

Thirumoola Navakkari Sadhana Essence

By

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THIRUMOOLAR NAVAKKARI CHAKRA SADHANA

*(Actual Meditation Practice of Thirumoolar Navakkari Mantra
Sadhana is taught in Srividya sadhana Level-2)*

II OM MOOLANJI NAMAH OM ||

|| KOTI KOTI PRANAMS TO SADHGURU SIVA PREMANANDA GURU JI ||

SIVAM SHARANAM JAYA JAYA

NANDI SHARANAM JAYA JAYA

MOOLANJI SHARANAM JAYA JAYA

SIVAKAMI SHARANAM JAYA JAYA

SIVA PREMANANDA SHARANAM JAYA JAYA

With the blessings and grace of our beloved Siva Premananda Guru ji and Guru Mandala, sharing few teachings revealed during the Sadhana on Navakkari Chakra Sadhana and offering these teachings to the feet of Siva Premananda Guru ji Maa Lalithambika and Sadhguru Thirumoolar Ji. Allowing Divine Mother in me to write this article for the benefit of HER devotees. Jai Gurudev.

In the Service of Thirumoolarji and Srimata

By

Sri Srivatsananada Ji

॥ Om Siddha Thirumoolar Namaha ॥



|| OM AIM HREEM SHREEM SHREE MAATRE NAMAH OM ||

Sri Devi Sivakameshwari



Moolan ji mentions in Thirumandiram verse 1322 as given below :

1322: Blessings of Navakkari Mantra

Jnana and knowledge all, shall yours be;

The Karmas hard will flee from you;

No more will you evil deeds perform;

All boons will be granted to you;

The vision of Divine Light, yours shall be.

The above verse is clear that all kinds of aspirations of seeker in inner world and external world shall be bestowed upon to seeker. What else one can think of !!

FIRST ROUND

|| SHREEM(these Beejaksharas of the mantra are kept secret)SIVAAYANAMA ||

SHREEM Beejakshara : Sadhguru Thirumoolar ji spells out the importance of SHREEM shakti in Verse No 1326 and 1328 in Thirumandiram as mentioned below;

1326: Srim Sakti Confers Name, Fame and Immortality

All things will fare well with you here below

Kala, God of Death, will bypass your days reckoned,

your name and fame will spread like shafts of light,

Close nearer and nearer to Her

You shall reach Her.

1328: You Will Reach Siva by Worship of Srim Sakti

They meditate on Her,

That they immortals become,

The Lord of immortals shall bless you;

He who wears the Ganga and contains Her,

Him you persevere to reach.

SHREEM meaning revealed in Lord Dattatreya Mala Mantra as “ **SHREEM MAHA SAMPATH PRADAYINI**” which denoted most valuable great wealth shall be bestowed by Divine Mother. **The most valuable is nothing but SHIVA himself as Auspiciousness or Awareness of Divine Mother inside beings which Saadhaka realises by worshipping Divine Mother with this noble mantra “ SHREEM” as envisaged in verse 1328 by Sadhguru Thirumoolar.**

MAHA SAMPATH IS THAT ONE FINDS DIVINE MOTHER INSIDE HIM/HER.

SHREEM represents INFINITE . When one finds Infinity quality inside, there cannot be any scarcity. Only abundance, contentment, prosperity, good health and good wealth. At the same time, experiencing Siva as INFINITE Consciousness and Shakti as Infinite Energy potential inside.

Planetary aspects :

Positive aspects of Mars like courage, energetic, perseverance, skill sets, aggressiveness etc., required for Sadhaka to be successful in Material life and lay strong foundation for growth. The 7th House in horoscope represents marriage partner, business associations, negotiation skill, etc.,. All the positive aspects of the 7th house gets blessed and with this, the Sadhaka can flourish with success in all endeavours resulting in good amount of money flowing into the life enabling him to take care of his duties and responsibilities smoothly and effortlessly. SHE takes care of needs of Saadhaks with this chanting. Negative aspects of Mars like impulsiveness, fighting attitude, angry, impatience etc., gets removed with HER grace and blessings. Mars represents leading the team in accomplishing the tasks like warrior and this Shreem Tattwa takes care of the team and lead the team in completing the tasks becoming successful in every task.

Inner belief system of scarcity, job related issues, financial issues gets erased with the awareness of divine mother inside us taking care of these aspects and this eradicates lot of karmic blockages carried in our life. Similarly, the karmic blockages with respect to health, body consciousness, etc., gets released and feel more confident.

IMMORTALITY at all levels of existence is assured by chanting this mantra as per Verse 1326 and Verse 1328. It indicates the immortals shall be blessed by Maa SHREEM Shakti at the **Soul level, mind level and body level**. The modifications made by our lower vibrations or karmic actions will be nullified by SHREEM Shakti and restore the original state of Shiva Shakti manifested in body, mind and soul. Saadhaka should try to infuse Shreem Shakti into all levels of existence and deeper into cells and DNA to get the experience of IMMORTALITY by converting the physical body into divine light being.

Sadhaka’s mind becomes stable, will have firm dedication with faith on Sadhana.

Keep chanting SHREEM whenever we receive money or good energy since she is giving Prasada to Saadhaka since it is SHE who gave this capability to receive salary, business/ profession income or any source of receipt of money or resources. When we spend seek approval from within DIVINE MOTHER and say SHREEM feeling gratitude that she gave opportunity to serve some objects including our own body, mind etc.,since these are gifts and not truly owned by us. Feeling gratitude for receiving money, wealth or resources as PRASADA and spending money resources as Seva to serve HER chosen beneficiaries as true custodian in day to day life.

Essence / lessons to follow in day to day life using this Mantra SHREEM

1. True nature of soul is **ABUNDANCE AND PROSEPRITY** and this Shreem Shakti realise this true nature within Saadhaka.
2. Need to work on inner belief system and on sub consciousness mind to overcome negativity to experience abundance. Incorrect thinking patterns would have created negative belief system and only change in the inner world can bring change in outer world.
3. Strong faith in HER that she takes care of our needs. Keep talking to HER expressing needs.
4. Stable mind and intellect towards the Goal seeking by considering Maa as partner in this path.
5. Sadhaka is custodian of physical body gifted by Divine Mother. So need to take care of body in good condition.
6. Physical body is temple in which Siva Shakti resides and hence to be more careful and cautious.

SECOND ROUND

|| HREEM...(these Beejaksharas of the mantra are kept secret)..... SIVAAYANAMA ||

HREEM (ह्रीं) Beejakshara : Sadhguru Thirumoolar ji spells out the importance of HREEM shakti in Verse No 1331 in Thirumandiram as mentioned below;

1331: Seek Hrim Sakti; the Rulers Will Be With You

Meditate on Her, who all blessings are;

The earthly rulers will with you be

Those against you will flourish not;

Praise Her who the Lord's Form shares.

