Srividya Sadhana Questions
Answered by
Sadguru Sri Sivapremanandaji

http://www.srvidyasadhana.com
© Copyright 2016 Mulavarg Self-Realization Centre

The author and publisher respectfully acknowledge that this book is copyrighted. No part of this publication may be reproduced in any form by Photostat, microfilm, xerography, or any other means which are known or to be invented or incorporated into any information retrieval system, electronic or manual without the written permission of the copyright holder.

Mulavarg Self-Realization Centre

Email: prem999ananda@gmail.com

Mobile: 09742118385 (Mr.Soham)

http://www.srividyasadhana.com
Dedication

In humility we offer this dedication to Mahasiddhar Sadguru Sri Thirumoolaji, Who initiated Sri Sivapremanandaji into the secrets of srividya sadhana
## Contents

1. Srividya Sadhana 5
2. Das Mahavidya 13
3. Deeksha 18
4. Mantra 23
5. Guru & Disciple 33
6. Kundalini 41
7. Srichakra & Navavarana puja 45
8. Mudra 55
9. Darshan of Divine Mother 60
10. Recommended books 64

Author 67
She is the Beginning, She is the Beginningless,
She is the Cause, She is the Causeless
She is the Light, She is the Not-light
She is the Bliss that is Beauty Divine,
She is the Mother Supreme, She is Samadhi, the transcendental End
She is Manonmani, the Jewel of the Inmost Mind
She in my sentience entered, And in my heart abided.
Tirumantiram 1114
Om Mulanji

What is Srividya? Who is the deity of Srividya? What is the ultimate realization of Srividya?

Srividya is the *experimental knowledge* of the goddess Sri LalithaTripura Sundari that leads to divine or absolute truth. Srividya is meant for the *self-realization which leads to absolute bliss*. The Ultimate realization of Srividya is that “your own SELF is Tripura Sundari.” This knowledge happens to you through Self-Realization by practicing srividya meditation.

What are the different Schools of Srividya?
There are three different schools of Srividya Sadhana called Samaya Mat, Kaula Mat and Mishra Mat. *Samaya Mat* is the ancient form of worship. Vedic in origin, it believes in sacrifice and penance. *Kaula Mat* is the path of heroes who can face challenges and remain balanced while enjoying yoga and bhoga(sensual enjoyment). *Kaula* is an evolved being who dwells in non-dual consciousness and a constant state of awareness. His *Madya* (liquor) is Amrita (some) dripping from soma chakra. To him *Mansa* (meat) is his anger, greed, and attachment. *Matsya* (fish) is taste, egoity, pride, avarice. *Mudra* (money) is hope, seeking, anxiety, fear, jealousy, shyness, envy. *Maithuna* (sexual communion) is the union of kundalini with Shiva. This is the real Panch Makar Sadhana of a Kaul. *Mishra mat*, mixed path, combines yoga, tapa and mantra. According to this school the intoxication that comes by knowledge is liquor, the inner silence that comes by sadhana is meat, the stopping of the constant floating in the Ganga and Yamuna (Ida and Pingala) is eating the fish and self-knowledge is *mudra* (money) and the union of Siva and Shakti is *Maithuna* (sexual communion).

Which school of srividya is taught by you?
The teachings presented by us belongs to the *Mishra Mat*.

What are the benefits of Srividya Sadhana?
- A healthy body that is in a constant rejuvenative mode

[www.sridayasadhana.com](http://www.sridayasadhana.com)
• A mind that is inspired, guided and powerful
• Attract Wealth, fame, respect, power, and prosperity
• Supercharge your energy level
• Manifest your sacred purpose as human and evolve
• Manifest your dreams into reality
• Learn to detach and free yourself from negative feelings and emotions
• Draw and feel divine that is divine love near to you
• Cultivate inner silence and bliss
• Find out just what true satisfaction is
• Learn to trust yourself
• Access answers from your higher self
• Clear away karma by clearing chakra system
• Take control of your life
• Awaken psychic abilities

How many Srividya Levels are taught in your program? What should be the gap in-between each level of srividya sadhana?
The core practices of Srividya Sadhana are taught in 7 graduated steps/levels. All the practices are meditative in nature and are not outward Puja rituals. Each level should be practiced regularly for minimum 6 -8 weeks before going to the next level. Following are the different srividya levels with required eligibility:

**Srividya Level 1 – Kundalini Chakra Sadhana**
Eligibility: Willingness and open mind

**Srividya Level 2 – Thirumoolar Navakkari Chakra Sadhana**
Eligibility: level 1

**Srividya Level 3 – Thirumoolar Navakkari Chakra Pranayama**
Eligibility: level 2

www.srvidyasadhana.com
Can you please explain why srividya sadhana is offered in 7 levels and how each level of srividya sadhana is helpful to sadhaka?

I’ll explain in brief about inner mechanism of each level and their importance in the spiritual progress of a student:

**Srividya level-1**: helps student to balance his chakras and make them function with maximum capacity so that he can receive divine mother’s energy and transform his life.

**Srividya level-2 & 3**: invokes Navakkari Shakti into the student's soul which are nine powers that control this universe in different aspects and dimensions (these are the same powers that we worship as dasmahavidya shaktis) to overcome any negative effects of planets, Horoscope, Past life curses, Ancestor problems etc.

**Srividya level-4**: first 3 levels cleanses and prepares student energy body, astral body, mental body, and causal body to receive srividya mantra in seed form called Bala Tripura Sundari mantra. This level-4
Om Mulanji

sadhana is like sowing a divine mother vibration, i.e. seed in the student’s soul so that he can grow into divine mother consciousness with regular sadhana.

**Srividya level-5:** Panchadaai is expanded form of bala tripur sundari mantra. This mantra balances ida, pingala and sushmna and removes all 3 granthis, cleanses all karmic impressions by raising kundalini upto sahasrara chakra. This level-5 sadhana prepares sadhaka to become one with Divine mother. Regular practice of level-5 awakens self-awareness or Witness consciousness in sadhaka i.e. stage of self Realization.

**Srividya level-6:** Shodasi Mantra further raises kundalini above sahasrara chakra about half to one feet and merges completely with Universal divine Self/Soul. Regular practice of level-6 leads to God realization i.e. experience of ultimate truth.

**Srividya level-7:** This sadhana helps to balance ground and bring universal Divine Soul consciousness into mind, body and waking state of awareness. It prepares a normal sadhaka to siddhahood.

**Why you decided srividya sadhana to be taught Online/Distant?**

It is not my wish, but the divine mother’s intention to reach her children in this way. I started experiencing OM Samadhi after Savikalp and Nirvikalp Samadhi by the grace of Divine Mother. After that, Divine mother as Om Naad started entering my right ear and giving messages that “teach my children”. I was surprised about this experience because Divine mother asked in the same way to my Master Sivakami Omanandi to teach Sivayoga. But already I was teachings sivayoga so I didn’t understand why divine mother asking again. Then I started getting a

[www.srividyasadhana.com](http://www.srividyasadhana.com)
dream of wearing sriyantra in my finger and giving lecture on panchadasi mantra. Next day morning, I realized that the divine mother wanted me to teach srividya Sadhana that I learned directly from Sadguru Thirumoolarji during my astral travel. So I understood the divine mother's intention and started offering it online because I was working and not in a position to devote my whole time for offline teachings. I started getting srividya deeksha request from army officers who are working at borders & navy, also from different countries like USA, Canada, Germany, Finland, Japan, Nepal, & other western countries within a week after creating a website on srividya sadhana. This made me very clear that, It is the prayer of many devotees who want to learn srividya sadhana but don’t have time to attend a lengthy retreat. This is how Online srividya sadhana started by divine mother’s grace.

Is srividya sadhana learned online/distance is effective?

We have a record of students who have got self-realized through online/distance srividya sadhana. Also, there are students who received instructions from divine mother in their dream to visit our website for srividya sadhana and deeksha. It is divine mother who is working behind these teachings and nothing is impossible by the grace of the divine mother.

Can you please explain what is Samadhi? Savikalp Samadhi, Nirvikalp Samadhi and Om Samadhi?

Samadhi is the experience of ONEness with Cosmic consciousness.

In savikalp Samadhi you experience your true identity as a SOUL and not body & mind, etc. but still it is a relative state. In Nirvikalp Samadhi,
you experience all that is existed is only ONE soul, energy and consciousness. It is totally subjective state in which there is only experience but no experiencer. There is no separation between god, guru and you in this state, but only experience of all is ONE.

