

AWARENESS



TEACHINGS OF SADGURU SRI SIVAPREMANANDA

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SHIVOHAM

Shivoham - ShivamAham - I am Shiva

Whenever we become aware of something, it becomes an object and you become a subject. So the moment I become aware of my body I detach from my body, please understand this, the moment I become aware of my thoughts I become detach from my mind. The moment I am aware of my Mind & Body automatically I detach from Time. This is very important & very powerful. The moment I am detach from Body, Mind & Time I am in this Moment of Super Consciousness State of Pure Awareness/ Para Brahma Tattava/ ParamaTattava – In that Awareness I cleanse, heal, energize my panchamaha booths, my planets energy & I connect with my soul & to the ultimate cosmos. It's so scientific. It is your own soul power coming to the Cells of your body.

So your attention, Intention & Choice is your Power. So your powers are

- Attention – Where I can give my attention – Positive Thoughts or Negative Thoughts/ Positive Belief or Negative Belief – this is very important
- Intention – Whether I have a Positive Intention or Negative Intension – behind any action I am doing. Because that will decide where your life is going to take. You create your destiny with your intention, with your actions, with beliefs, with your feelings. You are that!
- Choice - So you have a choice that I go inside at my Soul level, that is the creator or I focus outside that is not a creator that is a product.

So the real power is within, not outside. If I want to change my Life I need to change my Inner World. So Inner World Creates Outside World, in the same way, world is outside universe, entire universe is manifested from Nothingness. But that Nothingness is full of Awareness, that Nothingness is full of Supreme Intelligence. So Nothingness is controlling, sustaining & also destroying. If you go very deeper level only this Nothingness, that Siva+Shakti, that MahaTripursundari, that Para Brahma is working everywhere, everywhere! If I take this flower go deeper level how it is made of, I will come to know that it is made of some atoms. If I take – ok, - this petal is there, other petal is there, but how this petal is made of? Through Atoms – Yes or No? If I go deeper level of Atom – what it is made of Proton, Electron & Neutron & this Proton is there, Electron is circulating & Neutron is also there? Ok? I can say it is Energy or Microscopic matter, Where it is happening? Inside the space, so there is space inside Atom, Yes or No? So 75% is space or more, 25% is the Energy. So if you go deeper level you see that there is space we call it as consciousness, we have Proton Electron & Neutron it is 1nothing but energy, that energy & Consciousness doing all the work, so essence of this flower is nothing but consciousness and energy. So Consciousness is Siva + Energy is Shakti. If I take this body, if you take any organ of the body, whether – eye, skin, bone, muscle, liver, pancreas, anything you take, they are made of cells? If you go deeper level of these cells what it is made of? You have DNA, Mitochondria all that. Again these are made up of what?? Atom, Yes or No? Again if you go deeper level of Atom, who is there?? Life force... Within you as an essence who you are?? Do you accept it or not? It is fact or not? It is fact that you are SIVA. With this Understanding can I say Sivohum??

Sivam + Aham – Can I say that? So this is the Ultimate teaching of Adi Shankaracharya. This is the Ultimate Teaching of Vedantha – end of the knowledge, Root of All Spirituality, Essence of All Spirituality. It is a real spirituality. So in that case who is really existed and doing everything?? It's the Consciousness and Energy working in your body, so who is doing all this beauty, so who is beauty of this? It's a Siva+Shakti . So can I say Satyam Sivam Sundaram, Yes or No? Can I say or not, YES, Obviously. So in essence only Siva+Shakti exist. But that Supreme Intelligence taking different forms, because of different forms, its application is different, its unique quality is different, its expression is different. We are all look different but we are all the same. If I understand this, ok, Can I say real existence is only Siva+Shakti, complete whatever manifested is just Temporary reality not True Reality; in that case I say this world is Maya/ Dream? Can I say that? I can say. This is highest Teaching of Adi Shankaracharya, he says world is DREAM, because it's just manifestation from that Siva+Shakti. So everywhere it is that. So to just REALIZE this TRUTH what we call SRIVIDYA SADHANA.

Srividya – To know that you are Sri, knowledge is Vidya. The day you say, SIVOHUM, SIVOHUM, SIVOHUM, that is the ULTIMATE MANTRA. Your TRUE identity is SIVA You are that Brahman, Aham Brahma Asmi. You are also God, I am also God, and everyone is God. Even this flower is also good. If everything is God what about the dirty thing? The dirty thing, Cow dung, is it good or not?? Is there anything Dirty in this World? Everything is Sivamaya. There is nothing negative, nothing is positive. Vibration is different, but who made this Vibration? All of this deeper level, it is Siva+Shakti. So that is the ultimate experience, everything is Poornattava, everything is perfect, it's expressing, it takes own time to express/ manifest its complete 100%.

Everyone is on a path to become Siva+Shakti, whether he is a Worldly person or you are a spiritual person, everyone is going and reaching to that consciousness. So this is the understanding we need go, we should not just stick to the only mantra the chanting, worshipping only outside, we need to see Lalithambika, Rajarajeshwari, MahaTripurasundari. We need to experience, that is God Realization. We need experience Self Realization, and then only it is God Realization. But both are same. In the beginning I say I AM SIVA. After that I say EVERYONE IS SIVA. Everyone is that, then whom I am going to chant, whom I am going to worship? Outside or Inside? Which is more alive outside or inside?? So which is more advanced and more powerful?

