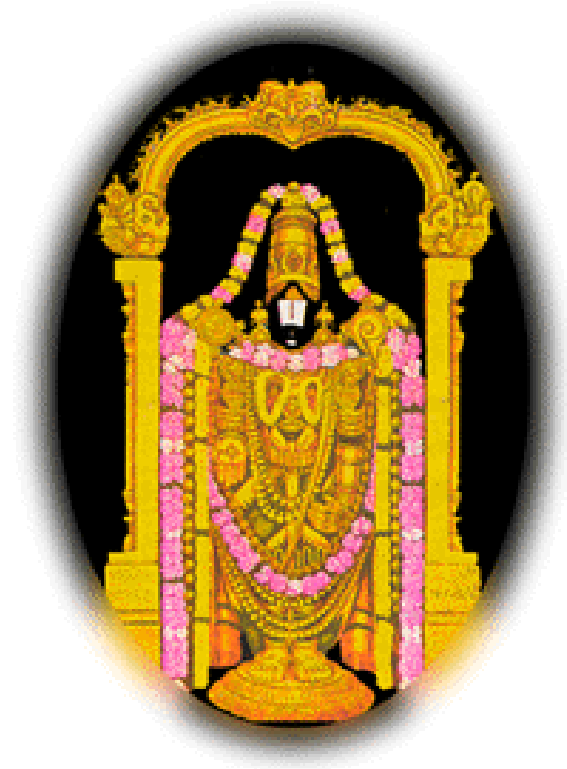




**Youth Group for Indian Culture**



**SLOKAS, BHAJANS &  
YOGA**

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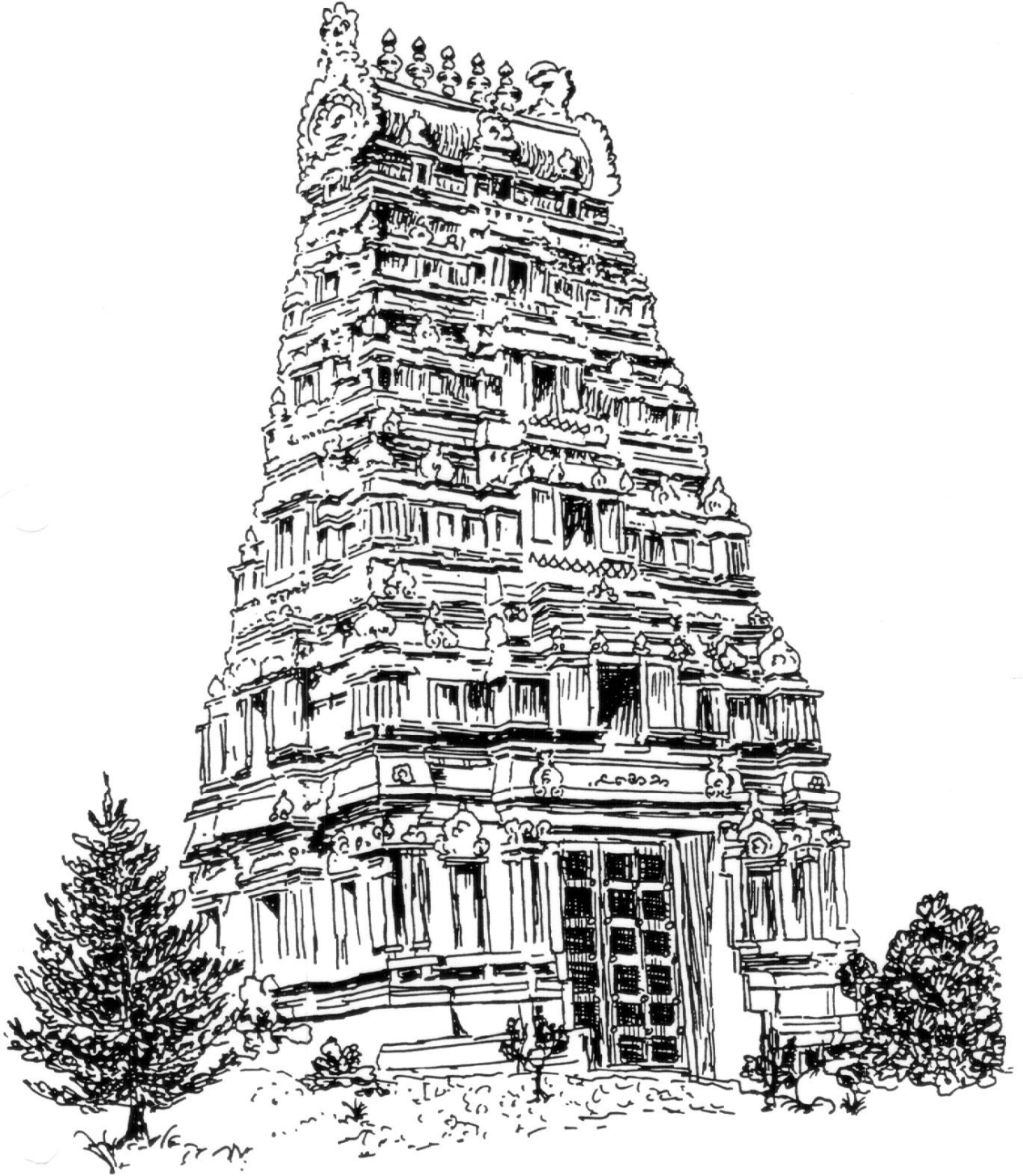
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# RAJAGOPURAM



## CHAPTER ONE



# SLOKAS

(PRAYERS)

## LORD GANESHA

*Vakra-tunda mahaakaaya Soorya-koti samaprabha,  
Nirvighnam kuru me deva shubha kaaryeshu sarvadaa. 1.*

*Shuklaam-baradharam devam shashi-varnam chatur-bhujam,  
Prasanna-vadanam dhyaayet, sarva vighnopashaantaye. 2.*

## GODDESS SARASVATI

*Sarasvatee namastubhyam varade kaama-roopini  
Vidhyaarambham karishyaami siddhir bhavatu me sadaa.*

## SHREE (GODDESS LAKSHMI)

*Namastestu mahaamaaye shreepeethe surapoojite  
Shanka-chakra-gadaa-haste mahaalakshmi namostute.*

## DEVEE (GODDESS PARVATI)

*Sarva mangala maangalye, Shive sarvaartha saadhike  
Sharanye Tryambake Gauree Naaraayanee namostute.*

## LORD VISHNU

*Shaantaa-kaaram bhujaga-shayanam, padma-naabham suresham,  
Vishvaa-dhaaram gagana-sadrisham meghavarnam shubhaangam,  
Lakshmee-kaantam kamala-nayanam yogibhir-dyaana-gamyam,  
Vande Vishnum bhava-bhaya-haram sarva-lokaika-naatham.*

## LORD SHIVA

*Mrityunjaya Mahaadeva traahi maam sharanaagatam,  
Janma-mrityu jaraa rogaihi peeditam karma-bandhanaihi. 1.*

*Tryambakam yajaamahe sugandhim pushti-varadhanam,  
Urvaar-ukamiva bandhanaan mrityor-muksheeya maamritaata. 2.*

## LORD RAMA

*Raamaaya Raamabhadraaya Raamachandraaya vedhase  
Raghunaathaaya naathaaya Sitaayaah pataye namaha. 1.*

*Aapadaamapahartaaram daataaram sarva-sampadaam,  
Lokaabhi-raamam Shree Raamam  
Bhooyo bhooyo namaamyaham. 2.*

## LORD KRISHNA

*Krishnaaya Vaasudevaaya Haraye Paramaatmane,  
Pranataha klesha-naashaaya Govindaaya namo namaha. 1.*

*Vasudevasutam Devam, Kamsa-chaanoora mardanam,  
Devakee paramaanandam, Krishnam vande Jagad-gurum. 2.*

*Mookam karoti vaachalam Pangum langhayate Girim  
Yat-krupaa tamaham vande Paramaananda Maadhavam. 3.*

## GURU

(Lord Dakshinamurti)

*Gurur-Brahmaa, Gurur Vishnuhu, Gurur-devo Maheshvaraha,  
Guruh saakshaat Parabrahma, tasmai Shri Gurave namaha. 1.*

*Tvameva maata cha pitaa tvameva, tvameva bandhushcha  
sakhaa tvameva,  
Tvameva Vidyaa dravinam tvameva, tvameva sarvam  
mama deva deva. 2.*

## PEACE - I

*Om, Saha naavavatu, Saha nau bhunaktu,  
Saha veeryam karavaavahai, Tejasvinaavadheetamastu,  
ma vidvishaavahai, Om, Shaantih, Shaantih, Shaantihi.*

## PEACE – II

*Om Asato maa sadgamaya,  
Tamaso maa jyotirgamaya  
Mrityor maa amritamgamaya.  
Om, Shaantih, Shaantih, Shaantihi.*



## MORNING PRAYERS

Karadarshana:

***Karaagre vasate Lakshmeehi, karamoole Sarasvatee,  
Karamadhye tu Govindaha, prabhaate karadarshanam. 1.***

Before stepping on the ground, we pray to Mother Earth:

***Samudra vasane Devi, parvata stana-mandale,  
Vishnu-patni namastubhyam paada-sparsham kshamasva me. 2.***

## LORD SURYA

<i>Om, Mitraaya namaha,</i>	<i>Om, Ravaye namaha,</i>
<i>Om, Sooryaaya namaha,</i>	<i>Om, Bhaanave namaha,</i>
<i>Om, Khagaaya namaha,</i>	<i>Om, Pooshne namaha,</i>
<i>Om, Hiranyagarbhaaya namaha,</i>	<i>Om, Mareechaye namaha,</i>
<i>Om, Aadityaaya namaha,</i>	<i>Om, Savitre namaha,</i>
<i>Om, Arkaaya namaha,</i>	<i>Om, Bhaaskaraaya namaha.</i>

## GAYATHRI

***Om, Bhoor-bhuvah Suvaha (Svaha),  
Tat Savitur-varenyam, Bhargo devasya dheemahi,  
Dhiyo yo naha prachodayaat.***

## LORD HANUMAN

***Manojavam maaruta-tulya-vegam jitendriyam buddhimataam varishtham,  
Vaataatmajam vaanara-yutha-mukhyam ShreeRaama-dootam shirasaa  
namaami. 1.***

***Buddhir balam yasho dhairyam nirbhayatvam arogataa,  
Ajaadyam vaakpatuthvam cha Hanoomath smaranaad bhaveth. 2.***

## LORD GANESHA

***Mooshika-vaahana modaka-hasta Chaamara-karna vilambita-sootra  
Vaamana-roopa Maheshvara-putra Vigna-vinaayaka paada namaste. 1.***

***Om Ekadantaaya Vidmahe Vakratundaaya Dheemahi,  
Tanno Danti Prachodayaat. 2.***

## DEVEE (GODDESS PARVATI)

*Yaa devee sarva-bhooteshu buddhi-roopena samsthitaa,  
Namastasyai, namastasyai, namastasyai namo namaha.* 1.

*Yaa devee sarva-bhooteshu Lakshmee-roopena samsthitaa,  
Namastasyai, namastasyai, namastasyai namo namaha.* 2.

*Yaa devee sarva-bhooteshu Shakti-roopena samsthitaa,  
Namastasyai, namastasyai, namastasyai namo namaha.* 3.

## GODDESS DURGA

*Durgath Shantraayate yasmaath Devee Durgeti gathyate  
Prapadye Sharanam Deveem tvam Durge duritam hara.* 1.

Gayatri

*Om Kaatyaayanyai Vidmahe Kanyaakumaaryai Dheemahi,  
Tanno Durgaa Prachodayaat.* 2.

## NANDIKESVARA

*Nandikesha Mahaabhaaga Shivadyaana-paraayana  
Mahaadevasya sevaartham-anugnaam Daatumarhasi.* 1.

Gayatri

*Om Tatpurushaaya Vidmahe Nandikesvaraaya Dheemahi,  
Tanno Vrishabhah Prachodayaat.* 2.

## LORD SHIVA

*Namaste astu bhagavan-vishveshvaraaya mahaadevaaya tryambakaaya  
tripuraantakaaya trikaalaagnikaalaaya kaalaagnirudraaya neelakantaaya  
mrtyunjayaaya sarveshvaraaya sadaashivaaya shreeman-mahaadevaaya  
namaha.* 1.

