pleasure, Bliss, Joy which cannot be given by this world!"

So that is the OM Samadhi!

That's the highest Samadhi of the Yogic tradition!

Shivoham!

**"Shivohum Speaks  
-By Sri Sadguru Sivapremanandaji"**

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

**SHIVOHAM SPEAKS**

**AHAM BRAHMASMI**

I AM GOD

You Are GOD

We Are GOD

**GOD REALISATION**

Release "I"

Realise "AM "ness

**SAMADHI**

SAMADHI Is ONENESS Experience Of

"I AM GOD, SOURCE AND UNIVERSE"

**ADESH**

ADESH Means PLACELESS PLACE Where Lord Of All Lords - "I AM "Resides!

**ALAKH NIRANJAN**

ALAKH Means UNKNOWN.

NIRANJAN Means PUREST ONE.

I AM THAT "UNKNOWN PUREST ONE" Existing Everywhere!



### **LORD NATRAJ**

LIFE Is a Creation

DEATH Is a Creation

“I AM ” Dancing In All The Creation Eternally!

### **SPIRITUAL TRUTHS**

There Is No Time.

There Is No Dimension.

There Is No Space.

Only “I AM PRESENCE” There Is!

### **SUCCESS**

RELEASE Doubt

RELEASE Fear

ACCEPT Yourself

SUCCESS Is Yours!

### **TRUE SPIRITUALITY**

TRUE SPIRITUALITY Means

REALISE “I AM”

And

BE “I AM”

### **ATMA VIDHYA**

I AM Not the Body, Mind and Senses

I AM “AWARENESS “Of the Body, Mind and Senses

“I AM SOUL”

### **BRAHMA VIDHYA**

There Are Not Many Souls.

There Is Only " ONE" Living In All.

”I AM THAT I AM”

### **BLISS**

BLISS Is “KNOWING I AM”

### **JIVA TO SIVA**

”I AM “Jiva

”I AM “Disciple

”I AM “Master

”I AM “Siva

“SIVA”!

### **LIFE PURPOSE**

LIFE PURPOSE Can Be Known and Fulfilled By the Guidance of the Guru or Your Inner Voice (I AM)

### **LOVE**

LOVE Is “BEING I AM ”!

### **MASTER AND SERVANT**

INTUITION Is The MASTER.

MIND Is The SERVANT.

Follow The MASTER To Realise The TRUTH!

### **OM TAT SAT**

"I AM"

UNKNOWN INVISIBLE ULTIMATE TRUTH

### **REAL DISCIPLE**

REAL DISCIPLE Is The ONE Who Follows The DISCIPLINE Of The GURU By SURRENDERING His Ego Mind!

### **REAL GURU**

REAL GURU Guides You To Reach GOD Within!

### **REAL IS WITHIN**

REAL POWER, KNOWLEDGE, GOD And GURU Are Within.

All Else Is A Creation!

### **SAT - CHIT - ANANDA**

I AM Is TRUTH

I AM Is CONSCIOUSNESS

I AM Is BLISS!

### **SECRET OF MANIFESTATION**

"KNOWING "That I CAN Create With My Thoughts, Feelings, And Freewill Is The SECRET OF MANIFESTATION!

### **SHIVOHAM**

SHIVA Is Not Separate From Me

SHIVA Is LIVING Within Me

"I AM SHIVA "!

### **SOHAM**

There Is Only ONE SOUL.

There Is Only ONE ENERGY.

There Is Only ONE CONSCIOUSNESS

“I AM THAT ”!

### **SPIRITUAL ADVICE**

Take Spiritual Advice From The ONE Who Is SELF - REALISED And Who Listens To His Inner SELF “I AM ”!

### **SPIRITUAL PRACTICE**

Sincere Efforts with AWARENESS to Realise Your True SELF “I AM “Under Right Guidance Is Spiritual Practice!

### **SPIRITUAL QUALITIES**

"CLARITY, COMPASSION, GRATITUDE, PEACE AND PURITY" Are The True Qualities Of The Spiritually Awakened!

