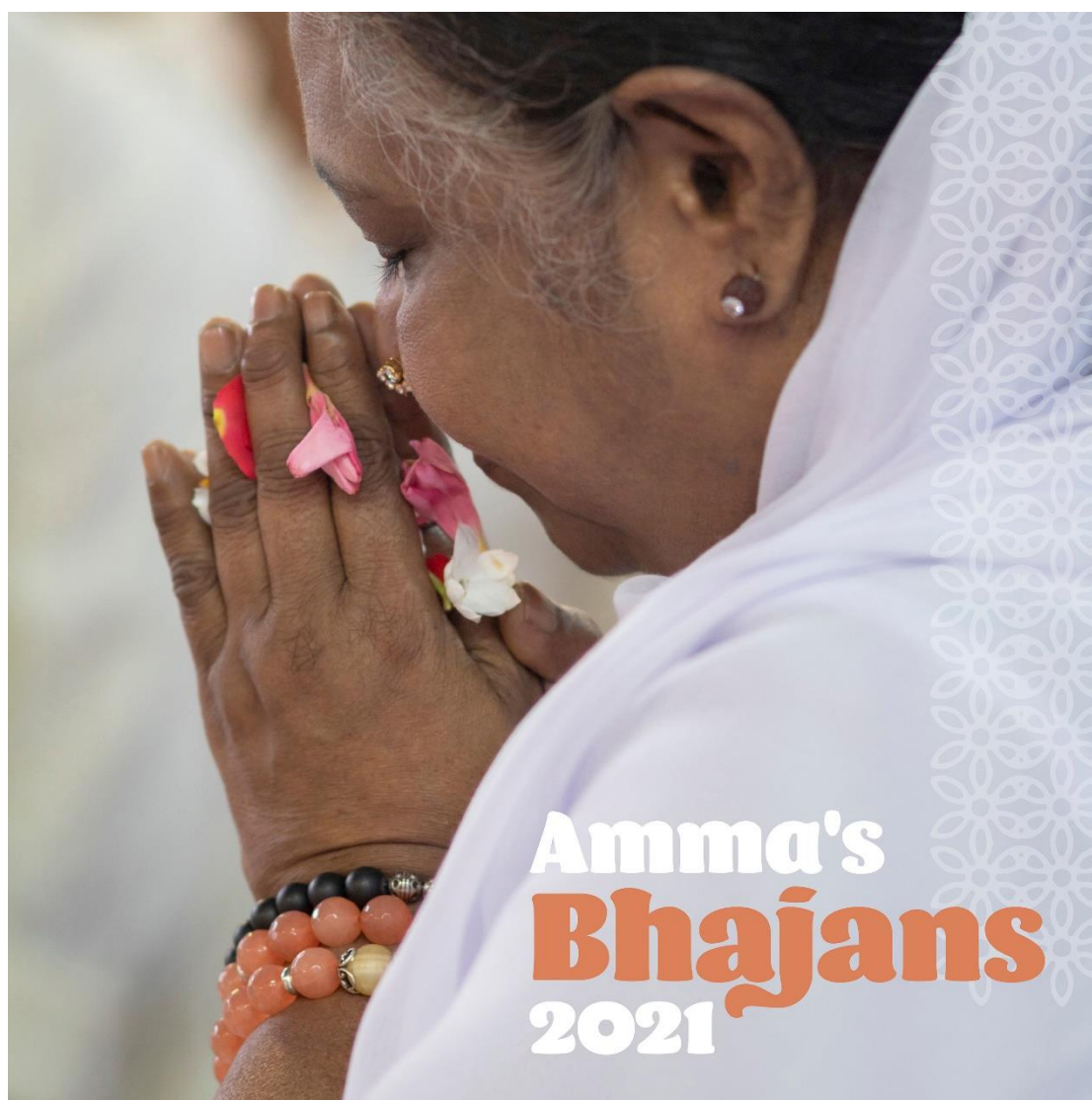


# BHAJANAMRITAM

2021 SUPPLEMENT - 14 Mar 2021



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## Abhangācyā Rasāt (Marathi)

abhangācyā rasāt raṅgīlē man  
tan man tsālē dēvā tutsyā caraṇī līn

*O God, my mind is so immersed in singing Your praises that my body and mind are both completely focussed at Your lotus feet.*

māyā ca tāvaḍīt sāpaḍla jīv  
kṛpā asō dēvā tujhī man hō nisaṅg

*O God bless me with grace that I may become detached from the clutches of maya.*

āḷa sācyā sākhaḷīla tōḍun dē gōvind  
prakāśīt nirantar bōdha antaraṅg

*O Lord, please break the shackles of my ignorance that awareness may dawn within me.*

dēvācī mahima sāṅgumī kiti  
he janm avagē nā karāyā tyāci kīrti

*This entire life of mine too will not be enough for me to sing your glory*

bōlā viṭhal viṭhal viṭhal  
jay viṭhal viṭhal viṭhal  
māūlī viṭhal viṭhal viṭhal  
jay viṭhal viṭhal viṭhal

