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.’

Nirmala Vidyā

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


Compiled and edited by the international Sahaja collective.
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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

This edition uses a simple Sanskrit transliteration employing a Romanised text with selected accents to help pronunciation. The main accents used are: ā, ū, Ģ, ņ, ŋ, ī. 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 Adī Shaktī 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… Shrī 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 Shrī 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.

<table>
<thead>
<tr>
<th>Divine Energy</th>
<th>Channel</th>
<th>Nervous system</th>
<th>Aspect</th>
<th>Quality</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Mahākāli</td>
<td>Idā</td>
<td>Left sympathetic</td>
<td>Tamo guna</td>
<td>Desire, existence</td>
</tr>
<tr>
<td>U Mahāsaraswatī</td>
<td>Pīṅgalā</td>
<td>Right sympathetic</td>
<td>Rajo guna</td>
<td>Action, thought, creation</td>
</tr>
<tr>
<td>M Mahālakshmi</td>
<td>Sushumnā</td>
<td>Parasympathetic</td>
<td>Sattva guna</td>
<td>Evolution, awareness</td>
</tr>
</tbody>
</table>
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 Shrī Ganesha. Salutations to You!
## Mantra table for the chakras

### Mūlādhāra Chakra

<table>
<thead>
<tr>
<th>Left &amp; Centre</th>
<th>Sacrum Bone</th>
<th>Right</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shri Ganesha</td>
<td>Shri Gauri-Kundalinī Mātā</td>
<td>Shri Kārttikeya</td>
</tr>
<tr>
<td>Innocence, wisdom</td>
<td>Seat of Kundalini, the energy of the Holy Spirit within us, purity and chastity</td>
<td>Shri Rākshasa-hantrī</td>
</tr>
<tr>
<td></td>
<td>Destruction of negativity, valour, dynamism</td>
<td></td>
</tr>
</tbody>
</table>

### Swādhishthāna Chakra

<table>
<thead>
<tr>
<th>Left</th>
<th>Centre &amp; Right</th>
<th>Right</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shri Nirmala Vidyā</td>
<td>Shri Brahmadeva-Śrī Saraswati*</td>
<td>Shri Hazrat-Āli Fāţīma*</td>
</tr>
<tr>
<td>Pure knowledge</td>
<td>Balance, sustenance</td>
<td>(Āli relates to right</td>
</tr>
<tr>
<td>Shri Shuddha Icchā</td>
<td>Creativity, aesthetics and action</td>
<td>Swādhishthāna, Fāţīma to left Nābhi</td>
</tr>
<tr>
<td>Pure desire</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Nābhi Chakra

<table>
<thead>
<tr>
<th>Left</th>
<th>Centre</th>
<th>Right</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shri Gṛuha Lakshmī</td>
<td>Shri Lakshmī-Vishnu</td>
<td>Shri Rāja Lakshmī</td>
</tr>
<tr>
<td>Auspiciousness and sustenance of the family and household</td>
<td>Dharma (righteousness), sustenance and evolution</td>
<td>Shri Shesha</td>
</tr>
<tr>
<td>Shri Shuddha Icchā</td>
<td>Shri Shesha Chitta</td>
<td>Shri Nirmala Chitta</td>
</tr>
<tr>
<td>Pure desire</td>
<td>Energy of the liver, Blessings in terms of worldly powers and prosperity</td>
<td></td>
</tr>
</tbody>
</table>

### Void (Bhava-sāgara)

Shri Ādi Guru Dattātreya

Guru principle, principle of mastery and knowledge

### Heart (Anāhata) Chakra

<table>
<thead>
<tr>
<th>Left</th>
<th>Centre</th>
<th>Right</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shri Shīva-Pārvatī</td>
<td>Shri Durgā Mātā-Śrī Jagadambā</td>
<td>Shri Sitā-Rāma</td>
</tr>
<tr>
<td>Seat of the Atma (Spirit), hence, existence, love and joy. Relationship to the mother</td>
<td>Sense of security and complete motherly protection</td>
<td>Responsible and righteous behaviour. Relationship to the father and to authority</td>
</tr>
<tr>
<td>Shri Ātmā-param’ātmā</td>
<td>Union with the supreme Spirit</td>
<td></td>
</tr>
</tbody>
</table>

*Śrī Brahmadeva-Śrī Saraswati* refers to Śrī Saraswati, the goddess of knowledge and art.

*Śrī Hazrat-Āli Fāţīma* refers to Šī Mária Fāţīma, the mother of the Prophet Muhammad (PBUH).
### 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

<table>
<thead>
<tr>
<th>Left</th>
<th>Centre</th>
<th>Right</th>
</tr>
</thead>
</table>
| Shrī Vishnumāyā  
Self-esteem. Brother  
-sister relationship | Shrī Rādhā-Krishna  
Communication and  
collectivity. Detached  
_witness state. Diplomacy_ | 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_

### Harīnsā Chakra

**Shrī Harīnsā-chakra swāminī**  
_Discrimination and common sense_

### Āgñyā Chakra

<table>
<thead>
<tr>
<th>Left (superego)</th>
<th>Centre</th>
<th>Right (ego)</th>
</tr>
</thead>
</table>
| Shrī Mahāvīra  
Shrī Mukti dāyinī  
Shrī Mahat-mānasa | Shrī Yeshu-Māriā Mātā*  
(Shrī Mary-Jesus)*  
The Lord’s Prayer  
Forgiveness, truth and  
_resurrection_ | Shrī Buddha  
Shrī Mahat-ahāmākāra  
_Capacity to overcome the  
ego. Going beyond thoughts  
and doubts. Acknowledging  
that the primordial ego  
belongs to God_ |

**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)_

**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

<table>
<thead>
<tr>
<th>Left channel (Idā nādī)</th>
<th>Centre channel (Sushumṇā nādī)</th>
<th>Right channel (Piṅgalā nādī)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shrī Mahākālī- -Bhairava</td>
<td>Shrī Mahālakshmi- -Ganesha</td>
<td>Shrī Mahāsaraswatī- -Hanumāna</td>
</tr>
<tr>
<td>Purifying emotions and desire</td>
<td>Evolution and ascent</td>
<td>Blessing the fruits of physical and mental activities</td>
</tr>
<tr>
<td>Shrī Icchā-shakti</td>
<td>Shrī Dharma-shakti</td>
<td>Shrī Kriyā-shakti</td>
</tr>
<tr>
<td>Power of desire</td>
<td>Power of Dharma</td>
<td>Power of action and dynamism</td>
</tr>
<tr>
<td>Shrī Mahākālī- -Bhadraṇa-Kālī-Kalki</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Destroying left-sided negativity and entities</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*At Sahasrāra 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 Mahālakṣmī Mahāsaraswatī Mahākālī
Trīguṇātmikā Kundalinī sākshāt
Shrī Ādi Shaktī 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 Kalkī sākshāt
Shrī Ādi Shaktī 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 Kalkī 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 Shrī 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 ........................................... Shri Mataji, by Your grace, 
I am the powerful innocence of a child.

Swadhisthana ..................................... Shri Mataji, by Your grace, 
I am the pure knowledge/technique 
of the Divine that acts.

Nabhi ................................................... Shri Mataji, by Your grace, 
I am satisfied. 
Shri Mataji, by Your grace, I am peace. 
Shri Mataji, by Your grace, I am a generous person.

Void ..................................................... Shri Mataji, by Your grace, 
I am my own guru/master. 
Shri Mataji, as I am the pure knowledge, 
by Your grace, I am my own guru.

Heart ............................................... Shri Mataji, by Your grace, 
I am the Spirit. 
Shri Mataji, by Your grace, please forgive me 
for any mistakes against my Spirit. 
Shri Mataji, by Your grace, 
I am the instrument of Mother’s love.

Vishuddhi .......................................... Shri Mataji, I am not guilty. As I am the Spirit, 
by Your grace, how can I be guilty?

Agnya ...................................................... Shri Mataji, by Your grace, please forgive me, 
please let me have pure faith and 
may I go beyond all fears.

Sahasrara ........................................ Shri Mataji, by Your grace, I am protected from 
all the (left side) challenges and I will be 
victorious over all the challenges to ascent.

Shri Lalita chakra  
(Whole left side) ........................................ Shri Mataji, by Your grace, I am fortunate 
to be under the protection of the Divine Mother.
Right side

Muladhara ........................................... Shri Mataji, verily You are the killer of devils.

Swadhishtana .................................... 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
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 sākhād-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 vāṅg-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’ādvīyosi
You are absolute truth, awareness and bliss,

Twam pratyaksham Brahmāsi
You are the manifest Brahman,

Twam gñyāna-mayo vīgñyāna-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 nabah
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 (satva, 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, ardhenbu-lasitam tārena riddham
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-rishiḥ
This is the knowledge of Shri Ganesha. Sage Ganaka is the author (seer).

Ni-chṛid Gāyatrī-chhandah, Ganapatīr-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 dantiḥi 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-pushpāiḥ supūjitam
Fragrant red sandalwood paste anoints Your body.
You are auspiciously worshipped with red flowers.

Bhakt’ānu-kampinam devam, jagat-kāram-achyutam
You are ever-compassionate to Your devotees. You are the imperishable origin of the world.

Āvir-bhūtam cha sṛishty’ādau, Prakṛiteh Purushāt-param
You manifest before creation, You are beyond the supreme Prakriti (creative energy of Shri Adi Shakti) and Purusha (primordial Spirit of Shri Sadashiva).

Evam dhyāyati yo nityam, sa yoḡī yoḡinām 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’āika-dantāya
Obeisance to the big-bellied one with one tusk.

Vighna-nāshine, Shiva-sutāya, Shri 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 Shri Ādi Shakti Mātāji
Shri 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 Shri Ganesh, sākshāt Shri Jesus
Sākshāt Shri 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 Shri Ādi Shakti Mātājī
Shri 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

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

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 .................................................. You are… The one whose face is handsome and auspicious
Ekadanta .................................................. He who has one tusk
Kapila ........................................................ Reddish-brown in colour
Gaja-karnaka ............................................. The one who has elephant’s ears
Lambodara ............................................... Big bellied
Vikata ...................................................... Huge
Vighna-nāsha .............................................. The destroyer of obstacles
Gan’ādhipa ............................................... The leader of the ganas
Dhūmra-ketu ............................................. Grey banded
Gan’ādhyaksha .......................................... The chief of the ganas
Bhāla-chandra ........................................... The one who sports the moon on His forehead
Gaj’ānana ................................................ Elephant faced

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 Shri Ganesha

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Aum twameva sākshāt Shri Ganesha sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Ganesha. Salutations to You!
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<tr>
<th>Name</th>
<th>Meaning</th>
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<td>Vināyaka</td>
<td>You are… Peerless, without equal</td>
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<td>Vighna-rāja</td>
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<td>Gaurī-putra</td>
<td>The son of Shri Gauri</td>
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<td>The lord of the ganas</td>
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<td>The elder brother of Shri Skanda (Shri Karttikeya)</td>
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<td>Pūta</td>
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<td>Daksha</td>
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<td>The one who presides over all</td>
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<td>Dvija-priya</td>
<td>Fond of the twice born</td>
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<td>Agni-garbhach-chhid</td>
<td>The one piercing the womb of fire</td>
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<td>Indra-shrī-prada</td>
<td>The one who bestows power and prosperity to Shri Indra</td>
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<td>Vānī-prada</td>
<td>The bestower of speech</td>
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<td>Avyaya</td>
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<td>Sharva-tanaya</td>
<td>The son of Shri Shiva</td>
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<td>Sharvarī-priya</td>
<td>Loved by Shri Parvati, goddess of the night</td>
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<td>Sarv’ātmaka</td>
<td>The soul of all</td>
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<td>Śrīśhti-kartā</td>
<td>The creator</td>
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<tr>
<td>Divya</td>
<td>Resplendent</td>
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<td>Anek’ārchita</td>
<td>Worshipped by the multitude</td>
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<tr>
<td>Shiva</td>
<td>Auspicious and benevolent</td>
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<td>Shuddha</td>
<td>Pure</td>
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<tr>
<td>Buddhi-priya</td>
<td>Fond of intelligence</td>
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<td>Shānta</td>
<td>Peaceful</td>
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<tr>
<td>Brahmachārī</td>
<td>Celibate</td>
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<tr>
<td>Gaj’ānana</td>
<td>The one who has an elephant’s face</td>
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<td>Dvai-mätreya</td>
<td>The one who has two mothers (Shri Gauri &amp; Shri Parvati)</td>
</tr>
<tr>
<td>Muni-stutya</td>
<td>Praised by sages</td>
</tr>
</tbody>
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Bhakta-vighna vināshana…… The one who destroys the obstacles of devotees 30
Ekadanta……………………………………………… He who has one tusk
Chatur-bāhu……………………………………………… The one who has four arms
Chatura……………………………………………… Ingenious
Shakti-samyukta……………………………………………… One with the source of power
Lambodara……………………………………………… The one who has a large belly 35
Shūrpa-karna……………………………………………… The one whose ears are like winnowing fans
Hari……………………………………………… The one who destroys evil with lion-like courage
Brahma-viduttama……………………………………………… The foremost knower of Brahman (supreme Spirit)
Kāla……………………………………………… The embodiment of time
Graha-pati……………………………………………… The lord of the planets 40
Kāmī……………………………………………… Overflowing with love
Soma-sūryāgni-lochana……………………………………………… The one whose eyes are the moon, sun and fire
Pāshāṅkusha dhara……………………………………………… The one who wields the noose and elephant hook (goad)
Chhanda……………………………………………… The one of pleasing appearance
Gunāṭīta……………………………………………… The one who transcends all qualities 45
Niranjana……………………………………………… Without blemish
Akalmasha……………………………………………… Without impurity
Swayam-siddha……………………………………………… The one who achieved fulfilment by Himself
Siddh’ārchita-pad’āmbuja……………………………………………… The one whose lotus feet are worshipped by sages
Bījā-pūra-phal’āsakta……………………………………………… Fond of pomegranates 50
Vārada……………………………………………… The bestower of boons
Shāśhvata……………………………………………… Unchanging
Kriṣṭi……………………………………………… Working incessantly
Dvija-priya……………………………………………… Loved by realised souls
Vīṭa-bhaya……………………………………………… Free from fear 55
Gadī……………………………………………… The wielder of the mace
Chakrī……………………………………………… The wielder of the discus
Ikshu-chāpa-dhṛit……………………………………………… The holder of the sugarcane bow (symbolising the attention within)
Shrī-da……………………………………………… The bestower of auspiciousness and prosperity
Aja……………………………………………… The one who is unborn 60
Utpala-kara……………………………………………… The one who holds the blue lotus blossom
Shrī-pati……………………………………………… The lord of wealth, auspiciousness and prosperity
Stuti-harshita............................................The one who rejoices in praise
Kula-adri-bhettā........................................The one who splits apart the mountain ranges
Jatila........................................................Intricate 65
Kali-kalmasha-nāshana.............................The destroyer of Kali Yuga’s impurity
Chandra-chūdāmanī....................................The one who wears the moon as a crest jewel
Kānta..........................................................The one who is loved by all
Pāpa-hārī.....................................................The destroyer of sins
Samāhita....................................................Of concentrated attention 70
Āshrīta .......................................................Our refuge
Shrī-kara.....................................................The one who manifests auspiciousness and prosperity
Saumya.....................................................Gentle and pleasing
Bhakta-vānchhita dāyaka.............................The one who grants devotees’ desires
Shānta.......................................................Serene and gentle 75
Kaivalya sukhada......................................The one who bestows absolute happiness
Sat-chit-ānanda-vigraha.............................In the form of absolute truth, awareness and bliss
Gñyānī.......................................................The embodiment of wisdom
Dayā yuta..................................................Full of compassion
Dānta..........................................................The master of self-control 80
Brahma-dvesha-vivarjita.........................Free from aversion to the supreme
Pramatta-dai ty-bhayada............................The one who is feared by power-intoxicated demons
Shrī-kanth a................................................The one who has a beautiful throat
Vibudh’eshwara........................................The lord of the most wise
Rām’ārchita................................................The one who is worshipped by Shri Rama 85
Vidhi............................................................The controller of destiny
Nāgarājā-yyagñy’opavītavān....................The one who wears a cobra as a sacred thread
Sthūla-kantha..........................................The one who has a stout neck
Swayam-kartā..........................................Independent in action
Sāma-ghosha priya.................................Fond of the sound of Sama Veda 90
Para...........................................................The one for whom there is no other
Sthūla-tunda............................................The one who has a stout trunk
Agranī.......................................................The firstborn
Dhira........................................................Courageous
Vāgīsha....................................................The lord of speech 95
Siddhi-dāyaka..........................................The one who bestows special powers
Dūrvā-bilva-priya.................................Fond of durva grass and bilva fruit
Avyakta-mūrti .......................... The manifestation of the unmanifest
Adbhuta-mūrtimān ......................... Of wondrous form
Shailendra tanuj’otsaṅga- -khelan’otsuka mānasa .................... Fond of playing with Your mother
Shri Parvati, the daughter of the
mountain lord

Sva-lāvanya sudhā-sārajita- -manmatha-vigraha ..................... A vast ocean of ambrosial beauty, more
charming than the god of love
Samasta jagad’ādhāra .................... The supporter of all the worlds
Māyī ........................................ The source of illusory power
Mūshaka-vāhana .......................... The one who rides a mouse as His vehicle
Hṛishta ...................................... Overjoyed
Tūshta ...................................... The embodiment of contentment
Prasann’ātmā ............................... The benign Spirit
Sarva-siddhi pradāyaka ................... The one who bestows all special powers

Sākshāt Shri Ādi Shakti Mātājī
Shri 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 ............................. The one who achieved fulfilment through
self-control
Ikshu-danda ................................ The holder of the sugarcane bow
Utpala-akshaya ............................ The eternal blue lotus blossom
Kali-kāla mahā-nāshana ............... The great destroyer of the age of Kali
Brahmadeva-vīshwara .................. The great god of Shri Brahmadeva

Aum Gam Ganapatyey namah
Amen, Gam, obeisance to Shri Ganapati.
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.

You are worshipped with red flowers.
You are adored by yogis and yoginis.
You are the support of the root and the support of the fruit.
You are auspiciousness and the bestower of auspiciousness.
You are wisdom and the bestower of wisdom.

You are innocence and the bestower of innocence.
You make holy what evil had soiled.
You build anew what was destroyed.
You resurrect the innocence that was lost.
You are the lord of chastity.

You are the bestower of the inner paradise.
You are the refuge of all.
You have compassion for Your devotees.
You are the giver of satisfaction and fulfilment.
You are the beloved son of Shri Maha-gauri.

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.
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.

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.

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

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

You are the honesty of Sahaja Yoga.
You are the eldest brother of the Sahaja yogis.
You bestow the shakti of chastity upon the Sahaja yogis.
You are pleased by humility.
You are pleased by simplicity.

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

You challenge, defeat and punish negativity.
You watch the gates of hell.
You open and close the gates of hell.
That which is not within You is hell.
You are the lord of the ganas.  
You grant the subtlety of discretion.  
You remove all the obstacles.  
You bless the sanctity of the marriage union.  
You call on this Earth the realised souls.  
You are the dignity of eternal childhood.  

You are the lord of 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.  

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

You are fond of kusha grass, which is Mother Earth’s green sari.  
You are fond of laddhus (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).  

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

You are the remembrance of God within all seekers.  
You sustain the hope for God during the quest.  
You destroy the impurity of Kali Yuga.  
You are the bestower of boons.  
You are the bestower of absolute happiness.
You gave an infinitesimal fraction of Your power to Manmatha (the god of love), and he conquered the world.
You give to love its power of attraction.
You are the purity of love immaculate.
You are the love that soothes, nourishes and elevates to God.
You are the love by which we recognise God.

You are the vessel of sacred adoration.
You are lost in the Goddess’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.

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.

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 Śrī Ādi Shakti Mātājī
Śrī Nirmalā Devyai namo namah
Victory to Shri Karttikeya!
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........................................ You are… The vanquisher of mighty foes
Guha.......................................... Hidden and beyond comprehension
Shan-mukha................................... The one with six faces
Bhālanetra-suta............................... The son of the three-eyed Shri Shiva
Prabhu.......................................... The Lord Almighty
Piṅgala......................................... Golden hued
Kṛittikā-sūnu................................. The son of the six starry maids
(Pleiades constellation)
Shākhi vāhana............................... The one who rides on a peacock
Dvādasha bhuja............................... The lord with twelve arms
Dvādasha netra............................... The lord with twelve eyes
Shakti dhara.................................. The one who wields the divine powers
Pishitāsha prabhanjana.................... The one who destroys evil spirits
(flesh-eaters)
*Tārak’āsura saṁhārī...................... The destroyer of Tarakasura
Rāksho-bala vimardana.................... Victorious over the asuric forces
Matta.......................................... Excited with joy
Pramatta...................................... Intoxicated with divine wrath
( to kill the demons)
Unmatta...................................... Overcome with excitement
Sura-saínya surakshaka.................... The benevolent guardian of the army
of the devas
Deva-senāpati............................... The commander of the divine army
Prāgniya...................................... The lord of wisdom
Kripālu....................................... Compassionate
Bhakta vatsala.............................. He who loves His devotees like His
own children
Uma-suta..................................... The son of Uma (Shri Parvati)
Kumāra....................................... The eternally youthful lord
Krauncha dārana........................... The one who rent asunder Mount Krauncha to
destroy the demon Tarakasura
hiding inside
Senānī ............................................................. The general of the divine army
Agni-ja ............................................................ Born of the effulgent fire
Vishākha ............................................................. The one who shines in the astral
                     Vishakha (constellation of Libra)
Shaṅkarāṭmaja .................................................... The son of Shri Shankara (who is Shri Shiva)
Shiva-swāmī ..................................................... The master of auspiciousness
Gana-swāmī ........................................................ The master of the ganas
                     (Shri Shiva’s soldiers)
Sarva-swāmī ........................................................ The master of all
Sanātana ............................................................. The eternal Lord
Ananta-shakti ........................................................ The lord of unlimited power (Shri Shesha)
Akshobhyā ............................................................ Unperturbed
Pārvatī-priya nandana ........................................ The son of Shri Shiva
Gaṅgā suta ............................................................ The son of the holy river Ganges
Shar'od-bhūta ..................................................... Born in a reed bed
Pāvak’ātmaja ........................................................ The one who is invoked
Ahūta ................................................................. The one who was conceived by fire
Agni-garbha ........................................................ He who was conceived by fire
Shami-garbha ........................................................ The one who arose from the flames
                     of the Shami tree
Vishwa-retas ........................................................ The seed of the universe
Surāri-ghna ........................................................ The one who subdues the enemies of
                     the devas
Harid-varna ........................................................ Golden yellow in colour
Shubha-kṛit ............................................................ The bringer of auspiciousness
Vasu-mat .............................................................. Full of goodness
Vatu-vesha-bhṛit .................................................... The one having the appearance of a boy
Jṛumbha ............................................................. You open Your mouth to consume the demons
Pra-jṛumbha ........................................................ You open Your mouth
to consume the rakshasas
Uj-jṛumbha ........................................................ You open Your mouth
to consume negativity
Kamal’āsana saṁstuta ........................................... Praised by Shri Brahmadeva
                     (who is seated on a lotus)
Eka-varna ............................................................ One within the unity
Dvi-varna ............................................................ The one who permeates the duality
                     of matter and Spirit
Tri-varna ............................................................. In the three aspects or gunas
                     (sattva, rajas, tamas)
Chatur-varna ..................................................... The four stages of life (Brahmacharya: student,
                     Gruhasta: house-holder, Vanaprastha: hermit,
                     Sannyas: spiritual aspirant)
<table>
<thead>
<tr>
<th>Sanskrit Term</th>
<th>English Translation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pancha-varna</td>
<td>The one who permeates the five elements (earth, water, fire, air, ether)</td>
</tr>
<tr>
<td>Su-manohara</td>
<td>Captivatingly beautiful</td>
</tr>
<tr>
<td>Prajāpati</td>
<td>The father of all creation</td>
</tr>
<tr>
<td>Pūshā</td>
<td>The luminous sun</td>
</tr>
<tr>
<td>Gabhastī</td>
<td>Effulgent like the sun</td>
</tr>
<tr>
<td>Sahat-ātmaka</td>
<td>The one whose nature is inner strength</td>
</tr>
<tr>
<td>Vishwa-yoni</td>
<td>The creator of all existence</td>
</tr>
<tr>
<td>Amey’ātmā</td>
<td>Supremely magnanimous</td>
</tr>
<tr>
<td>Tejo-nidhi</td>
<td>Abounding in glory</td>
</tr>
<tr>
<td>Anāmaya</td>
<td>The one who saves us from illness</td>
</tr>
<tr>
<td>Paramesthī</td>
<td>The highest Lord</td>
</tr>
<tr>
<td>Guru</td>
<td>The guru</td>
</tr>
<tr>
<td>Parabrahma</td>
<td>The supreme Spirit</td>
</tr>
<tr>
<td>Veda-garbha</td>
<td>The son of the Vedas</td>
</tr>
<tr>
<td>Pulinda-kanyā-bhartā</td>
<td>The protector of Valli, a Pulinda maiden</td>
</tr>
<tr>
<td>Mahā-sāraswat’āvṛita</td>
<td>The one who abounds with the Mahasaraswati power</td>
</tr>
<tr>
<td>Āshrit’ākhila-dātā</td>
<td>The giver of refuge to the whole universe</td>
</tr>
<tr>
<td>Chora-ghna</td>
<td>The destroyer of thieves</td>
</tr>
<tr>
<td>Roga-nāshaka</td>
<td>The remover of diseases</td>
</tr>
<tr>
<td>Ananta-mūrti</td>
<td>He whose form is infinite</td>
</tr>
<tr>
<td>Ānanda</td>
<td>Bliss</td>
</tr>
<tr>
<td>Shikhandi-kṛita ketana</td>
<td>The lord of the peacock banner</td>
</tr>
<tr>
<td>Dambha</td>
<td>The one who wields Indra’s thunderbolt to destroy negativity</td>
</tr>
<tr>
<td>Param-dambha</td>
<td>The one who wields the supreme thunderbolt</td>
</tr>
<tr>
<td>Mahā-dambha</td>
<td>The master of the greatest thunderbolt</td>
</tr>
<tr>
<td>Vṛishā-kapi</td>
<td>In the form of the ‘man-ape’ having the power of the sun</td>
</tr>
<tr>
<td>Kāran’otpatti-deha</td>
<td>The cause of the birth of the body</td>
</tr>
<tr>
<td>Kāran’ātita vigraha</td>
<td>The body that is beyond all causes</td>
</tr>
</tbody>
</table>
Anīshwara .................................................. The god who has no superior
Amṛuta ........................................................ Immortal
Prāna .............................................................. The breath of life
Prāna-dhara ....................................................... The one who supports all living beings
Parāyana ........................................................... The final refuge
Viṛuddha hantā .................................................. The subjugator of hostile forces
Vīra-ghna .......................................................... The vanquisher of heroic opponents
Rakta-shyāma gala ............................................. The one who has a beautiful dark red throat
Loka-guru .......................................................... The guru of the universe
Supiṅgala .......................................................... The lustrous golden red brown colour of the right channel
Mahān .............................................................. The consummation of glory
Subrahmanya .................................................... Effulgent radiance
Guha priya .......................................................... Fond of Your invincible hidden powers
Brāhmaṇa .......................................................... The serene Lord of luminous wisdom
Brāhmaṇa priya .................................................... Fond of realised saints
Sary‘eshwara ..................................................... The sovereign Lord Almighty
Akshaya-phala prada .......................................... The one who bestows eternal blessings
Nishkalaṅka ........................................................ Faultless brilliance (Shri Kalki)

Sākshāt Shri Ādi Shakti Mātāji
Shri Nirmalā Devyai namo namah

Gñyāneshwara (1275-1296 CE)
(also referred to as Dnyaneshwara, Gyanesh, 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 Shri Kundalinī Yoga

Aum twameva sākṣhāt Shri Kundalinī Yoga sākṣhāt
Shri Adi Shakti Mātājī Shri Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Kundalini Yoga. Salutations to You!

