

The Sahaja Yoga Mantrabook



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

UK Slim Edition (2025)

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

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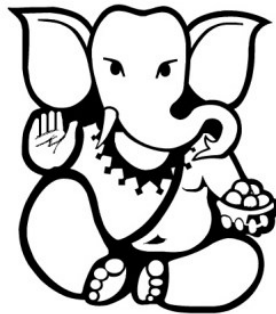
“Now the name of your Mother is very powerful.
You know that is the most powerful name,
than all the other names, the most powerful mantra.
But you must know how to take it.
With that complete dedication you have to take that name.
Not like any other.”

Her Supreme Holiness Shri Mataji Nirmala Devi
Cowley Manor, 31-07-82

ॐ त्वमेव साक्षात्
Om Twameva sākshāt

श्री निर्मला देव्यै नमो नमः
Śhrī Nirmalā Devyai namo namaḥ

“Om 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 Her Joy always be known
and Her Praise always sung on this Earth*

ॐ Sahaja Yoga Mantrabook – 2025 Edition ॐ

This edition has been slimmed down in line with the latest policy of having ‘only mantras in the Mantrabook’. Some less-used praises and sets of non-Sanskrit names have been moved to the ‘Book of Worship’, while most of the English invocations and the Devi Kavach have been retained.

Book of Worship: As well as material taken out of the Mantrabook, the Book of Worship contains other prayers, praises and information considered for inclusion in the Mantrabook in the past. It is presently larger than the Mantrabook! It is available to download free on symb-ol.org.

Navarātri: Navaratri praises that appeared in previous mantrabooks are now in the Book of Worship. The full set can be found in the RiSY book ‘Navaratri’ available to download free at symb-ol.org.

Policies: The following policies have been adopted in recent editions of the Mantrabook:-

1. Sets of names from the Purānas and other scriptures have been kept unaltered, without removing repeats, although some Sahaj names may have been added at the end. These sets of names are written as poems and, being unaltered, may still be recited as such.
2. Praises used in Pujas with Shri Mataji have been kept as said on the recordings, which has resulted in a few minor changes from previous Mantrabooks.
3. ‘**Om**’ (rather than ‘Aum’) has been used on the grounds that:
 - a. This is the way Shri Mataji wrote it (*we have several examples of Her writing out mantras, etc.*).
 - b. This is the correct IAST transliteration which gives the right pronunciation according to the Pronunciation Guide (p.9).

Contents - Click on the line to go to the praise

Sanskrit Pronunciation	9
Mantras in Sahaja Yoga	11
The Three Stages of Sahasrara	14
Om	15
Mantra Forms	17
Mantras for the Chakras	18
Mantras for Specific Purposes	26
The Affirmations	27
Short Prayers for the Chakras	30
Gāyatrī Mantra	30
Guru Mantra	30
Mool Mantra (<i>Guru Nanak</i>)	30
Al Ikhlas (<i>Mahommed Sahib</i>)	31
Shri Mataji's Prayer (<i>Mother please come in my heart</i>)	31
Jay Jagadambe Mata Bhavani	31
Raghupati Ragava	31
The Lord's Prayer	32
Shri Buddha's Mantras	32
The Three Great Mantras / Three Short Mantras	33
Shri Mataji's Aar.ti – Sab.ko duā denā	34
Mūlādhāra	
Invocation to Shrī Ganesha (<i>Vakra-tunda mahakaya...</i>)	35
Ganesha Atharva Sheersha	36
Aum - To the Divine Essence of the Prayer	40
How to awaken Shrī Ganesha's Power within you	44
The 12 Names of Shri Ganesha	45
The 108 Names of Shrī Ganesha	46
108 Invocations to Shri Ganesha	50
The 111 Names of Shrī Ganesha	54
The 108 Names of Shri Kārttikeya	58
10 Names of Kuṇḍalinī Yoga (<i>Three Granthis</i>)	62
69 Names of Shrī Kuṇḍalinī Śhakti	63
97 Names of Shri Gauri	67

Swādhiṣṭhāna

The 108 Names of Shri Saraswati	72
The 6 Names of Hazrat Ali	75

Nābhi (Maṇipūra)

The 10 Names of Shri Lakshmi	77
The 108 Names of Shri Lakshmi	79
The 62 Names of Shri Fatima Az-Zahra	83
The 10 Incarnations of Shrī Vishnu	86
The 108 Names of Shrī Vishnu	88

Void (Bhava-sāgara)

The 10 Primordial Masters (Ādi Gurus)	92
The 108 Names of Shrī Ādi Guru Dattatreya	95
The 115 Names of the Sat-guru	99

Left Heart (Anāhata)

The 108 Names of Shrī Shiva	104
<i>(116 Names of Ekādaśha Rudra</i>	<i>170)</i>

Centre Heart (Anāhata)

The 9 Names of Shri Durga Mata	109
The 108 Names of Shri Durga	110
Kavach of the Devī	114

Right Heart (Anāhata)

The 16 Names of Shri Rāma	123
The 108 Names of Shri Rāma	124

Viśhuddhi

The 16 Names of Shri Rādhā-Kṛishna	130
The 108 Names of Shri Kṛishna	131
108 invocations to Shri Krishna	135
99 Names of Allah	139
The 69 Names of Shri Kubera	144
The 84 Names of Shri Vishnumaya	149
The 5 Mantras of the Virāta	154

Āgñyā

The 108 Names of Lord Jesus Christ	156
Bija Mantras for Agnya Chakra	160
108 Invocations to Lord Jesus Christ	161
Ave Maria	165
Shri Buddha's Mantras	166
The 21 Names of Shri Buddha	167
The Ekadasha Rudras	168
Shrī Mataji's Advice on Ekadasha Rudra problems	169
The 116 Names of Shri Ekadasha Rudra (<i>Shri Shiva</i>)	170

Sahasrāra

The Three Great Mantras (<i>Mahā-mantras</i>)	174
The Short Mantra	174
The 108 Names of Shri Mātājī Nirmalā Devī	175
The 79 Names of Shri Raja-raješhwarī	180
The 19 Mantras for Sahasrara	185
Shri Mataji's Decalaration	186
108 Thank You's to our Divine Mother	187

Left Side (*Iḍā Nāḍī*)

The 108 Names of Shri Mahākālī	191
The 21 Names of Shri Bhairava	195
The Bija Mantras of Shri Mahā-ganesha	196
The 21 Names of Shri Mahāvira	197

Right Side (*Piṅgalā Nāḍī*)

The 108 Names of Shri Hanumana	199
The 108 Qualities of Shri Hanumana	203
The 12 Names of Shri Sūrya	208
Cooling Mantras for Liver and Right Swadhishtana	209

Other Mantras

Negativity-destroying Mantras	210
Bija Mantras for the Chakras	211
The Six Enemies of the soul	212
Shri Chakra	214

Havan mantras	215
Morning Prayer	216
Shri Mataji on Meditation	216
Meditation at Shudy Camps, UK	220
Shri Mātājī's Advice at Chelsham Road ashram	224

Diagrams

The Subtle System	226
The Chakras on the Head (<i>Sahasrara</i>)	227
The Location of the Chakras on the Hands and Feet	228
Correspondence of Parts of the Body with the Chakras	228
Countries and Chakras	229
Standard Meditations	231
Glossary of Sanskrit words in SY	233
Arabic Pronunciation Guide	243
Ganesha Atharva Sheersha (<i>on 2 pages</i>)	244
Complete Dedication is the only way	246

“**Shri Mataji’s quotations** are all in Maiandra font, with double quotation marks and referenced in the text.”

‘**Creation**’ - Shri Mataji’s book about Chakras, Creation, etc. published in 2014 as ‘The Book of Adi Shakti’.

Diacritic marks

See ‘*Sanskrit Pronunciation*’ on the next page for more details.

ā -long a as in ‘father’ (UK style)

ī -long i as in ‘keen’

ū -long u as in ‘pool’

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

ṅ, ñ, ṁ -nasalisations which match the following consonants

ṣh -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 a full vowel sound.

As o and e are always long in Sanskrit, the symbols ō and ē are not used.

ॐ • जय श्री माताजी • ॐ
Jay Shri Mataji!

ॐ Sanskrit Pronunciation ॐ

Sanskrit, Hindi and Marathi are written in **Devanāgarī** – ‘*The Language of the Deities*’. The letters have fixed pronunciations. The consonants are roughly the same as English, apart from those listed, but the vowels are more closed and lower in the throat.

International Phonetic Alphabet symbols are in italic square brackets [ə].

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** [ə - known as ‘schwa’] is very short and unstressed, like the **u** in **but** or **a** in **local** – like saying the consonants without any vowel. **Gaṇapati** is ‘**g-n-p-ti**’ roughly like ‘**gunner-putty**’. ‘**a**’ is never hard as in **bat**.
- **Long ā** [a:] as in **cart**, **master** (UK style) or **Aachen**.
- **Long ī** as in **beet** [bi:t]. **Short i** as in **bit** [bit].
- **Long ū** as in **pool** [pu:l]. **Short u** as in **pull** [pʊl], not as **fun** - which is short **a**, (unless you come from Yorkshire!)
- **o** is always long, as in **modem** [mɔdem], and never short as in **modern** [mɔdɜn]. **Moksha** is pronounced ‘moke-sha’; **Om** rhymes with ‘home’ but more closed. Like ‘eau’ in French, pouting the lips in a circle.
- **e** is always long in Sanskrit. **med-** sounds like English ‘maid’ [meid]; **Eka** like English ‘acre’. As a word ending **e** is pronounced long **é**.
- **au** and **ai** are diphthongs ‘**ā-oo**’ and ‘**āyee**’; **au** as in ‘proud [praud]’ and **ai** as in ‘kite [kai]’.

Consonants

- 2 Aspirated consonants (**th**, **dh**, **bh**, etc.) are strongly aspirated (like the Irish ‘*drown the garden*’); non-aspirated are soft (like the *d* in *garden*).
- 3 Consonants with dots under **ṭ**, **ṭh**, **ḍ**, **ḍh**, **ṇ**, **ṇ**, **ṷ**, and **ṣh** are ‘Retroflex’, pronounced with the tip of the tongue curled back against the roof of the mouth. (as in **Gaṇeśha**, **Iḍa Naḍi**, **Kuṇḍalinī**, etc.)
- 4 There are no labial fricatives in Sanskrit, ie. **th**, **v**, **f**.; **th** is an aspirated **t** pronounced as in **boathook** eg. **Aṭharva**. **Ph** is aspirated **p** as in ‘top-hat’ and not **f**, eg. **phala** – ‘fruit’.

- 5 Both **v** and **w** are used but are the same letter; **w** is used when compounded, eg. **swāmī** (except after **r** – **Sarva, Pārvatī**) and **v** when on its own, eg. **Śhiva, Viṣṇu**; The sound is between **v** and **w** like ‘vw’ i.e. **tvwam**, or saying ‘w’ with the upper teeth touching the lower lip.
- 7 Final **ḥ** as in **namaḥ** is a short aspiration after the vowel, with ‘an echo of the final vowel with the aspiration’.
- 8 **ṛ** is a vowel, usually written **ṛi**, as in **Kṛishna** and sometimes **ṛu**, as in **amṛut** (in IAST written **Kṛṣṇa, amṛt**). There is no full vowel sound after the **ṛ**. **r** as a vowel or a consonant should be rolled in the Scottish manner with the tongue curled back and not with the English tendency to elongate the vowel and drop the **r** (ie. ‘dark’ pronounced ‘daak’)
- 9 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**.
- 10 In Hindi and Marathi short **a** at the end of words and before long syllables is dropped so **Rāma** becomes **Rām**, etc. This is not done in Sanskrit. This is sometimes written as a full stop in Hindi, as in **sab.ko**.
- 11 **s** is always unvoiced, ie. like **hiss** and not **his**.

Hyphens and Apostrophes

Hyphens and apostrophes are inserted as aids to pronunciation; and in all the following cases they should be run together as a single word.

- **Hyphens** separate compounded words, eg. **Śhakti-dhara** -‘holding a spear’
- **Apostrophe** shows a missing letter (such as two vowels coalescing in a compound), eg. **Gaṇ’ādim** = **Gaṇa-ādim**; **ch’ordhvāt** = **cha-ūrdhvāt**; also a final vowel modifying to a consonant, eg. **kahlv’idam** = **khalu-idam**.
- **Hyphen and apostrophe** - is a dropped **a** at the beginning of the next word, eg. **mayo-‘si** (**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 and praise the Deities, the aspects of the Divine, which reside in our Subtle System. 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 Pūjā¹, 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.

¹ *Pūja means 'worship' and we can perform Pūjā every time we meditate. Experience has taught us that a few simple actions 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 Pūjā: Dhūpa -'incense', Dīpa -'lamp', Naivedya -'food', Gandha -'perfume' and Pushpa -'flowers'.

Flowers (either in a vase or flower-heads placed before the Photo) fulfill many qualities in Pūjā and express our Bhakti –'devotional love'. 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 Pūjā 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 which is causing the problem. We have to improve our relationship with the relevant 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 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 towards the end of the finger as we repeat the mantra.

“For the thought you have to say the mantra of **Nirvichāra**, should say it thrice.... at the **Sahasrāra** you should say the mantra of **Sahasrāra**, 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 231.

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 211.

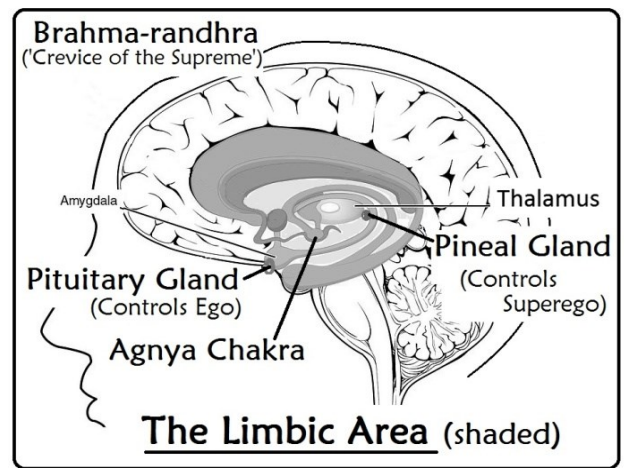
Reciting Mantras

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 pitch¹; 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.

¹ *Sanskrit mantras are intoned on **Gā**, the third note of the Indian scale; this is two tones higher than **Sā** - our normal speaking voice. If **Sā** is B^b, then **Gā** is D^b or D ; and a higher pitch of E^b or E is good for collective recitation.*

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 Brahma-randhra.

In the second stage, you become Nirvikalpa - where there is no Vikalpa –'doubts, 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 Nirānand –'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 of the Divine and the closest word we have to the Name of God. It is the Foundation of Creation, giving rise to the whole Universe. It is the 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 chanting it continuously for a few minutes.

Om is composed of three syllables A-U-M which correspond to the three channels of the Subtle System.			
A	Śhrī Mahākālī Power of Desire, Existence and Destruction. Bhakti –‘ <i>devotion</i> ’	Left Side Iḍā Nāḍī Tamas –‘ <i>darkness,</i> <i>ignorance, inertia</i> ’	Sat –‘ <i>Existence</i> ’ Bhūr –‘ <i>Earth Realm</i> ’ Vahni Mandala –‘ <i>Orb</i> <i>of Fire</i> ’
U	Śhrī Mahāsaraswatī Power of Creation, Speech, Creativity. Kriya –‘ <i>action</i> ’	Right Side Piṅgalā Nāḍī Rajas – ‘ <i>action,</i> <i>passion, sky</i> ’	Chit –‘ <i>Consciousness</i> ’ Bhuvah –‘ <i>Atmospheric</i> <i>Realm</i> ’ Sūrya Mandala –‘ <i>Orb</i> <i>of the Sun</i> ’
M	Śhrī Mahālakshmī Power of Evolution, Sustenance, Peace. Gñyāna –‘ <i>knowledge</i> ’	Central Channel Sushumnā Nāḍī Sattva –‘ <i>truth,</i> <i>goodness, reality</i> ’	Ānanda –‘ <i>Joy, bliss</i> ’ Swar –‘ <i>Heaven</i> ’ Chandra Mandala – ‘ <i>Orb of the Moon</i> ’

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

Creation. 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 Om̐

O is always long in Sanskrit and **Om̐** 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.

The Nirmalā Vidyā Mantrabooks spell **Om̐** as **Aum**. We have kept it as **Om̐** because: (1) **Om̐** is the correct IAST transliteration and (2) that is the way **Shri Mataji** wrote it in Her hand-written texts.

Pronouncing 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 **Om̐**, 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 sâkshât (Shri Mâtâ) namo namah**’, so it will be short, as when saying the 108 names; or ‘**Om Twameva sâkshât (Shri Hamsa Chakra Swâminî) sâkshât Shri Mâtâjî Nirmalâ Devyai namo namah**’ and may be said three times, as when said for a particular **Chakra**”.

Old Arlesford, UK, 17-05-80

The Mantra Form for the Chakras

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

The mantra for **Śhrī Gaṇeśha** is:-

Om Twameva sākṣhāt

Aum, You are indeed

Śhrī Gaṇeśha sākṣhāt

Shri Ganesha incarnated

Śhrī Ādi Śhakti Mātājī

Primordial Creative Energy, Holy Mother

Śhrī Nirmalā Devyai

To You, O Immaculate Goddess

namo namaḥ

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 short mantra for **Śhrī Durgā Mātā** would be:

Om Twameva sākṣhāt 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 **Nādī**. For example, at **Āgñyā Chakra**, say the mantra to ‘**Śhrī Āgñyā Chakra Swāminī**’.

“For Left Side you have to say **Mahâkâlî** or **Idâ Nâdî Swâminî**.”

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' is:

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.234.

Mūlādhāra Chakra

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

Left and Centre	Right
<p>Gaṇeśha – one, three or four times. <i>May be said with right hand on or towards Mother Earth to clear Left Side.</i></p>	<p>Kārttikeya <i>With left hand on or towards Mother Earth and right hand towards Shri Mataji’s Photo.</i></p>
<p>Om –three or seven times while taking the attention up through the Chakras.</p> <p>Gaṇeśha Atharva Śhīrṣha (p.36) <i>It is recommended to learn this praise by heart and recite it every day.</i></p> <p>Om Gaṁ Gaṇapataye namaḥ (x4) <i>May be said repeatedly for a minute or two.</i></p> <p>Gaṇeśha Gāyatrī: Eka-dantāya vidmahe Vakra-tuṇḍāya dhīmahi Tan-no Dantī prachodayāt <i>We seek the knowledge of the One-tusked God</i> <i>We meditate on the Deity with curled trunk</i> <i>May He bearing a tusk lead us ever upwards</i></p>	<p>Qualities: Protection from evil forces, fearless opposition to negativity, refusal to sympathise with wrong-doers.</p>
<p>Qualities: Innocence, purity, humility, auspiciousness, chastity, surrender to God, enjoyment of simple life.</p>	<p>Causes of Catch: Austerity, not allowing oneself to enjoy simple pleasures of life, sympathizing with wrong-doers.</p>
<p>Causes of Catch: Over indulgence in sense pleasures, bad habits, vices, cunning, ‘attitude’, hypocrisy.</p>	<p>Causes of Catch: Austerity, not allowing oneself to enjoy simple pleasures of life, sympathizing with wrong-doers.</p>
<p>Om... Lam (x4) Om <i>Bīja –‘seed’ mantra. Quality of Mother Earth.</i></p>	

Mūlādhāra – Sacrum

Resting place of the Kuṇḍalinī.

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

Gaurī Mātā

Kuṇḍalinī Mātā

Combined: Kuṇḍalinī Gaurī Mātā or: Gaurī Kuṇḍalinī 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 Nābhi, then spreads through the Void to Swādhiṣṭhāna.

Left	Centre and Right
<p>Nirmalā Vidyā <i>‘Pure Knowledge’</i></p> <p>Śhuddha Iccha <i>‘Pure Desire’</i></p> <p><i>Both said with right hand pressing in at top of left leg</i></p> <p>Gaṇeśha</p>	<p>Brahmadeva-Saraswatī Nirmala Chitta - ‘Pure Attention’ Himālaya Devatā <i>(For other liver-cooling mantras see page 209)</i></p> <p>Chandramā <i>‘the Moon’ – cooling whole Subtle System.</i></p> <p><i>These may be said with the left hand on the liver (under ribs on right side) and right hand towards Shri Mataji’s Photo.</i></p>
<p>Qualities: <i>Desire for, and knowledge of purity. Disgust for anything ‘dirty’.</i></p>	<p>Qualities: <i>Expressing love through action and creativity, pure and clear attention, auspicious thought and speech, good aesthetic judgement, ability to project into future, effective planning.</i></p>
<p>Cause of Catch: <i>Interest in impure knowledge, occultism, possession, depression, indulgence.</i></p>	<p>Cause of Catch: <i>Too much thinking and planning, over-use of Right Side, stressful creativity, angry or revengeful thoughts, too much heating food – oily, meat, spices.</i></p>

Om... Vaṁ (x6) Om

Bīja Mantra – quality of Fire/ Shri Saraswatī

Nābhi Chakra (Maṇipūra)

*Nābhi – ‘navel’, Maṇipūra – ‘place of the Gem’
Location: Behind the Navel. Hand: Middle finger.*

Left	Centre	Right
Gṛuha Lakṣhmī	Lakṣhmī-Viṣṇu Lakṣhmī-Nārāyaṇa <i>May be said with the right hand on the navel.</i>	Rāja Lakṣhmī Śheṣha-Lakṣhmana Hazrat Āli-Fatimā
Qualities: Generous, calm, feeling supported and nourished, treating husband/wife respectfully	Qualities: Peaceful, surrendered, satisfied, seeking the highest truth, Sattvik diet (fresh foods)	Qualities: Serene, royal dignity, equanimity in face of good and bad events, unselfishness
Cause of Catch: Worry, money or marriage problems, lack of support, Tamasic food (tinned/old/frozen). A catch here can cause allergies.	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 <i>Bija Mantra: quality of Water / Shri Lakshmi</i>		

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.30) - three times

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

*The names of the ten **Ādi Gurus** (p.89) 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’ behaviour or relationships.

Heart Chakra (Anāhata)

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

Left <i>All may be said with the right hand on the Left Heart</i>	Centre <i>All may be said with the right hand on the Sternum bone.</i>	Right <i>With the left hand on Right Heart</i>
Śhiva-Pārvatī Ātmā-param'ātmā	Jagadambā Durgā Mātā Combined as: Jagadambā-Durgā-Mātā	Sītā-Rāma
Om namaḥ Śhivāya (x12) <i>'Salutations to the Supreme Spirit'</i> Me Ātmā hūm (Hindi) <i>'I am the Spirit'</i> Sat-chit-ānanda rūpam, Śhivo-'ham, Śhivo-'ham <i>Existence, Consciousness and Bliss are my forms, I am Shiva (pure Spirit)</i> 'Mother, please come in my Heart' (page 31)	Jaya Jagadambe ¹ <i>+ 'Jagadambe' twelve times</i> <i>Or: Jagadambā</i> (x12) ¹ <i>Jagadambe is vocative –'O Mother of the World'</i> Psalm 23 <i>(Book of Worship)</i>	'Raghupati Raghava' (page 31) Śhrī Rām, Jay Rām, Jay Jay Rām. <i>–'Victory to Shri Rama'</i>
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... Yam (x12)...Om <i>Bija Mantra: quality of Air / Shri Shiva</i>		

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

Viśhuddhi Chakra

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

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

Om... Haṁ (x16)... Om

Biḷa Mantra: quality of Ether / Space / Shri Vishnu- Krishna

Hamsa Chakra

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

Hamsa Chakra Swāminī

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

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

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

Cause of Catch: Self-delusion, dry dusty atmosphere, over-use of TV, computers, films, etc

Āgñyā Chakra

Location: Optic Chiasma, centre of head. Hand: Ring finger

Left (Superego)	Centre	Right (Ego)
<p>Mahāvīra</p> <p><i>May be said with the head leaning back into the right hand.</i></p> <p><i>See 'Mantras for Back Agnya' p.196</i></p> <p style="text-align: center;"><i>Back Āgñyā</i></p> <p>Mahā-gaṇeśha Mahā-bhairava</p> <p><i>'Evolved Powers of the Left Side'</i></p>	<p style="text-align: center;">Yeśhu-Mārīyā Jesus Mary Mātā Īsā Masīḥ Maryam</p> <p>Mahāviṣṇu- -Mahālakṣhmī</p> <p><i>May be said with the right hand across the forehead.</i></p> <hr/> <p style="text-align: center;">The Lord's Prayer (p.32)</p> <p><i>May be said twice or thrice, with right hand across forehead and head bowed; and with right hand on back of head leaning back.</i></p>	<p style="text-align: center;">Buddha</p> <p>Mahat-ahamkāra</p> <p><i>Left hand on the left forehead and temple.</i></p> <p style="text-align: center;"><i>Front Āgñyā</i></p> <p>Mahā-kārttikeya Mahā-hanumān</p> <p><i>'Evolved Powers of the Right Side'</i></p>
<p>Om Haṁ (x16) <i>'I am'</i></p>	<p>Om Haṁ, Om Kṣhaṁ (x16) <i>Bija mantras for Agnya Chakra</i></p>	<p>Buddha's mantras (p.32)</p> <p>Om Kṣhaṁ (x16) <i>'I forgive'</i></p>

Om Aīm Hrīm Klīm Chāmuṇḍāyai vicche namaḥ

Salutations to the Goddess, the powers of the three channels and destroyer of demons.

<p>Qualities: Good conditionings, memory, imagination, Karma</p>	<p>Qualities: Good judgment, surrender to God, self-sacrifice, thoughtless awareness, penance, renunciation, humility.</p>	<p>Qualities: Ability to plan, organise and act, seeing greatness of others.</p>
<p>Cause of Catch: Self-pity, feeling pressurized, disturbing images- 'sex and violence', possession.</p>	<p>Cause of Catch: Lack of forgiveness, lack of humility, hypocrisy, egotism, adulterous eyes.</p>	<p>Cause of Catch: Egoism, revenge, over-activity of right side, lack of meditation</p>

Ekādaśha Rudra

See page 168 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 (pages 33, 174)

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

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

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

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

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

The Short Mantra:

Om Twameva sākṣhāt Śhrī Nirmalā Devyai namo namaḥ (x3)

Followed by: Śhrī Nirmalā Devyai namo namaḥ (x3)

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

'Aum Twameva sakshat, Shri Nirmala Devyai namo namaḥ.

That's the biggest mantra, I tell you. That's the biggest mantra. Try it'

Birthday Puja, Melbourne, 17-03-85.

Nirmalā –'Immaculate, without impurity'

'The Sahasrara has one mantra, that is Nirmala,

meaning one should keep it clean, pure and immaculate.' 05-05-82. Paris

Nirvichārā (thoughtless awareness)

Nirvikalpā (doubtless awareness)

Nirānandā (complete bliss)

} Three levels of Sahasrara

Sadāśhiva –'Eternal Supreme Spirit'

Parabrahma –'Formless Eternal Consciousness'

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

Sarv'ānanda-mayī –'Whose Nature is entirely blissful'.

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, imperfect recognition of Shri Mataji,

Whole Left Side – Īḍā Nāḍī

Mahākālī–Bhairava

Or: **Mahākālī–Bhairava–Michael**

‘sākshāt’ may be placed between the names thus:

Mahākālī sākshāt Śhrī Bhairava (sākshāt Śhrī Michael)

Mahākālī–Bhadrakālī–Kālī–Kalki

‘Great, dark, auspicious, Destroyer of impurity’

Icchā Śhakti – ‘Power of Desire’

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

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

Whole Right Side – Piṅgalā Nāḍī

Mahāsaraswatī–Hanumān

Or: **Mahāsaraswatī–Hanumān–Gabriel**

‘sākshāt’ may be placed between the names thus:

Mahāsaraswatī sākshāt Śhrī Hanumān (sākshāt Śhrī Gabriel)

Kriya Śhakti – ‘Power of Action’

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

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

Whole Central Channel – Suṣumnā Nāḍī

Mahālakṣhmī–Gaṇeśha

‘sākshāt’ may be placed between the names thus:

Mahālakṣhmī sākshāt Śhrī Gaṇeśha

Gñyāna Śhakti – ‘Power of Knowledge’

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

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

Mantras for Specific Purposes

Om Twameva sākshāt Śhrī ...	
Gaṇeśha -‘Lord of Wisdom’	Removing obstacles, ensuring success, general protection.
Ādi Bhūmī Devī –‘Mother Earth’ <i>Said with both hands on the Mother Earth.</i>	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) Supathā, Kṣhema-karī (<i>Devi Kavach</i>)	Protection when starting a journey or other enterprise.
Agni Devatā –‘Lord of Fire’ (x3)	Lighting Havans and fires.
Śhākambharī Devī – ‘Goddess who gives herbs and vegetables’	For gardens and agriculture, (also for cooking).
Sunidra –‘Good sleep’	For good sleep.
Parjanya Devatā –‘Lord of the Rain’	Rain (we asked Shri Mataji this once)
Dhanvantari -‘the Physician of the Gods’ <i>Shri Mataji’s Photo of the same name is also used for healing.</i> Shri Dhanvantari emerged from the churning of the Ocean carrying the Amṛut –‘nectar of immortality’.	Healing and medicine. <i>Shrī Dhanvantari Photo</i>
Gaṇeśha Atharva Śheerṣha (p.36)	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 revives.

Affirmations for the Left Side

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

(with the addition of Mulādhāra and Shrī Lalita Chakra)

Muladhara Shri Mataji, I am the powerful innocence of a child. (x4)

Swadhishtan Shri Mataji, please give me the pure knowledge. (x6)

With right hand pressed in where the left leg meets the body.

Nabhi/Void Shri Mataji, I am my own master. (x10)

With right hand pressed in below the ribs on left side.

Heart Shri Mataji, I am the Spirit. (x12)

With right hand on the Left Heart.

Vishuddhi Shri Mataji, I am not guilty. (x16)

As I am the Spirit, how can I be guilty?

*With right hand squeezing the left side of the neck,
head turned and leaning to the right.*

Agnya -front Shri Mataji, I forgive everyone. *(from the heart!)*

With head bowed and 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.

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 220.

Affirmations for the Right Side

- Muladhara** Shri Mataji, You are the Killer of devils and demons.
Shri Mataji, You destroy demonic tendencies in me.
- Swadhistan** Shri Mataji, I do nothing. You are the Doer
and You are the Enjoyer.
- Nabhi** Shri Mataji, You are the royal dignity in me.
Shri Mataji, You solve my money and family worries
and take care of my well-being.
- Void** Shri Mataji, You are my Guru, my Master.
- Heart** Shri Mataji You are the Responsibility in me.
Shri Mataji, You are the Boundaries of Good Conduct
and the Benevolence of a Good Father.
- Vishuddhi** Shri Mataji, 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, You are the Victory over all the
challenges to my ascent.
- Śhrī Chakra** Shri Mataji, 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, 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 (for **Muladhara** place both hands on Mother Earth). Say the affirmation at least three times.*

Muladhara Shri Mataji, by Your Grace, keep 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, keep me in Reality.

Kundalini¹ Shri Mataji, by Your Grace, let me have only Pure Desire.

Shri Mataji, by Your Grace, let me seek only Pure Knowledge.

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

Shri Mataji, I surrender everything at Your Lotus Feet.

Shri Mataji, by Your Grace, 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.

Haṁsa 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, may I be completely surrendered

at Your Lotus Feet in my Sahasrāra.

¹ *The right hand can be placed at the front facing the Sacrum. Technically the Swadhishtana Chakra is not on the Central Channel, but it plays a role in the awakening of the Kundalini and releasing of the Brahma Granthi.*

Short Prayers for the Chakras

for meditation and clearing

Mūlādhāra – Ganeśha Atharva Śheersha – pages 36 and 244

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-‘mṛitam,
Brahma bhūr bhuvaḥ swar-om.**

OM, You are the Seven Worlds: the Earth, the Atmosphere, the Heaven of the Gods, the World of Joyful Glory, the Collectivity of all beings, the Sacred Fire of Renunciation and the Ultimate Reality.

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

OM, You are the sacred fire ceremony which bestows the Nectar of Immortality, You are the Supreme Spirit, Earth, Sky, Heaven and the Primordial Sound OM.

Void

Guru Mantra

Gurur Brahmā, Gurur Viṣṇuḥ, Gurur Devo Maheśhvaraḥ

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

Guruḥ 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.

Mool Mantra (Punjabi) – by Guru Nānak

Ik Oṅkār sat-nām kartā purakh *One Creator of everything*

whose true name is Om

Nirbhau nirvair akāl mūrat *Without fear or hatred, beyond time and form*

Ajūnī saibhan gur-prasād *Unborn, self-created, the ever-gracious Lord*

☪ Al Ikhlas (Arabic) – ‘The Purity’ ☪

112th Surah of Quran: said by Mohammed Sahib to be equal to one third of the Quran

Bismillāhir rahmānir rahīm *In the name of Allah the Gracious, the Merciful*

Qul huwa-llāhu ahad

Say: He is Allah, the Unique!

Allāhu as-samad

Allah, the eternally besought of all!

Lam yalid wa-lam yūlad

He begetteth not nor was begotten;

Wa-lam yaku-llahū kufu’an ahad *And there is none comparable unto Him.*

Left Heart

☪ Shri Mataji’s Prayer ☪

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

Chelsham Road, 5th Oct. 1984

Centre Heart ☪ Jay Jagadambe Mata Bhavani ☪

Jay. Jagadambe Mātā Bhavānī, Nirmalā Mātā Jagadambe

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

Shri Mataji, Pure and Holy Mother of the Universe.

Jay. Jagadambe Pūrṇa Kadambe, Nirmalā Mātā Jagadambe

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.

Psalm 23 is in the Book of Worship and in the SY Songbook as a song.

Right Heart

☪ Raghupati Raghava ☪

Raghupati Rāghava Rājā Rām	} (x2)	<i>O King Rama, Lord of the Raghu Dynasty, Shri Sita Rama, Purifying those who fall.</i>
Patita-pāvana Sītā-Rām		
Sītā-Rām Jay Sītā-Rām	} (x2)	<i>Victory to Shri Sita and Shri Rama, We worship You from the heart.</i>
Bhaja pyare Tū Sītā-Rām		
Īshwar Allah Tere Nām		<i>Ishwar and Allah are Your Names,</i>
Sab.ko sanmati de Bhagavān		<i>Give everyone wisdom, O Lord.</i>

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

*May be said once, twice or thrice, 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’

Right Agnya

☪ Shri Buddha’s Mantras ☪

Buddham śharanam gacchami	<i>I surrender myself to the Enlightened One</i>
Dhammam śharanam gacchami	<i>I take protection in Righteousness</i>
Saṅgam śharanam gacchami	<i>I seek refuge in the Collective</i>
Nirmalām śharanam gacchami	<i>I surrender at the Lotus Feet</i>

of Shrī Mataji Nirmala Devi

◉ The Three Great Mantras ◉

The Three Mahā-mantras

Shri Mataji referred to the third part as the 'Sahasrāra Mantra'

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

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

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

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

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

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

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

We surrender to You, O Immaculate Goddess, without worldly illusions and ego

◉ Three Short Mantras ◉

Om Twameva sākṣhāt Śhrī Nirmalā Devyai namo namaḥ (x3)

Suggested by Shri Mataji for Sahasrāra Mantra. Sydney 1983.

☪ Shri Mataji's Aar.ti ☪ (Hindi)

<p>Sab.ko duā denā, Mā, Sab.ko duā denā Jay. Nirmalā Mātājī (x2) Dil.me sadā reh.na, Mā, Sab.ko duā denā</p>	<p><i>Give blessings to all, O Mother,</i> <i>Give blessings to all,</i> <i>Victory to Our Immaculate Holy Mother,</i> <i>Always dwell in our hearts, O Mother,</i> <i>Give blessings to all. (CHORUS)</i></p>
<p>Jag.me sañkaṭ. kāran. Kit.ne liye avatār, Mā Kit.ne liye avatār Viśhwa me Terī mahimā (x2) Tū Gaṅgā Yamunā, Mā Sab.ko duā denā</p>	<p><i>Whenever the world was in danger,</i> <i>Mother, You have always incarnated,</i> <i>On this Earth in different forms,</i> <i>Your Greatness fills the Universe,</i> <i>You are the sacred rivers Ganga and Yamuna,</i> <i>O Mother, Give blessings to all.</i></p>
<p>Jo bhī śharan. me āyā Sukh. hī milā us.ko, Mā Sukh. hī milā us.ko Bhaith. ke dil.me O Mā (x2) Laut. ke nā jānā, Mā Sab.ko duā denā</p>	<p><i>Whoever surrenders himself to You,</i> <i>Gets complete satisfaction, O Mother,</i> <i>Happiness truly comes to him.</i> <i>Once You have entered our hearts,</i> <i>Do not go away, O Mother,</i> <i>Give blessings to all.</i></p>
<p>Mānav. me avatār ke Kar. diyā ujiyārā, Mā Kar. diyā ujiyārā Kali yug. me māyā hai (x2) Phir. bhī peh.chānā, Mā Sab.ko duā denā</p>	<p><i>By incarnating in human form,</i> <i>You have enlightened our lives, O Mother,</i> <i>You are the lamp that brings light,</i> <i>In spite of the illusions of Kali Yuga,</i> <i>We have been able to recognize You,</i> <i>O Mother, Give blessings to all.</i></p>
<p>Sant. jano kī dhartī Hai Bhārat. Mātā, Mā Hai Bhārat. Mātā Is. dhar.tī par. ākar.¹ (x2) Dukh. se dūr. karanā, Mā Sab.ko duā denā</p>	<p><i>The land of all the saints,</i> <i>Is Mother India. O Mother,</i> <i>Is this Mother India,</i> <i>As You have incarnated in this land,</i> <i>Please take away our sorrows,</i> <i>O Mother, give blessings to all.</i></p>
<p>Jab. dil. me āye tab. Madhu sañgīt. sun.lo, Mā Madhu sañgīt. sun.lo Hoya sake jo sewā (x2) Ham.se karā lenā, Mā Sab.ko duā denā</p>	<p><i>Whenever we so wish,</i> <i>We can listen to the sweet music inside,</i> <i>O Mother,</i> <i>Whatever service You wish us to do,</i> <i>Kindly ask us to do it, O Mother,</i> <i>Give blessings to all.</i></p>

¹ Originally written *āke*, but now mostly sung *ākar*.

◉ The Mūlādhāra Chakra ◉



◉ Invocation to Shri Ganesha ◉

Vakra-tuṅḍa mahākāya, sūrya-koti sama-prabha
O Lord 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, O God, in every endeavour, everywhere.

