



Question and Answer

- 1. While performing Vancha Kalpalatha Ganapathi Sadhana, how much time should I spend on each Chakra?**

As I suggested, you spend 5 to 10 minutes on each Chakra. If you want you can use a clock in front of you or repeat the Mantra nine times on each Chakra. Sometimes you will feel spending this much time is sufficient. You may feel, in some Chakra, you need to do it only three times whereas in another Chakra you may feel the need to do more number of times. So, as you progress higher, you need to go beyond timing and number and go with your inner feeling. The best method as we progress is to trust the inner GPRS that will guide us. In the beginning, the number is helpful, timing is necessary, but as we progress, if you are a kinesthetic person, the inner feeling will guide you. If you are an auditory person, you will receive a thought or message from divine to do one more round. You need to follow that message. In the beginning, nine times are sufficient or five minutes are adequate.

2. I am facing a problem when I am doing Navakari Pranayama. The light sound and prana are not in a harmony or correlating.

You should not worry about this issue. The situation you are facing is normal. Many students face this difficulty. Co-ordinating the breathing in, visualizing the light in Ajna Chakra and at the same time chanting the Mantra, can become difficult. Do not worry and you do your best. What is important is your Sankalpa i.e. your intention. I have been telling, your intention is very important. Practicing Navakari Pranayama with the intention that I am pulling in golden prana, I am chanting the Beeja Mantra, the Navakari Mantra and at the same time, I am bringing in that consciousness into my Chakra. You need to pray to divine Mother, by saying "Mother I and doing my best and I'm surrendering all the results to you." Sometimes we feel connected, devoted and the Pranayama becomes very smooth and easy. Sometimes we are stressed, we are not connected, and it becomes very difficult to visualize and focus. And, some of you are not visualistic, and this is a big problem since you do not know what is happening. I asked my students to just practice and not worry because it is not how scientifically perfect or correct you do this, but how you surrender, how much you are devoted, how much you are offering yourself. Mother will test you whether you are really focusing on Pranayama or her. The goal is to attain divine Mother and not Pranayama. Pranayama is just a step to reach there. So, you should not worry, and you should do your best and offer everything at the feet of Mother by saying "this is what I can do, these are the qualities you have given me, I am doing with these qualities what is best from my side and offer it to you." So do not worry about Navakari Pranayama, if you cannot do it perfectly, do your best.

3. When we cannot do our Sadhana for some days due to sickness, can we just do Japa during this period?

Yes, whenever you take a break of one or two days because of sickness or because you have some function in your family, you do the Japa. By doing the Japa, I am charging my soul, and by charging my soul, I'm maintaining my soul level. So, do the Japa when you cannot meditate.

4. If I have reached the seventh level, can I do the seventh level Japa to maintain my soul level?

Yes, if you have reached the seventh level, then you can do the seventh level Japa. If you are a beginner and practicing level one Sadhana, then you can do the level one Japa. As you progress and reach the seventh level, if possible, you do the Japa of the seventh level Mantra because it has all the Tattvas such as Shiva-Shakti, Pancha Mahabhuta, and Navagraha. You can continue to do the seventh level Japa continuously and mentally. In between, if possible, I always suggest, whenever you do the Japa, consciously add your prayer. Prayers are very important. You can say

“Mother I am so thankful to you for allowing me to chant, thank you.” And then chat the Mantra.

“Mother, I really want to feel your invisible hands protecting and guiding me all the time, thank you.” and you again chant the Mantra.

“Mother I want to feel your presence at every moment, thank you” and chant the Mantra.

How much you consciously bring the awareness that you seek her, that much divine will flow to you. Otherwise Japa chanting becomes mechanical. Many times, in the beginning, Japa is good. However, after a while, Japa happens mechanically, and your awareness goes down. So, you need to pray by saying “Mother I am chanting this Mantra”. “Chanting the Mantra itself is my Seva to you, this chanting of the Mantra itself is my offering to you.” Prayer should happen. The heart has to express its love and devotion to the Divine Mother. By affirming the prayer in your own words and chanting the Mantra will lead to great things happening in your mind and soul. Mother start flowing to you. She knows that you are consciously affirming and subconsciously your Mantra becomes centered in your memory. You are meditating, and super consciously you are connecting with “That”. When I perform Sadhana in this manner, Mother starts manifesting as a bliss, as joy. Divine qualities start manifesting in you; you stop not reacting to certain situations. You will let go and forgive. A real spiritual Sadhak prays every moment. If you are a real spiritual Sadhak, you will have the burning desire to be one with Mother. You will say “I want to see you, I want to have your darshan.”

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You will not be happy with just the Mantra. You will be desperate, and you will keep asking, "When will I see you, when will you be with me, how can I feel you at this moment?" You will see how desperate the bhakta's are. They are waiting eagerly for Mother with love, devotion, and surrenderance. As you progress you become desperate for Mother. You become like a very naughty child of Mother, who keeps demanding "I want you, I want to see you, I want to feel every moment your presents" and she will show herself because this is such a supreme intelligence our mind cannot understand. Your mind will never be able to understand or think of how Mother will bless you. It is good that you can do the Japa and also this Sadhana.

5. How do I go about increasing the number of Sadhanas and rounds?

For example, if you are doing all the seven levels in the morning, and if you still want to do more rounds of Sri Vidya Sadhana, I suggest you practice just the seventh level in the evening. To reach the seventh level, you have worked for more than a year. Instead of one round, you can do three rounds of the seventh level. The other option is to practice seven levels of Sri Vidya Sadhana in the morning and practice either Varahi or Bagalamukhi Sadhana in the evening. For example, on Monday morning you can do Sri Vidya Sadhana and in the evening Bagalamukhi. On Tuesday morning again Sri Vidya Sadhana and in the evening you can do Varahi. Wednesday morning Sri Vidya Sadhana and in the evening Rajamatangi. You should not feel strained or stressed in the spiritual path. People asking me, "Guruji how can I do so many Sadhanas? My mind wants to do all the Sadhanas, but I do not have time because of various activities I am involved with as a Householder." Some of you also want to do Puja apart from this, Sri Chakra Puja, Kadgamala Sadhana, Sri Suktam apart from Sri Vidya Sadhana. You need to plan according, otherwise doing Sadhana can become difficult. You have to adjust and manage your timing to do all the Sadhana. All these Sadhana's that you have received are very powerful. They help you to overcome all type of problems. What is important is your sincerity, your persistence, awareness of Universal laws or spiritual principle and focusing and doing the Sadhana. No matter what happens, whether you see the result or not, you should, at least for the first three months, work out yourself.

6. When I sit for mediation, I am aware of my breathing. Is that okay?

Yes, it should be Madam. In the beginning, being aware of your breathing, but not being aware of your body, not being aware of the world, is one of the states of oneness. It is the first stage towards self-realization. It is a good thing that is happening to you. As you progress, you will lose awareness of breath as well. Because of your attachment to family members or some pull, you are holding to your breath. The day will come when your detachment from the outside world is so great; you'll forget everything. You will only focus on and nourish your inner world. You will detach yourself from everything, and you will reach a state of oneness that cannot be explained. That bliss, joy, ecstasy cannot be explained. Breathing is an involuntary action of the body. So, you just need to be aware and let go, and again bring your awareness back to meditation or whatever Mantra Sadhana you are doing.

