

Dedicated to  
Her Holiness  
Shri Mataji Nirmala Devi  
Our Beloved  
Divine Mother



The source of all knowledge  
and all prayer

*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 Seminar,  
Cheltenham, England,  
31 July 1982

# Nirmala Vidyā

## SAHAJA YOGA MANTRA BOOK

In praise of Her Holiness Shri Mataji Nirmala Devi



### **Eighth Edition (2020)**

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Sahaja yogis dedicate this work to Her Holiness Shri Mataji Nirmala Devi Shrivastava, the founder and teacher of Sahaja Yoga: 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, through en masse Self-realisation. This feat is unprecedented in the history of spirituality.

The Sahaja Yoga Mantra Book was presented to Shri Mataji and blessed and approved by Her before the international sangha during the occasion of Guru Puja in Cabella on 20 July 2008. In addition, the texts in this book have been spiritually validated by being used in ceremonies with Shri Mataji and accepted by Her.

On behalf of the Nirmal Intellectual Property Corporation (NIPC)  
and the Publication Committee of the Shri Mataji Nirmala Devi Foundation.



#### **A note on the 8th edition**

With the focus here specifically on mantras, all the advice and poems of Shri Mataji, the prayers and other miscellanea have been transferred to the Book of Worship. There has also been a return to the forms and translations that were regularly read out, commented on or even given by Shri Mataji Herself during pujas and havans, and therefore recognised and blessed by Her. Further, we honour Her desire not to use 'Shri' before names mentioning specific demons or rakshasas (indicated with asterisks before the name), and we have removed the asterisks where this did not strictly apply.

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# Mantras in Sahaja Yoga

In Sanskrit, the root *man* means to meditate, *tra* means ‘instrument of’. Mantras are sacred sounds that have an effect on our subtle system. We use them to invoke the deities, the aspects of the Divine that reside on our chakras. However, 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.

*‘A mantra is nothing but a thought which is vibrated. Any thought that is vibrated is a mantra’*

Shri Mataji Nirmala Devi, Vienna, 4 Sept 1983

*‘Mantras are to be such that they should not be mechanical, just saying something mechanically. You should say it from your heart. Again, if you do not say mantras through your heart, the mantra is not siddha. Means you may go on saying one hundred times, it will have no effect. Siddha mantra is that, that you say, that it has an effect, it works. If it does not work, then your mantra has no meaning’*

Shri Mataji Nirmala Devi, Diwali Puja, London, 6 Nov 1983

*‘Now, the name of your Mother is very powerful. You know that is the most powerful name than all 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 name.’*

Shri Mataji Nirmala Devi, Cowley Manor Seminar, England, 31 July 1982

## 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

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

Shri Mataji Nirmala Devi, Pune, India, 17 Oct 1988

(see p.234 for the bijakshara mantras, also: ‘The Powers of Kundalini’, Chelsham Road, London, UK, 17 May 1981; Formal talk, Hampstead, London, UK, 14 Oct 1978).

This edition uses a simple Sanskrit transliteration employing a Romanised text with selected accents to help pronunciation. The main accents used are: ā, ū, ī, ṛ, ñ, ṇ, ṁ. 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 use of the nominative form of Sanskrit**

In this book all the names of the deities have been given with nominative case endings, which is generally how we are used to seeing them. This is appropriate for a mantra starting: Aum twameva sākshāt.

See p.242-3 for a full Sanskrit pronunciation guide.

### **When not to use ‘Shri’**

An asterisk (\*) indicates when not to use ‘Shri’ before a name. These names all relate to specific rakshasas or demons, according to Shri Mataji’s advice to the UK collective in 1981 (while compiling the 108 names of Lord Jesus Christ) and on occasions thereafter.

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 Ganesha  
You 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. It is the primordial reverberation that emanates at the beginning of creation and, as it contains the seeds of the three great powers (A, Mahakali; U, Mahasaraswati; M, Mahalakshmi), it gives rise to the whole universe.

<b>Divine Energy</b>	<b>Channel</b>	<b>Nervous system</b>	<b>Aspect</b>	<b>Quality</b>
A Mahākālī	Idā	Left sympathetic	Tamo guna	Desire, existence
U Mahāsaraswatī	Piṅgalā	Right sympathetic	Rajo guna	Action, thought, creation
M Mahālakshmī	Sushumnā	Parasympathetic	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 we develop the respective qualities in our 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 (in Sanskrit):

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.234 for the bija mantras of the chakras*), which 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.246 for a diagram of the subtle system*), and within the brain or Sahasrara, where they have their seats or pīthas (*see p.247 for a diagram of the location of the pithas*). When the Kundalini enters the chakras, they move from a dormant to an activated state, thereby realising the greatest 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 in place of 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!*

## Mantra table for the chakras

### Mūlādhāra Chakra

---

Left & Centre

**Shrī Ganesha**  
*Innocence, wisdom*

Sacrum Bone

**Shrī Gaurī-Kundalinī Mātā**  
*Seat of Kundalini, the energy  
of the Holy Spirit within us,  
purity and chastity*

Right

**Shrī Kārttikeya**  
**Shrī Rākshasa-hantrī**  
*Destruction of negativity,  
valour, dynamism*

### Swādhishthāna Chakra

---

Left

**Shrī Nirmala Vidyā**  
*Pure knowledge*

Centre & Right

**Shrī Brahmadeva-  
-Saraswatī\***  
*Creativity, aesthetics  
and action*

Right

**Shrī Hazrat-Āli Fāṭima\***  
*Balance, sustenance  
(Āli relates to right  
Swādhishthāna, Fāṭima to  
left Nābhi)*

**Shrī Shuddha Icchā**

*Pure desire*

### Nābhi Chakra

---

Left

**Shrī Gṛuha Lakshmī**  
*Auspiciousness and  
sustenance of the  
family and household*

Centre

**Shrī Lakshmī-Vishnu**  
*Dharma (righteousness),  
sustenance and evolution*

Right

**Shrī Rāja Lakshmī**  
**Shrī Shesha**  
**Shrī Nirmala Chitta**  
*Energy of the liver,  
Blessings in terms of  
worldly powers and  
prosperity*

### Void (Bhava-sāgara)

---

**Shrī Ādi Guru Dattātreyā**

*Guru principle, principle of mastery and knowledge*

### Heart (Anāhata) Chakra

---

Left

**Shrī Shiva-Pārvatī**  
*Seat of the Atma (Spirit),  
hence, existence, love  
and joy. Relationship to  
the mother*

Centre

**Shrī Durgā Mātā-  
-Jagadambā**  
*Sense of security and  
complete motherly protection*

Right

**Shrī Sītā-Rāma**  
*Responsible and righteous  
behaviour. Relationship to  
the father and to authority*

**Shrī Ātmā-param'ātmā**

*Union with the supreme Spirit*

## Lalitā Chakra

---

### Shrī Lalitā chakra swāminī

*Expresses the power of protection  
of the Adi Shakti (Holy Spirit)*

## Shrī-Chakra

---

### Shrī Shrī-chakra swāminī

*Expresses the willpower  
of the Adi Shakti (Holy Spirit)*

## Vishuddhi Chakra

---

*Left*

### Shrī Vishnumāyā

*Self-esteem. Brother  
-sister relationship*

*Centre*

### Shrī Rādhā-Kṛishna

*Communication and  
collectivity. Detached  
witness state. Diplomacy*

*Right*

### Shrī Yashodā

### Shrī Vitthala-Rukminī

*Diplomacy, respect for  
others. Sense of solidarity*

### Shrī Sarva mantra siddhi

*Power of all mantras*

### Allāh hu Akbar

*God is great*

## Hamsā Chakra

---

### Shrī Hamsā-chakra swāminī

*Discrimination and common sense*

## Āgñyā Chakra

---

*Left (superego)*

### Shrī Mahāvīra

### Shrī Mukti dāyinī

### Shrī Mahat-mānasa

*Capacity to overcome the  
superego. Freedom from  
conditionings. Going  
beyond fears, granting  
liberation. Acknowledging  
that the primordial  
superego belongs to God*

*Back*

### Shrī Mahā-ganesha

### Shrī Mahā-bhairava

### Shrī Hiranya-garbha

*Centre of vision, clearing the  
weight of the past and karmas  
(accumulated impact of past  
actions)*

*Centre*

### Shrī Yeshu-Māriā Mātā\*

### (Shrī Mary-Jesus)\*

### The Lord's Prayer

*Forgiveness, truth and  
resurrection*

*Right (ego)*

### Shrī Buddha

### Shrī Mahat-ahamkāra

*Capacity to overcome the  
ego. Going beyond thoughts  
and doubts. Acknowledging  
that the primordial ego  
belongs to God*

*Front*

### Shrī Mahā-kārttikeya

### Shrī Mahā-hanumāna

*Removing futuristic or  
supraconscious tendencies*

## Ekādasha Rudra

---

### Shrī Ekādasha Rudra

*Eleven destroying powers of Shiva, which are under the control of Christ. Faith in God*

## Virāt Chakra

---

### Shrī Nirmala Virāt-aṅganā

*The supreme power of the absolute cosmic Being*

## Sahasrāra Chakra

---

### Shrī Kalki

*The tenth incarnation of Shri Vishnu, the return of the Christ The King. Collective consciousness*

### Left channel (Idā nādī)

---

#### Shrī Mahākālī- -Bhairava

*Purifying emotions and desire*

#### Shrī Icchā-shakti

*Power of desire*

#### Shrī Mahākālī- -Bhadrakālī-Kālī-Kalki

*Destroying left-sided negativity and entities*

### Centre channel (Sushumnā nādī)

---

#### Shrī Mahālakshmī- -Ganesh

*Evolution and ascent*

#### Shrī Dharma-shakti

*Power of Dharma*

### Right channel (Piṅgalā nādī)

---

#### Shrī Mahāsaraswati- -Hanumāna

*Blessing the fruits of physical and mental activities*

#### Shrī Kriyā-shakti

*Power of action and dynamism*

\*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.

*See p.232 for negativity-destroying mantras*  
*See p.233 for daily mantras*  
*See p.234 for the bijakshara mantras*  
*See p.235 for the mantra phrases*  
*See p.236 for the mantras for havan*  
*See p.246 for a diagram of the subtle system*

# The Mahā-mantras

## (three great mantras)

---

Aum twameva sākshāt  
Shrī Mahālakshmī Mahāsaraswatī Mahākālī  
Trigun'ātmikā 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-pradāyini 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.*



*‘Try this: “twameva sakshat Shri  
Nirmala Devi” that’s all! To establish  
Me as Nirmala Devi is the point;  
“namo namah”. Say it seven times.’*

Shri Mataji Nirmala Devi, London, 8 Oct 1979

Aum twameva sākshāt  
Shrī Nirmalā Devyai namo namah  
*The short form of the Sahasrara mantra recommended by Shri Mataji*



# 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 .....	<i>Shri Mataji, by Your grace, I am the powerful innocence of a child.</i>
Swadhishtana .....	<i>Shri Mataji, by Your grace, I am the pure knowledge/technique of the Divine that acts.</i>
Nabhi .....	<i>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.</i>
Void .....	<i>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.</i>
Heart .....	<i>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.</i>
Vishuddhi .....	<i>Shri Mataji, I am not guilty. As I am the Spirit, by Your grace, how can I be guilty?</i>
Agnya .....	<i>Shri Mataji, by Your grace, please forgive me, please let me have pure faith and may I go beyond all fears.</i>
Sahasrara .....	<i>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.</i>
Shri Lalita chakra .....	<i>Shri Mataji, by Your grace, I am fortunate (Whole left side) to be under the protection of the Divine Mother.</i>

## **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 ..... *Shri Mataji, verily You are the Holy Spirit.*  
*(Whole right side)*

*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.**



# The Mūlādhāra Chakra



Aum Gam Ganapataye namah  
*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 principle.*

Twameva kevalam kartāsi

*You alone are the doer.*

Twameva kevalam dhartāsi

*You alone are the supporter (of the universe).*

Twameva kevalam hartāsi

*You alone are the destroyer.*

Twameva sarvam khalv'idam Brahmāsi

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

Twam sākshād-ātmāsi nityam

*You are the manifest eternal Self (Atman).*

Ṛitam vachmi, satyam vachmi

*I speak wisdom, 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 samantāt

*Please protect me from all directions, protect me continuously.*

Twam vāṅ-mayas-twam chin-mayah

*You are the spoken and literary word, You are consciousness,*

Twam-ānanda-mayas-twam Brahma-mayah

*You are bliss, You are Brahman,*

Twam sat-chit-ānand'advitīyosi

*You are absolute truth, awareness and bliss,*

Twam pratyaksham Brahmāsi

*You are the manifest Brahman,*

Twam gñyāna-mayo viṅñyāna-mayosi

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

Sarvam jagad-idam twatto jāyate

*All this universe originates from You.*

Sarvam jagad-idam twattas-tishthati

*All of creation exists because of You.*

Sarvam jagad-idam twayi layam-eshyati

*All of creation dissolves into You.*

Sarvam jagad-idam 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 (sattva, rajas, tamas).*

*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-tray'ātmakah, Twām yogino dhyāyanti nityam

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

*Yogis constantly meditate upon You.*

Twam Brahmā Twam Vishnus-twam Rudras-twam Indras-twam

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

Agnis-twam Vāyus-twam Sūryas-twam Chandramās-twam

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

Brahma bhūr bhuvah swar-om

*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),*

Anuswārah 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) and sounded on a high note.*

Etat-tava manu-swa-rūpam, gakārah purva-rūpam

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

Akāro madhyama rūpam

*The vowel 'A' is the middle form,*

Anuswārash-ch'āntya 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, saṁhitā sandhih

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

Saishā Ganesha-vidyā, Ganaka-ṛishih

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

Ni-chṛid Gāyatrī-chhandah, Ganapatir-devatā

*The metre is mixed Gayatri, Ganapati is the deity.*

Aum Gam Ganapataye namah

*Amen, Gam, obeisance to Ganapati.*

Eka-dantāya vidmahe, vakra-tundāya dhīmahi

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

Tanno dantih prachodayāt

*May the god with one tusk enlighten us.*

Eka-dantam chatur-hastam, pāsham-aṅkusha-dhārinam

*You have one tusk and four hands. Wielding a noose and elephant goad,*

Radam cha varadam hastair-bibhrānam

*You hold a broken tusk and 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'ānu-lipt'āṅgam, rakta-pushpaih supūjitam

*Fragrant red sandalwood paste anoints Your body.*

*You are auspiciously worshipped with red flowers.*

Bhakt'ānu-kampinam devam, jagat-kāranam-achyutam

*You are ever-compassionate to Your devotees. You are the imperishable origin of the world.*

Āvir-bhūtam cha ṛishity'ādaḥ, Prakṛiteh Purushāt-param

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

Evam dhyāyati yo nityam, sa yogī yoginām varah

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

Namo vrāta-pataye, namo 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 lambodarāy'aika-dantāya

*Obeisance to the big-bellied one with one tusk.*

Vighna-nāshine, Shiva-sutāya, Shrī varada-mūrtaye namo 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 Mātāji  
Shrī Nirmalā Devyai namo namah

# Aum – To the divine essence of the 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 auspicious song, the appropriate strength  
and the propitious 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 are the beginning of all the beginnings.  
It is You who are the doer of all deeds which have been done,  
are being done, and will be done.  
It is You who support all things that are supported.  
It is You who protect all things that are protected.  
It is You who are 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 Gam 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 Gam Nirmal Jesusye**

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

You are the Word that was the beginning;  
You are the Word that will be the ending.  
You are He who was born of a virgin, and died on the cross;  
You are He who absorbs all sins, and who died to live again;  
You are God in man, and You are worshipped with red flowers.

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

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 Devī,  
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 Sept 1991

# How to awaken Shrī Ganesha's power within you

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*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 names of Shrī Ganesha

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*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-ch'aika-dantash-cha, Kapilo Gaja-karnakah  
Lambodarash-cha Vikato, Vighna-nāsho Gan'ādhipah  
Dhūmra-ketur-Gan'ādhyaksho, Bhāla-chandro-Gaj'ānanah

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>
Gan'ādhipa .....	<i>The leader of the ganas</i>
Dhūmra-ketu .....	<i>Grey bannered</i>
Gan'ādhyaksha .....	<i>The chief of the ganas</i>
Bhāla-chandra.....	<i>The one who sports the moon on His forehead</i>
Gaj'ānana .....	<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 ten 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 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>	
Gan'eshwara.....	<i>The lord of the ganas</i>	
Skand'āgraja.....	<i>The elder brother of Shri Skanda (Shri Karttikeya)</i>	5
Avyaya.....	<i>Eternal</i>	
Pūta.....	<i>Pure</i>	
Daksha.....	<i>Skilful</i>	
Adhyaksha.....	<i>The one who presides over all</i>	
Dvija-priya.....	<i>Fond of the twice born</i>	10
Agni-garbhach-chhid.....	<i>The one piercing the womb of fire</i>	
Indra-shrī-prada.....	<i>The one who bestows power and prosperity to Shri Indra</i>	
Vānī-prada.....	<i>The bestower of speech</i>	
Avyaya.....	<i>Inexhaustible</i>	
Sarva-siddhi-prada.....	<i>The bestower of all fulfilment</i>	15
Sharva-tanaya.....	<i>The son of Shri Shiva</i>	
Sharvarī-priya.....	<i>Loved by Shri Parvati, goddess of the night</i>	
Sarv'ātmaka.....	<i>The soul of all</i>	
Sṛishti-kartā.....	<i>The creator</i>	
Divya.....	<i>Resplendent</i>	20
Anek'ārchita.....	<i>Worshipped by the multitude</i>	
Shiva.....	<i>Auspicious and benevolent</i>	
Shuddha.....	<i>Pure</i>	
Buddhi-priya.....	<i>Fond of intelligence</i>	
Shānta.....	<i>Peaceful</i>	25
Brahmachārī.....	<i>Celibate</i>	
Gaj'ānana.....	<i>The one who has an elephant's face</i>	
Dvai-mātreya.....	<i>The one who has two mothers (Shri Gauri &amp; Shri Parvati)</i>	
Muni-stutya.....	<i>Praised by sages</i>	

Bhakta-vighna vināshana .....	<i>The one who destroys the obstacles of devotees</i>	30
Ekadanta .....	<i>He who has one tusk</i>	
Chatur-bāhu.....	<i>The one who has four arms</i>	
Chatura.....	<i>Ingenious</i>	
Shakti-saṁyukta.....	<i>One with the source of power</i>	
Lambodara .....	<i>The one who has a large belly</i>	35
Shūrpa-karna.....	<i>The one whose ears are like winnowing fans</i>	
Hari.....	<i>The one who destroys evil with lion-like courage</i>	
Brahma-viduttama .....	<i>The foremost knower of Brahman (supreme Spirit)</i>	
Kāla.....	<i>The embodiment of time</i>	
Graha-patī.....	<i>The lord of the planets</i>	40
Kāmī.....	<i>Overflowing with love</i>	
Soma-sūry'āgni-lochana.....	<i>The one whose eyes are the moon, sun and fire</i>	
Pāsh'āṅkusha dhara.....	<i>The one who wields the noose and elephant hook (goad)</i>	
Chhanda.....	<i>The one of pleasing appearance</i>	
Gun'ātīta .....	<i>The one who transcends all qualities</i>	45
Niranjana.....	<i>Without blemish</i>	
Akalmasha.....	<i>Without impurity</i>	
Swayam-siddha .....	<i>The one who achieved fulfilment by Himself</i>	
Siddh'archita-pad'āmbuja.....	<i>The one whose lotus feet are worshipped by sages</i>	
Bijā-pūra-phal'āsakta.....	<i>Fond of pomegranates</i>	50
Varada .....	<i>The bestower of boons</i>	
Shāshvata.....	<i>Unchanging</i>	
Kṛitū.....	<i>Working incessantly</i>	
Dvija-priya .....	<i>Loved by realised souls</i>	
Vīta-bhaya.....	<i>Free from fear</i>	55
Gadī.....	<i>The wielder of the mace</i>	
Chakrī.....	<i>The wielder of the discus</i>	
Ikshu-chāpa-dhṛit.....	<i>The holder of the sugarcane bow (symbolising the attention within)</i>	
Shrī-da.....	<i>The bestower of auspiciousness and prosperity</i>	
Aja.....	<i>The one who is unborn</i>	60
Utpala-kara.....	<i>The one who holds the blue lotus blossom</i>	
Shrī-patī.....	<i>The lord of wealth, auspiciousness and prosperity</i>	

Stuti-harshita .....	<i>The one who rejoices in praise</i>	
Kula-adri-bhettā .....	<i>The one who splits apart the mountain ranges</i>	
Jatila .....	<i>Intricate</i>	65
Kali-kalmasha-nāshana .....	<i>The destroyer of Kali Yuga's impurity</i>	
Chandra-chūdāmani .....	<i>The one who wears the moon as a crest jewel</i>	
Kānta .....	<i>The one who is loved by all</i>	
Pāpa-hārī .....	<i>The destroyer of sins</i>	
Samāhita .....	<i>Of concentrated attention</i>	70
Āshrīta .....	<i>Our refuge</i>	
Shrī-kara .....	<i>The one who manifests auspiciousness and prosperity</i>	
Saumya .....	<i>Gentle and pleasing</i>	
Bhakta-vānchhita dāyaka .....	<i>The one who grants devotees' desires</i>	
Shānta .....	<i>Serene and gentle</i>	75
Kaivalya sukhada .....	<i>The one who bestows absolute happiness</i>	
Sat-chit-ānanda-vigraha .....	<i>In the form of absolute truth, awareness and bliss</i>	
Gñyānī .....	<i>The embodiment of wisdom</i>	
Dayā yuta .....	<i>Full of compassion</i>	
Dānta .....	<i>The master of self-control</i>	80
Brahma-dvesha-vivarjita .....	<i>Free from aversion to the supreme</i>	
Pramatta-daitya-bhayada .....	<i>The one who is feared by power-intoxicated demons</i>	
Shrī-kantha .....	<i>The one who has a beautiful throat</i>	
Vibudh'eshwara .....	<i>The lord of the most wise</i>	
Rām'ārchita .....	<i>The one who is worshipped by Shri Rama</i>	85
Vidhi .....	<i>The controller of destiny</i>	
Nāgarāja-		
-yagñy'opavītavān .....	<i>The one who wears a cobra as a sacred thread</i>	
Sthūla-kantha .....	<i>The one who has a stout neck</i>	
Swayam-kartā .....	<i>Independent in action</i>	
Sāma-ghosha priya .....	<i>Fond of the sound of Sama Veda</i>	90
Para .....	<i>The one for whom there is no other</i>	
Sthūla-tunda .....	<i>The one who has a stout trunk</i>	
Agranī .....	<i>The firstborn</i>	
Dhīra .....	<i>Courageous</i>	
Vāgīsha .....	<i>The lord of speech</i>	95
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>	
Adbhuta-mūrtimān.....	<i>Of wondrous form</i>	
Shailendra tanuj'otsaṅga- -khelan'otsuka mānasa.....	<i>Fond of playing with Your mother Shri Parvati, the daughter of the mountain lord</i>	100
Sva-lāvanya sudhā-sārajita- -manmatha-vigraha.....	<i>A vast ocean of ambrosial beauty, more charming than the god of love</i>	
Samasta jagad'ādhāra.....	<i>The supporter of all the worlds</i>	
Māyī.....	<i>The source of illusory power</i>	
Mūshaka-vāhana.....	<i>The one who rides a mouse as His vehicle</i>	
Hṛishta.....	<i>Overjoyed</i>	105
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>	

Sākshāt Shrī Ādi Shakti Mātājī  
Shrī Nirmalā Devyai namo namah

*The 108 names of Shri Ganesha were presented as above during Shri Ganesha Puja at Lanersbach, Austria on 26 Aug 1990. The following five alternative names were suggested by Shri Mataji during Raksha Bandhan and Shri Ganesha Puja on 7 Aug 1990 in Los Angeles, USA:*

Saiyam-siddha.....	<i>The one who achieved fulfilment through self-control</i>	48
Ikshu-danda.....	<i>The holder of the sugarcane bow</i>	58
Utpala-akshaya.....	<i>The eternal blue lotus blossom</i>	61
Kali-kāla mahā-nāshana.....	<i>The great destroyer of the age of Kali</i>	66
Brahmadeva-vīshwara.....	<i>The great god of Shri Brahmadeva</i>	81



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

# 108 invocations to Shrī Ganesha

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*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 fulfilment.  
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's darshan.  
You bring the yogi to the Goddess's 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





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

# The 108 names of Shrī Kārttikeya

Aum twameva sākshāt Shrī Kārttikeya sākshāt  
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah  
*O Divine Mother, You are verily Shri Karttikeya. 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
Piṅgala.....	<i>Golden hued</i>	
Kṛittikā-sūnu.....	<i>The son of the six starry maids (Pleiades constellation)</i>	
Shikhi vāhana.....	<i>The one who rides on a peacock</i>	
Dwādasha bhujā.....	<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 samhārī.....	<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>	
Prāgñya.....	<i>The lord of wisdom</i>	20
Kṛipālu.....	<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 dārana.....	<i>The one who rent asunder Mount Krauncha to destroy the demon Tarakasura hiding inside</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 (Shri Shesha)</i>	
Akshobhya.....	<i>Unperturbed</i>	35
Pārvatī-priya nandana.....	<i>The son of Shri Shiva</i>	
Gaṅgā suta.....	<i>The son of the holy river Ganges</i>	
Shar'od-bhūta.....	<i>Born in a reed bed</i>	
Pāvak'ātmaja.....	<i>Born out of fire</i>	
Ahūta.....	<i>The one who is invoked</i>	40
Agni-garbha.....	<i>He who was conceived by fire</i>	
Shamī-garbha.....	<i>The one who arose from the flames of the Shami tree</i>	
Vishwa-retas.....	<i>The seed of the universe</i>	
Surāri-ghna.....	<i>The one who subdues the enemies of the devas</i>	
Harid-varna.....	<i>Golden yellow in colour</i>	45
Shubha-krit.....	<i>The bringer of auspiciousness</i>	
Vasu-mat.....	<i>Full of goodness</i>	
Vatu-vesha-bhrit.....	<i>The one having the appearance of a boy</i>	
Jṛumbha.....	<i>You open Your mouth to consume the demons</i>	
Pra-jṛumbha.....	<i>You open Your mouth to consume the rakshasas</i>	50
Uj-jṛumbha.....	<i>You open Your mouth to consume negativity</i>	
Kamal'āsana saṁstuta.....	<i>Praised by Shri Brahmadeva (who is seated on a lotus)</i>	
Eka-varna.....	<i>One within the unity</i>	
Dvi-varna.....	<i>The one who permeates the duality of matter and Spirit</i>	
Tri-varna.....	<i>In the three aspects or gunas (sattva, rajas, tamas)</i>	55
Chatur-varna.....	<i>The four stages of life (Brahmacharya: student, Gruhastha: house-holder, Vanaprastha: hermit, Sannyas: spiritual aspirant)</i>	

Pancha-varna.....	<i>The one who permeates the five elements (earth, water, fire, air, ether)</i>	
Su-manohara.....	<i>Captivatingly beautiful</i>	
Prajāpati.....	<i>The father of all creation</i>	
Pūshā.....	<i>The luminous sun</i>	60
Gabhastī.....	<i>Effulgent like the sun</i>	
Gahana.....	<i>Unfathomable</i>	
Chandra varna.....	<i>Radiant like the moon</i>	
Kalā-dhara.....	<i>Adorned with the crescent moon and the upholder of 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 creator 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-bhartā.....	<i>The protector of Valli, a Pulinda maiden</i>	
Mahā-sāraswat'āvṛita.....	<i>The one who abounds with the Mahasaraswati power</i>	
Āshrit'ākhila-dātā.....	<i>The giver of refuge to the whole universe</i>	
Chora-ghna.....	<i>The destroyer of thieves</i>	80
Roga-nāshaka.....	<i>The remover of diseases</i>	
Ananta-mūrti.....	<i>He whose form is infinite</i>	
Ānanda.....	<i>Bliss</i>	
Shikhandi-kṛita ketana.....	<i>The lord of the peacock banner</i>	
Dambha.....	<i>The one who wields Indra's thunderbolt to destroy negativity</i>	85
Param-dambha.....	<i>The one who wields the supreme thunderbolt</i>	
Mahā-dambha.....	<i>The master of the greatest thunderbolt</i>	
Vṛishā-kapi.....	<i>In the form of the 'man-ape' having the power of the sun</i>	
Kāran'otpatti-deha.....	<i>The cause of the birth of the body</i>	
Kāran'ātūta vigraha.....	<i>The body that is beyond all causes</i>	90

Anīshwara.....	<i>The god who has no superior</i>	
Amṛuta .....	<i>Immortal</i>	
Prāna .....	<i>The breath of life</i>	
Prāna-dhara.....	<i>The one who supports all living beings</i>	
Parāyana.....	<i>The final refuge</i>	95
Vīruddha hantā.....	<i>The subjugator of hostile forces</i>	
Vīra-ghna.....	<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>	
Supīṅgala .....	<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>	
Brāhmana.....	<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>	
Nishkalaṅka.....	<i>Faultless brilliance (Shri Kalki)</i>	

Sākshāt Shrī Ādi Shakti Mātājī  
Shrī Nirmalā Devyai namo namah



**Gñyāneshwara (1275-1296 CE)**

(also referred to as Dnyaneshwara, Gyanesha, Jnaneshwara, Jnanadeva) Shri Karttikeya incarnated as the great poet-saint Gnyaneshwara (the supreme master of knowledge). His elder 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.59) 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 *Gnyaneshwari* and *Amrutanubhava*.