### **LIVING GOD IS WITHIN**

When I Close My Eyes And Bow Down To The God In The Temple, It Is The LIVING GOD ( I AM ) Within Me Who Is LISTENING And BLESSING !

### **STAGES OF MANTRA SIDDHI**

MANTRA To MEMORY

MEMORY To ENERGY

ENERGY To CONSCIOUSNESS

CONSCIOUSNESS To REALISATION

REALISATION To SIDDHI!

### **OM MULANJI NAMAH OM**

THIRUMULARJI 's WORDS Are The MANTRA

THIRUMULARJI 's FEET Are The YANTRA

THIRUMULARJI 's THOUGHT Is The TANTRA  
THIRUMULARJI 's BREATHE Is The DEEKSHA  
THIRUMULARJI 's AWARENESS Is The GURU  
THIRUMULARJI 's CONSCIOUSNESS IS SIVA!

### **STAGES OF ONENESS**

THOUGHTS To THOUGHTLESSNESS  
THOUGHTLESSNESS To PEACE  
PEACE To I AM  
I AM To ONENESS!

### **REAL PUJA IS SURRENDERANCE**

PUJA Is To Experience PUJI Or SOONYA.  
When I Offer Flower, I AM Flower.  
When I Offer Milk , I AM Milk.  
Every Act In PUJA Is OFFERING My - EGO To My - SELF ( I AM )!

### **EGO AND SELF**

EGO Is Individual  
SELF Is UNIVERSAL  
" I AM " The SELF!

### **REAL TEMPLE**

Temples Are Built By People With Stones.  
Human Body Is The TEMPLE Built By GOD With LOVE!  
I WORSHIP THE " LIVING GOD ( I AM ) IN THE HUMAN BODY TEMPLE!

## **"Pathi, Pashu & Pasha -by Sri Sadguru Sivapremanandaji"**

Video Link: <https://youtu.be/AV3Xuu34EHg>

This is a very, very important concept in Thirumularji's philosophy.

He says, " PATHI, PASHU and PASHA"

PATHI means SIVA, the Lord

PASHU means JIVA which is you.

PASHA - the bondage is nothing but this entire world.

So, the whole philosophy is in these 3 -"PATHI, PASHU and PASHA"

If you know how to be aware of this PASHA - bondage, okay? And

If you know that you are no more JIVA, and you are in essence SIVA then you start your journey backwards - towards the SIVA Consciousness, TRUTH Consciousness!

So, this is what, you know, Lord Siva teaches or in the Siddha Tradition, they have this teaching that

"You need to realise the Truth that you are the spark of Shiva and Shakti!"

But to realise that Truth there is one obstacle which is PASHA - this world. This outside world is PASHA.

Within you there is one more

PASHA, what is that?

Mind!

Within you this PASHA - that bondage, doesn't allow you to realise the Truth that you are the spark of Shiva and Shakti.

It always directs your attention outside! Okay?

To know that

You are a powerless person,

You are a human,

You don't have any power,

You cannot create,

You cannot solve your problem,  
This.... that.... You know?  
These are the false identity about you.  
What is the Truth about yourself?  
You are not your body,  
You are not your mind,  
But, you are a Soul Consciousness,  
You are the spark of Shiva and Shakti!  
So, that is the path!  
Experiencing the SHIVA within yourself or merging with SHIVA!

Shivoham!