Mūlādhār’āika-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

Āgnyā-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

Sākṣhāt Shri Ādi Shakti Mātājī Shri 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.’
The 69 names of Shri Kundalini Shakti

Aum twameva sākhśāt Shri Kundalini Mātā sākhśāt
Shri Ādi Shakti Mātājī Shri 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
Abraham……………………………………………………………………The father of Judaism and Islam
Moses…………………………………………………………………………The great law-giver of the Ten Commandments
Zarathusthra………………………………………………………………The promulgator of Monotheism
Mohammed Sahib………………………………………………………The prophet of Islam
Confucius……………………………………………………………………The teacher of spirituality in worldly life
Lao Tse………………………………………………………………………The visionary of the Tao (Spirit)
Sāī 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
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
Gṛuha-lakshmī-shakti Mātā………………………………………………The sustaining power of the housewife
Durgā 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
Ksham ‘ashrayini…………………………………………………………The abode of forgiveness
Ātmā-param ‘ātmā………………………………………………………The individual and universal Spirit
Kshetra-gīya………………………………………………………………The knower of the field
<table>
<thead>
<tr>
<th>Name</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sītā-Rāma Maryādā-Purush’ottama</td>
<td>The highest manifestation of righteousness</td>
</tr>
<tr>
<td>Vishnu-granthishakti Mātā</td>
<td>The one who breaks through the knot of worldly illusion</td>
</tr>
<tr>
<td>Rādhā Krishna-pūrn’āvatāra</td>
<td>The complete incarnation of the Father</td>
</tr>
<tr>
<td>Yashodā Rukminī Vitthala</td>
<td>The power of the right Vishuddhi</td>
</tr>
<tr>
<td>Vishnumāya</td>
<td>The pure power of the left Vishuddhi</td>
</tr>
<tr>
<td>Lalitā-chakra swāmini-shakti</td>
<td>The concentrated power of the left side</td>
</tr>
<tr>
<td>Shri-chakra swāmini-shakti</td>
<td>The activation of the right side</td>
</tr>
<tr>
<td>Virāta Virāt-aṅganā</td>
<td>The supreme power of the absolute cosmic Being</td>
</tr>
<tr>
<td>Harinsā-chakra swāmini-shakti</td>
<td>The power of discrimination</td>
</tr>
<tr>
<td>Pranava</td>
<td>The primordial reverberation (the Aum)</td>
</tr>
<tr>
<td>Aumkāra</td>
<td>The primordial sound that manifests creation</td>
</tr>
<tr>
<td>Kārttikeya</td>
<td>The commander of the divine forces</td>
</tr>
<tr>
<td>Mahā-ganesha</td>
<td>The evolved power of innocence</td>
</tr>
<tr>
<td>Mahāvīra</td>
<td>The great warrior, ruling the superego</td>
</tr>
<tr>
<td>Gautama-Buddha</td>
<td>The awakened lord of the ego</td>
</tr>
<tr>
<td>Swa-prakāsha Mary-Jesus</td>
<td>The self-illuminated incarnations of Shri Ganesha and Shri Mahalakshmi</td>
</tr>
<tr>
<td>Mahākāli-shakti Bhairava</td>
<td>The power of the left side</td>
</tr>
<tr>
<td>Mahā-shaṅkara</td>
<td>Lord Shiva as the bestower of the greatest well-being</td>
</tr>
<tr>
<td>Mahā-saraswatī-shakti-Hanumāna</td>
<td>The power of the right side</td>
</tr>
<tr>
<td>Mahā-brahmadeva</td>
<td>The bestower of the highest knowledge</td>
</tr>
<tr>
<td>Mahā-ganapati</td>
<td>The supreme lord of angels</td>
</tr>
<tr>
<td>Mahat-ahaṁkāra</td>
<td>The transcendent identity of the Divine (the great ego)</td>
</tr>
<tr>
<td>Mahālakshmi-shakti-Mahāvishnu</td>
<td>The evolutionary power</td>
</tr>
<tr>
<td>Ekādāsha-shakti-rudra</td>
<td>The eleven destroying powers of Shri Shiva</td>
</tr>
<tr>
<td>Rudra-granthishakti Mātā</td>
<td>The one who splits the final knot of illusion (within the head)</td>
</tr>
<tr>
<td>Chandra-mandala madhyastā</td>
<td>The one who resides in the orb of the moon (left side/superego)</td>
</tr>
<tr>
<td>Bhānu-Sūrya-mandala-madhyastā</td>
<td>The one who resides in the orb of the sun (right side/ego)</td>
</tr>
</tbody>
</table>

44 45 30 35
Idā-nādi swāminī-shakti........... The one who rules the left channel
Piṅgalā-nādi swāminī-shakti..... The one who rules the right channel
Sushumna-nādi swāminī-       The one who controls the central channel
-shakti
Sarva Idā-granthi-
-vibhedinī-shakti.......... The one who breaks all the obstructions
of the left side
Sarva Piṅgalā-granthi-
-vibhedinī-shakti........ The one who breaks all the obstructions
of the right side
Sarva Sahasrāra-granthi-
-vibhedinī-shakti......... The one who splits all knots preventing
the Sahasrara chakra from opening
Sarva Sushumnā-granthi-
-vibhedinī-shakti........ The one who pierces through all the
difficulties of the central channel
Sahasrāra-swāminī Moksha-
-pradāyinī Nishkalaṅkā......... The immaculate Goddess who opens the
Sahasrara and grants liberation
Mahāmāyā Mātāji-
-Shrī Nirmalā Devī............... Shri Mataji as the supreme illusory
creative power
Ardha-bindu-shakti Mātā........ The crescent moon, the first chakra
above Sahasrara
Bindu-shakti Mātā............... The primordial dot, the second chakra
above Sahasrara
Valaya-shakti Mātā............. The sacred circle of unlimited all-pervading
consciousness, the third chakra above Sahasrara
Sadāshiva Ādi-Shakti Mātā..... Almighty God and His primordial power
Para-brahma..................... The absolute, all-pervading Being

Sākshāt Shrī Ādi Shakti Mātāji
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 Shri Gaurī

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

Aum Hrīm

Gaurī................................................................. You are… The pure white virgin maiden, the Kundalini
Mahā-vidyā......................................................... The highest knowledge
Jagan-mātā.......................................................... The mother of the world
Mahālakshmī....................................................... The power of evolution and ascent
Shiva-priyā.......................................................... Fond of Shri Shiva (the pure Spirit)
Vishnumāyā.......................................................... Shri Vishnu’s power of illusion (the one who announces a divine incarnation)

Shubhā................................................................. Auspicious
Shāntā................................................................. Peace
Siddhā................................................................. The fulfilment of all divine powers
Siddha Saraswati.................................................. Shri Saraswati, with Her complete enlightened powers

Kshamā................................................................. Forgiveness
Kānti................................................................. Radiating love and beauty
Prabhā................................................................. Luminous and effulgent
Jyotsnā................................................................. The cooling lustre of the moonlight
Pārvatī................................................................. Shri Parvati

Sarva-maṅgalā...................................................... All that is auspicious
Hīngulā................................................................. Brilliant red (adorned with kum-kum)
Chandikā............................................................. Angry with evil forces
Dāntā................................................................. Self-restrained (She keeps Herself within the bounds of the Sushumna nadi)

Padmā................................................................. The lotus
Lakshmī.............................................................. Shri Lakshmi
Hari-priyā............................................................ Fond of Shri Vishnu
Nandā................................................................. Joy
Su-nandā............................................................ Auspicious joy
Sura-vanditā....................................................... Worshipped by the gods

Yagñyā................................................................. The vibrations in the form of the sacred fire that burns away all negativity and emanates auspiciousness
Mahāmāyā.......................... The supreme power of illusion
Sudhā................................. Ambrosial nectar
Dhṛiti................................. Inner steadiness and strength (to overcome all the trials and tribulations of life)
Vedā................................. The enlightened knowledge of the Vedas
Priyā................................. Dearly beloved
Prasiddhā............................. Most eminent and accomplished
Mṛidā................................. Shri Shiva’s evolutionary power of purity, harmony and love
Vindhya-vāsini...................... The one who resides in the Vindhya mountains
Siddha-vidyā........................ Complete enlightened knowledge
Mahā-shakti......................... The great power
Prithvī............................... The Mother Earth
Nārada-sevitā........................ Served and worshipped by Sage Narada
Kāntā................................. Beloved and beautiful
Padma-lochanā..................... Lotus-eyed
Māhā-mātā........................... The Great Mother
Durgā................................. The invincible Goddess, the fortress of protection
Jwālā................................. The cooling divine fire that appears like tongues of flame
Su-gotrā............................. The Mother who grants spiritual rebirth out of Her Sahasrara and whose children enjoy auspicious lineage. You purify and enlighten their yantra (DNA)
Kumuda-vāsinī..................... The one who resides in the lotus
Durlabhā............................. Difficult to attain
Vidyā................................. Knowledge
Swaradā............................. The bestower of heavenly paradise
Aparnā............................... The one who performed severe penance to become the consort of Shri Shiva (as Shri Parvati, She fasted completely, not even eating leaves)
Pura-vāsī............................. The one whose abode is the stronghold of the kumbha (the sacrum bone), as well as the lotus of the Sahasrara
Shāntā............................... Silence
Māyā................................. Illusion
Mādirā............................... The divine, intoxicating elixir
Mṛidu-hāsinī....................... Smiling sweetly
Nārāyanī…………………………………………………The shakti of Shri Vishnu (Shri Mahalakshmi)
Mahā-nidrā………………………………………………The greater sleep (that leads to a higher state of awareness)
Yoga-nidrā…………………………………………………Yogic sleep
Prabhā…………………………………………………………Resplendent and glorious (shining with innate talent)
Pragñyā…………………………………………………………Wisdom
Aparita……………………………………………………………Everywhere and beyond
Tārā………………………………………………………………Self-illuminating
Bālā………………………………………………………………Powerful and childlike
Bālikā……………………………………………………………..The first-born, primordial girl
Siśiha-gāmi…………………………………………………The one who moves majestically like a lion and who has a lion as Her conveyance
Aumkārā…………………………………………………………The one who emits the primordial sound, the Aum
Sudhā-kārā…………………………………………………In the form of divine nectar
Chetanā…………………………………………………………Vibratory awareness
Kopanā……………………………………………………………Angry and wrathful
Ardha-bindu…………………………………………………The crescent moon, the first chakra above Sahasrara
Dhīrā………………………………………………………………The one who dispels all darkness and bad qualities, when She unites with the Spirit in the Sahasrara
Kalā………………………………………………………………The phases of the whole
Padmā……………………………………………………………The one who moves like a serpent
Su-vastrā…………………………………………………………Clothed auspiciously
Prabuddhā…………………………………………………………Fully awakened and completely enlightened
Saraswatī…………………………………………………Shri Saraswati
Jinendrā…………………………………………………The omniscient goddess who carries us across the Bhava-sagara (Void)
Shāradā……………………………………………………………The one who has a golden, autumnal glow
Hamsa-vāhanā…………………………………………………The one whose vehicle is the swan (divine discretion)
Gudhā-sanā…………………………………………………The one whose seat is most secret and hidden
Ardha-māṭrā…………………………………………………The half crescent, the powerful rising force of the Kundalini (representing the last half of its three and a half coils)
Sudhā-kārā…………………………………………………The creator of divine nectar
Sudhā-kritā…………………………………………………Created from divine nectar, immortal
Rāja-nīti…………………………………………………………The one who rules like a skilful statesman
The knowledge of the three Vedas and of agriculture, trade and economics (also Anvikshiki, leading to Self-knowledge)

The knowledge of politics, administration and law

The one who delivers the soul completely from all the obstacles to ascent

Flowing with spontaneous activity

The one who elevates the soul towards moksha (liberation and salvation)

The constant force that motivates the soul towards truth

The celestial river Ganga, which flows through Heaven

The holy river Ganga (the Ida nadi), which flows from Shri Shiva’s matted locks

The holy river Yamuna (the Pingala nadi) and the sister of Shri Yama (the god of death)

The hidden holy river (the Sushumna nadi), which flows beneath the confluence of the rivers Ganga and Yamuna at Triveni Sangam (Prayag), near Allahabad

The holy river Godavari (known as the Ganges of the south)

The holy river near the swayambhu of Shri Vitthala in Pandharpur

The auspicious power of the pure Spirit

The mother Kundalini

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 vina and the book of knowledge.
## The 21 names of Shri Brahmadeva-Saraswatī

Aum twameva sākshāt Shri Brahmadeva-Saraswatī sākshāt Shri Ādi Shakti Mātājī Shri Nirmalā Devyai namo namah

O Divine Mother, You are verily Shri Brahmadeva-Saraswati. Salutations to You!

<table>
<thead>
<tr>
<th>Name</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buddhī</td>
<td>You are… Divine intelligence (consciousness or discrimination)</td>
</tr>
<tr>
<td>Mahat-ahāmkāra</td>
<td>The ego of the Divine</td>
</tr>
<tr>
<td>Sūrya</td>
<td>The sun</td>
</tr>
<tr>
<td>Chandra</td>
<td>The moon</td>
</tr>
<tr>
<td>Ākāsha-tattwa-swāminī</td>
<td>The master of the principle of ether (sound)</td>
</tr>
<tr>
<td>Vāyu-tattwa-swāminī</td>
<td>The master of the principle of the wind (sound and sense of touch)</td>
</tr>
<tr>
<td>Tejas-tattwa-swāminī</td>
<td>The master of the principle of burning light (sound, touch and form)</td>
</tr>
<tr>
<td>Āpa-tattwa-swāminī</td>
<td>The master of the principle of water (sound, touch, form and taste)</td>
</tr>
<tr>
<td>Pṛithvi-tattwa-swāminī</td>
<td>The master of the principle of the Mother Earth (sound, touch, form, taste and smell)</td>
</tr>
<tr>
<td>Ākāsha-tattw’eshwarī</td>
<td>The goddess of the ether element</td>
</tr>
<tr>
<td>Anīla-tattw’eshwarī</td>
<td>The goddess of the air element</td>
</tr>
<tr>
<td>Tejo-tattw’eshwarī</td>
<td>The goddess of the fire element</td>
</tr>
<tr>
<td>Jala-tattw’eshwarī</td>
<td>The goddess of the water element</td>
</tr>
<tr>
<td>Bhūmi-tattw’eshwarī</td>
<td>The goddess of the earth element</td>
</tr>
<tr>
<td>Hiranya-garbha</td>
<td>The golden cosmic egg (that contains the universe of Shri Brahma)</td>
</tr>
<tr>
<td>Pancha-tan-mātrā</td>
<td>The five subtle elements</td>
</tr>
<tr>
<td>Pancha-bhūtā</td>
<td>The five gross elements</td>
</tr>
<tr>
<td>Vishwa</td>
<td>The universe (awareness in its awakened state)</td>
</tr>
<tr>
<td>Taijas’ātmikā</td>
<td>The essence of all life energy (dream awareness)</td>
</tr>
<tr>
<td>Pragñy’ātmikā</td>
<td>The essence of all intelligence (sleep awareness)</td>
</tr>
<tr>
<td>Turīya</td>
<td>The fourth state of consciousness (union with the Divine)</td>
</tr>
</tbody>
</table>

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

Saraswatī ........................................ You are … The goddess of speech, learning and music
Mahā-bhadrā ................................... Very gracious and lovely
Mahā-māyā ..................................... The illusory creative power
Vara-pradā ....................................... The one who grants boons
Shrī-pradā ........................................ The bestower of prosperity and happiness
Padma-nilayā ................................... The one who resides in a lotus
Padm’ākshī ...................................... Lotus-eyed
Padma-vaktrā ................................... Lotus-faced
Shiv’ānujā ....................................... The younger sister of Shri Shiva
Pustaka-dhṛit ................................... The one who holds the book of knowledge
Gñyāna-mudrā ................................... The hand gesture of knowledge
Rāmā ................................................ Pleasing
Parā .................................................. Supreme
Kāma-rūpā ....................................... In the form of love and desire
Mahā-vidyā ....................................... The highest learning
Mahā-pātaka nāshinī ......................... The one who destroys the greatest of sins
Mah’āshrayā ..................................... The final abode
Mālinī ............................................. Wearing a garland
Mahā-bhogā ..................................... The highest enjoyment
Mahā-bhujā ..................................... With great arms and hands
Mahā-bhāgā ..................................... The best portion
Mah’otsāhā ...................................... With great energy and power
Divy’āngā ........................................ With divine limbs and body
Sura-vanditā .................................... Praised by the gods
Mahākālī .......................................... The great black goddess
Mahā-pāshā ..................................... The most powerful bonds
Mah’ākārā ........................................ The mightiest form
Mah’āṅkushā ................................... The supreme goad
Sitā .................................................. She who incarnated as the wife of Shri Rama
Vimalā ............................................. Without imperfection, pure
Vishwā ............................................ The universe
Vidyun-mālā............................... Wreathed in lightning
Vaishnavī................................. The shakti of Shri Vishnu
Chandrikā................................. The powerful light of the crescent moon
Chandra-vadanā......................... The one with a moon-like face
Chandra-lekhā-vibhūshitā............. Adorned with the digits of the moon
Sāvitrī........................................ The power of the sun
Surasā........................................ Charming and elegant
Devī............................................. The Goddess
Divy’ālankāra-bhūshitā.............. Decorated with divine ornaments
Vāg-devi...................................... The goddess of speech
Vasudhā...................................... The one who dispenses wealth liberally
Tīvrā............................................ Fierce and intense
Mahā-bhadrā.............................. Extremely gracious and pleasant
Mahābala................................... Very strong
Bhoga-dā..................................... The one who gives enjoyment
Bhāratī......................................... Eloquent
Bhāmā.......................................... Bright
Govindā...................................... The rescuer of the Earth
Gomātī.......................................... Rich in devotees
Shivā.......................................... Benevolent
Jatilā.......................................... An ascetic with matted hair
Vindhyā-vāsā.............................. She who dwells in the Vindhyā mountains
Vindhyā’āchala-virājitā.............. Making the Vindhyā mountains glorious
Chandikā................................. Angry with evil forces
Vaishnavī................................. The shakti of Shri Vishnu
Brāhmī.......................................... The shakti of Shri Brahma
Brahma-gīyān’eka-sādhanā....... The only means of knowing the supreme Spirit
Saudāminī.................................. Lightning
Sudhā-mūrti............................... Splendid as the form of the divine nectar
Subhadrā..................................... Highly auspicious
Sura-pūjitā................................. Worshipped by the gods
Su-vāsinī..................................... A married woman
Su-nāsā....................................... With a beautiful nose
Vi-nidrā..................................... Without sleep
Padma-lochanā........................... Lotus-eyed
Vidyā-rūpā.................................. Embodied as knowledge
Vishāl’ākshī............................... With large and powerful eyes
Brahma-jāyā............................... The wife of Shri Brahma
Mahā-phalā.................................. The greatest reward
Travī-mūrtī.................................. The three forms of God
Trikāla-gīyā............................... The one who knows past, present and future
Trīguṇā.............................................. The embodiment of the three attributes
Shāstra-rūpinī .................................... In the form of the sacred texts
*Shumbh’āsura-pramathinī....................... The one who annihilates the demon Shumbha
Shubha-dā.......................................... The bestower of happiness
Swar’ātmikā........................................ The soul of music
*Rakta-bīja nihantrī............................... The destroyer of the ‘blood-seed’ demon
Chāmunda.......................................... The killer of Chanda and Munda
Ambikā.............................................. Mother
*Munda-kāya praharanā......................... The destroyer of the body of the demon Munda
*Dhūmra-lochanā-mardanā..................... The crusher of the ‘smoke-eyed’ demon
Sarva-deva-stutā................................. Praised by all the gods
Saumyā............................................. Soft and gentle
Sur’āsura-namas-kritā........................ Bowed to by gods and demons
Kāla-rātrī.......................................... The dark night of dissolution
Kal’ādhārā........................................ Supporting the arts
Rūpa saubhāgya-dāyinī.......................... The bestower of beauty and well-being
Vāg-devī............................................ The goddess of expression
Var’ārohā.......................................... Elegantly feminine
Vārāhī.............................................. The shakti of Shri Vishnu in His third incarnation as the boar
Vārājāsanā......................................... Seated on a lotus
Chitr’āmbarā........................................ Brightly clothed
Chitra-gandhā..................................... The one with a wonderful scent
Chitra-mālya-vibhūshitā....................... Adorned with a marvelous garland
Kāntā................................................ Beautiful and beloved
Kāma-pradā................................. The one who grants desires
Vandyā........................................... To be revered
Vidyā-dharā-supūjitā......................... Worshipped by the completely enlightened
Shvet’āsanā........................................ On a white throne
Nila-bhujā......................................... The one with dark blue arms
Chatur-varga-phala-pradā............... Giving the rewards of the four stages of life
Chatur-ānana-sāmrājyā....................... The dominion of the four-faced Shri Brahma
Rakta-madhya................................. In the blood
Niranjanā......................................... Of unstained purity
Hams’āsanā...................................... Seated on a swan
Nila-janghā....................................... The one with dark blue thighs
Brahma-vishnu-shiv’ātmikā.............. The essence of the creating, sustaining and destroying aspects of God

Sākshāt Shri Ṛdi Shakti Mātāji
Shri Nirmalā Devyai namo namah

55
Aum twameva sākshāt Shrī Brahmadeva sākshāt
Shrī Ādi Shakti Mātāji Shrī Nirmalā Devyai namo namah

O Divine Mother, You are verily Shrī Brahmadeva. Salutations to You!
Gāyatri Mantra

Aum bhūḥ, 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 dhi-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’mrītam
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 Swadhishthana 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 (Agniya); 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

Aum twameva sākshāt Shri Hazrat-Āli sākshāt
Shri Ādi Shakti Mātāji Shri Nirmalā Devyai namo namah

O Divine Mother, You are verily Hazrat-Āli. Salutations to You!

Bismillāh-ir-Raḥmān-ir-Raḥīm
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
Ḥaider-al-Karrār........................ The invincible charging lion
Safdar................................. The fighter
Zūlfiqār-qabaḍ.......................... Wielding the legendary two-pointed sword

Sākshāt Shri Ādi Shakti Mātāji
Shri Nirmalā Devyai namo namah

See p.229 for cooling the liver and right Swadhishthana
See p.244 for the Arabic pronunciation guide
The incarnations of Shri Brahmadeva

Hazrat-Ali
(Alī ibn Abī Ta[līb, 599-661 CE)
The first full incarnation of Shri Brahmadeva (on right Swadhishthana), the husband of Shri Fatima (incarnation of Shri Gruha-lakshmi, on left Nabhi, see p.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’a and Sunnis, Ali was assassinated as he prayed in the mosque at Kula. 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’hat. Ali’s own teachings were later recorded and collated in the Shi’a book Nahj al-Balagha (meaning ‘peak of eloquence’). Mohammed said of him: ‘I’m the city of knowledge and Ali is its gate.’

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

Sopanadeva (1277-1296 CE)
The second incarnation of Shri Brahmadeva (on right Swadhishthana). 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). Sopanadeva took his samadhi soon after Gnyaneswara and Muktabai, at the young age of 19. The temple of Sopanadeva stands on the banks of the river Karhe in Saswad near Pune.

(see: Shri Fatima Bi Puja, St George, Switzerland, 14 Aug 1988)
The Nābhi Chakra
(Manipūra)

Aum shāntih shāntih shāntih
The 10 names of Shri Lakshmi

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

Ādyā Lakshmī ......................................... You are… The primordial Lakshmi power
Vidyā Lakshmī ........................................ The wealth of knowledge
Saubhāgya Lakshmī ............................... Auspicious good fortune
Amṛuta Lakshmī ...................................... The ever-flowing divine nectar
Grūha Lakshmī ....................................... The ideal housewife
Rāja Lakshmī .......................................... The welfare and prosperity of a kingdom
Satya Lakshmī ....................................... Truth
Bhogya Lakshmī ...................................... The giver of enjoyment, food and wealth
Yoga Lakshmī ........................................ The spiritual richness of yoga
Mahālakshmī ........................................ The power of evolution and ascent

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah

Shri Mataji gave an alternative ten names of Shri Lakshmi. ‘So there are Ashta 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 Shri Lakshmī

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

<table>
<thead>
<tr>
<th>Name</th>
<th>Translation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ādyā Lakshmī</td>
<td>You are… The primordial Lakshmi power</td>
</tr>
<tr>
<td>Vidyā Lakshmī</td>
<td>The wealth of knowledge</td>
</tr>
<tr>
<td>Yoga Lakshmī</td>
<td>The spiritual richness of yoga</td>
</tr>
<tr>
<td>Gṛuha Lakshmī</td>
<td>The welfare of the family, the essence of the ideal housewife</td>
</tr>
<tr>
<td>Rāja Lakshmī</td>
<td>The welfare and prosperity of a kingdom or public institution</td>
</tr>
<tr>
<td>Amṛuta Lakshmī</td>
<td>The ever-flowing divine nectar</td>
</tr>
<tr>
<td>Satya Lakshmī</td>
<td>Truth</td>
</tr>
<tr>
<td>Bhogya Lakshmī</td>
<td>The giver of enjoyment, food and wealth</td>
</tr>
<tr>
<td>Saubhāgya Lakshmī</td>
<td>Auspicious good fortune</td>
</tr>
<tr>
<td>Vijaya Lakshmī</td>
<td>Victorious</td>
</tr>
<tr>
<td>Gaja Lakshmī</td>
<td>The auspicious wealth of elephants (in ancient times the power of a king was measured in armies, horses, elephants, etc.)</td>
</tr>
<tr>
<td>Dhana Lakshmī</td>
<td>Wealth</td>
</tr>
<tr>
<td>Aishwarya Lakshmī</td>
<td>Power and sovereignty</td>
</tr>
<tr>
<td>Santāna Lakshmī</td>
<td>The wealth of worthy offspring (children)</td>
</tr>
<tr>
<td>Bhāgya Lakshmī</td>
<td>Good fortune</td>
</tr>
<tr>
<td>Dhānya Lakshmī</td>
<td>The bounteous harvest</td>
</tr>
<tr>
<td>Vīra Lakshmī</td>
<td>The wealth of courage</td>
</tr>
<tr>
<td>Moksha Lakshmī</td>
<td>Complete liberation</td>
</tr>
<tr>
<td>Mahālakshmī</td>
<td>The power of evolution</td>
</tr>
<tr>
<td>Sattvā</td>
<td>The absolute essence</td>
</tr>
<tr>
<td>Shāntā</td>
<td>Peaceful</td>
</tr>
<tr>
<td>Vyāpinī</td>
<td>Omnipresent</td>
</tr>
<tr>
<td>Vyoma nilayā</td>
<td>The one who resides the sky</td>
</tr>
<tr>
<td>Param’ānanda-rūpinī</td>
<td>The one whose form is supreme joy</td>
</tr>
<tr>
<td>Nitya shuddhā</td>
<td>Ever pure</td>
</tr>
<tr>
<td>Nitya trikshā</td>
<td>Always moving</td>
</tr>
<tr>
<td>Nirvikārā</td>
<td>Without attributes</td>
</tr>
<tr>
<td>English text</td>
<td>Sanskrit text</td>
</tr>
<tr>
<td>----------------------------------------------------------------------------</td>
<td>---------------------------------------------------</td>
</tr>
<tr>
<td>The power of meditation</td>
<td>Dhyāna shakti</td>
</tr>
<tr>
<td>The power of action</td>
<td>Kartru shakti</td>
</tr>
<tr>
<td>The highest bliss</td>
<td>Nirānandā</td>
</tr>
<tr>
<td>Absolute purity</td>
<td>Vimalā</td>
</tr>
<tr>
<td>Eternal</td>
<td>Anantā</td>
</tr>
<tr>
<td>The consort of Shri Vishnu</td>
<td>Vaishnavī</td>
</tr>
<tr>
<td>Ancient and everlasting</td>
<td>Sanātaṇī</td>
</tr>
<tr>
<td>Untouched by illness</td>
<td>Nirāmayā</td>
</tr>
<tr>
<td>The one who fills the universe with joy</td>
<td>Vishw’ānandā</td>
</tr>
<tr>
<td>The complete awareness of divine knowledge</td>
<td>Gñyāna-gñyeyā</td>
</tr>
<tr>
<td>Accessible through divine knowledge</td>
<td>Gñyāna-gamyā</td>
</tr>
<tr>
<td>Immaculate</td>
<td>Nirmalā</td>
</tr>
<tr>
<td>Self-formed</td>
<td>Swarūpā</td>
</tr>
<tr>
<td>Spotless and unblemished</td>
<td>Nishkalankā</td>
</tr>
<tr>
<td>Without support, as You support everything</td>
<td>Nirādhārā</td>
</tr>
<tr>
<td>Without shelter, as You are the shelter of the whole universe</td>
<td>Nirāshrayā</td>
</tr>
<tr>
<td>Doubtless</td>
<td>Nirvikalpā</td>
</tr>
<tr>
<td>The purifier</td>
<td>Pāvanikarā</td>
</tr>
<tr>
<td>Immeasurable</td>
<td>Aparimitā</td>
</tr>
<tr>
<td>The one who destroys worldly illusions</td>
<td>Bhava-bhrânti-vināshinī</td>
</tr>
<tr>
<td>Very righteous</td>
<td>Mahā-dhārmī</td>
</tr>
<tr>
<td>The origin of birth, growth and adulthood</td>
<td>Sthti-vṛiddhir-bhav’āgati</td>
</tr>
<tr>
<td>The Goddess</td>
<td>Īshwarī</td>
</tr>
<tr>
<td>Everlasting</td>
<td>Akshayā</td>
</tr>
<tr>
<td>Unfathomable</td>
<td>Aprameyā</td>
</tr>
<tr>
<td>Beyond even the subtle</td>
<td>Sūkshma parā</td>
</tr>
<tr>
<td>The one who grants total liberation</td>
<td>Nirvāna dāyinī</td>
</tr>
<tr>
<td>Pure knowledge</td>
<td>Shuddha vidyā</td>
</tr>
<tr>
<td>Contentment</td>
<td>Tushtā</td>
</tr>
<tr>
<td>Great valour</td>
<td>Mahā-dhīrā</td>
</tr>
<tr>
<td>Ever-flowing blessings</td>
<td>Anugraha shakti dharā</td>
</tr>
<tr>
<td>The foremost in the universe</td>
<td>Jagat-jyeshthā</td>
</tr>
<tr>
<td>The one who resides in the bliss of Brahman</td>
<td>Brahm’ānanda vāsinī</td>
</tr>
<tr>
<td>The one whose forms are infinite</td>
<td>Ananta rūpā</td>
</tr>
<tr>
<td>The one who exists eternally</td>
<td>Ananta sambhavā</td>
</tr>
<tr>
<td>Without beginning or end</td>
<td>Anantasthā</td>
</tr>
<tr>
<td>The great power</td>
<td>Mahā-shakti</td>
</tr>
</tbody>
</table>
Prāna shakti .................................................. The power of the life force
Prāna dātṛi ...................................................... The giver of the life force
Mahā-samūhā .................................................. The great collectivity
Sarv’ābhi-lāshā pūrn’ecchā ............................... The one who fulfils all desires
Shabda pūrvā .................................................. The one who existed before
the primordial sound (Aum)
Vyaktā ............................................................ The one who manifests
Sānkalpa siddhā ................................................ The one who fulfils yearning desires
Tattwa-garbhā .................................................. The one who gives birth to
great principles
Chit swarūpā ................................................... In the form of chaitanya
Mahāmāyā ...................................................... The supreme power of illusion
Yogamāyā ........................................................ The one who grants yoga
Mahā-yog’eshwari ........................................... The great goddess of yoga
Yoga-siddhi dāyinī .......................................... The one who grants the special power
to achieve yoga
Mahā-yog’eswara vṛitā ...................................... The consort of the great lord of yoga
(Shri Krishna)
Yog’eswara priyā ............................................ The beloved of Lord Krishna
Brahm’endra-rudra-namitā ............................... Venerated by Shri Brahma, Indra
and Shiva (Rudra)
Gaurī ............................................................... The pure white virgin
Vishwa rūpā ................................................... Of the form of the universe
Vishwa mātā ................................................... The mother of the universe
Shrī-vidyā ........................................................ Divine knowledge
Mahā-nārāyanī ................................................ The high consort of Shri Vishnu
Pīngalā ............................................................. The one who moves in a spiral
(up the central channel); golden-hued
Vishnu vallabhā .............................................. The beloved of Shri Vishnu
Yoga-ratā ........................................................ Always in yoga
Bhaktānām-parí-rakshinī .................................. The one who assures the nourishment
and protection of the devotee
Pūrma chandr’ābhā ........................................... The radiance of the full moon
Bhaya nāshinī .................................................. The destroyer of all fear
Daitya-dānava mardinī ................................. The killer of devils and demons
Vyoma Lakshmī .............................................. The wealth of the ether (You pervade
the ether, giving rise to
wireless communication)
Tejo Lakshmī .................................................. Radiant richness
Rasa Lakshmī .................................................. The abundant flavour of life
Jagad-yoni ........................................................ The motherly power of the universe
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

Aum twameva sākhāt Shrī Pallās Athinā sākhāt
Shrī Ādi Shakti Māṭājī Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Goddess Pallas Athena,
the source of all vibrations. Salutations to You!

Heretismoús s’Eséña!
Salutations to You!

