

**OM MULANJI**

**GROUP MEDITATION SESSION (December 2018)**



**Guidelines for Group Meditation**

1. Invocation of Mulavarga Siddha Parampara – 9 times (loudly/mental chanting together)
2. Mahapaduka Mantra chanting for – 9 times (loudly/mental chanting together)
3. Thirumoolar Siva Mantra – 9 times (loudly/mental chanting together)
4. Srividya level -1 (1 round) – 15 to 30 min ( inner meditation)
5. Soham meditation 5 – 10 min (Inner meditation)
6. Healing & Blessing Session from Gururji for 5 -5 10 min
7. Q & A – Doubts related to Srividya Sadhana answered by Gururji – 15 to 30 min
8. Gratitude Session.

**Guruji:** We will start the session by chanting the Mantras invoking Divine grace to this event

Om Gam Ganapathaye Namaha.

Om Mulanji Nam Om

Shivam Sharanam Jaya Jaya | Nandi Sharanam Jaya Jaya | Mulanji Sharanam Jaya

Jaya | Sivakami Sharanam Jaya Jaya

### **Maha Guru Padukam Mantra**

|| Om Aim Hrim Srim Aim Klim Sauh Aim Glaum Hskhphrem Hasaksa-Malavarayum  
Hsauh Sahaksha-Malavarayim Shauh Srividyanandanathatmaka Caryanandanatha  
Mahapadukkam Pujayami Namah||

### **Sri Siddha Thirumoolar 51- letter Siva Mantra**

||Om

SI VA YA NA MA

YA NA VA SI MA

MA VA YA NA SI

SI YA NA MA VA

VA SI MA YA NA

OM||

### **Instructions given by Guruji during the group meditation**

“Now we will relax our body. With our closed eyes, relax your body. Completely relax your body, relax your feet, relax your knees, thighs, relax your complete spine, backbone, relax your shoulders, palms. Completely relax your body. Relax your neck, relax your eyes, complete face. More we relax, less will we be resistance and more Divine energy can flow, more it can bring healing, energization, balancing, more it can make a stronger connection with your soul and ultimately to Shiva Shakti. Completely relax your body with your close eyes. Let go all the thoughts in your mind. Let go all the tensions in your body. Just be aware of your breathing do not try to control it. As you breathe in, feel the air entering your body through your nostrils. Feel the warmth and coolness of the breathing. Feel the rhythm of your chest as you breathe in. Try to be completely aware of your breathing, but do not control it. If your body what to take deep breath, let it happen. Your body is completely relaxed. Now is the time to connect with Divine Mother Lalithaambika Rajarajeshwari MahaTripurasundari. We are going to give the next 15 to 30 minutes to Divine Mother. This is a time to become one with Divine Mother at every level of our existence. So, make a prayer to Divine Mother, out of love and gratitude.”

“Tell to Divine Mother,”

“Mother I'm ready now to connect with you.” “Please come and bless me, heal me, lift me to Shiva Shakti consciousness.” “Awaken my soul to the reality, to the truth consciousness.” “Awaken my Chakras, awaken my Nadis, awaken my Kundalini.” “Let I be one with you at all levels of my existence, at the physical level, at the energy level, at astral level, metal level, and beyond that, the sole level.”

With this sincere prayer, do the Srividya level 1 Meditation. Silently chanting the Mantra mentally, start with your Ajnya Chakra and do the meditation. This 15 to 30 minute I will not disturb you. Do this meditation silently, mentally. Wherever you are, make yourself comfortable, not disturbed by any outside activities. Now is the time only for Divine Mother, my true Mother, my true father, a true friend, of this life and past life. I want to give myself to Divine Mother. Do this Srividya level 1 meditation. Do only one round, but do with involvement. You should feel oneness with Divine Mother at every Chakra level, at

every energy level, at every conscious level. That is the intention of level 1, where I merge with Divine Mother, with her Mantra, which is a sound form of Divine Mother, the vibration of Divine Mother, the consciousness of Divine Mother, the energy of Divine Mother. So, every time you bring your attention to the Chakras and chant the Mantra, mentally affirm that Divine Mother and I are one, here and now. Affirm, accept allow, and you will see this reality starts manifesting in your third dimension. If possible, visualize Divine Mother sitting in your Chakras. Feel her feet in your Chakras. If you are not visualistic, just bring your attention to the Chakras and do the meditation”.

“Be aware of your Chakras when you meditate. Be aware of the energy movement when you meditate, be aware of the body sensation, the warmness, and coolness, when you meditate. Whatever thought you have, positive or negative, let go and bring your attention back to meditation. Following this discipline is the first step towards surrendering to Divine Mother. This means I am doing sadhana without giving attention to any thought that my mind brings to me. I surrender that thought, whether it is positive or negative, at the feet of Divine Mother and I do the meditation.

This is the time I give to my Mother, to my Father, true Mother, true Father, my true Guru Lalithaambika, my true friend Lalithaambika”.

At every Chakra level,

“I am one with Divine Mother.”

“I offer my gratitude,”

“Thank you, Divine Mother.”

“I offer my love to Divine Mother.”

“I love you, my Divine Mother.” “You are my soul, you at my breath, you are my energy, you are my inspiration, you are my truth, you are my consciousness, you are my beauty.”

“If you are not there, I don't exist.”

“You as I, I as you, we are one in Divine love.”

“Be aware of your breathing, be aware of your body sensation, be aware of your Chakras. It is movement; it's energy, it's color, it's vibration. Completely explore your inner body, subtle body, energy body, astral body. We are ignorant about our own subtle bodies.

When we bring awareness and attention, we activate our subtle bodies, Chakras, Nadis and our sole power. Where there is an energy, there is consciousness. Where there is consciousness and energy, life exists. You experience activation and awakening. During meditation, you bring your awareness to your soul, your Chakras, your Nadis, your thoughts, your vibration. You are aware of all, but you are detached and just observing and offering everything at the feet of Divine Mother. This is the first step to surrendering to Divine Mother. This means to follow the discipline. Giving your best to do your spiritual practice is a first step you have taken towards divinity, towards Divine Mother.

Once you finish level one, relax your body and just be aware of your breathing. Do nothing else. Bring your awareness to your breathing and perform SO HAM Pranayama. i.e., as you breathe in, mentally chant SO. As you breathe out mentally chant HAM.”

“SO HAM.”

“Once you finish your Srividya Level 1, do this SO HAM Pranayama for 5 to 10 minutes. This Pranayama is very powerful. We call it the king of all Pranayamas because it connects you to your soul. It'll make the right alignment with you and your soul and to the truth consciousness, Shiva Shakti consciousness. It will activate your original blueprint. This is very important because once we come outside our own connection, our own alignment, we experienced diseases, we experience problems, we experience all the negativities in our life. So, connecting back to our source is the greatest healing. SO HAM is the secret to activate the original blueprint of your life. Breathe in and mentally chant SO, breathe out and mentally chant HAM. Do this with normal breathing. There is no need to control the breathing. No need to breath deep. But if your body wants to take a deep breath, please do so.”

“SO HAM SO HAM,”

“Your body should be relaxed. You are just aware of your breathing, and at the same time, you are aware of the mental chanting. This SO HAM Pranayama brings you great bliss, joy. That is the real happiness we are searching outside. Once you find this true happiness within you, then all your expectation, all your seeking outside pleasure drops. Then you experience oneness with your soul.”