**Enlightened Living State!**  
**-Sri Sadguru Sivapremanandaji**

Video Link: <https://youtu.be/23kbDKizzwg>

"Living life of Enlightenment - in the Light - enlightens, what is the light? It is soul consciousness, Siva Consciousness, Truth Consciousness! Identifying me as "That" and living in "That" consciousness is what we call as Enlightenment Living! There it is Yogi State, Paramahansa state, it is Siddha state, it is a Avadhoota state. Who is the Avadhoota? The One who is merged with Soul, abiding in Soul, walk as a Soul, drink as a Soul, Eat as a Soul, sleep as a Soul! But is very contradictory! Soul cannot sleep, but still we are saying sleep... Soul cannot eat, still we are saying eat as Soul! Means, you are living with Awareness! If I am talking means I am only talking... If I am eating food means I am only eating the food... Got this point? If I am drinking water means I am only, completely - mind, body and soul all doing only one action, with 100 percent attention! That is what we call as "Enlightened living!" Why this happens? Why is it possible? It is because of the Realization that makes it possible! Normal person cannot do this. You see when we are eating usually mobile will be there. We are eating and somewhere our Mind will be. Body is there, but mind will be somewhere else! Even when I am in the workshop, how many times you are here I don't know that and how many times you are somewhere else I Don't know that! You see that? We are like this as the mind will play like this only. Why it happens? Because I am attached to my family, I am attached to my body, I am attached to my responsibilities - all these things will pull your Soul - your Soul is distributed, distracted - everywhere it is working! The day you realize that you won't have any responsibility! Looks very odd - you don't have any Responsibility! At the higher level, you don't have anything to do, any responsibility, nothing else is there! Everything is working as it is, you just need to witness! That's all it is there! And what happens - somebody, something happens - "I am not the doer!" Eating - "I am not the one who is eating!" Speaking - "I am not the one who is speaking!" Breathing - "I am not the one who is breathing!" You see that? How complicated it is! When you have the mind and body, understanding that is very difficult. It is not easy to understand. Why? Because Sub-Conscious mind is not at all there! When we get Realized, Conscious, Sub-Conscious and Super-Conscious mind all become one! Only awareness! Then only you are a pillar of light! You are a Consciousness, Super Consciousness, Shiva consciousness! There is no division there, it is only one! Only One! That is the beauty of that! That is where, you go there, and no book literature can explain that! It is the complete opposite - you cannot say mind, you cannot say soul, you cannot say God, even you cannot say Guru also! In that state, it is only one, only one! That is the enlightened living state! Otherwise there is a possibility that again you will fall down! Why? Because there is two now - and when you become two, drama starts again. Again there is journey; again there is birth, death, God, Guru and all these will start! This is not Liberation, it is not moksha. That Enlightened living state is the state that we need to go! This is the state that these Siddhas are living, these Avadhootas are living! That's what they say - "I am everywhere!"



## **Divine forces behind Anandabhairava & Suraa Devi beeja mantras given in Mahapaduka Guru Mantra!**

### **Sadhaka question -**

"Guruji, can you please explain the Divine forces working behind Anandabhairava and Suraa

Devi Beeja mantras as given in the Mahapaduka Guru Mantra?"

### **Sri Sadguru Sivapremanandaji -**

"See, when you say Anandabhairava means, Shiva with the highest ecstasy, Shiva with Truth Consciousness, in a blissful form. That is what we call as Anandabhairava. His power - the unmanifested power of Shiva is Shakti - as bliss, as ecstasy, as joy. They are Shiva-Shakti themselves - there is no need for extra divine forces - it is the Source Consciousness that is the Blessing. So when you chant this mantra, you become that - you become Anandabhairava, you become Guru Tatva, you become Shiva-Shakti in the form of Kameshwara-Kameshwari, experience the Srividhya - that is Atma Vidhya, Brahma Vidhya within yourself. That is what the Maha Padhuka Mantra does for you!"

Shivohum.

## **How to overcome old bad habits which are not helping in our Spiritual growth?**

Video Link: <https://youtu.be/rzy6-I-sBP4>

### **Sadhaka question –**

"Guruji, what to do when I still get the urge to experience my old bad habits while I am on the Sadhana? When can I overcome things that are not helping in my Sadhana?"

