



SriVidya Learning Centre



SOUNDARYALAHARI



Sri Guru Karunamaya

Sri Guru Karunamaya, a world-renowned Sri Vidya Guru, has been devotedly practicing and teaching Sri Vidhya for 40 years. As a world-renowned spiritual guru, he tirelessly travels, illuminating the sacred Vedic science of Srividya and welcoming individuals from all castes and religions into its fold.

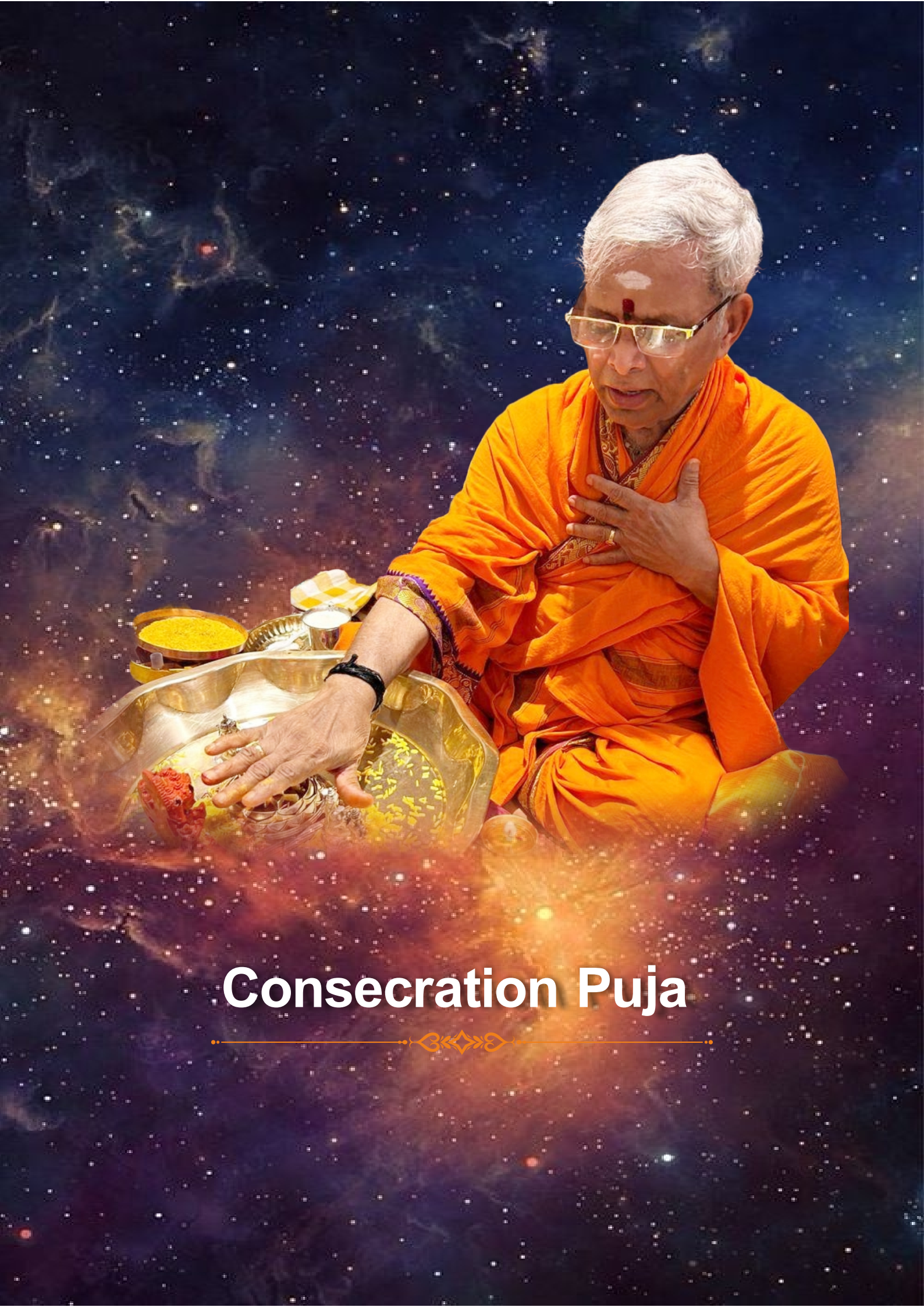
www.srimeru.org
srimeru999@gmail.com

More Informations call us



+91 8088 25 66 32

27&28, Chairman Rajamanikyam Street, Kanchipuram, Tamil Nadu - 631502, India.



Consecration Puja





SRIVIDYA JNANA PEETHAM
(A Subsidiary of Soundarya Lahari Trust)

Pooja for Consecration of Idols and Yantras

Sreematre namaha

Sree gurubhyo namaha

Shodashopachara Puja

Prana Pratishtha (Shodashopachara puja to be performed for first 5 days)

Sixth day Shodashopachara Puja & Kalavahanam

1. Meditation of Guru

If Guru Mantra Deeksha was taken, Guru Mantra should be recited twice; if not, the following shloka should be recited twice, either with Guru Mudra or Namaskara Mudra.