“SO HAM, I am that, I am true happiness that I am seeking outside. I am the true divinity that I'm seeking outside. I am the true consciousness that I'm searching outside. I am the ultimate truth that I am searching in all outside things.”

“SO HAM, I am that. This is a very simple and powerful Pranayama. Whatever thoughts you have, let go, and bring your attention back to yours SO HAM Pranayama. That is true surrenderance. You're not surrendering to anyone else but the process, to the discipline given by Shiva Shakti. Following the discipline given by Shiva Shakti is true surrenderance. That means you will bring Shiva Shakti in your consciousness. No thought is so important than you own soul. No thought is so important in this world than knowing yourself. Be aware of your breathing and do this SO HAM meditation. When you do this SO HAM, feel that emptiness, feel that awareness, feel that joy. Feel the space inside you. Feel the darkness and the emptiness, but it is full of joy and bliss. Just be aware of that when you do this SO HAM. It is the space at the center of your third eye. Bring your attention to the third eye and do the SO HAM meditation. As you do the SO HAM meditation, be aware of that space at your Ajna Chakra, your own soul consciousness. Have a Darshana of your own soul as a formless expanding space. And know that the same intelligent supreme space is also outside, as it is within you. Ultimately know that the same space within you is everywhere and that and you are one.”

“SO HAM. SO HAM. I am that, I'm everywhere, SO HAM. I am consciousness, SO HAM, I am the eternal being Shiva consciousness SO HAM, I am that ultimate truth, that is within and outside, SO HAM, there is only one no two, I am that, that I am. Experience the oneness with the inner space, outside space and realize the truth that only one space exist, one consciousness, one energy, one soul. We are that.”

“So, now, we are prepared to receive the healing. We made the connection to Shiva Shakti, our soul, to inner divinity. Now make a Sankalpa to receive the healing a blessing for whatever issues that are troubling you in your life. Ask Divine Mother Shiva Kameshwari to bless you and remove all the negativities, all the karmic blocks that is troubling you, to solve your life problem, whether it is regarding the job, whether it is about marriage, whether it is the health. Whatever may be the issues, sincerely make a prayer to Divine Mother Shiva Kameshwari. She is the Siddheswari of the Mulavarga Center.

She is the doer. She is the real Guru, she is a real teacher, she is a real healer. She is the one taking care of everything. Make a sincere prayer to her to bring the light in your life, the solution in your life, awaken your soul and help you to walk on your path.”

“Once you make a prayer, then chant.”

HASAUM SOHAM SHIVA KAMESHWARI (in your mind)

HASAUM SOHAM SHIVA KAMESHWARI.

“Keep chanting this Mantra. You will directly start receiving Divine Mother’s healing, the blessing. Whatever is the issue, Mother will take care. Mother will guide you. Mother will bless you. Whatever lesson that is needed to be learned to solve that issue, Mother will awaken your intellectual ability and intuition. So, keep chanting this Mantra in your mind and at the same time be aware of the healing that Mother is blessing you with.”

HASAUM SOHAM SHIVA KAMESHWARI.

HASAUM SOHAM SHIVA KAMESHWARI.

HASAUM SOHAM SHIVA KAMESHWARI.

“This Mantra connects you to our Divine Mother. Divine mother will directly intervene in your life. You start receiving the healing and blessing. Keep chanting the Mantra and be aware of the healing and the blessing that you receive.”

HASAUM SOHAM SHIVA KAMESHWARI

HASAUM SOHAM SHIVA KAMESHWARI

HASAUM SOHAM SHIVA KAMESHWARI

“Keep praying to Divine Mother.”

“Mother, please remove this problem.”

“Please help me, heal me, lift me, awake my soul.”

“Remove any obstacles on my path to Self-realization.

“Remove any obstacle on my path to God-realization”

“Ask Divine Mother to activate your Chakras, your Nadis, your intuition, your intellectual ability. Ask Divine Mother to have a stronger connection with your soul, now and forever, be with you now and forever, guide you at every moment of your life.”

“Ask Divine Mother’s invisible hands to surround you all the time protect, you all the time, guide you to the right decision in your life.”

“Ask Divine Mother to teach the lesson that is needed so that you can solve your problem realize the truth and complete your purpose of life on this earth.”

HASAUM SOHAM SHIVA KAMESHWARI

HASAUM SOHAM SHIVA KAMESHWARI

HASAUM SOHAM SHIVA KAMESHWARI

HASA OM, (I am that)

SO HAM, (that I am)

SHIVA KAMESHWARI, (I am one with Divine Mother SHIVA KAMESHWARI)

HASAUM SOHAM SHIVA KAMESHWARI

HASAUM SOHAM SHIVA KAMESHWARI

“If you feel too much energy then stop chanting the Mantra. If you are happy with chanting, the energy and healing, then keep chanting.”

HASAUM SOHAM SHIVA KAMESHWARI.

HASAUM SOHAM SHIVA KAMESHWARI



“Pray, visualize what you want in your life, what problem needs to be solved and chant the Mantra. Visualize, affirm and chant the Mantra. This way you are channeling your Mantra Shakti to overcome your problem. You cannot do this yourself at your home. This group meditation is where, together, we can help each other solve our issues, make ourselves happy, express our divinity and walk on the path of truth. This group meditation intends to help each other, lift each other, bless each other, connect to the divinity and express our true joy, happiness, abundance, prosperity, love within our soul and in our life. When we do this sadhana together, the energy that is created is millionfold stronger, powerful and that you cannot do it for yourself at home. This 10 to 15 minutes of sadhana is equivalent to many years of Tapasya. It is the universal law that when more than three mind, three people, three sincere devotees chant together, the energy amplifies, consciousness blesses and awakens. Whatever blessings, whatever healing, just flows to you. It removes all the blocks and helps you to manifest solution, divinity, blessing.”

“Completely relax your body, let go all the thoughts, give this time to yourself. Keep chanting the Mantra, receiving the blessing, healing, cleansing, from Divine Mother. If you feel too much energy, stop chanting the Mantra and relax. Be aware of your breathing. Don't hurt yourself with too much energy.”

“Now stop chanting the Mantra, relax your body, be aware of your breathing with your closed eyes. Relax your body, relax your feet, knees, thighs, backbone. Relax your shoulders, palms, hands and neck, eyes, complete face. Relax your complete body, let go of all the thoughts and offer your gratitude to Divine Mother Lalithaambika Raja Rajeshwari in the form of Shiva Kameshwari, for her grace, love, blessings. Thank her for this opportunity to help you to heal you, cleanse you, helping to make a stronger connection with her. Completely relax your body. Be aware of your breathing. Be aware of the body sensation as warmth, coolness. Let go of all the thoughts. Now slowly open your eyes. Come to normal consciousness. Take your own time. If you feel too much energy, slap your body, all your joints, special your feet, back of your knees, back of your neck where more energy will be stored. Make yourself discharge excess energy. It's very important. Slapping will help you to distribute and remove excess energy, activate all your

energy centers, bring balance and harmony. Slapping is very important for the entire body before and after meditation, especial your joints where your emotions, negative, and excess energies are stored. So, you need to slap them. This is very simple and powerful exercise. Just slapping your complete body every day, you will see a lot of healing that takes place.”