(see: *Shri Karttikeya Puja, Mumbai, India, 21 Dec 1996*)

# The 10 names of Shrī Kundalinī Yoga

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

- Mūlādhār'aika-nilayā..... *You are... Residing first in the Muladhara chakra as Kundalini*
- Brahma-granthi vibhedinī..... *She who cuts the knot of Brahma. She helps the devotee to consciously transcend their wakeful state*
- Manipūr'āntar-ūditā..... *She who, after cutting the Brahma-granthi, appears in the Nabhi chakra. Here the devotee feels the unreality of the wakeful state*
- Vishnu-granthi vibhedinī..... *She who cuts the knot of Vishnu. If this is done, the devotee perceives the unreality of their individuality as body, mind and life. They lose their limited 'I' consciousness*
- Āgñyā-chakr'āntarāla-sthā..... *Residing within the Agnya chakra. Here the devotee loses most of their sense of individuality, which is completed in the next name*
- Rudra-granthi vibhedinī ..... *She who cuts the knot of Rudra (Shri Shiva). Hereafter the soul loses its individual consciousness and becomes one with the cosmic consciousness in the Sahasrara*
- Sahasrār'āmbuj'ārūdhā ..... *She who ascends the Sahasrara chakra. There She dwells as the sakshi (witness) or chitkala (higher state of consciousness) in the liberated souls. This is moksha (liberation)*
- Sudhā-sār'ābhi-varshinī ..... *She who showers divine nectar. The devotee feels incomparable bliss in this state.*
- Tadillatā samaruchi..... *Dazzling like lightning*
- Shat-chakr'opari saṁsthitā..... *Above the six chakras*

Sākshāt Shrī Ādi Shakti Mātājī  
Shrī Nirmalā Devyai namo namah

*'Now all this from [name] 99 to 108 [of the Shri Lalita Sahasranama] is Kundalini yoga. You should remember these names by heart, is a good*

*idea. It's not much... so not difficult for you.'*  
Shri Mataji Nirmala Devi, 'The Significance of Puja'; Paris, 20 April 1980

# The 69 names of Shrī Kundalinī Shakti

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Aum twameva sākshāt Shrī Kundalinī Mātā sākshāt  
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah  
*O Divine Mother, You are verily the mother Kundalini. Salutations to You!*

Ganesha.....	You are... The auspicious power of holiness and innocence	
Nirmalā Gaurī-Kundalinī Mātā...	The immaculate pure desire of God Almighty	
Saraswatī-Brahmadeva .....	The power of speech, creativity and the arts	
Hazrat-Āli Fatimā Mātā.....	The incarnations of Shri Brahmadeva and Shri Gruhalakshmi	
Ādi Guru Dattātreya .....	The primordial Master, the son of Atri	5
Ābraham .....	The father of Judaism and Islam	
Moses.....	The great law-giver of the Ten Commandments	
Zarathustra .....	The promulgator of Monotheism	
Mohammed Sahib.....	The prophet of Islam	
Confucius.....	The teacher of spirituality in worldly life	10
Lao Tse.....	The visionary of the Tao (Spirit)	
Sāi Nātha .....	The unifier of religions	
Rājā Janaka .....	The father of Shri Sita	
Guru Nānaka.....	The prophet of universal brotherhood	
Socrates.....	The enquirer after truth and wisdom	15
Avadhūta Adhiratha.....	The detached charioteer	
Lakshmī-Nārāyana.....	The support and refuge of humanity	
Vishnu-Lakshmī Shesha.....	The foundation of spiritual life	
Sūrya-chakra swāminī-shakti....	The heating energy of the right side	
Chandra-chakra swāminī- -shakti.....	The cooling energy of the left side	20
Gṛuha-lakshmī-shakti Mātā....	The sustaining power of the housewife	
Dūrgā Jagadambā Mātā .....	The Mother carrying us across this world	
Shiva-Pārvatī Mātā .....	Auspicious bliss and supreme knowledge	
Karunā-rasa-sāgara .....	The ocean of compassion	
Dayā-sāgara.....	The ocean of mercy	25
Ksham'āshrayini.....	The abode of forgiveness	
Ātmā-param'ātmā .....	The individual and universal Spirit	
Kshetra-gñya .....	The knower of the field	

Sītā-Rāma Maryādā-		
-Purush'ottama.....	<i>The highest manifestation of righteousness</i>	
Vishnu-granthi vibhedinī-		
-shakti Mātā.....	<i>The one who breaks through the knot of worldly illusion</i>	30
Rādhā Krishna-pūrn'āvatāra....	<i>The complete incarnation of the Father</i>	
Yashodā Rukminī Vitthala.....	<i>The power of the right Vishuddhi</i>	
Vishnumāya.....	<i>The pure power of the left Vishuddhi</i>	
Lalitā-chakra swāminī-shakti....	<i>The concentrated power of the left side</i>	
Shrī-chakra swāminī-shakti....	<i>The activation of the right side</i>	35
Virāta Virāt-aṅganā.....	<i>The supreme power of the absolute cosmic Being</i>	
Hamsā-chakra swāminī-		
-shakti.....	<i>The power of discrimination</i>	
Pranava.....	<i>The primordial reverberation (the Aum)</i>	
Aumkāra.....	<i>The primordial sound that manifests creation</i>	
Kārttikeya.....	<i>The commander of the divine forces</i>	40
Mahā-ganesha.....	<i>The evolved power of innocence</i>	
Mahāvīra.....	<i>The great warrior, ruling the superego</i>	
Gautama-Buddha.....	<i>The awakened lord of the ego</i>	
Swa-prakāsha Mary-Jesus.....	<i>The self-illuminated incarnations of Shri Ganesha and Shri Mahalakshmi</i>	
Mahākālī-shakti Bhairava.....	<i>The power of the left side</i>	45
Mahā-shaṅkara.....	<i>Lord Shiva as the bestower of the greatest well-being</i>	
Mahā-saraswatī-shakti-		
-Hanumāna.....	<i>The power of the right side</i>	
Mahā-brahmadeva.....	<i>The bestower of the highest knowledge</i>	
Mahā-ganapati.....	<i>The supreme lord of angels</i>	
Mahat-ahaṅkāra.....	<i>The transcendent identity of the Divine (the great ego)</i>	50
Mahālakshmi-shakti-		
-Mahāvishnu.....	<i>The evolutionary power</i>	
Ekādasha-shakti-rudra.....	<i>The eleven destroying powers of Shri Shiva</i>	
Rudra-granthi vibhedinī-		
-shakti Mātā.....	<i>The one who splits the final knot of illusion (within the head)</i>	
Chandra-mandala madhyasthā...	<i>The one who resides in the orb of the moon (left side/superego)</i>	
Bhānu-Sūrya-mandala-		
-madhyasthā.....	<i>The one who resides in the orb of the sun (right side/ego)</i>	55

Idā-nādī swāminī-shakti.....	<i>The one who rules the left channel</i>	
Piṅgalā-nādī swāminī-shakti.....	<i>The one who rules the right channel</i>	
Sushumna-nādī swāminī- -shakti.....	<i>The one who controls the central channel</i>	
Sarva Idā-granthi- -vibhedinī-shakti .....	<i>The one who breaks all the obstructions of the left side</i>	
Sarva Piṅgalā-granthi- -vibhedinī-shakti .....	<i>The one who breaks all the obstructions of the right side</i>	60
Sarva Sahasrāra-granthi- -vibhedinī-shakti .....	<i>The one who splits all knots preventing the Sahasrara chakra from opening</i>	
Sarva Sushumnā-granthi- -vibhedinī-shakti .....	<i>The one who pierces through all the difficulties of the central channel</i>	
Sahasrāra-swāminī Moksha- -pradāyinī Nishkalaṅkā.....	<i>The immaculate Goddess who opens the Sahasrara and grants liberation</i>	
Mahāmāyā Mātājī- -Shrī Nirmalā Devī.....	<i>Shri Mataji as the supreme illusory creative power</i>	
Ardha-bindu-shakti Mātā.....	<i>The crescent moon, the first chakra above Sahasrara</i>	65
Bindu-shakti Mātā.....	<i>The primordial dot, the second chakra above Sahasrara</i>	
Valaya-shakti Mātā.....	<i>The sacred circle of unlimited all-pervading consciousness, the third chakra above Sahasrara</i>	
Sadāshiva Ādi-Shakti Mātā.....	<i>Almighty God and His primordial power</i>	
Para-brahma.....	<i>The absolute, all-pervading Being</i>	

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

The above names were offered at Guru Puja 1979 at Dollis Hill in London, where Shri Mataji made Her historic declaration. It is assumed (but unconfirmed) that the list was composed by Shri Mataji before the puja, although suggestions and amendments were made by Shri Mataji afterwards. The corresponding translations were added later.

*Now you pay attention to those deities within your Kundalini. You can sit down and just pay attention. You know where they are: which are the deities on what chakras.?*

*Shri Mataji Nirmala Devi, Guru Puja, London, UK, 2 Dec 1979*

# The 97 names of Shrī Gaurī

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

Aum Hrīm

Gaurī.....	<i>You are... The pure white virgin maiden, the Kundalini</i>	
Mahā-vidyā.....	<i>The highest knowledge</i>	
Jagan-mātā.....	<i>The mother of the world</i>	
Mahālakshmī.....	<i>The power of evolution and ascent</i>	
Shiva-priyā.....	<i>Fond of Shri Shiva (the pure Spirit)</i>	5
Vishnumāyā.....	<i>Shri Vishnu's power of illusion (the one who announces a divine incarnation)</i>	
Shubhā.....	<i>Auspicious</i>	
Shāntā.....	<i>Peace</i>	
Siddhā.....	<i>The fulfilment of all divine powers</i>	
Siddha Saraswatī.....	<i>Shri Saraswati, with Her complete enlightened powers</i>	10
Kshamā.....	<i>Forgiveness</i>	
Kānti.....	<i>Radiating love and beauty</i>	
Prabhā.....	<i>Luminous and effulgent</i>	
Jyotsnā.....	<i>The cooling lustre of the moonlight</i>	
Pārvatī.....	<i>Shri Parvati</i>	15
Sarva-maṅgalā.....	<i>All that is auspicious</i>	
Hīngulā.....	<i>Brilliant red (adorned with kum-kum)</i>	
Chandikā.....	<i>Angry with evil forces</i>	
Dāntā.....	<i>Self-restrained (She keeps Herself within the bounds of the Sushumna nadi)</i>	
Padmā.....	<i>The lotus</i>	20
Lakshmī.....	<i>Shri Lakshmi</i>	
Hari-priyā.....	<i>Fond of Shri Vishnu</i>	
Nandā.....	<i>Joy</i>	
Su-nandā.....	<i>Auspicious joy</i>	
Sura-vanditā.....	<i>Worshipped by the gods</i>	25
Yagñyā.....	<i>The vibrations in the form of the sacred fire that burns away all negativity and emanates auspiciousness</i>	

Mahāmāyā.....	<i>The supreme power of illusion</i>	
Sudhā.....	<i>Ambrosial nectar</i>	
Dhṛiti.....	<i>Inner steadiness and strength (to overcome all the trials and tribulations of life)</i>	
Vedā.....	<i>The enlightened knowledge of the Vedas</i>	30
Priyā.....	<i>Dearly beloved</i>	
Prasiddhā.....	<i>Most eminent and accomplished</i>	
Mṛidā.....	<i>Shri Shiva's evolutionary power of purity, harmony and love</i>	
Vindhya-vāsini.....	<i>The one who resides in the Vindhya mountains</i>	
Siddha-vidyā.....	<i>Complete enlightened knowledge</i>	35
Mahā-shakti.....	<i>The great power</i>	
Ṁrithvī.....	<i>The Mother Earth</i>	
Nārada-sevitā.....	<i>Served and worshipped by Sage Narada</i>	
Kāntā.....	<i>Beloved and beautiful</i>	
Padma-lochanā.....	<i>Lotus-eyed</i>	40
Māhā-mātā.....	<i>The Great Mother</i>	
Durgā.....	<i>The invincible Goddess, the fortress of protection</i>	
Jwālā.....	<i>The cooling divine fire that appears like tongues of flame</i>	
Su-gotrā.....	<i>The Mother who grants spiritual rebirth out of Her Sahasrara and whose children enjoy auspicious lineage. You purify and enlighten their yantra (DNA)</i>	
Kumuda-vāsini.....	<i>The one who resides in the lotus</i>	45
Durlabhā.....	<i>Difficult to attain</i>	
Vidyā.....	<i>Knowledge</i>	
Swaradā.....	<i>The bestower of heavenly paradise</i>	
Aparnā.....	<i>The one who performed severe penance to become the consort of Shri Shiva (as Shri Parvati, She fasted completely, not even eating leaves)</i>	
Pura-vāsī.....	<i>The one whose abode is the stronghold of the kumbha (the sacrum bone), as well as the lotus of the Sahasrara</i>	50
Shāntā.....	<i>Silence</i>	
Māyā.....	<i>Illusion</i>	
Madirā.....	<i>The divine, intoxicating elixir</i>	
Mṛidu-hāsini.....	<i>Smiling sweetly</i>	

Nārāyanī.....	<i>The shakti of Shri Vishnu (Shri Mahalakshmi)</i>	55
Mahā-nidrā.....	<i>The greater sleep (that leads to a higher state of awareness)</i>	
Yoga-nidrā.....	<i>Yogic sleep</i>	
Prabhā.....	<i>Resplendent and glorious (shining with innate talent)</i>	
Pragñyā.....	<i>Wisdom</i>	
Aparita.....	<i>Everywhere and beyond</i>	60
Tārā.....	<i>Self-illuminating</i>	
Bālā.....	<i>Powerful and childlike</i>	
Bālikā.....	<i>The first-born, primordial girl</i>	
Siṃha-gāmi.....	<i>The one who moves majestically like a lion and who has a lion as Her conveyance</i>	
Aumkāra.....	<i>The one who emits the primordial sound, the Aum</i>	65
Sudh'ākārā.....	<i>In the form of divine nectar</i>	
Chetanā.....	<i>Vibratory awareness</i>	
Kopanā.....	<i>Angry and wrathful</i>	
Ardha-bindu.....	<i>The crescent moon, the first chakra above Sahasrara</i>	
Dhīrā.....	<i>The one who dispels all darkness and bad qualities, when She unites with the Spirit in the Sahasrara</i>	70
Kalā.....	<i>The phases of the whole</i>	
Padmā.....	<i>The one who moves like a serpent</i>	
Su-vastrā.....	<i>Clothed auspiciously</i>	
Prabuddhā.....	<i>Fully awakened and completely enlightened</i>	
Saraswatī.....	<i>Shri Saraswati</i>	75
Jinendrā.....	<i>The omniscient goddess who carries us across the Bhava-sagara (Void)</i>	
Shāradā.....	<i>The one who has a golden, autumnal glow</i>	
Hansa-vāhanā.....	<i>The one whose vehicle is the swan (divine discretion)</i>	
Gudh'āsanā.....	<i>The one whose seat is most secret and hidden</i>	
Ardha-mātrā.....	<i>The half crescent, the powerful rising force of the Kundalini (representing the last half of its three and a half coils)</i>	80
Sudhā-kārā.....	<i>The creator of divine nectar</i>	
Sudhā-kṛitā.....	<i>Created from divine nectar, immortal</i>	
Rāja-nīti.....	<i>The one who rules like a skilful statesman</i>	

Trayi-vārtā.....	<i>The knowledge of the three Vedas and of agriculture, trade and economics (also Anvikshiki, leading to Self-knowledge)</i>	
Danda-nīti.....	<i>The knowledge of politics, administration and law</i>	85
Tārinī.....	<i>The one who delivers the soul completely from all the obstacles to ascent</i>	
Kriyāvati.....	<i>Flowing with spontaneous activity</i>	
Sad-gati.....	<i>The one who elevates the soul towards moksha (liberation and salvation)</i>	
Sad-parāyanī.....	<i>The constant force that motivates the soul towards truth</i>	
Mandākinī.....	<i>The celestial river Ganga, which flows through Heaven</i>	90
Gaṅgā.....	<i>The holy river Ganga (the Ida nadi), which flows from Shri Shiva's matted locks</i>	
Yamunā.....	<i>The holy river Yamuna (the Pingala nadi) and the sister of Shri Yama (the god of death)</i>	
Saraswatī.....	<i>The hidden holy river (the Sushumna nadi), which flows beneath the confluence of the rivers Ganga and Yamuna at Triveni Sangam (Prayag), near Allahabad</i>	
Godāvarī.....	<i>The holy river Godavari (known as the Ganges of the south)</i>	
Chandra-bhāgā.....	<i>The holy river near the swayambhu of Shri Vitthala in Pandharpur</i>	95
Shivā.....	<i>The auspicious power of the pure Spirit</i>	
Gaurī Mātā.....	<i>The mother Kundalini</i>	

Sākshāt Shrī Ādi Shakti Mātājī  
Shrī Nirmalā Devyai namo namah

The 97 names of Shri Gauri were presented to Shri Mataji on the occasion of Birthday Puja, Mumbai, India, on 21 March 1985 (without English translation). After the 97th name, Shri Mataji motioned with Her hands that the names should end at that point, and then put Her hands together to express Her fulfilment

and joy at the names that had been offered. As a result, any remaining names were not recorded and to date no other recording of the names of Shri Gauri has been found. All other recordings of Shri Gauri Puja feature Shri Mataji's 108 names (see p.183-7).



# The Swādhishthāna Chakra



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

# The 21 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.....	You are... Divine intelligence (consciousness or discrimination)	
Mahat-ahamkāra.....	The ego of the Divine	
Sūrya.....	The sun	
Chandra.....	The moon	
Ākāsha-tattwa-swāminī.....	The master of the principle of ether (sound)	5
Vāyu-tattwa-swāminī.....	The master of the principle of the wind (sound and sense of touch)	
Tejas-tattwa-swāminī.....	The master of the principle of burning light (sound, touch and form)	
Āpa-tattwa-swāminī.....	The master of the principle of water (sound, touch, form and taste)	
Ṗrīthvi-tattwa-swāminī.....	The master of the principle of the Mother Earth (sound, touch, form, taste and smell)	
Ākāsha-tattw'eshwarī.....	The goddess of the ether element	10
Anīla-tattw'eshwarī.....	The goddess of the air element	
Tejo-tattw'eshwarī.....	The goddess of the fire element	
Jala-tattw'eshwarī.....	The goddess of the water element	
Bhūmi-tattw'eshwarī.....	The goddess of the earth element	
Hiranya-garbha.....	The golden cosmic egg (that contains the universe of Shri Brahma)	15
Pancha-tan-mātrā.....	The five subtle elements	
Pancha-bhūtā.....	The five gross elements	
Vishwa.....	The universe (awareness in its awakened state)	
Taijas'ātmikā.....	The essence of all life energy (dream awareness)	
Pragñy'ātmikā.....	The essence of all intelligence (sleep awareness)	20
Turīya.....	The fourth state of consciousness (union with the Divine)	

Sākshāt Shrī Ādi Shakti Mātājī  
Shrī Nirmalā Devyai namo namah

# The 108 names of Shrī Saraswatī

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

Saraswatī.....	<i>You are ... The goddess of speech, learning and music</i>	
Mahā-bhadrā.....	<i>Very gracious and lovely</i>	
Mahā-māyā.....	<i>The illusory creative power</i>	
Vara-pradā.....	<i>The one who grants boons</i>	
Shrī-pradā.....	<i>The bestower of prosperity and happiness</i>	5
Padma-nīlayā.....	<i>The one who resides in a lotus</i>	
Padm'ākshī.....	<i>Lotus-eyed</i>	
Padma-vaktrā.....	<i>Lotus-faced</i>	
Shiv'ānujā.....	<i>The younger sister of Shri Shiva</i>	
Pustaka-dhṛit .....	<i>The one who holds the book of knowledge</i>	10
Gñyāna-mudrā.....	<i>The hand gesture of knowledge</i>	
Rāmā.....	<i>Pleasing</i>	
Parā .....	<i>Supreme</i>	
Kāma-rūpā .....	<i>In the form of love and desire</i>	
Mahā-vidyā.....	<i>The highest learning</i>	15
Mahā-pātaka nāshinī.....	<i>The one who destroys the greatest of sins</i>	
Mah'āshrayā .....	<i>The final abode</i>	
Mālinī.....	<i>Wearing a garland</i>	
Mahā-bhogā.....	<i>The highest enjoyment</i>	
Mahā-bhujā.....	<i>With great arms and hands</i>	20
Mahā-bhāgā.....	<i>The best portion</i>	
Mah'otsāhā.....	<i>With great energy and power</i>	
Divy'āngā.....	<i>With divine limbs and body</i>	
Sura-vanditā.....	<i>Praised by the gods</i>	
Mahākālī .....	<i>The great black goddess</i>	25
Mahā-pāshā.....	<i>The most powerful bonds</i>	
Mah'ākārā.....	<i>The mightiest form</i>	
Mah'ānkushā.....	<i>The supreme goad</i>	
Sītā.....	<i>She who incarnated as the wife of Shri Rama</i>	
Vimalā .....	<i>Without imperfection, pure</i>	30
Vishwā.....	<i>The universe</i>	

Vidyun-mālā .....	<i>Wreathed in lightning</i>	
Vaishnavī .....	<i>The shakti of Shri Vishnu</i>	
Chandrikā .....	<i>The powerful light of the crescent moon</i>	
Chandra-vadanā .....	<i>The one with a moon-like face</i>	35
Chandra-lekhā-vibhūshitā .....	<i>Adorned with the digits of the moon</i>	
Sāvitrī .....	<i>The power of the sun</i>	
Surasā .....	<i>Charming and elegant</i>	
Devī .....	<i>The Goddess</i>	
Divy'ālankāra-bhūshitā .....	<i>Decorated with divine ornaments</i>	40
Vāg-devī .....	<i>The goddess of speech</i>	
Vasudhā .....	<i>The one who dispenses wealth liberally</i>	
Tīvrā .....	<i>Fierce and intense</i>	
Mahā-bhadrā .....	<i>Extremely gracious and pleasant</i>	
Mahābalā .....	<i>Very strong</i>	45
Bhoga-dā .....	<i>The one who gives enjoyment</i>	
Bhāratī .....	<i>Eloquent</i>	
Bhāmā .....	<i>Bright</i>	
Govindā .....	<i>The rescuer of the Earth</i>	
Gomatī .....	<i>Rich in devotees</i>	50
Shivā .....	<i>Benevolent</i>	
Jatilā .....	<i>An ascetic with matted hair</i>	
Vindhya-vāsā .....	<i>She who dwells in the Vindhya mountains</i>	
Vindhy'āchala-virājītā .....	<i>Making the Vindhya mountains glorious</i>	
Chandikā .....	<i>Angry with evil forces</i>	55
Vaishnavī .....	<i>The shakti of Shri Vishnu</i>	
Brāhmī .....	<i>The shakti of Shri Brahma</i>	
Brahma-gñyān'eka-sādhanā ...	<i>The only means of knowing the supreme Spirit</i>	
Saudāminī .....	<i>Lightning</i>	
Sudhā-mūrti .....	<i>Splendid as the form of the divine nectar</i>	60
Subhadrā .....	<i>Highly auspicious</i>	
Sura-pūjītā .....	<i>Worshipped by the gods</i>	
Su-vāsinī .....	<i>A married woman</i>	
Su-nāsā .....	<i>With a beautiful nose</i>	
Vi-nidrā .....	<i>Without sleep</i>	65
Padma-lochanā .....	<i>Lotus-eyed</i>	
Vidyā-rūpā .....	<i>Embodied as knowledge</i>	
Vishāl'ākshī .....	<i>With large and powerful eyes</i>	
Brahma-jāyā .....	<i>The wife of Shri Brahma</i>	
Mahā-phalā .....	<i>The greatest reward</i>	70
Trayī-mūrti .....	<i>The three forms of God</i>	
Trikāla-gñyā .....	<i>The one who knows past, present and future</i>	

Trigunā.....	<i>The embodiment of the three attributes</i>	
Shāstra-rūpinī.....	<i>In the form of the sacred texts</i>	
*Shumbh'āsura-pramathinī ....	<i>The one who annihilates the demon Shumbha</i>	75
Shubha-dā.....	<i>The bestower of happiness</i>	
Swar'ātmikā.....	<i>The soul of music</i>	
*Rakta-bīja nihantrī.....	<i>The destroyer of the 'blood-seed' demon</i>	
Chāmundā .....	<i>The killer of Chanda and Munda</i>	
Ambikā.....	<i>Mother</i>	80
*Munda-kāya praharanā .....	<i>The destroyer of the body of the demon Munda</i>	
*Dhūmra-lochana-mardanā ...	<i>The crusher of the 'smoke-eyed' demon</i>	
Sarva-deva-stutā.....	<i>Praised by all the gods</i>	
Saumyā.....	<i>Soft and gentle</i>	
Sur'āsura-namas-kṛitā .....	<i>Bowed to by gods and demons</i>	85
Kāla-rātrī .....	<i>The dark night of dissolution</i>	
Kal'ādhārā .....	<i>Supporting the arts</i>	
Rūpa saubhāgya-dāyinī.....	<i>The bestower of beauty and well-being</i>	
Vāg-devī.....	<i>The goddess of expression</i>	
Var'ārohā .....	<i>Elegantly feminine</i>	90
Vārāhī.....	<i>The shakti of Shri Vishnu in His third incarnation as the boar</i>	
Vārij'āsanā .....	<i>Seated on a lotus</i>	
Chitr'āambarā .....	<i>Brightly clothed</i>	
Chitra-gandhā.....	<i>The one with a wonderful scent</i>	
Chitra-mālya-vibhūshitā .....	<i>Adorned with a marvelous garland</i>	95
Kāntā .....	<i>Beautiful and beloved</i>	
Kāma-pradā.....	<i>The one who grants desires</i>	
Vandyā.....	<i>To be revered</i>	
Vidyā-dharā-supūjitā .....	<i>Worshipped by the completely enlightened</i>	
Shvet'āsanā .....	<i>On a white throne</i>	100
Nīla-bhujā.....	<i>The one with dark blue arms</i>	
Chatur-varga-phala-pradā.....	<i>Giving the rewards of the four stages of life</i>	
Chatur-ānana-sāmrājyā.....	<i>The dominion of the four-faced Shri Brahma</i>	
Rakta-madhyā.....	<i>In the blood</i>	
Niranjanā.....	<i>Of unstained purity</i>	105
Hams'āsanā .....	<i>Seated on a swan</i>	
Nīla-janghā .....	<i>The one with dark blue thighs</i>	
Brahma-vishnu-shiv'ātmikā ....	<i>The essence of the creating, sustaining and destroying aspects of God</i>	

Sākshāt Shrī Ādi Shakti Mātājī  
Shrī Nirmalā Devyai namo namah



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!*

# Gāyatri Mantra

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Aum bhūh, Aum bhuvah, Aum swah, Aum mahah

*Aum. You are the earth, water, fire, air,*

Aum janah, Aum tapah, Aum satyam

*Collectivity, renunciation and reality.*

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

*Let us meditate upon the most excellent brilliance of Shri Savitri, the Impeller.*

Dhiyo-yo'nah prachodayāt

*May He enlighten our intelligence.*

Aum āpo jyoti-raso'mṛitam

*Aum. You are the waters, the light and the nectar of immortality,*

Brahma bhūr-bhuvah swar-om

*The supreme Spirit, Earth, sky, Heaven and Aumkara Itself.*

*Note that this is an energising mantra to activate the power of the right side and is not recommended for those with a hot liver.*



This ancient hymn in praise of Lord Savitri (the Impeller) is from the Rig Veda. Lord Savitri is the personification of the power of the sun and an aspect of Shri Brahmadeva. It helps us to awaken the right channel (Pingala nadi) and in particular the Swadhishtana chakra.

Bhuh is the principle of earth (Muladhara);  
Bhuvah is water, the causal principle of  
creation (Swadhishtana); Swah is fire (Nabhi);

Mahah 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 Aug 1983; Christmas Puja,  
Ganapatipule, India, 25 Dec 1995)*

# The 6 names of Hazrat-Āli

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

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

Amīr al-Mu'minīn ..... *You are... The commander of the faithful*  
Abu Turāb..... *The father of the soil*  
Assadullāh..... *The lion of God*  
Haider-al-Karrār..... *The invincible charging lion*  
Ṣāfdar ..... *The fighter*  
Zūlfiqār-qabaḍ..... *Wielding the legendary two-pointed sword*

Sākshāt Shrī Ādi Shakti Mātājī  
Shrī Nirmalā Devyai namo namah



See p.229 for cooling the liver and right Swadhishtana  
See p.244 for the Arabic pronunciation guide



## The incarnations of Shri Brahmadeva

### Hazrat-Ali

(Ali ibn Abu Talib, 599-661 CE)

The first full incarnation of Shri Brahmadeva (on right Swadhishtana), the husband of Shri Fatima (incarnation of Shri Gruha-lakshmi, on left Nabhi, see p.71-3), the father of Hassan and Hussein (reincarnations of Luv and Kush, see p.128), and the son-in-law and cousin of the prophet Mohammed (one of the ten Adi Gurus or primordial masters, see p.84). 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)

### Sopana Deva (1277-1296 CE)

The second incarnation of Shri Brahmadeva (on right Swadhishtana). He was the younger brother of Gnyaneshwara (also known as Dnyaneshwara or Jnanadeva, the incarnation of Shri Karttikeya on right Muladhara, see p.41). 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). Sopana Deva took his samadhi soon after Gnyaneshwara and Muktabai, at the young age of 19. The temple of Sopana Deva stands on the banks of the river Karhe in Saswad near Pune.

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



# The Nābhi Chakra (Manipūra)



Aum shāntih shāntih shāntih  
*Amen. Peace, peace, peace.*

# The 10 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>
Saubhāgya Lakshmī .....	<i>Auspicious good fortune</i>
Amṛta Lakshmī .....	<i>The ever-flowing divine nectar</i>
Gṛuha Lakshmī .....	<i>The ideal housewife</i>
Rāja Lakshmī .....	<i>The welfare and prosperity of a kingdom</i>
Satya Lakshmī .....	<i>Truth</i>
Bhogyā Lakshmī .....	<i>The giver of enjoyment, food and wealth</i>
Yoga Lakshmī .....	<i>The spiritual richness of yoga</i>
Mahālakshmī .....	<i>The power of evolution and ascent</i>

Sākshāt Shrī Ādi Shakti Mātājī  
Shrī Nirmalā Devyai namo namah



Shri Mataji gave an alternative ten names of Shri Lakshmi. 'So there are Asha Lakshmis. Then Mahalakshmi and lastly the Daksha Lakshmi [expert and alert]'. The Eighth Day of Navaratri,

Pune, India, 18 Oct 1988 and quoted in the Navaratri Talks book (published by Sahaja Prakashan, Delhi, 2002, p.99).

# The 108 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
Amṛta Lakshmī .....	<i>The ever-flowing divine nectar</i>	
Satya Lakshmī .....	<i>Truth</i>	
Bhogyā Lakshmī .....	<i>The giver of enjoyment, food and wealth</i>	
Saubhāgyā 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>Power and sovereignty</i>	
Santāna Lakshmī .....	<i>The wealth of worthy offspring (children)</i>	
Bhāgyā 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
Shāntā .....	<i>Peaceful</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 trikshā .....	<i>Always moving</i>	
Nīrvikārā .....	<i>Without attributes</i>	

Dhyāna shakti .....	<i>The power of meditation</i>	
Karṣṇa shakti .....	<i>The power of action</i>	
Nirānandā .....	<i>The highest bliss</i>	30
Vīmalā .....	<i>Absolute purity</i>	
Anantā .....	<i>Eternal</i>	
Vaiṣṇavī .....	<i>The consort of Shri Vishnu</i>	
Sanātani .....	<i>Ancient and everlasting</i>	
Nirāmayā .....	<i>Untouched by illness</i>	35
Vishv'ānandā .....	<i>The one who fills the universe with joy</i>	
Gñyāna-gñeyā .....	<i>The complete awareness of divine knowledge</i>	
Gñyāna-gamyā .....	<i>Accessible through divine knowledge</i>	
Nirmalā .....	<i>Immaculate</i>	
Swarūpā .....	<i>Self-formed</i>	40
Nishkalaṅkā .....	<i>Spotless and unblemished</i>	
Nirādhārā .....	<i>Without support, as You support everything</i>	
Nirāshrayā .....	<i>Without shelter, as 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-dhārmī .....	<i>Very righteous</i>	
Sthiti-vṛiddhir-bhav'āgati .....	<i>The origin of birth, growth and adulthood</i>	
Īshvarī .....	<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 shakti dharā .....	<i>Ever-flowing blessings</i>	
Jagat-jyeshthā .....	<i>The foremost in the universe</i>	
Brahm'ānanda vāsini .....	<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 dātṛī .....	<i>The giver of the life force</i>	
Mahā-samūhā .....	<i>The great collectivity</i>	
Sarv'ābhi-lāshā pūrṇ'ecchā ....	<i>The one who fulfils all desires</i>	
Shabda pūrvā .....	<i>The one who existed before the primordial sound (Aum)</i>	
Vyaktā .....	<i>The one who manifests</i>	70
Saṅkalpa siddhā .....	<i>The one who fulfils yearning desires</i>	
Tattva-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-siddhi dāyinī .....	<i>The one who grants the special power to achieve yoga</i>	
Mahā-yog'eshwara vṛitā .....	<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 white virgin</i>	
Vishva rūpā .....	<i>Of the form of the universe</i>	
Vishva 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
Piṅgalā .....	<i>The one who moves in a spiral (up the central channel); golden-hued</i>	
Vishnu vallabhā .....	<i>The beloved of Shri Vishnu</i>	
Yoga-ratā .....	<i>Always in yoga</i>	
Bhaktānām-pari-rakshinī .....	<i>The one who assures the nourishment and protection of the devotee</i>	
Pūrṇa chandr'ābhā .....	<i>The radiance of the full moon</i>	90
Bhaya nāshinī .....	<i>The destroyer of all fear</i>	
Daitya-dānava 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 Lakshmi	.....	Divine fragrance	
Anāhatā	.....	Intact	
Sushumnā	.....	The goddess of the central channel	
Kundalini	.....	The Kundalini	100
Sarva maṅgala māṅgalyā	.....	The auspiciousness of all auspiciousness	
Saumya rūpā	.....	The one whose form is gentle and soothing	
Mahā-dīptā	.....	Blazing with great glory	
Mūla-prākṛiti	.....	The source of the power of creation	
Sarva-swarūpinī	.....	In the form of all creation	105
Manipūra-chakra nivāsini	.....	The one who resides in the Nabhi chakra	
Shivā	.....	Auspicious	
Yoga-mātā	.....	The mother of yoga	

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 opens access to the ascending power of Shri Mahalakshmi.

