

Makara Sankranti
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ஸ்ரீபுரவாணி

Srividya Learning Centre Newsletter

Srividya Temple
Nemili Sri Bala Peetam

Srividya Temple
Nemili Sri Bala Peetam



Triveni Kalpam
For Psychological Healing and Emotional Wellness



Sri Lalitha Tripura Sundari Dhyaanam

Sindhūrāruṇa vighrahām trinayanām māṅikya maḷisphurat,
tārānāyaka śekharam smitamukhīm āpīna vakṣōruhām |
pāṅibhyām alipūrṇa ratna caṣakam raktōtpalam bibhratīm,
saumyām ratnaghaṣastha rakta caraṇām dhyāyētparāmambikām ||



CONTENTS

Guruvaani Newsletter

Vol 5, January 2023 | 18 pages

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In this Issue

Page

Bala Tripura Sundari Image

Cover

Dhyaanam

Sri Lalitha Tripura Sundari Dhyaanam

02

Guruvaani

Prana Prathishta for Idols at Home

04

Srividya Saadhana

Shatchakra Puja

07

Triveni Kalpam

09

Srividya Temples

Nemili Sri Bala Peetam

10

Recent Events

12

Upcoming Events

13

Saadhakas Experiences

14

Question & Answer With Guruji

16

How can we do Prana Prathishta for the Idol at Home?

By Sri Guru Karunamaya (Transcription of Talk by Guruji)

Sometimes we buy an idol or a yantra to worship at home. Generally, we buy from shops or receive it as a gift from a Guru or an upasaka. If we get an idol or a yantra from a Guru, it would have been energised already, and there wouldn't be a need to do Prana Prathishta again. But, if we buy it from a shop, we must analyse the idol or yantra if it is per Agama Shastra's rules. We can observe specific important points if we need to analyse them thoroughly.

First, we must observe if every hand and foot has five fingers and toes. Sometimes the fifth finger might appear as if it is attached to the previous one. In that case, the idol might not be fully energised. That's why checking if all the fingers are there is essential. Next, if we imagine a centerline drawn on an idol, the distance from the centerline to the right shoulder should equal the distance between the centerline and the left shoulder. And the next thing to observe is that the body parts should be proportional. The head size should be proportional to the size of the chest and the length of the hands and legs. Sri Lalitha Sahasranamam says, "Sarvaruna Anavdyangi", which means "Mother has a body with no defect". And the hands of the idol should be equal, whatever the pose it is in.

Once we carefully inspect the idol, purchase it, and bring it home, we should first dip it in milk. Next, dip it in water. The idol must have gone through many hands. We should cleanse and energise the idol so that it is not affected by the karmas of the people who handled it before. After that, we have to decorate the idol and worship with sixteen or five upacharas (Shodasopachara or Panchopachara Puja). As part of the puja, we should recite stotram, sooktam or kavacham corresponding to the deity we worshipped. For Lakshmi Devi, Lakshmi Ashtottaram, Lalitha Devi, Lalitha Sahasranamam, Khadgamala or Trisati can be recited, which is then followed by puja. The same puja should be repeated in the evening.

Later, we should take a large vessel where the idol can fit comfortably. If we pour water on the idol, the vessel should be big enough to immerse in the water. The idol's base should completely settle on the bottom of the vessel. The idol will rest on the vessel's edges if the vessel is too narrow.



It shouldn't be like that. Some people immerse the idol in a lying down position. That is not good. It is always better to keep the idol upright and pour water into the vessel until it is fully immersed. The idol should stay in the water throughout the night. This is called "Jalaadhivasam". If you want, you can sing a lullaby as well.

The next day, the second day, take the idol out of the water as you recite suprabhatam. Cleanse it once again with water, decorate it and worship with Shodasopachara puja. The same puja should be repeated in the evening along with parayana. At night, the idol should be immersed in milk. This is called "Ksheeraadhivasam". Similarly, on the third day, the idol should be immersed in paddy, called "Dhanyaadhivasam". It should be immersed in flowers on the fourth day, and it is called "Pushpaadhivasam".