ह्रीं is combination of ह्र (SadaShiva) + र (Sun) + ई (Kama Kala Beeja)

This beejakshari mantra is Bhuvaneswari Beeja Mantra. SHE is the ruler of all worlds. **“HREEM SARVA VIBHUTHI DAYINI ”** is the meaning as per Lord Dattatreya mala mantra which denotes all kinds of blessings shall be given to Saadhaka by chanting HREEM Shakti mantra. This is the complete beejakshari mantra for any Sadhaka to adopt to enjoy the royal life. This is also called as Maha Maya Beejakshari mantra and helps Saadhaka to overcome Maha Maya in the path of GOD realisation / realising the BRAHMAN within.

It has the effect of bestowing power of emperor to Sadhaka and take care of all kinds of relationships. It has the power of creation, sustenance and destruction having Sun power and kaama kala beeja – eem.

Hreem is the union of Siva and Shakti – union of Awareness (like Fire) and Energy (like Heat) leading to the creation / manifestation of matter or objects and also it burns desires and karmas liberating Saadhaka. Hreem is Maya Beejakshari as well covering our true self. Only through Maya Shakti's grace, one can get liberated from Maya and hence this is very important mantra for any Saadhak to practice.

Please note that the Hreem Mantra is used in each kuta of Panchadasi Mantra initiated at Level 5 of Sri Vidya which signifies the role of Siva Shakti in Jnana, Ichcha and Kriya shakti in our day to day life.

Sadhana to be practiced at Swadhistana Chakra which represents water element. It represents flexibility, energy, healing, purification and nourishing element. It is the energy centre for relationships. It deals with **inner desires and sub consciousness mind**. Very important to dissolve desires which are not supporting for the growth in material or spiritual life of human being.

By chanting Hreem, Sadhaka can get immediate results of self recognition in the external world. Can experience harmony in relationship with spouse, parents, children, business partners, friends etc., The Sadhaka can experience others supporting and getting aligned with his/her goal/objects and helps in achieving the purpose.

Hreem chanting helps Saadhak to overcome mental worries and troubles by seeking refuge in HER as baby in mother's womb.

Hreem brings awareness in the Sadhaka about his or her inner belief and suddenly gets attention to his or her own mistakes in many aspects and allows Saadhak to correct, improve in life. With this, all kinds of relationship issues gets resolved and the healing takes place automatically. Saadhaka starts adopting flexibility in his approach and this brings success, prosperity and peace in the external world.

Hreem gives experience of Royal life of getting the recognition in the external world and desires getting fulfilled with least effort since Maa Bhagavati is there to play in our consciousness and energy field by invoking this mantra.

By chanting Hreem, rulers gets attracted to Sadhak and the face of Sadhaka gets glowing. Divine Mother is called as **TANI NAYAKI** by Thirumoolar which means unique and dignified. The Sadhaka gets experience of self recognition as Unique gem and highly elevated as reputed person.

Planetary aspects : SUN is the primal energy and he is there as refuge in all the creations. HE represents Self esteem, power, authority and ego consciousness in outer world. The Hreem Shakti Sadhana bestows Saadhak King and royal life. 6th House represents aspects such as good health, healthy diet intake, active daily routine, legal cases, enemies, diseases, debts etc., With Hreem Shakti Saadhana, the Saadhak can experience harmonious relationship and the taking care of body by regular exercise due to body consciousness improvement, enemies (internal as well as external) gets eliminated. The food intake habits improves.

HREEM shakti Sadhana removes obstacles and hurdles in day to day activities of the Saadhaka since it takes away negative aspects of 8th house.

Sun represents very **ESSENCE of life** and it represents Soul / Jiva. Sun is regarded as Atmakaraka in Astrology. With the grace of Jnana showered upon Saadhaka, Lord acts from within Jiva, the daily routines are assured to be taken care by Siva Shakti inside Jiva. This belief system has to get into our sub consciousness mind and intra cellular memory, then the worry about the life issues gets dissolved immediately.

8th House represents longevity, sex, transformation, mysteries (Maya), hurdles, occult knowledge, research, bondage at the deepest level, inheritances etc., **Hreem Shakti** bestows Saadhaka massive material and spiritual changes in life to higher level and the bondage with Shiva Shakti gets deeper. The truth about **Jiva as spark of Shiva Shakti** gets experienced here with this Sadhana.

RELATIONSHIP WITH DIVINE MOTHER IS UTMOST IMPORTANT FOR SRI VIDYA SADHANA.

By chanting Hreem, Seeker gets established strong relationship with Divine Mother Raja Rajeswari, Maa Bhuvaneswari and Maa Lalithambika. Sadhaka starts getting the feeling that some divine interference is taking place in day to day Sadhana.

By chanting, all evils gets eliminated. Negative feelings about self gets reduced. Starts getting the experience of obstacles removal in Sadhana. Those Sadhaks who were finding difficult to find time in Saadhana starts getting the time made available by mother to carry out the sadhana. Here, the journey becomes smoother with great relationship established with Divine Mother.

As per Verse 2333 of Thirumandiram by our Sadhguru Shree Thirumoolar ji, all Jnana Shakti, Ichha Shakti and Kriya shakti are acts of Lord within Jiva – human soul. From this verse it is very clear Maya Shakti is playing around human life for evolution in the spiritual path.

Human life revolves around desires. Hreem Tatwa helps saadhaka to have right desire to pursue, nurture it, works for it to accomplish and gets fulfilled. Desires not good for Saadhaka gets dropped at the first instance without being nurtured by Divine mother which Saadhak should understand that it is the right thing Maa is bestowed. Never doubt Maa Mother play in Iccha Shakti - creation of desire, Jnana Shakti - knowledge and required strength to pursue desire for accomplishment and kriya shakti - actions needed to get the desire fulfilled - Maya Beeja Hreem is playing in every one life. SHE is the creator, sustenance, Destruction or completion of desires ALONE - **TANI NAYAKI. SHE IS THE PLAYER IN OUR CONSCIOUS AS LALITHAMBIKA** in driving our life around desires.

Hreem Shakti uses Pasha to control desires for the highest good of HER saadhaks. It means desires gets limited to few. By chanting Hreem and establishing this mantra in this energy centre, the shift his/her focus on inner journey starts looking for truth. The spiritual seekers can hook in the belief of presence of Maa inside much better than earlier in this path of Sadhana.

Sadhaka should worship here silently with flowers offering to the feet of Maa – Tani nayaki. Tani Nayaki identifies Sadhaka as unique Sadhaka seeking the truth and recognition by Divine Mother in extending HER support to Sadhak can be experienced here. The unique relationship with Divine mother gets established here.

