



## Method of Shatchakra Puja

There are many secret poojas in Sri Vidya system. Shatchakra Puja is the name of the puja which is used to protect the seven dhatus (elements) in us, remove the errors in them and direct us towards upasana. By performing Antarbahiryagam (inside and outside worship) in the six chakras from Muladhara to Ajna Chakra, the corresponding deity powers will enrich the dhatus (elements) within us and bless us with good health. This puja can be done every day or on important tidhis like Panchami, Dashami, Full Moon etc or on any festival days. Those who cannot afford money or time can only perform chakra puja related to any one dhatu (element) they wish to protect. The details of which dhatu (element) belongs to which chakra are given below for your convenience.

<u>Dhatu (element)</u>	<u>Chakra</u>
Skin	Vishuddhi
Blood	Anahata
Flesh	MaNipura
Marrow (bone marrow)	Svadhithana
Bone	Muladhara
Sperm	Ajna

By serving the Shatchakra deities in us, and worshipping Goddess Mother who bestows power on them, may all get health and prosperity !

### The method of worship

Dhyanam (Meditation)

Hrimkarasana Garbithanala Shikham Souh Kleem Kalam Bibhratim  
Sauvarnambara dhariNeem varasudhadhautham trinetrojvalam  
Vande Pushtaka Pashamankusa Dharam Sragbhushitamujvalam  
Tvam gaurim tripuram paratparakalam shut chakra sancharinim.





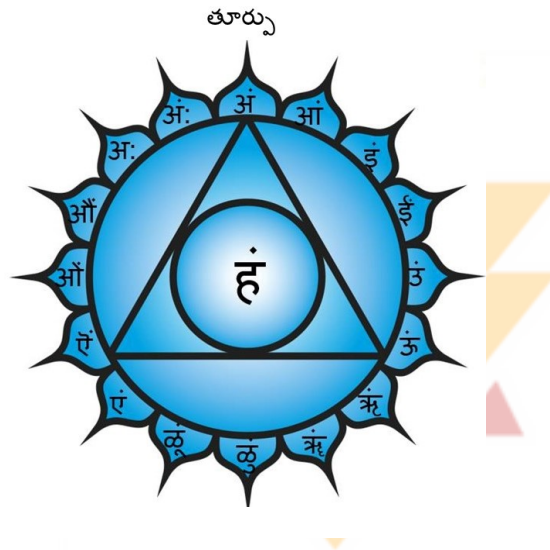
## 1. Vishuddhi Chakra

Om aim hreem sreem daam deem doom diem doum dah damalavarayum dam  
dakini mam raksha raksha mama twak dhatum raksha raksha

Sarva satvavashankari devi aagacchagaccha imam pujam gruhna gruhna yudhe  
devi aim ghore hreem parama ghore hum ghora rupe ehyehi namaschamunde  
daralakashaim sri maha tripura sundari devi varade vicche devi !

Am, Aam, Im, Eem, Um, Oom, Rum, Room, Alum , Aloom , Yem, Aim, Om, Aum, Aha,  
Aham, Vishuddhi Shodasa Dala Kamalasthe Vishuddhi Dakini Nadha- Vishuddhi  
Dakini Devi Yugma Sri Padukam Pujayami.

As shown in the picture, one should start the worship from east. Mother Dakini  
should be placed in the middle of 16 petals and meditated upon.



1. Am Amrutayai Namah
2. Am AakarshiNyai Namah
3. Im IndraaNyai Namah
4. Eem Eishaanyai Namah
5. Um Umaayai Namah
6. Oom Oordhva Keshinyai Namah
7. Rum Ruddhidaayai Namah
8. Room Rooshayai Namah
9. Alum Alooshayai Namah





10. Aloom Aloontaayai Namah
11. Yem Ekapaadaayai Namah
12. Aim Aishwaryayai Namah
13. Om Omkaaraayai Namah
14. Aum aushadhaathmikayai namah
15. Am Ambikayai Namah
16. Aha Aksharatmakaayai Namah

Dhyanam (meditation)

Grivaakoote vishuddhau swaradala kamale rakta varNam trinetrām  
Hastaih khatwanga khadge trishikhamapimaha charma sandharayanteem  
VaktreNai kena yuktam pashujana bhayadam payasannai kaasaktam  
Tvak sthaam vande amritadyaihparivrutavapusham dakinim veeravandyam

Raktangim Rakta Netram Pashujana Bhayakrut Shulahastaam Trinetrām  
Vaamam khetim dadhaanaam chashakamapi sudhaapooritam chaikavaktram  
Atyugramugradamshtam arikula madhanim payasanna prasaktam  
Kanttasthane amrutaadyaih parivruta vapusheem bhaavayet dakineentaam.

Vishuddhaute Shuddha Spatika Visadam Vyomajanakam  
Shivam seve devi mapi shivasamanavyavasitaam  
Yayouh kaantya yaantya ssasikiraNa saaroopya saraNim  
Vidhootaam Tardvaantaa Vilasati Chakoriva Jagatee

Vishuddhi Chakradhishthana Devata Dakini Yukta Jeeveshvara SwarupiNyambaa  
Sri Padukam Pujayami.





Shodashopachara (sixteen upachara) Puja

- Vishuddhi Chakraadhisthana Devata Dakini Yukta Jeevesvara SwarupiNyambaam Dhyaayaami
- Vishuddhi Chakraadhisthana Devata Dakini Yukta Jeevesvara SwarupiNyambaam Avahayami
- Vishuddhi Chakradhisthana Devata Dakini Yukta Jeevesvara SwarupiNyambaam Navaratna Simhasanam Kalpayami Namah
- Vishuddhi chakradhisthana devata dakini yukta jeevesvara swarupiNyambaam padayoh padyam kalpayami namah
- Vishuddhi chakradhisthana devata dakini yukta jeevesvara swarupiNyambaam hastayoh argyam kalpayami namah
- Vishuddhi chakradhisthana devata dakini yukta jeevesvara swarupiNyambaam mukhe suddha achamaniyam kalpayami namah
- Vishuddhi Chakradhishthana Devata Dakini Yukta Jeevesvara SwarupiNyambaam Snanam Kalpayami Namah
- Vishuddhi Chakradhisthana Devata Dakini Yukta Jeeveswara SwarupiNyambaam Vastram Kalpayami Namah
- Vishuddhi chakradhisthana devata dakini yukta jeevesvara swarupiNyambaam gandham kalpayami namah
- Vishuddhi chakradhisthana devata dakini yukta jeevesvara swarupiNyambaam haridraa kumkumam kalpayami namah
- Vishuddhi Chakradhisthana Devata Dakini Yukta Jeeveswara SwarupiNyambaam AabharaNam Kalpayami Namah
- Vishuddhi Chakradhisthana Devata Dakini Yukta Jeevesvara SwarupiNyambaam Naivedyam Kalpayami Namah

Place the Payasanna (Kheer made from rice cooked with jaggery and milk) in a plate and sprinkle water around the plate (from left to right) and recite the mantra given below.

