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 साक्षात
Om Twameva sakṣḥat

श्री निर्मला देव्यै नमो नमः
Śri Nirmalā Devyai namo namah

‘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.


**Diacritic marks**
*See the following notes on’ Sanskrit Pronunciation’ for more detail.*

ā ........................ long a sound as in ‘cart’
ī ........................ long i sound as in ‘keen’
ū ........................ long u sound as in ‘pool’
th ................... aspirated t (there is no th sound as in ‘the’)
t, ḍ, ṭh, ḍh, ṇ – cerebrals- with the tongue curled back to the roof of the mouth.
ṅ, ñ, ṁ ........................ nasalisations which match the following consonants
śh ..................... aspirated cerebral sh as in ‘shoot’.
śh ................ unaspirated dental sh as in ‘sure’.
ṛi or ṛu ........... -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 Devanāgari —‘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.

1 **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 **boat**hook 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, Viṣhṇu**; 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 gruha. Properly it should be written Kṛṣna, amṛt or grha. Be aware that there is no full vowel sound after the ṛ. ṛ as a vowel or a consonant should be rolled in the Scottish manner with the tongue curled back and 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. Šhakti-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-iddam.

**Hyphen and apostrophe** – eg.mayo-‘si. 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-ahaṁkāra becomes mano-buddhy’ahaṁkāra, 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.

* Puja 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.

* 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♭, then Ga is D♭; and a higher pitch of E♭ 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 namāḥ’.

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.

Uneccessary 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 Šhakti, 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’ - Swādhishtāna. 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 Mātāji’s name starts with it. Śhrī - ‘Splendour’ is similar to Mahar - ‘Glory’, the fourth world (Heart Chakra, Gayatri Mantra p.33).

- **Gaṇeśha** – 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 - Viśhuddhi. Nirmalā –‘Immaculate, Pure’ and Viśhuddhi – ‘Complete Purity’ have similar meanings.

- Devyai - Āgñyā. Deva –‘Shining, Heavenly, Divine’ is like the Sun at Agnya 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-negatng mantra.

So namo and namaḥ suck in the Superego and Ego allowing the Kuṇḍalinī to pass Agnya 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 namah. 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 Brahmarandhra.

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.

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

‘Omkār 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 Mahākālī; U represents the Creative power of Mahāsaraswatī; M represents the Sustenance or Evolutionary power of Mahālakshmī. All three powers exist in this Omkāra.’

*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 Mātā) namo namah’, so it will be short, as when saying the 108 names; or ‘Om Twameva sākshāt (Shri Hamsa Chakra Swāminī) sākshāt Shri Mātājī Nirmalā 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:-

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

*Om, You are indeed*  
*Śhrī Ganesha incarnated*  
*Primordial Creative Energy, Holy Mother*  
*To You, O Immaculate Goddess*  
*Salutations again and again*

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 Śwāminī’.

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

**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


<table>
<thead>
<tr>
<th>Left and Centre</th>
<th>Right</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Om</strong> – may be said three or seven times while taking the attention up through the Chakras</td>
<td><strong>Kār̄ttikeya</strong> With left hand *on Mother Earth and right hand towards Shri Mataji’s Photo.</td>
</tr>
<tr>
<td><strong>Ganeshā</strong> - once or four times.</td>
<td></td>
</tr>
<tr>
<td>May be said with right hand *on Mother Earth to clear Left Side</td>
<td></td>
</tr>
</tbody>
</table>

**Om Gaṁ Gaṇapataye namah** (x4)

Or may be said repeatedly for a minute or two.

**Ganeshā Atharva Śīrṣha** (p.41)

It is recommended to learn this praise by heart and recite it every day.

**Ganeshā Gāyatrī:**

**Eka-dantāya vidmahe**

We seek the knowledge of the One-tusked God

**Vakra-tuṇḍāya dhīmahi**

We meditate on the Deity with curled trunk

**Tan-no Danti prachodayāt**

May He bearing a tusk lead us ever upwards

**Qualities:** Innocence, Purity, Humility, Auspiciousness, Chastity, Surrender to God, Enjoyment of simple life.

**Qualities:** Protection from evil forces. Fearless opposition to negativity. Refusal to sympathise with wrong-doers.

**Causes of Catch:** Over indulgence in sense pleasures, Bad habits, Vices, Cunning, ‘Attitude’, Hypocrisy.

**Causes of Catch:** Austerity, Not allowing oneself to enjoy simple pleasures of life, sympathizing with wrong-doers.

**Om... Laṁ (x4) Om**

Bija – ‘seed’ mantra. Quality of Mother Earth.

* 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.
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.

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

Om... Vam (x6) Om

Bija Mantra – quality of Fire/ Shri Saraswatī
### Nābhī Chakra (Manipūra)

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

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

<table>
<thead>
<tr>
<th>Left</th>
<th>Centre</th>
<th>Right</th>
</tr>
</thead>
</table>
| **Gṛuha Lakṣḥmī**  
*Note: A catch here can be the cause of Allergies.* | **Lakṣḥmī-Viṣhṇu**  
**Lakṣḥmī-Nārāyaṇa**  
*May be said with the right hand on the navel.* | **Rāja Lakṣḥmī**  
**Śheṣha-Lakṣḥmana**  
**Hazrat Āli-Fatimā** |
|  | **Qualities:** Generous, Calm, Feeling supported and nourished, Treating husband/wife as Divine | **Qualities:** Peaceful, surrendered, satisfied, seeking the highest truth, Sattvik diet (fresh foods) |
|  | **Cause of Catch:** Worrying, Money or marriage problems, Lack of support, Tamasic food (tinned/old/frozen/fermented) | **Cause of Catch:** Wrong seeking, ‘unrighteous’ lifestyle or habits, wrong livelihood, bad diet – no fresh food. |
|  |  | **Cause of Catch:** Hectic lifestyle, undignified behavior, reacting angrily, selfishness, too much meat/spicy foods. |

**Om… Raṁ (x10)... Om**  
*Bija Mantra: quality of Water / Shri Lakshmi*

### 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)


<table>
<thead>
<tr>
<th>Left</th>
<th>Centre</th>
<th>Right</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Left</strong>&lt;br&gt;All may be said with the right hand on the Left Heart</td>
<td><strong>Centre</strong>&lt;br&gt;All may be said with the right hand on the Sternum bone.</td>
<td><strong>Right</strong>&lt;br&gt;With the left hand on Right Heart</td>
</tr>
</tbody>
</table>

#### Śhiva-Pārvatī<br>Ātmā-param’ātmā<br>Śhiva-Śhakti-putra-Kārttikeya

#### Jagad-ambā<br>Durgā Mātā<br>Combined as: Jagadambā-Durgā-mātā

#### Sītā-Rāma

#### Om namaḥ Śhivāya (x12)<br>‘Salutations to the Supreme Spirit’

#### Jaya *Jagad-ambe<br>+ ‘Jagadambe’ twelve times<br>Or: Jagad-ambā (x12)<br>*Jagadambe is vocative – ‘O Mother of the World’

#### ‘Raghupati Raghava’ (page 35)

#### Śhrī Rām, Jay Rām, Jay jay Rām.

#### ‘Mother, please come in my Heart’ (page 34)<br>Psalm 23<br>(Page 35)

#### Qualities: Love, compassion, detachment, meditative state, the Spirit, Bhakti–‘devotion’

#### Qualities: Confident, protected, elevated attention, kind and loving,

#### Qualities: Dutiful, respectful to elders, nobility, unselfishness

#### Cause of Catch: Too much work/study/worry, egotism, bad relationship with mother.

#### Cause of Catch: Insecurity, bad family background, violence, lack of faith in God.

#### Cause of Catch: Bad relationship with father, irresponsibility, over-responsibility.

#### Om... Yāṁ (x12)...Om<br>Bija Mantra: quality of Air / Shri Shiva

### Lalitā Chakra

*Location: Inside left shoulder.*

#### Lalitā Chakra Swāminī<br>Right hand on front of left shoulder.

#### Qualities: Power of whole Left Side

#### Causes of Catch: Weakened Left Side, exposing shoulder

### Śhrī Chakra

*Location: Inside right shoulder.*

#### Śhrī-Chakra Swāminī<br>Left hand on front of right shoulder.

#### Qualities: Power of whole Right Side

#### Causes of Catch: Weakened Right Side, exposing shoulder
### Viśhuddhi Chakra


<table>
<thead>
<tr>
<th>Left</th>
<th>Centre</th>
<th>Right</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Viṣhṇumāyā</strong></td>
<td><strong>Rādhā-Kṛiṣṇa</strong></td>
<td><strong>Yaśhodā</strong></td>
</tr>
<tr>
<td><em>May be said with the right hand on left side of neck with head leaning to the right</em></td>
<td><em>May be said with the right hand on the front of the neck.</em></td>
<td><em>May be said with the left hand on right side of neck.</em></td>
</tr>
</tbody>
</table>

**Sarva-mantra–siddhi–vidhāyinī**

*‘Fulfilling all mantras’*

**Nirmala Virāt-aṅganā**

**Allāh hu akbar**

*Repeated 16 times with the fore-fingers in the ears and the head stretched back.*

**Virāta-swarūpa**

*‘Having a vast cosmic form’*

**Qualities:** Self-respect, Brother-sister relationship, chastity, desire for collectivity

**Cause of Catch:** Feeling guilty, unchaste relationships with brother/sister, loneliness, dressing badly.

**Qualities:** Communication, collectivity, diplomacy, detached witness, clear thinking, Virāt–‘cosmic form’

**Cause of Catch:** Wrong communication, smoking, improper clothing,

**Qualities:** Respect for others, speaking sweetly, collectivity in action,

**Cause of Catch:** Speaking harshly, anger, avoiding collectivity, talking too much, showing off.

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**Om... Haṁ (x16)... Om**

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

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### Hamsa Chakra


**Hamsa 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
<table>
<thead>
<tr>
<th>Left (Superego)</th>
<th>Centre</th>
<th>Right (Ego)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mahāvīra</strong></td>
<td><strong>Yeṣhu-Māriyā</strong> Jesus Mary</td>
<td><strong>Buddha</strong> Mahat-ahaṃkāra</td>
</tr>
<tr>
<td><em>May be said with the head leaning back into the right hand.</em></td>
<td><em>Mahāviṣṇu-Mahālakṣhmī</em></td>
<td><em>Left hand on the left forehead and temple. Buddha’s mantras (p.36)</em></td>
</tr>
<tr>
<td>See ‘Mantras for Back Agnya’ p.271</td>
<td><em>May be said with the right hand across the forehead.</em></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Back Āgñyā</th>
<th>The Lord’s Prayer (p.36)</th>
<th>Front Āgñyā Mahā-kārttikeya Mahā-hanumān</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mahā-gaṇeśha Mahā-bhairava</strong> ‘Evolved Powers of the Left Side’</td>
<td><em>May be said twice, once with right hand across forehead and head bowed; once with right hand on back of head leaning back.</em></td>
<td>‘Evolved Powers of the Right Side’</td>
</tr>
<tr>
<td><strong>Om Haṁ (x16)</strong> ‘I am’</td>
<td><strong>Om Haṁ, Om Kṣhaṁ (x16)</strong> Bijas for Agnya Chakra</td>
<td><strong>Om Kṣhaṁ (x16)</strong> ‘I forgive’</td>
</tr>
</tbody>
</table>

**Aim Hrīm Klim Chāmuṇḍāyai vicche namaḥ**
See page 271 for explanation and Bija Mantras for Śhrī Mahāganesha

**Qualities**: Good conditionings, memory, imagination, Karma

**Qualities**: Good judgment, Surrender to God, self-sacrifice, Thoughtlessness, Penance, Renunciation, Humility.

**Qualities**: Ability to plan, organise and act, Seeing greatness of others.

**Cause of Catch**: Disturbing images- ‘sex and violence’, Possession, Stress, Pressure from others, Self-pity.

**Cause of Catch**: Lack of forgiveness, Lack of humility, Hypocrisy, Egotism, Adulterous eyes.

**Cause of Catch**: Egoism, Self-aggrandisement, Revenge, Over-activity of Right Side, Lack of meditation

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**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 Śhri Kalki sākṣhāt*

Śhri Sahasrāra-swāminī Mokṣha-pradāyinī Mātājī

Śhri 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 Śhri Nirmalā Devyai namo namaḥ** (x3)

Followed by: **Śhri 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 – Iḍā Nāḍī**

**Mahākālī–Bhairava**

*Or:* **Mahākālī–Bhairava–Michael**

‘sākṣhāt’ may be placed between the names thus:

Mahākālī sākṣhāt Śhrī Bhairava (sākṣhāt Śhrī Michael)

**Mahākālī–Bhadraṅkālī–Kāli–Kalki**

‘Great, dark, auspicious, Destroyer of impurity’

**Icchā Śhakti** – ‘Power of Desire’

<table>
<thead>
<tr>
<th>Qualities:</th>
<th>Happy, Loving, Nourishing and healing personality, Good memories, Emotional spontaneity,</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Causes of Catch:</em></td>
<td>Over-use of Right Side, Egotism, Indulgence, Depression, Bad memories, Tamasic diet (frozen, tinned, preserved, hybrid, old food)</td>
</tr>
</tbody>
</table>

**Whole Right Side – Piṅgalā Nāḍī**

**Mahāsaraswatī–Hanumān**

*Or:* **Mahāsaraswatī–Hanumān–Gabriel**

‘sākṣhāt’ may be placed between the names thus:

Mahāsaraswatī sākṣhāt Śhrī Hanumān (sākṣhāt Śhrī Gabriel)

**Kriya Śhakti** – ‘Power of Action’

<table>
<thead>
<tr>
<th>Qualities:</th>
<th>Active, Dynamic, Effective thinking and planning, Good aesthetic judgement, Leadership, Steady attention,</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Causes of Catch:</em></td>
<td>Dominating, Egotistical, Over-use of creativity, Too much thinking and planning, Feeling that we are doing something, Heating diet (meat, fat, spices)</td>
</tr>
</tbody>
</table>

**Whole Central Channel – Suṣhumna Nāḍī**

**Mahālakṣhmī–Gaṇeśha**

‘sākṣhāt’ may be placed between the names thus:

Mahālakṣhmī sākṣhāt Śhrī Gaṇeśha

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

<table>
<thead>
<tr>
<th>Qualities:</th>
<th>Peaceful, Surrendered to the Divine Will, Goodness, Dharma (righteousness), Truth, Knowledge, Balance, Ascent,</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Causes of Catch:</em></td>
<td>Over-use of Left and Right Side, Unfulfilled desires and ambitions.</td>
</tr>
<tr>
<td>Mantras for special purposes</td>
<td></td>
</tr>
<tr>
<td>-----------------------------</td>
<td></td>
</tr>
<tr>
<td><strong>Om Twameva sākshāt Śhrī ...</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Gaṇeśha</strong> – ‘Lord of Angels’</td>
<td>Removing obstacles, ensuring success, general protection.</td>
</tr>
</tbody>
</table>
| **Ādi Bhūmī Devī** – ‘Mother Earth’  
  *Said with both hands on the Mother Earth.* | Before shoe-beating and at the start of meditation. |
| **Anna Pūrnā – ‘Complete Nourishment’**  
  **Bhogya Lakṣhmī – ‘Goddess of food, wealth and enjoyment’** | Dedicating and vibrating food before eating. |
| **Jala Devatā – ‘Lord of water’** | Vibrating drink. |
| **Samudra Devatā – ‘Lord of the Ocean’** | Invocation for footsoaking. |
| **Gaṇeśha (x4)**  
  **Hanumāna (x3)** | Protection when starting a journey or other enterprise. |
| **Agni Devatā – ‘Lord of Fire’** | Lighting Havans and fires. |
| **Śhākambharī Devī – ‘Goddess who gives herbs and vegetables’** | For gardens, horticulture and agriculture. |
| **Sunidra – ‘Good sleep’** | For good sleep. |
| **Parjanya Devatā – ‘Lord of the Rain’** | Rain. |
| **Dhanvantari – ‘the Physician of the Gods’**  
  *Shri Mataji’s Photo of the same name is also used for healing.* | Healing and medicine. |
| **Gaṇeśha Atharva Śheerṣha (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 Muladhara and Shri 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.
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.

**Hamsa**  
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-Bhuvaḥ Swaḥ)*
Om Tat savitur varenyam, bhargo devasya dhīmahi,
Dhiyo yo naḥ prachodayāt.
Om āpo jyotī raso-‘mrītam,
Brahma bhūr bhuvaḥ 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 Savitṛī, 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.
**Guru Mantra**

Gurur Brahmā, Gurur Viṣhṇuḥ, Gurur Devo Mah'eśhwaraḥ  
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*

**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, 5th Oct. 1984*

**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 restor eth 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
Patita-pāvana Sītā-Rām

O King Rama, Lord of the Raghu Dynasty,
Shri Sita Rama, Purifier of the wicked.

Sītā-Rām Jay Sītā-Rām
Bhaja pyare Tū Sītā-Rām

Victory to Shri Sita and Shri Rama,
We worship You from the heart.

Īśhwar Allah Tere Nām
Sab.ko sanmati de Bhagavān

Ishwar and Allah are Your Names,
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

Buddham śharanam gacchami I surrender myself to the Enlightened One
Dhammam śharanam gacchami I take protection in Righteousness
Saṅgam śharanam gacchami I seek refuge in the Collective
Nirmalam śharanam gacchami I surrender completely at the Lotus Feet of Shri Mataji Nirmala Devi
The Three Great Mantras

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

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

Om Twameva sākṣhāt Śhrī Kalki sākṣhāt,
Śhrī Sahasrā-ra-swāminī
Moksha-pradāyinī Mātājī,
Śhrī Nirmalā Devyai
Namo namaḥ.

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)
Shri Mataji’s Aarti (Hindi)

Sab.ko duā denā, Mā,
Give blessings to all, O Mother,
Sab.ko duā denā
Give blessings to all,
Jay. Nirmalā Mātājī (x2)
Victory to Our Immaculate Holy Mother,
Dil.me sadā reh.na, Mā,
Always dwell in our hearts, O Mother,
Sab.ko duā denā
Give blessings to all. (CHORUS)

Jag.me sañkaṭ. kāran.
Whenever the world was in danger,
Kit.ne liye avatār, Mā
Mother, You have always incarnated,
Kit.ne liye avatār
On this Earth in different forms,
Viśhwa me Terī mahimā (x2)
Your Greatness fills the Universe,
Tū Gangā Yamunā, Mā
You are the sacred rivers Ganga and Yamuna,
Sab.ko duā denā
O Mother, Give blessings to all.

Jo bhī śharan. me āyā
Whoever surrenders himself to You,
Sukh. hī milā us.ko, Mā
Gets complete satisfaction, O Mother,
Sukh. hī milā us.ko
Happiness truly comes to him.

Bhaith. ke dil.me O Mā (x2)
Once You have entered our hearts,
Laut. ke nā jānā, Mā
Do not go away, O Mother,
Sab.ko duā denā
Give blessings to all.

Mānav. me avatar ke
By incarnating in human form,
Kar. diyā ujiyārā, Mā
You have enlightened our lives, O Mother,
Kar. diyā ujiyārā
You are the lamp that brings light,
Kali yug. me māyā hai (x2)
In spite of the illusions of Kali Yuga,
Phir. bhī peh.chānā, Mā
We have been able to recognize You,
Sab.ko duā denā
O Mother, Give blessings to all.

Sant. jano kī dhartī
The land of all the saints,
Hai Bhārat. Mātā, Mā
Is Mother India. O Mother,
Hai Bhārat. Mātā
Is this Mother India,
Is. dhar.tī par. ākar.* (x2)
As You have incarnated in this land,
Dukh. se dūr. karanā, Mā
Please take away our sorrows,
Sab.ko duā denā
O Mother, give blessings to all.

Jab. dil. me āye tab.
Whenever we so wish,
Madhu sañgīt. sun.lo, Mā
We can listen to the sweet music inside,
Madhu sañgīt. sun.lo
O Mother,
Hoya sake jo sewā (x2)
Whatever service You wish us to do,
Ham.se karā lenā, Mā
Kindly ask us to do it, O Mother,
Sab.ko duā denā
Give blessings to all.

* Originally written āke, but now mostly sung ākar.
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.
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'śi
   You alone are the Doer and Creator

Twameva kevalam dhartā'śi
   You alone are the Supporter and the Sustainer

Twameva kevalam hartā'śi
   You alone are the Remover and Destroyer

Twameva sarvam khalv-idam Brahmāsi
   You are everything even indeed the Formless Spirit

Twam sākṣhād-ātmāsi nityam (1)
   You constantly manifest the Spirit

Ṛitam vachmi, Satyam vachmi (2)
   I speak Divine Law, I speak the Truth

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 (3)
   From all directions guard and protect me constantly
Twam vāṅg-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‘ādvitiyo-‘si
*You are Existence, Consciousness and Joy unequalled*

Twam pratyakṣham Brahmapi
*You are the Supreme Spirit manifested*

Twam gñyāna-mayo vigñyāna-mayo-‘si
*You are all Knowledge and Understanding*

Sarvam jagad-idam twatto jāyate
*This whole world is born from You*

Sarvam jagad-idam twattas tिष्ठतi
*This whole world is sustained by You*

Sarvam jagad-idam twayi layam-eşhyati
*This whole world will dissolve in You*

Sarvam jagad-idam twayi prayetī
*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
*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 Šhaktis, On You Yogis meditate constantly*

Twam Brahmā twam Viṣhṇus-twam Rudras-twam
*You are Lord Brahma, You are Shri Viṣhṇu, You are Lord Šhiva*

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
*The Supreme Spirit, Earth, Atmosphere, Heaven and Omkāra*
Gaṇādim pūrvam uchchārya
Saying Gaṇas first letter (G) at the beginning

Varṇādim 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

Anuswāraḥ ch’āntyya 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

Saiṣhā Gaṇeśha-vidyā, Gaṇaka ṛiṣhiḥ
Thus is the Knowledge of Shri Gaṇeśha, the Composing Seer is Gaṇaka

Nichṛid Gāyatrī chhandaḥ
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

Eka-dantāya vidmahe
We seek the knowledge of the One-Tusked God

Vakra-tuṇḍāya dhīmaḥi
We meditate on the Lord with a Curved Trunk

Tanno dantī prachodayāt
May the God bearing a tusk stimulate us
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 sṛiṣhty‘ādau
And becoming manifest at the beginning of creation

Prakṛiteḥ puruṣḥat 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 blessedness
Salutations again and again

Sākṣhāt Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namaḥ
Who is incarnated as Our Divine Mother
Shri Mataji Nirmala Devi; Salutations to You again and again

There is a two-page version of the Ganesha Atharva Sheersha on page 344
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. \(\textit{Shānti Pātha}\)

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

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. \(\text{Verse 1}\)

Think clearly brain; speak only the truth. \(\text{Verse 2}\)

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. \(\text{Verse 3}\)

* 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.  \textit{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.  \textit{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.  \textit{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 Ganesha, 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 Mātāji, who is unending love,
    salutations to You.
Sākshāt Shri Mātāji Nirmalā Devī, who is unending joy,
    salutations to You.  

Verse 10

Sākshāt Śhrī Ādi Śhakti Mātāji
Śhrī Nirmalā Devyai namo namaḥ

'So the pure desire should be that: Shri Ganesha, please give us
Divine Wisdom. That's all. It contains everything within it'.
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.*
The 12 Names of Shri Ganesha


Dwādaśhaitāni nāmāni, yaḥ pathet śhṛinu 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

Sākṣhāt Śhrī Ādi Śhakti Mātājī
Śhrī Nirmalā Devyai namo namaḥ
The 108 Names of Shri Ganesha
Śhrī Vighneśhwara Aṣhtottara-śhata Nāmāvali
‘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!

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

Vināyaka ................. The Peerless Remover of Obstacles
Vighna-rāja ................. The Ruler of Obstacles
Gaurī-putra ................. The Son of Shri Gauri
Gaṇ'ēśhwara ....| ............. The Lord of the Ganas
Skand'āgraja ................. The Elder Brother of Shri Kārtikeya
Avyaya ....................... Inexhaustible
Pūta .......................... Pure
Dakṣha ........................ Skilful
Adhyakṣha .................... Overseeing the Universe
Dvija-priya ........... |............... Fond of the twice-born

Agni-garbha-chhid .... Destroying the Fire-bellied Demon
Indra-śhrī-prada ........ Giving Power and Prosperity to Shri Indra
Vāṇi-prada ................. The Bestower of Speech
Avyaya ........ | .................. Imperishable
Sarva-siddhi-prada ........ The Bestower of All Fulfillment
Śharva-tanaya ............. The Son of Shri Shiva
Śharvarī-priya ............ | Loved by Shri Pārvatī- Goddess of the Night
Sarv'ātmaka ................. The Soul of All
Śriṣṭi-kartà .................. The Creator
Divya ........................ Resplendent

Anek'ārchita ............... Worshipped by the Multitude
Śhiva ........ | ................. Auspicious and Benevolent
Śhuddha ........................ Pure
Buddhi-priya ................ Fond of Intelligence
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Gadī .......................... Brandishing a Mace
Chakrī .......................... The Wielder of the Discus
Ikṣhu-chāpa-dhṛit.............. Holding a Sugarcane Bow, whose Flower Arrows of sense enjoyment ensnare us
Śhrī-da .......................... The Bestower of Auspiciousness and Prosperity
Aja .......................... Unborn 60

Utpala-kara .......................... Holding a Blue Lotus Blossom
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Stuti-harṣhita.............. Rejoicing in Praise
Kulādri-bhettā .......................... The Splitter of the Mountain Ranges
Jaṭila .......................... Intricate 65
Kali-kalmaṣha nāśhana || The Destroyer of Kali-yuga's impurity
Chandra-chūḍāmaṇi .......... Wearing the Moon as a Crest Jewel
Kānta .......................... The Beloved
Pāpa-hārī .......................... The Destroyer of Sins
Samāhita.............. Perfectly Attentive 70

Āśhrīta .......................... Our Refuge
Śhrī-kara .......................... Creating Auspiciousness and Prosperity
Saumya .......................... Gentle and Pleasing
Bhakta-vāñchhita dāyaka || Granting the Desires of Devotees
Śhanta .......................... Serene and Gentle 75
Kaivalya sukha-da .............. The Bestower of Absolute Happiness
Sach-chid-ānanda-vigraha | Whose Body is Truth, Awareness and Bliss
Gñyāṇī .......................... The Embodiment of Wisdom
Dayā yuta .......................... Full of Compassion
Dānta .......................... The Master of Self-control 80

Brahma-dveṣha-vivarjita || Free from any separation from the Supreme
* Pramatta-daitya-bhaya-da. Inspiring Fear in power-intoxicated demons
Śhrī-kantha .......................... Having a Beautiful Throat
Vibudh'eśhwara.............. The Lord of the Most Wise
Rām'ārchita .......................... Worshipped by Shrī Rāma 85
The 108 Names of Shri Ganesha

Vidhi .......................... The Controller of Destiny
Nāga-rāja-
-yagñy'opavītavān || ........................ Invested with a Cobra as a Sacred Thread
Sthūla-kaṇṭha ................. Having a Stout Neck
Swayam-kartā .................... Independent in Action
Sāma-ghoṣha priya .............. Fond of the Sound of Chanted Praise

Paraḥ ......................... Beyond
Sthūla-tuṇḍa ................... Having a Stout Trunk
Agraṇī ............................ The First-born
Dhīra ............................. Courageous
Vāgīśha ........................... The Lord of Speech
Siddhi-dāyaka ..........|| .......... The Bestower of Success
Durvā-bilva-priya ............ Fond of Durva Grass and Bilva Fruit
Avyakta-mūrτi ................... The Manifestation of the Unmanifest
Adbhuta-mūrtimān ....|| .... Of Wondrous Form
Śhailendra tanuj'otsaṅga-
-khelan'otsuka mānasa || Fond of playing with Your Mother Shri Pārvatī,
......................................................
the Daughter of the Mountain King

Sva-lāvaṇya sudhā-sā-ra-
-jita-manmatha-vigraha | A Vast Ocean of Ambrosial Beauty more
......................................................
charming than the God of love
Samasta jagad'ādhāra ...... The Supporter of all the Worlds
Māyī ............................. The Power of Illusion
Mūṣhaka-vāhana ......|| ...... Having a Mouse as Your Vehicle
Hṛiṣhṭa ............................ Overjoyed
Tuṣhṭa ............................ The Embodiment of Contentment
Prasann’ātmā .................... The Benign Spirit
Sarva-siddhi pradāyaka | .. Granting All Success and Self-realisation
Mulādhāra chakra sthita .. Stationed at the Muladhara Chakra
Niṣh-kalaṅkatā dāyaka || .. The Bestower of Purity and Innocence

Sākṣhāt Shri Ādi Śhakti Mātāji Shri Nirmalā Devyai namo namaḥ

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.

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.

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.

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.

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.
You are the glory of Śrī Mahā-viṣṇu.
You are the bond of love between Śrī Rāma and His brothers.
You lead the dance of Śrī Kṛṣṇa's gopis.
You are Jesus the Child and Christ the King.
You fill the nets of Jesus' disciples.

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.

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.

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.

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.

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.
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.

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.

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.

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.

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).

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.
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.

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.

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.

You are the master of protocol of Shri Ādi Shakti Nirmalā Devī.
You are the foremost knower of Shri Ādi Shakti Nirmalā Devī.
You witness the awesome greatness of Shri Ādi Shakti Nirmalā Devī.
You allow the Divine Mother to feel Her motherhood.
You allow the Divine Father to enjoy Her creation.

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 Šhakti Mātājī
Śhrī Nirmalā Devyai namo namaḥ
The 111 Names of Shri Ganesha

Om Šhri 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 Ameyāmita vikrama.

Om Twameva sākṣhāt Śhrī You are:
Vighneśha The Supreme Lord of Obstacles
Viśhva vadana The First Manifestation of the Universe
Viśhva chakṣhuḥ The Eyes of the Universe
Jagat prabhu The Lord of all that moves
Hiraṇya rūpa Having a Beautiful Golden Form
Sarvātmā The Residing Spirit of Every Creature
Gñyāna rūpa Whose Form is Knowledge
Jagan maya Containing the Whole World
Ūrdhva retas Living in Chastity
Mahā bāhu Having Long and Powerful Arms
Ameya Immeasurable
Amita vikrama Of Unlimited Strength and Valour
Veda vedya All Knowledge that is to be known
Mahākāya Having a Mighty Body
Vidyā nidhi The Storehouse of Knowledge
Anāmaya Without any ailments
Sarva-gñya All-knowing
Sarva-ga Omnipresent
Śhānta Whose Nature is Peace
Gajāsya Having an Elephants Face
Vigata jvara Free from Afflictions
Viśhva mūrti Whose Form is the Universe
The 111 Names of Shri Ganesha

Amey'ātmā ............... Magnanimous
Viśhv'ādhāra ............... The Foundation of the Universe
Sanātana || ............... Ancient and Everlasting 25
Sāma-gāna priya ............... Fond of the chanting of Hymns and Praises
Mantrī ............... The Wise Counsellor
Sattv'ādhāra ............... The Support of Reality and the Central Channel
Sur'ādhipa | ............... The Lord of the Devas
Samasta sākṣhī ............... The Witness of the Whole Creation 30
Nir-dvaṇdva ............... Free from all duality
Nirlepa ............... Stainless
Amogha vikrama || ............... Whose actions are always effective
Niyata ............... Self-controlled
Nirmala ............... Immaculately Pure 35
Puṇya ............... Auspiciousness
Kāma-da ............... The Fulfiler of Desires
Kānti-da ............... The Grantor of Affection
Kavi | ............... The Poet
Kāma rūpī ............... Whose form is Love 40
Kāma poṣhī ............... Nurturing the Pure Desire
Kamal'ākṣha ............... Having Eyes like Lotuses
Kalā dhara || ............... The Possessor of all the Arts
Su-mukha ............... Having a Beautiful and Auspicious Face
Śharma-da ............... The Giver of Happiness 45
Śhuddha ............... Pure
Mūṣhak'ādhipa vāhana |........... Having the Chief of Mice as a Vehicle
Dīrgha tuṇḍa dhara ............... Possessing a Long Trunk
Śhrīmān ............... The Embodiment of Well-being
Ananta ............... Infinite and Eternal 50
Moha varjita || ............... Free from Illusions
Vakra tuṇḍa ............... Having a Curled Trunk
Śhūrpa karṇa ............... With Ears like Winnowing Fans
The 111 Names of Shri Ganesha

**Pavana**          The Divine Cool Breeze 55
**Pāvana**          Holy and Purifying
**Vara**            The Most Excellent
**Yogiśha**         The Supreme Yogi
**Yogi vandyāṅghri** Whose Feet are worshipped by Yogis
**Umā suta**        The Son of Shri Pārvatī
**Aghāpaha ||**     The Eradicator of Evil 60
**Eka-danta**       One-tusked
**Mahā-grīva**      Having a Mighty Neck
**Śharanaya**       The One to be surrendered to
**Siddhi sevita |**  Endowed with All Success and Power
**Siddhi-da**       Granting Self-realisation 65
**Karuṇā sindhu**   The Ocean of Compassion
**Bhagavān**       The Lord of all Divine Qualities
**Bhavya vigraha ||** Having a Beautiful Form
**Vikaṭa**          Of Huge and Unusual Appearance
**Kapila**          Reddish-brown coloured 70
**Ḍhuṇḍhi**         The Lord of all Quests
**Ugra**            Fierce and Formidable
**Bhīma**           Terrifying to evil-doers
**Hara**            The Destroyer
**Śhubha |**        Happy and Auspicious 75
**Gaṇ‘ādhyakṣha**   The Overseer of the Ganas
**Gaṇ‘ārādhya**     Worshipped by the Ganas
**Gaṇeśha**         The Supreme Lord of the Ganas
**Gaṇa nāyaka ||**  The Controller of the Ganas
**Jyotiḥ swa-rūpa** Whose Form is Light 80
**Bhūt‘ātmā**       The Spirit that resides in all creatures
**Dhūmra ketu**     Smoke-bannecred
**Anākūla |**       Calm and Consistent
**Kumāra guru**     The Preceptor of Shri Karttikeya
The 111 Names of Shri Ganesha

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

Sākṣhāt Śhrī Ādi Śhakti Mātāji 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 Šhakti Mātājī Šhrī Nirmalā Devyai namo namaḥ

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

Om Twameva sākṣhāt Śhrī...