# The 108 names of Goddess Athena

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Aum twameva sākshāt Shrī Pallás Athiná sākshāt  
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah  
*O Divine Mother, You are verily Goddess Pallas Athena,  
the source of all vibrations. Salutations to You!*

Heretismoús s'Eséna!  
*Salutations to You!*

Athinéa .....	<i>You are... The goddess of the city of Athens</i>	
Athinéi .....	<i>The goddess of Athens (in Ionian dialect)</i>	
Athíni .....	<i>The goddess of Athens (in epic poetry)</i>	
Atritóni .....	<i>Invincible, untamed and unwearying</i>	
Alalkomeniús .....	<i>She who was born in the city of Alalkomenes (Boeotia, central Greece)</i>	5
Ethíi .....	<i>Pure</i>	
Ayelíi .....	<i>The gatherer of battle spoils</i>	
Alkiéssa .....	<i>Courageous</i>	
Alóheftos .....	<i>Born not in a natural way</i>	
Aghaví .....	<i>Glorious, noble and eminent</i>	10
Ayínor .....	<i>Brave and valiant</i>	
Ayéstratos .....	<i>The leader of the army</i>	
Alkimáchi .....	<i>Brave in battle</i>	
Akámatos .....	<i>Untiring</i>	
Athámastos .....	<i>Untamed and unconquerable</i>	15
Alítis .....	<i>Wandering</i>	
Áchrantos .....	<i>Spotless, pure, without flaw</i>	
Anemólíos .....	<i>She who resembles the wind</i>	
Ághamos .....	<i>Celibate</i>	
Apirothín .....	<i>She who has not suffered labour pains</i>	20
Atthís .....	<i>She who resides in the city of Athens</i>	
Anemótis .....	<i>She who stops the winds</i>	
Aftóghonos .....	<i>Born out of Yourself</i>	
Amátor .....	<i>Without a mother</i>	
Eolómorfos .....	<i>Of many shapes (Athena often disguises Herself when dealing with mortals, particularly in the Odyssey)</i>	25

Éthyaia .....	<i>The protectress of ships</i>	
Aghoréa .....	<i>The protectress of public gatherings for debate and decision-making</i>	
Prómachos .....	<i>The foremost fighter</i>	
Árriti .....	<i>Ineffable</i>	
Arsenóthymos .....	<i>Male-spirited; She has a male soul</i>	30
Vlosirópis .....	<i>With a wild, stern, grim look</i>	
Varíktipos .....	<i>The loud thunderer</i>	
Ghláfki .....	<i>She who has the owl as Her symbol</i>	
Yighandofóndis .....	<i>The killer of the giants</i>	
Ghorghofónos .....	<i>The slayer of the giant Gorgo (in the Gigantomachy)</i>	35
Ghorgholófa .....	<i>She who wears the depiction of the gorgon named Medusa on the top of Her helmet</i>	
Thiní .....	<i>Dreadful</i>	
Thaífron .....	<i>Experienced in war</i>	
Thoritharsís .....	<i>Bold and brave in war</i>	
Thioyenís .....	<i>Born from the god Zeus</i>	40
Tholómitis .....	<i>Crafty</i>	
Poliás .....	<i>The protectress of the city</i>	
Níki .....	<i>She who brings victory</i>	
Erissíptolis .....	<i>The guardian and saviour of the cities</i>	
Erghopónos .....	<i>Diligent and hard-working</i>	45
Ergháni .....	<i>Industrious; the patroness of craftsmen and metal workers, the inventor and patroness of wool working</i>	
Efpálamos .....	<i>Ingenious and inventive</i>	
Efpárthenos .....	<i>The beautiful and pure virgin</i>	
Evríti .....	<i>Spoken of</i>	
Zostiría .....	<i>She who wears the belt, the symbol and adornment of warriors (Her sanctuary in Delphi includes an altar of Athena Zostiria)</i>	50
Polioúchos .....	<i>The protectress of the city</i>	
Ippía .....	<i>The horse rider</i>	
Istotélia .....	<i>The weaver</i>	
Istopónos .....	<i>The weaver</i>	
Ippossóos .....	<i>She who leads and guides the horses</i>	55
Ippelátira .....	<i>The driver of horses</i>	
Keléfthia .....	<i>The protectress of roads and travellers (in the city of Sparta)</i>	
Katharí .....	<i>Pure</i>	

Kallíthifros .....	<i>She who has a beautiful chariot</i>	
Laossóos .....	<i>She who drives armies before Her</i>	60
Lafría .....	<i>The bringer of booty</i>	
Mákera .....	<i>Blissful</i>	
Megháthimos .....	<i>Magnanimous</i>	
Machanítis .....	<i>The contriver, the deviser (in Megalopolis)</i>	
Xenía .....	<i>The protectress of strangers (in Sparta)</i>	65
Omvrímóthimos .....	<i>Strong of spirit, courageous and impetuous</i>	
Oplocharís .....	<i>Pleased with arms</i>	
Oftalmítis .....	<i>The sharp-sighted goddess of the eye and of the moon</i>	
Oxitherkís .....	<i>Sharp-sighted (in Deiras, Argos)</i>	
Pótnia .....	<i>The revered mistress and lady</i>	70
Polívoulos .....	<i>Extremely prudent and wise</i>	
Polímitis .....	<i>Extremely prudent, wise and inventive</i>	
Polemithókos .....	<i>The sustainer of war</i>	
Parthénos .....	<i>The pure virgin</i>	
Pallás .....	<i>Pallas</i>	75
Polemóklonos .....	<i>She who excites the din of war</i>	
Pronéa .....	<i>She who stands before the temple of the god Apollo (in Delphi)</i>	
Prónia .....	<i>The goddess of forethought (in Delphi)</i>	
Peonía .....	<i>The healer</i>	
Itonía .....	<i>Worshipped widely in Thessaly, Boeotia, Athens and Amorgos</i>	80
Paría .....	<i>The image of Athena named Pareia that Pausanias saw standing on the open road from Sparta to Arcadia (Pausanias was a second century traveller and geographer, famous for his Description of Greece)</i>	
Sofi .....	<i>Wise</i>	
Sálpinx .....	<i>The inventor of the trumpet (in Argos)</i>	
Stheniás .....	<i>Strong (in Troezen, Argolis)</i>	
Semnί .....	<i>Revered, venerable and awe-inspiring</i>	85
Tritonía .....	<i>Worshipped on the acropolis of Pheneus</i>	
Talaerghós .....	<i>Industrious, diligent, patient and persistent</i>	
Tolmiéssa .....	<i>She who endures; tolerant and patient; bold, venturesome and daring</i>	
Telchinía .....	<i>Worshipped in Teumessus (Boeotia)</i>	
Filómolpos .....	<i>She who loves song and dance</i>	90
Filéritnos .....	<i>She who loves wool working</i>	

Fthissímvroto	.....	The destroyer of human beings	
Féraspis	.....	Shield-bearing	
Chalkíkos	.....	She who resides in a temple made of copper, decorated in relief (on the acropolis of Sparta)	
Chalínítis	.....	The bridler (in Corinth)	95
Filénteos	.....	Easily inspired by God; the lover of inspired frenzy	
Ormástira	.....	She who urges on	
Fílistros kakís	.....	She who brings madness to the wicked	
Frónisis aghathís	.....	She who brings prudence to the virtuous	
Tritoyénia	.....	Tritoyenia	100
Lítira kakón	.....	She who frees us from suffering	
Nikifóros	.....	Victorious	
Ghlaflkópis	.....	With bright blue eyes	
Efplókamos	.....	With beautiful tresses of hair	
Evressítechnos	.....	Inventive; the inventor of the arts	105
Polilísti Vassília	.....	The queen to whom many offer their prayers	
Aléa	.....	Worshipped at Alea, Mantinea and Tegea (in Arcadia)	
Ighía	.....	The physician	

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

The Ancient Greek names of the Goddess Athena were offered during Shri Pallas Athena Puja in Athens, Greece, on 26 April 1993. An accent above a letter indicates where the stress falls in the word, eg: Pallás Athiná.

### Goddess Athena

Athena's symbols are the aegis (Her emblem and goatskin armour), the Gorgoneion (a special apotropaic amulet showing the gorgon head), the owl and the olive tree, by which She prevailed over the sea god Poseidon to become the patron deity of the city of Athens. She is mainly the goddess of wisdom, warfare, intelligence, arts and handicrafts.

*‘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-dwīp. Means the island in the Manipur. Manipur is this Nabhi chakra.*

*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.”*

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

See p.245 for the Greek pronunciation guide

# The 62 names of Hazrat Fāṭima Az-Zahra

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

Khayr u'n Nisā' Sayyidatinā Fāṭima Az-Zahra, Rādy Allāhu Anhā  
*The most supreme of women, our Lady Fatima Az-Zahra,  
may God's blessings be upon Her.*

Az-Zahra .....	You are... The radiant lady of light	
Hāfithat an-Nisā' .....	The most supreme of women	
Sayyidatun-Nisā'-el-Ālamīn .....	The leader of all the women of Heaven and Earth	
Il Āliya .....	The wife of Imam Ali	
Umm-il-Ā'imma .....	Mother of Imams	5
Umm Abīha .....	Mother of Her father	
Umm-ul-Ḥassān .....	Mother of Hassan	
Umm-ul-Ḥussein .....	Mother of Hussein	
Umm-ul-Kitāb .....	Mother of the Book	
Ifṭikhār Ḥawwā' .....	The glory of Eve, the first woman	10
As-Shajra-e-Tayyiba .....	The lady with the pure genealogical tree	
Batūl .....	The pure virgin	
Basīṭa .....	The bestower of prosperity	
Bāṭina .....	Intrinsic	
Taqqīya .....	Innately spiritual	15
Jalīla .....	Sublime, majestic	
Jamīla .....	Beautiful	
Ḥabība .....	Beloved	
Ḥathīra .....	Ready and willing to act	
Ḥassna .....	Comely and beautiful	20
Ḥakīma .....	Wise	
Ḥalīma .....	Gentle and forbearing	
Khatūn-e-Janna .....	The lady of paradise	
Dar an-Nūr .....	The abode of light	
Dāfiā .....	The one who mingles with the poor and oppressed	25
Diāma .....	The pillar and the support	

Rafīā .....	<i>Exalting</i>	
Raḍīya .....	<i>Fully satisfied</i>	
Zakiya .....	<i>Without sin</i>	
Zahīra .....	<i>Radiant and beautiful</i>	30
Salīma .....	<i>Perfect and flawless</i>	
Shāfiā .....	<i>The mediator before Allah</i>	
Shafīqa .....	<i>Merciful</i>	
Shahīya .....	<i>Pleasant</i>	
Ṣāhibā .....	<i>The companion of the holy prophet Mohammed</i>	35
Ṣāhibat-ul-Kawn .....	<i>Queen of the universe</i>	
Ṣadīqa .....	<i>Faithful</i>	
Ṣiddīqa .....	<i>Truthful</i>	
Ṣaliha .....	<i>Righteous</i>	
Ṭahīra .....	<i>Pure</i>	40
Ābīda .....	<i>Devout</i>	
Ādīla .....	<i>Fair and just</i>	
Āzīza .....	<i>Respected</i>	
Āliya .....	<i>Most high</i>	
Ālīma .....	<i>Most learned and erudite</i>	45
Āmīla .....	<i>Most active</i>	
Faṣīha .....	<i>Eloquent</i>	
Qayūma .....	<i>Everlasting</i>	
Karīma .....	<i>Generous and kind</i>	
Mubāraka .....	<i>Auspicious and blessed</i>	50
Mastūra .....	<i>Veiled and chaste</i>	
Māṣūma .....	<i>Immaculate and sinless</i>	
Marḍīya .....	<i>The one who pleases God</i>	
Maryam-e-Kubra .....	<i>The greater Mary (Shri Mahalakshmi)</i>	
Malika-al-Ṭahīr .....	<i>The queen of purity</i>	55
Najība .....	<i>Distinguished</i>	
Naṣīha .....	<i>The sincere counsellor</i>	
Nūrīya .....	<i>Light</i>	
Hirā' .....	<i>The cave in which Lord Mohammed meditated</i>	
Wafīya .....	<i>Trustworthy, reliable</i>	60
Walīya .....	<i>Saintly and holy</i>	
Walīyat-ul-Ūhada .....	<i>The keeper of the covenant</i>	

Sākshāt Shrī Ādi Shakti Mātājī  
Shrī Nirmalā Devyai namo namah



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

Principally the incarnation of Shri Gruha-lakshmi (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 Gruha-lakshmi principle of the housewife. The wife of Hazrat-Ali (first full incarnation of Shri Brahmadeva, see p.59), the mother of Hassan and Hussein (reincarnations of Luv and Kush, see p.128), and the daughter of the prophet Mohammed (one of the ten Adi Gurus or primordial masters, see p.84), Fatima died five months after the prophet, 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 Hussein - were killed in the struggle to establish truth.

See p.146-9 for the 84 names of  
Shri Vishnumaya

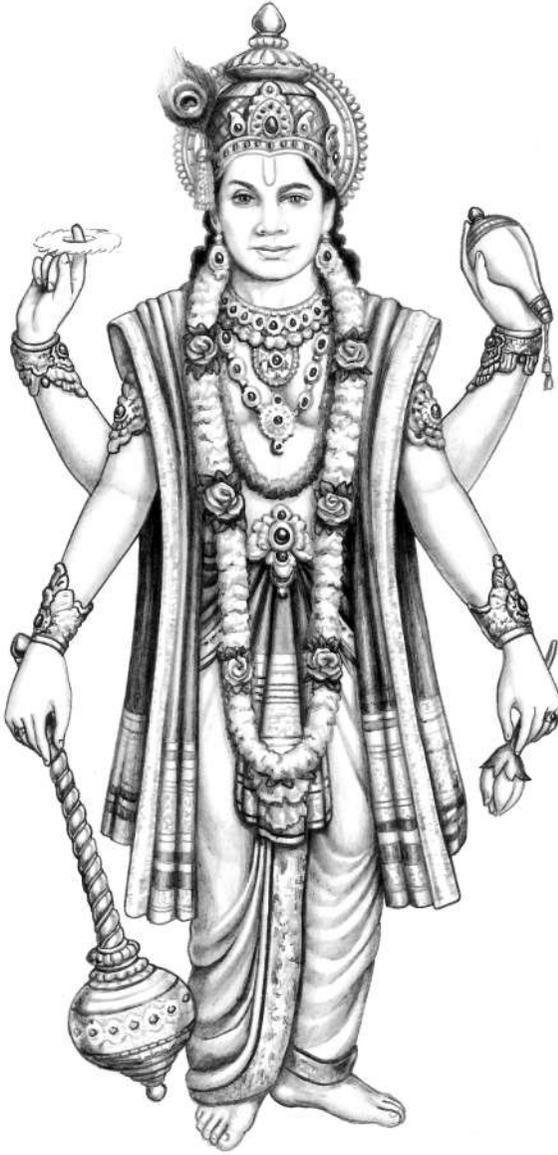
See p.244 for the Arabic pronunciation guide

*'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... 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.'*

*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*



Shayan'āmbudhau Nirmale Tav'aiva  
Nārāyan'ākhyam pranato'smi rūpam  
*To the form of the pure and shining one reclining on the ocean,  
known indeed as the refuge of humanity, we bow with  
the greatest reverence and humility.*

# The 10 incarnations of Shrī Vishnu

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- 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*
- Varāha .....*The boar incarnated to retrieve the Earth and the Vedas from the demon Hiranyaksha*
- Narasimha .....*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 before 6000 BCE 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 6000 BCE 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 4000 BCE to free humanity from the rigidity of religious rituals with his playful leela, as 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 CE as Mahavishnu, Mahaganesha and Mahavirata to open the Agnya chakra*
- Kalki .....*The immaculate rider of the last days of Kali Yuga, the deity of the Sahasrara chakra, manifesting collective consciousness*

# The 108 names of Shrī Vishnu

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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!*

*The first 24 names are recited before puja  
to open the Sushumna (central channel)*

Keshava .....	<i>You are... The lord of creation</i>	
Nārāyana .....	<i>The refuge of humanity</i>	
Mādhava .....	<i>The sweet-natured husband of Shri Lakshmi</i>	
Govinda .....	<i>The protector of cows and saviour of the world</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>Bearing the Shri-vatsa mark on the chest</i>	
Hrīshīkesha .....	<i>The joy-giving lord of the senses</i>	10
Padma-nābha .....	<i>The one who has a lotus coming out of His navel (the source of the universe)</i>	
Dāmodara .....	<i>The one who can be attained by disciplines</i>	
Saṅkarshana .....	<i>The one who draws everything together</i>	
Vāsudeva .....	<i>Residing everywhere</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>	
Adho'kshaja .....	<i>Known by turning the attention inwards</i>	
Narasimha .....	<i>The one who incarnated as the man-lion</i>	
Upendra .....	<i>Above Indra</i>	20
Achyuta .....	<i>Unchanging</i>	
Janārdana .....	<i>The oppressor of evil, the saviour</i>	
Hari .....	<i>The remover of ignorance and illusion</i>	
Kṛishna .....	<i>The sower</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>	
Hārī .....	<i>The destroyer (Shri Shiva)</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 Sharnga</i>	
Shaṅkha-dhṛit .....	<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 Vijayanti</i>	
Kuvaleshaya .....	<i>Lying on the belly of Shri Shesha</i>	35
Garuda-dhvaja .....	<i>The one whose flag bears the emblem of Shri Garuda</i>	
Lakshmīvān .....	<i>The one who has Shri Lakshmi in His heart</i>	
Bhagavān .....	<i>The adorable possessor of all divine qualities, who knows the origin and dissolution of all beings</i>	
Vaikuntha-pati .....	<i>The lord of Vaikuntha (Vishnu's abode)</i>	
Dharma-gup .....	<i>The one who safeguards dharma</i>	40
Dharm'ādhyaksha .....	<i>The one who presides over dharma</i>	
Niyantā .....	<i>The one who establishes men in their respective functions</i>	
N'aika-ja .....	<i>The one who reincarnates many times 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>	
Vyava-sthāna .....	<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-gñya .....	<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>	
Aghoksha .....	<i>The destroyer of sins</i>	

Yagñya-pati .....	<i>The protector, enjoyer and lord of all sacrifices</i>	55
Vegavān .....	<i>Endowed with great speed</i>	
Sahishnu .....	<i>The one who bears the duality of cold and heat (Ida and Pingala)</i>	
Rakshana .....	<i>The protector of the three worlds, residing in sattva guna</i>	
Dhan'eshwara .....	<i>The lord of wealth</i>	
Hiranya-nābha .....	<i>The one whose navel is auspicious like gold</i>	60
Sharīra-bhṛit .....	<i>The one who sustains the body</i>	
Annam .....	<i>The one who causes all beings to eat</i>	
Mukunda .....	<i>The one who grants release</i>	
Agranī .....	<i>The one who leads the seekers to the highest abode</i>	
Amogha .....	<i>The one who never fails to reach His goal</i>	65
Varada .....	<i>The bestower of boons</i>	
Shubh'ekshana .....	<i>The one who breaks all knots</i>	
Satām-gati .....	<i>The one who keeps the seekers on the right path</i>	
Sukhada .....	<i>The bestower of happiness</i>	
Vatsala .....	<i>Cherished by His devotees</i>	70
Vīra-hā .....	<i>The destroyer of enemies, such as the various lifestyles of Kali Yuga</i>	
Prabhu .....	<i>The lord skilled in all actions</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>The one who kills the enemies of the devas</i>	
Bhīma .....	<i>Awesome and formidable</i>	
Shūrajan'eshwara .....	<i>Exceeding the greatest of heroes in prowess</i>	80
Sam-pramardana .....	<i>The one who punishes and torments all evil-doers</i>	
Bhāvana .....	<i>The master of causes, who is the giver of the fruits of action</i>	
Kshetra-gñya .....	<i>The knower of the field</i>	
Sarva-yoga vinis-sṛita .....	<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>Manifesting by Your own free will</i>	
Samvatsara .....	<i>Standing in the form of time</i>	90
Vardhana .....	<i>The one who makes all things evolve</i>	
Eka .....	<i>One</i>	
N'aika .....	<i>Not only one, as You have many forms</i>	
Vasu .....	<i>All beings abide in You</i>	
Īshāna .....	<i>The lord of all</i>	95
Lok'ādhyaksha .....	<i>The chief supervisory witness of all the worlds</i>	
Trilok'asha .....	<i>Lord of the three worlds</i>	
Jagat-swāmī .....	<i>The master of the universe</i>	
Yug'avarta .....	<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 form of the totality</i>	
Ananta-rūpa .....	<i>Of infinite forms</i>	
Vishishta .....	<i>The most excellent</i>	
Mahāruddhi .....	<i>The one whose glory is greatest</i>	
Pary'avasthita .....	<i>The one who envelopes the universe pervading it everywhere</i>	105
Stha-vishtha .....	<i>The one who stands in the great form of Virata</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</i>	

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

### **Awakening the central channel**

The 21 or 24 names of Shri Vishnu appear on the first page of the 108 Vishnu names (see p.76). 'Why these 21 names are taken, before every puja... Now, the central part has got 21 channels and has got 21 powers, and their deities are named according to the 21 aspects of

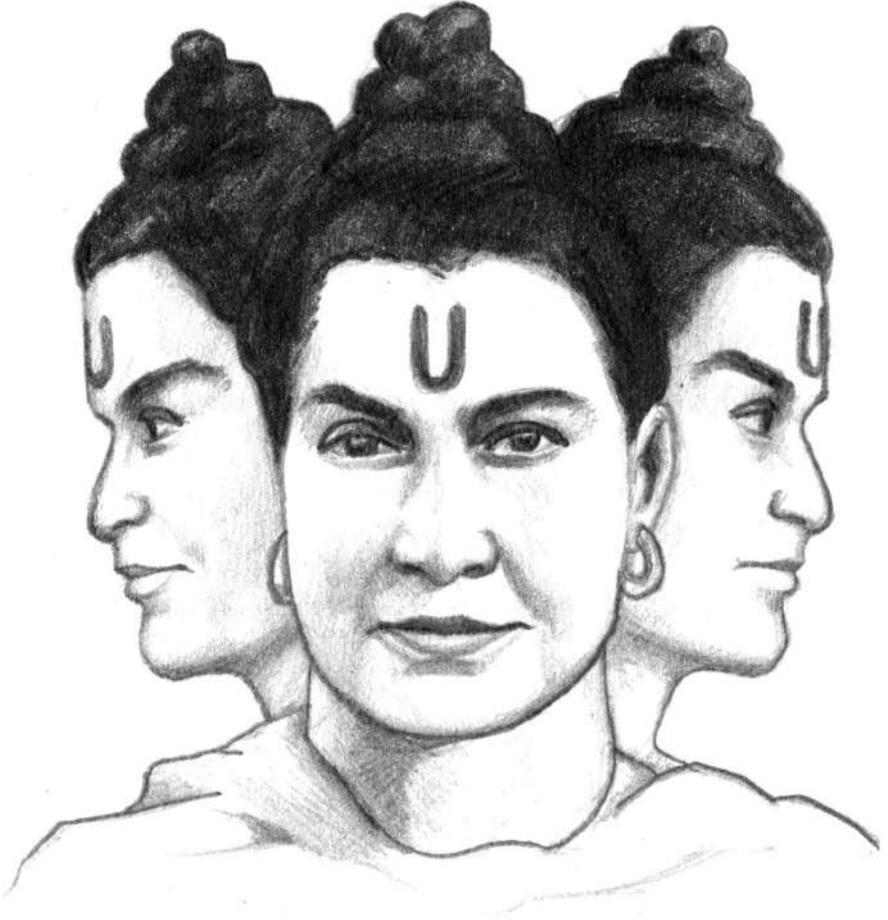
*Shri Vishnu, so that's why they are first said, so within you these aspects are awakened...So, to open Sushumna channel, 21 names are said.'*

Shri Mataji Nirmala Devi, Shri Adi Shakti Puja,  
Cowley Manor, UK, 1 Aug 1982



# The Bhava-sāgara (Void)

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Guru Param'ātmā Pareshu  
*The guru is the supreme Spirit, God Almighty.*

# The 10 Primordial Masters

## (Ādi Gurus)

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Gurur Brahmā, gurur Vishnuh  
*The guru is Brahma, the guru is Vishnu,*  
Gurur devo Mah'eshwarah  
*The guru is the great Lord Shiva,*  
Guruh 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** **6000 BCE, 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**

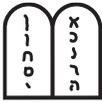


### **Abraham** **2000 BCE, Mesopotamia and Palestine**

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 BCE, 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 BCE, Persia**

Ancient Persian prophet and religious poet, who viewed the universe as the cosmic struggle between truth and falsehood. He emphasised the importance of using our free will to sustain truth through active participation in life and the exercise of good thoughts, words and deeds. (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 BCE, 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 BCE, China**

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

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

**Lao-Tse**



## **Socrates**

**469-399 BCE, 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 CE, 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 Nānak**

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

Founder of Sikhism. Born in a Hindu family near Lahore, he spoke of the oneness of God, salvation by faith and good works, and the equality and brotherhood of man. 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 (Shrī Shirdī Sāī Nātha)**

**1838-1918 CE, 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 and devotion to the guru and to God.

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

# The 108 names of Shrī Ādi Guru Dattātreya

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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 .....	You are... The embodiment of truth	
Sattva bhṛit'āngati .....	The one who maintains the sacred fire of truth	
Kamal'ālaya .....	The one who resides in the lotus	
Hiranya-garbha .....	The golden cosmic egg of Brahma, the subtle body of the Virata	
Bodha-sam'āshraya .....	The dwelling-place of enlightened knowledge	5
Nābhāvī .....	The ruler of the Nabhi chakra	
Deha-shūnya .....	Without a body	
Param'ārtha-dṛish .....	The one who can see the supreme goal	
Yantra-vid .....	The one who knows the divine techniques	
Dhar'ādhāra .....	The support of the earth	10
Sanātana .....	Ancient and everlasting	
Chit-kīrti-bhūshana .....	Adorned with glorious attention	
Chandra-sūry'āgni lochana ....	The one whose eyes are the moon, sun and fire	
Antah-pūrna .....	Completely fulfilled within	
Bahir-pūrna .....	Completely fulfilled without	15
Pūrn'ātmā .....	The fulfilled Spirit and the essence of satisfaction	
Kha-garbha .....	The one who contains the sky within	
Amar'ārchita .....	Worshipped by the immortals, the devas	
Gambhīra .....	Fathomless and profound	
Dayāvān .....	The embodiment of mercy and compassion	20
Satya-vigñyāna bhāskara .....	The radiant light of discretion and knowledge	
Sadāshiva .....	Lord God Almighty (forever auspicious and happy)	
Shreyās-kara .....	The bestower of auspicious good fortune	
Agñyāna-khandana .....	The destroyer of avidya (ignorance of the Spirit)	

Dhṛiti .....	<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-nāshana .....	<i>The destroyer of fever, illness and suffering</i>	
Bheda-vaitanda-khandana .....	<i>The destroyer of disagreements and futile arguments</i>	
Nirvāsana .....	<i>Free from attachments, conditionings and temptations</i>	30
Nirīha .....	<i>Desireless and still</i>	
Nirahamkāra .....	<i>Without ego</i>	
Shoka-duhkha-hara .....	<i>The remover of anxiety and pain</i>	
Nirāshīra nirupādhika .....	<i>Absolutely desireless</i>	
Ananta-vikrama .....	<i>The one who endlessly conquers and overcomes</i>	35
Bhed'āntaka .....	<i>The destroyer of all divisions, negative discrimination and arguments</i>	
Muni .....	<i>The great sage</i>	
Mahā-yogī .....	<i>The great yogi</i>	
Yog'ābhyāsa prakāshana .....	<i>The one who enlightens the regular practice of yoga</i>	
Yog'arer-darpa-nāshana .....	<i>The destroyer of the arrogance of those without divine connection</i>	40
Nitya-mukta .....	<i>Eternally liberated</i>	
Yoga .....	<i>The one who establishes the union</i>	
Sthāna-da .....	<i>The one who gives stability</i>	
Mah'ānu-bhāva-bhāvita .....	<i>The one who transforms himself and others by noble-mindedness and generosity</i>	
Kāmajit .....	<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 respect</i>	
Chetanā-vigata .....	<i>Beyond thinking awareness</i>	50
Akshara-mukta .....	<i>Eternally liberated</i>	
Parākramī .....	<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>	
Praty'aksha-vastu .....	<i>The ultimate reality in perceptible form</i>	
Devānām-param'āgati .....	<i>The supreme goal of the devas</i>	
Mahā-deva .....	<i>The greatest among the devas</i>	
Bhuvan'āntaka .....	<i>The one who destroys the fourteen bhuvans (worlds) of the created universe at the time of cosmic dissolution</i>	60
Pāpa-nāshana .....	<i>The destroyer of sins</i>	
Avadhūta .....	<i>He who renounced all worldly attachments</i>	
Mad'āpaha .....	<i>The one who removes all lust, arrogance and false pride</i>	
Māyā-mukta .....	<i>Liberated from all illusions</i>	
Chid-uttama .....	<i>The supreme consciousness</i>	65
Kshetra-gñya .....	<i>The one who knows the body (the Spirit)</i>	
Kshetra-ga .....	<i>The one who resides in the body</i>	
Kshetra .....	<i>The realm (field) of the Spirit</i>	
Samsāra-tamo-nāshana .....	<i>The destroyer of the darkness of worldly illusion</i>	
Shankā-mukta-		
-samādhimān .....	<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>	
Hṛidaya-stha .....	<i>The one who dwells in the heart</i>	75
Pravartana .....	<i>Always active</i>	
Saṅkalpa-dukhā-dalana .....	<i>The destroyer of unhappiness caused by desires and expectations</i>	
Jīva-sanjīvana .....	<i>The one who gives life to the soul</i>	
Lay'ātīta .....	<i>Beyond destruction and death</i>	
Layasy'ānta .....	<i>The end of the ultimate dissolution</i>	80
Pramukha .....	<i>The first among all beings</i>	
Nanda .....	<i>The one who rejoices</i>	
Nir'ābhāsa .....	<i>Without falsity or deception</i>	
Niraṅjana .....	<i>Pure and unblemished</i>	
Shraddh'ārthī .....	<i>The one who pursues the goal with faith and devotion</i>	85
Gosākshī .....	<i>Witnessing the world of the senses</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-bhrit .....	<i>The supporter of truth</i>	
Bhūta-shaṅkara .....	<i>Auspicious and beneficent to all beings</i>	
Hamsa-sākshī .....	<i>The witness, pure and swan-like in discrimination</i>	
Sattva-vid .....	<i>The one who knows the essence of existence (on the sattva guna)</i>	95
Vidyāvān .....	<i>The embodiment of all knowledge</i>	
Ātm'ānu-bhava-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 gñyāna-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>Absolute peace, in the reunion with the supreme Being</i>	
Tattv'ātma-gñyāna-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 names of the Sat-guru

Aum twameva sākshāt Shrī Sat-guru sākshāt  
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah  
*O Divine Mother, You are verily the true Guru. Salutations to You!*

Sattv'ātmā .....	<i>You are... The one whose Atman expresses the truth</i>	
Sattva-sāgara .....	<i>The ocean of truth</i>	
Sattva-vid .....	<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-krit .....	<i>The one who creates the past</i>	
Bhūta-bhrit .....	<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-kārana .....	<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>	
Bhūtānām-param'āgati .....	<i>The one who takes all that is created beyond</i>	
Bhūta-saṅga-vihīn'ātmā .....	<i>The one who resides in the Spirit of all that is created</i>	
Bhūta-shaṅkara .....	<i>The Shankara of all that is created</i>	
Mahā-nātha .....	<i>The great Master</i>	20
Ādi Nātha .....	<i>The primordial Master</i>	
Mah'eshwara .....	<i>The greatest god</i>	
Sarva-bhūta-nivās'ātmā .....	<i>The one who resides in the Spirit of all that is created</i>	
Bhūta-santāpa-nāshana .....	<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>	
Sarvagñya .....	<i>All knowledge</i>	
Sarva-nirnaya .....	<i>The judgment of everyone</i>	
Sarva-sākshī .....	<i>The witness of everything</i>	30
Bṛihat bhānu .....	<i>The almighty sun</i>	
Sarva-vid .....	<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>	
Pūrṇa .....	<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
Param'ārtha-bhṛit .....	<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>	
Siddhānām-param'āgati .....	<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>	
Bahul'ānanda-varadhana .....	<i>The one who gives the greatest joy</i>	
Avyakta Purusha .....	<i>The one who is not manifested</i>	
Prāgñya .....	<i>Enlightened awareness</i>	60
Para-gñya .....	<i>Beyond all awareness</i>	
Param'ārtha dṛish .....	<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>	
Shaṅkar'ātmā .....	<i>The Spirit of Shankara (Shri Shiva)</i>	
Parā-māyi .....	<i>Beyond maya</i>	
Devānām-param'āgati .....	<i>The one who takes the devas to the highest state</i>	70
Achetya .....	<i>Beyond attention</i>	
Chaitanya .....	<i>The flow of awareness</i>	
Chetanā-chitta-vikrama .....	<i>The conqueror of attention and consciousness</i>	
Para-brahma .....	<i>Beyond Brahma</i>	
Param-jyoti .....	<i>The highest light</i>	75
Param-dhāma .....	<i>The highest abode</i>	
Param-tāpas .....	<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>	
Kshetra-gñya .....	<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>	
Yagñya .....	<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>	
Suhṛid .....	<i>A very good friend</i>	
Param'ānanda .....	<i>The highest joy</i>	
Saty'ānanda .....	<i>The highest joy of truth</i>	
Chit-ānanda .....	<i>The highest joy of the attention, the awareness</i>	90
Sūrya-mandala-madhyaga .....	<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>	

Sur'eshwara .....	<i>The God of all the gods</i>	
Yantra-kṛit .....	<i>The creator of the yantra (Kundalini)</i>	100
Yantrī .....	<i>The engineer of the yantra (Kundalini)</i>	
Yantra-vid .....	<i>The knower of the yantra (Kundalini)</i>	
Yantr'ārūdha-parājīta .....	<i>The one who defeats all that comes in the way of the yantra (Kundalini)</i>	
Yantramān .....	<i>The one who resides in the Kundalini</i>	
Yantra-kāra .....	<i>The one who sustains the Kundalini</i>	105
Brahma-yoni .....	<i>Born of the supreme Spirit</i>	
Vishwa-yoni .....	<i>The power of the universe</i>	
Guru .....	<i>The guru</i>	
Brahma .....	<i>Shri Brahma, the supreme Spirit</i>	
Tri-vikrama .....	<i>The conqueror of the three worlds</i>	110
Sahasrāra-may'od-bhava .....	<i>Born out of the Sahasrara of our Mother</i>	
Rudra .....	<i>The destructive power</i>	
Hṛidaya-stha .....	<i>The one who resides in the heart</i>	

Sākshāt Shrī Ādi Shakti Mātājī  
Shrī Nirmalā Devyai namo namah



These names were translated by Shri Mataji Herself on the occasion of a havan before Guru Puja, Dollis Hill, London, 1 Dec 1979.