Om Bhurbhuvassuvah TatsaviturvareNyam

Bhargodevasya Dhimahi Dhiyoyonah Prachodayat

Om Apojyoti Rasomrutam 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 pastaraNamasi, satyanta varthena parishinchami (while making offerings during the day)

Amruto pastaraNamasi, rutantatvartena parishinchami (while making offerings at night)

Then chant this - " Vishuddhi Chakradhishthana Devata Dakini Yukta Jeevesvara SwarupiNyambaam Payasaannam Nivedayami "

Taking the tulasi leaves in hand and chanting the following mantras one by one, one should place the tulasi leaf on the payasaannam (kheer made from rice cooked with jaggery and milk).

- Vishuddhi Chakra Nilayai Srimatre Namah
- Rakta varNayai Srimatre namah
- Trilochanayai Srimatre Namah
- Khatwaangadi PraharaNayai Srimatre Namah
- Payasanna Priyaai Srimatre Namah
- Twak Sthayai Shrimatre Namah
- Pashuloka Bhaiyankaryai Shrimatre Namah
- Amritadi Maha Shakti Samvratayai Srimatre Namah

Chanting the following mantras, food should be offered to Mother six times

- Om PraNaya Swaha
  - Om Apanaya Swaha
  - Om Vyanaya Swaha
  - Om Udhanaya Swaha
  - Om Samanaya Swaha
  - Om Brahmane Swaha
- After making this offering, offer water to Mother, imagining that we are offering Her water to drink.





Water should be shown to Mother with Uddharina, saying "madhye madhye paaneeyam samarpayami".

- Then, sprinkling water around the plate in an apradakshina (right to left) manner, one should say Amritapidhanamasi Uttaraposhanam Samarpayami .
- Amma should be offered water for washing hands. Show water to Mother and drop it on a plate while saying Hastau Prakshalayami .
- Feeling that Amma is washing her feet, Show water to Mother and drop it on a plate while saying Padau prakshalayami .
- Imagining that we are offering water for Mother to drink, show water to Mother with Uddharina and drop in plate, saying Achamaniyam samarpayami .
- Vishuddhi Chakradhisthana Devata Dakini Yukta Jeevesvara SwarupiNyambaam Ananda Karpoora Neerajanam Kalpayami Namah

Saying that, camphor should be lit and shown to Mother.

## 2. Anahata Chakra

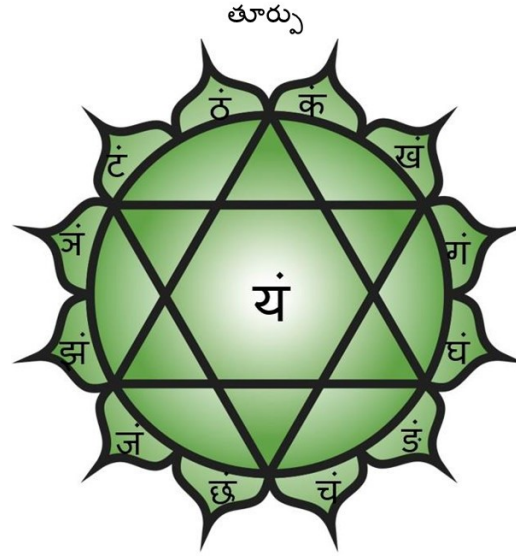
Om Aim Hreem Sreem Raam Reem Room Rhyme Raum Ram Raha Ramala Varayoom  
Rakini Maam Raksha Raksha Mama Rakta Dhatum Raksha Raksha

Sarva satvavashankari devi aagacchagaccha imam pujam guruhna guruhna yudhe  
devi aim ghore hreem parama ghore hum ghora rupe ehyehi namaschamunde  
daralakasahaim sri maha tripura sundari devi varade vicche devi !

Om Aim Hreem Sreem Kam, Kham, Gam, Gham, Jam, Cham, Ccham, Jam, Jham, Nyam,  
Tam, Ttam, Anahata Peethasthe Anahata Rakini Anahata Naadha Devi Yugma Sri Padukam  
Pujayami.

Start from east as shown in the picture. Rakini Mata should be placed in the middle of 12 petals and meditated upon.





1. Kam Kalaratryai Namah
2. Kham Khaateetaayai Namah
3. Gam Gayatryai namah
4. Gham ghantaayai namah
5. Jam Jnanayai Namah
6. Cham Chandayai Namah
7. Ccham Chaayaayai Namah
8. Jam Jayayai Namah
9. Jham JhamkaariNyai Namah
10. Nyam Jnaana RoopinNyai Namah
11. Tam Tanka Hastayai Namah
12. Ttam ttamkariNyai namah

Dhyanam (meditation)

Hritpadme bhanu patre dvivadana vilasat damshtriNeem syama varNaam  
Aksham Shoolam Kapaalam Dhamarumapi Bhujai Rdharayanthim Trinetrām  
Raktasthaam Kalaratri Prabhruti Parivrutham Shuddha Bhakta Prasaktam  
Shrimadvirendra vandyamabhimata phaladam bhavayet raakineem taam.





Samunmeelat Samvitkamala makarandaika rasikam  
Bhaje Hamsadvandvam Kimapi Mahataam Maanasacharam  
Yadaalaapaadashtaadasa gunita vidyaa pariNatihi  
Yadadatte doshaat gunamakhila madbhyah paya iva.

