

MAHA SIVAYOGA INTRODUCTION



MAHA SIVAYOGA MEDITATION

The Universe is filled with various forms of energy, one which is the masculine energy (Shiva) and feminine energy (Shakti). When these two momentous powerful energies join, this forms an immense self-realization. The birth of Ganesha (Intelligence) in the Mooladhara Chakra which forms the energy which unbelievably manifests everything and into everything that dissolves.

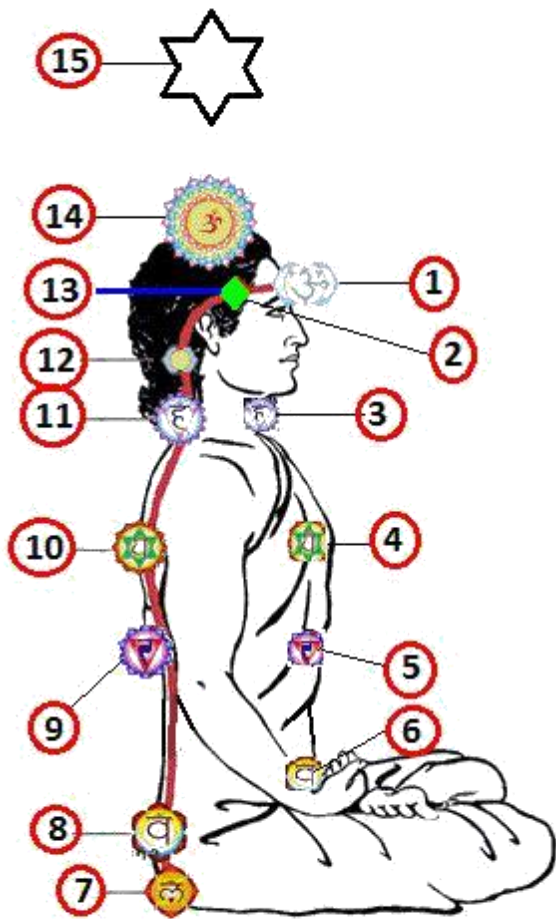
The Maha Sivayoga Meditation is an ancient method of attaining Moksha. One should realise that the condition of the soul and the quality of the rebirth is determined by the cumulative total of your past karma. If your good deeds outweigh your bad ones, then the soul is liberated from the eternal cycle of birth and rebirth. This liberation or salvation is called moksha. This Maha Sivayoga meditation should only be practised after practising Maha Srividya meditation for at least two years.

This meditation comprises of activating the Kundalini Chakra by aligning the major chakra in our bodies. This practice purifies the soul for salvation. Attaining Moksha or salvation is important for liberating the soul from the eternal cycle of birth and rebirth. Since our soul is eternal and never dies, it simply passes on to another body. By practicing The Maha Sivayoga meditation daily would enable a person to lose greed, ego and fear which will lead for the person to attain liberation on this life.

The soul finally frees itself from the pain and suffering and experiences infinite bliss, knowledge, and power. One would be able to embrace death and find unity with the Supreme Being whilst gain freedom from the cycle of birth and rebirth.

The grace of this wonderful meditation is that there are no restrictions or rules such as one has to be vegetarian or etc. however this meditation should only be practiced after practicing Maha Srividya meditation for at least two years. Our ultimate goal is to let the whole world know that any individual who has spectacular dedication and interest would be able to learn this great meditation and master it without cost.

INTRODUCTION OF CHAKRA'S



- 1 – AJNA (3RD EYE)
- 2 – IDA & PINGALA (SUN & MOON)
- 3 – VISHUDDHA (THROAT)
- 4 – ANAHATA (HEART)
- 5 – MANIPURA (SOLAR PLEXIS)
- 6 – SWADHISHTHANA (SACRAL)
- 7 – MULADHARA (ROOT)
- 8 – SWADHISHTHANA (SACRAL)
- 9 – MANIPURA (SOLAR PLEXIS)
- 10 – ANAHATA (HEART)
- 11 – VISHUDDHA (THROAT)
- 12 – MEDULLA OBLONGATA
- 13 – AJNA (3RD EYE)
- 14 – SAHASRARA – CROWN
- 15 – SOUL STAR

AJNA (3RD EYE) (1) (13)

The Ajna chakra is associated with light. As you work with Ajna, you may want to see the third eye as access to a cosmic vision, illuminating everything as it is without the filter of your past, your expectations, or your judgment. This energy centre is associated with higher knowledge, the subtler aspects of sight, and intuition. The Ajna chakra resides over the eyes and visual perception. We live in a visual culture and being able to see clearly with correct perception yourself and the world will help you manifest your best life. As you work to open the Ajna chakra, you begin to see things as they actually are without the projection and colour of ego. From there, you may begin to move toward the things you value in life more efficiently.