Gururbrahma, Gururvishnuh, Gururdevo Maheshwarah,
Gurussakshat Parabrahma, Tasmai Sri Gurave Namah.

2. Meditation of Lord Ganapati

If Ganapati Mantra Deeksha was taken, Ganapati Mantra should be recited four times with Namaskara Mudra; if not, the following sloka should be recited once.

Shuklambaradharam Vishnum, Sashivarnam Chaturbhujam,
Prasanna Vadanam Dhyayet, sarva vighnopashantaye.

3. Achamana

Water should be poured into the right hand with a uddharina (not a steel one) and the following mantras should be recited one at a time, each time drinking water without touching the upper lip.

Aim Atma Tatvaya Swaha

Kleem Vidya Tatvaya Swaha

Sauh Shiva Tatvaya Swaha

Now while reciting the following mantra, pour water in the right hand and drop through the gap between middle finger and ring finger into the plate.

Aim kleem sauh sarva tatvebhyah svaha

4. Pranayama

Closing the left nostril with the ring finger of the right hand, inhale through the right nostril and chant the Gayatri Mantra once (Om bhurbhuvasvah tatsa vithurvarenyam, bhargo devasya dhimahi, dhiyoyonah prachodayat).

Close the right nostril with the right thumb, hold the breath, and chant the Gayatri mantra twice.

Open the left nostril and exhale through it, chanting the Gayatri Mantra once.

Finally, after exhaling the air completely, chant the Gayatri Mantra once, holding the breath (no



SRIVIDYA JNANA PEETHAM
(A Subsidiary of Soundarya Lahari Trust)

inhaling or exhaling).

Repeat the above process by inhaling again through the left nostril. It is one pranayama. If you do this process three times every day for few years, you will get a dynamic divine body according to the Shastras.

5. Sankalpa

Take Akshata mixed with Turmeric in the right hand, close the first, place the right fist on the left palm, keep both together on the right thigh, and say the following sankalpa:

Mama Upatta Samastha Duritakshaya Dwara, Sri Lalitha Parameshwari Muddishya, Sri Lalitha Parameshwari Devataa Anugraha Siddhyrthyam, Yatha Shakti Sri Lalitha Parameshwari Devata Prana Pratishtha Poojamcha Karishye.

After chanting the above mantra, akshatas mentioned above should be dropped into a plate along with water.

(Note : You need to replace the name of the corresponding God/Goddess in the above Sankalpa)
Shows

1. Meditation

Taking akshatas in right hand, place them on the image of Goddess Mother while chanting:

“Aim Hreem Srim Sri Matre Namah ”

2. Invocation

Taking akshatas in right hand,

“Aim Hreem Srim Sri Matre Namah Awahayami ”

Saying that, Akshatas should be placed on the image of Goddess.

3. Asana

Taking akshatas in right hand,

“Aim Hreem Srim Sri Matre Namah Navaratna Khachita Simhasanam Samarpayami ”

Saying that, Akshatas should be placed on the image of Goddess Mother.

4. Padyam

Feeling as if washing the feet of Goddess Mother,

“Aim Hreem Srim Sri Matre Namah Padyam Samarpayami ”

Saying that, water should be sprinkled with flowers on the image of Amma.

5. Arghyam

Feeling that Goddess Mother's hands are being washed,

“Aim Hreem Srim Sri Matre Namah Arghyam Samarpayami ”

Saying that, water should be sprinkled with flowers on the image of the goddess.

6. Achamanam

Feeling that we are offering drinking water to Goddess Mother ,

“Aim Hreem Srim Sri Matre Namah Achamanam Samarpayami ”

Saying that, you should show water from a uddarini to the idol (or yantra) and drink that water.



SRIVIDYA JNANA PEETHAM
(A Subsidiary of Soundarya Lahari Trust)

7. Bath

Imagining that Mother is being bathed,

“Aim Hreem Srim Sri Matre Namah Snapayami”

Saying that, Mother's Yantra / idol should be sprinkled with water or panchamrita while chanting “Aim Hreem Srim Sri Matre Namah” for 15 times.

(Panchamrita – a mixture of cow's milk, cow's curd, cow's ghee, honey, and sugar)

8. Clothes

Take a flower or akshata in the right hand, assuming that you are offering garments to the Goddess, chant the following mantra and place the flower/akshatas on top of the idol or yantra

“Aim Hreem Srim Sri Matre Namah Vastram Samarpayami / Vasthartham Pushpam / Akshatan Samarpayami”

9. Ornament

Taking a flower or akshatas in the right hand, assuming to be offering ornaments to the goddess,

“Aim Hreem Srim Sri Matre Namah Abharanarthe Pushpam / Akshatan Samarpayami”

Saying that flower or Akshatans should be placed on idol or yantra.