On the fifth day, spread a blouse piece on a wooden plank, arrange another as a pillow, and lay the idol on this bed. This is called "Sayaadhivasam", which means lying on the bed. Some people arrange sweets, a glass of milk and agarbatti near the bed. Some spread jasmine flowers on the bed. Along with the idol, the Other Shakti, i.e., if the purchased idol is Shiva, Parvathi's idol; if it is Parvathi, then a Shivalingam; if it is Vishnumurthy, the other Shakti is Lakshmi, i.e., idol couple is made to lie down in the bed as part of Sayaadhivasam.

On the sixth day, the idols should be given a bath and worshipped specially. Shodasopachara puja must be done, the corresponding deity's stotras should be recited, and puja has to be done with flowers, sandalwood powder, turmeric powder, Kumkum, Vibhoothi, bilwa patram etc. We should invite some friends and relatives – offer mahanaivedyam to the idol, and then serve the guests. Offer new clothes to the guests.

On the sixth day, some people do Kalaanyasam. While reciting mantras, they touch different Chakras of the idol with Darbha to invoke Agnikala at Mooladhara, Sooryakala at Anahata, Soma or Chandrakala at Vishuddhi, and again, Brahmakala at Mooladhara, VishnuKala at Swadhishtana, Rudrakala at Manipura, Eswarakala at Anahata, Sadashiva kala at Vishuddhi, and Devikala at Ajna Chakra. After this, they invoke panchamrutha kalas such as Shiva padamrutham, Shakti padamrutham, ShivaShakti Samarasya padamrutham, Karuna rasamrutham, Sangeetha rasamrutham along with MathruKsheeraDhara and Janma Rahityam. While this is not required for a normal household, they can hold the Darbha and recite the Prana Prathishtapana mantra.

“Aam hreem krom yam ram lam vam Sham sham sam ham lam ksham hamsah soham hamsah sivah sree chakrasya mama gurudevasya mama pranaah iha pranaah mama jeeva iha sthithah mama sarvendriyani vajmanah chakshusrotha jihvaaghraana vaakpaani paada payoopastha iha sthithaah, ihaiva aagathya, asmin ethath bimbe, sukham chiram thishThantu swaha”.

If somebody cannot say this long mantra, they can do Prana Prathishta by praying to Mother as "Amma, you are in my heart in the form of PranaShakti. I want to worship you every day. Please come out of my breath, and enter the idol through this Darbha. Please bless me so that I can worship you every day."



After doing Prana Prathishta, we should worship with Shodasopachara puja or Panchopachara puja every day. It is a good practice to offer naivedyam to God and share it with the people around you.

Why are you doing this, adhivasam? The placenta is very thin when a Jeeva is in the mother's womb. We are recreating that by keeping the idol in water for a night. Then the placenta will get thicker – that is "Ksheeraadhivasam". Then the Jeeva will bring life, that is, "Dhaanyaadhivasam". Dhanyam, or paddy, is a symbol of life. Later, it will gain buddhi, for that "Pushpaadhivasam". After nine months, the baby will be born – that is "Sayyadhivasam".

Just as a Jeevi goes through different stages before birth, we replicate the same to the idol through different Adhivasas and then do the Prana Prathishta.

And finally, on the sixth day, do the Prana Prathishta with Prana Prathistapana Mantra, invite a few friends and relatives, and offer them good food. That completes the Prana Prathishta in a shorter method. The deity will happily settle down in your house and accept the pooja; there is no doubt about this.

Guru Karunamaya





Shatchakra Puja

There are many secret poojas in the Sri Vidya system. Shatchakra Puja is the puja name used to protect the seven dhatus (elements) in us, remove the errors in them and direct us towards upasana.

By performing Antarbahiryagam (inside and outside worship) in the six chakras from Mooladhara to Ajna Chakra, the corresponding deity powers will enrich the dhatus (elements) within us and bless us with good health. This pooja can be done every day or on important tidhis like Panchami, Dashami, Full Moon etc. or on any festival day. Those who cannot afford money or time can only perform chakra pooja related to any one dhatu (element) they wish to protect. The details of which dhatu (element) belongs to which chakra is given below:



DHATU	CHAKRA
Skin	Vishuddhi
Blood	Anahata
Flesh	Manipura
Bone Marrow	Svadhithana
Bones	Muladhara
Sperm	Ajna

By serving the Shatchakra deities in us, and worshipping Goddess Mother, who bestows power on them, may all get health and prosperity!