You are...

Skanda ................. The Vanquisher of Mighty Foes
Guha .................... Hidden and Beyond Comprehension
Śhaṇ-mukha ............ The One with Six Faces
Bhāla-netra-suta ...... The Son of the Three-eyed Śhrī Shiva
Prabhu ................. The Lord Supreme
Piṅgala ................. Golden-hued
Kṛittikā-sūnu .......... The Son of the six starry maids - Pleiades
Śhikhi vāhana .......... The Rider on the Peacock
Dwādaśha bhuja ...... The Lord with Twelve Arms
Dwādaśha netra ...... The Lord with Twelve Eyes

Śhakti dhara ........ The Wielder of the Lance

* Piśhitāśha prabhañjana Annihilating the flesh-eating demons
* Tarak'āsura saṁhārī The Destroyer of Tarakasura
* Rākṣho-bala vimardana Crushing the powerful Asuric forces

Matta ................... Excited with Joy
Pramatta ................ Intoxicated with Divine Wrath against evil
Unmatta ................ Furious with demonic forces
Sura-sainya surakṣhaka The Faithful Guardian of the Army of the Devas
Deva-senā pati .......... The Commander of the Divine Army
Prāgņya ............... The Lord of Wisdom

Kṛipālu .................. Compassionate
Bhakta vatsala .......... Loving Your Devotees like Your Own Children
Umā-suta ............... The Son of Śhrī Pārvatī
Śhakti dhara ............ The Support of the Kundalini
Kumāra .................. The Eternally-youthful Lord
**Krauncha dāraṇa** …… *Rending asunder Mount Krauncha to destroy the demon Tarakasura hiding inside*

**Senānī** ……. *The General of the Divine Army*

**Agni-ja** …….. *Born of the Effulgent Fire*

**Viṣhākha** ……… *Controlling the fire-sign Vishaka (Libra/Scorpio)*

**Śhaṅkar'ātmaja** …… *The Son of Shrī Shiva*

**Śhiva-swāmī** …….. *The Master of Auspiciousness*

**Gaṇa-swāmī** …….. *The Master of Shrī Shiva’s Soldiers*

**Sarva-swāmī** …….. *The Master of All*

**Sanātana** …….. *The Eternal Lord*

**Ananta-śhakti** ……. *The Lord of Unlimited Power (Shrī Shesha)*

**Akṣhobhya** …….. *Unperturbed*

**Pārvatī-priya nandana** *The Son of Shrī Shiva*

**Gaṅgā suta** ……… *The Offspring of the Holy River Ganga*

**Śhar'od-bhūta** ……. *Born in a reed-bed beside the River Ganga*

**Pāvak'ātmaja** …… *Born of Fire*

**Āhūta** ……….. *The One invoked in ceremonies*

**Agni-garbha** ………. *Conceived by Fire*

**Śhamī-garbha** ……. *Nurtured in the sacred Shami Tree*

**Viśhwa-retas** ………. *The Seed of the Universe*

**Surāri-ghna** ………. *Destroying the enemies of the Devas*

**Harid-varṇa** ………. *Golden-yellow coloured*

**Śhubha-kṛit** ………. *The Bringer of Auspiciousness and Good Fortune*

**Vasu-mat** ………. *Beneficent*

**Vaṭu-veśha-bhṛit** ……. *Having the appearance of a Boy*

**Jṛimbha** ……. *Opening the Mouth to consume the demons*

**Pra-jṛimbha** ………. *Yawning widely to suck in the Rakshasas*

**Uj-jṛimbha** ………. *Coming forth to destroy negativity*

**Kamal'āsana saṁstuta** *Praised with the Lotus-seated Shrī Brahmadeva*

**Eka-varṇa** ………. *The ‘One-syllabled’ Om*

**Dvi-varṇa** ………. *Having two manifestations as Matter and Spirit*

**Tri-varṇa** ………. *Of three aspects, Tamas, Rajas and Sattwa*
Su-manohara

Chatur-varṇa

Pancha-varṇa

Prajāpati

Pūṣhan

Gabha-stī

Gahana

Chandra varṇa

Kalā-dhara

Māyā-dhara

Mahā-māyī

Kaivalya

Sahat-ātmaka

Viśhwa-yoni

Amey'ātmā

Tejo-nidhi

Anāmaya

Parameśṭthī

Guru

Parabrahma

Veda-garbha

Pulinda-kanyā-bhartā

Mahā-sāraswaṭ‘āvrita

Āśhrit'ākhila-dātā

Chora-ghna

Roga-nāśhaka

Ananta-mūrti

Ānanda

Śhikhandi-kṛita ketana

Ḍambha

Parama-ḍambha

Captivatingly Beautiful

The Four Stages of Life as student, house-holder, forest-dweller and renunciant

Manifesting as the Five Elements

The Lord of Creation

The Luminous Sun

Effulgent like the Sun

Of Unfathomable Nature

Radiant like the Moon

Skillful, Artistic & wearing a Crescent Moon

The Upholder of Illusion

The Divine Power of Illusion

The Liberation of One-ness with the Supreme

Whose Nature is Inner Strength

The Source of all Existence

Magnanimous

Abounding in Glory

The Curer of Illness

The Highest Lord

The Matchless Master

The Supreme Transcendent Spirit

The Source of Spiritual Knowledge

The Protector of Valli, a Pulinda maiden

Abounding with the Mahāsaraswatī Power

The Giver of Refuge to the Whole Universe

The Destroyer of Thieves

The Remover of Diseases

He whose Form is Infinite

Supremely Joy-giving

The Lord of the Peacock Banner

The Wielder of Indra’s Thunderbolt

The Supreme Collector
<table>
<thead>
<tr>
<th>The 108 Names of Shri Karttikeya</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mahā-ḍambha</strong> ................. <em>The Master of Great Weapons</em></td>
</tr>
<tr>
<td><strong>Vṛiṣhā-kapi</strong> ................. <em>In the Form of the ‘man-ape’ having the power of the Sun; one of the Ekadasha Rudras</em></td>
</tr>
<tr>
<td><strong>Kāraṇ'otpatti-deha</strong> .......... <em>The Cause of the Birth of the Body</em></td>
</tr>
<tr>
<td><strong>Kāraṇ'ātīta vigraha</strong> .......... <em>Whosoever Body is beyond all causes</em></td>
</tr>
<tr>
<td><strong>Anīśhwara</strong> ................. <em>The God who has no superior</em></td>
</tr>
<tr>
<td><strong>Amṛuta</strong> ................. <em>The Nectar of Immortality</em></td>
</tr>
<tr>
<td><strong>Prāna</strong> ................. <em>The Breath of Life</em></td>
</tr>
<tr>
<td><strong>Prāna-dhara</strong> ................. <em>The Supporter of Life</em></td>
</tr>
<tr>
<td><strong>Parāyaṇa</strong> ................. <em>The Final Refuge</em></td>
</tr>
<tr>
<td><strong>Viruddha hantā</strong> ............. <em>The Subjugator of Hostile Forces</em></td>
</tr>
<tr>
<td><strong>Vīra-ghna</strong> ................. <em>The Vanquisher of Heroic Demons</em></td>
</tr>
<tr>
<td><strong>Rakta-śhyāma gala</strong> .......... <em>Having a Dark Red Throat</em></td>
</tr>
<tr>
<td><strong>Loka-guru</strong> ................. <em>The Guru of the Universe</em></td>
</tr>
<tr>
<td><strong>Su-piṅgala</strong> ................. <em>The Lustrous Golden Colour of the Right Channel</em></td>
</tr>
<tr>
<td><strong>Mahān</strong> ................. <em>The Consummation of Glory</em></td>
</tr>
<tr>
<td><strong>Subrahmaṇya</strong> ................. <em>Effulgent Radiance</em></td>
</tr>
<tr>
<td><strong>Guha priya</strong> ................. <em>Fond of Your Invincible Hidden Powers</em></td>
</tr>
<tr>
<td><strong>Brāhmaṇa</strong> ................. <em>The Serene Lord of Luminous Wisdom</em></td>
</tr>
<tr>
<td><strong>Brāhmaṇa priya</strong> ............. <em>Fond of Realised Saints</em></td>
</tr>
<tr>
<td><strong>Sarv'eśhwara</strong> ................. <em>The Sovereign Lord Almighty</em></td>
</tr>
<tr>
<td><strong>Akṣhaya-phala prada</strong> .......... <em>The Bestower of Eternal Blessings</em></td>
</tr>
<tr>
<td><strong>Niṣhkalaṅka</strong> ................. <em>Faultless brilliance - Shri Kalki</em></td>
</tr>
</tbody>
</table>

Sākshāt Śrī Ādi Śhakti Mātāji Śrī Nirmalā Devyai namo namaḥ

**Gñyāneśhwara** –‘Lord of Knowledge’ (1275-1296 CE) (aka. Dñyāneśhwara / Gñyānadeva) Shri Kārtikeya incarnated as the Marathi poet-saint Gnyaneśhwara. His Guru was His elder brother Nivritti, an aspect of Shri Śiva; his younger brother, Sopanadeva, 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: Shri Kārtikeya Puja, Mumbai, 21-12-96)

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67
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.

Viṣhṇu-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!
**69 Names of Shri Kundalinī Śhakti**

*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 sākṣhāt Shri .... namah* as they were said at the Puja with Shri Mataji.

<table>
<thead>
<tr>
<th>Om Twameva sākṣhāt:</th>
<th>You are:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Śhrī Ganeśhāya namaḥ</td>
<td>The Power of Holiness and Innocence</td>
</tr>
<tr>
<td>2. Nirmalā Gaurī Kuṇḍalinī-Mātre</td>
<td>The Shining Pure Desire of God</td>
</tr>
<tr>
<td>3. Saraswatī Brahmadevāya</td>
<td>The Powers of Speech, Thought and Arts</td>
</tr>
<tr>
<td>4. Hasrat Āli Fatimā Mātre</td>
<td>The Incarnations of Shri Brahmā and Shri Gruha-lakshmi</td>
</tr>
<tr>
<td>5. Ādi Guru Dattātreyāya</td>
<td>The Primordial Master, Son of Atri</td>
</tr>
<tr>
<td>6. Ābraham</td>
<td>The Ancestor of Judaism and Islam</td>
</tr>
<tr>
<td>7. Moses</td>
<td>The Great Law-giver, taken from the waters</td>
</tr>
<tr>
<td>8. Zaratustrāya</td>
<td>The Promulgator of Monotheism</td>
</tr>
<tr>
<td>9. Mohammed Sahibāya</td>
<td>The Prophet of Islam</td>
</tr>
<tr>
<td>10. Confuciusāya</td>
<td>The Teacher of Spirituality in Worldly Life</td>
</tr>
<tr>
<td>11. Lao Tzeāya</td>
<td>The Visionary of Tao –‘Spirit’</td>
</tr>
<tr>
<td>12. Sāī Nāthāya</td>
<td>The Unifier of Religions</td>
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<tr>
<td>13. Rājā Janakāya</td>
<td>The Father of Shri Sītā</td>
</tr>
<tr>
<td>14. Guru Nanakāya</td>
<td>The Prophet of Universal Brotherhood</td>
</tr>
<tr>
<td>15. Socrates</td>
<td>The Enquirer after Truth and Wisdom</td>
</tr>
<tr>
<td>16. Avadhūta Adhirathāya</td>
<td>The Detached Charioteer</td>
</tr>
<tr>
<td>17. Lakṣhmī Nārāyaṇāya</td>
<td>The Support and Refuge of Humanity</td>
</tr>
<tr>
<td>18. Viṣhṇu Lakṣhmyai Śheṣhāya</td>
<td>The Foundations of Spiritual Life</td>
</tr>
<tr>
<td>19. Sūrya Chakra-Swāminī Śhaktyai</td>
<td>The Heating Energy of the Right Side</td>
</tr>
<tr>
<td>20.</td>
<td>Chandra Chakra- -Swāminī Śhaktyai</td>
</tr>
<tr>
<td>22.</td>
<td>Durgā Jagadambā Mātre</td>
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<tr>
<td>23.</td>
<td>Śhiva Pārvatī Mātre</td>
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<tr>
<td>24.</td>
<td>Karuṇā Rasa Sāgarāya</td>
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<tr>
<td>25.</td>
<td>Dayā Śagarāya</td>
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<td>26.</td>
<td>Kṣhamāśhrayiṇyai</td>
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<td>27.</td>
<td>Atmā Paramātmane</td>
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<td>28.</td>
<td>Kṣhetra-gīyāya</td>
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<td>29.</td>
<td>Sītā Rāma Maryāda- -Puruṣh’ottamāya</td>
</tr>
<tr>
<td>30.</td>
<td>Viṣṇu Granthi Vibhedinī- -Śhakti Mātre</td>
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<tr>
<td>31.</td>
<td>Rādhā Krīṣṇa- -Pūrṇ’āvatārāya</td>
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<tr>
<td>32.</td>
<td>Yaśhodā Rukmini</td>
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<td>33.</td>
<td>Viṣṇu-māyāyai</td>
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<td>34.</td>
<td>Lalitā Chakra- -Swāminī Śhaktyai</td>
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<td>35.</td>
<td>Śhrī Chakra Swāminī- -Śhaktyai</td>
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<td>36.</td>
<td>Viṃśata Virātaṅganāya</td>
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<td>37.</td>
<td>Haṃsa Chakra Swāminī- -Śhaktyai</td>
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<td>38.</td>
<td>Pranavāya</td>
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<td>39.</td>
<td>Omkārāya</td>
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<td>40.</td>
<td>Kārttikeyāya</td>
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<tr>
<td>41.</td>
<td>Mahāgaṇeśhāya</td>
</tr>
<tr>
<td>Name</td>
<td>Description</td>
</tr>
<tr>
<td>----------------------------------------------------------------------</td>
<td>----------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Mahāvīrāya</td>
<td>The Great Warrior, ruling Superego</td>
</tr>
<tr>
<td>Gautama Buddhāya</td>
<td>The Awakened Lord of the Ego</td>
</tr>
<tr>
<td>Swa-prakāśhāya Mary Jesus</td>
<td>The Self-illuminated Incarnation of Shrī Ganesha and Mahālakshmī</td>
</tr>
<tr>
<td>Mahākali Śhakti Bhairavāya</td>
<td>The Powers of the Left Side</td>
</tr>
<tr>
<td>Mahā-śhaṅkarāya</td>
<td>Lord Shiva as the Bestower of the Greatest Well-being</td>
</tr>
<tr>
<td>Mahā-saraswatī Śhakti-Hanumantāya</td>
<td>The Powers of the Right Side</td>
</tr>
<tr>
<td>Mahā-brahmadevāya</td>
<td>Giving the Highest Knowledge</td>
</tr>
<tr>
<td>Mahā-gaṅapataye</td>
<td>The Supreme Lord of Angels</td>
</tr>
<tr>
<td>Mahat-ahamkārāya</td>
<td>The Transcendent Identity of the Divine</td>
</tr>
<tr>
<td>Mahālakṣhmī Śhakti-Mahāviṣṭhāve</td>
<td>The Evolutionary Power</td>
</tr>
<tr>
<td>Ekādeśhāya Śhakti Rudrāya</td>
<td>The Power of Correcting Evil Tendencies</td>
</tr>
<tr>
<td>Rudra Granthi Vibhedinī – Śhakti Mātre</td>
<td>Splitting the Final Knot of Illusion inside the head</td>
</tr>
<tr>
<td>Chandra Maṇḍala-Madhya-sthāya</td>
<td>Residing in the Orb of the Moon (Left Side - Superego)</td>
</tr>
<tr>
<td>Bhānu Sūrya Maṇḍala-Madhya-sthāya</td>
<td>Residing in the Orb of the Sun (Right Side – Supra-ego)</td>
</tr>
<tr>
<td>Iḍā Nāḍī Swāminī Śhaktyai</td>
<td>Ruling the Left Channel</td>
</tr>
<tr>
<td>Piṅgala Nāḍī Swāminī-Śhaktyai</td>
<td>Ruling the Right Channel</td>
</tr>
<tr>
<td>Suṣhumna Nāḍī Swāminī-Śhaktyai</td>
<td>Controlling the Central Channel</td>
</tr>
<tr>
<td>Sarva Iḍā Granthi-Vibhedinī-Śhaktyai</td>
<td>Breaking all obstructions of the Left Side</td>
</tr>
<tr>
<td>Sarva Piṅgala Nādi Granthi-Vibhedinī Śhaktyai</td>
<td>Breaking all obstructions of the Right Side</td>
</tr>
<tr>
<td>Sarva Sahasrāra Granthi-Vibhedinī Śhaktyai</td>
<td>Splitting all knots preventing Sahasrāra Chakra from opening</td>
</tr>
</tbody>
</table>
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 Shrī ........... 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.
Namāmi Śhāradām Devīm vīnā pustaka dhārinīm
I bow to Shrī Saraswati, who bears the Veena and the Book of Knowledge.
The 21 Names of Shri Brahmadeva-Saraswatī


Om Twameva sākshāt Śhrī... You are...

Puruṣha ... The Animating and Witnessing Supreme Spirit
Prakṛiti ... Ādi Shakti – the Creative Power of Nature
Buddhi ... The Faculty of Perception and Intelligence
Mahat'ahāmkāra ... The Great ‘I am’ Divine I-consciousness
Ahaṁkāra ... Concept of Individuality
Chitta ... Attention – the Power of the Right Side
Manas ... Mind – the Power of the Left Side
Ākāśha-tattwa-swāmini ... The Ruler of the Principle of Ether
Vāyu-tattwa-swāmini ... The Ruler of the Principle of Air
Tejas-tattwa-swāmini ... The Ruler of the Principle of Fire and Light
Āpa-tattwa-swāmini ... The Ruler of the Principle of Water
Bhūmi-tattwa-swāmini ... The Ruler of the Principle of Earth
Hiranya-garbha ... The Golden Egg of Shri Brahma that gives birth to the Universe
Pañch'endriya ... The Five Organs of Sense, Ears, Skin, Eyes, Tongue and Nose
Pañcha-karmendriya ... The Five Organs of Action, Hands, Feet, Speech, Generation and Excretion
Pañcha-tan-mātrā ... The Five Subtle Elements, Hearing, Touch, Sight, Taste, Smell
Pañcha-mahā-bhūtā ... The Five Physical Elements, Ether, Air, Fire, Water, Earth
Triguṇ'ātmikā ... Causing Creation to manifest in the Three Moods- Tamas-‘darkness’, Rajas-‘passion’ and Sattva-‘truth’
Viśhwa ... Universal – the Soul in the Waking State
Taijas'ātmikā ... Light – the Soul in the Dreaming State
Pragñy'ātmikā ... Wisdom – the Soul in the Deep Sleep State
Turīya ... The Fourth State of Consciousness – Pure Spirit

Sākṣhāt Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namaḥ

* The names have been reworked to include all the Principles of Creation
Shri Saraswati Vandana
(Prayer to Shri Saraswati)

Yā kundendu tuṣhāra hāra dhavalā
She who is adorned with a snow-white garland of Jasmine flowers

Yā śhubhra vastrāvṛitā
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 Śaṅkara
She whom Shri Brahma, Shri Vishnu, Shri Shiva

Prabhṛiti-bhir Devaiḥ sadā vanditā
And all the Deities eternally praise and worship;

Sā mām pātu Saraswāti Bhagawatī
May She, the Goddess Saraswati 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 Shri Saraswati to humanity and was passed down to humanity by sage Narada and other ancient rishis.

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 Shri 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.
Gāyatri Mantra

Om Bhūḥ, Om Bhuvaḥ, Om Swaḥ, Om Mahaḥ
Om – You are the Earth, Atmosphere, Heaven and World of Joyful Glory

Om Janaḥ, Om Tapah, Om Satyam, *(Om Bhūr Bhuvaḥ Swaḥ)*
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-bhuvaḥ 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’, Bhuvaḥ –‘Atmosphere’ and Swaḥ –‘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) Bhuvaḥ -‘Sky’ (thought), Swadhishthana; (3) Swaḥ -‘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 Shri Brahmadeva.

Om Twameva sākṣhāt Śhrī Hazrat-Āli sākṣhāt Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namaḥ
Shri Mataji, You are indeed Shri 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 Shri 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 Śrī Brahmadeva

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

A full incarnation of Śrī 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 Śrī Gṛuha-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)

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

Om Śhāntiḥ Śhāntiḥ Śhāntiḥ
The 10 Names of Shri Lakshmī

Om Twameva sākṣhāt Śhrī Lakṣhmī sākṣhāt  
Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namaḥ  
Shri Mataji, You are Shri Lakshmi incarnated on this Earth. Salutations to You!

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

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

Sākṣhāt Śhrī Ādi Śhakti Mātāji  
Śhrī Nirmalā Devyai namo namaḥ  

‘Now Mahālakshmi has eight aspects.  
1. Shri Ādyā Lakṣhmī - means “Mahālakshmi” that’s the first one.  
2. Shri Vidyā Lakṣhmī - 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 Lakṣhmī - “Saubhagyā” means “good fortune’. It’s only God who gives good fortune which is blissful.  
4. Shri Amruta Lakṣhmī - means the thing that does not die. Now the wealth that does not die, is the Spirit.  
5. Shri Gruha Lakṣhmī – you know that…
6. **Shri Satya Lakshmi** - 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. **Śrī Bhogya Lakshmi** - 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 Lakshmi** - 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.’

**Śrī Lakshmi** 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 **Lakshmi** can be separated into: **La**– Bīja Mantra of Earth Element. **Ksham**– ‘Forebearance, forgiveness,’ Ī - Central Channel; ie. ‘The forebearing 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...**

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

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85
The 108 Names of Shri Lakṣmī

Nitya trikṣhā ............... Always Moving
Nirvikārā ................. Without Attributes
Dhyāna śhakti .......... The Power of Meditation
Kartṛi śhakti .......... The Power of Action
Nirānandā ............. The Highest Bliss

Vimalā ................. Without Impurity
Anantā .......... Infinite and Eternal
Vaiśhṇavī .......... The Consort of Shri Vishnu
Sanātanī .......... Ancient and Everlasting
Nirāmayā .......... Untouched by Disease

Viśhw'ānandā .......... Filling the Universe with Joy
Gñyāna-gñyeṛā .......... The Complete Awareness of Divine Knowledge
Gñyāna-gamyā .......... Accessible through Divine Knowledge
Nirmalā .......... Immaculate
Swarūpā .......... Self-formed

Niṣhkalaṅkā .......... Of Unblemished Purity and Innocence
Nirādhārā .......... Without Support as You support everything
Nirāśhrayā .......... Without Shelter being the Shelter of the Whole World
Nirvikalpā .......... Beyond all Mental Concepts
Pāvani-karā .......... The Purifier

Aparimitā .......... Immeasurable
Bhava-bhrānti-vināśhini The Destroyer of Worldly Illusions
Mahā-dhāmī .......... Dwelling in the Highest Abode
Sthiti-vṛiddhir-bhav’āgati Givings rise to Birth, Growth and Adulthood
Īśhwari .......... The Controller and Ruler of the Universe

Akṣhayā .......... Not Subject to Decay
Aprameyā .......... Unfathomable
Sukṣhma parā .......... Beyond even the Subtle
Nirvāna dāyinī .......... The Giver of Liberation
Śhuddha vidyā .......... Pure Knowledge
The 108 Names of Shri Lakshmi

Tuṣḥṭā .......................... Contentment
Mahā-dhīrā ........................ Great Valour
Anugraha śhakti dharā .... Showering the Divine Grace of the Kundalini
Jagat-jyeṣṭḥā .................... The Foremost in the Universe
Brahmāṇḍa vāsinī .............. Clothed with the Universe

Ananta rūpā ...................... Whose Forms are Infinite
Ananta sambhavā ............... Eternally Existent
Ananta-sthā ....................... Permanent
Mahā-śhakti ..................... The Great Power
Prāṇa śhakti ..................... The Power of Life
Prāṇa dātṛi ...................... The Giver of the Life Force
Mahā-samūhā ..................... The Great Collectivity
Śarv'ābhi-lāśhā pūrn'ecchā The Fulfiler of all desires
Śhabda pūrvā ................... The First Sound, Om
Vyaktā ............................ The One who manifests

Saṅkalpa siddhā .................. The Fulfiler of Earnest Desires
Tattwa-garbhā ................... Giving Birth to the Principles of Creation
Chit swarūpā .................... In the Form of Consciousness
Mahāmāyā ........................ The Supreme Power of Illusion
Yogamāyā ....................... The Power to give Union with God
Mahā-yog'īśhwarī ............. The Deity of the Greatest Yogis
Yoga-siddhi dāyinī ............ The Giver of Success and Self-realisation
Mahā-yog'eśhwara vṛitā .... Chosen by the Great Lord of Yoga
Yog'eśhwara priyā ............ Dear to Shri Kṛishna
Brahm'endra- -rudra-namitā . Venerated by Shri Brahma, Indra and Shiva
Gaurī ............................... Shri Pārvatī’s Golden-hued form as the Power of the Central Channel
Viśhwa rūpā ...................... Embodied as the Universe
Viśhwa mātā ..................... The Mother of the Universe
Śhrī-vidyā ........................ Divine Knowledge
The 108 Names of Shri Lakṣhmī

Mahā-nārāyanī .......................... The Highest Refuge of Mankind 85
Piṅgalā ................................. Golden-brown
Viṣhṇu vallabhā .......................... The Beloved of Shri Vishnu
Yoga-ratā ............................... Enjoying the Bliss of Yoga
Bhaktānām-pari-rakṣhini  The Supreme Protectress of Devotees
Pūrna chandr'ābhā .......................... The Radiance of the Full Moon 90

Bhaya nāśhini .......................... The Destroyer of Fear
* Daitya-dānava mardinī  The Killer of devils and demons
Vyoma Lakṣhmī .......................... The Goddess of the Heavens and the Protector
and Nourisher of our Subtle System
Tejo Lakṣhmī .......................... The Goddess of Light, dispelling
the Darkness of Ignorance
Rasa Lakṣhmī .......................... The Goddess who gives Flavor to Life
and grants the Divine Nectar 95

Jagad-yoni .......................... The Origin of the Universe
Gandha Lakṣhmī .......................... The Divine Fragrance of Sweetness and Humility
Anāhatā ................................. The Unstruck Sound of the Heart
Suṣhumnā ................................. Manifesting as the Central Channel
Kuṇḍalinī ................................. The Coiled Power, sleeping in the Water-pot 100

Sarva maṅgala māṅgalyā  The Holiness which confers all
Happiness and Welfare
Saumya rūpā .......................... Gentle and Soothing like the Moon
Mahā-diṇtā .......................... Blazing with Glory
Mūla-prakṛiti ............................. The Root of Nature
Sarva-swarūpinī ........................ Manifesting as All Forms 105
Maṇipūra-chakra nivāsinī  Residing in the Nabhi Chakra
Śhivā ................................. Auspicious and Happy
Yoga-mātā ............................. The Mother of Yoga

Sākṣhāt Śhrī Ādi Śhakti Mātājī
Śhrī Nirmalā Devyai namo namaḥ
The 108 Names of the Goddess Athena

Om Twameva sākṣhāt Śrī Pallās Athinā sākṣhāt Śrī Ādi Śhakti Mātāji Śrī Nirmalā Devyai namo namaḥ

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

Heretismous s'Esena!
Salutations to You!

**Om Twameva sākṣhāt Śrī...** You are...

<table>
<thead>
<tr>
<th>Name</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athinéa</td>
<td>The Goddess of Wisdom and Warfare who gave Her name to the city of Athens</td>
</tr>
<tr>
<td>Athíni</td>
<td>The Protectress of Ceramic Arts</td>
</tr>
<tr>
<td>Atritóni</td>
<td>Untamed, untiring</td>
</tr>
<tr>
<td>Alalkameníś</td>
<td>The Protectress</td>
</tr>
<tr>
<td>Arýi</td>
<td>The Ever-watchful Guardian; after whom the town of Argos was named</td>
</tr>
<tr>
<td>Ethí́i</td>
<td>Modest, respectable</td>
</tr>
<tr>
<td>Ayelí́i</td>
<td>The One who defeats Her enemies</td>
</tr>
<tr>
<td>Alkíessa</td>
<td>Brave, warlike, enduring and powerful</td>
</tr>
<tr>
<td>Alóheftos</td>
<td>Without a spouse</td>
</tr>
<tr>
<td>Aghaví</td>
<td>Eminent, proud</td>
</tr>
<tr>
<td>Ayínor</td>
<td>Brave and valiant</td>
</tr>
<tr>
<td>Ayéstratos</td>
<td>Heading large armies</td>
</tr>
<tr>
<td>Alkimachi</td>
<td>Brave in battle</td>
</tr>
<tr>
<td>Akámatos</td>
<td>Untiring</td>
</tr>
<tr>
<td>Atnámastos</td>
<td>Unconquered, untamed</td>
</tr>
<tr>
<td>Alítis</td>
<td>Wandering</td>
</tr>
<tr>
<td>'Achrantos</td>
<td>Clean, pure, without Maya (Nirmalā)</td>
</tr>
<tr>
<td>Anemólios</td>
<td>Swift as the wind</td>
</tr>
<tr>
<td>'Aghamos</td>
<td>Celibate</td>
</tr>
<tr>
<td>Apiróthín</td>
<td>Unending, infinite</td>
</tr>
<tr>
<td>Aáthis</td>
<td>Residing in the city of Athens</td>
</tr>
</tbody>
</table>
Anemótis ..... The Protector from harmful winds
Aftóghonos .... Born out of Yourself (Swayambhu)
Amátor ....... Without a mother
Eolómorfos ..... Brilliant in appearance 25
Ethiía ........... The Protector of ships and shipping
Aghorea ........ The Protector of public gatherings for debate and decision making
Eandís .......... From the Earth
Arriti .......... Beyond description
Arsenómithos Very tough (wearing armour) 30
Vlosirópis ..... The Stern, grim-looking One with wild eyes like a vulture
Varíktipos ..... Roaring, tempestuous
Ghlafkí ......... Having the wise and brilliant owl as Her symbol
Yighandofóndis The Killer of the Giants (asuras)
Ghorghofónos . The Killer of the Gorgon 35
Ghorgholófa Bearing the figure of the Gorgon on the helmet
Thiní ............ Dreadful, terrible
Tháífron .......... Experienced in war
Thoritharsís Bold and brave in war, thrusting Your spear against negativity
Thiøyenís Born from Zeus 40
Tholómitis .... Crafty
Evthomas ...... The Sahasrara (seventh Chakra)
Eirthís .......... Bashful
Erissíptolis ..... The Protector of the Citadel (acropolis)
Erghopónos .. The Lover of Work 45
Ergháni .......... The Protectress of Work
Efpálamos ..... Creative with Your Hands; You bestow the talent of skilful hands
Efpárthenos .. The Beautiful Virgin
Evríti .......... Eloquent
Zostiría ....... The Goddess who gave Her Name to the place where Amphitriton girdled his weapons 50
Iríyénia ...... The First-born; the Light of the Dawn
The 108 Names of the Goddess Athena

Ippía ............. Competent and Experienced in riding and handling horses
Istopotelia ........ The One who makes a Perfect Cobweb
Istopónos ........ A Competent Weaver
Ippossónos ........ The One who spurs on the Horses
Ippelátira ........ The One who drives the Horses
Keléftia ............ The Protector of Roads and Travellers
Katharí ............. Pure, Nirmalā
Kallíthifros ....... Having a Beautiful Chariot
Laossóos ........... The One who shakes up the People

Lafríα ............. The Goddess Artemis, Protectress of wild animals
Mákera ............. Absolute Happiness, Bliss and Peace
Megháthimos ........ Magnanimous
Michanístis ........ Ingenious
Xenía ............... Hospitable; the Protector of Foreigners

Omvrimóthimos Whose Anger is like a Storm
Oplocharíś ........ The Lover of Weapons and Warfare
Ofthalmístis ....... The Protector of the Eyes
Oxítherkíś .......... Acute Intelligence
Pótnia ............. The All-powerful Goddess (Shrī Ādi Shakti)

Polívoulos ........ The Knower of all the permutations and combinations
Polímitis ........... Supreme Wisdom and Knowledge
Polemitkhókos .... The Bestower of all the weapons of war
Parthénos ........... The Pure Virgin
Pallás ................ The Source of Pure Vibrations; born from the Head of Zeus
Polemoklónos .... The One who sounds the call to war
Prónaos ............. The Portico of the Temple
Prónía ............... Divine Providence (Ritambara Pragnya)
Peónía ............. The Physician
Panía ................. Plentitude

Paría ................. The Goddess who gave Her name to the island of Paros
Sofí ................. Wise
Sálpix ............... The Inventor of the Trumpet
Stheniás .......... *The Bestower of Fortitude*
Semní .......... *Modest* 85
Tritonís .......... *Composed of Three Parts*
Talaerghós .......... *Industrious, Diligent*
Tolmíessa .......... *Bold, venturesome, daring*
Telchinía .......... *The Goddess of Fire and Metal, bestowing the knowledge of shipbuilding (a name of the Island of Crete)*
Filómolpos .......... *Fond of Songs, Melody and Poetry* 90
Filérithos .......... *Loved by Weavers*
Fthissímvrotos . *The Destroyer*
Feraspis .......... *Carrying a Shield*
Chalkóikos ........ *Inhabiting a Temple made of Copper*
Chalinítis .......... *The One who holds the Reins* 95
Filénteos .......... *The One who loves Enthusiasm*
Ormástira .......... *The Giver of Impulse*
Fílistros kakís . *The Exciter of Mania (madness) in the evil*
Frónisis aghathís *The Grantor of Wisdom to the good*
Tritoyénía ........ *In the Form of the Three Channels (Trigunatmika)* 100
Litira kakón . *The Liberator from calamity*
Nikifóros ........ *Victorious; bringing Victory to the Righteous*
Ghláfópis .......... *The One with Sparkling Blue Eyes*
Efplókamos .......... *The One with Beautiful Tresses*
Evresítechnos . *The Inventor of the Arts* 105
Polilísti Vassília *The Majestic Queen who receives many prayers and answers our requests*
Iríni Políolvos . *Creating Peace as a basis for Happiness and Fulfilment*
Ighiía .......... *Peace as a Foundation for Health and Well-being*

*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 Śhrī 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

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 sākṣhāt Śhrī... You are...