ॐ Ganesha Atharva Sheersha ॐ

The Highest Praise of the Lord of Wisdom

Om namaste Gaṇapataye

Om, Salutations to You, O Lord of the Gaṇas

Twameva pratyakṣham tattwam-asi

You are the Manifestation of the Divine Principle

Twameva kevalam kartā-'si

You alone are the Doer and Creator

Twameva kevalam dhartā-'si

You alone are the Supporter and the Sustainer

Twameva kevalam hartā-'si

You alone are the Remover and Destroyer

Twameva sarvam khalv'idam Brahmāsi

You are everything both this (created world) and the Formless Spirit

Twam sākṣhād-ātmāsi nityam

You constantly manifest the Spirit

(1)

Ṛitam vachmi, Satyam vachmi

I speak Divine Law, I speak the Truth

(2)

Ava Twam mām

Protect Thou me

Ava vaktāram, ava śhrotāram

Be propitious to the speaker and the listener

Ava dātāram, ava dhātāram

Watch over the one who offers (the prayer) and the one who performs it

Av'ānūchānam-ava śhiṣhyam

Show favour to the learned scholar and the pupil

Ava paschāt-tāt, ava puras-tāt

Protect from behind, protect from the front

Av'ottarāt-tāt, ava dakṣhiṇāt-tāt

Protect from the left side, protect from the right side

Ava ch'ordhvāt-tāt av'ādharāt-tāt

Protect from above, protect from below

Sarvato mām pāhi-pāhi sam-antāt

From all directions guard and protect me constantly

(3)

Twam vāñg-mayas-twam chin-mayaḥ

You are the Spoken Word and Pure Consciousness

Twam ānanda-mayas-twam Brahma-mayaḥ

Joy is Your essence, Formless Spirit is Your Nature

Twam sach-chid-ānand'ādvitīyo-'si

You are Existence, Consciousness and Joy unequalled

Twam pratyakṣham Brahmāsi

You are the Supreme Spirit manifested

Twam gñyāna-mayo vigñyāna-mayo-'si

You are all Knowledge and Understanding

(4)

Sarvam jagad-idam twatto jāyate

This whole world is born from You

Sarvam jagad-idam twattas tiṣṭhati

This whole world is sustained by You

Sarvam jagad-idam twayi layam-eṣhyati

This whole world will dissolve in You

Sarvam jagad-idam twayi pratyeti

This whole world is returning 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

(5)

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, Twam yogino dhyāyanti nityam

You are the Essence of the Three Śhaktis, on You Yogis meditate constantly

Twam Brahmā twam Viṣṇus-twam Rudras-twam

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

Indras-twam Agnis-twam Vāyus-twam

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

Sūryas-twam Chandramās-twam

You are the Sun, You are the Moon

Brahma bhūr bhuvaḥ swar-om

The Supreme Spirit, Earth, Atmosphere, Heaven and Omkāra

(6)

Gaṇādim pūrvam uchchārya

Saying Gaṇas first letter (G) at the beginning

Varṇādim tad-anantaram

The first letter of the alphabet (A) next

Anuswāraḥ para-taraḥ

and the nasal sound (M) after that

Ardhendu lasitam, tāreṇa ṛiddham

The crescent resounding, completed with the Om

Etat-tava manu swa-rūpam

This is the true form of Your mantra

Gakāraḥ pūrva rūpam

'G' is the first form

Akāro madhyama rūpam

'A' is the middle form

Anuswāraśh ch'āntya rūpam

And 'M' is the last form

Bindur uttara rūpam

Bindu –'Dot' is the form above

Nādaḥ sandhānam, saṁhitā sandhiḥ

With the sounds united according to Sandhi

Saiṣhā Gaṇeśha-vidyā, Gaṇaka ṛiṣhiḥ

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

Nichṛid Gāyatrī chhandah

The Metre is a mixed Gāyatrī

Gaṇapatir devatā

The Presiding Deity is Shri Gaṇapati

Om Gam Gaṇapataye namaḥ

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

(7)

Eka-dantāya vidmahe

We seek the knowledge of the One-tusked God

Vakra-tuṇḍāya dhīmahi

We meditate on the Lord with a Curved Trunk

Tanno dantī prachodayāt

May the God bearing a tusk stimulate us

(8)

Eka-dantam chatur-hastam, pāśham ankuśha dhāriṇam

One-tusked and four-handed, wielding a noose and elephant goad

Radam cha varadam hastair bibhrāṇam

Bearing a broken tusk and blessings in the hands

Mūṣhaka dhvajam

Having a mouse as an emblem

Raktam, lambodaram, śhūrpa karṇakam

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

Rakta vāsasam, rakta gandh'ānu-liptāṅgam

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

Rakta puṣhpaiḥ su-pūjitam

Auspiciously worshipped with red flowers

Bhakt'ānu-kampinam devam, jagat kāraṇam achyutam

Divinely Compassionate to devotees, the Imperishable Origin of the World

Āvir-bhūtam cha sṛiṣṭy'ādau

And becoming manifest at the beginning of creation

Prakṛiteḥ puruṣhāt param

Being beyond the Ādi Śhakti and the Supreme Spirit

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

Whoever meditates in this way constantly

that Yogi becomes the most excellent of Yogis

Namo vrāta-pataye, namo gaṇa-pataye

We bow to the Lord of Assemblies and Chief of Gaṇas

Namaḥ pramatha-pataye

Prostrations to the Leader of Lord Śhiva's followers

Namaste-'stu lambodarāy'aika-dantāya

Let there be obeisance to the Big-bellied, One-tusked

Vighna-nāshine 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 Mātājī
Śhrī Nirmalā Devyai namo namaḥ**

Who is incarnated as Our Divine Mother

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

☪ Aum - To the Divine Essence of the Prayer ☪

A poetic adaptation of the Shrī Ganesha Atharva Shirsha

Let our ears hear that which is true;
Let our eyes see that which is pure;
Let our beings praise that which is Divine;
And let those who listen hear not my voice but the wisdom of God.
Let us worship with the auspicious¹ song,
 the appropriate strength, and the propitious knowledge,
And let our meditation enlighten and enrich.
Let there be amongst us compassion and peace. *Shānti Pātha*

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

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

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

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

¹ *This amendment to the line which originally ran ...'the same song, the same strength and the same knowledge' was suggested by Shri Mataji Herself.*

You are the essence of all the sacred literature and holy words,
and You are the energy that understands the holy words.

You are the Divine Combination of complete truth,
complete happiness and complete energy; and You are beyond.

You are all knowledge,
and You are the use to which the knowledge is put.

You exist until the end of all things,
and after the end of all things You are.

You create the end of all things,
and after the end of all things, You remain indifferent. *Verse 4*

You are earth, You are water, You are fire,

You are air, and You are the space above the air.

You are the gunas and You are beyond the gunas.

You are the body and You are beyond the body.

You are the essence of time and You are beyond time.

You and only You exist at the Muladhara Chakra.

You are the Spirit and You are beyond the Spirit;

and those who would join God meditate upon You. *Verse 5*

You are Brahma, Vishnu, Rudra; You are Indra, Agni, Vayu;

You are the sun at noon, You are the full moon;

Through all of these and more,

You are the all-pervading energy of innocence and wisdom. *Verse 6*

You are the divine servant, who stoops to wash the feet of saints;

You are the tiny core of all things,

without which the larger have no purpose;

You are the key to the libraries of all the scriptures,

without which the truth is hidden;

You are the full stop which completes the sentence,

and without which the sentence loses its meaning.

You are the crescent moon,

You are the stars and You are beyond the stars;

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

Aum Gam Nirmal Ganapataye

Verse 7

To Your Powers, Shrī 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 Mātājī, who is unending love,
salutations to You.

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

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

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

Śhrī Ganesha Puja, Cabella, 15-09-91

How to awaken

☪ Shri Ganesha's Power within you ☪

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

Prayer

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

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

Rome Ashram

Prayer

“Shri 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.”

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

Om Gam Gaṇapataye namaḥ

*Om Gam, the bīja mantra of wisdom, which establishes the foundation of the
Sushumna Nadi, obeisance to the Lord of all groups and categories.*

☪ The 12 Names of Shri Ganesha ☪

From the Ganesha Purāna

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

Dwādaśh'aitāni nāmāni, yaḥ pathet śhrīnu yādapi,

One who says or even listens to these twelve names

Vidyā-rambhe vivāhe cha, praveśhe nirgame tathā,

At the beginning of learning, marriage, entering or exiting,

Saṅgrāme saṅkaṭe ch'aiva, vighnas-tasya na jāyate.

In battle or at times of difficulty, faces no hurdle.

Nirvighnam-astu *May it be obstacle-less*

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

Sumukha *Having a Handsome and Auspicious Face*

Ekadanta *One-tusked*

Kapila *Reddish-brown in colour*

Gaja-karnaka *With Ears like an Elephant*

Lambodara *Big-bellied*

Vikaṭa *Huge*

Vighna-nāśha *The Destroyer of Obstacles*

Gaṇ'ādhipa *The Leader of the Ganas*

Dhūmra-ketu *Grey-bannered*

Gaṇ'ādhyakṣha *The Chief of the Ganas*

Bhāla-chandra *Sporting the Moon on the Forehead*

Gaj'ānana *Elephant-faced*

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

☪ The 108 Names of Shri Ganesha ☪

Śhrī Vighneśhwara Aṣṭottara-śhata Nām'āvali

'The 108 Names of the Ruler of Obstacles'

Om Twameva sākṣhāt Śhrī Gaṇeśha sākṣhāt

Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ

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

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

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

Gadī	<i>Brandishing a Mace</i>	
Chakrī	<i>The Wielder of the Discus</i>	
Ikṣhu chāpa dhṛit 	<i>Holding a sugarcane bow, whose flower arrows of sense enjoyment ensnare us</i>	
Śhrī-da	<i>The Bestower of Auspiciousness and Prosperity</i>	
Aja	<i>Unborn</i>	60
Utpala kara	<i>Holding a Blue Lotus Blossom</i>	
Śhrī pati	<i>The Lord of Auspiciousness and Prosperity</i>	
Stuti harṣhita	<i>Rejoicing in Praise</i>	
Kulādri bhettā	<i>The Splitter of the Mountain Ranges</i>	
Jaṭila	<i>Intricate</i>	65
Kali kalmaṣha nāśhana 	<i>The Destroyer of Kali-yuga's impurity</i>	
Chandra chūḍāmaṇi	<i>Wearing the Moon as a Crest Jewel</i>	
Kānta	<i>The Beloved</i>	
Pāpa hārī	<i>The Destroyer of Sins</i>	
Samāhita	<i>Perfectly Attentive</i>	70
Āśhrīta	<i>Our Refuge</i>	
Śhrī kara	<i>Creating Auspiciousness and Prosperity</i>	
Saumya	<i>Gentle and Pleasing</i>	
Bhakta vāñchhita dāyaka 	<i>Granting the Desires of Devotees</i>	
Śhānta	<i>Serene and Gentle</i>	75
Kaivalya sukha-da	<i>Bestowing the Bliss of Oneness with the Divine</i>	
Sach-chid-ānanda vighraha 	<i>Whose Form is Existence, Consciousness and Bliss</i>	
Gñyānī	<i>The Embodiment of Wisdom</i>	
Dayā yuta	<i>Full of Compassion</i>	
Dānta	<i>Self-mastered</i>	80
Brahma dveṣha vivarjita 	<i>Free of any separation from the Supreme</i>	
Pramatta daitya bhaya-da	<i>Inspiring fear in power-intoxicated demons</i>	
Śhrī kantha	<i>Having a Beautiful Throat</i>	
Vibudh'eśhwara 	<i>The Lord of the Most Wise</i>	
Rām'ārchita	<i>Whose worship is joyful</i>	85
Vidhi	<i>The Controller of Destiny</i>	

Nāga rāja-

-yagñy'opavītavān || ... *Invested with a Cobra as a Sacred Thread*

Sthūla kaṅṭha *Having a Stout Neck*

Swayam kartā *Independent in Action*

Sāma ghoṣha priya *Fond of the Sound of Chanted Praise* 90

Paraḥ | *Supreme*

Sthūla tuṅḍa *Having a Stout Trunk*

Agraṇī *The First-born*

Dhīra *Courageous*

Vāgīśha *The Lord of Speech* 95

Siddhi dāyaka ... || *The Bestower of Success*

Durvā bilva priya *Fond of Durva Grass and Bilva Fruit*

Avyakta mūrti *The Manifestation of the Unmanifest*

Adbhuta mūrtimān | *Of Wondrous Form*

Śhailendra tanuj'otsaṅga- . *Fond of playing with Your Mother Shri Pārvatī,*
-khelan'otsuka mānasa || *the Daughter of the Mountain King* 100

Sva-lāvaṇya sudhā sāra *The Ocean of Ambrosial Beauty*

Jita manmatha vighraha | *Victorious in the battle with the God of Love*

Samasta jagad'ādhāra *The Supporter of all the Worlds*

Māyī *The Power of Illusion*

Mūṣhaka vāhana || *Having a Mouse as a Vehicle*

Hṛiṣṭa *Joyful* 105

Tuṣṭa *Contented*

Prasann'ātmā *The Benign Spirit*

Sarva siddhi pradāyaka | *Granting All Success and Self-realisation*

Mūlādhāra chakra sthita ... *Stationed at the Muladhara Chakra*

Niṣh-kalaṅkatā pradhāna ||. *The Foremost in Purity and Innocence*

Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ

*This praise may be sung as a poem or song in Anushtubh metre (2 lines of sixteen syllables). The symbols | and || indicate the ends of the lines. An **A** at the start of a word elides with the final **-a** of the name before; eg. **Daksha-Adhyaksha** become **Daksh'ādhyaksha** (names 8,9).*

◉ 108 Invocations to Shri Ganesha ◉

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

You are the one to be worshipped first.

Obeisance to You again and again.

You are the word that was in the beginning.

You are the Omkara.

You are the source of life.

You are the source of security.

5

You are worshipped with red flowers.

You are adored by yogis and yoginis.

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

You are auspiciousness and the bestower of auspiciousness.

You are wisdom and the bestower of wisdom.

10

You are innocence and the bestower of innocence.

You make holy what evil had soiled.

You build anew what was destroyed.

You resurrect the innocence that was lost.

You are the Lord of chastity.

15

You are the bestower of the inner paradise.

You are the refuge of all.

You have compassion for Your devotees.

You are the giver of satisfaction and fulfillment.

You are the beloved son of Shrī Mahā-gauri.

20

You are the greatest pupil of Shrī Mahā-Saraswatī.

You are the guardian of Shrī Mahā-lakshmi.

You are listened to by Shrī Ādi Kundalini.

You are manifested in the four heads of Shrī Brahmadeva.

You are the foremost disciple of Shrī Shiva.

25

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

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

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

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

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

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

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

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

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

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

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

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

You are the remembrance of God within all seekers.
You sustain the hope for God during the quest.
You destroy the impurity of Kali-yuga.
You are the bestower of boons.
You are the bestower of absolute happiness. 90

You gave an infinitesimal fraction of Your power to Manmatha
(the God of love) and he conquered the world.
You give to love its power of attraction.
You are the purity of love immaculate.
You are the love that soothes, nourishes and elevates to God.
You are the love by which we recognise God. 95

You are the vessel of sacred adoration.
You are lost in the Goddess' darshan.
You bring the yogi to the Goddess' darshan.
You grant the darshan of the form and the formless.
You grant the darshan of Shrī Nirmalā Ma and of Shrī Nirguna. 100

You are the master of protocol of Shri Ādi Shakti Nirmalā Devī.
You are the foremost knower of Shrī Ādi Shakti Nirmalā Devī.
You witness the awesome greatness of Shrī Ādi Shakti Nirmalā Devī.
You allow the Divine Mother to feel Her motherhood.
You allow the Divine Father to enjoy Her creation. 105

You allow the Sahaja Yogis to melt into You.
You are the owner of God as the child owns his mother.
You are fond of playing with Your Mother Shrī Nirmalā
in the snowy regions of Sahasrara.

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

◉ The 111 Names of Shri Ganesha ◉

Om Śhrī 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 originally a poem and may be recited or sung¹.

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

¹ When reciting this as a song, a single bar | indicates the end of the first line and a double bar || is the end of the verse. **Note:** A final **a** will elide with a vowel starting the next word, eg. **Ameya-Amita vikrama** (names 11,12) becomes **Amey'āmita vikrama**.

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

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

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

Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ

*Who is incarnated on this Earth in person as Adi Shakti Shri Mataji Nirmala Devi
Salutations to You for ever and ever*

This is the most widely used 108 names of Shri Ganesha in Maharashtra (the world centre of Ganesha worship!) and has only four repeats from the 108 Vighnesh (p.46).

◉ The 108 Names of Shri Kārttikeya ◉

Om Twameva sākṣhāt Śhrī Kārttikeya sākṣhāt

Śhrī Ādi Śhakti Mātājī

Śhrī Nirmalā Devyai namo namaḥ

*Shri Mataji, You are the Heroic Destroyer of all bhoots,
demons and negativity, Salutations to You!*



Om Twameva sākṣhāt Śhrī... You are...

Skanda *The Attacker of demonic forces*

Guha *Hidden and beyond comprehension*

Ṣhaṇ-mukha *Having Six Faces*

Bhāla-netra suta *The Son of the Three-eyed Shri Shiva*

Prabhu *The Lord Supreme* 5

Piṅgala *Golden-hued*

Kṛittikā sūnu *The Son of the six starry maids – the Pleiades*

Śhikhi vāhana *The Rider of the Peacock*

Dwādaśha bhujā *The Lord with Twelve Arms*

Dwādaśha netra *The Lord with Twelve Eyes* 10

Śhakti dhara *The Wielder of the Spear*

* **Piśhitāśha prabhañjana** .. *Annihilating the flesh-eating demons*

* **Tārak'āsura saṁhārī** *The Destroyer of Tarakasura*

* **Rākṣho-bala vimardana** .. *Crushing the powerful demonic forces*

Matta *Excited with Joy* 15

Pramatta *Intoxicated with Divine Wrath against evil*

Unmatta *Furious with demonic forces*

Sura sainya surakṣhaka .. *The Guardian of Gods' soldiers*

Deva senā pati *The Commander of the Divine Army*

Prāgñya *The Lord of Wisdom* 20

Kṛipālu *Compassionate*

Bhakta vatsala *Loving Your Devotees like Your Own Children*

Umā suta *The Son of Shri Pārvatī*

Śhakti dhara *Supporting the Kundalini*

Kumāra *The Eternally-youthful Lord* 25

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

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

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

Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ

*Shrī Kārttikeya incarnated as the Marathi poet-saint **Gnyāneśhwara**—'Lord of Knowledge' (1275-1296 CE. aka. Dñyāneśhwara, Dñyandeo, Gñyānadeva). His Guru was His elder brother Nivritti, an aspect of Śhrī Śhiva; his younger brother, Sopanadeva, was an incarnation of Shri Brahmadeva and his sister, Muktabai, was an aspect of Shri Vishnumāyā. He wrote the **Gnyāneśhwari**, a commentary on the Bhagavad Gītā, at the age of sixteen and later the **Amrut'ānubhava** —'experience of the Nectar of Immortality', both books recommended by Shri Mataji. He took Samādhi in the Maharastrian village of Alandi at the age of twenty-one.*

(see: *Shrī Kārtikeya Puja*, Mumbai, 21-12-96)

◉ The 10 Names of Shrī Kundalinī Yoga (3 Granthis) ◉

**Om Twameva sākshāt Shrī Sarva Granthi Vibhedinī sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah**

Shri Mataji, You are the splitter of all knots and obstacles, Salutations to You!

These ten names from the **Śhrī Lalitā Sahasranāma** –‘1000 names’ describe the ascent of the **Kuṇḍalinī**, opening the three **Granthis** -‘Knots of Illusion’ and establishing at **Sahasrāra** giving the devotee blissful connection with the All-pervading Consciousness (see *Chakra Chart* on p.226).

“Now all this from [name] 99 to 108 [of the *Lalita Sahasranama*] is Kundalini Yoga. You should remember these names by heart, is a good idea. It’s not much... so not difficult for you.” *‘The Significance of Puja’, Paris, 20-04-80*

Mūlādhār’aika nilayā	<i>Residing first in the Muladhar (Sacrum)</i>
Brahma granthi vibhedinī	<i>She splits open the Knot of Brahma (above the Sacrum); and emerges as the Kundalini.</i>
Manipūr’āntar ūditā	<i>Rising up to Nabhi Chakra,</i>
Viṣṇu granthi vibhedinī	<i>She pierces through the Knot of Vishnu (between Nābhi and Heart – at the Solar Plexus) allowing the devotee to perceive the unreality of their individuality as body and mind.</i>
Āgñyā chakr’āntarāla sthā	<i>After establishing at the Agnya Chakra.</i>
Rudra granthi vibhedinī	<i>She cuts the Knot of Rudra (Shiva) (between Āgñyā and Sahasrāra).</i>
Sahasrār’āmbuj’ārūdhā	<i>Ascending into the Sahasrāra Lotus, She gives the individual consciousness dissolution into the cosmic consciousness. This is Moksha - ‘liberation’.</i>
Sudhā sār’ābhi-varshinī	<i>Showering blissful Divine Nectar on the devotee, nourishing mind, body and Spirit.</i>
Tadillatā samaruchi	<i>Dazzling like lightning</i>
Ṣhat-chakr’opari samsthitā	<i>She takes Her seat above the six chakras.</i>

Sākshāt Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah

☪ The 69 Names of Shri Kundalinī Śhakti ☪

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: The names are given in Dative Case as they were at the Puja with Shri Mataji.

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

Chandra chakra- -Swāminī Śhaktyai	<i>The Cooling Bliss of the Left Side</i>
Gṛuha-lakṣhmī Śhakti Mātre	<i>The Supporting Power of the Housewife</i>
Durgā Jagadambā Mātre	<i>The Mother carrying us across this World</i>
Śhiva Pārvatī Mātre	<i>Auspicious Bliss and Supreme Knowledge</i>
Karuṇā Rasa Sāgarāya	<i>The Ocean of Compassion</i>
Dayā sāgarāya	<i>The Ocean of Mercy</i>
Kṣham'āśhrayiṇyai	<i>The Abode of Forgiveness</i>
Atmā Paramātmane	<i>The Individual and Universal Spirit</i>
Kṣhetra-gñyāya	<i>The Spirit as the Knower of the Body</i>
Sītā Rāma Maryāda- -Puruṣ'ottamāya	<i>The Highest Manifestation of Righteousness</i>
Viṣṇu Granthi Vibhedinī -Śhakti Mātre	<i>Breaking through the Knot of Worldly Illusion</i>
Rādhā Kriṣṇa- -Pūrṇ'āvatārāya	<i>The Complete Incarnation of the Father</i>
Yaśhodā Rukminī- -Viṭṭhalāya	<i>The Powers of Right Vishuddhi</i>
Viṣṇu-māyāyai	<i>The Pure Power of Left Vishuddhi</i>
Lalitā chakra- -Swāminī Śhaktyai	<i>The Concentrated Power of the Left Side</i>
Śhri Chakra Swāminī- -Śhaktyai	<i>The Activation of the Right Side</i>
Virātāya Virātaṅganāya	<i>The Vast Cosmic Form and its Power</i>
Haṁsa Chakra Swāminī- -Śhaktyai	<i>The Power of Discrimination</i>
Pranavāya	<i>The Primordial Reverberation</i>
Omkārāya	<i>The Sound that produces Creation</i>
Kārttikeyāya	<i>The Commander of the Divine Forces</i>
Mahāgaṇeśhāya	<i>The Evolved Power of Innocence</i>

Mahāvīrāya	<i>The Great Warrior, ruling Superego</i>
Gautama Buddhāya	<i>The Awakened Lord of the Ego</i>
Swa-prakāśhāya Mary Jesus	<i>The Self-illuminated Incarnations of Shrī Ganesha and Mahālakshmī</i>
Mahākali Śhakti Bhairavāya	<i>The Powers of the Left Side</i>
Mahā-śhaṅkarāya	<i>Lord Shiva as the Bestower of the Greatest Well-being</i>
Mahā-saraswatī Śhakti- -Hanumantāya	<i>The Powers of the Right Side</i>
Mahā-brahmadevāya	<i>Giving the Highest Knowledge</i>
Mahā-gaṇapataye	<i>The Supreme Lord of Angels</i>
Mahat-ahaṁkārāya	<i>The Transcendent Identity of the Divine</i>
Mahālakṣhmī Śhakti- -Mahāviṣṇave	<i>The Evolutionary Power</i>
Ekādeśhāya Śhakti Rudrāya	<i>The Power of Correcting Evil Tendencies</i>
Rudra Granthi Vibhedinī – -Śhakti Mātre	<i>Splitting the Final Knot of Illusion inside the head</i>
Chandra Maṇḍala- -madhya-sthāya	<i>Residing in the Orb of the Moon (the realm of Sahasrāra and above)</i>
Bhānu Sūrya Maṇḍala- -madhya-sthāya	<i>Residing in the Orb of the Sun (the middle realm – Heart, Vishuddhi and Agnya)</i>
Iḍā Nāḍī Swāminī Śhaktyai	<i>Ruling the Left Channel</i>
Piṅgala Nāḍī Swāminī- -Śhaktyai	<i>Ruling the Right Channel</i>
Suṣhumna Nāḍī Swāminī- -Śhaktyai	<i>Controlling the Central Channel</i>
Sarva Iḍā Nāḍī Granthi- -Vibhedinī Śhaktyai	<i>Breaking all obstructions of the Left Side</i>
Sarva Piṅgala Nāḍī Granthi- -Vibhedinī Śhaktyai	<i>Clearing all difficulties of the Right Side</i>
Sarva Sahasrāra Granthi- -Vibhedinī Śhaktyai	<i>Splitting all knots preventing Sahasrāra Chakra from opening</i>

Sarva Suṣhumna Granthi- -Vibhedinī Śhaktyai	<i>Piercing through all the illusions of the Central Channel</i>
Sahasrāra Swāminī Mokṣha -Pradāyinī Niṣkalaṅkāya	<i>The Immaculate Goddess who opens the Sahasrara and grants Liberation</i>
Mahāmāyā Mātājī- -Śhrī Nirmalā Devyai	<i>Shri Mataji as the Incarnation of the Supreme Illusory Creative Power</i>
Ardha-bindu Śhakti Mātre	<i>The Chakra above Sahasrara</i>
Bindu Śhakti Mātre	<i>The Second Chakra above Sahasrara</i>
Valaya Śhakti Mātre	<i>The Circle – the First Emanation of Adi Shakti, third level above Sahasrāra</i>
Sadāśhiva Ādi Śhakti Mātre	<i>Almighty and Eternal God and His Primordial Power</i>
Para-brahmane	<i>The Supreme All-pervading Formless Consciousness.</i>

This list of the Deities of the Chakras and Nadis was offered at the historic Guru Puja in London where Shri Mataji made Her Declaration (02-12-79). It is assumed but not confirmed that the list was composed by Shri Mataji before the Puja. Some names that She personally suggests later 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 were said in 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.

At the Puja 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.

☪ The 97 Names of Shrī Gaurī ☪

from the Birthday Puja, Mumbai, 21 Mar 1985

Om Twameva sākshāt Shrī Gaurī sākshāt

Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namah

Shri Mataji, You have awakened the Kundalini of the whole world, Salutations to You!

Om Hrīm

The Mahālakshmī bīja mantra Hrīm activates the Central Channel, opens the Heart and confers Bliss in the Sahasrāra.

Om Twameva sākshāt Śhrī *You are...*

Gaurī *The Pure White Virgin, the Kundalini*

Mahā-vidyā *Supreme Knowledge*

Jagan mātā *Mother of the World*

Mahālakshmī *The Power of Evolution and Ascent*

Śhiva priyā *Loved by Shri Shiva* 5

Viṣṇumāyā *The Illusory Creative Power*

Śhubhā *Happy and Auspicious*

Śhāntā *Peaceful*

Siddhā *Fulfilled and Self-Realised*

Siddha Saraswatī *The Goddess with full enlightened powers* 10

Kshamā *Forgiveness*

Kāntiḥ *Radiating love and beauty*

Prabhā *Effulgent glory*

Jyotsnā *The cooling lustre of the moonlight*

Pārvatī *The Supreme Goddess* 15

Sarva maṅgalā ... *All Auspiciousness*

Hiṅgulā *Brilliant red; adorned with kum-kum*

Chandikā *Angry with evil forces*

Dāntā *Self-restrained; keeping within the Sushumna Nadi*

Padmā *Lotus-hued* 20

Lakṣhmī *The Goddess of Support and Nourishment*

Hari priyā *Beloved of Shri Vishnu*

Nandā	<i>Joy-giving</i>	
Su-nandā	<i>Delightful</i>	
Sura vanditā	<i>Worshipped by the Gods</i>	25
Yagñyā	<i>The Sacred Fire that consumes negativity</i>	
Mahāmāyā	<i>The Great Illusory Creative Power</i>	
Sudhā	<i>Ambrosial Nectar</i>	
Dhṛitiḥ	<i>Steadfast</i>	
Vedā	<i>Enlightened Knowledge</i>	30
Priyā	<i>Beloved</i>	
Prasiddhā	<i>Of renowned accomplishment</i>	
Mṛudā	<i>Gracious</i>	
Vindhya vāsinī ...	<i>Residing in the Vindhya mountains</i>	
Siddha vidyā	<i>Enlightened Knowledge</i>	35
Mahā-śaktiḥ	<i>The Supreme Power</i>	
Ṙithvī	<i>Mother Earth</i>	
Nārada sevītā ...	<i>Worshipped by Sage Nārada</i>	
Kāntā	<i>Beloved and beautiful</i>	
Padma lochanā ..	<i>Lotus-eyed</i>	40
Māhā-mātā	<i>The Great Mother</i>	
Durgā	<i>The Invincible Goddess, who carries us across hardships</i>	
Jwālā	<i>The Divine Fire that appears like tongues of flame</i>	
Su-gotrā	<i>Of noble lineage</i>	
Kumuda vāsī	<i>Residing in the lotuses</i>	45
Durlabhā	<i>Hard to attain</i>	
Vidyā	<i>Knowledge</i>	
Swargā	<i>Residing in Heaven</i>	
Aparnā	<i>Performing penances to win the love of Shri Shiva – eating not even a leaf</i>	
Pura vāsī	<i>Dwelling in the Divine city</i>	50
Śhāntā	<i>Absolutely tranquil</i>	
Māyā	<i>Magic and Illusion</i>	

Madirā	<i>The Divine Elixir</i>	
Mṛudu hāsinī	<i>Smiling sweetly</i>	
Nārāyanī	<i>The Refuge of Humanity</i>	55
Mahā-nidrā	<i>The Great Sleep</i>	
Yoga nidrā	<i>Mystic Sleep</i>	
Prabhā	<i>Resplendent</i>	
Pragñyā	<i>Wisdom</i>	
Aparītā	<i>Unobstructed</i>	60
Tārā	<i>Self-illuminating</i>	
Bālā	<i>Appearing as a young girl</i>	
Bālikā	<i>Of child-like innocence</i>	
Simha gāmī	<i>Moving majestically like a lion; with a lion as Your vehicle</i>	
Omkārā	<i>The Primordial Sound</i>	65
Sudh'ākārā	<i>Whose Form is Divine Nectar</i>	
Chetanā	<i>Awareness</i>	
Kopanā	<i>Wrathful with evil forces</i>	
Ardha-bindu	<i>The crescent moon, the first chakra above Sahasrara</i>	
Dhīrā	<i>Dispelling all darkness and bad qualities; uniting with the Spirit in the Sahasrara</i>	70
Kalā	<i>Goddess of Arts</i>	
Padmā	<i>Lotus-hued Śhrī Lakṣhmī</i>	
Su-vastrā	<i>Beautifully clothed</i>	
Prabuddhā	<i>Awakened and enlightened</i>	
Saraswatī	<i>Goddess of Speech, Music and Arts</i>	75
Jinendrā	<i>Subjugating the senses</i>	
Śhāradā	<i>Autumnal, a name of Śhrī Saraswatī</i>	
Haṁsa vāhanā	<i>Whose vehicle is a swan</i>	
Gūḍh'āsanā	<i>Seated in a secret place</i>	
Gūḍha vastrā	<i>Clothed in secrecy</i>	80
Sudh'ākārā	<i>Whose Form is Divine Nectar</i>	

Sudhā kṛitā	<i>Creating well-being</i>	
Rāja nītiḥ	<i>Skilled in statecraft</i>	
Trayi vārtā	<i>Mistress of the three branches of knowledge</i>	
Daṇḍinī	<i>The Punisher of the wicked</i>	85
Tārinī	<i>The Saviour – carrying us across all obstacles</i>	
Kriyāvati	<i>Ever active</i>	
Sad-gatī	<i>The Right Path</i>	
Sat-parāyaṇī	<i>Showing the Way of Truth</i>	
Mandākinī	<i>River Ganga, flowing from Heaven</i>	90
Gaṅgā	<i>The Holy River Gaṅgā representing the Iḍā Nāḍī</i>	
Yamunā	<i>The River Yamunā representing the Piṅgala Nāḍī</i>	
Saraswatī	<i>The Sacred River representing the Suṣumnā Nāḍī, flowing underground and joining Gaṅgā and Yamunā at Prayāg</i>	
Godāvarī	<i>The ‘Ganges of the South’ flowing from Nasik (Maharashtra) to the east coast</i>	
Chandra bhāgā	<i>The Holy River in Pandharpur</i>	95
Śhivā	<i>Benevolent and Auspicious Goddess</i>	
Gaurī Mātā	<i>Mother Kundalini</i>	

Sākshāt Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namah
Who is incarnated on this Earth as Her Supreme Holiness Shri Mataji Nirmala Devi

These names were offered at the 63rd Birthday Puja, Mumbai, India, on 21 March 1985 (without translations). It is assumed that the names were arranged by Shri Mataji before the Pujā as She nods knowingly when the extra names Śhivā and Gaurī Mātā are read out to finish.

The names are from the 1000 Names of Shri Bhavanī (slightly adapted) with the addition of the name Gaurī at the beginning and Śhivā and Gaurī Mātā at the end.

Note: *These names have been sourced from the original tape and may vary slightly from Nirmala Vidya Ed.8.*

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Namāmi Śhāradām Devīm vīnā pustaka dhārinīm

I bow to Shrī Saraswatī, who bears the Veena and the Book of Knowledge.

'Saraswati Vandana' is in the SY Songbook.

☪ The 108 Names of Shri Saraswatī ☪

<i>Om Twameva sākshāt Shri</i>	<i>You are ...</i>	
Saraswatī	<i>The Goddess of speech, learning, art and music</i>	
Mahā-bhadrā	<i>Very gracious and lovely</i>	
Mahā-māyā	<i>The illusory creative power</i>	
Vara pradā	<i>Granting boons</i>	
Śhri pradā	<i>The Bestower of prosperity and happiness</i>	5
Padma nilayā	<i>Residing in a lotus</i>	
Padm'ākshī	<i>Lotus-eyed</i>	
Padma vaktrā	<i>Lotus-faced</i>	
Śhiv'ānujā	<i>The Sister of Shri Shiva</i>	
Pustaka dhrit	<i>Holding a book</i>	10
Gñyāna mudrā	<i>The hand gesture of knowledge</i>	
Rāmā	<i>Pleasing</i>	
Parā	<i>Supreme</i>	
Kāma rūpā	<i>In the form of love and desire</i>	
Mahā-vidyā	<i>The highest learning</i>	15
Mahā-pātaka nāshinī	<i>Destroying the greatest of sins</i>	
Mah'āshrayā	<i>The highest refuge</i>	
Mālinī	<i>Wearing a garland</i>	
Mahā-bhogā	<i>The highest enjoyment</i>	
Mahā-bhujā	<i>With mighty arms and hands</i>	20
Mahā-bhāgā	<i>The best portion</i>	
Mah'otsāhā	<i>With great energy and power</i>	
Divy'āngā	<i>Having a resplendent body</i>	
Sura vanditā	<i>Praised by the gods</i>	
Mahākālī	<i>The great black goddess</i>	25
Mahā-pāshā	<i>The most powerful bonds</i>	
Mah'ākārā	<i>The mightiest form</i>	
Mah'āñkuśhā	<i>The supreme goad</i>	
Sītā	<i>The Wife of Shri Rama</i>	
Vimalā	<i>Without imperfection</i>	30

Viśhwā *The Universe*

Vidyun mālā	<i>Wreathed in lightning</i>	
Vaiṣṇavī	<i>The Shakti of Shri Vishnu</i>	
Chandrikā	<i>Moonlight</i>	
Chandra vadanā	<i>Having a Moon-like face</i>	35
Chandra lekhā vibhūśhitā .	<i>Adorned with the digits of the Moon</i>	
Sāvitrī	<i>The Power of the Sun</i>	
Surasā	<i>Charming and elegant</i>	
Devī	<i>The Goddess</i>	
Divy'ālankāra bhūśhitā	<i>Decorated with divine ornaments</i>	40
Vāg-devī	<i>The Goddess of Speech</i>	
Vasudhā	<i>Dispensing wealth</i>	
Tīvrā	<i>Fierce</i>	
Mahā-bhadrā	<i>Very gracious and pleasant</i>	
Mahābalā	<i>Of great strength</i>	45
Bhoga-dā	<i>Granting enjoyment</i>	
Bhāratī	<i>Eloquent</i>	
Bhāmā	<i>Bright</i>	
Govindā	<i>The Rescuer of the Earth</i>	
Gomatī	<i>The Abundant Mother Earth</i>	50
Śhivā	<i>Benevolent and blissful</i>	
Jatilā	<i>With the matted hair of an ascetic</i>	
Vindhya vāsā	<i>Dwelling in the Vindhya mountains</i>	
Vindhy'āchala virājītā	<i>Making the Vindhya mountains glorious</i>	
Chandikā	<i>Angry with evil forces</i>	55
Vaiṣṇavī	<i>The Shakti of Shri Vishnu</i>	
Brāhmī	<i>The Shakti of Shri Brahma</i>	
Brahma gñyān'aika sādhanā	<i>The only means of knowing the Supreme Spirit</i>	
Saudāminī	<i>Lightning</i>	
Sudhā mūrṭi	<i>In the form of the Divine Nectar</i>	60
Subhadrā	<i>Highly auspicious</i>	
Sura pūjītā	<i>Worshipped by the Gods</i>	
Su-vāsinī	<i>A married woman</i>	

Su-nāsā	<i>With a beautiful nose</i>	
Vi-nidrā	<i>Without sleep</i>	65
Padma lochanā	<i>Lotus-eyed</i>	
Vidyā rūpā	<i>Embodied as knowledge</i>	
Viśhāl'ākṣhī	<i>With large and powerful eyes</i>	
Brahma jāyā	<i>The Shakti of Shri Brahma</i>	
Mahā-phalā	<i>The Highest Reward</i>	70
Trayī mūrti	<i>The Three Forms of God</i>	
Trikāla gñyā	<i>Knowing past, present and future</i>	
Trigunā	<i>The Embodiment of the three attributes</i>	
Śhāstra rūpinī	<i>In the form of the sacred texts</i>	
*Śhumbh'āsura pramathinī .	<i>Crushing the demon Shumbha</i>	75
Śhubha-dā	<i>The Bestower of Happiness</i>	
Swar'ātmikā	<i>The Soul of Music</i>	
*Rakta-bīja nihantrī	<i>The Destroyer of the 'blood-seed' demon</i>	
Chāmundā	<i>The killer of Chanda and Munda</i>	
Ambikā	<i>Mother</i>	80
*Munda kāya praharanā	<i>Destroying the body of the demon Munda</i>	
*Dhūmra-lochana mardanā .	<i>The Crusher of the 'smoke-eyed' demon</i>	
Sarva deva stutā	<i>Praised by all the gods</i>	
Saumyā	<i>Soft and gentle</i>	
Sur'āsura namas-kṛitā	<i>Bowed to by gods and demons</i>	85
Kāla rātrī	<i>The Dark Night of dissolution</i>	
Kal'ādhārā	<i>Supporting the arts</i>	
Rūpa saubhāgya dāyini	<i>The Bestower of beauty and well-being</i>	
Vāg-devī	<i>The Goddess of Speech</i>	
Var'ārohā	<i>Elegantly feminine</i>	90
Vārāhī	<i>Boar-formed</i>	
Vārij'āsanā	<i>Seated on a lotus</i>	
Chitr'āambarā	<i>Brightly clothed</i>	
Chitra gandhā	<i>The one with a wonderful scent</i>	
Chitra mālya vibhūśhitā	<i>Adorned with a marvelous garland</i>	95
Kāntā	<i>Beautiful and beloved</i>	

Kāma pradā	<i>Granting desires</i>	
Vandyā	<i>To be revered</i>	
Vidyā dharā supūjitā	<i>Worshipped by the enlightened</i>	
Śhvet'āsanā	<i>On a white throne</i>	100
Nīla bhujā	<i>Having dark blue arms</i>	
Chatur varga phala-pradā ..	<i>Giving the rewards of the four stages of life</i>	
Chatur ānana sāmrajyā	<i>Ruling with the four-faced Brahmadeva</i>	
Rakta madhyā	<i>In the blood</i>	
Niranjanā	<i>Of unstained purity</i>	105
Haṁs'āsanā	<i>Seated on a swan</i>	
Nīla janghā	<i>Having blue thighs</i>	
Brahma Viṣṇu Śhiv'ātmikā	<i>The Essence of the Three Forms of God</i>	

Sākṣhāt Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namaḥ

☪ The 6 Names of Hazrat Āli ☪

Bismillāhir-Rahmānir-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"

Prophet Mohammad

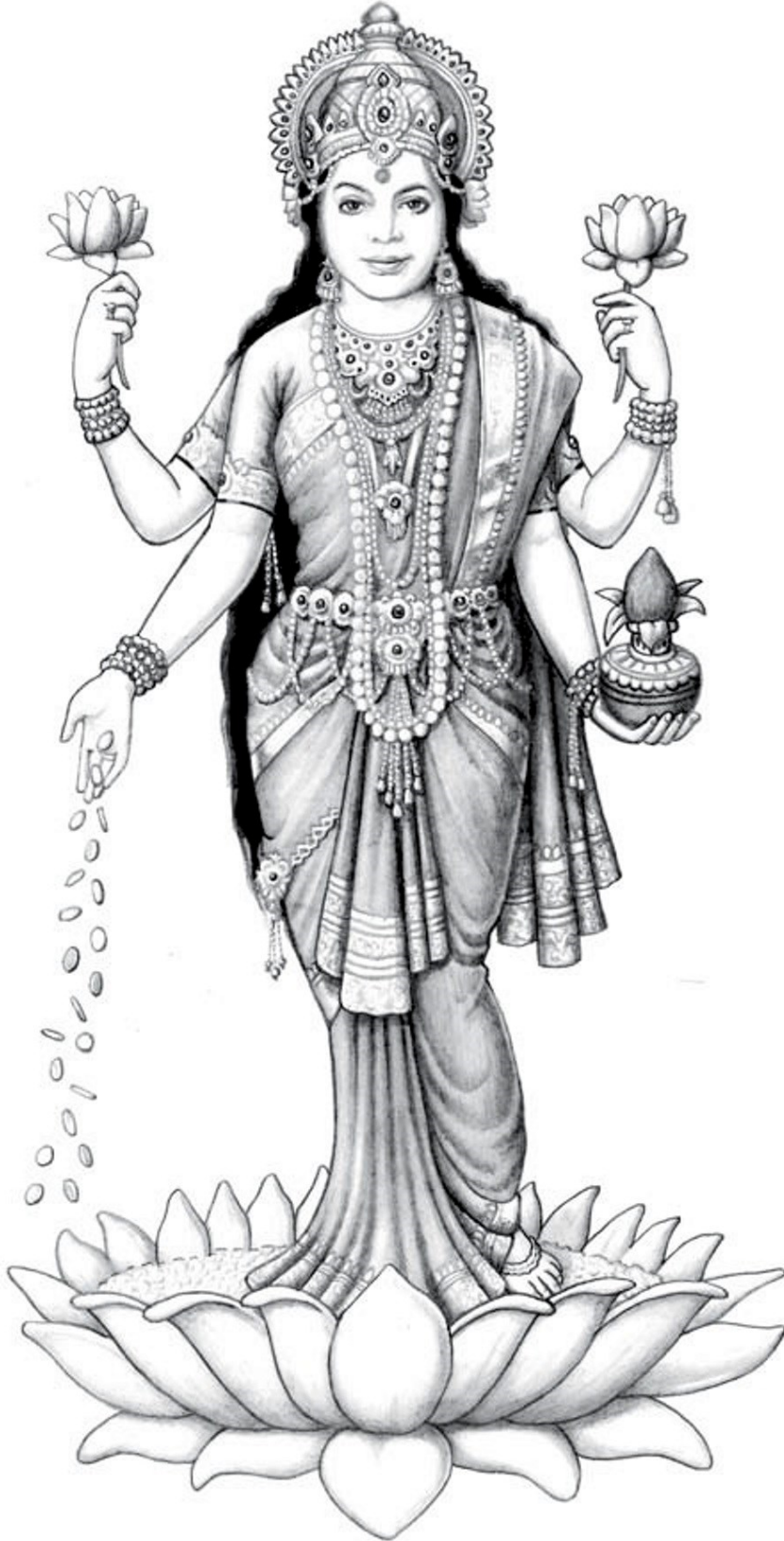
Om Twameva sākshāt Śhrī	<i>You are...</i>	
Amīr al-Mu'minīn	<i>The Commander of the Faithful</i>	
Abu Turāb	<i>The Father of Soil¹</i>	
Asadullāh	<i>The Lion of God</i>	
Ḥaider al-Karrār	<i>The Invincible Charging Lion</i>	
Safdar	<i>The Fighter</i>	
Zūlfiqār qabaḍ	<i>Weilding the legendary two-pointed sword</i>	

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

¹ A name given to Shri Āli by Prophet Mohammad when he saw Him asleep covered with dust; also because of His lengthy prayers with the head bowed to the ground.