The Method of Worship

Dhyanam (Meditation)

Hrimkarasana Garbithanala Shikham Souh Kleem Kalam Bibhratim
Sauvarnambara dhariNeem varasudhadhautham trinetrojvalam
Vande Pushtaka Pashamankusa Dharam Sragbhushitamujvalam
Tvam gaurim tripuram paratparakalam shatchakra sancharinim.



SAADHANA

After worshipping the shatchakras in the order given below, Sri RajaRajeswariDevi should be worshipped at Sahasrara Chakra.

1. Vishuddhi Chakra
2. Anahata Chakra
3. Manipura Chakra
4. Swadhisthana Chakra
5. Mooladhara Chakra
6. Ajna Chakra
7. And Sahasraram

- At each chakra, the deity of the chakra should be invoked by reciting the moolamantra of that deity.
- One can worship the picture of the chakra. Most importantly, one should imagine the chakra in the body and worship with bhavana(feeling).
- Invite Mother, offer Simhasanam to Her, and worship her with Shodasopacharas such as dhyanam, padyam, arghyam etc.
- Different Chakras should be offered different naivedyam as mentioned in the table given below:
- At the end of each Chakra pooja, Karpoora Neerajanam should be offered.

Chakra Name	Chakra Location	Deity Name	Naivedyam
Vishuddhi	Throat	Dakini	Payasannam (Rice Kheer)
Anahata	Heart	Rakini	Snigdhdoudana (Ghee Rice)
Manipura	Above Navel	Lakini	Gudannam (Jaggery Rice)
Swadhishtana	Below navel	Kakini	Dadhyannam (Curd Rice)
Mooladhara	Mooladhara	Sakini	Mudgaudanam (Green Gram Rice)
Ajna	Eyebrow Center	Hakini	Haridrannam (Rice cooked with turmeric and cumin seeds)
Sahasrara	Top of the head	Yakini	Sarvannam (All type of Rice)

Pooja will be completed by offering Karpoora Neerjanam to Yakinyamba swarroopa Sri Raja Rajeswari

You can download the method from Srimeru.org website.



Triveni Kalpam

It is a process to connect your physical body to the lotus body and the lotus body to the geometrical body to reach cosmic Awareness. This process is very powerful in solving the issues of low self-esteem, Downs Syndrome, eccentric behaviour, uncontrollable anger, depression, etc. It is done in 3 stages:

1. Amruteekarana
2. Prokshana
3. Anga puja

In the first stage, the person's chakras are activated by passing the energy by touching the different petals of the chakras with the ring finger and reciting specific mantras. After all the chakras are activated, the energy is further stabilised by invoking 99 kalas (specific energy currents) at different body parts. The second stage involves giving a holy bath to the person reciting Sri Suktam, Medha Suktam and Durga Suktam to activate the energy of Lakshmi at the heart centre, Saraswati at the face and Durga at the lower part of the body. All three kutas (Vaagbhava koota, Kaamaraaja koota and Shakti koota) are filled with energy. In the last stage, the person's energy body is worshipped with flowers and other upacharas like we do for Goddess Mother daily. By doing this, the person's self-esteem will increase, and the realisation of the divine power in them will start flowing.

The above process should be done continuously for seven days or seven weeks on the same day (for, eg. every Monday for seven weeks). This is a robust process with proven success and can be learnt easily. *The actual training classes will be held online for all who completed module 7.*





Nemilí Srí Bala Tripura Sundarí Peetham

Sri Bala Tripura Sundari is the Child form of Jaganmatha Sree Lalithambika. Sri Lalitha Sahasranamam refers to Bala Tripura Sundari in verse: "Bhandaputra Vadhodyukta bala vikrama nanditha". She fought the thirty rakshasa children of Bhandasura with courage and killed them. SriVidya upasakas worship Her para tatva in the form of Mother. It is difficult for the beginner-level upasakas to worship Her Tejas in the most extraordinary form. That's why Mother has revealed herself in the form of Bala. Bala Tripura Sundari Upasana has great place in Srividya.