Even I go to the Temple, I bow down to Sri Matha, Who is listening, outside or inside? Who is going to Bless, outside or inside? Afterwards, so this is the TRUTH, all Siddhas could experience within is the SIVA and Shakti. So journey start with outside worship, ends with a Inner realization – TRUTH THAT AHAM BRAHMASMI

OM TAT SAT
SIVOHUM SIVOHUM SIVOHUM

AWARENESS IS THE "ULTIMATE REALITY"

"Samadhi is not permanent. You have Self-Realization, God-Realization - they come and go. But once I go on remembering my state, again and again - this will become my practice of spirituality path. So you might experience the waves of energy, and there is the time where there is no waves of energy - you just feel the space, silence, just expansion, okay? - that is the state of the soul. These are the soul qualities. Again you come back to the mind and energy - psychic qualities, waves of energy, light, sound and all. So you are travelling within yourself! Soul level you will go and come back. Mind level you will go and come back. Body level, Prana sharira all of this is going on - up and down it is going on. But in all of that, you need to understand that these are all there, they come and go, but what is important is that my presence that is aware of all of this. Who is that? - "I am". I am aware of all that is happening and that is only the existence. If that awareness is taken away, what is the use of waves, what is the use of expansion and all? So that awareness is the ultimate reality, that I need to abide, I need to appreciate, I need to identify my truth, my reality. Then I go on remembering this - then what happens is that as we progress - you will no more start to identify yourself as the body, no more will you identify with energy, no more you are identifying with thoughts, nothing. You just remain as knowingness - awareness, that's all. That is what we say - AhamBrahmasmi - So Hum - the One that is everywhere, it is also in me, I am that. So you reach in that, but it is still temporary in the beginning. But as you remember, hold it day to day - this is where again the mantra is needed. Even "I am Awareness" is the mantra! So Hum is the mantra. Okay? So that is the state after Self-Realization or the practice after Self-Realization. Before Self-Realization, it is Levels 1 to 7. After Self-Realization, remembering, abiding within your soul. That is the practice. Until and unless it becomes so natural for you that you know that, in every activity - whether I am - Walking - I am not identifying with the body, driving - I am not identifying with the body, eating food - I am not identifying with the body, but I am aware of all those activities.... But I am not attached to that. Then, your karmas are zero And whatever that is happening, that is also zero - no karma. This will start happening.

Video link: - <https://youtu.be/GrCNErnj9AI>

"TRUTH of "SELF" Revealed!"

How do I know if self-realisation happened or not? When I say it can happen in a few seconds also, right? Then what happens? My mind will come and jump next to that! Anytime you see that! You receive the Darshana of the divine mother, right?... You receive a blissful consciousness... you feel very good and all.... Suddenly your mind will come and jump, saying, 'I think it's an illusion, you know, I think I am just Day-Dreaming!', you see that? First you get an experience, and with that experience there is a feeling and after that your mind has to jump! It has to prove that you are not realised. Its job is that! Mahishasura's job is to distract you from your soul! That is its job. The more you start going to your soul the more it will start giving tantra within you, I tell you! Many, many things it will do that you cannot believe! It will be distracting... it will give one beautiful flute music within you...it will give one beautiful, you know, Veena music inside you... so that you are distracted and get attached to the distractions. It will give you beautiful other things like images, you don't know! So this is the play of the mind - the ego consciousness! The day you realise that you are the soul, it will die. The ego has to die! It cannot survive. Because this is a false identity and it is just a thought. It is getting its power from the soul. The day you are absorbed in your soul, it no longer gets its power and hence has to die. So in order to survive it will create all the problems for you. So what happens then you realise this...it is such a knowingness, such a clarity that there is no doubt at all! First quality is that there won't be any doubt at all because always it's a first hand experience! No doubt!! If you read something and understand intellectually there will be doubts. But this is coming in a flash to you, and it is so powerful that the truth within you...it is discovered, and it's such an "Aha" moment, you know, like the scientist, you know, when he is working on something and happens to discover something, he will exclaim, 'O! Eureka!' Same way, "I am not the body...Eureka (laughs)... I am not the mind... I am something that I cannot understand!" When we go on asking, "Who am I? Who am I? Who am I?" following Ramana Maharishi's method, you don't get the answer at all! Whatever answer I get, my mind is not satisfied. And I reach a stage, like Google search result, 'I don't know '. And I will be in that search mode for 1 hour, 2 hours... search mode - it is something which the mind cannot understand, it is searching but not getting the answer - it is in that state... searching, but no answer, blank, it is that mode. And afterwards I realise that, "**I don't know**", is the real answer! "**I don't know!**" is the real answered because my mind cannot understand me. No form is there, right? You don't have a form. How can your mind see you? You don't have a quality, how can the mind process? You don't have a taste, how can the mind know? You don't have a sound, how can the mind know? How is your mind going to understand you? It has to come to the conclusion in blankness, that "**I DON'T KNOW!**" is the real knowledge! In that state you will be there for 1 day, 2 days, 3 days ... that is your experience of who you are! **YOU ARE UNKNOWABLE!** As I told you, right, on the first day? I gave you the example of the sky: I see the sky. I am the Sky. Now go deeper into the sky, what happens? You want to touch the sky so you went inside the sky. Could you touch it? No! Could you go deeper? I want to know: What is this sky? From where it originated? Who created this? What is its colour? What is its taste? When I go deeper and deeper probing these, what do I get? Do I get anything? do I

know anything? Do I know - the origin of the sky? what is the sky? from where is it? why has it happened? (Looking at the students) Do you know why the sky is there?...Eh? Why is it there?! (Giggles) This is what happens - you go deeper and deeper within you and come out, and when somebody asks, "Have you got Self realised?" You will say, "Yes, I got self realised!" "Do you know what the Self is?" they further enquire. And you reply," I don't know what is the Self!" you know! But in that answer you know that, right? "**I DON'T KNOW**" itself is the Answer! This is what...but very important...I want to tell you...here is something very important that I want you to notice - **HOW YOU KNOW THAT YOU DON'T KNOW WHAT IS SKY?** There is **AWARENESS**, Yes? - **AWARENESS** - the one who knows that **IT DOESN'T KNOW - THAT IS THE SELF!!!**

Shivoham!!

