

SREE LALITHA SAHASRANAMA STOTRAM



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Asyashrilalita sahasranama stotras mahamantrasya, vashinyadi
vagdevata
Rushayah anushtup chandaha shree lalita parameshari devata
shrimadvagbhava
Kutetibijam madhyakuteti shaktih shaktinyasam karanyasancha
kuryat mama
Shree lalita parameshari prasada sidhyardhe jape viniyogah

DHYANAM

Sinduraruna vigragam, trinayanam, manikyamaoli spharat
Taranayaka shekharam, smitamukhim, aapinavakshoruham
Panibhyam, alipurnaratna chashakam, raktotpalam bibhratim
Saomyam ratna ghatasdha raktacharanam
Dhyayetparamanbikam

Arunam karuna tarangitakshim
Dhruta pashankusha pushpa banachapam
Animadibhi ravrutam mayukhai
Rahamityeva vibhavaye, bhavanim
Dhyayetpadmasanasdham vikasita
Vadanam padmapatrayatakshim
Hemabham pitavastram karakalita
Lasadhemapadmam varangim
Sarvalankarayuktam satata mabhayadam
Bhaktanamram bhavanim
Shree vidyam shantamurtim sakala suranutam
Sarvasanpatpradatrim
Sakunkuma vilepana malikachunbi sasturikam
Samandahasi tekshenam sasharachapa pashankusham
Asheshajana mohini marunamalya bhushanbaram
Japakusuma bhasuram japavidhao smaredanbikam

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Sree Lalitha Sahasranama Stotram Samaptam

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2. shrImahArAj~nai namaH
3. shrImatsi.nhAsaneshvaryai namaH
4. chidagnikuNDasaMbhuTayai namaH
5. devakAryasamudyatAyai namaH
6. OM udyadbhAnusahasrAbhAyai namaH
7. chaturbAhusamanvitAyai namaH
8. rAgasvarUpapAshADhyAyai namaH
9. krodhAkArAN^akushojjvalAyai namaH
10. manorUpekShukodaNDayai namaH
11. pa.nchatanmAtrasAyakAyai namaH
12. nijAruNaprabhApUramajjad brahmANDamaNDalAyai namaH
13. champakAshokapunnaGasaugandhika-lasatkachAyai namaH
14. kuruvindamaNishreNIkanatkoTIRamaNDitAyai namaH
15. OM aShTamIchandravibhrAjalikasthalashobhitAyai namaH
16. mukhachandrakala.nkAbhamR^iganAbhivisheShakAyai namaH
17. vadanasmaramA.ngalyagR^ihatoraNachillikAyai namaH
18. vaktralakShmIparIvAhachalanmInAbhalochanAyai namaH
19. navachampakapuShpAbhanAsAdaNDavirAjitAyai namaH
20. tArAkAntitiraskArinAsAbharaNabhAsurAyai namaH
21. kadambama~njarIkL^iptakarNapUramanoharAyai namaH
22. tATa.nkayugalIbhUtatapanoDupamaNDalAyai namaH
23. padmarAgashilAdarshaparibhAvikapolabhuv namaH
24. navavidrumabimbashrInyakkAriradanachchhadAyai namaH
25. shuddhavidyan^kurAkAradvijapan^ktidvayojjvalAyai namaH
26. karpUravITikAmodasamAkarShi digantarAyai namaH
27. nijasallApamAdhurya vinirbhatsitakachchhapyai namaH
28. mandasmitaprabhApUramajjatkAmeshamAnasAyai namaH
29. anAkalitasAdR^ishyachibukashrIvirAjitAyai namaH
30. kAmeshabaddhamAN^galyasUtrashobhitakandharAyai namaH
31. kanakan^gadakeyUrakamanIyamujAnvitAyai namaH
32. ratnagraiveya cintAkalolamuktAphalanvitAyai namaH
33. kAmeshvArapremaratnamaNipratipaNastanyai namaH
34. nAbhyAlavAlaromAlilatAphalakuchadvayyai namaH
35. lakShyaromalatAdhAratAsamunneyamadhyamAyai namaH
36. stanabhAradalanmadhyapaTTabandhavalitrayAyai namaH
37. OM aruNaruNakausumbhavastrabhAsvatkaTItaTyai namaH
38. ratnaki~NkiNikAramyarashanAdAmabhUShitAyai namaH
39. kAmeshaj~nAtasaubhAgyamArdavorudvayAnvitAyai namaH
40. mANikyamukuTAKArAjAnudvayavirAjitAyai namaH
41. indragopaparikShiptasmaratUNAbhaja~NghikAyai namaH
42. gUDhagUlphAyai namaH
43. kUrma pR^iShThajayiShNuprapadAnvitAyai namaH
44. nakhadIdhitisa~nchhannanamajjanatamogunAyai namaH

