

GROUP MEDITATION SESSION
February 2019



Question and Answer Session.

1. What happens during Shivaratri, especially in terms of time and space?

On this earth, many changes will take place each day. As I told you, we worship Tithi Nitya Devatas because this worship is connected with Divine Mother, who is taking different forms starting from new Moon to full Moon. This phenomenon leads to change in energy. We receive energy from many planets. On a given day, one particular planet will have more influence on us as compared to others. Over and above this, each day, we are also influenced by energy coming from light body or nakshatra. When I combine all these energies, we see that space is different, the consciousness is different, and its influence on you is very different. On Shivaratri, we experience the real identity of Shiva where the Shiva Tattva or his vibration energy is more active on this earth. This is considered a very precious time, where you meditate and realize who Shiva is. This is the reason it is called Shiva Ratri and not the day. However, spirituality is about the day, about the light, about the

awakening. During Shivaratri, we are focusing on the darkness so that we can go deeper inside. During Shiva Ratri, the Shakti is more active. We close our eyes, and we focus inwards on the Ajnya Chakra where Shiva consciousness exists. It is the third eye (also known as Guru Tattva, Maheshwara Tattva or Shiva Tattva). Behind the physical eyes there exist a screen which is called Chidakasha. During Shiva Ratri, the same Tattva which is extremely active outside is also active in the Chidakasha. When I meditate on the Chidakasha during Siva Ratri, I experience real form of Shiva.

Shiva is not just a yogi having the human body. Shiva is the sky, formless, having infinity dimension, i.e., Chidakasha. We experience the space, which is infinity like the sky, and time does not exist. You are entirely here in this moment, and you go beyond the dimension of time. This process also takes place during deep meditation. During Shivaratri, the transition beyond time and space takes place. You go from the third dimension to the fourth dimension to the fifth dimension. Not just Turya, you get into Turya Teetha Avasta. Turya Teetha means Sada Shiva, i.e., Sada Shiva consciousness where eternal divine presence exists. In this Avasta there is only one and no two. Where there is no two, there is no time, no space. Just oneness exists. In that state, you know who is Shiva, what is the difference between you and Shiva and how you can merge with Shiva. All questions get answered, and you realize the truth about Shiva, and you become one with Shiva.

Our Siddha's realized the different energies that come every day on this planet are. On Monday, the energy from the Moon is more intense, and hence Shiva Puja can be done. Shiva is more connected to the Moon. He wears this Moon on his forehead. On Tuesday the energy from Mars is dominant, and so a different deity can be worshiped. However, for a Srividya Sadhak, who is meditating every day at the same time, he will receive different energies on different days. Say on Monday; he will receive the energy from Moon. This Sadhak will be worshipping Lalitambika in various form such as Kameshwari or Bagamalini, Nitya Klinna etc. When a Sadhak chants Panchadashi Mantra every day (which has the Moon energy, earth

energy Planet energy, Navagraha, and Nakshatra energy), he receives dominant energy of that particular day. For example, on Tuesday at 6'O clock, he will receive different energy as compared to Monday 6'O clock. Even though he chants the same Mantra every day, his subtle body will react differently, and his experience will be different every day.

Similarly, if you meditate during Shivaratri, it is very easy to open your Sushumna Nadi and bring your Kundalini to your Sushumna. While meditating on a typical day, it is challenging for you to open your Sushumna or go beyond time and space consciousness. Hence it is recommended that you meditate during Shiva Ratri. This dimension is called Shiva or Maha Kala. One who swallows the Kala. In your meditation, your time stops, and you become Maha Kala. You, at that time, experience Maha Kala consciousness. So Shiva can be experienced as Sada Shiva, Mahakala, Rudra. When Kundalini dances within your Sushumna Nadi, it gets pulled to Pingala, Ida and again it goes back to Sushumna. Yogic diagram, depict kundalini as a serpent that is moving. Movement of Kundalini results in you feeling the body movement or vortex happening to you. You also feel a pull on the back of the neck. Sometimes you feel your body jerking. These are all the play of consciousness, the play of kundalini that is taking place. The dance of Nataraja and Shivakamai is happening within you. In the temple of Chidambaram, Natraja as Pingala and Shivakami as Ida are shown dancing. This dance represents the play of kundalini. In between, during the dance, they are coming together and merging in Sushumna. This dance is going on continuously within you.

During Shivaratri, we go beyond from time to timelessness, from space to space less ness. This is the dimension we are searching for. We call this an infinite dimension, and we compare this with Aakasha because there is no origin of the sky. If you go deeper, you don't find from where this Aakasha has started. Same is the case with your soul. If you go deeper and deeper, you will be surprised and wonder where is my origin, where I am. Then you realize there is no origin and you are everywhere. You are the infinite dimension consciousness. That is what, So Ham, I am that.

2. During group meditation, I could feel the pull around the Sahasrara. Why is this happening?

When we meditate, our subtle bodies are reacting. When we chant the Mantra together, we invoke the energy which is higher than our consciousness and soul power. When this energy comes to us, our body starts reacting. Our Chakras and subtle bodies start reacting. This reaction means balance, energization, and healing takes place. When this happens, wherever there are blocks, you feel the pressure or pull. When Chakra opens and receives the energy, you feel as if something is pulling. You can also feel as if somebody is touching you in the forehead, back of the head, etc. These reactions are happening because of the invocation, healing, bringing divine Mother consciousness and asking her to cleanse, heal and lift us to Shiva Shakti consciousness. If you are receptive and sensitive to the energy, then you can feel all these reactions happening to you. This is normal. Many different kinds of experiences will happen. However, you will not remember these experiences after one year.

I suggest to all my students to write down your everyday experience. When you refer to your notes after one year, you will be surprised to see what Mother had bestowed on you. Else, you will forget this experience and will not feel the love and gratitude. All these experiences are very important in your path. These experiences are your results. In spirituality, these experiences are your treasure. You will be surprised to know that after 5 to 10 years of Sadhana, you do not experience what you felt in the past because you have raised yourself from energy body to soul body. You can read the experiences that you have noted in your diary and enjoy. Sometimes, due to specific reasons, you fall from the spiritual path, and you start wondering if your kundalini is open, you find the Mantra is not working, you find that your work is not happening. When you experience such a situation, you should keep aside the negative thoughts and go back to your diary and read your experience and then bow down to Mother and tell her "you have given me so much." "My ignorance has swayed me away from this path." Reading your own spiritual experience will bring

you back on the path of Sadhana. When you write your experiences, you will be surprised to see many things will come up that you will not believe. You will be surprised to see how Mother is guiding you. Sometimes, in a flash you will realize how Mother helped you and how ignorant you were not to realize Mother's role. I still have all my diaries. My handwriting then and now is very different. I wonder looking at my diary, who has written these pages so beautifully. In the beginning, your writing is very beautiful. As you progress, how you address divine Mother will be different. You will be surprised to see how you worshiped her in the beginning and how you worshiped her in later days are different. You go from a form to the formless. I see my own transformation. This is a physical proof for me. Dairy is my own publication in my hand.

Maintaining a spiritual diary is very special for you. Do not share it will all. Keep it to yourself. Whenever you want, you just read it and tears will flow seeing the grace of guru; you will see the grace of Mother, Shakti, and Mantra. These experiences cannot be explained. The experience will be similar to how do you feel when you see the childhood picture of your daughter, who has now grown to say sixteen years. You cannot bring back the old moments; however, when you see the picture, you feel very good. When you write the diary, it is especially for you to know where you are, where you are going and how I am you progressing. Otherwise, you will forget, and so many other issues will take over you.

3. What is the best approach to manifest an outcome?

Whenever it comes to manifestation what is very important is the mind power, the soul power, the divine power. These three powers will come into play when you do the manifestation. One of the blocks that will occur is your way is your Karma. The first thing is that you should know what you want. Have a clear idea of what you want in my life. You write down that very desire. Then visualization the desire, the way you have learned in the Siddha mind power and convince your mind. For example, I'm telling myself that "I have a three BHK," but my mind is telling me,

"Based on my bank account three BHK is not possible". Here your mind itself is the first obstacle. You have learned in Siddha mind power workshop how to make a Sankalpa. In my inner world, in my imagination, I have three BHK. This statement helps you to convince your mind and allows it to visualize. If you imagine in the inner world, then as per the Universal Law, this inner reality can be manifested into the outside reality. When I accept and believe in inner reality, it is going to manifest outside.