<table>
<thead>
<tr>
<th>Name</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athinéa</td>
<td>You are… The goddess of the city of Athens</td>
</tr>
<tr>
<td>Athinéi</td>
<td>The goddess of Athens (in Ionian dialect)</td>
</tr>
<tr>
<td>Athíni</td>
<td>The goddess of Athens (in epic poetry)</td>
</tr>
<tr>
<td>Atritóni</td>
<td>Invincible, untamed and unwearying</td>
</tr>
<tr>
<td>Alalkomeniús</td>
<td>She who was born in the city of Alalkomenes (Boeotia, central Greece)</td>
</tr>
<tr>
<td>Eθhíi</td>
<td>Pure</td>
</tr>
<tr>
<td>Ayelíi</td>
<td>The gatherer of battle spoils</td>
</tr>
<tr>
<td>Alkiessa</td>
<td>Courageous</td>
</tr>
<tr>
<td>Alóheftos</td>
<td>Born not in a natural way</td>
</tr>
<tr>
<td>Aghaví</td>
<td>Glorious, noble and eminent</td>
</tr>
<tr>
<td>Ayínor</td>
<td>Brave and valiant</td>
</tr>
<tr>
<td>Ayéstratos</td>
<td>The leader of the army</td>
</tr>
<tr>
<td>Alkimáchi</td>
<td>Brave in battle</td>
</tr>
<tr>
<td>Akámatos</td>
<td>Untiring</td>
</tr>
<tr>
<td>Athámastos</td>
<td>Untamed and unconquerable</td>
</tr>
<tr>
<td>Alítis</td>
<td>Wandering</td>
</tr>
<tr>
<td>Achrantos</td>
<td>Spotless, pure, without flaw</td>
</tr>
<tr>
<td>Anemólios</td>
<td>She who resembles the wind</td>
</tr>
<tr>
<td>Aghamos</td>
<td>Celibate</td>
</tr>
<tr>
<td>Apirothín</td>
<td>She who has not suffered labour pains</td>
</tr>
<tr>
<td>Athís</td>
<td>She who resides in the city of Athens</td>
</tr>
<tr>
<td>Anemótis</td>
<td>She who stops the winds</td>
</tr>
<tr>
<td>Aftóghonos</td>
<td>Born out of Yourself</td>
</tr>
<tr>
<td>Amátor</td>
<td>Without a mother</td>
</tr>
<tr>
<td>Eolómorfos</td>
<td>Of many shapes (Athena often disguises Herself when dealing with mortals, particularly in the Odyssey)</td>
</tr>
</tbody>
</table>
Éthya .................................................. The protectress of ships
Aghoréa ............................................. The protectress of public gatherings for debate and decision-making
Prómachos .......................................... The foremost fighter
Arríti .................................................... Ineffable
Arsenóthymos ....................................... Male-spirited; She has a male soul
Vlosirópis ............................................ With a wild, stern, grim look
Varíktipos .......................................... The loud thunderer
Ghláfki ................................................ She who has the owl as Her symbol
Yighandofónidis ..................................... The killer of the giants
Ghorghofónos ....................................... The slayer of the giant Gorgo (in the Gigantomachy)
Ghorgholófa ........................................ She who wears the depiction of the gorgon named Medusa on the top of Her helmet
Thiní ...................................................... Dreadful
Thaífron .............................................. Experienced in war
Thoritharsís ......................................... Bold and brave in war
Thioyenís ............................................ Born from the god Zeus
Tholómitis .......................................... Crafty
Poliás ................................................... The protectress of the city
Níki ...................................................... She who brings victory
Erisiptolis ........................................... The guardian and saviour of the cities
Erghopónos ......................................... Diligent and hard-working
Ergháni ............................................... Industrious; the patroness of craftsmen and metal workers, the inventor and patroness of wool working
Efpálamos .......................................... Ingenious and inventive
Efpárthenos ......................................... The beautiful and pure virgin
Evríti .................................................. Spoken of
Zostiría ................................................ She who wears the belt, the symbol and adornment of warriors (Her sanctuary in Delphi includes an altar of Athena Zostiria)
Poliúchos ........................................... The protectress of the city
Ippía .................................................... The horse rider
Istopélía .............................................. The weaver
Istopónos ........................................... The weaver
Ippossósos .......................................... She who leads and guides the horses
Ippelátira ........................................... The driver of horses
Keléftia ............................................... The protectress of roads and travellers (in the city of Sparta)
Katharí ............................................... Pure
<table>
<thead>
<tr>
<th>Name</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kallithifros</td>
<td>She who has a beautiful chariot</td>
</tr>
<tr>
<td>Laossóos</td>
<td>She who drives armies before Her</td>
</tr>
<tr>
<td>Lafría</td>
<td>The bringer of booty</td>
</tr>
<tr>
<td>Mákeria</td>
<td>Blissful</td>
</tr>
<tr>
<td>Megháthimos</td>
<td>Magnanimous</td>
</tr>
<tr>
<td>Machanitís</td>
<td>The contriver, the devisor (in Megalopolis)</td>
</tr>
<tr>
<td>Xenía</td>
<td>The protectress of strangers (in Sparta)</td>
</tr>
<tr>
<td>Omvrimóthimos</td>
<td>Strong of spirit, courageous and impetuous</td>
</tr>
<tr>
<td>Oplocharis</td>
<td>Pleased with arms</td>
</tr>
<tr>
<td>Othhalmitís</td>
<td>The sharp-sighted goddess of the eye and of the moon</td>
</tr>
<tr>
<td>Oxítherkís</td>
<td>Sharp-sighted (in Deiras, Argos)</td>
</tr>
<tr>
<td>Pótnia</td>
<td>The revered mistress and lady</td>
</tr>
<tr>
<td>Polívoulos</td>
<td>Extremely prudent and wise</td>
</tr>
<tr>
<td>Polímitis</td>
<td>Extremely prudent, wise and inventive</td>
</tr>
<tr>
<td>Polemíthókos</td>
<td>The sustainer of war</td>
</tr>
<tr>
<td>Parthéños</td>
<td>The pure sustainer of war</td>
</tr>
<tr>
<td>Pallás</td>
<td>Pallas</td>
</tr>
<tr>
<td>Polemóklonos</td>
<td>She who excites the din of war</td>
</tr>
<tr>
<td>Pronéa</td>
<td>She who stands before the temple of the god</td>
</tr>
<tr>
<td>Prónia</td>
<td>The goddess of forethought (in Delphi)</td>
</tr>
<tr>
<td>Peónia</td>
<td>The healer</td>
</tr>
<tr>
<td>Itonía</td>
<td>Worshipped widely in Thessaly, Boeotia, Athens and Amorgos</td>
</tr>
<tr>
<td>Paría</td>
<td>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)</td>
</tr>
<tr>
<td>Sofí</td>
<td>Wise</td>
</tr>
<tr>
<td>Sálpinx</td>
<td>The inventor of the trumpet (in Argos)</td>
</tr>
<tr>
<td>Stheniás</td>
<td>Strong (in Troezen, Argolis)</td>
</tr>
<tr>
<td>Semní</td>
<td>Revered, venerable and awe-inspiring</td>
</tr>
<tr>
<td>Tritonía</td>
<td>Worshipped on the acropolis of Pheneus</td>
</tr>
<tr>
<td>Talaerghós</td>
<td>Industrious, diligent, patient and persistent</td>
</tr>
<tr>
<td>Tolmíessa</td>
<td>She who endures; tolerant and patient; bold, venturesome and daring</td>
</tr>
<tr>
<td>Telchínía</td>
<td>Worshipped in Teumessus (Boeotia)</td>
</tr>
<tr>
<td>Filómolpos</td>
<td>She who loves song and dance</td>
</tr>
<tr>
<td>Filérithos</td>
<td>She who loves wool working</td>
</tr>
</tbody>
</table>
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-dwip. 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 Shri Fāṭima sākshāt
Shri Ādi Shakti Mātājī Shri 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
Umm Abiha ................................................... Mother of Her father
Umm-ul-Ḥassān ........................................... Mother of Hassan
Umm-ul-Ḥussein .......................................... Mother of Hussein
Umm-ul-Kitāb ............................................... Mother of the Book
Ifīkhār Ḥawwā’ ............................................. The glory of Eve, the first woman
As-Shajra-e-Tayyība ....................................... The lady with the pure genealogical tree
Batūl ............................................................. The pure virgin
Bāsiṭa ............................................................. The bestower of prosperity
Bāṭīna .......................................................... Intrinsic
Taqqīya ....................................................... Innately spiritual
Jalīla ............................................................ Sublime, majestic
Jamīla ........................................................... Beautiful
Habība ........................................................ Beloved
Ḥathīra ......................................................... Ready and willing to act
Hasna .......................................................... Comely and beautiful
Ḥakīma ........................................................ Wise
Halīma ........................................................ 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
Diāma ........................................................ The pillar and the support
Rafīa .......................... Exalting
Raḍīya .......................... Fully satisfied
Zakīya .......................... Without sin
Zahīra .......................... Radiant and beautiful
Salīma .......................... Perfect and flawless
Shāfiqa .......................... The mediator before Allah
Shahīya .......................... Pleasant
Šāḥiba .......................... The companion of the holy prophet
Šāhibat-ul-Kawn ................. Queen of the universe
Šadiqa .......................... Faithful
Siddiqa .......................... Truthful
Šaliha .......................... Righteous
Tahīra .......................... Pure
Abīda .......................... Devout
Adila .......................... Fair and just
Azīza .......................... Respected
Aliya .......................... Most high
Alīma .......................... Most learned and erudite
Āmila .......................... Most active
Faṣiha .......................... Eloquent
Qayūma .......................... Everlasting
Karīma .......................... Generous and kind
Mubāraka .......................... Auspicious and blessed
Mastūra .......................... Veiled and chaste
Māṣūma .......................... Immaculate and sinless
Marḍiya .......................... The one who pleases God
Maryam-e-Kubra .................. The greater Mary (Shri Mahalakshmi)
Malika-al-Ṭahīr ..................... The queen of purity
Najība .......................... Distinguished
Naṣīha .......................... The sincere counsellor
Nūriya .......................... Light
Hirā’ .......................... The cave in which Lord Mohammed meditated
Wafīya .......................... Trustworthy, reliable
Walīya .......................... Saints and holy
Walīyat-ul-Ũhada ................. The keeper of the covenant

Sākhšāt Shri Ādi Shakti Mātājī
Shri 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 Shri Vishnu

Matsya

The fish incarnation to save humanity from the Great Flood at the end of the first Satya Yuga

Kurma

The tortoise incarnation to assist the devas in churning the ocean to create the amrut

Varaha

The boar incarnation to retrieve the Earth and the Vedas from the demon Hiranyaksha

Narasimha

The man-lion incarnation near modern-day Vaitarna to destroy the demon Hiranyakasipu

Vaman

The short man incarnation 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

Parashurama

Incarnated as a Brahmin before 6000 BCE to punish the arrogance of wayward kings – the kshatriyas – and to re-establish dharma among men

Rama

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

Krishna

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

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

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

Keshava ........................................ You are... The lord of creation
Nārāyana ....................................... The refuge of humanity
Mādhava ....................................... The sweet-natured husband of Shri Lakshmi
Govinda ....................................... The protector of cows and saviour
                                           of the world
Vishnu ........................................... All-pervading
*Madhu-sūdana ............................... The killer of the demon Madhu
Tri-vikrama .................................. The one who measured the world with
                                           three steps
Vāmana ....................................... The one who incarnated as a short man
Shrī-dhara ................................... Bearing the Shri-vatsa mark on the chest
Hrishikesha .................................. The joy-giving lord of the senses
Padma-nābha ................................. The one who has a lotus coming out of
                                           His navel (the source of the universe)
Dāmodara ................................... The one who can be attained by disciplines
Saṅkarshana ................................. The one who draws everything together
Vāsudeva ...................................... Residing everywhere
Pradyumna .................................. Infinite, enlightened wealth
Aniruddha .................................. Never obstructed nor overcome
Purush’ottama ................................ The highest among the Purushas
                                           (ideal human beings)
Adho’kshaja ................................ Known by turning the attention inwards
Narasimha .................................... The one who incarnated as the man-lion
Upendra ....................................... Above Indra
Achyuta ....................................... Unchanging
Janārdana .................................... The oppressor of evil, the saviour
Hari ............................................ The remover of ignorance and illusion
Krṣhna ......................................... The sower
<table>
<thead>
<tr>
<th>Name</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vishnu</td>
<td>The one whose splendour pervades the whole universe</td>
</tr>
<tr>
<td>Peshala</td>
<td>Charming and graceful</td>
</tr>
<tr>
<td>Pushkar’āksha</td>
<td>The one whose eyes are like lotuses</td>
</tr>
<tr>
<td>Hārī</td>
<td>The destroyer (Shri Shiva)</td>
</tr>
<tr>
<td>Chakrī</td>
<td>The master of the Sudarshana chakra (the disc)</td>
</tr>
<tr>
<td>Nandakī</td>
<td>The wielder of the sword called Nandaka</td>
</tr>
<tr>
<td>Shārīga-dhanvī</td>
<td>The wielder of the bow called Sharnga</td>
</tr>
<tr>
<td>Shaṅkha-dhrīt</td>
<td>He who bears the conch called Pancha-janya</td>
</tr>
<tr>
<td>Gadā-dhara</td>
<td>He who wields the club called Kaumodaki</td>
</tr>
<tr>
<td>Vanamālī</td>
<td>He who wears the garland called Vaijayanti</td>
</tr>
<tr>
<td>Kuvaleshaya</td>
<td>Lying on the belly of Shri Shesha</td>
</tr>
<tr>
<td>Garuda-dhvaja</td>
<td>The one whose flag bears the emblem of Shri Garuda</td>
</tr>
<tr>
<td>Lakshmīvān</td>
<td>The one who has Shri Lakshmi in His heart</td>
</tr>
<tr>
<td>Bhagavān</td>
<td>The adorable possessor of all divine qualities, who knows the origin and dissolution of all beings</td>
</tr>
<tr>
<td>Vaikuntha-pati</td>
<td>The lord of Vaikuntha (Vishnu’s abode)</td>
</tr>
<tr>
<td>Dharma-gup</td>
<td>The one who safeguards dharma</td>
</tr>
<tr>
<td>Dharm’ādhyaksha</td>
<td>The one who presides over dharma</td>
</tr>
<tr>
<td>Niyantā</td>
<td>The one who establishes men in their respective functions</td>
</tr>
<tr>
<td>N’aika-ja</td>
<td>The one who reincarnates many times for the preservation of dharma</td>
</tr>
<tr>
<td>Svasti</td>
<td>The one whose nature is auspiciousness</td>
</tr>
<tr>
<td>Sākshī</td>
<td>The witness</td>
</tr>
<tr>
<td>Satya</td>
<td>Truth</td>
</tr>
<tr>
<td>Dharanī-dhara</td>
<td>The support of the Earth</td>
</tr>
<tr>
<td>Vyava-sthāna</td>
<td>The unchanging basis of all things</td>
</tr>
<tr>
<td>Sārva-darshī</td>
<td>The one who sees and knows what is done by all creatures</td>
</tr>
<tr>
<td>Sarva-gñya</td>
<td>Omniscient (all-knowing)</td>
</tr>
<tr>
<td>Ghana</td>
<td>Inscurable</td>
</tr>
<tr>
<td>Nahusha</td>
<td>The one who binds all creatures with the power of maya</td>
</tr>
<tr>
<td>Mahā-māyāvī</td>
<td>The supreme creator of illusions</td>
</tr>
<tr>
<td>Aghoksha</td>
<td>The destroyer of sins</td>
</tr>
<tr>
<td>Name</td>
<td>Meaning</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>-------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Yagñya-pati</td>
<td>The protector, enjoyer and lord of all sacrifices</td>
</tr>
<tr>
<td>Vegavān</td>
<td>Endowed with great speed</td>
</tr>
<tr>
<td>Sahishnu</td>
<td>The one who bears the duality of cold and heat (Ida and Pingala)</td>
</tr>
<tr>
<td>Rakshana</td>
<td>The protector of the three worlds, residing in sattva guna</td>
</tr>
<tr>
<td>Dhan’eshwara</td>
<td>The lord of wealth</td>
</tr>
<tr>
<td>Hiranyā-nābha</td>
<td>The one whose navel is auspicious like gold</td>
</tr>
<tr>
<td>Sharīra-bhṛit</td>
<td>The one who sustains the body</td>
</tr>
<tr>
<td>Annam</td>
<td>The one who causes all beings to eat</td>
</tr>
<tr>
<td>Mukunda</td>
<td>The one who grants release</td>
</tr>
<tr>
<td>Agranī</td>
<td>The one who leads the seekers to the highest abode</td>
</tr>
<tr>
<td>Amogha</td>
<td>The one who never fails to reach His goal</td>
</tr>
<tr>
<td>Varada</td>
<td>The bestower of boons</td>
</tr>
<tr>
<td>Shubh’ekshana</td>
<td>The one who breaks all knots</td>
</tr>
<tr>
<td>Satām-gati</td>
<td>The one who keeps the seekers on the right path</td>
</tr>
<tr>
<td>Sukhada</td>
<td>The bestower of happiness</td>
</tr>
<tr>
<td>Vatsala</td>
<td>Cherished by His devotees</td>
</tr>
<tr>
<td>Vīra-hā</td>
<td>The destroyer of enemies, such as the various lifestyles of Kali Yuga</td>
</tr>
<tr>
<td>Prabhu</td>
<td>The lord skilled in all actions</td>
</tr>
<tr>
<td>Amara-prabhu</td>
<td>The almighty Lord of the immortals</td>
</tr>
<tr>
<td>Suresha</td>
<td>The lord of the devas</td>
</tr>
<tr>
<td>Purandara</td>
<td>The one who destroys the cities of the enemies of the devas</td>
</tr>
<tr>
<td>Samitā-jaya</td>
<td>Victorious in war</td>
</tr>
<tr>
<td>Amitā-vikrama</td>
<td>Of enormous valour</td>
</tr>
<tr>
<td>Shatrughna</td>
<td>The one who kills the enemies of the devas</td>
</tr>
<tr>
<td>Bhīma</td>
<td>Awesome and formidable</td>
</tr>
<tr>
<td>Shūrajana’eshwara</td>
<td>Exceeding the greatest of heroes in prowess</td>
</tr>
<tr>
<td>Sam-pramardana</td>
<td>The one who punishes and torments all evil-doers</td>
</tr>
<tr>
<td>Bhāvana</td>
<td>The master of causes, who is the giver of the fruits of action</td>
</tr>
<tr>
<td>Kshetra-gīya</td>
<td>The knower of the field</td>
</tr>
<tr>
<td>Sarva-yoga vinis-sṛita</td>
<td>Devoid of all attachments</td>
</tr>
</tbody>
</table>
Yog’eshwara ........................................ The supreme lord of yoga 85
Chala .................................................. Always moving, like the wind
Vāyu-vāhāna ......................................... The one whose vehicle is the wind (vibrations)
Jīvana ..................................................... The breath of life
Sambhava ............................................ Manifesting by Your own free will
Saṁvatsara .......................................... Standing in the form of time 90
Vardhana ............................................. The one who makes all things evolve
Eka ........................................................ One
N’aika .................................................... Not only one, as You have many forms
Vasu ...................................................... All beings abide in You
Īshāna ................................................... The lord of all 95
Lok’ādhyaksha ....................................... The chief supervisory witness of all the worlds
Trilok’ėsha ............................................ Lord of the three worlds
Jagat-swāmī ......................................... The master of the universe
Yug’āvarta ........................................... The one who makes the yugas turn (the ages of time)
Vistāra .................................................. The expanse of the universe 100
Vishwa-rūpa ......................................... The form of the totality
Ananta-rūpa .......................................... Of infinite forms
Vishishta .............................................. The most excellent
Mahāruddhi .......................................... The one whose glory is greatest
Pary’āvasthita ......................................... The one who envelopes the universe pervading it everywhere 105
Stha-vishthta .......................................... The one who stands in the great form of Virata
Mahā-vishnu ......................................... The one who manifested His evolved form as Lord Jesus Christ
Kalki ...................................................... The immaculate rider of the last days

Sākshāt Shri Ādi Shakti Mātājī
Shri 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)

Guru Paramātmā Pareshu
The guru is the supreme Spirit, God Almighty.
The 10 Primordial Masters  
(Ādi Gurus)

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, Shirdī, 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 Maharatra 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

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

Sattva ............................................... You are… The embodiment of truth
Sattva bhṛit’āṅgati .............................. 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
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
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
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
Satya-vigñyāna bhāskara .................. The radiant light of discretion
and knowledge
Sadāshiva ....................................... Lord God Almighty (forever auspicious
and happy)
Shreya-s-kara ................................. The bestower of auspicious good fortune
Agnyāna-khandana ....................... The destroyer of avidya (ignorance of the Spirit)
<table>
<thead>
<tr>
<th>Dhṛiti</th>
<th>The one who gives constant support and contentment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dambha-darpa-mad’āpaha</td>
<td>The remover of hypocritical pride and intoxicated frenzy</td>
</tr>
<tr>
<td>Gun’āntaka</td>
<td>The one who removes imbalance within the gunas and restores their qualities</td>
</tr>
<tr>
<td>Jvara-nāshana</td>
<td>The destroyer of fever, illness and suffering</td>
</tr>
<tr>
<td>Bheda-vaitanda-khandana</td>
<td>The destroyer of disagreements and futile arguments</td>
</tr>
<tr>
<td>Nirvāsana</td>
<td>Free from attachments, conditionings and temptations</td>
</tr>
<tr>
<td>Nirīha</td>
<td>Desireless and still</td>
</tr>
<tr>
<td>Nirahaṁkāra</td>
<td>Without ego</td>
</tr>
<tr>
<td>Shoka-duhkha-hara</td>
<td>The remover of anxiety and pain</td>
</tr>
<tr>
<td>Nirāshīra nirupādhika</td>
<td>Absolutely desireless</td>
</tr>
<tr>
<td>Ananta-vikrama</td>
<td>The one who endlessly conquers and overcomes</td>
</tr>
<tr>
<td>Bhṛd’āntaka</td>
<td>The destroyer of all divisions, negative discrimination and arguments</td>
</tr>
<tr>
<td>Muni</td>
<td>The great sage</td>
</tr>
<tr>
<td>Mahā-yogī</td>
<td>The great yogi</td>
</tr>
<tr>
<td>Yog’ābhyāsa prakāshana</td>
<td>The one who enlightens the regular practice of yoga</td>
</tr>
<tr>
<td>Yog’arer-darpa-nāshana</td>
<td>The destroyer of the arrogance of those without divine connection</td>
</tr>
<tr>
<td>Nitya-mukta</td>
<td>Eternally liberated</td>
</tr>
<tr>
<td>Yoga</td>
<td>The one who establishes the union</td>
</tr>
<tr>
<td>Sthāna-da</td>
<td>The one who gives stability</td>
</tr>
<tr>
<td>Mah’ānu-bhāva-bhāvita</td>
<td>The one who transforms himself and others by noble-mindedness and generosity</td>
</tr>
<tr>
<td>Kāmajit</td>
<td>The one who has conquered desire, lust and passion</td>
</tr>
<tr>
<td>Shuchir-bhūta</td>
<td>Most auspicious and pure</td>
</tr>
<tr>
<td>Tyāga-kārana-tyāg’ātmā</td>
<td>The essence and cause of renunciation</td>
</tr>
<tr>
<td>Mano’buddhi-vihin’ātmā</td>
<td>The one who is the pure Spirit, having given up the mind, desires and intellect</td>
</tr>
<tr>
<td>Mān’ātmā</td>
<td>The essence of respect</td>
</tr>
<tr>
<td>Chetanā-vigata</td>
<td>Beyond thinking awareness</td>
</tr>
<tr>
<td>Akshara-mukta</td>
<td>Eternally liberated</td>
</tr>
<tr>
<td>Parākramī</td>
<td>Valiant and heroic</td>
</tr>
<tr>
<td>Tyāgārtha-sampanna</td>
<td>The one who thrives through perfect renunciation</td>
</tr>
</tbody>
</table>
Tyāga-vigraha ........................................ The embodiment of renunciation 
Tyāga-kārana ........................................ The cause of renunciation 55
Pratyāhāra-niyojaka ................................. The one who regulates the withdrawal 
of the senses
Praty’aksha-vastu ..................................... The ultimate reality in perceivable form
Devānām-param’āgati ................................ The supreme goal of the devas
Mahā-deva ............................................. The greatest among the devas
Bhuvan’āntaka ........................................ The one who destroys the fourteen 
bhuvans (worlds) of the created universe 
at the time of cosmic dissolution 60
Pāpa-nāshana ........................................ The destroyer of sins
Avadhūta ............................................... He who renounced all worldly attachments
Mad’āpaha ............................................. The one who removes all lust, 
arrogance and false pride
Māyā-mukta .......................................... Liberated from all illusions
Chid-uttama .......................................... The supreme consciousness 65
Kshetra-gñya .......................................... The one who knows the body (the Spirit)
Kshetra-ga ........................................... The one who resides in the body
Kshetra .................................................. The realm (field) of the Spirit
Samsāra-tamo-nāshana ......................... The destroyer of the darkness of 
worldly illusion
Shaṅkā-mukta- 
-samādhitamān ..................................... The ultimate bliss, free from all doubts 70
Pāla ..................................................... The protector
Nitya-shuddha ....................................... Eternally pure
Bāla ..................................................... Childlike innocence
Brahmachārī .......................................... The chaste disciple
Hṛidaya-stha .......................................... The one who dwells in the heart 75
Pravartana ........................................... Always active
Saṅkalpa-duhkha-dalana ....................... The destroyer of unhappiness caused 
by desires and expectations
Jiva-sanjīvana ...................................... The one who gives life to the soul
Lay’ātita ............................................... Beyond destruction and death
Layasy’ānta .......................................... The end of the ultimate dissolution 80
Pramukha ............................................. The first among all beings
Nanda ................................................... The one who rejoices
Nir’ābhāsa ........................................... Without falsity or deception
Niranjana ........................................... Pure and unblemished
Shraddhārthī .......................................... The one who pursues the goal with 
faith and devotion 85
Gosākhšī ............................................ Witnessing the world of the senses
Ādi Nātha ......................... The primordial Master
Vishuddh’ottama-gaurava ...... The highest untainted honour of the guru
Nirāhāri ................................ The one who abstains from food
Nitya-bodha ......................... Eternal awakening
Purāna-prabhu ......................... The ancient almighty Lord
Sattva-bhṛit .......................... The supporter of truth
Bhūta-shaṅkara ...................... Auspicious and beneficent to all beings
Harīsa-sākshī ......................... The witness, pure and swan-like in discrimination
Sattva-vid .......................... The one who knows the essence of existence (on the sattva guna)
Vidyāvān ................................ The embodiment of all knowledge
Ātm’ānu-bhava-sampanna ...... The one who thrives on experience of the Self
Vishāl’āksha .......................... The one with large eyes
Dharma-vardhana .................. He who strengthens dharma
Bhoktā ............................... The enjoyer
Bhogya ............................... The one who should be enjoyed
Bhogārtha-sampanna .......... The one who thrives on enjoyment
Bhogā gīyāna-prakāshana ...... Radiant with the knowledge of how to enjoy
Sahaja ................................ Spontaneous and natural
Dīpta .................................. Radiant with light
Nirvāna .............................. Absolute peace, in the reunion with the supreme Being
Tattv’ātma-gīyāna-sāgara ...... The ocean of knowledge illuminating the true principles of the Spirit
Param’ānanda-sāgara .......... The ocean of supreme bliss

Sākshāt Shri Ādi Shakti Mātāji
Shri 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 .................................................. You are... The one whose Atman expresses the truth
Sattva-sāgara ........................................... The ocean of truth
Sattva-vid .................................................. The one who knows pure vidya (knowledge)
Sattva-sākshī ........................................... The one who sees the essence
Sattva-sādhya ................................... The one who meditates on the essence
Amar’ādhipa ........................................... The eternal Lord
Bhūta-kṛit .................................................. The one who creates the past
Bhūta-bhūt .............................................. The killer of the past
Bhūt’ātmā .................................................. The essence of the past
Bhūta-sambhava ................................... The one who incarnates as the past
Bhūta-bhāva ............................................ The emotions of all that is so far created
Bhava .......................................................... Emotion
Bhūta-vidyā ............................................. The expert in all the vidyas so far
Bhūta-kārana ........................................... The cause of all that is created
Bhūta-sākshī ........................................... The witness of all that is created
Prabhūta ................................................... The one who enlightens all that is created
Bhūtānāṁ-param’āgati ......................... The one who takes all that is created beyond
Bhūta-saṅga-vihīn’ātmā ......................... The one who resides in the Spirit of all that is created
Bhūta-shaṅkara ....................................... The Shankara of all that is created
Mahā-nātha ............................................. The great Master
Ādi Nātha .............................................. The primordial Master
Mah’eshwara ......................................... The greatest god
Sarva-bhūta-nivās’ātmā ......................... The one who resides in the Spirit of all that is created
Bhūta-santāpa-nāshana ......................... The one who destroys all the heat and tension created among human beings (due to the activity of the sympathetic nervous system)
Sarv’ātmā .................................................. The one who resides in all the Atmas
Sarva-pratyaya .................. The one who can be achieved by everyone
Sarva ................................ Everything
Sarvagñya .......................... All knowledge
Sarva-nirnaya ....................... The judgment of everyone
Sarva-sākshi ....................... The witness of everything
Bṛihat bhānu ........................ The almighty sun
Sarva-vid .......................... The knower of all knowledge
Sarva-māṅgala ..................... All that is auspicious
Shānta ............................. Peaceful
Satya ................................ Truth
Sam-māyī ........................... With the maya
Pūrṇa ................................ Complete
Ekākī ................................. Lonely and have no friend
Kamalā-pati ......................... Shri Vishnu
Rāma ................................ Shri Rama
Rāma-priya ......................... The one of whom Shri Rama is very fond
Virāma ................................ The full stop
Rāma-kārana ...................... The cause of Shri Rama
Shuddh’ātmā ........................ Of pure heart
Ananta ................................ Eternal
Param’ārtha-bhṛit ............. The one who achieves the ultimate meaning
Haṁsa-sākshī ...................... The one who witnesses pure discrimination (the pranava, the Aum)
Vibhu ................................ The lord of the whole universe
Prabhu ................................ The enlightenment of all that is created
Pralaya ............................... The destroyer of all that is created
Siddh’ātmā ........................ A realised soul
Param’ātmā ........................ The highest Spirit
Siddhānāṁ-param’āgatī .......... The one who takes us to the highest state of spirituality
Siddhi Siddha ....................... The siddhi and the siddha (the powers and the one who has all the powers)
Sahaja .............................. Spontaneous
Vi-jvara ............................. The one who never gets heated
Mahā-bāhu ........................ The one whose arms are very strong
Bahul’ānanda-vardhana .......... The one who gives the greatest joy
Avyakta Purusha .................. The one who is not manifested
Prāgñya ............................ Enlightened awareness
Para-gṛya .......................... Beyond all awareness
Param’ārtha ṛṣhī .................. The one who cares for the emancipation of others
<table>
<thead>
<tr>
<th>Term</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pandita</td>
<td>Very learned</td>
</tr>
<tr>
<td>Buddha</td>
<td>Enlightened, the knower</td>
</tr>
<tr>
<td>Vishv’ātmā</td>
<td>The Spirit of the whole universe</td>
</tr>
<tr>
<td>Pranava</td>
<td>The Aum</td>
</tr>
<tr>
<td>Pranav’āṭita</td>
<td>Beyond pranava</td>
</tr>
<tr>
<td>Shāṅkar’ātmā</td>
<td>The Spirit of Shankara (Shri Shiva)</td>
</tr>
<tr>
<td>Parā-māyi</td>
<td>Beyond maya</td>
</tr>
<tr>
<td>Devānām-param’āgati</td>
<td>The one who takes the devas to the highest state</td>
</tr>
<tr>
<td>Acheteya</td>
<td>Beyond attention</td>
</tr>
<tr>
<td>Chaitanya</td>
<td>The flow of awareness</td>
</tr>
<tr>
<td>Chetanā-chitta-vikrama</td>
<td>The conqueror of attention and consciousness</td>
</tr>
<tr>
<td>Para-brahma</td>
<td>Beyond Brahma</td>
</tr>
<tr>
<td>Param-jyoti</td>
<td>The highest light</td>
</tr>
<tr>
<td>Param-dhāma</td>
<td>The highest abode</td>
</tr>
<tr>
<td>Param-tāpas</td>
<td>The greatest of those who do penance</td>
</tr>
<tr>
<td>Param-sūtra</td>
<td>The highest thread of the world</td>
</tr>
<tr>
<td>Param-tantra</td>
<td>The highest mechanism</td>
</tr>
<tr>
<td>Kṣetra-gīya</td>
<td>The knower of the field</td>
</tr>
<tr>
<td>Loka-pāla</td>
<td>The one who looks after the people</td>
</tr>
<tr>
<td>Gun’ātmā</td>
<td>The essence of the three gunas</td>
</tr>
<tr>
<td>Ananta-guna sampanna</td>
<td>Of unlimited virtues</td>
</tr>
<tr>
<td>Yagñīya</td>
<td>The fire that burns off all negativity and gives auspiciousness</td>
</tr>
<tr>
<td>Hiranyā-garbha</td>
<td>The creator</td>
</tr>
<tr>
<td>Garbha</td>
<td>The womb of the Mother</td>
</tr>
<tr>
<td>Suhṛd</td>
<td>A very good friend</td>
</tr>
<tr>
<td>Param’ānanda</td>
<td>The highest joy</td>
</tr>
<tr>
<td>Saty’ānanda</td>
<td>The highest joy of truth</td>
</tr>
<tr>
<td>Chit-ānanda</td>
<td>The highest joy of the attention, the awareness</td>
</tr>
<tr>
<td>Sūrya-mandala-madhyaga</td>
<td>The one who resides in the centre of the ego</td>
</tr>
<tr>
<td>Janaka</td>
<td>The Father (the father of Shri Sita)</td>
</tr>
<tr>
<td>Mantra-virya</td>
<td>The essence of mantra</td>
</tr>
<tr>
<td>Mantra-bija</td>
<td>The seed of mantra</td>
</tr>
<tr>
<td>Shāstra-virya</td>
<td>The hero (or essence) of the scriptures</td>
</tr>
<tr>
<td>Ekaiva</td>
<td>The only one (supreme)</td>
</tr>
<tr>
<td>Nishkala</td>
<td>The one without any phases (hence he is celebrated on a purnima day, a full moon)</td>
</tr>
<tr>
<td>Nirantara</td>
<td>Eternal</td>
</tr>
</tbody>
</table>

Note: The numbers 65, 70, 75, 80, 85, 90, 95 are page numbers where these terms can be found in the original text.
Sur’eshwara ......................... The God of all the gods
Yantra-kṛit .......................... The creator of the yantra (Kundalini)
Yantri ................................. The engineer of the yantra (Kundalini)
Yantra-vid .......................... The knower of the yantra (Kundalini)
Yantr’ărūdha-parājita ........... The one who defeats all that comes in the way of the yantra (Kundalini)
Yantramān .......................... The one who resides in the Kundalini
Yantra-kāra ......................... The one who sustains the Kundalini
Brahma-yoni ....................... Born of the supreme Spirit
Vishwa-yoni ........................ The power of the universe
Guru ................................. The guru
Brahma .............................. Shri Brahma, the supreme Spirit
Tri-vikrama ........................ The conqueror of the three worlds
Sahasrāra-may’od-bhava .......... Born out of the Sahasrara of our Mother
Rudra ................................. The destructive power
Hṛidaya-stha ........................ The one who resides in the heart