45. padadvayaprabhAjAlaparAkR^itasaroruhAyai namaH
46. shi~njAnamaNima~njIramaNDitashrIpadAmbujAyai namaH
47. marAlImandagamanAyai namaH
48. mahAlAvaNyashevadhaye namaH
49. sarvAruNAyai namaH
50. anavadyAN^gyai namaH
51. sarvAbharaNabhUShitAyai namaH
52. shivakAmeshvarAN^kasthAyai namaH
53. shivAyai namaH
54. svAdhInavallabhAyai namaH
55. sumerumadhyashR^iN^gasthAyai namaH
56. shrImannagaranAyikAyai namaH
57. chintAmaNigR^ihAntasthAyai namaH
58. pa~nchabrahmAsanasthitAyai namaH
59. mahApadmATavIsa.nsthAyai namaH
60. kadambavanavAsinyai namaH
61. sudhAsAgaramadhyasthAyai namaH
62. kAmAkShyai namaH
63. kAmadAyinyai namaH
64. devarShigaNasa.nghAtastUyamAnAtmavaibhAyai namaH
65. bhaNDAsuravadhodyuktashaktisenAsamanvitAyai namaH
66. sampatkarIsamArUDhasi.nduravrajasevitAyai namaH
67. OM ashvArUDhAdhiShThitAshvakoTikoTibhirAvR^itAyai namaH
68. chakrarAjarathArUDhasarvAyudhapariShkR^itAyai namaH
69. geyachakrarathArUDhamantriNIparisevitAyai namaH
70. kirichakrarathArUDhadaNDanAthApuraskR^itAyai namaH
71. jvAlAmAlinikAkShiptavahniprAkAramadhyagAyai namaH
72. bhaNDasainyavadhodyuktashaktivikramaharShitAyai namaH
73. nityAparAkramATopaniRikShaNasamutsukAyai namaH
74. bhaNDaputravadhodyuktAbAlAvikramananditAyai namaH
75. mantriNyambAvirachitaviShAN^gavadhatoShitAyai namaH
76. vishukraprANaharaNavArAhIvIryananditAyai namaH
77. kAmeshvaramukhAlokakalpitaShrIgaNeshvarAyai namaH
78. mahAgaNeshanirbhinnavighnayantrapraharShitAyai namaH
79. bhaNDAsurendranirmuktashastrapratyastravarShiNyai namaH
80. karAN^gulinakhotpannanArAyaNadashAkR^ityai namaH
81. mahApAshupataStrAgninirdagdhasurasainikAyai namaH
82. kAmeshvarAstranirdagdhasabhANDAsurashUnyakAyai namaH
83. brahmopendramahendrAdidevasa.nstutavaibhavAyai namaH
84. haranetrAgnisa.ndagdhakAmasa.njIvanauShadhyai namaH
85. shrImadvAgbhavakUTaikasvarUpamukhapan^kajAyai namaH
86. kaNThAdhaH kaTiparyantamadhyakUTasvarUpiNyai namaH
87. shaktikUTaikatApannakaTyadhobhAgadhAriNyai namaH
88. OM mUlamantrAtmikAyai namaH
89. mUlakUTatrayakalebarAyai namaH
90. kulAmR^itaikarasikAyai namaH
91. kulasa.nketapAlinyai namaH

92. kulAN^ganAyai namaH
93. kulAntaHsthAyai namaH
94. kaulinyai namaH
95. kulayoginyai namaH
96. akulAyai namaH
97. samayAntasthAyai namaH
98. samayAchAratatparAyai namaH
99. mULAdhAraikanilayAyai namaH
100. brahmagranthivibhedinyai namaH
101. maNipUrAntaruditAyai namaH
102. viShNugranthivibhedinyai namaH
103. Aj~nAchakrAntarAlasthAyai namaH
104. rudragranthivibhedinyai namaH
105. sahasrArAmbujArUDhAyai namaH
106. sudhAsArAbhivarShiNyai namaH
107. taTillatAsamaruchyai namaH
108. ShaTchakroparisa.nsthitAyai namaH
109. mahAsaktyai namaH
110. OM kuNDalinyai namaH
111. bisatantutanIyasyai namaH
112. bhavAnyai namaH
113. bhAvanAgamyAyai namaH
114. bhavAraNyakuThArikAyai namaH
115. bhadrapriyAyai namaH
116. bhadramUrtyai namaH
117. bhaktasaubhAgyadAyinyai namaH
118. bhaktipriyAyai namaH
119. bhaktigamyAyai namaH
120. bhaktivashyAyai namaH
121. bhayApahAyai namaH
122. shAmbhavyai namaH
123. shAradArAdhyAyai namaH
124. sharvANYai namaH
125. sharmadAyinyai namaH
126. shA.nkaryai namaH
127. shrIkaryai namaH
128. sAdhvyai namaH
129. sharachchandranibhAnanAyai namaH
130. shAtodaryai namaH
131. shAntimatyai namaH
132. OM nirAdhArAyai namaH
133. nira~njanAyai namaH
134. nirlepAyai namaH
135. nirmalAyai namaH
136. nityAyai namaH
137. nirAkArAyai namaH
138. nirAkulAyai namaH

139. nirguNAyayi namaH
140. niShkalAyayi namaH
141. shAntAyayi namaH
142. niShkAmAyayi namaH
143. nirupaplavAyayi namaH
144. nityamuktAyayi namaH
145. nirvikArAyayi namaH
146. niShprapa~nchAyayi namaH
147. nirAshrayAyayi namaH
148. nityashuddhAyayi namaH
149. nityabuddhAyayi namaH
150. niravadyAyayi namaH
151. nirantarAyayi namaH
152. niShkArANAyayi namaH
153. niShkala.nkAyayi namaH
154. OM nirupAdhaye namaH
155. nirIshvarAyayi namaH
156. nIrAgayayi namaH
157. rAgamathanyayi namaH
158. nirmadAyayi namaH
159. madanAshinyayi namaH
160. nishchintAyayi namaH
161. niraha~NkArAyayi namaH
162. nirmohAyayi namaH
163. mohanAshinyayi namaH
164. nirmamAyayi namaH
165. mamatAhantryayi namaH
166. niShpApAyayi namaH
167. pApanAshinyayi namaH
168. niShkrodhAyayi namaH
169. krodhashamanyayi namaH
170. nirlobhAyayi namaH
171. lobhanAshinyayi namaH
172. niHsa.nshayAyayi namaH
173. sa.nshayaghnyayi namaH
174. nirbhavAyayi namaH
175. bhavanAshinyayi namaH
176. OM nirvikalpAyayi namaH
177. nirAbAdhAyayi namaH
178. nirbhedAyayi namaH
179. bhedanAshinyayi namaH
180. nirnAshAyayi namaH
181. mR^ityumathanyayi namaH
182. niShkriyAyayi namaH
183. niShparigrahAyayi namaH
184. nistulAyayi namaH
185. nIlachikurAyayi namaH