7. How to become more visualistic?

If you are not having that quality at all, you are not born with that quality, then how can you become visualistic? The education system on how to teach a student has evolved. When we use to teach, our education system use to consider the visualistic, kinesthetic, and auditory ability of individuals and determine their dominant learning style. Now there are quite a few attributed added to the above three learning styles. According to these attributes, methods of how to teach students have evolved. Most of the time we ask our students to write down what they want to learn. When we write down,

- (a) We see what we write
- (b) Mentally we are thinking about what we are writing
- (c) We are also feeling it.

When we write, kinaesthetic, auditory and visualistic attributes are taking place. The writing process is impressed into our subconscious mind and this impression will start showing up in our subconscious mind. Even if you are not visualistic, intuitively you know it exists. So, I always suggest, whatever divine quality you

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want to develop, you should write it down. Earlier people used to draw the Yantras. When people who are not visualistic, practice drawing the Yantra, the geometry of the yantra becomes a powerful memory pattern and gets impressed in their subconscious mind. The moment they think of the Yantra, even if they are not visualistics, they know that intuitionally it exists. You need to write down, whatever you cannot visualize. In the case of Sri Yantra, you need to write/ draw it. Do not worry about dimensions and mathematics; else it will turn into another course for you, "How to draw the Sri Yantra." You do what best from your side. Tell Mother, "this is my offering to you." We had one student from Mysore who from his childhood start playing with the Bala Tripura Sundari. From childhood, Mother came and guided him to draw the Sri Yantra. He once showed me this Yantra. If you see the picture, it was not a perfect geometry. There were small differences in the manner the angles and lines were drawn. Even though his drawing of the Yantra was not perfect, the energy was very good. How is this possible? I was surprised. With the guidance of Mother, he has drawn with Love, Devotion, and Surrendrance, a Yantra that is perfectly manifesting the energy. Physical structure is not perfect; however, the energy blueprint is perfect. Mother rectifies where it is needed. I'm surprised to see how Mother takes care. The moment he kept the Chakra in his home, many miracles started happening. People started coming and asking questions, and he began giving solutions. Now he has become like a Swamy. His age is the same as those in the Pre-University Course. He now wants to build a temple. Some people donated around ten Guntas of land; some wanted to give a monitory donation. You can see, a small Sri Yantra without having the right geometry, changed things for this individual because of his stronger connection and love for Mother. What I suggest you is to hold the feet of Mother and rest will follow. Technical part, yes, but first devotion then Mother will rectify. She will guide you, help you and if it is needed. She will manage the energy dynamics because she knows how to come, how to manage, and how to bless you.

- 8. I am about to complete level 4 of Sri Vidya Sadhana. Last few days I feel more stress and pain in my back Chakras especially when I do Bala Triupura Sundari Sadhana. I sit for around 40 minutes.**

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It should happen, and you should be thankful that this is happening. When we are working with our spine, it is our pillar, and we are working with our Karmas. When the Karmas releases, we experience this release in the form of pain. Otherwise, you have to experience this release as an outward disease. The second thing to consider is if your asana is creating the problem. Some people have back pain or related issues and still, they want to sit in Padmasana or Siddhasana, no matter how much it is hurting them. I have seen people who have undergone surgery hurting themselves. Learn to discriminate, if it is your asana that is creating the problem. For example, some people, who in their job place have to sit from morning to evening, develop pain in the back of their neck or upper spine. When they sit in meditation keeping their spine straight, it hurts them. They feel pain the Centre for their spine, i.e., back of the Manipura. In such cases, if asana is giving problem, I ask them to do some spine twisting exercise. I have seen these exercise automatically takes care of the pain. If that is not the issue, then it is in the normal way release your Karma. I have seen many students, when they are working from morning to evening, sitting in front of the computer, they feel the pain in the back. They cannot sit straight. They feel the pain in the center of the spine, and they have to work out; otherwise, it is really difficult. In Rajarajeshwari Kriya, we do exercises with Pranayama, which will strengthen the muscles in the hip and spine. If these muscles and the spine is strong, you can sit for a long time. Otherwise, you cannot meditate for more than one hour. So, in the beginning, I suggest you sit and meditate. If the pain arises, make small twisting movements during meditation. While performing Sri Vidya Sadhana, if you start feeling uncomfortable after the third level, because of your posture, then you can stop and do some hip and body twisting movement. You can also stand up, or slap your complete body. Make yourself comfortable and again sit back and continue your Sadhana from where you left. If you practice such movements, the problems will not continue. Until you train your body to sit for a long time, you need to work with these alternatives. This is not just your problem, I have seen many students have this issue. The lifestyle has changed. People do not exercise or do any form of flexing moment. I suggest to my students, who have to sit from morning to evening, to do some twisting exercise like shoulder movement, bending exercise, movement of knees and ankle, at your workplace itself. Some people sit with folded legs in front of the computer for four to five hours and this

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result in a back problem. I have seen for many students, just the regular habit of not sitting correctly creates a problem. It is always better to sit with your legs placed parallel to each other and not sitting on the chair crossed leg for a long time. I have seen many students creating problems for their hip and back, and their body alignment becomes such that they are walking with their shoulders tilted on one side. Then they go for massage treatment, Ayurveda, Marma Therapy. We are ignorant about our body position. How we sit is very important. Especially in job places, try to keep your spine straight, move your joint, rotate your neck and shoulder at regular intervals and fresh up yourself.

9. Should you touch and mediate on Tulsi?

Tulsi has its own energy field. If you feel comfortable and connected, you can touch the Tulsi plant and meditate. Otherwise, you can sit and meditate with Tulsi kept nearby. See the Tulsi as a being and do not see it just like a plant. Tulsi means Divine Mother herself. She is very powerful. I have seen some places where Tulsi has grown to 6 feet. If you go and sit near such a plant, automatically your complete Chakras get activated, and your subtle body gets cleansed. I have seen 6 feet Tulsi only in remote villages. Go there and connect, miraculous things will happen. Mantra Shakti activates because the purity and ability to awaken the Mantra exists in this herb. Tulsi is very powerful and that is why Lord Krishna like it. Krishna represents Truth Consciousness, and Truth Consciousness likes purity. Very rarely, we find an herb that has a purity and ability to heal the physical diseases as well as energy problems. People are not aware of the quality of Tulsi. It is a small thing but effects big miracles. It not only influences your home but it also influences the earth dimensional. It influences the ozone layer of the earth, but scientifically we have not been able to find these qualities. However, if you are clairvoyant enough, if you are a good meditator, you can see its results and power. Tulsi kept here for distribution are coming from a place, where they are distributing Tulsi only with the intention to spread and bring positive energy to the world. They are giving it free of cost. We are offering this Tulsi to all our students. We meditate and energize this Tulsi for you to take it with you and meditate along. Make Tulsi your meditation and Yoga partner and you will see a lot of changes. I've seen just chanting Maha Mrutyunjaya Mantra or

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any Mantra with Tulsi brings about a big difference. Earlier many people use to meditate with Tulsi. Without Tulsi, there was no initiation. As we progressed, it became a ritual, it became a culture, and we forget the science and technology behind this herb.

