

HOW TO PRACTICE SRI VIDYA MEDITATION

Sri Vidya Meditation is a simple and pleasurable experience of the divine love and compassion of the mother in the process of purification of the mind, intellect, memory and ego within us. Always we see the life in this world only externally. So the mind is constantly attracted to the external world. The mind gets defiled in this process. Sri Vidya meditation heals the mind and prepares us for knowledge of truth.

Those who want to practice Sri Vidya meditation should learn the basic principles of the same, devoid of all doubts. Then they should start the practice. *Diksha* is given after adequate practice. Then they are initiated formally into practice of meditation.

Let us learn how to perform Sri Vidya meditation level 1.

One can be seated facing East while doing the Sri Vidya meditation. They can have in front of them a window that lets in light, a lamp or the statues of Gurus, Gods or images like Sri Yantra. After seating oneself on a wooden plank or a piece of cloth, one should practice Pranayama first.

SIMPLE NADI SHUDDI PRANAYAMA:

Step1:

1. Close the right nostril and inhale through the left nostril
2. The close both the nostrils and hold the breath for 30 seconds.
3. Exhale through the right nostril'
4. Close the let nostril and inhale through the right nostril.
5. Close both the nostrils and hold the breath for 30 seconds.
6. Exhale through the left nostril.

7. Inhale through both the nostrils.
8. Close both the nostrils and hold the breath for 30 seconds.
9. Exhale opening both the nostrils.

These nine steps complete one cycle of Pranayama. Perform three cycles of the same.

Step 2: Muladhara Chakra



Breathing in, hold the Aswini Mudra and imagine your subtle body, reaching the Mooladhara. Now your consciousness is at the Mooladhara. Now hold the Chin Mudra in both the hands. Joining both the hands at the base of your stomach, concentrating at Muladhara Chakra in the spine, recite the **OM IM OM** three times with full awareness. Now your thoughts awaken the Kundalini and begin taking it up.

Step 3: Swadhishtana Chakra



After pausing for a second, keep your palms in between the base of your stomach and the navel, feel your consciousness in the form of Kundalini Shakthi at the Swadishtana Chakra. Recite **OM HREEM OM** three times with full of awareness.

Step 5: Manipuraka Chakra



Pausing for a second, keep your hands on the navel and feel the consciousness in the form of Kundalini Shakthi moving at at the Manipuraka Chakra. Recite **OM SHREEM OM** three times with full of awareness.

Step 6: Anahata Chakra



Pausing for a second, keep the palms folded in a namaskara posture on your chest feel the consciousness in the form of Kundalini Shakthi shining at the Anahata Chakra. Recite **OM IM OM** three times with full of awareness.

Step 7: Vishudhi Chakra



Pausing for a second, keep your hands folded in a namaskara posture on your throat and feel the consciousness in the form of Kundalini Shakthi shining at the Vishudhi Chakra. Recite **OM HREEM OM** three times with full of awareness.

Step 8: Agna Chakra



Pausing for a second, keep your hands folded in the namaskara posture in between the two eyebrows and feel the consciousness in the form of Kundalini shining at the Agna Chakra. Recite **OM SHREEM OM** three times with full awareness.

Step 9: Guru Peetha



Keeping the Mrigi Mudra (Refer the video) touch the centre of the skull at the *Bramharandra, the Guru Peetha* and recite **OM IM OM** three times with full of awareness.

Step 10: Gayatri Peetha



Lift the hands above, without touching the head in Namaskara posture and recite **OM HREEM OM** three times at Gayatri Peetha with full of awareness.

Step 11: Sri Vidya Peetha (Sahasrara)



Lift the arms to a highest possible level with folded hands in Namaskara posture where you visualize Sri Vidya Peetha (Sahasrara) and recite **OM SHREEM OM** three times with full of awareness.

Step 12: Tenth Centre, Vajra Chakra



Relax and bring down your arms and sit in a normal posture with Chin mudra. Now concentrate at the Agna chakra, now identified as **TENTH CENTRE** or Vajra Chakra and recite **OM IM HREEM SHREEM OM** three times louder, three times whispering and three times in mind and remain in silence and meditate. After a while slowly open your eyes and look into your palms.

Guidance and advice on which chakra is affected in your body and how to strengthen them is available. Whichever Chakra needs to be strengthened can be done accordingly.

For the meditation to be fruitful, one can continue for 27 days and gain immense benefits like healing of disease, solving problems and attainment of wealth, relationship and many achievements.

Download Video from the link for FREE

<https://youtu.be/4gGucz1s1NA>

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Those who are interested can learn higher levels of meditation from Swami Jagadatmananda Saraswati, Shri Lalithambika Peetham, Dayalaya, Coimbatore INDIA.

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