Hazrat Āli was a full incarnation of Shri Brahmadeva.

© The Nābhi (Maṇipūra) Chakra ©



Om Śhāntiḥ Śhāntiḥ Śhāntiḥ

Aum. Peace, peace, peace.

May there be peace in the world, peace in my mind and peace in heaven.

☪ The 10 Names of Shri Lakshmi ☪

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

Holy Mother Shri Mataji, You are the Goddess who supports our ascent.

Salutations to You!

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

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

“Now Mahālakshmi has eight aspects:

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

6. **Shri Satya Lakshmî** - She is the one who has given you awareness that you are the instrument of God and that He is working through you (*first truth*). (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. **Shri Bhogya Lakshmî** - means ‘the one by which you enjoy’. Only through the grace of **Bhogya Lakshmi**, you can enjoy that Ocean of Joy. When the Spirit is flowing, you get complete enjoyment.

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

So these are the eight-fold paths by which one has to grace oneself. May God give you that power.”

09-11-80, Diwali Puja, Hampstead

Shrî Lakshmî 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 **Lakshmî** can be separated into: **La** – Bīja Mantra of Earth Element. **Ksham** – ‘Forebearance, forgiveness (*Kshamā is a name for Mother Earth!*),’ **Ī** - Central Channel; ie. ‘The forbearing Mother Earth who gives us Spiritual Ascent’.

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

8th 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, Shri 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 Shri Lakshmi,
giving all the blessings for our ascent. Salutations to You!*

Om Twameva sākṣhāt Śhrī....

You are...

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

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

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

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

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

☪ The 62 Names of Shri Fatima Az-Zahra ☪

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

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

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

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

Om Twameva sākshāt Śhrī... You are...

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

Dāfiya	<i>Mingling with the poor and oppressed</i>	25
Diāma	<i>The Pillar and the Support</i>	
Rafiā	<i>Exalting</i>	
Raḍiya	<i>Fully Satisfied</i>	
Zakīya	<i>Chaste</i>	
Zahīra	<i>The Visible Lady</i>	30
Salima	<i>Perfect and Flawless</i>	
Shāfiā	<i>The Mediator before Allah</i>	
Shafiqa	<i>Merciful</i>	
Shahiya	<i>Pleasant</i>	
Ṣāhiba	<i>The Companion of the Prophet</i>	35
Ṣāhibat-ul-Kawn ..	<i>Queen of the Universe</i>	
Ṣadīqa	<i>Faithful</i>	
Ṣiddīqa	<i>Truthful</i>	
Ṣaliha	<i>Righteous</i>	
Tahīra	<i>Pure</i>	40
Ābīda	<i>Devout</i>	
Ādīla	<i>Fair and Just</i>	
Āzīza	<i>Respected</i>	
Āliya	<i>Most High</i>	
Ālima	<i>Most Learned</i>	45
Āmīla	<i>Most Active</i>	
Faṣīha	<i>Eloquent</i>	
Qayūma	<i>Everlasting</i>	
Karīma	<i>Generous and Kind</i>	
Mubāraka	<i>Auspicious and Blessed</i>	50
Mastūra	<i>Veiled and Chaste</i>	
Māṣūma	<i>Immaculate and Sinless</i>	
Marḍīya	<i>Pleasing to God</i>	
Maryam-e-Kubra ..	<i>The Greater Mary (Shrī Mahālakshmi)</i>	
Malika-al-Ṭahīr ...	<i>The Queen of Purity</i>	55
Najība	<i>Distinguished</i>	
Naṣīha	<i>The Sincere Counsellor</i>	

Nūriya	<i>Light</i>	
Hirā'	<i>The Cave in which Lord Mohammed meditated</i>	
Wafīya	<i>Trustworthy</i>	60
Walīya	<i>Saintly and Holy</i>	
Walīyat-ul-Ūhada	<i>The Keeper of the Covenant</i>	

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

See p.243 for the Arabic Pronunciation Guide.

Śhrī Fatima Az-Zahra (c.605-632 CE)

An incarnation of **Śhrī Gruha-lakshmī** – ‘Goddess of the Household’, **Shri Fatimā** was the embodiment of ideal womanhood. Her father, the **Prophet Mohammed**, (see p.94) married Her to His cousin and first disciple **Hazrat-Ali**, an incarnation of **Shri Brahmadeva** (p.80). Their sons **Hassan** and **Hussein** were incarnations of **Luv** and **Kush** (p.169) and they also had two daughters. **Bibi Fatima** died at the age of eighteen, 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 Gruha-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 Nābhi. The Gruha-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 Vishnumâyâ just to establish the beautiful principle of a housewife.”

Śhrī Fatima 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 Vishnumâyâ. She was the incarnation of Vishnumâyâ.”

Śhrī Fatima Puja, Istanbul, Turkey, 18-05-93



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

9. **Jesus Christ - 'The Saviour from Jehovah'** – was an incarnation of **Shri Ganesha** and **Mahāvishnu**, who opened the Primordial **Āgñyā 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 disrespectfully refused entry to four **Rishis** wishing to visit **Shrī Vishnu** who was sleeping and were cursed for their arrogance to take three births each on the Earth and be deluded by the 'Six enemies', Lust, Greed, Pride, etc. **Shri Vishnu** awoke and, on having the situation explained to Him, agreed to this but softened the curse by promising that He would come each time to liberate them.



Om Śhrī Viṣṇave namaḥ

I bow to the All-pervading Supreme Being who is the Lord of our ascent.

☪ The 108 Names of Shri Vishnu ☪

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

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

The 24 Names on this page are traditionally recited before Puja to activate the Sushumnā Nādī.

Om Twameva sākshāt Śhrī... You are...

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

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

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

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

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

Incarnated on this Earth as Our Divine Mother Shri Mataji Nirmala Devi.

We bow with love and humility at Your Lotus Feet.

Awakening the Central Channel

“Why these twenty-one (24) names (of *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.

☪ The 10 Primordial Masters (Ādi Gurus) ☪



Rājā Janaka

Janaka – ‘Father, generating’

5000 BCE, Mithila, India

Rājā Janaka was the king of Mithila (*Nepal*) and the adoptive 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. He features in several of the Puranas, especially the Bṛihadaranyaka Upanishad.

‘When you live in the realm of Divine Power, the Brahma, that looks after you.’

Raja Janaka

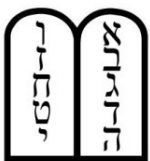


Abraham *‘Father of multitudes’ - Abra-‘father, hamon – ‘many, multitude’ (Hebrew) Ā-brahma – ‘reaching God’ (Sanskrit)*

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.’ **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)

1500 BCE, Persia

Ancient Persian prophet and religious poet who viewed the Universe as the cosmic struggle between truth and falsehood. Zarathustra 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 mantras and 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 influenced the way of life and thinking in China, Japan, Korea, and Vietnam for two thousand years. Master Kong believed that noble rulers created happy societies and He emphasised morality on both personal and governmental levels, and the value of well-defined 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 Taoism. Lao Tse’s writings expound 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 unity of all things, 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, Philosophy and Ethics. As the son of a wealthy sculptor, Socrates 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, Mohammad 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 persecuted Mohammad for attacking the idol worship at the Kaaba – '*black rock*', from which they benefitted financially.

'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, Guru Nanak spoke of the oneness of God, salvation by faith and good works, the equality and brotherhood of all people, 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 east, south, north and west reaching Sri Lanka, Burma, Tibet, Nepal, Afghanistan and Arabia, finally settling down with His family at the agricultural community He founded in Kartāpur (*Punjab*).

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

Guru Nanak



Śhrī Saī Baba of Śhirdī (*Shirdī Saī Nāth*)

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

1838-1918 CE, Shirdi, India

From unknown origins, Shri Sai Baba encouraged His followers to celebrate festivals and rituals from both Hinduism and Islam. He lived as an ascetic, teaching about love, forgiveness, unity, charity, contentment, inner peace, devotion to the Guru and to God. He passed away in 1918, predicting that there would be another Divine Incarnation within seven years.

'See the Divine in the human being.'

Shri Sai Baba of Shirdi

The 108 Names of Śhri Ādi Guru Dattātreya

**Om Twameva sākṣhāt Śhri Ādi Guru Dattātreya sākṣhāt
Śhri Ādi Śhakti Mātājī Śhri Nirmalā Devyai namo namaḥ**
O Divine Mother Shri Mataji, we bow to You who is the Guru of all Gurus!

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

Dambha darpa mad'āpaha . . .	<i>The Remover of hypocritical pride and intoxicated frenzy</i>	
Guṇ'āntaka	<i>Making an end to the three attributes</i>	
jvara nāśhaka	<i>the destroyer of fever, illness and suffering</i>	
Bheda vaitanda khandana	<i>The Destroyer of disagreements and futile arguments</i>	
Nirvāsana	<i>Free from attachments, conditionings and temptations</i>	30
Nirīha	<i>Desireless and still</i>	
Nirahaṁkāra	<i>Without Ego</i>	
Śhoka duḥkha hara	<i>The Remover of anxiety and pain</i>	
Nirāśhīr nirupādhika	<i>Absolutely desireless</i>	
Ananta vikrama	<i>Of infinite valour and strength</i>	35
Bhed'āntaka	<i>The Destroyer of all divisions, negative discrimination and arguments</i>	
Muni	<i>The Great Sage</i>	
Mahā-yogī	<i>The Great Yogi</i>	
Yog'ābhyāsa prakāśhana	<i>Enlightening the Practice of Yoga</i>	
Yog'ārer darpa nāśhana	<i>The Destroyer of the arrogance of those without a divine connection</i>	40
Nitya mukta	<i>Eternally liberated</i>	
Yoga	<i>Union with the Divine</i>	
Sthāna-da	<i>Granting the state of perfect stillness</i>	
Mah'ānu-bhāva bhāvita	<i>Transforming Yourself and other by noble-mindedness and generosity</i>	
Kāma-jit	<i>The Conqueror of desire, lust and passion</i>	45
Śhuchir bhūta	<i>Most auspicious and pure</i>	
Tyāga kārana tyāg'ātmā	<i>The Essence and Cause of Renunciation</i>	
Mano'buddhi vihin'ātmā	<i>The Pure Spirit having given up the mind and intellect</i>	
Mān'ātmā	<i>The Respected Soul</i>	
Chetanā vigata	<i>Beyond thinking awareness</i>	50
Akṣhara mukta	<i>Eternally liberated</i>	
Parākrama	<i>Of Supreme Courage</i>	

Tyāg'ārtha sampanna	<i>Thriving through perfect renunciation</i>	
Tyāga vighraha	<i>The Embodiment of renunciation</i>	
Tyāga kārana	<i>The Cause of renunciation</i>	55
Pratyāhāra niyojaka	<i>Enjoining withdrawal of the senses</i>	
Pratyakṣha vastu	<i>The Ultimate Reality in perceptible form.</i>	
Devānām param'āgati	<i>The Supreme Goal of the Devas</i>	
Mahā-deva	<i>The Greatest among the Devas</i>	
Bhuvan'āntaka	<i>Finished with worldly life</i>	60
Pāpa nāśhana	<i>The Destroyer of sins</i>	
Avadhūta	<i>Renouncing all worldly attachments</i>	
Mad'āpaha	<i>The Remover of lust, arrogance and false pride</i>	
Māyā mukta	<i>Free from all illusions</i>	
Chid-uttama	<i>The Supreme Consciousness</i>	65
Kṣhetra-gñya	<i>The In-dwelling Spirit that knows the body and the senses</i>	
Kṣhetra-ga	<i>The Soul residing in the body</i>	
Kṣhetra	<i>The Fertile Ground for Spiritual Growth</i>	
Saṁsāra tamo nāśhana	<i>Destroying the darkness of worldly illusion</i>	
Śhaṅkā mukta- -samādhimān	<i>Absorbed in bliss, free from anxiety and doubt</i>	70
Pāla	<i>The Protector</i>	
Nitya śhuddha	<i>Eternally Pure</i>	
Bāla	<i>Childlike Innocence</i>	
Brahmachārī	<i>The Chaste Disciple</i>	
Hṛidaya-stha	<i>Dwelling in the Heart</i>	75
Pravartana	<i>Always Active</i>	
Saṅkalpa duḥkha dalana ..	<i>The Destroyer of unhappiness caused by desires and expectations</i>	
Jīva sanjīvana	<i>Giving Life to the Soul</i>	
Lay'ātīta	<i>Beyond destruction and death</i>	
Layasy'ānta	<i>The End of the ultimate dissolution</i>	80
Pramukha	<i>The First among all beings</i>	
Nanda	<i>Joyful and Joy-giving</i>	

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

Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ

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

Guru Puja, Switzerland, 14-08-84.

☪ The 115 Names of the Sat-guru ☪

From the 1000 Names of Shri Adi Guru Dattatreya

Havan for Guru Puja, 01-12-79, London

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

Bhāva	<i>The Emotions</i>	
Sattv'ātmā	<i>Whose Atma has expressed the Truth</i>	
Sattva sāgara	<i>The Ocean of Truth</i>	
Sattva-vid	<i>The One who knows the Pure Vidya</i>	
Sattva sākṣhī	<i>The One who sees the Essence</i>	5
Sattva sādhyā	<i>Who meditates on the Essences</i>	
Amar'ādhipa	<i>The Eternal Lord</i>	
Bhūta kṛit	<i>Creating the Past</i>	
Bhūta bhṛit	<i>The Killer of the Past</i>	
Bhūt'ātmā	<i>The Essence of the Past</i>	10
Bhūta sambhava	<i>Who incarnates as the Past</i>	
Bhūta bhāva	<i>The Emotions of everything so far created</i>	
Bhāva	<i>The Emotions</i>	
Bhūta vidyā	<i>The Expert in all the Vidyas so far</i>	
Bhūta kārana	<i>The Cause of all that is created</i>	15
Bhūta sākṣhī	<i>The Witness of all that is created</i>	
Prabhūta	<i>The One who enlightens all that is created</i>	
Bhūtānām param'āgati	<i>The One who takes all that is created beyond</i>	
Bhūta saṅga vihīn'ātmā	<i>The One who resides within all that is created</i>	
Bhūt'ātmā	<i>Residing in the Spirit of all that is created</i>	20
Bhūta śhaṅkara	<i>Benevolent to all that is created</i>	
Mahā-nātha	<i>The Great Guru</i>	
Ādi Nātha	<i>The Primordial Master</i>	
Mah'eśhwara	<i>The Greatest God</i>	
Sarva bhūta nivās'ātmā	<i>Residing in all creatures as the Spirit</i>	25
Bhūta santāpa nāśhana	<i>The Destroyer of the heat and suffering of worldly existence</i>	
Sarv'ātmā	<i>Residing in all the Atmas –'souls'</i>	
Sarva bhṛit	<i>Who can be achieved by everyone</i>	

Sarva	<i>Everything</i>	
Sarva-gñya	<i>All the Knowledge</i>	30
Sarva nirnaya	<i>The Judgment of Everyone</i>	
Sarva sākṣhī	<i>The Witness of Everything</i>	
Bṛihat bhānu	<i>The Sun</i>	
Sarva-vid	<i>The Lord of all Knowledge</i>	
Sarva maṅgala	<i>Whatever He does is auspicious</i>	35
Śhānta	<i>Peaceful</i>	
Satya	<i>Truth</i>	
Sam-māya	<i>At One with the Maya</i>	
Pūrna	<i>Complete</i>	
Ekākī	<i>Lonely, He has no friend</i>	40
Kamalā pati	<i>Shri Vishnu, the Husband of Shri Lakshmi</i>	
Rāma	<i>Shrī Rāma</i>	
Rāma priya	<i>Rāma is very fond of Him</i>	
Virāma	<i>The Full Stop</i>	
Rāma kārana	<i>The Cause of Shrī Rāma</i>	45
Śhuddh'ātmā	<i>Of Pure Heart</i>	
Ananta	<i>Eternal</i>	
Param'ārtha bhṛit	<i>Acheiveing the Ultimate Meaning</i>	
Haṁsa sākṣhī	<i>The Witness of Pure Discrimination</i>	
Vibhu	<i>The Lord of the Whole Universe</i>	50
Prabhu	<i>The Enlightenment of all that is created</i>	
Pralaya	<i>The Destroyer of all that is created</i>	
Siddh'ātmā	<i>A Realised Soul</i>	
Param'ātmā	<i>The Highest Spirit</i>	
Siddhānām param'āgati ...	<i>Taking us to the highest stages of spirituality</i>	55
Siddhi siddha	<i>Having achieved Complete Fulfillment</i>	
Sahaja	<i>Spontaneous</i>	
Vijvara	<i>Who never getting heated</i>	
Mahā-bāhu	<i>Whose Arms are very strong</i>	
Bahul'ānanda vardhana	<i>The Giver of an abundance of the Greatest Joy</i>	60
Avyakta Puruṣha	<i>The Unmanifested Supreme Spirit</i>	

Prāgñya	<i>Enlightened awareness</i>	
Para-gñya	<i>Beyond all awareness</i>	
Param'ārtha dṛiśh	<i>Caring for the emancipation of others</i>	
Pandita	<i>The Learned Scholar</i>	65
Buddha	<i>Awakened and Enlightened</i>	
Viśhw'ātmā	<i>The Spirit of the Whole Universe</i>	
Pranava	<i>The Primordial Reverberation Om</i>	
Pranav'ātīta	<i>Beyond Pranava</i>	
Śhaṅkar'ātmā	<i>The Spirit of the Benevolent Shrī Shiva</i>	70
Parā-māyi	<i>Beyond Illusion and Delusion</i>	
Devānām param'āgati	<i>The Highest Refuge of the Gods</i>	
Achintya	<i>Beyond Thought</i>	
Chaitanya	<i>Consciousness</i>	
Chetanā chitta vikrama	<i>The Power of Intelligence and Perception</i>	75
Para-brahma	<i>The Embodiment of the Supreme Formless God</i>	
Param jyoti.	<i>The Highest Light</i>	
Param dhāmā	<i>The Highest Abode</i>	
Param tāpaḥ	<i>The Greatest of those who do penance</i>	
Param sūtra	<i>The Highest Thread of the World</i>	80
Para-tantra	<i>Obedient to the Divine Will</i>	
Kṣhetra-gñya	<i>The Spirit which witnesses the body</i>	
Loka pāla	<i>The Protector of the People</i>	
Guṇ'ātmā	<i>The Essence of the Three Gunas</i>	
Ananta guṇa sampanna	<i>Of unlimited virtues</i>	85
Yagñya	<i>The Fire that burns negativity and gives auspiciousness</i>	
Hiranya garbha	<i>The Creator</i>	
Śhrī garbha	<i>The Womb of the Mother</i>	
Suhṛid	<i>A Very Good Friend</i>	
Param'ānanda	<i>The Highest Joy</i>	
Saty'ānanda	<i>The Highest Joy of Truth</i>	90
Chid'ānanda	<i>The Highest Joy of the Attention</i>	
Sūrya maṇḍala madhyaga ..	<i>Residing in the Centre of the Ego</i>	
Janaka	<i>The Father</i>	

Mantra vīrya	<i>The Essence of Mantra</i>	
Mantra bīja	<i>The Seed of Mantra</i>	95
Śhastra vīrya	<i>The Efficacy of the Scriptures</i>	
Ekaiva	<i>Singular</i>	
Niṣhkala	<i>Beyond any phases; worshipped on a Full Moon</i>	
Niranta	<i>Eternal</i>	
Sur'eśhwara	<i>The God of all the Gods</i>	100
Yantra kṛit	<i>The Creator of the Kundalini</i>	
Yantrī	<i>The Engineer of the Yantra</i>	
Yantra vid	<i>The Knowledge of the Kundalini</i>	
Yantr'ārūḍha parājita	<i>The One who overcomes being mounted on the Wheel of Rebirth</i>	105
Yantramān	<i>Residing in the Kundalini</i>	
Yantra dhāra	<i>Sustaining the Kundalini</i>	
Brahma yoni	<i>The Essence of the Supreme Spirit</i>	
Viśhwa yoni	<i>The Power of the Universe</i>	
Guru	<i>We bow to our Guru</i>	110
Brahma	<i>Brahman, the Formless Consciousness</i>	
Tri-vikrama	<i>The Conqueror of the Three Worlds</i>	
Sahasrār'āmbay'od-bhava	<i>Born out of the Sahasrara of Our Mother</i>	
Rudra	<i>The Destructive Power of Lord Shiva</i>	
Hṛidaya-stha	<i>Residing in the Heart</i>	

Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ

Translations by Shrī Mataji (shortened where necessary) at a Havan before Guru Puja, London, 01-12-79. The recording starts with the Havan already underway.

“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.
Please remove my Illusory ego and let me approach
and be filled with Thee, O Blissful Divine.*

ॐ The 108 Names of Shri Śhiva ॐ

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

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

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

Śhiva-mārga Praṇetāram, Praṇato-'smi Sadāśhivam

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

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

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

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

Niṣhkalaṅka	<i>Of Unblemished Purity</i>	
Nitya sundara	<i>Ever Beautiful</i>	
Ardha nār'īśhwara	<i>The Divine Form which is half woman</i>	
Umā pati	<i>The Husband of Shrī Pārvatī</i>	
Rasada	<i>Giving savour to life and the Divine Nectar</i>	90
Ugra	<i>Fierce and Powerful</i>	
Mahā-kāla	<i>The Great Destroyer</i>	
Kāla-kāla	<i>The Annihilator of Time and Death</i>	
Vaiyāghrya dhurya	<i>Foremost of those with the nature of the tiger</i>	
Śhatru pramāthī	<i>The Suppressor of Enemies</i>	95
Sarv'āchārya	<i>The Preceptor of All</i>	
Samāna	<i>Equanimous</i>	
Ātmā prasanna	<i>The Ever-satisfied Soul</i>	
Nara nārāyaṇa priya	<i>Fond of Shri Vishnu as both Man and God</i>	
Rasa-gñya	<i>The Knower of the Essence and the Nectar</i>	100
Bhakti kāya	<i>The Embodiment of Devotion</i>	
Loka vīr'āgranī	<i>Foremost of the Heroes of the World</i>	
Chirantana	<i>Eternally existing</i>	
Viśhwambhar'eśhwara	<i>The Supreme Lord of the Universe</i>	
Nav'ātmā	<i>The Ever-youthful Soul</i>	105
Nava yerūsalem'eśhwara	<i>The Lord of the New Jerusalem</i>	
Ādi Nirmal'ātmā	<i>The Primordial Self of Shrī Mataji</i>	
Sahaja yogi priya	<i>Loved by Sahaja Yogis</i>	

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

Who is incarnated in person as our Holy Mother Shri Mataji Nirmala Devi.

The 'Tad Nishkala' (*Nirvana-shatkam*) is in the SY Songbook and the Book of Worship. The 'Prayer to Shri Shiva for Forgiveness' and the '108 Names of Shri Ganga Mata' are in the Book of Worship.

© The Centre Heart (Anāhata) Chakra ©



Jaya Jagadambe Mā

Victory to the Divine Mother of the Universe!

The Nine Names of Śhrī 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 difficulties, we surrender completely to You!*

*These Nine Forms of **Shri Durgā** worshipped on the Nine Nights of Navarātri
correspond with the ascending order of the Chakras.*

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

1. **Śhaila putrī** *The Daughter of the Mountain*
2. **Brahma-chārini** *Observing a state of celibacy*
3. **Chandra ghaṇṭā** . *With a Bell-shaped Half-moon on Forehead*
4. **Kūṣhmāṇḍā** *Giving anger at inauspiciousness and wickedness*
5. **Skanda mātā** *The Mother of Shri Kārttikeya*
6. **Kātyāyanī** *Sage Katyayana's Daughter with the powers of all the Gods*
7. **Kāla rātrī** *The Dark Night of Dissolution*
8. **Mahā-gaurī** *The Purest Virgin whose body is bright like lightning*
9. **Siddhi dātrī** *Bestowing the Highest Fulfillment, Self-realisation*

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

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

“Joan of Arc was a special person blessed 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.

*These nine names have many subtle meanings and correspond with the **Chakras**:
Shaila-putri –‘Shri Ganesha's Mother’ – **Mūlādhāra**: **Brahma-charini** –‘path of knowledge’ – **Swadhishthana**: **Chandra-ghanta** –‘ending anger & passion’ – **Nabhi**:
Kushmanda –‘demon-destroying’ – Centre Heart: **Skanda-mata** –‘Shri Parvati’ – Heart:
Katyayani -‘collective incarnation’ – **Vishuddhi**: **Kala-ratri** –‘dark night’ – Back Agnya:
Maha-gauri –‘Mother Mary’ – **Agnya**: **Siddhi-datri** –‘self-realisation’ – **Sahasrara**.*

The '32 Names of Shri Durgā' is now in the Book of Worship.

◉ The 108 Names of Shri Durgā ◉

Śhata-nāma pra-vakṣhyāmi Śhrīnuṣhva kamal'ānane

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

Yasya prasāda-mātrena Durgā prītā bhavet Satī

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

Om Twameva sākṣhāt Śhrī . You are...

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

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

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

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



Sākṣhāt Śhrī Ādi Śhakti Mātājī
Śhrī Nirmalā Devyai namo namaḥ
Who is 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** – ‘Ancillary Praises to the **Devi Mahatmyam**’*

☪ The Kavach of the Devī ☪

Śhrī Chaṇḍī Kavacham

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

Our Guru is the Great Mother.

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

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

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

Jay Śhrī Mātājī!

Om Śhrī Gaṇeśhāya namaḥ

Salutations to Shri Ganesha

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

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

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

Now begins the Kavach of the Devi:-

Asya Śhrī Chaṇḍī kavachasya

Of this Shrī Chandi Kavach

Brahmā ṛiṣhiḥ

The Composing Seer is Brahmadeva

Anuṣṭup 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 tattvam

The Principle is Digbandha-devatā –

'Facing the direction of the Deity'

Śhrī Jagadambā prīty'arthe,

To please Shrī Jagadamba

Sapta-śhatī pāṭh'āṅgatvena

as part of Sapta-shati –'700 verses'

jape viniyogaḥ

this recitation is undertaken

Om namaś Chaṇḍikāyai

Amen. Obeisance to Śhrī Chandika.

Mārkaṇḍeya uvācha:

Thus spoke Śhrī Markandeya:

Om

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

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

Brahm'ovācha - Brahmadeva said:

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

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

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

Śhrī 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- Kuṣhmanda- 'Whose void contains the Universe'

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

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

Sixth- Kātyāyanī – 'The Daughter of Sage Katyayana'

Seventh- Kālarātrī – 'The Dark Night of dissolution',

Eighth- Mahāgaurī – 'Very bright - the Ādi Kuṇḍalinī'

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

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

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

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

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

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

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

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

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

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

Phala śhruti - 'Listening to the fruits'

- 43 **Padam'ekam na gacchet tu, yadīcchet śhubham'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 tatr'ārtha lābhaśh cha, Vijayaḥ sarva-kāmikah
Yam yam chintayate kāmam, tam tam prāpnoti niśhchitam
Param'aiśhvaryam atulam, prāpsyate bhūtale pumān**
*Then one is successful everywhere, in all things: All one's desires are surely fulfilled,
and that person enjoys great prosperity on the Earth.*
- 45 **Nirbhayo jāyate martyaḥ, saṅgrāmeṣhv'aparājitaḥ
Trailokye tu bhavet pūjyaḥ, kavachen'āvṛitaḥ pumān**
*The person who covers himself with Kavach becomes fearless, is never defeated
in battle, And becomes worthy of being worshipped in the three worlds.*
- 46 **Idam tu Devyāḥ kavacham, Devānām'api dur-labham
Yaḥ pathet prayato nityam, trisandhyam śhraddhay'ānvitaḥ**
*This Devī 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'aparājitaḥ
Jīved varṣha-śhatam sāgram, apa-mṛityu vivarjitaḥ**
*Receives the divine arts, is undefeated in the three worlds,
Lives for a hundred years and is free from accidental death.*
- 48 **Naśhyanti vyādhayaḥ sarve, lūtā visphoṭak'ādayaḥ
Sthā-varam jaṅga mam chaiva, kṛitrimam ch'āpi yad-viṣham**
*All diseases, like boils, scars etc. are destroyed.
Movable (scorpions and snakes) and immovable (other) poisons cannot affect him.*
- 49 **Ābhi-chārāni sarvāni, mantra yantrāni bhūtale
Bhū-charāḥ khe-charāśh ch'aiva jalajāśh ch'opadeśhikāḥ**
*All those who cast magical spells by mantras or yantras, on others for evil purposes,
All bhoots, goblins, malevolent beings, moving on the Earth or in the sky,*

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

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.

*The **Devi Atharva Sheersha** is now in the Book of Worship and the 'Navaratri' book, both available to download free at symb-ol.org.*

◉ 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*

Dāsharathi *The Son of King Dasharatha*

Śhūra *Courageous*

Lakshman'ānuchara

..... *Accompanied by Lakshmana*

Balī *Of Powerful Build*

Kākutstha *Born in the Lineage*

of King Kakutstha

Puruṣha *The Supreme Being incarnated
as the Ideal Man*

Pūrna *Contented and Fulfilled*

Kausalyeya *The Son of Queen Kausalya*

Raghūttama *The Highest of*

the Raghu Dynasty

Vedānta vedyā .. *Known through the Religion
of the Upanishads*

Yagñy'eśha *The Lord of Havans*

Purāṇa puruṣh'ottama *The Ideal Human Being
of the Ancient Scriptures*

Jānakī vallabha *Most Beloved of Śhrī Sītā*

Śhrīmān *The Possessor of Beauty, Wealth,
Power and Glory*

Aprameya parākrama *Of Unlimited Strength and Valour*



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

☪ The 108 Names of Shri Rāma ☪

From the Padma Purana

<i>Om Twameva sākshāt Śhrī...</i>	<i>You are...</i>	
Śhrī Rāma	<i>The Dark-skinned Lord who is pleasing to all,</i>	
.....	<i>the seventh Incarnation of Shri Vishnu</i>	
Rāma-bhadra	<i>Charmingly gracious and kind</i>	
Rāma-chandra	<i>Joyful like the Moon</i>	
Śhāśhwata	<i>Eternal</i>	
Rājīva lochana	<i>Having eyes like a deer</i>	5
Śhrīmān	<i>Glorious</i>	
Rāj'endra	<i>The King of Kings</i>	
Raghu puṅgava	<i>The Star of the Raghu Dynasty</i>	
Jānakī vallabha	<i>The Beloved of Shri Sītā</i>	
Jaitra	<i>Victorious</i>	10
Jitāmitra	<i>Vanquishing enemies</i>	
Janārdana	<i>The Tormentor of the wicked</i>	
Viśhwāmitra priya	<i>Loved by Your Guru, Sage Vishwamitra</i>	
Dānta	<i>Calm and patient</i>	
Śharanya trāna tat-para ...	<i>Devoted to protecting those seeking refuge in You</i>	15
Vālī pramathana	<i>The Destroyer of Vali, the usurper of Sugriva's throne</i>	
Vāgmī	<i>Eloquent</i>	
Satya-vāk	<i>The speaker of truth</i>	
Satya vikrama	<i>Valiant in the name of truth</i>	
Satya vrata	<i>Always telling the truth</i>	20
Vrata dhara	<i>The observer of vows</i>	
Sadā Hanumad'āśhrīta	<i>The eternal support of Shri Hanumana</i>	
Kausalyeya	<i>The Son of Queen Kausalya</i>	
*Khara dhvaṁsī	<i>The Destroyer of Ravana's brother Khara¹</i>	

* Names marked with an asterisk are said without 'Śhrī' (names of demons)

¹ Khara, younger brother of Ravana, tried to avenge the humiliation of their sister Shūrpanakhā after Lakshman cut off her nose when she tried to entice Shri Rāma.

- *Virādha vadha pandita** . . . *Expertly destroying the demon Viradha¹* 25
- Bibhīṣhaṇa pari-trātā** *The Protector of Ravana's brother Bibhishana
who was a devotee of Shrī Rāma*
- Hara koḍaṇḍa khaṇḍana** . . . *The One who broke the bow of Shrī Shiva*
- Sapta tāla prabhettā** *Piercing seven palm-leaves with one arrow*
- *Daśha-grīva śhiro-hara** *The One who severed the ten heads of Ravana*
- Jāmadagnya-**
-mahā-darpa dalana . . . *Quelling the great pride of Shri Parashurāma²* 30
- *Tāṭak'āntaka** *The Slayer of the demoness Tataka³*
- Vedānta sāra** *The Essence of the Upanishads*
- Ved'ātmā** *The Spirit of the Vedas*
- Bhava rogasya bheṣhaja** *The Healer of Diseases*
- *Dūṣhaṇa Triśhiro hantā** *Slaying the demons Dushana⁴ and Trishiras* 35
- Trimūrti** *Having three forms, Brahma, Vishnu and Shiva*
- Tri-gun'ātmaka** *The Essence of the Three Gunas*
- Tri-vikrama** *Covering the Three Worlds with three steps*
- Tri-lok'ātmā** *The Spirit of the Three Worlds*
- Puṇya charitra kīrtana** *Famous for an unblemished character* 40
- Tri-loka rakṣhaka** *The Protector of the Three Worlds*
- Dhanvī** *Armed with a bow*
- Dandak'āraṇya puṇya kṛita** *Making the Dandaka forest holy again*

¹ Viradha was a Gandharva -'heavenly musician' cursed to be a Rakshasa by Shri Kubera. By killing him Shri Rāma released him from the curse.

² Shri Paraśhurāma, 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, on being defeated, realised the folly of His mission and took to spiritual life.

³ Tāṭakā, the mother of Mārīcha, Rāvana's uncle, was also a cursed Gandharva who terrorised the Dandaka forest; and was released from the curse by Shri Rāma.

⁴ Dūshana -'violating' and Triśhiras -'three-headed' fought to avenge Śhūrpaṇakhā alongside Rāvana's brother Khara.

Ahalyā śhāpa śhamana	<i>Releasing Ahalya¹ from a curse</i>	
Pitṛu bhakta	<i>Devoted to Your Father</i>	45
Vara prada	<i>The Bestower of boons</i>	
Jit'endriya	<i>The Conqueror of the senses</i>	
Jita krodha	<i>The Conqueror of anger</i>	
Jita mitra	<i>Winning over friends</i>	
Jagad guru	<i>The Preceptor of the world</i>	50
Ṛikṣha vānara saṅghātī	<i>Accompanied by an army of bears and monkeys</i>	
Chitrakūta sam'āśhraya	<i>Establishing a refuge at Chitrakuta hill</i>	
Jayanta trāna varada	<i>Protecting and blessing Jayant², the son of Indra</i>	
Sumitrā putra sevita	<i>Served by Shri Lakshmana, the Son of Sumitra</i>	
Sarva dev'ādhi deva	<i>The Greatest of all the Gods</i>	55
Mṛuta vānara jīvana	<i>Reviving the monkeys killed in battle</i>	
*Māyā mārīcha hantā	<i>The Destroyer of Maricha's illusory deer-form³</i>	
Mahā-deva	<i>The Great God, Shri Shiva</i>	
Mahā-bhuja	<i>Having long and powerful arms</i>	
Sarva deva stuta	<i>Praised by all the Gods</i>	60
Saumya	<i>Gentle and calm</i>	
Brahmanya	<i>One with the Supreme Spirit</i>	
Muni saṁstuta	<i>Praised by all the saints</i>	
Mahā-yogī	<i>The Great Yogi</i>	
Mahodara	<i>Big-bellied</i>	65
Sugrīv'epsita rājya-da	<i>The Restorer of Sugriva's kingdom</i>	

¹ Ahalya, a 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.

² 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.

³ Mārīcha, Rāvana's uncle, took the form of a golden deer to lure Shri Rāma and Lakshman away so that Rāvana could abduct Shri Sītā.

