

Sat, 14th Dec,
Datta Jayanti

GURUVANI

Volume 3 | Issue 12

December, 2024

Special

**Significance of
Datta Jayanti in
Sri Vidya Practice**

Vishnu

Pravachan
**Significance of
Dhanurmasam**

Experiences of Sadhakas
**Sri Vidya has now
become the path of
my life.**

Questions & Answers

The Importance of Dhyana

Srividya Temples
Bhu Varaha Swamy Temple

Practicing Srividya

Brahma Muhurtam



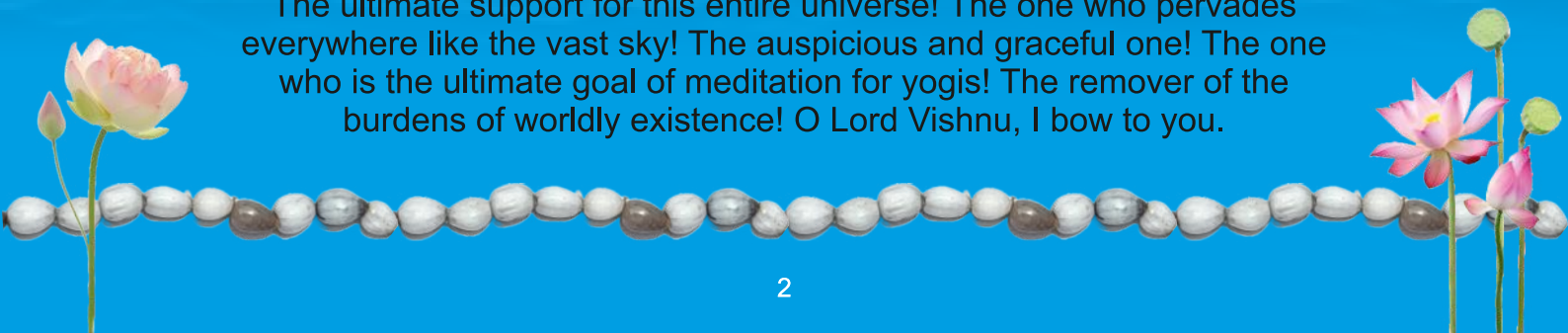
Dhayana



Sri Vishnu Dhyana Shloka

**Shaantaakaaram Bhujagashayanam Padmanaabham Suresham
Vishwaadharam Gaganasadrusham Meghavarnam Shubhaangam
Lakshmikantam Kamalanayanam Yogibhirdhyaana Ganyam
Vande Vishnum Bhavabhayaharam Sarvalokaikanaatham**

Meaning : O embodiment of peace! The one who reclines on the serpent Adishesha! The one whose navel bears the lotus! The Lord of all Devas! The ultimate support for this entire universe! The one who pervades everywhere like the vast sky! The auspicious and graceful one! The one who is the ultimate goal of meditation for yogis! The remover of the burdens of worldly existence! O Lord Vishnu, I bow to you.



GURUVANI

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Guruvani Free Newsletter
Volume 3 | Issue 12 | Dec 2024

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Significance of Dhanurmasam

Dhanurmasam is observed from December 16 to January 13 (Bhogi). This month is considered highly sacred and divine. Scriptures proclaim that worshipping Lord Vishnu and Goddess Lakshmi during this time can bestow both material and spiritual blessings.

The term “Dhanu” signifies “praying for a specific desire.” It is believed that prayers offered during Dhanurmasam with a heartfelt wish are fulfilled. For women, worship during this period is said to grant them a virtuous spouse. However, this requires devotion and faith akin to that of Godadevi.

The Story of Godadevi

Godadevi, the daughter of Vishnuchitta from Srivilliputhur, was devoted to Lord Krishna from her childhood. Listening to the tales and divine plays of Krishna, she resolved to have him as her husband. She adorned the garlands prepared by her father for Lord Vishnu, imagining Krishna within her, and sent them to the temple afterward.

When Vishnuchitta discovered this, he felt guilty, considering it a sacrilege. However, Lord Vishnu appeared in his dream and instructed him to continue offering the same garlands, stating that he desired them. Lord Vishnu also expressed his wish to marry Godadevi and asked Vishnuchitta to bring her to Srirangam. Overjoyed, Vishnuchitta took her to Srirangam, where Godadevi was united with Lord Ranganatha and ultimately merged into him.

The Importance of Tiruppavai

During Dhanurmasam, Godadevi composed 30 verses, one for each day, as part of the Margazhi Vratam to praise Lord Vishnu. These verses are known as Tiruppavai.

- Tiruppavai Meaning: “Tiru” signifies sacredness, and “Pavai” denotes a vow or observance.
- Reciting Tiruppavai daily and offering Tulasi garlands to Lord Vishnu during Dhanurmasam is believed to grant women their desired spouse.

Practices During Dhanurmasam

- Wake up early during Brahma Muhurta (before sunrise), bathe, and perform Sandhya prayers.
- Worship Goddess Lakshmi and Lord Vishnu with cleanliness and devotion.
- Recite Tiruppavai, perform Goda Kalyanam, and offer Chakkara Pongal (sweet rice) for the first 15 days and Curd Rice for the remaining 15 days as Naivedyam.

Unique Features of Dhanurmasam

1. Tirumala Rituals:

In the Vaikunta of Kali Yuga, Tirumala, Lord Venkateswara is awakened with Tiruppavai verses instead of Suprabhatam during this month.

2. Special Offerings:

In Sahasranama Puja, Bilva leaves are used instead of Tulasi, as Goddess Lakshmi is believed to reside in the Bilva tree.

3. Naivedyam:

Ingredients like green gram (moong dal) in Chakkara Pongal are associated with Mercury (Budha Graha), and rice is connected to the Moon (Chandra Graha). These enhance devotion and help control the mind.

During this month, Gobbemmas (decorative figures made of cow dung) are placed and worshiped with turmeric and vermillion in courtyards. These decorations invoke Goddess Lakshmi, bringing prosperity and auspiciousness. Additionally, colorful rangoli designs adorn the courtyards, adding to the festive beauty.

Katyayani Vratham for Marriage

Unmarried women perform the Katyayani Vratham during Dhanurmasam, as it is believed to help them find a suitable match. The Gopikas performed this vratham to unite with Lord Krishna.