*Victory to Lord Vithala!*

## Akṣara-Rūpiṇī Amṛtēśvarī (Malayalam)

akṣara-rūpiṇī amṛtēśvarī  
śubhrābja-nīlayē nādāmbikē  
ōmkāra-nāda taraṅgam uyartti nī  
nṛttam āṭiṭumō en vāciyil

*Immortal goddess, Goddess Sarasvati seated on a pure white lotus, origin of sound... will you awaken the Omkara within, and be present in my words?*

vāgdēvatē mama hr̥ttil vasicc-en  
hr̥dayam nin maṇivīṇa ākkīṭaṇē  
ā maṇi-vīṇayil nī śruti mīṭṭumbōl  
kanmaṣa-bhāram akanniṭunnu

*O Goddess of speech, reside within my heart, make my heart your divine veena. When you play music on that veena, the burdens of my heart are lifted.*

ātma-prakāśinī jñānāmbikē  
uyirārnn-uṇarttuk-en ātmabōdham  
ātmānandāmṛta-lahariyil nān ammē  
'nī tanne' nān enn-ariñṇiṭaṭṭe

*O Mother, source of all knowledge, light of the atman, awaken within me as awareness of the Self. In the blissful intoxication of the effulgent self let me know that you are my true essence.*

## **‘Amma’ Endru Solvatum (Tamil)**

‘amma’ endru solvatum ōr arumandiramē  
bandhaṅkaḷai viḍuvikkum aruḷ mandiramē  
pēdai ivaḷ endrum untan kuzhantai amma  
paṭṭrudal vēṇondrum illai amma

*‘Amma’ is a miraculous mantra to chant. It is a mantra that showers grace and frees us from worldly ties. This innocent one is always your child, Amma. I have no other attachment, Amma.*

sirupiḷḷai unaimaṛavā varam taruvāyē  
cittamenum kōyililē kuṭiyiruppāyē  
nēsattuḍan enaikkāttu aravaṇaippāyē  
nīṅgāda un suḍarāy oḷiravaippāyē

*Grant this little child a boon to never forget you. Dwell in the temple of my heart. Lovingly protect me and embrace me, make me shine as your eternal light.*

ammā ennai aravaṇaippāyē

*Amma embrace me.*

anbum yen annayum vēru illaiyē

anbē vaḍivāṇa tāyē amṛtēśvariye  
akilattai aravaṇaikkum akhilāṇḍēśvariye  
tiruppādam śaraṇaṭaindēn sarvēśvariye

*Love and my mother are not different; O love incarnate, Mother, eternal Goddess, Goddess of the Universe who embraces the universe. Goddess of all, I surrender at your lotus feet.*

ammā unnai śaraṇaṭaintēnē

*Amma I surrender to You.*

## Amma Tan Prāṇan (Malayalam)

amma tan prāṇan pakarnnīṭum mantram  
cittatte niścalam ākkiṭum mantram  
hṛttinn-aṭittaṭṭil āzhnn-īraṅgi  
ātma-caitanyam uṇarttum mantram

*The mantra transfers Amma's divine energy to us and makes our mind still. It goes down into the depths of our soul and awakens the glorious self within*

janma-janmāntara-sukṛtam ī mantram  
sañcita-pāpam akattum ī mantram  
kavacamāy rakṣa ēkīṭum mantram  
mukti-pradāyakam bīja-mantram

*The mantra is the fruit of many lives of great merit; it removes the accumulated burden of our sins. It acts as a protective shield and is the seed mantra that grants liberation.*

niṣāda-hṛttinde āsura-bhāvam  
unmūlanam ceyyum puṇya-mantram  
bhavarōga-duḥkha-vināśaka-mantram  
vandē bhaya-haram guru-mantram

*The mantra removes the wicked tendencies of the dark and asuric mind. It destroys the sorrows and disease of the external world. I pray to the Guru mantra that destroys all fear.*

puṇyam ī mantram guru-mantram mahā-mantram guru-mantram  
dhanyam ī mantram bīja-mantram mahā-mantram guru-mantram

*This great mantra, the Guru mantra is the most sacred. This great mantra, the potent mantra is the Guru mantra.*

## **Ammē Ādiparāśakti (Malayalam)**

ammē ādiparāśakti  
aṛiv-ētum illā paital ival  
dīnata ērunna makkaḷōṭ-anyathā  
bhāvam pularttuvān ākumō ammē...

*O Mother, the primal supreme power! I am your daughter, who lacks all knowledge. But you will never consider your distressed children as separate from you...*

prārabdha-bhāram tāngiṭuvān ākāte  
cakitayāy stabdhayāy ninnu pōy ṇān  
ā prēma-gaṅgayām śrīpāda-tīrtthattil  
ennum enne magna ākkiṭēṇam ammē

*Unable to bear the burden of my accumulated karma I stand sad and helpless. O Mother! immerse me in the divine Ganga, the water that has bathed your holy feet..*

ulakamām māyā-marīcikayil peṭṭu  
ninne ṇān orunālum maṛannīṭollē  
ōrō aṇuvilum nin prēmam tuṭikkēṇam  
prāṇan poliyumbōzhum nin nāmam uruviṭēṇam

*Let me never become trapped in the mirage of the world and forget you. Let your love pulsate in every atom, let me chant your name as life leaves my body...*