Gayatri

*Om Tatpurushaaya Vidmahe Mahaadevaaya Dheemahi,  
Tanno Rudrah Prachodayaat.* 2.

## LORD DAKSHINAMURTI (GURU)

*Nidhaye sarvavidyaanaam bhishaje bhavaroginaam  
Gurave sarvalokaanaam dakshinaamoortaye namaha.* 1.

***Om namah pranavaarthaaya shuddha-jnaanaika-moortaye  
Nirmalaaya prashaantaaya Dakshinaamoortaye namaha.*** 2.

Gayatri

***Om Dakshinaamoortaye Vidmahe Dhyaanasthaaya Dheemahi,  
Tanno Dheesah Prachodayaat.*** 3.

## LORD GARUDA

***Kungkumaangkitha-varnaaya kundendu Davalaayacha  
Vishnu-vaaha namastubhyam Pakshiraajaaya the namaha.*** 1.

Gayatri

***Om Tatpurushaaya Vidmahe Suvarnapakshaaya Dheemahi,  
Tanno Garudah Prachodayaat.*** 2.

## LORD VISHNU

***Anaadinidhanam Vishnum, Sarvaloka Maheshvaram,  
Lokaadhyaksham stuvan nityam, sarvadukhaatigo bhavet.*** 1.

Samarpanam (Dedication to the Lord)

***Kaayena vaachaa manasendriyairvaa buddhyaatmanaa vaa prakruteh  
svabhaavaat  
Karomi yadyat sakalam parasmai naaraayanaayeti samarpayaami.*** 2.

Gayatri

***Om Naaraayanaaya Vidmahe Vaasudevaaya Dheemahi,  
Tanno Vishnuh Prachodayaat.*** 3.

## LORD VENKATESHWARA

***Vinaa Venkatesam na naadho na naadha Sadaa Venkatesam smaraami  
smaraami  
Hare Venkatesa praseeda praseeda priyam Venkatesa prayacha prayacha*** 1.

***Agnaaninaa mayaa doshaana-seshaan vihitaan hare  
Kshamasva tvam kshamasva tvam Seshasila-sikhamane.*** 2.

***Shriya Kaantaaya kalyaananidhaye nidhayerthinaam  
SriVenkata-nivaasaaya Srinivaasaaya mangalam.*** 3.

## LORD RAMA

*Aartaanaam aarti-hantaaram bheetaanaam bheetinaashanam  
Dvishataam kaaladandam tam raamachandram namaamyaham.* 1.

*Shree-raama Raama Raameti Rame Raame Manorame  
Sahasranaama tat-tulyam Raama-naama varaanane.* 2.

Gayatri

*Om Daasarathaye Vidmahe Seetaavallabhaaya Dheemahi  
Tanno Raamah Prachodayaat.* 3.

## LORD KRISHNA

*Krishnaaya Vaasudevaaya Devakee-nandanaaya cha  
Nandagopa-kumaaraaya Govindaaya namo namaha.* 1.

Gayatri

*Om Devakee-nandanaaya Vidmahe Vaasudevaaya Dheemahi,  
Tannah Krishnah Prachodayaat.* 2.

*Achyutam Keshawam Raama-Naaraayanam  
Krishna Daamodaram Vaasudevam Harim  
Shreedharam Maadhavam Gopikaa-Vallabham  
Jaanakee-Naayakam RaamaChandram Bhaje.* 3.

## GODDESS ANNAPURNA

*Annapoorne Sadaapoorne, Shankara Praanavallabhe  
Jnaana Vairaagya Siddhyartham, Bhikshaam Dehi cha Paarvati  
Maataa cha Paarvatee Devee, Pitaa Devo Maheshvaraha  
Baandavaa Shiva Bhaktaascha, Svadesho Bhuvanatrayam.* 1.

Gayatri

*Om Bhagavatyai cha Vidmahe Maheshvaryai cha Dheemahi  
Tanno Annapoornaa Prachodayaat.* 2.

## Before meal prayers from BHAGAVAD GITA

*Brahmaarpanam brahmahavihi brahmaagnau brahmanaa hutam  
Brahmaiva tena gantavyam brahmakarma-samaadhinaa (IV: 24)* 1.

*Aham vaishvaanaro bhootvaa praaninaam dehamaashritaha  
Praana-apaana-samaayuktaha pachaamyannam chaturvidham (XV: 14)* 2.

## LORD SUBRAHMANYA

*Shadaananam kungkuma-raktavarnam  
Mahaamatim divya-mayooravaahanam  
Rudrasya soonam sura-sainya-naatham  
Guham sadaaham sharanam prapadye.* 1.

Gayatri

*Om Tatpurushaaya Vidmahe Mahaasenaaya Dheemahi  
Tannah Skandah Prachodayaat.* 2.

## LORD AYYAPPA

*Bhootanaatha sadaanandaa sarva-bhoota dayaa-paraa  
Raksha raksha mahaabhaaho Shastre tubhyam namo namaha.*

## PRADAKSHINA MANTRA

*Yaani kaani cha paapaani janmaantarakritaani cha  
Taani taani vinashyanti pradakshina pade pade.*

## LORD HANUMAN

*Aanjaneyam ati-paata-laananam Kaanchanaadri-kamaneeya-vigraham  
Paarijaata-tarumoola-vaasinam Bhaavayaami pavamaana-nandanam.* 1.

Gayatri

*Om Aanjaneyaaya Vidmahe Vaayuputraaya Dheemahi  
Tanno Hanumaan Prachodayaat.* 2.

## NAVAGRAHAS

*Aadityaaya cha Somaaya Mangalaaya Budhaayacha  
Guru Sukra Sanibhyashcha Raahave Ketave namaha.*

## OMKAARA

*Omkaaram bindu samyuktam nityam dhyayanti yoginaha  
Kaamadam mokshadam chaiva Omkaaraaya namo namaha.*

## DEEPA-DARSHANAM

*Shubham karoti kalyaanam aarogyam dhana-sampadaha  
Shatru-buddhi-vinaashaaya deepajyotir namostute.* 1.

*Deepajyoti parabrahma deepajyoti janaardana  
Deepo me hara tu paapam deepajyoti namostute.* 2.

## PEACE

*Om, Sarve bhavantu sukhinaha, sarve santu niraamayaah  
Sarve bhadraani pashyantu, maa kashchid dukkha-bhaag-bhavet  
Om, Shaantih, Shaantih, Shaantihi.* 1.

*Om, Poornamadah poornamidam, poornaat poorna-mudach-yate  
Poornasya poornamaadaaya poornamevaa-vashishyate.  
Om, Shaantih, Shaantih, Shaantihi.* 2.

## LORD GANESHA

*Gajaananam bhoota-ganaadi-sevitam Kapittha-jambu-phalasaara-bhakshitam  
Uma-sutam shoka-vinaasha-kaaranam namaami vigneshvara paada-pankajam.*

*Yasya dviradavaktraadyaah-paarishadyaah-parah-shatam  
Vignam nighnanti satatam vishvaksenam tamaashraye.* 2.

## GODDESS SARASVATI

*Yaa kundendu tushaara-haara-dhavalaa yaa shubhra-vastraa-vritaa  
Yaa veenaa-varadanda mandita-karaa yaa shveta padmaasanaa  
Yaa brahmaachyuta shankara prabhritibhir devaih-sadaa vanditaa  
Saa maam paatu sarasvatee bhagavatee nih-shesha-jaadyaa-pahaa.* 1.

Gayatri

*Om Vaakdevyai cha Vidmahe Brahmapatnai cha Dheemahi  
Tannah Sarasvatee Prachodayaat.* 2.

## GODDESS LAKSHMI

*Lakshmeem Ksheerasamudra-raaja-tanayaam shreeranga-dhaameshvareem  
Daaseebhoota-samasta-devavanitaam lokaika-deepaankuraam  
Shreemanmanda kataaksha-labdha-vibhava brahmendra-gangaadharaam  
Tvaam trailokya-kutumbineem sarasijaam vande mukundapriyaam.* 1.

*Sarasijanayane sarojahaste dhavalataraam-shuka-gandhamaalya-shobhe  
Bhagavati harivallabhe manojne tribhuvanabhootikari praseeda mahyam.* 2.

Gayatri

***Om Mahaadevyai cha Vidmahe Vishnupatnyai cha Dheemahi  
Tanno Lakshmeeh Prachodayaat.*** 3.

## GODDESS DURGA

***Sarvaswaroope sarveshe sarvashaktisamanvite  
Bhaye-bhayastrahi no devi durge devi namostute*** 1.

***Namaste sharanye shive saanukampe  
Namaste jagadvyaapike vishvaroope  
Namaste jagadvandya-paadaaravinde  
Namaste jagattaarini traahi durge.*** 2.

## LORD VISHNU

***Namah samastabhootaanaam aadibhootaaya bhoobhrute  
Aneka rooparoopaaya vishnave prabhavishnave*** 1.

***Sashankhachakram sakireetakundalam sapeetavastram saraseeruheshanam  
Sahaaravakshasthala shobhikaustubham namaami vishnum shirasaa  
chaturbhujam*** 2.

## LORD NARASIMHA

It is very important that one should recite this stotra without any error and with utmost purity of one's mind, body and soul.

***Om Ugram veeram mahaavishnum jvalantam vishvatomukham  
Nrisimham bheeshanam bhadram mrityumrityum namaamyaham.*** 1.

Gayatri

***Om Nrisimhaaya Vidmahe Vajranakhaaya Dheemahi  
Tannah Simhah Prachodayaat.*** 2.

## LORD HYAGREEVA

***Gyaanaanandamayam devam nirmala spadikaakruthim  
Aadaaram sarva vidyaanaam Hyagreevam upasmahe.*** 1.

Gayatri

***Om Vaageeshvaraaya Vidmahe Hayagreevaaya Dheemahi  
Tanno Hamsah Prachodayaat.*** 2.

## LORD SHIVA

*Karpoora-gauram karuna-avataaram samsaara-saaram bhujagendra-haaram  
Sadaa-vasantam hridaya-aravinde bhavam bhavaanee-sahitam namaami.*

## LORD DAKSHINAMURTI (GURU)

*Mauna-vyaakhya-prakattita-parabrahma-tatvam yuvaanam  
Varshishtthaan-teva-sad-rishi-ganair-aavritam brahma-nishtthaihi  
Aachaaryendram karakalita-chinmudram-aanandaroopam  
Svaatmaa-raamam mudita-vadanam dakshinaamoorti-meede. 1.*

*Gukaaro-andhakaarovai rukaaras-tannivartakaha  
Andhakaara-nirodhitvaat gurur-ityabhidheeyate. 2.*

*Na Gurordhikam tatvam na gurordhikam tapaha  
Na gurordhikam jnaanam tasmai shreegurave namaha. 3.*

*Dhyaanamoolam gurormoortim poojaamoolam guroh padam  
Mantramoolam gurorvaakyam mokshamoolam guroh kripaa. 4.*

## LORD SUBRAHMANYA

*Mayooraadhi-roodam mahaavaakya-goodam  
Manohaari-deham mahachchitta-geham  
Maheedeva-devam mahaaveda-bhaavam mahaadeva-baalam bhaje lokapalam*

## LORD HANUMAN

*Yatra yatra Raghunatha-keertanam tatra tatra kruta-mastakaanjalim  
Baashpavaari-paripoorna-lochanam Maarutim namata raaksha-saantakam*

## LORD KUBERA

*Om Raajaadhiraajaaya prasahyasaahine namo vayam vaisravanaaya kurmahe  
sa me kaamaan kaamakaamaaya mahyam kaameshvaro vaisravano dadaatu  
kuberaaya vaisravanaaya mahaaraajaaya namaha.*

## LORD SUDARSHANA

It is very important that one should recite this stotra without any error and with utmost purity of one's mind, body and soul.