Shodashopachara Puja

- Anahatadhithana devata rakini yukta rudra swarupiNyambaam dhyaayami
- Anahatadhithana devata rakini yuktha rudra swarupiNyambaam avahayami
- Anahatadhithana devata rakini yukta rudra swarupiNyambaam  
Navaratna simhasanam Kalpayami Namah
- Anahatadhithana devata rakini yukta rudra swarupiNyambaam  
Padayoh Padyam Kalpayami Namah
- Anahatadhithana devata rakini yukta rudra swarupiNyambaam  
Hastayoh Arghyam Kalpayami Namah
- Anahatadhithana devata rakini yukta rudra swarupiNyambaam  
Mukhe Shuddha Achamanyam Kalpayami Namah
- Anahatadhithana devata rakini yukta rudra swarupiNyambaam snanam Kalpayami  
Namah
- Anahatadhithana devata rakini yukta rudra swarupiNyambaam  
Vastram Kalpayami Namah
- Anahatadhithana devata rakini yukta rudra swarupiNyambaam  
gandham Kalpayami Namah
- Anahatadhithana devata rakini yukta rudra swarupiNyambaam  
Haridra Kumkumam Kalpayami Namah
- Anahatadhithana devata rakini yukta rudra swarupiNyambaam  
AabharaNam Kalpayami Namah
- Anahatadhithana devata rakini yukta rudra swarupiNyambaam  
Naivedyam Kalpayami Namah





Keep a plate of snigdhaudanam (cooked rice mixed with ghee) and sprinkle water around the plate (from left to right) and recite the mantra given below.

Om Bhurbhuvassuvah TatsaviturvareNyam

Bhargodevasya Dhimahi Dhiyoyonah Prachodayat

Om Apojyoti Rasomrutam 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 pastaraNamasi, satyanta varthena parishinchami (while making offerings during the day)

Amruto pastaraNamasi, rutantatvartena parishinchami (while making offerings at night)

Taking the tulsi leaves in hand and chanting the following mantras one by one, one should place the tulsi leaf on the Snigdhaudanam (cooked rice mixed with ghee).

- Anahataabja Nilayayai Srimatrenamah
- Shyamaabhayai Srimatrenamah
- Vadana Vadvayaayai Srimatrenamah
- Damshtrojvalayai Srimatrenamah
- Akshamaaladi Dharayai Srimatrenamah
- Rudhira Sansthitayai Srimatrenamah
- Maha Virendra Varadayi Srimatrenamah
- Rakinyamba SwarupiNyai Srimatrenamah

Chanting the following mantras, food should be offered to Mother six times.

- Om PraNaya Swaha
- Om Apanaya Swaha
- Om Vyanaya Swaha
- Om Udhanaya Swaha
- Om Samanaya Swaha
- Om Brahmane Swaha





- After making this offering, offer water to Mother, imagining that we are offering Her water to drink.

Water should be shown to Mother with Uddharina, saying “madhye madhye paaneeyam samarpayami”.

- Then, sprinkling water around the plate in an apradakshina (right to left) manner, one should say Amritapidhanamasi Uttaraposhanam Samarpayami .
- Amma should be offered water for washing hands. Show water to Mother and drop it on a plate while saying Hastau Prakshalayami .
- Feeling that Amma is washing her feet, Show water to Mother and drop it on a plate while saying Padau prakshalayami .
- Imagining that we are offering water for Mother to drink, show water to Mother with Uddharina and drop in plate, saying Achamaniyam samarpayami .

- Anahatadhithana devata rakini yuktha rudra swarupiNyambaam Ananda Karpoora Neerajanam Kalpayami Namah

Saying that, camphor should be lit and shown to Mother.

### 3. Manipura Chakra

Om aim hreem sreem laam leem loom lyem loum lam laha lamala varayoom lakini mam raksha raksha mama maamsa dhatum raksha raksha

Sarva satvavashankari devi aagacchagaccha imam pujam guruhna guruhna yudhe devi aim ghore hreem parama ghore hum ghora rupe ehyehi namaschamunde daralakasahaim sri maha tripura sundari devi varade vicche devi !

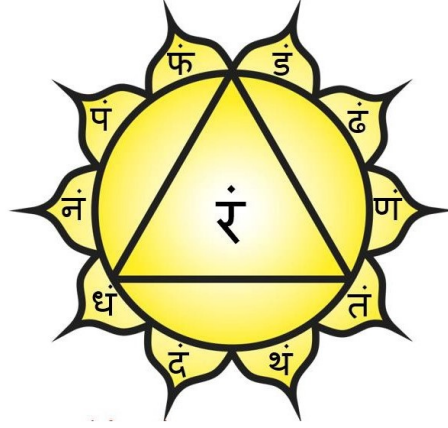
Om Aim Hreem Sreem Dam, Dham, Nam, Tam, Tham, Dam, Dham, Nam, Pam, Pham, Manipura Peetasthe Lakini Manipuraka Nadha – Devi Yugma Sri Padukam Pujayami.

As shown in the picture, start from the east. Lakini Mata should be placed in the middle, meditated upon and worshipped.





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1. Dum Daamaryai Namah
2. Dham DhamkaariNyai Namah
3. Nam NakaariNyai Namah
4. Tam Taamasyai Namah
5. Tham Sthana Devatayai Namah
6. Dam DaakshayaNyai Namah
7. Dham Dhatryai Namah
8. Nam Nandayai Namah
9. Pam Parvatyai Namah
10. Pham Phat KariNyai Namah

Dhyanam (meditation)

Nabhaudik padma patre trivadana vilasita tryakshaNeem rakta varnaam  
Saktim Dambholidantaana Bhayamapi Bhujairdharayanthim Mahendraam  
Daamaryadyaih parivrutham pashujana bhayadaam maansadhatvaika nishtaam  
Gaudanne sakta chittaam sakala subhakareem samsmarellakineem taam.

Tatidvantam Shaktya Timiraparipandhi SpuraNaya





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Sphurannaanaa Ratnaabharana Parinaddendra Dhanusham

Tavashyaamam Megham Kamapi Manipuraika SaraNam

Nisheve Varshantam Haramihira Taptam Tribhuvanam.

Manipuradhisthana Devata Lakini Yuktha Vishnu SwarupiNyambaa Sri Padukam Pujayami.

