



MAA GYAAN SUVEERA

Questions and Answers

THE DANCE
OF ENERGY



How does one overcome this feeling of inadequacy and the feeling of not knowing enough?



Maa's Answer



1





I often meditate on my lawn- standing up bare feet. Does it help in mooladhar healing. I see the colours of all the chakras. I want to know Maa if this is harmful in any way. Infact my eyes & my mind brighten up after this.



Maa's Answer



2





Maa, please explain the metaphor
“svādiṣṭhāna is deep” — what is
the depth of a chakra referring
to?



Maa's Answer



3





Maa, I know you have advised to use our Aasan, use matrix etc when meditating outside in open ground. But If someone's Muladhara chakra is severely imbalanced, will sitting directly on the ground (Outdoors) without using any asana be actually better for their healing grounding perspective?



Maa's Answer



4





Pranam Maa, thank you for the wonderful session. While healing gets one to be in sync with nature but does it also help to realize the self?



Maa's Answer



5





Why does the subtle body resist
healing sometimes?



Maa's Answer



6





When we have free will, what determines our free will? Even if I can make a choice, what is choosing the choice?



Maa's Answer



7





Pranam Maa, In today's practice we focused on energy moving from crown center to the heavy negativity exiting from feet. From what I understand in yogasana practices the focus is on moving the energy from the Muladhara upwards to crown. What is the significance of the directionality? Does it help to be aware of directionality of pranic movement?



Maa's Answer



8





1) Is the aura colour around a person of the causal body or is it a combination of the chakra colors?

2) If memories and ego from past lives are stored in the causal body, where are the memories of this life kept? And how can we move beyond our conditioning to reach our highest potential?



Maa's Answer



9





Pranaam Maa,
When somebody is going for
chord cutting and changing it
from heart to crown chakra then
how does it affect the
responsibility of a person?



Maa's Answer



10





1) Can consciously thinking about the white light increase its absorption?

2) When you get over emotional at little things does controlling them block your heart chakra? How can you control?



Maa's Answer





How does one know that a certain episode in your life is a suffering that needs to be lived or needs to be retaliated?



Maa's Answer



12





While we can see the sun, its light, feel its warmth. How do we identify that we are enveloped with white light?



Maa's Answer



13





Thank You maa for the beautiful session.
In the Lalitasahasranamam, there is reference to the knots in the *muladhara*, *manipura* and *ajna* chakra, which the Devi breaks. The three knots are also named after *Brahma*, *Vishnu* and *Rudra* respectively. Could you please explain these knots in the three chakras and why they are named after deities representing the Trinity?



Maa's Answer





Pranam Maa, In today's practice we focused on energy moving from crown center to the heavy negativity exiting from feet. From what I understand in yogasana practices the focus is on moving the energy from the Muladhara upwards to crown. What is the significance of the directionality? Does it help to be aware of directionality of pranic movement?



Maa's Answer



15





Pranam Maa, thank you for the wonderful session. A question-healing gets you to be in sync with nature but does it also help in the process to realize the self?



Maa's Answer



16





Maa what is CI plus?



Maa's Answer



17





Dear Maa, you guided us to write things.

(1) Do I have to write literally with pen and paper (lost habit) or can it be digital (type on laptop).

(2) My mother chants every day with Sankalp. However she walks at home and chants. Is it right way of chanting?



Maa's Answer





Pranam Maa Gyaan

You mentioned the *Hṛdaya* as a space in the *Anahata* where the atma reside. I wouldn't directly link Hṛdaya with anahata chakra. What is your take about this?



Maa's Answer





So grateful to be here dearest
Maa.

One question, can you give us a
Japa mantra that will support us in
this journey?



Maa's Answer



20





Maa one question?

I was trying to ascertain difference
between aura and electromagnetic
field?



Maa's Answer



21





Maa pranam. Does our healing energy deplete if we are constantly interacting with negative people? If so how to replenish this energy in us again?



Maa's Answer



22





Obeisance Guru ji, these are my questions for today.

1.Origin of Kaayen? is it sourced from any scriptures or parama guru is an recipient from his lineage?

2.Why do we need symbols? Is it an anchor so that prana can flow?

3.Do we need consent (even if it's parents/children) before we start providing healing from far?

4.Can we provide healing to plants and animals? with CI plus.



Maa's Answer





1. Can we do dowsing remotely for a loved one or does the person need to be present?
2. Do we need to visualize white light coming from our palm for Chakra healing?



Maa's Answer





Pranam Maa, is it a good idea to do *tratak* on *Kaayen* to internalize the symbol?



Maa's Answer



25





Maa Pranam, Thank you for the wonderful session today.

1. What's the minimum duration that we should meditate as part of daily practice?

2. I didn't see any symbol as my matrix so have assumed one . Can this symbol change / reveal a different one as I progress in the meditation practice?



Maa's Answer



26





Namaskar Maa – three questions

(1)When you draw the straight line at end, the line does not go back from bottom to top and that's how it is meant to be. Am I right?

(2)Can I use backrest for meditation?

(3)Is there rule as to where to sit for meditation?