Az-Zahra .................. The Radiant Lady of Light
Hāfithat an-Nisā' .... The Most Supreme of Women
Sayyidatun-
-Nisā'el-Ālamīn Foremost of all the Women of Heaven and Earth
Il Āliya ...................... The Wife of Imam Ali
Umm-il-Ā'imma .... Mother of Imams
Umm Abīha ............... Mother of Her Father
Umm-ul-Ḥassān .... Mother of Hassan
Umm-ul-Ḥussein .... Mother of Hussein
Umm-ul-Kitāb ........ Mother of the Book
Iftikhār Ḥawwā' .......... The Glory of Eve, the First Woman
As-Shajra-e-Tayyiba The Lady with the Pure Genealogical Tree
Batul ......................... The Pure Virgin
Basīta ....................... The Bestower of Prosperity
Bāṭina ........................ Intrinsic
Taqqīya ....................... Innately Spiritual
Jalīla ......................... Sublime, Majestic
Jamīla ........................ Beautiful
Ḥabība ........................ Beloved
Ḥathīra ....................... Ready and Willing to Act
Ḥassna ........................ Beautiful
Ḥakīma ........................ Wise
Ḥalīma ...................... Gentle and Forbearing
Khatūn-e-Janna .... The Lady of Paradise
Dar an-Nūr .................. The Abode of Light
Dāfiya ............. Mingling with the poor and oppressed  25
Diāma ............. The Pillar and the Support
Rafiā .............. Exalting
Raḍiya ............ Fully Satisfied
Zakīya .............. Chaste
Zahīra ............. The Visible Lady  30
Salima ............. Perfect and Flawless
Shafiā .............. The Mediator before Allah
Shafiqa .............. Merciful
Shahīya ............. Pleasant
Ṣāhiba ............. The Companion of the Prophet  35
Ṣāhibat-ul-Kawn Queen of the Universe
Ṣadiqa ............. Faithful
Ṣiddīqa ............. Truthful
Ṣaliha .............. Righteous
Tahīra ............. Pure  40
Ābīda ............. Devout
Ādīla ............. Fair and Just
Āzīza .............. Respected
Āliya .............. Most High
Ālima .............. Most Learned  45
Āmīla ............. Most Active
Faṣīha ............. Eloquent
Qayūma ............. Everlasting
Karīma ............. Generous and Kind
Mubāraka ............. Auspicious and Blessed  50
Mastūra ............. Veiled and Chaste
Māṣūma ............. Immaculate and Sinless
Marḍīya ............. Pleasing to God
Maryam-e-Kubra The Greater Mary (Shrī Mahālakshmi)
Malika-al-Ṭahīr . The Queen of Purity  55
Najība ............. Distinguished
The Names of Shri Fatima

Naṣīḥa ........................... The Sincere Counsellor
Nūriya ............................. Light
Hirā' ............................... The Cave in which Lord Mohammed meditated
Wafīya ............................. Trustworthy
Waliya .............................. Saintly and Holy
Waliyat-ul-Ūhada .......................... The Keeper of the Covenant

Sākṣhāt Śhrī Ādi Śhakti Mātājī
Śhrī Nirmalā Devyai namo namaḥ

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 Śhrī 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. **Narasiṁha** - *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 *Mahābhārata* war marks the beginning of *Kali-yuga*. 
9. **Jesus Christ** - *‘The Saviour from Jehovah’* – was an incarnation of **Shri Ganesha** and **Mahāvishnu**, 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 **Ṛṣīs** 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 Viṣhṇave namaḥ**
I bow to the All-pervading Supreme Being who is the Lord of our ascent.
The 108 Names of Shri Vishnu

Śhayānāmbudhau Nirmale Tav'aiva Nārāyanākhyam pranato-śmi 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...

Keśhava ............ The Lord of Creation with Beautiful Hair
Nārāyaṇa ............ The Refuge of Humanity; reclining on the waters
Mādhava ............ The Sweet-natured Husband of Shri Lakshmi
Govinda ............ The Protector of Cows and Saviour of the World
Viśṇu ............... All-pervading

* Madhu-sudana .... The Killer of the Demon Madhu
Tri-vikrama ....... Crossing the Three Worlds with Three Steps
Vāmana ............. Incarnated as a Short Man
Śhrī -dhara ......... Bearing the Shri-Vatsa Mark on the Chest
Hṛiṣhikeśha ........ The Joy-giving Lord of the Senses

Padma-nābha ...... The Lotus-navelled Source of the Universe
Dāmodara .......... Attained by those of Disciplined Mind
Saṅkarṣhana ....... Shri Kṛiṣhṇa’s brother Balarāma, absorbing everything into Yourself at the time of Final Dissolution

Vāsudeva ............ Born as Shri Kṛiṣhṇa, the Son of Vasudeva
Pradyumna .......... Shri Kṛiṣhṇa’s Son, embodying Enlightened Wealth
Aniṛuddha .......... Shri Kṛiṣhṇa’s Grandson, never obstructed nor overcome
Puruṣ'ottama ...... The Highest among men
Adho-‘kṣha-ja ...... Taking birth here below; known by turning inwards
Narasiṁha .......... He who incarnated as the Man-lion
Upendra ............ The Younger Brother of Lord Indra

Achyuta ............. Imperishable and Unchanging
Janārdana .......... The Stirrer-up of Men; tormenting the wicked
Hari .................. The Remover of Ignorance and Illusion
Kṛiṣhṇa ............. Incarnated as the Dark-skinned Lord
The 108 Names of Shri Vishnu

Viṣhṇu ............... Of All-pervading Splendour
Peśhala ............... Charming and Graceful
Puṣhkar'ākṣha ....... With Eyes like Lotuses
Hārī .................. The Destroyer, Shri Shiva
Chakrī ................. The Bearer of the Sudarshana Chakra Discus
Nandakī .............. The Wielder of the Sword called Nandaka
Śhārṅga-dhanvī ... Armed with the Bow called Sharnga
Śhañkha-dhrīta .... Bearing the Conch called Pancha-janya
Gadā-dhara ........... Wielding the Club called Kaumodaki
Vanamāli ............. Adorned with the Garland called Vaijayanti
Kuvalēshaya ......... Reclining on a Lotus
Garuda-dhvaja ...... Whose Emblem is the Eagle
Lakṣhmivān ........... Having Shri Lakshmi in Your Heart
Bhagavān ............. The Possessor of all Divine Qualities
Vaikuntha-pati ...... The Lord of Vaikuntha, the Heavenly Abode
Dharma-gup .......... Safeguarding Dharma
Dharm'ādhyakṣha Presiding over Dharma
Niyantā .............. The Restrainer
Naika-ja ............. Taking Many Births to preserve Dharma
Svasti ............... Good Fortune
Sākṣhī .............. The Witness
Satya ................. Truth
Dharanī-dhara ....... The Support of the Earth
Vyava-sthāna ....... The Unchanging Basis of all things
Sarva-darshī ...... All-seeing
Sarva-gñya .......... All-knowing
Ghana ............... Inscrutable
Nahuṣha ............. Binding all creatures with the Power of Maya
Mahā-māyāvī ....... The Supreme Creator of Illusions
Aghokṣha ............ The Destroyer of Sins
Yagñya-pati ....... The Protector, Enjoyer and Lord of all sacrifices
Vegavān ............. Endowed with Great Speed
The 108 Names of Shri Vishnu

Sahiṣhṇu ........ Patient and Forbearing
Rakṣhana .......... The Protector of the Three Worlds
Dhan'eśhwara ...... The Lord of Wealth
Hiranya-nābha ...... Golden-navelled

Śharīra-bhṛit ........ The Sustainer of the Body
Anna .............. Food and Nourishment
Mukunda ............ Granting Release
Agraṇi ............. The Foremost
Amogha ............. Whose Actions are Always Effective
Varada ............. The Bestower of Boons
Śhubh'ekṣhana ...... Whose Presence gives Auspiciousness and Joy
Satām-gati .......... Showing the Seekers the Right Path
Suīkhada ........... The Bestower of Happiness
Vatsala ............. Loving Devotees as Your Own Children

Vraha .............. The One devotees yearn for
Prabhu ............. The Lord Almighty
Amara-prabhu ....... The Almighty Lord of the Immortals
Sureśha ............. The Lord of the Devas
Puraṇḍara .......... Destroying the Cities of the Demons
Samitin-jaya ........ Victorious in Battle
Amita-vikrama ...... Of Enormous Strength and Valour
*Śhatru-ghna ........ The Destroyer of Enemies
Bhima ............... Awesome and Formidable
Śhurajan'eśhwara .. The Lord of Great Heroes

Sam-pramardana ... Punishing and Tormenting evil-doers
Bhāvana ............. The Source of Existence, the Highest Contemplation
Kṣhetra-gñya ........ The In-dwelling Spirit who Witnesses the Body
Sarva-yoga vinissṛita Devoid of All Attachments
Yog'eśhwara ...... The Lord of Yoga
Chala ................. Always moving, like the wind
Vāyu-vāhana ........ Whose Vehicle is the Wind
Jīvana ............. The Breath of Life
Sambhava ........ Born of Yourself
Saṁvatsara ........ The Passing of the Years 90
Vardhana ........ Granting Prosperity and Spiritual Growth
Eka ............... The One
Naika ............... Having Many Forms
Vasu ............... The Supreme Being
Īśhāna ........... The Lord of All 95
Lok'ādhyakṣha .... The Supervisor of the World
Trilok'eśha ........ The Lord of the Three Worlds
Jagat-swāmī ....... The Master of the Universe
Yug'āvarta ........ Turning the Wheel of Time
Vistāra ............ Expansion and Development 100
Viśhwa-rūpa ...... Having the Universe as Your Form
Ananta-rūpa ...... Of Infinite Forms
Viśhiṣṭa .......... The Most Excellent
Mahāṛiddhi ...... Great Power, Prosperity and Wisdom
Pary'avasthita .... Pervading the Universe 105
Stha-viṣhṭha ...... The Strongest and the Greatest
Mahā-viṣhṇu ...... Whose Evolved Form is Lord Jesus Christ
Kalki ............. The Immaculate Rider of the last days of Kali-yuga

Sākṣḥāt 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 Shrī 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 Shrī 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 Viṣnū

Om Śhānt'ākāram Bhujaga-śhayanam
   Aum. Of peaceful form, recining 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 Shri Lakshmi, with eyes like lotuses,

Yogibhir Dhyāna-gamyam
   Approached through the meditation of Yogis.

Vande Viṣhṇum Bhava-bhaya-haram
   Salutations to Shri Vishnu who destroys the fears of existence

Sarva-lok'āika-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

From the 'Shrimad Devī Bhagavatam'.
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 Śhīrdī  

Śaï –'svāmī, 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 Śhīrdī
Om Twameva sākṣhāt Śhrī Ādi Guru Dattātreya sākṣhāt Śhrī Ādi Shakti Mātāji Śhrī Nirmalā Devyai namo namaḥ

O Divine Mother, we bow to You who is Śhrī Ādi Guru Dattatrey in person!

Om Twameva sākṣhāt Śhrī... You are...

Sattva ................... Truth, Goodness and Reality
Sattva bhṛit’aṅgati ...... The Sustainer of the Sacred Fire of Truth
Kamal'ālaya ............... Residing in a Lotus
Hiraṇya-garbha ........... The Golden Egg of Brahma, the Subtle Body of the Virāta

Bodha-sam'āshraya ...... The Dwelling-place of Enlightened Knowledge
Nābhāvi .................. The Ruler of the Nabhi Chakra
Deha-śhūnya .............. Without a sense of a body or individuality
Param'ārtha-dṛiṣh ...... Knowing the Highest Truth
Yantra-vid ............... Knowing the Divine Techniques
Dhar'ādhāra .............. The Support of the Earth

Sanātana .................. Ancient and Everlasting
Chit-kīrti-bhūṣhana ...... Adorned with Glorious Awareness
Chandra-sūryāgni lochana Whose eyes are the Moon, Sun and Fire
Antah-pūrṇa .............. Completely Fulfilled Within
Bahir-pūrṇa .............. Completely Fulfilled Without
Pūrn'ātmā .................. The Fulfilled Spirit and the Essence of Satisfaction
Kha-garbha ............... Containing the Sky Within
Amar'ārchita .............. Worshipped by the Immortals, the Devas
Gambhīra ................. Fathomless and Profound
Dayāvān ................... The Embodiment of Mercy and Compassion

Satya-vigñyāna bhāskara.. The Radiant light of Discretion and Knowledge
Sadāśhiva ................ Lord God Almighty - ever Auspicious and Happy
Śhreyas-kara ............. The Bestower of Auspicious Good Fortune
Agñyāna-khandana ...... The Destroyer of Ignorance
Dhṛiti ..................... Constancy and Satisfaction
The 108 Names of Shri Adi Guru Dattatreya

Dambha-darpa-mad'āpaha  The Remover of Hypocritical Pride and Intoxicated Frenzy
Guṇ'āntaka  Making an End to the Three Attributes
Jvara-nāśhaka  The Destroyer of Fever, Illness and Suffering
Bheda-vaitanda-khandana  The Destroyer of Disagreements and Futile Arguments
Nirvāsana  Free from Attachments, Conditionings and Temptations

Nirīha  Desireless and still
Nirahamkāra  Without Ego
Śhoka-duḥkha-hara  The Remover of anxiety and pain
Nirāśhīr nirupādhika  Absolutely desireless
Ananta-vikrama  Of infinite valour and strength
Bhed'āntaka  The Destroyer of all Divisions, Negative Discrimination and Arguments

Muni  The Great Sage
Mahā-yogī  The Great Yogi
Yog'ābhyaśa prakāśhana  Enlightening the Practice of Yoga
Yog'ārer-darpa-nāśhana  The Destroyer of the Arrogance of those without a Divine Connection

Nitya-mukta  Eternally Liberated
Yoga  Union with the Divine
Sthāna-da  Granting the State of Perfect Stillness
Mah'ānu-bhāva-bhāvita  Transforming Yourself and other by Noble-mindedness and Generosity

Kāma-jit  The Conqueror of Desire, Lust and Passion
Śhuchir-bhūta  Most Auspicious and Pure
Tyāga-kārana-tyāg'ātmā  The Essence and Cause of Renunciation
Mano'uddhi-vihin'ātmā  The Pure Spirit having given up the Mind and Intellect

Mān'ātmā  The Respected Soul
Chetanā-vigata  Beyond thinking awareness

Akṣhara-mukta  Eternally Liberated
Parākrama  Of Supreme Courage
The 108 Names of Shri Adi Guru Dattatreya

Tyāg’ārtha-sampanna . . . Thriving through Perfect Renunciation
Tyāga-vigraha . . . . . The Embodiment of Renunciation
Tyāga-kārana . . . . . The Cause of Renunciation
Pratyāhāra-niyojaka . . . Enjoining Withdrawal of the Senses
Pratyakṣha vastu . . . . . . . . . . . . . . . . . . . The Ultimate Reality in Perceptible Form.
Devānām-param’āgati . . . The Supreme Goal of the Devas
Mahā-deva . . . . . . The Greatest among the Devas
Bhuvan'āntaka . . . . . . Finished with Worldly Life
Pāpa-nāśhana . . . . . . The Destroyer of Sins
Avadhūta . . . . . . . He who has renounced all Worldly Attachments
Maḍ'āpaha . . . . . . . . The Remover of lust, arrogance and false pride
Māyā-mukta . . . . . . Free from all illusions
Chid-uttama . . . . . . The Supreme Consciousness
Kṣhetra-gīnya . . . . . . The In-dwelling Spirit that knows the body and the senses
Kṣhetra-ga . . . . . . . The Soul residing in the body
Kṣhetra . . . . . . . . . The Fertile Ground for Spiritual Growth
Saṁsāra-tamo-nāśhana . . . The Destroyer of the Darkness of Worldly Illusion
Śhaṅkā-mukta-samadhimān . . . Absorbed in Bliss free from anxiety and doubt
Pāla . . . . . . . . . . . . The Protector
Nitya-śhuddha . . . . . Eternally Pure
Bāla . . . . . . . . . . . . . . Childlike Innocence
Brahmachārī . . . . . . The Chaste Disciple
Hṛidaya-stha . . . . . . Dwelling in the Heart
Pravartana . . . . . . Always Active
Saṅkalpa-duḥkha-dalana . . . The Destroyer of Unhappiness caused by desires and expectations
Jīva-sanjīvana . . . . . Giving Life to the Soul
Lay'ātīta . . . . . . . Beyond Destruction and Death
Layasy'ānta . . . . . . The End of the Ultimate Dissolution
Pramukha . . . . . . The First among all beings
Nanda . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . Joyful and Joy-giving
<table>
<thead>
<tr>
<th>Name</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nir'abhāsa</td>
<td>Without falsity or deception</td>
</tr>
<tr>
<td>Niranjana</td>
<td>Pure and Unblemished</td>
</tr>
<tr>
<td>Śhraddh'ārthi</td>
<td>Faithful to the end</td>
</tr>
<tr>
<td>Gosākṣhī</td>
<td>Witnessing the World of the Senses</td>
</tr>
<tr>
<td>Ādi Nātha</td>
<td>The Primordial Master</td>
</tr>
<tr>
<td>Viśhuddh'ottama-gaurava</td>
<td>The Highest Untainted Honour of the Guru</td>
</tr>
<tr>
<td>Nirāhāri</td>
<td>Abstaining from food</td>
</tr>
<tr>
<td>Nitya-bodha</td>
<td>Eternal Awakening</td>
</tr>
<tr>
<td>Purāna-prabhu</td>
<td>The Ancient Almighty Lord</td>
</tr>
<tr>
<td>Sattva-bhṛit</td>
<td>The Supporter of Truth</td>
</tr>
<tr>
<td>Bhūta-śhaṅkara</td>
<td>Auspicious and Beneficent to all beings</td>
</tr>
<tr>
<td>Haṁsa-sākṣhī</td>
<td>The Witness, pure and swan-like discrimination</td>
</tr>
<tr>
<td>Sattva-vid</td>
<td>The Knower of the Ultimate Reality</td>
</tr>
<tr>
<td>Vidyāvān</td>
<td>The Embodiment of all knowledge</td>
</tr>
<tr>
<td>Ātm'ānubhava sampanna</td>
<td>Thriving on the Experience of the Self</td>
</tr>
<tr>
<td>Viśhāl'ākṣha</td>
<td>Having Large and Powerful Eyes</td>
</tr>
<tr>
<td>Dharma-vardhana</td>
<td>Strengthening Dharma</td>
</tr>
<tr>
<td>Bhoktā</td>
<td>The Enjoyer</td>
</tr>
<tr>
<td>Bhoga</td>
<td>The One to be enjoyed</td>
</tr>
<tr>
<td>Bhog'ārtha sampanna</td>
<td>Accomplished in Enjoyment</td>
</tr>
<tr>
<td>Bhoga gnyāna prakāśhana</td>
<td>Radiant with the Enjoyment of Knowledge</td>
</tr>
<tr>
<td>Sahaja</td>
<td>Spontaneous and Natural</td>
</tr>
<tr>
<td>Dīpta</td>
<td>Shining</td>
</tr>
<tr>
<td>Nirvāna</td>
<td>Absolute Stillness, in the Union with the Supreme</td>
</tr>
<tr>
<td>Tattv'ātma gnyāna sāgara</td>
<td>The Ocean of the Knowledge of the Oneness of the individual Spirit and the Supreme</td>
</tr>
<tr>
<td>Param'ānanda sāgara</td>
<td>The Ocean of Supreme Bliss</td>
</tr>
</tbody>
</table>
| Sākshāt Śrī Ādi Śhakti Mātājī Śrī 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

Om Twameva sākshāt Šhrī.... You are...

Sattv'ātmā ................. Whose Essence is Truth
Sattva-sāgara ............ The Ocean of Truth
Sattva-vid .................. Having Pure Knowledge
Sattva-sākṣhī ............ Witnessing the Essence
Sattva-sādhya ........... Meditating on the Ultimate Reality
Amar'ādhipa ............. The Eternal Lord
Bhūta-kṛit ............... Creating the Past
Bhūta-bhṛit ............. The Support of Life
Bhūt'ātmā .................. The Essence of all Creatures
Bhūta-sambhava ........ Bringing forth Existence
Bhūta-bhava ............. Existing in All Beings
Bhava ........................ The Lord of Life
Bhūta-vidyā ............... The Knowledge of all Existence
Bhūta-kārana ............ The Cause of all that is created
Bhūta-sākṣhī ............ The Witness of Creation
Prabhūta ........................ Supreme and Perfect
Bhūtānām-param'āgati ...... The Highest Refuge of incorporeal spirits.
Bhūta-saṅga vihīn'ātmā A Soul freed from the five elements
Bhūta-śhaṅkara ........ The Giver of peace and well-being to all creatures
Mahā-nātha ............... The Great Master
Ādi Nātha ...................... The Primordial Master
Mah'eśhwara ............. The Greatest God
Sarva-bhūta-nīvās'ātmā Residing in all creatures as the Spirit
Sarva-bhūta-saṅsaṃbhava The Destroyer of the heat and suffering
Sarva ......................... Everything
Sarva-gñya .................. All-knowing
Sarva-nirnaya ............. The Judgment of All

113
The 113 Names of the Sat-guru

The Witness of Everything

Of Mighty Splendour like the Sun

The Knower of Everything

All Auspiciousness

Peaceful

Truth

At One with the Maya

Complete

Solitary

The Husband of Shri Lakshmi

Shri Rāma

Loved by Shri Rāma

The Full stop

The Cause of Shri Rāma

Of Pure Heart

Eternal

Acheiveing the Ultimate Meaning

The Witness of Pure Discrimination

The Lord of the Whole Universe

The Enlightenment of all that is created

The Destroyer of all that is created

A Realised Soul

The Highest Spirit

Taking us to the highest state of spirituality

Having achieved Complete Fulfillment

Spontaneous

Never getting heated

Having Mighty Arms

The Giver of an abundance of the Greatest Joy

The Unmanifested Supreme Spirit

Enlightened Awareness

Knowing the Supreme

The Knower of the Highest Truth
The 113 Names of the Sat-guru

Pandita ................. The Learned Scholar

Buddha .................. Awakened and Enlightened

Viśhw'ātmā ............ The Spirit of the Whole Universe

Pranava .................. The Primordial Reverberation Om

Pranav'ātita .......... Beyond Pranava

Śaṅkar'ātmā .......... The Spirit of the Benevolent Shri Shiva

Parā-māyi .......... Beyond Illusion and Delusion

Devānām-param'āgati ... The Highest Refuge of the Gods

Achintya ............... Beyond Thought

Chaitanya .......... Consciousness

Chetanā-chitta-vikrama .. Having Strong Powers of Intelligence and Perception

Para-brahma .......... The Embodiment of the Supreme Formless God

Param-jyoti ............. The Highest Light

Param-dhāmā .......... The Highest Abode

Param-tāpaḥ ........... The Greatest of those who do penance

Param-sūtra .......... The Highest Thread of the World

Para-tantra .......... Obedient to the Divine Will

Kṣhetra-gñya .......... The Spirit which witnesses the body

Loka-pāla ............. The Protector of Humanity

Gun'ātmā .......... The Essence of the Three Gunas

Ananta-guna sampanna .. Of unlimited virtues

Yagñya ................. The Fire that burns negativity

................................................... and gives auspiciousness

Hiranya-garbha .......... The Creator

Garbha ................. The Inner Sanctum

Suhrid ................. A Good Friend

Param'ānanda .......... The Highest Joy

Saty'ānanda .......... The Highest Joy of Truth

Chid'ānanda .......... The Highest Joy of the Attention

Sūrya-maṇḍala-madhyaga Residing in the Circle of the Sun

Janaka ................. The Father

Mantra-vīrya .......... The Essence of Mantra

Mantra-bīja .......... The Seed Sounds of the Mantras
The 113 Names of the Sat-guru

Šhastra-vīrya ............... The Efficacy of the Scriptures
Ekaiva ....................... The One Supreme
Niṣhkala ..................... Beyond any phases; worshipped on a Full Moon
Nirantara .................... Eternal
Sur'ēśhwara .................. The God of the Gods
Yantra-kṛit ................... Operating the Mechanism of the Kundalini

Yantrī ......................... Restrained
Yantra-vid .................... The Knower of Sacred Techniques
Yantr’ārūḍha-parājita .... Having overcome being mounted
                               on the Wheel of Rebirth
Yantramān .................... Possessing the Quality of Restraint
Yantra-kāra .................. Practicing the Techniques of the Kundalini
Brahma-yoni ................ Originating in the Supreme Spirit
Viśhwa-yoni ................ The Source of the Universe
Guru .......................... The Respected and Revered Teacher
Brahma ....................... Brahman, the Formless Consciousness
Tri-vikrama ................ The Power of the Three Worlds
Sahasrāra-may'od-bhava .... Born out of the Sahasrara of Our Mother
Rudra .......................... The Destructive Power of Lord Shiva
Hṛidaya-stha ................ Residing in the Heart

Sākshāt Śhrī Ādi Śhakti Mātāji 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.
**The 108 Names of Shri Śhiva**

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'ottomam**

*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...*

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

119
The 108 Names of Shri Shiva

Śharvarī-pati  

Varada  

Vāyu-vāhana  

Kamandalu-dhara  

Nad'īśhwara  

Prasadasva  

Sukh'ānila  

Nāga-bhūśhana  

Kailāsa-śhikhara vāsī  

Trilochana  

Pināka-pāni  

Śhramana  

Achal'eśhwara  

Vyāghra-charm'āmbara  

Unmatta-veṣha  

Preta-chārī  

Hara  

Rudra  

Bhīma-parākrama  

Nat'ēśhwara  

Nata-rājā  

Īśhwara  

Param-śhiva  

Param'ātmā  

Param'ēśhwara  

Vīr'ēśhwara  

Sarv'ēśhwara  

Kām'ēśhwara  

Viśhwa sākṣhī  

Nitya-nṛitya  

Sarva-vāsa  

Mahā-yogī

The Husband of Shrī Pārvatī  
The Bestower of Boons  
Whose vehicle is the wind  
The Holder of the water-pot (for rites)  
The Lord of the Rivers  
Pleasing to the Self  
The Pleasing Wind of Vibrations  
Wearing serpents as ornaments  
Residing at the peak of Mount Kailash  
Three-eyed  
Bearing the Mighty Bow Pinaka  
Ascetic  
The Lord of the Mountain  
Wearing a Tiger Skin  
Having the Appearance of a Madman  
Going about surrounded by Bhoots  
The Destroyer  
Fierce  
Of Terrible Exploits  
The Lord of the Dance  
The King of the Dance  
The Lord of Spiritual Reality  
The Supreme Shrī Shiva  
The Supreme Spirit  
The Supreme Lord  
The Lord of Heroes  
The Lord of All  
The Lord of Love  
The Witness of the Universe  
Ever-dancing  
Residing in all  
The Great Yogi
The 108 Names of Shri Shiva

Sadā-yogī ................. The Primordial, Immutable Yogi
Sadāśhiva ................ Lord God Almighty
Ātmā ......................... The Self
Ānanda ....................... Bliss and Joy
Chandra-auli .............. Having the Moon as a Crest Jewel
Mah'eśhwara ............... The Great Lord
Sudhā-pati .................. The Lord of Nectar
Amṛuta-pa .................. The Drinker of Nectar
Amṛuta-maya ............... Full of Nectar
Praṇat'ātmaka ............. The Soul of the Devotee
Puruṣha ..................... The Divine Spiritual Being
Pracchanna ................. Hidden
Sūkṣhma ..................... Subtle
Karnikāra-priya .......... Fond of the Pericarp of the Lotus
Kavi .......................... The Poet
Amogha-daṇḍa .............. Of Ever-effective Punishment
Nīla-kantha ............... Having a Blue Throat from consuming poison to save the World
Jatī .......................... The One with Matted Hair
Puṣhpa-lochana .......... The One with Eyes like Flowers
Dhyān'ādhāra .............. The Basis of Meditation
Brahmānda-hṛid .......... The Heart of the Universe
Kāma-śhāsana ............ The Chastiser of Manmatha (Cupid)
Jita-kāma .................. The Conqueror of Lust
Jit'endriya .................. The Conqueror of the Sense Organs
Āt'indriya ................. Beyond the scope of the Sense Organs
Nakṣhatra-mālī .......... Having a Necklace of Stars
Anādyanta ................. Having neither beginning nor end
Ātmā-yoni .................. The Origin of the Self
Nabha-yoni .................. The Origin of the Firmament
Karunā-sāgara ............ The Ocean of Compassion
Śhūli ........................ Master of the Trident
Mah'eśhvāsa .............. The Bearer of the Mighty Bow
Nīśhkalāṅka ................. Of Unblemished Purity
Nitya-sundara .............. Ever Beautiful
Ardha-nār'īśhwara ....... He whose other half is Shri Pārvatī
Umā-pati ..................... The Lord of Shri Pārvatī
Rasada ....................... Giving Savour to Life and the Divine Nectar

Ugra ......................... Fierce and Powerful
Mahā-kāla ................. The Great Destroyer
Kāla-kāla .................... The Destroyer of Death
Vaiyāghra dhurya ........ Foremost of those with the nature of the tiger
Śhātru-pramāthī .......... The Suppressor of Enemies
Sarv'āchārya .............. The Great Preceptor of All
Samāna ....................... Equanimous
Ātmā-prasannā ............ The Pure Soul in Bliss
Nara-nārāyaṇa-priya .... Fond of Shri Vishnu as both Man and God.
Rasa-gñya ................... The Knower of the Essence and the Nectar

Bhakti-kāya ............... The Embodiment of Devotion
Loka-vīr'āgranī .......... Foremost of the Heroes of the World
Chirantana ............... Eternal Life
Viśhvām-bhar'ēśhwara. The Supreme Lord of the Universe
Nav'ētmā ..................... The Ever-youthful Soul
Nava-yeṛūsalem'ēśhwara The Lord of the New Jerusalem
Ādi Nirmal'ātmā .......... The Primordial Self of Shri Mataji
Sahaja yogi priya ....... Loved by Sahaja Yogis

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’ahamkāra 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 vāyuḥ
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 saṁgīnyo, na vai paṁcha-vāyur
I am neither the Life Energy, nor the five vital breaths,

Na vā sapta-dhātur, na vā pancha-kośhaḥ
Neither the seven elements of the body, nor its five sheaths,

Na vāk pāni-pādau, 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'aira me, n'aira mātsarya-bhāvah
Nothing of pride or jealousy,

Na dharmo, na ch'ārtho, na kāmo, na mokṣhah
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 mantro, na tīrtham, na vedā, na yagṛṇāḥ
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 śiśhyaḥ
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 chāsaṅ-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

**Viṣhṇu-pad'ābja-saṁbhūtā** . 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 gāmini** ........................... Flowing through the mountain country

**Tārak'āri-jananī** ............................... 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-saṁyuktā** .............................. Joined to the river Saraswatī which flows underground and meets the Ganges at Allahabad

**Sughoṣhā** .......................... Melodious

**Sindhu-gāminī** .............................. Flowing to the Ocean

**Bhāgīrathī** .......................... Brought down from Heaven by the prayers of Sage Bhagiratha

**Bhāgyavatī** .......................... 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 gāmini** ........................ Flowing through the three worlds, Heaven, Earth and the nether regions

**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-vāsinī** ........................ Dwelling in the matted locks of the three-eyed Shri Shiva

**Ṛina-traya vimochani** ........................ Releasing from the three debts; to study the Vedas, worship the Gods, and produce sons

**Tripur'āri-śhiras-chūdā** ........................ Flowing from the Top of the Head of the Enemy of Tripura, Shri Shiva
The 108 Names of Shri Gāṅga Mata

Jāhnavī .......................... 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

Nata-bhīti hṛit .................. The Remover of the fear of those who bow to You

Avyayā .......................... Eternal and Imperishable

Nayan'ānanda dāyinī .... Delightful to behold

Naga-putrikā ...................... The Daughter of the Mountain

Nīrājāla pariṣh-kṛitā ... Adorned with Water

Sāvitrī .......................... The Mother

Salila-vāsī ........................ She who dwells in water

Sāgar'āmbu samedhinī .......... Swelling the Waters of the Ocean

Ramyā .......................... Delightful

Bindu-sarasā ..................... Made of water drops

Avyaktā .......................... Unmanifest

Vṛindāraka-sam'āśhitā ...... The Resort of the Eminent

Umā-sapatnī ...................... Having the same husband as Shri Pārvatī, Shri Shiva

Śhubhr'āṅgī ....................... The One with Beautiful White Limbs

Śhrīmatī .......................... Beautiful, Auspicious and Illustrious

Dhaval'āmbarā ................. The One with a Dazzling White Garment

Ākhaṇḍala-vana-vāsā .... Flowing through the Khandala Forest

Khaṇḍ'endu kṛita-śhekharā Wearing the Crescent Moon as a Diadem

Amṛut'ākāra salilā ........ Whose water is a rich source of Nectar

Līlā-laṅghita-parvatā .... Leaping over mountains in sport

Viriñchi-kalaśha-vāsī .... Dwelling in the water-pot of Shri Brahma

Trivenī ......................... Triple-braided by the waters of the three rivers: Ganges, Yamuna and Saraswatī

Trigun'ātmikā .................. The Spiritual essence of the three gunas

Saṅgat'āghaugha śhamanā Destroying the mass of worldly attachments and collective misdeeds

Śhaṅkha-dundubhi nisvanā Sounding like a conch-shell and drum

Bhīti-hṛit ........................ The Remover of Fear

Bhāgya janani .................... Creating Happiness
Bhinna Brahmānda darpinī  Proud of breaking open the Egg of Brahma
Nandinī  Happy
Śhighrā  Fast-flowing
Siddhā  Perfect  55
Śharanyā  Granting Shelter, Help and Protection
Śhaśhi-śhekharī  Wearing the Moon upon Your Head
Śhaṅkarī  Compassionate
Saphari-pūrnā  Abundant with small shiny fish
Bharga-mūrdhā-kṛit'ālayā  Dwellings on Shrī Shiva's Head  60

Bhava-priyā  Loved by Shrī Shiva and by all living beings
Satya-sandha priyā  Loved by the Faithful
Haṁsa-swarūpinī  The Embodiment of Swan-like Discretion
Bhagiratha-sutā  The Daughter of Sage Bhagiratha
Anantā  Eternal  65
Śharach-chandra-nibh'ānanā  Whose face is radiant like the autumn moon
Omāka rūpinī  In the form of the Om
Atulā  Peerless, without equal
Kridā-kallola kārinī  The Playful Sound of the Flowing River
Swarga-sopāna sarani  Flowing like a Stairway to Heaven  70

Ambhaḥ-pradā  Giving Water
Duḥkha-hantrī  The Remover of Sorrow
Śhānti-santata karini  The Continuance of Peace
Daridraya-hantrī  The Remover of Poverty
Śhivadā  The Bestower of Auspiciousness and Happiness  75
Saṁsāra-viṣha-nāśhini  Destroying the ills of this world
Prayāga nilayā  Dwelling at the confluence of the Ganges, Yamuna and Saraswati at Allahabad
Sītā  The eastern-most of the four branches into which the Ganges divides after falling on Mount Meru
Tāpa-traya vimochanī  Granting Liberation from the Three Afflictions, the Elements, one’s Deeds and the Body
Śharaṇ'āgata-  The Protector of the sick and suffering, -dīn'ārta-pari-trāṇā  who come to You for Refuge  80
Sūmukti-dā ................. Giving Complete Emancipation
Siddhi-yoga nisevitā ...... Propitiated for the attainment of Self-
realisation and Connection to the Divine
Pāpa-hantrī ................. The Destroyer of Sins
Pāvan'āngī ................... Having a Pure Body
Parabrahma swarūpinī ... The Embodiment of the Supreme Spirit
Pūrnā ........................ Complete
Purātanā ..................... Ancient
Punyā .......................... The Merit of Noble Deeds
Punyadā ...................... The Bestower of Merit
Punya vāhinī ............... The Generous Flow of Merit
Pulomaj'ārchitā .......... Worshipped by Indrani (wife of Indra)
Pūtā ............................ Pure
Pūta-tribhuvanā ........... The Purifier of the Three Worlds
Japā ............................ The Gentle Murmur of the Waters
Jaṅgamā ...................... Living and Moving
Jaṅgama-dharā ............ Sustaining the Living and Moving
Jala-rūpā ...................... In the Form of Water
Jagad-hītā .................. Benevolent to the World
Jahnu-putrī ................ The Daughter of King Jahnu
Jagan-mātā ................ The Mother of the World
Siddhā ........................ Holy
Bhogavatī ................. Delightful and Beautiful
- Ganga's name as She enters the underworld
Umā-kāra-kamala sanjātā. Born from the Same Lotus as Shri Pārvatī,
a poetic way of saying that they are sisters
Agnyana-timira-bhānu ... A Light amid the Darkness of Ignorance
Ajarā .......................... Untouched by Old Age
Ādyā ......................... The Beginning
Dhenū ........................ Bestowing Plenty and Fulfilling Wishes
Nirmalā ....................... Forever Pure like Shri Mataji

Sākṣhāt Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namaḥ
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 sākṣhāt Śhrī... You are...