Sarva puny'ādhika phala	<i>Giving credit for all good deeds</i>	
Smṛita sarv'āgha nāśhana	<i>Abolishing the pain and suffering of</i> <i>those who remember You</i>	
Ādi Puruṣha	<i>The Primal Consciousness and the First of Men</i>	
Parama Puruṣha	<i>The Supreme Being</i>	70
Mahā Puruṣha	<i>The Greatest among human beings</i>	
Puṇy'odaya	<i>The Source of all blessings</i>	
Dayā sāra	<i>The Epitome of Compassion</i>	
Purāṇa puruṣh'ottama	<i>The greatest of legendary heroes</i>	
Smita vaktra	<i>Having a smiling face</i>	75
Mita bhāśhī	<i>Of moderate speech</i>	
Purva bhāśhī	<i>Whose Incarnation was foretold in the Rāmāyana</i>	
Raghava	<i>The Scion of the Raghu Dynasty</i>	
Ananta guṇa gambhīra	<i>Whose qualities are infinite and profound</i>	
Dhīr'odāṭṭa guṇ'ottama	<i>The highest qualities of heroism and nobility</i>	80
Māyā mānuṣha charitra	<i>Whose exploits and character are bound</i> <i>by the illusion of being human</i>	
Mahā-dev'ādi pūjita	<i>Worshipped by Shri Shiva and the other Gods</i>	
Setu kṛit	<i>The Bridge-builder</i>	
Jita vāsanā	<i>Conquering false notions and impure tendencies</i>	
Sarva tīrtha maya	<i>The sum of all holy places</i>	85
Hari	<i>The Remover of ignorance and illusion</i>	
Śhyām'āṅga	<i>Dark-bodied</i>	
Sundara	<i>Beautiful</i>	
Śhūra	<i>The Brave Lord</i>	
Pīta vāsā	<i>Wearing a yellow dhoti</i>	90
Dhanur dhara	<i>Holding a bow</i>	
Sarva yagñy'ādhipa	<i>The Lord of all havans and worship</i>	
Yajvā	<i>One who performs sacrifices</i>	
Jarā maraṇa varjita	<i>Free from old age and death</i>	

Bibhīṣhaṇa¹ pratiṣṭhātā	<i>Establishing Bibhishana as the King of Lanka</i>	95
Sarv'ābharana varjita	<i>Relinquishing all kingly ornaments</i>	
	<i>during exile in the forest</i>	
Param'ātmā	<i>The Supreme Spirit</i>	
Para-brahma	<i>The All-pervading Formless Consciousness</i>	
Sat-chit-ānanda vigraha	<i>Existence, Awareness and Bliss incarnate</i>	
Param jyoti	<i>The Supreme Light</i>	100
Param dhāma	<i>The Highest Abode</i>	
Par'ākāśha	<i>The Supreme All-pervading Element</i>	
Parāt-para	<i>Beyond the highest</i>	
Pareśha	<i>The Supreme Lord</i>	
Pāraga	<i>Beyond everything</i>	105
Pāra	<i>Carrying us across</i>	
Sarva dev'ātmaka	<i>The Essence of all the Gods</i>	
Para	<i>The Supreme Being</i>	

Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ

We bow at the Feet of Our Holy Mother Shri Mataji who is Shri Rama incarnate

¹ Although Bibhīṣhaṇa was a Rākshasa and the brother of Rāvaṇa, he was a great devotee of Śhrī Rāma, who established him as the king of Lanka after Rāvaṇa's demise, so his name may be preceded with Śhrī.

The **Rām-raksha** in both Sanskrit and English is in the Book of Worship

◉ The Vishuddhi Chakra ◉



Jay Śhrī Yog'eśhwara
Victory to the God of Yoga!

☪ The 16 Names of Shri Radha-Krishna ☪

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

Om Twameva sākshāt Śhrī....	<i>You are...</i>	
Rādhā Kṛishṇa	<i>The Giver of Prosperity, Support of the Kundalini, Incarnation of Shrī Mahalakshmi and the Dark-complexioned Lord of Creation, the Eighth Incarnation of Shrī Vishnu</i>	
Viṭṭhala Rukminī	<i>Shri Krishna ‘standing on a brick’ and Queen Rukmini who is beautiful and ‘adorned with gold’, worshipped at Pandapur</i>	
Govinda pati	<i>The Supreme Lord of the Sushumna Nadi who knows pure speech</i>	
Goptā¹	<i>The Protector of the World</i>	
Govinda	<i>The Chief Herdsman and Saviour of the World</i>	5
Gopati	<i>The Lord Protector of Cows and Devotees</i>	
Americ'eśhwara	<i>The Lord of America</i>	
Yaśhodā nandana	<i>The Joy-giving Son of Shrī Yashoda</i>	
Viṣṇumāyā bhrātā	<i>The Brother of Shrī Vishnumaya</i>	
Vainavinī- -vāma saṁnāda	<i>The Holder of the Flute, resounding with sweet melodies</i>	10
Virātaṅganā Virāta	<i>The Supreme Power of the Absolute Cosmic Being</i>	
Bāla Kṛishṇa	<i>Shrī Kṛishna as a mischievous but adorable child</i>	
Śhikhandī	<i>Adorned with a peacock feather</i>	
*Narak'āntaka	<i>The Destroyer of Narakasura</i>	
Mahā-nidhi	<i>Our Greatest Treasure</i>	15
Mahā-hrada	<i>The Great Lake of Divine Bliss</i>	

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

¹ Go, as well as ‘cow, cattle’, can mean ‘The Earth, Sushumna Nadi, one who praises, devotee, speech’. So Gopta and Gopati can both mean ‘Lord of the Earth, Protector of devotees, etc.’.

☪ The 108 Names of Shri Krishna ☪

<i>Om Twameva sākshāt Śhrī...</i>	<i>You are...</i>	
Kṛiṣṇa	<i>The Dark-skinned Supreme Lord of Creation, the Eighth Incarnation of Shri Vishnu</i>	
Śhrī-dhara	<i>Sustaining Prosperity and Well-being</i>	
Venu-dhara	<i>Playing the Divine Flute</i>	
Śhrīmān	<i>The Possessor of all Wealth, Power and Glory</i>	
Nirmalā gamya	<i>Reached only through Shri Mataji by Purity and Auspiciousness</i>	5
Nirmalā pūjaka	<i>The One who worships Shri Mataji</i>	
Nirmalā bhakta priya	<i>Fond of the Devotees of Shri Mataji</i>	
Nirmalā hṛidaya	<i>Worshipping the Lotus Feet of Shri Mataji in Your Heart</i>	
Nirādhāra	<i>Unsupported as You are the Support of the Universe</i>	
Viśhw'ādhāra Janaka	<i>Father of Lord Jesus, the Support of the Universe</i>	10
Viṣṇu	<i>All- pervading</i>	
Mahā-viṣṇu pūjita	<i>Worshipped as 'Our Father' by Lord Jesus Christ</i>	
Viṣṇumāyā- -sughoṣhita	<i>Whose Incarnation was proclaimed by Shri Vishnumaya</i>	
Vāg'iśhwara	<i>The Supreme Master of Speech</i>	
Vāg'iśhwarī bhrātā	<i>Brother of Shri Saraswatī, the Goddess of Speech</i>	15
Viṣṇumāyā bhrātā	<i>The Brother of Shri Vishnumaya</i>	
Draupadī bandhu	<i>The Brother of Shri Draupadi, an Incarnation of Shri Vishnumaya</i>	
Pārtha sakhā	<i>The Friend of Arjuna</i>	
San-mitra	<i>The True Friend</i>	
Viśhwa vyāpta	<i>Permeating the Whole Universe</i>	20
Viśhwa rakṣhaka	<i>The Protector of the Whole Universe</i>	
Viśhwa sākshī	<i>The Witness of the Cosmic Play</i>	
Dwarak'ādhiśha	<i>The Ruler of Dwaraka</i>	
Viśhuddhi deśh'ādhiśha	<i>The Ruler of the Continent of the Vishuddhi</i>	
Jana nāyaka	<i>The Leader of the People</i>	25

Viśhuddhi jana pālaka	<i>The Protector of those who dwell in the Land of the Vishuddhi</i>	
Americ'eśhwara	<i>The Lord of America</i>	
Mahā-nīla	<i>Dark Blue</i>	
Pītāmbara dhara	<i>Clad in a Yellow Dhoti</i>	
Sumukha	<i>Whose Face is Handsome and Auspicious</i>	30
Suhāsyā	<i>Whose Laughter is Beautiful</i>	
Subhāśhi	<i>Whose Speech is Gentle and Sweet</i>	
Sulochana	<i>Whose Eyes are Beautiful</i>	
Sunāsika	<i>Whose Nose is Perfect</i>	
Sudanta	<i>Whose Teeth are Perfect</i>	35
Sukeśha	<i>Whose Hair is Abundant and Beautiful</i>	
Śhikhandī	<i>Adorned with a Peacock Feather</i>	
Suśhṛita	<i>Hearing whatever is Auspicious</i>	
Sudarśhana dhara	<i>Wielding the Sudarshana Chakra</i>	
Mahā-vīra	<i>The Great Warrior-hero</i>	40
Śhaurya dāyaka	<i>Courageous</i>	
Raṇa paṇḍita	<i>Master of the Art of Warfare</i>	
Raṇa chhoḍa-dāsa	<i>Running away from the battlefield as a trick to destroy the demon Kalayavana</i>	
Śhri-nātha	<i>The Lord of Divine Glory</i>	
Yuktivān	<i>The Master of Diplomacy and Subtle Tricks</i>	45
Akbar	<i>The Most High</i>	
Akhil'eśhwara	<i>The God of Everything</i>	
Mahā-virāta	<i>The Universal Being of which Everything is a Part</i>	
Yog'eśhwara	<i>The God of Yoga</i>	
Yogi vatsala	<i>Loving Yogis like Your own Children</i>	50
Yoga varṇita	<i>The One who explains the State of Yoga</i>	
Sahaja sandeśha vāhaka	<i>Spreading the Message of Sahaja Yoga</i>	
Viśhwa dharma- -dhvaja dhāraka	<i>Raising the Flag of Vishwa Nirmalā Dharma</i>	
Garud'ārūdha	<i>Mounted on the Divine Eagle, Shri Garuda</i>	

Gadā dhara	<i>The Wielder of the Mace</i>	55
Śhaṅkha dhara	<i>Bearing the Conch named Pancha-janya</i>	
Padma dhara	<i>Holding a Lotus in the Hand</i>	
Līlā dhara	<i>Playfully creating and sustaining the Cosmic Drama</i>	
Dāmodara	<i>Supremely Generous</i>	
Govardhana dhara	<i>Holdng up a mountain to shelter the Gokul villagers from Indra's thunderstorm</i>	60
Yoga kṣhema vāhaka	<i>The Conveyor of well-being to those seeking Yoga</i>	
Satya bhāśhī	<i>Always speaking the Truth</i>	
Hita pradāyaka	<i>Granting whatever is for our benevolence</i>	
Priya bhāśhī	<i>Always speaking pleasantly</i>	
Abhaya pradāyaka	<i>Granting Fearlessness</i>	65
Bhaya nāśhaka	<i>The Destroyer of All Fears</i>	
Sādhaka rakṣhaka	<i>The Protector of the Seekers of Truth</i>	
Bhakta vatsala	<i>Loving Devotees as Your own children</i>	
Śhoka hārī	<i>The Remover of Grief</i>	
Dukha nāśhaka	<i>The Destroyer of Sorrow</i>	70
* Rākṣhasa hantā	<i>The Killer of Demons</i>	
* Kuru-kula virodhaka	<i>Opposed to the adharmic Kaurava family</i>	
Gokula vāsī	<i>Residing in Gokul</i>	
Gopāla	<i>The Protector of the World and Lord of Cows</i>	
Govinda	<i>Rescuer of the Earth and Chief of Herdsmen</i>	75
Yadu-kula śhreṣhṭha	<i>The Highest of the Yadava clan, descendants of King Yadu</i>	
Akula	<i>Beyond all Family, Caste or Creed</i>	
Vaṁśha dweśha- -nāśhaka	<i>The Destroyer of all negative discrimination of race, caste or creed</i>	
Ātmā gñyāna varṇita	<i>Expounding the Knowledge of the Spirit</i>	
Agñyāna pranāśhaka	<i>Teaching how to destroy ignorance and false-knowledge</i>	80
Nir-ākāra	<i>Formless</i>	

Ānanda kara	<i>The Embodiment of Joy</i>	
Ānanda pradāyaka	<i>Giving Joy to the Yogis</i>	
Pavitr'ānanda	<i>The Joy of Purity and Auspiciousness</i>	
Pāvityra rakṣhaka	<i>The Protector of Chastity</i>	85
Gñyān'ānanda	<i>The Joy of Pure Knowledge</i>	
Kal'ānanda	<i>The Joy of all the Arts</i>	
Gṛuh'ānanda	<i>The Joy of the Home</i>	
Dhan'ānanda	<i>The Joy of Affluence</i>	
Kubera	<i>The God of Wealth</i>	90
Ātm'ānanda	<i>The Joy of the Spirit</i>	
Samuh'ānanda	<i>The Joy of Sahaj Collectivity</i>	
Sarv'ānanda	<i>Complete Joy</i>	
Viśhuddh'ānanda	<i>The Purest Joy</i>	
Saṅgīt'ānanda	<i>The Joy of Music</i>	95
Nṛity'ānanda	<i>The Joy of Dancing</i>	
Śhabd'ānanda	<i>The Joy of Words (spoken, sung and written)</i>	
Maun'ānanda	<i>The Joy of Silence</i>	
Sahaj'ānanda	<i>The Joy of Sahaj Culture (Spontaneous Joy)</i>	
Param'ānanda	<i>Absolute Joy</i>	100
Nirānanda	<i>Pure Absolute Joy</i>	
Nātya priya	<i>Enjoying Dance and Drama</i>	
Saṅgīta priya	<i>Appreciating Music</i>	
Kṣhīra priya	<i>Fond of Milk</i>	
Dadhi priya	<i>Fond of Curd</i>	105
Madhu priya	<i>Fond of Honey</i>	
Ghṛita priya	<i>Fond of Ghee</i>	
Māṭru charan'āmṛuta- -priya	<i>The One who Enjoys the Nectar of Immortality flowing from the Lotus Feet of Shrī Mataji</i>	

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

ॐ 108 Invocations to Shri Krishna ॐ

*No names can describe Him, He cannot be grasped and is beyond praise.
Yet, based on Sahaja Yoga shastras, here are one hundred and
eight names humbly offered at His Lotus Feet.*

Salutation, Honour and Glory to Shrī Bhagawati Shrī Ādi Shakti Mataji
Shrī Nirmalā Devī who bears Shrī Kṛishna on Her Forehead
as the Crowning Jewel of the Heavens.

You are Shri Kṛishna..... *Praise unto Him for ever and ever.*

You are worshipped through Christ.

You grant permission to become a Sahaja Yogi.

You accept the Yogis certified by Lord Jesus Christ.

You accept the Yagñyas –‘*worship*’ of the noble souls. 5

You are the Primordial Being.

You are the Īshwara –‘*Supreme Lord*’ of the yogis.

You are the God of Yoga.

You are our ideal in its highest glory.

You are sublime and the source of sublimity. 10

You are fully aware of Your Divine Powers.

You are the Sākshī –‘*witness*’.

You are the axis of the whirling Universes.

You hold the strings of the cosmic puppet show.

You are the Great Enticer of the Three Worlds. 15

You are the Father, yet You are the friend.

You are the revelation of ultimate fatherhood.

You manifest Shri Sadāśhiva –‘*Eternal Formless Spirit*’.

Ādi Shakti's creation is for Your play.

You are the integrated brain of divinity. 20

You were, are and ever will be.

You are Vishnu the magnificent.

You are the Yahweh – Lord God Almighty - of Moses.

Buddha perceived You as Nirākāra –‘formless’.

You are the Father of Yeshu Krisht.

25

You are the Akbar –‘Great Lord’ of Islam.

You are the Lord God Almighty, All-knowing, All-pervading.

You are the Master of the Aquarian age.

You get the Divine Work done in Krita-yuga –‘Golden Age’

You carry the yellow-dusted Feet of Rādhājī in Your Heart.

30

You see Rādhājī in Mother's laughing eyes.

You are the Worshipper of Śhrī Nirmalā Virāt'angana -

the Feminine Power of the Virāta.

You pervade Ākāśha -‘Ether’.

You are the Blue Lord of ethereal infinity.

You are blue for the sake of Shri Mahākālī. 35

For Your Sake the firmament is blue.

You wear many garlands of

Moons, Suns and Stars.

You play with Mother Surabhi

on the Milky Way.

Shri Brahmadeva gave You His yellow dhoti.

The Sun rises to behold You.

40

You grant the Power of Total Confidence.

You grant the Power of Discrimination.

You grant the Power of Decision.

You grant the Power of Detachment.

You grant the Power of Responsibility.

45

You grant the Power of Auspicious Vision.

You grant the Power of Leadership.

You granted Abundance to America.

You grant the Power of Plenitude.

You grant the Power to Communicate and Convince. 50



You grant the Power to Silence.
You grant the Power to the Sahaja Collectivity.
You grant the Power to Share.
You grant the Power to Permeate.
You grant the Power to Expand Thoughtless Awareness. 55

You grant the Power of Cosmic Consciousness.
You have the Power to make anyone a King.
You grant and withdraw power to human institutions.
You bear the rings of Saturn on Your Right Finger.
You make fun of worldly powers. 60

You shatter the pillars of false Dharmas.
You are Blazing Doom for adharma.
You are both Madhuri and Samhara-shakti
(sweetness and destroying power).
You subdue the serpents of anger, hate and arrogance.
You dislike frivolity, grossness and plastics. 65

You are Mischievous with individualists.
You incarnate on this Earth to re-establish the Dharma of innocence.
You restore the lost vision of the absolute.
All myths are consumed by the Fire of Your truth.
You lead us to victory on the battlefield of the brain. 70

You lead Your Worshipers beyond the Kurukshetra (field) of involvement.
You inspired Abraham Lincoln.
You are propitiated by the twice-born for the salvation of America.
You lead the twice-born back to Gokul.
You teach the twice-born through the Voice of Shrī Mataji Nirmalā Devī. 75

You are Adorable and Adored by the Twice-born.
You play around in Frolics, Joy and Happiness.
The cows of Mahārashtra rushed to lick Your Arms.
You are the Incarnation of Gentle Graciousness.
You melt everyone's hearts in the Honey-like Spring of Your Sweetness. 80

You drive the Chariot of the Five Senses.

You are the Protector of Chaste Womanhood.

You are Fond of the Nirmalā bhaktas.

You asked Shrī 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 Shrī 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 Shrī Ādi Shakti's Hair. 105

You lead the play of recognition of Shrī Ādi Shakti Nirmalā Devī.

You will establish on this Earth the Dazzling Glory of

Shrī Ādi Shakti Nirmalā Devī.

You will unite the nations of the Earth

at the Lotus Feet of Shrī Ādi Shakti Nirmalā Devī.

Sākshāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ

☪ The 99 Names of Allah ☪

Bismi'llāhi ar-rahmāni ar-rahīm

'In the name of God, the Most Gracious, the Most Merciful.

Lā ilāha 'illā'llāh waḥdahū 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-Rahmān** . . . *The Beneficent. He who graciously gives blessings and prosperity to all beings without showing disparity.*
- Ar-Rahīm** *The Merciful. He who is compassionate to all creatures.*
- Al-Malik** *The Sovereign Lord. He who is the Absolute Ruler of the Universe.*
- Al-Quddūs** *The Holy. He who is absolute purity and is free from all error or any kind of defect .*
- As-Salām** *The Source of Peace. He who frees his servants from all danger, obstruction and insecurity.* 5
- Al-Mu'min** *The Guardian of Faith. He who inspires faith in the hearts of His servants, protects those who take refuge in Him, and gives tranquility.*
- Al-Muhaymin** . *The Protector. He watches over and controls all things,*
- Al-'Aziz** *The Almighty. The Victorious, Honourable and Unconquerable.*
- Al-Jabbār** *The Compeller. He who repairs all broken things, completes that which is incomplete, and whose will is irresistible.*
- Al-Mutakabbir** *The Majestic. He who shows His supremacy in all things and in all ways.* 10
- Al-Khāliq** *The Creator. He who manifests everything from nothing with the knowledge of what will happen to them.*
- Al-Bāri'** *The Evolver. He who creates the perfect order of all things.*
- Al-Muṣawwir** *The Fashioner. He who designs and shapes the beauty of all things.*
- Al-Ghaffār** *The Forgiver. He who repeatedly forgives.*
- Al-Qahhār** *The Subduer. He who is victorious and dominant in a way that He can do anything He wills.* 15

- Al-Wahhāb** *The Bestower. He who gives all blessings to His servants.*
- Ar-Razzāq** *The Provider. He who ensures all things beneficial to His creatures.*
- Al-Fattāḥ** *The Opener. He who opens the solutions to all problems, eliminates obstacles and grants victory.*
- Al-'Alīm** *The All-Knowing. He who is aware of all past, present and future.*
- Al-Qābiḍ** *The Constrictor. He who restrains and straightens.* 20
- Al-Bāsiṭ** *The Expander. He who can extend and give relief.*
- Al-Khāfiḍ** *The Abaser. He who diminishes, decreases or humiliates.*
- Ar-Rāfi'** *The Exalter. He who uplifts and upgrades.*
- Al-Mu'izz** *The Honourer. He who makes one glorious, gives dignity, and treats one with respect.*
- Al-Muzill** *The Dishonourer. He who lowers and puts one in abasement and degradation.* 25
- As-Samī'** *The All-Hearing. He who knows whatever is spoken even silently in the heart.*
- Al-Baṣīr** *The All-Seeing. He who perceives everything outside or within.*
- Al-Ḥakam** *The Judge. He who discerns and provides what is due.*
- Al-'Adl** *The Just. He whose judgment is always beneficial.*
- Al-Laṭīf** *The Subtle. He who knows the deeper meanings of everything; whose works are beyond the understanding of people, and gives blessings in the most subtle ways.* 30
- Al-Khabīr** *The Aware. He who knows the most secret parts of everything, and discerns their inner meanings.*
- Al-Ḥalīm** *The Forbearing. He who is clement.*
- Al-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.* 35
- Al-'Alī** *The Highest. He who is beyond the conception of humans.*
- Al-Kabīr** *The Most Great. He who is beyond all comparisons.*
- Al-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.* 40
- Al-Jalīl** *The Sublime. He who has wealth, dominion and holiness.*
- Al-Karīm** *The Generous. He who is bountiful in His munificence.*
- Ar-Raqīb** *The Watchful. He who observes all creatures, and every action is under His control.*
- Al-Mujīb** *The Responsive. He who responds to every prayer and need.*
- Al-Wāsi'** *The All-Embracing. He who comprehends everything and has limitless capacity and abundance.* 45
- Al-Ḥakīm** *The Wise. He whose wisdom manifests in all orders and actions.*
- Al-Wadūd** *The Loving. He who loves those who do good and bestows on them His compassion. He who is the only one to be loved and whose friendship is to be earned.*
- Al-Majīd** *The Most Glorious and Majestic. He who is hard to behold.*
- Al-Bā'ith** *The Resurrector. He who gives life to all creatures on judgment day.*
- Ash-Shahīd** *The Witness. He who is present everywhere and observes all things.* 50
- Al-Ḥaqq** *The Truth. He whose existence is the One Reality which has no change.*
- Al-Wakīl** *The Trustee. He who can be depended on to solve all problems in the best way.*
- Al-Qawīyy** *The Most Strong. He who possesses all strength and power.*
- Al-Matīn** *The Firm One. He who is steadfast and forceful.*
- Al-Walī** *The Protecting Friend. He who is the friend of His righteous servants.* 55
- Al-Ḥamīd** *The Praiseworthy. He who is the only one to be praised and glorified and thanked by all creatures.*
- Al-Muḥṣī** *The Reckoner. He who knows the number of all things although they cannot be counted and knows each of them.*
- Al-Mubdī** *The Originator. He who has created for the first time all beings from nothing and without any model.*
- Al-Mu'īd** *The Restorer. He who reinstates all beings.*
- Al-Muḥyī** *The Giver of Life. He who gives the power of life and health.* 60
- Al-Mumīt** *The Bringer of Death. He who grants release.*
- Al-Ḥayy** *The Alive. He is all-knowing and His strength is sufficient for everything.*

- Al-Qayyūm** *The Self-Existing. He who has no previous cause.*
- Al-Wājid** *The Finder. He who achieves whatever He wants in the time He desires.*
- Al-Mājid** *The Noble. He who is illustrious, benevolent, and magnificent. 65*
- Al-Wāhid** *The Unique. He who is One in His actions, who has no partner or equal in His attributes, personality and orders.*
- Al-'Aḥad** *The One. He who is all-inclusive and indivisible.*
- Aṣ-Ṣamad** *The Eternal and Absolute. Only He is to be applied to if one has any wants to be fulfilled or any troubles to be eliminated.*
- Al-Qādir** *The Able. He who can do anything in the way He wills.*
- Al-Muqtadir** *The Powerful. He who is all-determining and dominant in the universe. 70*
- Al-Muqaddim** *The Expediter. He who brings forward.*
- Al-Mu'ahkhir** . *The Delayer. He who delays whatever He wants.*
- Al-Awwal** *The First. He who is without beginning.*
- Al-Ākhir** *The Last. He who is without end.*
- Aḏ-Ḍahir** *The Manifest. He who becomes evident as the outer world. 75*
- Al-Bāṭin** *The Hidden. He who is the unmanifested world within.*
- Al-Wāli** *The Protecting Friend. He who directs, governs, measures and plans every action which happens at any moment in the entire universe.*
- Al-Muta'ālī** *The Most Exalted. He who is higher than any action or the most evolved thoughts of man.*
- Al-Barr** *The Source of All Goodness. He who is tolerant to His servants, to all creatures and is good to them.*
- At-Tawwāb** *The Acceptor of Repentance. He who is ever-relenting. 80*
- Al-Muntaqim** . *The Avenger. He who punishes wrongdoers.*
- Al-'Afuw** *The Pardoner. He who forgives all who repent sincerely as if they had no previous sin.*
- Ar-Ra'ūf** *The Compassionate. He who is benign and pitying.*
- Mālik-ul-Mulk** *The Sovereign. The Eternal Owner of everything.*
- Dhū-al-Jalāl-**
-wāl-Ikrām *The Lord of Majesty. He who has boundless generosity. 85*
- Al-Muqsiṭ** *The Equitable. He who does His work in a balanced way.*

- Al-Jāmi'** *The Gatherer. He who collects things and unites them, anywhere He wants, at any time.*
- Al-Ghanī** *The Self-Sufficient. He who is rich and independent having all things in His hand.*
- Al-Mughnī** *The Enricher. He who bestows all goodness including emancipation on His servants.*
- Al-Māni'** *The Preventer. He who shields His servants from harm.* 90
- Aḍ-Ḍārr** *The Distresser. He who creates afflictions and despondency.*
- An-Nāfi'** *The Propitious. He who is the source of all goodness and beneficence.*
- An-Nūr** *The Light. He who provides Divine Light to the Entire Universe; to the faces, minds, and hearts of His servants.*
- Al-Hādī** *The Guide. He who gives success, guides and directs His servants to do things beneficial to others.*
- Al-Badī'** *The Incomparable. He who creates wonders and beauty in the universe without any design.* 95
- Al-Bāqī** *The Everlasting. He who is Immutable and Infinite.*
- Al-Wārith** *The Inheritor. He who has everlasting ownership of all things. Finite man has only temporary ownership, and at death all creatures have nothing.*
- Ar-Rashīd** *The Guide to the Right Path. He who teaches with wisdom and directs to the path of righteousness according to His eternal plan.*
- Aṣ-Ṣabūr** *The Patient. He who is beyond time.* 99

Allah has said; 'Pray to Me that I may answer you.'

Allāhu Akbar!

God is great!

'Who is Allah? According to Sahaj Yoga, Allah is nobody else but Vishnu and Vishnu who came also as Shrī Ram. So whatever they call as Allah is Shrī Ram Himself. Only a Sahaj Yogi can understand that.'

Birthday Puja, Delhi, 21-03-02.

Arabic Pronunciation guide p.243

☪ The 69 Names of Shri Kubera ☪

*Param-pujya Śhrī Mataji, only through You we become aware of all the Deities.
Śhrī Mataji, please awaken Śhrī Kubera in the world and grant the realisation
to the world that Sahaja Yoga is the only solution for our maladies.
In Your compassion, may all our societies, institutions and governments be
enlightened by the pure Sahaja economics of Śhrī Kubera and dispense with their
corrupt and adharmic ways. May all of us, Your children, rejoice as
the world is united under the immaculate banner of Sahaja Yoga.*

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

Kubera	<i>The God of Wealth. You own, bestow, and distribute all matter with the potential to express the Love of the Spirit</i>	
Kṛiṣhṇa	<i>Shrī Kṛiṣhna. You sowed the Seed of Spirituality</i>	
Kṛiṣhi priya	<i>Approving of Agriculture and Basic Industries and supporting the primary sectors of the world economy</i>	
Viṣhṇu	<i>Whose Brilliance and Grace permeate the Universe</i>	
Viśhwa pūjya	<i>Worshipped by the Universe</i>	5
Padma nābha	<i>Whose Navel-lotus gives rise to Universes</i>	
Nātya priya	<i>Enjoying the Drama of the World</i>	
Līlā dhara	<i>Having the Whole Material World for Your Play</i>	
Ākāśh'eśhwara	<i>The Ruler over the Ether, looking after the purity of communication</i>	
Virāt-aṅga	<i>Part and Parcel of Shrī Virāta, the Great Universal Being</i>	10
Sunāsika	<i>Giving the Goddess Your Essence as Her Regal Divine Nose</i>	
Mahā bhūpati	<i>The Great King who establishes the Dharma of the King</i>	
Rāja nīti-gñya	<i>Having the Knowledge of the Dharma of the King</i>	
Rāja-nīti nipuna ...	<i>Expert in the Art of Divine Diplomacy, without which the World would lose balance and prosperity could not be sustained</i>	
Artha-nīti nipuna ..	<i>Expert in the Knowledge of the Pure Science of Economic Well-being</i>	15

Viveka buddhi	<i>Discretion and Wisdom</i>	
Akṣhaya nidhi	<i>Of Unlimited Resources. You make Your unlimited resources available for the auspicious cause of Sahaja Yoga. You gave Shri Draupadi Her ever-full plate</i>	
Pradyumna	<i>Having Infinite Enlightened Wealth</i>	
Sthita-pragñya	<i>Keeping Balance in every situation in life; whether in happiness or in sorrow. You teach a balanced attitude to life</i>	
Gatimān	<i>Empowering the Circulation of Wealth to benefit everyone</i>	20
Yoga kṣhema pradāyaka	..	<i>Promising to protect the well-being of those who earnestly seek Yoga</i>	
Param'odara	<i>Whose Generosity is without bounds. You bestow gifts upon devotees to express Your love and compassion</i>	
Dām'odara	<i>The Epitome of Generosity</i>	
Kṛipana virodhaka	<i>Against miserly people, who hoard matter for its own sake</i>	
Tṛipta	<i>Completely Satisfied. You are the path to complete satisfaction which is the enjoyment of the Spirit</i>	25
Santuṣṭa	<i>Giving the Joy of Fulfillment and treating everyone the same without any discrimination</i>	
Ānanda tattva varnita	<i>Describing the Spirit as the Source of Absolute Enjoyment</i>	
Sūkṣhma	<i>Subtle and Joy-giving; through the subtlety of matter that expresses love</i>	
Preranā dāyaka	<i>The Inspiration for people in their actions and life; Yogis are inspired by You</i>	
Swattva dāyaka	<i>Giving Self-esteem and Dignity</i>	30
Vāsanā hara	<i>Helping people to overcome their bad habits</i>	

Kalanja viṣha nāśhaka	<i>The Remover of all the poisons of the world, alcohol, tobacco, drugs, etc</i>	
Lobha nāśhaka	<i>Exposing and Destroying Greed in all forms, including at the level of society, corporations and governments</i>	
Madya virodhaka	<i>Against alcohol and social systems based on drinking alcohol</i>	
*Kuguru mardana	<i>Trampling False Gurus and their practices of exploitation, wrong-doing and money-making</i>	35
Santulaka	<i>Restoring balance to everything</i>	
Karma-kānda vināśhaka	<i>Destroying preoccupation with ceremonial acts, rituals and rites</i>	
Dharā dharma rakṣhaka	<i>Protecting the Dharma of the Earth. You restore the Earth's balance when it becomes depleted of resources through excessive exploitation and wasteful consumption</i>	
Jāgruta	<i>Awake and Alert. You watch over the Dharma of individuals and societies</i>	
Gṛuha-dharma pālaka	<i>Upholding and Over-seeing the Dharma of the Household</i>	40
Yama	<i>Shrī Yama –‘the Lord of Death’. You look after Righteousness and Dharma</i>	
Niyantā	<i>Establishing People in their respective functions</i>	
Sarva dharm’āśhraya	<i>The Refuge of all Dharmas</i>	
Māyā-rūpī	<i>One with Your Maya. You create illusions for ignorant people who imagine that they own wealth</i>	
Mahā-mana	<i>Beyond the Mind. You dislike the obsessive thinking and mental games of speculation with money and wealth</i>	45
Dyuta virodhaka	<i>Against gambling, speculation and disrespect towards Shrī Lakshmi</i>	

- Pāvitra rakṣhaka** *Protecting Chastity and the Auspiciousness of Shrī Lakshmi. You ensure that people have proper respect towards Shrī Lakshmi*
- Ālasya-ripu** *The Enemy of Lethargy and Laziness*
- Kal'ādhāra** *The Support of the Arts which express the Spirit. You reward and encourage the pure expression of art*
- Hasta kal'āśhraya** *The Refuge of Handicrafts, which provide a livelihood for artisans* 50
- Mūl'odyoga uttejaka** *Encouraging the basic productive sectors of the economy: agriculture and industry. You restore balance by deflating the overgrown financial sector and excessive mechanisation*
- Śhoṣhana hara** *The Remover of the social and economic exploitation of the weaker sections of society*
- Dāridrya hāraka** *The Remover of Poverty*
- Jada sanchaya virodhaka** .. *Against the accumulation of material wealth for its own sake. You support the constant flow and circulation of wealth and money*
- Durāchāra vināśhaka** *Exposing and destroying the misdeeds of those who accumulate wealth and abuse power. You restore Righteousness in Society* 55
- Bhava bhaya hāraka** *The Remover of the Fear of the World and worldly affairs by providing security*
- Chaitanya** *The Vibrations. You are active and with Your actions, the vibrations flow.*
- Dwārik'ādhiśha** *The Ruler of Dwaraka and You make Dwaraka prosperous. You are the ruler of America and look after the prosperity and righteousness of America*
- Ṛina-nāśhaka** *The Destroyer of Consumerism and excessive indulgence based on credit. You free people of their debts, responsibilities and Karmas*

Varṇa bheda vināśhaka	<i>The Remover of Division within Society, based on heredity, occupation, economic status, geography, race, colour or any external attributes</i>	60
Spardhā virodhaka	<i>Disapproving of Excessive Competitiveness. You support cooperation and collectivity</i>	
Sama-kartā	<i>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</i>	
Hita kāraka	<i>Supervising people's benevolence in general and Sahaja Yogis in particular</i>	
Nirmala-gaṇa pālaka	<i>Looking after the Well-being of the Ganas of Shri Mataji. You provide for Sahaja Yoga activity and Sahaja Yogis</i>	
Sahaja-jana vatsala	<i>Affectionate towards Sahaja Yogis, so that money and matter are no obstacle to Sahaja Yoga activities</i>	65
Viśhwa Nirmalā- -Dharma priya	<i>The Friend of Vishwa Nirmala Dharma, supporting those who practice it</i>	
Agamya	<i>Beyond Human Comprehension, You are Unknowable</i>	
Nirmalā gamya	<i>Accessible only through Shri Mataji</i>	
Devī-kārya samudyata	<i>Taking Form to further the Cause of Shri Mataji</i>	

**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, 18-08-2002.

☪ The 84 Names of Shri Vishnumaya ☪

**Om Twameva sākṣhāt Śhrī Viṣṇumāyā 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	<i>The Pure Power of Desire, Existence and Bliss</i>	
Mahākālī nirmitā	<i>Created by Shri Mahākālī Herself</i>	
Viśuddhi padm'ālayā	<i>Dwelling in the Lotus of the Vishuddhi Chakra</i>	
Kuliśh'āngī	<i>Thunderbolt-bodied</i>	
Tadillatā samaruchi	<i>Dazzling like Lightning</i>	5
Viśhiṣṭha śhastrā	<i>Having Special Weapons</i>	
Americ'eśhwara śhastrā	<i>One of the Weapons of Shri Kṛishna</i>	
	<i>as the Lord of America</i>	
*Rakṣhasa vijayinī	<i>The Conqueror of Devils and Demons</i>	
*Mahiṣh'āsura ghātinī	<i>The Killer of the Buffalo Demon</i>	
*Niśhumbha Śhumbha-		
-samhantrī	<i>The Destroyer of Shumbha and Nishumbha</i>	10
Chira Kaumārī	<i>The Eternal Virgin</i>	
Vindhya priya putrī	<i>The Beloved Daughter of the Vindhya Mountains</i>	
Devī Mahātmya stutā	<i>Praised in the 'Devī Mahātmyam'</i>	
Śhaṅkarāchārya-		
-praśhastā	<i>Extolled by Ādi Shankaracharya</i>	
Nanda gopa Yaśhodā sutā ...	<i>Born as a Daughter to the Cowherd Nanda</i>	
	<i>and Shri Yashoda</i>	15
Kṛiṣṇa sañjātā	<i>Born at the same time as Shri Kṛishna</i>	
Kṛiṣṇa bhaginī-		
-māyā śhakti	<i>The Sister of Shri Krishna, as the Maya Shakti</i>	
Satya avatāra udghoṣhinī ...	<i>The One who declares</i>	
	<i>the Advent of an Incarnation of Truth</i>	

Svayam tyāgā	<i>Sacrificing Yourself to announce the birth of Shri Krishna</i>	
Kṛiṣhṇa janma- -udghoṣhaka vidyullatā	<i>Becoming Lightning to proclaim the birth of Shrī Kṛiṣhna</i>	20
Vaikṛitika rahasyā	<i>The Maya that is impossible to surpass</i>	
Śhiva Brahma Viṣhṇu- -gñyāna parāṅgati	<i>Whose Maya is beyond the Knowledge of Shrī Shiva, Brahma and Vishnu</i>	
Mūrti rahasyā	<i>Of Mysterious Forms</i>	
Dādima puṣhpa- -rakta danti	<i>With Teeth as Red as Pomegranate Flowers</i>	
Śhata netrā	<i>Having a Hundred Eyes</i>	25
Nārāyanī	<i>The Power of Shrī Vishnu and Refuge of Man</i>	
Pīḍā nivārinī	<i>The Gracious Remover of Afflictions</i>	
Pāvityra dāyinī	<i>Giving Chastity, the Foundation of Dharma</i>	
Gaṇeśha pāvityra puṣhpā	<i>Whose Flowers of Chastity express the Powers of Shrī Ganesha</i>	
Pāvityra rakṣhakā	<i>The One who, in the Mahābharata, insisted on war with the Kauravas for the Protection of Chastity</i>	30
Draupadī	<i>Incarnated as Shri Draupadi the Wife of the Five Pandavas</i>	
Bandhu rakṣhita pāvityrā	<i>Whose Chastity is protected by Her Brother</i>	
Bandhu ātma- -prabudhyatā	<i>Caring for the Spirituality of the Brother</i>	
Mahābhārata kārini	<i>Responsible for the Mahābharata war</i>	
Pancha mahā-bhūta- -sammilitā	<i>Joining the Five Elements, as the Pandavas</i>	35
Sarva bhūta praviṣhṭā	<i>Entering into all the Elements</i>	
Hṛid buddhi melakā	<i>Integrating the Heart and the Brain</i>	

Śhigra kārini	<i>Quick-acting</i>	
Sarva bādhā jwālīni	<i>Burning away all negativity</i>	
Vidyut janita maṅgalā	<i>The Power of Electricity to bring</i>	
	<i>Auspiciousness</i>	40
Nisarga prakopa damani ...	<i>Controlling Lightning, Earthquakes,</i>	
	<i>Typhoons and Forest-fires</i>	
Adbhūta chitra pradāyini ...	<i>Revealing Shri Mataji's Divinity</i>	
	<i>through Miracle Pictures</i>	
Chalat-chitra prakāśhikā	<i>Enlightening the Film Medium</i>	
Sunṛita-vāni dāyini	<i>The Bestower of Pure Speech</i>	
Mantra sāmārthya-		
-pradāyini	<i>Giving the Power of Mantras</i>	45
Nirahaṅkāra	<i>Without Ego</i>	
Namratā pradāyini	<i>The Bestower of True Humility</i>	
Viśhwāsa nirmāna kāri	<i>Instilling Faith and Confidence</i>	
Satya rakṣhikā	<i>The Keeper of Reality</i>	
Sarva bādhā udghātikā	<i>The Exposer of Negativity</i>	50
Alīka dambha nāśhini	<i>The Destroyer of False Sophistication</i>	
Niṣkalaṅkā	<i>Unblemished Purity and Innocence</i>	
Pitāmahā gaurava-		
-rakṣhikā	<i>The Protector of Respect for Grandparents</i>	
Māṭru-tattwa gaurava-		
-rakṣhikā	<i>Guarding Respect for the Mother Principle</i>	
Bhagini sāmārthya rūpā	<i>The Power of a Sister</i>	55
Sarv'āśh'ātmikā	<i>Making us Part and Parcel of the Whole</i>	
Ātmā saśhaya nivāriṇi	<i>The Remover of Self-doubt</i>	
Asatya mantra nāśhini	<i>The Destroyer of False Mantras</i>	
Asatya spaṣṭi-		
-karaṇa nāśhini	<i>Exposing Untruth and False Explanations</i>	
Chakra maryādā sthāpini ..	<i>Establishing the Boundaries</i>	
	<i>of the Chakras</i>	60

Hṛidaya mūlā	<i>Whose Root is in the Heart</i>	
Dhairya dāyinī	<i>The Bestower of Courage</i>	
Strī śhakti rūpā	<i>The Power of a Woman</i>	
Asatya kathā nāśhinī	<i>The Destroyer of False Myths</i>	
Kṛitak'ādarśha nivarinī	<i>The Remover of Artificial Ideals</i>	65
Avyakta prakatana kārini ...	<i>Revealing the Un-manifest</i>	
Ānand'ādhārā	<i>The Reservoir of Joy</i>	
Sūkṣhma saṁveda dāyinī ...	<i>Giving Deep Knowledge of the Subtle</i>	
Ātmā sākṣhāt-kāra pathā-		
-nirmala karinī	<i>Clearing the Path of Self-realisation</i>	
Upahās'āsahiṣhṇu	<i>The One who does not tolerate sarcasm</i>	70
Pūrna samarthā	<i>Fully Capable</i>	
Sahaja yoga pari-		
-samarpana rūpā	<i>Embodying the Quality of being whole-hearted about Sahaja Yoga</i>	
Virāta prāpinī	<i>Giving One-ness with the Virāta</i>	
Viṣhṇumāyā Virāt'aṅganā ..	<i>The Universal Form of Shrī Vishnumaya</i>	
Vāma viśhuddhi-		
-sthitā mahāśhakti	<i>The Supreme Creative Power residing in the Left Vishuddhi</i>	75
Bhagini kanyā-		
-rūpa Fāṭima	<i>Incarnated as Shrī Fatima, the Pure Light, Daughter of Mohammed</i>	
Haṁsā chakra-		
-sthitā Saraswatī	<i>Shrī Saraswatī, who becomes the Vishnumaya Shakti at Haṁsa Chakra</i>	
Vipra chitta vikṣhepa-		
-kārana rākṣhasa ghātinī ...	<i>Destroying the Demons who disturb the attention of Realised Souls</i>	
Śhākambharī Devī	<i>The Goddess who gives life-supporting herbs, vegetables and plants</i>	

Mahā-Bhrāmārī	<i>The Great collective Bee-form, Your Fiery Beauty slays even the worst of enemies</i>	80
Idā nādī-stha agni śhakti	<i>The Fire Power of the Ida Nadi</i>	
Satya bhāśhini ākāśha- -śhuddhikā	<i>Speaking the Truth and Purifying the Ether</i>	
Strī-śhakti	<i>The Power of Womanhood</i>	
Pratidina pūjaniyā	<i>To be Worshipped every day</i>	
Sarva mantra- -siddhi pradāyaka	<i>The Power which fulfills all Mantras.</i>	
Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ		



Śhrī Vishnumāyā and Śhrī Kṛiṣhṇa

Shri Vishnumaya was born on the same night as Shri Krishna to the cowherd Nanda and his wife Yashoda. Miraculously, Shri Krishna's father, Vasudeva, escaped from Kamsa's prison with the new-born Shri Krishna, reached the village of Gokul, swapped the babies and returned to the prison unnoticed.

