

# Sahaja Yoga Mantra Book



*In praise of Her Supreme Holiness  
Shri Mataji Nirmala Devi*

**2016 Edition**

The original Sahaja Yoga Mantrabook was compiled by Sahaja Yoga Austria  
and given as a Guru Puja gift in 1989

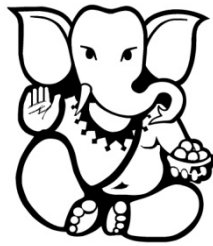
*'Now the name of your Mother is very powerful.  
You know that is the most powerful name,  
than all the other names, the most powerful mantra.  
But you must know how to take it.  
With that complete dedication you have to take that name.  
Not like any other.'*

***Her Supreme Holiness  
Shri Mataji Nirmala Devi***

ॐ त्वमेव साक्षात्  
*Om Twameva sākṣhāt*

श्री निर्मला देव्यै नमो नमः  
*Śhrī Nirmalā Devyai namo namaḥ*

*'Aum Twameva sakshat, Shri Nirmala Devyai namo namaḥ.  
That's the biggest mantra, I tell you. That's the biggest mantra. Try it'  
Birthday Puja, Melbourne, 17-03-85.*





*This book is dedicated to  
Our Beloved Divine Mother  
Her Supreme Holiness Shri Mataji Nirmala Devi,  
the Source of This Knowledge and All Knowledge.*

*May this humble offering be pleasing in Her Sight.  
May Her Joy always be known and Her Praises always  
sung on this speck of rock in the Solar System.*

Feb 2016

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**Shri Mataji's quotations** are in Maiandra font, referenced in the text.

**BoAS** –'Book of Adi Shakti'. Shri Mataji's book about Chakras, Creation, etc. published in 2014.

## Diacritic marks

*See the following notes on 'Sanskrit Pronunciation' for more detail.*

**ā** .....

**ī** .....

**ū** .....

**th** .....

**ṭ, ḍ, ṭh, ḍh, ṇ** –cerebrals- with the tongue curled back to the roof of the mouth.

**ṅ, ṅ̄, ṁ** .. -nasalisations which match the following consonants

**ṣh** .....

**śh** .....

**ri** or **ru** ... -r as a vowel- like 'rich' -the i or u is not really there.

ॐ • जय श्री माताजी • ॐ  
Jay Shri Mataji!

## Sanskrit Pronunciation

Sanskrit, Hindi and Marathi are written in **Devanāgarī** –‘*The Language of the Gods*’. Letters have fixed sounds and the pronunciation is consistent with the spelling. The consonants are roughly the same as English, except for those listed below, but the vowels are more closed and lower in the throat.

### <sup>1</sup> Vowels.

The symbols **ā**, **ī** and **ū** are used for long vowels. Long **ā** and short **a** are different sounds whereas long **ī** and **ū** are the short sounds lengthened.

- **Short a** is the hardest vowel sound because it is so short. It is like the **u** in **but** or **a** in **local** – almost like saying the consonants without any vowels. **Gaṇapati** is ‘g-n-p-ti’ roughly like ‘gunner-putty’. ‘a’ is never hard as in **bat**.
- **Long a** as in **cart**, or **master**
- **Long ī** as in **beet**. **Short i** as in **bit**.
- **Long ū** as in **pool**. **Short u** as in **pull**, not as **fun** - which is short **a**, (unless you come from Yorkshire)
- **o** is always long, as in **modem**, and never short as in **modern**. So **Moksha** is pronounced ‘moke-sha’; **Om** rhymes with ‘home’ but more closed. This **o** is like ‘eau’ in French made by pouting the lips in a circle.
- **e** is always long in Sanskrit, but can be short in Hindi and Marathi. **Eka** sounds like English ‘acre’. Words ending in **e** are always pronounced long **é**.
- **au** and **ai** are diphthongs; **au** as in ‘proud’ and **ai** as in ‘kite’.

### 2 Consonants

The ‘retroflex’ consonants with dots under **ṭ**, **ṭh**, **ḍ**, **ḍh**, **ṇ**, **ḷ**, and **ṣh** are pronounced with the tip of the tongue curled back against the roof of the mouth, with a half-r sound. (as in **Gaṇeśha**, **Iḍa Naḍi**, **Kuṇḍalinī**, etc.)

- 3 There are no fricatives in Sanskrit, ie. **th**, **v**, **f**; **th** is an aspirated **t** pronounced as in **boathook** eg. **Aṭharva**. **Ph** is aspirated **p** as in ‘map-holder’ and not **f**. eg. **phala** – ‘fruit’.
- 4 Both **v** and **w** are used in writing Sanskrit but are the same letter. Normally **w** is used when joined with another consonant, eg. **twam**, **swami** (except after **r** – **Sarva**, **Pārvatī**) and **v** is used when on its own, eg. **Śhiva**, **Viṣṇu**; The sound is halfway between **v** and **w** like ‘vw’ i.e. **tvwam**. Try saying it as ‘w’ with the upper teeth touching the lower lip.

- 5 Final **ḥ** as in **namaḥ** is an aspiration after the final vowel and not a full extra syllable; described as ‘an echo of the final vowel with the aspiration’ or ‘a very short **ha** after a, ā, u, ū, o and au, and a very short **hi** after i, ī, e, or ai.’
- 6 **ṛ** is a vowel, usually written **ṛi**, as in **ṛitam** or **Kṛishna** and sometimes **ṛu**, as in **amṛut** or **gṛuha**. Properly it should be written **Kṛṣna**, **amṛt** or **gṛha**. Be aware that there is no full vowel sound after the **ṛ**. **r** as a vowel or a consonant should be rolled in the Scottish manner with the tongue curled back and not with the English tendency to elongate the vowel and drop the **r** (ie. ‘dark’ being pronounced ‘daak’)
- 7 The composite letter **jñ** is written **gñy** (eg. **Āgñyā**, **gñyāna**-‘knowledge’) It is pronounced –**gya** with the **g** nasalised. **g** is always pronounced as in **begin** and not as in **vegetable**, which is **j**.
- 8 In Hindi and Marathi short **a** at the end of words and before long syllables is dropped so **Rāma** becomes **Rām**, **Sulabhā** becomes **Sulbhā** etc. This is not done in Sanskrit.  
This vestigial **a** is sometimes written as a full stop in Hindi, as in **sab.ko**.
- 9 **s** is always unvoiced, ie. like **hiss** and not **his**.
- 10 All other letters are pronounced roughly as in English.

### Hyphens and apostrophes

The hyphens and apostrophes are only inserted as an aid to pronunciation; in all these cases they should be run together as a single word.

**Hyphens** are used to separate words in a compound, eg. **Śhakti-dhara** – ‘holding a spear’

**Apostrophe** indicates a missing letter or two vowels coalescing in a compound, eg. **Gaṇ’ādim** = **Gaṇa-ādim**; **ch’ordhvāt** = **cha-ūrdhvāt**; also when a final vowel modifies to a consonant, eg. **kahlv’idam** = **khalu-idam**.

**Hyphen and apostrophe** – eg. **mayo-’si**. मयोऽसि The S-shaped symbol is a missing **a** in **mayo-asi** so the vowel is even longer than usual.

### Sandhi

**Sandhi** is the system by which the endings of words are modified to blend into the next word. So **namaḥ namaḥ** becomes **namo namaḥ**, **sat-chit-ānanda** becomes **sach-chid-ānanda**, **manas-buddhi-ahamkāra** becomes **mano-buddhy’ahamkāra**, etc.

## Mantras in Sahaja Yoga

Mantras are sacred sounds that have an effect on our Subtle System. We use them to invoke the Deities, the aspects of the Divine, which reside on our Chakras. If a Chakra is catching we have to understand that our relationship with that Deity needs improving. We must be humble, respectful and surrendered before all aspects of the Divine.

Meditation has three stages – outer, inner and transcendent.

- Outer meditation involves actions such as bowing to Shri Mataji, raising our Kuṇḍalinī, putting on bandhan, performing \*Puja, etc.;
- Inner meditation is clearing the path of the Kuṇḍalinī up to Sahasrāra using techniques such as mantras and treatments with the elements.
- The third stage is immersion in and contemplation of the Blissful Nature of Her Supreme Holiness Shri Mataji.

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\* **Pūja** means ‘worship’ and we can perform Puja every time we meditate. From experience we know that a few simple actions first can improve our meditation.

**Clean Shri Mataji’s Photo.** As the source of vibrations Shri Mataji’s Photo is important to our meditation. It can be dusted with a clean dry cloth, or wiped using a few drops of rosewater on a cloth or cotton-wool pad.

**Offer lamp and incense.** An oil lamp or candle and one or more incense sticks are lit and placed before the Photo. **Aar.ti** can be performed by giving seven bandhans around the Photo with the lamp and incense before placing them in front of the Photo.

Traditionally five offerings are made in **Puja: Dhūpa -‘Incense’, Dīpa - ‘Lamp’, Naivedya-‘Food’, Gandha-‘Perfume’ and Pushpa -‘Flowers’.**

Flowers (either in a vase or placed before the Photo) fulfill many qualities in Puja. A dab of perfume oil on the Photo, an edible item (biscuit, etc.) or a glass of water may also be offered. It is especially helpful to do Puja to a Photo of Shri Mataji’s Feet. This opens the Heart and Sahasrāra and develops the quality of **Bhakti -‘Devotion’,** which is so important for our ascent.

## How to use Mantras

Sitting before Shri Mataji's Photo the Kuṇḍalinī spontaneously awakens and starts to work for our evolution. Initially it rises up to Sahasrāra Chakra and we feel an immediate peace and silence. However, after a few minutes, thinking may start again as the Kuṇḍalinī moves to areas of our being that need nourishment.

Clearing the blockages in our Chakras requires introspection; facing a mental or emotional tendency, or a habit which is causing the problem. We have to improve our relationship with that Deity. This is where mantras can be very useful. By invoking the Deity of the Chakra we develop a sense of the Divine Quality embodied by that Deity which we gradually imbibe and come to love and cherish.

We should strive to say the mantras with Bhakti –'Devotional Love', humility and surrender to the Deity and to Shri Mataji. If our attitude is that we are controlling the Deity the mantra may not be effective or may even offend the Deity.

Shri Mataji often suggested saying mantras three times for clearing Chakras. It may even be repeated continuously until we feel the Chakra clearing. Sometimes the tingling sensation in the relevant finger moves to the end of the finger as we repeat the mantra.

'For the thought you have to say the mantra of **Nirvichara**, should say it thrice.... at the **Sahasrara** you should say the mantra of **Sahasrara**, thrice.'

*London, 18-11-79.*

While saying the mantra, one may keep the right hand on (or give a bandhan to) the relevant Chakra keeping the left hand towards Shri Mataji's Photo. It can be good to repeat the mantra silently to ourselves after saying it out loud.

Mantras can be used when foot-soaking. And another effective way of improving an ailing Chakra is to keep repeating the mantra of the Deity throughout the day whenever we remember.

Some 'Standard Meditations' using mantras are given on page 326.



## Why Mantras are in Sanskrit

'We are very old ancient people. Our culture has been to know God. Everything has come in Sanskrit, because Sanskrit is really a Deva-vani -'Language of the Gods'. Apart from that, when the Kundalini moves, She makes vibrations. She makes special sounds, which are Devanagari sounds on different Chakras. Even when you recite mantras through the Sanskrit language or Devanagari pronunciations only, you can excite them better. Try to learn, if not Sanskrit at least Hindi, because, it being a phonetic language, it has a sound and that sound gives that vibratory effect.'

*'Sat-chit-ananda', Delhi, 15-02-77*

'Sanskrit has come out of Kundalini's movement, when She makes a sound, all was recorded by the great saints and like that every chakra has got vowels and consonants according to the number of sub-plexuses they have- you can say petals they have- and all of them make all the alphabets of Sanskrit language.' *Pune, 17-10-88*

*The correspondence of Sanskrit letters with the Chakras is given on page 296*

## Reciting Mantras

Mantras may be recited in several ways. There is 'Japa' where the mantra is mumbled almost under the breath. Then there is a more clearly intoned address to the Deity in a higher pitch used in collective situations. Mantras should not be too 'growly', but slightly above \*normal speaking pitch; and at a speed where we can feel and express the sense of what we are saying. The more 'from the Heart' we can make our mantras, the better, which is why Shri Mataji recommended knowing the meanings of mantras and the devotional songs we sing. Artificiality and ritualism should be avoided. Saying mantras collectively is more powerful and effective.

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\* Sanskrit mantras are intoned (japa) on **Ga** – the third note of the Indian scale; this is two tones higher than **Sa** - our normal speaking voice. If **Sa** is **B<sup>b</sup>**, then **Ga** is **D<sup>b</sup>**; and a higher pitch of **E<sup>b</sup>** is good for collective recitation.

## Case Endings

Sanskrit uses case endings, where English employs prepositions (eg. 'At the beginning' = **Ādau** – locative case of **Ādi** –'First') In this edition the Names of the Deities are in the Nominative Case, which is normal in Sahaja Yoga. (Ātmā, Nirvicharā). This is good for a mantra starting '**Om Twameva sākshāt**'.

In the original SYMB some names were in the Dative Case (ending mainly in **-āya** or **-e**) for use in a mantra of the form '**Om Shri Ganeshāya namaḥ**' as the noun **namaḥ** -'Salutations to...' requires the Dative case. These have been transposed into the Nominative.

In this edition, the last part of the Sahaja Yoga mantra is written:

**'..... Śhrī Nirmalā Devyai namo namaḥ'**.

**Devyai** is the Dative Case of **Devi** required by **namaḥ** ('Salutations to... '). This is how it has always been said in India.

This edition uses a notation with dots and dashes on some letters, to aid pronunciation, explained in 'Sanskrit Pronunciation'(p.9)

## Translations

The English translations have all been reworded so that 'You are' can be put before them. As the translation of **Twameva** this expresses our recognition of **Shri Mataji** as the Incarnation of the Deity.

**Sahaja Yoga mantras** salute the Deities seated on our **Chakras**; and recognizes that **H.S.H. Shri Mataji** is the full incarnation of all these Deities; helping to awaken and clear the path of the **Kuṇḍalinī**.

The Deities also have their seats in the **Sahasrāra** which is therefore more open when all the Deities are awakened and pleased.

Unnecessary wordiness has been avoided in the translations and the phrase 'The One who ...' has been removed wherever possible.

## Correspondence of the Mantra with the Subtle System

The **Sahaja Yoga Mantras** work on our whole Subtle System. The **Bīja** –‘Seed’ mantras and words correspond with the **Chakras** and we can feel the **Kuṇḍalinī** responding as we say them:-

- **Om - Mūlādhāra. Shri Ganesha** is **Omkāra Swarūpa** –‘Om embodied’. **Om** is the Foundation of the Creation and the Subtle System.
- **Twam - Kundalinī. Twam** –‘Thou’ denotes **Ādi Śhakti**, who manifests the Creation. Her highest form is the **Kuṇḍalinī**.
- **Eva - Nābhi. Eva** –‘Indeed’ is also a name of **Shri Vishnu** meaning ‘Moving quickly’. **E** is the **Kuṇḍalinī** and **va** is ‘to convey’, so **Eva** is the ‘Conveyance of the Kuṇḍalinī’, the Central Channel starting at **Nābhi**.
- **Sākshāt** –‘With the eyes/senses’- **Swādhishthāna**. The eyes perceive Fire (light), the element of **Swādhiṣṭhāna**. Also ‘through the senses’ is how we gain knowledge, a quality of **Swādhiṣṭhāna**. **Sā** is Left and **Kshā** is Right **Swādhiṣṭhāna**.
- **Śhrī - Heart. Śhrīm** is the **Bīja Mantra** of the Heart and **Sahasrāra**; **Śhrī Mātājī**’s name starts with it. **Śhrī** -‘Splendour’ is similar to **Mahar** -‘Glory’, the fourth world (*Heart Chakra, Gayatri Mantra p.33*).
- **Ganeśha** – Saying the name of the Deity is **Vaikari** –‘Utterance’, the fourth stage of speech associated with the **Viśhuddhi**.
- **Sākshāt** –‘With the eyes/senses’ - **Āgnyā**. The eyes are connected with **Āgnyā**. When the **Kuṇḍalinī** passes **Āgnyā** we become **sākshāt** –‘Really present’. Again **Sā** –‘She, Shakti’ is Left and **Kshā** –‘Destruction, Shiva’ is Right **Āgnyā**.
- **Śhrī - Bīja Mantra** of **Sahasrāra** (as above)
- **Ādi** – ‘First, Primordial’ – **Mūlādhāra Chakra**. Keeping the attention in **Sahasrāra**, we can also put attention to the **Mūlādhāra Chakra** and then continue up the Subtle System again.
- **Shakti** – ‘Energy’ – **Kuṇḍalinī**

- **Mātājī – Mā** –‘Mother, Shri Lakshmi’, **Kundalini** rising to **Nābhi**; **tāj = tej** –‘Light, fire’, **Swādhiṣṭhāna**; **ī** –‘Sushumna Nāḍī’, **Kundalini** rising from **Nābhi** up to Heart.
- **Śhrī - Heart.** (as above)
- **Nirmalā - Viśuddhi.** **Nirmalā** –‘Immaculate, Pure’ and **Viśuddhi** – ‘Complete Purity’ have similar meanings.
- **Devyai - Āgñyā.** **Deva** –‘Shining, Heavenly, Divine’ is like the Sun at **Agya Chakra.** ‘To err is human, to forgive Divine’.
- **namo - Sahasrāra** (inside the head) **Namo** -‘Obeisance’ is **namaḥ** modified by **Sandhi**; it is also **na** -‘Not’, **mo = moha** -‘Delusion, belief in worldly Illusion’; so the darkness and conditionings of the mind are removed by saying ‘**namo**’, taking us to the first stage of **Sahasrāra.** (see ‘Three Stages of Sahasrāra’ on the next page)
- **namaḥ - Sahasrāra** (top of the head) **Namaḥ** -‘Salutations’ can be divided into **na** –‘Not’, **maḥ** -‘I’ and is an ego-negating mantra.

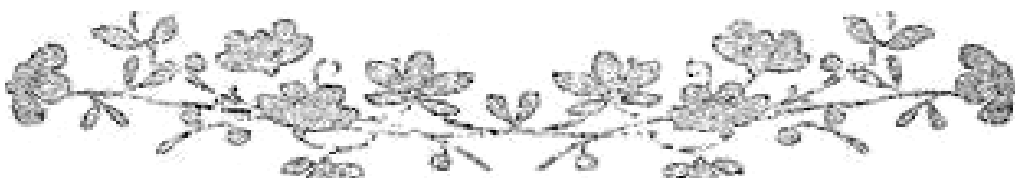
So **namo** and **namaḥ** suck in the Superego and Ego allowing the **Kuṇḍalinī** to pass **Agya** and opening the **Brahma-randhra.** By recognizing **Shri Mataji**, which requires humility and surrender of our Ego, our **Kuṇḍalinī** pierces the **Brahma-randhra** and we experience Her Nature as the Silence, Peace and Bliss which follows the saying of the mantra.

The Short Form of the Mantra which **Shri Mataji** recommended for **Sahasrāra** takes the attention up through the Chakras once using the same correspondences:

**Om Twameva sākṣhāt Śhrī Nirmalā Devyai namo namaḥ**

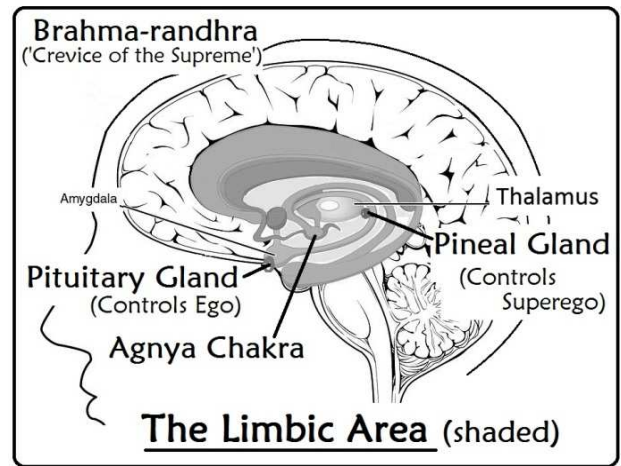
‘Try this: ‘Twamewa Sakshat Shri Nirmala Devi’ That’s all! To establish Me as **Nirmala Devi** is the point; **namo namaḥ.** Say it seven times.’

*London, 08-10-79*



## The Three Stages of Sahasrāra

‘Your first stage is Nirvichara. You become thoughtlessly aware. That happens when the Kundalini rises above the Agnya Chakra meaning enters into the Limbic Area (inside the brain -see pic), when your attention just touches 'Sat' point.



In the beginning you just feel the cool breeze in your hand. You feel peace and tranquility and also there is no thought. You feel the 'thoughtless awareness' but the Anand –‘bliss’ part is not yet felt at this first stage. I am very anxious always that it (the Kundalini) should come out of the Brahmrandhra.

In the second stage, you become Nirvikalpa - where there is no Vikalpa –‘Mental concepts’. At the Nirvikalpa state, the collective consciousness becomes subtler and subtler. You start understanding the working of the Kundalini. You have no doubts about Sahaja Yoga nor about Kundalini nor about anything else. There are no doubts at all... When you get into the Nirvikalpa state, the Ānanda starts settling in you. At that stage the 'Chitta' the consciousness becomes subtle. It is true that after Nirvikalpa, the Ganesha becomes really Jagrut -‘Awakened’. ..This is the Grace that you are just lost into it; like the Ganges flowing over you, you are completely drowned into it. Your consciousness becomes Ānand –‘nothing but joy’. This is the Reality. There is Chaitanya all around us, which thinks, which understands, organises and loves us.

Later on what you get is Valaya-‘Eternal circle’ into Ānanda. At that stage complete Self-realisation takes place. Beyond that there is God's Realisation. There are three stages to that also, but just now I have told about this 'Sat-Chit-Anand' state.’

**Sat-Chit-Anand, Delhi, 15-02-77**



**Om**

**Om** is the Primordial Reverberation which is the Foundation of Creation and gives rise to the whole Universe. It is the Āmen, the Word of St. John's Gospel and the integrated power of the Ādi Shakti –‘*Primordial Creative Energy*’. Its essence is expressed in Shri Ganesha at the Mūlādhāra Chakra and was incarnated as Lord Jesus Christ at Āgñyā Chakra.

One may start meditation by saying **Om** three or seven times, or continuously chanting it for a few minutes.

<b>Om</b> is composed of three syllables <b>A-U-M</b> which correspond to aspects of our Subtle System.			
<b>A</b>	<b>Shri Mahākālī</b> Power of Desire, Existence and Destruction <b>Bhakti –‘Devotion’</b>	Left Side <b>Idā Nādī</b> <b>Tamas –‘Darkness, ignorance’</b>	<b>Sat –‘Existence’</b> <b>Bhūr –‘Earth Realm’</b> <b>Vahni Mandala – ‘Region of Fire’</b>
<b>U</b>	<b>Shri Mahāsaraswatī</b> Power of Creation, Speech, Creativity <b>Kriya –‘Action’</b>	Right Side <b>Piṅgalā Nādī</b> <b>Rajas – ‘Passion, sky’</b>	<b>Chit –‘Consciousness’</b> <b>Bhuvah – ‘Atmospheric Realm’</b> <b>Sūrya Mandala – ‘Region of the Sun’</b>
<b>M</b>	<b>Śhrī Mahālakshmī</b> Power of Evolution, Sustenance, Peace. <b>Gñyāna –‘Knowledge’</b>	Central Channel <b>Sushumna Nādī</b> <b>Sattva –‘Truth, goodness’</b>	<b>Ānanda –‘Joy, bliss’</b> <b>Swar –‘Heaven’</b> <b>Chandra Mandala – ‘Region of the Moon’</b>

‘**Omkâr** is so important because it has got the three powers **ah – oo – mm**. These Three Primordial Syllables **A, U** and **M** represent the three powers of the Primordial Mother: **A** represents the Existence and Destructive power of **Mahākâlî**; **U** represents the Creative power of **Mahāsaraswatî**; **M** represents the Sustenance or Evolutionary power of **Mahālakshmî**. All three powers exist in this **Omkâra**.’ **BoAS. Ch.1. Creation**

'The Kundalini moves in three ways - **ah**, **ooh**, **muh**. In the lower portion it is the **ah**; in the centre portion it is the **ooh**; and here (top of head) it is the **muh**. We are divided in three ways - our upper part is **muh**, central part is **ooh** and the lower part is **ah**. That is how we are, and when you say **Om** in a proper way, you find the **Kundalini** rises.'

*Heart Chakra, London, 01-02-77*

## Pronunciation of Om

**O** is always long in Sanskrit and **Om** rhymes with 'home' but more closed; Indian pronunciation is generally more closed and lower in the throat than the western way of speaking. This closed o, where the lips pout in a circle like the French 'eau', is no longer used in English but exists in Northern dialects and Celtic languages. When we pronounce **Om** correctly the Kuṇḍalinī rises.

## Pronunciation of the name 'Gaṇeśha':

The **a** in **Gaṇeśha** is very short, like 'gun' in English but even shorter. The **ṇ** is cerebral - made with the tongue curled back and touching the top of the mouth. The **e** is long, as always in Sanskrit, and is the stress syllable of the name. **Śha** is soft made behind the front teeth and the **a** at the end is also short and closed.

So it sounds like 'g'ṇay-śh-uh'.

Like **Om**, the word **Gaṇeśha** starts in the throat and travels to the front of the mouth.



## The Mantra Form for the Chakras

'Mantras may take the form 'Om Twameva sākshāt (Shri Mâtâ) namo namah', so it will be short, as when saying the 108 names; or 'Om Twameva sākshāt (Shri Hamsa Chakra Swâminî) sākshāt Shri Mâtâjî Nirmalâ Devyai namo namah' and may be said three times, as when said for a particular **Chakra**'.

*Old Arlesford, UK, 17-05-80*

## The Mantra Form for the Chakras

In Sahaja Yoga, the mantras have a common form, and only the Name of the Deity to be worshipped (in italics, underlined) changes.

The mantra for **Śhrī Gaṇeśha** is:-

<b>Om Twameva sākshāt</b>	<i>Om, You are indeed</i>
<b><u>Śhrī Gaṇeśha</u> sākshāt</b>	<b><u>Shri Ganesha</u> incarnated</b>
<b>Śhrī Ādi Śhakti Mātājī</b>	<i>Primordial Creative Energy, Holy Mother</i>
<b>Śhrī Nirmalā Devyai</b>	<i>To You, O Immaculate Goddess</i>
<b>namo namaḥ</b>	<i>Salutations again and again</i>

## Short form of the mantra

When reciting a list of names of a Deity, for example in a Havan, a short form of the mantra can be used. The mantra for **Śhrī Durgā Mātā** would be:

**Om Twameva sākshāt Śhrī Durgā Mātā namo namaḥ**

## Other Mantras

Any blockages can be cleared by praising Shri Mataji as the **Swāminī** –‘Ruler’ of the particular **Chakra** or **Nadi**. For example, at **Āgñyā Chakra**, say the mantra to ‘**Śhrī Āgñyā Chakra Swāminī**’.

‘For Left Side you have to say **Mahakali** or **Ida Nadi Swamini**.’

*UK, 17-05-80.*

## When not to use 'Shri '

Names marked with an asterisk \* should not be preceded with 'Shri'. These are generally the names of Rakshasas or Demons, to whom we should not be appearing to give respect. So the mantra for:

\***Mahish'āsura ghātinī**.....' *The Slayer of the Buffalo Demon*' would be:

**Om Twameva sākshāt Mahish'āsura ghātinī sākshāt  
Śhrī Ādi Śhakti Mātājī Shri Nirmalā Devyai namo namaḥ**



## ◉ Mantras for the Chakras ◉

*The meanings of the names of Deities and Chakras are explained in the Glossary p.333.*

### Mūlādhāra Chakra

*Location: Pelvic Plexus – ‘middle of seat’. Hand: Base of palm.*

<b>Left and Centre</b>	<b>Right</b>
<p style="text-align: center;"><b>Om</b> – may be said three or seven times while taking the attention up through the Chakras</p> <p style="text-align: center;"><b>Gaṇeśha</b> - once or four times. May be said with right hand *on Mother Earth to clear Left Side</p>	<p style="text-align: center;"><b>Kārttikeya</b></p> <p style="text-align: center;"><i>With left hand *on Mother Earth and right hand towards Shri Mataji’s Photo.</i></p>
<p style="text-align: center;"><b>Om Gaṁ Gaṇapataye namaḥ</b> (x4) <i>Or may be said repeatedly for a minute or two.</i></p> <p style="text-align: center;"><b>Gaṇeśha Atharva Śhīrṣha</b> (p.41) <i>It is recommended to learn this praise by heart and recite it every day.</i></p> <p style="text-align: center;"><i>Gaṇeśha Gāyatrī:</i></p> <p style="text-align: center;"><b>Eka-dantāya vidmahe</b> <i>We seek the knowledge of the One-tusked God</i></p> <p style="text-align: center;"><b>Vakra-tuṇḍāya dhīmahi</b> <i>We meditate on the Deity with curled trunk</i></p> <p style="text-align: center;"><b>Tan-no Dantī prachodayāt</b> <i>May He bearing a tusk lead us ever upwards</i></p>	
<p style="text-align: center;"><b>Qualities:</b> Innocence, Purity, Humility, Auspiciousness, Chastity, Surrender to God, Enjoyment of simple life.</p>	<p style="text-align: center;"><b>Qualities:</b> Protection from evil forces. Fearless opposition to negativity. Refusal to sympathise with wrong-doers.</p>
<p style="text-align: center;"><b>Causes of Catch:</b> Over indulgence in sense pleasures, Bad habits, Vices, Cunning, ‘Attitude’, Hypocrisy.</p>	<p style="text-align: center;"><b>Causes of Catch:</b> Austerity, Not allowing oneself to enjoy simple pleasures of life, sympathizing with wrong-doers.</p>
<p style="text-align: center;"><b>Om... Laṁ (x4) Om</b></p> <p style="text-align: center;"><i>Bīja – ‘seed’ mantra. Quality of Mother Earth.</i></p>	
<p style="text-align: center;"><i>* If sitting in a chair let the arm hang down with the palm facing the Earth; Sit with the back straight so that Mūlādhāra Chakra is supporting the spine.</i></p>	

## Mūlādhāra – Sacrum

*Resting place of the Kuṇḍalinī.*

*Location: Sacrum Bone – base of spine. Hand: between thumb and outer mound.*

### Gaurī Mātā

### Kuṇḍalinī Mātā

*Combined: Kuṇḍalinī Gaurī Mātā or: Gaurī Kuṇḍalini Mātā*

**Qualities:** *One-pointed desire to know the Truth and become re-connected to the Supreme Spirit. Desire for purity and peace.*

**Causes of Catch:** *Insincere seeking, hypocritical purity.*

## Swādhiṣṭhāna Chakra

*Location: Edges of Void, top of legs, pubic bone. Hand: Thumb. Whole of legs and feet.*

*Note: Kuṇḍalinī rises first to Nābhī, then spreads through the Void to Swādhiṣṭhāna.*

<b>Left</b>	<b>Centre and Right</b>
<b>Gaṇeśha</b>	<b>Brahmadeva-Saraswatī</b>
<b>Nirmala Vidyā</b> <i>‘Pure Knowledge’</i> <b>Śhuddha Iccha</b> <i>‘Pure Desire’</i> <i>Both said with Right Hand pressing in at top of left leg</i>	<b>Nirmala Chitta - ‘Pure Attention’</b> <b>Himālaya Devatā</b> <i>(For other liver-cooling mantras see page 291)</i> <b>Chandramā</b> <i>‘the Moon’ – cooling whole Subtle System.</i> <i>These mantras may be said with the left hand on the liver (under ribs on right side) and right hand towards Shri Mataji’s Photo.</i>
<b>Qualities:</b> <i>Desire for, and knowledge of Purity. Disgust for anything ‘dirty’.</i>	<b>Qualities:</b> <i>Expressing love through action and creativity, pure and clear attention, auspicious thought and speech, good aesthetic judgement, ability to project into future, effective planning.</i>
<b>Cause of Catch:</b> <i>Interest in impure knowledge, occultism, possession, depression, indulgence.</i>	<b>Cause of Catch:</b> <i>Too much thinking and planning, over-use of Right Side, stressful creativity, angry or revengeful thoughts, too much heating food – fat, meat, spices.</i>

### Om... Vaṁ (x6) Om

*Bīja Mantra – quality of Fire/ Shri Saraswatī*

## Nābhī Chakra (Manipūra)

*Nābhī –‘navel’, Manipūra –‘place of the Gem’*

*Location: Behind the Navel. Hand: Middle finger.*

<b>Left</b>	<b>Centre</b>	<b>Right</b>
<p><b>Gṛuha Lakṣhmī</b></p> <p><i>Note: A catch here can be the cause of Allergies.</i></p>	<p><b>Lakṣhmī-Viṣṇu</b> <b>Lakṣhmī-Nārāyaṇa</b></p> <p><i>May be said with the right hand on the navel.</i></p>	<p><b>Rāja Lakṣhmī</b> <b>Śheṣha-Lakṣhmana</b> <b>Hazrat Āli-Fatimā</b></p>
<p><b>Qualities:</b> Generous, Calm, Feeling supported and nourished, Treating husband/wife as Divine</p>	<p><b>Qualities:</b> Peaceful, surrendered, satisfied, seeking the highest truth, Sattvik diet (fresh foods)</p>	<p><b>Qualities:</b> Serene, royal dignity, equanimity in face of good and bad events, unselfishness</p>
<p><b>Cause of Catch:</b> Worrying, Money or marriage problems, Lack of support, Tamasic food (tinned/old/frozen/fermented)</p>	<p><b>Cause of Catch:</b> Wrong seeking, ‘unrighteous’ lifestyle or habits, wrong livelihood, bad diet –no fresh food.</p>	<p><b>Cause of Catch:</b> Hectic lifestyle, undignified behavior, reacting angrily, selfishness, too much meat/spicy foods.</p>
<p><b>Om... Raṁ (x10)... Om</b></p> <p><i>Bija Mantra: quality of Water / Shri Lakshmi</i></p>		

## Bhava-sāgara – Void.

*Location: Whole abdomen. Hand: Top of palm.*

### Ādi Guru Dattātreya

### Bhava-sāgara-tārinī

*‘Carrying us across the Ocean of Worldly Illusion’*

#### Guru Mantra (p.34)-three times

*May be said with the right hand on the left side of the abdomen.*

*The names of the ten **Ādi Gurus** (p.106) may be taken in the mantra form.*

**Qualities:** Dharma (righteousness), deep and well-grounded personality, self-mastery, devotion to God and the Truth.

**Causes of Catch:** False gurus, wrong teachings, drugs, alcohol, adharmic (unrighteous) behavior or relationships

## Heart Chakra (Anāhata)

*Location:* Behind the Sternum. *Hand:* Little finger. Heart, lungs, inner workings.

<b>Left</b>	<b>Centre</b>	<b>Right</b>
<i>All may be said with the right hand on the Left Heart</i>	<i>All may be said with the right hand on the Sternum bone.</i>	<i>With the left hand on Right Heart</i>
<b>Śhiva-Pārvatī</b> <b>Ātmā-param'ātmā</b> <b>Śhiva-Śhakti-putra-Kārttikeya</b>	<b>Jagad-ambā</b> <b>Durgā Mātā</b> Combined as: <b>Jagadambā-Durgā-mātā</b>	<b>Sītā-Rāma</b>
<b>Om namaḥ Śhivāya (x12)</b> <i>'Salutations to the Supreme Spirit'</i>	<b>Jaya *Jagad-ambe</b> + 'Jagadambe' twelve times Or: <b>Jagad-ambā (x12)</b> * <b>Jagadambe</b> is vocative –'O Mother of the World'	<b>'Raghupati Raghava'</b> (page 35)
<b>Mai<sup>ñ</sup> Ātmā hūm (Hindi)</b> <i>'I am the Spirit'</i> Used by Shri Mataji in public programs.	(Same as above)	<b>Śhrī Rām, Jay Rām, Jay jay Rām.</b>
<b>'Mother, please come in my Heart'</b> (page 34)	<b>Psalm 23</b> (Page 35)	
<b>Qualities:</b> Love, compassion, detachment, meditative state, the Spirit, Bhakti–'devotion'	<b>Qualities:</b> Confident, protected, elevated attention, kind and loving,	<b>Qualities:</b> Dutiful, respectful to elders, nobility, unselfishness
<b>Cause of Catch:</b> Too much work/study/ worry, egotism, bad relationship with mother.	<b>Cause of Catch:</b> Insecurity, bad family background, violence, lack of faith in God.	<b>Cause of Catch:</b> Bad relationship with father, irresponsibility, over-responsibility.
<b>Om... Yam (x12)...Om</b> <i>Bija Mantra: quality of Air / Shri Shiva</i>		

<b>Lalitā Chakra</b>	<b>Śhrī Chakra</b>
<i>Location:</i> Inside left shoulder.	<i>Location:</i> Inside right shoulder.
<b>Lalitā Chakra Swāminī</b> <i>Right hand on front of left shoulder.</i>	<b>Śhrī-Chakra Swāminī</b> <i>Left hand on front of right shoulder.</i>
<b>Qualities:</b> Power of whole Left Side	<b>Qualities:</b> Power of whole Right Side
<b>Causes of Catch:</b> Weakened Left Side, exposing shoulder	<b>Causes of Catch:</b> Weakened Right Side, exposing shoulder

## Viśhuddhi Chakra

*Location:* Base of neck. *Hand:* Fore-finger. Shoulders, face, arms and hands.

<b>Left</b>	<b>Centre</b>	<b>Right</b>
<p><b>Viṣṇumāyā</b></p> <p><i>May be said with the right hand on left side of neck with head leaning to the right</i></p>	<p><b>Rādhā-Kṛiṣṇa</b></p> <p><i>May be said with the right hand on the front of the neck.</i></p>	<p><b>Yaśhodā</b></p> <p><b>Viṭṭhala-Rukminī</b></p> <p><i>May be said with the left hand on right side of neck.</i></p>
<p><b>Sarva-mantra- -siddhi-vidhāyini</b></p> <p><i>'Fulfilling all mantras'</i></p> <p><b>Nirmala Virāt- -aṅganā</b></p>	<p><b>Allāh hu akbar</b></p> <p><i>Repeated 16 times with the fore-fingers in the ears and the head stretched back.</i></p> <p><b>Virāta-swarūpa</b></p> <p><i>'Having a vast cosmic form'</i></p>	
<p><b>Qualities:</b> Self-respect, Brother-sister relationship, chastity, desire for collectivity</p>	<p><b>Qualities:</b> Communication, collectivity, diplomacy, detached witness, clear thinking, Virāt-'cosmic form'</p>	<p><b>Qualities:</b> Respect for others, speaking sweetly, collectivity in action,</p>
<p><b>Cause of Catch:</b> Feeling guilty, unchaste relationships with brother/sister, loneliness, dressing badly.</p>	<p><b>Cause of Catch:</b> Wrong communication, smoking, improper clothing,</p>	<p><b>Cause of Catch:</b> Speaking harshly, anger, avoiding collectivity, talking too much, showing off.</p>

### Om... Haṁ (x16)... Om

*Blja Mantra: quality of Ether / Space / Shri Vishnu- Krishna*

## Hamsa Chakra

*Location:* Between eyebrows. *Hand:* Tip of fore-finger.

### Haṁsa Chakra Swāminī

*May be said with the tip of the right fore-finger placed between the eyebrows.*

*The breath control exercise **Prāṇayama** is good for **Hamsa**.*

**Qualities:** Discrimination, knowing ourselves, common sense, clear-sightedness,

**Cause of Catch:** Dry, dusty atmosphere, Self-delusion, Over-use of TV, computers, films, etc

## Āgñyā Chakra

*Location: Centre of head. Hand: Ring finger*

<b>Left (Superego)</b>	<b>Centre</b>	<b>Right (Ego)</b>
<p><b>Mahāvīra</b></p> <p><i>May be said with the head leaning back into the right hand.</i></p> <p><i>See 'Mantras for Back Agnya' p.271</i></p>	<p><b>Yeśhu-Māriyā</b> <b>Jesus Mary</b></p> <p><b>Mahāviṣṇu-</b> <b>-Mahālakṣhmī</b></p> <p><i>May be said with the right hand across the forehead.</i></p>	<p><b>Buddha</b></p> <p><b>Mahat-ahamkāra</b></p> <p><i>Left hand on the left forehead and temple.</i></p> <p><b>Buddha's mantras</b> <i>(p.36)</i></p>
<p><i>Back Āgñyā</i></p> <p><b>Mahā-gaṇeśha</b> <b>Mahā-bhairava</b></p> <p><i>'Evolved Powers of the Left Side'</i></p>	<p><b>The Lord's Prayer</b> <i>(p.36)</i></p> <p><i>May be said twice, once with right hand across forehead and head bowed; once with right hand on back of head leaning back.</i></p>	<p><i>Front Āgñyā</i></p> <p><b>Mahā-kārttikeya</b> <b>Mahā-hanumān</b></p> <p><i>'Evolved Powers of the Right Side'</i></p>
<p><b>Om Ham</b> (x16) <i>'I am'</i></p>	<p><b>Om Ham, Om Kṣham</b> (x16) <i>Bija mantras for Agnya Chakra</i></p>	<p><b>Om Kṣham</b> (x16) <i>'I forgive'</i></p>
<p><b>Aim Hrīm Klīm Chāmuṇḍāyai vicche namaḥ</b></p> <p><i>See page 271 for explanation and Bija Mantras for Śhrī Mahāganesha</i></p>		
<p><b>Qualities:</b> Good conditionings, memory, imagination, Karma</p>	<p><b>Qualities:</b> Good judgment, Surrender to God, self-sacrifice, Thoughtlessness, Penance, Renunciation, Humility.</p>	<p><b>Qualities:</b> Ability to plan, organise and act, Seeing greatness of others.</p>
<p><b>Cause of Catch:</b> <i>Disturbing images- 'sex and violence', Possession, Stress, Pressure from others, Self-pity.</i></p>	<p><b>Cause of Catch:</b> <i>Lack of forgiveness, Lack of humility, Hypocrisy, Egotism, Adulterous eyes.</i></p>	<p><b>Cause of Catch:</b> <i>Egoism, Self-aggrandisement, Revenge, Over-activity of Right Side, Lack of meditation</i></p>

## Ekādaśha Rudra

*See page 223 for Ekādaśha Rudra mantras*

*'Eleven Destructive Powers of Shri Shiva' wielded by Lord Jesus.*

*The seats of the Rudras are across the top of the Void and they manifest on the forehead.*

**Qualities:** *Divine protection from evil, forgiveness through genuine repentance.*

**Cause of Catch:** *False gurus, drugs, alcohol, fanaticism, wrong ideas, speaking against the Divine, sympathy for followers of false gurus,*

**Note:** *If the Rudras are catching one is open to accidents, diseases, etc.*

## Sahasrāra Chakra.

*Location:* Brain, top of head and above. *Hand:* Centre of Palm

### The Three Great Mantras (page 32)

**Kalki** - 'Destroyer of impurity', Tenth Incarnation of Shri Vishnu.

*Sahasrāra Mantra – the Last of the Three Great Mantras, three times:*

**Om Twameva sākṣhāt Śhrī Kalki sākṣhāt  
Śhrī Sahasrāra-swāminī Mokṣha-pradāyinī Mātājī  
Śhrī Nirmalā Devyai namo namaḥ**

*Shri Mataji referred to this last part as 'the Sahasrāra Mantra'.*

'At the Sahasrara you should say the mantra of Sahasrara thrice.' 18-11-79.

*The Short Mantra:*

**Om Twameva sākṣhāt Śhrī Nirmalā Devyai namo namaḥ (x3)**

*Followed by: Śhrī Nirmalā Devyai namo namaḥ (x3)*

*Om, You are indeed the Immaculate Goddess, Salutations to You again and again.*

**'Aum Twameva sakshat, Shri Nirmala Devyai namo namaḥ.**

*That's the biggest mantra, I tell you. That's the biggest mantra. Try it'  
Birthday Puja, Melbourne, 17-03-85.*

**Nirmalā** –'Immaculate, without impurity'

*'The Sahasrara has one mantra, that is **Nirmala**, meaning one should keep it clean, pure and immaculate.'* 05-05-82. Paris

**Nirvichārā** (thoughtless awareness)

**Nirvikalpā** (doubtless awareness)

**Nirānandā** (complete bliss)

} Three levels of Sahasrara

**Sadāśhiva** –'Eternal Supreme Spirit'

**Parabrahma** –'Formless Eternal Consciousness'

**Param-chaitanya** –'All-pervading Power of God's Love'

**Sarv'ānanda-mayī** –'Whose Nature is all bliss', central dot of Shri Chakra.

*Qualities:* Thoughtless awareness, connection to the Divine, blissful and cooling vibrations on Subtle System, intuitive grasp of Eternal Truth,

*Causes of Catch:* Lack of faith or belief in God, lack of faith in our own divinity, lack of recognition of Shri Mataji,

**Whole Left Side –Īḍā Nāḍī**

**Mahākālī–Bhairava**

Or: **Mahākālī–Bhairava–Michael**

*‘sākshāt’ may be placed between the names thus:*

**Mahākālī sākshāt Śhrī Bhairava (sākshāt Śhrī Michael)**

**Mahākālī–Bhadrakālī–Kālī–Kalki**

*‘Great, dark, auspicious, Destroyer of impurity’*

**Icchā Śhakti** – *‘Power of Desire’*

**Qualities:** *Happy, Loving, Nourishing and healing personality,  
Good memories, Emotional spontaneity,*

**Causes of Catch:** *Over-use of Right Side, Egotism, Indulgence, Depression, Bad memories, Tamasic diet (frozen, tinned, preserved, hybrid, old food)*

**Whole Right Side –Piṅgalā Nāḍī**

**Mahāsaraswatī–Hanumān**

Or: **Mahāsaraswatī–Hanumān–Gabriel**

*‘sākshāt’ may be placed between the names thus:*

**Mahāsaraswatī sākshāt Śhrī Hanumān (sākshāt Śhrī Gabriel)**

**Kriya Śhakti** – *‘Power of Action’*

**Qualities:** *Active, Dynamic, Effective thinking and planning,  
Good aesthetic judgement, Leadership, Steady attention,*

**Causes of Catch:** *Dominating, Egotistical, Over-use of creativity, Too much thinking and planning, Feeling that we are doing something, Heating diet (meat, fat, spices)*

**Whole Central Channel – Suṣhumna Nāḍī**

**Mahālakṣhmī–Gaṇeśha**

*‘sākshāt’ may be placed between the names thus:*

**Mahālakṣhmī sākshāt Śhrī Gaṇeśha**

**Gñyāna Śhakti** – *‘Power of Knowledge’*

**Qualities:** *Peaceful, Surrendered to the Divine Will, Goodness, Dharma (righteousness),  
Truth, Knowledge, Balance, Ascent,*

**Causes of Catch:** *Over-use of Left and Right Side, Unfulfilled desires and ambitions.*



## Mantras for special purposes

<b><i>Om Twameva sākshāt Śhrī ...</i></b>	
<b>Gaṇeśha</b> -‘Lord of Angels’	Removing obstacles, ensuring success, general protection.
<b>Ādi Bhūmī Devī</b> –‘Mother Earth’ <i>Said with both hands on the Mother Earth.</i>	Before shoe-beating and at the start of meditation.
<b>Anna Pūrṇā</b> –‘Complete Nourishment’ <b>Bhogya Lakṣhmī</b> –‘Goddess of food, wealth and enjoyment’	Dedicating and vibrating food before eating.
<b>Jala Devatā</b> –‘Lord of water’	Vibrating drink.
<b>Samudra Devatā</b> –‘Lord of the Ocean’	Invocation for footsoaking.
<b>Gaṇeśha</b> (x4) <b>Hanumāna</b> (x3)	Protection when starting a journey or other enterprise.
<b>Agni Devatā</b> –‘Lord of Fire’	Lighting Havans and fires.
<b>Śhākambharī Devī</b> – ‘Goddess who gives herbs and vegetables’	For gardens, horticulture and agriculture.
<b>Sunidra</b> –‘Good sleep’	For good sleep.
<b>Parjanya Devatā</b> –‘Lord of the Rain’	Rain.
<b>Dhanvantari</b> –‘the Physician of the Gods’ <i>Shri Mataji’s Photo of the same name is also used for healing.</i>	Healing and medicine. <i>Shrī Dhanvantari Photo</i>
<b>Gaṇeśha Atharva Śheerṣha</b> (p.41)	Removing obstacles to any enterprise or undertaking.







## The Affirmations

*When a Chakra has been damaged, the residing Deity recedes. Affirmations bring our attention to the relevant Divine attributes and invite Shri Mataji to restore the qualities of the Chakras, so that the Deity returns.*

### **Affirmations for the Left Side**

These are the affirmations used by Shri Mataji in Her public programs.

*(except Mulādhāra and Shrī Lalita Chakra)*

- Muladhara** Shri Mataji, I am the powerful innocence of a child. (x4)
- Swadhistan** Shri Mataji, please give me the pure knowledge. (x6)  
*With right hand pressed in where the left leg meets the body.*
- Nabhi/Void** Shri Mataji, I am my own master. (x10)  
*With right hand pressed in below the ribs on left side.*
- Heart** Shri Mataji, I am the Spirit. (x12)  
*With right hand on the Left Heart.*
- Vishuddhi** Shri Mataji, I am not guilty. (x16)  
As I am the Spirit, how can I be guilty?  
*With right hand squeezing the left side of the neck,  
head turned and leaning to the right.*
- Agnya -front** Shri Mataji, I forgive everyone. *(from the Heart)*  
*With head bowed into the right hand across the forehead.*
- back** Shri Mataji, if I have made any mistakes please forgive me.  
*With head leaning back into the right hand on back of head.*
- Sahasrara** Shri Mataji, please give me my Self-realisation. (x7)  
*With right hand stretched open and placed on the top of the head,  
Rotate the scalp over the skull clockwise seven times.*
- Lalitā Chakra** Shri Mataji, I am fortunate to be under  
(Whole Left Side) the protection of the Divine Mother.  
*With right hand on the front of the left shoulder*

Shri Mataji gave a more detailed meditation using affirmations for the Left Side at Shudy Camps, 18-06-88. See page 312.

## Affirmations for the Right Side

**Muladhara** Shri Mataji, verily You are the Killer of devils and demons.  
Shri Mataji, verily You destroy demonic tendencies in me.

**Swadhistan** Shri Mataji, I do nothing. Verily You are the Doer  
and You are the Enjoyer.

**Nabhi** Shri Mataji, verily You are the royal dignity in me.  
Shri Mataji, verily You solve my money and family worries  
and take care of my well-being.

**Void** Shri Mataji, verily You are my Guru, my Master.

**Heart** Shri Mataji verily You are the Responsibility in me.  
Shri Mataji, verily You are the Boundaries of Good Conduct  
and the Benevolence of a Good Father.

**Vishuddhi** Shri Mataji, verily You are the Sweet Countenance  
of my words and deeds.

**Agnya** Shri Mataji I forgive everyone and I forgive myself.  
Shri Mataji, by Your Grace, please keep me in Your Attention

**Sahasrara** Shri Mataji, verily You are the Victory over all the  
challenges to my ascent.

**Śhrī Chakra** Shri Mataji, verily You are the Holy Spirit.

*(Whole Right Side)* Shri Mataji, You do everything, I do nothing.

*The Affirmation relating to any personal identification, such as one's job.  
For example, for a teacher:*

Shri Mataji, verily You are the Teacher of all Teachers.

## Affirmations for the Central Channel

*The right hand may be placed on the relevant Chakra on the Central Channel, keeping the left hand towards Shri Mataji's Photo, while saying the affirmations. Say the affirmation at least three times.*

**Muladhara** Shri Mataji, by Your Grace, make me innocent.

Shri Mataji, by Your Grace, make me wise and humble.

Shri Mataji, by Your Grace, let me speak and act auspiciously.

Shri Mataji, by Your Grace, let me just be as I am.

**Swadhistan** Shri Mataji, by Your Grace, give me Pure Knowledge.

Shri Mataji, by Your Grace, give me the Pure Desire.

**Nabhi** Shri Mataji, by Your Grace, I am peaceful, satisfied and balanced.

Shri Mataji, I surrender everything at Your Lotus Feet.

Shri Mataji, nothing else matters except my spiritual ascent.

**Void** Shri Mataji, by Your Grace, make me my own guru,

make me my own master.

**Heart** Shri Mataji, by Your Grace, make me a confident and fearless person.

**Vishuddhi** Shri Mataji, by Your Grace, make me the Detached Witness;

Let me feel part and parcel of the whole.

**Hamṣa** Shri Mataji, by Your Grace, give me the Power of Discrimination.

**Agnya** Shri Mataji, by Your Grace, give me the Power to forgive others

and to forgive myself.

Shri Mataji, by Your Grace, grant me Humility.

**Sahasrara** Shri Mataji, by Your Grace, please establish my Self-realisation

and my Connection to the Divine.

Shri Mataji, by Your Grace, let me know

the Nirmala State of Absolute Purity.

Shri Mataji, by Your Grace, let me feel Your Lotus Feet

in my Sahasrāra.

## ◉ Short Prayers for the Chakras ◉

*which may be used in meditation and for clearing*

Mūlāḍhāra – Ganeśha Atharva Śheersha – page 41

Swādhiṣṭhāna- ◉ Gāyatrī Mantra ◉

**Om Bhūḥ, Om Bhuvaḥ, Om Swaḥ, Om Mahaḥ,  
Om Janaḥ, Om Tapaḥ, Om Satyam.  
(Om Bhūr-Bhuvah Swaḥ)\*  
Om Tat savitur varenyam, bhargo devasya dhīmahī,  
Dhiyo yo naḥ prachodayāt.  
Om āpo jyotī raso-‘mṛitam,  
Brahma bhūr bhuvah swar-om.**

*OM, You are the Seven Worlds, the seven realms of the Chakras;  
namely the Earth, the Atmosphere, the Heaven of the Gods,  
The World of Joyful Glory, the Collectivity of all living beings,  
The Sacred Fire of Renunciation and the Ultimate Reality.*

*OM, We meditate on that most excellent Shri Savitri,  
The glorious splendour of the Divine,  
May He stimulate and direct our attention.*

*OM, You are the waters, the light, the Nectar of Immortality,  
You are the Supreme Spirit, Earth, Sky, Heaven  
And the Primordial Sound OM itself.*



*This ancient mantra from the Ṛig Veda is said morning and evening by the ‘Twice-born’ when lighting the Sacred Fire. It invokes the Power of the Sun and is not recommended for people whose Right Side is already over-developed.*

Void

☪ Guru Mantra ☪

**Gurur Brahmā, Gurur Viṣṇuḥ, Gurur Devo Mah'eśhwarah**

*Our Guru is Shri Brahma, Vishnu, and the great Lord Shiva,*

**Gurur sākṣhāt Parabrahma, Śhrī Mātāji Nirmalā Mā**

*Our Guru is the Supreme Spirit incarnated as Shri Mataji Nirmala Devi,*

**Tasmai Śhrī Gurave namaḥ**

*Salutations to Her, our holy Guru.*

*May be said three times with the right hand on the left side of the abdomen*

Left Heart

☪ Shri Mataji's Prayer ☪

Mother, please come in my Heart,  
Let me clean my Heart so that You are there,  
Put Your Feet into my Heart,  
Let Your Feet be worshipped in my Heart,  
Let me not be in delusion,  
Take me away from illusions,  
Keep me in Reality,  
Take away the sheen of superficiality,  
Let me enjoy Your Feet in my Heart,  
Let me see Your Feet in my Heart.

*Chelsham Road, 5<sup>th</sup> Oct. 1984*

Centre Heart ☪ Jay Jagadambe Mata Bhavani ☪

**Jay. Jagad-ambe Mātā Bhavānī, Nirmalā Mātā Jagad-ambe**

*Victory to the Mother of the World and of All Existence,*

*Shri Mataji, Pure and Holy Mother of the Universe.*

**Jay. Jagad-ambe Pūrṇa Kadambe, Nirmalā Mātā Jagad-ambe**

*You are the Complete Fulfiller of our desires,*

*Shri Mataji, Pure and Holy Mother of the Universe.*

*May be sung three, six or more times with the right hand on the Centre Heart.*

Centre Heart

Psalm 23

*from the 'Psalms of David' in the Bible*

The Lord is my shepherd; I shall not want.  
He maketh me to lie down in green pastures,  
He leadeth me beside the still waters.  
He restoreth my soul.

He leadeth me in the paths of righteousness for His name's sake.  
Yea, though I walk through the Valley of the Shadow of Death,  
I will fear no evil, for Thou art with me,  
Thy Rod and Thy Staff, they comfort me.  
Thou preparest a table before me  
in the presence of mine enemies,

Thou anointest my head with oil, my cup runneth over.  
Surely goodness and mercy shall follow me all the days of my life  
and I will dwell in the House of the Lord for ever.

'All the beautiful blessings of His are described in the Psalm 23, isn't it, that's the 23rd Psalm. 'The Lord is my shepherd', is all described how He looks after you like a shepherd.'

*16-09-84, Italy.*

Right Heart

Raghupati Raghava

**Raghupati Rāghava Rājā Rām** } (x2) *O King Rama, Lord of the Raghu Dynasty,*  
**Patita-pāvana Sītā-Rām** } *Shri Sita Rama, Purifier of the wicked.*

**Sītā-Rām Jay Sītā-Rām** } (x2) *Victory to Shri Sita and Shri Rama,*  
**Bhaja pyare Tū Sītā-Rām** } *We worship You from the heart.*

**Īshwar Allah Tere Nām** *Ishwar and Allah are Your Names,*  
**Sab.ko sanmati de Bhagavān** *Give everyone wisdom, O Lord.*



## Agnya Chakra          ☪    The Lord's Prayer    ☪

Our Father, who art in Heaven, hallowed be Thy Name.  
Thy Kingdom come, Thy Will be done, on Earth as it is in Heaven.  
Give us this day our daily bread; and forgive us our trespasses,  
As we forgive those who trespass against us;  
And lead us not into temptation, but deliver us from evil;  
For Thine is the Kingdom, the Power and the Glory,  
For ever and ever, Amen.

‘The Lord’s Prayer is the mantra to open the Agnya Chakra.  
Everything that is said in the Lord’s Prayer is required to please Christ  
there to be awakened.’ *29-04-82, Rome*

‘Say thrice the Lord’s Prayer and the Kundalini rises up.’ *09-09-83, Rome*

*May be said once, thrice or twice, once for Front Agnya (Ego) with the head bowed  
and the right hand across the forehead, and once for Superego with the head back  
and the right hand on Back Agnya.*

### Glossary

**Hallowed** – ‘Kept holy’: **Trespass** – ‘Cross over boundaries’: **Deliver** – ‘Save’

*See page 215 for the Lord’s Prayer in Aramaic.*

## Right Agnya          ☪    Shri Buddha’s Mantras    ☪

<b>Buddham śharanam gacchami</b>	<i>I surrender myself to the Enlightened One</i>
<b>Dhammam śharanam gacchami</b>	<i>I take protection in Righteousness</i>
<b>Saṅgam śharanam gacchami</b>	<i>I seek refuge in the Collective</i>
<b>Nirmalam śharanam gacchami</b>	<i>I surrender completely at the Lotus Feet of Shrī Mataji Nirmala Devi</i>

## ☪ The Three Great Mantras ☪

### *The Three Mahā-mantras*

**Om Twameva sākṣhāt  
Śhrī Mahā-lakṣhmī  
Mahā-saraswatī Mahā-kālī  
Tri-guṇ'ātmikā  
Kuṇḍalinī sākṣhāt,  
Śhrī Ādi Śhakti Mātājī,  
Śhrī Nirmalā Devyai  
Namo namaḥ.**

*Om, You are the manifestation in person  
Of the Three Shaktis-‘Powers’  
Of the Three Channels and the  
Essence of the Three Qualities,  
The Pure Evolutionary Desire Incarnate.  
The Primordial Power, the Holy Mother,  
To You, Immaculate Goddess,  
Salutations again and again.*

**Om Twameva sākṣhāt  
Śhrī Kalki sākṣhāt,  
Śhrī Ādi Śhakti Mātājī,  
Śhrī Nirmalā Devyai  
Namo namaḥ.**

*Om, You are the Incarnation of the Lord  
On a white horse who destroys impurity,  
Primordial Creative Energy, Holy Mother,  
To You, of Untainted Divinity,  
Salutations again and again.*

**Om Twameva sākṣhāt  
Śhrī Kalki sākṣhāt,  
Śhrī Sahasrāra-swāminī  
Mokṣha-pradāyinī Mātājī,  
Śhrī Nirmalā Devyai  
Namo namaḥ.**

*Om, You are in reality  
The Final Incarnation of Śhrī Viṣṇu,  
The Ruler of the Thousand-petalled Lotus,  
The Giver of Liberation, the Holy Mother,  
Shri Mataji Nirmala Devi,  
Salutations to You again and again.*

**Śhrī Nirmalā Devyai namo namaḥ (x3) (optional)**

*Repeated 3 times when intoned or twice when sung in Raga Jay Javanti.*

## ☪ Three Short Mantras ☪

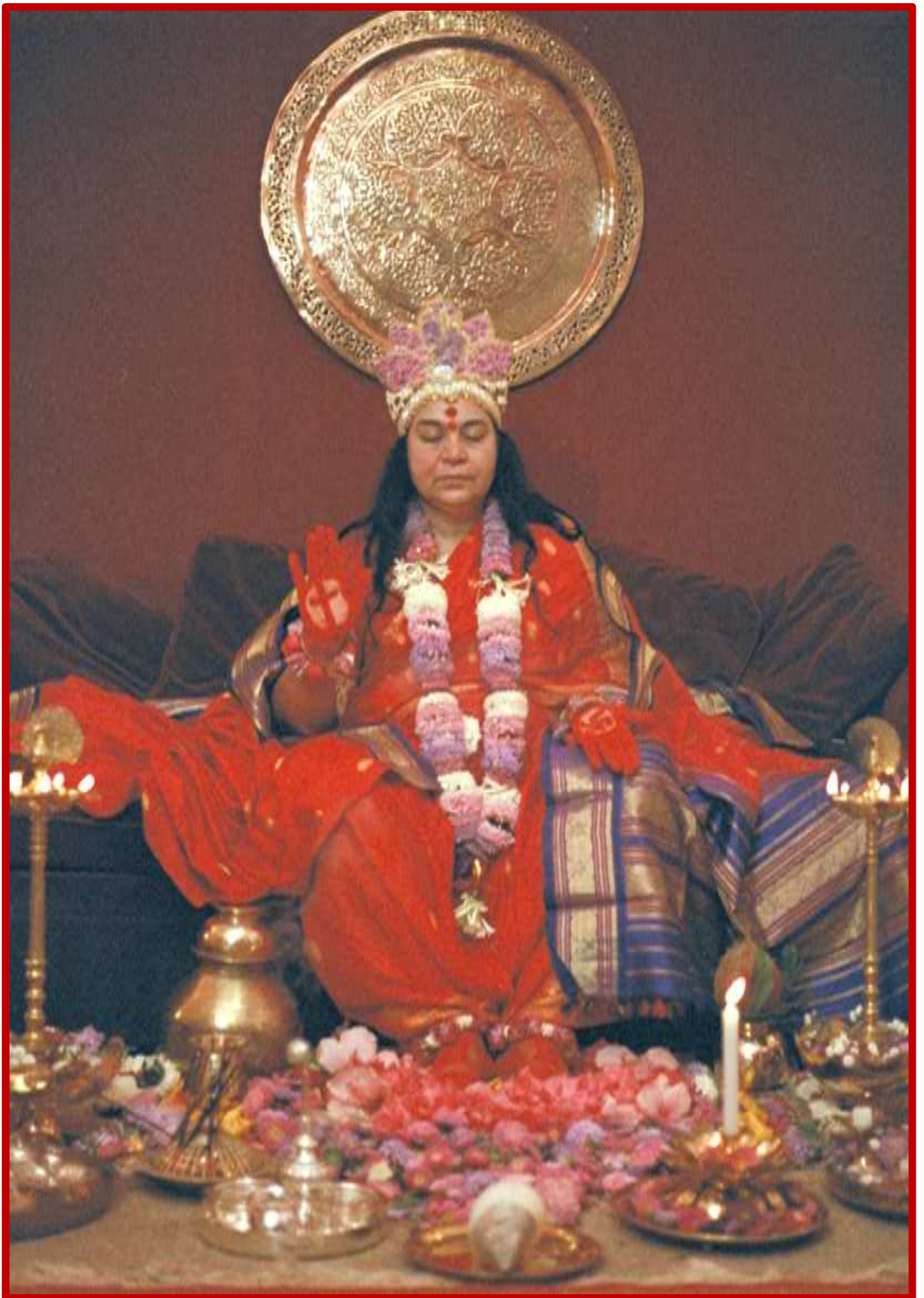
**Om Twameva sākṣhāt Śhrī Nirmalā Devyai namo namaḥ (x3)**

*Suggested by Shri Mataji for Sahasrāra Mantra. Sydney 1983.*

Shri Mataji's Aar.ti (Hindi)

<p>Sab.ko duā denā, Mā,          Sab.ko duā denā          Jay. Nirmalā Mātājī          Dil.me sadā reh.na, Ma,          Sab.ko duā denā</p>	<p>(x2) Give blessings to all, O Mother,          Give blessings to all,          Victory to Our Immaculate Holy Mother,          Always dwell in our hearts, O Mother,          Give blessings to all. (CHORUS)</p>
<p>Jag.me sañkaṭ. kāran.          Kit.ne liye avatār, Mā          Kit.ne liye avatār          Viśhwa me Terī mahimā          Tū Gangā Yamunā, Mā          Sab.ko duā denā</p>	<p>(x2) Whenever the world was in danger,          Mother, You have always incarnated,          On this Earth in different forms,          Your Greatness fills the Universe,          You are the sacred rivers Ganga and Yamuna,          O Mother, Give blessings to all.</p>
<p>Jo bhī śharan. me āyā          Sukh. hī milā us.ko, Mā          Sukh. hī milā us.ko          Bhaith. ke dil.me O Mā          Laut. ke nā jānā, Mā          Sab.ko duā denā</p>	<p>(x2) Whoever surrenders himself to You,          Gets complete satisfaction, O Mother,          Happiness truly comes to him.          Once You have entered our hearts,          Do not go away, O Mother,          Give blessings to all.</p>
<p>Mānav. me avatar ke          Kar. diyā ujiyārā, Mā          Kar. diyā ujiyārā          Kali yug. me māyā hai          Phir. bhī peh.chānā, Mā          Sab.ko duā denā</p>	<p>(x2) By incarnating in human form,          You have enlightened our lives, O Mother,          You are the lamp that brings light,          In spite of the illusions of Kali Yuga,          We have been able to recognize You,          O Mother, Give blessings to all.</p>
<p>Sant. jano kī dhartī          Hai Bhārat. Mātā, Mā          Hai Bhārat. Mātā          Is. dhar.tī par. ākar.*          Dukh. se dūr. karanā, Mā          Sab.ko duā denā</p>	<p>(x2) The land of all the saints,          Is Mother India. O Mother,          Is this Mother India,          As You have incarnated in this land,          Please take away our sorrows,          O Mother, give blessings to all.</p>
<p>Jab. dil. me āye tab.          Madhu sañgīt. sun.lo, Mā          Madhu sañgīt. sun.lo          Hoya sake jo sewā          Ham.se karā lenā, Mā          Sab.ko duā denā</p>	<p>(x2) Whenever we so wish,          We can listen to the sweet music inside,          O Mother,          Whatever service You wish us to do,          Kindly ask us to do it, O Mother,          Give blessings to all.</p>

\* Originally written āke, but now mostly sung ākar..



## ◉ The Mūlādhāra Chakra ◉



## ◉ Invocation to Shri Ganesha ◉

**Vakra-tunda mahākāya, sūrya-koti sama-prabha**

*O God with a curled trunk and a mighty body, shining like ten million suns,*

**Nirvighnam kuru me deva, sarva kāryeṣhu sarvadā**

*Make me free from obstacles, in every endeavour, everywhere.*

*The Photo on the previous page was taken at a Ganesha Puja in Sydney during Shri Mataji's first visit to Australia in 1979.*

# ॐ Ganesha Atharva Sheersha ॐ

*The Highest Praise of the Lord of Gaṇas*

**Om namaste Gaṇapataye**

*Om, Salutations to You, O Lord of the Gaṇas*

**Twameva pratyakṣham tattwam-asi**

*You are the Manifestation of the Divine Principle*

**Twameva kevalam kartā'si**

*You alone are the Doer and Creator*

**Twameva kevalam dhartā'si**

*You alone are the Supporter and the Sustainer*

**Twameva kevalam hartā'si**

*You alone are the Remover and Destroyer*

**Twameva sarvam khalv-idam Brahmāsi**

*You are everything even indeed the Formless Spirit*

**Twam sākṣhād-ātmāsi nityam**

*You constantly manifest the Spirit*

(1)

**Ṛitam vachmi, Satyam vachmi**

*I speak Divine Law, I speak the Truth*

(2)

**Ava twam mām**

*Protect Thou me*

**Ava vaktāram, Ava śhrotāram**

*Be propitious to the speaker and the listener*

**Ava dātāram, Ava dhātāram**

*Watch over the one who gives and the receiver*

**Av'ānūchānam-ava śhiṣhyam**

*Show favour to the learned scholar and the pupil*

**Ava paschāt-tāt, Ava puras-tāt**

*Protect from behind, Protect from the front*

**Av'ottarāt-tāt, Ava dakṣhiṇāt-tāt**

*Protect from the left side, Protect from the right side*

**Ava ch'ordhvāt-tāt Av'ādharāt-tāt**

*Protect from above, Protect from below*

**Sarvato mām pāhi-pāhi sam-antāt**

*From all directions guard and protect me constantly*

(3)



**Twam vāñg-mayas-twam chin-mayaḥ**

*You are the Spoken Word and Pure Consciousness*

**Twam ānanda-mayas-twam Brahma-mayaḥ**

*Joy is Your essence, Formless Spirit is Your Nature*

**Twam sach-chid-ānand'ādvitīyo-'si**

*You are Existence, Consciousness and Joy unequalled*

**Twam pratyakṣham Brahmāsi**

*You are the Supreme Spirit manifested*

**Twam gñyāna-mayo vigñyāna-mayo-'si**

(4)

*You are all Knowledge and Understanding*

**Sarvam jagad-idam twatto jāyate**

*This whole world is born from You*

**Sarvam jagad-idam twattas tiṣṭhati**

*This whole world is sustained by You*

**Sarvam jagad-idam twayi layam-eṣhyati**

*This whole world will dissolve in You*

**Sarvam jagad-idam twayi pratyeti**

*This whole world returns to You*

**Twam bhūmir āpō-'nalō-'nilo nabhaḥ**

*You are Earth, Water, Fire, Air and Ether (5 elements)*

**Twam chatvāri vāk-padāni**

(5)

*You are the Four Parts of Speech*

**Twam guṇa tray'ātīta, Twam deha tray'ātītaḥ**

*You are beyond the Three Attributes, You are beyond the Three Bodies*

**Twam kāla tray'ātītaḥ, Twam mūlādhāra sthito-'si nityam**

*You are beyond the Three Times, You are eternally stationed at Mooladhara*

**Twam śhakti tray'ātmakaḥ, Twām yogino dhyāyanti nityam**

*You are the Essence of the Three Śhaktis, On You Yogis meditate constantly*

**Twam Brahmā twam Viṣṇus-twam Rudras-twam**

*You are Lord Brahma, You are Shri Viṣṇu, You are Lord Śhiva*

**Indras-twam Agnis-twam Vāyus-twam**

*You are Shri Indra, You are the God of Fire, You are Lord of the Wind*

**Sūryas-twam Chandramās-twam**

*You are the Sun, You are the Moon*

**Brahma bhūr bhuvaḥ swar-om**

(6)

*The Supreme Spirit, Earth, Atmosphere, Heaven and Omkāra*

**Gaṇādim pūrvam uchchārya**

*Saying Gaṇas first letter (G) at the beginning*

**Vaṇādim tad-anantaram**

*The first letter of the alphabet (A) next*

**Anu-swāraḥ para-taraḥ**

*and the nasal sound (M) after that*

**Ardhendu lasitam, tāreṇa ṛiddham**

*The crescent resounding, completed with the Om*

**Etat-tava manu swa-rūpam**

*This is the true form of Your mantra*

**Gakāraḥ pūrva rūpam**

*'G' is the first form*

**Akāro madhyama rūpam**

*'A' is the middle form*

**Anuswāraśh ch'āntya rūpam**

*And 'M' is the last form*

**Bindur uttara rūpam**

*Bindu –'Dot' is the form above*

**Nādaḥ sandhānam, saṁhitā sandhiḥ**

*With the sounds united according to Sandhi*

**Saiśhā Gaṇeśha-vidyā, Gaṇaka ṛiṣhiḥ**

*Thus is the Knowledge of Shri Gaṇeśha, the Composing Seer is Gaṇaka*

**Nichṛid Gāyatrī chhandah**

*The Metre is a mixed Gāyatrī*

**Gaṇapatir devatā**

*The Presiding Deity is Shri Gaṇapati*

**Om Gam Gaṇapataye namaḥ**

*'Om Gam', Obeisance to the Lord of the Gaṇas*

(7)

**Eka-dantāya vidmahe**

*We seek the knowledge of the One-Tusked God*

**Vakra-tuṇḍāya dhīmahi**

*We meditate on the Lord with a Curved Trunk*

**Tanno dantī prachodayāt**

*May the God bearing a tusk stimulate us*

(8)



**Eka-dantam chatur-hastam, pāśham ankuśha dhāriṇam**

*One-tusked and four-handed, Wielding a noose and elephant goad*

**Radam cha varadam hastair bibhrāṇam**

*Bearing a broken tusk and blessings in the hands*

**Mūṣhaka dhvajam**

*Having a mouse as an emblem*

**Raktam, lambodaram, śhūrpa karṇakam**

*Red-coloured, with a big belly, and ears like winnowing fans*

**Rakta vāsasam, rakta gandh'ānu-liptāṅgam**

*Clothed in red, with fragrant red sandalwood paste anointing the body*

**Rakta puṣhpaiḥ su-pūjitam**

*Auspiciously worshipped with red flowers*

**Bhakt'ānu-kampinam devam, jagat kāraṇam achyutam**

*Divinely Compassionate to devotees, the Imperishable Origin of the World*

**Āvir-bhūtam cha sṛiṣṭy'ādau**

*And becoming manifest at the beginning of creation*

**Prakṛiteḥ puruṣhāt param**

*Being beyond the Ādi Śhakti and the Supreme Spirit*

**Evam dhyāyati yo nityam, sa yogī yoginām varaḥ** (9)

*Whoever meditates in this way constantly*

*that Yogi becomes the most excellent of Yogis*

**Namo vrāta-pataye, namo gaṇa-pataye**

*We bow to the Lord of Assemblies and Chief of Gaṇas*

**Namaḥ pramatha-pataye**

*Prostrations to the Leader of Lord Śhiva's followers*

**Namaste-'stu lambodarāy'aika-dantāya**

*Let there be obeisance to the Big-bellied, One-toothed*

**Vighna-nāśhine Śhiva-sutāya**

*Destroyer of Obstacles, the Son of Lord Śhiva*

**Śhrī varada-mūrtaye namo namaḥ** (10)

*To the Embodiment of the highest state of bleesedness*

*Salutations again and again*

**Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*Who is incarnated as Our Divine Mother*

*Shri Mataji Nirmala Devi; Salutations to You again and again*

## ☪ Aum - To the Divine Essence of the Prayer ☪

*A poetic adaptation of the Shrī Ganesha Atharva Shirsha*

Let our ears hear that which is true;  
Let our eyes see that which is pure;  
Let our beings praise that which is Divine;  
And let those who listen hear not my voice but the wisdom of God.  
Let us worship with the \*auspicious song,  
                    the appropriate strength, and the propitious knowledge,  
And let our meditation enlighten and enrich.  
Let there be amongst us compassion and peace. *Shānti Pātha*

Now the prayer:  
Salutation to Shrī Ganesha, sākshāt Shrī Jesus  
Sākshāt Shri Nirmalā Devyai namo namaḥ.

It is You who is the beginning of all the beginnings.  
It is You who is the doer of all deeds which have been done,  
  are being done, and will be done.  
It is You who supports all things that are supported.  
It is You who protects all things that are protected.  
It is You who is the complete,  
                    -pervading Spirit, God's Divine Energy. *Verse 1*

Think clearly brain; speak only the truth. *Verse 2*

Let Your presence, awakened in us by Kundalini, speak;  
Let Your presence, awakened in us by Kundalini, listen;  
Let Your presence, awakened in us by Kundalini, bless;  
Let Your presence, awakened in us by Kundalini, protect;  
Let Your presence, awakened by Kundalini in us,  
                                    Your disciples, be the disciple. *Verse 3*

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*\* This amendment to the line which originally ran ...'the same song, the same strength and the same knowledge' was suggested by Shri Mataji Herself.*

You are the essence of all the sacred literature and holy words,  
and You are the energy that understands the holy words.  
You are the Divine Combination of complete truth,  
complete happiness and complete energy; and You are beyond.  
You are all knowledge,  
and You are the use to which the knowledge is put.  
You exist until the end of all things,  
and after the end of all things You are.  
You create the end of all things,  
and after the end of all things, You remain indifferent. *Verse 4*

You are earth, You are water, You are fire,  
You are air, and You are the space above the air.  
You are the gunas and You are beyond the gunas.  
You are the body and You are beyond the body.  
You are the essence of time and You are beyond time.  
You and only You exist at the Muladhara Chakra.  
You are the Spirit and You are beyond the Spirit;  
and those who would join God meditate upon You. *Verse 5*

You are Brahma, Vishnu, Rudra; You are Indra, Agni, Vayu;  
You are the sun at noon, You are the full moon;  
Through all of these and more,  
You are the all-pervading energy of innocence and wisdom. *Verse 6*

You are the divine servant, who stoops to wash the feet of saints;  
You are the tiny core of all things,  
without which the larger have no purpose;  
You are the key to the libraries of all the scriptures,  
without which the truth is hidden;  
You are the full stop which completes the sentence,  
and without which the sentence loses its meaning.  
You are the crescent moon,  
You are the stars and You are beyond the stars;

All things, from tiny dot to Universe, are You.  
You are the future and beyond the future;  
You are in all forms;  
You are where the sounds combine;  
You are the silence between the sounds;  
You are the rhythm of all music and all prayers.  
This is the knowledge of Nirmal Ganesh, and You, Nirmal Ganesh,  
are the master of that knowledge, and all knowledge.  
You are the God and You are the Goddess.

**Aum Gam Nirmal Ganapataye**

*Verse 7*

To Your Powers, Shrī Ganesh, let all surrender;  
Let the Left Side of Memory and the Right Side of Action  
surrender to You  
And let Your Enlightenment prevail.

*Verse 8*

Your first tooth You have, and four hands:  
One holding a rope, the second a goad,  
The third is raised in blessing  
And the fourth offers sustenance.  
Your banner is that of a humble mouse.  
You have long ears and are clothed in red;  
Red decorates You and You are worshipped with red flowers.  
You have compassion for those who love You,  
And it is for those who love You that You come to this Earth.

You are the force that creates, the energy that pervades  
and the Spirit that protects.

Those who seek union with God pray through You;  
Those who seek union with God worship You.

**Aum Gam Nirmal Jesusye**

To Your powers, Shri Jesus, let all surrender;  
Let the left side of memory and the right side of action  
Surrender to You; and let Your enlightenment prevail.  
You are the Word that was the beginning;  
You are the Word that will be the ending.  
You are He who was born of a virgin, and died on the cross;  
You are He who absorbs all sins, and who died to live again;  
You are God in man, and You are worshipped with red flowers.

You have compassion for those who love You,  
and it is for those who love You that You come to this Earth.  
You are the force that creates, the energy that pervades  
and the Spirit that protects.  
Those who seek union with God pray through You;  
those who seek union with God worship You. *Verse 9*

Shri Ganesha, salutations to You.

Shri Jesus, salutations to You.

He who is the beginning of all worship, salutations to You.

He who destroys all the powers of evil, salutations to You.

Sākshāt son of Lord Shiva, who is unending blessings,  
salutations to You.

Sākshāt son of Mary Mātājī, who is unending love,  
salutations to You.

Sākshāt Shrī Mātājī Nirmalā Devī, who is unending joy,  
salutations to You. *Verse 10*

**Sākshāt Śhrī Ādi Śhakti Mātājī  
Śhrī Nirmalā Devyai namo namaḥ**

*'So the pure desire should be that: Shrī Ganesha, please give us  
Divine Wisdom. That's all. It contains everything within it'.*

*Śhrī Ganesha Puja, Cabella, 15-09-91*

## How to awaken

### ☺ Shri Ganesha's Power within you ☺

*Sit with the left hand towards Shrī Mataji's Photo  
and the right hand on the Mother Earth.*

#### **Prayer**

Shrī Ganesha, I am going to be worthy of Your attention.  
Please make me innocent, so that I am in Your attention.

Shrī Mother, You who are Shrī Ganesha,  
please give me wisdom and discrimination.

*Rome Ashram*

#### **Prayer**

Shrī Ganesha, please be kind and merciful and forgiving,  
that You manifest within ourselves.

Let all these hypocritical things,  
all these conditionings,  
and all these wrong ideas we have,  
or all the wrong life we have had,  
just disappear like thin air;  
and let the Beautiful Moonlight of Your Soothing  
Qualities of Innocence  
be manifested through us.

