

Prana Stories Lalita Sahasranama Course

Nyasam

अस्य श्रीललितासहस्रनामस्तोत्रमाला मन्त्रस्य ।

asya śrīlalitāsahasranāmastotramālā mantrasya .

[This is the Sri Lalitha Sahasranama Manthra to be recited]

वशिन्यादिवाग्देवता ऋषयः ।

vaśinyādivāgdevatā ṛṣayaḥ .

[Rishi : 8 Vaagdevis starting from Vashini]

अनुष्टुप् छन्दः ।

anuṣṭup chandah .

[Chandas or the meter in which it is recited is – Anustup Chandah]

श्रीललितापरमेश्वरी देवता ।

śrīlalitāparameśvarī devatā .

[The Devata we are praying to is Sri Lalitha Parameshwari]

श्रीमद्वाग्भवकूटेति बीजम् ।

śrīmadvāgbhvakūṭeti bījam . [Aim]

[Bheejam - Srimad Vaagbhava Koota Bheejam]

मध्यकूटेति शक्तिः ।

madhyakūṭeti śaktiḥ [Kleem]

[Shakthi – Madhyakoota ithi Shakthi]

शक्तिकूटेति कीलकम् ।

śaktikūṭeti kīlakam .[Souh]

[Keelakam – Shakthi Kootam ithi Keelakam]

मूलप्रकृतिरिति ध्यानम्

Moolaprakruthir ithi dhyanam

[I am praying to the Divine Mother who is the root of all creations]

श्रीललितामहात्रिपुरसुन्दरी-प्रसादसिद्धिद्वारा

śrīlalitāmahātripurasundarī-prasādasiddhidvārā

[I seek the blessings of Sri Lalitha Maha Tripura Sundari]

चिन्तितफलावाप्त्यर्थे जपे विनियोगः ।

cintitaphalāvāptyarthe jape viniyogaḥ .

[So that, all of my desires be fulfilled]

करन्यासः

Karanyasam

ऐम् अङ्गुष्ठाभ्यां नमः,

Aim Ankustabhyam Namaha [Place index finger at the base of the thumb on both hands and roll it upwards while you chant]

क्लीं तर्जनीभ्यां नमः,

Kleem ThargaNeebyam Namaha [Place the thumb at the base of the Index finger on both hands and roll it upwards]

सौः मध्यमाभ्यां नमः,

Souho Madhyamabhyam Namaha [Place the thumb at the base of the middle Finger on both hands and roll it up]

सौः अनामिकाभ्यां नमः,

Souho Anamikahabhyam namaha [Place the thumb at the base of the ring finger on both hands and roll it up]

कलीं कनिष्ठिकाभ्यां नमः,

Kleem kanistikabhyam namaha [Place the thumb at the base of the little finger on both hands and roll it up]

ऐं करतल करपृष्ठाभ्यां नमः

Aim Kara Thala Kara Prustakabhyam namaha [Place all the fingers on each of the forehands with movement]

We need to touch the fingers, or the organs mentioned in the brackets while doing Karanaysam or Anganyasam respectively.

अङ्गन्यासः

Anga Nyasam

ऐं हृदयाय नमः,

Aim Hrudhayaya Namaha (touching the chest)

कलीं शिरसे स्वाहा,

Kleem Shirase Svaha (touching the head)

सौः शिखायै वषट्,

Souho Shikayai Voushat (touching the pony tail or shika or hair)

सौः कवचाय हुं

Souho Kavachaya Hum (touching the shoulders)

कलीं नेत्रत्रयाय वौषट्,

Kleem Nethrathrayaya Voushat (touching the 2 eyes & also in between the eye brews)

ऐं अस्त्रायफट्,

Aim Asthraya Padu(making a small clapping noise near the head)

भूर्भुवस्सुवरोमिति दिग्बन्धः

Bhur Bhava Suvaha Idhi Digh Bandaha

PANCHA UPACHAARA PUJA OR THE PANCHOPACHARA POOJA LAM ITHYAADHI PANCHA POOJA

“LAM – Pruthvi tathvathmikaayai Sri Lalitha Devyai Gandham Parikalpayaami”

[offer sandal paste to the Devi idol, photo or Sri Yanthram]

**PARIKALPAYAMI MEANS IN OUR IMAGINATION – WE ARE OFFERING
Gandham in the size of the entire Earth**

THATHVAATHMANE also we can say

“HAM – Akaasha tathvathmikaayai Sri Lalitha Devyai Pushpam Parikalpayaami”

[offer flower or flower garland to Devi idol, photo or Sri Yanthram]

Imagining that there is shower of flowers from the entire sky

“YAM – Vaayu tathvathmikaayai Sri Lalitha Devyai Dhoopam Parikalpayaami”

[offer dhoop / agarbathi to Devi idol, photo or Sri Yanthram]

**Imagining that the Vayu Bhagavan Himself is coming there with the
various pleasant fragrances and engulfing the surrounding.**

“RAM – Vanhi tathvathmikaayai Sri Lalitha Devyai Deepam Parikalpayaami”

[offer Dheepam to Devi idol, photo or Sri Yanthram]

**Imagine that the radiance of the lamp you are offering brings out the
radiance of the Lord of Agni [Fire] Himself.**

“VAM – Amrutha tathvathmikaayai Sri Lalitha Devyai Amritha Neivedhyam Parikalpayaami”

[offer neivedhyam – either plantains or dry fruits or any cooked food to Devi idol, photo or Sri Yanthram]

We all know that for immortality the best of the things is ambrosia or Nectar. Imagine that we are offering the Divine Nectar itself.