### **Summary**

“This group meditation is intended to connect with you. After the workshop, it is very difficult to see each other. The first objective of this session is to connect with you all. The second objective is to bring the healing. For some of you who dropped your Sadhana in between, this session provides you with a little bit of boost and connectivity, so that you come back and restart your Sadhana. The third objective is bringing clarity in your spiritual practice. Once your questions are answered and you gain the necessary clarity, you can easily walk on this path. The fourth objective is to come together and collectively meditate and pray for solving our own problems, especially for householders. This is a platform, where we make an intention and pray to Divine Mother to solve our problems. When we chant and meditate together, we receive the energy, that'll bring great solution and healing in our lives. Many of our advance Sadhaks want to get together and meditate, so this another reason we are planning group meditation at least ones in a month.”

“We have devised the following guidelines.”

- First is the invocation of Mulavarga Siddha Parampara where we make a stronger connection with our Guru Parampara.
- Second, Maha Paduka guru Mantra. It will help us to activate all our Mantras, remove any negativity and give excellent results with whatever spiritual practice we are doing.
- Third is Thirumoolar Shiva Mantra which is an ultimate consciousness of the truth. Whatever you cannot do, this Mantra does it. Just chanting Thirumoolar Shiva

Mantra activates all 543 Chakras and 72,000 Nadis. Chanting Thirumoolar Shiva Mantra can cleanse and heal our Chakras without we having to focus on them.

“Once we make a connection with the Shiva and his lineage, i.e., Siddha Parampara, then we chant Mahapaduaka Guru Mantra. This Mantra is the source of all Srividya healing Mantras and will activate and open all the Srividya Mantras in your soul.

Then Thirumoolar Siva Mantra activates all your Nadis and Chakras so you can receive better, the blessing and healing. Once we do these three, we are ready for Srividya meditation, i.e., the level 1 round.”

“In the next group meditation, I'm also planning, to invite individuals who have not taken Srividya Deeksha but have received other Deekshas such as Varahi, Raja Matangi, Durga Saptashati, etc. During the inner meditation slot, these Sadhaks can do the respective sadhanas for which they have received the Deeksha. For example, individuals who have taken Raja Matangi or Durgasaptashi Deeksha can practice respective meditation during this inner meditation slot. So, during the inner mediation slot timing, individuals can do whatever meditation they want.”

“Then we went for SO HAM meditation. This is a very powerful Mantra. 90% of the Scripture says that this is the Mantra that will give direct Self-realization. This is the Mantra of God realization and this is the Mantra that will align you to your soul, to Shiva Shakti. We call it the King of Pranayama. In all Shiva temples before the inner shrine, next to the door of the inner shrine, SO HAM is written. Through SO HAM one can reach Shiva consciousness. In the temple, what this Mantra/ Pranayama does, is symbolically shown. So, once we chant SO HAM and become ready then we connect the Divine Mother Shiva Kameshwari. She is the Siddhi Datri. She is the Mother of our Moola Varga Siddha Parampara, i.e. Lalithaambika Rajarajeshwari MahaTripurasundari in form of Shiva Kameshwari. Some of you may recall, we went to Chidambaram to connect and received Divine Mother Lalitanmbika Rajarajeshwari energy in the Maha Shodashi form. Her energy is established in this place. She is the taking care of all our spiritual healing needs, problems. I connected you all to Divine Mother and you prayed to her, received

her healing, grace, asked her intervention in your life to help you to solve your issues. After the healing session, we are now at this point where we need to bring the clarity in our Sadhana. You may have questions that if not answered, can lead to blockage in your sadhana.”

“Nowadays I'm getting more than 600 emails from students who have been associated with us for past 4 to 5 years. Attending to so many emails is becoming more difficult for me. Some of our students are encouraging their acquaintance (who are not our students) to send email queries to Guruji. If I don't answer, they will feel bad, and if I explain, they cannot understand because they are not committed to our sadhana. They also do not have trust or faith, and they do not understand principle such as universal laws that we have learned in various workshops. So down the line, I am going to stop all emails, and this group meditation will be the only way of communication between us. I will be grouping all the questions I am receiving in these sessions and I intend to make a playlist and video which will be available to you for browsing and getting your answers. Else, the computer becomes Lalithaambika for me. There are some students, innocent children of the Divine Mother, three years after taking workshop tend to ask questions around the protection shield. Everyone is the child of the Divine Mother. We have to respond, inspire, educate and bring them to Shiva Shakti.”

## Questions from the audience

### **1. Can SO HAM be practiced during work? Will I have any adverse effect?**

**Guruji:** SO HAM is advanced Sadhana of all the yogis and Paramahamsas. We should always chant this Mantra and include it in our day-to-day activities. It is a very simple sadhana. Whenever you are breathing in, mentally say "SO," and whenever you breathe out, mentally say "HAM." When I am walking in the morning in a garden, by mentally chanting SO HAM, I am telling myself I am that. I am bringing the awareness to myself that I am not a body, I'm not a mind, I am a soul, I am awareness, I am a Divine, I am bliss, I am Joy. More you do SO HAM more you bring the direct realization of the truth. SO HAM is a potent and simple Mantra that is not valued by people. This sadhana is like a priceless diamond. During my higher Samadhi Sadhana, my master asked me to perform this sadhana day and night.

Along with Maha Shodashi Mantra, we practiced this Pranayama and Mantra while sitting, while walking, whatever we did. We did not practice any other Srividya Mantra. We practiced SO HAM to such an extent that we became SO HAM. You start to realize I am that, I'm consciousness. From childhood, individuals are programmed such that they think "I am a body." Now I need to play this CD of SO HAM, which will act as anti-virus and remove the virus (of me associating with my body, profession, etc.) that got accumulated from the childhood. By chanting SO HAM all the time (while walking, in the metro) and being aware of your breath, you will see a lot of changes happening within you. You will overcome your stress and anxiety problem. You will make a direct connection to your soul. Your soul knows everything about this life as well as your past thousands of lives. By chanting SO HAM, we align with our divinity, and when we align with our divinity, our true blueprint, the purpose of this life starts activating

Many people go for workshops, "How to activate your blueprint," "How to know the true purpose of your life." Our Siddhas have already attained this knowledge. SO HAM is a very simple Mantra but a very powerful Mantra.

We have six Amnaya traditions. Amnaya is a path that guides you to self-realization and God-realization. In the word "a" "mna" "ya," the letter "a" means Parabrahma Swarupa, "mna" is mana or your mind, "ya" is you. Amnaya is the path that will take you to the

Prabramha Tattwa. It is the energy; it is the consciousness, it is a path, it is a tantra, it is a method that will take you to Self-realization. In Srividya, Amnyas are very important. Similar to Gotras, Amnyas tell what tradition you belong to. We belong to Urdwa Amnaya, which is the 5th Amnaya. Six Amnyas are derived from five phases of Shiva. Shiva has five faces. Four faces face the direction East, West, North, South (i.e., in the front, back, left and right). There is one more face which faces up (above), and we call Urdwa. The four faces Purva Amnaya, Paschim Amnaya, Uttar Amnaya Dakshin Amnaya, help us to reach the fifth face, i.e., Urdwa Amnaya. According to the scriptures, there is one more face of Shiva that cannot be seen. We call it Unuttara Amnaya. Unuttara means “no answer”, only silence. You experience silence when you experience Truth. Scriptures say, on reaching Unuttara Amnaya, you realize Lalithaambika Rajarajeshwari MahaTripurasundari. Sadguru Adi Shankaracharya established four Peetas according to these Amnyas. Every Amnaya has a different set of Mantras. In one Amnaya we use Divine Mother Varahi as a Danda Natha, whereas in another Amnaya we use Baglamukhi as Danda Natha. We have a set of Mantras for each Amnaya, each Srividya path, and each Srividya tradition. We belong to fifth Amnaya which is the last face of Shiva (Urdwa Amnaya) capable of taking us to truth and God realization.