## **Ammē Bhagavati Kālī Mahēśvari (Malayalam)**

ammē bhagavati kālī mahēśvari  
amṛtēśvari pādam kumbiṭunnēn  
bhavarōga-śāntikkāy kēzhunnor-enne nī  
bhava-nāśinī nī anugrahikkū

*O Mother Kali, the supreme goddess Amriteswari, I bow down at your divine feet. I beg of you to release me from all the sorrows of this illusory world. O destroyer of all delusion, bless me.*

nin cintayil āṇḍu en manam ennum  
prēmattin tantrikaḷ mīṭṭiṭaṇē  
karmaṅgaḷ ōrōnnum antaraṅgattile  
śrīpāda-pūjayāy tīrttiṭaṇē

*May my mind immersed in thoughts of you strum the musical notes of love. May my actions be the worship of your lotus feet placed within my heart.*

nin naṛum-puñciri en manatārile  
mōhāndhakāram akattīṭaṇē  
nin mahā-maunam en antarātmāvine  
bōdha-svarūpamāy tīrnnīṭaṇē

*May your radiant smile illumine my mind, destroying the darkness of ignorance. May the stream of constant thoughts of you reveal the true Self within me...*

## **Ammē Jaganmātē Māyē (Malayalam)**

ammē jaganmātē māyē  
hṛttil viḷaṅguk-en bhāmē  
iniyum tāmasam entē tāyē  
ennuḷḷil nī nīraññīṭān

*O Mother! Goddess of this universe, embodiment of brilliance, shine within me. Why do you delay, my Mother, to fill my heart with your presence?*

rāgādi-vairikaḷ antaraṅgam  
svantam ākkān ennavanṇam ennum  
nitya-sandarśakar āyiṭunnu  
nīyillā nērattu nōkki ammē

*Likes and dislikes, all dualities of the mind regularly visit my heart to make it their home, when you do not reside within me.*

dhyāna-japādikaḷ ceyta nēram  
telloru śānti labhiccirunnu  
nin prēmam ennil nīrañña nēram

nī ennil āṇennu ñān ariññu

*I gain a little peace when I meditate and chant. When love for you filled my heart, I found you within me.*

ennullil ennumā nīravu nilkkān  
entu ñān ceyyēṇḍat-ende tāyē  
nin prēma-lahariyil nṛttam ceyyān  
en manam ennum koticciṭunnu

*What should I do, my Mother, for your light to always inundate my heart?  
My mind ever longs to dance in the bliss of your love.*

## **Amṛta-Mahēśvari Akhilāṇḍēśvari (Sanskrit)**

amṛta-mahēśvari akhilāṇḍēśvari  
anavadhi śānti-sudātri

aṭimalariṇa tozhum aṭiyanu nalkaṇam  
amṛtānanda-padam

śrīkari sumanōhari  
hari-vidhivinutē śubhadē

māmaka-janani mānasa hariṇi  
mātaṅgi śyāmāṅgi

bhūtaḷamātē tāvakapādē  
sādaram-abhivandē

## **Ānandamē Saccidānanda (Malayalam)**

ānandamē... saccidānanda-svarūpiṇi ammē  
aṇayū prāṇanil nitya-vasantamāy nī nīrayū  
anantatē... viśva-caitanyamē en jīvanil  
nī jñāna-dīpamāy teḷiyū



*O Mother, embodiment of truth, consciousness and bliss! Come to me and become the eternal spring season within my heart. O infinite one... you are the consciousness that pervades the universe. Shine within me as the lamp of knowledge.*

ēkāntam ākum en mauna-tīraṅgaḷe  
kuḷiriḷam tennalāy nī toṭṭuṇarttavē  
anubhūti-dhanyam ī nimiṣaṅgaḷ ammē  
prēmārdram nī inn-en janmapuṇyam

*You awakened my lonely and silent shores of my mind like a cool and gentle breeze. These moments are enriched with blissful experiences, they are filled with your love...*

aham enna bhāvavum bhēda-bhāvaṅgaḷum  
akannātmabōdhattil uṇartīṭuvān  
coriyēṇamē nin kṛpāvarṣam ennil nī  
saphalam ākkīṭaṇē ende janmam

*Let my ego and sense of duality disappear, let me awaken to my true self. Mother, let your grace flow into me so that my life becomes fulfilled!*

## **Ānandam Uḷḷattil (Malayalam)**

ānandam uḷḷattil uṇḍeṅkilum  
ārāyunnilla nām antaraṅgē

*Though supreme bliss is in our heart, we do not search for it within.*

āyiram vātilil muṭṭunnu nām  
ātmāvin vātil aṭacciṭunnu

*We knock at a thousand doors but keep the door of the Atman closed.*

āṛeyum āśrayikkunnu nammal  
ā paramēśane onnozhiye

*We are willing to depend on anyone, other than on that Supreme Lord.*

āvōḷam bhōgaṅgaḷ āsvadikkē  
āntarayōgam taṭuttiṭunnu

*Our spiritual growth is hindered as we enjoy pleasures of the senses to our fill.*

āśrama-jīvitam ēre iṣṭam  
'ā' śramam āṇēṅkil vēre kaṣṭam

*We very much like ashram life, but making that effort (a shramam) is a different matter.*