You can visualize and use Siddha mind power and Siddha healing. Ask Siddha healing to remove any obstacles or karmic block of past life, that are becoming obstacles in your manifestation. You can use Siddha healing. Otherwise, you can use Mantra Shakti. If let us say, I am doing Level 1 Sadhana. I can use the Level 1 Mantra and visualize. I pray to Mother to give the Mantra Shakti to my manifestation and subsequently I chant the Mantra. So, you need to visualize and then chant a minimum three times. Once you do this, you are using your mind power, visualization. When we do the visualization, we are communicating with our subconscious mind. So, the conscious mind, the sub concision mind, and the mind power is taken care. Since I am using the Mantra, divine power is also involved. I am using my own intention and attention; my soul power is taken care of. Be careful and do not worry about how it is going to manifest. From where is it going to manifest. Many people believe that something can happen only in a particular manner. What you don't know is that divine can bring the manifestation to you in infinite ways. A child wants chocolate; however, he does not care if his father brings it or his Mother brings it. The child also does not think about where his parents will get the money. All he thinks is I am going to get a chocolate. As a child of Shiva Shakti, you just need to imagine what you want. Whatever guidance, intuition, and hunches I get, I act on those. Meditation helps you to develop the intuition to manifest better. You can use the Siddha healing and Mantra Shakti to remove the obstacles. Whenever you visualize or imagine your goal, be careful of your negative thoughts and belief. You should remove these negative thoughts and believes for the manifestation will

happen. It is very easy once you know how to do it, what principals are involved and how to use it.

4. In Rajarejeshwari Kriya, in the third step, should the exhalation be longer than the inhalation?

In Rajarajeshari Kriya, some pranayama involves breathing in from the nostril and breathing out from the mouth whereas some pranayama involves breathing in from the mouth and breathing out from the nostrils. In the first step of Rajarajeshwari Kriya, I have given importance to the breathing technique and longer exhalation. This breathing is related to de-stressing. When we go for the fire breathing or cleanse breathing, i.e. when we breathe in from the mouth and breathe out from the nose, I ask you to do the forceful exhalation. When you forcefully breathe out from the abdomen, whatever toxic gases are there in the lower abdomen, gets released.

5. How to stay awake during Shivaratri night?

It is very difficult to stay awake in the night for householders especially those who work from morning to evening. At night you don't want to sleep but your body will put you to sleep as the clock strikes 10, 11 or 12'O clock. Even if you are sitting on the chair and watching a movie, your body goes to sleep at the same time you are used to going to bed. During Shivaratri, it is not necessary that you should stay awake complete night. Even if you are awake, your potential to connect with Shiva will not be there. What I suggest is to do what is best possible. If you meditate for just 10 minutes with love gratitude and surrender, you are taken care of. It is not the quantity from evening to morning, it is the quality, how much you connect, how much you fall in love with Shiva which matters.

Don't worry about the fact that you have to be awake for the whole night. It may happen that because you stayed awake the whole night, next day you may feel irritated and you start fighting with people. You may also end up sleeping the next whole day. This is a very important question because many of us think you need to

be awake the complete night or else you will not receive the energy and your spiritual growth will not be possible, your problems will not get solved or Shiva will get angry. Shiva will not get affected because he does not have a physical body and his time dimension is very different. For him, one day is like two years or three years. His celestial dimensions are very different. I suggest to all the students if you do one-hour Sadhana sincerely with love surrender and devotion that is good enough. The Shiva energy will be with you because Shivaratri is a special time where your ShivaTattva is Jagruta. But if you still want to be awake and listen to songs of Shiva, walk and chant the Mantra, you can have Tea or coffee to keep you awake, especially for spiritual growth. Please don't become addicted to Tea or Coffee just because Guruji said to drink tea and coffee. Do not end up drinking Tea and Coffee for the whole night or keep disturbing your family member to make these for you.

You also know that many temples are having the entire facility where you can sit and meditate, or whole night they do the bhajan and dance so that they stay awake.

I know the truth that Shiva's presence can be felt every day. For a Sadhak every day is a Shivaratri. Shiva is inside you and no person can survive without Shiva. The movement Shiva leaves the body, the body becomes Shava. So every day you are one with Shiva. Shivaratri is a special time when nature is supporting you to raise your consciousness and know your own Shiva Tattva. If you meditate for 10 minutes with love and devotion, that is more than sufficient. I'm telling you every day when you meditate you literally feel the presence of Shiva. You feel such a satisfaction, love, compassion. Tears will flow from your eyes. You become so full and feel desire less. You know Shiva is with you, in you and he is expressing his love, and you experience the oneness. I want you to bring Shiva every day every moment. That the real Shivaratri. All the festival is for people who are not the Sadhaks. Since people who are not Sadhaks do not meditate regularly, these festivals encourage them to meditate or do bhajan the whole night on a festival. At least on Shivaratri, they can take the name of God. It can so happen that Shivaratri can bring about changes in the non-Sadhak and he can start the journey towards knowing the truth.

So, all these festivals are celebrated by keeping in mind a normal person. But, you all are the spark of Shiva-Shakti, meditating every day with Srividya Mantras, or Thirumoolarji Shiva Mantra. You just need to do Srividya Sadhana for one hour every day. While doing your Sadhana avoid politics. You should not think today is Shivaratri so I will do only Shiva Sadhana and ignore Mother. May it be Navaratri or Shivaratri, you need to do your Sadhana so that your Sadhana and Mantras gets empowered. When you are doing Srividya Mantra on Shivaratri, Shiva Tattva in your Mantra gets awakened. I tell my students, whatever be the festival, do your Sadhana. Whichever temple you go to, do your Sadhana and not that temple's Sadhana. You sit and empower your Sadhana and Mantra into that sacred space of the temple. Ultimately there is just one source, one consciousness, and one energy. Once that Tattva is active in you, automatically everything comes to you or get added to you.

6. Can I use mind power or manifestation for Self-realization?

This is a very tricky question. Manifestation dimension is just connected to the mine Level i.e body and mind. Self-realization takes place at a soul Level, beyond the dimension of manifestation. Here you cannot visualize that I am Self-realized or God-realized. This visualization is impossible. This is beyond the dimension of the mind. It is very difficult to do the manifestation process for Self-realization. Through spiritual practice, the realization can happen to you inside out. This process does not happen with the interference of the mind. This Self-realization process is a spiritual experience, a soul experience where intuitively you experience who you are. This is beyond the dimension of the mind and manifestation.

Manifestation is for your desires, overcoming problems, or well-being of your family members, but is not for Self-realization.

7. Does the White Light protection shield that we learned during Level 1 protects us from Tantric effects or black magic?

If you are doing Srividya Sadhana meditating regularly with the protection shield, it really helps you and takes care of you. Sometimes, tantric effects are so intense, it will not allow you to meditate. You will not feel like sitting and taking the name of God. When you see such effects, I suggest you go for Bagalamukhi protection shield. We are planning for an advance Sadhana, workshop, that will cover Pratyangara. In this workshop we are planning to combine Sadhana of Saraveshwara, Pratyangara and Shoolini Durga samputa with Panchadashi or Shodashi Mantra. Highest Pratyangara Mantra is called Rajarajeshwari Mantra where the Shakti of Pratyangara worshiped by Shiva, Narayana (Narayana Pratyangara) and Brahma. This is an ultimate Mantra for protecting from tantric effect. We will have this workshop for students who have completed Srividya Level with Panchadashi Mantra and would like to overcome the tantric problem. This Sadhana takes help of Sarveshwara, Shoolini Durga and Pratyangara as a Bhadrakali, moolaMantra of Pratyangara and Rajarajeshwari Pratyangara. This is an ultimate Sadhana of Pratyangara. Students are requesting me to give separate Sadhana for Pratyangara. We will teach this as an advanced course, maybe in July, where you invoke Pratyangara with moola Mantra, you invoke divine Mother as Bhadrakali Pratyangara and then you invoke her as Rajarajeshwari Pratyangara.

Our beginners' courses are not necessary. People ask whether we need to take the beginners courses or is Srividya Sadhana sufficient? If you are a householder, you are seeking for the truth, you are just having health issues, relationship issues or money issues, Srividya is more than sufficient. Some individuals have issues such as court cases, where I ask them to take the help of Bagalamukhi. There are people who have problems in their own offices like backbiting, or problems created by either their own colleagues or business partners. For such cases, I suggest going with Bagalamukhi or Varahi. Sometimes your own promotion is withheld. You are a Satvic practicing Srividya Sadhana but you need some force to fight for your own cause. Again, in such cases, I suggest you go for Bagalamukhi or Varahi. Some people experience the astral world and tantric effects. Pratyangara helps in cases

where tantric will be using entities as a bundle and throw them on the students who do not have the power to resist. Bagalamukhi and Varahi help in protecting the student. However if you are interested in learning Pratyangara, you can go for it. Rajmatangi is good for professions where you need to have good communication, good attraction. Even for people who are going through a relationship issue, where you need to attract your family members in a right manner, Rajamatangi helps. Protection shield of Bhairava is practiced in Rajamatangi Sadhana. If you are not having any problems, Srividya Sadhana is more than sufficient. If you have issues with negativity, go for Bagalamukhi or Varahi. If you face tantric effects, go for Bagalamukhi, if not, Varahi and if no, go for Pratyangara. All these three Sadhana will take care of all the negativity.