Video Link: https://youtu.be/uDmFnToU_os

EGO, SOUL & UNIVERSAL CONSCIOUSNESS

In the beginning we start, Understanding I am a body, I am mind, I am this person, that person, and this is my personality. I am Lecturer, I am engineer, I am Doctor, I am Indian, I am American, I am Canadian. This that so many labels are there yes or no? for these we call it as false identity. The identification of our self with body, name, family, country this that we call it as false identity. For this we call it in spirituality as Ego consciousness. From this where I need to go? To the truth consciousness, real identity that I am not body I am not mind, who am I? Soul. I am having form, I am having senses. But, I am not body, I am not senses, I am beyond all of this and I am formless. you see that we live with our family members. We accept another member as body only, but the day that person leaves this earth dimension, that was little bit shock to us when a person dies, his body is there but real person is not there ,yes or no? But where is real person? Is the body is real person or someone else was there in the that body? What is your experience? Tell me the truth. May be many of us seen the death, yes in our own family, our own loved ones, our own mother, father, grandmother, friend. Who is the real person? Or someone else in the body was real person? Tell me the truth? Is there anything? Is it fact or illusion? It is fact. Yes are you body or someone else in the body?

Many times in spirituality, death is given so much importance. Many spiritual traditions start with meditation on death. Because, that is only the direct attack on the ego consciousness. Ego is telling, I am body, male, female, I am engineer, Doctor. Self-realization- Atma vidya don't come by just chanting the mantra. Until unless you have see the awareness with awareness the fact as it is. Without any programming, conditions. So we all know the fact that, there is someone living in the body but body is not a person. To understand who is that? Is it having form or formless? May be x person dies. Person body is there, yes but x person I can't see when he left the body? Could you able to see, when he left the body? I am in front of him during the last moment of the death but I cannot see that when he left the body? At what time he left the body? How he left the body? But I know that he left the body. That is Truth. That I am formless being. For that people give the different names Atma, soul, Prana etc. So many different names are there but it is Nameless, formless but when he took the body name is given to this. Division starts, you are male, female, Indian this that castism, so many things it will envelope itself in the karmic thing. One that is not true, if you believe, that is your karma. The day you realize that you are formless and whatever you do, that is not Karma- Nishkama karma, Lord Krishna says that. Know thyself, Be thyself then whatever you do, it is not karma because you are formless beyond body and mind, all karma, universal laws comes under the rules and regulations of the mind and below the mind dimension, but above the mind, no rules and regulations, nothing karma, so to go beyond this we call it as Liberation- Moksha.

I need to experience truth about myself, discover who am I? That is what we call as Atma vidya or realization of my true self. We call it as Self-realization, I am not body, not a mind, not something peoples given me the label, and I am not all of that. I am something beyond that my senses cannot see it because I am

formless; no quality is there .No Satva, tamo, rajo I am beyond this trigunathita.I am Nirguna, Nirakara, Parabrahma Swaroopa that is Realization, we call Atma vidya. So 1 at stage is I am not body, I am soul. I don't have form – I am formless, living in the form. That's all, Self-realization - Atma vidya Then there is one more step, when you started in living in that soul consciousness, Atma vidya as Yogi, as Paramhansa you start living there, then you go the higher level of consciousness, where you experience that if I am formless, what about another person also, form or formless? I am formless, source of this body is formless, source of other person is also formless. And what about source of this creation? Formless or form ? Formless. Then same consciousness, awareness, formless is in this body, in another person body, in the trees, in the mountains, in the sky and from that everything is created then whether there are many or only one? Only one. In you the same, in me the same.

If I take the example of Balloon. This body is like a balloon. Balloon can be visible, inside the balloon air is there, is it visible or not visible? If I realize that first I say, what is ego consciousness, I am Balloon... I am balloon, Ego consciousness and once intuition opens, you started doing Srividya Meditation, in meditation you see that balloon bursts. You are no more seeing your body. You are seeing only air. You realize that, oh my God I am not balloon, I am air. Self-realization-Atma sakshatkara. When this balloon burst, inside this is air and I see another person, oh this is red balloon, this is green Balloon, yellow balloon, black balloon. Qualities are different, bodies are different, and skills are different, Mindset is different but inside that balloon, what is there? Same air, right. Is it different? Then, what I See outside the balloon there is air inside this balloon also air. In between the balloon air is there or Not? Now you burst all the balloon, what remains? I call it as Aham Brahmasmi. Can you say? At the Level of experience Aham Brahmasmi, not this body is Brahmasmi, No I am not telling, Aham – No More individual consciousness, it is totality of all. I call it as Aham Brahmasmi. Can you say this? You Can say it confidently. You can say this. This is Truth. This is Liberation, where no Dvaita, is there any dvaitha, I am different from that. I am Indian, I am different from American. I am Hindu, I am different from Muslim. I am Karnataka person, I am different from Tamilnadu person or Kerala ,Maharashtra person. Can I say that? I go beyond the dimension, beyond the division. I become Universal consciousness, universal being. . That we call God realization, Nirvikalpa Samadhi. Savikalpa means still individual consciousness is there.