Essence / lessons to follow in day to day life using this Mantra HREEM

1. True nature of Soul / Jiva is **PURE as spark of Shiva Shakti**. This Saadhana brings purity in thoughts, action and expression.
2. Seek Strongest relationship with **DIVINE MOTHER** inside.
3. **LET GO** desires which are not getting manifested unless it is crucial for Saadhaka.
4. Be aware of HREEM shakti in every desire. Express gratitude to HREEM shakti in handling the desires which are life drivers in day to day life.

THIRD ROUND

|| AIM.....(these Beejaksharas of the mantra are kept secret)SIVAAYANAMA ||

AIM (ऐं) Beejakshara : Sadhguru Thirumoolar ji spells out the importance of AIM shakti in Verse No 1338 in Thirumandiram as mentioned below;

AIM Beejakshara :

1338: You Will Master All Learning

Chant Aim mantra unceasing

All blessings shall follow;

You shall gain the understanding

That is beyond words and meaning of words;

With the blessing of Her, who is Queen of learning,

You shall a master of all Learning be;

No more enemies for you, here below

The letter A and I (अ plus ई) results in ऐ . Here अ matrika means pure consciousness of Shiva (shiva beejakshara) combined with Iccha shakti matrika ई raises **Jnana Shakti Matrika** ऐ. From Spanda or pulsation of Iccha Shakti (not clear what to create at that time) Jnana shakti is created with crystal clear of idea what to create. This ऐ with anusvara M gives to ऐं. The universe is created with the awareness of Shiva with his Iccha Shakti. This ऐं is the result of combination of **Awareness (अ) + Iccha shakti (ई) (Pure Intention)**. Since creation happens with awareness, the letter ऐं termed as

WISDOM Beejakshara. As our Sadhguru Siva Premanada Guru ji always emphasis that Awareness and Intention plays important role for manifestation more than anything else. Further, it is revealed by Navakkari Mantra as well that it is important for Sadhaka to have pure intention and awareness to have right wisdom for taking any action.

AIM is the **primal manifested sound form. SHE is in the form of NADA, sound or vibrations.** AIM has shakti beeja of EEM in it which is primal sound of Shakti. Durga Sapta Shathi – siddha kunjika stotra reveals the meaning of AIM as **“AIM Kara Shrushti Rupaaya ”.** It means this is all manifested forms in the world including human beings, planets, stars, animals, things etc., **AIM represents that Divine Mother is the only existence in all forms – I AM THAT DEVI (I am brahmasmi) and there is no two here but only one.**

“AIM VAK PRADAYINI” is the decoded meaning in Dattatreya Mala Mantra which clearly express the Vageswari role in blessing Vak Siddhi to Saadhaka. **VAK or word manifestation has 4 fous stages – Para, Pashyanthi, Madhyama and Vaikhari. In the state of Para, Shakti is in the initial stage of manifestation. From Bindu, Nada originates as Para Shakti and this is AIM Shakti which is in Sound form – Nada form manifested in everything and in everyone.**

PARA VAK is BRAHMAN and unmanifested speech and AIM is a transcendental state of meditation. Thoughts bubble up from Para in the depths of the mind (PARA VAK) come to conscious awareness (PAshyanthi), and burst forth as speech (VAikhari).

In Lalitha Sahsrnama, SHE is referred as PARA (366th word) and Prathyak Citi Rupa (367th word) which reveals that SHE is in unmanifested sound form and is inner consciousness. Inner consciousness is considered as the supreme level of consciousness. **Life energy interacts with consciousness internally, paving way for higher level of consciousness.** Looking within means, the process of interaction between life energy or prana with consciousness or cit.

This is the true wisdom which Vaageswari blesses the Saadhaka for worshipping her. SHE has manifested already in our body, mind and soul and we just need to LET GO and allow Divine WILL to play in us as Maa Lalithambika.

AIM is the seed mantra of Sarasvati, the Goddess of knowledge, wisdom, speech, learning, art, expression and communication, courage, confidence, motivation, will power etc., AIM is the word that is seen and represents FIRE Tattwa. Fire represents awareness. Awareness AIM helps to focus the mind, increases the concentration power and awakens higher intelligence.

AIM is the life force itself and this shakti resides in every life forms Divine has manifested in the Universe.

This Navakkari Mantra AIM to be chanted at the Manipura Chakra It is the Pranic energy centre. All the Pranas connected here and is the central life force and central energy for humans in this region. Manipura Chakra represents FIRE element and helps in digestion and

also helps in burning Sins, negative emotions and negative energies by brining awareness into this chakra carrying out the AIM Saadhana.

Vak Siddhi is possible by invoking AIM Shakti with the blessings of Vaageswari. VAK Siddhi means power of Speech. The Saadhana helps to acquire learning in all fields of life. The communication skills and personality development helps Saadhaka to achieve all kinds of success in life. This life force mantra enables Saadhaka to execute work more efficiently with least effort with the grace of Maa. Smooth flow of work and support from universe helps to reach materialistic goals. Can be good orator and attract persons.

Saadhaka understands learn skills beyond and meaning of words and becomes master in the subject with HER mantra AIM chanting. Jnana Shakti Maa Vaageswari bestows Saadhka to be aware of words, its implications and inner meaning as well.

With the grace of Maa Vageswari, all inner enemies and outer enemies vanishes and establish strength and courage in life. Self confidence, perseverance and will power helps Saadhaka to get successful in execution of all endeavours.

This brings **transformation in life and passion** towards day to day activities. SHE is the cause of all and one who knows this truth, nothing can trouble since Saadhaka will be revealed the truth of HER existence in all the actions.

Saadhak should be aware that SHE is the doer and allow HER to play in consciousness, actions , thoughts and expressions. SHE does function flawlessly with perfection if beings do not interfere with Ego consciousness. Here, **Let Go individual Ego will** and allow **HER WILL** to play in life.

Planetary aspects : Planet Venus and position of 5th and 9th house in Astrology

Passion, ambition fulfilment, success, free flow of life with divine connectivity, confidence, transformation in life and all kinds of material benefits one can get from Planet Venus affecting 5th and 9th house. 5th house represents passion and aspect the 11th house – desires fulfilment. Iccha shakti and Jnana Shakti along with **Kriya Shakti** can accomplish desires fulfilment. Venus posited in 5th House represents passion aspect the 11th house to fulfil the desires easily.