ārillum kuṭṭaṅgaḷ kāṇumbōzhum  
ārānum kāṇunnō tande kuṭṭam

*We are keen to find fault with anyone, but are we willing to see our own faults?*

ācāryan ākuvān entu mōham  
ācariccīṭuvān illa dāham

*We have such desire to become a teacher, but no eagerness to practice what we teach.*

āmnāyam colli-paṭhikkunnatō  
ādyantamāya viśuddhi nēṭān

*We chant the Veda mantras to gain ultimate purity.*

āreyum taccutakarkkānulla  
āyudham ākkēṇḍatalla vidya

*Spiritual knowledge should not become a weapon used to destroy another.*

ānanda-dhāmam aṇaṇṇiṭuvān  
āgraham ullil uṇḍāyiṭēṇam

*Within us we need the yearning to reach the abode of bliss.*

ā mahāśaktiyām amma uṇḍē  
ātmārtthamāya vazhi kāṭṭuvān

*Mother, the Supreme Goddess, is here to show us the right path.*

## **Arṣabhārata Samskr̥ti (Malayalam)**

arṣabhārata samskr̥ti tan  
ādimaddhyānta-porulē

ādi dēvi nin mahassil  
āzhaṇē ṇān vāzhaṇē

*You are the everlasting essence of the Vedic culture of India. O Devi, the creator, let me dwell within your splendour.*

ādi-dēvan tan kiraṇam  
āzhiyil ninn-uyaravē  
āzhnn-iraṅgi ennil ammē  
ā nabhassin vaibhavam

*As the rays of the Sun God arise from the ocean, the majesty of the resplendent sky entered deep within my heart.*

ārttirambi ende ulḷil  
ā vacassin vaibhavam  
ādi-dēvi nin padattil  
āzhaṇē ṇān vāzhaṇē

*The wisdom of your words inundated my mind like the waves of the ocean. O Devi, primordial goddess, may I delve deep and dwell in you.*

## **Eṅkaḷ Kuladaivam (Tamil)**

eṅkaḷ kuladaivam ammā vēppilaikkālī  
andham ellām paḍaittavaḷe ādiśakti  
anbu vaḍivānavaḷe akhilāndha-nāyakiyē  
kāppāṭtra vandavaḷe kuṅkumakāri

*O Mother, Goddess Kali, who has neem leaves in hand Creator of the universe, You are the primordial power. You are love personified, You are the empress of the world. O Goddess who wears vermillion (kumkum), You have come to save us.*

sīri varum siṅkattayum naṅcuḍaya nāgattayum  
unnarugil sēvakarāy aḍakki ninḍrāy  
māriverum manakkuraṅgin maruḷaceyum agantayinai  
ennakatte kuḍi koṇḍu azhittiṭammā

*You tamed the roaring lion and the poisonous snake and made them Your attendants. Please reside in my heart and destroy the bewildering ego of the fickle-monkey-mind.*

sambantanin kural kēṭṭu jñāna pālai ūṭṭiviṭṭa  
ambikayē ūzhvinaiyai aruppavalē – (jñāna)  
cikkanavē un pāda-padmaṅḡalai piḍittōmē  
cittam tanai suttam seytu kāṭṭiṭammā

*O Goddess, who heard the cries of Thirujnana Sambandar (an ancient sages) and fed him  
Your milk, You are the one who cuts asunder the effects of past karma. O Mother, we hold  
on tightly to Your lotus feet. Please clean our minds and protect us.*

ōm kāḷi... hrīm kāḷi... vēppilaikkāḷi...  
amma...

*O Kali, who holds the neem leaves, O Mother....*

## Entē Ammē En Manam (Malayalam)

entē ammē en manam vāṭunnu  
ennuḷḷil ennum viḷaṅgunna sattē  
nin viḷi kēḷkkān kazhiyāttat-entē  
ā prēma-nisvanam ñān maṛann-ennō?

*O Mother who ever shines within as my true essence, why is my mind wilted? Why am I  
unable to hear your call? Is it that I forgot the voice of your divine love?*

ninnil ninn-en cittam oru mātra akalumbōḷ  
nī ariyunn-ennu ñān ariññiṭilum  
entin-enn-ariyāte en hṛdantam vṛthā  
entinō vēṇḍi kaṇṇīr pozhikkunnu

*I know you are aware when my mind strays away from you, for even a moment. Still my  
heart sheds tears for something, I know not why.*

śvāsa-niśvāsamāy prāṇanāy nī sadā  
ennuḷḷil ennum vasiṇṇiṭun-n-ēṅkilum  
eṅgu nī ammē nin vāsam eṅg-ammē  
oru mātra darśanam nalkiṭukammē

*Though you ever dwell within me as my breath, as my very life force, where are you  
Mother? Where do you dwell? O Mother, please give me a glimpse of your form.*

## Hṛdaya-Sandēśam (Malayalam)

hṛdaya-sandēśam en kaṇṇande tṛppādē  
arccanā-puṣpamāyi vīṇiṭumbōḷ  
mana-murukīṭunnu tanu taḷarnnīṭunnu  
kaṇṇā nī enne maṛanniṭallē