In the center of this Urdwa Amnaya, the highest Mantra is SO HAM. After completing all these sadhanas, you reach SO HAM. When you practice SO HAM, you go into silence and achieve the true form Lalithaambika Rajarajeshwari MahaTripurasundari, which is nothing but Unuttara Amnaya. The moment you become a self-realized, God-realized, you go beyond the Amnaya tradition. Siddhas, Avadhutas and realized Swamis do not belong to any tradition or sampradaya. According to scriptures, Lord Shiva says, one who does SO HAM becomes me, and I become him. Practicing, SO HAM connects you with your soul, your divinity, experience the truth and make your life more successful.

The answer to the question is, SO HAM, if possible, do it during your day-to-day activities and this is the Mantra that will bring such bliss and joy, you need to experience. SO HAM is the Mantra Lord Dattatraya gave to Navanatha Siddha Parampara. Masters do not reveal this Mantra openly but typically whispers it the ears of the Sadhak after he or she does a lot of Sadhana. Even though this Mantra is revealed in the books, you realize the

real value of this Mantra after receiving this from a master.

## **2. Can we do Kechari Mudra while doing SO HAM?**

**Guruji:** Yes, if possible, you can do Kechari Mudra plus SO HAM. Practicing Kechari Mudra along with So HAM is a very powerful exercise. In Kechari Mudra you turn your tongue and touch the uvula. If touching uvula is not possible, just feel the upper roof of your mouth, but don't hurt your tongue. Kechari mudra brings stability to your mind. When your mind is stable, your breath is steady, and you are chanting this high vibration Mantra SO HAM, you can connect back to your source. However, Kechari and So HAM should be practiced only during meditation and not during the day-to-day activities to prevent the energy from being stuck in the throat region.

## **3. When I do Pranayam, outside breathing stops, and I feel there a movement of the energy that starts from Muladhara to Sahasrara and above Sahasrara and I get confused whether I need to focus on breathing or inner happening?**

**Guruji:** You need to understand the breathing leads you to inner oneness. Your connection is not just from Muladhara to Sahasrara. There is an eternal cord that you have connected to Shiva Shakti. One cord connects to the earth, and another cord connects you to Akasha or Shiva. You are already one with Shiva and Shakti. One of the crucial aspects of the sadhana is going from Pranayama to silence. Your Prana should stop, your breathing should stop, and Kumbhaka should automatically happen. Your body should start taking a very shallow breath, and this intake of breath will slowly stop momentarily. Then again when your body starts feeling the need, it breathes in oxygen. Temporary stop in breathing during Sadhana is a natural process, and it is essential that one surrenders to this process that is happening inside. Your mind will say "oh if you are not focusing on Pranayama you will not get the result." Sometimes your mind feels guilty because during Sadhana, you have automatically stopped chanting the Mantra and you

go into silence. Your mind feels, “something is wrong with me, I am not chanting the Mantra.” You should give attention to whatever is happening inside. You should flow with your soul, flow with what is happening inside. Shiva Shakti will take care.

#### **4. During level one, I go into thoughtless. I reach the Swadishtana Chakra and forget I need to move on to next Chakra. Is this bad?**

**Guruji:** This happens to many people. When they start doing the sadhana on Chakras, at some Chakra they go blank. They do not know where they are and what they are doing. Suddenly they space out and then go beyond the body and mind dimension. They made a connection to the soul. In soul consciousness, there is no time component. Momentarily the whole world stops to exist. Suddenly, specific energy gets triggered in your mind, and you come back and start to wonder where I am. It is good that you are making a connection. The objective of doing the sadhana is to establish a connection. If this connection is happening while moving from one Chakra to another, it's okay. You should be thankful to Divine Mother and tell Divine Mother, “Mother I am yet to finish my Sadhana, and you have already given me the fruit” “I'm still is Swadishtana and you are showing me the ultimate.” “I love you; I thank you, I bow down to you.” However, beware of your mind, which will say, “Complete the round.” Mind is such a thing; it will not allow you to be one with Mother. Its job is to disturb. If possible, I suggest to students who face similar issues, to use your fingers to locate your Chakras. For individuals who have the habit of going to sleep while meditating, they can keep their eyes half closed. The techniques mentioned above are one of the best ways to manage your spiritual practice.

#### **5. How does Mulanji Mantra or Guru Mantra prepare us in our spiritual practice?**

**Guruji:** What is the use of chanting the Mulanji Mantra? We need to understand why I need to chant his name when I can chant my own name or Divine Mother's name. According to the universal law of energy replacement, higher dimensional energy replaces the lower dimension energy. When we connect with a higher being and call his name, we are making a connection to his soul, his consciousness, to his energy and we



started receiving his consciousness into our soul. Therefore, when Mulanji's consciousness comes into our soul, things will start changing for us. What you could not do yourself for ten years, this Mulanji Mantra does it for you. It will prepare you; it will cleanse you, heal you, and remove obstacles in your spiritual practice. He comes to you as a friend, as a Father, Mother to support you, to inspire you, to guide you, to heal you and take you through your spiritual practice. If I don't chant his name, I cannot activate his Mantras properly. I cannot have a Siddhi or 100% results of this Mantra. So it is essential that we remember him and offer our gratitude by saying " Sadguru, you have given me Srividya Sadhana, it is really helping me, I'm very thankful to you, I bow down to you." "Your blessing is amazing". "Thank you." Offer your gratitude and subsequently chant the Mantra "Om Mulanji Namoh Om" and proceed with your practice.

#### **6. What is the use of rotating clockwise the golden light into the Chakras in 3<sup>rd</sup> level ?**

**Guruji:** I have explained that the golden bubble or shield surrounding our body is nothing but unconditional love or our sole body. The objective of the third level is to bring my soul consciousness, soul energy, soul vibration into my Chakras, to raise my Chakras and burn my karma in my Chakras. Rotation of the energy in the clock wise direction helps me absorb 100% of my soul energy. When I rotate the sole energy, this energy movement leads to activation or awakening of Chakras. The energy movement will ignite the fire in the Chakras which will burn our karmas. This process will activate our inner light body.

#### **7. What is the significance of 2<sup>nd</sup> level?**

**Guruji:** The second level helps you receive the blessings of Navakari Mantra. Notes provided during the Srividya workshop gives the importance of Navakari Mantra. These notes also contain a table showing how the Chakras and planets are related and how the second level helps you cleanse your horoscope. We have been on this earth for many lives. We intend to clean all that Karmas and horoscope Doshas that we have accumulated during the many lives spent on this earth. Different Shakti governs each

planet. Overall, we have nine Shaktis governing nine planets. All the astrological problems (Navagraha Doshas) get solved with we do this Sadhana to bring this Mantra to our soul consciousness. Hence, this Mantra is called Navakari Mantra. First three levels are critical to cleansing, healing, energizing and preparing our body for Bala Tripura Sundari Sadhana.