AIM Shakti bestows Saaadhaka best opportunity to follow his/her **passions** so that his/her career will be successful with growth and abundance. **9th House represents Father, Guru /Master /Teacher and rituals. Vageswari bestows Saadhak intuition power guiding him/her every moment, teaching lessons of life helping Swa Adhyaya and involved in rituals so that most of negative karmas or vibrations gets dissolved with least effort. Vaageswari acts like Guru here and guides Sadhak in every action.**

AIM Shakti is **Queen of Jiva and SHE is Vageswari**. SHE is in the form of Saraswathi and takes control of expression. Saadhaka need to allow things to happen as per **HER WILL**. SHE being the life force plays

with Saadhaka passionately and brings huge transformation in actions. SHE is the **PRIMAL CAUSE of ALL**. All the wisdom of Scriptures, Vedas, Agamas starts revealing to Saadhaka beyond words and meanings through experience which cannot be explained.

The evolution process for any Individual soul is to transform from animal being to human being to Divine being in terms of quality of thinking, expression and actions. This AIM Shakti gifts Saadhak to transform from doer being to witness being by allowing the Divinity to play within every moment for the highest good of himself/herself.

This is the place of sacrifice where in all the negative thoughts, karmas should be offered to VAK devi to burn as **YAGNA or Sacrifice**. This is continuous process of Swa Adhyaya, bringing the awareness (super consciousness) to dissolve lower vibrations unmanifested so that KARMA gets dissolved before manifestation. For this to happen, YOGA and YAGNA has to be there always. YOGA means oneness with Divine Mother inside you and Yagna – offering the negative karmas with awareness. AIM chanting does this sacrifice or burning negative thoughts/vibrations/ karmas.

Saadhaka should always remember, believe and accept that he/she is spark of Shiva Shakti, powerful being and can bring transformation with HER play of consciousness and energy from within. This mantra chanting brings awareness of the fact that SHE is the doer not only in external world but as well in inner world.

AIM is manifested in all beings as life force and this is ATMA Shakti which is the basis of existence. SHE plays tune of music and with Nada or vibrations in the human being. Saadhaka by allowing HER Nada to play, can witness destruction of Sins, enemies and achieve the purpose of life. SHE is the DHARMA charini and helps Saadhaka to discharge his/her duties as per his/her capability.

Saadhaka starts getting the **power of action** by chanting AIM Shakti mantra. The Saadhaka can get **experience of being spark of Shiva Shakti by witnessing** Maa AIM Shakti taking control of activities and actions bringing miracles into the life. By invoking AIM Shakti, impossible tasks gets possible with HER shakti.

AIM is manifested in each every matter, energy and waves everywhere and in everything in this Universe. This is so evident that we can feel her taking care of needs of HER children so well by taking care of heart beat rhythm, digestion, cell generation/sustenance/destruction, prana movement etc., in a very systematic manner. With this, it is very clear that Maa Bhagavati as AIM Shakti is only doer and Jiva is witnessing the actions of mother. This awareness will bring massive changes in perception of Saadhaka in understanding the life – Swa Adhyaya, one of the pillars of Spiritual life.

Essence / lessons to follow in day to day life using this Mantra AIM

1. Be aware at all moments that I am not the doer but Maa in me is the real doer.

2. Individual **SOUL** is powerful being and power is its nature. Can manifest with awareness and intentions (AIM meaning). AIM means manifestation.
3. Follow the Gut feeling – intuitions and passions in life irrespective of what others say.
4. Have Patience and allow Maa AIM Shakti to play completely in life with full confidence and faith in HER role in life.

FOURTH ROUND

|| GAUM..... (these Beejaksharas of mantra are kept secret)SIVAAYANAMA ||

GAUM Beejakshara : Sadhguru Thirumoolar ji spells out the importance of GAUM shakti in Verse No 1341 and 1391 in Thirumandiram as mentioned below;

1341: Supreme Powers Conferred on the Gaum Sakti Sadhaka

He alone speaks,
And what he speaks is the final word;
He alone can speak
What he thinks is the right;
He who meditates on Her,
Who witnesses the Dance of Siva,
Is verily the Master of all around.

1391: Gaum (Tattva Nayaki) Sakti is Seated in Heart Center (Anahatha)

That Sakti you visioned in Heart's lotus
This (Gaum) the Queen of Tattvas all,
This day, She, in my thoughts, is sweet seated
That my life's enemy--Death--destroyed be.

As per Sadhguru Thirumoolar the Saadhaka gets Supreme powers and will have complete protection from all enemies. He alone can speak and will be the final word.

GAUM Shakti is also represented as Tattva Nayaki and it means she is the ruler of all 36 Tattvas. The greatest fear of death also gets destroyed with GAUM Chanting. GAUM Shakti represents highest level of thinking and is with Shiva to help JIVA to raise the level of consciousness and awareness with this Saadhana.

GAUM Shakti is combination of ॐ (Fire Element – Pancha Maha Bhuta) + ॐ (KRIYA SHAKTI – express outward) and it means that this Beejakshara not only assures that Divine Mother takes care of actions but also protects by Fire surrounding him/her. It is Creative Power and Intelligent power. High level of Intellect / Thinker resides here.

Here, the Saadhaka will have **power of Intelligence** since Mercury planet gets fully activated and all the mercury Doshas gets dissolved and Saadhaka gets blessings from Mercury. Mercury represents Intelligence / Intellect / Bhuddhi in our life. By doing this Navakkari Saadhana, mind of Saadhaka gets aligned with Bhuddhi. **The whole process of spiritual evolution of Saadhaka is to upgrade from Tamasik to Rajasik to Saatvik Guna and finally reach Gunathitha (beyond Guna, not affected by Gunas).** This process of evolution is not possible without right intellect in place. For this, **GAUM Shakti** helps Saadhakas to identify defects in existing belief system, supports to overcome wrong belief system and adopts right belief system. Belief System again depends on Prakruti of Saadhaka -Saatvik or Rajasik or Tamasik Guna. These qualities are difficult to modify smoothly without intervention of Divine Mother. By carrying out the GAUM Navakkari Saadhana, Saadhaka starts noticing changes in his/her Prakruti and there by stabilizes strong positive belief system which gives rise to right thinking attitude. Right thinking attitude helps Saadhaks to take right actions and express as per divine will. Here, GAUM Shakti acts like **advisor or Minister in guiding Saadhaka to express in right manner in the outer world. Hence, Sadhguru says He Can only Speak since supported by Divine Mother with highest mercury power of Intelligence.**

It is very important to note that any person can take right action if mind (Manas) is in sync with Intellect (Bhuddhi). Antha Karana of Manas, Bhuddhi, Chitta and Aham Kara (Individual identity) has to be synced with each other and should be aligned for any **good creation in life** to happen. Normally, **mind throws options and tend to select one which is comfortable and easier.** Ex : Mind tends to sleep extra hour instead of getting up at 5 AM for Saadhana or physical exercise or any activity for growth of saadhaka. Bhuddhi knows one has to get up early but mind tends to select other way.