*'Now, the higher stage is that your guru becomes a deity. When you say "Gurur Brahma, gurur Vishnuh, gurur devo Mah'eshwarah" (see p.82), they go up to that point, but nobody says guru is Devi. You can have a higher stage than Brahma, Vishnu, Mahesha. Because the guru state is where you have the innocence of all these - Brahma and*

*Mahesha and Vishnu - their power of innocence. But then ultimately they say, "Guruh sakshat Parabrahma". And Parabrahma is the power of the Mother that is flowing through you. So you become the instrument of that Parabrahma - but how? Not only by becoming yourself, but now becoming the reflector of your deity, to develop yourself into the reflector from guru to that state.'*

Shri Mataji Nirmala Devi, Guru Puja, Leysin, Switzerland, 14 July 1984

*‘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 say 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-chit-ānanda rūpah, Shivo'ham, Shivo'ham  
*I am truth, awareness and bliss.*  
*I am Shiva, I am Shiva!*

# The 108 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 Shiva-karam Shāntam Shiv'ātmānam  
Aum to the auspicious one, the bestower of auspiciousness,  
the one who is peace, who is the auspicious Spirit, the highest felicity;  
Shiv'ottamam Shiva-mārga-pranetāram pranato'smi Sadāshivam  
To our guide on the path of auspiciousness, to the Lord God Almighty, I bow.*

Shiva .....	<i>You are... Auspicious</i>	
Shaṅkara .....	<i>Compassionate</i>	
Swayam-bhū .....	<i>Self-existent</i>	
Pashu-pati .....	<i>The lord and protector of the animals</i>	
Kshamā-kshetra .....	<i>The field of forgiveness</i>	5
Priya-bhakta .....	<i>The favorite of the devotees</i>	
Kāma-deva .....	<i>The god of love</i>	
Sādhu-sādhyā .....	<i>Achieved easily by the saintly</i>	
Hṛit-pundarik'āsana .....	<i>He who dwells in the lotus of the heart</i>	
Jagad-hitaishī .....	<i>The well-wisher of the universe</i>	10
Vyāghra-komala .....	<i>Tender to the tiger (Shri Bhairava)</i>	
Vātsala .....	<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>	
Lok'ottara sukhālaya .....	<i>The abode of the most excellent happiness</i>	15
Sarva-saha .....	<i>The bearer of everything</i>	
Sva-dhṛit .....	<i>Self-supported</i>	
Eka-nāyaka .....	<i>The sole Lord</i>	
Shrī-vatsala .....	<i>The darling of the Goddess</i>	
Shubha-da .....	<i>The bestower of auspiciousness</i>	20
Sarva-sattv'āvalambana .....	<i>The supporter of all living beings</i>	

Sharvarī-pati .....	<i>The lord of the night</i>	
Varada .....	<i>The bestower of boons</i>	
Vāyu-vāhana .....	<i>The one whose vehicle is the wind (of vibrations)</i>	
Kamandalu-dhara .....	<i>The holder of the water pot (for rites)</i>	25
Nad'īshwara .....	<i>The lord of the rivers</i>	
Prasadāsya .....	<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-charm'āmbara .....	<i>The one who wears the tiger hide</i>	35
Unmatta-vesha .....	<i>The one having the guise of a madman</i>	
Preta-chārī .....	<i>Going about surrounded by bhoots</i>	
Hara .....	<i>The destroyer</i>	
Rudra .....	<i>Fierce</i>	
Bhīma-parākrama .....	<i>Of terrible exploits</i>	40
Nat'eshwara .....	<i>The lord of the dance</i>	
Nata-rājā .....	<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, the Soul of the cosmos</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>	
Vishva sākshī .....	<i>The witness of the universe</i>	50
Nitya-nṛitya .....	<i>Ever-dancing</i>	
Sarvā-vāsa .....	<i>The one who resides in all</i>	
Mahā-yogī .....	<i>The great yogi</i>	
Sadā-yogī .....	<i>The primordial, immutable yogi</i>	
Sadāshiva .....	<i>Lord God Almighty</i>	55
Ātmā .....	<i>The Self</i>	
Ānanda .....	<i>Joy</i>	
Chandra-mauli .....	<i>The one who has the moon as a crest jewel</i>	

Mah'eshwara .....	<i>The great Lord</i>	
Sudhā-pati .....	<i>The lord of nectar</i>	60
Amṛuta-pa .....	<i>The drinker of nectar</i>	
Amṛuta-maya .....	<i>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>	
Kārnīkāra-priya .....	<i>Fond of the pericarp of the lotus</i>	
Kavi .....	<i>The poet</i>	
Amogha-danda .....	<i>Unfailing punishment</i>	
Nīla-kantha .....	<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 support of meditation</i>	
Brahmānda-hṛid .....	<i>The heart of the universe</i>	
Kāma-shāsaṇa .....	<i>The chastiser of Manmatha (Cupid)</i>	75
Jita-kāma .....	<i>The conqueror of lust</i>	
Jit'endriya .....	<i>The conqueror of the sense organs</i>	
At'indriya .....	<i>Beyond the scope of the sense organs</i>	
Nakshatra-mālī .....	<i>Wearing a garland of stars</i>	
Anādyanta .....	<i>With neither beginning nor end</i>	80
Ātma-yoni .....	<i>The origin of the Self</i>	
Nabha-yoni .....	<i>The origin of the firmament</i>	
Karunā-sāgara .....	<i>The ocean of compassion</i>	
Shūlī .....	<i>Master of the trident</i>	
Mah'eshvāsa .....	<i>The bearer of the mighty bow</i>	85
Nishkalaṅka .....	<i>Spotless and unblemished</i>	
Nitya-sundara .....	<i>Ever beautiful</i>	
Ardha-nār'īshwara .....	<i>He whose other half is Shri Parvati</i>	
Umā-pati .....	<i>The lord of the Mother</i>	
Rasada .....	<i>The bestower of sweetness</i>	90
Ugra .....	<i>Frightful</i>	
Mahā-kāla .....	<i>The great destroyer</i>	
Kāla-kāla .....	<i>The destroyer of death</i>	
Vaiyāghra dhurya .....	<i>Foremost of those with the nature of the tiger</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 contented soul</i>	
Nara-nārāyana-priya .....	<i>Fond of Shri Vishnu in the forms of Nara and Narayana</i>	
Rasa-gñya .....	<i>The knower of 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 Being</i>	
Vishwam-bhar'eshwara .....	<i>The lord of the Earth and of the universe</i>	
Nav'ātmā .....	<i>Born-again soul</i>	105
Nava-yerūsaalem-iṣhwara .....	<i>Lord of the New Jerusalem</i>	
Ādi Nirmal'ātmā .....	<i>The primordial Self of Shri Mataji</i>	
Sahajayogi-priya .....	<i>Fond of Sahaja yogis</i>	

Sākshāt Shrī Ādi Shakti Mātājī  
Shrī Nirmalā Devyai namo namah

Kara-charana kṛitam vā kāya-jam karma-jam vā  
*Please forgive all our wrong deeds that have been done by our hands  
or feet, or created by the body,*

Shravana nayana-jam vā mānasam v'āparādham  
*By our ears or our eyes, with our minds or through our mistakes.*

Vihitam-avihitam vā sarvam-etat kshamasva  
*For all that has been done or left undone, please forgive us.*

Jaya jaya Karun'ābdhe Shrī Mahā-deva Shambho (x3)  
*Victory to You, again and again! O ocean of compassion,  
O great and beneficent God!*

Aum namah Shivāya  
*I bow to Shri Shiva.*

See p.176-9 for the 116 names of Shri Shiva as Shri Rudra (the destroying power), offered to Shri Mataji on the occasion of Shri Ekadasha Rudra Puja in Como, Italy, 16 Sept 1984. These names are especially powerful for havan.

During the 'Void/Heart' Hindi talk in New Delhi, India on 31 Jan 1978, Shri Mataji recommended the above prayer for those who have suffered a heart attack, saying that they have to ask for forgiveness for their mistakes.

# The 108 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-pad'ābja-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>The one who flows through the mountain country</i>	5
Tārak'āri-jananī .....	<i>The mother of Shri Karttikeya (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 Sage Kapila)</i>	
Saraswatī-saṃyuktā .....	<i>Joined to the river Saraswati (which flows underground and joins the river Ganges at Triveni Sangam in Prayag)</i>	
Sughoshā .....	<i>Melodious</i>	
Sindhu-gāminī .....	<i>The one who flows 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-pad'oddhūtā .....	<i>She who manifested from the foot of Vishnu</i>	
Tri-loka-patha gāminī .....	<i>The one who flows through the three worlds (Heaven, Earth and the lower regions)</i>	15
Kshīra-shubhrā .....	<i>As white as milk</i>	
Bahu-kshīrā .....	<i>Like a cow which gives milk in abundance</i>	
Kshīra-vṛiksha samakulā .....	<i>Abounding in the four milk trees: Nyagrodha (banyan), Udumbara (glamorous fig-tree), Asvattha (holy pipal 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>	

Ṛuna-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
Tripur'āri-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 hṛit .....	<i>The remover of fear, when devotees surrender to You</i>	
Avyayā .....	<i>Eternal and imperishable</i>	
Nayan'ānanda dāyini .....	<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-kṛitā .....	<i>Adorned with water</i>	
Sāvitrī .....	<i>The Mother</i>	30
Salila-vāsī .....	<i>She who dwells in water</i>	
Sāgar'āmbu samedhini .....	<i>The one who swells the waters of the ocean</i>	
Ramyā .....	<i>Delightful</i>	
Bindu-sarasā .....	<i>Made of water drops</i>	
Avyaktā .....	<i>Unmanifest</i>	35
Vṛindāraka-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>	
Shubhr'āngī .....	<i>The one with beautiful white limbs</i>	
Shrīmatī .....	<i>Beautiful, auspicious and illustrious</i>	
Dhaval'āmbārā .....	<i>The one with a dazzling white garment</i>	40
Ākhandala-vana-vāsā .....	<i>The one who flows through the Khandala forest</i>	
Khand'endu kṛita-shekharā ...	<i>The one who bears the crescent moon upon Her head</i>	
Amṛut'ākāra salilā .....	<i>The one whose water is a rich source of nectar</i>	
Līlā-laṅghita-parvatā .....	<i>The one who leaps over mountains in sport</i>	
Vīriñchi-kalasha-vāsī .....	<i>The one who dwells in the water-pot of Shri Brahma</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>	

Saṅgat'āghaughā shamanī .....	<i>The one who destroys the mass of worldly attachments and collective misdeeds</i>	
Shankha-dundubhi nisvanā ....	<i>The one who makes a noise like a conch-shell and drum</i>	
Bhīti-hṛit .....	<i>The remover of fear</i>	50
Bhāgya janani .....	<i>The one who creates happiness</i>	
Bhinna Brahmānda darpinī ...	<i>The one who takes pride in breaking open the egg of Brahma</i>	
Nandini .....	<i>Happy</i>	
Shīghra-gā .....	<i>Fast-flowing</i>	
Siddhā .....	<i>Perfect</i>	55
Sharanyā .....	<i>The one who grants shelter, help or protection</i>	
Shashi-shekhari .....	<i>The one who bears the moon upon Her head</i>	
Shankari .....	<i>Compassionate</i>	
Saphari-pūrnā .....	<i>Abundant with small, shiny fishes</i>	
Bharga-mūrdhā-kṛit'ālayā .....	<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>	
Hansa-swarūpini .....	<i>The embodiment of discretion (symbolised by the swan)</i>	
Bhagīratha-sutā .....	<i>The daughter of Sage Bhagiratha</i>	
Anantā .....	<i>Eternal</i>	65
Sharach-chandra-nibh'ānanā ..	<i>Radiant like the autumn moon</i>	
Aumkāra rūpini .....	<i>(In the form of) the Aum</i>	
Atulā .....	<i>Peerless, without equal</i>	
Kṛidā-kallola kārinī .....	<i>The playful sound of the flowing river</i>	
Swarga-sopāna saranī .....	<i>The one who flows like a stairway to Heaven</i>	70
Ambhah-pradā .....	<i>The one who gives water</i>	
Duhkha-hantri .....	<i>The remover of sorrow</i>	
Shānti-santata kārinī .....	<i>The continuance of peace</i>	
Dāridrya-hantri .....	<i>The remover of poverty</i>	
Shivadā .....	<i>The bestower of auspiciousness and happiness</i>	75
Samsāra-visha-nāshini .....	<i>The one who destroys the ills of this world</i>	
Prayāga nilayā .....	<i>The one who dwells in Prayag (at Triveni Sangam: the confluence of the Ganges, Yamuna and Saraswati, near 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>	
Sharan'āgata-dīn'ārta- -pari-trānā .....	<i>The protector of the sick and suffering, who come to You for refuge</i>	80
Sumukti-dā .....	<i>The one who gives complete emancipation</i>	
Siddhi-yoga nisevitā .....	<i>The one whom devotees approach to gain the special power to attain yoga</i>	
Pāpa-hantrī .....	<i>The destroyer of sins</i>	
Pāvan'āngī .....	<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>The merit of noble deeds</i>	
Punyadā .....	<i>The bestower of merit</i>	
Punya vāhinī .....	<i>The generous flow of merit</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>	
Bhogaṅgavātī .....	<i>Delightful and beautiful (Shri Ganga's name as She enters the underworld)</i>	
Umā-kāra-kamala sañjātā .....	<i>Born from the same lotus as Shri Parvati (Uma), a poetic way of saying that they are sisters</i>	
Agñyāna-timira-bhānu .....	<i>A light amid the darkness of ignorance</i>	
Ajarā .....	<i>The one who is untouched by old age</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 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 Karttikeya</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.113–21)

## Joan of Arc (Jeanne d’Arc, 1412-1431 CE)

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.212). Born into a simple peasant family, at the age of 17, she successfully led 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 32 names of Shrī Durgā Mātā

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

Durgā .....	You are... The remover of all difficulties and evil	
Durg'ārti-shamanī .....	The one who pacifies all evil	
Durgā-āpad-vinivārinī .....	The destroyer of the worst evil	
Durgama-chhedinī .....	The one who cuts down all difficulties and evil	
Durga-sādhinī .....	The one who performs all types of disciplines to expel evil	5
Durga-nāshinī .....	The destroyer of difficulties and evil	
Durgat'oddhārinī .....	The one who delivers us from evil and helps us to ascend	
Durga-nihantrī .....	The one who completely destroys all difficulties and evil	
Durgam'āpahā .....	The one who wards off evil	
Durgama-gñyānadā .....	The bestower of knowledge most difficult to attain	10
Durga-daitya-loka-davānalā ...	The one who destroys by fire-storm the kingdom of evil	
Durgamā .....	The one who gauges and limits evil	
Durgam'ālokā .....	The one whose lustrous form is difficult to perceive	
Durgam'ātma-swarūpinī .....	The one whose inner soul is unfathomable	
Durga-mārga-pradā .....	The bestower of the most difficult path (to God-realisation)	15
Durgama-vidyā .....	The one who is in the form of unattainable knowledge	
Durgam'āshritā .....	The refuge from all evil	
Durgama-gñyāna-saṁsthānā ...	The abode of the knowledge most difficult to attain	
Durgama-dhyāna-bhāsinī .....	The one who enlightens through meditation that is difficult to attain	
Durgamohā .....	The one who deludes evil	20
Durgamagā .....	The unapproachable mountainous form	
Durgam'ārtha-swarūpinī .....	The one whose essence and form is difficult to attain	

Durgam'āsura-saṁhantri .....	<i>The destroyer of the most formidable evil</i>	
Durgam'āyudha-dhārīnī .....	<i>The wielder of weapons against evil</i>	
Durgam'āṅgī .....	<i>The one who is difficult to approach in the physical body</i>	25
Durgamatā .....	<i>The one who is difficult to meditate upon and perceive</i>	
Durgamyā .....	<i>The one who is difficult to gain or accomplish</i>	
Durgam'eshwarī .....	<i>The supreme Goddess who is difficult to attain</i>	
Durga-bhīmā .....	<i>The one who terrifies evil</i>	
Durga-bhāmā .....	<i>The beautiful young woman who is angry and wrathful towards evil</i>	30
Durgabhā .....	<i>The one who illumines the darkness of evil</i>	
Durga-dārinī .....	<i>The one who sustains the difficult narrow path</i>	

*The garland of the 32 names of Shri Durga (which are translated above and taken from the Durga Saptashati) is given here with the names in their original shloka form. They are considered to be most effective for the worst difficulties and problems.*

### **Atha Durgā-dvātryaṁshan-nāma-mālā**

Durgā Durg'ārti-shamanī Durg'āpad-vinivārinī  
Durgama-chhedinī Durga-sādhinī Durga-nāshinī  
Durgat'oddhārinī Durga-nihantri Durgam'āpahā  
Durgama-gñyānadā Durga-daitya-loka-davānalā  
Durgamā Durgam'ālokā Durgam'ātma-swarūpinī  
Durga-mārga-pradā Durgama-vidyā Durgam'āshritā  
Durgama-gñyāna-saṁsthānā Durgama-dhyāna-bhāsinī  
Durgamohā Durgamagā Durgam'ārtha-swarūpinī  
Durgam'āsura-saṁhantri Durgam'āyudha-dhārīnī  
Durgam'āṅgī Durgamatā Durgamyā Durgam'eshwarī  
Durga-bhīmā Durga-bhāmā Durgabhā Durga-dārinī

Nām'āvalim'imām yastu Durgāyā mama mānavah  
*Shri Durga says: Any human being who recites this garland of My names*  
Pathet sarva bhayān mukto bhavishyati na saṁshayah  
*Will no doubt be free from all types of fear, danger and evil.*

Sākshāt Shrī Ādi Shakti Mātājī  
Shrī Nirmalā Devyai namo namah

# The 108 names of Shrī Durgā Mātā

Shata-nāma pra-vakshyāmi Shṛinushva kamal'ānane  
(Lord Shiva said) I will recite the hundred names, listen well, O lotus-faced one;  
Yasya prasāda-mātreṇa Durgā prītā bhavet Satī  
Only by this offering will Mother Durgā be pleased, O faithful spouse.

Satī .....	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	
Sādhvī .....	The bearer of all virtues	
Bhava prītā .....	Loved by Shri Shiva	
Bhavānī .....	The very amiable consort of Shri Shiva	
Bhava-mochanī .....	The one who releases us from worldly existence	5
Āryā .....	Most honourable and noble	
Durgā .....	The goddess who is hard to attain	
Jayā .....	The goddess of victory	
Ādyā .....	The primordial Goddess	
Tri-netrā .....	Three-eyed	10
Shūla dhārinī .....	The wielder of the trident	
Pināka dhārinī .....	The one who bears Shri Shiva's bow called Pinaka	
Chitrā .....	Of many excellent forms	
Chanda-ghantā .....	Ringling a mighty bell (to instill fear in evil-doers)	
Mahā-tapā .....	The one who practices great austerities	15
Mānasī .....	The psyche as the combination of heart and mind	
Buddhi .....	The intellect and understanding	
Ahankārā .....	The sense of individuality, the illusion of ego	
Chitta rūpā .....	In the form of the attention	
Chitā .....	The chaitanya, the vibrations	20
Chiti .....	The power of Shri Shiva's attention	
Sarva-mantra mayī .....	The power of all mantras	
Tryambakā .....	The three mother goddesses (Mahalakshmi, Mahasaraswati and Mahakali)	

Saty'ānanda swarūpinī .....	<i>Characterised by blissful immersion in the ultimate reality</i>	
Anantā .....	<i>Eternal</i>	25
Bhāvinī .....	<i>The fulfilment of all good qualities</i>	
Bhāvya .....	<i>What we aspire to become</i>	
Bhavy'ābhavyā .....	<i>What is destined to be and what is not to be</i>	
Sadā-gati .....	<i>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 jewels (realised souls)</i>	
Sadā .....	<i>Ever-existent</i>	
Sarva vidyā .....	<i>All knowledge</i>	35
Daksha kanyā .....	<i>The daughter of King Daksha</i>	
Daksha-yagñya-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 (as Shri Parvati, 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'ānjīra-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 Sage Matanga</i>	50
Brāhmī .....	<i>The shakti of Shri Brahma</i>	
Māh'eshwarī .....	<i>The shakti of Shri Shiva</i>	
Aindrī .....	<i>The shakti of Shri Indra</i>	
Kaumārī .....	<i>The shakti of Shri Karttikeya</i>	
Vaishnavī .....	<i>The shakti of Shri Vishnu</i>	55
Chāmundā .....	<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>	
Purush'ākṛiti	.....	<i>The one who took the form of the all-pervading primordial Being</i>	
Vimalā	.....	<i>Unsullied and spotless</i>	60
Ut-karshinī	.....	<i>The highest ascending glory</i>	
Gñyānā	.....	<i>Knowledge</i>	
Kriyā	.....	<i>Action</i>	
Nityā	.....	<i>Eternal</i>	
Buddhi-dā	.....	<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>	
Vṛiddha 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>	
Jal'odarī .....	<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
Sāvitri .....	<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



# The Kavach of the Devī (Shrī-Chandī-Kavacham)

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*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-Saraswatyai 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-nar'ottamāya namah

Aum Saraswatī Devyai namah

Shrī Vedavyāsāya namah

*Amen, salutations to Shri Vishnu. Amen, salutations to Goddess Saraswati. Salutations to Sage Vyasa.*

## Atha Devyāh Kavacham

*Here begins the main part of the Devi Kavach:*

Asya Shrī-Chandī-kavachasya Brahmā ṛishih

*The presiding sage of Shri Chandī-Kavach is Brahma,*

Anushtup chhandah, Chāmundā devatā

*The metre is Anushtubh. The presiding deity is Chamunda.*

Aṅga-nyās'okta-mātaro-bhījam, Digbandha-devatās-tattwam

*The main seed is Anga-nyasokta Matar. The principle is Digbandha-devata.*

Shrī-Jagadambā-prīty'arthe

Sapta-Śhatī pāth'āṅgatvena 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 Markandeya:*

- 1 Aum yad-guhyam paramam loke  
sarva-rakshā-karam nṛṇām  
*Amen. O Brahmadeva, 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

*Brahmadeva said:*

- 2 Asti Guhya-tamam vipra, sarva-bhūt'opa-kārakam  
*O Brahmin! That which is most secret, auspicious and benevolent to all beings*  
Devy'astu kavacham punyam, tach-chhṛṇushwa Mahāmune  
*Is the Kavach of the Devi. Please listen to that, O great sage.*
- 3 Prathamam Shaila-putrī cha, dvitīyam Brahma-chārinī  
*First, Shaila-putri (the daughter of the mountain), second, Brahma-charini  
(the one who observes the state of celibacy),*  
Tritīyam Chandra-ghant'etī, Kūshmānd'eti chatur-thakam  
*Third, Chandra-ghanta (adorned with the moon as Her bell), fourth,  
Kushmanda (the one whose void contains the universe),*
- 4 Panchamam Skanda-māt'etī, shashtham Kātyāyan'itī cha  
*Fifth, Skanda-mata (the mother of Karttikeya), Sixth, Katyayani  
(the foster daughter of Sage Katyayana),*  
Saptamam Kāla-rātr'itī, Mahā-gaur'itī ch'āshtamam  
*Seventh, Kala-ratri (the dark night of dissolution), eighth, Maha-gauri  
(the Adi Kundalini),*
- 5 Navamam Siddhi-dātrī cha, nava Durgāh pra-kīrtitāh  
*Ninth, Siddhi-datri (the bestower of special divine powers). Durga is known  
by these nine names,*  
Uktāny'etāni nāmāni, Brahman'aiva Mah'ātmanā  
*As told by the great soul Brahmadeva 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, bhayārtāh sharanam gatāh  
*Or being at an impassable place or frightened, if they surrender (to Durga),*

- 7 Na teshām jāyate, kinchid-ashubham rana-saṅkate  
*They will never suffer any misery or misfortune, even at time of war.*  
 N'āpadam tasya pashyāmi, Shoka-dukhha-bhayam na hi  
*They will face no calamity, grief, sorrow or fear.*
- 8 Yaistu bhaktyā smṛitā nūnam, teshām vṛiddih prajāyate  
*Those who remember You with great devotion indeed have prosperity.*  
 Ye twām smaranti Deveshi, rakashase tān-na saṁshayah  
*Undoubtedly, O supreme Goddess, You protect those who remember You.*
- 9 Preta-saṁsthā tu Chāmundā, Vārāhī mahish'āsanā  
*The goddess Chamunda sits on a 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 Māh'eshwarī vṛish'ārūdhā, Kaumārī shikhi-vāhanā  
*Maheshwari is riding on a bull, the vehicle of Kaumari is a peacock,*  
 Lakshmī padm'āsanā Devī, padma-hastā Hari-priyā  
*Lakshmi (the beloved of Shri Vishnu), is seated on a lotus and is also holding a lotus in her hand.*
- 11 Shweta-rūpa-dharā Devī, Īshwarī vṛisha-vāhanā  
*The goddess Ishwari, of white complexion, is riding on a bull,*  
 Brāhmī haṁsa-samārūdhā, sarv'ābharana-bhūshitā  
*Brahmi, who is bedecked with all ornaments, is seated on a swan.*
- 12 Ity'etā Mātarah sarvāh, sarva-yoga-sam-anvitāh  
*All the mother goddesses are endowed with yoga*  
 Nānā-bharana-shobhā-dhyā, nānā-ratn'opa-shobhitāh  
*and are adorned with different ornaments and jewels.*
- 13 Dṛishyante ratham-ārūdhā, Devyah krodha-samā-kulāh  
*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, shield, javelin,*
- 14 Khetakam tomaram chaiva, parashum-pāsham-eva cha  
*Axe, noose, barbed dart, halter, whip,*  
 Kunt'āyudham trishulam cha, shārṅgam-āyudham-uttamam  
*Trident, spear, and 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'āyudhān'ittham, 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 dush-prekshye, shatrūnām bhaya-varadhini  
*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, Āgneyām-Agni devatā  
*May the goddess Aindri protect me from the east, Agni devata (goddess of fire)  
from the south-east,*
- 18 Dakshine'vatu Vārāhī, Naiṛityām Khadga-dhārinī  
*Varahi (the shakti of Vishnu in the form of the boar) from the south,  
Kadga-dharini (the wielder of sword) from the south-west,*  
Pratīchyām Varunī rakshed, Vāya-vyām Mṛiga-vāhinī  
*Varuni (the shakti of Varuna the rain god) from the west, Mṛiga-vahini  
(whose vehicle is the deer) protect me from the north-west.*
- 19 Udīchyām pātu Kaumārī, Aishānyām Shūla-dhārinī  
*May the goddess Kaumari (the eternal virgin, the shakti of Karttikeya) protect  
me from the north and the goddess Shula-dharini 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 pṛishthatah  
*May the goddess Jaya protect me from the front and Vijaya from the rear,*
- 21 Ajitā vāma-pārshve tu, dakshine ch'āparājitā  
*Ajita from the left and Aparajita from the right.*  
Shikhām me Dyotinī rakshed, Umā mūrdhni vyava-sthitā  
*May the goddess Dyotini protect the top-knot and may Uma cover my head  
and protect it.*

- 22 Mālādhārī lalāte cha, bhṛivau rakshed-Yashasvinī  
*May I be protected, by Maladhari on the forehead, Yashasvini on the eye-brows,*  
 Trinetrā cha bhṛivor-madhye-Yamaghantā cha nāsike  
*Trinetra on the hamsa, Yamaghanta on the inner part of the nose,*
- 23 Shaṅkhinī chakshushor-madhye, shrotrayor Dwāra-vāsinī  
*Shankhini on both the eyes, Dwara-vasini on the ears.*  
 Kapolau Kālikā rakshet-karnamūle tu 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'āmṛuta-kalā, jīhvāyām cha Saraswatī  
*Amruta-kala, the lower lip; Saraswati, the tongue;*
- 25 Dantān-rakshatu Kaumārī, kantha-deshe tu Chandikā  
*Kaumari, the teeth; Chandika, the throat;*  
 Ghantikām Chitra-ghantā cha, Mahāmāyā cha tāluke  
*Chitra-ghanta, the sound-box; Mahamaya, the crown of the head;*
- 26 Kāmākshī chibukam rakshed, vācham me Sarva-maṅgalā  
*Kamakshi, the chin; Sarva-mangala, speech;*  
 Grīvāyām Bhadrakālī cha, pṛishtha-vaṁshe Dhanur-dharī  
*Bhadrakali, the neck; Dhanur-dhari, the spine.*
- 27 Nīla-grīvā 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 ch'āṅgu-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;*  
 Hṛidaye Lalitā Devī, udare Shūla-dhārinī  
*Lalita Devi, the heart; Shula-dharini, the stomach;*

- 30 Nābhau cha Kāminī rakshed, guhyam Guhy'eshwarī tathā  
*Kamini, the nabhi; Guhyeshwari, the hidden parts;*  
 Pūtanā-kāmikā medhram, gude Mahisha-vāhinī  
*Putana-kamika, the reproductive organs; Mahisha-vahini, the rectum.*
- 31 Katyām Bhagavatī rakshej-jānunī Vindhya-vāsini  
*May the goddess Bhagavati protect my waist; Vindhya-vasini, the knees;*  
 Jānghe Mahābalā rakshet-sarvakāma pradāyini  
*The wish-fulfilling Mahabala protect my thighs.*
- 32 Gulphayor-Nārasimhī cha, pāda-ṛishthe tu Taijasī  
*May Narasimhi protect my ankles, may Taijasi protect my feet,*  
 Pād'āngulishu Shrī rakshet-pād'ādhas-Talavāsini  
*Shri Devi protect my toes, may Talavasini protect the soles of my feet.*
- 33 Nakhan-Damshtrā-karālī cha, keshān-chaiv'Ordhva-keshini  
*May Damshtra-karali protect my nails; Urdhva-keshini, the hair;*  
 Roma-kūpeshu Kauberī, tvacham Vāg-īshwarī tathā  
*Kauberi, the pores; Vag-ishwari, the skin.*
- 34 Rakta-majjā-vasā-māmsāny'asthi-medamsi Pārvatī  
*May the goddess Parvati protect blood, marrow of the bones, fat and bone;*  
 Antrāni kāla-rātrish-cha, pittam cha Mukuteshwarī  
*Kala-ratri, the intestines; Mukuteshwari, bile (and liver).*
- 35 Padmāvati padmakoshe, kaphe Chūdā-mani-stathā  
*May Padmavati protect the chakras; Chuda-mani, phlegm (or lungs);*  
 Jwālā-mukhī nakha-jwālām-Abhedyā sarva-sandhishu  
*Jwala-mukhi, lustre of the nails; and Abhedya, all the joints;*
- 36 Shukram Brahmānī me rakshet-chhāyām  
 Chhatreshwarī tathā  
*Brahmani, semen; Chhatreshwari, the shadow of my body;*  
 Ahaṅkāram mano buddhim, rakshen-me Dharma-dhārinī  
*Dharma-dharini, ego, superego and intellect (Buddhi);*
- 37 Prānā-pānau tathā vyānam-udānam cha samāna-kam  
*Vajra-hasta, the five vital breaths (prana, apana, vyana, udana, samana);*  
 Vajra-hastā cha me rakshet-prānam Kalyāna-shobhanā  
*Kalyana-shobhana, Prana (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-tamas-chaiva, rakshen-Nārāyanī sadā  
*May Narayani protect sattva, rajas and tamo gunas.*
- 39 Āyū rakshatu Vārāhī, dharmam rakshatu Vaishnavī  
*Varahi, life; Vaishnavi, dharmā;*  
 Yashah kīrtim cha Lakshmīn-cha, dhanam Vidyām cha Chakrinī  
*Lakshmi, success and fame; Chakrini, wealth and knowledge;*
- 40 Gotram-Indrāni me rakshet-pashūn-me raksha Chandike  
*Indrani, relatives (lineage); Chandika, cattle (sustenance);*  
 Putrān-rakshen-Mahālakshmīr-bhāryām rakshatu Bhairavī  
*Mahalakshmi, children; and Bhairavi, spouse.*
- 41 Panthānam Supathā rakshen-mārgam Kshema-karī tathā  
*May Supatha protect my journey and Kshema-kari my way.*  
 Rājadwāre Mahālakshmīr-Vijayā sarvatah sthitā  
*May Mahalakshmi 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-nāshinī  
*May that be protected by You, the destroyer of sins.*
- 43 Padam'ekam na gachhettu, yadīchhe-chhubham'ātmanah  
*One should invariably cover oneself with this Kavach wherever one goes*  
 Kavachen'āvṛito nityam, yatra-yatr'aiva 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, saigrām'eshv'aparājītah  
*The person who covers themselves with the Kavach becomes fearless,  
 is never defeated in battle,*  
 Trailokye tu bhavet-pūjyah, kavachen'avṛītah pumān  
*and becomes worthy of being worshipped in the three worlds.*
- 46 Idam tu Devyāh kavacham, Devānām'api dur-labham  
*This Devi Kavach is inaccessible even to the gods.*  
 Yah pathet-prayato nityam, trisandhyam shraddhay'anvitah  
*One who reads with faith every day thrice (morning, afternoon and evening),*
- 47 Daivī kalā bhavet-tasya, trailok-yeshv'aparājītah  
*Receives the divine arts (the shaktis), is undefeated in the three worlds,*  
 Jīved-varsha-shatam, sāgram-apa-mṛityu-vivar-jītah  
*Lives for a hundred years and is free from accidental death.*
- 48 Nashyanti vyādhayah sarve, lūtā-visphotak'ādayah  
*All diseases (such as boils, scars, etc.) are destroyed.*  
 Sthā-varam jaṅga-mam ch'aiva, kṛitri-mam ch'āpi yad-visham  
*Moveable (scorpions and snakes) and immovable (other) poisons cannot affect them.*
- 49 Ābhi-chārāni sarvāni, mantra-yantrāni bhūtale  
*All those who cast magical spells by mantras or yantras, on others for evil purposes,*  
 Bhū-charāh khe-charāsh-ch'aiva jala-jāsh ch'opadeshikāh  
*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-balāh  
*All those who mesmerise others,*
- 51 Graha-bhūta-pishāchāsh-cha, yaksha-gandharva-rākshasāh  
*All yakshas and gandharvas, all negative entities,*  
 Brahma-rākshasa-vetālāh, kūshmāndā bhairav'ādayah  
*All demons and evil forces,*
- 52 Nashyanti darshanāt-tasya, kavache hṛidi samsthite  
*Are destroyed just by the sight of the person having the Kavach in their heart.*  
 Mānonnatir-bhaved rāgñyas tejo-vṛiddhi-karam param  
*Whoever reads the Kavach with devotion, their dignity and prosperity increases.*

- 53 Yashas-āvardhate so'pi, kīrti-mandita-bhūtale  
*That person receives more and more respect and prowess.*  
 Japet-Sapta-shatīm Chandīm, kṛitvā tu kavacham purā  
*On the Earth, they rise 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. Their progeny will thrive,*  
 Tāvāt-tishthati medinyām, santatih putra-pautrikī  
*as long as the Earth is rich with mountains and forests.*
- 55 Dehānte paramam sthānam, yat-surair-āpi durlabham  
*By the grace of Mahamaya, they will attain the highest state,*  
 Prāpnoti purūsho nityam, Mahāmāyā-prasādātah  
*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 Devyāh Kavacham sampūrnām  
*Thus the Devi Kavach reaches its fulfilment.*

Sākshāt Shri Ādi Shakti Mātāji  
 Shri Nirmalā Devyai namo namah



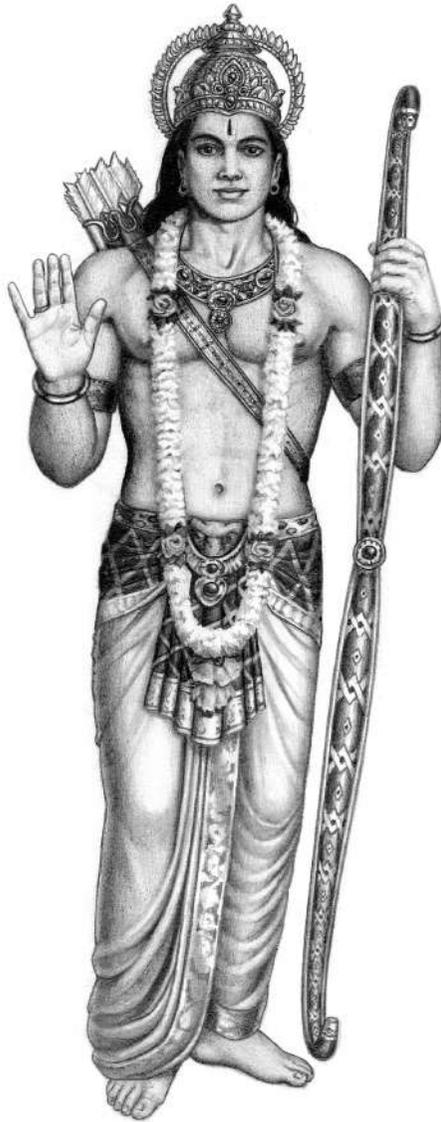
The Devi Kavach is offered on both the third and fourth nights of Navaratri. While reading the Devi Kavach, you can put your hand or attention on the part of the body which is to be protected. You can also pause during the reading and take the name as a mantra. For example: *Aum twamewa*

*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.