Sākshāt Shri Ādi Shakti Mātāji
Shri 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 Vishnu, 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
Sat-chit-ānanda rūpah, Shivo’ham, Shivo’ham
I am truth, awareness and bliss.
I am Shiva, I am 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.
Sharvaṇī-pati .................... The lord of the night
Varada .......................... The bestower of boons
Vāyu-vāhana ................. The one whose vehicle is the wind
                             (of vibrations)
Kamandalu-dhara ........... The holder of the water pot (for rites)
Nadīśhvara ..................... The lord of the rivers
Prasadasvā ....................... Pleasing to the Self
Sukhānila ....................... The pleasing wind (vibrations)
Nāga-bhūshana ............. The one who wears serpents
                             for ornaments
Kailāsa-shikhara vāsī ........ The one who resides at the peak of
                             Mount Kailash
Trilochana .................. Three-eyed
Pināka-pāni ................. The one who holds the mighty bow Pinaka
Shramana ....................... Ascetic
Achal’ēshwara ................ The lord of the mountain
Vyāghra-charm’āmbara ...... The one who wears the tiger hide
Unmattā-vesha ................ The one having the guise of a madman
Preta-chārī .................. Going about surrounded by bhoots
Hara .......................... The destroyer
Rudra .......................... Fierce
Bhīma-parākrama ........... Of terrible exploits
Nat’ēshwara .................. The lord of the dance
Nata-rājā ....................... The king of the dance
Īshwara .......................... The lord of spiritual reality
Param-shīva ................... The supreme Shri Shiva
Param’ātmā .................... The supreme Spirit, the Soul of the cosmos
Param’ēshwara ............... The supreme Lord
Vir’ēshwara .................. The lord of heroes
Sarv’ēshwara ................. The lord of all
Kām’ēshwara .................. The lord of love
Vishwa sākshī ............... The witness of the universe
Nitya-nritya .................... Ever-dancing
Sarvā-vāsa ..................... The one who resides in all
Mahā-yogī .................... The great yogi
Sadā-yogī ....................... The primordial, immutable yogi
Sadāshīva .......................... Lord God Almighty
Ātmā .......................... The Self
Ānanda .......................... Joy
Chandra-mauli ................. The one who has the moon as a crest jewel
<table>
<thead>
<tr>
<th>Sanskrit Phrase</th>
<th>English Meaning</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mah‘eshwara</td>
<td>The great Lord</td>
<td>60</td>
</tr>
<tr>
<td>Sudhā-pati</td>
<td>The lord of nectar</td>
<td></td>
</tr>
<tr>
<td>Amṛuta-pa</td>
<td>The drinker of nectar</td>
<td></td>
</tr>
<tr>
<td>Amṛuta-maya</td>
<td>Full of nectar</td>
<td></td>
</tr>
<tr>
<td>Pranat‘ātmaka</td>
<td>The soul of the devotee</td>
<td></td>
</tr>
<tr>
<td>Purusha</td>
<td>The divine spiritual Being</td>
<td></td>
</tr>
<tr>
<td>Pracchanna</td>
<td>The hidden one</td>
<td>65</td>
</tr>
<tr>
<td>Sūksha</td>
<td>Very subtle</td>
<td></td>
</tr>
<tr>
<td>Karnikāra-priya</td>
<td>Fond of the pericarp of the lotus</td>
<td></td>
</tr>
<tr>
<td>Kavi</td>
<td>The poet</td>
<td></td>
</tr>
<tr>
<td>Amogha-danda</td>
<td>Unfailing punishment</td>
<td></td>
</tr>
<tr>
<td>Nila-kantha</td>
<td>The one with a blue throat (having drunk poison to save the world)</td>
<td>70</td>
</tr>
<tr>
<td>Jatī</td>
<td>The one with matted hair</td>
<td></td>
</tr>
<tr>
<td>Pushpa-lochana</td>
<td>The one with eyes like flowers</td>
<td></td>
</tr>
<tr>
<td>Dhyān‘ādhāra</td>
<td>The support of meditation</td>
<td></td>
</tr>
<tr>
<td>Brahmānda-hṛid</td>
<td>The heart of the universe</td>
<td></td>
</tr>
<tr>
<td>Kāma-shāsana</td>
<td>The chastiser of Manmatha (Cupid)</td>
<td>75</td>
</tr>
<tr>
<td>Jīta-kāma</td>
<td>The conqueror of lust</td>
<td></td>
</tr>
<tr>
<td>Jit‘endriya</td>
<td>The conqueror of the sense organs</td>
<td></td>
</tr>
<tr>
<td>At‘īndriya</td>
<td>Beyond the scope of the sense organs</td>
<td></td>
</tr>
<tr>
<td>Nakshatra-mālī</td>
<td>Wearing a garland of stars</td>
<td></td>
</tr>
<tr>
<td>Anādyanta</td>
<td>With neither beginning nor end</td>
<td>80</td>
</tr>
<tr>
<td>Ātma-yoni</td>
<td>The origin of the Self</td>
<td></td>
</tr>
<tr>
<td>Nabha-yoni</td>
<td>The origin of the firmament</td>
<td></td>
</tr>
<tr>
<td>Karunā-sāgara</td>
<td>The ocean of compassion</td>
<td></td>
</tr>
<tr>
<td>Shūlī</td>
<td>Master of the trident</td>
<td></td>
</tr>
<tr>
<td>Mah‘eshvāsa</td>
<td>The bearer of the mighty bow</td>
<td>85</td>
</tr>
<tr>
<td>Nishkalaṅka</td>
<td>Spotless and unblemished</td>
<td></td>
</tr>
<tr>
<td>Nītya-sundara</td>
<td>Ever beautiful</td>
<td></td>
</tr>
<tr>
<td>Ardha-nār‘īshwara</td>
<td>He whose other half is Shri Parvati</td>
<td></td>
</tr>
<tr>
<td>Umā-pati</td>
<td>The lord of the Mother</td>
<td></td>
</tr>
<tr>
<td>Rasada</td>
<td>The bestower of sweetness</td>
<td>90</td>
</tr>
<tr>
<td>Ugra</td>
<td>Frightful</td>
<td></td>
</tr>
<tr>
<td>Mahā-kāla</td>
<td>The great destroyer</td>
<td></td>
</tr>
<tr>
<td>Kāla-kāla</td>
<td>The destroyer of death</td>
<td></td>
</tr>
<tr>
<td>Vaiyāghra dhurya</td>
<td>Foremost of those with the nature of the tiger</td>
<td>95</td>
</tr>
<tr>
<td>Shatru-pramāthī</td>
<td>The suppressor of enemies</td>
<td></td>
</tr>
<tr>
<td>Sarv‘āchārya</td>
<td>The great preceptor of all</td>
<td></td>
</tr>
</tbody>
</table>
Samāna .................................................. Equanimous
Ātma-prasanna ..................................... The contented soul
Nara-nārāyaṇa-priya ......................... Fond of Shri Vishnu in the forms of Nara and Narayana
Rasa-gñya ................................................... The knower of taste
Bhakti-kāya ............................................ The embodiment of devotion
Loka-vir‘āgranī ........................................ The leader of the heroes of the world
Chirantana .................................................. Eternal Being
Vishwam-bhar‘eshwara ....................... The lord of the Earth and of the universe
Nav‘ātmā .................................................. Born-again soul
Nava-yerūsalem-īshwara ............... Lord of the New Jerusalem
Ādi Nirmal‘ātmā ................................. The primordial Self of Shri Mataji
Sahajayogi-priya ..................... Fond of Sahaja yogis

Sākshāt Shri Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah

Kara-charana kritam 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 benificent 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 Shri Gaṅgā Mātā

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

Gaṅgā ........................................... You are… The holy river Ganges
Vishnu-paḍ’abja-sambhūtā ........... She who was born from the lotus-like foot of Shri Vishnu
Hara-vallabā ............................... Dear to Hara (Shri Shiva)
Himāchala’endra-tanayā ................ The daughter of the Lord of Himalaya
Giri-mandala gāmini ...................... The one who flows through the mountain country
Tārak’āri-jananī ............................ The mother of Shri Karttikeya (the enemy of the demon Taraka)
Sagar’ātmaja-tārikā ...................... The liberator of the 60,000 sons of Sagara (who had been burnt to ashes by the angry glance of Sage Kapila)
Saraswati-saṁyuktā ..................... Joined to the river Saraswati (which flows underground and joins the river Ganges at Triveni Sangam in Prayag)
Sughoshā .................................. Melodious
Sindhu-gāmini ............................ The one who flows to the ocean
Bhāgirathī ................................. The one who was brought down from Heaven by the prayers of the Sage Bhagiratha
Bhāgyavatī ................................. Happy, fortunate
Bhagiratha-rath’ānugā .............. 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
Tri-vikrama-pad’oddhūtā .......... She who manifested from the foot of Vishnu
Tri-loka-patha gāmini ................... The one who flows through the three worlds (Heaven, Earth and the lower regions)
Kshīra-shubhrā ........................... As white as milk
Bahu-kshīrā ............................... Like a cow which gives milk in abundance
Kshīra-vṛiksha samakulā ........... Abounding in the four milk trees: Nyagrodha (banyan), Udumbara (glamorous fig-tree), Asvattha (holy pipal tree) and Madhuṇa (Bassia Latifolia)
Tri-lochana jatā-vāsinī ............. The one who dwells in the matted locks of the three-eyed one (Shri Shiva)
The one who grants release from the three debts of duty (study of the Vedas, worship of the gods, continuing the family line)

The one who flows from the top of the head of Shri Shiva (the enemy of the demon Tripura)

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)

The remover of fear, when devotees surrender to You

Eternal and imperishable

Delightful to behold

The daughter of the mountain

Untainted and clear

Eternally pure

Adorned with water

The Mother

She who dwells in water

The one who swells the waters of the ocean

Delightful

Made of water drops

Unmanifest

The resort of the eminent

She who has the same husband as Uma or Shri Parvati (i.e. Shri Shiva)

The one with beautiful white limbs

Beautiful, auspicious and illustrious

The one with a dazzling white garment

The one who flows through the Khandala forest

The one who bears the crescent moon upon Her head

The one whose water is a rich source of nectar

The one who leaps over mountains in sport

The one who dwells in the water-pot of Shri Brahma

Triple-braided by the waters of the three rivers: the Ganges, the Yamuna and the Saraswati

The spiritual essence of the three gunas
Saṅgaṭāghaugha shamanī ….. The one who destroys the mass of worldly attachments and collective misdeeds
Shaṅkha-dundubhi nisvanā … The one who makes a noise like a conch-shell and drum
Bhīti-hrit .................................................. The remover of fear 50
Bhāgya jananī .................................................. The one who creates happiness
Bhinna Brahmanda darpinī … The one who takes pride in breaking open the egg of Brahma

Nandinī .......................................................... Happy
Shīghra-gā .......................................................... Fast-flowing
Siddhā ............................................................ Perfect 55
Sharanyā ......................................................... The one who grants shelter, help or protection
Shashi-shekharī .................................................. The one who bears the moon upon Her head
Shaṅkarī .......................................................... Compassionate
Saphari-pūrnā .................................................. Abundant with small, shiny fishes
Bharga-mūrdhā-kṛit’ālayā … The one who dwells on Shri Shiva’s head 60
Bhava-priyā .......................................................... Loved by Shri Shiva and by all living beings
Satya-sandha priyā .................................................. Loved by the faithful
Haminśa-swarpūpinī ........................................... The embodiment of discretion (symbolised by the swan)
Bhagiratha-sutā .............................................. The daughter of Sage Bhagiratha
Anantā ............................................................. Eternal 65
Sharach-chandra-nibhānanā . Radiant like the autumn moon
Aumkāra rūpinī .............................................. (In the form of) the Aum
Atulā ............................................................. Peerless, without equal
Krīdā-kallola kārini .......................................... The playful sound of the flowing river
Swarga-sopāna saranī … The one who flows like a stairway to Heaven 70
Ambbha-pradā .................................................. The one who gives water
Duhkha-hantrī .................................................. The remover of sorrow
Shānti-santata kārini .......................................... The continuance of peace
Dāridrya-hantrī .................................................. The remover of poverty
Shivadā .......................................................... The bestower of auspiciousness and happiness 75
Saṁsāra-viṣha-nāshinī ….. The one who destroys the ills of this world
Prayāga nilayā .................................................. The one who dwells in Prayag (at Triveni Sangam: the confluence of the Ganges, Yamuna and Saraswati, near Allahabad)

Sītā .............................................................. The eastern most of the four branches into which the heavenly Ganges divides after falling on Mount Meru
Tāpa-traya vimochanī ................. The one who grants liberation from the three afflictions (of the elements, of one’s own deeds and of the body)

Sharan’āgata-dīn’ārta-pari-trānā ........................................... The protector of the sick and suffering, who come to You for refuge 80

Sumukti-dā ......................................................... The one who gives complete emancipation

Siddhi-yoga nisevitā ........................................... The one whom devotees approach to gain the special power to attain yoga

Pāpa-hantrī ............................................. The destroyer of sins

Pāvan’āngī ....................................................... The one who has a pure body

Parabrahma swarūpiṇī ............................................. The embodiment of the supreme Spirit 85

Pūrnā ................................................................. Complete

Purātanā ............................................................... Ancient

Punyā ................................................................. The merit of noble deeds

Punyadā ............................................................... The bestower of merit

Punya vāhini ..................................................... The generous flow of merit 90

Pulomaj’ārchitā ............................................ Worshipped by Indrani (wife of Indra)

Pūtā ................................................................. Pure

Pūta-tribhuvanā ......................................... The purifier of the three worlds

Japā ................................................................. The gentle murmur of the waters

Jaṅgamā ............................................................... Living and moving 95

Jaṅgama-dharā .................................................. The one who sustains the living and moving

Jala-rūpā ............................................................... In the form of water

Jagad-hītā .......................................................... Benevolent to the world

Jahnu-putrī ..................................................... The daughter of King Jahnu

Jagan-mātā .......................................................... The mother of the world 100

Siddhā ................................................................. Holy

Bhogavatī .......................................................... Delightful and beautiful (Shri Ganga’s name as She enters the underworld)

Umā-kāra-kamala sañjātā ........... Born from the same lotus as Shri Parvati (Uma), a poetic way of saying that they are sisters

Agnyāna-āmira-bhānu ................. A light amid the darkness of ignorance

Ajarā ................................................................. The one who is untouched by old age 105

Ādyā ................................................................. The one who is the beginning

Dhenu ............................................................... The one who has the qualities of Kamadhenu (the divine wish-fulfilling cow)

Nirmalā ............................................................... Forever pure (like Shri Mataji)

Sākshāt Shri Ādi Shakti Mātājī
Shri Nirmalā Devi namo namah
Jaya Jagadambe Mā
Victory to the Divine Mother of the universe!
The 9 names of Shri Durgā Mātā

Aum twameva sākshāt Shri Durgā Mātā Jagadambā sākshāt Shri Ādi Shakti Mātājī Shri Nirmalā Devyai namo namah

O Divine Mother, You are verily Shri Durga, the mother of the universe.
Salutations to You!

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

Sākshāt Shri Ādi Shakti Mātājī
Shri 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
<table>
<thead>
<tr>
<th>Name</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Durgā</td>
<td>You are… The remover of all difficulties and evil</td>
</tr>
<tr>
<td>Durg’ārti-shamanī</td>
<td>The one who pacifies all evil</td>
</tr>
<tr>
<td>Durga-āpad-vinivārinī</td>
<td>The destroyer of the worst evil</td>
</tr>
<tr>
<td>Durgama-chhedinī</td>
<td>The one who cuts down all difficulties and evil</td>
</tr>
<tr>
<td>Durga-sādhinī</td>
<td>The one who performs all types of disciplines to expel evil</td>
</tr>
<tr>
<td>Durga-nāshini</td>
<td>The destroyer of difficulties and evil</td>
</tr>
<tr>
<td>Durgat’oddhārinī</td>
<td>The one who delivers us from evil and helps us to ascend</td>
</tr>
<tr>
<td>Durga-nihantrī</td>
<td>The one who completely destroys all difficulties and evil</td>
</tr>
<tr>
<td>Durgam’āpahā</td>
<td>The one who wards off evil</td>
</tr>
<tr>
<td>Durgama-gñyānadā</td>
<td>The bestower of knowledge most difficult to attain</td>
</tr>
<tr>
<td>Durga-daitya-loka-davānalā</td>
<td>The one who destroys by fire-storm the kingdom of evil</td>
</tr>
<tr>
<td>Durgamā</td>
<td>The one who gauges and limits evil</td>
</tr>
<tr>
<td>Durgam’ālokā</td>
<td>The one whose lustrous form is difficult to perceive</td>
</tr>
<tr>
<td>Durgam’ātma-swarūpinī</td>
<td>The one whose inner soul is unfathomable</td>
</tr>
<tr>
<td>Durga-mārga-pradā</td>
<td>The bestower of the most difficult path (to God-realisation)</td>
</tr>
<tr>
<td>Durgama-vidyā</td>
<td>The one who is in the form of unattainable knowledge</td>
</tr>
<tr>
<td>Durgam’āshritā</td>
<td>The refuge from all evil</td>
</tr>
<tr>
<td>Durgama-gñyāna-samsthānā</td>
<td>The abode of the knowledge most difficult to attain</td>
</tr>
<tr>
<td>Durgama-dhyāna-bhāsinī</td>
<td>The one who enlightens through meditation that is difficult to attain</td>
</tr>
<tr>
<td>Durgamohā</td>
<td>The one who deludes evil</td>
</tr>
<tr>
<td>Durgamagā</td>
<td>The unapproachable mountainous form</td>
</tr>
<tr>
<td>Durgam’ārtha-swarūpinī</td>
<td>The one whose essence and form is difficult to attain</td>
</tr>
</tbody>
</table>
Durgam’āsura-saṁhantri ........... The destroyer of the most formidable evil
Durgam’āyudha-dhārīnī .......... The wielder of weapons against evil
Durgam’āṅgī ......................... The one who is difficult to approach
in the physical body
Durgamatā ............................ The one who is difficult to meditate upon
and perceive
Durgamyā .............................. The one who is difficult to gain or accomplish
Durgam’ēśwarī ..................... The supreme Goddess who is difficult
to attain
Durga-bhīmā .......................... The one who terrifies evil
Durga-bhāmā .......................... The beautiful young woman who is angry
and wrathful towards evil
Durgabhā .............................. The one who illumines the darkness of evil
Durga-dārinī ......................... The one who sustains the difficult
narrow path

The garland of the 32 names of Shri Durga (which are translated above and taken from
the Durga Saptasati) 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-dvātryamshan-nāma-mālā

Durgā Durg’ārti-shamanī Durg’āpad-vinivārīnī
Durgama-chhedinī Durgasādhinī Durganāshinī
Durgat’oddhārinī Durganihantī Durgam’āpahā
Durgama-gñyānadā Durgadaitya-loka-davānalā
Durgamā Durgam’ālokā Durgam’ātma-swarūpinī
Durgamārga-pradā Durgama-vidyā Durgam’āshritā
Durgama-gñyāna-samsthānā Durgama-dhyāna-bhāsinī
Durgamohā Durgamagā Durgam’ārtha-swarūpinī
Durgam’āsura-samhantrī Durgam’āyudha-dhārīnī
Durgam’āṅgī Durgamatā Durgamyā Durgam’ēśwarī
Durga-bhīmā Durga-bhāmā Durgabhā Durgadārinī

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 Shri Ādi Shakti Mātāji
Shri Nirmalā Devyai namo namah
The 108 names of Shri Durgā Mātā

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

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
Āryā .................................................................Most honourable and noble
Durgā ...............................................................The goddess who is hard to attain
Jayā .................................................................The goddess of victory
Ādyā .................................................................The primordial Goddess
Trī-netrā ............................................................Three-eyed
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 ................................................Ringing a mighty bell (to instill fear in evil-doers)
Mahā-tapā ........................................................The one who practices great austerities
Mānasī .............................................................The psyche as the combination of heart and mind
Buddhi ..............................................................The intellect and understanding
Ahaṁkārā ........................................................The sense of individuality, the illusion of ego
Chitta rūpā ........................................................In the form of the attention
Chitā ...............................................................The chaitanya, the vibrations
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)
Satyānanda swarūpinī ............................................. Characterised by blissful immersion in the ultimate reality
Anantā ................................................................. Eternal 25
Bhāvinī ................................................................. The fulfilment of all good qualities
Bhāvyā ................................................................. What we aspire to become
Bhavyābhayā ....................................................... What is destined to be and what is not to be
Sadā-gatī ............................................................... The eternal path of ascent
Shāmbhavī ............................................................. The beneficent wife of Shri Shiva 30
Deva-mātā ............................................................. The mother of the gods
Chintā ................................................................. The one who takes care of our well-being
Ratna priyā ............................................................ Fond of jewels (realised souls)
Sadā ................................................................. Ever-existent
Sarva vidyā .......................................................... All knowledge 35
Daksha kanyā .......................................................... The daughter of King Daksha
Daksha-yagñīya-vināśinī ........................................... The one who destroyed King Daksha’s sacrifice when he did not honour Shri Shiva
Aparnā ................................................................. The one who performed severe penance to win Shri Shiva (as Shri Parvati, She fasted completely, not even eating leaves)
Aneka varnā .......................................................... The one who manifests in many styles
Pātalā ................................................................. Reddish-pink in colour 40
Pātalā-vatī ............................................................. Surrounded by roses and reddish-pink lotuses
Pītāmbara-pari-dhānā .............................................. Clothed in the finest yellow silk
Kamalānjīra-ranjinī ................................................... Adorned with lotus blossoms
Ameya-vikramā ..................................................... Of immeasurable valour
Krūrā ................................................................. Formidable 45
Sundarī ................................................................. Beautiful
Sura-sundarī .......................................................... Heavenly beauty
Vana-durgā .......................................................... The goddess of the forest
Mātaṅgī ................................................................. The mother of all the tribes of elephants
Mātaṅga-muni pūjitā ................................................ Worshipped by Sage Matanga 50
Brāhmī ................................................................. The shakti of Shri Brahma
Māh’eshwarī ........................................................... The shakti of Shri Shiva
Aindrī ................................................................. The shakti of Shri Indra
Kaumārī ................................................................. The shakti of Shri Karttikeya
Vaishnavī ............................................................... The shakti of Shri Vishnu 55
Chāmundā ............................................................. The goddess who destroys the demons
Vārāhī ................................................................. The shakti of Shri Vishnu in His third incarnation as the boar
Lakshmiı ................................................. The goddess of good fortune, prosperity and well-being
Purush’ākritis ........................................ The one who took the form of the all-pervading primordial Being
Vimala ................................................ Unsullied and spotless
Ut-karshinii ........................................ The highest ascending glory
Gñyänā ................................................ Knowledge
Kriyā .................................................. Action
Nityā .................................................. Eternal
Buddhi-dā .......................................... The bestower of enlightened intelligence
Bahulā ............................................... Abundant
Bahula premā ....................................... Overflowing with love
Sarva vāhana-vāhanā .......................... The one who rides every vehicle
*Nishumbha-shumbha hananī .................. The destroyer of the demons Nishumba and Shumbha
*Mahish’āsura mardinī .......................... The slayer of the evil Mahisha
*Madhu-Kaitabha hantrī ........................ The destroyer of the demons Madhu and Kaitabha
*Chanda-munda vināshinī ..................... The destroyer of the demons Chanda and Munda
Sarv’āsura vināshinī ............................. The one who grinds all demons into dust
Sarva-dānava ghātinī ............................. The slayer of all the demons
Sarva-shāstra mayī ............................... In the form of all science and knowledge
Satyā .................................................. The ultimate reality
Sarv’āstra-dhārini ................................ The one who wields all negativity-destroying mantras
Aneka-shastra hastā .............................. The one who wields many weapons in Her hands
Anek’āstrasya dhārini .......................... The bearer of many different negativity-destroying mantras
Kumārī ............................................. The virgin goddess
Eka-kanyā ........................................ The supreme virgin
Kaishori .......................................... The youthful goddess
Yuvaṭī ............................................. The one who has the appearance of a young girl
Yati .................................................. Ascetic
Apraudhā ......................................... The one who has the form of a youthful maiden
Praudhā ........................................... The one who appears as a mature woman
Vṛiddha mātā ..................................... The one who takes the form of a grown-up mother
Bala-pradā ....................................... The bestower of strength
Mah’odarī ........................................... The one who has a large belly
Mukta keshī........................................ The one whose hair is loose and flowing
Ghora rūpā ........................................ The one who has a terrifying form
Mahābalā ........................................... Of very great strength
Agni jvālā ........................................... Blazing with fire
Raudra mukhī .................................... Fierce faced
Kāla-rātri ........................................... The dark night of dissolution
Tapasvinī ........................................... The one who undergoes austerities
Nārāyanī ........................................... The shakti of Shri Vishnu,
                                       Shri Mahalakshmi
Bhadra-kālī ....................................... The auspicious dark-skinned mother
Vishnumāyā ...................................... The one who announces divine
                                       incarnations (Shri Vishnu’s power
                                       of illusion)
Jal’odarī ........................................... The one in whose belly are all the
                                       waters of the Earth
Shiva dūtī ........................................... The messenger of Shri Shiva
Karāli .............................................. The one who has a very dreadful aspect,
                                       with mouth gaping wide
Ambā .............................................. The Mother
Param’eshwarī .................................... The supreme Goddess
Kātyāyanī .......................................... The foster daughter of Sage Katyayana,
                                       born from the brilliance of all the gods
                                       to destroy the evil Mahishasura and
                                       his followers
Sāvitrī ................................................ The life-giving power of the sun
Pratyakshyā ....................................... The one who manifests Herself openly
Brahma-vādinī ................................... The one who teaches knowledge of the
                                       Parabrahma (supreme Spirit)

Sākshāt Shri Ādi Shakti Mātāji
Shri Nirmalā Devyai namo namah
The Kavach of the Devī
(Shrī-Chandī-Kavacham)

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 Chandi Kavach:

Aum Shrī Ganesāya 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 Saraswāti Devai 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 Chandi-Kavach is Brahma,

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

Aṅga-nyās’okta-mātaro-bījam, Digbandha-devatās-tattwam
The main seed is Anga-nyasokta Matar. The principle is Digbandha-devata.

Shrī-Jagadambā-prity’arte
Sapta-Śhaṭi 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.
Mārkandeya uvācha
Thus spoke Markandeya:

1 Aum yad-guhyam paramam loke
sarva-rakṣā-karam nṛinām
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’āstu kavacham punyam, tach-chhṛinushwa 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),
Tṛitīyam Chandra-ghant’ētī, 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’eti, shashtham Kātyāyan’īti cha
Fifth, Skanda-mata (the mother of Karttikeya), Sixth, Katyayani
(the foster daughter of Sage Katyayana),
Saptamam Kāla-rātr’īti, Mahā-gaur’īti 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’aīva, bhayārtāh sharanam gatāh
Or being at an impassable place or frightened, if they surrender (to Durga),
Na teshām jāyate, kinchid-ashubham rana-saṅkate
They will never suffer any misery or misfortune, even at time of war.
Nāpadam tasya pashyāmi, Shoka-duhkha-bhayam na hi
They will face no calamity, grief, sorrow or fear.

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.

Preta-samsthā 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),

Māh’eshwarī vṛish’ārūdhā, Kaumārī shikhi-vāhanā
Maheshwari is riding on a bull, the vehicle of Kaumari is a peacock,
Lakshmīh 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.

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.

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.

Dṛishyante ratham-ārudhā, Devyah krodha-saṁnimulāh
All the goddesses are seen mounted in chariots and are full of anger.
Shaṅkham chakram gadām shaktim,
They are wielding conch, discus, mace, plough, shield, javelin,

Khetakam tomaram chaiva, parashum-pāsham-eva cha
Axe, noose, barbed dart, halter, whip,
Kunt’ayudham trishulam cha, shāṅgam-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’īttham, 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-vardhini
O Devi, it is difficult to have even a glance at You. You increase the fears
of Your enemies, please protect me.
Prāchyām rakshatu mām-Aindrī, Āgneyyām-Agni devatā
May the goddess Aindri protect me from the east, Agni devata (goddess of fire)
from the south-east,

18 Dakshine’vatu Vārāhī, Nairityām 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,
Prātichyām Varunī rakshed, Vāya-vyām Mṛiga-vāhinī
Varuni (the shakti of Varuna the rain god) from the west, Mriga-vahini
(whose vehicle is the deer) protect me from the north-west.

19 Udīchyaṃ pātu Kaumāri, 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 prishthatah
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 Mālādharī lalāte cha, bhṛivau rakshed-Yashasvinī
   May I be protected, by Maladharī 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 Śaṅkarī
   May Kalika protect my cheeks and Shankari the roots of the ears.

24 Nāsikāyām Sugandhā cha, uttar’oṣthe cha Charchikā
   May I be protected by Sugandha on the nose; Charchika, the upper lip;
Adhare ch’āmṛuta-kalā, jihvāyām 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 Kāmākṣī chibukam rakshed, vācham me Sarva-mañgalā
   Kamakshi, the chin; Sarva-mangala, speech;
Grīvāyām Bhadrakālī cha, prīṣṭha-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-lišhu 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-viṃśhini
   May I be protected by Mahadevi, the breast; Shoka-vinashini, the mind;
Hridaye Lalitā Devī, udare Shūla-dhārinī
   Lalita Devi, the heart; Shula-dharini, the stomach;
30 Nābhau cha Kāminī rakshed, guhyam Guhyeshwarī 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-vāsinī
May the goddess Bhagavati protect my waist; Vindhya-vasini, the knees;
Jaṅghe Mahābāla rakshet-sarvakāma pradāyinī
The wish-fulfilling Mahabala protect my thighs.

32 Gulphayor-Nārasiṁhī cha, pāda-pṛishthe tu Taijasī
May Narasimhi protect my ankles, may Taijasi protect my feet,
Pād’āṅgulishu Shri rakshet-pād’ādhas-Talavāsinī
Shri Devi protect my toes, may Talavasini protect the soles of my feet.

33 Nakhan-Damshtrā-karālī cha, keshān-chaiv’Ordhva-keshinī
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-medaṁsi 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 Padmāvatī 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 Brahmarī me rakshet-chhāyām
Chhatreshwarī tathā
Brahmani, semen; Chhatreshwari, the shadow of my body;
Ahaṁkāram 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 Yojini
May Yojini 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, dharma;
Yashah kirtim cha Lakshmīn-cha, dhanam Vidyām cha Chakrīnī
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-Mahālakṣmīr-bhāryām rakshatu Bhairavī
Mahalakshmi, children; and Bhairavi, spouse.

41 Panthānam Supathā rakshen-mārgam Kshema-kārī tathā
May Supatha protect my journey and Kshema-kari my way.
Rājadwāre Mahālakṣmīr-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’āiva 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, saŋgrām’eshv’aparājitah
The person who covers themselves with the Kavach becomes fearless,
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’ānvitah
One who reads with faith every day thrice (morning, afternoon and evening),

47 Daivī kalā bhavet-tasya, trailok-yeshv’aparājitah
Receives the divine arts (the shaktis), is undefeated in the three worlds,
Jīved-varsha-shatam, sāgram-apa-mṛityu-vivar-jitah
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, krīti-mam ch’āpi yad-visham
Moveable (scorpions and snakes) and immoveable (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.
Mānonnātrī-bhaved rāgīyas tejo-vṛiddhi-karam param
Whoever reads the Kavach with devotion, their dignity and prosperity increases.
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-shatī (seven hundred verses in praise of Shri Durga).

Yāvad-bhū-mandalam dhatte-sashaila-vana-kānanam

and by meditating on Shri Chandi. Their progeny will thrive,

Tāvat-tishthati medinyām, santatīh putra-pautrikī

as long as the Earth is rich with mountains and forests.