186. nirapAyAyai namaH
187. niratyayAyai namaH
188. durlabhAyai namaH
189. durgamAyai namaH
190. durgAyai namaH
191. duHkhahantryai namaH
192. sukhapradAyai namaH
193. duShTadUrAyai namaH
194. durAchArashamanyai namaH
195. doShavarjitAyai namaH
196. sarvaj~nAyai namaH
197. sAndrakaruNAyai namaH
198. OM samAnAdhikavarjitAyai namaH
199. sarvashaktimayyai namaH
200. sarvama.ngalAyai namaH
201. sadgatipradAyai namaH
202. sarveshvayai namaH
203. sarvamayyai namaH
204. sarvamantrasvarUpiNyai namaH
205. sarvayantrAtmikAyai namaH
206. sarvatantrarUpAyai namaH
207. manonmanyai namaH
208. mAheshvaryai namaH
209. mahAdevyai namaH
210. mahAlakShmyai namaH
211. mR^iDapriyAyai namaH
212. mahArUpAyai namaH
213. mahApUjyAyai namaH
214. mahApAtakanAshinyai namaH
215. mahAmAyAyai namaH
216. mahAsatvAyai namaH
217. mahAshaktyai namaH
218. mahAratyai namaH
219. mahAbhogAyai namaH
220. OM mahaishvaryAyai namaH
221. mahAvIryAyai namaH
222. mahAbalAyai namaH
223. mahAbuddhyai namaH
224. mahAsiddhyai namaH
225. mahAyogeshvareshvaryai namaH
226. mahAtantrAyai namaH
227. mahAmantrAyai namaH
228. mahAyantrAyai namaH
229. mahAsanAyai namaH
230. mahAyAgakramArAdhyAyai namaH
231. mahAbhairavapUjitAyai namaH
232. maheshvaramahAkalpamahA tANDavasAkShiNyai namaH

233. mahAkAmeshamahiShyai namaH
234. mahAtripurasundaryai namaH
235. chatuHShaShTyupachArADhyAyai namaH
236. chatuHShaShTikalAmayyai namaH
237. mahAchatuHShaShTikoTi yoginIgaNasevitAyai namaH
238. manuvidyAyai namaH
239. chandravidyAyai namaH
240. OM chandramaNDalamadhyagAyai namaH
241. chArurUpAyai namaH
242. chAruhAsAyai namaH
243. chAruchandrakalAdharAyai namaH
244. charAcharajagannAthAyai namaH
245. chakrarAjaniketanAyai namaH
246. pArvatyai namaH
247. padmanayanAyai namaH
248. padmarAgasamaprabhAyai namaH
249. pa~nchapretAsanAsInAyai namaH
250. pa~nchabrahmasparUpiNyai namaH
251. chinmayyai namaH
252. paramAnandAyai namaH
253. vij~nAnaghanarUpiNyai namaH
254. dhyAnadhyAtR^idhyeyarUpAyai namaH
255. rdhmAdharmavivarjitAyai namaH
256. vishvarUpAyai namaH
257. jAgariNyai namaH
258. svapatnyai namaH
259. taijasAtmikAyai namaH
260. suptAyai namaH
261. prAj~nAtmikAyai namaH
262. OM turyAyai namaH
263. sarvAvasthAvivarjitAyai namaH
264. sR^iShThikartryai namaH
265. brahmarUpAyai namaH
266. goptryai namaH
267. govindarUpiNyai namaH
268. sa.nhAriNyai namaH
269. rudrarUpAyai namaH
270. tirodhAnakaryai namaH
271. Ishvaryai namaH
272. sadAshivAyai namaH
273. anugrahadAyai namaH
274. pa.nchakR^ityaparAyaNAyai namaH
275. bhAnumaNDalamadhyasthAyai namaH
276. bhairavyai namaH
277. bhagamAlinyai namaH
278. padmAsanAyai namaH
279. bhagavatyai namaH

280. padmanAbhasahodaryai namaH
281. unmeShanimitShotpannavipannabhuvanAvalyai namaH
282. sahasrashIrShavadanAyai namaH
283. OM sahasrAkShyai namaH
284. sahasrapade namaH
285. AbrahmakITajananyai namaH
286. varNAshramavidhAyinyai namaH
287. nijAj~nArUpanigamAyai namaH
288. puNyApuNyaphalapradaAyai namaH
289. shrutisImantasindUrIkR^ita pAdAbjadhUlikAyai namaH
290. sakalAgamasa.ndohashukti saMpuTamoktikAyai namaH
291. puruShArthapradAyai namaH
292. pUrNAyai namaH
293. bhoginyai namaH
294. bhuvaneshvaryai namaH
295. ambikAyai namaH
296. anAdinidhanAyai namaH
297. haribrahmendrasedevitAyai namaH
298. nArAyaNyai namaH
299. nAdarUpAyai namaH
300. nAmarUpavivarjitAyai namaH
301. hrI.nkAryai namaH
302. hrImatyai namaH
303. OM hr^idyAyai namaH
304. heyopAdeyavarjitAyai namaH
305. rAjarAjArchitAyai namaH
306. rAj~nai namaH
307. ramyAyai namaH
308. rAjIvalochanAyai namaH
309. ra~njanyai namaH
310. ramaNyai namaH
311. rasyAyai namaH
312. raNatki~NkiNimekhalAyai namaH
313. ramAyai namaH
314. rAkenduvadanaAyai namaH
315. ratirUpAyai namaH
316. ratipriyAyai namaH
317. rakShAkaryai namaH
318. rAkShasaghnayai namaH
319. rAmAyai namaH
320. ramaNalampaTayai namaH
321. kAmyAyai namaH
322. kAmakalArUpAyai namaH
323. kadambakusumapriyAyai namaH
324. kalyANYai namaH
325. OM jagatIkandAyai namaH
326. karuNArasasAgarAyai namaH

327. kalAvatyai namaH
328. kalAlApAyai namaH
329. kAntAyai namaH
330. kAdambarIpriyAyai namaH
331. varadAyai namaH
332. vAmanayanAyai namaH
333. vAruNImadavihvalAyai namaH
334. vishvAdhikAyai namaH
335. vedavedyAyai namaH
336. vindhyAchalanivAsinyai namaH
337. vidhAtryai namaH
338. vedajananyai namaH
339. viShNumAyAyai namaH
340. vilAsinyai namaH
341. kShetrasvarUpAyai namaH
342. kShetreshyai namaH
343. kShetrakShetraj~napAlinyai namaH
344. kShayavR^iddhivinirmuktAyai namaH
345. kShetrapAlasamarchitAyai namaH
346. vijayAyai namaH
347. OM vimalAyai namaH
348. vandyAyai namaH
349. vandArujanavatsalAyai namaH
350. vAgvAdinyai namaH
351. vAmakeshyai namaH
352. vahnimaNDalavAsinyai namaH
353. bhaktimatkalpalatikAyai namaH
354. pashupAshavimochinyai namaH
355. sa.nhR^itAsheShapAShaNDAYai namaH
356. sadAchArapravartikAyai namaH
357. tApatrayAgnisantaptasamAhLAdanachandrikAyai namaH
358. taruNyai namaH
359. tApasArAdhyAyai namaH
360. tanumadhyAyai namaH
361. tamopahAyai namaH
362. chityai namaH
363. tatpadalakShyArthAyai namaH
364. chidekarasarUpiNyai namaH
365. svAtmAnandalavIbhUta-brahmAdyAnandasantatyai namaH
366. parAyai namaH
367. OM pratyak chitIrUpAyai namaH
368. pashyantyai namaH
369. paradevatAyai namaH
370. madhyamAyai namaH
371. vaikharIrUpAyai namaH
372. bhaktamAnasaha.nsikAyai namaH
373. kAmeshvaraprANanADyayai namaH