*Śhrī Ganesha Puja,  
Lanersbach, Austria, 26-08-90*

#### **Om Gam Gaṇapataye namaḥ**

*Amen, Gam, obeisance to the Lord of all groups and categories.*

## ॐ The 12 Names of Shri Ganesha ॐ

**Sumukhaśh-cha Ekadantaśh-cha, Kapilo Gaja-karṇakaḥ,  
Lambodaraśh-cha Vikato, Vighna-nāśho Gaṇ'ādhipaḥ,  
Dhūmra-ketur Gaṇ'ādhyakṣho, Bhāla-chandro Gaj'ānanaḥ.**

**Dwādaśhaitāni nāmāni, yaḥ pathet śhrīnu yādapi,  
*One who says or even listens to these twelve names*  
**Vidyā-rambhe vivāhe cha, praveśhe nirgame tathā,  
*At the beginning of learning, marriage, entering or exiting,*  
**Saṅgrāme saṅkaṭe ch'aiva, vighnas-tasya na jāyate.  
*In battle or at times of difficulty, faces no hurdle.*******

**Nirvighnam-astu . . .** *May it be obstacle-less*

**Om Twameva sākshāt Śhrī....** *You are...*

**Sumukha** . . . . . *Having a Handsome and Auspicious Face*  
**Ekadanta** . . . . . *One-tusked*  
**Kapila** . . . . . *Reddish-brown in colour*  
**Gaja-karnaka** . . . . . *With Ears like an Elephant*  
**Lambodara** . . . . . *Big-bellied*  
**Vikata** . . . . . *Huge*  
**Vighna-nāśha** . . . . . *The Destroyer of Obstacles*  
**Gaṇ'ādhipa** . . . . . *The Leader of the Ganas*  
**Dhūmra-ketu** . . . . . *Grey-bannered*  
**Gaṇ'ādhyakṣha** . . . . . *The Chief of the Ganas*  
**Bhāla-chandra** . . . . . *Sporting the Moon on the Forehead*  
**Gaj'ānana** . . . . . *Elephant-faced*

**Sākshāt Śhrī Ādi Śhakti Mātājī  
Śhrī Nirmalā Devyai namo namaḥ**

# ☪ The 108 Names of Shri Ganesha ☪

*Śhrī Vighneśhwara Aṣṭottara-śhata Nām'āvali*  
'The 108 Names of the Ruler of Obstacles'

**Om Twameva sākṣhāt Śhrī Gaṇeśha sākṣhāt**

**Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*O Holy Mother, Shri Mataji, You are indeed the Placer and Remover of Obstacles  
incarnated on this Earth. We humbly bow to You!*

<i>Om Twameva sākṣhāt Śhrī...</i>	<i>You are...</i>	
<b>Vināyaka</b> .....	<i>The Peerless Remover of Obstacles</i>	
<b>Vighna-rāja</b> .....	<i>The Ruler of Obstacles</i>	
<b>Gaurī-putra</b> .....	<i>The Son of Shri Gauri</i>	
<b>Gaṇ'eśhwara</b> ..... .....	<i>The Lord of the Ganas</i>	
<b>Skand'āgraja</b> .....	<i>The Elder Brother of Shri Kārtikeya</i>	5
<b>Avyaya</b> .....	<i>Inexhaustible</i>	
<b>Pūta</b> .....	<i>Pure</i>	
<b>Dakṣha</b> .....	<i>Skilful</i>	
<b>Adhyakṣha</b> .....	<i>Overseeing the Universe</i>	
<b>Dvija-priya</b> .....   .....	<i>Fond of the twice-born</i>	10
<b>Agni-garbhach-chhid</b> .....	<i>Destroying the Fire-bellied Demon</i>	
<b>Indra-śhrī-prada</b> .....	<i>Giving Power and Prosperity to Shri Indra</i>	
<b>Vāṇī-prada</b> .....	<i>The Bestower of Speech</i>	
<b>Avyaya</b> .....  .....	<i>Imperishable</i>	
<b>Sarva-siddhi-prada</b> .....	<i>The Bestower of All Fulfillment</i>	15
<b>Śharva-tanaya</b> .....	<i>The Son of Shri Shiva</i>	
<b>Śharvarī-priya</b> .....  .....	<i>Loved by Shri Pārvatī- Goddess of the Night</i>	
<b>Sarv'ātmaka</b> .....	<i>The Soul of All</i>	
<b>Sṛiṣṭi-kartā</b> .....	<i>The Creator</i>	
<b>Divya</b> .....	<i>Resplendent</i>	20
<b>Anek'ārchita</b> .....	<i>Worshipped by the Multitude</i>	
<b>Śhiva</b> .....  .....	<i>Auspicious and Benevolent</i>	
<b>Śhuddha</b> .....	<i>Pure</i>	
<b>Buddhi-priya</b> .....	<i>Fond of Intelligence</i>	



<b>Śhānta</b> .....	<i>Peaceful</i>	25
<b>Brahmachārī</b> .....	<i>Celibate</i>	
<b>Gaj'ānana</b> .....   .....	<i>Having a Face like an Elephant</i>	
<b>Dvai-mātreyā</b> .....	<i>Having Two Mothers - Shrī Gauri &amp; Shrī Pārvatī</i>	
<b>Muni-stutya</b> .....	<i>Praised by Sages</i>	
<b>Bhakta-vighna vināśhana</b>   .	<i>Destroying the Obstacles of Devotees</i>	30
<b>Ekadanta</b> .....	<i>He who has One Tusk</i>	
<b>Chatur-bāhu</b> .....	<i>Having Four Arms</i>	
<b>Chatura</b> .....	<i>Ingenious</i>	
<b>Śhakti-saṃyukta</b> .....   .....	<i>At One with the Source of Power</i>	
<b>Lambodara</b> .....	<i>Big-bellied</i>	35
<b>Śhūrpa-karṇa</b> .....	<i>Having Ears like Winnowing Fans</i>	
<b>Hari</b> .....	<i>Removing Illusions with lion-like courage</i>	
<b>Brahma-viduttama</b> .....  .....	<i>The Foremost Knower of the Supreme Spirit</i>	
<b>Kāla</b> .....	<i>The Embodiment of Time</i>	
<b>Graha-pati</b> .....	<i>The Lord of the Planets</i>	40
<b>Kāmī</b> .....	<i>Overflowing with Love</i>	
<b>Soma-sury'āgni-lochana</b>    ..	<i>Whose Eyes are the Moon, Sun and Fire</i>	
<b>Pāśh'ānkuśha dhara</b> .....	<i>Wielding the Noose and Elephant Goad</i>	
<b>Chhanda</b> .....	<i>Whose Will is to be obeyed</i>	
<b>Gun'ātīta</b> .....	<i>Beyond the Three Qualities</i>	45
<b>Nirañjana</b> ..... .....	<i>Without Blemish</i>	
<b>Akalmaṣha</b> .....	<i>Without Impurity</i>	
<b>Swayam-siddha</b> .....	<i>Self- Fulfilllledf</i>	
<b>Siddh'ārchita-pad'āmbuja</b>	<i>Whose Lotus Feet are worshipped by Sages</i>	
<b>Bījā-pūra-phal'āsakta</b> .....	<i>Fond of Pomegranates</i>	50
<b>Varada</b> .....	<i>The Bestower of Boons</i>	
<b>Śhāśhvata</b> .....	<i>Unchanging</i>	
<b>Kṛitī</b> .....  .....	<i>Endowed with Virtues and Skills</i>	
<b>Dvija-priya</b> .....	<i>Loved by Realised Souls</i>	
<b>Vīta-bhaya</b> .....	<i>Free from Fear</i>	55

<b>Gadī</b> .....	<i>Brandishing a Mace</i>	
<b>Chakrī</b> .....	<i>The Wielder of the Discus</i>	
<b>Ikṣhu-chāpa-dhṛit</b> .....    .....	<i>Holding a Sugarcane Bow, whose Flower Arrows of sense enjoyment ensnare us</i>	
<b>Śhrī-da</b> .....	<i>The Bestower of Auspiciousness and Prosperity</i>	
<b>Aja</b> .....	<i>Unborn</i>	60
<b>Utpala-kara</b> .....	<i>Holding a Blue Lotus Blossom</i>	
<b>Śhrī-pati</b> .....	<i>The Lord of Auspiciousness and Prosperity</i>	
<b>Stuti-harṣhita</b> .....   .....	<i>Rejoicing in Praise</i>	
<b>Kulādri-bhettā</b> .....	<i>The Splitter of the Mountain Ranges</i>	
<b>Jaṭila</b> .....	<i>Intricate</i>	65
<b>Kali-kalmaṣha nāśhana</b>    ...	<i>The Destroyer of Kali-yuga's impurity</i>	
<b>Chandra-chūḍāmaṇi</b> .....	<i>Wearing the Moon as a Crest Jewel</i>	
<b>Kānta</b> .....	<i>The Beloved</i>	
<b>Pāpa-hārī</b> .....	<i>The Destroyer of Sins</i>	
<b>Samāhita</b> .....   .....	<i>Perfectly Attentive</i>	70
<b>Āśhrīta</b> .....	<i>Our Refuge</i>	
<b>Śhrī-kara</b> .....	<i>Creating Auspiciousness and Prosperity</i>	
<b>Saumya</b> .....	<i>Gentle and Pleasing</i>	
<b>Bhakta-vāñchhita dāyaka</b>	<i>Granting the Desires of Devotees</i>	
<b>Śhanta</b> .....	<i>Serene and Gentle</i>	75
<b>Kaivalya sukha-da</b> .....	<i>The Bestower of Absolute Happiness</i>	
<b>Sach-chid-ānanda-vigraha</b>	<i>Whose Body is Truth, Awareness and Bliss</i>	
<b>Gñyānī</b> .....	<i>The Embodiment of Wisdom</i>	
<b>Dayā yuta</b> .....	<i>Full of Compassion</i>	
<b>Dānta</b> .....	<i>The Master of Self-control</i>	80
<b>Brahma-dveṣha-vivarjita</b>	<i>Free from any separation from the Supreme</i>	
* <b>Pramatta-daitya-bhaya-da</b> .	<i>Inspiring Fear in power-intoxicated demons</i>	
<b>Śhrī-kantha</b> .....	<i>Having a Beautiful Throat</i>	
<b>Vibudh'eśhwara</b> .....   .....	<i>The Lord of the Most Wise</i>	
<b>Rām'ārchita</b> .....	<i>Worshipped by Shri Rāma</i>	85

<b>Vidhi</b> .....	<i>The Controller of Destiny</i>	
<b>Nāga-rāja-</b>		
<b>-yagñy'opavītavān</b>    ..	<i>Invested with a Cobra as a Sacred Thread</i>	
<b>Sthūla-kaṇṭha</b> .....	<i>Having a Stout Neck</i>	
<b>Swayam-kartā</b> .....	<i>Independent in Action</i>	
<b>Sāma-ghoṣha priya</b> .....	<i>Fond of the Sound of Chanted Praise</i>	90
<b>Parah</b> .....  .....	<i>Beyond</i>	
<b>Sthūla-tuṇḍa</b> .....	<i>Having a Stout Trunk</i>	
<b>Agraṇī</b> .....	<i>The First-born</i>	
<b>Dhīra</b> .....	<i>Courageous</i>	
<b>Vāgīśha</b> .....	<i>The Lord of Speech</i>	95
<b>Siddhi-dāyaka</b> .....   .....	<i>The Bestower of Success</i>	
<b>Durvā-bilva-priya</b> .....	<i>Fond of Durva Grass and Bilva Fruit</i>	
<b>Avyakta-mūrti</b> .....	<i>The Manifestation of the Unmanifest</i>	
<b>Adbhuta-mūrtimān</b> .....  .....	<i>Of Wondrous Form</i>	
<b>Śhailendra tanuj'otsaṅga-</b>		
<b>-khelan'otsuka mānasa</b>	<i>Fond of playing with Your Mother Shri Pārvatī,</i>	
	<i>the Daughter of the Mountain King</i>	100
<b>Sva-lāvaṇya sudhā-sāra-</b>		
<b>-jita-manmatha-vigraha</b>	<i>A Vast Ocean of Ambrosial Beauty more</i>	
	<i>charming than the God of love</i>	
<b>Samasta jagad'ādhāra</b> .....	<i>The Supporter of all the Worlds</i>	
<b>Māyī</b> .....	<i>The Power of Illusion</i>	
<b>Mūṣhaka-vāhana</b> .....  .....	<i>Having a Mouse as Your Vehicle</i>	
<b>Hṛiṣṭa</b> .....	<i>Overjoyed</i>	105
<b>Tuṣṭa</b> .....	<i>The Embodiment of Contentment</i>	
<b>Prasann'ātmā</b> .....	<i>The Benign Spirit</i>	
<b>Sarva-siddhi pradāyaka</b>   ...	<i>Granting All Success and Self-realisation</i>	
<b>Mulādhāra chakra sthita</b> ..	<i>Stationed at the Muladhara Chakra</i>	
<b>Niṣh-kalaṅkatā dāyaka</b>    ..	<i>The Bestower of Purity and Innocence</i>	
<b>Śākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ</b>		

The symbols | and || indicate the ends of lines if one wishes to say this praise as a poem or song.

## ☪ 108 Invocations to Shri Ganesha ☪

*These invocations were first offered to Shri Mataji at Shri Ganesha  
Puja 1984, below the Matterhorn, Switzerland*

You are the one to be worshipped first.

*Obeisance to You again and again.*

You are the word that was in the beginning.

You are the Omkara.

You are the source of life.

You are the source of security. 5

You are worshipped with red flowers.

You are adored by yogis and yoginis.

You are the support of the root and the support of the fruit.

You are auspiciousness and the bestower of auspiciousness.

You are wisdom and the bestower of wisdom. 10

You are innocence and the bestower of innocence.

You make holy what evil had soiled.

You build anew what was destroyed.

You resurrect the innocence that was lost.

You are the Lord of chastity. 15

You are the bestower of the inner paradise.

You are the refuge of all.

You have compassion for Your devotees.

You are the giver of satisfaction and fulfillment.

You are the beloved son of Shrī Mahā-gauri. 20

You are the greatest pupil of Shrī Mahā-Saraswatī.

You are the guardian of Shrī Mahā-lakshmi.

You are listened to by Shrī Ādi Kundalini.

You are manifested in the four heads of Shrī Brahmadeva.

You are the foremost disciple of Shrī Shiva. 25

You are the glory of Shrī Mahā-vishnu.  
You are the bond of love between Shrī Rāma and His brothers.  
You lead the dance of Shrī Kṛishna's gopis.  
You are Jesus the Child and Christ the King.  
You fill the nets of Jesus' disciples. 30

You reside in all the Deities.  
You are the house of Yoga.  
You are the substance of the Ādi Guru.  
You become the Ādi.Guru to reveal Your Mother.  
You only know how to worship Your Mother. 35

You only know Your Mother.  
You are the joy of Your Mother.  
You live on the complete blessings of Your Mother.  
You live in the present, which is the presence of God.  
You are the foundation of the Sahaj collective - the sangha. 40

You are the body of Dharma.  
You are the essence of buddha (enlightened wisdom).  
You are sahaja.  
You are the primordial friend.  
You create the sphere of Sahaja Yoga. 45

You are the honesty of Sahaja Yoga.  
You are the eldest brother of the Sahaja Yogis.  
You bestow the Shakti of chastity upon the Sahaja Yogis.  
You are pleased by humility.  
You are pleased by simplicity. 50

You grant the knowledge of pure love.  
You grant the love of pure knowledge.  
You are beyond grasp.  
You are beyond temptations.  
You are beyond imagination. 55

You challenge, defeat and punish negativity.  
You watch the gates of hell.  
You open and close the gates of hell.  
That which is not within You is hell.  
You are the Lord of the Ganas. 60

You grant the subtlety of discretion.  
You remove all the obstacles.  
You bless the sanctity of the marriage union.  
You call on this Earth the realised souls.  
You are the dignity of eternal childhood. 65

You are the Lord of Mahārashtra.  
You are complete and perfect.  
You do not tolerate fanaticism, especially in Sahaja Yogis.  
You play and see the play.  
You are magnetic and fascinating. 70

You are the beloved one.  
You are the quality that makes love enchanting.  
You are the power of all bandhans.  
You are the saviour of our attention.  
You have a prominent belly expressing contentment. 75

You are fond of kusha grass, which is Mother Earth's green sari.  
You are fond of laddhus, because You are the essence of sweetness.  
You are fond of dancing for Your Mother's delight.  
You fan Your ears to make the chaitanya blow.  
You have one tusk to lift us out of samsara (the world). 80

You hold many weapons for the destruction of evil-doers.  
You are the guardian of the Sanctum Sanctorum.  
You shine like a thousand suns.  
You rule over a galaxy of lotuses.  
You bestow upon the seekers the power to become lotuses. 85

You are the remembrance of God within all seekers.

You sustain the hope for God during the quest.

You destroy the impurity of Kali-yuga.

You are the bestower of boons.

You are the bestower of absolute happiness. 90

You gave an infinitesimal fraction of Your power to Manmatha  
(the God of love) and he conquered the world.

You give to love its power of attraction.

You are the purity of love immaculate.

You are the love that soothes, nourishes and elevates to God.

You are the love by which we recognise God. 95

You are the vessel of sacred adoration.

You are lost in the Goddess' darshan.

You bring the yogi to the Goddess' darshan.

You grant the darshan of the form and the formless.

You grant the darshan of Shrī Nirmalā Ma and of Shrī Nirguna. 100

You are the master of protocol of Shri Ādi Shakti Nirmalā Devī.

You are the foremost knower of Shrī Ādi Shakti Nirmalā Devī.

You witness the awesome greatness of Shrī Ādi Shakti Nirmalā Devī.

You allow the Divine Mother to feel Her motherhood.

You allow the Divine Father to enjoy Her creation. 105

You allow the Sahaja Yogis to melt into You.

You are the owner of God as the child owns his mother.

You are fond of playing with Your Mother Shrī Nirmalā

in the snowy regions of Sahasrara.

**Sākṣhāt Śhrī Ādi Śhakti Mātājī  
Śhrī Nirmalā Devyai namo namaḥ**

## ☪ The 111 Names of Shri Ganesha ☪

### Om Śhri Gaṇeśhāya namaḥ!

Salutations to Shri Mataji Nirmala Devi in Her form as the Lord of All Categories  
and Master of all the Chakras.

*This set of names is a poem and may be recited or sung.*

*A single line | indicates the end of a line and a double line || is the end of the verse.*

**Note:** *If the next name begins with a vowel, the final a of the previous name will elide with it, eg. **Ameya-Amita vikrama** (names 11,12) becomes **Amey'āmita vikrama**.*

<b>Om Twameva sākṣhāt Śhri</b>	<i>You are:</i>	
<b>Vighneśha</b> .....	<i>The Supreme Lord of Obstacles</i>	
<b>Viśhva vadana</b> .....	<i>The First Manifestation of the Universe</i>	
<b>Viśhva chakṣhuḥ</b> .....	<i>The Eyes of the Universe</i>	
<b>Jagat prabhu</b>   .....	<i>The Lord of all that moves</i>	
<b>Hiraṇya rūpa</b> .....	<i>Having a Beautiful Golden Form</i>	5
<b>Sarv'ātmā</b> .....	<i>The Residing Spirit of Every Creature</i>	
<b>Gñyāna rūpa</b> .....	<i>Whose Form is Knowledge</i>	
<b>Jagan maya</b>    .....	<i>Containing the Whole World</i>	
<b>Ūrdhva retas</b> .....	<i>Living in Chastity</i>	
<b>Mahā bāhu</b> .....	<i>Having Long and Powerful Arms</i>	10
<b>Ameya</b> .....	<i>Immeasurable</i>	
<b>Amita vikrama</b>   .....	<i>Of Unlimited Strength and Valour</i>	
<b>Veda vedya</b> .....	<i>All Knowledge that is to be known</i>	
<b>Mahākāya</b> .....	<i>Having a Mighty Body</i>	
<b>Vidyā nidhi</b> .....	<i>The Storehouse of Knowledge</i>	15
<b>Anāmaya</b>    .....	<i>Without any ailments</i>	
<b>Sarva-gñya</b> .....	<i>All-knowing</i>	
<b>Sarva-ga</b> .....	<i>Omnipresent</i>	
<b>Śhānta</b> .....	<i>Whose Nature is Peace</i>	
<b>Gajāsya</b> .....	<i>Having an Elephants Face</i>	20
<b>Vigata jvara</b>   .....	<i>Free from Afflictions</i>	
<b>Viśhva mūrti</b> .....	<i>Whose Form is the Universe</i>	



<b>Amey'ātmā</b> .....	<i>Magnanimous</i>	
<b>Viśhv'ādhāra</b> .....	<i>The Foundation of the Universe</i>	
<b>Sanātana</b>    .....	<i>Ancient and Everlasting</i>	25
<b>Sāma-gāna priya</b> .....	<i>Fond of the chanting of Hymns and Praises</i>	
<b>Mantrī</b> .....	<i>The Wise Counsellor</i>	
<b>Sattv'ādhāra</b> .....	<i>The Support of Reality and the Central Channel</i>	
<b>Sur'ādhipa</b>   .....	<i>The Lord of the Devas</i>	
<b>Samasta sākṣhī</b> .....	<i>The Witness of the Whole Creation</i>	30
<b>Nir-dvaṇḍva</b> .....	<i>Free from all duality</i>	
<b>Nirlepa</b> .....	<i>Stainless</i>	
<b>Amogha vikrama</b>    .....	<i>Whose actions are always effective</i>	
<b>Niyata</b> .....	<i>Self-controlled</i>	
<b>Nirmala</b> .....	<i>Immaculately Pure</i>	35
<b>Puṇya</b> .....	<i>Auspiciousness</i>	
<b>Kāma-da</b> .....	<i>The Fulfiller of Desires</i>	
<b>Kānti-da</b> .....	<i>The Grantor of Affection</i>	
<b>Kavi</b>   .....	<i>The Poet</i>	
<b>Kāma rūpī</b> .....	<i>Whose form is Love</i>	40
<b>Kāma poṣhī</b> .....	<i>Nurturing the Pure Desire</i>	
<b>Kamal'ākṣha</b> .....	<i>Having Eyes like Lotuses</i>	
<b>Kalā dhara</b>    .....	<i>The Possessor of all the Arts</i>	
<b>Su-mukha</b> .....	<i>Having a Beautiful and Auspicious Face</i>	
<b>Śharma-da</b> .....	<i>The Giver of Happiness</i>	45
<b>Śhuddha</b> .....	<i>Pure</i>	
<b>Mūṣhak'ādhipa vāhana</b>  ...	<i>Having the Chief of Mice as a Vehicle</i>	
<b>Dīrgha tuṇḍa dhara</b> .....	<i>Possessing a Long Trunk</i>	
<b>Śhrīmān</b> .....	<i>The Embodiment of Well-being</i>	
<b>Ananta</b> .....	<i>Infinite and Eternal</i>	50
<b>Moha varjita</b>    .....	<i>Free from Illusions</i>	
<b>Vakra tuṇḍa</b> .....	<i>Having a Curled Trunk</i>	
<b>Śhūrpa karṇa</b> .....	<i>With Ears like Wincrowing Fans</i>	

<b>Pavana</b> .....	<i>The Divine Cool Breeze</i>	
<b>Pāvana</b> .....	<i>Holy and Purifying</i>	55
<b>Vara</b>   .....	<i>The Most Excellent</i>	
<b>Yogīśha</b> .....	<i>The Supreme Yogi</i>	
<b>Yogi vandy'āñghri</b> .....	<i>Whose Feet are worshipped by Yogis</i>	
<b>Umā suta</b> .....	<i>The Son of Shri Pārvatī</i>	
<b>Agh'āpaha</b>    .....	<i>The Eradicator of Evil</i>	60
<b>Eka-danta</b> .....	<i>One-tusked</i>	
<b>Mahā-grīva</b> .....	<i>Having a Mighty Neck</i>	
<b>Śharanya</b> .....	<i>The One to be surrendered to</i>	
<b>Siddhi sevita</b>   .....	<i>Endowed with All Success and Power</i>	
<b>Siddhi-da</b> .....	<i>Granting Self-realisation</i>	65
<b>Karuṇā sindhu</b> .....	<i>The Ocean of Compassion</i>	
<b>Bhagavān</b> .....	<i>The Lord of all Divine Qualities</i>	
<b>Bhavya vighraha</b>    .....	<i>Having a Beautiful Form</i>	
<b>Vikaṭa</b> .....	<i>Of Huge and Unusual Appearance</i>	
<b>Kapila</b> .....	<i>Reddish-brown coloured</i>	70
<b>Ḍhuṇḍhi</b> .....	<i>The Lord of all Quests</i>	
<b>Ugra</b> .....	<i>Fierce and Formidable</i>	
<b>Bhīma</b> .....	<i>Terrifying to evil-doers</i>	
<b>Hara</b> .....	<i>The Destroyer</i>	
<b>Śhubha</b>   .....	<i>Happy and Auspicious</i>	75
<b>Gaṇ'ādhyakṣha</b> .....	<i>The Overseer of the Ganas</i>	
<b>Gaṇ'ārādhyā</b> .....	<i>Worshipped by the Ganas</i>	
<b>Gaṇeśha</b> .....	<i>The Supreme Lord of the Ganas</i>	
<b>Gaṇa nāyaka</b>    .....	<i>The Controller of the Ganas</i>	
<b>Jyotiḥ swa-rūpa</b> .....	<i>Whose Form is Light</i>	80
<b>Bhūt'ātmā</b> .....	<i>The Spirit that resides in all creatures</i>	
<b>Dhūmra ketu</b> .....	<i>Smoke-bannered</i>	
<b>Anākūla</b>   .....	<i>Calm and Consistent</i>	
<b>Kumāra guru</b> .....	<i>The Preceptor of Shri Karttikeya</i>	

<b>Ānanda</b> .....	<i>The Supreme Bliss</i>	85
<b>Heramba</b> .....	<i>The Protector of the Meek</i>	
<b>Veda sam-stuta</b>    .....	<i>The One extolled in the Vedas</i>	
<b>Nāg'opavīti</b> .....	<i>Having a Snake as a Sacred Thread</i>	
<b>Dur-dharṣha</b> .....	<i>Unconquerable</i>	
<b>Bāla dūrv'āñkura priya</b>   .	<i>Fond of the young sprouts of Durva grass</i>	90
<b>Bhāla chandra</b> .....	<i>Sporting the Moon on the Forehead</i>	
<b>Viśhva dhātā</b> .....	<i>The Support of the Universe</i>	
<b>Śhiva putra</b> .....	<i>The Son of Lord Shiva</i>	
<b>Vināyaka</b>    .....	<i>The Peerless Remover of Obstacles</i>	
<b>Līl'āva-lambita vapu</b> .....	<i>The One on whose manifestation the whole cosmic drama depends</i>	95
<b>Pūrṇa</b> .....	<i>Complete</i>	
<b>Parama sundara</b>   .....	<i>Supremely Beautiful</i>	
<b>Vidyāndha kāra mārtaṇḍa</b>	<i>The Sun of Knowledge that dispels all darkness</i>	
<b>Vighn'āraṇya davānala</b>   ...	<i>The Fire that consumes forests of obstacles</i>	
<b>Sindūra vadana</b> .....	<i>Whose Face is adorned with Red Lead</i>	100
<b>Nitya</b> .....	<i>Constant and Eternal</i>	
<b>Vibhu</b> .....	<i>All-pervading</i>	
<b>Prathama pūjita</b>   .....	<i>Worshipped First</i>	
<b>Śharaṇya divya pādābja</b> ...	<i>The One at whose Divine Lotus Feet we surrender</i>	
<b>Bhakta mandāra bhūruha</b>	<i>Worshipped with white Mandara flowers</i>	105
<b>Ratna simh'āsan'āsīna</b> .....	<i>Seated on the jewelled Lion Throne</i>	
<b>Maṇi kuṇḍala maṇḍita</b>   ..	<i>Adorned with Pearl Earrings</i>	
<b>Bhakta kalyāṇa-da</b> .....	<i>The Giver of Prosperity to Your Devotees</i>	
<b>Ameya</b> .....	<i>Immeasurable</i>	
<b>Kalyāṇa guṇa saṁśhraya</b>	<i>The Refuge of those with Auspicious Qualities</i>	110
<b>Mahā-gaṇapati</b> .....	<i>The Highest Form of Innocence at Agñya Chakra</i>	

**Sākshāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*Who is incarnated on this Earth in person as Adi Shakti Shri Mataji Nirmala Devi*

*Salutations to You for ever and ever*



*Victory to Shrī Kārttikeya! The Glorious Son of Shrī Shiva,  
the Radiant Lord who destroys all negativity  
with His Spotless Brilliance!*

## ☪ The 108 Names of Shri Kārttikeya ☪

**Om Twameva sākṣhāt Śhrī Kārttikeya sākṣhāt  
Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*Holy Mother, Shri Mataji, You are the Heroic Destroyer of demons and devils  
in person before us, Salutations to You!*

<i>Om Twameva sākṣhāt Śhrī...</i>	<i>You are...</i>	
<b>Skanda</b> .....	<i>The Vanquisher of Mighty Foes</i>	
<b>Guha</b> .....	<i>Hidden and Beyond Comprehension</i>	
<b>Ṣhaṇ-mukha</b> .....	<i>The One with Six Faces</i>	
<b>Bhāla-netra-suta</b> .....	<i>The Son of the Three-eyed Śhrī Shiva</i>	
<b>Prabhu</b> .....	<i>The Lord Supreme</i>	5
<b>Piṅgala</b> .....	<i>Golden-hued</i>	
<b>Kṛittikā-sūnu</b> .....	<i>The Son of the six starry maids - Pleiades</i>	
<b>Śhikhi vāhana</b> .....	<i>The Rider on the Peacock</i>	
<b>Dwādaśha bhujā</b> .....	<i>The Lord with Twelve Arms</i>	
<b>Dwādaśha netra</b> .....	<i>The Lord with Twelve Eyes</i>	10
<b>Śhakti dhara</b> .....	<i>The Wielder of the Lance</i>	
* <b>Piśhitāśha prabhañjana</b>	<i>Annihilating the flesh-eating demons</i>	
* <b>Tarak'āsura saṁhārī</b> ..	<i>The Destroyer of Tarakasura</i>	
* <b>Rākṣho-bala vimardana</b>	<i>Crushing the powerful Asuric forces</i>	
<b>Matta</b> .....	<i>Excited with Joy</i>	15
<b>Pramatta</b> .....	<i>Intoxicated with Divine Wrath against evil</i>	
<b>Unmatta</b> .....	<i>Furious with demonic forces</i>	
<b>Sura-sainya surakṣhaka</b>	<i>The Faithful Guardian of the Army of the Devas</i>	
<b>Deva-senā pati</b> .....	<i>The Commander of the Divine Army</i>	
<b>Prāgñya</b> .....	<i>The Lord of Wisdom</i>	20
<b>Kṛipālu</b> .....	<i>Compassionate</i>	
<b>Bhakta vatsala</b> .....	<i>Loving Your Devotees like Your Own Children</i>	
<b>Umā-suta</b> .....	<i>The Son of Śhrī Pārvatī</i>	
<b>Śhakti dhara</b> .....	<i>The Support of the Kundalini</i>	
<b>Kumāra</b> .....	<i>The Eternally-youthful Lord</i>	25

<b>Krauncha dāraṇa</b>	<i>..... Rending asunder Mount Krauncha to destroy the demon Tarakasura hiding inside</i>	
<b>Senānī</b>	<i>..... The General of the Divine Army</i>	
<b>Agni-ja</b>	<i>..... Born of the Effulgent Fire</i>	
<b>Viśhākha</b>	<i>..... Controlling the fire-sign Vishaka (Libra/Scorpio)</i>	
<b>Śhaṅkar'ātmaja</b>	<i>..... The Son of Shrī Shiva</i>	30
<b>Śhiva-swāmī</b>	<i>..... The Master of Auspiciousness</i>	
<b>Gaṇa-swāmī</b>	<i>..... The Master of Shrī Shiva's Soldiers</i>	
<b>Sarva-swāmī</b>	<i>..... The Master of All</i>	
<b>Sanātana</b>	<i>..... The Eternal Lord</i>	
<b>Ananta-śhakti</b>	<i>..... The Lord of Unlimited Power (Shrī Shesha)</i>	35
<b>Akṣhobhya</b>	<i>..... Unperturbed</i>	
<b>Pārvatī-priya nandana</b>	<i>..... The Son of Shrī Shiva</i>	
<b>Gaṅgā suta</b>	<i>..... The Offspring of the Holy River Ganga</i>	
<b>Śhar'od-bhūta</b>	<i>..... Born in a reed-bed beside the River Ganga</i>	
<b>Pāvak'ātmaja</b>	<i>..... Born of Fire</i>	40
<b>Āhūta</b>	<i>..... The One invoked in ceremonies</i>	
<b>Agni-garbha</b>	<i>..... Conceived by Fire</i>	
<b>Śhamī-garbha</b>	<i>..... Nurtured in the sacred Shami Tree</i>	
<b>Viśhwa-retas</b>	<i>..... The Seed of the Universe</i>	
<b>Surāri-ghna</b>	<i>..... Destroying the enemies of the Devas</i>	45
<b>Harid-varṇa</b>	<i>..... Golden-yellow coloured</i>	
<b>Śhubha-kṛit</b>	<i>..... The Bringer of Auspiciousness and Good Fortune</i>	
<b>Vasu-mat</b>	<i>..... Beneficent</i>	
<b>Vaṭu-veśha-bhṛit</b>	<i>..... Having the appearance of a Boy</i>	
<b>Jṛimbha</b>	<i>..... Opening the Mouth to consume the demons</i>	50
<b>Pra-jṛimbha</b>	<i>..... Yawning widely to suck in the Rakshasas</i>	
<b>Uj-jṛimbha</b>	<i>..... Coming forth to destroy negativity</i>	
<b>Kamal'āsana samstuta</b>	<i>..... Praised with the Lotus-seated Shrī Brahmadeva</i>	
<b>Eka-varṇa</b>	<i>..... The 'One-syllabled' Om</i>	
<b>Dvi-varṇa</b>	<i>..... Having two manifestations as Matter and Spirit</i>	55
<b>Tri-varṇa</b>	<i>..... Of three aspects, Tamas, Rajas and Sattwa</i>	

<b>Su-manohara</b> .....	<i>Captivatingly Beautiful</i>	
<b>Chatur-varṇa</b> .....	<i>The Four Stages of Life as student, house-holder, forest-dweller and renunciant</i>	
<b>Pancha-varṇa</b> .....	<i>Manifesting as the Five Elements</i>	
<b>Prajāpati</b> .....	<i>The Lord of Creation</i>	60
<b>Pūṣhan</b> .....	<i>The Luminous Sun</i>	
<b>Gabhastī</b> .....	<i>Effulgent like the Sun</i>	
<b>Gahana</b> .....	<i>Of Unfathomable Nature</i>	
<b>Chandra varṇa</b> .....	<i>Radiant like the Moon</i>	
<b>Kalā-dhara</b> .....	<i>Skillful, Artistic &amp; wearing a Crescent Moon</i>	65
<b>Māyā-dhara</b> .....	<i>The Upholder of Illusion</i>	
<b>Mahā-māyī</b> .....	<i>The Divine Power of Illusion</i>	
<b>Kaivalya</b> .....	<i>The Liberation of One-ness with the Supreme</i>	
<b>Sahat-ātmaka</b> .....	<i>Whose Nature is Inner Strength</i>	
<b>Viśhwa-yoni</b> .....	<i>The Source of all Existence</i>	70
<b>Amey'ātmā</b> .....	<i>Magnanimous</i>	
<b>Tejo-nidhi</b> .....	<i>Abounding in Glory</i>	
<b>Anāmaya</b> .....	<i>The Curer of Illness</i>	
<b>Parameṣṭhī</b> .....	<i>The Highest Lord</i>	
<b>Guru</b> .....	<i>The Matchless Master</i>	75
<b>Parabrahma</b> .....	<i>The Supreme Transcendent Spirit</i>	
<b>Veda-garbha</b> .....	<i>The Source of Spiritual Knowledge</i>	
<b>Pulinda-kanyā-bhartā</b> .....	<i>The Protector of Valli, a Pulinda maiden</i>	
<b>Mahā-sāraswat'āvṛita</b> .....	<i>Abounding with the Mahā-saraswatī Power</i>	
<b>Āśhrit'ākhila-dātā</b> ....	<i>The Giver of Refuge to the Whole Universe</i>	80
<b>Chora-ghna</b> .....	<i>The Destroyer of Thieves</i>	
<b>Roga-nāśhaka</b> .....	<i>The Remover of Diseases</i>	
<b>Ananta-mūrti</b> .....	<i>He whose Form is Infinite</i>	
<b>Ānanda</b> .....	<i>Supremely Joy-giving</i>	
<b>Śhikhandi-kṛita ketana</b> .....	<i>The Lord of the Peacock Banner</i>	85
<b>Ḍambha</b> .....	<i>The Wielder of Indra's Thunderbolt</i>	
<b>Parama-Ḍambha</b> .....	<i>The Supreme Collector</i>	

<b>Mahā-ḍambha</b> . . . . .	<i>The Master of Great Weapons</i>	
<b>Vṛiṣhā-kapi</b> . . . . .	<i>In the Form of the 'man-ape' having the power of the Sun; one of the Ekadasha Rudras</i>	
<b>Kāraṇ'otpatti-deha</b> . . .	<i>The Cause of the Birth of the Body</i>	90
<b>Kāraṇ'ātīta vighraha</b> . . .	<i>Whose Body is beyond all causes</i>	
<b>Anīśhwara</b> . . . . .	<i>The God who has no superior</i>	
<b>Amṛuta</b> . . . . .	<i>The Nectar of Immortality</i>	
<b>Prāna</b> . . . . .	<i>The Breath of Life</i>	
<b>Prāna-dhara</b> . . . . .	<i>The Supporter of Life</i>	95
<b>Parāyaṇa</b> . . . . .	<i>The Final Refuge</i>	
<b>Viruddha hantā</b> . . . . .	<i>The Subjugator of Hostile Forces</i>	
<b>Vīra-ghna</b> . . . . .	<i>The Vanquisher of Heroic Demons</i>	
<b>Rakta-śhyāma gala</b> . . .	<i>Having a Dark Red Throat</i>	
<b>Loka-guru</b> . . . . .	<i>The Guru of the Universe</i>	100
<b>Su-piṅgala</b> . . . . .	<i>The Lustrous Golden Colour of the Right Channel</i>	
<b>Mahān</b> . . . . .	<i>The Consummation of Glory</i>	
<b>Subrahmaṇya</b> . . . . .	<i>Effulgent Radiance</i>	
<b>Guha priya</b> . . . . .	<i>Fond of Your Invincible Hidden Powers</i>	
<b>Brāhmaṇa</b> . . . . .	<i>The Serene Lord of Luminous Wisdom</i>	105
<b>Brāhmaṇa priya</b> . . . . .	<i>Fond of Realised Saints</i>	
<b>Sarv'eśhwara</b> . . . . .	<i>The Sovereign Lord Almighty</i>	
<b>Akṣhaya-phala prada</b> .	<i>The Bestower of Eternal Blessings</i>	
<b>Niṣkalaṅka</b> . . . . .	<i>Faultless brilliance - Shrī Kalki</i>	

**Sākshāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

**Gñyāneśhwara** –'Lord of Knowledge' (1275-1296 CE) (aka. Dñyāneśhwara / Gñyānadeva) **Shrī Kārtikeya** incarnated as the **Marathi** poet-saint **Gnyaneśhwara**. His **Guru** was His elder brother **Nivritti**, an aspect of **Śhrī Śhiva**; his younger brother, **Sopnadeva**, was an incarnation of **Shri Brahmadeva** and his sister, **Muktabai**, was an aspect of **Shri Vishnumāyā**. He wrote the '**Gnyaneśhwari**', a commentary on the **Bhagavad Gita**, at the age of sixteen and later the '**Amrut'anubhava**', both recommended by **Shri Mataji**. He took Samadhi in the Maharastrian village of **Alandi** at the age of twenty-one. (see: *Shrī Kārtikeya Puja, Mumbai, 21-12-96*)



## ☪ Shri Bhūmi Devī Vandana ☪

*Traditionally this shloka is offered to the Mother Earth on waking each morning.*

### **Samudra vasane Devi parvata-stana-maṇḍale**

*O Goddess, whose garments are the oceans,*

*O Globe, whose breasts are the mountains.*

### **Viṣṇu-patnim namas-tubhyam pāda-sparśham kṣhamaswa me**

*Obeisance to You, beloved wife of Shri Vishnu,*

*Forgive me for touching You with my feet.*

## ☪ Prayer to Shri Bhoomi Devi ☪

Upon You, Beloved Mother Earth, we stand at this the crossroads of man's destiny.  
Only through Your kind Love for Your children are we here now.

You have graciously sustained us thus far.

You have given us food, water, clothing and shelter.

O Beloved Mother Earth, with our heads bowed, we thank You;

And with our heads bowed, we come humbly to You,

Asking further sustenance and strength for the many long days ahead.

O Beloved Mother Earth, now that we have grown a little and stand firmer each day,  
We pray to You to help clear the way as we begin to march forward.

We long for the cleansing of all lands, so that upon You, Beloved Mother Earth,  
The righteous may return to their divine home. We hope to be many.

O Beloved Mother Earth, give us patience as we search for our brothers and sisters.  
Give us detachment from all distractions. Give us perseverance in our task.

O Beloved Mother Earth, most of all, help us, as Your seas cleanse the shores,  
To clean our hearts, so that we may desire only that which is right.

O Beloved Mother Earth, support us,

So that we may soon stand upon You in great numbers,

And invoke with one mighty voice, the Dance of Lord Shiva.

These things we most humbly pray.

**Bolo Shri Bhūmi Devī sākshāt Shri Ādi Śhakti Mataji Śhrī Nirmalā Devī Ki Jai!**

## ॐ 69 Names of Shri Kundalinī Śhakti ॐ

*From Guru Puja, London, 02-12-79 (Shri Mataji's Declaration)*

**Shri Mataji:** Now you pay attention to those Deities within your Kundalini. You can sit down and just pay attention. You know where they are; which are the Deities on what Chakras.'

**Note:** Names are in Dative Case for the Mantra **Om Twameva sākshāt Shri ..... namaḥ** as they were said at the Puja with Shri Mataji.

<b>Om Twameva sākshāt:</b>	<b>You are:</b>
1. <b>Śhrī Ganeśhāya namaḥ</b>	<i>The Power of Holiness and Innocence</i>
2. <b>Nirmalā Gaurī Kuṇḍalinī- -Mātre</b>	<i>The Shining Pure Desire of God</i>
3. <b>Saraswatī Brahmadevāya</b>	<i>The Powers of Speech, Thought and Arts</i>
4. <b>Hasrat Āli Fatimā Mātre</b>	<i>The Incarnations of Shri Brahmā and Shri Gruha-lakshmi</i>
5. <b>Ādi Guru Dattātreyāya</b>	<i>The Primordial Master, Son of Atri</i>
6. <b>Ābraham</b>	<i>The Ancestor of Judaism and Islam</i>
7. <b>Moses</b>	<i>The Great Law-giver, taken from the waters</i>
8. <b>Zaratustrāya</b>	<i>The Promulgator of Monotheism</i>
9. <b>Mohammed Sahibāya</b>	<i>The Prophet of Islam</i>
10. <b>Confuciusāya</b>	<i>The Teacher of Spirituality in Worldly Life</i>
11. <b>Lao Tzeāya</b>	<i>The Visionary of Tao –‘Spirit’</i>
12. <b>Sāi Nāthāya</b>	<i>The Unifier of Religions</i>
13. <b>Rājā Janakāya</b>	<i>The Father of Shri Sītā</i>
14. <b>Guru Nanakāya</b>	<i>The Prophet of Universal Brotherhood</i>
15. <b>Socrates</b>	<i>The Enquirer after Truth and Wisdom</i>
16. <b>Avadhūta Adhirathāya</b>	<i>The Detached Charioteer</i>
17. <b>Lakṣhmī Nārāyaṇāya</b>	<i>The Support and Refuge of Humanity</i>
18. <b>Viṣṇu Lakṣhmyai Śheṣhāya</b>	<i>The Foundations of Spiritual Life</i>
19. <b>Sūrya Chakra- -Swāminī Śhaktyai</b>	<i>The Heating Energy of the Right Side</i>

20.	<b>Chandra Chakra- -Swāminī Śhaktyai</b>	<i>The Cooling Bliss of the Left Side</i>
21.	<b>Gṛuha-lakṣhmī Śhakti Mātre</b>	<i>The Supporting Power of the Housewife</i>
22.	<b>Durgā Jagadambā Mātre</b>	<i>The Mother carrying us across this World</i>
23.	<b>Śhiva Pārvatī Mātre</b>	<i>Auspicious Bliss and Supreme Knowledge</i>
24.	<b>Karuṇā Rasa Sāgarāya</b>	<i>The Ocean of Compassion</i>
25.	<b>Dayā Sāgarāya</b>	<i>The Ocean of Mercy</i>
26.	<b>Kṣham'āśhrayiṇyai</b>	<i>The Abode of Forgiveness</i>
27.	<b>Atmā Paramātmane</b>	<i>The Individual and Universal Spirit</i>
28.	<b>Kṣhetra-gñyāya</b>	<i>The Spirit as the Knower of the Body</i>
29.	<b>Sītā Rāma Maryāda- -Puruṣh'ottamāya</b>	<i>The Highest Manifestation of Righteousness</i>
30.	<b>Viṣhṇu Granthi Vibhedinī- -Śhakti Mātre</b>	<i>Breaking through the Knot of Worldly Illusion</i>
31.	<b>Rādhā Kriṣhṇa- -Pūrṇ'āvatārāya</b>	<i>The Complete Incarnation of the Father</i>
32.	<b>Yaśhodā Rukminī Viṭṭhalāya</b>	<i>The Powers of Right Vishuddhi</i>
33.	<b>Viṣhṇu-māyāyai</b>	<i>The Pure Power of Left Vishuddhi</i>
34.	<b>Lalitā Chakra- -Swāminī Śhaktyai</b>	<i>The Concentrated Power of the Left Side</i>
35.	<b>Śhrī Chakra Swāminī- -Śhaktyai</b>	<i>The Activation of the Right Side</i>
36.	<b>Virātāya Virātaṅganāya</b>	<i>The Vast Cosmic Form and its Power</i>
37.	<b>Haṁsa Chakra Swāminī- -Śhaktyai</b>	<i>The Power of Discrimination</i>
38.	<b>Pranavāya</b>	<i>The Primordial Reverberation</i>
39.	<b>Omkārāya</b>	<i>The Sound that produces Creation</i>
40.	<b>Kārttikeyāya</b>	<i>The Commander of the Divine Forces</i>
41.	<b>Mahāgaṇeśhāya</b>	<i>The Evolved Power of Innocence</i>

42.	<b>Mahāvīrāya</b>	<i>The Great Warrior, ruling Superego</i>
43.	<b>Gautama Buddhāya</b>	<i>The Awakened Lord of the Ego</i>
44.	<b>Swa-prakāśhāya Mary Jesus</b>	<i>The Self-illuminated Incarnation of Shrī Ganesha and Mahālakshmi</i>
45.	<b>Mahākali Śhakti Bhairavāya</b>	<i>The Powers of the Left Side</i>
46.	<b>Mahā-śhaṅkarāya</b>	<i>Lord Shiva as the Bestower of the Greatest Well-being</i>
47.	<b>Mahā-saraswatī Śhakti- -Hanumantāya</b>	<i>The Powers of the Right Side</i>
48.	<b>Mahā-brahmadevāya</b>	<i>Giving the Highest Knowledge</i>
49.	<b>Mahā-gaṇapataye</b>	<i>The Supreme Lord of Angels</i>
50.	<b>Mahat-ahamkārāya</b>	<i>The Transcendent Identity of the Divine</i>
51.	<b>Mahālakṣhmī Śhakti- -Mahāviṣṇave</b>	<i>The Evolutionary Power</i>
52.	<b>Ekādeśhāya Śhakti Rudrāya</b>	<i>The Power of Correcting Evil Tendencies</i>
53.	<b>Rudra Granthi Vibhedinī – -Śhakti Mātre</b>	<i>Splitting the Final Knot of Illusion inside the head</i>
54.	<b>Chandra Maṇḍala- -Madhya-sthāya</b>	<i>Residing in the Orb of the Moon (Left Side - Superego)</i>
55.	<b>Bhānu Sūrya Maṇḍala- -Madhya-sthāya</b>	<i>Residing in the Orb of the Sun (Right Side – Supra-ego)</i>
56.	<b>Iḍā Nāḍī Swāminī Śhaktyai</b>	<i>Ruling the Left Channel</i>
57.	<b>Piṅgala Nāḍī Swāminī- -Śhaktyai</b>	<i>Ruling the Right Channel</i>
58.	<b>Suṣhumna Nāḍī Swāminī- -Śhaktyai</b>	<i>Controlling the Central Channel</i>
59.	<b>Sarva Iḍā Granthi- -Vibhedinī-Śhaktyai</b>	<i>Breaking all obstructions of the Left Side</i>
60.	<b>Sarva Piṅgala Nadi Granthi- -Vibhedinī Śhaktyai</b>	<i>Breaking all obstructions of the Right Side</i>
61.	<b>Sarva Sahasrāra Granthi- -Vibhedinī Śhaktyai</b>	<i>Splitting all knots preventing Sahasrāra Chakra from opening</i>

62.	<b>Sarva Suṣhumna Granthi- -Vibhedinī Śhaktyai</b>	<i>Piercing through all the difficulties of the Central Channel</i>
63.	<b>Sahasrāra Swāminī Mokṣha -Pradāyinī Niṣkalaṅkāya</b>	<i>The Immaculate Goddess who opens the Sahasrara and grants Liberation</i>
64.	<b>Mahāmāyā Mātājī- -Śhrī Nirmalā Devyai</b>	<i>Shri Mataji as the Incarnation of the Supreme Illusory Creative Power</i>
65.	<b>Ardha-bindu Śhakti Mātre</b>	<i>The Chakra above Sahasrara</i>
66.	<b>Bindu Śhakti Mātre</b>	<i>The Second Chakra above Sahasrara</i>
67.	<b>Valaya Śhakti Mātre</b>	<i>The Circle – the Unlimited All-pervading Consciousness, third level above Sahasrāra</i>
68.	<b>Sadāśhiva Ādi-Śhakti Mātre</b>	<i>Almighty and Eternal God and His Primordial Power</i>
69.	<b>Para-brahmane</b>	<i>The Supreme All-pervading Formless Consciousness.</i>
<b>Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ</b>		

This list of the Deities of the Chakras and Nadis as a set of names for use in Puja or Havan is a new addition to the Mantrabook.

It was offered at the historic Guru Puja in London where Shri Mataji made Her Declaration. It is assumed that the list was composed by Shri Mataji before the Puja but we do not have confirmation of that. Some names that She personally suggests after the list have been incorporated at what it is hoped are the appropriate places. The translations are an addition.

The names are in the Dative Case as they appear in the transcript of the Puja; some names which weren't, have been put into the Dative case for the sake of consistency apart from the non-Sanskrit names of the Adi Gurus.

In the original tape the names are said in the mantra:

**Om Twameva sākshāt Shri ..... namaḥ**

This would be suitable for use in a Havan where we use this mantra form followed by 'Om Swāhā'.

There are some different versions of the Chakras above Sahasrāra, but the one given here is the simplest and most commonly used by Shri Mataji.



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**Namāmi Śhāradām Devīm vīnā pustaka dhārinīm**  
*I bow to Shri Saraswatī, who bears the Veena and the Book of Knowledge.*

# ☪ The 21 Names of Shri Brahmadeva-Saraswatī ☪

*The 25 Tattwas – ‘Principles of Creation’ of the Samkhya Philosophy.*

<i>Om Twameva sākshāt Śhrī.....</i>	<i>You are...</i>
<b>Puruṣha</b> .....	<i>The Animating and Witnessing Supreme Spirit</i>
<b>Prakṛitī</b> .....	<i>Ādi Shakti – the Creative Power of Nature</i>
<b>Buddhi</b> .....	<i>The Faculty of Perception and Intelligence</i>
<b>Mahat'ahamkāra</b> .....	<i>The Great ‘I am’- Divine I-consciousness</i>
<b>Ahamkāra</b> .....	<i>Concept of Individuality</i> 5
<b>Chitta</b> .....	<i>Attention – the Power of the Right Side</i>
<b>Manas</b> .....	<i>Mind – the Power of the Left Side</i>
<b>Ākāśha-tattwa-swāminī</b>	<i>The Ruler of the Principle of Ether</i>
<b>Vāyu-tattwa-swāminī</b> .	<i>The Ruler of the Principle of Air</i>
<b>Tejas-tattwa-swāminī</b> .	<i>The Ruler of the Principle of Fire and Light</i> 10
<b>Āpa-tattwa-swāminī</b> ...	<i>The Ruler of the Principle of Water</i>
<b>Bhūmi-tattwa-swāminī</b>	<i>The Ruler of the Principle of Earth</i>
<b>Hiranya-garbha</b> .....	<i>The Golden Egg of Shri Brahma that gives birth to the Universe</i>
<b>Pañch'endriya</b> .....	<i>The Five Organs of Sense, Ears, Skin, Eyes, Tongue and Nose</i>
<b>Pañcha-karmendriya</b> ..	<i>The Five Organs of Action, Hands, Feet, Speech, Generation and Excretion</i> 15
<b>Pañcha-tan-mātrā</b> .....	<i>The Five Subtle Elements, Hearing, Touch, Sight, Taste, Smell</i>
<b>Pañcha-mahā-bhūtā</b> ...	<i>The Five Physical Elements, Ether, Air, Fire, Water, Earth</i>
<b>Triguṇ'ātmikā</b> .....	<i>Causing Creation to manifest in the Three Moods- <b>Tamas</b>-‘darkness’, <b>Rajas</b>-‘passion’ and <b>Sattva</b>-‘truth’</i>
<b>Viśhwa</b> .....	<i>Universal – the Soul in the Waking State</i>
<b>Taijas'ātmikā</b> .....	<i>Light – the Soul in the Dreaming State</i> 20
<b>Pragñy'ātmikā</b> .....	<i>Wisdom – the Soul in the Deep Sleep State</i>
<b>Turiya</b> .....	<i>The Fourth State of Consciousness – Pure Spirit</i>
<b>Sākshāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ</b>	

\* *The names have been reworked to include all the Principles of Creation*



## ◉ Shri Saraswatī Vandanā ◉

(Prayer to Shrī Saraswatī)

**Yā kundendu tuṣhāra hāra dhavalā**

*She who is adorned with a snow-white garland of Jasmine flowers*

**Yā śhubhra vastr'āvṛitā**

*She who is dressed in white*

**Yā vīnā vara daṇḍa maṇḍita karaḥ**

*She whose decorated hands hold a Veena, a scepter and grant boons;*

**Yā śhweta padm'āsanā**

*She who is seated in a white lotus;*

**Yā Brahm'āchyuta Śhañkara**

*She whom Shrī Brahma, Shrī Vishnu, Shrī Shiva*

**Prabhṛiti-bhir Devaiḥ sadā vanditā**

*And all the Deities eternally praise and worship;*

**Sā mām pātu Saraswatī Bhagawatī**

*May She, the Goddess Saraswatī with all Divine qualities, protect us,*

**Niḥ:śheṣha jāḍy'āpahā**

*And completely remove our ignorance.*

**Sākshāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*Who is incarnated in person as Our Holy Mother Shri Mataji*

### **The Divine Gift of Music**

Music is the gift of Shrī Saraswatī to humanity and was passed down to humanity by sage Narada and other ancient ṛishis.

**Johann Sebastian Bach** (1685-1750) and **George Frideric Handel** (1685-1759) took their birth in Germany in the same year. Bach's music has the quality of the Right Channel and his '48 Preludes and Fugues' helped to establish the basis of conventional western harmony. Handel's music activates the Left Channel with qualities such as Bhakti –'Devotion'. His great choral work 'The Messiah' is said to have been composed in only twenty-four days.

**Wolfgang Amadeus Mozart** (1756-1791) was an incarnation of Shrī Narada. Born in Salzburg, Austria, Mozart's music is full of the joy-giving qualities of the Central Channel. In his opera 'Die Zauberflote' -The Magic Flute, Tamino and Pamina express the qualities of Seekers of Truth and Sarastro (Zarathustra) epitomises the Ādi Guru.

## ॐ Gāyatri Mantra ॐ

**Om Bhūḥ, Om Bhuvah, Om Swah, Om Mahah**

*Om – You are the Earth, Atmosphere, Heaven and World of Joyful Glory*

**Om Janaḥ, Om Tapaḥ, Om Satyam, \*(Om Bhūr Bhuvah Swah)**

*Collectivity, Renunciation and Ultimate Reality.*

**Om tat-Savitur-varenyam, bhargo devasya dhīmahi**

*We meditate on the Divine Effulgence of the Excellent Shri Savitri*

**Dhiyo-yo'naḥ prachodayāt**

*May the One on whom we meditate direct and stimulate us*

**Om āpo jyoti-raso-'mṛutam**

*Om, You are the Waters, the Light and the Nectar of Immortality*

**Brahma bhūr-bhuvah swar'om**

*The Supreme Spirit, Earth, Sky, Heaven and Omkāra Itself.*

*\*This phrase is sometimes added; giving the first two lines 24 syllables, which is correct for a Gayatri verse.*

*The Gāyatrī Metre is considered one of the best poetic forms with which to address the Divine; it consists of three lines of eight syllables each.*

**Bhūr** –'Earth', **Bhuvah** –'Atmosphere' and **Swah** –'Heaven' are the 'Three Worlds' often referred to in praises.

This ancient hymn in praise of **Lord Savitri** –'the Impeller' is from the **Rig Veda** and may be at least ten thousand years old. He is the Personification of the Power of the Sun, and an aspect of **Shri Brahmadeva**. The **Gayatri Mantra** is recited morning and evening by the 'twice-born' Hindus at the lighting of the sacred fire.

This hymn addresses the elements of the **Piṅgalā Nādi**–'Right Side', and is helpful for those whose Right Side needs development but not recommended for those whose Right Side is already over-developed.

The Seven Worlds correspond with the Chakras: (1) **Bhūr** –'Earth', Mūlādhāra; (2) **Bhuvah** –'Sky' (thought), Swadhishtana'; (3) **Swah** –'Heaven' (peace), Nābhi, (4) **Mahar** –'Glory', Heart, (5) **Janaḥ** –'People', Vishuddhi, (6) **Tapas** –'Penance', Āgñyā and (7) **Satyam** –'Reality', Sahasrāra



**Om Twameva sākṣhāt Śhrī Brahmadeva sākṣhāt  
Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**  
*O Divine Mother, You are verily Shri Brahmadeva. Salutations to You!*

## ◉ The 6 Names of Hazrat Āli ◉

*Hazrat Ali, Muhammad's cousin and the first Muslim,  
was a full incarnation of Shrī Brahmadeva.*

**Om Twameva sākṣhāt Śhrī Hazrat-Āli sākṣhāt  
Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namaḥ**  
*Shri Mataji, You are indeed Shrī Hazrat-Ali incarnated.  
Salutations to You!*

**Bismillāh-ir-Rahmān-ir-Rahīm**  
*In the name of Allah the Beneficent, the Merciful*

**'Lā fata 'ilā 'Alī; lā sayf 'ilā Zūlfiqār'**  
*"There is no hero like Ali; there is no sword like Zulfiqar"  
Saying attributed to Prophet Mohammad*

*Om Twameva sākṣhāt Śhrī. You are...*

**Amīr al-Mu'minīn** . . . . *The Commander of the Faithful*  
**Abu Turāb** . . . . . *The Father of Soil\**  
**Asadullāh** . . . . . *The Lion of God*  
**Ḥaider-al-Karrār** . . . . *The Invincible Charging Lion*  
**Safdar** . . . . . *The Fighter*  
**Zūlfiqār-qabaḍ** . . . . . *Weilding the legendary two-pointed sword*

**Sākṣhāt Śhrī Ādi Śhakti Mātāji  
Śhrī Nirmalā Devyai namo namaḥ**

*\* A name given to Ali by Shrī Mohammad when he saw Him asleep covered with dust; also because of His lengthy prayers with the head bowed to the ground.*

*'Hazrat' is a title like 'Your Honour' or 'His Holiness' and literally means 'Presence'.  
The name Āli – meaning 'Exalted' - was given Him as a baby by Shri Mohammad.*

*See p.319 for the Arabic Pronunciation Guide.*

## The Incarnations of Śhrī Brahmadeva

### Hazrat-Ali (Ali ibn Abu Talib, 599-661CE)

A full incarnation of Śhrī Brahmadeva, **Ali** was a younger cousin of the Prophet **Mohammed** and was the first person to embrace **Islam** at the age of ten. He married the Prophet's daughter **Fatima**, an incarnation of Śhrī **Gruha-lakshmi**, and their sons **Hassan** and **Hussein** were incarnations of **Luv** and **Kush**.

**Ali** was unique in being born inside the **Kaaba** at **Mecca** – a compound built by **Abraham's** son **Ishmael**, the ancestor of the Arab race, to house the Black Stone, a **Śhiva Linga** mentioned in the **Puranas** as **Mekk'eśhwara Śhiva**. **Mohammad**, a friend of the family, gave the baby the name **Ali** –'Exalted'.

**Ali** was a man of great uprightness, moral and physical courage and generosity. Revered as 'Commander of the Faithful', he fought in every battle to establish **Islam** bar one, and was a mighty and courageous warrior and a great defender of the Prophet Himself.

After the death of **Mohammed** in 632, despite being the Prophet's chosen successor, **Ali** was considered too young to be **Caliph** –'leader' at 33. He devoted himself to a quiet life behind the scenes and twenty-four years later was finally elected Caliph, a title he held for only six years. However the succession debate caused Islam to split into **Shia** and **Sunni** factions, who are still killing each other today, each considering the others infidels.

**Ali** was assassinated as he prayed in the mosque at **Kufa** in **Iraq** where He had moved his base. The **Imam Ali** holy shrine, **Meshed Ali** –'the Tomb of Ali' is a mosque located nearby in **Najaf**. A great orator, poet and spiritual leader, **Ali** compiled a complete version of the **Qur'an** called the **Mus'haf**. **Ali's** own teachings were later recorded and collated in the **Shi'a** book **Nahj ai-Balagha** - 'Peak of Eloquence'. **Ali** is highly revered by **Sufis**. **Mohammed** said of him: 'I am the city of knowledge and **Ali** is its gate'. (see: *Nabhi/Void, Delhi, 07-02-81*)

### Sopanadeva (1277-1296 CE)

**Shrī Brahmadeva** also incarnated as the younger brother of **Gnyaneśhwara** (p.67). **Sopanadeva** was a man of action, often working to support the spiritual life of his brothers. The eldest brother and Guru **Nivritti-nāth** was an aspect of **Shrī Shiva**, and their younger sister **Muktabai** an aspect of **Shrī Vishnumaya**. **Sopanadeva** took his **Samādhi** soon after **Gnyaneśhwara** and **Muktabai**, at the age of nineteen. The **Sopanadeva** temple is by the river **Karhe** in **Saswad** near **Pune**. (see: *Shrī Fatima Puja, Switzerland, 14-08-88*)





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**Om Śhāntiḥ Śhāntiḥ Śhāntiḥ**

*Amen. Peace, peace, peace.*



## ☪ The 10 Names of Shri Lakshmi ☪

**Om Twameva sākṣhāt Śhrī Lakṣhmī sākṣhāt  
Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*Shri Mataji, You are Shri Lakshmi incarnated on this Earth. Salutations to You!*

**Om Twameva sākṣhāt Śhrī...**

*You are...*

<b>Ādyā Lakṣhmī</b>	<i>..... The Primordial Goddess, Adi Shakti</i>
<b>Vidyā Lakṣhmī</b>	<i>..... The Wealth of Knowledge</i>
<b>Saubhāgya Lakṣhmī</b>	<i>..... Auspicious Good Fortune</i>
<b>Amṛuta Lakṣhmī</b>	<i>..... The Divine Nectar of Immortality</i>
<b>Gṛuha Lakṣhmī</b>	<i>..... The Goddess of the Household</i>
<b>Rāja Lakṣhmī</b>	<i>..... The Welfare and Prosperity of a Kingdom</i>
<b>Satya Lakṣhmī</b>	<i>..... The Goddess who teaches the Truth</i>
<b>Bhogyā Lakṣhmī</b>	<i>..... The Goddess of Food, Wealth and Enjoyment</i>
<b>Yoga Lakṣhmī</b>	<i>..... The Spiritual Richness of Yoga</i>
<b>Mahālakṣhmī</b>	<i>..... The Power of Evolution and Ascent</i>

**Sākṣhāt Śhrī Ādi Śhakti Mātājī  
Śhrī Nirmalā Devyai namo namaḥ**

‘Now Mahālakshmi has eight aspects.

1. **Shri Ādyā Lakshmi** - means “Mahālakshmi” that’s the first one.
2. **Shri Vidyā Lakshmi** - **Vidyā** is the art of **Sahaja Yoga**, which you know. The rest is all **avidya** – ‘ignorance’. **Lakshmi** is the grace; awareness that is gracious. For **Left Swadhisthana** you know this is the Mantra.
3. **Shri Saubhāgya Lakshmi** - “**Saubhagya**” means “good fortune”. It’s only God who gives good fortune which is blissful.
4. **Shri Amruta Lakshmi** - means the thing that does not die. Now the wealth that does not die, is the Spirit.
5. **Shri Gruha Lakshmi** – you know that...



6. **Shri Satya Lakshmî** - She is the one who has given you awareness that you are the instrument of God and that He is working through you. (Second truth) is 'who are you?' You are the Spirit.

And the third truth is 'Who am I'?

And the fourth truth is 'Who is God'?

If they become your awareness, then you have got **Satya Lakshmi**.

7. **Śhrī Bhogya Lakshmî** - means "the one by which you enjoy". Only through the grace of **Bhogya Lakshmi**, you can enjoy that Ocean of Joy. When the Spirit is flowing, you get complete enjoyment.

8. **Shri Yoga Lakshmî** - the power which takes you to your grace, by which you go to **Yoga**, that's **Yoga Lakshmi**.

So these are the eight-fold paths by which one has to grace oneself.

May God give you that power.' *09-11-80, Diwali Puja, Hampstead*

**Shrī Lakshmī** is the Supporting and Sustaining power of the Mother Earth. She gives whatever is required for our enjoyment and nourishment if our desires are pure and auspicious.

The name **Lakshmī** can be separated into: **La**— Bija Mantra of Earth Element. **Ksham**— 'Forebearance, forgiveness,' **ī** - Central Channel; ie. 'The forbearing Mother Earth who gives us Spiritual Ascent'.

'Oh **Devi (Lakshmi)**! You are the only support of this World, because You are there as the Mother Earth and supporting the Universe as the Mother Earth. Because of Mother Earth, the Universe exists, because She, the Mother Earth was created out of the all the cosmos, the whole cosmos is supported by Mother Earth.'

*'Eighth Day of Navaratri', Pune, India, 18-10-88*

'(Some people are).. very particular about the ritual to be done properly. I said the brain should be all right, first of all. If you go on doing everything properly, doing this, do this.... First of all ego must go, otherwise what's the use?'

*07-04-81 Lakshmi Puja Sydney*

## ☪ The 108 Names of Shri Lakshmi ☪

**Om Twameva sākṣhāt Śhrī Lakṣhmī sākṣhāt  
Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*O Divine Mother Shri Mataji, You are verily Shri Lakshmi,  
giving all the blessings for our ascent. Salutations to You!*

*Om Twameva sākṣhāt Śhrī...*

*You are...*

<b>Ādyā Lakṣhmī</b>	<i>..... The Primordial Goddess of Prosperity and Well-being</i>	
<b>Vidyā Lakṣhmī</b>	<i>..... The Goddess who gives the Highest Knowledge</i>	
<b>Yoga Lakṣhmī</b>	<i>..... The Forebearing Mother who grants Union</i>	
<b>Gṛuha Lakṣhmī</b>	<i>..... The Welfare of the House-hold, the Ideal Housewife</i>	
<b>Rāja Lakṣhmī</b>	<i>..... The Prosperity and Well-being of a Kingdom</i>	5
<b>Amṛuta Lakṣhmī</b>	<i>..... The Immortal Goddess who showers Divine Bliss</i>	
<b>Satya Lakṣhmī</b>	<i>..... The Well-favoured Embodiment of Truth</i>	
<b>Bhogya Lakṣhmī</b>	<i>..... Giving Food, Wealth and Enjoyment</i>	
<b>Saubhāgya Lakṣhmī</b>	<i>..... The Abode of all Auspiciousness and Good Fortune</i>	
<b>Vijaya Lakṣhmī</b>	<i>..... The Triumphant Goddess</i>	10
<b>Gaja Lakṣhmī</b>	<i>..... The Goddess flanked by Elephants showering water</i>	
<b>Dhana Lakṣhmī</b>	<i>..... The Mother Earth of Great Riches and Treasures</i>	
<b>Aiśhwarya Lakṣhmī</b>	<i>..... The Goddess of Worldly and Spiritual Power</i>	
<b>Santāna Lakṣhmī</b>	<i>..... The Giver of Lineage and Offspring</i>	
<b>Bhāgya Lakṣhmī</b>	<i>..... The Grantor of Good Fortune</i>	15
<b>Dhānya Lakṣhmī</b>	<i>..... The Abundance of Grain</i>	
<b>Vīra Lakṣhmī</b>	<i>..... The Mother of the Courageous</i>	
<b>Mokṣha Lakṣhmī</b>	<i>..... The Power of Ascent to Liberation</i>	
<b>Mahālakṣhmī</b>	<i>..... The Evolutionary Power</i>	
<b>Sattvā</b>	<i>..... Truth, Reality and Goodness</i>	20
<b>Śhāntā</b>	<i>..... Peaceful</i>	
<b>Vyāpinī</b>	<i>..... Omnipresent</i>	
<b>Vyoma nilayā</b>	<i>..... Residing in the Sky</i>	
<b>Param'ānanda-rūpinī</b>	<i>Whose Form is Supreme Joy</i>	
<b>Nitya śhuddhā</b>	<i>..... Ever Pure</i>	25

<b>Nitya trikṣhā</b> .....	<i>Always Moving</i>	
<b>Nirvikārā</b> .....	<i>Without Attributes</i>	
<b>Dhyāna śhakti</b> .....	<i>The Power of Meditation</i>	
<b>Karṭri śhakti</b> .....	<i>The Power of Action</i>	
<b>Nirānandā</b> .....	<i>The Highest Bliss</i>	30
<b>Vimalā</b> .....	<i>Without Impurity</i>	
<b>Anantā</b> .....	<i>Infinite and Eternal</i>	
<b>Vaiṣṇavī</b> .....	<i>The Consort of Shrī Vishnu</i>	
<b>Sanātani</b> .....	<i>Ancient and Everlasting</i>	
<b>Nirāmayā</b> .....	<i>Untouched by Disease</i>	35
<b>Viśhw'ānandā</b> .....	<i>Filling the Universe with Joy</i>	
<b>Gñyāna-gñeyā</b> .....	<i>The Complete Awareness of Divine Knowledge</i>	
<b>Gñyāna-gamyā</b> .....	<i>Accessible through Divine Knowledge</i>	
<b>Nirmalā</b> .....	<i>Immaculate</i>	
<b>Swarūpā</b> .....	<i>Self-formed</i>	40
<b>Niṣkalanā</b> .....	<i>Of Unblemished Purity and Innocence</i>	
<b>Nirādhārā</b> .....	<i>Without Support as You support everything</i>	
<b>Nirāśhrayā</b> .....	<i>Without Shelter being the Shelter of the Whole World</i>	
<b>Nirvikalpā</b> .....	<i>Beyond all Mental Concepts</i>	
<b>Pāvani-karā</b> .....	<i>The Purifier</i>	45
<b>Aparimitā</b> .....	<i>Immeasurable</i>	
<b>Bhava-bhrānti-vināśhini</b>	<i>The Destroyer of Worldly Illusions</i>	
<b>Mahā-dhāmī</b> .....	<i>Dwelling in the Highest Abode</i>	
<b>Sthiti-vṛiddhir-bhav'āgati</b>	<i>Givings rise to Birth, Growth and Adulthood</i>	
<b>Īśhwarī</b> .....	<i>The Controller and Ruler of the Universe</i>	50
<b>Akṣhayā</b> .....	<i>Not Subject to Decay</i>	
<b>Aprameyā</b> .....	<i>Unfathomable</i>	
<b>Sukṣhma parā</b> .....	<i>Beyond even the Subtle</i>	
<b>Nirvāna dāyini</b> .....	<i>The Giver of Liberation</i>	
<b>Śhuddha vidyā</b> .....	<i>Pure Knowledge</i>	55

<b>Tuṣṭhā</b> .....	<i>Contentment</i>	
<b>Mahā-dhīrā</b> .....	<i>Great Valour</i>	
<b>Anugraha śhakti dharā</b> ....	<i>Showering the Divine Grace of the Kundalini</i>	
<b>Jagat-jyeṣṭhā</b> .....	<i>The Foremost in the Universe</i>	
<b>Brahmāṇḍa vāsinī</b> .....	<i>Clothed with the Universe</i>	60
<b>Ananta rūpā</b> .....	<i>Whose Forms are Infinite</i>	
<b>Ananta sambhavā</b> .....	<i>Eternally Existent</i>	
<b>Ananta-sthā</b> .....	<i>Permanent</i>	
<b>Mahā-śhakti</b> .....	<i>The Great Power</i>	
<b>Prāṇa śhakti</b> .....	<i>The Power of Life</i>	65
<b>Prāṇa dātrī</b> .....	<i>The Giver of the Life Force</i>	
<b>Mahā-samūhā</b> .....	<i>The Great Collectivity</i>	
<b>Sarv'ābhi-lāśhā pūrn'ecchā</b>	<i>The Fulfiller of all desires</i>	
<b>Śhabda pūrvā</b> .....	<i>The First Sound, Om</i>	
<b>Vyaktā</b> .....	<i>The One who manifests</i>	70
<b>Saṅkalpa siddhā</b> .....	<i>The Fulfiller of Earnest Desires</i>	
<b>Tattwa-garbhā</b> .....	<i>Giving Birth to the Principles of Creation</i>	
<b>Chit swarūpā</b> .....	<i>In the Form of Consciousness</i>	
<b>Mahāmāyā</b> .....	<i>The Supreme Power of Illusion</i>	
<b>Yogamāyā</b> .....	<i>The Power to give Union with God</i>	75
<b>Mahā-yog'īśhwarī</b> .....	<i>The Deity of the Greatest Yogis</i>	
<b>Yoga-siddhi dāyinī</b> .....	<i>The Giver of Success and Self-realisation</i>	
<b>Mahā-yog'eśhwara vṛitā</b> ...	<i>Chosen by the Great Lord of Yoga</i>	
<b>Yog'eśhwara priyā</b> .....	<i>Dear to Shri Kṛishna</i>	
<b>Brahm'endra-</b>		
<b>-rudra-namitā</b> ....	<i>Venerated by Shri Brahma, Indra and Shiva</i>	80
<b>Gaurī</b> .....	<i>Shri Pārvatī's Golden-hued form as the</i>	
	<i>Power of the Central Channel</i>	
<b>Viśhwa rūpā</b> .....	<i>Embodied as the Universe</i>	
<b>Viśhwa mātā</b> .....	<i>The Mother of the Universe</i>	
<b>Śhrī-vidyā</b> .....	<i>Divine Knowledge</i>	

<b>Mahā-nārāyanī</b> .....	<i>The Highest Refuge of Mankind</i>	85
<b>Piṅgalā</b> .....	<i>Golden-brown</i>	
<b>Viṣṇu vallabhā</b> .....	<i>The Beloved of Shri Vishnu</i>	
<b>Yoga-ratā</b> .....	<i>Enjoying the Bliss of Yoga</i>	
<b>Bhaktānām-pari-rakṣhinī</b>	<i>The Supreme Protectress of Devotees</i>	
<b>Pūrṇa chandr'ābhā</b> .....	<i>The Radiance of the Full Moon</i>	90
<b>Bhaya nāśhinī</b> .....	<i>The Destroyer of Fear</i>	
* <b>Daitya-dānava mardinī</b> .	<i>The Killer of devils and demons</i>	
<b>Vyoma Lakṣmī</b> .....	<i>The Goddess of the Heavens and the Protector and Nourisher of our Subtle System</i>	
<b>Tejo Lakṣmī</b> .....	<i>The Goddess of Light, dispelling the Darkness of Ignorance</i>	
<b>Rasa Lakṣmī</b> .....	<i>The Goddess who gives Flavor to Life and grants the Divine Nectar</i>	95
<b>Jagad-yoni</b> .....	<i>The Origin of the Universe</i>	
<b>Gandha Lakṣmī</b> .....	<i>The Divine Fragrance of Sweetness and Humility</i>	
<b>Anāhatā</b> .....	<i>The Unstruck Sound of the Heart</i>	
<b>Suṣhumnā</b> .....	<i>Manifesting as the Central Channel</i>	
<b>Kuṇḍalinī</b> .....	<i>The Coiled Power, sleeping in the Water-pot</i>	100
<b>Sarva maṅgala māṅgalyā</b>	<i>The Holiness which confers all Happiness and Welfare</i>	
<b>Saumya rūpā</b> .....	<i>Gentle and Soothing like the Moon</i>	
<b>Mahā-dīptā</b> .....	<i>Blazing with Glory</i>	
<b>Mūla-prakṛiti</b> .....	<i>The Root of Nature</i>	
<b>Sarva-swarūpinī</b> .....	<i>Manifesting as All Forms</i>	105
<b>Maṅipūra-chakra nivāsinī</b>	<i>Residing in the Nabhi Chakra</i>	
<b>Śhivā</b> .....	<i>Auspicious and Happy</i>	
<b>Yoga-mātā</b> .....	<i>The Mother of Yoga</i>	

**Sākṣhāt Śhrī Ādi Śhakti Mātājī  
Śhrī Nirmalā Devyai namo namaḥ**

## ☪ The 108 Names of the Goddess Athena ☪

**Om Twameva sākṣhāt Śhrī Pallás Athiná sākṣhāt  
Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*O Divine Mother, You are verily the Goddess Athena,  
the source of all vibrations. Salutations to You!*

### **Heretismous s'Esenā!**

*Salutations to You!*

*Om Twameva sākṣhāt Śhrī... You are...*

<b>Athinéa</b>	.....	<i>The Goddess of Wisdom and Warfare who gave Her name to the city of Athens</i>	
<b>Athíni</b>	.....	<i>The Protectress of Ceramic Arts</i>	
<b>Atritóni</b>	.....	<i>Untamed, untiring</i>	
<b>Alalkameníís</b>	.	<i>The Protectress</i>	
<b>Aryúí</b>	.....	<i>The Ever-watchful Guardian; after whom the town of Argos was named</i>	5
<b>Ethúí</b>	.....	<i>Modest, respectable</i>	
<b>Ayelúí</b>	.....	<i>The One who defeats Her enemies</i>	
<b>Alkiéssa</b>	.....	<i>Brave, warlike, enduring and powerful</i>	
<b>Alóheftos</b>	.....	<i>Without a spouse</i>	
<b>Aghaví</b>	.....	<i>Eminent, proud</i>	10
<b>Ayínor</b>	.....	<i>Brave and valiant</i>	
<b>Ayéstratos</b>	....	<i>Heading large armies</i>	
<b>Alkimachi</b>	....	<i>Brave in battle</i>	
<b>Akámatos</b>	.....	<i>Untiring</i>	
<b>Atnámastos</b>	...	<i>Unconquered, untamed</i>	15
<b>Alítis</b>	.....	<i>Wandering</i>	
<b>'Achrantos</b>	....	<i>Clean, pure, without Maya (Nirmalā)</i>	
<b>Anemólios</b>	....	<i>Swift as the wind</i>	
<b>'Aghamos</b>	.....	<i>Celibate</i>	
<b>Apiróthín</b>	.....	<i>Unending, infinite</i>	20
<b>Aáthis</b>	.....	<i>Residing in the city of Athens</i>	

<b>Anemótis</b>	.....	<i>The Protector from harmful winds</i>	
<b>Aftóghonos</b>	...	<i>Born out of Yourself (Swayambhu)</i>	
<b>Amátor</b>	.....	<i>Without a mother</i>	
<b>Eolómorfos</b>	...	<i>Brilliant in appearance</i>	25
<b>Ethiía</b>	.....	<i>The Protector of ships and shipping</i>	
<b>Aghorea</b>	.....	<i>The Protector of public gatherings for debate and decision making</i>	
<b>Eandís</b>	.....	<i>From the Earth</i>	
<b>'Arriti</b>	.....	<i>Beyond description</i>	
<b>Arsenómithos</b>		<i>Very tough (wearing armour)</i>	30
<b>Vlosirópis</b>	....	<i>The Stern, grim-looking One with wild eyes like a vulture</i>	
<b>Varíktipos</b>	....	<i>Roaring, tempestuous</i>	
<b>Ghlafkí</b>	.....	<i>Having the wise and brilliant owl as Her symbol</i>	
<b>Yighandofóndis</b>		<i>The Killer of the Giants (asuras)</i>	
<b>Ghorghofónos</b>	.	<i>The Killer of the Gorgon</i>	35
<b>Ghorgholófa</b>	..	<i>Bearing the figure of the Gorgon on the helmet</i>	
<b>Thiní</b>	.....	<i>Dreadful, terrible</i>	
<b>Thaífron</b>	.....	<i>Experienced in war</i>	
<b>Thoritharsís</b>	..	<i>Bold and brave in war, thrusting Your spear against negativity</i>	
<b>Thioyenís</b>	.....	<i>Born from Zeus</i>	40
<b>Tholómitis</b>	....	<i>Crafty</i>	
<b>Evthomas</b>	.....	<i>The Sahasrara (seventh Chakra)</i>	
<b>Erithrís</b>	.....	<i>Bashful</i>	
<b>Erissíptolis</b>	...	<i>The Protector of the Citadel (acropolis)</i>	
<b>Erghopónos</b>	..	<i>The Lover of Work</i>	45
<b>Ergháni</b>	.....	<i>The Protectress of Work</i>	
<b>Efpálamos</b>	....	<i>Creative with Your Hands; You bestow the talent of skilful hands</i>	
<b>Efpárthenos</b>	..	<i>The Beautiful Virgin</i>	
<b>Evríti</b>	.....	<i>Eloquent</i>	
<b>Zostiría</b>	.....	<i>The Goddess who gave Her Name to the place where Amphitriton girdled his weapons</i>	50
<b>Iriyénia</b>	.....	<i>The First-born; the Light of the Dawn</i>	

<b>Ippía</b>	<i>Competent and Experienced in riding and handling horses</i>	
<b>Istotelia</b>	<i>The One who makes a Perfect Cobweb</i>	
<b>Istopónos</b>	<i>A Competent Weaver</i>	
<b>Ippossóos</b>	<i>The One who spurs on the Horses</i>	55
<b>Ippelátira</b>	<i>The One who drives the Horses</i>	
<b>Keléfthia</b>	<i>The Protector of Roads and Travellers</i>	
<b>Katharí</b>	<i>Pure, Nirmalā</i>	
<b>Kallíthifros</b>	<i>Having a Beautiful Chariot</i>	
<b>Laossóos</b>	<i>The One who shakes up the People</i>	60
<b>Lafría</b>	<i>The Goddess Artemis, Protectress of wild animals</i>	
<b>Mákera</b>	<i>Absolute Happiness, Bliss and Peace</i>	
<b>Megháthimos</b>	<i>Magnanimous</i>	
<b>Michanítis</b>	<i>Ingenious</i>	
<b>Xenía</b>	<i>Hospitable; the Protector of Foreigners</i>	65
<b>Omvrimóthimos</b>	<i>Whose Anger is like a Storm</i>	
<b>Oplocharís</b>	<i>The Lover of Weapons and Warfare</i>	
<b>Ofthalmítis</b>	<i>The Protector of the Eyes</i>	
<b>Oxitherkís</b>	<i>Acute Intelligence</i>	
<b>Pótnia</b>	<i>The All-powerful Goddess (Shrī Ādi Shakti)</i>	70
<b>Polívoulos</b>	<i>The Knower of all the permutations and combinations</i>	
<b>Polímitis</b>	<i>Supreme Wisdom and Knowledge</i>	
<b>Polemithókos</b>	<i>The Bestower of all the weapons of war</i>	
<b>Parthénos</b>	<i>The Pure Virgin</i>	
<b>Pallás</b>	<i>The Source of Pure Vibrations; born from the Head of Zeus</i>	75
<b>Polemoklónos</b>	<i>The One who sounds the call to war</i>	
<b>Prónaos</b>	<i>The Portico of the Temple</i>	
<b>Prónia</b>	<i>Divine Providence (Ritambara Pragnya)</i>	
<b>Peonía</b>	<i>The Physician</i>	
<b>Panía</b>	<i>Plentitude</i>	80
<b>Paría</b>	<i>The Goddess who gave Her name to the island of Paros</i>	
<b>Sofí</b>	<i>Wise</i>	
<b>Sálpix</b>	<i>The Inventor of the Trumpet</i>	



<b>Stheniás</b> . . . . .	<i>The Bestower of Fortitude</i>	
<b>Semnί</b> . . . . .	<i>Modest</i>	85
<b>Tritonίs</b> . . . . .	<i>Composed of Three Parts</i>	
<b>Talaerghός</b> . . . . .	<i>Industrious, Diligent</i>	
<b>Tolmiessa</b> . . . . .	<i>Bold, venturesome, daring</i>	
<b>Telchinía</b> . . . . .	<i>The Goddess of Fire and Metal, bestowing the knowledge of shipbuilding (a name of the Island of Crete)</i>	
<b>Filómolpos</b> . . . . .	<i>Fond of Songs, Melody and Poetry</i>	90
<b>Filérithos</b> . . . . .	<i>Loved by Weavers</i>	
<b>Fthissímvrotos</b> . . . . .	<i>The Destroyer</i>	
<b>Feraspis</b> . . . . .	<i>Carrying a Shield</i>	
<b>Chalkóikos</b> . . . . .	<i>Inhabiting a Temple made of Copper</i>	
<b>Chalinítis</b> . . . . .	<i>The One who holds the Reins</i>	95
<b>Filénteos</b> . . . . .	<i>The One who loves Enthusiasm</i>	
<b>Ormástira</b> . . . . .	<i>The Giver of Impulse</i>	
<b>Fílistros kakίs</b> . . . . .	<i>The Exciter of Mania (madness) in the evil</i>	
<b>Frónisis aghathίs</b> . . . . .	<i>The Grantor of Wisdom to the good</i>	
<b>Tritoyénia</b> . . . . .	<i>In the Form of the Three Channels (Trigunatmika)</i>	100
<b>Lítira kakón</b> . . . . .	<i>The Liberator from calamity</i>	
<b>Nikifóros</b> . . . . .	<i>Victorious; bringing Victory to the Righteous</i>	
<b>Ghlafkópis</b> . . . . .	<i>The One with Sparkling Blue Eyes</i>	
<b>Efplókamos</b> . . . . .	<i>The One with Beautiful Tresses</i>	
<b>Evressítechnos</b> . . . . .	<i>The Inventor of the Arts</i>	105
<b>Polilísti Vassília</b> . . . . .	<i>The Majestic Queen who receives many prayers and answers our requests</i>	
<b>Iríni Políolvos</b> . . . . .	<i>Creating Peace as a basis for Happiness and Fulfilment</i>	
<b>Ighiía</b> . . . . .	<i>Peace as a Foundation for Health and Well-being</i>	

**Sākṣhāt Śhrī Ādi Śhakti Mātājī**  
**Śhrī Nirmalā Devyai namo namaḥ**

*Many of these 108 names, which were offered at the Shri Pallas Athena Puja, Athens, 26-04-93, are in Ancient Greek, taken from 'The Orphean Hymn to Athena'.*

*See p.319 for Greek Pronunciation Guide.*



## Śhrī Athena

Athena is the Virgin Goddess of Wisdom, Warfare, Arts, Crafts, Mathematics, Legal systems and Skill. She emerged fully grown and wearing armour from the head of Zeus, who had swallowed Her mother.

Goddess Athena's symbols are the shield, the spear, the owl and the olive tree. She prevailed over the Sea God Poseidon to become the Deity of Athens. She not only begins wars, but also sustains and protects peace. There are temples to Her all over Greece where devotees offer perfume, including the Parthenon, from Parthenos –'Virgin'.



'Athena has the Kundalini in Her hand and you can see that clearly that She was the Adi Shakti. Actually, in Sanskrit language 'atha' means primordial. So She was the Primordial Mother. Because there was no connection left between the Greeks and the Indians, this, I mean, translation was not there and they didn't know what it meant by Athena. But Indians know that it is this is the place for the manifestation of the Ādi Shakti because in the Devī Bhagavatam, if you read you will find out they have described Greece as the Manipur-dwip. Means the island in the Manipur. Manipur is this Nabhi Chakra.

So in the Nabhi there's an island where it is your Greece, where the Goddess resides. Manipur Chakra is where She resides. And so, this Athena has been described, and when I went to Her temple I found that there was a little temple for the child God. That was Shrī Ganesha. And then, when I went to Delphi, also, I was surprised to see, they showed Me a mound and said, 'This is the Nabhi, navel of the whole Universe.' I said, 'That's correct.' But when I turned round there were lots of vibrations and what I find is a Ganesha statue there.'

***Shri Pallas Athena Puja, Athens, Greece, 26-04-93***

## ☪ The 62 Names of Shri Fatima Az-Zahra ☪

**Om Twameva sākshāt Śhrī Fāṭima sākshāt  
Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*O Divine Mother, You are verily Shri Fatima. Salutations to You!*

**Khayr un Nisā' Sayidatinā Fāṭima Az-Zahra, Rādi Allāhu Anhā**

*The Most supreme of women, our Lady Fatima Az-Zahra,  
may God's blessings be upon Her*

*Om Twameva sākshāt Śhrī... You are...*

<b>Az-Zahra</b> .....	<i>The Radiant Lady of Light</i>	
<b>Ḥāfithat an-Nisā'</b> .....	<i>The Most Supreme of Women</i>	
<b>Sayyidatun-</b>		
<b>-Nisā'el-Ālamīn</b>	<i>Foremost of all the Women of Heaven and Earth</i>	
<b>Il Āliya</b> .....	<i>The Wife of Imam Ali</i>	
<b>Umm-il-Ā'imma</b> .....	<i>Mother of Imams</i>	5
<b>Umm Abīha</b> .....	<i>Mother of Her Father</i>	
<b>Umm-ul-Ḥassān</b> .....	<i>Mother of Hassan</i>	
<b>Umm-ul-Ḥussein</b> .....	<i>Mother of Hussein</i>	
<b>Umm-ul-Kitāb</b> .....	<i>Mother of the Book</i>	
<b>Iftikhār Ḥawwā'</b> .....	<i>The Glory of Eve, the First Woman</i>	10
<b>As-Shajra-e-Tayyiba</b>	<i>The Lady with the Pure Genealogical Tree</i>	
<b>Batul</b> .....	<i>The Pure Virgin</i>	
<b>Basīta</b> .....	<i>The Bestower of Prosperity</i>	
<b>Bāṭina</b> .....	<i>Intrinsic</i>	
<b>Taqqīya</b> .....	<i>Innately Spiritual</i>	15
<b>Jalīla</b> .....	<i>Sublime, Majestic</i>	
<b>Jamīla</b> .....	<i>Beautiful</i>	
<b>Ḥabība</b> .....	<i>Beloved</i>	
<b>Ḥathīra</b> .....	<i>Ready and Willing to Act</i>	
<b>Ḥassna</b> .....	<i>Beautiful</i>	20
<b>Ḥakīma</b> .....	<i>Wise</i>	
<b>Ḥalīma</b> .....	<i>Gentle and Forbearing</i>	
<b>Khatūn-e-Janna</b> .....	<i>The Lady of Paradise</i>	
<b>Dar an-Nūr</b> .....	<i>The Abode of Light</i>	

<b>Dāfiya</b> .....	<i>Mingling with the poor and oppressed</i>	25
<b>Diāma</b> .....	<i>The Pillar and the Support</i>	
<b>Rafiā</b> .....	<i>Exalting</i>	
<b>Raḍiya</b> .....	<i>Fully Satisfied</i>	
<b>Zakiya</b> .....	<i>Chaste</i>	
<b>Zahira</b> .....	<i>The Visible Lady</i>	30
<b>Salima</b> .....	<i>Perfect and Flawless</i>	
<b>Shāfiā</b> .....	<i>The Mediator before Allah</i>	
<b>Shafiqa</b> .....	<i>Merciful</i>	
<b>Shahiya</b> .....	<i>Pleasant</i>	
<b>Ṣāhiba</b> .....	<i>The Companion of the Prophet</i>	35
<b>Ṣāhibat-ul-Kawn</b>	<i>Queen of the Universe</i>	
<b>Ṣadiqa</b> .....	<i>Faithful</i>	
<b>Ṣiddiqa</b> .....	<i>Truthful</i>	
<b>Ṣaliha</b> .....	<i>Righteous</i>	
<b>Tahira</b> .....	<i>Pure</i>	40
<b>Ābida</b> .....	<i>Devout</i>	
<b>Ādila</b> .....	<i>Fair and Just</i>	
<b>Āziza</b> .....	<i>Respected</i>	
<b>Āliya</b> .....	<i>Most High</i>	
<b>Ālima</b> .....	<i>Most Learned</i>	45
<b>Āmila</b> .....	<i>Most Active</i>	
<b>Faṣiha</b> .....	<i>Eloquent</i>	
<b>Qayūma</b> .....	<i>Everlasting</i>	
<b>Karīma</b> .....	<i>Generous and Kind</i>	
<b>Mubāraka</b> .....	<i>Auspicious and Blessed</i>	50
<b>Mastūra</b> .....	<i>Veiled and Chaste</i>	
<b>Māṣūma</b> .....	<i>Immaculate and Sinless</i>	
<b>Marḍiya</b> .....	<i>Pleasing to God</i>	
<b>Maryam-e-Kubra</b>	<i>The Greater Mary (Shrī Mahālakshmi)</i>	
<b>Malika-al-Ṭahīr</b> ..	<i>The Queen of Purity</i>	55
<b>Najība</b> .....	<i>Distinguished</i>	

<b>Naṣiḥa</b> .....	<i>The Sincere Counsellor</i>	
<b>Nūriya</b> .....	<i>Light</i>	
<b>Hirā'</b> .....	<i>The Cave in which Lord Mohammed meditated</i>	
<b>Wafiya</b> .....	<i>Trustworthy</i>	60
<b>Waliya</b> .....	<i>Saintly and Holy</i>	
<b>Walīyat-ul-Ūhada</b> ..	<i>The Keeper of the Covenant</i>	

## **Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*See p.319 for the Arabic Pronunciation Guide.*

### **Śhrī Fatima Az-Zahra (c.605-632 CE)**

An incarnation of **Śhrī Gṛuha-lakshmī** –'Goddess of the Household', **Shri Fatimā** was the embodiment of ideal womanhood. Her father, the Prophet Mohammed, (*see p. 106*) married Her to His cousin and first disciple Hazrat-Ali, an incarnation of Shri Brahmadeva (*p.80*). Their sons Hassan and Hussein were incarnations of Luv and Kush (*p.169*). Fatima died five months after Her father, during the rivalry that consumed Islam following the early death of the Prophet in 632. All five of the 'Divine Family' - Mohammed, Ali, Fatima, Hassan and Hussein - died in the struggle to establish Truth.