Dehānte paramam sthānam, yat-surair-api durlabham

By the grace of Mahamaya, they will attain the highest state,

Prāpnoti purūsho nityam, Mahāmāyā-prasādatah

Which is extremely difficult even for the gods,

Labhate paramam rūpam, Shivena saya modate, Aum

and is eternally blissful in the company of Lord Shiva, Aum.

Iti Devyāḥ Kavacham sampūrnam

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 twomewa sākshāt…Shri 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

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 .................................................. You are… The one who gives joy
Dāsharathī ............................................ The son of Dashratha
Shūra ................................................... Courageous
Lakshman’ānuchara ...................... The one whose companion is Shri Lakshmana
Balī ........................................................ The one who is mighty and strong
Kākutstha ........................................ The descendant of Shri Kakutstha
Purusha ................................................... The all-pervading primordial Being
Pūrna ........................................................ Contented and fulfilled
Kausalyeyā ........................................ The son of Queen Kausalya
Raghūttama ..................................... The highest of the Raghu dynasty
Vedānta-vedya ................................. The one who is known through the knowledge of Vedanta
Yagñy’esha ........................................ The lord of havans
Purāna-purush’ottama .................... The ancient ideal human being
Jānakī-vallabha ................................. Loved by Shri Sita
Shrīmān .................................................. The one who possesses wealth, power and glory
Aprameya parākrama .................... The warrior without equal

Sākshāt Shrī Ādi Shakti Mātājī
Shrī Nirmalā Devyai namo namah
The 108 names of Shri Rāma

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

Rāma .................................................. You are… The one who gives joy
Rāma-bhadra ........................................ Auspicious joy
Rāma-chandra ....................................... The one who is joyful like the full moon
Shāshwata ............................................ Eternal
Rājīva-lochana ..................................... The one with blue, lotus-like eyes
Shrīmān ................................................ Glorious
Rāj’endra ............................................. Like Indra, the king of kings
Raghu-punāgava ................................. The star among the Raghu dynasty
Jānakī-vallabha .......................... The consort of Shri Sita (Janaki)
Jaitra .................................................. Victorious
Jit’āmitra ........................................... The one who is victorious over enemies
Janārdana ......................................... The destroyer of the wicked
Vishwāmitra-priya .......................... Loved by Your guru, Sage Vishvamitra
Dānta ................................................. Calm and patient
Sharanya-trāna-tat-para ........ Quick in giving refuge to those who suffer, yet are surrendered
Vālī pra-mathana .......................... The destroyer of Vali, the usurper of Sugriva’s throne
Vāgmī ............................................. The powerful speaker
Satya-vāk ......................................... The speaker of truth
Satya-vikrama ................................... Valiant in the name of truth
Satya-vrata ....................................... The one who always tells the truth
Vrata-dharma ................................. The one who observes vows
Sadā Hanumad’ashrita ................ The eternal support of Shri Hanumana
Kausalyeya .................................. The son of Queen Kausalya
*Khara-dhvarūsī ............................ The destroyer of the demon Khara
(a younger brother of Ravana)
*Virādha-vadha-pandita ............... Expert in destroying the demon Viradha
Bibhīshana pari-trātā ............... The protector of Bibhishana (Ravana’s brother who worshipped Shri Rama)
Hara-kodanda-khandana ............ The one who broke the bow of Shri Shiva
Sapta-tāla-prabhettā ....................... The one who could pierce seven palm leaves with one arrow
*Dasha-grīva-shiro-hara ..................... The one who defeated the ten-headed demon Ravana

Jāmadagīya-mahā-darpa-dalana ................ The one who quelled the great pride of Shri Parashurama
* Tātak’āntaka ................................ The slayer of the demoness Tataka
Vedānta-sāra .................................. The essence of Vedanta
Ved’ātmā ....................................... The Spirit of the Vedas
Bhava-rogasya bhesa’ha ....................... The slayer of the demons Dushana and Trishira
* Dūshana-Trishiro hantā ..................... The slayer of the demons Dushana and Trishira

Trimūrti ....................................... The one who has three forms as Shri Brahma, Shri Vishnu and Shri Shiva
Tri-gun’ātmaka ............................... The spiritual essence of the three gunas
Tri-vikrama ................................. The one who strode over the three worlds
Tri-lok’ātmā .................................. The Spirit of the three worlds
Punya-charitra-kīrtana ....................... The one famous for His unblemished character
Tri-loka-rakshaka ............................. The protector of the three worlds
Dhanvī .......................................... Armed with a bow
Dandak’āranyā-punya-kṛita ................. The one who made the Dandaka forest holy again

Ahalyā-shāpa-shamana ...................... The one who released Ahalya from a curse
Pitṛu-bhakta .................................. The one who is devoted to His father
Vara-prada .................................... The bestower of boons
Jit’endriya ..................................... The conqueror of the senses
Jita-krodha ..................................... The conqueror of anger
Jita-mitra ...................................... The one who wins over friends
Jagad-guru ..................................... The preceptor of the world
Rīksha-vānara-saṅghātī ...................... The lord who had an army of bears and monkeys

Chitrakūta sam’āshraya ..................... The lord who took refuge at Chitrakuta hill
Jayanta-trāna-varada ....................... Protecting and blessing Jayant, the son of Indra
Sumitrā-putra-sevita ......................... The one who is served by the son of Sumitra (Lakshmana)
Sarva-dev’ādhi-deva .......................... Outstanding among all the devas
Mṛita-vānara jīvana .......................... The lord who revived the dead monkeys (during the war against Ravana)
*Māyā-mārīcha hantā ............ The destroyer of the demon Marīcha (who took an illusory form as a deer to lure Shri Rama away from Shri Sita)

Mahā-deva ............................ The great god
Mahā-bhuja .............................. The one with great arms
Sarva-deva-stuta .......................... Praised by all the devas
Saumya .................................... Gentle and calm
Brahmanya .................................. One with the supreme Spirit
Muni sarīstuta .............................. Praised by all the saints
Mahā-yogī ................................. The great yogi
Mahodara .................................... Big-bellied
Sugrīv’epsita-rājya-da .......................... The one who restored Sugriva’s kingdom
Sarva-puny’ādhika phala ........................ The one who gives credit for all good deeds
Smṛita-sarvāgha-nāshana .......................... The one who removes the impurities of those who remember Him
Ādi Purusha ............................... The primordial one (the masculine principle associated with Prakriti, which is the creative energy of Shri Adi Shakti)

Param Purusha ............................. The supreme collective Being
Mahā Purusha ............................. The great primordial man
Puny’odaya .................................. The source of all blessings
Dayā sāra .................................... The epitome of compassion
Purāna Purush’ottama ...................... The greatest of the legendary heroes
Smita-vaktra .................................. The one who has a smiling face
Mita-bhāshī .................................. Of moderate speech
Pūrva-bhāshī .................................. The one whose incarnation was foretold in the Ramayana
Rāghava ..................................... The scion of the Raghu dynasty
Ananta-guna-gambhirā .................... The lord whose qualities are infinite and profound
Dhūr’odātta-gun’ottama .................... The highest qualities of heroism and nobility
Māyā-mānusha-charitra .................... The lord whose exploits and character are bound by the illusion of being human
Mahā-dev’ādi-pūjita .......................... The one who is worshipped by Lord Shiva and other deities
Setu-kṛit ..................................... The one who built a bridge over the sea to Lanka
Jita-vāsanā .................................. The conqueror of desires
Sarva-tūrtha-maya .......................... The lord who is the sum of all holy places
Hari ......................................... The one who removes all ignorance and illusion (Shri Vishnu)
Sākshāt Shri Ādi Shakti Mātāji
Shri 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.

The Kavach of Shri Rāma
(extract from the Shri 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
and who is terrifying in battle, be our protector.

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

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 dayālur
Nānyam jāne n’aevā 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 Shri Yog'eshwara
Victory to the god of yoga!
The 16 names of 
Śrī Rādhā-Kṛishna

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

Rādhā-Kṛishna ........................................ You are… The supreme power of the dark-blue god (Krishna) and the one who sustains that power (Radha)
Vitthala-Rukminī .................................... Shri Radha and Shri Krishna as King Vitthala and Queen Rukmini (manifesting the right Vishuddhi power)
Govinda-pati ........................................ The supreme Lord who knows pure speech
Goptā .................................................... The protector of the world
Govinda ............................................... The chief herdsman
Gopati .................................................. The lord of cows
Americ’eshwara ..................................... The lord of America
Yashodā-nandana .................................. The foster son of Shri Yashoda
Vishnumāyā-bhrātā ................................. The brother of Shri Vishnumaya
Vainavin-vāma-saṁnāda ............................ The holder of the flute, resounding with sweet melodies
Virāt-aṅganā Virāta ................................. The supreme power of the absolute cosmic Being
Bāla Kṛishna .......................................... Shri Krishna as a child
Shikhandī ............................................. The one whose head is adorned with a peacock feather
*Narak’āntaka ........................................ The destroyer of Narakasura
Mahā-nidhi .......................................... The greatest treasure
Mahā-hrada .......................................... The great lake of divine bliss

Sākshāt Śrī Ādi Shakti Mātājī
Śrī Nirmalā Devyai namo namah
The 108 names of Shri Kṛishna

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

Kṛishna .................................................... You are… The sower of the seed of spirituality, the supreme power of the dark-blue god (the eighth incarnation of Shri Vishnu)

Shrī-dbhara ............................................. The one who sustains prosperity and well-being

Venu-dhara ............................................. The one who plays the divine flute

Shrīmān .................................................... Divine glory

Nirmalā gamya ........................................ The one who is reached only through Shri Mataji (purity and auspiciousness)

Nirmalā pūjaka ........................................ The one who worships Shri Mataji

Nirmalā-bhakta priya .............................. Fond of the devotees of Shri Mataji

Nirmalā hṛidaya ..................................... The one who worships the lotus feet of Shri Mataji in His heart

Nirādhāra ................................................. The one without any support (as You are the support of the universe)

Vishw'ādhāra janaka ............................... The father of the support of the universe (Lord Jesus Christ)

Vishnu ...................................................... Shri Vishnu

Mahā-vishnu pūjita ................................. Worshipped as the Father by Shri Maha-vishnu (Lord Jesus Christ)

Vishnumāyā-sughoshita ......................... The one whose incarnation was proclaimed by Shri Vishnumaya

Vāg-īshwara ............................................. The god of speech

Vāg-īshwarī-bhrātā ................................. The brother of Shri Saraswati (goddess of speech)

Vishnumāyā-bhrātā ................................. The brother of Shri Vishnumaya

Draupadī-bandhu ................................. The brother of Draupadi (an incarnation of Shri Vishnumaya)

Pārtha-sakhā .......................................... The friend of Arjuna

San-mitra ............................................... The true friend

Vishwa-vyāpta ........................................ The one who permeates the whole universe

Vishwa-rakshaka ................................. The protector of the whole universe
<table>
<thead>
<tr>
<th>Name</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vishwa-sākṣī</td>
<td>The witness of the cosmic play</td>
</tr>
<tr>
<td>Dwārak’ādhisha</td>
<td>The ruler of Dwaraka</td>
</tr>
<tr>
<td>Vishuddhi desh’ādhisha</td>
<td>The ruler of the continent of the Vishuddhi</td>
</tr>
<tr>
<td>Jana-nāyaka</td>
<td>The leader of the people</td>
</tr>
<tr>
<td>Vishuddhi-jana pālaka</td>
<td>The one who takes care of those who dwell in the land of the Vishuddhi</td>
</tr>
<tr>
<td>Americ’eshwara</td>
<td>The lord of America</td>
</tr>
<tr>
<td>Mahā-nīla</td>
<td>Dark blue</td>
</tr>
<tr>
<td>Pītāmbara-dhara</td>
<td>The one who wears a yellow dhoti</td>
</tr>
<tr>
<td>Sumukha</td>
<td>The one whose face is handsome and auspicious</td>
</tr>
<tr>
<td>Suhāsya</td>
<td>The one whose laughter is beautiful</td>
</tr>
<tr>
<td>Subhāshī</td>
<td>The one whose speech is gentle and sweet</td>
</tr>
<tr>
<td>Sulochana</td>
<td>The one whose eyes are beautiful</td>
</tr>
<tr>
<td>Sunāsika</td>
<td>The one whose nose is perfect</td>
</tr>
<tr>
<td>Sudanta</td>
<td>The one whose teeth are perfect</td>
</tr>
<tr>
<td>Suokesha</td>
<td>The one whose hair is abundant and beautiful</td>
</tr>
<tr>
<td>Shikhandī</td>
<td>The one whose head is adorned with a peacock feather</td>
</tr>
<tr>
<td>Sushruta</td>
<td>The one who hears whatever is auspicious</td>
</tr>
<tr>
<td>Sudarshana-dhara</td>
<td>The one who wields the Sudarshana chakra (discus)</td>
</tr>
<tr>
<td>Mahā-vīra</td>
<td>The great warrior hero</td>
</tr>
<tr>
<td>Shaurya-dāyaka</td>
<td>Courageous</td>
</tr>
<tr>
<td>Rana-pandita</td>
<td>Master of the art of warfare</td>
</tr>
<tr>
<td>Ranchhoddās</td>
<td>The one who ran away from the battlefield (a trick to destroy the demon Kalayavana)</td>
</tr>
<tr>
<td>Shrī-nātha</td>
<td>The lord of divine glory</td>
</tr>
<tr>
<td>Yuktī-vān</td>
<td>The master of diplomacy and subtle tricks</td>
</tr>
<tr>
<td>Akbar</td>
<td>The most high</td>
</tr>
<tr>
<td>Akhil’eshwara</td>
<td>The god of all</td>
</tr>
<tr>
<td>Mahā-virāta</td>
<td>The universal Being of which everything is a part</td>
</tr>
<tr>
<td>Yog’eshwara</td>
<td>The god of yoga</td>
</tr>
<tr>
<td>Yogi-vatsala</td>
<td>The one who loves yogis like His children</td>
</tr>
<tr>
<td>Yoga-varnita</td>
<td>The one who described the state of yoga</td>
</tr>
<tr>
<td>Sahaja-sandesha-vāhaka</td>
<td>The one who spreads the message of Sahaja Yoga</td>
</tr>
<tr>
<td>Vishwa dharma-dhvaja-dhāraka</td>
<td>The one who raises the flag of Vishwa (Nirmala) Dharma</td>
</tr>
<tr>
<td>Name</td>
<td>Description</td>
</tr>
<tr>
<td>------------------------------</td>
<td>----------------------------------------------------------------</td>
</tr>
<tr>
<td>Garud’ārūdha</td>
<td>The one who rides Shri Garuda (the divine eagle)</td>
</tr>
<tr>
<td>Gadā-dhara</td>
<td>The wielder of the mace</td>
</tr>
<tr>
<td>Shaṅkha-dhara</td>
<td>The one who holds the conch named Pancha-janya</td>
</tr>
<tr>
<td>Padma-dhara</td>
<td>The one who holds the lotus</td>
</tr>
<tr>
<td>Līlā-dhara</td>
<td>The playful creator and sustainer of the cosmic drama</td>
</tr>
<tr>
<td>Dāmodara</td>
<td>Supremely generous</td>
</tr>
<tr>
<td>Govardhana-dhara</td>
<td>The one who lifted up Mount Govardhan to shelter the villagers of Gokul from the terrible wrath of Indra's thunderstorm</td>
</tr>
<tr>
<td>Yoga-kshema-vāhaka</td>
<td>The one who cares for the well-being of the yogis</td>
</tr>
<tr>
<td>Satya-bhāshī</td>
<td>The one who speaks the truth</td>
</tr>
<tr>
<td>Hīta pradāyaka</td>
<td>The one who grants whatever is for our benevolence</td>
</tr>
<tr>
<td>Priya-bhāshī</td>
<td>The one who talks pleasantly</td>
</tr>
<tr>
<td>Abhaya-pradāyaka</td>
<td>The one who grants fearlessness</td>
</tr>
<tr>
<td>Bhaya-nāshaka</td>
<td>The destroyer of all fears</td>
</tr>
<tr>
<td>Sādhaka-rakshaka</td>
<td>The one who protects the seekers of truth</td>
</tr>
<tr>
<td>Bhakta-vatsala</td>
<td>The one who loves devotees like His children</td>
</tr>
<tr>
<td>Shoka-hārī</td>
<td>The one who removes grief</td>
</tr>
<tr>
<td>Duhkha-hārī</td>
<td>The destroyer of sorrow</td>
</tr>
<tr>
<td>Rākshasa-hantā</td>
<td>The killer of demons</td>
</tr>
<tr>
<td>Kurukula-virodhaka</td>
<td>The one who opposed the Kauravas (who were adharmic)</td>
</tr>
<tr>
<td>Gokula-vāsī</td>
<td>The one who resided in Gokul</td>
</tr>
<tr>
<td>Gopāla</td>
<td>The lord of cows</td>
</tr>
<tr>
<td>Govinda</td>
<td>The chief herdsman and the protector of the Earth</td>
</tr>
<tr>
<td>Yadu-kula-shreshta</td>
<td>The highest among the Yadhavas (descendants of the lunar dynasty of King Yadu)</td>
</tr>
<tr>
<td>Akula</td>
<td>Beyond all family, caste or creed</td>
</tr>
<tr>
<td>Vamsha-dwesha-nāshaka</td>
<td>The destroyer of all negative discrimination because of race, caste or creed</td>
</tr>
<tr>
<td>Ātma-gīyāna-varnita</td>
<td>The one who described the knowledge of the Spirit</td>
</tr>
<tr>
<td>Agīyāna pranāshaka</td>
<td>The one who teaches how to destroy ignorance and false knowledge</td>
</tr>
</tbody>
</table>
Nirākāra ........................................ Formless
Ānanda-kara .................................. The embodiment of joy
Ānanda pradāyaka .......................... The one who gives joy to the yogis
Pavitr’ānanda ................................. The joy of purity and auspiciousness
Pāvitra-rakshaka ............................ The protector of chastity
Gñyān’ānanda ............................... The joy of pure knowledge
Kal’ānanda .................................. The joy of all the arts
Gruh’ānanda .................................. The joy of the home
Dhan’ānanda .................................. The joy of affluence
Kubera ......................................... The god of wealth
Ātm’ānanda .................................. The joy of the Spirit
Samuh’ānanda ............................... The joy of Sahaj collectivity
Sarv’ānanda .................................. Complete joy
Vishuddh’ānanda ............................ The purest joy
Saṅgīt’ānanda ............................... The joy of music
Nṛity’ānanda .................................. The joy of dancing
Shabd’ānanda .................................. The joy of words (spoken, sung and written)
Maun’ānanda .................................. The joy of silence
Sahaj’ānanda .................................. The joy of Sahaj culture (spontaneous joy)
Param’ānanda .................................. Absolute joy
Nirānanda ..................................... Ultimate joy, absolutely pure
Nātya-priya .................................... The one who enjoys music, dance and drama
Saṅgīta-priya .................................. The one who enjoys music
Kshīra-priya ................................... Fond of milk
Dadhi-priya ................................... Fond of curd
Madhu-priya ................................... Fond of honey
Ghṛita-priya ................................... Fond of ghee
Mātṛu-charan’āmruta-priya ... The one who enjoys the amrut of the lotus feet of Shri Mataji

Sākshāt Shri Ādi Shakti Mātāji
Shri Nirmalā Devyai namo namah

See p.153 for the mantras of the Virata
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.

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.

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.

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.
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.

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.

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.

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.

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.

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.
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.

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.

You shatter the pillars of false dharmas.
You are blazing doom for adharma.
You are both madhuri and samhara-shakti (sweetness and destroying power).
You subdue the serpents of anger, hate and arrogance.
You dislike frivolity, grossness and plastics.

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

You lead Your worshippers beyond the kurukshetra (field) of involvement.
You inspired Abraham Lincoln.
You are propitiated by the twice-born for the salvation of America.
You lead the twice-born back to Gokul.
You teach the twice-born through the voice of Shri Mataji Nirmala Devi.

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.
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.

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.

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.

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.

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.

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 Shri Ādi Shakti Mātājī
Shri 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 .................................................... You are… The god of all wealth. You own, bestow, and distribute all matter that has the potential to express love of the Spirit

Kṛṣhi .......................................................... Shri Krishna. You sowed the seed of spirituality

Kṛṣhi priya .................................................. The one who loves agriculture and basic industries and supports the primary sectors of the world economy

Vishnu ...................................................... Shri Vishnu. Your brilliance and grace permeates the universe

Vishwa pūjya .............................................. Worshipped by the universe

Padma-nābha ............................................ The one from whose Nabhi universes arise

Nātya-priya ................................................ The one who enjoys the drama of the world

Līlā-dhara ................................................... The one who has the whole material world for Your play

Ākāsh’eshwara ......................................... The ruler over the ether, the one who looks after the purity of communication

Virāt-aṅga ............................................... Part and parcel of Shri Virata, the great universal Being

Su-nāsika ................................................... The one who gave the Goddess Your essence as Her regal divine nose

Mahā bhūpati ............................................. The great king who establishes the dharma of the king

Rāja nītigīya ............................................... The one who has the knowledge of the dharma of the king
Rāja-nīti nipuna ........................................ Expert in the art of divine diplomacy, without which the world would lose balance and prosperity could not be sustained
Artha-nīti nipuna ........................................ Expert in the knowledge of the pure science of economic well-being
Viveka-buddhi ............................................ Discretion and wisdom
Akshaya nidhi ............................................. 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
Pradyumna ............................................... The one who has infinite enlightened wealth
Sthita-pragñya ........................................... The one who keeps balance in every situation in life, whether in happiness or in sorrow. You teach a balanced attitude to life
Gatimān ................................................... The one who flows. Through You, wealth circulates to benefit everyone
Yoga-kshema pradāyaka ............................... The one who promises to protect and look after those who are in the state of yoga
Param’odāra ............................................. The one whose generosity is without bounds. You bestow gifts upon devotees to express Your love and compassion
Dām’odara ................................................ The epitome of generosity
Kripana-virodhaka ...................................... Against miserly people, who hoard matter for its own sake
Tṛipta ..................................................... Completely satisfied. You are the path to complete satisfaction, which is the enjoyment of the Spirit
Santushtta ............................................... The one who gives the joy of fulfilment and treats everyone in the same way without any discrimination
Ānanda tattwa varnita ................................. The one who describes the Spirit as the source of absolute enjoyment
Sūkshma .................................................. Subtle and give joy through the subtlety of matter that expresses love
Preranā dāyaka ......................................... Inspiration. You inspire people in their actions and life. Yogis are inspired by You
Swattva dāyaka .......................................... The one who gives self-esteem and dignity
Vāsanā-hara ............................................. The one who helps people to overcome their bad habits
Kalanja-visha nāshaka.........The one who removes all the poisons of the world (alcohol, tobacco, drugs, etc.)
Lobha nāshaka ..................The one who exposes and destroys greed in all forms, including at the level of society, corporations and governments
Madya virodhaka ..................Against drinking alcohol and the social systems based on alcohol
Kuguru mardana ..................The one who tramples false gurus and their practices of exploitation, wrong-doing and money-making
Santulaka ..........................The one who restores balance to everything
Karma-kānda vināshaka ..........The one who destroys preoccupation with ceremonial acts, rituals and rites (including mantras)
Dharā-dharma rakshaka ..........The one who supports the dharma of the Earth. You restore the Earth’s balance when it becomes depleted of resources through excessive exploitation and wasteful consumption
Jāgruta ................................Awake and alert. You watch over the dharma of individuals and societies
Gruha-dharma pālaka ............The one who upholds and looks after the dharma of the household
Yama ..................................Shri Yama (the lord of death). You look after righteousness and dharma
Niyantā ...............................The one who establishes people in their respective functions
Sarva-dharm’āshraya ................The refuge of all dharmas
Māyā-rūpī ............................You and Your maya are one. You create illusions for the ignorant people who imagine that they own wealth
Mahā-mana ..........................Beyond the mind. You dislike the obsessive thinking and mental games of speculation with money and wealth
Dyuta virodhaka ....................Against gambling, speculation and disrespect towards Shri Lakshmi
Pāvityra rakshaka ..................The one who looks after chastity and protects the auspiciousness of Shri Lakshmi. You ensure that people have proper respect towards Shri Lakshmi
Ālasya-ripu ...........................The enemy of lethargy and laziness
Kal’ādhāra ..........................The one who supports the arts, which express the Spirit. You reward and encourage the pure expression of art
Hasta-kal’āshraya ......................... The refuge of the handicrafts, which provide a livelihood for artisans
Mūl’odyoga uttejaka ....................... The one who encourages the basic productive sectors of the economy: agriculture and basic industry. You restore balance by deflating the overgrown financial sector and excessive mechanisation
Shoshana-hara .............................. The one who removes the social and economic exploitation of the weaker sections of society
Dāridrya hāraka ............................... The one who removes poverty
Jada sanchaya virodhaka ................. Against the accumulation of material wealth for its own sake. You support the constant flow and circulation of wealth and money
Durāchāra vināshaka ....................... The one who exposes and destroys the misdeeds of those who accumulate wealth and abuse power. You restore righteousness in society
Bhava-bhaya hāraka ......................... The one who removes the fear of the world and worldly affairs by providing security
Chaitanya .................................. The vibrations. You are active and, with Your actions, the vibrations flow.
Dwārik’ādhīsha ............................... The ruler of Dwaraka and You make Dwaraka prosperous. You are the ruler of America and look after the prosperity and righteousness of America
Ṛuna-nāshaka ............................... The one who destroys consumerism and excessive indulgence based on credit. You free people of their debts, responsibilities and Karmas
Varna-bhedā vināshaka .................... The one who removes all division within society based on heredity, occupation, economic status, geography, race, colour or any external attributes
Spardhā virodhaka ........................... The one who disapproves of excessive competitiveness. You support cooperation and collectivity
Sama-kartā ................................. The great equalizer. You reduce any disparity in income or life-style in the different countries of the world. You restore balance to the channels of the subtle system
Hita kāraka ................................. The one who looks after people’s benevolence in general and Sahaja yogis in particular
Nirmalā-gana pālaka ............... The one who looks after the well-being of the ganas of Shri Mataji. You provide for Sahaja Yoga activity and Sahaja yogis

Sahaja-jana vatsala ................. Affectionate towards Sahaja yogis, so that money and matter is never an obstacle to Sahaja Yoga activities

Vishwa-Nirmala-Dharma priya ........... The one who adores Vishwa Nirmala Dharma and supports those who practice it

Agamya .................................. Beyond human comprehension. You are unknowable

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

Devī-kārya samudyata .............. The one who takes form to further the cause of Shri Mataji

Sākshāt Shri Ādi Shakti Mātāji
Shri 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………………………………………………………You are… Shri Kali
Mahākālī nirmitā …………………….The one who was created by
Shri Mahakali Herself
Vishuddhi padm’ālayā…………………The one who dwells in the lotus
of the Vishuddhi chakra
Kulish’āṅgī ……………………………Thunderbolt bodied
Tadillatā samaruchī …………..Dazzling like lightning
Vishishta shastrā ………………….The one who has special weapons
Americ’eshwara-shastra …………..One of the weapons of Shri Americeshwara
(Shri Krishna)
Rākshasa vijayinī ……………………The conqueror of rakshasas and devils
*Mahish’āsurā ghātinī …………….The conqueror of Mahishasura
*Nishumbha Shumbha-
-saṁhantrī ……………………The destroyer of Shumbha and Nishumbha
Chira-Kaumārī ……………………….The eternal virgin
Vindhya priya putrī …………………The beloved daughter of the
Vindhya mountains
Devī Mahātmya-stutā …………The Devi praised in the Devi Mahatmyam
Shaṅkarāchārya prashastā ………Praised by Adi Shankaracharya
Nanda gopa-Yashodā sutā ………She who was born to the cowherd Nanda
and Shri Yashoda
Kṛishna-sanjātā ……………………….She who was born at the same time
as Shri Krishna
Kṛishna bhaginī-
māyā-shakti …………………….The sister of Shri Krishna,
as the maya shakti
Satya avatāra udghoshinī ………The one who declares the advent of
an incarnation of truth
Swayam tyāgā ………………………….The one who sacrificed Herself in order
to announce the birth of Shri Krishna
Krishna-janma-
-udghoshaka-vidyullatā …………..The one who became lightning to
announce the birth of Shri Krishna
Vaikritika-rahasya ......................... The one who is the maya that is impossible to surpass
Shiva-Brahma-Vishnu- 
gnyāna parāṅgati ...................... The one whose maya is beyond the knowledge of Shri Shiva, Shri Brahma and Shri Vishnu
Mūrți rahasya .......................... Of mysterious forms
Dādima-pushpa-rakta-danti ... The one whose teeth are as red as pomegranate flowers
Shata netrā .................................. The one who has a hundred eyes
Nārāyanī .................................. Shri Narayani, the power of Shri Vishnu
Pīdā nivārinī ....................... The goddess who is the gracious remover of afflictions
Pāvitra dāyunī .......................... The one who gives chastity, the foundation of all dharmas
Ganesha pāvitra pushpā ........ The one whose flowers of chastity express the powers of Shri Ganesha
Pāvitra rakshakā ....................... The one who (in the Mahabharata) insisted on war with the Kauravas for the protection of chastity
Draupadī .................................. The goddess who incarnated as Draupadi (wife of the five Pandavas)
Bandhu rakshita pāvityā .......... The one whose chastity is protected by Her brother
Bandhu-ātma-prabudhyatā .... The one who cares for the spirituality of Her brother
Mahābhārata kārīnī ............. The one who was responsible for the Mahabharata
Pancha-mahā-bhūta- 
sammilitā .................................. The one who joins the five elements, the five Pandavas
Sarva bhūta pravishtā ............. The one who can enter into all the elements
Hṛid-buddhi-melakā .................. The one who integrates heart and brain
Shighra kārīnī ......................... The one who is quick-acting
Sarva bādhā jwālinī .......... The one who burns away negativity
Vidyut-janita maṅgalā .............. The powerful one whose electricity brings auspiciousness
Nisarga prakopa damanī ........ The one who controls lightning, earthquakes, typhoons and burning forests
Adbhūta chitra pradāyinī .... The one who reveals divinity through miracle pictures
Chalat-chitra prakāshikā .... The one who enlightens the film medium
Sunrīta-vāni dāyunī ............... The bestower of pure speech
Mantra-sāmarthya-
-pradāyinī .............................................. The one who empowers mantras 45
Nirahaṅkārā .............................................. Without ego
Namratā pradāyinī ...................................... The bestower of true humility
Vishwāsa-nirmānakārī ................................ The bestower of faith and confidence
Satya rakshikā ........................................... The keeper of reality
Sarva bādhā udghātikā .................................. The one who exposes (destroys) negativity 50
Aīka dambha nāshinī .................................... The one who destroys false sophistication
Nishkalaṅkā .............................................. Spotless and unblemished
Pitāmahā gaurava rakshikā ...................... The one who protects respect for the grandparents

Mātṛu-tattwa gaurava-
rakshikā .................................................. The one who guards respect for the mother principle
Bhaginī sāmarthya rūpā ............................... The power of a sister
Sarvāṁsh’ātmikā ....................................... The one who makes us part and parcel of the whole 55
Ātma-saṁshaya nivārinī ............................. The one who removes self-doubt
Asatya mantra nāshinī ............................... The destroyer of false mantras
Asatya spashti-karana nāshinī .................. The one who destroys false explanations
Chakra maryādā sthāpinī ............................. The one who establishes the boundaries of the chakras 60
Hṛidaya mūlā .............................................. The one whose root is in the heart
Dhairya dāyinī ............................................ The bestower of courage
Sūkṣhma saṁveda dāyinī ............................ The one who gives deep knowledge of the subtle
Strī shakti rūpā ........................................... The power of a woman
Asatya kathā nāshinī ................................... The destroyer of false myths
Kṛitak’ādarsha nivārinī .............................. The one who removes artificial ideals 65
Āvyakta prakatana kārinī .......................... The one who reveals what is un-manifest
Anand’ādhārā ............................................. The reservoir of joy
Sarvāṁsh’ātmikā ....................................... The one who gives deep knowledge of the subtle