When the wicked Kamsa came the next morning to kill the baby, who it was predicted would be his nemesis, he was surprised to find a girl, but threw Her against the wall anyway. However She flew into the air, announcing that the One who would kill Kamsa was still alive and disappeared in a flash of lightning.

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

“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 Mantras of the Virata ◉

The Virāta is the Vast Cosmic Being, the Universal Form of God Almighty, which is reflected as the Subtle System within Human Beings.

‘So God created mankind in his own image, in the image of God he created them; male and female he created them.’ Genesis 1-27

The Virāta took full incarnation as Śhrī Kṛishna with His sixteen thousand powers – incarnated as Śhrī Virāt-aṅgana – ‘Feminine Power of the Virāta’

Gṛuha-lakshmī Kubera Virāta

You are the Lord of Wealth and the Goddess of Satisfaction combined to give support for the work of Sahaja Yogis.

Brahmadeva Viṭṭhala Virāta

You are the Creator manifesting the Right Vishuddhi Power as the Universe, the physical form of the Virāta.

Viṣṇumāyā Virāta

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

Viṭṭhala Viṣṇumāyā Virāta

You are the combined power of the Right and Left Vishuddhi pervading the Universe as Chastity and adherence to Dharma.

Nirānanda

Absolute pure joy

Śhrī Viṭṭhala, also known as Viṭhoba, is Śhrī Krishna residing at Pandharpur with His wife Śhrī Rukmini. The name Viṭṭhala –‘standing on a brick’ came from the Lord’s willingness to wait while His devotee Pundarika served his parents, symbolizing adherence to Dharma.

*see: Śhrī Kṛishna Puja, Geneva, Switzerland, 28-08-83;
Śhrī Virāta Puja, Litchfield, Connecticut, USA, 11-06-89.*

◉ The Āgñyā Chakra ◉



Jay Śhrī Īśha-putra, jagad-tāraka janyate

Victory to the Son of God , the World-Saviour is born on the Earth!

‘For unto us a Child is born, unto us a Son is given; and the government is upon His shoulder; and His Name shall be called ‘Wonderful Counsellor of the Mighty God, of the Everlasting Father, the Prince of Peace.’ *Isaiah 9:5*

◉ The 108 Names of Lord Jesus Christ ◉

**Om Twameva sākṣhāt Śhrī Yeśhu Khrīṣhta 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!

<i>Om Twameva sākṣhāt Śhrī...</i>	<i>You are...</i>	
Āgñyā chakra swāmī	<i>The Lord of the Agnya Chakra</i>	
Sūrya	<i>The Sun</i>	
Kṣhamā pradāyaka	<i>The Bestower of Forgiveness</i>	
Kṣhamā swarūpa	<i>Whose Form is Forgiveness itself</i>	
Śhama dama vairāgya- -titikṣhā pradāyaka	<i>The Bestower of Contentment, Self-restraint, Detachment and Patience</i>	5
Omkāra	<i>The Aum Personified</i>	
Chaitanya	<i>The Flow of Vibrations</i>	
Ādi puruṣha	<i>The All-pervading Primordial Being</i>	
Sahasra śhīrṣha	<i>The One with a Thousand Heads</i>	
Sahasr'ākṣha	<i>Having a Thousand Eyes</i>	10
Viṣṇu	<i>The Ninth Incarnation of Shri Vishnu</i>	
Viṣṇu suta	<i>The Son of Shri Krishna, the Eighth Incarnation</i>	
Mahā-viṣṇu	<i>The Higher Aspect of Shri Vishnu, who is Shri Ganesha</i>	
Ananta koti- -brahmānda dhāraka ...	<i>Wielding millions of Universes</i>	
Hiranya garbha	<i>Born in the Primordial Cosmic Egg</i>	15
Pūrva ghoṣhita	<i>Foretold by the Prophets</i>	
Brahmā viṣṇu- -rudra sevita	<i>Worshipped by the Three Magi, who were Shri Brahma, Vishnu and Shiva</i>	
Pāvitra pradāyaka	<i>The Bestower of Chastity</i>	
Gopāla	<i>The Lord of Cows and Protector of the World</i>	

Gosevita	<i>Attended by cows at Your birth and worshipped by the denizens of the Central Channel</i>	20
Kṛiṣṇa suta	<i>The Son of Shrī Kṛiṣṇa, so are called Christ</i>	
Rādhā nandana	<i>The Son of Shrī Rādhā who incarnated again as Shrī Mary-Mahālakshmi</i>	
Pāpa nāśhaka	<i>The Destroyer of Sins</i>	
Pāpa vimochaka	<i>The Liberator from Sin</i>	
Prakāśha	<i>Light</i>	25
Ākāśha	<i>Ether</i>	
Agni	<i>Fire</i>	
Mahā-kārunya rūpi	<i>Great Compassion</i>	
Tapaswī	<i>Performing Penance</i>	
Ham Kṣham bīja	<i>The Bija Mantras 'Ham' and 'Ksham'</i>	30
Ātmā	<i>The Spirit</i>	
Param'ātmā	<i>The Supreme Spirit</i>	
Amṛuta	<i>Divine Nectar; who is Immortal</i>	
Ātmā-tattwa jāta	<i>Born of the Spirit</i>	
Śhānta	<i>Silence and Peace</i>	35
Nirvichāra	<i>Thoughtlessness</i>	
Ādi āgñyā chakra stha	<i>Residing in the Primordial Agnya Chakra</i>	
Kalki	<i>Shrī Kalki - the Tenth and Final Incarnation of Shrī Vishnu</i>	
Ekādaśha rudra sevita	<i>Worshipped by the Eleven Destroying Powers of Shrī Shiva</i>	
Utkrānti tattwa	<i>The Principle of Evolution</i>	40
Utkrānti ādhāra	<i>The Support of Evolution</i>	
Sarv'ochha	<i>The Highest</i>	
Mahat mānasa	<i>The Great Superego of the Virāta</i>	
Mahāt'ahaṁkāra	<i>The Great Ego of the Virāta</i>	
Turiya sthiti pradāyaka	<i>Bestowing the 'Fourth' State of Pure Spirit</i>	45
Turiya vāsī	<i>Residing in the Turiya State</i>	

Dwāra	<i>The Narrow Gate to the Kingdom of Heaven</i>	
Kārtikeya	<i>Shrī Kārtikeya</i>	
Mahā-ganeśha	<i>Shrī Mahā-ganesha</i>	
Abodhitā swarūpa	<i>In the Form of Innocence itself</i>	50
Abodhitā pradāyaka	<i>The Bestower of Innocence</i>	
Śhuddha	<i>Pure</i>	
Māngalya pradāyaka	<i>The Bestower of Auspiciousness</i>	
Audarya	<i>Generosity</i>	
Mahālakṣhmī netra teja	<i>The Light in the eyes of Shrī Mahālakshmi</i>	55
Pari-pūrna sahaja yogī	<i>The Perfect Sahaja Yogi</i>	
Ādi sahaja yogī	<i>The Primordial Sahaja Yogi</i>	
Sreṣṭha sahaja yogī	<i>The Superior Sahaja Yogi</i>	
Ādi Śhakti Mātājī Śhrī Nirmalā- -Devī priyam kartā	<i>Whose works are pleasing to Shrī Ādi Shakti Mataji Shrī Nirmalā Devī</i>	
Śhāśhvata	<i>Eternal</i>	60
Sthānu	<i>Immovable</i>	
Sach'chid'ānanda ghana	<i>Whose Body is Truth, Awareness and Bliss made Flesh</i>	
Svair'āchāra nāśhaka	<i>Destroying licentiousness and reckless abandon</i>	
Dharma mārtanda- -nāśhaka	<i>The Destroyer of ritualism and fanaticism</i>	
Nirichha	<i>Desireless</i>	65
Dhanada	<i>The Bestower of Wealth</i>	
Śhuddha śhweta	<i>Pure White</i>	
Ādi bālaka	<i>The Primordial Child</i>	
Ādi brahmachārī	<i>The Primordial Chaste Student</i>	
Purātana	<i>Ancient</i>	70
Alphā-cha omegā-cha	<i>Alpha and Omega</i>	
Samasta sākṣhī	<i>The Witness of All</i>	

Īśha putra	<i>The Son of God</i>	
Moha varjita	<i>Free from Temptation</i>	
Mamatā hata	<i>The Remover of Selfishness</i>	75
Viveka	<i>Pure Discrimination</i>	
Aghora nāśhaka	<i>The One who condemns occult practices</i>	
Gñyāna rūpa	<i>Knowledge</i>	
Sat buddhi dāyaka	<i>The Bestower of Real Wisdom</i>	
Su-gñya	<i>Supreme Wisdom</i>	80
Pūrna namra	<i>Complete Humility</i>	
Bhautikatā nāśhaka	<i>Condemning Materialism</i>	
Ahaṁkāra nāśhaka	<i>Dissolving Ego</i>	
Prati-ahaṁkāra-		
-śhoṣhaka	<i>Sucking in Superego</i>	
Aśhuddha icchā nāśhaka ..	<i>The Destroyer of Impure Desire</i>	85
Hṛid mandira stha	<i>Residing in the Temple of the Heart</i>	
Aguru nāśhaka	<i>The Destroyer of False Gurus</i>	
Asatya khandana	<i>The Annihilator of Falsehood</i>	
Vaṁśha bheda nāśhaka	<i>The Eradicator of Racialism</i>	
Krodha nāśhaka	<i>The Destroyer of Anger</i>	90
Ādi Śhakti Mātājī Śhrī Nirmalā-		
-Devī priya putra	<i>The Beloved Son of Shrī Mataji Nirmalā Devī</i>	
Ādi Śhakti archita	<i>He who worships Shrī Ādi Shakti</i>	
Pratiṣṭhāṇa kṣhetra-		
-nivāsa kṛita ..	<i>Abiding in Sacred Pratishtan</i>	
Cabella vāsī	<i>Residing in Cabello</i>	
Sahasrāra dwāra vāsī	<i>Stationed at the Gate of the Sahasrara</i>	95
Niṣkalaṅka	<i>Spotless Purity and Unblemished Innocence</i>	
Nitya	<i>Eternal</i>	
Nirākāra	<i>Formless</i>	
Nirvikalpa	<i>Doubtless Awareness</i>	
Lok'ātīta	<i>Beyond the Three Worlds</i>	100

Gun'ātīta	<i>Beyond the Three Gunas</i>
Mahā-yogī	<i>The Greatest Yogi</i>
Nitya mukta	<i>Ever-free</i>
Avyakta mūr̥ti	<i>The Formless Spirit Incarnate</i>
Yog'eśhwara	<i>The Greatest Knower of Divine Connection</i> 105
Yoga dhāma	<i>The Abode of Yoga</i>
Yoga swarūpa	<i>In the Form of Yoga itself</i>
Yeśhu Khrista	<i>Lord Jesus Christ</i>

Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ

◉ Bīja Mantras for Āgñyā Chakra ◉

Om Ham, Om Kṣham

Amen. I am (the Spirit), I forgive (everyone, including myself).

“As you know that Buddha and Mahavira both support the center of Agnya. So if you have to have a very clear-cut Agnya Chakra then on one side you should be desireless, you should forgive, Ksham. Ksham is the Bija Mantra, is to forgive; Bija Mantra of Right Side; Ksham –‘I forgive’.

And the Left Side is Ham. Like the left-sided person always feels, 'Oh, I'm no good.' This he has to say, 'No, I'm good.' Ham –‘I am’. So Ham and Ksham: these are two Bija Mantras, which we have to say.

Your breath has become enlightened... Your mantras can act. You must use these two Bija Mantras to clear out your Agnyas.” **Belgium, 04-08-91.**

Aham –‘I am’ is composed of the first letter **a**, the last letter **ha** and the anuswara **ṁ** -‘joining’, and so is the ‘Alpha and Omega’ (the first and last letters of the Greek alphabet). Lord Jesus is **Mahat-ahamkāra** – the All-pervading Divine ‘I am’ into which our ego dissolves.

‘And God said unto Moses, I AM THAT I AM: and he said, Thus shalt thou say unto the children of Israel, I AM hath sent me unto you.’

Exodus 3:14

ॐ 108 Invocations to Lord Jesus Christ ॐ

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. 5

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. 10

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. 15

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. 20

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.	25
You are the Bija Mantras 'Ham' and 'Ksham'.	
You are the Forgiver.	
You allow us to forgive.	
You are the Spirit.	
You are born of the Spirit.	30
You were crucified and resurrected in pure Spirit.	
You rose after three days.	
You are Peace.	
You absorb all thought.	
You abide in the Ādi Agnya Chakra.	35
You promised the Comforter who is Shrī Mataji, the Holy Spirit.	
You return as a King.	
You are Shrī Kalki.	
You are the Principle of Evolution.	
You are the Support of our Evolution.	40
You are the End of Evolution.	
You are the Evolution from collective subconscious to collective consciousness.	
You are the Narrow Gate.	
You are the Way to the Kingdom of Heaven.	
You are the Silence.	45
You are Lord Kārtikeya.	
You are Shrī Mahā-ganesha.	
You are the Purity of Innocence.	
You are Contenance.	
You are Generosity.	50

You are the Light in the eyes of Shrī Mahālakshmi.
You are Obedient to Your Mother.
You are the Perfect Sahaja Yogi.
You are the Perfect Brother.
You are the Embodiment of joy. 55

You are the Embodiment of Gentleness.
You spit out the half-hearted.
You condemn all fanatics.
You are uninterested in riches.
You give All Riches to Your Devotees. 60

You are Pure White.
You are the Sacred Heart.
You wear a Crown of Thorns.
You condemn misery.
You suffered so that we should enjoy. 65

You are a Child.
You are Ever Ancient.
You are the Alpha and the Omega.
You give the Kingdom of Heaven equally to those who are first or last.
You are ever with us. 70

You are beyond the Universe.
You are the Sign of the Cross.
You are above discrimination.
You are the Witness.
You are the One who is witnessed. 75

You overcome temptation.
You exorcize evil.
You condemn occult practices.
You are the Embodiment of Tapas –‘penance’.
You worship Your Father. 80

You are hallowed by Your Father.

Your name is Holy.

You are Intelligence.

You are Wisdom.

You are Perfect Humility. 85

You are angry with materialists.

You destroy Ego.

You absorb Superego.

You are the Destroyer of Desires.

You are the Pure Power of Desire. 90

Your Church is the Heart.

You have the Eleven Destroying Powers.

You are the Destroyer of false prophets.

You are the Destroyer of untruth.

You are the Destroyer of intolerance. 95

You are the Destroyer of racialism.

You are the Destroyer of anger.

You are the Herald of the Golden Age.

You are adored by our Mother.

You are praised by our Mother. 100

You are loved by our Mother.

You are the One who is chosen.

You are awakened in all Sahaja Yogis.

You ride the White Horse at the End of the Age.

You are the End of our fears. 105

You guard the Gate of our Mother.

You are the Son of God.

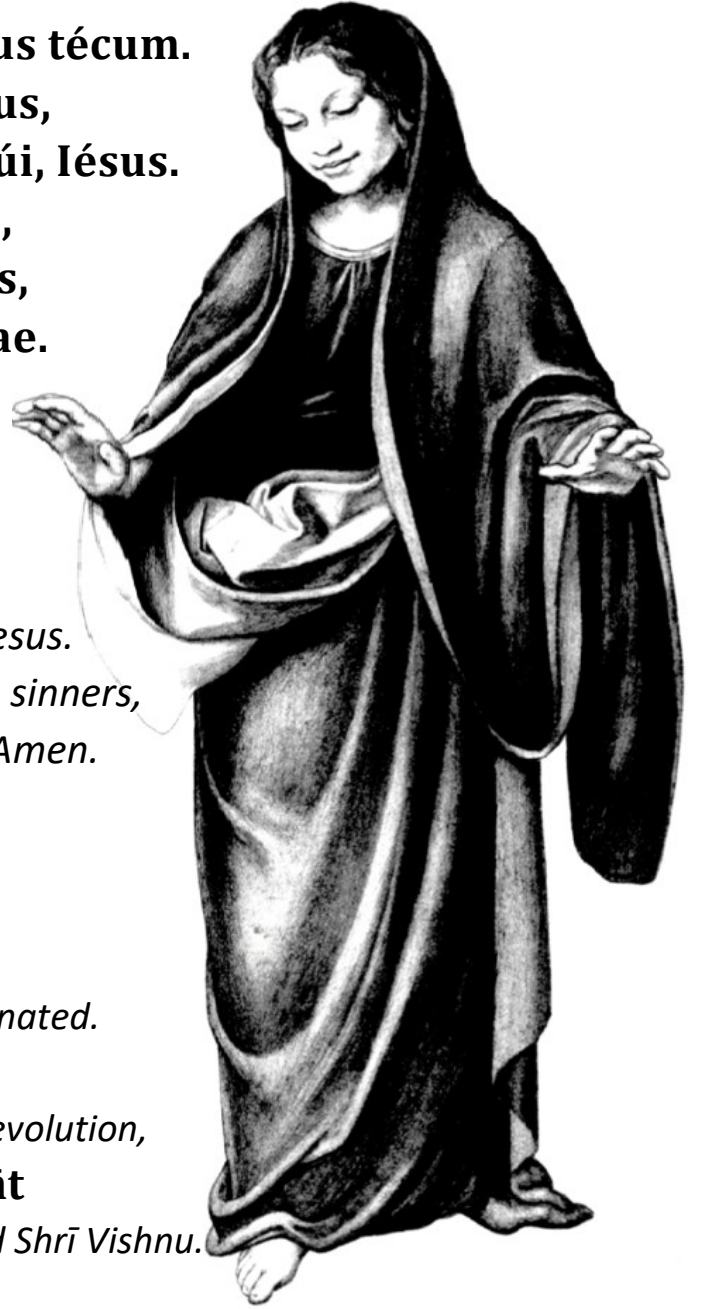
You are the Only Way to the Kingdom of God.

**Om Śhrī Mahālakshmi Mahāviṣṇu sākshāt Śhrī Mahāvirāta
Sākshāt Śhrī Ādi Śhakti Mataji Śhrī Nirmalā Devyai namo namaḥ**

☪ Ave Maria ☪

**Áve María, grátia pléna, Dóminus técum.
Benedícta tu in muliéribus,
et benedíctus frúctus véntris túi, Iésus.
Sáncta María, Máter Déi,
óra pro nóbis peccatóribus,
nunc et in hóra mórtis nóstrae.
Ámen.**

*Hail Mary, Full of Grace,
the Lord is with Thee;
Blessed art Thou amongst women,
and Blessed is the Fruit of Thy Womb, Jesus.
Holy Mary, Mother of God, pray for us sinners,
now and at the hour of our death. Amen.*



Om Twameva sākṣhāt

Śhrī Māriyā Mātā sākṣhāt

*O Divine Mother, Shri Mataji,
You are verily Mother Mary reincarnated.*

Śhrī Mahālakṣhmī sākṣhāt

You are the Power of our ascent and evolution,

Śhrī Kamal'ākṣha nisevita sākṣhāt

You are worshipped by the Lotus-eyed Śhrī Vishnu.

Śhrī Dhan'ādhyakṣha sākṣhāt

You are the Overseer of material and spiritual wealth,

Śhrī Āgñyā Chakr'āntarāla stha sākṣhāt

Residing in the Agnya Chakra,

Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namaḥ

Shri Mataji Nirmala Devi, eternal salutations to You!

The '108 Latin Names of Shri Mary-Mahalakshmi' are now
in the Book of Worship.



◉ Shri Buddha's Mantras ◉

Buddham śharaṇam gachchhāmi

I surrender myself to my Self-realisation

Dharmam śharaṇam gachchhāmi

*I take protection in the Path of Right Conduct
that is in Vishwa Nirmalā Dharma*

Sañgham śharaṇam gachchhāmi

I seek refuge in the Collectivity of Realised Souls

Nirmalām śharaṇam gachchhāmi

*I surrender completely at the Lotus Feet of
Shrī Mataji Nirmalā Devī*

☪ The 21 Names of Shri Buddha ☪

Maitreyā	<i>The prophesized Buddha who re-establishes Dharma at the end of Kali Yuga; the incarnation of the Three Śhaktis (mā-treya)</i>	
Bodhisattva	<i>The Essence of Perfect Wisdom</i>	
Amogha siddhi	<i>Of Unfailing Success</i>	
Ratna sambhava ...	<i>The Source of Jewels, creating Realised Souls</i>	
Akshobhya	<i>Imperturbable</i>	5
Amitābha	<i>Immeasurable Splendour</i>	
Vairochana	<i>The Power of the Sun</i>	
Avalokit'eśhwara ..	<i>The Compassionate Lord</i>	
Chintāmaṇi chakra	<i>The Wish-fulfilling Power</i>	
Tārā	<i>The Saviour</i>	10
Daśha bhūmi prapūryate	<i>Fuliflling the Ten Stages of Enlightenment</i>	
Pramuditā	<i>Enlightened Joy</i>	
Prabhākarī	<i>Giving Illumination</i>	
Archiṣmatī	<i>Radiant</i>	
Sudurjayā	<i>Indefatigable</i>	15
Abhimukhī	<i>Ever facing the goal</i>	
Dūraṅgama	<i>Progressing Far</i>	
Achāla	<i>Steady like a Rock</i>	
Sādhumatī	<i>Perfect Understanding</i>	
Dharma meghā	<i>The Cloud of Righteousness</i>	20
Tathāgata	<i>One who has reached the Truth</i>	

Sākṣhāt Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namaḥ

These names include the ten Bodhisattvas from the original 'Prayer for Buddha Puja' plus the ten Divine qualities possessed by Shri Buddha as the 'Perfectly Enlightened' teacher.

☪ The Ekādasha Rudras ☪

The Eleven destroying and correcting powers of Śhrī Shiva

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

Mahā-hanumāna . *The Great Remover of Ego and Pride, full of intelligence and dynamism, who governs the Right Side*

Mahā-bhairava *The Great Fearsome 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 the 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 Heaven's Gate*

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 the Mother Earth, and the Refuge of Humanity, who sustain this Universe*

Śhiva Pārvatī *The Blissful Spirit and the Daughter of the Mountain who dissolve the illusions of this Universe*

Hiraṇya garbha *The Golden Egg of Śhrī Brahma which
gives rise to this Universe*

Sākshāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ
O Divine Mother, You have come to manifest the Eleven Destroying Powers of Śhrī 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. Obstinance catches here.
6. A half-hearted commitment to Sahaja Yoga can cause a problem with the Ekadasha Rudra.
7. The Ekadasha Rudra collects from the Left and the Right Sympathetic. Therefore the combination of a Left catch with a Right catch will particularly affect it (*possession + ego*).

See: 'Advice on Ekadasha Rudra', London, 04-09-81;

Ekadasha Rudra Puja, New York, 11-09-83.



☪ The 116 Names of Shri Ekādaśha Rudra ☪

These names, taken from the 1000 Names of Shri Shiva in the Mahābhārata, were offered at the Ekadasha Rudra Puja, Como, Italy, 16-09-84.

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

Sthira	<i>Fixed and Steadfast</i>	
Sthānu	<i>A Mighty Column of Vibrations</i>	
Prabhu	<i>Lord God Almighty</i>	
Bhīma	<i>Formidable Strength</i>	
Pravara	<i>The Most Exalted, Most Ancient</i>	5
Varada	<i>The Bestower of Boons</i>	
Vara	<i>All Blessings</i>	
Sarv'ātmā	<i>The Omnipresent Spirit</i>	
Sarva vikhyāta	<i>Universally Renowned</i>	
Sarvasva	<i>All- pervading</i>	10
Sarva kara	<i>Having the Whole Universe in the Palm of Your Hand</i>	
Jaṭī	<i>The One with Matted Hair</i>	
Charmī	<i>Wearing an Animal Hide</i>	
Śhikhaṇḍī	<i>Adorned with a Top-knot</i>	
Sarv'āṅga	<i>Pervading the Universe</i>	15
Sarva bhāvana	<i>Bringing Everything into Existence</i>	
Hara	<i>The Destroyer</i>	
Hariṇ'ākṣha	<i>Having Watchful Eyes like a deer</i>	
Sarva bhūta hara	<i>Destroying the Weight of the Past</i>	
Pravṛitti	<i>Existing in All Beings as Good Nature</i>	20
Nivṛitti	<i>Completely Detached</i>	
Niyata	<i>Ruling over Everything</i>	
Śhāśhwata	<i>Eternal</i>	
Dhruva	<i>Constant, like the Pole Star</i>	
Śhmaśhāna vāsī	<i>Dwelling in the Cremation Ground</i>	25
Bhagavān	<i>Radiating Divinity</i>	
Khechara	<i>Moving through the Sky</i>	
Gochara	<i>Moving on the Earth</i>	

Ardana	<i>Tormenting the wicked</i>	
Abhi vādya	<i>The Supreme Musician</i>	30
Mahā-karmā	<i>The Supreme Doer</i>	
Tapaswī	<i>Ascetic</i>	
Bhūta bhāvana	<i>Residing in all beings as Emotional Intelligence</i>	
Sarva loka prajāpati	<i>The Creator of all the Worlds</i>	
Mahā-rūpa	<i>The Supreme Form</i>	35
Mahā-kāya	<i>Having a Mighty Body</i>	
Vṛiṣha rūpa	<i>Having a Manly and Virtuous Form like a Bull</i>	
Mahā-yaśhā	<i>Great Success and Glory</i>	
Mah'ātmā	<i>The Supreme Spirit</i>	
Sarva bhūt'ātmā	<i>Residing in all beings as the Spirit</i>	40
Viśhwa rūpa	<i>Whose Form is the Universe</i>	
Mahā-hanu	<i>Of Mighty Jaws</i>	
Lokapāla	<i>The Protector of the World</i>	
Antar-hit'ātmā	<i>The Spirit of Inner Well-being</i>	
Prasāda	<i>Pure Grace</i>	45
Haya gardabhi	<i>The Immaculate Rider of the Pure White Horse</i>	
Pavitra	<i>Pure and Auspicious</i>	
Mahāt	<i>Almighty</i>	
Niyama	<i>Complete Self-mastery</i>	
Sarva karmanya	<i>Causing All Action</i>	50
Niyam'āśhrita	<i>The Protector of those who keep to the boundaries of good conduct</i>	
Sarva karmā	<i>The Essence of All Action</i>	
Swayam-bhūta	<i>Born out of Yourself</i>	
Ādi	<i>Primordial</i>	
Ādi kāra	<i>The Primordial Form</i>	55
Nidhi	<i>Divine Riches</i>	
Sahasr'ākṣha	<i>With a Thousand Eyes</i>	
Viśhāl'ākṣha	<i>Having Large and Powerful Eyes</i>	
Soma	<i>Divine Nectar</i>	

Nakṣhatra sādḥaka	<i>Acting through the Planets and Constellations</i>	60
Chandra	<i>The Moon</i>	
Sūrya	<i>The Sun</i>	
Śhani	<i>Saturn</i>	
Ketu	<i>The South Node of the Moon which in the First House denotes Moksha</i>	
Graha	<i>The Planets</i>	65
Graha pati	<i>Lord of the Planets</i>	
Vara	<i>The Most Excellent</i>	
Atri	<i>Beyond the Three Gunas; incarnated as the Father of Shrī Ādi Guru Dattatreya</i>	
Anagha	<i>Without Sin</i>	
Mahā-tapā	<i>Great Penance</i>	70
Ghora tapā	<i>Meditating with Fierce Intensity</i>	
Adīna	<i>Noble and Magnanimous</i>	
Dīna sādḥaka	<i>Worshipped even by the Imperfect</i>	
Samvat sara kara	<i>Creating the Cycles of Time</i>	
Mantra	<i>The Divine Counsellor</i>	75
Pramāṇa	<i>The Primal Cause</i>	
Param tapas	<i>Destroying enemies</i>	
Yogī	<i>One with the Divine</i>	
Yojya	<i>The Supreme to be connected to</i>	
Mahā-bīja	<i>The Primordial Seed</i>	80
Mahā-retas	<i>The Primordial Energy of the Sprouting Seed</i>	
Mahā-bala	<i>Infinite Strength</i>	
Suvarṇa retas	<i>The Fiery Golden Seed that engendered Karttikeya</i>	
Sarva-gñya	<i>All-knowing</i>	
Su-bīja	<i>The Pure Seed</i>	85
Bīja vāhana	<i>The Bearer of the Seed</i>	
Daśha bāhu	<i>The One with Ten Arms</i>	
Animiṣha	<i>Witnessing the world unblinkingly.</i>	
Nīla kaṇṭha	<i>Having a Blue Throat</i>	
Umā pati	<i>The Lord of Uma (Shrī Pārvatī)</i>	90

Viśhwa rūpa	<i>Taking the Form of the Universe</i>	
Swayam śhreṣhṭha	<i>Naturally the Best</i>	
Balavīra	<i>Strength and Valour</i>	
Abala	<i>Powerless without Shrī Ādi Shakti</i>	
Gaṇa	<i>The Divine Army of Shrī Shiva's Attendants</i>	95
Gaṇa kartā	<i>The Creator of the Ganas</i>	
Gaṇapati	<i>Lord of the Ganas</i>	
Digvāsā	<i>Clothed with the Ten Directions</i>	
Kāma	<i>The God of Love</i>	
Mantra-vit	<i>The Knower of Mantra Lore</i>	100
Parama	<i>The Supreme</i>	
Mantra	<i>The Sacred Sound</i>	
Sarva bhāva kara	<i>The Creator of All Existence</i>	
Hara	<i>The Remover of Illusions</i>	
Kamaṇḍalu dhara	<i>The Holder of the Water Pot</i>	105
Dhanvī	<i>The Wielder of the Bow</i>	
Bāṇa hasta	<i>With Arrows in the Hand</i>	
Kapāla-vān	<i>Bearing a Skull</i>	
Aśhanī	<i>Armed with a Thunderbolt</i>	
Khadgī	<i>Weilding a Sword</i>	110
Āyudhī	<i>The Wielder of Weapons</i>	
Mahān	<i>Great</i>	
Sruva hasta	<i>Holding a Havan-ladle in the Hand</i>	
Su-rūpa	<i>Having a Beautiful Form</i>	
Tejas	<i>The Radiant Light of the Spirit</i>	115
Ekādaśha Rudra	<i>The Eleven Destructive Powers</i>	

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

Who is incarnated in person as Our Holy Mother Shri Mataji Nirmal Devi

Sahasrāra Chakra

☪ The Three Great Mantras ☪

Three Mahā-mantras

**Om Twameva sākṣhāt Śhrī Mahālakṣhmī Mahāsaraswatī Mahākālī
Triguṇ'ātmika Kuṇḍalinī sākṣhāt**

Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ

*Amen. You are Shrī Mahālakshmi, Shrī Mahāsaraswatī and Shrī Mahākālī,
the Essence of the Three Qualities, the Kuṇḍalinī, the Primordial Shakti,
Divine Mother, Immaculate Goddess, we surrender to You.*

Om Twameva sākṣhāt Śhrī Kalki sākṣhāt

Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ

*Amen. You are Shrī Kalki, the Primordial Shakti, Divine Mother,
Immaculate Goddess, we surrender to You.*

Om Twameva sākṣhāt Śhrī Kalki sākṣhāt

Śhrī Sahasrāra-swāminī Mokṣha-pradāyinī Mātājī

Śhrī Nirmalā Devyai namo namaḥ

*Amen. You are Shrī Kalki, the Goddess of the Sahasrara Chakra, the Divine
Mother who gives 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 referred to the third part of the Three Great Mantras as ‘the
Sahasrāra Mantra’. (see *Meditation at Shudy Camps p. 220*)

☪ The Short Mantra ☪

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.

On more than one occasion Shri Mataji suggested saying the mantra seven times.

“Try this: ‘Twamewa Sakshat Shri Nirmala Devi’ That’s all! To establish Me
as Nirmala Devi is the point; namo namaḥ. Say it seven times.” **08-10-79, UK**

Bhakti priyā	<i>Fond of Devotees</i>	
Bhakti gamyā	<i>Realised by Devotion</i>	
Śharma dāyini	<i>The Bestower of Happiness and Divine Bliss</i>	
Nirādhārā	<i>Unsupported, as You are the Support of the Entire Universe</i>	10
Nirañjanā	<i>Unstained by any limitations whatsoever</i>	
Nirlepā	<i>Untouched by any Karmas or dualism</i>	
Nirmalā	<i>Pure</i>	
Niṣkalaṅkā	<i>Faultless Brilliance</i>	
Nityā	<i>Eternal</i>	15
Nirākārā	<i>Formless</i>	
Nirākulā	<i>Unruffled</i>	
Nirgunā	<i>Beyond the Three Gunas, Sattva, Rajas and Tamas</i>	
Niṣkalā	<i>Indivisible and Complete</i>	
Niṣhkāmā	<i>Desireless, having everything</i>	20
Nirupaplavā	<i>Indestructible</i>	
Nitya muktā	<i>Ever Free, and Your devotees ever free</i>	
Nirvikārā	<i>Changeless, but the Unchanging Basis of all changes</i>	
Nirāśhrayā	<i>Having no refuge, as You are the Refuge of all</i>	
Nirantarā	<i>Undifferentiated</i>	25
Niṣh-kāranā	<i>Causeless, as You are the Cause of all causes</i>	
Nirūpadhi	<i>Without Illusion or Plurality</i>	
Nirīśhwarā	<i>Supreme, having no higher Deity</i>	
Nirāgā	<i>Unattached</i>	
Nirmadā	<i>Unintoxicated with Pride</i>	30
Niśhchintā	<i>Without any anxiety</i>	
Nir-ahamkārā	<i>Without ego</i>	
Nirmohā	<i>Free from Illusion</i>	
Nirmamā	<i>Without Selfishness</i>	
Niṣhpāpā	<i>Beyond Sin</i>	35
Niṣsamśhayā	<i>Without any doubts</i>	

Nirbhavā	<i>Unborn</i>	
Nirvikalpā	<i>Beyond all doubt</i>	
Nirābādhā	<i>Untroubled</i>	
Nirnāśhā	<i>Deathless and Indestructible</i>	40
Niṣhkriyā	<i>Beyond all actions, not involved in any action</i>	
Niṣh-parigrahā	<i>Taking nothing, as You are the Source of everything</i>	
Nistulā	<i>Unequaled</i>	
Nīla chikurā	<i>Dark-haired</i>	
Nirapāyā	<i>Beyond Danger</i>	45
Niratrayā	<i>Impossible to cross or transgress</i>	
Sukha pradā	<i>Conferring Happiness and the Bliss of Liberation</i>	
Sāndra karunā	<i>Intensely Compassionate to Your Devotees</i>	
Mahā-devī	<i>The Greatest of Goddesses</i>	
Mahā-pūjyā	<i>Worshipped by the highest of Gods, the Trimurtis: Shrī Brahma, Vishnu and Shiva</i>	50
Mahā-pātaka nāśhinī	<i>Destroying even the greatest of sins</i>	
Mahā-śhakti	<i>The Great Power</i>	
Mahā-māyā	<i>The Supreme Creator of Illusion and Confusion even to the Greatest of Gods</i>	
Mahā-ratī	<i>The Greatest Bliss that is beyond all sense pleasures</i>	
Viśhwa rūpā	<i>Having the Universe as Your Form</i>	55
Padm'āsanā	<i>Seated in the Lotuses, in the Chakras</i>	
Bhagavatī	<i>The Matrix of the Universe, with all Divine Qualities</i>	
Rakṣhā-karī	<i>The Saviour</i>	
* Rākṣhasa-ghnī	<i>The Slayer of Demons and all evil forces</i>	
Parameśhwarī	<i>The Supreme Goddess</i>	60
Nitya yauvanā	<i>Ever Young, untouched by time as it is Your Creation</i>	
Punya labhyā	<i>Attained by the Righteous, being worshipped as a result of good actions in previous births</i>	
Achintya rūpā	<i>Beyond Thought</i>	
Parā-śhaktī	<i>The Supreme Power</i>	

Guru mūrṭiḥ	<i>Of the Form of the Guru: every true Guru is a manifestation of You</i>	65
Ādi śhaktiḥ	<i>The Primal Power, being the First Cause of Creation</i>	
Yogadā	<i>The Bestower of Yoga</i>	
Ekākinī	<i>Alone, the Sole Basis of the plurality of the Universe</i>	
Sukh'ārādhyā	<i>Easily worshipped</i>	
Śhobhanā sulabh'āgati ..	<i>The Most Auspicious and Easily-attained Path to Self-realisation</i>	70
Sat-chit-ānanda rūpinī ..	<i>Having the Three Attributes of the Ultimate, Existence, Consciousness and Bliss, as Your forms</i>	
Lajjā	<i>Bashful Modesty, residing in all beings as modest chastity</i>	
Śhubha-karī	<i>Benevolent. The greatest good is the Realisation of the Ultimate and You grant that to devotees</i>	
Chandikā	<i>Angry with evil forces</i>	
Tri-gun'ātmikā	<i>Assuming the Form of the Three Gunas</i>	75
Mahatī	<i>The Great, Immeasurable, Supreme Object of Attention and Worship</i>	
Prāna rūpinī	<i>Of the Form of the Divine Breath of Life</i>	
Param'ānu	<i>The Ultimate Atom, too minute to be comprehended</i>	
Pāśha hantrī	<i>Destroying Bonds and Liberating the Soul</i>	
Vīra mātā	<i>The Mother of Devotees who are Courageous</i>	80
Gambhirā	<i>Of Fathomless Depth, a Vast Lake of Consciousness uncomprehended by space and time.</i>	
Garvitā	<i>Proud, as the Creatrix of the Universe</i>	
Kṣhipra prasādinī	<i>Showering Grace on Your Devotees very quickly</i>	
Sudhā sṛuti	<i>The Ambrosial Flow of Bliss in the Sahasrāra</i>	
Dharm'ādhārā	<i>The Support of Right Conduct</i>	85
Viśhwa grāsā	<i>Devouring the Universe at the time of Pralaya, the Ultimate Dissolution</i>	
Svasthā	<i>Established in Yourself; also, You establish the Self in Devotees</i>	

Svabhāva madhurā	<i>Of Natural Sweetness, residing in the hearts of devotees as Bliss.</i>	
Dhīra samarchitā	<i>Worshipped by the Wise and the Brave</i>	
Param'odārā	<i>Of Supreme Generosity</i>	90
Śhāśhwatī	<i>Ever-present, Continuous</i>	
Lokātītā	<i>Transcending all Created Universes, being seated above Sahasrāra</i>	
Śham'ātmikā	<i>Having Peace as Your Essence. Devotees with their minds at peace are Your Abode</i>	
Līlā vinodinī	<i>Whose Sport is the Universe, the Entire Act of Creation is Your Play.</i>	
Sadāśhivā	<i>The Eternal God Almighty into whom all other forms dissolve at the time of Pralaya</i>	95
Puṣṭīḥ	<i>Nourishing the Soul with Divine Vibrations</i>	
Chandra nibhā	<i>Luminous like the Moon</i>	
Ravi prakhyā	<i>Radiant like the Sun</i>	
Pāvan'ākṛitī	<i>The Sacred Form which washes away all sins</i>	
Viśhwa garbhā	<i>The Mother of the Universe</i>	100
Chit śhakti	<i>The Power of Consciousness that dispels ignorance and confusion</i>	
Viśhwa sākṣhinī	<i>The Silent Witness of the action of the Universe</i>	
Vimalā	<i>Clean, Pure, Untouched</i>	
Varadā	<i>The Bestower of Boons</i>	
Vilāsinī	<i>Charming and Playful, opening or closing the way to Self-realisation at Your Pleasure</i>	105
Vijayā	<i>Victorious</i>	
Vandāru jana vatsalā	<i>Loving Your devotees as Your Children</i>	
Sahaja yoga dāyinī	<i>Granting Spontaneous Self-realisation</i>	
Viśhwa Nirmalā Dharma- -prasthāpinī¹	<i>The Founder of the Universal Pure Religion</i>	

Sākṣhāt Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namaḥ

¹ This extra name was suggested by H.S.H. Shri Mataji at Ganesha Puja, Brighton, 04-08-85

The '108 Names of Shri Nirmala' is now in the Book of Worship.