1. Śhaila-putrī . . . . . The Daughter of the Mountain King
2. Brahma-chārinī . Observing a state of Celibacy
3. Chandra-gaṇṭā 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

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 Šhrī…. 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
Durga-nāśhinī .......... The Destroyer of Difficulties
Durgat'oddhārinī .......... Uplifting and Delivering us from Evil
Durga-nihantrī ............... Annihilating Hardships and Obstacles
Durgam'āpahā .......... Warding off Misfortune
Durgama-gñyāna-dā ..... Giving Knowledge most difficult to attain

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

Durgama-vidyā .............. Whose Knowledge is hard to attain
Durgam'āśhritā .............. The Refuge from all evil
Durgama-
egñyāna-saṁsthānā .... The Abode of Knowledge most difficult to attain
Durgama-dhyāna-bhāsini Enlightening us with Meditation
beyond all thoughts and worries

Durgamohā .................. Causing Delusion to the Wicked
Durgamagā .................. Abiding in an Unapproachable Place
Durgam'ārtha-swarūpinī. The Personification of the Highest Purpose in life
Durgam'āsura-saṁhantri. The Destroyer of the Most Formidable Demons
Durgam'āyudha-dhārīnī. The Wielder of Weapons against Evil
Durgam'āngī. Hard to Approach in the Physical Body
Durgamatā. Difficult to Meditate upon and Perceive
Durgamyā. Hard to be Approached or Accomplished
Durgam'eśhwarī. The Supreme Goddess who is Difficult to Attain
Durga-bhīmā. Terrifying to Evil-doers
Durga-bhāmā. The Beautiful Maiden, Angry with Wickedness
Durgabhā. Illuminating the Darkness of Difficulties
Durga-dāriṇī. Cleaving through Hardships

Attā Durgā-dvātryamsha-nāma-mālā
A Garland of the 32 Names of Shrī Durga

Durgā Durg'ārti-śhamanī Durg'āpad-vinivārinī
Durgama-chhedinī Durgā-sādhini Durgā-nāśhinī
Durgat'oddhārinī Durgā-nihantrī Durgam'āpahā
Durgama-gñyanadā Durgā-daiyā-loka-davānalā
Durgamā Durgam'ālokā Durgam'ātmā-swarūpinī
Durga-mārga-pradā Durgama-vidyā Durgam'āśhritā
Durgama-gñyāna-saṁsthānā Durgama-dhyāna-bhāsini
Durgamohā Durgamagā Durgam'ārtha-swarūpinī
Durgam'āsura-saṁhantri Durgam'āyudha-dhārīnī
Durgam'āngī Durgamatā Durgamyā Durgam'eśhwarī
Durga-bhīmā Durga-bhāmā Durgabhā Durga-dārinī

Nām'āvalim'imatā nāyati Durgāyā mama mānavana
Shrī Durga said: Anyone who recites this garland of My Names,
Pathet sarva bhayān mukto bhaviṣhyati na samśhayaha
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 Śhṛinuṣhva 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.

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

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The 108 Names of Shri Durga

Anantā .......................... Eternal 25
Bhāvinī ............................ The Fulfillment of all Good Qualities
Bhāvyā .............................. What we aspire to become
Bhavy’ābhavyā ................. What is destined to be and what is not to be
Sadā-gati .......................... Always Moving – as the Wind or Spirit
Śhāmbhavī .......................... The Beneficent Wife of Shri Shiva 30
Devā-mātā .......................... The Mother of the Gods
Chintā ............................... Caring for our Well-Being
Ratna priyā .......................... Fond of Jewels (Realised Souls)
Sadā ................................. Ever-existent
Sarva vidyā .......................... All Knowledge 35
Dakṣha kanyā .......................... The Daughter of King Daksha
Dakṣha-yagñya-vināśhinī . . . . The Destroyer of King Daksha's sacrifice,
                                 when he insulted Shri Shiva
Aparṇā .............................. Undertaking Severe Penance to win Shri Shiva not even eating leaves
Aneka varnā .......................... Manifesting in Many Styles
Pātalā ............................... Having a Rosy Glow 40
Pātalā-vatī .......................... Surrounded by Roses and Pink Lotuses
Pītāmbara-pari-dhānā .......... Clothed in Yellow Garments
Kamal'ānjira-rañjinī ........... Adorned with Lotus-Blossoms
Ameya-vikramā .......................... Of Immeasurable Valour
Krūrā ................................. Formidable 45
Sundarī .............................. Beautiful
Sura-sundarī .......................... Heavenly Beauty
Vana-durgā .......................... The Goddess of the Forest
Mātaṅgī ............................. The Mother of the Tribe of Elephants (Great Souls)
Mātaṅga-muni pūjitā . . . . . . Worshipped by the Sage Matanga 50
Brāhmī .............................. The Shakti of Shri Brahma
Mah'eśhwarī .......................... The Shakti of Shri Shiva
Aindrī ............................... The Shakti of Shri Indra
Kaumārī .............................. The Shakti of Shri Kārtikeya
Vaiśnāvī .......................... The Shakti of Shri Vishnu
Chāmuṇḍā .......................... The Goddess who Destroys Demons
Vārāhī ............................... The Shakti of Shri Vishnu in the Boar Incarnation
Lakṣmī ............................... The Goddess of Good Fortune and Spiritual Ascent
Puruṣ'ākṛiti ......................... Having the Form of the Primordial Being
Vimalā ............................... Unsullied and Spotless
Ut-karṣhiṇī .......................... The Highest Ascending Glory
Gīyānā ............................... Knowledge
Kriyā ................................. Action
Nityā ................................. Eternal
Buddhidā ............................ The Bestower of Enlightened Intelligence
Bahulā ............................... Abundant
Bahula premā ....................... Overflowing with Love
Sarva vāhana-vāhanā ............. Whose Army is conveyed in All Vehicles
*Niśhumbha-şhumbha-hanāni . Annihilating the Demons Nishumbha and Shumbha
*Mahiṣ'āsura mardinī. The Slayer of the Evil Mahisha
*Madhu-Kaitabha hantrī The Destroyer of the Demons Madhu and Kaitabha
*Chaṇḍa-Muṇḍa-vināśhinī . Crushing the Demons Chanda and Munda
Sarvāsura vināśhinī ............. Grinding All Demons into Dust
Sarva-danava ghātinī . The Slayer of All the Demons
Sarva-śhāstra mayī ............ In the Form of All Science and Knowledge
Satyā ................................. The Ultimate Reality
Sarvāstra-dhārinī ............... Wielding all Negativity Destroying Missiles
Aneka-śhastra hastā .......... Bearing many Sacred Books in the Hands
Anekāstrasya dhārinī. Brandishing Many Weapons
Kumārī ............................. The Virgin Goddess
Eka-kanyā .......................... The Supreme Virgin
Kaiśhorī ............................. The Youthful Goddess
Yuvatī ............................... Appearing as a Young Girl
Yati ................................. Ascetic
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**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 Sapta-śhati Aṅga-patha – Ancilliary Praises to the Devi Mahatmyam*
The Kavach of the Devī

Shrī Chāṇḍi 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 Devi, 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 Chāṇḍi.

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 Viṣhṇu. Salutations to Goddess Saraswatī. Salutations to Sage Ved-Vyāsa, the All-knowing.

Now begins the Kavach of the Devi:-

Asya Śhrī-Chaṇḍi kavachasya Of this Shri Chandi Kavach
Brahmā riṣhiḥ The Composing Seer is Brahma,
Anuṣhṭup chhandah The Metre is Anushtubh.
Chāmuṇḍā devatā The Presiding Deity is Chamundā.
Aṅga-nyās'okta-mātaro-bījam The Seed is ‘Putting attention to parts of the body while reciting’.

Digbandha-devatās-tatttavam The Principle is Digbandha-devatā – ‘Facing the direction of the Deity’.
Śhrī-Jagadambā-prīty’arthe, To please Śhri Jagadamba
Sapta-śhati pāṭh'āṅgatvena as part of Sapta-shati – ‘700 verses’
jipe viniyogaḥ this recitation is undertaken
The Kavach of the Devi

Om namaś- Chaṇḍikāyai
Mārkaṇḍeya uvācha:-

Om

1 Yad-guhyam paramam loke, sarva-rakṣhā-karam nṛṇām
Yan-na kasya-chiḍākhyātam, 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 Guhyam tamam vipra, sarva-bhūt'opa-kārakam
Devy'āstu kavacham puṇyam, tat-śhṛīṇushwa 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, dvitiyam Brahma-chārini
Tritiyan Chandra-ghaṇṭ'eti, Kuśhmāṇḍ'eti chaturthakam
   Shrī 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 Pañcamaṃ Skanda-māt'eti, śaḥṣṭham Kātyāyan'īti cha
Saptamaṃ Kāla-rātriśh cha, Mahāgaur'īti ch'āṣhṭamam
   Fifth- Skanda-mātā – ‘The Mother of Kārttikeya’,
   Sixth- Kātyāyanī – ‘The Daughter of Sage Katyayana’
   Seventh- Kālarātri – ‘The Dark night of dissolution’,
   Eighth- Mahāgaurī– ‘Very bright - the Ādi Kundalini’

5 Navamam Siddhi-dātri cha, nava Durgāḥ prakīrtitāḥ
Uktāny'eti nāmāni, Brahmaṇ'aiva Mah'ātmanā
   Ninth- Siddhi-dātri – ‘One who grants Moksha’
   These nine names have been told by the Great Soul Brahmadeva Himself

6 Agnīṇa dahya-mān'āstu, śhatru-madhye gato raṇe
Viśhame durgāṃ ch'aiva, bhayārtāḥ śharanaṃ 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 vṛiddih pra āyate
Ye tvām smaranti Deveṣhi, rakṣhase tānna samśhayaḥ
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, Vārāhi mahiṣh’āsanā
Aindrī gaja-samārūdhā, Vaiṣhṇavi Garuḍ’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'ēshvari vṛiṣh’ārudhā, Kaumāri śhikhi-vāhanā
Lakṣhmī padm’āsanā Devī, padma-hastā Hari-priyā
Maheśvari 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, Īshvari 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’āḍhyā, nānā-ratn’opa-śhobhitāḥ
All the Mother Goddesses are endowed with Yoga
And are richly adorned with different ornaments and jewels.

13 Ḡṛiśhyante ratham-ārudhā, Devyaḥ krodha-saṁ-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-pāshham-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'īttham, 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-vardhini
   Prāchyām rakṣhatu mām-Aindrī, 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 Aindrī 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
   Vārahī –‘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
   Įurdhvam Brahmrāni me rakṣhed, adhas-tād-Vaiśhṇavī tathā
   May Goddess Kaumari –‘Shakti of Karttikeya’ protect me from the north and
   Goddess Šhūla-dhārinī –‘who wields a trident’ from the north-east,
   Brahmrāni – ‘the Shakti of Brahma’ from above and
   Vaiśhṇavī – ‘Shakti of Vishnu’ from below, protect me.

20 Evam daśha diśho rakṣhyech, Chāmuṇḍā Śhava-vāhanā
   Jayā me chāgrataḥ pātu, Vijayā pātu prīṣṭhataḥ
   Goddess Chāmuṇḍā, who sits on a corpse, protect me from the ten directions.
   May Goddess Jayā protect me from the front and Vijayā from the rear,

21 Ajitā vāma-pārśhve tu, dakṣhine ch'āparajitā
   Śhikham me Dyotinī rakṣhed, Umā mūrdhni vyava-sthitā
   Ajitā from the left and Aparajitā from the right.
   May Goddess Dyotinī protect the top-knot and Uma sit on my head and protect it.
The Kavach of the Devi

22 Mālā-dharī lalāte cha, bhṛivau rakṣhed-Yaśhasvinī
Trinetrā cha bhṛivor-madhye-Yama-ghaṇṭā cha nāsike
May I be protected by Mālā-dharī -‘wearing a garland’ on the forehead,
Yaśhasvinī –‘full of glory’ on the eye-brows, Trinetra on the Hamsa,
Yama-ghanta on the inner part of the nose,

23 Śhaṅkhiniī chakṣuṣhor-madhye, śhrotrayor Dwāra-vāsini
Kapolau Kālikā rakṣhet karna-mūle tu Śhaṅkarī
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'ōṣṭhe 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, Saraswati - the tongue,

25 Dantān-rakṣhatu Kaumārī, 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, priśḥṭha-vaṁśhe Dhanur-dharī
Kamakshi - the chin, Sarvamangala - speech,
Bhadrakali - the neck, Dhanurdhari - the spine.

27 Nīla-grīvā bahīḥ-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’āṅguliṣhu cha
Nakhān Chhuleśhvarī 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, manāḥ 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 Mahiṣa-vāhinī
   Kāminī - the nabhi, Guhyeswari - the hidden parts,
   Putana kamika - the reproductive organs, Mahisha-vahini - the rectum.

31 Katyām Bhagavatī rakṣhej-jānunī Vindhya-vāsinī
Jaṅghe Mahābalā rakṣhet-sarvakāma pradāyinī
   May Goddess Bhagavati protect my waist, Vindhyvasini - the knees,
   The wish fulfilling Mahābala protect my thighs.

32 Gulphayor-Nārasiṁhī cha, pāda-priṣhṭhe tu Taijasī
Pāḍāṅguḷiṣhu Śhrī rakṣhet-pāḍādhas-Talavāsinī
   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-damśṭrā-karālī cha, keśhāñ-chaiv'Urdhva-keśhinī
Roma-kūpeṣhu Kauberī, tvacham Vāgīśhvarī tathā
   May Damštra-karali protect my nails, Urdhvakeshini - the hair,
   Kauberi - the pores, Vagishwari - the skin.

34 Rakta-majjā-vasā-māṁsāny'asthi-medamśi 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 Padmāvatī padma-kośhe, kaphe Chūḍā-maṇiṣṭathā
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 rakṣheta, śhāyām Chhatreśhvārī tathā
   Ahaṁkāram mano buddhim, rakṣhen-me Dharma-dhārinī
   Brahmanī - semen, Chhatreśhvarī - the shadow of my body,
   Dharmadharini - ego, superego and intellect,

37 Prāṇa-pānau tathā vyānam, udānam cha samāna-kam
   Vajra-hastā cha me rakṣheta, prāṇam Kalyāṇa-śhobhanā
   Vajra-hasta - five vital breaths - prana, apana, vyana, udana, samana,
   Kalyana-śhobhana - Prana (the life force).

38 Rase rūpe cha gandhe cha, śhabde sparshe cha Yogini
   Sattvam rajas-tamas-chaiva, rakṣheta-Nārāyaṇī sadā
   May Yogini protect the senses of tasting, seeing, smelling, hearing and touching,
   May Narayani protect Sattvam, Rajas and Tamo Gunas.

39 Āyū rakṣheta Varāhī, dharma rakṣheta Vaiṣhṇavī
   Yaśhaḥ kīrtim cha Lakṣhmīn-cha, dhanam vidyām cha Chakrini
   Varahi - life, Vaishnavi - Dharma,
   Lakṣhmi - success and fame, Chakrini - wealth and knowledge,

40 Gotram-Indrāṇī me rakṣheta, paśhūn-me rakṣha Chandike
   Putrān-rakṣheta-Mahālakṣhmīr, bhāryām rakṣheta Bhairavī
   Indrani - relatives, Chandika - cattle (sustenance),
   Mahālakṣhmī - children and Bhairavi - spouse (wife).

41 Panthānam Supathā rakṣheta, mārgam Kṣhemakari tathā
   Rāja-dvāre Mahālakṣhmīr, Vijayā sarvataḥ sthitā
   Supatha may protect my journey and Kṣhemakari my way.
   Mahālakṣhmī 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-nāśhini
   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.
The Kavach of the Devi

Phala-śhruti - ‘Listening to the fruits’

43 Padam'ekam na gacchet tu, yadīcchet-śhubham'ātmanah 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-lābha-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 martyah, saṅgrāmeśv'aparājītaḥ
   Trailokyeyu 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 Kovach 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’āparājītaḥ
   Jīved-varṣha-śhatam sāgram, apa-mṛityu-vivarjītaḥ
   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-charāḥ khe-charāśch'āiva jalajāśch'opadeshikāḥ
   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 śākinī tathā
Antarikṣha-charā ghorā dākinyāśh-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-ʽpi, 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
Tāvat-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 Šrī Gaṇeśhāya namaḥ,
Salutations to Shri Gaṇeša, 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)
Replied 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 vigīyān'āvigīyāne,
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 varuṇāv 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 Twaśṭāram Pūṣhaṇam Bhagam dadhāmi,
Aham Viśṇum 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 Viṣhṇu and support the Lords of Creation.

Aham dadhāmi draviṇam haviṣhmate
suprāvye yajamānāya suvrate,
Aham rājñī saṁ-gamanī vasūnām
chikituṣṭhi prathamā yagñiyāṇām,
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
vairochanīṃ karma phaleshū juṣṭām,
Durgā-devīm śharaṇām 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 mandrešham ūrjam duhānā
dhenur vāgas mānupa suṣhṭu-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 Vaiṣhṇavīm Skanda-mātaram,
Saraswatīm Aditim Dakṣha-duhitaram

namāmaḥ pāvanām śhivām.  (11)

Dark Night of dissolution (Shri Mahākali) praised by Shri Brahma, Shakti of Shri Viṣhṇu (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’ajaniṣṭa dakṣha yā duhitā tava,
Tām devā anv’ajāyanta bhadrā 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,
Punar-guhā sakalā māyayā cha

purūchy’aiśhā 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’.  (14)
Eṣhʿāṁa ʿśhaktiḥ,  
Eṣhā viṣhva-mohinī, pāśhʿānkūṣha dhanur bāṇa dharā,  
Eṣhā Śhrī Mahā-vidyā, ya evam veda, sa ʿśhokam tarati.  

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-ʿstū bhagavati mātār asmān pāhi sarvataḥ,  

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

Saiṣhʿāṣhṭau vasavaḥ, saiṣhʿaikādaśha rudrāḥ,  
Saiṣhā dvā-daśʿādityāḥ,  
Saiṣhā viṣhve-devaḥ soma-pā asoma-pāśh-cha,  
Saiṣhā yātu-dhānā asurā rakṣhāṃsi piśhācha yakṣha siddhāḥ,  
Saiṣhā sattva rajas tamāṃsi,  
Saiṣhā Brahma Viṣhṇu Rudra rūpiṇī,  
Saiṣhā Prajā-patʿĪndra manavaḥ,  
Saiṣhā graha-nakṣhatra jyotimṣhi kalā-kāśḥṭhʿādi kāla-rūpiṇī,  
Tām aham praṇaumi nityam.  

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, Viṣhṇu 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.

Pāpʿāpa-hāriṇīṁ devīṁ bhukti-mukti-pradāyinīṁ,  
Anantāṁ vijayāṁ śhuddhāṁ śharaṇyāṁ sarva-dāṁ śhivāṁ.  

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 samyuktam vītihotra samanvitam,
Ardhendu-lasitam devyā bijam sarvārtha sādhakam,

Joining the Bija of Ether –Ha, letter ī, with the Fire Bija -Ra, the crescent resounding -ṁ, Hrīṁ is the Seed of the Goddess that fulfils all purposes.

Evam ekākṣharam mantram yatayaḥ śhuddha chetasah,
Dhāyanti param-ānanda-mayā gīyānāmbu rāśhayaḥ,

In this way the one-syllabled mantra (Hrīṁ) confers pure intelligence,
Meditating thus one is filled with Supreme Bliss, and an Ocean of Knowledge.

Vāṅg-māyā brahma-sūs-tasmāt śaṣṭham vaktra sam-anvitam,
Sūryo vāma-śhrotra bindu sam-yuktāśṭha-ṛitīyakaḥ,
Nārāyaṇeṇa sam-miśhro vāyuśh chādhāra yuktataḥ,
Vichche navārṇako-'ṛṇaḥ syān mahad-ānanda dāyakah.

*Aim*-‘speech’, hrīm-‘māyā’, klīm-‘Brahman’, cha-‘6th consonant’, with m-‘Sun’, u-‘left ear’, n-‘anuswara’ and g-‘3rd letter of 3rd group’, joined with ā-‘Viṣhṇu’ and y-‘Vayu’ and ai is joined after that. Vichche completes the nine-syllabled mantra ‘Aim hrīm klīm Chamunḍāyai vichche’, which confers the Greatest Bliss and gives the devotee Union with the Supreme Brahman.

Hṛit-puṇḍarīka madhya-sthām prātaḥ Sūrya sama-prabhām,
Pāśhāṅkuṣha-dharām saumyām varadābhaya hasta-kām,
Tri-netrām rakta-vasanām bhakta-kāma-dugham bhaje.

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.

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 agīyeyā,
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 agñyey'ānant'ālakṣhy'āj'āikā-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 mātṛikā Devī śhabdānām gñyāna-rūpiṇī,
Gñyānānām chin-may'ātitā śhūnyānām śhūnya-sākṣhiṇi,
Yasyāḥ parataram nāsti, saiṣhā 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 Devī Atharva Shirsha is performed on the seventh night of Navaratri.
‘Devi Sūktam’
The Aparajita Hymn in praise of Shri Mahākāli from the Devi Mahātmyam.

Namo Devyai Mahā-devyai
Śhivāye satatam namaḥ,
Namaḥ prakṛtyai 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,
Nerṛutyai bhū-bhṛitam lakṣhmyai
Śharvāṇyai 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 kṛiṣhṇāyai
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,
Namaḥ jagat-pratiśṭhāyai
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-bhūteśhu
Viṣhṇu-māyeti śhabditā,
Namaḥ sarvaggaparimānai,
Namaḥ sarvatah prakṛtyai
Namaḥ sarvāyai namo namaḥ.

To the Devi who in all beings,
is called Shri Viṣhṇumaya,
Salutations to Her, Salutations to Her,
Salutations to Her, again and again.

Yā Devī sarva-bhūteśhu
Chetanetya bhi-dhiyate,
Namaḥ sarvaggaparimānai,
Namaḥ sarvāyai 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-bhūteśhu To the Devi who abides in all beings,  
Buddhi rūpeṇa samsthitā, In the Form of Intelligence,  
Namas-tasyai, namas-tasyai Salutations to Her, Salutations to Her,  
Namas-tasyai, namo namaḥ Salutations to Her, again and again.  

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Indriyānām adhiśṭhātrī To the All-pervading Devi,  
Bhūtānām chākhileśhu yā Who presides over the senses of all beings,  
Bhūteśhu satatam tasye And governs all the elements,  
Vyāpti-devye namo namaḥ We bow to Her.  

Chiti-rūpeṇa yā kṛitsna Salutations to Her who pervades the  
Metad-vyāpya samsthitā jagat Entire world in the Form of Consciousness,  
Namas-tasyai, namas-tasyai Salutations to Her, Salutations to Her,  
Namas-tasyai, namo namaḥ Salutations to Her, again and again.  

Sākṣhāt Śhrī Ādi Śhakti Mātāji 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
Pūrṇa ............. 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-puruṣ'ottama The Ideal Human Being
of the Ancient Scriptures
Jānakī-vallabha Most Beloved of Shrī Sītā
Śhrīmān ........ The Possessor of Wealth,
Power and Glory
Aprameya parākrama Of Unlimited Strength and Valour

Sākṣhāt 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...

Śhrī Rāma ................. The Dark-skinned Lord who is pleasing to all, the Seventh Incarnation of Shri Vishnu

Rāma-bhadra .............. Charming and Gracious and Kind
Rāma-chandra ............. Joyful like the Moon
Śhāśhwata .................. Eternal
Rājīva-lochana ........... Having Eyes like a Deer
Śhrīmān ..................... Glorious
Rāj'endra ................... The King of Kings
Raghu-puṅgava ........... The Star of the Raghu Dynasty
Jānakī-vallabha .......... The Beloved of Shri Sītā
Jaitra ....................... Victorious

Jitāmitra ................... Vanquishing Enemies
Janārdana .................. The Tormentor of the Wicked
Viśhwāmitra-priya ....... Loved by Your Guru, Sage Vishwamitra
Dānta ....................... Calm and Patient
Śharanya-trāna tat-para . Devoted to protecting those who surrender to You
Vāḷī pra-mathana .......... The Destroyer of Vali, the usurper of Sugriva's throne
Vāgmī ....................... Eloquent
Satya-vāk ................... The Speaker of Truth
Satya-vikrāma ............. Valiant in the Name of Truth
Satya-vrāta .................. Always telling the Truth
Vrata-dhara ............... The Observer of Vows
Sadā Hanumad'āśhrita . The Eternal Support of Shri Hanumana
Kausalyeya ................. The Son of the Queen Kausalya
*Khara-dhvaṁsī ........... The Destroyer of Ravana's brother
*Virādha-vadha-pandita  Expertly destroying the demon
Sapta-tāla-prabhettā . . . Piercing seven palm-leaves with one arrow

1 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.

2 Viradha was a Gandharva - 'Heavenly servant' cursed to be a Rakshasa by Shri Kubera. By killing him Shri Rāma released him from the curse.
The Protector of Ravana’s brother Bibhishana who was a devotee of Shri Rāma

The One who broke the Bow of Shri Shiva

The One who severed the ten heads of Ravana

Quelling the Great Pride of Shri Parashurāma

The Slayer of the demoness Tataka

The Essence of the Upanishads

The Spirit of the Vedas

The Healer of Diseases

Slaying the demons Dushana and Trishiras

Having Three Forms, Brahma, Vishnu and Shiva

The Essence of the Three Gunas

Covering the Three Worlds with Three Steps

The Spirit of the Three Worlds

Famous for Your Unblemished Character

The Protector of the Three Worlds

Armed with a Bow

Making the Dandaka Forest holy again

Releasing Ahalya from a curse

Devoted to Your Father

The Bestower of Boons

The Conqueror of the senses

The Conqueror of Anger

Winning over Friends

The Preceptor of the World

1 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.

2 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.

3 Dūshana - ‘Violating’ and Triśhiras – ‘Three-headed’ fought to avenge Šhūrpāṇakhā alongside Rāvana’s brother Khara.

4 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.
The 108 Names of Shri Rama

The Rikṣha-vānara-saṅghātī. Accompanied by an army of Bears and Monkeys
Chitrakūta sam'āshraya. The Lord who took refuge at Chitrakuta hill
Jayanta-trāṇa-varada. Protecting and blessing 1Jayant, the son of Indra
Sumitrā-putra-sevita. Served by Shri Lakshmana, the Son of Sumitra
Sarva-dev'ādhi-deva. The Greatest of all the Gods 55
Mṛuta-vānara jivana. Reviving the Monkeys killed in battle
*Māyā-mārīcha hantā. The Destroyer of Maricha's illusory deer-form
Mahā-deva. The Great God, Shri Shiva
Mahā-bhuja. Having Long and Powerful Arms
Sarva-deva-stuta. Praised by all the Gods 60
Saumya. Gentle and Calm
Brahmanya. One with the Supreme Spirit
Muni saṁstuta. Praised by all the Saints
Mahā-yogī. The Great Yogi
Mahodara. Big-bellied 65
Sugrīv'epsita-rājya-da. The Restorer of Sugriva's kingdom
Sarva-puny'ādhika phala. Giving Credit for All Good Deeds
Smṛita-sarv'āgha-nāśhana. Abolishing the pain and suffering of those who remember You
Ādi Puruṣha. The Primal Consciousness and the First of Men
Parama Puruṣha. The Supreme Being 70
Mahā Puruṣha. The Greatest among Human Beings
Puṇy'odaya. The Source of All Blessings
Dayā sāra. The Epitome of Compassion
Purāṇa puruṣh'ottama. The Greatest of Legendary Heroes
Smita-vaktra. Having a Smiling Face 75
Mita-bhāśhī. Of Moderate Speech
Purva-bhāśhī. Whose Incarnation was foretold in the Rāmayana
Raghava. The Scion of the Raghu Dynasty

1 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.