In Om samdhi, you experience you are Om naad which is Sound form of parabrahma. But here it is a very important factor to consider that savikalp and nirvikalp samadhis are blissful and peaceful, but om Samadhi is very joyful, pleasurable then all other Samadhis. So my Master made a criteria that until disciple don’t experience Om Samadhi he is not eligible to become a master in our Siddha Mulavarga lineage. This is because he is so content in himself that no pleasure of this world is equal to it. If you compare the experience of peak of sexual intercourse to Om Samadhi then Om Samadhi is million times more pleasurable to sexual pleasure. Many yogis and siddhas always in Om Samadhi. Om Samadhi is called as Kama Sutra of Higher consciousness that only few experience it all the time. This makes them to detach from the world and be in their blissful & pleasurable state of consciousness.

Why is srividya sadhana considered supreme amongst all the sadhanas?

Srividya sadhana removes the ignorance of the disciple by helping him realize his true identity and experience oneness with Paramataman. Other sadhanas will yield many material benefits, but not the ultimate knowledge or truth. Hence, srividya is considered as the supreme and called Brahma Vidya. Also, it is mentioned in the Lalitha shasranama stotra that “carame Janmani srividyaopasako bhavet” means “one will succeed in attaining srividya only in his final birth”. Also Srividya

www.srividyasadhana.com
sadhana is only sadhana that yields all the four goals of human life i.e. dharma, Arth, Kama, & moksha.

Where is srividya referred to in Vedic texts?

Sri Sukta from Rg veda, Aruna Upanisad in Yajurveda, Bhavanopanisad & Atharve shika in Atharva veda. Sundari Tapini Pancjakam, Ratrisukta Bhavanopanishad, Devisukta, Devyupanishad, Tripuropanishad, Saubhagya Lakshmi Upanishad, Bahvrchopanishad, Kaulopanishad, Guhyopanishad, Mahopanishad, Saraswati Rahasyopanishad, Srichakropanishad
With all created objects, their associated living things,
the Parai with ten faces looking in ten directions,
and paraparai activizing the mind and the functions of other organs,

Sakṭi is the Mistress of wisdom.

Tirumantiram 1059
What are Das Mahavidyas?

Das Mahavidya means the 10 Mahavidyas. Maha-Vidya means great knowledge. The Mahavidyas are thus ten insights covered by ten mysteries about 10 essential energies, that are also 10 goddesses. Their worship is a main path in Tantra Yoga.

For example, the first and foremost Mahavidya is Kali, which is the energy of Time. The related avidya or mystery is that Time, which is life, seems temporary. The truth or vidya is that time and life are never-ending. Death, the apparent end of life and time, is an illusion. To conquer the fear of death, worship of Kali is very effective, using the Kali mantra, yantra and an image of the goddess. However, one should never worship a Mahavidya lightly. Worship of Kali should only happen if one is ready to give up attachment to the body.

Following is an overview of these 10 wisdom goddesses, their attainment and what it means to worship them:

Name    KALI (Time)

Mahavidya    Eternity of time

Worship means To die daily, detach from body consciousness and the impermanence of all things, transforming into the eternal unborn being.

Attainment    Kumbaka, self-knowledge, samadhi.

Name    TARA (Star)

Mahavidya    The power of silence
Om Mulanji

Worship means To move across the pond of mind & emotion, guided by the savior star that is silence, the void, nada, the primordial sound.

Attainment Hearing the silence of nada (or Aum) behind all sound, inner peace.

Name TRIPUR SUNDARI (the beauty of the 3 worlds)

Mahavidya (Srividya) The beauty of pure perception

Worship means To move beyond the perception of form into the delightful union of seen and seer, the divine beauty in everything.

Attainment Witness consciousness

Name BHUVANESHWARI (queen of the universe)

Mahavidya The love of infinite space

Worship means To let the fullness of inner space merge with the cosmic womb of outer space, with the divine mother, and join the play of loving union with everything.

Attainment Universal love

Name TRIPUR BHAI RAVI (terror of the 3 worlds)

Mahavidya The fire of truth

Worship means To let the awesome power of truth destroy all impediments to spiritual growth by burning them in the fire of tapas (ascetism).

Attainment Inner light, removal of the 9 impediments of mind

Name CHINNAMASTA (chopped off head)
Om Mulanji

Mahavidya To stop mind is liberation

Worship means To liberate yourself from the desire for sensory input, cutting off the source of the movements of mind and reaching deep meditation (samadhi).

Attainment Willpower, vision, meditation, sexual abstinence, kundalini yoga, Samadhi

Name **DHUMAVATI (beholder of smoke)**

Mahavidya The blessing of suffering

Worship means To let the unreal become obscured by the smoke of suffering, revealing the hidden potential behind pain, ugliness and old age, grasping the opportunity for learning, embracing the wisdom of forgetting the past.

Attainment Enjoyment of sorrow, spiritual insight, compassion, mental health

Name **BAGLA MUKHI (power to stop speech)**

Mahavidya All opposites are one

Worship means To apply the stunning power of the truth of complimentary upon all negativity, silencing confusion and doubt.

Attainment Inner silence, stillness of asana, kumbhaka, willpower

Name **MATANGI (power of intellect)**

Mahavidya Speaking truth purifies
Om Mulanji

Worship means To speak truth, teach truth, sing of truth, paint truth, even if it makes us outcasts, even if we feel unsuited, and thus invoke its purifying power.

Attainment Creativity, harmony, mantra meditation, teaching

Name KAMLA (lotus, clad in water)

Mahavidya Sharing brings wealth

Worship means To share wealth, beauty and enjoyment in order to obey the magical law of karma, thus providing a peaceful background for spiritual growth.

Attainment Wealth, sharing, peace, devotion
Gathering the strands of my fetters,
he knotted them together and then wrenched them off.
Thus freeing me from my fond body, straight to mukti he led me.
Behold, of such holy potency is the presence of my guru divine!

Tirumantiram 1574
What is srividya deeksha or initiation?

Deeksha is a process wherein the Spiritual power or charge or Truth consciousness in the form of mantra is infused in the soul of the disciple. The guru adds the spiritual power to the mantra and gives the same to the disciple so that disciple gets the mantra with much power to awaken his kundalini and break the karmic barrier, overcome the obstacles and start his spiritual journey. If the mantra is got by upadesham then disciple will have to create that power in oneself by strenuous japa, homa, tarpana, marjana and dhyana. **Parashuram in his kalpa sutra suggest that one should get srividya deeksha without fail.**

What is the difference between deeksha and upadesam?

Upadesham is merely teaching the mantra to the disciple, but deeksha is infusing mantra power with spiritual charge of the divine in disciple soul and guiding him with spiritual practice to experience truth and liberation.

What are the different types of deekshas?

Scriptures mention 32 kinds of deekshas but three types of deekshas are given generally. They are Sakthi, Sambhavi and Mantra deeksha.

Whether srividya Deeksha can be given to someone who is widow/widower/bramachari?

All persons irrespective of caste, creed, gender and position of ashram can take up the srividya deeksha. Divine mother is unconditional love and an ocean of mercy and she will bless all equally.
**Om Mulanji**

**Why it is customary to give deeksha to couples in srividya?**

To bring harmony between the couple so that they can follow the same path, principles and practices under one guru instead of different path and approach which create lots of confusion in the family life. But if one partner not interested in this path, then alone can be initiated.

**Does receiving Deeksha result in the activation of Kundalini Shakti and opening of the Chakras of the Sadhak?**

When a Sadhak receives Deeksha, his Kundalini Shakti (the Universal Life Energy) gets activated and awakened. Signs of awakening are innumerable and can be unique to each Sadhak based on his Samskaras and his needs for further spiritual progress. However, these signs cannot and should not be categorized as indicative of specific milestones or the opening of specific Chakras.

