

.. Śrī lalitā Sahasranāma Stotram ..

.. Guru Invocation ..

Om gururbrahmā gururviṣṇuḥ gururdevo maheśvaraḥ
gurursākṣāt parabrahma tasmai śrī gurave namaḥ

.. Ganesha Invocation ..

śuklām baradharam viṣṇum śaśi varṇam chaturbhujam

(Gently tap both sides of head with knuckles)

prasanna vadanam dhyāyēt sarva vighnōpaśāntayē

("O Lord dressed in splendid white, pervading the universe, shining radiantly like rays of the full moon, having four mighty arms and a charming, happy face, we meditate on you that all obstacles may be quelled.")

(Añjali Mudrā: hands together in front of the chest)

.. Ganesha Dhyānam ..

om gaṇānām tvā gaṇapatiṁ havāmahe kaviṁ kavīnām
upamaśravastamam

jyeṣṭharājaṁ brahmaṇām brahmaṇaspata ā naḥ śṛṇvannūtibhiḥ
sīda sādhanam

("Om, O Gaṇapati, To You Who is the Lord of the Gaṇas (Celestial Attendants or Followers), we Offer our Sacrificial Oblations; You are the Wisdom of the Wise and the Uppermost in Glory; You are the Eldest Lord (i.e. ever Unborn) and is of the

Nature of Brahman (Absolute Consciousness); You are the Embodiment of the Sacred Praṇava (Om); Please come to us by Listening to our Prayers and be Present in the Seat of this Sacred Sacrificial Altar; Om, our Prostrations to the Mahāgaṇādhīpati, the Great Lord of the Gaṇas." Rīg vēda 2.23.1)

om mahāgaṇādhīpataye namaḥ

.. Prānapratishthāmantraḥ ..

.. Ṛṣyādi Nyāsaṃ ..

(The following when chanted, invokes life in the deity (i.e. prāna) who is present in the devotee.)

asya śrī divya lalitā sahasranāma stotra mahāmantrasya

vaśinyādi vāgdevatā ṛṣibhyo namaḥ śirase

(Recite the above with the right hand touching the top of the head)

anuṣṭup chandaḥ namaḥ mukhe

(touching the nose with the right hands fingertips)

śrī lalitā mahātripurasundarī devatāyai namaḥ hṛdaye

(with right hand over the heart)

aiṃ bījaṃ

(touching right shoulder with right hand)

klīm śaktiḥ

(touching left shoulder with right hand)

sauḥ kīlakam

(touch navel with right hand)

śrī lalitā mahātripurasundarī prasāda siddhyarthe jape viniyogaḥ

(place both hands on the top of the head and run them along the body until the feet and then back up again to the top of the head)

(Añjali Mudrā: hands together in front of the chest)

.. Prānapratishthāmantraḥ ..

.. Karanyāsaṃ - Establishment of of Divinity in the hands ..

aim aṅguṣṭābhyāṃ namaḥ

("In the thumb, I bow." Move tip of both index fingers up both thumbs.)

klīm tarjanībhyāṃ namaḥ

("In the forefinger, I am One with God." Move tip of both thumbs up both index fingers.)

sauḥ madhyamābhyāṃ namaḥ

("In the middle finger, I am purified." Move tip of both thumbs up both middle fingers.)

aiṃ anāmikābhyāṃ namaḥ

("In the ring finger, cut my ego." Move tip of both thumbs up both ring fingers.)

klīm kaniṣṭhikābhyāṃ namaḥ

("In the little finger, ultimate purity." Move tip of both thumbs up both little fingers.)

sauḥ karatalakarapṛṣṭhābhyāṃ namaḥ

("I bow to the Consciousness of Infinite Goodness with the weapon of virtue." With fingers together wipe the left palm with the right hand, then repeat for right palm with the left hand. Then wipe the back of the left hand with the right palm, and repeat the same with the right hand, wiping the back of the right hand with the left palm.)

.. Prānapratishthāmantraḥ ..

.. Aṅganyāsaṃ - Establishment of Divinity in your body ..

aiṃ hṛdayāya namaḥ

("In the heart, I bow." Touch heart center.)

klīm śīrase svāhā

("On the top of the head, I am One with God." Touch top of head.)

sauḥ śikhāyai vaṣaṭ

("On the back of the head, purify." Touch back of head with the right thumb.)

aiṃ kavachāya huṃ

("Crossing both arms, cut the ego." Cross both arms across chest.)

klīm netratrāyāya vauṣaṭ

("In the three eyes, ultimate purity." Touch the three eyes at once with the index, middle, and ring fingers.)

sauḥ astrāya phaṭ

("I bow to the Consciousness of Infinite goodness with the weapon of virtue." Slap the right index and middle fingers three times on the left palm)

Om bhūḥ bhuvaḥ suvaḥ

(Chant the above while you snap your fingers around the head clockwise at each of the following: 12-3-6-9 o'clock positions, respectively.)

