



# KAFUE HINDU TEMPLE

## SIGNIFICANCE OF CHANTING LALITHA SAHASRANAMA

To create a mind devoted to mankind, sincere love, unity and to be one with your atman chanting of Sree Lalitha Sahasra Namam, a Sanskrit namavali should form an integral part of your life.

Lalitha Shasranama helps you develop the energy of Faith to do and achieve anything which is positive for you in your life. This energy generates the Belief, Confidence and Determination in your own self to work for Devi.

A beneficial method to develop this energy is by chanting Lalitha Sahasranama knowing their meanings. It will give the most advantageous benefits if one chants namavalis with their meanings in mind. He/She will be able to express more and get closer to Devi.

We list some of the benefits of regular chanting of Sree Lalitha Sahasranamavali. This is the most favoured form of prayer to Goddess Lalithambika

- Regular chanting of Sree Lalitha Sahasranama is an indirect blessing to those who cannot do these kind of offerings to God.
- Regular chanting of Sree Lalitha Sahasranama will form a way of penance.
- Regular chanting of Sree Lalitha Sahasranama will provide a long and contented healthy life.
- Regular chanting of Sree Lalitha Sahasra nama will have tremendous self confidence in himself.
- Through the regular chanting of Sree Lalitha Sahasra nama, the atmosphere will be purified. Each nerve in our body will be invigorated and subtle energies will be awakened in the person.
- Sree Lalitha Devi will protect a person and will make him victorious in all his good deeds.
- Regular chanting of Sree Lalitha Sahasra nama will make a person blessed with word power, fame, good will etc. Particular importance should be given to chant Sree Lalitha Sahasra nama on Friday's which is very auspicious for the blessing of Devi.
- Sree Lalitha Sahasra nama is the form of prayer that any one and every one can chant at any time and every time. It does not matter if one could not complete it. Because each of the nama in itself is complete to realize the vision of Devi.

- It is said that chanting the name of Lord Siva once is as good as chanting the name of Mahavishnu a thousand times. And chanting the name of Devi once is as good as chanting the name of Siva, a thousand times. And of which Sree Lalitha Sahasra nama to become one with Sree Lalitha Devi herself.
- It is very beneficial if all members of the family unite and chants Sree Lalitha Sahasra nama once in a day in the evening or whenever time permits. A family that prays together stays together. It will bring about unity, peacefulness, clear mind to perform and by thus prosperity.
- In homes where Sree Lalitha Sahasra nama is chanted regularly there will never be any shortage of the basic necessities of life. This is the reason why the ancient Gurus would instruct their disciples to chant Sree Lalitha Sahasra namam even after initiating them into the mantras of other deities such as Lord Krishna, Lord Rama and other Gods and Goddesses.

It is also to be noted that by religiously chanting Sree Lalitha Sahasra namavali, we are seeking the blessings of the universal mother. And how can a mother ignore her children when they are in distress or duress or troubles of any sorts? So keep utmost faith in her and start chanting.

Lalitha Sahasranamam can be chanted in two different ways. One in Stotra form and the other in mantra form. In Stotram form, all 1,000 namams are separated into stotrams of a few namams each and recited in this way. In mantra form, each namam is said individually, preceded by "Aum" and followed by "Namah". When chanted in mantra form, the endings of each namam are generally changed to "e" or "yai". Mantra form is commonly used to recite Lalitha Sahasranamam during archana. Both ways, however, are equally effective.

As Devi can be contemplated as masculine, feminine or formless, Her names also are rendered in all the three genders.

The slokas in Lalita Sahasranamamas are composed in Anushtup meters, which consist of 32 letters divided into 4 quarters of eight letters each.

#### **DIVISION OF THE SAHASRANAMAM IN 100 NAMES**

The author of Paribhashamandalam, Sri Narasimha Yajva has divided the thousand names into 10 groups of 100 names each and tells us the name with each 100 begins.