*Om Kleem Krishnaaya Govindaaya Gopee jana vallabhaaya  
Paraaya parama Purushaaya Paramaathmane*



*Para Karma mantra Yantra owshadhastra  
 Sastraani samhara samhara, mruthyor mochaya mochaya  
 Om namo Bhagavate mahaa Sudarshanaaya  
 Deepthre, jwaalaa pareethaaya sarvadik kshobana karaaya  
 Humpatu brahmane Param jyothishe Swaahaa.*

## LORD SURYA

- Aadityahrudayam punyam sarva shatru vinaashanam  
 Jayaavaham japennityam akshayam paramam shivam.* 1.
- Sarvamangala maangalyam sarvapaapa pranaashanam  
 Chintaashoka prashamanam aayur varthanamuthamam.* 2.
- Namah poorvaaya giraye pashchimaayaatraye namaha  
 Jyotirganaanaam pataye dinaathipataye namaha.* 3.

## LORD CHANDESVARA

*Neelakanta padaambhoja parisphurita maanasa  
 Shambhoh sevaabhalam dehi chandesvara namostute.*

## GODDESS ANDAL

*Shree Vishnuchittha Kulanandana Kalpavalleem  
 Shree Rangaraaja Harichandana yoga drushyaam  
 Saakshaath Kshamaam Karunaya Kamalaamivaanyaam  
 Godhaam ananya Sharana: Sharanam Prapadhye.*

## COW

*Sarvakaamadughe devi sarva-teerthaa-bhishechinee  
 Paavane surabhishtte devi tubhyam namostute.*

## BILVA

*Tridalam trigunaakaaram trinetrām cha triyaayutam  
 Trijanma paapasamhaaram eka bilvam shivaarpanam*

## TULASI

*Yanmoole Sarvateerthaani yanmadhye sarvadevataaha  
 Yadagre sarva vedaascha tulaseem-tvaam namaamyaham.*

## ASHWATHA TREE

*Moolato brahmaroopaaya madhyato vishnuroopine  
Agratah shivaroopaaya vriksharaajaaya te namaha.*

## NIGHT PRAYER

*Kara-charana-krutam vaak-kaayajam karmajam vaa  
Shravana-nayana-jam vaa maanasam vaa aparaadham  
Vihitam-avihitam vaa sarvametad kshamasva  
Jaya jaya karunaabdhe shree mahaadeva shambho.*

## PEACE

*Om shanno mitrah sham varunaha / shanno bhavatvaryamaa / sanna indro  
bruhaspatihi  
Shanno vishnururukramaha / namo brahmane / namaste vaayo  
Tvameva pratyaksham brahmaasi / tvameva pratyaksham brahma vadishyaami  
Rutam vadishyaami satyam vadishyaami / tanmaamavatu tadvaktaaramavatu  
Avatu maam avatu vaktaram / om shaantih shaantih shaantih.*

## LORD GANESHA

*Sarva vighnaharam devam sarva vighna vivarjitam  
Sarva siddhi pradaataaram vandeham gananaayakam.*

## MAHALAKSHMI ASHTAKAM

<i>Namastestu Mahaamaaye Shreepeethe Surapoojite Shankha Chakra Gadaa Haste Mahaalakshmi Namostu Te.</i>	1
<i>Namaste Garudaarode Kolaasura Bhayankari Sarva Paapa Hare Devi Mahaalakshmi Namostu Te.</i>	2
<i>Sarvajne Sarva-varade Sarva-dushta Bhayankari Sarva Duhkha Hare Devi Mahaalakshmi Namostu Te.</i>	3
<i>Siddhi Buddhi Prade Devi Bhukti Mukti Pradaayini Mantra Moorte Sadaa Devi Mahaalakshmi Namostu Te.</i>	4

<b><i>Aadyantarahite Devi Aadhi-Shakti Maheshvari Yogajne Yogasambhoote Mahaalakshmi Namostu Te.</i></b>	<b>5</b>
<b><i>Sthoola-Sookshma-Mahaa-Raudre Mahaa Shakti Mahodare Mahaa Paapa Hare Devi Mahaalakshmi Namostu Te.</i></b>	<b>6</b>
<b><i>Padmaasanasthite Devi Parabrahma-Svaroopini Parameshi Jaganmaataha, Mahalakshmi Namostu Te.</i></b>	<b>7</b>
<b><i>Shvetaambaradhare Devi Naanaalankaara Bhooshite Jagatsthite Jaganmaataha, Mahaalakshmi Namostu Te</i></b>	<b>8</b>
<u>Palashruti</u>	
<b><i>Mahaalakshmyashtakam Stotram Yah Pathed Bhaktimaan Naraha. Sarva Siddhimavaapnoti Raajyam Praapnoti sarvadaa.</i></b>	<b>9</b>
<b><i>Ekakaale Pathennityam Mahaapaapa Vinaashanam Dvikaalam Yah Pathennityam Dhana Dhaanya Samanvitaha.</i></b>	<b>10</b>
<b><i>Trikaalam Yah Pathennityam Mahaa Shatru Vinaashanam Mahaalakshmeer Bhavennityam Prasannaa Varadaa Shubhaa.</i></b>	<b>11</b>

## DURGA DEVI SOOKTAM

<b><i>Namo devyai mahaadevyai shivaayai satatam namaha, Namah prakrityai bhadraayai niyataah pranataah smataam.</i></b>	<b>1</b>
<b><i>Roudraayai namo nityaayai gouryai dhaatryai namo namaha, Jyothsnaayai chendu-roopinyai sukhaayai satatam namaha.</i></b>	<b>2</b>
<b><i>Kalyaanyai pranataam vridhyai sidhyai koormo namo namaha, Nairu-rutyai bhoobritaam lakshm(ya)i sharvaanyai te namo namaha.</i></b>	<b>3</b>

- Durgaayai durgapaaraayai, saaraayai sarvakaarinyai,  
Kshyaatyai tadhaiva krishnaayai dhoomraayai satatam namaha. 4***
- Ati soumyaati roudraayai, nataas-tasyai namo namaha,  
Namo jagat-pratishthaayai, devyai krityai namo namaha. 5***
- Yaa devee sarvabhooteshu, Vishnu maayeti shabdita,  
Namastasyai Namastasyai Namastasyai namo namaha. 6***
- Yaa devee sarvabhooteshu, Cheta-netyabhi-dheeyate,  
Namastasyai Namastasyai Namastasyai namo namaha. 7***
- Yaa devee sarvabhooteshu, Buddhi-roopena-samsthitaa,  
Namastasyai Namastasyai Namastasyai namo namaha. 8***
- Yaa devee sarvabhooteshu, Nidraa-roopena-samsthitaa,  
Namastasyai Namastasyai Namastasyai namo namaha. 9***
- Yaa devee sarvabhooteshu, Kshudhaa-roopena-samsthitaa,  
Namastasyai Namastasyai Namastasyai namo namaha. 10***
- Yaa devee sarvabhooteshu, Chhaayaa-roopena-samsthitaa,  
Namastasyai Namastasyai Namastasyai namo namaha. 11***
- Yaa devee sarvabhooteshu, Shakti-roopena-samsthitaa,  
Namastasyai Namastasyai Namastasyai namo namaha. 12***

<i>Yaa devee sarvabhooteshu, Trishnaa-roopena-samsthitaa, Namastasyai Namastasyai Namastasyai namo namaha.</i>	<b>13</b>
<i>Yaa devee sarvabhooteshu, Kshaanti-roopena-samsthitaa, Namastasyai Namastasyai Namastasyai namo namaha.</i>	<b>14</b>
<i>Yaa devee sarvabhooteshu, Jaati-roopena-samsthitaa, Namastasyai Namastasyai Namastasyai namo namaha.</i>	<b>15</b>
<i>Yaa devee sarvabhooteshu, Lajjaa-roopena-samsthitaa, Namastasyai Namastasyai Namastasyai namo namaha.</i>	<b>16</b>
<i>Yaa devee sarvabhooteshu, Shaanti-roopena-samsthitaa, Namastasyai Namastasyai Namastasyai namo namaha.</i>	<b>17</b>
<i>Yaa devee sarvabhooteshu, Shraddhaa-roopena-samsthitaa, Namastasyai Namastasyai Namastasyai namo namaha.</i>	<b>18</b>
<i>Yaa devee sarvabhooteshu, Kaanti-roopena-samsthitaa, Namastasyai Namastasyai Namastasyai namo namaha.</i>	<b>19</b>
<i>Yaa devee sarvabhooteshu, Lakshmee-roopena-samsthitaa, Namastasyai Namastasyai Namastasyai namo namaha.</i>	<b>20</b>
<i>Yaa devee sarvabhooteshu, Vritti-roopena-samsthitaa, Namastasyai Namastasyai Namastasyai namo namaha.</i>	<b>21</b>

<i>Yaa devee sarvabhooteshu, Smruti-roopena-samsthitaa, Namastasyai Namastasyai Namastasyai namo namaha.</i>	22
<i>Yaa devee sarvabhooteshu, Dayaa-roopena-samsthitaa, Namastasyai Namastasyai Namastasyai namo namaha.</i>	23
<i>Yaa devee sarvabhooteshu, Tushti-roopena-samsthitaa, Namastasyai Namastasyai Namastasyai namo namaha.</i>	24
<i>Yaa devee sarvabhooteshu, Maatru-roopena-samsthitaa, Namastasyai Namastasyai Namastasyai namo namaha.</i>	25
<i>Yaa devee sarvabhooteshu, Bhraanti-roopena-samsthitaa, Namastasyai Namastasyai Namastasyai namo namaha.</i>	26
<i>Indriyanaam-adhishthaatree, bhootaanaam chaakhileshu yaa, Bhooteshu satatam tasyai, vyaaptyai devyai namo namaha.</i>	27
<i>Chi(th)ti-roopena yaa krithsnam eta dvyaapya-sthitaa-jagat, Namastasyai Namastasyai Namastasyai namo namaha.</i>	28
<i>Stutaa suraihi poorva- ma-bheeshta samshrayaat tadhaa surendrena dineshu sevitaa Karotu saanah shubha-hetur-eeshvari Shubhaani bhdraanya-bhiantu chaa-padaha.</i>	29
<i>Yaa saam-pratam chodh-data-daityaa-pitaihi</i>	

*Asmaabhir-eeshaa cha surair namasyate  
Yaa cha smrutaa tatkshana meva hanti-naha  
Sarva(a)pado bhakti vinamra moortibhihi.*

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## SHIVA PANCHAAKSHARA STOTRAM

Naagendra Haaraaya Thrilochanaaya(a)  
Bhasmaanga Raagaaya Maheshvaraaya(a)  
Nityaaya Shuddhaaya Digambaraaya(a)  
Tasmai Nakaaraaya Namah Shivaaya(a) 1

Mandaakini Sa(l)ila Chandana Charchithaaya(a)  
Nandeeshvara Pramatha Naatha Maheshvaraaya(a)  
Mandaara Pushpa Bahu Pushpa Supoojitaaya(a)  
Tasmai Makaaraaya Namah Shivaaya(a) 2

Shivaaya Gauree Vadanaajravinda(a)  
Sooryaaya Dakshaadhvara Naashakaaya(a)  
Shree Neelakantaaya Vrishava-dhvajaaya(a)  
Tasmai Shikaaraaya Namah Shivaaya(a) 3

Vasishta Kumbhodbhava Gautamaarya(a)  
Muneendra Devaarchita Shekharaaya(a)  
Chandraarka Vaishvaanara Lochanaaya(a)  
Tasmai Vakaaraaya Namah Shivaaya(a) 4

Yaksha Svaroopaya Jataadharaaya(a)  
Pinaaka Hasthaaya Sanaatanaaya(a)  
Divyaaya Devaaya Digambaraaya(a)  
Tasmai Yakaraaya Namah Shivaaya(a) 5

Palashruti

*Panchaaksharam Idam Punyam Yah Pateth Shiva Sannidhau  
Shivaloka Mavaapnotee Shivena Saha Modate.*

## SRI SUDARSHANA ASHTAKAM

*śrīsudarśanāṣṭakam* It is very important that one should recite this stotra without any error and with utmost purity of one's mind, body and soul.