# The Right Heart

## Anāhata Chakra



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

# The 16 names of Shrī Rāma

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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 companion is Shri Lakshmana</i>
Balī .....	<i>The one who is mighty and strong</i>
Kākutstha .....	<i>The descendant of Shri Kakutstha</i>
Purusha .....	<i>The all-pervading primordial Being</i>
Pūrna .....	<i>Contented and fulfilled</i>
Kausalyeya .....	<i>The son of Queen Kausalya</i>
Raghūttama .....	<i>The highest of the Raghu dynasty</i>
Vedānta-vedya .....	<i>The one who is known through the knowledge of Vedanta</i>
Yagñy'esha .....	<i>The lord of havans</i>
Purāna-purush'ottama .....	<i>The ancient ideal human being</i>
Jānakī-vallabha .....	<i>Loved by Shri Sita</i>
Shrīmān .....	<i>The one who possesses wealth, power and glory</i>
Aprameya parākrama .....	<i>The warrior without equal</i>

Sākshāt Shrī Ādi Shakti Mātājī  
Shrī Nirmalā Devyai namo namah



# The 108 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
Jit'āmitra .....	<i>The one who is victorious over enemies</i>	
Janārdana .....	<i>The destroyer of the wicked</i>	
Vishwāmitra-priya .....	<i>Loved by Your guru, Sage 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>The one who always tells the 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 Queen Kausalya</i>	
*Khara-dhvaṃsī .....	<i>The destroyer of the demon Khara (a younger brother of Ravana)</i>	
*Virādha-vadha-pandita .....	<i>Expert in destroying the demon Viradha</i>	25
Bibhīshana pari-trātā .....	<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-prabhettā .....	<i>The one who could pierce seven palm leaves with one arrow</i>	
*Dasha-grīva-shiro-hara .....	<i>The one who defeated the ten-headed demon Ravana</i>	
Jāmadagñya-mahā-darpa		
-dalana .....	<i>The one who quelled the great pride of Shri Parashurama</i>	30
*Tātak'āntaka .....	<i>The slayer of the demoness Tataka</i>	
Vedānta-sāra .....	<i>The essence of Vedanta</i>	
Ved'ātmā .....	<i>The Spirit of the Vedas</i>	
Bhava-rogasya bsheshaja .....	<i>The healer of diseases</i>	
*Dūshana-Trishiro hantā .....	<i>The slayer of the demons Dushana and Trishira</i>	35
Trimūrti .....	<i>The one who has three forms as Shri Brahma, Shri Vishnu and Shri Shiva</i>	
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 famous for His unblemished character</i>	40
Tri-loka-rakshaka .....	<i>The protector of the three worlds</i>	
Dhanvī .....	<i>Armed with a bow</i>	
Dandak'āranya-punya-kṛita ...	<i>The one who made the Dandaka forest holy again</i>	
Ahalyā-shāpa-shamana .....	<i>The one who released Ahalya from a curse</i>	
Pitṛu-bhakta .....	<i>The one who is devoted to His father</i>	45
Vara-prada .....	<i>The bestower of boons</i>	
Jit'endriya .....	<i>The conqueror of the senses</i>	
Jita-krodha .....	<i>The conqueror of anger</i>	
Jita-mitra .....	<i>The one who wins over friends</i>	
Jagad-guru .....	<i>The preceptor of the world</i>	50
Ṛiksha-vānara-saṅghātī .....	<i>The lord who had an army of bears and monkeys</i>	
Chitrakūta sam'āshraya .....	<i>The lord who took refuge at Chitrakuta hill</i>	
Jayanta-trāna-varada .....	<i>Protecting and blessing Jayant, the son of Indra</i>	
Sumitrā-putra-sevita .....	<i>The one who is served by the son of Sumitra (Lakshmana)</i>	
Sarva-dev'ādhi-deva .....	<i>Outstanding among all the devas</i>	55
Mṛita-vānara jīvana .....	<i>The lord who revived the dead monkeys (during the war against Ravana)</i>	

*Māyā-mārīcha hantā .....	<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>	
Mahā-bhuja .....	<i>The one with great arms</i>	
Sarva-deva-stuta .....	<i>Praised by all the devas</i>	60
Saumya .....	<i>Gentle and calm</i>	
Brahmanya .....	<i>One with the supreme Spirit</i>	
Muni saṁstuta .....	<i>Praised by all the saints</i>	
Mahā-yogī .....	<i>The great yogi</i>	
Mahodara .....	<i>Big-bellied</i>	65
Sugrīv'epsita-rājya-da .....	<i>The one who restored Sugriva's kingdom</i>	
Sarva-puny'ādhika phala .....	<i>The one who gives credit for all good deeds</i>	
Smṛita-sarv'āgha-nāshana .....	<i>The one who removes the impurities of those who remember Him</i>	
Ādi Purusha .....	<i>The primordial one (the masculine principle associated with Prakriti, which is the creative energy of Shri Adi Shakti)</i>	
Param Purusha .....	<i>The supreme collective Being</i>	70
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>	
Purāna Purush'ottama .....	<i>The greatest of the legendary heroes</i>	
Smita-vaktra .....	<i>The one who has a smiling face</i>	75
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>	
Ananta-guna-gambhīra .....	<i>The lord whose qualities are infinite and profound</i>	
Dhīr'odātta-gun'ottama .....	<i>The highest qualities of heroism and nobility</i>	80
Māyā-mānusha-charitra .....	<i>The lord whose exploits and character are bound by the illusion of being human</i>	
Mahā-dev'ādi-pūjita .....	<i>The one who is worshipped by Lord Shiva and other deities</i>	
Setu-kṛit .....	<i>The one who built a bridge over the sea to Lanka</i>	
Jita-vāsanā .....	<i>The conqueror of desires</i>	
Sarva-tīrtha-maya .....	<i>The lord who is the sum of all holy places</i>	85
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>	
Shūra .....	<i>The brave lord</i>	
Pīta-vāsā .....	<i>Dressed in yellow</i>	90
Dhanur-dhara .....	<i>The wielder of the bow</i>	
Sarva-yagñy'ādhipa .....	<i>The lord of all havans</i>	
Yajvā .....	<i>The one who performs sacrifices</i>	
Jarā-marana-varjita .....	<i>The one free from old age and death</i>	
Bibhīshana pratishthātā .....	<i>The one who established Bibhishana as the King of Lanka</i>	95
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-brahma .....	<i>The absolute, all-pervading Being</i>	
Sat-chit-ānanda vigraha .....	<i>The embodiment of absolute truth, awareness and bliss</i>	
Param-jyoti .....	<i>Supreme light</i>	100
Param-dhāma .....	<i>The supreme abode</i>	
Par'ākāsha .....	<i>The supreme all-pervading element</i>	
Parāt-para .....	<i>Supreme beyond the highest</i>	
Paresha .....	<i>The supreme Lord</i>	
Pāraga .....	<i>Beyond everything</i>	105
Pāra .....	<i>The supreme Being</i>	
Sarva-dev'ātmaka .....	<i>The lord who (at the time of His incarnation) embodied all the gods</i>	
Para .....	<i>The Supreme</i>	

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

### **Luv and Kush**

Born around 5000 BCE, the twin sons of Shri Sita and Shri Rama were Luv (reflecting the qualities of the right side) and Kush (reflecting the left). Later in life they went their separate ways and left India. Luv founded the Slavic people and Kush the Chinese. They incarnated again, Luv as Shri Buddha, lord of the ego (563-483 BCE) (see p.170-4) and Kush as Shri Mahavira, lord of the superego (599-27 BCE) (see p.213). Also they incarnated together as Hassan (624-69 CE) and Hussein (626-80 CE), the two sons of Hazrat

Ali and Shri Fatima, and as the poet-saints Adi Shankaracharya (788-820 CE), Kabir (1398-1448 CE) and Shri Markandeya. Often they would manifest at the same time to express the disciple principle and to conquer the ego and superego of human beings.

(see: *Shri Mahavira Puja, Spain, 17 June 1990; Shri Buddha Puja, San Diego, California, 23 July 1988; 'World of Bliss & Joy', Caxton Hall, London, 30 May 1979*)

# The Kavach of Shrī Rāma (extract from the Shrī Rāma-rakshā)

---

Shrī Rāma Rāma Raghu-nandana Rāma Rāma  
Shrī Rāma Rāma Bharat'āgraja 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.*

Shrī Rāma-chandra charanau manasā smarāmi  
Shrī Rāma-chandra charanau vachasā gṛṇāmi  
*I worship the feet of Shri Rama-chandra in my heart.  
Through my songs and prayers, I praise the feet of Shri Rama-chandra.*  
Shrī Rāma-chandra charanau shirasā namāmi  
Shrī Rāma-chandra charanau sharanam prapadye  
*I bow at the feet of Shri Rama-chandra.  
I surrender at the feet of Shri Rama-chandra.*

Mātā Rāmo matpitā Rāma-chandrah  
Swāmī Rāmo matsakhā Rāma-chandrah  
*Shri Rama is my mother and my father, He is my lord and my friend.*  
Sarvaswam me Rāma-chandro dayāalur  
Nānyam jāne n'aeva jāne na jāne  
*The ever-compassionate Shri Rama is everything  
to me and I know no-one else.*



The complete Kavach of Shri Rama (for protection from right-side negativity during the full moon, the Purnima) appears in the *Book of Worship*, along with the Kavach of Shri

Shiva (for protection from left-side negativity during the no-moon, the Amavasya). The Devi Kavach provides protection against all forms of negativity (see p.113-21).



# The Vishuddhi Chakra



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

# The 16 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>	
Vitthala-Rukminī .....	<i>Shri Radha and Shri Krishna as King Vitthala and Queen Rukmini (manifesting the right Vishuddhi power)</i>	
Govinda-pati .....	<i>The supreme Lord who knows pure speech</i>	
Goptā .....	<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>	
Vainavin-vāma-saṁnāda .....	<i>The holder of the flute, resounding with sweet melodies</i>	10
Virāt-aṅganā 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 greatest treasure</i>	15
Mahā-hrada .....	<i>The great lake of divine bliss</i>	

Sākshāt Shrī Ādi Shakti Mātājī  
Shrī Nirmalā Devyai namo namah



# The 108 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 sower of the seed of spirituality, 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>	
Shrīmān .....	<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 hṛidaya .....	<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>	
Vishw'ādhāra janaka .....	<i>The father of the support of the universe (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>	
Dwāarak'ādhīsha .....	<i>The ruler of Dwāraka</i>	
Vishuddhi desh'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>	
Pītāmbara-dhara .....	<i>The one who wears a yellow dhoti</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>	
Sushruta .....	<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>Master of the art of warfare</i>	
Ranchhoddās .....	<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-vān .....	<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'ārūdha .....	<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>	
Līlā-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 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>	
Duhkha-nāshaka .....	<i>The destroyer of sorrow</i>	70
Rākshasa-hantā .....	<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 and the protector of the Earth</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>	
Vaṁsha-dweshā-nāshaka .....	<i>The destroyer of all negative discrimination because of race, caste or creed</i>	
Ātma-gñyāna-varnita .....	<i>The one who described the knowledge of the Spirit</i>	
Agñyāna pranāshaka .....	<i>The one who teaches how to destroy ignorance and false knowledge</i>	80

Nirākāra .....	<i>Formless</i>	
Ānanda-kara .....	<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>	
Pāvityra-rakshaka .....	<i>The protector of chastity</i>	85
Gñyān'ānanda .....	<i>The joy of pure knowledge</i>	
Kal'ānanda .....	<i>The joy of all the arts</i>	
Gṛuh'ānanda .....	<i>The joy of the home</i>	
Dhan'ānanda .....	<i>The joy of affluence</i>	
Kubera .....	<i>The god of wealth</i>	90
Ātm'ānanda .....	<i>The joy of the Spirit</i>	
Samuh'ānanda .....	<i>The joy of Sahaj collectivity</i>	
Sarv'ānanda .....	<i>Complete joy</i>	
Vishuddh'ānanda .....	<i>The purest joy</i>	
Saṅgīt'ānanda .....	<i>The joy of music</i>	95
Nṛity'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>	
Nātya-priya .....	<i>The one who enjoys music, dance and drama</i>	
Saṅgīta-priya .....	<i>The one who enjoys music</i>	
Kshīra-priya .....	<i>Fond of milk</i>	
Dadhi-priya .....	<i>Fond of curd</i>	105
Madhu-priya .....	<i>Fond of honey</i>	
Ghṛita-priya .....	<i>Fond of ghee</i>	
Māṭṛu-charan'āmṛuta-priya ...	<i>The one who enjoys the amrut of the lotus feet of Shri Mataji</i>	

Sākshāt Shrī Ādi Shakti Mātāji  
Shrī Nirmalā Devyai namo namah

# 108 invocations to Shrī Kṛishna

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*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 yagnyas (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 of 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 and from 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 (the 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

# The 69 names of Shrī Kubera

*Param-pujya 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 Sahaj 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 Nirmal 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>	
Kṛishi .....	<i>Shri Krishna. You sowed the seed of spirituality</i>	
Kṛishi 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, the one who looks after the purity of communication</i>	
Virāt-aṅga .....	<i>Part and parcel of Shri Virata, the great universal Being</i>	10
Su-nāsika .....	<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 nītigñya .....	<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 could not be sustained</i>	
Artha-nīti nipuna .....	<i>Expert in the knowledge of the pure science of economic well-being</i>	15
Viveka-buddhi .....	<i>Discretion and wisdom</i>	
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-pragñya .....	<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>	
Gatimān .....	<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>	
Kṛipana-virodhaka .....	<i>Against miserly people, who hoard matter for its own sake</i>	
Tṛipta .....	<i>Completely satisfied. You are the path to complete satisfaction, which is the enjoyment of the Spirit</i>	25
Santushta .....	<i>The one who gives the joy of fulfilment and treats everyone in the same way without any discrimination</i>	
Ānanda tattva 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, drugs, etc.)</i>	
Lobha nāshaka .....	<i>The one who exposes and destroys greed in all forms, including at the level of society, corporations and governments</i>	
Madya virodhaka .....	<i>Against drinking alcohol and the social systems based on alcohol</i>	
Kuguru mardana .....	<i>The one who tramples false gurus and their practices of exploitation, wrong-doing and money-making</i>	35
Santulaka .....	<i>The one who restores balance to everything</i>	
Karma-kānda vināshaka .....	<i>The one who destroys preoccupation with ceremonial acts, rituals and rites (including mantras)</i>	
Dharā-dharma rakshaka .....	<i>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</i>	
Jāgruta .....	<i>Awake and alert. You watch over the dharma of individuals and societies</i>	
Gṛuha-dharma pālaka .....	<i>The one who upholds and looks after the dharma of the household</i>	40
Yama .....	<i>Shri Yama (the lord of death). You look after righteousness and dharma</i>	
Niyantā .....	<i>The one who establishes people in their respective functions</i>	
Sarva-dharm'āshraya .....	<i>The refuge of all dharmas</i>	
Māyā-rūpī .....	<i>You and Your maya are one. You create illusions for the ignorant people who imagine that they own wealth</i>	
Mahā-mana .....	<i>Beyond the mind. You dislike the obsessive thinking and mental games of speculation with money and wealth</i>	45
Dyuta virodhaka .....	<i>Against gambling, speculation and disrespect towards Shri Lakshmi</i>	
Pāvitrya rakshaka .....	<i>The one who looks after chastity and protects the auspiciousness of Shri Lakshmi. You ensure that people have proper respect towards Shri Lakshmi</i>	
Ālasya-ripu .....	<i>The enemy of lethargy and laziness</i>	
Kal'ādhāra .....	<i>The one who supports the arts, which express the Spirit. You reward and encourage the pure expression of art</i>	

Hasta-kal'āshraya .....	<i>The refuge of the handicrafts, which provide a livelihood for artisans</i>	50
Mūl'odyoga uttejaka .....	<i>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</i>	
Shoshana-hara .....	<i>The one who removes the social and economic exploitation of the weaker sections of society</i>	
Dāridrya hāraka .....	<i>The one who removes poverty</i>	
Jada sanchaya virodhaka .....	<i>Against the accumulation of material wealth for its own sake. You support the constant flow and circulation of wealth and money</i>	
Durāchāra vināshaka .....	<i>The one who exposes and destroys the misdeeds of those who accumulate wealth and abuse power. You restore righteousness in society</i>	55
Bhava-bhaya hāraka .....	<i>The one who removes the fear of the world and worldly affairs by providing security</i>	
Chaitanya .....	<i>The vibrations. You are active and, with Your actions, the vibrations flow</i>	
Dwārik'ādhīsha .....	<i>The ruler of Dwaraka and You make Dwaraka prosperous. You are the ruler of America and look after the prosperity and righteousness of America</i>	
Ṛuna-nāshaka .....	<i>The one who destroys consumerism and excessive indulgence based on credit. You free people of their debts, responsibilities and Karmas</i>	
Varna-bheda vināshaka .....	<i>The one who removes all division within society based on heredity, occupation, economic status, geography, race, colour or any external attributes</i>	60
Spardhā virodhaka .....	<i>The one who disapproves of excessive competitiveness. You support cooperation and collectivity</i>	
Sama-kartā .....	<i>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</i>	
Hita kāraka .....	<i>The one who looks after people's benevolence in general and Sahaja yogis in particular</i>	

Nirmalā-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>
Vishwa-Nirmala- -Dharma priya .....	<i>The one who adores Vishwa Nirmala Dharma and supports those who practice it</i>
Agamya .....	<i>Beyond human comprehension. You are unknowable</i>
Nirmalā-gamya .....	<i>Accessible only through Shri Mataji</i>
Devī-kārya samudyata .....	<i>The one who takes form to further the cause of Shri Mataji</i>

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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,  
Canajoharie, New York, USA, 18 Aug 2002.

# The 84 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!*

Kālī .....	<i>You are... Shri Kali</i>	
Mahākālī nirmitā .....	<i>The one who was created by Shri Mahakali Herself</i>	
Vishuddhi padm'ālayā .....	<i>The one who dwells in the lotus of the Vishuddhi chakra</i>	
Kulish'āngī .....	<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>	
*Nishumbha Shumbha- -samhantrī .....	<i>The destroyer of Shumbha and Nishumbha</i>	10
Chira-Kaumārī .....	<i>The eternal virgin</i>	
Vindhya priya putrī .....	<i>The beloved daughter of the Vindhya mountains</i>	
Devī Mahātmya-stutā .....	<i>The Devi praised in the Devi Mahatmyam</i>	
Shankarāchārya prashastā .....	<i>Praised by Adi Shankaracharya</i>	
Nanda gopa-Yashodā 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 bhaginī- -māyā-shakti .....	<i>The sister of Shri Krishna, as the maya shakti</i>	
Satya avatāra udghoshinī .....	<i>The one who declares the advent of an incarnation of truth</i>	
Swayam tyāgā .....	<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

Vaikṛitika-rahasyā .....	<i>The one who is the maya that is impossible to surpass</i>	
Shiva-Brahmā-Vishnu- -gñyāna 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>	
Dādima-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>Shri Narayani, the power of Shri Vishnu</i>	
Pīdā nivārinī .....	<i>The goddess who is the gracious remover of afflictions</i>	
Pāvityra dāyini .....	<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 pravishṭā .....	<i>The one who can enter into all the elements</i>	
Hṛid-buddhi-melakā .....	<i>The one who integrates heart and brain</i>	
Shighra kārini .....	<i>The one who is quick-acting</i>	
Sarva bādḥā jwālīnī .....	<i>The one who burns away negativity</i>	
Vidyut-ḥanita 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 pradāyini .....	<i>The one who reveals divinity through miracle pictures</i>	
Chalat-chitra prakāshikā .....	<i>The one who enlightens the film medium</i>	
Sunṛita-vāni dāyini .....	<i>The bestower of pure speech</i>	

Mantra-sāmarthya-		
-pradāyini .....	<i>The one who empowers mantras</i>	45
Nirahaṅkāra .....	<i>Without ego</i>	
Namratā pradāyini .....	<i>The bestower of true humility</i>	
Vishwāsa-nirmānakārī .....	<i>The bestower of faith and confidence</i>	
Satya rakshikā .....	<i>The keeper of reality</i>	
Sarva bādha udghātikā .....	<i>The one who exposes (destroys) negativity</i>	50
Alīka dambha nāshini .....	<i>The one who destroys false sophistication</i>	
Nishkalaṅkā .....	<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 sāmāthya rūpā .....	<i>The power of a sister</i>	55
Sarvāṁsh'ātmikā .....	<i>The one who makes us part and parcel of the whole</i>	
Ātma-saṁshaya nivāriṇi .....	<i>The one who removes self-doubt</i>	
Asatya mantra nāshini .....	<i>The destroyer of false mantras</i>	
Asatya spashti-karana nāshini ..	<i>The one who destroys false explanations</i>	
Chakra maryādā sthāpini .....	<i>The one who establishes the boundaries of the chakras</i>	60
Hṛidaya 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 nāshini .....	<i>The destroyer of false myths</i>	
Kṛitak'ādarsha nivāriṇi .....	<i>The one who removes artificial ideals</i>	65
Āvyakta prakatana kāriṇi .....	<i>The one who reveals what is un-manifest</i>	
Ānand'ādhārā .....	<i>The reservoir of joy</i>	
Sūkshma saṁveda dāyini .....	<i>The one who gives deep knowledge of the subtle</i>	
Ātmā-sākshātkāra-pathā-		
-nirmala-karini .....	<i>The one who clears the path for Self-realisation</i>	
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 wholehearted about Sahaja Yoga</i>	
Virāta prāpini .....	<i>The one who makes us one with the Virata</i>	
Vishnumāyā Virāt-aṅganā .....	<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-Fātima .....	<i>The one who incarnated as Shri Fatima, the pure sister and daughter (of Mohammed)</i>	
Hamsā chakra- -sthitā-Saraswatī .....	<i>Shri Saraswati, who becomes Shri Vishnumaya at the Hamsa chakra</i>	
Vipra-chitta-vikshepa- -kāraṇa-rākshasa-ghātinī .....	<i>The one who destroys the demons who disturb the attention of realised souls</i>	
Shākambharī Devī .....	<i>The goddess of agriculture and horticulture (who nourishes devotees in time of famine)</i>	
Mahā-Bhrāmarī .....	<i>The one who took a great collective bee form, 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

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!*

*‘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 Sept 1985*

*See p.46-9 for the 97 names of Shri Gauri*

# The 99 names of Allāh

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Lā illaha illallāh Muḥammad ur Rasūl Allāh  
*There is no god but God, and Mohammed is His prophet*

Allāh .....	<i>You are... The greatest name, God Almighty (contraction of Al-illāh, the Divine)</i>	
Ar-Raḥmān .....	<i>The beneficent</i>	
Ar-Raḥīm .....	<i>The merciful</i>	
Al-Malik .....	<i>The sovereign Lord</i>	
Al-Quddūs .....	<i>The most holy, the most pure</i>	
As-Salām .....	<i>The source of peace</i>	5
Al-Mu'min .....	<i>The guardian of faith</i>	
Al-Muhāymin .....	<i>The protector</i>	
Al-Āzīz .....	<i>The almighty</i>	
Al-Jabbār .....	<i>The omnipotent</i>	
Al-Mutakabbir .....	<i>The greatest</i>	10
Al-Khāliq .....	<i>The creator</i>	
Al-Bāri' .....	<i>The evolver</i>	
Al-Muṣawwir .....	<i>The fashioner of forms</i>	
Al-Ghaḥḥār .....	<i>The ever-forgiving</i>	
Al-Qaḥḥār .....	<i>The all-compelling</i>	15
Al-Waḥḥāb .....	<i>The bestower</i>	
Ar-Razzāq .....	<i>The ever-providing</i>	
Al-Fattāh .....	<i>The giver of victory</i>	
Al-Ālīm .....	<i>The all-knowing</i>	
Al-Qābid .....	<i>The restrainer</i>	20
Al-Bāsiṭ .....	<i>The expander</i>	
Al-Khāfiḍ .....	<i>The abaser</i>	
Ar-Rāfi' .....	<i>The exalter</i>	
Al-Mu'izz .....	<i>The bestower of honour</i>	
Al-Muzill .....	<i>The giver of dishonour</i>	25
As-Sāmi' .....	<i>The all-hearing</i>	
Al-Baṣīr .....	<i>The all-seeing</i>	
Al-Hakam .....	<i>The judge</i>	
Al-Ādl .....	<i>The just</i>	
Al-Laṭīf .....	<i>The subtle one</i>	30
Al-Khabīr .....	<i>The all-aware</i>	

Al-Ḥalīm .....	<i>The forbearing</i>	
Al-ʿAzīm .....	<i>The magnificent</i>	
Al-Ghafūr .....	<i>The all-forgiving</i>	
Ash-Shakūr .....	<i>The appreciator</i>	35
Al-ʿĀlī .....	<i>The most high</i>	
Al-Kabīr .....	<i>The most great</i>	
Al-Hafīz .....	<i>The preserver</i>	
Al-Muqīt .....	<i>The sustainer, the nourisher</i>	
Al-Ḥasīb .....	<i>The bringer of judgement</i>	40
Al-Jalīl .....	<i>The sublime one</i>	
Al-Karīm .....	<i>The generous one</i>	
Ar-Raqīb .....	<i>The watchful</i>	
Al-Mujīb .....	<i>The answerer</i>	
Al-Wāsi’ .....	<i>The all-embracing</i>	45
Al-Ḥakīm .....	<i>The wise</i>	
Al-Wadūd .....	<i>The loving one</i>	
Al-Majīd .....	<i>The most glorious</i>	
Al-Bāith .....	<i>The resurrector</i>	
Ash-Shahīd .....	<i>The witness</i>	50
Al-Ḥaqq .....	<i>The truth</i>	
Al-Wakīl .....	<i>The trustee</i>	
Al-Qawīyy .....	<i>The powerful</i>	
Al-Matīn .....	<i>The steadfast</i>	
Al-Walīyy .....	<i>The protecting friend and helper</i>	55
Al-Ḥamīd .....	<i>The all-praiseworthy</i>	
Al-Muḥṣī .....	<i>The reckoner</i>	
Al-Mubdi’ .....	<i>The initiator</i>	
Al-Mu’īd .....	<i>The restorer</i>	
Al-Muḥyi .....	<i>The giver of life</i>	60
Al-Mumīt .....	<i>The destroyer</i>	
Al-Ḥayy .....	<i>The ever-living</i>	
Al-Qayyūm .....	<i>The self-subsisting provider of all</i>	
Al-Wājid .....	<i>The all-perceiving</i>	
Al-Mājid .....	<i>The illustrious</i>	65
Al-Wāḥid .....	<i>The One, the indivisible</i>	
Al-Aḥad .....	<i>The One, the unique</i>	
Aṣ-Ṣamad .....	<i>The eternal</i>	
Al-Qādir .....	<i>The omnipotent</i>	
Al-Muqtadir .....	<i>The determiner</i>	70
Al-Muqaddim .....	<i>The offerer</i>	

Al-Mu'akkhir .....	<i>The delayer</i>	
Al-Awwal .....	<i>The first (alpha)</i>	
Al-Akhīr .....	<i>The last (omega)</i>	
Az-Zāhir .....	<i>The manifest</i>	75
Al-Bātin .....	<i>The hidden</i>	
Al-Wāli .....	<i>The patron (protector)</i>	
Al-Mutaāli .....	<i>The most exalted</i>	
Al-Barr .....	<i>The source of all goodness</i>	
At-Tawwāb .....	<i>The ever-relenting</i>	80
Al-Muntaqim .....	<i>The avenger</i>	
Al-Āfū .....	<i>The pardoner</i>	
Ar-Ra'ūf .....	<i>The compassionate</i>	
Malik-ul-Mulk .....	<i>The lord of all sovereignty</i>	
Thul-Jalāli-wal-Ikrām .....	<i>The lord of majesty and generosity</i>	85
Al-Muqsit .....	<i>The fair and the just</i>	
Al-Jāmi' .....	<i>The gatherer</i>	
Al-Ghanī .....	<i>The self-sufficient</i>	
Al-Mughni .....	<i>The enricher</i>	
Al-Māni' .....	<i>The defender</i>	90
Aḍ-Ḍarr .....	<i>The afflictor</i>	
An-Nāfi' .....	<i>The beneficent</i>	
An-Nūr .....	<i>The light</i>	
Al-Hādi .....	<i>The guide</i>	
Al-Badī' .....	<i>The originator</i>	95
Al-Bāqi .....	<i>The everlasting</i>	
Al-Wārith .....	<i>The inheritor</i>	
Ar-Rashīd .....	<i>The infallible teacher</i>	
As-Sabūr .....	<i>The ever-patient</i>	

Allāh hu Akbar  
God is great!