During Srividya Level 1, I have taught you Das Mahavidya Sadhana. If you do this Das Mahavidya Sadhana Homa on a new moon day or Ashtami you are protected from the tantric forces and can overcome all negativities. Sometimes, Navagraha can act as negativity and so performing Havan during Ashtami is good. For some people, who's psychic behavior is very different on a new moon day, performing Havan on this day helps. If your surrenderece is good, just calling Mother is equivalent to forming a protection shield. Where there is a lack of will power, devotion and surrenderence are needed. This is because you are not accepting that the divine Mother can handle your problems. You know that Das Mahavidya, Varahi, Bagalamukhi and Pratyangara have originated from Lalithambika. If you sincerely pray to Lalithambika, her Tattvas will come and surround you. Since the sincere prayer, acceptance, and allowance are missing, these Sadhana's are convincing your mind to receive Mother in a better manner and protect yourself. Srividya Sadhana is complete, however, if you want to convince your conscious and subconscious mind by doing other Sadhanas, you can go ahead and do so. All the beginner's courses are optional. If you have a past life Karma, where you have impacted someone with Tantric forces, only then you will face Tantric effect in this life. When you are doing the Srividya Sadhana, you are burning your Karmas in this life. Once you burn this Karma, you will not experience the same issues again. I am

giving these courses based on the requests of my students. When I gave Varahi Deeksha, my students asked me for Bagalamukhi. When I gave Pratyangara, students asked me for Bhadrakali. I supply as per your demand, but the truth is that Srividya Sadhana is complete in itself. When you come to Bagalamukhi, I try to take you back to Srividya. Whatever course I do, I try to correlate it with Srividya and tell how this course is more complete. However, what is important is your sincere and regular meditation practice. All the questions arise because our regular meditation, devotion and surrenderance, Self-analysis and Satsanga is missing. This is the main problem. Tantric issues are not the problem, the problem is within us. You will not believe the power of white light protection shield. There was a 20 year old girl in Assam. Every night when she tried to sleep, she saw yellow colored big guys coming to trouble her. When she started using protection shield, the yellow colored eyes did not come to close the protection shield. As this protection shield started getting empowered, its radius started increasing. Earlier this protection shield was three feet, later she started seeing that the protection shield has expanded to 10 feet. She could see that the yellow colored negativity could not cross this 10 feet barrier. She started becoming very confident. This is the experience of a 20 year old girl, who has been able to help herself by regularly and sincerely practicing protection shield for just two to three weeks. She suffered every night for many years with this problem. At night when these entities came, she cried and call her parents. When her parent came to her, these entities use to temporarily disappear, however when her parents left, she started seeing these yellow eyes again. When her parents slept with her, as soon as they went into a deep sleep, she could see these entities. After one to two weeks of practicing the protection shield, she found the eyes started disappearing. These entities could no longer harm her. She is now relieved from the tantric problem. Her own relative was sending the entity to disturb her. She practiced this Sadhana sincerely. Her devotion and love for divine Mother was very high. For a Sadhak being persistence and use of Srividya tools are is very important.

8. Guruji please give your guidance on Lalitha Trishati.

This is an advanced Stotra Sadhana in Srividya. Lalita Trishati is the expansion of Panchadashi Mantra. Panchadashi Mantra of khadi vidya is expanded as different names of Mother to understand the meaning of Panchadashi Mantra. To do this Sadhana, you need to have the initiation of the Panchadashi Mantra. You can do this Sadhana just by reading Lalita Trishati. You can do the Archana with Lalitha Trishati Stotra to the either Sriyantra or divine Mother's photo or just by imagining divine Mother. It is important to have the Deeksha for the Mantra to get activated. The seed here is the Panchadashi Mantra and the tree is Trishati. You can water the Panchadashi Mantra by doing Lalitha Trishati. You can perform this Sadhana on Monday, Friday, on a new moon day, a full moon day or any day you feel devoted to divine Mother. You can add Level 1 Beeja Mantra followed by the name

Eg. Om aim hreem shreem Kakara roopiya namaha.
Om aim hreem shreem Kalyana Gunashalini namaha.

You can perform this Sadhana in the form of Namavali.

Devotion to divine Mother while performing Stotra Sadhana is very important. If you don't have flower or kumkum, just feel that you are offering your own self to divine Mother. You can feel that you are offering your happiness, unhappiness, your money, everything that belong to you to divine Mother. This way of offering yourself is expressing love and surrenderence This is how you can do the Sadhana of Lalitha Trishti, Lalita Sahasranama, and even Kadgamala Stotra.

Eg. with the same Beeja Mantra
Om aim hreem shreem hredaya deviye namaha.
Om aim hreem shreem shirodeviye namaha.

You can make it more powerful by adding the Beeja Mantra.

9. Guruji, how many days a Sadhana should be done on a verse in Saundarya Lahari?

Every Shloka in Soundarya Lahari has one application. If you have chosen any Soundarya Lahari, it is to fulfill one of your desire. If you are doing the Sadhana to manifest and fulfill your desire, you have to chant Soundarya Lahari Shloka until you manifest it and experience the result. If you are doing Soundarya Lahari to offer your love, selfless service then you can do it anytime.

10. Guruji can Bala Navakshri Mantra be chanted as a regular Mantra?

If you want, you can chant this Mantra. We have not given Bala Navakshri Mantra. I have given six letter Bala Tripurasundari Mantra. This six-letter Mantra is more effective for householders than a 5 letter Mantra. If you are attracted to Bala Navakshri Mantra, then you can chant it. This Mantra is a Seed consciousness of Lalitambika and best Mantra to be chanted as japa Mantra. The innocent power of Lalitambika is Bala Tripura Sundari. This Mantra is very powerful and can bring detachment to the householder and hence I have not suggested this Mantra, however, if you want to go for this you can do so.

11. Guruji, I have completed Level 1 of Srividya. Currently I am having health issues. Can I chant the healing Mantra every day?

Yes, you should chant it. If you are having health issue where you need to focus your energy to solve your health problems, you can chant the healing Mantra, making a Sankalpa that you can overcome your health problem. We have given the Maha Mrityunjay and Sudarshan Mantra in Das Mahavidya Sadhana. Chanting Sudarshan Mantra cleanses your Karma related to your health and money problem. Subsequently you can do the Maha Mrityunjay Mantra or the Das Mahavidya Mantra. You can also do the Srividya Moola Mantra but your intention should be to solve the health issue.

12. Guruji, I am a Durga Saptashati Sadhank. Can I do the Mantra by myself and visualize golden protection shield for me as well as others?

Yes, you can do that. You can use golden light protection shield. When you want to do it for other, take care that everybody is in a different protection shield. I have explained that we have our own ego and this ego wants its own space. Even though these individuals are our own family members, respective ego needs its own space. Visualize different protection shield for your family member, and do the Mantra chanting at the same time for yourself and for other. Here you can use the Durga Saptashati moola Mantra as the protection shield and visualize protection shield with a golden light for all members. Golden light is more of unconditional love, where as white light is a protective energy. That is the reason we use white light for protection shield so that our space is protected. You can use the golden light; however, I believe white light is more powerful than the golden light.

13. Guruji, when I do Srividya Sadhana, I lose the track of Chakra's in the middle of the Sadhana. Is that OK?

It is ok and is a normal problem for all the students. I suggest to all my students to use your fingers to locate the Chakra when you meditate. When you are trying to meditate on Ajnya Chakra, feel that Chakra with your fingers, then you move on to the next Chakra. In this manner, you will be involved in the Sadhana and you will have a track of your Chakra. This practice will help you feel the Chakra and find focusing very easy. It is ok if you lose the track of Chakra. The Chakra channels are energy circuit, so even if you jump Chakras, the energy will flow into the charkas that you jumped.

14. Guruji, we are facing financial and health problem. Can I chant Lalitha Trishati or Lalitha Sahasranamam, please guide?