**Does one need to receive Deeksha only once? Does it result in the continual purification of the Sadhak once he has received it? How long does it take to reach enlightenment after Deeksha?**

Deeksha needs to be received only once from a Guru who is capable of transferring of Awaken Soul Consciousness to sadhak. Once Deeksha is given, the Sadhak’s Kundalini Shakti and consciousness get awakened. Under favorable conditions the internal purification of a Sadhak takes place through diligent Sadhana and disciplined external behavior (Karma). Even if a Sadhak has bad habits and poor Karma to begin with, the awakened Kundalini Shakti will move him away from his bad habits and towards good Karma as long as he sits for Sadhana regularly and surrenders himself to the Divine Mother. In that sense it is a continuous process of purification and the Kundalini Shakti will continuously purify the Sadhak until he experientially achieves enlightenment.
Om Mulanji

What are the pre-qualifications necessary to become as srividya sadhaka?

Burning Desire for liberation, willingness, sincerity, determination, self-discipline and open-mind are necessary qualities to become a srividya sadhaka.

How do I know that SriVidya sadhana is right for me?

There are many different approaches to Yoga and meditation, so you can try any or all of them. You can also try SriVidya Sadhana and if you think it works for you, go ahead and keep following it.

What is the difference between srividya and other paths like dhyana yoga, karma yoga etc?

Srividya is the primordial (highest) Mulavidya or brahmavidya. Other paths are derivatives of srividya.

How can a common man get benefitted from this path?

Common man can attain both spiritual and materialistic goals by following this path.

Is it possible for the common man to make this a part of his busy lifestyle?

Sure, Supreme mother can be worshipped at any time, in any place without any pre-conditions

Can women practice these srividya techniques?

Yes, Lopamudra who was women practiced srividya sadhana and started teaching the well known lopamudra srividya.

Is it always necessary to have srichakra or any idol to follow this path?

www.srividyasadhana.com
Om Mulanji

There is no restriction as such. It is recommended to worship sriyantra or idol, but not mandatory and you can keep the photo of the divine mother.

Can householders follow this path?

Yes, they are the most eligible.

Every day I recite Lalitha sahasranama, trishathi and saundaryalahari. Is it enough or is there something to be added on to this sadhana?

Please continue your sadhana. Shortly divine mother will show you the guru to learn more about srividya sadhana.

We are very happy with our lives and we are also very young. Why should we bother with meditation, Sadhan and Srividya? What benefit does it have for us?

The urge to sit for Sadhan (meditation) has to come from within. No one should tell you that you should sit for Sadhan and follow Srividya, because without the internal urge Sadhan just won’t happen.

Having said that, Sadhan can be of benefit to everyone, regardless of whether you are presently successful and happy with your success, or are encountering obstacles in your day-to-day life. When you are successful and happy you will have a tendency to think that your current state will continue for ever. But as most of us are aware, our lives go through ups and downs. Even with material success most of us will encounter periods of unhappiness and stress at various points in their lives. But it is important to remember that it is our mind that becomes happy or sad, not our true self which is the Pure Consciousness. If we can become aware of the Consciousness within us, and experientially identify ourselves with it, our ability to deal with the ups and downs of life will be greatly improved. Srividya sadhana will help you experientially become aware of, and identify with, your true inner self. The sense of calm you will derive from this can help you maintain an even keel through the ups and downs in your life. In other words, Srividya sadhana can take you beyond the successes and failures of our day-to-day lives.

www.srividyasadhana.com
The five letters beginning with "Ka" are golden hued to behold

The six letters beginning with "Ha" are red-hued

The four letters beginning with "Sa" are pure white

The mantras thus grouped leads to bliss below

And to liberation above.

Tirumantiram 1307
What is the Mantra? What are srividya mantras? Why srividya mantras are considered very powerful?

Mantra is a combination of divine syllables or sounds which when chanted with devotion, faith and emotion gravitate the concerned God or Goddess or deity and secure their divine blessings. For divine help one must link with divine forces, but majority of humans are unaware of these forces and have no link whatsoever. But when an individual starts chanting Mantra related to a particular deity regularly the gap between him and the concerned divine force steadily decreases. By regular use of Mantra a subtle link is formed and through this one could then obtain any desired boon within the power of the deity.

Srividya Mantras have proved to be a wonderful key to success in the lives of hundreds of great Rishis and Yogis. According to ancient texts these Mantras were never created by anyone, rather it was obtained directly from Lord Shiva.

It is these mysterious srividya Mantras that hides within it the power to link a human to his inner bodies. Most people and scholars today associate Srividya Mantras with mental upliftment only. If used properly srividya mantra can activate all the inner bodies and also all the Chakras of the Kundalini, thus bestowing psychic and soul powers like telepathy, hypnotism, astral travelling and omniscience on an individual.

What is the Panchadasi Mantra? Please explain it?

Srividya mantra of Divine Mother Tripurasundari is known as the famous Panchadashi or fifteen syllable mantra. It has three sections (kutas), each ending with the mantra Hrim which is a mantra by itself can be used to worship Tripura Sundari or Lalita.

KA E I LA HRIM

HA SA KA HA LA HRIM

SA KA LA HRIM

The above Pachadasi Mantra is derived from the following verse,

KAMOYONIH KAMLA VAJRAPANIR
GUHA HASA MATRISHVABHRAMINDRA

www.srividyasadhana.com
Om Mulanji

PUNAR GUHA SAKALA MAYEYA CHA
PURUCHCHAIVA VISHVAMATADI VIDDYOM

KAMA (KA), YONI(AYE), KAMLAL (EEE), VAJRAPANI INDRA (LA), GUHA (HRING),
HASA VARNAS MATRISHVA-VAYU (KA), ABHRA (HA) INDRA (LA), PUNAH GUHA
HRING, SAKALA VARNAS AND MAYA HRING

There are many ways to explain this srividya mantra. Whole books have been
written on it. Below is a short examination of its syllables Relative to the first of
the three sections of the mantra:

Ka is desire or the creator.
E is Maya or the power of illusion.
I is Vishnu or the Divine ruling power.
La is the power of bliss.

Relative to the second section:
Ha is space or breath.
Sa is time.
Ka again is creation.
Ha is breath or spirit renewed in energy.
La again is bliss.

Relative to the third section:
Sa is time as eternity or totality.
Ka is origin and also the unknown.
La again is bliss.
Hrim repeated three times brings about a triple transformation of our nature.

The first set of srividya mantras is the head of the Goddess, the second from her
neck to her hips, and the third the region below the hips. The first set relates to
Vak, the power of speech the second to Kamaraja, the king of love, and the third
to the original Shakti or power of transformation. These three sections also relate
to Brahma, Vishnu and Shiva, the three Vedas (Rig, Yajur, and Sama).
What is Kadi Vidya, Hadi Vidya and Sadi vidya?

The version of srividya mantra that begins with Ka is known as kadi vidya. There is another version called Hadi Vidya that starts with Ha, which omits some letters and gives letters in a slightly different order.

HA SA KA LA HRIM

HA SA KA HA LA HRIM

SA KA LA HRIM

Kadi Vidya is ascribed to a line of teachers: Parama-Siva, Durvasa, Hayagriva and Agastya and it is more popular all over the country than the other one. Tantra-raja-tantra and Vamakesvara-tantra are its chief authorities. The Hadi vidya tradition goes back to Lopamudra, wife of Agastya, and was prevalent in Kerala. The main text on which this tradition relies is Tripuropanisat.

There is another version of the srividya mantra that starts with Sa is called Sadi vidya.

What are other deities associated with srividya sadhana?

There are many derivative deities from the Srividya. The first of them is called Bala-Tripura sundari. She is imagined as a young maiden or as a girl of Nine,
Om Mulanji

the mother goddess in her juvenile condition.

Mantra of Bala-Tripura Sundari is,

A\(\text{IM KLIM SAU}\)

Or

A\(\text{IM KLIM SAU SAU KLIM AIM}\)

The second divinity is \textit{Mantrini} (counselor to the mother-goddess). She is also called \textit{Shyamala} (dark in complexion), and \textit{Mathangi (or RajaMathangi), in her capacity to function like the gateway to Srividya}).

Goddess Raja shymala or Raja Matangi mantra takes the following form,

A\(\text{IM KLIM SAU AIM HRIM SHRIM OM}\)

OR alternatively,

H\(\text{RIM SHRIM KLIM AIM}\)

OR again
Om Mulanji

AIM HRIM SHRIM AIM KLIM SAU OM NAMO BHAGAVATI
RAJAMATANGESWARI AIM

She symbolizes the second unit of panchadasi mantra and therefore she has this formula form,

HESTRAIM HA SA KA HA LA HRIM HESTRAUH

The third divinity is *Danda-natha* (lady commander of the forces of the mother goddess, symbolizing might of srividya). She is also called *Varahi* (the hog-faced one or the great consumer) who destroys the evil forces that obstruct the devotee’s progress and leads ultimately to Srividya.