*pratibhāṭa śreṇi bhīṣaṇa . . . . . vara guṇa stoma bhūṣaṇa*  
*jani bhaya sthāna tārana . . . . . jagadavasthāna kāraṇa |*  
*nikhila duṣkarma karśana . . . . . nigama saddharma darśana*  
*jaya jaya śrīsudarśana . . . . . jaya jaya śrīsudarśana || 1 ||*

*śubha jagadrūpa maṇḍana . . . . . sura gaṇa trāsa khaṇḍana*  
*śatamakha brahma vandita . . . . . śatapatha brahma nandita |*  
*prathita vidvatsapakṣita . . . . . bhajadahirbudhnya lakṣita*  
*jaya jaya śrīsudarśana . . . . . jaya jaya śrīsudarśana || 2 ||*

*sphuṭa taṭijjāla piñjara . . . . . pṛthutara jvāla pañjara*  
*parigata pratna vigraha . . . . . paṭutara prajña durgraha |*  
*praharaṇa grāma maṇḍita . . . . . parijana trāṇa paṇḍita*  
*jaya jaya śrīsudarśana . . . . . jaya jaya śrīsudarśana || 3 ||*

*nija pada prīta sadgaṇa . . . . . nirupadhi sphīta ṣaḍguṇa*  
*nigama nirvyūḍha vaibhava . . . . . nija para vyūha vaibhava |*  
*hari haya dveṣi dāraṇa . . . . . hara pura ploṣa kāraṇa*  
*jaya jaya śrīsudarśana . . . . . jaya jaya śrīsudarśana || 4 ||*

*danuja vistāra kartana . . . . . jani tamisrā vikartana*  
*danuja vidyā nikartana . . . . . bhajadavidyā nivartana |*  
*amara dṛṣṭa sva vikrama . . . . . samara juṣṭa bhrami krama*  
*jaya jaya śrīsudarśana . . . . . jaya jaya śrīsudarśana || 5 ||*

*pratimukhālīḍha bandhura . . . . . pṛthu mahā hetī dantura*  
*vikāṭa māyā bahiṣkrta . . . . . vividha mālā pariṣkrta |*  
*sthira mahāyantra tantrita . . . . . dṛḍha dayā tantra yantrita*  
*jaya jaya śrīsudarśana . . . . . jaya jaya śrīsudarśana || 6 ||*

*mahita saṃpatsadakṣara . . . . . vihita saṃpatsadakṣara*  
*ṣaḍara cakra pratiṣṭhita . . . . . sakala tattva pratiṣṭhita |*  
*vividha saṅkalpa kalpaka . . . . . vibudha saṅkalpa kalpaka*  
*jaya jaya śrīsudarśana . . . . . jaya jaya śrīsudarśana || 7 ||*

*bhavana netra trayīmaya . . . . . savana tejastrayīmaya*  
*niravadhi svādu cinmaya . . . . . nikhila śakte jaganmaya |*  
*amita viśva kriyāmaya . . . . . śamita viṣvaghayāmaya*  
*jaya jaya śrīsudarśana . . . . . jaya jaya śrīsudarśana || 8 ||*

*dvicatuṣkamidaṃ prabhūta sāraṃ*  
*paṭhatāṃ veṅkaṭanāyaka praṇītaṃ |*  
*viṣame'pi manorathaḥ pradhāvan*  
*na vihanyeta rathāṅga dhurya guptaḥ || 9 ||*



## SHASTA PANCHARATNAM

<i>Loka-veeryam Mahaa-poojyam Sarva-rakshaakaram Vibhum Paarvatee-hridayaanandam Shaastaaram Pranamaamyaham</i>	1
<i>Vipra-poojyam Visvavandyam Vishnu-shambho Priyam-sutam Kshipra-prasaada niratam Shaastaaram Pranamaamyaham</i>	2
<i>Mattha-maatanga gamanam Kaarunyaa-mrita-pooritam Sarva-vigna-haram Devam Shaastaaram Pranamaamyaham</i>	3
<i>Asmat Kulesvaram Devam Asmat Shatru-vinaashanam Asmatista Pradaa-taaram Shaastaaram Pranamaamyaham</i>	4
<i>Paandyesa-vamsha Tilakam Kerale-keli-vigraham Aatraana-param-devam Shaastaaram Pranamaamyaham</i>	5

### Palashruti

*Pancharatnaaghyam Etat yoh Nityam Shudhah Padennaraha  
Tasya Prasanno Bhagavaan Shaastaa vasati Maanase.*

## NAVAGRAHA STOTRAM

### 1. Sun (Soorya/Ravi)

*Japaa Kusuma Sankaasham Kaashya-peyam Mahaa-dyutim  
Tamorim Sarva-paapagham Pranatosmi Divaakaram*

### 2. Moon (Soma/Chandra)

*Dadhi-shankha Tushaarabham Ksheeror-daarnava sambhavam  
Namaami Shashinam Somam Shambhor-mukuta-bhooshanam*

### 3. Mars (Kuja/Ankarakan)

*Tharanee-garbha-sambhootam Vidyut-kaanti Sama-prabham  
Kumaaram Shakti-hastam cha Mangalam Pranamaamyaham*

### 4. Mercury (Budhan)

*Priyangu-kalika-shyaamam Roopenaa-pratimam-budham  
Sowmyam-sowmya Gunopetam tam Budham Pranamaamyaham*

### 5. Jupiter (Guru)

*Devaanaan cha Risheenaan cha Gurum Kaanchana Sannibham  
Buddhi-bhootam Trilokesham tam Namaami Brihaspatim*

**6. Venus (Sukran)**

*Hima-kunda-mrinaa-laabham Daityaanaam-paramam Gurum  
Sarva-shaastra Pravaktaaram Bhaargavam Pranamaamyaham*

**7. Saturn (Sani)**

*Neelaanjana Samaabhaasam Ravi-putram Yama-agrajam  
Chhaayaa-maartaanda Sambhootam tam Namaami Shanaischaram*

**8. Rahu**

*Artha-kaayam Mahaa-veeryam Chandra-aditya Vimardanam  
Simhikaa-garbha Sambhootam tam Rahum Pranamaamyaham*

**9. Ketu**

*Palaasha-pushpa-sankaasham Taaraka-graha-mastakam  
Raudram-raudraatmakam Ghoram tam Ketum Pranamaamyaham*

**MANTRA PUSHPAM**

*Yopaam pushpam veda(a), Pushpavaan prajaavaan pashumaan bhavati  
Chandramaavaa Apaam pushpam Pushpavaan, Prajaavaan pashumaan  
bhavati*

*Ya Evam Veda(a), Yopaam-aayatanam Veda(a), Aayatanavaan bhavati. 1*

*Agnirvaa Apaam-aayatanam, Aayatanavaan Bhavati  
Yo-ogner-aayatanam Veda(a), Aayatanavaan bhavati  
Aapovaa-agner aayatanam, Aayatanavaan bhavati*

*Ya Evam Veda(a), Yopaam-aayatanam Veda(a), Aayatanavaan bhavati. 2*

*Vayurvaa Apaam-aayatanam, Aayatanavaan bhavati  
Yo vaa-yor-aayatanam Veda(a), Aayatanavaan bhavati  
Aapovai vaa-yor-aayatanam, Aayatanavaan bhavati.*

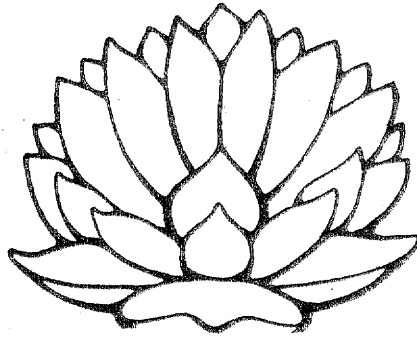
*Ya Evam veda(a), Yopaam-aayatanam Veda(a), Aayatanavaan Bhavati. 3*

*Asowvai tapanna-paam-aayatanam, Aayatanavaan bhavati  
Yo mushya tapata Aayatanam Veda(a), Aayatanavaan bhavati  
Aapovaa Amushyatapata Aayatanam, Aayatanavaan bhavati*

*Ya Evam Veda(a), Yopaam-aayatanam Veda(a), Aayatanavaan bhavati. 4*

*Chandramaa Vaa Apaam-aayatanam, Aayatanavaan bhavati  
Yas-chandra-masa Aayatanam Veda(a), Aayatanavaan bhavati*

- Aapovai Chandra-masa Aayatanam, Aayatanavaan bhavati  
Ya Evam Veda(a), Yo paam-aayatanam veda(a), Aayatanavaan bhavati 5**
- Nakshatraa-nivaa Apaam-aayatanam, Aayatanavaan bhavati  
Yo Nakshatraanaam-aayatanam Veda(a), Aayatanavaan bhavati  
Aapovai Nakshatraanaam-aayatanam, Aayatanavaan bhavati  
Ya Evam Veda(a), Yo paam-aayatanam Veda(a), Aayatanavaan bhavati 6**
- Parjanyovaa-apaam-aayatanam, Aayatanavaan bhavati  
Yaf parjanyasyaa-yatanam Veda(a), Aayatanavaan bhavati  
Aapovai parjanyasyaa-yatanam, Aayatanavaan bhavati  
Ya Evam veda(a), Yopaam-aayatanam Veda(a), Aayatanavaan bhavati 7**
- Samvatsaro Vaa Apaam-aayatanam, Aayatanavaan bhavati  
Yas-samvatsarasyaa-yatanam Veda(a), Aayatanavaan bhavati.  
Aapovai samvatsarasyaa-yatanam, Aayatanavaan bhavati  
Ya Evam veda(a), Yopsu Naavam pratishtitam veda(a), Pratyeva tishtati 8**
- Om, Raajaadhi-raajaaya Prasahya Saahine, Namō Vayam Vai Sravanaaya  
Kurmahe**
- Samekaamaan Kaama Kaamaaya-mahyam, Kaamesvaro Vai Sravano  
dadaatu**
- Kuberaaya Vai Sravanaayaa, Maha- raajaaya Namaha.**



## CHAPTER TWO



# BHAJANS

(PRAYER SONGS)

-----  
 Jai Ganesha Jai Ganesha Jai Ganesha Pahimam  
 Sri Ganesha Sri Ganesha Sri Ganesha Rakshamam.

(Repeat the whole song 3 more times)

-----  
 Jaya Guru Omkara, Jaya Jaya Sadguru Omkara  
 Jaya Guru Omkara, Jaya Jaya Sadguru Omkara  
 Brahma Vishnu Sadashiva, Hara Hara Hara Hara Mahadeva.

(Repeat the whole song 3 more times)

-----  
 Shaila Girivara Uma Maheshwara Kasi Vishveshwara Sada Shiva  
 Shaila Girivara Uma Maheshwara Kasi Vishveshwara Sada Shiva  
 Sada Shiva, Sada Shiva  
 Sada Shiva, Sada Shiva  
 Sada Shiva, Sambo, Sada Shiva  
 Sada Shiva, Sambo, Sada Shiva.

(Repeat the whole song 3 more times)

-----  
 Govinda Jaya Jaya Gopala Jaya Jaya (4 times),  
 Radha Ramana Hari Govinda Jaya Jaya (4 times),  
 Govinda Jaya Jaya Gopala Jaya Jaya (4 times),  
 Radha Ramana Hari Govinda Jaya Jaya (4 times),  
 Govinda Jaya Jaya Gopala Jaya Jaya (4 times).