374. kR^itaj~nAyai namaH
375. kAmapUjitAyai namaH
376. shrR^i.ngArarasasampUrNAyai namaH
377. jayAyai namaH
378. jAlandharasthitAyai namaH
379. oDyANapIThanilayAyai namaH
380. bindumaNDalavAsinyai namaH
381. rahoyAgakramArAdhyAyai namaH
382. rahastarpaNatarpitAyai namaH
383. sadyaH prasAdinyai namaH
384. vishvasAkShiNyai namaH
385. sAkShivarjitAyai namaH
386. ShaDa.ngadevatAyuktAyai namaH
387. ShADguNyaparipUritAyai namaH
388. nityaklinnAyai namaH
389. OM nirupamAyai namaH
390. nirvANasukhadAyinyai namaH
391. nityAShoDashikArUpAyai namaH
392. shrIkaNThArdhasharIriNyai namaH
393. prabhAvatyai namaH
394. prabhArUpAyai namaH
395. prasiddhAyai namaH
396. parameshvaryai namaH
397. mUlaprakR^ityai namaH
398. avyaktAyai namaH
399. vktAvyaktasvarUpiNyai namaH
400. vyApinyai namaH
401. vividhAkArAyai namaH
402. vidyAvidyAsvarUpiNyai namaH
403. mahAkAmeshanayanakumudAhAdakaumudyai namaH
404. bhaktAhArdatamobhedabhAnumadbhAnusa.ntatyai namaH
405. shivadUtyai namaH
406. shivArAdhyAyai namaH
407. shivamUrtyai namaH
408. shiva.nkaryai namaH
409. OM shivapriyAyai namaH
410. shivaparAyai namaH
411. shiShTeShTAyai namaH
412. shiShTapUjitAyai namaH
413. aprameyAyai namaH
414. svaprakAshAyai namaH
415. manovAchAmagocharAyai namaH
416. chichchhaktyai namaH
417. chetanArUpAyai namaH
418. jaDashaktyai namaH
419. jaDatmikAyai namaH
420. gAyatryai namaH

421. vyAhR^ityai namaH
422. sa.ndhyAyai namaH
423. dvijabR^indaniShevitAyai namaH
424. tattvAsanAyai namaH
425. tasmai namaH
426. tubhyaM namaH
427. ayyai namaH
428. pa~nchakoshAntarasthitAyai namaH
429. niHsImamahimne namaH
430. nityayauvanAyai namaH
431. OM madashAlinyai namaH
432. madaghUrNitaraktAkShyai namaH
433. madapATalagaNDabhuve namaH
434. chandanadravadigdhAN^gyai namaH
435. chAmpeyakusumapriyAyai namaH
436. kushalAyai namaH
437. komalAkArAyai namaH
438. kurukullAyai namaH
439. kuleshvaryai namaH
440. kulakuNDalayAyai namaH
441. kaulamArgatatparasevitAyai namaH
442. kumAragaNanAthAmbAyai namaH
443. tuShTyai namaH
444. puShTyai namaH
445. matyai namaH
446. dhR^ityai namaH
447. shAntyai namaH
448. svastimatyai namaH
449. kAntyai namaH
450. nandinyai namaH
451. vighnanAshinyai namaH
452. tejovatyai namaH
453. OM trinayanAyai namaH
454. lolAkShIkAmarUpiNyai namaH
455. mAlinyai namaH
456. ha.nsinyai namaH
457. mAtre namaH
458. malayAchalavAsinyai namaH
459. sumukhyai namaH
460. nalinyai namaH
461. subhruve namaH
462. shobhanAyai namaH
463. suranAyikAyai namaH
464. kAlakaNThyai namaH
465. kAntimatyai namaH
466. kShobhiNyai namaH
467. sUkShmarUpiNyai namaH

468. vajreshvaryai namaH
469. vAmadevyai namaH
470. vayo.avasthAvivarjitAyai namaH
471. siddheshvaryai namaH
472. siddhavidyAyai namaH
473. siddhamAtre namaH
474. yashasvinyai namaH
475. OM vishuddhichakranilayAyai namaH
476. AraktavarNAyai namaH
477. trilochanAyai namaH
478. khaTvAN^gAdipraharaNAyai namaH
479. vadanaikasamanvitAyai namaH
480. pAyasAnnapiyAyai namaH
481. tvaksthAyai namaH
482. pashulokabhaya.nkaryai namaH
483. amR^itAdimahAshaktisa.nvR^itAyai namaH
484. DAkinIshvaryai namaH
485. anAhatAbjanilayAyai namaH
486. shyAmAbhAyai namaH
487. vadanadvayAyai namaH
488. da.nShTrojvalAyai namaH
489. akShamAlAdidharAyai namaH
490. rudhirasaMsthitAyai namaH
491. kAalarAtryAdishaktyaughavR^itAyai namaH
492. snigdhaudanapriyAyai namaH
493. mahAvIrendravaradAyai namaH
494. rAkiNyambAsvarUpiNyai namaH
495. maNipUrAbjanilayAyai namaH
496. OM vadanatrayasa.nyutAyai namaH
497. vajrAdhikAyudhopetAyai namaH
498. DAmaryAdibhirAvR^itAyai namaH
499. raktavarNAyai namaH
500. mA.nsaniShThAyai namaH
501. guDAnnaprItamAnasAyai namaH
502. samastabhaktasukhadAyai namaH
503. lAkiNyambAsvarUpiNyai namaH
504. svAdhiShTAnAmbujagatAyai namaH
505. chaturvaktramanoharAyai namaH
506. shUlAdyAyudhasampannAyai namaH
507. pItavarNAyai namaH
508. atigarvitAyai namaH
509. medoniShThAyai namaH
510. madhuprItAyai namaH
511. bandinyAdisamanvitAyai namaH
512. dadhyannAsaktahR^idayAyai namaH
513. kAkinIrUpadhAriNyai namaH
514. mUlAdhArAmbujArUDhAyai namaH