10. Is Thurumular Ji is associated with form called Vashi?

Vashi yoga is a higher form of Kriya Yoga. Vashi is inner breathing that happens between throat Chakra and Sahasrara. Movement of the breath from the abdomen through the lungs and nostrils will stop. The breath with repeatedly rotate between throat and Sahasrara. You do not breathe from the nostrils. You mentally take the prana within and circulate it. A day will come when your heart will stop, the nervous system will stop, and you go into a state of Samadhi. When someone touches you, they will feel you are dead. In higher Samadhi, your body becomes very cool, just like that of a dead body. There will not be any warmth in your body. However, all the prana from the body gets pulled into the Bindu in Sahasrara, and it vibrates there (Spandana). This Bindu is the Bindu of Sri Yantra. At a higher level, Sri Vidya blesses the Vashi yoga. You do not need to do separate Sadhana. I have seen Vashi yoga, Siva yoga, and Kriya yoga happening when you practice Sri Vidya Sadhana. As we progress our breathing goes down and Ida and Pingala balances, Sushumna opens, and Kundalini flows. Our breath stops momentarily in the beginning and as you progress the outer breath will stop for a longer time, and the inner the Pranayama, i.e., Vashi yoga happens. We want to learn everything. We want to do Kriya yoga, Vashi yoga, Shiva yoga because we want to try and experience all these practices. However, the problem is, we do not stick to one path and guidelines. Vashi yoga is very difficult. Stopping outside breathing and practicing inner breathing is not easy for all. Your health should be good. If you stop external breath, what about your BP? All are not ready for this Sadhana. So those higher Pranayamas are not given to all until and unless the person is prepared to receive it.

11. Can I reduce the count of Maha Paduka Mantra?

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Instead of sixteen, you can do it three times. I have seen many students have a problem with Maha Paduka Mantra. So I suggest if you cannot do it sixteen times at least do it three times. You can do three times Thirumoolarji Mantra, three times Maha Paduka Mantra and then go for Sri Vidya Sadhana.

12. After Level 7, I immediately go for Vancha Kalpalatha Ganapathi (VKG) Sadhana. Should I give a gap between level 7 and VKG.

It is a personal choice and depends upon you. There is no rule set. After level seven of Sri Vidya, you can take a 10 minutes break and go for Vancha Kalpalatha Ganapathi (VKG). Most of the time when we meditate, we relax. We reach to "That" Consciousness. But if you want, you can relax for five to ten minutes and when you feel comfortable start VKG Sadhana. I tell my students, in between going from one Chakra to another Chakra, if you want to, you can rest and relax. While going from one Chakra to another Chakra, if you feel too much energy, you can relax. Take a deep breath then start again from where you stopped. You can rest your body. If you are feeling sleepy, you can stand-up wash your face, come back and sit for meditation. In this path, there is nothing like a cultural ritual where if you stop in between then you have to start all over again. Instead of sleeping, I want you to sit and meditate. For individuals who have issues related to back pain, I ask you to lie down and meditate.

You can also consider practicing one round in sitting posture and the other rounds in a lying down posture. Ensure you do not lie down on the bed or you will not meditate. Have a simple cloth or blanket on the floor and lie down and meditate. In this manner, you can manage your mediation without any restriction. In the higher level, you will be surprised that you'll be sleeping and Mother is dancing inside you, Kundalini is dancing in you, She is flowing here and there. Where is the condition? You should not worry about any condition. The important point to consider is how to ensure your asana is helping you become one with Mother. When you lie down, subconsciously you understand that you are going to sleep. The spiritual path is being awake, aware. When you lie on the bed you are not awake, you go down and become unconsciousness. You go to sleep. You cannot raise your consciousness or your energy level. It is always better to sit and meditate. I am giving the real reason as to what happens so you should not

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have any confusion. Many times, you'll be working from morning to evening and then at the end of the day you have a choice left, either I sleep or meditate. Your mind, the inner Mahishasura will say, you have done a lot of activity the entire day so sleep. Before sleeping if you include meditation, your sleep will be very refreshing. Healing will take place. The connection is also made. So, make yourself comfortable, wherever you are, whatever you do you, meditate. Do not try to stop since meditation is the pillar. No matter how many books you read, no matter how many workshops you attend, until and unless you do not raise your consciousness, you do not raise your energy level, your perception doesn't change. If your perception doesn't change, transformation won't happen. That is why all Siddhas meditated. They realize that if I want to understand something I need to raise my consciousness. I can raise my consciousness only through meditation and working with my pillar. My Chakras are my different levels of consciousness, different levels of energy, a different aspect of my material world and spiritual world. I need to work out. No escape at all. Persistent regular meditation takes you to a higher level of consciousness.

13. When I am sleeping Sri Vidya Mantra chanting automatically happens. Why is this happening to me?

When you are relaxed, Mother is very happy to come to you. Doing meditation in the morning can be challenging because your mind is filled with activities you need to do from morning to evening. The whole day's agenda disturbs you. However, before going to sleep, you are relaxed because you have done almost all the work and talked with all the people whom you wanted to talk to. When you relaxed, you connect to your source. When you connect to your source, Mantra happens. It is blessing and Mother is doing it for you your

14. On forward Chakra is easy to perform Sri Vidya Sadhana when it comes to the behind Chakra it becomes difficult. I use the approximate positions and do the Sadhana.

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It is OK. It is easier to locate the forward Chakras with your hands and feel it. Front Chakras represent "Emotion", and where there is emotional feeling, there is more energy. The back Chakras represent "Will Power". Some people are more aware of their back Chakras than the front Chakras. It depends upon the person. But what you need to understand is whether you focus on the front Chakra or the back Chakra, ultimately the energy will come to the center of Chakra. You should not worry. Whether you are aware or not, continue your practice. Some individuals can feel only the front Chakras, and some can feel only back charkas. Some people do not feel any Chakra, and hence, in the beginning, they have to locate the Chakra with their hands and practice the Sadhana. It can take them months or years to start feeling the Chakras. Whether you feel it or not, just continue your practice, and you will see the changes.

15. In Varahi Sadhana, if we want to help a sick person, should we chant the entire Mantra including the Chakra meditation. Do I do both "Dustaprdustanaam" and "Rogapraroganam" Mantra or could we do the Rogaprroganam Mantra without the preliminary Chakra meditation.

So, if you want to help a sick person you just need to chant the Moola Mantra of Varahi. Here both the Mantra, Dustaprdustanam, and Rogapraroganam works. You just need to rotate the moola Mantra of Varahi on to the aura of the sick person. I suggest you go with "Dustaprdustanam." Many times the person feels sick because of his negativity energy in the aura. We just rotate this Mantra on to his whole aura, but do not work on the Chakras. You rotate the Mantra, "Om aim htreem srim Om aim glaum....namo bhagavati vartali vartali...." on the whole aura from top to bottom, minimum three or nine times. The number of times you want to chant the Mantra depends on the person's sickness. If she or he is in ICU and going through terrible health issues, you can chant for 15 to 20 minutes every 2hrs. You can chant the Moola Mantra only and do not work with the Chakra.

16. If we are chanting Mantra for our family members, would it be effective if I chant the Mantra nine times for the entire family collectively or would it be better if we chant the Mantra nine times for each family member.