*The message of my heart falls as flowers of worship at the feet of my Krishna. My mind and body are stricken with grief. Krishna, please do not forget me...*

prēma-gaṅgayāy ozhukunna vēṇu-gānam  
hṛdayattil ennō āzhnnu pōyī  
kaṇṇunīr muttāl orukkiya mālyam  
svīkariccīṭumō nī mukil-varṇṇā  
svīkariccīṭumō nī mukil-varṇṇā

*The music from your flute flowed as the Ganga of love and entered deep within my heart. O Krishna, dark hued one, will you accept this garland made from the beads that are my tears?*

kēḷkkunnuvō nī en maunamām tēṅgalukaḷ  
kāṇunnuvō en nīramizhikaḷ  
janmaṅgaḷ ini etra uṇḍenkilum tava  
tṛppāda-smaraṇayil ozhukīṭaṇē  
tṛppāda-smaraṇayil ozhukīṭaṇē

*Do you hear my silent cry? Do you see my tear filled eyes? I may have many more lives but please fill them with the memory of Your lotus feet...*

## Irulārnnna Jīvita-Vīthiyil (Malayalam)

irulārnnna jīvita-vīthiyil ennum nī  
kanivārnnu pāliccirunna satyam  
aṛiyave enmanam ārdramāy tīrunnu  
aḷavāṭṭa nin kṛpa ōrttu nityam

*O Mother! in the dark path of my life, You compassionately guarded the truth. When I realize your love, my mind becomes tender, knowing your grace towards me!*

vīṇum uruṇḍum piṭaṇṇum ṇān – nīṅgavē  
ōrō cuvaṭilum nī tuṇaccu  
vīṇiṭum vīthiyil tāṅgi nirtti enne  
nērvazhi kāṭṭi anugrahiccu

*As I stumbled and fell and tried to get back on my feet, You helped me in each step that I took. Even though I fell, You kept me on the right path, blessing me so that I did not go astray.*

nēti nēti ennat-ārāṇṇu ṇān innu  
nērāya nin tiru munnil etti  
nērāya ninne ariyuvānāy in  
nērāyi enne anugrahikku

*I have now reached your sacred presence, knowing that you are the Truth. Bless me so that I may know you well as the Absolute Truth reached by constant self- inquiry.*

## **Jagadambikē Hṛdayāmbikē (Malayalam)**

jagadambikē hṛdayāmbikē  
jagadambikē dēvī amṛtāmbikē

*Mother of the Universe, Mother of my heart, Devi, my immortal Mother!*

vazhi ariyāte vann-ettiya jīvanu  
nin kṛpāvarṣam abhayam ēki  
arhata yātonnum illennākilum  
artthikkunnu ṇān nin prēma-bhaktikkāy

*Your grace granted refuge to this jiva who wandered without knowing the way. I am not deserving yet I beg for loving devotion to you.*

cañcalamām en hṛttil irunnum  
puñciri tūki nērvazhi kāṭṭum  
nin tṛppādamām lakṣyam pūkān  
ennil kaniyān tāmasam arutē

*You reside smiling within my fickle heart and show me the right path. Do not tarry to show your compassion so that I may reach the goal of your lotus feet.*

mārgavum lakṣyavum nī tanne ammē  
mārga-vighnam nīkkum śaktiyum nīyē  
ātma-kṛpayāy ennīl nīrayū  
jñānamṛtam tūki ninnōṭu cērkkū

*O Mother! You are both the way and the goal, you are the strength that removes all the obstacles on the way. Fill my heart as grace for my own true self. Grant me knowledge of immortality and hold me close to you.*

## **Janimṛti-Cakrattin (Malayalam)**

janimṛti-cakrattin poruḷ ariyāte  
iruḷ ārnna jīvita-pātayil ñān  
nēr-ariyāte poy pōya nāl onnil  
kaṇḍu ñān kāruṇya-rūpamām ammaye

*I knew not the meaning of the cycle of birth and death and walked the dark path of ignorance. One day, I saw the compassionate form of my Mother.*

māṭṛ-vātsalyattāl vāri puṇarnn-amma  
śānti tan pāta teliccor-ā nāl  
ātma-viśvāsamām neyttiri nāḷavum  
uḷḷil telicc-enne dhanya ākki

*My Mother embraced me with so much love and shone light in the path of peace. She lit within me the lamp of self-confidence and gave meaning to my life...*

jīvande mārgavum jīvita-lakṣyavum  
īśvara-prēmattāl pūrṇṇam ākum  
vismariccīṭāte nīṣṭhayōṭ-ennum ī  
pātē carikkān anugrahikkū

*The path of life and its ultimate goal become complete in God's love. Bless me that I may not forget this truth so that I may travel the path of love.*

## Jōgoto Jononī (Odiya)

jogoto jononī mātā durgā bhovānī  
krpā koro krpāmoyī bhokti-prodāyīnī

*O Goddess Durga, Mother of the universe, compassionate one, please shower your grace and bestow devotion.*

jāhā mu pāūci mātā jahā mu dēkhūchi  
sobū rē pochore mātā saṅkēto āsuchi  
bujhi no pāri yē monō bhromito heyūchi  
soṅsāro bondhonore mā choṭo poṭo heūcchi