### Shodashopachara Puja

- Manipuradhisthana Devata Lakini Yukta Vishnu SwarupiNyambaam Dhyaayaami
- Manipuradhisthana Devata Lakini Yukta Vishnu SwarupiNyambaam Awahayami
- Manipuradhisthana Devata Lakini Yukta Vishnu SwarupiNyambaam Navaratna simhasanam Kalpayami Namah
- Manipuradhisthana Devata Lakini Yukta Vishnu SwarupiNyambaam Padayoh Padyam Kalpayami Namah
- Manipuradhisthana Devata Lakini Yukta Vishnu SwarupiNyambaam Hastayoh Arghyam Kalpayami Namah
- Manipuradhisthana Devata Lakini Yukta Vishnu SwarupiNyambaam Mukhe Shuddha Achamanyam Kalpayami Namah
- Manipuradhisthana Devata Lakini Yukta Vishnu SwarupiNyambaam Snanam Kalpayami Namah
- Manipuradhisthana Devata Lakini Yukta Vishnu SwarupiNyambaam Vastram Kalpayami Namah
- Manipuradhisthana Devata Lakini Yukta Vishnu SwarupiNyambaam gandham Kalpayami Namah
- Manipuradhisthana Devata Lakini Yukta Vishnu SwarupiNyambaam Haridra Kumkumam Kalpayami Namah
- Manipuradhisthana Devata Lakini Yuktha Vishnu SwarupiNyambaam





AabharaNam Kalpayami Namah

- Manipuradhisthana Devata Lakini Yukta Vishnu SwarupiNyambaam

Naivedyam Kalpayami Namah

Keep the Gudanna (cooked rice mixed with jaggery) in a plate as an offering, sprinkle water around the plate (from left to right) and recite the mantra given below.

Om Bhurbhuvassuvah TatsaviturvareNyam

Bhargodevasya Dhimahi Dhiyoyonah Prachodayat

Om Apojyoti Rasomrutam 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 pastaraNamasi, satyanta varthena parishinchami (while making offerings during the day)

Amruto pastaraNamasi, rutantatvartena parishinchami (while making offerings at night)

Taking the tulsi leaves in hand and chanting the following mantras one by one, one should place the tulsi leaf on the Gudanna (cooked rice mixed with jaggery).

- MaNipooraabja Nilayayai Srimatre Namah
- Vadana traya samyutaayai srimatre namah
- Vajraadhikayudhopetayai Srimatre Namah
- Damaryadi Bhiravrutayai Srimatre Namah
- Rakta varNayai shrimatre namah
- Maansanishthayai Srimatre Namah
- Gudaanna Prithamaanasayai Srimatre Namah
- Samasta Bhakta Sukhadaayai Shrimatre Namah
- Lakinyambaa SwarupiNyai Srimatre Namah
- 

Chanting the following mantras, food should be offered to Mother six times.

- Om PraNaya Swaha
- Om Apanaya Swaha





- Om Vyanaya Swaha
  - Om Udhanaya Swaha
  - Om Samanaya Swaha
  - Om Brahmane Swaha
- After making this offering, offer water to Mother, imagining that we are offering Her water to drink.
- Water should be shown to Mother with Uddharina, saying "madhye madhye paaneeyam samarpayami".
- Then, sprinkling water around the plate in an apradakshina (right to left) manner, one should say Amritapidhanamasi Uttaraposhanam Samarpayami .
  - Amma should be offered water for washing hands. Show water to Mother and drop it on a plate while saying Hastau Prakshalayami .
  - Feeling that Amma is washing her feet, Show water to Mother and drop it on a plate while saying Padau prakshalayami .
  - Imagining that we are offering water for Mother to drink, show water to Mother with Uddharina and drop in plate, saying Achamaniyam samarpayami .
  - Manipuradhisthana devata lakini yuktha vishnu swarupiNyambaam  
Ananda Karpooora Neerajanam Kalpayami Namah
- Saying that, camphor should be lit and shown to Mother.

#### 4. Swadhishtana Chakra

Om aim hreem sreem kaam keem koom kaim kaum kam kaha kamala varayoom  
kaakini maam raksha raksha mama metho dhatum raksha raksha.

Sarva satvavashankari devi aagacchagaccha imam pujam guruhna guruhna yudhe  
devi aim ghore hreem parama ghore hum ghora rupe ehyehi namaschamunde  
daralakasahaim sri maha tripura sundari devi varade vicche devi !

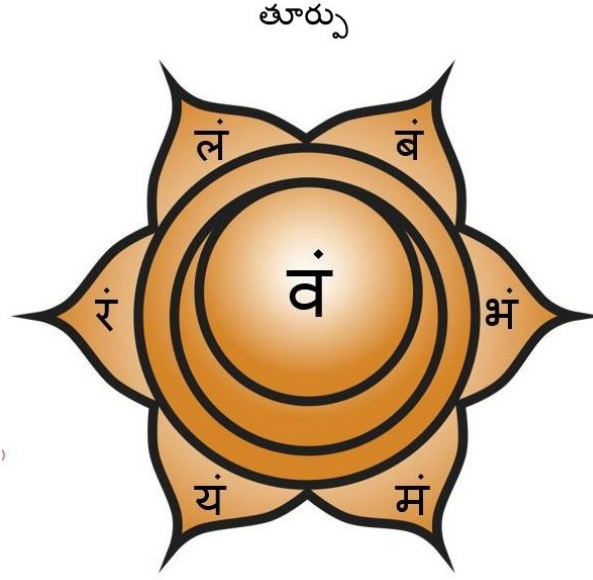
Om aim hreem sreem bam bham mam yam ram lam swadhisthana peetaste kaakini  
swadhisthana nadha devi yugma padukam pujayami.





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As shown in the picture, archana should be started from the east. In the middle, Mother Kakini should be placed, meditated upon and worshiped.



1. Bam Bandinyai Namah
2. Bham Bhadra KaLyai Namah
3. Mam maayaayai namah
4. Yam Yashasvinyai Namah
5. Ram Ramaayai Namah
6. Lam Lambodarayai Namah

Dhyanam (meditation)

Swadhishtanaakhya padme rasadala lasithe veda vaktram trinetram  
Hastabhyam dharayantheem trishikhaguna kapaalaa bhayanyaatta garvam  
Metho thatu pravisttaa malimadamuditaam bandini mukha yuktaam  
Peethaam dadhyodaneshtaa mabhimata phaladam kakineem bhavayaamaha.