'Now, the principle of Gṛuha-lakshmi has been evolved and developed by the Divine: it is not a human being's creation, and as you know, it resides in the Left Nabhi. The Gṛuha-lakshmi is the one that is represented in the life of Fatima who was the daughter of Mohammed-Sahib. Now She is always born in a relationship to a guru which is of virginity, of purity. So She comes as a sister, or She comes as a daughter It's a very beautiful thing how the Mahālakshmi tattwa of Sītā took a form of Vishnumaya just to establish the beautiful principle of a housewife.' **Śhrī Fatima Bi Puja, Switzerland, 14-08-88**

'Woman's potential to love is tremendous, tremendous. And this is what we have to learn from Fatima. She gave Her two children to be killed. She knew because She was after all Vishnumaya. She was the incarnation of Vishnumaya.' **Śhrī Fatima Puja, Istanbul, Turkey, 18-05-93**

**Note:** The **Santāna** and **Rāja Lakshmi** praises are two verses of the **Ashta Lakshmi Stotram** which is in newer editions of the **Sahaja Yoga Songbook**.

## The 10 incarnations of Shri Vishnu

1. **Matsya - The Fish** - incarnated to save humanity from the Great Flood at the end of the first Satya-yuga
2. **Kurma - The Tortoise** – supported the mountain which the Gods and Demons were using to churn the Ocean of Milk to release the **Amrut** – ‘Nectar of Immortality’.
3. **Varāha - The Boar** - incarnated to lift the Earth from the waters and save the Vedas from, and destroy, the demon **Hiranyaksha**.
4. **Narasimha - The Man-lion** - incarnated to save His devotee **Prahlad** and destroy his father, the demon **Hiranyakashipu**, who had boons that he could not be killed by man or beast, neither by day or night, etc.
5. **Vāmana - The Short Man** - incarnated as a dwarf to push the Demon King **Bali** down to the Underworld by measuring Heaven and Earth in two steps and by placing His third step on the king’s head.
6. **Paraśhu-rāma - ‘The Strong Man with a battle-axe’** - incarnated to punish the arrogance of the ruling warrior caste - the **Kshatriyas** – and to re-establish **Dharma** among men.
7. **Rāma - ‘Dark-skinned, pleasing’** - incarnated as the Ideal Man to destroy the demons **Rāvana** and **Kumbhakarna**. The model of a good son, husband, brother and king, He was born c.5000 BCE to establish the boundaries of right conduct and adherence to duty.
8. **Kṛiṣhṇa - ‘Dark-skinned, black’** - incarnated c.3000 BCE to destroy the demons **Kaṁsa** and **Shishupala**. He opened the **Vishuddhi Chakra** by relaxing the rigidity of religious rituals with his playful **Leela**, and expounded the three Yoga paths of **Bhakti**, **Kriya** and **Gñyāna**. The **Mahābharata** war marks the beginning of **Kali-yuga**.

9. **Jesus Christ - 'The Saviour from Jehovah'** – was an incarnation of **Shri Ganesha and Mahā Vishnu**, who opened the Primordial **Agnya Chakra** by supreme self-sacrifice.
10. **Kalki - 'The Destroyer of Impurity'** - The Immaculate Rider of the Last Days of **Kali-yuga**, whose intense radiance destroys all impurity and attachments. The Deity of the **Sahasrāra Chakra**.

Legend has it that the demons which **Shri Vishnu** came to destroy were incarnations of His doorkeepers **Jaya** and **Vijaya**.

They rudely refused entry to four **Ṛishis** who wished to visit **Shrī Vishnu** and were cursed for their arrogance to take three births each and be deluded by the 'Six enemies', Lust, Greed, Pride, etc. **Shri Vishnu** agreed to this but softened the curse by promising that He would come each time to liberate them.



**Om Śhrī Viṣṇave namaḥ**  
I bow to the All-pervading Supreme Being who is the Lord of our ascent.

## ☪ The 108 Names of Shri Vishnu ☪

### Śhayān'āmbudhau Nirmale Tav'aiva Nārāyan'ākhyam pranato-'smi rūpam

*To the Pure and Shining One reclining on the Ocean, known indeed as the  
Refuge of Humanity, we bow with the greatest reverence and humility.*

*The 24 Names on this page are traditionally recited before Puja*

*Om Twameva sākshāt Śhrī... You are...*

<b>Keśhava</b> .....	<i>The Lord of Creation with Beautiful Hair</i>	
<b>Nārāyaṇa</b> .....	<i>The Refuge of Humanity; reclining on the waters</i>	
<b>Mādhava</b> .....	<i>The Sweet-natured Husband of Shrī Lakshmi</i>	
<b>Govinda</b> .....	<i>The Protector of Cows and Saviour of the World</i>	
<b>Viṣṇu</b> .....	<i>All-pervading</i>	5
* <b>Madhu-sudana</b> .....	<i>The Killer of the Demon Madhu</i>	
<b>Tri-vikrama</b> .....	<i>Crossing the Three Worlds with Three Steps</i>	
<b>Vāmana</b> .....	<i>Incarnated as a Short Man</i>	
<b>Śhrī -dhara</b> .....	<i>Bearing the Shrī-Vatsa Mark on the Chest</i>	
<b>Hṛiṣhikeśha</b> .....	<i>The Joy-giving Lord of the Senses</i>	10
<b>Padma-nābha</b> .....	<i>The Lotus-navelled Source of the Universe</i>	
<b>Dāmodara</b> .....	<i>Attained by those of Disciplined Mind</i>	
<b>Saṅkarṣhana</b> .....	<i>Shrī Kṛiṣhṇa's brother Balarāma, absorbing everything into Yourself at the time of Final Dissolution</i>	
<b>Vāsudeva</b> .....	<i>Born as Shrī Kṛiṣhṇa, the Son of Vasudeva</i>	
<b>Pradyumna</b> .....	<i>Shrī Kṛiṣhṇa's Son, embodying Enlightened Wealth</i>	15
<b>Aniṛuddha</b> .....	<i>Shrī Kṛiṣhṇa's Grandson, never obstructed nor overcome</i>	
<b>Puruṣh'ottama</b> .....	<i>The Highest among men</i>	
<b>Adho-'kṣha-ja</b> .....	<i>Taking birth here below; known by turning inwards</i>	
<b>Narasimha</b> .....	<i>He who incarnated as the Man-lion</i>	
<b>Upendra</b> .....	<i>The Younger Brother of Lord Indra</i>	20
<b>Achyuta</b> .....	<i>Imperishable and Unchanging</i>	
<b>Janārdana</b> .....	<i>The Stirrer-up of Men; tormenting the wicked</i>	
<b>Hari</b> .....	<i>The Remover of Ignorance and Illusion</i>	
<b>Kṛiṣhṇa</b> .....	<i>Incarnated as the Dark-skinned Lord</i>	24



<b>Viṣṇu</b> .....	<i>Of All-pervading Splendour</i>	25
<b>Peśhala</b> .....	<i>Charming and Graceful</i>	
<b>Puṣkar'ākṣha</b> ....	<i>With Eyes like Lotuses</i>	
<b>Hārī</b> .....	<i>The Destroyer, Shrī Shiva</i>	
<b>Chakrī</b> .....	<i>The Bearer of the Sudarshana Chakra Discus</i>	
<b>Nandakī</b> .....	<i>The Wielder of the Sword called Nandaka</i>	30
<b>Śhārṅga-dhanvī</b> ...	<i>Armed with the Bow called Sharnga</i>	
<b>Śhañkha-dhṛita</b> ...	<i>Bearing the Conch called Pancha-janya</i>	
<b>Gadā-dhara</b> .....	<i>Wielding the Club called Kaumodaki</i>	
<b>Vanamāli</b> .....	<i>Adorned with the Garland called Vaijayanti</i>	
<b>Kuvaleśhaya</b> .....	<i>Reclining on a Lotus</i>	35
<b>Garuda-dhvaja</b> ....	<i>Whose Emblem is the Eagle</i>	
<b>Lakṣhmivān</b> .....	<i>Having Shrī Lakshmi in Your Heart</i>	
<b>Bhagavān</b> .....	<i>The Possessor of all Divine Qualities</i>	
<b>Vaikuntha-pati</b> ....	<i>The Lord of Vaikuntha , the Heavenly Abode</i>	
<b>Dharma-gup</b> .....	<i>Safeguarding Dharma</i>	40
<b>Dharm'ādhyakṣha</b>	<i>Presiding over Dharma</i>	
<b>Niyantā</b> .....	<i>The Restrainer</i>	
<b>Naika-ja</b> .....	<i>Taking Many Births to preserve Dharma</i>	
<b>Svasti</b> .....	<i>Good Fortune</i>	
<b>Sākṣhī</b> .....	<i>The Witness</i>	45
<b>Satya</b> .....	<i>Truth</i>	
<b>Dharanī-dhara</b> ....	<i>The Support of the Earth</i>	
<b>Vyava-sthāna</b> .....	<i>The Unchanging Basis of all things</i>	
<b>Sarva-darśhī</b> .....	<i>All-seeing</i>	
<b>Sarva-gñya</b> .....	<i>All-knowing</i>	50
<b>Ghana</b> .....	<i>Inscrutable</i>	
<b>Nahuṣha</b> .....	<i>Binding all creatures with the Power of Maya</i>	
<b>Mahā-māyāvī</b> .....	<i>The Supreme Creator of Illusions</i>	
<b>Aghokṣha</b> .....	<i>The Destroyer of Sins</i>	
<b>Yagñya-pati</b> .....	<i>The Protector, Enjoyer and Lord of all sacrifices</i>	55
<b>Vegavān</b> .....	<i>Endowed with Great Speed</i>	

<b>Sahiṣṇu</b> .....	<i>Patient and Forbearing</i>	
<b>Rakṣhana</b> .....	<i>The Protector of the Three Worlds</i>	
<b>Dhan'eśhwara</b> .....	<i>The Lord of Wealth</i>	
<b>Hiranya-nābha</b> .....	<i>Golden-navelled</i>	60
<b>Śharīra-bhṛit</b> .....	<i>The Sustainer of the Body</i>	
<b>Anna</b> .....	<i>Food and Nourishment</i>	
<b>Mukunda</b> .....	<i>Granting Release</i>	
<b>Agraṇī</b> .....	<i>The Foremost</i>	
<b>Amogha</b> .....	<i>Whose Actions are Always Effective</i>	65
<b>Varada</b> .....	<i>The Bestower of Boons</i>	
<b>Śhubh'ekṣhana</b> .....	<i>Whose Presence gives Auspiciousness and Joy</i>	
<b>Satām-gati</b> .....	<i>Showing the Seekers the Right Path</i>	
<b>Sukhada</b> .....	<i>The Bestower of Happiness</i>	
<b>Vatsala</b> .....	<i>Loving Devotees as Your Own Children</i>	70
<b>Vraha</b> .....	<i>The One devotees yearn for</i>	
<b>Prabhu</b> .....	<i>The Lord Almighty</i>	
<b>Amara-prabhu</b> .....	<i>The Almighty Lord of the Immortals</i>	
<b>Sureśha</b> .....	<i>The Lord of the Devas</i>	
<b>Puraṇḍara</b> .....	<i>Destroying the Cities of the Demons</i>	75
<b>Samitin-jaya</b> .....	<i>Victorious in Battle</i>	
<b>Amita-vikrama</b> .....	<i>Of Enormous Strength and Valour</i>	
<b>*Śhatru-ghna</b> .....	<i>The Destroyer of Enemies</i>	
<b>Bhima</b> .....	<i>Awesome and Formidable</i>	
<b>Śhurajan'eśhwara</b> ..	<i>The Lord of Great Heroes</i>	80
<b>Sam-pramardana</b> ...	<i>Punishing and Tormenting evil-doers</i>	
<b>Bhāvana</b> .....	<i>The Source of Existence, the Highest Contemplation</i>	
<b>Kṣhetra-gñya</b> .....	<i>The In-dwelling Spirit who Witnesses the Body</i>	
<b>Sarva-yoga vinissṛita</b>	<i>Devoid of All Attachments</i>	
<b>Yog'eśhwara</b> .....	<i>The Lord of Yoga</i>	85
<b>Chala</b> .....	<i>Always moving, like the wind</i>	
<b>Vāyu-vāhana</b> .....	<i>Whose Vehicle is the Wind</i>	
<b>Jivana</b> .....	<i>The Breath of Life</i>	

<b>Sambhava</b> .....	<i>Born of Yourself</i>	
<b>Samvatsara</b> .....	<i>The Passing of the Years</i>	90
<b>Vardhana</b> .....	<i>Granting Prosperity and Spiritual Growth</i>	
<b>Eka</b> .....	<i>The One</i>	
<b>Naika</b> .....	<i>Having Many Forms</i>	
<b>Vasu</b> .....	<i>The Supreme Being</i>	
<b>Īshāna</b> .....	<i>The Lord of All</i>	95
<b>Lok'ādhyakṣha</b> ....	<i>The Supervisor of the World</i>	
<b>Trilok'eśha</b> .....	<i>The Lord of the Three Worlds</i>	
<b>Jagat-swāmī</b> .....	<i>The Master of the Universe</i>	
<b>Yug'avarta</b> .....	<i>Turning the Wheel of Time</i>	
<b>Vistāra</b> .....	<i>Expansion and Development</i>	100
<b>Viśhwa-rūpa</b> .....	<i>Having the Universe as Your Form</i>	
<b>Ananta-rūpa</b> .....	<i>Of Infinite Forms</i>	
<b>Viśhiṣṭha</b> .....	<i>The Most Excellent</i>	
<b>Mahāriddhi</b> .....	<i>Great Power, Prosperity and Wisdom</i>	
<b>Pary'avasthita</b> ....	<i>Pervading the Universe</i>	105
<b>Stha-viṣṭha</b> .....	<i>The Strongest and the Greatest</i>	
<b>Mahā-viṣṇu</b> .....	<i>Whose Evolved Form is Lord Jesus Christ</i>	
<b>Kalki</b> .....	<i>The Immaculate Rider of the last days of Kali- yuga</i>	

**Sākṣhāt Śhrī Ādi Śhakti Mātājī**  
**Śhrī Nirmalā Devyai namo namaḥ**

*Incarnated on this Earth as Our Divine Mother Shri Mataji Nirmala Devi.  
We bow with love and humility at Your Lotus Feet.*

**Awakening the Central Channel**

'Why these twenty-one (24) names (of Shri Vishnu) are taken before every Puja... Now the central part has got twenty-one channels and has got twenty-one powers and their Deities are named according to the twenty-one aspects of Shri Vishnu, so that's why they are first said; so within you these aspects are awakened; So to open Sushumna channel twenty-one names are said.'

**Śhrī Ādi Śhakti Puja, Cowley Manor, UK, 01-08-82.**

## ☪ Praise to Shri Viṣṇu ☪

### **Om Śhānt'ākāram Bhujaga-śhayanam**

*Aum. Of peaceful form, reclining on the seven-headed serpent Shesha.*

### **Padma-nābham Sureśham**

*Lotus-navelled Lord of the Devas*

### **Viśhw'ādhāram Gagana-sadṛiśham**

*The Support of the Universe, magnificent like the sky.*

### **Megha-varnam Śhubh'āṅgam**

*Your beautiful and auspicious body is the colour of dark rain-clouds.*

### **Lakṣhmī-kāntam Kamala-nayanam**

*Beloved of Shrī Lakshmi, with eyes like lotuses,*

### **Yogibhir Dhyāna-gamyam**

*Approached through the meditation of Yogis.*

### **Vande Viṣṇum Bhava-bhaya-haram**

*Salutations to Shri Vishnu who destroys the fears of existence*

### **Sarva-lok'aika-nātham**

*The One Lord of all the worlds.*

### **Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

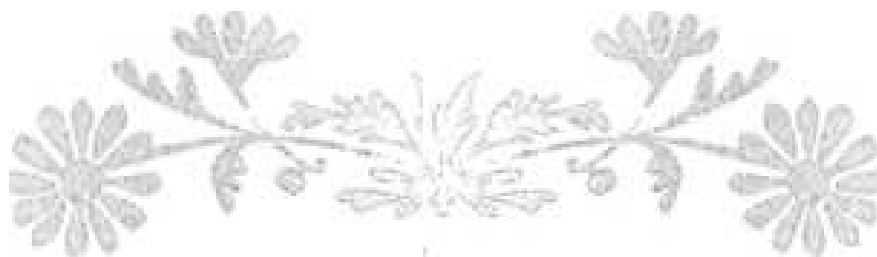
*Who is before us in person as Our Divine Mother Shri Mataji Nirmala Devi.*

*We bow with love, devotion and humility at Your Lotus Feet.*

### **Om Śhāntiḥ Śhāntiḥ Śhāntiḥ**

*Amen. Peace, peace, peace.*

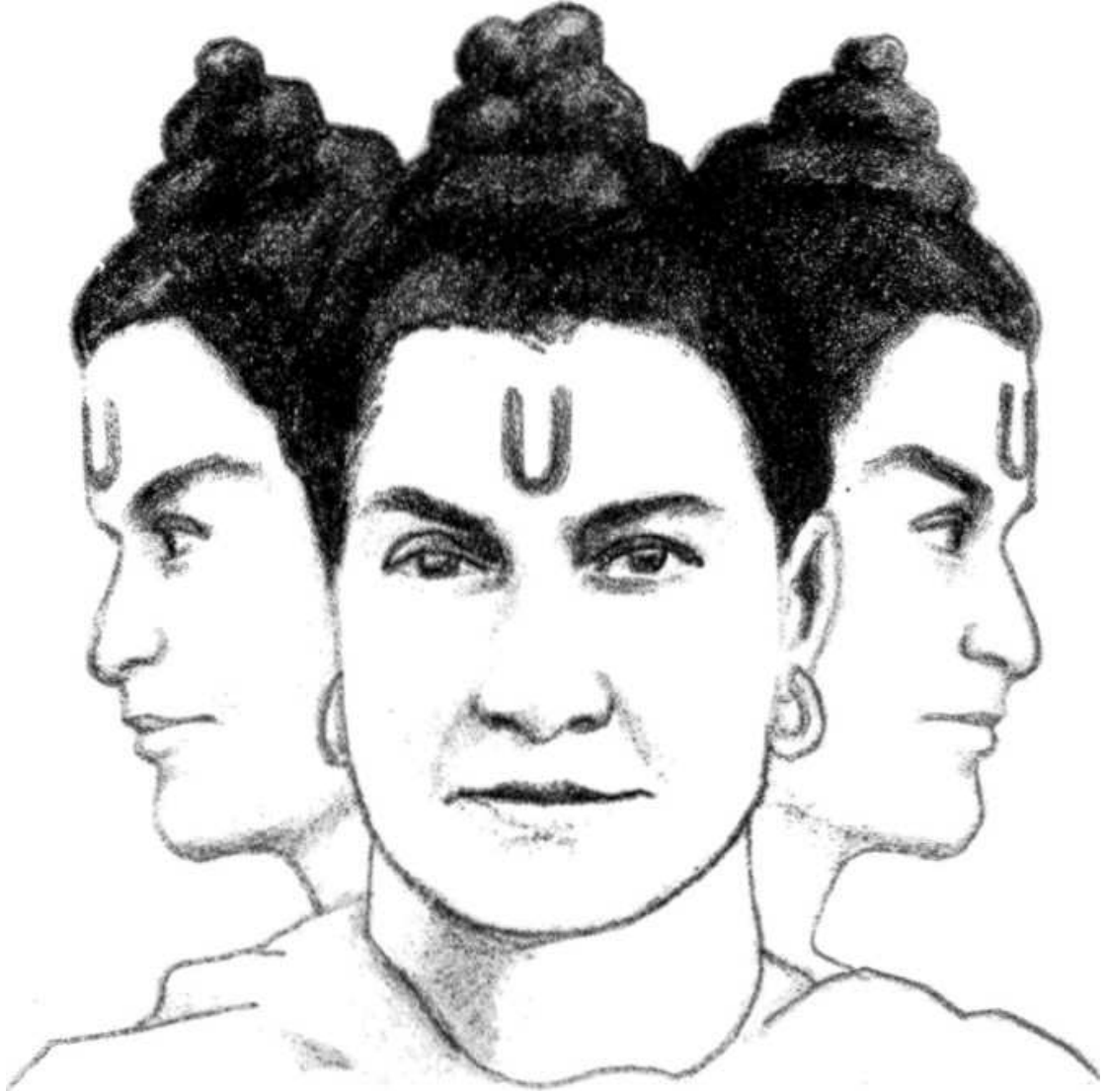
*From the 'Shrimad Devī Bhagavatam' .*







ॐ The Bhava-sāgara (Void) ॐ



**Guru Param'ātmā Pareshu**

*Our Guru is the Supreme Spirit, God Almighty.*

## ☪ The 10 Primordial Masters (Ādi Gurus) ☪



### Rājā Janaka

*Janaka* – ‘Father, generating’

**5000 BCE, Mithila, India**

Rājā Janaka was the king of Mithila and the father of Shri Sita. He was brave, virtuous and well-versed in sacred literature and practices. Despite the responsibilities and trappings of being a king, Rājā Janaka was completely detached and on one occasion remained in meditation by the river while His house burned down which deeply impressed His only disciple, Nachiketa.

*'When you live in the realm of Divine Power, the Brahma, that looks after you.'*

**Raja Janaka**



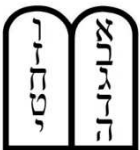
**Abraham** ‘Father of multitudes’ - *Abra* – ‘father, *hamon* – ‘many, multitude’ (Hebrew) *Ā-brahma* – ‘reaching God’ (Sanskrit)

**1800 BCE, Mesopotamia and Palestine**

Prophet and first Patriarch of the Jewish nation, Abraham is also an important figure in Christianity and Islam; acknowledged as the ancestor of Mohammed. In his youth He opposed idol worshippers, including His own father. God tested His faith by asking Him to sacrifice his son Isaac, which he was prepared to do, but was reprieved at the last moment. He is associated with the eternal qualities of faith, sacrifice, commitment and patience.

*'In the time of Abraham the family was building up and the relationships were building up, and He tried to work it on that level.'*

**Śhrī Mataji Nirmalā Devī, Fatima Puja, Switzerland, 14-08-88**



**Moses** – ‘Drawn out (of the reeds)’ (Hebrew), ‘son’ (Egyptian)

**1200 BCE, Egypt and Palestine**

The great law-giver of the Jewish religion, Moses, though born of Hebrew slaves, was raised as an Egyptian prince. After killing an Egyptian slave-driver who was beating a Hebrew, He ran away to the hills where God spoke to Him from a burning bush telling Him to return to Egypt and lead the people of Israel out of their slavery. For forty years the Israelites wandered across the desert while Moses struggled to correct their immorality and imbalances. While on Mount Sinai, he received the Ten Commandments directly from God. Recognised as a great prophet in Judaism, Christianity, and Islam. His grave is said to be in Kashmir.



*'You shall therefore keep all the commandments, which I command you this day, that you may be strong.'* **Moses**



### **Zarathustra (Zoroaster)**

*Zarat-'golden', Ushtra –'Star, light, heart' (Persian)*

**2000 BCE, Persia**

Ancient Persian prophet and religious poet who viewed the Universe as the cosmic struggle between truth and falsehood. He emphasised the importance of using our free will to sustain truth through active participation in life and the exercise of good thoughts, words and deeds. God is worshipped through the sacred fire as in the Vedic civilization.

*'Therefore may we be those who shall heal this world!'* **Zarathustra**



### **Confucius (Kong-Zi or Kong-Fu-Tse)**

*Kong-'opening', Fu-'man', Zi, Tse-'respected, master'*

**551-479 BCE, China**

Chinese statesman and philosopher, who deeply influenced the way of life and thinking in China, Japan, Korea, and Vietnam. He emphasised morality on both personal and governmental levels, and the value of social relationships, justice and sincerity.

*'Never impose on others what you would not choose for yourself.'*

*'I hear and I forget. I see and I remember. I do and understand.'* **Confucius**



### **Lao-Tse (Lao-Zi)**

*Lao –'old, ancient', Zi, Tse –'respected, master'*

**6th century BCE, China**

Chinese philosopher and founder of the school of Taoism. His writings teach the philosophy of the Tao or the Way- the universal truth that transcends the physical Universe of man. The Tao is to be found by experiencing the oneness of all things, by being one with nature and one with the inner Self.

*'Mastering others is strength, mastering yourself is true power.'* **Lao-Tse**



### **Socrates**

*from – sos –'whole, safe' kratos –'power' (Greek)*

**469-399 BCE, Athens, Greece**

Greek philosopher and reformer, considered the father of Western Logic and Philosophy. The son of a wealthy sculptor, He devoted Himself to the moral and intellectual reform of His fellow citizens. He believed in the



existence of absolute truth, and often referred to guidance from a 'Divine Voice' within. He was an advocate of careful reasoning in pursuit of the truth, and his analytic practices gave rise to what has become the 'Scientific Method'.

*'Be as you wish to seem'*

**Socrates**



## **Prophet Mohammed**

*'Praiseworthy, glorified' (Arabic)*

**570-632 CE, Mecca, Arabia**

Founder of Islam -'Surrender'. A native of Mecca He began to receive revelations from the Angel Gabriel at the age of forty. At first suspicious, He spent three years in prayer and spiritual practice until He was convinced of their genuineness. These revelations continued throughout His life, and His subsequent teachings became the words of the Qu'ran. He and His followers had to defend themselves from the people of Mecca who benefitted financially from idol worship at the Kaaba –'Black Rock'.

*'One hour's meditation on the work of the Creator is better than seventy years of prayer'*

**Prophet Mohammed**



## **Guru Nānak**

*Nānaka -'Born in the mother's village'*

**1469-1539 CE, Punjab, India**

Founder of Sikhism. Born in a Hindu family near Lahore, he spoke of the oneness of God, salvation by faith and good works, and the equality and brotherhood of man; the equality of women, and universal religion. He advocated devotion of thought and excellence of conduct as the first of duties. He made four journeys of several years each to north, south, east and west reaching Sri Lanka, Burma, Tibet, Afghanistan and Arabia.

*'See the brotherhood of all mankind as the highest order of Yogis; conquer your own mind, and conquer the world.'*

**Guru Nanak**



## **Śhrī Saī Baba of Śhirdī (Shirdī Saī Nātha)**

*Saī - 'swāmī, self-realised, ancient', Baba - 'father, respected person'*

**1838-1918 CE, Shirdi, India**

From unknown origins, Shri Sai Baba encouraged His followers to celebrate festivals and rituals from both Hinduism and Islam. He lived as an ascetic, teaching about love, forgiveness, unity, charity, contentment, inner peace, devotion to the Guru and to God. (See: 'Nine Forms of Devotion. p.346)

*'See the Divine in the human being.'*

**Śhrī Saī Baba of Shirdi**

## The 108 Names of

# Shri Ādi Guru Dattātreya

Om Twameva sākṣhāt Śhrī Ādi Guru Dattātreya sākṣhāt  
Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ

*O Divine Mother, we bow to You who is Shri Ādi Guru Dattatreya in person!*

*Om Twameva sākshāt Śhrī...*

*You are...*

<b>Sattva</b> .....	<i>Truth, Goodness and Reality</i>	
<b>Sattva bhṛit'āṅgati</b> .....	<i>The Sustainer of the Sacred Fire of Truth</i>	
<b>Kamal'ālaya</b> .....	<i>Residing in a Lotus</i>	
<b>Hiraṇya-garbha</b> .....	<i>The Golden Egg of Brahma, the Subtle Body of the Virāta</i>	
<b>Bodha-sam'āśhraya</b> .....	<i>The Dwelling-place of Enlightened Knowledge</i>	5
<b>Nābhāvī</b> .....	<i>The Ruler of the Nabhi Chakra</i>	
<b>Deha-śhūnya</b> .....	<i>Without a sense of a body or individuality</i>	
<b>Param'ārtha-dṛiṣh</b> .....	<i>Knowing the Highest Truth</i>	
<b>Yantra-vid</b> .....	<i>Knowing the Divine Techniques</i>	
<b>Dhar'ādhāra</b> .....	<i>The Support of the Earth</i>	10
<b>Sanātana</b> .....	<i>Ancient and Everlasting</i>	
<b>Chit-kīrti-bhūṣhana</b> .....	<i>Adorned with Glorious Awareness</i>	
<b>Chandra-sūryāgni lochana</b>	<i>Whose eyes are the Moon, Sun and Fire</i>	
<b>Antah-pūrna</b> .....	<i>Completely Fulfilled Within</i>	
<b>Bahir-pūrna</b> .....	<i>Completely Fulfilled Without</i>	15
<b>Pūrn'ātmā</b> .....	<i>The Fulfilled Spirit and the Essence of Satisfaction</i>	
<b>Kha-garbha</b> .....	<i>Containing the Sky Within</i>	
<b>Amar'ārchita</b> .....	<i>Worshipped by the Immortals, the Devas</i>	
<b>Gambhīra</b> .....	<i>Fathomless and Profound</i>	
<b>Dayāvān</b> .....	<i>The Embodiment of Mercy and Compassion</i>	20
<b>Satya-vigñyāna bhāskara</b> ..	<i>The Radiant light of Discretion and Knowledge</i>	
<b>Sadāśhiva</b> .....	<i>Lord God Almighty - ever Auspicious and Happy</i>	
<b>Śhreyas-kara</b> .....	<i>The Bestower of Auspicious Good Fortune</i>	
<b>Agñyāna-khandana</b> .....	<i>The Destroyer of Ignorance</i>	
<b>Dhṛiti</b> .....	<i>Constancy and Satisfaction</i>	25

<b>Dambha-darpa-mad'āpaha</b>	<i>The Remover of Hypocritical Pride and Intoxicated Frenzy</i>	
<b>Guṇ'āntaka</b>	<i>Making an End to the Three Attributes</i>	
<b>Jvara-nāśhaka</b>	<i>The Destroyer of Fever, Illness and Suffering</i>	
<b>Bheda-vaitanda-khandana</b>	<i>The Destroyer of Disagreements and Futile Arguments</i>	
<b>Nirvāsana</b>	<i>Free from Attachments, Conditionings and Temptations</i>	30
<b>Nirīha</b>	<i>Desireless and still</i>	
<b>Nirahaṁkāra</b>	<i>Without Ego</i>	
<b>Śhoka-duḥkha-hara</b>	<i>The Remover of anxiety and pain</i>	
<b>Nirāśhīr nirupādhika</b>	<i>Absolutely desireless</i>	
<b>Ananta-vikrama</b>	<i>Of infinite valour and strength</i>	35
<b>Bhed'āntaka</b>	<i>The Destroyer of all Divisions, Negative Discrimination and Arguments</i>	
<b>Muni</b>	<i>The Great Sage</i>	
<b>Mahā-yogī</b>	<i>The Great Yogi</i>	
<b>Yog'ābhyāsa prakāśhana</b>	<i>Enlightening the Practice of Yoga</i>	
<b>Yog'ārer-darpa-nāśhana</b>	<i>The Destroyer of the Arrogance of those without a Divine Connection</i>	40
<b>Nitya-mukta</b>	<i>Eternally Liberated</i>	
<b>Yoga</b>	<i>Union with the Divine</i>	
<b>Sthāna-da</b>	<i>Granting the State of Perfect Stillness</i>	
<b>Mah'ānu-bhāva-bhāvita</b>	<i>Transforming Yourself and other by Noble-mindedness and Generosity</i>	
<b>Kāma-jit</b>	<i>The Conqueror of Desire, Lust and Passion</i>	45
<b>Śhuchir-bhūta</b>	<i>Most Auspicious and Pure</i>	
<b>Tyāga-kārana-tyāg'ātmā</b>	<i>The Essence and Cause of Renunciation</i>	
<b>Mano'buddhi-vihin'ātmā</b>	<i>The Pure Spirit having given up the Mind and Intellect</i>	
<b>Mān'ātmā</b>	<i>The Respected Soul</i>	
<b>Chetanā-vigata</b>	<i>Beyond thinking awareness</i>	50
<b>Akṣhara-mukta</b>	<i>Eternally Liberated</i>	
<b>Parākrama</b>	<i>Of Supreme Courage</i>	

<b>Tyāg'ārtha-sampanna</b>	...	<i>Thriving through Perfect Renunciation</i>	
<b>Tyāga-vigraha</b>	.....	<i>The Embodiment of Renunciation</i>	
<b>Tyāga-kārana</b>	.....	<i>The Cause of Renunciation</i>	55
<b>Pratyāhāra-niyojaka</b>	....	<i>Enjoining Withdrawal of the Senses</i>	
<b>Pratyakṣha vastu</b>	.....	<i>The Ultimate Reality in Perceptible Form.</i>	
<b>Devānām-param'āgati</b>	...	<i>The Supreme Goal of the Devas</i>	
<b>Mahā-deva</b>	.....	<i>The Greatest among the Devas</i>	
<b>Bhuvan'āntaka</b>	.....	<i>Finished with Worldly Life</i>	60
<b>Pāpa-nāśhana</b>	.....	<i>The Destroyer of Sins</i>	
<b>Avadhūta</b>	.....	<i>He who has renounced all Worldly Attachments</i>	
<b>Mad'āpaha</b>	.....	<i>The Remover of lust, arrogance and false pride</i>	
<b>Māyā-mukta</b>	.....	<i>Free from all illusions</i>	
<b>Chid-uttama</b>	.....	<i>The Supreme Consciousness</i>	65
<b>Kṣhetra-gñya</b>	.....	<i>The In-dwelling Spirit that knows the body and the senses</i>	
<b>Kṣhetra-ga</b>	.....	<i>The Soul residing in the body</i>	
<b>Kṣhetra</b>	.....	<i>The Fertile Ground for Spiritual Growth</i>	
<b>Saṁsāra-tamo-nāśhana</b>	.	<i>The Destroyer of the Darkness of Worldly Illusion</i>	
<b>Śhaṅkā-mukta-</b> <b>-samadhimān</b>	.	<i>Absorbed in Bliss free from anxiety and doubt</i>	70
<b>Pāla</b>	.....	<i>The Protector</i>	
<b>Nitya-śhuddha</b>	.....	<i>Eternally Pure</i>	
<b>Bāla</b>	.....	<i>Childlike Innocence</i>	
<b>Brahmachārī</b>	.....	<i>The Chaste Disciple</i>	
<b>Hṛidaya-stha</b>	.....	<i>Dwelling in the Heart</i>	75
<b>Pravartana</b>	.....	<i>Always Active</i>	
<b>Saṅkalpa-duḥkha-dalana</b>		<i>The Destroyer of Unhappiness caused by desires and expectations</i>	
<b>Jīva-sanjīvana</b>	.....	<i>Giving Life to the Soul</i>	
<b>Lay'ātīta</b>	.....	<i>Beyond Destruction and Death</i>	
<b>Layasy'ānta</b>	.....	<i>The End of the Ultimate Dissolution</i>	80
<b>Pramukha</b>	.....	<i>The First among all beings</i>	
<b>Nanda</b>	.....	<i>Joyful and Joy-giving</i>	

<b>Nir'abhāsa</b> .....	<i>Without falsity or deception</i>	
<b>Niranjana</b> .....	<i>Pure and Unblemished</i>	
<b>Śhraddh'ārthi</b> .....	<i>Faithful to the end</i>	85
<b>Gosākṣhī</b> .....	<i>Witnessing the World of the Senses</i>	
<b>Ādi Nātha</b> .....	<i>The Primordial Master</i>	
<b>Viśhuddh'ottama-gaurava</b>	<i>The Highest Untainted Honour of the Guru</i>	
<b>Nirāhāri</b> .....	<i>Abstaining from food</i>	
<b>Nitya-bodha</b> .....	<i>Eternal Awakening</i>	90
<b>Purāna-prabhu</b> .....	<i>The Ancient Almighty Lord</i>	
<b>Sattva-bhṛit</b> .....	<i>The Supporter of Truth</i>	
<b>Bhūta-śhaṅkara</b> .....	<i>Auspicious and Beneficent to all beings</i>	
<b>Haṁsa-sākṣhī</b> .....	<i>The Witness, pure and swan-like discrimination</i>	
<b>Sattva-vid</b> .....	<i>The Knower of the Ultimate Reality</i>	95
<b>Vidyāvān</b> .....	<i>The Embodiment of all knowledge</i>	
<b>Ātm'ānubhava sampanna</b>	<i>Thriving on the Experience of the Self</i>	
<b>Viśhāl'ākṣha</b> .....	<i>Having Large and Powerful Eyes</i>	
<b>Dharma-varadhana</b> .....	<i>Strengthening Dharma</i>	
<b>Bhoktā</b> .....	<i>The Enjoyer</i>	100
<b>Bhogyā</b> .....	<i>The One to be enjoyed</i>	
<b>Bhog'ārtha sampanna</b> ...	<i>Accomplished in Enjoyment</i>	
<b>Bhoga gñyāna prakāśhana</b>	<i>Radiant with the Enjoyment of Knowledge</i>	
<b>Sahaja</b> .....	<i>Spontaneous and Natural</i>	
<b>Dīpta</b> .....	<i>Shining</i>	105
<b>Nirvāna</b> .....	<i>Absolute Stillness, in the Union with the Supreme</i>	
<b>Tattv'ātma gñyāna sāgara</b>	<i>The Ocean of the Knowledge of the Oneness of the individual Spirit and the Supreme</i>	
<b>Param'ānanda sāgara</b> ....	<i>The Ocean of Supreme Bliss</i>	

**Sākshāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

'Now, the higher stage is that your Guru becomes your Deity. Ultimately they say, 'Guru sākshāt Parabrahma'. And Parabrahma is the power of the Mother that is flowing through you. So you become the instrument of that Parabrahma.'

*Guru Puja, Switzerland, 14-08-84.*

# ☪ The 113 Names of the Sat-guru ☪

From the 1000 Names of Shri Adi Guru Dattatreya

<i>Om Twameva sākshāt Śhrī...</i>	<i>You are...</i>	
<b>Sattv'ātmā</b> .....	<i>Whose Essence is Truth</i>	
<b>Sattva-sāgara</b> .....	<i>The Ocean of Truth</i>	
<b>Sattva-vid</b> .....	<i>Having Pure Knowledge</i>	
<b>Sattva-sākshī</b> .....	<i>Witnessing the Essence</i>	
<b>Sattva-sādhyā</b> .....	<i>Meditating on the Ultimate Reality</i>	5
<b>Amar'ādhipa</b> .....	<i>The Eternal Lord</i>	
<b>Bhūta-kṛit</b> .....	<i>Creating the Past</i>	
<b>Bhūta-bhṛit</b> .....	<i>The Support of Life</i>	
<b>Bhūt'ātmā</b> .....	<i>The Essence of all Creatures</i>	
<b>Bhūta-sambhava</b> .....	<i>Bringing forth Existence</i>	10
<b>Bhūta-bhava</b> .....	<i>Existing in All Beings</i>	
<b>Bhava</b> .....	<i>The Lord of Life</i>	
<b>Bhūta-vidyā</b> .....	<i>The Knowledge of all Existence</i>	
<b>Bhūta-kāraṇa</b> .....	<i>The Cause of all that is created</i>	
<b>Bhūta-sākshī</b> .....	<i>The Witness of Creation</i>	15
<b>Prabhūta</b> .....	<i>Supreme and Perfect</i>	
<b>Bhūtānām-param'āgati</b> ..	<i>The Highest Refuge of incorporeal spirits.</i>	
<b>Bhūta-saṅga vihīn'ātmā</b> ..	<i>A Soul freed from the five elements</i>	
<b>Bhūta-śhaṅkara</b> .....	<i>The Giver of peace and well-being to all creatures</i>	
<b>Mahā-nātha</b> .....	<i>The Great Master</i>	20
<b>Ādi Nātha</b> .....	<i>The Primordial Master</i>	
<b>Mah'eśhwara</b> .....	<i>The Greatest God</i>	
<b>Sarva-bhūta-nivās'ātmā</b> ..	<i>Residing in all creatures as the Spirit</i>	
<b>Bhūta-santāpa-nāśhana</b> ..	<i>The Destroyer of the heat and suffering of worldly existence</i>	
<b>Sarv'ātmā</b> .....	<i>The Soul of Everything</i>	25
<b>Sarva-pratyaya</b> .....	<i>Making all things intelligible</i>	
<b>Sarva</b> .....	<i>Everything</i>	
<b>Sarva-gñya</b> .....	<i>All-knowing</i>	
<b>Sarva-nirnaya</b> .....	<i>The Judgment of All</i>	

<b>Sarva-sākṣhī</b> .....	<i>The Witness of Everything</i>	30
<b>Bṛihat bhānu</b> .....	<i>Of Mighty Splendour like the Sun</i>	
<b>Sarva-vid</b> .....	<i>The Knower of Everything</i>	
<b>Sarva-maṅgala</b> .....	<i>All Auspiciousness</i>	
<b>Śhānta.</b> .....	<i>Peaceful</i>	
<b>Satya</b> .....	<i>Truth</i>	35
<b>Sam-māyī</b> .....	<i>At One with the Maya</i>	
<b>Pūrna</b> .....	<i>Complete</i>	
<b>Ekākī</b> .....	<i>Solitary</i>	
<b>Kamalā-pati</b> .....	<i>The Husband of Shri Lakshmi</i>	
<b>Rāma</b> .....	<i>Shrī Rāma</i>	40
<b>Rāma-priya</b> .....	<i>Loved by Shrī Rāma</i>	
<b>Virāma</b> .....	<i>The Full stop</i>	
<b>Rāma-kāraṇa</b> .....	<i>The Cause of Shrī Rāma</i>	
<b>Śhuddh'ātmā</b> .....	<i>Of Pure Heart</i>	
<b>Ananta</b> .....	<i>Eternal</i>	45
<b>Param'ārtha-bhṛit</b> .....	<i>Achieving the Ultimate Meaning</i>	
<b>Haṁsa-sākṣhī</b> .....	<i>The Witness of Pure Discrimination</i>	
<b>Vibhu</b> .....	<i>The Lord of the Whole Universe</i>	
<b>Prabhu</b> .....	<i>The Enlightenment of all that is created</i>	
<b>Pralaya</b> .....	<i>The Destroyer of all that is created</i>	50
<b>Siddh'ātmā</b> .....	<i>A Realised Soul</i>	
<b>Param'ātmā</b> .....	<i>The Highest Spirit</i>	
<b>Siddhānām param'āgati</b> ..	<i>Taking us to the highest state of spirituality</i>	
<b>Siddhi siddha</b> .....	<i>Having achieved Complete Fulfillment</i>	
<b>Sahaja</b> .....	<i>Spontaneous</i>	55
<b>Vi-jvara</b> .....	<i>Never getting heated</i>	
<b>Mahā-bāhu</b> .....	<i>Having Mighty Arms</i>	
<b>Bahul'ānanda-varadhana</b> ..	<i>The Giver of an abundance of the Greatest Joy</i>	
<b>Avyakta Puruṣha</b> .....	<i>The Unmanifested Supreme Spirit</i>	
<b>Prāgñya</b> .....	<i>Enlightened Awareness</i>	60
<b>Para-gñya</b> .....	<i>Knowing the Supreme</i>	
<b>Param'ārtha dṛiśhya</b> ....	<i>The Knower of the Highest Truth</i>	

<b>Pandita</b> .....	<i>The Learned Scholar</i>	
<b>Buddha</b> .....	<i>Awakened and Enlightened</i>	
<b>Viśhw'ātmā</b> .....	<i>The Spirit of the Whole Universe</i>	65
<b>Pranava</b> .....	<i>The Primordial Reverberation Om</i>	
<b>Pranav'ātīta</b> .....	<i>Beyond Pranava</i>	
<b>Śhaṅkar'ātmā</b> .....	<i>The Spirit of the Benevolent Shrī Shiva</i>	
<b>Parā-māyi</b> .....	<i>Beyond Illusion and Delusion</i>	
<b>Devānām-param'āgati</b> ...	<i>The Highest Refuge of the Gods</i>	70
<b>Achintya</b> .....	<i>Beyond Thought</i>	
<b>Chaitanya</b> .....	<i>Consciousness</i>	
<b>Chetanā-chitta-vikrama</b> ...	<i>Having Strong Powers of Intelligence and Perception</i>	
<b>Para-brahma</b> .....	<i>The Embodiment of the Supreme Formless God</i>	
<b>Param-jyoti.</b> .....	<i>The Highest Light</i>	75
<b>Param-dhāmā</b> .....	<i>The Highest Abode</i>	
<b>Param-tāpaḥ</b> .....	<i>The Greatest of those who do penance</i>	
<b>Param-sūtra</b> .....	<i>The Highest Thread of the World</i>	
<b>Para-tantra</b> .....	<i>Obedient to the Divine Will</i>	
<b>Kṣhetra-gñya</b> .....	<i>The Spirit which witnesses the body</i>	80
<b>Loka-pāla</b> .....	<i>The Protector of Humanity</i>	
<b>Gun'ātmā</b> .....	<i>The Essence of the Three Gunas</i>	
<b>Ananta-guna sampanna</b> ...	<i>Of unlimited virtues</i>	
<b>Yagñya</b> .....	<i>The Fire that burns negativity and gives auspiciousness</i>	
<b>Hiranya-garbha</b> .....	<i>The Creator</i>	85
<b>Garbha</b> .....	<i>The Inner Sanctum</i>	
<b>Suhṛid</b> .....	<i>A Good Friend</i>	
<b>Param'ānanda</b> .....	<i>The Highest Joy</i>	
<b>Saty'ānanda</b> .....	<i>The Highest Joy of Truth</i>	
<b>Chid'ānanda</b> .....	<i>The Highest Joy of the Attention</i>	90
<b>Sūrya-maṇḍala-madhyaga</b>	<i>Residing in the Circle of the Sun</i>	
<b>Janaka</b> .....	<i>The Father</i>	
<b>Mantra-vīrya</b> .....	<i>The Essence of Mantra</i>	
<b>Mantra-bīja</b> .....	<i>The Seed Sounds of the Mantras</i>	



<b>Śhastra-vīrya</b> .....	<i>The Efficacy of the Scriptures</i>	95
<b>Ekaiva</b> .....	<i>The One Supreme</i>	
<b>Niṣhkala</b> .....	<i>Beyond any phases; worshipped on a Full Moon</i>	
<b>Nirantara</b> .....	<i>Eternal</i>	
<b>Sur'eśhwara</b> .....	<i>The God of the Gods</i>	
<b>Yantra-kṛit</b> .....	<i>Operating the Mechanism of the Kundalini</i>	100
<b>Yantrī</b> .....	<i>Restrained</i>	
<b>Yantra-vid</b> .....	<i>The Knower of Sacred Techniques</i>	
<b>Yantr'ārūḍha-parājita</b> ..	<i>Having overcome being mounted on the Wheel of Rebirth</i>	
<b>Yantramān</b> .....	<i>Possessing the Quality of Restraint</i>	
<b>Yantra-kāra</b> .....	<i>Practicing the Techniques of the Kundalini</i>	105
<b>Brahma-yoni</b> .....	<i>Originating in the Supreme Spirit</i>	
<b>Viśhwa-yoni</b> .....	<i>The Source of the Universe</i>	
<b>Guru</b> .....	<i>The Respected and Revered Teacher</i>	
<b>Brahma</b> .....	<i>Brahman, the Formless Consciousness</i>	
<b>Tri-vikrama</b> .....	<i>The Power of the Three Worlds</i>	110
<b>Sahasrāra-may'od-bhava</b>	<i>Born out of the Sahasrara of Our Mother</i>	
<b>Rudra</b> .....	<i>The Destructive Power of Lord Shiva</i>	
<b>Hṛidaya-stha</b> .....	<i>Residing in the Heart</i>	

**Sākshāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*Translations by Shrī Mataji at a Havan before Guru Puja, London, 01-12-79.*

'You must have noticed that the Kundalini rises not through, say, giving something to it or lifting it up or anything like that; but only through radiation, just the radiation. In the same way when you are virtuous, you radiate your virtue. It's the radiation that works; and that is what one has to learn: how to radiate. It's only possible when we are pure. That is how it is going to work out - through radiation. You are the Gurus of Radiation'. *Guru Puja, London, 02-12-79*



☪ The Left Heart (Anāhata) Chakra ☪



**Om namaḥ Śhivāya**

*Om, Salutations to the Benevolent Lord.  
Remove my Illusory ego and let me approach  
and be filled with Thee, O Blissful Divine.*

## ॐ The 108 Names of Shri Śhiva ॐ

*Amen. We, the children, bow with complete devotion and adoration  
to the Sacred One who resides in the Heart of Shrī Mataji Nirmalā Devī.  
From Him came the desire for our emancipation.*

**Om Śhivam Śhiva-karam Śhāntam, Śhiv'ātmānam Śhiv'ottamam**

*Om, to the Auspicious One, the Bestower of Happiness, Peaceful,  
The Blissful Soul, the Highest Felicity,*

**Śhiva-mārga Praṇetāram, Praṇato-'smi Sadāśhivam**

*To our Guide on the Path of Holiness, we make prostrations, O Eternal Spirit.*

**Om Twameva sākshāt Śhrī....**      *You are...*

<b>Śhiva</b> .....	<i>Benevolent and Blissful</i>	
<b>Śhaṅkara</b> .....	<i>The Bestower of Well-being and Peace</i>	
<b>Swayam-bhū</b> .....	<i>Self-existent</i>	
<b>Paśhu-pati</b> .....	<i>The Lord and Protector of Animals</i>	
<b>Kṣhamā-kṣhetra</b> .....	<i>The Place of Forgiveness</i>	5
<b>Priya-bhakta</b> .....	<i>The Favorite of the devotees</i>	
<b>Kāma-deva</b> .....	<i>The God of Love</i>	
<b>Sādhu-sādhyā</b> .....	<i>Achieved easily by the saintly</i>	
<b>Hṛit-pundarik'āsana</b> ..	<i>He who dwells in the Lotus of the Heart</i>	
<b>Jagad-hitaiśhī</b> .....	<i>The Well-wisher of the Universe</i>	10
<b>Vyāghra-komala</b> .....	<i>Tender to the tiger</i>	
<b>Vatsala</b> .....	<i>Both Loving and Beloved</i>	
<b>Dev'āsura-guru</b> .....	<i>The Preceptor of the Gods and the Demons</i>	
<b>Śhambhu</b> .....	<i>The Bestower of Blessings</i>	
<b>Lok'ottara sukhālaya</b> ..	<i>The Abode of the most excellent happiness</i>	15
<b>Sarva-saha</b> .....	<i>The Bearer of Everything</i>	
<b>Swa-dhṛita</b> .....	<i>Self-supported</i>	
<b>Eka-nāyaka</b> .....	<i>The Sole Lord</i>	
<b>Śhrī-vatsala</b> .....	<i>The Darling of the Goddess</i>	
<b>Śhubha-da</b> .....	<i>The Bestower of Auspiciousness</i>	20
<b>Sarva-sattv'āvalambana</b>	<i>The Supporter of all living beings</i>	

<b>Śharvarī-pati</b> .....	<i>The Husband of Shrī Pārvatī</i>	
<b>Varada</b> .....	<i>The Bestower of Boons</i>	
<b>Vāyu-vāhana</b> .....	<i>Whose vehicle is the wind</i>	
<b>Kamandalu-dhara</b> .....	<i>The Holder of the water-pot (for rites)</i>	25
<b>Nad'īśhwara</b> .....	<i>The Lord of the Rivers</i>	
<b>Prasadasva</b> .....	<i>Pleasing to the Self</i>	
<b>Sukh'ānila</b> .....	<i>The Pleasing Wind of Vibrations</i>	
<b>Nāga-bhūṣhana</b> .....	<i>Wearing serpents as ornaments</i>	
<b>Kailāsa-śhikhara vāsī</b> ...	<i>Residing at the peak of Mount Kailash</i>	30
<b>Trilochana</b> .....	<i>Three-eyed</i>	
<b>Pināka-pāni</b> .....	<i>Bearing the Mighty Bow Pinaka</i>	
<b>Śhramana</b> .....	<i>Ascetic</i>	
<b>Achal'eśhwara</b> .....	<i>The Lord of the Mountain</i>	
<b>Vyāghra-charm'āmbara</b>	<i>Wearing a Tiger Skin</i>	35
<b>Unmatta-veṣha</b> .....	<i>Having the Appearance of a Madman</i>	
<b>Preta-chārī</b> .....	<i>Going about surrounded by Bhoots</i>	
<b>Hara</b> .....	<i>The Destroyer</i>	
<b>Rudra</b> .....	<i>Fierce</i>	
<b>Bhīma-parākrama</b> .....	<i>Of Terrible Exploits</i>	40
<b>Nat'eśhwara</b> .....	<i>The Lord of the Dance</i>	
<b>Nata-rājā</b> .....	<i>The King of the Dance</i>	
<b>Īśhwara</b> .....	<i>The Lord of Spiritual Reality</i>	
<b>Param-śhiva</b> .....	<i>The Supreme Shrī Shiva</i>	
<b>Param'ātmā</b> .....	<i>The Supreme Spirit</i>	45
<b>Param'eśhwara</b> .....	<i>The Supreme Lord</i>	
<b>Vīr'eśhwara</b> .....	<i>The Lord of Heroes</i>	
<b>Sarv'eśhwara</b> .....	<i>The Lord of All</i>	
<b>Kām'eśhwara</b> .....	<i>The Lord of Love</i>	
<b>Viśhwa sākṣhī</b> .....	<i>The Witness of the Universe</i>	50
<b>Nitya-nṛitya</b> .....	<i>Ever-dancing</i>	
<b>Sarva-vāsa</b> .....	<i>Residing in all</i>	
<b>Mahā-yogī</b> .....	<i>The Great Yogi</i>	

<b>Sadā-yogī</b> .....	<i>The Primordial, Immutable Yogi</i>	
<b>Sadāśhiva</b> .....	<i>Lord God Almighty</i>	55
<b>Ātmā</b> .....	<i>The Self</i>	
<b>Ānanda</b> .....	<i>Bliss and Joy</i>	
<b>Chandra-mauli</b> .....	<i>Having the Moon as a Crest Jewel</i>	
<b>Mah'eśhwara</b> .....	<i>The Great Lord</i>	
<b>Sudhā-pati</b> .....	<i>The Lord of Nectar</i>	60
<b>Amṛuta-pa</b> .....	<i>The Drinker of Nectar</i>	
<b>Amṛuta-maya</b> .....	<i>Full of Nectar</i>	
<b>Praṇat'ātmaka</b> .....	<i>The Soul of the Devotee</i>	
<b>Puruṣha</b> .....	<i>The Divine Spiritual Being</i>	
<b>Pracchanna</b> .....	<i>Hidden</i>	65
<b>Sūkṣhma</b> .....	<i>Subtle</i>	
<b>Karnikāra-priya</b> .....	<i>Fond of the Pericarp of the Lotus</i>	
<b>Kavi</b> .....	<i>The Poet</i>	
<b>Amogha-daṇḍa</b> .....	<i>Of Ever-effective Punishment</i>	
<b>Nīla-kantha</b> .....	<i>Having a Blue Throat from consuming poison to save the World</i>	70
<b>Jatī</b> .....	<i>The One with Matted Hair</i>	
<b>Puṣpa-lochana</b> .....	<i>The One with Eyes like Flowers</i>	
<b>Dhyān'ādhāra</b> .....	<i>The Basis of Meditation</i>	
<b>Brahmānda-hṛid</b> .....	<i>The Heart of the Universe</i>	
<b>Kāma-śhāsana</b> .....	<i>The Chastiser of Manmatha (Cupid)</i>	75
<b>Jita-kāma</b> .....	<i>The Conqueror of Lust</i>	
<b>Jit'endriya</b> .....	<i>The Conqueror of the Sense Organs</i>	
<b>At'indriya</b> .....	<i>Beyond the scope of the Sense Organs</i>	
<b>Nakṣhatra-mālī</b> .....	<i>Having a Necklace of Stars</i>	
<b>Anādyanta</b> .....	<i>Having neither beginning nor end</i>	80
<b>Ātmā-yoni</b> .....	<i>The Origin of the Self</i>	
<b>Nabha-yoni</b> .....	<i>The Origin of the Firmament</i>	
<b>Karunā-sāgara</b> .....	<i>The Ocean of Compassion</i>	
<b>Śhulī</b> .....	<i>Master of the Trident</i>	
<b>Mah'eśhvāsa</b> .....	<i>The Bearer of the Mighty Bow</i>	85



<b>Niṣkalan̄ka</b>	.....	<i>Of Unblemished Purity</i>	
<b>Nitya-sundara</b>	.....	<i>Ever Beautiful</i>	
<b>Ardha-nār'īśhwara</b>	....	<i>He whose other half is Shrī Pārvatī</i>	
<b>Umā-pati</b>	.....	<i>The Lord of Shrī Pārvatī</i>	
<b>Rasada</b>	.....	<i>Giving Savour to Life and the Divine Nectar</i>	90
<b>Ugra</b>	.....	<i>Fierce and Powerful</i>	
<b>Mahā-kāla</b>	.....	<i>The Great Destroyer</i>	
<b>Kāla-kāla</b>	.....	<i>The Destroyer of Death</i>	
<b>Vaiyāghra dhurya</b>	....	<i>Foremost of those with the nature of the tiger</i>	
<b>Śhatru-pramāthī</b>	.....	<i>The Suppressor of Enemies</i>	95
<b>Sarv'āchārya</b>	.....	<i>The Great Preceptor of All</i>	
<b>Samāna</b>	.....	<i>Equanimous</i>	
<b>Ātmā-prasanna</b>	.....	<i>The Pure Soul in Bliss</i>	
<b>Nara-nārāyaṇa-priya</b>	..	<i>Fond of Shri Vishnu as both Man and God.</i>	
<b>Rasa-gñya</b>	.....	<i>The Knower of the Essence and the Nectar</i>	100
<b>Bhakti-kāya</b>	.....	<i>The Embodiment of Devotion</i>	
<b>Loka-vīr'āgranī</b>	.....	<i>Foremost of the Heroes of the World</i>	
<b>Chirantana</b>	.....	<i>Eternal Life</i>	
<b>Viśhvam-bhar'eśhwara</b>		<i>The Supreme Lord of the Universe</i>	
<b>Nav'ātmā</b>	.....	<i>The Ever-youthful Soul</i>	105
<b>Nava-yerūsalem'eśhwara</b>		<i>The Lord of the New Jerusalem</i>	
<b>Ādi Nirmal'ātmā</b>	.....	<i>The Primordial Self of Shrī Mata)jī</i>	
<b>Sahaja yogi priya</b>	.....	<i>Loved by Sahaja Yogis</i>	

## Prayer to Shri Shiva for forgiveness of transgressions

**Kara-charana kṛitam vā kāya-jam karma-jam vā**

*Forgive all wrongs done by our hands or feet or created by the body or actions*

**Śhravana nayana-jam vā mānasam v'āparādhām**

*By our ears or our eyes, with our minds or through our mistakes.*

**Vihitam-avihitam vā sarvam-etat kṣhamasva**

*For all that has been done or left undone, please forgive us.*

**Jaya jaya Karuṇ'ābdhe Śhrī Mahā-deva Śhambho (x3)**

*Victory to You, the Ocean of Compassion, O Great and Beneficent God!*

## ☪ Tad Nishkala ☪

*'At One with the Supreme Spirit'  
by Shri Ādi Shaṅkaracharya*

*Tad Nishkala is also known as the **Atma** or **Nirvana Shatkam** -  
six verses on the theme of spiritual liberation*

**Mano buddhy'ahaṁkāra chittāni n'āham**

*I am neither the mind, intelligence, ego, nor thoughts,*

**Na cha śhrotra jihve, na cha ghrāna netre**

*Neither the ears, nor the tongue, nor the senses of smell and sight,*

**Na cha vyoma-bhūmir, na tejo na vāyuh**

*Neither ether, nor earth, nor fire, nor air,*

**Chid-ānanda rūpah, Śhivo-'ham, Śhivo-'ham**

*I am Eternal Bliss and Awareness, I am Shiva! I am Shiva!*

**Na cha prāna saṁgñyo, na vai pañcha-vāyur**

*I am neither the Life Energy, nor the five vital breaths,*

**Na vā sapta-dhātur, na vā pancha-koṣhaḥ**

*Neither the seven elements of the body, nor its five sheaths,*

**Na vāk pāni-pādaḥ, na ch'opasthapāyū**

*Neither speech, nor hands, nor feet, nor other organs of action,*

**Chid-ānanda rūpah, Śhivo-'ham, Śhivo-'ham**

*I am Eternal Bliss and Awareness, I am Shiva! I am Shiva!*

**Na me dveśha-rāgau, na me lobha-mohau**

*Neither loathing, nor liking, attachment, nor greed,*

**Mado n'aiva me, n'aiva mātsarya-bhāvah**

*Nothing of pride or jealousy,*

**Na dharmo, na ch'ārtho, na kāmo, na mokṣhaḥ**

*Neither Righteousness, nor Purpose, Desire, nor Liberation,*

**Chid-ānanda rūpah, Śhivo-'ham, Śhivo-'ham**

*I am Eternal Bliss and Awareness, I am Shiva! I am Shiva!*



**Na punyam, na pāpam, na saukhyam, na duḥkham**

*Neither virtue, nor vice, no pleasure, nor pain,*

**Na mantram, na tīrtham, na vedā, na yagñyāḥ**

*No Holy places, Mantras, Scriptures, nor Sacrifices,*

**Aham bhojanam n'aiva, bhojyam na bhoktā**

*Neither am I the eater, the food, nor the enjoyment of eating,*

**Chid-ānanda rūpah, Śhivo-'ham, Śhivo-'ham**

*I am Eternal Bliss and Awareness, I am Shiva! I am Shiva!*

**Na me mṛityu śhaṅkā, na me jāti bhedaḥ**

*Neither fear of death, nor distinction of caste,*

**Pitā n'aiva me, n'aiva mātā, na janma**

*Neither father, nor mother, nor birth have I,*

**Na bandhur, na mitram, gurur n'aiva śhiṣyaḥ**

*Neither relations, nor friends, no teacher, nor disciples,*

**Chid-ānanda rūpah, Śhivo-'ham, Śhivo-'ham**

*I am Eternal Bliss and Awareness, I am Shiva! I am Shiva!*

**Aham nirvikalpo, nirākāra rūpī**

*I have no form or fancy,*

**Vibhu-tvāch-cha sarvatra sarv'endriyānām**

*All-pervading am I, Eternal and beyond the senses,*

**Na ch'āsaṅ-gatam n'aiva muktir na meyaḥ**

*Neither Salvation have I, nor anything to be known.*

**Chid-ānanda rūpah, Śhivo-'ham, Śhivo-'ham**

*I am Eternal Bliss and Awareness, I am Shiva! I am Shiva!*

'That's what you are. You are Eternal Bliss and Awareness;  
Consciousness: the Pure Consciousness; I think this must be.  
Everyone must learn it by heart and must say it in all the ashrams.  
That's a very good way of remembering what you are!  
May God bless you!

**Guru Puja, Gmunden, Austria, 06-07-86**

## ☪ The 108 Names of Shri Gaṅgā Mātā ☪

*Om Twameva sākshāt Śhrī....*

*You are...*

- Gaṅgā** ..... *The Holy River Ganges*
- Viṣṇu-pad'ābja-sambhūtā** .*Born from the Lotus-like Foot of Shri Vishnu*
- Hara-vallabhā** ..... *Beloved of Shri Shiva*
- Himāchal'endra-tanayā** ... *The Daughter of the Lord of Himalaya*
- Giri-maṇḍala gāminī** ..... *Flowing through the mountain country*     5
- Tārak'āri-janani** ..... *The Mother of Shri Kārttikeya, the Enemy  
of the demon Tarakasura*
- Sagar'ātmaja-tārikā** ..... *The Liberator of the 60,000 sons of Sagara  
who were burnt to ashes by Sage Kapila*
- Saraswatī-samyuktā** ..... *Joined to the river Saraswatī which flows under-  
ground and meets the Ganges at Allahabad*
- Sughoṣhā** ..... *Melodious*
- Sindhu-gāminī** ..... *Flowing to the Ocean*     10
- Bhāgīrathī** ..... *Brought down from Heaven  
by the prayers of Sage Bhagiratha*
- Bhāgyavati** ..... *Happy, fortunate*
- Bhagīratha-rath'ānugā** ... *Following Bhagiratha's chariot down into Hell  
to purify the ashes of Sagara's sons  
and liberate their souls*
- Tri-vikrama-pad'oddhūtā** . *Manifested from the foot of Shri Vishnu*
- Tri-loka-patha gāminī** .... *Flowing through the three worlds,  
Heaven, Earth and the nether regions*     15
- Kṣhīra-śhubhrā** ..... *As white as milk*
- Bahu-kṣhīrā** ..... *Giving milk in abundance*
- Kṣhīra-vṛikṣha samakulā** *Abounding in the four milk trees:  
Banyan, Fig, Pipal and Madhuka*
- Tri-lochana jata-vāsini** ... *Dwelling in the matted locks of the  
three-eyed Shri Shiva*
- Ṛina-traya vimochanī** ... *Releasing from the three debts; to study the  
Vedas, worship the Gods, and produce sons*     20
- Tripur'āri-śhiras-chūdā** . *Flowing from the Top of the Head of  
the Enemy of Tripura, Shri Shiva*

<b>Jāhnavī</b> .....	<i>The Daughter of King Jahnu who drank up the Ganges in a rage for flooding his kingdom, but relented, and allowed Her to flow from his ear</i>	
<b>Nata-bhīti hṛit</b> .....	<i>The Remover of the fear of those who bow to You</i>	
<b>Avyayā</b> .....	<i>Eternal and Imperishable</i>	
<b>Nayan'ānanda dāyinī</b> ....	<i>Delightful to behold</i>	25
<b>Naga-putrikā</b> .....	<i>The Daughter of the Mountain</i>	
<b>Niranjanā</b> .....	<i>Untainted and Clear</i>	
<b>Nitya-śhuddhā</b> .....	<i>Eternally pure</i>	
<b>Nīra-jāla pariṣh-kṛitā</b> ....	<i>Adorned with Water</i>	
<b>Sāvitrī</b> .....	<i>The Mother</i>	30
<b>Salila-vāsī</b> .....	<i>She who dwells in water</i>	
<b>Sāgar'āmbu samedhinī</b> ..	<i>Swelling the Waters of the Ocean</i>	
<b>Ramyā</b> .....	<i>Delightful</i>	
<b>Bindu-sarasā</b> .....	<i>Made of water-drops</i>	
<b>Avyaktā</b> .....	<i>Unmanifest</i>	35
<b>Vṛindāraka-sam'āśhritā</b> ..	<i>The Resort of the Eminent</i>	
<b>Umā-sapatnī</b> .....	<i>Having the same husband as Shrī Pārvatī, Shrī Shiva</i>	
<b>Śhubhr'āṅgī</b> .....	<i>The One with Beautiful White Limbs</i>	
<b>Śhrīmatī</b> .....	<i>Beautiful, Auspicious and Illustrious</i>	
<b>Dhaval'āambarā</b> .....	<i>The One with a Dazzling White Garment</i>	40
<b>Ākhaṇḍala-vana-vāsā</b> ....	<i>Flowing through the Khandala Forest</i>	
<b>Khaṇḍ'endu kṛita-śhekharā</b>	<i>Wearing the Crescent Moon as a Diadem</i>	
<b>Amṛut'ākāra salilā</b> .....	<i>Whose water is a rich source of Nectar</i>	
<b>Līlā-laṅghita-parvatā</b> .....	<i>Leaping over mountains in sport</i>	
<b>Viriñchi-kalaśha-vāsī</b> .....	<i>Dwelling in the water-pot of Shrī Brahma</i>	45
<b>Trivenī</b> .....	<i>Triple-braided by the waters of the three rivers: Ganges, Yamuna and Saraswatī</i>	
<b>Trigun'ātmikā</b> .....	<i>The Spiritual essence of the three gunas</i>	
<b>Saṅgat'āghaughā śhamanā</b> ..	<i>Destroying the mass of worldly attachments and collective misdeeds</i>	
<b>Śhaṅkha-dundubhi nisvanā</b> ..	<i>Sounding like a conch-shell and drum</i>	
<b>Bhiti-hṛit</b> .....	<i>The Remover of Fear</i>	50
<b>Bhāgya janani</b> .....	<i>Creating Happiness</i>	

<b>Bhinna Brahmānda darpinī</b>	<i>Proud of breaking open the Egg of Brahma</i>	
<b>Nandinī</b> .....	<i>Happy</i>	
<b>Śhigrā</b> .....	<i>Fast-flowing</i>	
<b>Siddhā</b> .....	<i>Perfect</i>	55
<b>Śharanyā</b> .....	<i>Granting Shelter, Help and Protection</i>	
<b>Śhaśhi-śhekharī</b> .....	<i>Wearing the Moon upon Your Head</i>	
<b>Śhaṅkarī</b> .....	<i>Compassionate</i>	
<b>Saphari-pūrnā</b> .....	<i>Abundant with small shiny fish</i>	
<b>Bharga-mūrdhā-kṛit'ālayā</b> ..	<i>Dwellings on Shrī Shiva's Head</i>	60
<b>Bhava-priyā</b> .....	<i>Loved by Shrī Shiva and by all living beings</i>	
<b>Satya-sandha priyā</b> .....	<i>Loved by the Faithful</i>	
<b>Haṁsa-swarūpinī</b> .....	<i>The Embodiment of Swan-like Discretion</i>	
<b>Bhagiratha-sutā</b> .....	<i>The Daughter of Sage Bhagiratha</i>	
<b>Anantā</b> .....	<i>Eternal</i>	65
<b>Śharach-chandra-nibh'ānanā</b>	<i>Whose face is radiant like the autumn moon</i>	
<b>Omkāra rūpinī</b> .....	<i>In the form of the Om</i>	
<b>Atulā</b> .....	<i>Peerless, without equal</i>	
<b>Kridā-kallola kārinī</b> .....	<i>The Playful Sound of the Flowing River</i>	
<b>Swarga-sopāna saranī</b> ..	<i>Flowing like a Stairway to Heaven</i>	70
<b>Ambhaḥ-pradā</b> .....	<i>Giving Water</i>	
<b>Duḥkha-hantrī</b> .....	<i>The Remover of Sorrow</i>	
<b>Śhānti-santata karinī</b> ..	<i>The Continuance of Peace</i>	
<b>Daridrya-hantrī</b> .....	<i>The Remover of Poverty</i>	
<b>Śhivadā</b> .....	<i>The Bestower of Auspiciousness and Happiness</i>	75
<b>Saṁsāra-viṣha-nāśhini</b> .	<i>Destroying the ills of this world</i>	
<b>Prayāga nilayā</b> .....	<i>Dwelling at the confluence of the Ganga, Yamuna and Saraswati at Allahabad</i>	
<b>Sītā</b> .....	<i>The eastern-most of the four branches into which the Ganges divides after falling on Mount Meru</i>	
<b>Tāpa-traya vimochanī</b> ..	<i>Granting Liberation from the Three Afflictions, the Elements, one's Deeds and the Body</i>	
<b>Śharaṇ'āgata-</b>		
<b>-dīn'ārta-pari-trāṇā</b> ..	<i>The Protector of the sick and suffering, who come to You for Refuge</i>	80

<b>Sumukti-dā</b> .....	<i>Giving Complete Emancipation</i>	
<b>Siddhi-yoga nisevitā</b> .....	<i>Propitiated for the attainment of Self- -realisation and Connection to the Divine</i>	
<b>Pāpa-hantrī</b> .....	<i>The Destroyer of Sins</i>	
<b>Pāvan'aṅgī</b> .....	<i>Having a Pure Body</i>	
<b>Parabrahma swarūpinī</b> ...	<i>The Embodiment of the Supreme Spirit</i>	85
<b>Pūrnā</b> .....	<i>Complete</i>	
<b>Purātanā</b> .....	<i>Ancient</i>	
<b>Punyā</b> .....	<i>The Merit of Noble Deeds</i>	
<b>Punyadā</b> .....	<i>The Bestower of Merit</i>	
<b>Punya vāhinī</b> .....	<i>The Generous Flow of Merit</i>	90
<b>Pulomaj'ārchitā</b> .....	<i>Worshipped by Indrani (wife of Indra)</i>	
<b>Pūtā</b> .....	<i>Pure</i>	
<b>Pūta-tribhuvanā</b> .....	<i>The Purifier of the Three Worlds</i>	
<b>Japā</b> .....	<i>The Gentle Murmur of the Waters</i>	
<b>Jaṅgamā</b> .....	<i>Living and Moving</i>	95
<b>Jaṅgama-dharā</b> .....	<i>Sustaining the Living and Moving</i>	
<b>Jala-rūpā</b> .....	<i>In the Form of Water</i>	
<b>Jagad-hītā</b> .....	<i>Benevolent to the World</i>	
<b>Jahnu-putrī</b> .....	<i>The Daughter of King Jahnu</i>	
<b>Jagan-mātā</b> .....	<i>The Mother of the World</i>	100
<b>Siddhā</b> .....	<i>Holy</i>	
<b>Bhogavatī</b> .....	<i>Delightful and Beautiful -Ganga's name as She enters the underworld</i>	
<b>Umā-kāra-kamala sanjātā</b> .	<i>Born from the Same Lotus as Shrī Pārvatī , a poetic way of saying that they are sisters</i>	
<b>Agñyana-timira-bhānu</b> ...	<i>A Light amid the Darkness of Ignorance</i>	
<b>Ajarā</b> .....	<i>Untouched by Old Age</i>	105
<b>Ādyā</b> .....	<i>The Beginning</i>	
<b>Dhenū</b> .....	<i>Bestowing Plenty and Fulfilling Wishes</i>	
<b>Nirmalā</b> .....	<i>Forever Pure like Shrī Mataji</i>	

**Sākshāt Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namaḥ**





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**Jaya Jagadambe Mā**

*Victory to the Divine Mother of the Universe!*

**The Nine Names of**  
**◉ Shri Durgā Mātā ◉**

**Om Twameva sākṣhāt Śhrī Jagadambā Durgā Mātā sākṣhāt**  
**Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namaḥ**

*Shri Mataji, You are Shri Durga, the Mother of this Universe,  
who carries us across all hurdles, we surrender completely to You!*

*These Nine Forms of **Shri Durgā** are worshipped  
on the Nine Nights of **Navarātri**.*

*Om Twameva sākshāt Śhrī.... You are...*

1. **Śhaila-putrī** . . . . . *The Daughter of the Mountain King*
2. **Brahma-chārinī** . *Observing a state of Celibacy*
3. **Chandra-ghaṇṭā** *With a Bell-shaped Half-moon on Forehead*
4. **Kūṣhmāṇḍā** . . . . . *Whose Void contains the Universe*
5. **Skanda-mātā** . . . . . *The Mother of Shri Kārttikeya*
6. **Kātyāyanī** . . . . . *The Daughter of Sage Katyayana*
7. **Kāla-rātrī** . . . . . *The Dark Night of Dissolution*
8. **Mahā-gaurī** . . . . . *The Purest Virgin whose body is bright like lightning*
9. **Siddhi-dātrī** . . . . . *Bestowing the Highest Fulfillment, Self-realisation*

**Sākṣhāt Śhrī Ādi Śhakti Mātāji**  
**Śhrī Nirmalā Devyai namo namaḥ**

**Joan of Arc** (Jeanne d'Arc, 1412-1431 CE)

'Joan of Arc was a special, blessed person by the Divine; and She should be worshipped as a Goddess or as a Deity, which has looked after France and its independence.'

*Eve of Diwali, Novi Ligure, 24-10-98.*



# ☪ The 32 Names of Shri Durgā Mātā ☪

A Garland of 32 Names of Shri Durga

from the **Durga Sapta-shati** –‘seven hundred verses’.

These are considered to be most effective for the worst difficulties and problems.

**Om Twameva sākshāt Śhrī...**

You are...