ॐ The 79 Names of Shri Rāja-rājeśhwari ॐ

'We are now going to worship our Parampujya, Shri Sahasrara Swamini Shri Mataji in Her form as Shri Raja-Rajeśhwari, the One who is the Ruler of the Sahasrara. These are all names of Our Mother in the form of the One who opens the Sahasrara.'

Sahasrara Puja, Cabella, 07-05-00

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

Ādi Śhakti	<i>The Primordial Power of God Almighty</i>	
Parā-śhakti	<i>The Ultimate Power</i>	
Sahasrāra swāminī	<i>The Queen of the Sahasrara</i>	
Sarva chakra swāminī	<i>The Queen of all the Chakras</i>	
Brahmānda swāminī	<i>The Queen of Creation, the Creator</i>	5
Sarva chakra putra- -Gaṇeśha sthitā	<i>Whose Son Shrī Ganesha</i> <i>resides in all the Chakras</i>	
Ṣhat chakr'opari samsthita ...	<i>Whose Abode is above the six lower Chakras</i>	
Pancha brahm'āsana sthitā ...	<i>Seated on a Throne of the five Forms of God, Shri Brahmā, Vishnu, Śhiva, Īśhwara and Sadāshiva, the Ultimate state of Reality</i>	
Nirvichāra samādhi- -viśhwa vyapinī	<i>Bestowing Nirvichara Samadhi, the Silent Power of the Universe</i>	
Parabrahma swāminī	<i>The Queen of the Supreme Consciousness</i>	10
Turīya sthiti dāyinī.	<i>Where all actions end up in Pure Knowledge</i>	
Param-chaitanya varṣhinī. ...	<i>Giving, in Your position as the Queen of Sahasrāra, the Torrential Rain of Vibrations</i>	
Prathama kāranā	<i>The First Cause of all creation</i>	
Sattvika bhavana gamyā	<i>Only Approachable with Pure Emotion</i>	
Mahā-śhakti	<i>The Great Power of Shrī Sadāshiva</i>	15
Śhuddha surabhi varṣhinī ...	<i>Showering the Sweet Nectar of Purity</i>	
Satya spanda- -harṣha darśhinī	<i>Revealing the Truth through Cool Vibrations</i>	

Sarva devatā-

-pad'āmbuja sthitā	<i>At whose Divine Lotus Feet all Deities reside</i>	
Sarva rājñī	<i>The Queen of Sarva, who is Lord Sadāśhiva</i>	
Śhaṅkarī	<i>The Shakti of Shankara, creating peace</i>	20
Śhāmbhavī	<i>The Queen of Shambhu who is Lord Shiva</i>	
Vilamba sthiti	<i>In the Space between two thoughts</i>	
Sahasra-dala padma sthitā	<i>Residing in the Thousand- petalled Lotus, in the Sahasrara</i>	

Ānanda praphulla-

-vana vāsī dwijā	<i>The Natural Home of the Twice-born in the bliss-blossoming forests of the Sahasrara</i>	
Satya astitvā	<i>The Hakikat – the Reality, the Energy of Blissful Truth</i>	25

Śhuddha pāvitratā-

-dhāna pātrā	<i>The Light of the Crown, Kether, the Purest Vessel of the Hebrew people</i>	
Mukuta maṇi dāyini	<i>Fulfilling the Old Testament prophecy; 'She puts on the head a graceful and glorious crown which She bestows on the seekers'</i>	
Sampūrna pravāhini	<i>Embodying the Hebrew Feminine Divine Principle, Shekhinah, who announces the final emanation of God Almighty</i>	

Nakṣhatra tīkā maṇḍita-

-śhubha vastra dhārinī	<i>The Queen of Heaven, with Stars over Your Head</i>	
Swargīya puṣhpa mādhuri	<i>The Daisy of Heaven, Your Soothing Petals fill our minds with cooling sensations and vibrations</i>	30

Yeśhu mātā *The Mother of Jesus*

Swarga rājñī *Mother Mary, the Queen of Heaven, bestowing
the Peace and Silence of the ages*

Sarva viśhwa samrājñī *Ruling over heavenly angelic beings
Cherubims and Seraphims; all the heavenly
people who constantly sing Your Praise*

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 35*

Swarna ratna jadita-

-simhāsana sthitā *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 sākshinī *The Eternal Witness to the Qiyama,- the Resurrection foretold by Shri Mohammed*

Dīvyā pavana dāyinī *The Royal Home of the Ruh, Divine Vibrations 40*

Nitya mahā-puṣhpā *The Mystical and Majestic Rose that never fades*

Sidrat-al-muntaḥa *The Chakra of the Seventh Heaven of Islam*

Sapta swarga nūr-jahān *The Light of Splendour in the Crown of the Seven Heavens of Islam*

Islām simhāsini *The Throne upon which Islam is established*

Paiṅgambarī-

-sahasrāra kamalā *The Final Lotus spoken of by the Prophet 45*

Sarva jāti-

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

Ananta śhiva nivāsā *The Abode of the Timeless Shiva*

Mahā-kalki vijaya śhakti *The Great Power that gives Victory to Shrī Kalki*

Chitra-kūta suhāsini *The Nurturing Garden for the Yogis*

Kalki ekādaśha śhakti-

-sahasrāra swarūpinī *Having the Eleven Destroying Powers of Shrī Kalki in the Sahasrara 50*

Kalki-aśhva vāhana-	
-mahā-rājñī	<i>Whose Vehicle is the White Horse of Shrī Kalki, known as Buraq in Islam</i>
Kalki Mahālakṣhmī.	<i>The Power of Ascent of Shrī Kalki</i>
Mokṣha pradāyini	<i>Giving Liberation to all the seekers</i>
Ādi Śhakti kamala charana-	
-yogī sahasrāra-	
-śharana dāyini	<i>Allowing every Yogi to worship Your Lotus Feet in their Sahasrara</i>
Sahasra bhānu śhītala-	
-prakāśha dāyini	<i>Bright like a Thousand Suns, but bestowing the cooling and soothing light of Divine Vibrations 55</i>
Śhītal'āgni mana hṛidaya-	
-chitta saṅgama kārini.	<i>Merging the Mind, the Heart and the Attention with the Cooling Flames of the Sahasrara</i>
Dīvyā anubhava dāyini	<i>Elevating Human Experience into the Divine Experience</i>
Prakṛiti nṛitya mahā-śhakti .	<i>The Great Power causing the Divine Dance of Nature</i>
Brahmānda madhya-stha-	
-nivāsini	<i>The Centre of the Universe</i>
Medha sapta chakra-	
-jāgrutī pradāyini.	<i>Awakening the Seven Chakras in the Brain 60</i>
Vijaya lakṣhmī	<i>Granting Victory; the Power of Victory over all the challenges of our ascent</i>
Sapta-śhṛingī pūjini	<i>Worshipped in and enlightening the Limbic Area, embodied on the Earth as Sapta Shringi</i>
Param-chaitanya gaṅgotrī . . .	<i>The Source of the Param-chaitanya; You are the Ganges and the Source of the Divine River</i>
Devī jwālā-mukhī-	
-ātma-sākṣhāt kārini . . .	<i>The Goddess with the Divine Fire that enlightens all humanity</i>
Nava graha swāmini	<i>Controlling the Nine Planets through Your Power 65</i>

Rakṣhā kārini	<i>The Protection from all the challenges of our ascent</i>	
Nirmalā mātā	<i>The Mother of Divine Waters</i>	
Sudhā sāgara madhya sthā ..	<i>At the Centre of the Ocean of Nectar</i>	
Chandra maṇḍala madhyā ..	<i>In the Centre of the Sahasrara, like the Orb of the Moon</i>	
Chandra nibhā	<i>Luminous like the Moon</i>	70
Nirvikalpa samādhi	<i>Doubtless Awareness that brings Complete Peace</i>	
Sahasrār'āmbuja mitā	<i>Dwelling in the Lotus of the Sahasrara</i>	
Dharm'ātītā	<i>The One from whose Abode all actions are Pure and Dharmic</i>	
Kāl'ātītā	<i>Beyond Time</i>	
Gun'ātītā	<i>Being beyond and commanding the Three Gunas</i>	75
Mahākālī	<i>The Joy and Auspiciousness at the summit of the Sahasrāra in the form of Shri Mahākālī</i>	
Mahāsaraswatī	<i>Bestowing the Power of the Yogis of Pure Attention and Creativity of Shri Mahasaraswatī which is enlightened in the Sahasrāra</i>	
Mahālakṣmī	<i>The Power and the Bestower of the Power of the Eternal Present of Shri Mahālakshmi bringing us Truth and Self-realisation at the Sahasrāra</i>	
Mahā-māyā	<i>The Great Illusory Power, the One who bestows good on humanity and destroys evil</i>	

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

*These 79 names of Shri Raja-raj'eshwari were created by Shri Mataji Herself
and were recited during Sahasrara Puja, Cabella, 07-05-2000.*

The 'Prayer to Shri Rajarajeshwari' is now in the Book of Worship.

◉ 19 Mantras for Sahasrāra ◉

Given by Shri Mataji – Rahuri, 07-02-79

“Today I’m going to tell you what are the mantras of **Sahastrāra**, which are very important. You start it from the back, put your right hand towards me, put your left at the back¹ (*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. **Śhrī Mahā-gaṇeśha** *The Ruler of Back Agnya*
2. **Śhrī Mahā-bhairava** *The Left Side Power*
3. **Śhrī Mahat-manasa** *The Primordial Superego*
4. **Śhrī Mahat-ahamkāra** *The Primordial Ego*
5. **Śhrī Hiranya garbha** *‘Golden Egg’ - Creative Power*
6. **Śhrī Satya** *‘Truth’ - Central Channel*
7. **Śhrī Mahat-chitta** *The Higher Attention*
8. **Śhrī Ādi Śhakti** *The Primordial Power*
9. **Śhrī Virāta** *The Vast Cosmic Form*
10. **Śhrī Kalki** *The Destroyer of Impurity*
11. **Śhrī Sadāśhiva** *The Eternal Spirit*
12. **Śhrī Ardha Matra** *‘Crescent’ - 1st Centre above Sahasrāra*
13. **Śhrī Bindu** *‘Dot’ - 2nd Centre above Sahasrāra*
14. **Śhrī Valaya** *‘Circle’ - 3rd Centre above Sahasrāra*
15. **Śhrī Ādi Brahma Tattwa** *The Primordial Principle of
the Formless God Almighty*
16. **Śhrī Sarvaswā** *Everything is Her Self*
17. **Śhrī Sahasrāra Swāminī** *The Ruler of Sahasrāra*
18. **Śhrī Mokṣha Dāyinī** *The Giver of Liberation*
19. **Śhrī Mahāyoga Dāyinī** *Granting the Highest Connection*

Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ

¹ Place the left hand on the relevant point of the **Sahasrāra** (see p.227)

ॐ Shri Mataji's Declaration ॐ

“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



The 'Twameva Mātā – prayer for forgiveness' is in the Book of Worship.

ॐ 108 Thank You's to Shri Mātājī ॐ

After each Thank You we can say: Thank You, Śhrī Mataji, again and again.

1. Thank You for descending from Your heavenly abode, Mātā Dwīpa, to bring light into the darkness of Kali-yuga.
Thank You, Shri Mātājī, again and again.
2. Thank You for giving Sahaja Yoga to a confused and self-destructive humanity.
3. Thank You for revealing to us the meaning of creation and evolution.
4. Thank You for revealing to us the actual existence of God.
5. Thank You for giving Divine meaning to human existence.
6. Thank You for revealing to us within the human body the reflection of the Vishwa-rūpa –‘universal form’.
7. Thank You for revealing to us the primordial principles of creation.
8. Thank You for revealing to us the reality of human nature.
9. Thank You for revealing to us the meaning of True Religion.
10. Thank You for teaching us the Divine Knowledge of Sahaja Yoga.
11. Thank You for fulfilling the promise of Lord Jesus Christ.
12. Thank You for lifting the veil of illusion for us.
13. Thank You for revealing to us the true meaning of good and evil.
14. Thank You for awakening Mother Kuṇḍalinī in us.
15. Thank You for opening the dimension of collective consciousness to us.
16. Thank You for giving us Self-realisation.
17. Thank You for establishing vibratory awareness on our central nervous system.
18. Thank You for nourishing us with the all-pervading power of God Almighty.
19. Thank You for revealing to us the meaning of the Last Judgement.
20. Thank You for resurrecting the Tree of Life from its slumber of joyful anticipation.
21. Thank You for crowning the work of all Avatars, incarnations and prophets.
22. Thank You for fulfilling the dreams of all saints and seekers.

23. Thank You for giving true meaning to the work of all those who have sacrificed their lives for the emancipation of mankind.
24. Thank You for re-establishing hope, belief and confidence in our hearts.
25. Thank You for lifting human self-determination beyond the concept of race, caste system and religion.
26. Thank You for giving Divine meaning to the idea of freedom, equality and brotherhood.
27. Thank You for uniting mankind at the feet of one God, one experience and one truth.
28. Thank You for inviting mankind into the realms of the absolute.
29. Thank You for liberating us from the illusion of a dualistic world.
30. Thank You for liberating us from ignorance, confusion and solitude.
31. Thank You for exposing the demonic forces of the materialistic world.
32. Thank You for exposing the inefficiency of linear thinking.
33. Thank You for exposing the cruelty and danger of patriarchal politics.
34. Thank You for destroying enslaving personal and social patterns and conditionings.
35. Thank You for liberating humanity from the suffocating chains of the Catholic Church.
36. Thank You for liberating humanity from the abuse of religious authority by Islamic governments.
37. Thank You for revealing to us the falsehood of fake gurus and all religious institutions.
38. Thank You for liberating humanity from blind faith and superficial religious conditionings.
39. Thank You for exposing the limitations and shortcomings of a scientific approach to reality.
40. Thank You for exposing the illusions of the Western value system.
41. Thank You for introducing us to a relationship to the Divine.
42. Thank You for finding us worthy.
43. Thank You for letting us participate in the salvation of mankind.
44. Thank You for giving us the joy of introducing a yearning seeker to Your redeeming Motherly Love.
45. Thank You for inviting all of us to the court of the Goddess.

46. Thank You for establishing the Kingdom of God on Earth.
47. Thank You for accepting our offerings and prayers.
48. Thank You for showering Your blessings endlessly upon us.
49. Thank You for opening the gateway to Heaven within us.
50. Thank You for bestowing the gift of Yoga upon us.
51. Thank You for making us.
52. Thank You for baptising us.
53. Thank You for healing us.
54. Thank You for purifying us.
55. Thank You for cleansing us.
56. Thank You for transforming us.
57. Thank You for enlightening us.
58. Thank You for nourishing us.
59. Thank You for elating us.
60. Thank You for being with us.
61. Thank You for loving us.
62. Thank You for forgiving us.
63. Thank You for helping us.
64. Thank You for protecting us.
65. Thank You for encouraging us.
66. Thank You for guiding us.
67. Thank You for comforting us.
68. Thank You for counselling us.
69. Thank You for correcting us.
70. Thank You for never abandoning us.
71. Thank You for saving us.
72. Thank You for gathering us.
73. Thank You for teaching us.
74. Thank You for opening our hearts.
75. Thank You for caring for us.
76. Thank You for accommodating us.
77. Thank You for trusting us.
78. Thank You for counting on us.

79. Thank You for waiting for us.
80. Thank You for taking us into Your Divine Body.
81. Thank You for giving us collectivity.
82. Thank You for giving us friendship.
83. Thank You for giving us families.
84. Thank You for giving us positions in life.
85. Thank You for giving us wealth.
86. Thank You for giving us spiritual authority.
87. Thank You for giving us self-esteem.
88. Thank You for giving us discrimination.
89. Thank You for giving us wisdom.
90. Thank You for giving us success.
91. Thank You for giving us meditation.
92. Thank You for giving us inner peace.
93. Thank You for giving us inner joy.
94. Thank You for giving us enlightened attention.
95. Thank You for giving us detachment.
96. Thank You for equipping us with Divine Weapons.
97. Thank You for submitting us to the benevolent
attention of the Deities and all Celestial Beings.
98. Thank You for giving us concern for others.
99. Thank You for giving us the power to help others.
100. Thank You for giving us the satisfaction of
spreading Vishwa Nirmalā Dharma.
101. Thank You for Your continuous attention.
102. Thank You for being the mirror.
103. Thank You for being ever-present.
104. Thank You for being gentle.
105. Thank You for being wonderful.
106. Thank You for being in our hearts.
107. Thank You for being our Guru.
108. Thank You for being our Mother.

Sākshāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ

The 108 Thank Yous were offered to Shri Mataji at Sahasrara Puja, Cabella, 05-05-96.

The Left Side (Idā Nādī)

◉ The 108 Names of Shri Mahākālī ◉

“Mahakali likes that Her children should worship Her, that on that level She can be one with them. She can give them Her compassion, love and protection from all the evil.”
Navaratri Puja, Cabella, 17-10-99

<i>Om Twameva sākshāt Śhrī....</i>	<i>You are...</i>	
Mahākālī	<i>The Great Black Goddess, the Seed Energy of God's desire</i>	
Kāma-dhenu	<i>The Divine Wish-fulfilling Cow</i>	
Kāma swarūpā	<i>In the Form of Love and Desire</i>	
Varadā	<i>The Bestower of Boons</i>	
Jagad ānanda kārinī	<i>The Cause of the Total Bliss of the Universe</i>	5
Jagat jīva mayī	<i>The Life-force of the Universe</i>	
Vajra kaṅkālī	<i>Having a Mighty Skull like a Thunderbolt</i>	
Śhāntā	<i>Peaceful</i>	
Sudhā sindhu nivāsinī ...	<i>Dwelling in the Cosmic Ocean of Nectar</i>	
Nidrā	<i>Sleep</i>	10
Tāmasī	<i>The Dark Night, creating and ruling Tamo Guna</i>	
Nandinī	<i>Pleasing everyone</i>	
Sarv'ānanda swarūpinī ...	<i>The Embodiment of Universal Joy</i>	
Param'ānanda rūpā	<i>The Highest Form of Divine Bliss</i>	
Stutyā	<i>The One to be adored and worshipped</i>	15
Padm'ālayā	<i>Residing in the Purest Lotus</i>	
Sadā pūjyā	<i>The Sacred Immutable Object of Adoration</i>	
Sarva priyaṅ-karī	<i>Universal wish-fulfilling Divine Energy</i>	
Sarva maṅgalā	<i>All Auspiciousness</i>	
Pūrnā	<i>Perfect, Complete</i>	20
Vilāsinī	<i>The Charming and Playful Goddess whose sport is the Universe</i>	
Amoghā	<i>The Infallible Mother whose darshan seldom goes unrewarded</i>	
Bhogawatī	<i>The Enjoyer of the Universe</i>	
Sukhadā	<i>The Bestower of Perfect Happiness</i>	
Niṣhkāmā	<i>Desireless</i>	25

* Madhu Kaitabha hantrī . . .	<i>The Killer of Madhu and Kaitabha</i>	
* Mahiṣ'āsura ghātinī	<i>The Slayer of Mahishasura</i>	
* Raktabīja vināśhinī	<i>The Annihilator of Raktabīja</i>	
* Narak'āntakā	<i>The Destroyer of Narakasura</i>	
Ugra chand'eśhwari	<i>The Goddess of fire, hailstorm and fury</i>	30
Krodhinī	<i>Cosmic wrath</i>	
Ugra prabhā	<i>Radiant with fury</i>	
Chāmuṇḍā	<i>The Killer of Chanda and Munda</i>	
Khadga pālinī	<i>The One who rules by the sword</i>	
Bhāswar'āsuri	<i>Whose Fierce Radiance destroys demonic forces</i>	35
Śhatru mardinī	<i>The Destroyer of Enemies</i>	
Raṇa paṇḍitā	<i>The Master of the Art of War</i>	
Rakta dantikā	<i>Whose Sparkling Teeth are Red with Blood</i>	
Rakta priyā	<i>Fond of the Blood of Demons</i>	
Kapālinī	<i>Holding a Skull in Her Hand</i>	40
Kurukullā-'virodhinī	<i>In harmony with the Rosy-hued Goddess seated in Sahasrara</i>	
Kṛiṣṇa dehā	<i>Dark-bodied</i>	
Nara mundalī	<i>Wearing a Garland of Human Skulls</i>	
Galat rudhira bhūṣhanā . . .	<i>Adorned with Drops of Blood</i>	
Preta nṛitya parāyaṇā . . .	<i>The Ultimate Object of the Dance of dead souls</i>	45
Lolā jihvā	<i>Whose dangling tongue has a thirst for the blood of demons</i>	
Kuṇḍalinī	<i>The Coiled Energy of Pure Desire that sleeps in the Water-pot</i>	
Nāga kanyā	<i>The Virgin Serpent</i>	
Pati vratā	<i>A Faithful and Devoted Wife</i>	
Śhiva saṅginī	<i>The Eternal Companion of Shri Shiva</i>	50
Visaṅgī	<i>Without any Companion</i>	
Bhūta-pati priyā	<i>Loved by the Lord of all beings, Shri Shiva</i>	
Preta bhūmi kṛitālayā . . .	<i>Dwelling in the land of bhoots and ghosts</i>	
Daityendra māthinī	<i>The Slayer of the demon chiefs</i>	
Chandra swarūpinī	<i>Of the Form and Cooling Radiance of the Moon</i>	55

* said without Shri

Prasanna padma vadanā . . .	<i>Having a Bright Lotus-like Face</i>	
Smera vaktrā	<i>The Divine Mother with a Smiling Countenance</i>	
Sulochanā	<i>With Beautiful Eyes</i>	
Sudantī	<i>Having Marvelous Glittering Teeth</i>	
Sindur'āruna mastakā	<i>Decorated with Red Sindur on the Forehead</i>	60
Sukeśhī	<i>With Magnificent Long, Dark Hair</i>	
Smita hāsyā	<i>Eternally Smiling to Your Devotees</i>	
Mahat-kuchā	<i>Whose Magnificent Breasts give</i>	
	<i>nourishment to the Whole Universe</i>	
Priya bhāśhinī	<i>Gifted with Loving Eloquence</i>	
Subhāśhinī	<i>Of Soft and Melodious Speech</i>	65
Mukta keśhī	<i>Whose Loose and Flowing Hair grants Liberation</i>	
Chandra koti-		
-sama-prabhā	<i>Shining with the Lustre of ten million Moons</i>	
Agādha rūpinī	<i>Of Unfathomable and Immeasurable Form</i>	
Manoharā	<i>Magnetic and Charming, winning every heart</i>	
Manoramā	<i>Whose Divine Grace and Charm please all</i>	70
Vaśhyā	<i>The Celestial Charmer in the form</i>	
	<i>of an Obedient Wife</i>	
Sarva saundarya nilayā	<i>The Home of All Beauty</i>	
Raktā	<i>Beautiful and Beloved; Red is Your Colour</i>	
Swayāmbhū-		
-kusuma prānā	<i>The Life Force of the Universe</i>	
Swayāmbhū-		
-kusum'onmādā	<i>Intoxicated with the 'Self-created flowers',</i>	
	<i>the Chakras</i>	75
Śhukra pūjyā	<i>Worshipped as the Whiteness of Purity</i>	
Śhukra-sthā	<i>Surrounded by a halo of Purity and Whiteness</i>	
Śhukr'ātmikā	<i>The Soul of Purity and Sacredness</i>	
Śhukra nindaka nāśhinī	<i>Committed to destroying the Foes of Holiness</i>	
*Niśhumbha Śhumbha-		
-samhantrī	<i>The Slayer of Shumbha and Nishumbha</i>	80

* said without Shri

Vahni maṇḍala-

·madhya-sthā	<i>Residing in the 'Orb of Fire', the Earth Realm comprising the lower three Chakras</i>	
Vīra jananī	<i>The Mother of the Brave</i>	
Tripura mālinī	<i>Garlanded with the heads of the Tripura demons</i>	
Karālī	<i>The Wide-gaping Consuming Power of Shri Agni</i>	
Pāśhinī	<i>The Controller of Worldly Snares</i>	85
Ghora rūpā	<i>Having a Terrifying Form</i>	
Ghora daṁṣhṭrā	<i>With Fierce Jaws</i>	
Chandī	<i>Fired up to destroy evil attacking Your devotees</i>	
Sumati	<i>The Mother of the Purest Wisdom</i>	
Punya-dā	<i>Showering Virtues and Holiness</i>	90
Tapaswinī	<i>Ascetic</i>	
Kṣhamā	<i>Forgiveness</i>	
Taraṅginī	<i>Bubbling with Life and Energy</i>	
Śhuddhā	<i>Chaste Purity</i>	
Sarv'eśhwarī	<i>The Mistress of the Cosmos</i>	95
Gariṣhṭhā	<i>Overflowing with Joy</i>	
Jaya śhālinī	<i>The Victorious Queen</i>	
Chintā-maṇi	<i>The Wish-fulfilling Gem</i>	
Advaita bhoginī	<i>Delighted when devotees become One with You</i>	
Yog'eśhwarī	<i>The Goddess of Yoga</i>	100
Bhoga dhārinī	<i>Sustaining the Enjoyment of Life</i>	
Bhakta bhāvitā	<i>Fulfilled by the Pure Love of Your Devotees</i>	
Sādhak'ānanda santoṣhā	<i>Fulfilled by the Joy of Your Devotees</i>	
Bhakta vatsalā	<i>Loving Her Devotees as Her Children</i>	
Bhakt'ānanda mayī	<i>The Source of Eternal Joy for Your Devotees</i>	105
Bhakta śhaṅkarī	<i>Giving All Blessings to Your Devotees</i>	
Bhakti saṁyuktā	<i>To Whom one gets connected through Devotion</i>	
Niṣkalaṅkā	<i>Pure, being beyond the mind, emotions and ego</i>	

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

☪ The 21 Names of Shri Bhairava ☪

**Om Twameva sākshāt Śhrī Bhairava sākshāt
Śhrī ĀdiŚhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

*O Divine Mother, You are the Formidable Aspect of Shri Shiva
who instills terror in wrong-doers and removes fear from the hearts of devotees*

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

Mahā-bhairava	<i>The Great All-powerful Bhairava</i>	
Batuka Bhairava	<i>Ever Young, appearing as a Young Boy</i>	
Siddha Bhairava	<i>The Seer, Perfect and Powerful</i>	
Kaṅkāla Bhairava	<i>Bearing the skull of Brahmā</i>	
Kāla Bhairava	<i>The Dark-hued Lord of Death and Time</i>	5
Kālāgni Bhairava	<i>The Fire of Destruction</i>	
Yoga Bhairava	<i>Lord of the Divine Union</i>	
Śhakti Bhairava	<i>The Almighty Lord endowed with Great Power</i>	
Ānanda Bhairava	<i>The Lord of Divine Bliss</i>	
Mārtanda Bhairava	<i>Bright like the Sun</i>	10
Gaura Bhairava	<i>The Lord of Absolute Purity</i>	
Bāla Bhairava	<i>The Mighty Lord who appears as a Child</i>	
Batu Bhairava	<i>The Celibate Youth</i>	
Śhmaśhana Bhairava	<i>The Lord of Cremation Grounds and Cemeteries</i>	
Purā Bhairava	<i>The Ancient Lord</i>	15
Taruna Bhairava	<i>The Lord of Ever-youthful Vigour</i>	
Param'ānanda Bhairava ...	<i>The Supreme Bliss</i>	
Sur'ānanda Bhairava	<i>The Lord who pleases the Gods</i>	
Gñyān'ānanda Bhairava ...	<i>The Bliss of Divine Knowledge</i>	
Uttam'ānanda Bhairava ...	<i>The Supreme Ecstasy</i>	20
Amṛut'ānanda Bhairava ...	<i>The Nectar of Divine Bliss</i>	

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

*The '21 Names of Al-Mahdi' and the '64 Adorations to Shri Mataji'
are now in the Book of Worship.*

◉ 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 ityantah swāhā

Thus ends misfortune.

The following mantra of the Goddess also works powerfully on Agnya Chakra:

Om Aīm Hrīm Klīm Chāmuṇḍāyai vicche namaḥ¹

Victory to the Goddess who destroys demonic tendencies!

Sākṣhāt Śhrī Ādi Śhakti Mātāji Śhrī Nirmalā Devyai namo namaḥ

¹*Shri Mataji gave this mantra with namaḥ at the end. Book of Adi Śhakti, ch.7, etc.*

Bīja - 'seed' mantras- are sounds which have power but only mystical meanings.

Swāhā - 'Speak well!' - is the consuming power of the sacred fire.

Śhrīm - is the Bīja of the Goddess in the Heart and Sahasrāra.

(and Shri Mataji's name starts with it!)

Aīm - 'Ayeem' is the Sṛishti - 'Creation' Bija (Aindrī/Mahāsaraswati) activating

the Pure Desire in the Mūlādhār - Sacrum

Hrīm - the Sthiti - 'Sustenance' Mahālakshmī Bija - the ascent of the Kuṇḍalinī

up the Sushumna Nadi, and the Union of Shiva and Śhakti in the Sahasrāra.

Klīm - the Samhara - 'Dissolution', Mahākālī Bija- as Ānanda - 'Bliss' in the Sahasrāra.

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

Gam - the Ganesha Bija, activates the Suṣṭumnā and confers 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 Shrī 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*

5

Jayā *Victorious*

Tārāvātī *Granting Salvation*

Bahu-rūpinī *Having many forms*

Chāmuṇḍā *The Destroyer of Demons*

Aparājītā *Unsurpassed*

10

Padmāvātī *Lotus-like*

Ambā *Mother*

Sidhhāyikā *Achieving liberation*

Bhairava *The Lord of the Subconscious*

Vimal'eśhwara *The Lord of Purity*

15

Maṇi-bhadra *The Jewel of Auspiciousness*

Brahma śhānti *The Supreme Peace of Oneness with the Divine*

Kṣhetra-pāla *The Protector of Sacred Places*

Dharm'endra *The Foremost of the Righteous*

Anaṅga-ruddha ... *Sky-clad, rendering the God of Love ineffectual*

20

Sarvaḥ *The Controller of Everything, beyond the Three Gunas*

Sākshāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ

The ‘Techniques for clearing the Left Side’ is now in the Book of Worship.

◉ The Right Side (Pingala Nadi) ◉



Om Ham Hanumate Rudr'ātmakāya Hum Phat

All Power to Shri Hanumana, Whose Soul is Shrī Shiva Himself

☪ The 108 Names of Shri Hanumāna ☪

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

Holy Mother, Shri Mataji, You are verily the Archangel Gabriel as Shri Hanumana.

You remove our pride, arrogance and hypocrisy with Your Humour and Love.

We bow to You in eternal gratitude!

<i>Om Twameva sākṣhāt Śhrī....</i>	<i>You are...</i>	
Bajaraṅga balī	<i>Saffron-coloured and Immeasurably Strong</i>	
Rāma dūta	<i>The Messenger of Shri Rāma</i>	
Pavana suta	<i>The Son of the Wind-God</i>	
Kapīśha	<i>The Greatest of the Monkeys</i>	5
Anjanī putra	<i>The Son of Anjani</i>	
Mahāvīra	<i>A Great and Powerful Warrior</i>	
Śhaṅkara suvana	<i>The Incarnated Son of Shri Shiva</i>	
Vidyāvāna	<i>Highly Learned</i>	
Kānchana varna	<i>Of Golden Complexion</i>	10
Vikata rūpa	<i>Of Huge and Powerful Form</i>	
Bhīma	<i>Almighty and Formidable</i>	
Rāma priya	<i>Loved by Shri Rāma</i>	
Rāmadāsa	<i>The Eternal Servant of Shri Rāma</i>	
Balavāna	<i>The Lord of Immense Strength</i>	15
Sugrīva mitra	<i>A Friend to Sugriva, helping him regain His Kingdom</i>	
Rāma dwāra pāla	<i>Guarding the Door of Shri Rāma</i>	
Bhūta piśhācha nāśhaka ..	<i>The Destroyer of ghosts and evil spirits</i>	
Sarva vyādhi hara	<i>The Remover of all sickness and disease</i>	
Saṅkata vimochaka	<i>The Liberator from all danger and difficulties</i>	20
Rāmakaj'ātura	<i>Always anxious to accomplish Shri Rama's work; You bring to fruition all His Enterprises</i>	
Amita jīvana phala-		
-pradāyaka	<i>Granting the unlimited Fruits of Life</i>	
Aṣṭa siddhi nava-		
-nidhi dāyaka	<i>Giving the Eight Powers and Nine Forms of Devotion</i>	

Roma-roma-

-Rāma-nāma dhārī ... *Whose Every Cell bears the Name of Shrī Rāma*

Sarva jagat ujiyārā-

-dāyaka ... *Enlightening the Entire Universe* 25

Rāma rasa dāyaka ... *The Bestower of Shrī Rama's Gentle Qualities*

Raghubīra stuta ... *The Praiser of Shrī Rāma of the Raghu Dynasty*

Hari bhakti dāyaka ... *Instilling Devotion for Shrī Vishnu*

Mahā-mantra ... *Rejoicing in reciting the Mahā-mantras*

Mahā-sukha ... *The Giver of Supreme Joy* 30

Sahaja hṛidaya vāsī ... *Residing in the Hearts of Sahaja Yogis*

Maṅgala mūrti rūpa ... *The Most Auspicious and Blissful Form*

Sura bhūpa ... *The Prince of Devas*

Kumati nivāraka ... *The Redeemer of evil tendencies*

Giri vara bala ... *As Strong as the Best of Mountasins* 35

Bala vīra ... *Strong and Valiant*

Laṅkeśha gṛuha bhañjana *The Destroyer of the houses of Lanka, burning
Ravana's city with Your Tail*

Tulsidāsa stuta ... *Praised by Tulsidas*

Nirmalā harṣha ... *Giving Great Joy to Shrī Mataji*

Sahaja dhwaja virājita ... *Seated on the Victory Flag of Sahaja Yoga* 40

Gadā hasta ... *The Wielder of the Mace*

Sahaja saṅgha rakṣhaka . *The Protector of the Sahaj Collective*

Sanjivani upalabdha ... *Bringing the life-saving*

Sanjivani Herb to save Lakshmana

Lakṣhmana prāna dātā ... *The One who saved Lakshmana's Life*

Rāma charitra vandana .. *The Praiser of Shrī Rāma's Character* 45

Atulita bala dhāma ... *The Repository of Immeasurable Strength*

Gñyāna guṇa sāgara ... *The Ocean of Knowledge and Virtues*

Kuñchita keśha ... *The One with Curly Hair*

Vikrama ... *Invincible*

Maruta nandana ... *Named Māruti, Son of the Wind God (Maruta)* 50

Duḥkha bhanjana ... *The Destroyer of Pain and Sorrow*

Ati-chātura ... *Skilled, Wise and extremely Intelligent*

Asura nikhandana	<i>The Destroyer of the Asuras</i>	
Simha	<i>Powerful like a Lion</i>	
Goswāmī	<i>The Lord of the Earth</i>	55
Rāma bhakta	<i>The Greatest Devotee of Shrī Rāma</i>	
Bhakti swarūpa	<i>Devotion Personified</i>	
Jagat vandita	<i>Worshipped by the Entire World</i>	
Kesarī nandana	<i>The Son of King Kesari</i>	
Mahāyogī	<i>The Great Yogi</i>	60
Sindūra lepita	<i>Anointed with red kum·kum paste to Your Body</i>	
Sanātana	<i>Beyond the Boundaries of Time and Space</i>	
Vanachara	<i>Dwelling and moving in the forest</i>	
Bhāgya vidhātā	<i>The Creator of Good Fortune</i>	
Kṛipa nidhāna	<i>The Reservoir of Blessings</i>	65
Mahārājā	<i>The Great King</i>	
Rāma bhajana rasika	<i>Fond of singing Shrī Rāma's Bhajans</i>	
Garvita	<i>Proud (as a disciple of Shrī Mataji)</i>	
Bala bhīma	<i>Formidable Strength</i>	
Chiranjīvī	<i>Immortal</i>	70
Ūrdhva-gāmī	<i>The Ascent</i>	
Sūkṣhma rūpa	<i>The One appearing before Shrī Sītā in a Subtle Form</i>	
Sītā jīvana-hetu kāya	<i>The Well-wisher of Shrī Sītā</i>	
Ram'āshirvādita	<i>Completely Blessed by Shrī Rāma</i>	
Niṣkalaṅka	<i>Of Unblemished Purity and Innocence</i>	75
Bhayaṅkara	<i>Terrifying</i>	
Chandra sūry'āgni netra	<i>Whose Eyes are the Sun, Moon and Fire</i>	
Sītā anveśhaka	<i>The One who found Shrī Sītā (in Lanka)</i>	
Roga nāshaka	<i>The Destroyer of Diseases</i>	
Manoratha sampūrnaka	<i>The Fulfiller of Desires</i>	80
Mokṣha dwāra	<i>The Gateway to Emancipation</i>	
Bharata sama-priya	<i>As dear to Shrī Rāma as His Brother Bharata</i>	
Jaladhi lānghita	<i>Leaping across the sea to bring Shrī Rāma's message to Shrī Sītā</i>	
Prasidha	<i>The Most Eminent Angel of the Universe</i>	

Guru	<i>The Guru</i>	85
Yantrī	<i>The Divine Engineer who works through our conscience</i>	
Swara sundara	<i>Having a Melodious Singing Voice</i>	
Sumaṅgala	<i>Supremely Auspicious</i>	
Brahma-chārī	<i>The Pure Chaste Student</i>	
Rudr'āvatāra	<i>Incarnating as the eleventh</i>	
	<i>Destructive Power (Rudra)</i>	90
Vāyu vāhana	<i>Whose Vehicle is the Wind</i>	
Ahaṁkāra khandana	<i>The Destroyer of Ego</i>	
Vaikuntha bhajana priya	<i>Fond of singing bhajans in Vaikuntha</i>	
Santa sahāya	<i>The Helper of the Saints</i>	
Piṅgala	<i>The Essence of All Action and Right Side Activity</i>	
	<i>(reddish brown)</i>	95
Setu-bandha viśhārada	<i>The Master Bridge Builder</i>	
Bhānu grāsa	<i>The One who, as a Child, swallowed</i>	
	<i>the Sun to control it</i>	
Viveka dāyaka	<i>The Bestower of Discrimination and Wisdom</i>	
Bhakti śhakti samādhikārī	<i>The Master of Balancing Devotion (Left Side)</i>	
	<i>and Power (Right Side)</i>	
Phalāhāra prasanna	<i>Enjoying eating Fruit</i>	100
Manojava	<i>Quicker than Thought</i>	
Vajra deha	<i>Strong like the Thunderbolt</i>	
Devadūta	<i>The Messenger of God, the Archangel Gabriel</i>	
Nirmalā dūta	<i>The Messenger of Shrī Mataji</i>	
Pavana gati bhramana	<i>As Fast as the Wind</i>	105
Jānakī mātā samāchārī	<i>Treating Shrī Mataji and Shrī Sītā equally</i>	
Nirmalā bhakta	<i>The Perfect Disciple of Shrī Mataji</i>	
Nirmalā priya	<i>Loved by Shrī Mataji</i>	

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

These names, taken from the Hanuman Chalisa (Hindi) and adapted for Sanskrit, were presented to Shrī Mataji, with the 108 qualities of Shrī Hanumana, by the Austrian collective at Sahasrara Puja, May 2005.