Tava Swadhishtane Hutavaha Madhishttaayaniratam

Tameede Samvartam Janani Mahateem Thaancha Samayaam

Yadaaloke lokaas dahati mahati krotha kalithe





Swadhishtana devata kaakini yukta brahma swarupiNyambaa sri padukam  
pujayami.

Shodashopachara Puja

- Swadhishtana devata kaakini yukta brahma swarupiNyambaam dhyayaami  
meditation
- Swadhishtana devata kaakini yukta brahma swarupiNyambaam  
Awahayami
- Swadhishtana devata kaakini yukta brahma swarupiNyambaam  
Navaratna simhasanam Kalpayami Namah
- Swadhishtana devata kaakini yukta brahma swarupiNyambaam  
Padayoh Padyam Kalpayami Namah
- Swadhishtana devata kaakini yukta brahma swarupiNyambaam  
Hastayoh Arghyam Kalpayami Namah
- Swadhishtana devata kaakini yukta brahma swarupiNyambaam  
Mukhe Shuddha Achamanyam Kalpayami Namah
- Swadhishtana devata kaakini yukta brahma swarupiNyambaam  
Snanam Kalpayami Namah
- Swadhishtana devata kaakini yukta brahma swarupiNyambaam  
Vastram Kalpayami Namah
- Swadhishtana devata kaakini yukta brahma swarupiNyambaam  
gandham Kalpayami Namah
- Swadhishtana devata kaakini yukta brahma swarupiNyambaam  
Haridra Kumkumam Kalpayami Namah
- Swadhishtana devata kaakini yukta brahma swarupiNyambaam  
AabharaNaani Kalpayami Namah





- Swadhishthana devata kaakini yukta brahma swarupiNyambaam  
Naivedyam Kalpayami Namah

Keep the Dadhyanna (curd rice) as an offering in a plate, sprinkle water around the plate (from left to right) and recite the mantra given below.

Om Bhurbhuvassuvah TatsaviturvareNyam

Bhargodevasya Dhimahi Dhiyoyonah Prachodayat

Om Apojyoti Rasomrutam 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 pastaraNamasi, satyanta varthena parishinchami (while making offerings during the day)

Amruto pastaraNamasi, rutantatvartena parishinchami (while making offerings at night)

Taking the tulsi leaves in hand and chanting the following mantras one by one, one should place the tulsi leaf on the dadhyaannam (curd rice).

- Swadhishttaanaambujagatai Sri Matre Namah
- Chaturvaktra Manoharayai Srimatre Namah
- Shuladyaayudha sampannayai Srimatre Namah
- PitavarNayai Srimatre Namah
- Ati Garvitaayai Shree Matre Namah
- Metho Nishthaayai Shrimatre Namah
- Madhu Preethaayai Shrimatre Namah
- Dadhyannasakta Hrudayaayai Srimatre Namah
- Kaakini RupadhariNyai Srimatre Namah

Chanting the following mantras, food should be offered to Mother six times.

- Om PraNaya Swaha
- Om Apanaya Swaha
- Om Vyanaya Swaha
- Om Udhanaya Swaha





- Om Samanaya Swaha
- Om Brahmane Swaha
- After making this offering, offer water to Mother, imagining that we are offering Her water to drink.

Water should be shown to Mother with Uddharina, saying "madhye madhye paaneeyam samarpayami".

- Then, sprinkling water around the plate in an apradakshina (right to left) manner, one should say Amritapidhanamasi Uttaraposhanam Samarpayami .
- Amma should be offered water for washing hands. Show water to Mother and drop it on a plate while saying Hastau Prakshalayami .
- Feeling that Amma is washing her feet, Show water to Mother and drop it on a plate while saying Padau prakshalayami .
- Imagining that we are offering water for Mother to drink, show water to Mother with Uddharina and drop in plate, saying Achamaniyam samarpayami .

- Swadhishtana devata kaakini yukta brahma swarupiNyambaam Ananda Karpورا Neerajanam Kalpayami Namah

Saying that, camphor should be lit and shown to Mother.

## 5. Muladhara Chakra

Om Aim Hreem Sreem Saam, Seem, Soom, Saim, Saum, Saha Samalavarayoom Saam Sakini Maam Raksha Raksha, Mama Asthi Dhatum Raksha Raksha.

Sarva satvavashankari devi aagacchagaccha imam pujam guruhna guruhna yudhe devi aim ghore hreem parama ghore hum ghora rupe ehyehi namaschamunde daralakasahaim sri maha tripura sundari devi varade vicche devi !

Vam Śaṁ Sham Sam Mooladhara Padmasta Mooladhara Sakini Mooladhara Nadha Devi Yugma Sri Padukam Pujayami.

Archana should start from east as shown in the picture. Mother Sakini should be kept in the middle and worshiped.





తూర్పు



1. Vam Varadaayai Namah
2. Śam Sriyai Namah
3. Sham Shandaayai Namah
4. Sam Sarasvatyai Namah

Dhyanam (meditation)

Muladhaarastha padme sruthidala lasithe panchavaktraam trinetram

Dhoomraabha Masthisamstaam SruNimapikamalam pustakam  
Gnanamudraam

BibhraaNaam bahudandaih sulalita varadaam poorvasaktyaa vrutaantaam

Mudgannasakta chittaam madhumadamuditaambhaavayet sakineem thaam.

Tavaadhaare moole saha samayayaa laasya parayaa

Navaatmaanam Manye Navarasa Maha Taandava Natam

Ubhabhyaame Taabhyaam Udaya Vidhimuddishya Dayayaa

Sanadhaabhyaam Jajne Janaka Janani Majjagadidam.

Sudhaa Dhaaraasaaraishcharana YugaLaam Tarvigalitaih





Srividya Learning Centre

Prapanchamsichanti punarapi rasamnaayamahasaha

Avapyaswaam Bhoomim Bhujaganibhamadhyushta Valayam

Swamaatmaanam Kritvaa Swapishikulakunde KuhariNi.

- Muladharadhisthana devata sakini yukta sri ganapati swarupiNyambaa sri padukam pujayami.