-----  
 Sri Ram Jaya Ram Jaya Jaya Ram,

Sri Ram Jaya Ram Jaya Jaya Ram

*Sri Ram Jaya Ram Jaya Jaya Ram,*

*Sri Ram Jaya Ram Jaya Jaya Ram.*

(Repeat the whole song 3 more times)

-----

-----  
 Krishna Vande Jagat Gurum, Sri Krishna Vande Jagat Gurum (2)  
*Krishna Vande Jagat Gurum, Sri Krishna Vande Jagat Gurum (2).*  
 (Repeat the whole song 3 more times)

-----  
*Hare Rama Hare Rama, Rama Rama Hare Hare (2 times)*  
 Hare Krishna Hare Krishna, Krishna Krishna Hare Hare (2 times).  
 (Repeat the whole song 3 more times)

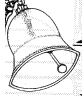
-----  
 Radhe Krishna Radhe Krishna Radhe Krishna Radhe **(2 times)**  
 Radhe Shyam Radhe Shyam Radhe Shyam Radhe  
 Krishna Radhe Krishna Radhe Krishna Radhe Radhe (2 times)  
 Shyam Radhe Shyam Radhe Shyam Radhe Radhe  
*Shyam Radhe Shyam Radhe Shyam Radhe Radhe (2 times)*  
*Krishna Radhe Krishna Radhe Krishna Radhe Radhe.*  
 (Repeat the whole song 3 more times)

-----  
*Raghupati Raghava Raja Ram, Patita Pavana Sita Ram*  
 Sita Ram Sita ram, Bhaja Pyare tu Sita Ram  
 Raghupati Raghava Raja Ram, Patita Pavana Sita Ram  
 Ishvara Alla Tero Nam, Sabko Sanmati Te Bhagavan  
 Raghupati Raghava Raja Ram, Patita Pavana Sita Ram.  
 (Repeat the whole song 3 more times)

-----  
 Hari Om Namō Narayana, Om Namō Narayana,  
 Hari Om Namō Narayana  
 Hari Om Namō Narayana (sing at higher pitch)  
 Hari Om Namō Narayana (sing at higher pitch)  
 (Repeat the above three lines 3 more times)  
 Hari Om Namō Narayana, Om Namō Narayana  
 Hari Om Namō Narayana (3 times).  
 -----

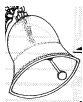
## ARATI SONG

Om jaya jagadeesha hare  
 Swaamee jaya jagadeesha hare  
 Bhakta jano ke sankatta  
 Daasa jano ke sankatta  
 Kshana me doora kare  
 Om jaya jagadeesha hare



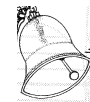
Jo dhyaave phala paave  
 Dukha vinase mana kaa  
 Swaamee dukha vinase mana kaa  
 Sukha sampati ghara aave  
 Sukha sampati ghara aave  
 Kashtta mitte tana kaa  
 Om jaya jagadeesha hare

Maata pitaa tuma mere  
 Sharana grahume kisakee  
 Swaamee sharana grahume kisakee  
 Tuma bina aura na dooja  
 Tuma bina aura na dooja  
 Aasha karume jisakee  
 Om jaya jagadeesha hare

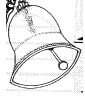


Tuma poorana paramaatma  
 Tuma antarayaamee  
 Swaamee tuma antarayaamee  
 Paara-brahma parameshwara  
 Paara-brahma parameshwara  
 Tuma saba ke swaamee  
 Om jaya jagadeesha hare

Tuma karunaa ke saagara  
 Tuma paalana karataa  
 Swaamee tuma paalana karataa  
 Me sevaka tuma swaamee

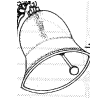


Me sevaka tuma swaamee  
Kripaa karo bharataa  
Om jaya jagadeesha hare



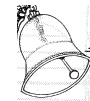
Tuma ho eka agochara  
Saba ke praana-patee  
Swaamee saba ke praana-patee  
Kisa vidha milahu dayaamaya  
Kisa vidha milahu dayaamaya  
Tuma ko me kumati  
Om jaya jagadeesha hare

Deena-bandhu dukha-harataa  
Ttaakura tuma mere  
Swaamee rakshaka tuma mere  
Apanaa hasta baddaao  
Apane charana lagaaao  
Dwaara paddaa tere  
Om jaya jagadeesha hare



Vishaya-vikaara mittaaao  
Paapa haro devaa  
Swaamee paapa haro devaa  
Shraddhaa bhakti baddaao  
Shraddhaa bhakti baddaao  
Santana kee sevaa  
Om jaya jagadeesha hare

Tana mana dhana saba he teraa  
Swaamee saba kucha he teraa  
Teraa tujhako arapana  
Teraa tujhako arapana  
Kyaa laage meraa  
Om jaya jagadeesha hare.





## GANESHA PANCHARATNAM

Mudaakaraata-modakam sadaa vimukti-saadhakam  
 Kalaa-dharaava-tamsakam vilaasi-loka-rakshakam  
*Mudaakaraata-modakam sadaa vimukti-saadhakam*  
*Kalaa-dharaava-tamsakam vilaasi-loka-rakshakam*  
 Anaayakaika-naayakam vinaasitebha-daityakam  
 Nataasubhaasu-naasakam namaami tam vinaayakam  
*Anaayakaika-naayakam vinaasitebha-daityakam*  
*Nataasubhaasu-naasakam namaami tam vinaayakam*  
*namaami tam vinaayakam* 1

Natetaraati-bheekaram navoditaarka-bhaasvaram  
 Namatsuraari-nirjaram nataadhi-kaapa-duddharam  
*Natetaraati-bheekaram navoditaarka-bhaasvaram*  
*Namatsuraari-nirjaram nataadhi-kaapa-duddharam*  
 Sureshvaram nidheeshvaram gajeshvaram ganeshvaram  
 Maheshvaram tamaashraye paraatparam nirantaram  
*paraatparam nirantaram* 2

Samasta-loka-shankaram nirasta-daitya-kunjaram  
 Dare-taro-daram varam vare-bhavaktram-aksharam  
*Samasta-loka-shankaram nirasta-daitya-kunjaram*  
*Dare-taro-daram varam vare-bhavaktram-aksharam*  
 Kripaakaram kshamaakaram mudaakaram yasaskaram  
 Manaskaram namaskritaam namaskaromi bhaasvaram  
*namaskaromi bhaasvaram* 3

Akinchanaarti-maarjanam chiranta-nokti-bhaajanam  
 Purari-poorva-nandanam suraari-garva-charvanam  
*Akinchanaarti-maarjanam chiranta-nokti-bhaajanam*  
*Purari-poorva-nandanam suraari-garva-charvanam*  
 Prapancha-naasha-bheeshanam dhanam-jayaadi-bhooshanam  
 Kapola-daana-vaaranam bhaje-puraana-vaaranam  
*bhaje-puraana-vaaranam* 4

Nitaanta-kaanta-danta-kaanti-manta-kaanta-kaatmajam  
 Acintyaropa-mantaheena-mantaraaya-krintanam  
*Nitaanta-kaanta-danta-kaanti-manta-kaanta-kaatmajam*  
*Acintyaropa-mantaheena-mantaraaya-krintanam*  
 Hrdantare nirantaram vasantameva-yoginaam  
 Tameka-dantameva tam vichintayaami santatam  
*Hrdantare nirantaram vasantameva-yoginaam*  
*Tameka-dantameva tam vichintayaami santatam*

**LINGAASHTAKAM**

Brahma Muraari Suraarchita Lingam, Nirmala Bhaashita Shobhitha Lingam  
Janmaja Dukha Vinaashaka Lingam, Tat Pranamaami Sadaa Shiva Lingam 1

Devamuni Pravaraarchitha Lingam, Kaamadaham Karunaakara Lingam  
Raavana Darpa Vinaashana Lingam, Tat Pranamaami Sadaa Shiva Lingam 2

Sarva Sugandhi Sulepitha Lingam, Buddhi Vivardhana Kaarana Lingam  
Siddha Suraasura Vanditha Lingam, Tat Pranamaami Sadaa Shiva Lingam 3

Kanaka Mahaamani Bhushitha Lingam, Phanipathi Veshtitha Shobhitha Lingam  
Dakshasu yajna Vinaashana Lingam, Tat Pranamaami Sadaa Shiva Lingam 4

Kumkuma Chandana Lepitha Lingam, Pankaja Haara Sushobhitha Lingam  
Sanchitha Paapa Vinaashana Lingam, Tat Pranamaami Sadaa Shiva Lingam 5

Devaganaarchitha Sevitha Lingam, Bhaavair Bhakti Bhirevacha Lingam  
Dinakara Koti Prabhaakara Lingam, Tat Pranamaami Sadaa Shiva Lingam 6

Ashta Dalopari Veshtitha Lingam, Sarva Samudbhava Kaarana Lingam  
Ashta Daridra Vinaashaka Lingam, Tat Pranamaami Sadaa Shiva Lingam 7

Suraguru Suravara Poojitha Lingam, Suravana Pushpa Sadaarchitha Lingam  
Paraatparam Paramaatmaka Lingam, Tat Pranamaami Sadaa Shiva Lingam 8

Lingaashtakam Idam Punyam Yah Pateh Shiva Sannidhau  
Shivaloka Mavaapnothee Shivena Saha Modate.

## MAARGABANDHU STOTRAM

Shambho Mahaadeva devaa, Shiva Shambho Mahaadeva devesha shambho,  
Shambho Mahaadeva devaa.

Phaalaavanam-ratkireettam phaala-netraarchi-shaa dagdha-pancheshu-  
keettam

Shoolaaha-taaraati-koottam shuddha-mardhendu-choodam bhaje  
maargabandhum

Shambho Mahaadeva devaa, Shiva Shambho Mahaadeva devesha shambho,  
Shambho Mahaadeva devaa. 1

Ange viraa jad-bhujangam abhra-gangaata-rangaabhi-raamota-maangam  
Omkaara-vaatteekurangam siddha-samsevi-taanghrim bhaje maargabandhum  
Shambho Mahaadeva devaa, Shiva Shambho Mahaadeva devesha shambho,  
Shambho Mahaadeva devaa. 2

Nityam chidaa-nanda-roopam ninu-taashesa-lokesha-vairipra-taapam  
Kaartasva-raargedra-chaapam kritti-vaasam bhaje divya sanmaargabandhum  
Shambho Mahaadeva devaa, Shiva Shambho Mahaadeva devesha shambho,  
Shambho Mahaadeva devaa. 3

Kandarpa-darpaghna-meesham kaalakantham mahesham mahaavyomakesham  
Kundaabha-dantam suresham kotti-soorya-prakaasham bhaje maargabandhum  
Shambho Mahaadeva devaa, Shiva Shambho Mahaadeva devesha shambho,  
Shambho Mahaadeva devaa. 4

Mandaara-bhooteru-daaram mantha-raagendra-saaram mahaa-gaurya-dooram  
Sindoora-doora-prachaaram sindhu-raajaati-dheeram bhaje maargabandhum  
Shambho Mahaadeva devaa, Shiva Shambho Mahaadeva devesha shambho,  
Shambho Mahaadeva devaa. 5

Appayya-yajvendra-geetam stotra-raajam pathed-yastu bhaktyaa prayaane  
Tasya artha-siddhim vidate maarga-madhye bhayam chashu-tosho mahesha  
Shambho Mahaadeva devaa, Shiva Shambho Mahaadeva devesha shambho,  
Shambho Mahaadeva devaa.

**MADHURAASHTAKAM**

Adharam madhuram vadanam madhuram  
 Nayanam madhuram hasitam madhuram  
 Hridayam madhuram gamanam madhuram  
 Madhuraadi-pater akhilam madhuram 1

Vachanam madhuram charitam madhuram  
 Vasanam madhuram valitam madhuram  
 Chalitam madhuram bhramitam madhuram  
 Madhuraadi-pater akhilam madhuram 2

Venur madhuro renur madhuraha  
 Paanir-madhuraha paadau madhuram  
 Nrityam madhuram sakhyam madhuram  
 Madhuraadi-pater akhilam madhuram 3

Geetam madhuram peetam madhuram  
 Bhuktam madhuram suptam madhuram  
 Roopam madhuram tilakam madhuram  
 Madhuraadi-pater akhilam madhuram 4

Karanam madhuram taranam madhuram  
 Haranam madhuram smaranam madhuram  
 Vamitam madhuram shamitam madhuram  
 Madhuraadi-pater akhilam madhuram 5

Gunjaa madhuraa maalaa madhuraa  
 Yamunaa madhuraa veechee madhuraa  
 Salilam madhuram kamalam madhuram  
 Madhuraadi-pater akhilam madhuram 6

Gopee madhuraa leelaa madhuraa  
 Yuktam madhuram muktam madhuram  
 Dhrishtam madhuram shishtam madhuram  
 Madhuraadi-pater akhilam madhuram 7

Gopaa madhuraa gaavo madhuraa  
 Yashtir madhuraa srishtir madhuraa  
 Dalitam madhuram phalitam madhuram  
 Madhuraadi-pater akhilam madhuram 8

## HARIVARAASANAM

Harivaraasanam vishvamohanam  
 Haridadheeshwaram araadhyapaadukam  
 Arivimardanam nithyanarthanam  
 Hariharaathmajam Devamaashraye 1

Sharanakeerthanam shakthamaanasam  
 Bharanalolupam narthanaalasam  
 Arunabhaasuram bhoothanaayakam  
 Hariharaathmajam Devamaashraye 2

Pranayasathyakam praananaayakam  
 Pranathakalpakam suprabhaanjitham  
 Pranavamandiram Keerthanapriyam  
 Hariharaathmajam Devamaashraye 3

Thuragavaahanam sundaraananam  
 Varagadhaayudham vedavarnitham  
 Gurukripaakaram keerthanapriyam  
 Hariharaathmajam Devamaashraye 4

Tribhuvanaarchitham devathaathmakam  
 Trinayanam prabhum divyadeshikam  
 Tridashapoojitham chinthithapradam  
 Hariharaathmajam Devamaashraye 5

Bhavabhayaapaham bhaavukaavaham  
 Bhuvanamohanam bhoothibhooshanam  
 Dhavalavaahanam divyavaaranam  
 Hariharaathmajam Devamaashraye 6

Kala-mridusmitham sundaraananam  
 Kalabha-komalam Gaatramohanam  
 Kalabhakesari vaajivaahanam  
 Hariharaathmajam Devamaashraye 7

Shrithajanapriyam chinthithapradam  
 Shruthivibhushanam saadhujeevanam  
 Shruthimanoharam geethalaalasam  
 Hariharaathmajam Devamaashraye 8

Sharanam Ayyappaa swaamy sharanam Ayyappaa  
 Sharanam Ayyappaa swaamy sharanam Ayyappaa  
 Sharanam Ayyappaa swaamy sharanam Ayyappaa  
 Sharanam Ayyappaa swaamy sharanam Ayyappaa  
 swaamy sharanam Ayyappaa, swaamy sharanam Ayyappaa  
 swaamy sharanam Ayyappaa.