### **Sri Sadguru Sivapremanandaji -**

"You see that? If your old habits are still showing up in your Consciousness means, they are still there! They are not yet released! So you have to intensify your Sadhana - do more Sadhana, identify yourself more as a Soul, than body and mind! You see that? Old habits are connected to your body and mind. So you need to do more So-Hum Sadhana and do Siddha healing to release all the negative habits in your Sub-Conscious mind and then do the Siddha healing to your brain to release all the memory patterns in the cells or the brain cells that are connected to those bad habits! So use your So-Hum meditation, Siddha healing and visualize also. This will help you to overcome faster with your bad habits."

Shivohum

## "How to change past life Karma consciously?"

Video Link: <https://youtu.be/VZ7eRYaVgbk>

Once Karma is there, because of it thought arises in your mind.... thought arises in your? mind!

If you see the thought to be a negative thought, then take one step back and take the name of SIVA SAKTHI or just be aware of it and the negative thought drops.

This way I can change my past life Karma, please understand!

Otherwise what happens?

You are attached to the thought and your complete body reacts and you create a very negative situation outside.

This is very important -

How can I change my past life Karma?

How can I create what I want?

**AWARENESS! AWARENESS!!**

**AWARENESS!!!** And **OBSERVING! OBSERVING!!... OBSERVING YOUR THOUGHTS!!!** is the answer!

When is it especially important to apply?

When you feel depressed....

When you feel powerless....

When you are expecting something, but you are getting a very negative reaction from your partner, from your world, from your colleagues in the office, from anywhere....

When you feel anger...

When you feel frustrated....

.... Such are all the more important times that you need to take one step back.

Otherwise what happens?

Such intense emotions will just take you away and create negative situations then what happens? you will later realise, "I should not have behaved that way", you know?.... you feel yourself, "I don't know why I behaved like that? I wouldn't have behaved like that usually. It is so silly why such a big thing I have made it."

So, many times, our past life Karma triggers the things in us.

Karma is an Energy.

Energy triggers a thought in my mind.

If I am not AWARE of the thought in my mind, then I accept the thought as my own thing and I act!

Even we can't say this as action as it is the Reaction to the inner thought.... So, "I react!"

Sometimes I react to the behaviour of another person,

Or

I react to the inner thought or inner emotion.

If you are AWARE of this inner mechanism....

If you are AWARE of this outside mechanism....

And

With that AWARENESS , you take one step back, and then you make a choice as to what you want to do with this.... whether you want to Let Go or you want to Hold it and Fight it!.... Choice is yours!

Every day we do this. You know that!

We expect something and if that expectation is not met, then we feel frustrated, " I do so much and this another person is not doing anything and only I have to do everything...."

You see that?

Slowly and steadily you will, at one point burst out and fight and so many things happen...

I am saying this just for an example. Don't take it as an offense.

Like this for many things, we react, we expect, because we have our own judgement system, belief system -

'This' means it should be like this..... 'Husband' means he should be like this...

'Wife' means she should behave like this...

You know, all of these...

'Friend ' means this is how one should be...

Like this for everything we have a protocol, or an image.

If something happens against such systems, then things will happen.

You may like the things or you may not like them.

Some people don't have patience etc.

So try to be centred and do Swadhyaya.

This Swadhyaya is very important especially when you are having negative thoughts, and whenever you feel anger, depressed, stressed, powerless and frustrated because that's the time you need to take one step backwards and just see

what are the thoughts that are making you angry...

What's your expectations of the other person that is making you angry...?

And decide what you want to do with the emotion.... whether to Let Go with Awareness thereby have Mastery over the emotions or to react and let the emotions rule us.

Shivoham!

## "Why medulla oblongata is called as mouth of God?"

Video Link: <https://youtu.be/S0yxmADz1VA>

You see that?

In Shiva Yoga, we explain that.

What is the difference between Sri Vidya sadhana and Shiva Yoga?

In Shri Vidya, we go like this (shows this by sliding His hand from Ajna Chakra), - from top chakra to the lower chakras one by one. In Shiva Yoga we start here (points to the centre of the temple) from the Ajna Chakra, go to Medulla Oblongata (shows this by touching the bottom back of the head), then come back to the Throat chakra and do the circuit.