**8. Should I use Navakari Mantra in a particular sequence so as to benefit a particular planet?**

**Guruji:** Level two sadhana automatically takes care of all the Planetary issues you are facing. This year you may have an issue with one planet whereas next year you may face issue with another planet. Your job is to follow discipline given by Siddha master sincerely. You should sincerely do the level two sadhana with a Sankalpa “Sadguru and Divine Mother, please nullify the effect of negative rays that are coming to me from different planets, lift my soul, awake my soul, inspired me so that I can act better in my outside life.” Prayer, discipline and being aware of your thoughts and feeling are vital.

**9. In the shorter version of Sri Suktam, which Japa Mantra to use?**

**Guruji:** “Om Srim Hrim Srim Mahalakshmiyai Namaha.” Even “Om Srim Hrim Srim Om” will take care. These are the code of Mahalakshmi of Kolapura. This is the code of Divine Mother Mookabika of Kallur. This is a very powerful Mantra on the earth dimension. Use grated coconut, lavanga during the havan along with this Mantra will remove the blockage and activate Mooladhara Chakra towards solving money issues.

**10. Can this Mantra be given to anyone at home, who is not initiated?**

**Guruji:** Initiation is always needed. People without initiation generally do not practice the sadhana sincerely. They also do not give respect to the Mantras. When I started giving the Mantra to individuals who are not initiated, they did not bother to practice it sincerely because they are not committed. When you honestly do the sadhana, tattva is Jagrut or

awakened in your soul and then you can share this Mantra with another individual. If the tattva is not Jagrut in you, your thought will not have the power or charge to bring the desired result in another person.

### **11. How should I chant the Mantra?**

**Guruji:** Chant the Mantras mentally and silently.

### **12. Why don't we use Maha Ganapathy Mantra in this tradition?**

**Guruji:** We do practice Maha Ganapathy Mantra in this tradition. The level two of Srividya Sadhana, which has GAUM, takes care of everything. Lord Parashuram has given a sequence in Srividya Sadhana. This sequence begins with Maha Ganapathy followed by Durga, Raja Matangi, Varahi, Bala, Dattatraya, Shiva and ends with Lalithaambika. Depending on the tradition he comes from, each master gives his disciples a specific set of Mantras. Every tradition has a set of Mantra. We follow the sequence given by Sadguru Thirumoolarji, and we belong to Amnaya tradition. Amnaya tradition, which is one of the five traditions, has more than 27 Mantras

To achieve our goal, we need to follow one master and the protocol given by him. In Rashmi Mala, Lord Parashurama, based on his knowledge, has given one set of Mantras for self-realization. These Mantras are selected from Purva Amnaya, Dakshin Amnaya, Uttara Amnaya, Urdwa Amnaya, and the highest of all Unuttara, i.e., Mahashodashi.

Similarly, Sadguru Thirumoolarji has his own set of preparation. The sequence starts with the first level Mantra, followed by Navakari Mantra and Pranayama, Bala, Panchadashi, Shodasi, and Shiva Soubhagya Shodashi, and finally Samadhi Siddhi. Directly we are taking you from fourth Amnaya to fifth Amnaya and from the fifth Amnaya to last, i.e., one with that.

Different Amnayas are nothing but different paths to reach the same goal. It is like coming to Mulavarga Center by helicopter, by flight, by cycle, by walk or by any other means. Amnaya tradition is a path that will lead to self-realization and God-realization. Kriya Babaji gave Kriya yoga Deeksha to his followers to help them realize their self. In Siddha Mandala path, Ajapa Japa practice is followed to attain self-realization. Rishis grant

Gayatri Mantra for Self-realization. We have many paths to reach one goal. But if you go on following all the paths, the Mahishasura within you will not allow you to achieve your goal. Master's presence is very important to make your mind listen and accept one path. The spiritual path is very tricky. Practices can get simpler but the acceptance level is needed. For example, chanting SO HAM is very simple but accepting it and following it leaving all other practices can become difficult. My teacher told me to leave all practices and do SO HAM. We have practiced this SO HAM meditation for 5 to 8 hours and sometimes for 24 hours as well and finally, it happened. We reach our goal because of our Master's Grace, because of our trust in our master. Trust in the master is very important for Self-realization

### **13. Is there any side effect of SO HAM?**

**Guruji:** There are no side effects of SO HAM. It is connecting you to your soul. It is important to understand that in Siddha Parampara, there are no side effects or negative effects. Fourteen-years-old children are practicing Srividya Sadhana and reaping benefits. However, it is important to follow the discipline and guidance given by the master. Some individuals overdo the Mantra chant and hurt themselves by developing headache and acidity. Such individuals tend to think, doing more means getting more. In spirituality, being more aware of yourself brings more power to you. If you keep doing Japa holding negative thoughts and belief, you end up giving power to these negative beliefs as well. According to the universal law of free will, if I do not release the negative belief, I will not be able to find the solution to the problem. If you go to a biggest temple with internal blocks and chant Maha Mrutunjaya Mantra, even though Mother is bestowing her grace and energy on you, you will not be in a position to receive it. If you follow the guidelines correctly, there will be no side effects. Practicing your own recipes can lead to side effects, health effects and mental effects.

For example, if you chant too much of Durga Saptashati, it will start hitting you. You will feel irritated; you will not do better at work, you will not walk or exercise, or be able to relate better to your family member.

I have seen people gaining no Siddhis in spite of doing millions of Japa, because they

follow the process mechanically, with no feeling for Divine Mother, nor do they have any awareness about negative thoughts and belief. Such individuals have no trust in the divinity, no allowance, no acceptance and eventually start scolding the masters and scriptures for their failures, which these individuals have themselves created. In Spirituality you create.

**14. Six years old has listened to the Shiva Mantra, however, he is on his own. So, what is the next step in spirituality for him?**

**Guruji:** Let him enjoy the Mantra. This is again about the next steps. We are always worried about the next step, not in this moment, not in this step. I have seen, for children, just one Mantra is more than sufficient for them to absorb. In India, we have this Ishta Devata concept. Every god is a representation of the truth consciousness. If you hold one God, surrender and absorb in that God, you attain him. Especially for children, if they hold one Mantra and chant it with surrenderance and devotion, automatically everything will change for them. Their Chakras will get activated. Their memory power will increase, their brain cells will get activated, their behavior will change, their intellectual ability will get enhanced, their grasping power will get enhanced. So, let him enjoy the Mantra. Once he becomes 13 or 14 years, he can do this Srividya. That is why we have children's Deeksha where we give them only two Mantras, one Bala Tripurasundari and the other is Chintamani Ganapathy. These two Mantras prepare them for Srividya Sadhana or whatever spiritual practice that student or child wants to do.