Nirvikalpa means nothing is there, only one consciousness, one energy, one soul. Is there many souls or one soul is there? One soul. So that is we call Brahavidya. Brahavidya is that I never die I never born, I am Eternal. I take this body ok, then I drop this body again, I take this body, again I drop this body and when I get bored with this, I decide I no more want to take this body, no more I want to come again on this earth. I want Liberate, Jivanmukthi. No punarapi Jananam, No punarapi Maranam. So this is the path we are going to lead. Srividya bring that understanding to you, it will Liberate you not only material problems but all the issues that are holding you from all the problems.

Video Link: <https://youtu.be/FgxUguCROC4>

JIVA & SIVA ARE SAME IN ESSENCE..!

To merge with Siva, first you need to know that " I am not Jiva, but I am Shiva!" That's the whole concept of Shiva yoga: SHIVOHAM - " I am Shiva in essence". I am not telling that you are Shiva at the Universal Level, but that you are Shiva at the Individual Level.... Soul Level! At the Universal Level (indicates this with His hands widespread above His head) it's different. But the essence is the same.... essence is the same!. If you see a balloon - there is air inside the balloon and there is air outside the balloon. Inside the balloon the air quantity is very less. But outside the balloon the air quantity is vast and infinite. Now the balloon thinks, "I am separate from the entire existence." The air inside the balloon says, "I am different from the outside air." The Spiritual path.... What is this path about? The Spiritual path is to bring Awareness that, "The air outside and the air inside the balloon is the Same!" "JIVA AND SHIVA - BOTH ARE SAME IN ESSENCE"

The power of the outside air is that it can bring so many different changes..... But the air inside the balloon doesn't have that much power like the outside air. This inside air always believe that, "I am powerless.... I am powerless.... I cannot have the power of the outside air which can bring so many things; which can, you know, sweep away thousands of homes!" So the inside air says, "I am powerless!" The day it realises that it will remove its covering of the balloon, the balloon bursts! Now what happens? Becomes One with the outside air (students answer) Yes?! It Merges! Now where is Jiva? And where is Shiva? That's Shiva Yogam!! That is Shiva Yoga! In the beginning I identify this (shows His body) and I say, "This is my body. This is what I am!" This is like a balloon, yes? In this balloon called the body, what plays the role of the air? Consciousness! The day I remove the Awareness that, "I am not a body!" I burst the balloon! Then what happens? The Consciousness within this body (points to his body) and the Consciousness in all of us here (points to all students), is it different or same? Same! Then who are we, in essence? If we are all same then is there many Souls or One Soul? One Soul (students answer) Can you see that, **ONENESS**? If we are all one then what about **GOD**? Is it different from me or it's the same? Same (students answer) Then can I say **SHIVOHAM!? AHAM BRAHMASMI!?**

Yes?

OM TAT SAT!?

Yes?

Can Vedanta be explained in that way? Yes or No?

Yes!

So this is the Ultimate!

Essence of all Spirituality!

To know this Truth is what we call **REALISATION!**That "**I AM**" means not this body (shows His body), not this mind, but "**I AM**" means **EVERYTHING....**" **I AM** "means the **TOTALITY!** So when I say, "**OM NA MA SI VA YA**", what is my experience? My name, "NA MA ", is" SI VA"! So what is your true name, Soul name? **SIVA!** So, Family name is different, right? Body name is different, But in essence, what is your name? SIVA!!! That's the Siddhi of the

SIVA Mantra..... Siddhi of the **SIVA MANTRA!** When I say, **OM NA MA SI VA YA , OM NA MA SI VA YA , OM NA MA SI VA YA.....** In the beginning I think that Siva is somewhere else and I am somewhere else. But when Siva started teaching you, bringing the Truth and makes you understand, what happens when you say, **"OM NA MA SI VA YA "**? Whom are you worshipping? Yourself (students answer) In worshipping yourself, don't you think you are worshipping the entire Brahmanda? Yes? So is there anything left out? Any Gods / Goddesses left out? Nothing is left out! So, this is the Realisation of all the Saints....all the Masters! that there are no 2.... There are no 2 At All! **THERE IS ONLY ONE!** And that's Advaita.... that....is..... ADVAITHA Sadhana where you experience the Truth that **I AM THAT,"** and I am not this body, I am not this mind! I am not these roles, labels, as man, woman, family name, doctor, engineer etc... All these drop! **" I AM THAT EXISTING EVERYTHING " - SOHAMSO....HAM ... SOHAM..... SHIVOHAM....AHAM BRAHMASMI!!**

SHIVOHAM!

Video Link: <https://youtu.be/ORjQrLZ6RTA>

ENLIGHTENED LIVING STATE!