Vaikunta Ekadashi

Vaikunta Ekadashi, which falls during Dhanurmasam, is of great significance. It is the only day of the year when devotees can enter the Uttaradwara Darshanam (the northern gate) of Vaikunta.

The Unique Identity of Margashirsha Month

Dhanurmasam is also referred to as Margashirsha. According to the Bhagavad Gita, Lord Krishna declares, "Among months, I am Margashirsha." This highlights its spiritual importance. The scriptures remind us repeatedly during this month that our lives are in the hands of Lord Yama (the god of death), urging us to walk the path of righteousness.

Summary

Dhanurmasam is a month of devotion and divine significance, offering an opportunity for spiritual elevation and fulfillment of desires through prayers, rituals, and observances.





Sri Devi Khadgamala

Part 17



14. Chitre

Chitre, signifying the fullness of the full moon (Purnima), represents the culmination of life's experiences. It is a reminder of the completeness we must feel when reflecting on our lives in their entirety. At the end of our journey, we should feel the satisfaction of having lived fully and meaningfully. The essence of life lies in how profoundly we have impacted others during our time on this earth.

Even after relinquishing the body, one should aspire to live a life so impactful that thousands remember them. Such a life leads to a state of reflection where one exclaims, "What a life it was!" This is the state of Chitre – a life that mirrors fulfillment. It is a moment of realizing that we may have lost ourselves in happiness and, at times, forgotten the divine, yet all experiences merge into a singular essence – Raso Vai Sah. Such a state of awareness transcends joy and sorrow, embodying pure bliss.

Before the fifteenth lunar day (Panchadasi Tithi), the fourteenth (Chaturdasi Tithi) reveals eternal joy or Nityananda. Those who accept every aspect of life unconditionally reach the fullness of the full moon. Rejection, however, signifies incompleteness. The truth of Purnam is realized when we see the world as complete, not through the lens of flaws. Chitre is the epitome of perfection, the radiance of countless full moons illuminating the cosmos.

Through chanting the mantras of Nitya Devis, one experiences profound joy and sanctity. Thus, the perfection of Chitre is achieved only through complete acceptance of all circumstances. Ultimately, the eternal aspect of Mahanitya resides in the Sahasrara chakra, where the brilliance of Purnima also resides.

As in the story of Abhirami Anthathi, the devotee Abhirami lived in perpetual meditation on the divine mother, experiencing the full moon daily. When a king tested him by asking about the lunar phase, Abhirami, engrossed in devotion, declared it a full moon day, though it was Amavasya (new moon). The enraged king, believing Abhirami to be delusional, sentenced him to death.

Abhirami accepted this decree as divine will. At that moment, the Divine Mother cast her radiant earrings into the heavens, filling the cosmos with the brilliance of countless full moons. Realizing his error, the king released Abhirami and sought forgiveness, bringing the story to a joyous conclusion.

"Aim Hreem Shreem Chitra Devatayai Namah Pahimam Rakshamam."

15. Mahanitya

The experience of Chitra manifests at the Sahasrara chakra, while Mahanitya transcends to the supreme point above, signified by the Bindu. This represents the ultimate withdrawal of energy, akin to the state of complete emptiness. It is characterized by profound silence – Maha Nishabda.

Mahanitya occurs beyond the realm of joy, connecting the soul within, the universal soul without, and the supreme consciousness that unites all experiences. It is a state of existence beyond bliss, where the self dissolves into the infinite.

"Aim Hreem Shreem Mahanitya Devatayai Namah Pahimam Rakshamam."

16. Parameshwara-Parameshwari

Parameshwara-Parameshwari do not belong to the realm of Nitya Devis. They are the cosmic parents, with Parameshwara embodying auspiciousness and bestowing divine wealth, and Parameshwari being the universal mother who empowers him.

Parameshwara, often known as Shankara, symbolizes the one who brings peace and comfort to others (Sharma). His name, Shankara, denotes the one who spreads auspiciousness (Shan). While birthdays and marriages are considered auspicious, the true blessing lies in living every moment with purpose and growth, guided by a righteous path.

**Performing pujas, japas, and meditation at a fixed time every day
is one of the most essential aspects of sadhana in Sri Vidya.**

In the Khadgamala Stotram, Parameshwari is depicted as the power behind Parameshwara, the embodiment of his energy. She provides the wealth that Shiva grants to devotees. This is why some depictions show Shakti seated upon Shiva, as mentioned in “Shiva Kameshwarankastha Shiva Swadhina Vallabha.” The hand may perform actions, but it is the energy behind it that is paramount. This dynamic balance is represented as Ardhanarishwara.

When invoking Parameshwara-Parameshwari, one should not worry about worldly challenges, such as career or business troubles. The remembrance of their names brings auspiciousness and solutions to all obstacles.

Mahalakshmi, as a manifestation of Parameshwari, represents supreme wealth and prosperity. She, along with Gauri and Saraswati, arises from the unified energy of Parameshwara-Parameshwari. Together, they created the sixteen Nityas, including the supreme Mahanitya.

This dynamic union emphasizes that behind every action lies a greater energy, guiding us toward divine harmony and abundance.





Peetham News

Kancheepuram Jnana Peetam Updates

The structural designs of the basic buildings will be finalized in the first week of August. Next, the contractor will be selected as per plan and the construction of the compound wall was decided to begin in the month of August after performing a short Bhumi pooja on a muhurtham selected by astrologers. Along with this, suitable temporary arrangements will be made to celebrate Sharannavaratri at our Peetham.

In the first phase, the construction will include Mother's Peetham, Yajnashala, two cottages, 75 apartments, water tanks, transformer rooms, roads, drainage works, kitchen, dining halls, residential quarters for staff, and storage facilities.

In the second phase, there will be a Goshala, a Pushkarini, additional cottages, another set of 75 apartments and Oushadhi vanam.

The third phase will see the completion of the remaining tasks, covering all other necessary constructions.

Important milestones

Corporate Social Responsibility (CSR) reports: Comprehensive project reports have been prepared for the corporate donors, detailing how our projects align with corporate social responsibilities. As part of this process, we have identified a couple of donors (companies) willing to contribute. Efforts are underway to reach out to these companies and engage with their key stakeholders.