Maa's Answer



27





Pranam Maa, thank you for the beautiful session.

I had two questions:

1.Can one see two symbols together ie a circle and within it an inverted triangle or we have to choose one of them?

2.What is the advisable flow for Breath work, meditation, Mantra jaap and healing?



Maa's Answer



28





Dear Maa, even if there a mandir
in the house, can one make
another place for meditation,
chanting and practice?



Maa's Answer



29





Maa, the Kaayen symbol came to you in your meditation?

How does one combine this alongside other Reiki symbols together?



Maa's Answer



30





Namaste Maa, you spoke about bio energy exchange today when giving hugs. While some hugs fill you up, some can feel drainy.

Wish to understand from you on exchange of hugs - Should they be exchanged freely or contained to protect energy leaks?



Maa's Answer





Maa, I seek your guidance regarding dreams and their significance in healing. Many times, dreams feel extremely draining and frightening, and I wake up with a disturbed heaviness within. At other times, they feel divine and uplifting; very vivid and detailed; and even offer subtle guidance on what I need to learn or work upon.

Are such dreams messages from our higher self, or in the case of frightening dreams such as being chased, could they be influences from other entities or energies? How can we ensure that only divine intervention is allowed and that we are protected from any negative or harmful encounters in the dream state?



Maa's Answer





Pranaam Maa

Do you recommend that we do Omkar
naada after doing naadi shuddhi?
Would 10-12 rounds of the naada
chanting suffice for a beginner?



Maa's Answer



33





Maa, theoretically, if we have 7 devices with us, would it be OK to start all 7 Hz sounds on Youtube for 7 chakras together, so that all 7 of them start to get activated?



Maa's Answer



34





Can we put coloured crystal in the bottle instead of wrapping it with coloured paper/Instead of buying different coloured bottles-for the solar charging? Will it have the same effect?



Maa's Answer



35





Pranaam Maa,

Is brisk breathing the same as
kapaalbhaati pranayama?

How does it help us attain a higher
vibratory level? When should it be
practised?



Maa's Answer



36





Pranam Maa ,

Does a healer need to be fully healed energetically before healing another person - as a healer might also have her own low energy days. Or should a healer provide healing on her own good energy days as prana will flow easily?



Maa's Answer



37





Maa, incase we need to give healing to someone who is in a critical state. What can we do? What prayer can we say?



Maa's Answer



38





During meditation, a continuous cricket-chirping, night-like sound is heard on the right side of the head as stillness grows. Is this something to focus on, or how should it be interpreted?



Maa's Answer



39





While I am a good one-on-one communicator, I feel I have some visibility wound and coming and speaking on camera is not something that comes effectively to me. It's needed for my current role expansion at work.

What do I need to heal?



Maa's Answer



40





Pranam Maa

How can we protect ourselves before healing others in our inner circle

Can we use other reiki symbols as well for healing or just kayein is enough?



Maa's Answer



41





Hare Krishna Maa

Can we use bay leaf as a proxy
with the intention written on it? Or
is paper better?



Maa's Answer



42





Pranam Maa

- 1) How will we know that sambrani dhoop is original.
- 2) Maa can we use all crystals for water recharging
- 3) Few people say we should not have shaligram at home if we are in household set up. Can you please throw some light on this.



Maa's Answer





Pranam Maa can healing be done to improve relationships? Should we write both the names on the paper or proxy's can be used?



Maa's Answer



44





Apologies I will rephrase my question.
Can healing help bring someone on
death bed towards recovery? Or when
it's time to go its time to go.



Maa's Answer



45





Pranam Maa

I have a question regarding visualization. When ever I try to visualize a positive image within seconds fear kicks in and a negative image/thought comes to mind. How can I overcome this and be able to visualize positively. Please guide me.



Maa's Answer



46





Pranam Maa

I am suffering from depression and get very impacted by energies. Which chakra should I focus more on healing so that I do not get drained after talking to someone.



Maa's Answer



47





1) Maa, how can a person heal constant anger issues created by unknown fear? Does healing only the root chakra resolve this issue?

2) Maa, what is the correct way to take a saltwater bath? Do we need to pour it over our heads, because salt will stay in our hair? Or can we wash it later?



Maa's Answer





Maa

1. When we don't heal the crown chakra, then why are we using crystals for that?
2. Is it a good idea to keep a silver water glass in the moonlight?
3. Can we do chakra chanting mentally after placing them on the body?
4. How can we make a grid for house healing/protection?



Maa's Answer



49





Jai Gurudev Maa

I am trying to find the balance between daily life logic, surrender to Guru/ God and taking proper action.

Lately in my journey it feels like I have no choice at all in life. Impulses for action happen and go, and that seems like I'm not taking proper actions in the proper time, and laking responsibility.

And I pray just like you mentioned but I am not satisfied with what is happening.

Can you shed some light on this (ego, no ego) situation?



Maa's Answer



50





Someone had gifted this to me. I didn't know its significance until now. Any tips on where to keep this at home and how to maintain it?



Maa's Answer



51





Thank you, Maa, for the wonderful class. I had two questions:

1. Are there any specific directions in the house where we should be placing particular crystals?
2. While wearing crystal bracelets, can any of them be worn on either hand?



