

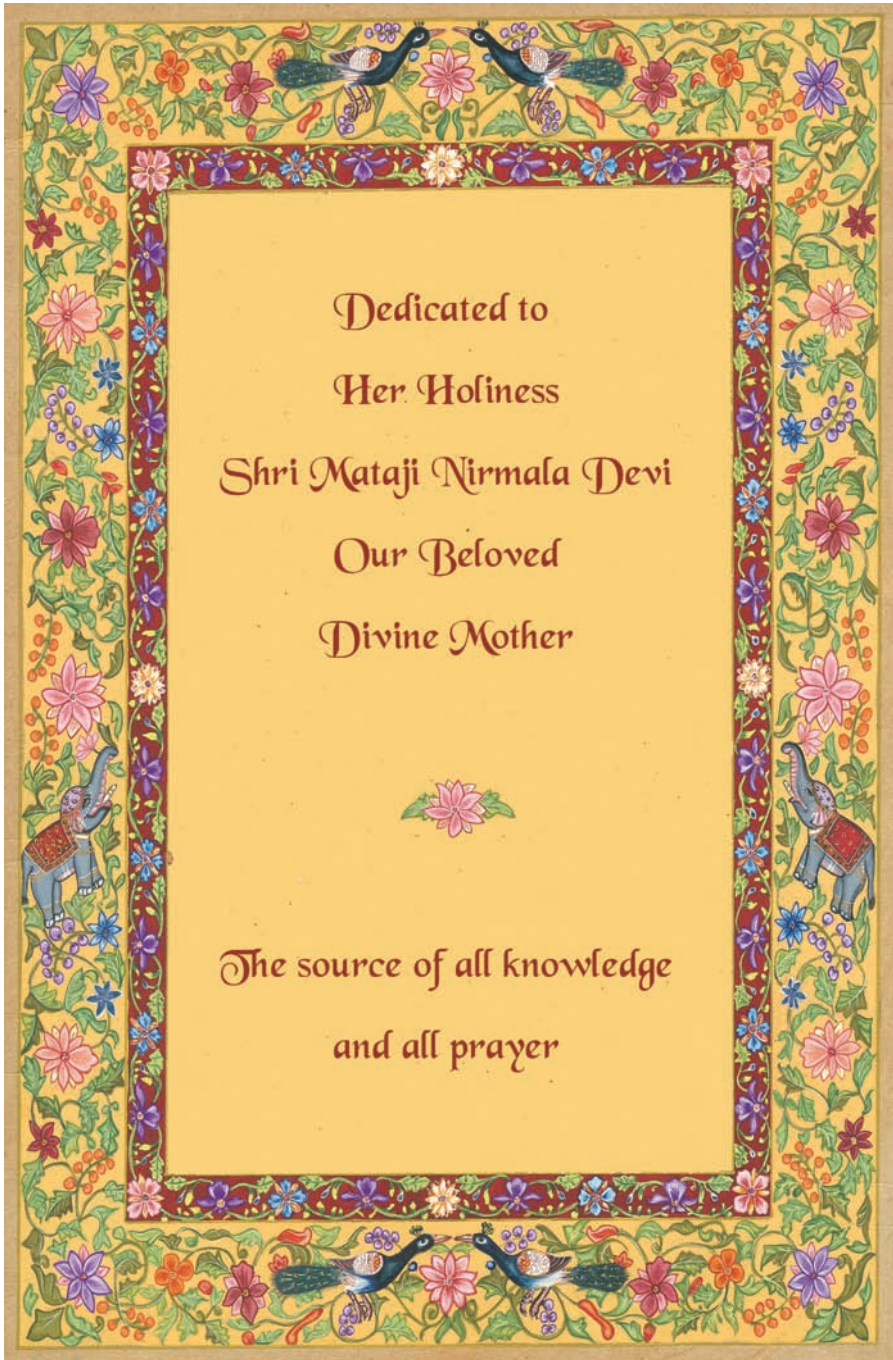
Nirmala Vidyā

SAHAJA YOGA MANTRA BOOK



In praise of Her Holiness Shri Mataji Nirmala Devi







*'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.'*

Shri Mataji Nirmala Devi





Nirmala Vidyā

Sahaja Yoga Mantra Book
In praise of Her Holiness Shri Mataji Nirmala Devi



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The Publication Committee of the World Council for the Advancement of Sahaja Yoga dedicates this work to Her Holiness Shri Mataji Nirmala Devi Shrivastava, the founder and teacher of Sahaja Yoga.

In so doing, it is impossible to render the heartfelt gratitude that Sahaja yogis worldwide would wish to express to Her, the Great Mother, who expresses the qualities of the Comforter, the Counsellor and the Redeemer. Shri Mataji has revealed the most integrated body of spiritual knowledge, which verifies and unites the teachings of all past Avatars (incarnations) and spiritual masters. Moreover, She has done so by relating this knowledge to a practical experience within, through Her capacity to grant en masse Self-realisation. This feat is unprecedented in the history of spirituality.

Through Her compassion, Shri Mataji has opened up the possibility of making this transformational experience available to all the seekers of truth, to all those who sincerely desire to find their own Self. Essentially, it is about being connected to the power that created us and this experience is subtle and living. Mantras cannot be effective without this living inner connection that awakens the Avahan, the 'calling power'. Therefore, with full respect, the contents of this book should be accessed only after the experience of Self-realisation and with reference to the techniques and knowledge made freely available at Sahaja Yoga centres across the world.

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Mantras in Sahaja Yoga

In Sanskrit, 'manana' means to meditate. A mantra is that which is uttered in meditation. It is the phonetisation of vibrations into a specific sound which has a direct effect on the inner being. When a realised soul (a Sahaja yogi or yogini) utters a mantra, he or she mediates spiritual energy for the specific purpose for which the mantra is intended.

Mantras as a support to meditation

Without first connecting yourself to the whole, without Self-realisation or yoga (union with the Divine), the contents of this book will not be of much practical help.

Find a clean, quiet place. Set Shri Mataji's picture on a table, placing a lit candle before the picture. Sit comfortably with hands relaxed on your lap, palms upward. This might be done in conjunction with foot-soaking. After raising your Kundalini and putting yourself in bandhan, keeping your attention loose, see what sensations (perhaps a tingling, numbness, slight heat) you may be feeling on your fingers or in your body at the location of the chakras. These sensations tell you where, if any, the blockages are in your chakras. Clear them, using a bandhan and the appropriate mantras (checking which finger or location on the hand corresponds to which chakra – see p.294). After some time these sensations will disappear, and you will start to feel coolness on your hands. This means that the chakras have cleared and that Kundalini is rising unimpeded.

You may feel a cool breeze at first and then heat in the hands or in the body. This happens when the Kundalini starts to burn away the impurities that are clogging the chakra, and is a sign of progress. The process can be helped along by foot-soaking.

Why mantras are mostly 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 (a 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. If I have time, I will inform you all about it. 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.'

Shri Mataji Nirmala Devi, 'Sat-chit-ananda', New Delhi, India, 15 Feb 1977

This edition uses a simple Sanskrit transliteration employing a Romanised text with selected accents to help pronunciation and maximise the vibratory effect. The main accents used are: ā ū ī ṛ ñ ṅ.

Sanskrit has sixteen distinct vowels which correspond to petals of the Vishuddhi chakra (see p.262 for the bijakshara mantras, also: 'The Powers of Kundalini', Chelsham Road, London, UK, 17 May 1981; Formal talk, Hampstead, London, UK, 14 October 1978).





Shri Mataji has instructed at various times that the mantras should not be said in a low bass voice, but a little higher than the usual tone of the normal speaking voice, as this helps clear the left side. The rhythm and the speed should be moderate, without hurrying or excessive slowness. The more people that say the mantra together the more powerful the mantra becomes, as it resounds with the desire of the collective. However, when there are more people, more care needs to be taken that the resulting sound should be in unison and is gentle, clear and tuneful. It should always be remembered that the point of the mantra is to invoke and please the deity and all care should be taken not to fall into artificiality and ritualism. A mantra is merely a key that opens the door to the Spirit.

The use of the nominative form of Sanskrit

Sanskrit has eight cases of declension and this edition retains the familiar nominative form or first form, so that each name appears in its original form without modification. Traditionally, this is how the names of the deity have been presented before Shri Mataji, who Herself advised in the 1980's to keep the use of Sanskrit simple for the foreigners.

When we use the full mantra construction, it is linguistically correct to use the nominative form for the name of the deity and the homage of the dative phrase 'namo namah'(meaning 'I bow to' or 'salutations to') falls correctly on the Devi: Aum twameva sākshāt Shrī Kalki sākshāt Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah. This is of prime importance because in the full mantra we proclaim the identity between Shri Mataji and the principle of that particular deity or quality, and we recognise the principle as existing within Her Being. 'Amen, O Divine Mother Shri Mataji, verily You are Shri Kalki. Salutations to You!' It is the recognition of this identity that triggers the vibrations.

However, when for convenience sake we shorten the conventional mantra construction to Aum twameva sākshāt Shrī Kalki namo namah, we tolerate the incorrect use of the nominative form within a dative context. This serves to remind us that the shortened form is simply a short-hand version of the full mantra and that the homage is due not to the specific deity, but to Shri Mataji Herself. Indeed, to be linguistically correct, we would have to modify the nominative to either Aum twameva sākshāt Shrī Kalkyai namo namah (dative) or Aum twameva sākshāt Shrī Kalke namo namah (vocative). This is why we have endeavoured to follow Shri Mataji's advice and keep things simple.

At the same time, we acknowledge the linguistic issue that arises when a name in nominative form appears before the dative phrase 'namo namah' – namely that the name should be modified from the nominative to either the dative or vocative form. So for the sake of reference, a sambodhan edition is available on request, which makes use of the vocative or eighth form of Sanskrit and effectively avoids the nominative–dative problem.

See p.287–90 for a full Sanskrit pronunciation guide.





The option to leave out the ‘Shri’

As a matter of choice, an asterisk (*) indicates the names where if desired, you could drop the ‘Shri’ beforehand. These names all relate to negativity destroying aspects of the deity.

For example:

*Mahish’āsura ghātinī.....The slayer of Mahishasura would then become:

Aum twameva sākshāt Mahish’āsura ghātinī sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah

Translation

The English translation of each name begins with ‘You are’ so that each name is addressed directly to Shri Mataji.

For example: Shrī GaneshaYou are... Shri Ganesha

The principal mantras used in Sahaja Yoga

The Aum

The Amen, the Word of St. John’s Gospel. The Aum is the integrated power of the Adi Shakti (Holy Spirit). Its essence is expressed in Shri Ganesha at the Muladhara chakra and its manifestation is Lord Jesus Christ at the Agnya chakra.

Energy of the Divine	Channel	Nervous system	Aspect	Quality
‘A’ Mahākālī	Idā nādī	Left sympathetic	Tamo guna	Desire, existence
‘U’ Mahāsaraswatī	Pingalā nādī	Right sympathetic	Rajo guna	Action, thought, creation
‘M’ Mahālakshmī	Sushumnā nādī	Para- sympathetic	Sattva guna	Evolution, awareness

The mantras of the chakras

Mantras are praises to the residing deities within our chakras and within Shri Mataji’s Being. The chakras are the wheels of power seen in the vision of the prophet Ezekiel and identified in the Eastern religions. Shri Mataji reveals through the practice of Sahaja meditation that the chakras store the qualities of the deities. When they move from the latent to the awakened state, the chakras manifest these qualities in our everyday life spontaneously, bringing us towards an integration of all the qualities of





the Divine. The deities ruling the chakras ensure our psychosomatic health and also govern our values system. They are better pleased and let their blessings flow when one develops the respective qualities in one's day-to-day life. Mostly the energy is further released when the meditator realises the integration of the power of the Divine Mother (Adi Shakti or Holy Spirit) with the manifestation of these various aspects. This is contained in the meaning of the initial greeting: Aum twameva sākshāt...(Amen, verily You are ...)

These verses are recited in Sanskrit. Sanskrit is used because when the Kundalini rises, She emits vibrations as she touches the petals of the chakras. These vibrations form primordial sounds or bija mantras (see p.262 for the bija mantras of the chakras) that are the basic elements for the language of the gods. Sanskrit derives its sounds from those vibrations.

To help raise the Kundalini, we can invoke the different aspects of the Divine (deities) which govern each chakra, thus establishing the subtle connection between the macrocosm (the actual deities) and the microcosm (the reflections of these divine powers within the chakras of our own body).

The chakras, which control our entire psychosomatic system, are located both along the spine (see p.291 for a diagram of the subtle system), and within the brain or Sahasrara where they have their seats or pīthas (see p.293 for a diagram of the location of the pīthas). When the Kundalini enters the chakras, they move from a dormant to an activated state, thereby realising the greater evolutionary potential of mankind. The spiritual transformation is fully actualised when the Kundalini reaches the seats of the chakras (pīthas) in the brain.

The basic form of the mantra is as follows, with the name of the deity inserted on the dotted line:

Aum twameva sākshāt sākshāt

Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah

Amen, O Divine Mother Shri Mataji, verily You are Salutations to You!

For example:

Aum twameva sākshāt Shrī Ganesha sākshāt

Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah

Amen, O Divine Mother Shri Mataji, verily You are Shri Ganesha. Salutations to You!

For convenience this may be shortened to Aum twameva sākshāt Shrī Ganesha namo namah, but note that linguistically speaking this would necessitate the use of the dative form (Shrī Ganeshaya), thereby rendering the construction grammatically incorrect (see p.9 for the use of the nominative form of Sanskrit).





Mantra table for the chakras

Mantra	Chakra or aspects	Quality
Shrī Ganesha	Left and centre Muladhara	Innocence, wisdom
Shrī Kārtikeya	Right Muladhara	Valour, dynamism, destruction of negativity
Shrī Gaurī– –Kundalinī Mātā	Muladhar (sacrum bone)	Seat of Kundalini, purity
Shrī Brahmadeva– –Saraswatī (Shrī Saraswatī– –Brahmadeva)*	Centre and right Swadhishtana	Creativity, action
Shrī Nirmalā Vidyā Shri Shuddha Ichha	Left Swadhishtana	Pure knowledge Pure desire
Shrī Fatima Hazrat–Ali (Shrī Hazrat–Ali Fatima)*	Ali relates to right Swadhishtana and Fatima to left Nabhi	Balance, sustenance and satisfaction
Shrī Lakshmī–Vishnu	Centre Nabhi	Dharma (righteousness) and evolution
Shrī Gruha Lakshmī	Left Nabhi	Auspiciousness and sustenance of the family and household
Shrī Rāja Lakshmī Shrī Shesha–Lakshmana Shrī Nirmala Chitta	Right Nabhi	Energy of the liver, attention. Blessings in terms of worldly powers and prosperity
Shrī Ādi Guru Dattātreya	Void (Bhava–sagara, surrounds the Nabhi)	Guru principle, principle of mastery and knowledge





Mantra	Chakra or aspects	Quality
Shrī Durgā Mātā– – Jagadambā	Centre Heart	Sense of security and complete motherly protection
Shrī Shiva–Pārvatī	Left Heart	Seat of the Atma (Spirit), hence, existence, love and joy. Relationship to the mother
Shrī Shiva–Shakti– –putra–Kārtikeya		Integrated power of the Father, Mother and Son
Shrī Ātmā–param’ātmā		Union with the Supreme Spirit
Shrī Sītā–Rāma	Right Heart	Responsible and righteous behaviour. Relationship to the father and to authority
Shrī Lalitā chakra swāminī	Lalita chakra (left shoulder)	Expresses the power of the left side
Shrī Shrī–chakra swāminī	Shri chakra (right shoulder)	Expresses the power of the right side
Shrī Rādhā–Kṛishna	Centre Vishuddhi	Collectivity. Detached witness state
Shrī Vishnumāyā	Left Vishuddhi	Self–esteem. Brother–sister relationship
Shrī Yashodā Shrī Vithala–Rukminī	Right Vishuddhi	Diplomacy, respect for others. Sense of solidarity.
Shrī sarva mantra siddhi	Right Vishuddhi	Power of enlightened speech



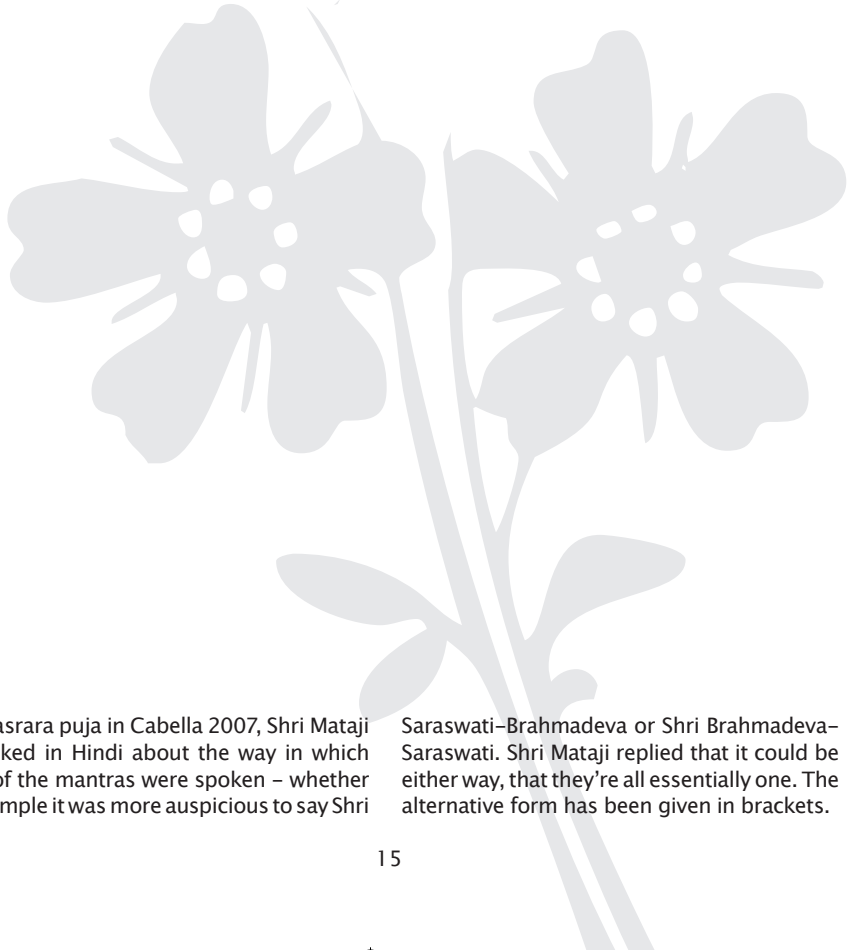


Mantra	Chakra or aspects	Quality
Shrī Haoṅsa– –chakra swāminī	Hamsa chakra	Discrimination and common sense
Shrī Mary–Jesus (Shrī Yeshu–Māria Mātā)* The Lord’s Prayer	Centre Agnya	Forgiveness, truth and resurrection
Shrī Mahāvīra Shrī Mukti dāyini Shrī Mahat–mānasa	Left Agnya (superego)	Capacity to overcome the superego. Freedom from conditionings. Going beyond fears, granting liberation. Acknowledging that the primordial superego belongs to God
Shrī Buddha Shrī Mahat’ahānkāra	Right Agnya (ego)	Capacity to overcome the ego. Going beyond thoughts and doubts. Acknowledging that the primordial ego belongs to God
Shrī Mahā–ganesha Shrī Mahā–ganapati Shrī Hiranya–garbha	Back Agnya	Centre of vision, clearing karmas (accumulated impact of past actions)
Shrī Ekādasha Rudra	Ekadasha Rudra (aligned on the upper part of the forehead)	Eleven destroying powers of Shiva that are under the control of Christ. Faith in God
Shrī Nirmala Virāt’āṅgana	The Virata	The supreme power of the absolute cosmic Being





Mantra	Chakra or aspects	Quality
Shrī Mahākālī– –Bhairava–Michael Shrī Mahākālī– –Bhadrakālī–Kālī–Kalki	Whole left side (Ida nadi)	Purifying emotions and desire
Shrī Mahāsaraswatī– –Hanumāna–Gabriel	Whole right side (Pingala nadi)	Blessing physical and mental activities
Shrī Mahālakshmī– –Ganesha	Whole central channel (Sushumna nadi)	Evolution and ascent



* At Sahasrara puja in Cabella 2007, Shri Mataji was asked in Hindi about the way in which some of the mantras were spoken – whether for example it was more auspicious to say Shri

Saraswati–Brahmadeva or Shri Brahmadeva–Saraswati. Shri Mataji replied that it could be either way, that they're all essentially one. The alternative form has been given in brackets.





The Affirmations

When a chakra has been damaged and the residing deity recedes, the chakra needs constant attention and nourishment. Affirmations connecting Shri Mataji to the chakras are used to bring our attention back to the respective qualities of the chakras, so that the energy of the corresponding deity returns. Thus the qualities of the chakra awaken and begin to act spontaneously within us.

Centre

Muladhara	Shri Mataji, by Your grace, please make me innocent.
Swadhishtana	Shri Mataji, by Your grace, please give me pure knowledge.
Nabhi	Shri Mataji, by Your grace, please make me satisfied and balanced.
Void	Shri Mataji, by Your grace, please make me my own guru (master).
Heart	Shri Mataji, by Your grace, please make me fearless.
Vishuddhi	Shri Mataji, by Your grace, please make me a detached witness; please make me part and parcel of the whole.
Hamsa	Shri Mataji, by Your grace, please give me the power of discrimination.
Agnya	Shri Mataji, by Your grace, please make me able to forgive.
Sahasrara	Shri Mataji, by Your grace, please establish my Self-realisation (my connection to the Divine).





Left side

Muladhara	Shri Mataji, by Your grace, I am the powerful innocence of a child.
Swadhishtana	Shri Mataji, by Your grace, I am the pure knowledge/technique of the Divine that acts.
Nabhi	Shri Mataji, by Your grace, I am satisfied. Shri Mataji, by Your grace, I am peace. Shri Mataji, by Your grace, I am a generous person.
Void	Shri Mataji, by Your grace, I am my own guru/master. Shri Mataji, as I am the pure knowledge, by Your grace, I am my own guru.
Heart	Shri Mataji, by Your grace, I am the Spirit. Shri Mataji, by Your grace, please forgive me for any mistakes against my Spirit. Shri Mataji, by Your grace, I am the instrument of Mother's love.
Vishuddhi	Shri Mataji, I am not guilty. As I am the Spirit, by Your grace, how can I be guilty?
Agnya	Shri Mataji, by Your grace, please forgive me, please let me have pure faith and may I go beyond all fears.
Sahasrara	Shri Mataji, by Your grace, I am protected from all the (left side) challenges and I will be victorious over all the challenges to ascent.
Shri Lalita chakra (Whole left side)	Shri Mataji, by Your grace, I am fortunate to be under the protection of the Divine Mother.





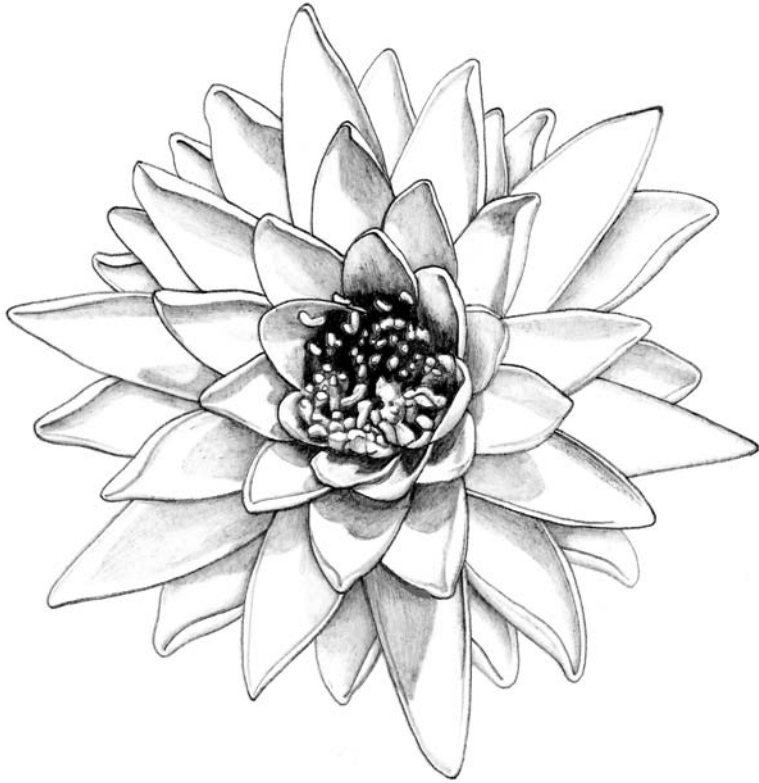
Right side

Muladhara	Shri Mataji, verily You are the killer of devils.
Swadhishthana	Shri Mataji, I do nothing. Verily You are the doer and You are the enjoyer.
Nabhi	Shri Mataji, verily You are the royal dignity in me. Shri Mataji, verily You solve my money/family worries and take care of my well-being.
Void	Shri Mataji, verily You are my guru/master.
Heart	Shri Mataji verily You are the responsibility in me. Shri Mataji, verily You are the boundaries of good conduct and the benevolence of a good father.
Vishuddhi	Shri Mataji, verily You are the sweet countenance of my words and deeds.
Agnya	Shri Mataji I forgive everyone and I forgive myself. Shri Mataji, by Your grace, please keep me in surrender and may I go beyond all doubts.
Sahasrara	Shri Mataji, verily You are the victory over all the (right side) challenges to ascent.
Shri chakra (Whole right side)	Shri Mataji, verily You are the Holy Spirit.

There is also the following affirmation relating to any personal identification, such as a person's job.

For example, for a teacher:
Shri Mataji, verily You are the teacher
of all teachers.





*'After enlightenment I was amazed how
my understanding of every aspect of life
manifested in its glory. Like flowers,
we do not know what fragrance we have.'*

Babamama, Shri H. P. Salve







The Mūlādhāra Chakra



Aum Gaṁ Ganapataye namaḥ
Amen, Gam, obeisance to Ganapati.





Shrī Ganesha Atharva Shīrsha

Aum namaste Ganapataye

Amen. Obeisance to Ganapati (the lord of the Ganas).

Twameva pratyaksham Tattwam-asi

You are the manifest primordial principal.

Twameva kevalam kart'āsi

You alone are the doer.

Twameva kevalam dhart'āsi

You alone are the supporter (of the universe).

Twameva kevalam hart'āsi

You alone are the destroyer.

Twameva sarvam khalvidam Brahm'āsi

You are verily the all-pervading Brahman (Supreme Spirit).

Twam sākshād-Ātm'āsi nityam

You are the manifest eternal Self (Atman).

Ṛitam vachmi, satyam vachmi

I say what I feel to be right, I speak what is true.

Ava twam mām, Ava vaktāram, Ava shrotāram

*Please protect me, protect the one who utters Your name,
protect the one who hears Your name,*

Ava dātāram, Ava dhātāram, Av'ānūchānam-ava shishyam

The one who gives, the one who receives, the master and the disciple.

Ava pashchāt-tāt, Ava puras-tāt, Av'ottarāt-tāt

Protect me from behind (west), from the front (east), from the left (north),

Ava dakshināt-tāt, Ava ch'ordhvāt-tāt, Av'ādharāt-tāt

From the right (south), from above and from below.

Sarvato mām pāhi pāhi saman-tāt

Please protect me, protect me from all directions.

Twam vāṅ-mayas, Twam chin-mayah

You are the spoken and literary word, You are complete chaitanya (vibrations),

Twam-ānanda-mayas-Twam Brahma-mayah

You are complete bliss, You are complete Brahman,

Twam sat-chid'ānand'ādvitī-yosi

You are absolute truth, awareness and bliss,

Twam pratyaksham Brahm'āsi

You are the manifest Brahman,

Twam dñyāna-mayo vidñyāna-may'osi

You are the knowledge of the sciences and of the highest truth.





Sarvam jagadidam twatto jāyate

All of creation originates from You.

Sarvam jagadidam twattas-tishthati

All of creation exists because of You.

Sarvam jagadidam twayi layam'eshyati

All of creation dissolves into You.

Sarvam jagadidam twayi pratyeti

All of creation returns to You.

Twam bhūmir-āpo-nalo-nilo nabhah

You are earth, water, fire, air and ether (five elements).

Twam chatvāri vāk-padāni

You are the four parts of speech.

Twam guna-tray'ātītah, Twam deha-tray'ātītah

You are beyond the three gunas (Sattwa, Raja, Tama).

You are beyond the gross, subtle and causal bodies

Twam kāla-tray'ātītah, Twam mūlādhāra-sthitosi-nityam,

You are beyond the three times (past, present and future).

You always reside at the Muladhara chakra.

Twam Shaktī-trayāt-makah, Twām yogino dhyāyanti nityam

The three shakti powers are within You (Mahalākshmi, Mahasaraswati, Mahakali).

Yogis constantly meditate upon You.

Twam Brahmā Twam Vishnus Twam Rudras Twam Indras

You are Brahma, You are Vishnu, You are Shiva, You are Indra,

Twam Agnis Twam Vāyus Twam Sūryas Twam Chandramās

You are fire, You are the wind, You are the sun, You are the moon,

Twam Brahma-Bhūr-Bhuvah Svarom

You are the Supreme Spirit that pervades the Earth, Heaven and Aumkara.

Ganādim pūrvam-uchchārya, Varnādim tad'anantaram

First utter the first letter of Gana (G), followed by the first letter of the alphabet (A),

Anusvārah para-tarah, Ardhendu-lasitam tārena ṛiddham

And finally the nasal sound (M). The letter 'G' is crowned by the dotted half-moon symbol (as in Aum).

Etat-tava manu-sva-rūpam, Ga-kārah purva-rūpam

This is the true form of Your mantra. The sound 'G' is the first form,

A-kāro madhyama rūpam

The vowel 'A' is the middle form,

Anuswārash-chāntya rūpam, Bindur-uttara-rūpam

And the nasal sound 'M' is the last form, ending with the dot of the nasal sound on top.

Nādah sandhānam, Saoñhitā sandhihi

These combined sounds follow the grammatical rules known as 'Sandhi'.





Saishā Ganesha-vidyā, Ganaka-ṛishihī

This is the knowledge of Shri Ganesha. Sage Ganaka is the author (seer).

Ni-chṛud-Gāyatri-chhandah, Ganapatir-devatā

The metre is mixed Gayatri, Ganapati is the deity.

Aum Gaṁ Ganapataye namah

Amen, Gaṁ, obeisance to Ganapati.

Eka-dantāya vidmahe, Vakra-tundāya dhī-mahi

We know the god with one tusk. We meditate upon the god with the curled-up trunk.

Tanno Danti prachodayāt

May the god with one tusk enlighten us.

Eka-dantam Chatur-hastam Pāsham-ankusha-dhārinam

You have one tusk and four arms. With the upper right hand You wield the noose, with the upper left the ankusha (elephant hook or goad),

Radam cha varadam hastair-bi-bhrānam

With the lower right You wield a tusk, and with the lower left You give blessing.

Mūshaka-dhvajam, Raktam Lambodaram

A mouse is Your emblem. You are red in complexion, You have a large belly,

Shūrpa-karnakam, Rakta-vāsasam

And ears like winnowing fans. You wear red clothes.

Rakta gandh'ānulipt'āngam, Rakta-pushpaihi supūjitam

Fragrant red sandalwood paste anoints Your body.

You are auspiciously worshipped with red flowers.

Bhaktānu-kampinam devam, Jagat-kāranam-achyutam

You are ever-compassionate to Your devotees.

You are the imperishable origin of the world.

Āvir-bhūtam cha sṛshtyādyau, Prakṛutehe Purushāt-Param

You manifest before creation, You are beyond the supreme Prakriti (creative energy of Shri Adi Shakti) and Purusha (primordial Spirit of Shri Sadashiva).

Evam dhyāyati yo nityam, sah yogī yoginām varah

In this way, the one who constantly meditates upon You is the greatest of yogis.

Namo Vrātapataye, Namō Ganapataye

Obeisance to the lord of the Vrata (Shri Shiva's Ganas), Obeisance to Ganapati.

Namah Pramatha-pataye

Obeisance to the lord of the Pramatha (Shri Shiva's Ganas).

Namaste'stu Lambodarāya-Eka-dantāya

Obeisance to the big-bellied one with one tusk.

Vighna-nāshine, Shiva-sutāya, Shrī Varada-mūrtaye namah

The destroyer of obstacles, the son of Shri Shiva, the embodiment of the giver of prosperity and boons, we bow to You.

**Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah**





Aum – To the divine essence of prayer

A poetic adaptation of the Shri 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 same song, the same strength
and the same knowledge;
and let our meditation enlighten and enrich.
Let there be amongst us compassion and peace.

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

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

Think clearly brain; speak only the truth.

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.

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.

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.

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.

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 Gaṁ Nirmal Ganapataye

To Your powers, Shri Ganesha, let all surrender;
let the left side of memory and the right side of action
surrender to You and let Your enlightenment prevail.

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 Gaṁ 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.





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 Mātājī Nirmalā Devi,

who is unending joy, salutations to You.

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah



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

**Shri Mataji Nirmala Devi, Shri Ganesha puja,
Cabella, Italy, 15 Sep 1991**





How to awaken Shrī Ganesha's power within you

*Hold the left hand towards Shri Mataji's photo
and place the right hand on the ground.*

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.

Shri Mataji Nirmala Devi, 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 Mataji Nirmala Devi, Shri Ganesha puja,
Lanersbach, Austria, 26 Aug 1990*





The 12 holy names of Shrī Ganesha

One who says or even listens to these twelve names at the beginning of learning, marriage, entering or exiting, in battle or at times of difficulty, faces no hurdle.

Sumukhash–chai'ka–dantash–cha Kapilo Gaja–karnakah
Lambodarsh–cha Vikato Vighna–nāsho Ganādhipah
Dhūmra–ketur–Ganādhyaksho Bhāla–chandro–Gajānanah

Sumukha	<i>You are...The one whose face is handsome and auspicious</i>
Ekadanta	<i>He who has one tusk</i>
Kapila	<i>Reddish-brown in colour</i>
Gaja–karnaka	<i>The one who has elephant's ears</i>
Lambodara	<i>Big-bellied</i>
Vikata	<i>Huge</i>
Vighna–nāsha.....	<i>The destroyer of obstacles</i>
Ganādhipa	<i>The leader of the Ganas</i>
Dhūmra–ketu	<i>Grey-bannered</i>
Ganādhyaksha.....	<i>The chief of the Ganas</i>
Bhāla–chandra.....	<i>The one who sports the moon on His forehead</i>
Gajānana	<i>Elephant-faced</i>

Vakra–tunda mahākāya, sūrya–koti–sama–prabha
O god with the curled-up trunk, whose body is mighty and who shines with the lustre of a million suns,
Nirvighnam kuru me deva, sarva kāryeshu sarvadā
May my endeavours be forever free from obstacles.

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah





The 108 holy names of Shrī Ganesha

Aum twameva sākshāt Shrī Ganesha sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Ganesha. Salutations to You!

Vināyaka.....	<i>You are... Peerless, without equal</i>	
Vighna-rāja	<i>The ruler of obstacles</i>	
Gaurī-putra	<i>The son of Shri Gauri</i>	
Ganeshwara.....	<i>The lord of all the Ganas</i>	
Skandāgraja	<i>The elder brother of Shri Skanda (Shri Kartikeya)</i>	5
Avyaya	<i>Eternal</i>	
Pūta.....	<i>Auspicious</i>	
Daksha	<i>Alert</i>	
Adhyaksha	<i>The one who presides over all</i>	
Dvija-priya	<i>Fond of the twice-born</i>	10
Agni-garbha.....	<i>The one who contains fire within</i>	
Indra-shrīprada	<i>The one who bestows power to Shri Indra</i>	
Vānī-prada	<i>The bestower of speech</i>	
Sarva-siddhi-prada	<i>The bestower of all fulfillment</i>	
Sharva-tanaya	<i>The son of Shri Shiva</i>	15
Sharvarī-priya	<i>Fond of night</i>	
Sarv'ātmaka	<i>The soul of all</i>	
Ṣṛushti-kartā.....	<i>The creator</i>	
Divya.....	<i>Resplendent</i>	
Anek'ārchita	<i>Worshipped by the multitude</i>	20
Shiva	<i>Auspicious and benevolent</i>	
Shuddha.....	<i>Pure</i>	
Buddhi-priya	<i>Fond of intelligence</i>	
Shānta	<i>Peaceful</i>	
Brahmachārī	<i>Celibate</i>	25
Gajānana	<i>The one who has an elephant's face</i>	
Dvai-mātreyā	<i>The one who has two mothers (Shri Gauri & Shri Parvati)</i>	
Muni-stuta	<i>Praised by sages</i>	
Bhakta-vighna vināshaka.....	<i>The one who destroys the obstacles of devotees</i>	
Ekadanta	<i>He who has one tusk</i>	30
Chatur-bāhu.....	<i>The one who has four arms</i>	





Chatura	<i>Ingenious</i>	
Shakti-saiyukta	<i>One with the source of power</i>	
Lambodara	<i>The one who has a large belly</i>	
Shūrpa-karna	<i>The one whose ears are like winnowing fans</i>	35
Hari	<i>The one who destroys evil with lion-like courage</i>	
Brahma-vidhuttama	<i>The foremost knower of Brahman (Supreme Spirit)</i>	
Kāla	<i>The embodiment of time</i>	
Graha-pati	<i>The lord of the planets</i>	
Kāminī	<i>Overflowing with love</i>	40
Soma-sūry'āgni-lochana	<i>The one whose eyes are the moon, sun and fire</i>	
Pāsh'ānkusha dhara	<i>The one who wields the noose and elephant hook (goad)</i>	
Chhanda	<i>The one whose actions are rhythmical</i>	
Gun'ātīta	<i>The one who transcends all qualities</i>	
Niranjana	<i>Without blemish</i>	45
Akalmasha	<i>Without impurity</i>	
Swayam-siddha	<i>The one who achieved power by Himself</i>	
Siddh'ārchita-padāmbuja	<i>The one whose lotus feet are worshipped by sages</i>	
Bijā-pūra-phalāsakta	<i>Fond of pomegranates</i>	
Varada	<i>The bestower of boons</i>	50
Shāshvata	<i>Unchanging</i>	
Krutī	<i>Working incessantly</i>	
Vīta-bhaya	<i>Free from fear</i>	
Gadī	<i>The wielder of the mace</i>	
Chakrī	<i>The wielder of the discus</i>	55
Ikshu-chāpa-dhātā	<i>The holder of the sugarcane bow (symbolising the attention within)</i>	
Shrī-dāyaka	<i>The bestower of auspiciousness and prosperity</i>	
Ajaya	<i>The one who is unborn</i>	
Utpala-kara	<i>The one who holds the blue lotus blossom</i>	
Shrī-pati	<i>The lord of wealth</i>	60
Stuti-harshita	<i>The one who rejoices in praise</i>	
Kulādri-bhartā	<i>The support of the mountain ranges</i>	
Jatila	<i>Intricate</i>	
Kali-kālmasha nāshaka	<i>The destroyer of Kali-yuga's impurity</i>	





Chandra–chūdāmani	<i>The one who wears the moon upon his head</i>	65
Kānta.....	<i>The one who is loved by all</i>	
Pāpa–hārī	<i>The destroyer of sins</i>	
Samāhita	<i>Perfectly attentive</i>	
Āshrīta	<i>Our refuge</i>	
Shrī–kara	<i>The one who manifests auspiciousness and prosperity</i>	70
Saumya	<i>Gentle and pleasing</i>	
Bhakta–vānchhita dāyaka	<i>The one who grants devotees' desires</i>	
Kaivalya sukhada.....	<i>The one who bestows absolute happiness</i>	
Sat–chid'ānanda–vighraha	<i>The one who sustains absolute truth, awareness and bliss</i>	
Dñyānī.....	<i>The embodiment of wisdom</i>	75
Dayā yuta	<i>Full of compassion</i>	
Dānta	<i>The master of self-control</i>	
Brahma–dvesha–vivarjita	<i>Totally at one with the supreme</i>	
Pramatta–daitya–bhayada	<i>The one who inspires fear in power-intoxicated demons</i>	
Shrī–kantha	<i>The one who has a beautiful throat</i>	80
Vibudh'eshwara	<i>The lord of the most wise</i>	
Rām'archita	<i>The one who is worshipped by Shri Rama</i>	
Vidhātā.....	<i>The controller of destiny</i>	
Nāgarāja–yadñyo– –pavītavāna	<i>The one who wears a cobra as a sacred thread</i>	
Sthūla–kantha	<i>The one who has a stout neck</i>	85
Swayam–kartā.....	<i>Independent in action</i>	
Sāma–ghosha priya	<i>Fond of the sound of Sama Veda</i>	
Parasmai	<i>The one for whom there is no other</i>	
Sthūla–tunda	<i>The one who has a stout trunk</i>	
Agraja	<i>The first-born</i>	90
Dhīra	<i>Courageous</i>	
Vāgīsha	<i>The lord of speech</i>	
Siddhi–dāyaka	<i>The one who bestows special powers</i>	
Dūrvā–bilva–priya	<i>Fond of durva grass and bilva fruit</i>	
Avyakta–mūrti.....	<i>The manifestation of the unmanifest</i>	95
Adbhuta–mūrtimāna	<i>Of wondrous form</i>	
Shailendra tanuj'otsanga– –khelan'otsuka mānasa	<i>Fond of playing with Your mother Shri Parvati, the daughter of the mountain lord</i>	





Sva-lāvanya sudhā-sārajita- -manmatha-vigraha.....	<i>A vast ocean of sweetness more charming than the god of love</i>	
Samasta jagad'ādhāra	<i>The supporter of all the worlds</i>	
Māyī	<i>The power of illusion</i>	100
Mūshaka-vāhana.....	<i>The one who has a mouse as His vehicle</i>	
Hṛushta	<i>Overjoyed</i>	
Tushta	<i>The embodiment of contentment</i>	
Prasann'ātmā.....	<i>The benign Spirit</i>	
Sarva-siddhi pradāyaka.....	<i>The one who bestows all special powers</i>	105
Mūlādhāra chakra- -saṁsthita.....	<i>The one who adorns the Muladhara chakra</i>	
Abodhitā pradāyaka	<i>The one who bestows innocence</i>	
Gana-nāyaka.....	<i>The chief of the Ganas</i>	

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah



Aum Gaṁ Ganapataye namah
Amen, Gam, obeisance to Shri Ganapati.





108 invocations to Shrī Ganesha

These invocations were first offered to Shri Mataji at Shri Ganesha puja 1984, in front of the Matterhorn mountain, 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 Aumkara.
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 Shri Maha-gauri.

20

You are the greatest pupil of Shri Maha-saraswati.
You are the guardian of Shri Maha-lakshmi.
You are listened to by Shri Adi Kundalini.
You are manifested in the four heads of Shri Brahmadeva.
You are the foremost disciple of Shri Shiva.

25

You are the glory of Shri Maha-vishnu.
You are the bond of love between Shri Rama and His brothers.
You lead the dance of Shri Krishna'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 Adi Guru.
 You become the Adi 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 Maharashtra.
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 (sweets), 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 Shri Nirmala Ma and of Shri Nirguna. 100





You are the master of protocol of Shri Adi Shakti Nirmala Devi.
You are the foremost knower of Shri Adi Shakti Nirmala Devi.
You witness the awesome greatness of Shri Adi Shakti Nirmala Devi.
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 Shri Nirmala
in the snowy regions of Sahasrara.

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah



38





*Victory to Shri Kartikeya! The glorious son of Shri Shiva,
the radiant Lord who destroys all negativity
with His spotless brilliance!*





The 108 holy names of Shrī Kārtikeya

Aum twameva sākshāt Shrī Kārtikeya sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Kartikeya. Salutations to You!

Skanda	<i>You are...The vanquisher of mighty foes</i>	
Guha	<i>Hidden and beyond comprehension</i>	
Shan–mukha	<i>The one with six faces</i>	
Bhālanetra–suta.....	<i>The son of the three-eyed Shri Shiva</i>	
Prabhu.....	<i>The Lord Almighty</i>	5
Pingala	<i>Golden-hued</i>	
Kṛuttikā–sūnu.....	<i>The son of the six starry maids (Pleiades constellation)</i>	
Shikhi vāhana	<i>The one who rides on a peacock</i>	
Dwādasha bhuja.....	<i>The lord with twelve arms</i>	
Dwādasha netra	<i>The lord with twelve eyes</i>	10
Shakti dhara	<i>The one who wields the divine powers</i>	
* Pishitāsha prabhanjana	<i>The one who destroys evil spirits (flesh-eaters)</i>	
* Tārak’āsura saonhārī.....	<i>The destroyer of Tarakasura</i>	
* Rāksho–bala vimardana	<i>Victorious over the Asuric forces</i>	
Matta.....	<i>Excited with joy</i>	15
Pramatta	<i>Intoxicated with divine wrath (to kill the demons)</i>	
Unmatta	<i>Overcome with excitement</i>	
Sura–sainya surakshaka	<i>The benevolent guardian of the army of the Devas</i>	
Deva–senāpati	<i>The commander of the divine army</i>	
Prādñya	<i>The lord of wisdom</i>	20
Kṛupālu	<i>Compassionate</i>	
Bhakta vatsala	<i>He who loves His devotees like His own children</i>	
Umā–suta	<i>The son of Uma (Shri Parvati)</i>	
Kumāra	<i>The eternally-youthful lord</i>	
Krauncha tārana.....	<i>The one who saved Mount Krauncha. You split the mountain with Your spear and destroyed the demon Tarakasura hiding within</i>	25
Senānī	<i>The general of the divine army</i>	
Agni–ja.....	<i>Born of the effulgent fire</i>	





Vishākha	<i>The one who shines in the astral Vishakha (constellation of Libra)</i>	
Shankar'ātmaja.....	<i>The son of Shri Shankara (who is Shri Shiva)</i>	
Shiva-swāmī.....	<i>The master of auspiciousness</i>	30
Gana-swāmī.....	<i>The master of the Ganas (Shri Shiva's soldiers)</i>	
Sarva-swāmī	<i>The master of all</i>	
Sanātana	<i>The eternal Lord</i>	
Ananta-shakti	<i>The lord of unlimited power</i>	
Aksho-piyaya.....	<i>Unsullied by arrows</i>	35
Pārvatī-priya nandana.....	<i>The beloved son of Shri Parvati</i>	
Gaṅgā suta	<i>The son of the sacred river Ganges</i>	
Sarosha bhūta	<i>Full of divine wrath (to kill the demons)</i>	
Pāvak'ātmaja	<i>Born out of fire</i>	
Abhūta	<i>The unborn lord (He sprang from the third eye of Shri Shiva as six divine sparks)</i>	40
Agni-garbha.....	<i>He who was conceived by fire</i>	
Sarmī-garbha.....	<i>Born from fire</i>	
Vishwa-retas	<i>The seed of the universe</i>	
Surāri-gḥna.....	<i>The one who subdues the enemies of the Devas</i>	
Hiranya-varna	<i>Resplendent and golden is Your colour</i>	45
Shubha-kṛta.....	<i>The bringer of auspiciousness</i>	
Vasu-mata	<i>The splendour of the Vasus (celestial beings)</i>	
Vada-vesha-pratha	<i>Celebrated with beautiful words</i>	
Jṛumbha	<i>Peerless (You open Your mouth to consume the demons)</i>	
Pra-jṛumbha.....	<i>Auspicious (You open Your mouth to consume the rakshasas)</i>	50
Ujṛumbha	<i>Invincible (You open Your mouth to consume negativity)</i>	
Kamal'āsana saonstuta.....	<i>Praised by Shri Brahmadeva (who is seated on a lotus)</i>	
Ekavarna	<i>One within the unity</i>	
Dvivarna.....	<i>The one who permeates the duality of matter and Spirit</i>	
Trivarna.....	<i>In the three aspects or gunas (Sattwa, Raja, Tama)</i>	55
Chatur-varna.....	<i>The one who permeates the four castes (Brahmin, Kshatriya, Vaisha and Shudra)</i>	





Pancha-varna	<i>The one who permeates the five elements (earth, water, fire, air, ether)</i>	
Prajāpati	<i>The father of all creation</i>	
Pūshana.....	<i>The luminous sun</i>	
Gabhasti	<i>Effulgent like the sun</i>	60
Garbha-shāyī	<i>The one who as six sparks, was nurtured in the wombs of the six starry maids of the Pleiades constellation</i>	
Gahana.....	<i>Unfathomable</i>	
Chandra varna.....	<i>Radiant like the moon</i>	
Kalā-dhara	<i>The one who upholds all the arts</i>	
Māyā-dhara.....	<i>The one who upholds the power of illusion</i>	65
Mahā-māyī.....	<i>The divine power of illusion</i>	
Kaivalya.....	<i>The everlasting joy of liberation</i>	
Sahat'ātmaka.....	<i>The one whose nature is inner strength</i>	
Vishwa-yoni	<i>The power of all existence</i>	
Amey'ātmā	<i>Supremely magnanimous</i>	70
Tejo-nidhi	<i>Abounding in glory</i>	
Anāmaya	<i>The one who saves us from illness</i>	
Parameshthī	<i>The Highest Lord</i>	
Guru	<i>The guru</i>	
Parabrahma.....	<i>The Supreme Spirit</i>	75
Veda-garbha	<i>The son of the Vedas</i>	
Pulinda-kanyā-pati	<i>The lord of Valli (daughter of King Pulinda)</i>	
Mahā-sārasvata-pratyaya.....	<i>The one who abounds with the Mahasaraswati power</i>	
Āshrit'ākhila-dhātā	<i>The one who showers grace on those who seek his solace</i>	
Shūla-ghna	<i>The remover of obstacles</i>	80
Roga-nāshaka.....	<i>The remover of diseases</i>	
Ananta-mūrti	<i>He whose form is infinite</i>	
Ānanda	<i>Bliss</i>	
Shikhandi-kṛuta ketana.....	<i>The lord of the peacock banner</i>	
Dambha	<i>The one who wields Indra's thunderbolt to destroy negativity</i>	85
Parama-dambha	<i>The one who wields the supreme thunderbolt</i>	
Mahā-dambha.....	<i>The master of the greatest thunderbolt</i>	
Vṛushā-kapi	<i>The culmination of all dharma</i>	
Kāranotpatti-deha.....	<i>The cause of the birth of the body</i>	





Kāran'ātīta vighraha	<i>The body that is beyond all causes</i>	90
Anīshwara	<i>The god who has no superior</i>	
Amṛuta	<i>Divine nectar</i>	
Prāna.....	<i>The breath of life</i>	
Prāna-dhara	<i>The one who supports all living beings</i>	
Parā-vara	<i>Sovereign goodness</i>	95
Vṛuddha khandara.....	<i>The one who defeats all hostile forces</i>	
Vīraghna	<i>The vanquisher of heroic opponents</i>	
Rakta-shyāma gala	<i>The one who has a beautiful dark red throat</i>	
Loka-guru	<i>The guru of the universe</i>	
Supingala	<i>The lustrous golden red-brown colour of the right channel</i>	100
Mahān	<i>The consummation of glory</i>	
Subrahmanya	<i>Effulgent radiance</i>	
Guha priya.....	<i>Fond of Your invincible hidden powers</i>	
Brāhman.....	<i>The serene lord of luminous wisdom</i>	
Brāhmana priya	<i>Fond of realised saints</i>	105
Sarv'eshwara	<i>The sovereign Lord Almighty</i>	
Akshaya-phala prada	<i>The one who bestows eternal blessings</i>	
Nishkalanka.....	<i>Spotless and unblemished</i>	

Sākshāt Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah



Dñyāneshwara (1275–1296 AD)

(also referred to as Gyaneshwara/Gyanesha/Jnaneshwara/Jnanadeva)

Shri Kartikeya incarnated as the great poet-saint Dnyaneshwara (the supreme master of knowledge). His eldest brother and guru was Nivrittinath (traditionally said to be an aspect of Shri Shiva), his younger brother was Sopanadeva (the second incarnation of Brahmadeva, *see p.53*) and his younger sister

was Muktabai (traditionally said to be an aspect of Shri Vishnumaya). Before taking his samadhi in the simple Maharastrian village of Alandi, near Pune at the young age of 21, he wrote many great works of spiritual literature, notably the 'Dnyaneshwari', 'Amrutanubhava' and 'Pasayadana'.

(*see: Shri Kartikeya puja, Mumbai, India, 21 Dec 1996*)





Shrī Bhūmī Devī Vandanā

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

Samudra vasane Devī parvata–stanamandale

*O Bhumi Devi, the oceans are Your garments
and You are decorated with mountain peaks.*

Vishnu–patnim namas–tubhyam pāda–sparsham kshamaswa me

*Obeisance to You, the beloved consort of Vishnu, please forgive me
for touching You with my feet.*





Prayer to Shrī Bhūmi Devī

Upon You beloved Mother Earth,
we stand at this the crossroads of man's destiny.
Only through Your kind Love for Your children are we here now.
You have graciously sustained us thus far.
You have given us food, water, clothing and shelter.

O beloved Mother Earth,
with our heads bowed, we thank You;
and with our heads bowed, we come humbly to You,
asking further sustenance and strength for the many long days ahead.