We are reaching out to individuals who are interested to assist us in obtaining CSR funds.



Support the development of Kancheepuram Jnana Peetham

SreeMatre Namaha :

SriVidya is considered to be the highest of all the Paths, as the chances to reach the materialistic and spiritual goals are very high. Nowadays, there are not many Masters who lead disciples in such a Path, and there are not many places that provide right environment to carry on the Upasana taught by such Masters. According to Sastras, Upasana when carried on in a kshetram yields better results.

To make up for this, eminent **SriVidya Upasaka Sri Guru Karunamaya**, is developing a **SriVidya Jnana Peetham** in 9 acres of area, in Kancheepuram, one of the famous Shakti Peethas.

In this Peetham, **RajaRajeswari**, the main diety of SriVidya, will be seen as a 9 feet idol, seated on Sadasiva. She will be flanked by the 5 feet idols of **RajaSyamala** and **Varahi**, who enhance the attractive power of the devotees and protect them from negative energies.

Not just that, spacious Yajnasala will be constructed in a traditional way with a variety of homa kundas. Along with this, a large GoSala, and two pushakarinis will be developed so that disciples can have conducive facilities for meditating as visualized in the pictures.

Besides Nakshatra Vanam, Oushadha Vanam, a garden will be developed in 3 acres of land with all the flowers, fruits and plants mentioned for SriVidya Sadhana in the Sastras. Walking in this garden will solve not only the health issues, but any issues arising from adverse planetary positions.

Along with all these, cottages will be constructed so that interested disciples can permanently stay here for their upasana or come occasionally and spend some time.

We humbly request people to come forward and support this divine cause by donating generously as such a Peetham, will help the upasakas and common people in their spiritual progress.



Donors can contribute by scanning the QR code provided below and depositing into the Axis Bank account of Sri Vidya Learning Center.

For further details, contact any of these numbers: 8088256632, 9951998444, 8861858899. Those who make donations and share their names and address will receive the blessings of the Divine Mother

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Sadhana

Brahma Muhurta



What is Brahma Muhurta?

Brahma Muhurta literally means, The Creator's Time! The Creator or Brahma is the ultimate knowledge and Muhurta means time period. Brahma Muhurta is the time period, perfect to perceive the ultimate knowledge.

Brahma Muhurta starts exactly 2 Muhurta before sunrise. 1 Muhurta = 48 minute. Hence, it begins 1 hr and 36 mins before sunrise and ends 48 mins before it. As we know that the time of sunrise differs with seasons and geographical locations, Brahma Muhurta also varies accordingly.

What happens at Brahma Muhurta?

It is said that during the Brahma Muhurta the cosmic energies are at their peak. With the external, human energies being at their lowest and majority are asleep, the cosmic vibrations do their dance. By engaging in meditation, chanting or prayers during Brahma Muhurta, people can tap into this potent energy for spiritual growth and inner transformation. These practices help to synchronize with cosmos energy which provides best immune energy. Excellence of immune energy is basic need of quality physical, mental, spiritual and social health as well as blissful life which is basic need of human in present era.

This time offers the possibility to become the "Brahman" or creator, or "Pure" and to make yourself the way you want to be. At this time, a high level of vital life energy (prana) is adequately present in the atmosphere. The cheerful atmosphere has a considerable effect on the body and mind.

Whatever activity we do in this auspicious time period, give us more benefits out of it.

According to Swami Gourangpada: The 48 minutes from 1hrs 36 minute to 48 minutes before sunrises. There are 30 Muhurta in a day and each Muhurta possess and unique outcome or result.

S.No.	Time	Name of Muhurta	Result
1	6:00 - 6:48	RUDRA	BAD
2	6:48 - 7:36	AHI	BAD
3	7:36 - 8:24	MITRA	GOOD
4	8:24 - 9:12	PITRU	BAD
5	9:12 - 10:00	VASU	GOOD
6	10:00 - 10:48	VARA	GOOD
7	10:48 - 11:36	VISVA DEVA	GOOD
8	11:36 - 12:24	VIDHI	GOOD
9	12:24 - 13:12	SATMUKHI	GOOD
10	13:12 - 14:00	PURUHUTA	BAD
11	14:00 - 14:48	BVAHINI	BAD
12	14:48 - 15:36	NAKTANCARA	BAD
13	15:36 - 16:24	VARUNA	GOOD
14	16:24 - 17:12	ARYAMA	GOOD
15	17:12 - 18:00	BHAGA	BAD
16	18:00 - 18:48	GRISHA	BAD
17	18:48 - 19:36	AJAPAD	BAD
18	19:36 - 20:24	AHIRBUDHNYA	GOOD
19	20:24 - 21:12	PUSA	GOOD
20	21:12 - 22:00	ASWINI	GOOD
21	22:00 - 22:48	YAMA	BAD
22	22:48 - 23:36	AGNI	BAD
23	23:36 - 24:24	BIDHATR	GOOD
24	24:24 - 1:12	CANDA	GOOD
25	1:12 - 2:00	ADITI	GOOD
26	2:00 - 2:48	JIBA	GOOD
27	2:48 - 3:36	VISHNU	GOOD
28	3:38 - 4:24	YAMIGADYUTI	GOOD
29	4:24 - 5:12	BRAHMA	VERY GOOD
30	5:12 - 6:00 AM	SAMUDRAM	GOOD



Biological circadian rhythm and Brahma Muhurta:

Brahma Muhurta is very crucial time which switches biological clock every day and reboot and regulate the rhythm and pattern of biological clock. A circadian rhythm is any biological process that displays an endogenous oscillation of about 24 hours. These 24-hour rhythm driven by a circadian clock and they have been widely observed in plant, animal and fungi etc. The term circadian derived from the Latin word "Circa" meaning "Around" (or approximately) and "diem" meaning is "day". Although the circadian rhythms are endogenous ("built in" self-sustained) they are adjusted (entrained) to the local environment by external causes called zeitgebers ("time giver") which include light temperature and redox cycle.