Maa's Answer



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Pranam Maa

My questions are:

Does your birthstone take any kind of precedence before other healing stones when doing crystal healing? Or is the birthstone not as important to note?

Also I'm curious if specific shapes of crystals like hearts, or even crystal animals have a different effect compared to its crystal original form? You said the crystal skull was not recommended but the reception was not good when you explained why, if you could maybe clarify again why it's not recommend? I had read a book where the Mayans in Guatemala had carved these incredible crystal skulls which were believed to have special powers and even personalities.



Maa's Answer



53





Maa, do we make multiple grids for different intentions? Or can we program 2 or 3 intentions in the centre stone itself?



Maa's Answer



54





Hare Krishna Maa

Does the grid need to be fully set up and kept for the 21 days? If so, hidden from view of others to prevent other energies interfering with the manifestation?



Maa's Answer



55





Hello Maa, the stones like lemurian quartz that have etchings in them people say these are codes Horizontal striations (lines) on the crystal → Interpreted symbolically as records or data lines- is this true that we can receive these codes or ancient healings stored in these crystals?



Maa's Answer



56





Can I. Put the intention for both my son
and myself that we are totally debt
free?



Maa's Answer



57





Pranam Maa, Can the silver glass method be done for someone else's mental issues?



Maa's Answer



58





Pranam Maa

1. As explained in the class, where our mind goes, our Prana also goes and if the other person is of low energy, my energy will be deployed to balance the equation. However, in today's time, we are connected to everyone digitally, and watch content on YouTube or Netflix, etc. At that time also my mind goes there and many times even after, I finish watching, I keep on thinking about it, later too. Does my prana shakti get depleted like this? How to save it?

2. Does the size of the stone matter for making proxy?



Maa's Answer





Pranam Maa,

I'm asking this to remove my FEAR around curses and seek your Gyaan:

1. Who truly has the power to curse, if anyone?
2. If such power is misused, what happens to their Panchmaya Kosha and karma, now and in future?
3. If standing up for Dharma is Satvik, why did Gandhari's grief-filled curse appear to affect Shri Krishna, despite his being established in Dharma?
4. How should we understand curses so we can do our duty fearlessly, speak truth confidently yet respectfully, and not mentally ruminate over or fear another's words?

Countinue..



Maa's Answer



60





5. If someone speaks harsh/cursing words in anger but later sincerely apologizes, does the karmic seed remain, or can genuine repentance and *prāyaścitta* dissolve it? Does the receiver's internalization also matter?

I strongly feel words have power when consciousness is aligned with the Supreme. Those with deep empathy and forgiveness rarely curse, and if they do, they take responsibility and perform *prāyaścitta*.

But stories of curses seem to have created much fear and misuse. Only your Grace and Gnyan can shatter this fear.



Maa's Answer



60





When we do healing for others, should chakra healing generally begin from the lower chakras and move upward, or from the upwards to downwards?



Maa's Answer



61





How do dark energies or pretas enter us? Is it through negative thoughts/lower energies, or can substances like marijuana, ayahuasca, or peyote play a role? Why would pretas enter, and can they take full control?

Also, can we absorb negative energy through gifted or second-hand clothing and personal belongings? Should we avoid receiving such objects?



Maa's Answer





Maa, regarding the Ganga stone example, I've read that we should be careful when bringing stones or objects from nature, as they may carry positive or negative energies. Could such stones also carry lower energies? Sorry for the silly question, but I'd really like to clarify this with you.



Maa's Answer





Maa, could you please teach us a simple fire ritual? I've felt called to do one for some time, especially with the beautiful nature around me, but I've never been taught how



Maa's Answer



64





Maa, I've always been drawn to aromas, herbs and oils, and today I learnt the correct way to use them for healing. Is there a particular time to anoint ourselves with oil for maximum benefit—early morning, before sleep, or any other suitable time?



Maa's Answer



65





Pranam Maa

Thank you for today's wonderful session. You mentioned a blend of three oils for solid perfume—Lavender, Rosemary and one other which I've forgotten. Could you please remind me of the third one?



Maa's Answer



66





Maa, you mentioned Antahkarana for healing the prolonged emotional impact and internalized patterns from family dynamics. Could you suggest any book or material to help us understand Antahkarana better?



Maa's Answer



67





Dear Maa, please advise what Crystals, fragrances, music to use to heal the grief of losing a loved one.

Maa, do both the Heart Chakra and Swadhisthana Chakra need to be healed?



Maa's Answer



68





Dear Maa, I was listening to your previous class where you spoke about surrendering our fears, hopes and prayers to God and Guru. For me, that is you.

I have a silly question—when we connect with our Guru and pray, how does this communication or guidance happen? Do you intuitively sense our prayers, or does it happen in another way? How do students receive clarity or answers through their Guru? Is it through Siddhis, or through some other spiritual connection? I’m trying to understand how evolved beings guide their students.



Maa's Answer





Maa, if someone naturally has more Agni or a heated body constitution, is it safe for them to practice Pranic Healing? Could it increase internal heat further, and should the excess heat be balanced or neutralised before or after the practice?