10. Sandalwood Powder

Taking the sandalwood with the flower, imagining that we are applying sandalwood powder to the neck of the Goddess Mother:

“Aim Hreem Srim Sri Matre Namah Gandham Samarpayami”

Saying that, apply the powder on Mother's yantra or idol.

11. Saffron

Thinking of offering saffron to Goddess,

“Aim Hreem Srim Sri Matre Namah Kumkuman Samarpayami”

Saying that, saffron should be placed on Goddess Mother's yantra/idol

(Here, it is good to chant Lalita Sahasra Naamam, trishati, or khadgamala stotra if possible)

Incense

Light the incense stick, extinguish the flame,

“Aim Hreem Srim Sri Matre Namah Dhupamaghrapayami”

Saying that, incense should be shown to Amma.

12. the lamp

Taking the lamp in the hand and holding it above the heart,

“Aim Hreem Srim Sri Matre Namah Deepam Samarpayami”

Saying that, the lamp should be shown to Goddess Mother.

13. offering (Naivedya)

One should keep the fruits / pakwannams (freshly cooked material) in a platter and sprinkle water around the platter (from left to right) and recite the mantra given below.



SRIVIDYA JNANA PEETHAM
(A Subsidiary of Soundarya Lahari Trust)

Om bhurbhuvassuvah tatsaviturvarenyam bhargodevasya dhimahi dhiyoyonah prachodayat

Om Apojyoti Rasomrita Brahma Bhurbhuvassuvarom

Then, saying amritamastu , a drop of water should be sprinkled on the offering.

Then the following mantra should be chanted while sprinkling water around the offering

Amruto pastaranmasi, satyanta varthena parishinchami (while making offerings during the day)

Amruto pastaranmasi, rutantaatvartena parishinchami (while making oblations at night)

“ Aim Hreem Srim Sri only Namah Naivedyam Marpayami ”

saying, Then one should recite the following mantras and offer the naivedyam to the Goddess six times.

Om Pranaya Swaha

Om Apanaya Swaha

Om Vyanaya Swaha

Om Udhanaya Swaha

Om Samanaya Swaha

Om Brahmane Swaha

After making this oblation, taking the water with one uddarina, thinking that we are offering water to the Goddess to drink,

You should show the water from the Uddharina to the goddess and accept that water, saying that “madhye madhye paaneeyam samarpayami”

- Then, sprinkling water around the plate in an aparadakshina (right to left) manner, one should say Amritapidhanamasi Uttaraposhanam Samarpayami .
- Thinking that the hands of the Goddess are being washed, saying Hastau Prakshalayami , show the water to the Goddess with a raised voice and release it in the plate.
- Feeling that the feet of the Goddess are being washed, one should show the water to the Goddess with a uddarina and say Padau Prakshalayami and release it in the pan.
- Thinking that we are giving water to the Goddess to drink, saying Achamaniyam Samarpayami , one should show the water to the Goddess and release it in the plate.

14. mantrapushpam

Taking flowers or akshatas in hand,

" Katyayanaya Vidmahe Kanyakumari Dhimahi Tanno Durgi Prachodayat ”

" Kulakumari Vidmahe mantrakoti Sudhimahi Tanna Kouli Prachodayat ”

“Thripura Sundari Vidmahe Pithakamini Dhimahi Tanna Klynne Prachodayat ”

“Aim Hreem Srim Sri Matre Namah Mantrapushpam Samarpayami ”

After saying that, those flowers or Akshatas should be placed on the image of the Lord/Goddess.

15. Nirajana

The camphor should be lighted and shown to the Goddess while chanting the following mantras.



SRIVIDYA JNANA PEETHAM
(A Subsidiary of Soundarya Lahari Trust)

“ Aim Hreem Srim Sri Matre Namah Neerajanam Samarpayami ”

- Here you can sing any Harati song.
- Then release a drop of water in the plate.
- Applying the heat of the arati to the eyes with both hands, one should say “ Raksham Dharayami ” .
- Finally, take the Akshatas in the right hand and pour water as a thin stream from the top of the Akshatas. Water and Akshats – should flow into a plate through the passage between the middle and ring fingers. While doing this the following mantra should be recited.

“ Mantra heenam, Kriya heenam, Bhakti heenam, Shraddha heenam, Dravya heenam
Parameswara, Yat Pujitam Maya Deva paripoornam tadastute. Maya Krita Shodashopachara
Pooja Phalam Sarvam Sri Maata Arpanamastu ”

- Om Purnamathaha Purnamidam Purnat Purnamudachyate, Purnasya Poornamadaya
Poornameva Avashishyate

Om Shantih Shantih Shantih

Note: For the first 5 days, Shodashopacharapuja needs to be performed in this way.