*Whatever I receive and see in life happens because of some cause which I am not able to understand. My confused mind wanders in the world of samsara and feels restless.*

bipodo āsīle mātā bisvāso rohunī  
tumo binā mono moro sthira hi rohūnī  
tumo anubhobo mātā dhorito pārūni  
jñāno diyo prēmo diyo śokti prodāyīnī

*During times of trouble, I lose my faith. Without your presence my mind is not calm. I get many experiences but am not able to co-relate the same when the situation arises. O Mother, please give me knowledge, love and strength.*

guhārī suṇogō mātā duḥkha nivāriṇi  
prēmō bhokti diyo mote mukti prodāyīnī  
bisvāso bondhono re mā diyo mote bāndhī  
ē bhobo sāgoru mātā diyo mote mukti

*O Mother, healer of sorrows, please listen to my prayer; give me love, devotion and eternal bliss. Bind me in profound faith in you. Sail me across the bondage of the world and free me from the cycle of birth and death.*

mā... mā... mā... mā...

## Mā Kā Mantr-Jap (Hindi)

mā kā mantr-jap rē man  
prēm mantr jap rē man



*O mind, chant the mantra of 'Ma'. Chant the mantra of love.*

bhakti na jānu jñān na jānu  
phir bhi ās hai man mēñ mā  
āvō mērē dil mēñ mā  
man mandir mēñ bas jāvō

*I do not know of devotion nor do I know of knowledge. Still there is hope in this heart, O Mother. Come into my heart and reside forever in its temple O Mother.*

prēm bhakti kā sudhā pilāvō  
bhav sāgar sē pār karō mā  
mōh jāl sē hame chuḍāvō  
mērē dil mēñ nācō mā

*Feed me the nectar of love and devotion and help me cross this ocean of transmigration. Free me from the net of attachments and dance in my heart Mother!*

jñān bhakti kā dīp jalākē  
śuddh bōdh kā uday karākē  
param śānti mēñ līn karāvō  
mērā jīvan dhanya banādō

*Lighting the lamp of knowledge and devotion, awakening pure awareness immerse me in supreme peace and make my life fruitful and worthy.*

## **Mārivillin Ēzhu Varṇaṅgaḷil (Malayalam)**

mārivillin ēzhu varṇaṅgaḷil  
amma tan rūpam viṭarnnu  
śōṇima ārnnoru sandhya tan ceñcāyam  
amma tan sindūram allē

*Mother's form blossomed as the colours of the rainbow, the crimson colour of the setting sun is the vermilion of Mother's forehead.*

nīlavāṇiṭattil nakṣatra-śōbha en  
amma tan nāsābharaṇam allē  
kāḷima ōlunna niśayute cāruta

amma tan kār-kuntalābha allē

*The sparkle of the stars up in the deep blue sky is Mother's brilliant nose ring, the beauty of the black night is the shine of Her dark hair.*

ī prapañcattin nitya-caitanyam en  
amma tan prēma-prabhāvam allē  
ā prēmādhārayil āmagnayāyi ñān  
amma tan hṛdayamāy tīrnniṭaṇē

*The eternal energy of the universe is the resplendence of Mother's love.  
Immersed in the flow of Her love, may I become one with Her heart.*

## Nīramayil-Pīliyil (Malayalam)

nīramayil-pīliyil oru śyāma-varṇṇamāy  
kuṛunira azhakāy tīrnnēṅkil  
kaṇṇande kāl-svanam ennum śraviccu ñān  
ānanda-pūrṇṇayāy tīrnnēne

*if I could become a deep colour in the peacock feather that adorns Krishna's curly hair, I  
would be ever blissful listening to the foot steps of my Lord.*

tava trppāda-sparśana-mātrayil  
pūtt-ulaññā kadambattin caritam  
ennōṭ-ōtiya kuḷiriḷam tennal  
tazhuki-talōṭi kaṭannu pōyi

*As she passed me by, the gentle breeze caressed me and softly whispered the story of the  
Kadamba tree that flowered at the touch of your feet.*

ī virahattin kanalil eriññu ñān  
avaniyil vīṇiṭum mupē en kaṇṇā  
varika en cāre nin prēmattin mādhuri  
mukarnnu ñānum taḷir-aṇiyaṭṭe

*O Krishna! Before I fall to the earth, under the scorching heat of my sorrow, come to me, let  
me imbibe the sweetness of your love and blossom like the Kadamba tree.*

## Pādam Nanayāte (Malayalam)

pādam nanayāte sāgaram tāṇḍuvān  
kazhivuttōr-uṇḍākilum ennāl  
jīvitam ākum arṇṇavam kaṭannīṭān  
nayanam nanaykka tanne vēṇam

*There might be some capable of crossing the ocean without wetting their feet. But in order to cross over the ocean of life we will have to cry.*

māmara-kūṭṭaṅgaḷ onnāyi tōnnīṭum  
dūrattu ninnu nām kaṇḍīṭumbōḷ  
arikattu cellukil ariyumār-āyiṭum  
akalam uṇḍennuḷḷa satyam