Maa's Answer



70





Maa, for helping someone overcome addictions like alcohol, does increasing Marut Pawan in the body help? What other healing should be done along with it?



Maa's Answer



71





Namaste Maa, my matrix changed late last week, and I now have two matrix signs. Is this okay?



Maa's Answer



72





Maa, you mentioned there's no need to concentrate on the heart area during healing. For someone with heart issues or a history of heart attack, how should they approach healing and support their recovery? Kindly guide us. 🙏



Maa's Answer



73





Maa, what is the role of Surya Bhedi Pranayama in activating Pingala? Are its effects different from Ujjayi Pranayama, which is also said to activate Pingala?



Maa's Answer



74





I was listening to Class 4 and wanted to clarify something. You mentioned that plants don't store thoughts. Are thoughts stored in the subconscious mind, and does this mean plants don't have a subconscious?

Is this explained in any Vedic texts or Upanishads? I'm curious how we know plants don't have thoughts or store them.

I also read *Old Path White Clouds*, where Buddha recalls lifetimes as a deer and even as a tree, including witnessing the suffering of fish. If plants don't store thoughts, how could he remember these experiences from his lifetime as a tree or even a microscopic organism?



Maa's Answer



75





Maa, if the tip of a crystal tower is slightly chipped, can we still use it?



Maa's Answer



76





Why do we do Naad practice with
Tanpura music?



Maa's Answer



77





Maa, could you please share some of your deep wisdom on the Hreem mantra? I feel very strongly drawn to it and have been given a mantra that includes Hreem. I know it is a powerful Devi bija, but that's about all I know.

I'm revisiting the Brahma Gyaan classes while doing the healing class, and hope to take 1000 Adorations later this summer. Until then, I'd be deeply grateful for some guidance on Hreem and its significance.



Maa's Answer



78





When I do the CI PLUS technique and go into my heart inner space, I feel Kundalini rising, similar to Prana Vidya, so I'm unable to tell the difference.

How specific do I need to be with the technique and intention? I also struggle between surrendering my thoughts at Guruji's feet and consciously stating what I want. How much verbal thought or intention is needed when setting programs and cutting cords?



Maa's Answer





Pranam Maa

Could you please guide us on how to
overcome fear, especially
claustrophobia.



Maa's Answer



80





Maa, how much boundary and discernment should we maintain during a healing journey, especially around people or environments that tend to drain or lower our energy? Kindly advise.



Maa's Answer



81





Dear Maa is wanting to go on pilgrimage a desire, or is it a call from the Divine? Will the desire wanting to merge with the Divine create attachment, This is confusing cos we are human, do we go by what will be will be?



Maa's Answer



82





Pranam Maa Could you please guide us on how to integrate Reiki symbols with Kayein during healing? Which symbols should we use first—Kayein or Reiki?



Maa's Answer



83





Pranams Maa When I begin exhaling and gathering energy through Pingala, my focus reaches the Ajna before the exhalation is complete. Should I continue focusing there until the breath naturally finishes, or stop once the serpentine blue light reaches its energy collection point?



Maa's Answer



84





Maa, I had cervical surgery 2 years ago, but the pain in my neck and shoulders has never fully healed and worsens with emotional stress. Is there any specific healing technique you would recommend for this?



Maa's Answer



85





Dear Maa, a question about Kumbhaka. As yoga teachers, we often use breath retention in Pranayama and consider it important. How does this differ when practising for healing? I noticed the healing breaths you taught—2-6, 1-4, 4-4, Ujjayi, slope, etc.—don't include breath retention. Could you please shed some light on why?



Maa's Answer





Maa, a question on Karma. Is it okay to receive help without creating karmic baggage? And when we help someone, could we be interfering with their karmic path if they were meant to experience that suffering?

Does this differ with family/karmic partners versus strangers? How do we know the right extent of helping while still following Karma Yoga?



Maa's Answer



87





Hi Maa, regarding destiny, are even our “wrong” decisions part of destiny? Is there really right or wrong, or should we surrender to everything that happens?

Do we have free will, or are even our choices destined? For example, if we’re warned to be careful about something, how much should we act on that warning if the experience is ultimately part of our destiny?



Maa’s Answer



88





Maa, if water can carry Satvic and Tamasic qualities, why not Rajasic? Since water is influenced by our thoughts, as shown in the Japanese experiments, wouldn't predominantly Rajasic thoughts also affect the water element in our body?



Maa's Answer



89





Maa, when using a round stone as a proxy, does its size or colour matter?



Maa's Answer



90





Pranam Maa

I have a few questions:

1. Do we need to cleanse the pendulum after each dowsing?
2. When sending healing to a person generally, should we visualise white light covering the whole body?
3. Can proxy healing be done at any time, or are dawn/dusk preferable?
4. Does it need to be done at the same time every day?



Maa's Answer





Pranam Maa What does it mean when the pendulum becomes very active and spins rapidly clockwise? Could this also indicate instability?