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

*Shri Mataji Nirmala Devi, Birthday Puja, Delhi, India, 21 March 2002*

*See p.244 for the Arabic pronunciation guide*

# The 5 mantras of the Virāta

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*The Virata is the high Lord, the power of creation and nourishment, the absolute cosmic Being of the universe. Above the level of the Agnya chakra, He is Shri Krishna, whose shakti is Virat-angana.*

Gruha-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 Vitthala Virāta .. *The universal form of God the creator and Shri Krishna, who appeared as Shri Vitthala before Pundalika in Pandharpur*

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

Vitthala Virāta ..... *The universal form of Shri Krishna, who appeared as Shri Vitthala before Pundalika 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, jagī Tāraka janmā ālā  
*Victory to the Son of God, the Saviour born on Earth!*

# The 108 names of Lord Jesus Christ

Aum twameva sākshāt Shrī Yeshu Khrīsta sākshāt  
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah  
*O Divine Mother, You are verily Shri Jesus Christ. 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 all-pervading primordial Being</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 Khrīsta 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; the one who is immortal</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 Agnya 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-ahamkāra .....	<i>The great ego of the Virata</i>	
Turiya-sthiti 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>	
Kārttikeya .....	<i>Shri Karttikeya</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>	
Māngalya 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-pūrṇa sahaḥa-yogī .....	<i>The perfect Sahaja yogi</i>	
Ādi-sahaḥa-yogī .....	<i>The primordial Sahaja yogi</i>	
Sreshtha sahaḥa-yogī .....	<i>The superior Sahaja yogi</i>	
Ādi Shakti Mātājī Shri- -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-chit-ānanda ghana .....	<i>The one whose form is condensed sat-chit-ananda (absolute truth, awareness and bliss)</i>	
Svair'āchāra nāshaka .....	<i>The destroyer of licentiousness and reckless abandon</i>	
Dharma-mārtanda nāshaka ....	<i>The destroyer of ritualism and fanaticism</i>	
Niriccha .....	<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-cha .....	<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>	
Gñyāna rūpa .....	<i>Knowledge</i>	
Sad-buddhī dāyaka .....	<i>The bestower of wisdom</i>	
Sugñya .....	<i>Supreme wisdom</i>	80
Pūrṇa-namra .....	<i>Complete humility</i>	
Bhautikatā nāshaka .....	<i>The one who condemns materialism</i>	
Ahaṁkāra nāshaka .....	<i>The one who dissolves ego</i>	
Prati-ahaṁkāra shoshaka .....	<i>The one who sucks in superego</i>	
Ashuddha-icchā nāshaka .....	<i>The destroyer of impure desire</i>	85
Hṛid-mandira-stha .....	<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>	
Vaṁsha-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 ..... *The beloved son of Shri Adi Shakti Mataji  
Shri Nirmala Devi*

Ādi Shakti archita ..... *He who worships Shri Adi Shakti*

Pratishthāna-kshetra-

-nivāsa kṛita ..... *The one who resides in sacred Pratishthan*

Cabella vāsī ..... *The one who resides in Cabella*

Sahasrāra-dwāra vāsī ..... *The one who resides at the gate  
of the Sahasrara*

95

Nishkalaṅka ..... *Spotless and unblemished*

Nitya ..... *Eternal*

Nirākāra ..... *Formless*

Nirvikalpa ..... *Doubtless awareness*

Lok'ātīta ..... *Beyond the world*

100

Gun'ātīta ..... *Beyond the three gunas  
(sattva, rajas and tamas)*

Mahā-yogī ..... *The greatest yogi*

Nitya mukta ..... *Ever free*

Avyakta mūrti ..... *The one whose form is unmanifested*

Yog'eshwara ..... *The god of yoga*

105

Yoga dhāma ..... *The abode of yoga*

Yoga-swarūpa ..... *In the form of yoga itself*

Yeshu Khrista ..... *Lord Jesus Christ*

Sākshāt Shrī Ādi Shakti Mātājī  
Shrī Nirmalā Devyai namo namah

*As you know that Buddha and Mahavira both support the center of Agnya. So, if you have to have a very clear-cut Agnya chakra, then on one side you should be desireless, you should forgive, Ksham. Ksham is the bija mantra, is to forgive; bija mantra of right side. Ksham, I forgive. And the left side is Ham. Like the left sided person always feels, "Oh, I'm no good." This he has to say, "No, I'm good." Ham, I am. So Ham and Ksham: these are two bija mantras, which we*

*have to say. Of course, if you say, they will act because, after all, now your pranavas have become pranavas, your breath has become enlightened, but rather weak I should say, but doesn't matter. Your mantras can act. You must use these two bija mantras to clear out your Agnyas.'*

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

# 108 invocations to Lord Jesus Christ

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*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.

*Praise unto Him for ever and ever.*

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.

You are the bija mantras Ham and Ksham.

25

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 Karttikeya.  
 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.  
 You are pure white. 60

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 *Shrimad Devi Bhagavatam*.

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

# 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.



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 names of Shrī Mary-Mahālakshmī

Aum twameva sākshāt Shrī Māriā Mātā sākshāt

*O Divine Mother, You are verily Mother Mary.*

Shrī Mahālakshmī sākshāt

*You are Shri Mahalakshmi.*

Shrī Kamal'āksha nisevitā sākshāt

*You are worshipped by the lotus-eyed Shri Vishnu.*

Shrī Dhan'ādhyakshā sākshāt

*The queen of wealth,*

Shrī Agñyā-chakr'antarāla-sthā sākshāt

*The one who resides in the Agnya chakra,*

Shrī Adi 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,*

Shaṅkha chakra gadā-haste

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

Mahālakshmī namo'stute

*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*

Virgo prudentissima ..... *Most wise virgin*

Virgo potentissima ..... *Most powerful virgin*

Virgo clementissima ..... *Most clement virgin*

Virgo pulcherrima ..... *Most beautiful virgin*

5

Virgo virginum .....	<i>Virgin of all virgins</i>	10
Mater innupta .....	<i>Mother and virgin</i>	
Mater puritatis .....	<i>Mother of purity</i>	
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 venitur-		
-ad gaudium .....	<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>Daisy 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 shāntih shāntih shāntih  
*Amen. Peace, peace, peace.*

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



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!*

# Prayer to Shrī Buddha

---

Buddham sharanam gachhāmi

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

Dharmam sharanam gachhāmi

*I surrender myself to dharma, to the innate  
religion that is Vishwa Nirmla Dharma*

Saṅgham sharanam gachhāmi

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

Nirmalam 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-sam-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'abha**, 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.

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 root 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-ahankara. 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 and 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 BCE)**

Born as a wealthy prince, Buddha renounced the world and, after many years of seeking, spontaneously attained Self-realisation and enlightenment: God-realisation. He famously taught that there is no 'God', only the Self - and that to achieve the Self you have to become desireless: Niriccha. His principal teachings and sayings are written down in the *Dhammapada*.

*'Buddha and Mahavira are, in essence, supported by Hanumana and Bhairava - that is, as you know, Gabriel and Saint Michael. The principle that took birth is the principle of a disciple, and this principle was born much earlier as the two sons of Shri Rama [Luv and Kush, see p.128]. This principle was brought on this earth and incarnated: one, to conquer the ego of human beings; another one, to conquer the superego of human beings.'*

*Shri Mataji Nirmala Devi, Shri Buddha Puja, San Diego, California, 23 July 1988*

### **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 of compassion who looks down).

*'... in the Chinese mythology you find the incarnation described of Kuan Yin. And actually she is the one who is the Vriddha, is described as*

*Vriddha, 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.'*

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

*See p.213 for the 21 names of Shri Mahavira*

# The Ekādasha Rudras

(Eleven destroying powers of Shrī Shiva)

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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-kārttikeya  
Mahā-ganesha  
Yeshu Khrista (Jesus Christ)  
Brahmadeva-Saraswatī  
Lakshmī-Nārāyana  
Shiva-Pārvatī  
Hiranya-garbha



*See p.247 for a diagram of the location  
of the chakras on the head (pithas)*

# 116 names offered to Shrī Mātājī on the occasion of Shrī Ekādasha Rudra Pūja

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!*

Sthira .....	You are... Fixed and steadfast	
Sthānu .....	Like an infinite column of vibrations	
Prabhu .....	Lord God Almighty	
Bhīma .....	Formidable strength	
Pravara .....	The most exalted, most ancient	5
Varada .....	The bestower of boons	
Vara .....	All blessings	
Sarv'ātman .....	The omnipresent Spirit	
Sarva-vikhyāta .....	Universally renowned	
Sarva-swa .....	All-pervading	10
Sarva-kara .....	The one who has the whole universe in the palm of His hands	
Jatī .....	The one with matted hair	
Charmī .....	The one who wears an animal hide	
Shikhandī .....	The one who wears the top-knot	
Sarv'āṅga .....	The one who pervades the universal body	15
Sarva-bhāvana .....	The one who enlightens all emotions	
Hara .....	The destroyer	
Harin'āksha .....	The one with watchful eyes like a deer	
Sarva-bhūta hara .....	The one who destroys the weight of the past	
Pravṛitti .....	The one who exists in all beings as good nature	20
Nivṛitti .....	Completely detached	
Niyata .....	The one who rules over everything	
Shāshwata .....	Eternal	
Dhruva .....	Constant, like the Pole Star	
Shmashāna-vāsī .....	The one who dwells in cremation grounds and cemeteries	25
Bhagavān .....	The one who radiates divinity	

Khechara .....	<i>The one who moves through the sky</i>	
Gochara .....	<i>The governing power of the senses</i>	
Ardana .....	<i>The destroyer</i>	
Abhivādyā .....	<i>The supreme musician</i>	30
Mahā-karmā .....	<i>The supreme doer</i>	
Tapaswī .....	<i>Ascetic</i>	
Bhūta-bhāvana .....	<i>The one who resides in all beings as emotional intelligence and vision</i>	
Sarva-loka praj'āpati .....	<i>God, who presides over all creation</i>	
Mahā-rūpa .....	<i>The supreme form</i>	35
Mahā-kāya .....	<i>The supreme body</i>	
Vṛisha-rūpa .....	<i>The one who shows virtues</i>	
Mahā-yashā .....	<i>Great success and glory</i>	
Mah'ātmā .....	<i>The supreme Spirit</i>	
Sarva-bhūt'ātmā .....	<i>The one who resides in all beings as the Spirit</i>	40
Vishwa-rūpa .....	<i>The universal form</i>	
Mahā-hanu .....	<i>The great killer</i>	
Lokapāla .....	<i>The one who looks after all the people</i>	
Antar-hit'ātmā .....	<i>The protector of the essence of the well-being of the Atma (the Self)</i>	
Prasāda .....	<i>Pure grace</i>	45
Haya-gardabhi .....	<i>The immaculate rider of the pure white horse</i>	
Pavitra .....	<i>Pure and auspicious</i>	
Mahat .....	<i>Almighty</i>	
Niyama .....	<i>Complete self-mastery</i>	
Sarva-karmanya .....	<i>The one who causes everything to act</i>	50
Niyam'āshrita .....	<i>The one who protects those who keep to the maryadas (boundaries of good conduct)</i>	
Sarva-karmā .....	<i>The essence of all action</i>	
Swayam-bhūta .....	<i>Born out of Yourself</i>	
Ādi .....	<i>Primordial</i>	
Ādi-kāra .....	<i>The primordial form</i>	55
Nidhi .....	<i>Divine riches</i>	
Sahasr'āksha .....	<i>The one with a thousand eyes</i>	
Vishāl'āksha .....	<i>The one with large, mighty eyes</i>	
Soma .....	<i>Divine nectar</i>	
Nakshatra-sādhaka .....	<i>The one who acts through the planets and constellations</i>	60
Chandra .....	<i>The moon</i>	

Sūrya .....	<i>The sun</i>	
Shani .....	<i>Saturn</i>	
Ketu .....	<i>The South Node (which in the first astrological house grants moksha)</i>	
Graha .....	<i>The planets</i>	65
Graha-pati .....	<i>Lord of the planets</i>	
Vara .....	<i>The most excellent</i>	
Atri .....	<i>The father of Shri Adi Guru Dattatreya</i>	
Anagha .....	<i>Pure and spotless</i>	
Mahā-tapah .....	<i>Great penance</i>	70
Ghora-tapah .....	<i>The one who meditates with fierce intensity</i>	
Adīna .....	<i>Noble and magnanimous</i>	
Dīna-sādhaka .....	<i>The one who is worshipped even by the imperfect</i>	
Sam-vatsara-kara .....	<i>The one who creates the years</i>	
Mantra .....	<i>The divine counsellor</i>	75
Pramāna .....	<i>The primal cause</i>	
Param-tapah .....	<i>The supreme state of meditation</i>	
Yogī .....	<i>One with the Divine</i>	
Yojya .....	<i>Divine connection</i>	
Mahā-bīja .....	<i>The primordial seed</i>	80
Mahā-retā .....	<i>The primordial energy of the sprouting seed</i>	
Mahā-bala .....	<i>Infinite strength</i>	
Suvarna-retā .....	<i>The beautiful golden colour of the sprouting seed</i>	
Sarva-gñya .....	<i>All-knowing</i>	
Su-bīja .....	<i>The pure seed</i>	85
Bīja-vāhana .....	<i>The bearer of the seed</i>	
Dasha-bāhu .....	<i>The one with ten arms</i>	
Nimisha .....	<i>The one who acts in the blink of an eye</i>	
Nila-kantha .....	<i>The one with a blue throat</i>	
Umā-pati .....	<i>The lord of Uma (Shri Parvati)</i>	90
Vishwa-rūpa .....	<i>The one who takes the form of the universe</i>	
Swayam shrestha .....	<i>The most excellent being</i>	
Balavīra .....	<i>Strength and valour</i>	
Abala .....	<i>Powerless without Shri Adi Shakti</i>	
Gana .....	<i>The divine army of Shri Shiva's attendants</i>	
Gana-kartā .....	<i>The creator of the ganas</i>	95
Ganapati .....	<i>Lord of the ganas</i>	

Digvāsa .....	<i>Clothed with the ten directions</i>	
Kāma .....	<i>The god of love</i>	
Mantra-vit .....	<i>In the form of all mantras</i>	100
Param-mantra .....	<i>The supreme mantra</i>	
Mantra .....	<i>The sacred sound</i>	
Sarva bhāvakara .....	<i>The creator of all emotions</i>	
Hara .....	<i>The destroyer</i>	
Kamandalu-dhara .....	<i>The holder of the water pot</i>	105
Dhanvī .....	<i>The wielder of the bow</i>	
Bāna-hasta .....	<i>The wielder of arrows</i>	
Kapāla-vān .....	<i>The one who wears the skull</i>	
Ashani .....	<i>The thunderbolt</i>	
Shata-ghnī .....	<i>The destroyer of hundreds at a time</i>	110
Āyudhī .....	<i>The wielder of weapons</i>	
Mahān .....	<i>The great one</i>	
Sruva-hasta .....	<i>The one from whose hands vibrations flow</i>	
Su-rūpa .....	<i>The one who has a beautiful form</i>	
Tejah .....	<i>The radiant light of the Spirit</i>	115
Ekādasha Rudra .....	<i>The eleven destroying powers of Shri Shiva</i>	

Sākshāt Shrī Ādi Shakti Mātāji  
Shrī Nirmalā Devyai namo namah



The 116 names were offered to Shri Mataji on the occasion of Shri Ekadasha Rudra Puja, Como, Italy, 16 Sept 1984. These names are derived from the thousand names of Shri Shiva

as Shri Rudra and are particularly appropriate for havan. Names 42-44 were translated by Shri Mataji Herself during the puja.



# The Sahasrāra Chakra



# The Mahā-mantras (three great mantras)

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Aum twameva sākshāt

Shrī Mahālakshmī Mahāsaraswatī Mahākālī

Trigun'ātmikā 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.*

*‘Try this: “twameva sakshat Shri  
Nirmala Devi” that’s all! To establish  
Me as Nirmala Devi is the point;  
“namo namah”. Say it seven times.’*

Shri Mataji Nirmala Devi, London, 8 Oct 1979

Aum twameva sākshāt

Shrī Nirmalā Devyai namo namah

*The short form of the mantra recommended by Shri Mataji*

# The 108 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, and all known and unknown universes. 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.*

Aum twameva sākshāt Shrī Mātā namo namah  
*Amen. Salutation to the one who is verily the sacred Mother.*

Aum twameva sākshāt Shrī Ādi Shakti Mātājī  
Shrī Nirmalā Devyai namo namah  
*Shri Mataji, You are the supreme Goddess, come on this Earth  
in human form. We surrender everything at Your divine lotus feet!*

*May You, the ocean of mercy, bless us all!*

Mātā .....	<i>You are... The sacred Mother (You not only give every good thing that a loving mother gives to her child, but also the highest knowledge, Brahman-vidya, to Your devotees)</i>
Mahā-rājñī .....	<i>The great empress</i>
Deva-kārya samudyatā .....	<i>Emerging for a divine purpose (You appear in Your great splendour when all the divine forces are helpless and unable to eradicate wickedness)</i>
Akulā .....	<i>Beyond kula, that is measurable dimensionality. You reside in the head, in the Sahasrara</i>
Vishnu-granthi vibhedinī .....	<i>You cut Shri Vishnu's knot of maya (illusion). Then the devotee perceives the unreality of his individuality as body, mind and present incarnation: he loses the consciousness of the limited I-ness</i>
Bhavānī .....	<i>The queen of Bhava (Shri Shiva) and giver of life to the whole universe</i>
Bhakti priyā .....	<i>Fond of devotees</i>
Bhakti gamyā .....	<i>Realised by devotion</i>

Sharma dāyini	<i>The bestower of happiness and divine bliss</i>	
Nirādhārā	<i>Unsupported, as You are the support of the universe</i>	10
Niranjanā	<i>Unstained by any limitations whatsoever</i>	
Nirlepā	<i>Untouched by any karma or dualism</i>	
Nirmalā	<i>Immaculate and pure</i>	
Nishkalaṅkā	<i>Faultless brilliance</i>	
Nityā	<i>Eternal</i>	15
Nirākārā	<i>Formless</i>	
Nirākulā	<i>Unruffled</i>	
Nirgunā	<i>Attributeless. Beyond the three gunas and the three nadis (Ida, Pingala and Sushumna)</i>	
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 Your devotees are ever free</i>	
Nirvikārā	<i>Changeless and the unchanging basis of all changes</i>	
Nirāshrayā	<i>Having no refuge, as You are the refuge of all</i>	
Nirantarā	<i>Undifferentiated</i>	25
Nishkāranā	<i>Causeless, as You are the cause of all causes</i>	
Nirupadhi	<i>Without illusion, the basis of plurality</i>	
Nirīshwarā	<i>Supreme</i>	
Nirāgā	<i>Unattached</i>	
Nirmadā	<i>Prideless</i>	30
Nishchintā	<i>Without any anxiety</i>	
Nirahamkāṛā	<i>Without ego</i>	
Nirmohā	<i>Free from illusion</i>	
Nirmamā	<i>Without selfishness</i>	
Nishpāpā	<i>Beyond sin</i>	35
Nih-saṁshayā	<i>Having no 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
Nīratyayā .....	<i>Impossible to cross or transgress</i>	
Sukha-pradā .....	<i>The one who confers the bliss of liberation or 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>	
Vishwa-rūpā .....	<i>Having the universe as Your form</i>	55
Padm'āsanā .....	<i>Seated in the lotuses of the chakras</i>	
Bhagavatī .....	<i>The matrix of the universe, worshipped by all including gods</i>	
Rakshā-karī .....	<i>The saviour</i>	
Rākshasa-ghnī .....	<i>The slayer of rakshasas 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 righteous, being 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>Of the form of the guru. Every true guru is a manifestation of You</i>	65
Ādi Shakti .....	<i>The primal power, being the first cause</i>	
Yogadā .....	<i>The bestower of yoga or union of the individual soul</i>	
Ekākinī .....	<i>Alone, the sole basis of the plurality of the universe</i>	
Sukh'ārādhyā .....	<i>Easily worshipped, without putting the body to great strain</i>	
Shobhana-sulabha-gati .....	<i>The easiest path to Self-realisation</i>	70
Sat-chit-ānanda-rūpinī .....	<i>Having the three attributes of the ultimate (truth, consciousness and bliss) as Your forms</i>	

Lajjā .....	<i>Bashful modesty, residing in all beings as modest chastity</i>	
Shubha-karī .....	<i>Beneficent. The greatest good is the realisation of the ultimate, and You grant that to devotees</i>	
Chandikā .....	<i>Angry with evil forces</i>	
Tri-gun'ātmikā .....	<i>Assuming the form of the three gunas</i>	75
Mahatī .....	<i>The great, immeasurable, supreme object of attention and worship</i>	
Prāna-rūpinī .....	<i>Of the form of the divine breath of life</i>	
Param'ānu .....	<i>The ultimate atom, too minute to be known</i>	
Pāsha-hantrī .....	<i>The one who destroys pasha (bonds) and gives moksha (liberation)</i>	
Vīra-mātā .....	<i>The mother of devotees who are courageous</i>	80
Gambhīrā .....	<i>Of bottomless depth. In the scriptures, You are visualised as a great and bottomless lake of consciousness, uncomprehended by space and time</i>	
Garvitā .....	<i>Proud, as the creatrix of the universe</i>	
Kshīpra-prasādīnī .....	<i>Showering grace on Your devotees very quickly</i>	
Sudhā-śṛutī .....	<i>The ambrosial flow of bliss in the Sahasrara</i>	
Dharm'ādhārā .....	<i>The support of right conduct</i>	85
Vishwa-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>Of natural sweetness; residing in the heart of Your devotees as bliss</i>	
Dhīra-samarchitā .....	<i>Worshipped by the wise and the brave</i>	
Param'odārā .....	<i>Of supreme generosity</i>	90
Shāshwatī .....	<i>Ever-present and continuous</i>	
Lokātītā .....	<i>Transcending all created universes, You are seated above Sahasrara</i>	
Sham'ātmikā .....	<i>Having peace as Your essence. Devotees with their minds at peace are Your abode</i>	
Līlā-vinodinī .....	<i>The one whose sport is the universe; the entire act of creation is Your play</i>	
Sadāshivā .....	<i>The sacred spouse of Sadashiva</i>	95
Pushtī .....	<i>Nourishing the soul with divine vibrations</i>	
Chandra-nibhā .....	<i>Luminous like the moon</i>	
Ravi-prakhyā .....	<i>Effulgent like the sun</i>	

Pāvan'ākṛiti .....	<i>The sacred form which washes away all sins</i>	
Vishwa-garbhā .....	<i>The mother of 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>Clean, pure, untouched</i>	
Varadā .....	<i>The bestower of boons</i>	
Vilāsinī .....	<i>Charming and playful, opening or closing the way to Self-realisation at Your pleasure</i>	105
Vijayā .....	<i>Victorious</i>	
Vandāru-jana-vatsalā .....	<i>Loving Your devotees as Your children</i>	
Sahaja yoga dāyinī .....	<i>Granting spontaneous Self-realisation</i>	

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*



These were the first names offered by Sahaja yogis to Shri Mataji in a puja in the 1970s.

# The 108 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 Karttikeya</i>	
Nirmala Gaurī.....	<i>Perfect purity (Kundalini)</i>	
Nirmala Kanyā .....	<i>The pure virgin</i>	5
Nirmala Rūpinī .....	<i>Purity personified</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 Vṛitti .....	<i>The pure tendency of mind</i>	10
Nirmala Bhavā .....	<i>The purity of life</i>	
Nirmala Bhūmī .....	<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 chastity</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 purity of Shri Lakshmi</i>	
Nirmala Chandikā .....	<i>The purity of the one who is angry with evil forces</i>	20
Nirmala Rādhikā .....	<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 Yagñyā .....	<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 (vibrations)</i>	
Nirmala Bhagawatī .....	<i>The pure blissful Goddess</i>	
Nirmala Pushpā .....	<i>The pure flower</i>	

Nirmala Chakra .....	<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 Mūrti .....	<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 Māriā .....	<i>The purity of Mother Mary (Shri Mahalakshmi)</i>	
Nirmala Rāmadāsa .....	<i>The purity of Shri Hanumana (devoted to Shri Rama)</i>	40
Nirmala Chitta .....	<i>Pure attention</i>	
Nirmala Varāha .....	<i>The pure boar (the third incarnation of Shri Vishnu)</i>	
Nirmala Gaja .....	<i>The pure elephant (the vehicle of Shri Raja-lakshmi)</i>	
Nirmala Garuda .....	<i>The pure eagle (the vehicle of Shri Vishnu)</i>	
Nirmala Shesha .....	<i>The pure serpent (Shri Vishnu's couch)</i>	45
Nirmala Nandī .....	<i>The pure bull (the vehicle of Shri Shiva)</i>	
Nirmala Haṁsa .....	<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 Rājñī .....	<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 Kālī .....	<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 Gñyāna-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 Rishi .....	<i>The pure saint</i>	
Nirmala Śāvitṛī .....	<i>The pure mother</i>	
Nirmala Ṛiddhi .....	<i>The pure power of abundance (the shakti of Shri Ganesha)</i>	
Nirmala Siddhi .....	<i>The pure power of complete fulfilment (the 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-pradāyini	....	<i>The bestower of complete emancipation, the purest moksha</i>	
Nirmala Piṅgalā	.....	<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 Mātrikā	.....	<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 (first chakra above Sahasrara)</i>	
Nirmala Bindu	.....	<i>The pure primordial dot (second chakra above Sahasrara)</i>	105
Nirmala Valaya	.....	<i>The completed sacred circle (third chakra above Sahasrara)</i>	
Nirmala Shwetā	.....	<i>Pure white</i>	
Nirmala Tejasī	.....	<i>Radiant purity</i>	

Sākshāt Shrī Ādi Shakti Mātājī  
Shrī Nirmalā Devyai namo namah



**The fourteen chakras**

*'God has created fourteen levels within us. If you simply count them, then you know that there are seven chakras within us. Besides these, there are two more chakras, about which you do not talk much. They are the chakra of moon (Lalita) and chakra of sun (Shri). Then there is Hamsa chakra. Thus, there are three more. Seven plus three makes ten. Then there are four chakras above the Sahasrara. And about these chakras, also, I*

*have told you: Ardha-bindu, Bindu, Valaya and Pradakshina. These are the four. After coming to Sahaja Yoga and after your Sahasrara has opened, you have to pass through these four chakras: Ardha-bindu, Bindu, Valaya and Pradakshina. After passing through these four chakras only can you say that you have become a Sahaja yogi.'*

*Shri Mataji Nirmala Devi, Sahasrara Puja, Mumbai, India, 5 May 1983*

# The 79 names of Shrī Rāja-rāj'eshwarī

Aum twameva sākshāt Shrī Rāja-rāj'eshwarī sākshāt  
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah  
*O Divine Mother, You are verily Shri Raja-raj'eshwari. Salutations to You!*

*O Param-pujya Shri Sahasrara-swamini Shri Mataji, we worship You  
in Your form as Shri Raja-raj'eshwari, the ruler of the Sahasrara.*

Ādi Shakti .....	You are... The primordial power of God Almighty	
Parā-shakti .....	The ultimate power	
Sahasrāra swāminī .....	The queen of the Sahasrara	
Sarva chakra swāminī .....	The queen of all the chakras	
Brahmānda swāminī .....	The queen of creation, the creator	5
Sarva-chakra putra- -Ganesha sthitā .....	The one whose son Shri Ganesha resides in all the chakras	
Shat-chakr'opari samsthitā .....	Above the six chakras	
Pancha-brahm'āsana sthitā .....	The one seated on a throne of the five forms of God: Shri Brahma, Shri Vishnu, Shri Shiva, Shri Ishwara and Shri Sadashiva	
Nirvichāra-samādhi- -vishwa vyāpinī .....	The bestower of nirvichara samadhi, the silent power of the universe	
Para-brahma swāminī .....	The queen of Parabrahma	10
Turiya-sthiti dāyinī .....	The one who grants the conscious state of turiya	
Param-chaitanya varshinī .....	The one who gives the torrential rain of chaitanya	
Prathama kāranā .....	The first cause of all creation	
Sāttvika-bhāvanā gamyā .....	The one who can be approached with pure emotion	
Mahā-shakti .....	The great power of Shri Sadashiva	15
Shuddha-surabhi varshinī .....	The one who showers the sweet essence of nectar	
Satya-spanda harsha-darshinī .....	The one who reveals truth to us through cool vibrations	
Sarva-devatā pad'āmbuja- -sthitā .....	The one in whose divine lotus feet all deities reside	

Sarva-rājñī .....	<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>	
Sahasra-dala-padma sthitā .....	<i>The one who resides in the thousand-petalled lotus (of the Sahasrara)</i>	
Ānanda-praphula-vana- -vāsī-dwijā .....	<i>The natural home for the twice born in the flowery forests (of the Sahasrara)</i>	
Satya-astitvā .....	<i>The reality, the energy of blissful truth</i>	25
Shuddha pāvitrātā dhāna-pātrā ..	<i>The kether (the crown) and the purest vessel of the Hebrew people</i>	
Mukuta-mani dāyinī .....	<i>The one who fulfils the Old Testament prophecy by putting on Your head a graceful diadem and a glorious crown</i>	
Sampūrna pravāhinī .....	<i>The Shekina, the Hebraic female divinity, who announces the Sefirot, the final emanation of God Almighty</i>	
Nakshatra-tīkā mandita- -shubha-vastra dhārinī .....	<i>The queen of Heaven, the one with stars over Her head</i>	
Swargīya pushpa mādhurī .....	<i>The daisy of Heaven; Your soothing petals fill the fields of our minds with cooling sensations and vibrations</i>	30
Yeshu-mātā .....	<i>The mother of Jesus</i>	
Swarga-rājñī .....	<i>The queen of Heaven, bestowing the peace and silence of the ages</i>	
Sarva-vishwa sām-rājñī .....	<i>The one who rules over heavenly angelic beings, who constantly sing Your praise</i>	
Utkrānti antima-sthiti 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
Swarna ratna jadita- -simh'āsana-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>	
Vishwa Nirmala- -dharma dāyinī .....	<i>The bestower of Nirmal Dharma to your devotees. From Your throne, only one religion has been revealed</i>	

Guru-pada dāyini .....	<i>The bestower of Guru-pada to Your devotees</i>	
Qiyāma sākshini .....	<i>The witness of the resurrection time</i>	
Dīvyā-pavana dāyini .....	<i>The royal home of the Ruh, the divine wind of vibrations</i>	40
Nitya-mahā pushpā .....	<i>The mystical and majestic rose that never fades</i>	
Sidrat-al-muntaḥa .....	<i>The chakra of the seventh heaven of Islam</i>	
Sapta-swarga-nūr jahān .....	<i>The light of splendour in the crown of the seven heavens of Islam</i>	
Islām simh'āsini .....	<i>The throne upon which Islam is established</i>	
Paigambarī sahasrāra kamalā ..	<i>The final lotus spoken of by the prophet</i>	45
Sarva-jāti swarna prakāshini ..	<i>The one who unites all the races in the golden light of Her Sahasrara</i>	
Ananta-shiva nivāsā .....	<i>The abode of the timeless Shiva</i>	
Mahā-kalki vijaya-shakti .....	<i>The great power that gives victory to Shri Kalki</i>	
Chitra-kūta suhāsini .....	<i>The nurturing garden for yogis</i>	
Kalki-ekādasha-shakti-		
-Sahasrāra-swarūpini .....	<i>The one who has the eleven destroying powers of Shri Kalki in the Sahasrara</i>	50
Kalki-ashva vāhana-		
-mahā-rājñi .....	<i>The one whose vehicle is the white horse of Shri Kalki, known as Buraq in Islam</i>	
Kalki Mahālakshmī .....	<i>The power of ascent of Shri Kalki</i>	
Moksha pradāyini .....	<i>The one who gives moksha (liberation) to all seekers (at the Sahasrara)</i>	
Ādi Shakti kamala-charana-yogī-		
-sahasrāra-sharana dāyini .....	<i>The one who allows every yogi to worship Her lotus feet in Sahasrara as Adi Shakti</i>	
Sahasra-bhānu shītala-		
-prakāsha dāyini .....	<i>Bright like a thousand suns, You bestow the cooling light</i>	55
Shītal'āgni mana-hṛidaya-		
-chitta saṅgama kārini .....	<i>The one who merges the mind, heart and attention with the cooling flames of the Sahasrara</i>	
Dīvyā anubhava dāyini .....	<i>The one who elevates human experience into divine experience</i>	
Prakṛiti nṛitya mahā-shakti .....	<i>The great power causing the divine dance of nature</i>	
Brahmānda-madhya-		
-stha-nivāsini .....	<i>The centre of the universe</i>	

Medhā-sapta-chakra- -jāgrutī pradāyini .....	<i>The one who awakens the seven chakras in the brain</i>	60
Vijaya-lakshmi .....	<i>The victory over all the challenges of our ascent</i>	
Sapta-shringī pūjini .....	<i>The one whose cooling breeze enlightens the limbic area, as embodied on Earth as Sapta Shringi</i>	
Param-chaitanya gaṅgotrī .....	<i>The source of the Param-chaitanya, as the origin of the Ganges</i>	
Devī jwālā-mukhī ātma- -sākshāt kārini .....	<i>The Goddess with the divine fire that enlightens all humanity</i>	
Navagraha swāmini .....	<i>The one who controls all the nine planets through Her power</i>	65
Rakshā kārini .....	<i>The protection from all the challenges of our ascent</i>	
Nirmalā mātā .....	<i>The immaculate Mother</i>	
Sudhā-sāgara madhya-sthā ....	<i>The centre of the ocean of nectars</i>	
Chandra-mandala madhyā ....	<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-mitā .....	<i>The one who dwells in the lotus of 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>	
Mahālakshmi .....	<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-raj'eshwari were  
created by Shri Mataji Herself and read out  
during Sahasrara Puja in Cabella on 7 May 2000.