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I suggest you visualize the "Protection shield" and when you are doing this Mantra chanting. Empower your "Protection shield" with either Varahi or any other Sri Vidya Mantra and at the same time make a Sankalpa that the same Mantra is also empowering your family members. So, you do not need to chant the Mantra for every member. Just imagine the "Protection shield" and affirm that "myself and my family members are protected inside this shield." Also, affirm that "Now I'm going to empower this protection shield and make it more powerful with Varahi Mantra." I now chant the Mantra in my mind, and I visualize that letters of this Mantra is floating in my protection shield and at the same time, these letters are floating in the aura of the "Protection shield" of my family members. So in 2 to 3 minutes, you can finish the chanting for yourself as well as your family members.

17. Is the shape and color of protection shield in Bhagalamukhi and Varahi the same?

It is the same. However, I do not want to go deep others wise people ask, what is the color of shield for Rajamantangi, Varahi, DusMahavidya, and things can get more complicated. You visualize it or not, the energy or the seed of Mantra produces the respective color. I try to simplify this as much as possible so that you chant the Mantra with the devotion and things will happen. If you are clairvoyant enough and you'll be surprised to see the color that is needed gets installed when a person is chanting the mantra

18. Should we blow into the water three times after finishing the entire Mantra chanting?

Yes, you should blow three times after finishing the entire Mantra. For example, if you wanted to energize the water with Mantra, you have to chant the Mantra nine times, eighteen times or twenty seven times with Sankalpa, then in the end, you need to blow the air into the water three times.

19. Guruji, kindly explained the Navakari Pranayama method of doing the first Mantra Shrim, at the Mooladhara Chakra?

As I have suggested to you in the workshop, most of the front Chakras open to the front in the manner shown below in Picture 1. The front Chakras opens like a cone with its vertex (narrow end of the cone) connecting your front side of your body and the circular base (broader end) faces outward into space in front of you.



Picture 1

The back Chakras open backward as shown below in Picture 2



Picture 2

Here again, the apex of the cone of light will connect to the backside of your body (backside of Ajna, Vishuddhi, Anahata chakra etc.), and the circular base will face outward into the space behind you.

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For Sahasrara, the cone opens in the top, and for Mooladhara, it opens in the bottom (Picture 3), connecting to the earth. When I am practicing the Navakari Pranayama for Mooladhara, I should visualize that the Mooladhara Chakra connecting to apex of the cone of light, which is facing downward (Picture 3)



Picture 3

The circular base of the cone of light is connecting to the golden light shield that is covering your entire body. I breathe in the golden light from the bottom upwards into the Mooladhara; then I circulate this energy in a clockwise direction. The golden light energy is circulated and absorbed into the Mooladhara Chakra. This is how you can practice the Navakari Pranayama for the Mooladhara Chakra.

20. Sometimes we make choices of decision without intention, do these choices generate Karma?

Yes, if you repeat those choices again and again. Many times, we will be talking to people, watching the television or we see something, and we indirectly wish, I had it. I need it. I want it to be like this. But later you realize that it was not needed at all. Such choices, of course, will create or generate Karma. This is how we have been taking birth and coming to this planet one life after another without knowing where we are going. Unknowingly we are making choices because of our friends, family, etc. and we are taking birth again and again. If the choice is made only once, it is not a problem. But if the choice you made was with a high level of emotional feeling, it is going to land in your manifestation. Some people choose out of fear, and that also affects. Yes, if you repeat these

choices repeatedly and attach those to emotional feelings, it will generate Karma. If you make a choice and you forget, it will not create Karma.

21. Request you to please suggest the Mantra for Budha Graha for Das Mahavidya Sadhana.

Aim Kleem Sau. Divine Mother Lalithambika is the one who controls the Mercury. Of course she controls the entire planets as well, however when I categorize them in Das Mahavidya, (If you see, we have not mentioned Budha Graha in the Das Mahavidya). Aim Kleem Sau, is the Das Mahavidya Mantra that controls and helps remove the Budha Graha Dosha and issues.

22. I do Havan one on the top of the building without any roof (open sky). Am I doing right?

Of course, but you are helping humanity. If you do the Havan at home, it is good for your family member, good to clear the Vastu. I have seen some people face a problem because their family members do not like them to carry out Havan at home smoke and black sooth. When you are living in a rented home, the owner does not want you to do the Havan. In such situation you go to the terrace, or some of you go to the temple and do the haven. Do not worry, make a Sankalpa that this energy will go to your home, family member and do the Havan.

23. Why so much heat is created while we meditate?

Spiritual heat is generated as we meditate and it should generate. We have three fires within us, Kamagni, Jataragni, and Jnayana Agni. In the center, we have Agni kula (Surya, Chandra, and Agni Kula). Kundalini itself is the inner fire. When our Sushumana Nadi opens, and Kundalini flows, it has to burn the Karmic impression. Karmic impressions do not burn until and unless you create that spiritual heat or the inner fire. The spiritual heat generated is the Tapas Shakti and is good. But, be careful, if it is generating too much heat, due to too much of Sadhana, then you have to control it; otherwise, you may hurt your own body. For

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some people, a large amount of heat is generated by doing just one round of a Sadhana. Such individuals can feel the energy, vibration, and heat. However, some individuals do not want to stop in spite of feeling the heat, and they continue practicing the second round of the same level. You should not do that. If your Sadhana is producing too much of the spiritual heat, then you need to stop. You can also consider relaxing or practice Sheetalī Pranayama, which we have discussed during the Guru Purnima. In Sheetalī Pranayama, you breathe in from the mouth and cool down your body temperature. You can also close your right nostrils and breathe in and out from your left nostrils. Chandran Nadi, the cooling current will be activated to balance your spiritual heat. The other options are to take a cold-water bath or take milk, else too much spiritual heat can lead to skin irritation and itching sensation. I suggest to apply coconut oil and take a bath with water having a normal temperature. Do not use water that is too hot. Drink buttermilk or coconut water is very good for the meditators. Some individuals feel cooling energy, and some individuals feel warm spiritual heat. The experience of results depends on the persons, his Karmas, his body nature, his Prakriti, i.e. body constitution.

24. What to do in case you feel heaviness?

In case you feel heaviness, you need to go for rapid breathing or breathing in from your nostrils and breathe out from your mouth. When you oxygenate our brain, automatically you feel light. You can also channel the energy to where you want. You can do the Apana Mudra and pull the energy down. You can also focus and pull the energy to either your navel point or your heart center. You can channel the energy to your plants. Sometimes we are more receptive, and the absorb more energy which the body cannot hold and so we need to channel it. If you have too much energy, a hot water bath is also very good because it discharges the excess energy. If the creation of heat is not a disturbance for you, then continue to meditate. If it is too much heat, you reduce the number of rounds or just do the Mantra chanting. You can also consider meditation every alternate day. One day you meditate, and the next day you can chant the Mantra. The subsequent day again you can practice meditation; otherwise, you will hurt your own body. You need to learn how to manage the energy and your body

25. Sitting at Manikarnika Ghat (cremation ground in Kashi), what Sadhana is advisable, Sri Vidya or Varahi?

Both Varahi, as well as Sri Vidya Sadhana, will work. Ashtabhairava Sadhana or Batuk Bhairav Sadhana is also very good when you go and meditate in Manikarnika Ghat. However, it is important to know what you want: whether you need to activate the energy of Varahi Mantra, whether you want to activate the Bhairav Mantra or whether you want to activate this Sri Vidya Mantras. You should consider meditating with that particular Mantra in the Manikarnika Ghat. It is essential to know what Tattva or Mantra you wish to activate. Sri Vidya is good, but when you are going through negative problems, you want to work with Varahi. In the Manikarnika Ghat, you can practice Varahi Sadhana or Batuk Bhairav Sadhana rather than Sri Vidya Sadhana. Since you are initiated into these Sadhanas, there is no specific instruction required. How much you make a good intention and how much you devote, involve and meditate, that much is the result.

