

Here is a new innovative discovery of spiritual science in which we don't have to spend money neither to waste our time in months and years to learn yoga and meditation.

The Good news is that now we can get all the benefits sitting at home, absolutely free of cost.

Another surprise is that we are not required to put our mental or physical effort to meditate and practice yoga exercise.

In this new innovative method of Yoga, Meditation, Spiritual Evolution, Holistic Healing, Alternative Therapy or One may call it as "A Master Method" or the "Method of all Methods", the inactive dormant spiritual power known as Kundalini which resides in the sacrum or the last portion of the spinal cord, is activated by a transmission of power method termed as Shaktipat by Mantra.

Mantra is formula of Vedic Science which induces different effects or affects things or objects or Humans by the Vibrations generated from a combination of words as a conducting medium of spiritual power, energy or force to be transmitted from a Spiritual master.

The advantage of this method is that we can get the Kundalini power awakened by means of a "Online Process", sitting at home, anywhere in the World, absolutely free of cost.

There is no need to attend any Yoga or Meditation class or session, neither to spend money on traveling across the continents, looking for a Spiritual Master who can impart this

knowledge to us.

In this method known as Guru Siyag Siddha Yoga, a Seeker can get all the benefits of this method just at the click of a mouse button, of course without spending a single penny from his pocket.

Guru Siyag is a Spiritual Master who has made it possible, he imparts this knowledge and activates the dormant spiritual power Kundalini "Remotely", without any physical contact, without meeting the Seeker physical, not even once. He has finished off the need to meet him personally to get this activation of spiritual power, a Seeker can get it without even meeting Guru Siyag physically, hence there is no need to travel across the globe to get this knowledge or power, anyone can get it "Online", sitting at home.

One who is mentally prepared to receive this force with a positive approach can receive the Shaktipat from Guru Siyag, by means of the empowered enlightened Voice and Visual image of Guru Siyag Contained in Video Clips.

The effect is produced by the Vibrations of Voice and Visual image of Guru Siyag

This method awakens the Kundalini which in turn induces involuntary automatic Yogic kriyas or physical body movements to free the body from diseases and ailments, it occurs during the state of kundalini induced spiritual meditation when the Seeker sits in meditation for 15 to 20 minutes.

Automatic Yoga! Surprising, but it has begun. No effort from Practitioners side and his body undergoes involuntary automated physical body movements within a few minutes and even seconds, shocking, but it is a verifiable fact.

The Seeker is induced by deep spiritual meditation within a few minutes or even seconds, without any prior knowledge, neither learning nor practice required.

Participants undergo Automatic Yoga and spiritual meditation induced by the awakened inner spiritual power Kundalini during the state of meditation as per Guru Siyag Siddha Yoga method of meditation of 15 to 20 minutes session.

You can take off into the infinite world of Universal Consciousness, deep Spiritual Meditation, and you may undergo even the toughest of the Yogic Kriyas, Mudras, Pranayama, Bandh or Aasanas from the first day or the first attempt itself.

So Simple that you can experiment it on a 5 year Child also, he will get far more result than elders, because he does not possess Ego of any kind.

One can even experiment it using the following two methods also, one is using a Photo image of Guru Siyag (the Surrender method), and another method is without using the Photo image (the Challenge method).

**GURU SIAYG SIDDHA YOGA**  
**METHOD OF MEDITATION**  
**The Surrender Method –**



Sit in a comfortable position.

You can sit cross-legged on the floor, lie down, sit on a chair / couch etc., to meditate.

Look at Gurudev's picture for a minute or two until you can remember the image.

Then close your eyes and pray / say silently to

Gurudev, “Help me meditate for 15 minutes.” You can choose a time-limit according to your convenience, for eg, 5 / 10 /12 /... minutes.

Then, with your eyes still closed, think of Gurudev's image at the place between your eyebrows (also known as the third eye). This means that you have to try to imagine Gurudev's picture in your mind.

While thinking of the image, repeat silently (Chant) for 15 minutes the secret divine mantra given by Guru Siyag.

If you have not been initiated by Guru Siyag, silently chant the name of any divine or spiritual entity you believe in such as Gurudev, Krishna, Jesus, Eloheim, Allah, Holy Father, Om, Love, Truth, Kundalini, Energy, Peace etc.