- Durgā** ..... *The Remover of Difficulties and Evil*
- Durg'ārti-śhamanī** ..... *The Pacifier of Troubles*
- Durg'āpad-vinivārini** ... *The Destroyer of the Worst Evil*
- Durgama-chhedini** ..... *Cutting down Difficulties and Evil*
- Durga-sādhini** ..... *Practicing Disciplines to overcome obstacles* 5
- Durga-nāśhini** ..... *The Destroyer of Difficulties*
- Durgat'oddhārini** ..... *Uplifting and Delivering us from Evil*
- Durga-nihantri** ..... *Annihilating Hardships and Obstacles*
- Durgam'āpahā** ..... *Warding off Misfortune*
- Durgama-gñyāna-dā** .... *Giving Knowledge most difficult to attain* 10
- Durga-daitya-**  
**-loka-davānalā** ..... *The Forest-fire destroying the Realm of Demons*
- Durgamā** ..... *The Holy Mother who gives us*  
*difficulties which help growth*
- Durgam'ālokā** ..... *The Glorious Form that is hard to look upon*
- Durgam'ātma-swarūpinī** . *Whose Soul is Unfathomable*
- Durga-mārga-pradā** ..... *The Bestower of the Hardest Path,*  
*that to God-realisation* 15
- Durgama-vidyā** ..... *Whose Knowledge is hard to attain*
- Durgam'āśhritā** ..... *The Refuge from all evil*
- Durgama-**  
**-gñyāna-samsthānā** .. *The Abode of Knowledge most difficult to attain*
- Durgama-dhyāna-bhāsinī** *Enlightening us with Meditation*  
*beyond all thoughts and worries*
- Durgamohā** ..... *Causing Delusion to the Wicked* 20
- Durgamagā** ..... *Abiding in an Unapproachable Place*

<b>Durgam'ārtha-swarūpinī</b>	<i>The Personification of the Highest Purpose in life</i>	
<b>Durgam'āsura-saṁhantri</b>	<i>The Destroyer of the Most Formidable Demons</i>	
<b>Durgam'āyudha-dhārini</b>	<i>The Wielder of Weapons against Evil</i>	
<b>Durgam'āṅgī</b>	<i>Hard to Approach in the Physical Body</i>	25
<b>Durgamatā</b>	<i>Difficult to Meditate upon and Perceive</i>	
<b>Durgamyā</b>	<i>Hard to be Approached or Accomplished</i>	
<b>Durgam'eśhwarī</b>	<i>The Supreme Goddess who is Difficult to Attain</i>	
<b>Durga-bhīmā</b>	<i>Terrifying to Evil-doers</i>	
<b>Durga-bhāmā</b>	<i>The Beautiful Maiden, Angry with Wickedness</i>	30
<b>Durgabhā</b>	<i>Illumining the Darkness of Difficulties</i>	
<b>Durga-dāriṇī</b>	<i>Cleaving through Hardships</i>	

## **Atha Durgā-dvātryamsha-nāma-mālā**

*A Garland of the 32 Names of Shrī Durga*

**Durgā Durg'ārti-śhamanī Durg'āpad-vinivārinī**  
**Durgama-chhedinī Durga-sādhinī Durga-nāśhinī**  
**Durgat'oddhārinī Durga-nihantri Durgam'āpahā**  
**Durgama-gñyanadā Durga-daitya-loka-davānalā**  
**Durgamā Durgam'ālokā Durgam'ātmā-swarūpinī**  
**Durga-mārga-pradā Durgama-vidyā Durgam'āśhritā**  
**Durgama-gñyāna-saṁsthānā Durgama-dhyāna-bhāsinī**  
**Durgamohā Durgamagā Durgam'ārtha-swarūpinī**  
**Durgam'āsura-saṁhantri Durgam'āyudha-dhārini**  
**Durgam'āṅgī Durgamatā Durgamyā Durgam'eśhwarī**  
**Durga-bhīmā Durga-bhāmā Durgabhā Durga-dāriṇī**  
**Nām'āvalim'imām yastu Durgāyā mama mānavana**  
*Shrī Durga said: Anyone who recites this garland of My Names,*  
**Pathet sarva bhayān mukto bhaviṣhyati na saṁśhayaha**  
*Will no doubt be free from all types of fear, danger and evil.*

**Sākṣhāt Śhrī Ādi Śhakti Mātājī**  
**Śhrī Nirmalā Devyai namo namaḥ**

## ☪ The 108 Names of Shri Durgā ☪

**Śhata-nāma pra-vakṣhyāmi Śhrīnuṣhva kamal'ānane**

*(Lord Shiva said...) I will recite the hundred names, listen well, O Lotus-faced One*

**Yasya prasāda-mātrena Durgā prītā bhavet Satī**

*Only by this offering will Mother Durga be pleased, O Faithful Spouse.*

*Om Twameva sākṣhāt Śhrī*

*You are...*

<b>Satī</b> .....	<i>The First Incarnation and Devoted Wife of Shrī Shiva; the Most Excellent Abode of Truth</i>	
<b>Sādhvī</b> .....	<i>The Bearer of All Virtues</i>	
<b>Bhava prītā</b> .....	<i>Loved by Shrī Shiva</i>	
<b>Bhavānī</b> .....	<i>The Loving Consort of Shrī Shiva; the Source of All Existence and Contemplation</i>	
<b>Bhava-mochanī</b> .....	<i>Giving Liberation from Worldly Existence</i>	5
<b>Āryā</b> .....	<i>Honourable and Noble</i>	
<b>Durgā</b> .....	<i>The Goddess who is Hard to Attain</i>	
<b>Jayā</b> .....	<i>The Goddess of Victory</i>	
<b>Ādyā</b> .....	<i>The Primordial Goddess</i>	
<b>Tri-netrā</b> .....	<i>Three-eyed</i>	10
<b>Śhūla dhārinī</b> .....	<i>The Wielder of the Trident</i>	
<b>Pināka dhārinī</b> .....	<i>Bearing Shrī Shiva's Pinaka Bow</i>	
<b>Chitrā</b> .....	<i>Of Many Excellent Forms</i>	
<b>Chaṇḍa-ghaṇṭā</b> .....	<i>Ringing a Mighty Bell to Instil Fear in Evil-Doers</i>	
<b>Mahā-tapā</b> .....	<i>Practicing Great Austerities</i>	15
<b>Mānas</b> .....	<i>The Psyche as the Combination of Heart and Mind</i>	
<b>Buddhi</b> .....	<i>The Intellect and Understanding</i>	
<b>Ahaṁkāra</b> .....	<i>The Illusion of Individuality, the Ego</i>	
<b>Chitta rūpā</b> .....	<i>In the Form of the Attention</i>	
<b>Chitā</b> .....	<i>Consciousness</i>	20
<b>Chiti</b> .....	<i>Understanding and Reflection</i>	
<b>Sarva-mantra mayī</b> ...	<i>The Essence of All Mantras</i>	
<b>Sattā</b> .....	<i>Truth and Reality</i>	
<b>Saty'ānanda swarūpinī</b>	<i>Characterised by blissful immersion in the Ultimate Reality</i>	

<b>Anantā</b> .....	<i>Eternal</i>	25
<b>Bhāvinī</b> .....	<i>The Fulfillment of all Good Qualities</i>	
<b>Bhāvya</b> .....	<i>What we aspire to become</i>	
<b>Bhavy'ābhavyā</b> .....	<i>What is destined to be and what is not to be</i>	
<b>Sadā-gati</b> .....	<i>Always Moving – as the Wind or Spirit</i>	
<b>Śhāmbhavī</b> .....	<i>The Beneficent Wife of Shrī Shiva</i>	30
<b>Deva-mātā</b> .....	<i>The Mother of the Gods</i>	
<b>Chintā</b> .....	<i>Caring for our Well-Being</i>	
<b>Ratna priyā</b> .....	<i>Fond of Jewels (Realised Souls)</i>	
<b>Sadā</b> .....	<i>Ever-existent</i>	
<b>Sarva vidyā</b> .....	<i>All Knowledge</i>	35
<b>Dakṣha kanyā</b> .....	<i>The Daughter of King Daksha</i>	
<b>Dakṣha-yagñya-</b> <b>-vināśhinī</b> ...	<i>The Destroyer of King Daksha's sacrifice, when he insulted Shrī Shiva</i>	
<b>Aparṇā</b> .....	<i>Undertaking Severe Penance to win Shrī Shiva not even eating leaves</i>	
<b>Aneka varnā</b> .....	<i>Manifesting in Many Styles</i>	
<b>Pātalā</b> .....	<i>Having a Rosy Glow</i>	40
<b>Pātalā-vatī</b> .....	<i>Surrounded by Roses and Pink Lotuses</i>	
<b>Pītāmbara-pari-dhānā</b>	<i>Clothed in Yellow Garments</i>	
<b>Kamal'ānjīra-rañjinī</b> ..	<i>Adorned with Lotus-Blossoms</i>	
<b>Ameya-vikramā</b> .....	<i>Of Immeasurable Valour</i>	
<b>Krūrā</b> .....	<i>Formidable</i>	45
<b>Sundarī</b> .....	<i>Beautiful</i>	
<b>Sura-sundarī</b> .....	<i>Heavenly Beauty</i>	
<b>Vana-durgā</b> .....	<i>The Goddess of the Forest</i>	
<b>Mātaṅgī</b> .....	<i>The Mother of the Tribe of Elephants (Great Souls)</i>	
<b>Mātaṅga-muni pūjitā</b> .	<i>Worshipped by the Sage Matanga</i>	50
<b>Brāhmī</b> .....	<i>The Shakti of Shrī Brahma</i>	
<b>Mah'eśhwarī</b> .....	<i>The Shakti of Shrī Shiva</i>	
<b>Aindrī</b> .....	<i>The Shakti of Shrī Indra</i>	
<b>Kaumārī</b> .....	<i>The Shakti of Shrī Kārtikeya</i>	

<b>Vaiṣṇavī</b> .....	<i>The Shakti of Shri Vishnu</i>	55
<b>Chāmuṇḍā</b> .....	<i>The Goddess who Destroys Demons</i>	
<b>Vārāhī</b> .....	<i>The Shakti of Shri Vishnu in the Boar Incarnation</i>	
<b>Lakṣmī</b> .....	<i>The Goddess of Good Fortune and Spiritual Ascent</i>	
<b>Puruṣ'ākṛiti</b> .....	<i>Having the Form of the Primordial Being</i>	
<b>Vimalā</b> .....	<i>Unsullied and Spotless</i>	60
<b>Ut-karṣhiṇī</b> .....	<i>The Highest Ascending Glory</i>	
<b>Gñyānā</b> .....	<i>Knowledge</i>	
<b>Kriyā</b> .....	<i>Action</i>	
<b>Nityā</b> .....	<i>Eternal</i>	
<b>Buddhidā</b> .....	<i>The Bestower of Enlightened Intelligence</i>	65
<b>Bahulā</b> .....	<i>Abundant</i>	
<b>Bahula premā</b> .....	<i>Overflowing with Love</i>	
<b>Sarva vāhana-vāhanā</b> ..	<i>Whose Army is conveyed in All Vehicles</i>	
<b>*Niśhumbha-</b>		
<b>-śhumbha-hananī</b> ..	<i>Annihilating the Demons Nishumbha and Shumbha</i>	
<b>*Mahiṣ'āsura mardinī</b> ..	<i>The Slayer of the Evil Mahisha</i>	70
<b>*Madhu-Kaitabha hantrī</b> <i>The Destroyer of the Demons Madhu and Kaitabha</i>		
<b>*Chaṇḍa-Muṇḍa-</b>		
<b>-vināśhinī</b> ..	<i>Crushing the Demons Chanda and Munda</i>	
<b>Sarv'āsura vināśhinī</b> ..	<i>Grinding All Demons into Dust</i>	
<b>Sarva-danava ghātinī</b> ..	<i>The Slayer of All the Demons</i>	
<b>Sarva-śhāstra mayī</b> ...	<i>In the Form of All Science and Knowledge</i>	75
<b>Satyā</b> .....	<i>The Ultimate Reality</i>	
<b>Sarv'āstra-dhārinī</b> ....	<i>Wielding all Negativity Destroying Missiles</i>	
<b>Aneka-śhastra hastā</b> ..	<i>Bearing many Sacred Books in the Hands</i>	
<b>Anek'āstrasya dhārinī</b> ..	<i>Brandishing Many Weapons</i>	
<b>Kumārī</b> .....	<i>The Virgin Goddess</i>	80
<b>Eka-kanyā</b> .....	<i>The Supreme Virgin</i>	
<b>Kaiśhorī</b> .....	<i>The Youthful Goddess</i>	
<b>Yuvatī</b> .....	<i>Appearing as a Young Girl</i>	
<b>Yati</b> .....	<i>Ascetic</i>	

<b>Apraudhā</b> . . . . .	<i>Having the Form of a Youthful Maiden</i>	85
<b>Praudhā</b> . . . . .	<i>Appearing as an Older Woman</i>	
<b>Vṛiddha mātā</b> . . . . .	<i>Taking the form of a Mature Mother</i>	
<b>Bala-pradā</b> . . . . .	<i>The Bestower of Strength</i>	
<b>Mah'odarī</b> . . . . .	<i>Having a Large Belly</i>	
<b>Mukta keśhī</b> . . . . .	<i>Whose Hair is Loose and Flowing</i>	90
<b>Ghora rūpā</b> . . . . .	<i>Of Terrifying Form</i>	
<b>Mahābalā</b> . . . . .	<i>Of Very Great Strength</i>	
<b>Agni jvālā</b> . . . . .	<i>Blazing with Fire</i>	
<b>Raudra mukhī</b> . . . . .	<i>Fierce-faced</i>	
<b>Kāla-rātri</b> . . . . .	<i>The Dark Night of Dissolution</i>	95
<b>Tapasvinī</b> . . . . .	<i>Undertaking Austerities</i>	
<b>Nārāyaṇī</b> . . . . .	<i>The Shakti of Shrī Vishnu, Shrī Mahālakshmi</i>	
<b>Bhadra-kālī</b> . . . . .	<i>The Auspicious Dark-skinned Mother</i>	
<b>Viṣṇumāyā</b> . . . . .	<i>Shrī Vishnu's Creative Power who Announces Divine Incarnations</i>	
<b>Jal'odarī</b> . . . . .	<i>Holding all the Waters of the Earth in Your Belly</i>	100
<b>Śhiva dutī</b> . . . . .	<i>Recruiting Shrī Shiva as a Messenger</i>	
<b>Karālī</b> . . . . .	<i>Of Very Dreadful Aspect, with Wide-Gaping Mouth</i>	
<b>Amba</b> . . . . .	<i>The Mother</i>	
<b>Param'eśhwarī</b> . . . . .	<i>The Supreme Goddess</i>	
<b>Kātyāyanī</b> . . . . .	<i>Born as the Daughter of Sage Katyayana, from the brilliance of all the Gods to destroy the evil Mahishasura and his followers</i>	105
<b>Sāvitrī</b> . . . . .	<i>The Life-giving Power of the Sun</i>	
<b>Pratyakṣhā</b> . . . . .	<i>The Manifested World of the Senses</i>	
<b>Brahma-vādinī</b> . . . . .	<i>Expounding the Knowledge of the Supreme Spirit</i>	

**Sākṣhāt Śhrī Ādi Śhakti Mātājī  
Śhrī Nirmalā Devyai namo namaḥ**

*Who is verily before us as Our Holy Mother Shri Mataji*

*This 108 Names of Shri Durgā is traditionally recited during Navaratri and forms part of the Saptā-śhati Aṅga-patha – ‘Ancilliary Praises to the Devi Mahatmyam’*

## ☪ The Kavach of the Devī ☪

### Shrī Chaṇḍī Kavacham

*'The 'Armour' of the Goddess who is all fired-up to protect Her devotees'*

*Our **Guru** is the Great Mother.*

*All Her **Śhakti** and **Yogini** aspects are available for Her children.*

*By reading the **Kavach** of the **Devī**, we mobilise these powers to purify and enlighten our **Koshas** - our mental, emotional and physical bodies.*

*The **Kavach** should be read aloud. It washes away the 'catches' and bathes the children in Divine Vibrations. May the wisdom and compassion of our **Sat-guru** flow through us and reach the four quarters of the Earth.*

***Jai Śhri Mātājī !***

**Om Śhri Gaṇeśhāya namaḥ**      *Salutations to Shri Ganesha*

*Amen. In the Name of **Shri Mātājī Nirmalā Devi**, the Merciful, the Compassionate. The Protection of **Shri Chaṇḍi**.*

*Salutations to **Shri Gaṇesha**. Salutations to **Shri Saraswatī**. Salutations to the **Guru**. Salutations to the Deity worshipped in the family, that is, **Shri Mātājī Nirmalā Devi**. May there be no obstacle.*

*Amen. Salutations to **Nārāyaṇa**. Salutations to **Nara-nāratam**, that is, **Shri Viṣṇu**. Salutations to Goddess **Saraswatī**. Salutations to Sage **Ved-Vyāsa**, the All-knowing.*

*Now begins the Kavach of the Devi:-*

<b>Asya Śhri-Chaṇḍī kavachasya</b>	<i>Of this Shrī Chandi Kavach</i>
<b>Brahmā ṛiṣiḥ</b>	<i>The Composing Seer is Brahma,</i>
<b>Anuṣṭup chhandah</b>	<i>The Metre is Anushtubh.</i>
<b>Chāmuṇḍā devatā</b>	<i>The Presiding Deity is Chamundā.</i>
<b>Aṅga-nyās'okta-mātarō-bījam</b>	<i>The Seed is 'Putting attention to parts of the body while reciting'.</i>
<b>Digbandha-devatās-tattvam</b>	<i>The Principle is <b>Digbandha-devatā</b> – 'Facing the direction of the Deity'.</i>
<b>Śhri-Jagadambā-prīty'arthe,</b>	<i>To please Shrī Jagadamba</i>
<b>Sapta-śhatī pāṭh'āṅgatvena</b>	<i>as part of <b>Sapta-shati</b> – '700 verses'</i>
<b>jape viniyogaḥ</b>	<i>this recitation is undertaken</i>

**Om namaśh-Chaṇḍikāyai  
Mārkaṇḍeya uvācha:-**

*Amen. Obeisance to Śhrī Chandika.  
Thus spoke Shri Markandeya:*

**Om**

**1 Yad-guhyam paramam loke, sarva-rakṣhā-karam nṛiṇām  
Yan-na kasya-chid'ākhyātam, tanme brūhi Pitāmaha**

*Amen. O Brahmadeva, please tell me that which is very secret,  
Has not been told to anyone else and which protects all beings in this world.*

**Brahm'ovācha - Brahmadeva said:**

**2 Asti Guhya-tamam vipra, sarva-bhūt'opa-kāarakam  
Devy'āstu kavacham puṇyam, tat-śhṛiṇuṣhwa Mahāmune**

*O Brahmin! That which is most secret, auspicious and benevolent to all beings  
Is the Kovach of the Devī. Please listen to that, O Great Sage.*

**3 Prathamam Śhaila-putrī cha, dvitīyam Brahma-chāriṇī  
Tritīyam Chandra-ghaṇṭ'eti, Kūṣhmāṇḍ'eti chaturthakam**

*Shri Durgā is known by these nine names:*

*First- Shaila-putri – 'Daughter of the King of Himalayas'*

*Second- Brahma-chārinī – 'One who observes the state of celibacy'*

*Third- Chandra-ghanta - 'Adorned with the moon as Her bell'*

*Fourth- Kushmanda- 'Whose void contains the Universe'*

**4 Pañchamam Skanda-māt'eti, śhaṣṭham Kātyāyan'iti cha  
Saptamam Kāla-rātrīśh cha, Mahāgaur'iti ch'āṣṭamam**

*Fifth- Skanda-mātā – 'The Mother of Kārttikeya',*

*Sixth- Kātyāyanī – 'The Daughter of Sage Katyayana'*

*Seventh- Kālarātrī – 'The Dark night of dissolution',*

*Eighth- Mahāgaurī – 'Very bright - the Ādi Kundalini'*

**5 Navamam Siddhi-dātrī cha, nava Durgāḥ prakīrtitāḥ  
Uktāny'etāni nāmāni, Brahmaṇ'aiva Mah'ātmanā**

*Ninth- Siddhi-dātrī – 'One who grants Moksha'*

*These nine names have been told by the Great Soul Brahmadeva Himself*

**6 Agninā dahya-mān'āstu, śhatru-madhye gato raṇe  
Viṣhame durgame ch'aiva, bhayārtāḥ śharaṇam gatāḥ**

*Those who are engulfed by fire or surrounded by enemies on the battlefield,  
Or being at an impassable place or frightened, if they surrender to Shri Durga,*



- 7 **Na teṣhām jāyate kiñchid, aśhubham rana-saṅkate**  
**N'āpadam tasya paśhyāmi, śhoka-duḥkha-bhayam na hi**  
*They would never suffer any misery or misfortune, even at time of war.*  
*They would face no calamity, grief, sorrow or fear.*
- 8 **Yaistu bhaktya smṛita nūnam, teṣham vṛiddiḥ prajayate**  
**Ye tvām smaranti Deveśhi, rakṣhase tānna saṁśhayaḥ**  
*Those who remember You with great devotion, indeed have prosperity.*  
*Undoubtedly, O Supreme Goddess, You protect those who remember You.*
- 9 **Preta-saṁsthā tu Chāmuṇḍā, Vārāhī mahiṣh'āsanā**  
**Aindrī gaja-samārūdhā, Vaiṣhṇavī Garud'āsanā**  
*The Goddess Chamunda sits on a corpse, Vārāhi rides on a buffalo,*  
*Aindri is mounted on an elephant and Vaiṣhnavi on a condor (Garuda),*
- 10 **Mah'eśhvarī vṛiṣh'ārudhā, Kaumārī śhikhi-vāhanā**  
**Lakṣhmī padm'āsanā Devī, padma-hastā Hari-priyā**  
*Maheśhvari is riding on a bull, the vehicle of Kaumari is a peacock,*  
*Lakṣhmi, the beloved of Śhrī Vishnu, is seated on a lotus with a lotus in Her hand.*
- 11 **Śhveta-rūpa-dharā Devī, Īśhvarī vṛiṣha-vāhanā**  
**Brahmī haṁsa-samārūdhā, sarv'ābharana-bhūṣhitā**  
*The Goddess Ishwari, of white complexion, is riding on a bull,*  
*Brahmi who is bedecked with all ornaments is seated on a swan.*
- 12 **Ity'etā Mātaraḥ sarvāḥ, sarva-yoga sam-anvitāḥ**  
**Nān'ābharana-śhobh'ādhyā, nānā-ratn'opa-śhobhitāḥ**  
*All the Mother Goddesses are endowed with Yoga*  
*And are richly adorned with different ornaments and jewels.*
- 13 **Dṛiśhyante ratham-ārudhā, Devyaḥ krodha-samā-kulāḥ**  
**Śhaṅkham chakram gadām śhaktim, halam cha musal'āyudham**  
*All the Goddesses are seen mounted in chariots and very angry.*  
*They are wielding conch, discus, mace, plough, club, javelin,*
- 14 **Khetakam tomaram chaiva, paraśhum-pāśham-eva cha**  
**Kunt'āyudham triśhūlam cha, śhārṅgam-āyudham-uttamam**  
*Axe, noose, barbed dart, halter, whip, Trident, spear, bow and arrows.*

- 15 **Daityānām deha-nāśhāya, bhakt'ānāma-abhayāya cha  
Dhārayanty'āyudhān'ittham, Devānām cha hitāya vai**  
*These Goddesses are wielding their weapons, to destroy the bodies of demons,  
For the protection of devotees and for the benevolence of the Gods.*
- 16 **Namaste'stu Mahāraudre, Mahāghora-parakrame  
Mahābale Mahotsāhe, Mahābhaya-vināśhini**  
*Salutations to You O Goddess, of very dreadful appearance, of frightening valour,  
Of tremendous strength and energy, the Destroyer of the worst of fears.*
- 17 **Trāhi mām Devī duṣh-prekṣhye, śhatrunām bhaya-var dhini  
Prāchyām rakṣhatu mām-Aindri, Āgneyyām-Agni devatā**  
*O Devī, it is difficult to have even a glance at You.  
You increase the fears of Your enemies, please protect me.  
May Goddess **Aindri** protect me from the east,  
**Agni devatā** – 'Goddess of fire' from the south-east,*
- 18 **Dakṣhine'vatu Vārāhī, Nairutyām Khadga-dhārinī  
Pratīchyām Varunī rakṣhed, Vāyavyām Mṛiga-vāhinī**  
*Vārāhī – 'the Shakti of Vishnu in His boar form' from the south,  
Khadga-dharini – 'wielding a sword' from the south-west,  
Varuni – 'the Shakti of Varuna the rain God' from the west,  
Mṛiga-vāhinī – 'riding a deer' protect me from the north-west.*
- 19 **Udīchyām pātu Kaumārī, Aiśhānyām Śhūla-dhārinī  
Ūrdhvam Brahmāni me rakṣhed, adhas-tād-Vaiṣṇavī tathā**  
*May Goddess **Kaumari** – 'Shakti of Kārttikeya' protect me from the north and  
Goddess **Śhūla-dhārinī** – 'who wields a trident' from the north-east,  
**Brahmāni** – 'the Shakti of Brahmā' from above and  
**Vaishnavi** – 'Shakti of Vishnu' from below, protect me.*
- 20 **Evam daśha diśho rakṣhyech, Chāmuṇḍā Śhava-vāhanā  
Jayā me chāgrataḥ pātu, Vijayā pātu pṛiṣṭhataḥ**  
*Goddess **Chamundā**, who sits on a corpse, protect me from the ten directions.  
May Goddess **Jaya** protect me from the front and **Vijaya** from the rear,*
- 21 **Ajitā vāma-pārśhve tu, dakṣhine ch'āparājitā  
Śhikham me Dyotini rakṣhed, Umā mūrdhni vyava-sthitā**  
*Ajitā from the left and **Aparajitā** from the right.  
May Goddess **Dyotini** protect the top-knot and **Uma** sit on my head and protect it.*

- 22 **Mālā-dharī lalāte cha, bhṛivau rakṣhed-Yaśhasvinī**  
**Trinetṛā cha bhṛivor-madhye-Yama-ghaṇṭā cha nāsike**  
*May I be protected by **Mālā-dharī** - 'wearing a garland' on the forehead,  
**Yashasvinī** - 'full of glory' on the eye-brows, **Trineta** on the Hamsa,  
**Yama-ghanta** on the inner part of the nose,*
- 23 **Śhaṅkhinī chakṣhuṣhor-madhye, śhrotrayor Dwāra-vāsini**  
**Kapolau Kālikā rakṣhet karna-mūle tu Śhāṅkarī**  
*Shankhini on both the eyes, **Dwara-vasini** on the ears.  
May **Kalika** protect my cheeks and **Shankari** the roots of the ears.*
- 24 **Nāsikāyām Sugandhā cha, uttar'oṣṭhe cha Charchikā**  
**Adhare ch'āmṛuta-kalā, jihvāyām cha Sarasvatī**  
*May I be protected, by **Sugandha** on the nose, **Charchika** - the upper lip,  
**Amruta-kala** - the lower lip, **Saraswatī** - the tongue,*
- 25 **Dantān-rakṣhatu Kaumarī, kantha-deśhe tu Chaṇḍikā**  
**Ghaṇṭikām Chitra-ghaṇṭā cha, Mahāmāyā cha tāluke**  
*Kaumari - the teeth, **Chandika** - the throat,  
**Chitra-ghanta** - the sound-box, **Mahāmaya** - the crown of the head,*
- 26 **Kāmākṣhī chibukam rakṣhed, vācham me Sarva-maṅgalā**  
**Grīvāyām Bhadrakālī cha, pṛiṣṭha-vaṁśhe Dhanur-dharī**  
*Kamakshi - the chin, **Sarvamangala** - speech,  
**Bhadrakali** - the neck, **Dhanurdhari**- the spine.*
- 27 **Nīla-grīvā bahiḥ-kanthe, nalikām Nalakūbarī**  
**Skandhayoh khadginī rakṣhed, bāhū me Vajra-dhārinī**  
*May **Nilagriva** protect the outer part of my throat and **Nalakubari** the windpipe.  
May **Khadgini** protect my shoulders and **Vajra-dharini** protect my arms.*
- 28 **Hastayor-Daṇḍinī rakṣhed, Ambikā ch'āṅgulīṣhu cha**  
**Nakhāñ Chhūleśhvarī rakṣhet-kukṣhau rakṣhet-Kuleśhvarī**  
*May **Devī Dandini** protect both my hands, **Ambika** - the fingers,  
**Shuleśhvari** my nails and may **Kuleśhvari** protect my belly.*

- 29 **Stanau rakṣhen-Mahādevī, manaḥ Śhoka-vināśhinī**  
**Hṛidaye Lalitā Devī, udare Śhūla-dhāriṇī**  
*May I be protected by **MahāDevī** - the breast, **Shoka-vinashini** - the mind,  
**Lalita Devī** - the heart, **Shula-dharini** - the stomach,*
- 30 **Nābhau cha Kāminī rakṣhed, guhyam Guhyeśhvarī tathā**  
**Pūtanā kāmikā medhram, gude Mahiṣha-vāhinī**  
*Kamini - the nabhi, **Guhyeswari**- the hidden parts,  
**Putana kamika** - the reproductive organs, **Mahisha-vahini** - the rectum.*
- 31 **Katyām Bhagavatī rakṣhej-jānunī Vindhya-vāsini**  
**Jaṅghe Mahābalā rakṣhet-sarvakāma pradāyini**  
*May Goddess **Bhagavati** protect my waist, **Vindhyvasini** - the knees,  
The wish fulfilling **Mahābala** protect my thighs.*
- 32 **Gulphayor-Nārasimhī cha, pāda-priṣṭhe tu Taijasi**  
**Pād'āṅgulīshu Śhrī rakṣhet-pād'ādhas-Talavāsini**  
*May **Narasimhi** protect my ankles, may **Taijasi** protect my feet,  
**Śhrī Devī** protect my toes, may **Talavasini** protect the soles of my feet,*
- 33 **Nakhan-damṣhtrā-karālī cha, keśhāñ-chaiv'Ordhva-keśhini**  
**Roma-kūpeṣhu Kauberī, tvacham Vāgīśhvarī tathā**  
*May **Damshtra-karali** protect my nails, **Urdhvakeshini** - the hair,  
**Kauberi** - the pores, **Vagishwari** - the skin.*
- 34 **Rakta-majjā-vasā-māmsāny'asthi-medamsi Pārvatī**  
**Antrāṇi kāla-rātriśh-cha, pittam cha Mukuteśhvarī**  
*May Goddess **Pārvatī** protect blood, marrow of the bones, fat and bone,  
Goddess **Kalaratri** - the intestines, **Mukuteśhvari** – bile and liver.*
- 35 **Padmāvati padma-kośhe, kaphe Chūdā-maṇistathā**  
**Jvālā-mukhī nakha-jvālām, Abhedyā sarva-sandhiṣhu**  
*May **Padmavati** protect the Chakras, **Chudamani** - phlegm (or lungs),  
**Jwalamukhi** - lustre of the nails and **Abhedya** - all the joints,*

- 36 **Śhukram Brahmānī me rakṣhet, śhāyām Chhatreśhvarī tathā  
Ahaṁkāram mano buddhim, rakṣhen-me Dharma-dhārinī**  
*Brahmani - semen, Chhatreśhvari - the shadow of my body,  
Dharmadharini - ego, superego and intellect,*
- 37 **Prāṇā-pānau tathā vyānam, udānam cha samāna-kam  
Vajra-hastā cha me rakṣhet, prāṇam Kalyāṇa-śhobhanā**  
*Vajra-hasta- 'the five vital breaths - prana, apana, vyana, udana, samana,  
Kalyana-shobhana - Prana (the life force).*
- 38 **Rase rūpe cha gandhe cha, śhabde sparśhe cha Yoginī  
Sattvam rajas-tamas-chaiva, rakṣhen-Nārāyaṇī sadā**  
*May Yogini protect the senses of tasting, seeing, smelling, hearing and touching,  
May Narayani protect Sattwa, Rajas and Tamo Gunas.*
- 39 **Āyū rakṣhatu Vārāhī, dharmam rakṣhatu Vaiśhṇavī  
Yaśhaḥ kīrtim cha Lakṣhmīn-cha, dhanam vidyām cha Chakrinī**  
*Varahi - life, Vaishnavi - Dharma,  
Lakshmi - success and fame, Chakrini - wealth and knowledge,*
- 40 **Gotram-Indrāṇī me rakṣhet, paśhūn-me rakṣha Chaṇḍike  
Putrān-rakṣhen-Mahālakṣhmīr, bhāryām rakṣhatu Bhairavī**  
*Indrani - relatives, Chandika - cattle (sustenance),  
Mahālakshmi - children and Bhairavi - spouse (wife).*
- 41 **Panthānam Supathā rakṣhen, mārgam Kṣhema-karī tathā  
Rāja-dvāre Mahālakṣhmīr, Vijayā sarvataḥ sthitā**  
*Supatha may protect my journey and Kshemakari my way.  
Mahālakshmi may protect me in the king's courts and Vijaya everywhere.*
- 42 **Rakṣhā-hīnam tu yat-sthānam, varjitam kavachena tu  
Tat-sarvam rakṣha me Devī, Jayantī pāpa-nāśhinī**  
*O Goddess Jayanti, any place that has not been mentioned in the Kavach  
and has thus remained unprotected, May that be protected by You,  
the Destroyer of wickedness.*

**Phala-śhruti** - 'Listening to the fruits'

43 **Padam'ekam na gacchet tu, yadīcchet-śhubham'ātmanaḥ  
Kavachen'āvṛito nityam, yatra-yatr'aiva gacchati**

*One should invariably cover oneself with this Kavach wherever one goes  
and should not walk even a step without it, if one desires auspiciousness.*

44 **Tatra tatrārtha-lābhaśh-cha, Vijayaḥ sarva-kāmikah  
Yam yam chintayate kāmam, tam tam prāpnoti niśhchitam  
Param'aiśhvaryam-atulam, prāpsyate bhūtale pumān**

*Then one is successful everywhere, in all things: All one's desires are surely fulfilled,  
and that person enjoys great prosperity on the Earth.*

45 **Nirbhayo jāyate martyaḥ, saṅgrāmeśhv'aparājitaḥ  
Trailokye tu bhavet-pūjyaḥ, kavachen'āvṛitaḥ pumān**

*The person who covers himself with Kavach becomes fearless, is never defeated  
in battle, And becomes worthy of being worshipped in the three worlds.*

46 **Idam tu Devyāḥ kavacham, Devānām'api dur-labham  
Yaḥ pathet-prayato nityam, trisandhyam śhraddhay'ānvitaḥ**

*This Devī Kavach is inaccessible even to the Gods.*

*One who reads with faith every day thrice, morning, noon and evening,*

47 **Daivī kalā bhavet-tasya, trailokye-'py'aparājitaḥ  
Jīved-varṣha-śhatam sāgram, apa-mṛityu-vivarjitaḥ**

*Receives the divine arts, is undefeated in the three worlds,*

*Lives for a hundred years and is free from accidental death.*

48 **Naśhyanti vyādhayaḥ sarve, lūtā-visphoṭak'ādayaḥ  
Sthā-varam jaṅga-mam chaiva, kṛitrimam ch'āpi yad-viṣham**

*All diseases, like boils, scars etc. are destroyed.*

*Movable (scorpions and snakes) and immovable (other) poisons cannot affect him.*

49 **Ābhi-chārāni sarvāni, mantra-yantrāni bhūtale  
Bhū-charaḥ khe-charāśh-ch'aiva jalajāśh ch'opadeśhikāḥ**

*All those who cast magical spells by mantras or yantras, on others for evil purposes,*

*All bhoots, goblins, malevolent beings, moving on the Earth or in the sky,*

- 50 **Sahajā kulajā mālā, dākinī śhākinī tathā**  
**Antarikṣha-charā ghorā dākinyaśh-cha Mahā-balāḥ**  
*All those who mesmerise others, All female goblins*
- 51 **Graha-bhūta-piśhāchāśh-cha, yakṣha-gandharva-rākṣhasāḥ**  
**Brahma-rākṣhasa-vetālāḥ, kūṣhmāndā bhairav'ādayaḥ**  
*All Yakshas and Gandharvas, All demonic forces,*
- 52 **Naśhyanti darśhanāt-tasya, kavache hṛidi samsthite**  
**Mānonnatir-bhaved rāgñyas tejo-vṛiddhi-karam param**  
*Are destroyed just by the sight of the person having Kovach in his heart.*  
*That person receives more and more respect and prowess.*
- 53 **Yaśhas āvardhate so-'pi, kīrti-mandita-bhūtale**  
**Japet-sapta-śhatīm Chaṇḍīm, kṛitva tu kavacham purā**  
*On the Earth he rises in prosperity and fame*  
*By reading the Kovach and Sapta-shati (seven hundred verses)*
- 54 **Yāvad-bhū-maṇḍalam dhatte saśhaila-vana-kānanam**  
**Tāvāt-tiṣṭhati medinyām, santatiḥ putra-pautrikī**  
*As long as the Earth is rich with mountains and forests,*  
*His progeny would thrive*
- 55 **Dehānte paramam sthānam, yat surair api durlabham**  
**Prāpnoti puruṣho nityam, Mahāmāyā-prasādataḥ**  
**Labhate paramam rūpam, Śhivena saha modate**  
*By the grace of Mahāmaya, he would attain the highest state,*  
*which is extremely difficult even for the Gods, and is eternally blissful*  
*in the company of Lord Shiva.*

**Iti Devi Kavacham sampūrnam**

*Thus the Devī Kavach is completed.*

**Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*From the Markandeya Purāṇa.*

*The Devī Kavach is performed on both the third and fourth nights of Navaratri.*  
*It may be intoned or sung to a simple tune.*

## ◉ **Devi Atharva Sheersha** ◉

*The Highest Praise of the Supreme Goddess*

**Om Śhrī Gaṇeśhāya namaḥ,**

*Salutations to Shri Gaṇesha, who is incarnated in person  
as Our Divine Mother Shri Mataji Nirmala Devi.*

**Om sarve vai devā devīm upa-tasthuḥ 'Kāsi Twam Mahā-devīti?' (1)**

*Om, All the Devas reverently approached that Devi, and asked*

*'Who are You, O Great Goddess?'*

**Sā-'bravīd - Aham brahma-swarūpiṇī,**

**Mattaḥ prakṛiti puruṣh'ātmakam jagat,**

**Śhūnyaṁ ch'āśhūnyaṁ cha.**

(2)

*Replying She said 'I am the Personification of the Formless Consciousness,*

*From Me the Ādi Shakti and the Animating Spirit are born,*

*I am both the Emptiness and Non-emptiness.*

**Aham ānand'ān-ānandau, Aham vigñyān'āvigñyāne,**

**Aham brahm'ābhrahmaṇī veditavye,**

**Aham pañcha-bhūtāni apañcha-bhūtāni, Aham akhilaṁ jagat. (3)**

*I am Joy and beyond Joy; I am All Knowledge and beyond Knowledge.*

*I am Brahman, the Supreme Consciousness and yet unknowing the Brahman,*

*And the understanding of the difference between the two,*

*I am the five gross elements and beyond the five elements,*

*I am this whole manifested Universe.*

**Vedo-'ham avedo-'ham, Vidy'āham avidy'āham,**

**Aj'āham anaj'āham, Adhaśh ch'ordhva cha tiryak ch'āham, (4)**

*I am the sacred scriptures and yet beyond all scriptures,*

*I am the pure knowledge and the illusory ideas that men fall into,*

*I am Unborn and yet take birth again and again; Below, above and beyond am I.*

**Aham rudrebhir vasubhiśh charāmi,**

**Aham ādityair uta viśhva-devaiḥ,**

**Aham mitrā varūṇāv ubhau bibharmi,**

**Aham indr'āgnī aham aśhvināv ubhau.**

(5)



*I move as the Rudras who send disease and disaster, and as the Vasus who bless, I am the Adityas and indeed all the Deities, I am Mitra, the 'Friend', as well as Varuṇa, Lord of the Ocean, I am Indra, King of the Gods, Agni, the Lord of Fire, and the Divine Physicians, the Ashvin twins.*

**Aham Somam Twaṣṭāram Pūṣhaṇam Bhagam dadhāmi,  
Aham Viṣṇum uru-kramam,**

**Brahmāṇam-uta Prajāpatim dadhāmi. (6)**

*I am the Soma of the Divine Builder, and Pūshan and Bhaga, the Gods of Wealth, I am the wide-stepping Shri Viṣṇu and support the Lords of Creation.*

**Aham dadhāmi draviṇam haviṣhmate**

**suprāvyē yajamānāya suvrate,**

**Aham rājñī saṁ-gamanī vasūnām**

**chikituṣhī prathamā yagñiyānām,**

**Aham suve pitaram-asya mūrdhan-mama**

**yonir-apsvantaḥ samudre,**

**Ya evam veda, sa daivīm saṁ-padam-āpnoti. (7)**

*I give wealth to those who offer oblations attentively and worship righteously, I am the Empress of all the Gods, known as the foremost of those to be worshipped, I am the Progenitor of the Gods, from the top of My Head are born the waters of the seven oceans; Whoever has this knowledge achieves connection with the Lotus Feet of the Goddess.*

**Te devā abruvan; The Devas replied:**

**Namo Devyai Mahā-devyai Śhivāyai satatam namaḥ,**

**Namaḥ prakṛityai bhadrāyai niyatāḥ praṇatāḥ sma tām, (8)**

*Salutations always to the Devi, to the Great Goddess, the Most Auspicious,*

*We bow to Her who is Nature, the Giver of Happiness, everywhere and everything.*

**Tām agni varṇām tapasā jvalantīm**

**vairochanīm karma phaleṣhu juṣṭām,**

**Durgā-devīm śharaṇam pra-padyāmahe-'surān-**

**-nāśhayitryai te namaḥ (9)**

*To Her shining like the Sun with the fire of renunciation, Rewarder of all actions, Goddess Durga, we seek refuge at Your Feet, Destroyer of demons. we bow to You.*

**Devīm vācham ajanayanta devās-tām**

**viśhva-rūpāḥ paśhavo vadanti,**

**Sā no mandreṣham ūrjam duhānā**

**dhenur vāgas mānupa suṣṭu-taitu. (10)**

*That Devi, the Giver of Speech, whose form is the Universe, was praised by the Devas. 'May that Goddess who grants desires, speech and bliss, be pleased with our hymns'.*

**Kāla-rātrīm Brahma-stutām Vaiṣṇavīm Skanda-mātaram,**

**Saraswatīm Aditim Dakṣha-duhitaram**

**namāmaḥ pāvanām śhivām. (11)**

*Dark Night of dissolution (Shri Mahākali) praised by Shri Brahma, Shakti of Shri Viṣṇu (Shri Lakshmi) Mother of Shri Kārttikeya (Shri Parvati), Shri Saraswati and Aditi, Daughter of Daksha, prostrations to You, O Pure and Auspicious Goddess.*

**Mahā-lakṣhmyai cha vidmahe,**

**Sarva-śhaktyai cha dhīmahi,**

**Tanno Devī prachodayāt. (12)**

*We seek the knowledge of Shri Mahā-Lakshmi,  
We meditate on the Embodiment of all Power,  
May the Supreme Goddess lead us ever upward.*

**Āditir-hy'ajaniṣṭha dakṣha yā duhitā tava,**

**Tām devā anv'ajāyanta bhadra amṛita-bandhavaḥ. (13)**

*For that boundless Aditi, daughter of Daksha, Mother of the Devas, is born of You,  
That Goddess of ever-unsurpassed beauty is the Keeper of the Immortal Nectar.*

**Kāmo yoniḥ kamalā vajra-pāṇir guhā**

**hamsā mātariśhva abhram-indraḥ, (14)**

**Punar-guhā sakalā māyayā cha**

**purūchy'aiṣhā viśhva-mātādi vidyom.**

*Ka-'desire', e-'womb', ī-'Lakshmi', la-'Indra', hrīm-'secret', Ha sa-'swan', ka-'air',  
ha-'sky', la-'Indra', again hrīm-'hidden', sa ka la-'everything', hrīm-'Creatrix',  
Said together this is the Knowledge of the Universal Mother; the fifteen syllabled  
mantra- 'Ka e ī la hrīm, ha sa ka ha la hrīm, sa ka la hrīm' known as 'Śhrī Vidyā'.*

**Eṣh'ātma śhaktiḥ,**

**Eṣhā viśhva-mohinī, pāśh'ānkuśha dhanur bāṇa dharā,**

**Eṣhā Śhrī Mahā-vidyā, ya evam veda, sa śhokam tarati. (15)**

*She is the Power of the Spirit, She is the Enchantress of the Universe, wielding noose, goad, bow and arrows. This is the great Shri Vidya-'Knowledge of the Goddess'. Whoever has this knowledge is carried across all sorrows.*

**Namaste-'stu bhagavati mātār asmān pāhi sarvataḥ, (16)**

*Salutations to You, O Mother of all virtues, please protect us everywhere.*

**Saiśh'aśhṭau vasavaḥ, saiśh'aikādaśha rudrāḥ,**

**Saiśhā dvā-daśh'ādityāḥ,**

**Saiśhā viśhve-devāḥ soma-pā asoma-pāśh-cha,**

**Saiśhā yātu-dhānā asurā rakśhāmsi piśhācha yakśha siddhāḥ,**

**Saiśhā sattva rajas tamāmsi,**

**Saiśhā Brahma Viśhṇu Rudra rūpiṇī,**

**Saiśhā Prajā-pat'Īndra manavaḥ,**

**Saiśhā graha-nakśhatra jyotiṃśhi kalā-kāśhṭh'ādi kāla-rūpiṇī,**

**Tām aham praṇaumi nityam. (17)**

*She is the eight-fold Goddess of Wealth and the eleven Bringers of Destruction, She is the twelve Divine Sons of Aditi (the Devas), She is all the Devas, those that drink the Soma and those that drink not, She is the Giver of Wealth, and our Protection against Rakshasas and Sorcerers, She is the three attributes of Truth, Passion and Darkness, She takes the Form of the Trimurtis, Shri Brahma, Viśhṇu and Shiva, She is Prajapati, Lord of Creation, Indra, King of the Gods and Manu, the first man, She is the Light of planets and constellations, and of the Form of measures of time; To Her, I prostrate eternally.*

**Pāp'āpa-hāriṇīm devīm bhukti-mukti-pradāyinīm,**

**Anantām vijayām śhuddhām śharaṇyām sarva-dām śhivām. (18)**

*O Goddess who completely removes sins, and grants enjoyment and liberation, Eternal, Victorious, Pure, our only Refuge, Giver of everything, Benevolent and Auspicious*

**Viyad-ī-kāra saṁyuktam vīthotra samanvitam,  
Ardhendu-lasitam devyā bījam sarv'ārtha sādhakam,** (19)  
*Joining the Bija of Ether –Ha, letter ī, with the Fire Bija -Ra, the crescent  
resounding -m̄, Hrīm̄ is the Seed of the Goddess that fulfils all purposes.*

**Evam ek'ākṣharam mantram yatayaḥ śhuddha chetasaḥ,  
Dhyāyanti param-ānanda-mayā gñyān'āmbu rāśhayaḥ,** (20)  
*In this way the one-syllabled mantra (Hrīm̄) confers pure intelligence,  
Meditating thus one is filled with Supreme Bliss, and an Ocean of Knowledge.*

**Vāñg-māyā brahma-sūs-tasmāt śhaṣṭham vaktra sam-anvitam,  
Sūryo vāma-śhrotra bindu sam-yukt'āṣṭa-tritīyakaḥ,  
Nārāyaṇeṇa sam-miśhro vāyuśh ch'ādhāra yuktataḥ,  
Vichche navārṇako-'rṇaḥ syān mahad-ānanda dāyakaḥ.** (21)  
*\*Aim-'speech', hrīm-'māyā', klīm-'Brahman', cha-'6<sup>th</sup> consonant', with m-'Sun',  
u-'left ear', ṇ-'anuswara' and ḍ-'3rd letter of 3rd group', joined with ā-'Viṣṇu'  
and y-'Vayu' and ai is joined after that. Vichche completes the nine-syllabled  
mantra 'Aim hrīm klīm Chamuṇḍāyai vichche', which confers the Greatest Bliss  
and gives the devotee Union with the Supreme Brahman.*

**Hṛit-puṇḍarīka madhya-sthām prātaḥ Sūrya sama-prabhām,  
Pāśh'āñkuśha-dharām saumyām varad'ābhaya hasta-kām,  
Tri-netrām rakta-vasanām bhakta-kāma-dugham bhaje.** (22)  
*Standing in the centre of the lotus of the heart, shining like a thousand suns,  
Holding noose and goad, gentle, giving boons and fearlessness with the hands,  
I praise that Three-eyed, Red-clothed Devi who fulfils the desires of Her devotees.*

**Namāmi twām mahā-devim mahā-bhaya vināśhinīm,  
Mahā-durga pra-śhamanīm mahā-kāruṇya rūpiṇīm.** (23)  
*I bow to You, O Great Goddess, Destroyer of even the worst of fears,  
The Remover of the greatest difficulties, and the Highest Compassion personified.*

**Yasyāḥ swarūpam brahmādayo  
na jānanti tasmād-uchyate agñeyā,  
Yasyā anto na labhyate tasmād-uchyate anantā,  
Yasyā lakṣhyam n'opa-lakṣhyate tasmād-uchyate alakṣhyā,**

**Yasyā jananam n'opa-labhyate tasmād-uchyate ajā,  
Ek-aiva sarvatra vartate tasmād-uchyate ekā,  
Ek-aiva viśhva-rūpiṇī tasmād-uchyate naikā,  
Ata ev'ochyate agñey'ānant'ālakṣhy'āj'aikā-naik'eti. (24)**

*Whose Form even Lord Brahma cannot comprehend, She is called 'Unknowable',  
Whose end cannot be found, She is called 'Eternal',  
Whose distinguishing marks cannot be perceived, She is called 'Imperceptible',  
Whose births cannot be observed, She is called 'Unborn'.  
Being indeed one whichever way She turns, She is called 'One',  
Being indeed one with the Form of the Universe, She is called 'Many',  
She is ever called 'Unknowable', 'Eternal', 'Imperceptible', 'Unborn',  
'One' and 'Many'.*

**Mantrānām mātrikā Devī śhabdānām gñyāna-rūpiṇī,  
Gñyānānām chin-may'ātītā śhūnyānām śhūnya-sākṣhiṇī,  
Yasyāḥ parataram nāsti, saiśhā Durgā prakīrtitā. (25)**

*The Goddess is the root syllables of the mantras and the sacred knowledge of sounds, She is the Knowledge that is beyond thought and the Solitary Witness of the Emptiness. There is nothing beyond Her, thus is Shri Durga to be described .*

**Tām durgām durgamām devīm dur'āchāra vighātinīm,  
Namāmi bhava-bhīto-'ham samsār'ārṇava tāriṇīm. (26)**

*O Goddess Durga, who surmounts all difficulties, who removes our misfortunes,  
I, who am full of the anxieties of this life, surrender to You,  
who carries us across the flood of this worldly existence.*

### **Iti-upaniṣhat.**

*In this manner is the divine mystery. Here ends the Upanishad.*

### **Iti Devī-atharva-śhīrṣham sam-pūrṇam.**

*Thus the Devi Atharva Sheersha is completed.*

**Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*Salutations to our Saviour and our Complete Protection,*

*Shri Mataji Nirmala Devi.*

*The Devi Atharva Shirsha is performed on the seventh night of Navaratri.*

## ◉ 'Devi Sūktam' ◉

*The Aparajita Hymn in praise of Shri Mahākālī from the Devi Mahātmyam.*

**Namo Devyai Mahā-devyai  
Śhivāye satatam namaḥ,  
Namaḥ prakṛityai bhadrāyai  
Niyutāḥ praṇatāḥ sma tām.**

*Salutations to the Devi, to the Mahādevi,  
To You who is ever Auspicious,  
To You who is the Primordial Cause,  
And the Sustaining Power, we bow to You.*

**Raudrāyai namo nityāyai  
Gauryai dhātryai namo namaḥ,  
Jyotsnāyai chendu-rūpinyai  
Sukhāyai satatam namaḥ.**

*Salutations to You who is Terrible, Eternal,  
To Shri Gauri, Supporter of the Universe,  
To You who is the Moon and Moonlight,  
And Happiness itself, we bow to You.*

**Kalyānyai praṇatām vṛiddhyai  
Siddhyai kurmo namo namaḥ,  
Nerrutyai bhū-bhṛitam lakṣhmyai  
Śharvānyai te namo namaḥ.**

*You are Welfare, Prosperity and Success.  
Salutation to the Consort of Lord Shiva,  
Who are Yourself the Good Fortune,  
As well as the Misfortune of Kings*

**Durgāyai durga-pārāyai  
Sārāyai sarva-kārinyai,  
Khyātyai tathaiva kṛiṣṇṇāyai  
Dhumrāyai satatam namaḥ.**

*Shri Durga who takes one across difficulties,  
Who is the Author of Everything,  
Who is the Knowledge of Discrimintation,  
Who is Blue-black like smoke in complexion.*

**Ati-saumy'āti-raudrāyai  
Natās-tasyai namo namaḥ,  
Namo jagat-pratiṣṭhāyai  
Devyai kṛityai namo namaḥ.**

*We bow before You who is at once,  
Most gentle and most terrible,  
Salutations, O Supporter of the world,  
O Devi in the Form of Will, we bow to You.*

**Yā Devī sarva-bhūteṣhu  
Viṣṇu-māyeti śhabditā,  
Namas-tasyai, namas-tasyai  
Namas-tasyai, namo namaḥ.**

*To the Devi who in all beings,  
is called Shri Viṣṇumaya,  
Salutations to Her, Salutations to Her,  
Salutations to Her, again and again.*

**Yā Devī sarva-bhūteṣhu  
Chetanetya bhi-dhīyate,  
Namas-tasyai, namas-tasyai  
Namas-tasyai, namo namaḥ.**

*To the Devi who in all beings,  
is termed as Consciousness,  
Salutations to Her, Salutations to Her,  
Salutations to Her, again and again.*

**Yā Devi sarva-bhūteṣhu  
Buddhi rūpeṇa samsthitā,  
Namas-tasyai, namas-tasyai  
Namas-tasyai, namo namaḥ.**

*To the Devi who abides in all beings,  
In the Form of Intelligence,  
Salutations to Her, Salutations to Her,  
Salutations to Her, again and again.*

<b>Nidrā</b> .....	<i>Sleep</i>
<b>Kṣudhā</b> .....	<i>Hunger</i>
<b>Chhāyā</b> .....	<i>Shadow</i>
<b>Śhakti</b> .....	<i>Energy</i>
<b>Tṛiṣṇā</b> .....	<i>Thirst</i>
<b>Kṣhānti</b> .....	<i>Patience</i>
<b>Jāti</b> .....	<i>Position by birth</i>
<b>Lajjā</b> .....	<i>Modesty</i>
<b>Śhānti</b> .....	<i>Peace</i>
<b>Śhraddhā</b> .....	<i>Faith</i>
<b>Kānti</b> .....	<i>Beauty</i>
<b>Lakṣhmī</b> .....	<i>Good Fortune</i>
<b>Vṛitti</b> .....	<i>Character</i>
<b>Smṛiti</b> .....	<i>Memory</i>
<b>Dayā</b> .....	<i>Compassion</i>
<b>Tuṣṭi</b> .....	<i>Contentment</i>
<b>Mātrū</b> .....	<i>Mother</i>
<b>Bhrānti</b> .....	<i>Error</i>

**Indriyānām adhiṣṭhātrī  
Bhūtānām chākhileṣhu yā  
Bhūteṣhu satatam tasye  
Vyāpti-devye namo namaḥ**

*To the All-pervading Devi,  
Who presides over the senses of all beings,  
And governs all the elements,  
We bow to Her.*

**Chiti-rūpeṇa yā kṛitsna  
Metad-vyāpya samsthitā jagat  
Namas-tasyai, namas-tasyai  
Namas-tasyai, namo namaḥ**

*Salutations to Her who pervades the  
Entire world in the Form of Consciousness,  
Salutations to Her, Salutations to Her,  
Salutations to Her, again and again.*

**Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**







# The Right Heart (Anāhata) Chakra

## ◉ The 16 Names of Shri Rāma ◉

*From the Rāma-raksha Stotram*

*Om Twameva sākshāt Śhrī... You are...*

**Rāma** ..... *The Dark-skinned Lord who gives Joy*

**Dāśharathi** .... *The Son of King Dasharatha*

**Śhūra** ..... *Courageous*

**Lakṣhman'ānuchara**

..... *Accompanied by Lakshmana*

**Balī** ..... *Of Powerful Build*

**Kākutstha** ..... *Born in the Lineage*

*of King Kakutstha*

**Puruṣha** ..... *The Supreme Being incarnated  
as the Ideal Man*

**Pūrna** ..... *Contented and Fulfilled*

**Kausalyeya** .... *The Son of Queen Kausalya*

**Raghūttama** ... *The Highest of  
the Raghu Dynasty*

**Vedānta-vedya** . *Known through the Religion  
of the Upanishads*

**Yagñy'eśha** ..... *The Lord of Havans*

**Purāṇa-puruṣh'ottama** *The Ideal Human Being  
of the Ancient Scriptures*

**Jānakī-vallabha** *Most Beloved of Shri Sītā*

**Śhrīmān** ..... *The Possessor of Wealth,  
Power and Glory*

**Aprameya parākrama** *Of Unlimited Strength and Valour*



**Sākshāt Śhrī Ādi Śhakti Mātāji  
Śhrī Nirmalā Devyai nama namaḥ**

# ☪ The 108 Names of Shri Rāma ☪

From the Padma Purana

*Om Twameva sākshāt Śhrī...*

*You are...*

<b>Śhrī Rāma</b> .....	<i>The Dark-skinned Lord who is pleasing to all, the Seventh Incarnation of Shri Vishnu</i>	
<b>Rāma-bhadra</b> .....	<i>Charmingly Gracious and Kind</i>	
<b>Rāma-chandra</b> .....	<i>Joyful like the Moon</i>	
<b>Śhāśhwata</b> .....	<i>Eternal</i>	
<b>Rājīva-lochana</b> .....	<i>Having Eyes like a Deer</i>	5
<b>Śhrīmān</b> .....	<i>Glorious</i>	
<b>Rāj'endra</b> .....	<i>The King of Kings</i>	
<b>Raghu-puṅgava</b> .....	<i>The Star of the Raghu Dynasty</i>	
<b>Jānakī-vallabha</b> .....	<i>The Beloved of Shri Sītā</i>	
<b>Jaitra</b> .....	<i>Victorious</i>	10
<b>Jitāmitra</b> .....	<i>Vanquishing Enemies</i>	
<b>Janārdana</b> .....	<i>The Tormentor of the Wicked</i>	
<b>Viśhwāmitra-priya</b> .....	<i>Loved by Your Guru, Sage Vishwamitra</i>	
<b>Dānta</b> .....	<i>Calm and Patient</i>	
<b>Śharanya-trāna tat-para</b> .....	<i>Devoted to protecting those who surrender to You</i>	15
<b>Vālī pra-mathana</b> .....	<i>The Destroyer of Vali, the usurper of Sugriva's throne</i>	
<b>Vāgmī</b> .....	<i>Eloquent</i>	
<b>Satya-vāk</b> .....	<i>The Speaker of Truth</i>	
<b>Satya-vikrama</b> .....	<i>Valiant in the Name of Truth</i>	
<b>Satya-vrata</b> .....	<i>Always telling the Truth</i>	20
<b>Vrata-dhara</b> .....	<i>The Observer of Vows</i>	
<b>Sadā Hanumad'āśhrita</b> .....	<i>The Eternal Support of Shri Hanumana</i>	
<b>Kausalyeya</b> .....	<i>The Son of the Queen Kausalya</i>	
<b>*Khara-dhvaṃsī</b> .....	<i>The Destroyer of Ravana's brother <sup>1</sup>Khara</i>	
<b>*Virādha-vadha-pandita</b> .....	<i>Expertly destroying the demon <sup>2</sup>Viradha</i>	25
<b>Sapta-tāla-prabhettā</b> ...	<i>Piercing seven palm-leaves with one arrow</i>	

<sup>1</sup> *Khara, younger brother of Rāvana, tried to avenge the humiliation of their sister Shūrpanakhā after Lakshman cut off her nose when she tried to entice Shri Rāma.*

<sup>2</sup> *Viradha was a Gandharva - 'Heavenly servant' cursed to be a Rakshasa by Shri Kubera. By killing him Shri Rāma released him from the curse.*

<b>Bibhīṣhaṇa pari-trātā</b>	. . . . .	<i>The Protector of Ravana's brother Bibhishana who was a devotee of Shri Rāma</i>	
<b>Hara-kodaṇḍa-khaṇḍana</b>		<i>The One who broke the Bow of Shri Shiva</i>	
<b>*Daśha-grīva-śhiro-hara</b>		<i>The One who severed the ten heads of Ravana</i>	
<b>Jāmadagnya-mahā-darpa-dalana</b>	. . . . .	<i>Quelling the Great Pride of Shri <sup>1</sup>Parashurāma</i>	30
<b>*Tāṭak'āntaka</b>	. . . . .	<i>The Slayer of the demoness <sup>2</sup>Tataka</i>	
<b>Vedānta-sāra</b>	. . . . .	<i>The Essence of the Upanishads</i>	
<b>Ved'ātmā</b>	. . . . .	<i>The Spirit of the Vedas</i>	
<b>Bhava-rogasya bheṣhaja</b>	. . . . .	<i>The Healer of Diseases</i>	
<b>*Dūṣhaṇa-Triśhiro-hantā</b>	. . . . .	<i>Slaying the demons <sup>3</sup>Dushana and Trishiras</i>	35
<b>Trimūrti</b>	. . . . .	<i>Having Three Forms, Brahma, Vishnu and Shiva</i>	
<b>Tri-gun'ātmaka</b>	. . . . .	<i>The Essence of the Three Gunas</i>	
<b>Tri-vikrama</b>	. . . . .	<i>Covering the Three Worlds with Three Steps</i>	
<b>Tri-lok'ātmā</b>	. . . . .	<i>The Spirit of the Three Worlds</i>	
<b>Puṇya-charitra-kīrtana</b>	. . . . .	<i>Famous for Your Unblemished Character</i>	40
<b>Tri-loka-rakṣhaka</b>	. . . . .	<i>The Protector of the Three Worlds</i>	
<b>Dhanvī</b>	. . . . .	<i>Armed with a Bow</i>	
<b>Dandak'āraṇya-</b>			
<b>- puṇya-kṛita</b>	. . . . .	<i>Making the Dandaka Forest holy again</i>	
<b>Ahalyā-śhāpa-śhamana</b>	. . . . .	<i>Releasing <sup>4</sup>Ahalya from a curse</i>	
<b>Pitru-bhakta</b>	. . . . .	<i>Devoted to Your Father</i>	45
<b>Vara-prada</b>	. . . . .	<i>The Bestower of Boons</i>	
<b>Jit'endriya</b>	. . . . .	<i>The Conqueror of the senses</i>	
<b>Jita-krodha</b>	. . . . .	<i>The Conqueror of Anger</i>	
<b>Jita-mitra</b>	. . . . .	<i>Winning over Friends</i>	
<b>Jagad-guru</b>	. . . . .	<i>The Preceptor of the World</i>	50

<sup>1</sup> *Shri Parashu-rāma*, the Sixth Incarnation of **Shri Vishnu**, had sworn to rid the world of **Kshatriyas** – 'Warrior Caste'. As **Shri Rāma** was a **Kshatriya**, He challenged Him, but was defeated, realised the folly of his mission and took to spiritual life.

<sup>2</sup> *Tāṭakā*, the mother of **Mārica**, **Rāvana's** uncle, was also a cursed **Gandharva** who terrorised the **Dandaka** forest; and was released from the curse by **Shri Rāma**.

<sup>3</sup> *Dūshana* – 'Violating' and *Triśhiras* – 'Three-headed' fought to avenge **Śhūrpaṇakhā** alongside **Rāvana's** brother **Khara**.

<sup>4</sup> *Ahalya*, a **Puru** Princess, was turned into a stone by her husband whom Lord Indra had impersonated, but was restored to life when **Shri Rama's** Foot touched the stone.

<b>Ṛikṣha-vānara-saṅghātī</b>	. Accompanied by an army of Bears and Monkeys	
<b>Chitrakūta sam'āśhraya</b>	.. The Lord who took refuge at Chitrakuta hill	
<b>Jayanta-trāna-varada</b>	.... Protecting and blessing <sup>1</sup> Jayant, the son of Indra	
<b>Sumitrā-putra-sevita</b>	.... Served by Shri Lakshmana, the Son of Sumitra	
<b>Sarva-dev'ādhi-deva</b>	..... The Greatest of all the Gods	55
<b>Mṛuta-vānara jīvana</b>	..... Reviving the Monkeys killed in battle	
<b>*Māyā-mārīcha hantā</b>	.... The Destroyer of Maricha's illusory deer-form	
<b>Mahā-deva</b>	..... The Great God, Shri Shiva	
<b>Mahā-bhuja</b>	..... Having Long and Powerful Arms	
<b>Sarva-deva-stuta</b>	..... Praised by all the Gods	60
<b>Saumya</b>	..... Gentle and Calm	
<b>Brahmanya</b>	..... One with the Supreme Spirit	
<b>Muni saṁstuta</b>	..... Praised by all the Saints	
<b>Mahā-yogī</b>	..... The Great Yogi	
<b>Mahodara</b>	..... Big-bellied	65
<b>Sugrīv'epsita-rājya-da</b>	... The Restorer of Sugriva's kingdom	
<b>Sarva-puny'ādhika phala</b>	. Giving Credit for All Good Deeds	
<b>Smṛita-sarv'āgha-</b>		
<b>-nāśhana</b>	..... Abolishing the pain and suffering of those who remember You	
<b>Ādi Puruṣha</b>	..... The Primal Consciousness and the First of Men	
<b>Parama Puruṣha</b>	..... The Supreme Being	70
<b>Mahā Puruṣha</b>	..... The Greatest among Human Beings	
<b>Puṇy'odaya</b>	..... The Source of All Blessings	
<b>Dayā sāra</b>	..... The Epitome of Compassion	
<b>Purāṇa puruṣh'ottama</b>	.. The Greatest of Legendary Heroes	
<b>Smita-vaktra</b>	..... Having a Smiling Face	75
<b>Mita-bhāśhī</b>	..... Of Moderate Speech	
<b>Purva-bhāśhī</b>	..... Whose Incarnation was foretold in the Rāmayana	
<b>Raghava</b>	..... The Scion of the Raghu Dynasty	

<sup>1</sup> **Jayant**, the son of **Indra**, took the guise of a crow to witness **Shri Sītā's** beauty, and pecked Her Feet. This angered **Shri Rāma** who fired an arrow. Jayant fell at the Feet of **Shri Rāma** who spared his life but the arrow took out **Jayant's** right eye.

<sup>2</sup> **Mārīcha**, **Rāvana's** uncle, took the form of a golden deer to lure **Shri Rāma** and **Lakshman** away so that **Rāvana** could abduct **Shri Sita**.

<b>Ananta-guṇa-gambhīra</b>	<i>Whose qualities are Infinite and Profound</i>	
<b>Dhīr'odāṭṭa-guṇ'ottama</b>	<i>The Highest qualities of Heroism and Nobility</i>	80
<b>Māyā-mānuṣha-charitra</b>	<i>Whose Exploits and Character are bound by the illusion of being human</i>	
<b>Mahā-dev'ādi-pūjita</b>	<i>Worshipped by Shri Shiva and the other Gods</i>	
<b>Setu-kṛit</b>	<i>The Bridge-builder</i>	
<b>Jita-vāsanā</b>	<i>Conquering false notions and impure tendencies</i>	
<b>Sarva-tīrtha-maya</b>	<i>The Sum of all Holy Places</i>	85
<b>Hari</b>	<i>Shri Vishnu, the Remover of ignorance and illusion</i>	
<b>Śhyām'āṅga</b>	<i>Dark-bodied</i>	
<b>Sundara</b>	<i>Beautiful</i>	
<b>Śhūra</b>	<i>The Brave Lord</i>	
<b>Pīta-vāsā</b>	<i>Wearing a Yellow Dhoti</i>	90
<b>Dhanur-dhara</b>	<i>Holding a Bow</i>	
<b>Sarva-yagñy'ādhipa</b>	<i>The Lord of All Havans and Worship</i>	
<b>Yajvā</b>	<i>One who performs sacrifices</i>	
<b>Jarā-maraṇa-varjita</b>	<i>Free from Old Age and Death</i>	
<b>Bibhīṣhaṇa pratiṣṭhātā</b>	<i>Establishing Bibhishana as the King of Lanka</i>	95
<b>Sarv'ābharana-varjita</b>	<i>Relinquishing all kingly ornaments during exile in the forest</i>	
<b>Param'ātmā</b>	<i>The Supreme Spirit</i>	
<b>Para-brahma</b>	<i>The All-pervading Formless Consciousness</i>	
<b>Sat-chit-ānanda vigraha</b>	<i>The Embodiment of Truth, Awareness and Bliss</i>	
<b>Param- jyoti</b>	<i>The Supreme Light</i>	100
<b>Param- dhāma</b>	<i>The Highest Abode</i>	
<b>Par'ākāśha</b>	<i>The Supreme All-pervading Element</i>	
<b>Parāt-para</b>	<i>Beyond the Highest</i>	
<b>Pareśha</b>	<i>The Supreme Lord</i>	
<b>Pārāga</b>	<i>Beyond everything</i>	105
<b>Pāra</b>	<i>The Supreme Being</i>	
<b>Sarva-dev'ātmaka</b>	<i>The Lord who embodies all the Gods</i>	
<b>Para</b>	<i>Supreme</i>	

**Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*We bow at the Feet of Our Holy Mother Shri Mataji who is Shri Rama incarnate*

## Shri Rāma-rakshā stotram

### The Kavach – ‘Armour’ of Śhrī Rāma

*From the Ānanda Rāmāyana*

*In the beginning one should meditate upon Shrī Sītā  
and Shrī Rāma, residing in the Right Heart.*

**Om Śhrī Ganeshāya namaḥ**

*Om, Salutations to Shrī Ganesha.*

**Asya Śhrī-Rāma-rakshā-stotra-mantrasya, Budha-kaushika-ṛishiḥ  
Śhrī Sītā-Rāma-chandro devatā, Anuṣṭup chhandah  
Sītā śhaktiḥ, Śhrīmad Hanumān kīlakam  
Śhrī Rāma-chandra-prītyarthe Rāma-rakshā-stotra-jape viniyogaḥ**

*The Composing Seer of the Shrī Rāma-raksha Stotra is Sage Budha-kaushika.  
The Presiding Deities are Shrī Sītā and Shrī Rāma-chandra, the Metre is Anushtubh.  
The Power is Shrī Sītā, Shrī Hanumana is the Key.  
To please Shrī Rāma-chandra the Shrī Rāma-raksha Stotram is recited.*

**Atha dhyānam -** *The physical description of Shrī Rāma is as follows:*

**Dhyāyed ājānū-bāhum dhṛita-shara-dhanusham  
Baddha-padm’āsana-stham pītam vāso vasānam  
Nava-kamala-dala spardhi-netram prasannam  
Vāmāṅk’ārūdha Sītā-mukha-kamala milal-lochanam nīrad’ābham**

*With arms reaching down to His knees, He is holding a bow and arrow  
He is sitting like a Yogi and wearing yellow clothes.  
His eyes emulate fresh lotus petals and he is happy.  
On the left is seated the Lotus-faced Shri Sita meeting the eyes  
of the Lord who is Dark like a Rain-cloud.*

**Nān’ālaṅkāra-dīptam dadhatam-**

**-uru-jatā-mandanam Rāma-chandram**

*Radiant with many types of ornament, the Lord who is charming like the Moon,  
is crowned with a large coil of matted hair.*

**Iti dhyānam -** *Here ends the meditation.*

**1 Charitam Raghu-nāthasya-śhata-koti-pravistaram**

**Ekaikam'aksharam puñsām mahā-pātaka-nāśhanam**

*The narration of Shri Rama's vast character could fill a thousand million verses,  
Every syllable of it capable of destroying the greatest sins of human beings.*

**Dhyātvā – the meditation**

**2 Nīl'otpala-śhyāmam Rāmam Rājīva-lochanam**

**Jānakī-Lakshman'opetam Jaṭā-mukuta maṇḍitam**

*Shri Rāma, with Skin Dark like a Blue Lotus, and Eyes like a Deer. Shri Sītā  
and Lakshmana accompany Him adorned with a Crown of Matted Hair.*

**3 Sāsi-tūna-dhanur-bāna -pānim naktan-char'āntakam**

**Sva-līlayā jagat-trātum āvir-bhūtam ajam vibhum**

*Holding a sword, quiver, bow and arrows to kill the night-demons.*

*For His sport, the Protector of the World, the Unborn Lord*

*of unlimited power has taken Incarnation*

**4 Rāma-rakshām pathet-prāgñyaḥ, pāpa-ghnīm sarva-kāma-dām**

**Śhiro me Rāghavaḥ pātu, bhālam Dasharath'ātmajaḥ**

*One seeking wisdom should recite this Rāma-raksha Stotram,*

*Which destroys evil and fulfils all desires.*

*May the Scion of the Raghu Dynasty, protect my head;*

*And the Son of King Dasharatha, protect my forehead.*

**5 Kausalyeyo dṛishau pātu, Vishwāmitra-priya shrutī**

**Ghrānam pātu Makha-trātā, mukham Saumitri-vatsalaḥ**

*May the Son of Queen Kausalya, protect my eyes. And the Favourite Disciple  
Of Lord Vishwamitra, protect my ears. May the Protector of Festivals, protect  
My nose. And He who loves His Brother Lakshmana, protect my mouth.*

**6 Jihvām Vidyā-nidhiḥ pātu, kantham Bharata-vanditaḥ**

**Skandhau Divy'āyudhaḥ pātu, bhujau Bhagnesha-kārmukaḥ**

*May the Treasure-house of knowledge, protect my tongue;*

*And the One worshipped by Bharat, protect my throat.*

*May the Possessor of Divine Weapons, protect my shoulder*

*And He who broke the bow of Shri Shiva, protect my arms.*

- 7 **Karau Sītā-patiḥ pātu, hṛidayam Jāmadagnya-jit  
Madhyam pātu Khara-dhvaṁsi, nābhim Jāmbavad'āśhrayaḥ**  
*May the Husband of Sītā, protect my hands  
And the Vanquisher of Parashu-Rāma, protect my heart.  
May the Destroyer of the demon Khara , protect my middle;  
And the Refuge of the bear-king Jambavan, protect my navel.*
- 8 **Sugrīv'eshah katī pātu sak-thinī Hanumat-prabhuḥ  
Ūrū Ragh'ūttamaḥ pātu Rakshaḥ-kula-vināśha-kṛit**  
*May the Lord of the monkey-king Sugriva, protect my waist.  
And the Chief Deity of Hanumana, protect my groin.  
May the Highest of the Raghu Dynasty, who destroys the lineage  
of the demons, protect my thighs.*
- 9 **Jānuni Setu-kṛita pātu jaṅghe Dasha-mukh'āntakaḥ  
Pādaḥ Bibhīshana-Śhrīdaḥ pātu Rāmo khilam vapuḥ**  
*May the Bridge-builder, protect my knees;  
And the Destroyer of the ten-faced Ravana, protect my calves.  
May the Giver of Power and Prosperity to Bibhishana, protect my feet.  
And the Joy-giving Shrī Rama, protect any part of the body not mentioned.*
- 10 **Etām Rāma-bal'opetām rakshām yaḥ sukṛitī pathet  
Sa chirāyuḥ sukhī putrī vijayī vinayī bhavet**  
*Whoever performs this Rama-Raksha, full Shrī Rāma's power, becomes righteous  
Has a long life, happiness, sons, and becomes successful and modest*
- 11 **Pātāla-bhūtala-vyoma-chāriṇaśh-chhadma-chāriṇaḥ  
Na draṣṭum'apī shakt'āste rakshitam Rāma-nāma-bhiḥ**  
*Any negative forces in Hell, on Earth, in the sky or going in disguise  
Cannot even see one who has the protection of these names of Shrī Rāma*
- 12 **Rām'eti Rāma-bhadreti Rāma-chandreti vā smaran  
Naro na lipyate pāpair bhuktim muktim cha vindati**  
*One who remembers Shrī Rāma –' Giving joy', Rāma-chandra –'Charming  
like the Moon' and Rāma-bhadra-'Pleasingly gracious',  
Never falls prey to sin, and finds Enjoyment and Liberation.*



- 13 **Jagaj-jaitr'aika-mantrena Rāma-nāmn'ābhi-rakshitam**  
**Yaḥ kaṅṭhe dhārayet-tasya kara-sthāḥ sarva-siddhayaḥ**  
*With this mantra of the Protector of the World,*  
*well-guarded by these names of Shrī Rāma*  
*Whatever desires he has in mind, he gets all fulfillment in his hand*
- 14 **Vajra-pañjara nām'edam yo Rāma-kavacham smaret**  
**Avyāhat'āgñyaḥ sarvatra labhate jaya-maṅgalam**  
*Whoever remembers this Rāma Kavach attains a sure refuge*  
*Has unobstructed authority everywhere, acquiring the status of royalty*
- 15 **Ādishtavān yathā swapne Rāma-rakshām'imām Haraḥ**  
**Tathā likhitavān prātaḥ prabuddho Budha-kaushikaḥ**  
*This Rāma-raksha was revealed by Shrī Shiva in a dream,*  
*And on waking in the morning, Sage Budha Kaushika wrote it down.*
- 16 **Ārāmaḥ kalpa-vṛikshāṇām virāmaḥ sakal'āpadām**  
**Abhirāmas-trilokānām Rāmaḥ Śhrīmān sa naḥ Prabhuḥ**  
*Shrī Rāma is like a Wish-fulfilling Tree, stopping all misfortunes.*  
*Delighting the Three Worlds, Shrī Rāma of Glorious Qualities is our Lord.*
- 17 **Tarunau rūpa-sampanau su-kumārau mahā-balau**  
**Pundarīka-vishāl'ākshau chīra-kriṣṇ'ājīn'āmbarau**  
*Both boys are handsome, noble and of great strength*  
*With eyes wide like lotuses, dressed in dark animal skins*
- 18 **Phala-mūlāśhinau dāntau tāpasau Brahma-chārinau**  
**Putrau Dasharathasy'aitau Bhrātarau Rāma-Lakshmanau**  
*Living on fruits and roots, they are Restrained, Ascetic and Celibate*  
*These sons of Dasharatha, the Brothers Rāma and Lakshmana*
- 19 **Śharanyau sarva-sattvānām**  
**Śhreṣṭhau sarva-dhanuṣmatām**  
**Rakshaḥ-kula-nihantārau trāyetām no Raghūttamau**  
*Following only Truth and Goodness, they are the Greatest of all Archers.*  
*Destroying families of Rakshasas,*  
*may the Pinnacle of the Raghu Dynasty protect us*

20 **Ātta-sajja-dhanushā-vishu-sprishā-  
Vakshay'āshuga nishaṅga-saṅginau  
Rakshanāya mama Rāma-Lakshman'āvagrataḥ  
Pathi sadaiva gach-chhatām**

*May Shri Rama and Lakshmana who have bows and  
Quivers full of arrows ready in Their hands,  
Forever walk in front of me on my path to protect me.*

21 **San-naddhaḥ kavachī khadgī chāpa-bāna-dharo yuvā  
Gacchan mano-ratho-'smākam Rāmaḥ pātu sa-Lakshmanaḥ**

*May Shri Rāma, who is youthful, always on guard, having a bow,  
arrow and sword in his hand,  
Who is always guiding our minds and who, with Shn Lakshmana,  
is Omnipresent in the Universe, protect us.*

22 **Rāmo Dāsharathiḥ Śhūro Lakshman'ānucharo Balī  
Kākutsthaḥ Purushaḥ Pūrnaḥ Kausalyeyo Ragh'ūttamaḥ**

*The sixteen names of Shri Rama are:*

***Rāma**, the One who gives joy;*

***Dāsharathi**, the son of Dasharatha;*

***Shūra**, Courageous;*

***Lakshman'ānuchara**, the One whose servant is Shri Lakshmana;*

***Balī**, the One who is Strong,*

***Kākutstha**, the Descendant of Shri Kakutstha;*

***Purusha**, the Great Man;*

***Pūrna**, the One who is Purnabrahma (the entire Universe);*

***Kausalyeya**, Son of Queen Kausalya;*

***Ragh'ūttama**, the Highest of the Raghu Dynasty,*

23 **Vedānta-vedyo Yagñy'eshah Purāna-purush'ottamaḥ  
Jānakī-vallabhaḥ Śhrīmān Aprameya-parākramaḥ**

***Vedānta-vedya**, the One who is known through the Upanishads;*

***Yagñyeshah**, the Lord of Havans;*

***Purāna-purush'ottama**, the Ideal Human Being of the ancient scriptures,*

***Jānakī-vallabha**, loved by Shri Sītā;*

***Śhrīmān**, the One who possesses everything;*

***Aprameya-parākrama**, the Warrior without equal.*

- 24 **Ity'etāni japan nityam mad-bhaktaḥ shraddhay'ānvitaḥ  
Ashvamedh'ādhikam puṇyam sam-prāpnoti na saṁshayaḥ**  
*There is no doubt that one who takes these Names of Shrī Rāma  
Receives blessings greater than from a 'Horse Sacrifice'*
- 25 **Rāmam dūrvā-dala-śhyāmam Padm'āksham Pīta-vāsasam  
Stuvanti nāma-bhir divyair na te saṁsārino narāḥ**  
*One who praises Shrī Rāma, who is dark like Durva leaves, lotus-eyed  
and wearing a yellow dhoti,  
Through the Divine Power of these Names, is freed from worldly illusions*
- 26 **Rāmam Lakshmana-pūrvajam  
Raghu-varam Sīta-patim sundaram  
Kākutstham karuṇ'ārṇavam  
Guṇa-nidhim vipra-priyam dhārmikam  
Rāj'endram satya-sandham  
Dasharatha-tanayam śhyāmalam śhānta-mūrtim  
Vande lok'ābhirāmam Raghu-kula-tilakam Rāghavam Rāvanārim**  
*Shrī Rāma, Elder Brother of Shrī Lakshmana, the Best of the Raghu Dynasty;  
The Husband of Shri Sītā; who is very handsome; Descendent of Kakutstha;  
The Ocean of Compassion; Abounding with Good Qualities; Fond of the Wise  
And Learned; who is Righteous; King of Kings, Lover of Truth,  
Son of Dasharatha, Dark-skinned, Peace Incarnate; Pleasing the Whole World,  
The Kum-kum on the Forehead of the Raghu Dynasty;  
The Ocean-like Enemy of Ravana, I bow to You.*
- 27 **Rāmāya Rāma-bhadrāya Rāma-chandrāya Vedhase  
Raghu-nāthāya Nāthāya Sītāyāḥ pataye namaḥ**  
*Shrī Rāma, Auspicious Joy, Pleasing like the Moon, the Creator,  
Lord of the Raghu Dynasty, Master and Husband of Shrī Sītā, I bow to You*
- 28 **Śhrī Rāma Rāma Raghu-nandana Rāma Rāma  
Śhrī Rāma Rāma Bharat'āgraja Rāma Rāma  
Śhrī Rāma Rāma Raṇa-karkaśha Rāma Rāma  
Śhrī Rāma Rāma sharanam bhava Rāma Rāma**  
*May Shrī Rāma, Scion of the Raghu Dynasty, Elder Brother of Shrī Bharata,  
Who is Terrifying in Battle, be our Protector.*

29 **Śhrī Rāma-chandra charaṇau manasā smarāmi**  
**Śhrī Rāma-chandra charaṇau vachasā gṛunāmi**  
**Śhrī Rāma-chandra charaṇau shirasā namāmi**  
**Śhrī Rāma-chandra charaṇau sharaṇam prapadye**

*I worship the Feet of Shrī Rāma-chandra in my heart.*

*Through my songs and prayers I praise the Feet of Shrī Rāma-chandra.*

*I bow my head at the Feet of Shrī Rāma-chandra.*

*I take refuge at the Feet of Shrī Rāma-chandra.*

30 **Mātā Rāmo matpitā Rāma-chandraḥ**  
**Swāmī Rāmo matsakhā Rāma-chandraḥ**  
**Sarvaswam me Rāma-chandro dayālur**  
**Nānyam jāne n'aiva jāne na jāne**

*Shrī Rāma is my Mother and my Father; He is my Lord and my Friend,*

*The Ever-compassionate Shrī Rāma is everything to me, and I know no-one else.*

31 **Dakshine Lakshmano yasya vāme tu Janak'ātmajā**  
**Purato Mārutir-yasya tam vande Raghu-nandanam**

*With Shrī Lakshmana on the right, Shrī Sita on the left*

*And Shrī Hanumana in front, I bow to the Son of the Raghu clan.*

32 **Lokābhi-rāmam raṇa-raṅga-dhīram**  
**Rājīva-netram Raghu-vaṁsha-nātham**  
**Kārunya-rūpam karunā-karam tam**  
**Śhrī Rāma-chandram sharanam prapadye**

*Giving Joy to the World, Brave in battle, Lotus-eyed, Lord of the Raghu Dynasty,*

*I take refuge in the Ever-compassionate Shrī Rama-chandra*

33 **Mano-javam Māruta-tulya-vegam**  
**Jit'endriyam buddhi-matām varishtham**  
**Vāt'ātmajam vānara-yūtha-mukhyam**  
**Śhrī Rāma-dūtam sharanam prapadye**

*Shrī Hanumana, quick-witted, swift as the wind,*

*who has mastered his senses, the Most Intelligent and Most Blessed,*

*Son of the Wind, Chief of Monkeys, and Messenger of Shrī Rama;*

*I surrender to You.*

34 **Kūjantam Rāma-Rām'eti madhuram madhur'āksharam  
Āruhya kavitā-shākhām vande Vālmīki-kokilam**

*I bow to Sage Valmiki, who like a cuckoo sits on the tree of poetry  
Singing 'Ram Ram' melodiously in a beautiful voice.*

35 **Āpadām-apa-hartāram Dātāram sarva-sampadām  
Lok'ābhirāmam Śhrī Rāmam bhūyo bhūyo namā-myaham**

*Shrī Rāma, who is the Destroyer of All Troubles, who gives Wealth,  
And who gives Joy to the People; I bow to You again and again.*

36 **Bharjanam bhava-bījānām-arjanam sukha-sampadām  
Tarjanam Yama-dūtānām Rāma-Rām'eti garjanam**

*Singing 'Ram Ram' from the heart burns away the seeds of worldly problems,  
Gives us well-being and frightens the messengers of the God of Death.*

37 **Rāmo rāja-maṇiḥ sadā vijayate Rāmam Ram'esham bhaje  
Rāmen'ābhihatā nishāchara-chamū Rāmāya tasmai namaḥ  
Rāmānn'āsti parā-yanam para-taram Rāmasya dās'osmy'āham  
Rāme chitta-layaḥ sadā bhavatu me bho Rāma mām-uddhara**

*I worship the husband of Shrī Sītā, Jewel among Kings, forever Victorious.*

*I bow to Shrī Rāma who has killed the army of Rakshasas.*

*I consider no-one greater than Shrī Rama and I am His Servant. Shrī Rāma,  
Let my attention be always on You and may You help me to ascend.*

38 **Rāma-Rām'eti-Rām'eti Rame Rāme Manorame  
Sahasra-nāma tat-tulyam Rāma-nāma var'ānane**

*'Whoever takes the name of Shrī Rama and worships Him,*

*with such a person I am pleased'. (Shrī Shiva tells Shrī Pārvatī)*

*This Praise of Shrī Rāma is equal to reciting a Thousand Names.*

**Iti Śhrī Budha-kaushika-virachitam**

**Śhrī-Rāma-rakshā-stotram sampūrnām**

**Śhrī -Sītā-Rāma-chandr'ārpanam-astu**

*Here ends the Rama-raksha Stotram written by Sage Budha-kaushika.*

*May it be offered at the Feet of Shrī Sītā-Rāma.*

**Sākshāt Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namaḥ**

The **Rāma-raksha** is effective against Right Side negativity prevalent during a Full Moon and is read on **Pūrnima** - the Full Moon night, presided over by **Śhrī Rāma**. **Śhrī Śhiva** rules **Āmāvāsyā** - the Dark Night of the New Moon.

## Luv and Kush

The **Rāmāyana** –‘*Advent of Shri Rama*’ was written by **Sage Valmiki** around 5000 BCE. To preserve **Dharma**, **Shri Rāma**’s wife **Sītā** left **Ayodhya** and settled in **Valmiki**’s ashram where She gave birth to twin sons, **Luv** and **Kush**, who embodied the qualities of the Right and Left Side respectively.

According to Indian legend, the city of **Ayodhya** was abandoned after **Śhrī Rāma** immersed Himself in the river, and **Luv** and **Kush** had separate kingdoms; **Kush**’s kingdom was **Kushinagar** or **Kasur**, now in **Pakistan**; and **Luv** founded the city and state of **Lahore**, north of **Kasur**. **Luv** was also known as **Loh** and **Loh-awar** – ‘*Fort of Loh*’ became **Lahore**. **Luv** travelled to Russia (Ego) and gave him name to the Slavs; Lev (Leo) is still a popular Russian name. **Kush** travelled to China (Super-ego).

**Luv** and **Kush** incarnated in India as **Buddha**, Lord of the Ego (563-483 BCE) and **Mahāvira** (599-527 BCE) Lord of the Superego and an incarnation of **Shrī Bhairava**.

They incarnated together again in Arabia as **Hassan**–‘*Good, handsome*’ (624-669 CE) and **Hussein** –‘*diminutive of Hassan*’ (626-680 CE), the sons of **Hazrat Ali** and **Fatima** and grandsons of **Prophet Mohammed**. **Hassan** became **Caliph**–‘*Ruler*’ but relinquished the title to the Syrian rebel **Mu’awiyah** in order to avoid division and bloodshed. However **Mu’awiyah** wanted his son to succeed him and induced one of **Hassan**’s own wives to poison him at the age of forty-five. **Hussein** was killed in **Iraq** in battle with **Mu’awiyah**’s son **Yazid**’s forces at the age of fifty-four.

These Deities incarnated again as the poet-saints **Ādi Shankaracharya** (788-820 CE) and **Kabir** (1398-1448 CE). **Luv** also incarnated as **Śhrī Mārkandeya**, composer of the **Devi Mahatmya**. Their manifestation expressed the disciple principle, helping people to overcome Ego and Superego.