26. I think my bad Karmic effects do not let me prosper. What should I do?

Many times, we believe and think that if I meditate in 3 to 6 months or for one year my, problems will get solve. But I do not have an eye to see how much difficult Karma I have created. I do not know the quantity of Karma. I am just meditating without knowing my Karmic impression, and I make the decision immediately that it is destined. I cannot create prosperity or health. Do not accept this thought and do not believe that you cannot create prosperity. Good Karmas, bad Karmas, and their effects do exist, however, know that the right time has not come or the right lesson is not learned yet. One more day's Sadhana may be able to make you prosperous. You do not know. So continuous your Sadhana and do not entertain thought like "bad Karmic effect is not allowing me to prosper." Such thoughts are the biggest blocks you create for yourself. If you meditate with such thoughts in your mind, you will not be prosperous because you are constantly telling yourself "I cannot, I cannot, I cannot: however outside

you keep saying "Laxmi Laxmi." How is this going to work? It is not possible. So, please remove such thoughts since you have the power to create prosperity.

27. Guruji please explain how 51 letter Shiva Mantra helps?

We have chanted "Om Si Va Ya Nama, Ya Na Va Si Ma.....," That is a core Mantra of Shiva Yoga. We use this mantra for Siddha healing to channel the Siddha Shakti. The 51 letter Mantra is very powerful. As Sadguru Thirumoolarji explains, the Truth-Consciousness or the Shiva Consciousness comes and fill all 543 Chakras without you having to focus on the Chakras. In Sri Vidya, we bring our attention to each Chakra and chant the Mantra, but here, the Mantra is programmed such that, when you chant this Mantra, it goes to the respective Chakras and Nadis and activates them. The main objective of this 51 letter programmed Mantra of Sadguru Thirumoolarji is to activate the Chakras, Nadis, cleanse, heal, energize and awaken your Kundalini, Chakras, Nadis and connect you back to the source Shiva Shakti Consciousness and also blesses you towards God-realization. Of course, at the same time, it will also give good results when it comes to material prosperity and related things because it is working with the Pancha Mahabhutas "Om Namaha Sivayaa." So when Pancha Mahabhutas are aligned with good condition, our health will be good. When Pancha Mahabhutas are balanced and energized, you attract money, good health, etc. Without Pancha Mahabhutas, there is no Siddhi. This Mantra is, and hence we have been using it in Siddha healing. I have suggested to all my students to memorize this Mantra and not just practice "Om Moolanji." Take advantage of this Mantra since you do not get to such a highly spiritual Mantra anywhere else. This mantra is a big secret and comes only in the Siddha Parampara. So, use it as a blessing. This Mantra is a great gift from Sadguru Thirumoolarji.

28. When we progress with Sadhana, why does mind create more disturbance and how to silence it?

In the beginning, as we start our Sadhana, many thoughts from outside will come. But as we advance, many thoughts from your Karmic layers releases. In the

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beginning, you receive thoughts from outside and in the advanced level; thoughts are released from your inner Karmic layers. Whether you are advanced or the beginner, you need to understand that you need not worry about the thoughts. Be aware that this disturbance will exist but will not dominate you. Be aware and understand that in the beginning, the outside thought will come to you and as we advance the inner Karmic layers will releases thoughts, which will come to your subconscious mind. In both cases, you will feel the disturbance. You need to understand the following three things.

- (a) The releases of thoughts are happening,
- (b) You should express your gratitude for experiencing this process.
- (c) Understand and be aware of this process but do not be attached or give attention.

In this path, you will face challenges because you need to learn higher lessons in this life. Sometimes surrendering yourself is the highest lesson. We tend to hold things saying, "I will do it on my own, I will use my money, I will use my friend circle, I will use my intellectual ability." You put all the efforts, but you still do not surrender. In such a situation, your mind gets disturbed, and you cannot sit and meditate. You end up fighting with divine Mother, asking her "Why is this happening to me." You will have many lessons to learn on this path. Otherwise, you cannot master the learnings; you cannot transform the body and mind or inner senses. It is important that you should not get distracted. Be aware that mind is like a child, taking energy, attention, and power from the soul. You cannot control it, but you should be aware and shift your attention to your work, to your Sadhana, to your Mantra and automatically the mind is controlled. You should not force it. You should see it as a child, a naughty kid who keeps causing all kinds of problems, does all kind of mischievous things. You do not get upset with your own mischievous child because you have accept your child the way he or she is and you consider this child ignorant. The mind is like your true child. Before having a physical child, you already have a mental child. It has been with you from childhood. It behaves in both positive well as negative manner. So, do not get distracted by such thought. Just be aware. When you become aware and understand this principle automatically your mind will become silent, and you will no longer be disturbed.

29. On Jan 14th at around 3 AM midnight I woke up with very high transformer - like noise in the region between Ajnya Chakra and Sahasrara Chakra. I could not move my limbs. It took over me. I also could not sense the source of the energy. No matter what Mantra I recited, I was not able to control it. Why did this happen to me? Should I be concerned? I am presently practicing a Divine Mother Bala Mantra Sadhana.

This is the Kundalini awakening process. It is a good thing that is happening. No Mantra works here. When Divine Mother is working, what Mantra can work. The transformer like noise you hear is one of the powerful sounds of the Mooladhara. Some of us hear "eeeeee" sound. Some of us hear the sound of a humming bee. Sometimes you hear the sounds of Mantra chanting from a different astral world. Such processes do happen. Some times you feel paralyzed when the energy moves to the higher dimensional centers like Ajnya and Sahasrara. You cannot control such energy movements with Mantra chanting. If you chant the Mantra, it will influence and support the process that is happening. So do not worry about this and consider it as a blessing of Divine Mother Bala Tripura Sundari. She is the innocent energy of Kundalini Shakti that is flowing and blessing you. You do not need to get concerned about this and offer your gratitude. It is a Kundalini awakening process that is taking place.

30. Sometimes I am hearing my heartbeat during meditation. Is it okay?

This is really good because if you hear the heartbeat, it means your consciousness is going from your mind to the heart. You are going one step deeper into your consciousness. This is really good, and you are doing well.

31. Guruji how to manage the saliva secretion in our mouths when we meditate for long hours?

More we meditate, more we bring the transformation in our growth factor in our saliva. Sometimes we do some particular Pranayama, and our saliva starts secreting, absorbing the growth factor such as neuronal growth factor. Some harmonics will be produced during this process. It is better you swallow that saliva.

Saliva is not a bad thing. Whatever this human body produces is a precious. No matter how it is whether it smells good or bad. We believe that if it smells bad, then it is bad and if it smells good, then it is good. Some people think Deodorant is very good, but if you go on to test its chemistry, you will find it is not good. So, if saliva is producing during meditation, you swallow that and meditate. If you do not want to swallow the saliva, you can also drink a glass of water in between. This practice will be comfortable for you and support you in your meditation. Formation of saliva should happen. In many Pranayama or Kechari the saliva formation is more. Which means your inner glands is producing more and it is good for you

32. Our primary goal is Self-realization and God-realization. What is the best Sadhana to do and support the main Sri Vidya Sadhana? As there are so many Sadhana Guruji has shared with us.