This Sync will happen automatically with more awareness due to intervention of Divine Mother GAUM Shakti in all activities like selection of food, drink, sleep, taking care of body, emotions, compassion, love etc., Hence, it is very important for Saadhanka **to live intelligently** using Bhuddi all the time and not just following the tendencies in selecting the options given by mind. Here, Saadhaka has to **evolve from animal instincts to human thinking and then from human thinking to Divine thinking.**

GAUM Navakkari to be chanted at Anahata Chakra and it represents 4th house and 10th house in horoscope. The 4th house represents Mother, Residence, House, Vehicles etc., **GAUM Shakti as Divine Mother** keeps protecting Saadhaka at all moments. **This is the house of JIVA as well.** JIVA being witness resides here and Siva holds this Jiva as Supreme Thinker and plans everything for saadhaka to experience unfolded events. Hence this is **place of residence (4th house) and place of Karma (10th House) experiencing the karmic events in life.**

GAUM Shakti protects, guides and supports in all actions, thoughts and expressions. Hence, Sadhguru Thirumoolar ji declares Saadhaka who meditates on her can become Master of all around.

Essence / lessons to follow in day to day life using this Mantra GAUM

1. Saadhaka should feel GAUM Shakti in every moment that GAUM SHAKTI at all levels of existence, protecting, guiding, helping and supporting Saadhaka in every action, thought and expressions.
2. Creative thinking is possible with HER presence.
3. Awareness of thoughts and correction in belief system has to be worked out as part of Swa Adhyaya.
4. Syncing of mind with Intellect – living intelligently should be the order of life.
5. Praying mother to intervene and correct the inner Prakruti acquired over several lives to raise it from Tamasik to Rajasik to Saatvik.
6. Observe, assess and experience events if there is need to overcome any weakness and pray GAUM Shakti to intervene to overcome in that particular aspect.
7. By practicing meditation on GAUM Shakti, Saadhaka should aim at increasing the level of awareness and consciousness to highest level and understand the Tattvas affecting in the role of his/her life.

FIFTH ROUND

|| KREEM.....(these Beejaksharas of the mantra are kept secret).....SIVAAYANAMA ||

KREEM Beejakshara : Sadhguru Thirumoolar ji spells out the importance of KREEM shakti in Verse No 1348 and 1401 in Thirumandiram as mentioned below;

Sadhguru Thirumoolar mentions Kreem Shakti as Para Shakti

1348: Ignorance Dies by Worship of Krim Sakti

Those who meditate on Her
Glow in fame in directions all;
They experience not the evils of searing Karma;
Their inner light spreads far and wide;
Their egotiy perished,
The light of differentiated knowledge
Forever snuffed out.

1401: Effect of Worshipping Krim Sakti

This Sakti, there, as She stands constant

Anima, Mahima, and the rest of Occult powers arise;

The Pasas that bind the ancient Jiva are sundered;

And the unitive Light of Jnana dawns

In those who realize Her.

KREEM Beejakshara from the above verses it is very clear that Saadhaka get to know that he/she is not the body, mind and intellect but exists beyond these. Malas or impurities or ignorances starts dissolving and the power of discrimination gets activated. With the fire of knowledge/wisdom Saadhaka purifies himself and gets freedom from all bondages / Karmas and glow in fame.

KREEM Shakti also termed as Para Shakti by Sadhguru Thirumoolar which indicates that the Saadhaka starts to look at the world more from intuitive power of occult and realise that the true essence of life which is not visible or beyond Apra.

Kreem Beejakshara represents Maha Kali. By worshipping Mahakali, Saadhaka gets purified by giving up all lower vibrations, energies, negative thinking, emotions etc., This is the place of purification of Tattwas. KREEM Shakti filters good aspects of Saadhaka and removes all unwanted vibrations or impurities present in the mind.

Kreem Shakti helps Saadhaka to have vision or purpose of life. Every human's basic purpose of life is to realise the truth / SELF. For this, one should have power of discriminating SELF from body, mind, intellect, prana etc., and this discriminating power or WISDOM will be bestowed by Mother KREEM Shakti.

KREEM Shakti Saadhana helps to experience existence beyond mind and body. Once Saadhaka is aware that HE/SHE is not gross body. The attachments with respect to gross body gets dissolved and the suffering arising out of this ignorance gets disappeared. Similarly, the power of discrimination helps Saadhaka to experience existence beyond mind, subtler body carrying memory impressions. When clarity of vision of SELF discrimination from other mortal bodies is felt, the karmas associated with gross body and subtler body melts.

KREEM Shakti Saaddhana helps to reach stage of freedom, free from all bondages with the help of Divine Mother KREEM Shakti blessing Saadhaka to experience SELF different from physical body, mind & its attributes and karmas. Saadhaka gets freedom from the PASA or Desire after realising his/her true nature of existence.

KREEM shakti restores **Peace** by blessing Saadhaka revealing that the SELF is not the mind and to focus on awareness within dropping all the thoughts and worries. Peace is the state of thoughtless mind.

KREEM Shakti is Kaali Shakti – beyond time. It means with the stillness of mind and in the presence of mind at the present moment, the power of NOW (present moment) reveals the Saadhaka that he/she exists beyond time. Existed before and will be existing even after death of body, mind change etc.,

KREEM Shakti Saadhana bestows Saadhaka to overcome the evil effects of moon and empowers positive aspects of moon. **Moon represents mind** and hence this Saadhana helps and supports Saadhaka in **contemplation. The clear discriminating one's mind from true identity of SELF (awareness), many karmas melts and many bondages gets removed.**

KREEM Shakti Saadhana helps Saadhaka to get powers of **3rd and 11th house in Horoscope. 3rd house represents communication 11th house represents desires fulfilment and friends.** KREEM Shakti filters impurities and bestows **purification of Tattwas**. With this, Saadhaka will be able to communicate with the external word with **pure intention (ई)** Kama kala shakti and fulfils the purpose of not only his/her life but also **Divine WILL / Purpose**.

Kreem Shakti helps Saadhaka to filter out **good association (SATSANG)**, another pillar of Spiritual Success from other associations and hence helps Saadhaka to focus on the journey of Self Realisation / God Realisation.

Essence / lessons to follow in day to day life using this Mantra KREEM

1. Contemplating SELF Identity beyond gross form (physical body), subtler forms (mind and intellect) and feeling presence beyond these limitations in every day life. (Swa Adhyaya).
2. SATSANG – associating as much as possible with own SELF. Being aware of SELF and getting associated with similar thinking group of persons helps Saadhaka to grow in spiritual life.
3. Should lead the life having Pure intention with Pure mind -Nirmala Manas and Vishala Bhava (wide open compassion and feelings)

SIXTH ROUND

|| HAUM(these bijaksharas of the mantra are kept secret)SIVAAYANAMA ||

HAUM beejakshara : Sadhguru Thirumoolar ji spells out the importance of HAUM shakti in Verse No 1350 and 1351 in Thirumandiram as mentioned below;

Sadhguru Thirumoolar mentions HAUM Shakti as Sadhasiva Shakti

1350: Sadasiva Sakti (Haum) Immanent in All

She (Haum) is the Sadasiva Sakti

She is the light behind the Adho-mukha

(Downward looking face of Lord-Maya;)

She is the One emanating, taste, sight, feel, sound and smell;

She that is immanent in lives all.