- **First Day - in the water**
- **Second Day - in milk**
- **Third Day - in grain (rice grain)**
- **Fourth Day - in flowers**
- **Fifth Day - on Sheyya (bed) ... as instructed by Guruji in the video**

On the sixth day Shodashopachara Pooja, after anointing Goddess Mother, kalavahana should be performed by touching with Darbha in respective positions
(as instructed by Guruji in the video)

https://www.youtube.com/live/hCsTCtU0ZG4?si=N0NL_HQ7gq6bC0HG

Sixth day Shodashopachara Puja – Kalavahanam

1. Meditation of Guru

If Guru Mantra Deeksha was taken, Guru Mantra should be recited twice; if not, the following shloka should be recited twice, either with Guru Mudra or Namaskara Mudra.

Gururbrahma, Gururvishnuh, Gururdevo Maheshwarah,
Gurussakshat Parabrahma, Tasmai Sri Gurave Namah.



SRIVIDYA JNANA PEETHAM
(A Subsidiary of Soundarya Lahari Trust)

2. Meditation of Lord Ganapati

If Ganapati Mantra Deeksha was taken, Ganapati Mantra should be recited four times with Namaskara Mudra; if not, the following sloka should be recited once.

Shuklambaradharam Vishnum, Sashivarnam Chaturbhujam,
Prasanna Vadanam Dhyayet, sarva vighnopashantaye.

3. Achamana

Water should be poured into the right hand with a uddharina (not a steel one) and the following mantras should be recited one at a time, each time drinking water without touching the upper lip.

Aim Atma Tatvaya Swaha

Kleem Vidya Tatvaya Swaha

Sauh Shiva Tatvaya Swaha

Now while reciting the following mantra, pour water in the right hand and drop through the gap between middle finger and ring finger into the plate.

Aim kleem sauh sarva tatvebhyah svaha

4. Pranayama

Closing the left nostril with the ring finger of the right hand, inhale through the right nostril and chant the Gayatri Mantra once (Om bhurbhuvasvah tatsa vithurvarenyam, bhargo devasya dhimahi, dhiyoyonah prachodayat).

Close the right nostril with the right thumb, hold the breath, and chant the Gayatri mantra twice.

Open the left nostril and exhale through it, chanting the Gayatri Mantra once.

Finally, after exhaling the air completely, chant the Gayatri Mantra once, holding the breath (no inhaling or exhaling).

Repeat the above process by inhaling again through the left nostril. It is one pranayama. If you do this process three times every day for few years, you will get a dynamic divine body according to the Shastras.

5. Sankalpa

Take Akshata mixed with Turmeric in the right hand, close the first, place the right fist on the left palm, keep both together on the right thigh, and say the following sankalpa:

Mama Upatta Samastha Duritakshaya Dwara, Sri Lalitha Parameshwari Muddishya, Sri Lalitha Parameshwari Devataa Anugraha Siddhyrthyam, Yatha Shakti Sri Lalitha Parameshwari Devata Prana Pratishtha Poojamcha Karishye.

After chanting the above mantra, akshatas mentioned above should be dropped into a plate along with water.

(Note : You need to replace the name of the corresponding God/Goddess in the above Sankalpa)

Shows

1. meditation

Taking akshatas in right hand, place them on the image of Goddess Mother while chanting:

“ Aim Hreem Srim Sri Matre Namah ”



SRIVIDYA JNANA PEETHAM
(A Subsidiary of Soundarya Lahari Trust)

2. Invocation

Taking akshatas in right hand,

“Aim Hreem Srim Sri Matre Namah Awahayami ”

Saying that, Akshatas should be placed on the image of Goddess.

3. Asana

Taking akshatas in right hand,

“Aim Hreem Srim Sri Matre Namah Navaratna Khachita Simhasanam Samarpayami ”

Saying that, Akshatas should be placed on the image of Goddess Mother.

4. Padyam

Feeling as if washing the feet of Goddess Mother,

“Aim Hreem Srim Sri Matre Namah Padyam Samarpayami ”

Saying that, water should be sprinkled with flowers on the image of Amma.

5. Arghyam

Feeling that Goddess Mother's hands are being washed,

“Aim Hreem Srim Sri Matre Namah Arghyam Samarpayami ”

Saying that, water should be sprinkled with flowers on the image of the goddess.

6. Achamanam

Feeling that we are offering drinking water to Goddess Mother ,

“Aim Hreem Srim Sri Matre Namah Achamanam Samarpayami ”

Saying that, you should show water from a uddarini to the idol (or yantra) and drink that water.

7. Bath

Imagining that Mother is being bathed,

“Aim Hreem Srim Sri Matre Namah Snapayami ”

Saying that, Mother's Yantra / idol should be sprinkled with water or panchamrita while chanting “Aim Hreem Srim Sri Matre Namah ” for 15 times.