This is a true question from a real Sadhak, real Sri Vidya Sadhak, where he is focused about Self-realization. I really appreciate you. This is a very good question. Here, of course, the Sri Vidya itself is a primary goal of self-realization. When we chant the Panchadashi Mantra, it gets impressed into our consciousness and awakens that "Parama Tattva" in our sole, which can be realized with our intuition. That is what we call the Self-realisation. Pachadashi Mantra, Shodashi Mantra itself is the Sadhana of Self-realization and God realization. If you want to support your Sri Vidya Sadhana, then I suggest you go for a Sri Vidya Samadhi Siddhi Sadhana. The focus of this Sadhana is only self-realization. The one advance Sadhana I recommend after level seven is Sri Vidya Samadhi Siddi Samadhi where we talk about the Sole and "Parama Tattva." We are following those Vedantic techniques referred to in our Upanishads and Vedas. We are following the path of Paramahansa, the path of Avadhutas, the path of Siddhas to experience the Self-realization

In the advanced level, things become very simple yet very powerful. There are no complicated long Mantras, but you should be able to receive the learning and grace. I have given you all the big Mantras in the past, but at a higher level; you chant very small Mantras; two-word mantras or one-word mantra, connecting you to the Truth. But I do not know whether my students can receive it or not. In the

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group meditation, we suggested you practice So Ham meditation. If possible in the Part B of Sri Vidya Sadhana, where we do involuntary breathing, you can add So Ham Pranayama.

Sri Vidya Samadhi Sadhana will support Sri Vidya Sadhana for Self-realisation. It is not necessary to go for Tithi Nithya Devi Sadhana, Vancha Kalpalatha Ganapathi Sadhana, or all the beginner's courses that I offer. I still offer these courses to you because if I do not offer you these Sadhana's, you will start learning it from elsewhere and you will get confused with their principles and teachings and start falling. So it is better I initiate and teach you. My objective is how I can help to bring you back to your path, guide you, give you the truth, to give you the Sadhana, clarity but at the same time take you to the path of Self-realization and God realization.

33. Protection shield that we create before and after Sri Vidya Sadhana, feels like it is not enough for me. I want to know whether I should do take Batuk Bhairav, Bagalamukhi or Pratyangara Deekhsa.

Yes, if you feel that the "Protection shield" you have learned in the Sri Vidya Sadha is not sufficient, then I suggest you go ahead with a shield used in Batuk Bhairav, Bagalamukhi or Pratyangira Deekha. But here, I need to know what you mean by "not enough for me". If you are going through negativity, psychic attack, Tantric attack, then only I suggest you go with other Sadhanas, otherwise, if it is just a negative thought, it is okay you can continue with Sri Vidya "Protection shield."

34. Gurujji, can we do in inner Sri Chakra three times a day?

Of course, you can do, you can do three times a day. Whenever you want, you can do.

35. Can I go Siva Kameshwari meditation every day?

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You can do it. If you experience a connection, there is a feeling; you experience healing, there is something you feel good, then you can do the Siva Kameshwari Mantra and meditation.

36. Guruji, please teach Homam technique of Sri Vidya and Kadagamala.

Please attend the workshop. This group meditation is for clearing the doubts of students who have attended our workshop and learn the techniques and Mantras. This group meditation is not to teach any technique, healing, mind power, Homa, etc. So please do not send those questions. Please come and attend a workshop. Otherwise, it is very difficult for me. I have so many questions to answer. I cannot do the justice to you or other students

37. Is it okay when I practice Sri Vidya while concentrate on our Chakra? Is it okay I go into meditative state in between and come back to normal consciousness after some time?

It is very natural as a beginner. I think you have taken Sri Vidya Sadhana two or three months back. It is very normal madam to go into a trance state while doing Sri Vidya Sadhana, and whenever you come back to the normal state of consciousness, you can continue your Sadhana from where you stopped. You can also go into silence as practiced in Part B meditation. Sometimes when we meditate on our Chakras, we lose ourselves, and we do not know where we are. We may go into a blank state. It is very normal. Your body is absorbing aligning preparing and adjusting to this high dimension energy.

38. When should I go for Vancha Kalpalatha Ganapathi Sadhana? I am doing Sri Vidya Sadhana level 7 for one and a half years. What is the importance of Vancha Kalpatha Ganapathi Sadhana?

I told you Vancha Kalpalata Ganapati itself is the meaning. Vancha means desire, Kalpalatha means fulfillment of desire in the form of Divine Mother Lalithambika and Lord Ganesh. VKG Sadhana contains Shodashi Mantra within itself. It is very helpful to fulfill your material desire as well as spiritual desire.

Hence it is considered to be very advanced Sadhana. If you want you can continue this Sadhana as it will help and support you in Sri Vidya level seven Sadhana, especially to fulfill your desire.

39. Guruji I am a left-handed person. For people like us do the Ida Pingala position remains the same or for that matter does the rotation direction in the meditation changes?

Do not worry about you being right-hander or left hand; just do the given Sadhana by Sadguru Thirumoolar. He knows everything. You also know that, when you have been doing this Sadhana, the experience of gaining balance, energization, grounding, inspiration, itself tells you that you are seeing the result and the Sadhana is working for you.

40. Life after self-realization. Effects of self-realization on materialistic life or world.

This is a good question. How I'm going to live after Self-realization? How I'm going to perceive the material world after Self-realization. After Self-realization you become a more loving person. Your expectation drops, your reaction drops and you start living in this moment not worrying about the future or past. There will be no guilty feeling. Self-realization is a state where you live in the moment as consciousness and not as a personality. You will be just flowing with life and not at all dominated by the mind or outside world. This is what happens after self-realization.

41. Guruji while meditating I feel heaviness in the head and pain at the back of the neck. It happened today also in the group meditation. Please advise.

This is very normal. Whenever we received the higher dimensional energy, our Chakras vibrate and absorb energy, resulting in a feeling of heaviness in the head. The medulla oblongata is located in the back of the neck, which is also called the "Mouth of Shiva" and sucks a lot of Prana. I suggest you slap your body, arms legs after the Sadhana. You can also gently slap all sides of your

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head including Sahasrara, your neck, your shoulders, and complete body. You can also consider making twisting body movements that will be helpful to you. If you feel too much energy, you can channel it to your projects, your dreams, for your manifestation. This is how you can control it. This is good that you have a receptivity and you are observing more energy from the Divine dimension.

42. Should we incorporate So Ham into the daily meditation, at the end?

Yes, if possible, please practice So Ham meditation in Part B. In Sri Vidya, you have Part A, i.e., Chakra meditation and in Part B you observe the involuntary breathing. But many of you are not happy simply sitting in the silence. Your mind may take over. So I suggest if possible practice So Ham in Part B at the end of Sri Vidya Meditation so that it can be very helpful on your path to self-realization

43. Guruji please help and clarify the procedure for doing Soundarya Lahari Sadhana.

As I explained in Soundarya Lahari, you first need to activate the Yantra and Beeja Mantra of Shloka no. 1, 8 and 27, in your soul. Then you have to chant the shloka 1, 8, 27 minimum three times. Then you choose whatever shloka you want to chant, activate that shloka's Mantra and yantra, and then you continue the Sadhana. For example, if you want to do Sadhana on shloka 22, you first chant shloka 1, 8 and 27 then you activate the Mantra and yantra of shloka 22. On the second day, you chant shloka 1, 8, 27 and perform the Sadhana on Shloka 22. This Sadhana on shloka 22 can be done by visualizing the yantra (for Shloka 22), and chant the shloka 22 by prefixing the shloka with the Beeja of that shloka. You can do this Sadhana for minimum three times and maximum nine times. That is how you have to follow the procedure for all the Shlokas.