During meditation, you may experience certain automatic yogic postures or movement of your limbs. Swaying, nodding of head, rapid movement of head from left-to-right or vice versa, inflating or deflating of belly, clapping, grunting, moaning or laughing can happen in many cases.

Do not panic or worry. These actions, happen involuntarily, are ordained by divine force, and they are needed for your internal cleansing and readying you for further progress.

You may also experience vibrations, see bright lights, colors or even have visions or revelations of the past

and future events. These are indications that you are progressing well on the spiritual path.

However, if you do not experience any yogic postures or see visions, it does not mean that you are not making progress. In all probability, the divine force awakened in you has perhaps decided that you don't need these experiences,

You will notice that your meditation will come to an end automatically exactly when you reach the time limit you had set mentally prior to starting meditation.

### Siddha Yoga In Short:

Anyone	of any religion, creed, color, country
Anytime	morning, noon, evening, night
Any duration	5, 10, 12, 15, 30 minutes. For as much time as you like.
Anywhere	office, home, bus, train
Anyplace	on chair, bed, floor, sofa
Any position	cross-legged, lying down, sitting on chair
Any age	child, young, middle-aged, old
Any disease	physical, mental and freedom from any kind of addiction

Any stress related to family, business, work

**NOTE:**

As we are talking about a subject yet to be discovered and analyzed by the modern science and Human brain, we cannot believe it nor we can analyze it, unless and until we ourselves experiment it practically.

**CAUTION:**

The intensity of the spiritual power's reception and the time taken to get induced by the Spiritual Power depends upon our positive approach.

There are only two ways to get on the spot result in this experiment of Spiritual Science and that is either we must preferably SURRENDER (mentally or internally) in front of the Guru or less preferably the second option is to CHALLENGE the truthfulness of this Spiritual Power.

To get the real taste of Spiritual Science we have to either Surrender or Challenge, the choice is yours. It is a faith based process.

If the Practitioner discontinues the meditation and nama japa process, then once again he may be succumbed to earlier circumstances, problems or diseases.

## The Challenge Method-

1. Sit in a comfortable posture on the ground with crossed legs.
2. Close the eyes and concentrate on the Forehead between the Eyebrows.
3. Make a Mental Prayer to that Supramental Force, saying that if a Universal Consciousness Force, Supramental force, (Holy Ghost the Comforter, Next Prophet or Kalki Avatar, etc., different names of different faiths and beliefs) is Present on Earth, then I must get the proof, if the Supramental Force is Present on Earth, then I must go into automatic (Kundalini controlled) Spiritual Meditation for 15 or 20 minutes.
4. After this mental prayer start continuous mental repetition (Chanting) of any one sacred word of your choice (God, Jesus, Allah, Rama, Krishna, Buddha, etc.,) in the mind without moving lips or tongue, simultaneously keep concentrating on the forehead between the eyebrows.
5. Continue this process and within a few minutes you will be induced by automatic spiritual meditation, might even hear and see visualizations during this state of meditation.
6. Don't panic if your body starts moving



automatically during this process, these are the Yogic body movements (Real Yoga is induced automatically by inner spiritual power Kundalini), required to free the body from physical, mental and spiritual diseases of all kinds, these will stop automatically after 15 or 20 minutes, and you will come out of spiritual meditation into normal state.

7. To get complete results and benefits, it has to be practiced regularly in the morning and evening at any convenient time, empty stomach, before having food.

8. The time taken to get the results is totally dependent on our Positive approach and curiosity to realize the truth.

9. No barriers of Race, Religion, Cast, Country or Gender, no rules and no regulations.

Another way to get into automatic spiritual meditation is by listening to Guru Siyag's voice with closed eyes.

The vibrations of this empowered enlightened Voice of Guru Siyag will induce and activate the inactive dormant Spiritual Power in You.

This can be experimented by carefully watching and listening to the series of Video Clips

[“Online Shaktipat initiation by Guru Siyag Mantra”](#)

easily accessible for Free on the internet.

Even if You Don't understand the Hindi Language in the Video, there is No Problem, because it is the Vibrations of Guru Siyag's Voice that will Work and induce the Spiritual Power.

As a member of this Universal Consciousness, I have done my duty of conveying this message to you.

Hope for a positive response, best of luck.