"Living life of Enlightenment - in the Light - enlightens, what is the light? It is soul consciousness, Siva Consciousness, Truth Consciousness! Identifying me as "That" and living in "That" consciousness is what we call as Enlightenment Living! There it is Yogi State, Paramahansa state, it is Siddha state, it is a Avadhoota state. Who is the Avadhoota? The One who is merged with Soul, abiding in Soul, walk as a Soul, drink as a Soul, Eat as a Soul, sleep as a Soul! But is very contradictory! Soul cannot sleep, but still we are saying sleep... Soul cannot eat, still we are saying eat as Soul! Means, you are living with Awareness! If I am talking means I am only talking... If I am eating food means I am only eating the food... Got this point? If I am drinking water means I am only, completely - mind, body and soul all doing only one action, with 100 percent attention! That is what we call as "Enlightened living!" Why this happens? Why is it possible? It is because of the Realization that makes it possible! Normal person cannot do this. You see when we are eating usually mobile will be there. We are eating and somewhere our Mind will be. Body is there, but mind will be somewhere else! Even when I am in the workshop, how many times you are here I don't know that and how many times you are somewhere else I don't know that! You see that? We are like this as the mind will play like this only. Why it happens? Because I am attached to my family, I am attached to my body, I am attached to my responsibilities - all these things will pull your Soul - your Soul is distributed, distracted - everywhere it is working! The day you realize that you won't have any responsibility! Looks very odd - you don't have any Responsibility! At the higher level, you don't have anything to do, any responsibility, nothing else is there! Everything is working as it is, you just need to witness! That's all it is there! And what happens - somebody, something happens - "I am not the doer!" Eating - "I am not the one who is eating!" Speaking - "I am not the one who is speaking!" Breathing - "I am not the one who is breathing!" You see that? How complicated it is! When you have the mind and body, understanding that is very difficult. It is not easy to understand. Why? Because Sub-Conscious mind is not at all there! When we get Realized, Conscious, Sub-Conscious and Super-Conscious mind all become one! Only awareness! Then only you are a pillar of light! You are a Consciousness, Super Consciousness, Shiva consciousness! There is no division there, it is only one! Only One! That is the beauty of that! That is where, you go there, and no book literature can explain that! It is the complete opposite - you cannot say mind, you cannot say soul, you cannot say God, even you cannot say Guru also! In that state, it is only one, only one! That is the enlightened living state! Otherwise there is a possibility that again you will fall down! Why? Because there is two now - and when you become two, drama starts again. Again there is journey; again there is birth, death, God, Guru and all these will start! This is not Liberation, it is not moksha. That Enlightened living state is the state that we need to go! This is the state that these Siddhas are living, these Avadhootas are living! That's what they say - "I am everywhere!"

Video Link: <https://youtu.be/23kbDKizzwg>

"POWER OF VEDA VAKYA MANTRAS!"

The moment I say, "SOHAM", the moment I say, "SHIVOHAM", my Atma Tattva - my Soul Principle become active. The Mantra to activate the Atma Tattva, Soul Principle is "SOHAM" The Mantra to activate the Shiva Tattva, Shiva Principle is "SHIVOHAM" The Mantra to activate the Dattatreya Tattva, Dattatreya Principle is "DATTHOHAM" The Mantra to activate the Shakti Tattva, Divine Mother Consciousness Principle is "BHAVINITHVAM". All these are very powerful Mantras! But these Mantras, don't have OM..they don't have highly coded Bija Mantras like HREEM, AIM.... ... nothing is there. But they will take you directly to the Source! That's the power of these Mantras! SOHAM will take you directly there. You will become like a, you know, bird (Gestures by swaying His hands sideways) flying freely from your mind, body, and all the attachments, and you are just, you know, in THAT Consciousness (gestures again with His hands widespread). So, these are very powerful Mantras! Very, very powerful! That's why we call them **VEDA VAKYAS**.

Even **AHAM BRAHMASMI! AHAM.... BRAHMA....ASMI - BRAHMA** means the Soul, **PARAMA Tattva. AHAM** - I Am and **ASMI** - I live in that state only as it is!**AHAM.... BRAHMA....ASMI....** very powerful mantra! Very, very powerful Mantra!! Because everyday mind is thinking that, "I am a body! I am a body... I am a body.... I am a body...."..... And that is the problem. Problem is, "I am a body...I am a body...I am Raju...I am Ramesh.... I am this.....I am that.... I am, you know, a doctor..... I am an Engineer..." All these false identifications go on day and night, 12 hours living with only this. Now to overcome this, what do I need to do? "I am not this.... I am not this..... I am not this..." Means **I AM THAT.... I AM THAT.... I AM THAT I AM SHIVA.... I AM SHIVA....I AM SHIVA I AM BRAHMAN....I AM BRAHMAN....I AM BRAHMAN** . You have to repeat and tell this continuously so that it then goes to your Subconscious Mind, Until, unless your Realisation don't go to the Subconscious Mind and if it is not your Subconscious Feeling then it is not Realisation! Why do we say that Mantras should be chanted 1 lakh times, or 2 lakhs times, or 5 lakhs times? Because by repetitions, it has to enter the Subconscious Mind, make a Memory centre, and once there is this Memory Centre, it becomes the feeling in the Subconscious Mind. Then the Subconscious Mind start connecting to the Universe and according to the **Universal Law of Correspondence**, according to the **Universal Law of Vibration** according to the **Universal Law of Resonance**, It starts bringing that Tattva, knowledge to your Soul and it becomes your Realisation and you become Lifted! You see that Science? How beautiful it is!

Shivoham!

Video Link: <https://youtu.be/Xgh49yWxrRQ>

"You are Formless!"

In meditation, you experience that you are not the body. You see that? By just doing Self-Enquiry, I cannot accept that, "I am not this body ". But once I experience it in my meditation, I start to feel that, "I don't see my head. I don't see my lower body; maybe I only see my head. " And a time will come where I see no head, no body, and I only see myself as a space. And will be surprised, "Who is inside? Who Is There Inside? "

You Are The Space.