-ṁukti-sākṣhātāra-pathā-
-nirmala-karinī ........................................ The one who clears the path for Self-realisation
Upahāṣa asahishnu .................................... The one who does not tolerate sarcasm 70
Pūrṇa samarthā .......................................... The one who is fully capable (complete)
Sahaja yoga pari-
samarpana rūpā ....................................... The one who gives the quality of being wholehearted about Sahaja Yoga
Virāta prāpinī ........................................... The one who makes us one with the Virata
Vishnumāyā Virāt-aṅganā ....................... The universal form of Shri Vishnumaya
Vāma-vishuddhi-sthitā-Mahāshakti ... The one who resides in the left Vishuddhi as the Maha-shakti

Bhaginī-kanyā-rūpa-Fāṭima ... The one who incarnated as Shri Fatima, the pure sister and daughter (of Mohammed)

Hamśa chakra-sthitā-Saraswatī ... Shri Saraswati, who becomes Shri Vishnumaya at the Hamsa chakra

Vipra-chitta-viksheap-kārana-rākshasa-ghātinī ... The one who destroys the demons who disturb the attention of realised souls

Shākambhari Devī ... The goddess of agriculture and horticulture (who nourishes devotees in time of famine)

Mahā-Bhrāmarī ... The one who took a great collective bee form, whose fiery beauty slays even the worst of enemies

Idā nādi-stha Agni-shakti ... The fire power of the Ida nadi

Satya-bhāshini-ākāsha-shuddhikā ... The one who speaks the truth and purifies the ether

Strī shakti ... The power of womanhood

Pratidina pūjaniyā ... The one who is to be worshipped every day

Sākshāt Shri Ādi Shakti Mātājī
Shri Nirmalā Devyai namo namah

Aum twameva sākshāt Shri Sarva mantra siddhi sākshāt
Shri Ādi Shakti Mātājī Shri 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

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

<table>
<thead>
<tr>
<th>Name</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allāh</td>
<td>You are… The greatest name, God Almighty (contraction of Al-īllāh, the Divine)</td>
</tr>
<tr>
<td>Ar-Raḥmān</td>
<td>The beneficent</td>
</tr>
<tr>
<td>Ar-Raḥīm</td>
<td>The merciful</td>
</tr>
<tr>
<td>Al-Malik</td>
<td>The sovereign Lord</td>
</tr>
<tr>
<td>Al-Quddūs</td>
<td>The most holy, the most pure</td>
</tr>
<tr>
<td>As-Salām</td>
<td>The source of peace</td>
</tr>
<tr>
<td>Al-Muʿmin</td>
<td>The guardian of faith</td>
</tr>
<tr>
<td>Al-Muhāymin</td>
<td>The protector</td>
</tr>
<tr>
<td>Al-Āzīz</td>
<td>The almighty</td>
</tr>
<tr>
<td>Al-Jabbār</td>
<td>The omnipotent</td>
</tr>
<tr>
<td>Al-Mutakabbīr</td>
<td>The greatest</td>
</tr>
<tr>
<td>Al-Khāliq</td>
<td>The creator</td>
</tr>
<tr>
<td>Al-Bāriʿ</td>
<td>The evolver</td>
</tr>
<tr>
<td>Al-Muṣawwīr</td>
<td>The fashioner of forms</td>
</tr>
<tr>
<td>Al-Ghaffār</td>
<td>The ever-forgiving</td>
</tr>
<tr>
<td>Al-Qahhār</td>
<td>The all-compelling</td>
</tr>
<tr>
<td>Al-Wahhāb</td>
<td>The bestower</td>
</tr>
<tr>
<td>Ar-Razzāq</td>
<td>The ever-providing</td>
</tr>
<tr>
<td>Al-Fattāh</td>
<td>The giver of victory</td>
</tr>
<tr>
<td>Al-Ālīm</td>
<td>The all-knowing</td>
</tr>
<tr>
<td>Al-Qābiḍ</td>
<td>The restrainer</td>
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<tr>
<td>Al-Bāṣīṭ</td>
<td>The expander</td>
</tr>
<tr>
<td>Al-Khāfīḍ</td>
<td>The abaser</td>
</tr>
<tr>
<td>Ar-Rāfiʿ</td>
<td>The exalter</td>
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<tr>
<td>Al-Muʿīzz</td>
<td>The bestower of honour</td>
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<tr>
<td>Al-Muzīll</td>
<td>The giver of dishonour</td>
</tr>
<tr>
<td>As-Sāmiʿ</td>
<td>The all-hearing</td>
</tr>
<tr>
<td>Al-Baṣīr</td>
<td>The all-seeing</td>
</tr>
<tr>
<td>Al-Hakam</td>
<td>The judge</td>
</tr>
<tr>
<td>Al-Ādīl</td>
<td>The just</td>
</tr>
<tr>
<td>Al-Laṭīf</td>
<td>The subtle one</td>
</tr>
<tr>
<td>Al-Khabīr</td>
<td>The all-aware</td>
</tr>
</tbody>
</table>

150
Al-Halîm The forbearing
Al-Āzîm The magnificent
Al-Ghafūr The all-forgiving
Ash-Shakûr The appreciator
Al-Ālî The most high
Al-Kabîr The most great
Al-Hafîz The preserver
Al-Muqît The sustainer, the nourisher
Al-Hasîb The bringer of judgement
Al-Jalîl The sublime one
Al-Karîm The generous one
Ar-Raqîb The watchful
Al-Mujîb The answerer
Al-Wâsî’ The all-embracing
Al-Ḥakîm The wise
Al-Wadûd The loving one
Al-Majîd The most glorious
Al-Bāĩth The resurrector
Ash-Shahîd The witness
Al-Haqq The truth
Al-Wâji’i The trustee
Al-Qawîyy The powerful
Al-Matîn The steadfast
Al-Waliyy The protecting friend and helper
Al-Hamîd The all-praiseworthy
Al-Muḥṣi The reckoner
Al-Mubdi’ The initiator
Al-Mu’îd The restorer
Al-Muḥyî The giver of life
Al-Mumît The destroyer
Al-Hayy The ever-living
Al-Qâyûm The self-subsisting provider of all
Al-Wâjîd The all-perceving
Al-Mâjîd The illustrious
Al-Wâḥîd The One, the indivisible
Al-Aḥad The One, the unique
Aṣ-Ṣamad The eternal
Al-Qâdir The omnipotent
Al-Muqaddir The determiner
Al-Muqaddim The offerer
Allah 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

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.

Gṛuha-Lakshmi-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

The Āgñyā Chakra

Jai Shri Īsha-putra, jagi Tāraka jannā ālā
Victory to the Son of God, the Saviour born on Earth!
The 108 names of Lord Jesus Christ

Aum twameva sākshāt Shrī Yeshu Khṛista 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).

Āgniya-chakra swāmī You are… The lord of the Agnya chakra
Sūrya The sun
Kshamā pradāyaka The bestower of forgiveness
Kshamā swarūpa The one whose form is forgiveness itself
Shama-dama-vairāgya- The bestower of contentment,
titiksha-pradāyaka self-restraint, detachment and patience

Aumkāra The Aum
Chaitanya The flow of vibrations
Ādi purusha The all-pervading primordial Being
Sahasra-shīrsha The one with a thousand heads
Sahasr’āksha The one with a thousand eyes
Vishnu Shri Vishnu (ninth incarnation)
Vishnu-suta The son of Shri Vishnu
Mahā-vishnu Shri Maha-vishnu
Ananta-koti- The one who wields millions of universes
-brahmānda-dhāraka
Hiranya-garbha The one who was born in the primordial
cosmic egg

Pūrva ghoshita The one who was foretold (by the prophets)
Brahmā-vishnu- The one who was worshipped by
-rudra sevita the three Magi, who were Shri Brahma,

Pāvithrya pradāyaka The bestower of chastity
Gopāla The lord of cows
Gosevita Attended by cows
Kṛishna suta The son of Shri Krishna (hence the name
Khrista or Christ)
Rādhā nandana ................. The son of Shri Radha (who incarnated again as Shri Mary-Mahalakshmi)
Pāpa nāshaka ................... The destroyer of sins
Pāpa vimochaka ................ The liberator from sin
Prakāsha .......................... Light
Ākāsha ............................. Ether
Agni ............................... Fire
Mahā-kārunya rūpī ............. Great compassion
Tapaswī ............................ The one who performs penance
Ham-Ksham bija .................. The bija mantras Ham and Ksham
Ātmā ............................... The Spirit
Param’ātmā ...................... The supreme Spirit
Amṛuta ............................. Divine nectar; the one who is immortal
Ātma-tattwa jāta ............... Born of the Spirit
Shānta .............................. Silence and peace
Nirvichāra ...................... Thoughtlessness
Ādi-āgniya-chakrastha .......... The one who resides in the primordial Agnya chakra
Kalki .............................. Shri Kalki (tenth and last incarnation of Shri Vishnu)
Ekādasha-rudra sevita .......... Worshipped by the eleven destroying powers of Shri Shiva
Utkrānti-tattwa ................. The principle of evolution
Utkrānti ādhāra .................. The support of evolution
Sarv’ōchha ....................... The highest
Mahat-mānasa ................. The great superego of the Virata
Mahat-ahaṁkāra ................. The great ego of the Virata
Turīya-sthiti pradāyaka ...... The one who bestows the turiya state (the fourth state, where the soul becomes one with the supreme Spirit)
Turīya-vāśi ...................... The one who resides in the turiya state
Dwāra .............................. The narrow gate (to the Kingdom of Heaven)
Kārttikeya .......................... Shri Karttikeya
Mahā-ganeshā .................... Shri Maha-ganeshā
Abodhitā swarūpa ............ In the form of innocence itself
Abodhitā pradāyaka .......... The bestower of innocence
Shuddha .......................... Pure
Māṅgalya pradāyaka .......... The bestower of auspiciousness
Audārya .......................... Generosity
Mahālakshmī-netra-teja ....... The light in the eyes of Shri Mahalakshmi
<table>
<thead>
<tr>
<th>Sanskrit phrase</th>
<th>English translation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pari-pūrna sahaja-yogī</td>
<td>The perfect Sahaja yogi</td>
</tr>
<tr>
<td>Ādi-sahaja-yogī</td>
<td>The primordial Sahaja yogi</td>
</tr>
<tr>
<td>Sreshtha sahaja-yogī</td>
<td>The superior Sahaja yogi</td>
</tr>
<tr>
<td>Ādi Shakti Mātājī Shri-Nirmalā-Devi priyam kartā</td>
<td>The one whose works are pleasing to Shri Adi Shakti Matajī Shri Nirmala Devi</td>
</tr>
<tr>
<td>Shāshvata</td>
<td>Eternal</td>
</tr>
<tr>
<td>Sthānu</td>
<td>Immovable</td>
</tr>
<tr>
<td>Sat-chit-ānanda ghaṇa</td>
<td>The one whose form is condensed sat-chit-ānanda (absolute truth, awareness and bliss)</td>
</tr>
<tr>
<td>Svairāchāra nāshaka</td>
<td>The destroyer of licentiousness and reckless abandon</td>
</tr>
<tr>
<td>Dharma-mārtanda nāshaka</td>
<td>The destroyer of ritualism and fanaticism</td>
</tr>
<tr>
<td>Nīriccha</td>
<td>Desireless</td>
</tr>
<tr>
<td>Dhanada</td>
<td>The bestower of wealth</td>
</tr>
<tr>
<td>Shuddha-shweta</td>
<td>Pure white</td>
</tr>
<tr>
<td>Ādi-bālaka</td>
<td>The primordial child</td>
</tr>
<tr>
<td>Ādi-brahmachārī</td>
<td>The chaste primordial student</td>
</tr>
<tr>
<td>Purātana</td>
<td>Ancient</td>
</tr>
<tr>
<td>Alphā-cha omegā-cha</td>
<td>Alpha and omega</td>
</tr>
<tr>
<td>Samasta-sākshī</td>
<td>The witness of all</td>
</tr>
<tr>
<td>Isha-putra</td>
<td>The Son of God</td>
</tr>
<tr>
<td>Moha-varjita</td>
<td>Free from all temptation</td>
</tr>
<tr>
<td>Mamatā-hata</td>
<td>The one who removes all attachments</td>
</tr>
<tr>
<td>Viveka</td>
<td>Pure discrimination</td>
</tr>
<tr>
<td>Aghora nāshaka</td>
<td>The one who condemns occult practices</td>
</tr>
<tr>
<td>Gñyāna rūpa</td>
<td>Knowledge</td>
</tr>
<tr>
<td>Sad-buddhi dāyaka</td>
<td>The bestower of wisdom</td>
</tr>
<tr>
<td>Sugñiya</td>
<td>Supreme wisdom</td>
</tr>
<tr>
<td>Pūrṇa-namra</td>
<td>Complete humility</td>
</tr>
<tr>
<td>Bhautikatā nāshaka</td>
<td>The one who condemns materialism</td>
</tr>
<tr>
<td>Ahaṁkāra nāshaka</td>
<td>The one who dissolves ego</td>
</tr>
<tr>
<td>Prati-ahaṁkāra shoshaka</td>
<td>The one who sucks in superego</td>
</tr>
<tr>
<td>Ashuddha-icchā nāshaka</td>
<td>The destroyer of impure desire</td>
</tr>
<tr>
<td>Hṛid-mandira-stha</td>
<td>The one who resides in the temple of the heart</td>
</tr>
<tr>
<td>Aguru nāshaka</td>
<td>The destroyer of false gurus</td>
</tr>
<tr>
<td>Asatyā khandana</td>
<td>The one who annihilates falsehood</td>
</tr>
<tr>
<td>Vāṃsha-bhedā nāshaka</td>
<td>The destroyer of racialism</td>
</tr>
<tr>
<td>Krodha nāshaka</td>
<td>The destroyer of anger</td>
</tr>
</tbody>
</table>
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 pranas 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

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.

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.

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.

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.

You are fire.
You performed miracles out of Your compassion.
You, whose cloak was touched.
You are a friend of ascetics.
You are worshipped by families.
You are the bija mantras Ham and Ksham.
You are the forgiver.
You allow us to forgive.
You are the Spirit.
You are born of the Spirit.

You were crucified and resurrected in pure Spirit.
You rose after three days.
You are peace.
You absorb all thought.
You abide in the Adi Agnya chakra.

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.

You are the end of evolution.
You are the evolution from collective subconscious to collective consciousness.
You are the narrow gate.
You are the way to the Kingdom of Heaven.
You are the silence.

You are Lord Karttikeya.
You are Shri Maha-ganesha.
You are the purity of innocence.
You are continence.
You are generosity.

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

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

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.

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.

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

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

You are angry with materialists.
You destroy ego.
You absorb superego.
You are the destroyer of desires.
You are the pure power of desire

Your church is the heart.
You have the eleven destroying powers.
You are the destroyer of false prophets.
You are the destroyer of untruth.
You are the destroyer of intolerance.
You are the destroyer of racialism.
You are the destroyer of anger.
You are the herald of the Golden Age.
You are adored by our Mother.
You are praised by our Mother.
You are loved by our Mother.
You are the one who is chosen.
You are awakened in all Sahaja yogis.
You ride the white horse at the end of the age.
You are the end of our fears.

You guard the gate of our Mother.
You are the Son of God.
You are the only way to the Kingdom of God.

Aum Sh्री Mahālakshmī Mahāvishnu sākshāt
Sh्रī Mahāvīrāta sākshāt
Sh्रī Ādi Shakti Mātājī Sh्रī 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 Mahavishnu (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 sākṣhāt Shrī Māriā Mātā sākṣhāt
O Divine Mother, You are verily Mother Mary.
Shrī Mahālakshmī sākṣhāt
You are Shri Mahalakshmi.
Shrī Kamal’āksha nisevitā sākṣhāt
You are worshipped by the lotus-eyed Shri Vishnu.
Shrī Dhan’ādhyakshā sākṣhāt
The queen of wealth,
Shrī Agṇyā-chakraṅtarāla-sthā sākṣhāt
The one who resides in the Agnya chakra,
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah
O Divine Mother, salutations to You!

Namaste’stu Mahāmaya
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
Virgo virginum .................................. Virgin of all virgins 10
Mater innupta .................................. Mother and virgin
Mater puritatis .................................. Mother of purity
Mater sanctissima ................................. Most holy mother
Mater gratia plena ............................... Mother full of grace
Mater immaculata ................................ Immaculate mother 15
Mater principis .................................. Mother of the primordial principle
Mater verae fidei .................................. Mother of true faith
Mater misericordiae ............................. Mother of mercy
Mater humilitatis ................................. Mother of humility
Mater aeterni Dei ................................. Mother of the eternal god 20
Mater et Domina .................................. Mother and lady
Mater spiritus dulcedinis ......................... Mother of the sweetness of the Spirit
Mater gratiae et sanctitatis ....................... Mother of grace and holiness
Mater obedientiae ............................... Mother of obedience
Mater innocentiae ............................... Mother of innocence 25
Mater Christi sponsa ............................ Mother and power of Christ
Mater creatoris .................................. Mother of the creator
Mater amabilis .................................. Most beloved mother
Mater sanctae spei .............................. Mother of holy hope
Mater castissima ................................. Mother most chaste 30
Mater intemerata ................................ Spotless mother
Fons caritatis ..................................... Fount of charity
Fons pietatis ....................................... Fount of piety
Fons dulcedinis .................................. Fount of sweetness
Fons verae sapientiae ......................... Fount of true wisdom 35
Fons patriarchum et-prophetarum ................ Fount of the patriarchs and prophets
Fons omnium charismatum ..................... Fount of all spiritual gifts and blessings
Vas Spirituale .................................. Vessel of the Holy Spirit
Vas insignae devotionis ....................... Vessel of signal devotion
Rosa mystica .................................... Mystical rose 40
Rosa majestica .................................. Majestic rose
Rosa sine spina .................................. Rose without thorns
Turris Davidica .................................. Tower of David
Turris eburnea .................................. Tower of ivory
Domus aurea .................................... House of gold 45
Foederis arca .................................... Ark of the covenant
Coelorum regina .................................. Queen of Heaven
Angelorum regina ................................ Queen of angels
Archangelorum laetitia .................. Delight of archangels
Imperatrix clarissima .................. Most eminent empress
Per quam renovatur-omnis creatura ........ Renewer of all creation
Hospitium deitatum .................. Sojourn of the deities
Portans omnia portantem ........... Support of all supports
Uterus Divinae incarnationis .......... Womb that bears the incarnation of God
Factorem mundi generans ............. The one who begets the creator of the world

Coeli clarissima .................. Most luminous Being of the heavens
Tollens tenebrae-aeternae noctis .... The one who removes the gloom of everlasting night
Speculum Divinae-contemplationis ...... Mirror of divine contemplation
Ianua vitae .......................... Door to life
Porta paradisi .................. Gate of paradise
Per quam venitur-ad gaudiam ....... The one through whom one comes to joy
Coelis altior .................. Heaven's highest
Sedes sapientiae .................. Throne of wisdom
Omnium exultatio .................. Exultation of all beings
Sanctus tronus Salomonis .......... Holy throne of Solomon
Fides omnium .................. Faith of all
Nostra lux vera .................. Our true light
Nostra Mater nova ............. Our new mother
Nostra dilectissima Domina ...... Our most exquisite sovereign Lady
Nostra pulcherrima Domina ...... Our most beautiful sovereign Lady
Advocata nostra ............ Our advocate
Mater Divinæ gratiae .......... Mother of divine grace
Mater veri gaudii ............... Mother of true joy
Consolatrix afflictorum .......... Comforter of the distressed
Honor et gloria nostra ........ Our honour and glory
Aeterni regis filia ........ Daughter of the eternal king
Cubiles coelestis thesauris .... Storehouse of Heaven's treasure
Hilaris et plena gaudia .......... Laughing and full of joy
Generans aeternum lumen ...... The one who generates eternal light
Lucerna castitatis ........ Lamp of chastity
Praeclarior luna ................. Most clear moon
Solis lumen vivens ............... Living light of the sun
Stella matutina ..................................... Morning star
Lux meridiana ..................................... Midday light
Coelis margarita ..................................... Daisy of Heaven
Orbis terrarum margarita ..................... Pearl of the terrestrial orb
Hortus conclusus ..................................... Enclosed garden
Sanctum lilium convallium ............... Holy lily of the valley
Flos immarcessibilis ............................. Flower which never fades
Sanctus flos virginitatis ...................... Holy flower of virginity
Aeterni regis sponsa ............................. Bride of the eternal king
Mater gentium ..................................... Mother of nations
Regina prophetarum ............................ Queen of the prophets
Regina sanctorum omnium ................... Queen of all the saints
Iter nostrum ad Dominum ................... Our way to the Lord
Resurrectio nostra ............................... Our resurrection
Clipeus fidei ......................................... Shield of faith
Virginum corona .................................... Crown of virgins
Amicta sole ........................................... Clothed by the sun
Luna sub pedibus ................................. The one with the moon under Her feet
Duodecim stellis coronata .................... Crowned by twelve stars
Civitas Dei ............................................ City of God
Gloria Jerusalem ..................................... Glory of Jerusalem
Templum Spiritus Sanctus ................. Temple of the Holy Ghost
Regis diadema ....................................... Diadem of the king
Nostra spes vera .................................... Our true hope
Per infinita saecula ............................... For unending ages
Lumen Sahajae veritate ....................... Light of Sahaja truth

Sākshāt Shri Ādi Shakti Mātājī
Shri Nirmalā Devyai namo namah

Aum shāntih shāntih shāntih

(see: ‘Shri Mahalakshmi Ashtakam’, Sanskrit 8 in the Songbook)
Aum twameva sākshāt Shrī Siddhārtha Gautama Buddha sākshāt
Shrī Ādi Shakti Mātāji Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily Shri Buddha. Salutations to You!
Prayer to Shri Buddha

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

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

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 Ahamkara, 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-ahamkara. 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 Shri Ādi Shakti Mātājī
Shri Nirmalā Devyai namo nā

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 Hanuman 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 bodhisatvā of compassion, which derives from the male Sanskrit form Avalokit’eswara (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 Shri Shiva)

Aum twameva sākshāt Shri Ekādasha Rudra sākshāt
Shrī Ādi Shakti Mātāji 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 Shri Mātājī on the occasion of Shri Ekādasha Rudra Pūja

Aum twameva sākshāt Shri Ekādasha Rudra sākshāt
Shri Ādi Shakti Mātājī Shri 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
Varada ........................................................................................................................................... The bestower of boons
Vara ................................................................................................................................................ All blessings
Sarv’ātman .................................................................................................................................... The omnipresent Spirit
Sarva-vikhyāta ............................................................................................................................. Universally renowned
Sarva-swa ...................................................................................................................................... All-pervading
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’āṇga ....................................................................................................................................... The one who pervades the universal body
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
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
Bhagavān ......................................................................................................................................... The one who radiates divinity
<table>
<thead>
<tr>
<th>Sanskrit Term</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Khechara</td>
<td>The one who moves through the sky</td>
</tr>
<tr>
<td>Gochara</td>
<td>The governing power of the senses</td>
</tr>
<tr>
<td>Ardana</td>
<td>The destroyer</td>
</tr>
<tr>
<td>Abhivādyā</td>
<td>The supreme musician</td>
</tr>
<tr>
<td>Mahā-karmā</td>
<td>The supreme doer</td>
</tr>
<tr>
<td>Tapaswī</td>
<td>Ascetic</td>
</tr>
<tr>
<td>Bhūta-bhāvana</td>
<td>The one who resides in all beings as emotional intelligence and vision</td>
</tr>
<tr>
<td>Sarva-loka prajāpati</td>
<td>God, who presides over all creation</td>
</tr>
<tr>
<td>Mahā-rūpa</td>
<td>The supreme form</td>
</tr>
<tr>
<td>Mahā-kāya</td>
<td>The supreme body</td>
</tr>
<tr>
<td>Vṛisha-rūpa</td>
<td>The one who showers virtues</td>
</tr>
<tr>
<td>Mahā-yashā</td>
<td>Great success and glory</td>
</tr>
<tr>
<td>Mah‘ātmā</td>
<td>The supreme Spirit</td>
</tr>
<tr>
<td>Sarva-bhūt‘ātmā</td>
<td>The one who resides in all beings as the Spirit</td>
</tr>
<tr>
<td>Vishwa-rūpa</td>
<td>The universal form</td>
</tr>
<tr>
<td>Mahā-hanu</td>
<td>The great killer</td>
</tr>
<tr>
<td>Lokapāla</td>
<td>The one who looks after all the people</td>
</tr>
<tr>
<td>Antar-hit’ātmā</td>
<td>The protector of the essence of the well-being of the Atma (the Self)</td>
</tr>
<tr>
<td>Prasāda</td>
<td>Pure grace</td>
</tr>
<tr>
<td>Haya-gardabhi</td>
<td>The immaculate rider of the pure white horse</td>
</tr>
<tr>
<td>Pavittra</td>
<td>Pure and auspicious</td>
</tr>
<tr>
<td>Mahat</td>
<td>Almighty</td>
</tr>
<tr>
<td>Niyama</td>
<td>Complete self-mastery</td>
</tr>
<tr>
<td>Sarva-karmanya</td>
<td>The one who causes everything to act</td>
</tr>
<tr>
<td>Niyam‘āshrita</td>
<td>The one who protects those who keep to the maryodas (boundaries of good conduct)</td>
</tr>
<tr>
<td>Sarva-karmā</td>
<td>The essence of all action</td>
</tr>
<tr>
<td>Swayam-bhūta</td>
<td>Born out of Yourself</td>
</tr>
<tr>
<td>Ādi</td>
<td>Primordial</td>
</tr>
<tr>
<td>Ādi-kāra</td>
<td>The primordial form</td>
</tr>
<tr>
<td>Nidhi</td>
<td>Divine riches</td>
</tr>
<tr>
<td>Sahasr‘āksha</td>
<td>The one with a thousand eyes</td>
</tr>
<tr>
<td>Vishāl‘āksha</td>
<td>The one with large, mighty eyes</td>
</tr>
<tr>
<td>Soma</td>
<td>Divine nectar</td>
</tr>
<tr>
<td>Nakshatra-sādhaka</td>
<td>The one who acts through the planets and constellations</td>
</tr>
<tr>
<td>Chandra</td>
<td>The moon</td>
</tr>
<tr>
<td>Sanskrit</td>
<td>English</td>
</tr>
<tr>
<td>------------------</td>
<td>-------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Sūrya</td>
<td>The sun</td>
</tr>
<tr>
<td>Shani</td>
<td>Saturn</td>
</tr>
<tr>
<td>Ketu</td>
<td>The South Node (which in the first astrophysical house grants moksha)</td>
</tr>
<tr>
<td>Graha</td>
<td>The planets</td>
</tr>
<tr>
<td>Graha-pati</td>
<td>Lord of the planets</td>
</tr>
<tr>
<td>Vara</td>
<td>The most excellent</td>
</tr>
<tr>
<td>Anagha</td>
<td>The father of Shri Adi Guru Dattatreya</td>
</tr>
<tr>
<td>Mahā-tapah</td>
<td>Great penance</td>
</tr>
<tr>
<td>Ghora-tapah</td>
<td>The one who meditates with fierce intensity</td>
</tr>
<tr>
<td>Adīna</td>
<td>Noble and magnanimous</td>
</tr>
<tr>
<td>Dīna-sādhaka</td>
<td>The one who is worshipped even by the imperfect</td>
</tr>
<tr>
<td>Saṁ-vatsara-kara</td>
<td>The one who creates the years</td>
</tr>
<tr>
<td>Mantra</td>
<td>The divine counsellor</td>
</tr>
<tr>
<td>Pramāna</td>
<td>The primal cause</td>
</tr>
<tr>
<td>Param-tapah</td>
<td>The supreme state of meditation</td>
</tr>
<tr>
<td>Yogī</td>
<td>One with the Divine</td>
</tr>
<tr>
<td>Yogya</td>
<td>Divine connection</td>
</tr>
<tr>
<td>Mahā-biṣa</td>
<td>The primordial seed</td>
</tr>
<tr>
<td>Mahā-retā</td>
<td>The primordial energy of the sprouting seed</td>
</tr>
<tr>
<td>Mahā-bala</td>
<td>Infinite strength</td>
</tr>
<tr>
<td>Suvarna-retā</td>
<td>The beautiful golden colour of the sprouting seed</td>
</tr>
<tr>
<td>Sarva-gnīya</td>
<td>All-knowing</td>
</tr>
<tr>
<td>Su-biṣa</td>
<td>The pure seed</td>
</tr>
<tr>
<td>Bijā-vāhana</td>
<td>The bearer of the seed</td>
</tr>
<tr>
<td>Dasha-bāhu</td>
<td>The one with ten arms</td>
</tr>
<tr>
<td>Nīmisha</td>
<td>The one who acts in the blink of an eye</td>
</tr>
<tr>
<td>Nīla-kantha</td>
<td>The one with a blue throat</td>
</tr>
<tr>
<td>Umā-pati</td>
<td>The lord of Uma (Shri Parvati)</td>
</tr>
<tr>
<td>Vishwa-rūpa</td>
<td>The one who takes the form of the universe</td>
</tr>
<tr>
<td>Swayam shrestha</td>
<td>The most excellent being</td>
</tr>
<tr>
<td>Balavīra</td>
<td>Strength and valour</td>
</tr>
<tr>
<td>Abala</td>
<td>Powerless without Shri Adi Shakti</td>
</tr>
<tr>
<td>Gana</td>
<td>The divine army of Shri Shiva’s attendants</td>
</tr>
<tr>
<td>Gana-kartā</td>
<td>The creator of the ganas</td>
</tr>
<tr>
<td>Ganapati</td>
<td>Lord of the ganas</td>
</tr>
</tbody>
</table>
Digvāsa .................................................. Clothed with the ten directions
Kāma ......................................................... The god of love
Mantra-vit .................................................. In the form of all mantras 100
Param-mantra .............................................. The supreme mantra
Mantra ........................................................ The sacred sound
Sarva bhāvakara ........................................... The creator of all emotions
Hara .............................................................. The destroyer
Kamandalu-dhara ......................................... The holder of the water pot 105
Dhanvī .......................................................... The wielder of the bow
Bāna-hasta ..................................................... The wielder of arrows
Kapāla-vān ..................................................... The one who wears the skull
Ashani ........................................................ The thunderbolt
Shata-ghnī ..................................................... The destroyer of hundreds at a time 110
Āyudhī .......................................................... The wielder of weapons
Mahān .......................................................... The great one
Sruva-hasta ................................................... The one from whose hands vibrations flow
Su-rūpa .......................................................... The one who has a beautiful form
Tejāh .............................................................. The radiant light of the Spirit 115
Ekādasha Rudra ............................................. The eleven destroying powers of Shri Shiva

Sākṣhāt Shri Ādi Shakti Mātājī
Shri 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)

Aum twameva sākshāt
Shrī Mahālakshmī Mahāsarasватī Mahākālī
Trīguṇātmikā Kundalini sākshāt
Shrī Ādi Shakti Mātajī 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 Mātajī 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 Mātajī
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 Shri 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 Shri Mātā namo namah
Amen. Salutation to the one who is verily the sacred Mother.