ॐ 108 Qualities of Shri Hanumana ॐ

Shrī Mataji, by Your grace, You have allowed us to worship You in Your form as Shrī Hanumana. The following invocations are taken from Your Puja speeches.

O Most Noble Shri Hanumāna, we bow with humility at Your Feet.

You are an angel.

You are aware that You are an angel.

You are the Archangel Gabriel.

You are aware that You have all the rights and all the powers.

You have the right to use Your capacities and powers. 5

You use Your powers very amusingly. You burnt the whole of Lanka and were laughing at it.

You are not afraid of untruth or falsehood.

You are not worried as to what people will say to You.

You breathe truth.

Truth is Your life, and nothing else matters to You. 10

You go to any extent to establish truth. You knew that Rāvana was afraid of fire, so by setting the whole of Lanka on fire, You made the people of Lanka aware that Rāvana was an evil person.

You go to any extent to protect the people who are in truth. By working together, You and Shrī Ganesha killed the evil king who was after the life of Saint Nizamuddin. In the same way, You protect all the Sahaja Yogis.

You are very fast, while Shrī Ganesha is cool. Together You are the security force of the Sahaja Yogis. The Ganas see everything that might attack Sahaja Yogis and inform Shrī Ganesha. Shrī Ganesha gets in touch with Shrī Hanumana, who acts immediately to protect them.

You give guidance, self-confidence and discrimination.

You are called Devadut, the ambassador of God Almighty. 15

Your nature is to carry out the order. You do not wait, You do not doubt.

You do not take any problems upon Yourself, You only solve them.

You express the inner power of Sahaja Yogis through bandhans.

You put our bandhans into action.

You solve all problems, for the saints as well as for the incarnations.

You are very dynamic and quick-witted. You do everything effortlessly. 20

You are very alert and You are beyond time.

You understand the importance of time. You do not postpone any work.

You are a very fast person. You do the work before anybody else can do it.

You want all the Sahaja Yogis to be like You - quick people with the whole attention on the job of Sahaja Yoga.

Your father is Shrī Vayu the wind-God, Your mother is Shrī Anjani. 25

Your head is that of a monkey.

You are an eternal child; You are innocence, simplicity and pure intellect, always in a dancing mood like Shrī Ganesha.

You are the integration of Bhakti and Shakti - that is, the Left Side and the Right Side.

You proved that You are an ocean of love (bhakti) - although You have no hesitation to kill evil. This represents Your Shakti.

You protect our Right Heart. 30

You have nine siddhis:

1. Anima - *the power to reduce Your body to the size of an atom*
2. Mahima - *the power to expand Your body to an infinitely large size*
3. Garima - *the power to become infinitely heavy*
4. Laghima - *the power to become almost weightless*
5. Prapti - *unrestricted access to all places*
6. Prakamyā - *the power to realise whatever You desire*
7. Ishitva - *absolute lordship*
8. Vaśhitva - *the power to subjugate all*
9. Sukshma - *the power to become so subtle that nobody can see You*

Nobody can see You, nobody can lift You.

You maintain the Right Side of human beings.

You control the Sun - You ran up the Virāta's body and ate up Sūrya.

You control and protect the Right Side of human beings.

You control people who have too much Right Side. 35

You bring down the speed of right-sided people, by giving them lethargic heaviness.

You hold a mace –‘Gada’ in Your hand to reduce our illusions.

You spoil our plans - if we run up and down the Pingala Nadi instead of You.

You are the source of enthusiasm. Through Your Bhakti –‘ocean of love’ we may use Your fire. In this way we may act without heating up our Right Side.

You supply all the necessary guidance for our futuristic planning. 40

You can extend Your tail, so You can handle everyone everywhere.

You know all the tricks.

You can go into a formless state.

You can become so big that You start floating in the air.

You can fly in the air and by flying in the air You can carry the message from one place to another. 45

Your movements are the cause of all communication.

You carry all the messages through the ether.

You give all the blessings of the ether.

You give all the discoveries of the ether to people who are right-sided.

You give television, cordless telephones and loudspeakers. 50

You manage all the ethereal connections without material connection.

You are the Lord of the subtle (*causal*), the Lord of the ether.

You are the master of all networks.

You are a great character in our being.

You give us guidance and protection. 55

You were created to support Shrī Rāma.

You are anxious to do Shrī Rāma's work.

You have complete dedication to Shrī Rāma.

You are absolutely subservient to the benevolent king, Shrī Rāma.

You are always bowed down to Shrī Rāma. 60

You could not wear the garland of pearls given to You by Shrī Sītā, because there was no Shrī Rāma inside the pearls. You opened Your heart to show that Shrī Rāma was inside.

In order to save Shrī Lakshmana's life, You were sent by Shrī Rāma to find the Sanjivani herb and so You brought back the whole mountain.

You were sitting on top of Arjuna's chariot.

You make all the yogis surrender.

You are the force that makes us surrender to our guru. 65

You tell us to be surrendered only to God Almighty and to no-one else.

You create all kinds of vibrations.

You like subtle expression in art and life.

You dislike all artificial expression created by the human ego.

You create all electromagnetic forces. 70

You take back the electromagnetic force in people who are over-right-sided and so bring about Yuppie's disease [*chronic fatigue syndrome (CFS) or myalgic encephalomyelitis (ME)*].

You create the movements in molecules and atoms.

You give mental understanding.

You create the co-relationship between the different sides of the brain.

You give us the power to think and protect us from bad thinking. 75

You are our conscience.

You control human beings through their conscience.

You are 'sat asat viveka buddhi', the intelligence to discriminate between truth and untruth.

You give the understanding of what is good for us.

You make fun of all egotistical people. 80

You tickled Ravana's nose with Your tail to make fun of him.

You put Your tail around the necks of many rakshasas and flew, and they were all dangling in the air.

You turned the swastika stencil used by the Nazis onto its reverse side thereby turning its power from that of protection to destruction.

You stopped Hitler from winning the war.

You asked our Holy Mother to make Germany like Shrī Hanumana. 85

You work in the brain of all the politicians.

You are not ascetic. You love splendour, aesthetics and majestic places.

You let us see our ego and You finish the ego.

You make us very mild, make people meet each other and become friends.

You make us childlike, sweet and happy. 90

You take care of all the children of the world.

You perform miracles to show the stupidity and foolishness of people.

You are the enemy of alcohol and set drunkards on fire as You did with Lanka. If drunkards attack You, You throw them into the sea, give them horrible diseases, raise fights within their families and with their so-called friends.

You are killing, burning, suppressing and removing all the evil people around the Sahaja Yogis.

You give us the power of bhakti (*true love and devotion*), so no-one can touch us. When we use this Shakti to love everybody without limits, we are completely safe. 95

You serve Shrī Mahālakshmi in all Her forms - Shrī Sītā, Rādhā and Mary.

You addressed Mother Mary as 'Immaculata Salve' – 'Nirmalā Salve', which are the names of Shrī Mataji Nirmalā Devī.

You bring us close to Shrī Mataji.

You let us feel Shrī Mataji in our heart.

You show the way to the abstract, to Sahasrara. 100

You listen to the prayers of all the Sahaja Yogis.

You give all the information to our Holy Mother.

You always take care of Shrī Mataji.

You are always at the Feet of Shrī Mataji.

You worship the Lotus Feet of Shrī Mataji Nirmalā Devī. 105

You perform miracles to convince the Sahaja Yogis that Shrī Mataji has made them all angels.

You are the most effective instrument for Shrī Ādi Shakti because You are nothing but obedience, humility and dynamism.

You make all the Sahaja Yogis join Your company to do our Holy Mother's work and transform the whole world.

Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ

☪ 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 the Life-giving Power of the Sun.

Salutations to You!

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

Mitra	<i>The Friend whose love nourishes all living things.</i>	
Ravi	<i>Whose Rays bring Life and Vitality</i>	
Sūrya	<i>The Epitome of Auspiciousness, witnessing all our actions</i>	
Bhānu	<i>Glorious Brilliance</i>	
Khaga	<i>Moving through the Sky</i>	5
Deva kārya	<i>Obedient to Divine Commands</i>	
Hiranya garbha ..	<i>The Creative Principle, born of the Golden Egg</i>	
Aruna	<i>The Dawn personified as the Sun's charioteer</i>	
Savitā	<i>The Impeller and Stimulator of Life</i>	
Āditya	<i>The Son of Āditi – the Mother of the Devas</i>	10
Bhāskara	<i>Radiating Light</i>	
Arka	<i>Emanating Rays</i>	

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

The Names of Shri Surya are recited for Makar Sankranti Puja on 14 or 15 January (*the day the sun enters Makar - 'Capricorn' in Vedic astrology*). 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.

***The Hanuman Chalisa is now in the Book of Worship
and the Sahaja Yoga Songbook.***

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*

Sanjivani swāminī *The Restorative Power of the Sanjivani herb
that brought Shri Lakshmana back to life*

Vichāra śhaithilya *The One who relaxes Thinking and Planning*

Ati-kriya śhaithilya . . . *Relaxing and Soothing Over-activity*

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

The 'Treatments for an over-active Right Side' is now in the Book of Worship.

ॐ Negativity Destroying Mantras ॐ

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

Śhatru mardinī	<i>The Eradicator of Enemies</i>
Ambikā Devī	<i>The Mother Goddess</i>
*Madhu sūdanā	<i>The Shakti of Śhrī Vishnu as the Killer of Madhu</i>
*Tarak'āsura samhantrī	<i>The Destroyer of the demon Taraka as the Shakti of Śhrī Kārtikeya</i>
*Niśhumbha Śhumbha- -samhantrī	<i>The Destroyer of Shumbha and Nishumbha</i>
Jagadambā Durgā Mātā	<i>Mother of the Universe, destroying the Asuras</i>
Rakṣhā-karī	<i>The Protectress</i>
*Rākṣhasa-ghnī	<i>The Slayer of Rakshasas</i>
Chāmuṇḍā	<i>The Killer of Chanda and Munda</i>
*Madhu Kaitabha hantrī	<i>The Killer of the demons Madhu and Kaitabha</i>
*Narak'āntakā	<i>The Destroyer of the power-intoxicated Narakasura as the Shakti of Śhrī Kṛishna</i>
*Bhand'āsura mardinī	<i>Śhrī Lalitā, the Destroyer of the demon Bhandā</i>
*Raktabīja vimardana	<i>Crushing the demonic Raktabīja (terrorism)</i>
Śhirdī Sāi Nātha	<i>The Aspect of the Guru who helps overcome addictions, smoking and alcohol</i>
Śhiva Śhakti- -putra Kārttikeya	<i>The Combined Power of Śhrī Shiva, Shakti and Kārtikeya - Father, Mother and Son</i>
Kārttikeya	<i>The Destroyer of negative forces inside and out, removing delusions and evil tendencies</i>
Sarv'āsura mardinī	<i>The Destroyer of all demonic Influences</i>
Sarva bādhā vināśhinī	<i>The Destroyer of all delusions which bind us</i>
Sarva asatya guru mardinī ...	<i>The Destroyer of all false gurus</i>
Sarva bhūta vidyā mardinī ...	<i>The Destroyer of all black magic</i>
Sarva bhaya hārinī rudra rūpā	<i>The Remover of all fear, of fierce aspect</i>

“Om Aîm Hrîm Klîm Châmundayai vichche namah’ - is used to awaken Adi Shakti as Jagadambâ or Châmundâ.” *Creation, Ch 7*

* Said without Shri

Bīja Mantras

For the Chakras

The **Bīja** –‘Seed’ **Mantras** for the **Chakras** are the fifty letters of the **Devanāgari** alphabet, starting with the vowels at **Viśhuddhī** and going in order down to **Mūlādhāra**, then **Ham** and **Ksham** at **Āgñyā** and all together as **Om** in the **Sahasrāra**

Chakra <i>Element</i>	Element Bīja	Bijas of the petals of the Chakra
Mūlādhāra <i>Earth</i>	Om, Lam (x4)	vam, śham, ṣham, sam
Swādhistan <i>Fire</i>	Om, Vam (x6)	bam, bham, mam, yam, ram, lam
Nābhi <i>Water</i>	Om, Ram (x10)	ḍam, ḍham, ṇam, tam, tham, dam, dham, nam, pam, pham
Heart <i>Air</i>	Om, Yam (x12)	kam, kham, gam, gham, ṅgam, cham, chham, jam, jham, ñam, ṭam, ṭham
Viśhuddhī <i>Ether</i>	Om, Ham (x16)	am, ām, im, īm, um, ūm, ṛim, ṛīm, ḷrim, ḷrīm, em, aim, om, aum, am, aḥ
Āgñyā <i>Mind</i>	Om, Sam (x2)	ham, ksham
Sahasrāra <i>Chaitanya</i>	Om	Om

Notes: Short a is very short and closed, so Lam, Ram, Ham, Gam, etc. are pronounced ‘lum, rum, hum, gum’. See ‘Sanskrit Pronunciation’ p.9.

The first Bīja works on the petal to the left of the top petal and then they go clockwise viewed from the front, so the last Bīja works on the top (*front*) petal.

The Bīja’s of the Elements are the ‘semi-vowels’ **ha, ya, ra, va, la** (*in descending order*) which are consonant forms of the vowels **a, i, ṛ, u, ḷṛ**.

☪ 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?' (as Shri Mataji suggests) we can become aware of the extent to which we are slaves of these Six Enemies. They are all forms of Moha – 'illusion' coming from identification with the body and the ego.
The following names are taken from the Lalitā Sahasranāma – 'Thousand Names of Shri Lalita', a poem often used and recommended by Shri Mataji.*

1 **Om Twameva sākṣhāt Śhrī Niṣhkāmā Kāma-mardinī sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

Being without desire, You crush impure desire in Your devotees

Shrī Mataji, by Your Grace, please make us desireless.

Please establish within us the Pure Desire for God-realisation

Kāma (desire / lust / love)

Affecting: Muladhara, whole left side, heart, superego/back Agnya.

Remedy: Chastity in all relationships.

2 **Om Twameva sākṣhāt Śhrī Niṣh-krodhā Krodha-śhamanī Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

Being without anger, You pacify anger in Your devotees

Shrī Mataji, by Your Grace please dissolve all our anger.

Please make us compassionate and loving.

Krodha (anger / temper- considered the worst of enemies by Shrī Kṛishna)

Affecting: Swadhishtana, whole right side, liver, ego/front Agnya.

Remedy: Turn one's anger on oneself, forgive everyone else,

and be compassionate towards others.

3 **Om Twameva sākṣhāt Śhrī Nir-lobhā Lobha-nāśhinī sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ**

Being without greed, You destroy greed in Your devotees

Shrī Mataji, by Your Grace, please take us beyond matter and materialism.

Please make us balanced, peaceful and satisfied,

and let us see the beauty of the Spirit in everything.

Lobha (greed / covetousness / avarice / 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 intoxication, 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.

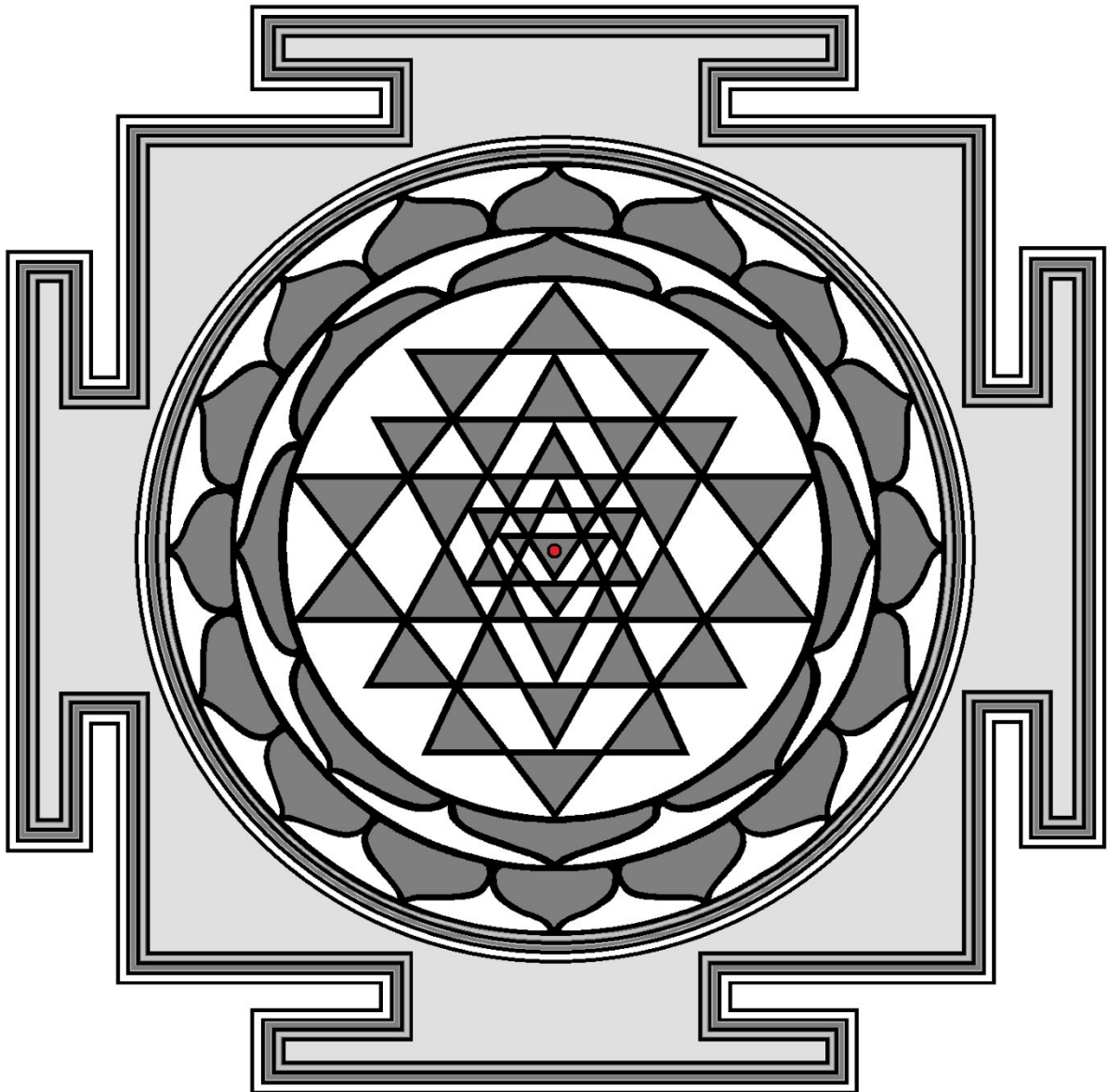
Remedy: The pride of being a Sahaja Yogi, self-esteem.

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 – almost the same but with Sloth replacing **Moha** – 'illusion'. Gluttony and Avarice are both included in **Lobha** – 'Greed', and Envy and Jealousy are both included in **Matsarya** (no.5).

◉ Śhrī Chakra (Śhrī Yantra) ◉



The **Śhrī Chakra** is worshipped as a form of the Goddess Herself. 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** (‘dot’, representing the Supreme Spirit). The four upward-pointing triangles are of **Śhiva** (*Manas, Buddhi, Ahamkāra, Chitta*), and the five downward triangles are of **Śhakti** (*five elements, five senses and their sense objects*). The Union of **Śhiva** and **Śhakti** gives rise to the world as we experience it. The petals of each level (*e.g. outward-pointing triangles, coloured in*) are ruled by an aspect of the Goddess given in the **Khadgamālā Stotram** (*Shri Mataji gave these names in the ‘Bija Mantras ‘79’ talk. See RiSY Book 4 – ‘Shri Chakra’ available to download free at symb-ol.org*).

◉ Havan Mantras ◉



After the dedication of the Havan, stating time, date, place and purpose of the Havan:-

- **Śhrī Gaṇeśha** mantra, 1, 3 or 4 times.
- **Gaṇeśha Atharva Śhīrṣha.**
- Mantras: **Śhrī Yagñya Devatā** –‘Deity of Ceremonies’

Śhrī Swāhā Devatā –‘Deity of consuming power’

There are other mantras which can be said, such as the Deities of the ten directions, but these are a minimum.

- While lighting the fire: **Śhrī Agni Devatā** –‘God of Fire’ (3 times).
- **The Names of the Deity (108 or 1000)** are said with the short form of the mantra: **Om Twameva sākṣhāt Śhrī ... namo namaḥ, Om swāhā.**
- During the **Om Swāhā** people near the Havan take a pinch of the rice and Samagri (*sacred herbs*) 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!’*)
- Forms of negativity may be offered to the fire, followed by ‘**Om Swāhā**’.
- Personal problems written on paper may be offered.
- Mantra for closing the Havan:

Om Pūrnām-adaḥ Pūrnām-idam Pūrnāt Pūrnām-udachyate

Om, that is full, this is full; from fullness, this fullness has come forth.

Pūrnasya Pūrnām'ādāya Pūrnām-ev'āvaśhiṣhyate namaḥ

From that fullness this fullness has been removed; yet the fullness remains full.

Om śhāntiḥ śhāntiḥ śhāntiḥ

Isha Upanishad.

Amen. Peace, peace, peace.

Sākṣhāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ.

After saying this mantra nothing else is to be offered to the Havan, which should be left undisturbed for 24 hours or at least overnight, but may be carried outside if too smoky.

☪ Morning Prayer ☪

May I this day be what You'd have me be.
May I this day say what You'd have me say.
May I this day be part and parcel of the whole
And may my thoughts be of a realised soul.
May I this day have love for all mankind.
Shrī Mother, be in my heart and in my mind.

May we stay at one with You, surrendered at Your Lotus Feet
Feel Your love the whole day through, and spread Your joy to all we meet.

☪ Shri Mataji on Meditation ☪

'In the morning you get up, have your bath, sit down, take some tea; don't talk. Don't talk in the morning. Sit down, meditate. Because, at that time, the Divine Rays come in. The Sun comes afterwards. That's how the birds get up. That's how the flowers get up. They're all awakened by that and, if you are sensitive, you will feel that, by getting up in the morning, you will look at least ten years younger. Really, it's such a good thing to get up in the morning and then, automatically you sleep early. This is for getting up, for sleeping I need not tell because that you'll manage yourself! Then, in the morning time, you should just meditate.

In meditation try to stop your thoughts. Watch My photograph with open eyes and see that you stop your thoughts. You should stop your thoughts, then you go into meditation. The simple thing to stop your thoughts is the Lord's Prayer, because that's the Agnya state. So in the morning you remember Lord's Prayer or Ganesha's mantra. It's just the same. Or you even say, 'I forgive.' So you can start with Ganesha's mantra, say Lord's Prayer and then say 'I forgive.' It works out.

Then you are in thoughtless awareness. Now you meditate. Before that there's no meditation. When the thoughts are coming or 'I have

to take tea', 'What shall I do?', 'Now what have I to do?', 'Who's this?' and 'Who's that?' All this will be there. So first you become thoughtlessly aware, then the growth of spirituality starts after thoughtless awareness, not before.

One should know that, on rational plane you cannot grow in Sahaja Yoga. So first thing is to establish your thoughtless awareness. Still you might feel little Chakra blockages here and there - forget it! just forget about it.

Now start your surrendering. Now if a Chakra is catching, you should say, 'Mother, I surrender this to You.' Instead of doing any of these things you can just say that. But, that surrendering should not be rationalised. If you're still rationalising and worrying –‘why should I say this?’ it will never work out. If there's pure love and purity in your heart that's the best thing; to do so, is to surrender.

Leave all the worries to Your Mother; everything to Your Mother. But surrendering is one point that is very difficult in ego-oriented societies. Even talking about that, I feel a little bit worried. But if there's any thought coming in to you or any Chakra catching, just surrender. And you'll see that the Chakras are cleared up. In the morning time you do not go on putting this way, that way, nothing; don't move your hands too much in the morning. You'll find most of your Chakras will clear out in the meditation.

Try to put your love in your heart. just try in your heart, and there, try to put your Guru, in the core of it. After establishing in the heart, we must bow to that with full devotion and dedication. Now, whatever you do with your mind after realisation is not imagination because now your mind, your imagination, is itself enlightened. So project yourself in such a way that you humble down at the feet of your Guru, your Mother.

And now ask for the necessary temperament needed for meditation, or atmosphere needed for meditation. Meditation is when you are one with the Divine.

Now if there are thoughts coming in first you have to say the first mantra, of course, and then watch inside. Also, you must say the mantra of Ganesha, will help some people, and then you should watch inside and see for yourself which is the biggest hurdle.

First the thought; now, for the thought you have to say the mantra of Nirvichara.

Om Twameva sâkshât Śhrî Nirvichâra sâkshât Śhrî Âdi Śhakti Mâtâjî Śhrî Nirmalâ 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 sâkshât Śhrî Mahât'ahamkâra sâkshât Śhrî Âdi Śhakti Mâtâjî Śhrî Nirmalâ Devyai namo namaḥ.

Mahât means 'the great', **ahamkâra** 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 **prâna** 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 sâkshât Śhrî Kalki sâkshât Śhrî Sahasrâra Swâmini
Moksha pradâyinî Mâtâjî Śhrî Nirmalâ 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 Nirmalâ 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 Nirmalâ 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 –

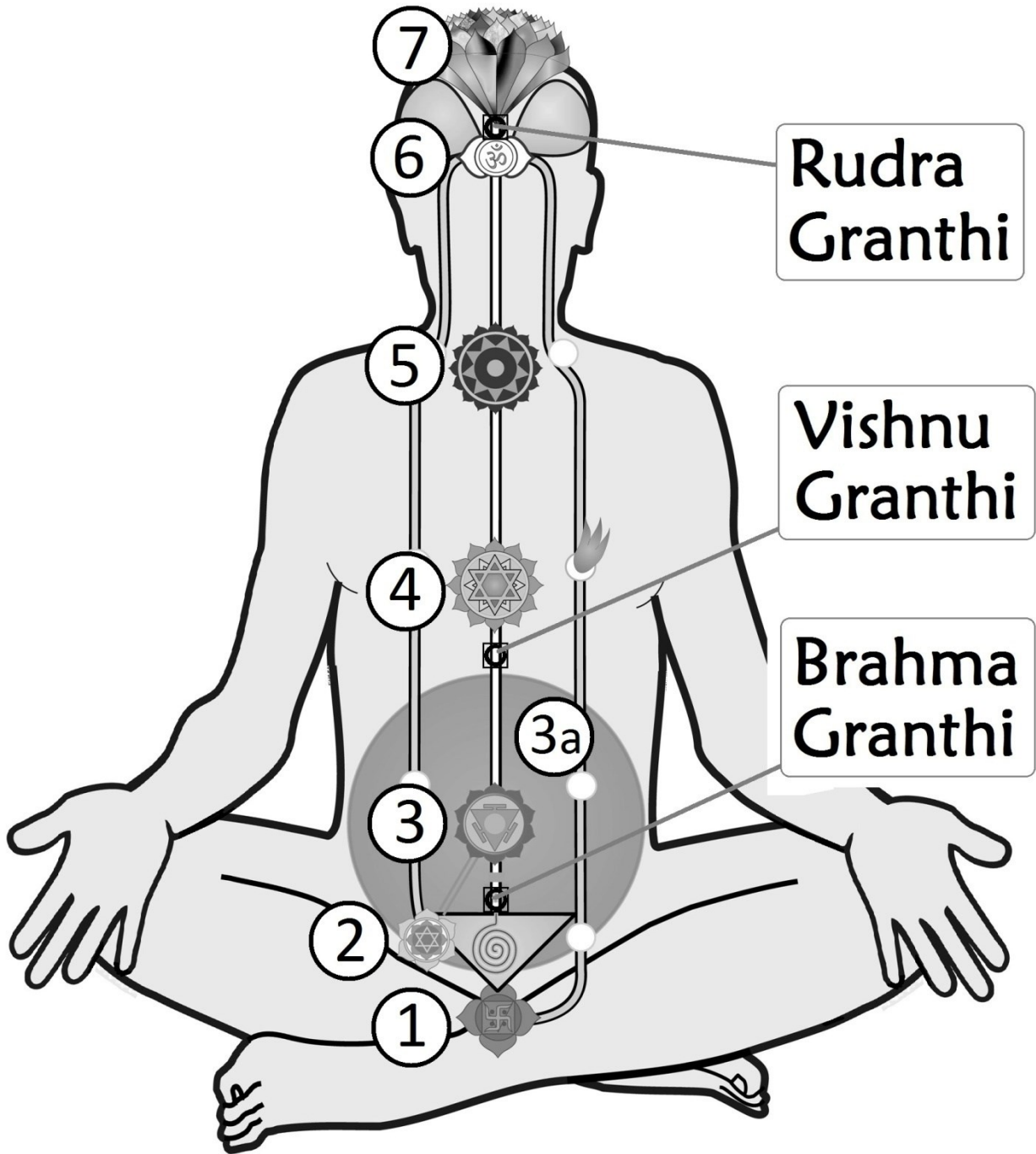
'Please keep me away from ego that gives me ideas that I am superior to others, or in any way that takes away my meekness and my humility. Give me natural humility, by which I can penetrate into the hearts of people.'

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

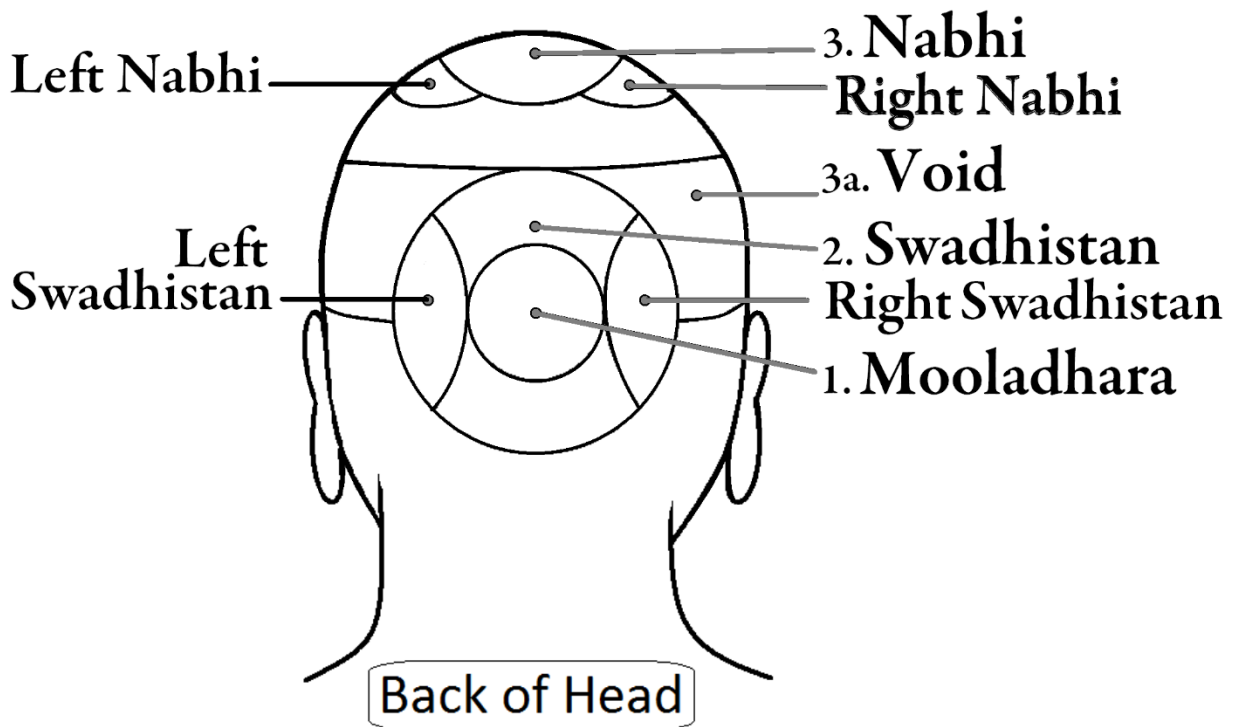
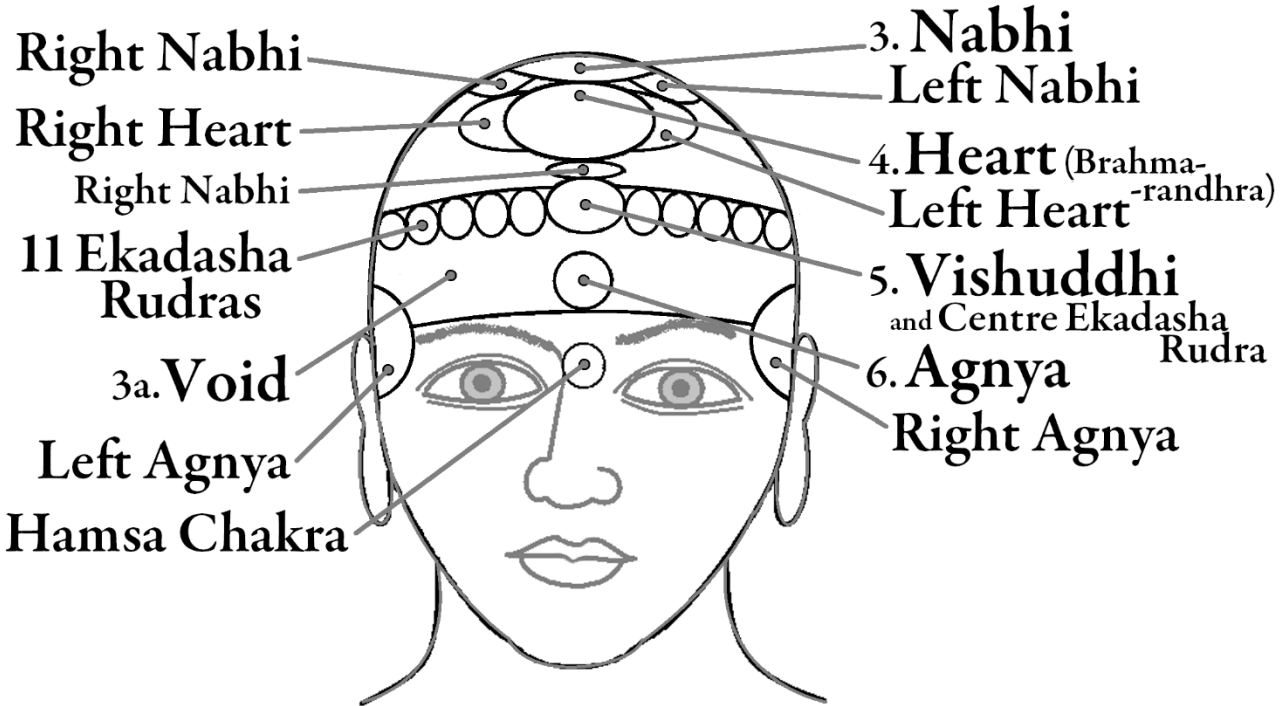
◉ The Subtle System ◉



- 1 Mūlādhāra
- 2 Swādhiṣṭhāna
- 3 Nābhi
- 3a Void

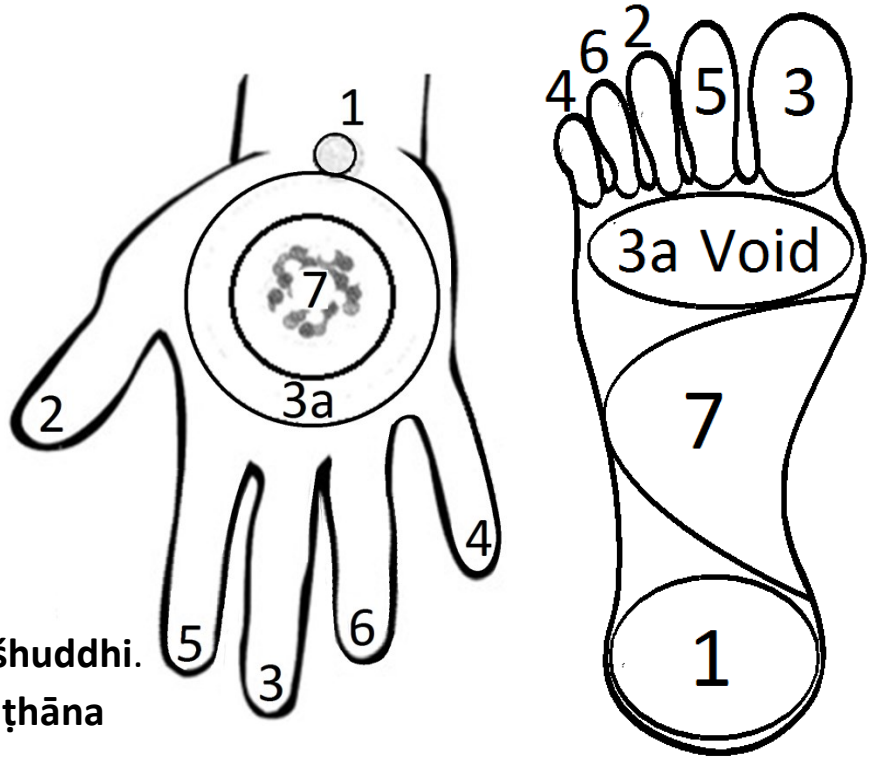
- 4 Heart
- 5 Viśuddhi
- 6 Āgñyā
- 7 Sahasrāra

◉ The Chakras in the Sahasrara ◉



☪ The Chakras on the Hands and Feet ☪

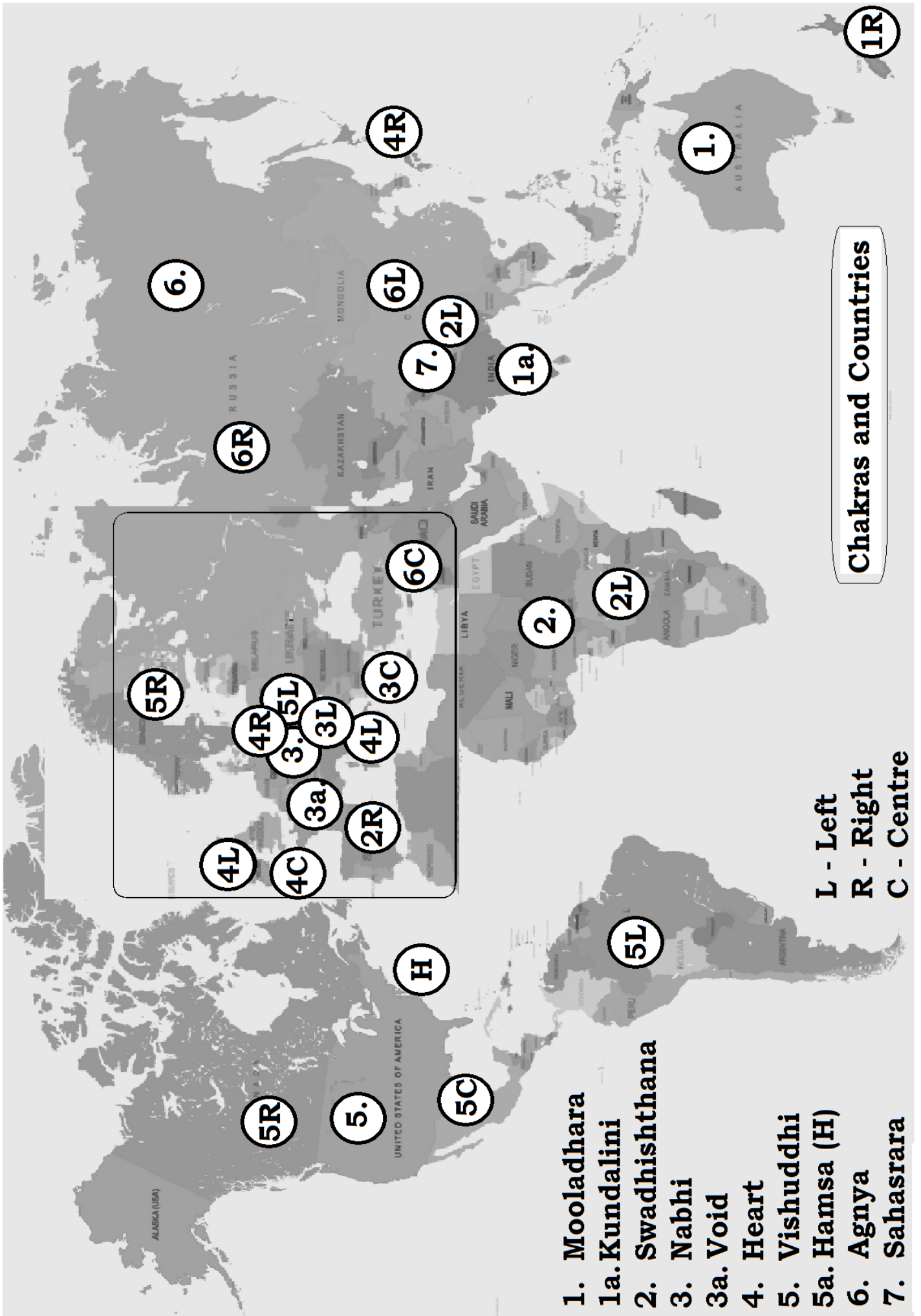
1. Mūlādhāra
2. Swādhiṣṭhāna
3. Nābhi
- 3a. Void
4. Heart
5. Viśhuddhi
6. Āgñyā
7. Sahasrāra



Note: Whole hand is **Viśhuddhi**.
Whole foot is **Swādhiṣṭhāna**

Correspondence of Parts of the Body with the Chakras

1. **Mūlādhāra**- Bones, anus, genitals, armpits, heels, base of thumb, back of head (lump at base of skull)
2. **Swādhiṣṭhāna**- Whole of the legs and feet, thumbs, middle toes, fat (as a body constituent) liver, kidneys, spleen, pancreas. Ticklish Places.
3. **Nābhi (Manipūra)** Navel, abdomen, stomach, knees, elbows, place where the hair swirls on the top of the head, middle fingers, big toes, flesh (as a body constituent ie. muscles)
4. **Heart (Anāhata)** Lungs, heart, inner workings of eyes, ears, nose etc. (Right Heart), forearms, calves, blood.
5. **Viśhuddhi**- The whole of the arms, hands, shoulders, neck, face, outer parts of eyes, ears, etc. skin (in general), wrists, ankles, first (index) fingers, second toes, top of forehead. Lower mind (mundane thinking).
6. **Āgñyā**- Brain, mind (emotional thinking), ring fingers, fourth toes, marrow and brain tissue. Third eye (centre of forehead).
7. **Sahasrāra**- Whole of top of head and brain, Brahma-randhra (soft bone in top of head) centre of palms, instep of feet, reproductive seed.