515. pa.nchavaktrAyai namaH
516. asthisa.nsthitAyai namaH
517. a.nkushAdipraharaNAyai namaH
518. OM varadAdi niShevitAyai namaH
519. mudgaudanAsaktachittAyai namaH
520. sAkinyambAsvarUpiNyai namaH
521. Aj~nAchakrAbjanilAyai namaH
522. shuklavarNAyai namaH
523. ShaDAnanAyai namaH
524. majjAsa.nsthAyai namaH
525. ha.nsavatImukhyashaktisamanvitAyai namaH
526. haridrAnnaikarasikAyai namaH
527. hAkinIrUpadhAriNyai namaH
528. sahasradalapadmasthAyai namaH
529. sarvavarNopashobhitAyai namaH
530. sarvAyudhadharAyai namaH
531. shuklasa.nsthitAyai namaH
532. sarvatomukhyai namaH
533. sarvaudanaprItachittAyai namaH
534. yAkinyambAsvarUpiNyai namaH
535. svAhAyai namaH
536. svadhAyai namaH
537. amatyai namaH
538. medhAyai namaH
539. OM shrutyai namaH
540. smR^ityai namaH
541. anuttamAyai namaH
542. puNyakIrtyai namaH
543. puNyalabhyAyai namaH
544. puNyashravaNakIrtanAyai namaH
545. pulomajArchitAyai namaH
546. bandhamochanyai namaH
547. barbarAlakAyai namaH
548. vimarsharUpiNyai namaH
549. vidyAyai namaH
550. viyadAdijagatprasuve namaH
551. sarva vyAdhiprashamanyai namaH
552. sarva mR^ityunivAriNyai namaH
553. agragaNyAyai namaH
554. achintyarUpAyai namaH
555. kalikalmaShanAshinyai namaH
556. kAtyAyanyai namaH
557. kAlahantryai namaH
558. kamalAkShaniShevitAyai namaH
559. tAmbUlapUritamukhyai namaH
560. dADimIkusumaprabhAyai namaH
561. OM mR^igAkShyai namaH

562. mohinyai namaH
563. mukhyAyai namaH
564. mR^iDAnyai namaH
565. mitrarUpiNyai namaH
566. nityatR^iptAyai namaH
567. bhaktanidhaye namaH
568. niyantryai namaH
569. nikhileshvaryai namaH
570. maitryAdivAsanAlabhyAyai namaH
571. mahApralayasAkShiNyai namaH
572. parAshaktyai namaH
573. parAniShThAyai namaH
574. praj~nAnaghanarUpiNyai namaH
575. mAdhvIpAnAlasAyai namaH
576. mattAyai namaH
577. mAtr^ikAvarNa rUpiNyai namaH
578. mahAkailAsanilayAyai namaH
579. mR^iNAlamR^idudorlatAyai namaH
580. mahanIyAyai namaH
581. dayAmUrtyai namaH
582. mahAsAmrAjyashAlinyai namaH
583. OM AtmavidyAyai namaH
584. mahAvidyAyai namaH
585. shrIvidyAyai namaH
586. kAmasevitAyai namaH
587. shrIShoDashAkSharIvidyAyai namaH
588. trikUTAyai namaH
589. kAmakoTikAyai namaH
590. kaTAKShaki.nkarIbhUtakamalAkoTisevitAyai namaH
591. shiraHsthitAyai namaH
592. chandranibhAyai namaH
593. bhAlasthAyai namaH
594. indradhanuHprabhAyai namaH
595. hR^idayasthAyai namaH
596. raviprakhyAyai namaH
597. trikoNAntaradIpikAyai namaH
598. dAkShAyaNyai namaH
599. daityahantryai namaH
600. dakShayaj~navinAshinyai namaH
601. darAndolitadIrghAkShyai namaH
602. darahAsojjvalanmukhyai namaH
603. gurUmUrtyai namaH
604. OM guNanidhaye namaH
605. gomAtre namaH
606. guhajanmabhuve namaH
607. deveshyai namaH
608. daNDanItisthAyai namaH

609. daharAkAsharUpiNyai namaH
610. pratipanmukhyarAkAntatithimaNDalapUjitAyai namaH
611. kalAtmikAyai namaH
612. kalAnAthAyai namaH
613. kAvyAlApavimodinyai namaH
614. sachAmararamAvANIsavyadakShiNasevitAyai namaH
615. Adishaktayai namaH
616. ameyAyai namaH
617. Atmane namaH
618. paramAyai namaH
619. pAvanAkR^itaye namaH
620. anekakoTibrahmANDajananyai namaH
621. divyavigrahAyai namaH
622. klI.nkAryai namaH
623. kevalAyai namaH
624. OM guhyAyai namaH
625. kaivalyapadadAyinyai namaH
626. tripurAyai namaH
627. trijagadvandyAyai namaH
628. trimUrtyai namaH
629. tridasheshvaryai namaH
630. tryakSharyai namaH
631. divyagandhADhyAyai namaH
632. sindUratilakA~nchitAyai namaH
633. umAyai namaH
634. shailendratayanayAyai namaH
635. gauryai namaH
636. gandharvasevitAyai namaH
637. vishvagarbhAyai namaH
638. svarNagarbhAyai namaH
639. avaradAyai namaH
640. vAgadhIshvaryai namaH
641. dhyAnagamyAyai namaH
642. aparichchhedyAyai namaH
643. j~nAnadAyai namaH
644. j~nAnavigrahAyai namaH
645. sarvavedAntasa.nvedyAyai namaH
646. OM satyAnandasvarUpiNyai namaH
647. lopAmudrArchitAyai namaH
648. lIlaklR^iptabrahmANDamaNDalAyai namaH
649. adR^ishyAyai namaH
650. dR^ishyarahitAyai namaH
651. vij~nAtryai namaH
652. vedyavarjitAyai namaH
653. yoginyai namaH
654. yogadAyai namaH
655. yogyAyai namaH