O beloved Mother Earth,
now that we have grown a little and stand firmer each day,
we pray to You to help clear the way as we begin to march forward.
We long for the cleansing of all lands, so that upon You,
beloved Mother Earth, the righteous may return to their divine home.
We hope to be many.

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

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

O beloved Mother Earth,
support us, so that we may soon stand upon You in great numbers,
and invoke with one mighty voice, the dance of Lord Shiva.
These things we most humbly pray.

Bolo Shrī Bhūmi Devī sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devi Ki Jai!







The Swādhishthāna Chakra



Namāmi Shāradām devīm vīnā pustaka dhārinīm
I bow to Shri Saraswati, the one who holds the vina and the book of knowledge.





The 21 holy names of Shrī Brahmadeva–Saraswatī

Aum twameva sākshāt Shrī Brahmadeva–Saraswatī sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Brahmadeva-Saraswati. Salutations to You!

Buddhi.....	<i>You are... divine intelligence (consciousness or discrimination)</i>	
Mahat'ahankāra.....	<i>The ego of the Divine</i>	
Sūrya.....	<i>The sun</i>	
Chandra	<i>The moon</i>	
Ākāsha tattwa–swāminī.....	<i>The master of the principle of ether (sound)</i>	5
Vāyu–tattwa–swāminī.....	<i>The master of the principle of the wind (sound and sense of touch)</i>	
Tejas–tattwa–swāminī	<i>The master of the principle of burning light (sound, touch and form)</i>	
Āpa–tattwa–swāminī	<i>The master of the principle of water (sound, touch, form and taste)</i>	
Pruthvi–tattwa–swāminī	<i>The master of the principle of the Mother Earth (sound, touch, form, taste and smell)</i>	
Ākāsha–tattw'ishwarī	<i>The goddess of the ether element</i>	10
Anīla–tattw'ishwarī.....	<i>The goddess of the air element</i>	
Tejo–tattw'ishwarī	<i>The goddess of the fire element</i>	
Jala–tattw'ishwarī	<i>The goddess of the water element</i>	
Bhūmi–tattw'ishwarī.....	<i>The goddess of the earth element</i>	
Hiranya–garbha.....	<i>The golden cosmic egg (that contains the universe of Shri Brahma)</i>	15
Pancha–tan–mātrā.....	<i>The five subtle elements</i>	
Pancha–bhūtā.....	<i>The five gross elements</i>	
Vishwa.....	<i>The universe (awareness in its awakened state)</i>	
Taijas'ātmikā	<i>The essence of all life energy (dream awareness)</i>	
Pradñy'ātmikā	<i>The essence of all intelligence (sleep awareness)</i>	20
Turiyā	<i>The fourth state of meditation (union with the Divine)</i>	

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah





Shrī Saraswatī Vandanā (prayer to Shrī Saraswatī)

Yā kundendu tushāra hāra dhavalā

*She who is as fair as fragrant white Kunda flowers, the moon,
the fine misty spray of the waterfall and the white garland;*

Yā shubhra vastrā vṛutā

She who is covered with white garments;

Yā vīnā vara danda mandita karā

She whose hands are decorated with the vina's slender neck;

Yā shweta padm'āsanā

She who resides in a white lotus;

Yā Brahm'āchyuta Shankara Prabhṛutibhir

She whom Shri Brahma, Shri Vishnu, Shri Shiva and all the deities

Devaihi sadā vanditā

Constantly praise and worship;

Sā mām pātu Saraswatī Bhagawati

*O You, who are that Goddess Saraswati Bhagawati,
please bless us and protect us.*

Nishesha jādy'āpahā

Destroy all our ignorance.

Sākshāt Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah

The divine gift of music

Traditionally it is said that music passed from the Divine through Shri Saraswati to Shri Narada (an eternal Puranic sage), who in turn taught the gandharvas (divine musicians) and gifted the art of music to humankind by means of the great sages of ancient times. Music is said to have first appeared in ancient China, as sages began to contemplate the notes created by the wind as it whistled through the hollow stems of bamboo.

Foremost of the great masters of western music was **Wolfgang Amadeus Mozart** (1756–1791) an incarnation of Shri Narada. Born in Salzburg in Austria, Mozart's music principally activates the central channel (sushumna nadi). In his opera 'Die Zauberflöte' (The Magic Flute), he expresses

the qualities of the seeker of truth through the characters of Tamino and Pamina and those of the Adi Guru through the character of Sarastro (Zarathustra).

Johann Sebastian Bach (1685–1750) and **George Frideric Handel** (1685–1759) took their birth in Germany in the same year to further the evolution of music. Bach's music activates the right channel (pingala nadi) and through his masterly '48 Preludes and Fugues' Bach helped to establish the basis of conventional western harmony. A prolific composer of numerous operas and oratorios, Handel's music activates the left channel (ida nadi). His most famous work 'The Messiah' is said to have been composed in only twenty-four days.





Gāyatri Mantra

Aum bhūh, Aum bhuvah, Aum swah, Aum mahah

Aum - earth, water, fire, air,

Aum janah, Aum tapah, Aum satyam

Ether, light and vibrations.

Aum tat-Savitur-varenyam, bhargo devasya dhī-mahi

Let us meditate on the adorable brilliance

Dhiyo-yo-nah prachodayāt

Of the one who gives life to the universe: Savita.

Aum āpo jyoti-rasomṛutam

May He enlighten our intelligence.

Brahma bhūr-bhuvah swar-om

Aum - water, light, the essence of all being, Aum.

Aum shānti' shānti' shāntihi

Amen. Peace, peace, peace.

Note that this is a heating mantra and is not recommended for those who are right-sided or have a hot liver.



This ancient hymn in praise of Lord Savita, the lord of the sun, helps us to awaken the right channel (Pingala nadi) and in particular the Swadhishtana chakra. This mantra forms part of the Rig Veda which was composed over 5000 years ago and is attributed to Sage Vishwamitra.

Bhuh is the principle of earth (Muladhara);
Bhuvah is water, the causal principle of

creation (Swadhishtana); Swaha is fire (Nabhi); Maha is air (Anahata); Janah is ether or space or the collective Being (Vishuddhi); Tapah is pure light or the essence of all austerities (Agnya); Satyam is the vibrations or absolute truth (Sahasrara).

*(see: Shri Krishna puja havan,
Tannay, Switzerland, 31 August 1983)*





Aum twameva sākshāt Shrī Brahmadeva sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Brahmadeva. Salutations to You!





The 5 holy names of Hazrat-Ali

Aum twameva sākshāt Shrī Hazrat-Ali sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Hazrat-Ali. Salutations to You!

Amir al-Mu'minin *You are... The commander of the faithful*
Abu Turab *One of the soil*
Asad-ullah *The lion of God*
Haydar-al-Karrar *The charging lion*
Safdar *The fighter*

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah



See p.256 for cooling the liver and right Swadhishtana.





The incarnations of Shri Brahmadeva Hazrat–Ali

(Ali ibn Abu Talib, 599–661 AD)

The first full incarnation of Shri Brahmadeva (on right Swadhishthana), the husband of Shri Fatima (incarnation of Shri Gruha–lakshmi, on left Nabhi, *see p.66-8*), the father of Hassan (reflecting the qualities of Shri Hanumana, *see p.250*) and Hussain (reflecting the qualities of Shri Bhairava, *see p.229*), and the son–in–law and cousin of the Prophet Mohammed (one of the ten Adi Gurus or primordial masters, *see p.82*). Ali was the only man ever to have been born in the Kaaba at Mecca (the ‘House of God’, an ancient Shiva Linga mentioned in the Puranas as Mekk’eshwara Shiva) and at the age of nine, the first to accept Islam (meaning ‘surrender to God’). Revered as ‘Commander of the Faithful’ and renowned as a devoted and courageous warrior, Ali fought alongside Mohammed in almost every major battle against the warring tribes in the effort to establish Islam. After the suspicious death of Mohammed in 632, a bitter rivalry surrounded the succession and despite being Mohammed’s chosen successor, Ali was not elected the fourth Caliph (First Imam) until 656. Finally, after six more years of in–fighting and bitter civil war between the rival Shi’as and Sunnis, Ali was assassinated as he prayed in the mosque at Kufa. The Imam Ali holy shrine (also known as ‘Meshed Ali’

or the ‘Tomb of Ali’), is a mosque located in Najaf, Iraq. A great orator, poet and spiritual leader, Ali compiled a complete version of the Qur’an called the Mus’haf. Ali’s own teachings were later recorded and collated in the Shi’a book ‘Nahj al–Balagha’ (meaning ‘Peak of eloquence’). Mohammed said of him: ‘I’m the city of knowledge and Ali is its gate’.

(*see: ‘Introduction to Nabhi/Void’, New Delhi, India, 7 Feb 1981*)

Sopanadeva (1277–1296 AD)

The second incarnation of Shri Brahmadeva (on right Swadhishthana). He was the younger brother of Dnyaneshwara (also known as Gyaneshwara or Jnanadeva, the incarnation of Shri Kartikeya on right Muladhara, *see p.43*). His eldest brother and guru was Nivrittinath (traditionally said to be an aspect of Shri Shiva) and his younger sister was Muktabai (traditionally said to be an aspect of Shri Vishnumaya). Sopanadeva took his samadhi soon after Dnyaneshwara and Muktabai, at the young age of 19. The temple of Sopanadeva stands on the banks of the river Karhe in Saswad near Pune.

(*see: Shri Fatima Bi puja, St. George, Switzerland, 14 Aug 1988*)







The Nābhī (Manipūr) Chakra



Aum shānti' shānti' shāntiḥi
Amen. Peace, peace, peace.



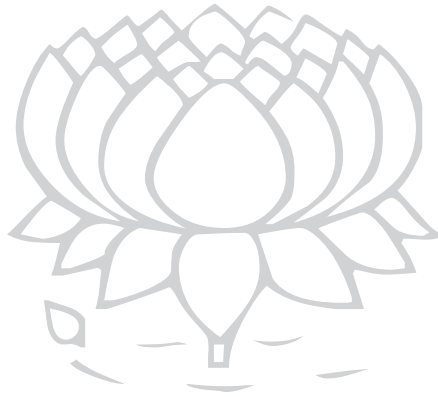


The 10 holy names of Shrī Lakshmī

Aum twameva sākshāt Shrī Lakshmī sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Lakshmi. Salutations to You!

Ādyā Lakshmī..... *You are... The primordial Lakshmi power*
Vidyā Lakshmī..... *The wealth of knowledge*
Saubhāgya Lakshmī *Auspicious good fortune*
Amṛuta Lakshmī..... *The ever-flowing divine nectar*
Gruha Lakshmī..... *The ideal housewife*
Rāja Lakshmī..... *The welfare and prosperity of a kingdom*
Satya Lakshmī..... *Truth*
Bhogya Lakshmī..... *The one who enjoys wealth*
Yoga Lakshmī..... *The spiritual richness of yoga*
Mahālakshmī..... *The power of evolution and ascent*

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah





The 108 holy names of Shrī Lakshmī

Aum twameva sākshāt Shrī Lakshmī sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Lakshmi. Salutations to You!

Ādyā Lakshmī.....	<i>You are... The primordial Lakshmi power</i>	
Vidyā Lakshmī.....	<i>The wealth of knowledge</i>	
Yoga Lakshmī.....	<i>The spiritual richness of yoga</i>	
Gṛuha Lakshmī.....	<i>The welfare of the family, the essence of the ideal housewife</i>	
Rāja Lakshmī.....	<i>The welfare and prosperity of a kingdom or public institution</i>	5
Amṛuta Lakshmī.....	<i>The ever-flowing divine nectar</i>	
Satya Lakshmī.....	<i>Truth</i>	
Bhogyā Lakshmī.....	<i>The one who enjoys wealth</i>	
Saubhāgya Lakshmī.....	<i>Auspicious good fortune</i>	
Vijaya Lakshmī.....	<i>Victorious</i>	10
Gaja Lakshmī.....	<i>The auspicious wealth of elephants (in ancient times the power of a king was measured in armies, horses, elephants etc)</i>	
Dhana Lakshmī.....	<i>Wealth</i>	
Aishwarya Lakshmī.....	<i>Righteous wealth</i>	
Santāna Lakshmī.....	<i>The wealth of worthy offspring (children)</i>	
Bhāgya Lakshmī.....	<i>Good fortune</i>	15
Dhānya Lakshmī.....	<i>The bounteous harvest</i>	
Vīra Lakshmī.....	<i>The wealth of courage</i>	
Moksha Lakshmī.....	<i>Complete liberation</i>	
Mahālakshmī.....	<i>The power of evolution</i>	
Sattvā.....	<i>The absolute essence</i>	20
Shānti.....	<i>Peace</i>	
Vyāpinī.....	<i>Omnipresent</i>	
Vyoma nilayā.....	<i>The one who resides the sky</i>	
Param'ānanda-rūpinī.....	<i>The one whose form is supreme joy</i>	
Nitya shuddhā.....	<i>Ever pure</i>	25
Nitya tṛukshā.....	<i>Always moving</i>	
Nirvikārā.....	<i>Without attributes</i>	
Dhyāna shakti.....	<i>The power of meditation</i>	
Kartṛu shakti.....	<i>The power of action</i>	





Nirānandā	<i>The highest bliss</i>	30
Vimalā	<i>Absolute purity</i>	
Anantā	<i>Eternal</i>	
Vaishnavī	<i>The consort of Shri Vishnu</i>	
Sanātānī	<i>Ancient and everlasting</i>	
Nirāmayā	<i>Untouched by illness</i>	35
Vishw'ānandā	<i>The one who fills the universe with joy</i>	
Dñyāna-dñeyā	<i>The complete awareness of divine knowledge</i>	
Dñyāna-gamyā	<i>Accessible through divine knowledge</i>	
Nirmalā	<i>Immaculate</i>	
Swarūpā	<i>Formed out of Yourself</i>	40
Nishkalankā	<i>Spotless and unblemished</i>	
Nirādhārā	<i>Without support (You support everything)</i>	
Nirāshrayā	<i>Without shelter (You are the shelter of the whole Universe)</i>	
Nirvikalpā	<i>Doubtless</i>	
Pāvanikarā	<i>The purifier</i>	45
Aparimitā	<i>Immeasurable</i>	
Bhava-bhrānti-vināshinī	<i>The one who destroys worldly illusions</i>	
Mahā-dhāmanī	<i>The great abode (The principle giver and sustainer of all life)</i>	
Shtiti-vṛuddhīrghavā gati	<i>The way to constant and dedicated spiritual growth</i>	
Īshwarī	<i>The Goddess</i>	50
Akshayā	<i>Everlasting</i>	
Aprameyā	<i>Unfathomable</i>	
Sūkshma parā	<i>Beyond even the subtle</i>	
Nirvāna dāyinī	<i>The one who grants total liberation</i>	
Shuddha vidyā	<i>Pure knowledge</i>	55
Tushtā	<i>Contentment</i>	
Mahā-dhīrā	<i>Great valour</i>	
Anugraha shaktī dharā	<i>Ever-flowing blessings</i>	
Jagat-jyeshthā	<i>The foremost in the universe</i>	
Brahm'ānanda Vāsinī	<i>The one who resides in the bliss of Brahman</i>	60
Ananta rūpā	<i>The one whose forms are infinite</i>	
Ananta sambhavā	<i>The one who exists eternally</i>	
Anantasthā	<i>Without beginning or end</i>	
Mahā-shakti	<i>The great power</i>	
Prāna shakti	<i>The power of the life force</i>	65





Prāna dātrī.....	<i>The giver of the life force</i>	
Mahā-samuhā	<i>The great collectivity</i>	
Sarvā bhilāshā pūrn'ecchā	<i>The one who fulfills all desires</i>	
Shabda pūrvā	<i>The one who existed before the primordial sound (Aum)</i>	
Vyaktā.....	<i>The one who manifests</i>	70
Sankalpa siddhā	<i>The one who fulfills yearning desires</i>	
Tattwa-garbhā	<i>The one who gives birth to great principles</i>	
Chit swarūpā	<i>In the form of chaitanya</i>	
Mahāmāyā.....	<i>The supreme power of illusion</i>	
Yogamāyā.....	<i>The one who grants yoga</i>	75
Mahā-yog'eshwarī	<i>The Great Goddess of yoga</i>	
Yoga-siddha dāyiniī	<i>The one who grants whatever is needed to achieve yoga</i>	
Mahā-yog'eshwara vṛutā	<i>The consort of the Great Lord of yoga (Shri Krishna)</i>	
Yog'eshwara priyā	<i>The beloved of Lord Krishna</i>	
Brahm'endra-rudra-namitā	<i>Venerated by Shri Brahma, Indra and Shiva (Rudra)</i>	80
Gaurī	<i>The pure virgin (Kundalini)</i>	
Vishwa rūpā	<i>Of the form of the universe</i>	
Vishwa mātā.....	<i>The mother of the universe</i>	
Shrī-vidyā.....	<i>Divine knowledge</i>	
Mahā-nārāyanī	<i>The high consort of Shri Vishnu</i>	85
Pingalā	<i>The one who moves in a spiral (up the central channel)</i>	
Vishnu vallabhā	<i>The beloved of Shri Vishnu</i>	
Yoga-ratā.....	<i>Always in yoga</i>	
Bhaktānām-pari-rakshiniī.....	<i>The one who assures the nourishment and protection of the devotee</i>	
Pūrna chandrābhā	<i>The radiance of the full moon</i>	90
* Bhaya nāshiniī.....	<i>The destroyer of all fear</i>	
* Daitya-danava mardinī	<i>The killer of devils and demons</i>	
Vyoma Lakshmī.....	<i>The wealth of the ether (You pervade the ether, giving rise to wireless communication)</i>	
Tejo Lakshmī.....	<i>Radiant richness</i>	
Rasa Lakshmī	<i>The abundant flavour of life</i>	95
Jagad-yoni	<i>The motherly power of the universe</i>	
Gandha Lakshmī	<i>Divine fragrance</i>	
Anāhatā.....	<i>Unaffected</i>	





Sushumnā	<i>The goddess of the central channel</i>	
Kundalinī	<i>The Kundalini</i>	100
Sarva maṅgala māṅgalyā	<i>The auspiciousness of all auspiciousness</i>	
Saumya rūpā	<i>The one whose form is gentle and soothing</i>	
Mahā-diptā	<i>Blazing with great glory</i>	
Mūla-prakṛuti	<i>The source of the power of creation</i>	
Sarva-swarūpinī	<i>In the form of all creation</i>	105
Manipūra-chakra nivāsinī	<i>The one who resides in the Nabhi chakra</i>	
Shivā	<i>Auspicious</i>	
Yoga-mātā	<i>The mother of yoga</i>	

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah



Shri Lakshmi is a form of the Divine Mother, described in the Vedas as the goddess who bestows blessings, prosperity and riches. As She provides yogis with both material and spiritual wealth, yogis should pray to Shri Lakshmi for the spiritual riches of the Divine.

As the Divine Mother of peace, contentment and happiness in the world, She takes care of the welfare of all Her children and blesses

them with health, wealth and fulfilment. Auspiciousness, generosity, grace and good fortune are manifest through the presence of Shri Lakshmi. Every home should, ideally be the dwelling place of Shri Lakshmi and manifest her nourishing qualities.

To those who surrender to the great qualities personified in Shri Lakshmi, She reveals their true Self (or Atma).





The 108 holy names of the Goddess Athena

The Ancient Greek names of the Goddess Athena were offered during Shri Pallas Athena puja in Athens, Greece on 26 April 1993.

Aum twameva sākshāt Shrī Pallas Athena sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily the virgin goddess Athena. Salutations to You!

Athinea.....	<i>You are... The goddess who gave Her name to the city of Athens</i>	
Athini	<i>The one who protects the ceramic arts</i>	
Atritoni	<i>Untamed and untiring</i>	
Alalkameniis	<i>The protectress</i>	
Argii	<i>The sleepless guard, the goddess who gave Her name to Argos</i>	5
Edii	<i>Modesty and respectability</i>	
Agelii	<i>The one who defeats Her enemies (negativity)</i>	
Alkiessa	<i>Brave, warlike, enduring and powerful</i>	
Alohephtos	<i>Without a spouse or companion</i>	
Agavi	<i>Eminent and proud</i>	10
Aginor	<i>Brave, valiant, brilliant and majestic</i>	
Agestratos	<i>The one who leads large armies</i>	
Alkimachi	<i>Brave in battle</i>	
Akamatos	<i>Untiring</i>	
Adamastos	<i>Unconquered</i>	15
Alitis	<i>Wandering</i>	
Achranos	<i>Clean, pure and without maya (Nirmala)</i>	
Anemolios	<i>Swift as the wind</i>	
Agamos	<i>Unaccompanied</i>	
Apirodi	<i>Without an end</i>	20
Atthis	<i>The one who resides in the city of Athens</i>	
Anemotis	<i>The one who protects from harmful winds</i>	
Autogonos	<i>The one who conceives immaculately</i>	
Amator	<i>Born out of Yourself (motherless)</i>	
Eolomorphos	<i>The one with a brilliant appearance</i>	25
Ethiia	<i>The protector of ships and shipping</i>	
Agorea	<i>The protector of public gatherings for debate and decision making</i>	
Eantis	<i>From the earth</i>	





Arriti.....	<i>Expressionless</i>	
Arsenomithos.....	<i>Very tough</i>	30
Vlosiropis	<i>The one with wild eyes, stern or grim looking</i>	
Bariktipos	<i>Roaring, tempestuous</i>	
Vasilia.....	<i>The queen</i>	
Glaphkopsis	<i>The one with brilliant eyes, deep with wisdom</i>	
Glaphki.....	<i>Brilliant</i>	35
Gigantophontis.....	<i>The killer of the giants (asuras)</i>	
Gorgophonos	<i>The killer of Medusa the gorgon (the menace of the Ida nadi). You tame and clean the left side</i>	
Gorgolopha	<i>The one who wears the head of the gorgon on Her shield (to ward away evil)</i>	
Deni	<i>Dreadful, terrible</i>	
Daiphron	<i>Experienced in war</i>	40
Dorytharsis	<i>Bold and brave in war</i>	
Diogenis.....	<i>The one who appeared from the head of Zeus, giving Him Self-realisation</i>	
Dolomitis.....	<i>Crafty</i>	
Hebdomad	<i>The subtle system or Tree of Life</i>	
Efplokamos	<i>The one with beautiful tresses of hair</i>	45
Erithris.....	<i>Bashful</i>	
Erisiptolis.....	<i>The protector of the city</i>	
Ergoponos.....	<i>The one who loves work, a farmer</i>	
Ergani.....	<i>The protectress of work</i>	
Efpalamos	<i>Inventive</i>	50
Efparthenos.....	<i>The beautiful virgin</i>	
Evresitexnos.....	<i>The one who discovers new arts and crafts</i>	
Evriti.....	<i>Easily spoken</i>	
Zostiria	<i>The goddess who gave Her name to the place where Amphitriion girdled his weapons</i>	
Irigenia	<i>The one who brings the dawn of Self-realisation</i>	55
Ippia	<i>Competent and experienced in riding and handling horses</i>	
Istoteleia.....	<i>The one who makes a perfect cobweb</i>	
Istoponos	<i>A competent weaver</i>	
Ipposooos	<i>The one who causes horses to run</i>	





Ippilatira	<i>The one who drives the horses</i>	60
Kelephthia	<i>The protector of roads and travellers</i>	
Kathari	<i>Pure, without maya (Nirmala)</i>	
Kallidiphros	<i>The one who has a beautiful chariot</i>	
Laosoos	<i>The one who arouses people to war</i>	
Laphria	<i>The Goddess Artemis</i>	65
Litira kakon	<i>The one who frees Her devotees from calamity</i>	
Makera	<i>Great, solemn, flourishing, blissful, happy, and wealthy</i>	
Megathymos	<i>Generous and magnanimous</i>	
Michanitis	<i>The one who conceives of arts and crafts</i>	
Nikiphoros	<i>Victorious</i>	70
Xenia	<i>Hospitable</i>	
Omvrimi	<i>Rainy and blissful</i>	
Oplocharis	<i>The one who loves weapons and wars (to fight negativity)</i>	
Ormastira	<i>The one who arouses people to action</i>	
Ophthalmitis	<i>The one who protects the eyes</i>	75
Oxiderkis	<i>The one with sharp and quick vision</i>	
Potnia	<i>The powerful queen</i>	
Polivoulos	<i>Very prudent, very sensible</i>	
Polimitis	<i>Exceptionally wise and knowledgeable</i>	
Polemidos	<i>The one in charge of all the weapons of war</i>	80
Parthenos	<i>Incorruptible, pure and unconquered (Nirmala)</i>	
Pallas	<i>The pure virgin (divine vibrations)</i>	
Polemoklonos	<i>Warlike</i>	
Poliolvos	<i>Very rich</i>	
Polilisti	<i>The one who receives many prayers and requests</i>	85
Pronaos	<i>The portico of the temple</i>	
Pronia	<i>Providence (Ritambara pradnya)</i>	
Peonia	<i>The physician and healer</i>	
Pania	<i>Bounteous and plentiful</i>	
Paria	<i>The goddess who gave Her name to the island of Paros</i>	90
Sophi	<i>The goddess of the highest knowledge and the upholder of science</i>	
Salpix	<i>The one who awakens the mind to pure knowledge</i>	





Sthenias	<i>The bestower of fortitude</i>	
Semni	<i>Holy, respectable and venerable</i>	
Tritonis	<i>The goddess who gave Her name to lake Tritonis, the Sahasrara</i>	95
Tritogenia	<i>The one who assumes the form of the three gunas (or channels) and helps us to overcome them (Trigunatmika)</i>	
Talaergos	<i>Industrious and diligent</i>	
Tolmiessa	<i>Bold, venturesome and daring</i>	
Telchinia	<i>Obstinate, the goddess who gave Her name to the island of Crete</i>	
Hygia	<i>Health and physical well-being</i>	100
Philomolpos	<i>The one who loves songs, melody and poetry</i>	
Philerithos	<i>Loved by weavers</i>	
Phthisimvrotos	<i>The one who ruins immoral people at war</i>	
Pheraspis	<i>The one who carries a shield</i>	
Philistros	<i>The one who loves to awaken the urge for action in people</i>	105
Philentheos	<i>The one who becomes easily enthused</i>	
Chalkoikos	<i>The one who lives in a temple made of copper</i>	
Chalinitis	<i>The one who holds the bridle and directs through the bridle</i>	

Sākshāt Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah

The symbolism of Medusa the Gorgon

In Ancient Greek the word 'gorgona' was a very early name for the Ida nadi and as 'Gorgophonos' the Goddess Athena is the one who kills or tames the menace of the Ida nadi or left side.

The Gorgon

According to the ancient myth, there were three gorgons and their names were Stheno, Evriali and Medusa. Of these only Medusa was mortal and generally the term 'gorgona' refers to her. Originally Medusa was a very

beautiful and proud young woman who was particularly proud of her hair. She dared to compete with the Goddess Athena and to punish her, the goddess transformed her into the gorgon and her hair into an equal number of snakes. The gorgons lived at the far and deep end of the West, near the kingdom of the dead, in the land of the Hesperides of Gerionis. On their head they each had snakes instead of hair, thick tusks like those of a wild boar, hands made of copper and golden wings that enabled them to fly.





Their gleaming eyes were so powerful and penetrating that they could turn anyone who glanced at them into stone. Consequently, they caused great fear not only to mortals but also to the gods.

The Graeae

The Goddess Athena chose a mortal hero to destroy the gorgon and that hero was Perseus. Before Perseus could kill Medusa, he had to pass the graeae (or three old women), who were blocking the way. They were the ancient sisters of the three gorgons and their names were Enio, Pamphrydo and Deno. Of these only Deno was mortal. They only had one tooth and one eye between them, so that if one of them needed to use either, she had to borrow it from her sisters. This describes the three channels of the subtle system of a non-realised soul. Perseus managed to steal their one eye and they fell into a deep sleep, so the road was opened to Perseus to reach Medusa. After this, Perseus threw their one eye into lake Tritonis which represents the Sahasrara.

Perseus as the instrument of Athena

To find and kill Medusa, Perseus was guided westward by Athena deep into the Ida nadi. He was fully protected by Her and by the messenger god Hermes (who was Shri Hanumana) and by the lord of Hades (who was Shri Bhairava). They presented Perseus with divine weapons and armour. Hermes gave him an adamant sword and winged sandals, Athena gave a highly-polished bronze shield that reflected perfectly like a mirror and Hades gave him the helmet of invisibility. Perseus avoided looking directly at the gorgon (whose appearance would turn any man to stone) by watching for her reflection in his mirror-like shield. He hunted her down, found her sleeping and cut off her head. As blood spurted from the Medusa's severed neck, two divine beings were released: Pegasus the winged horse (the Kundalini, the Holy Spirit, the Mother principle) and the hero Chrysaor who wields a golden sword (Shri Ganesha, Christ, Shri

Kalki, the protecting principle of the Son).

So as 'Gorgophonos', Athena teaches us how to tame the left side, so that we may grow in our spiritual ascent. She is the one who as 'Tritogenia' (Trigunatmika in Sanskrit) cleans the channels of the subtle system and awakens the Kundalini.

Later, having escaped from Medusa's two angry sisters using the winged sandals and helmet of invisibility, Perseus presented the head of the gorgon (which still had the power to turn onlookers to stone) to Athena, who as 'Gorgolopha' (Shri Mahakali) wore it on Her shield to protect the left side and to ward away evil.

'Athena has the Kundalini in Her hand and you can see that clearly that She was the Adi Shakti. Actually, in Sanskrit language 'atha' means primordial. So She was the Primordial Mother. Because there was no connection left between the Greeks and the Indians, this, I mean, translation was not there and they didn't know what it meant by Athena. But Indians know that it is this is the place for the manifestation of the Adi Shakti because in the 'Devi Mahatmyam' (Shrimad Devi Bhagavatam), if you read, or you will find out they have described Greece as the Manipur-dwip. Means the island in the Manipur. Manipur is this Nabhi chakra. So in the Nabhi there's an island where it is your Greece, where the Goddess resides. Manipur chakra is where She resides. And so, this Athena has been described, and when I went to Her temple I found that there was a little temple for the child god. That was Shri Ganesha. And then, when I went to Delphi, also, when I went there I was surprised to see, they showed Me a mound and said, "This is the Nabhi, navel of the whole universe." I said, "That's correct." But when I turned round there were lots of vibrations and what I find is a Ganesha statue there.'

Shri Mataji Nirmala Devi, Shri Pallas Athena puja, Athens, Greece, 26 April 1993.





The 62 holy names of Shrī Fatima Al-Zahrā

Aum twameva sākshāt Shrī Fatima sākshāt
 Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Fatima. Salutations to You!

Ābida	<i>You are... Devout</i>	
Ādila	<i>The lady who judges rightly</i>	
Ālia.....	<i>The lady of high rank</i>	
Ālima.....	<i>The intelligent lady</i>	
Āmila.....	<i>The doer, an active lady</i>	5
Afzalal-Nisa	<i>The most supreme of women</i>	
Aziza	<i>Respected</i>	
Basita	<i>The bestower of prosperity</i>	
Batina	<i>Intrinsic</i>	
Batūl.....	<i>The pure virgin</i>	10
Daniya.....	<i>The generous lady</i>	
Durra an-nūr.....	<i>The path of light</i>	
Fasiha.....	<i>Eloquent, literary</i>	
Habiba.....	<i>Beloved</i>	
Hakima.....	<i>The philosopher</i>	15
Halima.....	<i>The gentle lady</i>	
Hazira	<i>Ready, present</i>	
Hirra.....	<i>The cave in which Lord Mohammed meditated</i>	
Hissan	<i>Cornely and beautiful</i>	
Iftikhar-e-Hawwa.....	<i>The pride of Lady Eve, the first woman</i>	20
Ihleya	<i>The wife of Imam Ali</i>	
Umm-ul-Āima.....	<i>The Mother of Imams</i>	
Umm-ul-AbTha.....	<i>The Mother of Her Father</i>	
Umm-ul-Hassan	<i>The Mother of Hassan (Hanumana)</i>	
Umm-ul-Hussain	<i>The Mother of Hussain (Bhairava)</i>	25
Umm-ul-Kitab	<i>The Mother of the Book</i>	
Jalīla	<i>Great and noble</i>	
Jamila	<i>Beautiful</i>	
Karima.....	<i>Magnificent and precious</i>	
Khatūn-e-Junat	<i>The lady of paradise</i>	30
Malik-e-Tathīr	<i>The owner of purity</i>	
Mardhiah.....	<i>The one who pleases God</i>	
Maryam-e-Kubra	<i>The Greater Mary</i>	





Masūma	<i>Infallible</i>	
Mastora	<i>The lady</i>	35
Mubarika	<i>Auspicious and blessed</i>	
Najiba	<i>Excellent and intelligent</i>	
Nasiha	<i>The counsellor, sincere</i>	
Nūriya	<i>The light</i>	
Qaima	<i>The everlasting</i>	40
Radhiyah	<i>The gratified</i>	
Rafīa	<i>Exalting</i>	
Sadiqa	<i>The faithful</i>	
Sahiba	<i>The lady, Mistress</i>	
Salīha	<i>Virtuous</i>	45
Salīma	<i>Perfect</i>	
Sayyeda–Tun–Nisa–el–Alamīn..	<i>The leader of all women of the universe</i>	
Shafīa	<i>The advocate</i>	
Shafeqa	<i>The merciful</i>	
Shafia	<i>The healer</i>	50
Shajra–e–Tayyiba	<i>The lady with the pure genealogical tree</i>	
Shahzadi–e–Kaunain	<i>The princess of the universe</i>	
Siddiqa	<i>The truthful</i>	
Tahirah	<i>The virtuous</i>	
Taqqa	<i>The pious lady</i>	55
Tehama	<i>The pillar</i>	
Wafiya	<i>Trustworthy, reliable</i>	
Walīya.....	<i>The holy lady</i>	
Wali–e–Khuda.....	<i>The friend of God</i>	
Zahira.....	<i>The visible lady</i>	60
Zahra.....	<i>The lady of light</i>	
Zakiyah	<i>The chaste</i>	

Shri Fatima Al-Zahrā (605–632 AD)

Principally the incarnation of Shri Gruhalakshmi (on left Nabhi), Fatima was the embodiment of ideal womanhood and chastity. Essentially, She was Shri Mahalakshmi (Shri Sita) who took a form of Shri Vishnumaya to establish the Gruhalakshmi principle of the house-wife (see p.165–9). The wife of Hazrat-Ali (first full incarnation of Shri Brahmadeva, see p.52), the mother of Hassan (reflecting the qualities of Shri Hanumana, see p.250) and Hussain (reflecting the qualities of Shri

Bhairava, see p.229), and the daughter of the Prophet Mohammed (one of the ten Adi Gurus or primordial masters, see p.82). Fatima died five months after the Prophet at the young age of 18, fighting against the hatred, rivalry and fanaticism that threatened to consume Islam following the suspicious death of the Prophet Mohammed in 632. All five of the 'divine family' – Mohammed, Ali, Fatima, Hassan and Hussain – were killed 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 Nabhi. 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...

...So we have Ali and his wife, Fatima, who incarnated on the principle of the left Nabhi. She stayed in Her house, in Her household, and She observed what you call a kind of a purdah or nakaab as they call it, to cover Her face – is a symbol that a woman who is a housewife has to save Her chastity by covering Her face, because She was a beautiful woman and they were born in a country which was very, very violent, and She would have been definitely attacked in case She had not lived in that kind of fashion.

As you know, in the time of Christ, though Mary was Mahalakshmi's incarnation, had to be a very, very potential personality and Christ did not want anybody to know what She was. But though She was in the house, She was Shakti so She allowed her sons or actually ordered them to fight those fanatics who were trying to deny the authority of Her husband and you know Hassan and Hussain they were killed there.

It's a very beautiful thing how the Mahalakshmi tattwa of Sita took a form of Vishnumaya just to establish the beautiful principle of a housewife. Now She was very powerful, no doubt, and She knew that Her children would be killed; but these people are never killed, they never die, nor do they suffer – it's a drama they have to play to show people how stupid they are.'

***Shri Mataji Nirmala Devi, Shri Fatima Bi puja,
St. George, Switzerland, 14 Aug 1988***

'Woman's potential to love is tremendous, tremendous. And this is what we have to learn from Fatima. She gave Her two children to be killed. She knew because She was after all Vishnumaya. She was the incarnation of Vishnumaya.'

***Shri Mataji Nirmala Devi, Shri Fatima puja,
Istanbul, Turkey, 18 May 1993***

*See p.165–8 for the 84 names of Shri Vishnumaya.
See p.169 for the birth of Shri Vishnumaya.*





Prayer to Shrī Rāja Lakshmi

(The bestower of royal dignity, well-being and prosperity)

Jaya jaya durgati-nāshinī kāmīnī

Victory to the ever-loving destroyer of all our ills.

Sarva-phala-prada shāstra maye

*O goddess of divine knowledge, You are the giver of all the fruits
(of our desires and actions),*

Ratha gaja turaṅga padāti samāvṛutā

You are surrounded by chariots, elephants, horses and footsoldiers,

Pari-jana mandita loka nute

The whole world bows down to You in worship.

Hari-Hara-Brahma supūjita sevita

The Lords Vishnu, Shiva and Brahma serve You and offer auspicious puja.

Tāpa nivārinī pāda-yute

You wash away the extreme sorrows of those who meditate upon Your feet.

Jaya jaya he Madhu-sūdana-kāmīnī

Victory to the beloved of Shri Vishnu, the destroyer of the demon Madhu.

Rāja Lakshmi, Shrī Nirmalā Devī, sadā pālaya mām

*O Shri Raja Lakshmi, the giver of prosperity, Shri Nirmala Devi,
please protect me forever.*

From the 'Ashta Lakshmi Stotram' by Shri Adi Shankaracharya



Traditionally, when one joyously gives a child in marriage, it is a sign of great auspiciousness, generosity and prosperity to have a procession of elephants, horses etc. The elephant is also the royal conveyance of the maharajas.

Likewise in daily life, if blessed with this

quality of Shri Lakshmi, we will find somehow we are helped to move around, we have sufficient prosperity to enjoy our generosity, and there will always be transport and people around to help when needed while doing Shri Mataji's work.





Prayer to Shrī Santāna Lakshmī (The giver of children)

Ayi khaga vāhinī

You ride Shri Garuda (the divine eagle).

Mohinī chakrinī

You are extremely attractive with the divine discus in Your hand.

Rāga vivardhinī

You cause love to grow and grow.

Dñyāna maye

You are full of knowledge.

Guna gana vāridhi

You allow all good qualities to flourish.

Loka hitaishinī

You desire benevolence for the whole world.

Sapta–swara vara gāna nute

You are the one who enjoys singing beautifully with the seven notes (swaras).

Sakala sur’āsura–deva–mun’ishwara manava vandita pāda–yute

*Everybody, all the gods and demons, all the Devas, great sages
and all human beings worship Your lotus feet.*

Jaya jaya he Madhu–sūdana kāmīnī

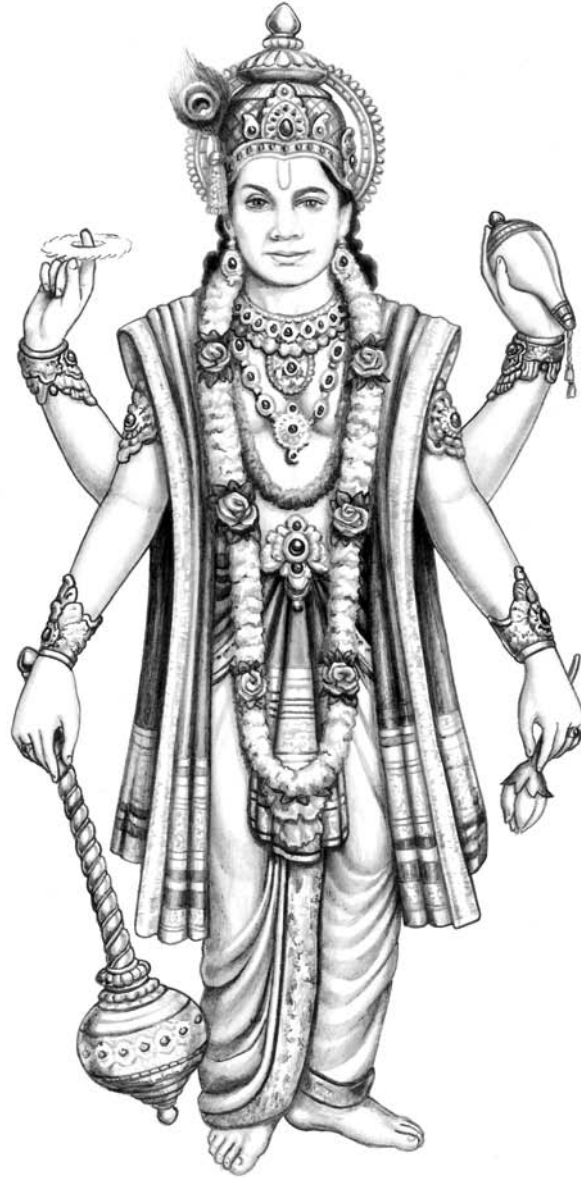
Victory to the beloved of Shri Vishnu, the destroyer of the demon Madhu.

Santāna Lakshmī, Shrī Nirmalā Devī, sadā pālaya mām

*O Santana Lakshmi, the giver of progeny, Shri Nirmala Devi,
please protect me forever.*

From the ‘Ashta Lakshmi Stotram’ by Shri Adi Shankaracharya





Aum Shrī Vishnave namah
I bow to the lord of our ascent.





The 10 incarnations of Shrī Vishnu

- Matsya *the Fish (incarnated to save humanity from the Great Flood at the end of the first Satya-yuga)*
- Kurma *the Tortoise (incarnated to assist the Devas in churning the ocean to create the amrut)*
- Vārāha *the Boar (incarnated to retrieve the Earth and the Vedas from the demon Hiranyaksha)*
- Narasiṅvha *the Man-lion (incarnated near modern day Vaitarna to destroy the demon Hiranyakashipu)*
- Vāmana *the Short man (incarnated to destroy the demon Bali by measuring the heavens and the Earth in two steps and by crushing the demon's head with the third)*
- Parashurāma *(incarnated as a Brahmin 7000 years ago to punish the arrogance of wayward kings – the Kshatriyas – and to re-establish dharma among men)*
- Rāma..... *(as narrated in the epic 'Ramayana', He was the ideal king and human being who incarnated around 5000 BC to establish the maryadas, the boundaries of good conduct. He is the deity of the right Heart chakra)*
- Kṛishna..... *(as narrated in the epic 'Mahabharata', He incarnated around 3000 BC to free humanity from the rigidity of religious rituals with his playful leela, is the god of yoga, Yogeshwara and the deity of the Vishuddhi chakra. Krishna's death marks the beginning of Kali-yuga)*
- Jesus Christ *(incarnated from 0-33 AD as Mahavishnu, Mahaganেশha and Mahavirata to open the Agnya chakra)*
- Kalki *(The immaculate rider of the last days of Kali-yuga, the deity of the Sahasrara chakra)*





The 108 holy names of Shrī Vishnu

Aum twameva sākshāt Shrī Vishnu sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Vishnu. Salutations to You!

Shayan'āmbudhau Nirmale Twāvaiva
Nai-kyam pranatosmi rūpam
*To the form of the pure and shining one reclining on the ocean
(upon Shri Shesha), known indeed as the refuge of humanity,
We bow with the greatest reverence and humility.*

Keshava.....	<i>You are... The one with beautiful hair</i>	
Nārāyana.....	<i>The shelter of all beings</i>	
Mādhava.....	<i>The husband of the Mother, Shri Lakshmi</i>	
Govinda.....	<i>The protector of the cows</i>	
Vishnu.....	<i>All-pervading</i>	5
*Madhu-sūdana.....	<i>The killer of the demon Madhu</i>	
Tri-vikrama.....	<i>The one who measured the world with three steps</i>	
Vāmana.....	<i>The one who incarnated as a short man</i>	
Shrī-dhara.....	<i>The wielder of the divine powers</i>	
Hṛushīkesha.....	<i>Lord of the senses</i>	10
Padma-nābha.....	<i>The one that has a lotus coming out of Your navel (the source of the universe)</i>	
Dāmodara.....	<i>The one who can be attained by disciplines</i>	
Sankarshana.....	<i>The one who absorbs everything into Himself</i>	
Vāsudeva.....	<i>The son of Vasudeva (father of Shri Krishna)</i>	
Pradyumna.....	<i>Infinite, enlightened wealth</i>	15
Aniruddha.....	<i>Never obstructed nor overcome</i>	
Purush'ottama.....	<i>The highest among the Purushas (ideal human beings)</i>	
Aghoksha.....	<i>The one who destroys sin</i>	
Narasiṅgha.....	<i>He who incarnated as the man-lion</i>	
Upendra.....	<i>Like Indra</i>	20
Achyuta.....	<i>Almighty and unchanging</i>	
Janārdana.....	<i>The one who excites and motivates all beings</i>	
Hara.....	<i>The remover</i>	





Kṛishna.....	<i>The dark one</i>	
Vishnu.....	<i>The one whose splendour pervades the whole universe</i>	25
Peshala.....	<i>Charming and graceful</i>	
Pushkar'āksha.....	<i>The one whose eyes are like lotuses</i>	
Hari.....	<i>The one who removes all ignorance and illusion</i>	
Chakrī.....	<i>The master of the Sudarshana chakra (the discus)</i>	
Nandakī.....	<i>The wielder of the sword called Nandaka</i>	30
Shārṅga-dhanvī.....	<i>The wielder of the bow called Sharṅga</i>	
Shāṅkha-dhṛuta.....	<i>He who bears the conch called Pancha-janya</i>	
Gadā-dhara.....	<i>He who wields the club called Kaumodaki</i>	
Vanamālī.....	<i>He who wears the garland called Vaijayanti</i>	
Kuvaleshaya.....	<i>The one who reclines on the lotus</i>	35
Garuda-dhvaḷa.....	<i>The one whose flag bears the eagle emblem</i>	
Lakshmīvāna.....	<i>The one who has Shri Lakshmi in His heart</i>	
Bhagavāna.....	<i>The adorable possessor of all divine qualities</i>	
Vaikuntha-pati.....	<i>The lord of Vaikuntha (Vishnu's abode)</i>	
Dharma-gupa.....	<i>The one who safeguards dharma</i>	40
Dharmā-dhyaksha.....	<i>The one who presides over dharma</i>	
Niyantānta.....	<i>The one who presides over all beings</i>	
Naikaja.....	<i>The one who reincarnates for the preservation of dharma</i>	
Svasti.....	<i>The one whose nature is auspiciousness</i>	
Sākshī.....	<i>The witness</i>	45
Satya.....	<i>Truth</i>	
Dharanī-dhara.....	<i>The support of the Earth</i>	
Vya-vasthāna.....	<i>The unchanging basis of all things</i>	
Sarva-darshī.....	<i>The one who sees and knows what is done by all creatures</i>	
Sarva-dñya.....	<i>Omniscient (all-knowing)</i>	50
Ghana.....	<i>Inscrutable</i>	
Nahusha.....	<i>The one who binds all creatures with the power of maya</i>	
Mahā-māyāvī.....	<i>The supreme creator of illusions</i>	
Adhokshaja.....	<i>Known by turning the attention inward</i>	





Yadnya-pati.....	<i>The protector, enjoyer and lord of all sacrifices</i>	55
Vegavāna.....	<i>Endowed with great speed</i>	
Sahishnu	<i>Patient and forbearing</i>	
Rakshaka.....	<i>The protector of the three worlds, residing in Sattwa guna</i>	
Dhan'eshwara.....	<i>The lord of wealth</i>	
Hiranya-nābha	<i>The one whose navel is auspicious like gold</i>	60
Sharīra-bhṛta	<i>The one who sustains the body</i>	
Anna	<i>Food and nourishment</i>	
Mukunda	<i>The one who grants release</i>	
Agranī	<i>The one who leads the seekers to the highest abode</i>	65
Amogha	<i>The one who never fails to reach His goal</i>	
Varada.....	<i>The bestower of boons</i>	
Shubhekshana.....	<i>Beautiful and auspicious to behold</i>	
Satām-gati	<i>The one who keeps the seekers on the right path</i>	
Sukhada	<i>The bestower of happiness</i>	
Vatsala	<i>The one who loves devotees like His children</i>	70
Vīraha	<i>The one devotees yearn for</i>	
Prabhu.....	<i>The Lord Almighty</i>	
Amara-prabhu	<i>The almighty Lord of the immortals</i>	
Suresha	<i>The lord of the Devas</i>	
Purandara.....	<i>The one who destroys the cities of the enemies of the Devas</i>	75
Samitin-jaya.....	<i>Victorious in war</i>	
Amita-vikrama	<i>Of enormous valour</i>	
Shatrughna.....	<i>He who kills the enemies of the Devas</i>	
Bhīma	<i>Awesome and formidable</i>	
Shūrajan'eshwara	<i>The lord of the greatest of heroes</i>	80
Sam-pramardana	<i>The one who punishes and torments all evil-doers</i>	
Bhāvana.....	<i>The compassionate Lord who causes the world to come into being</i>	
Kshetra-dnya	<i>The one who knows the Spirit</i>	
Sarva-yoga vinishrita	<i>Devoid of all attachments</i>	
Yog'eshwara	<i>The supreme lord of yoga</i>	85
Chala.....	<i>Always moving, like the wind</i>	





Vāyu-vāhana	<i>The one whose vehicle is the wind (vibrations)</i>	
Jīvana	<i>The breath of life</i>	
Sambhava.....	<i>Born out of Yourself</i>	
Saohwatsara.....	<i>The passing of the years</i>	90
Vardhana.....	<i>The one who grants prosperity and spiritual growth</i>	
Eka	<i>The one</i>	
Naika.....	<i>The one who has many forms</i>	
Vasu	<i>The Supreme Being</i>	
Īshāna	<i>The lord of all</i>	95
Lokā-dhyaksha	<i>The ruler of all the world</i>	
Triloksha.....	<i>Lord of the three worlds</i>	
Jagat-swāmī	<i>The master of the universe</i>	
Yugāvarta	<i>The one who makes the Yugas turn (the ages of time)</i>	
Vistāra.....	<i>The expanse of the universe</i>	100
Vishwa-rūpa	<i>The one who has the universe as His form</i>	
Ananta-rūpa	<i>Infinite, as are Your forms</i>	
Avishishta.....	<i>Infinitely greater than all creation</i>	
Mahāruddhi.....	<i>The one whose glory is greatest</i>	
Parya-vasthita	<i>The one who pervades the Universe</i>	105
Stha-vishtha.....	<i>The strongest and the greatest</i>	
Mahā-vishnu	<i>The one who manifested His evolved form as Lord Jesus Christ</i>	
Kalki	<i>The immaculate rider of the last days of Kali-yuga</i>	

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah

The first 24 names activate the Sushumna nadi (central channel) and are sometimes recited during a puja after the Shri Ganesha puja.





Praise to Shrī Vishnu

Aum Shāntā-kāram Bhujaga-shayanam
*Amen. You are forever peaceful, dwelling on
the great serpent Shri Shesha.*

Padma-nābham Suresham
*O greatest of gods, from Your Nabhi arises
the lotus of creation.*

Vishw'ādhāram Gagana-sadrusham
*You are the support of the universe,
magnificent like the sky.*

Megha-varnam Shubhāngam
*Your skin is dark like a rain-cloud,
Your limbs are auspicious.*

Lakshmī kāntam Kamala-nayanam
O consort of Shri Lakshmi, with eyes like a lotus,

Yogibhir Dhyāna-gamyam
Yogis may know You only through meditation.

Vande Vishnum bhava bhaya haram
*We pray to Shri Vishnu, who destroys
the fears of the world.*

Sarva-lokaika-nātham
You alone are the master of all the universe.

Aum shānti' shānti' shāntihi
Amen. Peace, peace, peace.