2 Mārīcha, Rāvana's uncle, took the form of a golden deer to lure Shri Rāma and Lakshman away so that Rāvana could abduct Shri Sīta.
Ananta-guṇa-gambhīra. Whose qualities are Infinite and Profound
Dhīr'odātta-guṇ'ottama. The Highest qualities of Heroism and Nobility
Māyā-mānuṣha-charitra. Whose Exploits and Character are bound by the illusion of being human
Mahā-dev'ādi-pūjita. Worshipped by Shri Shiva and the other Gods
Setu-kṛit. The Bridge-builder
Jita-vāsanā. Conquering false notions and impure tendencies
Sarva-tīrtha-maya. The Sum of all Holy Places
Hari. Shri Vishnu, the Remover of ignorance and illusion
Śhyām'āṅga. Dark-bodied
Sundara. Beautiful
Śhūra. The Brave Lord
Pīta-vāsā. Wearing a Yellow Dhoti
Dhanur-dhara. Holding a Bow
Sarva-yagñy'ādhipa. The Lord of All Havans and Worship
Yajvā. One who performs sacrifices
Jarā-maraṇa-varjita. Free from Old Age and Death
Bibhīṣhaṇa pratiṣhṭhātā. Establishing Bibhishana as the King of Lanka
Sarv'ābharana-varjita. Relinquishing all kingly ornaments during exile in the forest
Param'ātmā. The Supreme Spirit
Para-brahma. The All-pervading Formless Consciousness
Sat-chit-ānanda vigraha. The Embodiment of Truth, Awareness and Bliss
Param- jyoti. The Supreme Light
Param- dhāma. The Highest Abode
Par'ākāśha. The Supreme All-pervading Element
Parāt-para. Beyond the Highest
Pareśha. The Supreme Lord
Pāraga. Beyond everything
Pāra. The Supreme Being
Sarva-dev'ātmaka. The Lord who embodies all the Gods
Para. Supreme

Sākṣhāt Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namaḥ
We bow at the Feet of Our Holy Mother Shri Mataji who is Shri Rama incarnate
In the beginning one should meditate upon Shrī Sitā 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 Sitā-Rāma-chandro devatā, Anuṣhtup chhandah
Sītā śhaktiḥ, Śhrīmad Hanumān kilakam
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 Sitā 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-padma-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.
Shri Rama-raksha stotram

1 Charitam Raghu-nāthasya-śhata-koti-pravistaram
Ekaikam'aksharam puṃsām 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 Rājiva-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-prāgīnyaḥ, pāpa-ghnīm sarva-kāma-dām
Śhiro me Rāghavaḥ pātu, bhālam Dasharath'ātmajaḥ
One seeking wisdom should recite this Rāma-rakṣa 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 shruti
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-patīḥ pātu, hṛidayam Jāmadagnya-jit
Madhyam pātu Khara-dẖvaṁsi, nābhīm Jāmbavaḍ'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-thīnī 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
Pādau Bibhishana-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 sukhi putri 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-chāriṇāśh-chhadma-chārinaḥ
Na draṣṭum’api 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
Never falls prey to sin, and finds Enjoyment and Liberation.
13 Jagaj-jaitr'aitaka-mantrena Rāma-nāmn'ābhi-rakshitam
   Yaḥ kaṃthe 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'āgnyayaḥ 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 prabhuddho 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-sampannau su-kumārau mahā-balau
   Pundarīka-vishāl'ākshau chīra-kriṣhṇ'ājin'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-dhanuṣhmatām
   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-sprīshā-
    Vakshayāśhuga nishaṅga-saṅgīnau
    Rakshanāya mama Rāma-Lakshmanāvagrataḥ
    Pathi sadaiva gach-chhatām
    May Shrī 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 kavachi khadgī chāpa-bāna-dharo yuvā
    Gacchan mano-ratho-śmākam Rāmaḥ pātu sa-Lakshmanāḥ
    May Shrī 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 Dāśharathiḥ Śhūro Lakshman'ānucharo Balī
    Kākutsthaḥ Purushaḥ Pūrnaḥ Kausalyeyo Ragh'ūttamaḥ
    The sixteen names of Shrī Rama are:
    Rāma, the One who gives joy;
    Dāsharathi, the son of Dasharatha;
    Shūra, Courageous;
    Lakshman'ānuchara, the One whose servant is Shrī Lakshmana;
    Balī, the One who is Strong,
    Kākutstha, the Descendant of Shrī 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'eshaḥ 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 Shrī 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 Ramagu-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 Shri Sītā, I bow to You

28 Śhrī Rāma Rāma Raghu-nandana Rāma Rāma
Śhrī Rāma Rāma Bharat'āgraṇa 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.
Śhrī Rāma-chandra charaṇau manasā smarāmi
I worship the Feet of Śhrī Rāma-chandra in my heart.

Śhrī Rāma-chandra charaṇau vachasā grūnāmi
Through my songs and prayers I praise the Feet of Śhrī Rāma-chandra.

Śhrī Rāma-chandra charaṇau shirasā namāmi
I bow my head at the Feet of Śhrī Rāma-chandra.

Śhrī Rāma-chandra charaṇau sharaṇam prapadye
I take refuge at the Feet of Śhrī Rāma-chandra.

Mātā Rāmo matpitā Rāma-chandraḥ
Śhrī Rāma is my Mother and my Father; He is my Lord and my Friend,

Swāmī Rāmo matsakhā Rāma-chandraḥ
The Ever-compassionate Śhrī Rāma is everything to me, and I know no-one else.

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,

Mātā Rāmo matpitā Rāma-chandraḥ
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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,
34 Kūjantam Rāma-Rām'eti madhuram madhur'āksharam
Āruhya kavītā-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
   Śhrī 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-bijānām-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-manīḥ sadā vijayate Rāmam Ram'esham bhaje
Rāmen'ābhihatatā 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 Śhrī Sītā, Jewel among Kings, forever Victorious.
   I bow to Śhrī Rāma who has killed the army of Rakshasas.
   I consider no-one greater than Śhrī Rama and I am His Servant. Śhrī 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 Śhrī Rama and worships Him,
   with such a person I am pleased'. (Śhrī Shiva tells Śhrī Pārvatī)
   This Praise of Śhrī Rāma is equal to reciting a Thousand Names.

Iti Śhrī Budha-kaushika-virachitam
Śhrī-Rāma-rakshā-stotram sampūrnam
Śhrī -Śītā-Rāma-chandr'ārpanam-astu
   Here ends the Rama-raksha Stotram written by Sage Budha-kaushika.
   May it be offered at the Feet of Śhrī Śītā-Rāma.

Sākṣ̄hāt 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 Śrī Rāma. Śrī 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 Śrī 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 Shri 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’awiya in order to avoid division and bloodshed. However Mu’awiya 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’awiya’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 Śrī Mārkandeya, composer of the Devi Mahatmya. Their manifestation expressed the disciple principle, helping people to overcome Ego and Superego.

*(see: Shri Mahāvira Puja, Spain, 17-06-90; Shri Buddha Puja, San Diego, 23-07-88; 'World of Bliss & joy', Caxton Hall, 30-05-79)*
Jai Śrī Yog'eśhwara
Victory to the God of Yoga!
The 16 Names of Shri Rādhā-Kṛiṣhṇa

O Divine Mother, Shri Mataji Nirmala Devi, You are indeed Shri Rādhā-jī and Shri Kṛishna in person before us. May the whole world recognise You!

Om Twameva sākshāt Śhrī... You are...

Rādhā-Kṛiṣhṇa . . . . . . . . The Giver of Prosperity, Support of the Kundalini, Incarnation of Shri Mahalakshmi and the Dark-complexioned Lord of Creation, the Eighth Incarnation of Shri 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

1 Goptā . . . . . . . . . . . . . . . The Protector of the World
Govinda . . . . . . . . . . . . . The Chief Herdsman and Saviour of the World
Gopati . . . . . . . . . . . . . The Lord Protector of Cows and Devotees
Americ'eśhwara . . . . . The Lord of America
Yaśhodā-nandana . . . . The Joy-giving Son of Shri Yashoda
Viṣhṇumāyā-bhrātā . . The Brother of Shri Vishnumaya
Vainavini- -vāma-saṁnāda . The Holder of the Flute, resounding with sweet melodies

Virāt-aṅganā Virāta . . . The Supreme Power of the Absolute Cosmic Being
Bāla Kṛiṣhṇa . . . . . . . . . Shri Kṛishna as a mischievous but adorable child
Śhikhandī . . . . . . . . . . . . Adorned with a peacock feather
* Narak'āntaka . . . . . The Destroyer of Narakasura
Mahā-nidhi . . . . . . . . . . . Our Greatest Treasure
Mahā-hrada . . . . . . . . . . . The Great Lake of Divine Bliss

Sākṣhāt Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namaḥ

1 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 Krishna

_**Om Twameva sākshāt Šhrī...**_ You are...

**Kṛiṣhṇa** ............. _The Dark-skinned Supreme Lord of Creation, the Eighth Incarnation of Shri Vishnu_

**Śhrī-dhara** ............. _Sustaining Prosperity and Well-being_

**Venu-dhara** ............. _Playing the Divine Flute_

**Śhrīmān** ............. _The Possessor of all Wealth, Power and Glory_

**Nirmalā gamya** ........... _Reached only through Shri Mataji by Purity and Auspiciousness_ 5

**Nirmalā pūjaka** ........... _The One who worships Shri Mataji_

**Nirmalā-bhakta priya** .......... _Fond of the Devotees of Shri Mataji_

**Nirmalā hṛidaya** ........... _Worshipping the Lotus Feet of Shri Mataji in Your Heart_

**Nirādhāra** ............. _Unsupported as You are the Support of the Universe_

**Viśhwādhāra Janaka** .......... _Father of Lord Jesus, the Support of the Universe_ 10

**Viśhṇu** ............. _All-pervading_

**Mahā-viśhṇu pūjita** .......... _Worshipped as ‘Our Father’ by Lord Jesus Christ_

**Viṣhṇumāyā-sughoṣhita** .......... _Whose Incarnation was proclaimed by Shri Vishnumaya_

**Vāg'ishwara** .......... _The Supreme Master of Speech_

**Vāg'ishwarī-bhrātā** .......... _Brother of Shri Saraswatī, the Goddess of Speech_ 15

**Viṣhṇumāyā-bhrātā** .......... _The Brother of Shri Vishnumaya_

**Draupadī-bandhu** .......... _The Brother of Shri Draupadi, an Incarnation of Shri Vishnumaya_

**Pārtha-sakhā** .......... _The Friend of Arjuna_

**San-mitra** .......... _The True Friend_

**Viśhwa-vyāpta** .......... _Permeating the Whole Universe_ 20

**Viśhwa-rakṣhaka** .......... _The Protector of the Whole Universe_

**Viśhwa-sākṣhī** .......... _The Witness of the Cosmic Play_

**Dwarak'ādhiśha** .......... _The Ruler of Dwaraka_

**Viśhuddhi deś'ādhiśha** _The Ruler of the Continent of the Vishuddhi_

**Jana-nāyaka** .......... _The Leader of the People_ 25
The 108 Names of Shri Krishna

Viśhuddhi-jana pālaka. The Protector of those who dwell in the Land of the Vishuddhi

Americ'eśhwara ...... The Lord of America
Mahā-nīla ............ Dark Blue
Pitāmbara-dhara ...... Clad in a Yellow Dhoti
Sumukha .............. Whose Face is Handsome and Auspicious

Suhāsyya .............. Whose Laughter is Beautiful
Subhāshi ............... Whose Speech is Gentle and Sweet
Sulochana .............. Whose Eyes are Beautiful
Sunāsika .............. Whose Nose is Perfect
Sudanta ............... Whose Teeth are Perfect
Sukeśha .............. Whose Hair is Abundant and Beautiful
Śhikhandi ............. Adorned with a Peacock Feather
Sushṛita ................ Hearing whatever is Auspicious
Sudarśhana-dhara ...... Wielding the Sudarshana Chakra
Mahā-vīra ............ The Great Warrior-hero
Śhaurya-dāyaka ...... Courageous
Raṇa-paṇḍita ........ Master of the Art of Warfare
Raṇa-chhoḍa-dāsa .... The One who ran away from the battlefield as a trick to destroy the demon Kalayavana

Śhrī-nātha ............ The Lord of Divine Glory
Yuktivān ............... The Master of Diplomacy and Subtle Tricks
Akbar .................. The Most High
Akhil'eśhwara ...... The God of Everything
Mahā-virāta .......... The Universal Being of which Everything is a Part
Yog'eśhwara .......... The God of Yoga
Yogi-vatsala .......... Loving Yogis like Your own Children

Yoga-varṇita .......... The One who explains the State of Yoga
Sahaja-sandeśha-vāhaka Spreading the Message of Sahaja Yoga
Viśhwa dharma-dhvaja-dhāraka .... Raising the Flag of Vishwa Nirmalā Dharma
Garud'ārūdha .......... Mounted on the Divine Eagle, Shri Garuda
The 108 Names of Shri Krishna

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<tr>
<th>Name</th>
<th>Description</th>
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<td>Gadā-dhara</td>
<td>The Wielder of the Mace</td>
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<td>Śhaṅkha-dhara</td>
<td>Bearing the Conch named Pancha-janya</td>
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<td>Padma-dhara</td>
<td>Holding a Lotus in the Hand</td>
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<td>Lilā-dhara</td>
<td>Playfully Creating and Sustaining the Cosmic Drama</td>
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<td>Dāmodara</td>
<td>Supremely Generous</td>
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<td>Govardhana-dhara</td>
<td>The One who lifted a mountain to shelter the Gokul villagers from Indra's thunderstorm</td>
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<tr>
<td>Yoga-kṣhema-vāhaka</td>
<td>The Conveyor of Well-being to those who seek Yoga</td>
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<tr>
<td>Satya-bhāṣhī</td>
<td>Always Speaking the Truth</td>
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<tr>
<td>Hita pradāyaka</td>
<td>Granting whatever is for our Benevolence</td>
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<tr>
<td>Priya-bhāṣhī</td>
<td>The One who Talks Pleasantly</td>
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<tr>
<td>Abhaya-pradāyaka</td>
<td>Granting Fearlessness</td>
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<td>Bhaya-nāśhaka</td>
<td>The Destroyer of All Fears</td>
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<td>Sādhaka-rakṣhaka</td>
<td>The Protector of the Seekers of Truth</td>
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<td>Bhakta-vatsala</td>
<td>Loving Devotees like Your Children</td>
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<td>Śhoka-hārī</td>
<td>The Remover of Grief</td>
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<td>Dukha-nāśhaka</td>
<td>The Destroyer of Sorrow</td>
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<tr>
<td>* Rākṣhasa-hantā</td>
<td>The Killer of Demons</td>
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<tr>
<td>* Kuru-kula virodhaka</td>
<td>Opposed to the adharmic Kaurava family</td>
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<td>Gokula-vāsī</td>
<td>Residing in Gokul</td>
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<td>Gopāla</td>
<td>The Protector of the World and Lord of Cows</td>
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<td>Govinda</td>
<td>Rescuer of the Earth and Chief of Herdsmen</td>
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<tr>
<td>Yadu-kula śhreṣṭha</td>
<td>The Highest of the Yadava clan, descendants of King Yadu</td>
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<tr>
<td>Akula</td>
<td>Beyond all Family, Caste or Creed</td>
</tr>
<tr>
<td>Vaṁśha-dweśha-nāśhaka</td>
<td>The Destroyer of all negative discrimination of race, caste or creed</td>
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<tr>
<td>Ātmā-gñyāna varṇita</td>
<td>Expounding the Knowledge of the Spirit</td>
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<td>Agñyāna pranāśhaka</td>
<td>Teaching how to destroy ignorance and false-knowledge</td>
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<tr>
<td>Nir-ākāra</td>
<td>Formless</td>
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55  60  65  70  75
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<tr>
<th>Name</th>
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<td>Ānanda-kara</td>
<td>The Embodiment of Joy</td>
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<td>Ānanda pradāyaka</td>
<td>Giving Joy to the Yogis</td>
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<td>Pavitṛ'ānanda</td>
<td>The Joy of Purity and Auspiciousness</td>
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<td>The Protector of Chastity</td>
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<td>Gñyān'ānanda</td>
<td>The Joy of Pure Knowledge</td>
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<td>Kal'ānanda</td>
<td>The Joy of all the Arts</td>
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<td>Gṛuh'ānanda</td>
<td>The Joy of the Home</td>
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<td>Dhan'ānanda</td>
<td>The Joy of Affluence</td>
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<td>Kubera</td>
<td>The God of Wealth</td>
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<td>Ātm'ānanda</td>
<td>The Joy of the Spirit</td>
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<td>Samuh'ānanda</td>
<td>The Joy of Sahaj Collectivity</td>
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<td>Sarv'ānanda</td>
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<td>Viśhuddh'ānanda</td>
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<td>The Joy of Words (spoken, sung and written)</td>
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<td>Maun'ānanda</td>
<td>The Joy of Silence</td>
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<td>Sahaj'ānanda</td>
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<td>Param'ānanda</td>
<td>Absolute Joy</td>
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<td>Nirānanda</td>
<td>Pure Absolute Joy</td>
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<td>Nātya-priya</td>
<td>Enjoying Dance and Drama</td>
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<td>Saṅgīta-priya</td>
<td>Appreciating Music</td>
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<td>Kṣhīra-priya</td>
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<td>Dadhi-priya</td>
<td>Fond of Curd</td>
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<td>Madhu-priya</td>
<td>Fond of Honey</td>
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<td>Ghṛita-priya</td>
<td>Fond of Ghee</td>
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<tr>
<td>Māṭṛu-charan'āmṛuta-priya</td>
<td>The One who Enjoys the Nectar of Immortality</td>
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<td></td>
<td>flowing from the Lotus Feet of Shrī Mataji</td>
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Sākṣhāt Śhrī Ādi Śhakti Mātājī  
Śhrī Nirmalā Devyai namo namaḥ
108 Invocations to Shri Kṛishna

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 Shri Bhagawati Shri Ādi Shakti Mataji Shri Nirmalā Devī who bears Shri 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.

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.

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.

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.

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 **Rādhāji** in Your Heart. 30

You see **Rādhāji** 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 **Śhrī 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.
**Śrī 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.

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.

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.

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.

You lead Your Worshippers 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.

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.
You drive the Chariot of the Five Senses.
You are the Protector of Chaste Womanhood.
You are Fond of the Nirmalā bhaktas.
You asked Shri Garuda to answer the call of the Nirmalā Bhaktas.
You sent Sudarshana Chakra to kill the foes of the Nirmalā Bhaktas. 85

You purify all relationships.
You envelop our sisters' chastity in Draupadi's sari.
You adorn our brothers with valour and chivalry.
You are the flute player of collective charisma.
You play Rasa with the Sahaja Gopis. 90

You are the Friend of the Yogi named Sudhama.
You make the energy circulate through everyone.
You establish the link with collectivity.
You are the Collective Consciousness of the Atma (Spirit)
You break the pitcher which covers the ego. 95

You dissolve Ego in Etheric Consciousness.
You dispel Superego in Witnessing Consciousness.
You feed the roots of the Tree of Life in the brain.
You enlighten the cells of the brain.
You crown the consciousness of the twice-born. 100

You sustain Shri Ādi Shakti's Throne in the brain.
You are the Lord of Inconceivable Majesty.
You are the Witness of Your Own Bliss.
You rule over the Ocean of Amrut.
You reside at the parting of Shri Ādi Shakti's Hair. 105

You lead the play of recognition of Shri Ādi Shakti Nirmalā Devī.
You will establish on this Earth the Dazzling Glory of Shri Ādi Shakti Nirmalā Devī.
You will unite the nations of the Earth at the Lotus Feet of Shri Ādi Shakti Nirmalā Devī.

Sākshāt Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namaḥ

180
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-heturbhuh  
*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 saṁsthā-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-puja 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...

Kubera ....... The God of Wealth. You own, bestow, and distribute all matter with the potential to express the Love of the Spirit
Kṛiṣhṇa ....... Shṛi Krishna. You sowed the Seed of Spirituality
Kṛiṣhi priya .... Approving of Agriculture and Basic Industries and supporting the primary sectors of the world economy
Viṣhṇu ........ Whose Brilliance and Grace permeate the Universe
Viśhwa pūjya ... Worshipped by the Universe
Padma-nābha .. Whose Navel-lotus gives rise to Universes
Nātya-priya ...... Enjoying the Drama of the World
Lilā-dhara ...... Having the Whole Material World for Your Play
Ākāśh'eśhwara . The Ruler over the Ether, looking after the purity of communication
Virāt-aṅga ...... Part and Parcel of Shrī Virāta, the Great Universal Being
Sunāsika ......... Giving the Goddess Your Essence as Her Regal Divine Nose
Mahā bhūpati .. The Great King who establishes the Dharma of the King
Rāja nīti-gñya .. Having the Knowledge of the Dharma of the King
Rāja-nīti nipuna Expert in the Art of Divine Diplomacy, without which the World would lose balance and prosperity could not be sustained
Artha-nīti nipuna Expert in the Knowledge of the Pure Science of Economic Well-being
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 Shri 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

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

Santuṣhṭa 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

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

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

Yama . . . . . . . . . . . . . . . . . . . Shri 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

Dyuta virodhaka . . . . Against gambling, speculation and disrespect towards Shri Lakshmi
The 69 Names of Shri Kubera

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

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

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
The 69 Names of Shri Kubera

Varṇa-bheda vināśhaka . The Remover of Division within Society, based on heredity, occupation, economic status, geography, race, colour or any external attributes

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

Viśhwa-Nirmalā-Dharma priya . . The Friend of Vishwa Nirmala Dharma, supporting those who practice it

Agamya . . . . . . . . . . Beyond Human Comprehension, You are Unknowable

Nirmalā-gamyā . . . . . . . Accessible only through Shri Mataji

Devī-kārya samudyāta . . 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 sākṣhāt Śhrī Viṣhnumāyā sākṣhāt
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 sākṣhāt Śhrī.... You are...

Kālī .................. The Pure Power of Desire, Existence and Bliss
Mahākālī nirmitā .... Created by Shri Mahākālī Herself
Viśhuddhi padm'ālayā ... Dwelling in the Lotus of the Vishuddhi Chakra
Kuliśh'āṅgī ............ Thunderbolt-bodied
Tadillatā samaruchi .... Dazzling like Lightning
Viśhiṣṭa śhastrā ....... Having Special Weapons
Ameri'c'ēshwara-śhastrā One of the Weapons of Shri Krishna as the Lord of America

*Rakṣhasa vijayinī ....... The Conqueror of Devils and Demons
*Mahiṣh'āsura ghātinī ... The Killer of the Buffalo Demon
*Niśhumbha Śhumbha- saṁhantrī. The Destroyer of Shumbha and Nishumbha

Chira-Kaumārī ........... The Eternal Virgin
Vindhyā 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

Kṛiṣhṇa-sanjātā ........... Born at the same time as Shri Krishna
Kṛiṣhṇa 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
The 84 Names of Shri Vishnumaya

Svayam tyāgā .............. Sacrificing Yourself to announce the Birth of Shri Krishna

Kṛiṣhṇa-janma-udghośhaka-vidyullatā Becoming Lightning to proclaim the Birth of Shri Kṛishna

Vaikṛitika-rahasyā ...... The Maya that is impossible to surpass

Śhīva-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

Nārāyanī ............ The Power of Shri Vishnu and Refuge of Man

Pīḍā nivārinī ........ The Gracious Remover of Afflictions

Pāvitrya dāyinī ........ Giving Chastity, the Foundation of Dharma

Gaṇeśha pāvitrya puṣhpā Whose Flowers of Chastity express the Powers of Shri Ganesha

Pāvitrya rakṣhakā ...... The One who, in the Mahābhārata, insisted on war with the Kauravas for the Protection of Chastity

Draupadī ............... Incarnated as Shri Draupadī the Wife of the Five Pandavas

Bandhu rakṣhita pāvitryā Whose Chastity is protected by Her Brother

Bandhu-ātma-prabudhyatā . Caring for the Spirituality of the Brother

Mahābhārata kārīni ...... Responsible for the Mahābhārata war

Pancha-mahā-bhūta-sammilitā Joining the Five Elements, as the Pandavas

Sarva bhūta praviṣhṭā . . . Entering into all the Elements

Hṛid-buddhi-melakā . . . Integrating the Heart and the Brain
The 84 Names of Shri Vishnumaya

Śhighra kārinī .......... Quick-acting
Sarva bādhā jwālinī .... 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 pradāyinī Revealing Shri Mataji’s Divinity
through Miracle Pictures

Chalat-chitra prakāśhikā Enlightening the Film Medium
Sunṛita-vāni dāyinī ...... The Bestower of Pure Speech

Mantra-sāmarthya-
-pradāyinī Giving the Power of Mantras 45

Nirahām kārā .............. Without Ego
Namratā pradāyinī ...... 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

Alika dambha nāśhinī .. The Destroyer of False Sophistication
Niṣhkalaṅkā ............... Unblemished Purity and Innocence

Pitāmahā gaurava-
-rakṣhikā . The Protector of Respect for Grandparents

Mātṛu-tattwa gaurava-
-rakṣhikā. Guarding Respect for the Mother Principle

Bhagini sāmarthya rūpā. The Power of a Sister 55
Sarv’āṁśh’ātmikā ...... Making us Part and Parcel of the Whole
Ātmā-samañśhaya nivārini The Remover of Self-doubt
Asatya mantra nāśhinī... The Destroyer of False Mantras
Asatya spaṣṭhi-
-karaṇa nāśhinī Exposing Untruth and False Explanations

Chakra maryādā sthāpinī Establishing the Boundaries

of the Chakras 60
Hṛidaya mūlā  Whose Root is in the Heart
Dhairya dāyinī  The Bestower of Courage
Strī śhakti rūpā  The Power of a Woman
Asatya kathā nāśhinī  The Destroyer of False Myths
Kṛitak'ādarśha nivarinī  The Remover of Artificial Ideals
Avyakta prakatana kārinī  Revealing the Un-manifest
Ānand'ādhārā  The Reservoir of Joy
Sūkṣhma saṁveda dāyinī  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
Pūrna samarthā  Fully Capable
Sahaja yoga pari-samarpana rūpā  Embodying the Quality of being Whole-hearted about Sahaja Yoga
Virāta prāpinī  Giving One-ness with the Virāta
Viṣhnumāyā Virāt'aṅganā  The Universal Form of Shrī Vishnumaya
Vāma-viśhuddhi-sthitā-mahāśhakti  The Supreme Creative Power residing in the Left Vishuddhi
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-Bhrāmarī ........ The Great collective Bee-form, Your Fiery Beauty slays even the worst of enemies

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-śhakti To be Worshipped every day
-siddhi pradāyaka . The Power which fulfills all Mantras.

Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ

Śhrī Vishnumaya and Shri Kṛishna

Śhrī Vishnumāyā was born on the same night as Śhrī Kṛishna to the cowherd Nanda and his wife Yashoda. Miraculously, Śhrī Kṛishna’s father, Vasudeva, escaped from Kamsa’s prison with the new-born Śhrī Kṛishna, 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.

Śhrī Vishnumāyā incarnated as Śhrī Fatima, the daughter of the Prophet Mohammed, to establish the Gṛuha-lakshmi principle. Gnyaneśhwara’s younger sister, Muktabai was also an aspect of Śhrī 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.

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.

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-Qahhār . . . The Subduer. He who is victorious and dominant in a way that He can do anything He wills.
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.

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.

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.

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-Aẓīm . . . 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.

Al-‘Ali . . . The Highest. He who is beyond the conception of humans.

Al-Kabīr . . . The Most Great. He who is beyond all comparisons.

Al-Ḥafīẓ . . . 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.

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.

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.

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.

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.

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.
Az-Ẓahir . . . . 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-Māni’  The Preventer. He who shields His servants from harm.

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-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.

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 Shri Ram. So whatever they call
as Allah is Shri 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-lakshmi 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.

Viṣhṇumāyā Virāta
Manifesting the pure love of a sister for the spiritual ascent throughout the Universe.

Viṭṭhala Viṣhṇumāyā 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 Krishna residing at Pandharapur 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 Puja, Geneva, Switzerland, 28-08-83;  
Śhrī Virāta Puja, Litchfield, Connecticut, USA, 11-06-89.
64 Powers of the Virāta

Om Twameva sākshāt Śrī Virāta sākshāt
Śrī Ādi Śhakti Mātāji Śrī Nirmalā Devyai namo namaḥ

O Divine Mother, You are verily the Virāta, the Unconscious Mind of God Almighty. Salutations to You!

1. Śrī 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. Śrī 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. Śrī Kṛishna, help us to completely cross through the Haṁsa Chakra and allow us to enter the Virāta.
6. Śrī 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.
You are the primordial Father within our brains who came as the Father of Shri Jesus.
You are the pure intelligence described in the Qu'ran as Akbar.
You are the guide. Your rod and staff comfort and direct us.
On the field of life, You run an incomprehensible course rich with life and death. You penetrate every atom as the guiding vibrational force.
Through Your Puja, may we receive the Blessing of Shri Krishna as the Virāta, the inexplicable bliss of Nirananda giving light to the brain.
The Virāt'angana power, in Her form as Shri Rādhā, sustains the energy and gives joy.
Enlightenment culminates the evolutionary process of Shri Vishnu as He becomes the Virāta aspect of Shri Kṛishna.
Please awaken all the countries of the world to their role as part and parcel of Shri Kṛishna's Leela.
Shri Kṛishna, You worship Shri Nirmalā Virāt'angana, the supreme power of the absolute cosmic Being.
May the Virāta, the universal unconscious, be fully expressed through the power of the Sahasrara Chakra.
You give the light of a thousand suns. As modern Arjuna, let us know the radiance and vast unity and variety of God Almighty.
O Shri Virāta, sacred marvel seen only by Arjuna, You are a reflection of the macrocosm. Our Holy Mother graces this wonder.
Shri Kṛishna You revealed a myriad of colours and marvels beyond description hen Arjuna glimpsed Your complete form of Virāta.
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.
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.
O Ancient Impulse, all particles have their source in Your etheric power. All music reflects Your song of songs.
O Divine Power of Yoga, absorb our central nervous system into one, uniting us in one world, one enlightened brain.
You are the centre of the Ekadasha Rudra powers which will redeem humanity.
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.

Your brain has no worries, please bless us to know that we are tranquil reflections of Śrī Kṛṣhna.

Please enlighten our brains completely so we become Sakshi-swarupa, witnesses to the play that allows problems to be solved.

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.

The YOGIS are Your Virātas, able to see problems from the inside.

Please transform the brainless people of America who justify wrong doing through their modern intellects.

Please release us from blessings which have become bindings and hold Sahaja Yogis back from becoming the totality.

Please give us Your Divine Diplomacy which uses an inspired intellect that is benevolent and detached.

You erase ancient memories of racialism from the mind of humanity and impose patterns of unity in Sahaja culture.

Protect our hair through which flow vibrations and the powers of Virāta.

Let our brains register the truth and protect us from false ideas of freedom.

Let the Divine Vibrations cleanse the brains of humanity of black magic.

Your Power of Virāta keeps us in the present and stops the review of the past and the anticipation of the future.

Śrī Kṛṣhna, You move quickly against enemies. Please destroy the problem of psychotherapies that use analysis and false views of the totality.

Please cleanse the brains of people damaged by the Avidya – ‘false knowledge’ of Freud.

Please inspire our brains, as You did Abraham Lincoln's, to give constructive ideas to the world.
Your power, O Virāta, ends all contradictions in the upside-down brains of people.

Let the messages being spread all over the world by modern communications, express the auspiciousness of the Virāta Shakti.

Please make the brains of humanity no longer be restless. Let the Sahaja way of Self-knowledge rein in the uncontrolled ego.

The miracle photos from the Shrī Vishnumaya power reveal Deities who gather and give splendour to the sovereignty of Shrī Kṛishna.

The power of the Virāta with the Shrī Vishnumaya Shakti helps us see through materialism and its false attractions.

The Virāt'angana power enhances our brain's capacity to be compassionate and creative.

Preserve us from the unholiness of TV, film and internet which promote violence and lust.

Shrī Kṛishna, You weld together the social, political and economic aspects of society into Sahaja culture. You end all corruption.

You contain Shrī Hiranya Garbha, the embryo of creation.

Let the Jagruti (awakening) of the Virāta bring the beauty of true Sahaja art, music and song to the world.

Please make us all Arjunas, brave enough to fight the problems of society that encourage violence among teenagers.

You control the five senses and release from delusion those seeking to know the greatness of Yoga. Please release the young people from delusion.

You are the vehicle for understanding Dharma and preserving society. Please help America's influential personalities awaken to Yoga.

Bhakti to Shrī Kṛishna as the Virāta, springs from an unending love for Shrī Mataji Nirmalā Devī.

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.*
‘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 Yeșhu Khrista 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...