IDA & PINGALA (2)

Ida & Pingala is the extroverted, solar nadi, and corresponds to left hemisphere whereas Ida is the introverted, lunar nadi, and refers to the right hemisphere of the brain. Ida nadi controls all the mental processes while Pingala nadi controls all the vital processes.

VISHUDDHA (THROAT) (3) (11)

Visuddha chakra is associated with ether. You can conceptualize it as a spaciousness around your throat and neck through which profound spiritual truths can flow. The purification aspect implies that in order to fully tap into the power of the Visuddha chakra, you need to have done a certain amount of work in the other energy centres. In other words, when you have addressed the issues associated with chakras 1–4 this will increase your understanding and sensitivity, which will in return gain you deeper access to the gifts of the more subtle upper chakras.

This energy centre is associated with your voice. It relates to your ability to speak your truth, express ideas clearly, truthfully, gracefully, and become harmoniously attuned to both inner and outer vibrations. The Visuddha chakra bridges the heart and the mind. When that space is clear, it integrates the wisdom of both, allowing profound spiritual truths to flow freely. You will be able to effectively communicate your needs, desires, creative ideas, boundaries, empathy, and love.

ANAHATA (HEART) (4) (10)

Anahata is associated with air. When you have worked with the other chakras, you can integrate all of the elements to support this work. The first chakra is earth which steady and grounded. The second chakra is water which brings a fertile creativity. The third chakra is the “fire in the belly” which required to transform that grounded creativity into positive action and you have air dispersing and integrating spiritual understanding of love, compassion, and connection to everything you encounter. Air, like love, is within and all around. The Anahata chakra is associated with unconditional love, compassion, and joy. It is the source of deep and profound truths that cannot be expressed in words. Anahata is a bridge between the lower and upper chakras integrating the manifest with the spiritual. When the heart chakra is in healthy alignment you will feel surrounded by love, compassion, and joy and connected to the world around you.

MANIPURA (SOLAR PLEXUS) (5) (9)

Manipura is associated with the natural element fire and directly linked to your sense of self. This energy centre is associated with your self-esteem, sense of purpose, personal identity, individual will, digestion, and metabolism.

When the navel chakra is in healthy alignment, you will be comfortable with your own inherent power and become empowered. You will have a sense of who you are and why you are here. When you connect with your purpose you gain a deeper understanding of how you as an individual can contribute to the collective in a beneficial way. You will let go of the things whether it's your job or bank account balance that you depend on to define who you are. Those things may have value but over-valuing anything that subject to change is a quick road to suffering. You have inherent value, take the time through practice to investigate it and you will be less dependent on external sources of happiness.

SWADHISHTHANA (SACRAL) (6) (8)

Also called Swadhisthana in Sanskrit, the sacral chakra is closely associated with your emotional responses and usually described as the seat of emotions. Since the sacral chakra has a close physical connection with your reproductive organs and pelvis, it is known as the centre of discovery for pleasure. As the centre of emotional balance, creativity, and sexuality, the sacral chakra is important bodily energy that helps you manage your feelings and overall satisfaction in this world. When you work on healing and enhancing your sacral chakra, you will be filled with creativity and the confidence to own your sexuality. You will have a pleasurable ride on this life.

MULADHARA (ROOT) (7)

Muladhara is associated with the earth element and directly linked to your ability to dig in and feel firmly rooted in your life. This energy centre is associated with your root issues, such as your sense of security, satisfying your basic needs, familial relationships, and how at home you feel in your body and on this planet.

When the first chakra is in healthy alignment, you will be able to tap into its graceful stability to support a calm and steady energy.

MEDULLA OBLONGATA (12)

The Medulla Oblongata is the lower part of the brain stem that connects the brain and spinal cord. It controls involuntary functions of the body like breathing, sneezing, heart rate, blood pressure and swallowing. This structure at the base of the brain (top of the spinal cord) is the principal point of entry of life force (prana) into the body. It is the seat of the sixth cerebrospinal centre, whose function is to receive and direct the incoming flow of cosmic energy. The life force is stored in the seventh centre (Sahasrara) in the topmost part of the brain. From that reservoir it is distributed throughout the body. The subtle centre at the medulla is the main switch that controls the entrance, storage, and distribution of the life force.