(Panchamrita – a mixture of cow's milk, cow's curd, cow's ghee, honey, and sugar)

(After the bath, Kalavahana should be performed on Goddess Mother's idol/yantra by touching with Darbha in different positions, as shown in Guruji's video)

Agni kala aavaahanam

Mooladhaaram (Genitals)

- | | | | | |
|----|-----------------|-----|-----------------|--------|
| 1. | Aim hreem sreem | yam | dhoomraachise | namaha |
| 2. | Aim hreem sreem | ram | ooshmaayai | namaha |
| 3. | Aim hreem sreem | lam | jvalinyai | namaha |
| 4. | Aim hreem sreem | vam | jvaalinyai | namaha |
| 5. | Aim hreem sreem | Sam | visphulinginyai | namaha |



SRIVIDYA JNANA PEETHAM
(A Subsidiary of Soundarya Lahari Trust)

6.	Aim hreem sreem	sham	susriyai	namaha
7.	Aim hreem sreem	sam	suroopaayai	namaha
8.	Aim hreem sreem	ham	kapilaayai	namaha
9.	Aim hreem sreem	Lam	havya vaahaayai	namaha
10.	Aim hreem sreem	ksham	kavya vaahaayai	namaha

Soorya kala aavaahanam:

Anaahatham(Heart)

1.	Aim hreem sreem	kam bham	tapinyai	namaha
2.	Aim hreem sreem	kham bam	taapinyai	namaha
3.	Aim hreem sreem	gam pham	dhoomraayai	namaha
4.	Aim hreem sreem	gham pam	mareechyai	namaha
5.	Aim hreem sreem	gnam nam	jvaalinyai	namaha
6.	Aim hreem sreem	cham dham	ruchyai	namaha
7.	Aim hreem sreem	ccham dam	sushumnaayai	namaha
8.	Aim hreem sreem	jam tham	bhogadaayai	namaha
9.	Aim hreem sreem	jham tam	viswaayai	namaha
10.	Aim hreem sreem	Jnam Nam	bodhinyai	namaha
11.	Aim hreem sreem	tam dham	Dhaarinyai	namaha
12.	Aim hreem sreem	tham dam	kshamaayai	namah

Chandra kala aavaahanam

VISUDDHI (Neck area)

1.	Aim hreem sreem	am	amrutaayai	namaha
2.	Aim hreem sreem	aam	maanadaayai	namaha
3.	Aim hreem sreem	im	pooshaayai	namaha
4.	Aim hreem sreem	eem	tushtyai	namaha
5.	Aim hreem sreem	um	pushtyai	namaha
6.	Aim hreem sreem	oom	rathyai	namaha
7.	Aim hreem sreem	arum	dhrutyai	namaha
8.	Aim hreem sreem	aroom	Sasinyai	namaha
9.	Aim hreem sreem	alum	chandrikaayai	namaha
10.	Aim hreem sreem	aloom	kaanthyai	namaha
11.	Aim hreem sreem	em	jyothsnaayai	namaha
12.	Aim hreem sreem	aim	sreeyai	namaha
13.	Aim hreem sreem	om	preethyai	namaha
14.	Aim hreem sreem	aum	angadaayai	namaha



SRIVIDYA JNANA PEETHAM
(A Subsidiary of Soundarya Lahari Trust)

- | | | |
|-------------------------|------------------|--------|
| 15. Aim hreem sreemaha | poornaayai | namaha |
| 16. Aim hreem sreemaham | poornaamrutaayai | namaha |

Sapta mandala aavaahanam

1. Aim hreem sreem Sree maatre namaha namah samastha bhoo mandalaan aavahayami (mooladhaara – Earth)
2. Aim hreem sreem Sreemaatrenamah namah samastha aapo mandalaan aavahayami (Svaadhisthaana – Ocean)
3. Aim hreem sreem Sreemaatrenamah namah samastha tejo mandalaan aavaahayaami (Manipoor – Fire)
4. Aim hreem sreem Sreemaatrenamah namah samastha vaayu mandalaan aavaahayaami (Anaahatha – air)
5. Aim hreem sreem Sreemaatrenamah namah samastha aakaasa mandalaan aavaahayaami (Visuddhi – Space)
6. Aim hreem sreem Sreemaatrenamah namah samastha bhootha, bhavishyath, varthamaana, kaala mandalaan aavaahayaami (AaJnaa – Mind)
7. Aim hreem sreem Sreemaatrenamah namah samastha sri sudhaa mandalaan aavaahayaami (Sahasraara - Universe)

Moolaadhaaram(Brahma Kala)