*When seen from afar a cluster of trees will seem like one, but when we go near we see the gaps in between each tree*

uṭṭavar uṭayavar aṭuttu ninnīṭum  
akalattu ninnu nām nōkkiṭumbōḷ  
cārattu cellukil bōdhyavum āyiṭum  
namukku nām enna satyam

*When seen from afar our near and dear ones seem to stand together for us. But when we go near we will see the truth that we stand alone, we have only our own self!*

bandhaṅgaḷ duḥkhattin hētu ennākilum  
manam alayunnu mōha-bandhaṅgaḷkkāy  
en manam ennum bandhurāṅgi ninnil  
bandhitam ākuvān kṛpa aruḷū

*Attachment is the cause of suffering, still the deluded mind wanders in search of relationships. O Bandhurangi, bestow your grace that my bond may be with you alone.*

## Prēma-Pravāhamē (Malayalam)

prēma-pravāhamē jñāna-prakāśamē  
kēḷkkunnatillayō en rōdanam  
kāttirunnīṭunna paital āṇ-ī makal  
kaṇṇunīr oppīṭān vannīṭaṇē

*Mother! you are the river of love and the light of knowledge, won't you hear my cries? This child is waiting for you to come and wipe away her tears.*

antaraṅgattil tuṭikkunnu vēdana  
aviṭutte darśana-bhāgyattināy  
ī duḥkha-sāgaram nīntikkaṭanniṭān  
ammayillāte ivaḷkkāvatilla

*My heart is aching, yearning for the fortune of your darshan. Without you, my Mother, I will not be able to swim across this ocean of sorrow.*

tāṅgāy taṇalāy ēzhaye kākkaṇē  
kāruṇya-vāridhē kaniyēṇamē  
prēma-pravāhattil nīnti tuṭiccu ṇān  
jñāna-pravāhamāy māriṭaṭṭe

*Be my support and my shade, protect me, O ocean of compassion! Let me bathe in the river of your love and become one with the flow of your supreme knowledge...*

## **Pūntiṅkaḷāyi (Malayalam)**

pūntiṅkaḷāyi prēmam uṇarṇnu cidākāṣē  
pūmukham onnu ṇān darśicca mātrayil  
puñcirikk-āyiram artthaṅgaḷ uṇḍ-ennu  
pūrṇamāy innu nī teliccu tannu

*Love awoke like the full moon within my heart. The moment I glimpsed your lovely face I became absorbed in your smile that contains a thousand meanings.*

nērinde vazhiyil nērāyi naṭatti nin  
nirmala-prēmatte pulkīṭuvān  
ninnilēkkullorā nīṇḍa ī yātrayil  
nilaykkāṭṭa prēmamām ēkāśrayam

*You guide me along the straight road to the truth so that I may embrace pure love. The way to you is very long. My only support is your unending love.*

kuttam ēreyuḷḷa śilpamallō ṇānum  
kāḷikē līlayil paṅku cērṇnu<sup>[SEP]</sup>  
kālattinotta kōlaṅgaḷ āṭi ṇān<sup>[SEP]</sup>

kāruṇyam onnināyi bhikṣa yācikkunnu

*Numerous are my faults; still you have given me a part in your divine play.  
I play the parts envisioned by time, O Kalika! I beg for the alms of your compassion!*

ambā... bhikṣām dēhi  
ambā... bhikṣām dēhi  
ambā... bhikṣām dēhi

Mother- I beg alms from you!

## Saccinmayi Amba (Sanskrit)

saccinmayi amba sadguru-rūpiṇi  
tava kṛpā-varṣam bhavabhaya-bhañjakam  
śādhi mām śādhi mām dēvī dayāmayī  
pāhi mām pāhi mām lōka-mātē

*O Mother, pure consciousness embodied in the form of the Sadguru! The shower of your  
grace destroys the fear of samsāra. Please instruct me, most compassionate Goddess!  
Please protect me, O Mother of the world!*

bhakti-sandāyini saṅkaṭa-hāriṇi  
tava vacanāmṛtam mama mārṅga-darśakam  
maṅgaḷa-dāyini mama mōha-nāśini  
pāhi mām pāhi mām lōka-mātē  
pāhi mām pāhi mām lōka-mātē

*You bestow devotion and destroy our sorrow. Your immortal words are the light on my  
path. You bring auspiciousness and destroy my delusion. Please protect me, O Mother of  
the world!*

kāruṇya-rūpiṇi kaivalya-dāyini  
tava pāda-cintanam jñāna-prakāśakam  
tava divya-darśanam mama harṣa-kāraṇam  
pāhi mām pāhi mām lōka-mātē  
pāhi mām pāhi mām lōka-mātē

*You are the embodiment of compassion and the giver of liberation. The very thought of Your feet reveals knowledge. The sight of your divine form fills me with joy. Please protect me, O Mother of the world!*

## **Samsāra-Duḥkha-Pūrṇamām (Malayalam)**

samsāra-duḥkha-pūrṇamām jīvitam  
aviṭuttek-arpiccu mēvunnu nin makkaḷ  
janani tava tiru kṛpāmṛtattināy  
anudinam kāttirikkunnu nin makkaḷ