- 

### Shodashopachara Puja

- Mooladharadhisthana Devata Sakini Yukta Shri Ganapati SwarupiNyambaam Dhyaayami
- Mooladharadhisthana Devata Sakini Yukta Shri Ganapati SwarupiNyambaam Awahayami
- Mooladharadhisthana Devata Sakini Yukta Shri Ganapati SwarupiNyambaam Navaratna Simhasanam Kalpayami Namah
- Mooladharadhisthana Devata Sakini Yukta Shri Ganapati SwarupiNyambaam Padayoh Padyam Kalpayami Namah
- Mooladharadhisthana Devata Sakini Yukta Shri Ganapati SwarupiNyambaam Hastayoh Arghyam Kalpayami Namah
- Mooladharadhisthana Devata Sakini Yukta Shri Ganapati SwarupiNyambaam Mukhe Shuddha Achamaniam Kalpayami Namah
- Mooladharadhisthana Devata Sakini Yukta Shri Ganapati SwarupiNyambaam Snanam Kalpayami Namah
- Mooladharadhisthana Devata Sakini Yukta Shri Ganapati SwarupiNyambaam Vastram Kalpayami Namah
- Mooladharadhisthana Devata Sakini Yukta Shri Ganapati SwarupiNyambaam Gandham Kalpayami Namah
- Mooladharadhisthana Devata Sakini Yukta Shri Ganapati SwarupiNyambaam Haridra Kumkumam Kalpayami Namah





- Mooladharadhisthana Devata Sakini Yukta Shri Ganapati SwarupiNyambaam AabharaNam Kalpayami Namah
- Mooladharadhisthana Devata Sakini Yukta Shri Ganapati SwarupiNyambaam Naivedyam Kalpayami Namah

Place Mudgaudana (rice cooked with green gram) in a plate as an offering, sprinkle water around the plate (from left to right) and recite the mantra given below.

Om Bhurbhuvassuvah TatsaviturvareNyam

Bhargodevasya Dhimahi Dhiyoyonah Prachodayat

Om Apojyoti Rasomrutam 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 pastaraNamasi, satyanta varthena parishinchami (while making offerings during the day)

Amruto pastaraNamasi, rutantatvartena parishinchami (while making offerings at night)

Taking the tulsi leaves in hand and chanting the following mantras one by one, one should place the tulsi leaf on the mudgaannam (rice cooked with green gram).

- Muladharaika nilayayai Srimatre Namah
- Mooladharaambujaaroodhaayai Srimatre Namah
- Panchavaktraayai Srimatre Namah
- Asthi Samsthitaayai Shrimatre Namah
- Ankushaadi PraharaNaayai Srimatre Namah
- Varadaadi Nishevitaayai Sri Matre Namah
- Mudgaudanaasakta Chittaayai Srimatre Namah
- Sakinyamba SwarupiNyai Srimatre Namah

Chanting the following mantras, food should be offered to Mother six times.

- Om PraNaya Swaha
- Om Apanaya Swaha





- Om Vyanaya Swaha
  - Om Udhanaya Swaha
  - Om Samanaya Swaha
  - Om Brahmane Swaha
- 
- After making this offering, offer water to Mother, imagining that we are offering Her water to drink.  
Water should be shown to Mother with Uddharina, saying "madhye madhye paaneeyam samarpayami".
  - Then, sprinkling water around the plate in an apradakshina (right to left) manner, one should say Amritapidhanamasi Uttaraposhanam Samarpayami .
  - Amma should be offered water for washing hands. Show water to Mother and drop it on a plate while saying Hastau Prakshalayami .
  - Feeling that Amma is washing her feet, Show water to Mother and drop it on a plate while saying Padau prakshalayami .
  - Imagining that we are offering water for Mother to drink, show water to Mother with Uddharina and drop in plate, saying Achamaniyam samarpayami .
  - Mooladharadhisthana Devata Sakini Yukta Shri Ganapati SwarupiNyambaam Ananda Karpooora Neerajanam Kalpayami Namah
- Saying that, camphor should be lit and shown to Mother.

## 6. Aajnaa Chakra

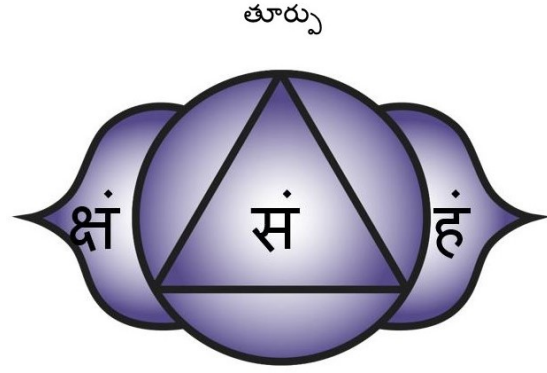
Om Aim Hreem Sreem Haam, Heem, Hoom, Hym, Haum, Haha Hamalavarayoom  
Haam Hakini maam raksha raksha, mama majjaa dhatum raksha raksha.

Sarva satvavashankari devi aagacchagaccha imam pujam gruhna gruhna yudhe  
devi aim ghore hreem parama ghore hum ghora rupe ehyehi namaschamunde  
daralakasahaim sri maha tripura sundari devi varade vicche devi!

Om aim hreem sreem hum ksam aajna chakra hakini aajna chakranadha deva  
yugma sri padukam pujayami.

As shown in the picture, archana should start from east. In the middle, Mother  
Haakini should be placed, meditated upon and worshipped.





1. Ham Hamsavatyai Namah
2. Ksham kshamaayai namah

Dhyanam (meditation)

bhrumadhye bindu padme dvidala vilasite shukla varNaamkaraabjaih  
BibhraaNaam jnanamudram damaruka sahitaam akshamaalam kapaalam  
Shadvaktraamabja sanstaam trinayana lasitam hamsavatyaadi yuktaam  
Haridranne prasaktam sakala suranuthaam Hakineem bhaavayaamaha.

Tavaajnaachakrastam Tapana Sasikotidyuti Dharam  
Param Shambhuvande ParimiLita Parsvam Parachitaa  
Yamaaraadhan Bhaktyaa Ravi Sashi Sucheena Mavishaye  
Niratamke loka nivasati hi bhaaloka bhavane.

- Ajnaa Chakradhithana Devata Haakini Yuktha Paramatma SwarupiNyambaa Padukam Pujayami.