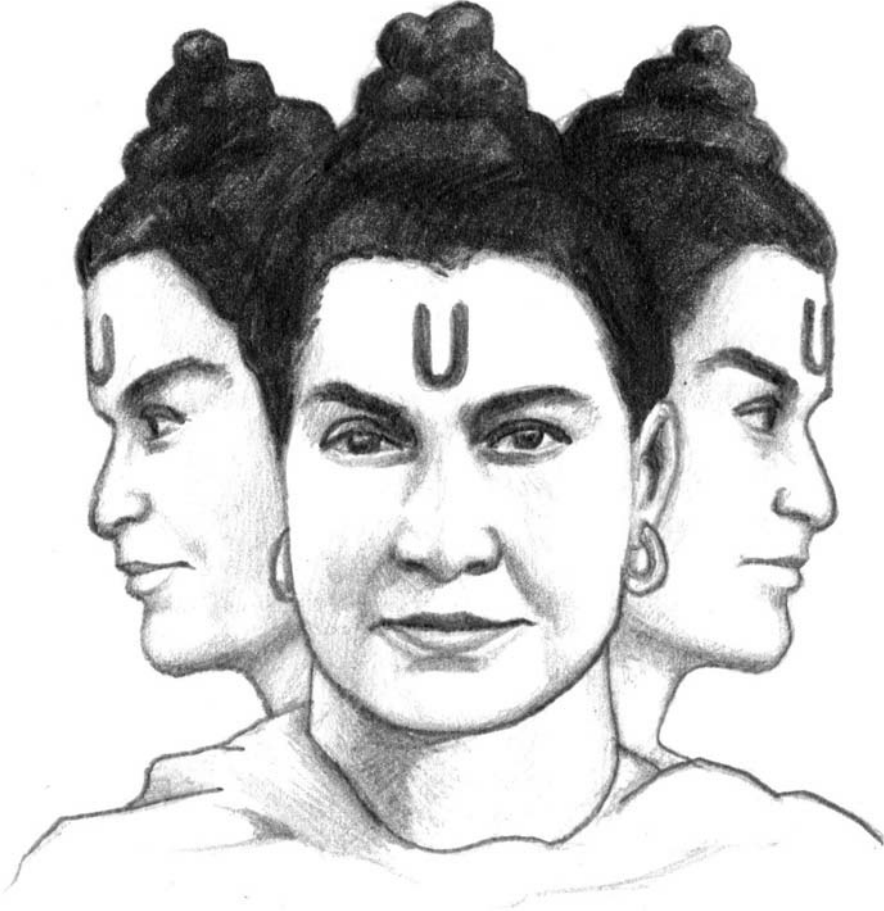
From the 'Shrimad Devi Bhagavatam' by Veda Vyasa







The Bhava-sāgara (Void)



Guru Param'ātmā Pareshu
The Guru is the Supreme Spirit, God Almighty.





The 10 Primordial Masters (Ādi Gurus)

Gurur Brahmā, gurur Vishnu
The guru is Brahma, the guru is Vishnu,
 Gurur devo Maheshwarah
The guru is the great Lord Shiva,
 Gurur sākshāt Parabrahma
The guru is truly the Supreme Spirit.
 Shrī Mātājī Nirmalā Mā
Immaculate Mother Shri Mataji,
 Tasmai Shrī Gurave namah
To You, our true guru, we bow.



Rājā Janaka 5000 BC, Mithila, India

Janaka was the king of Mithila and the father of Shri Sita. He was brave and virtuous and well-versed in the shastras and Vedas. According to the epic Ramayana, Janaka proposed a test of strength in which suitors vying for his daughter's hand in marriage would have to string the great bow of Shri Shiva. Shri Rama passed this test, and married Shri Sita (also referred to as Janaki). Despite the responsibilities and trappings of his kingship, King Janaka was completely detached and on one occasion remained in meditation by the river while his house burned down. This made a lasting impression on his only disciple, Nachiketa.

'When you live in the realm of divine power, the Brahma, that looks after you.' **Raja Janaka**



Abraham 2000 BC, Mesopotamia and Palestine

Prophet and first patriarch of the Jewish nation; an equally important figure in both Christianity and Islam; acknowledged as the ancestor of Mohammed. In his youth he opposed idol worshippers, including his own father. He is associated with the eternal qualities of faith, sacrifice, commitment and patience.

'So only, you can see it, in the time of Abraham that His own lifestyle... I mean, that was just a system when the family was building up and the relationships were building up, and He tried to work it on that level.' **Shri Mataji Nirmala Devi**





Moses

1200 BC, Egypt and Palestine

Prophet and religious leader of Hebrew origin who was raised as an Egyptian prince by the Pharaoh's daughter. Appalled by the treatment of Hebrew slaves, he ran away and encountered a burning bush where he was instructed by God to return to Egypt and lead the Hebrews out of their slavery. For forty years they wandered 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.

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



Zarathustra (Zoroaster)

1000 BC, Persia

Ancient Persian prophet and religious poet who viewed the universe as the cosmic struggle between truth and falsehood. He emphasised the importance of using our free will to sustain truth through active participation in life and the exercise of good thoughts, words and deeds. (Represented as Sarastro in Mozart's opera 'The Magic Flute')

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

Zarathustra



Confucius (Kong-Zi)

551-479 BC, China

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

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

Confucius



Lao-Tse (Lao-Zi)

6th century BC, China

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

'Mastering others is strength, mastering yourself is true power.'

Lao-Tse





Socrates

469–399 BC, Athens, Greece

Classical Greek philosopher and reformer, considered the father of logic and Western Philosophy. Originally a sculptor, he gave it up in order to devote 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' from within. He was an advocate of careful reasoning in pursuit of the truth, and his analytic practices gave rise to what became known as the Scientific Method.

'Be as you wish to seem' **Socrates**



Prophet Mohammed

570–632 AD, Mecca, Arabia

Founder of Islam (meaning 'surrender'). Born in Mecca on the Arabian peninsula, at the age of forty he began to receive revelations from the Angel Gabriel. At first distressed and unsure, he spent three years in prayer and spiritual practice until he was convinced of their genuineness. These revelations which continued throughout his life, and his subsequent teachings, later became the words of the Qu'ran.

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



Guru Nanak

1469–1539 AD, Punjab, India

Founder of Sikhism. Born in a Hindu family near Lahore, he spoke of the oneness of God, salvation by faith and good works, and the equality and brotherhood of man. He also believed in the equality of women, and in universal religion. He advocated devotion of thought and excellence of conduct as the first of duties.

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

Guru Nanak



Shrī Sāī Bābā of Shirdī

1838–1918 AD, Shirdi, India

Indian guru and Sufi, who, in his life and teachings, tried to embrace and reconcile Hinduism and Islam, celebrating festivals and rituals from both. Also referred to as Shri Sai Nath, he lived in Maharashtra as an ascetic, teaching about love, forgiveness, helping others, charity, contentment, inner peace, devotion to the guru and to God.

'See the Divine in the human being.' **Shri Sai Baba of Shirdi**





The 108 holy names of Shrī Ādi Guru Dattātreya

Aum twameva sākshāt Shrī Ādi Guru Dattātreya sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Adi Guru Dattatreya. Salutations to You!

Sattva	<i>You are....The embodiment of balance</i>	
Sattva bhṛut'āngata.....	<i>The sustainer of purity and truth</i>	
Kamal'ālaya	<i>The one who resides in the lotus</i>	
Hiranya-garbha.....	<i>The golden cosmic egg of Brahma, the subtle body of the Virata</i>	
Bodha-sam'āshraya.....	<i>The dwelling-place of enlightened knowledge</i>	5
Nābhāvana	<i>The ruler of the Nabhi chakra</i>	
Deha-shūnya.....	<i>Without a body</i>	
Paramārtha-dṛusha	<i>The one who looks after the ultimate well-being of all</i>	
Yantra-vida	<i>The one who knows the yantras (divine techniques)</i>	
Dhar'ādhāra	<i>The support of all supports</i>	10
Sanātana	<i>Ancient and everlasting</i>	
Chit-kīrti-bhūshana	<i>Adorned with glorious chaitanya (vibrations)</i>	
Chandra-sūry'āgni lochana	<i>The one 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 Spirit and the essence of satisfaction</i>	
Kha-garbha.....	<i>The one who contains the sky within</i>	
Amar'ārchita.....	<i>Worshipped by the immortals, the Devas</i>	
Gambhīra	<i>Fathomless and profound</i>	
Dayāvāna.....	<i>The embodiment of mercy and compassion</i>	20
Satya-vidñyāna bhāskara	<i>The radiant light of discretion and knowledge</i>	
Sadāshiva	<i>Lord God Almighty (forever auspicious and happy)</i>	
Shreyaskara.....	<i>The bestower of auspicious good fortune</i>	





Adīyāna-khandaka	<i>The destroyer of avidya (ignorance of the Spirit)</i>	
Dhṛuta.....	<i>The one who gives constant support and contentment</i>	25
Dambha-darpa-mad'āpaha.....	<i>The remover of hypocritical pride and intoxicated frenzy</i>	
Gun'āntaka	<i>The one who removes imbalance within the gunas and restores their qualities</i>	
Jvara-nāshaka	<i>The destroyer of fever, illness and suffering</i>	
Bhedavaitanda-khanadaka	<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>	
Nirahaṅkāra.....	<i>Without ego</i>	
Shoka-dukha-hara.....	<i>The remover of anxiety and pain</i>	
Nirākshīra nirupādḥika	<i>The one who establishes divine discretion</i>	
Ananta-vikrama	<i>The one who endlessly conquers and overcomes</i>	35
Bhedāntaka	<i>The destroyer of all divisions and arguments</i>	
Muni	<i>The great sage</i>	
Mahā-yogī.....	<i>The great yogi</i>	
Yog'ābhyāsa prakāshaka	<i>The one who enlightens the regular practice of yoga</i>	
Yog'ādarpa-nāshaka	<i>The destroyer of arrogance in the practitioners of yoga</i>	40
Nitya-mukta.....	<i>Eternally liberated</i>	
Yoga	<i>Yoga</i>	
Sthāna-da	<i>The one who gives stability</i>	
Mahā-anubhava-bhāvīta	<i>The one who manifests greater experience of the Spirit</i>	
Kāmajita	<i>The one who has conquered desire, lust and passion</i>	45
Shuchir-bhūta	<i>Most auspicious and pure</i>	
Tyāga-kāraṇa-tyāg'ātmā	<i>The essence and cause of renunciation</i>	
Mano-buddhi-vihīn'ātmā	<i>The one who is the pure Spirit having given up the mind, desires and intellect</i>	
Mān'ātmā	<i>The essence of pure desire</i>	
Chetanā-vigata	<i>Beyond sense awareness</i>	50
Akshara-mukta	<i>The liberating bliss of divine words</i>	
Parākrama	<i>Valiant and heroic</i>	





Tyāgārtha-sampanna	<i>The one who thrives through perfect renunciation</i>	
Tyāga-vigraha	<i>The embodiment of renunciation</i>	
Tyāga-kāraṇa	<i>The cause of renunciation</i>	55
Pratyāhāra-niyojaka	<i>The one who regulates the withdrawal of the senses</i>	
Pratyaksh'āvarta.....	<i>The one who incarnates again and again</i>	
Devānām-paramā-gati	<i>The supreme goal of the Devas</i>	
Mahā-deva	<i>The greatest among the Devas</i>	
Bhuvan'āntaka.....	<i>The one who destroys the fourteen Bhuvans (worlds) of the created universe at the time of cosmic dissolution</i>	60
Pāpa-nāshaka	<i>The destroyer of sins</i>	
Avadhūta.....	<i>He who renounced all worldly attachments</i>	
Madā-paha.....	<i>The one who removes all lust, arrogance and false pride</i>	
Māyā-mukta.....	<i>Liberated from all illusions</i>	
Chiduttama	<i>The supreme chaitanya</i>	65
Kshetradñya	<i>The one who knows the Spirit</i>	
Kshetraga	<i>The one who enters the realm of the Spirit</i>	
Kshetra.....	<i>The realm (field) of the Spirit</i>	
Saṅsāra-tamo-nāshaka.....	<i>The destroyer of worldly illusion</i>	
Shankā-mukta- -samādhimāna.....	<i>The ultimate bliss, free from all doubts</i>	70
Pāla	<i>The protector</i>	
Nitya-shuddha	<i>Eternally pure</i>	
Bāla	<i>Childlike innocence</i>	
Brahmachārī.....	<i>The chaste disciple</i>	
Hṛdaya-stha	<i>The one who dwells in the heart</i>	75
Pravartana.....	<i>Always active</i>	
Saṅkalpa-dukha-dalana.....	<i>The destroyer of unhappiness caused by desires and expectations</i>	
Jīva-sanjīvana.....	<i>The one who gives life to the soul</i>	
Layātīta	<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>The one who rejoices</i>	
Nirābhāsa.....	<i>Without falsity or deception</i>	
Niranjana.....	<i>Pure and unblemished</i>	
Shraddh'ārthī.....	<i>The one who pursues the goal with faith and devotion</i>	85
Gosākshī	<i>Witnessing the sense organs</i>	





Ādi Nātha	<i>The Primordial Master</i>	
Vishuddh'ottama-gaurava.....	<i>The highest untainted honour of the guru</i>	
Nirāhāri	<i>The one who abstains from food</i>	
Nitya-bodha.....	<i>Eternal awakening</i>	90
Purāna-prabhu.....	<i>The ancient almighty Lord</i>	
Sattva-bhṛuta.....	<i>The supporter of truth</i>	
Bhūta-shankara.....	<i>Auspicious and beneficent to all beings</i>	
Haonśa-sākshī	<i>The witness, pure and swan-like in discrimination</i>	
Sattva-vida.....	<i>The one who knows the essence of existence (on the Sattwa guna)</i>	95
Vidyāvāna.....	<i>The embodiment of all knowledge</i>	
Ātmānubhava-sampanna	<i>The one who thrives on experience of the Self</i>	
Vishāl'āksha	<i>The one with large eyes</i>	
Dharma-varadhana	<i>He who strengthens dharma</i>	
Bhoktā.....	<i>The enjoyer</i>	100
Bhogya	<i>The one who should be enjoyed</i>	
Bhogārtha-sampanna	<i>The one who thrives on enjoyment</i>	
Bhoga dñyāna-prakāshana.....	<i>Radiant with the knowledge of how to enjoy</i>	
Sahaja	<i>Spontaneous and natural</i>	
Dīpta	<i>Radiant with light</i>	105
Nirvāna	<i>Eternal bliss, in the reunion with the Supreme Being</i>	
Tattv'ātma-dñyāna-sāgara.....	<i>The ocean of knowledge illuminating the true principles of the Spirit</i>	
Param'ānanda-sāgara	<i>The ocean of supreme bliss</i>	

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah





The 113 holy names of the Sat-guru

The following names of the guru were translated by Shri Mataji Herself on the occasion of a havan during Guru puja in Dollis Hill, London, 1979.

Sattv'ātmā	<i>You are....The one whose Atman expresses the truth</i>	
Sattva-sāgara	<i>The ocean of truth</i>	
Sattva-vida	<i>The one who knows pure vidya (knowledge)</i>	
Sattva-sākshī	<i>The one who sees the essence</i>	
Sattva-sādhyā	<i>The one who meditates on the essence</i>	5
Amar'ādhipa	<i>The eternal Lord</i>	
Bhūta-kṛta	<i>The one who creates the past</i>	
Bhūta-preta	<i>The killer of the past</i>	
Bhūt'ātmā	<i>The essence of the past</i>	
Bhūta-sambhava	<i>The one who incarnates as the past</i>	10
Bhūta-bhava	<i>The emotions of all that is so far created</i>	
Bhava	<i>Emotion</i>	
Bhūta-vidyā	<i>The expert in all the vidyas so far</i>	
Bhūta-kāraṇa	<i>The cause of all that is created</i>	
Bhūta-sākshī	<i>The witness of all that is created</i>	15
Prabhūta	<i>The one who enlightens all that is created</i>	
Bhūt'ānaṅ-paramā-gati	<i>The one who takes all that is created beyond</i>	
Bhūta-saṅga-vidh'ātmā	<i>The one who resides in the Spirit of all that is created</i>	
Bhūta-Shankara	<i>The Shankara of all that is created</i>	
Mahā-nātha	<i>The Great Master</i>	20
Ādi Nātha	<i>The Primordial Master</i>	
Maheshwara	<i>The Greatest God</i>	
Sarva-bhūta-nirvās'ātmā	<i>The one who resides in the Spirit of all that is created</i>	
Bhūta-santāpa-nāshaka	<i>The one who destroys all the heat and tension created among human beings (due to the activity of the sympathetic nervous system)</i>	
Sarv'ātmā	<i>The one who resides in all the Atmas</i>	25
Sarva-pratyaya	<i>The one who can be achieved by everyone</i>	
Sarva	<i>Everything</i>	
Sarvadīya	<i>All knowledge</i>	





Sarva-nirvana	<i>The judgment of everyone</i>	
Sarva-sākshī	<i>The witness of everything</i>	30
Bṛuhat bhānu	<i>The sun</i>	
Sarva-vida.....	<i>The knower of all knowledge</i>	
Sarva-maṅgala.....	<i>All that is auspicious</i>	
Shānta	<i>Peaceful</i>	
Satya	<i>Truth</i>	35
Sam-māyī.....	<i>With the maya</i>	
Pūrna.....	<i>Complete</i>	
Ekākī	<i>Lonely and have no friend</i>	
Kamalā-pati	<i>Shri Vishnu</i>	
Rāma.....	<i>Shri Rama</i>	40
Rāma-priya	<i>The one of whom Shri Rama is very fond</i>	
Virāma.....	<i>The full stop</i>	
Rāma-kāraṇa	<i>The cause of Shri Rama</i>	
Shuddh'ātmā	<i>Of pure heart</i>	
Ananta	<i>Eternal</i>	45
Paramārtha-bhṛta	<i>The one who achieves the ultimate meaning</i>	
Haṁsa-sākshī	<i>The one who witnesses pure discrimination (the Pranava, the Aum)</i>	
Vibhu	<i>The Lord of the whole universe</i>	
Prabhu.....	<i>The enlightenment of all that is created</i>	
Pralaya	<i>The destroyer of all that is created</i>	50
Siddh'ātmā	<i>A realised soul</i>	
Param'ātmā	<i>The Highest Spirit</i>	
Sid-dhāṅg-paramā-gati	<i>The one who takes us to the highest state of spirituality</i>	
Siddhi Siddha	<i>The Siddhi and the Siddha (the powers and the one who has all the powers)</i>	
Sahaja	<i>Spontaneous</i>	55
Vi-jvara	<i>The one who never gets heated</i>	
Mahā-bāhu	<i>The one whose arms are very strong</i>	
Bahu'ānanda-varada	<i>The one who gives the greatest joy</i>	
Avyakta Purusha	<i>Not manifested</i>	
Prādñya	<i>Enlightened awareness</i>	60
Pari-dñya	<i>Beyond all awareness</i>	
Param'ātma Dṛshya	<i>The one who cares for the emancipation of others</i>	
Pandita	<i>Very learned</i>	
Buddha.....	<i>Enlightened, the knower</i>	





Vishw'ātmā.....	<i>The Spirit of the whole universe</i>	65
Pranava	<i>The Aum</i>	
Pranav'ātīta	<i>Beyond Pranava</i>	
Shankar'ātmā	<i>The Spirit of Shankara (Shri Shiva)</i>	
Parā-māyi.....	<i>Beyond maya</i>	
Devānām-paramā-gati	<i>The one who takes the Devas to the highest state</i>	70
Achitya	<i>Beyond attention</i>	
Chaitanya	<i>The flow of awareness</i>	
Chetanā-chitta-vikrama.....	<i>The chivalrous conqueror of the hero (the attention)</i>	
Para-brahma	<i>Beyond Brahma</i>	
Parama-jyoti	<i>The highest light</i>	75
Param-dhāma	<i>The highest abode</i>	
Param-tāpasa.....	<i>The greatest of those who do penance</i>	
Param-sūtra	<i>The highest thread of the world</i>	
Param-tantra.....	<i>The highest mechanism</i>	
Khsetra-dñya	<i>The knower of the field</i>	80
Loka-pāla.....	<i>The one who looks after the people</i>	
Gun'ātmā.....	<i>The essence of the three gunas</i>	
Ananta-guna sampanna.....	<i>Of unlimited virtues</i>	
Yadñya	<i>The fire that burns (off all negativity) and gives auspiciousness</i>	
Hiranya-garbha.....	<i>The Creator</i>	85
Garbha	<i>The womb of the Mother</i>	
Suhṛud	<i>A very good friend</i>	
Param'ānanda.....	<i>The highest joy</i>	
Saty'ānanda.....	<i>The highest joy of truth</i>	
Chid'ānanda	<i>The highest joy of the attention, the awareness</i>	90
Sūrya-mandala-madyadha.....	<i>The one who resides in the centre of the ego</i>	
Janaka	<i>The Father (the father of Shri Sita)</i>	
Mantra-vīrya	<i>The essence of mantra</i>	
Mantra-bīja	<i>The seed of mantra</i>	
Shastra-vīrya.....	<i>The hero (or essence) of the scriptures</i>	95
Ekaiva.....	<i>The only one (supreme)</i>	
Nishkala	<i>The one without any phases (hence he is celebrated on a Purnima day, a full moon)</i>	
Nirantara	<i>Eternal</i>	
Sureshwara.....	<i>The God of all the gods</i>	
Yantra-kṛta	<i>The creator of the Yantra (Kundalini)</i>	100





Yantrī	<i>The engineer of the Yantra (Kundalini)</i>	
Yantra-vidyā.....	<i>The knowledge of the Yantra (Kundalini)</i>	
Yantra-rudha-parājita	<i>The one who defeats all that comes in the way of the Yantra (Kundalini)</i>	
Yantra-mātā.....	<i>The one who resides in the Kundalini</i>	
Yantra-kāra	<i>The one who sustains the Kundalini</i>	105
Brahma-yoni	<i>The power of Shri Brahma</i>	
Vishwa-yoni	<i>The power of the universe</i>	
Guru	<i>The guru</i>	
Brahma.....	<i>Shri Brahma</i>	
Tri-vikrama	<i>The conqueror of the three worlds</i>	110
Sahas'ārambha		
-yoni-bhava	<i>The one who fights for the beginning of the thousand years</i>	
Rudra	<i>The destructive power</i>	
Hrudayastha.....	<i>The one who resides in the heart</i>	

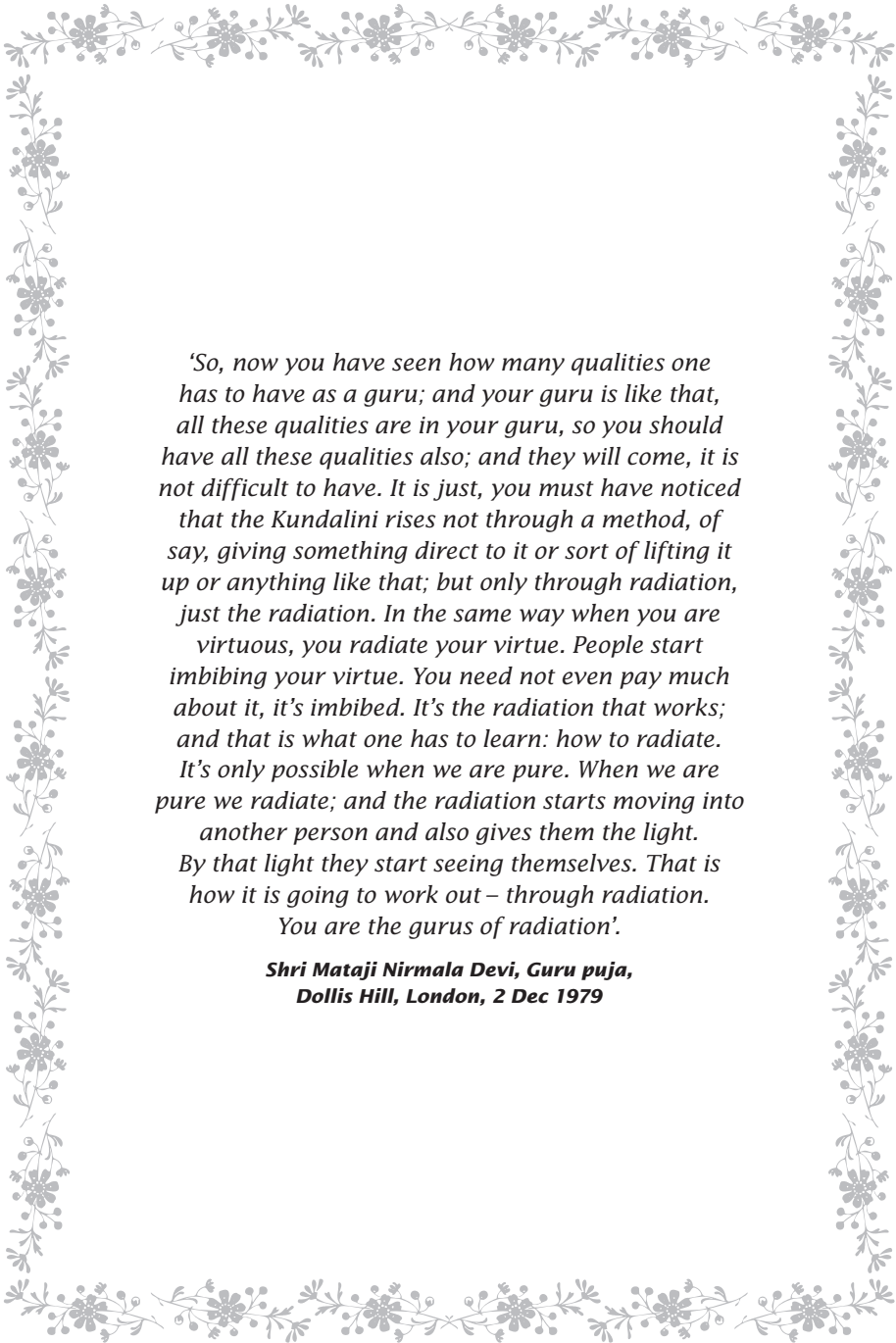
Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah



Formerly known erroneously as the 113 names of Shri Ganesha, these Sanskrit names differ from the original recording in that they

now appear in the nominative form, rather than the original dative form.





'So, now you have seen how many qualities one has to have as a guru; and your guru is like that, all these qualities are in your guru, so you should have all these qualities also; and they will come, it is not difficult to have. It is just, you must have noticed that the Kundalini rises not through a method, of say, giving something direct to it or sort of 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. People start imbibing your virtue. You need not even pay much about it, it's imbibed. 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. When we are pure we radiate; and the radiation starts moving into another person and also gives them the light. By that light they start seeing themselves. That is how it is going to work out – through radiation. You are the gurus of radiation'.

**Shri Mataji Nirmala Devi, Guru puja,
Dollis Hill, London, 2 Dec 1979**







The Left Heart (Anāhata) Chakra



Sat-chid'ānanda rūpah, Shivo'ham, Shivo'ham
*I am in the form of Sat (truth, Self or existence), Chit (awareness
or consciousness) and Ananda (bliss or pure joy)*
I am Shiva, I am Shiva!





The 108 holy names of Shrī Shiva

Amen. We, the children, bow with complete devotion and adoration to the Sacred One who resides in the heart of Shri Mataji Nirmala Devi. From Him came the desire for our emancipation.

**Aum twameva sākshāt Shrī Shiva sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Shiva. Salutations to You!**

Aum Shivam Shivakaram Shāntam Shivakaram
Aum to the auspicious one, the bestower of auspiciousness, the one who is peace, who is the auspicious Spirit,
Shivot-tamam Shivamārga Pranetāram Pranatosmi Sadāshivam
The highest, most auspicious and beautiful one, who is the path of auspiciousness, before whom everyone prostrates, I bow to the Lord God Almighty.

Shiva	<i>You are... pure</i>	
Shaṅkara	<i>The bestower of benevolence, auspiciousness and peace</i>	
Swayambhu	<i>Born out of Yourself</i>	
Pashu-pati	<i>The lord and protector of the animals</i>	
Kshamā-kshetra.....	<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-sādhya	<i>Achieved easily by the saintly</i>	
Hrut-pundarīk'āsana	<i>He who dwells in the lotus of the heart</i>	
Jagad-hitaishī.....	<i>The well-wisher of the universe</i>	10
Vyāghra-komala.....	<i>Tender like the tiger</i>	
Vatsala	<i>Both loving and beloved</i>	
Dev'āsura-guru	<i>The preceptor of the gods and of the asuras</i>	
Shambhu	<i>The bestower of blessings</i>	
Lokottara sukhālaya	<i>The abode of the most excellent happiness</i>	15
Sarva-saha	<i>The bearer of everything</i>	
Sva-dhṛuta	<i>Self-supported</i>	
Eka-nāyaka	<i>The sole Lord</i>	
Shrī-vatsala	<i>The darling of the Goddess</i>	
Shubhada	<i>The bestower of auspiciousness</i>	20
Sarva-sattv'āvalambana	<i>The supporter of all living beings</i>	





Sharvarī-pati	<i>Lord of the night</i>	
Varada.....	<i>The bestower of boons</i>	
Vāyu-vāhana	<i>The one whose vehicle is the wind</i>	
Kamandalu-dhara	<i>The holder of the water-pot (for rites)</i>	25
Nad'īshwara	<i>The lord of the rivers</i>	
Prasad'asva	<i>Pleasing to the Self</i>	
Sukh'ānila.....	<i>The pleasing wind (vibrations)</i>	
Nāga-bhūshana.....	<i>The one who wears serpents for ornaments</i>	
Kailāsa-shikhara vāsī.....	<i>The one who resides at the peak of Mount Kailash</i>	30
Trilochana	<i>Three-eyed</i>	
Pināka-pāni.....	<i>The one who holds the mighty bow Pinaka</i>	
Shramana	<i>Ascetic</i>	
Achal'eshwara	<i>The lord of the mountain</i>	
Vyāghra-charmāmbara	<i>The one who wears the tiger hide</i>	35
Unmatta-vesha.....	<i>The one who can appear in the guise of a madman</i>	
Preta-chārī	<i>The one who controls the dead</i>	
Hara	<i>The destroyer</i>	
Rudra	<i>Wrathful</i>	
Bhīma-parākrama	<i>Of mighty exploits</i>	40
Nat'eshwara	<i>The lord of the dance</i>	
Natarāja.....	<i>The king of the dance</i>	
īshwara.....	<i>The lord of spiritual reality</i>	
Param-shiva	<i>The supreme Shri Shiva</i>	
Param'ātmā	<i>The Supreme Spirit</i>	45
Param'eshwara	<i>The Supreme Lord</i>	
Vīr'eshwara	<i>The lord of heroes</i>	
Sarv'eshwara	<i>The lord of all</i>	
Kām'eshwara	<i>The lord of love</i>	
Vishwa sākshī.....	<i>The witness of the universe</i>	50
Nityanṛutya	<i>Ever-dancing</i>	
Sarvā-vāsa	<i>The one who resides in all</i>	
Mahā-yogī.....	<i>The great yogi</i>	
Sada-yogī.....	<i>The primordial, immutable yogi</i>	
Sadāshiva	<i>Lord God Almighty</i>	55
Ātmā	<i>The Self</i>	
Ānanda.....	<i>Bliss and joy</i>	
Chandra-mauli	<i>The one who has the moon as a crest jewel</i>	





Maheshwara	<i>The Great Lord</i>	
Sudhā-pati	<i>The lord of nectar</i>	60
Amṛutapa	<i>The drinker of nectar</i>	
Amṛuta-maya.....	<i>Full of nectar</i>	
Pranat'ātmaka	<i>The soul of the devotee</i>	
Purusha	<i>The divine spiritual Being</i>	
Pracchanna.....	<i>The hidden one</i>	65
Sūkshma	<i>Very subtle</i>	
Karnikāra-priya	<i>Fond of the pericarp of the lotus</i>	
Kavi	<i>The poet</i>	
Amogha-danda.....	<i>Unfailing punishment</i>	
Nīlakantha.....	<i>The one with a blue throat (having drunk poison to save the world)</i>	70
Jatī	<i>The one with matted hair</i>	
Pushpa-lochana	<i>The one with eyes like flowers</i>	
Dhyān'ādhāra	<i>The basis of meditation</i>	
Brahmānda-hṛud.....	<i>The heart of the universe</i>	
Kāma-shāsana	<i>The chastiser of Manmatha (Cupid)</i>	75
Jita-kāma	<i>The conqueror of lust</i>	
Jitendriya.....	<i>The conqueror of the sense organs</i>	
Atīndriya	<i>Beyond the scope of the sense organs</i>	
Nakshatra-mālī	<i>Having a necklace of stars</i>	
Anādyanta.....	<i>Having neither beginning nor end</i>	80
Ātma-yoni	<i>The power of the Self</i>	
Nabha-yoni	<i>The power of the firmament</i>	
Karunā-sāgara	<i>The ocean of compassion</i>	
Shūlī	<i>Master of the trident</i>	
Mah'eshvāsa.....	<i>The bearer of the mighty bow</i>	85
Nishkalanka.....	<i>Spotless and unblemished</i>	
Nitya-sundara	<i>Ever beautiful</i>	
Ardhanār'īshwara	<i>He whose other half is Shri Parvati</i>	
Umā-pati.....	<i>The lord of Shri Parvati</i>	
Rasada	<i>The bestower of the nine aesthetic moods and taste</i>	90
Ugra	<i>Powerful and fierce</i>	
Mahā-kāla	<i>The great destroyer</i>	
Kāla-kāla.....	<i>The destroyer of death</i>	
Vyāghra dhūrya.....	<i>The tiger-like leader</i>	
Shatru-pramāthī.....	<i>The suppressor of enemies</i>	95
Sarv'āchārya.....	<i>The great preceptor of all</i>	
Samāna	<i>Equanimous</i>	





Ātma-prasanna	<i>The pure soul in bliss</i>	
Nara-nārāyana-priya.....	<i>Loved by Shri Vishnu who incarnated as Nara-narayana</i>	
Rasa-dñya.....	<i>The one who knows the nine aesthetic moods and taste</i>	100
Bhakti-kāya.....	<i>The embodiment of devotion</i>	
Loka-vīr'āgranī.....	<i>The leader of the heroes of the world</i>	
Chirantana	<i>Eternal life</i>	
Vishwambhar'eshwara.....	<i>The Supreme Lord of the universe</i>	
Nav'ātmā	<i>The ever-youthful soul</i>	105
Nava-yerūsalem'eshwara.....	<i>Lord of the New Jerusalem</i>	
Ādi Nirmal'ātmā	<i>The primordial Self of Shri Mataji</i>	
Sahajayogi-priya	<i>Loved by Sahaja yogis</i>	

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah

Aum namah Shivāya
I bow to Shri Shiva.



Tad Nishkala by Shrī Ādi Shankarāchārya (The one who is beyond time)

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

Mano–buddhi ahaṅkāṛ chittāni nāham
Neither mind, nor intellect, ego, nor thought,
Na cha shrotra jihve, na cha ghrāna netre
Nor the ears, nor the tongue, nor the nose, nor the eyes,
Na cha vyomabhūmir, na tejo na vāyuhu
Neither ether, nor earth, nor fire, nor wind,
Chid'ānanda rūpah, Shiv'oham, Shiv'oham
Eternal bliss and awareness am I, I am Shiva, I am Shiva!

Na cha prāna saṅdnyao, na vai pancha–vāyur
Nor the energy of Life, nor the five vital breaths,
Na vā sapta–dhātur, na vā pancha–koshah
Nor the body's seven elements, nor the body's five sheaths,
Na vāk pāni–pādaū, na cho pasthapāyū
Neither organs of cleansing, nor speech, hands, nor feet,
Chid'ānanda rūpah, Shiv'oham, Shiv'oham
Eternal bliss and awareness am I, I am Shiva, I am Shiva!

Na me dvesha–rāgau, na me lobha–mohau
Neither loathing, nor liking, attachment nor greed,
Mado n'aeva me, n'aeva mātsarya–bhāvah
Nothing of pride or jealousy,
Na dharmo, na ch'ārtho, na kāmō, na mokshah
Neither duty, nor riches, desire, nor release,
Chid'ānanda rūpah, Shiv'oham, Shiv'oham
Eternal bliss and awareness am I, I am Shiva, I am Shiva!

Na punyam, na pāpam, na saukhyam, na dukkham
Neither virtue, nor vice, pleasure, nor pain,
Na mantrō, na tīrtham, na vedā, na yadñyāhā
Holy place, mantra, Vedas, nor Havan,
Aham bhojanam n'aeva, bhojyam na bhoktā
Nor the eater, nor food, nor enjoyment of eating,
Chid'ānanda rūpah, Shiv'oham, Shiv'oham
Eternal bliss and awareness am I, I am Shiva, I am Shiva!





Na me mṛutyu shankā, na me jāti bhedah
Neither fear of death, nor distinction of caste,
Pitā n'avea me, n'avea mātā, na janma
Nor father, nor mother, nor birth have I,
Na bandhur, na mitram, gurur n'avea shishyah
Nor disciple, nor guru, nor brother, nor friend,
Chid'ānanda rūpah, Shiv'oham, Shiv'oham
Eternal bliss and awareness am I, I am Shiva, I am Shiva!

Aham nirvikalpo, nirākāra rūpo
I am without doubt, I exist without form,
Vibhur-vyāpya sarvatra sarv'endriyāni
All-pervading am I, I give life to the senses,
Sadā me samatvam na muktir na bandhah
Eternal, unchanging, neither free, nor attached,
Chid'ānanda rūpah, Shiv'oham, Shiv'oham
Eternal bliss and awareness am I, I am Shiva, I am Shiva!



*'That's what you are. You are eternal bliss and awareness;
consciousness: the pure consciousness. I think this must be.
Everyone must learn it by heart and must say it in all the ashrams.
That's a very good way of remembering what you are!
May God bless you!'*

**Shri Mataji Nirmala Devi, Guru puja,
Gmunden, Austria, 6 July 1986**

*See p.228 for the 21 names of Shri Bhairava.
See p.223–33 for the mantras of the left side.*





The 108 holy names of Shrī Gaṅgā Mātā

Aum twameva sākshāt Shrī Gaṅgā Mātā sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Ganga Mata. Salutations to You!

Gaṅgā.....	<i>You are ... The holy river Ganges</i>	
Vishnu–padābja–sambhūtā	<i>She who was born from the lotus-like foot of Shri Vishnu</i>	
Hara–vallabhā	<i>Dear to Hara (Shri Shiva)</i>	
Himāchal’endra–tanayā	<i>The daughter of the Lord of Himalaya</i>	
Giri–mandala gāminī	<i>Flowing through the mountain country</i>	5
Tārakāri–jananī	<i>The mother of Shri Kartikeya (the enemy of the demon Taraka)</i>	
Sagar’ātmaja–tārikā.....	<i>The liberator of the 60,000 sons of Sagara (who had been burnt to ashes by the angry glance of the Sage Kapila)</i>	
Saraswatī–saiyuktā.....	<i>Joined to the river Saraswati (which flows underground and joins the river Ganges at Allahabad)</i>	
Sughoshā	<i>Melodious</i>	
Sindhu–gāminī	<i>Flowing to the ocean</i>	10
Bhāgīrathī.....	<i>The one who was brought down from Heaven by the prayers of the Sage Bhagiratha</i>	
Bhāgyavatī.....	<i>Happy, fortunate</i>	
Bhagīratha–rath’ānugā	<i>The one who followed Bhagiratha’s chariot down into the lower regions (hell) to purify the ashes of Sagara’s sons and to liberate their souls</i>	
Tri–vikrama–padoddhūtā	<i>She who manifested from the foot of Vishnu</i>	
Tri–loka–patha gāminī.....	<i>Flowing through the three worlds (Heaven, Earth and the lower regions)</i>	15
Kshīra–subhrā	<i>As white as milk</i>	
Bahu–kshīrā	<i>Like a cow which gives milk in abundance</i>	
Kshīra–vṛuksha samakulā.....	<i>Abundant like the four milk trees: Nyagrodha (Banyan), Udumbara (glamorous fig-tree), Asvattha (holy fig-tree) and Madhuka (Bassia Latifolia)</i>	
Tri–lochana jatā–vāsinī	<i>The one who dwells in the matted locks of the three-eyed one (Shri Shiva)</i>	





Rūna-traya vimochanī	<i>The one who grants release from the three debts of duty (study of the Vedas, worship of the gods, continuing the family line)</i>	20
Tripurāri-shiras-chūdā	<i>The one who flows from the top of the head of Shri Shiva (the enemy of the demon Tripura)</i>	
Jāhnavī	<i>The daughter of King Jahnu (King Jahnu drank up the Ganges in a rage after the river flooded his kingdom, but relented, and allowed Her to flow out from his ear)</i>	
Nata-bhīti hr̥utā	<i>The remover of fear, when devotees surrender to You</i>	
Avyayā	<i>Eternal and imperishable</i>	
Nayan'ānanda dāyinī	<i>Delightful to behold</i>	25
Naga-putrikā.....	<i>The daughter of the mountain</i>	
Niranjanā.....	<i>Untainted and clear</i>	
Nitya-shuddhā	<i>Eternally pure</i>	
Nīra-jāla parish-kṛutā	<i>Adorned with water</i>	
Savitṛī.....	<i>The Mother</i>	30
Salila-vāsī.....	<i>She who dwells in water</i>	
Sāgar-āmbu samedhinī	<i>Swelling the waters of the ocean</i>	
Ramyā	<i>Delightful</i>	
Bindu-sarasā.....	<i>Made of water-drops</i>	
Avyaktā	<i>Unmanifest</i>	35
Vṛundāraka-sam'āshritā.....	<i>The resort of the eminent</i>	
Umā-sapatnī	<i>She who has the same husband as Uma or Shri Parvati (i.e. Shri Shiva)</i>	
Shubhrāṅgī.....	<i>The one with beautiful white limbs</i>	
Shrīmatī.....	<i>Beautiful, auspicious and illustrious</i>	
Dhaval'āmbarā	<i>The one with a dazzling white garment</i>	40
Ākhandala-vana-vāsī	<i>The one who flows through the jungle</i>	
Khandendu kṛuta-shekharā	<i>The one who bears the crescent moon upon Her head</i>	
Amṛut'ākara salilā	<i>The one whose water is a rich source of nectar</i>	
Līlā-laṅghita-pārvatā	<i>The one who leaps over mountains in sport</i>	
Virinchi-kalasha-vāsī	<i>The one who dwells in the water-pots of Shri Brahma, Shri Vishnu and Shri Shiva</i>	45
Trivenī	<i>Triple-braided by the waters of the three rivers: the Ganges, the Yamuna and the Saraswati</i>	
Trigun'ātmikā	<i>The spiritual essence of the three gunas</i>	





Sangat'āghaughā shamanī.....	<i>The one who destroys the mass of worldly attachments and collective misdeeds</i>	
Shankha-ḍundubhi nisvanā.....	<i>The one who makes a noise like a conch-shell and drum</i>	
Bhīti-hṛutā	<i>The remover of fear</i>	50
Bhogyā janānī.....	<i>The one who creates happiness</i>	
Bhinna Brahmānda darpinī	<i>The one who takes pride in creating new life (through Her life-giving waters)</i>	
Nandinī	<i>Happy</i>	
Shīghrā.....	<i>Fast-flowing</i>	
Siddhā.....	<i>Perfect and holy</i>	55
Sharanyā	<i>The one who grants shelter, help or protection</i>	
Shashi-shekharī	<i>The one who bears the moon upon Her head</i>	
Shankarī	<i>Compassionate</i>	
Saphari-pūrnā.....	<i>Abundant with small shiny fishes</i>	
Bhargā-mūrdhā-kṛutālayā	<i>The one who dwells on Shri Shiva's head</i>	60
Bhava-priyā.....	<i>Loved by Shri Shiva and by all living beings</i>	
Satya-sandha priyā	<i>Loved by the faithful</i>	
Haṁsa-swarūpinī	<i>The embodiment of discretion (symbolised by the swan)</i>	
Bhagīratha-sutā.....	<i>The daughter of Sage Bhagiratha</i>	
Anantā	<i>Eternal</i>	65
Sharat-chandra-nibhānanā	<i>Radiant like the autumn moon</i>	
Aumkāra rūpinī	<i>(In the form of) the Aum</i>	
Atulā	<i>Peerless, without equal</i>	
Kṛīdā-kallola kārinī.....	<i>The playful sound of the flowing river</i>	
Swargā-sopāna saranī.....	<i>Flowing like a stairway to Heaven</i>	70
Ambha-pradā.....	<i>The one who gives water</i>	
Duhkha-hantrī	<i>The remover of sorrow</i>	
Shānti-santata kārinī.....	<i>The continuance of peace</i>	
Dāridrya-hantrī.....	<i>The remover of poverty</i>	
Shivadā.....	<i>The bestower of auspiciousness and happiness</i>	75
Saṁsāra-visha-nāshinī.....	<i>The one who destroys the ills of this world</i>	
Prayāga nilayā	<i>The one who dwells in Prayaga (the confluence of the Ganges and the Yamuna, near modern Allahabad)</i>	
Sītā.....	<i>The eastern-most of the four branches into which the heavenly Ganges divides after falling on Mount Meru</i>	





Tāpa-traya vimochanī	<i>The one who grants liberation from the three afflictions (of the elements, of one's own deeds and of the body)</i>	
Sharanā-gata-dinārta- -pari-trānā.....	<i>The protector of the sick and suffering, who come to You for refuge</i>	80
Sumuktidā	<i>The one who gives complete emancipation</i>	
Siddhi-yoga nisevitā.....	<i>The one whom devotees approach to gain success or yogic powers</i>	
Pāpa-hantrī	<i>The destroyer of sins</i>	
Pāvanāṅgī.....	<i>The one who has a pure body</i>	
Parabrahma swarūpinī.....	<i>The embodiment of the Supreme Spirit</i>	85
Pūrnā.....	<i>Complete</i>	
Purātanā.....	<i>Ancient</i>	
Punyā	<i>Auspicious</i>	
Punyadā	<i>The bestower of auspiciousness</i>	
Punya vāhinī.....	<i>The generous flow of auspiciousness</i>	90
Pulomaj'ārchitā.....	<i>Worshipped by Indrani (wife of Indra)</i>	
Pūtā.....	<i>Pure</i>	
Pūta-tribhuvanā	<i>The purifier of the three worlds</i>	
Japā.....	<i>The gentle murmur of the waters</i>	
Jaṅgamā	<i>Living and moving</i>	95
Jaṅgama-dharā	<i>The one who sustains the living and moving</i>	
Jala-rūpā	<i>In the form of water</i>	
Jagad-hītā	<i>Benevolent to the world</i>	
Jahnu-putrī	<i>The daughter of King Jahnu</i>	
Jagan-mātā	<i>The mother of the world</i>	100
Siddhā	<i>Holy</i>	
Bhogavatī	<i>Delightful and beautiful (Ganga's name as She enters the underworld)</i>	
Umā-kāra-kamala sanjātā.....	<i>Born from the same lotus as Shri Parvati (Uma), a poetic way of saying that they are sisters</i>	
Adñyāna-timira-bhānu	<i>A light amid the darkness of ignorance</i>	
Ajarā	<i>The one who is untouched by illness</i>	105
Ādyā.....	<i>The one who is the beginning</i>	
Dhenū	<i>The one who has the qualities of Kamadhenu (the divine wish-fulfilling cow)</i>	
Nirmalā	<i>Forever pure (like Shri Mataji)</i>	

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah







The Centre Heart (Anāhata) Chakra



Jaya Jagadambe Mā
Victory to the Divine Mother of the universe!





The 9 holy names of Shrī Durgā Mātā

Aum twameva sākshāt Shrī Durgā Mātā Jagadambā sākshāt
 Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
*O Divine Mother, You are verily Shri Durga, the Mother of the universe.
 Salutations to You!*

Shaila-putrī	<i>You are... The daughter of the mountain (Himalaya)</i>
Brahma-chārinī	<i>The one who observes the state of celibacy</i>
Chandra-ghantā.....	<i>Adorned with the moon as Your bell</i>
Kūsh-māndā	<i>The one whose void contains the universe</i>
Skanda-mātā.....	<i>The mother of Shri Kartikeya</i>
Kātyāyanī	<i>The foster-daughter of Sage Katyayana</i>
Kāla-rātrī.....	<i>The dark night of dissolution</i>
Mahā-gaurī	<i>The Adi Kundalini (the purest form)</i>
Siddhi-dātrī.....	<i>The bestower of siddhis (divine powers)</i>

Sākshāt Shrī Ādi Shakti Mātājī
 Shrī Nirmalā Devyai namo namah

From the Kavach of the Devi by Sage Markandeya (see p.111-19)

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

An aspect of Shri Durga as the protector of France, the 'maid of Orleans' was divinely inspired by visions and voices sent by St. Michael (Shri Bhairava, see p.228-9). Born into a simple peasant family, at the age of 17, she successfully lead the demoralised French forces against the combined armies of England and the Duke of Burgundy, eventually ending the Hundred Years war and England's claims to the territories of Northern France. As a result France was liberated from generations of war and dispute, and once again unified as a single nation under a single crown. Yet before victory was complete, Joan was captured by the Duke of Burgundy, abandoned by the newly crowned French

King Charles VII and sold to the English government. In a politically motivated show trial, Joan was convicted as a heretic by an ecclesiastical court and on the orders of the English Regent, the Duke of Bedford, burned to death. Twenty-four years later, the Vatican reviewed the decision of the court, found her innocent, and declared her a martyr.

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

Shri Mataji Nirmala Devi, evening talk before Diwali, Novi Ligure, 24 Oct 1998.





The 108 holy names of Shrī Durgā Mātā

Shata-nāma pra-vakshyāmi Shrūn-ushva kamal'ānane
Whoever recites these hundred names to the lotus-faced Goddess
at evening-time and at the break of day,

Yasya prasāda-mātreṇa Durgā prītā bhavet satī
Such a one becomes dear to the excellent Mother Durga.

Satī.....	<i>You are... The daughter of King Daksha and first wife of Shri Shiva who consumed Herself with fire; having all the qualities of a devoted wife and being 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 very amiable consort of Shri Shiva</i>	
Bhava-mochanī	<i>The one who releases us from worldly existence</i>	5
Āryā	<i>Most 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
Shūla dhārinī	<i>The wielder of the trident</i>	
Pināka dhārinī	<i>The one who bears Shri Shiva's bow called Pinaka</i>	
Chitrā	<i>Of many excellent forms</i>	
Chanda-ghantā	<i>Ringling a mighty bell (to instill fear in evil-doers)</i>	
Mahā-tapā	<i>The one who practices great austerities</i>	15
Mānasī.....	<i>The psyche as the combination of heart and mind</i>	
Buddhi.....	<i>The intellect and understanding</i>	
Ahankārā.....	<i>The sense of individuality, the illusion of ego</i>	
Chitta rūpā	<i>In the form of the attention</i>	
Chitā	<i>The chaitanya, the vibrations</i>	20
Chiti	<i>Understanding and reflection</i>	
Sarva-mantra mayī.....	<i>The power of all mantras</i>	
Tryambakā	<i>The three Mother goddesses (Mahalakshmi, Mahasaraswati and Mahakali)</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>	
Bhāvyā.....	<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>The eternal path of ascent</i>	
Shāmbhavī.....	<i>The beneficent wife of Shri Shiva</i>	30
Deva-mātā	<i>The mother of the gods</i>	
Chintā	<i>The one who takes care of our well-being</i>	
Ratna priyā.....	<i>Fond of the most excellent (jewels)</i>	
Sadā	<i>Ever-existent</i>	
Sarva vidyā.....	<i>All knowledge</i>	35
Daksha kanyā.....	<i>The daughter of King Daksha</i>	
Daksha-yadrīya-vināshinī.....	<i>The one who destroyed King Daksha's sacrifice, when he did not honour Shri Shiva</i>	
Aparnā	<i>The one who performed severe penance to win Shri Shiva (she fasted completely, not even eating leaves)</i>	
Aneka varnā	<i>The one who manifests in many styles</i>	
Pātalā	<i>Reddish-pink in colour</i>	40
Pātalā-vatī.....	<i>Surrounded by roses and reddish-pink lotuses</i>	
Pītāmbara-pari-dhānā	<i>Clothed in the finest yellow silk</i>	
Kamal'anjīra-ranjinī.....	<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 all the tribes of elephants</i>	
Mātaṅga-muni pūjitā	<i>Worshipped by the Sage Matanga</i>	50
Brāhmī.....	<i>The shakti of Shri Brahma</i>	
Māheshwarī.....	<i>The shakti of Shri Shiva</i>	
Aindrī	<i>The shakti of Shri Indra</i>	
Kaumārī.....	<i>The shakti of Shri Kartikeya</i>	
Vaishnavī.....	<i>The shakti of Shri Vishnu</i>	55
Chāmunda.....	<i>The goddess who destroys the demons</i>	
Vārāhī.....	<i>The shakti of Shri Vishnu in His third incarnation as the boar</i>	
Lakshmi	<i>The goddess of good fortune, prosperity and well-being</i>	





Purushā-kṛuti	<i>The one who has a human figure</i>	
Vimalā	<i>Unstained and spotless</i>	60
Ut-karshinī	<i>The highest ascending glory</i>	
Dñyānā	<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>The one who rides every vehicle</i>	
*Nishumbha shumbha-hananī ..	<i>The destroyer of the demons Nishumbha and Shumbha</i>	
*Mahish'āsura mardinī	<i>The slayer of the evil Mahisha</i>	70
*Madhu-Kaitabha hantrī	<i>The destroyer of the demons Madhu and Kaitabha</i>	
*Chanda-munda vināshinī	<i>The destroyer of the demons Chanda and Munda</i>	
*Sarv'āsura vināshinī	<i>The one who grinds all demons into dust</i>	
*Sarva-dānava ghātinī	<i>The slayer of all the demons</i>	
Sarva-shāstra mayī	<i>In the form of all science and knowledge</i>	75
Satyā	<i>The ultimate reality</i>	
Sarv'āstra-dhārinī	<i>The one who wields all negativity destroying mantras</i>	
Aneka-shastra hastā	<i>The one who wields many weapons in Her hands</i>	
Anek'āstrasya dhārinī	<i>The bearer of many different negativity destroying mantras</i>	
Kumārī	<i>The virgin goddess</i>	80
Eka-kanyā	<i>The supreme virgin</i>	
Kaishorī	<i>The youthful goddess</i>	
Yuvatī	<i>The one who has the appearance of a young girl</i>	
Yati	<i>Ascetic</i>	
Apraudhā	<i>The one who has the form of a youthful maiden</i>	85
Praudhā	<i>The one who appears as a mature woman</i>	
Vṛuddha mātā	<i>The one who takes the form of a grown-up mother</i>	
Bala-pradā	<i>The bestower of strength</i>	
Mah'odarī	<i>The one who has a large belly</i>	
Mukta keshī	<i>The one whose hair is loose and flowing</i>	90
Ghora rūpā	<i>The one who has a 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>The one who undergoes austerities</i>	
Nārāyanī.....	<i>The shakti of Shri Vishnu, Shri Mahalakshmi</i>	
Bhadra-kālī	<i>The auspicious dark-skinned mother</i>	
Vishnumāyā.....	<i>The one who announces divine incarnations (Shri Vishnu's power of illusion)</i>	
Jalodarī.....	<i>The one in whose belly are all the waters of the Earth</i>	100
Shiva dūtī	<i>The messenger of Shri Shiva</i>	
Karālī.....	<i>The one who has a very dreadful aspect, with mouth gaping wide</i>	
Ambā	<i>The Mother</i>	
Param'eshwarī	<i>The Supreme Goddess</i>	
Kātyāyanī	<i>The foster-daughter of Sage Katyayana, born 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>	
Pratyakshyā.....	<i>The one who manifests Herself openly</i>	
Brahma-vādinī.....	<i>The one who teaches knowledge of the Parabrahma (Supreme Spirit)</i>	

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah





Kavach of the Devī (Shrī-Chandī-Kavacham)

The Devi Kavach was presented for the first time on a Guru puja day, hence the following introduction: Our guru is the Great Mother. All Her Shakti and Yogini aspects are available for Her children. By reading the Kavach of the Devi, we mobilise these powers to purify and enlighten our Koshas (our mental, emotional and physical bodies). Thus by the power of the Guru-mata, the Atma becomes the guru of the body. May the wisdom and compassion of our Sat-guru flow through us and reach the four quarters of the Earth!