Om iti digbandaḥ

(and as you chant the above, lock your right and left pointer fingers together like two hooks and then release them)

.. Pañchopachāra - Five types of puja offerings ..

laṃ prthivyātmāne gandhaṃ kalpayāmi

("I offer You the fragrance of earth as sandalwood paste." Move both thumbs up both little fingers)

haṃ ākāśātmāne puṣpaṃ kalpayāmi

("As flowers, I offer You space itself." Move tip of both index fingers up both thumbs)

yaṃ vāyvātmāne dhūpaṃ kalpayāmi

("I offer You the essence of air as incense." Move tip of both thumbs up both index fingers.)

raṃ agnyātmāne dīpaṃ kalpayāmi

("I offer Agnideva to You as the lamp." Move tip of both thumbs up both middle fingers.)

vam amṛtātmāne amṛtam kalpayāmi

("I offer You the nectar of water as food." Move tip of both thumbs up both ring fingers)

saṃ sarvātmāne sarvopacārān kalpayāmi

("All kinds of offering I give to You." With fingers together whipe the left palm with the right hand, then repeat for right palm with the left hand. Then whipe the back of the left hand with the right palm, and repeat the same with the right hand, whipping the back of the right hand with the left palm.)

.. Dhyānam ..

(English meaning courtesy of Sri P.R. Ramachander)

sindūrāruṇavigrahāṃ trinayanāṃ māṇikyamaulispurat

tārānāyakaśekharāṃ smitamukhīmāpīnavakṣoruhām .

pāṇibhyāmalipūrṇaratnacaṣakaṃ raktotpalaṃ vibhratīm

saumyāṃ ratnaghaṭastharaktacaraṇāṃ dhyāyetparāmambikām ..

("I meditate on that Ambika,
Who has a body of the colour of saffron,
Who has the three graceful eyes,
Who has a jeweled crown,
Adorned by the moon,
Who always has a captivating smile,
Who has high and firm breasts,

Who has wine filled cup made of precious stones,
And reddish flowers in her hands,
Who forever is the ocean of peace,
And who keeps her red holy feet.
On a jeweled platform.")

aruṇām karuṇātaraṅgitākṣīm

dhṛtapāśāṅkuśapuṣpabāṇacāpām .

aṇimādibhirāvṛtām mayukhaiḥ

aḥamityeva vibhāvaye bhavānīm ..

("I visualize my goddess Bhavani,
Who has a colour of the rising sun.
Who has eyes which are waves of mercy,
Who has bow made of sweet cane,
Arrows made of soft flowers,
And pasanugusa in her hands,
And who is surrounded,
By her devotees with powers great,
As personification of the concept of 'aham'.")

dhyāyetpadmāsanasthām vikaṣitavadanām padmapatrāyatākṣīm

hemābhām pītavastrām karakalitalasaddhemapadmām varāṅgīm .

sarvālaṅkārayuktām satatamabhayaḍām bhaktanamrām bhavānīm

śrīvidyām śāntamūrtim sakalasuranutām sarvasampatpradātrīm ..

("I meditate:
On her who sits on a lotus;
On her who has a smiling face;
On her who has long eyes like the lotus leaf;
On her who glitters like gold;

On her who wears red cloths;
On her who has a golden lotus in her hand;
On her who grants all desires;
On her who is dressed with perfection;
On her who gives protection;
On her who has soft heart to her devotees,
On her who is Sri vidya;
On her who is forever peaceful;
On her who is worshipped by gods; and
On her who gives all wealth.")

sakuṅkumavilepanāmalikacumbikastūrikāṃ

samandahasitekṣaṇāṃ saśaracāpapāśāṅkuśāṃ .

aśeṣajanamohinīmaruṇamālyabhūṣāmbarāṃ

japākusumabhāsurāṃ japavidhau smaredambikāṃ ..

("I meditate on Her,
Who applies saffron on her body,
Who applies musk attracted by bees on her,
Who has a beautiful smile,
Who has with her bows, arrows and Pasangusa,
Who attracts all the souls,
Who wears red garland,
Who wears ornaments great,
And who is of the colour of the red hibiscus.")

.. Mula Mantra ..

oṃ aim hrīṃ śrīṃ śrī māt্রে namaḥ śrīṃ

oṃ aim hrīṃ śrīṃ śrī lalitāmbikāyai namaḥ śrīṃ

.. Atha Śrīlalitāsahasranāmastotram ..

oṃ śrīmātā śrīmahārājñī śrīmat-siṃhāsaneśvarī .

cidagni-kuṇḍa-sambhūtā devakārya-samudyatā .. 1..

udyadbhānu-sahasrābhā caturbāhu-samanvitā .

rāgasvarūpa-pāśāḍhyā krodhākārāṅkuśojjvalā .. 2..

manorūpekṣu-kodaṇḍā pañcatanmātra-sāyakā .

nijāruṇa-prabhāpūra-majjadbharmāṇḍa-maṇḍalā .. 3..

campakāśoka-punnāga-saugandhika-lasatkacā .

kuruvindamaṇi-śreṇī-kanatkoṭīra-maṇḍitā .. 4..

aṣṭamīcandra-vibhrāja-dalikasthala-śobhitā .

mukhacandra-kalaṅkābha-mṛganābhi-viśeṣakā .. 5..

vadanasmara-māṅgalya-grhatoraṇa-cillikā .

vaktralakṣmī-parīvāha-calanmīnābha-locanā .. 6..

navacampaka-puṣpābha-nāsādaṇḍa-virājitā .

tārākānti-tiraskāri-nāsābharaṇa-bhāsurā .. 7..

kadambamañjarī-kl̥pta-karṇapūra-manoharā .

tāṭaṅka-yugalī-bhūta-tapanoḍupa-maṇḍalā .. 8..

padmarāga-śilādarśa-paribhāvi-kapolabhūḥ .

navavidruma-bimbaśrī-nyakkāri-radanacchadā .. 9.. (or
daśanacchadā)

śuddha-vidyāṅkurākāra-dvijapaṅkti-dvayojjvalā .