(see: *Shrī Mahāvira Puja, Spain, 17-06-90; Shrī Buddha Puja, San Diego, 23-07-88; 'World of Bliss & joy', Caxton Hall, 30-05-79)*





## ◉ The Vishuddhi Chakra ◉



**Jai Śhrī Yog'eśhwara**  
*Victory to the God of Yoga!*



## ☪ The 16 Names of Shri Rādhā-Kṛishna ☪

*O Divine Mother, Shri Mataji Nirmala Devi, You are indeed Shrī Rādhā-jī and Shrī Kṛishna in person before us. May the whole world recognise You!*

**Om Twameva sākshāt Śhrī...**

*You are...*

**Rādhā-Kṛishṇa** . . . . . *The Giver of Prosperity, Support of the Kundalini, Incarnation of Shrī Mahalakshmi and the Dark-complexioned Lord of Creation, the Eighth Incarnation of Shrī Vishnu*

**Viṭṭhala-Rukminī** . . . *Shri Krishna ‘standing on a brick’ and Queen Rukmini who is beautiful and ‘adorned with gold’, worshipped at Pandapur*

**Govinda-pati** . . . . . *The Supreme Lord of the Sushumna Nadi who knows pure speech*

**<sup>1</sup>Goptā** . . . . . *The Protector of the World*

**Govinda** . . . . . *The Chief Herdsman and Saviour of the World* 5

**Gopati** . . . . . *The Lord Protector of Cows and Devotees*

**Americ'eśhwara** . . . . *The Lord of America*

**Yaśhodā-nandana** . . . *The Joy-giving Son of Shrī Yashoda*

**Viṣṇumāyā-bhrātā** . *The Brother of Shrī Vishnumaya*

**Vainavinī-**

**-vāma-saṁnāda** . *The Holder of the Flute, resounding with sweet melodies* 10

**Virāt-aṅganā Virāta** . *The Supreme Power of the Absolute Cosmic Being*

**Bāla Kṛishṇa** . . . . . *Shrī Kṛishna as a mischievous but adorable child*

**Śhikhandī** . . . . . *Adorned with a peacock feather*

**\* Narak'āntaka** . . . . . *The Destroyer of Narakasura*

**Mahā-nidhi** . . . . . *Our Greatest Treasure* 15

**Mahā-hrada** . . . . . *The Great Lake of Divine Bliss*

**Sākshāt Śhrī Ādi Śhakti Mātāji  
Śhrī Nirmalā Devyai namo namaḥ**

<sup>1</sup> **Go**, as well as ‘cow, cattle’, can mean ‘Speech, the Earth, Sushumna channel, one who praises’. So **Gopta** or **Gopati** can both mean ‘Protector of those who praise You’

## ☪ The 108 Names of Shri Kṛishna ☪

*Om Twameva sākshāt Śhrī... You are...*

<b>Kṛiṣhṇa</b> .....	<i>The Dark-skinned Supreme Lord of Creation, the Eighth Incarnation of Shṛī Vishnu</i>	
<b>Śhrī-dhara</b> .....	<i>Sustaining Prosperity and Well-being</i>	
<b>Venu-dhara</b> .....	<i>Playing the Divine Flute</i>	
<b>Śhrīmān</b> .....	<i>The Possessor of all Wealth, Power and Glory</i>	
<b>Nirmalā gamyā</b> .....	<i>Reached only through Shṛī Mataji by Purity and Auspiciousness</i>	5
<b>Nirmalā pūjaka</b> .....	<i>The One who worships Shṛī Mataji</i>	
<b>Nirmalā-bhakta priya.</b>	<i>Fond of the Devotees of Shṛī Mataji</i>	
<b>Nirmalā hṛidaya</b> .....	<i>Worshipping the Lotus Feet of Shṛī Mataji in Your Heart</i>	
<b>Nirādhāra</b> .....	<i>Unsupported as You are the Support of the Universe</i>	
<b>Viśhw'ādhāra Janaka</b> .	<i>Father of Lord Jesus, the Support of the Universe</i>	10
<b>Viṣhṇu</b> .....	<i>All- pervading</i>	
<b>Mahā-viṣhṇu pūjita</b> ..	<i>Worshipped as 'Our Father' by Lord Jesus Christ</i>	
<b>Viṣhṇumāyā-</b> <b>-sughoṣhita</b> ....	<i>Whose Incarnation was proclaimed by Shṛī Vishnumaya</i>	
<b>Vāg'iśhwara</b> .....	<i>The Supreme Master of Speech</i>	
<b>Vāg'iśhwari-bhrātā</b> ..	<i>Brother of Shṛī Saraswatī, the Goddess of Speech</i>	15
<b>Viṣhṇumāyā-bhrātā</b> ..	<i>The Brother of Shṛī Vishnumaya</i>	
<b>Draupadī-bandhu</b> ....	<i>The Brother of Shri Draupadi, an Incarnation of Shri Vishnumaya</i>	
<b>Pārtha-sakhā</b> .....	<i>The Friend of Arjuna</i>	
<b>San-mitra</b> .....	<i>The True Friend</i>	
<b>Viśhwa-vyāpta</b> .....	<i>Permeating the Whole Universe</i>	20
<b>Viśhwa-rakṣhaka</b> .....	<i>The Protector of the Whole Universe</i>	
<b>Viśhwa-sākṣhī</b> .....	<i>The Witness of the Cosmic Play</i>	
<b>Dwarak'ādhiśha</b> .....	<i>The Ruler of Dwaraka</i>	
<b>Viśhuddhi deśh'ādhiśha</b>	<i>The Ruler of the Continent of the Vishuddhi</i>	
<b>Jana-nāyaka</b> .....	<i>The Leader of the People</i>	25

**Viśhuddhi-jana pālaka** . *The Protector of those who dwell  
in the Land of the Vishuddhi*

<b>Americ'eśhwara</b> . . . . .	<i>The Lord of America</i>	
<b>Mahā-nīla</b> . . . . .	<i>Dark Blue</i>	
<b>Pītāmbara-dhara</b> . . . . .	<i>Clad in a Yellow Dhoti</i>	
<b>Sumukha</b> . . . . .	<i>Whose Face is Handsome and Auspicious</i>	30
<b>Suhāsyā</b> . . . . .	<i>Whose Laughter is Beautiful</i>	
<b>Subhāśhi</b> . . . . .	<i>Whose Speech is Gentle and Sweet</i>	
<b>Sulochana</b> . . . . .	<i>Whose Eyes are Beautiful</i>	
<b>Sunāsika</b> . . . . .	<i>Whose Nose is Perfect</i>	
<b>Sudanta</b> . . . . .	<i>Whose Teeth are Perfect</i>	35
<b>Sukeśha</b> . . . . .	<i>Whose Hair is Abundant and Beautiful</i>	
<b>Śhikhandī</b> . . . . .	<i>Adorned with a Peacock Feather</i>	
<b>Suśhṛita</b> . . . . .	<i>Hearing whatever is Auspicious</i>	
<b>Sudarśhana-dhara</b> . . . . .	<i>Wielding the Sudarshana Chakra</i>	
<b>Mahā-vīra</b> . . . . .	<i>The Great Warrior-hero</i>	40
<b>Śhaurya-dāyaka</b> . . . . .	<i>Courageous</i>	
<b>Raṇa-panḍita</b> . . . . .	<i>Master of the Art of Warfare</i>	
<b>Raṇa-chhoḍa-dāsa</b> . . . . .	<i>The One who ran away from the battlefield as a trick to destroy the demon Kalayavana</i>	
<b>Śhrī-nātha</b> . . . . .	<i>The Lord of Divine Glory</i>	
<b>Yuktivān</b> . . . . .	<i>The Master of Diplomacy and Subtle Tricks</i>	45
<b>Akbar</b> . . . . .	<i>The Most High</i>	
<b>Akhil'eśhwara</b> . . . . .	<i>The God of Everything</i>	
<b>Mahā-virāta</b> . . . . .	<i>The Universal Being of which Everything is a Part</i>	
<b>Yog'eśhwara</b> . . . . .	<i>The God of Yoga</i>	
<b>Yogi-vatsala</b> . . . . .	<i>Loving Yogis like Your own Children</i>	50
<b>Yoga-varṇita</b> . . . . .	<i>The One who explains the State of Yoga</i>	
<b>Sahaja-sandeśha-vāhaka</b>	<i>Spreading the Message of Sahaja Yoga</i>	
<b>Viśhwa dharmā-</b>		
<b>-dhvaja-dhāraka</b> . . . . .	<i>Raising the Flag of Vishwa Nirmalā Dharma</i>	
<b>Garud'ārūdhā</b> . . . . .	<i>Mounted on the Divine Eagle, Shri Garuda</i>	

<b>Gadā-dhara</b> .....	<i>The Wielder of the Mace</i>	55
<b>Śhaṅkha-dhara</b> .....	<i>Bearing the Conch named Pancha-janya</i>	
<b>Padma-dhara</b> .....	<i>Holding a Lotus in the Hand</i>	
<b>Līlā-dhara</b> .....	<i>Playfully Creating and Sustaining the Cosmic Drama</i>	
<b>Dāmodara</b> .....	<i>Supremely Generous</i>	
<b>Govardhana-dhara</b> ....	<i>The One who lifted a mountain to shelter the Gokul villagers from Indra's thunderstorm</i>	60
<b>Yoga-kṣhema-vāhaka</b> .	<i>The Conveyor of Well-being to those who seek Yoga</i>	
<b>Satya-bhāṣhī</b> .....	<i>Always Speaking the Truth</i>	
<b>Hita pradāyaka</b> .....	<i>Granting whatever is for our Benevolence</i>	
<b>Priya-bhāṣhī</b> .....	<i>The One who Talks Pleasantly</i>	
<b>Abhaya-pradāyaka</b> ....	<i>Granting Fearlessness</i>	65
<b>Bhaya-nāśhaka</b> .....	<i>The Destroyer of All Fears</i>	
<b>Sādhaka-rakṣhaka</b> ....	<i>The Protector of the Seekers of Truth</i>	
<b>Bhakta-vatsala</b> .....	<i>Loving Devotees like Your Children</i>	
<b>Śhoka-hārī</b> .....	<i>The Remover of Grief</i>	
<b>Dukha-nāśhaka</b> .....	<i>The Destroyer of Sorrow</i>	70
* <b>Rākṣhasa-hantā</b> .....	<i>The Killer of Demons</i>	
* <b>Kuru-kula virodhaka</b> .	<i>Opposed to the adharmic Kaurava family</i>	
<b>Gokula-vāsī</b> .....	<i>Residing in Gokul</i>	
<b>Gopāla</b> .....	<i>The Protector of the World and Lord of Cows</i>	
<b>Govinda</b> .....	<i>Rescuer of the Earth and Chief of Herdsmen</i>	75
<b>Yadu-kula śhreṣhṭha</b> ..	<i>The Highest of the Yadava clan,</i>	
	<i>descendants of King Yadu</i>	
<b>Akula</b> .....	<i>Beyond all Family, Caste or Creed</i>	
<b>Vaṁśha-dweśha-</b>		
<b>-nāśhaka</b>	<i>The Destroyer of all negative discrimination of race, caste or creed</i>	
<b>Ātmā-gñyāna varṇita</b> .	<i>Expounding the Knowledge of the Spirit</i>	
<b>Agñyāna pranāśhaka</b> ..	<i>Teaching how to destroy ignorance and false-knowledge</i>	80
<b>Nir-ākāra</b> .....	<i>Formless</i>	

<b>Ānanda-kara</b> .....	<i>The Embodiment of Joy</i>	
<b>Ānanda pradāyaka</b> .....	<i>Giving Joy to the Yogis</i>	
<b>Pavitr'ānanda</b> .....	<i>The Joy of Purity and Auspiciousness</i>	
<b>Pāvitrya-rakṣhaka</b> .....	<i>The Protector of Chastity</i>	85
<b>Gñyān'ānanda</b> .....	<i>The Joy of Pure Knowledge</i>	
<b>Kal'ānanda</b> .....	<i>The Joy of all the Arts</i>	
<b>Gṛuh'ānanda</b> .....	<i>The Joy of the Home</i>	
<b>Dhan'ānanda</b> .....	<i>The Joy of Affluence</i>	
<b>Kubera</b> .....	<i>The God of Wealth</i>	90
<b>Ātm'ānanda</b> .....	<i>The Joy of the Spirit</i>	
<b>Samuh'ānanda</b> .....	<i>The Joy of Sahaj Collectivity</i>	
<b>Sarv'ānanda</b> .....	<i>Complete Joy</i>	
<b>Viśhuddh'ānanda</b> .....	<i>The Purest Joy</i>	
<b>Saṅgīt'ānanda</b> .....	<i>The Joy of Music</i>	95
<b>Nṛity'ānanda</b> .....	<i>The Joy of Dancing</i>	
<b>Śhabd'ānanda</b> .....	<i>The Joy of Words (spoken, sung and written)</i>	
<b>Maun'ānanda</b> .....	<i>The Joy of Silence</i>	
<b>Sahaj'ānanda</b> .....	<i>The Joy of Sahaj Culture (Spontaneous Joy)</i>	
<b>Param'ānanda</b> .....	<i>Absolute Joy</i>	100
<b>Nirānanda</b> .....	<i>Pure Absolute Joy</i>	
<b>Nātya-priya</b> .....	<i>Enjoying Dance and Drama</i>	
<b>Saṅgīta-priya</b> .....	<i>Appreciating Music</i>	
<b>Kṣhīra-priya</b> .....	<i>Fond of Milk</i>	
<b>Dadhi-priya</b> .....	<i>Fond of Curd</i>	105
<b>Madhu-priya</b> .....	<i>Fond of Honey</i>	
<b>Ghṛita-priya</b> .....	<i>Fond of Ghee</i>	
<b>Māṭru-charan'āmṛta-</b> <b>-priya</b>	<i>The One who Enjoys the Nectar of Immortality flowing from the Lotus Feet of Shrī Mataji</i>	

**Sākṣhāt Śhrī Ādi Śhakti Mātāji  
Śhrī Nirmalā Devyai namo namaḥ**

## ◉ 108 Invocations to Shri Krishna ◉

*No names can describe Him,  
He cannot be grasped and is beyond praise.  
Yet, based on Sahaja Yoga shastras, here are one hundred and  
eight names humbly offered at His Lotus Feet.*

Salutation, Honour and Glory to Shrī Bhagawati Shrī Ādi Shakti Mataji  
Shrī Nirmalā Devī who bears Shrī Kṛishna on Her Forehead  
as the Crowning Jewel of the Heavens.

You are Shri Kṛishna ..... *Praise unto Him for ever and ever.*

You are worshipped through Christ.

You grant permission to become a Sahaja Yogi.

You accept the Yogis certified by Lord Jesus Christ.

You accept the **Yagñyas** –‘worship’ of the noble souls. 5

You are the Primordial Being.

You are the **Īshwara** –‘Supreme Lord’ of the yogis.

You are the God of Yoga.

You are our ideal in its highest glory.

You are sublime and the source of sublimity. 10

You are fully aware of Your Divine Powers.

You are the **Sākshī** –‘witness’.

You are the axis of the whirling Universes.

You hold the strings of the cosmic puppet show.

You are the Great Enticer of the Three Worlds. 15

You are the Father, yet You are the friend.

You are the revelation of ultimate fatherhood.

You manifest **Shri Sadāśhiva** –‘Eternal Formless Spirit’.

Ādi Shakti's creation is for Your play.

You are the integrated brain of divinity. 20

You were, are and ever will be.

You are Vishnu the magnificent.

You are the **Yahweh** – Lord God Almighty - of **Moses**.

Buddha perceived You as **Nirākāra** –‘formless’.

You are the Father of **Yeshu Krisht**.

25

You are the **Akbar** –‘Great Lord’ of **Islam**.

You are the Lord God Almighty, All-knowing, All-pervading.

You are the Master of the Aquarian age.

You get the Divine Work done in **Krita-yuga** –‘Golden Age’

You carry the yellow-dusted Feet of **Rādhājī** in Your Heart.

30

You see **Rādhājī** in Mother's laughing eyes.

You are the Worshipper of **Śhrī Nirmalā Virāt'angana** -  
the Feminine Power of the Virāta.

You pervade **Ākāśha** -‘Ether’.

You are the Blue Lord of ethereal infinity.

You are blue for the sake of Shri Mahākālī. 35

For Your Sake the firmament is blue.

You wear many garlands of

Moons, Suns and Stars.

You play with Mother Surabhi

on the Milky Way.

Shri Brahmadeva gave You His yellow dhoti.

The Sun rises to behold You. 40

You grant the Power of Total Confidence.

You grant the Power of Discrimination.

You grant the Power of Decision.

You grant the Power of Detachment.

You grant the Power of Responsibility. 45

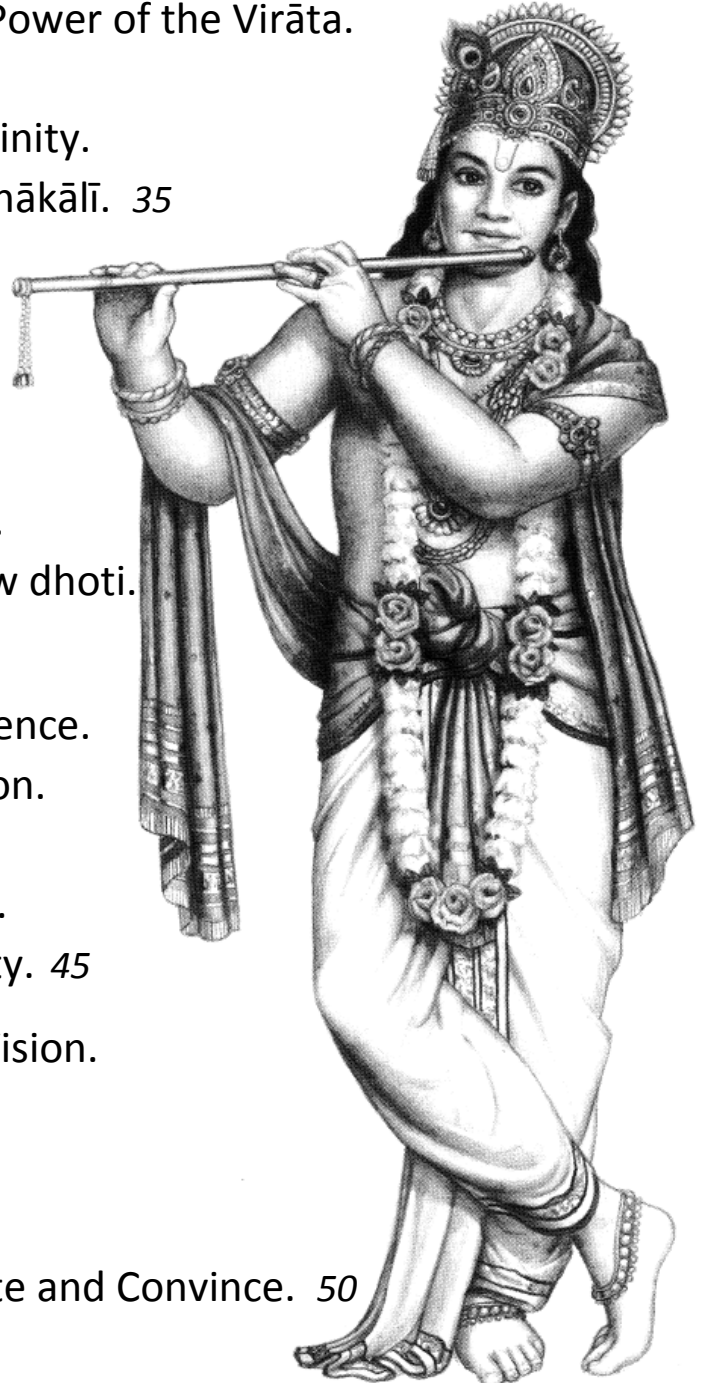
You grant the Power of Auspicious Vision.

You grant the Power of Leadership.

You granted Abundance to America.

You grant the Power of Plenitude.

You grant the Power to Communicate and Convince. 50



- You grant the Power to Silence.  
You grant the Power to the Sahaja Collectivity.  
You grant the Power to Share.  
You grant the Power to Permeate.  
You grant the Power to Expand Thoughtless Awareness. 55
- You grant the Power of Cosmic Consciousness.  
You have the Power to make anyone a King.  
You grant and withdraw power to human institutions.  
You bear the rings of Saturn on Your Right Finger.  
You make fun of worldly powers. 60
- You shatter the pillars of false Dharmas.  
You are Blazing Doom for adharma.  
You are both Madhuri and Samhara-shakti  
(sweetness and destroying power).  
You subdue the serpents of anger, hate and arrogance.  
You dislike frivolity, grossness and plastics. 65
- You are Mischievous with individualists.  
You incarnate on this Earth to re-establish the Dharma of innocence.  
You restore the lost vision of the absolute.  
All myths are consumed by the Fire of Your truth.  
You lead us to victory on the battlefield of the brain. 70
- You lead Your Worshipers beyond the Kurukshetra (field) of involvement.  
You inspired Abraham Lincoln.  
You are propitiated by the twice-born for the salvation of America.  
You lead the twice-born back to Gokul.  
You teach the twice-born through the Voice of Shrī Mataji Nirmalā Devī. 75
- You are Adorable and Adored by the Twice-born.  
You play around in Frolics, Joy and Happiness.  
The cows of Mahārashtra rushed to lick Your Arms.  
You are the Incarnation of Gentle Graciousness.  
You melt everyone's hearts in the Honey-like Spring of Your Sweetness. 80





## From the Bhagavad Gita

**N'ainam chhindanti śhastrāni**

*Weapons cannot cut the Spirit,*

**N'ainam dahati pāvakaḥ**

*Nor can fire burn it,*

**Na ch'ainam kledayanty'āpo**

*Water cannot wet it,*

**Na śhoṣhayati Mārutaḥ**

*Nor can wind dry it.*

(Ch.2 v.23)

**Karmany'ev'ādhi-kāraste**

*Your right is to the work only,*

**Ma phaleṣhu kadāchanam**

*But never the fruit thereof,*

**Mā karma-phala-heturbhuḥ**

*Be not attached to the fruit,*

**Mā te saṅgo-'stu karmani**

*Neither to inaction.*

(Ch.2 v.47)

**Yadā yadā hi dharmasya**

*Whenever Dharma declines,*

**Glānir-bhavati Bhārata**

*O scion of Bharata,*

**Abhyuthānām adharmasya**

*and evil prevails,*

**Tad-ātmānam sṛijāmyaham**

*I incarnate Myself*

(Ch.4 v.7)

**Paritrānāya sādhunām**

*To protect the virtuous,*

**Vināśhāyacha duṣh-kṛitām**

*To destroy the evil-doers,*

**Dharma samsthā-panārthāya**

*and to establish Dharma in the hearts of men,*

**Sambhavāmi yuge yuge**

*I am born from age to age.*

(Ch.4 v.8)

## ☪ The 69 Names of Shri Kubera ☪

*Param-pujya Śhrī Mataji, only through You we become aware of all the Deities. Śhrī Mataji, please awaken Śhrī Kubera in the world and grant the realisation to the world that **Sahaja Yoga** is the only solution for our maladies. In Your compassion, may all our societies, institutions and governments be enlightened by the pure **Sahaja** economics of **Śhrī Kubera** and dispense with their corrupt and adharmic ways. May all of us, Your children, rejoice as the world is united under the immaculate banner of **Sahaja Yoga**.*

*Om Twameva sākshāt Śhrī... You are...*

<b>Kubera</b> . . . . .	<i>The God of Wealth. You own, bestow, and distribute all matter with the potential to express the Love of the Spirit</i>	
<b>Kṛiṣhṇa</b> . . . . .	<i>Shrī Kṛiṣhna. You sowed the Seed of Spirituality</i>	
<b>Kṛiṣhi priya</b> . . . . .	<i>Approving of Agriculture and Basic Industries and supporting the primary sectors of the world economy</i>	
<b>Viṣhṇu</b> . . . . .	<i>Whose Brilliance and Grace permeate the Universe</i>	
<b>Viśhwa pūjya</b> . . . . .	<i>Worshipped by the Universe</i>	5
<b>Padma-nābha</b> . . . . .	<i>Whose Navel-lotus gives rise to Universes</i>	
<b>Nātya-priya</b> . . . . .	<i>Enjoying the Drama of the World</i>	
<b>Līlā-dhara</b> . . . . .	<i>Having the Whole Material World for Your Play</i>	
<b>Ākāśh'eśhwara</b> . . . . .	<i>The Ruler over the Ether, looking after the purity of communication</i>	
<b>Virāt-aṅga</b> . . . . .	<i>Part and Parcel of Shrī Virāta, the Great Universal Being</i>	10
<b>Sunāsika</b> . . . . .	<i>Giving the Goddess Your Essence as Her Regal Divine Nose</i>	
<b>Mahā bhūpati</b> . . . . .	<i>The Great King who establishes the Dharma of the King</i>	
<b>Rāja nīti-gñya</b> . . . . .	<i>Having the Knowledge of the Dharma of the King</i>	
<b>Rāja-nīti nipuna</b> . . . . .	<i>Expert in the Art of Divine Diplomacy, without which the World would lose balance and prosperity could not be sustained</i>	
<b>Artha-nīti nipuna</b> . . . . .	<i>Expert in the Knowledge of the Pure Science of Economic Well-being</i>	15

- Viveka-buddhi** . . . *Discretion and Wisdom*
- Akṣhaya nidhi** . . . . *Of Unlimited Resources. You make Your unlimited resources available for the auspicious cause of Sahaja Yoga. You gave Shrī Draupadi Her ever-full plate*
- Pradyumna** . . . . . *Having Infinite Enlightened Wealth*
- Sthita-pragñya** . . . *Keeping Balance in every situation in life; whether in happiness or in sorrow.  
You teach a balanced attitude to life*
- Gatimān** . . . . . *Empowering the Circulation of Wealth  
to benefit everyone* 20
- Yoga-kṣhema pradāyaka** *Promising to protect the well-being  
of those who earnestly seek Yoga*
- Param'odara** . . . . . *Whose Generosity is without bounds.  
You bestow gifts upon devotees to express  
Your love and compassion*
- Dām'odara** . . . . . *The Epitome of Generosity*
- Kṛipana-virodhaka** . . . . *Against miserly people, who hoard  
matter for its own sake*
- Tṛipta** . . . . . *Completely Satisfied. You are the path to  
complete satisfaction which is  
the enjoyment of the Spirit* 25
- Santuṣṭa** . . . . . *Giving the Joy of Fulfillment and treating everyone  
the same without any discrimination*
- Ānanda tattwa varnita** . *Describing the Spirit as the Source  
of Absolute Enjoyment*
- Sūkṣhma** . . . . . *Subtle and Joy-giving; through the subtlety of  
matter that expresses love*
- Preranā dāyaka** . . . . . *The Inspiration for people in their actions  
and life; Yogis are inspired by You*
- Swattva dāyaka** . . . . . *Giving Self-esteem and Dignity* 30
- Vāsanā-hara** . . . . . *Helping people to overcome their bad habits*

- Kalanja-viṣha nāśhaka** .. *The Remover of all the poisons of the world,  
alcohol, tobacco, drugs, etc*
- Lobha nāśhaka** ..... *Exposing and Destroying Greed in all forms,  
including at the level of society,  
corporations and governments*
- Madya virodhaka** ..... *Against alcohol and social systems  
based on drinking alcohol*
- \*Kuguru mardana** ..... *Trampling False Gurus and their practices of  
exploitation, wrong-doing and  
money-making* 35
- Santulaka** ..... *Restoring balance to everything*
- Karma-kānda vināśhaka** *Destroying preoccupation with ceremonial  
acts, rituals and rites*
- Dharā-dharma rakṣhaka** *Supporting the Dharma of the Earth. You restore  
the Earth's balance when it becomes  
depleted of resources through excessive  
exploitation and wasteful consumption*
- Jāgruta** ..... *Awake and Alert. You watch over  
the Dharma of individuals and societies*
- Gṛuha-dharma pālaka** .. *Upholding and Over-seeing the Dharma  
of the Household* 40
- Yama** ..... *Shrī Yama –‘the Lord of Death’.  
You look after Righteousness and Dharma*
- Niyantā** ..... *Establishing People in their respective functions*
- Sarva-dharm’āśhraya** .. *The Refuge of all Dharmas*
- Māyā-rūpī** ..... *One with Your Maya. You create illusions for  
ignorant people who imagine  
that they own wealth*
- Mahā-mana** ..... *Beyond the Mind. You dislike the obsessive  
thinking and mental games of speculation  
with money and wealth* 45
- Dyuta virodhaka** ..... *Against gambling, speculation and disrespect  
towards Shrī Lakshmi*

- Pāvitrya rakṣhaka** . . . . . *Protecting Chastity and the Auspiciousness of Shri Lakshmi. You ensure that people have proper respect towards Shri Lakshmi*
- Ālasya-ripu** . . . . . *The Enemy of Lethargy and Laziness*
- Kal'ādhāra** . . . . . *The Support of the Arts which express the Spirit. You reward and encourage the pure expression of art*
- Hasta-kal'āśhraya** . . . . . *The Refuge of Handicrafts, which provide a livelihood for artisans* 50
- Mūl'odyoga uttejaka** . . . . . *Encouraging the basic productive sectors of the economy: agriculture and industry. You restore balance by deflating the overgrown financial sector and excessive mechanisation*
- Śhoṣhana-hara** . . . . . *The Remover of the social and economic exploitation of the weaker sections of society*
- Dāridrya hāraka** . . . . . *The Remover of Poverty*
- Jada sanchaya virodhaka** *Against the accumulation of material wealth for its own sake. You support the constant flow and circulation of wealth and money*
- Durāchāra vināśhaka** . . . . . *Exposing and destroying the misdeeds of those who accumulate wealth and abuse power. You restore Righteousness in Society* 55
- Bhava-bhaya hāraka** . . . . . *The Remover of the Fear of the World and worldly affairs by providing security*
- Chaitanya** . . . . . *The Vibrations. You are active and with Your actions, the vibrations flow.*
- Dwārik'ādhīśha** . . . . . *The Ruler of Dwaraka and You make Dwaraka prosperous. You are the ruler of America and look after the prosperity and righteousness of America*
- Ṛuna-nāśhaka** . . . . . *The Destroyer of Consumerism and excessive indulgence based on credit. You free people of their debts, responsibilities and Karmas*

- Varṇa-bheda vināśhaka** . . . *The Remover of Division within Society, based on heredity, occupation, economic status, geography, race, colour or any external attributes* 60
- Spardhā virodhaka** . . . . . *Disapproving of Excessive Competitiveness. You support cooperation and collectivity*
- Sama-kartā** . . . . . *The Great Equalizer. You reduce disparity in income or life-style in the different countries of the world. You restore balance to the channels of the subtle system*
- Hita kāraka** . . . . . *Supervising people's benevolence in general and Sahaja Yogis in particular*
- Nirmala-gaṇa pālaka** . . . *Looking after the Well-being of the Ganas of Shri Mataji. You provide for Sahaja Yoga activity and Sahaja Yogis*
- Sahaja-jana vatsala** . . . . . *Affectionate towards Sahaja Yogis, so that money and matter are no obstacle to Sahaja Yoga activities* 65
- Viśhwa-Nirmalā-**  
**-Dharma priya** . . *The Friend of Vishwa Nirmala Dharma, supporting those who practice it*
- Agamyā** . . . . . *Beyond Human Comprehension, You are Unknowable*
- Nirmalā-gamyā** . . . . . *Accessible only through Shri Mataji*
- Devī-kārya samudyata** . . *Taking Form to further the Cause of Shri Mataji*

**Sākshāt Śhrī Ādi Śhakti Mātājī  
Śhrī Nirmalā Devyai namo namaḥ**

*These names were offered at Śhrī Kubera Puja, as an aspect of Śhrī Krishna in America, Canajoharie, New York, 18-08-02.*

## ☪ The 84 Names of Shri Vishnumāyā ☪

**Om Twameva sākshāt Śhrī Viṣṇumāyā sākshāt  
Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*O Divine Mother, Shri Mataji, You showed us that one may still live a pure and blameless life, even in this Kali Yuga. Salutations to You!*

**Om Twameva sākshāt Śhrī....**

*You are...*

**Kālī** ..... *The Pure Power of Desire, Existence and Bliss*

**Mahākālī nirmitā** ..... *Created by Shri Mahākālī Herself*

**Viṣhuddhi padm'ālayā** ... *Dwelling in the Lotus of the Vishuddhi Chakra*

**Kuliśh'āṅgī** ..... *Thunderbolt-bodied*

**Tadillatā samaruchi** .... *Dazzling like Lightning* 5

**Viśhiṣṭha śhastrā** ..... *Having Special Weapons*

**Americ'eśhwara-śhastrā** *One of the Weapons of Shri Krishna  
as the Lord of America*

**\*Rakṣhasa vijayinī** ..... *The Conqueror of Devils and Demons*

**\*Mahiṣ'āsura ghātinī** ... *The Killer of the Buffalo Demon*

**\*Niśhumbha Śhumbha-**

**-saṁhantrī.** *The Destroyer of Shumbha and Nishumbha* 10

**Chira-Kaumārī** ..... *The Eternal Virgin*

**Vindhya priya putrī** .... *The Beloved Daughter of the Vindhya Mountains*

**Devī Mahātmya-stutā** ... *Praised in the 'Devī Mahātmyam'*

**Śhaṅkarāchārya-**

**-praśhastā** .. *Extolled by Ādi Shankaracharya*

**Nanda gopa-Yaśhodā sutā** *Born as a Daughter to the Cowherd Nanda  
and Shri Yashoda* 15

**Kṛiṣṇa-sañjātā** ..... *Born at the same time as Shri Krishna*

**Kṛiṣṇa bhaginī-**

**-māyā-śhakti** . *The Sister of Shri Krishna, as the Maya Shakti*

**Satya avatāra udghoṣhinī** *The One who declares*

*the Advent of an Incarnation of Truth*



- Svayam tyāgā** ..... *Sacrificing Yourself to announce  
the Birth of Shri Krishna*
- Kṛiṣhṇa-janma-**  
**-udghoṣhaka-vidyullatā** *Becoming Lightning to proclaim  
the Birth of Shri Krishna* 20
- Vaikṛitika-rahasyā** ..... *The Maya that is impossible to surpass*
- Śhiva-Brahma-Viṣhṇu-**  
**-gñyāna parāṅgati** *Whose Maya is beyond the Knowledge  
of Shri Shiva, Brahma and Vishnu*
- Mūrti rahasyā** ..... *Of Mysterious Forms*
- Dādima-puṣhpa-**  
**-rakta-danti** . *With Teeth as Red as Pomegranate Flowers*
- Śhata netrā** ..... *Having a Hundred Eyes* 25
- Nārāyanī** ..... *The Power of Shri Vishnu and Refuge of Man*
- Piḍā nivārini** ..... *The Gracious Remover of Afflictions*
- Pāvityra dāyini** ..... *Giving Chastity, the Foundation of Dharma*
- Gaṇeśha pāvityra puṣhpā** *Whose Flowers of Chastity express  
the Powers of Shri Ganesha*
- Pāvityra rakṣhakā** ..... *The One who, in the Mahābharata,  
insisted on war with the Kauravas  
for the Protection of Chastity* 30
- Draupadī** ..... *Incarnated as Shri Draupadi  
the Wife of the Five Pandavas*
- Bandhu rakṣhita pāvityrā** *Whose Chastity is protected by Her Brother*
- Bandhu-ātma-**  
**-prabudhyatā** . *Caring for the Spirituality of the Brother*
- Mahābhārata kārini** .... *Responsible for the Mahābharata war*
- Pancha-mahā-bhūta-**  
**-sammilitā** *Joining the Five Elements, as the Pandavas* 35
- Sarva bhūta praviṣhṭā** .. *Entering into all the Elements*
- Hṛid-buddhi-melakā** ... *Integrating the Heart and the Brain*

- Śhigra kārini** ..... *Quick-acting*
- Sarva bādhā jwālīni** .... *Burning away all negativity*
- Vidyut-janita maṅgalā** .. *The Power of Electricity to bring*  
*Auspiciousness* 40
- Nisarga prakopa damanī** *Controlling Lightning, Earthquakes,*  
*Typhoons and Forest-fires*
- Adbhūta chitra pradāyini** *Revealing Shri Mataji's Divinity*  
*through Miracle Pictures*
- Chalat-chitra prakāśhikā** *Enlightening the Film Medium*
- Sunṛita-vāni dāyini** ..... *The Bestower of Pure Speech*
- Mantra-sāmarthya-**  
**-pradāyini** *Giving the Power of Mantras* 45
- Nirahaṅkāra** ..... *Without Ego*
- Namratā pradāyini** ..... *The Bestower of True Humility*
- Viśhwāsa-nirmāna-kārī** *Instilling Faith and Confidence*
- Satya rakṣhikā** ..... *The Keeper of Reality*
- Sarva bādhā udghātikā** .. *The Exposer of Negativity* 50
- Alīka dambha nāshini** .. *The Destroyer of False Sophistication*
- Niṣhkalaṅkā** ..... *Unblemished Purity and Innocence*
- Pitāmahā gaurava-**  
**-rakṣhikā** . *The Protector of Respect for Grandparents*
- Māṭru-tattwa gaurava-**  
**-rakṣhikā**. *Guarding Respect for the Mother Principle*
- Bhagini sāmāthya rūpā**. *The Power of a Sister* 55
- Sarv'āṁśh'ātmikā** ..... *Making us Part and Parcel of the Whole*
- Ātmā-saṁśhaya nivārinī** *The Remover of Self-doubt*
- Asatya mantra nāshini**... *The Destroyer of False Mantras*
- Asatya spaṣṭi-**  
**-karaṇa nāshini** *Exposing Untruth and False Explanations*
- Chakra maryādā sthāpini** *Establishing the Boundaries*  
*of the Chakras* 60

- Hṛidaya mūlā** . . . . . *Whose Root is in the Heart*
- Dhairya dāyini** . . . . . *The Bestower of Courage*
- Strī śhakti rūpā** . . . . . *The Power of a Woman*
- Asatya kathā nāshini** . . . . . *The Destroyer of False Myths*
- Kṛitak'ādarśha nivarini** . . . . . *The Remover of Artificial Ideals* 65
- Avyakta prakatana kārinī** *Revealing the Un-manifest*
- Ānand'ādhārā** . . . . . *The Reservoir of Joy*
- Sūkṣhma saṁveda dāyini** *Giving Deep Knowledge of the Subtle*
- Ātmā-sākṣhāt-kāra-pathā-**  
**-nirmala-karinī** . . . . . *Clearing the Path of Self-realisation*
- Upahās'āsahiṣhṇu** . . . . . *The One who does not tolerate sarcasm* 70
- Pūrṇa samarthā** . . . . . *Fully Capable*
- Sahaja yoga pari-**  
**-samarpana rūpā** . . . . . *Embodying the Quality of*  
*being Whole-hearted about Sahaja Yoga*
- Virāta prāpini** . . . . . *Giving One-ness with the Virāta*
- Viṣhṇumāyā Virāt'aṅganā** *The Universal Form of Shrī Vishnumaya*
- Vāma-viśhuddhi-**  
**-sthitā-mahāśhakti** *The Supreme Creative Power*  
*residing in the Left Vishuddhi* 75
- Bhagini-kanyā-**  
**-rūpa-Fāṭima** . . . . . *Incarnated as Shrī Fatima, the Pure Light,*  
*Daughter of Mohammed*
- Haṁsā chakra-**  
**-sthitā-Saraswatī** . . . . . *Shrī Saraswatī, who becomes the*  
*Vishnumaya Shakti at Haṁsa Chakra*
- Vipra-chitta-vikṣhepa-**  
**-kārana-rākṣhasa-ghātinī** *Destroying the Demons who disturb*  
*the attention of Realised Souls*
- Śhākambharī Devī** . . . . . *The Goddess who gives life-supporting*  
*herbs, vegetables and plants*

**Mahā-Bhrāmārī** . . . . . *The Great collective Bee-form, Your Fiery Beauty slays even the worst of enemies* 80

**Idā nādī-stha agni-śhakti** *The Fire Power of the Ida Nadi*

**Satya-bhāśhini-ākāśha-**

**-śhuddhikā** *Speaking the Truth and Purifying the Ether*

**Strī-śhakti** . . . . . *The Power of Womanhood*

**Pratidina pūjaniyā** . . . . . *To be Worshipped every day*

**Sarva mantra-**

**-siddhi pradāyaka** . *The Power which fulfills all Mantras.*

**Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**



### **Śhrī Vishnumaya and Shri Kṛishna**

Shrī Vishnumāyā was born on the same night as Shrī Krishna to the cowherd Nanda and his wife Yashoda. Miraculously, Shri Krishna's father, Vasudeva, escaped from Kamsa's prison with the new-born Shrī Krishna, reached the village of Gokul, swapped the babies and returned to the prison unnoticed.

When the wicked Kamsa came the next morning to kill the baby, who it was predicted would be his nemesis, he was surprised to find a girl, but threw Her against the wall anyway. However She flew into the air, announcing that the One who would kill Kamsa was still alive and disappeared in a flash of lightning.

Shrī Vishnumāyā incarnated as Shrī Fatima, the daughter of the Prophet Mohammed, to establish the Gṛuha-lakshmi principle. Gnyaneśhwara's younger sister, Muktabai was also an aspect of Shri Vishnumaya (see p.80).

'Vishnumaya is Gauri, the Pure Virgin, the Power of a Sister in a family and is there to protect your chastity. The practice of innocence is chastity. Chastity is the Vishnumaya Power. The Power of Vishnumaya is the most powerful thing that a human being can have, is the most auspicious thing. The essence of religious life, of righteous life, of Sahaja Yoga life, is Chastity. Without a Sense of Chastity you cannot have Dharma.' **Vishnumaya Puja, UK, 01-09-85.**

## ☪ The 99 Names of Allah ☪

### **Bismi'llāhi ar-raḥmāni ar-raḥīm**

*'In the name of God, the Most Gracious, the Most Merciful.*

### **Lā ilāha 'illā'llāh waḥdahu lā śarīka lahu,**

*There is no God but Allah; He has no partner or equal,*

### **Muḥammadun rasūlu'llāh**

*and Muhammad is the Messenger of Allah.'*

**Al-lāh** - *The Greatest Name. God Almighty.*

*(Contraction of **Al-illāh** –'the Divine')*

**Ar-Raḥmān** . . . *The Beneficent. He who graciously gives blessings and prosperity to all beings without showing disparity.*

**Ar-Raḥīm** . . . . . *The Merciful. He who is compassionate to all creatures.*

**Al-Malik** . . . . . *The Sovereign Lord. He who is the Absolute Ruler of the Universe.*

**Al-Quddūs** . . . *The Holy. He who is absolute purity and is free from all error or any kind of defect .*

**As-Salām** . . . . . *The Source of Peace. He who frees his servants from all danger, obstruction and insecurity.* 5

**Al-Mu'min** . . . *The Guardian of Faith. He who inspires faith in the hearts of His servants, protects those who take refuge in Him, and gives tranquility.*

**Al-Muḥaymin** . *The Protector. He watches over and controls all things,*

**Al-'Aziz** . . . . . *The Almighty. The Victorious, Honourable and Unconquerable.*

**Al-Jabbār** . . . . . *The Compeller. He who repairs all broken things, completes that which is incomplete, and whose will is irresistible.*

**Al-Mutakabbir** *The Majestic. He who shows His supremacy in all things and in all ways.* 10

**Al-Khāliq** . . . . . *The Creator. He who manifests everything from nothing with the knowledge of what will happen to them.*

**Al-Bāri'** . . . . . *The Evolver. He who creates the perfect order of all things.*

**Al-Muṣawwir** *The Fashioner. He who designs and shapes the beauty of all things.*

**Al-Ghaffār** . . . . . *The Forgiver. He who repeatedly forgives.*

**Al-Qaḥḥār** . . . . . *The Subduer. He who is victorious and dominant in a way that He can do anything He wills.* 15

- Al-Wahhāb** . . . *The Bestower. He who gives all blessings to His servants.*
- Ar-Razzāq** . . . . *The Provider. He who ensures all things beneficial to His creatures.*
- Al-Fattāḥ** . . . . . *The Opener. He who opens the solutions to all problems, eliminates obstacles and grants victory.*
- Al-'Alīm** . . . . . *The All-Knowing. He who is aware of all past, present and future.*
- Al-Qābiḍ** . . . . . *The Constrictor. He who restrains and straightens.* 20
- Al-Bāsiṭ** . . . . . *The Expander. He who can extend and give relief.*
- Al-Khāfiḍ** . . . . . *The Abaser. He who diminishes, decreases or humiliates.*
- Ar-Rāfi'** . . . . . *The Exalter. He who uplifts and upgrades.*
- Al-Mu'izz** . . . . . *The Honourer. He who makes one glorious, gives dignity, and treats one with respect.*
- Al-Muzill** . . . . . *The Dishonourer. He who lowers and puts one in abasement and degradation.* 25
- As-Samī'** . . . . . *The All-Hearing. He who knows whatever is spoken even silently in the heart.*
- Al-Baṣīr** . . . . . *The All-Seeing. He who perceives everything outside or within.*
- Al-Ḥakam** . . . . . *The Judge. He who discerns and provides what is due.*
- Al-'Adl** . . . . . *The Just. He whose judgment is always beneficial.*
- Al-Laṭīf** . . . . . *The Subtle. He who knows the deeper meanings of everything; whose works are beyond the understanding of people, and gives blessings in the most subtle ways.* 30
- Al-Khabīr** . . . . . *The Aware. He who knows the most secret parts of everything, and discerns their inner meanings.*
- Al-Ḥalīm** . . . . . *The Forbearing. He who is clement.*
- Al-Azīm** . . . . . *The Magnificent. He whose greatness is beyond comprehension.*
- Al-Ghafūr** . . . . . *The All Forgiving. He who redeems every soul who truly repents .*
- Ash-Shakūr** . . . *The Appreciative. He who is grateful and gives rewards for deeds done for Him.* 35
- Al-'Alī** . . . . . *The Highest. He who is beyond the conception of humans.*
- Al-Kabīr** . . . . . *The Most Great. He who is beyond all comparisons.*
- Al-Ḥafīz** . . . . . *The Preserver. He who protects all things, and for a time saves them from misfortune and calamity.*
- Al-Muqīt** . . . . . *The Maintainer. He who sustains and nourishes.*

- Al-Ḥasīb** . . . . . *The Reckoner. He who knows in detail the account of whatever people do throughout their lives.* 40
- Al-Jalīl** . . . . . *The Sublime. He who has wealth, dominion and holiness.*
- Al-Karīm** . . . . . *The Generous. He who is bountiful in His munificence.*
- Ar-Raqīb** . . . . . *The Watchful. He who observes all creatures, and every action is under His control.*
- Al-Mujīb** . . . . . *The Responsive. He who responds to every prayer and need.*
- Al-Wāsi'** . . . . . *The All-Embracing. He who comprehends everything and has limitless capacity and abundance.* 45
- Al-Ḥakīm** . . . . . *The Wise. He whose wisdom manifests in all orders and actions.*
- Al-Wadūd** . . . . . *The Loving. He who loves those who do good and bestows on them His compassion. He who is the only one to be loved and whose friendship is to be earned.*
- Al-Majīd** . . . . . *The Most Glorious and Majestic. He who is hard to behold.*
- Al-Bā'ith** . . . . . *The Resurrector. He who gives life to all creatures on judgment day.*
- Ash-Shahīd** . . . . . *The Witness. He who is present everywhere and observes all things.* 50
- Al-Ḥaqq** . . . . . *The Truth. He whose existence is the One Reality which has no change.*
- Al-Wakīl** . . . . . *The Trustee. He who can be depended on to solve all problems in the best way.*
- Al-Qawīyy** . . . . . *The Most Strong. He who possesses all strength and power.*
- Al-Matīn** . . . . . *The Firm One. He who is steadfast and forceful.*
- Al-Walī** . . . . . *The Protecting Friend. He who is the friend of His righteous servants.* 55
- Al-Ḥamīd** . . . . . *The Praiseworthy. He who is the only one to be praised and glorified and thanked by all creatures.*
- Al-Muḥṣī** . . . . . *The Reckoner. He who knows the number of all things although they cannot be counted and knows each of them.*
- Al-Mubdī** . . . . . *The Originator. He who has created for the first time all beings from nothing and without any model.*
- Al-Mu'īd** . . . . . *The Restorer. He who reinstates all beings.*
- Al-Muḥyī** . . . . . *The Giver of Life. He who gives the power of life and health.* 60
- Al-Mumīt** . . . . . *The Bringer of Death. He who grants release.*
- Al-Ḥayy** . . . . . *The Alive. He is all-knowing and His strength is sufficient for everything.*

- Al-Qayyūm** . . . *The Self-Existing. He who has no previous cause.*
- Al-Wājid** . . . . . *The Finder. He who achieves whatever He wants in the time He desires.*
- Al-Mājid** . . . . . *The Noble. He who is illustrious, benevolent, and magnificent. 65*
- Al-Wāhid** . . . . . *The Unique. He who is One in His actions, who has  
no partner or equal in His attributes, personality and orders.*
- Al-'Aḥad** . . . . . *The One. He who is all-inclusive and indivisible.*
- Aṣ-Ṣamad** . . . . . *The Eternal and Absolute. Only He is to be applied to if one has any  
wants to be fulfilled or any troubles to be eliminated.*
- Al-Qādir** . . . . . *The Able. He who can do anything in the way He wills.*
- Al-Muqtadir** . . . . . *The Powerful. He who is all-determining and dominant  
in the universe. 70*
- Al-Muqaddim** . . . . . *The Expediter. He who brings forward.*
- Al-Mu'ahkhir** . . . . . *The Delayer. He who delays whatever He wants.*
- Al-Awwal** . . . . . *The First. He who is without beginning.*
- Al-Ākhir** . . . . . *The Last. He who is without end.*
- Aḏ-Ḍahir** . . . . . *The Manifest. He who becomes evident as the outer world. 75*
- Al-Bāṭin** . . . . . *The Hidden. He who is the unmanifested world within.*
- Al-Wāli** . . . . . *The Protecting Friend. He who directs, governs, measures and plans  
every action which happens at any moment in the entire universe.*
- Al-Muta'ālī** . . . . . *The Most Exalted. He who is higher than any action or the most  
evolved thoughts of man.*
- Al-Barr** . . . . . *The Source of All Goodness. He who is tolerant to His servants,  
to all creatures and is good to them.*
- At-Tawwāb** . . . . . *The Acceptor of Repentance. He who is ever-relenting. 80*
- Al-Muntaqim** . . . . . *The Avenger. He who punishes wrongdoers.*
- Al-'Afuw** . . . . . *The Pardoner. He who forgives all who repent sincerely as if  
they had no previous sin.*
- Ar-Ra'ūf** . . . . . *The Compassionate. He who is benign and pitying.*
- Mālik-ul-Mulk** . . . . . *The Sovereign. The Eternal Owner of everything.*
- Dhū-al-Jalāl-**  
**-wāl-Ikrām** . . . . . *The Lord of Majesty. He who has boundless generosity. 85*
- Al-Muqsiṭ** . . . . . *The Equitable. He who does His work in a balanced way.*



- Al-Jāmi'** . . . . . *The Gatherer. He who collects things and unites them, anywhere He wants, at any time.*
- Al-Ghanī** . . . . . *The Self-Sufficient. He who is rich and independent having all things in His hand.*
- Al-Mughnī** . . . . . *The Enricher. He who bestows all goodness including emancipation on His servants.*
- Al-Mānī'** . . . . . *The Preventer. He who shields His servants from harm.* 90
- Aḍ-Ḍārr** . . . . . *The Distresser. He who creates afflictions and despondency.*
- An-Nāfi'** . . . . . *The Propitious. He who is the source of all goodness and beneficence.*
- An-Nūr** . . . . . *The Light. He who provides Divine Light to the Entire Universe; to the faces, minds, and hearts of His servants.*
- Al-Hādī** . . . . . *The Guide. He who gives success, guides and directs His servants to do things beneficial to others.*
- Al-Badī'** . . . . . *The Incomparable. He who creates wonders and beauty in the universe without any design.* 95
- Al-Bāqī** . . . . . *The Everlasting. He who is Immutable and Infinite.*
- Al-Wārith** . . . . . *The Inheritor. He who has everlasting ownership of all things. Finite man has only temporary ownership, and at death all creatures have nothing.*
- Ar-Rashīd** . . . . . *The Guide to the Right Path. He who teaches with wisdom and directs to the path of righteousness according to His eternal plan.*
- Aṣ-Ṣabūr** . . . . . *The Patient. He who is beyond time.* 99

*Allah has said; 'Pray to Me that I may answer you.'*

**Allāh hu Akbar!**

God is great!

*Arabic Pronunciation guide p.319*

'Who is Allah? According to Sahaj Yoga, Allah is nobody else but Vishnu and Vishnu who came also as Shrī Ram. So whatever they call as Allah is Shrī Ram Himself. Only a Sahaj Yogi can understand that.'

***Birthday Puja, Delhi, 21-03-02.***

## ☪ The Mantras of the Virāta ☪

*The **Virāta** is the Vast Cosmic Being, the Universal Form of God Almighty, which is reflected as the Subtle System within Human Beings.*

*‘So God created mankind in his own image, in the image of God he created them; male and female he created them.’ **Genesis 1-27***

*The **Virāta** took full incarnation as **Śhrī Kṛishna** with His sixteen thousand powers – incarnated as **Śhrī Virāt-aṅgana** – ‘Feminine Power of the Virāta’*

### **Gṛuha-lakshmī Kubera Virāta**

*You are the Lord of Wealth and the Goddess of Satisfaction combined to give support for the work of Sahaja Yogis.*

### **Brahmadeva Viṭṭhala Virāta**

*You are the Creator manifesting the Right Vishuddhi Power as the Universe, the physical form of the Virāta.*

### **Viṣṇumāyā Virāta**

*Manifesting the pure love of a sister for the spiritual ascent throughout the Universe.*

### **Viṭṭhala Viṣṇumāyā Virāta**

*You are the combined power of the Right and Left Vishuddhi pervading the Universe as Chastity and adherence to Dharma.*

### **Nirānanda**

*Absolute pure joy*

**Śhrī Viṭṭhala**, also known as **Viṭhoba**, is **Śhrī Kṛishna** residing at **Pandharpur** with His wife **Śhrī Rukmini**. The name **Viṭṭhala** –‘standing on a brick’ came from the Lord’s willingness to wait while His devotee **Pundarika** served his parents, symbolizing adherence to Dharma.

*see: **Śhrī Kṛishna Pujā**, Geneva, Switzerland, 28-08-83;  
**Śhrī Virāta Pujā**, Litchfield, Connecticut, USA, 11-06-89.*

## ◉ 64 Powers of the Virāta ◉

**Om Twameva sākshāt Śhrī Virāta sākshāt**

**Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*O Divine Mother, You are verily the Virāta, the Unconscious Mind of God*

*Almighty. Salutations to You!*

- 1 Shrī Kṛishna, Your seat is the brain. May the subtlety still hidden in our brains manifest through Your work.
- 2 Your Virāta power gives a brilliant intellect which knows the truth. Please teach us to master our intellect and to not be a slave of it.
- 3 Shrī Kṛishna, you keep the yogis under the protection of Your might as the Virāta.
- 4 You enlighten our discrimination so that the source of art and science, the Virāta Shakti, is known.
- 5 Shrī Kṛishna, help us to completely cross through the Hamsa Chakra and allow us to enter the Virāta.
- 6 Shrī Mahā-virata, the brain of the being of God Almighty, please absorb the power of our Spirit. Make our heart and brain as one.
- 7 O Virāta, You give doubtless awareness. You know You have the light. You know You are complete.
- 8 Your power absorbs the ideas of separation and difference, and brings us to Nirvikalpa.
- 9 O Supreme personality, give us the absorbing power of the Virāta so we can accept Your holy advice.
- 10 The Hebrews worshipped You, O Lord as a shield that protects, and as the one who lifts up the head: the great Jehovah.
- 11 Master of masters, Your awe-inspiring cosmic world helped to form the manifested Universes.
- 12 You are the great primordial personality which is reflected in all our Chakras and manifests in all the countries.
- 13 All the countries of the world vibrate to Your 16,000 all-pervading powers.
- 14 The Virāt'angana Shakti gives the sixteen nerves of the Vishuddhi which create collectivity.
- 15 Virāta Shakti is the Akshara, the highest truth, the Divine rest, the Shakti of the sixteen petals of the Vishuddhi.

- 16 You are the primordial Father within our brains who came as the Father of Shri Jesus.
- 17 You are the pure intelligence described in the Qu'ran as Akbar.
- 18 You are the guide. Your rod and staff comfort and direct us.
- 19 On the field of life, You run an incomprehensible course rich with life and death. You penetrate every atom as the guiding vibrational force.
- 20 Through Your Puja, may we receive the Blessing of Shri Krishna as the Virāta, the inexplicable bliss of Nirananda giving light to the brain.
- 21 The Virāt'angana power, in Her form as Shrī Rādhā, sustains the energy and gives joy.
- 22 Enlightenment culminates the evolutionary process of Shrī Vishnu as He becomes the Virāta aspect of Shrī Kṛishna.
- 23 Please awaken all the countries of the world to their role as part and parcel of Shrī Kṛishna's Leela.
- 24 Shrī Kṛishna, You worship Shrī Nirmalā Virāt'angana, the supreme power of the absolute cosmic Being.
- 25 May the Virāta, the universal unconscious, be fully expressed through the power of the Sahasrara Chakra.
- 26 You give the light of a thousand suns. As modern Arjuna, let us know the radiance and vast unity and variety of God Almighty.
- 27 O Shrī Virāta, sacred marvel seen only by Arjuna, You are a reflection of the macrocosm. Our Holy Mother graces this wonder.
- 28 Shrī Kṛishna You revealed a myriad of colours and marvels beyond description when Arjuna glimpsed Your complete form of Virāta.
- 29 Deities with mace and discus and splendid crowns form the body of the Virāta, having faces of blazing fire that give light to the world.
- 30 You hold the reins of the chariot and You control the mind of the Virāta. Please give us ever more subtle brains. Train us to discipline our minds.
- 31 O Ancient Impulse, all particles have their source in Your etheric power. All music reflects Your song of songs.
- 32 O Divine Power of Yoga, absorb our central nervous system into one, uniting us in one world, one enlightened brain.
- 33 You are the centre of the Ekadasha Rudra powers which will redeem humanity.

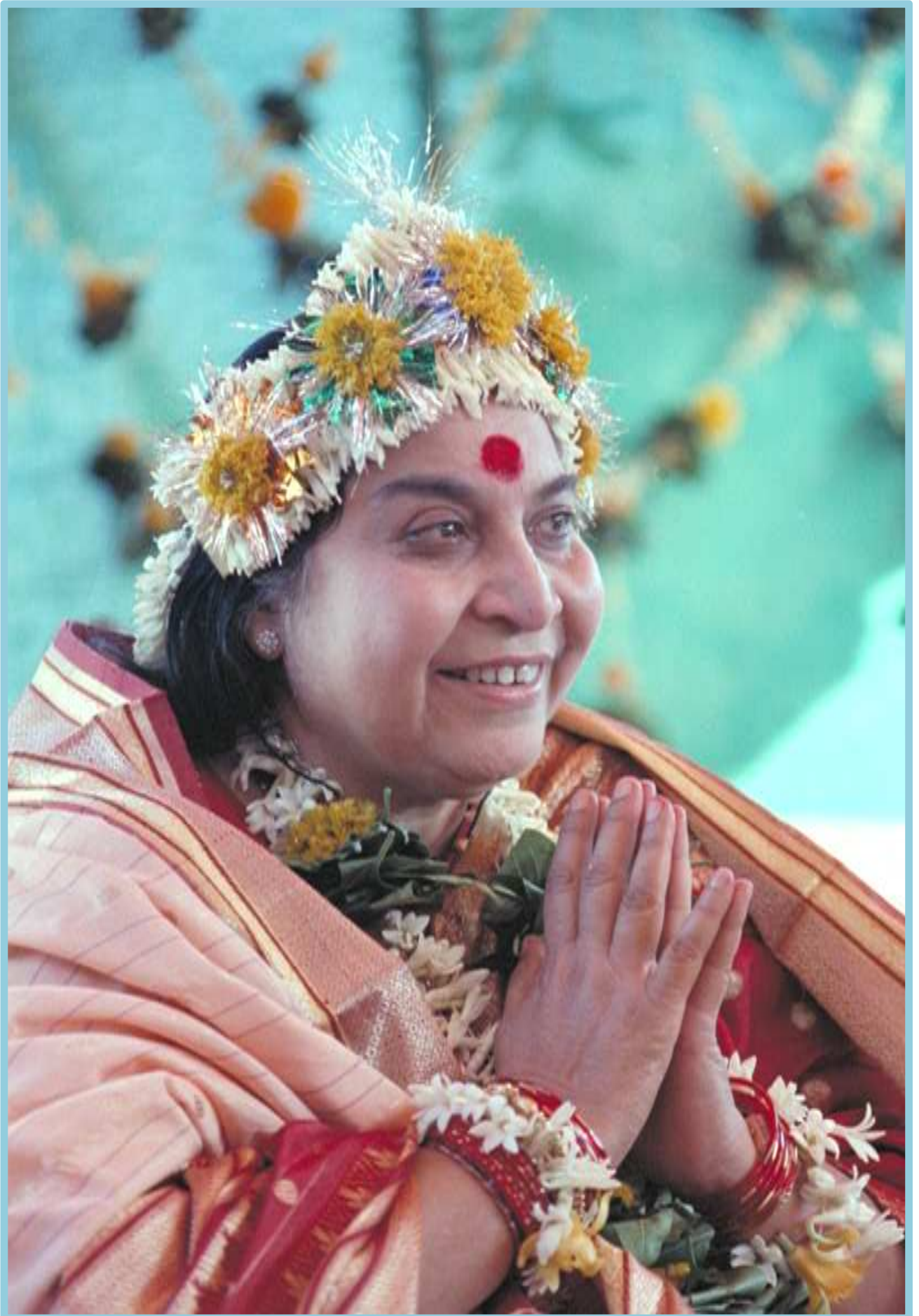
- 34 You give the integration between brain and heart that makes it easy to have a Divine and Dharmic life. You are the vehicle for understanding Dharma and preserving society.
- 35 Your brain has no worries, please bless us to know that we are tranquil reflections of Shrī Kṛishna.
- 36 Please enlighten our brains completely so we become Sakshi-swarupa, witnesses to the play that allows problems to be solved.
- 37 As the Pandavas won on the battlefield, let us win against the demon of ecological problems which starts in the brain and is reflected outside.
- 38 The Yogis are Your Virātas, able to see problems from the inside.
- 39 Please transform the brainless people of America who justify wrong doing through their modern intellects.
- 40 Please release us from blessings which have become bindings and hold Sahaja Yogis back from becoming the totality.
- 41 Please give us Your Divine Diplomacy which uses an inspired intellect that is benevolent and detached.
- 42 You erase ancient memories of racialism from the mind of humanity and impose patterns of unity in Sahaja culture.
- 43 Protect our hair through which flow vibrations and the powers of Virāta.
- 44 Let our brains register the truth and protect us from false ideas of freedom.
- 45 Let the Divine Vibrations cleanse the brains of humanity of black magic.
- 46 Your Power of Virāta keeps us in the present and stops the review of the past and the anticipation of the future.
- 47 Shrī Kṛishna, You move quickly against enemies. Please destroy the problem of psychotherapies that use analysis and false views of the totality.
- 48 Please cleanse the brains of people damaged by the Avidya –‘false knowledge’ of Freud.
- 49 Please inspire our brains, as You did Abraham Lincoln's, to give constructive ideas to the world.

- 50 Your power, O Virāta, ends all contradictions in the upside-down brains of people.
- 51 Let the messages being spread all over the world by modern communications, express the auspiciousness of the Virāta Shakti.
- 52 Please make the brains of humanity no longer be restless. Let the Sahaja way of Self-knowledge rein in the uncontrolled ego.
- 53 The miracle photos from the Shrī Vishnumaya power reveal Deities who gather and give splendour to the sovereignty of Shrī Kṛishna.
- 54 The power of the Virāta with the Shrī Vishnumaya Shakti helps us see through materialism and its false attractions.
- 55 The Virāt'angana power enhances our brain's capacity to be compassionate and creative.
- 56 Preserve us from the unholiness of TV, film and internet which promote violence and lust.
- 57 Shrī Kṛishna, You weld together the social, political and economic aspects of society into Sahaja culture. You end all corruption.
- 58 You contain Shrī Hiranya Garbha, the embryo of creation.
- 59 Let the Jagruti (awakening) of the Virāta bring the beauty of true Sahaja art, music and song to the world.
- 60 Please make us all Arjunas, brave enough to fight the problems of society that encourage violence among teenagers.
- 61 You control the five senses and release from delusion those seeking to know the greatness of Yoga. Please release the young people from delusion.
- 62 You are the vehicle for understanding Dharma and preserving society. Please help America's influential personalities awaken to Yoga.
- 63 Bhakti to Shrī Kṛishna as the Virāta, springs from an unending love for Shrī Mataji Nirmalā Devī.
- 64 One-pointed devotion to You brings us to the Feet of Shrī Mataji Nirmalā Devī.

**Sākṣhāt Śhrī Ādi Śhakti Mātājī  
Śhrī Nirmalā Devyai namo namaḥ**

*These names were offered by the USA collective at Shrī Kṛishna Puja, Cabella, 05-09-99.*





## The Āgñyā Chakra



**Jai Śhrī Īśha-putra, jagi Tāraka janmā ālā**

*Victory to the Son of God , the Saviour born on the Earth!*

‘For unto us a Child is born, unto us a Son is given; and the government is upon His Shoulder; and His Name shall be called ‘Wonderful Counsellor of the Mighty God, of the Everlasting Father, the Prince of Peace.’

**-Isaiah 9:5**



## ☪ The 108 Names of Lord Jesus Christ ☪

**Om Twameva sākṣhāt Śhrī Yeśhu Khrīsta sākṣhāt  
Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namaḥ**

*Divine Mother Shri Mataji, verily Shri Jesus is one of Your Aspects.*

*We bow with devotion at Your Lotus Feet!*

*Om Twameva sākṣhāt Śhrī...*

*You are...*

**Āgñyā-chakra swāmī** . . . . . *The Lord of the Agnya Chakra*

**Sūrya** . . . . . *The Sun*

**Kṣhamā pradāyaka** . . . . . *The Bestower of Forgiveness*

**Kṣhamā swarūpa** . . . . . *Whose Form is Forgiveness itself*

**Śhama-dama-vairāgya-**

**-titikṣhā-pradāyaka** . *The Bestower of Contentment, Self-restraint,  
Detachment and Patience* 5

**Omkāra** . . . . . *The Aum Personified*

**Chaitanya** . . . . . *The Flow of Vibrations*

**Ādi puruṣha** . . . . . *The All-pervading Primordial Being*

**Sahasra-śhīrṣha** . . . . . *The One with a Thousand Heads*

**Sahasr'ākṣha** . . . . . *Having a Thousand Eyes* 10

**Viṣṇu** . . . . . *The Ninth Incarnation of Shri Vishnu*

**Viṣṇu-suta** . . . . . *The Son of Shri Krishna, the Eighth Incarnation*

**Mahā-viṣṇu** . . . . . *The Higher Aspect of Shri Vishnu,  
who is Shri Ganesha*

**Ananta-koti-**

**-brahmānda-dhāraka** *Wielding millions of Universes*

**Hiranya-garbha** . . . . . *Born in the Primordial Cosmic Egg* 15

**Pūrva ghoṣhita** . . . . . *Foretold by the Prophets*

**Brahmā-viṣṇu-**

**-rudra sevita** . . . *Worshipped by the Three Magi,  
who were Shri Brahma, Vishnu and Shiva*

**Pāvitrya pradāyaka** . . . . . *The Bestower of Chastity*

**Gopāla** . . . . . *The Lord of Cows and Protector of the World*

<b>Gosevita</b> .....	<i>Attended by cows at Your Birth and worshipped by the denizens of the Central Channel</i>	20
<b>Kṛiṣhṇa suta</b> .....	<i>The Son of Shrī Kṛiṣhṇa, so are called Christ</i>	
<b>Rādhā nandana</b> .....	<i>The Son of Shrī Rādhā who incarnated again as Shrī Mary-Mahālakshmi</i>	
<b>Pāpa nāśhaka</b> .....	<i>The Destroyer of Sins</i>	
<b>Pāpa vimochaka</b> .....	<i>The Liberator from Sin</i>	
<b>Prakāśha</b> .....	<i>Light</i>	25
<b>Ākāśha</b> .....	<i>Ether</i>	
<b>Agni</b> .....	<i>Fire</i>	
<b>Mahā-kārunya rūpi</b> .....	<i>Great Compassion</i>	
<b>Tapaswī</b> .....	<i>Performing Penance</i>	
<b>Ham-Kṣham bīja</b> .....	<i>The Bija Mantras 'Ham' and 'Ksham'</i>	30
<b>Ātmā</b> .....	<i>The Spirit</i>	
<b>Param'ātmā</b> .....	<i>The Supreme Spirit</i>	
<b>Amṛuta</b> .....	<i>Divine Nectar; who is Immortal</i>	
<b>Ātmā-tattwa jāta</b> .....	<i>Born of the Spirit</i>	
<b>Śhānta</b> .....	<i>Silence and Peace</i>	35
<b>Nirvichāra</b> .....	<i>Thoughtlessness</i>	
<b>Ādi-āgñyā-chakra-stha</b> ..	<i>Residing in the Primordial Agnya Chakra</i>	
<b>Kalki</b> .....	<i>Shrī Kalki - the Tenth and Final Incarnation of Shrī Vishnu</i>	
<b>Ekādaśha-rudra sevita</b> ..	<i>Worshipped by the Eleven Destroying Powers of Shrī Shiva</i>	
<b>Utkrānti-tattwa</b> .....	<i>The Principle of Evolution</i>	40
<b>Utkrānti ādhāra</b> .....	<i>The Support of Evolution</i>	
<b>Sarv'ochha</b> .....	<i>The Highest</i>	
<b>Mahat-mānasa</b> .....	<i>The Great Superego of the Virāta</i>	
<b>Mahāt'ahaṁkāra</b> .....	<i>The Great Ego of the Virāta</i>	
<b>Turīya-sthiti pradāyaka</b> ..	<i>Bestowing the 'Fourth' State of Pure Spirit</i>	45
<b>Turīya-vāsī</b> .....	<i>Residing in the Turiya State</i>	

<b>Dwāra</b> .....	<i>The Narrow Gate to the Kingdom of Heaven</i>	
<b>Kārtikeya</b> .....	<i>Shrī Kārtikeya</i>	
<b>Mahā-ganeśha</b> .....	<i>Shrī Mahā-ganesha</i>	
<b>Abodhitā swarūpa</b> .....	<i>In the Form of Innocence itself</i>	50
<b>Abodhitā pradāyaka</b> .....	<i>The Bestower of Innocence</i>	
<b>Śhuddha</b> .....	<i>Pure</i>	
<b>Māṅgalya pradāyaka</b> .....	<i>The Bestower of Auspiciousness</i>	
<b>Audarya</b> .....	<i>Generosity</i>	
<b>Mahālakṣhmī-netra-teja</b> .....	<i>The Light in the eyes of Shrī Mahālakshmi</i>	55
<b>Pari-pūrṇa sahaja-yogī</b> ..	<i>The Perfect Sahaja Yogi</i>	
<b>Ādi-sahaja-yogī</b> .....	<i>The Primordial Sahaja Yogi</i>	
<b>Sreṣhṭha sahaja-yogī</b> .....	<i>The Superior Sahaja Yogi</i>	
<b>Ādi Śhakti Mātājī Śhrī-Nirmalā-</b> <b>-Devī priyam-kartā</b> ..	<i>Whose works are pleasing to Shrī Ādi Shakti Mataji Shrī Nirmalā Devī</i>	
<b>Śhāśhvata</b> .....	<i>Eternal</i>	60
<b>Sthānu</b> .....	<i>Immovable</i>	
<b>Sach'chid'ānanda ghana</b> ..	<i>Whose Body is Truth, Awareness and Bliss made Flesh</i>	
<b>Svair'āchāra nāśhaka</b> .....	<i>Destroying Licentiousness and Reckless Abandon</i>	
<b>Dharma-mārtanda-</b> <b>-nāśhaka</b> .....	<i>The Destroyer of Ritualism and Fanaticism</i>	
<b>Nirichha</b> .....	<i>Desireless</i>	65
<b>Dhanada</b> .....	<i>The Bestower of Wealth</i>	
<b>Śhuddha-śhweta</b> .....	<i>Pure White</i>	
<b>Ādi-bālaka</b> .....	<i>The Primordial Child</i>	
<b>Ādi-brahmachārī</b> .....	<i>The Primordial Chaste Student</i>	
<b>Purātana</b> .....	<i>Ancient</i>	70
<b>Alphā-cha omegā-cha</b> .....	<i>Alpha and Omega</i>	
<b>Samasta-sākshī</b> .....	<i>The Witness of All</i>	

<b>Īśha-putra</b> .....	<i>The Son of God</i>	
<b>Moha-varjita</b> .....	<i>Free from Temptation</i>	
<b>Mamatā-hata</b> .....	<i>The Remover of Selfishness</i>	75
<b>Viveka</b> .....	<i>Pure Discrimination</i>	
<b>Aghora nāśhaka</b> .....	<i>The One who condemns occult practices</i>	
<b>Gñyāna rūpa</b> .....	<i>Knowledge</i>	
<b>Sat-buddhi dāyaka</b> .....	<i>The Bestower of Real Wisdom</i>	
<b>Su-gñya</b> .....	<i>Supreme Wisdom</i>	80
<b>Pūrna-namra</b> .....	<i>Complete Humility</i>	
<b>Bhautikatā nāśhaka</b> .....	<i>Condemning Materialism</i>	
<b>Ahaṁkāra nāśhaka</b> .....	<i>Dissolving Ego</i>	
<b>Prati-ahaṁkāra-</b> <b>-śhoṣhaka</b> ...	<i>Sucking in Superego</i>	
<b>Aśhuddha-icchā nāśhaka</b>	<i>The Destroyer of Impure Desire</i>	85
<b>Hṛid-mandira-stha</b> .....	<i>Residing in the Temple of the Heart</i>	
* <b>Aguru nāśhaka</b> .....	<i>The Destroyer of False Gurus</i>	
<b>Asatya khandana</b> .....	<i>The Annihilator of Falsehood</i>	
<b>Vaṁśha-bheda nāśhaka</b> ...	<i>The Eradicator of Racialism</i>	
<b>Krodha nāśhaka</b> .....	<i>The Destroyer of Anger</i>	90
<b>Ādi Śhakti Mātājī Śhrī-Nirmalā-</b> <b>-Devī priya-putra</b> ....	<i>The Beloved Son of Shrī Mataji Nirmalā Devī</i>	
<b>Ādi Śhakti archita</b> .....	<i>He who worships Shrī Ādi Shakti</i>	
<b>Pratiṣṭhāṇa-kṣhetra-</b> <b>-nivāsa kṛita</b>	<i>Abiding in Sacred Pratishtan</i>	
<b>Cabella vāsī</b> .....	<i>Residing in Cabello</i>	
<b>Sahasrāra-dwāra vāsī</b> ...	<i>Stationed at the Gate of the Sahasrara</i>	95
<b>Niṣkalaṅka</b> .....	<i>Spotless Purity and Unblemished Innocence</i>	
<b>Nitya</b> .....	<i>Eternal</i>	
<b>Nirākāra</b> .....	<i>Formless</i>	
<b>Nirvikalpa</b> .....	<i>Doubtless Awareness</i>	
<b>Lok'ātīta</b> .....	<i>Beyond the Three Worlds</i>	100

<b>Gun'ātīta</b> .....	<i>Beyond the Three Gunas</i>
<b>Mahā-yogī</b> .....	<i>The Greatest Yogi</i>
<b>Nitya mukta</b> .....	<i>Ever-free</i>
<b>Avyakta mūr̥ti</b> .....	<i>The Formless Spirit Incarnate</i>
<b>Yog'eśhwara</b> .....	<i>The Greatest Knower of Divine Connection</i> 105
<b>Yoga dhāma</b> .....	<i>The Abode of Yoga</i>
<b>Yoga-swarūpa</b> .....	<i>In the Form of Yoga itself</i>
<b>Yeśhu Khrista</b> .....	<i>Lord Jesus Christ</i>

**Sākshāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

## **Bīja Mantras for Āgñyā Chakra**

### **Om Ham, Om Kṣham**

*Amen. I am (the Spirit), I forgive (everyone, including myself).*

'As you know that Buddha and Mahāvira both support the center of Agnya. So if you have to have a very clear-cut Agnya Chakra then on one side you should be desireless, you should forgive, Ksham. Ksham is the Bija Mantra, is to forgive; Bija Mantra of Right Side; Ksham –'I forgive'.

And the Left Side is Ham. Like the left-sided person always feels, 'Oh, I'm no good.' This he has to say, 'No, I'm good.' Ham –'I am'. So Ham and Ksham: these are two Bija Mantras, which we have to say.

Your breath has become enlightened... Your mantras can act. You must use these two Bija Mantras to clear out your Agnyas.'

**Belgium, 04-08-91.**

**Aham** –'I am' is composed of the first letter **a**, the last letter **ha** and the anuswara **m̥** -'joining', and so is the 'Alpha and Omega' – the first and last letter of the Greek alphabet. Lord Jesus is **Mahat-ahamkāra** – the All-pervading Divine 'I am' into which our ego dissolves.

'And God said unto Moses, I AM THAT I AM: and he said, Thus shalt thou say unto the children of Israel, I AM hath sent me unto you.'

**Exodus 3:14**



You are a Friend of Ascetics.	
You are worshipped by families.	25
You are the Bija Mantras 'Ham' and 'Ksham'.	
You are the Forgiver.	
You allow us to forgive.	
You are the Spirit.	
You are born of the Spirit.	30
You were crucified and resurrected in pure Spirit.	
You rose after three days.	
You are Peace.	
You absorb all thought.	
You abide in the Ādi Agnya Chakra.	35
You promised the Comforter who is Shrī Mataji, the Holy Spirit.	
You return as a King.	
You are Shrī Kalki.	
You are the Principle of Evolution.	
You are the Support of our Evolution.	40
You are the End of Evolution.	
You are the Evolution from collective subconscious to collective consciousness.	
You are the Narrow Gate.	
You are the Way to the Kingdom of Heaven.	
You are the Silence.	45
You are Lord Kārtikeya.	
You are Shrī Mahā-ganesha.	
You are the Purity of Innocence.	
You are Continenence.	
You are Generosity.	50

You are the Light in the eyes of Shrī Mahālakshmi.  
You are Obedient to Your Mother.  
You are the Perfect Sahaja Yogi.  
You are the Perfect Brother.  
You are the Embodiment of joy. 55

You are the Embodiment of Gentleness.  
You spit out the half-hearted.  
You condemn all fanatics.  
You are uninterested in riches.  
You give All Riches to Your Devotees. 60

You are Pure White.  
You are the Sacred Heart.  
You wear a Crown of Thorns.  
You condemn misery.  
You suffered so that we should enjoy. 65

You are a Child.  
You are Ever Ancient.  
You are the Alpha and the Omega.  
You give the Kingdom of Heaven equally to those who are first or last.  
You are ever with us. 70

You are beyond the Universe.  
You are the Sign of the Cross.  
You are above discrimination.  
You are the Witness.  
You are the One who is witnessed. 75

You overcome temptation.  
You exorcize evil.  
You condemn occult practices.  
You are the Embodiment of Tapas –‘penance’.  
You worship Your Father. 80



You are hallowed by Your Father.  
Your name is Holy.  
You are Intelligence.  
You are Wisdom.  
You are Perfect Humility. 85

You are angry with materialists.  
You destroy Ego.  
You absorb Superego.  
You are the Destroyer of Desires.  
You are the Pure Power of Desire. 90

Your Church is the Heart.  
You have the Eleven Destroying Powers.  
You are the Destroyer of false prophets.  
You are the Destroyer of untruth.  
You are the Destroyer of intolerance. 95

You are the Destroyer of racialism.  
You are the Destroyer of anger.  
You are the Herald of the Golden Age.  
You are adored by our Mother.  
You are praised by our Mother. 100

You are loved by our Mother.  
You are the One who is chosen.  
You are awakened in all Sahaja Yogis.  
You ride the White Horse at the End of the Age.  
You are the End of our fears. 105

You guard the Gate of our Mother.  
You are the Son of God.  
You are the Only Way to the Kingdom of God.

**Om Śhri Mahālakshmi Mahāviṣṇu sākshāt Śhri Mahāvirāta  
Sākshāt Śhrī Ādi Śhakti Mataji Śhri Nirmalā Devyai namo namaḥ**

## Christ's Creation in the Heavens

'Radha conceived Him in Her heart. And then He was created like an egg out of which the half of it was kept as the seed, as Shri Ganesha, as the Spirit, and a half of it was created as Jesus Christ. The whole egg was nothing but the egg of this Divine power, which has to manifest this Divine Power on this Earth.

Radha is nobody else but Mother Mary Herself. She is Mahalakshmi. He was nothing but Pranava –'Om', this great power which has all the powers in it: the Iccha Shakti, the Prana Shakti and the Dharma Shakti. He was nothing but energy, energy put into an egg because He had to do a very great job. So this Radha Herself, this Mahalakshmi, this Mother Mary conceived this child and to name Him after Krishna who was the Father, She called Him Christ. In Indian language we call Him Krist.

Krishna means the one who has sown the seed. He is the Father. He points always to the Father. But in the Puranas, Krishna said: 'You are higher than Me. I placed You higher than Me'. He placed Christ at this point (Agnya) and Krishna is at this point (Vishuddhi). And He said: 'Anywhere people worship Me, automatically You are worshipped. You will be the support, Ādhāra, of the whole world... and He will be the one, when enlightened within you, with the Kundalini, He will take away all your karmas and all your conditionings because He will die for your sins, for your karmas. The world will not have to suffer any more, if He is awakened within you. These are all the things already written, thousands of years back.

His name Christ comes from the word Krishna, Krist, and the second one is Jesus. Krishna had a foster mother whom Radha loved very much. Her name was Yeshoda. Christ is called also as Yeshu in India. The short form of Yeshoda is Yeshu or Jeshu, we have both the things. From there the name Jesus has come. The word Jeshu or Yeshu is very important. 'J' in Sanskrit language means 'to know, the knowledge, Gnyana', 'the one who knows'. Shu means 'that brings auspiciousness, that brings blessings'. Jeshu is the one who knows how to bring auspiciousness on this Earth.' *Houston, Texas, 06-10-81*

# ☪ The Lord's Prayer ☪

*In Aramaic and English*

**Abwoon d'bwashmaya, Nethqadash shmakh**

*Our Father, Who art in Heaven, Hallowed be Thy Name.*

**Teytey malkuthakh, Nehwey tzevyanach**

*Thy Kingdom come, Thy Will be done*

**Aykanna d'bwashmaya aph b'arha**

*On Earth as it is in Heaven.*

**Hawvlan lachma d'sunqanan yaomana**

*Give us this day our daily bread;*

**Washboqlan khaubayn (wakhtahayn)**

*And forgive us our trespasses,*

**Aykanna daph khnan shbwoqan l'khayyabayn**

*As we forgive those who trespass against us;*

**Wela tahlan l'nesyuna, Ela patzan min bisha**

*And lead us not into temptation, But deliver us from evil;*

**Metol dilakhie malkutha, Wahayla wateshbukhta**

*For Thine is the Kingdom, The Power and the Glory,*

**L'ahlam almin. Ameyn.**

*For ever and ever, Amen.*

Syrian-Aramaic is the language Jesus would have spoken.

Line 7 in St Matthew's gospel has the word **Khaubayn** –‘debts, offenses, hidden inner negativity’, whereas St Luke's gospel uses the word **(wa)khtahayn** –‘sins, failures, mistakes, accidental offenses, frustrated hopes’.

The English text is the 1662 Book of Common Prayer version with the 1928 doxology (‘for thine is the Kingdom...’). The 1662 translation originally had ‘Our Father which art in heaven’ and ‘in earth’ rather than ‘on earth’, but these were also amended in 1928.