**15. I'm eagerly waiting for HRIM Vidya workshop when will it start? Thank you.**

**Guruji:** We are planning this HRIM workshop probably in the month of January or February. This workshop will be focusing mainly on the health and mind aspect. Srividya focuses on Mind, Health, and Soul. HRIM Vidya is special for health aspect. This vidya focuses on how I can make my body access more oxygen, how I can induce more blood to circulate, how I can activate all my glands and cells, how I can take care of my diabetes-related issues, how I can help control my BP, how I can be stress-free etc. We

are not sure if we will be giving the same name i.e. HRIM Vidya to this proposed workshop. This workshop is going to target the health aspect. Many family members of our Srividya students don't want to worship any God or Goddess but would like to follow some technique such as breathing, exercise, physical movement, tapping the energy center in their body towards overcoming their health issues, activating the brain and have a better life.

**16. How can I make my mind focused on my goal? How I can make my will power strong?**

**Guruji:** If you want to focus your mind towards your goal, the first thing that is needed is to have a burning desire. If the DNA of burning desire does not exist in you, nothing will work. Just by reading the "How to" books will not take you anywhere. If you have the burning desire to achieve your goal, to know your self, to achieve self-realization, you will never be happy just by reading books. You will only be happy once your goal is achieved. Will power will naturally come to you. Secondly, if you have worldly goals related to job, marriage, health etc. then you first need to decide is this the priority in your life. Once you decide on your priorities, you need to check you believe behind the identified goal. Subsequently, you should try to remember this goal before meditation and after meditation. You also should connect and network with successful individuals who have already attain this goal and focus on their achievements. Once you firm up your thoughts and belief in the inner consciousness and also taking outer actions then you will achieve your goal. Srividya sadhana is very helpful to stabilize the mind, bring the concentration and give the power to your thoughts so that you can manifest your goals

**17. My body shakes a lot with energy during Srividya Sadhana. Why is this so and what to do?**

**Guruji:** Some individuals who do this Srividya sadhana feel a vortex, feel like they are rotating. Some people cannot sit due to feeling of vibration. Some people feel too much

energy leading to shaking of their hands, head, body etc. These movements imply (a) that your subtle body or energy body is more active and (b) you are extremely receptive to the Divine energies. Doing one round of sadhana is sufficient for you to connect, receive and balance your energy level or soul level. If you are having such an experience it is because your receptivity to Divine energy is very good, your Nadis, Chakras and subtle bodies are more active. It is important to note that your surrenderance and devotion is also very good. So, if it is happening, this is really good. However, one thing you need to take care of is to reduce the number of rounds. Just do one round of each level. If you are facing problem while doing level 1 to 3 and then the seventh level, you need to consider dividing your practice. Do the level 1 to 3 in the morning and do the level seven in the evening. If you still face a problem, then you can give a gap of one day in between your sadhana. This means, one day you do the sadhana, and the next day you don't do the sadhana but just chant the Mantra to connect and keep the energy level stable. You need to manage your energies. Some individuals do a lot of sadhana but nothing happens to them, however for some individuals, many kriyas happens like the movement of body, energy and vibration.

**18. How to make Srividya Sadhana more fun engaging experimental? Please give me some tips to make sadhana more fun and lively everyday?**

**Guruji:** I don't understand what type of fun you want from Srividya Sadhana, however one thing I can say is you can laugh at yourself during the sadhana. You can see your Chakras, you laugh or smile. You can channelize your imagination so that you can have more fun with Divine consciousness. You can ask Divine Mother "Please come and play with me in my meditation" This is all about how you develop a relationship with divinity. Srividya sadhana is not limited to just the one hour of meditation you practice. Srividya sadhana is a 24 hours job where the Divine Mother continuously plays with your body, day and night, and cleans your Chakras, Nadis and subconscious mind. All you have to do is bring your awareness to the play of Divine Mother and you see that there is lot of things to explore within you that this outside world. Inner world is so beautiful with astral colors, vibration and ecstasy. First step is bringing your awareness inwards and be aware

of the play, the dance of the Mother within you. Mother exists within you as consciousness, as a male, as a female, as a child. This consciousness will manifest in whatever way you invoke it. We should make meditation a joyful event. You should get completely involved in meditation. I always say the involvement is very important Use your hands to bring your attention to your Chakras, smiled at the experience, offer your gratitude by saying “I love you, I thank you I'm one with you”.

**19. While doing part B of Srividya Sadhana, I experience my breath stopping. Is it a good sign? I just want to know whether I'm making any progress?**

**Guruji:** This is an excellent sign. During Part B you make a stronger connection with your soul. Part B is where your Sushumna channel opens up. Part B is where your Ida and Pingala balances, your Chakras are aligned and your breathing becomes shallower and a moment will come where you become one with your soul. Your breath stops, the outside world stops. All the activities stop, and you feel the temporary bliss, joy, and calmness. Stopping of the breath is a significant experience during Part B, and this should happen. The stopping of breathing is a positive sign, and you are doing well, so continue with what you are doing.

**20. How to keep up the practices during sickness?**

**Guruji:** It is challenging to do sadhana when one is going through a sickness like fever, viral infection, and especially when one is suffering from a migraine or headache. If an individual has cold and unable to breathe properly, doing Navakari Pranayama becomes very difficult. If you can sit, you should perform at least one round any one level of the sadhana. There is no need to do all seven levels during the sickness. What you need during illness is to balance, energize and tone your physical self. If you cannot sit, you can do this sadhana lying down on the bed. If lying and doing sadhana is also not possible, then you chant the Mantra in your mind. When we chant the Mantra, we align ourselves with our soul consciousness. We bring that higher self, higher energy, higher dimension into us which in turn will help cure your fever, infection or related issues.



**21. In our daily meditation, can I do HASAUM SOHAM Shiva Kameshwari with Varahi and Durga Saptashati as well?**

**Guruji:** Yes, you can do it. However, one needs to be careful and do this Mantra just for few minutes since this Mantra brings a lot of higher dimensional energy. This Mantra is a potent Mantra. So, do not do too much chanting of this Mantra. This Mantra connects you to the Divine Mother who is having many tantric Shaktis. As explained in our webpage, energies installed in this mantra are very high. All the tantric Shaktis such as Shaktis Hakini are very active. Her Anga Devatas such as Varahi, Raja Matangi, Bala Tripurasundari, Ashwaruda, Sampatkarani, are installed in her. When I am calling, I am bringing all these forces in my life. When you are in trouble, you call the Mother. Whenever you feel protection is needed, call her and see the results. Whenever you need to dissolve, call the Mother and look at the results. You can do this in the meditation or whenever you feel like it, but don't do it too much like the Japa Mantra. You will not be able to hold this energy. I am again and again telling; you cannot hold this energy. Eat what is possible for you to digest. Do not overdo this Mantra and later complaint to Guruji saying, Guruji you didn't give the guidelines. Chanting this Mantra connects you to Divine Mother and with all her Devatas. Chanting this Mantra invites Kadagamala Devatas, all Anga Devatas, Pratyangara Devatas, Haakini, Saakini, Chakra Devatas, her Bhairavas, Upanga Devatas, her Yoginis. It is a complete cluster of consciousness. It is a complete Srividya Shakti in one Mantra. HA SA OM SO HAM SHIVA KAMESHWARI. It is vital that we give respect to this Mantra and don't practice it mechanically. We use this Mantra only in group meditation, but if you want to use, you can do so.