Āgnyā-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

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

Viṣhṇu The Ninth Incarnation of Shri Vishnu
Viṣhṇu-suta The Son of Shri Krishna, the Eighth Incarnation
Mahā-viṣhṇu 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
Pūrva ghoṣhita Foretold by the Prophets
Brahmā-viṣhṇu-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
The 108 Names of Lord Jesus Christ

Gosevita .......................... Attended by cows at Your Birth and worshipped by the denizens of the Central Channel  
Kṛiṣhṇa suta ......................... The Son of Shri Kṛishna, so are called Christ  
Rādhā nandana ..................... The Son of Shri Rādhā who incarnated again as Shri Mary-Mahālakshmi  
Pāpa nāśhaka ...................... The Destroyer of Sins  
Pāpa vimochaka .................... The Liberator from Sin  
Prakāśha ........................... Light  
Ākāśha ............................. Ether  
Agni ................................. Fire  
Mahā-kārunya rūpi ............. Great Compassion  
Tapaswī ............................. Performing Penance  
Ham-Kṣham biḍa ................. The Bija Mantras 'Ham' and 'Ksham'  
Ātmā ................................. The Spirit  
Param'ātmā ......................... The Supreme Spirit  
Amṛuta .............................. Divine Nectar; who is Immortal  
Ātmā-tattwa jāta ................. Born of the Spirit  
Śhānta .............................. Silence and Peace  
Nirvichāra ......................... Thoughtlessness  
Ādi-āgnyā-chakra-stha .......... Residing in the Primordial Agnya Chakra  
Kalki ................................. Shrī Kalki - the Tenth and Final Incarnation of Shri Vishnu  
Ekādaśha-rudra sevita .......... Worshipped by the Eleven Destroying Powers of Shri Shiva  
Utkrānti-tattwa .................... The Principle of Evolution  
Utkrānti ādhāra .................... The Support of Evolution  
Sarv'ochha ......................... The Highest  
Mahat-mānasa ..................... The Great Superego of the Virāṭa  
Mahāt'ahaṁkāra ................. The Great Ego of the Virāṭa  
Turīya-sthiti pradāyaka ....... Bestowing the ‘Fourth’ State of Pure Spirit  
Turīya-vāsī ......................... Residing in the Turīya State
Dwāra .......................... The Narrow Gate to the Kingdom of Heaven
Kārtikeya ....................... Shrī Kārtikeya
Mahā-ganēśa .................... Shrī Mahā-ganēśa
Abodhitā swarūpa .............. In the Form of Innocence itself 50
Abodhitā pradāyaka ............. The Bestower of Innocence
Śhuddha .......................... Pure
Māṅgalya pradāyaka ............ The Bestower of Auspiciousness
Audarya .......................... Generosity
Mahālakṣhmī-netra-teja The Light in the eyes of Shrī Mahālakshmī 55
Pari-pūrṇa sahajayogī ......... The Perfect Sahaja Yogi
Ādi-sahajayogī ................. The Primordial Sahaja Yogi
Śrēṣṭha sahajayogī .......... The Superior Sahaja Yogi
Ādi Śhakti Mātāji Śhrī-Nirmalā-
-Devī priyam-kartā . Whose works are pleasing to
Śrī Ādi Shakti Mataji Shrī Nirmalā Devī
Śhāśhvata ........................ Eternal 60
Sthānu ............................ Immovable
Sach‘chid‘ānanda ghana .... Whose Body is Truth,
Śhuddha-śhweta ................ Pure White
Ādi-bālaka ........................ The Primordial Child
Ādi-brahmachārī .............. The Primordial Chaste Student
Purātana ....................... Ancient 70
Alphā-cha omegā-cha ....... Alpha and Omega
Samasta-sākṣhī ................ The Witness of All
The 108 Names of Lord Jesus Christ

Ísha-putra .................. The Son of God
Moha-varjita ................. Free from Temptation
Mamata-hata .................. The Remover of Selfishness
Viveka ........................ Pure Discrimination
Aghora nāśhaka .............. The One who condemns occult practices
Gñyāna rūpa .................. Knowledge
Sat-buddhi dāyaka ........... The Bestower of Real Wisdom
Su-gñya ........................ Supreme Wisdom

Pūrna-namra .................. Complete Humility
Bhautikatā nāśhaka ......... Condemning Materialism
Ahaṁkāra nāśhaka .......... Dissolving Ego
Prati-ahaṁkāra- śhoṣhaka... Sucking in Superego

AŚhuddha-icchā nāśhaka The Destroyer of Impure Desire
Hṛid-mandira-stha ......... Residing in the Temple of the Heart
*Aguru nāśhaka .............. The Destroyer of False Gurus
Asatya khandana ........... The Annihilator of Falsehood
Vañśha-bheda nāśhaka ... The Eradicator of Racialism
Krodha nāśhaka .............. The Destroyer of Anger

Ādi Śhakti Mātāji Šhrī-Nirmalā-
-Devī priya-putra ......... The Beloved Son of Šhrī Mataji Nirmalā Devī
Ādi Śhakti archita .......... He who worships Šhrī Ādi Shakti
Pratiṣhṭhāṇa-kṣhetra-
-nivāsa krīta Abiding in Sacred Pratishthan

Cabella vāsī .................. Residing in Cabello
Sahasrāra-dwāra vāsī ... Stationed at the Gate of the Sahasrara
Niśhkalaṅka .................. Spotless Purity and Unblemished Innocence
Nitya .......................... Eternal
Nirākāra ........................ Formless
Nirvikalpa ..................... Doubtless Awareness
Lokātīta ........................ Beyond the Three Worlds
Gun'ātīta .................... Beyond the Three Gunas
Mahā-yogī .................... The Greatest Yogi
Nitya mukta ................. Ever-free
Avyakta mūrti ............... The Formless Spirit Incarnate
Yog'eśhwara .................. The Greatest Knower of Divine Connection
Yoga dhāma ................... The Abode of Yoga
Yoga-swarūpa ................. In the Form of Yoga itself
Yeśhu Khrista ............... Lord Jesus Christ

Sākshāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ

Bija 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 Agnayas.'

Belgium, 04-08-91.

Aham –‘I am’ is composed of the first letter a, the last letter ha and the anuswaraṁ -‘joining’, and so is the ‘Alpha and Omega’ – the first and last letter of the Greek alphabet. Lord Jesus is Mahat-ahāmkāra – 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
108 Invocations to Lord Jesus Christ

We bow to the One who is the only son of His Virgin Mother, in whose every pore galaxies whirl as dust, who was born to teach us of His Father Sadāśhiva, the Everlasting God Almighty, Amen.

You are the Primordial Being, the Om.
You are Vishnu and the Son of Vishnu.
You are Mahā-vishnu.
You are pure Pranava Energy.
You contain millions of Universes.

You were born in the Primordial Cosmic Egg.
You were conceived in the Heart of Shrī Mataji.
You were foretold by the Prophets.
You were heralded by a Star in the east.
You were attended by the Three Magi, who were Brahma, Shiva and Vishnu.

You were born in a stable.
You are the Teacher.
You are a Friend of the Cows.
You were attended by cows.
Your Father is Shrī Kṛishna.

Your Mother is Shrī Rādhā, who incarnated again as Shrī Mary-Mahālakshmi.
You are the Saviour who burns all our sins with Your Fire.
You adorn the Agnya Chakra.
You are Light.
You are of the Nature of Sky.

You are Fire.
You performed miracles out of Your Compassion.
You, whose cloak was touched.
You are a Friend of Ascetics.
You are worshipped by families.  

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.  

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.  

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.  

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.  

You are Lord Kārtikeya.
You are Shrī Mahā-ganesha.
You are the Purity of Innocence.
You are Continence.
You are Generosity.
You are the Light in the eyes of Shri Mahalakshmi.
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.

You are angry with materialists.
You destroy Ego.
You absorb Superego.
You are the Destroyer of Desires.
You are the Pure Power of Desire.

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.

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.

You are loved by our Mother.
You are the One who is chosen.
You are awakened in all Sahaja Yogs.
You ride the White Horse at the End of the Age.
You are the End of our fears.

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 Mahāviṣṭhaṃ sākṣhāt Śhri Mahāvīrātā
cākṣhā Śhri 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 (Agya) 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 doxololy (‘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.

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 Shri 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!

Dei Genitrix ..Laudamus Te ... Mother of God (we praise Thee)
Virgo benedicta ................. Blessed Virgin
Virgo veneranda ................. Virgin to be worshipped
Virgo praedicanda ................. Virgin to be proclaimed
Virgo ab aeterno electa ....... Virgin chosen throughout eternity
Virgo prudentissima ........ Most Wise Virgin
Virgo potentissima ........ Most Powerful Virgin
Virgo clementissima ........ Most Clement Virgin
Virgo pulcherima ........ Most Beautiful Virgin
Virgo virginum ........ Virgin of all Virgins
Mater innupta ................. Mother and Virgin
Mater puritatis ................. Mother of Purity
Mater sanctissima ........ Most Holy Mother
Mater gratia plena ............ Mother full of Grace
Mater immaculata ........... Immaculate Mother
Mater principis ............... Mother of the Primordial Principle
Mater verae fidei ............. Mother of True Faith
Mater misericordiae ........... Mother of Mercy
Mater humilitatis ........... Mother of Humility
Mater aeterni Dei .............. Mother of the Eternal God
The 108 Latin Names of Shri Mary

Mater et Domina ............... Mother and Lady
Mater spiritus dulcedinis ...... Mother of the Sweetness of the Spirit
Mater gratiae et sanctitatis . Mother of Grace and Holiness
Mater obedientiae ............. Mother of Obedience
Mater innocentiae ............. Mother of Innocence
Mater Christi sponsa .......... Mother and Power of Christ
Mater creatoris ............... Mother of the Creator
Mater amabilis ................. Most Beloved Mother
Mater sanctae spei ............. Mother of Holy Hope
Mater castissima .............. Mother most Chaste
Mater intemerata .............. Spotless Mother
Fons caritatis ................. Fount of Charity
Fons pietatis .................. Fount of Piety
Fons dulcedinis ............... Fount of Sweetness
Fons verae sapientiae ........ Fount of True Wisdom
Fons patriarchum et-
-prophetarum ................. Fount of the Patriarchs and Prophets
Fons omnium charismatum . Fount of all Spiritual Gifts and Blessings
Vas Spirituale ................. Vessel of the Holy Spirit
Vas insignae devotionis ...... Vessel of Signal Devotion
Rosa mystica .................. Mystical Rose
Rosa majestica ............... Majestic Rose
Rosa sine spina ............... Rose without thorns
Turris Davidica .............. Tower of David
Turris eburnea ................. Tower of Ivory
Domus aurea .................. House of Gold
Foederis arca ................. Ark of the Covenant
Coelorum regna ............... Queen of Heaven
Angelorum regina ............ Queen of Angels
Archangelorum laetitia ...... Delight of Archangels
Imperatrix clarissima ........ Most Eminent Empress
The 108 Latin Names of Shri Mary

Per quam renovatur-  
-omnis creatura ........... Renower 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
lanua vitae ................. Door to Life
Porta paradisi ............... Gate of Paradise 60

Per quam venitur-  
-ad gaudiam ............. 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 thesaurus ... Storehouse of Heaven's Treasure
Hilaris et plena gaudia ....... Laughing and Full of Joy
The 108 Latin Names of Shri Mary

Generans aeternum lumen .......... Generating the Eternal Light
Lucerna castitatis .............. Lamp of Chastity

Praeclarior luna ............... Most clear Moon
Solis lumen vivens ............. Living Light of the Sun
Stella matutina ............... Morning Star
Lux meridiana ............... Midday Light
Coelis margarita .............. Daisy of Heaven
Orbis terrarum margarita ...... Pearl of the Terrestrial Orb
Hortus conclusus ............... Enclosed Garden
Sanctum lilium convallium ...... Holy Lily of the Valley
Flos immarcesibilis .......... Flower which never fades
Sanctus flos virginitatis ...... Holy Flower of Virginity

Aeterni regis sponsa .......... Bride of the Eternal King
Mater gentium ............... Mother of Nations
Regina prophetarum .......... Queen of the Prophets
Regina sanctorum omnium ...... Queen of All the Saints
Iter nostrum ad Dominum ...... Our Way to the Lord

Resurrectio nostra .......... Our Resurrection
Clipeus fidei ................ Shield of Faith
Virginum corona ............. Crown of Virgins
Amicta sole ................ Clothed by the Sun
Luna sub pedibus .......... The One with the Moon under Her Feet

Duodecim stellis coronate ... Crowned by Twelve Stars
Civitas Dei .................. City of God
Gloria Jerusalem .............. Glory of Jerusalem
Templum Spiritus Sanctus .... Temple of the Holy Ghost
Regis diadema .............. Diadem of the King

Nostra spes vera .......... Our True Hope
Per infinita saecula .......... For unending ages
Lumen Sahajae veritate ...... Light of Sahaja Truth

Sākṣhāt Śhṛī Ādi Śhakti Mātāji Śhṛī 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

Saṅgham 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 Śrī 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.'

Śrī 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.'

Śrī 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.'

Śrī 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 Šhrī….*
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

*Sākṣhāt Šhrī Ādi Śhakti Mātāji Šhrī Nirmalā Devyai namo namaḥ*
O Divine Mother, You have come to manifest the Eleven Destroying Powers of Shri 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).

The 116 Names of Shri Ekādaśha Rudra

From the 1000 Names of Shri Shiva

Om Twameva sākshāt Śhrī... You are...

Sthira ................. Fixed and Steadfast
Sthānu ................. A Mighty Column of Vibrations
Prabhu ................. Lord God Almighty
Bhīma ................. Formidable Strength
Pravara ................. The Most Exalted, Most Ancient
Varada ................. The Bestower of Boons
Vara .................... All Blessings
Sarv'ātmā ............ The Omnipresent Spirit
Sarva-vikhyāta ...... Universally Renowned
Sarvasva ............... All-pervading

Sarva-kara ........... Having the Whole Universe in the Palm of Your Hand
Jaṭi ...................... The One with Matted Hair
Charmī .................. Wearing an Animal Hide
Śhikhaṇḍī ............. Adorned with a Top-knot
Sarv'āṅga ............. Pervading the Universe

Sarva-bhāvana ...... Bringing Everything into Existence
Hara ..................... The Destroyer
Hariṇ'ākṣha ........... Having Watchful Eyes like a deer
Sarva-bhūta hara ... Destroying the Weight of the Past
Pravṛitti ............... Existing in All Beings as Good Nature

Nivṛitti ................ Completely Detached
Niyata .................. Ruling over Everything
Śhāśhwata ............ Eternal
Dhruva .................. Constant, like the Pole Star
Śhmaśhāna-vāsī ...... Dwelling in the Cremation Ground
Bhagavān ............. Radiating Divinity
Khechara ............... Moving through the Sky
Gochara ............... Moving on the Earth
Ardana .................. The Tormentor
Abhi-vādyya ............. The Supreme Musician
Mahā-karmā ............. The Supreme Doer
Tapaswī .................. Ascetic
Bhūta-bhāvana .......... Residing in all beings as Emotional Intelligence
Sarva-loka prajāpati The God who presides over All Creation
Mahā-rūpa ............... The Supreme Form
Mahā-kāya .............. The Supreme Body
Vṛiṣha-rūpa ............ Having a Manly and Virtuous Form like a Bull.
Mahā-yaśhā ............ Great Success and Glory
Mah'ātmā ............... The Supreme Spirit
Sarva-bhūt'ātmā .......... Residing in all beings as the Spirit
Viśhwa-rūpa ............ Having the Universe as Your Form
Mahā-hanu .............. Of Mighty Jaws
Lokapāla ................ The Protector of the World
Antar-hit'ātmā .......... The Spirit of Inner Well-being
Prasāda ................. Pure Grace
Haya-gardabhi .......... The Immaculate Rider of the Pure White Horse
Pavitra ................. Pure and Auspicious
Mahāt ..................... Almighty
Niyama .................. Complete Self-mastery
Sarva-karmanya ...... Causing All Action
Niyam'āśhrīta .......... The Protector of those who keep to the boundaries of good conduct
Sarva-karmā ............ The Essence of All Action
Swayam-bhūta .......... Born out of Yourself
Ādi ....................... Primordial
Ādi-kāra ............... The Primordial Form
Nidhi ..................... Divine Riches
Sahasr'ākṣha .......... The One with a Thousand Eyes
Viśhāl'ākṣha ........... Having Large and Powerful Eyes
The 116 Names of Shri Ekadāśha Rudra

Soma .............................. Divine Nectar
Nakṣatra-sādhaka ........... Acting through the Planets and Constellations 60
Chandra ......................... The Moon
Sūrya ............................. The Sun
Śani ...................... Saturn
Ketu ...................... The South Node of the Moon which in the First House denotes Moksha

Graha ......................... The Planets 65
Graha-pati ..................... Lord of the Planets
Vara ............................. The Most Excellent
Atri ...................... Beyond the Three Gunas; incarnated as the Father of Shri Ādi Guru Dattatreya

Anagha ......................... Without Sin 70
Mahā-tapā ...................... Great Penance

Ghora-tapā ..................... Meditating with Fierce Intensity
Adīna ...................... Noble and Magnanimous
Dīna-sādhaka .............. Worshipped even by the Imperfect
Saṁvat-sara-kara ........ Creating the Cycles of Time

Mantra .......................... The Divine Counsellor 75
Pramāṇa ...................... The Primal Cause
Parama-tapaḥ ................ The Supreme State of Meditation

Yogī ...................... One with the Divine
Yojya ...................... The Supreme to be connected to

Mahā-bīja .................. The Primordial Seed 80

Mahā-retā ..................... The Primordial Energy of the Sprouting Seed
Mahā-bala ...................... Infinite Strength
Suvarṇa-retā ................ The Fiery Golden Seed that engendered Karttikeya

Sarva-gñya .................. All-knowing
Su-bīja ..................... The Pure Seed 85

Bīja-vāhana ................ The Bearer of the Seed
Daśha-bāhu ................ The One with Ten Arms

Nimiṣha ....................... Acting in the Blink of an Eye
Nīla-kaṇṭha ................ Having a Blue Throat
Umā-pati ............... The Lord of Uma (Shri Pārvatī)
Viśhwa-rūpa ............ Taking the Form of the Universe
Swayam śreṣṭha ........ Naturaly and Spontaneously the Best
Balavīra ................. Strength and Valour
Abala ..................... Powerless without Shri Ādi Shakti
Gaṇa ....................... The Divine Army of Shri Shiva's Attendants
Gaṇa-kartā ................ The Creator of the Ganas
Gaṇapati .................... Lord of the Ganas
Digvāsā .................... Clothed with the Ten Directions
Kāma ........................ The God of Love
Mantra-vit ................ The Knower of Mantra Lore
Parama-mantra ........... The Supreme Mantra
Mantra ....................... The Sacred Sound
Sarva bhāva-kara ....... The Creator of All Existence
Hara ........................ The Remover of Illusions
Kamaṇḍalu-dhara ....... The Holder of the Water Pot
Dhanvī ....................... The Wielder of the Bow
Bāṇa-hasta ............... With Arrows in the Hand
Kapāla-vān ............... Bearing a Skull
Aśhanī ...................... The Thunderbolt
Śhata-ghnī ............... The Destroyer of Hundreds at a time
Āyudhī ..................... The Wielder of Weapons
Mahān ....................... Great
Sruva-hasta ................ Holding a Havan-ladle in the Hand
Su-rūpa ..................... Having a Beautiful Form
Tejas ........................ The Radiant Light of the Spirit
Ekādaśha Rudra ............. The Eleven Destructive Powers

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 Mahālakṣhmi Mahāsaraswatī Mahākālī
Triguṇ'ātmika Kuṇḍalinī sākṣhāt
Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namaḥ
Amen. Verily You are Shrī Mahālakṣhmi, 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 Mātāji 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-pradāyinī Mātāji
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

Shri Mataji Nirmala Devi

These are 108 of the Thousand Names of the Mahā-Devī given in the Śrī 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 Śrī Mataji Nirmalā Devī can be known.

May You, the Ocean of Mercy, bless us all!

Om Twameva sākṣhāt Śrī 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 sākṣhāt Śrī.... You are...

Śrī 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.

Viṣhṇu-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

Bhavānī ................. The Queen of Bhava, that is Shrī Shiva, and Giver of Life to the Whole Universe
<table>
<thead>
<tr>
<th>Name</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bhakti priyā</td>
<td>Fond of Devotees</td>
</tr>
<tr>
<td>Bhakti gamyā</td>
<td>Realised by Devotion</td>
</tr>
<tr>
<td>Śharma dāyinī</td>
<td>The Bestower of Happiness and Divine Bliss</td>
</tr>
<tr>
<td>Nir-ādhārā</td>
<td>Unsupported, as You are the Support of the Entire Universe</td>
</tr>
<tr>
<td>Nir-añjanā</td>
<td>Unstained by any limitations whatsoever</td>
</tr>
<tr>
<td>Nirlepā</td>
<td>Untouched by any Karmas or dualism</td>
</tr>
<tr>
<td>Nirmalā</td>
<td>Pure</td>
</tr>
<tr>
<td>Niśh-kalaṅkā</td>
<td>Faultless Brilliance</td>
</tr>
<tr>
<td>Nityā</td>
<td>Eternal</td>
</tr>
<tr>
<td>Nir-ākārā</td>
<td>Formless</td>
</tr>
<tr>
<td>Nir-ākulā</td>
<td>Unruffled</td>
</tr>
<tr>
<td>Nirgunā</td>
<td>Beyond the Three Gunas, Sattva, Rajas and Tamas</td>
</tr>
<tr>
<td>Niśhkalā</td>
<td>Indivisible and Complete</td>
</tr>
<tr>
<td>Niśhkāmā</td>
<td>Desireless, having everything</td>
</tr>
<tr>
<td>Nir-upaplavā</td>
<td>Indestructible</td>
</tr>
<tr>
<td>Nitya muktā</td>
<td>Ever Free, and Your devotees ever free</td>
</tr>
<tr>
<td>Nirvikārā</td>
<td>Changeless, but the Unchanging Basis of all changes</td>
</tr>
<tr>
<td>Nir-āśhrayā</td>
<td>Having no refuge, as You are the Refuge of all</td>
</tr>
<tr>
<td>Nir-antarā</td>
<td>Undifferentiated</td>
</tr>
<tr>
<td>Niśh-kāranā</td>
<td>Causeless, as You are the Cause of all causes</td>
</tr>
<tr>
<td>Nir-ūpadhi</td>
<td>Without Illusion or Plurality</td>
</tr>
<tr>
<td>Nir-īśhwarā</td>
<td>Supreme, having no higher Deity</td>
</tr>
<tr>
<td>Nirāgā</td>
<td>Unattached</td>
</tr>
<tr>
<td>Nirmadā</td>
<td>Prideless</td>
</tr>
<tr>
<td>Niśhchintā</td>
<td>Without any anxiety</td>
</tr>
<tr>
<td>Nir-ahaṁkārā</td>
<td>Without ego</td>
</tr>
<tr>
<td>Nirmohā</td>
<td>Free from Illusion</td>
</tr>
<tr>
<td>Nirmamā</td>
<td>Without Selfishness</td>
</tr>
<tr>
<td>Niśhpāpā</td>
<td>Beyond Sin</td>
</tr>
<tr>
<td>Niḥ-saṁśhayā</td>
<td>Without any doubts</td>
</tr>
</tbody>
</table>
The 108 Names of Shri Mataji Nirmala Devi

Nir-bhavā ............... Unborn
Nir-vikalpā ............ Beyond all doubt
Nir-ābādhā ............ Untroubled
Nir-nāśhā ............. Deathless and Indestructible

Nīṣhkriyā ............. Beyond All Actions, not involved in any action
Nīṣh-parigrahā ........ Taking Nothing, as You are the Source of everything
Nistulā ................. Unequalled
Nīla-chikurā ........... Dark-haired
Nir-apāyā ............. Beyond Danger
Nir-atyayā .............. Impossible to cross or transgress
Sukha-pradā ........... Conferring Happiness and the Bliss of Liberation
Sāndra-karunā .......... Intensely Compassionate to Your Devotees

Mahā-devī ............. The Greatest of Goddesses
Mahā-pūjyā ............ Worshipped by the highest of Gods, the Trimurtis: Shri Brahma, Vishnu and Shiva

Mahā-pātaka nāśhīni . Destroying even the greatest of sins
Mahā-śhakti .......... The Great Power
Mahā-māyā .......... The Supreme Creator of Illusion and Confusion even to the Greatest of Gods

Mahā-ratī ............. The Greatest Bliss that is beyond all sense pleasures
Viśhva-rūpā .......... Having the Universe as Your Form
Padm'āsanā ........... Seated in the Lotuses, in the Chakras
Bhagavatī ............ The Matrix of the Universe, having all Divine Qualities
Rakṣhā-karī .......... The Saviour
*Rākṣhasa-ghnī .......... The Slayer of Demons and all evil forces

Param'eśhwarī ........ The Supreme Goddess

Nitya-yauvanā .......... Ever Young, untouched by time as it is Your Creation
Punya-labhyā .......... Attained by the Righteous, being worshipped as a result of good actions in previous births

Achintya-rūpā .......... Beyond Thought
Parā-śhaktī .......... The Supreme Power
The 108 Names of Shri Mataji Nirmala Devi

Guru-mūrtiḥ .......................... Of the Form of the Guru: every true Guru is a manifestation of You

Ādi śaktiḥ .......................... The Primal Power, being the First Cause of Creation

Yogadā .......................... The Bestower of Yoga

Ekākinī .......................... Alone, the Sole Basis of the plurality of the Universe

Sukh'ārādhyā .......................... Easily worshipped

Śhobhanā-sulabh'āgati. The Most Auspicious and Easily-attained Path to Self-realisation

Sat-chit-ānanda-rūpinī Having the Three Attributes of the Ultimate, Truth, Consciousness and Bliss, as Your forms.

Lajjā .......................... Bashful Modesty, residing in all beings as modest chastity

Śhubha-karī .......................... Benevolent. The greatest good is the Realisation of the Ultimate and You grant that to devotees

Chandikā .......................... Angry with evil forces

Tri-gun'ātmikā .......................... Assuming the Form of the Three Gunas

Mahatī .......................... The Great, Immeasurable, Supreme Object of Attention and Worship

Prāna-rūpinī .......................... Of the Form of the Divine Breath of Life

Param'ānu .......................... The Ultimate Atom, too minute to be comprehended

Pāśha-hantrī .......................... Destroying Bonds and Liberating the Soul

Vīra-mātā .......................... The Mother of Devotees who are Courageous

Gambhirā .......................... Of Fathomless Depth, a Vast Lake of Consciousness uncomprehended by space and time.

Garvitā .......................... The Proud, as the Creatrix of the Universe

Kṣhipra-prasādinī .......................... Showering Grace on Your Devotees very quickly

Sudhā-sṛuti .......................... The Ambrosial Flow of Bliss in the Sahasrāra

Dharm'ādhārā .......................... The Support of Right Conduct

Viśhwa-grāsā .......................... Devouring the Universe at the time of Pralaya, the Ultimate Dissolution

Svasthā .......................... Established in Yourself; also,

You establish the Self in Devotees
The 108 Names of Shri Mataji Nirmala Devi

Svabhāva-madhurā . . . Of Natural Sweetness, residing in the hearts of devotees as Bliss.

Dhīra-samarchitā . . . Worshipped by the Wise and the Brave

Param'odarā . . . . . . Of Supreme Generosity

Śhāśhwatī . . . . . . . Ever-present, Continuous

Lokātītā . . . . . . . Transcending all Created Universes,

being seated above Sahasrāra

Śham'ātmikā . . . . Having Peace as Your Essence. Devotees with their minds at peace are Your Abode

Līlā-vinodinī . . . . Whose Sport is the Universe,

the Entire Act of Creation is Your Play.

Sadāśhivā . . . . . . The Eternal God Almighty into whom all other forms dissolve at the time of Pralaya

Puṣhṭiḥ . . . . . . . . Nourishing the Soul with Divine Vibrations

Chandra-nibhā . . . Luminous like the Moon

Ravi-prakhyā . . . . Radiant like the Sun

Pāvan'ākṛitī . . . . The Sacred Form which washes away all sins

Viśhwa-garbhā . . . The Mother of the Universe

Chit-śhakti . . . . . The Power of Consciousness that dispels ignorance and confusion

Viśhwa-sākṣhinī . . . The Silent Witness of the action of the Universe

Vimalā . . . . . . . . Clean, Pure, Untouched

Varadā . . . . . . . . The Bestower of Boons

Vilāsinī . . . . . . . Charming and Playful, opening or closing the way to Self-realisation at Your Pleasure

Vijayā . . . . . . . . Victorious

Vandāru-jana-vatsalā Loving Your devotees as Your Children

Sahaja yoga dāyinī . . . Granting Spontaneous Self-realisation

Viśhwa Nirmalā Dharma-

-prasthāpinī* . . . The Founder of the Universal Pure Religion

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

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The 108 Names of Shri Nirmala

*Om Twameva sākshāt Šhrī... You are...*

**Nirmala Tantrā**  The Divine Technique
**Nirmala Sarvā**  The Purity of Everything
**Nirmala Skandā**  The Innocence of Šhrī Kārtikeya
**Nirmala Gaurī**  The Perfect Purity of the Kundalini
**Nirmala Kanyā**  The Chaste Virgin
5
**Nirmala Rūpinī**  Purity Personified
**Nirmala Šhakti**  The Power of Purity
**Nirmala Šhayinī**  The Pure State of Peaceful Rest
**Nirmala Šhraddhā**  Unsullied Adoration and Faith
**Nirmala Vṛitti**  The Pure Tendency of Mind
10
**Nirmala Bhavā**  The Purity of Life
**Nirmala Bhūmi**  The Purity of the Earth
**Nirmala Saraswatī**  The Immaculate Goddess of Creativity
  the Arts, Music, Knowledge and Speech

15
**Nirmala Vidyā**  Pure Knowledge
**Nirmala Kumārī**  The Purity of Chastity
**Nirmala Gaṅgā**  The Purity of the Ganges
**Nirmala Maṇi**  The Purity of the Jewel
**Nirmala Gaṇapati**  The Purity of the Lord of the Ganas (Šhrī Ganesha)
**Nirmala Šhrīmatī**  The Purity of Šhrī Lakshmi
**Nirmala Chandikā**  The Innocent Anger against evil
20

**Nirmala Rādhistā**  The Pure Pleasing Power
**Nirmala Bābī**  Most Pure and Respected Ancient One
**Nirmala Stotrā**  The Purity of the Scriptures
**Nirmala Yagñyā**  The Purity of the Havan
**Nirmala Yoga**  The Pure Yoga
25
**Nirmala Soma**  The Purity of the Ambrosial Nectar
**Nirmala Bhagavatī**  The Pure Blissful Goddess
The 108 Names of Shri Nirmala

Nirmala Puṣhpa .......... The Pure Flower
Nirmala Chakra .......... The Purity of the Chakras
Nirmala Swayambhū .... The Purity of the Self-existent Brahman 30
Nirmala Śhivā .......... The Immaculate Auspiciousness,
                    Benevolence and Bliss
Nirmala Satī .......... The Purity of the Wife of Shri Shiva
Nirmala Pārvatī .......... The Purity of Shri Pārvatī
Nirmala Sītā .......... The Purity of Shri Sītā
Nirmala Yog'eśhwari .... The Purity of the Goddess of Yoga 35
Nirmala Mūrti .......... The Pure Divine Form
Nirmala Lakṣhmī .......... The Purity of Shri Lakshmi
Nirmala Stuti .......... The Purity of praising the Divine
Nirmala Māria .......... The Purity of Mother Mary, Shri Mahālakshmi
Nirmala Rāmadāsā ...... The Quality of Shri Hanumana
                    - Pure Devotion to Shri Rāma 40
Nirmala Chitta .......... Pure Attention
Nirmala Varāha .......... The Immaculate Boar Incarnation of Shri Vishnu
Nirmala Gaja .......... The Pure Elephant Vehicle of Shri Raja-lakshmi
Nirmala Garudā .......... The Pure Condor-vehicle of Shri Vishnu
Nirmala Śheṣha .......... Giving Unalloyed Support like Shri Vishnu’s
                    Seven-headed Serpent 45
Nirmala Nandī .......... The Bull of Shri Shiva, giving Pure Gladness
Nirmala Haṁsa .......... Giving Pure Swan-like Divine Discrimination
Nirmala Sarva-śakti-mayī The Pure Essence of all Power
Nirmala Sthirā .......... Unchanging Purity
Nirmala Bhavānī .......... Pure Existence 50
Nirmala Kundalini jāgrutī .. The Pure Awakening of the Kundalini
Nirmala Padma .......... The Pure Lotus
Nirmala Sahajā .......... Pure and Natural Spontaneity
Nirmala Buddhi .......... Pure Intelligence
Nirmala Param'eśhwari .... The Supreme Goddess of Absolute Purity 55
The 108 Names of Shri Nirmala

Nirmala Mālinī .... The Pure Garlanded Goddess
Nirmala Mudrā .... The Pure Holy Gesture of Blessing
Nirmala Rājñī .... The Pure Empress of all Creation
Nirmala Anantā .... Eternal Purity
Nirmala Mātājī .... The Resplendent Divine Mother

Nirmala Devī .... The Immaculate Goddess
Nirmala Bhairavi .... The Pure Power of Shri Bhairava
Nirmala Mayī .... The Essence of Purity
Nirmala Ajā .... The Unborn Purity
Nirmala Gomātā .... The Purity of the Divine Mother-cow
Nirmala Sindhu .... The Purity of the Ocean and the River Indus
Nirmala Ambā .... The Purity of the Divine Mother
Nirmala Kālī .... The Purity of the Dark Goddess
Nirmala Kriyā-śhakti .... The Pure Power of Action
Nirmala Icchā-śhakti .... The Power of Pure Desire

Nirmala Gñyāna-śhakti .... The Power of Pure Knowledge
Nirmala Prāna-śhakti .... The Pure Power of Life itself
Nirmala Manas-śhakti .... The Pure Power of the Mind
Nirmala Brahma-śhakti .... The Pure All-pervading Power
Nirmala Ādi-śhakti .... The Pure Power of God Almighty
Nirmala Omkārā .... The Purity of the Om
Nirmala Śhānti .... Untroubled Peace
Nirmala Indrā .... The Purity of the King of the Gods
Nirmala Vāyu .... The Purity of the Wind
Nirmala Agnī .... The Purity of Fire

Nirmala Varunā .... The Purity of the Ocean
Nirmala Chandrā .... The Purity of the Moon
Nirmala Sūrya .... The Purity of the Sun
Nirmala Nāga-kanyā .... The Pure Serpent Virgin, the Kundalini
Nirmala Maṇḍala .... The Sacred Circle

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The 108 Names of Shri Nirmala

Nirmala Trikonā ...... The Sacred Triangle of the Sacrum Bone
Nirmala Rudrā ...... The Pure Divine Wrath of Shri Shiva
Nirmala Kula ...... The Pure Family
Nirmala Kṛiṣhṇa-dehā The Purity of the Dark-bodied God
Nirmala Jīvā ...... The Pure Soul

Nirmala Ṛiṣhi ...... The Pure Saint
Nirmala Sāvitrī ...... The Pure Mother
Nirmala Ēđdhī ...... The Pure Power of Abundance - Shakti of Shri Ganesha
Nirmala Siddhī ...... The Pure Power of Complete Fulfillment - second Shakti of Shri Ganesha

Nirmala Īśhwarī ...... The Principle of Innocence which controls the Universe

Nirmala Rāma ...... The Purity of Shri Rāma
Nirmala Chāru-rūpa . Of Faultless Beauty
Nirmala Sukhā ...... Pure Happiness
Nirmala Mokṣha-pradāyinī The State of Purity which gives Liberation

Nirmala Piṅgalā ...... The Purity of the Sun Channel - Right Side

Nirmala Bhakti ...... Pure Devotion
Nirmala Sundarī ...... Spotless Beauty
Nirmala Mātṛika ...... The Immaculate Divine Mother
Nirmala Ardha-bindu The Pure Crescent Moon – 1st Chakra above Sahasrara
Nirmala Bindu ...... The Pure Dot – 2nd Chakra above Sahasrara
Nirmala Valaya ...... The All-encompassing Circle – 3rd Level above Sahasrara
Nirmala Śhwetā ...... Pure White
Nirmala Tejasī ...... Radiant Purity

Sākshāt Šhrī Ādi Šhakti 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.
The 79 Names of Shri Rāja-rājeśhwari

‘We are now going to worship our Parampujya, Shri Sahasrara Swamini Shri Mataji in Her form as Shri Raja-Rajeshwari, 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

Om Twameva sākshāt Śhrī… You are...

