

14 Nov '25

→ Practized /ma:θa: nirmala mahe:s'vari:/  
sahaja yoga song (see at 1. Carnatic Music / o. Books /  
Sahajayoga... / o. Dhyan...)

HW: (1) See AI word by word breakdown  
and meanings. Fix it.

(2) Do complete breakdown of this  
song with chandas, swaras etc.

(Write raaga, thalam at the  
top of the file)

13) Practice this song - singing &  
playing