Atha Shrī-Chandī-Kavacham
Here begins the Chandī Kavach:

Aum Shrī Ganeshāya namah, Shrī-Sarasvatyai namah
Aum. Salutations to Shri Ganesha. Salutations to Shri Saraswati.

Shrī-Gurubhyo namah, Shrī-Kula-devatāyai namah
Salutations to Shri Guru. Salutations to the Deity worshipped in the family (that is Shri Mataji Nirmala Devi).

Avighnam astu, Aum Nārāyanāya namah
May there be no obstacles. Amen, salutations to Shri Narayana.

Aum Nara-narottamāya namah,

Aum Sarasvatī Devyai namah

Shrī Vedavyāsāya namah

Amen, salutations to Shri Vishnu. Amen, salutations to Goddess Saraswati. Salutations to sage Vyasa.

Atha Devyāhā Kavacham
Here begins the main part of the Devi Kavach:

Asya Shrī-Chandī-kavachasya Brahmā rishihi
The presiding sage of Shri Chandī-Kavach is Brahma,

Anushtup chhandah, Chāmundā devatā
The metre is Anushtup. The presiding deity is Chamunda.

Aṅga-nyāsokta-mātarō-bījam, Digbandha-devatās-tatvam
The main seed is Anganyasokta Matar. The principle is Digbandha-devata.

Shrī-Jagadambā-prītyarthe,

Sapta-Shati pāthāngatvena jape viniyogah
It is recited as part of the Sapta-shati (seven hundred verses in praise of Shri Durga) to please Shri Jagadamba.

Aum namash-Chandikāyai
Amen. Obeisance to Chandika.





Mārkaṇḍeya uvācha *Thus spoke Markaṇḍeya:*

- 1 Aum yad-guhyam paramam loke
sarva-rakshā-karam nṛṇām
*Amen. O Brahmaḍeva, please tell me that which is very secret and
has not been told to anybody,
Yan-na kasya-chid'ākhyātam tanme, brūhi Pitāmaha
and which protects all beings in this world, in every way.*

Brahm'ovācha *Brahmaḍeva said:*

- 2 Asti Guhya-tamam vipra, sarva-bhūt'opa-kārakam
*O Brahmini! That which is most secret, auspicious and benevolent to all beings
Devy'astu kavacham punyam, tachchhṛu-nushva Mahāmune
Is the Kavach of the Devi. Please listen to that, O great sage.*
- 3 Prathamam Shailaputrī cha, dvitīyam Brahma-chārinī
*First Shailaputri (The daughter of the mountain), second Brahmacharini
(The one who observes the state of celibacy),
Tṛitīyam Chandra-ghant'etī, Kūshmānd'eti chatur-thakam
Third Chandraghanta (adorned with the moon as her bell), fourth Kushmanda
(The one whose void contains the universe),*
- 4 Panchamam Skandamāt'eti, shashtham Kātyāyan'iti cha
*Fifth Skandamata (The mother of Kartikeya), Sixth Katyayani
(The foster-daughter of Sage Katyayana),
Saptamam Kālarātr'iti, Mahāgaur'iti ch'āshtamam
Seventh Kalaratri (The dark night of dissolution), eighth Mahagauri
(The Adi Kundalini),*
- 5 Navamam Siddhi-dātrī cha, nava Durgāhā prakīr-titāhā
*Ninth Siddhi-datri (The bestower of special divine powers). Durga is known
by these nine names,
Uktān-yetāni nāmāni, Brahman'aiva Mahāt-manā
As told by the Great Soul Brahmaḍeva Himself.*
- 6 Agninā dahya-mān'astu, shatru-madhye gato rane
*Those who are engulfed by fire or surrounded by enemies on the battlefield,
Vishame durgame ch'aiva, bhayārtāhā sharanam gatāhā
Or being at an impassable place or frightened, if they surrender (to Durga),*





- 7 Na teshām jāyate, kinchid–ashubham rana–sankate
They would never suffer any misery or misfortune, even at time of war.
Nāpadam tasya pashyāmi, shoka–dukh–bhayam na hi
They would face no calamity, grief, sorrow or fear.
- 8 Yaistu bhaktyā smṛutā nūnam, teshām vṛuddihi prajāyate
Those who remember You with great devotion, indeed have prosperity.
Ye tvām smaranti Deveshi, rakashase tān–na saonshayah
Undoubtedly, O Supreme Goddess, You protect those who remember You.
- 9 Preta–saonsthā tu Chāmundā, Vārāhī mahish’āsanā
The Goddess Chamunda sits on the corpse, Varahi rides on a buffalo,
Aindrī gaja–samārūdhā, Vaishnavī Garud’āsanā
Aindri is mounted on an elephant and Vaishnavi on a condor (Garuda),
- 10 Māheshwarī vṛushārūdhā, Kaumārī shikhivāhanā
Maheshwari is riding on a bull, the vehicle of Kaumari is a peacock,
Lakshmīhī padm’āsanā Devī, padmahastā Haripriyā
Lakshmi (the beloved of Shri Vishnu), is seated on a lotus and is also holding a lotus in her hand.
- 11 Shwetarūpa–dharā Devī, Īshvarī vṛusha–vāhanā
The Goddess Ishwari, of white complexion, is riding on a bull,
Brāhmī haoṅsa–samārudhā, sarv’ābharana–bhūshitā
Brahmi who is bedecked with all ornaments is seated on a swan.
- 12 Ityetā Mātarah sarvāhā, sarvayoga–sam–anvitāhā
All the Mothers (goddesses) are endowed with yoga
Nānā–bharana–shobhā–dhyā, nānā–ratn’opa–shobhitāhā
and are adorned with different ornaments and jewels.
- 13 Drushyante ratham–ārudhā, Devyah krodha–samā–kulāhā
All the goddesses are seen mounted in chariots and are full of anger.
Shaṅkham chakram gadām shaktim,
halam cha musal’āyudham
They are wielding conch, discus, mace, plough, club, javelin,
- 14 Khetakam tomaram chaiva, parashum–pāsham–eva cha
Axe, noose, barbed dart, halter, whip,
Kunt’āyudham trishulam cha, shārṅgam–āyudham–uttamam
Trident, spear, bow and arrows.





- 15 Daityānām deha-nāshāya, bhakt'ānāma-abhayāya cha
These goddesses are wielding their weapons constantly, to destroy the bodies of demons,
Dhārayanty'āyudhā-nīttham, Devānām cha hitāya vai
For the protection of devotees and for the benevolence of the gods.
- 16 Namaste'stu Mahāraudre, Mahāghora-parākrame
Salutations to You O Goddess, of very dreadful appearance, of frightening valour,
Mahābale Mahotsāhe, Mahābhaya-vināshini
Of tremendous strength and energy, the destroyer of the worst of fears.
- 17 Trāhi mām Devī dushprekshye, shatrūnām bhaya-var dhini
O Devi, it is difficult to have even a glance at You. You increase the fears of Your enemies, please protect me.
Prāchyām rakshatu mām-Aindrī, Āgneyyām-Agni devatā
May Goddess Aindri protect me from the east, Agni devata (goddess of fire) from the south-east,
- 18 Dakshine'vatu Vārāhī, Nairutyām Khadga-dhārinī
Varahi (the shakti of Vishnu in the form of the boar) from the south, Khadgadharini (the wielder of sword) from the south-west,
Prātichyām Varunī rakshed, Vāya-vyām Mruga-vāhinī
Varuni (the shakti of Varuna the rain god) from the west, Mrugavahini (whose vehicle is the deer) protect me from the north-west.
- 19 Udīchyām pātu Kaumārī, Aishānyām Shūla-dhārinī
May Goddess Kaumari (the eternal virgin, the shakti of Kartikeya) protect me from the north and Goddess Shuladharini from the north-east,
Ūrdhvam Brahmāni me rakshed'adhastād-Vaishnavī tathā
Brahmani (the shakti of Brahma) from above and Vaishnavi (shakti of Vishnu) from below, protect me.
- 20 Evam dasha disho rakshyech-Chāmundā Shava-vāhanā
O Goddess Chamunda, who sits on a corpse, please protect me from all the ten directions.
Jayā me chāgratah pātu, Vijayā pātu pṛushthatah
May Goddess Jaya protect me from the front and Vijaya from the rear,
- 21 Ajitā vāma-pārshve tu, dakshine ch'āparājītā
Ajita from the left and Aparajita from the right.
Shikhām-Udyotinī rakshed, Umā mūrdhni vyavas-thitā
May Goddess Udyotini protect the top-knot and may Uma cover my head and protect it.





- 22 Mālādharī lalāte cha, bhruvau rakshed–Yashasvinī
May I be protected, by Maladhari on the forehead, Yashasvini on the eye-brows,
Trinetra cha bhṛuvor–madhye–Yamaghantā cha nāsike
Trineta on the hamsa, Yamaghanta on the nose,
- 23 Shaṅkhinī chakshushor–madhye, shrotrayor–Dwāra–vāsinī
Shankhini on both the eyes, Dwarawasini on the ears.
Kapolao Kālikā rakshet–karnamūle to Shāṅkarī
May Kalika protect my cheeks and Shankari the roots of the ears.
- 24 Nāsikāyām Sugandhā cha, uttar’oshthe cha Charchikā
May I be protected, by Sugandha on the nose, Charchika - the upper lip,
Adhare ch’āmṛutakalā, jihvāyām cha Sarasvatī
Amrutakala - the lower lip, Saraswati - the tongue,
- 25 Dantān–rakshatu Kaumārī, kantha–deshe tu Chandikā
Kaumari - the teeth, Chandika - the throat,
Ghantikām Chitraghantā cha, Mahāmāyā cha tāluke
Chitraghanta - the sound-box, Mahamaya - the crown of the head,
- 26 Kamākshī chibukam rakshed, wācham me Sarva–maṅgalā
Kamakshi - the chin, Sarvamangala - speech,
Grīvāyām Bhadrakālī cha, pṛushtha–vaonshe Dhanur–dharī
Bhadrakali - the neck, Dhanurdhari - the spine.
- 27 Nīlagrīvā bahih–kanthe, nalikām Nalakūbarī
May Nilagriva protect the outer part of my throat and Nalakubari the windpipe.
Skandhayoh khadginī rakshed, bāhū me Vajra–dhārinī
May Khadgini protect my shoulders and Vajra-dharini protect my arms.
- 28 Hastayor–Dandinī rakshed–Ambikā chāṅgu–līshu cha
May Devi Dandini protect both my hands, Ambika - the fingers,
Nakhān Chhūleshwarī rakshet–kukshau rakshet–Kuleshwarī
Shuleshwari my nails and may Kuleshwari protect my belly.
- 29 Stanau rakshen–Mahādevī, manah Shoka–vināshinī
May I be protected by Mahadevi - the breast, Shoka-vinashini - the mind,
Hrudaye Lalitā Devī, udare Shūladhārinī
Lalita Devi - the heart, Shula-dharini - the stomach,
- 30 Nābhau cha Kāminī rakshed, guhyam Guhyesh–warī tathā
Kamini - the nabhi, Guhyeswari - the hidden parts,
Pūtanā kāmikā medhram, gude Mahisha–vāhinī
Putana kamika - the reproductive organs, Mahisha-vahini - the rectum.





- 31 Katyām Bhagavatī rakshej-jānunī Vindhya-vāsinī
May Goddess Bhagavati protect my waist, Vindhvasini - the knees,
Janghe Mahābalā rakshet-sarvakāma pradāyini
The wish fulfilling Mahabala protect my thighs.
- 32 Gulphayor-Nārasinvhī cha, pāda-prushthe tu Taijasī
May Narasinvhi protect my ankles, may Taijasi protect my feet,
Pādān-gulīshu Shrī rakshet-pādādhas-Talavāsinī
Shri protect my toes, may Talavasini protect the soles of my feet,
- 33 Nakhan-doanshtrā-karālī cha, keshān-chaiv'ordhva-keshinī
May Doanshtra-karali protect my nails, Urdhvakeshini - the hair,
Roma-kūpeshu Kauberī, tvacham Vāgīshwarī tathā
Kauberi - the pores, Vagishwari - the skin.
- 34 Rakta-majjā-vasā-māonsāny'asthi-medaonsi Pārvatī
May Goddess Parvati protect blood, marrow of the bones, fat and bone,
Antrāni kāla-rātrish-cha, pittam cha Mukuteshwarī
Goddess Kalaratri - the intestines, Mukuteshwari - bile (and liver).
- 35 Padmāvati padmakoshe, kaphe Chūdā-manistathā
May Padmavati protect the chakras, Chudamani - phlegm (or lungs),
Jvālāmukhī nakha-jvālām-Abhedyā sarva-sandhishu
Jwalamukhi - lustre of the nails and Abhedya - all the joints,
- 36 Shukram Brahmānī me rakshet-chhāyām
Chhatresh-varī tathā
Brahmani - semen, Chhatreshwari - the shadow of my body,
Ahaṅkāram mano buddhim, rakshen-me Dharma-dhārinī
Dharmadharini - ego, superego and intellect (Buddhi),
- 37 Prānā-pānau tathā vyānam-udānam cha samāna-kam
Vajrahasta - pran, apan, vyan, udan, saman (the five vital breaths),
Vajrahastā cha me rakshet-prānam Kalyāna-shobhanā
Kalyana-shobhana - the pranas (the life force).
- 38 Rase rūpe cha gandhe cha, shabde sparshe cha Yoginī
May Yogini protect the sense organs, that is the faculties of tasting, seeing,
smelling, hearing and touching,
Sattvam rajas-tam-shaiva, rakshen-Nārāyanī sadā
May Narayani protect sattwa, raja and tamo gunas.





- 39 Āyū rakshatu Vārāhī, dharmam rakshatu Vaishnavī
Varahi - life, Vaishnavi - dharmā,
Yashah kīrtim cha Lakshmīn-cha, dhanam Vidyām cha Chakrini
Lakshmi - success and fame, Chakrini - wealth and knowledge,
- 40 Gotram-Indrāni me rakshet-pashūn-me raksha Chandike
Indrani - relatives, Chandika - cattle (sustenance),
Putrān-rakshen-Mahālakshmīr-bhāryām rakshatu Bhairavī
Mahalakshmi - children and Bhairavi - spouse (wife).
- 41 Panthānam Supathā rakshen-mārgam Kshema-karī tathā
Supatha may protect my journey and Kshemakari my way.
Rajadvāre Mahālakshmīr-Vijayā sarvatah sthitā
Mahalakshmi may protect me in the king's courts (all official places)
and Vijaya everywhere.
- 42 Rakshā-hīnam tu yat-sthānam, varjitam kavachena tu
O Goddess Jayanti, any place that has not been mentioned in the Kavach
and has thus remained unprotected,
Tat-sarvam raksha me Devī, Jayantī pāpa-nāshini
May that be protected by You, the destroyer of sins.
- 43 Padam-ekam na gachhetu, yadīchhe-chhubham-ātmanah
One should invariably cover oneself with this Kavach wherever one goes
Kavachenā-vṛuto nityam, yatra-yatraiva gachhati
and should not walk even a step without it, if one desires auspiciousness.
- 44 Tatra tatrārtha-lābhash-cha, Vijayah sarva-kāmikah
Then one is successful everywhere, in all things.
Yam yam chintayate kāmam, tam tam prāpnoti nishchitam
All one's desires are surely fulfilled,
Param'aish-varyam-atulam, prāpsyate bhūtale pumān
and that person enjoys great prosperity on the Earth.
- 45 Nirbhayo jāyate martyah, sangrām-eshv'aparājitah
The person who covers himself with Kavach becomes fearless, is never
defeated in battle,
Trailokye tu bhavet-pūjyah, kavachen'āvṛutah pumān
and becomes worthy of being worshipped in the three worlds.





- 46 Idam tu Devyāhā kavacham, Devānām'api dur-labham
This Devi Kavach is inaccessible even to the gods.
Yah pathet-prayato nityam, trisandhyam shraddhay'ānvitah
One who reads with faith every day thrice (morning, afternoon and evening),
- 47 Daivī kalā bhavet-tasya, trailok-yeshv'aparājitah
Receives the divine arts (the shaktis), is undefeated in the three worlds,
Jīved-varsha-shatam, sāgram-apa-mṛutyu-vivar-jitah
Lives for a hundred years and is free from accidental death.
- 48 Nashyanti vyādhayah sarve, lūtā-visphotakā-dayah
All diseases, like boils, scars etc. are destroyed.
Stha-varam jaṅga-mam ch'aiva, kṛutri-mam
chāpi yad-visham
*Moveable (scorpions and snakes) and immovable (other) poisons
cannot affect him.*
- 49 Ābhi-chārāni sarvāni, mantra-yantrāni bhūtale
*All those who cast magical spells by mantras or yantras,
on others for evil purposes,*
Bhūcharāhā khecharāsh-ch'aiva jāsh-chopa-deshikāhā
All negative forces active in water or in the air,
- 50 Sahajā kulajā mālā, dākinī shākinī tathā
All kinds of bhoots roaming about the Earth,
Antariksha-charā ghorā dākinyashcha mahā-balāhā
All those who mesmerise others,
- 51 Graha-bhūta-pishā-chāshcha, yaksha-gandharva-rākshasāhā
All yakshas and gandharvas, all negative entities,
Brahma-rākshasa-vetālāhā, kūshmāndā bhairav'ādayah
All demons and evil forces,
- 52 Nashyanti darshanāt-tasya, kavache hṛudi saonsthite
Are destroyed just by the sight of the person having Kavach in his heart.
Māno-nnatir-bhaved rādñyas-tejo-vṛudhi-karam param
*If a king reads the Kavach with devotion, his dignity increases and his
kingdom benefits.*
- 53 Yashasā vardhate so-api, kīrti-mandita-bhūtale
That person receives more and more respect and prowess.
Japet-Sapta-shatīm Chandīm, kṛtvā tu kavacham purā
*On the Earth he rises in prosperity and fame by reading the Kavach
and the Sapta-shati (seven hundred verses in praise of Shri Durga),*





- 54 Yāvad–bhū–mandalam dhatte–sashaila–vana–kānanam
and by meditating on Shri Chandī. His progeny would thrive,
Tāvat–tishthati medinyām, santatihi putra–pautrikī
as long as the Earth is rich with mountains and forests.
- 55 Dehānte paramam sthānam, yat–surai–rapi durlabham
By the grace of Mahamaya, he would attain the highest state,
Prāpnoti purūsho nityam, Mahāmāyā–prasādatah
Which is extremely difficult even for the gods,
- 56 Labhate paramam rūpam, Shivena saha modate, Aum
and is eternally blissful in the company of Lord Shiva, Aum.

Iti Devyāhā Kavacham sampūrnam
Thus the Devi kavach reaches its fulfillment.

Sākshāt Shri Ādi Shakti Mātāji Shri Nirmalā Devyai namo namah



The Devi Kavach is performed on both the fourth and fifth nights of Navaratri.

While reading the Devi Kavach, you can put your hand or attention on the part of the body which is to be protected. You can also pause during the reading and take the name as a mantra. For example: Aum twamewa sākshāt...Shrī Chandī... sākshāt Shri Ādi Shakti Mātāji Shri

Nirmalā Devyai namo namah

The Devi Kavach is best read aloud, as this helps to clear away the catches and bathes the devotee in divine vibrations. If read in Sanskrit, the sounds themselves act as bija mantras and further activate the Kundalini.

*See p.228 for the names of Shri Bhairava.
See p.223–33 for the mantras of the left side.*





Shrī-Devī Atharva-Shīrsham (The highest praise of the supreme Devi)

Aum Shrī Ganeshāya namah
Amen. Salutations to Shri Ganesh.

- 1 Aum sarve vai Devā Devīm-upa-tasthuhu
“Kāsi twam Mahā-devīti”
*Amen. All the Devas reverently approached the Devi and asked:
“Who are You, Great Goddess?”*

- 2 Sā-bravīt-
Replying, She said:
“Aham brahma-swarūpinī
“I am all-pervading. I am Divine Awareness Itself.
Mattah prakṛti-purush’ātmakam jagat
*The world made from the creative energy of Shri Adi Shakti
and of the primordial Spirit of Shri Sadashiva, comes from Me,*
Shūnyam ch’āshūnyam cha
It being both manifest and unmanifest.

- 3 Aham-ānand’ān-ānandau
I am blissful and I am bliss itself.
Aham vidñyān’avidñyāne
I am all knowledge and that which is yet to be known.
Aham brahm’ābhrahmanī veditavye
*I am Divine Awareness and also that which is outside of Divine Awareness,
I am all that is to be known.*
Aham pancha-bhūtāni-apancha-bhūtāni
I am the five elements of creation and beyond the five elements of creation.
Aham-akhilam jagat
I am this whole manifested world.

- 4 Ved’oham-aved’oham
*I am the Vedas (sacred knowledge), all other means of knowing
and that which is not to be known (Avedas).*
Vidy’āham-avidy’āham
I am pure knowledge and that which is not pure.
Aj’āham-anaj’āham
I am unborn and yet I take My birth again and again.
Adhash ch’ordhvam cha tiryak-ch’āham
Both below, above and beyond am I.





- 5 **Aham rudrebhir-vasubhish-charāmi**
*I manifest through the deities of destruction (Rudras)
and the deities of blessing (Vasus).*
Aham-ādityair-uta vishwa-devaihi
*I am the universal gods of the sun (Adityas)
and the universal deities (Vishwadevas).*
Aham-mitrā-varūnāv'ubhau bibharmi
I am the sun (Mitra) and the lord of the ocean (Varuna), whom I sustain.
Aham-indr'āgnī aham-ashvināv'ubhau
*I am Indra the king of the gods, Agni the lord of fire
and the divine physicians, the Ashvini twins.*
- 6 **Aham Somam Twashtāram Pūshanam Bhagam dadhāmi**
*I am the moon (Soma), the divine builder (Twashta)
and I sustain Pushan and Bhaga, the twin gods of wealth.*
Aham Vishnum-uru-kramam
I am Shri Vishnu,
Brahmānam-uta Prajāpatim dadhāmi
*and Shri Brahma and also Prajapati who brings forth this creation,
I sustain them all whose footstep expands to encompass the three worlds.*
- 7 **Aham dadhāmi dravinam havishmate suprāvyē**
vajamānāya sunvate
*I sustain all auspicious things offered to God and whoever worships
with proper devotion, I give them prosperity and wealth.*
Aham rāshtrī saṅ-gamanī vasūnām
chikitushī prathamā yadñiyānām
Among the all-pervading worshipful gods, I am worshipped first and foremost.
Aham suve pitaram'asya mūrdhan-mama
yonir-apsvantah samudre
*With the power of my inner soul, I create the sky and the seven oceans
from My fontanelle.*
Ya evam veda, sa daivīm sam-padam'āpnoti"
*The one who comes to know this (through vibrations) shall obtain
divine wealth (the lotus feet of the Divine)".*
- 8 **Te devā abruvan:**
Then the Devas replied:
"Namo Devyai Mahādevyai
"Salutations to the Devi, to the Great Goddess.
Shivāyai satatam namah
Salutations always to Her who is ever auspicious.
Namah Prakṛtyai Bhadrāyai
Salutations to Her who is the primordial cause and the sustaining power.
Niyatāhā pranatāhā-sma tām
With complete reverence and full attention, we make obeisance to Her.





- 9 Tām-agni-varnām tapasā jvalantīm
To the one whose complexion is radiant like fire, to the one who shines through the power of meditation, to the one who is resplendent and glorious,
Vairochanīm karma-phaleshu jushtām
To the slayer of the demon Vairochana, the one who gives the fruit of all actions,
Durgā-devīm sharanam pra-padyā-
mahe'surān-nāshayitryai te namah
We surrender to that Goddess Durga who kills all the mighty demons, obeisance to You!
- 10 Devīm vācham'ajanayanta devās-
tām vishwa-rūpāhā pashavo vadanti
The one who created enlightened speech for all living beings, whose form is universal and who is the soul of all the deities,
Sā no mandresham-ūrjam duhānā
dhenur-vāgas-mānupa sushtu-taitu
who gives joy, food and power like the divine wish-fulfilling cow (Kamadhenu), may that goddess of speech and bliss be pleased and appear before us.
- 11 Kāla-rātrīm Brahma-stutām Vaishnavīm Skanda-mātaram
O goddess of the dark night of dissolution (Mahakali), praised by Brahma, Vishnu's shakti (Vaishnavi), Skanda's Mother (Parvati),
Saraswatīm-Aditim-Daksha-duhitaram namāmah
pāvanām shivām
Saraswati, Aditi (Mother of the gods), the daughter of Daksha (Daksha-Duhita or Sati), the destroyer of sin, the bestower of bliss, O pure and auspicious Goddess, obeisance to You!
- 12 Mahā-lakshmyai cha vidmahe, sarva-shaktyai cha dhīmahī
We know Shri Mahalakshmi, we meditate upon the one who is the embodiment of all power,
Tanno Devī prachodayāt
and may that Goddess enlighten us in our knowledge and inspire us in our meditation.
- 13 Aditir-hyajanishta daksha yā duhitā tava
O Daksha, from your daughter named Aditi,
Tām devā anvajāyanta bhadrā amṛta-bandhavah
All the immortal auspicious gods were born.





- 14 Kāmo yonihi kamalā vajrapānir-
guhā hasā mātariṣhw'ābhramindrah
*Kama (Ka), Yoni (ai), Kamala (i), Vajrapani - Indra (La), Guha (Hrim);
(Ha), (Sa), bija syllables; Matarishwa-Vayu (Ka), Abhra (Ha), Indra (La),
Punar-guhā sakalā māyayā cha
purūchyaishā vishwa-mātā-di-vidyom
Punaha-guha (Hrim); (Sa), (Ka), (La), bija syllables; and Maya (Hrim).
All of these are the knowledge of She who is the Universal Mother,
who is all-pervading and who is the soul of all.*

- 15 Eshā-ātma-shaktiḥ
She is the power of the Spirit.
Eshā vishwa-mohinī, pāsh'ānkusha-dhanur-bāna-dharā
*She is the enchantress of the universe, wielding noose, hook (goad),
bow and arrows.*
Eshā Shrī-mahā-vidyā
She is the highest knowledge itself.
Ya evam veda, sa shokam tarati
The one who comes to know this shall be liberated from all sorrows.

- 16 Namaste'stu Bhagavati mātār-asmān pāhi sarvataḥ"
*Salutations to You, O Bhagavati, please protect us in every way possible
and from all directions".*

The sage-seer says:

- 17 "Saish'āshtau vasavah saish'aikā-dasha rudrāḥ
*"She is the eight gods of blessing (Ashta-Vasus), the eleven destroying
powers (Rudras),
Saishā dvā-dash'ādityāḥ
The twelve universal deities of the sun (Adityas),
Saishā vishve-devāḥ soma-pā asoma-pāsh-cha
She manifests the universal deities (Vishwa-devas), who both drink
and do not drink the Soma (intoxicating divine drink).
Saishā yātu-dhānā asurā rakshāṅsi pishāchā
yakshāḥ-siddhāḥ
She manifests the yatuyans, asuras, evil spirits, yakshas, rakshasas, sages,
seers and prophets.
Saishā sattva-rajas-tamāṅsi
She manifests the three gunas – Sattva, Raja and Tama.
Saishā Brahma-Vishnu-Rudra-rūpinī
She manifests the Trimurtis – Brahma, Vishnu and Shiva,
Saishā prajā-pat'indra-manavah
Prajapati, Indra and Manu, the progenitor of humankind.*





Saishā grah-nakshatra-jyotīnshi

kalā-kāshṭ'h-ādi-kāla-rūpinī

*She manifests the planets, constellations and astrology,
and all the categories of time,*

Tām aham pranaumi nityam

Obeisance to You for ever and ever!

Pāp'āpa-hārinīm Devīm bhukti-mukti-pra-dāyinīm

*O Goddess, You are the destroyer of sins, You give enjoyment in this world
and then grant complete emancipation.*

Anantām vijayām shuddhām sharanyām shiva-dām shivām

*You are eternal, victorious, pure, the one to whom all surrender,
auspicious and blissful.*

18 Viyadīkāra sai-yuktam vīthotra-sam-anvitam

Vyat-Sky (ha), vitihotra-fire (Ra), i – ending with 'i';

Ardhendu-lasitam devyā bījam sarv'ārtha-sādhakam

*All of these combine with the crescent moon symbol to create the bija mantra
'Hrim', which fulfills all desires.*

19 Evam-ek'āksharam brahma yatayah shuddha-chetasah

*Like this, this one syllable (Hrim) is like the all-pervading Aum. The sage whose
attention is completely pure,*

Dhyāyanti param'ānanda-mayā dñyān'āmbu rāshayah

*and who meditates upon that, is full of supreme divine bliss and is an ocean of
knowledge. This syllable Hrim is as all-encompassing and as equally powerful
as the Aum and invokes the power of the Goddess.*

20 Vāṅ-māyā brahma-sūs-tasmāt

shashtham vaktra sam-anvitam

*Vani (Aim), Maya (Hrim), Brahmasu Kama (Klim), after that the sixth
consonant 'cha' ends with an 'a' (Cha),*

Sūry'ovāma-shrotra-bindu-sai-yukt'āshtā-ṭṭṭīyakah

*Surya (Ma), the next syllable to the right is curved like an ear (u), above
the vowel is the nasal dot (Mun),*

Nārāyanena sam-mishro vāyush-ch'ādhāra-yuk tatah

*The next representing Narayan is 'da' ending with an 'a' (da), Vayu (Y),
combines with 'ay' to give 'ye',*

Vicche Navārnak'ornah syān-mahad'ānanda-dāyakah

*And finally 'vicche'. This mantra is formed of nine syllables hence it is known
as 'Navarna Mantra'. The one who performs this mantra with constant
devotion becomes completely absorbed into the highest state of bliss.*





(Aum Aīm Hrīm Klīm Chamundāyai vicche)

(The full meaning of the Navarna mantra is: 'O the Supreme Spirit Mahasaraswati, O the purest and most propitious Mahalakshmi, O embodiment of joy Mahakali, to achieve the highest state of knowledge we constantly meditate upon You. O Goddess Chandika who embodies the three-formed Mahasaraswati-Mahalakshmi-Mahakali, obeisance to You! Please break open the tightened knot of ignorance and liberate us')

- 21 Hrut-pundarīka-madhya-sthām Prātah-Sūrya-sama-prabhām
You are the one who resides in the lotus of the heart, who is as radiant as the rising sun,

Pāsh'ānkusha-dharām Saumyām Varad'ābhaya-hasta-kām
Who holds the noose and hook (goad), who is very pleasing, who gives blessing and removes all fear with the gesture of Her hand (Hasta mudra),

Tri-netrām Rakta-vasanām Bhakta-kāma-dudhām bhaje
Who has three eyes (Trinetra), who is adorned with red garments, who fulfills all Her devotee's desires like the divine wish-fulfilling cow (Kamadhenu), I worship that Goddess.

- 22 Namāmi twām Mahā-devim Mahā-bhaya-vināshinīm
I bow to that Great Goddess who destroys the most terrifying fears,

Mahā-durga-pra-shamanīm Mahā-kārunya-rūpinīm
Who dissolves the most impenetrable of obstacles. You are the greatest compassion itself;

- 23 Tasyāhā swarūpam Brahmādayo na jānanti
tasmād'uchyate Adñeyā

Whose form even Brahma and other deities cannot comprehend, hence She is named 'Adñeya', the Unknowable;

Yasyā anto na labhyate tasmād'uchyate Anantā
Whose end is not conceivable, hence She is named 'Ananta', Eternal;

Yasyā lakshyam n'opa-lakshyate tasmād'uchyate Alakshyā
Whose purpose is unfathomable, hence She is named 'Alakshya', Imperceptible;

Yasyā jananam n'opa-labhyate tasmād'uchyate Ajā
Whose birth is unknown, hence She is named 'Aja', Unborn;

Ek'aiva sarvatra vartate tasmād'uchyate Ekā
Who is alone the omni-present one, hence She is named 'Eka', the One;

Ek-aiva vishva-rūpinī tasmād'uchyate Naikā
Yet even if She is the omnipresent one, She has infinite forms, hence She is named 'Naika', the Many;

Ata ev'ochyate Adñey'ānant'ālakshy'āj'aikā-naik'eti
Hence She is named 'Adñeya-Ananta-Alakshya-Aja-Eka-Naika'.





- 24 **Mantrānām māṭruka Devī shabdānām Dñyāna-rūpinī**
Within all mantras, You reside as 'Matruka Devi' (The motherly power of the divine syllables); Within the words, You reside as 'Dñyana rupini' (sacred knowledge);
Dñyānānām chin-may'ātītā shūnyānām shūnya-sākshinī
Within knowledge, You reside as 'Chinmayatita' (beyond pure intelligence); Within nothingness, You reside as 'Shunya sakshini' (the witness);
Yasyāhā parataram n'āsti, s'aishā Durgā prakīrtitā
There is nothing greater than You, hence You are celebrated with the name Shri Durga.
- 25 **Tām Durgām Durgamām Devīm Dur'āchāra-vighātinīm**
To that Goddess Durga who annihilates all evil tendencies,
Namāmi bhava-bhīt'oham Saṁsār'ārṇava-tārinīm"
Please liberate us from the ocean of this world. I am so frightened by this world of illusion, I bow to You".

Sākshāt Shri Ādi Shakti Mātāji
Shri Nirmalā Devyai namo namah





Devī Sūktam

(Aparajita hymn from the 'Devi Mahatmyam')

Namo Devyai Mahādevyai

The gods said: Salutations to the Devi, to the Great Goddess.

Shivāyai satatam namah

Salutations always to Her who is ever auspicious.

Namah Prakṛtyai Bhadrāyai

Salutations to Her who is the primordial cause and the sustaining power.

Niyatāhā pranatāhā-smatām

With complete reverence and full attention, we make obeisance to Her.

Raudrāyai namo Nityāyai

Salutations to Her who is terrible, to Her who is eternal.

Gauryai Dhātryai namo namah

Salutations to Shri Gauri, the supporter (of the universe).

Jyotsnāyai cheindu-rūpinyai

Salutations always to Her who is of the form of the moon, moonlight,

Sukhāyai satatam namah

and happiness itself

Kalyānyai pranatām Vṛuddhyai

We bow to Her who is welfare.

Siddhyai Kūrmyai namo namah

Salutations to Her who is prosperity and success.

Nairutyai bhūbhṛtām Lakshmyai

Salutations to the consort of Shri Shiva who is Herself the good fortune,

Sharvānyai te namo namah

As well as misfortune of beings.

Durgāyai Durgā-pārāyai

Salutations always to Shri Durga who takes one across in difficulties,

Sārāyai Sarvakārinyai

Who is the author of everything,

Khyātyai tathaeva Kṛishnāyai

Who is the knowledge of discrimination; and who is blue- black,

Dhūmrāyai satatam namah

As also smoke-like in complexion.



Atisaumy'āti-Raudrāyai

We prostrate before Her who is at once most gentle and most terrible.

Natāstasyai namo namah

We salute Her again and again.

Namo Jagat-pratishthāyai

Salutations to Her who is the support of the world.

Devyai Kṛutyai namo namah

Salutations to the Devi who is in the form of the will.

Yā Devī sarva bhūteshu Vishnumāy'eti shabdītā

Salutations again and again to the Devi who in all beings is called Vishnumaya (illusion of Vishnu).

Namas Tasyai namas Tasyai namas Tasyai namo namah

Yā Devī sarva bhūteshu Chetan'ety'abhidhīyate

Salutations again and again to the Devi who abides in all beings as consciousness.

Namas Tasyai namas Tasyai namas Tasyai namo namah

Yā Devī sarva bhūteshu Buddhi rūpena saonsthītā

Salutations again and again to the Devi who abides in all beings as intelligence.

Namas Tasyai namas Tasyai namas Tasyai namo namah

Yā Devī sarva bhūteshu.....rūpena saonsthītā

Namas Tasyai namas Tasyai namas Tasyai namo namah

Nidrā	Sleep
Kshudhā	Hunger
Chhāyā	Reflection
Shakti	Cosmic energy
Tṛushnā	Thirst
Kshānti	Patience
Jāti	Inner quality
Lajjā	Modesty
Shānti	Peace
Shraddhā	Faith
Kānti.....	Charm
Lakshmī.....	Wealth
Vṛutti.....	Temperament
Smṛuti.....	Memory
Dayā	Compassion
Tushti	Fulfillment, satisfaction
Māṛṭu.....	Divine Mother
Bhrānti.....	Confusion





Indriyānām-ādhisthātṛī

To the all-pervading Devi,

Bhūtānām chākhileshu Yā

Who constantly presides over the senses of all beings,

Bhūteshu satatam Tasyai

and governs all the elements,

Vyāpti Devyai namo namah

Salutations.

Chiti rūpena Yā kṛtsnam-

Salutations to Her who abides in the form of consciousness,

Etad Vyāpya sthitā jagat

and pervades this entire world,

Namas Tasyai Namas Tasyai

Namas Tasyai namo namah

Salutations again and again!

Stutā Suraihi pūrvam-abhishta-saonshrayat-

Invoked of yore by the Devas for the sake of their good wishes,

Tathā Surendrena dineshu sevītā

and adored by the lord of the Devas every day,

Karotu Sā nah Shubha-hetur-Īshwarī

May She, the Ishwari, the source of all good,

Shubhāni bhadrānya-abhiantu ch'āpadah

Auspicious things, put an end to our calamities!

Yā sāmpratam chodhdhata daitya tāpitair

We Devas, tormented by arrogant asuras,

Asmābhir-Īshā cha Surair-namasyate

Again give reverence and salutations to Her,

Yā cha smṛta tat-kshana-meva hanti nah

Who, called to mind by us obeisant with devotion,

Sarv'āpado bhakti-vinamra mūrtibhihi

Destroys this very moment all our calamities.

Sākshāt Shri Ādi Shakti Mātāji
Shri Nirmalā Devyai namo namah

The Devi Suktam is performed on the
second night of Navaratri.





Prayer to the Devī

Vishw'eshwari twam paripāsi vishwam
O Goddess of the universe, You are its protector.
Vishw'ātmikā dhārayasīti vishwam
You are the universe, You are its support.

Vishw'esha-vandyā Bhavatī bhavanti
You are worshipped by the Lord of the universe.
Vishw'āshrāyā ye twayī bhakti-namrāhā
Those who are devoted to You themselves become a refuge for all.

Prana-tānām prasīda Twam
O Devi, the remover of the afflictions of universe,
Devi Vishwārti-hārini
Be pleased with us who prostrate themselves at Your feet.

Trailokya-vāsinām-īdye
O Devi, who are worthy of praise by all the dwellers of three worlds,
Lokānām varadā bhava
please grant boons to all the people.

**From the Devi Mahatmyam
(Chapter 11, Narayani stotram, shlokas 33 & 35)**



Psalm 23 – a psalm of David

The Lord is my shepherd; I shall not want.
He maketh me to lie down in green pastures:
He leadeth me beside the still waters.
He restoreth my soul:
He leadeth me in the paths of righteousness for His name's sake.
Yea, though I walk through the valley of the shadow of death,
I will fear no evil: for Thou art with me;
Thy rod and Thy staff they comfort me.
Thou preparest a table before me
in the presence of mine enemies:
Thou anointest my head with oil; my cup runneth over.
Surely goodness and mercy shall follow me all the days of my life
and I will dwell in the house of the Lord for ever.



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

**Shri Mataji Nirmala Devi,
Ekadasha Rudra puja, Italy, 16 Sep 1984**

Psalm 23 from the Bible has been recommended
by Shri Mataji to help strengthen the centre Heart chakra.







The Right Heart (Anāhata) Chakra



Jai jai Raghuvīra Samartha
Victory to the all-powerful Shri Rama!





The 16 holy names of Shrī Rāma

Aum twameva sākshāt Shrī Rāma sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Rama. Salutations to You!

Rāma.....	<i>You are... The one who gives joy</i>
Dāsharathi.....	<i>The son of Dashratha</i>
Shūra.....	<i>Courageous</i>
Lakshman'ānuchara	<i>The one whose servant is Shri Lakshmana</i>
Bala	<i>The one who is mighty and strong</i>
Kākutstha	<i>The descendant of Shri Kakutstha</i>
Purusha.....	<i>The one who is a great man</i>
Pūrna.....	<i>The one who is Purnabrahma (the entire universe)</i>
Kaushalyeya	<i>The son of Queen Kaushalya</i>
Raghūttama	<i>The highest of the Raghu dynasty</i>
Vedānta-vedya	<i>The one who is known through the knowledge of Vedanta</i>
Yadñy'esha	<i>The lord of havans</i>
Purāna-purushottama	<i>The ancient ideal human being</i>
Jānakī-vallabha	<i>Loved by Shri Sita</i>
Shrīmān.....	<i>The one who possesses everything</i>
Aprameya parākrama.....	<i>The warrior without equal</i>

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah

From the Kavach of Shri Rama (see p.139-47)





The 108 holy names of Shrī Rāma

Aum twameva sākshāt Shrī Sītā Rāma sākshāt
 Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Sita-Rama. Salutations to You!

Rāma.....	<i>You are... The one who gives joy (The seventh incarnation of Shri Vishnu)</i>	
Rāma–bhadra	<i>Auspicious joy</i>	
Rāma–chandra	<i>The one who is joyful like the full moon</i>	
Shāshwata	<i>Eternal</i>	
Rājīva–lochana	<i>The one with blue lotus-like eyes</i>	5
Shrīmān	<i>Glorious</i>	
Rāj’endra	<i>Like Indra, the king of kings</i>	
Raghu–puṅgava	<i>The star among the Raghu dynasty</i>	
Jānakī–vallabha	<i>The consort of Shri Sita (Janaki)</i>	
Jaitra	<i>Victorious</i>	10
Jitamitra	<i>The one who wins over friends</i>	
Janārdana	<i>The lord of the people</i>	
Vishwāmitra–priya.....	<i>Loved by Vishwamitra</i>	
Dānta	<i>Calm and Patient</i>	
Sharanya–trāna–tat–para	<i>Quick in giving refuge to those who suffer, yet are surrendered</i>	15
Vālī pra–mathana	<i>The destroyer of Vali, the usurper of Sugriva’s throne</i>	
Vāgmī.....	<i>The powerful speaker</i>	
Satya–vāk	<i>The speaker of truth</i>	
Satya–vikrama.....	<i>Valiant in the name of truth</i>	
Satya–vrata.....	<i>Devoted to truth</i>	20
Vrata–dhara.....	<i>The one who observes vows</i>	
Sadā Hanumad’āshrita.....	<i>The eternal support of Shri Hanumana</i>	
Kausalyeya	<i>The son of the Queen Kausalya</i>	
*Khara–dhwaonśī.....	<i>The destroyer of the demon Khara (a brother of Ravana)</i>	
*Virādhā–vadha–pandita.....	<i>Expert in destroying the demon Viradha</i>	25
Bibhīshana pari–trāta.....	<i>The protector of Bibhishana (Ravana’s brother who worshipped Shri Rama)</i>	
Hara–Kodanda–khandana	<i>The one who broke the bow of Shri Shiva</i>	
Sapta–tāla–prabheta	<i>The one who permeates the seven planes of existence</i>	





*Dasha-grīva-shirohara.....	<i>The one who severed the ten heads of Ravana</i>	
*Tātak'āntaka	<i>The slayer of Tataka</i>	30
Vedānta-sāra.....	<i>The essence of the Vedas</i>	
Ved'ātmā	<i>The Spirit of the Vedas</i>	
Bhava-rogasya bsheshaja	<i>The healer of diseases</i>	
*Dūshana-Trishiro-hata.....	<i>The slayer of the demons Dushana and Trishira</i>	
Trimūrti	<i>The master of the three gunas (Sattwa, Raja, Tama)</i>	35
Tri-gun'ātmaka	<i>The spiritual essence of the three gunas</i>	
Tri-vikrama	<i>The one who strode over the three worlds</i>	
Tri-lok'ātmā	<i>The Spirit of the three worlds</i>	
Punya-charitra-kīrtana.....	<i>The one whose story is a source of merit to those who sing it</i>	
Tri-loka-rakshaka	<i>The protector of the three worlds</i>	40
Dhanvī.....	<i>Armed with a bow</i>	
Danda-kāranya vāsa-kṛta	<i>The one who took shelter in the forest (Dandakaranya)</i>	
Ahalyā-shāpa-shamana	<i>The one who released Ahalya from a curse</i>	
Pitṛu-bhakta.....	<i>Devoted to Your father</i>	
Vara-prada.....	<i>The bestower of boons</i>	45
Jitendriya	<i>The conqueror of the sense organs</i>	
Jita-krodha.....	<i>The conqueror of anger</i>	
Jagad-guru.....	<i>The preceptor of the world</i>	
Raksha-vānara-sanghataka	<i>The lord who gathered under His protection an army of monkeys</i>	
Chitrakūta sam'āshraya	<i>The lord who took refuge at Chitrakuta hill</i>	50
Sumitrā-putra-sevita.....	<i>The one who is served by the son of Sumitra (Lakshmana)</i>	
Sarva-devāhideva.....	<i>Outstanding among all the Devas</i>	
Mṛuta-vānara jīvana.....	<i>The lord who revived the dead monkeys (during the war against Ravana)</i>	
*Māyā-mārīcha hata.....	<i>The destroyer of the demon Maricha (who took an illusory form as a deer to lure Shri Rama away from Shri Sita)</i>	
Mahā-deva	<i>The Great God</i>	55
Mahā-bhuja.....	<i>The one with great arms</i>	
Sarva-devā stuta	<i>Praised by all the Devas</i>	
Saumya	<i>Gentle and calm</i>	
Brahmanya	<i>One with the Supreme Spirit</i>	





Muni saonstuta.....	<i>Praised by all the saints</i>	60
Mahā-yogī.....	<i>The great yogi</i>	
Mah'ādara	<i>The noble one</i>	
Sugrīv'epsita-rājyada.....	<i>The one who restored Sugriva's kingdom</i>	
Sarva-punyādhika phala	<i>The one who gives credit for all good deeds</i>	
Smṛuta-sarvāgha-nāshaka.....	<i>The one who removes the impurities of those who remember You</i>	65
Ādi Purusha.....	<i>The primordial one (the masculine principle associated with Prakriti, which is the creative energy of Shri Adi Shakti)</i>	
Parama Purusha	<i>The supreme collective Being</i>	
Mahā Purusha.....	<i>The great primordial man</i>	
Puny'odaya	<i>The source of all blessings</i>	
Dayā sāra	<i>The epitome of compassion</i>	70
Purāna Purush'ottama	<i>The greatest of the legendary heroes</i>	
Smita-vakra	<i>The one who has a smiling face</i>	
Mita-bhāshī.....	<i>Of moderate speech</i>	
Pūrva-bhāshī.....	<i>The one whose incarnation was foretold in the 'Ramayana'</i>	
Rāghava	<i>The scion of the Raghu dynasty</i>	75
Ananta-guna-gambhīra	<i>The lord whose qualities are infinite and profound</i>	
Dhīrodātta-gun'ottama	<i>The highest qualities of heroism and nobility</i>	
Māyā-mānusha-charitra.....	<i>The lord whose exploits and character are bound by the illusion of seeming human</i>	
Mahā-devādhi-pūjita	<i>The one who worships and is worshipped by Shri Shiva</i>	
Setukṛuta.....	<i>The one who built a bridge over the sea to Lanka</i>	80
Jita-vāsanā	<i>The conqueror of desires</i>	
Sarva-tīrthamaya	<i>The lord who is the sum of all holy places</i>	
Hari	<i>The one who removes all ignorance and illusion (Shri Vishnu)</i>	
Shyām'āṅga.....	<i>The dark-complexioned one</i>	
Sundara.....	<i>Beautiful</i>	85
Shūra.....	<i>The brave lord</i>	
Pīta-vāsanam	<i>Dressed in yellow</i>	
Dhanur-dhara	<i>He who wears a bow</i>	
Sarva-yadñyā'dhipa.....	<i>The lord of all havans</i>	
Yadñyī	<i>The sacrificer (devoted worshipper)</i>	90





Jarā-marana-varjita.....	<i>The conqueror of illness and death</i>	
Bibhīshana pratishthātā	<i>The one who established Bibhishana as the King of Lanka</i>	
Sarv'ābharana-varjita	<i>The lord who relinquished all kingly ornaments (during the exile in the forest)</i>	
Param'ātmā	<i>The Supreme Spirit</i>	
Para-brahmā	<i>The absolute, all-pervading being</i>	95
Sat-chid'ānanda vighraha.....	<i>The embodiment of absolute truth, awareness and bliss</i>	
Parama jyoti	<i>Supreme light</i>	
Parama dhāma	<i>The supreme abode</i>	
Prakāsha	<i>The radiant Lord</i>	
Parāt-para	<i>Supreme beyond the Highest</i>	100
Pāresha	<i>The Supreme Lord</i>	
Pāraga	<i>Beyond everything</i>	
Pāra.....	<i>The Supreme Being</i>	
Sarva-dev'ātmaka	<i>The lord who (at the time of His incarnation) embodied all the gods</i>	
Parama	<i>The Supreme</i>	105
Sarva-lok'eshwara.....	<i>The Supreme Lord of all the worlds</i>	
Munisevita.....	<i>Served by sages</i>	
Achyuta.....	<i>Almighty and unchanging</i>	

Sākshāt Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah



Shri Rama's possible dates

According to modern calculations based on astrological information given by the poet-sage Valmiki, Shri Rama was born in Ayodhya on 10 January 5114 BC (over 7100 years ago). As per the Indian calendar it was the ninth day of Shukla Paksha in Chaitra month and the time was around noon to 1pm. This is exactly the time and date when 'Ram Navami' is celebrated all over India. On 5 January 5089 BC, at the age of 25 years old, Shri Rama left

Ayodhya with Shri Sita and Shri Lakshmana for 14 years of exile. Shri Rama's exile ended on 2 January 5075 BC, and that day was also the Navami of Shukla Paksha in Chaitra month. Ravana was killed on 4 December 5076 BC, so Shri Rama returned victorious to Ayodhya with his wife Shri Sita at the age of 39.

From the article 'Was Lord Ram really born?' by Saroj Bala, The Pioneer, Fri 19 Oct 2007.





Kavach of Shrī Rāma (Shrī Rāma Jayam or Shrī Rāmrakshā stotram)

*In the beginning one should meditate upon Shri Sita
and Shri Rama, residing in the right Heart.*

Aum Shrī Ganeshāya namah
Amen. Salutations to Shri Ganesha.

Asya Shrī-Rāmrakshā-stotra-mantrasya
Budha-kaushika-ṛishihi
The presiding sage for Shri Ramraksha stotra mantra is Budha-kaushika.
Shrī-Sītā-Rāma-chandro devatā Anushtup chandah
The metre is Anushtup, the presiding deities are Shri Rama-chandra and Shri Sita.
Sītā shaktihi Shrīmād-Hanumāna kīlakam
The power is Shri Sita, Shri Hanumana is the key (to Shri Rama).
Shrī-Rama-chandra-prītyarthe
Rama-raksha-stotra-jape viniyogah
The Shri Ramraksha stotram is recited to please Shri Rama-chandra.