Goddess Varahi mantra is,

AIM GLOUM AIM OM NAMO BHAGAVATI VARTALI VARAHI
VARAHAMUKHI

As she represents the third unit of the panchadasi mantra, her formula form is,

HASAIM SA KA LA HRIM HASTRAUM

Another divinity associated with srividya is *Pratyangira*, whose involvement is mainly with magic and sorcery. She is considered as a powerful repellent of the
Om Mulanji

influences generated by witchcraft. In srividya sadhana, she protects the devotee against all odds, and guides him along the path.

The goddess Pratyangira mantra is,

HRIM KSHAM PRATYNGIRE KLIM HRIM KSHAM HUM PHAT SWAHA

She is represented by many forms. But has significance is uniformly to drive away the hordes of enemies, sins and evil designs.

**NOTE**

*All Srividya mantras mentioned above should be practiced under the guidance of Guru.*

What is the first mantra initiated in srividya?

According to Lalita krama and Parasurama kalpa sutra, Bala mantra should be given as first mantra. But in our Siddha Mulavarga Sampradaya we give Bala mantra at fourth level because we prepare students to cleanse their chakras, subtle bodies and other doshas using basic tantric mula mantra of srimatha and Navakkai mantra & pramayama. This prepares them to receive bala mantra which is the seed mantra of Panchdasi.
What does Mantra siddhi mean?

Mantra siddhi means the sound waves of the mantra have become a part of your inner body. We have 5 bodies – the physical body, energy body, Astral body, Mental body and Causal body. The mantra has to influence the five bodies and when it awakens the causal body then it is called Mantra Siddhi.

What are indications of Mantra Siddhi?

Mantra siddhi activates psychic powers and soul qualities. Soul qualities like Calmness and balanced attitude without getting angry or having any hatred are some of indications of mantra siddhi.

Mantra siddhi also activates psychic powers like hearing inner astral sounds i.e. veena, flute, mrdanga and om. Dreams of Guru or divine mother offering flowers & fruits, etc. Experiencing fragrances, high dimensional light like gold, violet, white in agna chakra.

What is suddha vidya, Soubagya vidya and Para vidya?

Panchadasi mantra sadhana is Suddha Vidya.

When Bala bija mantras are added to the panchadasi in the respective kutas at the beginning, it is called Soubagya Vidya. As the name suggests this mantra will bestow the sadhaka with all the riches needed throughout the life. It is given at the level-7 in our srividya Sadhana as Siva-soubhagya Sadhana.

The Para Vidya is a single lettered mantra wherein all the forms of divine mother vanish. It is the shakti or power or heart of divine mother. It is not asked by student but given by the guru only by the command of the divine mother.

What is Shodasi and Maha shodasi? Explain greatness of Mahashodasi mantra?

A Secret single bija mantra is added to the panchadasi mantra called Shodasi mantra. Whereas Mahashodasi is a mantra wherein eight bijas are added at the beginning and five bijas at the end and panchadasi is placed in-between. This is very powerful mantra. This should not be uttered outside and has to be given only
Om Mulanji

to the qualified. Scripture says if one sincerely repeats the mahasodasi mantra then it is equivalent to performing one thousand Vajapeya yagas, doing pradaksina of the whole earth, taking bath in all the holy rivers and receiving powers of the universe, planets and galaxies. This is so powerful and so it shouldn’t be given even if one is prepared to give his kingdom or one’s own head. Only qualified and by the order of divine mother given to the right disciple.

What are the various malas that are used in the mantra sadhana?

Malas made of sphatika (crystals), rudraksha, tulasi, lotus stalk, bilva can be used for japa. Each mala has particular vibrations & effect and you should learn from guru and sastras about which mala should be used for what sadhana.

Can ladies practice mantra or srividya sadhana during menstruation?

There is nothing unhealthy or impure about the menstrual period. Rather, if you understand it correctly and scientifically, then you will realize that it is the most important time for a woman when she can experience psychic awakening. During the menstrual period, the hormones that flow in the woman’s body, stimulate her emotional personality, and this can be used very easily and effectively for psychic development. So women should particularly practice mantra or srividya sadhana during menstrual period. But if this goes against her belief or creates conflict, then she shouldn’t do Sadhana. If the concept of impurity has embedded itself so deeply in her mind, it will be difficult to extricate it.

Can you please explain about the importance of lalitha shasranama chanting?

Lalitha sahasranama is very powerful spiritual practice. It is of divine origin in the praise of divine mother by Vagdevatas. It gives an idea of the divine mother and her qualities and powers. Also, it gives glimpses of divine mother manifestation and her purpose. In yogic point of you it is the sadhana of sahasrara chakra. Each name is the vibration of 1000 petaled
lotus of crown chakra, which is the true abode of divine mother Lalithambika in the human body.

Can you please explain about Lalitha trisathi?

Lalitha trisathi is expansion of panchadasi mantra. Panchadasi mantra is coded form and to understand the power of each letter you need to understand the meaning of Lalitha trisathi. Once you understand Lalitha trisathi then you will have a realization about a subtle form of divine mother that is hidden in the panchadasi mantra.

Can you please explain about Kadgamala Strotra?

Khadgamala strotra is an invocation of divine mother in her full manifestation with all srichakra khadgamala yoginis & devatas. It is a short form of srichakra nava avaran puja. It is tantric worship of the divine mother and yoginis in srichakra. It is very complete tantra sadhana and very few can get it by the grace of divine mother.

Can you explain about Durga Sapthashati?

Durga Sapthashati is very sacred shakti sadhana. By chanting durga sapthasathi under the guidance of a guru, student’s ida, pingala and sushmana nadis and kundalini gets activated. It is complete sadhana of invoking divine mother grace at all levels your existence and awakening soul consciousness.
Guru & Disciple

He taught me the meekness of Spirit,
Infused in me the light of devotion,
Granted me the Grace of His Feet;
And after interrogation holy, testing me entire,
Revealed to me the Real, the Unreal and Real-Unreal;
Of a certain is Siva-Guru Lord Himself.

Tirumantiram 1573
Who is a guru?

Guru is a tattva (principle or concept) appearing in the human form. Guru appearing in the human form plays an important role in the spiritual growth of the sadhaka. Guru empowers students with right spiritual practice, principles and even protects sincere sadhak until he discovers his truth i.e. Self-Realization.

What are the qualities of a srividya Guru?

Clarity on the subject, Compassion towards other & purity of the soul are the main qualities of the GURU.

What is Guru parampara?

Guru Parampara is an unbroken tradition starting from Lord siva/Divine Mother to the devotees immediate guru.

Can you please explain about your guru paramapara?

Our guru parampara is called Siddha Mulavarga Sampradaya.

“Mulavarg”[ Mula=Mulanji(Thirumoolar’s name) & Varg=group] means a group of students following the teachings of Sadguru Thirumoolar. Our Siddha Mulavarg Parampara Lineage is as follows:

Lord Siva ➔ Nandhi devar ➔ Siddha Thirumoolar ➔ Sivakami Om Nanandhi ➔ Sivapremananda

Can you please tell me more about Siddha Thirumoolarji?

Siddha Thirumoolarji is considered as Grand father of Siddhas and known by the name of Sundarar from the Mt. Kailas area of the Himalayas. He decided to undertake a journey to see a friend and fellow Siddha. This friend resided in the Potheya Mountains of south India. He was known as Siddha Agastyar. Nearing the end of his journey, near the village called Sathanur, he saw a
Om Mulanji

sight that deeply moved him. He noticed a herd of cows lowing miserably around the dead body of their cow herd, Mulan. This yogi who knew well… “Anbe Sivam” (God is Love), felt he should do something to alleviate the suffering of these poor creatures. Through the use of his yogic powers, he put his body in a hollow log for safe keeping and then left it to enter the body of the dead Mulan. The cows were overjoyed to see their master returning to them. He then led them back to the village. After leaving them safely at home, he returned to the old log where he had left his body. He was shocked to find that his body had disappeared. This yogi remained in the cowherd’s body and became famous for the verses he uttered when he occasionally would come out of Samadhi (contemplative absorption). In this fashion, 3000 verses were recorded, and these are now known as THIRUMANDIRAM. Now Thirumandiram is available in nine volumes which took five years for a team of scholars to translate each of its more than 3,000 verses and to write extensive commentaries about them, in nine chapters, known as tandirams. For more details please visit: http://srividyasadhana.com/buy-tirumandiram-books/

Can you explain me more about Sri Sadguru Sivakami OmAnandi?

