

Daily Ritual – Performed @6:15 AM

This is a simple ritual that revolves around mantras. I will perform these steps

1. Purification of Myself

- A. Kara Nyasa: Purifying the Elements w/ Mudras
- B. Anga Nyasa: Bandhas, Sealing the Energy
- C. Three rounds of Anuloma Viloma (Alternate Nostril Breathing)

2. Ganesha Gayatri (3 Rounds)

Tat Purushaaya Vidmahe
Vakratundaaya Deemahi
Tanno Dhanti Prachodayat

3. Devi Hymns

Sarva Mangala Mangalyae
Shivae Savartha Sadikae
Sharanyae Tryambakae Gauri
Narayani Namostutae

Salutations to the three-eyed Goddess, Gauri, the spouse of Shiva, who blesses us by fulfilling all our desires. We salute the Goddess Narayani who showers the highest blessings on us.

Ya Devi Sarva Bhuteshu
Vishnumaayeti Shabdita
Namastasyei Namastasyei
Namastasyei Namoh Namaha

Salutations to Devi, the power of Lord Vishnu, who abides in all beings. Salutations.

Ya Devi Sarva Bhuteshu
Chetanaetya bhidhiyate
Namastasyei Namastasyei
Namastasyei Namoh Namaha

Salutations to Devi who abides as the eternal consciousness in all beings. Salutations.

Ya Devi Sarva Bhuteshu
Buddhirupena Samsthita
Namastasyei Namastasyei
Namastasyei Namoh Namaha

Salutations to Divine Mother who manifests as intelligence in all beings. Salutations.

Ya Devi Sarva Bhuteshu
Nidrarupena Samsthita
Namastasyei Namastasyei
Namastasyei Namoh Namaha

To the Devi who causes sleep in all beings, salutations again and again.

Ya Devi Sarva Bhuteshu
Kshudharupena Samsthita

Namastasyei Namastasyei
Namastasyei Namoh Namaha

Salutations to Devi, who causes hunger in all beings.

Ya Devi Sarva Bhuteshu
Chhayarupena Samsthita
Namastasyei Namastasyei
Namastasyei Namoh Namaha

Salutations to the Goddess who abides in all beings as the power of reflection.

Ya Devi Sarva Bhuteshu
Shaktirupena Samsthita
Namastasyei Namastasyei
Namastasyei Namoh Namaha

Salutations to the Goddess who manifests as power in all beings.

Ya Devi Sarva Bhuteshu
Thrishnarupena Samsthita
Namastasyei Namastasyei
Namastasyei Namoh Namaha

Salutations to Devi who manifests as thirst in all beings.

Ya Devi Sarva Bhuteshu
Kshantirupena Samsthita
Namastasyei Namastasyei
Namastasyei Namoh Namaha

Salutations to the Divine Mother who abides in all beings in the form of forgiveness.

Ya Devi Sarva Bhuteshu
Jaatirupena Samsthita
Namastasyei Namastasyei
Namastasyei Namoh Namaha

Salutations to Shakti who abides in all beings in the form of genius.

Ya Devi Sarva Bhuteshu
Lajjarupena Samsthita
Namastasyei Namastasyei
Namastasyei Namoh Namaha

Salutations to the Goddess who manifests in all beings in the form of modesty. Salutations, again and again.

Ya Devi Sarva Bhuteshu
Shantirupena Samsthita
Namastasyei Namastasyei
Namastasyei Namoh Namaha

Salutations to Devi who manifests in all beings in the form of peace. Salutations.

Ya Devi Sarva Bhuteshu
Shraddharupena Samsthita
Namastasyei Namastasyei
Namastasyei Namaha

Salutations to Devi who manifests in all beings in the form of faith. Salutations.

Ya Devi Sarva Bhuteshu
Kantirupena Samsthita
Namastasyei Namastasyei
Namastasyei Namaha

To that Goddess who abides in all beings in the form of beauty, salutations.

Ya Devi Sarva Bhuteshu
Vrittirupena Samsthita
Namastasyei Namastasyei
Namastasyei Namaha

To that Shakti who abides in all beings in the form of activity, we salute.

Ya Devi Sarva Bhuteshu
Smritirupena Samsthita
Namastasyei Namastasyei
Namastasyei Namaha

Salutations to that Shakti who abides in all beings in the form of memory.

Ya Devi Sarva Bhuteshu
Dayarupena Samsthita
Namastasyei Namastasyei
Namastasyei Namaha

Devi abides in the form of compassion in all beings. Salutations to Her again and again.

Ya Devi Sarva Bhuteshu
Tustirupena Samsthita
Namastasyei Namastasyei
Namastasyei Namaha

Devi abides in the form of contentment in all beings. Salutations to Her.

Ya Devi Sarva Bhuteshu
Matrirupena Samsthita
Namastasyei Namastasyei
Namastasyei Namaha

Devi abides in all beings in the form of Mother. To Her we salute again and again.

Ya Devi Sarva Bhuteshu
Bhrantirupena Samsthita
Namastasyei Namastasyei
Namastasyei Namaha

Devi abides in all beings in the form of delusion. Salutations again and again.