- | | | |
|---------------------|------------|-------|
| 1. Aim hreem sreem | srushtyai | namah |
| 2. Aim hreem sreem | Rudhyai | namah |
| 3. Aim hreem sreem | smruthyai | namah |
| 4. Aim hreem sreem | medhaayai | namah |
| 5. Aim hreem sreem | kaanthyai | namah |
| 6. Aim hreem sreem | lakshmyai | namah |
| 7. Aim hreem sreem | dhruthyai | namah |
| 8. Aim hreem sreem | sthiraayai | namah |
| 9. Aim hreem sreem | sthithyai | namah |
| 10. Aim hreem sreem | siddhyai | namah |

Swadhisthanam (Vishnu kala)

- | | | |
|--------------------|-------------|-------|
| 1. Aim hreem sreem | jaraayai | namah |
| 2. Aim hreem sreem | paalinyai | namah |
| 3. Aim hreem sreem | saantyai | namah |
| 4. Aim hreem sreem | eeSwaryai | namah |
| 5. Aim hreem sreem | ratyai | namah |
| 6. Aim hreem sreem | kaamikaayai | namah |
| 7. Aim hreem sreem | varadaayai | namah |
| 8. Aim hreem sreem | hlaadinyai | namah |



SRIVIDYA JNANA PEETHAM
(A Subsidiary of Soundarya Lahari Trust)

9. Aim hreem sreem preetyai namah
10. Aim hreem sreem deerghaayai namah

Mani pooram (Rudra Kala)

1. Aim hreem sreem teekshnaayai namah
2. Aim hreem sreem roudraayai namah
3. Aim hreem sreem bhayaayai namah
4. Aim hreem sreem nidraayai namah
5. Aim hreem sreem tandriyai namah
6. Aim hreem sreem kshudaayai namah
7. Aim hreem sreem krodhinyai namah
8. Aim hreem sreem kriyaayai namah
9. Aim hreem sreem udgaaryai namah
10. Aim hreem sreem mrutyave namah

Anaahatham (Eswara Kala)

1. Aim hreem sreem peetaayai namah
2. Aim hreem sreem swetaayai namah
3. Aim hreem sreem arunaayai namah
4. Aim hreem sreem asithaayai namah

Visuddhi (Sadaasiva Kala)

1. Aim hreem sreem nivrutyai namah
2. Aim hreem sreem pratishtyaayai namah
3. Aim hreem sreem vidyaayai namah
4. Aim hreem sreem Saantyai namah
5. Aim hreem sreem Indhikaayai namah
6. Aim hreem sreem deepikaayai namah
7. Aim hreem sreem rechikaayai namah
8. Aim hreem sreem mochikaayai namah
9. Aim hreem sreem paraayai namah
10. Aim hreem sreem sookshmaayai namah
11. Aim hreem sreem sookshmaamrutaayai namah
12. Aim hreem sreem jnaanaayai namah
13. Aim hreem sreem jnaanaamrutaayai namah
14. Aim hreem sreem aapyaayinyai namah
15. Aim hreem sreem vyaapinyai namah
16. Aim hreem sreem vyoma rupaayai namah



SRIVIDYA JNANA PEETHAM
(A Subsidiary of Soundarya Lahari Trust)

Pamcha brahma aavaahanam

Brahma Mantra (Center of Muladhara)

Aim hreem sreem Hagm saSuchishad vasuh Antariksha saddhothaa vedishath atithir durona sath nrusadvara sadrutha sadvyoma sadabjaa gojaa rruthaja adrijaa rrutham bruhath namah.

Vishnu Mantra (Center of Svaadhishtaana)

Pratad Vishnu sthavathe veeryaaya mrugona bheemah kucharo girishthaah yasyorushu trishu vikramaneshu adikshayanti bhuvanaani visvaa namah.

Rudra Mantra (Center of Manipura)

Trayambakam yajaamahe sugandhim pushti vardhanam, Urvaaruka miva bandhanaath, mrutyor muksheeya maamruthaath namah

Eswara Mantra (in the center of Anahatha)

Tad vishnroh paramam padagm sadaa pasyanthi soorayah diveeva chakschuraatatam tadvipraaso vipanyavo jagruvaagum sah samindhathe vishnor yath paramam padam namah

Sadaasiva Mantra (in the center of Visudhi)

Vishnur yonim kalpayathu tvashtaa roopaani pigum sathu aasinchathu prajaapathir dhaathaa garbham dadaathuthe , garbham dehi sinee vaali garbham dehi saraswathi garbhamthe ashwinow devaa vaadhathaam pushkara srjaah namah

Devi KALA (Aajna)

Aim hreem sreem sree matre namah

1. Siva KALA, (from Siva Paadam)

Aim hreem sreem, Akhandaika rasaananda kare para sudhaatmani swachanda sphuranaamatra nidhehi akula naayike namah.

2. Shakthi KALA, (from shakthi paadam)

Aim hreem sreem Akulasthaamruthaakaare suddha jnaana kare pare amruthathvam nidhehi asmin vasthuni klinna roopini namah.