# The 19 names of the Sahasrāra

Aum twameva sākshāt Shrī Sahasrāra-swāminī sākshāt  
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah  
*O Divine Mother, You are verily the goddess of the Sahasrara.  
Salutations to You!*

Mahā-ganesha .....	<i>You are... Shri Maha-ganesha</i>	
Mahā-bhairava .....	<i>Shri Maha-bhairava</i>	
Mahat-mānasa .....	<i>The great superego of the Virata</i>	
Mahat-ahamkāra .....	<i>The great ego of the Virata</i>	
Hiranya-garbha .....	<i>The primordial cosmic egg</i>	5
Satya .....	<i>Truth</i>	
Mahat-chitta .....	<i>The great attention</i>	
Ādi Shakti .....	<i>The primordial power of God Almighty</i>	
Virāta .....	<i>The primordial cosmic Being</i>	
Kalki .....	<i>Shri Kalki</i>	10
Sadāshiva .....	<i>Lord God Almighty</i>	
Ardha mātrā .....	<i>The pure crescent</i>	
Bindu .....	<i>The pure primordial dot</i>	
Valaya .....	<i>The completed sacred circle</i>	
Ādi Brahma-tattwa .....	<i>The primordial principle of the Divine</i>	15
Sarva-swa .....	<i>The all-pervading Spirit</i>	
Sahasrāra-swāminī .....	<i>The goddess of the Sahasrara chakra</i>	
Moksha dāyini .....	<i>The one who bestows spiritual liberation</i>	
Mahā-yoga dāyini .....	<i>The one who bestows the Maha-yoga</i>	

Sākshāt Shrī Ādi Shakti Mātājī  
Shrī Nirmalā Devyai namo namah

*‘Today I’m going to tell you which are the mantras  
on Sahasrara, which are very important.’*

Shri Mataji Nirmala Devi, Talk before Puja, Bordi,  
India, 26 Jan 1980

## 64 adorations to Shrī Ādi Shakti

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*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, that shall exist and 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.*

Shri Adi Shakti, You are the principle that created the fourteen bhuvanas of universes; You are beyond our comprehension.

The Aum is Your sound, which resonates Your three powers throughout the universe (A, Mahakali; U, Mahasaraswati; M, Mahalakshmi).

The joy of Your attention (chitvilas) is expressed in all Your creation.

In the play of the Divine, God Almighty acts by Your powers. The breath and desire of Shri Sadashiva are one with You. 5

The Param-chaitanya, which is Your power, makes the stars and the heavens ring with joy for the delight of Shri Sadashiva.

Indeed, You are the source of cosmic energy. This power radiates from You as the finest ethers of divine love.

Beyond matter, beyond consciousness, the grace of Shri Adi Shakti is where reality can be known.

You are the ineffable, the immeasurable. We call You pneuma, divine breath, the living waters, yet You are so much more than this. Only the deities have the darshan of Your greater powers.

God Almighty in His dance unifies with Your complete power as Shri Adi Shakti. 10

You are the primordial power of the Holy Spirit that mothered Shri Jesus.

You are the creatrix, the feminine creative energy that sustains the peace of God Almighty.

Through Your Mahalakshmi power, we experience the timeless peace of the fourth dimension (turiya).

Shri Adi Shakti, You enable God Almighty to do His sacred work.  
Verily, You are the most sublime power in the cosmos.

God Almighty takes charge in a way that is swift and surprising,  
if anyone acts against Shri Adi Shakti. 15

Shri Ganesha, Your first creation, resonates in the carbon atom,  
the essence of life. May He reawaken innocence and wisdom in  
the very cells of humankind.

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

O Shri Adi Shakti, evolution is the force that gives rise to Your divine  
play in the lives of humanity.

The Adi Kundalini formed the primordial chakras and opened the  
doors to the unfolding of life.

It is You who created the Kundalini of our Mother Earth. 20

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

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

The gravity of Mother Earth, and of all Your heavenly spheres,  
is controlled by Your power magnificent.

Your power, the Param-chaitanya, adjusts nature and its elements,  
and its all-pervading power opens us to Your benevolence.

Shri Adi Shakti is the artistic creator of the Mother Earth, and  
those who respect the Mother Earth are loved by You. 25

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.

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.

The mystery of living processes is Yours and Yours alone, and cannot  
be duplicated by any personality. Let humanity be aware of this.

O Ritambhara Pragnya, You are one of the powers of Shri Adi Shakti,  
You are the power of all living work.

You regulate and organise all life. 30

Shri Adi Shakti, You came as Surabhi, the divine wish-fulfilling cow emerging from the Vishnu-loka at Gokul, where Shri Krishna spent His childhood.

Shri Adi Shakti, let the feminine qualities of the Sahaja yoginis manifest through the beauty of meditation, surrender and self-esteem.

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

Your quality of Sharada-devi gives authority over the truth, art, music and drama.

You also came as Sati-devi, establishing a royal dharma, to which we aspire.

35

O Vag-devi, goddess of language, You give inspiration to the great poets and saints.

Shri Adi Shakti, to describe You is the work of poets and saints, yet words cannot even begin to express Your magnificence.

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

Give us, O Shri Adi Shakti, greater humility, so that we can gain some small glimpse of Your glory.

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

40

Your power of Mahalakshmi bridges over the Void to allow the Kundalini of the seekers to ascend.

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.

We pray that Shri Adi Shakti's love continues to protect all the saints and seekers around the world.

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.

Your love gives power to the bandhan, which directs the vibrations.

45

Your power of Kundalini brings freedom that is divine. It is the only true freedom.

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

Your Mahamaya swarupa allows us to be near You, and it shields us from the awesome might that flows from You.

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

You are the Mother who desired that human beings be mirrors for God Almighty. 50

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

Your compassion protects us from the wrath of God Almighty.

Through maya, humanity forgot the principles of life. Through Sahaja Yoga, humanity now remembers and absorbs the vibrations of Shri Adi Shakti.

May Your evolutionary force bring humanity to the inspired existence of the Golden Age.

***The following adorations were added  
by Shri Mataji Herself:***

You have disentangled us from the clutches of false pride, jealousy, attachment, greed, false identification and violence. 55

You have incarnated on this Earth for the Last Judgement.

You are the source of cognitive science and the torsion area.

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

You give powerful advice with subtle humour.

You correct Sahaja yogis, never by harsh words, but with loving, gentle affection. 60

You explain the subtle meaning of all the scriptures.

You expose falsehood in very direct ways.

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

You respect Your children and love them to make them perfect models for the rest of humanity. You have given Sahaja yogis sinless fun and a life of complete joy.

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

# 108 Thank You's to Shrī Mātājī

Thank You for descending from Your heavenly abode, Mata Dwipa, to bring light into the darkness of Kali Yuga.

*Thank You, Shri Mataji, again and again.*

Thank You for giving Sahaja Yoga to a confused and self-destructive humanity.

Thank You for revealing to us the meaning of creation and evolution.

Thank You for revealing to us the actual existence of God.

Thank You for giving divine meaning to human existence. 5

Thank You for revealing to us within the human body the reflection of the Vishwa-rupa (universal form).

Thank You for revealing to us the primordial principles of creation.

Thank You for revealing to us the reality of human nature.

Thank You for revealing to us the meaning of true religion.

Thank You for teaching us the divine knowledge of Sahaja Yoga. 10

Thank You for fulfilling the promise of Lord Jesus Christ.

Thank You for lifting the veil of illusion for us.

Thank you for revealing to us the true meaning of good and evil.

Thank you for awakening Mother Kundalini in us.

Thank you for opening the dimension of collective consciousness to us. 15

Thank you for giving us Self-realisation.

Thank You for establishing vibratory awareness on our central nervous system.

Thank You for nourishing us with the all-pervading power of God Almighty.

Thank You for revealing to us the meaning of the Last Judgement.

Thank You for resurrecting the Tree of Life from its slumber of joyful anticipation. 20

Thank You for crowning the work of all avatars (incarnations) and prophets.

Thank You for fulfilling the dreams of all saints and seekers.

Thank You for giving true meaning to the work of all those who have sacrificed their lives for the emancipation of mankind.

Thank You for re-establishing hope, belief and confidence in our hearts.

Thank You for lifting human self-determination beyond the concept of race, caste system and religion.

25

Thank You for giving divine meaning to the idea of freedom, equality and brotherhood.

Thank You for uniting mankind at the feet of one God, one experience and one truth.

Thank You for inviting mankind into the realms of the absolute.

Thank You for liberating us from the illusion of a dualistic world.

Thank You for liberating us from ignorance, confusion and solitude.

Thank You for exposing the demonic forces of the materialistic world.

Thank You for exposing the inefficiency of linear thinking.

Thank You for exposing the cruelty and danger of patriarchal politics.

Thank You for destroying enslaving personal and social patterns and conditionings.

Thank You for liberating humanity from the suffocating chains of the Catholic Church.

35

Thank You for liberating humanity from the abuse of religious authority by Islamic governments.

Thank You for revealing to us the falsehood of fake gurus and all religious institutions.

Thank You for liberating humanity from blind faith and superficial religious conditionings.

Thank You for exposing the limitations and shortcomings of a scientific approach to reality.

Thank You for exposing the illusions of the western value system.

40

Thank You for introducing us to a relationship with the Divine.

Thank You for finding us worthy.

Thank You for letting us participate in the salvation of mankind.

Thank You for giving us the joy of introducing a yearning seeker to Your redeeming motherly love.

Thank You for inviting all of us to the court of the Goddess.

45

Thank You for establishing the Kingdom of God on Earth.

Thank You for accepting our offerings and prayers.

Thank You for showering Your blessings endlessly upon us.  
 Thank You for opening the gateway to Heaven within us.  
 Thank You for bestowing the gift of yoga upon us. 50

Thank You for making us.  
 Thank You for baptising us.  
 Thank You for healing us.  
 Thank You for purifying us.  
 Thank You for cleansing us. 55

Thank You for transforming us.  
 Thank You for enlightening us.  
 Thank You for nourishing us.  
 Thank You for elating us.  
 Thank You for being with us. 60

Thank You for loving us.  
 Thank You for forgiving us.  
 Thank You for helping us.  
 Thank You for protecting us.  
 Thank You for encouraging us. 65

Thank You for guiding us.  
 Thank You for comforting us.  
 Thank You for counselling us.  
 Thank You for correcting us.  
 Thank You for never abandoning us. 70

Thank You for saving us.  
 Thank You for gathering us.  
 Thank You for teaching us.  
 Thank You for opening our hearts.  
 Thank You for caring for us. 75

Thank You for accommodating us.  
 Thank You for trusting us.  
 Thank You for counting on us.  
 Thank You for waiting for us.  
 Thank You for taking us into Your divine body. 80

Thank You for giving us collectivity.

Thank You for giving us friendship.  
 Thank You for giving us families.  
 Thank You for giving us positions in life.  
 Thank You for giving us wealth. 85

Thank You for giving us spiritual authority.  
 Thank You for giving us self-esteem.  
 Thank You for giving us discrimination.  
 Thank You for giving us wisdom.  
 Thank You for giving us success. 90

Thank You for giving us meditation.  
 Thank You for giving us inner peace.  
 Thank You for giving us inner joy.  
 Thank You for giving us enlightened attention.  
 Thank You for giving us detachment. 95

Thank You for equipping us with divine weapons.  
 Thank You for submitting us to the benevolent attention  
 of the deities and all celestial beings.  
 Thank You for giving us concern for others.  
 Thank You for giving us the power to help others.  
 Thank You for giving us the satisfaction of spreading  
 Vishwa Nirmala Dharma. 100

Thank You for Your continuous attention.  
 Thank You for being the mirror.  
 Thank You for being ever present.  
 Thank You for being gentle.  
 Thank You for being wonderful. 105

Thank You for being in our hearts.  
 Thank You for being our guru.  
 Thank You for being our Mother.

Sākshāt Shrī Ādi Shakti Mātājī  
 Shrī Nirmalā Devyai namo namah

The 108 Thank Yous were offered to Shri Mataji on  
 the occasion of Sahasrara Puja in Cabella on 5 May 1996.



# The Left Side (Idā Nādī)



Jayantī Maṅgalā Kālī Bhadrakālī Kapālīnī  
*Hail to the auspicious goddess Mahakali Bhadrakali,  
who wears a garland of skulls!*

# The 108 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 seed energy of God's desire</i>	
Kāmadhenu .....	<i>The divine wish-fulfilling cow</i>	
Kāma-swarūpā .....	<i>The one whose form is desire</i>	
Varadā .....	<i>The bestower of boons</i>	
Jagad-ānanda kārinī .....	<i>The cause of the total bliss of the universe</i>	5
Jagat-jīva mayī .....	<i>The total life force of the universe</i>	
Vajra-kaṅkāli .....	<i>The one who transforms the human skull into a thunderbolt</i>	
Shāntā .....	<i>Peaceful</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 generates and presides over the tamo guna</i>	
Nandinī .....	<i>The one who pleases everyone</i>	
Sarv'ānanda swarūpinī .....	<i>The embodiment of universal joy</i>	
Param'ānanda rūpā .....	<i>The highest form of divine bliss</i>	
Stutyā .....	<i>The most fitted for adoration and worship</i>	15
Padm'ālayā .....	<i>The one who resides in the purest lotus</i>	
Sadā-pūjyā .....	<i>The sacred immutable object of adoration</i>	
Sarva-priyaṅkarī .....	<i>Universal wish-fulfilling divine energy</i>	
Sarva-maṅgalā .....	<i>The auspiciousness of the cosmos</i>	
Pūrnā .....	<i>Perfect and complete</i>	20
Vilāsinī .....	<i>The playful ocean of joy</i>	
Amoghā .....	<i>The Mother, whose darshan seldom goes unrewarded</i>	
Bhogawatī .....	<i>The supreme enjoyer of the universe</i>	
Sukhadā .....	<i>The one who bestows perfect happiness</i>	
Nishkā mā .....	<i>Desireless</i>	25
*Madhu-kaitabha hantrī .....	<i>The killer of Madhu and Kaitabha</i>	
*Mahish'āsura ghātini .....	<i>The slayer of Mahishasura</i>	
*Raktabija vināshini .....	<i>The destroyer of Raktabija</i>	
*Narak'āntakā .....	<i>The destroyer of Narakasura</i>	

Ugra-chand'eshwarī .....	<i>Fire, hailstorm 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>She who rules by the sword</i>	
Bhāswar'āsuri .....	<i>The goddess whose fierce radiance destroys the demonic forces</i>	35
Shatru-mardinī .....	<i>The slayer of the enemies of the saints</i>	
Rana-panditā .....	<i>Master of the science of war and battles</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 the demonic hosts and all sins of the world</i>	
Kṛishna-dehā .....	<i>Dark bodied</i>	
Nara-mundalī .....	<i>The one who wears a garland of human skulls</i>	
Galat-rudhira-bhūshanā .....	<i>Adorned with drops of blood</i>	
Preta-nṛitya-parāyanā .....	<i>The spirit of the cosmic dance of dissolution</i>	45
Lolā-jihvā .....	<i>The one whose tongue hangs out</i>	
Kundalinī .....	<i>The residual energy of the Holy Spirit</i>	
Nāga-kanyā .....	<i>The virgin serpent</i>	
Pati-vratā .....	<i>The faithful and devoted wife</i>	
Shiva-saṅginī .....	<i>The eternal companion of Shri Shiva</i>	50
Visaṅgī .....	<i>Without any companion</i>	
Bhūta-pati priyā .....	<i>Loved by the lord of the living (Shri Shiva)</i>	
Preta-bhūmi kṛitālayā .....	<i>The one who dwells in the land of bhoots and ghosts</i>	
Daityendra māthinī .....	<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 having a bright, smiling, lotus-like face</i>	
Smera-vaktrā .....	<i>The Divine Mother with a smiling countenance</i>	
Sulochanā .....	<i>The one with beautiful eyes</i>	
Sudantī .....	<i>The one with marvellous glittering teeth</i>	
Sindūr'āruna-mastakā .....	<i>The one who puts red sindur on Her forehead (kum-kum)</i>	60
Sukeshī .....	<i>The one with magnificent long, dark hair</i>	
Smita-hāsyā .....	<i>Eternally smiling to Your devotees</i>	
Mahat-kuchā .....	<i>The one whose heavy breasts give milk to the whole universe</i>	

Priya-bhāshinī .....	<i>Gifted with loving eloquence</i>	
Subhāshinī .....	<i>The one whose speech is soft and sound</i>	65
Mukta keshī .....	<i>The one whose loose and flowing hair grants liberation</i>	
Chandra-koti sama-prabhā ....	<i>Shining with the lustre of a million moons</i>	
Agādha-rūpinī .....	<i>The one whose immeasurable beauty enchants the universe</i>	
Manoharā .....	<i>Magnetic and fascinating, winning every heart</i>	
Manoramā .....	<i>The highest divine grace and charm to please all</i>	70
Vashyā .....	<i>The celestial charmer enticing all in Your web of love</i>	
Sarva-saundarya nilayā .....	<i>The home of all beauty</i>	
Raktā .....	<i>The one whose colour is red</i>	
Swayambhū-kusuma-prānā ....	<i>The life force of the self-created flowers (chakras)</i>	
Swayambhū-kusum'onmādā ..	<i>Intoxicated with 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-		
-sānhantrī .....	<i>The slayer of Shumbha and Nishumbha</i>	80
Vahni-mandala-		
-madhya-sthā .....	<i>Sitting at the centre of the blazing cosmic fire</i>	
Vīra-jananī .....	<i>The mother of the brave</i>	
*Tripura-mālinī .....	<i>The one who wears as a trophy the heads of the Tripura demons</i>	
Karālī .....	<i>The one whose terrifying gaping mouth consumes the universe during the cosmic dissolution</i>	
Pāshinī .....	<i>Holding the noose of death</i>	85
Ghora-rūpā .....	<i>The one with a terrifying form</i>	
Ghora-daṁshtrā .....	<i>The one with fierce jaws</i>	
Chandī .....	<i>The one who destroys all evil tendencies in Her disciples</i>	
Sumati .....	<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>	
Taraṅginī .....	<i>Bubbling with life and energy</i>	
Shuddhā .....	<i>Saintly chastity</i>	
Sarv'eshwarī .....	<i>The goddess of all</i>	95
Garishthā .....	<i>Manifesting Your joy at the sight of Your disciples</i>	
Jaya-shālīnī .....	<i>Royal and victorious</i>	
Chintā-mani .....	<i>The wish-fulfilling gem</i>	
Advaita bhoginī .....	<i>The enjoyer of non-duality</i>	
Yog'eshwarī .....	<i>Detached, the goddess of yoga</i>	100
Bhoga-dhārinī .....	<i>Fulfilled intensity of all pleasures, joy and bliss</i>	
Bhakta-bhāvitā .....	<i>Fulfilled by the pure love of Your disciples</i>	
Sādhak'ānanda-santoshā .....	<i>Fulfilled by the joy of Your disciples</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 disciples</i>	105
Bhakta-shaṅkarī .....	<i>The one who brings the desires of Her devotees to fruition</i>	
Bhakti-saṁyuktā .....	<i>The one attained by devotion</i>	
Nishkalaṅkā .....	<i>Spotless and unblemished</i>	

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

These names were also offered to Shri Mataji as the 108 names of Shri Mahalakshmi, during Shri Mahalakshmi Puja, Sangli, India, 31 Dec 1986.

*'Now, what She likes, Mahakali likes the light. She is worshipped in the night because then we can put on the lights. She likes an enlightened person, also She likes the light, She likes the sun, She likes something that will be completely enlightened and brighter... The sun itself is very important to work out this Mahakali thing. But, as it is in the west specially, we are very hard-working and very much sun-oriented, and we worship the sun. All this we do: worship the sun and also go right-sided very much. Then it is She who gives us the balance. She's the one who gives us the balance*

*by relaxing us completely and protecting us. Sometimes we are competitive and we are really worried, and we want to do something which we cannot do. Then we get upset and we don't know what to do. Then it is She who brings sleep to us. So when we sleep She looks after us, She soothes us and She takes away our problems. So many things She is doing. But what are we doing for Her, that we should see. Main thing is that we are ourselves worshipping Her. She likes that Her children should worship Her, that on that level She can be one with them. She can give them Her compassion, love and protection from all the evil.'*

Shri Mataji Nirmala Devi, Navaratri Puja, Cabella, Italy, 17 Oct 1999

# The 21 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>	
Kaṅkāla 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>	
Shmashāna 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 one who enjoys transcendental bliss</i>	
Sur'ānanda Bhairava .....	<i>The one who enjoys the bliss of the gods</i>	
Gñyān'ānanda Bhairava .....	<i>The one who enjoys the bliss of divine meditation</i>	
Uttam'ānanda Bhairava .....	<i>The one who enjoys the supreme ecstasy</i>	20
Amṛut'ānanda Bhairava .....	<i>The one who enjoys the nectar of divine bliss</i>	

Sākshāt Shrī Ādi Shakti Mātājī  
Shrī Nirmalā Devyai namo namah

## The incarnations of Shri Bhairava

Shri Mahavira (599-527 BCE), Kabir (1398-1448 CE), William Blake (1757-1827 CE). 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.

# The 21 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>	
Gñyata-nandana .....	<i>Born into an illustrious family</i>	
Nirgrantha .....	<i>Free of all ties and possessions</i>	
Shramana .....	<i>The sadhu, the ascetic</i>	5
Jayā .....	<i>Victorious</i>	
Tārāvātī .....	<i>The one who gives protection</i>	
Bahu-rūpinī .....	<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
Padmāvātī .....	<i>Seated upon the lotus</i>	
Ambā .....	<i>The one within whom the goddess Amba resides</i>	
Sidhhāyikā .....	<i>Perfection and plenitude personified</i>	
Bhairava .....	<i>The protector of the subconscious</i>	
Vimal'eshwara .....	<i>Pure (the god of purity)</i>	15
Mani-bhadra .....	<i>The one who makes all things auspicious</i>	
Brahma-shānti .....	<i>Universal peace</i>	
Kshetra-pāla .....	<i>The protector of nature</i>	
Dharm'endra .....	<i>The lord of dharma</i>	
Anaṅga-ruddha .....	<i>Detached from all garments, being clothed with the sky</i>	20
Sarvah .....	<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, 599-527 BCE and inspired the Jain religion. Like Shri Buddha (lord of the ego), He gave up His earthly kingdom and achieved enlightenment (God-realisation) after many years of meditation.

*'Shri Mahavira, who was the incarnation of Bhairava.'*

*Shri Mataji Nirmala Devi, Shri Ganesha Puja, Nasik, India 21 Jan 1984*

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

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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  
Aum swāhā  
Aum Shrīm swāhā  
Aum Shrīm Hrīm swāhā  
Aum Shrīm Hrīm Klīm swāhā  
Aum Shrīm Hrīm Klīm Glaum swāhā  
Aum Shrīm Hrīm Klīm Glaum Gam swāhā

Aum Shrīm Hrīm Klīm Glaum Gam Ganapataye  
Vara varada sarva-janam me vasham-ānaya swāhā  
Anaya ityantah swāhā

Sākshāt Shrī Ādi Shakti Mātājī  
Shrī Nirmalā Devyai namo namah

*Aum. Shrim relates to Shri Mahalakshmi, Hrim to Shri Mahamaya, Klim to Shri Mahakali, Glaum to Shri Ganesha (as the remover of obstacles), Gam is the bija of Shri Ganesha, Ityanta means 'the end'; and swaha invokes the consuming power of the Divine: May all negativity be consumed! Most excellent giver of boons, bring all people into my control, well spoken! Thus ends misfortune.*

See p.113–21 for the Kavach of the Devi  
See p.228 for the Shri Surya mantras  
(invoked at sunrise to clear the back Agnya)

# The Navārna mantra

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Aum Aīm Hrīm Klīm Chāmundāyai vicche namah  
*Salutations to the victorious Goddess, who destroys all negativity!*

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

Aum Aīm Hrīm Klīm Chāmundāyai  
Shrī Nirmalā Devyai vicche namah  
*Salutations to the victorious Goddess,  
Shri Nirmala Devi, who destroys all negativity!*

*The full meaning of the Navarna mantra is as follows:*

*'O the supreme Spirit Mahasaraswati,  
O 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.  
Salutations to You!'*



This mantra, which is fully explained in the *Shri Devi Atharva Shirsham*, has a powerful effect on the left side and was recommended by Shri Mataji with the ending 'namah'.  
(see: *The Book of Adi Shakti*, ch.6, p.98)



# The Right Side (Piṅgalā Nāḍī)



Aum Ham Hanumate Rudr'ātmakāya Hum Phat  
*Shri Hanumana, whose soul is Shri Shiva Himself.*

# The 108 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 one with a prominent jaw, the remover of ego and pride</i>	
Bajaraṅga-balī .....	<i>Saffron coloured and immeasurably strong</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>	
Shaṅkara-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 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-dwāra-pāla .....	<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 sickness and disease</i>	
Saṅkata vimochana .....	<i>The liberator from 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 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>	

Roma-roma Rāma- -nāma-dhārī.....	<i>The one whose every cell bears the name of Shri Rama</i>	
Sarva-jagat-ujiyārā- -dāyaka .....	<i>The one who enlightens the entire universe</i>	25
Rāma-rasa dāyaka .....	<i>The bestower of Shri Rama's gentle qualities</i>	
Raghubīra-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-hṛidaya vāsī .....	<i>The one who resides in the hearts of Sahaja yogis</i>	
Maṅgala-mūrti rūpa .....	<i>The most auspicious and blissful form</i>	
Sura-bhūpa .....	<i>The king of devas</i>	
Kumati nivāraka .....	<i>The redeemer of evil tendencies</i>	
Giri-vara-bala .....	<i>Strong like a mountain</i>	35
Bala-vīra .....	<i>Strong, valiant and brave</i>	
Lañkeshā-gruha-bhanjana .....	<i>The destroyer of Lanka (You burnt Ravana's city with Your tail)</i>	
Tulsidāsa stuta .....	<i>Praised by Tulsidas</i>	
Nirmalā-harsha .....	<i>The one who gives joy to Shri Mataji</i>	
Sahaja-dhwaja-virājita .....	<i>Adorning the victory flag of Sahaja Yoga</i>	40
Gadā-hasta .....	<i>The wielder of the mace of Lord Indra</i>	
Sahaja-saṅgha rakshaka .....	<i>The one who protects the Sahaj 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 saved Lakshmana's life</i>	
Rāma-charitra vandana .....	<i>The one who celebrates the character and exploits of Shri Rama</i>	45
Atulita-bala-dhāma .....	<i>The repository of immeasurable strength</i>	
Gñyāna-guna sāgara .....	<i>The ocean of knowledge and virtues</i>	
Kunchita-kesha .....	<i>The one with curly hair</i>	
Vikrama .....	<i>Courageous</i>	
Marut-nandana .....	<i>Called Maruti, the son of the wind god (Marut)</i>	50
Duhkha-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>	
Simha .....	<i>Powerful like a lion</i>	

Goswāmī .....	<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>Worshipped by the entire world</i>	
Kesarī nandana .....	<i>The son of King Kesari</i>	
Mahāyogi .....	<i>The great yogi</i>	60
Sindūra lepita .....	<i>The one who applies red kum-kum paste to His 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>	
Kṛipā nidhāna .....	<i>The reservoir of blessings</i>	65
Mahā-rājā .....	<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>Of formidable strength</i>	
Chiran-jīvī .....	<i>Immortal</i>	70
Ūrdhvagāmī .....	<i>The ascent</i>	
Sūkshma 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>Blessed by Shri Rama</i>	
Nishkalaṅka .....	<i>Spotless and unblemished</i>	75
Bhayaṅkara .....	<i>Terrifying</i>	
Chandra-sūry'āgni netra .....	<i>The one who has the sun, moon and fire as His eyes</i>	
Sītā-anveshaka .....	<i>The one who found Shri Sita (in Lanka)</i>	
Roga nāshaka .....	<i>The one who destroys diseases</i>	
Manoratha sampūrnaka .....	<i>The one who fulfills 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>	
Prasiddha .....	<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 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>	
Ahaṁkāra-khandana .....	<i>The destroyer of ego</i>	
Vaikuntha-bhajana priya .....	<i>Fond of singing bhajans in Vaikuntha</i>	
Santa sahāya .....	<i>The one who helps the saints</i>	
Piṅgala .....	<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 Mātāji Shrī Nirmalā Devyai 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) at *Sahasrara Puja*, 8 May 2005.

Shri Hanumana is the archangel Gabriel, the Greek god Hermes, the Roman god Mercury, 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)

# Shrī Hanumāna chālīsā

## Forty verses in praise of Shrī Hanumāna by Tulsidās

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*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.*

Baranaūn 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,*

Sumirāūn Pavana-kumār

*I remember the son of the wind god.*

Bala buddhi bidyā 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 tihūn-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-bīra bikram 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 birāja 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 birājai  
*You hold the vajra (rock) and the flag in Your hands,*  
 Kāndhe mūnja janeū sājai  
*With the sacred thread of munj grass across Your shoulder,*
- 6 Shaṅkara 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 Bidyāvāna gunī ati chātura  
*You are highly learned, virtuous and sagacious.*  
 Rāma kāja karibai 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 Siyahin dikhāvā  
*You appeared before Shri Sita in a tiny form.*  
 Vikata rūpa dhari Laṅka jarāvā  
*Assuming a colossal figure, You burnt the city of Lanka.*
- 10 Bhīma rūpa dhari asura sanhāre  
*Acquiring a terrifying form to destroy the asuras,*  
 Rāmachandra ke kāja saṅvāre  
*You served the cause of Lord Ramachandra.*

- 11 Lāya sanjivana 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 badhāī  
*Shri Raghupati praised You very highly:*  
 Tum mama priya Bharatahi sama bhāī  
*'You are as dear to me as my brother, Bharat,' He said.*
- 13 Sahasa badana Tumharo yasha gāvainī  
*'The thousand-faced Shesha sings hymns in Your praise,'*  
 Asa kahi Shrīpatī kantha lagāvainī  
*The lord of Lakshmi said, pressing You to His heart.*
- 14 Sanak'ādika Brahm'ādi munīsā  
*The God-realised saint Sanaka, along with*  
 Nārada Shārada sahita ahīsā  
*Shri Narada and Sharada, sings 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*  
 Lañkeshwara 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 māhīn  
*No wonder that putting Lord Rama's ring in Your mouth*  
 Jaladhi lāñghīn gaye acharaja nāhīn  
*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 laheñ 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 āpai  
*You alone can control the great power You possess.*  
 Tīnoñ loka hāñkate kāpain  
*All the three worlds tremble at Your call.*
- 24 Bhūta pishācha nikata nahin āvai  
*Evil spirits do not dare to come near*  
 Mahā-bira jaba nāma sunāvai  
*The one who recites Your name, O great warrior.*
- 25 Nāsei roga hare saba pīrā  
*All disease and pain are destroyed by the*  
 Japata nirantara Hanumata bīrā  
*Constant repetition of the name of the valiant Shri Hanumana.*
- 26 Sañkata te Hanumāna chhurāvai  
*Shri Hanumana delivers a person from misery,*  
 Man kram bachana dhyāna jo lāvai  
*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 Chāron yuga paratāpa Tumhārā  
*Your bright glory travels all directions and ages.*  
 Hai parasiddha jagata ujjārā  
*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 bara dīnha 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 pāvai  
*By singing hymns in Your praise, one reaches Shri Rama*  
 Janama janama ke dukha bisarāvai  
*and is freed from the sorrows of many lifetimes.*
- 34 Anta kāla Raghuvāra pura jāī  
*In the end, such a one enters the divine abode of Shri Rama.*  
 Jahān janam Hari-bhakta kahāī  
*If reborn, he becomes a devotee of Shri Vishnu.*
- 35 Aura devatā chitta na dharāī  
*Your devotees need not remember any other deity.*  
 Hanumata seī sarba sukha karāī  
*All happiness is assured by Lord Hanumana.*
- 36 Saṅkata kate mitai saba pīrā  
*All difficulties and pain are destroyed,*  
 Jo sumirai Hanumata balabīrā  
*When one remembers Shri Hanumana, the strong and brave.*
- 37 Jay Jay Jay Hanumāna gosāīn  
*Hail, Hail, Hail to Shri Hanumana! Lord of my entire Self,*  
 Kṛipā karahu guru deva kī nāīn  
*Please shower Your grace on me like a divine guru.*

- 38 Jo shata bāra pātha kare koī  
*One who recites this chalisa seven times*  
 Chhūtañ bandi mahā sukha hoī  
*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 sākhi 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:*  
 Kījai Nātha hṛidaya mañha derā  
*'O Lord, may You always reside in my heart!'*

*The Shri Hanumana chalisa closes with a fervent prayer.*

Dohā

Pavana-tanaya sañkata harana  
*O son of the wind god, remover of misfortunes,*  
 Mañgala mūrati rūpa  
*Most auspicious figure,*  
 Rāma Lakhana Sītā sahita  
*With Shri Rama, Shri Lakshmana and Shri Sita,*  
 Hṛidaya basahuñ sura-bhūpa  
*O protector of Heaven and Earth, please reside in my heart.*

Sākshāt Shri Ādi Shakti Mātāji  
 Shri Nirmalā Devyai namo namah

**Samartha Ramdas (1608-1681 CE)**

A full incarnation of Shri Hanumana, Swami Ramdas was the spiritual guru of the born-realised King Shivaji (1627-1680 CE), a Maharastrian warrior hero and ansh-avatar (part incarnation), who successfully resisted the attempts of Mughal emperor Aurangzeb to invade Maharashtra. Ramdas was also a prominent Marathi religious poet, who, in spite of religious suppression under the Mughals, 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.