Indriyaanaam Adhistatri
Bhutaanaamcha Akhileshucha
Bhuteshu Satatam Tasyei
Vyaptidevyei Namō Namaha

Salutations to Devi, the Ruler of all elements and senses. Salutations.

Chitirupena Ya Kritsnamaetat
Vyapya Sthitha Jagat
Namastasyei Namastasyei
Namastasyei Namō Namaha

Devi pervades this whole universe and abides in all beings in the form of consciousness.
Salutations to Her again and again.

4. Nine Planets

Surya (Sun)
Japaa Kusumasankasham Kasyapeyam Maha Dhyuthim
Tamognam Sarvapaapghnam Pranatosmi Divakaram

Chandra (Moon)
Dadhi Shankha tushaa-raabham Khseero Darnava Sambhavam
Namaami Shashinam Somam Shambhor Mukuta Bhooshanam

Kuja (Mars)
Dharanee garbha sambhootam ,Vidyut Kaanti Sama-prabham
Kumaram Shakti Hastam ,Tham Mangalaam Pranamamyamaham

Budha (MERCURY)
Priyangukalika Shyaamam , RoopenaaPratimam Budham
Soumyam Soumya Guno Petham Tam Budham Pranamamyamham

Guru (JUPITER)
Deva-naam cha Rishi Naam cha Gurum kaanchana sannibham,
Buddhi Bhootam Trilokesham Tam Namaami Brihaspatim

Shukra (VENUS)
HimaKundha Mrina-laabham Daitya-naam Paramam Gurum
Sarv aShastra Pravaktaaram Bhargavam Pranamaamyamham

Sani (SATURN)
Neelanjanasamaabhasam Ravi Putram Yamaagrajam
Chaaya Marthanda Sambhootam Tam Namaami Shanaiswaram

RAHU
Ardha Kaayam Mahaa Veeryam Chandra- Aditya Vimardanam
Simhika Garbha Sambhootam Tam Rahum Pranamaamyaham

KETU
Palaasha Pushpa Sankaasham Tarakaa Graha Mastakam
Roudram Roudraa-tmakam Ghoram Tam Ketum Pranamaamya-ham

PRAYER FOR ALL THE NINE PLANETS

Nama Suryaya Somaya Mangalaya Budhaya Cha,
Guru Shukra Sanibhyascha, Rahava Kethave Nama.

Ithi Vyasa Mukhod Geetham Ya Padeth Susamihitha,
Dhiva Vaa, Yadhi Vaa Rathrou Vigna Santhir Bhavishyathi

Nara Naari Nrupaanam cha Bhaved, Duswapna naasanam,
Iswaryamathulam Teshama arogyam Pushti Vardhanam.

Graha Nakshatraja Peeda , taskaragni Samudbhava,
Thaa Sarvaa prasamam Yanthi Vyaso Bruthe Na Samsaya.

5. Daily Planet – Gayatri 3 times - Bija 108 times

Sun

"Om Asva dhvajaya vidmahe,
pasa hastaya dhimahi,
tanno Suryah prachodayat"

Om hram hreem hroum sah suryaya namah"

Moon

"Om Nisakaraaya vidmahe,
kalanaathaya dhimahi,
tanno Somah prachodayat"

"Om shram sreem shraum sah chandraya namah"

Mars

Om Angarkaya vidmahe,
bhoomipalaya dhimahi,
tanno Kujah prachodayat

'Om kram kreem kroum sab bhaumaya namah'

Mercury

Om Budhagrahaya vidmahe,
Indu putraya dhimahi,
tanno somya prachodayat

Om bram breem broom sah budhaya namah

Jupiter

Om Suraachaarya Vidmahe,
Surasreshtaya dhimahi,
tanno guruh prachodayat

"Om Graam Greem Graum Sah Gurve Namah"

Venus

"Om Rajadabaaya vidmahe,
Brigusuthaya dhimahi,
tanno sukrah prachodayat"

Om dram dreem droum sah shukraya namah

Saturn

"Om Sanaischaraya vidhamhe,
Sooryaputraya dhimahi,
tanno manda prachodayat"

Om pram preem proum sah shanaischaraya namah

Rahu

"Om Sookdantaya vidmahe,
Ugraropaya dhimahi,
tanno Rahu Prachodayat"

"Om bhraam bhreem bhraum sah rahave namah"

Ketu

"Om Chitravarnaya vidhmahe,
sarparoopaya dhimahi,
tanno Ketu Prachodayat"

"Om sraam sreem sraum sah ketave namah"

6. Lalitha Sahasranama (1008)

To Goddess Latiltha Devi.

7. Closing Chants:

- Asato Ma Sad Gamaya - Tamaso Ma Jyotir Gamaaya - Mrityor Ma Amritaam Gamaaya
- Lokah Samstah Sukhino Bhavantu (3x)
- Purnamidaa Purnamidhaam Purnaam – Purnamudachyateh – Purnaasya PurnaMadaaya Purna
M'evaa Vashityateh
- Om Shri Gurubyo Namaha Hari Om