Ādi Śhakti ................. The Primordial Power of God Almighty
Parā-śhakti ................. The Ultimate Power
Sahasrāra swāminī .......... The Queen of the Sahasrara
Sarva chakra swāminī ...... The Queen of all the Chakras
Brahmāṇḍa swāminī ....... The Queen of Creation, the Creator
Sarva-chakra putra-
-Gaṇeśha sthitā .... Whose Son Shrī Ganesha resides in all the Chakras

Śhat-chakr'opari saṁsthita Whose Abode is above the six Chakras
Pancha-brahm'āsana sthitā. Seated on a Throne of the five Forms of God,
Shri Brahmā, Vishnu, Śhiva, Īśhwara and Sadāśhiva, the Ultimate state of Reality

Nirvichara-samadhi-
-viśhwa vyapinī . . . . . . . Bestowing Nirvichara Samadhi,
the Silent Power of the Universe

Para-brahma swāminī . . . . The Queen of Parabrahma
Turīya-sthiti dāyinī. . . . . . . Where all actions end up in Pure Knowledge
Param-chaitanya varšhinī. Giving, in Your position as the Queen of
Sahasrāra, the Torrential Rain of Chaitanya

Prathama kāranā ........ The First Cause of all creation
Sattvika-bhavana gamyā... Only Approachable with Pure Emotion
Mahā-śhakti ............... The Great Power of Shrī Sadāśhiva
Śhuddha-surabhi varśhinī Showering the Sweet Nectar of Purity
Satya-spanda-
-harṣha-darśhini ...... Revealing the Truth through Cool Vibrations
The 79 Names of Shri Raja-rajeśhwari

Sarva-devatā-
-paḍ’āmbuja-sthitā... At whose Divine Lotus Feet all Deities reside
Sarva rājñī ................. The Queen of Sarva, who is Lord Sadāśhiva
Śhaṅkarī ................. The Queen of Shankara
Śhāmbhavī ................. The Queen of Shambhu who is Lord Shiva
Vilamba sthitī ............... 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

Śhuddha pāvitratā-
-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’.
Sampūrṇa pravāhinī ...... Embodying the Hebrew Feminine Divine Principle,
Shekhinah, who announces the final
emanation of God Almighty

Nakṣhatra-tīkā maṇḍita-
-śhubha-vastra dhārinī . The Queen of Heaven, with Stars over Your Head
Swargīya puṣhpa mādhurī The Daisy of Heaven, Your Soothing Petals
fill our minds with cooling sensations
and vibrations

Yešhu-mātā ............... The Mother of Jesus
Swarga-rājñī .............. The Queen of Heaven, bestowing the Peace
and Silence of the ages

Sarva-viśhwa sam-rājñī .. Ruling over heavenly angelic beings
Cherubims and Seraphims; all the heavenly
people who constantly sing Your Praise
The 79 Names of Shri Raja-rajeshwari

Utkrānti antima-
- sthiti dāyinī Whose domain is the Omega, the end point of evolution, spoken about by Lord Jesus Christ

Surakṣhā-bandhana dāyinī Whose Holy Bandhan is the Symbol for the protection of Sahaja Yogis

Swarna-ratna jadita-
- simhāsana-sthīta Shining like a Pearl, all the colours of rare stones are integrated into the bright light around Your Throne

Viśhwa Nirmala-
- Dharma dāyinī The One from whose Throne only is the One Religion revealed

Guru-pada dāyinī Bestowing Guru-pada to Your Devotees

Kyāma sākṣhinī The Eternal Witness to the Qiyama,- the Resurrection foretold by Shri Mohammed.

Dīvya-pavana dāyinī The Royal Home of the Ruh, Divine Vibrations

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 simhāsinī The Throne upon which Islam is established

Paiṅgambarī-
- sahasrāra kamalā The Final Lotus spoken of by the Prophet

Sarva-jāti-
- swarna prakāśhinī Uniting all the races in the Golden Light of Your Sahasrara

Ananta-śhiva nivāsā The Abode of the Timeless Shiva

Mahā-kalki vijaya-śhaktī The Great Power that gives Victory to Shri Kalki

Chitra-kūta suhāsinī The Nurturing Garden for the Yogis

Kalki-ekādaśha-śhakti-
- sahasrāra-swarūpinī Having the Eleven Destroying Powers of Shri Kalki in the Sahasrara
Kalki-āśhva 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-
-yogi-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

Śhītal’āgni mana-hṛidayā-
-chitta saṅgama kārini . Merging the Mind, the Heart and the Attention
with the Cooling Flames of the Sahasrara

Dīvya 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-
-nivāsinī . . . The Centre of the Universe

Medha-sapta-chakra-
-jāgrutī pradāyinī . . Awakening the Seven Chakras in the Brain

Vijaya-lakṣhmī . . . . . . Granting Victory; the Power of Victory over
all the challenges of our ascent

Sapta-śhṛingī 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

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The 79 Names of Shri Raja-rajeshwari

Rakṣhā kārini .............. The Protection from all the challenges of our ascent

Nirmalā mātā ............... The Mother of Divine Waters

Sudhā-sāgara madhyā-sthā At the Centre of the Ocean of Nectar

Chandra-maṇḍala-madhyā In the Centre of the Sahasrāra, like the Orb of the Moon

Chandra-nibhā ............... Luminous like the Moon

Nirvikalpa samādhi ...... Doubtless Awareness that brings Complete Peace

Sahasrār'āmbuja-mitā ...... Dwelling in the Lotus of the Sahasrāra

Dharm’ātītā ................. The One from whose Abode all actions are Pure and Dharmic

Kāl’ātītā .................. Beyond Time

Gun’ātītā .................... Being beyond and commanding the Three Gunas

Mahākālī .................... The Joy and Auspiciousness at the summit of the Sahasrāra in the form of Shri Mahākālī

Mahāsaraswatī ............. Bestowing the Power of the Yogis of Pure Attention and Creativity of Shri Mahasaraswatī which is enlightened in the Sahasrāra

Mahālakṣhmī ............... The Power and the Bestower of the Power of the Eternal Present of Shri Mahālakshmi bringing us Truth and Self-realisation at the Sahasrāra

Mahā-māyā ................. The Great Illusory Power, the One who bestows good on humanity and destroys evil

Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ

These 79 names of Shri Raja-rajeshwari were created by Shri Mataji Herself and were recited during Sahasrāra 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' īdye 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.

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19 Mantras for Sahasrāra

*Given by Shri Mataji – Rahuri, 07-02-1979*

‘Today I’m going to tell you what are the mantras of Sahasrāra, 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 ¹Hiranya-garbha** .......... *The ‘Golden Egg’ - Right Side Power*
6. **Shri ²Satya** ................. *‘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 ³Ardha 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 Mātāji Śhrī Nirmalā Devyai namo namaḥ*

1 *Mahā-Brahmadeva*
2 *Satya – ‘Truth’ a quality of Nabhi –*
3 *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

Al-Khālif wa'l-Khalaf- -As-Ṣāleḥ .. 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

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

Al Imām al-Ālim-al Mu'ād Master of the Science of Resurrection and of Returning to the Source

Imām Ākhīr 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

Ism al-Ā'ṭham-
- 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 –’Perfecr 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.
God Almighty in His Dance unifies with Your Complete Power as Shri Ādi Shakti.

You are the Primordial Power of the Holy Spirit that mothered Shri Jesus.

You are the Creatrix, the Feminine Creative Energy that sustains the peace of God Almighty.

Through Your Mahālakshmi Power, we experience the timeless peace of the Fourth Dimension (Turiya).

Shri Ādi Shakti, You enable God Almighty to do His Sacred Work. Verily, You are the Most Sublime Power in the Cosmos.

God Almighty takes charge in a way that is swift and surprising, if anyone acts against Shri Ādi Shakti.

Shri 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.

You created the world of the Divine, and the world of the evolving. May our evolution merge with this Divine Play.

O Shri Ādi Shakti, evolution is the force that gives rise to Your Divine Play in the lives of humanity.

The Ādi Kundalini formed the Primordial Chakras, and opened the doors to the unfolding of life.

It is You who created the Kundalini of our Mother Earth.

The simplest flower has its fraction of You, the grandest tree has its share as well.

All nature's creatures are Yours, from the beauty of Mother Earth's green sari to the majesty of the tiger and the lion.

The gravity of Mother Earth, and of all Your Heavenly Spheres, are controlled by Your Power Magnificent.

Your Power, the Param-chaitanya, adjusts nature and its elements, and its All-pervading Power opens us to Your Benevolence.

Shri Ādi Shakti is the artistic Creator of the Mother Earth and those who respect the Mother Earth are loved by You.

Shri 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.

The native peoples of America worshipped Shri 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.
The Mystery of living processes is Yours and Yours alone, and cannot be duplicated by any personality. Let humanity be aware of this.

O Rutambhara Pragnya, You are one of the Powers of Shrī Ādi Shakti, You are the Power of All Living Work.

You regulate and organise all life.

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.

Shrī Ādi Shakti, let the feminine qualities of the Sahaja Yoganis manifest through the beauty of meditation, surrender and self-esteem.

You give to women the regal gentleness of Shalinata to care for their families and to be the preservers of society.

Your quality of Sharada-Devī (Saraswati) gives authority over the truth, art, music and drama.

You also came as Sati-Devī, establishing a Royal Dharma to which we aspire.

O Vag-Devī, Goddess of Language, You give inspiration to the great poets and saints.

Shrī Ādi Shakti, to describe You is the work of poets and saints, yet words cannot even begin to express Your Magnificence.

You are Para-shakti, the Power beyond all powers.

Give us, O Shrī Ādi Shakti, greater humility so that we can gain some small glimpse of Your Glory.

Make us like the Sufis and the Gnostics adoring You at every moment.

Your Power of Mahālakshmi bridges over the Void to allow the Kundalini of the seekers to ascend.

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.

We pray that Shrī Ādi Shakti's Love continues to protect all the saints and seekers around the world.

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.

Your Love gives power to the Bandhan, which directs the vibrations.
Your Power of Kundalini brings freedom that is Divine. It is the only true freedom.

Flow through us freely. Help us give vibrations to all with Your Photograph of living vibrations.

Your Mahāmāyā Swarūpa allows us to be near You and it shields us from the Awesome Might that flows from You.

Śrī Ādi Shakti, please give us deeper powers of introspection, so that we become self-cleansing and self-aware.

You are the Mother who desired that human beings be mirrors for God Almighty.

You have crafted beautiful mirrors of the Spirit in the Sahaja Yogis to help redeem humanity.

Your Compassion protects us from the wrath of God Almighty.

Through Maya, humanity forgot the Principles of Life. Through Sahaja Yoga, humanity now remembers and absorbs the vibrations of Śrī Ādi Shakti.

May Your Evolutionary Force bring humanity to the inspired existence of the Golden Age.

The following adorations were added by Śrī Mataji Herself:

You have disentangled us from the clutches of false pride, jealousy, attachment, greed, false identification and violence.

You have incarnated on this Earth for the Last judgement.

You are the Source of cognitive science and the Torsion area.

Whatever human beings plan, You dismantle it to destroy their egos. With one subtle movement of Your finger, You destroy people like Hitler.

You give powerful advice with subtle humour.

You correct Sahaja Yogis, never by harsh words, but with loving, gentle affection.

You explain the subtle meaning of all the scriptures.

You expose falsehood in very direct ways.

You do not know any fear and You give complete security to all Sahaja Yogis.

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.

Sākṣhāt Śrī Ādi Śhakti Mataji Śrī 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
108 Thank You's to Shri Mātājī

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, Shrī 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.
Thank You for establishing the Kingdom of God on Earth.

Thank You for accepting our offerings and prayers.

Thank You for showering Your blessings endlessly upon us.

Thank You for opening the gateway to Heaven within us.

Thank You for bestowing the gift of Yoga upon us.

Thank You for making us.

Thank You for baptising us.

Thank You for healing us.

Thank You for purifying us.

Thank You for cleansing us.

Thank You for transforming us.

Thank You for enlightening us.

Thank You for nourishing us.

Thank You for elating us.

Thank You for being with us.

Thank You for loving us.

Thank You for forgiving us.

Thank You for helping us.

Thank You for protecting us.

Thank You for encouraging us.

Thank You for guiding us.

Thank You for comforting us.

Thank You for counselling us.

Thank You for correcting us.

Thank You for never abandoning us.

Thank You for saving us.

Thank You for gathering us.

Thank You for teaching us.

Thank You for opening our hearts.

Thank You for caring for us.

Thank You for accommodating us.

Thank You for trusting us.

Thank You for counting on us.
Thank You for waiting for us.
Thank You for taking us into Your Divine Body.
Thank You for giving us collectivity.
Thank You for giving us friendship.
Thank You for giving us families.
Thank You for giving us positions in life.
Thank You for giving us wealth.
Thank You for giving us spiritual authority.
Thank You for giving us self-esteem.
Thank You for giving us discrimination.
Thank You for giving us wisdom.
Thank You for giving us success.
Thank You for giving us meditation.
Thank You for giving us inner peace.
Thank You for giving us inner joy.
Thank You for giving us enlightened attention.
Thank You for giving us detachment.
Thank You for equipping us with Divine Weapons.
Thank You for submitting us to the benevolent attention of the Deities and all Celestial Beings.
Thank You for giving us concern for others.
Thank You for giving us the power to help others.
Thank You for giving us the satisfaction of spreading Vishwa Nirmalā Dharma.
Thank You for Your continuous attention.
Thank You for being the mirror.
Thank You for being ever-present.
Thank You for being gentle.
Thank You for being wonderful.
Thank You for being in our hearts.
Thank You for being our Guru.
Thank You for being our Mother.

Sākshāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ

The 108 Thank Yous 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

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**Japo jalpaḥ śhilpam 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_

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**Manas-twam vyomas-twam marud-asi marut-sārathir-asi**

**Twam-āpas-twam bhūmis-twayi pari-ṇatāyām na hi param**

**Twameva swʽātmānam pari-ṇamayitum viśhwa-vapuṣhā**

**Chid’ānand’ākāram Śhiva-yuvati bhāvena bibhṛiśhe**

*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_
Twameva Mātā (Prayer for Forgiveness)

Twameva mātā cha pitā Twameva
You are my Mother and You are my Father,

Twameva bandhuś-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 mayādevi pari-pūrnam 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

Sab.ko duā denā, Mā  Give Your blessings to all, O Mother,
Sab.ko duā denā  Give Your blessings to all, Chorus
Jay. Nirmalā Mātājī (x2)  Victory to Our Immaculate Holy Mother,
Dil.mẽ sadā reh.na, Mā  Always dwell in our hearts, O Mother,
Sab.ko duā denā  Give Your blessings to all.

Jag.mẽ sankat. kāran.  Whenever the world was in danger,
Kit.ne liye avatār., Mā,  Mother, You have always incarnated,
Kit.ne liye avatār.  On this earth in different forms.
Viśhwa me Terī mahimā (x2)  Your Greatness fills the Universe, You are
Tū Gangā Yamunā, Mā, sab.ko duā denā The sacred Ganga and Yamuna.

Jo bhī sharan. mẽ āyā  Whoever surrenders himself to You,
Sukh. hī milā us.ko, Mā  Gets complete satisfaction, O Mother,
Sukh. hī milā us.ko  Gets complete satisfaction.
Bhaith. ke dil.me O Mā (x2)  Once You have entered our hearts,
Laut. ke nā jānā, Mā, sab.ko duā denā  Do not go away, O Mother.

Mānav. mẽ avatar ke  By incarnating in human form,
Kar. diyā ujiyārā, Mā  You have enlightened our lives, O Mother,
Kar. diyā ujiyārā  You have enlightened our lives.
Kali yug. mẽ māyā hai (x2)  In spite of the illusions of Kali Yuga,
Fir. bhī peh.chānā, Mā, sab.ko duā denā We have recognized You.

Sant. jano kī dhartī  The Land of all the Saints,
Hai Bhārat. Mātā, Mā  Is Mother India, O Mother,
Hai Bhārat. Mātā  Is Mother India.
Is. dhar.tī par. ākar.* (x2)  As You have incarnated in this land, please
Dukh. se dūr. karanā, Mā, sab.ko duā denā Take away our sorrows.

Jab. dil. mẽ āye tab.  Whenever we so wish,
Madhu sangīt. sun.lo, Mā  We can listen to the sweet music inside,
Madhu sangīt. sun.lo  O Mother, to the sweet music inside.
Hoya sake jo sewā (x2)  Whatever service You wish us to do,
Ham.se karā lenā, Mā, sab.ko duā denā Kindly ask us to do it, Mother.

* originally written āke but now mostly sung ākar. ē- is a nasalized e
Jayanti Maṅgalā Kāli Bhadrakāli 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

Om Twameva sākshāt Śhrī... You are...

Mahākālī ............... The Great Black Goddess, the Seed Energy of God’s desire

Kāma-dhenu ............. The Divine Wish-fulfilling Cow
Kāma-swarūpā ........... In the Form of Love and Desire
Varadā .................... The Bestower of Boons
Jagad-ānanda kārinī ... The Cause of the Total Bliss of the Universe
Jagat-jīva mayī .......... The Life-force of the Universe
Vajra-kaṅkālī ........... Having a Mighty Skull like a Thunderbolt
Śhāntā ..................... Peaceful
Sudhā-sindhu nivāsinī Dwelling in the Cosmic Ocean of Nectar
Nidrā ...................... Sleep

Tāmasi .................... The Dark Night, creating and ruling Tamo Guna
Nandinī .................... Pleasing everyone
Sarv'ānanda swarūpinī The Embodiment of Universal Joy
Param'ānanda rūpā ... The Highest Form of Divine Bliss
Stutyā ...................... The One to be adored and worshipped
Padm'ālayā ............... Residing in the Purest Lotus
Sadā-pūjyā ............... The Sacred Immutable Object of Adoration
Sarva-priyaṅ-karī ....... Universal wish-fulfilling Divine Energy
Sarva-maṅgalā .......... All Auspiciousness
Pūrnā ..................... Perfect, Complete

Vilāsinī ................... The Charming and Playful Goddess whose sport is the Universe

Amoghā .................... The Infallible Mother whose darshan seldom goes unrewarded

Bhogawatī ................ The Enjoyer of the Universe
Sukhadā ................... The Bestower of Perfect Happiness
Niṣhkāmā ................ Desireless
* Madhu-kaitabha hantri. The Killer of Madhu and Kaitabha
* Mahiṣh'āsura ghātinī. The Slayer of Mahishasura
* Raktabīja vināśhinī. The Annihilator of Raktabija
* Narak'āntakā. The Destroyer of Narakasura
Ugra-chand'ēśhwari. The Goddess of fire, hailstorm and fury
Krodhinī. Cosmic wrath
Ugra-prabhā. Radiant with fury
Chāmuṇḍā. The Killer of Chanda and Munda
Khadga-pālinī. The One who rules by the sword
Bhāswar'āsurī. Whose Fierce Radiance destroys demonic forces
* Śhatru-mardinī. The Destroyer of Enemies
Raṇa-paṇḍitā. The Master of the Art of War
Rakta-dantikā. Whose Sparkling Teeth are Red with Blood
Rakta-priyā. Fond of the Blood of Demons
Kapālinī. Holding a Skull in Her Hand
Kuru-kula-virodhini. Confronting demonic hosts and all the evils of the world
Kṛiṣhṇa-dehā. Dark-bodied
Nara-mundalī. Wearing a Garland of Human Skulls
Galat-rudhira-bhūṣhanā. Adorned with Drops of Blood
Preta-nṛitya-parāyaṇā. The Ultimate Object of the Dance of dead souls
Lolā-jihvā. Whose dangling tongue has a thirst for the blood of demons
Kuṇḍalinī. The Coiled Energy of Pure Desire that sleeps in the Water-pot
Nāga-kanyā. The Virgin Serpent
Pati-vratā. A Faithful and Devoted Wife
Śhiva-saṅginī. The Eternal Companion of Shrī Shiva
Visaṅgī. Without any Companion
Bhūta-pati priyā. Loved by the Lord of all beings, Shrī Shiva
Preta-bhūmi kṛitālayā. Dwelling in the land of bhoots and ghosts
* Daityendra māthinī. The Slayer of the demon chiefs
Chandra-swarūpinī. Of the Form and Cooling Radiance of the Moon

* said without Shri
Prasanna-padma-vadanā. Having a Bright Lotus-like Face
Smera-vaktrā .......... The Divine Mother with a Smiling Countenance
Sulochanā .......... With Beautiful Eyes
Sudantī .......... Having Marvelous Glittering Teeth
Sindurāruna-mastakā .... Decorated with Red Sindur on the Forehead
Sukeśhī .......... With Magnificent Long, Dark Hair
Smita-hāsyā .......... Eternally Smiling to Your Devotees
Mahat-kuchā .......... Whose Magnificent Breasts give nourishment to the Whole Universe
Priya-bhāśhinī ...... Gifted with Loving Eloquence
Subhāśhinī .......... Of Soft and Melodious Speech
Mukta keśhī .......... Whose Loose and Flowing Hair grants Liberation
Chandra-koti-sama-prabha ... Shining with the Lustre of ten million Moons
Agādha-rūpinī .......... Of Unfathomable and Immeasurable Form
Manoharā .......... Magnetic and Charming, winning every heart
Manoramā .......... Whose Divine Grace and Charm please all
Vaśhyā .......... The Celestial Charmer in the form of an Obedient Wife
Sarva-saundarya nilayā . The Home of All Beauty
Raktā .......... Beautiful and Beloved; Red is Your Colour
Swayaṁbhū-kusumā-prānā ... The Life Force of the Universe
Swayaṁbhū-kusum’onmādā .. Intoxicated with the ‘Self-created flowers’, the Chakras
Śhukra-pūjyā .......... Worshipped as the Whiteness of Purity
Śhukra-sthā .......... Surrounded by a halo of Purity and Whiteness
Śhukrātmikā .......... The Soul of Purity and Sacredness
Śhukra-nindaka-nāśhinī . Committed to destroying the Foes of Holiness
* Niśhumbha-śhumbha-samhantrī . The Slayer of Shumbha and Nishumbha

* said without Shri
The 108 Names of Shri Mahakali

Vahni-maṇḍala-. . . . . . Residing in the ‘Orb of Fire’, the Earth Realm comprising the lower three Chakras

Vīra-jananī . . . . . . . . The Mother of the Brave
Tripura-mālinī . . . . . . Garlanded with the heads of the Tripura demons
Karālī . . . . . . . . . . . The Wide-gaping Consuming Power of Shri Agni
Pāśhinī . . . . . . . . . . . The Controller of Worldly Snares
Ghora-rūpā . . . . . . . Having a Terrifying Form
Ghora-daṁṣṭrā . . . . . . With Fierce Jaws
Chandi . . . . . . . . . . . Fired up to destroy evil attacking Your Devotees
Sumati . . . . . . . . . . . The Mother of the Purest Wisdom
Punya-dā . . . . . . . . . Showering Virtues and Holiness
Tapaswinī . . . . . . . Ascetic
Kṣhamā . . . . . . . . . . . Forgiveness
Taraṅginī . . . . . . . . . Bubbling with Life and Energy
Śhuddhā . . . . . . . . . Chaste Purity
Sarv'eśhwari . . . . . . . . . The Mistress of the Cosmos
Gariṣṭhā . . . . . . . . . . . Overflowing with Joy
Jaya-śhālinī . . . . . . . The Victorious Queen
Chinta-mani . . . . . . . The Wish-fulfilling Gem
Advaita bhoginī . . . . Delighted when devotees become One with You
Yog'eśhwari . . . . . . . . . The Goddess of Yoga
Bhoga-dhārinī . . . . . Sustaining the Enjoyment of Life
Bhakta-bhāvitā . . . Fulfilled by the Pure Love of Your Devotees
Sādhaḵ'ānanda-santoṣhā Fulfilled by the Joy of Your Devotees
Bhakta-vatsalā . . . . . Loving Her Devotees as Her Children
Bhakt'ānanda mayī . . . . . . . . . . . . . . . . . . . The Source of Eternal Joy for Your Devotees
Bhakta-śaṅkarī . . . . . . Giving All Blessings to Your Devotees
Bhakti-saṁyuktā . . . To Whom one gets connected through Devotion
Niṣhkalaṅkā . . . . . . . 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 Mātāji 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

Om Twameva sākshāt Śhrī...

Mahā-bhairava ............... The Great All-powerful Bhairava
Batuka Bhairava ............. Ever Young, appearing as a Young Boy
Siddha Bhairava ............... The Seer, Perfect and Powerful
Kaṅkāla Bhairava ............. Bearing the skull of Brahmā
Kāla Bhairava ................. The Dark-hued Lord of Death and Time
Kālāgni Bhairava ............. The Fire of Destruction
Yoga Bhairava ................. Lord of the Divine Union
Śhakti Bhairava ............... The Almighty Lord endowed with Great Power
Ānanda Bhairava ............. The Lord of Divine Bliss
Mārtanda Bhairava .......... Bright like the Sun

Gaura Bhairava ................. The Lord of Absolute Purity
Bāla Bhairava ................. The Mighty Lord who appears as a Child
Batu Bhairava ................. The Celibate Youth
Śhmaśhana Bhairava ........ The Lord of Cremation Grounds and Cemeteries
Purā Bhairava ................. The Ancient Lord
Taruna Bhairava ............. The Lord of Ever-youthful Vigour
Param’ānanda Bhairava .... The Supreme Bliss
Sur’ānanda Bhairava ....... The Lord who pleases the Gods
Gñyān’ānanda Bhairava .. The Bliss of Divine Knowledge
Uttam’ānanda Bhairava .. The Supreme Ecstasy
Amṛut’ānanda Bhairava .. The Nectar of Divine Bliss

Śākṣhāt Śhrī Ādi Śhakti Mātāji
Śhrī Nirmalā Devyai namo namaḥ
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.

*In India the term of respect ‘nāth—‘lord, master’ is almost always added to Śhrī Brairava’s name.

Shri Bhairava

‘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 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 Mahāvira (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 Śhrī Buddha He gave up a kingdom and achieved enlightenment after years of austerities and meditation; experiencing many tortures before attaining enlightenment. 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 Śhrī 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
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 Šhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ
*Shri Mataji gave this mantra with namaḥ at the end. Book of Adi Šhakti, 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 Śrishti -‘Creation’ Bīja (Aindrī/Mahāsaraswati) activating the Pure Desire in the Mūlādhār -Sacrum

Hrīm- the Sthiti -‘Sustenance’ Mahālakshmī Bīja - the ascent of the Kundalini up the Sushumna Nadi, and the Union of Shiva and Šhakti in the Sahasrāra.

Klīm- the Samharga -‘Dissolution’ Mahākālī Bīja- as Ānanda -‘Bliss’ in the Sahasrāra.

Glaum- takes the attention down to Mother Earth and Mūlādhāra Chakra

Gam- the Ganesha Bīja, raising the Kundalini and conferring Bliss in the Sahasrāra.

Chāmuṇḍā- the aspect of Shri Durgā who destroys the demons Chaṇḍa-‘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 24th 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 17th Tirthankara

Tārāvatī ........ ‘Granting Salvation’ - Goddess of the 18th Tirthankara

Bahu-rūpinī .... ‘Having many forms’ – Goddess of the 20th Tirthankara

Chāmuṇḍā .... ‘The Destroyer of Demons’ – Protecting the 21st Tirthankara

Aparājitā .... ‘Unsurpassed’ – Protectress of the 19th Tirthankara

Padmāvatī .... ‘Lotus-like’ – Goddess protecting the 23rd Tirthankara

Ambā ........ ‘Mother’ – Protectress of 22nd Tirthankara.

Sidhhāyikā .... ‘Achieving liberation’ – Protectress of Shri Mahāvīra, the 24th Tirthankara

Bhairava .......... The Lord of the Subconscious

Vimal'eśhwara .. ‘Lord of Purity’; Yaksha deity of the Siddha-chakra

Mani-bhadra ... Chief of Yakshas, an aspect of Shri Shiva.

Brahma-śhānti .. ‘Supreme Peace’ – Goddess of 10th 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 23rd Tirthankara

Anaṅga-ruddha ‘Sky-clad’, who rendered the God of Love ineffectual

Sarvaḥ ........ The Whole; Īśhwara, beyond the Three Gunas

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

Holy Mother, Shri Mataji, You are verily the Archangel Gabriel as Shri Hanumana. You remove our pride, arrogance and hypocrisy with Your Humour and Love. We bow to You in eternal gratitude!

Om Twameva sākṣhāt Śhrī...

You are...