karpūra-vīṭikāmoda-samākarṣi-digantarā .. 10..

nija-sallāpa-mādhurya-vinirbhartsita-kacchapī . (or nija-saṃlāpa)

mandasmita-prabhāpūra-majjatkāmeśa-mānasā .. 11..

anākalita-sādrśya-cibukaśrī-virājitā . (or cubukaśrī)

kāmeśa-baddha-māṅgalya-sūtra-śobhita-kandharā .. 12..

kanakāṅgada-keyūra-kamanīya-bhujānvitā .

ratnagraiveya-cintāka-lola-muktā-phalānvitā .. 13..

kāmeśvara-premaratna-maṇi-pratipaṇa-stanī .

nābhyālavāla-romāli-latā-phala-kucadvayī .. 14..

lakṣyaroma-latādhāratā-samunneya-madhyamā .

stanabhāra-dalanmadhya-paṭṭabandha-valitrayā .. 15..

aruṇāruṇa-kausumbha-vastra-bhāsvat-kaṭitaṭī .

ratna-kiṅkiṇikā-ramya-raśanā-dāma-bhūṣitā .. 16..

kāmeśa-jñāta-saubhāgya-mārdavoru-dvayānvitā .

māṇikya-mukutaṭkāra-jānudvaya-virājitā .. 17..

indragopa-parikṣipta-smaratūṇābha-jaṅghikā .

gūḍhagulphā kūrmapṛṣṭha-jayiṣṇu-prapadānvitā .. 18..

nakha-dīdhiti-saṃchanna-namajjana-tamoguṇā .

padadvaya-prabhājāla-parākṛta-saroruhā .. 19..

siñjāna-maṇimañjīra-maṇḍita-śrī-padāmbujā . (or śiñjāna)

marālī-mandagamanā mahālāvaṇya-śevadhiḥ .. 20..

sarvāruṇa'navadyāṅgī sarvābharāṇa-bhūṣitā .

śiva-kāmeśvarāṅkasthā śivā svādhīna-vallabhā .. 21..

sumeru-madhyā-śṛṅgasthā śrīmannagara-nāyikā .

cintāmaṇi-grhāntasthā pañca-brahmāsana-sthitā .. 22..

mahāpadmāṭavī-saṁsthā kadambavana-vāsinī .

sudhāsāgara-madhyasthā kāmākṣī kāmādāyinī .. 23..

devarṣi-gaṇa-saṁghāta-stūyamānātma-vaibhavā .

bhaṇḍāsura-vadhodyukta-śaktisenā-samanvitā .. 24..

sampatkarī-samārūḍha-sindhura-vraja-sevitā .

aśvārūḍhādhiṣṭhitāśva-koṭi-koṭibhirāvṛtā .. 25..

cakrarāja-rathārūḍha-sarvāyudha-pariṣkṛtā .

geyacakra-rathārūḍha-mantriṇī-parisevitā .. 26..

kiricakra-rathārūḍha-daṇḍanāthā-puraskṛtā .

jvālā-mālinikākṣipta-vahni-prākāra-madhyagā .. 27..

bhaṇḍasainya-vadhodyukta-śakti-vikrama-harṣitā .

nityā-parākramāṭopa-nirīkṣaṇa-samutsukā .. 28..

bhaṇḍaputra-vadhodyukta-bālā-vikrama-nanditā .

mantriṇyambā-viracita-viṣaṅga-vadha-toṣitā .. 29..

viśukra-prāṇaharaṇa-vārāhī-vīrya-nanditā .

kāmeśvara-mukhāloka-kalpita-śrīgaṇeśvarā .. 30..

mahāgaṇeśa-nirbhinna-vighnayantra-praharṣitā .

bhaṇḍāsurendra-nirmukta-śastra-pratyastra-varṣiṇī .. 31..

karāṅguli-nakhotpanna-nārāyaṇa-daśākṛtiḥ .

mahā-pāśupatāstrāgni-nirdagdhāsura-sainikā .. 32..

kāmeśvarāstra-nirdagdha-sabhaṇḍāsura-śūnyakā .

brahmopendra-mahendrādi-deva-saṁstuta-vaibhavā .. 33..

hara-netrāgni-saṁdagdha-kāma-saṅjīvanauṣadhiḥ .

śrīmadvāgbhava-kūṭaika-svarūpa-mukha-paṅkajā .. 34..

kaṇṭhādhah-kaṭi-paryanta-madhyakūṭa-svarūpiṇī .

śakti-kūṭaikatāpanna-kaṭyadhobhāga-dhāriṇī .. 35..

mūla-mantrātmikā mūlakūṭatraya-kalebarā .

kulāmṛtaika-rasikā kulasamketa-pālinī .. 36..

kulāṅganā kulāntasthā kaulinī kulayoginī .

akulā samayāntasthā samayācāra-tatparā .. 37..

mūlādhāraika-nilayā brahmagranthi-vibhedinī .

maṇi-pūrāntaruditā viṣṇugranthi-vibhedinī .. 38..

ājñā-cakrāntarālasthā rudragranthi-vibhedinī .

sahasrārāmbujārūḍhā sudhā-sārābhivarṣiṇī .. 39..

taḍillatā-samaruciḥ ṣaṭcakropari-samsthitā .

mahāsaktiḥ kuṇḍalinī bisatantu-tanīyasī .. 40..

bhavānī bhāvanāgamyā bhavāraṇya-kuṭhārikā .

bhadrapriyā bhadramūrtir bhakta-saubhāgyadāyinī .. 41..

bhaktipriyā bhaktigamyā bhaktivaśyā bhayāpahā .