Shloka no. 1 which is very good for Karya Siddhi, relationship issues, prosperity, and money flow. This shloka itself is Rajarajeshwari Shakti. I will give more importance to Shloka no.1. I chant shloka 1, 8 and 27 three times then I go shloka number 1 for minimum nine, twenty-seven or more times.

44. How many times should we do the Japa of Moola Mantra?

Minimum of nine times, maximum of one Japa mala, i.e., 108 times or three Japa Malas, i.e., 3 X 108 times. You can also consider chanting for five to fifteen minutes. But be careful, when you do the Moola Mantra Japa, if it is producing more heat, more heaviness, you need to stop the Moola Mantra Japa.

45. Along with Sri Vidya Sadhana, what other Sadhana will help me in my business?

Sri Vidya Sadhana takes care of everything because the business is not different from your Karma. Your business problem and the root cause of your business already exists in your Karmic blueprint. When you are working with Sri Vidya Sadhana automatically, your business issues are taken care of. You can make a Sankalpa, before doing the Moola Mantra Japa and Sri Vidya Sadhana, that I wanted this spiritual power and energy to be directed to help improve my business. In this manner, you can do the Sri Vidya Sadhana, and at the same time, you can help yourself.

46. Guruji please enlighten us about 51 letter Shiva Mantra. Devi Maa has pushed me towards SHIVA now I feel devotion towards Lord Shiva.

This is very normal and natural. As we progress in Sri Vidya Sadhana, more divine Mother energy manifest, more she'll go towards a bliss, joy consciousness, and awareness Shiva, i.e., from energy to Consciousness. We call the energy as Shakti, and we call the Consciousness as Shiva. All Sri Vidya Mantras are Shiva Shakti Mantra's, but this 51 letter Mantra is of the highest dimension. If I consider different layers of Shiva Consciousness, this Mantra is the highest dimension of Shiva Consciousness. You can add this 51 letter Mantra at the end of Sri Vidya Sadhana followed by So Ham meditation. That way you can manage Sri Vidya, Siva plus oneness with Siva Shakti

47. Can we chant Moola Mantra of Sri Vidya Mantra all the time while doing any work as I won't know how many times I have chanted?

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It is not necessary to know the number of times you have chanted the mantra. Here we are very much focused on the quality and not on the quantity because we are not taking the path of the Siddhis. To get a particular type of Siddhi, you are required to chant the relevant Mantras many lakh times. The objective of me chanting the Mantra is to hold or to feel the oneness with Divine Mother in my consciousness. So, do not worry about the number. The number is the game of the mind. Just chant the Mantra with love, devotion, surrenderence in your mind, during your day-to-day activities such as walking, cooking, traveling in a metro. Where ever you want to chant, you can do it. However do not focus on the number because if you focus on the numbers, again the problems will start. Just enjoy and flow with Mother, take her name all the time as a Moola Mantra and do your Sadhana.

48. When I moved into establishing, the “Protection shield” lots of thoughts are rising and if my attention drifts into the thought content and feeling, drowsiness arises. I lose my consciousness. Is it due to some negative forces?

No, not at all because of negative forces. As you work with the "Protection shield," you are blessed Sri Vidya Sadhana. It is just subconscious resistance, and it has nothing to do with any negative force. Please do not allow even a single thought that negative forces are going to attack you. You are now connected with all of us. The very fact that you are sitting in a group meditation tells that negative force is not at all attacking you. If negative forces were attacking you, you would not have come for the group meditations. It will not allow you to go to a higher level. When we meditate together, we are working with collective consciousness and connecting. Group meditation is a great blessing. You are here, so know that you are always protected, you are always guided and being taken to the higher path of Siva Shakti consciousness.

49. Now-a-days whenever I do either Sri Vidya or Siva Yoga, I see a cobra with the raised hood in my Ajnya Chakra. Sometimes it hisses at me and I feel

scary. Other times it is silent. Please help and explain what is this? Sometimes it is a black cobra other times it has a different color.

It is not Cobra that exists outside but it is the one that lives inside you. If it were a Cobra existing outside, its color would not change. Only the Cobra existing inside you can change color. It is a subconscious fear that is creating this Cobra and its actions. All of these have nothing to do with outside a snake. Many times, during your childhood, we all listen to the stories about snakes. Just the mention of snake generates fear and that too a dark color cobra means "finish". We have subconsciously absorbed this fear. Sometimes this cobra hisses at you and scaring you and other times this snake is silent. You can see how intelligent this cobra is, I really like this cobra. Do not worry, and it is not at all to do with any negativity. Many times, our own subconsciousness, our past life psychic impression creates such a type of experience. Just be aware that this Cobra is surviving in your consciousness because of fear and when you remove that fear this Cobra will not be surviving in your consciousness. If the fear is gone, that Cobra becomes a blessing. It will become a garland of Shiva. Since you are doing Sri Vidya Siva Yoga, you should not worry at all. You are guided and taken care

50. Can we do five minutes internal Sri Chakra Puja after Sri Vidya Sadhana?

Of course, you can do. It is always better to invoke Divine Mother and worship your body as a Sri Yantra. This is the truth. If you do, it is really good.

51. Can we offer Tulsi on Sri Yantra?

Yes for Sri Yantra you can offer everything. Sri Yantra has all gods and goddesses such as Brahma, Vishnu, Maheshwara, Maha Kali, Maha Lakshmi, Maha Saraswati, Tattvas. It is a blessing to you.

52. I am from South Africa how I can contribute to some service? I just heard that devotees are contributing to Tulsi plants. Please advise further on what I can to assist?

If you stay abroad, you can help us to convert the videos into text. You can let us know about things you are passionate about. You can send a separate email mentioning how you want to contribute with your skills and we can discuss. This way we can do better and help our self and others

53. Guruji, when I tell what Sadhana I'm doing I will not be able to continue it or it will be disturbed. Why this happens?

It is again a subconscious belief system. If I talk about the Sadhana I am doing, and I am no longer able to practice that Sadhana, it is because you have created this resistance. This is a subconscious resistance. Pray to Divine Mother, sit with confidence and give this responsibility to the Divine Mother by saying "Mother now my Sadhana should not be disturbed and it should be successfully completed," With that surrenderance, you will see that you can overcome this type of subconscious resistance.

54. I want to do seventh level Of Sri Vidya Sadhana Japa, but I am afraid that if by accident I chant it loudly (so because we have told this Japa should not be chanted loudly) I may lose the charge of the Mantra. While doing the Japa, is Japa Mala helpful.

Your intention is very important. When you are doing the level seven Mantra, you intend to follow the discipline given by our Moola Varga Siddha Parampara. So, you need to follow the rules and regulation so that you can grow, connect and experience the divinity about myself. Level seven Sadhana is very powerful, and its Mantras are secret. You know and understand this fact. However, by accident you chant this Mantra loudly, you should not worry about it since it was not your intention. Your intention governs everything. If it is happening by mistake, it is okay to let go. You can use any Japa Mala. Spatika Mala is really good. Otherwise, you can use the Rudraksha Mala. You can use Japa Mala if you think it is helping you do more number of Japa. Otherwise, can you keep chanting the Moola Mantra in your mind while performing your day-to-day activities.