3. Siva Shakthi Saamarsya kala (from between feet)

Aim hreem sreem tadroopini Ekarasyatvam krutvaa hethath svaroopinee bhootvaa paraamruthakaaraa mayi chith sphuraNam kuru namah.

Amrutha Kalaavaahanam

1. Karuna Rasaamritha kala(from Devi's eyes)

Aim hreem sreem, aim bloom jhroum jum sah amruthe amruthodbhave amrutesvaree amrutha varshini amrutham sraavaya sraavaya svaaha namah.

2. Sangeetha Sudhaarasaamritha Kala(From Devi's lips)

Aim hreem sreem Aim vada vada vaagvaadinee aim

3. Maathru Ksheera Dhaara kala(From the breasts of mother)

Aim hreem sreem kleem klinne kledini kledaya kledaya mahaa kshobham kuru kuru kleem



SRIVIDYA JNANA PEETHAM
(A Subsidiary of Soundarya Lahari Trust)

4. Janma Raahitya kala(From the moolaadhaara)

Aim hreem sreem souh moksham kuru kuru souh

5.Guru Paadukaa kala(From the feet of the mother)

Aim hreem sreem hasaum(right leg) sahauh (left leg) namah

Praana pratishtha

Taking flowers and akshath into the hand, keeping the hand at your heart, this following mantra is to be chanted and then the flowers are to be offered at Bindu sthana.

Aim hreem sreem, Hrudchakrastaam atmah sushumnaam padmaatavee bhedana kusalaam mohaandhakaara paripamdhini samvidagnim siva deepa jyothi rupineem, Adi paraa samvidam chidroopineem sree lalithaayai namah, dhyayaami.

Aim hreem sreem, ka ye ee la hreem ha sa ka ha la hreem sa ka la hreem

Aim hreem sreem, lalithaayai amrutha chaitanya moorthim kalpayaami namah

Aim hreem sreem, hasraim hasrakteem, hasra souh namah.

Aim hreem sreem, mahaa padmaa vanaamthasthe kaaranaananda vigrahe sarva bhootha hithe maathar Ehyehi Parameswaree Sree Lalithaa paraa chaitanyam aavaahayaami.

Devi Avaahanam.

Bindu chakre, sreemath kaamesvaraamke, sree lalithaa paraa chaitanyam aavaahayaami.

Sri devi poojaartham, sri chakra gatha sarva aavarana devathan aavaahayaami.

Indraadi loka paalakaan aavaahayaami.

Divya siddha maanavougha guroon aavaahayaami.

Samastha desa kaala praani gatha chaitanyaam aavaahayaami.

Yakshinee kinnera, siddha saadhya gandharva apsaraadi satva guna pradhaanaan aavaahayaami.

Mahaa chatushasthi koti yoginee yogi gana sevithaan aavaahayaami.

Sringaara kaama leela sangeetha naatya veera goshti pradarsakaan aavaahayaami.

Praana pratishtha

Om Aim hreem sreem,

aam hreem krom yam ram lam vam Sam sham sam ham

Om hamsa soham soham hamsah

Sivah sri chakrasya, mama guru devasya, sri lalitaayaah

Mama praanaah, iha praanaah

Mama jeeva iha sthithah mama sarvendriyaani

Vaang manah chaksuh srotra jihvaa ghraana vaak paani paada paayoopastha lingaani,

Ihai vaagathsya, asmin sri chakre sukham chiram thisthanthu swaahaa.

Om asuneete punarasmaasu chakshuh punah praana mihano dhehi bhogam jyok pasyema soorya muccharanta manumate mrulayaanah svasthi.



SRIVIDYA JNANA PEETHAM
(A Subsidiary of Soundarya Lahari Trust)

Amrutham vai praanaah
Amrutham apah pranaaneva
Yathaa sthaanam upahvayathe
Praana prathisthaapana muhoorto sumuhoorto asthu.

Avaahito bhava, Sthaapito bhava, Suprasanno bhava, Varado bhava, AvakunTitho bhava,
Sthiraasanam kuru kuru, Praseeda praseeda.

8. Clothes

Take a flower or akshata in the right hand, assuming that you are offering garments to the Goddess, chant the following mantra and place the flower/akshatas on top of the idol or yantra
“Aim Hreem Srim Sri Matre Namah Vastram Samarpayami / Vasthartham Pushpam / Akshatan Samarpayami”

9. Ornament

Taking a flower or akshatas in the right hand, assuming to be offering ornaments to the goddess,
“Aim Hreem Srim Sri Matre Namah Abharanarthe Pushpam / Akshatan Samarpayami”
Saying that flower or Akshatans should be placed on idol or yantra.

10. Sandalwood Powder

Taking the sandalwood with the flower, imagining that we are applying sandalwood powder to the neck of the Goddess Mother:
“Aim Hreem Srim Sri Matre Namah Gandham Samarpayami”
Saying that, apply the powder on Mother's yantra or idol.