Characteristics of Brahma Muhurta:

Get Spiritual goals into focus: Go Deeper. It is mostly effective way to get serious about spiritual evolution. It is understood by Yogis that the mind is repository of different impression and memories known in Sanskrit as Sanskar. These impression in our mind give rise to our various desires. As well all know, Desire is the main driving force behind all actions. After waking up early particularly in Brahma Muhurta and taking proper bath, one can immediately begin to chant sacred mantras and start the process of re-spiritualizing the mind. As per Ayurveda, for a better health one should wake up in Brahma Muhurta.

Maharshi Charak stated that the disciple should be healthy and solely devoted to study. He should get up early in the morning or in the last quarter of night. The science behind all that is some elements like ozone help in brain stimulation and endorphin concentration is at peak which energises the fabrics of brain and stabilize the mind. Brahma Muhurta is an excellent period for spiritual practices and has sacred energy for worship of Brahma inside you. This time is very important as most of the people are asleep and the even the animals are sleeping. Meditation is a coherent flow of energy and is distributed by the external atmosphere and other people's vibrations and thought forms. These things do not affect meditator during Brahma Muhurta.

The atmosphere is not polluted by the radiations of worldly feelings. At that time devotees awake and pray God. Their pure mental vibrations pervade all over the world. Thus, it becomes a serene and encouraging atmosphere. Nothing is stirring at this time and things are in state of positive high potential as the sunrises. When the

Sun begin its journey over the head, it tends to shift our mental energy to a more externally oriented working state, in which it becomes harder to concentrate more internally and deeper. According to Acharya Charak: Recurrence of all sensation is checked through yoga and moksha.

The absolute eradication of sensation is attained through moksha. The yoga is a means to attain the moksha. Get Shakti, Ancient Classical believe that by getting up early in the morning man gains beauty, praise intelligence, money, health and long age and his life become beautiful like lotus. There is something to be said about harmony and balance we feel when aligning our sleep cycle with the natural pattern and the movements of nature.

"Early to bed, early to rise" is an old adage in reference to this point. Far too often, in changing our passion, we slip into highly unregulated life style, in which we sleep in random time and so on. The disturbed life style upsets the biological clock, as a result various problems like diabetes, obesity, Insomnia etc. are evolved. So, we should have a set schedule in general which is not only good for the functioning of bodily rhythm, but good for the mind as well. The mind will know when it is time to flow into different activities, thus ultimately helping us to become more productive. The life style of someone's has direct or indirect effect on "Dhatusamyavasta" (tissue equilibrium status). If our life style is synchronised with biological clock, then we retain our healthy state for lifelong.

Maharshi Charak has stated that "In the present context the effect is equilibrium of the present context, the object of the science is maintained of equilibrium of tissue. The person who gets up early in morning his ageing process become delayed as it decreases oxidative stress in body.

Universal Influence- Align with cosmic power:

Yogis believe that our environment influences our behaviour in subtle way according to quality of people, places, food and the time of the day we most associated with. In Vedic stories it is stated that those who are inclined to demonic nature, or the "Dark side" feed off the energy of night. Consequently, many crimes are committed in the dead of night. The night is often associated with drunkenness, loneliness etc. whereas the morning environment is notably a time of peace and serenity. It is understood that quality of morning environment can actually influence similar characteristics within our mind and behaviour.

Conclusion:

Brahma Muhurta is a very useful time in 24 Hour cycle of a day. It enhances the intellectual property of human being because variety of compatible biological event that nurtures the neurons and every vital organ of the body, takes place in positive way. It regulates the un-stability of mind thus very important for Yogic practices. If someone synchronize life style with biological clock, his health would be preserved against various disorders. In short, we can say that Brahma Muhurta is an auspicious time that promotes physical, mental, social and spiritual health as well.

written by : **Rajesh Kumar**



Bhu Varaha Swamy Temple

The Bhu Varaha Swamy Temple, located in Srimushnam, Tamil Nadu, is a rare and highly revered temple dedicated to Lord Vishnu in his Varaha (boar) avatar. It is one of the eight Swayambhu Kshetras of Vishnu, meaning the deity is self-manifested, and is considered one of the most sacred shrines for devotees of Lord Vishnu.

Historical Significance

- **Age:** The temple is over 1,000 years old, with references to its sanctity in the Garuda Purana and Matsya Purana.
- **Construction:** Initially constructed during the Medieval Chola period, the temple was expanded and maintained by the Thanjavur Nayaks, particularly Achuthappa Nayak, who revered Bhu Varaha Swamy as his family deity.
- **Legends:**
 - The temple is associated with the Varaha Avatar, where Lord Vishnu saved the Earth (Bhudevi) from the demon Hiranyaksha.
 - Lord Vishnu granted a boon to Earth (Bhudevi) that she would be worshiped alongside him, making the consort Bhudevi (Earth goddess) a central figure in this temple.

Architectural Features

The Bhu Varaha Swamy Temple is a classic example of Dravidian architecture, showcasing intricate craftsmanship and unique features:

1. Temple Structure:

- The temple has a seven-tiered Rajagopuram (main gateway tower) adorned with sculptures depicting stories from the Ramayana, Mahabharata, and Puranas.
- The outer prakaram (corridor) is spacious and flanked by pillared halls with beautiful carvings.





2. Swayambhu Idol:

- The presiding deity, Bhu Varaha Swamy, is in a standing posture, holding a conch and discus, with Bhudevi seated on his lap.
- The deity is self-manifested and made of Saligrama stone, a sacred black stone associated with Vishnu worship.

3. Unique Carvings:

- The temple pillars are intricately carved with motifs of celestial beings, flowers, and depictions of Vishnu's various avatars.
- The sanctum sanctorum has an imposing image of Bhu Varaha Swamy, radiating divine energy.

4. Pushkarini (Sacred Tank):

- The temple has a large sacred tank called the Nithya Pushkarini, believed to have been created by the Varaha avatar with his hoof.
- Bathing in this tank is considered highly auspicious, especially during the Tamil month of Aadi (July-August).

5. Cultural Harmony:

- The temple is a symbol of communal harmony, as Muslims participate in the annual chariot festival, contributing the flag used for the temple chariot. This unique tradition highlights the unity among communities.