Atha dhyānam
The physical description of Shri Rama is as follows:

Dhyāyed'ājānūbāhum Dhṛutashara-dhanusham
*His hands are very long, reaching down to His knees, He is holding
a bow and arrow in His hands.*
Baddha-padm'āsanastham Pītam vāso vasānam
He is sitting like a yogi and wearing yellow clothes.
Nava-kamala-dalaspardhi-netram prasan-nam
His eyes are joy-giving like a fresh lotus petal.
Vāmānk'ārūdha Sītā-mukha-kamala-milal-lochanam
nīra-dābham
*He is happy as He looks at His wife Shri Sita who sits on His left
and His skin is dark like a rain-filled cloud.*
Nān'ālaṅkāra-dīptam dadhata-murujatā-mandanam
Rāma-chandram
*His radiant body is covered with glittering ornaments and His hair
is tied in a top-knot.*





Iti dhyānam

The description ends here.

- 1 Charitam Raghu-nāthasya-shata-koti-pravistaram
The vast narration of Shri Rama's character (as told in the Ramayana) numbers a hundred million verses,
ekaikam'aksharam punsām mahā-patāka-nāshanam
Every syllable of it capable of destroying the greatest sins of human beings.

Meditate upon the following:

- 2 Dhyātvā nīlotpala-shyāmam Rāmam Rājīva-lochanam
His skin is dark like a blue lotus and His eyes are like a lotus, big and joy-giving.
Jānakī-Lakshman'opetam Jatā-mukuta manditam
Alongside Him are Shri Lakshmana and His wife Shri Sita. He is decorated with a top-knot as His crown.
- 3 Sāsi-tūna-dhanur-bāna-pānim nak-tan-charāntakam
He has a sword in one hand and a bow and arrow in the other and spare arrows in His quiver to kill the rakshasas.
Sva-līlayā jagatrātum-āvīr-bhūtam-ajam vibhum
He is beyond birth and death, His powers have no limits and through His own divine play (leela), He has incarnated to destroy all the negative forces and to protect this world.
- 4 Rāma-rakshām pathet-prādñyah
pāpagh-nīm sarva-kāmadām
A wise man should learn by heart this praise of that unborn and all-pervading Shri Rama (called Ramraksha stotram), which destroys all evil and fulfils all desires.
shiro me rāghavah pātu bhālam Dasharath'ātmajah
May Raghava, the one who is born in the famous line of Raghuraja, protect my head. May Dasharath-atmaja, the son of King Dasharatha, protect my forehead.
- 5 Kausalyeyo drushau pātu Vishwāmitra-priyashrutī
May Kausalyeya, the son of Queen Kausalya, protect both my eyes.
May Vishwamitra-priya, the favourite disciple of Lord Vishwamitra, protect both my ears.
ghrānam pātu Makhatrātā mukham Saumitri-vatsalah
May Makhatrata, the protector of havans, protect my nose.
May Saumitri-vatsala, who loves His brother Lakshmana, protect my mouth.





- 6 Jihvām Vidyā–nidhihi pātu kantham Bharata–vanditah
*May Vidya-nidhi, who abounds with knowledge, protect my tongue.
May Bharata-vandita, the one who is worshipped by Bharat, protect my throat.*
skandhau Divyāyudhah pātu bhujau Bhagnesha–kārmukah
*May Divyayudha, who possesses all the powerful weapons, protect my
shoulders. May Bhagnesha-karmuka, who broke the bow of Shri Shiva during
the Swayamvara of Shri Sita, protect both my arms.*
- 7 Karau Sītā–patihi pātu hrudayam Jāmadagny’ajit
*May Sita-pati, Shri Sita’s husband, protect my hands. May Jamadagny’ajit,
who vanquished Parashu-rama, protect my heart.*
madhyam pātu Khara–dhvaonsī nābhim Jāmbavad’āshrayah
*May Khara-dhvaonsi, who destroyed the rakshasa named Khar, protect the
centre of my body. May Jambava-dashraya, who gave refuge to Jambavan,
protect my navel.*
- 8 Sugrīv’eshah katī pātu sak–thinī Hanumat–prabhuhu
*May Sugrivesha, who is the Lord of Sugriva, protect my waist.
May Hanumat-prabhu, who is the Lord of Hanumana, protect my groin.*
urū Raghūttamah pātu Rakshah–kula–vināshakṛt
*May Raghuttama, who is the destroyer of the lineage of the rakshasas,
protect my thighs.*
- 9 Jānunī Setu–kṛta pātu jaṅghe Dashamukh’āntakah
*May Setu-krut, who built a bridge over the seas, protect my knees. May
Dashamukh-antaka, who destroyed the ten-faced Ravana, protect my calves.*
pādaū Bibhīshana–shrīdah pātu Rāmo–khilam vapuhu
*May Bibhishana-shrida, who gave Raja-lakshmi to Bibhishana, protect my feet.
May Rama, who gives joy to everyone, protect my body.*
- 10 Etam Rāma–bal’opetām rakshām yah sukṛtī pathet
*Anyone who learns this Rama Kavach with devotion, which is full of the power
of Shri Rama,*
sa chirāyuhu sukhī putrī vijayī vinayī bhavet
*Will live a long life, will be contented and happy, will have sons
and will succeed wherever they go, gifted with humility.*
- 11 Pātāla–bhūtala–vyoma–chārin–ash–chhadma–chārinah
Anyone under the protection of Shri Rama’s names (through this Rama Kavach)
na drashtum’api shakt’āste rakshitam Rāma–nāma–bhihi
*Will not even be seen by the evil spirits of dead people living on the Earth,
in the sky or in Hell.*





- 12 Rām'eti Rāma–bhadreti Rāma–chandreti vā smaran
*Anyone who remembers the name of Shri Rama as Ram (The one who gives joy), Ram-chandra (The one who is joyful like the full moon) or Ram-bhadra (auspicious joy), never falls prey to sin,
naro na lipyate pāpair bhuktim muktim cha vindati
Will experience all types of well-being and in the end achieves liberation (ultimate union with the Supreme).*
- 13 Jaga–jai–traika–mantrena Rāma–nāmn'ābhi–rakshitam
*Anyone who remembers this stotra by heart,
yah kanthe dhārayettasya karasthāhā sarva–siddhayah
Protected by the names of Shri Rama, gets all the siddhis (special divine powers).*
- 14 Vajra–panjara–nām–edam yo Rāma–kavacham smaret
*This Ramraksha or Rama Kavach is as strong as the iron cage of Lord Indra, hence it is also called Vajrapanjar.
Avyāhatā–dñyah sarvatra labhate jaya–maṅgalam
The one who recites this Ramraksha triumphs wherever he goes, is victorious and auspicious and is obeyed by all.*
- 15 Ādishtavān yathā swapne Rāma–rakshām–mimām Harah
*This Ramraksha was recited by Shri Shiva in the dreams of Sage Budha-kaushika,
tathā likhitavān prātah prabuddho Budha–kaushikah
and he wrote it down in the morning of the following day, exactly as told, in a state of exalted wisdom.*
- 16 Arāmah kalpa–vṛukshānām Virāmah sakal'āpadām
*Shri Rama is like a beautiful garden of nectar-giving trees (Kalpavruksha).
Abhirāmas–trilokānām Rāmah Shrīmān sa nah Prabhuhu
Shri Rama who captures the heart, who is the destroyer of all our troubles and worries and who is praised throughout the three lokas (Heaven, Earth and Hell) is our Lord.*
- 17 Tarunau Rūpa–samppannau Su–kumārau Mahā–balau
*Shri Rama and Shri Lakshmana are young, handsome, well-built, very strong and courageous.
Pundarīka–vishāl'ākshau Chīra–kṛishnājin'āmbarau
Their wide eyes are like lotuses, they wear dark-coloured clothes made from animal skins and tree bark.*





- 18 **Phala-mūlāshinau Dāntau Tāpasau Brahma-chārinau**
They eat roots and herbs, they have gained mastery over the sense organs and appear spiritually evolved.
Putrau Dasharathasy'aitau Bhrātarau Rāma-Lakshmanau
They are chaste, they protect all life, these sons of Dasharatha, these brothers Rama and Lakshmana;
- 19 **Sharanyau sarva-sattv'ānām**
Shreshthau sarva-dhanush-matām
and are the greatest of all archer warriors. They have destroyed the dynasty of the rakshasas.
Rakshah-kula-nihantārau trāyetām no Raghūttamau
May Shri Rama and His brother Shri Lakshmana with all those divine qualities, who are the heads of the Raghu dynasty, protect us.
- 20 **Ātta-sajja-dhanush'āvishu-sprushā-vakshayā-**
shuga-nishaṅga-saṅginau
May Shri Rama and His brother Shri Lakshmana who have a bow and arrow ready in Their hands,
rakshanāya mama Rāma-Lakshman'āvagratah
pathi sadaiva gach-chhatām
and have limitless arrows in their quivers, forever walk in front of me on my path to protect me.
- 21 **San-naddhah Kavachī Khadgī Chāpa-bānadhara yuvā**
May Shri Rama, who is youthful, who is always on guard, having a bow, arrow and sword in his hand,
gach-chan mano-ratho'smākam Rāmah pātu sa-Lakshmanah
Who is always guiding our minds and who, with Shri Lakshmana, is omnipresent in the universe, protect us.
- 22 **Rāmo Dāsharathihi shūro Lakshman'ānucharao Balī**
The names of Shri Rama are: Rama, the one who gives joy; Dasharathi, the son of Dasharatha; Shura, courageous; Lakshman-anuchara, the one whose servant is Shri Lakshmana; Bala, the one who is mighty and strong,
Kākutsthah Purushah Pūrnah Kausalyeyo Ragh'ūttamah
Kakutstha, the descendant of Shri Kakutstha; Purusha, the one who is a great man; Purna, the one who is Purnabrahma (the entire universe); Kausalyeya, son of Kausalya; Ragh-uttama, the highest of the Raghu dynasty,
- 23 **Vedānta-vedyo Yadñy'eshah purāna-Purushottamah**
Vedanta-vedya, the one who is known through the knowledge of Vedanta; Yadnyeshah, the lord of havans; Purana-purushottama, the ancient ideal human being,
Jānakī-vallabhah Shrīmān-Aprameya-parākramah
Janaki-vallabha, loved by Shri Sita; Shriman, the one who possesses everything; and Aprameya parak-ramah, the warrior without equal.





- 24 **Ityetāni japan nityam madbhak-tah shraddhay'ānvitah**
There is no doubt that one who takes these names of Shri Rama
Ashvamedh'ādhikam punyam sam-prāpnoti na saonshayah
Receives the highest form of blessing from Shri Rama (higher even than those of the ashvamedha havan).
- 25 **Rāmam dūrvā-dala-shyāmam Padm'āksham Pīta-vāsasam**
One who praises Shri Rama, whose skin is as dark as the durva grass,
whose eyes are like a lotus and who wears yellow garments,
stuvanti nāma-bhirdivyair na te saonsārino narāhā
Through the divine power of these (sixteen) names, is freed from the bondage of sin and death.
- 26 **Rāmam Lakshmana-pūrvajam**
Raghuvaram Sītāpatim Sundaram
Shri Rama, who is Lakshmana-purvaja, the elder brother of Shri Lakshmana;
Raghuvara, the highest of the Raghu dynasty; Sitapati, the husband of Shri Sita; Sundara, who is very handsome;
Kākut-stham Karun'ārnavam
Guna-nidhim Vipra-priyam Dhārmikam
Kakutstha, the descendant of Shri Kakutstha; Karunar-nava, the ocean of compassion; Guna-nidhi, who abounds with good qualities; Vipra-priya, who loves realised souls; Dharmikam, who is righteous and dharmic;
Rāj'endram Satya-sandham
Dasharatha-tanayam Shyāmalam Shānta-mūrtim
Rajendra, who is the king of kings; Satya-sandha, the lover of truth;
Dasharatha tanaya, the son of Dasharatha; Shyamala, whose skin is dark;
Shanta-murti, whose personality is peaceful;
Vande lok'ābhirāmam
Raghu-kulatilakam Rāghavam Rāvanārim
Loka-bhirama, who gives joy to others; Raghu-kulatilaka, who decorates the Raghu dynasty like kum-kum on the forehead; Raghava, who belongs to the Raghu dynasty; Ravanari, who is the enemy of Ravana, I bow to you.
- 27 **Rāmāya Rāma-bhadrāya Rāma-chandrāya Vedhase**
I bow to Shri Rama, the husband of Shri Sita, who is also known as Ram-bhadra (The one who is auspicious joy),
Raghu-nāthāya Nāthāya Sītāyāhā pataye namah
Ram-chandra (The one who is joyful like the full moon), Vedhas (God the creator), Raghunath (The lord of the Raghu dynasty) and Natha (The Lord).





- 28 Shrī Rāma Rāma Raghu–nandana Rāma Rāma
Shrī Rāma Rāma bharatā–graja Rāma Rāma
*O Shri Rama, who is the scion of the Raghu dynasty,
who is the elder brother of Bharata,*
Shrī Rāma Rāma rana–karkasha Rāma Rāma
Shrī Rāma Rāma sharanam bhava Rāma Rāma
and who is terrifying in battle, be our protector.
- 29 Shrī Rāma–chandra charanau manasā smarāmi
I worship the feet of Shri Rama-chandra in my heart.
Shrī Rāma–chandra charanau vachasā grunāmi
Through my songs and prayers I praise the feet of Shri Rama-chandra.
Shrī Rāma–chandra charanau shirasā namāmi
I bow at the feet of Shri Rama-chandra.
Shrī Rāma–chandra charanau sharanam prapadye
I surrender at the feet of Shri Rama-chandra.
- 30 Mātā Rāmo matpitā Rāma–chandrah
Swamī Rāmo matsakhā Rāma–chandrah
Shri Rama is my mother and my father; He is my lord and my friend,
sarvaswam me Rāma–chandro dayālor
nānyam jāne n'aeva jāne na jāne
*So also the ever-compassionate Shri Rama is everything to me
and I know nothing else at all.*
- 31 Dakshine Lakshmano yasya vāme tu Janak'ātmajā
*I bow to Shri Raghu-nandana, on whose right side is Shri Lakshmana
and on whose left is King Janaka's daughter Shri Sita,*
purato Mārutir–yasya tam vande Raghu–nandanam
and before Him is Shri Hanumana (Maruti), the son of Maruta (the wind).
- 32 Lokābhi–rāmam Rana–raṅga–dhīram
Rājīva netram Raghu–vaonsha–nātham
*Shri Rama, who gives joy to everybody, who fights courageously
on the battlefield, whose eyes are like a lotus, who is the greatest
of the Raghu dynasty,*
Kārunya–rūpam Karunā–karam tam
Shrī Rāma–chandram sharanam prapadye
and who is the compassionate Lord; I surrender to Him.





- 33 **Mano-javam Māruta-tulya-vegam**
Jitendriyam Buddhi-matām varishtham
*Shri Hanumana, who flies in the sky with the speed of thought,
who is as swift as the wind, who has mastered and controls his sense organs,*
Vāt'ātmajam Vānara-yūtha-mukhyam
Shrī Rāmadūtam sharanam prapadye
*Who is the most intelligent of all, who is the chief of the monkeys, who is the
son of the lord of the wind and who is the messenger of Shri Rama;
I surrender to You.*
- 34 **Kūjantam Rāma-Rām'eti madhuram madhur'āksharam**
I bow to Sage Valmiki, who like a cuckoo sits on the tree of poetry
āruhya kavita-shākhām vande Vālmīki-kokilam
Singing 'Ram Ram' melodiously in a beautiful voice.
- 35 **Āpadām-apa-hartāram Dātāram sarva-sampadām**
Shri Rama, who is the destroyer of all our troubles, who gives us wealth,
lok'ābhirāmam Shrī Rāmam bhūyo bhūyo namā-myaham
and who gives joy to the people; I bow to You again and again.
- 36 **Bharjanam bhava-bījānām-arjanam sukha-sampadām**
*When we sing 'Ram Ram' heartily and worship Shri Rama, it burns away
the seeds of worldly problems.*
tarjanam Yamadūtānām Rāma-Rām'eti garjanam
*It makes us the witness, gives us material well-being and frightens
the messengers of Shri Yama (god of death).*
- 37 **Rāmo rāja-manihi sadā vijayate Rāmam Ram'esham bhaje**
*I worship the husband of Shri Sita, Shri Rama, the king of kings,
who is forever victorious.*
Rāmen-ābhihatā nishāchara-chamū Rāmāya tasmai namah
I bow to Shri Rama who has killed the army of rakshasas.
Rāmānn'asti parā-yanam para-taram
Rāmasya dās'osmy'aham
I consider no-one greater than Shri Rama and I am His servant.
Rāme chitta-layah sadā bhavatu me
bho Rāma mām-uddhara
*Shri Rama, let my attention be always on Your Being
and may You help me to evolve.*





38 Rāma-Rām'eti-Rām'eti Rāme Rāme Manorame
(Shri Shiva tells Shri Parvati) 'One who takes the name of Shri Rama
sahasra-nāma tat-tulyam Rāma-nāma varā-nane
and worships Him, with such a person I am pleased'.

Iti Shrī-Budha-kaushika-virachitam

This praise of Shri Rama is equal to the Vishnu-sahasra-nama (thousand names of Shri Vishnu).

Shrī-Rāma-rakshā-stotram sampūrnam

Shrī-Sītā-Rāma-chandrārpanam-astu

*Thus the Rama Kavach written by Sage Budha-kaushika reaches its fulfillment.
May it be offered at the feet of Shri Rama.*

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah







The Vishuddhi Chakra



Jai Shrī Yog'eshwara
Victory to the god of yoga!





The 16 holy names of Shrī Rādhā-Kṛishna

Aum twameva sākshāt Shrī Rādhā-Kṛishna sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Radha-Krishna. Salutations to You!

Rādhā-Kṛishna	<i>You are... the supreme power of the dark-blue god (Krishna) and the one who sustains that power (Radha)</i>	
Vithala-Rukminī	<i>Shri Radha and Shri Krishna as King Vithala and Queen Rukmini (manifesting the right Vishuddhi power)</i>	
Govinda-pati	<i>The Supreme Lord who knows pure speech</i>	
Gopta	<i>The protector of the world</i>	
Govinda.....	<i>The chief herdsman</i>	5
Gopati	<i>The lord of cows</i>	
Americ'eshwara	<i>The lord of America</i>	
Yashodā-nandana	<i>The foster-son of Shri Yashoda</i>	
Vishnumāyā-bhrātā.....	<i>The brother of Shri Vishnumaya</i>	
Vainavini-vāma-sanāda.....	<i>The holder of the flute, resounding with sweet melodies</i>	10
Virātaṅgata Virāta	<i>The supreme power of the absolute cosmic Being</i>	
Bāla Kṛishna	<i>Shri Krishna as a child</i>	
Shikhandī	<i>The one whose head is adorned with a peacock feather</i>	
*Narak'āntaka.....	<i>The destroyer of Narakasura</i>	
Mahā-nidhi	<i>The one who encompasses all</i>	15
Mahā-hṛada	<i>The great lake of divine bliss</i>	

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah





The 108 holy names of Shrī Kṛishna

Aum twameva sākshāt Shrī Kṛishna sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Krishna. Salutations to You!

Kṛishna.....	<i>You are... The supreme power of the dark-blue god (the eighth incarnation of Shri Vishnu)</i>	
Shrī-dhara.....	<i>The one who sustains prosperity and well-being</i>	
Venu-dhara.....	<i>The one who plays the divine flute</i>	
Shrī-māna	<i>Divine glory</i>	
Nirmalā gamya	<i>The one who is reached only through Shri Mataji (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 hṛudhay.....	<i>The one who worships the lotus feet of Shri Mataji in His heart</i>	
Nirādhāra	<i>The one without any support (as You are the support of the universe)</i>	
Vishwadhara janaka	<i>The father of Lord Jesus Christ</i>	10
Vishnu	<i>Shri Vishnu</i>	
Mahā-vishnu pūjita	<i>Worshipped as the Father by Shri Maha-vishnu (Lord Jesus Christ)</i>	
Vishnumāyā-sughoshita.....	<i>The one whose incarnation was proclaimed by Shri Vishnumaya</i>	
Vāg'īshwara.....	<i>The god of speech</i>	
Vāg'īshwarī-bhrātā.....	<i>The brother of Shri Saraswati (goddess of speech)</i>	15
Vishnumāyā-bhrātā.....	<i>The brother of Shri Vishnumaya</i>	
Draupadī-bandhu	<i>The brother of Draupadi (an incarnation of Shri Vishnumaya)</i>	
Pārtha-sakhā.....	<i>The friend of Arjuna</i>	
San-mitra	<i>The true friend</i>	
Vishwa-vyāpta	<i>The one who permeates the whole universe</i>	20
Vishwa-rakshaka.....	<i>The protector of the whole universe</i>	
Vishwa-sākshī.....	<i>The witness of the cosmic play</i>	
Dwārak'ādhīsha.....	<i>The ruler of Dwaraka</i>	
Vishuddhi prānta'ādhīsha.....	<i>The ruler of the continent of the Vishuddhi</i>	





Jana-nāyaka	<i>The leader of the people</i>	25
Vishuddhi-jana pālaka	<i>The one who takes care of those who dwell in the land of the Vishuddhi</i>	
Americ'eshwara	<i>The lord of America</i>	
Mahā-nīla.....	<i>Dark blue</i>	
Pitāmbara-dhara.....	<i>The one who wears a pitambar (yellow garments)</i>	
Sumukha	<i>The one whose face is handsome and auspicious</i>	30
Suhāsyā.....	<i>The one whose laughter is beautiful</i>	
Subhāshi	<i>The one whose speech is gentle and sweet</i>	
Sulochana.....	<i>The one whose eyes are beautiful</i>	
Sunāsika.....	<i>The one whose nose is perfect</i>	
Sudanta.....	<i>The one whose teeth are perfect</i>	35
Sukeshā.....	<i>The one whose hair is abundant and beautiful</i>	
Shikhandī	<i>The one whose head is adorned with a peacock feather</i>	
Sushṛuta.....	<i>The one who hears whatever is auspicious</i>	
Sudarshana-dhara.....	<i>The one who wields the Sudarshana chakra (discus)</i>	
Mahā-vīra.....	<i>The great warrior-hero</i>	40
Shaurya-dāyaka	<i>Courageous</i>	
Rana-pandita	<i>The master of art of warfare</i>	
Rana-chordāsa.....	<i>The one who ran away from the battlefield (a trick to destroy the demon Kalayavana)</i>	
Shrī-nātha	<i>The lord of divine glory</i>	
Yukti-vāna.....	<i>The master of diplomacy and subtle tricks</i>	45
Akbar	<i>The most high</i>	
Akhil'eshwara	<i>The god of all</i>	
Mahā-virāta.....	<i>The universal Being of which everything is a part</i>	
Yog'eshwara	<i>The god of yoga</i>	
Yogi-vatsala	<i>The one who loves yogis like his children</i>	50
Yoga-varnita	<i>The one who described the state of yoga</i>	
Sahaja-sandesha-vāhaka	<i>The one who spreads the message of Sahaja Yoga</i>	
Vishwa dharmā-		
-dhvaja-dhāraka.....	<i>The one who raises the flag of Vishwa (Nirmala) Dharma</i>	
Garud'ārudha	<i>The one who rides Shri Garuda (the divine eagle)</i>	





Gadā-dhara.....	<i>The wielder of the mace</i>	55
Shankha-dhara	<i>The one who holds the conch named Pancha-janya</i>	
Padma-dhara	<i>The one who holds the lotus</i>	
Līla-dhara	<i>The playful creator and sustainer of the cosmic drama</i>	
Dāmodara	<i>Supremely generous</i>	
Govardhana-dhara.....	<i>The one who lifted up Mount Govardhan to shelter the villagers of Gokul from the terrible wrath of Indra's thunderstorm</i>	60
Yoga-kshema-vāhaka	<i>The one who cares for the well-being of the yogis</i>	
Satya-bhāshī.....	<i>The one who speaks the truth</i>	
Hita pradāyaka	<i>The one who grants whatever is good for our benevolence</i>	
Priya-bhāshī.....	<i>The one who talks pleasantly</i>	
Abhaya-pradāyaka.....	<i>The one who grants fearlessness</i>	65
Bhaya-nāshaka.....	<i>The destroyer of all fears</i>	
Sādhaka-rakshaka	<i>The one who protects the seekers of truth</i>	
Bhakta-vatsala	<i>The one who loves devotees like His children</i>	
Shoka-hārī	<i>The one who removes grief</i>	
Dukha-nāshaka.....	<i>The destroyer of sorrow</i>	70
* Rākshasa-hata	<i>The killer of demons</i>	
Kurukula-virodhaka	<i>The one who opposed the Kauravas (who were adharmic)</i>	
Gokula-vāsī.....	<i>The one who resided in Gokul</i>	
Gopāla.....	<i>The lord of cows</i>	
Govinda.....	<i>The chief herdsman</i>	75
Yadu-kula-shreshtha	<i>The highest among the Yadhavas (descendants of the lunar dynasty of King Yadu)</i>	
Akula.....	<i>Beyond all family, caste or creed</i>	
Vaonsha-dweshā-nāshaka	<i>The destroyer of all negative discrimination because of race, caste or creed</i>	
Ātma-dñyāna-varnita.....	<i>The one who described the knowledge of the Spirit</i>	
Adñyāna pranāshaka.....	<i>The one who teaches how to destroy ignorance and false-knowledge</i>	80
Nirākāra	<i>Formless</i>	
Ānanda-kāra.....	<i>The embodiment of joy</i>	
Ānanda pradāyaka	<i>The one who gives joy to the yogis</i>	





Pavitr'ānanda.....	<i>The joy of purity and auspiciousness</i>	
Pāvitr̥ya-rakshaka	<i>The protector of chastity</i>	85
Dñyān'ānanda	<i>The joy of pure knowledge</i>	
Kal'ānanda	<i>The joy of all the arts</i>	
Gruh'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>	
Vishuddh'ānanda.....	<i>The purest joy</i>	
Sangīt'ānanda	<i>The joy of music</i>	95
Nṛṭy'ānanda	<i>The joy of dancing</i>	
Shabd'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>Ultimate joy, absolutely pure</i>	
Nāṭya-priya.....	<i>The one who enjoys music, dance and drama</i>	
Sangīta-priya	<i>The one who enjoys music</i>	
Kshīra-priya	<i>Fond of milk</i>	
Dadhi-priya.....	<i>Fond of curd (yogurt)</i>	105
Madhu-priya	<i>Fond of honey</i>	
Ghṛuta-priya	<i>Fond of ghee (clarified butter)</i>	
Māṭṛu-charan'āmṛuta-priya	<i>The one who enjoys the amrut of the lotus feet of Shri Mataji</i>	

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah



See p.173 for the names of the Virata.





108 invocations to Shrī Kṛishna

Shri Mataji has commented that no names can describe Him, He cannot be grasped and is beyond praise. Yet, based on Sahaja Yoga shastras, here are one hundred and eight names humbly offered at His lotus feet.

Salutation, honour and glory to Shri Bhagawati
Shri Adi Shakti Mataji Shri Nirmala Devi who bears Shri Krishna
on Her forehead as the crowning jewel of the heavens.

You are Shri Krishna
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 yadnyas (offerings) of the noble souls. 5

You are the primordial Being.
You are the Ishwara (god) 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 sakshi (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 Sadashiva (Lord God Almighty).
Adi 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 (God) of Moses.
Buddha perceived You as nirakara (formless).
You are the father of Yeshu Krisht. 25





You are the Akbar (the Most High) 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
 (a transitional period that heralds the golden age of Satya-yuga).
 You carry the yellow-dusted feet of Shri Radhaji in Your heart. 30

You see Radhaji in Mother's laughing eyes.
 You are the worshipper of Shri Nirmala Virat'angana
 (feminine form of the Virata).
 You pervade akasha (sky).
 You are the blue lord of ethereal infinity.
 You are blue for the sake of Shri Mahakali. 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 worshippers beyond the kurukshetra
(field) of involvement.
You inspired Abraham Lincoln.
You are propitiated by the twice–born for the salvation of America.
You lead the twice–born back to Gokul.
You teach the twice–born through the voice of
Shri Mataji Nirmala Devi. 75

You are adorable and adored by the twice–born.
You play around in frolics, joy and happiness.
The cows of Maharashtra 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 Nirmala bhaktas.
You asked Shri Garuda to answer the call of the Nirmala bhaktas.
You sent Sudarshana chakra to kill the foes of the Nirmala bhaktas. 85

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

You are the friend of the yogi named Sudhama.
You make the energy circulate through everyone.
You establish the link with collectivity.





You are the collective consciousness of the Atma (Spirit)
You break the pitcher which covers the ego. 95
You dissolve ego in etheric consciousness.
You dispel superego in witnessing consciousness.
You feed the roots of the tree of life in the brain.
You enlighten the cells of the brain.
You crown the consciousness of the twice-born. 100

You sustain Shri Adi Shakti's throne in the brain.
You are the lord of inconceivable majesty.
You are the witness of Your own bliss.
You rule over the ocean of amrut.
You reside at the parting of Shri Adi Shakti's hair. 105

You lead the play of recognition of Shri Adi Shakti Nirmala Devi.
You will establish on this Earth the dazzling glory of
Shri Adi Shakti Nirmala Devi.
You will unite the nations of the Earth at the lotus feet
of Shri Adi Shakti Nirmala Devi.

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah





Bhagavad Gīta (ch.4, v.5–8)

Nainam chhindanti shastrāni
Weapons cannot cut the Spirit,
Nainam dahati pāvakah
Nor can fire burn it,
Na chainam claydayantyā po
Water cannot wet it,
Na shoshayati Marutah
Nor can wind dry it.

Karmanye'vādhi-kāraṣṭe
Your right is to the work only,
Mā phaleshu kadāchanam
But never the fruit thereof,
Mā karmaphala-heturbhuhu
Be not attached to the fruit,
Mā te saṅg'ostu karmani
Neither to inaction.

Yadā yadā hi dharmasya
Whenever dharma declines,
Glānirbhavati Bhārata
O scion of Bharata,
Abhyuthānāya dharmasya
and evil prevails,
Tadātmānam srujāmyaham
I incarnate Myself.

Paritrānāya sādhuṇām
To protect the virtuous,
Vināshāyacha dushkrutām
To destroy the evil-doers,
Dharma saṅsthā-panārthāya
and to establish dharma in the hearts of men,
Sambhavāmi yuge yuge
I am born from age to age.

From 'The Mahabharata' by Veda Vyasa





The 69 holy names of Shrī Kubera

Param–puja Shri Mataji, only through You we become aware of all the deities. Shri Mataji, please awaken Shri Kubera in the world and grant 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 Shri 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.

**Aum twameva sākshāt Shrī Nirmal Kubera sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Kubera. Salutations to You!**

Kubera	<i>You are... The god of all wealth. You own, bestow, and distribute all matter that has the potential to express love of the Spirit</i>	
Kṛishna.....	<i>Shri Krishna. You sowed the seed of spirituality</i>	
Kṛushi priya.....	<i>The one who loves agriculture and basic industries and supports the primary sectors of the world economy</i>	
Vishnu	<i>Shri Vishnu. Your brilliance and grace permeates the universe</i>	
Vishwa pūjya	<i>Worshipped by the universe</i>	5
Padma–nābha.....	<i>The one from whose Nabhi universes arise</i>	
Nātya–priya.....	<i>The one who enjoys the drama of the world</i>	
Līlā–dhara	<i>The one who has the whole material world for Your play</i>	
Ākāsh’eshwara	<i>The ruler over the ether and You look after the purity of communication</i>	
Virāt’aṅga.....	<i>Part and parcel of Shri Virata, the great universal Being</i>	10
Sunāsika.....	<i>The one who gave 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 nītidñya	<i>The one who has 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 cannot 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>	
Akshaya nidhi.....	<i>The one who has 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>The one who has infinite enlightened wealth</i>	
Sthita-pradñya	<i>The one who keeps balance in every situation in life, whether in happiness or in sorrow. You teach a balanced attitude to life</i>	
Gatimāna.....	<i>The one who flows. Through You wealth circulates to benefit everyone</i>	20
Yoga-kshema pradāyaka.....	<i>The one who promises to protect and look after those who are in the state of yoga</i>	
Param'odāra	<i>The one 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>	
Kṛupana-virodhaka	<i>Against miserly people, who hoard matter for its own sake</i>	
Tṛupta	<i>Completely satisfied. You are the path to complete satisfaction which is the enjoyment of the Spirit</i>	25
Santushta	<i>The one who gives the joy of fulfillment and treats every one in the same way without any discrimination</i>	
Ānanda tattwa varnita.....	<i>The one who describes the Spirit as the source of absolute enjoyment</i>	
Sūkshma	<i>Subtle and give joy through the subtlety of matter that expresses love</i>	
Preranā dāyaka.....	<i>Inspiration. You inspire people in their actions and life. Yogis are inspired by You</i>	
Swattva dāyaka	<i>The one who gives self-esteem and dignity</i>	30
Vāsanā-hara.....	<i>The one who helps people to overcome their bad habits</i>	
Kalanja-visha nāshaka.....	<i>The one who removes all the poisons of the world (alcohol, tobacco and drugs etc)</i>	





- * Lobha nāshaka *The one who exposes and destroys greed in all forms, including at the level of society, corporations and governments*
- * Madya virodhaka *Against drinking alcohol and the social systems based on alcohol*
- * Kuguru mardana *The one who tramples false gurus and their practices of exploitation, wrong-doing and money-making* 35
- Santulaka *The one who restores balance to everything*
- Karma-kānda vināshaka..... *The one who destroys preoccupation with ceremonial acts, rituals and rites (including mantras)*
- Dharā-dharma rakshaka *The one who supports the dharma of the Earth. You restore the Earth's balance when it becomes depleted of resources through excessive exploitation and wasteful consumption*
- Jāgruta *Awake and alert. You watch over the dharma of individuals and societies*
- Ḡṛuha-dharma pālaka *The one who upholds and looks after the dharma of the household* 40
- Yama *Shri Yama (the lord of death). You look after righteousness and dharma*
- Niyantā..... *The one who establishes people in their respective functions*
- Sarva-dharm'āshraya *The refuge of all dharmas*
- Māyā-rūpī *You and Your maya are one. You create illusions for the ignorant people who imagine that they own wealth*
- Mahā-mana..... *Beyond the mind. You dislike the obsessive thinking and mental games of speculation with money and wealth* 45
- Dyuta virodhaka..... *Against gambling, speculation and disrespect towards Shri Lakshmi*
- Pāvitrya rakshaka *The one who looks after chastity and protects the auspiciousness of Shri Lakshmi. You ensure that people have proper respect towards Shri Lakshmi*
- Ālasya-ripu *The enemy of lethargy and laziness*
- Kal'ādhara *The one who supports the arts, which express the Spirit. You reward and encourage the pure expression of art*
- Hastakal'āshraya *The refuge of the handicrafts, which provide a livelihood for artisans* 50





- Mūlodyoga uttejaka..... *The one who encourages the basic productive sectors of the economy: agriculture and basic industry. You restore balance by deflating the overgrown financial sector and excessive mechanisation*
- Shoshana-hara..... *The one who removes the social and economic exploitation of the weaker sections of society*
- Dāridrya hāraka *The one who removes poverty*
- Jada sanchay virodhaka *Against the accumulation of material wealth for its own sake. You support the constant flow and circulation of wealth and money*
- Durāchāra vināshaka *The one who exposes and destroys the misdeeds of those who accumulate wealth and abuse power. You restore righteousness in society* 55
- Bhava bhaya hāraka *The one who removes 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'ādhīsha..... *The ruler of Dwaraka and You make Dwaraka prosperous. You are the ruler of America and look after the prosperity and righteousness of America*
- Ṛuna-nāshaka *The one who destroys consumerism and excessive indulgence based on credit. You free people of their debts, responsibilities and Karmas*
- Varna-bheda vināshaka..... *The one who removes all division within society, based on heredity, occupation, economic status, geography, race, colour or any external attributes* 60
- Spardhā virodhaka *The one who disapproves of excessive competitiveness. You support cooperation and collectivity*
- Sama-kartā *The great equalizer. You reduce any disparity in income or life-style in the different countries of the world. You restore balance to the channels of the subtle system*
- Hita kāraka..... *The one who looks after people's benevolence in general and Sahaja yogis in particular*





Nirmal-gana pālaka	<i>The one who looks 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 is never an obstacle to Sahaja Yoga activities</i>	65
Vishwa-Nirmala- -Dharma priya	<i>The one who adores Vishwa Nirmala Dharma and supports those who practice it</i>	
Agamyā.....	<i>Beyond human comprehension. You are unknowable</i>	
Nirmal-gamyā.....	<i>Accessible only through Shri Mataji</i>	
Devī-kārya samudyata	<i>The one who takes form to further the cause of Shri Mataji</i>	

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah

These names were offered to Her Holiness Shri Mataji on the auspicious occasion of Shri Kubera puja, as one of His aspects in America, Nirmal Nagari, New York, USA, 18 Aug 2002



The 84 holy names of Shrī Vishnumāyā

Aum twameva sākshāt Shrī Vishnumāyā sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Vishnumaya. Salutations to You!

Kāli.....	<i>You are... Shri Kali</i>	
Mahākāli nirmītā	<i>The one who was created by Shri Mahakali Herself</i>	
Vishuddhi padmālayā.....	<i>The one who dwells in the lotus of the Vishuddhi chakra</i>	
Kulishaṅgī	<i>Thunderbolt-bodied</i>	
Tadillatā samaruchi	<i>Dazzling like lightning</i>	5
Vishishta shastrā	<i>The one who has special weapons</i>	
Americ'eshwara–shastrā.....	<i>One of the weapons of Shri Americeshwara (Shri Krishna)</i>	
*Rākshasa vijayinī	<i>The conqueror of rakshasas and devils</i>	
*Mahish'āsura ghātinī.....	<i>The conqueror of Mahishasura</i>	
*Nishumba Shumba– –saonhantrī	<i>The destroyer of Shumba and Nishumba</i>	10
Chira–Kaumārī.....	<i>The eternal virgin</i>	
Vindhya priya putrī.....	<i>The beloved daughter of the Vindya mountains</i>	
Devī Mahātmya–stutā.....	<i>The Devi praised in the 'Devi Mahatmyam'</i>	
Shankarāchārya prashastā.....	<i>Praised by Adi Shankaracharya</i>	
Nanda gopa–Yashoda sutā	<i>She who was born to the cowherd Nanda and Shri Yashoda</i>	15
Kṛishna–sanjātā	<i>She who was born at the same time as Shri Krishna</i>	
Kṛishna bhagini– –māyā–shakti	<i>The sister of Shri Krishna, as the maya shakti</i>	
Satya Avatār udghoshinī.....	<i>The one who declares the advent of an incarnation of truth</i>	
Svayam tyagā	<i>The one who sacrificed herself in order to announce the birth of Shri Krishna</i>	
Kṛishna–janma– –udghoshaka–vidyullatā.....	<i>The one who became lightning to announce the birth of Shri Krishna</i>	20
Vaikṛtika–rahasyā.....	<i>The one who is the maya that is impossible to surpass</i>	





Shiva–Brahmā–Vishnu– –dyāna parāṅgati	<i>The one whose maya is beyond the knowledge of Shri Shiva, Shri Brahma and Shri Vishnu</i>	
Mūrti Rahasyā	<i>Of mysterious forms</i>	
Dādim–pushpa–rakta–danti	<i>The one whose teeth are as red as pomegranate flowers</i>	
Shata netrā	<i>The one who has a hundred eyes</i>	25
Nārāyanī	<i>Narayani, the power of Shri Vishnu</i>	
Pīdā nivārinī	<i>The goddess who is the gracious remover of afflictions</i>	
Pāvityra dāyinī	<i>The one who gives chastity, the foundation of all dharmas</i>	
Ganesha pāvityra pushpā	<i>The one whose flowers of chastity express the powers of Shri Ganesha</i>	
Pāvityra rakshakā	<i>The one who (in the ‘Mahabharata’) insisted on war with the Kauravas for the protection of chastity</i>	30
Draupadī	<i>The goddess who incarnated as Draupadi (wife of the five Pandavas)</i>	
Bandhu rakshita pāvityrā	<i>The one whose chastity is protected by Her brother</i>	
Bandhu–ātma–prabudhyatā	<i>The one who cares for the spirituality of Her brother</i>	
Mahābhārata kārini	<i>The one who was responsible for the ‘Mahabharata’</i>	
Pancha–mahā–bhūta– –sammilitā	<i>The one who joins the five elements, the five Pandavas</i>	35
Sarva bhūta pravishtā	<i>The one who can enter into all the elements</i>	
Hṛud–buddhi–melakā	<i>The one who integrates heart and brain</i>	
Shighra kārini	<i>The one who is quick-acting</i>	
*Sarva bādhā jwālinī	<i>The one who burns away negativity</i>	
Vidyut–janita maṅgalā	<i>The powerful one whose electricity brings auspiciousness</i>	40
Nisarga prakopa damanī	<i>The one who controls lightning, earthquakes, typhoons and burning forests</i>	
Adbhūta chitra pradāyinī	<i>The one who gives a miracle picture every twenty eight seconds</i>	
Chalat–chitra prakāshikā	<i>The one who enlightens the film medium</i>	
Sunṛuta–vāni dāyinī	<i>The bestower of pure speech</i>	
Mantra–sāmarthya– –pradāyinī	<i>The one who empowers mantras</i>	45





Nirahaṅkāṛā.....	<i>Without ego</i>	
Namratā pradāyini.....	<i>The bestower of true humility</i>	
Vishwāsa-nirmānakārā.....	<i>The bestower of faith and confidence</i>	
Satya rakshikā	<i>The keeper of reality</i>	
*Sarva bādhā udghātikā.....	<i>The one who exposes (destroys) negativity</i>	50
*Alīka dambha nāshinī.....	<i>The one who destroys false sophistication</i>	
Nishkalankā.....	<i>Spotless and unblemished</i>	
Pitāmaha gaurava rakshikā.....	<i>The one who protects respect for the grandparents</i>	
Māṭṛu-tattwa gaurava- -rakshikā	<i>The one who guards respect for the mother principle</i>	
Bhagini sāmārthya rūpā	<i>The power of a sister</i>	55
Sarvāoṅsh'ātmikā	<i>The one who makes us part and parcel of the whole</i>	
Ātma saonshaya nivārinī.....	<i>The one who removes self-doubt</i>	
*Asatya mantra nāshinī.....	<i>The destroyer of false mantras</i>	
*Asatya spashtikaran nāshinī ..	<i>The one who destroys false explanations</i>	
Chakra maryādā sthāpinī	<i>The one who establishes the maryadas of the chakra</i>	60
Hṛdaya mūlā.....	<i>The one whose root is in the heart</i>	
Dhairya dāyini	<i>The bestower of courage</i>	
Strī shakti rūpā.....	<i>The power of a woman</i>	
*Asatya kathā nāshinī	<i>The destroyer of myths</i>	
Kṛtak'ādarsha nivārinī	<i>The one who removes artificial ideals</i>	65
Avyakta prakatana kārinī.....	<i>The one who reveals what is un-manifest</i>	
Ānand'ādhārā.....	<i>The reservoir of joy</i>	
Sūkshma saonveda dāyini	<i>The one who gives deep knowledge of the subtle</i>	
Ātma-sākshātkār-pathā	<i>The one who clears the path for Self-realisation</i>	
Nirmala-karini- -Upahāsa asahishnu.....	<i>The one who does not tolerate sarcasm</i>	70
Pūrṇa samarthā	<i>The one who is fully capable (complete)</i>	
Sahaja yoga pari- -samarpana rūpā	<i>The one who gives the quality of being whole-hearted about Sahaja Yoga</i>	
Virāta prāpinī	<i>The one who makes us one with the Virata</i>	
Vishnumāyā Virāt'anganā	<i>The universal form of Shri Vishnumaya</i>	





Vāma-vishuddhi- -sthitā-Mahāshakti	<i>The one who resides in the left Vishuddhi as the Maha-shakti</i>	75
Bhagini-kanyā- -rūpa-Fatima	<i>The one who incarnated as Shri Fatima, the pure sister and daughter (of Mohammed)</i>	
Haṁsa chakra- -sthitā-Saraswatī	<i>Shri Saraswati, who becomes the Vishnumaya shakti at Hamsa chakra</i>	
*Vipra-chitta- -rākshasa-ghātinī	<i>The one who destroys the demons who disturb the attention of realised souls</i>	
Shākambhari Devī	<i>The goddess of agriculture and horticulture (who nourishes devotees in time of famine)</i>	
Mahā-Bhrāmarī	<i>The great Shri Bhramari, whose fiery beauty slays even the worst of enemies</i>	80
Idā nādī-stha Agni-shakti	<i>The fire power of the Ida nadi</i>	
Satya-bhāshini-ākāsha- -shuddhikā	<i>The one who speaks the truth and purifies the ether</i>	
Strī shakti	<i>The power of womanhood</i>	
Pratidina Pūjaniyā	<i>The one who is to be worshipped every day</i>	

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah





Shri Vishnumaya and Shri Krishna

Manifesting the pure brother and sister relationship, Shri Vishnumaya (or Yogamaya) incarnated at the same time as Shri Krishna around 3000 BC and was born to Shri Yashoda (an aspect of right Vishuddhi) and the cowherd Nanda in Gokul. Manifesting previously as lightning, She had prophesied to the rakshasa King Kansa that the eighth child of his sister Devaki would destroy him. Kansa then imprisoned Devaki and her husband Vasudeva in his palace prison in Mathura and killed each of her children as they were born. Vishnumaya intervened and saved Devaki's seventh child Balarama, by using Her power of maya (illusion) to transfer the tiny fetus to Rohini's womb (Vasudeva's first wife). Balarama was subsequently born in the village of Gokul as the second incarnation of Shri Shesha (the first being Shri Rama's brother, Shri Lakshmana).

Soon after the apparent miscarriage of the seventh child, Devaki had her eighth child – Shri Krishna. On the night of Krishna's birth, aided by Vishnumaya's power of maya, Vasudeva escaped Kansa's prison and agreed with Yashoda to exchange the baby Vishnumaya with the baby Krishna. Krishna lived on and grew up in the relative safety of Gokul with his foster-mother Yashoda and brother Balarama, while Vishnumaya was carried back to Kansa's prison in Mathura. The next morning, surprised to find a baby girl beside Devaki, Kansa tried to kill Her. Instead, Shri Vishnumaya transformed

Herself into lightning and announced Shri Krishna's birth, declaring that the one who had come to destroy Kansa was still alive. Returning as Shri Krishna's powerful sister, She incarnated again as Draupadi, the queen of the five Pandavas, to establish the power of chastity and to destroy the adharmic dynasty of the Kauravas (as told in the epic 'Mahabharata'). She also incarnated as Shri Fatima, the daughter of the Prophet Mohammed, to establish the Gruha-lakshmi principle in the left Nabhi (see p.66-8). Dnyaneshwara's younger sister, Muktabai was also an aspect of Shri Vishnumaya (see p.43)

(see: *Opening address, evening before Vishnumaya puja, New York, USA, 8 Aug 1980; 'Shrimad Bhagavat', 'Bhagavata Purana'*)

'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.'

Shri Mataji Nirmala Devi, Vishnumaya puja, Brompton Square, London, UK, 1 Sep 1985.





The 99 holy names of Allah

These are the words of the Shahada, the profession of faith that the Muslims cannot forsake. Islam means surrender to God and His law revealed by the prophets.

La illaha illallah Muhammad ur Rasūl Allah
There is no god but God, and Mohammed is His prophet

Ar-Rahman	<i>The beneficent</i>	
Ar-Rahim	<i>The merciful (motherly)</i>	
Al-Malik	<i>The sovereign Lord</i>	
Al-Quddus	<i>The holy</i>	
As-Salam	<i>Source of peace</i>	5
Al-Mu'min	<i>Guardian of faith (the believer)</i>	
Al-Muhaymin	<i>The protector</i>	
Agh-Ghaffar	<i>The forgiver</i>	
Al-Qahhar	<i>The subduer</i>	
Al-Wahhab	<i>The bestower</i>	10
Ar-Razzaq	<i>The provider</i>	
Al-Fattah	<i>The opener</i>	
Al-Muzill	<i>The humiliator</i>	
As-Sami	<i>The all-hearing</i>	
Al-Basir	<i>The all-seeing</i>	15
Al-Hakam	<i>The judge</i>	
Al-'Adl	<i>The just</i>	
Al-Latif	<i>The subtle one</i>	
Al-Kabir	<i>The most great</i>	
Al-Hafiz	<i>The preserver</i>	20
Al-Mughit	<i>The sustainer</i>	
Al-Hasib	<i>The reckoner</i>	
Al-Jalil	<i>The sublime one</i>	
Al-Karim	<i>The generous one</i>	
Al-Ba'ith	<i>The resurrector</i>	25
Ash-Shahid	<i>The witness</i>	
Al-Haqq	<i>The truth</i>	
Al-Wakil	<i>The trustee</i>	
Al-Qawi	<i>The most strong</i>	
Al-Matin	<i>The firm one</i>	30
Al-Awwal	<i>The first</i>	





Al-Akhir.....	<i>The last</i>	
Az-Zahir	<i>The manifest</i>	
Al-Batin	<i>The hidden</i>	
Al-Wali	<i>The governor (protector)</i>	35
Al-Muta'ali	<i>The most exalted</i>	
Al-Barr	<i>The source (of all goodness)</i>	
Al-Mumit	<i>The cause of death</i>	
Al-Hayy	<i>The ever-living</i>	
Al-Qayyum	<i>Self-subsisting</i>	40
Al-Wajid.....	<i>The finder (all-perceiving)</i>	
Al-Majid.....	<i>The noble (glorified)</i>	
Al-Wahid.....	<i>The unique</i>	
Al-Jame	<i>The gatherer</i>	
Al-Ghani	<i>The self-sufficient</i>	45
Al-Mughni	<i>The enricher</i>	
Al-Mani	<i>The preventer (of harm)</i>	
Ad-Darr	<i>The distresser</i>	
An-Nafi.....	<i>The propitious</i>	
An-Nur	<i>The light</i>	50
Al-Muhaymin.....	<i>The protector</i>	
Al-Aziz	<i>The mighty</i>	
Al-Jabbar	<i>The compeller</i>	
Al-Mutakabbir	<i>The majestic</i>	
Al-Khaliq	<i>The creator</i>	55
Al-Bari	<i>The evolver</i>	
Al-Alim	<i>The all-knowing</i>	
Al-Qabid.....	<i>The withholder</i>	
Al-Basit.....	<i>The expander</i>	
Al-Khafid	<i>The abaser</i>	60
Ar-Rafi	<i>The exalter</i>	
Al-Mu'izz.....	<i>The bestower of honour</i>	
Al-Khabir.....	<i>The aware</i>	
Al-Halim	<i>The forbearing</i>	
Al-Azim	<i>The great one</i>	65
Al-Gafur	<i>The all-forgiving</i>	
Ash-Shakur.....	<i>The appreciator</i>	
Al-'Ali	<i>The most high</i>	
Ar-Raqib.....	<i>The watchful</i>	
Al-Mujib	<i>The responsive</i>	70
Al-Wasi	<i>The all-embracing</i>	
Al-Hakim	<i>The wise</i>	





Al-Wadud	<i>The loving one</i>	
Al-Majid.....	<i>Most glorious one</i>	
Al-Wali	<i>Protecting friend</i>	75
Al-Hamid	<i>The praiseworthy</i>	
Al-Muhsi.....	<i>The reckoner</i>	
Al-Mubdi	<i>The originator</i>	
Al-Mu'id	<i>The restorer (to life)</i>	
Al-Muhyi.....	<i>The giver of life</i>	80
At-Tawwab.....	<i>The acceptor of repentance</i>	
Al-Muntaqim	<i>The avenger</i>	
Al-Afuw	<i>The pardonner</i>	
Ar-Ra'uf	<i>The compassionate</i>	
Malik-Ul-Mulk.....	<i>The eternal owner of sovereignty</i>	85
Dhul-Jalal-Wal-Ikram	<i>The lord of majesty and bounty</i>	
Al-Muqsit	<i>The equitable</i>	
Al-Ahad	<i>The one</i>	
As-Samad	<i>The eternal</i>	
Al-Qadir	<i>The omnipotent (able)</i>	90
Al-Muqtadir.....	<i>The powerful</i>	
Al-Muqaddim	<i>The expediter</i>	
Al-Mu'akhkhir.....	<i>The delayer</i>	
Al-Hadi	<i>The guide</i>	
Al-Badi	<i>The originator</i>	95
Al-Baqi	<i>The everlasting</i>	
Al-Warith	<i>The supreme inheritor</i>	
Ar-Rashid	<i>The guide (to the right path)</i>	
As-Sabur	<i>The patient</i>	

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah



Allah hu Akbar
God is great!





The 5 holy mantras of the Virāta

The Virata is the high Lord, the power of creation and nourishment, the absolute cosmic Being of the universe. He is Shri Krishna above the level of the Agnya chakra, whose shakti is Viratangana.