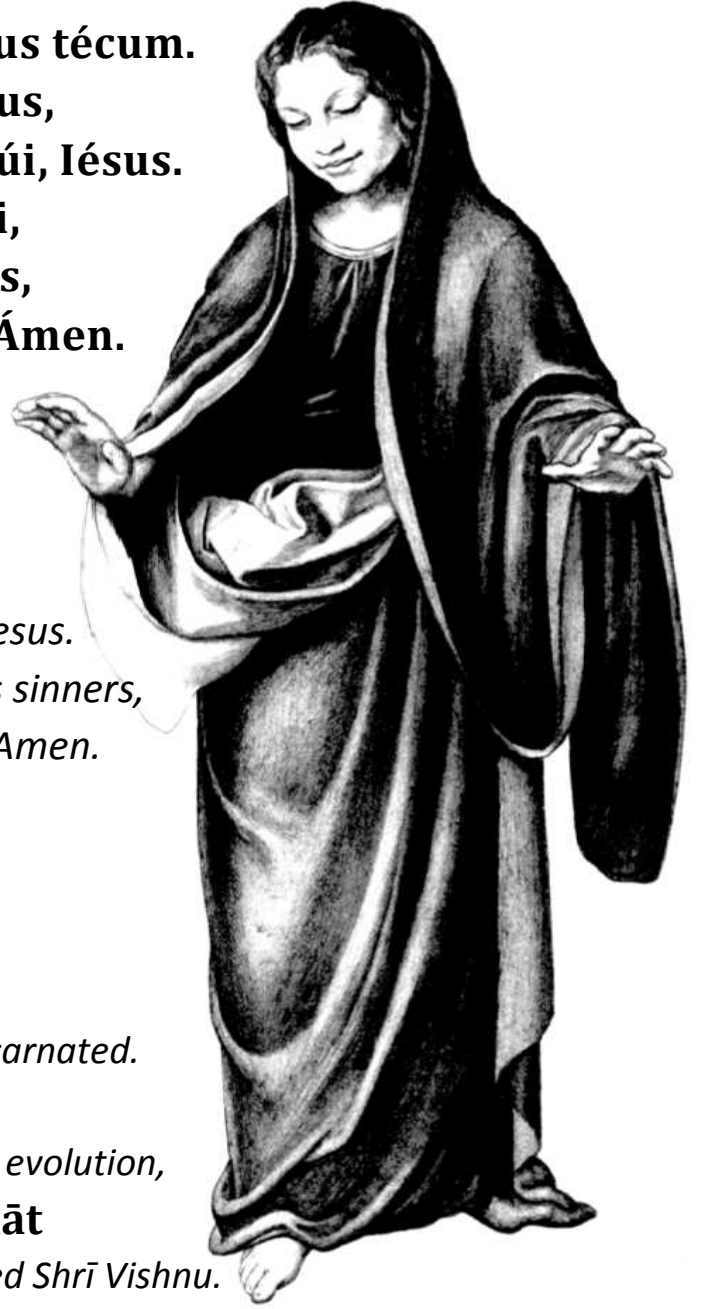
*See p.271 for the Bija Mantras of Back Agnya.*

*See p.223 for the 11 Ekadasha Rudra mantras.*

## ◉ Ave Maria ◉

**Áve María, grátia pléna, Dóminus técum.  
Benedícta tu in muliéribus,  
et benedíctus frúctus véntris túi, Iésus.  
Sáncta María, Máter Déi,  
óra pro nóbis peccatóribus,  
nunc et in hóra mórtis nóstrae. Ámen.**

*Hail Mary, Full of Grace,  
the Lord is with Thee;  
Blessed art Thou amongst women,  
and Blessed is the Fruit of Thy Womb, Jesus.  
Holy Mary, Mother of God, pray for us sinners,  
now and at the hour of our death. Amen.*



**Om Twameva sākṣhāt**

**Śhrī Māriyā Mātā sākṣhāt**

*O Divine Mother, Shri Mataji,  
You are verily Mother Mary reincarnated.*

**Śhrī Mahālakṣhmī sākṣhāt**

*You are the Power of our ascent and evolution,*

**Śhrī Kamal'ākṣha nisevita sākṣhāt**

*You are worshipped by the Lotus-eyed Śhrī Vishnu.*

**Śhrī Dhan'ādhyakṣha sākṣhāt**

*You are the Overseer of material and spiritual wealth,*

**Śhrī Āgñyā-Chakr'āntarāla-stha sākṣhāt**

*Residing in the Agnya Chakra,*

**Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namaḥ**

*Shri Mataji Nirmala Devi, eternal salutations to You!*

**The 108 Latin Names of**  
☪ **Shri Mary-Mahālakshmi** ☪

**Sancta Mater, Dei Genitrix, laudamus te**

*Holy Mother, Mother of God, we praise Thee!*

**Domina nostra, Dei Genitrix, gratias agimus tibi**

*Our Lady, Mother of God, we give thanks to Thee!*

**Sancta Maria, Dei Genitrix, glorificamus te**

*Holy Mary, Mother of God, we glorify Thee!*

**Immaculata Dea, Dei Genitrix, laudamus te**

*Immaculate Goddess, Mother of God, we praise Thee!*

<b>Dei Genitrix</b> .....	<i>Laudamus Te . . . Mother of God (we praise Thee)</i>	
<b>Virgo benedicta</b> .....	<i>Blessed Virgin</i>	
<b>Virgo veneranda</b> .....	<i>Virgin to be worshipped</i>	
<b>Virgo praedicanda</b> .....	<i>Virgin to be proclaimed</i>	
<b>Virgo ab aeterno electa</b> .....	<i>Virgin chosen throughout eternity</i>	5
<b>Virgo prudentissima</b> .....	<i>Most Wise Virgin</i>	
<b>Virgo potentissima</b> .....	<i>Most Powerful Virgin</i>	
<b>Virgo clementissima</b> .....	<i>Most Clement Virgin</i>	
<b>Virgo pulcherima</b> .....	<i>Most Beautiful Virgin</i>	
<b>Virgo virginum</b> .....	<i>Virgin of all Virgins</i>	10
<b>Mater innupta</b> .....	<i>Mother and Virgin</i>	
<b>Mater puritatis</b> .....	<i>Mother of Purity</i>	
<b>Mater sanctissima</b> .....	<i>Most Holy Mother</i>	
<b>Mater gratia plena</b> .....	<i>Mother full of Grace</i>	
<b>Mater immaculata</b> .....	<i>Immaculate Mother</i>	15
<b>Mater principis</b> .....	<i>Mother of the Primordial Principle</i>	
<b>Mater verae fidei</b> .....	<i>Mother of True Faith</i>	
<b>Mater misericordiae</b> .....	<i>Mother of Mercy</i>	
<b>Mater humilitatis</b> .....	<i>Mother of Humility</i>	
<b>Mater aeterni Dei</b> .....	<i>Mother of the Eternal God</i>	20

<b>Mater et Domina</b> . . . . .	<i>Mother and Lady</i>	
<b>Mater spiritus dulcedinis</b> . . .	<i>Mother of the Sweetness of the Spirit</i>	
<b>Mater gratiae et sanctitatis</b> .	<i>Mother of Grace and Holiness</i>	
<b>Mater obedientiae</b> . . . . .	<i>Mother of Obedience</i>	
<b>Mater innocentiae</b> . . . . .	<i>Mother of Innocence</i>	25
<b>Mater Christi sponsa</b> . . . . .	<i>Mother and Power of Christ</i>	
<b>Mater creatoris</b> . . . . .	<i>Mother of the Creator</i>	
<b>Mater amabilis</b> . . . . .	<i>Most Beloved Mother</i>	
<b>Mater sanctae spei</b> . . . . .	<i>Mother of Holy Hope</i>	
<b>Mater castissima</b> . . . . .	<i>Mother most Chaste</i>	30
<b>Mater intemerata</b> . . . . .	<i>Spotless Mother</i>	
<b>Fons caritatis</b> . . . . .	<i>Fount of Charity</i>	
<b>Fons pietatis</b> . . . . .	<i>Fount of Piety</i>	
<b>Fons dulcedinis</b> . . . . .	<i>Fount of Sweetness</i>	
<b>Fons verae sapientiae</b> . . . . .	<i>Fount of True Wisdom</i>	35
<b>Fons patriarchum et-</b> <b>-prophetarum</b> . . . . .	<i>Fount of the Patriarchs and Prophets</i>	
<b>Fons omnium charismatum</b> .	<i>Fount of all Spiritual Gifts and Blessings</i>	
<b>Vas Spirituale</b> . . . . .	<i>Vessel of the Holy Spirit</i>	
<b>Vas insignae devotionis</b> . . . .	<i>Vessel of Signal Devotion</i>	
<b>Rosa mystica</b> . . . . .	<i>Mystical Rose</i>	40
<b>Rosa majestica</b> . . . . .	<i>Majestic Rose</i>	
<b>Rosa sine spina</b> . . . . .	<i>Rose without thorns</i>	
<b>Turris Davidica</b> . . . . .	<i>Tower of David</i>	
<b>Turris eburnea</b> . . . . .	<i>Tower of Ivory</i>	
<b>Domus aurea</b> . . . . .	<i>House of Gold</i>	45
<b>Foederis arca</b> . . . . .	<i>Ark of the Covenant</i>	
<b>Coelorum regna</b> . . . . .	<i>Queen of Heaven</i>	
<b>Angelorum regina</b> . . . . .	<i>Queen of Angels</i>	
<b>Archangelorum laetitia</b> . . . . .	<i>Delight of Archangels</i>	
<b>Imperatrix clarissima</b> . . . . .	<i>Most Eminent Empress</i>	50

**Per quam renovatur-**

**-omnis creatura** . . . . . *Renewer of All Creation*

**Hospitium deitatum** . . . . . *Sojourn of the Deities*

**Portans omnia portantem** . . . *Support of All Supports*

**Uterus Divinae-**

**-incarnationis** . . . . . *Womb that bears the Incarnation of God*

**Factorem mundi generans** . . . *Begetting the Creator of the World* 55

**Coeli clarissima** . . . . . *Most luminous Being of the Heavens*

**Tollens tenebrae-**

**-aeternae noctis** . . . . . *The Remover of the gloom of Everlasting Night*

**Speculum Divinae-**

**-contemplationis** . . . . . *Mirror of Divine Contemplation*

**Ianua vitae** . . . . . *Door to Life*

**Porta paradisi** . . . . . *Gate of Paradise* 60

**Per quam venit-**

**-ad gaudium** . . . . . *The One through whom one comes to Joy*

**Coelis altior** . . . . . *Heaven's Highest*

**Sedes sapientiae** . . . . . *Throne of Wisdom*

**Omnium exultatio** . . . . . *Exultation of All Beings*

**Sanctus tronus Salomonis** . . *Holy Throne of Solomon* 65

**Fides omnium** . . . . . *Faith of All*

**Nostra lux vera** . . . . . *Our True Light*

**Nostra Mater nova** . . . . . *Our New Mother*

**Nostra dilectissima Domina** *Our most Exquisite Sovereign Lady*

**Nostra pulcherrima Domina** *Our most Beautiful Sovereign Lady* 70

**Advocata nostra** . . . . . *Our Advocate*

**Mater Divinae gratiae** . . . . . *Mother of Divine Grace*

**Mater veri gaudii** . . . . . *Mother of True Joy*

**Consolatrix afflictorum** . . . . . *Comforter of the Distressed*

**Honor et gloria nostra** . . . . . *Our Honour and Glory* 75

**Aeterni regis filia** . . . . . *Daughter of the Eternal King*

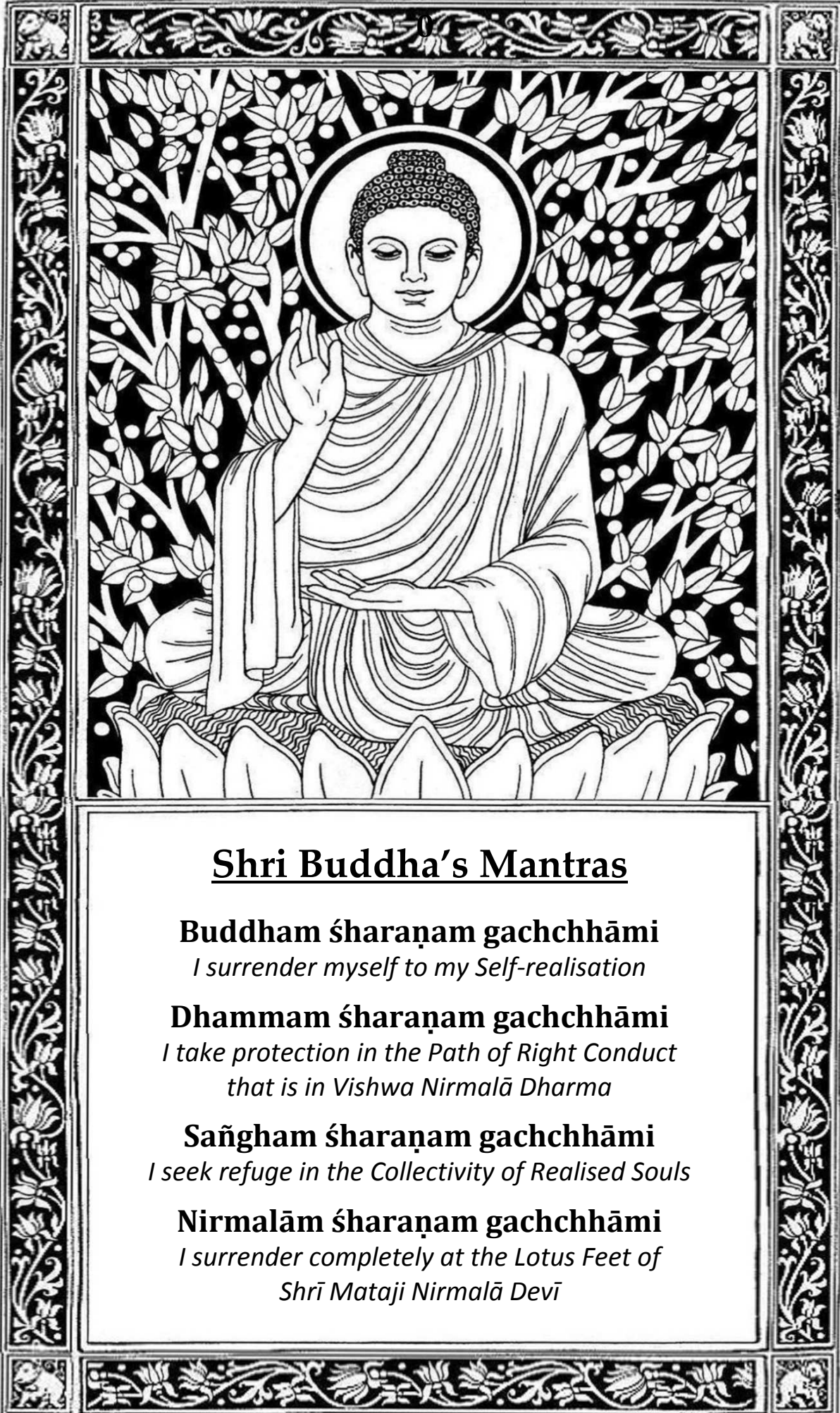
**Cubiles coelestis thesauris** . . *Storehouse of Heaven's Treasure*

**Hilaris et plena gaudia** . . . . . *Laughing and Full of Joy*

<b>Generans aeternum lumen</b> ..	<i>Generating the Eternal Light</i>	
<b>Lucerna castitatis</b> .....	<i>Lamp of Chastity</i>	80
<b>Praeclarior luna</b> .....	<i>Most clear Moon</i>	
<b>Solis lumen vivens</b> .....	<i>Living Light of the Sun</i>	
<b>Stella matutina</b> .....	<i>Morning Star</i>	
<b>Lux meridiana</b> .....	<i>Midday Light</i>	
<b>Coelis margarita</b> .....	<i>Daisy of Heaven</i>	85
<b>Orbis terrarum margarita</b> ..	<i>Pearl of the Terrestrial Orb</i>	
<b>Hortus conclusus</b> .....	<i>Enclosed Garden</i>	
<b>Sanctum lilium convallium</b> ..	<i>Holy Lily of the Valley</i>	
<b>Flos immarcessibilis</b> .....	<i>Flower which never fades</i>	
<b>Sanctus flos virginitatis</b> .....	<i>Holy Flower of Virginitas</i>	90
<b>Aeterni regis sponsa</b> .....	<i>Bride of the eTernal King</i>	
<b>Mater gentium</b> .....	<i>Mother of Nations</i>	
<b>Regina prophetarum</b> .....	<i>Queen of the Prophets</i>	
<b>Regina sanctorum omnium</b> ..	<i>Queen of All the Saints</i>	
<b>Iter nostrum ad Dominum</b> ...	<i>Our Way to the Lord</i>	95
<b>Resurrectio nostra</b> .....	<i>Our Resurrection</i>	
<b>Clipeus fidei</b> .....	<i>Shield of Faith</i>	
<b>Virginum corona</b> .....	<i>Crown of Virgins</i>	
<b>Amicta sole</b> .....	<i>Clothed by the Sun</i>	
<b>Luna sub pedibus</b> .....	<i>The One with the Moon under Her Feet</i>	100
<b>Duodecim stellis coronate</b> ..	<i>Crowned by Twelve Stars</i>	
<b>Civitas Dei</b> .....	<i>City of God</i>	
<b>Gloria Jerusalem</b> .....	<i>Glory of Jerusalem</i>	
<b>Templum Spiritus Sanctus</b> ..	<i>Temple of the Holy Ghost</i>	
<b>Regis diadema</b> .....	<i>Diadem of the King</i>	105
<b>Nostra spes vera</b> .....	<i>Our True Hope</i>	
<b>Per infinita saecula</b> .....	<i>For unending ages</i>	
<b>Lumen Sahajae veritate</b> .....	<i>Light of Sahaja Truth</i>	

**Sākshāt Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namaḥ**





## Shri Buddha's Mantras

**Buddham śharaṇam gachchhāmi**

*I surrender myself to my Self-realisation*

**Dhammam śharaṇam gachchhāmi**

*I take protection in the Path of Right Conduct  
that is in Vishwa Nirmalā Dharma*

**Sañgham śharaṇam gachchhāmi**

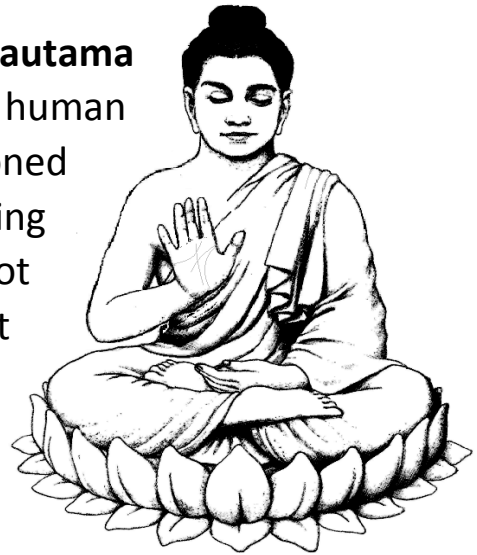
*I seek refuge in the Collectivity of Realised Souls*

**Nirmalām śharaṇam gachchhāmi**

*I surrender completely at the Lotus Feet of  
Shrī Mataji Nirmalā Devī*

## **Buddha, Lord of the ego (563-483 BCE)**

Born as a wealthy prince, **Siddhartha Gautama** renounced the world to seek the solution to human suffering. After many years He abandoned asceticism and achieved Self-realisation sitting under the Bodhi tree vowing that He would not rise until he had found the Truth. He spent the next thirty years traveling and preaching, often accompanied by a large following. The Dhammapada contains many of His teachings and sayings.



'Buddha and Mahāvira are, in essence, supported by Hanumana and Bhairava - that is, as you know, Gabriel and Saint Michael. The principle that took birth is the principle of a disciple, and this principle was born much earlier as the two sons of Shrī Rāma (Luv and Kush, *see p.169*). This principle was brought on this Earth and incarnated: one, to conquer the ego of human beings; another one, to conquer the superego of human beings.'

***Śhrī Buddha Puja, San Diego, 23-07-88***

'So Buddha's message is, of course, not to develop ego. But how do you do that? First of all, whatever you are doing you have to say, 'I am not doing it. It's Mother who is doing it' or 'God who is doing it, I am not doing anything'. But if you feel that you are doing something for Sahaja Yoga, it's better you stop doing it. But you should say, 'No, it came my way. I just I didn't do anything. I was just there. That's all'. Then you have achieved a great deal. And the second thing is of desire - even desire of anything, of smallest thing or the biggest thing or even loving your children, loving your wife, this 'my, mine': all those things. All these desires, if they are not fulfilled you feel frustrated, then you must know that there's something wrong with you. But if you understand the sense of collectivity, then you can ascend very fast. So to be desireless doesn't mean that you become something absurd or ascetic or anything like that, but not to expect something.'

***Buddha Puja, Deinze, Belgium, 04-08-91***

'Buddha realised the greatest problem of human beings is his ego. In his ego he goes to the extremes, from one end to another. And so He worked throughout on the Pingala Nadi for us, and stationed Himself on our ego, to control it. So to help this ego we have to worship Buddha. But the first principle is to respect your chastity. To respect Buddha means to respect your chastity.'

*Śhrī Buddha Puja, Barcelona, 21-05-89*



**Kuan Yin** (Quan Yin/Guanyin/Kanzeon) The Chinese Goddess known as the 'Mother of Mercy' and the **Bodhisattva** – '*Nascent Buddha*' of Compassion.

'In Chinese mythology you find the incarnation described of Kuan Yin. And actually She is described as Vṛiddha – 'the aged one'. She was the Virgin form of the Goddess.

She was the daughter of a king and She would not marry, so Her father got very angry with Her, because he had arranged Her marriage with some great king, you see. And when the marriage did not take place, father was so angry and annoyed and felt very humiliated. So he took Her to a hillside and threatened Her that 'I will throw you down.' And actually She was thrown down from the hillside into a valley and he thought that She must be dead.

But there was a tiger, which held Her, and he carried Her along, and then he looked after her. And when She grew very old, quite old, She came out of Her hermitage and She started treating people, and many people got cured by Her - but She was quite old, then the father recognised Her, because father was sick. She went and treated the father also, and She started curing people, and that's the Kuan Yin. If you go to Hong Kong, you can see Her statue, the face is very much like mine, absolutely, but She is older looking and Her shoulders are bent, quite bent. But She came much before Christ, and the Buddhists felt, that people wouldn't give Her up, because She was so much regarded as the Mother of Mercy.'

*'Nirananda', Vienna, 02-05-85.*

## ☪ The Ekādasha Rudras ☪

*The Eleven destroying powers of Shrī Shiva*

**Om Twameva sākshāt Śhrī...**

*You are...*

**Mahā-hanumāna** . . . *The Great Remover of Ego and Pride, endowed with Supreme Intelligence and Dynamism, who rules and clears the Right Side*

**Mahā-bhairava** . . . *The Great ‘roaring fiercely’ aspect of Shri Shiva who oversees the Left Side*

**Buddha** . . . . . *The Awakened and Enlightened Master of the Ego*

**Mahāvīra** . . . . . *The Great Warrior guarding the Superego*

**Mahā-kārttikeya** . . *The Mighty General of the Divine Army, destroying demonic forces and protecting Right Mūlādhāra*

**Mahā-ganeśha** . . . . *The Supreme Controller of Obstacles and Master of the Subtle System, nurturing the Left and Centre Mūlādhāra, who opens and closes the Gates of Hell*

**Jesus Christ** . . . . . *The Saviour from God knowing Auspiciousness who judges us at the Gate of Heaven*

**Brahmadeva-**

**-Saraswatī** *The Lord who knows the Supreme and the Goddess of Speech, Art and Music who create this Universe*

**Lakṣhmī-Nārāyaṇa**. *The Goddess of Prosperity and Mother Earth, and the Refuge of Humanity, who sustain this Universe*

**Śhiva-Pārvatī** . . . . . *The Blissful Spirit and the Daughter of the Mountain who destroy the illusions of this Universe.*

**Hiraṇya-garbha** . . . *The Golden Egg of Brahma which gives rise to this Universe*

**Sākshāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**  
*O Divine Mother, You have come to manifest the Eleven Destroying Powers of Shrī Shiva on this Earth to herald the Last Judgment. We prostrate at Your Lotus Feet!*

*The Ekādasha Rudras represent Divine Protection and if catching, can leave us liable to accidents, diseases and disasters.*

## Shri Mataji's advice on Ekadasha Rudra problems

1. Establish your innocence. Put your eyes to Mother Earth.
2. Cleanse your Void. If you went to a false guru, shoe-beat them.
3. Put your attention more to Nature than to other people.
4. Be careful when organising; stop organising if you are catching on this centre and don't speak in public.
5. Obstinacy catches here.
6. A half-hearted commitment to Sahaja Yoga can cause a problem with the Ekadasha Rudra.
7. The Ekadasha Rudra collects from the Left and the Right Sympathetic. Therefore the combination of a Left catch with a Right catch will particularly affect it (possession + ego).



*See: 'Advice on Ekadasha Rudra', London, 04-09-81; Ekadasha Rudra Puja, New York, 11-09-83.*

# ☪ The 116 Names of Shri Ekādaśha Rudra ☪

From the 1000 Names of Shri Shiva

*Om Twameva sākshāt Śhrī... You are...*

<b>Sthira</b> .....	<i>Fixed and Steadfast</i>	
<b>Sthānu</b> .....	<i>A Mighty Column of Vibrations</i>	
<b>Prabhu</b> .....	<i>Lord God Almighty</i>	
<b>Bhīma</b> .....	<i>Formidable Strength</i>	
<b>Pravara</b> .....	<i>The Most Exalted, Most Ancient</i>	5
<b>Varada</b> .....	<i>The Bestower of Boons</i>	
<b>Vara</b> .....	<i>All Blessings</i>	
<b>Sarv'ātmā</b> .....	<i>The Omnipresent Spirit</i>	
<b>Sarva-vikhyāta</b> .....	<i>Universally Renowned</i>	
<b>Sarvasva</b> .....	<i>All- pervading</i>	10
<b>Sarva-kara</b> .....	<i>Having the Whole Universe in the Palm of Your Hand</i>	
<b>Jaṭī</b> .....	<i>The One with Matted Hair</i>	
<b>Charmī</b> .....	<i>Wearing an Animal Hide</i>	
<b>Śhikhaṇḍī</b> .....	<i>Adorned with a Top-knot</i>	
<b>Sarv'āṅga</b> .....	<i>Pervading the Universe</i>	15
<b>Sarva-bhāvana</b> .....	<i>Bringing Everything into Existence</i>	
<b>Hara</b> .....	<i>The Destroyer</i>	
<b>Hariṇ'ākṣha</b> .....	<i>Having Watchful Eyes like a deer</i>	
<b>Sarva-bhūta hara</b> ..	<i>Destroying the Weight of the Past</i>	
<b>Pravṛitti</b> .....	<i>Existing in All Beings as Good Nature</i>	20
<b>Nivṛitti</b> .....	<i>Completely Detached</i>	
<b>Niyata</b> .....	<i>Ruling over Everything</i>	
<b>Śhāśhwata</b> .....	<i>Eternal</i>	
<b>Dhruva</b> .....	<i>Constant, like the Pole Star</i>	
<b>Śhmaśhāna-vāsī</b> ...	<i>Dwelling in the Cremation Ground</i>	25
<b>Bhagavān</b> .....	<i>Radiating Divinity</i>	
<b>Khechara</b> .....	<i>Moving through the Sky</i>	
<b>Gochara</b> .....	<i>Moving on the Earth</i>	

<b>Ardana</b> .....	<i>The Tormentor</i>	
<b>Abhi-vādyā</b> .....	<i>The Supreme Musician</i>	30
<b>Mahā-karmā</b> .....	<i>The Supreme Doer</i>	
<b>Tapaswī</b> .....	<i>Ascetic</i>	
<b>Bhūta-bhāvana</b> .....	<i>Residing in all beings as Emotional Intelligence</i>	
<b>Sarva-loka praj'āpati</b>	<i>The God who presides over All Creation</i>	
<b>Mahā-rūpa</b> .....	<i>The Supreme Form</i>	35
<b>Mahā-kāya</b> .....	<i>The Supreme Body</i>	
<b>Vṛiṣha-rūpa</b> .....	<i>Having a Manly and Virtuous Form like a Bull.</i>	
<b>Mahā-yaśhā</b> .....	<i>Great Success and Glory</i>	
<b>Mah'ātmā</b> .....	<i>The Supreme Spirit</i>	
<b>Sarva-bhūt'ātmā</b> .....	<i>Residing in all beings as the Spirit</i>	40
<b>Viśhwa-rūpa</b> .....	<i>Having the Universe as Your Form</i>	
<b>Mahā-hanu</b> .....	<i>Of Mighty Jaws</i>	
<b>Lokapāla</b> .....	<i>The Protector of the World</i>	
<b>Antar-hit'ātmā</b> .....	<i>The Spirit of Inner Well-being</i>	
<b>Prasāda</b> .....	<i>Pure Grace</i>	45
<b>Haya-gardabhi</b> .....	<i>The Immaculate Rider of the Pure White Horse</i>	
<b>Pavitra</b> .....	<i>Pure and Auspicious</i>	
<b>Mahāt</b> .....	<i>Almighty</i>	
<b>Niyama</b> .....	<i>Complete Self-mastery</i>	
<b>Sarva-karmanya</b> .....	<i>Causing All Action</i>	50
<b>Niyam'āśhrita</b> .....	<i>The Protector of those who keep to the boundaries of good conduct</i>	
<b>Sarva-karmā</b> .....	<i>The Essence of All Action</i>	
<b>Swayam-bhūta</b> .....	<i>Born out of Yourself</i>	
<b>Ādi</b> .....	<i>Primordial</i>	
<b>Ādi-kāra</b> .....	<i>The Primordial Form</i>	55
<b>Nidhi</b> .....	<i>Divine Riches</i>	
<b>Sahasr'ākṣha</b> .....	<i>The One with a Thousand Eyes</i>	
<b>Viśhāl'ākṣha</b> .....	<i>Having Large and Powerful Eyes</i>	

<b>Soma</b>	.....	<i>Divine Nectar</i>	
<b>Nakṣatra-sādhaka</b>	..	<i>Acting through the Planets and Constellations</i>	60
<b>Chandra</b>	.....	<i>The Moon</i>	
<b>Sūrya</b>	.....	<i>The Sun</i>	
<b>Śhani</b>	.....	<i>Saturn</i>	
<b>Ketu</b>	.....	<i>The South Node of the Moon which in the First House denotes Moksha</i>	
<b>Graha</b>	.....	<i>The Planets</i>	65
<b>Graha-pati</b>	.....	<i>Lord of the Planets</i>	
<b>Vara</b>	.....	<i>The Most Excellent</i>	
<b>Atri</b>	.....	<i>Beyond the Three Gunas; incarnated as the Father of Shri Ādi Guru Dattatreya</i>	
<b>Anagha</b>	.....	<i>Without Sin</i>	
<b>Mahā-tapā</b>	.....	<i>Great Penance</i>	70
<b>Ghora-tapā</b>	.....	<i>Meditating with Fierce Intensity</i>	
<b>Adīna</b>	.....	<i>Noble and Magnanimous</i>	
<b>Dīna-sādhaka</b>	.....	<i>Worshipped even by the Imperfect</i>	
<b>Samvat-sara-kara</b>	....	<i>Creating the Cycles of Time</i>	
<b>Mantra</b>	.....	<i>The Divine Counsellor</i>	75
<b>Pramāṇa</b>	.....	<i>The Primal Cause</i>	
<b>Parama-tapaḥ</b>	.....	<i>The Supreme State of Meditation</i>	
<b>Yogī</b>	.....	<i>One with the Divine</i>	
<b>Yojya</b>	.....	<i>The Supreme to be connected to</i>	
<b>Mahā-bīja</b>	.....	<i>The Primordial Seed</i>	80
<b>Mahā-retā</b>	.....	<i>The Primordial Energy of the Sprouting Seed</i>	
<b>Mahā-bala</b>	.....	<i>Infinite Strength</i>	
<b>Suvarṇa-retā</b>	.....	<i>The Fiery Golden Seed that engendered Karttikeya</i>	
<b>Sarva-gñya</b>	.....	<i>All-knowing</i>	
<b>Su-bīja</b>	.....	<i>The Pure Seed</i>	85
<b>Bīja-vāhana</b>	.....	<i>The Bearer of the Seed</i>	
<b>Daśha-bāhu</b>	.....	<i>The One with Ten Arms</i>	
<b>Nimiṣha</b>	.....	<i>Acting in the Blink of an Eye</i>	
<b>Nīla-kaṇṭha</b>	.....	<i>Having a Blue Throat</i>	



<b>Umā-pati</b> .....	<i>The Lord of Uma (Shrī Pārvatī)</i>	90
<b>Viśhwa-rūpa</b> .....	<i>Taking the Form of the Universe</i>	
<b>Swayam śhreṣṭha</b> ...	<i>Naturally and Spontaneously the Best</i>	
<b>Balavīra</b> .....	<i>Strength and Valour</i>	
<b>Abala</b> .....	<i>Powerless without Shrī Ādi Shakti</i>	
<b>Gaṇa</b> .....	<i>The Divine Army of Shrī Shiva's Attendants</i>	95
<b>Gaṇa-kartā</b> .....	<i>The Creator of the Ganas</i>	
<b>Gaṇapati</b> .....	<i>Lord of the Ganas</i>	
<b>Digvāsā</b> .....	<i>Clothed with the Ten Directions</i>	
<b>Kāma</b> .....	<i>The God of Love</i>	
<b>Mantra-vit</b> .....	<i>The Knower of Mantra Lore</i>	100
<b>Parama-mantra</b> .....	<i>The Supreme Mantra</i>	
<b>Mantra</b> .....	<i>The Sacred Sound</i>	
<b>Sarva bhāva-kara</b> ...	<i>The Creator of All Existence</i>	
<b>Hara</b> .....	<i>The Remover of Illusions</i>	
<b>Kamaṇḍalu-dhara</b> ...	<i>The Holder of the Water Pot</i>	105
<b>Dhanvī</b> .....	<i>The Wielder of the Bow</i>	
<b>Bāṇa-hasta</b> .....	<i>With Arrows in the Hand</i>	
<b>Kapāla-vān</b> .....	<i>Bearing a Skull</i>	
<b>Aśhanī</b> .....	<i>The Thunderbolt</i>	
<b>Śhata-ghnī</b> .....	<i>The Destroyer of Hundreds at a time</i>	110
<b>Āyudhī</b> .....	<i>The Wielder of Weapons</i>	
<b>Mahān</b> .....	<i>Great</i>	
<b>Sruva-hasta</b> .....	<i>Holding a Havan-ladle in the Hand</i>	
<b>Su-rūpa</b> .....	<i>Having a Beautiful Form</i>	
<b>Tejas</b> .....	<i>The Radiant Light of the Spirit</i>	115
<b>Ekādaśha Rudra</b> .....	<i>The Eleven Destructive Powers</i>	

**Sākṣhāt Śhrī Ādi Śhakti Mātājī  
Śhrī Nirmalā Devyai namo namaḥ**

*These names were offered at the Ekadasha Rudra Puja, Como, Italy, 16-09-84.*



## ◉ The Sahasrāra Chakra ◉



## ☪ The Three Great Mantras ☪

### Three Mahā-mantras

**Om Twameva sākṣhāt**

**Śhrī Mahālakṣhmī Mahāsaraswatī Mahākālī**

**Triguṇ'ātmika Kuṇḍalinī sākṣhāt**

**Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*Amen. Verily You are Shrī Mahālakshmi, Shrī Mahāsaraswatī and Shrī Mahākālī, the Essence of the Three Qualities, the Kundalini, the Primordial Shakti, Divine Mother, Immaculate Goddess, we surrender to You.*

**Om Twameva sākṣhāt Śhrī Kalki sākṣhāt**

**Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*Amen. Verily You are Shrī Kalki, the Primordial Shakti, Divine Mother, Immaculate Goddess, we surrender to You.*

**Om Twameva sākṣhāt Śhrī Kalki sākṣhāt**

**Śhrī Sahasrara-Swāminī Mokṣha-pradāyini Mātājī**

**Śhrī Nirmalā Devyai namo namaḥ**

*Amen. Verily You are Shrī Kalki, the Goddess of the Sahasrara Chakra, the Divine Mother who gives s liberation, Immaculate Goddess, we surrender to You.*

**Śhrī Nirmalā Devyai namo namaḥ** (x3) (at end - optional)

or (x2) – when sung in Raga Jay Javanti

Shri Mataji sometimes referred to the third part of the Three Great Mantras as 'the **Sahasrāra Mantra**'. (see meditation at Shudy Camps p. 312)

## The Three Short Mantras

**Om Twameva sākṣhāt Śhrī Nirmalā Devyai namo namaḥ** (x3)

*Followed by: Śhrī Nirmalā Devyai namo namaḥ* (x3)

*Om, Unending Salutations to You, O Perfect Goddess.*

## The 108 Names of Śhrī Mataji Nirmala Devi

*These are 108 of the Thousand Names of the **Mahā-Devī** given in the **Śhrī Lalitā Sahasranāma**. The Great Goddess is, at the same time, simple and innocent as a little child and unfathomable, all-pervading, totally elusive, transcending all categories of perception, all known and unknown Universes.*

*The names simply reveal some aspects of Her Being.*

*She is to be worshipped.*

*These mantras should remind us that, ultimately, it is only through devotion and worship of the heart that the True Nature*

*of **Śhrī Mataji Nirmalā Devī** can be known.*

*May You, the Ocean of Mercy, bless us all!*

**Om Twameva sākṣhāt Śhrī Nirmalā Devyai namo namaḥ**

*Shri Mataji , You are the Supreme Goddess come on this Earth in human form,*

*We surrender everything at Your Divine Lotus Feet!*

*Om Twameva sākshāt Śhrī...      You are...*

**Śhrī Mātā** ..... *The Sacred Mother, who gives the Highest Knowledge, Brahma Vidya, to Her devotees.*

**Mahā-rājñī** ..... *The Great Empress*

**Deva-kārya samudyatā.** *Emerging for a Divine Purpose; whose rising has a Divine Effect (Kundalini)*

**Akulā** ..... *Beyond family, caste, race, or measurable dimensionality, residing in the Sahasrāra, beyond the 'family' of the lower Chakras.*

**Viṣṇu-granthi-**

**-vibhedinī** .. *The One who cuts the Knot of Illusion in the Solar Plexus allowing the devotee to perceive the unreality of body, mind, etc. and losing the sense of limited 'I'-ness* 5

**Bhavānī** ..... *The Queen of Bhava, that is Shri Shiva, and Giver of Life to the Whole Universe*

<b>Bhakti priyā</b> .....	<i>Fond of Devotees</i>	
<b>Bhakti gamyā</b> .....	<i>Realised by Devotion</i>	
<b>Śharma dāyini</b> .....	<i>The Bestower of Happiness and Divine Bliss</i>	
<b>Nir-ādhārā</b> .....	<i>Unsupported, as You are the Support</i>	
	<i>of the Entire Universe</i>	10
<b>Nir-añjanā</b> .....	<i>Unstained by any limitations whatsoever</i>	
<b>Nirlepā</b> .....	<i>Untouched by any Karmas or dualism</i>	
<b>Nirmalā</b> .....	<i>Pure</i>	
<b>Niṣh-kalaṅkā</b> .....	<i>Faultless Brilliance</i>	
<b>Nityā</b> .....	<i>Eternal</i>	15
<b>Nir-ākārā</b> .....	<i>Formless</i>	
<b>Nir-ākulā</b> .....	<i>Unruffled</i>	
<b>Nirgunā</b> .....	<i>Beyond the Three Gunas, Sattva, Rajas and Tamas</i>	
<b>Niṣhkalā</b> .....	<i>Indivisible and Complete</i>	
<b>Niṣhkāmā</b> .....	<i>Desireless, having everything</i>	20
<b>Nir-upaplavā</b> .....	<i>Indestructible</i>	
<b>Nitya muktā</b> .....	<i>Ever Free, and Your devotees ever free</i>	
<b>Nirvikārā</b> .....	<i>Changeless, but the Unchanging Basis of all changes</i>	
<b>Nir-āśhrayā</b> .....	<i>Having no refuge, as You are the Refuge of all</i>	
<b>Nir-antarā</b> .....	<i>Undifferentiated</i>	25
<b>Niṣh-kāranā</b> .....	<i>Causeless, as You are the Cause of all causes</i>	
<b>Nir-ūpadhi</b> .....	<i>Without Illusion or Plurality</i>	
<b>Nir-īśhwarā</b> .....	<i>Supreme, having no higher Deity</i>	
<b>Nirāgā</b> .....	<i>Unattached</i>	
<b>Nirmadā</b> .....	<i>Prideless</i>	30
<b>Niśhchintā</b> .....	<i>Without any anxiety</i>	
<b>Nir-ahaṅkārā</b> .....	<i>Without ego</i>	
<b>Nirmohā</b> .....	<i>Free from Illusion</i>	
<b>Nirmamā</b> .....	<i>Without Selfishness</i>	
<b>Niṣhpāpā</b> .....	<i>Beyond Sin</i>	35
<b>Niḥ-saṁśhayā</b> .....	<i>Without any doubts</i>	

<b>Nir-bhavā</b>	.....	<i>Unborn</i>	
<b>Nir-vikalpā</b>	.....	<i>Beyond all doubt</i>	
<b>Nir-ābādhā</b>	.....	<i>Untroubled</i>	
<b>Nir-nāśhā</b>	.....	<i>Deathless and Indestructible</i>	40
<b>Niṣhkriyā</b>	.....	<i>Beyond All Actions, not involved in any action</i>	
<b>Niṣh-parigrahā</b>	.....	<i>Taking Nothing, as You are the Source of everything</i>	
<b>Nistulā</b>	.....	<i>Unequaled</i>	
<b>Nīla-chikurā</b>	.....	<i>Dark-haired</i>	
<b>Nir-apāyā</b>	.....	<i>Beyond Danger</i>	45
<b>Nir-atyayā</b>	.....	<i>Impossible to cross or transgress</i>	
<b>Sukha-pradā</b>	.....	<i>Conferring Happiness and the Bliss of Liberation</i>	
<b>Sāndra-karunā</b>	.....	<i>Intensely Compassionate to Your Devotees</i>	
<b>Mahā-devī</b>	.....	<i>The Greatest of Goddesses</i>	
<b>Mahā-pūjyā</b>	.....	<i>Worshipped by the highest of Gods, the Trimurtis: Shrī Brahma, Vishnu and Shiva</i>	50
<b>Mahā-pātaka nāśhinī</b>	.....	<i>Destroying even the greatest of sins</i>	
<b>Mahā-śhakti</b>	.....	<i>The Great Power</i>	
<b>Mahā-māyā</b>	.....	<i>The Supreme Creator of Illusion and Confusion even to the Greatest of Gods</i>	
<b>Mahā-ratī</b>	.....	<i>The Greatest Bliss that is beyond all sense pleasures</i>	
<b>Viśhva-rūpā</b>	.....	<i>Having the Universe as Your Form</i>	55
<b>Padm'āsanā</b>	.....	<i>Seated in the Lotuses, in the Chakras</i>	
<b>Bhagavatī</b>	.....	<i>The Matrix of the Universe, having all Divine Qualities</i>	
<b>Rakṣhā-karī</b>	.....	<i>The Saviour</i>	
<b>*Rākṣhasa-ghnī</b>	.....	<i>The Slayer of Demons and all evil forces</i>	
<b>Param'eśhwarī</b>	.....	<i>The Supreme Goddess</i>	60
<b>Nitya-yauvanā</b>	.....	<i>Ever Young, untouched by time as it is Your Creation</i>	
<b>Punya-labhyā</b>	.....	<i>Attained by the Righteous, being worshipped as a result of good actions in previous births</i>	
<b>Achintya-rūpā</b>	.....	<i>Beyond Thought</i>	
<b>Parā-śhaktī</b>	.....	<i>The Supreme Power</i>	



<b>Guru-mūrtiḥ</b> .....	<i>Of the Form of the Guru: every true Guru is a manifestation of You</i>	65
<b>Ādi śhaktiḥ</b> .....	<i>The Primal Power, being the First Cause of Creation</i>	
<b>Yogadā</b> .....	<i>The Bestower of Yoga</i>	
<b>Ekākinī</b> .....	<i>Alone, the Sole Basis of the plurality of the Universe</i>	
<b>Sukh'ārādhyā</b> .....	<i>Easily worshipped</i>	
<b>Śhobhanā-sulabh'āgati.</b>	<i>The Most Auspicious and Easily-attained Path to Self-realisation</i>	70
<b>Sat-chit-ānanda-rūpinī</b>	<i>Having the Three Attributes of the Ultimate, Truth, Consciousness and Bliss, as Your forms.</i>	
<b>Lajjā</b> .....	<i>Bashful Modesty, residing in all beings as modest chastity</i>	
<b>Śhubha-karī</b> .....	<i>Benevolent. The greatest good is the Realisation of the Ultimate and You grant that to devotees</i>	
<b>Chandikā</b> .....	<i>Angry with evil forces</i>	
<b>Tri-gun'ātmikā</b> .....	<i>Assuming the Form of the Three Gunas</i>	75
<b>Mahatī</b> .....	<i>The Great, Immeasurable, Supreme Object of Attention and Worship</i>	
<b>Prāna-rūpinī</b> .....	<i>Of the Form of the Divine Breath of Life</i>	
<b>Param'ānu</b> .....	<i>The Ultimate Atom, too minute to be comprehended</i>	
<b>Pāśha-hantrī</b> .....	<i>Destroying Bonds and Liberating the Soul</i>	
<b>Vīra-mātā</b> .....	<i>The Mother of Devotees who are Courageous</i>	80
<b>Gambhirā</b> .....	<i>Of Fathomless Depth, a Vast Lake of Consciousness uncomprehended by space and time.</i>	
<b>Garvitā</b> .....	<i>The Proud, as the Creatrix of the Universe</i>	
<b>Kṣhipra-prasādinī</b> ....	<i>Showering Grace on Your Devotees very quickly</i>	
<b>Sudhā-sṛuti</b> .....	<i>The Ambrosial Flow of Bliss in the Sahasrāra</i>	
<b>Dharm'ādhārā</b> .....	<i>The Support of Right Conduct</i>	85
<b>Viśhwa-grāsā</b> .....	<i>Devouring the Universe at the time of Pralaya, the Ultimate Dissolution</i>	
<b>Svasthā</b> .....	<i>Established in Yourself; also, You establish the Self in Devotees</i>	



<b>Svabhāva-madhurā</b> . . .	<i>Of Natural Sweetness, residing in the hearts of devotees as Bliss.</i>	
<b>Dhīra-samarchitā</b> . . . . .	<i>Worshipped by the Wise and the Brave</i>	
<b>Param'odarā</b> . . . . .	<i>Of Supreme Generosity</i>	90
<b>Śhāśhwatī</b> . . . . .	<i>Ever-present, Continuous</i>	
<b>Lokātītā</b> . . . . .	<i>Transcending all Created Universes, being seated above Sahasrāra</i>	
<b>Śham'ātmikā</b> . . . . .	<i>Having Peace as Your Essence. Devotees with their minds at peace are Your Abode</i>	
<b>Līlā-vinodinī</b> . . . . .	<i>Whose Sport is the Universe, the Entire Act of Creation is Your Play.</i>	
<b>Sadāśhivā</b> . . . . .	<i>The Eternal God Almighty into whom all other forms dissolve at the time of Pralaya</i>	95
<b>Puṣṭiḥ</b> . . . . .	<i>Nourishing the Soul with Divine Vibrations</i>	
<b>Chandra-nibhā</b> . . . . .	<i>Luminous like the Moon</i>	
<b>Ravi-prakhyā</b> . . . . .	<i>Radiant like the Sun</i>	
<b>Pāvan'ākṛitī</b> . . . . .	<i>The Sacred Form which washes away all sins</i>	
<b>Viśhwa-garbhā</b> . . . . .	<i>The Mother of the Universe</i>	100
<b>Chit-śhakti</b> . . . . .	<i>The Power of Consciousness that dispels ignorance and confusion</i>	
<b>Viśhwa-sākṣhinī</b> . . . . .	<i>The Silent Witness of the action of the Universe</i>	
<b>Vimalā</b> . . . . .	<i>Clean, Pure, Untouched</i>	
<b>Varadā</b> . . . . .	<i>The Bestower of Boons</i>	
<b>Vilāsinī</b> . . . . .	<i>Charming and Playful, opening or closing the way to Self-realisation at Your Pleasure</i>	105
<b>Vijayā</b> . . . . .	<i>Victorious</i>	
<b>Vandāru-jana-vatsalā</b>	<i>Loving Your devotees as Your Children</i>	
<b>Sahaja yoga dāyinī</b> . . . .	<i>Granting Spontaneous Self-realisation</i>	
<b>Viśhwa Nirmalā Dharma- -prasthāpinī*</b> . .	<i>The Founder of the Universal Pure Religion</i>	

**Sākṣhāt Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namaḥ**

\* This extra name was suggested by H.S.H. Shri Mataji at Ganesha Puja,  
Brighton, 04-08-85

## ☪ The 108 Names of Shri Nirmala ☪

<i>Om Twameva sākshāt Śhrī...</i>	<i>You are...</i>	
<b>Nirmala Tantrā</b> .....	<i>The Divine Technique</i>	
<b>Nirmala Sarvā</b> .....	<i>The Purity of Everything</i>	
<b>Nirmala Skandā</b> .....	<i>The Innocence of Shri Kārtikeya</i>	
<b>Nirmala Gaurī</b> .....	<i>The Perfect Purity of the Kundalini</i>	
<b>Nirmala Kanyā</b> .....	<i>The Chaste Virgin</i>	5
<b>Nirmala Rūpinī</b> .....	<i>Purity Personified</i>	
<b>Nirmala Śhakti</b> .....	<i>The Power of Purity</i>	
<b>Nirmala Śhayinī</b> .....	<i>The Pure State of Peaceful Rest</i>	
<b>Nirmala Śhraddhā</b> .....	<i>Unsullied Adoration and Faith</i>	
<b>Nirmala Vṛitti</b> .....	<i>The Pure Tendency of Mind</i>	10
<b>Nirmala Bhavā</b> .....	<i>The Purity of Life</i>	
<b>Nirmala Bhūmi</b> .....	<i>The Purity of the Earth</i>	
<b>Nirmala Saraswatī</b> .....	<i>The Immaculate Goddess of Creativity</i> <i>the Arts, Music, Knowledge and Speech</i>	
<b>Nirmala Vidyā</b> .....	<i>Pure Knowledge</i>	
<b>Nirmala Kumārī</b> .....	<i>The Purity of Chastity</i>	15
<b>Nirmala Gaṅgā</b> .....	<i>The Purity of the Ganges</i>	
<b>Nirmala Maṇi</b> .....	<i>The Purity of the Jewel</i>	
<b>Nirmala Gaṇapati</b> .....	<i>The Purity of the Lord of the Ganas (Shri Ganesha)</i>	
<b>Nirmala Śhrīmatī</b> .....	<i>The Purity of Shri Lakshmi</i>	
<b>Nirmala Chandikā</b> .....	<i>The Innocent Anger against evil</i>	20
<b>Nirmala Rādhikā</b> .....	<i>The Pure Pleasing Power</i>	
<b>Nirmala Bābī</b> .....	<i>Most Pure and Respected Ancient One</i>	
<b>Nirmala Stotrā</b> .....	<i>The Purity of the Scriptures</i>	
<b>Nirmala Yagñyā</b> .....	<i>The Purity of the Havan</i>	
<b>Nirmala Yoga</b> .....	<i>The Pure Yoga</i>	25
<b>Nirmala Soma</b> .....	<i>The Purity of the Ambrosial Nectar</i>	
<b>Nirmala Bhagavatī</b> .....	<i>The Pure Blissful Goddess</i>	

<b>Nirmala Puṣhpa</b> .....	<i>The Pure Flower</i>	
<b>Nirmala Chakra</b> .....	<i>The Purity of the Chakras</i>	
<b>Nirmala Swayambhū</b> ....	<i>The Purity of the Self-existent Brahman</i>	30
<b>Nirmala Śhivā</b> .....	<i>The Immaculate Auspiciousness, Benevolence and Bliss</i>	
<b>Nirmala Satī</b> .....	<i>The Purity of the Wife of Shrī Shiva</i>	
<b>Nirmala Pārvatī</b> .....	<i>The Purity of Shrī Pārvatī</i>	
<b>Nirmala Sītā</b> .....	<i>The Purity of Shrī Sītā</i>	
<b>Nirmala Yog'eśhwarī</b> ....	<i>The Purity of the Goddess of Yoga</i>	35
<b>Nirmala Mūrti</b> .....	<i>The Pure Divine Form</i>	
<b>Nirmala Lakṣhmī</b> .....	<i>The Purity of Shrī Lakshmi</i>	
<b>Nirmala Stuti</b> .....	<i>The Purity of praising the Divine</i>	
<b>Nirmala Māria</b> .....	<i>The Purity of Mother Mary, Shrī Mahālakshmi</i>	
<b>Nirmala Rāmadāsā</b> .....	<i>The Quality of Shrī Hanumana - Pure Devotion to Shrī Rāma</i>	40
<b>Nirmala Chitta</b> .....	<i>Pure Attention</i>	
<b>Nirmala Varāha</b> .....	<i>The Immaculate Boar Incarnation of Shrī Vishnu</i>	
<b>Nirmala Gaja</b> .....	<i>The Pure Elephant Vehicle of Shrī Raja-lakshmi</i>	
<b>Nirmala Garudā</b> .....	<i>The Pure Condor-vehicle of Shrī Vishnu</i>	
<b>Nirmala Śheṣha</b> .....	<i>Giving Unalloyed Support like Shri Vishnu's Seven-headed Serpent</i>	45
<b>Nirmala Nandī</b> .....	<i>The Bull of Shrī Shiva, giving Pure Gladness</i>	
<b>Nirmala Haṁsa</b> .....	<i>Giving Pure Swan-like Divine Discrimination</i>	
<b>Nirmala Sarva-śhakti-mayī</b>	<i>The Pure Essence of all Power</i>	
<b>Nirmala Sthirā</b> .....	<i>Unchanging Purity</i>	
<b>Nirmala Bhavānī</b> .....	<i>Pure Existence</i>	50
<b>Nirmala Kundalini jāgrutī</b> ..	<i>The Pure Awakening of the Kundalini</i>	
<b>Nirmala Padma</b> .....	<i>The Pure Lotus</i>	
<b>Nirmala Sahajā</b> .....	<i>Pure and Natural Spontaneity</i>	
<b>Nirmala Buddhi</b> .....	<i>Pure Intelligence</i>	
<b>Nirmala Param'eśhwarī</b> ....	<i>The Supreme Goddess of Absolute Purity</i>	55

<b>Nirmala Mālinī</b> .....	<i>The Pure Garlanded Goddess</i>	
<b>Nirmala Mudrā</b> .....	<i>The Pure Holy Gesture of Blessing</i>	
<b>Nirmala Rājñī</b> .....	<i>The Pure Empress of all Creation</i>	
<b>Nirmala Anantā</b> .....	<i>Eternal Purity</i>	
<b>Nirmala Mātājī</b> .....	<i>The Resplendent Divine Mother</i>	60
<b>Nirmala Devī</b> .....	<i>The Immaculate Goddess</i>	
<b>Nirmala Bhairavī</b> .....	<i>The Pure Power of Shrī Bhairava</i>	
<b>Nirmala Mayī</b> .....	<i>The Essence of Purity</i>	
<b>Nirmala Ajā</b> .....	<i>The Unborn Purity</i>	
<b>Nirmala Gomātā</b> .....	<i>The Purity of the Divine Mother-cow</i>	65
<b>Nirmala Sindhu</b> .....	<i>The Purity of the Ocean and the River Indus</i>	
<b>Nirmala Ambā</b> .....	<i>The Purity of the Divine Mother</i>	
<b>Nirmala Kālī</b> .....	<i>The Purity of the Dark Goddess</i>	
<b>Nirmala Kriyā-śhakti</b> ....	<i>The Pure Power of Action</i>	
<b>Nirmala Icchā-śhakti</b> ....	<i>The Power of Pure Desire</i>	70
<b>Nirmala Gñyāna-śhakti</b> ..	<i>The Power of Pure Knowledge</i>	
<b>Nirmala Prāna-śhakti</b> ...	<i>The Pure Power of Life itself</i>	
<b>Nirmala Manas-śhakti</b> ...	<i>The Pure Power of the Mind</i>	
<b>Nirmala Brahma-śhakti</b> .	<i>The Pure All-pervading Power</i>	
<b>Nirmala Ādi-śhakti</b> .....	<i>The Pure Power of God Almighty</i>	75
<b>Nirmala Omkārā</b> .....	<i>The Purity of the Om</i>	
<b>Nirmala Śhānti</b> .....	<i>Untroubled Peace</i>	
<b>Nirmala Indrā</b> .....	<i>The Purity of the King of the Gods</i>	
<b>Nirmala Vāyu</b> .....	<i>The Purity of the Wind</i>	
<b>Nirmala Agnī</b> .....	<i>The Purity of Fire</i>	80
<b>Nirmala Varunā</b> .....	<i>The Purity of the Ocean</i>	
<b>Nirmala Chandrā</b> .....	<i>The Purity of the Moon</i>	
<b>Nirmala Sūrya</b> .....	<i>The Purity of the Sun</i>	
<b>Nirmala Nāga-kanyā</b> .....	<i>The Pure Serpent Virgin, the Kundalini</i>	
<b>Nirmala Maṇḍala</b> .....	<i>The Sacred Circle</i>	85

<b>Nirmala Trikonā</b> . . . . .	<i>The Sacred Triangle of the Sacrum Bone</i>	
<b>Nirmala Rudrā</b> . . . . .	<i>The Pure Divine Wrath of Shrī Shiva</i>	
<b>Nirmala Kula</b> . . . . .	<i>The Pure Family</i>	
<b>Nirmala Kṛiṣṇa-dehā</b>	<i>The Purity of the Dark-bodied God</i>	
<b>Nirmala Jīvā</b> . . . . .	<i>The Pure Soul</i>	90
<b>Nirmala Ṛiṣhi</b> . . . . .	<i>The Pure Saint</i>	
<b>Nirmala Sāvitrī</b> . . . . .	<i>The Pure Mother</i>	
<b>Nirmala Ṛiddhi</b> . . . . .	<i>The Pure Power of Abundance -Shakti of Shrī Ganesha</i>	
<b>Nirmala Siddhi</b> . . . . .	<i>The Pure Power of Complete Fulfillment</i> <i>- second Shakti of Shrī Ganesha</i>	
<b>Nirmala Īśhwarī</b> . . . . .	<i>The Principle of Innocence</i> <i>which controls the Universe</i>	95
<b>Nirmala Rāma</b> . . . . .	<i>The Purity of Shrī Rāma</i>	
<b>Nirmala Chāru-rūpa</b> . . . . .	<i>Of Faultless Beauty</i>	
<b>Nirmala Sukhā</b> . . . . .	<i>Pure Happiness</i>	
<b>Nirmala Mokṣha-</b> <b>-pradāyinī</b>	<i>The State of Purity which gives Liberation</i>	
<b>Nirmala Piṅgalā</b> . . . . .	<i>The Purity of the Sun Channel - Right Side</i>	100
<b>Nirmala Bhakti</b> . . . . .	<i>Pure Devotion</i>	
<b>Nirmala Sundarī</b> . . . . .	<i>Spotless Beauty</i>	
<b>Nirmala Mātrika</b> . . . . .	<i>The Immaculate Divine Mother</i>	
<b>Nirmala Ardha-bindu</b>	<i>The Pure Crescent Moon – 1<sup>st</sup> Chakra above Sahasrara</i>	
<b>Nirmala Bindu</b> . . . . .	<i>The Pure Dot – 2<sup>nd</sup> Chakra above Sahasrara</i>	105
<b>Nirmala Valaya</b> . . . . .	<i>The All-encompassing Circle – 3<sup>rd</sup> Level above Sahasrara</i>	
<b>Nirmala Śhwetā</b> . . . . .	<i>Pure White</i>	
<b>Nirmala Tejasī</b> . . . . .	<i>Radiant Purity</i>	

**Sākshāt Śhrī Ādi Śhakti Mātāji**  
**Śhrī Nirmalā Devyai namo namaḥ**

*Shri Mataji Nirmala Devi You are indeed the Embodiment of Absolute Purity,  
We humbly request You to allow us to know that Purity in our lives.*

## ॐ The 79 Names of Shri Rāja-rājeśhwari ॐ

*'We are now going to worship our Parampujya, Shri Sahasrara Swamini Shri Mataji in Her form as Shri Raja-Rajeśhwari, the One who is the Ruler of the Sahasrara. These are all names of Our Mother in the form of the One who opens the Sahasrara.'* *Sahasrara Puja, Cabella, 07-05-00*

<i>Om Twameva sākshāt Śhrī...</i>	<i>You are...</i>	
<b>Ādi Śhakti</b> .....	<i>The Primordial Power of God Almighty</i>	
<b>Parā-śhakti</b> .....	<i>The Ultimate Power</i>	
<b>Sahasrāra swāminī</b> .....	<i>The Queen of the Sahasrara</i>	
<b>Sarva chakra swāminī</b> .....	<i>The Queen of all the Chakras</i>	
<b>Brahmānda swāminī</b> .....	<i>The Queen of Creation, the Creator</i>	5
<b>Sarva-chakra putra-</b> <b>-Gaṇeśha sthitā</b> .....	<i>Whose Son Shri Ganesha</i> <i>resides in all the Chakras</i>	
<b>Śhat-chakr'opari samsthita</b>	<i>Whose Abode is above the six Chakras</i>	
<b>Pancha-brahm'āsana sthitā</b> .....	<i>Seated on a Throne of the five Forms of God, Shri Brahmā, Vishnu, Śhiva, Īśhwara and Sadāshiva, the Ultimate state of Reality</i>	
<b>Nirvichara-samadhi-</b> <b>-viśhwa vyapinī</b> .....	<i>Bestowing Nirvichara Samadhi,</i> <i>the Silent Power of the Universe</i>	
<b>Para-brahma swāminī</b> .....	<i>The Queen of Parabrahma</i>	10
<b>Turiya-sthiti dāyinī</b> .....	<i>Where all actions end up in Pure Knowledge</i>	
<b>Param-chaitanya varṣhinī</b> .....	<i>Giving, in Your position as the Queen of Sahasrāra, the Torrential Rain of Chaitanya</i>	
<b>Prathama kāranā</b> .....	<i>The First Cause of all creation</i>	
<b>Sattvika-bhavana gamyā</b> .....	<i>Only Approachable with Pure Emotion</i>	
<b>Mahā-śhakti</b> .....	<i>The Great Power of Shri Sadāshiva</i>	15
<b>Śhuddha-surabhi varṣhinī</b>	<i>Showering the Sweet Nectar of Purity</i>	
<b>Satya-spanda-</b> <b>-harṣha-darśhinī</b> .....	<i>Revealing the Truth through Cool Vibrations</i>	

**Sarva-devatā-**

**-pad'āmbuja-sthitā** . . . *At whose Divine Lotus Feet all Deities reside*

**Sarva rājñī** . . . . . *The Queen of Sarva, who is Lord Sadāshiva*

**Śhaṅkarī** . . . . . *The Queen of Shankara* 20

**Śhāmbhavī** . . . . . *The Queen of Shambhu who is Lord Shiva*

**Vilamba sthiti** . . . . . *In the Space between two thoughts*

**Sahasra-dala-padma sthitā** . . . . . *Residing in the Thousand- petalled Lotus,  
in the Sahasrara*

**Ānanda-praphula-**

**-vana-vāsī-dwijā** . . . *The Natural Home of the Twice-born in the  
flowery forests of the Sahasrara*

**Satya-astitvā** . . . . . *The **Hakikat** – the Reality,  
the Energy of Blissful Truth* 25

**Śhuddha pāvitrātā-**

**-dhāna-pātrā** . . *The Light of the Crown, **Kether**, the Purest  
Vessel of the Hebrew people*

**Mukuta-maṇi dāyinī** . . . . . *Fulfilling the Old Testament prophecy;  
'She puts on the head a graceful and glorious  
crown which She bestows on the seekers'.*

**Sampūrna pravāhinī** . . . . . *Embodying the Hebrew Feminine Divine Principle,  
**Shekhinah**, who announces the final  
emanation of God Almighty*

**Nakṣatra-tīkā maṇḍita-**

**-śhubha-vastra dhārinī** . *The Queen of Heaven, with Stars over Your Head*

**Swargīya puṣhpa mādhuri** *The Daisy of Heaven, Your Soothing Petals  
fill our minds with cooling sensations  
and vibrations* 30

**Yeśhu-mātā** . . . . . *The Mother of Jesus*

**Swarga-rājñī** . . . . . *The Queen of Heaven, bestowing the Peace  
and Silence of the ages*

**Sarva-viśhwa saṁ-rājñī** . . *Ruling over heavenly angelic beings  
Cherubims and Seraphims; all the heavenly  
people who constantly sing Your Praise*

**Utkrānti antima-**

**-st̄hiti dāyini** *Whose domain is the Omega, the end point of evolution, spoken about by Lord Jesus Christ*

**Surakṣhā-bandhana dāyini** *Whose Holy Bandhan is the Symbol for the protection of Sahaja Yogis 35*

**Swarna-ratna jadita-**

**-simhāsana-st̄hitā** . . *Shining like a Pearl, all the colours of rare stones are integrated into the bright light around Your Throne*

**Viśhwa Nirmala-**

**-Dharma dāyini** . *The One from whose Throne only is the One Religion revealed*

**Guru-pada dāyini** . . . . . *Bestowing Guru-pada to Your Devotees*

**Kyāma sākshini** . . . . . *The Eternal Witness to the Qiyama,- the Resurrection foretold by Shri Mohammed.*

**Dīvyā-pavana dāyini** . . . . . *The Royal Home of the Ruh, Divine Vibrations 40*

**Nitya-mahā puṣhpā** . . . . . *The Mystical and Majestic Rose that never fades*

**Sidrat-al-muntaḥa** . . . . . *The Chakra of the Seventh Heaven of Islam*

**Sapta-swarga-nūr jahān** . . . *The Light of Splendour in the Crown of the Seven Heavens of Islam*

**Islām simhāsini** . . . . . *The Throne upon which Islam is established*

**Paiṅgambarī-**

**-sahasrāra kamalā** . . . *The Final Lotus spoken of by the Prophet 45*

**Sarva-jāti-**

**-swarna prakāshini** *Uniting all the races in the Golden Light of Your Sahasrara*

**Ananta-śhiva nivāsā** . . . . . *The Abode of the Timeless Shiva*

**Mahā-kalki vijaya-śhakti** . . *The Great Power that gives Victory to Shrī Kalki*

**Chitra-kūta suhāsini** . . . . . *The Nurturing Garden for the Yogis*

**Kalki-ekādaśha-śhakti-**

**-sahasrāra-swarūpinī** . . *Having the Eleven Destroying Powers of Shrī Kalki in the Sahasrara 50*



**Kalki-aśhva vāhana-**

**-mahā-rājñī** . . . *Whose Vehicle is the White Horse  
of Shrī Kalki, known as Buraq in Islam*

**Kalki Mahālakṣhmī.** . . . . . *The Power of Ascent of Shrī Kalki*

**Mokṣha pradāyinī** . . . . . *Giving Liberation to all the seekers*

**Ādi Śhakti kamala-charana-**

**-yogī-sahasrāra-**

**-śharana dāyinī** . . . . . *Allowing every Yogi to worship  
Your Lotus Feet in their Sahasrara*

**Sahasra-bhānu śhītala-**

**-prakāśha dāyinī.** *Bright like a Thousand Suns, but bestowing the  
Cooling and Soothing Light of Divine Vibrations 55*

**Śhītal'āgni mana-hṛidaya-**

**-chitta saṅgama kārini** . . . . . *Merging the Mind, the Heart and the Attention  
with the Cooling Flames of the Sahasrara*

**Dīvyā anubhava dāyinī** . . . . . *Elevating Human Experience into  
the Divine Experience*

**Prakṛiti nṛitya mahā-śhakti** *The Great Power causing  
the Divine Dance of Nature*

**Brahmānda madhya-stha-**

**-nivāsini** . . . . . *The Centre of the Universe*

**Medha-sapta-chakra-**

**-jāgrutī pradāyinī** . . . . . *Awakening the Seven Chakras in the Brain 60*

**Vijaya-lakṣhmī** . . . . . *Granting Victory; the Power of Victory over  
all the challenges of our ascent*

**Sapta-śhṛiṅgī pūjinī.** . . . . . *Worshipped in and Enlightening the Limbic Area,  
embodied on the Earth as Sapta Shringi*

**Param-chaitanya gaṅgotrī** *The Source of the Param-chaitanya; You are  
the Ganges and the Source of the Divine River*

**Devī jwālā-mukhī-**

**-ātma-sākṣhāt kārini** . . . . . *The Goddess with the Divine Fire  
that enlightens all humanity*

**Nava-graha swāminī** . . . . . *Controlling the Nine Planets  
through Your Power 65*

<b>Rakṣhā kārini</b> .....	<i>The Protection from all the challenges of our ascent</i>	
<b>Nirmalā mātā</b> .....	<i>The Mother of Divine Waters</i>	
<b>Sudhā-sāgara madhya-sthā</b>	<i>At the Centre of the Ocean of Nectar</i>	
<b>Chandra-maṇḍala-madhyā</b>	<i>In the Centre of the Sahasrara, like the Orb of the Moon</i>	
<b>Chandra-nibhā</b> .....	<i>Luminous like the Moon</i>	70
<b>Nirvikalpa samādhi</b> .....	<i>Doubtless Awareness that brings Complete Peace</i>	
<b>Sahasrār'āmbuja-mitā</b> .....	<i>Dwelling in the Lotus of the Sahasrara</i>	
<b>Dharm'ātītā</b> .....	<i>The One from whose Abode all actions are Pure and Dharmic</i>	
<b>Kāl'ātītā</b> .....	<i>Beyond Time</i>	
<b>Gun'ātītā</b> .....	<i>Being beyond and commanding the Three Gunas</i>	75
<b>Mahākālī</b> .....	<i>The Joy and Auspiciousness at the summit of the Sahasrāra in the form of Shrī Mahākālī</i>	
<b>Mahāsaraswatī</b> .....	<i>Bestowing the Power of the Yogis of Pure Attention and Creativity of Shrī Mahasaraswatī which is enlightened in the Sahasrāra</i>	
<b>Mahālakṣhmī</b> .....	<i>The Power and the Bestower of the Power of the Eternal Present of Shrī Mahālakshmi bringing us Truth and Self-realisation at the Sahasrāra</i>	
<b>Mahā-māyā</b> .....	<i>The Great Illusory Power, the One who bestows good on humanity and destroys evil</i>	

**Sākṣhāt Śhrī Ādi Śhakti Mātājī  
Śhrī Nirmalā Devyai namo namaḥ**

*These 79 names of Shrī Raja-raj'eśhwari were created by Shrī Mataji Herself  
and were recited during Sahasrara Puja, Cabella, 07-05-2000.*

## ☪ Prayer to Shri Rāja-rājeśhwari ☪

*From the Devi Mahatmyam*

**Viśhw'eśhwari Twam paripāsi viśhwam**

*O Queen of the Universe, You are its Guardian.*

**Viśhw'ātmika dhārayas'iti viśhwam**

*In the Form of the Universe, You are its Receptacle.*

**Viśhw'eśha vandhyā bhavatī bhavanti**

*You are worshipped by the Lords of the Universe.*

**Viśhw'āśhrayā ye Twayi bhakti namrāḥ**

*Those who are devoted to You become the Refuge of the Universe.*

**Pranatānām prasīda Twam Devī viśhw'ārti-hārinī**

*Be pleased with us who are prostrating at Your Lotus Feet.*

*O Devī, the Remover of the afflictions of the Universe,*

**Trailokya vāsinām' idye lokānām varadā bhava**

*O Devi, who is worshipped by the dwellers of the Three Worlds,*

*Please grant boons to all the people.*

**Sākṣhāt Śhrī Ādi Śhakti Mātāji**

**Śhrī Nirmalā Devyai namo namaḥ**

### **The Fourteen Chakras**

'God has created fourteen levels within us. If you simply count them, then you know that there are seven Chakras within us. Besides these, there are two more Chakras, about which you do not talk much. They are the Chakra of Moon (Lalita) and Chakra of Sun (Shri). Then there is Haṁsa Chakra. Thus, there are three more. Seven plus three makes ten. Then there are four Chakras above the Sahasrara. And about these Chakras also, I have told you: Ardha-bindu, Bindu, Valaya and Pradakshina. These are the four. After coming to Sahaja Yoga and after your Sahasrara has opened, you have to pass through these four Chakras: Ardha-bindu, Bindu, Valaya and Pradakshina. After passing through these four Chakras only, can you say that you have become a Sahaja Yogi.'

*Sahasrara Puja, Mumbai, 05-05-83.*

## 19 Mantras for Sahasrāra

Given by Shri Mataji – Rahuri, 07-02-1979

‘Today I’m going to tell you what are the mantras of Sahastrara, which are very important. You start it from the back, put your right hand towards me, put your left at the back (of the head). In the centre here, or you can say that, where there’s a little jutting point, on that point. That is Mahāganesha.’

1. **Shri Mahāgaṇeśha** ..... *The Ruler of Back Agnya*
2. **Shri Mahābhairava** ..... *The Left Side Power*
3. **Shri Mahat Manasa** ..... *The Primordial Superego*
4. **Shri Mahat Ahamkāra** ..... *The Primordial Ego*
5. **Shri <sup>1</sup>Hiranya-garbha** ..... *The ‘Golden Egg’ - Right Side Power*
6. **Shri <sup>2</sup>Satya** ..... *‘Truth’ - Central Channel*
7. **Shri Mahat-Chitta** ..... *The Primordial Attention*
8. **Shri Ādi Śhakti** ..... *The Primordial Creative Energy*
9. **Shri Virāta** ..... *The Vast Cosmic Form*
10. **Shri Kalki** ..... *The Destroyer of Impurity*
11. **Shri Sadāśhiva** ..... *The Eternal Spirit*
12. **Shri <sup>3</sup>Ardha Matra** ..... *‘Crescent’ - 1<sup>st</sup> Centre above Sahasrāra*
13. **Shri Bindu** ..... *‘Dot’ - 2<sup>nd</sup> Centre above Sahasrāra*
14. **Shri Valaya** ..... *‘Circle’ - 3<sup>rd</sup> Centre above Sahasrāra*
15. **Shri Ādi Brahma Tattwa** ... *The Primordial Principle of*  
..... *the Formless God Almighty*
16. **Shri Sarvaswā** ..... *Everything is Her Self*
17. **Shri Sahasrāra Swamini** ... *The Ruler of Sahasrāra*
18. **Shri Mokṣha Dāyini** ..... *The Giver of Liberation*
19. **Shri Mahāyoga Dāyini** ..... *Granting the Highest Connection*

**Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

**<sup>1</sup> Mahā-Brahmadeva**

**<sup>2</sup> Satya - ‘Truth’ a quality of Nabhi -**

**<sup>3</sup> The semicircle, Ardha Bindu, stands for Adi Shakti in AUM**

## ☪ The 21 Names of Al-Mahdi ☪

*21 Names of Shri Mataji as the Saviour prophesied in Islam  
who ushers in the Age of Peace*

- Om Twameva sākshāt Śhrī... You are...*
- Al Imām al-Ghā'ib** ..... *The Hidden Imam; Absent to the Eye yet  
Present in the Heart*
- Al Imām al-Muntazar-  
wa'l-Qā'im** .. *The Awaited One; the Awakened Imam who  
guides seekers to the Source of Divine Truth*
- Al Imām al-Mu'ūd** ..... *The Promised Divine Guide*
- Sir al-Asrār** ..... *The Secret of Secrets, endowed with  
all the Secret Knowledge of God*
- Bagiāt-Allāh** ..... *The Divine Light placed within  
each human being by God 5*
- Al-Khālif wa'l-Khalaf-  
-As-Şāleḥ**... *The Embodiment of all the Imams, with the  
innate right and knowledge to represent them*
- Ḥujjat Allāh** ..... *The Proof of God that leads people to God*
- Mahdi al-Hādi** ..... *The Inspired and Chosen One who guides  
humanity to the Divine Truth*
- Imām an-Nātiq** ..... *Speaking the Truth and Revealing the Living  
Knowledge hidden in the Holy Scriptures*
- Imām az-Zamān** ..... *The Imam of this age; and therefore  
the only living Imam 10*
- Wāli wa Şāhib al-Amur** .. *The Master and Commander of Divine Authority*
- Qā'im al-Qiyām** ..... *The Awakened One who brings about the Time  
of Resurrection and collective spiritual ascent*
- Kamāl ad-Din wa-  
-Tamām-an-Nāma** .. *The Perfect Embodiment of all the Religions  
bestowing Her Blessings upon all who seek God*
- Um al-Khīra wa Kuthār** ... *The Mother who establishes Goodness,  
Benevolence and Compassion in all Her  
Multitudes of Children*

**Khātem al-Awsiya wa'l-**

**-Wāreth at-Tamām** . . . *The Culmination of all the Imams, Religions, Knowledge and Science; the Founder of the Universal Pure Religion* 15

**Al Imām al-Ālim-al Mu'ād** *Master of the Science of Resurrection and of Returning to the Source*

**Imām Ākhir az-Zamān** . . . *Heralding the End of Time; who shall seal the Final Victory of Good over Evil*

**Imām al-Liqa' wa'l-**

**-Maḥbūb** . . . *Infinitely Loved and by whose Light the World shall be purged of Darkness*

**Imām al-Wilāda-**

**-Ar-Ruhāniyya** . . . . *The Absolute Sovereign of Spirituality and Rebirth*

**Miftāḥ wa Ārsh Molla** . . . . *The Remover of All Problems and Obstacles; who accompanies Her Children on their spiritual ascent to the steps of Allah's Throne* 20

**Ism al-Ā'tham-**

**-Makhsūs bil Īzz** . . . *The Greatest, Holiest and Most Venerable of Names: Shrī Mataji Nirmalā Devī, the Mahdi of our age, who shall fill the World with Divine Justice, end evil and fulfil the promise of Paradise on Earth*

### **Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

In **Shi'a** - the branch of Islam following **Hazrat Ali** and **Śhrī Mohammad's** family- there are twelve Imams –'Perfect Spiritual Teachers'. The second coming of the Twelfth Imam as the **Māhdi** –'Saviour', will herald the time of **Qiyama** –'Resurrection' and the Last Judgement. It is believed that this will coincide with the Second Coming of Christ who will assist the **Māhdi**.

**Shri Mataji** explained that the **Māhdi** is none other than '**Ma Ādi**', the Primordial Mother; the link between God and humanity.

These names were offered to Shrī Mataji at Her Genova house on Friday 25-06-10.

*See p.319 for the Arabic Pronunciation Guide.*

## ◉ 64 Adorations to Shri Ādi Śhakti ◉

### ***The invitation to Param-pujya Śhrī Mataji Nirmalā Devī:***

*Out of the Highest Realm of Divinity You have come on this Earth only because of Your Infinite Love, Compassion and Benevolence.*

*Your Powers, which created all the Universes, are insurmountable. Your Completeness is such that everything that exists, that has existed, shall exist and also that exists for ever is contained in Your Indescribable Being.*

*Despite that, O Supreme Mother, out of Your Immeasurable Love, You have assumed a form to give us guidance, protection and salvation.*

*In spite of being the Most Powerful, Most Complete, the One containing everything, O Beloved Mother, You have granted Your Children the opportunity of offering Puja at Your Lotus Feet, only for our own benefit.*

*On this auspicious occasion when, for the first time You have allowed us to worship Your most complete form, the Ādi Shakti, in the Americas, we most respectfully invite You to be with us and guide us in this task.*

***Humbly, Your Children from the Americas.***

- 1 Shri Ādi Shakti, You are the Principle that created the fourteen Bhuvanas –‘Worlds, Universes’; You are beyond our comprehension.
- 2 The Aum is Your Sound which resonates Your Three Powers throughout the Universe; A – Shri Mahākālī, U – Shri Mahāsaraswatī, M – Shri Mahālakshmi.
- 3 The Joy of Your Attention (Chit-vilas) is expressed in all Your Creation.
- 4 In the Play of the Divine, God Almighty acts by Your Powers.
- 5 The Breath and Desire of Shri Sadāśhiva are One with You.
- 6 The Param-chaitanya, which is Your Power, makes the stars and the heavens ring with joy for the delight of Shri Sadāśhiva.
- 7 Indeed, You are the Source of Cosmic Energy. This Power radiates from You as the finest ethers of Divine Love.
- 8 Beyond matter, beyond consciousness, the Grace of Shri Ādi Shakti is where Reality can be known.
- 9 You are the Ineffable, the Immeasurable. We call You Pneuma, Divine Breath, the Living Waters, yet You are so much more than this. Only the Deities have the Darshan of Your Greater Powers.

- 10 God Almighty in His Dance unifies with Your Complete Power as Shrī Ādi Shakti.
- 11 You are the Primordial Power of the Holy Spirit that mothered Shri Jesus.
- 12 You are the Creatrix, the Feminine Creative Energy that sustains the peace of God Almighty.
- 13 Through Your Mahālakshmi Power, we experience the timeless peace of the Fourth Dimension (Turiya).
- 14 Shrī Ādi Shakti, You enable God Almighty to do His Sacred Work. Verily, You are the Most Sublime Power in the Cosmos.
- 15 God Almighty takes charge in a way that is swift and surprising, if anyone acts against Shrī Ādi Shakti.
- 16 Shrī Ganesha, Your First Creation, resonates in the Carbon atom, the essence of life. May He re-awaken innocence and wisdom in the very cells of humankind.
- 17 You created the world of the Divine, and the world of the evolving. May our evolution merge with this Divine Play.
- 18 O Shrī Ādi Shakti, evolution is the force that gives rise to Your Divine Play in the lives of humanity.
- 19 The Ādi Kundalini formed the Primordial Chakras, and opened the doors to the unfolding of life.
- 20 It is You who created the Kundalini of our Mother Earth.
- 21 The simplest flower has its fraction of You, the grandest tree has its share as well.
- 22 All nature's creatures are Yours, from the beauty of Mother Earth's green sari to the majesty of the tiger and the lion.
- 23 The gravity of Mother Earth, and of all Your Heavenly Spheres, are controlled by Your Power Magnificent.
- 24 Your Power, the Param-chaitanya, adjusts nature and its elements, and its All-pervading Power opens us to Your Benevolence.
- 25 Shrī Ādi Shakti is the artistic Creator of the Mother Earth and those who respect the Mother Earth are loved by You.
- 26 Shrī Ādi Shakti, the land of the Vishuddhi is one aspect of Your Vast Creation. You raise the vibrations to transform the people of this land.
- 27 The native peoples of America worshipped Shrī Ādi Shakti as the Great Mother and respected the land as sacred. May this attitude return to all who live here and who enjoy the land's bounty.



- 28 The Mystery of living processes is Yours and Yours alone, and cannot be duplicated by any personality. Let humanity be aware of this.
- 29 O Rutambhara Pragnya, You are one of the Powers of Shrī Ādi Shakti, You are the Power of All Living Work.
- 30 You regulate and organise all life.
- 31 Shrī Ādi Shakti, You came as Surabhi, the Divine Wish-fulfilling Cow emerging from the Vishnu-loka at Gokul, where Shrī Kṛishna spent His Childhood.
- 32 Shrī Ādi Shakti, let the feminine qualities of the Sahaja Yoginis manifest through the beauty of meditation, surrender and self-esteem.
- 33 You give to women the regal gentleness of Shalinata to care for their families and to be the preservers of society.
- 34 Your quality of Sharada-Devī (Saraswati) gives authority over the truth, art, music and drama.
- 35 You also came as Sati-Devī, establishing a Royal Dharma to which we aspire.
- 36 O Vag-Devī, Goddess of Language, You give inspiration to the great poets and saints.
- 37 Shrī Ādi Shakti, to describe You is the work of poets and saints, yet words cannot even begin to express Your Magnificence.
- 38 You are Para-shakti, the Power beyond all powers.
- 39 Give us, O Shrī Ādi Shakti, greater humility so that we can gain some small glimpse of Your Glory.
- 40 Make us like the Sufis and the Gnostics adoring You at every moment.
- 41 Your Power of Mahālakshmi bridges over the Void to allow the Kundalini of the seekers to ascend.
- 42 Thank You, O Shrī Ādi Shakti, for the seeking which brought us to Sahaja Yoga. You now lift up humanity into the omega of the Last Judgment.
- 43 We pray that Shrī Ādi Shakti's Love continues to protect all the saints and seekers around the world.
- 44 Shrī Ādi Shakti, Your Work is greater than any. You created the Pīthas, the Chakras, nature and humanity, and its subtle workings. May the complexity of Your Work humble us down completely.
- 45 Your Love gives power to the Bandhan, which directs the vibrations.

- 46 Your Power of Kundalini brings freedom that is Divine. It is the only true freedom.
- 47 Flow through us freely. Help us give vibrations to all with Your Photograph of living vibrations.
- 48 Your Mahāmāyā Swarūpa allows us to be near You and it shields us from the Awesome Might that flows from You.
- 49 Shrī Ādi Shakti, please give us deeper powers of introspection, so that we become self-cleansing and self-aware.
- 50 You are the Mother who desired that human beings be mirrors for God Almighty.
- 51 You have crafted beautiful mirrors of the Spirit in the Sahaja Yogis to help redeem humanity.
- 52 Your Compassion protects us from the wrath of God Almighty.
- 53 Through Maya, humanity forgot the Principles of Life. Through Sahaja Yoga, humanity now remembers and absorbs the vibrations of Shrī Ādi Shakti.
- 54 May Your Evolutionary Force bring humanity to the inspired existence of the Golden Age.

*The following adorations were added by Shrī Mataji Herself:*

- 55 You have disentangled us from the clutches of false pride, jealousy, attachment, greed, false identification and violence.
- 56 You have incarnated on this Earth for the Last judgement.
- 57 You are the Source of cognitive science and the Torsion area.
- 58 Whatever human beings plan, You dismantle it to destroy their egos. With one subtle movement of Your finger, You destroy people like Hitler.
- 59 You give powerful advice with subtle humour.
- 60 You correct Sahaja Yogis, never by harsh words, but with loving, gentle affection.
- 61 You explain the subtle meaning of all the scriptures.
- 62 You expose falsehood in very direct ways.
- 63 You do not know any fear and You give complete security to all Sahaja Yogis.
- 64 You respect Your children and love them to make them perfect models for the rest of humanity. You have given Sahaja Yogis sinless fun and a life of complete joy.

**Sākshāt Shri Ādi Śhakti Mataji Shri Nirmalā Devyai namo namaḥ**



## ◉ Shri Mataji's Declaration ◉

'But today is the day, I declare that I am the One  
who has to save the humanity.  
I declare I am the One who is Ādi Shakti,  
who is the Mother of all the Mothers,  
who is the Primordial Mother,  
the Shakti, the Desire of God,  
who has incarnated on this Earth to give  
its meaning to itself, to this creation, to human beings,  
and I'm sure through My love and patience and My powers,  
I am going to achieve it.'

'I was the One who was born again and again,  
but now in My Complete Form and Complete Powers,  
I have come on this Earth,  
not only for salvation of human beings,  
not only for their emancipation,  
but for granting them the Kingdom of Heaven,  
the Joy, the Bliss,  
that your Father wants to bestow upon you.'

***Guru Puja, Dollis Hill, London, 02-12-79***



## ॐ 108 Thank You's to Shri Mātājī ॐ

*After each Thank You we can say: **Thank You, Śhrī Mataji, again and again.***

1. Thank You for descending from Your heavenly abode, Mātā Dwīpa, to bring light into the darkness of Kali-yuga.  
*Thank You, Shri Mātājī, again and again.*
2. Thank You for giving Sahaja Yoga to a confused and self-destructive humanity.
3. Thank You for revealing to us the meaning of creation and evolution.
4. Thank You for revealing to us the actual existence of God.
5. Thank You for giving Divine meaning to human existence.
6. Thank You for revealing to us within the human body the reflection of the Vishwa-rūpa –‘universal form’.
7. Thank You for revealing to us the primordial principles of creation.
8. Thank You for revealing to us the reality of human nature.
9. Thank You for revealing to us the meaning of True Religion.
10. Thank You for teaching us the Divine Knowledge of Sahaja Yoga.
11. Thank You for fulfilling the promise of Lord Jesus Christ.
12. Thank You for lifting the veil of illusion for us.
13. Thank you for revealing to us the true meaning of good and evil.
14. Thank you for awakening Mother Kundalini in us.
15. Thank you for opening the dimension of collective consciousness to us.
16. Thank you for giving us Self-realisation.
17. Thank You for establishing vibratory awareness on our central nervous system.
18. Thank You for nourishing us with the all-pervading power of God Almighty.
19. Thank You for revealing to us the meaning of the Last Judgement.
20. Thank You for resurrecting the Tree of Life from its slumber of joyful anticipation.
21. Thank You for crowning the work of all Avatars, incarnations and prophets.
22. Thank You for fulfilling the dreams of all saints and seekers.

23. Thank You for giving true meaning to the work of all those who have sacrificed their lives for the emancipation of mankind.
24. Thank You for re-establishing hope, belief and confidence in our hearts.
25. Thank You for lifting human self-determination beyond the concept of race, caste system and religion.
26. Thank You for giving Divine meaning to the idea of freedom, equality and brotherhood.
27. Thank You for uniting mankind at the feet of one God, one experience and one truth.
28. Thank You for inviting mankind into the realms of the absolute.
29. Thank You for liberating us from the illusion of a dualistic world.
30. Thank You for liberating us from ignorance, confusion and solitude.
31. Thank You for exposing the demonic forces of the materialistic world.
32. Thank You for exposing the inefficiency of linear thinking.
33. Thank You for exposing the cruelty and danger of patriarchal politics.
34. Thank You for destroying enslaving personal and social patterns and conditionings.
35. Thank You for liberating humanity from the suffocating chains of the Catholic Church.
36. Thank You for liberating humanity from the abuse of religious authority by Islamic governments.
37. Thank You for revealing to us the falsehood of fake gurus and all religious institutions.
38. Thank You for liberating humanity from blind faith and superficial religious conditionings.
39. Thank You for exposing the limitations and shortcomings of a scientific approach to reality.
40. Thank You for exposing the illusions of the Western value system.
41. Thank You for introducing us to a relationship to the Divine.
42. Thank You for finding us worthy.
43. Thank You for letting us participate in the salvation of mankind.
44. Thank You for giving us the joy of introducing a yearning seeker to Your redeeming Motherly Love.
45. Thank You for inviting all of us to the court of the Goddess.

46. Thank You for establishing the Kingdom of God on Earth.
47. Thank You for accepting our offerings and prayers.
48. Thank You for showering Your blessings endlessly upon us.
49. Thank You for opening the gateway to Heaven within us.
50. Thank You for bestowing the gift of Yoga upon us.
51. Thank You for making us.
52. Thank You for baptising us.
53. Thank You for healing us.
54. Thank You for purifying us.
55. Thank You for cleansing us.
56. Thank You for transforming us.
57. Thank You for enlightening us.
58. Thank You for nourishing us.
59. Thank You for elating us.
60. Thank You for being with us.
61. Thank You for loving us.
62. Thank You for forgiving us.
63. Thank You for helping us.
64. Thank You for protecting us.
65. Thank You for encouraging us.
66. Thank You for guiding us.
67. Thank You for comforting us.
68. Thank You for counselling us.
69. Thank You for correcting us.
70. Thank You for never abandoning us.
71. Thank You for saving us.
72. Thank You for gathering us.
73. Thank You for teaching us.
74. Thank You for opening our hearts.
75. Thank You for caring for us.
76. Thank You for accommodating us.
77. Thank You for trusting us.
78. Thank You for counting on us.

79. Thank You for waiting for us.
80. Thank You for taking us into Your Divine Body.
81. Thank You for giving us collectivity.
82. Thank You for giving us friendship.
83. Thank You for giving us families.
84. Thank You for giving us positions in life.
85. Thank You for giving us wealth.
86. Thank You for giving us spiritual authority.
87. Thank You for giving us self-esteem.
88. Thank You for giving us discrimination.
89. Thank You for giving us wisdom.
90. Thank You for giving us success.
91. Thank You for giving us meditation.
92. Thank You for giving us inner peace.
93. Thank You for giving us inner joy.
94. Thank You for giving us enlightened attention.
95. Thank You for giving us detachment.
96. Thank You for equipping us with Divine Weapons.
97. Thank You for submitting us to the benevolent  
attention of the Deities and all Celestial Beings.
98. Thank You for giving us concern for others.
99. Thank You for giving us the power to help others.
100. Thank You for giving us the satisfaction of  
spreading Vishwa Nirmalā Dharma.
101. Thank You for Your continuous attention.
102. Thank You for being the mirror.
103. Thank You for being ever-present.
104. Thank You for being gentle.
105. Thank You for being wonderful.
106. Thank You for being in our hearts.
107. Thank You for being our Guru.
108. Thank You for being our Mother.

**Sākshāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*The 108 Thank You's were offered to Shri Mataji at Sahasrara Puja, Cabella, 05-05-96.*

## ◉ From 'Saundarya Lahari' ◉

*The Saundarya Lahari is a poem of 103 verses in praise of  
the Divine Mother by Shrī Ādi Shankaracharya*

**Japo jalpaḥ śhīlpam sakalam'āpi mudrā-virachanā  
Gatiḥ prādakṣhinya-kramanam aśhan'ādy'āhuti-vidhiḥ  
Pranāmaḥ samveśhaḥ sukham-akhilam-atm'ārpana-dṛiśhā  
Saparyā-paryāyas-tava bhavatu yanme vilasitam**

*Through the sight of self-surrender,  
Let my prattle become recitation of Your Name;  
The movement of my limbs, gestures of Your Worship;  
My walk, perambulation around You;  
My food, sacrificial offering to You;  
My lying down, prostration to You.  
Whatever I do for my pleasure,  
Let it become transformed into an Act of Worship to You.*

v.27

**Manas-twam vyomas-twam marud-asi marut-sārathir-asi  
Twam-āpas-twam bhūmis-twayi pari-ṇatāyām na hi param  
Twameva sw'ātmānam pari-ṇamayitum viśhwa-vapuṣhā  
Chid'ānand'ākāram Śhiva-yuvati bhāvena bibhṛiṣhe**

*You are the Mind, You are Ether, You are Air,  
You are the Fire and the Water and the Earth.  
You manifest Yourself as the Universe,  
There exists nothing other than You.  
You, who are Consciousness and Bliss,  
Transform Yourself into the Form of the Universe,  
By becoming the Young Bride of Shiva.*

v.35



## ॐ Twameva Mātā (Prayer for Forgiveness) ॐ

**Twameva mātā cha pitā Twameva**

*You are my Mother and You are my Father,*

**Twameva bandhuśh-cha sakhā Twameva**

*You are my relation and my friend,*

**Twameva vidyā dravinam Twameva**

*You are knowledge, You are sustenance,*

**Twameva sarvam, mama Deva Deva**

*You are everything, O my God, my God!*

**Aparādha sahasrāni kriyante aharniśham mayā**

*I commit a thousand sins from day to night.*

**Daso'yam iti mām matwā, kṣhamaswa Param'eśhwarī**

*Please accept me as Your servant. O Mother, forgive me!*

**Kṣhamaswa Param'eśhwarī, kṣhamaswa Param'eśhwarī**

*O Mother, forgive me. O Mother forgive me!*

**Āwāhanam na jānāmi, na jānāmi tav'ārchanam**

*I do not know how to invoke You, I do not know how to welcome You.*

**Pūjam ch'aiwa na jānāmi, kṣhamya-tām Param'eśhwarī**

*I do not know how to worship You. Forgive me, O Supreme Goddess!*

**Kṣhamya-tām Param'eśhwarī, kṣhamya-tām Param'eśhwarī**

*Forgive me, O Supreme Goddess. Forgive me, O Supreme One!*

**Mantra-hīnam kriya-hīnam bhakti-hīnam Sur'eśhwarī**

*I have no mantras, I have done nothing,*

*I have no devotion, O greatest of Goddesses*

**Yat pūjitam mayādevī pari-pūrnām tadastu me**

*and yet whatever my prayers have been to You,*

*please fulfil them, Mother, through Your grace.*

**Gatam pāpam gatam dukham gatam dāridryam eva cha**

*Sin, misery and also poverty are no more,*

**Āgatam Param-chaitanyam puny'oham tava darśhanāt**

*and I am supremely blessed to behold your Divine Form.*

This may be sung at the end of Puja, while pulling our ears, to ask for forgiveness for any mistakes.