Swayambhu

Sri Bala has revealed herself in an amazing real-life incident in a village called Nemili. Nemili is a small village located nearly 60 km from Chennai in Vellore District.

In that village, there lived a devotee named Sri Subrahmanya Ayyar. For many generations, his family worshipped their deity, Sri RajaRajeswari Devi. One night She appeared in his dream and ordered him to bring her home from Kushasthalai. Kushasthalai is the river flowing through their village. Their whole family searched for her for three days along the river shore. But they couldn't find anything. He was upset that he couldn't find Mother. Mother was kind, appeared in his dream again, and gave him elaborate details for searching. The next day they searched

with more interest, and they could find a three-inch brass icon of Bala Tripura Sundari Devi. There were no bounds to the happiness of their family.



TEMPLES

House as Peetham

Per mother's instructions, Sri Subrahmanya Ayyar, consecrated the icon in the middle of his house and started worshipping her with great devotion. Since then, everybody believes that Mother lives in that house in the form of Bala. And that house has become famous as Bala Peetham. The descendants of Sri Subrahmanya Ayyar are still running the Peetham. They love Mother so much. They decorate Mother with silk clothes and gold jewellery. Though the icon is small, it glows with the radiance of million Suns.



The Mother's permission is Compulsory

Amma herself has selected that house to relax. That's why everybody cannot visit her as per their wish. People who want to see Her should get Her permission. The family who runs the Peetham say that Amma will call the people she wants to see. Many devotees visit Amma, worship Her and get Her blessings.

Children

Amma resides in Bala roopam in this Peetham, so she is believed to be very happy when children visit Her. Chocolates, biscuits, pencils and books are given as prasadam to the children visiting her. It is well known that Amma blesses Her devotees with eloquent speech, immense knowledge, prosperity, wealth and eternal happiness.

Festivals

Navaratri is celebrated with grandeur in this place. In 1945, Maha Periyava visited Her during Navaratri and conducted pooja for three days. Many people who visit Kanchi Kamakshi Devi consider Bala as her daughter and visit Bala too. Food will be donated every day during Navaratri. Many musicians and singers worship Her with their compositions. Every Full moon day, Thai Velli and Adi Velli are celebrated here.

Hundi

There is no Hundi in Peetham. Devotees believe that here in this Peetham, Amma only grants the wishes of Her devotees but does not accept anything from them. Food will be donated daily during Navaratri so that interested devotees can be part of that.

Bala Peetham looks more like a house than a temple. Those who wish to visit Amma should pray for Her permission and Divine Grace.

Address:

22, Chatham Street, Nemili, Vellore District 631051, Phone: 04177247216





Recent Events & Celebrations



Sahasra Mrittika Linga Puja at Peetham



Dhanur Masa Gobbemma pooja at Peetham



Navavarana Puja in Hyderabad



Navavarana Puja in Hyderabad

On 12th December, Visalamma's birthday, Sahasra Mrittika Linga Abhisheka was performed at Srividya Learning Centre.

Gobbemma pooja was performed at Srividya Learning Centre on the 1st day of Dhanur Masam on 16th December.

Guruji delivered a Pravachanam on "Secrets of Spiritual Saadhana" at Pyramid Meditation Center, Kadthal (Hyderabad - Srisailam Highway) on 26th December 2022.

Guruji, along with several devotees performed Navavarana puja in Hyderabad during his stay.



Guruji's Itinerary, Upcoming Events & Srividya Classes Dates



Guruji's Itinerary for January

For January Guruji will be available in the following cities. (Please message +91 8088256632 for an appointment).

- Kanchipuram - Jan 01 & 02
- Delhi - Jan 05 - 07
- Tirupati - Jan 09 - 11
- Hyderabad - Jan 18 - 25
- Bengaluru - Rest of the days

Guru Paduka Puja

Guruji will be performing Guru Paduka Puja at Peetham in the month of January. Dates are yet to be decided. Interested sadhakas can send a WhatsApp message to peetham.