Aum twameva sākshāt Shri Ādi Shakti Mātājī
Shri 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 ............................................................. 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, Brahma-vidya, to Your devotees)

Mahā-rājñī ............................................................. The great empress

Deva-kārya samudyatā .......................... Emerging for a divine purpose (You appear in Your great splendour when all the divine forces are helpless and unable to eradicate wickedness)

Akulā ............................................................. Beyond kula, that is measurable dimensionality. You reside in the head, in the Sahasrara

Vishnu-granthi vibhedinī ................. 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

Bhavānī ............................................................. The queen of Bhava (Shri Shiva) and giver of life to the whole universe

Bhakti priyā ............................................................. Fond of devotees

Bhakti gamyā ............................................................. Realised by devotion
<table>
<thead>
<tr>
<th>Sanskrit</th>
<th>English</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sharma dāyinī</td>
<td>The bestower of happiness and divine bliss</td>
</tr>
<tr>
<td>Nirādhārā</td>
<td>Unsupported, as You are the support of the universe</td>
</tr>
<tr>
<td>Niranjanā</td>
<td>Unstained by any limitations whatsoever</td>
</tr>
<tr>
<td>Nirlepā</td>
<td>Untouched by any karma or dualism</td>
</tr>
<tr>
<td>Nirmalā</td>
<td>Immaculate and pure</td>
</tr>
<tr>
<td>Nishkalanākā</td>
<td>Faultless brilliance</td>
</tr>
<tr>
<td>Nityā</td>
<td>Eternal</td>
</tr>
<tr>
<td>Nirākārā</td>
<td>Formless</td>
</tr>
<tr>
<td>Nirākulā</td>
<td>Unruffled</td>
</tr>
<tr>
<td>Nirgunā</td>
<td>Attributeless. Beyond the three gunas and the three nādis (Ida, Pingala and Sushumna)</td>
</tr>
<tr>
<td>Nishkalā</td>
<td>Indivisible and complete</td>
</tr>
<tr>
<td>Nishkāmā</td>
<td>Desireless, as You have everything</td>
</tr>
<tr>
<td>Nirūpapalavā</td>
<td>Indestructible</td>
</tr>
<tr>
<td>Nitya muktā</td>
<td>Ever free and Your devotees are ever free</td>
</tr>
<tr>
<td>Nirvikārā</td>
<td>Changeless and the unchanging basis of all changes</td>
</tr>
<tr>
<td>Nirāshrayā</td>
<td>Having no refuge, as You are the refuge of all</td>
</tr>
<tr>
<td>Nirantarā</td>
<td>Undifferentiated</td>
</tr>
<tr>
<td>Nishkāranā</td>
<td>Causeless, as You are the cause of all causes</td>
</tr>
<tr>
<td>Nirupadhi</td>
<td>Without illusion, the basis of plurality</td>
</tr>
<tr>
<td>Nirishwarā</td>
<td>Supreme</td>
</tr>
<tr>
<td>Nirāgā</td>
<td>Unattached</td>
</tr>
<tr>
<td>Nirmadā</td>
<td>Prideless</td>
</tr>
<tr>
<td>Nishchintā</td>
<td>Without any anxiety</td>
</tr>
<tr>
<td>Nirahamkārā</td>
<td>Without ego</td>
</tr>
<tr>
<td>Nirmohā</td>
<td>Free from illusion</td>
</tr>
<tr>
<td>Nirmamā</td>
<td>Without selfishness</td>
</tr>
<tr>
<td>Nishpāpā</td>
<td>Beyond sin</td>
</tr>
<tr>
<td>Nih-saṁshayā</td>
<td>Having no doubts</td>
</tr>
<tr>
<td>Nirbhavā</td>
<td>Unborn</td>
</tr>
<tr>
<td>Nirvikalpā</td>
<td>Beyond all doubt</td>
</tr>
<tr>
<td>Nirābādhā</td>
<td>Untroubled by anything whatsoever</td>
</tr>
<tr>
<td>Nirmāshā</td>
<td>Deathless and indestructible</td>
</tr>
<tr>
<td>Nishkriyā</td>
<td>Beyond all actions, not involved in any action</td>
</tr>
<tr>
<td>Nishparigrahā</td>
<td>Taking nothing, as You are the source of everything</td>
</tr>
</tbody>
</table>

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Nistulā ................................. Unequalled
Nilachikurā ............................... Dark haired
Nirapāyā ................................. Beyond danger
Niratayā ................................. Impossible to cross or transgress
Sukha-pradā .............................. The one who confers the bliss of
liberation or moksha
Sāndra-karunā ........................... Intensely compassionate to Your devotees
Mahā-devī ............................... The greatest of goddesses
Mahā-pūjyā .............................. Worshipped even by the highest of gods
(the Trimurtis: Shri Brahma, Shri Vishnu
and Shri Shiva)
Mahā-pātaka nāshinī ............... The one who destroys even the greatest
of sins
Mahā-shakti ............................. The great power
Mahā-māyā .............................. The supreme creator of illusion
and confusion even to the greatest of gods
Mahā-rati ............................... The greatest bliss that is beyond all
sense pleasures
Vishwa-rūpā ............................ Having the universe as Your form
Padm’āsanā .............................. Seated in the lotuses of the chakras
Bhagavatī ............................... The matrix of the universe, worshipped by all
including gods
Rakshā-karī .............................. The saviour
Rākshasa-ghnī ........................... The slayer of rakshasas and all evil forces
Param’eshwarī ........................... The supreme Goddess
Nitya-yauvanā ......................... Ever young, untouched by time as it is
Your creation
Punya-labhyā ............................ Attained by the righteous, being worshipped
as a result of good actions in previous births
Achintya-rūpā ........................... Beyond thought
Parā-shakti ............................. The supreme power
Guru-mūrti ............................. Of the form of the guru. Every true guru
is a manifestation of You
Ādi Shakti ............................... The primal power, being the first cause
Yogadā ................................. The bestower of yoga or union of the
individual soul
Ekākinī ................................. Alone, the sole basis of the plurality of
the universe
Sukh’ārādhyā ........................... Easily worshipped, without putting the body
to great strain
Shobhana-sulabha-gati ................ The easiest path to Self-realisation
Sat-chit-ānanda-rūpinī .......... Having the three attributes of the ultimate
(truth, consciousness and bliss) as Your forms
<table>
<thead>
<tr>
<th>Name</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lajjā</td>
<td>Bashful modesty, residing in all beings as modest chastity</td>
</tr>
<tr>
<td>Shubha-kaṛī</td>
<td>Beneficent. The greatest good is the realisation of the ultimate, and You grant that to devotees</td>
</tr>
<tr>
<td>Chandikā</td>
<td>Angry with evil forces</td>
</tr>
<tr>
<td>Tri-guṇ’ātmikā</td>
<td>Assuming the form of the three gunas</td>
</tr>
<tr>
<td>Mahatī</td>
<td>The great, immeasurable, supreme object of attention and worship</td>
</tr>
<tr>
<td>Prāna-rūpinī</td>
<td>Of the form of the divine breath of life</td>
</tr>
<tr>
<td>Param’ānu</td>
<td>The ultimate atom, too minute to be known</td>
</tr>
<tr>
<td>Pāsha-hantrī</td>
<td>The one who destroys pasha (bonds) and gives moksha (liberation)</td>
</tr>
<tr>
<td>Vīra-mātā</td>
<td>The mother of devotees who are courageous</td>
</tr>
<tr>
<td>Gambhīrā</td>
<td>Of bottomless depth. In the scriptures, You are visualised as a great and bottomless lake of consciousness, uncomprehended by space and time</td>
</tr>
<tr>
<td>Garvitā</td>
<td>Proud, as the creatrix of the universe</td>
</tr>
<tr>
<td>Kshipra-prasādinī</td>
<td>Showering grace on Your devotees very quickly</td>
</tr>
<tr>
<td>Sudhā-sruti</td>
<td>The ambrosial flow of bliss in the Sahasrara</td>
</tr>
<tr>
<td>Dharm’ādhārā</td>
<td>The support of right conduct</td>
</tr>
<tr>
<td>Vishwa-grāsā</td>
<td>The one who devours the universe at the time of pralaya, the ultimate dissolution</td>
</tr>
<tr>
<td>Svasthā</td>
<td>Established in Yourself; also, You establish the Self in devotees</td>
</tr>
<tr>
<td>Svabhāva-madhurā</td>
<td>Of natural sweetness; residing in the heart of Your devotees as bliss</td>
</tr>
<tr>
<td>Dhīra-śamarchitā</td>
<td>Worshipped by the wise and the brave</td>
</tr>
<tr>
<td>Param’ōdārā</td>
<td>Of supreme generosity</td>
</tr>
<tr>
<td>Shāshwatī</td>
<td>Ever-present and continuous</td>
</tr>
<tr>
<td>Lokāṇītā</td>
<td>Transcending all created universes, You are seated above Sahasrara</td>
</tr>
<tr>
<td>Sham’ātmikā</td>
<td>Having peace as Your essence. Devotees with their minds at peace are Your abode</td>
</tr>
<tr>
<td>Līlā-vinodini</td>
<td>The one whose sport is the universe; the entire act of creation is Your play</td>
</tr>
<tr>
<td>Sadāshivā</td>
<td>The sacred spouse of Sadashiva</td>
</tr>
<tr>
<td>Pushṭi</td>
<td>Nourishing the soul with divine vibrations</td>
</tr>
<tr>
<td>Chandra-nibhā</td>
<td>Luminous like the moon</td>
</tr>
<tr>
<td>Ravi-prakhyā</td>
<td>Effulgent like the sun</td>
</tr>
</tbody>
</table>
Pāvan’ākṛiti .............................................. The sacred form which washes away all sins 100
Vishwa-garbhā ........................................... The mother of the universe
Chit-shakti ............................................... The power of consciousness that dispels ignorance and confusion
Vishwa-sākshinī ....................................... The silent witness of the action of the universe
Vimalā ...................................................... Clean, pure, untouched
Varadā .................................................... The bestower of boons
Vilāsinī .................................................... Charming and playful, opening or closing the way to Self-realisation at Your pleasure 105
Vijayā ...................................................... Victorious
Vandāru-jana-vatsalā ............................... Loving Your devotees as Your children
Sahaja yoga dāyinī ................................. Granting spontaneous Self-realisation

Sākshāt Shri Ādi Shakti Mātājī
Shri 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 Shri Nirmala

Aum twameva sākshāt Shri Ādi Shakti Mātājī
Shri Nirmala Devyai namo namah
O Divine Mother, You are verily the immaculate Goddess. Salutations to You!

Nirmala Tantrā........................................... You are… The purity of the divine techniques
Nirmala Sarvā ................................................ The purity of everything
Nirmala Skandā ............................................. The purity of Shri Karttikeya
Nirmala Gaurī ................................................ Perfect purity (Kundalini)
Nirmala Kanyā .............................................. The purity of the virgin
Nirmala Rūpinī ............................................. Purity personified
Nirmala Shakti ................................................ The power of purity
Nirmala Shayinī ........................................... The pure state of peaceful rest
Nirmala Shradhā ........................................... Pure faith
Nirmala Vṛitti ............................................. The pure tendency of mind
Nirmala Bhavā ................................................ The purity of life
Nirmala Bhūmi ............................................... The purity of the Earth
Nirmala Saraswatī ....................................... The purity of the goddess of creativity
(the arts, music, knowledge and speech)
Nirmala Vidyā .............................................. Pure knowledge
Nirmala Kumārī ........................................... The purity of chastity
Nirmala Gaṅgā ................................................ The purity of the Ganges
Nirmala Mani ................................................ The purity of the jewel
Nirmala Ganapati ........................................... The purity of the lord of the ganas
(Shri Ganesha)
Nirmala Shrīmatī ........................................... The purity of Shri Lakshmi
Nirmala Chandikā ........................................... The purity of the one who is angry with evil forces
Nirmala Rādhikā ............................................ The pure pleasing power
Nirmala Bhaginī ........................................... The purity of the sister
Nirmala Stotra ............................................... The purity of the scriptures
Nirmala Yağṇyā ........................................... The purity of the havan
Nirmala Yoga ................................................ The pure yoga
Nirmala Soma ............................................. The purity of the sacred drink mentioned in the Vedas (vibrations)
Nirmala Bhagawatī ...................................... The pure blissful Goddess
Nirmala Pushpā ........................................... The pure flower
Nirmala Chakra...............The purity of the chakras
Nirmala Swayambhū.........The purity of the self-born (incarnations as well as vibrated Earth stones, such as the Ashta Vinayaka around Pune, Stonehenge or the Kaaba)
Nirmala Shivā..................The purity of auspiciousness and benevolence (Shri Shiva)
Nirmala Satī ..................The purity of the wife of Shri Shiva
Nirmala Pārvaṭī ..........The purity of Shri Parvati
Nirmala Sītā ..................The purity of Shri Sita
Nirmala Yog’eshwarī........The purity of the goddess of yoga
Nirmala Mūrti ...............The pure divine image
Nirmala Lakshmī ..........The purity of Shri Lakshmi
Nirmala Stuti ...............The purity of praising the Divine
Nirmala Māriā ..................The purity of Mother Mary (Shri Mahalakshmi)
Nirmala Rāmadāsa ..........The purity of Shri Hanumana (devoted to Shri Rama)
Nirmala Chitta ...............Pure attention
Nirmala Varāha .............The pure boar (the third incarnation of Shri Vishnu)
Nirmala Gaja .................The pure elephant (the vehicle of Shri Raja-lakshmi)
Nirmala Garuda .............The pure eagle (the vehicle of Shri Vishnu)
Nirmala Shesha ..............The pure serpent (Shri Vishnu’s couch)
Nirmala Nandī ...............The pure bull (the vehicle of Shri Shiva)
Nirmala Hāmsa ..............The pure swan (divine discrimination)
Nirmala Sarva-shakti-mayī ....The pure essence of all power
Nirmala Sthirā ...............Unchanging purity
Nirmala Bhavānī .............Pure existence
Nirmala Kundalini jāgṛutī ....The pure awakening of the Kundalini
Nirmala Padmā ...............The pure lotus
Nirmala Sahaja ..............Purely innate and spontaneous
Nirmala Buddhī .............Pure intelligence
Nirmala Param’eshwarī ......The pure supreme Goddess
Nirmala Mālinī ............The pure garlanded Goddess
Nirmala Mudrā ..............The pure holy gesture of blessing
Nirmala Rājñī ...........The pure empress (of all creation)
Nirmala Anantā .............Eternal purity
Nirmala Mātājī ............The pure Divine Mother
Nirmala Devī ...............The pure immaculate Goddess
<table>
<thead>
<tr>
<th>Nirmala Bhairavī</th>
<th>The pure power of Shri Bhairava</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nirmala Mayī</td>
<td>The pure essence</td>
</tr>
<tr>
<td>Nirmala Ajā</td>
<td>The purity of the unborn</td>
</tr>
<tr>
<td>Nirmala Gomāṭā</td>
<td>The purity of the divine mother-cow</td>
</tr>
<tr>
<td>Nirmala Sindhu</td>
<td>The purity of the ocean and the river Indus</td>
</tr>
<tr>
<td>Nirmala Ambā</td>
<td>The purity of the Divine Mother</td>
</tr>
<tr>
<td>Nirmala Kāli</td>
<td>The purity of the dark goddess</td>
</tr>
<tr>
<td>Nirmala Kriyā-shakti</td>
<td>The pure power of action</td>
</tr>
<tr>
<td>Nirmala Icchā-shakti</td>
<td>The power of pure desire</td>
</tr>
<tr>
<td>Nirmala Ģnāyāna-shakti</td>
<td>The power of pure knowledge</td>
</tr>
<tr>
<td>Nirmala Prāna-shakti</td>
<td>The pure power of life itself</td>
</tr>
<tr>
<td>Nirmala Manas-shakti</td>
<td>The pure power of the divine superego</td>
</tr>
<tr>
<td>Nirmala Brahma-shakti</td>
<td>The pure all-pervading power</td>
</tr>
<tr>
<td>Nirmala Ādi Shakti</td>
<td>The pure power of God Almighty</td>
</tr>
<tr>
<td>Nirmala Aumkāra</td>
<td>The purity of the Aum</td>
</tr>
<tr>
<td>Nirmala Shānti</td>
<td>Pure peace</td>
</tr>
<tr>
<td>Nirmala Indra</td>
<td>The purity of the king of the gods</td>
</tr>
<tr>
<td>Nirmala Vāyu</td>
<td>The purity of the wind</td>
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<tr>
<td>Nirmala Agnį</td>
<td>The purity of fire</td>
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<tr>
<td>Nirmala Varuna</td>
<td>The purity of the ocean</td>
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<tr>
<td>Nirmala Chandra</td>
<td>The purity of the moon</td>
</tr>
<tr>
<td>Nirmala Sūrya</td>
<td>The purity of the sun</td>
</tr>
<tr>
<td>Nirmala Nāga-kanyā</td>
<td>The pure virgin serpent (Kundalini)</td>
</tr>
<tr>
<td>Nirmala Mandala</td>
<td>The sacred coil (Kundalini)</td>
</tr>
<tr>
<td>Nirmala Trikona</td>
<td>The sacred triangle (sacrum bone)</td>
</tr>
<tr>
<td>Nirmala Rudra</td>
<td>Pure divine wrath (Shri Shiva)</td>
</tr>
<tr>
<td>Nirmala Kula</td>
<td>The pure abode</td>
</tr>
<tr>
<td>Nirmala Krishṇa-deha</td>
<td>The purity of the dark-skinned god</td>
</tr>
<tr>
<td>Nirmala Jīva</td>
<td>The pure soul</td>
</tr>
<tr>
<td>Nirmala Rishi</td>
<td>The pure saint</td>
</tr>
<tr>
<td>Nirmala Sāvitrī</td>
<td>The pure mother</td>
</tr>
<tr>
<td>Nirmala Šiddhi</td>
<td>The pure power of abundance (the shakti of Shri Ganesha)</td>
</tr>
<tr>
<td>Nirmala Īśhvarī</td>
<td>The pure goddess</td>
</tr>
<tr>
<td>Nirmala Rāma</td>
<td>The purity of Shri Rama</td>
</tr>
<tr>
<td>Nirmala Chāru-rūpā</td>
<td>Pure beauty</td>
</tr>
<tr>
<td>Nirmala Sukha</td>
<td>Pure happiness</td>
</tr>
</tbody>
</table>
Nirmala Moksha-pradāyinī .... The bestower of complete emancipation, the purest moksha
Nirmala Piṅgalā .................. The purity of the sun channel (right side)
Nirmala Bhakti .................. Pure devotion
Nirmala Sundarī .................. The auspicious beauty of a woman
Nirmala Mātṛikā .................. The one who manifests Her pure, motherly essence through the divine syllables
Nirmala Ardha-bindu .......... The pure crescent moon resting on Shri Shiva’s head (first chakra above Sahasrara)
Nirmala Bindu .................. The pure primordial dot (second chakra above Sahasrara)
Nirmala Valaya .................. The completed sacred circle (third chakra above Sahasrara)
Nirmala Shwetā .................. Pure white
Nirmala Tejasī .................. Radiant purity

Sākshāt Shri Ādi Shakti Mātāji
Shri 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
Shri Rāja-rāj’eshwarī

Aum twameva sākshāt Shri Rāja-rāj’eshwarī sākshāt
Shri Ādi Shakti Mātājī Shri 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
Sarva-chakra putra-Ganesha sthitā ................. The one whose son Shri Ganesha resides
in all the chakras
Shat-chakra’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
Turīya-sthitī 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
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 paḍāmbuja-sthitā .................. The one in whose divine lotus feet
all deities reside
Sarva-rājñī..........................The queen of Sarva (the whole, Shri Sadashiva)
Shāṅkari ................................The queen of Lord Shankara
Shāṃbhavī ............................The queen of Shambhu (Shri Shiva)
Vilamba sthiti ..........................The one who dwells in the space between the two thoughts
Sahasra-dala-padma sthitā ...........The one who resides in the thousand-petalled lotus (of the Sahasrara)
Ānanda-praphula-vana-vāsī-dwijā. The natural home for the twice born in the flowery forests (of the Sahasrara)
Satya-astītvā ..........................The reality, the energy of blissful truth
Shuddha pāvitrā dhāna-pātrā . The kether (the crown) and the purest vessel of the Hebrew people
Mukuta-manī dāyinī ..................The one who fulfils the Old Testament prophecy by putting on Your head a graceful diadem and a glorious crown
Sampūrṇa pravāhinī ....................The Shekina, the Hebraic female divinity, who announces the Sefirot, the final emanation of God Almighty
Nakshatra-tīkā mandita-shubha-vastra dhārinī The queen of Heaven, the one with stars over Her head
Swargīya pushpa mādhurī ......The daisy of Heaven; Your soothing petals fill the fields of our minds with cooling sensations and vibrations
Yeshu-mātā ................................The mother of Jesus
Swarga-rājñī. ..........................The queen of Heaven, bestowing the peace and silence of the ages
Sarva-vishwa sām-rājñī .............The one who rules over heavenly angelic beings, who constantly sing Your praise
Utkrānti antima-sthiti dāyinī The one whose domain is the omega, the end point of evolution, spoken of by Lord Jesus Christ
Surakshā-bandhana dāyinī The one whose holy bandhan is the symbol for our protection
Swarna ratna jadita-simh’āsana-sthitā Sitting on a throne, shining like a pearl, all the colours of real stones are integrated into the bright light around Your throne
Vishwa Nirmala-dharma dāyinī The bestower of Nirmal Dharma to your devotees. From Your throne, only one religion has been revealed
Guru-pada dāyinī
The bestower of Guru-pada to Your devotees

Qiyāma sākshinī
The witness of the resurrection time

Divya-pavana dāyinī
The royal home of the Ruh, the divine wind of vibrations

Nitya-mahā pushpā
The mystical and majestic rose that never fades

Sidrat-al-muntaḥa
The chakra of the seventh heaven of Islam

Sapta-swarga-nūr jahān
The light of splendour in the crown of the seven heavens of Islam

Islām simh’āsinī
The throne upon which Islam is established

Paigambarī sahasrāra kamalā
The one who unites all the races in the golden light of Her Sahasrara

Nitya-mahā pushpā
The mystical and majestic rose that never fades

Sahana-satarāra-kamalā
The final lotus spoken of by the prophet

Ananta-shiva nivāsā
The abode of the timeless Shiva

Mahā-kalki vijaya-shakti
The great power that gives victory to Shri Kalki

Chitra-kūta suhāsinī
The nurturing garden for yogis

Kalki-ekādasha-shakti-Sahasrāra-swarūpinī
The one who has the eleven destroying powers of Shri Kalki in the Sahasrara

Kalki-ashwa vāhana-mahā-rājñī
The one whose vehicle is the white horse of Shri Kalki, known as Buraq in Islam

Kalki Mahālakshmi
The power of ascent of Shri Kalki

Moksha pradāyinī
The one who gives moksha (liberation) to all seekers (at the Sahasrara)

Ādi Shakti kamala-charana-yogi-sahasrāra-sharana dāyinī
The one who allows every yogi to worship Her lotus feet in Sahasrara as Adi Shakti

Sahasra-bhānu shītalā-prakāsha dāyinī
Bright like a thousand suns, You bestow the cooling light

Shītal’āgni mana-hṛidaya-chitta saṅgama kārinī
The one who merges the mind, heart and attention with the cooling flames of the Sahasrara

Divya anubhava dāyinī
The one who elevates human experience into divine experience

Prakṛiti nṛitya mahā-shakti
The great power causing the divine dance of nature

Brahmānda-madhya-stha-nivāsinī
The centre of the universe
Medhā-sapta-chakra-jāgrutī pradāyinī.............. The one who awakens the seven chakras in the brain
Vijaya-lakshmī ........................................ The victory over all the challenges of our ascent
Sapta-shṛingī pūjini .................................. The one whose cooling breeze enlightens the limbic area, as embodied on Earth as Sapta Shringi
Param-chaitanya gaṅgotrī ......................... The source of the Param-chaitanya, as the origin of the Ganges
Devī jwālā-mukhī ātma-sākshāt kārinī .......... The Goddess with the divine fire that enlightens all humanity
Navagraha swāminī .................................. The one who controls all the nine planets through Her power
Rakshā kārinī ......................................... The protection from all the challenges of our ascent
Nirmalā mātā ........................................... The immaculate Mother
Sudhā-sāgara madhya-sthā ............. The centre of the ocean of nectars
Chandra-mandala madhyā ............... The centre of the Sahasrara, like the orb of the moon
Chandra-nibhā ........................................ Luminous like the moon
Nirvikalpa samādhi ................................. Doubtless awareness that brings complete peace
Sahasrār’āmbuja-mitā ............................... The one who dwells in the lotus of the Sahasrara as moksha (liberation)
Dharm’ātītā ............................................. The one whose actions are pure and dharmic
Kal’ātītā .................................................. Beyond time
Gun’ātītā .................................................. Beyond, and commanding, the three gunas
Mahākālī ............................................... The power of Shri Mahakali, the bestower of joy and auspiciousness
Mahāsaraswatī ........................................ The power of Shri Mahasaraswati, the bestower of pure attention and creativity
Mahālakshmī ........................................... The power of Shri Mahalakshmi, the bestower of truth and Self-realisation, the power of the eternal present
Mahā-māyā .............................................. The great illusion, the bestower of good to humanity and the destroyer of evil

Sākshāt Shri Ādi Shakti Mātāji
Shri 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!

<table>
<thead>
<tr>
<th>Name</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mahā-ganesha</td>
<td>You are… Shri Maha-ganesha</td>
</tr>
<tr>
<td>Mahā-bhairava</td>
<td>Shri Maha-bhairava</td>
</tr>
<tr>
<td>Mahat-mānasa</td>
<td>The great superego of the Virata</td>
</tr>
<tr>
<td>Mahat-ahaṁkāra</td>
<td>The great ego of the Virata</td>
</tr>
<tr>
<td>Hiranya-garbha</td>
<td>The primordial cosmic egg</td>
</tr>
<tr>
<td>Satya</td>
<td>Truth</td>
</tr>
<tr>
<td>Mahat-chitta</td>
<td>The great attention</td>
</tr>
<tr>
<td>Ādi Shakti</td>
<td>The primordial power of God Almighty</td>
</tr>
<tr>
<td>Virāta</td>
<td>The primordial cosmic Being</td>
</tr>
<tr>
<td>Kalki</td>
<td>Shri Kalki</td>
</tr>
<tr>
<td>Sadāshiva</td>
<td>Lord God Almighty</td>
</tr>
<tr>
<td>Ardha mātrā</td>
<td>The pure crescent</td>
</tr>
<tr>
<td>Bindu</td>
<td>The pure primordial dot</td>
</tr>
<tr>
<td>Valaya</td>
<td>The completed sacred circle</td>
</tr>
<tr>
<td>Ādi Brahma-tattwa</td>
<td>The primordial principle of the Divine</td>
</tr>
<tr>
<td>Sarva-swa</td>
<td>The all-pervading Spirit</td>
</tr>
<tr>
<td>Sahasrāra-swāminī</td>
<td>The goddess of the Sahasrara chakra</td>
</tr>
<tr>
<td>Moksha dāyinī</td>
<td>The one who bestows spiritual liberation</td>
</tr>
<tr>
<td>Mahā-yoga dāyinī</td>
<td>The one who bestows the Maha-yoga</td>
</tr>
</tbody>
</table>

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 Shri Ādi Shakti

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 bhuwanas 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.

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.

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.

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.
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.

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.
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.

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.

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.

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.

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.

You have incarnated on this Earth for the Last Judgement.
You are the source of cognitive science and the torsion area.
Whatever human beings plan, You dismantle it to destroy their egos. With one subtle movement of Your finger, You destroy people like Hitler.
You give powerful advice with subtle humour.
You correct Sahaja yogis, never by harsh words, but with loving, gentle affection.
You explain the subtle meaning of all the scriptures.
You expose falsehood in very direct ways.
You do not know any fear and You give complete security to all Sahaja yogis.
You respect Your children and love them to make them perfect models for the rest of humanity. You have given Sahaja yogis sinless fun and a life of complete joy.

Sākshāt Shri 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
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.

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.

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.

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.

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.

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.

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.

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.

Thank You for establishing the Kingdom of God on Earth.
Thank You for accepting our offerings and prayers.
Thank You for showering Your blessings endlessly upon us.
Thank You for opening the gateway to Heaven within us.
Thank You for bestowing the gift of yoga upon us.

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

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

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

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

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

Thank You for accommodating us.
Thank You for trusting us.
Thank You for counting on us.
Thank You for waiting for us.
Thank You for taking us into Your divine body.
Thank You for giving us collectivity.
Thank You for giving us friendship.
Thank You for giving us families.
Thank You for giving us positions in life.
Thank You for giving us wealth.
Thank You for giving us spiritual authority.
Thank You for giving us self-esteem.
Thank You for giving us discrimination.
Thank You for giving us wisdom.
Thank You for giving us success.
Thank You for giving us meditation.
Thank You for giving us inner peace.
Thank You for giving us inner joy.
Thank You for giving us enlightened attention.
Thank You for giving us detachment.
Thank You for equipping us with divine weapons.
Thank You for submitting us to the benevolent attention of the deities and all celestial beings.
Thank You for giving us concern for others.
Thank You for giving us the power to help others.
Thank You for giving us the satisfaction of spreading Vishwa Nirmala Dharma.
Thank You for Your continuous attention.
Thank You for being the mirror.
Thank You for being ever present.
Thank You for being gentle.
Thank You for being wonderful.
Thank You for being in our hearts.
Thank You for being our guru.
Thank You for being our Mother.