Maa's Answer



92





Maa, I'm confused about what to ask when using the pendulum. Can we read a specific chakra alone? How do we interpret positive/negative movements—does positive indicate cleansing or balanced energy?

Can we also ask whether Ida or Pingala is dominant? Please clarify the right way to frame these questions.



Maa's Answer





Maa, just to clarify—Agni is represented by an upward- or downward-pointing triangle? And is Vayu represented by a hexagon rather than a circle?



Maa's Answer





Pranam Maa, Who is authorized to give initiation? Who can initiate people into the Dash Mahavidya mantra and its practice?



Maa's Answer



95





Maa, you mentioned that through Astral Travel healing we can blast/dissolve kidney or gallstones. Is this meant to be done once, or can we do it as a 7/14/21-day healing practice like hands-on healing?



Maa's Answer



96





Maa, I have a question about the Astral Travel process. I understand we enter the heart chamber as a tadpole, move into the light, exit through the skull, circle around the body, then re-enter through the heart to meet the causal body and work with the seeds.

Afterwards, we exit through the heart again and re-enter the body through the skull. Since we are already in the heart where the causal body is, why do we need to exit and then re-enter through the skull? Could you please clarify this part of the process?



Maa's Answer





Dear Maa,
Please help distinction between
Chidakasha and Hrdayaksha ? Can
both be in the Hṛdaya? I don't
know what to look for to know im
in the Hṛdaya.



Maa's Answer





Maa, how can we apply this knowledge of Divination tools in our lives and correlate with vedanta and spirituality?



Maa's Answer



99





My quartz turned copper? I put it in the copper cup with salt. Should I still use it for chakra and healing work and dowsing or discard since it's mixed? I don't know if the coloring is from the necklace or the copper!



Maa's Answer



100





Pranam Maa What are the alphabets on the board for? Please guide how to use them.



Maa's Answer



101





Dear Maa, I have been diagnosed with Multiple hernias, fibroid in my abdomen and stomach. Since I am obese I can't get surgery done. Please advise which healing modality will be helpful.



Maa's Answer





Pranam Maa

I have a small confusion regarding kitchen ingredients. Should we take turmeric and cumin seeds or powder? Please guide me Which mustard black or yellow? Kindly guide me.



Maa's Answer



103





Pranam Maa

Is it ok to use leather bags/belt/shoes. How do they affect our energies?



Maa's Answer





Pranams Maa, if we do Hawan daily can we offer our spell casted herbs in the Hawan or do we have to use charcoal?



Maa's Answer





When someone makes a wish and then they promise to go to a particular temple but situation may not permit one to go. is it important to visit these places or our sincere prayers and Bhakti enough? Please guide



Maa's Answer





Pranams dear Beloved Maa,

Please throw some light on my
ignorance of Hoponopono please.
How does it work?



Maa's Answer



107





Dear Maa, Is time all pervasive, making and breaking us? So time is everything. If so how does heightening of awareness work with destiny?



Maa's Answer



108





Pranam Maa. I have a question if we have 108 human births is it certain that awakening happens after 100th birth? Also what happens after 108th birth?



Maa's Answer





Maa, this question is not related to this course but I have been getting the urge to ask. When we see something happening around us is not right, should we speak up about it whether it is impacting us or not?



Maa's Answer



110





Dear Maa

I'm getting a little lost in all the material. I would like to work with the Beesi Devi Durga yantra but am not finding specific guidance for that one? Is there a specific mantra to use also?



Maa's Answer



111





Pranam Maa, how to do
puruscharan of chalisa?



Maa's Answer



112





Koti Koti Pranaam 🙏

I think the arms of the Swastik made on top (clock- wise) is the correct ☒ way of doing Swastik – the one at the right side is one which is having the arms Anticlockwise!!!

Please check with dear Maa



Maa's Answer





	16	64529	64525	2
	64531	4	14	64532
	64527	11	8	64530
	Alex	Fear Remove	Confident	Happy
or	Bh	a	v	i
or	Alex	Maga	Dina	Amr

Is this ok?



Maa's Answer





Would ganpati mantra activate
fire/pingala?

Can you please tell about Ganpati,
hanuman, Maa Lalita, Maa Baglamukhi?

Also doing any seed mantra
irrespective of devi or devta activates
pingala?



Maa's Answer







Pranaam Maa,
I had a doubt regarding the
scanning board. In one of the
boards, there is a human figure
with body parts labelled. How do
we utilise this in our scanning
activities?



Maa's Answer





Pranam Maa

I was reading the book that you shared.
Its very informative. I have a question.
The ida is mentioned to be blue and the
Pingala red.
Why is it different from the Prana Vidya
book.



Maa's Answer





Maa, I am making 7 wicks for 7 Thursdays, so do I need to write my siddh yantra with kesar along with Sarva karya siddh yantra? Maa, are we using any oil or ghee when burning these wicks.



Maa's Answer



118





Maa in line with this question. I was planning on making grids for different areas of my life (career, family, child) on Amavasya- Shani Jayanti as a way of clearing blocks and manifesting desires and aligning with better outcomes. Is this not the right time to do manifesting grids?