## SRI HANUMAN CHALISA

### Dohaa

Sreeguru charana saroja raja, nija mana mukura sudhaari  
 Barana u raghubara bimala jasu jo daayaku phala chaari  
 Siyaa pati raama jai jai raam, mere prabhu raama jai jai raam

Buddhiheena tanu jaanike, sumirau pavanakumaar  
 Bala buddhi vidyaa dehu mohi harahu kalesha bikaara  
 Siyaa pati raama jai jai raam, mere prabhu raama jai jai raam

### Chaupaaee

Jaya hanumaana gyana guna saagara  
 Jaya kapeesa tihu loka ujaagara  
 Raama doota atulita bala dhaamaa  
 Anjaniputra pavanasuta naamaa  
 Mahaabeera bikram bajarangee  
 Kumati nivaara sumati ke sangee  
 Kanchana barana biraaja subesaa  
 Kaanana kundala kunchita keshaa  
 Haatha baj o dhvajaabhi raajai  
 Kaandhe munja jane vu saajai  
 Sankara suvana kesarinandana  
 Teja prataapa mahaa jaga bandana  
 Vidyaavaana gunee ati chaatura  
 Raama kaaja karibe ko aatur

Prabhu charitra shunibe ko rasiyaa  
 Raama lakhana seetaa mana basiyaa  
 Sukshma roopa dhari siyahindi khaavaa  
 Bikatta roopa dhari lankaja raavaa  
 Bheema roopa dhari asura samhaare  
 Raamachandra ke kaaju savaare  
 Laaya sajeevana lakhana jiyaaye  
 Sreeraghubira harasee uru laaye  
 Raghupati keenhee bahuta badaa e  
 Tuma mama priya bhadatahi sama bhaa e  
 Sahasra badana samaro jasu gaavai  
 Asa kahi shreepati kanttha lagaavai  
 Sanakaadika brahmaadi muneesaa  
 Naarada saarada sahita aheesaa  
 Jama kubera digapaala jahaan te  
 Kabi kobida kahi sake kahaan te  
 Tuma upakaara sugreevahin keenhaa  
 Rama milaaya raaja pada deenhaa  
 Tumaro mantra bibheesana maanaa  
 Lankesvara bhae saba jaga jaanaa  
 Juga sahastra jojana para bhaanu  
 Lilyo taahi madhura phala jaanu  
 Prabhoo mudrikaa meli mukha maahi  
 Jaladhi laanghi gaye acharaja naahi  
 Durgama kaaja jagatu ke jete  
 Sugama anu graha tumhare tete  
 Raama duare tuma rakha vaare  
 Hota na aagyaa binu pe saare  
 Saba sukha lahe tumaari saranaa  
 Tuma rachhaka kaa hoo ko ddara naa  
 Aapana teja samhaaro aapai  
 Teeno loka haanka tai kaapai  
 Bhoota pisaachani katta nahi aavai  
 Mahabeera jabu naama sunaavai  
 Naasai roga hare saba peeraa  
 Japata nirantara hanumata beeraa

Sankatta te hanumaana chhudaavai  
 Mana grama bachana dhyaana jo laavai  
 Saba para raama tapasvee raajaa  
 Tina ke kaaja sakala tuma saajaa  
 Ora mano ratha jo koi laavai  
 So e a mita jeevana phala paavai  
 Chaaro juga parataapa tumaaraa  
 He parasiddha jagata ujjyara  
 Saadhu santa ke tuma rakhu vaare  
 Asura nikandana raama dulaare  
 Ashta siddhi nau nidhi ke daataa  
 Asa bara deena jaanakee maataa  
 Raama rasaayana tumare paasaa  
 Sadaa raho raghupati ke daasaa  
 Tumarau bhajana raama ko paavai  
 Janama janama ke dukhu bisu raavai  
 Anta kaala raghubara pura jaa e  
 Jahaan janma haribhakta kaha e  
 Ora devataa chittha na dhara e  
 Hanumata se e sarva sukhu kara e  
 Sankatta kate mitte sabu peeraa  
 Jo sumire hanumata balaveeraa  
 Jai jai jai hanumaana gosaa e  
 Kripaa karo guru deva ki naa e  
 Jo sata baara paatta karu ko e  
 Chhootahi bandi mahaa sukha ho e  
 Jo yaha paddhe hanumaana chaaleesa  
 Hoya siddhi saakhee gaureesaa  
 Tulasee daasa sadaa hari cheraa  
 Keejai naatha ridaya maha dderaa

#### Dohaa

Pavanatanaya sankatta harana mangala moorati rup  
 Raama lakhana seetaa sahita hridaya basahu sura bhoopu

Siyaa pati raama jai jai raam, mere prabhu raama jai jai raam.



## MAHISHASURAMARDINI STOTRAM

ayi girinandini nanditamedini vishvavinodini nandanute  
 girivara vindhya shirodhinivAsini viShNuvilAsini jiShNunute |  
 bhagavati heshitikaNThakuTuMbini bhUri kuTuMbini bhUri k.rte  
 jaya jaya he mahiShAsuramardini ramyakapardini shailasute || 1 ||

suravaravarShiNi durdharadharShiNi durmukhamarShiNi harSharate  
 tribhuvanapoShiNi shaN^karatoShiNi kilbiShamoShiNi ghoSharate |  
 danuja niroShiNi ditisuta roShiNi durmada shoShiNi sindhusute jaya  
 jaya he mahiShAsuramardini ramyakapardini shailasute || 2 ||

ayi jagadaMba madaMba kadaMba vanapriya vAsini hAsarate  
 shikhari shiromaNi tuN^ga himAlaya sh.rN^ga nijAlaya madhyagate |  
 madhu madhure madhu kaiTabha ga~njini kaiTabha bha~njini rAsarate  
 jaya jaya he mahiShAsuramardini ramyakapardini shailasute || 3 ||

ayi shatakhaNDa vikhaNDita ruNDa vituNDita shuNDa gajAdhipate  
 ripu gaja gaNDa vidAraNa caNDa parAkrama shuNDa m.rgAdhipate |  
 nija bhujja daNDa nipAtita khaNDa vipAtita muNDa bhaTAdhipate  
 jaya jaya he mahiShAsuramardini ramyakapardini shailasute || 4 ||

ayi raNa durmada shatru vadhodita durdhara nirjara shaktibh.rte  
 catura vicAra dhurINa mahAshiva dUtak.rta pramathAdhipate |  
 durita durIha durAshaya durmati dAnavadUta k.rAntamate  
 jaya jaya he mahiShAsuramardini ramyakapardini shailasute || 5 ||

ayi sharaNagata vairi vadhUvara vIra varAbhaya dAyakare  
 tribhuvana mastaka shUla virodhi shirodhi k.rAmala shUlakare |  
 dumidumi tAmara dundubhinAda maho mukharIk.rta tigmakare  
 jaya jaya he mahiShAsuramardini ramyakapardini shailasute || 6 ||

ayi nija huN^k.rti mAtra nirAk.rta dhUmra vilocana dhUmra shate  
 samara vishoShita shoNita bIja samudbhava shoNita bIja late |  
 shiva shiva shuMbha nishuMbha mahAhava tarpita bhUta pishAcarate  
 jaya jaya he mahiShAsuramardini ramyakapardini shailasute || 7 ||

dhanuranu saN^ga raNakShaNasaN^ga parisphura daN^ga naTatkaTake  
 kanaka pishaN^ga p.rShatka niShaN^ga rasadbhaTa sh.rN^ga hatAvaTuke |  
 k.rta caturaN^ga balakShiti raN^ga ghaTadbahuraN^ga raTadbaTuke  
 jaya jaya he mahiShAsuramardini ramyakapardini shailasute || 8 ||

jaya jaya japya jayejaya shabda parastuti tatpara vishvanute  
 bhaNa bhaNa bhi~njimi bhiN^k.rta nUpura si~njita mohita bhUtapate |  
 naTita naTArdha naTInaTa nAyaka nATita nATya sugAnarate  
 jaya jaya he mahiShAsuramardini ramyakapardini shailasute || 9 ||

ayi sumanaH sumanaH sumanaH sumanaH sumanohara kAntiyute  
 shrita rajanI rajanI rajanI rajanI rajanIkara vaktrav.rte |  
 sunayana vibhramara bhramara bhramara bhramara bhramarAdhipate  
 jaya jaya he mahiShAsuramardini ramyakapardini shailasute || 10 ||

sahita mahAhava mallama tallika mallita rallaka mallarate  
 viracita vallika pallika mallika bhillika bhillika varga v.rte |  
 sitak.rta pullisamulla sitAruNa tallaja pallava sallalite  
 jaya jaya he mahiShAsuramardini ramyakapardini shailasute || 11 ||

avirala gaNDa galanmada medura matta mataN^gaja rAjapate  
 tribhuvana bhUShaNa bhUta kalAnidhi rUpa payonidhi rAjasute |  
 ayi suda tIjana lAlasamAnasa mohana manmatha rAjasute  
 jaya jaya he mahiShAsuramardini ramyakapardini shailasute || 12 ||

kamala dalAmala komala kAnti kalAkaliAmala bhAlalate  
 sakala vilAsa kalAnilayakrama keli calatkala haMsa kule |  
 alikula saN^kula kuvalaya maNDala maulimiladbhakulAli kule  
 jaya jaya he mahiShAsuramardini ramyakapardini shailasute || 13 ||

kara muralI rava vIjita kUjita lajjita kokila ma~njumate  
 milita pulinda manohara gu~njita ra~njitashaila niku~njagate |  
 nijaguNa bhUta mahAshabarIgaNa sadguNa saMbh.rta kelitale  
 jaya jaya he mahiShAsuramardini ramyakapardini shailasute || 14 ||

kaTitaTa pIta dukUla vicitra mayUkhatirask.rta candra ruce  
 praNata surAsura maulimaNisphura daMshula sannakha candra ruce |  
 jita kanakAcala maulipadorjita nirbhara ku~njara kuMbhakuce  
 jaya jaya he mahiShAsuramardini ramyakapardini shailasute || 15 ||

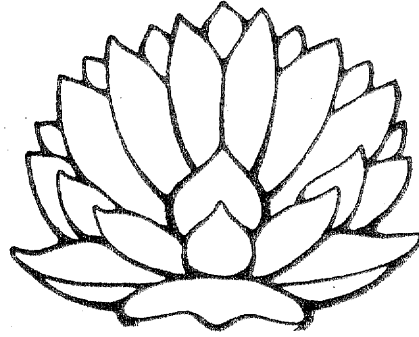
vijita sahasrakaraika sahasrakaraika sahasrakaraikanute  
 k.rta suratAraka saN^garatAraka saN^garatAraka sUnusute |  
 suratha samAdhi samAnasamAdhi samAdhisamAdhi sujAtarate  
 jaya jaya he mahiShAsuramardini ramyakapardini shailasute || 16 ||

padakamalaM karuNAnilaye varivasyati yo.anudinan sa shive  
 ayi kamale kamalAnilaye kamalAnilayaH sa kathaM na bhavet |  
 tava padameva paraMpadamityanushIlayato mama kiM na shive  
 jaya jaya he mahiShAsuramardini ramyakapardini shailasute || 17 ||

kanakalaskala sindhu jalairanu si~ncinute guNa raN^gabhuvaM  
 bhajati sa kiM na shacIkuca kuMbha taTI pariraMbha sukhAnubhavam |  
 tava caraNaM sharaNaM karavANi natAmaravANi nivAsi shivaM  
 jaya jaya he mahiShAsuramardini ramyakapardini shailasute || 18 ||

tava vimalendukulaM vadanendumalaM sakalaM nanu kUlayate  
 kimu puruhUta purIndumukhI sumukhIbhirasau vimukhIkriyate |  
 mama tu mataM shivanAmadhane bhavati k.rpayA kimuta kriyate  
 jaya jaya he mahiShAsuramardini ramyakapardini shailasute || 19 ||

ayi mayi dInadayAlutaya k.rpayai tvaya bhavitavyamume  
 ayi jagato jananI k.rpayasi yathasi tathA.anumitAsirate |  
 yaducitamatra bhavatyurari kurutAdurutApamapAkurute  
 jaya jaya he mahiShAsuramardini ramyakapardini shailasute || 20 ||



## CHAPTER THREE



# YOGA

Please note:

Be kind to yourself when you practice yoga. Go slowly, especially in the beginning, and listen to your body. It knows what it can do. If it says, "stop", stop. Don't push it. Yoga is not a competitive sport. You don't win points for matching a picture in the book. If you push too hard, you probably won't enjoy it, and you may hurt yourself. Always do it within your limit.