In Srividya workshop, you have learned Srividya meditation, plus healing, plus mind power and Havan. These three tools are given to solve your problems. In Siddha, healing you send Siddha healing energy to solve your health and money problems. You do Havan to specifically release your health, money or relationship problems. These tools are very powerful. Your inner Karma's or blueprint are being burnt with

Srividya meditation. Srividya meditation, healing, mind power, and meditation are more powerful than chanting Stotras. Here you are conscious and doing the Sadhana using the Deeksha Mantra and mind power. Please understand, if you just do the Lalitha Sahasranamam, you are not aware of the negative beliefs you are storing within yourself. This is the reason I teach different techniques and workshops and not restrict you to just Lalitha Sahasranamam. You need to be aware of your negative belief. One of the blocks you are suffering is your past life Karma whereas the second block is your present life Karma. Present life Karma is your negative belief and your negative thinking. You can overcome this Karma using mind power. You are also not aware of what you want. Siddha healing and mind power are more important and should be your first preference. For individuals who have not taken Deeksha and learned the above techniques, or understand the universal laws and cause of the problems, for them, I recommend reading Lalitha Sahasranamam. I suggest go with healing, mind power and Haven. Later, as external support, you can use Lalita Sahasranama but should not be used as the main tool to solve your issues.

15. Guruji, is there a difference between Self and God-realization?

There is a video I have made on what is Self-realization and what is God-realization. I request my students to go through the video and following playlist.

1. Mantra
2. Self-realization and God-realization.
3. Shiva consciousness.
4. Q&A session of Group Meditation.
5. Guidelines for Srividya Sadhana

I request you to check the videos before sending the questions.

There is a difference between Self-realization and God-realization.

Self-realization is about realizing that you are not a body or mind but a soul. Once you realize you are a soul, you know that all the people who exist are also the Soul. This is the first step towards God-realization. As you progress, you realize that this Soul is not associated with an individual but exist as a totality. There is only one Soul that is everywhere. From many Soul to one Soul realization is what I call as God-realization. God-realization is to realize that one Soul, one energy and one consciousness exists. So, Self-realization is the first step and God-realization is the next step. To know Lalitambika, you first need to know who you are.

16. Guruji, I am in the Second Level of Srividya Sadhana. Now a days, I get a feeling of falling or jerk during the meditation and lose the concentration on the Mantra. This makes me impatient. Please advise.

It is happening for your highest good. When we do Srividya Sadhana, we are calling divine Mother consciousness. We are calling divine Mother energy through Mantras. When we are chanting the Mantra, focusing on the Chakra, we receive the energy and subtle bodies start reacting. Some astral bodies are going up and some of our energy bodies going down. There are changes that are taking place. Alignment of the subtle body is happening. Because of all these reasons, you feel like falling down. You feel the jerk and you lose where you are. It is good for you that these things are happening. You are in the Second Level so this should happen. In the first 1st, 2nd and 3rd Level a minimum of six months is needed to prepare you to receive the highest energy of Divine Mother. You don't worry and just be aware of what is happening. If you are losing the focus of the Mantra, again bring back your awareness and know that it is for your highest good that healing, cleansing, and alignment is taken place. You are blessed.

17. Guruji my wife was suffering from Thyroid, emotional problem and relationship problem. What class should I bring her to attend in Bangalore? Is Rajarjeshwari Kriya okay? Please guide me.

Yes Rajarajeshwari Kriya is very good if you're going through health and emotional issues. Raja Rajeshwari Kriya works mainly on the emotional problem and subconscious mind. This Kriya works on the health issues to balance your Pancha Prana, Nadis and Chakras to overcome your health issues. It does not involve any ritual or worship of any God. It just takes care of your health issue, i.e. your physical body problem and your emotional subtle body problem. Rajarajeshwari Kriya is good for your wife. She can come and attend this workshop.

18. Namaste Guruji, I am a Srividya Sadhak Level 3. Shall I practice Khadgamala Stotra without initiation? Thank you.

Yes, you can do it. If you are Srividya Sadhak, you want to do the Khadgamala Stotra Sadhana without initiation; you can do it because the Srividya Level 1 Mantras has the power and connection to Sri Devi Khadgamala Stotra Sadhana. Once you have a Level 1 Mantra Deeksha, that will qualify and prepare you for Khadgamala Stotra Sadhana. But, the problem is to understand what is Khadgamala, its principles and how it is related to Sri Chakra. You also need to understand how every Avarnas or how all the Kadgamala Devatas help you in your life. For this reason, it is important that you attend the Khadgamala workshop and practice the Khadgamala Stotra Sadhana. If it is not possible for you to attend, you can just start Khadgamala Stotra Sadhana without initiation because you got initiated into Srividya Level 1. So, all Srividya Level 1 students can do the Khadgamala Sadhana without initiation. In the workshop, I share the moola Mantra of Khadgamala Stotra, Shodha Shakti. Those Beeja Mantras are very powerful and belong to Urdwa Amnaya Parampara. If possible, you attend and receive the blessing of that Mantra and practice Khadgamala Stotra. If you don't have the time you can start doing this Sadhana and whenever time permits, please attend this workshop.

19. I have done only Srividya and Durga Saptashati. Can you tell us what transformation Das Mahavidya brings to us? Can you please explain Das Mahavidya briefly?

I have in the Level 1 workshop explained what each Das Mahavidya is and what is its Shakti. I have also explained how it is connected to Lalithambika, how it is connected to Maha Kali, Ma Saraswathi, and Navagrahas. This itself is a half day workshop and I cannot explain you hear in this group meditation session about each Shakti. If you want to know again, you can come and attend the Level I session which can be helpful to you.

20. Guruji, how do you differentiate between thought, consciousness and awareness? Can you explain it with an example?

There is no difference between consciousness and awareness. With your mind, you cannot understand the difference between consciousness and awareness. But, I can make you understand what is the difference between thoughts and consciousness. Consciousness and awareness mean knowingness. The thought is a product that comes from the mind through the senses. This is the paper is a thought. Somebody has to tell me that this is a paper. Intellectually, from childhood, I understand that this is called a paper. This is a thought. It is not consciousness. Recognizing that this is paper is consciousness. Knowing that this is the paper is consciousness. For example, if a person's name is X, to know this body is called as X is consciousness and the name is the thought. Of course, there is a difference between awareness and consciousness. Before taking this body you are the awareness. The moment you awareness attaches to the body consciousness, you become consciousness. It is very difficult for your mind to understand. Before taking birth, having the body, who am I. After attaining the body, who am I. After dropping the body, who am I? That the spiritual knowledge and this is where the difference between consciousness and awareness and the body can be understood.

21. Guruji, it is already mentioned that to keep a minimum of two hours of difference or gap between meal and Sadhana. When should we do the Sadhana? Should it be after food?

If you are doing the Sadhana early in the morning say at 6 o'clock then there is no question of the food. If you want to do the Sadhana in the afternoon, you need to do this Sadhana two hours before lunch. If you are taking lunch at 2 o'clock then you do your Sadhana at 12 o'clock, or you can do this after food at 4 or 5 o'clock. You should maintain the gap before a heavy meal or lunch. Minimum time to do Sadhana between consumption of food is two hours.

22. Guruji, in today's session, I was able to see different colors when I close my eyes. I usually seen Gold in my Nirakara. But, today I saw strong green, white and red auras. Please explain what this is?

Many of us see different colored light in our meditation. These colors represent different vibrations of energy. When we go into a deep state of Niguna Nirakara, you don't see any color at all. Because this state is beyond the dimension of the light and sound. You cannot see anything. However, during the period, healing, cleansing, and balancing is taking place. You should see different colors. What color is needed for you that color will be given to you? This appearance of color is not the same for all. If you need green color, you invoke Divine Mother's energy and you receive a green color, which is needed for you. Another person needs a blue color because he needs healing. He will receive a blue color. Everyone is different and everyone can experience different colors. It is just an experience of the healing, balancing, and blessing. There is no stronger meaning for the appearance of the color. You know that energy is concentrated color and you are able to experience it.

23. Guruji have done only Durga Saptashati. Can I chant Khadgamala Stotra?

For Kadgamala Stotra, you should have the Deeksha of specially Kadgamala or else you should have the Deeksha of Srividya Level 1. You are not eligible to chant Kadgamala Stotra.

24. If Self-realization has not occurred during the current lifetime what happens after death? Do Siddha or Mother Divine come to rescue if you do Srividya or Shiva Yoga Sadhana?

Of course. First, if you are doing Srividya sincerely you will know that this life is going to be the last life for you. This is a universal law of vibration. When you do regular meditation, you are vibrating with Shiva consciousness or Lalithambika consciousness in your astral body and your subtle body. If you are vibrating with this consciousness, obviously you are attracted to that Loka or dimension. If you meditating and connecting regularly with Lalithambika, Shiva or Sadguru Thirumoolar, then obviously after death you are taken to that dimension. It is a universal law of vibration and attraction. There is no question of whether you are taken care or not. Please focus towards gaining Self-realization in this life and do not postpone it. Shiva Shakti is ready for you so stay focused.

25. Guruji between Vancha Kalpalatha Ganapathi and Bagalamukhi, what Sadhana you recommend when one is facing shortage of time?