Shodashopachara Puja

- Ajnaa Chakraadhishthana Devata Haakini Yukta Paramaatma SwarupiNyambaam  
Dhyaayaami





- Ajnaa Chakraadhishtana Devata Haakini Yukta Paramaatma  
SwarupiNyambaam  
Awahayami
- Ajnaa Chakraadhishtana Devata Haakini Yukta Paramaatma  
SwarupiNyambaam  
Navaratna Simhasanam Kalpayami Namah
- Ajnaa Chakraadhishtana Devata Haakini Yukta Paramaatma  
SwarupiNyambaam  
Padayoh Padyam Kalpayami Namah
- Ajnaa Chakraadhishtana Devata Haakini Yukta Paramaatma  
SwarupiNyambaam  
Hastayoh Arghyam Kalpayami Namah
- Ajnaa Chakraadhishtana Devata Haakini Yukta Paramaatma  
SwarupiNyambaam  
Mukhe Shuddha Achamaniam Kalpayami Namah
- Ajnaa Chakraadhishtana Devata Haakini Yukta Paramaatma  
SwarupiNyambaam  
Snanam Kalpayami Namah
- Ajnaa Chakraadhishtana Devata Haakini Yukta Paramaatma  
SwarupiNyambaam  
Vastram Kalpayami Namah
- Ajnaa Chakraadhishtana Devata Haakini Yukta Paramaatma  
SwarupiNyambaam  
Gandham Kalpayami Namah
- Ajnaa Chakraadhishtana Devata Haakini Yukta Paramaatma  
SwarupiNyambaam  
Haridra Kumkumam Kalpayami Namah
- Ajnaa Chakraadhishtana Devata Haakini Yukta Paramaatma  
SwarupiNyambaam  
AabharaNam Kalpayami Namah
- Ajnaa Chakraadhishtana Devata Haakini Yukta Paramaatma  
SwarupiNyambaam





### Naivedyam Kalpayami Namah

Place the Haridrannam (rice cooked with turmeric and cumin seeds) in a plate and sprinkle water around the plate (from left to right) and recite the mantra given below.

Om Bhurbhuvassuvah TatsaviturvareNyam

Bhargodevasya Dhimahi Dhiyoyonah Prachodayat

Om Apojyoti Rasomrutam 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 pastaraNamasi, satyanta varthena parishinchami (while making offerings during the day)

Amruto pastaraNamasi, rutantatvartena parishinchami (while making offerings at night)

Taking the tulsi leaves in hand and chanting the following mantras one by one, one should place the tulsi leaf on the Haridranna (rice cooked with turmeric and cumin seeds).

- |   |                  |
|---|------------------|
| • Ajnaa Chakrabja Nilayai               | Srimatre Namah   |
| • Shukla VarNaayai                      | Srimatre Namah   |
| • Shadaananaayai                        | Srimatre Namah   |
| • Majja Samstaayai                      | Sri Matre Namah  |
| • Hamsavati mukhya shakti samanvitaayai | Shreematre namah |
| • Haridrannayaika Rasikayai             | Srimatre Namah   |
| • Haakini Rupa DhariNyai                | Shrimatre Namah  |

Chanting the following mantras, food should be offered to Mother six times.

- Om PraNaya Swaha
- Om Apanaya Swaha
- Om Vyanaya Swaha
- Om Udhanaya Swaha
- Om Samanaya Swaha
- Om Brahmane Swaha





- After making this offering, offer water to Mother, imagining that we are offering Her water to drink.

Water should be shown to Mother with Uddharina, saying “madhye madhye paaneeyam samarpayami”.

- Then, sprinkling water around the plate in an apradakshina (right to left) manner, one should say Amritapidhanamasi Uttaraposhanam Samarpayami .
- Amma should be offered water for washing hands. Show water to Mother and drop it on a plate while saying Hastau Prakshalayami .
- Feeling that Amma is washing her feet, Show water to Mother and drop it on a plate while saying Padau prakshalayami .

Imagining that we are offering water for Mother to drink, show water to Mother with Uddharina and drop in plate, saying Achamaniyam samarpayami .

- Ajnaa Chakraadhishtana Devata Haakini Yukta Paramaatma SwarupiNyambaam Ananda Karpoora Neerajanam Kalpayami Namah

Saying that, camphor should be lit and shown to Mother.

## 7. Sahasraaram

Om aim hreem sreem yaam, yeem, yoom, yaim, yaum, yam, yaha yamalavarayoom Yaakini maam raksha raksha mama shukla sarva dhaatoon raksha raksha.

Sarva satvavashankari devi aagacchagaccha imam pujam gruhna gruhna yudhe devi aim ghore hreem parama ghore hum ghora rupe ehyehi namaschamunde daralakasahaim sri maha tripura sundari devi varade vicche devi!

Am aam im eem um oom rum room alum aloom yem aim om aum am aha kam kham gam gham jam cham ccham jam jham nyam tam ttam dam dham Nam tam tham dam dham nam pam pham bam bham mam yam ram lam vam Śam sham sam ham Lam ksham

Brahma Randhra Peetasthe Brahma Randhra Yaakini Nadha Brahma Randhra Devdevi Yugma Sri Padukam Pujayami. (All should be checked like this)

Mother Yaakini should be meditated upon and worshiped at Sahasrara.

1. Am Amrutaayai Namah
2. Aam AakarshiNyai Namah
3. Im IndraaNyai Namah





4. Eem EeshaaNyai	Namah
5. Um Umaayai	Namah
6. Oom Oordhvakesinyai	Namah
7. Rum Ruddhidaayai	Namah
8. Room Rooshaayai	Namah
9. Alum AlukariNyai	Namah
10. Aloom Alooshaayai	Namah
11. Yem Yekapaadaayai	Namah
12. Aim Aishwaryaabhirataayai	Namah
13. Om OmkariNyai	Namah
14. Aum Aushadhathmikaayai	namah
15. Am Ambikayai	Namah
16. Aha Aksharaatmikaayai	Namah
17. Kam KaaLaratryai	Namah
18. Kham Khateetaayai	Namah
19. Gam Gayatryai	namah
20. Gham Ghantaayai	namah
21. Nam NanjaarNaakaayai	Namah
22. Cham Chamundaayai	Namah
23. Ccham Cchaayaayai	Namah
24. Jam Jayaayai	Namah
25. Jham JhamkariNyai	Namah
26. Nyam Jnaanarupaayai	Namah
27. Tam Tanka Hastaayai	Namah
28. Ttam ttankariNyai	namah
29. Dam Daamaryai	Namah
30. Dham DhamkariNyai	Namah
31. Nam Naminyai	Namah