Gṛuha–Lakshmī–

–Kubera Virāta *You are...The universal form of the goddess of the home and the household, combined with the god of wealth and prosperity*

Brahmadeva Vithala Virāta *The universal form of God the creator and Shri Krishna, who appeared as Shri Vithala before Pundarika in Pandharpur*

Vishnumāya Virāta *The universal form of Shri Vishnumaya, the sister of Shri Krishna, who manifests Herself as the thunderbolt*

Vithala Virāta..... *The universal form of Shri Krishna, who appeared as Shri Vithala before Pundarika in Pandharpur*

Nirānanda *Absolute pure joy*



(see: Shri Krishna puja, Geneva, Switzerland, 28 Aug 1983; Shri Virata puja, Litchfield, Connecticut, USA, 11 June 1989)







The Āgñyā Chakra



Jai Shrī Īsha-putra, jagi Tāraka janmā ālā
Victory to the Son of God, the Saviour born on the Earth!





The 108 holy names of Lord Jesus Christ

Aum twameva sākshāt Shrī Yeshū sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Jesus. Salutations to You!

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

Āgñyā-chakra swāmī	<i>You are... The lord of the Agnya chakra</i>	
Sūrya.....	<i>The sun</i>	
Kshamā pradāyaka	<i>The bestower of forgiveness</i>	
Kshamā swarūpa	<i>The one whose form is forgiveness itself</i>	
Shama-dama-vairāgya- -titikshā-pradāyaka	<i>The bestower of contentment, self-restraint, detachment and patience</i>	5
Aumkāra	<i>The Aum</i>	
Chaitanya	<i>The flow of vibrations</i>	
Ādi purusha.....	<i>The primordial man</i>	
Sahasra-shīrsha	<i>The one with a thousand heads</i>	
Sahasr'āksha	<i>The one with a thousand eyes</i>	10
Vishnu	<i>Shri Vishnu (ninth incarnation)</i>	
Vishnu-suta	<i>The son of Shri Vishnu</i>	
Mahā-vishnu	<i>Shri Maha-vishnu</i>	
Ananta-koti- -brahmānda-dhāraka	<i>The one who wields millions of universes</i>	
Hiranya-garbha.....	<i>The one who was born in the primordial cosmic egg</i>	15
Pūrva ghoshita	<i>The one who was foretold (by the prophets)</i>	
Brahmā-vishnu- -rudra sevita	<i>The one who was worshipped by the three Magi, who were Shri Brahma, Shri Vishnu and Shri Shiva</i>	
Pāvitrya pradāyaka	<i>The bestower of chastity</i>	
Gopāla.....	<i>The lord of cows</i>	
Gosevita	<i>Attended by cows</i>	20
Kṛishna suta	<i>The son of Shri Krishna (hence the name Khrista or Christ)</i>	
Rādhā nandana	<i>The son of Shri Radha (who incarnated again as Shri Mary-Mahalakshmi)</i>	





*Pāpa nāshaka	<i>The destroyer of sins</i>	
*Pāpa vimochaka	<i>The liberator from sin</i>	
Prakāsha	<i>Light</i>	25
Ākāsha	<i>Ether</i>	
Agni	<i>Fire</i>	
Mahā-kārunya rūpī.....	<i>Great compassion</i>	
Tapaswī	<i>The one who performs penance</i>	
Ham-Ksham 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</i>	
Ātma-tattwa jāta.....	<i>Born of the Spirit</i>	
Shānta	<i>Silence and peace</i>	35
Nirvichāra.....	<i>Thoughtlessness</i>	
Ādi-āgñyā-chakrastha	<i>The one who resides in the primordial Agya chakra</i>	
Kalki	<i>Shri Kalki (tenth and last incarnation of Shri Vishnu)</i>	
Ekādasha-rudra sevita	<i>Worshipped by the eleven destroying powers of Shri 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 Virata</i>	
Mahat'ahaṅkāra.....	<i>The great ego of the Virata</i>	
Turiya-sṭhiti pradāyaka	<i>The one who bestows the Turiya state (the fourth state, where the soul becomes one with the Supreme Spirit)</i>	45
Turiya-vāsī	<i>The one who resides in the Turiya state</i>	
Dwāra.....	<i>The narrow gate (to the Kingdom of Heaven)</i>	
Kārtikeya	<i>Shri Kartikeya</i>	
Mahā-ganesha	<i>Shri Maha-ganesha</i>	
Abodhitā swarūpa	<i>In the form of innocence itself</i>	50
Abodhitā pradāyaka	<i>The bestower of innocence</i>	
Shuddha	<i>Pure</i>	
Māṅgalya pradāyaka	<i>The bestower of auspiciousness</i>	
Audārya	<i>Generosity</i>	
Mahālakshmi-netra-teja.....	<i>The light in the eyes of Shri Mahalakshmi</i>	55
Pari-pūrna sahaja-yogī	<i>The perfect Sahaja yogi</i>	
Ādi-sahaja-yogī	<i>The primordial Sahaja yogi</i>	
Sreshtha sahaja-yogī.....	<i>The superior Sahaja yogi</i>	





Ādi Shakti Mātājī Shrī–Nirmalā– –Devī priyam–kartā	<i>The one whose works are pleasing to Shri Adi Shakti Mataji Shri Nirmala Devi</i>	
Shāshvata	<i>Eternal</i>	60
Sthānu	<i>Immovable</i>	
Sat–chid’ānanda ghana.....	<i>The one whose form is condensed Sat–chid’ānanda (absolute truth, awareness and bliss)</i>	
*Svair’āchāra nāshaka	<i>The destroyer of licentiousness and reckless abandon</i>	
*Dharma–martanda nāshaka ...	<i>The destroyer of ritualism and fanaticism</i>	
Nirichha.....	<i>Desireless</i>	65
Dhanada.....	<i>The bestower of wealth</i>	
Shuddha–shweta	<i>Pure white</i>	
Ādi–bālaka	<i>The primordial child</i>	
Ādi–brahmachārī.....	<i>The chaste primordial student</i>	
Purātana	<i>Ancient</i>	70
Alphā–cha–omegā.....	<i>Alpha and omega</i>	
Samasta–sākshī.....	<i>The witness of all</i>	
Īsha–putra	<i>The Son of God</i>	
Moha–varjita	<i>Free from all temptation</i>	
*Mamatā–hata.....	<i>The one who removes all attachments</i>	75
Viveka	<i>Pure discrimination</i>	
*Aghora nāshaka.....	<i>The one who condemns occult practices</i>	
Dñyāna rūpa.....	<i>Knowledge</i>	
Sad–buddhi dāyaka	<i>The bestower of wisdom</i>	
Sudñyā	<i>Supreme wisdom</i>	80
Pūrna–namra.....	<i>Complete humility</i>	
*Bhautikatā nāshaka	<i>The one who condemns materialism</i>	
*Ahañkāra nāshaka	<i>The one who dissolves ego</i>	
*Prati–ahañkāra shoshaka.....	<i>The one who sucks in superego</i>	
*Ashuddha–icchā nāshaka	<i>The destroyer of impure desire</i>	85
Hṛud–mandirastha	<i>The one who resides in the temple of the heart</i>	
*Aguru nāshaka	<i>The destroyer of false gurus</i>	
*Asatya khandana	<i>The one who annihilates falsehood</i>	
*Vaoñsha–bheda nāshaka	<i>The destroyer of racialism</i>	
*Krodha nāshaka.....	<i>The destroyer of anger</i>	90
Ādi Shakti Mātājī Shrī– –Nirmalā Devī priya–putra.....	<i>The beloved son of Shri Adi Shakti Mataji Shri Nirmala Devi</i>	





Ādi Shakti archita	<i>He who worships Shri Adi Shakti</i>	
Pratisthān-kshetra- -nivās kṛta	<i>The one who resides in sacred Pratishtan</i>	
Cabella vāsī	<i>The one who resides in Cabella</i>	
Sahasrāra-dwāra vāsī	<i>The one who resides at the gate of the Sahasrara</i>	95
Nishkalanka.....	<i>Spotless and unblemished</i>	
Nitya	<i>Eternal</i>	
Nirākāra	<i>Formless</i>	
Nirvikalpa.....	<i>Doubtless-awareness</i>	
Lokātīta	<i>Beyond the world</i>	100
Gun'ātīta	<i>Beyond the three gunas (Sattva, Raja and Tama)</i>	
Mahā-yogī.....	<i>The greatest yogi</i>	
Nitya mukta	<i>Ever-free</i>	
Avyakta mūrti	<i>The one whose form is unmanifested</i>	
Yog'eshwara	<i>The god of yoga</i>	105
Yoga dhāma	<i>The abode of yoga</i>	
Yoga-swarūpa.....	<i>In the form of yoga itself</i>	
Yeshū Khrīsta	<i>Lord Jesus Christ</i>	

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah





108 invocations to Lord Jesus Christ

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

You are the primordial Being, the Aum.
You are Vishnu and the son of Vishnu.
You are Maha-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 Shri 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 Shri Krishna. 15

Your Mother is Shri Radha, who incarnated again
as Shri Mary-Mahalakshmi.
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 Adi Agnya chakra. 35

You promised the comforter who is Shri Mataji, the Holy Spirit.
You return as a king.
You are Shri 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 Kartikeya.
You are Shri Maha-ganesha.
You are the purity of innocence.
You are continence.
You are generosity. 50

You are the light in the eyes of Shri Mahalakshmi.
You are obedient to Your Mother.
You are the perfect Sahaja yogi.
You are the perfect brother.
You are the embodiment of joy. 55

You are the embodiment of gentleness.
You spit out the half-hearted.
You condemn all fanatics.
You are uninterested in riches.
You give all riches to Your devotees. 60



You are pure white.
 You are the sacred heart.
 You wear a crown of thorns.
 You condemn misery.
 You suffered so that we should enjoy. 65

You are a child.
 You are ever ancient.
 You are the alpha and the omega.
 You give the Kingdom of Heaven equally
 to those who are first or last.
 You are ever with us. 70

You are beyond the universe.
 You are the sign of the cross.
 You are above discrimination.
 You are the witness.
 You are the one who is witnessed. 75

You overcome temptation.
 You exorcize evil.
 You condemn occult practices.
 You are the embodiment of tapas (penance).
 You worship Your Father. 80

You are hallowed by Your Father.
 Your name is holy.
 You are intelligence.
 You are wisdom.
 You are perfect humility. 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.

Aum Shrī Mahālakshmī Mahāvishnu sākshāt
 Shrī Mahāvīrāta sākshāt
 Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah



Christ's creation in the heavens

The name Jesus Christ was conferred on Him by His Mother Shri Radha, who conceived Him in Her heart in Vaikuntha as the primordial cosmic egg (Shri Hiranya-garbha), which half manifests Shri Ganesha and half Christ, and is symbolised in the giving of Easter eggs. Shri Radha, who is also Shri Mahalakshmi, later incarnated as Shri Mary and gave birth to His incarnation who is also the embodiment of Shri Maha-ganesha (the only full incarnation of Shri Ganesha), Shri Maha-vishnu (also the ninth incarnation of Shri Vishnu) and Shri Maha-virata (the cosmic Being of the universe). The name Jesus Christ

derives from His Father Shri Krishna's name, giving 'Krisht' (the one who sows the seeds of knowledge) and from Shri Yashoda's name giving 'Yeshu' (the one who came to Earth to bring auspiciousness). It is said that Shri Radha named Him after Shri Yashoda (Krishna's foster-mother) out of love for all She had done for Krishna as a child. The story of Christ's creation in the heavens is told in the 'Devi Mahatmyam' (Shrimad Devi Bhagavatam).

(see: 'From Krishna to Christ', public programme, Houston, Texas, USA, 6 Oct 1981)





Prayers for the 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.

Our Mother's Prayer

Our Mother, who art on Earth,
Hallowed be Thy name.
Thy kingdom come,
Thy will be done
On Earth as it is in Heaven.
Give us this day
Thy divine vibrations;
And forgive us our trespasses,
As we forgive those
Who trespass against us;
And lead us not into maya,
But deliver us from evil;
For Thine is the Father,
The children and the glory,
Forever and ever, Amen.

***Shri Kartikeya puja, Taufkirchen,
Germany, 13 July 1986.***

*See p.230–1 for the back Agnya mantras.
See p.197 for the Ekadasha Rudra mantras.*





Sancta Maria, Dei Genitrix glorificamus te
Holy Mary, Mother of God, we glorify Thee
Immaculata Dea, Dei Genitrix, laudamus te
Immaculate Goddess, Mother of God, we praise Thee





The 108 holy names of Shrī Mary–Mahālakshmī

Aum twameva sākshāt Shrī Māria Mātā sākshāt

O Divine Mother, You are verily Mother Mary.

Shrī Mahālakshmī sākshāt

You are Shri Mahalakshmi.

Shrī Kamal'āksha nisevita sākshāt

You are worshipped by the lotus-eyed Shri Vishnu.

Shrī Dhanā–dhyakshā sākshāt

The queen of wealth,

Shrī Agñyā–chakrāntarā–lasthā sākshāt

The one who resides in the Agnya chakra,

Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah

O Divine Mother, salutations to You!

Namaste'stu Mahāmaye

Salutations to You, O Mahamaya,

Shrī–pīthe sura–pūjite

The seat of wealth and beauty and auspiciousness,

The one who is worshipped by the gods,

Shanka chakra gadā–haste

The wielder of the conch, the discus and the mace,

Mahālakshmī namostute

Mahalakshmi, salutations to You!

Sancta Mater, Dei Genitrix, laudamus te

Holy Mother, Mother of God, we praise Thee!

Domina nostra, Dei Genitrix, gratias agimus tibi

Our Lady, Mother of God, we give thanks to Thee!

Dei Genitrix (laudamus te)..... *Mother of God (we praise Thee)*

Virgo benedicta..... *Blessed Virgin*

Virgo veneranda..... *Virgin to be worshipped*

Virgo praedicanda..... *Virgin to be proclaimed*

Virgo ab aeterno electa *Virgin chosen throughout eternity* 5

Virgo prudentissima..... *Most wise Virgin*

Virgo potentissima *Most powerful Virgin*

Virgo clementissima..... *Most clement Virgin*

Virgo pulcherima..... *Most beautiful Virgin*

Virgo virginum *Virgin of all Virgins* 10

Mater innupta..... *Mother and Virgin*

Mater puritatis..... *Mother of purity*





Mater sanctissima.....	<i>Most Holy Mother</i>	
Mater gratia plena	<i>Mother full of grace</i>	
Mater immaculata.....	<i>Immaculate Mother</i>	15
Mater principis	<i>Mother of the primordial principle</i>	
Mater verae fidei	<i>Mother of true faith</i>	
Mater misericordiae.....	<i>Mother of mercy</i>	
Mater humilitatis	<i>Mother of humility</i>	
Mater aeterni Dei.....	<i>Mother of the eternal God</i>	20
Mater et Domina	<i>Mother and Lady</i>	
Mater spiritus dulcedinis	<i>Mother of the sweetness of the Spirit</i>	
Mater gratiae et sanctitatis	<i>Mother of grace and holiness</i>	
Mater obedientiae	<i>Mother of obedience</i>	
Mater innocentiae.....	<i>Mother of innocence</i>	25
Mater Christi sponsa	<i>Mother and power of Christ</i>	
Mater creatoris	<i>Mother of the creator</i>	
Mater amabilis.....	<i>Most beloved Mother</i>	
Mater sanctae spei	<i>Mother of holy hope</i>	
Mater castissima.....	<i>Mother most chaste</i>	30
Mater intemerata.....	<i>Spotless Mother</i>	
Fons caritatis.....	<i>Fount of charity</i>	
Fons pietatis.....	<i>Fount of piety</i>	
Fons dulcedinis	<i>Fount of sweetness</i>	
Fons verae sapientiae	<i>Fount of true wisdom</i>	35
Fons patriarchum et-		
-prophetarum	<i>Fount of the patriarchs and prophets</i>	
Fons omnium charismatum	<i>Fount of all spiritual gifts and blessings</i>	
Vas Spirituale	<i>Vessel of the Holy Spirit</i>	
Vas insignae devotionis	<i>Vessel of signal devotion</i>	
Rosa mystica	<i>Mystical rose</i>	40
Rosa majestica	<i>Majestic rose</i>	
Rosa sine spina.....	<i>Rose without thorns</i>	
Turris Davidica	<i>Tower of David</i>	
Turris eburnea.....	<i>Tower of ivory</i>	
Domus aurea.....	<i>House of gold</i>	45
Foederis arca.....	<i>Ark of the covenant</i>	
Coelorum regina	<i>Queen of Heaven</i>	
Angelorum regina	<i>Queen of angels</i>	
Archangelorum laetitia	<i>Delight of archangels</i>	
Imperatrix clarissima.....	<i>Most eminent empress</i>	50
Per quam renovatur-		
-omnis creatura	<i>Renewer of all creation</i>	





Hospitium deitatum	<i>Sojourn of the deities</i>	
Portans omnia portantem	<i>Support of all supports</i>	
Uterus Divinae incarnationis....	<i>Womb that bears the incarnation of God</i>	
Factorem mundi generans.....	<i>The one who begets the creator of the world</i>	55
Coeli clarissima	<i>Most luminous Being of the heavens</i>	
Tollens tenebrae–		
–aeternae noctis.....	<i>The one who removes the gloom of everlasting night</i>	
Speculum Divinae–		
–contemplationis.....	<i>Mirror of divine contemplation</i>	
Ianua vitae.....	<i>Door to life</i>	
Porta paradisi.....	<i>Gate of paradise</i>	60
Per quam venit–		
–ad gaudiam.....	<i>The one through whom one comes to joy</i>	
Coelis altior	<i>Heaven’s highest</i>	
Sedes sapientiae.....	<i>Throne of wisdom</i>	
Omnium exultatio	<i>Exultation of all beings</i>	
Sanctus tronus Salomonis	<i>Holy throne of Solomon</i>	65
Fides omnium	<i>Faith of all</i>	
Nostra lux vera.....	<i>Our true light</i>	
Nostra Mater nova.....	<i>Our new Mother</i>	
Nostra dilectissima Domina.....	<i>Our most exquisite sovereign Lady</i>	
Nostra pulcherrima Domina	<i>Our most beautiful sovereign Lady</i>	70
Advocata nostra	<i>Our advocate</i>	
Mater Divinae gratiae	<i>Mother of divine grace</i>	
Mater veri gaudii	<i>Mother of true joy</i>	
Consolatrix afflictorum	<i>Comforter of the distressed</i>	
Honor et gloria nostra	<i>Our honour and glory</i>	75
Aeterni regis filia	<i>Daughter of the eternal King</i>	
Cubiles coelestis thesauris	<i>Storehouse of Heaven’s treasure</i>	
Hilaris et plena gaudia.....	<i>Laughing and full of joy</i>	
Generans aeternum lumen	<i>The one who generates eternal light</i>	
Lucerna castitatis	<i>Lamp of chastity</i>	80
Praeclarior luna	<i>Most clear moon</i>	
Solis lumen vivens.....	<i>Living light of the sun</i>	
Stella matutina	<i>Morning star</i>	
Lux meridiana	<i>Midday light</i>	
Coelis margarita.....	<i>Pearl of Heaven</i>	85
Orbis terrarum margarita	<i>Pearl of the terrestrial orb</i>	
Hortus conclusus.....	<i>Enclosed garden</i>	





Sanctum lilium convallium.....	<i>Holy lily of the valley</i>	
Flos immarcessibilis	<i>Flower which never fades</i>	
Sanctus flos virginitatis	<i>Holy flower of virginity</i>	90
Aeterni regis sponsa.....	<i>Bride of the eternal King</i>	
Mater gentium.....	<i>Mother of nations</i>	
Regina prophetarum	<i>Queen of the prophets</i>	
Regina sanctorum omnium	<i>Queen of all the saints</i>	
Iter nostrum ad Dominum	<i>Our way to the Lord</i>	95
Resurrectio nostra	<i>Our resurrection</i>	
Clipeus fidei	<i>Shield of faith</i>	
Virginum corona	<i>Crown of virgins</i>	
Amicta sole	<i>Clothed by the sun</i>	
Luna sub pedibus.....	<i>The one with the moon under Her feet</i>	100
Duodecim stellis coronata	<i>Crowned by twelve stars</i>	
Civitas Dei.....	<i>City of God</i>	
Gloria Jerusalem	<i>Glory of Jerusalem</i>	
Templum Spiritus Sanctus	<i>Temple of the Holy Ghost</i>	
Regis diadema.....	<i>Diadem of the King</i>	105
Nostra spes vera.....	<i>Our true hope</i>	
Per infinita saecula	<i>For unending ages</i>	
Lumen Sahajae veritate	<i>Light of Sahaja Truth</i>	

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah



Aum shānti' shānti' shāntihi
Amen. Peace, peace, peace.

(see: 'Shri Mahalakshmi Ashtakam', Sanskrit 8 in Songbook)





Prayer to Shrī Buddha

Buddham sharanam gachhāmi
*I surrender myself to my Self-realisation
and to all those who are realised souls (Buddhas)*

Dhammam sharanam gachhāmi
*I surrender myself to dharma, to the innate
religion that is Vishwa Nirmala Dharma*

Sangham sharanam gachhāmi
*I surrender myself to collectivity and to
the collective community of realised souls*

(Shrī Mā sharanam gachhāmi)
(I surrender myself to Shri Adi Shakti Mataji)

Aum Shri Mataji, salutations to Thee again and again.
Shri Mataji, may all aspects of the bodhi-chitta, the enlightened
consciousness, be awakened at Thy command.
May all bodhisattvas perform Thy arti.
May Thy grace prevail! Amen.

May Amogha-siddhi, the all-accomplishing wisdom
of becoming be awakened at Thy command.

May Ratna-sama-bhava, who maintains balance
in all things be awakened at Thy command.

May Akshobhya, the wisdom of the all-reflecting mirror
be awakened at Thy command.

May Amit'ābha, who upholds the eternal light of discrimination
be awakened at Thy command.

May Vairochana, the universal harmony of the cosmos
be awakened at Thy command.

And may Avalokit'eshwara, displaying the thousand arms of acting
compassion be awakened at Thy command. Aum. Amen.





Aum twameva sākshāt Shrī Siddhārtha Gautama Buddha sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Buddha. Salutations to You!





Shri Mataji, salutations to Thee again and again. Thou art the primordial splendour of God, the Adi Shakti and Mother of the devatas. Thou art the roots of all action, the success in any action and the sole and only doer in the countless universes of Thy creation. Thou art Shri Mahamaya, the Mother of the Adi Ahankara, the primordial ego of God, the Prince of Kapilavastu who became, by Thy grace, the Buddha.

Salutations to Thee again and again. Shri Mataji, Thou art, in solitary glory, the creator, the maker, the absolute Doer. Thou art the slayer of the hosts of Mara and the only real Mahat'ahankar. Thou only can save us from our karma and remove the threat of the impending doom, called upon ourselves by our own misdeeds.

Please, Shri Mataji, undo the evil that men have done.

Thou art the avatar of the great Maitreya, expressing the three Mother goddesses Mahalakshmi, Mahasaraswati and Mahakali: Mā-treya; divine love in human form, the master of the white horse.

Now the plagues of this modern world will be listed.

Prayer:

First and foremost, the ghost of materialism has empowered the rakshasas of the industrial production system with tremendous might to swallow the bodies and minds of the millions.

Shri Adi Shakti, please undo the evil that men have done.

As a result, the three elements of earth, water and air are polluted. We are releasing chemicals which deplete the ozone sphere and destroy marine life. We are cutting down the forests that used to protect the land, and acid rains are destroying the rest.

Shri Adi Shakti, please undo the evil that men have done.

We have manufactured hydrogen bombs and leave behind atomic plants and radioactive waste which represent a threat for hundreds of years to come.

Shri Adi Shakti, please undo the evil that men have done.

Modern weaponry has transformed war into a faceless butchery of unprecedented proportion. Arms dealers are building economic empires by selling death.

Shri Adi Shakti, please undo the evil that men have done.





As a consequence of this, and related genocides, there are millions of bhoots haunting the planet.

Shri Adi Shakti, please undo the evil that men have done.

Electronic machinery and mechanisation may transform the human brain into a collection of robotic processes.

Shri Adi Shakti, please undo the evil that men have done.

Biotechnology and genetic manipulation may release harmful substances or lead to the creation of monstrous creatures.

Shri Adi Shakti, please undo the evil that men have done.

The destruction of innocence dooms our children, our families and heralds the dissolution of society.

Shri Adi Shakti, please undo the evil that men have done.

Violence and the perversion of sex in the media pollute the consciousness of the masses.

Shri Adi Shakti, please undo the evil that men have done.

The diseases of modern life such as cancer, AIDS and insanity are the direct result of our self-made hellish environment.

Shri Adi Shakti, please undo the evil that men have done.

Drugs and alcohol throw people into a regression of their consciousness.

Shri Adi Shakti, please undo the evil that men have done.

Because people can no longer feel their heart, social services are breaking down. The hospital system tries to make money on its guinea pigs, and lawyers have graduated to professional crooks.

Shri Adi Shakti, please undo the evil that men have done.

The banking system does not so much encourage productive and useful activities as protect the unethical accumulation of wealth.

Shri Adi Shakti, please undo the evil that men have done.

Corrupt government and politicians cannot handle the problems of the Kali-yuga but, on the contrary, can only massively add to them.

Shri Adi Shakti, please undo the evil that men have done.

Political dictatorship and religious fanaticism have given an official seal to mindless violence.

Shri Adi Shakti, please undo the evil that men have done.





And finally, Shri Mataji, in this country (America) which should be the land of integration, the brain of the people has been atomised into little bits and fragments. Hence those brains are unable to get the vision of the whole, the vision of Your plan. *Shri Adi Shakti, please undo the evil that men have done.*

These and other evils are the fruit of our karmas,
May they be blown away by the wind of the Holy Spirit.

Sākshāt Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah

Buddha, lord of the ego (563–483 BC)

Born as a wealthy prince, Buddha renounced the world and became the first to achieve the state of God-realisation. He famously taught that there is no 'God', only the Self – and that to achieve the Self you have to become desireless (Nishkama). His principal teachings and sayings are written down in the 'Dhammapada'. Shri Buddha (lord of the ego) also reflected the qualities of Shri Hanumana (the one who swallowed the sun/ego, *see p.249*) and Shri Mahavira (lord of the super-ego) was an incarnation of Shri Bhairava (*see p.225*). Often Hanumana and Bhairava would incarnate together to manifest and evolve the disciple principle (as Luv and Kush, Hassan and Hussain, Adi Shankaracharya and Kabir).

(*see: 'World of Bliss & Joy', Caxton Hall, UK, 30 May 1979; 'Introduction to Nabhi/Void', New Delhi, India, 7 Feb 1981*)

Kuan Yin (Quan Yin/Guanyin/Kanzeon)

The Chinese goddess of mercy (Mother of Mercy), She is also known as the bodhisattva of compassion which derives from the male Sanskrit form Avalokit'eshwara (the Lord who looks down).

'...in the Chinese mythology you find the incarnation described of Kuan Yin. And actually she is the one, who is the Gruddha, is described as Gruddha, she is the one, is the aged one. Because Kuan Yin was born to

a king, she was the daughter of a king. And she was the Virgin form of the goddess, and she would not marry, so her father got very angry with her, that she is not married, and he threatened her, because he had arranged her marriage with some great king, you see. And when the marriage did not take place, father was so angry and annoyed and felt very humiliated. So he took her to a hillside and threatened her that "I will throw you down." And actually she was thrown down from the hillside into a valley, and he thought, that she must have been dead. But there was a tiger, which held her, and he carried her along, and then he looked after her. And when she grew very old, quite old, then she came out of her hermitage and she started treating people, and many people got cured by her – but she was quite old, then the father recognised her, because father was sick. She went and treated the father also, and she started curing people, and that's the Kuan Yin. If you go to Hong Kong, you can see her statue, the face is very much like mine, absolutely, but she is older looking and her shoulders are bent, quite bent. But she came much before Christ, and the Buddhist felt, that people wouldn't give her up, because she was so much regarded as the Mother of Mercy. So they included her in the Buddha thing.'

Shri Mataji Nirmala Devi, 'Nirananda', Talk in Vienna, Austria, 2 May 1985.

See p.232 for the 21 names of Shri Mahavira.





'So Buddha's message is, of course, is not to develop ego. But how do you do that? First of all, whatever you are doing you have to say, "I am not doing it. It's Mother who is doing it" or "God who is doing it, I am not doing anything". But if you feel that you are doing something for Sahaja Yoga, it's better you stop doing it. But you should say, "No, it came my way. I just... I didn't do anything. I was just there. That's all". Then you have achieved a great deal. And the second thing is of desire - even desire of anything, of smallest thing or the biggest thing or even loving your children, loving you wife, this "my, mine", all those things. All these desires, if they are not fulfilled you feel frustrated, then you must know that there's something wrong with you. But if you understand the sense of collectivity, then you can ascend very fast.'

'So to be desireless doesn't mean that you become something absurd or ascetic or anything like that, but not to expect something.'

***Shri Mataji Nirmala Devi, Shri Buddha puja,
Deinze, Belgium, 4 Aug 1991***

'Buddha realised the greatest problem of human beings is his ego. In his ego he goes to the extremes, from one end to another. And so He worked throughout on the Pingala nadi for us, and stationed Himself on our ego, to control it... So to help this ego we have to worship Buddha. But the first principle is to respect your chastity. To respect Buddha means to respect your chastity.'

***Shri Mataji Nirmala Devi, Shri Buddha puja,
Barcelona, Spain, 21 May 1989***





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.

*(see: 'Advice on Ekadasha Rudra', London, UK, 4 Sep 1981;
Ekadasha Rudra puja, New York, USA, 17 Sep 1983)*

*See p.293 for diagram of the location
of the chakras on the head (pithas).*





The Ekādasha Rudras

(Eleven destroying powers of Shri Shiva)

Aum twameva sākshāt Shrī Ekādasha Rudra sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
*O Divine Mother, You are verily the eleven destroying powers of Shri Shiva.
Salutations to You!*

Mahā-hanumāna
Mahā-bhairava
Buddha
Mahāvīra
Mahā-kārtikeya
Mahā-ganesha
Yeshū Khrista (Jesus Christ)
Brahmadeva-Saraswatī
Lakshmī-Nārāyana
Shiva-Pārvatī
Hiranya-garbha



Aum twameva sākshāt Shrī sarva mantra siddhi sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
*O Divine Mother, You are verily the power of all mantras.
Salutations to You!*







The Sahasrāra Chakra





The Sahasrāra mantras (Mahā-mantras)

Aum twameva sākshāt

Shrī Mahālakshmī Mahāsaraswatī Mahākālī

Trigun'ātmika Kundalinī sākshāt

Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah

Amen. Verily You are Shri Mahalakshmi, Shri Mahasaraswati and Shri Mahakali, the essence of the three qualities, the Kundalini, the primordial Shakti, Divine Mother, immaculate Goddess, we surrender to You.

Aum twameva sākshāt Shrī Kalki sākshāt

Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah

Amen. Verily You are Shri Kalki, the primordial Shakti, Divine Mother, immaculate Goddess, we surrender to You.

Aum twameva sākshāt Shrī Kalki sākshāt

Shrī Sahasrāra-swāminī Moksha-pradāyinī Mātājī

Shrī Nirmalā Devyai namo namah

Amen. Verily You are Shri Kalki, the goddess of the Sahasrara chakra, the Divine Mother who gives spiritual liberation, immaculate Goddess, we surrender to You.





The 108 holy names of Shrī Mātājī Nirmalā Devī

*These are 108 of the thousand names of the Maha-devi given in the Shri Lalita Sahasranama. The Great Goddess is, at the same time, simple and innocent as a little child and unfathomable, all-pervading, totally elusive, transcending all categories of perception, all known and unknown universes. The names simply reveal some aspects of Her Being. She is to be worshipped. These mantras should remind us that, ultimately, it is only through heartfelt devotion and worship that the true nature of Shri Mataji Nirmala Devi can be known.
May You, the ocean of mercy, bless us all!*

Aum twameva sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah
*O Divine Mother, You are verily the incarnation
of the Holy Spirit, Shri Adi Shakti. Salutations to You!*

Mātā.....	You are... The Divine Mother	
Mahā-rādīnī	The Great Empress	
Deva-kārya samudyatā	The one who emerges for a divine purpose	
Akulā.....	Beyond the limitations of family, caste or measurable dimensionality	
Vishnu-granthi vibhedinī.....	The one who breaks open Shri Vishnu's knot of illusion and worldly entanglement	5
Bhavānī	The queen of Bhava (Shri Shiva) and giver of life to the whole universe	
Bhakti priyā.....	Fond of devotion	
Bhakti gamyā	Realised by devotion	
Sharma dayinī.....	The bestower of happiness and divine bliss	
Nirādhārā	Unsupported, as You are the support of the universe	10
Niranjanā.....	Unstained by any limitations whatsoever	
Nirlepā	Untouched by anything whatsoever	
Nirmalā	Immaculate and pure	
Nishkalankā.....	Spotless and unblemished	
Nityā	Eternal	15
Nirākārā	Formless	
Nirākulā.....	Unruffled, unperturbed	
Nirgunā	Beyond the three gunas (Sattva, Raja and Tama)	





Nishkalā	<i>Indivisible and complete</i>	
Nishkāmā	<i>Desireless, as You have everything</i>	20
Nirūpaplavā	<i>Indestructible</i>	
Nitya muktā	<i>Ever free, and You make Your devotees ever free</i>	
Nirvikārā	<i>Changeless and the unchanging basis of all changes</i>	
Nirāshrayā	<i>The one who needs no refuge, as You are the refuge of all</i>	
Nirantarā	<i>Beyond all categories and time</i>	25
Nishkāranā	<i>Causeless, as You are the cause of all causes</i>	
Nirūpādhi	<i>Beyond the illusion of plurality</i>	
Nirīshwarā	<i>Supreme, beyond even God</i>	
Nirāgā	<i>Unattached</i>	
Nirmadā	<i>Prideless</i>	30
Nishchintā	<i>Without any anxiety</i>	
Nirahānkārā.....	<i>Without ego</i>	
Nirmohā	<i>Free from illusion</i>	
Nirmamā	<i>Without selfishness</i>	
Nishpāpā.....	<i>Beyond sin</i>	35
Nisaonshayā	<i>Without any doubts</i>	
Nirbhavā.....	<i>Unborn</i>	
Nirvikalpā.....	<i>Beyond all doubt</i>	
Nirābādhā	<i>Untroubled by anything whatsoever</i>	
Nirnāshā.....	<i>Deathless and indestructible</i>	40
Nishkriyā	<i>Beyond all actions, not involved in any action</i>	
Nishparigrahā.....	<i>Taking nothing, as You are the source of everything</i>	
Nistulā.....	<i>Unequaled</i>	
Nīlachikurā	<i>Dark-haired</i>	
Nirapāyā.....	<i>Beyond danger</i>	45
Niratyaayā.....	<i>Impossible to cross or transgress</i>	
Sukha–pradā	<i>The one who confers the bliss of liberation (moksha)</i>	
Sāndra–karunā	<i>Intensely compassionate to Your devotees</i>	
Mahā–devī.....	<i>The greatest of Goddesses</i>	
Mahā–pūjyā.....	<i>Worshipped even by the highest of gods (the Trimurtis: Shri Brahma, Shri Vishnu and Shri Shiva)</i>	50





Mahā-pātaka nāshinī.....	<i>The one who destroys even the greatest of sins</i>	
Mahā-shakti	<i>The great power</i>	
Mahā-māyā	<i>The supreme creator of illusion and confusion even to the greatest of gods</i>	
Mahā-rati	<i>The greatest bliss that is beyond all sense pleasures</i>	
Vishva-rūpā	<i>In all existing forms, the entire universe is Your form</i>	55
Padm'āsanā	<i>Seated in the lotuses (chakras)</i>	
Bhagavatī	<i>The Divine Mother, the all-pervading power of God Almighty</i>	
Rakshā-karī.....	<i>The saviour and protector</i>	
*Rākshasa-ghni	<i>The slayer of demons and all evil forces</i>	
Param'eshwarī	<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 meritorious or righteous (You are worshipped as a result of good actions in previous births)</i>	
Achintya-rūpā	<i>Beyond thought</i>	
Parā-shakti.....	<i>The Supreme Power</i>	
Guru-mūrti	<i>The guru and manifest through all true gurus</i>	65
Ādi shakti	<i>The primordial power of God Almighty (The primordial Mother who created this world to bring God's kingdom on Earth)</i>	
Yogadā	<i>The bestower of yoga</i>	
Ekākinī	<i>Alone, the sole basis of the plurality of the universe, beyond creation</i>	
Sukh'ārādhyā.....	<i>Easily worshipped</i>	
Shobhanā-sulabhā-gati.....	<i>The easiest and most beautiful path to Self-realisation</i>	70
Sat-chid'ānanda-rūpinī	<i>Absolute truth, awareness and bliss</i>	
Lajjā	<i>Bashful modesty (You reside in all beings as modest chastity)</i>	
Shubha-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>The one who assumes the form of the three gunas: Sattva (reality), Raja (activity) and Tama (desire)</i>	75





Mahatī	<i>The most worshipful and highly esteemed Goddess</i>	
Prāna-rūpinī	<i>The divine breath of life</i>	
Paramānu	<i>The ultimate atom, too minute to be known</i>	
Pāsha-hantrī	<i>The one who liberates the soul from all that binds it</i>	
Vīra-mātā	<i>The Mother of the brave</i>	80
Gambhīrā	<i>Fathomless and profound</i>	
Garvitā	<i>The proud Mother of all creation</i>	
Kshipra-prasādinī	<i>The one who instantly showers Her devotees with divine bliss</i>	
Sudhā-sṛuti	<i>The ambrosial flow of bliss</i>	
Dharm'ādhārā	<i>The one who sustains dharma (the innate knowledge of what is right and good for the Spirit)</i>	85
Vishva-grāsā	<i>The one who devours 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>Sweet-natured</i>	
Dhīra-samarchitā	<i>Worshipped by the wise and the brave</i>	
Param'odārā	<i>Supreme generosity</i>	90
Shāshwatī	<i>Ever-present and continuous</i>	
Lokātītā	<i>Beyond all the three lokas, transcending all created universes</i>	
Sham'ātmikā	<i>Inner peace</i>	
Līlā-vinodinī	<i>The supreme enjoyer of the divine play</i>	
Sadāshivā	<i>The eternally auspicious power of God Almighty</i>	95
Pushti	<i>Divine nourishment through vibrations</i>	
Chandra-nibhā	<i>Luminous like the moon</i>	
Ravi-prakhyā	<i>Radiant like the sun</i>	
Pāvan'ākṛuti	<i>The pure sacred form</i>	
Vishwa-garbhā	<i>The Mother who gives birth to the universe</i>	100
Chit-shakti	<i>The power of consciousness that dispels ignorance and confusion</i>	
Vishwa-sākshinī	<i>The silent witness of the action of the universe</i>	
Vimalā	<i>Clear and pure</i>	
Varadā	<i>The bestower of boons</i>	





Vilāsinī	<i>The supreme enjoyer, charming and playful</i>	105
Vijayā	<i>Victorious</i>	
Vandāru–jana–vatsalā.....	<i>The Divine Mother who loves Her devotees like Her children</i>	
Sahaja yoga dāyinī.....	<i>The one who grants spontaneous Self-realisation</i>	

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah



*At Shri Ganesha Puja in Brighton, UK, on 4 Aug 1985,
Shri Mataji added a 109th name:*

Vishwa Nirmala Dharma–Prasthāpinī
The one who fully establishes Vishwa Nirmala Dharma





The 108 holy names of Shrī Nirmalā

Aum twameva sākshāt Shrī Ādi Shakti Mātājī

Shrī Nirmalā Devyai namo namah

O Divine Mother, You are verily the immaculate Goddess. Salutations to You!

Nirmala tantrā	<i>You are... The purity of the divine techniques</i>	
Nirmala sarvā	<i>The purity of everything</i>	
Nirmala Skandā	<i>The purity of Shri Kartikeya</i>	
Nirmala Gaurī	<i>Perfect purity (Kundalini)</i>	
Nirmala kanyā	<i>The pure virgin</i>	5
Nirmala rūpinī	<i>Purity of form</i>	
Nirmala shakti	<i>The power of purity</i>	
Nirmala shayinī.....	<i>The pure state of peaceful rest</i>	
Nirmala shraddhā.....	<i>Pure faith</i>	
Nirmala vṛutti	<i>The pure tendency of mind</i>	10
Nirmala bhavā	<i>The purity of life</i>	
Nirmala Bhūmi.....	<i>The purity of the Earth</i>	
Nirmala Saraswatī.....	<i>The purity of the goddess of creativity (the arts, music, knowledge and speech)</i>	
Nirmala vidyā	<i>Pure knowledge</i>	
Nirmala kumārī	<i>The purity of a young girl</i>	15
Nirmala Gaṅgā	<i>The purity of the Ganges</i>	
Nirmala mani.....	<i>The purity of the jewel</i>	
Nirmala Ganapati.....	<i>The purity of the lord of the Ganas (Shri Ganesha)</i>	
Nirmala Shrīmatī.....	<i>The pure Holy Mother</i>	
Nirmala Chandikā.....	<i>The purity of the one who is angry with evil forces</i>	20
Nirmala Rādhmikā	<i>The pure pleasing power</i>	
Nirmala bhaginī.....	<i>The purity of the sister</i>	
Nirmala stotra	<i>The purity of the scriptures</i>	
Nirmala yadñyā	<i>The purity of the havan</i>	
Nirmala yoga.....	<i>The pure yoga</i>	25
Nirmala soma.....	<i>The purity of the sacred drink (mentioned in the Vedas)</i>	
Nirmala Bhagawatī	<i>The pure blissful Goddess</i>	
Nirmala pushpā.....	<i>The pure flower</i>	
Nirmala chakrānī	<i>The purity of the chakras</i>	





Nirmala swayambhū.....	<i>The purity of the self-born (incarnations as well as vibrated earth-stones, such as the Ashta Vinayaka around Pune, Stonehenge or the Kaaba)</i>	30
Nirmala Shivā	<i>The purity of auspiciousness and benevolence (Shri Shiva)</i>	
Nirmala Satī.....	<i>The purity of the wife of Shri Shiva</i>	
Nirmala Pārvatī.....	<i>The purity of Shri Parvati</i>	
Nirmala Sītā.....	<i>The purity of Shri Sita</i>	
Nirmala Yog'eshwarī.....	<i>The purity of the goddess of yoga</i>	35
Nirmala mūr̥ti	<i>The pure divine image</i>	
Nirmala Lakshmī	<i>The purity of Shri Lakshmi</i>	
Nirmala stuti.....	<i>The purity of praising the Divine</i>	
Nirmala Māria.....	<i>The purity of Mother Mary (Shri Mahalakshmi)</i>	
Nirmala Rāmdāsa	<i>The purity of Shri Hanumana (devoted to Shri Rama)</i>	40
Nirmala chitta.....	<i>Pure attention</i>	
Nirmala Vārāha.....	<i>The pure boar (third incarnation of Shri Vishnu)</i>	
Nirmala Gaja.....	<i>The pure elephant (vehicle of Shri Raja-lakshmi)</i>	
Nirmala Garuda	<i>The pure eagle (vehicle of Shri Vishnu)</i>	
Nirmala Shesha	<i>The pure serpent (Shri Vishnu's couch)</i>	45
Nirmala Nandī	<i>The pure bull (vehicle of Shri Shiva)</i>	
Nirmala Haoṅsa.....	<i>The pure swan (divine discrimination)</i>	
Nirmala sarva shakti mayī	<i>The pure essence of all power</i>	
Nirmala sthirā.....	<i>Unchanging purity</i>	
Nirmala Bhavānī	<i>Pure existence</i>	50
Nirmala Kundalini jāgrutī.....	<i>The pure awakening of the Kundalini</i>	
Nirmala padmā.....	<i>The pure lotus</i>	
Nirmala sahaja	<i>Purely innate and spontaneous</i>	
Nirmala buddhi	<i>Pure intelligence</i>	
Nirmala Param'eshwarī	<i>The pure Supreme Goddess</i>	55
Nirmala mālinī.....	<i>The pure garlanded Goddess</i>	
Nirmala mudrā	<i>The pure holy gesture of blessing</i>	
Nirmala rādñī	<i>The pure empress (of all creation)</i>	
Nirmala anantā.....	<i>Eternal purity</i>	
Nirmala Mātājī.....	<i>The pure Divine Mother</i>	60
Nirmala Devī.....	<i>The pure immaculate Goddess</i>	
Nirmala Bhairavī	<i>The pure power of Shri Bhairava</i>	
Nirmala mayī.....	<i>The pure essence</i>	





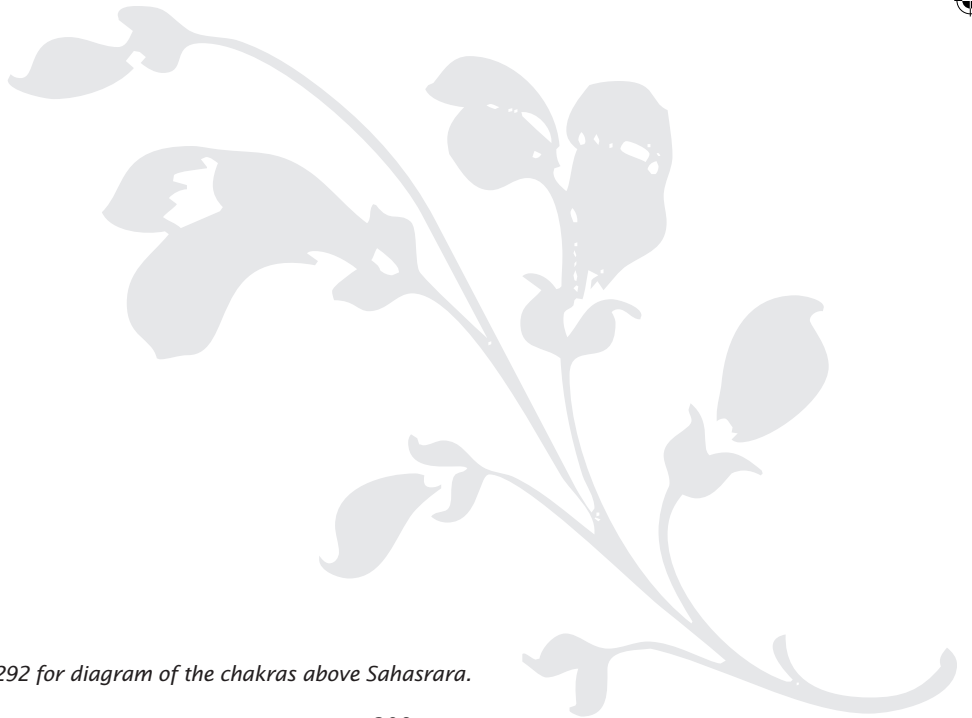
Nirmala ajā.....	<i>The purity of the unborn</i>	
Nirmala Gomātā	<i>The purity of the Divine Mother-cow</i>	65
Nirmala sindhu.....	<i>The purity of the ocean and the river Indus</i>	
Nirmala Ambā	<i>The purity of the Divine Mother</i>	
Nirmala Kāli.....	<i>The purity of the dark goddess</i>	
Nirmala kriyā shakti	<i>The pure power of action</i>	
Nirmala icchā shakti	<i>The power of pure desire</i>	70
Nirmala dñyāna shakti.....	<i>The power of pure knowledge</i>	
Nirmala prāna shakti	<i>The pure power of life itself</i>	
Nirmala manas shakti.....	<i>The pure power of the divine superego</i>	
Nirmala Brahma shakti	<i>The pure all-pervading power</i>	
Nirmala Ādi Shakti.....	<i>The pure power of God Almighty</i>	75
Nirmala Aumkāra	<i>The purity of the Aum</i>	
Nirmala shānti	<i>Pure peace</i>	
Nirmala Indra	<i>The purity of the king of the gods</i>	
Nirmala Vāyu.....	<i>The purity of the wind</i>	
Nirmala Agnī	<i>The purity of fire</i>	80
Nirmala Varuna	<i>The purity of the ocean</i>	
Nirmala Chandra	<i>The purity of the moon</i>	
Nirmala Sūrya.....	<i>The purity of the sun</i>	
Nirmala nāga-kanyā.....	<i>The pure virgin serpent (Kundalini)</i>	
Nirmala mandala	<i>The sacred coil (Kundalini)</i>	85
Nirmala trikona	<i>The sacred triangle (sacrum bone)</i>	
Nirmala Rudra	<i>Pure divine wrath (Shri Shiva)</i>	
Nirmala kula.....	<i>The pure abode</i>	
Nirmala Kṛishna deha	<i>The purity of the dark-skinned god</i>	
Nirmala jīva.....	<i>The pure soul</i>	90
Nirmala ṛishi.....	<i>The pure saint</i>	
Nirmala Savitrī.....	<i>The pure mother</i>	
Nirmala Ṛiddhi	<i>The pure power of abundance (shakti of Shri Ganesha)</i>	
Nirmala Siddhi.....	<i>The pure power of complete fulfillment (second shakti of Shri Ganesha)</i>	
Nirmala Īshwarī	<i>The pure Goddess</i>	95
Nirmala Rāma.....	<i>The purity of Shri Rama</i>	
Nirmala chāru-rūpā.....	<i>Pure beauty</i>	
Nirmala sukha	<i>Pure happiness</i>	
Nirmala moksha pradāyinī.....	<i>The bestower of complete emancipation, the purest moksha</i>	





Nirmala pingalā.....	<i>The purity of the sun channel (right side)</i>	100
Nirmala bhakti.....	<i>Pure devotion</i>	
Nirmala sundarī.....	<i>The auspicious beauty of a woman</i>	
Nirmala Mātṛukā.....	<i>The one who manifests Her pure motherly essence through the divine syllables</i>	
Nirmala ardha bindu	<i>The pure crescent moon resting on Shri Shiva's head (chakra above Sahasrara)</i>	
Nirmala bindu	<i>The pure primordial dot (chakra above Sahasrara)</i>	105
Nirmala valaya.....	<i>The completed sacred circle (last chakra above Sahasrara)</i>	
Nirmala shweta	<i>Pure white</i>	
Nirmala tejasī	<i>Radiant purity</i>	

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah



See p.292 for diagram of the chakras above Sahasrara.





The 79 holy names of Shrī Rāja-rājeshwarī

Aum twameva sākshāt Shrī Rāja-rājeshwarī sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Raja-rajeshwari. Salutations to You!