You Are The Consciousness.

You Are The Awareness.

You Are The Sky.

And when you open your eyes, you see your hands, you know, like this.... this (Shows by seeing His hands on both sides). And if you continue watching more and more, suddenly your hands start disappearing. (Laughs) Looks like it is there. Meditate on your hands. After some time, this disappears, and you will start seeing the Space only. You start to see the Source of your hands. You meditate on a flower. After some time, when you meditate, meditate, meditate, what happens? The flower disappears. You try and see. In Trataka we do, right? When you do Sriyantra you will understand. When you focus on the Sriyantra you see so many Triangles coming, this.... that. After some time only Bindu comes and later on the Bindu also disappears.... then it is BLANK! Whatever you meditate, you go beyond that and touch the Source! That's what our Siddhas say, "Meditate on anythingMeditate On anything...

You want Rama, take

You want Lamina, take

You want Sita, take

You want Yantra, take

You want to meditate on a flower, and then you meditate

But wherever you meditate, on whatever you meditate, ultimately it makes you touch the Source of that! "

Shivoham

Video Link: <https://youtu.be/bnU4njQOo2U>

NETINETI. I AM NOT THAT. I AM NOT THIS

We identify ourselves as a body, mind, this person, that person, but our true identity is that I am not a body, I am not a mind, I am not all that everyone has said about me. The Sky doesn't have its own identity. In India we represent Shiva as Akasha. Shiva's nature is very similar to that of Akasha. There is no origin of the sky no matter how deep we travel in it. It has no end. In the beginning we see that the sky has a blue colour but as you go more near you see that is not true. Similarly when we go deeper within ourselves with the help of meditation we realise that what impressions we have of ourselves and the world are also not true. It is an illusion. We come to know that I am not a body, not a mind, not a thought ,not a belief, not a energy, actually nothing. Sadguru Thirumoolarji has given a technique to identify ourselves with a negative approach that is NetiNeti which in Sanskrit means I am not that. I am not this. Here in this technique we explore our true identity.

Video link:-https://www.youtube.com/watch?v=m_uxu6wy0jo

"RAMANA MAHARSHI TEACHINGS!"

Ramana Maharishi, what he used to do? He used to sit like this (poses with His left hand fingers spread over his left cheek - in a pondering gesture) People used to assume that He was watching them. But He was not watching anyone else.... He was watching Himself! That's the truth I am telling you! He always abided in His Self!

He explains - Never ever think about any person. If someone asks something / question then He will answer.... And again He will be watching Himself! He was always in meditation! For others...they would be sitting with the assumption that He was watching them (smirks) And you see that.... power of the Self, I want to tell you.... the moment whoever went close to Ramana Maharishi they started to go into the blank state because He was abiding into the Self. Whoever came into contact with the Self they too started experiencing the same state because of the Universal Law of Resonance? And somebody comes to Him asking, "Guruji, can you give me the Mantra?" His reply would be, "Okay, I will give this mantra. Who wants it?"

The person will go, "I want it!"

RM: Who are you?

Person: I am Raju / I am X / I am Y

RM: No you are not Raju or X or Y. Go and find who you are. Then I will give the mantra.

The person will never come back...never come back!
Like this He tricked all people...He tricked everyone!

Many people, you know, went to get the Siddhi of Ramana Maharishi. Some, you know, few disciples who were serving Him, they wanted to, you know, first they wanted to serve as they could not directly ask Him, "Give me something!" They wanted to, you know, take care of His legs, clean...this...that.... for 1 year...2 years / 3 years ... now their patience will go off and so they go secretly and ask, "Prabhu!"....

RM: yeah? (Laughs while imitating)

...."what is that you have got , that you are so content within yourself, can you give this to me?"

RM: Of course! I will give only now! Are you ready to take it?

And the moment they come closer to His consciousness, that Aura, they go blank and they get struck with the thought, "Am I ready?" He used to trick in such a beautiful way, I am telling you, amazing..... Amazing Master that he

was! And He always used to turn people towards the Soul. His only duty was, "how can I turn the person to his soul?".. That's all. That's what he said directly, "**WHO AM I?**"

We all are focusing outside looking for Gods / Goddesses, got this point? What's He focusing on? "The one who is focusing, right? Look into him" Now I am focusing here, right? (Points his hands right in front of his eyes) I am looking now. Now I ask you to see," Who is that looking there? (Turns His fingers towards the eyes) Turn your attention back. "When you turn your attention back, the one who is seeing, and you merge there! Then what remains there, tell me? Who is looking at whom? ...Who is looking at whom? **YOU ARE LOOKING AT YOURSELF! ONENESS, SAMADHI HAPPENED!!**

SHIVOHAM!!

Video Link: <https://youtu.be/JAJigsAYxFk>

"OM & SOHAM DIFFERENCE!"

SOHAM is the Mantra of the Silence. It is the Mantra of the silence. From Silence it's **OM, SOHAM to OM; OM to NA MA SI VA YA**. Otherwise **OM to AIM HREEM SHREEM KLEEM**. Then other manifestations of different Mantras will happen. **SOHAM to OM; OM to NA MA SI VA YA** which is the Pancha Maha Bhutha then the creation aspect will start. OM is the manifestation of the Spirit of **SHIVA**. When you call **SADASHIVA** - it is **SOHAM**.