656. yogAnandAyai namaH
657. yugandharAyai namaH
658. ichchhAshaktij~nAnashaktikriyAshaktisvarUpiNyai namaH
659. sarvAdhArAyai namaH
660. supратиShThAyai namaH
661. sadasadrUpadhAriNyai namaH
662. aShTamUrtyai namaH
663. ajAjaitryai namaH
664. lokayAtrAvidhAyinyai namaH
665. ekAkinyai namaH
666. OM bhUmarUpAyai namaH
667. nidvaitAyai namaH
668. dvaitavarjitAyai namaH
669. annadAyai namaH
670. vasudAyai namaH
671. vR^iddhAyai namaH
672. brahmAtmaikyasvarUpiNyai namaH
673. bR^ihatyai namaH
674. brAhmaNyai namaH
675. brAhmayai namaH
676. brahmAnandAyai namaH
677. balipriyAyai namaH
678. bhAShArUpAyai namaH
679. bR^ihatsenAyai namaH
680. bhAvAbhAvavirjitAyai namaH
681. sukhArAdhyAyai namaH
682. shubhakaryai namaH
683. shobhanAsulabhAgatyai namaH
684. rAjarAjeshvaryai namaH
685. rAjyadAyinyai namaH
686. rAjyavallabhAyai namaH
687. rAjatkR^ipAyai namaH
688. OM rAjapIThaniveshitaniyAshritAyai namaH
689. rAjyalakShmyai namaH
690. koshanAthAyai namaH
691. chatura.ngabaleshvaryai namaH
692. sAmrAjyadAyinyai namaH
693. satyasandhAyai namaH
694. sAgaramekhalAyai namaH
695. dIkShitAyai namaH
696. daityashamanyai namaH
697. sarvalokava.nshakaryai namaH
698. sarvArthadAtryai namaH
699. sAvitryai namaH
700. sachchidAnandarUpiNyai namaH
701. deshakAlAparichchinnAyai namaH
702. sarvagAyai namaH

703. sarvamohinyai namaH
704. sarasvatyai namaH
705. shAstramayyai namaH
706. guhAmbAyai namaH
707. guhyarUpiNyai namaH
708. sarvopAdhivinirmuktAyai namaH
709. OM sadAshivapativratAyai namaH
710. sampradAyeshvaryai namaH
711. sAdhune namaH
712. yai namaH
713. gurUmaNDalarUpiNyai namaH
714. kulottIrNAyai namaH
715. bhagArAdhyAyai namaH
716. mAyAyai namaH
717. madhumatyai namaH
718. mahyai namaH
719. gaNAmbAyai namaH
720. guhyakArAdhyAyai namaH
721. komalAN^gyai namaH
722. gurupriyAyai namaH
723. svatantrAyai namaH
724. svatantreshyai namaH
725. dakShiNAmUrtirUpiNyai namaH
726. sanakAdisamArAdhyAyai namaH
727. shivaj~nAnapradAyinyai namaH
728. chitkalAyai namaH
729. AnandakalikAyai namaH
730. premarUpAyai namaH
731. OM priya.nkaryai namaH
732. nAmapArAyaNapritAyai namaH
733. nandividyAyai namaH
734. naTeshvaryai namaH
735. mithyAjagadadhiShThAnAyai namaH
736. muktidAyai namaH
737. muktirUpiNyai namaH
738. lAsyapriyAyai namaH
739. layakaryai namaH
740. lajjAyai namaH
741. rambhAdivanditAyai namaH
742. bhavadAvasudhAvR^iShTyai namaH
743. pApAraNyadavAnalAyai namaH
744. daurbhAgyatUlavAtULAyai namaH
745. jarAdhvAntaraviprabhAyai namaH
746. bhAgyAbdhichandrikAyai namaH
747. bhaktachittakekighanAghanAyai namaH
748. rogaparvatadambholaye namaH
749. mR^ityudArukuThArikAyai namaH

750. maheshvaryai namaH
751. mahAkAlyai namaH
752. mahAgrAsAyai namaH
753. mahAshanAyai namaH
754. aparNAyai namaH
755. OM chaNDikAyai namaH
756. chaNDamuNDAsuraniShUdinyai namaH
757. kSharAkSharAtmikAyai namaH
758. sarvalokeshyai namaH
759. vishvadhAriNyai namaH
760. trivargadAtryai namaH
761. subhagAyai namaH
762. tryambakAyai namaH
763. triguNAtmikAyai namaH
764. svargApavargadAyai namaH
765. shuddhAyai namaH
766. japApuShpanibhAkR^itaye namaH
767. ojovatyai namaH
768. dyutidharAyai namaH
769. yaj~narUpAyai namaH
770. priyavratAyai namaH
771. durArAdhyAyai namaH
772. durAdharShAyai namaH
773. pATalIkusumapriyAyai namaH
774. mahatyai namaH
775. merunilayAyai namaH
776. mandArakusumapriyAyai namaH
777. OM vIrArAdhyAyai namaH
778. virADrUpAyai namaH
779. virajase namaH
780. vishvatomukhyai namaH
781. pratyagrUpAyai namaH
782. parAkAshAyai namaH
783. prANadAyai namaH
784. prANarUpiNyai namaH
785. mArtANDabhairavArAdhyAyai namaH
786. mantriNinyastarAjyadhure namaH
787. tripureshyai namaH
788. jayatsenAyai namaH
789. nistraiguNyAyai namaH
790. parAparAyai namaH
791. satyaj~nAnAnandarUpAyai namaH
792. sAmarasyaparAyaNAyai namaH
793. kapardinyai namaH
794. kalAmAlAyai namaH
795. kAmadughe namaH
796. kAmarUpiNyai namaH