1351: Immanence of (Haum) Sakti Further Elaborated

Within Herself She is,

Without, in all World She is,

Within me She is,

Filling it entire

Within earth, water, fire, wind and sky She is;

Within the eye, within the body too

May you behold Her.

Sadhguru Thirumoolar ji explains HAUM Shakti as Sadashiva Shakti in all five elements (Pancha Maha Bhuta) filled everywhere and in everything and that Shakti holds Saadhaka as well. Further, downward looking face of Maya, the Dakshina Murthy form is explained to visualise at Ajna Chakra to meditate on this Sadashiva Shakti to experience Sadashiva Shakti.

HAUM Shakti Beejakshara is Shiva Beejakshara mantra. It means “ I AM THAT Consciousness” **ॐ Ha represents Sadashiva** – experiencing that “ I am THAT “ and feeling oneness with every one and every thing. This is the ultimate state of being aware of “I” and GOD realisation and it is the state just before merging with Shiva Shakti. Still “ I “ exists here. Feeling of “ I “ exists and ego or self identity to some extent still exists.

HAUM Sadashiva Shakti is the anugraha Shakti and with HER grace alone one can realise the SHIVA SHAKTI within. The JIVA and Shiva is concealed with power of Tirodhana, another power of Iswari (Lalithambika), the Saadhak cannot get the experience of oneness with Shiva Shakti unless grace is showered upon on Saadhaka. This Mantra is chanted with humble and as true seeker, Shiva Shakti reveals itself from within to express HER presence which is the purpose of whole Spiritual practice.

HAUM Shakti should be meditated upon Sadhashiva Shakti at **Ajna chakra**. One may wonder why **Saturn planet** is considered by Sadhguru Thirumoolar ji to seek help for meditation at this chakra. Saturn represents **discipline, judge, meticulous, research oriented, alert and strict follower of rules and regulations**. If Saadhaka wants to pursue Self Realisation and God realisation, these characters are must to acquire. Dedication is must and this is the basic character of Saturn one has to acquire to get qualified to reach Sadashiva Shakti.

Further, one may wonder why 2nd and 12th house connected to Saturn for HAUM Shakti Saadhana at Ajna Chakra. Many Saadhaka will get obvious doubt how 2nd house representing money, family and wealth etc., and 12th house representing expenditure, charity, losses, hospitals, Spiritual life, liberation etc., connected with Saturn. **Please note that all the earnings so called are not the real earnings of Saadhaka but these are grace of Divine mother we should accept these as Prasada** and we have been asked by Sadashiva as custodians to handle money, family (other beings) and assets to effectively, judiciously be used in the interest of DIVINE WILL and not just for self consumption. **Here, 12th house also represents SEVA which is one of the most powerful essence of spiritual life.**

IT IS VERY MUCH TRUE THAT WE HAVE CHOSEN TO BORN IN HUMAN FORM TO BE CUSTODIAN OF RESOURCES MADE AVAILABLE TO US AND SHOULD BE USED TO SERVE BEINGS ON THIS PLANET EARTH WITH LOVE AND COMPASSION.

This is very important to understand and lead the life with full awareness that what ever is available for use by our bodies is grace of Divine Mother and not our earnings, be it money, family, wealth etc., and use judiciously and properly as Seva to serve beings on this planet earth. With clear understanding of this, **KARMA YOGA** should take place.

Please note that Saturn is the KARMA KARAKA and this understanding and adopting the Karma Yoga, one can get rid of all the Karmas associated with it.

HAUM Shakti helps Saadhaka to be decisive and able to take right decisions by discerning facts and circumstances.

HAUM Shakti sadhana helps Saadhaka to not only purify Pancha Maha Buthas, Earth, water, fire, air and sky but also have control over it. Helps Saadhaka to balance, purify and control all the five elements.

HAUM Saadhana leads Saadhaka to realise the Truth and SELF REALISATION.

Essence / lessons to follow in day to day life using this Mantra HAUM

1. Keep chanting HAUM when Sadhaka receives money / wealth as Prasada and spend money/wealth as Seva to HER chosen beneficiaries.
2. Being aware of oneness with Sada Shiva and at the same time being one with other beings in essence since Sada Shiva Shakti and five elements are exists across all beings and things.
3. Adopt discipline, sincerity and dedication towards Saadhana, Seva, Satsang, Swa Adhyaya and Japa as part of life in the path of Spiritual life.
4. Be aware in every moment that the purpose of life is to know and experience the **SELF and DIVINE MOTHER WITHIN. Sadadhiva Shakti exists in us and just we need to experience this. Have strong belief and faith in this understanding.**

SEVENTH ROUND

|| AUM..... (these Beejaksharas of the mantra are kept secret)SIVAAYANAMA ||

AUM beejakshara : Sadhguru Thirumoolar ji spells out the importance of AUM shakti in Verse Nos 1356, 1406 and 1407 in Thirumandiram as mentioned below;

Sadhguru Thirumoolar mentions AUM Shakti as Amudeswari Shakti

1356: Consciousness of Time and Space Lost

Having the rising Light in the Chakra visioned

No more the harm that comes to you;

Having lost the sense of Time's beginning,

No more the spatial consciousness will be;

Having seen the Way of Her Grace,

No more the differences in power and pelf will be;

Having reached the Land of Goal

No more the forest of sorrow will be.

1406: Aum Sakti Arose as Sivayanama

The Pranava Mantra composed of letters A and U
From terrestrial sphere Muladhara arose
Ascended upward And as Sivayanama to eye appeared;
Invisible it is not to the naked eye;
Visible it rose, for us to see.

1407: Form of Amudeswari (Aum) Sakti in Moon Sphere

Thus was She seated, Amudeswari,
In the Moon Sphere of ambrosia
In cranium within;
There She was, the ambrosial milk breasted;
Her throat and hands shine unto silver and gold
In Her Hand She held the hermit's pitcher of earth made,
White-hued She is unto the ambrosia.

AUM (ॐ) Shakti is unmanifested form of energy or Potential Energy and awareness. AUM is primordial energy and cause of all creation or manifestation. AUM is the sound form first appeared during the creation or manifestation.