## Aar.ti - Sab.ko dua dena

<b>Sab.ko duā denā, Mā</b>	<i>Give Your blessings to all, O Mother,</i>
<b>Sab.ko duā denā</b>	<i>Give Your blessings to all, <b>Chorus</b></i>
<b>Jay. Nirmalā Mātājī</b> (x2)	<i>Victory to Our Immaculate Holy Mother,</i>
<b>Dil.mē sadā reh.na, Mā</b>	<i>Always dwell in our hearts, O Mother,</i>
<b>Sab.ko duā denā</b>	<i>Give Your blessings to all.</i>
<b>Jag.mē sankat. kāran.</b>	<i>Whenever the world was in danger,</i>
<b>Kit.ne liye avatār., Mā,</b>	<i>Mother, You have always incarnated,</i>
<b>Kit.ne liye avatār.</b>	<i>On this earth in different forms.</i>
<b>Viśhwa me Terī mahimā</b> (x2)	<i>Your Greatness fills the Universe, You are</i>
<b>Tū Gangā Yamunā, Mā, sab.ko duā denā</b>	<i>The sacred Ganga and Yamuna.</i>
<b>Jo bhī sharan. mē āyā</b>	<i>Whoever surrenders himself to You,</i>
<b>Sukh. hī milā us.ko, Mā</b>	<i>Gets complete satisfaction, O Mother,</i>
<b>Sukh. hī milā us.ko</b>	<i>Gets complete satisfaction.</i>
<b>Bhaith. ke dil.me O Mā</b> (x2)	<i>Once You have entered our hearts,</i>
<b>Laut. ke nā jānā, Mā, sab.ko duā denā</b>	<i>Do not go away, O Mother.</i>
<b>Mānav. mē avatar ke</b>	<i>By incarnating in human form,</i>
<b>Kar. diyā ujiyārā, Mā</b>	<i>You have enlightened our lives, O Mother,</i>
<b>Kar. diyā ujiyārā</b>	<i>You have enlightened our lives.</i>
<b>Kali yug. mē māyā hai</b> (x2)	<i>In spite of the illusions of Kali Yuga,</i>
<b>Fir. bhī peh.chānā, Mā, sab.ko duā denā</b>	<i>We have recognized You.</i>
<b>Sant. jano kī dhartī</b>	<i>The Land of all the Saints,</i>
<b>Hai Bhārat. Mātā, Mā</b>	<i>Is Mother India, O Mother,</i>
<b>Hai Bhārat. Mātā</b>	<i>Is Mother India.</i>
<b>Is. dhar.tī par. ākar.*</b> (x2)	<i>As You have incarnated in this land, please</i>
<b>Dukh. se dūr. karanā, Mā, sab.ko duā denā</b>	<i>Take away our sorrows.</i>
<b>Jab. dil. mē āye tab.</b>	<i>Whenever we so wish,</i>
<b>Madhu sangīt. sun.lo, Mā</b>	<i>We can listen to the sweet music inside,</i>
<b>Madhu sangīt. sun.lo</b>	<i>O Mother, to the sweet music inside.</i>
<b>Hoya sake jo sewā</b> (x2)	<i>Whatever service You wish us to do,</i>
<b>Ham.se karā lenā, Mā, sab.ko duā denā</b>	<i>Kindly ask us to do it, Mother.</i>

\* originally written *āke* but now mostly sung *ākar..* ě- is a nasalized e





◉ **The Left Side (Idā Nādī)** ◉



**Jayantī Maṅgalā Kālī Bhadrakālī Kapālinī**

*Hail to the Auspicious Goddess Mahakali Bhadrakali who wears a garland of skulls!*

## ☪ The 108 Names of Shri Mahākālī ☪

‘Mahakali likes that Her children should worship Her, that on that level She can be one with them. She can give them Her compassion, love and protection from all the evil.’ *Navaratri Puja, Cabella, 17-10-99*

<i>Om Twameva sākshāt Śhrī...</i>	<i>You are...</i>	
<b>Mahākālī</b> .....	<i>The Great Black Goddess, the Seed Energy of God’s desire</i>	
<b>Kāma-dhenu</b> .....	<i>The Divine Wish-fulfilling Cow</i>	
<b>Kāma-swarūpā</b> .....	<i>In the Form of Love and Desire</i>	
<b>Varadā</b> .....	<i>The Bestower of Boons</i>	
<b>Jagad-ānanda kārinī</b> ...	<i>The Cause of the Total Bliss of the Universe</i>	5
<b>Jagat-jīva mayī</b> .....	<i>The Life-force of the Universe</i>	
<b>Vajra-kaṅkāli</b> .....	<i>Having a Mighty Skull like a Thunderbolt</i>	
<b>Śhāntā</b> .....	<i>Peaceful</i>	
<b>Sudhā-sindhu nivāsini</b>	<i>Dwelling in the Cosmic Ocean of Nectar</i>	
<b>Nidrā</b> .....	<i>Sleep</i>	10
<b>Tāmasī</b> .....	<i>The Dark Night, creating and ruling Tamo Guna</i>	
<b>Nandinī</b> .....	<i>Pleasing everyone</i>	
<b>Sarv'ānanda swarūpinī</b> .	<i>The Embodiment of Universal Joy</i>	
<b>Param'ānanda rūpā</b> ...	<i>The Highest Form of Divine Bliss</i>	
<b>Stutyā</b> .....	<i>The One to be adored and worshipped</i>	15
<b>Padm'ālayā</b> .....	<i>Residing in the Purest Lotus</i>	
<b>Sadā-pūjyā</b> .....	<i>The Sacred Immutable Object of Adoration</i>	
<b>Sarva-priyaṅ-karī</b> .....	<i>Universal wish-fulfilling Divine Energy</i>	
<b>Sarva-maṅgalā</b> .....	<i>All Auspiciousness</i>	
<b>Pūrnā</b> .....	<i>Perfect, Complete</i>	20
<b>Vilāsini</b> .....	<i>The Charming and Playful Goddess whose sport is the Universe</i>	
<b>Amoghā</b> .....	<i>The Infallible Mother whose darshan seldom goes unrewarded</i>	
<b>Bhogawati</b> .....	<i>The Enjoyer of the Universe</i>	
<b>Sukhadā</b> .....	<i>The Bestower of Perfect Happiness</i>	
<b>Niṣhkāmā</b> .....	<i>Desireless</i>	25

* <b>Madhu-kaitabha hantrī</b>	<i>The Killer of Madhu and Kaitabha</i>	
* <b>Mahiṣh'āsura ghātini</b>	<i>... The Slayer of Mahishasura</i>	
* <b>Raktabīja vināśhini</b>	<i>.... The Annihilator of Raktabīja</i>	
* <b>Narak'āntakā</b>	<i>..... The Destroyer of Narakasura</i>	
<b>Ugra-chand'eśhwarī</b>	<i>... The Goddess of fire, hailstorm and fury</i>	30
<b>Krodhini</b>	<i>..... Cosmic wrath</i>	
<b>Ugra-prabhā</b>	<i>..... Radiant with fury</i>	
<b>Chāmuṇḍā</b>	<i>..... The Killer of Chanda and Munda</i>	
<b>Khadga-pālinī</b>	<i>..... The One who rules by the sword</i>	
<b>Bhāswar'āsuri</b>	<i>..... Whose Fierce Radiance destroys demonic forces</i>	35
* <b>Śhatru-mardini</b>	<i>..... The Destroyer of Enemies</i>	
<b>Raṇa-panḍitā</b>	<i>..... The Master of the Art of War</i>	
<b>Rakta-dantikā</b>	<i>..... Whose Sparkling Teeth are Red with Blood</i>	
<b>Rakta-priyā</b>	<i>..... Fond of the Blood of Demons</i>	
<b>Kapālinī</b>	<i>..... Holding a Skull in Her Hand</i>	40
<b>Kuru-kula-virodhi</b>	<i>... Confronting demonic hosts and all the evils of the world</i>	
<b>Kṛiṣhṇa-dehā</b>	<i>..... Dark-bodied</i>	
<b>Nara-mundalī</b>	<i>..... Wearing a Garland of Human Skulls</i>	
<b>Galat-rudhira-bhūṣhanā</b>	<i>Adorned with Drops of Blood</i>	
<b>Preta-nṛitya-parāyaṇā</b>	<i>The Ultimate Object of the Dance of dead souls</i>	45
<b>Lolā-jihvā</b>	<i>..... Whose dangling tongue has a thirst for the blood of demons</i>	
<b>Kuṇḍalini</b>	<i>..... The Coiled Energy of Pure Desire that sleeps in the Water-pot</i>	
<b>Nāga-kanyā</b>	<i>..... The Virgin Serpent</i>	
<b>Pati-vratā</b>	<i>..... A Faithful and Devoted Wife</i>	
<b>Śhiva-saṅgini</b>	<i>..... The Eternal Companion of Shri Shiva</i>	50
<b>Visaṅgī</b>	<i>..... Without any Companion</i>	
<b>Bhūta-pati priyā</b>	<i>..... Loved by the Lord of all beings, Shri Shiva</i>	
<b>Preta-bhūmi kṛitālayā</b>	<i>Dwelling in the land of bhoots and ghosts</i>	
* <b>Daityendra māthini</b>	<i>.... The Slayer of the demon chiefs</i>	
<b>Chandra-swarūpinī</b>	<i>.... Of the Form and Cooling Radiance of the Moon</i>	55

\* said without Shri

<b>Prasanna-padma-vadanā</b>	<i>Having a Bright Lotus-like Face</i>	
<b>Smera-vaktrā</b>	<i>The Divine Mother with a Smiling Countenance</i>	
<b>Sulochanā</b>	<i>With Beautiful Eyes</i>	
<b>Sudantī</b>	<i>Having Marvelous Glittering Teeth</i>	
<b>Sindur'āruna-mastakā</b>	<i>Decorated with Red Sindur on the Forehead</i>	60
<b>Sukeśhī</b>	<i>With Magnificent Long, Dark Hair</i>	
<b>Smita-hāsyā</b>	<i>Eternally Smiling to Your Devotees</i>	
<b>Mahat-kuchā</b>	<i>Whose Magnificent Breasts give</i>	
	<i>nourishment to the Whole Universe</i>	
<b>Priya-bhāśhinī</b>	<i>Gifted with Loving Eloquence</i>	
<b>Subhāśhinī</b>	<i>Of Soft and Melodious Speech</i>	65
<b>Mukta keśhī</b>	<i>Whose Loose and Flowing Hair grants Liberation</i>	
<b>Chandra-koti-</b>		
<b>-sama-prabhā</b>	<i>Shining with the Lustre of ten million Moons</i>	
<b>Agādha-rūpinī</b>	<i>Of Unfathomable and Immeasurable Form</i>	
<b>Manoharā</b>	<i>Magnetic and Charming, winning every heart</i>	
<b>Manoramā</b>	<i>Whose Divine Grace and Charm please all</i>	70
<b>Vaśhyā</b>	<i>The Celestial Charmer in the form</i>	
	<i>of an Obedient Wife</i>	
<b>Sarva-saundarya nilayā</b>	<i>The Home of All Beauty</i>	
<b>Raktā</b>	<i>Beautiful and Beloved; Red is Your Colour</i>	
<b>Swayāmbhū-</b>		
<b>-kusuma-prānā</b>	<i>The Life Force of the Universe</i>	
<b>Swayāmbhū-</b>		
<b>-kusum'onmādā</b>	<i>Intoxicated with the 'Self-created flowers',</i>	
	<i>the Chakras</i>	75
<b>Śhukra-pūjyā</b>	<i>Worshipped as the Whiteness of Purity</i>	
<b>Śhukra-sthā</b>	<i>Surrounded by a halo of Purity and Whiteness</i>	
<b>Śhukr'ātmikā</b>	<i>The Soul of Purity and Sacredness</i>	
<b>Śhukra-nindaka-nāśhinī</b>	<i>Committed to destroying the Foes of Holiness</i>	
<b>* Niśhumbha-śhumbha-</b>		
<b>-samhantrī</b>	<i>The Slayer of Shumbha and Nishumbha</i>	80

\* said without Shri

**Vahni-maṇḍala-**

<b>·madhya-sthā</b>	Residing in the 'Orb of Fire', the Earth Realm comprising the lower three Chakras	
<b>Vīra-jananī</b>	The Mother of the Brave	
<b>Tripura-mālinī</b>	Garlanded with the heads of the Tripura demons	
<b>Karālī</b>	The Wide-gaping Consuming Power of Shri Agni	
<b>Pāśhinī</b>	The Controller of Worldly Snares	85
<b>Ghora-rūpā</b>	Having a Terrifying Form	
<b>Ghora-daṁṣhṭrā</b>	With Fierce Jaws	
<b>Chandī</b>	Fired up to destroy evil attacking Your Devotees	
<b>Sumati</b>	The Mother of the Purest Wisdom	
<b>Punya-dā</b>	Showering Virtues and Holiness	90
<b>Tapaswinī</b>	Ascetic	
<b>Kṣhamā</b>	Forgiveness	
<b>Taraṅginī</b>	Bubbling with Life and Energy	
<b>Śhuddhā</b>	Chaste Purity	
<b>Sarv'eśhwarī</b>	The Mistress of the Cosmos	95
<b>Gariṣhṭhā</b>	Overflowing with Joy	
<b>Jaya-śhālinī</b>	The Victorious Queen	
<b>Chinta-mani</b>	The Wish-fulfilling Gem	
<b>Advaita bhoginī</b>	Delighted when devotees become One with You	
<b>Yog'eśhwarī</b>	The Goddess of Yoga	100
<b>Bhoga-dhārinī</b>	Sustaining the Enjoyment of Life	
<b>Bhakta-bhāvitā</b>	Fulfilled by the Pure Love of Your Devotees	
<b>Sādhak'ānanda-santoṣhā</b>	Fulfilled by the Joy of Your Devotees	
<b>Bhakta-vatsalā</b>	Loving Her Devotees as Her Children	
<b>Bhakt'ānanda mayī</b>	The Source of Eternal Joy for Your Devotees	105
<b>Bhakta-śhaṅkarī</b>	Giving All Blessings to Your Devotees	
<b>Bhakti-samyuktā</b>	To Whom one gets connected through Devotion	
<b>Niṣkalaṅkā</b>	Pure, being beyond the mind, emotions and ego	

**Sākṣhāt Śhrī Ādi Śhakti Mātājī  
Śhrī Nirmalā Devyai namo namaḥ**



## ☪ The 21 Names of Shri Bhairava ☪

**Om Twameva sākshāt Śhrī Bhairava sākshāt  
Śhrī ĀdiŚhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*O Divine Mother, You are the Formidable Aspect of Shri Shiva  
who instills terror in wrong-doers and removes fear from the hearts of devotees*

<i>Om Twameva sākshāt Śhrī...</i>	<i>You are...</i>	
<b>Mahā-bhairava</b> .....	<i>The Great All-powerful Bhairava</i>	
<b>Batuka Bhairava</b> .....	<i>Ever Young, appearing as a Young Boy</i>	
<b>Siddha Bhairava</b> .....	<i>The Seer, Perfect and Powerful</i>	
<b>Kaṅkāla Bhairava</b> .....	<i>Bearing the skull of Brahmā</i>	
<b>Kāla Bhairava</b> .....	<i>The Dark-hued Lord of Death and Time</i>	5
<b>Kālāgni Bhairava</b> .....	<i>The Fire of Destruction</i>	
<b>Yoga Bhairava</b> .....	<i>Lord of the Divine Union</i>	
<b>Śhakti Bhairava</b> .....	<i>The Almighty Lord endowed with Great Power</i>	
<b>Ānanda Bhairava</b> .....	<i>The Lord of Divine Bliss</i>	
<b>Mārtanda Bhairava</b> .....	<i>Bright like the Sun</i>	10
<b>Gaura Bhairava</b> .....	<i>The Lord of Absolute Purity</i>	
<b>Bāla Bhairava</b> .....	<i>The Mighty Lord who appears as a Child</i>	
<b>Batu Bhairava</b> .....	<i>The Celibate Youth</i>	
<b>Śhmaśhana Bhairava</b> .....	<i>The Lord of Cremation Grounds and Cemeteries</i>	
<b>Purā Bhairava</b> .....	<i>The Ancient Lord</i>	15
<b>Taruna Bhairava</b> .....	<i>The Lord of Ever-youthful Vigour</i>	
<b>Param'ānanda Bhairava</b> ..	<i>The Supreme Bliss</i>	
<b>Sur'ānanda Bhairava</b> .....	<i>The Lord who pleases the Gods</i>	
<b>Gñyān'ānanda Bhairava</b> ..	<i>The Bliss of Divine Knowledge</i>	
<b>Uttam'ānanda Bhairava</b> ..	<i>The Supreme Ecstasy</i>	20
<b>Amṛut'ānanda Bhairava</b> ..	<i>The Nectar of Divine Bliss</i>	

**Sākshāt Śhrī Ādi Śhakti Mātājī  
Śhrī Nirmalā Devyai namo namaḥ**

## Shri Bhairava



Shrī Bhairava - Kathmandu

‘In Nepal we have a very huge, big **Bhairava-nāth**\* statue which is really a **Swayambhu** and people are more left-sided, so they are afraid of **Bhairava-nāth**. So if somebody has a bad habit, say, of stealing, they take him in front of **Bhairava-nāth** and make a flame... and they ask them: ‘Now, say before **Bhairava-nāth**, confess it.’ And they confess what wrong they have done.’

*Shri Bhairava-nāth Puja, Italy, 06-08-89*

\*In India the term of respect ‘**nāth** –‘lord, master’ is almost always added to **Śhrī Brairava’s** name.

**Śhrī Bhairava**–‘Roaring fearfully’ is a terrifying aspect of **Śhrī Śhiva**, who guards the Subconscious and presides over the Left Channel. He carries out the Cosmic Dissolution at the End of Time. In the Christian tradition, He is the Archangel Michael and St. George, both slayers of dragons.

In the **Śhiva Purāna**, **Śhrī Bhairava** emerged as a manifestation of **Lord Śhiva’s** anger at **Śhrī Brahmā** for lying about finding the end of **Śhiva’s** pillar of fire in order to prove himself superior to **Śhrī Vishnu**. **Bhairava-nāth** cut off one of **Lord Brahmā’s** five heads, symbolizing the removal of Ego; but, for this act of killing a Brahmin, **Bhairava** had to do penance by wandering the planet visiting all the holy places using **Brahmā’s** skull as a begging bowl.



‘Saint Michael binding the dragon’ by William Blake

## The Incarnations of Shri Bhairava

**Śhrī Mārkaṇḍeya** - lived 14,000 years ago  
**Śhrī Mahāvīra** (599-527 BCE),  
**Shri Kabīr** (poet-saint, c.1400-1470 CE),  
**William Blake** (artist-poet, 1757-1827 CE).

**Śhrī Mahāvira** –‘Great Warrior’, Lord of the superego lived in Bihar, northern India. He was the twenty-fourth and last **Tīrthaṅkara** -‘liberated one’ of the Jain religion. Like Shri Buddha He gave up a kingdom and achieved enlightenment after years of austerities and meditation; experiencing many tortures before attaining enlightenment.



Shrī Bhairava - Nepal

see: *Bhairavnath Puja, 06-08-89; Mahāvira Puja, 28-03-91*



**Sant Kabīr**–‘Great saint’. Weaver, poet, Bhakti saint. Like **Guru Nanak**, **Shirdi Sai Baba** and **Ramana Maharshi**, **Sant Kabir** advocated a **Sahaja** –‘simple, natural’ path. His songs express an intense pure desire for union with God and are still popular today.

Poet, painter,  
printer and  
prophet **William**

**Blake** (b.28-11-1757) lived in London during the period of ‘the Enlightenment’. In his books 'Milton' and 'Jerusalem' he foretold Shri Mataji’s incarnation and the establishment of Divine Humanity through the power of the Divine Feminine. He railed against the Church for making people feel guilty for natural desires. See: *Hammersmith Town Hall, London, 28-11-85*



Willaim Blake  
Self-portrait

## ☪ The Bija Mantras of Shri Mahā-ganesha ☪

Om  
Om swāhā  
Om śhrīm swāhā  
Om śhrīm hrīm swāhā  
Om śhrīm hrīm klīm swāhā  
Om śhrīm hrīm klīm glaum swāhā  
Om śhrīm hrīm klīm glaum gam swāhā

Om śhrīm hrīm klīm glaum gam Gaṇapataye  
vara varada sarva-janam me vaśham-ānaya swāhā

*Om Shrim, Hrim, Klim, Glaum, Gam, to Shri Ganesha*

*Most excellent giver of boons, bring all people into my control, well spoken!*

**Anaya ityantaḥ swāhā**

*Thus ends misfortune.*

*The following mantra of the Goddess also works powerfully on Agnya Chakra:*

**Aīm Hrīm Klīm Chāmuṇḍāyai vicche namaḥ\***

*Victory to the Goddess who destroys demonic tendencies!*

**Sākshāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

\*Shri Mataji gave this mantra with **namaḥ** at the end. *Book of Adi Śhakti, ch.7.etc.*

**Bīja-**‘seed’ **mantras-** are sounds which have power but only mystical meanings.

**Swāhā-**‘Speak well!’- is the consuming power of the sacred fire.

**Śhrīm-** is the **Bīja** of the Goddess in the **Heart** and **Sahasrāra**.

*(Shri Mataji’s name starts with it!)*

**Aīm-** ‘Ayeem’ is the **Sṛishti** -‘Creation’ **Bija (Aindrī/Mahāsaraswati)** activating  
the Pure Desire in the **Mūlādhār** -Sacrum

**Hrīm-** the **Sthiti** -‘Sustenance’ **Mahālakshmi Bija** - the ascent of the **Kundalini**  
up the Sushumna Nadi, and the Union of **Shiva** and **Śhakti** in the **Sahasrāra**.

**Klīm-** the **Samhara** -‘Dissolution’ **Mahākālī Bija-** as **Ānanda** -‘Bliss’ in the **Sahasrāra**.

**Glaum-** takes the attention down to Mother Earth and **Mūlādhāra Chakra**

**Gam-** the **Ganesha Bija**, raising the **Kundalini** and conferring Bliss in the **Sahasrāra**.

**Chāmuṇḍā-** the aspect of **Shri Durgā** who destroys the demons **Chāṇḍa**-‘anger’  
and **Muṇḍa**-‘bald head’ signifying the removal of Ego.

**Namaḥ** -‘Salutations’ is also **na** -‘not’, **maḥ** -‘I’, an ego-negating mantra.

*Corrected from original SYMB according to available sources*

## ◉ The 21 Names of Shri Mahāvīra ◉

*Shri Mahavira is the 24<sup>th</sup> and final Tirthankara-‘prophet’ of the Jain religion.*

*Each Tirthankara is protected by an aspect of Shri Durga.*

**Om Twameva sākshāt Śhrī .....** You are.....

**Vardhamāna** . . . . . *Leading us to  
progress and evolve*

**Mahāvīra** . . . . . *The Great Hero*

**Gñyata-nandana** *Born into an  
Illustrious Family*

**Nirgrantha** . . . . . *Free of all ties  
and possessions*

**Śhramaṇa** . . . . . *Ascetic*

**Jayā** . . . . . *‘Victorious’- Goddess of  
the 17<sup>th</sup> Tirthankara*

**Tārāvātī** . . . . . *‘Granting Salvation’ - Goddess of the 18<sup>th</sup> Tirthankara*

**Bahu-rūpinī** . . . . . *‘Having many forms’ – Goddess of the 20<sup>th</sup> Tirthankara*

**Chāmuṇḍā** . . . . . *‘The Destroyer of Demons’ – Protecting the 21<sup>st</sup> Tirthankara*

**Aparājītā** . . . . . *‘Unsurpassed’ –Protectress of the 19<sup>th</sup> Tirthankara*      10

**Padmāvātī** . . . . . *‘Lotus-like’ – Goddess protecting the 23<sup>rd</sup> Tirthankara*

**Ambā** . . . . . *‘Mother’ – Protectress of 22<sup>nd</sup> Tirthankara.*

**Sidhhāyikā** . . . . . *‘Achieving liberation’ – Protectress of Shri Mahāvīra,  
the 24<sup>th</sup> Tirthankara*

**Bhairava** . . . . . *The Lord of the Subconscious*

**Vimal'eśhwara** . . . *‘Lord of Purity’; Yaksha deity of the Siddha-chakra*      15

**Mani-bhadra** . . . *Chief of Yakshas, an aspect of Shri Shiva.*

**Brahma-śhānti** . . . *‘Supreme Peace’ –Goddess of 10<sup>th</sup> Tirthankara*

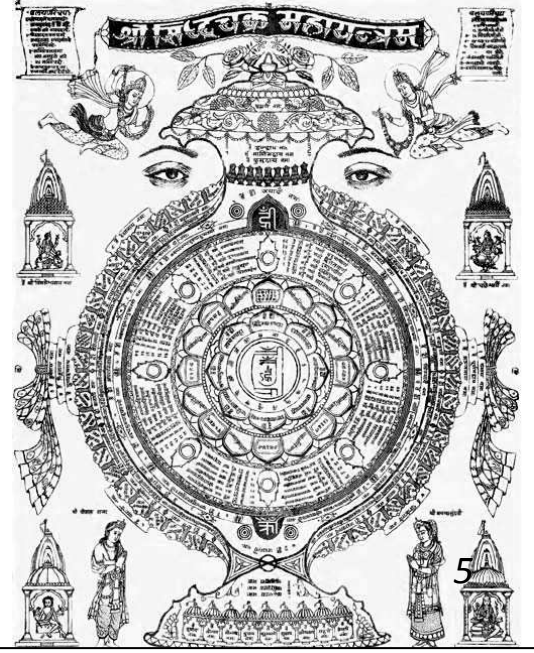
**Kṣhetra-pāla** . . . *‘Protector of Sacred Places’; Yaksha Deity of Siddha-chakra*

**Dharm'endra** . . . *‘The Foremost of the Righteous’- Yaksha Husband of  
Padmavati protecting the 23<sup>rd</sup> Tirthankara*

**Anaṅga-ruddha** *‘Sky-clad’, who rendered the God of Love ineffectual*      20

**Sarvaḥ** . . . . . *The Whole; Īshwara, beyond the Three Gunas*

**Sākshāt Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namaḥ**



Siddha-chakra Yantra of the Jains

## Techniques for clearing the Left Side

- 1 Meditating with the right hand on the Earth,  
and the left hand towards Shrī Mataji's Photo
- 2 Three candle treatment
- 3 Camphor
- 4 Matka (lemons and chillies)
- 5 Ajwain / frankincense dhuni
- 6 String knotting / burning
- 7 Paper / name burning
- 8 Havan
- 9 Drinking vibrated salt in water
- 10 Shrī Ganesha Atharva Shirsha, the names of Shrī Ganesha,  
Shrī Mahākālī, Shrī Bhairava, Shrī Śhiva, Shrī Mahāvira
- 11 Expressing devotion (bhakti)
- 12 Singing God's praise (bhajans)

‘To be collective... is very difficult for a person who is left-sided, who is all the time feeling very sad, unhappy and worried, cannot enjoy the fun of collectivity... while a hot tempered person, a right-sided person, does not enjoy any collectivity, does not allow anybody to enjoy collectivity, no doubt, but tries to be in the collective so that he can assert, tries to show the superiority - naturally he cannot enjoy the collective.

So those people who cannot become collective are either right-sided or left-sided but more left-sided. But left-sided people can be collective in negativity. There is a very big fraternity of bhoots.’

*Shri Bhairavanath Puja, Italy, 06-08-89*





## The Right Side (Piṅgalā Nāḍī)



**Om Ham Hanumate Rudr'ātmakāya Hum Phat**

*All Power to Shri Hanumana, Whose Soul is Shri Shiva Himself*



## ☪ The 108 Names of Shri Hanumāna ☪

**Om Twameva sākṣhāt Śhrī Hanumāna sākṣhāt  
Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*Holy Mother, Shri Mataji, You are verily the Archangel Gabriel as Shrī Hanumana.*

*You remove our pride, arrogance and hypocrisy with Your Humour and Love.*

*We bow to You in eternal gratitude!*

<i>Om Twameva sākshāt Śhrī....</i>	<i>You are...</i>	
<b>Bajaraṅga-balī</b> .....	<i>Saffron-coloured and Immeasurably Strong</i>	
<b>Rāma-duta</b> .....	<i>The Messenger of Shrī Rāma</i>	
<b>Pavana-suta</b> .....	<i>The Son of the Wind-God</i>	
<b>Kapīśha</b> .....	<i>The Greatest of the Monkeys</i>	5
<b>Anjanī-putra</b> .....	<i>The Son of Anjani</i>	
<b>Mahāvīra</b> .....	<i>A Great and Powerful Warrior</i>	
<b>Śhaṅkara-suvana</b> .....	<i>The Incarnated Son of Shrī Shiva</i>	
<b>Vidyāvāna</b> .....	<i>Highly Learned</i>	
<b>Kānchana-varna</b> .....	<i>Of Golden Complexion</i>	10
<b>Vikata-rūpa</b> .....	<i>Of Huge and Powerful Form</i>	
<b>Bhīma</b> .....	<i>Almighty and Formidable</i>	
<b>Rāma-priya</b> .....	<i>Loved by Shrī Rāma</i>	
<b>Rāmadāsa</b> .....	<i>The Eternal Servant of Shrī Rāma</i>	
<b>Balavāna</b> .....	<i>The Lord of Immense Strength</i>	15
<b>Sugrīva-mitra</b> .....	<i>A Friend to Sugriva, helping him regain His Kingdom</i>	
<b>Rāma-dwāra-pāla</b> .....	<i>Guarding the Door of Shrī Rāma</i>	
<b>*Bhūta-pīśhācha nāśhaka</b>	<i>The Destroyer of ghosts and evil spirits</i>	
<b>Sarva-vyādhi-hara</b> .....	<i>The Remover of all sickness and disease</i>	
<b>Saṅkata vimochaka</b> ....	<i>The Liberator from all danger and difficulties</i>	20
<b>Rāmakaj'ātura</b> .....	<i>Always anxious to accomplish Shrī Rama's work; You bring to fruition all His Enterprises</i>	
<b>Amita jīvana-phala-</b>		
<b>-pradāyaka</b> ...	<i>Granting the unlimited Fruits of Life</i>	
<b>Aṣṭa-siddhi-nava-</b>		
<b>-nidhi-dāyaka</b>	<i>Giving the Eight Powers and Nine Forms of Devotion</i>	

**Roma-roma-**

**-Rāma-nāma-dhārī** . *whose Every Cell bears the Name of Shri Rāma*

**Sarva-jagat-ujjārā-**

**-dāyaka** .. *Enlightening the Entire Universe* 25

**Rāma-rasa dāyaka** ..... *The Bestower of Shri Rama's Gentle Qualities*

**Raghubīra-stuta** ..... *The Praiser of Shri Rāma of the Raghu Dynasty*

**Hari bhakti dāyaka** ..... *Instilling Devotion for Shri Vishnu*

**Mahā-mantra** ..... *Rejoicing in reciting the Mahā-mantras*

**Mahā-sukha** ..... *The Giver of Supreme Joy* 30

**Sahaja-hṛidaya vāsī** ..... *Residing in the Hearts of Sahaja Yogis*

**Maṅgala-mūrti rūpa** .... *The Most Auspicious and Blissful Form*

**Sura-bhūpa** ..... *The Prince of Devas*

**Kumati nivāraka** ..... *The Redeemer of evil tendencies*

**Giri-vara-bala** ..... *As Strong as the Best of Mountasins* 35

**Bala-vīra** ..... *Strong and Valiant*

**Laṅkeśha-gṛuha-bhañjana** *The Destroyer of the houses of Lanka, burning  
Ravana's city with Your Tail*

**Tulsidāsa stuta** ..... *Praised by Tulsidas*

**Nirmalā-harṣha** ..... *Giving Great Joy to Shri Mataji*

**Sahaja-dhwaja-virājita** . *Seated on the Victory Flag of Sahaja Yoga* 40

**Gadā-hasta** ..... *The Wielder of the Mace*

**Sahaja-saṅgha rakṣhaka** . *The Protector of the Sahaj Collective*

**Sanjivani upalabdha** .... *Bringing the life-saving*

*Sanjivani Herb to save Lakshmana*

**Lakṣhmana-prāna dātā**.. *The One who saved Lakshmana's Life*

**Rāma-charitra vandana** . *The Praiser of Shri Rāma's Character* 45

**Atulita-bala-dhāma** ..... *The Repository of Immeasurable Strength*

**Gñyāna-guṇa sāgara** .... *The Ocean of Knowledge and Virtues*

**Kuñchita-keśha** ..... *The One with Curly Hair*

**Vikrama** ..... *Invincible*

**Marut-nandana** ..... *Named Māruti, Son of the Wind -God (Marut)* 50

**Duḥkha-bhanjana** ..... *The Destroyer of Pain and Sorrow*

**Ati-chātura** ..... *Skilled, Wise and extremely Intelligent*

<b>*Asura nikhandana</b> . . . . .	<i>The Destroyer of the Asuras</i>	
<b>Simha</b> . . . . .	<i>Powerful like a Lion</i>	
<b>Goswāmī</b> . . . . .	<i>The Lord of the Earth</i>	55
<b>Rāma bhakta</b> . . . . .	<i>The Greatest Devotee of Shrī Rāma</i>	
<b>Bhakti swarūpa</b> . . . . .	<i>Devotion Personified</i>	
<b>Jagat vandita</b> . . . . .	<i>Worshipped by the Entire World</i>	
<b>Kesarī nandana</b> . . . . .	<i>The Son of King Kesari</i>	
<b>Mahāyogī</b> . . . . .	<i>The Great Yogi</i>	60
<b>Sindūra lepita</b> . . . . .	<i>Anointed with red kum-kum paste to Your Body</i>	
<b>Sanātana</b> . . . . .	<i>Beyond the Boundaries of Time and Space</i>	
<b>Vanachara</b> . . . . .	<i>Dwelling and moving in the forest</i>	
<b>Bhāgya vidhātā</b> . . . . .	<i>The Creator of Good Fortune</i>	
<b>Kṛipa nidhāna</b> . . . . .	<i>The Reservoir of Blessings</i>	65
<b>Mahārājā</b> . . . . .	<i>The Great King</i>	
<b>Rāma-bhajana rasika</b> . . . . .	<i>Fond of singing Shrī Rāma's Bhajans</i>	
<b>Garvita</b> . . . . .	<i>Proud (as a disciple of Shrī Mataji)</i>	
<b>Bala-bhīma</b> . . . . .	<i>Formidable Strength</i>	
<b>Chiranjīvī</b> . . . . .	<i>Immortal</i>	70
<b>Ūrdhva-gāmī</b> . . . . .	<i>The Ascent</i>	
<b>Sūkṣhma rūpa</b> . . . . .	<i>The One appearing before Shrī Sītā in a Subtle Form</i>	
<b>Sītā jīvana-hetu kāya</b> . . . . .	<i>The Well-wisher of Shrī Sītā</i>	
<b>Ram'āshirvādita</b> . . . . .	<i>Completely Blessed by Shrī Rāma</i>	
<b>Niṣkalaṅka</b> . . . . .	<i>Of Unblemished Purity and Innocence</i>	75
<b>Bhayaṅkara</b> . . . . .	<i>Terrifying</i>	
<b>Chandra-sūry'āgni netra</b> . . . . .	<i>Whose Eyes are the Sun, Moon and Fire</i>	
<b>Sītā-anveśhaka</b> . . . . .	<i>The One who found Shrī Sītā (in Lanka)</i>	
<b>Roga nāshaka</b> . . . . .	<i>The Destroyer of Diseases</i>	
<b>Manoratha sampūrnaka</b> . . . . .	<i>The Fulfiller of Desires</i>	80
<b>Mokṣha-dwāra</b> . . . . .	<i>The Gateway to Emancipation</i>	
<b>Bharata-sama-priya</b> . . . . .	<i>As dear to Shrī Rāma as His Brother Bharata</i>	
<b>Jaladhi-lāṅghita</b> . . . . .	<i>Leaping across the sea to bring Shrī Rāma's message to Shrī Sītā</i>	
<b>Prasidha</b> . . . . .	<i>The Most Eminent Angel of the Universe</i>	

<b>Guru</b> .....	<i>The Guru</i>	85
<b>Yantrī</b> .....	<i>The Divine Engineer who works through our conscience</i>	
<b>Swara-sundara</b> .....	<i>Having a Melodious Singing Voice</i>	
<b>Sumaṅgala</b> .....	<i>Supremely Auspicious</i>	
<b>Brahma-chārī</b> .....	<i>The Pure Chaste Student</i>	
<b>Rudr'āvatāra</b> .....	<i>Incarnating as the eleventh</i>	
	<i>Destructive Power (Rudra)</i>	90
<b>Vāyu vāhana</b> .....	<i>Whose Vehicle is the Wind</i>	
<b>Ahaṁkāra-khandana</b> ...	<i>The Destroyer of Ego</i>	
<b>Vaikuntha-bhajana priya</b>	<i>Fond of singing bhajans in Vaikuntha</i>	
<b>Santa sahāya</b> .....	<i>The Helper of the Saints</i>	
<b>Piṅgala</b> .....	<i>The Essence of All Action and Right Side Activity</i>	
	<i>(reddish brown)</i>	95
<b>Setu-bandha viśhārada</b> ..	<i>The Master Bridge Builder</i>	
<b>Bhānu-grāsa</b> .....	<i>The One who, as a Child, swallowed</i>	
	<i>the Sun to control it</i>	
<b>Viveka dāyaka</b> .....	<i>The Bestower of Discrimination and Wisdom</i>	
<b>Bhakti-śhakti-</b>		
<b>-samādhikārī</b> ..	<i>The Master of Balancing Devotion (Left Side)</i>	
	<i>and Power (Right Side)</i>	
<b>Phalāhāra prasanna</b> ....	<i>Enjoying eating Fruit</i>	100
<b>Manojava</b> .....	<i>Quicker than Thought</i>	
<b>Vajra-deha</b> .....	<i>Strong like the Thunderbolt</i>	
<b>Devadūta</b> .....	<i>The Messenger of God, the Archangel Gabriel</i>	
<b>Nirmalā-dūta</b> .....	<i>The Messenger of Shrī Mataji</i>	
<b>Pavana-gati bhramana</b> .	<i>As Fast as the Wind</i>	105
<b>Jānakī-mātā samāchārī</b> .	<i>Treating Shrī Mataji and Shrī Sītā equally</i>	
<b>Nirmalā bhakta</b> .....	<i>The Perfect Disciple of Shrī Mataji</i>	
<b>Nirmalā priya</b> .....	<i>Loved by Shrī Mataji</i>	

**Sākṣhāt Śhrī Ādi Śhakti Mātāji**  
**Śhrī Nirmalā Devyai namo namaḥ**

These names from the Hanuman Chalisa, adapted for Sanskrit, were presented to Shri Mataji, with the 108 qualities of Shri Hanumana, by the Austrian collective at Sahasrara Puja, May 2005.

## ॐ 108 Qualities of Shri Hanumana ॐ

*Shrī Mataji, by Your grace, You have allowed us to worship You  
in Your form as Shrī Hanumana.*

*The following invocations are taken from Your Puja speeches.  
O Most Noble Shri Hanumāna, we bow with humility at Your Feet...*

You are an angel.

You are aware that You are an angel.

You are the Archangel Gabriel.

You are aware that You have all the rights and all the powers.

You have the right to use Your capacities and powers. 5

You use Your powers very amusingly. You burnt  
the whole of Lanka and were laughing at it.

You are not afraid of untruth or falsehood.

You are not worried as to what people will say to You.

You breathe truth.

Truth is Your life, and nothing else matters to You. 10

You go to any extent to establish truth. You knew that Ravana was afraid  
of fire, so by setting the whole of Lanka on fire, You made the  
people of Lanka aware that Ravana was an evil person.

You go to any extent to protect the people who are in truth. By working  
together, You and Shrī Ganesha killed the evil king who was after the life  
of Saint Nizamuddin. In the same way, You protect all the Sahaja Yogis.

You are very fast, while Shrī Ganesha is cool. Together You are the  
security force of the Sahaja Yogis. The Ganas see everything that might  
attack Sahaja Yogis and inform Shrī Ganesha. Shrī Ganesha gets in  
touch with Shrī Hanumana, who acts immediately to protect them.

You give guidance, self-confidence and discrimination.

You are called Devadut, the ambassador of God Almighty. 15

Your nature is to carry out the order. You do not wait, You do not doubt.

You do not take any problems upon Yourself, You only solve them.

You express the inner power of Sahaja Yogis through bandhans. You put  
our bandhans into action.

You solve all problems, for the saints as well as for the incarnations.  
You are very dynamic and quick-witted. You do everything effortlessly. 20

You are very alert and You are beyond time.  
You understand the importance of time. You do not postpone any work.  
You are a very fast person. You do the work before anybody else can do it.  
You want all the Sahaja Yogis to be like You - quick people  
with the whole attention on the job of Sahaja Yoga.  
Your father is Shrī Vayu the wind-God, Your mother is Shrī Anjani. 25

Your head is that of a monkey.  
You are an eternal child. You are innocence, simplicity and pure intellect,  
always in a dancing mood like Shrī Ganesha.  
You are the integration of Bhakti and Shakti - that is, the Left Side  
and the Right Side.

You proved that You are an ocean of love (bhakti) - although You have  
no hesitation to kill evil. This represents Your Shakti.  
You protect our Right Heart. 30

You have nine siddhis:

1. Anima - *the power to reduce Your body to the size of an atom*
2. Mahima - *the power to expand Your body to an infinitely large size*
3. Garima - *the power to become infinitely heavy*
4. Laghima - *the power to become almost weightless*
5. Prapti - *unrestricted access to all places*
6. Prakamya - *the power to realise whatever You desire*
7. Ishitva - *absolute lordship*
8. Vaśhitva - *the power to subjugate all*
9. Sukshma - *the power to become so subtle that nobody can see You*

Nobody can see You, nobody can lift You.

You maintain the Right Side of human beings.

You control the Sun - You ran up the Virāta's body and ate up Sūrya.

You control and protect the Right Side of human beings.

You control people who have too much Right Side. 35

You bring down the speed of right-sided people,  
by giving them lethargic heaviness.  
You hold a mace –‘Gada’ in Your hand to reduce our illusions.  
You spoil our plans - if we run up and down the Pingala Nadi instead of You.  
You are the source of enthusiasm. Through Your Bhakti –‘ocean of love’  
we may use Your fire. In this way we may act  
without heating up our Right Side.  
You supply all the necessary guidance for our futuristic planning. 40

You can extend Your tail, so You can handle everyone everywhere.  
You know all the tricks.  
You can go into a formless state.  
You can become so big that You start floating in the air.  
You can fly in the air and by flying in the air You can  
carry the message from one place to another. 45

Your movements are the cause of all communication.  
You carry all the messages through the ether.  
You give all the blessings of the ether.  
You give all the discoveries of the ether to people who are right-sided.  
You give television, cordless telephones and loudspeakers. 50

You manage all the ethereal connections without material connection.  
You are the Lord of the subtle (causal), the Lord of the ether.  
You are the master of all networks.  
You are a great character in our being.  
You give us guidance and protection. 55

You were created to support Shrī Rāma.  
You are anxious to do Shrī Rāma's work.  
You have complete dedication to Shrī Rāma.  
You are absolutely subservient to the benevolent king, Shrī Rāma.  
You are always bowed down to Shrī Rāma. 60

You could not wear the garland of pearls given to You by Shrī Sītā,  
because there was no Shrī Rāma inside the pearls. You opened  
Your heart to show that Shrī Rāma was inside.

In order to save Shrī Lakshmana's life, You were sent by Shrī Rāma to find  
the Sanjivani herb and so You brought back the whole mountain.

You were sitting on top of Arjuna's chariot.

You make all the yogis surrender.

You are the force that makes us surrender to our guru. 65

You tell us to be surrendered only to God Almighty and to no-one else.

You create all kinds of vibrations.

You like subtle expression in art and life.

You dislike all artificial expression created by the human ego.

You create all electromagnetic forces. 70

You take back the electromagnetic force in people who are over  
right-sided and so bring about Yuppies' disease [chronic fatigue  
syndrome (CFS) or myalgic encephalomyelitis (ME)].

You create the movements in molecules and atoms.

You give mental understanding.

You create the co-relationship between the different sides of the brain.

You give us the power to think and protect us from bad thinking. 75

You are our conscience.

You control human beings through their conscience.

You are 'sat asat viveka buddhi', the intelligence to discriminate  
between truth and untruth.

You give the understanding of what is good for us.

You make fun of all egotistical people. 80

You tickled Ravana's nose with Your tail to make fun of him.

You put Your tail around the necks of many rakshasas and flew, and  
they were all dangling in the air.

You turned the swastika stencil used by the Nazis onto its reverse side  
thereby turning its power from that of protection to destruction.

You stopped Hitler from winning the war.

You asked our Holy Mother to make Germany like Shrī Hanumana. 85

You work in the brain of all the politicians.

You are not ascetic. You love splendour, aesthetics and majestic places.



You let us see our ego and You finish the ego.  
You make us very mild, make people meet each other and become friends.  
You make us childlike, sweet and happy. 90

You take care of all the children of the world.  
You perform miracles to show the stupidity and foolishness of people.  
You are the enemy of alcohol and set drunkards on fire as You did  
with Lanka. If drunkards attack You, You throw them into the sea,  
give them horrible diseases, raise fights within their families  
and with their so-called friends.

You are killing, burning, suppressing and removing  
all the evil people around the Sahaja Yogis.  
You give us the power of bhakti (true love and devotion), so no one can  
touch us. When we use this Shakti to love everybody  
without limits, we are completely safe. 95

You serve Shrī Mahālakshmi in all Her forms - Shrī Sītā, Rādhā and Mary.  
You addressed Mother Mary as 'Immaculata Salve' – 'Nirmalā Salve',  
which are the names of Shrī Mataji Nirmalā Devī.

You bring us close to Shrī Mataji.

You let us feel Shrī Mataji in our heart.

You show the way to the abstract, to Sahasrara. 100

You listen to the prayers of all the Sahaja Yogis.

You give all the information to our Holy Mother.

You always take care of Shrī Mataji.

You are always at the Feet of Shrī Mataji.

You worship the Lotus Feet of Shrī Mataji Nirmalā Devī. 105

You perform miracles to convince the Sahaja Yogis  
that Shrī Mataji has made them all angels.

You are the most effective instrument for Shrī Ādi Shakti  
because You are nothing but obedience, humility and dynamism.

You make all the Sahaja Yogis join Your company to do  
our Holy Mother's work and transform the whole world.

**Sākṣhāt Śhrī Ādi Śhakti Mātājī  
Śhrī Nirmalā Devyai nama namaḥ**

# Shri Hanumān Chālisā

Written by Saint Tulsidas, c. 1640

*Shri Hanuman raises devotees to his own level of excellence,  
which is a perpetual state of beatitude.*

*The Hanuman Chalisa starts with two Dohas invoking the Guru.*

*Tulsidas says:*

**Śhrī Guru charana saroja raja,  
Nija manu mukuru sudhāri.**

*I bow to the Lotus Feet of the Holy Guru,  
May the dust of Your Feet clean the mirror  
of my mind.*

**Bar.naū Raghubar. bimal. jasu,  
Jo dāyaku phal. chāri.**

*I will describe the pure glory of Shri Rama,  
who bestows the four gifts -*

**Dharma** –‘Right conduct’, **Artha**-‘Wealth’  
**Kāma**-‘Love’, **Mokṣha**-‘Liberation’

**Buddhi-hīn. tanu jānike,  
Sumirāum Pāvāna-kumāra.**

*Realising the limitations of the mind,  
I remember the Son of the Wind God.*

**Bal. buddhi bidyā dehu mohi,  
Harahu kales. vikāra.**

*Give me strength, wisdom and knowledge,  
O Great-bodied One; to relieve me of all  
my sufferings and impurities.*

*Choupai (Verses of four padas-‘feet’ of six syllables each)*

1) **Jay. Hanumān. gñyān. guṇ. sāgara,  
Jay. kapīs. tihū-lok. ujāgara.**

*Victory to Shri Hanuman, Ocean of  
Knowledge and Virtue, Hail Greatest of  
Monkeys who illuminates the Three Worlds.*

2) **Rāma-dūt. atulīt. bal. dhāmā,  
Anjanī-putra Pavana-sut. nāmā.**

*Messenger of Shri Rama, of unequalled  
strength, Son of Shri Anjani, You are also  
called the Wind-God’s Son.*

3) **Mahā-bīr. bikram. bajarañgī,  
Kumati nivār. sumati ke sañgī.**

*Courageous warrior, with mighty limbs;  
Remover of evil tendencies in the mind  
and friend of wisdom.*

4) **Kanchan. baran. birāj. subesā,  
Kānan. kuṇḍal. kuñchit. kesā.**

*Of golden complexion and well attired,  
Youthful, wearing ear rings, with curly hair.*

5) **Hāth. bajra aur dhvajā birājai,  
Kānthe mūnja janeū sājai.**

*You hold a thunderbolt and a flag,  
With the sacred thread of moonj  
grass across Your shoulder.*

- 6) **Śhañkar. suvan. Kesarī-nandana,** *Shining with auspiciousness, O son of Kesari,*  
**Teja pratāp. mahā jaga-bandana.** *Glorious and radiant, You are worshipped by  
the whole world.*
- 7) **Bidyāvān. guṇī ati chātura,** *You are highly learned, virtuous and wise*  
**Rām. kāj. karibai ko ātura.** *Always anxious to do Shri Rama's work.*
- 8) **Prabhu charitra sunibe ko rasiyā,** *You revel in listening to the lore of the Lord,*  
**Rām. Lakhan. Sītā man. basiyā.** *Enshrining in Your heart Shri Rama,  
Lakshman and Sita.*
- 9) **Sūkṣhm. rūp. dhari siyahim dikhāvā,** *You appeared to Sita in a tiny form,*  
**Bikat. rūp. dharī Lañka jarāvā.** *Assuming a colossal figure, You burnt  
the city of Lanka.*
- 10) **Bhīm. rūp. dharī asur. sahāre,** *Acquiring a terrifying form to destroy the*  
**Rām.chandra ke kāj. samvāre.** *Asuras, You served the cause of  
Lord Ramachandra.*
- 11) **Lāya sañjīvan. Lakhan. jiyāye,** *You brought the Sanjivani herb and revived*  
**Śhrī Raghubīr. haraṣhi ura lāye.** *Shri Lakshmana, Shri Rama then  
embraced You in joy.*
- 12) **Raghupati kīnhīm bahut baḍāī,** *Shri Raghupati praised You very highly*  
**Tum. mam. priya Bharat.hi sama bhāī.** *'You are as dear to me as Bharat,'  
He said.*
- 13) **Sahas. badan. Tumhāro jas. gāvai,** *'The thousand faced Shesha sings*  
**As. kahi Śhrīpatī kanth. lagāvai.** *Your praise', the Lord of Lakshmi  
said, pressing You to His heart.*
- 14) **Sanak'ādik. Brahmādi munīsā,** *The God-realised saint Sanaka, along with*  
**Nārad. Śhārad. sahit. ahīsā.** *Shri Narada and Sharada sings Your praise.*
- 15) **Jam. Kuber. dikpāl. jahāté.** *The Gods of Death, Wealth, and Protection*  
**Kavi kobid. kahi saké kahāté.** *as well as great poets and scholars have all  
failed to sing fully of Your glories, How can  
this poet express Your excellence?*
- 16) **Tum. up.kār. Sugrīva-hi kīnhā,** *You helped Sugriva and brought him to*  
**Rām. milāya rāja-pad. dīnhā.** *Lord Rama; Thus You retrieved his lost  
kingship for him.*
- 17) **Tumharo mantra Vibhīshana mānā,** *Vibhishana listened to Your advice and*  
**Lañkeśhwar. bhaye sab. jag. jānā.** *became the King of Lanka; the whole  
world knows this.*

- 18) **Jug. sahasra jojan. par. bhānū,**  
**Līlyo tāhi madhur. phal. jānū.** *The Sun is twelve thousand yojans away,  
You mistook it for a sweet fruit and tried  
to swallow it.*
- 19) **Prabhu mudrikā meli mukh. māhi,**  
**Jaladhi lāghi gaye acharaj. nāhi.** *No wonder that putting Lord Rama's ring  
in Your mouth, You leapt across the sea.*
- 20) **Durgam. kāj. jagat. ke jete,**  
**Sugam. anugraha Tumhāre tete.** *All difficult tasks of the world are  
rendered easy, with Thy Grace.*
- 21) **Rām. duāre Tum. rakh.wāre,**  
**Hot. na āgñyā binu paisāre.** *You guard the doorsteps of Lord Rama,  
No one can enter His presence without  
Your permission.*
- 22) **Sab. sukh. lahai Tumhārī saranā,**  
**Tum. rakṣhak. kāhū ko ḍaranā.** *All happiness lies in seeking refuge at  
Your feet, When You are the Protector,  
why should one fear?*
- 23) **Āpan. tej. samhāro āpai,**  
**Tīnom lok. hāñk.te kāmpai.** *You alone can control the great power  
You possess, All the three worlds  
tremble at Your call.*
- 24) **Bhūt. pishāch. nikaṭ. nahi āvai,**  
**Mahābir. jab. nām. sunāvai.** *Evil spirits do not dare to come near one  
who recites Your name, O Great Warrior*
- 25) **Nāsai rog. harai sab. pīrā,**  
**Japat. nirantar. Hanumat. vīrā.** *All disease and pain are destroyed by the  
constant repetition of the name of  
valiant Shri Hanuman.*
- 26) **Sañkaṭ. té Hanumān. chhuṛāvai,**  
**Man. kram. bachan. dhyān. jo lāvai.** *Hanuman delivers a person from misery  
If he meditates on Him in thought,  
word and action.*
- 27) **Sab. par. Rām. tapasvī rājā,**  
**Tinake kāj. sakal. Tum. sājā.** *Lord Rama is the Detached Ruler of the  
Universe, You brought to fruition  
all His enterprises.*
- 28) **Aur. manorath. jo koī lāvai,**  
**Tāsu amit. jivan. phal. pāvai.** *Anyone coming to You with a desire in mind,  
You give that person the unlimited  
fruits of life.*
- 29) **Chāro jug. paratāp. Tumhārā,**  
**Hai parasiddh. jagat ujiyārā.** *Your Bright Glory travels all directions and  
ages, The World knows the supreme  
success of Shri Hanuman.*

- 30) **Sādhu sant. ke Tum. rakhawāre,** *You are the Protector of seekers and saints,*  
**Asur. nikandan. Rām. dulāre.** *You are the Destroyer of the Asuras,*  
*the evil forces.*
- 31) **Aṣṭa siddhi nav. nidhī ke dātā,** *You dispense the Eight Powers and the Nine*  
**As. bar. dīnh. Jānakī Mātā.** *Types of \*Devotion, As a boon bestowed on*  
*You by the Divine Mother Janaki.*
- 32) **Rām. rasāyan. Tumhare pāsā,** *You possess the Divine Elixir of Shri Rama's*  
**Sadā raho Raghupati ke dāsā.** *Name; You are ever the Servant of*  
*Lord Rama.*
- 33) **Tumhare bhajan. Rām. ko pāvai,** *By singing Your praise one reaches Shri*  
**Janam. janam. ke dukh. bisarāvai.** *Rama; And is freed from the sorrows*  
*of many lifetimes.*
- 34) **Ant. kāla Raghubar. pur. jā-ī,** *In the end such a one enters the Divine*  
**Jahom janma Hari-bhakta kahā-ī.** *Abode of Shri Rama; If reborn, he*  
*becomes a Devotee of Shri Viṣṇu.*
- 35) **Aur. Dev.tā chitt. na dhara-ī,** *Your Devotees need not remember any*  
**Hanumat. se-ī sarb. sukh. kara-ī.** *other Deity; All Happiness is assured by*  
*Lord Hanuman.*
- 36) **Saṅkat. katai mitai sab. pīrā,** *All difficulties and pain are destroyed,*  
**Jo sumirai Hanumat. bal.bīrā.** *When one remembers Hanuman,*  
*the Strong and Brave.*
- 37) **Jay. jay. jay. Hanumān. gosā-ī,** *Victory to Hanuman! Lord of my entire Self*  
**Kṛipā karahu gurudev. kī nā-ī.** *Shower Your grace on me as a Divine Guru.*
- 38) **Jo sat. bār. pāth. kar. ko-ī.** *One who recites this Chalisa a hundred*  
**Chhūtahī bandi mahā sukh. ho-ī.** *times, will be delivered from difficulties*  
*and will attain great joy.*
- 39) **Jo yah. padhai Hanumān. Chālisā,** *One who recites this Chalisa in praise of*  
**Hoy. siddhi sākhī Gaurīsā.** *Shri Hanuman, will achieve success and*  
*get the darshan of Lord Shiva.*
- 40) **Tulsīdās. sadā Hari cherā,** *Tulsidas is ever the Servant of the Lord*  
**Kījai nāth. hridaya mama derā.** *and prays perpetually, 'O Lord, may You*  
*always reside in my heart!'*

\* See p. 346 for the 'Nine Forms of Devotion'.

**Dohā** - *The Hanuman Chalisa closes with a fervent prayer;*

**Pavana-tanay. sañkat. harana,** *Son of the Wind God, Remover of misfortunes,*  
**Mañgal. mūrati rūpa.** *Most Auspicious Figure,*

**Rām. Lakhan. Sitā sahita,** *With Shri Rama, Lakshman and Sita,*  
**Hridaya basahu sura-bhūpa.** *Please reside in my heart, O Protector  
of Heaven and Earth.*

**Bolo Śhrī Mahā-Hanumāna sākṣhāt Śhrī Ādi Śhakti Mātājī  
Śhrī Nirmalā Devi ki.....Jai!**

**Samartha Rāmdās (1608-1681 CE)**

**Swāmī Rāmdās** –‘*Servant of Shri Rama*’ was the **Guru** of the **Maratha King Shivaji (1627-1680)**, who successfully resisted the invasion of **Maharashtra** by the Mughal Emperor **Aurangzeb**. **Rāmdās** was also a poet and writer. His main works are the **Manache Shloka** –‘*meditations*’, and the **Dāsbodh**, a large book of spiritual and practical advice still widely used in **Maharashtra**. He wrote the **Ganesha Aar.ti**, **Shri Māruti Stotra** and a version of the **Rāmāyana** from **Shri Hanuman’s** point of view.



'Eleven **Hanumānas** came out of the Mother Earth to say that he was the incarnation of **Hanumāna**. **Rāmadāsa** was the **Guru** of **Shivaji**; and he was a man who was very detached. He was **Hanumāna** Himself.'  
**Brahmapuri, 20-12-88.**

**Shri Rāmdās’s** final instructions to His foillowers were:

‘Do not think much of your bodily wants. Have **Satsang** –‘*collective singing and worship*’ with devotees. Keep the image of **Lord Rama** in your heart. Repeat the name of **Lord Rama** always. Annihilate lust, greed, anger, hatred and egoism. See **Lord Rama** in all creatures. Love all. Feel His presence everywhere. Live for Him alone. Serve Him in all beings. Make total and unreserved surrender unto Him. You will always live in Him alone. You will attain Immortality and Eternal Bliss’.

## ☪ The 12 Names of Shri Sūrya ☪

**Om Twameva sākṣhāt Śhrī Sūrya sākṣhāt  
Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namaḥ**

*O Divine Mother Shri Mataji , You are verily the Life-giving Power of the Sun.  
Salutations to You!*

*Om Twameva sākshāt Śhrī... You are...*

<b>Mitra</b> .....	<i>The Friend who is Generous beyond measure</i>	
<b>Ravi</b> .....	<i>Whose Rays bring Life and Vitality</i>	
<b>Sūrya</b> .....	<i>The Heavenly Sun, beholding the actions of mankind</i>	
<b>Bhānu</b> .....	<i>Glorious Brilliance</i>	
<b>Khaga</b> .....	<i>Moving through the Sky</i>	5
<b>Deva-kārya</b> .....	<i>Obedient to Divine Commands</i>	
<b>Hiranya-garbha</b> ....	<i>The Creative Principle, born of the Golden Egg</i>	
<b>Aruna</b> .....	<i>The Dawn personified as the Sun's charioteer</i>	
<b>Savitā</b> .....	<i>The Impeller and Stimulator of Life</i>	
<b>Āditya</b> .....	<i>The Son of Āditi – the Mother of the Devas</i>	10
<b>Bhāskara</b> .....	<i>Radiating Light</i>	
<b>Arka</b> .....	<i>Emanating Rays</i>	

**Sākṣhāt Śhrī Ādi Śhakti Mātāji  
Śhrī Nirmalā Devyai namo namaḥ**

The Names of Shri Surya are mainly recited for Makar Sankranti Puja on 14 or 15 January. This festival celebrates the Sun's turning northward again. Makar Sankranti Puja was performed for Shri Mataji every year.

The names can also awaken the power of the Right Side. Performing Surya Namaskar – a physical Yoga exercise - and reciting these names before the rising Sun can help clear the Back Agnya.

## **Cooling mantras for Liver and Right Swadhishthana**

*Om Twameva sākshāt Śhrī... You are...*

- Himālaya devatā** . . . . *The Divine Abode of Ice and Snow*
- Chandramā** . . . . . *The Moon, giving the cool vibrations in Sahasrāra*
- Kailāsa swāminī** . . . . *The Mistress of Mount Kailash,  
the icy home of Lord Shiva*
- Nirmala chitta** . . . . . *Pure Attention, always at Shri Mataji's Feet*
- Chitta-nirodha** . . . . . *Controlling the Attention, suppressing thought*
- Chitt'eśhwarī** . . . . . *The Supreme Ruler of the attention*
- Chit-śhakti** . . . . . *The Power of Consciousness*
- Mukut'eśhwarī** . . . . . *The Goddess who protects the vital functions of the liver*
- Muḥammad** . . . . . *Prophet Mohammed, who cleanses and  
invigorates the liver*
- Hazrat-Āli Fātima Bi.** *The Incarnations of Shri Brahmadeva  
and Gruha-lakshmi*
- Sarva tāpa hārini** . . . *The Remover of all heat*
- Sanjivani swāminī** . . *The Restorative Power of the Sanjivani herb  
that brought Shri Lakshmana back to life*
- Vichāra śhaithilya** . . *The One who relaxes Thinking and Planning*
- Ati-kriya śhaithilya** . *Relaxing and Soothing Over-activity*

**Sākshāt Śhrī Ādi Śhakti Mātāji  
Śhrī Nirmalā Devyai namo namaḥ**



## Treatments for an over-active Right Side

The Earth, Water and Air elements are used for cooling the heat and over-activity of the liver and Right Swadhishtana,

- 1 Meditating with the left hand towards the sky,  
the right hand towards Shrī Mataji.
- 2 Putting ice on the liver & Right Swadhishtana,  
and if necessary on Ego/Right Agnya (even Sahasrara).
- 3 Liver diet to cool down a hot liver.
- 4 Cool water footsoak (with salt).
- 5 Bathing in cool water or the ocean.
- 6 Sitting meditating on the Mother Earth.
- 7 Putting attention more on Nature  
(to help cool down our thinking and planning).
- 8 Drinking vibrated sugar-water or kokum juice.
- 9 Body massage with either ghee, olive or almond oil.
- 10 Shrī Hanumana Chalisa, Shrī Rāma Kavach, Shrī Maruti Stotra,  
names of Shrī Hanumana, Shrī Kārtikeya, Shrī Rāma and Shrī Sūrya.
- 11 Performing Puja with love and devotion (Bhakti).
- 12 Surrender to God.

'To satisfy **Swadhishtana**, you have to take to silence. You have to take to quietude and look at yourself. **Swadhishtana** is very happy when you are just laughing and enjoying and not bothered about nonsense. So now, don't allow your mind to bother about whatever nonsensical thoughts are coming; this is the work of **Mr Swadhishtana**. He's trying to distract you, you must get into silence. Once you get into silence, then he will go away and won't bother you.'

*Second night of Navaratri, Sydney, 13-10-01*





## **Jay Śhrī Nirmala Virāt-aṅgana**

*Victory to She who has all the Powers of all the Deities of the Universe,  
Who incarnated as Our Divine Mother Shri Mataji Nirmalā Devī!*



## Negativity destroying mantras

*Om Twameva sākshāt Śhrī....*

*You are...*

- \* **Śhatru-mardinī** ..... *The Eradicator of Enemies*
- Ambikā Devī** ..... *The Mother Goddess*
- \* **Madhu-sūdanā** ..... *The Shakti of Śhrī Vishnu as the Killer of Madhu*
- \* **Tarak'āsura samhantrī** .... *The Destroyer of the demon Taraka*  
*as the Shakti of Śhrī Kārtikeya*
- \* **Niśhumbha-Śhumbha-**  
**-samhantrī** ... *The Destroyer of Shumbha and Nishumbha*
- Jagadambā Durgā Mātā** .... *Mother of the Universe, destroying the Asuras*
- Rakṣhā-karī** ..... *The Protectress*
- \* **Rākṣhasa-ghnī** ..... *The Slayer of Rakshasas*
- Chāmuṇḍā** ..... *The Killer of Chanda and Munda*
- \* **Madhu Kaitabha-hantrī** ... *The Killer of the demons Madhu and Kaitabha*
- \* **Narak'āntakā** ..... *The Destroyer of the power-intoxicated*  
*Narakasura as the Shakti of Śhrī Kṛishna*
- \* **Bhand'āsura mardinī** ..... *Śhrī Lalitā, the Destroyer of the demon Bhandā*
- \* **Raktabīja-vimardana** ..... *Crushing the demonic Raktabīja (terrorism)*
- Śhirdī Sāi Nātha** ..... *The Aspect of the Guru who helps overcome*  
*addictions, smoking and alcohol*
- Śhiva-Śhakti-**  
**-putra-Kārttikeya** .... *The Combined Power of Śhrī Shiva, Shakti*  
*and Kārtikeya - Father, Mother and Son*
- Kārttikeya** ..... *The Destroyer of Negative Forces Inside and*  
*out, removing Delusions and Evil Tendencies*
- Sarv'āsura mardinī** ..... *The Destroyer of all Demonic Influences*
- Sarva bādhā vināśhinī** ..... *The Destroyer of all Delusions which bind us*
- Sarva asatya-guru mardinī.** *The Destroyer of all False Gurus*
- Sarva bhūta-vidyā mardinī.** *The Destroyer of all Black Magic*
- Sarva bhaya hārinī-rudra-rūpā** *The Remover of all fear, of fierce aspect*

**'Om Aîm Hrîm Klîm Châmundayai vichche namah'** - is used to  
awaken Adi Shakti as Jagadamba or Châmundâ.' **BoAS. Ch 7**

\* *Said without Shri*

# Bīja Mantras

*For the Chakras.*

The **Bīja** –‘Seed’ **Mantras** for the **Chakras** are the fifty-one letters of the **Devanāgarī** alphabet, starting with the vowels at **Vishuddhi** and going in order down to **Mūlādhāra**, then **Ham** and **Ksham** at **Agnya** and all together as **Om** in the **Sahasrāra**

<b>Chakra</b> <i>Element</i>	<b>Bija of Element</b>	<b>Bījas of the petals of the Chakra</b>
<b>Mūlādhāra</b> <i>Earth</i>	Om, Lam (x4)	vam, śham, ṣham, sam
<b>Swadhistan</b> <i>Fire</i>	Om, Vam (x6)	bam, bham, mam, yam, ram, lam
<b>Nabhi</b> <i>Water</i>	Om, Ram (x10)	ḍam, ḍham, ṇam, tam, tham, dam, dham, nam, pam, pham
<b>Heart</b> <i>Air</i>	Om, Yam (x12)	kam, kham, gam, gham, ṅgam, cham, chham, jam, jham, ñam, ṭam, ṭham
<b>Vishuddhi</b> <i>Ether</i>	Om, Ham (x16)	am, ām, im, īm, um, ūm, ṛim, ṛīm, ḷim, ḷīm, em, aim, om, aum, am̐, aḥ*
<b>Agnya</b> <i>Mind</i>	Om (x2)	ham, ksham
<b>Sahasrara</b> <i>Chaitanya</i>	Om	Om

**Notes:** Short **a** is very short and **Lam, Ram, Ham, Gam**, etc. are pronounced ‘lum, rum, hum, gum’. See ‘Sanskrit Pronunciation’ p.9.

If the Chakras are considered as rotating horizontally, the **Bīja’s** start with the front petal and go clockwise viewed from above.

The **Bīja’s** of the Elements are the semi-vowels **ha, ya, ra, va, la**, in descending order. They are consonants from the vowels **a, i, ṛ, u, ḷ**.

## The Six Enemies of the Soul

'The Six Enemies' are the Indian version of the 'Seven Deadly Sins' (see end).  
By introspecting 'Where is my attention?' we can become aware of the extent to which we are slaves of these Six Enemies. They are all forms of **Moha** – 'illusion' as they come from identification with the body and the ego.  
The following names are from the **Lalita Sahasranāma** – 'Thousand Names of Shri Lalita', a poem often used and recommended by Shri Mataji.

### 1 **Om Twameva sākṣhāt Śhrī Niṣhkāmā Kāma-mardinī sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*Being without desire, You crush impure desire in Your devotees*

Shrī Mataji, by Your Grace, please make us desireless.

Please establish within us the Pure Desire for God-realisation

**Kāma** (desire/lust)

*Affecting: Muladhara, whole left side, heart, superego/back Agnya.*

*Remedy: Chastity in all relationships.*

### 2 **Om Twameva sākṣhāt Śhrī Niṣh-krodhā Krodha-śhamanī Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*Being without anger, You pacify anger in Your devotees*

Shrī Mataji, by Your Grace please dissolve all our anger.

Please make us compassionate and loving.

**Krodha** (anger/temper- considered the worst of enemies by Shrī Kṛishna)

*Affecting: Swadhishtana, whole right side, liver, ego/front Agnya.*

*Remedy: Be angry with yourself, forgive everyone,*

*and be compassionate towards others.*

### 3 **Om Twameva sākṣhāt Śhrī Nir-lobhā Lobha-nāśhinī sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*Being without greed, You destroy greed in Your devotees*

Shrī Mataji, by Your Grace, please take us beyond matter and

materialism. Please make us balanced, peaceful and satisfied,

and let us see the beauty of the Spirit in everything.

**Lobha** (greed/covetousness/materialism)

*Affecting: Nabhi/void, Vishuddhi.*

*Remedy: Replace interest in money with appreciation of whatever is*

*handmade and the beauty of nature.*

4 **Om Twameva sākṣhāt Śhrī Nir-mohā Moha-nāśhinī sākṣhāt  
Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*Being undeluded, You eradicate illusion in Your devotees*

Shrī Mataji, by Your Grace, please make us free from all attachments.  
Please establish the Spirit within us.

**Moha** (attachment/illusion/mistaking the physical world for Reality)

*Affecting: Heart, Sahasrara.*

*Remedy: Put global or collective needs before personal needs.*

*Use 'we' instead of 'I' when talking.*

5 **Om Twameva sākṣhāt Śhrī Nir-mātsarā Mātsarya-hantrī sākṣhāt  
Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*Being never jealous, You remove jealousy in Your devotees*

Shrī Mataji, by Your Grace, please remove all our jealousies and  
competitiveness. Please make us a part and parcel of the whole.

**Matsarya** (envy/jealousy)

*Affecting: Vishuddhi, Nabhi.*

*Remedy: Who can share the most? Who can be the most kind?*

*Who can talk the most sweetly?*

6 **Om Twameva sākṣhāt Śhrī Nirmadā Madā-nāśhinī sākṣhāt  
Śhrī Niśhchintā Nir-ahamkāra sākṣhāt  
Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*Being without pride, You destroy arrogance in Your devotees*

*Having no thoughts or worries, You are without ego*

Shrī Mataji, by Your Grace, please dissolve all our petty pride.  
Please let us be surrendered and ego-less.

**Madā (Ahamkāra)** (arrogance/pride/vanity)

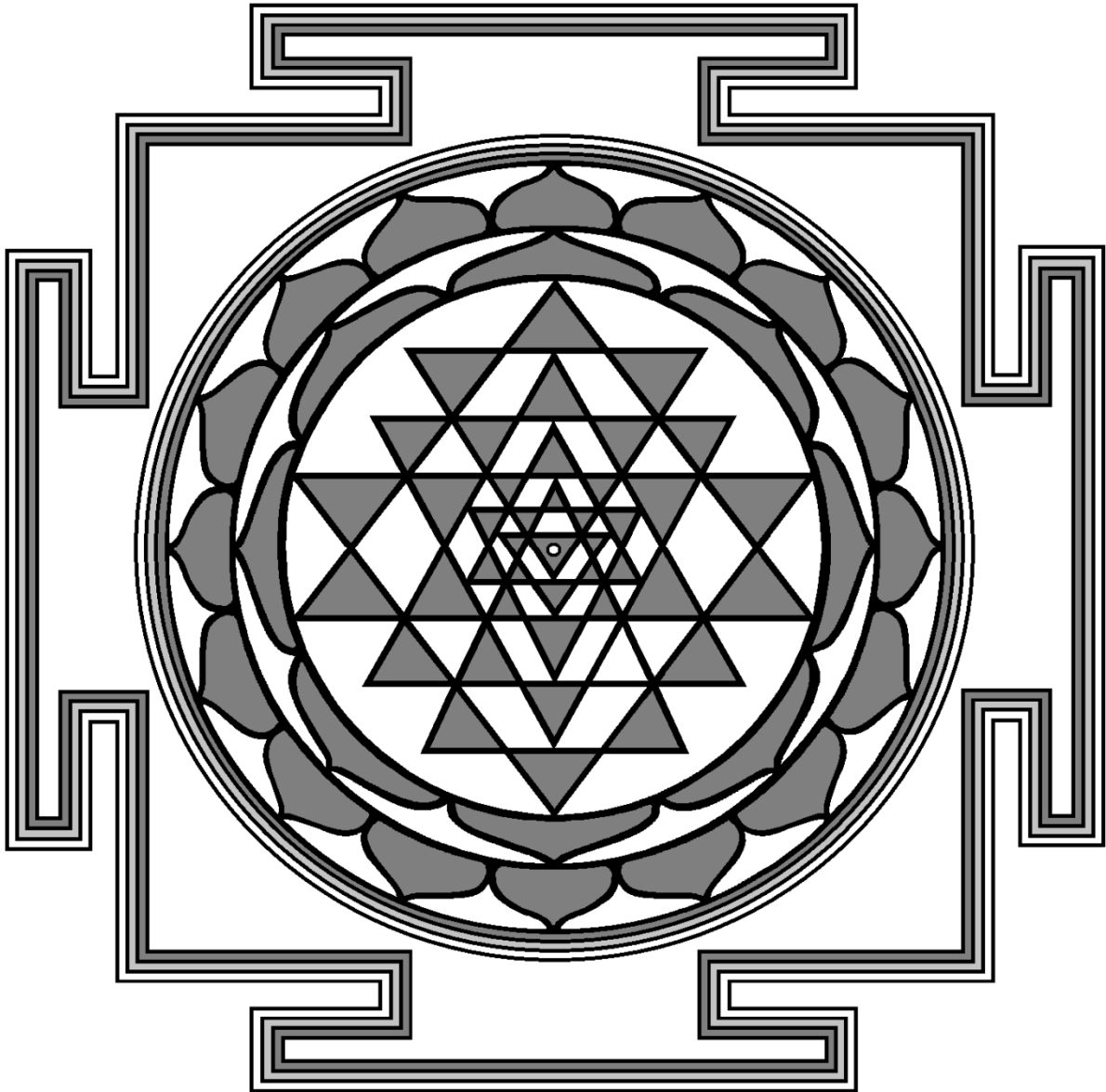
*Affecting: Agnya/ego.*

*Remedy: The pride of being a Sahaja Yogi, self-esteem.*

*see: 60th Birthday Puja, Sydney, 21-03-83; 'Address to IAS Officers', Mumbai, 11-03-00*

**The Seven Deadly Sins** - In western thought the Seven Deadly Sins or  
Cardinal Vices are: Lust, Anger, Gluttony, Avarice, Sloth, Envy, and  
Pride – essentially the same but with Sloth replacing **Moha** –‘illusion’.  
Gluttony and Avarice both come under **Lobha** –‘Greed’.

◉ Śhrī Chakra ◉  
Śhrī Yantra



The **Śhrī Chakra** is worshipped as the Goddess **Śhrī Lalita**. It has nine concentric levels from the outer square to the Central **Bindu** –‘dot’ corresponding to the nine **Chakras** within human beings. The central design is made of nine interlocking triangles all of which cover the **Bindu**. The four upward-pointing triangles are of **Shiva (Manas, Buddhi, Ahamkara, Chitta)**, and the five downward triangles are of **Shakti** (five elements, senses, sense objects). The Union of **Shiva** and **Shakti** gives rise to the World as we experience it. Each petal of each level (e.g. outward-pointing triangles, coloured in) is ruled by an aspect of the Goddess given in the **Khadga-mala Stotram** (See *RiSY4 – Shri Chakra*).



## ॐ Havan ॐ

A Havan is a sacred fire ceremony, where negativity is consumed by making offerings to the fire. People have been worshipping the Divine through the sacred fire for at least 10,000 years in Vedic and Zoroastrian ceremonies. Havans are performed normally at the beginning of an enterprise to ensure success or to deal with obstacles or negativity on a local or global scale.

A Havan can be performed outside, indoors in a fireplace or in the middle of a room as the smoke from a Havan has a cleansing effect on the vibrations. A well-tended fire using plenty of ghee need not make much smoke.

The fire removes obstacles to us manifesting the qualities of the Deity whose names we are taking in the Havan.

Starting....

- **Dedication of the Havan** –Invite Shrī Mataji and ask Her to accept the offering. State time, date, place and purpose of the Havan.
- **Śhri Gaṇeśha** mantra, 1, 3 or 4 times.
- **Gaṇeśha Atharva Śheersha** may be said.
- Mantras: **Śhri Yagñya Devatā** –‘Deity of Ceremonies’ and **Śhri Swāhā Devatā** –‘Deity of consuming power’ may be said.
- While lighting the fire: **Śhri Agni Devatā** –‘God of Fire’ (3 times).  
A block of camphor is lit and placed in the centre of the Havan during this mantra and more wood and ghee are added to produce a good blaze.
- **The names of the Deity** (108 or 1000) are offered, usually with the short form of the mantra:  
**Om Twameva sākṣhāt Śhri ..... namo namaḥ, Om swāhā.**
- During the **Om Swāhā** people near the Havan take a pinch of the rice mixture from the left hand with the right hand, lift it up the left side, pass it round the Sahasrāra clockwise three times and offer it

into the fire respectfully. The other people present perform the same actions without the rice. (**Swāhā** means ‘speak auspiciously!’)

- After the names, people may make suggestions in the form ‘All the negativity of.....’(what ever problems need to be sorted) and everyone says **Om Swāhā** as before with the actions. Finally someone says ‘All the negativity that has not been mentioned’ and everyone says **Om Swāhā** three times followed by:

**Sākṣhāt Śhrī Ādi Śhakti Mātājī  
Śhrī Nirmalā Devyai namo namaḥ.**

- Any remaining rice, ghee (not necessarily wood) and the fruits are offered to the fire. People’s names or problems written on paper can be offered to the fire at this time. (*The papers may be collected before the Havan begins in a bowl and offered as a lot*)
- Mantra for closing the Havan:

**Om Pūrnām-adaḥ Pūrnām-idam Pūrnāt Pūrnām-udachyate**

*Om, that is complete, this is complete;*

*from completeness, this completeness has come forth.*

**Pūrnasya Pūrnām'ādāya Pūrnām-ev'āvaśhiṣhyate namaḥ**

*From that completeness this completeness has been removed;*

*yet the completeness remains complete.*

**Om śhāntiḥ śhāntiḥ śhāntiḥ**

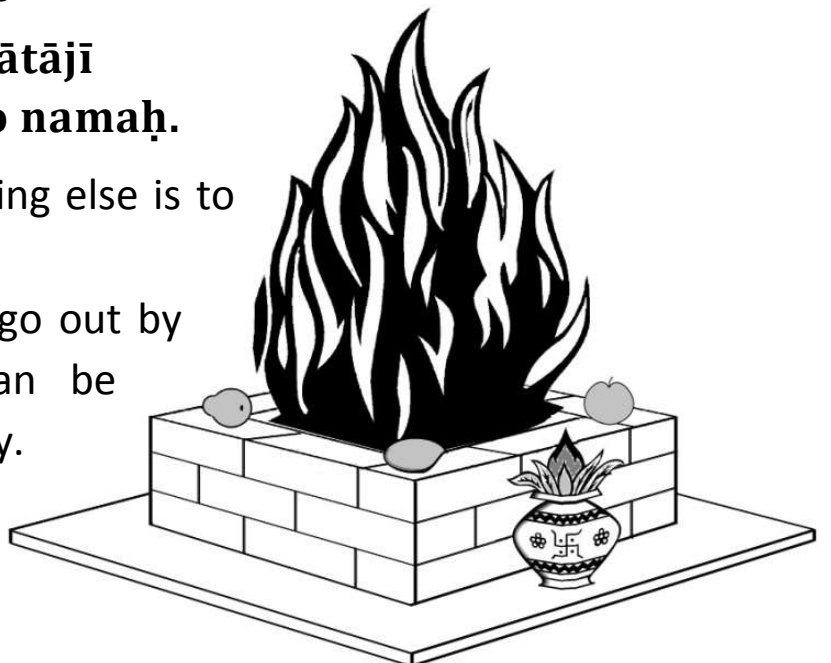
*Amen. Peace, peace, peace*

*Isha Upanishad.*

**Sākṣhāt Śhrī Ādi Śhakti Mātājī  
Śhrī Nirmalā Devyai namo namaḥ.**

After saying this mantra nothing else is to be offered to the Havan.

- The fire should be left to go out by itself if possible, but can be carried outside if too smoky.



## ☪ The Three Granthis (knots of Illusion) ☪

The **Granthis** and their locations (*see page 320*) are mentioned in the **Śhrī Lalita Sahasranāma** –‘1000 Names of the Goddess’.

The explanations are from Shri Mataji's talk –‘The Knots on the Three Channels’.

### **Om Twameva sākṣhāt Śhrī Brahma-granthi vibhedinī sākṣhāt Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namaḥ**

Until Brahma-granthi breaks the Kundalini will not rise to Nābhī. This first knot is created by our attention becoming identified with matter and materialism. We have to understand there is such a thing as Spirit. To overcome it we should put our attention first on the Spirit and not worldly matters.

### **Om Twameva sākṣhāt Śhrī Viṣṇu-granthi vibhedinī sākṣhāt Śhrī Ādi Śhakti Mātāji Śhrī Niirmala Devyai namo namaḥ**

Between Nābhī and Heart, Vishnu-granthi, the second knot is the one by which we think that we are 'doing' something . The more we do the more we create ego. Human beings cannot break the second knot, only God can do it. So here we must have self-respect and surrender ourselves to God.

### **Om Twameva sākṣhāt Śhrī Rudra-granthi vibhedinī sākṣhāt Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namaḥ**

In order to open Rudra-granthi, the third and last knot between Āgñyā and Sahasrāra (in the area of the Rudras!), we have to be absolutely honest with ourselves and with God. This requires complete humility and surrender.

‘Between the **Kundalini**, **Muladhara Chakra** and **Swadhishtana**, then \***Agni** – ‘fire’ **Brahma Granthi** is established. When Vishnu-granthi reaches up with the **Sūrya** –‘Sun’, that is between the **Nābhi** and the Heart Chakra, **Surya Vishnu-granthi** is established. When **Vishuddhi** and **Agnya** auras meet; then **Chandra** –‘Moon’ **Rudra-granthi** is established.’ *Bija Mantras, Hampstead, 14-10-78.*

*\*The lower three Chakras are the **Agni** or **Vahni-maṇḍala** – ‘Orb of Fire’, **Heart**, **Vishuddhi** and **Agnya** are the **Sūrya-maṇḍala** –‘Orb of Sun’ **Sahasrāra** and above is **Chandra-maṇḍala** –‘Orb of Moon’  
The Granthis are obstructions between these areas.*

## Prayers

**Om asato mā sad-gamaya, Tamaso mā jyotir gamaya**

*May I go from the unreal to the real. May I go from darkness to light.*

**Mṛityor-mā amṛutam gamaya, Om śhāntiḥ śhāntiḥ śhāntiḥ**

*May I go from death to immortality. Amen. Peace, peace, peace.*

*Brihadaranyaka Upanishad*

### **Prayer to the Almighty**

'You must pray to God and ask what you want. Ask for:

Complete satisfaction in my heart, Joy in my heart, Bliss in my heart;  
So that the Whole World becomes Blissful.

Give me Love, Love, that I could love the Whole World  
And that the Whole World becomes One in Love.

Give Salvation to the Entire Humanity, which is suffering.

Take me to Your Feet.

Cleanse me with Thy Love.

Now see if there's God or not. You can feel it.

Within yourself He hears you. He is the Glory of all the Glory.

He loves you, He protects you, He guides you.

He has created you to be really His Love. But accept it.

Any time any thought is coming to you - pray;  
and you will be moving in the way of that ocean  
which is Unconscious Mind,  
which starts with Thoughtless Awareness.

If you cannot become thoughtless, you pray to Him:

'Forgive me for what I've done,

and forgive those who have done harm to me'.

*Mumbai, 09-02-75*

## **Shri Mataji's Prayer**

Mother, please come in my Heart.

Let me clean my Heart so that You are there.

Put Your Feet into my Heart.

Let Your Feet be worshipped in my Heart.

Let me not be in delusion.

Take me away from illusions.

Keep me in Reality.

Take away the sheen of superficiality.

Let me enjoy Your Feet in my Heart.

Let me see Your Feet in my Heart. *Chelsham Road, London, 05-10-84*

## **Morning Prayer**

May I this day be what You'd have me be.

May I this day say what You'd have me say.

May I this day be part and parcel of the whole

And may my thoughts be of a realised soul.

May I this day have love for all mankind.

Shrī Mother, be in my heart and in my mind.

## **Prayer for the Heart**

How deep is God's love for us, He has given us the realization.

He is the Ocean of Mercy, ignoring all our mistakes.

He is working hard day and night for our welfare and,

instead of praying for His forgiveness of our mistakes,  
we are making complaints against Him and blaming Him.

O God, please give us the power of Your love.

May I be the drop in the ocean of Your love

that is enveloping the whole universe,

so that its loving pulsation is vibrated through my life

and I remain engrossed in that bliss.

My life is Yours, my heart is Yours, all this is Yours! *Marathi Letter, NY 14-2.*

## **Prayer for the Agnya**

How fortunate we are to have been realised!

We are Sahaja Yogis, God had chosen us.

How can we work if we remain weak?

Ādi Shakti has given us the power

To redeem the whole mankind.

We can do it and we will do it.

*Marathi Letter, Nirmala Yoga 14-2.*

## **☪ Poems by Shri Mataji ☪**

### **Like a Dust Particle**

I want to be smaller,

Like a dust particle

Which moves with the wind.

It goes everywhere.

Can go sit on the head of a king,

Or can go and fall at the feet of someone.

And it can go and sit everywhere.

But I want to be a particle of dust

That is fragrant,

That is nourishing,

That is enlightening.

*Shri Mataji Nirmala Devī - Aged seven*

## To My Flower Children

You are angry with life  
Like small children  
Whose Mother is lost in darkness  
You sulk expressing despair  
At the fruitless end of your journey  
You wear ugliness to discover beauty  
You name everything false in the name of truth  
You drain out emotions to fill the cup of love  
My sweet children, my darling  
How can you get peace by waging war  
With yourself, with your being, with joy itself?  
Enough are your efforts of renunciation  
The artificial mask of consolation  
Now rest in the petals of the lotus flower  
In the lap of your Gracious Mother  
I will adorn your life with Beautiful Blossoms  
And fill your moments with Joyful Fragrance  
I will anoint your head with Divine Love  
For I cannot bear your torture anymore.  
Let me engulf you in the Ocean of Joy  
So you lose your being in the greater one  
Who is smiling in your calyx of Self  
Secretly hidden to tease you all the while  
Be aware and you will find Him  
Vibrating your every fibre with Blissful Joy  
Covering the Whole Universe with Light.