Circuit of the energy will change. The way of the energy will go different. There we explain that the Medulla Oblongata is the Mouth of Shiva, God. So, the highest Prana is received in abundance at this area. But we also receive in different chakras, especially in our Navel point. With our Pancreas, Spleen, with our Sahasrara Chakra also we receive. But as we progress, how it's needed for our evolution - that type of Prana we receive in different parts of our body. Is it clear to you?

So, it's ( points to the Medulla Oblongata) the highest Shiva Prana - Ultimate, you know, Aakash Tattva.... beyond this ( points to the Throat chakra ) , you know, **Aakasha Tattva , Maha Aakasha, and Divya Aakasha** - Prana that comes from these with **Unconditional Love** is what we receive here ( points to the Medulla Oblongata). A very filtered Prana is received in this point. Whereas grosser Prana is received in the Navel point, you see that! Again we receive a different Level of Prana in the Heart Chakra... Prana has different Vibrations, different layers, which we receive in different parts. So, it's not that we receive Prana only in the Medulla Oblongata point, but it is one of the portals to receive the Prana. Some people receive from, you know, the feet only. The Earth energy - we receive this from our feet. We receive the Sun's Energy in, you know, the Solar Plexus point so, different receiving Portals are there for receiving different layers of Prana, or Pancha Maha Bhuthas or Energies. It is one of such receiving Portals and so we have mentioned that.

Shivoham!

**"How can I channel Manifestation energy to get divine mother darshan in physical form?"**

Video Link: <https://youtu.be/LcNOdUZ5v9s>

So, this is the Siddhi, that you are manifesting, you know, your connection with the Divine Mother is so good that whatever you think you are manifesting without any bluffs.

When a person

Doesn't have so many desires,

Doesn't have so many confusions,

Does have a clear Subconscious Mind,

Does have clear thoughts in the Conscious Mind,

....then what happens?

Whatever the person thinks, automatically it will start manifesting!

Instant Manifestation happens!

So, this is a blessing!

So, now what you do?

You make an intention to the Divine Mother, "Mother, I want to see you in the physical form!"

Have this intention and you will see Her Darshana! Okay?

Shivoham

## "Surrender your Ego Mind!"

Video Link: <https://youtu.be/chak3i0cAJI>

Many people ask, "Guruji, what is Surrenderance?"

First question is, "what is Surrenderance?"

Second question is, "how to surrender?"

But the trick is, **mind is asking**,

"What is Surrenderance?"

And again mind itself is asking,

"How to surrender?"

But the Truth is:

**The one who is asking these questions only is to be surrendered!**

The mind should be DROPPED!

But the mind doesn't want it and will not let that to happen. It wants to continue with the life. It wants to survive!

So, the mind itself asks,

"What is Surrenderance?"

"Who am I?" You know,

"Why am I here?"

"What is my relationship?"

"Who is God?"

You see that?

By this way, it gets life, continuity and things will continue going on Status Quo!

So, **SURRENDERANCE** is nothing else, but **SURRENDERANCE means dropping your own EGO MIND! your own Thinking Mind!**

**You see that?**

We have 2 types of Mind.

One is the involuntarily working in our body as the **Subconscious Mind**.

Second is consciously working in us and it is the **Thinking Mind**.

This Thinking Mind has one application, like, you know, to

Check

Analyse

Accept

And once it has accepted something, it becomes the Belief and it enters the Subconscious Mind!

That's only the job of the Conscious Mind / Thinking Mind.

Apart from this job of the Thinking Mind, it has to be in Silent Mode.

Otherwise,  
It only worries,  
Creates fear,  
Creates unwanted thoughts,  
Creates unwanted situations,  
And all of that!

So, To **SURRENDER** means you just see all the play of this Mind.

But you are not attached to the Mind. You are just watching:  
What is happening in your thoughts?  
What is happening in your body?  
What is happening in your breathing?  
What is happening in your entire creation?  
But you are not involved with any of these, got this point?