Sākshāt Shri Ādi Shakti Mātājī
Shri 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.
Hail to the auspicious goddess Mahakali Bhadrakali, who wears a garland of skulls!
The 108 names of Shri Mahakali

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

Mahākālī ........................................ You are... The seed energy of God's desire
Kāmadhenu .................................... The divine wish-fulfilling cow
Kāma-swarūpā ................................. The one whose form is desire
Varadā ........................................... The bestower of boons
Jagad-ānanda kārinī ......................... The cause of the total bliss of the universe
Jagat-jīva mayī ............................... The total life force of the universe
Vajra-kankālī ................................. The one who transforms the human skull into a thunderbolt
Shāntā .......................................... Peaceful
Sudhā-sindhu nivāsinī .................... The one who dwells in the cosmic ocean of nectar
Nidrā ............................................ Sleep
Tāmasi ........................................ The one who generates and presides over the tamo guna
Nandinī .......................................... The one who pleases everyone
Sarva-ānanda swarūpinī ................. The embodiment of universal joy
Paramānanda rūpā .......................... The highest form of divine bliss
Stutyā .......................................... The most fitted for adoration and worship
Padmālayā ..................................... The one who resides in the purest lotus
Sadā-pūjyā .................................... The sacred immutable object of adoration
Sarva-priyaṅkarī ............................. Universal wish-fulfilling divine energy
Sarva-maṅgalā ............................... The auspiciousness of the cosmos
Pūrnā .......................................... Perfect and complete
Vilāsini ....................................... The playful ocean of joy
Amoghā ........................................ The Mother, whose darshan seldom goes unrewarded
Bhogawatī ..................................... The supreme enjoyer of the universe
Sukhadā ........................................ The one who bestows perfect happiness
Nishkāmā ..................................... Desireless
*Madhu-kaitabha hantrī .............. The killer of Madhu and Kaitabha
*Mahishāsura ghātinī .................. The slayer of Mahishasura
*Raktabija vināshinī ................. The destroyer of Raktabija
*Narakāntakā ............................... The destroyer of Narakasura
<table>
<thead>
<tr>
<th>Name</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ugra-chand'eshwarī</td>
<td>Fire, hailstorm and fury</td>
</tr>
<tr>
<td>Krodhinī</td>
<td>Cosmic wrath</td>
</tr>
<tr>
<td>Ugra-prabhā</td>
<td>Radiant with fury</td>
</tr>
<tr>
<td>Chāmundā</td>
<td>The killer of Chanda and Munda</td>
</tr>
<tr>
<td>Khadga-pālinī</td>
<td>She who rules by the sword</td>
</tr>
<tr>
<td>Bhāsvar'āsurī</td>
<td>The goddess whose fierce radiance destroys the demonic forces</td>
</tr>
<tr>
<td>Shatru-mardinī</td>
<td>The slayer of the enemies of the saints</td>
</tr>
<tr>
<td>Rana-panditā</td>
<td>Master of the science of war and battles</td>
</tr>
<tr>
<td>Rakta-dantikā</td>
<td>The one whose teeth are red (with the blood of demons)</td>
</tr>
<tr>
<td>Rakta-priyā</td>
<td>Fond of the blood of demons</td>
</tr>
<tr>
<td>Kapālinī</td>
<td>The one who holds a skull in Her hand</td>
</tr>
<tr>
<td>Kuru-kula-virodhinī</td>
<td>The one who confronts the demonic hosts and all sins of the world</td>
</tr>
<tr>
<td>Krishna-dehā</td>
<td>Dark bodied</td>
</tr>
<tr>
<td>Nāra-mundalī</td>
<td>The one who wears a garland of human skulls</td>
</tr>
<tr>
<td>Galat-rudhira-bhūshanā</td>
<td>Adorned with drops of blood</td>
</tr>
<tr>
<td>Preta-nṛitya-parāyanā</td>
<td>The spirit of the cosmic dance of dissolution</td>
</tr>
<tr>
<td>Lolā-jihvā</td>
<td>The one whose tongue hangs out</td>
</tr>
<tr>
<td>Kundalinī</td>
<td>The residual energy of the Holy Spirit</td>
</tr>
<tr>
<td>Nāga-kanyā</td>
<td>The virgin serpent</td>
</tr>
<tr>
<td>Pati-vratā</td>
<td>The faithful and devoted wife</td>
</tr>
<tr>
<td>Shiva-saṅginī</td>
<td>The eternal companion of Shri Shiva</td>
</tr>
<tr>
<td>Visaṅgī</td>
<td>Without any companion</td>
</tr>
<tr>
<td>Bhūta-pati priyā</td>
<td>Loved by the lord of the living (Shri Shiva)</td>
</tr>
<tr>
<td>Preta-bhūmi kṛitālayā</td>
<td>The one who dwells in the land of bhoots and ghosts</td>
</tr>
<tr>
<td>Daityendra māthini</td>
<td>The slayer of the chief demon</td>
</tr>
<tr>
<td>Chandra-swarūpinī</td>
<td>The cooling radiance of the moon (Ida nadi)</td>
</tr>
<tr>
<td>Prasanna-padma-vadanā</td>
<td>The one having a bright, smiling, lotus-like face</td>
</tr>
<tr>
<td>Smera-vaktrā</td>
<td>The Divine Mother with a smiling countenance</td>
</tr>
<tr>
<td>Sulochanā</td>
<td>The one with beautiful eyes</td>
</tr>
<tr>
<td>Sudantī</td>
<td>The one with marvellous glittering teeth</td>
</tr>
<tr>
<td>Sindūr'āruna-mastakā</td>
<td>The one who puts red sindur on Her forehead (kum-kum)</td>
</tr>
<tr>
<td>Sukeshī</td>
<td>The one with magnificent long, dark hair</td>
</tr>
<tr>
<td>Smita-hāsyā</td>
<td>Eternally smiling to Your devotees</td>
</tr>
<tr>
<td>Mahat-kuchā</td>
<td>The one whose heavy breasts give milk to the whole universe</td>
</tr>
</tbody>
</table>
Priya-bhāshinī ........................................... Gifted with loving eloquence
Subhāshinī .................................................. The one whose speech is soft and sound
Mukta keshī ................................................ The one whose loose and flowing hair grants liberation
Chandra-koti sama-prabhā .................................. Shining with the lustre of a million moons
Agādha-rūpinī ................................................ The one whose immeasurable beauty enchants the universe
Manoharā .................................................. Magnetic and fascinating, winning every heart
Manoramā ................................................ The highest divine grace and charm to please all
Vashyā .................................................. The celestial charmer enticing all in Your web of love
Sarva-saundarya nilayā .................................. The home of all beauty
Raktā .................................................. The one whose colour is red
Swayambhū-kusuma-prānā .................................. The life force of the self-created flowers (chakras)
Swayambhū-kusum’onmādā .................................. Intoxicated with the self-created flowers (chakras)
Shukra-pūjyā ........................................ Wished as the whiteness of purity
Shukra-sthā ........................................ Surrounded by a halo of purity and whiteness
Shukr’ātmikā ........................................ The soul of purity and sacredness
Shukra-nindaka-nāshinī ................................. Committed to destroying the enemies of holiness
*Nishumbha-shumbha- samhantrī .......................... The slayer of Shumbha and Nishumbha
Vahni-mandala- madhya-sthā .......................... Sitting at the centre of the blazing cosmic fire
Vīra-jananī ........................................ The mother of the brave
*Tripura-mālinī ........................................ The one who wears as a trophy the heads of the Tripura demons
Karālī ........................................ The one whose terrifying gaping mouth consumes the universe during the cosmic dissolution
Pāshinī ........................................ Holding the noose of death
Ghora-rūpā ........................................ The one with a terrifying form
Ghora-darāshtrā ........................................ The one with fierce jaws
Chandī ........................................ The one who destroys all evil tendencies in Her disciples
Sumati ........................................ The mother of the purest wisdom
Punyadā .................................................. The one who showers virtues 90
Tapaswinī .................................................. The ascetic
Kshamā .......................................................... Forgiveness
Taraṅginī ....................................................... Bubbling with life and energy
Shuddhā .......................................................... Saintly chastity
Sarv’eshwarī ................................................... The goddess of all 95
Garishthā ......................................................... Manifesting Your joy at the sight of Your disciples
Jaya-shālinī .................................................... Royal and victorious
Chintā-manī .................................................... The wish-fulfilling gem
Advaita bhoginī ............................................... The enjoyer of non-duality
Yog’eshwarī ..................................................... Detached, the goddess of yoga
Bhoga-dhārinī .................................................. Fulfilled intensity of all pleasures, joy and bliss
Bhakta-bhāvitā .................................................. Fulfilled by the pure love of Your disciples
Sādhak’ānanda-santoshā ....................................... Fulfilled by the joy of Your disciples
Bhakta-vatsalā .................................................. The one who loves Her devotees as Her children
Bhakt’ānanda mayī ............................................ The source of eternal joy for Your disciples 100
Bhakta-shaṅkarī .................................................. The one who brings the desires of Her devotees to fruition
Bhakti-saṁyuktā .................................................. The one attained by devotion
Nishkalaṅkā ...................................................... Spotless and unblemished

Sākshāt Shri Ādi Shakti Mātājī
Shri 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 Shri Bhairava

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

Mahā-bhairava ........................................ You are... The great, all-powerful Bhairava
Batuka Bhairava ........................................ Ever young, You appear as a young boy
Siddha Bhairava ........................................ The seer, perfect and powerful
Kaṅkāla Bhairava ...................................... Adorned with skeletons
Kāla Bhairava ........................................... The dark-hued lord of death and time
Kālāgni Bhairava ...................................... The fire of destruction
Yoga Bhairava ........................................... Lord of the divine union
Shakti Bhairava ........................................ The almighty Lord, endowed with great power
Ānanda Bhairava ...................................... The lord of divine bliss
Mārtanda Bhairava ................................... Bright like the sun
Gaura Bhairava ......................................... The lord of absolute purity
Bāla Bhairava ........................................... The mighty lord who appears as a child
Batu Bhairava .......................................... The celibate youth
Shmashāna Bhairava .................................. The lord of all cremation grounds and cemeteries
Purā Bhairava ........................................... The ancient lord
Taruna Bhairava ...................................... The lord of ever-youthful vigour
Param’ānanda Bhairava ............................... The one who enjoys transcendental bliss
Sur’ānanda Bhairava ................................. The one who enjoys the bliss of the gods
Gñyān’ānanda Bhairava .............................. The one who enjoys the bliss of divine meditation
Uttam’ānanda Bhairava .............................. The one who enjoys the supreme ecstasy
Amṛut’ānanda Bhairava .............................. The one who enjoys the nectar of divine bliss

Sākshāt Shri Ādi Shakti Mātāji
Shri Nirmalā Devyai namo namah

The incarnations of Shri Bhairava
Shri Markandeya (12,000 BCE), 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 Shri Mahāvīra

Aum twameva sākshāt Shri Mahāvīra sākshāt
Shrī Ādi Shakti Mātājī Shrī Nirmalā Devyai namo namah

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

<table>
<thead>
<tr>
<th>Name</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vardhamāna</td>
<td>You are... The one who makes us progress and evolve</td>
</tr>
<tr>
<td>Mahāvīra</td>
<td>The great hero</td>
</tr>
<tr>
<td>Gñyata-nandana</td>
<td>Born into an illustrious family</td>
</tr>
<tr>
<td>Nirgrantha</td>
<td>Free of all ties and possessions</td>
</tr>
<tr>
<td>Shramana</td>
<td>The sadhu, the ascetic</td>
</tr>
<tr>
<td>Jayā</td>
<td>Victorious</td>
</tr>
<tr>
<td>Tārāvatī</td>
<td>The one who gives protection</td>
</tr>
<tr>
<td>Bahu-rūpinī</td>
<td>The one who has many forms</td>
</tr>
<tr>
<td>Chāmundā</td>
<td>The destroyer of Chanda and Munda</td>
</tr>
<tr>
<td>Aparājītā</td>
<td>The one who cannot be surpassed</td>
</tr>
<tr>
<td>Padmāvatī</td>
<td>Seated upon the lotus</td>
</tr>
<tr>
<td>Ambā</td>
<td>The one within whom the goddess Amba resides</td>
</tr>
<tr>
<td>Sidhhāyikā</td>
<td>Perfection and plenitude personified</td>
</tr>
<tr>
<td>Bhairava</td>
<td>The protector of the subconscious</td>
</tr>
<tr>
<td>Vimal’eshwara</td>
<td>Pure (the god of purity)</td>
</tr>
<tr>
<td>Mani-bhadra</td>
<td>The one who makes all things auspicious</td>
</tr>
<tr>
<td>Brahma-shānti</td>
<td>Universal peace</td>
</tr>
<tr>
<td>Kshetra-pāla</td>
<td>The protector of nature</td>
</tr>
<tr>
<td>Dharm’endra</td>
<td>The lord of dharma</td>
</tr>
<tr>
<td>Anaṅga-ruddha</td>
<td>Detached from all garments, being clothed with the sky</td>
</tr>
<tr>
<td>Sarvah</td>
<td>The one who is the whole, totality personified</td>
</tr>
</tbody>
</table>

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-ganeshā
(seed mantras of the back Āgñyā)

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

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 Shirham, 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 Nādī)

Aum Ham Hanumate Rudrātmakāya 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 Mātāji Shrī Nirmalā Devyai namo namah
O Divine Mother, You are verily the archangel Shrī Hanumana.
Salutations to You!

Hanumāna ........................................ You are… The one with a prominent jaw, the remover of ego and pride
Bajaraṅga-balī ..................................... Saffron coloured and immeasurably strong
Rāma-dūta ......................................... The messenger of Shri Rama
Pavana-suta ....................................... The son of the wind god
Kapīṣha ........................................... The king of the monkeys
Anjanī-putra ...................................... The son of Anjani
Mahāvira .......................................... A great and powerful warrior
Shaṅkara-suvana ................................ The incarnated son of Shri Shiva
Vidyāvāna ......................................... Highly learned
Kānchana-varna ................................ Of golden complexion
Vikata-rūpa ...................................... Mighty and huge
Bhīma ................................................ Almighty and formidable
Rāma-priya ........................................ Loved by Shri Rama
Rāmadāsa ......................................... The servant of Shri Rama
Balavāna .......................................... The lord of immense strength
Sugrīva-mitra .................................... The friend of Sugriva (You helped Sugriva get back his lost kingdom)
Rāma-dvāra-pāla ................................ The one who guards the door of Shri Rama
Bhūta-pishācha nāshaka ....................... The destroyer of ghosts and evil spirits
Sarva-vyādhi-hara ............................... The remover of sickness and disease
Saṅkata vimochana ............................ The liberator from danger and difficulties
Rāmakāj’ātura .................................... Always anxious to accomplish Shri Rama’s work (You brought to fruition all His enterprises)
Amita jīvana-phala-pradāyaka ............. The one who fulfills wishes and grants the unlimited fruits of life
Ashta-siddhi-navanidhi-dāyaka .............. The bestower of the eight siddhis (divine powers) and the nine types of wealth
<table>
<thead>
<tr>
<th>Name</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Roma-roma Rāma-nāma-dhārī</strong></td>
<td>The one whose every cell bears the name of Shri Rama</td>
</tr>
<tr>
<td><strong>Sarva-jagat-ujiyārā-dāyaka</strong></td>
<td>The one who enlightens the entire universe</td>
</tr>
<tr>
<td><strong>Rāma-rasa dāyaka</strong></td>
<td>The bestower of Shri Rama’s gentle qualities</td>
</tr>
<tr>
<td><strong>Raghubīra-stuta</strong></td>
<td>The one who praises Shri Rama of the Raghu Dynasty</td>
</tr>
<tr>
<td><strong>Hari bhakti dāyaka</strong></td>
<td>The one who instils devotion to Shri Vishnu</td>
</tr>
<tr>
<td><strong>Mahā-mantra</strong></td>
<td>The one who rejoices in reciting the maha-mantras</td>
</tr>
<tr>
<td><strong>Mahā-sukha</strong></td>
<td>The giver of supreme joy</td>
</tr>
<tr>
<td><strong>Sahaja-hṛidaya vāsī</strong></td>
<td>The one who resides in the hearts of Sahaja yogis</td>
</tr>
<tr>
<td><strong>Maṅgala-mūrti rūpa</strong></td>
<td>The most auspicious and blissful form</td>
</tr>
<tr>
<td><strong>Sura-bhūpa</strong></td>
<td>The king of devas</td>
</tr>
<tr>
<td><strong>Kumati nivāraka</strong></td>
<td>The redeemer of evil tendencies</td>
</tr>
<tr>
<td><strong>Giri-vara-bala</strong></td>
<td>Strong like a mountain</td>
</tr>
<tr>
<td><strong>Bala-vīra</strong></td>
<td>Strong, valiant and brave</td>
</tr>
<tr>
<td><strong>Laṅkesha-gruha-bhanjana</strong></td>
<td>The destroyer of Lanka (You burnt Ravana’s city with Your tail)</td>
</tr>
<tr>
<td><strong>Tulsidāsa stuta</strong></td>
<td>Praised by Tulsidas</td>
</tr>
<tr>
<td><strong>Nirmalā-harsha</strong></td>
<td>The one who gives joy to Shri Mataji</td>
</tr>
<tr>
<td><strong>Sahaja-dhwaja-virājita</strong></td>
<td>Adorning the victory flag of Sahaja Yoga</td>
</tr>
<tr>
<td><strong>Gadā-hasta</strong></td>
<td>The wielder of the mace of Lord Indra</td>
</tr>
<tr>
<td><strong>Sahaja-sāṅgha rakshaka</strong></td>
<td>The one who protects the Sahaj collective</td>
</tr>
<tr>
<td><strong>Sanjīvani upalabdhā kāraka</strong></td>
<td>The one who fetched the life-saving sanjīvani herb (to save Lakshmana)</td>
</tr>
<tr>
<td><strong>Lakshmana-prāna dātā</strong></td>
<td>The one who saved Lakshmana’s life</td>
</tr>
<tr>
<td><strong>Rāma-charitra vandana</strong></td>
<td>The one who celebrates the character and exploits of Shri Rama</td>
</tr>
<tr>
<td><strong>Atulita-bala-dhāma</strong></td>
<td>The repository of immeasurable strength</td>
</tr>
<tr>
<td><strong>Gīyāna-guna sāgara</strong></td>
<td>The ocean of knowledge and virtues</td>
</tr>
<tr>
<td><strong>Kunchita-kesha</strong></td>
<td>The one with curly hair</td>
</tr>
<tr>
<td><strong>Vikrama</strong></td>
<td>Courageous</td>
</tr>
<tr>
<td><strong>Marut-nandana</strong></td>
<td>Called Maruti, the son of the wind god (Marut)</td>
</tr>
<tr>
<td><strong>Duhkha-bhanjana</strong></td>
<td>The destroyer of all sorrows and pain</td>
</tr>
<tr>
<td><strong>Ati-chātura</strong></td>
<td>Brilliant, wise and extremely intelligent</td>
</tr>
<tr>
<td><strong>Asura nikhandana</strong></td>
<td>The destroyer of the asuras</td>
</tr>
<tr>
<td><strong>Simha</strong></td>
<td>Powerful like a lion</td>
</tr>
<tr>
<td>Name</td>
<td>Meaning</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>-------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Goswāmī</td>
<td>The worshipful Lord</td>
</tr>
<tr>
<td>Rāma bhakta</td>
<td>The (greatest) devotee of Shri Rama</td>
</tr>
<tr>
<td>Bhakti swarūpa</td>
<td>Devotion itself</td>
</tr>
<tr>
<td>Jagat vandita</td>
<td>Worshipped by the entire world</td>
</tr>
<tr>
<td>Kesarī nandana</td>
<td>The son of King Kesari</td>
</tr>
<tr>
<td>Mahāyogī</td>
<td>The great yogi</td>
</tr>
<tr>
<td>Sindūra Īepita</td>
<td>The one who applies red kum-kum paste to His body</td>
</tr>
<tr>
<td>Sanātana</td>
<td>Beyond the boundaries of time and space</td>
</tr>
<tr>
<td>Vanachara</td>
<td>The one who dwells and moves in the forest</td>
</tr>
<tr>
<td>Bhāgya vidhātā</td>
<td>The creator of good fortune</td>
</tr>
<tr>
<td>Kṛṣṇā niḍhāna</td>
<td>The reservoir of blessings</td>
</tr>
<tr>
<td>Mahā-rājā</td>
<td>The great king</td>
</tr>
<tr>
<td>Rāma-bhajana rasika</td>
<td>Fond of singing Shri Rama’s bhajans</td>
</tr>
<tr>
<td>Garvita</td>
<td>Proud (as a disciple of Shri Matajī)</td>
</tr>
<tr>
<td>Bala-bhīma</td>
<td>Of formidable strength</td>
</tr>
<tr>
<td>Chiran-jīvī</td>
<td>Immortal</td>
</tr>
<tr>
<td>Ūrdhvagāmī</td>
<td>The ascent</td>
</tr>
<tr>
<td>Sūkshma rūpa</td>
<td>The one who appeared before Shri Sita in a subtle form</td>
</tr>
<tr>
<td>Sītā jīvana-hetu kāya</td>
<td>The well-wisher of Shri Sita</td>
</tr>
<tr>
<td>Rām’āshirvādita</td>
<td>Blessed by Shri Rama</td>
</tr>
<tr>
<td>Nishkalamākṣa</td>
<td>Spotless and unblemished</td>
</tr>
<tr>
<td>Bhayaṅkara</td>
<td>Terrifying</td>
</tr>
<tr>
<td>Chandra-sūry’āgni netra</td>
<td>The one who has the sun, moon and fire as His eyes</td>
</tr>
<tr>
<td>Sītā-anveshaka</td>
<td>The one who found Shri Sita (in Lanka)</td>
</tr>
<tr>
<td>Roga nāshaka</td>
<td>The one who destroys diseases</td>
</tr>
<tr>
<td>Manoratha sampūrnaka</td>
<td>The one who fulfills desires</td>
</tr>
<tr>
<td>Moksha-dvāra</td>
<td>The gateway to emancipation</td>
</tr>
<tr>
<td>Bharata-sama-priya</td>
<td>As dear to Shri Rama as His brother Bharata</td>
</tr>
<tr>
<td>Jaladhi-lāṅghita</td>
<td>The one who leapt across the sea (to bring Shri Rama’s message to Shri Sita)</td>
</tr>
<tr>
<td>Prasiddha</td>
<td>The most eminent angel of the universe</td>
</tr>
<tr>
<td>Guru</td>
<td>The guru</td>
</tr>
<tr>
<td>Yantrī</td>
<td>The divine engineer who works through our conscience</td>
</tr>
<tr>
<td>Swara-sundara</td>
<td>The one who has a melodious singing voice (Shri Narada taught Him divine music)</td>
</tr>
</tbody>
</table>
Sūmaṅgala ................................................ Supremely auspicious
Brahma-chārī .............................................. The pure, chaste student
Rudrāvatāra ................................................ The one who incarnates as the eleventh destroying power (Rudra)
Vāyu vāhana ............................................. The one whose vehicle is the wind
Ahaṁkāra-khandana ................................. The destroyer of ego
Vaikuntha-bhajana priya .............................. Fond of singing bhajans in Vaikuntha
Santa sahāya ............................................... The one who helps the saints
Piṅgala .......................................................... The essence of all action and right-side activity (reddish brown)
Setu-bandha vishārada ............................... The master bridge builder (across the sea to Lanka)
Bhānu-grāsa ................................................ The one who, as a child, swallowed the sun in order to control it
Viveka dāyaka ............................................. The bestower of discrimination and wisdom
Bhakti-shakti samādhikārī ............................ The master of balancing devotion (left) and power (right)
Phalāhāra prasanna ................................. The one who enjoys eating fruits
Manojāva ...................................................... Quicker than thought
Vajra-deha .................................................. Strong like the thunderbolt
Devadūta ...................................................... The messenger of God, You are the archangel Gabriel
Nirmalā-dūta ................................................ The messenger of Shri Mataji
Pavana-gati bhramana ............................... The one who moves as fast as the wind
Jānakī-mātā samāchārī ............................... The one who treats Shri Mataji and Shri Sita equally
Nirmalā bhakta ........................................... The perfect disciple of Shri Mataji
Nirmalā priya ............................................... Loved by Shri Mataji

Sākshāt Shri Ādi Shakti Mātājī
Shri Nirmalā Devyai namo namah

The above names were taken from the Shri Hanumana chalisā, 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)
Sh्री Hanumāna chālīsā
Forty verses in praise of Sh्री Hanumāna
by Tulsidās

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

Tulsidās says:

Sh्रī-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.

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

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

Buddhi-hīn tanu jānīke
Realising the limitations of the mind,

Sumirāuṅ Pavana-kumār
I remember the son of the wind god.

Bala buddhi bidyā dehu mohiṅ
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 tihūṅ-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 bajaraṅgī
   Powerful and courageous warrior, with mighty limbs,
Kumāti 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 Siyahiṅ dikhāvā
   You appeared before Shri Sita in a tiny form.
Vikata rūpa dharī Laṅka jarāvā
   Assuming a colossal figure, You burnt the city of Lanka.

10 Bhīma rūpa dharī asura sanhāre
    Acquiring a terrifying form to destroy the asuras,
Rāmachandra ke kāja saiṅvāre
    You served the cause of Lord Ramachandra.
11 Lāya sanjīvana Lakhana jiyāye
   You brought the sanjivani herbs and revived Shri Lakshmana,
Shrī Raghubīra harashi ura lāye
   Shri Rama then embraced You in joy.

12 Raghupati kīnhīṅ 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 gāvaiṅ
   ‘The thousand-faced Shesha sings hymns in Your praise,’
Asa kahi Shrīpatī kantha lagāvaiṅ
   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-hiṅ kīnhā
   You helped Sugrīva and brought him to Lord Rama,
Rāma milāya rāja-pada dīṅhā
   Thus You retrieved for him his lost kingship.

17 Tumharo mantra Bibhīshana mānā
   Bibhishana listened to Your advice and
Laṅkeshwara 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 māhiṁ
   No wonder that putting Lord Rama’s ring in Your mouth
Jaladhi lāṅghiṅ gaye acharaja nāhiṁ
   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 laheṅ 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.
**Tinoṅ loka hāṅkate kāpaiṅ**
   All the three worlds tremble at Your call.

24 **Bhūta pishācha nikata nahiṅ 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 **Saṅkata 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 koi lāve**
   If someone comes to You with a desire in mind,
**Soi amita jīvana phala pāve**
   You give that person the unlimited fruits of life.
29 Chāroṅ yuga paratāpa Tumhārā
Your bright glory travels all directions and ages.
Hai parasiddha jagata ujiyārā
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 Raghuvara pura jāī
In the end, such a one enters the divine abode of Shri Rama.
Jahāṅ janam Hari-bhakta kahāī
If reborn, he becomes a devotee of Shri Vishnu.

35 Aura devatā chitta na dharaī
Your devotees need not remember any other deity.
Hanumata sei sarba sukha karaī
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 gosāīṅ
Hail, Hail, Hail to Shri Hanumana! Lord of my entire Self,
Kṛipā karahu guru deva ki nāīṅ
Please shower Your grace on me like a divine guru.
38 Jo shata bāra pātha kare koī
One who recites this chalisa seven times
Chhūtahiṅ 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 siddhī sākhī Gaurīsā
Will achieve success and get the darshan of Lord Shiva.

40 Tulśidāsa sadā Hari cherā
Tulsidas is ever the servant of the Lord and prays perpetually:
Kījai Nātha hṛidaya marīna derā
‘O Lord, may You always reside in my heart!’

The Shri Hanumana chalisa closes with a fervent prayer.

Dohā

Pavana-tanaya saṅkata harana
O son of the wind god, remover of misfortunes,
Maṅgala mūrati rūpa
Most auspicious figure,
Rāma Lakhana Sītā sahita
With Shri Rama, Shri Lakshmana and Shri Sita,
Hṛidaya basahuṅ 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 Monache Shlok, a large volume of spiritual advice known as Dasabodhi 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, Brahmapuri, India, 20 Dec 1988
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 ................................................................. You are... The friend who is generous beyond measure
Ravi ................................................................. The one whose rays bring life and vitality
Sūrya ................................................................. The sun, the one who beholds the actions of mankind
Bhānu ................................................................. The brilliance of the sun
Khaga ................................................................. The one who moves through the sky
Deva-kārya .......................................................... The one who does the divine work
Hiranyā-garbha .................................................... The primordial cosmic egg
Aruna ................................................................. The dawn personified as the sun's charioteer
Savitā ................................................................. The one who sustains life
Āditya ................................................................. The son of Aditi (mother of all the devas)
Bhāskara ............................................................ The one who radiates light
Arka ................................................................. The warming rays of the sun’s golden light

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

Himālaya .................................................. You are… The Himalayas (the icy regions)
Chandramā ............................................... The moon
Kailāsa swāminī ................................. The goddess of Mount Kailash
Nirmala chitta ............................. Pure attention
Chitta-nirodha .......................... The one who controls our attention
Chitt’eshwarī ...................... The goddess of the attention
Chit-shakti .......................... The power of the attention
Mukut’eshwarī ...................... The goddess who protects the vital functions of the liver
Muḥammad .......................... The prophet Mohammed (who cleanses and invigorates the liver)
Hazrat-Āli Fāṭima Bi ............................... Shri Hazrat-Ali and Shri Fatima
Sarva tāpa hārinī .......................... The one who removes all heat
Bhūta-santāpa-nāshana ................. The one who destroys all the heat and tension created among human beings (due to the activity of the sympathetic nervous system)
Sanjīvani swāminī ................. The restorative power of the sanjivani herb that brought Shri Lakshmana back to life
Vichāra shaithilya ..................... The one who relaxes our thinking
Ati-kriya shaithilya .................... The one who relaxes our over-activity

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

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

Shri Mataji Nirmala Devi, second night of Navaratri, Sydney, Australia, 13 Oct 2007
Jai Shri Nirmala Virat-anganā
Victory to the universal form of Shri Mataji Nirmala Devi!
Negativity-destroying mantras

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

Ganesha ............................................. To remove all obstacles
Nirvichāra ........................................... To establish thoughtlessness
Nirvikalpa samādhi ................................. To establish doubtless awareness
Ananya-bhakti ........................................ Complete oneness of devotion
Turīya-sthiti prasthāpinī ............................ To establish the turiya state (the fourth state, where the soul becomes one with the supreme Spirit)

Annapūrnā ............................................. For vibrating food
Samudra devatā ......................................... For vibrating footsoak water (ocean)
Ādi Bhūmi devī ......................................... Before shoe-beating (Mother Earth)
Agni devatā ............................................. For lighting a havan
Dhanvantari ............................................. For healing and to vibrate medicines*
Su-nidrā ................................................ For a blissful sleep
Shākambhari devī ...................................... To protect plants, crops and garden (goddess of agriculture & horticulture)

Ganesha/Hanumāna/Supathā ................. For protection during a journey
Kshema-karī ............................................. To protect our way
Tāraka sanjīvanī-Hanumāna ...................... For overall protection

*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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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.

Mantra Phrases

**Muladhara**  
Aum Gam Ganapataye namah

**Swadhishtana**  
(left) Aum Shri Shuddha Iccha  
(right) Aum Shri Himālaya

**Nabhi**  
Aum shāntih shāntih shāntih

**Void**  
Aum Shri Gurave namah

**Heart**  
(left) Aum namah Shivāya  
(centre) Jaya Jagadambe Mā  
(right) Aum Shri Rāma

**Vishuddhi**  
(left) Aum Shri Vishnumāyā  
(whole) Allāh hu Akbar  
(right) Aum Shri Vitthala

**Agnya**  
Aum Ham Ksham  
The Lord’s Prayer *(see p.164)*

**Sahasrara**  
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 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 .................. You are... The deity of the nine planets
Pancha mahā-bhūta devatā ...... The deity of the five elements
Ashta-dīkpāla devatā ............... The eight deities protecting the eight directions
Yagñya devatā ..................... The deity of the havan
Swāhā devatā ...................... The deity of the consuming power
Swadhā devatā ..................... The deity of the absorption power
Agni devatā (x3) ................... The deity of the fire element

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-simhāasan’eshwarī
Amen. Shri Mataji You are the Divine Mother, the great empress, the supreme ruler of the lion throne,
Born from the sacred firepit of consciousness, emerging for a divine purpose.

Mantras to close a havan

Aum Pūrnam-adah Pūrnam-idam Pūrnāt Pūrnam-udachyate
Amen. That is complete, this is complete; from completeness, this completeness has come.
Pūrnasya Pūrnam’ādāya Pūrnam-ev’āvashishyate namah
From that completeness this completeness has been removed, yet the completeness remains complete.

Aum shāntih shāntih shāntih

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

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 Nishkāmā sākshāt
Shrī Ādi Shakti Mātāji 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 Mātāji 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: Swadhishthana, 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 Mātāji 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 Mātāji Shrī Nirmalā Devyai namo namah

*Shri Mataji, by Your grace, please make us free from all attachments.*

*Please establish the Spirit within us.*

**Mohā (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 Mātāji 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 Mātāji Shrī Nirmalā Devyai namo namah

*Shri Mataji, by Your grace, please dissolve all our petty pride.*

*Please let us be surrendered and ego-less.*

**Mada (false pride/vanity)**

*Affecting: Agnya/ego.*

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

(see: 60th Birthday Puja, Sydney, Australia, 21 March 1983; ‘Address by Shri Mataji to IAS Officers,’ Mumbai, India, 11 March 2000)
The 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).
Aum twameva sākshāt Shrī Brahma-granthi vibhedini sākshāt Shrī Ādi Shakti Mātāji 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 vibhedini sākshāt Shrī Ādi Shakti Mātāji 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 vibhedini sākshāt Shrī Ādi Shakti Mātāji 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 Swadhishthana, 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].’

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 ‘ā’ are different sounds, whereas long ‘ī’ and ‘ū’ 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 ‘I’ 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 ‘modern’, 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. ‘Ațharva’). ‘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. ‘twami’, ‘swami’ (except after ‘r’: ‘Sarva’, ‘Pârvati’) 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 ‘namah’) 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 ‘Krṣna’, ‘amṛt’ or ‘gṛha’. Be aware that there is no full vowel sound after the ‘ṛ’. ‘r’ as a vowel or a consonant should be rolled in the Scottish manner with the tongue curled back and not with the English tendency to elongate the vowel and drop the ‘r’ (ie. ‘dark’ 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’ādim’ (‘Gana’ + ‘ādim’); ‘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’, ‘ē’, ‘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

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-aah’ sound (called ‘ain’) has been transliterated as ‘ã’ (eg: Al-Ãli) and in a few special cases as ‘ĩ’ (eg: Al-Mu‘ĩzz) or ‘ũ’ (eg: Waļiyat-ul-Ũhada).
3. ‘th’ is a voiced ‘th’ sound as in ‘then’
4. ‘ḥ’ is an unvoiced, aspirated ‘h’ sound (eg: Muḥammad),
5. ‘kh’ is a guttural ‘h’ sound.
6. ‘q’ is a deep guttural ‘k’ sound.
7. ‘ḍ’, ‘ṭ’, ‘ṭh’ are all guttural sounds to distinguish them from the dental ‘d’, ‘t’, ‘th’.
Greek pronunciation guide

1. ‘th’ is voiced as in ‘then’, whereas ‘th’ is unvoiced as in ‘three’.
2. ‘i’ is a long ‘ee’.
3. ‘gh’ is like a guttural French ‘r’ as in ‘rue’, eg: ‘Aghavi’
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

1 Muladhara
2 Swadhishthana
3 Nabhi
3a Void
4 Heart
5 Vishuddhi
6 Agnya
7 Sahasrara
H Hamsa

Back

1 Muladhara
2 Swadhishthana
3 Nabhi
3a Void
4 Heart
5 Vishuddhi
6 Agnya
7 Sahasrara
H Hamsa

Side

1 Muladhara
2 Swadhishthana
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

1. Muladhara
2. Swadhisthana
3. Nabhi
3a. Void
4. Heart
5. Vishuddhi
6. Anuya
7. Sahasrara
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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