Maa's Answer





Beej akshara siddhi suggestions for today, as it is amavasya , a powerful day to do a beej akshara siddhi. You may write any one of these : 1008 times

क्रीं (Kreem) for Kali
हं (Ham) for hanuman
ह्रौं (Hroum) for Shiva
भं" (Bham) for Bhairav

You can also do if you wish, siddhi of Kaayen, Swastika, or any other symbol of your choice

The 15 digit yantra siddhi is best done in the shukla paksh or on the full moon day , or on a festival day, we avoid amavasya ...so dont do that today ! Maa, only these 4 beeja are for Amavasya?

Can Hreem be done?



Maa's Answer



120





16th May is Shani Jayanti and Amavasya. It's a wonderful yoga for karmic cleansing . So many pujas are being offered onlone. Its always nice to do things on your own, and do it with LOVE !!!

For all of you who have learnt to make yantras with me , it a golden opportunity to practice your mystical skills ! These are some of the things you can do on that day for yourself or for someone near and dear. :

make a small dispaly yantra this week, and keep it ready for the 16th May puja. You can otherwise take a printout of Shani dev picture

make a black stone proxy for Shani dev , take either a rough stone, or a tumbled stone , or a small pyramid. Declare it to be shani dev who is holding all your karmic lessons.

keep the yantra and proxy stone on a black cloth . Light a lamp with sesame oil or mustard oil. (those who know how to write yantras, can even burn a wick yantra for clearing karmas)

Continue....



Maa's Answer





#make a small prayer addressed to Shani dev and to your ishta devata. Read it before the yantra and proxy after lighting the lamp.

#chant 108 times any ONE of the Shani mantras mentioned below:

Shani Moola Mantra

ॐ शं शनैश्चराय नमः।

Om Sham Shanaishcharaya Namah.

Shani Beej Mantra

ॐ प्रां प्रीं प्रौं सः शनैश्चराय नमः।

Om Pram Preem Proum Sah Shanaishcharaya Namah.

Shani Pranama Mantra

नीलांजनसमाभासं रविपुत्रं यमाग्रजम्। छायामार्तण्ड सम्भूतं तं नमामि शनैश्चरम्।

Nilanjana Samabhasam Raviputram Yamagrajam. Chhaya

Martanda Sambhutam Tam Namami Shanaishcharam.

Shani Gayatri Mantra

Continue....



Maa's Answer





ॐ शनैश्वराय विदमहे छायापुत्राय धीमहि, तन्नो मंदः प्रचोदयात् ॥

Om Shaneshchraaye Vidmahe Chhayaputraay Dheemahi, Tanno Mand Prachodyaat.

Shani Ekakshari Mantra

ॐ शं शनैश्वराय नमः।

Om Sham Shanaishcharaya Namah.

offer black sesame/ black urad dal/ black chana and jagary as prasad

you can wear black clothes , sit on a black asana , and meditate on the burning flame after doing the mantra japa.

the yantra and all other things , can be wrapped in the black cloth and given to Nature the next day ... bury in the garden, or burn in the back yard, or give it to a flowing water body.

those who have severe sickness, any suffering, financial blocks, or seek spiritual support from Shani , its a beautiful worthy exercise to do , do try it !!

Beloved dear Maa's Blessings on May 16 2026 Shani Jayanti



Maa's Answer





Pranam Maa

I was doing the Thursday wick ritual however this Thursday I got busy with work and the ritual couldn't be completed. So do I restart the ritual again and create new wicks(7) or I can continue with the same wicks and continue the wick burning on coming Thursday. I am a bit concerned due to this break in the sequence



Maa's Answer



122





Dear Maa,

Are there any set formats while praying.

For example if one feels the need to chant Devi Kavacham by itself. Does it need to be followed with Argala, Keelakam and Durga Saptashati? Can one choose to chant Lalitha Sahasranamam?

Also are there dietary requirements that one has to follow or take a shower before sitting down for chanting.

Can one try and experiment to see what energy we resonate with most?



Maa's Answer



123





Pranam Maa - can you please suggest ways that one can get rid of expectations in a relationship which when not reciprocated leads to resentment?



Maa's Answer





Pranam Maa

There is a meditation classification of stula, sukshma and para in tantra shastra.

Can you tell us about the shamanic journey with this regard?



Maa's Answer



125





Pranam Maa

Maa, what is the difference between astral travel and shamanic world travel?

It feels different, but I am not able to identify when one should go for astral travel vs shamanic journeys?



Maa's Answer



126





Pranams dear Maa

I have a question about giving Shamanic healing to others.

Do I take the person to be healed energetically to the upper or under world with me as I journey with my power animal OR I go alone and ask for guidance and blessings for that person to be healed .



Maa's Answer





Pranams dear Maa

Please advise if there is an evil eye /Drishti /nazar. Have noticed falling sick soon after getting public acclamation or recognition of my performances or even online posts. How can we protect ourselves from these ill effects/evil eye?



Maa's Answer



128





Pranam Maa, please advise should we use both these yantras or just one. Also as per some bhaktas practicing bhakti yoga they say we should not ask for anything specially wealth. But how can we survive without it. Why is it wrong to pray for wealth and abundance? Please guide.



