

## Ritual Honoring the Moon – No Moon Bombing

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

TR:

We devote our thoughts to the Lord of Wisdom and Matter.

We meditate upon Him who has a Curved trunk.

May the tusked one guide us on the right path.

### 3. Vara Lord Hymn (Navagraha Stotra - 3 Rounds) – Sung w/ Harmonium

a. Wednesday - Mercury

Priyangu kalika shyaamam roopena pratimam budham  
Soumyam soumya gunopetam tam budham pranamamyaham

TR:

I pray to Mercury, who is like the bud of millet and who is gentle by nature and has great gentle looks.

b. Thursday - Jupiter

Devanaam cha rishinaam cha gurum kaanchan sannibhaam  
Buddhi bhootam trilokesham tam namaami brihaspatim

TR:

I pray Jupiter, the celestial teacher, who shines like gold amongst the Devas and the Rishis, and who is the embodiment of the intellect the three worlds.

c. Friday - Venus

Hima kundaa mrinalaabham daityanaam paramam gurum  
Sarv shastra pravaktaaram bhargavem pranamamyaham

TR:

I pray Venus, who shines like the petals of the snow-white jasmine, the great guru of the Rakshasas who is possessed of all learning.

### 4. Chandra - Moon Hymn ( Navagraha Stotra - 3 Rounds) - Sung w/ Harmonium

Dadhi shankha tushaarabham ksheero darnava sambhavam  
Namaami shashinam somam shambhor mukuta bhooshanam

TR:

I pray Moon whose cool rays resemble curds and the conch, who was born while churning the ocean of milk and who adorns the head of lord Shiva.

### 5. Chandra Graha Mantra - (108 Rounds)

Om Shram Shreem Shroum Sah Chandraaya Namaha

### 6. Chandra Bija Mantra - (108 Rounds)

Om Soam Soamaaya Namahah

### **7. Nakshatra Mantra - (108 Rounds)**

Wednesday - Krittika - Om Agnaaya Namaha

Thursday - Rohini - Om Brahmane Namaha

Friday - Mrigashira - Om Chadramase Namaha

### **8. Sri Lalita Sahasranama Stotram (180 Verses)**

[This Link Opens the document](#)

### **9. Guru Ashtottari ShataNamavali (108)**

To My Guru Ammachi. I do not have the mantras to share in this medium

### **Quick Explanation:**

In most Mantras there is "OM" at the beginning and "Namaha" at the end.

Om is invoking the power of the universe, Namaha means to "bow in reverence". So the other mantras are basically saying "I am invoking the power of the three worlds and bowing in reverence to Soma|Agni|Brahma" – etc.