As I have explained to another student, Vancha Kalpalatha Ganapathi and Bagalamukhi Sadhana's have very different application. Bagalamukhi is very good if you're facing the problems related to protection, enemy and court cases. If you are having deep desires that are not getting fulfilled, then you go for Vancha Kalpalatha Ganapathi.

26. Guruji, I am practicing Level 5. After doing morning meditation of Level 1 to 5, can I choose another time and do just the Shreem or Navakri Pranayama.

You can do it if you want. However, when we do the Sadhana, we work for all the Chakras and not just for one Chakra. We are also told that why is this the case. When I work only in one Chakra, it creates an imbalance with the other Chakras. I don't suggest you perform your Sadhana on one Chakra, or one pranayama on one

Chakra. You can chant the moola Mantra of Navakari that starts with the Sreem Beeja Mantra apart from Level 1 to 5 Sadhana. That can take care if you want to do invoke Sreema Shakti in your life.

27. Guruji, I am practicing Level 1 and I'm not able to do Chakra meditation. When I chant the Mahapaduka Guru Mantra 3 times I feel the bliss, I feel the tears out of satisfaction and I feel there is no power in the body. Please guide me.

This is a blessing that is happening to you. What should happen after Srividya Chakra meditation, is happening before. You should enjoy this experience. You should flow into bliss, compassion, love, and gratitude. Enjoy this phase being fully aware that this phase will not be permanent. As you progress, as your body energy changes, again you will resume the Chakra meditation and will be able to do it. Be aware that it is a blessing of Shiva Shakti on you and you are blessed one.

28. Guruji, how to do the Prayoga of Durga Saptashati for desire fulfillment? For how many days do we need to do this Prayoga?

As I told you in manifestation process, you visualize your goal of what you want to manifest and then you chant the Durga Saptashati moola Mantra Sadhana, which is your Prayoga, until you see the manifestation of your desire. It could be minimum of three to six months or one to two weeks, depending on your desire. Intention of Mantra chanting also depends on your desire. You know and believe that some desires can be easily manifested. In such case Mantra can be chanted around three to six or may be nine times by visualizing your desire. If your problem is too much with number of obstacles, you can increase the Mantra chanting by visualizing your desire, anchor the Mantra Shakti to the desire and do the chanting 27 times or 54 times or 108 times.

You need to see obstacles in your manifestation how good you are in the visualization, and then you use this prayoga until you see the manifestation of your desire.

29. Why does Durga Saptashati focus only on the top Chakras?

I have explained in the workshop that there are some energy centers that need to be active to download or connect with that energy. In Durga Saptashati we are focusing only on those energy centers. You place the Mantra on one of these energy centers. The Mantra becomes active and your body, which is like a computer, start downloading that energy. Mantra is like a password and those energy centers are places where you need to keep the password to activate that computer so that divine Mother Durga's Shakti Starts downloading. Every Mantra Sadhana has a tantra, a method, and technique to activate, received and manifest. This is the reason we focus on top Chakras and special energy centers in Durga Saptashati.

30. Guruji, how can we take help Siddha mind power to have a better concentration while doing Sadhana?

If your devotion and love for Mother is very high, you don't need to concentrate. It happens to you. You don't need any mind power. When you fall in love with someone, do you need concentrated to think about that person? That person's face will be there in your mind wherever you go. You need to read and develop that concentration, that spiritual devotion, that attraction for Divine Mother. Once you are able to develop this devotion and love, you will see that concentration automatically happens. You start to feel that you need to focus and meditate. I suggest if your desire exists to merge with Mother, then obviously, you start concentrating in your Sadhana sincerely. Developing concentration involves the mind. I cannot change the mind with mind. Problem with many people is they want to change the mind, thoughts with thoughts and they are not able to do it. They try to put force. To change your mind, you need soul power. As you progress your meditation takes care of the concentration.

31. Guruji, for Shivaratri, I am outside India. When will my Shivaratri start? Will it be according to IST or according to my place?

I ask you, is Shiva within India only or is he everywhere. Is Shiva outside or within you and you get the answer. We believe in time and space however Shiva Shakti is beyond the dimension of time and space. I told you, Shiva exists where there is loved devotion and surrender. At that place you have Shivaratri. If love and devotion is there, you will get the guidance from Shiva himself. Even when you are sleeping, he will wake you up and make you chant his name. Don't worry just do the Shivaratri according to IST or your own standard time. Make sure you focus on your job as well.

32. Guruji, I am inclined to do the Sri Chakra Puja as much as possible but it is not always possible to take bath before Puja so I try to cleanse myself in the 15 letter Mantra before Sri Chakra Pooja. Is it ok to do that?

You don't need a 51 Letter Mantra. All you need is to chant the soul Mantra, "I am soul". Affirm the truth that "I am soul, I am Love Divine, I am bliss divine, I am the truth-consciousness". Once I understand I am a soul then there is no need of any bath. Even if I take a bath I cannot cleanse my anger and depression. All Siddhas give importance to inner purity. They say Antaranga Shuddhi is more important than the Bahiranga Shuddhi. I take a bath, put the Nama, however if inside you have a feeling of jealousy, it is not going to help you. A true teaching is that Divine Mother puja or the Sri Chakra puja you are doing to cleanse yourself. So taking a bath is not at all necessary. It is conditional and programmed into our culture. Many of us feel uncomfortable when we do the puja without a bath. Some individuals at the age of 40 might still be shaken by the beating he or she might have received in their childhood by their grandparents for going and touching the pooja without taking a bath. After that very incident, even today they believe in taking a bath before performing Pooja. Divine Mother is unconditional love. Please remember the truth about yourself that you are a soul and not a body and mind. I'm telling this again and

again. Why am telling you to do the soul Mantra before doing your Sadhana, before doing your healing because all the Sadhana is for knowing the truth about yourself. Srividya is Atam vidya, Bramha vidya.

If I'm thinking I need to purify myself by taking a bath, it is not the right thinking. Affirm to the soul that I am purest of the pure. Lord Krishna says, your mind cannot touch you how can any other thing touch you. Please understand and affirm the truth. If you want to do the SriChakra Puja, you can do it whenever you want. Do not put any condition. Please remove this programming and conditioning from your mind and do the Sadhana whenever you want. SriChakra puja is the real bath.

33. Guruji, how do we differentiate if we are going beyond the Sadhana or falling to our Karmas if we don't do the Sadhana, but still there is a change in the consciousness?

When you are doing your Sadhana or spiritual practice, you say I am going to control my Karmas. I am going to control my situation. I am going to write my destiny. The moment you are sincerely practicing Srividya Sadhana, you are controlling and manifesting. And the moment you surrender to Divine Mother, the moment you surrender to Sadguru means you aligning your will to divine will and things will be taken care. Never think that Karma will hold on to you. Never allow the thought that Karma will hold on to you and always remember that you are the spark of Shiva Shakti. You have a choice and you made a choice that I will create and that is why you started Srividya Practice where you bring attention to your inner world that is where you manifest and you change your Karma. Don't believe any other thing. Always know that you are changing the Karma and going on the right path that is needed for your Self-realization.

34. Guruji, I am doing Level 5 of Srividya Sadhana. Should the Mudra be used for the entire duration of meditation or only when I do Level 5?

From Level 1 to 5, we are just doing the receiving mudra. For Level 5, 6 and 7 we do the Kalpavruksha mudra. Here, only for Level 5 you will do the mudra and not from Level 1 to 5.

35. Guruji, how can we get Shiva Kameshwari Idol for home?

We have not created any idols of Divine Mother. We planned to make these idols and once they are ready you can order. We plan to energize and bless these idols so that you can keep it in your home. You can also come and collect them from our Centre.

36. Guruji, I'm very busy on Friday and cannot manage to do this SriChakra Puja on Friday. It is most convenient to do the puja Saturday. Is it okay?

Yes, it is okay. You can do it whenever you want. What is important is your availability to Divine Mother. It is not Friday or Tuesday but when you are available to Mother. It is more important to offer yourself to divine Mother and surrender. I want to tell you, Srividya Sadhaks should go beyond and not get stuck to time, festival or days. You should go with the thought where ever I sit, Mother exists there, Shiva exists there, Satguru exists there. Srividya Sadhak should reach that state where time should not hold you. Conditioning of Shastras should not hold you because this path is for freedom. You should remove such thoughts. For a Sadhak he should feel the existence of divine Mother every day or every moment and that is a state of consciousness. Do you remember the affirmation we have done? At every movement and at every Level of my existence I am one with Sri Mata Lalitambika. That should be your experience as a spiritual practice.

37. Guruji, I am only a Durga Saptashati Sadhak. There are Das Mahavidya meditation Mantra on YouTube. Can I still do them? I am interested in Rajamatangi Mantra and Bagalmukhi Mantra.