Spiritual Benefits of Visiting

- **Relief from Vastu Dosha:** The temple is renowned for providing remedies to Vastu defects in homes and properties.
- **Blessings for Childbirth:** Childless couples pray to the Saptha Kannigaigal (Seven Virgins) and perform special rituals for progeny.
- **Harmony and Prosperity:** Devotees believe that worshipping Bhu Varaha Swamy ensures peace, prosperity, and the removal of obstacles in life.



- Cure from Ailments: Bathing in the Nithya Pushkarini tank is believed to cure chronic illnesses and purify the body and soul.

Intriguing Facts

- The Nithya Pushkarini tank is said to contain waters from 18 holy rivers, making it spiritually equivalent to bathing in the Ganges.
- The temple's connection with both Hindu and Muslim communities is a unique feature, fostering unity and tolerance.

Daily Pujas and Rituals

The temple follows Vaikhanasa Agama traditions with six daily rituals:

Puja	Time
Ushathkalam	7:00 AM
Kalasanthi	8:00 AM
Uchikalam	12:00 PM
Sayarakshai	6:00 PM
Irاندامkalam	7:00 PM
Ardha Jamam	8:30 PM

Special Offerings:

- Pantheerayiram: Offering of 12,001 bananas to the deity.
- Thirumanjanam: Holy bath for the deity, performed during special occasions.
- Saptha Kannigai Puja: Rituals for childless couples, invoking the blessings of the seven virgins.

Festivals

1. Brahmotsavam:
 - Celebrated twice a year in the Tamil months of Masi (February-March) and Chittirai (April-May).
 - Highlights include the chariot procession, during which the deity is taken around the town in a grand procession.
2. Vaikunta Ekadasi:
 - A major festival celebrating the opening of Vaikunta Dwaram (celestial gates of Vishnu's abode).
 - Devotees flock in large numbers to seek the blessings of Bhu Varaha Swamy.
3. Aadi Perukku:
 - A festival associated with the Nithya Pushkarini tank, where devotees take a ritual bath.

Temple Timings

- Morning: 6:00 AM to 12:00 PM
- Evening: 4:00 PM to 8:30 PM



Contact Information

- Address: Bhu Varaha Swamy Temple, Srimushnam, Virudhachalam Taluk, Cuddalore District, Tamil Nadu – 608703
- Phone: +91 4144 245 090 / +91 94423 78303

How to Reach

1. By Air:
 - The nearest airport is Chennai International Airport, located about 225 km from the temple.
2. By Train:
 - The closest railway station is Vriddhachalam Junction, approximately 20 km away. Trains connect Vriddhachalam to major cities in Tamil Nadu.
3. By Road:
 - Srimushnam is well-connected by road. It is 36 km from Chidambaram and 72 km from Cuddalore.
 - State transport buses and private taxis are readily available.



Sat, 14th
Dec,
Datta
Jayanti

Special

Significance of Datta Jayanti in Sri Vidya Practice

What is Datta Jayanti?

Datta Jayanti, also known as Dattatreya Jayanti, is celebrated on the Purnima (full moon day) of the Hindu month of Margashirsha. It commemorates the birth of Lord Dattatreya, the divine embodiment of the Trinity: Brahma, Vishnu, and Shiva. Lord Dattatreya is regarded as the Guru of all Gurus (Adi Guru) and the propagator of divine wisdom.

In 2024, Datta Jayanti will be observed on Saturday, December 14.

Significance of Datta Jayanti in Sri Vidya Practice

Lord Dattatreya is deeply revered in Sri Vidya Upasana as an enlightened master who bridges the gap between the material and spiritual realms. His association with Sri Vidya practice lies in his unique role as:

1. The Teacher of Parashurama:

According to the scriptures, Dattatreya imparted the Sri Vidya mantra and the esoteric knowledge of the Sri Yantra to Sage Parashurama. This sacred knowledge formed the foundation of many aspects of Sri Vidya practice.

2. Symbol of Advaita (Non-Duality):

Lord Dattatreya embodies the philosophy of Advaita, which is the core of Sri Vidya. His teachings emphasize the unity of the soul with the supreme consciousness, a key principle for those practicing Sri Vidya.

3. Guide to Sadhana (Spiritual Practice):

For Sri Vidya practitioners, Lord Dattatreya is a guide who helps navigate the complexities of mantra japa, yantra worship, and meditation. Worshipping him on Datta Jayanti is believed to remove

**Nee Naama Smarana Chetane, O Gurudeva, Ee Janma Dhanyamayyenu,
Janana Marana Baadhalanni Kshanamuloona Tholagipoye. ||**



obstacles in sadhana and deepen one's spiritual practice.

4. Blessings for Guru Krupa:

In Sri Vidya, the grace of the Guru (Guru Krupa) is essential for spiritual progress. Datta Jayanti is a day to invoke the blessings of Lord Dattatreya as the Adi Guru, ensuring continued guidance on the path of Sri Vidya.

Rituals and Observances on Datta Jayanti

For Sri Vidya practitioners, Datta Jayanti is a sacred occasion to intensify their sadhana and pay homage to Lord Dattatreya. Below are the suggested rituals:

1. Guru Puja
 - Begin the day by worshipping your Guru and offering prayers to Lord Dattatreya.
 - Recite Guru Gita or Dattatreya Stotram to seek his blessings.
2. Sri Yantra Worship
 - Perform an abhishekam (ritual bathing) of the Sri Yantra with water, milk, and honey.
 - Offer flowers, kumkum, turmeric, and incense while chanting Sri Vidya mantras.
3. Special Chanting and Meditation
 - Chant the Dattatreya mantra:
"Om Dram Dattaatreya Swaaha"
 - Meditate on the image or form of Lord Dattatreya, focusing on his teachings of unity and non-duality.
4. Offerings (Naivedya)
 - Prepare sattvic food like fruits, milk, and sweets to offer to Lord Dattatreya.
 - Distribute prasadam to family and devotees.
5. Charity and Service
 - Datta Jayanti is an ideal day to perform acts of charity, such as feeding the poor, distributing food, or donating to temples and spiritual organizations.