Srividya Basic Classes

The dates for Srividya basic classes for the the month of January are as follows:

- English Module 1 & 2: 20th, 21st & 22nd January, 5 to 9 pm (IST)
- Telugu Module 1 & 2 : 27th, 28th & 29th January, 5 to 9 pm (IST)
- Registration: <https://srimeru.org/srividya-saadhana>



My experiences with Sri Guru

By Lakshmana Pudipeddi

Sree Matre Namaha.

In life we rarely get an opportunity to relive our experiences and share with the greatest pride and happiness. My journey to Sri Lalita Devi Upasana started a long time ago with the blessings of my grandfather Late Sri Lakshmana Murthy Pudipeddi and my sister's persistence in encouraging me to recite Sri Lalita Trisathi when my career and professional life were in the doldrums. By the grace of Goddess Mother, my life has been sailing with a few ups and down with nothing to boast about or regret. However, I always wished I could better my spiritual and mundane life with a guiding source and a driving force. Finally, the day of reckoning has arrived, and the path to my rebirth has unravelled.

In the year 2018, I was relentlessly searching for someone to help me learn Sri Vidya and reached out to umpteen contacts in India and abroad. In due process, I sent an email to Srimeru.org just like thousands of you all seeking guidance and a roadmap to learn Sri Vidya. On an eventful day I got a call from one of the members, Shalini ji, enquiring about the reason for my interest in learning Sri Vidya and why from our beloved Guruji, Sri Guru Karunamaya. She said she would revert upon talking to Guruji and a few days later I was asked to join a video call with another member and Guruji. I have seen his videos and listened to his discourses before but seeing a Guru virtually in front of and talking to him was ecstatic. I still remember him in his white clothes the enchanting voice, and he said he knew my grandfather as I was named after him. I prayed and sincerely hoped that Guruji could take me under his wing and help me in learning and practice Sri Vidya. That was the takeoff and what ensued after is worth mentioning.

Professionally and emotionally, I hit the abyss in the same year, and I was paranoid from all the misconceptions and misinformation that Sri Vidya is a "rahasya vidya" and Sri Chakra is a "high voltage transformer" and should not be inside a home, etc. I was almost about to give up my quest for Sri Vidya and its practice. I still remember Guruji calling me and giving me the Ganapathi mantra Deeksha and recommending I watch his Sri Vidya workshop videos to learn and practice Ganapathi Tarpanam.





After doing the Ganapathi Tarpanam for 41 days, I felt the weight being lifted off my shoulders and it gave me a sense of purpose for my spiritual journey. Guruji always spoke to me with the utmost compassion and everlasting love that could be juxtaposed with none. My constant interaction with Guruji and Usha Amma over the next few months has enabled me to learn about their visit to USA and I could not contain my enthusiasm and urge to see them in person. I have made elaborate plans to meet and greet them in New Jersey upon their arrival, however, fate had a different plan. I met with a freak accident and had multiple fractures on my leg. Prior to my rebirth, I would have blamed everyone and blamed everyone for my misery. But Guruji's teachings and constant contact with him helped me stay focused on my pursuit. This is when Guruji called me and gave me his HOTLINE phone number, Guru Mantra. I still remember the location where he sat in front of Sri Varahi's picture and put his hand on my head and said, "Call me whenever you need me." Since then, anytime I have a problem I recite the Guru Mantra, and it never failed me as it is the ultimate mantra.

In the past, I wasted time, money, and effort trying to find solutions to my problems by consulting astrologers, etc. for remedies for my problem and now if I have a problem, I dial the HOTLINE, and based on my Upasana I get answers in time.

After meeting and being under the umbrella of Guru Krupa, I can unequivocally say that my life has changed for the better, and am content with my journey. As Guruji always says, Sri Vidya is Maha Vidya; it must be practiced for years and lifetimes. In the infinite path of learning and practicing Sri Vidya, I am extremely blessed with its trajectory to unlimited happiness. I am doing the best I can to follow my Guru's teachings "Ignore the past, enjoy the present and future is the faith in HER."