**22. Is there any minimum time period to do SO HAM meditation? If we are free, can we do it for 10 hours?**

**Guruji:** Yes do it. This is the meditation you must do it. There are many Mantra you cannot chant more than 108 time. There are Mantra that will create heat, imbalance, Nadi problem etc. SO HAM is the only Mantra that will not have any side effect. If your goal is

self realization SO HAM must be done. SO HAM is the Mantras, all the Avaduthas, all the Paramahamsas and Siddhas held and were able to reach their goal. This is a tested hundred percent surety. However, it is important that you are aware of your beliefs as well. There are four pillars in the spiritual path, the first one is meditation, the second one is Japa, the third one is Swadyaya and the fourth one is Seva. Meditation must be done every day. Apart from meditation, Japa of the level you are practicing, should be done. The third one is Swadyaya, i.e., being aware of your thoughts, your negative thought and positive thoughts. Being aware of beliefs, being aware of the feelings, especially depression feeling, stressful feelings, powerless feelings, guilty feelings. Negative feelings and negative emotions bring disaster in your life. If you are aware of these negative feelings and able to change those emotions instantly, then you are a true Srividya Sadhak. If possible, do the SO HAM meditation as a Japa Mantra, as meditation, as a Pranayama and at the same time be aware of thoughts. Whenever you say SO HAM, affirm the truth. Whenever I say SO HAM, I should affirm the sole Mantra. SO HAM, I am sole, SO HAM, I'm Love Divine, SO HAM, I am Bliss Divine, SO HAM, I am joy Divine, SO HAM, I am pure consciousness, SO HAM, I am pure awareness. SO HAM Mantra influences your subconscious mind and your consciousness. You also need to educate your conscious mind. You have so far been telling mentally to yourself, "I'm a body and this person and that person, I'm powerless, I'm human." Now you need to go back and say to yourself SO HAM I am awareness, SO HAM, I am body less consciousness, SO HAM I am formless, SO HAM I am Chidananda Roopa, SO HAM, I am SHIVA, SO HAM, I am eternal, SO HAM, I am silence. Silences is your language/expression. You can go ahead and do this practice for 10 hours. If you want to, go for even 24 hours. I'm so happy to see individuals asking these questions.

**23. Guruji, when doing the Havan, can we chant the Mantra mentally and then say Swaha for Aahuti?**

**Guruji:** Yes, you should chant the Mantra mentally and when you chant the Mantra, at the end of the Mantra you have to add Swaha, only then you can offer the Aahuti.

**24. When we resume our routine, we collect negativity and create blockages in our Chakras. Question; Can we take help of Siddha healing before doing the sadhana, allowing to concentrate better in our Sadhana?**

**Guruji:** Yes. As we suggested, before doing the meditation, you invoke Siddha Shakti, asks Siddha Shakti to activate your Chakras, cleanse your Chakras, cleanse your Nadis, cleanse your subtle body, connect your soul to Divine Mother, connect your soul to Sadguru Thirumoolar, activate your Mantras. Pray to Siddha Shakti and ask for her guidance and then do the sadhana.

**25. Especially during Raja Matangi meditation, why I become drowsy?**

**Guruji:** It is very common and depends on what you are doing. If you are doing this Srividya sadhana and then you are doing the Raja Matangi sadhana, you may feel sleepy because of too much energy. In case you are doing Raja Matangi Sadhana without any other Sadhana, and still, you are feeling drowsy, then you need to be very careful. Some individuals do the sadhana after coming back from work and spend half of the meditation sleeping. So, try and change the timing or do the meditation in the morning. You can also consider doing Raja Matangi meditation separately.

**26. I felt a greater connection in this session. I was somewhere losing the connection with the Sadhana and felt powerless. I want to know why Mother is not coming and connecting with me when I am meditating?**

**Guruji:** Today you felt more powerful and connected with Mother. You may think that Mother is not coming and connecting with you, however, this is not true. She is continuously bestowing her grace on you. To realize her presence, you need to raise your consciousness and energy level. More you become aware, more you connect, more you feel her invisible presence in your life.

**27. Guruji, how to know who is my Aaradhya Shakti?**

**Guruji:** As a practitioner of Srividya Sadhana, you have only one Aaradhya Shakti, and that is your Soul. This soul Shakti has different names like Adi Shakti. So, worship anyone considering it as your Aaradhya Shakti. Some individuals get confused when it comes to worshipping Saraswati and Lakshmi. Don't worry and get confused as there is only one consciousness, one energy, and one soul. So, focus on one aspect and go beyond the Shakti. One should not get stuck to Shakti, but go beyond and become one with consciousness.

**28. After doing meditation of for 2 to 3 hours do we need to do yoga and Prana kriya to keep my body healthy and make it more ready for receiving the grace? Please guide on yoga and Pranic Kriya.**

**Guruji:** Yoga and Pranic Kriya are very important yoga movements that bring more flexible and help you to activate your Chakras, energize your Chakras. If you do this before meditation, it is very helpful. In Pranic Kriya, you work with your energy bodies. Be careful. If this practice is helping you to balance your energies, go ahead. If you feel this practice is creating too much energy and you start feeling heaviness; then you need to separate Pranic Kriya from Srividya Meditation.

**29. During the 5 to 10 minutes of silent meditation before and after Srividya meditation, I start counting my breathing and I stop after 108 breath. Is this okay?**

**Guruji:** This is okay. This practice will help you to ground in your soul and do meditation better. This is good and you can do it.

**30. Can I get the notes on instructions of this meditation?**

**Guruji:** I have given the guidelines as a part of this session, which is more than sufficient. We cannot provide any write-up for the instructions given

**31. Is it possible to show the “how to” screen along with showing Guruji on the screen? Thank you.**

**Guruji:** How to screen is not possible. If you have taken Deeksha, you already know “how to.”

**32. Can we chant Shivam Jay Jay Nandi, this Moolavarga in daily meditation?**

**Guruji:** Yes, if possible, do the Moola Varga Siddha Parampara invocation every day. This is very helpful to you.

**33. Is there a need for chanting Moola Mantra? Is SO HAM enough when I am doing day-to-day activities?**

**Guruji:** SO HAM chant is for individuals seeking Self-realization. If you have issues with money, if you have issues with the relationship, if you have issues with other aspects, then do the Srividya Moola Mantra of the level you are practicing and combine this practice with SO HAM.

**34. Can we consider to have been initiated in SO HAM today?**

**Guruji:** Yes, you got initiated. It is confirmed. You can practice it.

**35. Most recently when I was meditating, I literally saw the first Pada of Panchadashi and then not much progress. Why am I making a first step forward and two steps backward? Is it lack of discipline?**

**Guruji:** I think so. It is the lack of discipline. Whether you gain inner experience or not, you should regularly follow the discipline. Doing regular meditation will train your subconscious mind. If you do not train your subconscious mind, your subconscious mind

will show resistance. You will end up doing two days of meditation and one week of rest. So, every day, no matter what happens, you get experience or not, you should do your Sadhana.