Astrological Significance

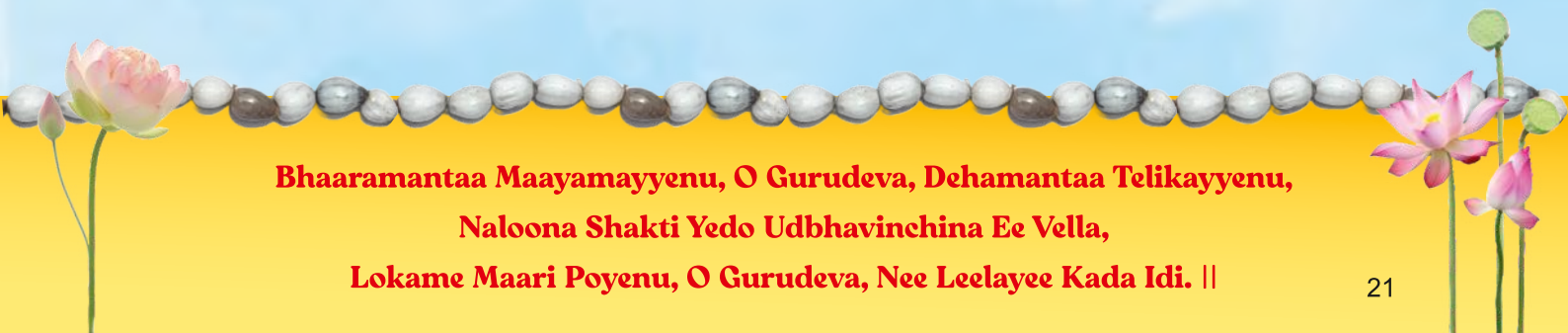
- The Margashirsha Purnima is considered highly auspicious for spiritual activities. It enhances the energy of introspection and divine connection.
- Worshipping Lord Dattatreya on this day aligns the devotee with the cosmic energy of the Trinity.

Key Timings for Datta Jayanti 2024

- Purnima Tithi Begins: 04:58 PM, December 14, 2024
- Purnima Tithi Ends: 02:31 PM, December 15, 2024

Special Practices in Sri Vidya Tradition

1. Mantra Japa:
Chanting of Maha Ganapati, Bala, and Panchadashi mantras is highly recommended on Datta Jayanti for spiritual elevation.



**Bhaaramantaa Maayamayyenu, O Gurudeva, Dehamantaa Telikayyenu,
Naloona Shakti Yedo Udbhavinchina Ee Vella,
Lokame Maari Poyenu, O Gurudeva, Nee Leelayee Kada Idi. ||**



2. Meditation on the Guru Tattva:

Focus on the principle of the Guru, meditating on the oneness of the Guru and the Self.

3. Homam (Fire Ritual):

Advanced practitioners may perform a homam (fire ritual) invoking Lord Dattatreya and the deities of the Sri Vidya tradition.

Mythological Background

Lord Dattatreya was born to Sage Atri and Anusuya, blessed by the Trinity (Brahma, Vishnu, Shiva). He is depicted as having three heads (symbolizing the Trinity) and four hands, holding a conch, discus, lotus, and trident. His companions, a cow and four dogs, represent Dharma and the Vedas, respectively.

Benefits of Observing Datta Jayanti

1. Spiritual Progress:

Aligns the practitioner's energy with the divine wisdom of the Guru lineage.

2. Removal of Obstacles:

Helps overcome challenges in spiritual practice.

3. Divine Knowledge:

Enhances understanding of Sri Vidya and its intricate aspects.

4. Material and Spiritual Success:

Bestows blessings for prosperity and liberation.

Conclusion

Datta Jayanti is a profound occasion for Sri Vidya practitioners to deepen their connection with the Guru lineage and invoke the blessings of Lord Dattatreya. Observing the day with devotion and adherence to traditional practices can significantly enhance one's spiritual journey and align their consciousness with the ultimate truth of non-duality.

written by : **Musipatla Uday Kumar**

**Panchabhoutika Dehamanduna, O Gurudeva, Panchabrahmalu Gocharinchaga,
Merupu Theega Roopamanduna Devi Talli Abhayamiyya,
Ee Vinta Emandunu, O Gurudeva, Nee Mahimaye Kada Idi. ||**

**Manchi Chedula Bhedamantayu, O Gurudeva, Nee Dayatho Samasipoyene,
Unnadantaa Talli Roopame Anna Dhyanamu Kalugagaane,
Prema Rasamu Pongiporalene, O Gurudeva, Karunatho Yeda Nindipoyene. ||**





The importance of meditation in spiritual practice

The word "Dhyana" is derived from the Sanskrit root "dhyai," which means "to contemplate," or "to think deeply." Dhyana, or meditation, is a profound practice that holds immense significance in various spiritual and philosophical traditions, particularly in Hinduism and definitely in Srividya Sadhana. Guruji always explains the importance of Dhyana and Mantra Japa to get a deeper experience in Srividhya. Dhyana gives us a state of deep, focused concentration and contemplation that transcends our ordinary awareness. When practised diligently, this leads to inner peace, clarity, and spiritual awakening and access to the universal consciousness, which Saktas refer to as the divine Mother. In Dhyana we reach a state of simply 'being'.

By training the mind to concentrate on a single point of focus, such as the breath (Nishabdha Dhyana), a mantra (Japa), or form of deity, meditation reduces mental clutter and distractions. This enhanced focus in turn gives the mind sound decision-making, and also better problem-solving abilities. Dhyana also aids in improving pranic energy and thereby helps us execute tasks with more positivity, compassion and energy.

When Dhyana is combined with Mantra, it becomes Mantra Japa. It is creating a stream of heightened awareness by concentrating on a set of divine syllables. Beejaksharas or seed syllables serve as powerful tools for enhancing to achieve a deepened meditative state. Each Beejakshara is associated with specific spiritual vibrations and energies. These syllables are believed to resonate with particular aspects of the divine or cosmic forces.

Chanting or meditating on a Beejakshara can invoke these energies, purifying the mind and body and aligning the practitioner to the deities they are trying to achieve closeness with. 'Gam' is Ganapathy Beejam, 'Aim' is Saraswati Beejam, 'Dum' is Durga Beejam, 'Hreem' is Maya Beejam, 'Shreem' is Lakshmi Beejam and so on. By meditating along with seed syllables with devotion and consistency, Upasakas can attain mantra siddhi, leading to profound spiritual insights and realizations.