I would like to share an article written by Sri Roger which gives more details about Sivakami Om Anandi:

Sivakami Om Anandi was born October 31, 1947 in the state of Colorado in the USA. She grew up and lived most of her life in the Pacific Northwest of the US. The last 9 years of her life were spent in relative seclusion on the island of Hawaii in the Pacific ocean. She was a strong swimmer, gifted equestrian, and accomplished dog breeder; but above all, a skilled and well read metaphysician.

Brought up in a Christian home, she was disillusioned with many aspects of the religion; among others, the lack of any special happenings or feelings when she took her 1st communion. One beautiful spring morning, as she was driving into town from her home in the countryside, she looked across the new fields of dark green wheat and acres of golden mustard flowers in bloom, and said to herself; “If there is a God, I’m looking at it!” This seemed

www.srividyasadhana.com
Om Mulanji

to be a magic formula, as within a week, she was introduced to metaphysical teachings, which she hungrily devoured. She soon realized that what she was truly passionate about was the search for truth. Eventually, she came across the writings of Paramahansa Yogananda and once she had read “The Autobiography”, there was no stopping her. She was euphoric at the realization that there was actually a way out of this mess we call life, and she set out to find it, at all costs. Her family had a fit. Even friends that should have known better, tried to tell her it wasn’t for westerners. “What nonsense”, she said. “Truth is truth, wherever one finds it!” By this time, she was on a mission. She joined Self-Realization Fellowship (YogodaSatsanga in India) and it changed her life forever.

Her first SRF weekend retreat, in 1977, was led by a Swami of the order, Brother Bhaktananda. As she knelt in front of Yogananda’s photo and offered a rose, a great flash of light passed between the Swami and herself. They didn’t talk about it, but both knew it had happened. She never forgot what happened that evening. In her bedroom, she suddenly awoke and was aware the master Yoganandaji was standing there, all aglow, even as the room was dark. He was dressed in white with a white wool shawl around his shoulders. His hair was pulled back in a knot at the back of his head, and covered in a scarlet-red ribbon. She sat up on the bed in total disbelief. He knelt in front of her, lifted his hands in front of her stomach, and drew negative karma out of her. Then he pronounced to her and was gone. This act of charity on his behalf instantly and permanently changed her. Suddenly she found she could concentrate like never before. This made meditation easy. Therefore, she meditated all the time, everywhere. She also realized he had imparted ways of doing it not given to most students. This, along with her total surrender, led her to Samadhi in just 6 weeks time.

The Samadhis she was experiencing became progressively longer and more intense, to the point she feared she might die, and this brought her to begin the struggle to take back self-control. It took a full year of effort to get back to semi-normal consciousness. When she did, she was totally grief-stricken over the loss of the intense love she had been experiencing. It was at this time that Divine Mother began asking her to “teach My children”; but she

www.srividyasadhana.com
Om Mulanji

did not know what to teach, as SRF makes it clear that you are not to pass on what they give and at that time she didn’t know any other techniques.

About 4 years later, while meditating, she received Babaji Nagaraj’s darshan, which she described as being so incredibly strong that when a friend walked in during the process, the friend almost fainted just from being near her.

In 1989, Divine Mother took her astrally to hidden caves and passages under the Himalayas where she began receiving lost meditation techniques. Some of these, she taught locally.

It was in 1991 that a fellow SRF student introduced her to the book, “Babaji and the 18 SiddhaKriya Yoga Tradition”. She read a few pages each night before sleeping. She had just read about doing the mantra, Sivayanama, with the breath, so decided to try it as she lay down to sleep. She hadn’t made it through the 1st round when a Master (in living color and fully animated) dropped into her Spiritual eye, calling her by name, telling her how happy he was to see her again, and other personal information. Then he held up his index and middle fingers, sent a brilliant light through her, and was gone. At the time, her husband came running down from the upstairs to tell her the house was full of a holy vibration. She was too drunk on bliss to react. This blissful drunken state lasted for 3 days. As she became outwardly conscious again, she began to go through the book to find out which one of the 18 Siddhas had come to her. The minute she looked upon the eyes in his picture, she knew it was Thirumoolar, her first and Sat Guru. It was Siva’s mantra that had brought him and this prompted her to research book after book about Siva, and to wear the Shiva Lingam which she later passed to Sivapremanananda. Because of her devotion to Siva, he eventually came to her in a vision, and told her that her name was “Sivakami Om Anandi.”

In the years following, Thirumoolar came to her many times, transposing the instructions for the 3DQs/sivayoga onto her mind and imploring her to put it on the internet for today’s upwardly mobile, electronics savvy population. Sivakami had never learned to use a computer, and never did, but around this time, she fell in love with and married her soul mate, and he was to
Om Mulanji

become her secretary and helper in this most important endeavor. Towards the end of her life on this earth, she made sure to set things up so that this important work could continue. On November 14th, 2011, her work on this earth came to a close as she left the body permanently. Throughout her life, Sivakami did not seek out miracles. She sought only for truth; for answers to why miraculous things happened to her spontaneously. Those answers, for the most part, came through meditation and surrender to Spirit. Sometimes they were communicated to her directly in visions or by clairaudience. Other times, she was guided to answers or clues hidden in the writings of others. She was not bound by any one religion or path, but believed truth could be found where 2 or more paths crossed.

How you came in contact with siddha Thirumoolarji and Sivakami OmAnandi? Please share your experiences.

I came in contact with Sivakami OmAnandi during my higher studies in Germany. I read Autobiography of a yogi and wanted to learn Kriya yoga so I searched in the internet for kriya yoga teacher in Germany and somehow I found sivayoga website (www.sivayoga.com). I chanted Thirumoolar’s 51 letter Siva mantra mentioned in the sivayoga website and found so much bliss & joy that I completely forget the world for a few minutes. Then I felt magnetically attracted to sivayoga teachings taught by Sivakami Omanandi. So I applied for sivayoga course and started sivayoga practices under her guidance. This is how I came in contact with my spiritual master and mother Sivakami Omanandhi. As I started meditating under her guidance, my life started changing and I started experiencing great transformation in my thoughts, energy, emotional states and behavior.

In the beginning, Sadguru Thirumoolar started guiding me in my dreams. After 3 months of Sivyoga initiation, I got a dream where Siddha Thirumoolar was writing some coded symbols around my head and those symbols started shining as a divine Siva mantra. This is my first initiation in Sivamantra by Sadguru Thirumoolarji infusing five letters of Siva mantra around my head as if they are five faces (panchamukhi) of Lord Siva. After this initiation, I started experiencing kundalini activation and deeper state of meditations for 5-10hrs daily. Then he started manifesting as golden light.
form in my third eye and once he completely came out of my third eye and gave a darshan which made me go blank and drunk in bliss for 3 days. Other times he manifested in three different bodies like young, middle and old age person. I prayed him to give darshan in the old age (father form), so that my mind can surrender to him completely and sadguru Thirumoolarji accepted my request.

**How to find and select a guru?**

The disciple with his limited knowledge and perception can’t find a guru who will be able to remove all his miseries and help him directly in the advancement of his spiritual sadhana. Actually, It is the guru who chooses disciple. Sastras say that for getting a proper Guru, one should meditate with utmost faith and devotion on his ista devata. Then by the grace of ista devata, Sri Guru will be known to him. Remember, the connection with the proper guru is really the result of good deeds done in the earlier births by the disciple.

**What is the place of a guru in the life of a Disciple?**

While guru may appear as an ordinary person, he must be perceived as the embodiment of Shiva-Shakti and not as an individual. Sastras vouchsafe that there is no difference between the Sri Guru and Parashakti. The guru is always in the heart of the disciple and clearing all the doubts arising then and there. This can be an experience of the disciple. The disciple will experience that the guru is the living personification of the divine mother.

**How should the guru be honored and respected?**

One should have the utmost respect and devotion towards his guru. Guru is living deity who has come to elevate the disciple up from the ocean of samsara. Guru’s words should be taken as the words of divine siva-shakti. Guru bhakti should be something the disciple must feel from within. Mere external expression not necessarily an indicator of one’s respect for his guru.
Who is a disciple?