*Your children offer their lives to you, their lives which are full of worldly sorrow. O Mother, they wait every day to receive your ambrosial grace.*

uḷḷatullattil ariyān ammē  
nin makkaḷkk-ātma-bōdham uṇarttu  
ellām orātmāv-ennatu darśikkān  
bōdhattāl uḷḷam teḷiccu tarū

*Mother, awaken the knowledge of the self within your children, so that they may know the truth. Enlighten us so that we become aware that all is the one atman.*

māyājālaṅgaḷ kāṇunna kaṇkaḷe  
antarātmāvilēkk-ānayaḥcītu  
sāndramām saccidānandābdhi pūkuvān  
ātma-samarppaṇam ceyyunnu makkaḷ

*Guide our eyes mesmerized by the outer world into the inner world of the Self. Your children offer themselves to you, immerse us in the calm ocean of truth, bliss and consciousness.*

## **Sarva-Kāmaṅgaḷum (Malayalam)**

sarva-kāmaṅgaḷum astamiccītukil  
hṛttil orāyiram arkkabimbam pōḷ  
ambika ennum jvalicc-uyarum  
jagadambika ennum jvalicc-uyarum

*When all our desires end our Mother will dawn within our hearts with the brilliance of a thousand suns! Our Mother, the Goddess of this Universe, will shine within.*

ōrō aṇuvilūṭ-ozhukunna nādam  
amma tan nāmam enn-aṛivāyiṭum  
ā tiru-nāmam kēṭṭu kēṭṭ-en manam  
ēkāṭma-bōdhattil āzhnn-aliyum

*I will know that the sound resonating within each atom is the sacred name of our Mother. Hearing Her name everywhere I will dissolve in the awareness of the One Self...*

azhalukaḷkk-ādhāram aham āṇenn-aṛiyukil  
ādhiyat-ellām akale ākum  
nin ānandāmṛtābdhiyil muṅgi  
ñān onn-ānanda-mattayākum

*When we realize that the basis of sorrow is the ego all our troubles will fall away. Immersed in your ocean of immortal bliss I will experience unparalleled joy.*

## **Śāśvata-Śānti (Malayalam)**

śāśvata-śānti tan siddhauṣadham  
guru-smaraṇayat-onnu-mātram  
guru-vākyam śraviccīṭṭu mānavā nityavum  
cintanam ceytu manassil dhariccīṭṭu

*The perfect medicine for eternal peace is the constant remembrance of the Guru. O Man! Listen to the words of the Guru, contemplate and establish them within your heart!*

āśura-bhāvavum garvavum nīkki  
smaraṇam ceytīṭṭu samśuddhar-āyiṭū  
karma-yōgattināl pāvanamāy-oru  
mānasatāril tattvam viḷaṅgiṭum

*Remove your wicked tendencies and ego, contemplate on the Guru's words and become pure hearted. The essential principle will shine within a heart that has become pure by selfless action.*

āśrayicc-ennāl guru kṛpa varṣikkum  
ajñānam nīṅgiṭum cittam telīññiṭum  
sarvavum īśvaramayam enn-aṛiyukil

amṛta-padattil uyarnniṭum niścayam

*If we take refuge in Her, She will shower Her grace upon us. Our ignorance will be removed and our mind will become clear. If we experience that all is God we will surely merge into Her divine feet!*

## Varttamāna-Jīvitam (Malayalam)

varttamāna-jīvitam  
suvarddhamānam ākkaṇam  
bhaktiyum viraktiyum  
vaḷarttiṭunnat-āvaṇam

*May our life become meaningful, may we cultivate devotion and dispassion.*

‘lakṣya-bōdham ārilum  
bhavikkaṇam nirantaram’  
amma ēkum ī mozhi  
nammaḷil muzhaṅgaṇam

*‘Everyone should be constantly aware of the goal.’ let these words of Amma resonate within.*

śuddhamāya bhaktiye  
bhajicciṭām namukk-ini  
yuktiyum subuddhiyum  
taṭukkukilla mṛtyuve

*Hereafter, let us praise pure devotion. Logic and a sharp intellect will not stop death.*

āśayaṭṭa mānasam  
prakāśamānam āyiṭum  
īśvarande vāsabhūmi  
īhayatṭa hr̥ttaṭam

*A mind that doesn’t desire anything shines clearly. A heart free of desire is God’s dwelling place.*

vēdasāram ākum ā  
tyāga-pūrṇa-jīvitam



kāṭṭiṭunnu amma ī  
pāriṭattil ākavē

*Mother shows the whole world a life of complete sacrifice that is the very essence of the Vedas.*

bhōgavum bhujicciṭām  
yōgavum varuttiṭām  
ēvam ōrttu pōyiṭunnu  
ēre mandabuddhikaḷ

*Foolish are those who think they can enjoy sense pleasures and also progress along the spiritual path.*

rātriyum veliccavum  
cērttu koṇḍu pōyiṭān  
ārkkum āvatillahō  
ōrttu nām gamikkaṇam

*Knowing that none can bring together darkness and light, let us move ahead.*

klēśa-pūrṇam ākum ī  
bhōga-lōla-jīvitam  
tyāga-pūrṇam ākkiyāl  
ārkkum ātma-nirvṛti

*This life of pleasure is full of sorrow. Anyone can attain the blissful Self if they make their life one of sacrifice.*