***To the Seekers of the USA on Her first trip there in 1972***

## I see a Mountain

I see a mountain from my window  
Standing like an ancient sage  
Desireless, full of love.  
So many trees and so many flowers  
They plunder the mountain all the time.  
Its attention is not disturbed  
And when the rain pours like  
Many pitchers of clouds bursting  
And it fills the mountain with greenery,  
The storm may come soaring,  
Filling the lake with compassion  
And the rivers flow running down  
Towards the calling sea.  
The sun will create clouds and  
Wind carries on its feathery wings  
The rain on to the mountain.  
This is the eternal play  
The mountain sees without desires.



## ☪ Shri Mataji on Meditation ☪

'In the morning you get up, have your bath, sit down, take some tea; don't talk. Don't talk in the morning. Sit down, meditate. Because, at that time, the Divine Rays come in. The Sun comes afterwards. That's how the birds get up. That's how the flowers get up. They're all awakened by that and, if you are sensitive, you will feel that, by getting up in the morning, you will look at least ten years younger. Really, it's such a good thing to get up in the morning and then, automatically you sleep early. This is for getting up, for sleeping I need not tell because that you'll manage yourself! Then, in the morning time, you should just meditate.

In meditation try to stop your thoughts. Watch My photograph with open eyes and see that you stop your thoughts. You should stop your thoughts, then you go into meditation. The simple thing to stop your thoughts is the Lord's Prayer, because that's the Agnya state. So in the morning you remember Lord's Prayer or Ganesha's mantra. It's just the same. Or you even say, 'I forgive.' So you can start with Ganesha's mantra, say Lord's Prayer and then say 'I forgive.' It works out.

Then you are in thoughtless awareness. Now you meditate. Before that there's no meditation. When the thoughts are coming or 'I have to take tea', 'What shall I do?', 'Now what have I to do?', 'Who's this?' and 'Who's that?' All this will be there. So first you become thoughtlessly aware, then the growth of spirituality starts after thoughtless awareness, not before.

One should know that, on rational plane you cannot grow in Sahaja Yoga. So first thing is to establish your thoughtless awareness. Still you might feel little Chakra blockages here and there - forget it! just forget about it.

Now start your surrendering. Now if a Chakra is catching, you should say, 'Mother, I surrender this to You.' Instead of doing any of these things you can just say that. But, that surrendering should not be rationalised. If you're still rationalising and worrying – 'why should I say this?' it will never work out. If there's pure love and purity in your heart that's the best thing; to do so, is to surrender.

Leave all the worries to Your Mother; everything to Your Mother. But surrendering is one point that is very difficult in ego-oriented societies. Even talking about that, I feel a little bit worried. But if there's any thought coming in to you or any Chakra catching, just surrender. And you'll see that the Chakras are cleared up. In the morning time you do not go on putting this way, that way, nothing; don't move your hands too much in the morning. You'll find most of your Chakras will clear out in the meditation.

Try to put your love in your heart. just try in your heart, and there, try to put your Guru, in the core of it. After establishing in the heart, we must bow to that with full devotion and dedication. Now, whatever you do with your mind after realisation is not imagination because now your mind, your imagination, is itself enlightened. So project yourself in such a way that you humble down at the feet of your Guru, your Mother.

And now ask for the necessary temperament needed for meditation, or atmosphere needed for meditation. Meditation is when you are one with the Divine.

Now if there are thoughts coming in first you have to say the first mantra, of course, and then watch inside. Also, you must say the mantra of Ganesha, will help some people, and then you should watch inside and see for yourself which is the biggest hurdle.

First the thought; now, for the thought you have to say the mantra of Nirvichara.

**Om Twameva sākshāt Śhrī Nirvichara sākshāit Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ.**

Now come to the hurdle of our ego. You see the thought has stopped now no doubt, but there is still a pressure on the head. So if it is ego, you have to say:

**Om Twameva sākshāt Śhrī Mahāt'ahamkāra sākshāit Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ.**

**Mahāt** means 'the great', **ahamkāra** means 'the ego'. You say it thrice.

Now, even now, if you find that ego is still there, then you have to raise your left side to push it back to the right side with your hand, one hand towards the photograph.

Push the left side higher and the right side lower so the ego and the superego get the balance. Do it seven times. Try to see how you are feeling inside, you see.

So once you have given yourself a balance, then, the best thing is to pay attention to your emotions, to manas Shakti. Watch them. You can enlighten your emotions, by thinking of your Mother. Right? Just enlighten them.

This solves all the problems. Whatever are the problems in the mana. So once you are connected to those emotions and you start looking at them in your meditation you will see these emotions are rising within you and if you try to put these emotions on your Mother; as they say, 'At the Lotus Feet of your Mother'. They, those emotions, will start dissolving and they'll become sort of, expanded. Expanse you see. You will extend them in such a way that you will feel you are in control of them and by controlling those emotions your emotions are expanded, enlightened and powerful.

Now what you do is to watch your breathing. See now, try to reduce your breathing; reduce it, in the sense that you have breathed out,

wait for a while, then breathe in. For a long time. Then you breathe out. So during one minute your breathing will be less than normal. Alright? Try that, keep the attention on the emotions, you see? So that the connection is established.

Better? See, the Kundalini rises. Now, when you are breathing, you find that there is a space in-between which you just leave vacant. Breathe in. Keep it there. Now breathe out and keep breathing out. Now breathe in. Now start breathing in such a way, that you really reduce your breathing. Your attention should be on your heart or it could be your emotion, it's better to keep the breath inside for a while. Hold it.

Bring it out. Hold out. Then keep it outside for a while. Then again. Then you'll find that for a while you will not breathe. Good. See, you're settled now. The **Laya** -'dissolution' takes place between your **prāna** and your **mana**. Both the Shaktis become one.

Now raise your Kundalini - up on top and tie it up. Again, raise your Kundalini - up on the head and tie it up. Again, raise your Kundalini and tie it up thrice.

Now at the Sahasrara you should say the mantra of Sahasrara - thrice.

**Om Twameva sākshāt Śhrī Kalki sākshāt Śhrī Sahasrāra-Swāmini Moksha-pradāyinī Mātājī Śhrī Nirmalā Devyai namo namaḥ.**

Now it's open now, if you see, now you can open again your Sahasrara like this. And see that you are stationed there. Once this has been done - then you go into meditation.

Reduce your breathing, will be better. You reduce your breathing as if stopping it, but no exertion about it.' ***Bramham Gardens, London, 1981***

## **Meditation at Shudy Camps, UK**

'Please close your eyes. All of you close your eyes. Now we all will do the meditation the way we have been doing in the halls, wherever we have public programmes.

We will work on the left-hand side and the left hand towards Me. Now first of all you put your hand on your heart. In the heart resides Shiva, is the Spirit. So you have to thank your Spirit that it has brought light to your attention because you are a saint and the light that has come in your hearts has to enlighten the whole world. So please now in your heart you pray:

**Let this light of my love of the Divine spread to the whole world.**

With all sincerity and understanding that you are connected with the Divine and whatever you desire will happen with full confidence in yourself.

Now put your right hand in the upper part of your abdomen on the left hand side. And now here is the centre of your Dharma. Here you have to pray:

**Let Vishwa Nirmalā Dharma spread in the whole world. Let people see the light through our dharmic life, through our righteousness. Let people see that and accept the Vishwa Nirmalā Dharma by which they get enlightenment and a benevolent higher life and a desire to ascend.**

Now take your right hand in the lower portion of your abdomen, of the stomach on the left hand side. Press it. Now this is the centre of pure knowledge. Here you have to say as Sahaja Yogis that:

**Our Mother has given us the full idea how the Divine works. She has given us all the mantras and all the pure knowledge that we could bear and understand. Let all of us be fully knowledgeable about that.**

I have seen if the man is a leader, the wife does not know a word about Sahaja Yoga. If the woman knows about Sahaja Yoga, the husband

doesn't know anything about it. Let me be proficient and an expert in this knowledge, so that I can give realisation to people, make them understand what is Divine Law, what is Kundalini and what are the Chakras.

**Let my attention be more on Sahaja Yoga than on all these mundane things.**

Now put your right hand on the upper part of your abdomen and close your eyes. Now here on the left-hand side press it.

**Mother has given me the Spirit and I have my own Guru which is the Spirit. I am master of my own.**

**Let there be no abandonment.**

**Let there be dignity in my character.**

**Let there be generosity in my behaviour.**

**Let there be compassion and love for other Sahaja Yogis.**

**Let me not show off, but have a deep knowledge about God's love and His doing, so that when people come to me, I should be able to tell them about Sahaja Yoga and give them this great knowledge with humility and love.**

Now raise your right hand on your heart. Here you have to thank God that you have felt the ocean of joy and you have felt the ocean of forgiveness and the capacity to forgive as our Mother has, which we have seen is so tremendous.

**Let my heart expand and encompass the whole Universe and my love should resound the name of God. The heart every moment should express the beauty of God's love.**

Take now your right hand on the left Vishuddhi between the neck and the shoulder in the corner.

**I will not indulge into the falsehood of guilt because I know it is falsehood. I will not escape my faults but face them and eradicate them. I will not try to find fault with others, but in my own knowledge of Sahaja Yoga let me remove their faults.**

We have so many ways secretly we can remove the faults of others.

**Let my collectivity become so great that the whole Sahaja Yoga race is my own family, my own children, my home, my everything. Let me get that feeling completely, innately built within myself that I am part and parcel of the whole because we all have one Mother and let my concern go to the whole world to know what are their problems and how can my true desire power solve them. Let me feel the problems of the world in my heart and let me try innately to remove all of them from the basis of which they are generated.**

**Let me go to the principles of all these problems and try to remove them through my Sahaja Yoga powers, through my saintly powers.**

Now put your right hand on your forehead across. Now here you have to say first:

**I have to forgive all those who have not come to Sahaja Yoga, those who are on the periphery, who come and go, who jump in and out. But first of all and foremost I have to forgive all the Sahaja Yogis because they are all better than me. I am the one who tries to find fault with them but I am at the lowest end and I have to forgive them because I must know that I still have to go very much further. I am still much less, I have to improve myself.**

This humility has to come within us. So you have to say here:

**Let there be the humility in my heart in a true sense, not hypocritical.** Work out this feeling of forgiveness so that I bow to reality, to God and to Sahaja Yoga. Now you have to put back your hand on the back side of your head and push back your head and you have to say here:

**Oh Mother, whatever wrong we have done to You so far or whatever wrong goes in our minds, whatever smallness we have shown to You, whatever way we have troubled You and challenged You, please forgive us.**

You should ask for forgiveness. In your intelligence you should know what I am. I don't have to tell you again and again, not at Sahasrara.

You have to thank Me at Sahasrara, put your hand, move it seven times and thank Me seven times.

**Mother, thank You very much for the realisation.**

**Mother, thank You very much for making us understand how great we are;**

**And thank You very much for bringing all the blessings of the Divine;**

**And thank You very much for raising us higher, much higher than from where we were;**

**And also thank You very much for sustaining us and for helping us to improve ourselves and correct ourselves.**

**And thank You very much ultimately that, Mother, You have come on this Earth, taken Your birth, and that You are working so hard for us, for all of us.**

Press it hard. And move it hard. Now take down your hands. Heads are all very hot. So now let us give ourselves a nice bandhan. In the bandhan of Mother let us move our left to the right. One. Nicely. Understand what you are. What are your auras. Now again second one. Now the third one. Now the fourth one. Now the fifth. Now the sixth one. And now the seventh.

Now raise your Kundalini slowly, very slowly, raise it first time, you have to do it very slowly. Now push back your head and give it a knot, one knot. Second one, let's do it very slowly and knowing what you are, you are a saint. Do it properly, not in a haste. Push back your head and give it two knots there, one and two. Now let's do the other one. Again the third one you have to give three knots. Very slowly do it. Very slowly. Now do it properly. Now push back your head. Now give it the third knot. Three times.

Now see your vibrations. See your vibrations like this. All the children see your vibrations like this, put your hands. Beautiful. I am getting vibrations from you.

May God bless you. Thank you very much.' *Shudy Camps, UK, 18-06-88*



## Shri Mataji's advice at Chelsham Road ashram

*'I am the Enjoyer of all your doings - not of My Doings any more'*

'You must know that you represent Me. Try to imbibe some of My qualities, some of My qualities. You must show patience. Now the best way would be to pray. Prayer is a very great thing for Sahaja Yogis. Pray with your heart.

First of all you must ask for strength from Mother,

**'Give me strength so that I be genuine, so that I won't deceive myself.'** You are deceiving yourselves morning till evening.

**'Give me strength that I face myself, and say it with my heart. That I try to improve myself.'** Because these are defects which are not your own. They are outside, if they fall off you'll feel alright. You'll be perfect.

Now, then you should ask for forgiveness, pray for forgiveness, there should be prayer. Say that:

**'You forgive me. Because I have been ignorant. I did not know what to do. I have done mistakes. So You please forgive me.'**

That is the first thing one has to ask, is the forgiveness.

Then second thing you ask for is

**'Give me a sweet tongue. A method by which I become communicative with others. Others respect me, they like me, they like my presence. Give me strength, give me love. Give me the beauty of culture, beauty of understanding that everybody loves me, wants me.'**

Ask for prayer. In the prayer you ask that,

**'O Lord, give me the sense of security of my Spirit. So that I do not feel insecure by which I trouble others, or get angry. Give me a sense of my own dignity, so that I do not feel that I'm belittled, or someone has belittled me.'**

If you are at a higher position no-one can belittle you. It's only you belittle yourself by your foolishness and tomfoolery.

Ask for strength that: **'Give me my witness state. Give me satisfaction.'** Ask for satisfaction:

**'Let me feel my satisfaction for what I have. Whatever I have. Whatever I eat. Everything. Take out my attention away from all these things.'**

You know that your attention is in the stomach. And those who are very much interested in food will get liver in any case, whatever you may try. **'In anything like this wherever my attention is going, please give me strength to pull it back - Chitta Nirodh –'Restrained Attention'.** Teach me how to avoid things that tempt me, that take away my attention.'

**'Take away my thoughts. Give me witness state by which I see the whole drama. Let me never spite others and criticise others. Let me see my mistakes, not others. Let me see why people are not happy with me. Give me strength to have a very sweet tongue and a very sweet nature, so that others like my company, they enjoy my company. Let me be like a flower and not like a thorn.'**

You have to pray! All these prayers are going to help you. Then, ask for the greatest prayer which you must ask –

**'Please keep me away from ego that gives me ideas that I am superior to others, or in any way that takes away my meekness and my humility. Give me natural humility, by which I can penetrate into the hearts of people.'**

Just you have to bend your head and you go up to your heart. You have to bend your head and there is your heart, where resides the Spirit. Be with it. If you are any way hurt in your ego, or you are hurting somebody's ego, it is just the same. You'll behave in the same manner, the same egotistical manner.

So try to understand that these things have to go away. Best is to pray and ask for help. Prayer is a very big thing, but with your heart. Pray that **'God, give us strength and that growth that we can please our Mother sometimes. We want to please our Mother. We want to see Her happy.'** The only thing that will really give Me happiness is that the way I love you, you love each other.'

*London, 26-10-80*

## **Are you progressing well?**

'With a complete surrendered mind you have to go through the pilgrimage, say, of this castle. This is one of the glimpses of the tapas that you have to do, because I am told some of you had to get into little difficulties and you people suffered a little bit on your way, for the pilgrimage. But it is fun to be venturesome and to get into places where the Devils dare not go, and if you know how to get fun out of the so-called discomforts, then you should know you are on the right lines, and as you start becoming discreet automatically, you should know you are progressing well.

As you become more peaceful and your temper vanishes in the thin air as soon as you see somebody attacking you, then know that you are progressing well. As soon as you see an ordeal or a calamity falling on the personality and you do not get worried about it, then know that you are progressing. When no amount of artificiality can impress you, then know you are progressing. No amount of material well-being in others makes you unhappy, no more unhappy, then know that you are progressing well. No amount of labour or troubles are sufficient to become a Sahaja Yogi. Whatever you may try one cannot become a Sahaja Yogi, while you have got it without any effort, so you are something special.

So this, once you understand that you are special, you will become humble about it. Then when it happens to you, that you humble down when you see you have achieved something, that you have some powers, that you are emitting innocence, that you are discreet and as a result of that you become a more compassionate, humbler personality, a sweeter personality, then you should believe that you are in the heart of your Mother. This is the sign of the new Sahaja Yogi now in the new era who has to move with new force. Where you will grow so fast, that without meditation you will be in meditation.

Without being in My presence you will be in My presence. Without asking you will be blessed by your Father. This is what you are in for; and again I welcome you to this new era today on this great day of Sahasrara.

May God bless you all!

*Sahasrara Day, Rouen, France, 05-05-84*

## **You can become thoughtless**

'The first faculty is: if you can become thoughtless. In meditation you can become thoughtless for a short time. Gradually this short time should go on increasing, that you are without any thought. This happens also as we can say is a state, but how do we achieve that, again, because human beings cannot understand that anything can happen spontaneously, something has to be done. For that in Sahaj we have something very, very simple - that you have got a mantra as Nirvichar.'

*Guru Puja, Cabella, 19-07-92*

## **Arabic pronunciation**

These symbols appear in the Arabic names:-

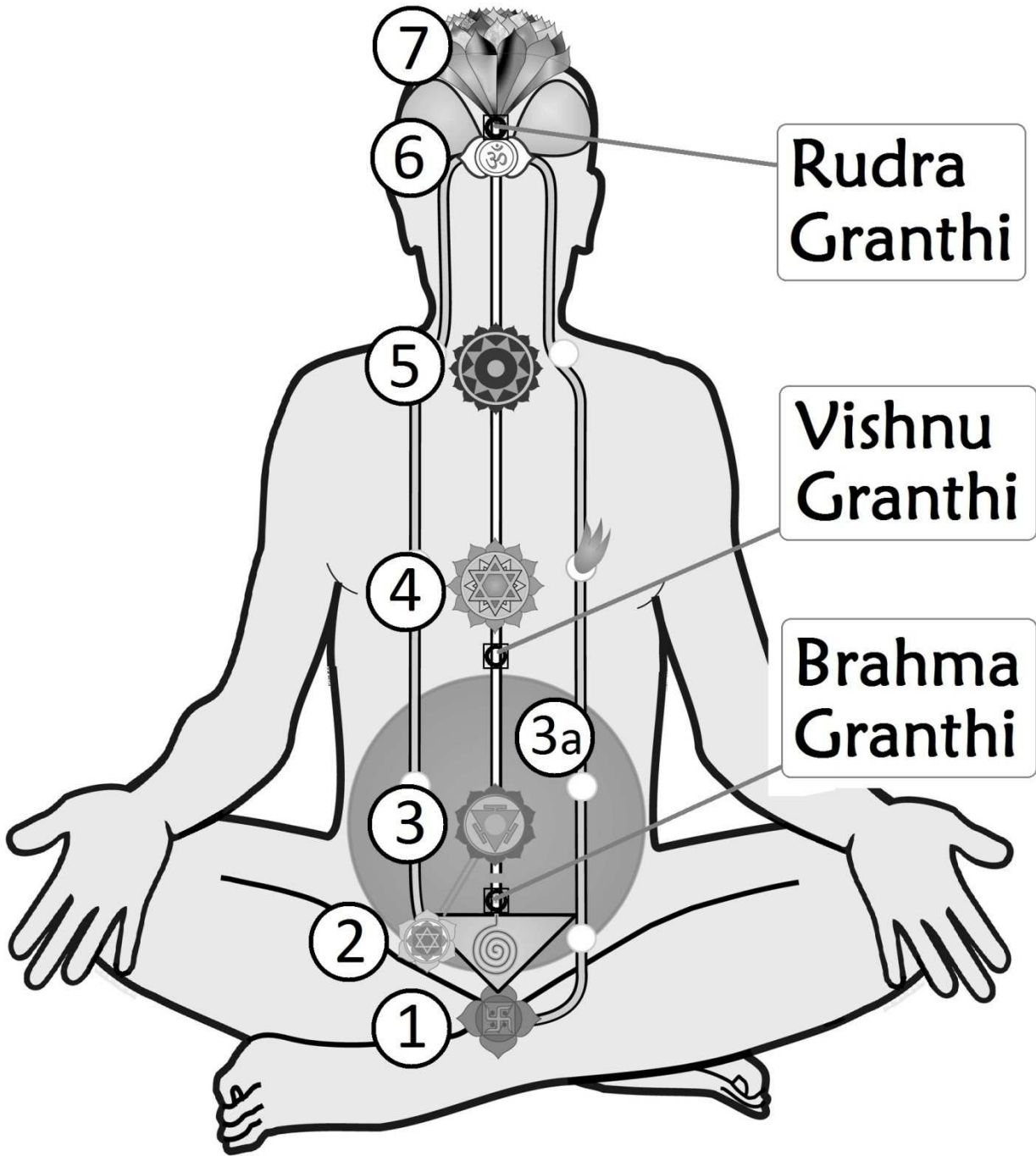
1. As in Sanskrit, **ā** - long 'aa', **ū** - long 'oo' and **ī** - long 'ee'.
2. **th** - voiced 'th' sound as in 'then'
3. **h** - un-voiced aspirated 'h' sound (eg: Muḥammad),
4. **kh** - guttural 'h' sound.
5. **Q** - deep guttural K sound.
6. **ḍ, ṣ, ṭ, ṭh** - guttural sounds to distinguish them from the dental d, s, t, th.
7. An apostrophe denotes an abrupt stop in the vowel sound - Al-Mu'min.

## **Greek Pronunciation**

These symbols appear in the Greek names:

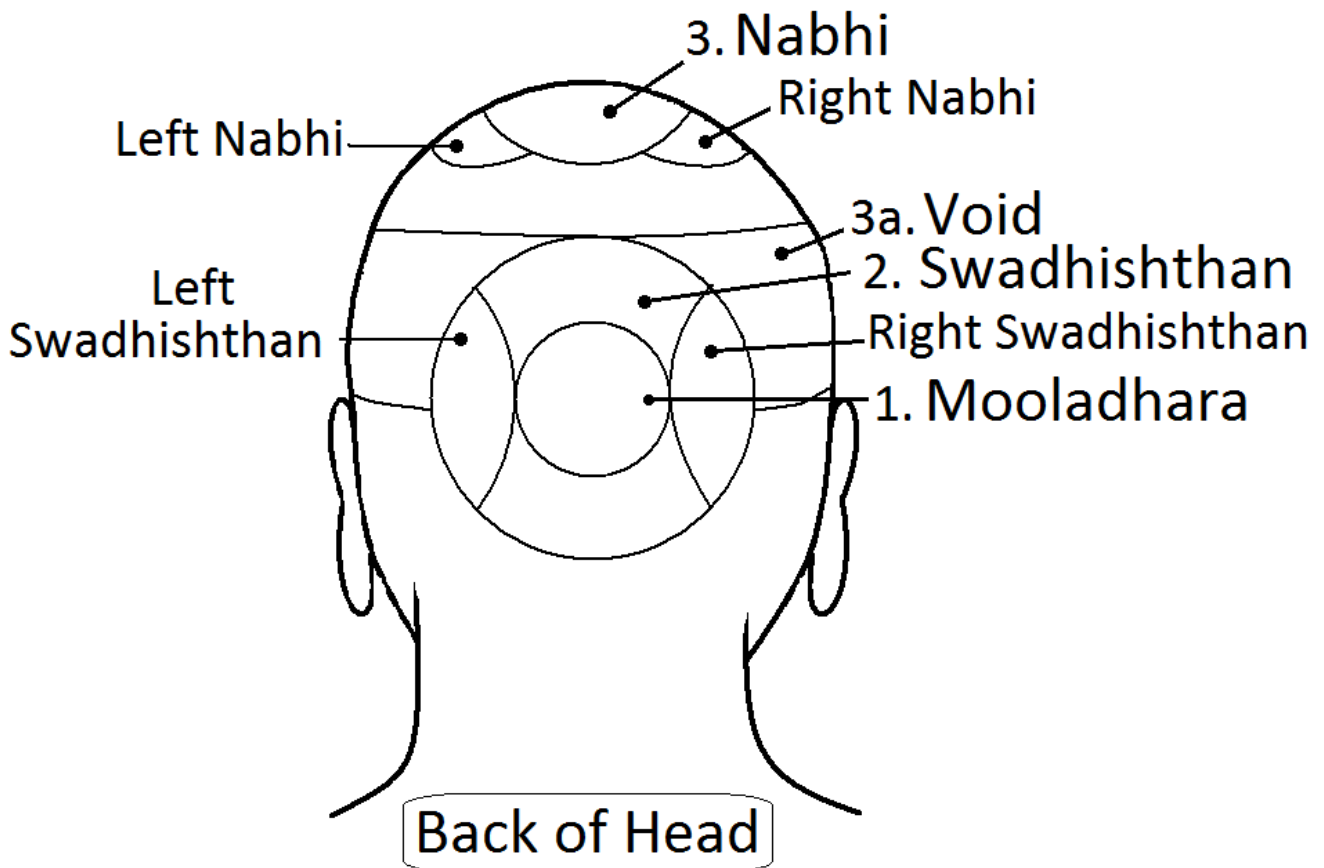
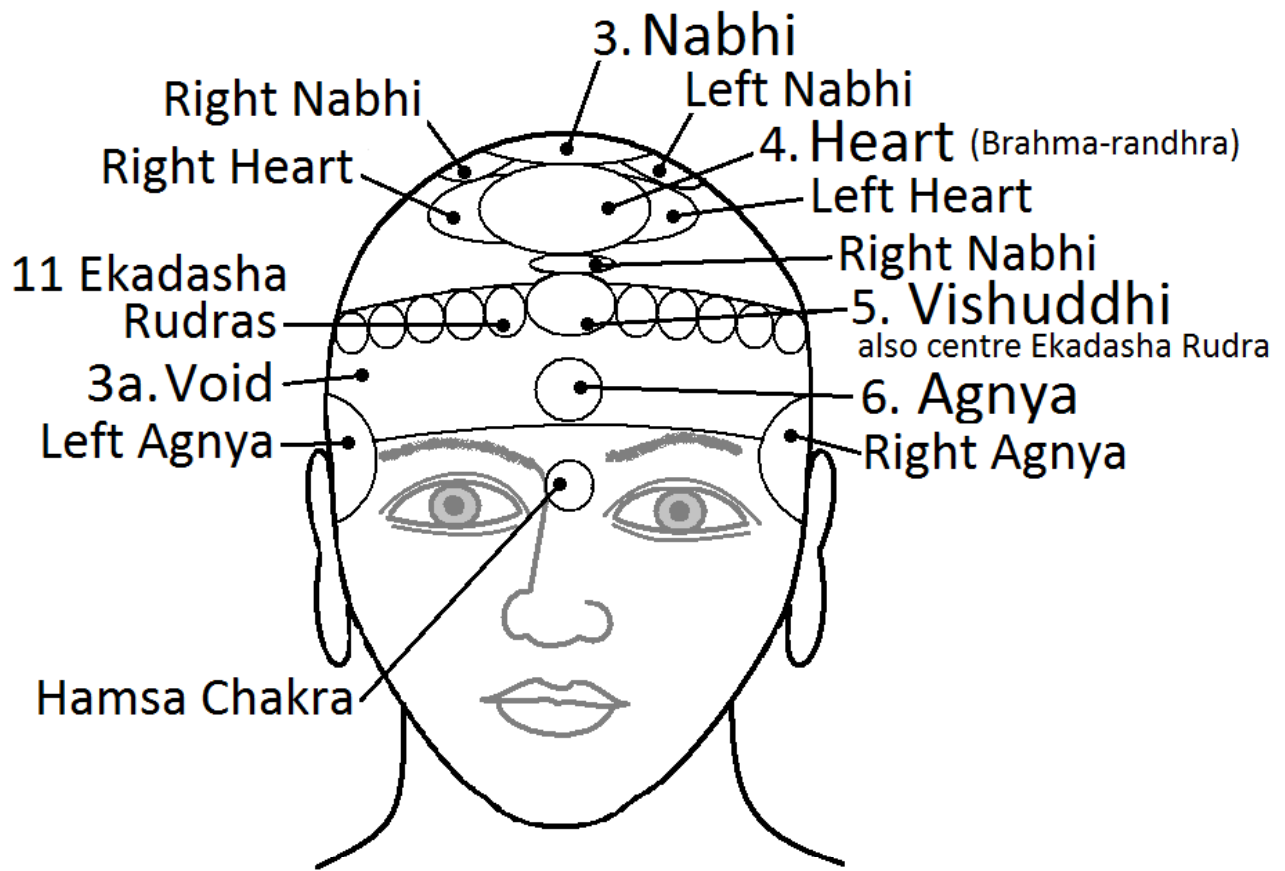
1. **th** - voiced 'th' as in 'then'. **th** is unvoiced as in 'the'.
2. **gh** - like French guttural 'r' as in 'rue'.
3. **í** – stressed long 'ee'.
4. An accent shows the stress syllable of the word, eg: 'Pallás'.

☪ The Subtle System ☪



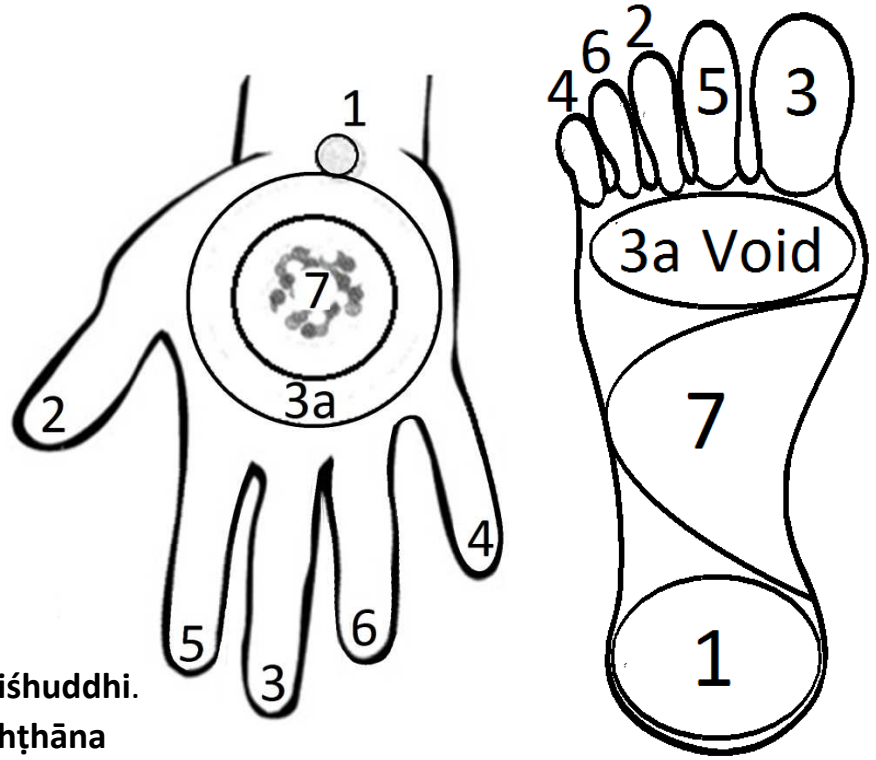
- |    |              |   |           |
|----|--------------|---|-----------|
| 1  | Muladhara    | 4 | Heart     |
| 2  | Swadhishtana | 5 | Vishuddhi |
| 3  | Nabhi        | 6 | Agnya     |
| 3a | Void         | 7 | Sahasrara |

# The Chakras in the Sahasrara



## The Chakras on the Hands and Feet

1. Mūlādhāra
2. Swādhiṣṭhāna
3. Nābhi
- 3a. Void
4. Heart
5. Viśhuddhi
6. Āgñyā
7. Sahasrāra

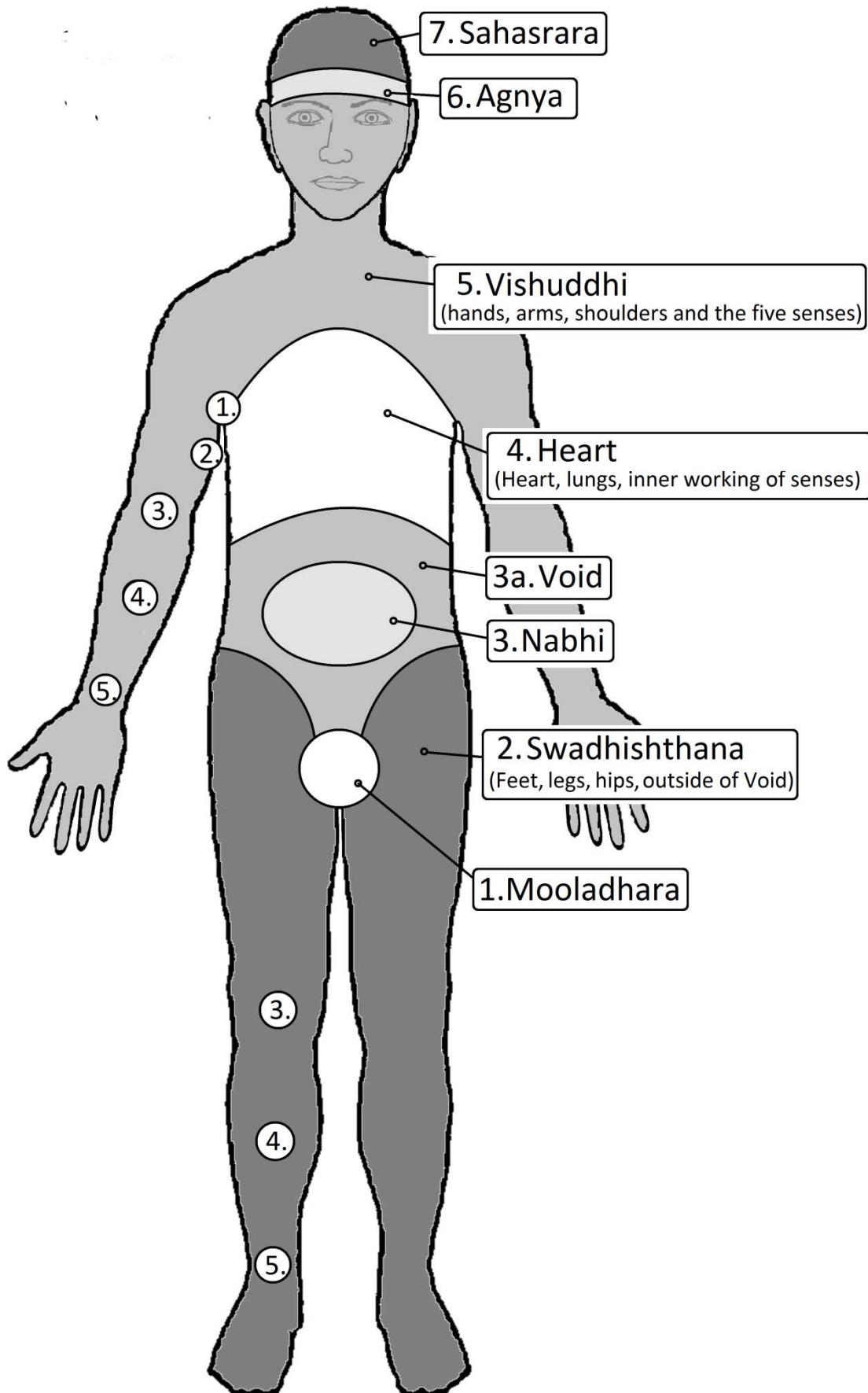


Note: Whole hand is **Viśhuddhi**.  
Whole foot is **Swādhiṣṭhāna**

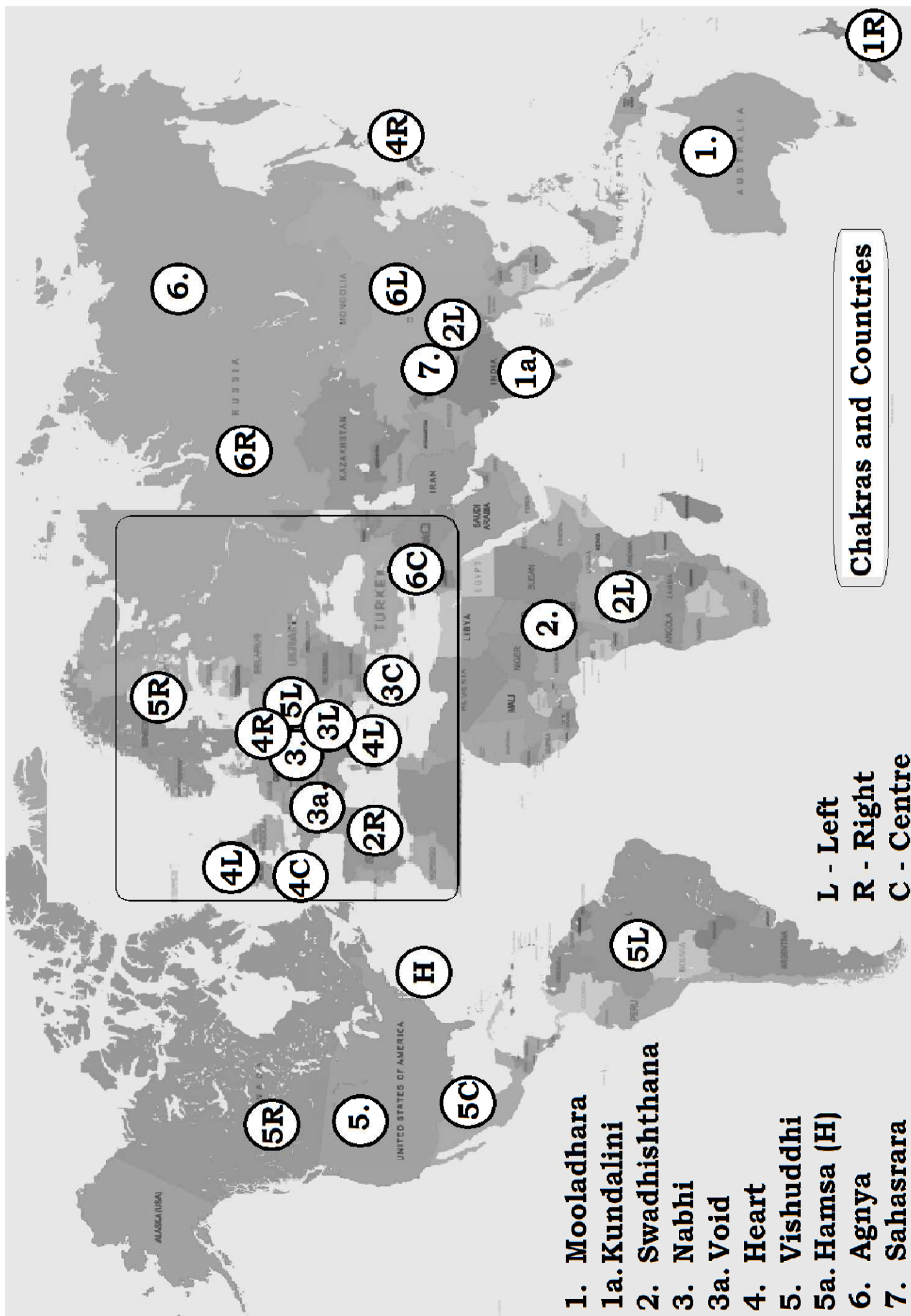
### Correspondence of parts of the body with the Chakras

1. **Mūlādhāra**- Bones, anus, genitals, armpits, heels, base of thumb, back of head (lump at base of skull)
2. **Swādhiṣṭhāna**- Whole of the legs and feet, thumbs, middle toes, fat (as a body constituent) liver, kidneys, spleen, pancreas. Ticklish Places.
3. **Nābhi** (**Manipūra**) Navel, abdomen, stomach, knees, elbows, place where the hair swirls on the top of the head, middle fingers, big toes, flesh (as a body constituent ie. muscles)
4. **Heart** (**Anāhata**) Lungs, heart, inner workings of eyes, ears, nose etc. (Right Heart), forearms, calves, blood.
5. **Viśhuddhi**- The whole of the arms, hands, shoulders, neck, face, outer parts of eyes, ears, etc. skin (in general), wrists, ankles, first (index) fingers, second toes, top of forehead. Lower mind (mundane thinking).
6. **Āgñyā**- Brain, mind (emotional thinking), ring fingers, fourth toes, marrow and brain tissue. Third eye (centre of forehead).
7. **Sahasrāra**- Whole of top of head and brain, Brahma-randhra (soft bone in top of head) centre of palms, instep of feet, reproductive seed.

## Areas ruled by the Chakras







- 1. Mooladhara
- 1a. Kundalini
- 2. Swadhishthana
- 3. Nabhi
- 3a. Void
- 4. Vishuddhi
- 5. Hamsa (H)
- 5a. Hamsa (H)
- 6. Agnya
- 7. Sahasrara

L - Left  
 R - Right  
 C - Centre

**Chakras and Countries**

# Countries and Places associated with the Chakras

## 1. Mooladhara.

**Left/ Centre:** Australia. Uluru (Ayers Rock), Isle of Wight (UK)

**Right:** New Zealand (Auspiciousness)

**Kundalini** (Sacrum): India, Maharashtra, Kanyakumari, Brighton (UK)

## 2. Swadhishtana:

**Left / Centre:** Africa, Nepal

**Right:** France, Spain (Liver + Right Nabhi)

## 3. Nabhi:

**Left:** Austria (Pancreas)

**Right:** France, Iran, Iraq, Egypt, Turkey

**Centre:** Greece, Delphi

**3a. Void:** Whole of Europe (Bhava-sāgara - Mediterranean).

## 4. Heart:

**Left:** UK (Atma) Italy (Soul) Spain (trigger)

**Right:** Japan, Germany.

**Centre:** Ireland, Kolkata

## 5. Vishuddhi. (Whole of N & S America)

**Left:** South America, Poland, Czech, Romania, Hungary, Bulgaria.

**Right:** Canada, USA, Norway, Finland, Sweden, Denmark.

**Centre:** Central America, USA, Bristol (UK).

**Hamsa:** New York

## 6. Agnya.

**Left (Super-ego):** China, Ganapatipule (Maha-ganesha)

**Right (Ego):** Russia, Cambridge (UK), Mont Blanc.

**Centre:** Israel, Jerusalem, Bethlehem, Rome, Pune (India).

**Ekadasha Rudras:** Ganapatipule, Mussalwadi, Rahuri (Maharashtra).

## 7. Sahasrara.

Himalayas, Mt. Kailash, Alps, Scotland, Stonehenge.

## ☪ Standard Meditations ☪

Some of the ways Mantras may be used in Meditation

Meditation is to sit quietly, absorbed in and filled with the Divine Nature of Bliss, Peace and Freedom from mental and emotional activity. Due to Her Supreme Holiness Shri Mataji's being the Complete Incarnation of this Divine Nature, we need only have our attention on and establish a connection with Her Divine Lotus Feet.

However some activities can help to focus our desire and our attention, awaken the Deities within us and clear any obstacles to our meditation.

### 1) Daily Practice (Based on suggestions by HSH Shri Mataji)

Normally one starts meditation by bowing at Shri Mataji's Feet (*see Namaskar p.328*). Sit comfortably upright on a mat or in a chair, raise the Kundalini and put on a Bandhan.

- Say the Mantra to **Śhrī Ganesha** (1 or 4 times) *May be said with Right Hand on Mother Earth to clear Left Side.*
- Say **Ganehsa Atharva Sheersha** (p.41 or 2-page version on p.344)
- Say **the Lord's Prayer** (in English or your native tongue) 1, 2 or 3 times.
- Say **the Three Great Mantras or Sahsrāra Mantra** 3 times (p.37 /231)
- Sit in silent meditation.

### Variations

#### 2) Clearing Left and Right Side

After Ganehsa Mantra and Ganesha A.S.:-

- With the Right Hand on or towards the Mother Earth, say the Mantra to **Śhrī Mahā-kālī-Bhairava** (3 times) *Sit for a few minutes to allow Left Side to clear.*
- With the Left Hand raised and palm facing the sky, say the Mantra to **Śhrī Mahā-saraswatī-Hanumāna** (3 times) *Allow to clear.*
- With both hands open on the knees, say the Mantra to **Śhrī Mahā-lakshmī-Ganesha.** (3 times)

Finish as in (1) above.

### 3) Central Channel

After **Ganehsa Mantra** and **Ganesha A.S.**:-

- Put right hand on the Navel and say the Mantra to  
**Shri Lakshmī-Vishnu** (3 times)
- With Right Hand on the Sternum bone say  
**'Jay Jagad-ambe'** repeating **'Jagad-ambe'** 12 times.
- With fore-fingers in the ears and head stretched back, say  
**'Allāh hu Akbar'** 16 times.
- Say **the Lord's Prayer** twice or thrice – once with Right Hand on forehead and head bowed; once with Right Hand on Back Agnya and head back.
- Say the **Three Great Mantras** or **Sahsrāra Mantra** (3 times) or the **Three Short Mantras** (all on p.231)
- Sit in silent meditation.

See pp.20-37 for details of these and other mantras for the Chakras.

#### Other ideas

- Start by saying **Om** seven times.
- Start by saying the Mantra to **Śhrī Gaṇeśha** 7 times. He is the Remover of Obstacles and Master of all the Chakras and the attention automatically rises through the Chakras.
- Say mantra to **Śhrī Gaṇeśha** continuously for 5-10 minutes.
- Say the **Gaṇeśha Atharva Sheersha** twice, or more times if desired.
- The Short Mantra

**'Om Twameva sākshāt Śhrī Nirmalā Devyai namo namaḥ'**  
is very powerful and may be used for Sahasrara Mantra or to clear any Chakra. Say three or seven times.

S.M.: 'Try this: 'Twamewa Sakshat Shri Nirmala Devi' That's all! To establish Me as **Nirmala Devi** is the point; **namo namah**.

SYs: 'Om Twamewa sakshat Shri Nirmala Devi namo namah.' [3 times]

S.M.: Say it seven times. [four times more] Ha, just see the vibrations!

*London, 08-10-79*

## ◉ Namaskāra ◉

**Namas-kāra** - 'Making a bow' has two main forms:-

The first is that when saying **namaḥ** or **namaste**, the head is bowed and the hands are folded (palms put together, fingers together pointing up), generally at the heart, but it is more respectful to salute one's **guru** or elders at the forehead and to salute God by putting the folded hands at the top of the head (as in **Sūrya Namaskār**).

This point is the **Brahma-randhra** - 'The Crevice of the Supreme' in the centre of the

**Sahasrāra**, where the Sacred Feet of the Supreme Goddess reside. We are thus bowing at Her Feet.



In the second form of **namaskār** the devotee kneels and places the head to the ground, with the hands extended forwards. In Sahaja Yoga the hands are placed palm upward as open as possible, extended forward and not touching the head\*. The fingers should be closed and the hand may be flat or slightly cupped to receive vibrations. The forehead or normal hairline is placed to the ground- not the **Sahasrāra**- and the backside raised. The feet should not be touching each other.

The act of bowing, and especially bowing the head to the ground, helps to bring down the ego. The word **namas** or **namaḥ** can be divided into **na**- 'not', **maḥ**- 'I', and hence means 'not I', an ego-negating mantra.

This obeisance can be made internally by putting the attention to the Divine Feet in the Heart or the **Sahasrāra**, with a slight inclination of the head.

*\*These instructions have been given by H.S.H Shri Mataji at various times.*

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# Glossary of Sanskrit words in Sahaja Yoga

- Aar.ti** (*Hindi*)- Honouring a person/ image by encircling with a lamp. Original Sanskrit word **Ārati**. *Aarti*- means 'Hurting'.
- Ādi** 'First, beginning, original, primordial'.  
**Ādi Śhañkar'āchārya** -see **Shankaracharya**.
- Ādi Śhakti** 'Primordial Power', The first separation of the Supreme in order to create this Universe. The Mother of the Universe.
- Advaita** 'Non-dualism', the belief that all is one and the Supreme Spirit and the Creation are not separate. The greatest proponent (before **Shri Mataji**) was **Shri Adi Shankaracharya**.
- Agni** Fire, God of Fire.
- Āgñyā** 'Authority, control, command' (spelt **ājñā**, but pronounced **Āgñyā**- the palatal **ñ** is a nasalisation of the **g** rather than a **n** sound) **Chakra** in centre of head.
- Ahañkāra** 'Ego, illusion of individuality'. **Ahañ** -'I am', **kāra** -'Making'.  
*Or: Ahañkāra*. Egotism as a vice is **mamatā** -'Selfishness'.
- Amba/Ambikā** 'Mother'
- Amṛt** 'Immortality, Divine Nectar'. **A** -'not', **mṛta** -'death'. **Pañch Amṛt** -'Five-fold nectar' is an offering in Puja made of milk, butter, yoghurt, sugar, honey and saffron.
- Anāhata** 'Unstruck, without percussion'. Name of Heart Chakra. The unstruck sound is '**Om**'. **An** -'not' **āhata** -'struck, wounded'
- Ānanda** 'Joy, bliss, ecstasy'. A quality of the Formless Divine. **Ā** -'full', **nanda** -'Pleasure, joy'. See **Sat-chit-ānanda**.
- Anna Pūrṇā** Form of **Shrī Durgā** who gives nourishment. **Anna**-'Food, rice'  
**Pūrṇa** -'Full, complete'.
- Asura** 'Demon, devil', **Rakshasa** (*incl.*). **A** -'Not', **sura** -'Shining'
- Ardha Bindu** 'Half Dot, crescent'. Chakra above **Sahasrāra**. **Ardha** -'Half'.
- Ātmā/Ātman** Individual Spirit. Soul, Self,
- Avatār** Divine Incarnation come to help humanity. **Avatāra** -'descent'
- Baddha** 'Obstructed, bound by the fetters of existence'. Negativity attaching to Chakras, Nadis, etc.
- Bandhan** 'Tying, knot, connection'. Horse-shoe shaped protection. Also

circling the left hand seven times with the right hand to put some matter into the Divine Attention.

- Bhairava** ‘Roaring terrifyingly’. **Bhi**-‘Fear’ **rava**-‘Roaring’. Form of **Shrī Shiva**. Ruling Power of the Left Side.
- Bhajan** Devotional song. **Bhaj** –‘to worship’
- Bhakti** ‘Devotional love’. Quality of the heart essential for spiritual growth.
- Bhava-sāgara** ‘Ocean of worldly existence, Ocean of Illusion’. **Samsāra**. The ‘Void’ as the whole abdomen. **Bhava** –‘existence’, **sāgara** – ‘Ocean’
- Bhūmī** Mother Earth, earth as one of the five elements.
- Bhūt** Disembodied spirit. Creature.
- Bīja** –‘seed’ Single-syllable Mantras significant to the Subtle System.
- Bindu** ‘Dot, spot, drop’. Chakra above Sahasrāra.
- Brahmā/Brahmadeva**-The Aspect of God which Creates. ‘The God who seeks/knows the Brahman’. He sits on a Lotus emerging from **Shrī Vishnu’s** navel. Ruler of **Swādhiṣṭhāna Chakra**.
- Brahman** (*n.*) Formless All-pervading Divine Consciousness- the Supreme Spirit, Growth, expansion, evolution. (from **brimh** -‘to expand, pervade’)
- Buddha** ‘Awakened, enlightened, intelligent, wise.’ Ruler of Right **Āgñyā Chakra**.
- Chaitanya** ‘Consciousness’, Divine Vibrations, the Universal Spirit.
- Chakra** ‘Wheel, disc’, discus as a weapon. Energy Centre in the body.
- Chāmuṇḍā** Form of **Shrī Durgā** who destroyed the demons **Chāṇḍa**- ‘Anger’ and **Muṇḍa**-‘Bald head’ (*signifying Ego*).
- Chandra** ‘Moon’. From **Chand**-‘to shine’
- Chit** Consciousness, attention, soul, spirit.
- Chitta** Thought, attention, mind.
- Dattātreyā** An incarnation of the Primordial Master with qualities of **Vishnu, Brahma** and **Shiva**. **Datta** –‘given’, **atreya** –‘to Sage Atri (*his father*)’. ‘Granting the state beyond the three Gunas.’
- Deva** God, Divine; the Devas rule the physical aspects of creation. (from **div** –‘to shine’) There are 33 including the Ādityas, Vasus,

<b>Devī</b>	Goddess. (fem. of <b>Deva</b> -‘god’)
<b>Dharma</b>	Righteousness, good conduct, morality. From <b>dhṛ</b> -‘Support’
<b>Durgā</b>	Supreme Goddess – Consort of <b>Shrī Sadāśhiva</b> . Carries us over difficulties, hard to attain, living in an inaccessible place. <b>Śhrī Pārvati</b> in the Central Channel (fair/golden form)/ Centre Heart. <b>Dur</b> -‘Difficult’ <b>ga</b> -‘Approach, abide’
<b>Ekādaśha</b>	‘Eleven’. <b>Eka</b> -‘one’, <b>ādaśha</b> -‘with ten’ See <b>Rudra</b> .
<b>Gaṇeśha/Gaṇapati</b>	‘Chief of Lord Shiva’s attendants’/ ‘Lord of all groups and Categories’/ ‘God of the people’. Controller of the Chakras’ (as a <b>Gana</b> -‘group’) <b>Gaṇa</b> - ‘group, troop, attendant, people’. <b>Īsha</b> -‘God, controller’, <b>pati</b> -‘Lord, protector’. Deity of <b>Mūlādhāra Chakra</b> and the ‘Remover of Obstacles’ who is to be worshipped first. Incarnated as Lord <b>Jesus Christ</b> .
<b>Garuda</b>	Vedic eagle deity which became the vehicle of Shrī Vishnu
<b>Gaurī</b>	‘Shining, pure, white, golden’. <b>Shri Pārvatī</b> has two forms, dark-skinned on the Left Side ( <b>Kālī</b> ) and fair in the central channel ( <b>Gauri, Durgā</b> )
<b>Gñyāna</b>	‘Knowledge’, especially knowledge of the Absolute. Quality of Central Channel. A <b>Gñyānī</b> is a realised soul.
<b>Granthi</b>	‘Knot, joint, doubt or difficulty’. <i>The three <b>Granthis</b> separate the three sections of the Subtle System.</i>
<b>Guṇa</b>	‘Quality, attribute, mood, good quality’. The Three <b>Guṇas</b> are the qualities of the three channels as <b>Tamas</b> -‘Darkness’ Left Side, <b>Rajas</b> -‘Passion’, Right Side and <b>Sattva</b> -‘Reality’, Centre.
<b>Guru</b>	‘Teacher, respectable, heavy’.
<b>Gṛuha-lakṣhmī</b>	Goddess of the household. <b>Gṛuha</b> -‘House’
<b>Haṁsa</b>	Swan/ great saint. Chakra of discrimination between eyebrows. Has lots of subtle meanings. <b>Ha</b> -‘Shiva’, <b>m̐</b> -‘joining’, <b>sa</b> -‘Shakti.
<b>Hanumāna</b>	‘Having a prominent jaw’. Destroyer of ego and pride. <b>Han</b> -‘destroy’, <b>u</b> -‘Right Side, ego’, <b>māna</b> -‘pride’. From <b>Hanu</b> -‘Jaw’, <b>māna</b> -‘Proud, protruding’.
<b>Havan</b>	Fire ceremony. From <b>Hu</b> -‘worship’.
<b>Hazrat</b> (Arabic)	‘Noble one, your honour,’ – literally ‘Presence’.
<b>Hṛidaya</b>	‘Heart, joy-giving’: <b>hṛi</b> -‘joy’, <b>daya</b> -‘giving’

<b>Iccha</b>	‘Desire, wishes’. Quality of Left Side.
<b>Idā Nāḍi</b>	Left Side. Channel of refreshment, comfort and the Spirit. <i>Note: both the d’s are retroflex and have a half r-sound.</i>
<b>Īshwara/Īshwarī (fem)</b>	Supreme, controller, ruler, master, God/Goddess. From <b>Īsh</b> – ‘Control, rule’
<b>Jagad-ambā</b>	‘Mother of the world’. ( <b>Jagat</b> -‘world’, <b>ambā</b> -‘Mother’)
<b>Kailāsa</b>	Mountain home of Lord <b>Shiva</b> and <b>Shrī Kubera</b> in the Himalayas ( <i>now in Tibet</i> ).
<b>Kālī</b>	‘Black’ form of <b>Shrī Pārvati</b> , wife of <b>Shiva</b> , ruler of the Left Side.
<b>Kali Yuga</b>	‘The Age of Vice’. Present Age which started in 3120 BCE ( <b>Mahabharata</b> war) and will be followed by <b>Satya Yuga</b> – ‘Golden Age’ – <i>hopefully sometime soon!</i>
<b>Kalki</b>	10th and final incarnation of <b>Vishnu</b> . Destroyer of <b>Kalka</b> – ‘impurities’. Short for <b>Nishkalanka</b> -‘Spotless’.
<b>Karma</b>	‘Action’ -Belief in the rewards of good and bad actions in this and previous lifetimes. From <b>kr</b> -‘to do’. <b>Karma</b> also means ‘duty’ and the actions performed in worshipping God.
<b>Kārttikeya</b>	‘Raised by the <b>Krittikās</b> -‘Celestial maidens’/ ‘born in the month of <b>Kartika</b> ’. Son of Lord <b>Shiva</b> born to destroy the demon <b>Tarakāsura</b> . Rules Right <b>Mūlādhāra Chakra</b>
<b>Kriṣṇa</b>	‘Dark-skinned, black’. Lord of Creation - <b>Kṛ</b> -‘create’ <b>ishana</b> – ‘God’. ‘The Cultivator of Spirituality’ <b>Krishana</b> –‘farmer’
<b>Krittika</b>	Six celestial maidens/ river nymphs who nursed the six-headed <b>Shrī Kārttikeya</b> . Became the Pleiades star formation.
<b>Kriya</b>	‘Action’ – quality of Right Side.
<b>Kuṇḍalinī</b>	Coiled Goddess, sleeping in the water-pot. From <b>Kuṇḍala</b> - ‘coils’, <b>kuṇḍa</b> -‘pot’, <b>līna</b> -‘sleeping’)Pure Desire for reunion with the Supreme Consciousness.
<b>Lakṣhmaṇa</b>	‘Bearing auspicious marks’. Brother of <b>Shrī Rāma</b> .
<b>Lakṣhmī</b>	‘Bearing auspicious signs, wealth, good fortune’, Fore-bearing Mother Earth – <b>la</b> -‘earth’, <b>ksham</b> –‘forgive’, <b>ī</b> –‘have qualities of’.
<b>Lalitā-</b>	‘Charming, beautiful, playful’. Chakra on Left shoulder, power of whole Left Side

<b>Linga</b>	‘Sign, token’. The <b>Shiva Linga</b> is one of the oldest (and best) forms of worship on the planet.
<b>Loka</b>	‘World, realm’. There are 3, 7 or 14. ( <i>see Gayatri mantra, p.33</i> )
<b>Mahā</b>	‘Great, higher, mighty, best’. The Goddesses <b>Mahā-kālī</b> , <b>Mahā-Saraswatī</b> and <b>Mahā-lakshmī</b> are the Powers of the three Channels.
<b>Mahābharāta</b>	Longest poem ever written describing the conflict between cousins, the <b>Pandavas</b> (good guys) and <b>Kauravas</b> (not good guys) and <b>Shrī Krishna’s</b> involvement.
<b>Mahā-kālī</b>	‘The Great Black Goddess’. Ruler of Time and Death. Power of the Left Side (Existence, desire, destruction)
<b>Mahā-lakshmī-</b>	‘The Great Goddess of Evolution’. Power of the Central Channel (Spiritual Ascent, Peace, Surrender)
<b>Mahā-saraswatī</b>	‘The Great Goddess of Speech’. Power of the Right Side (Creativity expressing love, surrendered action)
<b>Mahāvīra</b>	‘Great warrior, very brave’. Ruler of Superego. Incarnated c.650BCE. 24 <sup>th</sup> and last Arhat –‘Prophet’ of the Jain religion.
<b>Mahat-ahamkāra</b>	‘The great I am’. Divine I-consciousness into which our limited I-ness (ego) dissolves in meditation.
<b>Maṇḍala</b>	‘Circle, area, zone’. Orb of influence. The Mandalas of Fire, Sun and Moon are the divisions of the Subtle System.
<b>Maṇipūra</b>	Nābhi/Navel Chakra, ‘Place of the Gem’.
<b>Mantra</b>	Sacred speech (from <b>man-</b> ‘to think’ = ‘instrument of thought’)
<b>Mātājī</b>	‘Holy Mother’ <b>Mātā</b> –‘mother’, <b>-jī</b> –‘respected’ added to names.
<b>Mary/Māriyā</b>	‘Born from the ocean’ <b>Mare</b> –‘Ocean’ in Latin. Incarnation of <b>Mahālakshmī</b> and Mother of Christ ( <b>Mahāvishnu</b> )
<b>Maryādā</b>	‘Boundary, limit’. The bounds of proper behaviour.
<b>Māyā</b>	Creative energy, illusory power, magic.
<b>Mokṣha</b>	Liberation, enlightenment. (long o!) <b>Mo</b> –‘illusion’, <b>ksha</b> –‘destroying’
<b>Mūlādhāra</b>	The Support of the Root ( <i>mūla-root, foundation ādhāra-support</i> ) Name of both the lowest Chakra and the Sacrum ‘home of Kundalini’
<b>Nābhi</b>	‘Navel, middle’. <b>Manipūra Chakra</b> .

<b>Nāḍi</b>	A nerve or channel of the body. <b>Nadi</b> -‘river’ is a different word.
<b>Namo/namaḥ</b>	<b>Namo</b> is <b>namaḥ</b> modified by <b>Sandhi</b> . <b>Namaḥ</b> is an adverb meaning ‘salutations to..’ (from <b>nam</b> -‘to bend, bow’) <b>namaḥ</b> = <b>na</b> -‘not’, <b>maḥ</b> -‘I’, removing Ego (see p.15) and <b>namo</b> = <b>na</b> -‘not’, <b>mo</b> –‘illusion’ removing Superego.
<b>Namas-te, namas-te-’stu, namas-kāra</b>	‘Salutations’, ‘bowing’. <b>Te</b> –‘to You’ <b>astu</b> -‘let it be’, <b>kāra</b> -‘making’. <b>Namas</b> is <b>namaḥ</b> modified by <b>Sandhi</b> .
<b>Nārāyaṇa</b>	‘The Refuge of men. Reclining on the waters’. <b>Nāra</b> -‘Man, water’, <b>ayana</b> -‘Refuge, reclining’. Name of <b>Shrī Vishnu</b> .
<b>Nirmala</b>	‘Unsoiled, pure, immaculate’. <b>Nir</b> –‘not, without’, <b>mala</b> –‘dirt’. <b>Shrī Mataji</b> ’s name <b>Nirmalā</b> is the feminine ending.
<b>Nirvichara</b>	‘Thoughtless Awareness’. <b>Nir</b> -‘not, without’ <b>vichara</b> -‘thought, reflection’
<b>Nirvikalpa</b>	‘Doubtless Awareness’. <b>Nir</b> -‘without’, <b>vikalpa</b> -‘imagination, doubt, concept’
<b>Param-chaitanya/Para-Brahma/Param-ātma</b>	Supreme All- pervading Formless Consciousness. Attribute-less God Almighty. <b>Para/Param</b> –‘Beyond, supreme’, <b>Chaitanya</b> –‘Consciousness’, <b>Brahman</b> –‘Formless God’, <b>Ātma</b> –‘Self’
<b>Pārvatī</b>	‘Daughter of (Himavat, king of) the Mountains’. ( <b>parvat</b> -‘Mountain’) ‘Embodying the Supreme Consciousness’. <b>Pāra</b> -‘Beyond, Supreme’ – <b>vatī</b> –‘Having the qualities of’. ‘Ruler of the Sushumna Nadi’ – <b>parva</b> is a vertebra.
<b>Piṅgalā (Nāḍī)</b>	‘Golden, reddish-brown’. Right Channel.
<b>Prakṛiti</b>	‘Nature, Primordial Creative Energy’, <b>Ādi Śhakti</b> (see <b>Purusha</b> )
<b>Praṇava</b>	‘Reverberation’, the Om.
<b>Pūjā</b>	Worship, adoration of the Divine.
<b>Purāna</b>	Sacred Hindu books containing stories of the Deities, rules for living, etc. Written after the <b>Vedas</b> and <b>Upanishads</b> , 2000BCE-1800CE. From <b>Purāna</b> -‘Old, ancient’
<b>Puruṣha</b>	Man, Supreme Spirit (in the Vedas and Upanishads) <b>Purusha</b> and <b>Prakṛiti</b> become <b>Shiva</b> and <b>Shakti</b> in later philosophy.
<b>Rādhā</b>	‘Prosperity, happiness, Support of the Kundalini’. <b>Shakti</b> of <b>Śhrī</b>



**Krishna at Vishuddhi Chakra.** Incarnation of **Mahālakshmī**.

**Rāja-lakṣhmī** Well-being of the King/state. Royal dignity. Quality of Right Nābhī Chakra. **Rāja** –‘King’

**Rajas/rajo guṇa** Right Side quality. The Realm of the Sky, passions, Ego ‘colouring/darkening the mind’. From **ranj** –‘to colour’.

**Rākṣhasa** Demon, from whom we need protection. (from **raksh-** ‘to protect’) One whose nature is naturally lustful, avaricious and power-hungry.

**Rāma** ‘Pleasing, joy-giving, dark-skinned’. 8<sup>th</sup> Incarnation of Vishnu.

**Rāvana** A ten-headed demon who kidnapped **Shrī Sītā** and was killed by **Shrī Rāma**. His ten heads represented the ten branches of learning, but he was deluded by Lust.

**Ṛīshi** ‘Seer, saint, realized soul’. From **ḍrīsh** –‘to see’

**Rudra** ‘Fierce, wailing’ (*Vedic Name of Lord Shiva*) **Ekādaśha Rudras** – Eleven destructive powers of God.

**Rukminī** ‘Radiant, ornamented with gold’. Wife of Shrī Krishna.

**Sacrum** Triangular bone at base of spine in which the **Kundalini** sleeps. **Mūlādhāra** in Sanskrit.

**Sadāśhiva** Eternal Formless God. At the time of **Pralaya** –‘final dissolution’ the other manifestations of God are absorbed into **Sadāśhiva** who then re-manifests the next creation. **Sadā**-‘Eternal, always’.

**Sādhu** ‘Noble, virtuous’. Seeker of Truth. One who performs **Sādhana**- ‘Worship, realisation’

**Sahaja** ‘In-born, natural, spontaneous, simple’. **Saha** –‘with’, **ja** –‘born’. Guru Nanak, Shirdi Sai Baba, Kabir and Ramana Maharshi all spoke of Realisation as **Sahaja**.

**Sahasrāra** ‘Thousand-spoked’. (**Sahasra**-‘thousand’, **ara**-‘spokes’) Crown Chakra . **Sahastra** (with a ‘t’) is ‘thousand’ in Marathi.

**Sākṣhāt** ‘Really, perceptible, in physical form, verily’. **Sa**-‘with’ ‘**akshāt** – ‘With the eyes or senses in general’

**Samādhi** Deep contemplation, profound meditation, joining with (Yoga)

**Samsāra** Worldly life, illusory existence. Cycle of birth and death.

**Sandhi** Euphonic combination – the modifying of word endings to blend into the next word. Eg. **namaḥ namaḥ** becomes **namo**

	<b>namah, sat-chit-ānanda</b> becomes <b>sach-chid-ānanda</b> , etc.
<b>Sanskrit</b>	‘Elaborate, refined’. Root of Indian and European languages.
<b>Saraswati</b>	‘Being like a lake, Power of Speech’. Goddess of Speech, Knowledge, Arts and Music. <b>Shakti</b> -‘Power’ of <b>Shri Brahma</b> who rules <b>Swadhishthan Chakra</b> .
<b>Sat-chit-ānanda (Sach-chid-ānanda with Sandhi)</b>	Qualities of the Formless Divine – <b>Sat</b> -‘Existence’, <b>Chit</b> -‘Consciousness’, <b>Ānanda</b> -‘Joy, bliss’ which give rise to the three <b>Gunas</b>
<b>Sattva</b>	Quality of the Central Channel. Truth, reality, goodness. (from <b>as</b> –‘to be’)
<b>Satya Yuga</b>	‘Age of truth’(aka <b>Krita Yuga</b> ) The age following the present <b>Kali Yuga</b> -‘Age of Vice’. Estimates of time vary widely.
<b>Śhakti-</b>	‘Energy, power’. Creative Power of God.
<b>Śhaṅkarāchārya-</b>	Saint from Kerala who revitalized Hinduism. Dated between the 600 and 800 CE. Wrote commentaries and many great praises of all the Deities. Known as <b>Ādi</b> –‘the first’ <b>Shankaracharya</b> , as the heads of the monasteries he founded have been called <b>Shankaracharya</b> since. <b>Shaṅkara</b> -‘Creating well-being’ is a name of <b>Shrī Shiva, Achārya</b> –‘Teacher, Guru’.
<b>Śhastra</b>	Sacred Hindu texts including the <b>Vedas, Purānas</b> , etc.
<b>Śheśha</b>	Seven-headed snake on which <b>Shrī Vishnu</b> reclines. The Power of the Attention, incarnated to assist <b>Shrī Vishnu</b> as <b>Lakshman</b> (with <b>Rāma</b> ) and <b>Balarāma</b> (with <b>Krishna</b> ).
<b>Śhiva-</b>	‘Happy, auspicious, fortunate, benevolent, bliss’. Also called <b>Mahādeva</b> -‘Great God’, the Embodiment of the <b>Ātmā</b> -‘Spirit’. Rules the Left Heart Chakra with <b>Śhrī Pārvatī</b> .
<b>Śhraddha</b>	‘Faith, trust, belief’.
<b>Śhrī</b>	‘Holy, auspicious, revered, glorious, splendid, Prosperity’ (Name of Shri Lakshmi or the Goddess in general).
<b>Śhrī Chakra</b>	Mystical diagram representing whole Subtle System. Yantra of Supreme Goddess. Symbol of Vishwa Nirmala Dharma.
<b>Śhuddha</b>	‘Pure’. <b>Śhuddha Vidyā</b> is the highest Divine knowledge.
<b>Siddhi</b>	‘Success, fulfilment, Self-realisation’. Eight magical powers possessed by Shrī Hanuman. A <b>Siddha</b> is a realized soul.

<b>Sītā</b>	Wife of <b>Rāma</b> ‘A furrow’. (Found in a casket inside the Earth by <b>Rāja Janaka</b> while ploughing)
<b>Sudarśhana</b>	‘Good-looking’- Name of the discus weapon wielded by <b>Shri Vishnu</b> and <b>Shri Krishna</b> .
<b>Sugrīva</b>	Rightful king of the monkey tribe to which <b>Shrī Hanuman</b> belonged. His throne was usurped by <b>Vali</b> and <b>Shrī Rāma</b> helped him regain it.
<b>Suṣhumna</b>	‘Very kind and gracious’. Central Channel. Starts at <b>Nābhī Chakra</b> up to <b>Sahasrāra</b> .
<b>Swādhiṣṭhāna</b>	‘Standing in its own place’ ( <i>swa-own, adhi-place, ṣṭhāna-standing</i> ) ‘The basis of the Self’- ( <i>Swa-‘self’, adhi-ṣṭhāna-‘basis, abode’</i> ) often shortened in Sahaja Yoga to Swadistan, Swadhistan, Swadisthan, etc. The Third Chakra - the <b>Kundalini</b> rises first to <b>Nābhi</b> from which <b>Swādhishthāna</b> emerges.
<b>Swāmī/Swāminī</b> ( <i>f.</i> )	‘Owner, master’. ( <b>Swa</b> –‘self’) Spiritual Teacher.
<b>Swayambhū</b>	‘Self-existent’, Brahman, the Supreme Spirit. A <b>Swayambhu</b> is a naturally occurring rock formation which emits vibrations. <b>Swayam</b> –‘Self’ <b>bhū</b> -‘Born, existing’
<b>Tamas/tamo</b>	‘Darkness, ignorance, sleep, lethargy’. Left Side <b>Guna</b> –‘Quality’.
<b>Tantra</b>	Technique, especially ‘the technique’ of raising the Kundalini. Negative connotations come from <b>Tantrikas</b> –‘Black Magicians’
<b>Tapas</b>	‘Austerity, renunciation, fire’, the quality of <b>Agnya Chakra</b>
<b>Tattwa</b>	‘Principle, quality’. <b>Guru Tattwa</b> is the Quality of being a guru. <b>Tattwa</b> also means ‘Truth, Supreme Spirit’
<b>Trimurti</b>	‘The Three Forms’ of God as <b>Brahma</b> the Creator, <b>Vishnu</b> the Sustainer and <b>Śhiva</b> the Destroyer. <b>Tri</b> -‘Three’, <b>murti</b> -‘Form’.
<b>Tripūra</b>	A three-fold fort of the demons constructed on Earth, Sky and Heaven. It was destroyed by <b>Śhrī Shiva</b> who is called <b>Tripūrā</b> .
<b>Twam</b>	‘You’, ‘You are’ nom. ( <i>acc.-twām, gen.-tava, dat.-te, loc.-twayi</i> )
<b>Twameva</b>	‘You are indeed’. <b>twam</b> -‘You’, <b>eva</b> –‘Indeed, verily’
<b>Upaniṣhads</b>	Short texts crystallising <b>Vedic</b> thought, forming the basis of <b>Vedānta</b> religion ( <i>eg. Ādi Shankaracharya</i> ). <b>Upanishad</b> literally means ‘drawing near’, like a pupil to a teacher.
<b>Vaikuntha</b>	Heavenly abode of <b>Shrī Vishnu</b> .

<b>Veda</b>	Four most ancient sacred texts of India. The oldest, <b>Rig Veda</b> , is at least 10,000 years old in parts. Transmitted orally, they are still widely recited in India today. (from <b>vid-</b> ‘know’)
<b>Vedānta</b>	Religion based on the teachings of the Vedas and Upanishads. <b>Shankaracharya</b> proposed <b>Advaita</b> –‘non-dualistic’ <b>Vedānta</b>
<b>Vibhīṣhaṇa (or Bibhīshana)</b>	Brother of the demon <b>Rāvana</b> . He was a devotee of <b>Shrī Rāma</b> and advised <b>Rāvan</b> to surrender to Him. <b>Vibhishana</b> became king of <b>Lanka</b> after <b>Rāvana’s</b> death.
<b>Vidyā</b>	‘Knowledge, learning’. ( <b>vidyālaya</b> is ‘a school’ in Hindi) specifically knowledge of mantras and techniques.
<b>Viṣṇu</b>	‘All-pervading’. The Supreme Being who incarnates to direct humanity towards the ultimate goal. (10 incarnations) Also means ‘Driving away impurity’ <b>Viṣh-</b> ‘Impurity’ <b>nu-</b> ‘Drive away’
<b>Virāta</b>	Vast Cosmic Form of God. The Subtle System of the Universe. From <b>virāj</b> –‘Splendid, ruler’
<b>Virāt-aṅganā</b>	Feminine Power of the <b>Virāta</b> . <b>Aṅganā</b> –‘Woman, female’
<b>Viṣṇu-māyā</b>	The Illusory Creative Power of <b>Shri Vishnu</b> . Embodiment of Chastity and Sisterly Love. Rules Left Vishuddhi. Incarnated as <b>Śhrī Krishna’s</b> sister who sacrificed herself for Him.
<b>Viśhuddhi</b>	Complete purification ( <b>vi-complete, śhuddhi-purity</b> ) Throat Chakra
<b>Viśhwa</b>	The Universe, universal, everything.
<b>Viśhwa Nirmala Dharma</b>	– ‘Universal Pure Religion’. Organisation founded by Shri Mataji in 1987 to spread Sahaja Yoga.
<b>Viṭṭhala</b>	‘Standing on a brick’. ( <b>vit-</b> ‘brick’ in Marathi) Form of Shri Krishna
<b>Viveka</b>	Discrimination. Ability to tell right from wrong, etc.
<b>Yagñya</b>	Sacrifice, Havan, worship.
<b>Yama</b>	The God of Death who rides a buffalo. He rules the South.
<b>Yantra</b>	Sacred diagram, technique, machine. (From <b>Yam-</b> ‘Control’)
<b>Yaśhodā</b>	Conferring fame, giving glory. Foster-mother of Shrī Krishna.
<b>Yeśhu/Jesu/Jesus</b>	Who knows/is with God. (Sanskrit) <b>Ja</b> –‘know’, <b>Īsha</b> –‘God’. Saviour from God (Hebrew) ‘Who knows auspiciousness.’
<b>Yoga</b>	Connection, union. From <b>Yuj</b> –‘join’. ‘Being with/approaching God’ ( <b>yo</b> = <b>yaḥ</b> = <b>Brahman</b> , God, <b>ga</b> = approaching, abiding)

## Ganesha Atharva Sheersha - *The Highest Praise of the Lord of the Gaṇas.*

**Om namaste Gaṇapataye  
Twameva pratyaksham tattwam-asi  
Twameva kevalam kartā'si  
Twameva kevalam dhartā'si  
Twameva kevalam hartā'si  
Twameva sarvam khalv'idam Brahmāsi  
Twam sākshād-ātmāsi nityam**

**Ṛitam vachmi, satyam vachmi**

**Ava twam mām  
Ava vaktāram, Ava śhrotāram  
Ava dātāram, Ava dhātāram  
Av'ān'ūchānam-ava śhiṣhyam  
Ava paschāt-tāt, Ava puras-tāt  
Av'ottarāt-tāt, Ava dakshīṇāt-tāt  
Ava ch'ordhvāt-tāt Av-ādharāt-tāt  
Sarvato-mām pāhi-pāhi sam-antāt**

**Twam vāng-mayas-twam chin-mayaḥ  
Twam ānanda-mayas-twam  
Brahma-mayaḥ  
Twam sach-chid-ānand'ādvitīyo-'si  
Twam pratyaksham Brahmāsi  
Twam gñyāna-mayo vigñyāna-mayo-'si**

**Sarvam jagad-idam twatto jāyate  
Sarvam jagad-idam twattas tiṣṭhati  
Sarvam jagad-idam twayi layam-eṣhyati  
Sarvam jagad-idam twayi pratyeti  
Twam bhūmir āpō-'nalō-'nilo nabhaḥ  
Twam chatvāri vāk-padāni**

**Twam guṇa tray'ātītaḥ  
Twam deha tray'ātītaḥ  
Twam kāla tray'ātītaḥ  
Twam mūlādhāra sthito-'si nityam  
Twam śhakti tray'ātmakaḥ  
Twām yogino dhyāyanti nityam  
Twam Brahmā twam Viṣṇus-twam  
Rudras-twam Indras-twam  
Agnis-twam Vāyus-twam  
Sūryas-twam Chandramās-twam  
Brahma bhūr bhuvaḥ swar-om**

*Om, Salutations to You, O Lord of the Gaṇas.  
You are the Manifestation of the Divine Principle.  
You alone are the Doer and Creator.  
You alone are the Supporter and the Sustainer.  
You alone are the Remover and Destroyer.  
You are Everything even indeed the Formless Spirit.  
You manifest the Spirit eternally. (1)*

*I speak Divine Law. I speak the Truth. (2)*

*Protect thou me.  
Be propitious to the speaker and the listener.  
Watch over the one who offers and the performer.  
Show favour to the learned scholar and the pupil.  
Protect from behind. Protect from the front.  
Protect from the left side. Protect from the right side.  
Protect from above. Protect from below.  
From all directions guard and protect me constantly.(3)*

*You are the Spoken Word and Pure Consciousness.  
Joy is Your Essence.  
Formless Spirit is Your Nature.  
You are Existence, Consciousness and Joy unequalled.  
You are the Supreme Spirit manifested.  
You are all Knowledge and Understanding.(4)*

*This Whole World is born from You.  
This Whole World is sustained by You.  
This Whole World will dissolve in You.  
This Whole World is returning to You.  
You are Earth, Water, Fire, Air and Ether  
You are the Four Parts of Speech. (5)*

*You are beyond the Three Attributes  
You are beyond the Three Bodies.  
You are beyond the Three Times.  
You are eternally stationed at Mooladhara Chakra.  
You are the Essence of the Three Powers.  
On You Yogis meditate constantly.  
You are Lord Brahma, You are Shri Viṣṇu,  
You are Lord Śhiva, You are Shri Indra,  
You are the God of Fire, You are Lord of the Wind,  
You are the Sun and You are the Moon,  
Supreme Spirit, Earth, Sky, Heaven and Omkāra. (6)*

**Gaṇ'ādim pūrvam uchchārya**  
**Vaṇ'ādim tad-anantaram**  
**Anu-swāraḥ para-taraḥ**  
**Ardhendu lasitam, tāreṇa ṛiddham**  
**Etat-tava manu swa-rūpam**  
**Gakāraḥ pūrva rūpam**  
**Akāro madhyama rūpam**  
**Anuswāraśh chāntya rūpam**  
**Bindur utara rūpam**  
**Nādaḥ sandhānam, samhitā sandhiḥ**  
**Saiśhā Gaṇesha-vidyā**  
**Gaṇaka ṛiṣhiḥ**  
**Nichṛid gāyatrī chhandah**  
**Gaṇapatir devatā**  
**Om Gam Gaṇapataye namaḥ**

*Saying Gaṇas first letter (G) at the beginning,*  
*The first letter of the alphabet (A) next.*  
*And the nasal sound (M) after that.*  
*The crescent resounding, completed with the Om.*  
*This is the true form of Your mantra.*  
*'G' is the first form.*  
*'A' is the middle form.*  
*And 'M' is the last form*  
*Bindu (dot) is the form above*  
*With the sounds united according to Sandhi.*  
*In this manner, is the knowledge of Shri Gaṇeśha.*  
*The Composing Seer is Sage Gaṇaka.*  
*The Metre is a mixed Gāyatrī.*  
*The Presiding Deity is Shri Gaṇapati.*  
*'Om Gam', Obeisance to the Lord of the Gaṇas. (7)*

**Eka-dantāya vidmahe**  
**Vakra-tuṇḍāya dhīmahi**  
**Tanno dantī prachodayāt**

*We seek to know the One-Tusked God.*  
*We meditate on the Lord with a Curved Trunk,*  
*May He with a Tusk inspire and stimulate us. (8)*

**Eka-dantam chatur-hastam**  
**Pāśham ankuśha-dhāriṇam**  
**Radam cha varadam hastair-bibhrāṇam**  
**Mūśhaka dhvajam**  
**Raktam, lambodaram**  
**Śhūrpa-karṇakam, rakta-vāsasam**  
**Rakta gandh'ānu-liptāṅgam**  
**Rakta puśhpaiḥ su-pūjitam**  
**Bhakt'ānu-kampinam devam**  
**Jagat kāraṇam achyutam**  
**Āvir-bhūtam cha sriṣṭy'ādau**  
**Prakṛiteḥ puruṣhāt param**  
**Evam dhyāyati yo nityam**  
**Sa yogī yoginām varaḥ**

*One-tusked and Four-handed,*  
*Wielder of the Noose and Elephant Goad,*  
*Holding a Broken Tusk and Blessings in the Hands,*  
*Having a Mouse as an Emblem,*  
*Red-coloured, with a Big Belly,*  
*Ears like Winnowing Fans and Clothed in Red,*  
*Fragrant Red Sandalwood Paste anoints Your Body,*  
*Auspiciously worshipped with Red Flowers,*  
*The God who is Compassionate to Devotees,*  
*The Imperishable Origin of the World,*  
*And becoming manifest at the beginning of Creation,*  
*Being beyond the Ādi Śhakti and the Supreme Spirit,*  
*Whoever meditates in this way constantly,*  
*That Yogi becomes the most excellent of Yogis. (9)*

**Namo vrāta-pataye namo gaṇapataye**  
**Namaḥ pramatha-pataye**  
**Namaste-'stu lambodarāy'aika-dantāya**  
**Vighna-nāśhine Śhiva-sutāya**  
**Śhrī varada mūrtaye namo namaḥ**

*We bow to the Lord of Assemblies and Chief of Gaṇas*  
*Prostrations to the Leader of Lord Śhiva's attendants,*  
*Let there be obeisance to the Big-bellied, One-toothed,*  
*Destroyer of Obstacles, the Son of Lord Śhiva*  
*To the Embodiment of the Highest State of Blessedness,*  
*Salutations again and again. (10)*

**Sākshāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

## The Nine Forms of Devotion

**Shri Shirdi Sai Baba** emphasized nine types of **Bhakti** –‘Devotion’ by which one attains Self-realisation and Oneness with God.

- 1) **Shravan (hearing)**: Listening to the glories, stories and **Leela** –‘Dramas’ of Divine Incarnations with pure love. The devotee gets absorbed in the Divine stories and his mind merges in the thought of his Beloved with deep faith.
- 2) **Kīrtan (Bhajans)**: Singing the Lord’s praises and glories. Singing devotional songs destroys sins and purifies the mind and heart of devotees. It gives Divine Bliss and makes the whole environment holy. It is one of the quickest ways to get Oneness with God.
- 3) **Smaran (remembering)**: Remembering God whenever possible; bringing to mind the Name and Form of the Lord. Remembering God at the time of death stops the cycle of rebirth; we become liberated and one with God.
- 4) **Pada-sevan (resorting to Feet)**: The devotee is constantly and intensely attached to the Lotus Feet of the Lord, keeping the attention on the Divine Feet in the **Sahasrāra**.
- 5) **Archana (worship)**: **Pūja** –‘Worship’ can be done through a Photograph or mentally; offering beautiful and fragrant flowers in worship of God. God is pleased with whatever we offer Him with love. The purpose is to please the Lord; to purify the heart, surrender the ego and feel the love of God.
- 6) **Namaskār (bowing)**: Humble prostration touching the earth with faith and reverence, before a form of God, and getting absorbed in the Divine Love of the Lord. The ego is effaced through devout prayer and prostration to God.
- 7) **Dāsya (service)**: Fulfilling His Wishes, realizing His Virtues, Nature, Mystery and Glory, considering oneself as a servant of God.
- 8) **Sakhyam (friendship)**: God raises the human to His level and becomes one with the soul. The aim is to be in close company of God all the time, love Him and feel oneness with Him.
- 9) **Ātmā-Nivedana (Self-surrender)**: The devotee offers everything to God, his body, mind and soul; his time, money and family; he keeps nothing for himself. By complete surrender God takes responsibility for His devotee and works things out much better than we could for ourselves. Devotees become egoless and desire-less, experience oneness with God and merge into God at the end.

## Complete Dedication is the only way

'It is necessary that you have to recognise Me.  
And that recognition is fixed, that condition is fixed.

I cannot change it.

You have to dedicate yourself completely to Me;  
not to Sahaja Yoga, but to Me.

Sahaja Yoga is just one of My aspects.

Leaving everything, you have to dedicate.

Complete Dedication

Otherwise you cannot ascend any further.

Without questioning, without arguing.

Complete Dedication is the only way you can achieve it.'

*Cowley Manor, UK, 31-07-82*

'I am with you at every step, at every place, everywhere.  
You may go anywhere, at any place I am with you,  
completely in person, by mind and in every respect.

Whenever you will remember Me,

I will be by your side with all My Powers.

It is My Promise.'

*Mumbai, 27-05-76.*