797. kalAnidhaye namaH
798. kAvyakalAyai namaH
799. OM rasaj~nAyai namaH
800. rasashevadhaye namaH
801. puShTAYai namaH
802. purAtanAyai namaH
803. pUjyAyai namaH
804. puShkarAyai namaH
805. puShkarekShaNAYai namaH
806. parasmai jyotiShe namaH
807. parasmai dhAmne namaH
808. paramANave namaH
809. parAtparAyai namaH
810. pAshahastAyai namaH
811. pAshahantryai namaH
812. paramantravibhedinyai namaH
813. mUrtAyai namaH
814. amUrtAyai namaH
815. anityatR^iptAyai namaH
816. munimAnasaha.nsikAyai namaH
817. satyavratAyai namaH
818. satyarUpAyai namaH
819. sarvAntaryAmiNyai namaH
820. satyai namaH
821. OM brahmANYai namaH
822. brahmaNe namaH
823. jananyai namaH
824. bahurUpAyai namaH
825. budhArchitAyai namaH
826. prasavitryai namaH
827. prachanDAYai namaH
828. Aj~nAyai namaH
829. pratiShThAyai namaH
830. prakaTAKR^itaye namaH
831. prANeshvaryai namaH
832. prANAdAtryai namaH
833. pa~nchAshatpITharUpiNyai namaH
834. vishrR^iN^khalAyai namaH
835. viviktasthAyai namaH
836. vIramAtre namaH
837. viyatprasuve namaH
838. mukundAyai namaH
839. muktinilayAyai namaH
840. mUlavigraharUpiNyai namaH
841. bhAvaj~nAyai namaH
842. bhavarogadhnyai namaH
843. OM bhavachakrapravartinyai namaH

844. chhandaHsArAyai namaH
845. shAstrasArAyai namaH
846. ma.ntrasArAyai namaH
847. talodaryai namaH
848. udArakIrtaye namaH
849. uddAmavaibhavAyai namaH
850. varNarUpiNyai namaH
851. janmamR^ityujarAtaptajana vishrAntidAyinyai namaH
852. sarvopaniShadud ghuShTAYai namaH
853. shAntyatItakalAtmikAyai namaH
854. gambhIrAyai namaH
855. gaganAntaHsthAyai namaH
856. garvitAyai namaH
857. gAnalolupAyai namaH
858. kalpanArahitAyai namaH
859. kAShThAyai namaH
860. akAntAyai namaH
861. kAntArdhavigrahAyai namaH
862. kAryakAraNanirmuktAyai namaH
863. kAmakelitaraN^gitAyai namaH
864. kanatkanakatATa.nkAyai namaH
865. lIlAvigrahadhAriNyai namaH
866. ajAyai namaH
867. kShayavinirmuktAyai namaH
868. mugdhAyai namaH
869. kShipraprasAdinyai namaH
870. antarmukhasamArAdhyAyai namaH
871. bahirmukhasudurlabhAyai namaH
872. trayyai namaH
873. trivarganilayAyai namaH
874. tristhAyai namaH
875. tripuramAlinyai namaH
876. nirAmayAyai namaH
877. nirAlambAyai namaH
878. svAtmArAmAyai namaH
879. sudhAsR^ityai namaH
880. sa.nsArapaN^kanirmagna samuddharaNapaNDitAyai namaH
881. yaj~napriyAyai namaH
882. yaj~nakartryai namaH
883. yajamAnasvarUpiNyai namaH
884. dharmAdhArAyai namaH
885. OM dharmAdhyakShAyai namaH
886. dhanadhAnyavivardhinyai namaH
887. viprapriyAyai namaH
888. viprarUpAyai namaH
889. vishvabhramaNakAriNyai namaH
890. vishvagrAsAyai namaH

891. vidrumAbhAyai namaH
892. vaiShNavyai namaH
893. viShNurUpiNyai namaH
894. ayonyai namaH
895. yoninilayAyai namaH
896. kUTasthAyai namaH
897. kularUpiNyai namaH
898. vIragoShThIpriyAyai namaH
899. vIrAyai namaH
900. naiShkarmyAyai namaH
901. nAdarUpiNyai namaH
902. vij~nAnakalanAyai namaH
903. kalyAyai namaH
904. vidagdhAyai namaH
905. baindavAsanAyai namaH
906. tatvAdhikAyai namaH
907. OM tatvamayyai namaH
908. tatvamarthasvarUpiNyai namaH
909. sAmagAnapriyAyai namaH
910. saumyAyai namaH
911. sadAshivakuTumbinyai namaH
912. savyApasavyamArgasthAyai namaH
913. sarvApadvinivAriNyai namaH
914. svasthAyai namaH
915. svabhAvamadhurAyai namaH
916. dhIrAyai namaH
917. dhIrasamarchitAyai namaH
918. chaitanyArghyasamArAdhyAyai namaH
919. chaitanyakusumapriyAyai namaH
920. sadoditAyai namaH
921. sadAtuShThAyai namaH
922. taruNAdityapATalAyai namaH
923. dakShiNAdakShiNArAdhyAyai namaH
924. darasmeramukhAmbujAyai namaH
925. kaulinIkevalAyai namaH
926. anardhya kaivalyapadadAyinyai namaH
927. stotrapriyAyai namaH
928. stutimatyai namaH
929. OM shrutisa.nstutavaibhavAyai namaH
930. manasvinyai namaH
931. mAnavatyai namaH
932. maheshyai namaH
933. ma.ngalAkR^itye namaH
934. vishvamAtre namaH
935. jagaddhAtryai namaH
936. vishALAkShyai namaH
937. virAgiNyai namaH

938. pragalbhAyai namaH
939. paramodArAyai namaH
940. parAmodAyai namaH
941. manomayyai namaH
942. vyomakeshyai namaH
943. vimAnasthAyai namaH
944. vajriNyai namaH
945. vAmakeshvaryai namaH
946. pa~nchayaj~napriyAyai namaH
947. pa~nchapretama~nchAdhishAyinyai namaH
948. pa~nchamyai namaH
949. pa~nchabhUteshyai namaH
950. pa~nchasaN^khyopachAriNyai namaH
951. OM shAshvatyai namaH
952. shAshvataishvaryAyai namaH
953. sharmadAyai namaH
954. shambhumohinyai namaH
955. dharAyai namaH
956. dharasutAyai namaH
957. dhanyAyai namaH
958. dharmiNyai namaH
959. dharmavardhinyai namaH
960. lokAtItAyai namaH
961. guNAtItAyai namaH
962. sarvAtItAyai namaH
963. shAmAtmikAyai namaH
964. bandhUkakusumaprakhyAyai namaH
965. bAlAyai namaH
966. lIlAvinodinyai namaH
967. suma.ngalyai namaH
968. sukhakaryai namaH
969. suveShADhyAyai namaH
970. suvAsinyai namaH
971. suvAsinyarchanaprItAyai namaH
972. AshobhanAyai namaH
973. OM shuddhamAnasAyai nama
974. bindutarpaNasantuShTAyai namaH
975. pUrvajAyai namaH
976. tripurAmbikAyai namaH
977. dashamudrAsamArAdhyAyai namaH
978. tripurAshrIvashaN^karyai namaH
979. j~nAnamudrAyai namaH
980. j~nAnagamyAyai namaH
981. j~nAnaj~neyasvarUpiNyai namaH
982. yonimudrAyai namaH
983. trikhaNDeshyai namaH
984. triguNAyai namaH