Disciple is one who sincerely and faithfully follows the discipline given by the guru.

Can a disciple or seeker give upadesam or deeksha (initiation) to another?

Normally when the Guru is alive, the disciple should not give upadesam or deeksha to another person. However, when guru is unable to do so due to old age etc then one can with the prior permission of the Guru do the same.
In the nine centers within,
That Flower walked,
As nine Sakṭis were they there;
Kundalini Light through Central passage arose,
And into the Lotus in Sahasrara spread.

Tirumantiram 1143
What is the Kundalini? How Kundalini activation and srividya Sadhana are connected?

Kundalini is the power of Siva which is dormant in the muladhar chakra. Srividya mantras called panchadasi and Sodasi are the mantras of kundalini activation. Various kutas of Shodasi mantra are matched with the kundalini in the tantras:

Lower Kundalini – Vagbhava kuta- Agni mandala
Central Kundalini – Kama Kuta-Surya Mandala
Upper Kundalini -Shakit Kuta -Soma Mandala
Triya Kundalini- Turiya Kuta-Para Mandala

Bhaskararaya in his “setubandha” refers to five forms of kundalini:
1. Shakti Kundalini: it is in the form of serpent and dormant.
2. Prana Kundalini: In the form of life force in the form of hissing snake
3. Para Kundalini: It is a subtle or light form of Prana kundalini
5. Adhah (lower) Kundalini: It is in the compressed form of kundalini stored in the lower chakras.

Can you please share your kundalini awakening experience?

I started experiencing kundalini energy flow as a tingling sensation around my spine as soon as I chanted the Guru mantra for the first time. But after initiation of Sivamantra in a dream by Sadguru Thirumoolar, I felt the kundlini energy as a river that is flowing at high speed within me and it broke the water-dam that is holding it as a reservoir. I realized the water dam is nothing but all the inner blocks like granthis/knots, chakras and other barriers opened and the river flowing beyond my head or crown chakra as
Om Mulanji

river Ganga flows from Lord Shiva’s head. The whole experience was involuntary & uncontrolled at the same time blissful and peaceful. After Kundalini awakening, I could able to experience great changes in my body, meditative states, people’s behavior & treatment towards me.

Is kundalini awakening brings Siddhi’s to the sadhaka?

Siddhis are yogic powers, which manifest as a byproduct of intensive meditation due to kundalini awakening. But all students don’t get siddhis. It is depending upon the lesson needed for a student to learn that divine decides and blesses siddhis.

Is it safe to activate Kundalini? Does it create any problem if it happens at distance/online? Can you explain the process you follow to activate it?

In our Siddha parampara, activation of kundalini is smooth & Safe. I have learned to activate kundalini in a safer way as taught by divine mother and Sadguru Thirumoolarji. First, I ground student’s Muladhar chakra to mother earth, then I bring Shiva consciousness to muladhar chakra of a student. Siva consciousness magnetically attracts and activates dormant kundalini. Siva consciousness doesn’t stay at muladhar and it starts moving upward so kundalini follows Siva consciousness slowly by cleansing and piercing all chakras, granthis and goes beyond sahasrara and experiences oneness with Siva.

Kundalini activation happens very natural that is a precious gift of divine to all students who follow this path. It is my realization that Divine Siva-Shakti are the doer here and I am just an instrument and witnessing all the miracles of divine in student life. I have initiated and activated kundalini of 14yrs old childrens and their consciousness is blossoming like a flower under the grace of the divine. It is very safe and not to be afraid of it.

Is there any difference between Kundalini Yoga and Srividya Sadhana?

Any Sadhana which leads to the awakening of the kundalini is a part of Kundalini yoga. Therefore, we can say that srividya Sadhana is Kundalini yoga. Srividya mantras facilitate arousal of Kundalini energy, remove the
Om Mulanji

Brahma, Vishnu & Rudra granthis and upward movement of kundalini from muladhara to sahasrara chakra which leads to self-realization. Srividya sadhana is very safe, scientific way and mulavidya of practicing Kundalini yoga.
Meditate on the Double Triangular Chakra (Sriyantra)

This the truth if you but see, This the true God, none other there is;

Listen, one thing I say This double triangle is great unto the ocean

Center your thoughts on it, Bliss and Mukti shall yours be;

Tirumantiram 1308

www.srividyasadhana.com
What is sriyantra or srichakra?

Sriyantra is a sacred geometry of a universal soul drawn on a paper or bhojpatra or etched on a metal. It is employed in the worship of goddess Lalitha Maha Tripura Sundari as per ritual. Srividya tradition believes that worship of the divine mother in the Sri chakra/Sriyantra has more power than in an idol. It is abode of divine mother and all her powers.

What is 2-Dimensional sriyantra, Ardha-Meru and Maha-Meru sriyantra?

Sriyantra drawn on a paper or bhojpatra or etched on a metal is called 2-dimension sriyantra. Sometimes only some part is made like a pyramid and rest in a flat plate itself, then it is called Ardha-Meru Sri chakra. When complete sriyantra is made in pyramid structure, then it is called Mahameru Sri chakra.

Can you explain more about Sri Yantra, its worship & construction etc.?

The worship of the Sri Yantra, the method of constructing it, and its complete explanation are given is Saundariya Lahiri. Shri Yantra is constructed with an intersection of nine triangles. Four of these triangles are pointing upward and five downwards. The four upward-pointing triangles are Shiva triangles, and the five downward pointing triangles are Shakti triangles. A combination of these nine triangles makes Sri Yantra the most dynamic of all Yantras. If we construct a similar figure by intersecting eight triangles- four pointing upward and four pointing downward – it becomes balanced and static. The imbalance created by the addition of one more triangle makes the yantra dynamic and more powerful. Sri Yantra is asymmetrical diagram, and the beauty of it is that when you look at it, it appears symmetrical. The five downward-pointing triangles, or Shakti triangles, are manifested as five tanmatras (sound, touch, sight, taste & smell), five mahabhutas (Akash, air, fire, water & earth), five sense organs (ear, skin, eyes, tongue, & nose), and five organs of action (hands, feet, mouth, genitals, & anus). In human body these five elements are skin, nerves, flesh, fat, and bones. The four upward pointing triangles, which are Shiva triangles, represent the male energy and exist as chitta (being), buddi (intellect),

www.srvidyasadhana.com
ahamkar(ego), and manas (mind). As the five downward-pointing and four upward-pointing triangles intersecting and overlapping one another, producing forty-three visible triangles, similarly the male and female forces intersect in the cosmos, producing various objects of the phenomenal world. As the Bindu in the center represents the Divine mother, so there is Bindu in the sahasrar Chakra representing the individual consciousness, which is the self (Jiva), soul, spirit, or atman.

For the purpose of worship, a Sri Yantra is engraved on copper, silver, and gold plates as a flat line drawing, or sculpted from stone and precious gems (quartz, crystals, etc.). This form of Sri Yantra looks like a pyramid, and there are many such yantras available from ancient times.

Sri Yantra usually represents the body of the goddess Tripurasundari. Also, it is known as tantra of the cosmos. In the Bhairavayamal tantra it is clearly said that the Yantra of Tripurasundari is of the shape of the cosmos. In Kamakalavilas it is said that Sri Yantra is constructed on the same principles on which the human organism is constructed. Just as the body has nine chakras (psychic centers), so a Sri Yantra has nine chakras (groups), as follows,

1. Bindu
2. Trikon – central triangle which contains the bindu
3. Astar – a group of eight triangles outside the trikon
4. Antar Dashar – a group of ten inner triangles
5. Bahir Dashar – a group of ten outer triangles
6. Chatur Dashar – a group of fourteen triangles
7. Ashta Dal – a ring of eight lotus petals
8. Shodashi Dal – a ring of sixteen lotus petals
9. Bhupar – the square form with four gates
The word chakra in the Sri Yantra means a group, not a psychic center of Kundalini Yoga, but there is a definite relationship between the nine figures of the Sri Yantra and the nine psychic centers.