**36.If I am doing Srividya Sadhana in my office chamber and somebody calls me urgently, can I stop and do it afresh at later times?**

*Guruji:* Yes, no restrictions of any time. While doing Srividya Sadhana in your office chamber, if you get calls, you can go and be back later and do the meditation. However, it is essential that you do the meditation. It is good you are doing this in your office. I am happy about that

**37.Guruji I have a this habit of doing Japa of Maha Varahi Mantra with Mudra. Whenever I am doing this, I do not wish to do anything else, not even the meditation. I do this Japa before sleep.**

*Guruji:* It's good if you are doing this before sleep. Obviously, you are ending your day with this practice. If you want to do Maha Varahi with Mudra and don't want to do anything before sleep, do the meditation in the morning.

**38.How to release the blocks and negative belief?**

*Guruji:* This is a very important question. The first step is being aware of negative belief, and when you are aware, this awareness itself is a fire that burned the negative belief. Being aware of the negative belief and thoughts is the solution to release of that block.

**39.I am doing meditation and detached but I have the fear of death. I am not scared of dying, but I am scared of painful exit. How to overcome that?**

*Guruji:* You need to understand that Srividya Mantras will help you to make a smooth transition. If you hold the feet of Mother, you will not die painfully. Leave that thought that I'm going to die painfully. If you sincerely hold the feet of Mother, you will die happily.

Kadgamala Yoginis will come and help you and take care of everything. Leave this at the feet of Mother. Meditate and offer yourself, out of gratitude and love, to Divine Mother.

**40. Namaste Guruji, I am feeling body shivering a lot during Srividya level one. This is happening to me from day one. Why is this happening to me?**

**Guruji:** This is very normal. This is why, whenever you invoked high dimension energy, your energy body reacts. Some of you feel warm; some of you feel cold and shivering. Such feels are the reaction from your body. Having this experience during Srividya level is really good. The Mantra is influencing, Divine Mother's energy is influencing. You should be thankful and out of the gratitude continue your meditation.

**41. What is the importance of Sole Mantra?**

**Guruji:** As the name suggests, sole Mantra connects you to your soul. It connects you to bring the awareness about your true identity, that you are not a body, not a mind, you are the sole.

**42. How to tap Divine energy, spiritual practice like Chidambaram? Can you suggest any spiritual or specific practice?**

**Guruji:** If you want to tap the Divine energy of Shiva Consciousness in Chidambaram, what you need to do is to invoke Siddha Shakthi. Ask Thirumoolarji to connect you to Chidambaram Shiva and chant the Thirumoolarji Shiva Mantra. You will see the result that you are connecting and receiving the Divine energy of Lord Shiva.

**43. While doing meditation I received Mantras. What should I do Guruji?**

**Guruji:** Many people receive the Mantra or symbols during meditation. Chant and see the results for one to two months. When I receive a Mantra or a symbol in my meditation, I need to chant and see how it affect my mind, my body, and my energy. This is a 21 day

process. If you see there are tremendous changes in your life, then you know that this is a real Mantra that is needed for you. If there is no change, you drop it and understand that fact that it is trick played by your mind.

**44. I cannot feel any Chakra other than Ajnya Chakra. How to feel other Chakras?**

**Guruji:** Please do not worry about not feeling the charka. You should focus on Self-realization and God realization. At the higher level, you do not feel any Chakras. You do not feel the body as well. You don't feel any energy; this body is not at all there. You become Brahmanda, so what is the use of Chakras. Do not worry about Chakras and focus on meditation. Pray and surrender to Divine Mother. Charkas are just one stepping-stone towards the Self-realization and Truth consciousness. Do your best and surrender to the discipline.

**45. Apart from meditation to what extend can I chant Mantras?**

**Guruji:** As I suggested and do the Mantra chanting for 9 times, 18 times, 27 times, 54 times, 108 times, to help you keep yourself balanced, healthy and energized. If you chant more Mantras, like 3 Japa mala, 10 Japa mala, you will feel heaviness within yourself. So, know what is the number of chats or Japas you can do. Practice it for a week then you will know how many numbers you need to chant.

**46. After completing Srividya Sadhana, energy starts to flow from Muladhara to Sahasrara with involuntary deep breathing. Is this expected progress?**

**Guruji:** Obviously, the path is how to raise the kundalini from Muladara to Sahasrara and it is happening to you. This is really a positive sign and you are blessed with that.

**47. I am writing from Las Vegas. How to energetically connect with you every day?**

**Guruji:** There is no difference between me and Divine Mother. To be frank there is no



difference between me and Thirumoolarji. I am just a consciousness. If you are connecting with your soul, if you are connecting with the Divine Mother, it means you are connecting with me. Practicing the Sadhana given to you will take care of the connections.

## **Concluding Remarks**

I have answered all the questions. Thank you very much. We will meet again next month. There will be one more group meditation session. Connect with us and meditate more, do better for yourself. Remember the four pillars of your spiritual practice that is meditation, Mantra chanting, Swadyaya, i.e., being aware of your thoughts, especially negative belief and feeling and the fourth one is Seva. Seva is something you have to do without any expectation. It can be for humanity. You can go and do gardening. You can invoke Siddha Shakti and bless the earth. You can come to our Mulavarga Center and help us as volunteers. We need volunteers, especially during the Srividya workshops. We would request you to come on the first day for the workshop, for about an hour, and help with arrangements and registration process. We need volunteers during the group meditation session as well. Please come for half an hour before and help us. We will need volunteers to translate our videos into text format from home.

In the future, we are making a research wing on how we can bring science to spiritual practice and healing. We need individuals with a scientific background to help us form this research wing and share ideas.

We have established the Moola Varga Foundation as a Trust. We want to get involved in more activities that will help us and humanity. The first reaction is distributing the tulsi. Divine Mother's energy is more active in the form of Tulsi. She is sending oxygen, cleansing, healing, energizing and blessing. This is the reason why we are distributing Tulsi. If possible, sit with Tulsi and chant the Mantra. Give your love to Tulsi plant and see the results yourself. She communicates and cleanses your aura. If possible, do the Pradakshina around the Tulsi and chant the Mantra minimum nine rounds. If your children have problems, make them go around the Tulsi every day. You will be surprised to see changes in their behavior. They will start anchoring the healing, positive energy of Divine Mother. Keep Tulsi close to you and breathe with Tulsi, feel her as Divine Mother. As you breathe in and breathe out and connect with her energy and you see the improvement in your physical self. More oxygen you take in, more your health will improve. We are doing more activities like a plantation of trees. We need you to help. Divine Mother needs you. God needs human to make this earth more beautiful because every one of us is the

expression of the Truth. We are planning to do several activities. If you want to help us voluntarily, please give your names. We will be making cards for all the volunteers and requesting your participation through emails or phone calls.

### **Offering Gratitude**

We shall now offer gratitude to Divine Mother and Sadguru

Please offer your love, gratitude to Divine Mother Maa Lalithaambika Rajarajeshwari MahaTripurasundari and our Siddha Parampara, Sadguru Thirumoolarji, Nandhi Devar, Shivakami, Lord Shiva. Offer your gratitude to your own soul because it brought you here. Without your soul, that is your inner Guru, the Parabrahma Tattva within you, nothing can work. You need to offer your love, blessing to your own soul and be thankful to your soul and be grateful to Shiva Shakti.

I'm thankful to Siddha Guru Parampara, thankful to all of you for making this event successful by bringing the positive energy. When we meditate together, the energy we release is a blessing to our earth. I'm very thankful to all of you. Thank you, Thank you very much.