32. Tam Taamasyai	Namah
33. Tham SthaaNvyai	Namah
34. Dam DaakshaayaNyai	Namah
35. Dham Dhaatryai	Namah
36. Nam Nandaayai	Namah
37. Pam Paarvatyai	Namah
38. Pham Phat KariNyai	Namah
39. Bam Bandinyai	Namah
40. Bham BhadrakaLyai	Namah
41. Mam maha maayaayai	namah
42. Yam Yashasvinyai	Namah
43. Ram Raktaayai	Namah
44. Lam Lambodaryai	Namah
45. Vam Varadaayai	Namah
46. Śam Sriyai	Namah
47. Sham Shandaayai	Namah
48. Sam Sarasvatyai	Namah
49. Ham Hamsavatyai	Namah
50. Ksham kshamaavatyai	Namah



### Dhyanam (meditation)

Mundavyomastha padme sakaladaLayute Bhairaveem Yakineem taam  
Chidrupaakhyaam Samasthaayudha Lasitakaraam Sarva VarNam Samashtim  
Daadeenaam Sarvavaktram Sakala Sukhakareem Sarvadhātu Swaropāam  
Sarvaannasakta chittaam parashiva rasikaam bhaavayet sarva roopāam

Munda Vyomastha Padme Dasasata Dalake KarNika Chandra Samstaam  
Reto Nishtaam Samastaayudha Kalita Karaam Sarvato Vaktra Padmaam





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AadikshaarantaarNa Shakti Prakara Parivrutham Sarva VarNam Bhavaneem

Sarvaannasakta chittaam parashiva rasikaam yakineem bhavayamihi.

Maheem Mooladhare Kamapi MaNipure Hutavaham  
Sthitam svadhishtane Hrudimaruta Maakaasamupari  
Manopi Bhroomadhye Sakalamapi Bhitvaakulapatham  
Sahasraare Padme Saharahasi Patyaa Viharase.

Sahasrara Chakraadhisthana Devata Yaakini Yuta Paramaatma SwarupiNyambaa Sri Padukam Pujayami.

Shodashopachara Puja

- Brahma Randhra Peettasthe Brahma Randhra Yaakini Naadha Brahma Randhra Devadevim  
Dhyaayaami
- Brahma Randhra Peettasthe Brahma Randhra Yaakini Naadha Brahma Randhra Devadevim  
Awahayaami
- Brahma Randhra Peettasthe Brahma Randhra Yaakini Naadha Brahma Randhra Devadevim  
Navaratna Simhasanam Kalpayami Namah
- Brahma Randhra Peettasthe Brahma Randhra Yaakini Naadha Brahma Randhra Devadevim  
Padayoh Padyam Kalpayami Namah
- Brahma Randhra Peettasthe Brahma Randhra Yaakini Naadha Brahma Randhra Devadevim  
Hastayoh Arghyam Kalpayami Namah
- Brahma Randhra Peettasthe Brahma Randhra Yaakini Naadha Brahma Randhra Devadevim  
Mukhe Shuddha Achamaniyam Kalpayami Namah
- Brahma Randhra Peettasthe Brahma Randhra Yaakini Naadha Brahma Randhra Devadevim





Snanam Kalpayami Namah

- Brahma Randhra Peettasthe Brahma Randhra Yaakini Naadha Brahma Randhra Devadevim

Vastram Kalpayami Namah

- Brahma Randhra Peettasthe Brahma Randhra Yaakini Naadha Brahma Randhra Devadevim

Gandham Kalpayami Namah

- Brahma Randhra Peettasthe Brahma Randhra Yaakini Naadha Brahma Randhra Devadevim

Haridra Kumkumam Kalpayami Namah

- Brahma Randhra Peettasthe Brahma Randhra Yaakini Naadha Brahma Randhra Devadevim

AabharaNam Kalpayami Namah

- Brahma Randhra Peettasthe Brahma Randhra Yaakini Naadha Brahma Randhra Devadevim

Naivedyam Kalpayami Namah

Place all the rice offerings in a plate, sprinkle water around the plate (from left to right) and recite the mantra given below.

- Om Bhurbhuvassuvah TatsaviturvareNyam
- Bhargodevasya Dhimahi Dhiyoyonah Prachodayat
- Om Apojyoti Rasomrutam 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 pastaraNamasi, satyanta varthena parishinchami (while making offerings during the day)
- Amruto pastaraNamasi, rutantatvartena parishinchami (while making offerings at night)

Taking the tulsi leaves in hand and chanting the following mantras one by one, one should place the tulsi leaf on the rice offerings.

- Sahasra DaLa Padmastaayai Srimatre Namah





- Sarva varNopasobhitaayai Srimatre Namah
- Sarvaayudha Dharaayai Srimatre Namah
- Shukla Samsthitaayai Shrimatre Namah
- Sarvatho Mukhyai Shri Matre Namah
- Sarvaudana Prithachittaayai Srimatre Namah
- Yaakinyambaa swarupiNyai Srimatre Namah

Chanting the following mantras, food should be offered to Mother six times.

- Om PraNaya Swaha
- Om Apanaya Swaha
- Om Vyanaya Swaha
- Om Udhanaya Swaha
- Om Samanaya Swaha
- Om Brahmane Swaha
- After making this offering, offer water to Mother, imagining that we are offering Her water to drink.  
Water should be shown to Mother with Uddharina, saying "madhye madhye paaneeyam samarpayami".
- Then, sprinkling water around the plate in an apradakshina (right to left) manner, one should say Amritapidhanamasi Uttaraposhanam Samarpayami .
- Amma should be offered water for washing hands. Show water to Mother and drop it on a plate while saying Hastau Prakshalayami .
- Feeling that Amma is washing her feet, Show water to Mother and drop it on a plate while saying Padau prakshalayami .
- Imagining that we are offering water for Mother to drink, show water to Mother with Uddharina and drop in plate, saying Achamaniyam samarpayami .
- Brahma Randhra Peettasthe Brahma Randhra Yaakini Naadha Brahma Randhra Devadevim Ananda Karpooa Neerajanam Kalpayami Namah

Saying that, camphor should be lit and shown to Mother.