Maa's Answer





Pranam Maa,

During Saturday's Auto Writing meditation, I invoked my Gurudev (Swami Ranganathanandaji Maharaj) and second Guru --- You were already present before me in the class.

Maa, I seek your guidance -- was my experience correct ?

When You asked last question, "Who am I?" I didn't receive a direct answer. Instead , these words flowed through me "Continue your spiritual study, deepen your learning , and practice strong Sadhna and Meditation every single day. One day , the answer will reveal itself to you ",
Maa, I am unable to understand why such an answer was given. Please guide me.



Maa's Answer



130





Dear Maa, Recently I was hospitalised for brain fever. I experienced my deities all along and had such profound experiences. However I could not continue my sadhana. What to do when sadhana has been broken unexpectedly?



Maa's Answer





Dear Maa, what sankalpa can we do to increase the maruts in our body for good health?



Maa's Answer

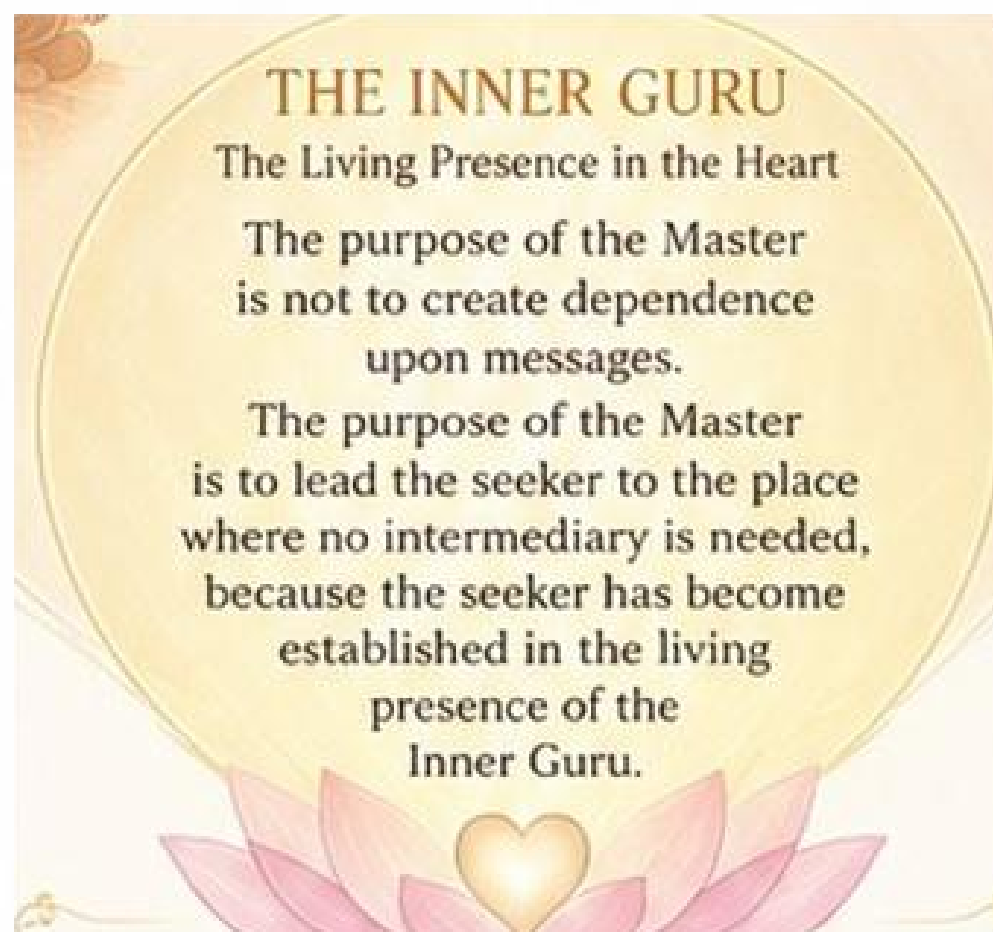


132





Pranam Maa, what is meant by the collective unconscious realm referred as archetypal realm in the picture you shared?