Yes, you can do it. This is the reason we have uploaded the Das Mahavidya Mantras. These are single Beeja Mantra Sadhana, which anyone can practice. It will be helpful to you.

38. Guruji what is the Sadhana that can use a production from negative entities? Is it Bagalamukhi or Batuka Bhairav?

Both have the same effect. You can choose Bagalamukhi or Batuka Bhairav. In Bagalamukhi Sadhana, we are giving a Mantra for money issues, giving a Mantra for Karya Siddhi and giving moola Mantra to activate 36 Tattvas and moola Mantra for protection. If possible, go for Bagalamuki Sadhana, as it will help you in all aspects of life.

39. Guruji, can we get recording of this group meditation please? Can we do the practice of this Mantra at home along with Srividya Level one?

At present, we are not going to share the recording due to certain issues. We have seen people unnecessarily using these videos and posting them into social media. We want to maintain the purity of these teachings and hence we are not allowing this recording. I suggest you join the live streaming and do the Sadhana once in a month. Procedures that we cover here such as GuruPaduka Mantra, you can incorporate in your Level I practice. You really don't need these recordings. If you go through this recording imagine how much time you required every day to go through your Sadhana. Srividya meditation is one hour, group meditation is one hour and you become a static consciousness and you cannot function better in the outside life and it can be a problem for you.

40. Guruji, on the path of Srividya with how does a student know whether his Kundalini is awakened?

Kundalini is the life force within you. Whenever you do the Sadhana, when you feel those tingling energy sensation in your palms, in your Chakras, you know that the energy is moving from your Mooladhara to your Sahasrara. In the beginning, some

of you feel the energy as vibration. Some of you see the energy as colors, while some may hear this energy as sound. But as you advance you experience the same Kundalini as Bliss, as Joy ecstasy. Whenever Kundalini is awakened your thinking will change. Regularity towards Sadhana increase. A lot of challenges will come to your life both outside as well as insiders. All the students who have taken the Deeksha from us, their Kundalini is awakened according to their need. For some, where purity is very less, only 3% Kundalini get awakened whereas for those whose purity Levels are higher, 30% kundalini awakening may happen. Srividya Mantras literally awaken the Kundalini. So, evidence of Kundalini awakening includes the experience of energy movement within the centers, energy moment in your body and your experience at the mind and behavioral Level. Challenges you face and also the state of your mind such as experiencing peace and joy, thoughtless state, silence, stillness, etc. are signs of awakened Kundalini.

41. How to use Varahi Mantra protecting me from my boss who is troubling me?

What I suggest is ask Divine Mother interference to release negative Karma between you and your Boss. The root cause of this problem is the Karma. The real enemy is not outside but inside you. In the Varahi workshop, I have made it very clear that you need to work on your Karma which is the real enemy. So, ask Divine Mother to intervene and nullify my Karma that is attracting any enemy and not just my Boss. Make a Sankalpa before doing Varahi Sadhana that Mother, the Karmic impression between me and my Boss, that are very aggressive, that is not in the harmony, that is not in a right understanding that is not in a win to win situation, please remove them and bless us with harmony, love, grace, production and understanding. Perform this Sadhana and have patience and Mother will take care.

42. Guruji, among Maha Vidyas, one is encouraged to worship Dhumavati only if you have lost everything or can individuals who are happily married also connect with Mother and worship?

We really don't have anything to lose. Dhumavati is the highest of the energy. The smoke energy that existed before creation is called Bhumavati. She is the highest spiritual light. She is a Grand Mother who will guide you and take you to the highest Level. She is associated with planet Ketu (which is to do with Spirituality). Dhumavati is a great blessing for us. Do not have any condition. Ask her to come as Mother, guru and guide you. She will take care of you. You do not have to worry about anything. Actually, you don't have anything to lose in this spiritual path other than your ego consciousness. What are you going to lose on the spiritual path when Mother is not seeking your money, your body or a relationship? Since Mother does not need anything, there is nothing for you to lose other than your ego consciousness, which is for your highest good. You can go ahead and do the Dhumavati Sadhana without any fear.

43. Guruji, can I chant “Hasa Om So Ham Shiva Kameshwari” in normal times other than meditation to heal and remove negativities?

You can do it, but you need to be careful. This Mantra is especially given my Mother to cleanse, heal, energize and you should be in a state where you are sitting and receiving. If you are driving a car and chanting "Hasa Om So Ham," you will not only feel the Jerk inside you, but your car will also feel the jerk by the virtue of an accident. Similarly, you will run the risk of falling down if you chant this Mantra while walking. Please understand that these are not ordinary Mantra's but very powerful Mantras received directly from Mother. She is giving this Mantra out of concern for her children. This Mantra is Mother's personal guidance in order to take care of you. Mother's energy is unconditionally flowing when you do this Mantra. So with care and respect, you have to do this Mantra. You will not be able to reap the benefit if you chant this Mantra every day all the time. You also need the energy to hold this Mantra. If you still want to do it, sit in one place and do this Sadhana with respect and devotion.

44. Guruji, my brother and his wife are affected by some tantric effect of others.

Can I chant this Shiva Kameshwari Mantra to help them? I am only initiated in Durga Saptashati. Please advise.

You can do this, however, know that this is the Karma of your brother and his wife where they are attacked with the tantric effect. They need to work with their own Sadhana. They need to do some practices to overcome this issue completely. If your soul Level is very high and your connection with divine Mother is strong, then you can surely help them. As a concern for your Brother, you can pray to Mother with the intention that “Mother please take care of my Brother and his wife and help them to overcome tantric effect”. You can put the protection shield on them and rotate the Mantra “Hasa Om So Ham Shiva Kameshwari” so that you can protect your brother and his family members.

45. Guruji, can I do the 51 letter Shiva Mantra to overcome all the health issues?

Can I be cured of the disease by energizing water with the 51 letter Mantra and drinking it?

Yes, it is very helpful to remove the Karmic impression that is related to health issues. You can overcome whatever emotional memory pattern you have created by doing this. Be careful because behind every problem there is a lesson to be learned. If you drink the energized water and again repeat things that caused health issue (such as drinking 10 cups of coffee or eating Pizza etc.) then the inner body will not be in alignment with the outside world. If you follow steps to keep yourself healthy and then follow-up plus chanting and drinking water energized with 51 letters Mantra, surely you will overcome any type of diseases.

46. Guruji, why most of the Das Mahavidyas are shown in a terrible form and doing things which have not respected by the society? Please guide and help us.

Every Vidya has one power. Das Mahavidya is the wisdom to overcome our life problem. These phenomena are symbolically represented while depicting Das Mahavidya. You should not condemn it but go beyond the form, understand what is the Shakti associated and bring this Shakti in you and solve the problem and raise yourself, You should not worry about the society because society is not aware of the real power and meaning. They are conditioned, cultured, and illusioned so we cannot help. If you are a student, you need to understand this Maha Vidyas and associated pictures and dwell on how it is going to help you correlate with your soul, your mind and use it.

47. Guruji, can we do the Homam with our friends who are not initiated in Srividya?

When you do the Homam, you can ask your friends or family to sit next to you and while doing the Homam, you can chant mentally the Srividya or Das Mahavidya Mantras. The energy and the aura that is created will help your friend circle and your family members. You don't need to reveal the Mantra and they don't need to chant the Mantra. They just need to have a simple prayer, accept and allow and things will be taken care.

48. Can we do the 51 letter Shiva Mantra and protection shield with other people who do other types of Sadhana?

You can do that; however, I always suggest please focus on your family members. Don't go within other friends because they may not allow you and you may get attached to them because resulting in your downfall. You should think about your children's, parents and your family members. Also, don't go beyond and start doing the healing and protection shield for all the people, otherwise you will get stuck in your Sadhana. Remember you came along and you need to go alone. You need to rise, bless help and merge.

49. What is the effect of doing the daily Homam daily with Das Mahavidya Mantra?

As we explained in Level 1, every Vidya controls one planet. Every vidya controls one aspect of your life. When I do the Das Mahavidya Havan, I am controlling my astrological aspects. I am controlling my health, relationship and money issue.

At the same time, it is not a Sadhana just for me but for my family members as well. I want to cleanse my Vaastu and bless my family member with positive energy. Your family member who is sick and resting in a sperate room will also get the same energy from the Havan so that he can recover fast. Havan is capable of influencing your children's intellectual ability to start thinking positively from inside out. If you do Das Mahavidya with havan every day, in harmony and co-operation with your family member, it is a blessing and highly beneficial. If it is not possible to do this Havan every day then you can do it once a week. If once a week is also not possible, then you can do it either on a new moon day, or a full moon day or during Ashtami.