55. Question from an individual who has not taken Deeksha from us.

Please understand this group meditation is only for our student. I cannot answer the questions if you have taken Sri Vidya Deeksha from another master. This is not good for me to guide you if you have taken Deeksha from other masters because I do not know what procedures they are following, what are the steps they are following, what are the rules and regulations they follow and what way you are committed. So it is always good that you take the help from your master. You should not ask the question to another master. If you have questions, please come and take the Deeksha, fulfill the Sadhana here and with our Sadhana you can ask the question and I can help you. Otherwise is not good for me not respecting another Guru Parampara. Without knowing their dynamics, energy, mechanism, I cannot provide answers. I respect your question, but please understand that I am bound with my own Guru Parampara and the rules and regulation so I cannot answer that question.

56. I regularly do Havan. But sometimes I have to stop it due to circumstances

It is okay, do not get attached to Havan. When you do not do Havan, you tend to create a fear whether you can manifest it or not. Some people have this fear of creating blocks if they do not do the Havan regularly. So, do not worry. This is where you need to learn to surrender when circumstances are not allowing you to do your job. Otherwise, when are you going to learn it? Mother has to create circumstances where you learn the highest lesson of surrenderse. Do not worry just do you what is best from your side

57. Guruji during Sri Vidya Sadhan level one meditation on every Chakra I'm feeling different faces and scenes. Sometimes it is a nice experience sometimes it is a scary face. What does this mean? Why is it happening and what to do?

This is very normal. As I told you, a complete blueprint of this life and past life is stored in my Chakra centers. Psychic impressions of my past life are stored. When I'm working with Chakras, there is a release of energy, psychic and Karmic

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impression. If you are clairvoyant enough, you can see the Karmic release as the faces. Some of them are good and some of them bad. You just need to offer and surrender. You should say "Mother you are helping me to release good and bad faces. Both these faces are mine or relations and families from past life. Whatever it is, I surrender to you. I'm ready to release all of this, release more of these, make me purer and show me the real face, "who am I" so that I can be blessed.

58. Whenever I do shloka of Saundarya Lahari, I draw the yantra on a slate using chalk piece. As I proceed to next shloka, I erase the earlier yantra and draw the new one.

This is ok. Drawing outside is just to impress your subconscious mind. Do not worry. You can draw the Yantra; you can go for next shloka, erase the earlier Yantra and draw the new Yanta. There is no condition of any kind.

59. Thank You for This Deep and Blissful Meditation. I Would like to ask you, I feel that Divine Manifested as golden white light in my third eye and I have felt drawn to breathe this energy, similar to Sri Vidya Level Two, but without focusing on Chakras, or chanting the Mantra. Just breathing the golden energy during activities to bring the energy into my action. Is this safe to do?

Of course. It is good if you can bring this golden white light. It is a Shiva-Shakti Prana, highest dimensional energy. If it is already manifesting in your third eye, it means it is divine energy manifesting in the third eye. We channel that energy from our third eye to solve any problems or use it for any action. We call it as a Shamabavi Healing. It is really good and a blessing, and it is very safe. It is very helpful to you and your family members as well.

60. Should we have a Tulsi plant while meditating? Is it helpful to us Gurujji?

IIOm mulanaji Namah OmII

Yes, if you can have one Tulsi plant in your meditation room. It is good. Whenever you meditate, you meditate with the Tulsi and when you are not meditating, keep it outside in the sunlight so that it can have a life for itself and energize itself. If possible, you take the support of Tulsi for your meditation. You can use the Sri Yantra as well. You can use whatever is supporting, helping you in meditation to cleanse, heal and energize your aura.

61. If we have a back ache, disc problem and not able to keep spine straight for long time can we lie on the flat surface or lie at a 45° angle and do the meditation?

Yes, you can do the meditation in this manner. No matter what is the issues, if you want to you can sit, if you want you can lie down or whatever angle that supports you to meditate. Remember, asana is the one to supports your meditation and not to create a disturbance. If you are having issues, you can lie down and meditate. If there is some movement that is helpful to you, you can do and meditate.

62. Instead of meditation all Chakra, can we meditate a full around on Anhata Chakra or Ajna Chakra?

I do not know whether you understood why we want to meditate in all the Chakras. I have explained in the workshop that if we meditate on all the Chakras, we bring a smooth expansion of the charkas, energization of the Chakra, the balance of the Chakra. That is why we meditate on all the Chakra. If you meditate only on the heart Chakra or the Ajna Chakra, you are expanding, energizing amplifying that Chakra energy and other Chakras are not balanced. You may create an imbalance. So I suggest you do this Sadhana as recommended by our Moola Varga Siddha Parampara.

63. After Meditation, I Sleep. Is It Right?

It is okay. If you do not have work, you can sleep. If you have work, then take a 10 or 15 min nap and again get up and go for work.

64. Can I chant Maha Paduka Mantra if I have received only the Durga Saptashati Sadhan initiation? I will come later this year for Sri Vidya Sadhana. Can I chant the Siva Mantra that was mentioned earlier without being initiated? I have been only initiated in Durga Saptashati.

Yes, you can do it. Now we are offering Maha Paduka Mantra and Guru Mantra to all the beginner courses, whether it is Bagalamukhi, Durga Saptashati, etc. Divine Mother guided us. We have updated, and now we are sharing the workshop video. If you want you can send an email, and we will send the link to Durga Saptashati Workshop Video and the new notes that include Maha Paduka Mantra. Thirumoolarji Shiva Mantra can be chanted by anyone who was initiated by us in any Sadhana.

65. Guruji can we increase rounds of Vancha Kalpalatha Ganapathi Sadhana till 7 rounds?

Yes, I suggest, you to increase one round and try it for two to four weeks. Then again after seeing your energy level and your body reaction, you increase one more round. Take your own time. Slowly and steadily increase up to seven rounds. But do not go beyond that. Take guidance, and then you can work out after seven rounds.

66. After doing Sri Vidya Meditation, is Shiva Mantra Meditation required?

Prakriti and Purusha. Sri Vidya Mantras have Shiva and Shakti. It is complete in itself. So, it is not necessary to go for Shiva Mantra Meditation. This has been a problem with many students. They do not understand that the Panchadashi Mantra itself has Shiva and Shakti. When you say "Reem" in a Vagbhava Koota, Kamakoota, and Shakti Koota, a Shiva-Shakti energy balances and makes Granti Bedana. Without Shiva Shakti, there is no Granti Bedana. You cannot remove the psychic knots that is the Grantis. So first, you understand that Sri Vidya Meditation Mantra also has Shiva Shakti in it.

IIOm mulanaji Namah OmII

Concluding remarks.

Thank you very much. I hope this session has helped you. We will conduct group meditation once in a month. Try to join. This group meditation is going to help you like anything. Whatever questions you have, write it down and bring it with you to the next session. I will be answering all the questions. Regular meditation along with group meditation will bring great transformation in your life. If you are doing your Sadhana alone, it will take you many years. However, when you are guided, and you have the clarity, your Sadhana will progress very fast.