AUM (ॐ) combination of ॐ (Creation) + ॐ (Sustenance)+ ॐ (Destruction). AUM represents powers of Brahma, Vishnu and Maheswara hidden in this beejakshara. Another meaning of AUM is the A represents waking state, U represents dreaming state and M represents sleep state of consciousness as per Mandokya Upanishad.

AUM (ॐ) is the Pranava or Cosmic Sound of the Universe. It is the controller of life – Prana and life giver – infuse of Prana. It is the primordial sound from which the whole Universe created. AUM is the vibration which will take the Saadhaka to his/her original state of awareness – pure awareness.

AUM is the ultimate reality, Atman and Shabda Brahman (Universe is created out of this cosmic Sound).

Chanting AUM helps Saadhaka to reach the Turiya (fourth State) and able to overview three states of consiousenss and able to be fully aware of being even in sleep state of consciousness.

Lord Dattatreya Mala Mantra clearly explains the meaning of **AUM as “ Bhava Bhandha Vimochanaya ”** which means freeing one from mundane world and all sorts of bondages. Saadhaka will be able to experience true Self within in this Saadhana. Self awareness gets established firmly. The awareness of Self different from all Moha – bondages and mundane world becomes clear. The eye within gets opened – third eye gets activated and real TRUE SELF will be experienced here.

Saadhaka will be able to get the blessings of Amudeswari (one who holds **Amrita**) immortal essence. It means Saadhaka once reaches state beyond Time and Space and realises himself as immortal essence at Soul level and ever exists even before this life and will exist even after death of this physical body.

AUM as per Verse No 1406 reveals Sivaayanama to inside eye appeared to Saadhaka. It means the revelation of Sivaayanama meaning शि (Shiva – pure awareness) वा (Shakti – Energy) य (Jiva – Individual Soul) न (Malas – impurities / ignorances– Karma Mala, Mayiya Mala and Anava Mala) and म - Maya – Kanchukas – aware of limitation of time (kaala), Vidya (Knowledge, Raga (limits Iccha, desires/attachments), Kalaa (Capacity), Niyathi (limitation of space).

The Saadhaka with revelation of Sivaayanama ables to move from impurities (Na) surrounding SELF/SOUL to inner SELF – pure awareness – JIVA within (Ya) overcoming Maya (Ma) and reaching Si (Shiva) Vaa (Maa Bhagavathi). With this, one can reach the pure awareness and pure intention (Shiva and Maa Bhagavathi).

Sadhguru Thirumoolar ji reveals that by chanting AUM Shakti at the back of Ajna Chakra (at Bindu), the consciousness of Time and Space gets lost as per Verse No 1356 and this happens with the revelation of Sivaayanama to Saadhaka. Saadhaka will be able to get the experience the Maya and be aware of limitations and at the same time of his true existence.

Saadhaka experiances Voidness, nothingness and get the ambrosia flowing through nadis and the physical body gets rejuvenated and many karmas gets dissolved. Ignorances – Malas gets eliminated and realised the true essence of HIS/HER existence.

Aum Shakti Saadhana helps Saadhana to powers of Jupiter and able to get the 1st house gets strengthened as per astrology. Jupiter represents **GURU, the light within. This light within gets revealed with chanting AUM and dispels darkness which means ignorance / Malas.**

The first house represents **SELF**, Ascendant (Lagna), physical body, physical appearance, inner sense of individuality where ego resides personality, . AUM chanting helps to experience the **SELF REALISATION which helps to get rid of all kinds of Sorrows in this world and at the same time renders services and play his/her role in external world without being attached to it. This AUM shakti Saadhana keeps Saadhaka to revert back to his true SELF and return to his/her home within. The whole perception of life gets changed with this AUM shakti Sadhana with complete awareness of SELF within.**

AUM chanting helps Saadhaka to relax and return back to thought less state of mind connecting to the cosmic mind. Reduces the stress and depression level to great extent. The Saaddhaks who are undergoing mental stress and worries should chant this mantra to get align with the Universe. Any Saadhaka before starting Saadhana is suggested to chant this AUM kara to get aligned with Cosmic to start receiving the grace from ultimate reality.

Essence / lessons to follow in day to day life using this Mantra AUM

1. Seeking Guru and SELF within by chanting AUM Shakti.
2. AUM chanting connects Saadhaka to Cosmic mind and cosmic universe helps in establishing the connection with creator, Sustainer and destroyer of this Universe.
3. SELF Realisation and to overcome limitations imposed by Maya being aware of oneness with Amudeswari Shakti within.
4. Being constant aware of Immortal Jiva, True Self and being aware of mortal bodies which we carry in day to day life.

EIGHTH ROUND

|| SAUM(these Beejaksharas of the mantra are kept secret)SIVAAYANAMA ||

SAUM (सौं) beejakshara : Sadhguru Thirumoolar ji spells out the importance of SAUM shakti in Verse No 1360 and 1361 in Thirumandiram as mentioned below;

1360: Saum Sakti is Supreme Jnana

To speak of the Eternal Truth
That high above beams,
That verily is Sakti of Slender Form;
Do seek Light that is Truth of Jnana;
They who seek the Light
Will themselves unto Light be.

1361: Saum Sakti is All

She is spaces all, She filled spaces all;
She is the space beyond spaces
She created all, She preserved all,
She is universe all, and lives all.

SAUM (सौं) shakti is Para Bija Mantra or Amrita Bija Mantra. This is combination of स + औ = सौं. स is Shiva or Isware Himself. Hence Siva or pure existential truth contained in सौं beejakshara. He who knows this mantra in its essence, becomes competent for initiation leading to liberation without any sacrificial rites. This is known as niravana deeksha or initiation for final liberation, where niravana means emancipation. The

Scripture proceeds to say that the one who elucidates the proper meaning of this bija is known as Siva Himself. This bija is the Cosmic pulsation of the Lord.

OM TAT SAT as explained in Bhagavad Geetha, these three words are are threefold representations of Brahman (ultimate reality) and from this, all vedas, agamas, scriptures evolved. Thus **Sa स is Siva Himself which represents his creative aspect, pure consciousness. स or SAT is Chit Shakti** and the consort of shiva as Ananda Shakti (Svathantraya shakti) is evolved. From this, Iccha shakti, Jnana Shakti and Kriya Shakti is created in the process of universe formation or any creation. **As a result of fusion of स and औँ creation happens** with Siva's will.

This Para Bija सौँ is meant for **contemplation of Siva** who alone capable of giving **liberation from Maya** by removing all the differentiations created by Maya. The one who chants this mantra gets fully liberated and free from all bondages.

This Para Bija सौँ **is the power of Tirodhana**, concealing power or hidden power of Maa within Saadhaka and only with HER grace, the true nature and existence – Shiva Shakti from within can be experienced. Seek Shiva within सौँ **humbly with prayer to know DIVINITY from within.**

SAUM (सौँ) shakti is Maa Bala Tripura Sundari Shakti covering entire Spaces and beyond Spaces. It is said that Siva resides in SAUM.