“SAM – Sarva tathvathmikaayai Sri Lalitha Devyai SarvOpacharaam Parikalpayaami”

[Depending on what you want to offer to the Goddess out of love, you can like: Offer vasthram [clothing / blouse piece]; Offer bangles [loose / tied as a garland]; Offer ornaments; If it's an idol – [dress Her up like a bride; Show a mirror for Her to see the offerings made]

MUDRAS for Panchopachara

Karanyasam we finish at the little finger

Now for Panchopachara we start from the little finger

LAM – Prithvitathvathmane Gandham parikalpayaami [Place thumb at the base of little finger and roll upwards]

HAM – Aakasha tathvathmane pushpam parikalpayaami [place index finger at the base of thumb and roll upwards]

YAM – Vayu tathvathmane dhoopam parikalpayaami [place thumb finger at the base of the index finger and roll upwards]

RAM – Agni tathvathmane dheepam parikalpayami [place thumb finger at the base of the middle finger and roll upwards]

**VAM – Amrutha thathvathmane Amrutha neivedhyam parikalpayami
[place thumb finger at the base of the ring finger and roll upwards]**

**HAM – Sarva thathvathmane sarvOpachaaraan parikalpayami [Anjali
mudra all the fingers together in Namaskaram position]**

Dhyanam

Shloka - 1

सिन्दूरारुण विग्रहां त्रिनयनां माणिक्यमौलि स्फुरत्

sindūrāruṇa vighrahāṃ trinayanāṃ māṇikyamauli sphurat

Let us meditate on the Divine Mother, whose body has the red hue of vermilion, who has three eyes, who wears a beautiful crown studded with rubies,

तारा नायक शेखरां स्मितमुखी मापीन वक्षोरुहाम् ।

tārā nāyaka śekharāṃ smitamukhī māpīna vakṣoruhām .

Who is adorned with the crescent Moon, whose face sports a beautiful smile who is the ocean of compassion, who has full and heavy bosoms,

पाणिभ्यामलिपूर्ण रत्न चषकं रक्तोत्पलं बिभ्रती

pāṇibhyāmalipūrṇa ratna caṣakaṃ raktotpalaṃ bibhratī

Who in Her hands, holds a jewel-studded golden vessel filled with nectar, and a red lotus flower.

सौम्यां रत्न घटस्थ रक्तचरणां ध्यायेत् परामम्बिकाम् ॥

saumyāṃ ratna ghaṭastha raktacaraṇāṃ dhyāyet parāmambikāṃ ..

She is so beautiful with this pot of rubies and is placing Her red feet on the pot. Let's meditate on this Supreme form of Hers.

Shloka- 2

अरुणां करुणा तरङ्गिताक्षीं

aruṇāṃ karuṇā taraṅgitākṣīṃ

I meditate on the great Empress who complexion is so red, with eyes full of compassion.

धृत पाशाङ्कुश पुष्प बाणचापाम् ।

dhṛta pāsāṅkuśa puṣpa bāṇacāpām .

She holds the noose, the goad, the bow and the arrow of flowers in Her hands.

अणिमादिभि रावृतां मयूखै-रहमित्येव विभावये भवानीम् ॥

aṇimādibhi rāvṛtāṃ mayūkhai- rahamityeva vibhāvaye bhavānīm ..

She is surrounded on all sides by powers such as aNimA, etc and She is the Self [atman] within me.

Shloka – 3

ध्यायेत् पद्मासनस्थां विकसितवदनां पद्मपत्रायताक्षीं

dhyāyet padmāsanasthāṃ vikasitavadanāṃ padmapatrāyatākṣīṃ

The Divine Goddess is to be meditated upon as seated on the lotus with eyes like that of the lotus petals.

हेमाभां पीतवस्त्रां करकलितलसद्धेमपद्मां वराङ्गीम् ।

hemābhāṃ pītavastrāṃ karakalitalasaddhemapadmāṃ varāṅgīm .

She is golden hued, and has lotus flowers in Her hand.

सर्वालङ्कार युक्तां सतत मभयदां भक्तनम्रां भवानीं

sarvālaṅkāra yuktāṃ satata mabhayadāṃ bhaktanamrāṃ bhavānīm

She is bedecked with precious ornaments and dispels all the fears of the devotees. She bows down close to Her devotees, to hear what they have to say or ask and grace them.

श्रीविद्यां शान्त मूर्तिं सकल सुरनुतां सर्व सम्पत्प्रदात्रीम् ॥

śrīvidyāṃ śānta mūrtiṃ sakala suranutāṃ sarva sampatpradātrīm .

She is the embodiment of peace, knowledge (vidyA), is praised by gods and grants every kind of wealth Her devotee wishes for.

Shloka – 4

सकुङ्कुम विलेपनामलिकचुम्बि कस्तूरिकां

sakuṅkuma vilepanāmalikacumbi kastūrikāṃ

She is anointed with kumkum and vermilion, which gives a pleasant fragrance, towards which bees are attracted.

समन्द हसितेक्षणां सशर चाप पाशाङ्कुशाम् ।

samanda hasitekṣaṇām saśara cāpa pāsāṅkuśām .

She looks at Her devotees with a benignant smile. She holds in Her hands bow and arrow.

अशेषजन मोहिनीं अरुण माल्य भूषाम्बरां

aśeṣajana mohinīm aruṇa mālya bhūṣāambarām

She attracts everybody, She adorns the most precious and unique ornaments

जपाकुसुम भासुरां जपविधौ स्मरे दम्बिकाम् ॥

japākusuma bhāsurām japavidhau smare dambikām ..

I meditate on the Mother, who has the complexion like that of a hibiscus flower.