I have been extremely blessed by one of the volunteers assisting Guruji in a minuscule way, and the happiness it gives is immeasurable. Words are inadequate to express what Guru Seva, Sri Vidya Upasana gives and to put them concisely is an attempt at futility. If you are on the edge, leap with faith. Unlike others, Guruji does not promise miracles but shows us the miracle in Upasana, Deeksha, and dhyana.

My name is Lakshmana Pudipeddi, and I am one of the disciples of Guruji and Usha Amma; it is an absolute privilege to pen these few words.

Sree Matre Namaha.





Can we have photos and idols of Gods like Hanuman and Varahi?

Transcription of talk by Guruji

Question: Is it okay to have photos and idols of Gods like Hanuman and Goddesses like Varahi inside the house? Does it cause any harm to the home or people in the place?

Guruji: We are hearing some abnormal campaigns these days, like the following:

“If you worship Lord Anjaneya, the boys in the house will not get married.”

“If you worship Lord Ayyappa, there won’t be any weddings in the house.”

“If you have a photo of Goddess Varahi in the house, no one can be peaceful because she is an angry Goddess.”

Several people hear these campaigns and then take the corresponding photos from their houses and leave them in temples or under some trees. Everything in our life is controlled by karma – whatever we did in our previous lives or what we did in this life using our brain (free will). Our life happenings are not related to God, the omnipresent root. This is a game! This game can be won only by someone who stops using the brain (free will) and takes complete shelter in God.



Only then can the win be permanent. God always does good things! However, the experience of it will be according to our karma. We pray to Mother as:

“KaarUNya vighraha, karuNa rasa saagara, Sri Maata!”

That Sri Maata herself is Lord Anjaneya, Goddess Varahi, and Lord Subramanya swami. We cannot understand this, and we don't grasp the underlying truth – hence, we suffer so much in our lives.

Who is the Sri Maata? She is the one who gives us what we need when we need it, how we need it, and how much we need it. She provides all that without us having to ask her. So, there is no meaning in saying, “You won't get married if you have the idol of Lord Anjaneya at home because he is a brahmachari (one who is not married)”. If that were true, one would have to go to the forest where they put the idol of Lord Rama.

Some people leave the idol of Goddess Varahi in the temple because she is an angry Goddess. The husband, wife, and even the kids sometimes get angry in our house. Why are we not leaving them in the temple? It is because Goddess Varahi cannot be seen, and the household people can be seen. Why are we tolerating the household people? It is only because of the attachment to family. Human weakness attributes any unfavourable life happening to the idols in the house. The real meaning of: “antarmukha samaaradhyaa, bahirmukha sudurlabha” is that the cause of whatever is happening outside is within (inside) us. If you search for the reason, you cannot find it (as it is inside).

If a Sri chakra comes to a house a few days before the death of a seventy-year-old man, some friend or relative will say that the death is due to Sri chakra. With that, the owner will leave the Sri chakra in a temple or under a tree. The tree or the temple should also perish if this thinking is correct. Is it okay for them to suffer? We think with so much doubt and partiality – that's why we suffer so much!

All happenings in our lives follow our karma. However, due to the worship of a deity, we get the mental strength to face the result of our karma. Whether we will worship a deity or not is also the result of karma. You only get the mental strength to deal with karma, but karma is not altered.

The results of karma are given impartially by God. Because we don't think properly about this reality, we distance ourselves from God with many doubts. If there is a problem, you should try to gather mental strength or pray for mental strength to deal with the situation. But we should not do negative campaigns like, “If you worship Lord Anjaneya, you won't get married, or you will get some other negative effect”. And we should not listen to such negative campaigns also. These are foolish statements and arguments. All forms of God are the single almighty Goddess Mother. The person who understands this ultimate truth will lead a happy life without blaming her karma on idols, other human beings, or the environment.



QUOTE OF THE MONTH

**Just as friction creates heat,
resistance to the Divine will create pain.**

- SRI GURU KARUNAMAYA



श्रुतचरणी

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