śāmbhavī śāradārādhyā śarvāṇī śarmadāyinī .. 42..

śāṅkarī śrīkarī sādhvī śaraccandra-nibhānanā .

śātodarī śāntimatī nirādhārā nirañjanā .. 43..

nirlepā nirmalā nityā nirākārā nirākulā .

nirguṇā niṣkalā śāntā niṣkāmā nirupaplavā .. 44..

nityamuktā nirvikārā niṣprapañcā nirāśrayā .

nityaśuddhā nityabuddhā niravadyā nirantarā .. 45..

niṣkāraṇā niṣkalaṅkā nirupādhir nirīśvarā .

nīrāgā rāgamathanī nirmadā madanāśinī .. 46..

niścintā nirahaṃkāārā nirmohā mohanāśinī .

nirmamā mamatāhantrī niṣpāpā pāpanāśinī .. 47..

niṣkrodhā krodhaśamanī nirlobhā lobhanāśinī .

niḥsaṃśayā saṃśayaghnī nirbhavā bhavanāśinī .. 48.. (or
nissaṃśayā)

nirvikalpā nirābādhā nirbheda bhedanāśinī .

nirnāśā mṛtyumathanī niṣkriyā niṣparigrahā .. 49..

nistulā nīlacikurā nirapāyā niratyayā .

durlabhā durgamā durgā duḥkhahantrī sukhapradā .. 50..

duṣṭadūrā durācāra-śamanī doṣavarjitā .

sarvajñā sāndrakaruṇā samānādhika-varjitā .. 51..

sarvaśaktimayī sarva-maṅgalā sadgatipradā .

sarveśvarī sarvamayī sarvamantra-svarūpiṇī .. 52..

sarva-yantrātmikā sarva-tantrarūpā manonmanī .

māheśvarī mahādevī mahālakṣmīr mṛdapriyā .. 53..

mahārūpā mahāpūjyā mahāpātaka-nāśinī .

mahāmāyā mahāsattvā mahāśaktir mahāratih .. 54..

mahābhogā mahaiśvaryā mahāvīryā mahābalā .

mahābuddhir mahāsiddhir mahāyogeśvareśvarī .. 55..

mahātantrā mahāmantrā mahāyantrā mahāsanā .

mahāyāga-kramārādhyā mahābhairava-pūjitā .. 56..

maheśvara-mahākalpa-mahātāṇḍava-sākṣiṇī .

mahākāmeśa-mahiṣī mahātripura-sundarī .. 57..

catuḥṣaṣṭyupacārādhyā catuḥṣaṣṭikalāmayī .

mahācatuḥ-ṣaṣṭikoṭi-yoginī-gaṇasevitā .. 58..

manuvidyā candravidyā candramaṇḍala-madhyagā .

cārurūpā cāruhāsā cārucandra-kalādhārā .. 59..

carācara-jagannāthā cakrarāja-niketanā .

pārvatī padmanayanā padmarāga-samaprabhā .. 60..

pañca-pretāsanāsīnā pañcabrahma-svarūpiṇī .

cinmayī paramānandā vijñāna-ghanarūpiṇī .. 61..

dhyāna-dhyātṛ-dhyeyarūpā dharmādharmā-vivarjitā .

viśvarūpā jāgariṇī svapantī taijasātmikā .. 62..

suptā prājñātmikā turyā sarvāvasthā-vivarjitā .

sr̥ṣṭīkartrī brahmarūpā goptrī govindarūpiṇī .. 63..

saṃhāriṇī rudrarūpā tirodhāna-karīśvarī .

sadāśivā'nugrahadā pañcakṛtya-parāyaṇā .. 64..

bhānumaṇḍala-madhyasthā bhairavī bhagamālinī .

padmāsanā bhagavatī padmanābha-sahodarī .. 65..

unmeṣa-nimiṣotpanna-vipanna-bhuvanāvalī .

sahasra-śīrṣavadanā sahasrākṣī sahasrapāt .. 66..

ābrahma-kīṭa-jananī varṇāśrama-vidhāyinī .

nijājñārūpa-nigamā puṇyāpuṇya-phalapradā .. 67..

śruti-sīmanta-sindūrī-kṛta-pādābja-dhūlikā .

sakalāgama-sandoha-śukti-samputa-mauktikā .. 68..

puruṣārthapradā pūrṇā bhoginī bhuvaneśvarī .

ambikā'nādi-nidhanā haribrahmendra-sevitā .. 69..

nārāyaṇī nādarūpā nāmarūpa-vivarjitā .

hrīṃkāri hrīmatī hr̥dyā heyopādeya-varjitā .. 70..

rājarājārcitā rājñī ramyā rājīvalocanā .

rañjanī ramaṇī rasyā raṇatkiṇkiṇi-mekhalā .. 71..

ramā rākenduvadanā ratirūpā ratipriyā .

rakṣākarī rākṣasaghnī rāmā ramaṇalampaṭā .. 72..

kāmyā kāmakalārūpā kadamba-kusuma-priyā .

kalyāṇī jagatīkandā karuṇā-rasa-sāgarā .. 73..

kalāvatī kalālāpā kāntā kādambarīpriyā .

varadā vāmanayanā vāruṇī-mada-vihvalā .. 74..

viśvādhikā vedavedyā vindhyācala-nivāsinī .

vidhātrī vedajananī viṣṇumāyā vilāsinī .. 75..