सौँ shakti is supreme Jnana and represents “ That I AM” Letter स represents Iswara Tattwa. Lord Dattatreya Mala Mantra, सौँ meaning is given as “ Sarva Mana Kshobhini” which means controller of all minds. It means this Beejakshara mantra सौँ is controller of all minds as Iswari. SHE is the universe all and lives in all and the creator of All. It means that nothing exists without HER in this Universe.

सौँ shakti sadhana by Saadhaka with HER grace can realise DIVINE MOTHER within and can experience GOD Realisation. With this experience, the experience of SHIVOHOM and oneness with every one and everything can be experienced.

सौँ shakti sadhana takes Saadhaka beyond his/her mind and merges with HER and can experience Union with Shiva Shakti with this chanting.

सौँ Saadhana is the ultimate Saadhana to get connected with Divine Mother at Sahasrara and experience oneness with HER and can disconnect all the karmic bondages by dissolving mind in HER.

सौँ mantra is also Soul Mantra and can manifest all the qualities of pure soul like abundance, powerful, Divinity, peace, tolerance, let go, love, compassion, cooperation with other beings, judgement.

सौँ Navakkari shakti removes negative impacts of **RAHU planet** and bestows positive energy of RAHU. सौँ shakti by taking control of mind of Saadhaka, it blesses the benefits in large capacity. Saadhaka experiences desires fulfillment in life more than his requirement by chanting this mantra since all the requirements of life will be taken care by Divine mother within.

Saadhaka or seeker experiences infinite being or existence SAT, infinite wisdom CHIT and infinite bliss – ANAND by chanting this Soul Mantra.

सौँ Navakkari shakti Saadhana grants boons or VARA to Saadhaka like Kalpa Vriksha. This is due to complete control of conscious mind, sub conscious, unconscious and super conscious mind by सौँ shakti.

Essence / lessons to follow in day to day life using this Mantra AUM

1. Be aware of SOUL Mantra SAUM and connect to the Soul and its nature.
2. Feel and experience Divine Mother in every moment.

NINTH ROUND

|| KLEEM..... (these Beejaksharas of the mantra kept secret).....SIVAAYANAMA ||

Kleem (क्लीं)beejakshara : Sadhguru Thirumoolar ji spells out the importance of Kleem (क्लीं) shakti in Verse No 1377 in Thirumandiram as mentioned below;

1377: Klim Sakti Alone Grants Grace

On the head She wears the jewelled crown,
At the feet the lovely anklets,
Thus does She adorn Herself;
Without Her is Grace none;
In the hearts of those in meekness pray
She appears as Divine Grace,
She grants Liberation
To those in devotion seek Her.

क्लीं shakti is kameswari Beejakshara and it is Shiva Shakti Mantra – Kameswara and Kameswari Mantra and chanted above Sahasrara Chakra inside two triangles (Six pointed triangles – one upward and another downward) and this is symbol of Shiva Shakti.

क्लीं shakti is beejakshara of Lalithambika / Maha Tripura Sundari contolling all states of consciousness of Saaddhaka. This is the beejakshara of Shodashi and cosmic ruler of consciousness.

Lord Datttreya Mala mentions the meaning of Kleem as " Jaga Thraya Vashikaranaaya". It means **क्लीं shakti blesses the Saadhaka with HER grace to get the control over all three States of consciousness – waking state, dreaming state and sleeping state of consciousness.** Saadhaka starts getting experience of subtler body along with senses apart from physical body and fully aware of dreams and further will get into sleep state of consciousness being fully aware of that state of resting mind and body.

Saadhaka can experience different worlds in dreams and may wonder which one is real. All the experiances are subject to change and only seeker/witness remains same at all three states of consciousness. This truth reveals the true nature of being and removes many ignorances and bondages carrying. Example – once Saadhaka starts getting experience of Subtler body and its senses different from physical body and senses, Saadhaka can easily conclude that he is not the mere physical body. When Saadhaka is able to be fully aware of being existing at deep sleep consciousness, he can conclude that he/she is not limited to mind and he/she is beyond mind which is at complete rest during deep sleep. This revelation helps Saadhaka to enquire much into the details of who am I.

Saadhaka will be able to reach Turiya State and be aware of all three states of consciousness.

क्लीं shakti represents Ketu – it helps Saadhaka to overcome all failures and misfortunes and at the same time able to sail through all sorts of difficulties. Saadhaka will be able to fulfil the desires at ease and with the grace of Maa Kleem.

क्लीं shakti alone can grant grace to Saadhaka. Without grace, one cannot realise GOD within or experience GOD Realisation. This Saadhana helps to receive grace from Divine Mother.

क्लीं sadhana by Seeker with full devotion takes refuge in HER, grace will flow to him and the desires of Seeker gets fulfilled and will be ready to merge with Shiva Shakti.

Essence / lessons to follow in day to day life using this Mantra Kleem

1. Express gratitude for whatever Divine Mother provided to us including the gratitude to physical body, mind, intellect, position etc.,
2. Only with this Sadhana, Saadhaka can experience **HER grace. Without grace, GOD realisation cannot be experienced.**
3. Practice awareness just before sleep and immediately after waking up from sleep. Start experiencing and the gap between helps to catch the essence of life.

CHANT SIVAAYANAMA AT THE END OF EACH ROUND

This chanting helps to balance various shaktis invoked during the Saadhana and leads Saadhana from mundane world to JIVA inside and move towards pure awareness – Shiva consciousness. This is very important to chant for Navakkari Saadhana to be fully effective and meaning.

Any mistakes in this article or writings is due to my ignorance and request Sadhguru Siva Premananda ji to forgive. Offering humble and sincere gratitude to Divine Mother Lalithambika, Sadhguru Thirumoolar and Sadhguru Siva Premananda ji. || **OM MOOLANJI NAMAHA OM** ||

Surrendering this article to **Sadhguru Siva Premananda ji** and seek forgiveness for any mistake or wrong expressions made in this article. The revelations is mere love and grace of Guru and Guru Parampara. Any mistakes or flaws herein are due to my ignorance or EGO consciousness. Requesting Siva Premananda Guru ji to correct and rectify the flaws herein and help students for upliftment from human consciousness to Divine consciousness under your guidance and blessings.

|| **KOTI KOTI PRANAMS TO SADHGURU SIVA PREMANADA GURU JI** ||

Sivayanama Om

Sivayanama Om

Sivayanama Om

Namasivaaya

|| **Om Aim Hreem Shreem Shree Matre Namaha** ||

|| **Om Moolanji Namaha Om** ||

|| **OM TAT SAT** ||

|| **SHIVOHUM** ||