Chakras and Countries

L - Left
R - Right
C - Centre

- 1. Mooladhara**
- 1a. Kundalini**
- 2. Swadhishtana**
- 3. Nabhi**
- 3a. Void**
- 4. Heart**
- 5. Vishuddhi**
- 5a. Hamsa (H)**
- 6. Agnya**
- 7. Sahasrara**

Countries and Places associated with the Chakras

1. Mooladhara.

Left/ Centre: Australia. Uluru (Ayers Rock), Isle of Wight (UK)

Right: New Zealand (Auspiciousness)

Kundalini (Sacrum): India, Maharashtra, Kanyakumari, Brighton (UK)

2. Swadhishtana:

Left / Centre: Africa, Nepal

Right: France, Spain (Liver + Right Nabhi)

3. Nabhi:

Left: Austria (Pancreas)

Right: France, Iran, Iraq, Egypt, Turkey

Centre: Greece, Delphi

3a. Void: Whole of Europe (Bhava-sāgara - Mediterranean).

4. Heart:

Left: UK (Atma) Italy (Soul) Spain (trigger)

Right: Japan, Germany.

Centre: Ireland, Kolkata

5. Vishuddhi. (Whole of N & S America)

Left: South America, Poland, Czech, Romania, Hungary, Bulgaria.

Right: Canada, USA, Norway, Finland, Sweden, Denmark.

Centre: Central America, USA, Bristol (UK).

Hamsa: New York

6. Agnya.

Left (Super-ego): China, Ganapatipule (Maha-ganesha)

Right (Ego): Russia, Cambridge (UK), Mont Blanc.

Centre: Israel, Jerusalem, Bethlehem, Rome, Pune (India).

Ekadasha Rudras: Ganapatipule, Mussalwadi, Rahuri (Maharashtra).

7. Sahasrara.

Himalayas, Mt. Kailash, Alps, Scotland, Stonehenge.

☪ Standard Meditations ☪

Some ways in which 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.

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. Sit comfortably upright on a mat or in a chair, raise the Kuṇḍalinī 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.36 or 2-page version on p.244)*
- Say the Lord's Prayer *(in English or your native tongue)* 1, 2 or 3 times.
- Say the Three Great Mantras or Sahasrāra Mantra 3 times *(p.33 /174)*
- 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 Mahākālī-Bhairava *(3 times)* *Sit for a few minutes to allow Left Side to clear.*
- Raise the Left Hand with the palm facing the sky, and the Right Hand towards the Photograph, say Śhrī Mahāsaraswatī-Hanumāna mantra *(3 times)* *Allow to clear.*
- With both hands open on the knees, say the Śhrī Mahālakshmī-Ganesha mantra *(3 times)*. Finish as in (1) above.

3) Central Channel

After Ganesha 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:
'Allāhu 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 Sahasrāra Mantra (3 times) or the Three Short Mantras (all on p.174)
- Sit in silent meditation.

See pp.18-37 for details of these and other mantras for the Chakras.

Other ideas

- Start by saying Om seven times.
- Start by saying the Śhrī Gaṇeśha Mantra 7 times. He is the Remover of Obstacles and Master of all the Chakras and the attention automatically rises through the Chakras.
- Say mantra to Śhrī Gaṇeśha continuously for 5-10 minutes.
- Say the Gaṇeśha Atharva Sheersha twice, or more times if desired.
- The Short Mantra

'Om Twameva sākshāt Śhrī Nirmalā Devyai namo namaḥ'

is very powerful and may be used for Sahasrāra Mantra or to clear any Chakra. Say three or seven times.

Shri Mataji: "Try this: 'Twamewa sākshāt Shri Nirmalâ Devi' That's all! To establish Me as Nirmala Devi is the point; namo namaḥ. Say it seven times. Ha, just see the vibrations!" *London, 08-10-79*

◉ Glossary of Sanskrit words in Sahaja Yoga ◉

- Aar.ti** Honouring a person or image by encircling with a lamp. *Original Sanskrit word Ārati. (Ārti means 'grief, injury')*
- Ādi** 'First, beginning, original, primordial'.
- Ādi Śhakti** 'Primordial Power', The first separation of the Supreme in order to create this Universe. The Mother of the Universe.
- Ādi Śhañkarāchārya** -see **Shañkarāchārya**.
- 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 **Ādi Shañkarāchārya** (qv).
- Agni** Fire, God of Fire. [from **ag** –'move tortuously'].
- Āgñyā** 'Authority, control, command' (spelt **ājñā**, but pronounced **Āgñyā**-the palatal **ñ** is a nasalisation of the **g**) **Chakra** in centre of head. [**ā** –'full', **gñyā** –'knowing']
- Ahañkāra** 'Ego, illusion of individuality'. [**ahañ** –'I am', **kāra** –'making']. Or: **Ahañkāra**. Egotism as a vice is **mamatā** –'selfishness'.
- Amba/Ambikā** 'Mother'. **Jagad-amba** –'mother of the world'.
- Amṛut** 'Immortality, Divine Nectar'. [**a** –'without', **mṛuta** –'death']. **Pañch Amṛut** –'five-fold nectar' is an offering in **Pūjā** made of milk, butter, yoghurt, sugar, honey and saffron.
- Anāhata** 'Unstruck, without percussion'. Name of **Heart Chakra**. The unstruck sound is 'Om'. [**an** –'not', **āhata** –'struck, wounded']
- Ānanda** 'Joy, bliss, ecstasy'. A quality of the Formless Divine. [**ā** –'full', **nanda** –'pleasure, joy']. See **Sat-chit-ānanda**.
- Anna-pūrnā** Form of **Shrī Durgā** who gives nourishment. [**anna** –'food, rice', **pūrna** –'full, complete']
- Asura** 'Demon, devil', **Rakshasa**. [**a** –'not', **sura** –'shining, divine']
- Ardha Bindu** 'Half Dot, crescent'. Chakra above **Sahasrāra**. [**ardha** –'half'].
- Ātmā/Ātman** Individual Spirit. Soul, Self, Consciousness.
- Avatār** Divine Being incarnated to help humanity. [**avatāra** –'descent', **ava** –'down', **tāra** –'crossing']

Baddha	‘Obstructed, bound by the fetters of existence’. Negativity attaching to chakras , nāḍīs , etc. [<i>from bandh –‘tie, bind’</i>]
Bandhan	‘Tying, knot, connection’. Horse-shoe shaped protection put over body. Also circling the left hand with the right hand to put something into the Divine Attention. [<i>from bandh –‘tie, bind’</i>]
Bhairava	‘Fearsome’ [<i>from bhiru –‘fearful’</i>], ‘Roaring terrifyingly’. [<i>bhai –‘fearful’, rava –‘roaring’</i>]. Wrathful form of Shrī Śhiva . Ruling Power of the Left Side.
Bhajan	Devotional song. [<i>bhaj –‘to worship’</i>]
Bhakti	‘Devotional love’. Quality of the heart essential for spiritual growth. One of three paths to God with Kriya and Gñyāna .
Bhava-sāgara	‘Ocean of worldly existence, ocean of Illusion’. Saṁsāra . The ‘Void’ as the whole abdomen. [<i>bhava –‘existence’, sāgara –‘ocean’</i>]
Bhūmī	Mother Earth, earth as one of the five elements.
Bhūt	Disembodied spirit. Creature. The past.
Bīja –‘seed’	Single-syllable mantra significant to the Subtle System.
Bindu	‘Dot, spot, drop’. Chakra above Sahasrāra .
Brahmā/Brahmadeva	<i>-The Creator Aspect of God</i> . ‘The God who seeks/knows the Brahman ’. He sits on a lotus emerging from Shrī Viṣṇu ’s navel. Ruler of Swādhiṣṭhāna Chakra .
Brahman (n.)	Formless All-pervading Divine Consciousness, the Supreme Spirit, growth, expansion, evolution. [<i>from brimh –‘to expand, pervade’</i>]
Buddha	‘Awakened, enlightened, intelligent, wise.’ Deity of Right Āgñyā Chakra (ego).
Chaitanya	‘Consciousness’, Divine Vibrations, the Universal Spirit.
Chakra	‘Wheel, disc, discus as a weapon.’ Energy centre in the Subtle System. [<i>char –‘move, kr –‘do, make’</i>]
Chāmuṇḍā	Form of Shrī Durgā who destroyed the demons Chaṇḍa - ‘anger’ and Muṇḍa –‘bald head’ (signifying ego).
Chandra	‘Moon’. [<i>from chand –‘to shine’</i>]
Chit	Consciousness, attention, soul, spirit.
Chitta	Thought, attention, mind. (chinta –‘worry’)

Dattātreyā	‘Gift to Atri’. [<i>datta</i> – ‘given’, <i>atreya</i> – ‘to Sage Atri (his father)’] ‘Granting the state beyond the three Guṇas’. The Ādi Guru – ‘Primordial Master’ with qualities of Viṣṇu , Brahma and Śhiva .
Deva	God, Divine; the 33 Devas (including 12 Ādityas + 8 Vasus) rule the physical aspects of creation. [<i>from div</i> - ‘to shine’].
Devanāgarī	‘Belonging to the city of the Gods’ [<i>nagar</i> – ‘city’]. The script used to write Sanskrit, Hindi and Marathi. ‘The language of the Deities’ as Shri Mataji call it.
Devī	Goddess. [<i>fem. of deva</i> - ‘god’]
Dharma	Righteousness, good conduct, morality. [<i>from dhr</i> - ‘support’]
Durgā	‘Carrying us over difficulties, hard to attain, living in an inaccessible place’. Supreme Goddess – Consort of Shrī Sadāśhiva . Shrī Pārvati in the Central Channel (fair/golden form)/ Centre Heart. [<i>dur</i> – ‘difficult’, <i>ga</i> – ‘approach, abide’]
Ekādaśha	‘Eleven’. [<i>eka</i> – ‘one’, <i>ādaśha</i> - ‘with ten’] See Rudra .
Gaṇeśha/Gaṇapati	‘Chief of Lord Śhiva’s attendants, Lord of all groups and Categories, God of the people, Controller of the Chakras ’. [<i>gaṇa</i> – ‘group, troop, attendant, people’. <i>īsha</i> – ‘God, controller’, <i>pati</i> – ‘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 who became the vehicle of Shrī Viṣṇu .
Gaurī	‘Shining, pure, white, golden’. The Goddess is dark-skinned on the Left Side (Pārvatī , Kālī) and fair in the central channel (Gaurī , Durgā). Deity of Sacrum/ Kuṇḍalinī .
Gñyāna	‘Knowledge’, especially knowledge of the Absolute. Quality of Central Channel. A Gñyānī is a realised soul. (see Bhakti)
Granthi	‘Knot, joint, obstruction, doubt, difficulty’. The three Granthis separate the three sections of the Subtle System.
Guṇa	‘Quality, attribute, mood, virtue’. The three guṇas are the qualities of the three channels; tamas - ‘darkness’, Left Side, rajas - ‘passion’, Right Side and sattva - ‘truth, reality’, Centre.
Guru	‘Teacher, respectable, heavy’.
Gṛuha-lakṣhmī	Goddess of the household, housewife. [<i>gṛuha</i> – ‘house’]

Haṁsa	Swan, great saint. Chakra of discrimination between eyebrows. Has many subtle meanings. [<i>ha</i> -'Śhiva', <i>m</i> -'joining', <i>sa</i> -'Shakti', etc.]
Hanumāna	'Having a prominent jaw'. [<i>hanu</i> -'jaw', <i>māna</i> -'proud, protruding'] 'Destroyer of ego and pride'. [<i>han</i> -'destroy', <i>u</i> -'Right Side, ego', <i>māna</i> -'pride'] Monkey Deity, greatest devotee of Shri Rāma ; the power of the Right Channel.
Havan	Fire ceremony. [from <i>hu</i> -'worship']
Hazrat (Arabic)	'Noble one, your honour,' – literally 'Presence'.
Hṛidaya	Heart, 'joy-giving': [<i>hṛi</i> -'joy', <i>daya</i> -'giving']
Iccha	'Desire, wishes'. Quality of Left Side.
Iḍā Nāḍī	Left Side Channel of refreshment, comfort and the Spirit. Note: both the <i>d</i> 's are retroflex and have a half <i>r</i> -sound.
Īshwara/Īshwarī (fem)	Supreme, controller, ruler, master, God/Goddess. [from Īsh -'control, rule']
Jagad-ambā	'Mother of the world'. [<i>Jagat</i> -'world', <i>ambā</i> -'mother']
Kailāsa	Mountain home of Lord Śhiva and Shrī Kubera in the Himālayas (Tibet).
Kālī	'Black' form of Shrī Pārvati , wife of Shrī Śhiva , ruler of the Left Side. [fem. of Kāla -'black, time'] Also Kā-ālī -'abode of desire' [Kā = Kāma -'desire', ālī -'abiding']
Kali Yuga	'The Age of Vice'. Present Age which started in 3120 BCE (Mahābhārata war) and will be followed by Satya Yuga - 'Golden Age' – hopefully sometime soon!
Kalki	10th and final incarnation of Viṣṇu . Destroyer of Kalka - 'impurities'. Short for Nishkalanka -'spotless'.
Karma	'Action' -Belief in the rewards of good and bad actions in this and previous lifetimes. [from <i>kr</i> -'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 Śhiva born to destroy the demon Tarakāsura . Ruler of Right Mūlādhāra Chakra .
Kṛiṣṇa	'Dark-skinned, black, Lord of Creation' -[<i>kr</i> -'create', <i>iṣhana</i> -'God']. 'The Cultivator of Spirituality', [Krishana -'farmer']

Kṛittika	Six celestial maidens/ river nymphs who nursed the six-headed Shrī Kārttikeya . Became the Pleiades star formation.
Kriya	‘Action’ –Right Side quality. [<i>from kṛ -‘do, create’</i>] (See Bhakti)
Kuṇḍalinī	‘Coiled Goddess, sleeping in the water-pot.’ [<i>kuṇḍala- ‘coils’; also kuṇḍa -‘water-pot’, līnī -‘sleeping’</i>] Pure Desire for reunion with the Supreme Consciousness.
Lakṣhmaṇa	‘Bearing auspicious marks’. Brother of Shrī Rāma .
Lakṣhmī	‘Bearing auspicious signs, wealth, good fortune’, ‘forbearing Mother Earth’ – [<i>la -‘earth’, kshamī –‘forgiving’</i>]
Lalitā	‘Charming, beautiful, playful’. Chakra on Left shoulder, power of whole Left Side
Liṅga	‘Sign, token’. The Śhiva Liṅga is one of the oldest (<i>and most powerful</i>) forms of worship on the planet.
Loka	‘World, realm’ – normally three, Earth, Atmosphere, Heaven. Can also be 7 or 14.
Mahā	‘Great, higher, mighty, best’. See Mahā-kālī , Mahā-saraswatī , Mahā-lakshmi .
Mahābhārata	Longest poem ever written describing the conflict between cousins, the Pandavas (<i>good guys</i>) and Kauravas (<i>not good guys</i>) and Shrī Kṛishna’s involvement.
Mahā-kālī	‘The Great Black Goddess’. Ruler of time and death. Power of the Left Side (<i>existence, desire, destruction</i>). See Kālī .
Mahā-lakṣhmī	‘The Great Goddess of Evolution’. Power of the Central Channel (<i>spiritual ascent, peace, surrender</i>). See Lakṣhmi .
Mahā-saraswatī	‘The Great Goddess of Speech’. Power of the Right Side (<i>creativity expressing love, surrendered action</i>). See Saraswatī .
Mahāvīra	‘Great warrior, very brave’. Ruler of Superego - 24 th and final Arhat –‘prophet’ of the Jain religion, c.650BCE.
Mahat-ahamkāra	‘The great I am’. Divine I-consciousness into which our limited I-ness (<i>ego</i>) dissolves in meditation.
Maṇḍala	‘Circle, area, zone’. Orb of influence. The Maṇḍalas of Fire, Sun and Moon are the divisions of the Subtle System.
Maṇipūra	Nābhi Chakra , ‘Place of the Gem’ [<i>maṇi –‘gem’, pūra –‘place’</i>].
Mantra	Sacred speech [<i>‘instrument of thought’ - from man -‘think’</i>]

Mātājī	‘Holy Mother’ [Mātā –‘mother’, -jī –‘respected’]
Mary/Mariya	‘Born from the ocean’ [mare –‘ocean’ in Latin]. Incarnation of Mahālakshmī and Mother of Christ (Mahāvishṇu).
Maryādā	‘Boundary, limit’. The bounds of proper behaviour.
Māyā	Creative energy, illusory power, magic.
Moha	Delusion, illusion, particularly taking the world of the senses to be real. One of the ‘six enemies’ with greed, anger, lust, jealousy and pride.
Mokṣha	Liberation, enlightenment. [mo = moha –‘illusion’ (long o), kṣha –‘destroying’]
Mūlādhāra	‘The Support of the Root’ [mūla –‘root’, ādhāra –‘support’]. Name of both the lowest Chakra and the Sacrum.
Nābhi	‘Navel, middle’. Maṇipūra Chakra .
Nāḍī	A nerve or channel of the body. (Not the same as nadī –‘river’).
Namaḥ/namo/namas	‘Obeisance, Salutations to..’ [from nam –‘to bend, bow’] Namo and namas are namaḥ modified by Sandhi . Namaḥ can also be taken as ‘without ego’ [na –‘not’, maḥ –‘I’] and namo as ‘without conditionings’ [na –‘not’, mo –‘worldly illusion’] namas-kāra –‘bowing’. [kāra –‘making’].
Nārāyaṇa	‘The Refuge of men. Reclining on the waters’ [nāra –‘of man, water’, ayana –‘refuge, reclining’]. Name of Shrī Viṣṇu .
Nirmala	‘Unsoiled, pure, immaculate’. [nir –‘not, without’, mala –‘dirt’] Shrī Mataji ’s name Nirmalā is the feminine ending.
Nirvichāra	‘Thoughtless Awareness’. [nir –‘not, without’ vichāra –‘thought, reflection’]
Nirvikalpa	‘Doubtless Awareness’. [Nir –‘without’, vikalpa –‘imagination, doubt, concept’]
Param-chaitanya/Para-Brahma/Param-ātmā	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 **Suṣhumnā Nāḍī** – **parva** is a vertebra.

Piṅgalā (Nāḍī) 'Golden, reddish-brown'. Right Channel.

Prakṛiti 'Nature, Primordial Creative Energy', **Ādi Śhakti** (see **Puruṣa**)

Prāṇa Breath, vitality, life force.

Praṇava 'Reverberation', the **Om**.

Pratiṣṭhān 'Firm base, foundation'. Name of Shri Mataji's houses in Pune and Noida. King **Śhalivāhana's** city, now called **Paithan**.

Pūjā Worship, adoration of the Divine.

Purāṇa Sacred Hindu books containing stories of the Deities, rules for living, etc. Written after the **Vedas** and **Upaniṣhads**, 2000BCE-1800CE. [**Purāṇa** - 'old, ancient']

Puruṣa Man, Supreme Spirit (*in the **Vedas** and **Upaniṣhads***) **Puruṣa** and **Prakṛiti** become **Śhiva** and **Śhakti** in later philosophy.

Rādhā 'Prosperity, happiness, 'support of Kuṇḍalinī' [**ra** – '**Kuṇḍalinī**', **dhā** – 'support']. Rules **Viśhuddhi Chakra** with **Shrī Kṛiṣhṇa**.

Rājā-lakṣhmī Well-being of the King/state. Royal dignity. Quality of **Right Nābhi Chakra**. [**rājā** – 'king']

Rajas/rajo guṇa Right Side quality. The Realm of the Sky, passions, Ego 'colouring/darkening the mind'. [*from **ranj** – 'to colour'*]

Rākṣha bandhan String tied on wrist by sister to protect brother. [**rāksha** – 'protection', **bandhan** – 'knot']

Rākṣhasa Demon, one 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'. 7th Incarnation of **Viṣhṇu**.

Rāvaṇa 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.

Ṛiṣhi 'Seer, saint, realized soul'. [*from **drīṣh** – 'to see'*]

Rudra 'Fierce, wailing' (*Vedic name of Lord Śhiva*). **Ekādaśha Rudras** – Eleven destructive powers of God.

Rukminī 'Radiant, ornamented with gold'. Main wife of **Shrī Krishna**.

Sacrum Triangular bone at base of spine in which the **Kuṇḍalinī** sleeps. **Mūlādhāra** (*same spelling as the chakra*) in Sanskrit.

- Sadāśhiva** Eternal Formless God into whom the other manifestations of God are absorbed at the time of **Pralaya** –‘final dissolution’ who then manifests the next creation. [*sadā* -‘eternal’]
- Sādhu/Sādhaka** ‘Noble, virtuous’. Seeker of Truth. One who performs **sādhanā**- ‘worship, discipline, realisation’
- Sahaja** ‘In-born, natural, spontaneous, simple’. [*saha* –‘with’, *ja* – ‘born’] **Guru Nānak, Shirdi Sāi Bābā, Kabīr** and **Ramana Mahārshi** all spoke of Self-realisation as **Sahaja**.
- Sahasrāra** ‘Thousand-spoked’. [*sahasra* -‘thousand’, *ara* -‘spokes’] Crown Chakra. **Sahastra** (with a ‘t’) is ‘thousand’ in **Marathi**.
- Sākṣhāt** ‘Really, perceptible, in physical form, verily’. [*sa* -‘with’ ‘*akshāt* - ‘with the eyes or senses in general’]
- Samādhi** Deep contemplation, profound meditation, joining with (*Yoga*). The deepest is **Nirvikalpa** -‘doubtless’ **Samādhi**.
- Samsāra** Worldly life, illusory existence. Cycle of birth and death.
- Sandhi** The modifying of Sanskrit word endings to blend into the next word. Eg. **namaḥ namaḥ** becomes **namo namaḥ**, **sat-chit-ānanda** becomes **sach-chid-ānanda**, etc.
- Sanskṛit** ‘Elaborate, refined’. Root of Indian and European languages.
- Saraswatī** ‘Being like a lake, Power of Speech’. Goddess of Speech, Knowledge, Arts and Music. **Śhakti** -‘power’ of **Shrī Brahmadeva** who rules **Swādhiṣṭhāna Chakra**.
- Sat-chit-ānanda** (or **sach-chid-ānanda**) Qualities of the Formless Divine – **Sat** -‘existence’, **Chit** -‘consciousness’, **Ānanda** -‘joy, bliss’ which give rise to the three **Guṇas**.
- Sattva** Truth, reality, goodness, essence. Quality of the Central Channel. [*from as* –‘to be’]
- Satya Yuga** ‘Age of truth’ (*aka Kṛita Yuga*). The age following the present **Kali Yuga** -‘Age of Vice’. Estimates of dates and duration vary widely.
- Śhakti** ‘Energy, power’. Creative Power of God.
- Śhaṅkarāchārya** Saint from **Kerala** c.500 CE (*‘scholars’ say 800CE*) who revitalized **Hinduism**. He wrote philosophical books, commentaries and many great praises of the Deities. Called **Ādi** –‘first’ **Śhaṅkarāchārya**, as the heads of the monasteries he founded have since all been called **Śhaṅkarāchārya**. [*Śhaṅkar* -‘creating peace, well-being’, (name of **Śhiva**), *āchārya* – ‘teacher, Guru’].

Śhastra	Sacred Hindu texts including the Vedas , Purānas , etc.
Śheśha	Seven-headed snake on which Shrī Viṣṇu reclines. The Power of the Attention, incarnated to assist Shrī Viṣṇu as Lakshman (<i>with Rāma</i>) and Balarāma (<i>with Krishna</i>).
Śhiva	‘Happy, auspicious, fortunate, benevolent, bliss’. Also called Maheśha or Mahādeva -‘ <i>Great God</i> ’, the Embodiment of the Ātmā – ‘ <i>Spirit</i> ’ and the Power of Destruction. Rules the Left Heart Chakra with Shrī Pārvatī .
Śhraddha	‘Faith, trust, belief’.
Śhrī	‘Holy, auspicious, revered, glorious, splendid, prosperity’ (<i>Name of Shrī Lakshmi, Durgā or the Goddess in general</i>).
Śhrī Chakra	Mystical diagram representing whole Subtle System. Yantra of Supreme Goddess. Symbol of Vishwa Nirmala Dharma. Chakra on right shoulder.
Śhuddha	‘Pure’. Śhuddha Vidyā is the highest Divine knowledge.
Siddhi	‘Success, fulfilment, Self-realisation’. Eight magical powers possessed by Shrī Hanumān . A Siddha is a realized soul.
Sītā	Wife of Shrī Rāma . ‘A furrow’. (Found in a casket inside the earth by Rāja Janaka while ploughing)
Sudarśhana	‘Good-looking’- Name of the Chakra –‘ <i>discus weapon</i> ’ wielded by Shrī Viṣṇu and Shrī Kṛiṣṇa .
Sugrīva	Rightful king of Hanumān ’s monkey tribe whose throne was usurped by Vālī . Shrī Rāma helped him to regain it.
Suṣhumna	‘Very kind and gracious’. Central Channel; from Mūlādhāra to Sahasrāra but has a break between Sacrum and Nābhi .
Swādhiṣṭhāna	‘Standing in its own place’ [<i>swa-own, adhi-place, ṣṭhāna-standing</i>] ‘The basis of the Self’ - [<i>Swa -‘self’, adhi-ṣṭhāna – ‘basis’</i>]. Shortened in SY to Swadistan , Swadhistan , Swadisthan , etc. Name of the third Chakra (<i>on the Central Channel, second on Left and Right Sides</i>) - the Swādhiṣṭhāna emerges from the Nābhi .
Swāmī/Swāminī (f.)	‘Owner, master’. [<i>Swa –‘self’</i>]. Spiritual Teacher.
Swayambhū	‘Self-existent’. Brahman , the Supreme Spirit, God. A swayambhū is a naturally occurring rock formation which emits vibrations. [<i>swayam –‘self,’ bhū -‘born, existing’</i>]

Tamas/tamo	‘Darkness, inertia, sleep, lethargy’. Left Side Guṇa – ‘quality’.
Tantra	Control, technique, especially ‘the technique’ of raising the Kuṇḍalinī . Negative connotations come from Tantrikas - ‘black magicians’. Swa-tantratā – ‘self-control, independence’.
Tapas	‘Austerity, renunciation, fire’, the quality of Āgñyā Chakra .
Tattwa	‘Principle, quality’. Guru Tattwa is the quality of being a guru. Tattwa also means ‘Truth, Supreme Spirit’
Trimūrti	‘The Three Forms’ of God, Brahmā the Creator, Viṣṇu the Sustainer and Śhiva the Destroyer. [<i>tri</i> - ‘three’, <i>mūrti</i> - ‘form’]
Tripūra	A three-fold fortress of the demons constructed on Earth, Sky and Heaven, destroyed by Shrī Śhiva who is called Tripūrā .
Twam	‘You’, ‘You are’. nom. (<i>acc.</i> - twām , <i>gen.</i> - tava , <i>dat.</i> - te , <i>loc.</i> - twayi , <i>abl.</i> twattas)
Twameva	‘You are indeed’. [<i>twam</i> - ‘you’, <i>eva</i> - ‘Indeed, verily’]
Upaniṣhad	Short texts crystallising Vedic thought, the basis of Vedānta (<i>qv</i>). Originally 16 in number, presently 220. Upaniṣhad literally means ‘drawing near’, as a pupil to a teacher.
Vaikunṭha	Heavenly abode of Shrī Viṣṇu .
Valaya	‘Circle’. The level of the Supreme Spirit beyond the Chakras above Sahasrāra
Veda	Four oldest sacred texts of India - Ṛig. Sāma, Yajur, Atharva - at least 10,000 years old in parts. Transmitted orally, they are still widely recited in India today. [<i>from vid</i> - ‘know’] The basis and authority of Hindu religion.
Vedānta	The philosophical basis of Hinduism from the teachings of the Vedas and Upaniṣhads . Ādi Shaṅkarāchārya proposed advaita – ‘non- dualistic’ Vedānta .
Vibhīṣhaṇa (or Bibhīṣhaṇa)	Brother of the demon Rāvana . He was a devotee of Shrī Rāma and advised Rāvana to surrender to Him. Became king of Lanka after Rāvana’s death.
Vidyā	‘Knowledge, learning’. (<i>vidyālaya</i> is ‘a school’ in Hindi) specifically knowledge of mantras and techniques.
Viṣṇu	‘All-pervading’. The Supreme Being whose ten incarnations direct humanity towards the ultimate goal. ‘Driving away

	<i>impurity' [viṣh -'impurity', nu -'drive away'].</i> 'Worshipped by the universe' [<i>viṣh=viśhwa -'universe', nu=nuta -'worshipped'</i>]
Virāta	Vast Cosmic Form of God. The Subtle System of the Universe. [<i>from virāj -'splendid, ruler'</i>]
Virāt-aṅganā	Feminine Power of the Virāta . [<i>aṅganā -'woman, female'</i>]
Viṣṇu-māyā	The Illusory Creative Power of Shrī Viṣṇu . Embodiment of Chastity and Sisterly Love. Rules Left Viśhuddhi . Incarnated as Shrī Kṛiṣhṇa's sister who sacrificed herself for Him.
Viśhuddhī	Complete purification [<i>vi-complete, śhuddhi-purity</i>] Throat Chakra. Also: Viṣh -'poison, hatred, impurity', uddhṛ -'draw out, remove'
Viśhwa	The Universe, universal, everything.
Viśhwa Nirmalā Dharma	- 'Universal Pure Religion'. Organisation founded by Shri Mataji in 1987 to spread Sahaja Yoga.
Viṭṭhala	'Standing on a brick'. [<i>vit -'brick' in Marathi</i>] Form of Shrī Kṛiṣhṇa worshipped at Pandarpur, Mahārāṣhṭra .
Viveka	Discrimination to tell right from wrong, see one's ego, etc.
Yagñya	Sacrifice, Havan, worship.
Yama	The God of Death who rides a buffalo; Ruler of the South direction.
Yantra	Sacred diagram, technique, machine. [<i>from yam -'control'</i>]
Yaśhodā	'Conferring fame, giving glory.' Foster-mother of Shrī Krishna .
Yeśhu/Jesu/Jesus	'Who knows/is with God.' (Sanskrit) [<i>Ja -'know', Īśha -'God'</i>] 'Saviour from God' (Hebrew), 'One who knows auspiciousness.' (Shri Mataji's quote)
Yoga	Connection, union. [<i>from yuj -'join'</i>]. 'Being with/approaching God' [<i>yo = yah -'Brahman, God', ga -'approaching, abiding'</i>]

Arabic Pronunciation Guide

All letters are pronounced as in English with the following exceptions:-

1. As in Sanskrit, ā, ū and ī are long vowels.
2. Kh has a guttural 'h' sound (eg: Al-Khāliq).
3. Q is a deep guttural sound (eg: Qayūma)
4. An apostrophe denotes an abrupt stop in the vowel sound (eg: Al-Mu'min).

Ganesha Atharva Sheersha - *The Highest Praise of the Lord of Wisdom.*

Om namaste Gaṇapataye	<i>Om, Salutations to You, O Lord of the Gaṇas.</i>
Twameva pratyakṣham tattwam-asi	<i>You are the Manifestation of the Divine Principle.</i>
Twameva kevalam kartā'si	<i>You alone are the Doer and Creator.</i>
Twameva kevalam dhartā'si	<i>You alone are the Supporter and the Sustainer.</i>
Twameva kevalam hartā'si	<i>You alone are the Remover and Destroyer.</i>
Twameva sarvam khalv'idam Brahmāsi	<i>You are Everything both this (world) and Formless Spirit.</i>
Twam sākṣhād-ātmāsi nityam	<i>You manifest the Spirit eternally. (1)</i>
Ṛitam vachmi, satyam vachmi	<i>I speak Divine Law. I speak the Truth. (2)</i>
Ava twam mām	<i>Protect thou me.</i>
Ava vaktāram, Ava śhrotāram	<i>Be propitious to the speaker and the listener.</i>
Ava dātāram, Ava dhātāram	<i>Watch over the one who offers and the performer.</i>
Av'ān'ūchānam-ava śhiṣhyam	<i>Show favour to the learned scholar and the pupil.</i>
Ava paschāt-tāt, Ava puras-tāt	<i>Protect from behind. Protect from the front.</i>
Av'ottarāt-tāt, Ava dakṣhiṇāt-tāt	<i>Protect from the left side. Protect from the right side.</i>
Ava ch'ordhvāt-tāt Av-ādharāt-tāt	<i>Protect from above. Protect from below.</i>
Sarvato-mām pāhi-pāhi sam-antāt	<i>From all directions protect me constantly. (3)</i>
Twam vāng-mayas-twam chin-mayaḥ	<i>You are the Spoken Word and Pure Consciousness.</i>
Twam ānanda-mayas-twam	<i>Joy is Your Essence.</i>
Brahma-mayaḥ	<i>Formless Spirit is Your Nature.</i>
Twam sach-chid-ānand'ādvitīyo-'si	<i>You are Existence, Consciousness and Joy unequalled.</i>
Twam pratyakṣham Brahmāsi	<i>You are the Supreme Spirit manifested.</i>
Twam gñyāna-mayo vigñyāna-mayo-'si	<i>You are all Knowledge and Understanding. (4)</i>
Sarvam jagad-idam twatto jāyate	<i>This Whole World is born from You.</i>
Sarvam jagad-idam twattas tiṣṭhati	<i>This Whole World is sustained by You.</i>
Sarvam jagad-idam twayi layam-eṣhyati	<i>This Whole World will dissolve in You.</i>
Sarvam jagad-idam twayi pratyeti	<i>This Whole World is returning to You.</i>
Twam bhūmir āpō-'nalō-'nilo nabhaḥ	<i>You are Earth, Water, Fire, Air and Ether</i>
Twam chatvāri vāk-padāni	<i>You are the Four Parts of Speech. (5)</i>
Twam guṇa tray'ātītaḥ	<i>You are beyond the Three Attributes</i>
Twam deha tray'ātītaḥ	<i>You are beyond the Three Bodies.</i>
Twam kāla tray'ātītaḥ	<i>You are beyond the Three Times.</i>
Twam mūlādhāra sthito-'si nityam	<i>You are eternally stationed at Mooladhara Chakra.</i>
Twam śhakti tray'ātmakaḥ	<i>You are the Essence of the Three Powers.</i>
Twām yogino dhyāyanti nityam	<i>On You Yogis meditate constantly.</i>
Twam Brahmā twam Viṣṇus-twam	<i>You are Lord Brahma, You are Shri Viṣṇu,</i>
Rudras-twam Indras-twam	<i>You are Lord Śhiva, You are Shri Indra,</i>
Agnis-twam Vāyus-twam	<i>You are the God of Fire, You are Lord of the Wind,</i>
Sūryas-twam Chandramās-twam	<i>You are the Sun and You are the Moon,</i>
Brahma bhūr bhuvah swar-om	<i>Supreme Spirit, Earth, Sky, Heaven and Omkāra. (6)</i>

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 utara rūpam
Nādaḥ sandhānam, samhitā sandhiḥ
Saiśhā Gaṇeśha-vidyā
Gaṇaka ṛiṣhiḥ
Nichṛid gāyatrī chhandah
Gaṇapatir devatā
Om Gam Gaṇapataye namaḥ

Saying Gaṇas first letter (G) at the beginning,
The first letter of the alphabet (A) next.
And the nasal sound (M) after that.
The crescent resounding, completed with the Om.
This is the true form of Your mantra.
'G' is the first form.
'A' is the middle form.
And 'M' is the last form
Bindu (dot) is the form above
With the sounds united according to Sandhi.
In this manner, is the knowledge of Shri Gaṇeśha.
The Composing Seer is Sage Gaṇaka.
The Metre is a mixed Gāyatrī.
The Presiding Deity is Shri Gaṇapati.
'Om Gam', Obeisance to the Lord of the Gaṇas. (7)

Eka-dantāya vidmahe
Vakra-tuṇḍāya dhīmahi
Tanno dantī prachodayāt

We seek to know the One-Tusked God.
We meditate on the Lord with a Curved Trunk,
May He with a Tusk inspire and stimulate us. (8)

Eka-dantam chatur-hastam
Pāśham ankuśha-dhāriṇam
Radam cha varadam hastair-bibhrāṇam
Mūshaka 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
Prakṛiteḥ puruṣhāt param
Evam dhyāyati yo nityam
Sa yogī yoginām varaḥ

One-tusked and Four-handed,
Wielder of the Noose and Elephant Goad,
Holding a Broken Tusk and Blessings in the Hands,
Having a Mouse as an Emblem,
Red-coloured, with a Big Belly,
Ears like Winnowing Fans and Clothed in Red,
Fragrant Red Sandalwood Paste anoints Your Body,
Auspiciously worshipped with Red Flowers,
The God who is Compassionate to Devotees,
The Imperishable Origin of the World,
And becoming manifest at the beginning of Creation,
Being beyond the Ādi Śhakti and the Supreme Spirit,
Whoever meditates in this way constantly,
That Yogi becomes the most excellent of Yogis. (9)

Namo vrāta-pataye namo gaṇapataye
Namaḥ pramatha-pataye
Namaste-'stu lambodarāy'aika-dantāya
Vighna-nāshine Śhiva-sutāya
Śhrī varada mūrtaye namo namaḥ

We bow to the Lord of Assemblies and Chief of Gaṇas
Prostrations to the Leader of Lord Śhiva's attendants,
Let there be obeisance to the Big-bellied, One-tusked,
Destroyer of Obstacles, the Son of Lord Śhiva
To the Embodiment of the Highest State of
Blessedness, salutations again and again. (10)

Sākshāt Śhrī Ādi Śhakti Mātājī Śhrī Nirmalā Devyai namo namaḥ

Who is incarnated in person as Our Holy Mother Shri Mataji Nirmala Devi, unending salutations to You!

☪ 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.