kṣetrasvarūpā kṣetreśī kṣetra-kṣetrajña-pālinī .

kṣayavṛddhi-vinirmuktā kṣetrapāla-samarcitā .. 76..

vijayā vimalā vandyā vandāru-jana-vatsalā .

vāgvādinī vāmakeśī vahnimaṇḍala-vāsinī .. 77..

bhaktimat-kalpalatikā paśupāśa-vimocinī .

saṃhṛtāśeṣa-pāṣaṇḍā sadācāra-pravartikā .. 78.. (or pākhaṇḍā)

tāpatrayāgni-santapta-samāhlādana-candrikā .

taruṇī tāpasārādhyā tanumadhyā tamo'pahā .. 79..

citistatpada-lakṣyārthā cidekarasa-rūpiṇī .

svātmānanda-lavībhūta-brahmādyānanda-santatiḥ .. 80..

parā pratyakcitīrūpā paśyantī paradevatā .

madhyamā vaikharīrūpā bhakta-mānasa-haṃsikā .. 81..

kāmeśvara-prāṇanāḍī kṛtajñā kāmapūjitā .

śṛṅgāra-rasa-sampūrṇā jayā jālandhara-sthitā .. 82..

oḍyāṇapīṭha-nilayā bindu-maṇḍalavāsinī .

rahoyāga-kramārādhyā rahastarpaṇa-tarpitā .. 83..

sadyaḥprasādinī viśva-sākṣiṇī sākṣivarjitā .

ṣaḍaṅgadevatā-yuktā ṣaḍguṇya-paripūrītā .. 84..

nityaklinnā nirupamā nirvāṇa-sukha-dāyinī .

nityā-ṣoḍaśikā-rūpā śrīkaṇṭhārdha-śarīriṇī .. 85..

prabhāvatī prabhārūpā prasiddhā parameśvarī .

mūlaprakṛtir avyaktā vyaktāvyakta-svarūpiṇī .. 86..

vyāpinī vividhākārā vidyāvidyā-svarūpiṇī .

mahākāmeśa-nayana-kumudāhlāda-kaumudī .. 87..

bhakta-hārda-tamobheda-bhānumadbhānu-santatiḥ .

śivadūtī śivārādhyā śivamūrtiḥ śivaṅkarī .. 88..

śivapriyā śivaparā śiṣṭeṣṭā śiṣṭapūjitā .

aprameyā svaprakāśā manovācāmagocarā .. 89..

cicchaktiś cetanārūpā jaḍaśaktir jaḍātmikā .

gāyatrī vyāhṛtiḥ sandhyā dvijabṛnda-niṣevitā .. 90..

tattvāsanā tattvamayī pañca-kośāntara-sthitā .

niḥsīma-mahimā nitya-yauvanā madaśālinī .. 91.. (or nissīma)

madaghūrṇita-raktākṣī madapāṭala-gaṇḍabhūḥ .

candana-drava-digdhāṅgī cāmpeya-kusuma-priyā .. 92..

kuśalā komalākārā kurukullā kuleśvarī .

kulakuṇḍālayā kaula-mārga-tatpara-sevitā .. 93..

kumāra-gaṇanāthāmbā tuṣṭiḥ puṣṭir matir dhṛtiḥ .

śāntiḥ svastimatī kāntir nandinī vighnanāśinī .. 94..

tejovatī trinayanā lolākṣī-kāmarūpiṇī .

mālinī haṁsinī mātā malayācala-vāsinī .. 95..

sumukhī nalinī subhrūḥ śobhanā suranāyikā .

kālakaṇṭhī kāntimatī kṣobhiṇī sūkṣmarūpiṇī .. 96..

vajreśvarī vāmadevī vayo'vasthā-vivarjitā .

siddheśvarī siddhavidyā siddhamātā yaśasvinī .. 97..

viśuddhicakra-nilayā'raktavarṇā trilocanā .

khaṭvāṅgādi-praharaṇā vadanaika-samanvitā .. 98..

pāyasānnapriyā tvaksthā paśuloka-bhayaṅkarī .

amṛtādi-mahāśakti-saṃvṛtā ḍākinīśvarī .. 99..

anāhatābja-nilayā śyāmābhā vadanadvayā .

daṃṣṭrojjvalā'kṣa-mālādi-dharā rudhirasamsthitā .. 100..

kālarātryādi-śaktyaugha-vṛtā snigdhaudanapriyā .

mahāvīrendra-varadā rākiṇyambā-svarūpiṇī .. 101..

maṇipūrābja-nilayā vadanatraya-saṃyutā .

vajrādikāyudhopetā ḍāmaryādibhirāvṛtā .. 102..

raktavarṇā māṃsaniṣṭhā guḍāṇṇa-prīta-mānasā .

samastabhakta-sukhadā lākiṇyambā-svarūpiṇī .. 103..

svādhiṣṭhānāmbuja-gatā caturvaktra-manoharā .

śūlādyāyudha-sampannā pītavarṇā'tigarvitā .. 104..

medoniṣṭhā madhuprītā bandhinyādi-samanvitā .

dadhyannāsakta-hṛdayā kākinī-rūpa-dhāriṇī .. 105..

mūlādhārāmbujārūḍhā pañca-vaktrā'sthi-saṁsthitā .

aṅkuśādi-praharaṇā varadādi-niṣevitā .. 106..

mudgaudanāsakta-cittā sākinyambā-svarūpiṇī .