It is suggested to do mild stretching exercises from neck to feet before doing any of the asanas as well as Suryanamaskar. ■

## Sit/Easy Position – Sukhasana



Sit cross-legged with hands on knees. Keep your spine straight. Focus on your breath. Take 5-10 slow, deep breaths. On the next inhale, raise your arms over your head. Exhale and bring your arms down slowly. Repeat 5-7 times.

***Sukhasana is a starting position that helps focus awareness on breathing and the body; helps strengthen lower back and open the groin and hips.*** ■

## Lotus Pose – Padmasana



Keep the right foot on the left thigh. If the right knee easily touches the floor, then bend the left knee, take hold of the left foot with both hands, gently glide it over the crossed right leg and place it on the right thigh. This will give symmetrical placement of the legs and you are in lotus position. The hands should be kept on the knees with palms open, and the thumb and second finger of each hand should touch forming a letter O. Close the eyes. Breathe normally.

**Note:** Do not fold legs forcefully. It takes few days for the legs to bend smoothly without pain and discomfort. For the first few days, practice folding only one leg. This half lotus posture is also called 'Ardha Padmasana'.

***Padmasana is a very popular meditation pose. This posture keeps the spine erect; helps keep the joints in flexible condition. ■***

---

## **Corpse Pose – Savasana**



Lie down on your back, in a quiet place. Place the arms beside the body, palms upturned. Keep heels slightly apart. Keep the eyelids closed, but the eyeballs should move freely within. Loosen all the tensions in the body. Breathe slowly and deeply, feeling a sense of calm relaxation come over your whole body.

***The Corpse Pose is an excellent posture for total relaxation. It stimulates blood circulation and exercises inner organs. ■***

---

## **Mountain Pose - Tadasana**



Stand, with feet hip width apart. Knees maybe slightly bent. Shoulders relaxed and arms rest at sides. Eyes look straight ahead with chin aligned along with the notch in neck. Back is straight and long. Breathe normally. Inhale while raising arms up by the sides to rest above head, shoulder width apart but not touching each other. Exhale and slowly bring them back down to sides.

***Tadasana builds good posture and confidence, aids back alignment, strengthens legs and ankles. ■***

## Child's Pose - Balasana



Kneel on the floor. On a long exhalation, gently lower the back onto the heels and bring the forehead to the ground with the arms extended forward. Breathe normally.

***Child's pose is a calming and cooling pose. It stretches back, arms and ankles; relieves back and neck strain; relieves stress and strain from other postures so it is a counter pose for almost all the yoga postures. The counter pose for this Balasana is Tadasana. ■***

---

## Little Boat Pose - Navasana



Lie down on your back as in Savasana. Exhale and gently bring the knees to your chest, wrapping the arms around them. Gently rock from side to side keeping the spine straight. Include the neck in this motion, from side to side along with your spine. Repeat few more times. Then return to center. Release your arms, and come back to Savasana. Gently roll over to one side for a few breaths before coming back up to a seated position.

***Navasana is calming and relieves stress with a gentle rocking motion. It stretches spine. The counter pose for Navasana is Tadasana. ■***

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## Table Pose - Svanasana



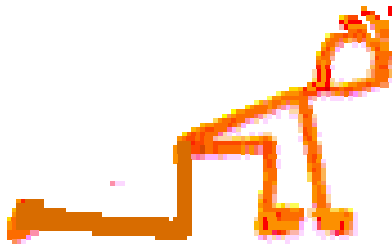
Come onto your hands and knees so that the spine and legs as well as the spine and arms are at 90\* angle. Bent legs behind are also at 90\*angle. Make sure every angle is a right angle like in a square. Spine and neck are in a straight line with eyes

looking down. Arms are shoulder width apart. Legs and feet are hip width apart. Hands and fingers are spread wide to support your weight. Breathe normally. Breathing maybe more shallow here because of the angle of the back and because the chest isn't as open as when the arms are at sides. Try to breathe down the spine to elongate it. Keep the shoulders, neck, and throat relaxed.

***Svanasana strengthens arms and shoulders and aids spine alignment.*** ■

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## Square Lunge

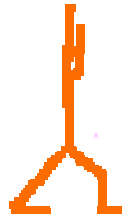


From table pose, raise one foot between hands, but still in alignment with hips. Rest your hands on your knee or your waist. Spine is straight with eyes looking forward. Breathe normally. Then place your hands back on the floor and bring the leg back down to table pose. Repeat with the other side.

***This posture gives balance, strengthens quadriceps in legs, strengthens and elongates spine.*** ■

---

## Warrior Pose I – Virabhadrasana I



Stand, with feet hip width apart as in Tadasana. Take a large step forward, keeping it still aligned with your hips. Bend your knee, lunging forward, so the knee will be aligned with your heel and not past it. Inhale and slowly raise your arms up above head. Stand and breathe normally in this pose to feel the power and strength it connotes. Then slowly release your arms and step back into tadasana. Repeat with the other side.

***Virabhadrasana strengthens legs, improves posture and increases confidence and might.*** ■

---



## Chair Pose – Utkatasana



Stand in Tadasana. Inhale and slowly raise your arms above your head. Exhale as you slowly bend the knees, as if sitting on a chair, keeping the spine long and looking forward. Breathe normally. Then slowly lower your legs and straighten knees on an inhale and return to upright position. Repeat few more times.

***Utkatasana strengthens thighs, back and legs. It stretches shoulders, opens chest and improves posture. ■***

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## Standing knee to chest

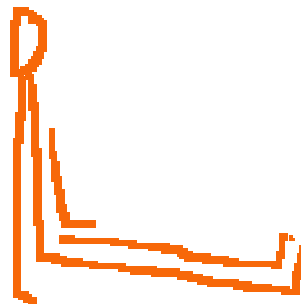


Stand in Tadasana. Shift your weight to one leg and lift the other knee to the chest, wrapping the arms around it for support. If needed, you can place a hand on the wall for balance and support. Breathe normally. Keep the eyes fixed forward and the spine long and straight. Then slowly lower the leg back to tadasana. Repeat with the other side.

***This posture improves balance, stimulates kidneys and stretches legs. ■***

---

## Sitting pose - Dandasana



Sit and gently rock side to side to find your sitting bones. They are your anchor to the ground. Sit evenly on them with legs extended out, feet aligned with hips, shoulders relaxed, head and spine straight and arms rest either on legs or on sides for support. Legs and back are at a 90\* angle. Breathe normally.

***Dandasana improves posture while sitting.*** ■

---

## Thunderbolt pose - Vajrasana



Kneel on the floor. Bring big toes together and separate the heels. Lower the upper body onto the inside surface of the feet with heels touching the side of the hips. Place hands on knees with palms down, abdomen drawn in, chest up, back straight, shoulders squared, and head erect but not tense. Breathe normally. Hold for 30 seconds to one minute.

***Vajrasana aids digestion and can be practiced directly after meals; Relieves stomach ailments like hyperacidity.*** ■

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## Hero pose – Virasana



Kneel on the floor as in Vajrasana. Gently try to move the calves of your legs to the sides making space to sit back on the floor. Spine is straight with eyes looking forward. Breathe normally. Then gently raise your self back to Vajrasana and rest in child's pose.

***Virasana promotes posture while sitting; stretches thighs, knees and ankles; improves digestion. It is a comfort for tired legs at the end of the day, as well as an alternative to Padmasana, the Lotus Pose for seated meditation. ■***

---

## **Seated twist – Bharadvajasana I**



Sit in Sukhasana, the easy pose with back straight (as in the front page of this Chapter 4). Exhale and slowly turn from the waist to the left so right hand rests on your left knee and your left hand rests on the floor beside you. Slowly turn your head to the left to complete the twist. Breathe normally. Then slowly return to sukhasana. Repeat on the other side.

***Bharadvajasana invigorates spine and improves digestion. ■***

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## **Half Spinal Twist/Half Lord of the Fish pose - Ardha Matsyendrasana**

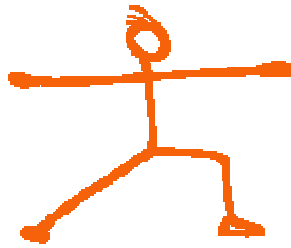



Sit in Sukhasana, the easy pose (as in the front page of this Chapter 4) and evenly on the sitting bones. Keep your back straight. Bring your right knee in close to your chest, and gently lift it over your left leg; place the right foot flat on the floor by your left knee. Keeping your body straight and upright, turn your body to the right and place your right hand flat on the floor. Twist your body to the right and look over your shoulder. Raise your left arm, stretch it up above your head and carry it around your right knee, clasp your right ankle. Hold the pose for few seconds. Breathe normally. Then slowly return to sukhasana. Repeat on the other side.


***This exercise strengthens abdominal muscles that support the colon, helping the colon to function better. ■***

---

## Warrior Pose II – Virabhadrasana II



From Tadasana (Mountain Pose - ) shift the body weight to left leg and take a big step forward with the right leg. Feet are still hip width apart, looking forward, with straight spine. Inhale and place the arms out in front of body. On an exhalation, slowly open the left arm across the chest until the arms and the spine are in a T position, turning at the waist and opening and turning out the back foot slightly, at a 45\* angle. Breathe normally. After few seconds, step forward and come back into tadasana. Repeat with the other side.

***Virabhadrasana builds good posture and confidence, stretches and strengthens legs and groins. The counter pose for this asana is Balasana (child's pose - ).*** ■

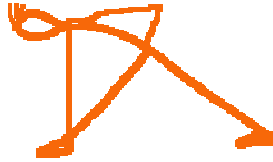
## Warrior Pose III - Virabhadrasana III



Stand two arm widths away facing a wall. From Tadasana shift your weight to one leg. Bend the leg with the shifted weight and on the exhalation raise the arms forward and the other leg backward with arms aligned with the back leg. Bend forward, placing your hands on the wall for support. One will be in a T position with arms and back leg. Do not go down past this straight line. Breathe normally. After few seconds, bring the arms back to sides while lowering the leg back to tadasana to maintain balance. Repeat with the other side.

***Virabhadrasana improves posture; builds confidence and might; strengthens legs, shoulders and knees. The counter pose for this asana is Balasana.*** ■

## Triangle Pose - Trikonasana



From Tadasana take a big step forward or backwards. The body weight should be evenly shifted in the center. The front left foot must be looking forward while turn the right back foot out slightly, at a 45\* angle. Inhale and raise the arms in front, and on an exhalation, slowly open the right arm until the body is in a T position. Place the right arm on the hip, and hinge forward, and while turning at the waist, drop the left arm to the ground. Breathe normally. After few seconds, slowly raise the body back to tadasana. Repeat with the other side.