SAHASRARA – CROWN (14)

This energy centre is associated with the element of thought, connection to spirit, universal consciousness, enlightenment, wisdom, unity and self-knowledge.

Working with this chakra indicates an interest in a higher purpose and an elevated way of being. You are ready to let go of misunderstandings about who you are and why you are here. Working toward enlightenment is a worthy endeavour for anyone. This is the gateway to super-consciousness where it is no longer possible to experience yourself as separate from anything or anyone.

SOUL STAR (15)

The Soul Star represents fertility, good fortune, happiness, creativity, and auspicious, and hence induces the same in the body. It also our most crucial and vital element for the connection towards the Universe.

INTRODUCTION OF MUDRAS



Prana Mudra

- Symbolizes **energy** or spirit of life.
- Provides **energy** and health.
- Improves eyesight, increases the body resistance to diseases, reduces deficiency of **vitamins**, and removes tiredness.
- Reduces hunger pangs during fasting and gives a good night's sleep



Varun Mudra

- Helps to clearly and intuitively communicate.
- Helps to balance the water content in body by activating fluid circulation through the body, keeping it moisturized.
- This leads to healing for many skin conditions and to a natural glow and luster to face.



Apana Mudra

- Increases the Vata and Kapha doshas and decreases the pitta in the body.
- Breathing-related diseases are destroyed.
- Makes the heart strong.
- Helps to control diabetes



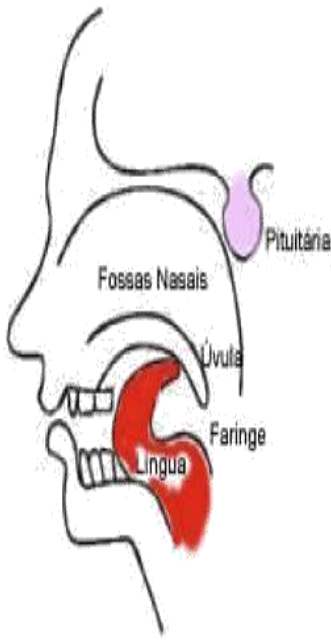
Apana Vayu Mudra

- Treatments of; Fast heart beats. palpitations Angina pectoris
- The practice of this mudra as soon as heart attack strikes might enable the victim to decrease the damage to the heart muscles.
- It can be used to treat, headache. toothache. tummy ache backache, joint pains heel pain. etc
- This mudra is useful to overcome excessive



Chin Mudra

- This **Mudra** helps to cure insomnia, increases energy and stamina.
- Improves concentration and memory power.
- Regular practice of this mudra can eliminate all psychological disorders like anger, depression, stress and anxiety.
- Improves sleep pattern and alleviates lower pain.
- Helps to connect you to the inner self.
- Relaxes mind and brightens the overall mood.



Kechari Mudra

- Overcomes fainting, laziness, thirst and hunger.
- Doesn't suffer from disease, decay and death.
- The immune system becomes very strong.
- The body becomes divine.
- Becomes immune to poison and snake bites.
- Attain Samadhi or the super-conscious state.
- The secretions when consumed give great benefits to the body and has anti-aging properties.
- Helps the yogi to detach the astral body from the physical body and travel in the astral planes.
- Considered the king among all the mudras and is given great importance in all the ancient yogic texts.



Yoni Mudra

- Promotes flow of energy, stabilizes, strengthens and calms the nervous system.
- Calms the mind by bringing a distracted mind by redirecting the attention inward.
- Alleviates stress and brings about peace and harmony within.
- Brings clarity of thought and provides the required pause—needed for a change of perception.
- Especially helpful for PMS, reproductive health and menstrual imbalances
- Supports the health of the urinary system
- Attunes the feminine, intuitive aspect of our being



Surya Mudra

- Control weight and obesity.
- Increases the fire element in the body that helps to maintain the temperature and improve the vision.
- Help cure many other problems like loss of appetite, indigestion, shivering, cold, digestive problems, and coldness of body limbs, hands or feet.

FAQs

1. **What is the best time to practice Maha Sivayoga meditation?**

Morning between **4AM to 7AM** is a good time for meditation but it is **NOT COMPULSORY**. You can choose any convenient time and stick to that time every day. When you practice meditation at the same time everyday then your mind will be trained in the state of meditation and it will help to experience deeper level of consciousness. Don't practice meditation immediately after heavy meals as it can create indigestion problems. Practice with empty stomach or with small snacks.