Bajaraṅga-balī ............. Saffron-coloured and Immeasurably Strong
Rāma-duta .................. The Messenger of Shri Rāma
Pavana-suta ............... The Son of the Wind-God
Kapīśha ..................... The Greatest of the Monkeys
Anjanī-putra ............... The Son of Anjani
Mahāvīra .................... A Great and Powerful Warrior
Śhaṅkara-suvana .......... The Incarnated Son of Shri Shiva
Vidyāvāna .................. Highly Learned
Kānchana-varna ........... Of Golden Complexion
Vikata-rūpa ............... Of Huge and Powerful Form
Bhīma ........................ Almighty and Formidable
Rāma-priya .................. Loved by Shri Rāma
Rāmadāsa .................. The Eternal Servant of Shri Rāma
Balavāna ..................... The Lord of Immense Strength
Sugrīva-mitra .............. A Friend to Sugriva, helping him regain His Kingdom
Rāma-dwāra-pāla .......... Guarding the Door of Shri Rāma
*Bhūta-piśhācha nāśhaka The Destroyer of ghosts and evil spirits
Sarva-vyādhi-hara ........ The Remover of all sickness and disease
Saṅkata vimochaka ....... The Liberator from all danger and difficulties
Rāmakaj’ātura ............. Always anxious to accomplish Shri Rama's work; You bring to fruition all His Enterprises

Amita jīvana-phala-
- pradāyaka ............. Granting the unlimited Fruits of Life
Aṣhṭa-siddhi-nava-
- nidhi-dāyaka ........ Giving the Eight Powers and Nine Forms of Devotion
The 108 Names of Shri Hanumana

- Roma-roma-
- Rāma-nāma-dhārī . Whose Every Cell bears the Name of Shri Rāma
- Sarva-jagat-ujiyārā-
- dāyaka . . . . . . . . . Enlightenment the Entire Universe

- 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

- 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
- Bala-vīra . . . . . . . . . . . . . . Strong and Valiant
- Laṅkeśha-gruha-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

- Gadā-hasta . . . . . . . . . . . . . . The Wielder of the Mace
- Sahaja-saṅgha rakṣhaka . . The Protector of the Sahaj Collective
- Sanjīvani upalabdha . . . . . Bringing the life-saving
- Sanjivani Herb to save Lakshmana

- Lakṣhmaṇa-prāṇa dātā . . . . . The One who saved Lakshmana’s Life
- Rāma-charitra vandana . . . . . The Praise of Shri Rāma’s Character
- 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)

- Duḥkha-bhañjana . . . . . . . . The Destroyer of Pain and Sorrow
- Ati-chātura . . . . . . . . . . . . Skilled, Wise and extremely Intelligent
*Asura nikhandana  
Simha  
Goswāmī  
Rāma bhakta  
Bhakti swarūpa  
Jagat vandita  
Kesarī nandana  
Mahāyogī  

Sindūra lepita  
Sanātana  
Vanachara  
Bhāgya vidhātā  
Kṛipa nidhāna  
Mahārājā  
Rāma-bhajana rasika  
Garvita  
Bala-bhīma  
Chiranjivī  

Úrdhva-gāmī  
Sūkṣhma rūpa  
Sītā jīvana-hetu kāya  
Ram’āśhirvādita  
Niṣhkalaṅka  
Bhayaṅkara  
Chandra-sūry’āgni netra  
Sītā-anveśhaka  
Roga nāśhaka  
Manoratha sampūrnaka  

Mokṣha-dwāra  
Bharata-sama-priya  
Jaladhi-lāṅghita  
Prasidha  

The 108 Names of Shri Hanumana

*Asura nikhandana  
The Destroyer of the Asuras

Simha  
Powerful like a Lion

Goswāmī  
The Lord of the Earth

Rāma bhakta  
The Greatest Devotee of Shri Rāma

Bhakti swarūpa  
Devotion Personified

Jagat vandita  
Worshipped by the Entire World

Kesarī nandana  
The Son of King Kesari

Mahāyogī  
The Great Yogi

Sindūra lepita  
Anointed with red kum-kum paste to Your Body

Sanātana  
Beyond the Boundaries of Time and Space

Vanachara  
Dwelling and moving in the forest

Bhāgya vidhātā  
The Creator of Good Fortune

Kṛipa nidhāna  
The Reservoir of Blessings

Mahārājā  
The Great King

Rāma-bhajana rasika  
Fond of singing Shri Rāma’s Bhajans

Garvita  
Proud (as a disciple of Shri Mataji)

Bala-bhīma  
Formidable Strength

Chiranjivī  
Immortal

Úrdhva-gāmī  
The Ascent

Sūkṣhma rūpa  
The One appearing before Shri Sītā in a Subtle Form

Sītā jīvana-hetu kāya  
The Well-wisher of Shri Sītā

Ram’āśhirvādita  
Completely Blessed by Shri Rāma

Niṣhkalaṅka  
Of Unblemished Purity and Innocence

Bhayaṅkara  
Terrifying

Chandra-sūry’āgni netra  
Whose Eyes are the Sun, Moon and Fire

Sītā-anveśhaka  
The One who found Shri Sītā (in Lanka)

Roga nāśhaka  
The Destroyer of Diseases

Manoratha sampūrnaka  
The Fulfiller of Desires

Mokṣha-dwāra  
The Gateway to Emancipation

Bharata-sama-priya  
As dear to Shri Rāma as His Brother Bharata

Jaladhi-lāṅghita  
Leaping across the sea to bring Shri Rāma’s message to Shri Sītā

Prasidha  
The Most Eminent Angel of the Universe
<table>
<thead>
<tr>
<th>Name</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Guru</strong></td>
<td>The Guru</td>
</tr>
<tr>
<td><strong>Yantrī</strong></td>
<td>The Divine Engineer who works through our conscience</td>
</tr>
<tr>
<td><strong>Swara-sundara</strong></td>
<td>Having a Melodious Singing Voice</td>
</tr>
<tr>
<td><strong>Sumaṅgala</strong></td>
<td>Supremey Auspicious</td>
</tr>
<tr>
<td><strong>Brahma-chārī</strong></td>
<td>The Pure Chaste Student</td>
</tr>
<tr>
<td><strong>Rudrāvatāra</strong></td>
<td>Incarnating as the eleventh Destructive Power (Rudra)</td>
</tr>
<tr>
<td><strong>Vāyu vāhana</strong></td>
<td>Whose Vehicle is the Wind</td>
</tr>
<tr>
<td><strong>Ahaṁkāra-khandana</strong></td>
<td>The Destroyer of Ego</td>
</tr>
<tr>
<td><strong>Vaikuntha-bhajana priya</strong></td>
<td>Fond of singing bhajans in Vaikuntha</td>
</tr>
<tr>
<td><strong>Santa sahāya</strong></td>
<td>The Helper of the Saints</td>
</tr>
<tr>
<td><strong>Piṅgala</strong></td>
<td>The Essence of All Action and Right Side Activity (reddish brown)</td>
</tr>
<tr>
<td><strong>Setu-bandha viśhārada</strong></td>
<td>The Master Bridge Builder</td>
</tr>
<tr>
<td><strong>Bhānu-grāsa</strong></td>
<td>The One who, as a Child, swallowed the Sun to control it</td>
</tr>
<tr>
<td><strong>Viveka dāyaka</strong></td>
<td>The Bestower of Discrimination and Wisdom</td>
</tr>
<tr>
<td><strong>Bhakti-śhakti-śamādhikārī</strong></td>
<td>The Master of Balancing Devotion (Left Side)</td>
</tr>
<tr>
<td></td>
<td>and Power (Right Side)</td>
</tr>
<tr>
<td><strong>Phalāhāra prasanna</strong></td>
<td>Enjoying eating Fruit</td>
</tr>
<tr>
<td><strong>Manojava</strong></td>
<td>Quicker than Thought</td>
</tr>
<tr>
<td><strong>Vajra-deha</strong></td>
<td>Strong like the Thunderbolt</td>
</tr>
<tr>
<td><strong>Devadūta</strong></td>
<td>The Messenger of God, the Archangel Gabriel</td>
</tr>
<tr>
<td><strong>Nirmalā-dūta</strong></td>
<td>The Messenger of Shri Mataji</td>
</tr>
<tr>
<td><strong>Pavana-gati bhramana</strong></td>
<td>As Fast as the Wind</td>
</tr>
<tr>
<td><strong>Jānakī-mātā samāchārī</strong></td>
<td>Treating Shri Mataji and Shri Sītā equally</td>
</tr>
<tr>
<td><strong>Nirmalā bhakta</strong></td>
<td>The Perfect Disciple of Shri Mataji</td>
</tr>
<tr>
<td><strong>Nirmalā priya</strong></td>
<td>Loved by Shri Mataji</td>
</tr>
</tbody>
</table>

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.
108 Qualities of Shri Hanumana

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.

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.

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.

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 Shri Vayu the wind-God, Your mother is Shri 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 Shri 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.
108 Qualities of Shri Hanumana

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.

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.

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.

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.

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.

Bar.naū Raghubar. bimal. jasu,
Jo dāyaku phal. chāri.

Buddhi-hīn. tanu jānike,
Sumirāum Pāvāna-kumāra.

Bal. buddhi bidyā dehu mohi,
Harahu kales. vikāra.

Choupai (Verses of four padas—‘feet’ of six syllables each)

1) Jay. Hanumān. gñyān. guñ. sāgara,
Jay. kapīs. tihū-lok. ujāgara.

2) Rāma-dūt. atulīt. bal. dhāmā,
Anjanī-putra Pavana-sut. nāmā.

3) Mahā-bīr. bikram. bajaraṅgī,
Kumati nivār. sumati ke saṅgī.

4) Kanchan. baran. birāj. subesā,
Kānan. kuṇḍal. kuñchit. kesā.

5) Hāth. bajra aur dhvajā birājai,
Kānthe múnja janeū sājai.
6) Śhaṅkar. suvaṁ. Kesāri-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. guṇi 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,  
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 Laṅka 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. haraşhi ura lāye.  
Shri Lakshmana, Shri Rama then  
embraced You in joy.

12) Raghupati kinhīm 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) Sanakʻādik. Brahmādi munīsā,  
The God-realised saint Sanaka, along with  
Nārad. Śhārad. sahit. ahīsā.  
Shri Narada and Sharada sings Your praise.

15) Jam. Kuber. dikpāl. jahātē.  
The Gods of Death, Wealth, and Protection  
Kavi kobid. kahi sakē kahātē.  
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 kinhā,  
You helped Sugrīva and brought him to  
Rām. milāya rāja-pad. dinhā.  
Lord Rama; Thus You retrieved his lost  
kingship for him.

17) Tumharo mantra Vibhīşhana mānā,  
Vibhishana listened to Your advice and  
Laṅkeśhwar. 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. hāṅk.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) Saṅkaṭ. té Hanumān. chhurāvai, 
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. rakhyāre,  
  Asur. nikandan. Rām. dulāre.  
You are the Protector of seekers and saints,  
You are the Destroyer of the Asuras,  
the evil forces.

31) Aṣṭa siddhi nav. nidhī ke dātā,  
   As. bar. dīnh. Jānakī Mātā.  
You dispense the Eight Powers and the Nine  
Types of *Devotion, As a boon bestowed on  
You by the Divine Mother Janaki.

32) Rām. rasāyan. Tumhare pāsā,  
   Sadā raho Raghupati ke dāsā.  
You possess the Divine Elixir of Shri Rama’s  
Name; You are ever the Servant of  
Lord Rama.

33) Tumhare bhajan. Rām. ko pāvai,  
   Janam. janam. ke dukh. bisarāvai.  
By singing Your praise one reaches Shri  
Rama; And is freed from the sorrows  
of many lifetimes.

34) Ant. kāla Raghubar. pur. jā-ī,  
   Jahom janma Hari-bhakta kahā-ī.  
In the end such a one enters the Divine  
Abode of Shri Rama; If reborn, he  
becomes a Devotee of Shri Viṣhṇu.

35) Aur. Dev.tā chitt. na dhara-ī,  
   Hanumat. se-ī sarb. sukh. kara-ī.  
Your Devotees need not remember any  
other Deity; All Happiness is assured by  
Lord Hanuman.

36) Sañkat. katai mitai sab. pīrā,  
   Jo sumirai Hanumat. bal.birā.  
All difficulties and pain are destroyed,  
When one remembers Hanuman,  
the Strong and Brave.

37) Jay. jay. jay. Hanumān. gosā-ī,  
   Kṛipā karahu gurudev. kī nā-ī.  
Victory to Hanuman! Lord of my entire Self  
Shower Your grace on me as a Divine Guru.

38) Jo sat. bār. pāth. kar. ko-ī.  
   Chhūtahi bandi mahā sukh. ho-ī.  
One who recites this Chalisa a hundred  
times, will be delivered from difficulties  
and will attain great joy.

39) Jo yah. padhai Hanumān. Chālisā,  
   Hoy. siddhi sākhī Gaurīsā.  
One who recites this Chalisa in praise of  
Shri Hanuman, will achieve success and  
get the darshan of Lord Shiva.

40) Tulsidās. sadā Hari cherā,  
   Kijai nāth. hridaya mama derā.  
Tulsidas is ever the Servant of the Lord  
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 Aarti, 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.'  

Shri Rāmdās’s final instructions to His followers 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 sākṣhāt Śhrī.... You are...

Mitra ............... The Friend who is Generous beyond measure
Ravi ................. Whose Rays bring Life and Vitality
Sūrya ............... The Heavenly Sun, beholding the actions of mankind
Bhānu ............... Glorious Brilliance
Khaga ................. Moving through the Sky
Deva-kārya ........... Obedient to Divine Commands
Hiranya-garbha ....... The Creative Principle, born of the Golden Egg
Aruna ................. The Dawn personified as the Sun’s charioteer
Savitā ............... The Impeller and Stimulator of Life
Āditya ............... The Son of Āditi – the Mother of the Devas
Bhāskara ............. Radiating Light
Arka ................. Emanating Rays

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 hārinī ... The Remover of all heat
Sanjīvani 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

Sākṣhāt 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 Śrī Nirmala Virāt-aṅgana
Victory to She who has all the Powers of all the Deities of the Universe,
Who incarnated as Our Divine Mother Shrī 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 saṁhantrī .... The Destroyer of the demon Taraka
  as the Shakti of Śhrī Kārtikeya

* Niśhumbha-Śhumbha-
  -saṁhantrī ... The Destroyer of Shumbha and Nishumbha
  Jagadambā Durgā Mātā .... Mother of the Universe, destroying the Asuras
  Rakšā-karii .................. The Protectress
* Rākshasa-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 Krishna

* Bhand'āsura mardinī ...... Śhrī Lalitā, the Destroyer of the demon Bhandā
* Raktabīja-vimardana ...... Crushing the demonic Raktabīja (terrorism)
* Śhirdī Sāī 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 Kārttikeya - 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 Aīm Hrīm Klīm Chāmundayai vichche namah’ - is used to
  awaken Adi Shakti as Jagadamba or Chāmundā.’ 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.

<table>
<thead>
<tr>
<th>Chakra Element</th>
<th>Bija of Element</th>
<th>Bījas of the petals of the Chakra</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mūlādhāra Earth</td>
<td>Om, Lam (x4)</td>
<td>vam, śham, śham, sam</td>
</tr>
<tr>
<td>Swadhistan Fire</td>
<td>Om, Vam (x6)</td>
<td>bam, bham, mam, yam, ram, lam</td>
</tr>
<tr>
<td>Nabhi Water</td>
<td>Om, Ram (xl0)</td>
<td>ḍam, ḍham, ṇam, tam, tham, dam, dham, nam, pam, pham</td>
</tr>
<tr>
<td>Heart Air</td>
<td>Om, Yam (x12)</td>
<td>kam, kham, gam, gham, Ņgam, cham, chham, jam, jham, ņam, ŏam, ŏham</td>
</tr>
<tr>
<td>Vishuddhi Ether</td>
<td>Om, Ham (x16)</td>
<td>am, ām, im, īm, um, ūm, ōm, ōm, ṛim, ṛīm, lṛim, lṛīm, em, aim, om, aum, aṁ, aḥ*</td>
</tr>
<tr>
<td>Agnya Mind</td>
<td>Om (x2)</td>
<td>ham, ksham</td>
</tr>
<tr>
<td>Sahasrāra Chaitanya</td>
<td>Om</td>
<td>Om</td>
</tr>
</tbody>
</table>

**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, ṛṛ.
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 Šhrī Niśhkāmā Kāma-mardinī sākṣhāt Šhrī Ādi Šhakti Mātājī Šhrī 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 Šhrī Niśh-krodhā Krodha-śhamanī Sākṣhāt Šhrī Ādi Šhakti Mātājī Šhrī 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 Shri Krishna)
Affecting: Swadhishthana, whole right side, liver, ego/front Agnya.
Remedy: Be angry with yourself, forgive everyone, and be compassionate towards others.

3 Om Twameva sākṣhāt Šhrī Nir-lobhā Lobha-nāśhinī sākṣhāt Šhrī Ādi Šhakti Mātājī Šhrī 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-ahaṁkāra 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 (Ahaṁkāra) (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).
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 Shri 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:** **Śhrī Yagyā Devatā** – ‘Deity of Ceremonies’ and **Śhrī 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 sākṣḥāt Śhrī ........ 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…….’ (whatever 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 Pūrnam-adaḥ Pūrnam-idam Pūrnāt Pūrnam-udachyate
  Om, that is complete, this is complete;
  from completeness, this completeness has come forth.

  Pūrnasya Pūrnam'ādāya Pūrnam-ev’āvaśiṣhyate 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 Shri 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 vibhedini sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ

Until Brahma-granthi breaks the Kundalini will not rise to Nābhi. 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 Viṣhṇu-granthi vibhedini sākṣhāt Śhrī Ādi Śhakti Mātāj Śhrī Niirmala Devyai namo namaḥ

Between Nābhi 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 vibhedini 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 Swadhishthana, 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.’  

*The lower three Chakras are the Agni or Vahni-maṇḍala – ‘Orb of Fire’, Heart, Vishuddhii 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 ājyotir 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

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.
Shri 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.
0 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! 

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.
'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 Mātāji 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. ḥ - 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'.

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The Subtle System

1 Muladhara
2 Swadhishtana
3 Nabhi
3a Void
4 Heart
5 Vishuddhi
6 Agnya
7 Sahasrara
The Chakras in the Sahasrara

3. Nabhi
Left Nabhi
Right Nabhi

4. Heart (Brahma-randhra)
Left Heart
Right Nabhi

5. Vishuddhi
also centre Ekadasha Rudra

6. Agnya
Right Agnya

11 Ekadasha Rudras
3a. Void
Left Agnya

Hamsa Chakra

Back of Head
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

7. Sahasrara
6. Agnya
5. Vishuddhi (hands, arms, shoulders and the five senses)
4. Heart (Heart, lungs, inner working of senses)
3a. Void
3. Nabhi
2. Swadhishthana (Feet, legs, hips, outside of Void)
1. Mooladhara
1. Mooladhara
1a. Kundalini
2. Swadhishtana
3. Nabhi
3a. Void
4. Heart
5. Vishuddhi
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. Swadishthana:
   **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 Śrī Gaṇeśa 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 Śrī Gaṇeśa 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 namah’ 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

Namaskāra - ‘Making a bow’ has two main forms:-

The first is that when saying namah 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 namah can be divided into na-‘not’, maḥ-‘l’, 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 Śaṅkar’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 ŋ is a nasalisation of the g rather than a n sound) Chakra in centre of head.

Ahaṅkāra ‘Ego, illusion of individuality’. Ahaṁ -‘I am’, kāra –‘Making’. Or: Ahaṅkāra. Egotism as a vice is mamatā –‘Selfishness’.

Amba/Ambikā ‘Mother’


Anāhata ‘Unstruck, without percussion’. Name of Heart Chakra. The unstruck sound is ‘Om’. An –‘not’ āhata -‘struck, wounded’


Anna Pūrna Form of Shri Durgā who gives nourishment. Anna-‘Food, rice’ Pūrna –‘Full, complete’.

Asura ‘Demon, devil’, Rakshasa (incl.). A –‘Not’, sura –‘Shining’


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 **Shri 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-sagara** ‘Ocean of worldly existence, Ocean of Illusion’. **Samsara**.

The ‘Void’ as the whole abdomen. **Bhava** –‘existence’, **sagara** – ‘Ocean’

**Bhumī** 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 **Shri Vishnu’s** navel. Ruler of **Swādhiṣṭhāna Chakra**.

**Brahman** *(n.*)* Formless All-pervading Divine Consciousness- the Supreme Spirit, Growth, expansion, evolution. (from **bṛimh** –‘to expand, pervade’)

**Buddha** ‘Awakened, enlightened, intelligent, wise.’ Ruler of Right Āgnyā Chakra.

**Chaitanya** ‘Consciousness’, Divine Vibrations, the Universal Spirit.

**Chakra** ‘Wheel, disc’, discus as a weapon. Energy Centre in the body.

**Chāmuṇḍā** Form of **Shri Durgā** who destroyed the demons **Chanḍa**-‘Anger’ and **Muṇḍa**-‘Bald head’ *(signifying Ego)*.

**Chandra** ‘Moon’. From **Chand**-‘to shine’

**Chit** Consciousness, attention, soul, spirit.

**Chitta** Thought, attention, mind.

**Dattātreya** 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,
Devī Goddess. (fem. of Deva-‘god’)
Dharma Righteousness, good conduct, morality. From dhṛ-‘Support’
Durgā Supreme Goddess – Consort of Shri Sadāśhiva. Carries us over difficulties, hard to attain, living in an inaccessible place. Shri Pārvati in the Central Channel (fair/golden form)/Centre Heart. Dur-‘Difficult’ ga-‘Approach, abide’
Ekādaśha ‘Eleven’. Eka-‘one’, ādaśha-‘with ten’ See Rudra.

Gaṇeśha/Gaṇapati ‘Chief of Lord Shiva’s attendants’/ ‘Lord of all groups and Categories’/ ‘God of the people’. Controller of the Chakras’ (as a Gana-‘group’) Gaṇa-‘group, troop, attendant, people’. Īsha-‘God, controller’, pati-‘Lord, protector’. Deity of Mūlādhāra Chakra and the ‘Remover of Obstacles’ who is to be worshipped first. Incarnated as Lord Jesus Christ.

Garuda Vedic eagle deity which became the vehicle of Shri Vishnu
Gaurī ‘Shining, pure, white, golden’. Shri Pārvati has two forms, dark-skinned on the Left Side (Kālī) and fair in the central channel (Gauri, Durgā)

Gñyāna ‘Knowledge’, especially knowledge of the Absolute. Quality of Central Channel. A Gñyānī is a realised soul.

Granthi ‘Knot, joint, doubt or difficulty’. The three Granthis separate the three sections of the Subtle System.

Guṇa ‘Quality, attribute, mood, good quality’. The Three Guṇas are the qualities of the three channels as Tamas-‘Darkness’ Left Side, Rajas-‘Passion’, Right Side and Sattva-‘Reality’, Centre.

Guru ‘Teacher, respectable, heavy’.

Gṛuha-lakṣhmī Goddess of the household. Gṛuha-‘House’


Havan Fire ceremony. From Hu-‘worship’.

Hazrat (Arabic) ‘Noble one, your honour,’ – literally ‘Presence’.

Hṛidaya ‘Heart, joy-giving’: hṛi-‘joy’, daya-‘giving’
Iccha  ‘Desire, wishes’. Quality of Left Side.
Iḍā Nāḍi  Left Side. Channel of refreshment, comfort and the Spirit.
Note: both the d’s are retroflex and have a half r-sound.
Īśhwarā/Īśhvarī (fem) Supreme, controller, ruler, master, God/Goddess.
From Īś – ‘Control, rule’
Jagad-ambā  ‘Mother of the world’. (Jagat-‘world’, ambā-‘Mother’)
Kailāsa  Mountain home of Lord Shiva and Shri Kubera in the Himalayas (now in Tibet).
Kālī  ‘Black’ form of Shri Pārvati, wife of Shiva, ruler of the Left Side.
Kali Yuga  ‘The Age of Vice’. Present Age which started in 3120 BCE (Mahabharata war) and will be followed by Satya Yuga – ‘Golden Age’ – hopefully sometime soon!
Karma  ‘Action’ - Belief in the rewards of good and bad actions in this and previous lifetimes. From kṛ - ‘to do’. Karma also means ‘duty’ and the actions performed in worshipping God.
Kārttikeya  ‘Raised by the Krittikās – ‘Celestial maidens’/ ‘born in the month of Kartika’. Son of Lord Shiva born to destroy the demon Tarakāsura. Rules Right Mūlādhāra Chakra
Kṛttika  Six celestial maidens/ river nymphs who nursed the six-headed Shri Kārttikeya. Became the Pleiades star formation.
Lakṣhmaṇa  ‘Bearing auspicious marks’. Brother of Shri Rāma.
Lalitā-  ‘Charming, beautiful, playful’. Chakra on Left shoulder, power of whole Left Side
Linga ‘Sign, token’. The Shiva Linga is one of the oldest (and best) forms of worship on the planet.

Loka ‘World, realm’. There are 3, 7 or 14. (see Gayatri mantra, p.33)

Mahā ‘Great, higher, mighty, best’. The Goddesses Mahā-kāli, Mahā-Saraswatī and Mahā-lakṣhmī are the Powers of the three Channels.

Mahābharāta Longest poem ever written describing the conflict between cousins, the Pandavas (good guys) and Kauravas (not good guys) and Shri Krishna’s involvement.


Mahā-lakṣhmī- ‘The Great Goddess of Evolution’. Power of the Central Channel (Spiritual Ascent, Peace, Surrender)

Mahā-saraswatī ‘The Great Goddess of Speech’. Power of the Right Side (Creativity expressing love, surrendered action)


Mahat-ahaṁkāra ‘The great I am’. Divine I-consciousness into which our Limited I-ness (ego) dissolves in meditation.

Maṇḍala ‘Circle, area, zone’. Orb of influence. The Mandalas of Fire, Sun and Moon are the divisions of the Subtle System.

Maṇipūra Nābhi/Navel Chakra, ‘Place of the Gem’.

Mantra Sacred speech (from man- ‘to think’ = ‘instrument of thought’)

Mātājī ‘Holy Mother’ Mātā–‘mother’, -jī–‘respected’ added to names.

Mary/Māriyā ‘Born from the ocean’ Mare – ‘Ocean’ in Latin. Incarnation of Mahālakshmī and Mother of Christ (Mahāvishnu)

Maryādā ‘Boundary, limit’. The bounds of proper behaviour.

Māyā Creative energy, illusory power, magic.

Mokṣha Liberation, enlightenment. (long o!) Mo–‘illusion’, ksha–‘destroying’

Mūlādhāra The Support of the Root (mūla-root, foundation ādhāra-support) Name of both the lowest Chakra and the Sacrum ‘home of Kundalini’

Nābhi ‘Navel, middle’. Manipūra Chakra.
Nāḍi  
A nerve or channel of the body. *Nadi*-‘river’ is a different word.

Namo/namaḥ  
Namo is *namaḥ* modified by Sandhi. *Namaḥ* is an adverb meaning ‘salutations to..’ (from *nam*–‘to bend, bow’)

*namaḥ* = *na*–‘not’, *maḥ*–‘I’, removing Ego (see p.15) and

*namo* = *na*–‘not’, *mo*–‘illusion’ removing Superego.

Namas-te, namas-te-‘stu, namas-kāra,  
‘Salutations’, ‘bowing’. Te –‘to You’  
*astu*–‘let it be’, *kāra*–‘making’. *Namas* is *namaḥ* modified by Sandhi.

Nārāyaṇa  

Nirmala  
‘Unsoiled, pure, immaculate’. *Nir* –‘not, without’, *mala* –‘dirt’.  
*Śhrī Mataji*’s name *Nirmalā* is the feminine ending.

Nirvichara  
‘Thoughtless Awareness’. *Nir*–‘not, without’ *vichara*–‘thought, reflection’

Nirvikalpa  
‘Doubtless Awareness’. *Nir*–‘without’, *vikalpa*–‘imagination, doubt, concept’

Param-chaitanya/Para-Brahma/Param-ātma-  
Supreme All- pervading Formless Consciousness. Attribute-less God Almighty.

Para/Param –‘Beyond, supreme’, Chaitanya –‘Consciousness’,  
Brahman –‘Formless God’, Ātma –‘Self’

Pārvatī  
‘Daughter of (Himavat, king of) the Mountains’. (parvat–‘Mountain’) ‘Embodying the Supreme Consciousness’. Pāra-

‘Beyond, Supreme’ –*vatī* –‘Having the qualities of’.  
‘Ruler of the Sushumna Nadi’ –*parva* is a vertebra.

Piṅgalā (Nāḍī)  

Prakṛiti  
‘Nature, Primordial Creative Energy’, *Ādi Šakti* (see Purusha)

Praṇava  
‘Reverberation’, the Om.

Pūjā  
Worship, adoration of the Divine.

Purāna  
Sacred Hindu books containing stories of the Deities, rules for living, etc. Written after the Vedas and Upanishads, 2000BCE-1800CE. From *Purāna* -‘Old, ancient’

Puruṣha  
Man, Supreme Spirit (in the Vedas and Upanishads) *Purusha*  
and *Prakṛiti* become Shiva and Šakti in later philosophy.

Rādhā  
‘Prosperity, happiness, Support of the Kundalini’. Šakti of Šhrī
Krishna at Vishuddhi Chakra. Incarnation of Mahālakṣmī.

Rāja-lakṣmī 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’. 8th 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.

Riśhi ‘Seer, saint, realized soul’. From dṛish –‘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’


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)


Sandhi Euphonic combination – the modifying of word endings to blend into the next word. Eg. namaḥ namaḥ becomes namo
Namaḥ, sat-chit-ānanda becomes sach-chid-ānanda, etc.

Sanskrit ‘Elaborate, refined’. Root of Indian and European languages.


Sattva Quality of the Central Channel. Truth, reality, goodness. (from as – ‘to be’)

Satya Yuga ‘Age of truth’ (aka Krita Yuga) The age following the present Kali Yuga - ‘Age of Vice’. Estimates of time vary widely.


Śhāṅkarāchārya- Saint from Kerala who revitalized Hinuism. Dated between the 600 and 800 CE. Wrote commentaries and many great praises of all the Deities. Known as Ādi – ‘the first’ Shankaracharya, as the heads of the monasteries he founded have been called Shankaracharya since. Shaṅkara- ‘Creating well-being’ is a name of Shri Shiva, Achārya – ‘Teacher, Guru’.

Śhastra Sacred Hindu texts including the Vedas, Purānas, etc.

Śheśha Seven-headed snake on which Shri Vishnu reclines. The Power of the Attention, incarnated to assist Shri Vishnu as Lakshman (with Rāma) and Balarāma (with Krishna).

Śhiva- ‘Happy, auspicious, fortunate, benevolent, bliss’. Also called Mahādeva- ‘Great God’, the Embodiment of the Ātmā- ‘Spirit’. Rules the Left Heart Chakra with Śhri Pārvatī.

Śhraddha ‘Faith, trust, belief’.

Śhrī ‘Holy, auspicious, revered, glorious, splendid, Prosperity’ (Name of Shri Lakshmi or the Goddess in general).

Śhrī Chakra Mystical diagram representing whole Subtle System. Yantra of Supreme Goddess. Symbol of Vishwa Nirmala Dharma.

Śhuddha ‘Pure’. Śhuddha Vidyā is the highest Divine knowledge.

Siddhi ‘Success, fulfilment, Self-realisation’. Eight magical powers possessed by Shri Hanuman. A Siddha is a realized soul.
Sītā  Wife of Rāma ‘A furrow’. (Found in a casket inside the Earth by Rāja Janaka while ploughing)

Sudarśhana  ‘Good-looking’- Name of the discus weapon wielded by Shri Vishnu and Shri Krishna.

Sugrīva  Rightful king of the monkey tribe to which Shri Hanuman belonged. His throne was usurped by Vali and Shri Rāma helped him regain it.

Suṣhumna  ‘Very kind and gracious’. Central Channel. Starts at Nābhi Chakra up to Sahasrāra.

Swādhiṣṭhāna  ‘Standing in its own place’ (swa-own, adhi-place, śhṭhāna-standing) ‘The basis of the Self’- (Swa-‘self’, adhi-shṭhāna-‘basis, abode’) often shortened in Sahaja Yoga to Swadistan, Swadhistan, Swadishthan, etc. The Third Chakra - the Kundalini rises first to Nābhi from which Swādhishthāna emerges.

Swāmī/Swāminī  (f.)- ‘Owner, master’. (Swa-‘self’) Spiritual Teacher.

Swayambhū  ‘Self-existent’, Brahman, the Supreme Spirit. A Swayambhu is a naturally occurring rock formation which emits vibrations. Swayam –‘Self’ bhū -‘Born, existing’

Tamas/tamo  ‘Darkness, ignorance, sleep, lethargy’. Left Side Guna –‘Quality’.

Tantra  Technique, especially ‘the technique’ of raising the Kundalini. Negative connotations come from Tantrikas –‘Black Magicians’

Tapas  ‘Austerity, renunciation, fire’, the quality of Agnya Chakra

Tattwa  ‘Principle, quality’. Guru Tattwa is the Quality of being a guru. Tattwa also means ‘Truth, Supreme Spirit’

Trimurti  ‘The Three Forms’ of God as Brahma the Creator, Vishnu the Sustainer and Śhiva the Destroyer. Tri-‘Three’, murti-‘Form’.

Tripūra  A three-fold fort of the demons constructed on Earth, Sky and Heaven. It was destroyed by Śhrī Shiva who is called Tripūrā.

Twam  ‘You’, ‘You are’ nom. (acc.–twām, gen.-tava, dat.-te, loc.-twayi)

Twameva  ‘You are indeed’. twam-‘You’, eva –‘Indeed, verily’

Upaniṣhads  Short texts crystallising Vedic thought, forming the basis of Vedānta religion (eg. Ādi Shankaracharya). Upanishad literally means ‘drawing near’, like a pupil to a teacher.

Vaikuntha  Heavenly abode of Shrī Vishnu.
Veda Four most ancient sacred texts of India. The oldest, *Ṛig Veda*, is at least 10,000 years old in parts. Transmitted orally, they are still widely recited in India today. (from *vid*—‘know’)

Vedānta Religion based on the teachings of the Vedas and Upanishads. *Shankaracharya* proposed *Advaita*—‘non-dualistic’ *Vedānta*

Vibhīṣhaṇa (or Bibhīshana)- Brother of the demon *Rāvana*. He was a devotee of *Śrī Rāma* and advised *Rāvan* to surrender to Him. *Vibhishana* became king of *Lanka* after *Rāvana’s* death.

Vidyā ‘Knowledge, learning’. (*vidyālaya* is ‘a school’ in Hindi) specifically knowledge of mantras and techniques.

Viṣhṇu ‘All-pervading’. The Supreme Being who incarnates to direct humanity towards the ultimate goal. (*10 incarnations*) Also means ‘Driving away impurity’ Viṣh-‘Impurity’ nu-‘Drive away’

Virāta Vast Cosmic Form of God. The Subtle System of the Universe. From *virāj*—‘Splendid, ruler’

Virāt-aṅganā Feminine Power of the *Virāta*. Aṅganā—‘Woman, female’


Viśhuddhi Complete purification (*vi-complete, šuddhi-purity*) Throat Chakra

Viśhwa The Universe, universal, everything.


Viṭṭhala ‘Standing on a brick’. (*vit*—‘brick’ in Marathi) Form of Shri Krishna

Viveka Discrimination. Ability to tell right from wrong, etc.

Yagñya Sacrifice, Havan, worship.

Yama The God of Death who rides a buffalo. He rules the South.

Yantra Sacred diagram, technique, machine. (*From Yam*—‘Control’)

Yaśhodā Conferring fame, giving glory. Foster-mother of *Śrī Krishna*.

Yešhu/Jesu/Jesus Who knows/is with God. (*Sanskrit*) Ja—‘know’, Īśha—‘God’. Saviour from God (*Hebrew*) ‘Who knows auspiciousness.’

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 harto’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 śhişhyam
Ava paschāt-tāt, Ava puras-tāt
Av’ottarāt-tāt, Ava dakshińāt-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-eşhyati
Sarvam jagad-idam twayi pratyeti
Twam bhūmir āpō-’nalō-’nilo nabhaḥ
Twam chatvāri vāk-paṅdāni

Twam guṇa tray’ātītāḥ
Twam deha tray’ātītāḥ
Twam kāla tray’ātītāḥ
Twam mūlādhāra sthito-’si nityam
Twam śhakti tray’ātmakaḥ
Twām yogino dhyāyanti nityam
Twam Brahmā twam Viṣhṇus-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 Viṣhṇu,
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
Varṇ'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 uttara rūpam
Nādaḥ sandhānam, samhitā sandhiḥ
Saiśhā Gaṇesha-vidyā
Gaṇaka riṣhiḥ
Nichṛid gāyatrī chhandaḥ
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
Mūṣhaka dhvajam
Raktam, lambodaram
Śhūrpa-karṇakam, rakta-vāsasam
Rakta gandh’ānu-liptāṅgam
Rakta puṣhpaiḥ su-pūjitam
Bhakt’ānu-kampinam devam
Jagat kāraṇam achyutam
Āvir-bhūtam cha sriṣṭy’ādau
Prakriteḥ puruṣādhitam
Evam dhyāyati yo nityam
Sa yogī yoginām varāḥ

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 anointsYour Body,
Auspiciously worshipped with Red Flowers,
The God who is Compassionate to Devotees,
The Impenetrable 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 lambodārāy’aika-dantāya
Vighna-nāśine Śhiva-sutāya
Śhṛī 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)
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) Kirtan (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) Dāsyam (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.*