*O Param-puja Shri Sahasrara-swamini Shri Mataji, we worship You
in Your form as Shri Raja-rajeshwari, the ruler of the Sahasrara.*

Ādi Shakti.....	<i>You are... The primordial power of God Almighty</i>	
Parā-shakti.....	<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>	
Brahm'ānanda swāminī	<i>The queen of the joy of Brahma</i>	5
Sarva-chakra putra- -Ganesha sthitā.....	<i>The one whose son Shri Ganesha resides in all the chakras</i>	
Sat-chakro-pari saṅsthitā	<i>Above all the seven chakras</i>	
Pancha-brahm'āsana sthitā.....	<i>Above the five Brahmas expressing the ultimate state of reality</i>	
Nirvichāra-samādhi- -varehwa ugapini	<i>The bestower of Nirvichara samadhi, the silent power of the universe</i>	
Para-brahma swāminī	<i>The queen of Parabrahma</i>	10
Turiya-sthiti dāyinī	<i>The one who grants the conscious state of Turiya</i>	
Parama-chaitanya varshinī	<i>The one who gives the torrential rain of chaitanya</i>	
Prathama kāranā	<i>The first cause of all creation</i>	
Sāttvika-bhāvanā gamyā.....	<i>The one who can be approached with pure emotion</i>	
Mahā-shakti	<i>The great power of Shri Sadashiva</i>	15
Shuddha-surabhi varshinī	<i>The one who showers the sweet essence of nectar</i>	
Satya-spanda harsha-darshinī	<i>The one who reveals truth to us through cool vibrations</i>	
Sarva-devatā padām- -buja-sthitā	<i>The one in whose divine lotus feet all deities reside</i>	
Sarva-rādñyī	<i>The queen of Sarva (the whole, Shri Sadashiva)</i>	





Shankarī	<i>The queen of Lord Shankara</i>	20
Shāmbhavī.....	<i>The queen of Shambhu (Shri Shiva)</i>	
Vilamba sthiti	<i>The one who dwells in the space between the two thoughts</i>	
Sahastra-dala-padma sthitā....	<i>The one who resides in the thousand-petalled lotus (of the Sahasrara)</i>	
Ānanda-praphulla- -vanavāsi-dwijā	<i>The natural home in the flowery forests (of the Sahasrara) for the twice born</i>	
Satya-ashtvā	<i>The reality energy of blissful truth</i>	25
Shuddha pāvitrātā dānapātrā ..	<i>The kether of the crown and the purest vessel of the Hebrew people</i>	
Mukuta-mani dāyanī	<i>The one who fulfills the old testimony prophecy by putting on the head a graceful diadem and a glorious crown</i>	
Sampūrna prarohinī	<i>The Shekina, the Hebraic female divinity, who announces the Sefirot, the final emanation of God Almighty</i>	
Nakshatra-tārakā mandita- -shubha-vastra tarinī.....	<i>The Queen of Heaven, the woman with stars over Her head</i>	
Swargīya pushpa mādhurī	<i>The Daarey of Heaven, Your soothing petals fills the fields of our minds with cooling sensations</i>	30
Yeshū-mātā.....	<i>The Mother of Jesus</i>	
Sarva gardhinī	<i>The bestower of peace of the silence of the ages</i>	
Sarva-varehwa sāma-rādñī	<i>The one who rules over heavenly angelic beings who constantly sing Your praise</i>	
Utkrānti antim-shtiti dāyinī	<i>The one whose domain is the omega, the end point of evolution, spoken of by Lord Jesus Christ</i>	
Surakshā-bandhana dāyinī	<i>The one whose holy bandhan is the symbol for our protection</i>	35
Swarnima ratna jadita- -siñvāsana-sthitā	<i>Sitting on a throne, shining like a pearl, all the colours of real stones are integrated into the bright light around Your throne</i>	
Varehwa Nirmala- -dharma dāyinī	<i>The bestower of Nirmal Dharma to your devotees. From Your throne only one religion has been revealed</i>	
Gurupada dāyinī.....	<i>The bestower of Gurupada to Your devotees</i>	
Khyama sākshinī	<i>The witness of the Khyama (resurrection time)</i>	





Dīvyā-pavana dāyinī.....	<i>The royal home of the Ruh, the divine wind</i>	40
Nitya-mahā pushpā	<i>The mystical and majestic rose that never fades</i>	
Sidrat-al-muntaha.....	<i>The chakra of the seventh heaven of Islam</i>	
Arelam sapta-swarga- -nūr jahan.....	<i>The light of splendours in the crown of the seven heavens of Islam</i>	
Arelam sinvāsini	<i>The throne upon which Islam is established</i>	
Paigambarī sahasrāra kamalā..	<i>The final lotus spoken of by the Prophet</i>	45
Suvana prakāshini sarva jyoti ..	<i>The one who unites all the races in the golden light of Your Sahasrara</i>	
Ananta-shiva nivāsā.....	<i>The timeless Shiva resides in Your abode</i>	
Mahā-kalki vijaya-shakti	<i>The great power that gives victory to Shri Kalki</i>	
Chitrakuth suhasini	<i>The nurturing garden for yogis</i>	
Sahasrāra-swarūpinī Kalki- -ekādasha-shakti.....	<i>The one who has the eleven destroying powers of Shri Kalki in the Sahasrara</i>	50
Kalki ashwa-vāhana- -mahā-rādñī	<i>The one whose vehicle is the white horse of Shri Kalki, known as Buraq in Islam</i>	
Kalki Mahālakshmi	<i>The power of ascent of Shri Kalki</i>	
Moksha pradāyinī.....	<i>The one who gives moksha (liberation) to all seekers (at the Sahasrara)</i>	
Ādi Shakti charana-yogī- -sahasrāra-sharana dāyinī	<i>The one who allows every yogi to worship Your lotus feet in Sahasrara as Adi Shakti</i>	
Sahasrāra-bhānu shitala- -prakāsha dāyinī	<i>Bright like a thousand suns, You bestow the cooling light</i>	55
Shitala-agni mana-hṛudaya- -chitta sangam kārinī.....	<i>The one who merges the mind, heart and attention with the cooling flames of the Sahasrara</i>	
Dīvyā anubhava dāyinī	<i>The one who elevates human experience into divine experience</i>	
Prakṛuti nṛutya mahā-shakti ...	<i>The great power causing the divine dance of nature</i>	
Brahm'ānand- -madhyastha-nivāsini	<i>The centre of the universe</i>	
Medhā-sapta-chakra- -jāgrutī pradāyinī	<i>The one who awakens the seven chakras in the brain</i>	60





Vijaya-lakshmī	<i>The victory over all the challenges of our ascent</i>	
Sapta-shrīṅgī pūjinī.....	<i>The one whose cooling breeze enlightens the limbic area, as embodied on Earth as Sapta Shringi</i>	
Parama-chaitanya gangotrī.....	<i>The source of the Param-chaitanya, as the origin of the Ganges</i>	
Devī jwālā-mukhī ātma- -sākshāt kārīnī	<i>The Goddess with the divine fire that enlightens all humanity</i>	
Navagraha swāminī	<i>The one who controls all the nine planets through Your power</i>	65
Rakshā kārīnī.....	<i>The protection from all the challenges of our ascent</i>	
Nirmalā mātā.....	<i>The Immaculate Mother</i>	
Sudhā-sāgara madhyasthā.....	<i>The centre of the ocean of nectars</i>	
Chandra-mandala madhyagā ..	<i>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 madhyā	<i>The one who dwells in the Sahasrara as moksha (liberation)</i>	
Dharm'ātītā	<i>The one whose actions are pure and dharmic</i>	
Kal'ātītā	<i>Beyond time</i>	
Gun'ātītā	<i>Beyond, and commanding, the three gunas</i>	75
Mahākālī.....	<i>The power of Shri Mahakali, the bestower of joy and auspiciousness</i>	
Mahāsaraswatī	<i>The power of Shri Mahasaraswati, the bestower of pure attention and creativity</i>	
Mahālakshmī.....	<i>The power of Shri Mahalakshmi, the bestower of truth and Self-realisation, the power of the eternal present</i>	
Mahā-māyā	<i>The great illusion, the bestower of good to humanity and the destroyer of evil</i>	

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah

These 79 names of Shri Raja-rajeshwari were created by Shri Mataji Herself and read out during Sahasrara puja in Cabella on 7 May 2000.





64 adorations to Shrī Ādi Shakti

The invitation to Param-puja Shri Mataji Nirmala Devi:

Out of the highest realm of divinity You have come on this Earth only because of Your infinite love, compassion and benevolence. Your powers, which created all the universes, are insurmountable. Your completeness is such that everything that exists, that has existed, shall exist and also that exists for ever is contained in Your indescribable Being. Despite that, O Supreme Mother, out of Your immeasurable love, You have assumed a form which is similar to ours, only to give us guidance, protection and salvation. In spite of being the most powerful, the most complete, the one who contains everything, O beloved Mother, You have granted to Your children the opportunity of offering puja at Your lotus feet, only for our own benefit. On this auspicious occasion when, for the first time You have allowed us to worship Your most complete form the Adi Shakti in the Americas, we most respectfully invite You to be with us and guide us in this task; humbly, Your children from the Americas.

After each name, we say together:
Shrī Ādi Shakti namo namah

- 1 Shri Adi Shakti, You are the principle that created the fourteen bhuvanas of universes; You are beyond our comprehension.
- 2 The Aum is Your sound which resonates Your three powers throughout the universe. (A – Mahakali, U – Mahasaraswati, M – Mahalakshmi).
- 3 The joy of Your attention (chitvilas) is expressed in all Your creation.
- 4 In the play of the Divine, God Almighty acts by Your powers.
- 5 The breath and desire of Shri Sadashiva are one with You.
- 6 The Param–chaitanya, which is Your power, makes the stars and the heavens ring with joy for the delight of Shri Sadashiva.
- 7 Indeed, You are the source of cosmic energy. This power radiates from You as the finest ethers of divine love.
- 8 Beyond matter, beyond consciousness, the grace of Shri Adi Shakti is where reality can be known.
- 9 You are the ineffable, the immeasurable. We call You Pneuma, divine breath, the living waters, yet You are so much more than this. Only the deities have the darshan of Your greater powers.





- 10 God Almighty in His dance unifies with Your complete power as Shri Adi Shakti.
- 11 You are the primordial power of the Holy Spirit that mothered Shri Jesus.
- 12 You are the Creatrix, the feminine creative energy that sustains the peace of God Almighty.
- 13 Through Your Mahalakshmi power, we experience the timeless peace of the fourth dimension (Turiya).
- 14 Shri Adi Shakti, You enable God Almighty to do His sacred work. Verily, You are the most sublime power in the cosmos.
- 15 God Almighty takes charge in a way that is swift and surprising, if anyone acts against Shri Adi Shakti.
- 16 Shri Ganesha, Your first creation, resonates in the carbon atom, the essence of life. May He re-awaken innocence and wisdom in the very cells of humankind.
- 17 You created the world of the Divine, and the world of the evolving. May our evolution merge with this divine play.
- 18 O Shri Adi Shakti, evolution is the force that gives rise to Your divine play in the lives of humanity.
- 19 The Adi Kundalini formed the primordial chakras, and opened the doors to the unfolding of life.
- 20 It is You who created the Kundalini of our Mother Earth.
- 21 The simplest flower has its fraction of You, the grandest tree has its share as well.
- 22 All nature's creatures are Yours, from the beauty of Mother Earth's green sari to the majesty of the tiger and the lion.
- 23 The gravity of Mother Earth, and of all Your heavenly spheres, are controlled by Your power magnificent.
- 24 Your power, the Param-chaitanya, adjusts nature and its elements, and its all-pervading power opens us to Your benevolence.
- 25 Shri Adi Shakti is the artistic Creator of the Mother Earth and those who respect the Mother Earth are loved by You.
- 26 Shri Adi Shakti, the land of the Vishuddhi is one aspect of Your vast creation. You will raise the vibrations to transform the people of this land.





- 27 The native peoples of America worshipped Shri Adi Shakti as the Great Mother and they respected the land as sacred. May this attitude return to all others who live here and enjoy the land's bounty.
- 28 The mystery of living processes is Yours and Yours alone, and cannot be duplicated by any personality. Let humanity be aware of this.
- 29 O Ritambara pradīya, You are one of the powers of Shri Adi Shakti, You are the power of all living work.
- 30 You regulate and organise all life.
- 31 Shri Adi Shakti, You came as Surabhi, the divine wish-fulfilling cow emerging from the Vishnuloka at Gokul, where Shri Krishna spent His childhood.
- 32 Shri Adi Shakti, let the feminine qualities of the Sahaja yoginis manifest through the beauty of meditation, surrender and self-esteem.
- 33 You give to women the regal gentleness of Shalinata to care for their families and to be the preservers of society.
- 34 Your quality of Sharada-devi gives authority over the truth, art, music and drama.
- 35 You also came as Sati-devi, establishing a royal dharma to which we aspire.
- 36 O Vag-devi, goddess of language, You give inspiration to the great poets and saints.
- 37 Shri Adi Shakti, to describe You is the work of poets and saints, yet words cannot even begin to express Your magnificence.
- 38 You are Para-shakti, the power beyond all powers.
- 39 Give us, O Shri Adi Shakti, greater humility so that we can gain some small glimpse of Your glory.
- 40 Make us like the Sufis and the Gnostics adoring You at every moment.
- 41 Your power of Mahalakshmi bridges over the Void to allow the Kundalini of the seekers to ascend.
- 42 Thank You, O Shri Adi Shakti, for the seeking which brought us to Sahaja Yoga. You now lift up humanity into the omega of the Last Judgment.
- 43 We pray that Shri Adi Shakti's love continues to protect all the saints and seekers around the world.





- 44 Shri Adi Shakti, Your work is greater than any. You created the pithas, the chakras, nature and humanity, and its subtle workings. May the complexity of Your work humble us down completely.
- 45 Your love gives power to the bandhan, which directs the vibrations.
- 46 Your power of Kundalini brings freedom that is divine. It is the only true freedom.
- 47 Flow through us freely. Help us give vibrations to all with Your photograph of living vibrations.
- 48 Your Mahamaya swarupa allows us to be near You and it shields us from the awesome might that flows from You.
- 49 Shri Adi Shakti, please give us deeper powers of introspection, so that we become self-cleansing and self-aware.
- 50 You are the Mother who desired that human beings be mirrors for God Almighty.
- 51 You have crafted beautiful mirrors of the Spirit in the Sahaja Yogis to help redeem humanity.
- 52 Your compassion protects us from the wrath of God Almighty.
- 53 Through maya, humanity forgot the principles of life. Through Sahaja Yoga, humanity now remembers and absorbs the vibrations of Shri Adi Shakti.
- 54 May Your evolutionary force bring humanity to the inspired existence of the Golden Age.

The following adorations were added by Shri Mataji Herself:

- 55 You have disentangled us from the clutches of false pride, jealousy, attachment, greed, false identification and violence.
- 56 You have incarnated on this Earth for the Last Judgement.
- 57 You are the source of cognitive science and the Torsion area.
- 58 Whatever human beings plan, You dismantle it to destroy their egos. With one subtle movement of Your finger, You destroy people like Hitler.
- 59 You give powerful advice with subtle humour.
- 60 You correct Sahaja yogis, never by harsh words, but with loving, gentle affection.
- 61 You explain the subtle meaning of all the scriptures.





- 62 You expose falsehood in very direct ways.
- 63 You do not know any fear and You give complete security to all Sahaja yogis.
- 64 You respect Your children and love them to make them perfect models for the rest of humanity. You have given Sahaja yogis sinless fun and a life of complete joy.

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah





'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 Adi 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.'

**Shri Mataji Nirmala Devi, Guru puja,
Dollis Hill, London, 2 Dec 1979**

*'Adi Shakti is the same as Bhagavati.
She is called by many names.
One of them is Nirmala also.'*

Shri Mataji Nirmala Devi





Prayers for the Sahasrāra chakra

Prayer to the Divine Mother

Japo jalpah shilpam sakalamapi mudrā-virachanā
Gatihi prādakshinya-kramanam-ashnā-dyāhuti-vidhihi
Pranāmah saṁveshah sukham-akhilam-ātmārpana-dṛushā
Saparya-paryāyas-tava bhavatu yanme vilasitam

*Through the sight of self-surrender, let my prattle become recitation of Your name;
the movement of my limbs, gestures of Your worship; my walk, perambulation
around You; my food, sacrificial offering to You; my lying down, prostration to You.
Whatever I do for my pleasure, let it become transformed into an act of worship to You.*

From Adi Shankaracharya's 'Saundarya Lahari', v.27



Prayer to Shri Shiva-Shakti

Manas-twam vyomas twam Marud-asi Marutsārthir-asi
Twam-Āpas-twam Bhūmis-twayi parinatāyām na hi param
Twameva Swātmānam pari na-mayi-tum Vishwa-vapushā
Chid'ānandā-kāram Shiva-yuvati bhāvena bibhṛushe

*You are the mind, You are ether, You are air, You are also fire and water and earth.
You manifest Yourself as the universe, there exists nothing other than You.
To transform Yourself (who are consciousness and bliss) into the universal body,
You deem Yourself the young bride of Shiva.*

From Adi Shankaracharya's 'Saundarya Lahari', v.36





Twameva Mātā (You are the Mother)

Twameva mātā cha pitā twameva
You are the Mother and You are the Father,
Twameva bandhu–shcha sakhā twameva
You are the relation and You are the friend,
Twameva vidyā dravinam twameva
You are knowledge, You are sustenance,
Twameva sarvam, mama Deva Deva
You are everything, O my God, my God!

Aparādha sahasrāni kriyante aharnisham mayā
I commit a thousand sins from day to night.
Daso'yam iti mām matwā kshamaswa Parameshwarī
Please accept me as Your servant. O Mother, forgive me!
Kshamaswa Parameshwarī kshamaswa Parameshwara
O Mother, forgive me. O Father, forgive me!

Āwāhanam na jānāmi na jānāmi tav'archanam
I do not know how to invoke You, I do not know how to welcome You.
Pūjam chaiwa na jānāmi kshamya–tām Parameshwarī
I do not know how to worship You. Forgive me, O Supreme Goddess!
Kshamya–tām Parameshwarī kshamya–tām Parameshwara
Forgive me, O Supreme Goddess. Forgive me, O Supreme One!

Mantrahīnam kriyāhīnam bhaktihīnam Sureshwarī
I have no mantras, I have done nothing,
I have no devotion, O greatest of Goddesses
Yat pūjitam mayādevi pari–pūrnā tadastu me
and yet whatever my prayers have been to You,
please fulfil them, Mother, through Your grace.



Traditionally this song refers to Samarthā Ramdas (Shivaji's guru, who was an incarnation of Shri Hanumana, *see p.250*), but has often been sung to Shri Mataji at the end of puja.







The Left Side (Idā Nādī)



Jayantī Mangalā Kālī Bhadrakālī Kapālīnī
Hail to the auspicious Goddess Mahakali Bhadrakali who wears a garland of skulls!





The 108 holy names of Shrī Mahākālī

Aum twameva sākshāt Shrī Mahākālī sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Mahakali. Salutations to You!

Mahākālī.....	<i>You are... The dark goddess, the immaculate desire of God Almighty</i>	
Kāmadhenu.....	<i>The divine wish-fulfilling cow</i>	
Kāma-swarūpā.....	<i>Love itself</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-energy of the whole universe</i>	
Vajra-kankālī.....	<i>Terrifying to behold with your thunderbolt and skeletal form</i>	
Shāntā.....	<i>Peace</i>	
Sudhā-sindhu nivāsinī.....	<i>The one who dwells in the cosmic ocean of nectar</i>	
Nidrā.....	<i>Sleep</i>	10
Tāmasī.....	<i>The one who presides over the Tamo guna (pure desire)</i>	
Nandinī.....	<i>The pleasing daughter of Kamadhenu</i>	
Sarv'ānanda swarūpinī.....	<i>The embodiment of universal joy</i>	
Param'ānanda rūpā.....	<i>The highest form of supreme, divine bliss</i>	
Stutyā.....	<i>The most praiseworthy</i>	15
Padm'ālayā.....	<i>The one who resides in the purest lotus</i>	
Sadā-pūjyā.....	<i>Always worshipped</i>	
Sarva-priyan-karī.....	<i>The one who showers love and kindness on all</i>	
Sarva-maṅgalā.....	<i>The auspiciousness of all things</i>	
Pūrnā.....	<i>Perfect and complete</i>	20
Vilāsinī.....	<i>The supreme enjoyer, charming and playful</i>	
Amoghā.....	<i>Infallible</i>	
Bhogawatī.....	<i>The one who enjoys the universe</i>	
Sukhadā.....	<i>The one who bestows perfect happiness</i>	
Nishkāmā.....	<i>Desireless</i>	25
*Madhu-kaitabha hantrī.....	<i>The killer of Madhu and Kaitabha</i>	
*Mahishāsura ghātinī.....	<i>The slayer of Mahishasura</i>	
*Raktabīja vināshinī.....	<i>The destroyer of Raktabīja</i>	
*Narak'āntakā.....	<i>The destroyer of Narakasura</i>	





Ugra-chand'eshwarī	<i>The terrifying goddess of wrath and fury</i>	30
Krodhinī	<i>Cosmic wrath</i>	
Ugra-prabhā	<i>Radiant with fury</i>	
Chāmundā.....	<i>The killer of Chanda and Munda</i>	
Khadga-pālinī	<i>The one who rules by the sword</i>	
Bhāswar'āsurī	<i>The goddess whose fierce radiance destroys the demonic forces</i>	35
*Shatru-mardinī.....	<i>The one who destroys all enemies</i>	
Rana-panditā	<i>The master of the art of war</i>	
Rakta-dantikā	<i>The one whose teeth are red (with the blood of demons)</i>	
Rakta-priyā	<i>Fond of the blood of demons</i>	
Kapālinī	<i>The one who holds a skull in Her hand</i>	40
Kuru-kula-virodhinī	<i>The one who confronts all the evil of the world (such as the dynasty of Kauravas in 'The Mahabharata')</i>	
Krishna-dehā	<i>Dark-coloured</i>	
Nara-mundalī.....	<i>The one who wears a garland of human skulls</i>	
Galat-rudhira-bhūshanā	<i>Adorned with the dripping blood of demons</i>	
Preta-nṛutya-parāyanā.....	<i>The one who dances upon the dead bodies of the fallen and during the cosmic dissolution</i>	45
Lolā-jihvā	<i>The one whose tongue hangs out with an insatiable thirst for the blood of demons</i>	
Kundalinī.....	<i>The coiled energy (the residual energy of the Holy Spirit in the sacrum bone)</i>	
Nāga-kanyā	<i>The virgin serpent (Kundalini)</i>	
Pati-vratā	<i>The faithful and devoted wife</i>	
Shiva-sanginī	<i>The eternal companion of Shri Shiva</i>	50
Visangī	<i>Unaccompanied</i>	
Bhūta-pati priyā	<i>Loved by the lord of the living (Shri Shiva)</i>	
Preta-bhūmi kṛtālayā	<i>The one who dwells in the land of bhoots and ghosts (where Shri Shiva rules)</i>	
*Daityendra mardinī.....	<i>The slayer of the chief-demon</i>	
Chandra-swarūpinī	<i>The cooling radiance of the moon (Ida nadi)</i>	55
Prasanna-padma-vadanā.....	<i>The one with an auspicious lotus-like face</i>	
Smera-waktrā	<i>The one with a smiling countenance</i>	
Sulochanā.....	<i>The one with beautiful eyes</i>	
Sudantī.....	<i>The one with perfect teeth</i>	





Sindūr'āruna–mastakā.....	<i>The one who decorates Her forehead with red Kumkum</i>	60
Sukeshī.....	<i>The one with magnificent long, dark hair</i>	
Smita–hasyā.....	<i>Pleasantly smiling</i>	
Mahat–kuchā.....	<i>The one whose large breasts sustain the universe</i>	
Priya–bhāshinī.....	<i>Loving eloquence</i>	
Subhāshinī.....	<i>Supremely eloquent</i>	65
Mukta keshī.....	<i>The one whose hair is loose and untied</i>	
Chandra–koti sama–prabhā.....	<i>The one who shines with the lustre of a million moons</i>	
Agādha–rūpinī.....	<i>The one whose forms are immeasurable and unfathomable</i>	
Manoharā.....	<i>Magnetic and charming, winning every heart</i>	
Manoramā.....	<i>The one whose divine grace and charm pleases all</i>	70
Vashyā.....	<i>The celestial charmer who can be achieved through devotion</i>	
Sarva–saundarya nilayā.....	<i>The home of all beauty</i>	
Raktā.....	<i>Beloved and red is Your colour</i>	
Swayambhū–kusuma–prānā....	<i>The life force of the self-created flowers (chakras)</i>	
Swayambhū–kusum'onmādā ...	<i>Intoxicated with the vibrations of the self-created flowers (chakras)</i>	75
Shukra–pūjyā.....	<i>Worshipped as the whiteness of purity</i>	
Shukra–sthā.....	<i>Surrounded by a halo of purity and whiteness</i>	
Shukr'ātmikā.....	<i>The soul of purity and sacredness</i>	
Shukra–nindaka–nāshinī.....	<i>Committed to destroying the enemies of holiness</i>	
*Nishumbha–shumbha– –saonhantrī.....	<i>The slayer of Shumba and Nishumba</i>	80
Vahni–mandala– –madhya–sthā.....	<i>At the centre of the blazing cosmic fire</i>	
Vīrā–jananī.....	<i>The mother of the brave</i>	
Tripura–mālinī.....	<i>The one who wears as a necklace the head of the demon Tripura</i>	
Karālā.....	<i>The one whose terrifying gaping mouth consumes the universe during the cosmic dissolution</i>	
Pāshinī.....	<i>The one who wields the noose of death</i>	85
Ghora–rūpā.....	<i>The one with a terrifying form</i>	





Ghōra-dāoṅshtrā.....	<i>The one with fierce jaws</i>	
Chandī	<i>The one who destroys all evil tendencies</i>	
Sumatī	<i>The mother of the purest wisdom</i>	
Punyadā	<i>The one who showers virtues</i>	90
Tapaswinī	<i>The ascetic</i>	
Kshamā	<i>Forgiveness</i>	
Taranginī	<i>Bubbling with life and energy</i>	
Shuddhā	<i>Purity and chastity</i>	
Sarv'eshwarī	<i>The Goddess of all</i>	95
Garishthā.....	<i>Overflowing with joy</i>	
Jaya-shālinī	<i>The victorious queen</i>	
Chintā-mani	<i>The wish-fulfilling gem</i>	
Advaita bhoginī.....	<i>Delighted when devotees become one with You</i>	
Yog'eshwarī	<i>The goddess of yoga</i>	100
Bhoga-dhārinī	<i>The one who sustains the enjoyment of life</i>	
Bhakta-bhāvitā.....	<i>Fulfilled by the pure love of Your devotees</i>	
Sādhak'ānanda-santoshā	<i>Fulfilled by the joy of Your devotees</i>	
Bhakta-vatsalā	<i>The one who loves Her devotees as Her children</i>	
Bhakt'ānanda mayī.....	<i>The source of eternal joy for Your devotees</i>	105
Bhakta-shaṅkarī.....	<i>Benevolent to Your devotees</i>	
Bhakti-saiyuktā	<i>The bestower of devotion</i>	
Nishkalankā.....	<i>Spotless and unblemished</i>	

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah





The 21 holy names of Shrī Bhairava

Aum twameva sākshāt Shrī Bhairava sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Bhairava. Salutations to You!

Mahā-bhairava	<i>You are... The great all-powerful Bhairava</i>	
Batuka Bhairava	<i>Ever young, you appear as a young boy</i>	
Siddha Bhairava	<i>The seer, perfect and powerful</i>	
Kankāla Bhairava	<i>Adorned with skeletons</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>	
Shakti 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>	
Shmashana Bhairava	<i>The lord of all 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>	
Dīyan'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 Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah





The incarnations of Shri Bhairava

Shri Markandeya (ancient Puranic sage who lived 14,000 years ago), Shri Mahavira (599–27 BC), Kabir (poet-saint, 1398–1448 AD), William Blake (poet & prophet, 1757–1827 AD).

(see: 'William Blake Talk', Hammersmith Town Hall, London, UK, 28 Nov 1985; Shri Bhairavanath puja, Garlate, Italy, 6 Aug 1989)

The following also reflect the qualities of Shri Bhairava: Kush (son of Shri Rama and Shri Sita, born around 5000 BC), Hussain (grandson of Mohammed, son of Hazrat-Ali and Shri Fatima, 626–80 AD).

Shri Bhairava incarnated as **Shri Mahavira** (lord of the superego) in Bihar, India from 599–527 BC and established the Jain religion. Like Shri Buddha (lord of the ego), he gave up his kingdom and achieved enlightenment (God-realisation) after many years of meditation.

(see: Shri Bhairavnath puja, Garlate, Italy, 6 Aug 1989; Shri Mahavira puja, Gidgegannup, Perth, Australia, 28 March 1991)

Often Shri Bhairava and Shri Hanumana would manifest at the same time to express the disciple principle and to conquer the ego and superego of human beings. For example as Luv and Kush, or Hassan and Hussain.

(see: 'World of Bliss & Joy', Caxton Hall, London, UK, 30 May 1979; 'Introduction to Nabhi/Void', New Delhi, India, 7 Feb 1981)

Shri Bhairava is the terrifying, 'roaring' form of the wrathful Shri Shiva, represented as a young boy, who guards the subconscious and presides over the left channel (ida nadi) until He carries out the cosmic dissolution at the end of time. In the Christian tradition. He is known as the archangel Michael and St. George.

Shri Bhairava incarnated as the prophet, poet, painter, printer and visionary **William Blake** who lived in London from 28 November 1757 until his death in 1827. In his prophetic books 'Milton' and 'Jerusalem' he foretold the coming of Shri Mataji and the establishment of the Divine Humanity through the power of the Divine Feminine.

(see: 'William Blake Talk', Hammersmith Town Hall, London, UK, 28 Nov 1985)

See p.250 for incarnations of Shri Hanumana.

See p.94–7 for the 108 names of Shri Shiva.

See p.232 for the 21 names of Mahavira.





The bīja mantras of Shrī Mahā-ganesha (seed mantras of the back Āgñyā)

Aum twameva sākshāt Shrī Mahā-ganesha sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Maha-ganesha. Salutations to You!

Aum swāhā

Amen. May all negativity be consumed!

Aum Shrīm swāhā

Shrim relates to Shri Mahalakshmi and ascent.

Aum Shrīm Hrīm swāhā

Hrim relates to Shri Mahamaya and knowledge of reality.

Aum Shrīm Hrīm Klīm swāhā

Klim relates to Shri Mahakali.

Aum Shrīm Hrīm Klīm Glaum swāhā

*Glaum relates to Shri Ganesha as the remover
of obstacles in the ascent of the Kundalini.*

Aum Shrīm Hrīm Klīm Glaum Gaṁ swāhā

Gam relates to Shri Ganesha.

Aum Shrīm Hrīm Klīm Glaum ityantah Gaṁ swāhā

Ityanta means 'the end'.

Aum Vara Varada ityantah swāhā

Thus ends the desire for boons,

Garvajanam me Vāsam ityanto swāhā

Thus ends the intoxication of pride within me,

Anaya swāhā ityantah

Thus ends all misfortune.

Aum Aīm Hrīm Klīm Chamundāyai vicche

Salutations to the victorious Goddess who destroys all negativity!

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah





By incorporating Shri Mataji's name into the Navarna mantra it becomes:

Aum Aīm Hrīm Klīm Chamundāyai

Shrī Nirmalā Devyai vicche

*Salutations to the victorious Goddess,
Shri Nirmala Devi, who destroys all negativity!*

The full meaning of the 'Navarna mantra' (Aum Aīm Hrīm Klīm Chamundāyai vicche) as given in the 'Shrī Devī Atharva Shīrsham' is as follows:

'O the Supreme Spirit Mahasaraswati, O the purest and most propitious Mahalakshmi, O embodiment of joy Mahakali, to achieve the highest knowledge we constantly meditate upon You. O Goddess Chandika who embodies the three-formed Mahasaraswati-Mahalakshmi-Mahakali, obeisance to You! You break open the tightened knot of ignorance and liberate us'.



These bija mantras (seed mantras) of the back Agnya chakra invoke the powers of Shri Durga as the destroyer of the demons Chanda and Munda. This epic story is related in the 'Devi Mahatmyam' (otherwise known as the Durga Saptashati), an epic poem of 700 verses full of the protective power of Shri Durga and read during Navaratri.

See p.120–6 for the 'Shri Devi Atharva Shirsham' (incorporating the Navarna mantra).

*See p.111–19 for the 'Kavach of the Devi'.
See p.255 for the Shri Surya mantras (used at sunrise for clearing back Agnya).*





The 21 holy names of Shrī Mahāvīra

Aum twameva sākshāt Shrī Mahāvīra sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Mahavira. Salutations to You!

Vardhamāna	<i>You are... the one who makes us progress and evolve</i>	
Mahāvīra	<i>The great hero</i>	
Gnatanandana	<i>The one who was born into an illustrious family</i>	
Nirgrantha	<i>The muni, the detached one</i>	
Shramana	<i>The saddhu, the ascetic</i>	5
Jaya	<i>Victorious</i>	
Taravati	<i>The one that gives protection</i>	
Bahurupinī	<i>The one who has many forms</i>	
Chāmundā	<i>The destroyer of Chanda and Munda</i>	
Aparājītā	<i>The one who cannot be surpassed</i>	10
Padmāvatī	<i>Upon the lotus</i>	
Amra	<i>The one within whom the Goddess Amba resides</i>	
Sidhhayika	<i>Perfection and plenitude personified</i>	
Bhairava	<i>The protector of the subconscious</i>	
Vimal'eshwara	<i>Pure (the god of purity)</i>	15
Manibhadra	<i>The one who makes all things auspicious</i>	
Brahmashānti	<i>Universal peace</i>	
Kshetrapāla	<i>The protector of nature</i>	
Dharm'endra	<i>The lord of dharma</i>	
Anangrutta	<i>Detached from all garments</i>	20
Sarvaha	<i>The one who is the whole; totality personified</i>	

Sākshāt Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah

Shri Bhairava incarnated as Shri Mahavira (lord of the superego) in Bihar, India from 599–527 BC and established the Jain religion. Like Shri Buddha (lord of the ego), he gave up his kingdom and achieved enlightenment (God–realisation) after many years of meditation.

(see: *Shri Bhairavnath puja, Garlate, Italy, 6 Aug 1989; Shri Mahavira puja, Gidgegannup, Perth, Australia, 28 March 1991*)

See p.229 for incarnations of Shri Bhairava.





Techniques for clearing the left side

- 1 Meditating with the right hand on the earth, the left hand towards Shri Mataji
- 2 Three candle treatment
- 3 Camphor
- 4 Matka (lemons and chillies)
- 5 Ajwain/frankincense dhuni
- 6 String knotting/burning
- 7 Paper/name burning
- 8 Havan
- 9 Drinking vibrated salt in water
- 10 Shri Ganesha Atharva Shirsha, names of Shri Mahakali, Shri Bhairava, Shri Shiva, Shri Ganesha, Shri Mahavira
- 11 Expressing devotion (bhakti)
- 12 Singing God's praise (bhajans)





The Right Side (Pingalā Nādī)



Hoṅ Hanumate Rudr'ātmake Huṅ Phat
Shri Hanumana, whose soul is Shri Shiva Himself





The 108 holy names of Shrī Hanumāna

Aum twameva sākshāt Shrī Hanumāna sākshāt
 Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
*O Divine Mother, You are verily the archangel Shri Hanumana.
 Salutations to You!*

Hanumāna.....	<i>You are... The most celebrated angel</i>	
Bajaraṅga–balī.....	<i>Of immeasurable strength</i>	
Rāma–dūta.....	<i>The messenger of Shri Rama</i>	
Pavana–suta.....	<i>The son of the wind-god</i>	
Kapīsha.....	<i>The king of the monkeys</i>	5
Anjanī–putra.....	<i>The son of Anjani</i>	
Mahāvīra.....	<i>A great and powerful warrior</i>	
Shankara–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>Mighty and huge</i>	
Bhīma.....	<i>Almighty and formidable</i>	
Rāma–priya.....	<i>Loved by Shri Rama</i>	
Rāmadāsa.....	<i>The eternal servant of Shri Rama</i>	
Balavāna.....	<i>The lord of immense strength</i>	15
Sugrīva–mitra.....	<i>The friend of Sugriva (You helped Sugriva get back his lost kingdom)</i>	
Rāma–dwārapāla.....	<i>The one who guards the door of Shri Rama</i>	
*Bhūta–pishācha nāshaka.....	<i>The destroyer of ghosts and evil spirits</i>	
Sarva–vyādhi–hara.....	<i>The remover of all sickness and disease</i>	
Sankata vimochaka.....	<i>The liberator from all danger and difficulties</i>	20
Rāmakāj’ātura.....	<i>Always anxious to accomplish Shri Rama’s work (You brought to fruition all His enterprises)</i>	
Amita jīvana–phala– –pradāyaka.....	<i>The one who fulfills all wishes and grants the unlimited fruits of life</i>	
Ashta–siddhi–navanidhi– –dāyaka.....	<i>The bestower of the eight siddhis (divine powers) and the nine types of wealth</i>	
Rom–rom Rāma–nām–dhārī....	<i>The one whose every cell bears the name of Shri Rama</i>	





Sarva-jagat-ujyārā- -dāyaka.....	<i>The one who enlightens the entire universe</i>	25
Rāma-rasa dāyaka	<i>The bestower of Shri Rama's gentle qualities</i>	
Raghubira-stuta	<i>The one who praises Shri Rama of the Raghu Dynasty</i>	
Hari bhakti dāyaka	<i>The one who instils devotion to Shri Vishnu</i>	
Mahā-mantra	<i>The one who rejoices in reciting the maha-mantras</i>	
Mahā-sukha	<i>The giver of supreme joy</i>	30
Sahaja-hṛudaya vāsī	<i>The one who resides in the hearts of Sahaja yogis</i>	
Maṅgala-mūrati rūpa	<i>The most auspicious and blissful form</i>	
Surabhūpa.....	<i>The king of Devas</i>	
*Kumati nivāraka.....	<i>The redeemer of evil tendencies</i>	
Girivara-bala	<i>Strong like a mighty mountain</i>	35
Balabīra	<i>Strong, valiant and brave</i>	
*Lankesha-gṛuha-bhanjana	<i>The destroyer of Lanka (You burnt Ravana's city with Your tail)</i>	
Tulsidās stuta	<i>Praised by Tulsidas</i>	
Nirmalā-harsha	<i>The one who gives great joy to Shri Mataji</i>	
Sahaja-dhwaja-virājita	<i>Seated on the victory flag of Sahaja Yoga</i>	40
Gadā-hasta	<i>The wielder of the powerful mace of Lord Indra</i>	
Sahaja-sangha rakshaka	<i>The one who protects the Sahaja collective</i>	
Sanjivani upalabdha kāraka.....	<i>The one who fetched the life-saving sanjivani herb (to save Lakshmana)</i>	
Lakshmana-prāna dātā	<i>The one who brought Lakshmana back to life</i>	
Rāma-charitra vandana	<i>The one who worships the life of Shri Rama</i>	45
Atulita-bala-dhāma	<i>The repository of immeasurable strength</i>	
Dñyāna-guna sāgara.....	<i>The ocean of supreme knowledge and virtues</i>	
Kunchita-kesha	<i>The one with curly hair</i>	
Vikrama	<i>Invincible</i>	
Maruta-nandana	<i>Called Maruti, the son of the wind-god (Marut)</i>	50
*Dukha-bhanjana	<i>The destroyer of all sorrows and pain</i>	
Ati-chātura.....	<i>Brilliant, wise and extremely intelligent</i>	
*Asura nikhandana.....	<i>The destroyer of the asuras</i>	
Siṅgha	<i>Powerful like a lion</i>	





Goswamī	<i>The worshipful Lord</i>	55
Rāma bhakta	<i>The (greatest) devotee of Shri Rama</i>	
Bhakti swarūpa.....	<i>Devotion itself</i>	
Jagat vandita	<i>Greatly worshipped by the entire world</i>	
Kesarī nandana.....	<i>The son of King Kesari</i>	
Mahāyogī.....	<i>The great yogi</i>	60
Sindura lepita	<i>The one who applies red kum-kum paste to Your body</i>	
Sanātana	<i>Beyond the boundaries of time and space</i>	
Vanachara	<i>The one who dwells and moves in the forest</i>	
Bhāgya vidhātā.....	<i>The creator of good fortune</i>	
Kṛupā nidhāna.....	<i>The reservoir of blessings</i>	65
Mahārāja	<i>The great king</i>	
Rāma-bhajana rasika	<i>Fond of singing Shri Rama's bhajans</i>	
Garvita	<i>Proud (as a disciple of Shri Mataji)</i>	
Bala-bhīma.....	<i>Formidable strength</i>	
Chiranjīvī.....	<i>Immortal</i>	70
Ūrdhvagāmī.....	<i>The ascent</i>	
Sukshma rūpa	<i>The one who appeared before Shri Sita in a subtle form</i>	
Sītā jīvana-hetu kāya	<i>The well-wisher of Shri Sita</i>	
Rām'āshirvādita.....	<i>Completely blessed by Shri Rama</i>	
Nishkalanka.....	<i>Spotless and unblemished</i>	75
Bhayaṅkara.....	<i>Terrifying</i>	
Chandra-sūry'agni netra	<i>The one who has the sun, moon and fire as Your eyes</i>	
Sītā-anveshaka.....	<i>The one who found Shri Sita (in Lanka)</i>	
*Roga nashaka	<i>The one who destroys all diseases</i>	
Manoratha sampūrnaka	<i>The one who fulfills all desires</i>	80
Moksha-dwāra	<i>The gateway to emancipation</i>	
Bharata-sama-priya	<i>As dear to Shri Rama as His brother Bharata</i>	
Jaladhi-lāṅghita.....	<i>The one who leapt across the sea (to bring Shri Rama's message to Shri Sita)</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>The one who has a melodious sweet singing voice (Shri Narada taught Him divine music)</i>	





Sumaṅgala	<i>Supremely auspicious</i>	
Brahma-chārī	<i>The pure chaste student</i>	
Rudr'āvatāra	<i>The one who incarnates as the eleventh destroying power (Rudra)</i>	90
Vāyu vāhana	<i>The one whose vehicle is the wind</i>	
*Ahāṅkāra-khandaka	<i>The destroyer of ego</i>	
Vaikuntha-bhajana priya	<i>Fond of singing bhajans in Vaikuntha</i>	
Santa sahāya	<i>The one who helps all the saints</i>	
Pingala	<i>The essence of all action and right side activity (reddish brown)</i>	95
Setu-bandha vishārada	<i>The master bridge builder (across the sea to Lanka)</i>	
Bhānu-grāsa	<i>The one who as a child swallowed the sun in order to control it</i>	
Viveka dāyaka	<i>The bestower of discrimination and wisdom</i>	
Bhakti-shakti samādhikārī	<i>The master of balancing devotion (left) and power (right)</i>	
Phalāhāra prasanna	<i>The one who enjoys eating fruits</i>	100
Manojava	<i>Quicker than thought</i>	
Vajra-deha	<i>Strong like the thunderbolt</i>	
Devadūta	<i>The messenger of God, You are the archangel Gabriel</i>	
Nirmalā-dūta	<i>The messenger of Shri Mataji</i>	
Pavana-gati bhramana	<i>The one who moves as fast as the wind</i>	105
Jānakī-mātā samāchārī	<i>The one who treats Shri Mataji and Shri Sita equally</i>	
Nirmalā bhakta	<i>The perfect disciple of Shri Mataji</i>	
Nirmalā priya	<i>Loved by Shri Mataji</i>	

Sākshāt Shrī Ādi Shakti Mātājī Shrī Nirmalā Devi namo namah

The above names were taken from the Shri Hanumana chalisa, amended into Sanskrit and presented to Shri Mataji (along with the 108 qualities of Shri Hanumana) by the Austrian collective at Sahasrara puja, May 2005.

Shri Hanumana is the archangel Gabriel, the Greek god Hermes, the divine messenger, the one who inspired Mohammed, the one who

told Mary that She was to give birth to Shri Jesus. He is the master of the right side (Pingala nadi), a great and powerful warrior, dynamic, playful and childlike. His quality is absolute devotion to God and he loves to sing songs in praise of the Divine.

(see: *Shri Rama puja, Les Avants, Switzerland, 4 Oct 1987*)





The 108 holy qualities of Shrī Hanumāna

Shri Mataji, by Your grace You have kindly allowed us to worship You in Your form as Shri Hanumana. The following invocations are quoted directly from Your puja speeches.

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.
 You go to any extent to establish truth. (You knew that Ravana was afraid of fire, so by setting the whole of Lanka on fire, You made the people of Lanka aware that Ravana was an evil person). 10

You go to any extent to protect the people who are in truth.
 You protect all the Sahaja yogis. (By working together, You and Shri Ganesha killed the evil king who was after the life of Saint Nizamuddin).
 You are very fast, while Shri Ganesha is cool. Both together are the security force of the Sahaja yogis. (The Ganas see everything that might attack Sahaja yogis and inform Shri Ganesha. Shri Ganesha gets in touch with Shri Hanumana, who acts immediately to protect them).

You give guidance, self-confidence and discrimination.
 You are called Devdut, the ambassador of God Almighty. Your nature is to carry out the order. (You do not wait, You do not doubt). 15

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 completely effortlessly).

20

You are very alert and You are beyond time.
You understand the importance of time.
You do not postpone any work.
You are a very fast person. (You do the work before anybody else can do it).
You want all the Sahaja yogis to be like You (quick people with the whole attention on the job of Sahaja Yoga).
Your father is Shri Vayu the wind-god, Your mother is Shri Anjani.
Your head is that of a monkey.

25

You are an eternal child. (You are innocence, simplicity and pure intellect, always in a dancing mood like Shri Ganesha).
You are the integration of bhakti and shakti (that is, the left side and the right side).
You proved that You are an ocean of love (bhakti).
(Although You have no hesitation to kill evil.
This represents Your shakti).
You protect our right heart.

30

You have nine siddhis:

1. Animā (*the power to reduce Your body to the size of an atom*)
2. Mahimā (*the power to expand Your body to an infinitely large size*)
3. Garima (*the power to become infinitely heavy*)
4. Laghimā (*the power to become almost weightless*)
5. Prāpti (*unrestricted access to all places*)
6. Prākāmya (*the power to realise whatever You desire*)
7. Ishtva (*absolute lordship*)
8. Vashtva (*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 are controlling the sun (You ran up the Virata's body and ate up Surya).
You control and protect the right side of human beings.

35

You control people who have too much right side.
You bring down the speed of right-sided people (by giving them lethargic heaviness).





You hold a mace (the 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]. 40

You supply all the necessary guidance for our futuristic planning.
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. 45

You can fly in the air and by flying in the air You can carry
the message from one place to another.
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. 50

You give television, cordless telephones and loudspeakers.
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. 55

You give us guidance and protection.
You were created to support Shri Rama.
You are anxious to do Shri Rama's work.
You have complete dedication to Shri Rama. You are absolutely
subservient to the benevolent king, Shri Rama. 60

You are always bowed down to Shri Rama.
You could not wear the garland of pearls given to You by Shri Sita,
because there was no Shri Rama inside the pearls.
You opened Your heart to show that Shri Rama was inside.
In order to save Shri Lakshmana's life, You were sent by Shri Rama
to find the sanjivani herb and so You brought back the
whole mountain.
You were sitting on top of Arjuna's chariot. 65





You make all the yogis surrender.
 You are the force that makes us surrender to our guru.
 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. 70

You dislike all artificial expression created by the human ego.
 You create all electromagnetic forces.
 You take back the electromagnetic force in people who are over
 right-sided and so bring about Yuppies' disease [chronic fatigue
 syndrome (CFS) or myalgic encephalomyelitis (ME)].

You create the movements in molecules and atoms.
 You give mental understanding. 75

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.
 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. 80

You give the understanding of what is good for us.
 You make fun of all egotistical people.
 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). 85

You stopped Hitler from winning the war.
 You asked our Holy Mother to make Germany like Shri Hanumana.
 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. 90





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

You make us childlike, sweet and happy.

You take care of all the children of the world.

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

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

95

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

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

You serve Shri Mahalakshmi in all Her forms
(Shri Sita, Shri Radha, Shri Mary).

You addressed Mother Mary as 'Immaculata Salve'
(Nirmala Salve), which are the names of Shri Mataji Nirmala Devi.

You bring us close to Shri Mataji.

100

You let us feel Shri Mataji in our heart.

You show the way to the abstract, to Sahasrara.

You listen to the prayers of all the Sahaja yogis.

You give all the information to our Holy Mother.

You always take care of Shri Mataji.

105

You are always at the feet of Shri Mataji.

You worship the lotus feet of Shri Mataji Nirmala Devi.

You perform miracles to convince the Sahaja yogis that
Shri Mataji made them all angels.

You are the most effective instrument for Shri Adi 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.

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah





Shrī Hanumāna chālīsā (Forty verses in praise of Shrī Hanumāna by Tulsidās)

The Shri Hanumana chalisa commences with an invocation to the guru in the doha (success-giving) form of Shri Hanumana. Shri Hanumana raises the devotee to his own level of excellence, which is a perpetual state of beatitude.

Tulsidās says:

Shrī-guru charana saroja raja

I bow to the lotus feet of the divine guru.

Nija mana mukuru sudhāri

May the dust of Your feet clean the mirror of my mind.

Baranaūñ Raghubar bimala jasu

Now I will describe the pure glory of Shri Rama, who bestows the four gifts:

Jo dāyaku phala chāri

Dharma (virtue and right conduct), artha (purpose and wealth), kama (love and desire) and moksha (liberation and salvation).

Buddhi hīn tanu jānike

Realising the limitations of the mind,

Sumirāuñ Pavana kumār

I remember the son of the wind-god.

Bal buddhi vidyā dehu mohiñ

*Please give me strength, wisdom and knowledge,
O great-bodied one,*

Harahu kalesa vikāra

To relieve me of all my sufferings and impurities.

Now begins the main body of the Shri Hanumana chalisa, consisting of forty quatrains praising Shri Hanumana's qualities of head and heart, used for fulfilling the divine mission of protecting the good and destroying evil.

Choupāi (verses consisting of four parts)

1 **Jay Hanumāna gyāna guna sāgara**

Victory to Shri Hanumana, the ocean of knowledge and virtue.

Jay kapīsa tihūñ-loka ujāgara

Hail great lord of the monkeys who illuminates the three worlds!

2 **Rāma-dūta atulīta bala dhāmā**

Messenger of Shri Rama, of unequalled strength,

Anjanī-putra Pavana-suta nāmā

Son of Shri Anjani, You are also called the wind-god's son.





- 3 Mahā-vīra vikram bajarāṅgī
Powerful and courageous warrior, with mighty limbs,
Kumati nivāra sumati ke saṅgī
Remover of evil tendencies in the mind and friend of wisdom;
- 4 Kanchana barana virāja subesā
O You of golden complexion and well attired,
Kānana kundala kunchita kesā
Youthful, wearing ear rings, with curly hair,
- 5 Hātha bajra aur dhvajā birāje
You hold the Vajra (the rock) and the flag in Your hands,
Kāndhe mūnja janeū sāje
With the sacred thread of munj grass across Your shoulder,
- 6 Shankara suvana Kesarī-nandana
Shining with auspiciousness, O son of Kesari,
Teja pratāpa mahā jaga-vandana
Glorious and radiant, You are worshipped by the whole world.
- 7 Vidyāvāna gunī ati chātura
You are highly learned, virtuous and sagacious.
Rāma kāja karibe ko ātura
You are always anxious to accomplish Shri Rama's work.
- 8 Prabhu charitra sunibe ko rasiyā
You revel in listening to the lore of the Lord,
Rāma Lakhan Sītā mana basiyā
Enshrining in Your heart Shri Rama, Lakshman and Sita.
- 9 Sūkshma rūpa dhari Siyahiṅ dikhāvā
You appeared before Shri Sita in a tiny form.
Vikata rūpa dharī Lanka jarāvā
Assuming a colossal figure, You burnt the city of Lanka.
- 10 Bhīma rūpa dharī asura sanhāre
Acquiring a terrifying form to destroy the asuras,
Rāmachandra ke kāja samvāre
You served the cause of Lord Ramachandra.
- 11 Lāya sanjīvana Lakhana jiyāye
You brought the sanjivani herbs and revived Shri Lakshmana,
Shrī Raghubīra harashi ura lāye
Shri Rama then embraced You in joy.





- 12 Raghupati kīnhīn bahuta badhā-ī
Shri Raghupati praised You very highly:
Tum mama priya Bharata sama bhā-ī
'You are as dear to me as my brother, Bharat,' He said.
- 13 Sahasa badana Tumharo yasha gāve
'The thousand faced Shesha sings hymns in Your praise',
Asa kahi Shrīpatī kantha lagāve
The lord of Lakshmi said, pressing You to His heart.
- 14 Sanak'ādika Brahm'ādi munīsā
The God-realised saint Sanaka, along with
Nārada Sārada sahita ahīsā
Shri Narada and Sarada sing Your praise.
- 15 Yama Kubera Dikpāla jahānte
The gods of death, wealth and protection,
Kabi kovida kahi sake kahānte
Great poets and scholars have all failed to sing fully of Your glories.
How can this poet give expression to Your excellence?
- 16 Tum upakāra Sugrīva-hiñ kīnhā
You helped Sugriva and brought him to Lord Rama,
Rāma milāya rāja-pada dīnhā
Thus You retrieved for him his lost kingship.
- 17 Tumharo mantra Bibhīshana mānā
Bibhishana listened to Your advice and
Lankeshwara bhaye saba jaga jānā
Became the King of Lanka; the whole world knows this.
- 18 Yuga sahasra yojana para bhānū
The sun is twelve thousand yojans away,
Līlyo tāhi madhura phala jānū
You mistook it for a sweet fruit and tried to swallow it.
- 19 Prabhu mudrikā meli mukha māhiñ
No wonder that putting Lord Rama's ring in Your mouth
Jaladhi lānghiñ gaye acharaja nāhiñ
You leapt across the seas.
- 20 Durgam kāja jagata ke jete
All difficult tasks of the world are
Sugam anugraha Tumhare tete
Rendered easy, with Your grace.





- 21 Rāma duāre Tuma rakhawāre
You guard the doorsteps of Lord Rama.
Hota na āgyā binu paisāre
No one can enter His presence without Your permission.
- 22 Saba sukha lahe Tumhārī saranā
All happiness lies in seeking refuge at Your feet.
Tuma rakshaka kāhū ko daranā
When You are the protector, why should one fear?
- 23 Āpana teja samhāro āpe
You alone can control the great power You possess.
Tīnoṅ loka hāṅkate kāmpe
All the three worlds tremble at Your call.
- 24 Bhūta pisācha nikata nahiṅ āve
Evil spirits do not dare to come near
Mahāvira jaba nāma sunāve
The one who recites Your name, O great warrior.
- 25 Nāse roga hare saba pīrā
All disease and pain are destroyed by the
Japata nirantara Hanumata vīrā
Constant repetition of the name of the valiant Shri Hanumana.
- 26 Sankata te Hanumāna chhurāve
Shri Hanumana delivers a person from misery
Man kram bachana dhyāna jo lāve
If he meditates on Him in thought, word and action.
- 27 Saba para Rāma tapasvī rājā
Lord Rama is the detached ruler of the universe.
Tinake kāja sakala Tuma sājā
You brought to fruition all His enterprises.
- 28 Aura manoratha jo koī lāve
If someone comes to You with a desire in mind,
Soi amita jīvana phala pāve
You give that person the unlimited fruits of life.
- 29 Chāroṅ yuga paratāpa Tumhārā
Your bright glory travels all directions and ages.
Hai parasiddha jagata ujjyārā
The world knows about the benign power of Shri Hanumana.