The Kamakalavilas Agama states that it is very necessary to understand the true form of the goddess Tripur Sundari, and the only way to understand it is to understand Sri Yantra, which is symbolic form. Thus it becomes clear that Sri Yantra is

- The cosmic form (the diagram of evolution and development of the cosmos)
- The form of the human organism (the diagram of inner circuit of the body)
- The form of goddess Tripur Sundari (because the goddess energy, which pervades the entire phenomenal world)

How sriyantra worship help in spiritual sadhana or on the path to self-realization?

Sriyantra is the soul diagram and contains all dimensions of being. By worshipping sriyantra you are worshiping your complete being at all levels of your existence, i.e. physical, mental, energy, astral, and spiritual. So it awakens your chakras, kundalini and erases your karmic impressions and attracts divine near to you.

How sriyantra is correlated with the energy centers/chakras in the human body?

Srichakra in the form of Meru is thought to be identical with the body of a worshipper. Following are the various avarnas (energy circuits/enclosures) of srichakra find equivalent in different chakras in the body:

- **Kula chakra** - bhupar (three concentric squares)
- **Visu chakra** - Sodas dala chakra (16 petaled lotus)
- **Muladhara** - Asta dalal chakra (8 petaled lotus)
Om Mulanji

**Swadisthan** - Chaurdasaram or Manvasra chakra (14 petal lotus)

**Manipura** - Bahir dasara chakra (outer 10 triangles)

**Anahata** - Antardasara chakra (inner 10 triangles)

**Visuddhi** - Asta dala chakra or Asta Cona (8 triangles)

**Lambikagra** - trikona chakra (one triangle)

**In-between Ajna and Sahaarara** - Bindu (dot)

Kula chakra is 2 inches below muladhara. Visu chakra is 1 inch below muladhar chakra.

**Why sriyantra puja is called Navaavarna puja?**

Sriyantra contains nava avarna i.e nine chakras. Various deities worshipped in these chakras and divine mother is worshipped in the center at the bindu. Srichakr puja involves worshipping these nine-avarnas so it is called nava avarna puja.

**What are the deities, yoginis, mudra residing in the various Avaranas of the sri chakra and what are their aspects and attainment by worshipping them?**

Following is an overview of each Avarna, Mudra, deity, Yogini and attainment etc

First Avarana: Trilokya Mohana chakra  
Mudra: Sarva Samkshobhini Mudra  
Mudra beeja mantra: Draam  
Chakra beeja mantra: Am Aam Souh:  
Yoginis: Prakata Yoginis  
Deity: Tripura  
Relevant Chakra: Kula  
Siddhis: Anima Siddhi, Dasa mudra siddhi
Om Mulanji

Second Avarana: Sarvasaa Paripuraka chakra
Mudra: Sarva Vidravini Mudra
Mudra beeja mantra: Dreem
Chakra beeja mantra: Aim Klim Souh
Yoginis: Gupta Yoginis
Deity: Tripuresi
Relevant Chakra: Vishu
Siddhis: Lagima siddhi

Third Avarana: Sarva samkshobhana chakra
Mudra: Sarvaakarshini Mudra
Mudra beeja mantra: Kleem
Chakra beeja mantra: Hreem Klim Souh:
Yoginis Guptatara Yoginis
Deity: Tripura sundari
Relevant Chakra: Muladhara
Siddhis: Mahima Siddhi, Raising Rishi level consciousness

Fourth Avarana: Sarva saubhagya dayaka chakra
Mudra: Sarvavasankari Mudra
Mudra beeja mantra: Bloom
Chakra beeja mantra: Haim hakleem hasouh:
Yoginis: Sampradaya Yoginis
Deity: Tripuravasini
Relevant Chakra: Swadhistana
Siddhis: Experience of first stage of samadhi

www.srividyasadhana.com
Om Mulanj

Fifth Avarana: Sarvartha sadhaka chakra
Mudra: Sarvonmadini Mudra
Mudra beema mantra: Saha
Chakra beema mantra: Hasaim Haskleem
Hassouh:
Yoginis: Kulottirna Yoginis
Deity: Tripurasri
Relevant Chakra: Manipura
Siddhis: Experience of divine consciousness & awareness, Control over any object

Sixth Avarana: Sarva Rakshakara chakra
Mudra: Sarva mahankusa Mudra
Mudra beema mantra: Krom
Chakra beema mantra: Hreem kleem bleam
Yoginis: Nigarbha Yoginis
Deity: Tripuramalini
Relevant Chakra: Anahata
Siddhis: Prakamyia Siddhi, Experience of Brahanan principle, Liberation from mind

Seventh Avarana: Sarva Rogahara chakra
Mudra: Sarva Khechari Mudra
Mudra beema mantra: Hiskprem
Chakra beema mantra: Hreem Shreem Souh:
Yoginis: Rahasya Yoginis
Deity: Tripurasiddha
Relevant Chakra: Visuddhi
Siddhis: Merging in Sky element and control over five elements
How sriyantra should be drawn?

The detailed method of drawing is given in various tantric texts like Nitya, Sodasikarnavam, Paramananda tantra, Tantra raja etc.

What is inner worship and outer worship of srichakra puja?

There are two methods of performing the Sri Chakra Puja. One is the Bahiryagam(outer worship) and the other is the Antaryagam(inner worship) way of doing the puja.

In the Bahiryagam method, Sri chakra puja is done to the nine different sthanam, tatvam, roopam etc. of the goddess as depicted in the Srichakra. The puja is done
stage after stage, till the Bindu sthanam is reached. [To learn Bahirayagam visit: http://srividyasadhana.com/sri-chakra-puja/]

In the Antaryagam method of the Sri Chakra puja, the same is done, only it is done inwards. The nine points of the Sri Chakra are marked inside the body and the puja is done crossing each place till the Bindu spot is reached. In the former method, the Kundalini Shakthi is tapped and coursing through the body, it reaches the Sahasrar, where Shiva-Shakthi unite. Sri Chakra worship is considered the highest worship of Devi, and because it contains all deities and all divine potencies within it, it brings every kind of blessing for physical and emotional health, wealth, harmony in one’s relationships, and true spiritual progress. Srividya antaryagam or Srividya sadhana meditation is taught in 7 graduated levels.

[To learn Antaryagam visit: http://srividyasadhana.com]

What is the Nyas & Its purpose in srividya mantra sadhana?

Nyasa is storing the power of the divine in one’s body. This is done by a special mudra and repeating a particular mantra. This nyasa is for the purification for gross body and subtle body and attaining mantra siddhi.

What are the Different types of Nyasas done in srichakra upasana?

The following are the main Nyasas that are performed under the guidance of Guru:

1. Matrika Nyasa (Antarmatrika and Bahirmatrika Nyasa).
2. Karashuddhi Nyasa
3. Atmaraksha and Balashadanga Nyasa
4. Chaturasana (or Shadasana) Nyasa
5. Antashchakra and Bahishchakra Nyasas
6. Mahakameshwaryadi Nyasa
7. Moola Vidya Varna Nyasa

www.srividyasadhana.com
Om Mulanji

8. Laghu Shoda Nyasa (which involves Ganesha, Graha, Nakshatra, Yogini, Rashi and Pitha Nyasas)

9. Maha Shodha Nyasa (which involves Prapancha, Bhuvana, Murti, Mantra, Daivata and Matrika Bhairava Nyasas)

10. Srichakra Nyasa (again of three types: Srishti, Sthiti and Samhara)
By Muladhara Way, With Grace of Guru

Vision Sakti, Seated fragrant and lovely;

Practise Sambhavi and Kechari mudras

You shall attain Siddhis Eight,

That to mighty Siva's goal leads.

Thirumantiram 642
What is Mudra? What is the significance of Das mudras in srichkara puja or Nava avarna puja?

Mudras are a non-verbal mode of communication with Divine consisting of hand gestures and finger postures. The Gherand Sanhita and the Vamakeswara Tantra advises that the Mudras are capable of bestowing great powers and psychic abilities called "Siddhies" on their practitioners, hence, their knowledge should not be conveyed to those steeped in sin, to those that are not true to their word, to the skeptics and non believers, to heretics and insincere persons and those who do not observe the precepts. Srividya mudras should be learned from the guru and should be shown to the devi daily at the appropriate stage in the nava avarna puja and japa. How the mudras have to be shown, what is the meaning of each mudra is learned from the guru and it is available in the texts like Vamakeswara tantra.

Images of Srividya Dasamudras are given below for your comprehension but they should be learned from the Guru only.