SOHAM is the Silent Sound or before the Creation or we can say it as the Source Consciousness. From that the **MANIFESTATION** will start as the **BINDHU** and this is **OM**. AND from **OM, SHIVA SHAKTI** and all the manifestation! So, **SOHAM to OM; OM to NA MA SI VA YA or OM to AIM HREEM SHREEM KLEEM**, and then all the other manifestations of the creation will take place. That's the difference between OM & SOHAM.

Actually it is the level of Consciousness. A different Level of Energy. One - that is **SOHAM** is the **BEING** level, and **OM** is the **BECOMING** level! If I talk then **SOHAM** is the **PURUSHA** and **OM** is the **SHAKTI** or **PRAKRITI**, **SOHAM IS THE BEING AND OM IS THE BECOMING! Or OM IS THE CREATION / MANIFESTATION** . That's the difference between **OM** and **SOHAM**!

Shivoham!

Video Link: <https://youtu.be/xj4LOAPLKNs>

"KNOW THYSELF"

The Ultimate goal of Spirituality or the Real Spirituality, I tell you,
is not about God and Goddesses...
is not about Mantras....
is not about Yantras also....
it is about YOU!
Knowing the Truth about YOU !
That is the Real Spirituality.

You see all the Masters:

- They have done the temple worship, yes?
- They have gone to This Guru, That Guru, yes?

Then

- They have stuck and realised that, "Now is the time I need to know myself! I need to find myself! " You know, everybody says, "First Self-Realisation then God Realisation "First Self-Realisation then only God Realisation!

And whether in India or in Western world, everybody is telling this:
"KNOW THYSELF!" Everybody! In India, the Scriptures and the Vedas are telling, "Know you!" If you go abroad, they are also telling, "Know Thyself ".

So, Real Spirituality

Is not about Lalithambika, Rajarajeshwari, Maha Tripurasundari...
is not about Lord Siva...
is not about Ganapati...
is not about anything....
It's about YOU!

Because

- You are the spark of Shiva and Shakti.
- You are the Real Divine on this Earth.
- There is no comparison to your Soul with anything that exists in the outside world!
- All the temples, all that is existed - the Mantras, Yantras...all of them are just dim reflection of your Soul! That is the Truth!!!

Shivoham!

Video Link: <https://youtu.be/ChPznqL8Jgo>

"WHAT IS SPIRITUAL REALIZATION?"

Intellectually you understand Who Is Shiva, Intellectually you understand What Is the Truth, Intellectually you understand Who Is Lalithambika. But, When you meditate, these Tattvas, these Concepts

- have to go deeper into your Subconscious Mind,
- They should form a Memory Centre,
- They should connect to the Universal Consciousness.

Then

That Force has to download

And That Experience flashes in your Conscious Mind - then it is a Realisation!

Got this point?

These all things have to happen in Spirituality.

Then it's a First-hand Experience!

Then it is Real Acceptance.... Real Acceptance!

Shivoham!

Video Link: <https://youtu.be/M-19jzkZNMw>

Question & Answers

Can I chant Soham Mantra in my native language?

As I practice Soham, my feelings are not as deep as compared to chanting in my native language with the same meaning as Soham, it is more of feeling than chanting. This practice alters from one to other as an unforced effort. When I start with such a feeling of chanting in my native language then shift to chanting to Soham, the chanting goes with a deeper feeling. Chant with Soham seems somewhat mechanical compared to other. Can this change with time, more practice.

No, not at all, if the same meaning in your native language and if you are getting that understanding, you are getting that awareness, then you can chant in your own native language, don't worry about Soham, because after Soham also, you go to the silence and after your native language also, you go to the silence to the source.

It is not mandatory that Soham should be there. So, if you want, you can chant in you native language. many times, it's my own experience, when I say "I am", it's more powerful than Soham for me. So find the word that will take you to the source, don't only stick to the Soham.

Soham is also again a tool, at the higher level you have to drop that also. If your native language is giving you the touch of your soul, touch of the source, touch of that truth, then go for that.

Video Link:- <https://youtu.be/QW4QbFrhKjQ>

Ajapajapa of 'Soham' for Shri Vidya Sadhaks

Because death seems near, although the body seems healthy, I would like to focus on self and God realization more consistently throughout the day in addition to recommended daily Shri Vidya sadhana. Tirumantiram tantra 2403 says, "The mantram 'Soham', That Vedanta's intone, Is but Siva Yoga." So I would like to continue Soham Ajapajapa, but only with the Guru's blessing. Could that mantra then be activated for me? Or would it be better for me to focus on Moola mantra throughout the day?

After the Sadhana, you include Soham Pranayama, that's one thing, you can do. And apart from the moolamantra sadhana, for example, we have 12 hours a day, hardly, you may chant 1 hour Moola mantra of Shri Vidya and other time you can chant the Soham mantra, more of aligning with the breathing. If you do the Soham, it is more effective. Of course, mental chanting is also effective. But apart from that, if you align with breathe, then what happens? Your mind will be less active, your soul will be more active. And your awareness will be more grounded into your present state, present moment. You have the permission and this mantra is seeded in all my students. Soham is the practice that we do in the group meditation. We do this so, because I made an intention that this mantra should bless all. You can do this plus Moola mantra. If you're too much attracted, that you want to give your 100% to Soham, you can do it. If you do Shri Vidya in the morning, you can do Soham in the evening or the whole day.

Video link:-<https://youtu.be/93SDwhNvndg>

How do I know that I'm Self Realized?