50. Can we do Havan with Lalita Trishati?

You can do Havan with Lalita Trishati or Lalita Sahasranama using the moola Mantra "Om Aim Hreem Shreem" followed by the name of Lalita Trishati or Lalita Sahasranamam and at the end add the word "Swaha". You can do Havan for Khadgamala also. Khadgamala Havan is simpler and powerful than Lalita Trishati and Lailta Sahasranamam. Khadgamala is 100 percent manifestation of Lalitambika Rajarajeshwari. I am bringing in all Avarnas. I suggest going for Khadgamala Havan because it is short, sweet and you can do it happily. Lalita Sahasranamam Havan, with a 1000 names will be a two to three hours Havan making your situation uncomfortable. Lalita Sahasranamam is good to chant and do Archana. Lalita Sahasranamam Havan is powerful, however, your commitment and sitting for a long time with focused attention is needed. By doing half an hour of Khadgamala Havan followed by Srividya, you can bring great power and Manidweepa in your home. 100% manifestation of Lalitambika Shakti takes place while doing Kadgamala Havan. There is no need for any other Shakti or Das Mahavidya Havan. That is the power of Khadgamala Havan.

51. What to do, if once in a while, negative feeling such as fear and anxiety hits us?

For getting rid of negative feeling, you can do Sadhana and Mantra of whatever form of Mother that makes you feel most connected, protected and guided. Some people feel connected to Durga, some feel connected to Pratyangara or Bagalamukhi or Lalithambika. Some feel connected to Kamala i.e. Lakshmi.

52. What is the best Mantra for someone who has mental issues and is under medication?

Nowadays many people are going through medication for mental issues. 90% of the people now days go through stress and depression related issues. These problems have become very common. Be careful when you have a negative feeling. You should be aware of the negative feelings and bring your attention back to breathing and chant the Mantra and overcome that feeling. Pay attention and think what is this feeling, why is this negative feeling coming and what is the thought and belief behind this negative feeling. Swadyaya is very important to overcome the negative feeling of depression and anxiety.

53. Guruji, can I download and play Das Mahavidya Mantras in my home or office to energize my home and office?

Yes, if you play Das Mahavidya Mantra, Lalita Sahastranamam or Khadgamala then it will attract like vibrations. Like vibration attracts like things so it will be very helpful to you.

54. Guruji, I have gone through the accident now we have suffered. Because of this accident now I have a fear of driving. I have been driving from 20 years and now I'm scared. How to come back with confidence?

The problem here is not the accident but memory of the accident, the memory pattern in your subconscious mind. You need to overcome this issue through Sadhana. You can use Siddha Healing. Ask Siddha Shakti to remove or erase the memory pattern of the fear related to the accident. Or else make a Sankalpa and ask Divine Mother to remove the memory pattern of this fear and chant the Mantra. The mantra of Durga Saptashati and Bagalamukhi are good to bring back the confidence. You can also chant the Mantra of Divine Mother. If you put the sincere efforts you will be able to gain confidence. During group meditation when you do "Hasa Om So Ham Shiva Kameshwari," ask Mother, "please remove this fear, please remove the memory pattern of this fear and help me to come back to my original confidence," and this can be taken care.

55. What is Sadha Shiva, Paramashiva and Charyanandanatha?

Shiva's name is given to different layers of consciousness. When we say Charyanandanatha, it is Shiva taking the human form. Sada Shiva is the same human form in pure consciousness. When we go beyond to the very original primordial consciousness it is called Paramashiva. One consciousness with the different layers are given different names, but we need to understand that there is only one consciousness.

56. Guruji, I am feeling fear when I fall asleep and despite doing the protection shield twice a day as taught by the Durga Saptashati. Is it possible to do to do Bagalamukhi and Varahi. I am not initiated?

I suggest you to continue with Durga Saptashati. Here patience is needed people. People take Deeksha and they expect the results in 15 days to a month. Expectation if for Mother to come immediately with her Trishul and protect. Things do not work in this manner. Understand that whatever Mantra you have selected, you need to chant it for a prolonged period. You need to activate that Tattva or the power of the selected Mantra than changing the Mantra. Some people who have not practiced the Mantra for three to six months or one year, want to change to another Mantra. This

kind of practice will not yield any results. I suggest you give the time at least for 3 to 6 months, focus on Durga Saptashati and you will see the result.

57. Guruji, having the left side body is deformed. My margins are blurred when I sit for Srividya Sadhana closing my eyes. From last few months I'm having a severe pain in left shoulder.

Here he is co-relating, Srividya with his problems. He is not mentioning how is his work culture, how is he taking care of his sitting position every day in his office, what kind of food habit does he have. I suggest to this student don't think that it is because of the Srividya Sadhana you are having a blurred vision and shoulder pain. While doing Srividya, if you are having shoulder pain, then it means that some energy blocks are getting released and it should be temporary and not more than 15 days or a month. The energy will dissolve the blocks and you can overcome the problem. Try and be careful and be aware of the cause of the problem. It could be due to your sitting habit in the workplace, or your negative thinking. Not taking the right diet can also lead to such problems. I believe these aspects could be some of the issues you are facing. Otherwise, you might have a problem with your inner left shoulder. You may need to check your vitamin D and calcium levels. Based on the diagnosis you can discriminate whether the issue is caused by Srividya or any other health issues.

58. Can I chant 51 letter Mantra without initiation?

Yes you can chant the 51 letter Mantra without initiation.

59. Guruji, after starting Srividya Sadhana, the moment I close the eyes, my body and head start swinging front and back from side to side. Is it normal?

Yes, it is normal. Your body is reacting to the energy that you are receiving during the Srividya Sadhana.

60. Guruji, how to manage and protect our self during the time in the day when we are not meditating? I feel very sensitive to the people's thinking and mindset as I am progressing.

How not to be influenced? Many of us, as we progress, if you're psychic enough, you started sensing other's thoughts, emotions, and their intention. In that case, you don't react to other people's outer behavior. You start reacting to them in the reality of the person. Whenever we do the meditation you will need to affirm and ask Mother, "Mother be the invisible hands with me all the time throughout the day." Secondly, whenever you feel distracted, close your eyes and just say "protection shield" three times and feel the protection shield around you whenever you want. The third thing is as you progress, you know that you may meditate for just one hour however your Kundalini is working throughout the day. It is important to have this understanding. For example, you check for yourself, when you're in the office, close your eyes and just bring your attention to your Chakras and you will feel the energy movement. Mother is working day and night. Apart from meditation Mother is always there guiding and helping you. You need to bring this awareness that Mother is taking care of you. You can put the symbol of Rose to separate your space from another person's space. Whenever you feel sensitive to another person, just visualize that roses are surrounding you and separating your space from another person's space. In this manner, you can overcome the sensitivity related issues and you can protect and manage your space without getting influenced by another person's space or thoughts or emotion. It is good to think and affirm that only good comes to me only good goes out of me.

61. When we chanted Shiva Mantra my forehead and Sahasrara became very heavy. When we did So Ham, my body started shaking. Why did this happen? This happens when I start Level 1 Chakra meditation and healing.

It should happen. Your body is receiving the high dimension energy of Shiva and Shakti. Your body has its own energy. When this body receives the higher level energy, which comes to your Chakra and rotates fast, your body shakes and you

start feeling all of that energy. It is normal and it may take at least minimum of 3rd Level or 5th Levels for you to ground in your soul energy.

62. Guruji, when I do the Sri Chakra puja, how long do I stop at each Mudra? In some of the Mudra's I want to stop forever.

As you know that Mudra is non-verbal communication. I can say Hi with my hands and bring it down. I can also say Hi with my hands and however don't release it or bring my hand down. What is going to change? Both cases are the same. Objective of SriChakra Puja is to merge with divine Mother. Do not get stuck with Mudra again. You can feel like doing Mudra, you can do it, however please understand that your Mudra is secondary and merging with Mother is more important. Doing Mudra for 1 or 2 mins are more than sufficient. Do not do more than that. You are communicating with Mother expressing your love and gratitude.

63. Guruji, it has been more than a year since my Mother passed away but I can feel her presence at our home. A friend of mine could even see her in my home. How can I help her to cross this world?

If you have learned the healing then you can invoke the same. If you do Khadgamala or Lalita Sahasranama with a Sankalpa asking the Khadgamala or Srividya Devatas to help make a smooth transition of your Mother to the right place. Do not give commands to Angels and Yogini's saying that she should be in Manidweepa or Shivaloka. These divine Angels and Yogini's know to which Loka this person belongs. It is for sure this person does not belong to this Loka. After a person leaves the body, this Loka is even more terrible. Life is good for individuals who have a body but no food to eat. Life in this Loka becomes terrible for individuals how to leave their body and become invisible. Their body has no prana, gets no food, and there is no one to listen to. Such situations become terrible and are normally faced by individuals who commit suicide. People committee suicide think life is very difficult and surviving is an issue and once they die everything finishes. But the truth is something different. They face more trouble after dying. As a soul,

you had planned the number of years you wanted to stay on the earth. Even if I drop the body, I will stay on this earth for the pre-determined timeframe. Out of love and affection your mother, your father will be in this Loka after death because of their attachment. First thing you have to convey to your mother that you will take care of yourself and you know that you are meditating and you really want her to make a transition and walk her path of growth to her divinity. The first thing is to light a lamp, make a prayer to your mother, do the Khadagamala or Lalitha Sahasranama or any other Sadhana, with an intention asking Divine Mother to help them.