ājñā-cakrābja-nilayā śuklavarṇā ṣaḍānanā .. 107..

majjāsaṁsthā haṁsavatī-mukhya-śakti-samanvitā .

haridrānnaika-rasikā hākinī-rūpa-dhāriṇī .. 108..

sahasradala-padmasthā sarva-varṇopa-śobhitā .

sarvāyudhadharā śukla-saṁsthitā sarvatomukhī .. 109..

sarvaudana-prītacittā yākinyambā-svarūpiṇī .

svāhā svadhā'matir medhā śrutiḥ smṛtir anuttamā .. 110..

puṇyakīrtiḥ puṇyalabhyā puṇyaśravaṇa-kīrtanā .

pulomajārcitā bandha-mocanī bandhurālakā .. 111.. (or mocanī
barbarālakā)

vimarśarūpiṇī vidyā viyadādi-jagatprasūḥ .

sarvavyādhi-praśamanī sarvamṛtyu-nivāriṇī .. 112..

agragāṇyā'cintyarūpā kalikalmaṣa-nāśinī .

kātyāyanī kālahantrī kamalākṣa-niṣevitā .. 113..

tāmbūla-pūrita-mukhī dāḍimī-kusuma-prabhā .

mṛgākṣī mohinī mukhyā mṛdānī mitrarūpiṇī .. 114..

nityatrptā bhaktanidhir niyantrī nikhileśvarī .

maitryādi-vāsanālabhyā mahāpralaya-sākṣiṇī .. 115..

parā śaktiḥ parā niṣṭhā prajñānaghana-rūpiṇī .

mādhvīpānālasā mattā mātṛkā-varṇa-rūpiṇī .. 116..

mahākailāsa-nilayā mṛṇāla-mṛdu-dorlatā .

mahanīyā dayāmūrtir mahāsāmrājya-śālinī .. 117..

ātmavidyā mahāvidyā śrīvidyā kāmasevitā .

śrī-ṣoḍaśākṣarī-vidyā trikūṭā kāmakoṭikā .. 118..

kaṭākṣa-kiṅkarī-bhūta-kamalā-koṭi-sevitā .

śiraḥsthitā candranibhā bhālasthendra-dhanuḥprabhā .. 119..

hṛdayasthā raviprakhyā trikoṇāntara-dīpikā .

dākṣāyaṇī daityahantrī dakṣayajña-vināśinī .. 120..

darāndolita-dīrghākṣī dara-hāsojjvalan-mukhī .

gurumūrtir guṇanidhir gomātā guhajanmabhūḥ .. 121..

deveśī daṇḍanīstithā daharākāśa-rūpiṇī .

pratipanmukhya-rākānta-tithi-maṇḍala-pūjitā .. 122..

kalātmikā kalānāthā kāvyālāpa-vinodinī . (or vimodinī)

sacāmara-ramā-vāṇī-savya-dakṣiṇa-sevitā .. 123..

ādiśaktir ameyā"tmā paramā pāvanākṛtiḥ .

anekakoṭi-brahmāṇḍa-jananī divyavigrahā .. 124..

klīṃkārī kevalā guhyā kaivalya-padadāyinī .

tripurā trijagadvandyā trimūrtis tridaśeśvarī .. 125..

tryakṣarī divya-gandhāḍhyā sindūra-tilakāñcitā .

umā śailendratanaḃyā gaurī gandharva-sevitā .. 126..

viśvagarbhā svarṇagarbhā'varadā vāgadhīśvarī .

dhyānagamyā'paricchedyā jñānadā jñānavigrahā .. 127..

sarvavedānta-saṃvedyā satyānanda-svarūpiṇī .

lopāmudrārcitā līlā-kl̥pta-brahmāṇḁa-maṇḁalā .. 128..

adr̥śyā dr̥śyarahitā vijñātrī vedyavarjitā .

yoginī yogadā yogyā yogānandā yugandharā .. 129..

icchāśakti-jñānaśakti-kriyāśakti-svarūpiṇī .

sarvādhārā supratīṣṭhā sadasadrūpa-dhāriṇī .. 130..

aṣṭamūrtir ajājaitrī lokayātrā-vidhāyinī . (or ajājetrī)

ekākinī bhūmarūpā nirdvaitā dvaitavarjitā .. 131..

annadā vasudā vṛddhā brahmātmaikya-svarūpiṇī .

bṛhatī brāhmaṇī brāhmī brahmānandā balipriyā .. 132..

bhāṣārūpā bṛhatsenā bhāvābhāva-vivarjitā .

sukhārādhyā śubhakarī śobhanā sulabhā gatiḥ .. 133..

rāja-rājeśvarī rājya-dāyinī rājya-vallabhā .

rājatkrpā rājapīṭha-niveśita-nijāśritā .. 134..

rājyalakṣmīḥ kośanāthā caturaṅga-baleśvarī .

sāmrājya-dāyinī satyasandhā sāgaramekhalā .. 135..

dīkṣitā daityaśamanī sarvaloka-vaśaṅkarī .

sarvārthadātrī sāvitrī saccidānanda-rūpiṇī .. 136..

deśa-kālāparicchinṇā sarvagā sarvamohinī .

sarasvatī śāstramayī guhāmbā guhyarūpiṇī .. 137..

sarvopādhi-vinirmuktā sadāśiva-pativratā .

sampradāyeśvarī sādhvī gurumaṇḍala-rūpiṇī .. 138..

kulottīrṇā bhagārādhyā māyā madhumatī mahī .