Mudra 1 – Sarva Samkshobani Mudra

Mudra 2 – Sarva Vidhravani Mudra

www.srvidyasadhana.com
Om Mulanji

Mudra 3 – Sarvaakarshini Mudra

Mudra 4 – Sarvavasankari Mudra

Mudra 5 – Sarvonmadini Mudra

www.srividyasadhana.com
Om Mulanji

Mudra 6 – Sarvamahankusa Mudra

Mudra 7 – Sarva Khechari Mudra

Mudra 8 – Sarva Bheeja Mudra

www.srvidyasadhana.com
Mudra 9 – Sarva Yoni Mudra

Mudra 10 – Sarva Trikhanda Mudra

www.srividyasadhana.com
Darshan of Divine Mother

She wears red silk dress and anklets on Her sacred Feet.

Her breasts are in corset; Her hands hold flower-arrows, Sugarcane bow, goad, and noose; Gem-studded crown adorns Her head;
dark-blue Kundalams (Earrings) grace Her ears.

Tirumantiram 2683

www.srividyasadhana.com
Can you explain the manifestation of divine mother in different forms?

Divine Mother manifest in following forms in srividya Sadhana:

**Physical Form:** as Bala Tripura Sundari (3-9 yrs old), Tripura Sundari (Panchadasi-15yrs old, Shodasi-16 yrs old, Mahashodasi-28yrs old)

**Subtle Form:** as Divine energy in the form of Light, Sound and Vibrations. and also as astral form of divine mother.

**Formless Form:** i.e Pure awareness or Consciousness

Is it possible to have a darshan of divine mother in all forms?

Yes. It is easier to have darshan of mother in subtle form than the physical and formless form. To have darshan of Physical and formless form student has to raise his soul vibrations and also it is divine mother who chooses to give darshan.

Can you share your experiences with Physical form?

Divine mother blessed darshan in the physical form of Lalithambika Maha Tripurasundari.

Can you share your experience about having physical darshan of mother?

Divine mother blessed a physical darshan to me after my self-realization experience. In my case mother blessed me darshan of formless form(nirakaar) first than Physical form. After self-realization I made a persistent request to divine mother for a Darshan in a physical form. It took more than 6 years that I was doing sadhana for darshan but mother didn’t bless my request. I started crying and longing to see her in physical form with all my heart and soul. Day by day, I started getting pain in my heart and not happy with anything I do in my life. Then mother blessed her presence. I was sleeping alone at home and heard the sound of anklets around 3 am. I opened my eyes & found whole home was filled with golden light & Om naad and I saw divine mother standing next to me. I was in a
Om Mulanji

state of great joy and gratitude that I won’t be able to speak or move any part of my body and felt completely frozen myself. Then divine mother kept her right feet on my heart and pressed it with her toe and I became unconscious for 3 days. Now I can feel her feet on my heart whenever I experience Bhava Samadhi.

Can you please share more about having darshan of divine mother in a subtle form?

I see a divine mother through my third eye as entering my soul in the form of golden light. Whenever I invoke her by chanting Mahalakshmi and bagalamukhi mantras. When I invoke with Pratyangira and Varahi mantra then I see her with shades of platinum mixed with violet colour. When I invoke Divine mother with Kali mantra I see her in the form of Golden red mixed with platinum shades.

Can you share more about having Nirakar darshan of divine mother?

It is a thoughtless state of pure awareness, bliss and infinite expansion, which is difficult to explain in words.

Guruji, I have been on this spiritual path for more than 28 yrs as a sanyasi and met many masters and explored many paths but still my desire for Samadhi experience and darshan of divine mother is not fulfilled. I am quite jealous that you are younger than me, householder and experienced all. Why divine mother is not answering my genuine prayers and giving me darshan? Why divine mother favored you but not me?

I have seen many students judging me with my outward appearance like age, householder lifestyle & cloths, etc. Only few students who are clairvoyant and intuitional can see my true self. Never judge a master with his outer image because wearing rudraksha, sanyasi robes, beard and long hair don’t help to know true inner self, wisdom, power and attainment of a Master.

Divine mother has shown my past lives where I was a house holder & trader in countries like India, Greece, spain, etc. Also she has shown my yogic life in

www.srividadyasadhana.com
Om Mulanji

Himalayas and as a sanyasi in Mahabalipuram (Tamilnadu). Also shown, how I was meditating & seeking divine mother grace from different past lives and only in this life divine mother blessed her darshan. It is not that I meditated only for few years in this life and I got all. It took many past life tapas to experience divine mother grace & darshan in this life. So please don’t compare with your limited understanding, perception and judge my attainment and divine mother blessings. Remember, you and I can be late but Divine Mother is always at Right time and never be late.
Those who fail to scale the heights with holy books to guide,
If to outer things of life they yield, fruitless is all their lore;
On rod of Vairagya lean, and away fly the Birds of Desire;
And yet, men to Ignorance clinging, in stupor ever lie.

_Tirumantiram 295_
What are the books to be studied by srividya sadhaka?

**Books In Sankrit:**

1. Lalitha sahasranama bhasya by Bhaskararaya
2. Varivasya Rahasya by Bhaskararaya
3. Nitya Sodasikarnava & Yogini hridaya with the commentary Setubandha by Bhaskararaya
4. Kamakala Vilasa by Punyanandananatha
5. Soundarya Lahari by Sankaracharya
6. Srividya Saparya Paddhati by Sri Chidananda Natha

**Sutras:**

1. “Parasurama Kalpa Sutra” with the commentary of Ramesvara Suri & the Manual “Nityotsava” of Umananda Natha
2. Srividya Sutras by Gaudapada

**English books by Arthur Avalon (Sir John Woodroffe):**

1. Introduction to tantra sastra
2. Principles of Tantra
3. Sakti and Shakta
4. Satchakra Nirupana
5. Kamakala vilasa
6. Hymn of Kali
Om Mulanji

Books in Tamil by Sri Chidananda Natha (published by Guhananda Nath Mandali, Chennai):

1. Srividya Saparya Vasana
2. Varivasya Rahasyam
3. Kamakala Vilasam
4. Srividya Geetha
5. Sri Niagara Vimarsam
6. Davi mahima Stritram
7. Varivasya Rahasyam
Since childhood days, Sivapremanandaji had a basic questions of life in his mind like ‘who am I? where I came from? What is the link between me and Universe?’ He was searching for the answers for years together. In the quest for truth, He met his Guru Sivakami OmAnandi in the year 2000 and later had a darshan of Satguru Mahasiddhar Thirumoolar whose grace enlightened him.

In his youth, he used to spend daily 4 to 5 hours during morning hours in mantra recitation, kriya pranayama and meditation. On festival days, he used to spend a whole day or whole night in doing such practices. Sometimes joined to local siddhas who had shared many spiritual secrets and truths. This started in 1999 and continued for many years. Even though he never involved into tantric practices, his spiritual experiences gave him a deep insight into the inner meanings of mantras, yantras and tantras.

Once the elevation of soul starts, it will be able to receive the divine blessings and Guidance from Siddha Masters. An old yogi started appearing many times in his dreams giving instructions when he got initiated from
Sivakami OmAnandi. Soon he realized that the yogi is none other than the Mahasiddhar Thirumoolar. On several occasions he had darshan of Lord Siva as Nilakanta, Mahavatar babaji and Lahari mahashaya and sometimes other gods and goddesses whom he never heard of. Sivapremanandaji shared his experiences here not with an intention to boast himself, but with an intention to boost confidence in the people who are ascending the spiritual ladder.

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

Now 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 Technical University Munich, Germany.
- PhD in Biomedicine from University of Barcelona, Spain.
- Post-Doctorate in Cancer Biology in from Loyola University Chicago, USA.
Om Mulanji

Srividya Sadhana

If you are interested in Srividya workshop/shivir conducted by guruji then please visit following link: http://srividyasadhana.com/srividya-workshop/

If you are interested in Srividya Deeksha Online/Distance then please visit following link: http://srividyasadhana.com/deeksha.html

If you are interested to buy Sri Yantra and Mahameru then please visit the link: http://srividyasadhana.com/sriyantra/

For any Queries, Please contact:

Mulavarg Self-Realization Centre

Email: prem999ananda@gmail.com
Mobile: 09742118385 (Mr.Soham)

http://www.srividyasadhana.com

Everyone can practice srividya sadhana now
Everyone can experience divine mother grace now
Everyone can heal and change their life now