*'Eleven Hanumanas came out of the Mother Earth to say that he was the incarnation of Hanumana... Ramadasa was the guru of Shivaji; and he was a man who was very detached. He was Hanumana Himself.'*

*Shri Mataji Nirmala Devi, Puja talk, Brahmपुरi, India, 20 Dec 1988*

*(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', Bardi, India, 7 Feb 1985; 'Tales of Shivaji Maharaj', Ramdas Temple, Satara, India, 30 Dec 1982)*

*See p.212 for the incarnations of Shri Bhairava*

# The 12 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... The friend who is 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>	5
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>	10
Bhāskara .....	<i>The one who radiates light</i>	
Arka .....	<i>The warming rays of the sun's golden light</i>	

Sākshāt Shrī Ādi Shakti Mātājī  
Shrī Nirmalā Devyai namo namah

The names of Shri Surya are offered on 14 or 15 January 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.57 for the Gayatri mantra*  
*See p.214 for the bija mantras of the back Agnya*

# Cooling mantras

## for liver and right Swādhishthāna

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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>
Mukut'eshwarī .....	<i>The goddess who protects the vital functions of the liver</i>
Muḥammad .....	<i>The prophet Mohammed (who cleanses and invigorates the liver)</i>
Hazrat-Āli Fāṭima Bi .....	<i>Shri Hazrat-Ali and Shri Fatima</i>
Sarva tāpa hārinī .....	<i>The one who removes all heat</i>
Bhūta-santāpa-nāshana .....	<i>The one who destroys all the heat and tension created among human beings (due to the activity of the sympathetic nervous system)</i>
Sanjivani swāminī .....	<i>The restorative power of the sanjivani herb that brought Shri Lakshmana back to life</i>
Vichāra shaithilya .....	<i>The one who relaxes our thinking</i>
Ati-kriya shaithilya .....	<i>The one who relaxes our over-activity</i>



*'To satisfy Swadhishthana, you have to take to silence. You have to take to quietude and look at yourself... Swadhishthana is very happy when you are just laughing and enjoying, and not bothered about nonsense... So now don't allow your mind to bother about whatever nonsensical thoughts are coming... this is the work of Mr Swadhishthana.*

*He's trying to distract you, you must get into silence... Once you get into silence, then he will go away and won't bother you.'*

*Shri Mataji Nirmala Devi, second night of Navaratri, Sydney, Australia, 13 Oct 2007*



# Miscellaneous



Jai Shri Nirmala Virāt-aṅganā  
*Victory to the universal form of Shri Mataji Nirmala Devi!*

# Negativity-destroying mantras

Shatru-mardinī .....	<i>You are... The one who destroys all enemies</i>
Ambikā Devī .....	<i>The Mother Goddess</i>
Ānglāi Devī .....	<i>The mother and protector of the west (England), a form of Shri Mahalakshmi</i>
*Madhu-sūdanā .....	<i>The killer of Madhu (as the shakti of Shri Vishnu)</i>
*Tārak'āsura saṁhantrī .....	<i>The destroyer of the demon Taraka (as the shakti of Shri Karttikeya)</i>
*Nishumbha-Shumbha-saṁhantrī .....	<i>The destroyer of Shumbha and Nishumbha</i>
Durgā Mātā Jagadambā .....	<i>The mother of the universe, the terrible destroyer of the asuras with all the weapons of the gods</i>
Rakshākārī .....	<i>The saviour from rakshasas</i>
Rākshasa-ghnī .....	<i>The slayer of rakshasas</i>
Chāmundā .....	<i>The one who defeated Chanda and Munda (in the Devi-Mahatmyam)</i>
*Madhu Kaitabha-hantrī .....	<i>The destroyer of the demons Madhu and Kaitabha (enemies of Shri Vishnu)</i>
*Narak'āntakā .....	<i>The destroyer of the demon Narakasura (as the shakti of Shri Krishna)</i>
*Bhand'āsura mardinī .....	<i>The destroyer of the demon Bhandā</i>
Shirdī Sāi Nātha .....	<i>The aspect of the guru that helps us overcome addictions, smoking and alcohol</i>
Shiva-Shakti putra-Kārttikeya ..	<i>The combined destroying power of Shri Shiva, Shri Shakti and Shri Karttikeya (God the Father, Mother and Son)</i>
Kārttikeya .....	<i>The destroyer of all negative forces within and without, negative thinking, negative attitudes and all negative tendencies and habits</i>
Sarv'āsura mardinī .....	<i>The destroyer of all demons</i>
Sarva bādḥā vināshinī .....	<i>The destroyer of all negativity</i>
Sarva asatya-guru mardinī .....	<i>The destroyer of all false gurus</i>
Sarva bhūta-vidyā mardinī .....	<i>The destroyer of all black magic, witchcraft and sorcery</i>
Sarva bhaya hārinī-rudra-rūpā ..	<i>The terrifying destroyer of all types of fear</i>
Samhārinī-rudra-rūpā .....	<i>The one whose terrifying form destroys all negativity and evil</i>

# Daily mantras

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Ganesha .....	<i>To remove all obstacles</i>
Nirvichāra .....	<i>To establish thoughtlessness</i>
Nirvikalpa samādhi .....	<i>To establish doubtless awareness</i>
Ananya-bhakti .....	<i>Complete oneness of devotion</i>
Turiya-sthiti prasthāpinī .....	<i>To establish the turiya state (the fourth state, where the soul becomes one with the supreme Spirit)</i>
Annapūrnā .....	<i>For vibrating food</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>
Dhanvantari .....	<i>For healing and to vibrate medicines*</i>
Su-nidrā .....	<i>For a blissful sleep</i>
Shākambhari devī .....	<i>To protect plants, crops and garden (goddess of agriculture &amp; horticulture)</i>
Ganesha/Hanumāna/Supathā ..	<i>For protection during a journey</i>
Kshema-karī .....	<i>To protect our way</i>
Tāraka sanjīvanī-	
-Hanumāna .....	<i>For overall protection</i>



\*The photograph of Shri Mataji as Shri Dhanvantari, the aspect of Shri Vishnu as the divine physician and healer, appears on

p.230. Meditating on this photograph was recommended by Shri Mataji to heal sickness.

# Bījā and Bīj'ākshara mantras

## Seed and seed-petal mantras

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<b>Muladhara</b> (Earth)	Lam x4	Vam, Sham (hard palate), Sham (soft palate), Sam
<b>Swadhishtana</b> (Fire)	Vam x6	Bam, Bham, Mam, Yam, Ram, Lam
<b>Nabhi</b> (Water)	Ram x10	Dam (hard palate), Dham (hard palate), Nam, Tam, Tham, Dam (dental), Dham (dental), Nam, Pam, Pham
<b>Heart</b> (Air)	Yam x12	Kam, Kham, Gam, Gham, ṅgam, Cham, Chham, Jam, Jham, Ñam, Tam, Tham
<b>Vishuddhi</b> (Ether)	Ham x16	Am, Ām, Im, Īm, Um, Ūm, Ṛim, Rīm, Lṛim, Lṛīm, Em, Aim, Om, Aum, Am, Ah
<b>Agnya</b> (Light)	Aum x2	Ham, Ksham
<b>Sahasrara</b> (Chaitanya)	Aum	Aum

The Bija or Seed Mantras for the chakras are the fifty-one letters of the Devanagari alphabet, starting with the vowels at Vishuddhi and going down in order to Muladhara, then Ham and Ksham at Agnya and all together as Aum in the Sahasrara. Note that 'a' is short vowel, so that

Yam, Ram and Ham are pronounced according to the English words Yum, Rum and Hum.

(see: *'The Powers of Kundalini'*, Chelsham Road, London, UK, 17 May 1981; *Formal talk*, Hampstead, London, UK, 14 Oct 1978)

# Mantra Phrases

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<b>Muladhara</b>	Aum Gam Ganapataye namah	
<b>Swadhishthana</b>	(left) Aum Shrī Shuddha Iccha (right) Aum Shrī Himālaya	
<b>Nabhi</b>	Aum shāntih shāntih shāntih	
<b>Void</b>	Aum Shrī Gurave namah	
<b>Heart</b>	(left) Aum namah Shivāya (centre) Jaya Jagadambe Mā (right) Aum Shrī Rāma	x12 x12 x12
<b>Vishuddhi</b>	(left) Aum Shrī Vishnumāyā (whole) Allāh hu Akbar (right) Aum Shrī Vitthala	x16 x16 x16
<b>Agnya</b>	Aum Ham Ksham The Lord's Prayer ( <i>see p.164</i> )	
<b>Sahasrara</b>	Nirmalam	

*‘Try this: “twameva sakshat Shri  
Nirmala Devi” that’s all! To establish  
Me as Nirmala Devi is the point;  
“namo namah”. Say it seven times.’*

Shri Mataji Nirmala Devi, London, 8 Oct 1979

Aum twameva sākshāt  
Shrī Nirmalā Devyai namo namah  
*The short form of the Sahasrara mantra recommended by Shri Mataji*

# Havan

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*Havan is an ancient Vedic rite that invokes the purifying power of the fire element (Shri Agni devata) and is used to purify the left channel or to remove obstacles and negativity. Havan begins with a spoken invocation and dedication to Shri Mataji in the form of the chosen deity of the havan (eg: Shri Mahakali), and the topic of the havan is announced. All the deities are invited, and forgiveness is asked for any mistakes that may be made whilst performing the havan. At the outset, we invoke Shri Ganesha's power of auspiciousness by reciting His mantra and the Shri Ganesha Atharva Shirsha (see p.20–2). Also the Shri Kunjika Stotram (which is the bija mantra equivalent to the whole of the Durga Saptashati) may be recited to awaken all the powers of the Devi.*

## **Mantras to open a havan**

Nava-graha devatā .....	<i>You are... The deity of the nine planets</i>
Pancha mahā-bhūta devatā ....	<i>The deity of the five elements</i>
Ashta-dikpāla devatā .....	<i>The eight deities protecting the eight directions</i>
Yagñya devatā .....	<i>The deity of the havan</i>
Swāhā devatā .....	<i>The deity of the consuming power</i>
Swadhā devatā .....	<i>The deity of the absorption power</i>
Agni devatā (x3) .....	<i>The deity of the fire element</i>

*During the Shri Agni devata mantra (which is said three times), the havan is lit. In the main part of the havan, the names of the chosen deity are offered (eg: the 108 names of Shri Mahakali), followed by 'Aum swaha' and offerings are made to the fire of Samagri, perfumed rice, seeds, ghee and wood. After the names are completed, we may offer any negativity into the fire. At the close of the havan, the auspicious fruits, flowers and a coconut are offered to the fire (note: not the decorated coconut placed in the kumbha, the copper pot by the altar).*

*The opening shloka of the Shri Lalita Sahasranama Stotram  
is sometimes recited to invoke all the powers of the Devi:*

Shrī Mātā, Shrī Mahā-rājñī, Shrī-mat-simh'āsan'eshwarī

*Amen. Shri Mataji You are the Divine Mother, the great empress,  
the supreme ruler of the lion throne,*

Chid-āgni-kunda-sambhūtā, Deva-kārya-samudyatā. Aum.

*Born from the sacred firepit of consciousness, emerging for a divine purpose.*

### **Mantras to close a havan**

Aum Pūrnām-adah Pūrnām-idam Pūrnāt Pūrnām-udachyate

*Amen. That is complete, this is complete; from completeness, this completeness has come.*

Pūrnasya Pūrnām'ādāya Pūrnām-ev'āvashishyate namah

*From that completeness this completeness has been removed, yet the completeness  
remains complete.*

Aum shāntih shāntih shāntih

*Amen. Peace, peace, peace.*

The mahā-mantras (three great mantras)

*(see p.13, p.182)*

Sākshāt Shrī Ādi Shakti Mātājī  
Shrī Nirmalā Devyai namo namah

**Caution:** the rakshasa Mahish'asura (also known as the false Sai Baba) has a boon from Shri Shiva that he cannot be destroyed by fire. It is therefore not advisable to offer his

negativity into the havan, as it will only increase his power. Instead, write his name on a piece of paper, shoe-beat it and dispose of it into the water element.

# The six enemies of the soul

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*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 Shrī Nishkā mā 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 Iccha/Shri Mahakali).*

## **Kama (desire/lust)**

*Affecting: Muladhara, whole left side, heart, superego/back Agnya.  
Remedy: chastity in all relationships.*

- 2 Aum twameva sākshāt Shrī 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 Shrī 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 Shrī 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 Shrī 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.*

**Matsarya (envy/jealousy)**

*Affecting: Vishuddhi, Nabhi.*

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

*Who can talk the most sweetly?*

- 6 Aum twameva sākshāt Shrī 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.*

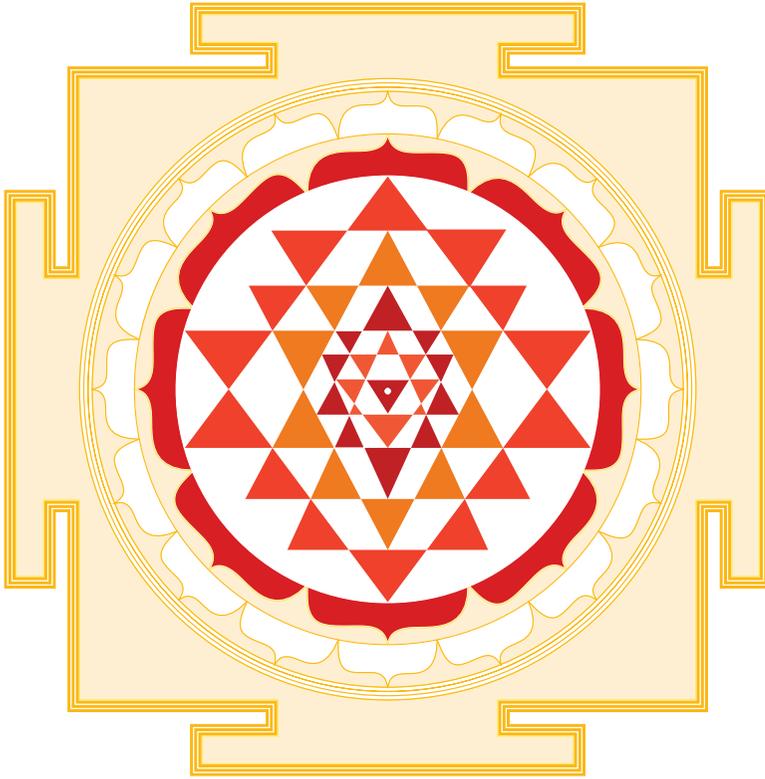


*(see: 60th Birthday Puja, Sydney, Australia,  
21 March 1983; 'Address by Shri Mataji to  
IAS Officers', Mumbai, India, 11 March 2000)*

# Shrī Yantra

## A diagram of the Shri Chakra

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The Shri Yantra (Shri Chakra) represents the Goddess in Her form as Shri Lalita and expresses the nine shakti pithas which correspond to the nine chakras within human beings. It comprises nine interlocking triangles that radiate from the central point (bindu) which is Her abode as the first shakti pitha. The four upward triangles represent Shiva, while the five downward triangles represent Shakti,

symbolising their union as Shri Shiva-shakti. The nine triangles form forty-three smaller triangles which encircle the central primary triangle (2nd pitha). Each triangle represents a shakti power. These form the 3rd, 4th, 5th, and 6th pithas, which are then surrounded by a lotus of eight petals (7th pitha), a lotus of sixteen petals (8th pitha) and the earth square (9th pitha).

# The three Granthis

## Knots of Illusion

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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.*



*'With Agni [fire], when the Brahma-granthi meets between the Kundalini, Muladhara chakra and the Swadishthana, then Agni Brahma-granthi is established. When Vishnu-granthi reaches up with the Surya [Sun], that is between the Nabhi and the Heart chakra, Surya Vishnu-*

*granthi is established. When Vishuddhi and Agnya auras meet, then Chandra Rudra-granthi is established [Moon]'.  
Shri Mataji Nirmala Devi, 'Bija Mantras, Shri Lalita, Shri Chakra', Hampstead, UK, 14 Oct 1978*

# Sanskrit pronunciation guide

Sanskrit, Hindi and Marathi are written in Devanagari, the language of the gods. Letters have fixed sounds and the pronunciation is consistent with the spelling. The consonants are roughly the same as in English, except for those listed below, but the vowels are more closed and lower in the throat.

## 1. Vowels

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

- i Short ‘a’ is a short neutral sound, like the ‘u’ in but or ‘a’ in local – almost like saying the consonants without any vowels. ‘Ganapati’ is ‘g-n-p-ti’ roughly like ‘gunner-putty’; ‘a’ is never hard as in bat.
- ii Long ‘ā’ as in ‘cart’, or ‘master’.
- iii Short ‘i’ as in ‘bit’.
- iv Long ‘ī’ as in ‘beet’.
- v Short ‘u’ as in ‘pull’ (not as ‘fun’, which is short ‘a’)
- vi Long ‘ū’ as in ‘pool’.
- vii ‘o’ is always long, as in ‘yoga’ or ‘modem’, and never short as in ‘modern’. This ‘o’ is like ‘eau’ in French, but long, made by pouting the lips in a circle.
- viii ‘e’ is always long in Sanskrit, but can be short in Hindi and Marathi. ‘Eka’ sounds like English ‘acre’. Words ending in ‘e’ are always pronounced long ‘é’.
- ix ‘au’ and ‘ai’ are diphthongs; ‘au’ as in ‘proud’ and ‘ai’ as in ‘play’.

## 2. Consonants

- i There are no fricatives in Sanskrit (ie. ‘th’, ‘v’, ‘f’); ‘th’ is an aspirated ‘t’ as in ‘boathook’ (eg. ‘Atharva’). ‘Ph’ is aspirated ‘p’ as in ‘map-holder’ and not ‘f’ (eg. ‘phala’).
- ii Both ‘v’ and ‘w’ are used when transliterating Sanskrit, but both are the same letter. Normally ‘w’ is used when joined with another consonant, eg. ‘twam’, ‘swami’ (except after ‘r’: ‘Sarva’, ‘Pārvatī’) and ‘v’ is used when on its own, eg. ‘Shiva’, ‘Vishnu’. The sound is halfway between ‘v’ and ‘w’ like ‘vw’ (ie. ‘tvwam’). Try saying it as ‘w’ with the upper teeth touching the lower lip.
- iii An ‘h’ ending (as in ‘namh’) is an aspiration after the final vowel and not a full extra syllable; it is described as an echo of the final vowel with the aspiration or a very short ‘ha’ after ‘a’, ‘ā’, ‘u’, ‘ū’, ‘o’ and ‘au’ or as ‘hi’ after ‘i’ and ‘ī’, or ‘he’ after ‘e’ and ‘ai’.

- iv 'ṛ' is a vowel, written 'ṛi', as in 'ṛitam' or 'Kṛishna', or 'ṛu', as in 'amṛut' or 'gṛuha'. It can be written 'Kṛṣṇa', 'amṛt' or 'gṛha'. Be aware that there is no full vowel sound after the 'ṛ'. 'ṛ' as a vowel or a consonant should be rolled in the Scottish manner with the tongue curled back and not with the English tendency to elongate the vowel and drop the 'r' (ie. 'dark' being pronounced 'daak')
- v The composite letter 'jñ' is written 'gñy' (eg. 'Āgñyā', 'gñyāna'). It is pronounced 'gya' with the 'g' nasalised. 'g' is always pronounced as in 'begin' and not as in 'vegetable', which is more like a 'j'.
- vi 'ñ' is the palatal nasal as in 'hinge'; 'ṅ' is the guttural nasal as in 'hung'.
- vii In Hindi and Marathi, a short 'a' at the end of words and before long syllables is dropped, so 'Rāma' becomes 'Rām', 'Sulabhā' becomes 'Sulbhā'. This is not the case in Sanskrit.
- viii 's' is always unvoiced, as in 'hiss' and not 'his'.
- ix All other letters are pronounced roughly as in English.

### 3. Hyphens and apostrophes

Hyphens and apostrophes are inserted as an aid to pronunciation, and all these examples should be run together as single words.

- i Hyphens are used to separate words in a compound, eg. 'Shakti-dhara'.
- ii An apostrophe indicates a missing letter where two vowels coalesce in a compound, eg. 'Gan'ādīm' ('Gana' + 'ādīm'); 'ch'ordhvāt' ('cha' + 'ūrdhvāt'); also when a final vowel modifies to a consonant, eg. 'khalv'idam' ('khalu' + 'idam').

### 4. Pronunciation

The main point is to stress and elongate long vowels and pass over short vowels lightly. Long vowels are 'ā', 'ī', 'ū', 'e', 'o', 'ai' and 'au'. A phrase or sentence has a stress which is a slight upward musical inflection, often on the penultimate syllable.

### 5. Aum

In this edition, 'Om' is written as 'Aum', according to Shri Mataji's suggestion. This is pronounced with a long 'o' as in 'home' (or French 'eau' but elongated), ending in a nasal sound.

# Arabic pronunciation guide

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These symbols appear in the Arabic names:

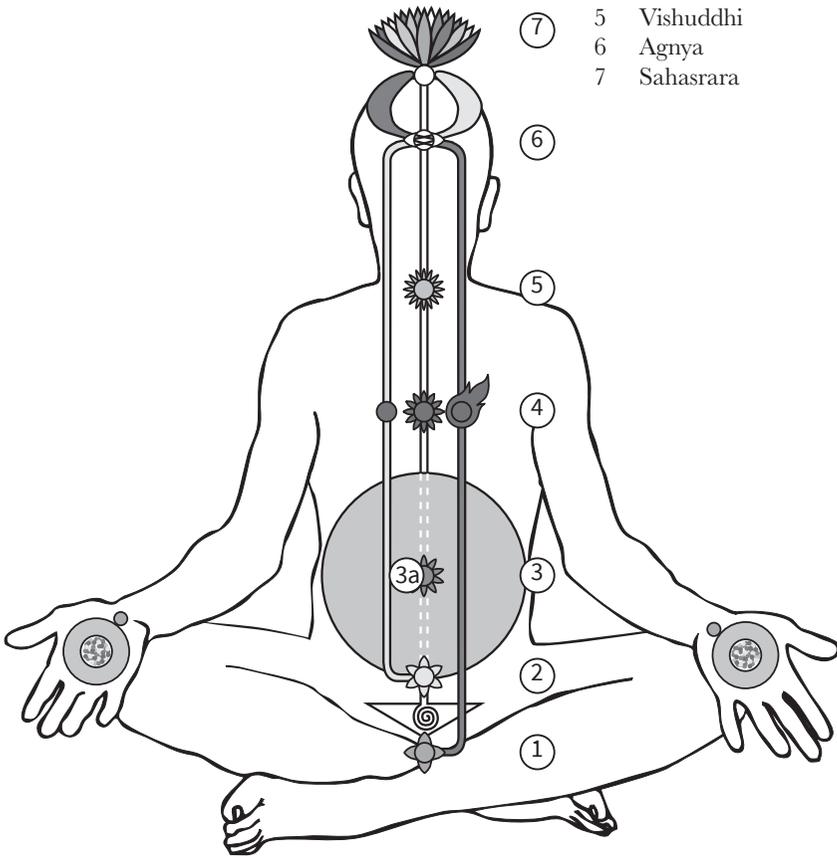
1. As in Sanskrit, ‘ā’ is long ‘aa’, ‘ū’ is long ‘oo’ and ‘ī’ is long ‘ee’.
2. The double ‘a-aa’ sound (called ‘ain’) has been transliterated as ‘ā’ (eg: Al-Āli) and in a few special cases as ‘ī’ (eg: Al-Muīzz) or ‘ū’ (eg: Waliyat-ul-Ūhada).
3. ‘th’ is a voiced ‘th’ sound as in ‘then’
4. ‘h’ is an unvoiced, aspirated ‘h’ sound (eg: Muḥammad),
5. ‘kh’ is a guttural ‘h’ sound.
6. ‘q’ is a deep guttural ‘k’ sound.
7. ‘d’, ‘t’, ‘th’ are all guttural sounds to distinguish them from the dental ‘d’, ‘t’, ‘th’.
8. An apostrophe denotes an abrupt stop in the vowel sound, ‘Al-Mu`min’.

# Greek pronunciation guide

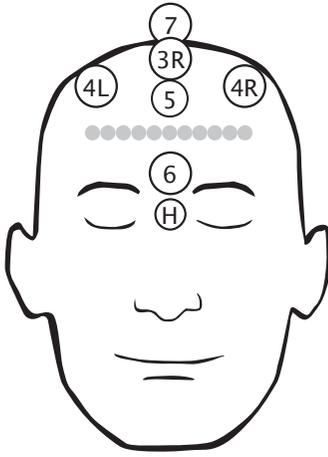
1. ‘th’ is voiced as in ‘then’, whereas ‘th’ is unvoiced as in ‘three’.
2. ‘ī’ is a long ‘ee’.
3. ‘gh’ is like a guttural French ‘r’ as in ‘rue’, eg: ‘Aghavī’
4. An accent above a letter indicates where the stress falls in the word, eg: ‘Pallás Athiná’.

# The subtle system

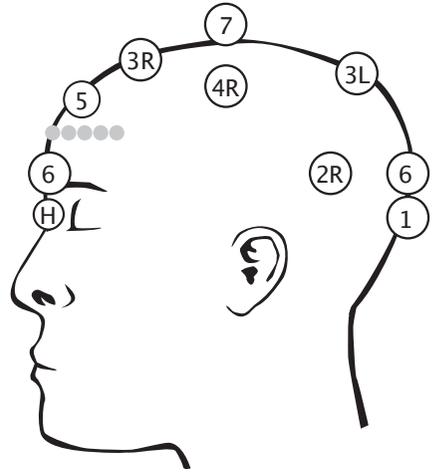
- 1 Muladhara
- 2 Swadhishtana
- 3 Nabhi
- 3a Void
- 4 Heart
- 5 Vishuddhi
- 6 Agnya
- 7 Sahasrara



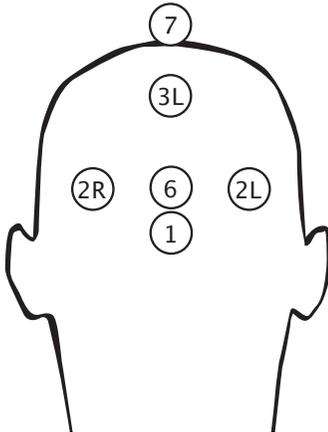
# The location of the chakras on the head (pīthās)



Front



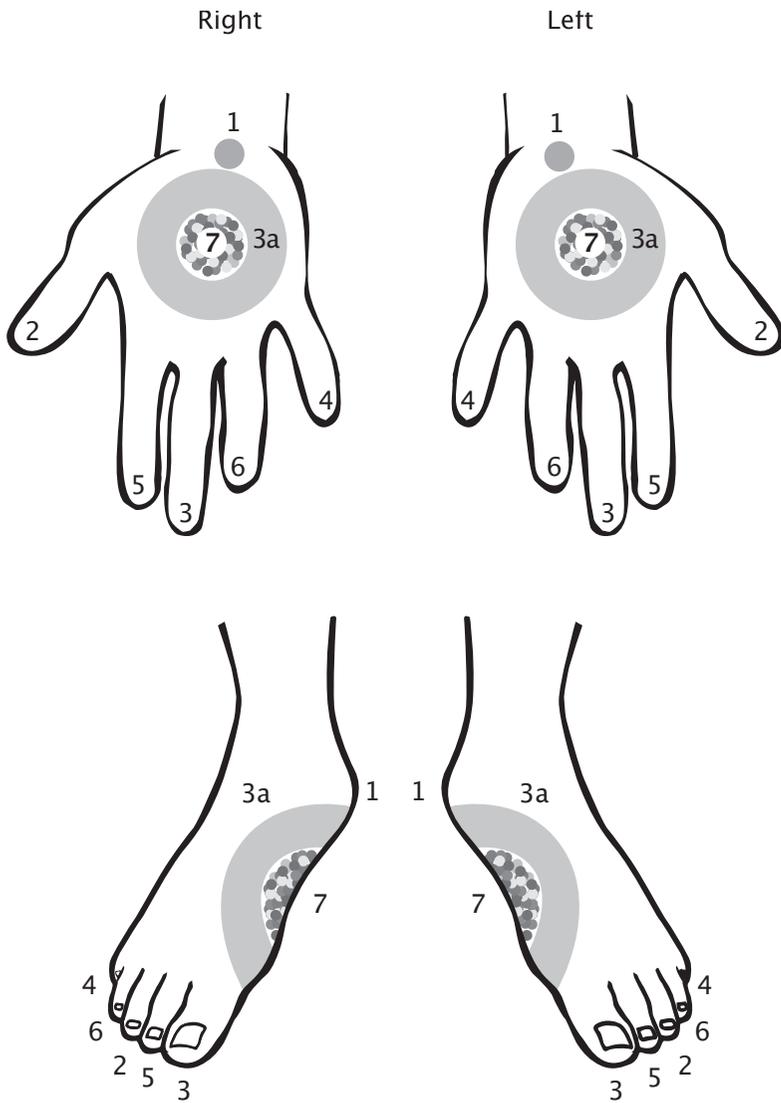
Side



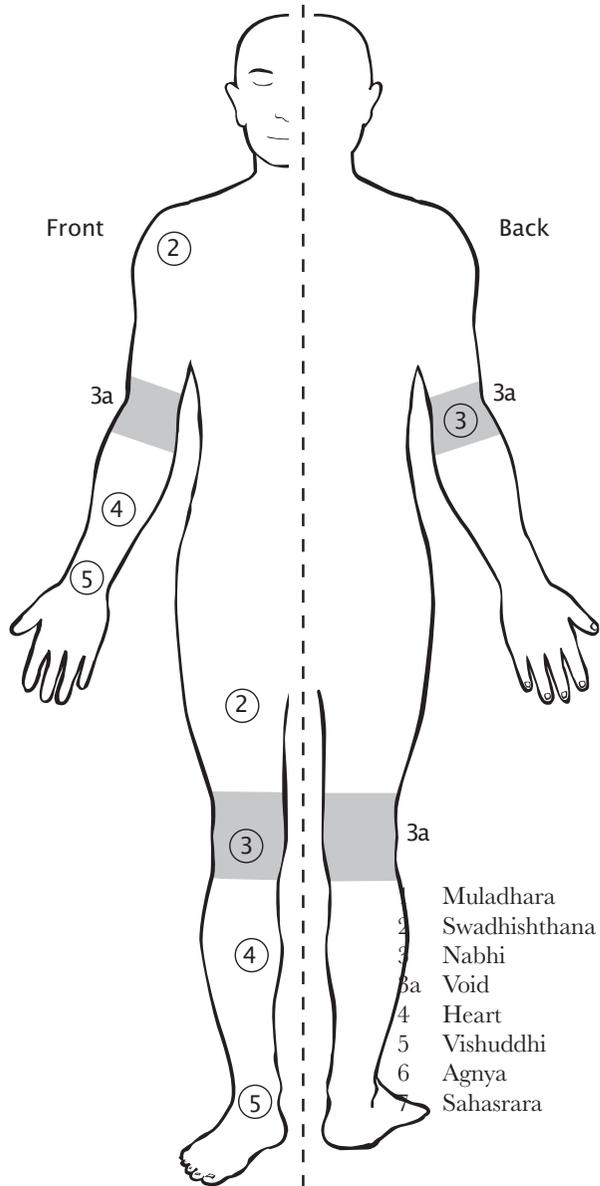
Back

- 1 Muladhara
- 2 Swadhishtana
- 3 Nabhi
- 3a Void
- 4 Heart
- 5 Vishuddhi
- 6 Agnya
- 7 Sahasrara
- H Hamsa
- Ekadasha Rudra

# The location of the chakras on the hands and feet



# The location of the chakras on the arms and legs



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*I am with you at every step,  
at every place, everywhere.  
You may go anywhere:  
at any place I am with you,  
completely in person,  
by mind and in every respect.*

*Whenever you will remember Me,  
I will be by your side with all My powers.  
It is My promise.'*

Shri Mataji Nirmala Devi