2. **How many times in a day I can practice Maha Sivayoga meditation?**

You can practice Maha Sivayoga meditation maximum for two times in a day with a gap of minimum 6 hrs.

3. **Are there any restrictions like vegetarian and celibate etc?**

There are no such restrictions but only one condition; **MEDITATE REGULARLY** and you will see great transformation in your life. Balanced life/middle path is the key to spiritual progress.

4. **Do I need to use any mala when chanting the mantras?**

Yes, you can use any mala when chanting the mantras.

5. **Is it compulsory to use woollen cloth below the feet?**

YES, this acts as an insulator between you and earth magnetic currents. If you don't use it then most of the divine energy received during meditation will be dissipated to the earth.

6. **Do I need to chant the mantra loudly or mentally?**

In the beginning you can chant the mantra loudly to familiarize yourself with its vibration and pronunciation. After that you should chant mantras mentally.

7. **Is it necessary that I should meditate in the Pooja room?**

NO. You can practice anywhere as long as it's a quiet place and you can concentrate.

8. **I am a beginner in the Maha Sivayoga meditation; Don't I need a human guru Deeksha?**

NO. You will be connected direct to the Divine Guru, Thirumoolar. You will be guided by Him.

9. **I have heard from many sources that an experienced person known as guru need to provide Guru Deeksha in order for a beginner student but this website states otherwise, which is true?**

Let's acknowledge that every human has the same abilities. When a human guru claims to be able to provide Deeksha and special blessings from the divine Thirumoolar himself why not an inexperienced beginner who is purely genuinely following his guidelines not be able to achieve it.

10. **Multiple sources claim that it is vital to practice "energy exchange" in forms of monetary/fees payment due to the belief that the teacher absorbs the karma of the student if there is no payment involved. This website however, is providing such precious information free of charge, why is that?**

First of all, let's understand that in this Kaliyuga, each of us have our own karma to serve in which are still yet to fulfil. No one can absorb our karma and relieve us of it except the Divine Light and our own actions. However, it is not wrong to respect someone who has spent their time and energy in personally coaching and teaching you by offering gifts/exchanges. The Maha Sivayoga website on the other hand, is providing the guidelines and steps to master each level of the meditation by oneself without the requirement of a teacher.

11. **How can I know if I am guided by Thirumoolar?**

Every individual will have unique experience such as Thirumoolar/God/Goddesses/Angels/etc appearing in the dreams/visualizations/vibrations or having goosebumps as well as observing lights. These examples are just a handful of the many possibilities and beautiful experience you will have.

12. **During the first few stages of the meditation, it is difficult to memorize the steps and the mantras. Can a practitioner open his/her eyes to read the instructions/mantras?**

DEFINITELY, as you start practicing regularly, the steps become easy for everyone.

13. **Since each level of the meditation requires 48 days practice, what happens if there is an unavoidable miss in between?**

It's completely fine. Just continue as usual on the following day. Remember the Maha Sivayoga meditation is not restrictive but a loving and energizing meditation.

14. **When practitioner is outdoors, is it compulsory to face North or East when meditating because sometimes it is difficult to find out the directions?**

It will be advisable to face **NORTH**. This can be done by downloading a directions/compass app in the smartphone that can help point towards North.

15. **During outdoor trips where there is not any woollen mat/cloth, is there any exception on which surface to place the feet?**

It is **HIGHLY** advisable to use any cloth to place the feet on, to prevent energy leakage. Folding the legs in lotus position could be an alternative.

16. **When a practitioner is required to focus on specific chakra (e.g.: Mooladhara, Swastika and etc), does he/she imagine breath moving to the chakra or just think of the chakra?**

For **THIRUMOOLAR NAVAKKARI**, you can concentrate on the chakra or the breath moving towards the chakra.

For **THIRUMOOLAR NAVAKKARI PRANAYAMA and CHAKRA MEDITATION** its best to visualize and feel the air moving to each chakra as you inhale.

17. **What is the starting age required to begin practicing the Maha Sivayoga meditation?**

There is **NO MINIMAL** age requirement. The younger and individual starts the better it is.

18. **Is it compulsory to have Maha Sri Yantra, Thirumoolar Amulet or Energy Beads for this meditation?**

NO, it is not compulsory. But by having these items while doing this meditation, you will get to enhance your energy level tremendously in a short period of time.



THE END