You are not involved!  
You are just witnessing all, Being as a Soul.... is what we call **SURRENDERANCE!**

Its higher level.

Because at the higher level, you know that you are not the body,  
You are not the mind,  
You are not the Ego identity,  
Or anything  
And that  
You have to just **BE** as you are a **BEING!**

**BEING Means NOT DOING Which Itself Is The SURRENDER STATE!**

SHIVOHAM!



## **"Amrita or Divine Nectar is within you!"**

Video Link: <https://youtu.be/Lraf9Q9Kma8>

### **Samudra Manthana!**

You see that?

What is Samudra Manthana?

In scriptures, if you go and see that, there is this pillar or a mountain and this mountain was turned for the churning effect on the one side by the Devas and on the other side by the Asuras.

And why are they doing this ?

Because everybody wanted to have the Amrita that's to be released from the churning effect.

And what is Amrita in this body?

Your **Attention!**

**Amrita is your Soul Power!** Yes?

Nectar, where is it?

In your soul! **Nectar is in your Soul!!**

**My Soul Power, my Attention is the Amrita!**

Positive thoughts are the Devas and the negative thoughts are the Asuras.

Now everyday this (gestures the churning action) is happening in your life, yes or no?

Positive thoughts are there and negative thoughts are there about yourself, about your family, about your job, and about the outside world.

Like this every day Samudra Manthana (gestures the churning action) is taking place!

Now,  
if I give this Amrita to the Devas, Devas will win...  
If I give this Amrita to the Asuras, Asuras will win.

What does it mean?

If I give my attention to the negative thoughts, then I empower the negative thoughts; give my energy to them!

If I give my attention to the positive thoughts then I empower the positive thoughts and I have a beautiful experience in my life!

If I give my attention to the negative thoughts, then I have negative experiences in my life!

So every moment there is a choice for you!

Shivoham!

## **“Spiritual diary and its importance on spiritual path”**

Video Link: <https://youtu.be/gvjhHNIE6Cs>

The beautiful moments of our life are always treasured!

That's what I always suggest to my students...

**\*\*\*Write down your experiences every day. Make one diary.**

**Every day! Whatever you experience, write it down. Be sincere there! \*\*\***

"Today I didn't experience anything!"

- Write it down.

"Today I had a beautiful Darshana of the Divine Mother!"

- Write it down.

"Today I could get the solution for my problem!"

- Write it down!

Why am I telling you to do this?

Life will take you in such a way that you might fall down.

Say, after one year you will fall down, then again you will be scolding and fighting with the divine mother.

At that time you go back and just refer to your own journal, your own diary.

Tears will flow!

Again you will be shifting back to your heart....

- how mother has helped you!

- how mother has taken you!

- how mother has blessed you!

- what experiences she had given you!

- how mother has protected you!

- how mother has guided you!

- how mother had made you to take or be away from the negativity that was surrounding you!

You see yourself with your own eyes!

At that time you won't have any doubt.

You see that and again you come back. Again you are centred. Again you walk on the path.

Because spirituality is not easier! ...IT is not easier...

Because this entire world is opposed to that.

Everywhere outside what are you seeing?

"Focus outside! Focus outside!! Focus outside!!!"

"Real Power is outside! Real Power is outside!! Real Power is outside!!!"

"The Secret is outside! The Secret is outside!! The Secret is outside!!!"

Everything is opposite and upside down here!

And when you are walking on the spiritual path you are telling that:

**"My thoughts hold the Power**

**My emotions hold the Power**

**My feelings hold the Power**

**My beliefs hold the Power**

**I create the REALITY!!! "**

You see that?

It is very completely opposite!!

**The Spiritual path is completely opposite giving less attention to the outside and more importance to the inner world, Inner Divinity... Inner Divinity!!**

These are very important skills as we go!

Shivoham

# Sri Sivapremanandaji



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

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

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