gaṇāmbā guhyakārādhyā komalāṅgī gurupriyā .. 139..

svatantrā sarvatantrēśī dakṣiṇāmūrti-rūpiṇī .

sanakādi-samārādhyā śivajñāna-pradāyinī .. 140..

citkalā"nanda-kalikā premarūpā priyaṅkarī .

nāmapārāyaṇa-prītā nandividyā naṭeśvarī .. 141..

mithyā-jagadadhiṣṭhānā muktidā muktirūpiṇī .

lāsyapriyā layakarī lajjā rambhādivanditā .. 142..

bhavadāva-sudhāvṛṣṭiḥ pāpāraṇya-davānalā .

daurbhāgya-tūlavātūlā jarādhvānta-raviprabhā .. 143..

bhāgyābdhi-candrikā bhakta-cittakeki-ghanāghanā .

rogaparvata-dambholir mṛtyudāru-kuṭhārikā .. 144..

maheśvarī mahākālī mahāgrāsā mahāśanā .

aparṇā caṇḍikā caṇḍamuṇḍāsura-niṣūdinī .. 145..

kṣarākṣarātmikā sarva-lokeśī viśvadhāriṇī .

trivargadātrī subhagā tryambakā triguṇātmikā .. 146..

svargāpavargadā śuddhā japāpuṣpa-nibhākṛtiḥ .

ojovatī dyutidharā yajñarūpā priyavratā .. 147..

durārādhyā durādharṣā pāṭalī-kusuma-priyā .

mahatī merunilayā mandāra-kusuma-priyā .. 148..

vīrārādhyā virāḍrūpā virajā viśvatomukhī .

pratyagrūpā parākāśā prāṇadā prāṇarūpiṇī .. 149..

mārtāṇḍa-bhairavārādhyā mantriṇīnyasta-rājyadhūḥ . (or
mārtāṇḍa)

tripureśī jayatsenā nistraiguṇyā parāparā .. 150..

satya-jñānānanda-rūpā sāmarasya-parāyaṇā .

kapardinī kalāmālā kāmadhuk kāmarūpiṇī .. 151..

kalānidhiḥ kāvyakalā rasajñā rasaśevadhiḥ .

puṣṭā purātanā pūjyā puṣkarā puṣkarekṣaṇā .. 152..

paraṃjyotiḥ paraṃdhāma paramāṇuḥ parātparā .

pāśahastā pāśahantrī paramantra-vibhedinī .. 153..

mūrtā'mūrtā'nityatrptā munimānasa-haṃsikā .

satyavratā satyarūpā sarvāntaryāminī satī .. 154..

brahmāṇī brahmajananī bahurūpā budhārcitā .

prasavitṛī pracaṇḍā"jñā pratiṣṭhā prakāṭākṛtiḥ .. 155..

prāṇeśvarī prāṇadātrī pañcāśatpīṭha-rūpiṇī .

viśṛṅkhalā viviktasthā vīramātā viyatprasūḥ .. 156..

mukundā muktinilayā mūlavigraha-rūpiṇī .

bhāvajñā bhavarogaghnī bhavacakra-pravartinī .. 157..

chandaḥsārā śāstrasārā mantrasārā talodarī .

udārakīrtir uddāmavaibhavā varṇarūpiṇī .. 158..

janmamṛtyu-jarātapta-janaviśrānti-dāyinī .

sarvopaniṣa-dud-ghuṣṭā śāntyatīta-kalātmikā .. 159..

gambhīrā gaganāntasthā garvitā gānalolupā .

kalpanā-rahitā kāṣṭhā'kāntā kāntārdha-vigrahā .. 160..

kāryakāraṇa-nirmuktā kāmakeli-taraṅgitā .

kanatkanakatā-ṭaṅkā līlā-vigraha-dhāriṇī .. 161..

ajā kṣayavinirmuktā mugdhā kṣipra-prasādinī .

antarmukha-samārādhyā bahirmukha-sudurlabhā .. 162..

trayī trivarganilayā trīsthā tripuramālinī .

nirāmayā nirālambā svātmārāmā sudhāsṛtiḥ .. 163.. (or
sudhāsrutiḥ)

saṃsārapaṅka-nirmagna-samuddharaṇa-paṇḍitā .

yajñapriyā yajñakartrī yajamāna-svarūpiṇī .. 164..

dharmādhārā dhanādhyakṣā dhanadhānya-vivardhinī .

viprapriyā viprarūpā viśvabhramaṇa-kāriṇī .. 165..

viśvagrāsā vidrumābhā vaiṣṇavī viṣṇurūpiṇī .

ayonir yoninilayā kūṭasthā kularūpiṇī .. 166..

vīragoṣṭhīpriyā vīrā naiṣkarmyā nādarūpiṇī .

vijñānakalanā kalyā vidagdhā baindavāsanā .. 167..

tattvādhikā tattvamayī tattvamartha-svarūpiṇī .

sāmagānapriyā saumyā sadāśiva-kuṭumbinī .. 168.. (or soṃyā)

savyāpasavya-mārgasthā sarvāpadvinivāriṇī .

svasthā svabhāvamadhurā dhīrā dhīrasamarcitā .. 169..

caitanyārghya-samārādhyā caitanya-kusumapriyā .

sadoditā sadātuṣṭā taruṇāditya-pāṭalā .. 170..

dakṣiṇā-dakṣiṇārādhyā darasmera-mukhāmbujā .

kaulinī-kevalā'narghya-kaivalya-padadāyinī .. 171..

stotrapriyā stutimatī śruti-saṃstuta-vaibhavā .

manasvinī mānavatī maheśī maṅgalākṛtiḥ .. 172..

viśvamātā jagaddhātṛī viśālākṣī virāgiṇī .

pragalbhā paramodārā parāmodā manomayī .. 173..

vyomakeśī vimānasthā vajriṇī vāmakeśvarī .

pañcayajña-priyā pañca-preta-mañcādhīśāyinī .. 174..

pañcamī pañcabhūteśī pañca-saṃkhyopacāriṇī .