***Trikonasana stretches back and waist; opens chest and improves balance. The counter pose for this asana is Balasana.***

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## Tree Pose - Vrksasana

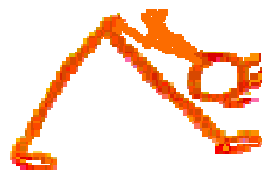


Stand beside a wall. From Tadasana, with left hand on the wall and the right hand on the hip, shift the body weight to left leg, and raise the right foot to the ankle of the planted foot. Once balance is gained, slowly raise the right foot to your mid calf. Breathe normally. Look forward. Once balance is gained, release the hand from the wall and float the arms above head, shoulder width apart. Then slowly lower the arms and slide the right foot back down to tadasana. Repeat with the other side.

***Vrksasana strengthens legs, and spine; stretches groin; improves concentration and balance. The counter pose for this asana is Balasana. ■***

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## Side stretch - Parsvottanasana

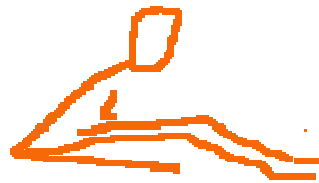



Hold arms together behind the body, keeping your spine straight and shoulders back. From Tadasana, take a big step forward with your right leg. Feet are still facing forward and hip width apart. On an exhalation, hinge forward at the waist keeping your spine and legs straight. Both feet still planted and the left heel down. Head drops to front knee however far one can go without over extending oneself. Breathe normally. Then slowly raise the body back up and step back into tadasana. Repeat with the other side.

***This posture improves balance, stretches hamstrings, back of legs and back. The counter pose for this asana is Balasana. ■***

---

## Seated forward bend - Paschimottanasana




From Dandasana (sitting pose - ) place the hands on the hip bones. Keeping the spine neutral, on an exhalation, hinge forward at the waist, only to the level comfortable. Do not over extend. Breathe normally and don't stay too long.

***Paschimottanasana stretches legs; stretches and strengthens back and opens hips. The counter pose for this asana is Tadasana (mountain-pose). ■***

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## Bound Angle Pose/Butterfly pose I - Baddha Konasana



From Sukhasana (sit/easy position - ) , bend your knees and draw the soles of your feet together. Holding your feet with both hands, ease them in further towards your body. Gently bounce your knees to the floor. As an advanced variation, bend your arms and use your elbows to push

your knees gently towards the floor. Keep your back straight and look forward.

***Baddha Konasana remedies poor posture by stretching and strengthening the muscles of the legs and the back. ■***

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## Pelvic lift – Setu Bandha

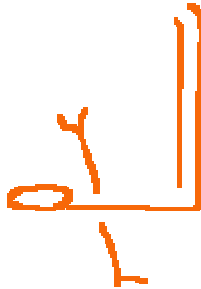


Lie down on the floor in savasana (corpse pose). Bend the knees, with the arms loose by the sides. Exhale and lift from the pelvis up, onto an inch, keeping the spine straight. Come down the same way, fully on the spine. Repeat a few times. Try to create space between shoulder blades. From savasana gently turn to the left side, place the hands on the floor and get up slowly.

***Setu Bandha strengthens back, bottom, thighs, and shoulders; strengthens pelvis. The counter pose for this asana is Balasana.***

---

## Legs up the wall - Viparita Karani



Come close to the wall in a seated position. With half of the sitting bones next to the wall, swing your legs up so they are straight on the wall. Lie down with back flat and neck straight looking up. \*Do not move your neck to look at the instructor or other students. Stretch the arms on the sides to make a T with the back. Breathe normally. Stay in this position for few seconds. Then bend your legs and turn over to one side before coming up to a seated position.

***Viparita Karani relieves stress, and reduces fatigue. It stretches legs; opens chest; relieves swollen legs and feet. The counter pose for this asana is Balasana (child's pose). ■***

## Reclining angle pose/Butterfly pose II – Supta Baddha Konasana



From Savasana, bend your knees, placing feet on the floor still hip width apart. On an exhalation, drop the knees wide to either side of the body. Inhale and raise the arms to the ceiling and on an exhalation cross them at the elbows and let them drop to either side of the body as if hugging oneself. Breathe normally. Stay in this pose for few seconds. Then raise your arms back to ceiling and repeat on the other side. Now bring the arms and legs back to center, turn gently to left side, place hands on the floor and slowly get up from savasana.

***Supta Baddha Konasana is calming and relieves stress. It stretches groins, pelvic floor and opens hips; stretches shoulders. The counter pose for this asana is Balasana. ■***

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## Jathara Paravritti



From Savasana lift bottom up a few centimetres and move them to the left about 2 hands width and place them down again. Now lift the knees and feet and roll them both to the right till they both rest on the floor to the right side of the body. Try to have a right angle at both the hip and knee joints. Stretch the arms to the sides to form a T with the back. Lift the head and turn to look over the left shoulder. Stay in this pose for 4 breaths, letting the in-



breath start at the belly and come up to the chest and on the out-breath progressively let go of every muscle. Roll back and re-adjust everything to the centre and then go the opposite way. Bottom up and to the right - then down, knees and feet up and to the left and then down, arms at sides, head up and to the right. After completing both sides rest in savasana and slowly get up from the left side.

***This twist is fantastic for all the internal organs and for releasing tightness in the back. It is also a great preparation for relaxation exercises like savasana. ■***

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## Apanasana



From Savasana, take the feet off the floor and bring the thighs to a vertical position. Place the hands on the knees and without taking the head off the floor, exhale, while bringing the knees towards the torso. Try to let the abdominal muscles do most of the work, letting the hands help a little toward the end of the movement. On the inhalation, allow the knees to move away to the starting position, while bringing the arms overhead to the floor behind the body. Repeat slowly few times, being sure to breath out as the knees come towards the body and breath in when they move away. Rest in savasana and slowly get up from the left side.

***Apanasana helps digestion and elimination and limbers the lower back. ■***

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## SURYANAMASKAR

### EXERCISE 1 *Namaskaarasana* Om Mitraaya Namaha



Standing erect, without a bend anywhere near knees or spinal cord, close your hands in Namaskar posture. Breathe normally.

Press the hands against each other tightly. The thumbs are together and are made to press into the chest.

Widen the shoulders and the lower parts of the hands are parallel to the ground.

***This is a good exercise to practice how to stand properly. The weight of the body is equally distributed to both the feet. The sagging stomach muscles are pulled in and supported by the upper body. Hence a good exercise for the stomach muscles.***

### EXERCISE 2 *Urdhva namaskaarasana* Om Ravaye Namaha



Inhale.

Palms of both hands are joined, and slowly pulled up with the arms ending up to the sides of the ears; body is bent backwards, with eyes looking towards the hands.

If you cannot hold palms together, open them but tie the palms with the thumb fingers.

***This activates the front portion of the body from toes to forehead. This posture is very good for upper and lower back. Hip muscles become stronger. Chest becomes wider. Blood circulation increases to the head and hands.***

### EXERCISE 3 *Adharaasana* Om Sooryaaya Namaha *Or Uttanaasana*



Exhale.

The body is bent down, with hands stretched down to touch the ground. Ideally the entire palm is supposed to rest on the ground, with the head touching the knee bones.

***This activates the back of the body from heels to head. This is good on the stomach muscles, arms and knee muscles.***

**EXERCISE 4** *Eka paada  
prasaraNa aasana  
(One leg behind)*

**Om Bhaanave Namaha**

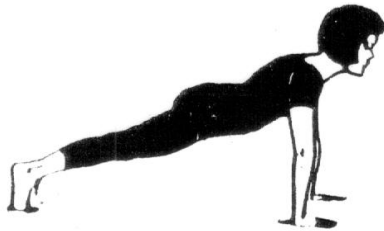


Inhale.

One leg goes behind and body gets lowered. The two palms will be rested on the ground; the knee of the leg, which goes behind touches the ground. The head looks up.

***This is a complete exercise to the legs, lower back and chest.***

**EXERCISE 5** *Dwi paada prasaraNa Om Khagaaya Namaha  
aasana Or  
Chaturanga danDaasana  
(Both legs behind)*



Retain Breath.

Second leg joins the first leg with both feet joined (press them to one another), body in a inclined plane. In this posture, only the two hands (palms) and the toes touch the

ground. The head of the body should be at a higher plane and the legs will be in a downward slope. The head will be looking straight and focus the eyes to 10 feet in front of the body. Remain in this posture for 15 seconds.

***Stretches the complete body thus activating the blood circulation.***

**EXERCISE 6** *Ashtaanga  
namaskaraasana*

**Om Pooshne Namaha**



Exhale and hold.

The body is lowered to touch the ground at the forehead, chest and the knees; the toes and palms touch the ground. The rest of the body will be up in the air supported by the forehead, chest and knees. Remain in this posture for 5 seconds.

***Exercises the back, shoulder and chest muscles.***

**EXERCISE 7** *Bhujangaasana*      **Om Hiranyagarbhaaya**  
*Or Urdhva mukha Shvaanaasana*      **Namaha**



Inhale.

From exercise 6, pull the body forward with the hands (palms) on the ground. Knees, thighs and toes touch the ground. The body should be in a curved position towards the ground with the head facing up.

***Excellent for the lower back, shoulders, neck, chest and abdomen. Wrists also get their share.***

**EXERCISE 8** *Adho mukha*      **Om Marechaye Namaha**  
*shvaanaasana*



Exhale.

Pull the body inward, with palms and feet firmly on the ground. Press the feet so that the heels touch the ground. Don't bend the knees. Extend the spinal cord to the maximum.

Pull the stomach in. Expand the chest, pushing the shoulders back. While pushing the head in, try touching the chin to the chest. The body will look like a hill, pointing up towards the sky.

***Good for feet, calf muscles, thighs, hips, back and neck. Energizes the limbs; best for athletes.***

**EXERCISE 9** *Same as exercise 4*      **Om Aadityaaya Namaha**



Inhale.

The other leg goes behind and body gets lowered. The two palms will be rested on the ground, the knee of the leg, which goes behind touches the ground. The head looks up.

***This is a complete exercise to the legs, lower back and chest.***

**EXERCISE 10**    *Same as exercise 3*    **Om Savitre Namaha**

Exhale.

The body is bent down, with hands stretched down to touch the ground. Ideally the entire palm is supposed to rest on the ground, with the head touching the knee bones.

***This activates the back of the body from heels to head. This is good on the stomach muscles, arms and knee muscles.***

**EXERCISE 11**    *Same as exercise 2*    **Om Arkaaya Namaha**

Inhale.

Palms of both hands are joined, and slowly pulled up with the hands ending up to the sides of the ears; body is bent backwards, with eyes looking towards the hands.

If you cannot hold palms together, open them but tie the palms with the thumb fingers.

***This activates the front portion of the body from toes to forehead. This posture is very good for upper and lower back. Hip muscles become stronger. Chest becomes wider. Blood circulation increases to the head and hands.***

**EXERCISE 12**    *Same as exercise 1*    **Om Bhaaskaraaya  
Namaha**

Exhale.

Standing erect, without a bend anywhere near knees or spinal cord, close your hands in Namaskar posture. Breathe normally.

Press the hands against each other tightly. The thumbs are together and are made to press into the chest.

Widen the shoulders and the lower parts of the hands are parallel to the ground.

***This is a good exercise to practice how to stand properly. The weight of the body is equally distributed to both the feet. The sagging stomach muscles are pulled in and supported by the upper body. Hence a good exercise for the stomach muscles.***

## Suryanamaskar



1. Om Mitraaya Namaha



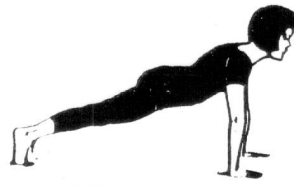
2. Om Ravaye Namaha



3. Om Sooryaaya Namaha



4. Om Bhaanave Namaha



5. Om Khagaaya Namaha



6. Om Pooshne Namaha



7. Om Hiranyagarbhaaya Namaha



8. Om Mareechaye Namaha



9. Om Aadityaaya Namaha



10. Om Savitre Namaha



11. Om Arkaaya Namaha



12. Om Bhaaskaraaya Namaha