- 30 Sādhu santa ke Tuma rakhawāre
You are the protector of seekers and saints.
Asura nikandana Rāma dulāre
You are the destroyer of the asuras, the evil forces.
- 31 Ashta siddhi nava nidhī ke dātā
You dispense the eight powers and the nine types of wealth,
Asa vara dīna Jānakī Mātā
as a boon bestowed on You by the Divine Mother Janaki.
- 32 Rāma rasāyana Tumhare pāsā
You possess the divine elixir of Shri Rama's name.
Sadā raho Raghupati ke dāsā
You are ever the servant of Lord Rama.
- 33 Tumhare bhajan Rāma ko pāve
By singing hymns in Your praise one reaches Shri Rama,
Janama janama ke dukha Bisarāve
and is freed from the sorrows of many lifetimes.
- 34 Anta kāla Raghuvāra pura jā-ī
In the end such a one enters the divine abode of Shri Rama.
Jahān janma Hari-bhakta kahā-ī
If reborn, he becomes a devotee of Shri Vishnu.
- 35 Aura devatā chitta na dhara-ī
Your devotees need not remember any other deity.
Hanumata seī sarva sukha kara-ī
All happiness is assured by Lord Hanumana.
- 36 Sankata kate mite saba pīrā
All difficulties and pain are destroyed,
Jo sumire Hanumata balavīrā
When one remembers Shri Hanumana, the strong and brave.
- 37 Jay Jay Jay Hanumāna gosā-īn
Hail, Hail, Hail to Shri Hanumana! Lord of my entire Self,
Kripā karahu guru deva kī nā-īn
Please shower Your grace on me like a divine guru.
- 38 Jo sata bāra pātha kare ko-ī
One who recites this chalisa seven times,
Chhūtahin bandi mahā sukha ho-ī
Will be delivered from difficulties and will attain great joy.





39 Jo yaha padhai Hanumāna chālīsā
One who recites this chalisa in praise of Shri Hanumana
 Hoya siddhi sākhī Gaurīsā
Will achieve success and get the darshan of Lord Shiva.

40 Tulsīdāsa sadā Hari cherā
Tulsidas is ever the servant of the Lord and prays perpetually:
 Kīje Nātha hṛidaya maha derā
'O Lord, may You always reside in my heart!'

The Shri Hanumana chalisa closes with a fervent prayer.

Dohā

Pavana-tanaya sankata harana
O son of the wind-god, remover of misfortunes,
 Maṅgala Mūrati Rūpa
Most auspicious figure,
 Rāma Lakhana Sītā sahita
With Shri Rama, Shri Lakshmana and Shri Sita,
 Hṛidaya basahuṅ sur-bhūpa
O protector of Heaven and Earth, please reside in my heart.

Sākshāt Shri Ādi Shakti Mātāji Shri Nirmalā Devyai namo namah

The incarnations of Shri Hanumāna

Samartha Ramdas (Shivaji's guru, 1608–1681 AD). The following also reflect the qualities of Shri Hanumana: Luv (son of Shri Rama and Sita, born around 5000 BC), Shri Buddha (563–483 BC), Hassan (grandson of Mohammed, son of Hazrat-Ali and Fatima, (624–69 AD), Adi Shankaracharya (788–820 AD).

Often Shri Bhairava and Shri Hanumana would manifest at the same time to express the disciple principle and to conquer the ego and superego of human beings. For example as Luv and Kush, or Hassan and Hussain.

Samartha Ramdas (1608–1681 AD)

An incarnation of Shri Hanumana, Ramdas was the spiritual guru of the born-realised

King Shivaji (1627–1680), a Maharastrian warrior-hero who successfully resisted the attempts of Mughal Emperor Aurangzeb to subjugate the Hindus. Ramdas was also a prominent Marathi religious poet, who in spite of Mughal oppression inspired a revival of Hindu culture throughout India. His main works are a book of meditations entitled 'Manache shlok', a large volume of spiritual advice known as 'Dasabodh' and also the 'Shri Maruti stotra' in praise of Shri Hanumana (see p.251-4).

(see: 'Introduction to Nabhi/Void', New Delhi, India, 7 Feb 1981; Shri Buddha puja, San Diego, USA, 23 July 1988; 'The culture of Universal Religion', Bordi, India, 7 Feb 1985).
 See p.229 for the incarnations of Shri Bhairava.





Shrī Māruti stotra

(Verses in praise of Shrī Hanumāna by Rāmdās)

- 1 **Bhīma rūpi Mahā-rudrā**
You are huge in form; The greatest and most formidable final manifestation of Shri Shiva's eleven destroying powers;
Vajra-Hanumāna Māruti
You are known as the invincible one after being struck on the chin by the thunderbolt of Indra. You are he who was born of the lord of the wind (Marut).
Vanārī Anjanī-sūtā
You destroy the outward forms of illusion such as the beautiful gardens and forests of Lanka. You are the son of Anjani.
Rāma-dūtā Prabhanjanā
You are the messenger and divine energy of Shri Rama. You are like the stormy hurricane wind, and to Your Mother, the radiant dawn light that dissolves the individual soul into Paramchaitanya.

- 2 **Mahā-balī Prāna-dātā**
Of mighty power, the giver of life;
Sakalām ūthavī bale
Your strength awakens all.
Saukhya-kārī Dhukha-hārī
You are the bestower of benevolent happiness and the destroyer of sorrows.
Dhūrta Vaishnava-Gāyakā
You are the mischievous angel. You are the essence of Shri Vishnu.
You are the greatest among singers.

- 3 **Dīnā-nāthā Harī-rūpā**
Lord of the afflicted, in the delightful form of an enchanting monkey;
Sundarā Jagad'antarā
You are beauty, and You reside within the whole world as the Supreme Being.
Pātāla-devatā-hantā
The destroyer of the lord of the underworld;
Bhavya-sendūra lepanā
Mighty; You are anointed with shendur (red lead) powder.

- 4 **Loka-nāthā Jagan-nāthā**
The ruler of the fourteen lokas and of mankind; You prevail over the world in its entirety.
Prāna-nāthā Purātanā
Lord of the soul; ancient primordial Being;
Punya-vantā Punya-shīlā
You are pure in form as You are blessed with purity and virtue. You are auspicious.
Pāvanā Paritoshakā
You are the purifier and the giver of contentment and joyous satisfaction.





- 5 Dhvaj'ānge uchalī bāho
Up-holding the mighty poled flag of Shri Rama with Your arms,
Āveshe lotalā pudhe
You flow ahead like a torrent of intense devotion.
Kālāgni Kāla-Rudrāgni
You are the fire of final dissolution and its source
the great destructive power of the Divine.
Dekhatā Kāpatī bhaye
Those who suppose themselves separate from You,
quake with fear at the mere glimpse of You.
- 6 Brahmānde mā-īlī neno
The whole of creation is unable to fathom Your form.
Āwale danta-paṅgatī
The fire of final dissolution is reflected in Your face. You clench between
the rows of Your teeth creation upon creation.
Netrāgni chālilyā jwālā
Flames emit from Your fiery eyes,
Brukutī tāthīlyā bale
When Your eyebrows, with all Your strength, are made taut.
- 7 Puchha te muradile māthā
Your tail curls above Your head to bring about calm.
Kirītī kundale varī
You wear a crown of gold and beautiful gold ear ornaments.
Suvarna katī-kāsotī
Around Your waist You have a special folded golden cloth,
Ghantā kinikinī nāgarā
and the tiny bells on Your anklets tinkle melodiously.
- 8 Thakāre parvatā aisā
Your stance is that of a mountain.
Netakā Sada-pātalū
You are neat and lean.
Chapa-lāṅga pāhatā mothe
Your body is swift. Looking at You, You are huge in form,
Mahā-vidhyul-late-parī
With an expanse like that of a great spreading lightning flash.
- 9 Kotichyā kotī uddāne
Streaming through the air, You cover distances of millions
Zepāve uttarekade
as You launch with thrust towards the north.
Mandrā-drī sārakhā dronū Krodhe utpātīlā bale
You plucked up in anger, with Your strength, that mighty
(Dronagiri) mountain like Mount Mandar;





- 10 **Ānilā māgutī nelā**
The mountain which You brought and placed back
Ālā gelā manogatī
Having come and gone at the speed of thought;
Manāsī tākile māge
With such vast speed that You left behind thought;
Gatīsī tūlanā nase
With speed so great that there could be no equal.
- 11 **Anū-pāsoni brahmāndā**
Āevadhā hota jātase
You continuously take the form from atom to entire universe.
Tayāsī tulanā kothe
With what are You to be likened,
Meru-Mandāra dhākute
When even Mounts Meru and Mandar are minute in comparison?
- 12 **Brahmāndā-bhovate vedhe**
Vajra-puchhe karu shake
With a tail as powerful as a thunderbolt, being able to wind many folds around the whole of creation;
Tayāsī tulanā kaichī
Brahmāndī pāhatā nase
There is no-one within creation with whom You can be compared.
- 13 **Ārakta dehile dolā**
You saw with Your eyes (the sun) as red as blood,
Grāsile Sūrya-mandalā
and you placed in Your mouth the entire domain of the sun;
Vādhatā vādhatā vādhe
Bhedile shūnya-mandalā
You who are forever increasing in size from the minutest dot;
You are able to pierce even the domain of the absolute.
- 14 **Dhana-dhānya pashu-vṛuddhi**
Wealth, sustenance, live-stock, prosperity,
Pūtra-pautra samas-tahī
Sons and grandsons, and everything in its entirety
Pāvātī rūpa-vidhyādi
is achieved by the grace and blessings of Your beautiful form;
together with wisdom, knowledge etc.
Stotrā-pāthe karuniā
These are the bestowments of reciting, by heart, these verses.





- 15 **Bhūta–preta samandhādhi**
Spirits of the dead, half-linging souls,
Roga–vyādhi samastahī
Diseases, psychosomatic and mental problems;
Nāsatī tutatī chintā
All are destroyed, and all worries are removed
Ānande Bhīma–darshane
By the sheer joyous sight of that mighty Shri Hanumana.
- 16 **He dharā–pandharā shlokī**
O Shri Hanumana, please accept the recitation of these fifteen verses.
Lābhalī shobhalī bhalī
By Your grace and acceptance, may the one who recites this praise
Dhrudha–deho nisan–deho
Receive a strong, healthy body and a doubtless mind;
Sankhyā Chandra–kalā–gune
So that, with constant devotion, Your ultimate form,
which is as resplendent as the sixteen phases of the moon,
may be attained.
- 17 **Rāmadāsi agra–ganyū**
You are the foremost servant of Shri Rama,
Kapi–kulāsi mandanū
You adorn the race of the monkeys,
Rāma–rūpī antar–ātmā
You have Shri Rama's form as Your inner Spirit.
It is You who resides in everyone's soul.
Darshane dosha nāsatī
By the mere glimpse of Your form all negative qualities
are vanquished forever.
- Iti Shrī Rāmadāsa kṛutam sankata–nira–sanam**
Thus the Maruti stotra written by Shri Ramdas
Shrī Māruti–stotram sampūrnām
Which removes all obstacles, reaches its fulfilment.

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah





The 12 holy names of Shrī Sūrya

Aum twameva sākshāt Shrī Sūrya sākshāt
 Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily the power of the sun. Salutations to You!

Mitra.....	<i>You are... Generous beyond measure</i>
Ravi	<i>The one whose rays bring life and vitality</i>
Sūrya.....	<i>The sun, the one who beholds the actions of mankind</i>
Bhānu	<i>The brilliance of the sun</i>
Khaga.....	<i>The one who moves through the sky</i>
Deva Kārya.....	<i>The one who does the divine work</i>
Hiranya-garbha.....	<i>The primordial cosmic egg</i>
Aruna	<i>The dawn personified as the sun's charioteer</i>
Savitā	<i>The one who sustains life</i>
Āditya.....	<i>The son of Aditi (mother of all the Devas)</i>
Bhāskara	<i>The one who radiates light</i>
Arka	<i>The warming rays of the sun's golden light</i>

Sākshāt Shri Ādi Shakti Mātājī
 Shri Nirmalā Devyai namo namah



The names of Shri Surya are used on 14 January (15 January in a leap year) to perform Makar Sankranti puja. This festival celebrates the return of the sun to the northern hemisphere after the cold of winter and symbolises the light and warmth of God's love.

By worshipping the Surya principle, we can restore balance to an over-active right side.

Alternatively, the names can awaken the power of the right side in a lethargic person (Surya namaskar); and by reciting the names while watching the sunrise, they can also help clear the back Agnya.

*See p.230-1 for the bija mantras
of the back Agnya.*





Cooling mantras for liver and right Swādhishthāna

Himālaya	<i>You are...The Himalayas (The icy regions)</i>
Chandramā	<i>The moon</i>
Kailāsa swāminī.....	<i>The goddess of Mount Kailash</i>
Nirmala chitta.....	<i>Pure attention</i>
Chitta-nirodha	<i>The one who controls our attention</i>
Chitt'eshwarī	<i>The goddess of the attention</i>
Chit-shakti	<i>The power of the attention</i>
Hazrat-Ali Fatima Bi	<i>Shri Hazrat-Ali and Shri Fatima</i>
*Sarva tāpa hārinī	<i>The one who removes all heat</i>
Sanjivani swāminī.....	<i>The restorative power of the sanjivani herb that brought Shri Lakshmana back to life</i>



Affirmation for right Swadhishthana

Shri Mataji, I do nothing. Verily You are the doer
and You are the enjoyer.





Treatments for an over-active right side

The earth, water and air elements are used for cooling the heat and over-activity of the liver and right Swadhishtana.

- 1 Meditating with the left hand towards the sky, the right hand towards Shri Mataji.
- 2 Putting ice on the liver & right Swadhishtana, and if necessary on ego/right Agnya (even Sahasrara).
- 3 Liver diet to cool down a hot liver.
- 4 Cool water footsoak (with salt).
- 5 Bathing in cool water or the ocean.
- 6 Sitting meditating on the Mother Earth.
- 7 Putting attention more on nature (to help cool down our thinking and planning).
- 8 Drinking vibrated sugar-water or kokum juice.
- 9 Body massage with either ghee, olive or almond oil.
- 10 Shri Hanumana chalisa, Shri Rama kavach, Shri Maruti stotra, names of Shri Hanumana, Shri Kartikeya, Shri Rama and Shri Surya.
- 11 Performing puja with love and devotion (bhakti).
- 12 Surrender to God.





Miscellaneous



Jai Shrī Nirmala Virāt'anganā
Victory to the universal form of Shri Mataji Nirmala Devi!





Negativity destroying mantras

- *Shatru–mardinī..... *You are... The one who destroys all enemies*
Ambikā Devī..... *The Mother Goddess*
- *Madhu–sūdanā..... *The killer of Madhu (as the shakti of Shri Vishnu)*
- *Tārak’āsura saonhantrī..... *The destroyer of the demon Taraka (as the shakti of Shri Kartikeya)*
- *Nishumbha–Shumba–
–saonhantrī..... *The destroyer of Shumbha and Nishumbha*
Durgā Mātā Jagadambā..... *The mother of the universe, the terrible destroyer of the asuras with all the weapons of the gods*
- Rakshākārī..... *The saviour from rakshasas (name of Shri Lalita Devi)*
- Rākshasa–ghnī..... *The slayer of rakshasas (name of Shri Lalita Devi)*
- Chāmundā..... *The one who defeated Chanda and Munda (in the ‘Devi-Mahatmyam’)*
- *Madhu Kaitabha–hantrī..... *The destroyer of the demons Madhu and Kaitabha (enemies of Shri Vishnu)*
- *Narak’āntakā..... *The destroyer of the demon Narakasura (as the shakti of Shri Krishna)*
- Shiva–Shakti putra–
–Kārtikeya..... *The combined destroying power of Shri Shiva, Shakti and Shri Kartikeya (God the Father, Mother and Son)*
- Kārtikeya..... *The destroyer of all negative forces within and without, negative thinking, negative attitudes and all negative tendencies and habits*
- *Sarv’āsura mārdinī..... *The destroyer of all demons*
- *Sarva bādhā vināshinī..... *The destroyer of all negativity*
- *Sarva asatya guru mārdinī..... *The destroyer of all false gurus*
- *Sarva bhaya hārinī–
–rudra–rūpā..... *The terrifying destroyer of all types of fear*





Everyday mantras

Ganesha	<i>To remove all obstacles</i>
Nirvichāra.....	<i>To establish thoughtlessness</i>
Nirvikalpa samādhi.....	<i>To establish doubtless awareness</i>
Tāraka sanjīvanī-	
-Hanumāna.....	<i>For overall protection</i>
Annapūrnā	<i>For vibrating food</i>
Jala devatā.....	<i>For vibrating drink</i>
Samudra devatā	<i>For vibrating footsoak water (ocean)</i>
Ādi Bhūmi devī	<i>Before shoe-beating (Mother Earth)</i>
Agni devatā	<i>For lighting a Havan</i>
Yoga-nidrā	<i>For a blissful sleep</i>
Shākambhari devī.....	<i>To protect plants, crops and garden (goddess of agriculture & horticulture)</i>
Supathā	<i>For protection during a journey</i>
Kshemakarī	<i>To protect our way</i>





Bījā (seed) mantras and Bījākshara (seed-petal) mantras

Muladhara	Lam x4	Wam, Sham (hard palate), Sham (soft palate), Sam
Swadhishtana	Wam x6	Bam, Bham, Mam, Yam, Ram, Lam
Nabhi	Ram x10	Dam (hard palate), Dham (hard palate), Nam, Tam, Tham, Dam (dental), Dham (dental), Nam, Pam, Fam
Heart	Yam x12	Kam, Kham, Gam, Gham, Gnam, Cham, Chham, Jam, Zham, Nyam, Tam, Tham
Vishuddhi	Ham x16	Am, Ām, Im, Īm, Um, Ūm, Ṛum, Ṛūm, Ḷum, Ḷūm, Aim, Āim, Aom, Oum, Am, Aha*
Agnya	Aum x2	Ham, Ksham
Sahasrara	Aum	Aum

*The sixteen bijakshara mantras of the vishuddhi chakra correspond to the sixteen vowels of Sanskrit.





Mantra Phrases

Muladhara	Aum Gaṁ Ganapataye namah	
Swadhishtana	(left) Aum Shrī Shuddha Ichha (right) Aum Shrī Himālaya	
Nabhi	Aum shānti' shānti' shāntihi	
Heart	(left) Aum namah Shivāya (centre) Jaya Jagadambe Mā (right) Aum Shrī Rāma	x12 x12 x12
Vishuddhi	(left) Aum Shrī Vishnumāyā (whole) Allah hu Akbar (right) Aum Shrī Vithala	x16 x16 x16
Agnya	Aum Ham Ksham The Lord's Prayer (<i>see p.184</i>)	
Sahasrara	Nirmalam	





The six enemies of the soul

According to Shri Mataji and the ancient texts, principally there are six enemies of the soul. These enemies act through our ego and superego and particularly affect the Void, blocking our ascent. To defeat them we have to achieve self-mastery, develop our guru principle and through regular meditation establish ourselves in the Spirit.

- 1 Aum twameva sākshāt Shri Nishkāmā sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah

Shri Mataji, by Your grace, please make us desireless.
Please establish within us the pure desire of God Almighty
(Shri Shuddha Ichha/Shri Mahakali).

Kama (desire/lust)

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

Remedy: to channel sexuality to spouse and increase chastity among all relations.

- 2 Aum twameva sākshāt Shri Nishkrodhā sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah

Shri Mataji, by Your grace please dissolve all our anger.
Please make us compassionate and loving.

Krodha (anger/temper – considered the worst of enemies by Shri Krishna)

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

*Remedy: to be angry with yourself only (but not guilty)
and to be compassionate towards others.*

- 3 Aum twameva sākshāt Shri Nirlobhā sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah

Shri Mataji, by Your grace please take us beyond matter
and materialism. Please make us balanced, peaceful and satisfied,
and let us see the beauty of the Spirit in everything.

Lobha (greed/covetousness/materialism)

Affecting: Nabhi/void, Vishuddhi.

*Remedy: to replace interest in money with appreciation
of whatever is handmade and the beauty of nature.*





- 4 Aum twameva sākshāt Shri Nirmohā sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah

Shri Mataji, by Your grace please make us free from all attachments.
Please establish the Spirit within us.

Moha (attachment/illusion)

Affecting: Heart, Sahasrara.

Remedy: always put global needs before any personal need.

Use 'we' instead of 'I' when talking.

- 5 Aum twameva sākshāt Shri Nirmātsarā sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah

Shri Mataji, by Your grace please remove all our
jealousies and competitiveness. Please make us a part
and parcel of the whole.

Matsara (envy/jealousy)

Affecting: Vishuddhi, Nabhi.

Remedy: who can share the most? Who can be the most kind?

Who can talk the most sweetly?

- 6 Aum twameva sākshāt Shri Nirmadā sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah

Shri Mataji, by Your grace please dissolve all our petty pride.
Please let us be surrendered and ego-less.

Mada (false pride/vanity)

Affecting: Agnya/ego.

Remedy: the pride of being a Sahaja yogi, self-esteem.



*(see: 60th Birthday puja, Sydney, Australia,
21 March 1983; 'Address by Shri Mataji to
IAS Officers', Mumbai, India, 11 March 2000)*





The three Granthis (knots of Illusion)

Aum twameva sākshāt Shrī Brahma–granthi vibhedinī sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah

Brahma–granthi, the first knot is created by our attention becoming entangled with matter and materialism. It starts from Muladhara, moves up the left channel and creates superego. By its action we lose sight of the Spirit. To overcome it we should put our attention on the Spirit and not on worldly matters.

Aum twameva sākshāt Shrī Vishnu–granthi vibhedinī sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah

Vishnu–granthi, the second knot is the one by which we think that we can 'do' something and achieve something in this world. The more we think and strive and live with our ambitions, the more its action moves up the right side and creates ego. Human beings cannot break the second knot, only God can do it. So here we must respect ourselves and surrender ourselves to God.

Aum twameva sākshāt Shrī Rudra–granthi vibhedinī sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah

Rudra–granthi, the third and last knot occurs on the central channel due to artificiality in seeking. We have to be truthful and honest in our seeking, absolutely on the truth. We are seeking the Spirit, to become one with the Spirit and all our attention should go on the Spirit and should not be frittered away on nonsensical things.



*'Sahaja yogis should not aspire for the worldly success and worldly things
but for auspicious things, so that they get the blessings of God.'*

*'If you respect yourself, expression of yourself must be respected.
Tell your body to behave itself. Tell your mind to behave itself,
and tell your emotions to behave itself.'*

**Shri Mataji Nirmala Devi, 'Knots on the three channels',
public programme, Caxton Hall, London, UK, 2 Oct 1978**





Prayers

Prayer to the Almighty

You must pray to God and ask what you want.
Ask for 'complete satisfaction in my heart, joy in my heart,
bliss in my heart; so that the whole world becomes blissful'.

'Give me love, love, that I could love the whole world and that the whole
world becomes one in love'.

'Give salvation to the entire humanity, which is suffering'.

'Take me to Your feet'.

'Cleanse me with Thy love'.

Now see if there's God or not. You can feel it. Within yourself He hears
you. He is the glory of all the glory. He loves you, He protects you, He
guides you. He has created you to be really His love. But accept it.

Any time any thought is coming to you – pray; and you will be moving
in the way of that ocean which is unconscious mind, which starts with
thoughtless awareness.

If you cannot become thoughtless, you pray to Him:

'Forgive me for what I've done, and forgive those
who have done harm to me'.

Shri Mataji Nirmala Devi, Mumbai, India, 9 Feb 1975





Prayer to the Mother

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.

Shri Mataji Nirmala Devi
Chelsham Road, London, UK, 5 Oct 1984



Morning prayer

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





Prayer for the Heart

How deep is God's love for us!
He has given us the realisation.
He is the ocean of mercy.
Ignoring all our mistakes,
He is working hard day and night for our welfare,
And instead of praying for His forgiveness
of our mistakes, we are making complaints
against Him,
And are blaming Him.
My life is Yours, my heart is Yours,
all this is Yours!



Prayer for the Āgñyā

How fortunate we are to have been realised!
We are Sahaja yogis, God had chosen us.
How can we work if we remain weak?
Adi Shakti has given us the power
To redeem the whole mankind.
We can do it and we will do it.





Guide to perfection

Life is a challenge, meet it.
Life is a gift, accept it.
Life is an adventure, dare it.
Life is a sorrow, overcome it.
Life is a tragedy, face it.
Life is a duty, perform it.
Life is a game, play it.
Life is a mystery, unfold it.
Life is a song, sing it.
Life is an opportunity, take it.
Life is a journey, complete it.
Life is a promise, fulfil it.
Life is love, discover it.
Life is beauty, praise it.
Life is truth, realise it.
Life is a struggle, fight it.
Life is a puzzle, solve it.
Life is a goal, achieve it.

From the Bhagavad Gita, ch.18





Poems by Shri Mataji

Like a dust particle

I want to be smaller,
Like a dust particle
Which moves with the wind.
It goes everywhere.
Can go
Sit on the head of a king,
Or can go
And fall at the feet of someone.
And it can go
And sit everywhere.
But I want to be a particle of dust
That is fragrant,
That is nourishing,
That is enlightening.

*Shri Mataji Nirmala Devi
aged seven*





To My flower children

You are angry with life
Like small children
Whose Mother is lost in darkness
You sulk expressing despair
At the fruitless end of your journey
You wear ugliness to discover beauty
You name everything false in the name of truth
You drain out emotions to fill the cup of love
My sweet children, my darling
How can you get peace by waging war
With yourself, with your being, with joy itself?
Enough are your efforts of renunciation
The artificial mask of consolation
Now rest in the petals of the lotus flower
In the lap of your gracious Mother
I will adorn your life with beautiful blossoms
And fill your moments with joyful fragrance
I will anoint your head with divine love
For I cannot bear your torture anymore.
Let me engulf you in the ocean of joy
So you lose your being in the greater one
Who is smiling in your calyx of Self
Secretly hidden to tease you all the while
Be aware and you will find Him
Vibrating your every fibre with blissful joy
Covering the whole universe with light.

(to the seekers of the USA on Her first trip there in 1972)





I see a mountain

I see a mountain from my window
Standing like an ancient sage
Desireless, full of love.
So many trees and so many flowers
They plunder the mountain all the time.
Its attention is not disturbed
And when the rain pours like
Many pitchers of clouds bursting
And it fills the mountain with greenery,
The storm may come soaring,
Filling the lake with compassion
And the rivers flow running down
Towards the calling sea.
The sun will create clouds and
Wind carries on its feathery wings
The rain on to the mountain.
This is the eternal play
The mountain sees
Without desires.





Quotations from Shri Mataji Nirmala Devi

'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.'
(Cowley Manor, London, UK, 31 July 1982)

Praise the Lord, because God is fond of praise.
If you praise the Lord, then He gives you everything.
It's true. You cannot get to Mother unless and until you have really
bhakti from your heart. But if you have bhakti, then you can get to
Mother. It is written: Bhakti gamya (realised by devotion).'
(Guru puja, Cabella, Italy, 19 Aug 1992)

'Mantras are to give strength to your deities. Of course, deities are
very powerful, but strength, meaning the vehicle which is carrying the
deity, becomes stronger.'
(Talk in Vienna, Austria, 2 May 1985)

'Although Brahma-tattwa (divine element) is like sun, its rays reflect on
unreal (water) and that disturbs your attention. It will not be disturbed
when your chitta becomes Brahma (sun) itself. This illusion will go by
meditation in the company of the ever-loving Bhagawati.'
(extract from a letter in Marathi, 1980)

'Recognition is the only worship in Sahaja Yoga.'
(Brighton lectures)





'Don't react, just see! Where is my attention?
Have I become the Spirit? I am a Sahaja yogi!'

'The Sahaja yogis are the epitome of the creative powers, they are the epitome of God's desire, that's what He desired, that's why He created this cosmos, this universe and this Earth. So now His desire is fulfilled when He sees seeds being reflected through the Sahaja yogis. But there are still a few things we have to clear out within ourselves.'

'So one criterion will be that whatever we wear or do:
Will Mother like it? Will She like it? We have to please Her!'
(Shri Devi puja, Dourdan, France, 18 May 1986)

'Whatever you do, it should be done with the faith that you have in worshipping, zeal of a warrior and sensitivity of an artist.'

'Those who love others are those who really love Me.'
(London, 25 May 1981)

'Meditation is the state to be always in the company of the ever loving Bhagavati.'
(extract from a letter in Marathi)

'If your aim is to give realisation, you will not encounter any problem whatsoever.'
(Shri Buddha puja, San Diego, USA, 23 July 1988)

'How many of you are religiously working it out, morning, evening, and every moment of life? How many of you are thinking that you are on the path of becoming full fledged gurus of Sahaja Yoga and nothing else? You will have to do it! You are in it now, you'd better do it. You have to do it fast, for heaven's sake! Better do it fast.'
(Guru Purnima, Chelsham Road, London, UK, 19 July 1981)





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.

Aum twameva sākshāt Shrī Nirvichāra
sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah

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:

Aum twameva sākshāt Shrī
Mahat'ahānkāra sākshāt Shrī Ādi Shakti
Mātājī Shrī Nirmalā Devyai namo namah

Mahat means 'the great', ahankara 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 takes place between your prana 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.

Aum twameva sākshāt
Shrī Kalki sākshāt
Shrī Sahasrāra–swāminī
Moksha–pradāyinī Mātājī
Shrī Nirmalā Devyai namo namah

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.'

**Shri Mataji Nirmala Devi,
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 Nirmala 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 Nirmala 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.'

***Shri Mataji Nirmala Devi,
Shudy Camps, UK, 18 June 1988***





Effortlessness: how to meditate

'In the same way the vibrations, vibrations are coming, they are radiated. What you have to do is to expose yourself to it, the best is not to put in any effort, don't worry at what point you have a problem. Say many people during meditation I have seen, if they catch somewhere they go on looking after it, you just don't have to worry, you just let it go and it will work by itself.

So you don't have to put in any effort, this is what meditation is. Meditation means exposing yourself to God's grace. Now the grace itself knows how to cure you. It knows how to mend you, how to settle down itself into your own being, keep your Spirit kindled, it knows everything. So you don't have to worry as to what you have to do, or what name you have to take, what mantras you have to do. In meditation you have to be absolutely effortless. Expose yourself fully, and you have to be absolutely thoughtless at that time.

Supposing, possibility, you may not be thoughtless. At that time you have to just watch your thoughts, but don't get involved into them. You will find gradually as the sun rises the darkness goes away, and the sun's rays go into every crevice and every part and makes the whole place lighted. In the same way your being will be completely lighted but if you put in an effort at that time, or try to stop something within you, or try to give it a bandhan, it will not. Effortlessness is the only way to meditation. But you should not be lethargic about it. You should be alert and watch it.

The other side could be people just

doze off. No, you have to be alert. If you doze off nothing will work. That's another side of it, if you are lazy about it nothing will work. You have to be alert and open, absolutely aware, completely effortless, absolutely effortless. If you are absolutely effortless, meditation will work the best. Don't think of your problems at all. Whatever chakras you have, anything, just expose yourself. See when the sun shines all the nature exposes itself to the sun and receives the blessings of the sun effortlessly, it doesn't put in any effort, it just receives itself. When it receives the sun's rays, then the sun's rays start acting, and activating.

In the same way the all-pervading power starts working. You are not to manoeuvre it, you are not to do anything about it. Just be effortless, absolutely effortless. Don't take any names, do not bother if your Agnya is catching, this is catching, that is catching – it is working out! It will go on working as long as it can, and it will do the miracle that it has to do. You don't have to worry about it, it knows its job. But when you put in an effort actually, you create a barrier for it. So no effort is needed, be absolutely effortless and say let it go, let it go, that's all. No mantras to be chanted. In case it's impossible then you can take My name, but there is no need even. When you put your hand towards Me that's the mantra, is sufficient, this gesture itself is the mantra. You see there is no need to say it more, but with the thought in the mind, the emotion should be there. We have now spread our hands to that, and it should work. When this emotion is absolutely complete there is no need





to say any mantra, you go beyond it. So one has to be absolutely effortless, absolutely effortless, that is what it is.

Meditation is for your own ascent, is for your own capital gains, that you have to have. But once you get into it, you also achieve your powers. Like, you become a governor, you get the powers of the governor. At this time you don't have to think about anybody else, you are not to put your attention to anybody else, but just receive it, just receive it. Do not think of any other problem, but that you have to be effortless, absolutely effortless. It would work best on the people who are just receiving it.

You have problems, that's why you are here, but you cannot solve them – they are to be solved by divine power. This must be understood fully, that we cannot solve our problems. It is

beyond us, to solve our problems. So, leave it in the hands of the divine power, and expose yourself effortlessly, absolutely effortlessly. Sit in comfort and properly, with both the feet on the ground, with both the hands relaxed like this. Be comfortable, you should not be uncomfortable at all. Be very comfortable, because you have to sit for quite some time. And you try to put your attention to Me, within yourself, if you can, to My Kundalini, if you can. You can come into My Kundalini. This should be done, just like this, the hands should be like this straight.

So 'effortlessness' is the key word, absolutely effortlessly. Whether you are meditating before Me, or before My photograph.'

***Shri Mataji Nirmala Devi,
London, UK, 1980***





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 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. '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.'

***Shri Mataji Nirmala Devi,
London, UK, 26 Oct 1980***





Are you progressing well?

'With a complete surrendered mind you have to go through the pilgrimage, say, of this castle. This is one of the glimpses of the tapas that you have to do, because I am told some of you had to get into little difficulties and you people suffered a little bit on your way, for the pilgrimage. But it is fun to be venturesome and to get into places where the devils dare not go, and if you know how to get fun out of the so-called discomforts, then you should know you are on the right lines, and as you start becoming discreet automatically, you should know you are progressing well.

As you become more peaceful and your temper vanishes in the thin air as soon as you see somebody attacking you, then know that you are progressing well. As soon as you see an ordeal or a calamity falling on the personality and you do not get worried about it, then know that you are progressing. When no amount of artificiality can impress you, then know you are progressing. No amount of material well-being in others makes you unhappy, no more unhappy, then know that you are progressing well. No amount of labour or troubles are sufficient to become a Sahaja yogi. Whatever you may try one cannot become a Sahaja yogi, while you have got it without any effort, so you are something special.

So this, once you understand that you are special, you will become humble about it. Then when it happens to you, that you humble down when you see you have achieved something, that you have some powers, that

you are emitting innocence, that you are discreet and as a result of that you become a more compassionate, humbler personality, a sweeter personality, then you should believe that you are in the heart of your Mother. This is the sign of the new Sahaja yogi now in the new era who has to move with new force. Where you will grow so fast, that without meditation you will be in meditation. Without being in My presence you will be in My presence. Without asking you will be blessed by your Father. This is what you are in for; and again I welcome you to this new era today on this great day of Sahasrara.

May God bless you all!

Shri Mataji Nirmala Devi
Sahasrara Day, Château de Mesnières,
Rouen, France, 5 May 1984





Sanskrit pronunciation guide

Transliterations of Sanskrit are loosely based on English pronunciation. This means that to understand the Sanskrit pronunciation, a fair understanding of English pronunciation is necessary. Even then, one cannot be sure of the exact pronunciation. As in English, some Sanskrit letters, especially vowels, represent a range of sounds, rather than a specific sound. Some vowel sounds have a shorter and longer version; to help identify these, the longer ones are written as follows: ā, ī, ū. Other vowels transform into diphthongs when they lengthen: 'e' becomes the sound 'ei' and 'o' becomes 'ou' (see notes 2 and 3 below).

Again like English, the pronunciation can vary from person to person, and to complicate matters even more, there are a total of forty-eight sounds in Sanskrit; some of them simply do not exist in the English range of sounds. Because of this, the letters given above are only indications of the approximate sound, and some cerebral (retroflex) sounds have not been included. For a deeper appreciation of Sanskrit pronunciation, we recommend listening to recordings.

1. The vowels

Letter (Sanskrit)	also written as	sound (English) example
a ¹ (ʌ)	up, love	Gana
ā (aa)	are, star	ārti
e ²	acre, gate	Eka, Ganesha
i	in	Indra, chit
ī (ee)	see	Shrī
o ³	own	nilo
u	good, rumour	Rudra, Vāyu
ū (oo)	cool	pūja, mūlādhāra
ṛ ⁴ (ri, ru)	r+ṛ (short vowel)	Kṛishna, gṛuha
au	now, south	mauline
ai ⁵	may, wait	saisha, Devyai
āi	l, aisle	Sāi Baba, chāitanya
ya ⁶	yuppie	Ekadantā-ya
ye ⁶	yes	Ganapata-ye





2. The consonants

Letter	sound (English)	example (Sanskrit)
b	back	bandhan
bh	club-house	Bhavāni
ch ⁷	chakra, cello	Chāndi
d	dance	Devī
dh	red-head	dhārma
g	God	Ganapati
gh	log-house	ghosha
h	hat	mahā
j	joy	jai
k	kind, Cabella	Kalki
kh	work-horse	khandana
ksh	Greek ship	kshipra, ksham
l	let, able	līla
m	met, humble	mātā
n	net, enjoy	nīra
ñ ⁸	new, gnostic	(d)ñyāna, agñya
ṅ	song	vāṅg, mein
p	pet	padma
ph ⁹	help-her	phala
r	run	Rudra
s	sit	sarvam
sh ¹⁰	show, wish	Shrī Vishnu
t	tent	tāt
th ¹¹	sit-here	Swādhishthāna
v ¹²	vet	vīna
w ¹²	wet	twam
y	yet	yoga





Notes

1. In Sanskrit, there is no 'a' sound as in 'at' or 'apple'. The letter 'a' represents a sound similar to the 'u' in words like 'up' and 'o' in 'love' in standard British English. Because there is no single letter for this sound, the phonemic symbol 'ʌ' is often used in dictionaries. So 'Ganapati' is pronounced something like 'Gʌ-nʌ-pʌ-ti'. Words ending in 'ah' are also pronounced with 'ʌ' at the end. For example, 'namah' would be 'nʌ-mʌ-hʌ' and 'mātah' would be 'Maa-tʌ-hʌ'.
2. The 'e' sound tends to be longer than in English: the closest sound is the 'é' in 'café', e.g. 'vidmahe'. The sound can even stretch to a double sound (diphthong) 'ei' as in 'eight' or 'gate', when it is the last syllable.
3. The 'o' sound tends to be longer than in English, as in 'or' and can extend to the 'ou' sound in 'own'. For example, 'nilo'.
4. 'r̥' is a vowel in Sanskrit. It is similar to the Scottish 'r' sound, with the tongue rolled back on the roof of the mouth; this is followed by the weak vowel sound (ə). It can be almost any vowel in English. 'ə' is the sound in 'a' or 'the' when it comes before another word beginning with a consonant, e.g. 'a' chakra, 'the' Kundalini, or as in the last sound in 'centre'. So Kṛṣṇa should be pronounced Kṛəṣṇa, not 'Krishna'; and gṛha is not 'griha' or 'gruha', but gṛəha.
5. 'ai' is also like a long 'e', but with a pronounced 'ei' diphthong, as in 'wait' and 'may'. For example: 'saisha' and 'Devyai' in 'Shri Nirmala Devyai namo namah'.
6. 'ya' and 'ye' are often suffixes (coming at the end of the words), such as Ekadantā-ya or Ganapata-ye. They generally indicate the use of dative form (see p.9).
7. The 'ch' sound in 'chakra' can sometimes be written as 'c' (akra as in 'cello'), but not in this edition. There is also a 'chh' sound which gives additional emphasis to the aspirate.
8. 'ñ' can be written 'dñy', 'gñy' or 'jñ'; but the pronunciation is always like 'onion'. In this edition 'dñy' is used, as in 'dñyāna'. The 'd' is nasalised and barely pronounced, sounding more like 'Nyaa-na'.
9. Ideally 'p+h' should be pronounced as separate sounds; e.g. 'phala' is pronounced 'p-hala' not 'fala', although in practice the 'f' sound can sometimes occur as a result of foreign influence.
10. There are two letters for the 'sh' sound in Sanskrit; it can be written as 'ś' and 'ṣ'. There is a subtle difference in pronunciation between the 'ś' in Śiva and the 'ṣ' in Viṣṇu. However, no distinction is made in this book; both are written as 'sh'.





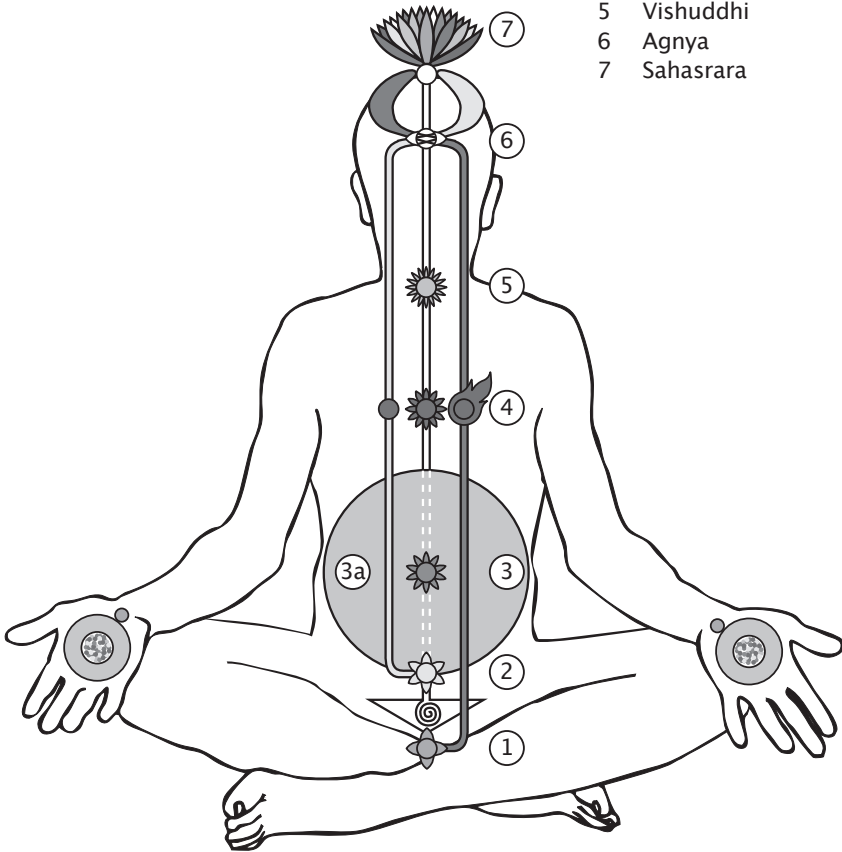
11. In Sanskrit, there is no English 'th' sound as in 'think' or 'those'. It should be read as two separate sounds, as in 'prathisthan' and 'swadhishtana'.
12. 'v' and 'w'. Actually there is only one letter in Sanskrit; the sound ranges between an English 'v' and 'w' depending on the letters around it. As the 'v' and 'w' in 'twameva' are pronounced differently, it is helpful to use the two letters to make the distinction.
13. With the sole exception of the word 'Garī', the nasal sound 'ṁ' has been transliterated as 'oṅ' as in 'song' to give a more accurate guide to pronunciation and to avoid any confusion with normal 'm'. Hence, 'haṁsa' appears as 'haṅsa', 'saṁstithā' as 'saṅstithā'.





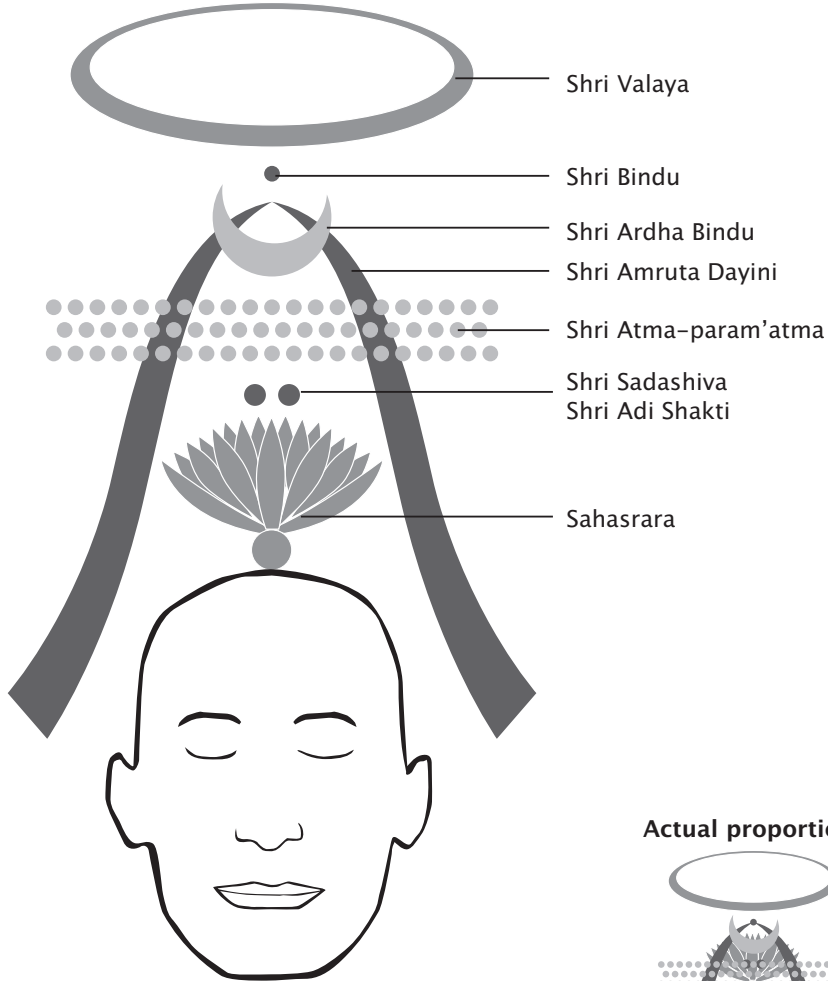
The subtle system

- 1 Muladhara
- 2 Swadhishtana
- 3 Nabhi
- 3a Void
- 4 Heart
- 5 Vishuddhi
- 6 Agnya
- 7 Sahasrara

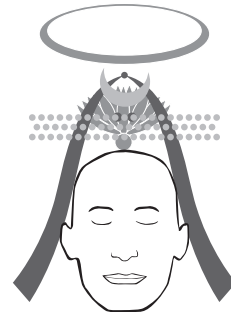




The chakras above Sahasrāra

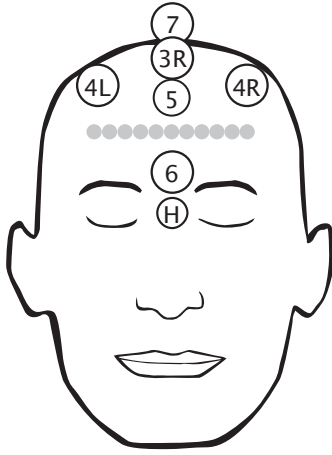


Actual proportions

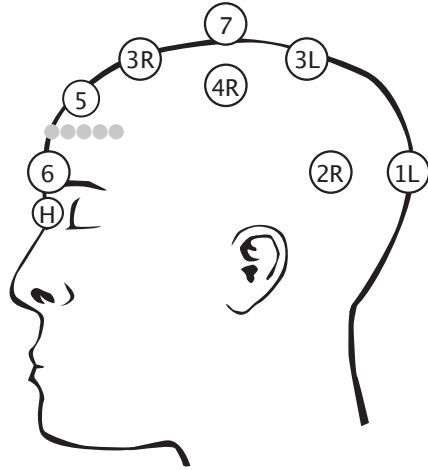




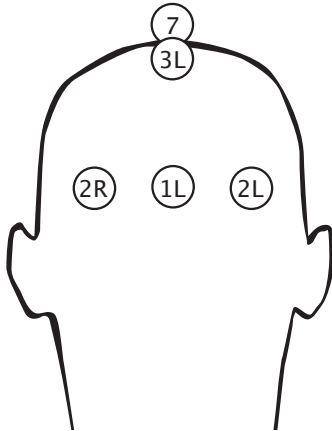
The location of the chakras on the head (pīthās)



Front



Side



Back

- 1 Muladhara
- 2 Swadhishtana
- 3 Nabhi
- 3a Void
- 4 Heart
- 5 Vishuddhi
- 6 Agya
- 7 Sahasrara
- H Hamsa
- Ekadasha Rudra

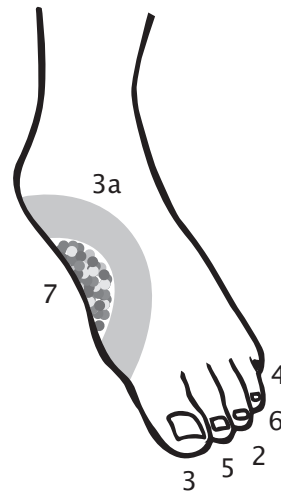
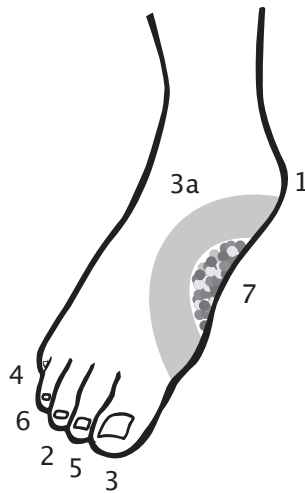
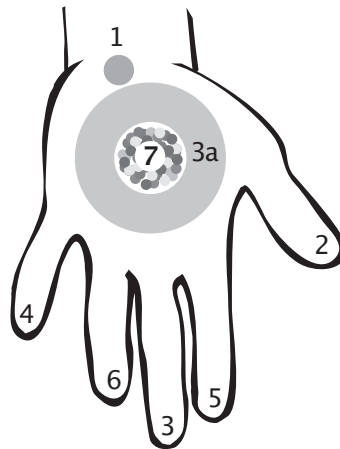
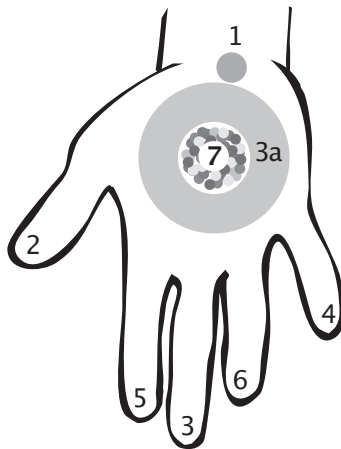




The location of the chakras on the hands and feet

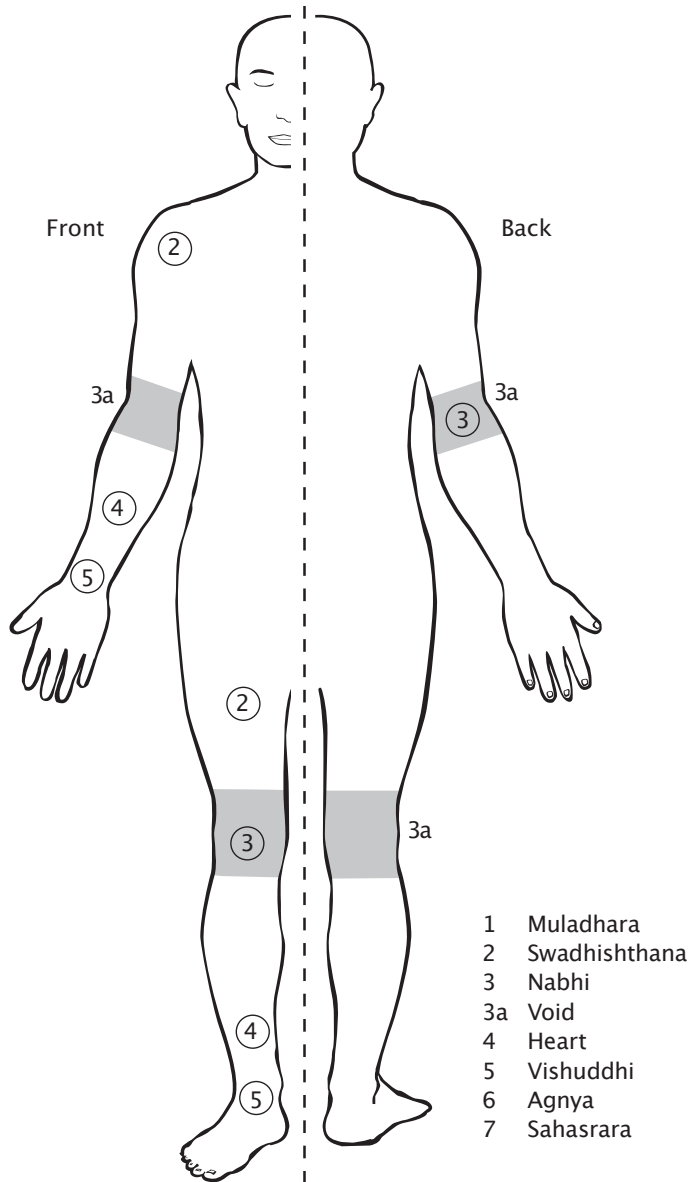
Right

Left





The location of the chakras on the arms and legs





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