11. Saffron

Thinking of offering saffron to Goddess,
“Aim Hreem Srim Sri Matre Namah Kumkuman Samarpayami”
Saying that, saffron should be placed on Goddess Mother's yantra/idol
(Here, it is good to chant Lalita Sahasra Naamam, trishati, or khadgamala stotra if possible)

Incense

Light the incense stick, extinguish the flame,
“Aim Hreem Srim Sri Matre Namah Dhupamaghrapayami”
Saying that, incense should be shown to Amma.

12. the lamp

Taking the lamp in the hand and holding it above the heart,
“Aim Hreem Srim Sri Matre Namah Deepam Samarpayami”
Saying that, the lamp should be shown to Goddess Mother.

13. offering (Naivedya)

One should keep the fruits / pakwannams (freshly cooked material) in a platter and sprinkle water around the platter (from left to right) and recite the mantra given below.



SRIVIDYA JNANA PEETHAM
(A Subsidiary of Soundarya Lahari Trust)

Om bhurbhuvassuvah tatsaviturvarenyam bhargodevasya dhimahi dhiyoyonah prachodayat

Om Apojyoti Rasomrita Brahma Bhurbhuvassuvarom

Then, saying amritamastu , a drop of water should be sprinkled on the offering.

Then the following mantra should be chanted while sprinkling water around the offering

Amruto pastaranmasi, satyanta varthena parishinchami (while making offerings during the day)

Amruto pastaranmasi, rutantaatvartena parishinchami (while making oblations at night)

“Aim Hreem Srim Sri only Namah Naivedyam Marpayami”

saying, Then one should recite the following mantras and offer the naivedyam to the Goddess six times.

Om Pranaya Swaha

Om Apanaya Swaha

Om Vyanaya Swaha

Om Udhanaya Swaha

Om Samanaya Swaha

Om Brahmane Swaha

After making this oblation, taking the water with one uddarina, thinking that we are offering water to the Goddess to drink,

You should show the water from the Uddharina to the goddess and accept that water, saying that “madhye madhye paaneeyam samarpayami”

- Then, sprinkling water around the plate in an aparadakshina (right to left) manner, one should say Amritapidhanamasi Uttaraposhanam Samarpayami .
- Thinking that the hands of the Goddess are being washed, saying Hastau Prakshalayami , show the water to the Goddess with a raised voice and release it in the plate.
- Feeling that the feet of the Goddess are being washed, one should show the water to the Goddess with a uddarina and say Padau Prakshalayami and release it in the pan.
- Thinking that we are giving water to the Goddess to drink, saying Achamaniyam Samarpayami , one should show the water to the Goddess and release it in the plate.

14. mantrapushpam

Taking flowers or akshatas in hand,

"Katyayanaya Vidmahe Kanyakumari Dhimahi Tanno Durgi Prachodayat "

"Kulakumari Vidmahe mantrakoti Sudhimahi Tanna Kouli Prachodayat "

"Thripura Sundari Vidmahe Pithakamini Dhimahi Tanna Klynne Prachodayat "

“Aim Hreem Srim Sri Matre Namah Mantrapushpam Samarpayami ”

After saying that, those flowers or Akshatas should be placed on the image of the Lord/Goddess.

15. Nirajana

The camphor should be lighted and shown to the Goddess while chanting the following mantras.

“Aim Hreem Srim Sri Matre Namah Neerajanam Samarpayami ”



SRIVIDYA JNANA PEETHAM
(A Subsidiary of Soundarya Lahari Trust)

- Here you can sing any Harati song.
- Then release a drop of water in the plate.
- Applying the heat of the arati to the eyes with both hands, one should say “ Raksham Dharayami ”.
- Finally, take the Akshatas in the right hand and pour water as a thin stream from the top of the Akshatas. Water and Akshats – should flow into a plate through the passage between the middle and ring fingers. While doing this the following mantra should be recited.

“ Mantra heenam, Kriya heenam, Bhakti heenam, Shraddha heenam, Dravya heenam
Parameswara, Yat Pujitam Maya Deva paripoornam tadastute. Maya Krita Shodashopachara
Pooja Phalam Sarvam Sri Maata Arpanamastu ”

- Om Purnamathaha Purnamidam Purnat Purnamudachyate, Purnasya Poornamadaya
Poornameva Avashishyate

Om Shantih Shantih Shantih





Words of treasure

**“We have not been sent into the world to create a nuisance,
but to bring a new sense into the world.”**

- Sri Guru Karunamaya



SOUNDARYALĀHARI

SRIVIDYA LEARNING CENTRE

#27&28 Chairman Rajamanikyam Street, Karthinagar,
Near new railway station, KANCHIPURAM 2, Tamil Nadu - 631502, India.
Ph. +91 8088 25 66 32 | srimeru999@gmail.com | www.srimeru.org