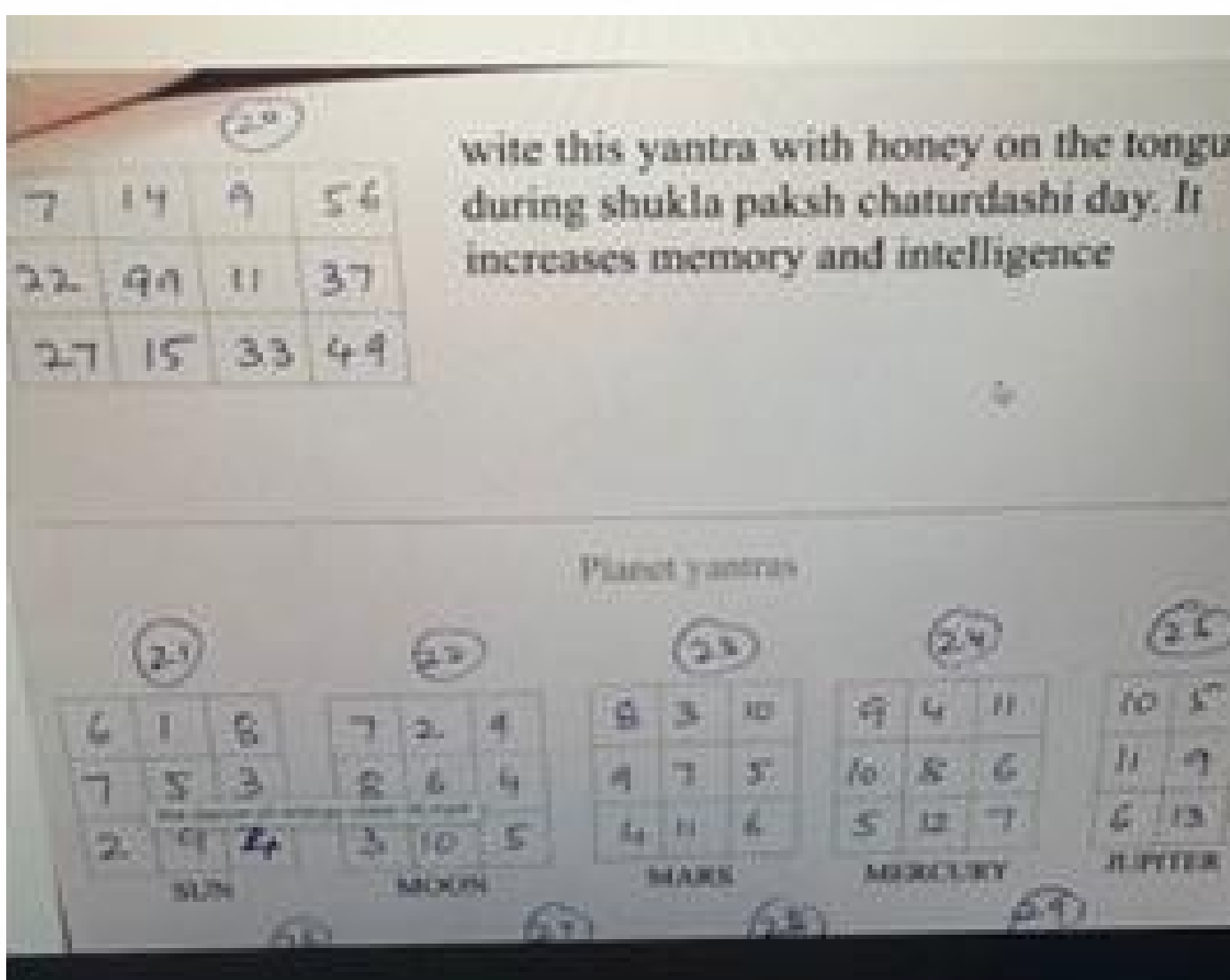


Maa's Answer





Dear Maa, please help me understand how to write the yantra on the tongye?



Maa's Answer





Maa,
what is meant by OCCULT and
how are Occult practices
different from the tools of
Divinations we are learning in our
current and upcoming course
WINGS OF FIRE



Maa's Answer



135





What is the difference between intuition, premonition and prediction?



Maa's Answer



136





Maa - when introducing Mantras to fresh new comers where is a good place to start when they have no knowledge of the deities or how mantras work.

Is it okay to recommend deity mantras right away, like with Ganesha or should we start with something like gayatri mantra?

With deity mantras is it required they do the poojas too, or can they just recite the mantras alone without photos/figurine and pooja?



Maa's Answer





Pranam dear Maa, How do we tell the difference between detachment and indifference?

2) Does Sakshi Bhav have a feeling? Sometimes when I notice my thoughts I feel clarity and calm and sometimes I feel a complete sense of indifference while observing a thought. For example, I noticed that I was thinking of a close family member passing away and while logically I know I would feel sad etc I felt absolutely indifferent. Not sure if this is indeed sakshi bhav or something else altogether

3) What does universal love feel like and how does this differ from love for family, friends etc? I fear that perhaps I don't know what unconditional love feels like and if I will ever be able to understand love for our deities or experience love as the underlying force of the universe.



Maa's Answer





Pranam dear Maa, I've been listening to your reply about occult and divination again & again & again. It is so beautiful. I have a question connected to this. Are astrologers doing occult or are they doing divination? I keep hearing that it's an occult science, but what I feel their goal is or should be doing with clients is divination. Am I right?



Maa's Answer





Maa can cord cutting be done on behalf of family members?



Maa's Answer



140





Pranam Maa, So what are we doing really? Just witnessing & experiencing, are we just pawns in the hands of the divine. Only a mother's love is without desire. How do we love without attachment?



Maa's Answer





Pranam Maa, I did the third eye water healing where I put all my trouble and mind issues in the water in the glass in front. Then I noticed that the small house plant I poured the water in had two brown leaves the next day. It could be a coincidence. But does the water that needs to be discarded have to be outside or can we give it to our house plants too?



Maa's Answer





MAA GYAAN SUVEERA