śāśvatī śāśvataiśvaryā śarmadā śambhumohinī .. 175..

dharādharasutā dhanyā dharminī dharmavardhinī .

lokātītā guṇātītā sarvātītā śamātmikā .. 176..

bandhūka-kusumaprakhyā bālā līlāvinodinī .

sumaṅgalī sukhakarī suveṣāḍhyā suvāsinī .. 177..

suvāsinīyarcana-prītā"śobhanā śuddhamānasā .

bindu-tarpaṇa-santuṣṭā pūrvajā tripurāmbikā .. 178..

daśamudrā-samārādhyā tripurāśrī-vaśaṅkarī .

jñānamudrā jñānagamyā jñānajñeya-svarūpiṇī .. 179..

yonimudrā trikhaṇḍeśī triguṇāmbā trikoṇagā .

anaghā'dbhuta-cāritrā vāñchitārtha-pradāyinī .. 180..

abhyāsātīśaya-jñātā ṣaḍadhvātīta-rūpiṇī .

avyāja-karuṇā-mūrtir ajñāna-dhvānta-dīpikā .. 181..

ābāla-gopa-viditā sarvānullaṅghya-śāsanā .

śrīcakrarāja-nilayā śrīmat-tripurasundarī .. 182..

śrīśivā śiva-śaktyaikya-rūpiṇī lalitāmbikā .

evaṃ śrīlalitā devyā nāmnāṃ sāhasrakam jaguḥ ..

.. Acknowledge the origin of the stotra ..

iti śrībrahmāṇḍapurāṇe uttarakhaṇḍe śrīhayagrīvāgastyasaṃvāde
śrī lalitā sahasranāma stotra kathanam sampūrṇam ..

("Thus ends the telling of Lalita sahasra namam, which is in Brahmanda Purana in the Uthara Kanda, in the discussion between sage Hayagreeva and sage Agasthya.")

.. Mula Mantra ..

śrīṃ hrīṃ aiṃ oṃ

.. Aṅganyāsaṃ: Releasing the Deity ..

aiṃ hṛdayāya namaḥ

("In the heart, I bow." Touch heart center.)

klīṃ śīrase svāhā

("On the top of the head, I am One with God." Touch top of head.)

sauḥ śikhāyai vaṣaṭ

("On the back of the head, purify." Touch back of head with the right thumb.)

aiṃ kavachāya huṃ

("Crossing both arms, cut the ego." Cross both arms across chest.)

klīm netratrāya vaṣaṭ

("In the three eyes, ultimate purity." Touch the three eyes at once with the index, middle, and ring fingers.)

sauḥ astrāya phaṭ

("I bow to the Consciousness of Infinite goodness with the weapon of virtue." Slap the right index and middle fingers three times on the left palm)

Om bhūḥ bhuvaḥ suvaḥ

(Chant the above while you snap your fingers around the head clockwise at each of the following: 12-3-6-9 o'clock positions, respectively.)

Om iti digvimokaḥ

(Añjali Mudrā: hands together in front of the chest)

.. Dhyānam ..

(by Sri P.R. Ramachander)

sindūrāruṇavigrahāṃ trinayanāṃ māṇikyamaulispurat

tārānāyakaśekharāṃ smitamukhīmāpīnavakṣoruhām .

pāṇibhyāmalipūrṇaratnacaṣakaṃ raktotpalaṃ vibhratīm

saumyāṃ ratnaghaṭastharaktacaraṇāṃ dhyāyetparāmambikāṃ ..

("I meditate on that Ambika,
Who has a body of the colour of saffron,
Who has the three graceful eyes,
Who has a jeweled crown ,
Adorned by the moon,
Who always has a captivating smile,
Who has high and firm breasts,
Who has wine filled cup made of precious stones,
And reddish flowers in her hands,
Who forever is the ocean of peace,
And who keeps her red holy feet.
On a jeweled platform.")

.. Pañchopachāra ..

laṃ pṛthivyātmāne gandhaṃ kalpayāmi

("I offer You the fragrance of earth as sandalwood paste." Move both thumbs up both little fingers)

haṃ ākāśātmāne puṣpaṃ kalpayāmi

("As flowers, I offer You space itself." Move tip of both index fingers up both thumbs)

yaṃ vāyvātmāne dhūpaṃ kalpayāmi

("I offer You the essence of air as incense." Move tip of both thumbs up both index fingers.)

raṃ agnyātmāne dīpaṃ kalpayāmi

("I offer Agnideva to You as the lamp." Move tip of both thumbs up both middle fingers.)

vam amṛtātmane amṛtam kalpayāmi

("I offer You the nectar of water as food." Move tip of both thumbs up both ring fingers)

saṃ sarvātmane sarvopacārān kalpayāmi

("All kinds of offering I give to You." With fingers together whipe the left palm with the right hand, then repeat for right palm with the left hand. Then whipe the back of the left hand with the right palm, and repeat the same with the right hand, whipping the back of the right hand with the left palm.)