1st Name	Sree mata
101st Name	Manipoorantharudhitha
201st Name	Sadhgathi priya
301st Name	Hreemkari
401st Name	Vividhhakara
501st Name	Gudanna preethamanasa
601st Name	Dharandholitha dheerghhakshi
701st Name	Dheshakalaa parichchinna
801st Name	Pushta
901st Name	Nadharoopini

# Dhyanam

Om Sinduraruna vighram tri nayanam manikya mauli sphurat  
Tara nayaka sekham smita mukhim apina vakshoruham  
Panibhyam ali purna ratna chashakam raktotpalam bibrathim  
Saumyam ratna ghatastha raktha charanam dhyayetparamambikam.  
Dhyaye padmasanastham vikasita vadanam padma patrayatakshim  
Hemabham pitavastram kara kalita lasad hema padmam varangim  
Sarvalankaran yuktam satatamabhayadam bhakta namram bhavanim  
Srividyam santamurthim sakala suranutham sarva sampat pradatrim.  
Sakumkuma vilepanam alika chumbi kasturikam  
Samanda hasitekshanam sasara chapa pasankusam  
Asesha jana mohinim aruna malya bhushambaram  
Japa kusuma bhasuram japavidhau smaredambikam.  
Arunam karuna tharangithakshim  
Drita pasankusha pushpa bhana chapam  
Animathi bhiravrutham mayookhai  
Ahamithyeva vibhavaye bhavanim.

## Notes and Translation

Sree Lalithambika's beautiful presence can be described in infinite ways.

Sinduraruna vighram tri nayanam manikya mauli sphurat  
Tara nayaka sekham smita mukhim apina vakshoruham  
Panibhyam ali purna ratna chashakam raktotpalam bibrathim  
Saumyam ratna ghatastha raktha charanam dhyayetparamambikam.

Our pranams to Sree Lalithambika whose body is glowing in a vermilion red color and with three eyes. She is sporting a crown of rubies studded with the crescent moon, with a face full of smiles. That She is easily accessible is indicated by Her benign smile. Our pranams to Sree Lalithambika, who has in store for her children an inexhaustible life in Her splendid and full

breast. She is holding in one hand a cup which is made up of precious jewels and filled with honey and fresh red lotus which is surrounded by bees who come to drink the nectar from it, in the other hand. These symbolise joy and wisdom of which She alone is the source. Her feet is placed on a precious pot full of valuable gems indicating that nothing is difficult for those who surrender to Her feet and take refuge in Her.

Dhyaye padmasanastham vikasita vadanam padma patrayatakshim  
Hemabham pitavastram kara kalita lasad hema padmam varangim  
Sarvalankara yuktam satatamabhayadam bhakta namram bhavanim  
Srividyam santamurthim sakala suranutham sarva sampat pradatrim.

Sri Devi Bhavani is ever to be meditated upon as seated in a lotus, with face beaming with joy, eyes soft and elongated like lotus petals, radiating a golden hue, dressed in yellow silk, sporting a golden lotus in her hand, perfect in every limb, profusely decorated, compassionate towards devotees, and bestowing protection and all prosperity on them. Adored by all celestials, she is the very embodiment of Sri Vidya and Tranquility. She dispels fear and is the epitome of peace. Sree Lalithambika gives every wealth that is sought to her devotees.

Sakumkuma vilepanam alika chumbi kasturikam  
Samanda hasitekshanam sasara chapa pasankusam  
Asesha jana mohinim aruna malya bhushambaram  
Japa kusuma bhasuram japavidhau smaredambikam.

We meditate Sree Lalithambika, whose body is anointed all over with vermilion and musk that attracts the bees, whose glance itself is a lovely smile, who holds in her hand the bow, the arrow, the noose and the goad, who captivates everyone with exception, who is adorned with red garlands and ornaments and who shines with the hue of the China rose.

Arunam karuna tharangithakshim  
Drita pasankusha pushpa bhana chapam  
Animathi bhiravrutham mayookhai  
Ahamithyeva vibhavaye bhavanim.

We meditate on the Devi Bhavani, great Empress who is light red in colour, Whose eyes are full of compassion, Who has in Her hands the noose, the goad, the bow and the flowery arrow and Who is surrounded on all sides by the eight siddhis (powers), such as anima, mahima, laghima, gharima, ishitwam, vashitwam, prapti, prakashyam. Sree Devi Lalithambike, may I imagine you within me