64. Guruji, I am very new to the Sadhan and I would like to understand what the Shiva Shakti consciousness means? Is there any difference between consciousness and awareness?

The whole objectives of the Sadhana is to know who and what is Shiva Shakti is and how I am connected to the Shiva Shakti. You have asked the right question. As you progress in your Sadhana, your intellectual ability, your intuition develops and your energy raises and you will start perceiving and understanding what is consciousness, what is awareness, and what is Shiva Shakti consciousness.

65. Guruji, when I do the Durga Saptashati Sadhana, I had dreams where I hear Indians speaking to some others in India and they are very loud and disruptive. I'm not Indian and I don't understand Hindi. Is this normal?

This is a past life experience. Your past life is getting revealed to you because of Durga Saptashati. It is you going into your past life and experiencing Hindi and other languages. Don't worry about that experience. You need to drop all of those experience since it is not needed. Whatever you heard people talking in the worldly language is of no use. Just be aware that in the past life you were connected to India. Maybe you were born in India and the memories of which are getting revealed in your dream. Your dreams are release that is taking place due to your Sadhana. This is a blessing and you should have and express your gratitude to divine Mother.

66. Guruji, can we discuss our meditation Mantra with any of our Durga Saptashati, Srividya, Varahi or any other Sadhak who has taken Deeksha from you?

Yes, if they have taken Srividya Sadhana from us, if they belong to same guru Parampara, and if they are doing the same Sadhana, you can discuss with them. But be careful not to have any competition or comparison between two Sadhaks, else it can become problematic. This is primarily because we are different because of our Karam's, our visualistic, auditory and kinesthetic skills. What I don't know is what exactly you want to discuss? If you have a good experience or a problem, you can share with your master. This group meditation is meant for discussing your experience and problems. So see to it that your discussion should not create problem or comparison in your life.

67. Guruji, my sister did Varahi three month back. Is it ok for her to chant Thirumoolar Mantar because during this Mantra chanting, she feels her whole body circling and vibrating? Is it OK?

This is OK. Her body is reacting to Shiva Mantra and her body is becoming Natraja and dancing.

68. Guruji, is Shiradi Sai Baba also a Siddha among 18 Siddhas?

He is also a Siddha and an Avadhuta. Apart from the 18 Siddhas, we have many other Siddhas. However, these 18 Siddhas are more aware of our Parampara and connection. We do not know anything about many of the Siddhas.

69. Guruji, since few days of meditation, I am feeling a sensation on my Sahasrara Chakra. Also bowing down to your feet or divine Mother's feet I feel like crying. Why is this happening to me?

Whenever you connect with any divine source and surrender, the uncompassionate and unconditional love starts flowing to you. This unconditional love cannot be

understood by your mind but your body knows that. Because of love, out of compassion, tears will flow. Sometimes great healing takes place. You become a child. This is very normal. Please know that your connection is stronger, you are connected, blessed and receiving the Grace of Shiva and Shakti. This is a blessing for you.

70. Guruji, does Kayakalpa yoga enhances the Spiritual energy?

Now a days there are many Kayakalpa Yogas. I am not sure what Kayakalpa Yoga you are following. If I know the Kayakalpa Yoga and the technique you are following, only then I can help you understand, if the practice enhances the spiritual energy or drains the spiritual energy. It is very rare you find the Kayakalpa Yoga. You have to be in the darkroom for 40 days and go through many diet restrictions. This is not an ordinary yoga and I am not sure where you are learning and what you are asking. Kayakalpa gives you strength, good body and strong nervous system. When you have a good body and nervous system, your energy levels are high. It can be helpful, however be careful about who is teaching and is it true or not.

71. Guruji, my family has not taken Srividya Deeksha. Can I do protection shield on them daily?

Yes, you can do that.

72. Guruji, you told today that meditate on Shivaratri. But should I mediate on Day or night. What is more powerful?

It is not day or night. It is when you are awake and seeking, that is more powerful.

73. Guruji, in my dream I saw two people who came and told that they are guru bandhu. One asked me what is your name. He said let me check and after few minutes he said A ham. How should I look at this from a Sadhana point of view?

First thing you need to know that it is a dream and not a real thing. One of the two person says that Aham is your name. It is true, we are Ego based and identified our body and mind and there is no dream without your body and identity. Know that you are touching your ego consciousness and bringing awareness to your ego consciousness through your dream.

74. Guruji, when I chant so ham I feel like my breath is becoming longer. I feel like my breath has stopped. How to overcome this?

This should happen. So Ham should produce long breathing and ultimately lead to Kumbhaka where the breath should stop. There is no need to overcome this.

The objective of So Ham pranayama is to stop your mind by stopping your breath so that you bring the stillness, concentration to your soul. This is a blessing and do not do anything. Your mind is asking and distracting you. Be aware of your mind which is trying to trick you. Enjoy your breathless stillness and oneness with Shiva Shakti.

75. Can we do Durga Saptashati moola Mantra in Havan? I wanted to detailed procedure of Havan.

I cannot give you the detailed procedure here however I can tell you that you can do Havan with Durga Saptashati moola Mantra.

76. Guruji, what is the difference between Shivayoga from Kaula and Samaya tantra?

Shivayoga is not Kaula or Samaya Parampara. It is Shakti Parampara where we have Kaula and Samaya in Srividya. Whatever you follow, Kaula or Samaya, you reach to Shiva Yoga. Goal remains the same. Shiva Yoga is ultimate oneness with truth consciousness. Kaula is more of outer worship and Samaya is more of inner worship.

77. Guruji, during pregnancy is it ok to do three rounds of Srividya Sadhana, shielding and Das Mahavidya for all 9 months?

Whenever you are going through pregnancy, do not do too much of Sadhana or Mantra chanting. You are holding within you a small baby which has an innocent energy and this baby cannot absorb all the spiritual heat you create during meditation. Many people fight saying I have positive vibration and my baby will be good and healthy. From one cell gives rise to the womb and the womb gives rise to the complete body parts. The nervous system and the cells of baby are very delicate. When you create spiritual heat, it is not good for the baby. I suggest to my students to do perform one round of Srividya Level 1 to energize, heal and balance and bless yourself and connect yourself. I have seen cases where too much sadhana lead to abortion. Too much of Sadhana and Mantra lead to more spiritual heat and cleansing. Apana Vayu gets activated. Apana Vayu is concentrated in abdominal region. Spirituality is all about taking your energy up to Sahasrara, whereas in pregnancy the energy is coming down to nourish your abdominal region. Too much Sadhan will create imbalance. Please understand the inner dynamics that is taking place and do not hurt yourself. Shakti Mantra and Das Mahavidyas are also not needed. In pregnancy many changes happen to your body to take care of the situation. I suggest to all my students who are undergoing pregnancy to do just one round of Srividya Sadhana of Level 1 to balance the Chakra, glands and bring good health for yourself. Do not overdo. If you feel even one round of Level 1 is generating too much of heat, do your Sadhana alternate days.

78. Guruji I am practicing Durga Saptashati and I am having balance disorder and lately I am getting pin pricks in my body. I am worried.

I don't know if it is happening to you during Durga Saptashati or is it your health issues. I know Durga Saptashati does not do this. Durga Saptashati helps you become balanced confident and stable. Durga Saptashati converts negative thoughts to positive thoughts. Fear is replaced with confidence. These are the

qualities of Durga Saptashati. These could be your health issues. Please take care of your health. Your nervous system may be weak. Please check with a doctor and take care.

79. While doing Havan, is it OK to pronounce Moola Mantra aloud?

Pronouncing Moola Mantra loudly is not good. Mantra Shakti gets discharged if you chant Mantras loudly and you make yourself weak. Only if you are strong, healthy and lifted, you can help your family member. I don't suggest chanting Mantras loudly. All Mantras need to be changed mentally. While doing the Havan, you can ask your family members to sit around and just chant Om Nama Shivaya Swaha. In this manner, the mind of your family members stays focused and you are able to do your Havan and mantra sadhana mentally. This kind of practice will result in the energy getting created around and you able to bless and help. Your family members can have their own Sankalpa where they can request Divine Mother to bless them.