You see that...it's something like the question,
"How do I know that I ate a mango?"
"How do I know that I ate a chocolate?"
"How do I know that I had paani Puri?"
"How do I know that I had Gobi Manchurian?"

Does anyone have to tell you about this? It is a first-hand experience. I eat and experience through my senses, through intuition and my intellectual ability. So you know that one of the very beautiful experiences of self-realisation is you experience a bodiless consciousness. You experience and know yourself. You don't need someone to come and tell you that you are a bodiless Awareness, you are a bodiless consciousness, you are the SatChitAnanda - that blissful state of consciousness, truth consciousness. It is not outside. It is coming from the senses, it is coming from within through intuition . It is a first-hand experience. So you know yourself. And once you come and share the experience with the Master, Master's assurance is the great blessing and is grounded in you that, "Yes, I am! I have reached it! I have touched that Self Realisation! I have known my truth! I have discovered my truth. I have reached my home. I have experienced myself!" Got this point? One is the experience within you and the other is the assurance from the master to help you to know that I," I am Self realised!" Both things are very important. And then when you read the scriptures what happens? inner experience is explained in the scriptures, Upanishads, Bhagavad Gita...Then it's more confident that " what happened to me is what Krishna is explaining What happened to me is what Upanishads are telling What happened to me is what Vedas are telling. What happened to me is what my Master is guiding and telling Now I know this is what it is!" This is how you know that you are Self-realised!

Shivoham!

Video Link: <https://youtu.be/xwmhisuxT4k>

Does Self-Realization means being in a soul state?

Once you know who you are – For example: From childhood a name is given to you - you are the 'X ' person, and you are always attached to the identity and you always behave like that. The moment you are Self-realised 'Realised ' means, 'I am not the body, mind or the family name or the worldly name that is given to me, but I am a nameless, formless - Nirguna Nirakara and I are an Infinity Consciousness '. That realisation makes you to live your life in that aspect, live in that Consciousness only! That is what we call Self-Realisation. After Self-Realisation,

The state will change!

The way of thinking will change!

The way of seeing the world will change!

The way of seeing yourself will change!

The way of seeing others will change!

And it is very true!

And if possible you can do:

“I AM THAT” Or

“SO HAM” ,

“I AM SHIVA”

“SHIVOHAM” .

Like these you can use small mantras.... Or

“OM NA MA SI VA YA” Or

“I AM SHIVA”

“BHAVANI TVAM” Or

“I AM DIVINE MOTHER SHAKTI” Or

“AHAM BRAHMASMI” Or

“I AM THAT INFINITY CONSCIOUSNESS OR TOTALITY” Or

“I AM THAT ONE AWARENESS LIVING IN ALL, MANIFESTING IN ALL AS IT IS”

These are also very good way to do the Sadhana for Self-Realisation.

That is the importance of Nama Japa. The higher Veda Vakhyas are Nama Japa. We use them as Japa. Veda Vakhyas are used as:

“OM TAT SAT”

“SO HAM”

“SHIVOHAM”

“AHAM BRAHMASMI”

- All these become Mantras to remind yourself as to " Who you are ! "

These are very, very powerful. You can use them also.

Shivoham!

Video Link: <https://youtu.be/jomf2iIXiwA>

I have recently become very sensitive to negative news or general incident that I witnessed during the day, such that I mostly get a related dream at night wherein I see that I'm going through that suffering or I'm going a particular activity. because of this now I tend to be a lot concerned about what I watch on TV or listen in the news or listen to any conversation. How shall I stay immune to all these experiences?

You see that it is very normal and natural because as you grow to the higher level, your awareness becomes very heightened, very clear, your energy become very sensitive. Even the small one word, one thought can trigger the things. Okay? Because you are alert. As you progress your soul awareness, having more power, you become very alert. When you are alert, you don't make a mistake. You don't make a mistake. So what you do, whatever you are doing it, not to watch unnecessary news, unless I think that's really good. One of the ways to detach from that, that's creating if you watch anything, but how much you are going to do all of that, it's very difficult. You need to understand the reality that there is a positivity in this world, there's a negativity in this world. So positive is serving the negativity, negativity is serving the positivity. You are beyond the negativity. You are beyond the positive. You need to realize the truth. If you don't realize that this is going to be like this. one is of course protection shield will be helping you. And again you say that only good comes to me, only good goes out of me. That's one of the ways you make a programming of your protection shield. Another thing is to realize the truth that *I am a soul beyond the body, mind and word and universe*. That realization should happen to you in a meditation. Then you can overcome all the negativity. This individual has a karma, so he's experiencing problems in his life. This universe has a karma. There is a collective consciousness. So some cities are going through some places, some colonies, some areas are going through a difficult situation. Some countries are going into a difficult situation. So all of this is there. It is a part of their karma. This is a part of a collective consciousness that is working. It's a cause and effect. So you cannot do anything. You just need to witness and let go. It is a drama that is running. You should need to understand that as a body you are there, but as a soul you are beyond all of this. The realization should happen.

Video Link : <https://www.youtube.com/watch?v=eePLpy9TaNQ>

Sri Sivapremanandaji



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

Now Sivapremanandaji helping sincere spiritual seekers through Thirumoolar Siva Yoga and Sri Vidya Sadhana Online. His Professional Education is as follows :

- M.S. in Biochemical Science from Germany.
- PhD in Biomedicine from Spain.
- Post-Doctorate in Cancer Biology from USA.