One of the most known benefits of Dhyana is its ability to reduce stress and promote emotional balance. Regular meditation is believed to have purifying and healing properties. Chanting mantras can cleanse the mind of negative thoughts and emotions, thereby creating a sense of inner peace and clarity. Additionally, the vibrations produced by these syllables can promote physical healing.



We are all aware that we can gain better health and also get rid of many diseases using powerful rituals like Varahi Mantra Japa and also Lalitha Sahasranama Samputikarana.

Dhyana is considered a crucial step towards self-realization. It allows Upasakas to transcend the ego and connect with their true self. Deep inner connection to the inner self also gives in turn a sense of unity with the universe and a profound understanding of one's true purpose and existence. One can unlock intuition by letting go of the analytical mind and allowing deeper insights to emerge. A state of relaxed awareness is achieved.

One of the most profound benefits of Dhyana is the experience of inner peace and contentment. True joy doesn't lie in the constant chatter of the mind. This inner peace provides a stable foundation for navigating the challenges of life.

Whether practiced for spiritual enlightenment or material well-being, Dhyana remains a powerful way for achieving a harmonious and fulfilling life.

written by : **Swathi sundera Raman**, Germany





Experiences of Sadhakas

Sri Vidya has now become the path of my life.

Sri Matre Namah | Sri Gurubhyo Namah ||

I am **Swathi sundera Raman**, Germany.

I currently live in Germany. I was fortunate to come under Guruji's tutelage to study and experience Srividhya since 2021 November.

I had prayed to the divine Mother during Navaratri 2021 to show me my guru and She led me to Guruji. I find the Srividhya Sadhana to be a self fulfilling prophecy. Also, the more we engage in it, we realise we are just an observer in the game. The pujas seem to happen on their own, the japa also nowadays seems to carry on it's own. My only job seems to be a vessel for the Anugraha that the Mother showers and not resist Her desires for me in the process.

I have had many divine experiences and the Mother has intervened to solve all of my wordly issues, lessening my karma, giving me peace of mind and teaching me fine lessons on life and Dharma! I have stopped obsessing over any needs and end up wanting Her love the most, in any and every situation.

Guru has been the guiding force in my life and Sadhana and without His and Guru Amma's love and grace I couldn't be getting ahead in this path at all. Our peetam is also a place where I love to come, stay and learn the real ways of life- sharing, caring and doing activities with a real purpose. Srividhya is my life now.

Sadhana seems to be the biggest priority of my life. I feel positive, happy, light, energised and satisfied in all situations. She has given me everything that She deems fit for me and had limited what is not needed for my progress. I wish to explore further and further in this divine path with Guru and Guru Amma's blessings.

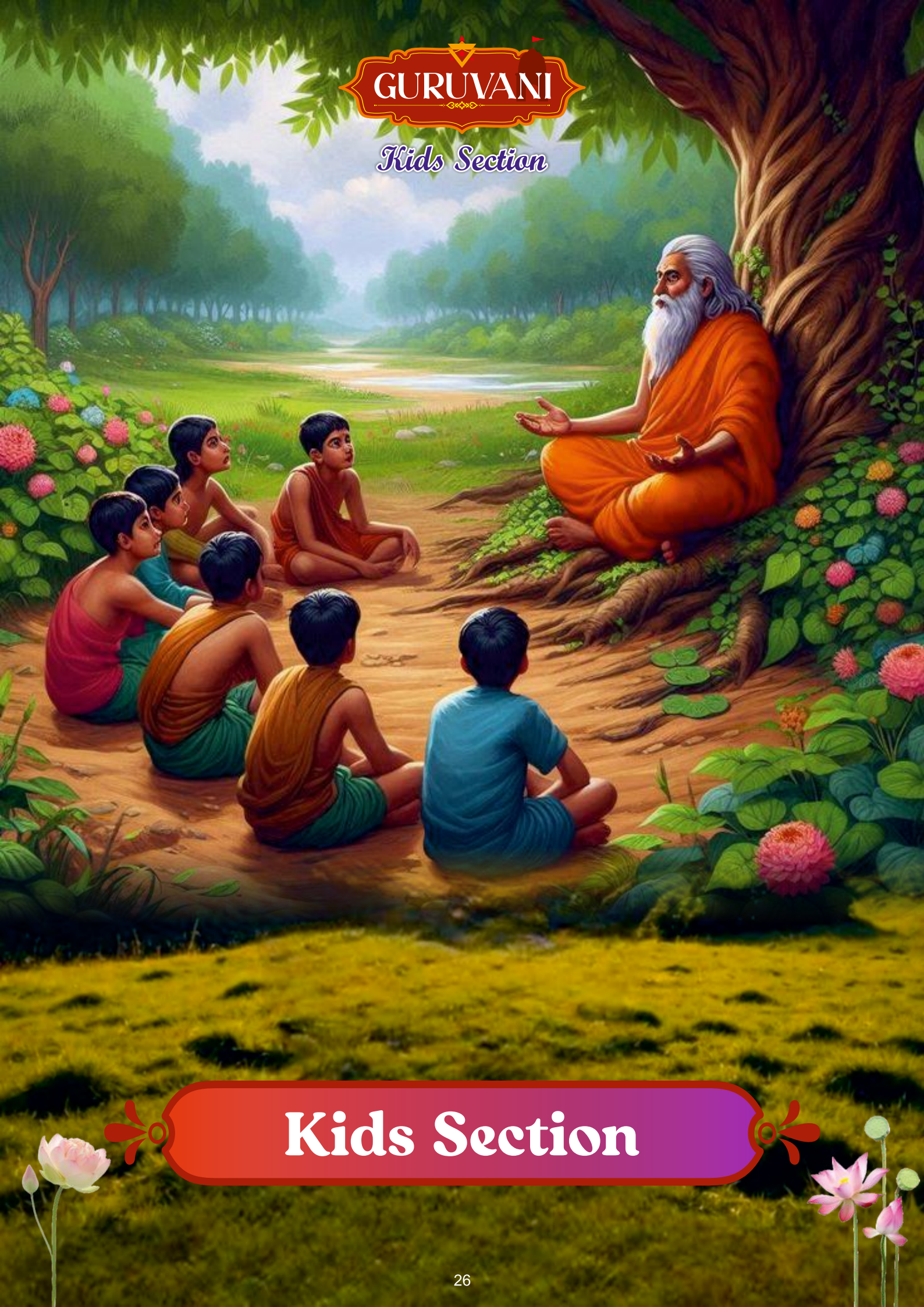


Swathi sundera Raman, Germany





Kids Section



Kids Section

Stories of Buddha

Free bird

One morning Prince Siddhartha and his cousin Devadatta, went for a walk in the woods. Siddhartha pointed out a swan flying in the sky to Devadatta. Before Siddhartha could stop him, Devadatta shot an arrow at it.

