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Dismantling the bonds is an art. A life bonded and chained in old beliefs, old memories and old habits can not get complete benevolence of Shree Vidhya. In the beej mantra of Aadi shakti Shree Maa Bagalamukhi, there is a presence of Shree. A mantra can be deaf, mute and blind.

India is a country of pilgrimages, there are numerous location that are blessed and that are alive with spiritual energy. Every person, once in a while reaches the lotus feet of a Guru or steps of temples after roaming around in vein. A celestial energy forces a human to reach its destined place. This is where their bonds are broken, unshackled and their discord ends. The pilgrim gets a direction to life. This is a wonderful way of energy conservation. Every person's fateful rise is destined at a distinct location. A Guru or a successful figure in any field needs to devote 18 hours in a day to the relevant field, which is impossible for a mere mortal. A leader, doctor, actor, lawyer as and when they rise above their peers in their field; they are watched by numerous eyes, they are pried upon by many. They need to meet with many people and they need a source of energy to keep them going; otherwise the life becomes problematic and full of tedium. Their body and aura face greater corruption and depletion of energy. They need to replenish their aura and energy levels with spirituality.

Mahavidhya Sadhana allows one to protect and replenish energy levels from enemies; known and unknown ones alike. Every deity have a Raksha Kawach (lit. armor) and every deity utilizes Shri Maa Bagalamukhi's energy for a kawach. Mahavidhya are source of all energy as these are detailed with all sorts of weapons, armors, arms and armaments.

Everyone is unique and so there is a preferred deity for the particular person. So a preferred deity (lit. ishtadeva) is the one that helps an individual come in full glorious merciful gaze of Mahavidhya.

By Ashta Yoga can improve and tune bodily activity (metabolic, anabolic and catabolic). Humans are emotional hence there are many emotions within one person. Therefore one may be under influence of Vaman (lit. throwing up) so whatever the product of one's thinking - it needs to come out - else it will be a tedious life. If one is unhappy then tears shall flow out. Good thoughts come out with smile and laughter. Thought forms of the mind needs an out let for a creative mind. Excess of sentiments can hamper internal growth. So mental activity and alertness is low in sentimental people. Sentiments can open forbidden doors of mind that can allow entry of bad vibes, bad thoughts, curses, hex and enchantments. A hex by an enemy can disturb mental peace.

A mind can be initialized only after controlling the emotional level of a disciple. Its not easy to end all thought and waves in one's mind. This is what is Stambhan (lit. freezing, halting); this is dhyan (lit. meditation) This is the secret of Shri Maa Bagalamukhi Anushtan. When mind can be protected from all thoughts, hexes, interference and influence from everything; including other people, animals, other

species and even celestial planets, that is when it can be activated further. That's when a mind can become eligible to be one with supreme powers. This meditative state mind can be very creative, innovative; it's capable of innovation and creation that is beneficial to the society.

Mind is a terrible thing to waste. Minds and mental powers will need to be upgraded. Mind and mental levels can't just remain a play ground of emotions, sentiments and five senses. There are levels of understanding and learning well above five sensory perception and sentiments.

There will be many emotional, evil, sentimental, critical ones; these are the ones that can never follow Shri Maa Bagalamukhi sadhana. The balanced meditative, creative minds are the ones responsible for all that is good in the world. These can conceive, share, learn and experience beyond the reach of ordinary jumbled minds. These minds can learn Bramha Vidhya and Mahavidhya. These are free and unshackled minds and such mental state is the target of worship of Shri Maa Bagalamukhi and Dasa Mahavidhya.