Struck by the arrow, the bird went down. Both the boys ran towards it. Siddhartha was the first to reach the spot. He picked up the bird, gently removed the arrow, and nursed its wound. Just then Devadatta reached the spot. "Give me the bird, it's mine," said Devadatta. Siddhartha refused to part with the bird. Devadatta took his cousin to court for justice.

"I shot the arrow and brought the bird down. It belongs to me," said Devadatta. "I nursed its wound," said Siddhartha. The judge looked at the bird Siddhartha was holding. "Had the bird been killed by your arrow, you could have claimed it," said the judge. "But Siddhartha saved it.

The bird belongs to the one who saved it, and not to the one who tried to kill it," said the wise judge. By that time the wound had healed, and the bird had fully recovered. Siddhartha went out and let the bird go. "The bird is free. It belongs to no one," said Siddhartha as he watched the swan fly high in the air.





Hanuman discovers his potential

Sampati was an old eagle. He lived alone on a rock on the southern seashore. One day, he noticed that the beach was crowded with monkeys. He asked the monkeys what had brought them to the seashore. Where were they from? Jambuvan, an elderly bear, spoke, "Rama, the prince of Ayodhya was living in the forest with his wife, Sita, and brother, Lakshmana. When the two brothers were away from their cottage, someone carried away Sita. Our king, Sugriva, is a friend of Rama. He has sent us in search of Sita."

An old bird remembered having seen a woman being carried away by Ravana, a Rakshasa King.

"So, that woman was Rama's wife, Sita!" exclaimed the old eagle.

"Ravana took her to his island fortress of Lanka," said the old bird. "Lanka is on the other side of this sea - hundreds of miles away." "Let's jump across the sea," said a monkey.

"Wait," said the monkey commander. "Tell me first, what is your potential?" he asked. The monkey blinked. "What do you mean by potential?" he asked. "What is your capacity to jump? I mean, how far do you think you can jump?" asked the monkey commander.

The monkey thought it over and said, "20 feet." "Then you will fall right into the sea," screamed a little monkey and everybody laughed. "Silence!" shouted the commander. Another monkey could jump 100 feet, another 200 feet and so on. But no monkey thought he could jump hundreds of miles to reach Lanka.

"There is one hero among us who can leap to Lanka" wise Jambuvan said, pointing out to a monkey who was sitting all alone. "You mean Hanuman?" asked the commander, "But he is not even talking. He is so quiet." "That is because Hanuman does not know his own potential," said Jambuvan.

"Let us surround him and chant a mantra, which will make him discover his capability." So, all the monkeys surrounded Hanuman and started chanting the mantra, "Hanuman, you can! Hanuman, you can! You can do it, Hanuman!" The monkeys chanted louder, "HANUMAN, YOU CAN! HANUMAN, YOU CAN!" As the monkeys chanted, Hanuman started growing in size.

He grew bigger and bigger. He stood up, stretched his hands and took one giant leap across the sea as the chant continued: "Hanuman, you can. Hanuman you can!" Hanuman landed in Lanka, where he found Sita, and gave her Rama's message. He brought Sita's message to Rama.

Hanuman thanked his friends for helping him discover his potential

written by : **Rajesh Kumar**



GURUVANI

Daily Worship Rituals at the Peetam

Morning Puja

1. Sandhyavandanam
2. Shri Vidya Mantra Japa
3. Rudrabhishekam
4. Sahasralinga Archana
5. Shri Chakra Archana
6. Guru Mandala Puja
(Including Hanuman and Subramanya Puja)
7. Shri Rudra Homa
8. Lalita Sahasranama Parayana
9. Ganapati, Shyama, and Varahi Yantra Pujas



Evening Puja

1. Rudrabhishekam
2. Lalita Sahasranama Parayana
3. Varahi Homa
4. Rajashyamala Homa
5. Ekantha Seva



Important Note:

Donors/devotees participating in the pujas and services conducted in the shrine can contact this phone number: 8608747873.



Festivals of the Month

12
DEC
2024

Festivals
of the Month

Auspicious days in

05 Thursday - Naga Panchami 06 Friday

- Subramanya

11 Wednesday

14 Saturday

15 Sunday

22 Sunday

28 Saturday

Shashti

- Gita Jayanth

- Dattatreya

Jayanthi

- Annapurana

Jayanthi,

Bhairavi Jayanthi

- Kaalabhairava

Astami

- Shani Trayodasi



In Sri Vidya, the **Maha Ganapati Sadhana** holds immense significance. It is one of the rare practices that liberates one from material karmas. This is because no other deity can destroy karmas as effectively as Ganapati. Engaging in this sadhana helps a practitioner advance further on the path of Sri Vidya Sadhana, paving the way for deeper spiritual progress.



Prithvi Shree Chakra Pooja on the occasion of Dev Diwali on Karthika Pournami



Holi Bath in Ganges along with offering Arghya to Surya



Daily Rudra Homam



Varahi Homa in Pathala Varahi Temple



Daily distribution of Annaprasadam



Sathya Narayana vratham



Nithya Guru Mandala Pooja



Mohini Aattam Dance



**Receiving of memento on the occasion of achieving
1,00,000 subscribers on our youtube channel**



Enjoying boat travel and doing japam in boat on ganges



Rudrabhishekam in Gauri Kedarnath Temple



Visit to Kasi Visveswara Temple



Words of Treasure

In the pursuit of spiritual practice, one should place greater emphasis on the transformations in one's character rather than the changes occurring in the body, thus achieving meaningful progress

- Guru Karunamaya



GURUVANI

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