985. ambAyai namaH
986. trikoNagAyai namaH
987. anaghAyai namaH
988. adbhutachAritrAyai namaH
989. vA~nchhitArthapradAyinyai namaH
990. abhyAsAtishayaj~nAtAyai namaH
991. ShaDadhvAtItarUpiNyai namaH
992. avyAjakaruNAMUrtaye namaH
993. aj~nAnadhvAntadIpikAyai namaH
994. AbAlagopaviditAyai namaH
995. OM sarvAnullaN^dhyashAsanAyai namaH
996. shrIchakrarAjanilayAyai namaH
997. shrImattripurasundaryai namaH
998. OM shrIshivAyai namaH
999. shivashaktyaikyarUpiNyai namaH
1000. lalitAmbikAyai namaH
|| OM tatsat brahmArpaNamastu ||
|| iti shrIlalitasahasranAmAvaliH sampUrNA ||

About Lalitha Sahasranamam

Lalitha Sahasranama is in the 36th chapter of *Lalitopakyaana* in *Brahmanda Purana*. It is presented in the form of instructions imparted to the sage Agasthya by Hayagriva who is the horse headed incarnation of Lord *Sri Maha Vishnu*.

Hayagriva tells Agasthya the story of the incarnation of Lalitha Devi and describes her sports. He then describes the city of Sripura, Her abode, the greatness of Her Mantra, the *panchadasakshari*, the essential oneness of Sri Yantra, Sri Vidya, Lalitambika and Sri Guru, and initiates Agastya into the Sahasranamas of Devi's attendant deities. Though he described every thing so far, Hayagriva did not mention any thing about Lalitha Sahasranama. On repeated questioning of the anxious student, Agastya maharishi, Hayagriva first explains the reasons why Lalitha Sahasranama is so divine and sacred, and why it can be imparted only to the highly potent and exalted and that the reasons why it was not imparted in the first place.

Once Lalitha Devi addressed Vasini and the other vagdevathas (goddesses of speech): "I command you - who know the secrets of Srichakra, and of Sri Vidya and other Mantras to compose a hymn of a thousand names that reveal my greatness. Lead the way to let my devotess obtain My grace by chanting it!". Accordingly Vasini and the other dieties of speech composed the Lalitha Sahasranama consisting of the most secret mantras. Subsequently one day Devi sitting on her throne, gave the opportunity of her Darshan to all those who were present in the court, including countless Brahma's, Countless Vishnu's, Rudra's and Sakthi's such as Mantrini, Dandini and the other inhabitants of heaven. She gave them all the opportunity to worship her. As every one took their seats after the worship, Lalitha Devi allowed Vasini and the other deities to chant the Sahasranama by visual signaling.

They stood up with their palms joined in devotion and chanted "Lalitha Sahasranama" in her praise. Every one was immersed in wonder and bliss. Devi was pleased and spoke these words.

Lalitha Sahasra Naama is one of the principal texts of Sakta Cult the other two being are Durga Sapt Sati and Soundarya Lahari. Generally, only two Sahasranaamas (thousand Divine names), i.e., Lalitha Sahasra Naama and Vishnu Sahasra Naama are popular in India though all deities like Siva, Laksmi, Parvathi, etc are having their own Sahasranaamas and corresponding rituals. When Vishnu Sahasra Naama helps the devotee to attain spiritual well being and subsequent

Moksha(salvation) the Lalitha Sahasra Naama imparts saadhaka both spiritual and material upliftment.

The Text of Lalitha Sahasra Naama consists 320 verses in three chapters. This text was first recited and strung into a garland of mantras by Vasini and other Vagdevathas on the command of Mother Goddess herself as remembered in the Nyaasa. The metre is Anushtup and Devatha is Lalitha Parameshwari. The other details in nyaasa are Vagbhava koota (the first of three kootas) as seed, the Kaamarajakoota (the second) as Sakthi and the Sakthikoota (the third) as spike or Keelakam. The purpose of the recitation is given in nyaasa is to accomplish the grace of Goddess Lalitha and to procure the benefits accompanying.

There is Lalitha Thrisathi, which consists of three hundred sacred names of Mother in Lalithopakhyaana. This mantra has a close relationship with seed syllable, Panchadasi. Each set of verses start from each syllable of Panchadasi. It is also as potent as Lalitha Sahasra Naama.

In spite of being, only a part of Brahmaanda Puraana, Lalitha Sahasra Naama enjoys august status in Saktha tradition and has merited plenty glosses and commentaries among which the following are well known:

1. Soubhaagya Bhaaskaram: An elaborate and much dependable commentary by celebrated tantrik saadhaka, Bhasuranda Natha whose earlier name was Bhaskara-
raya-makhin.

2. Vidyaaranya-Bhaashya: Vidyaranya Muni who was the disciple of Anandaaranya

Poojyapaada who wrote commentary on Lalitha Sahasra Naama in nine chapters.

3. Vimarshaananda's commentary consisting 200 verses in nine parts.

Vimarshananda is said to be the disciple of Vimalanda Natha

4. Saubhaagya Rathnaakaram: A commentary in 36 tharangas by Vidyaranya Natha, a disciple of Sachidananda Natha.

5. A commentary of Bhattanarayana, disciple of Sivananda Natha in 2500 verses

All above authors are tantriks belonging to different margas and preserve esoteric doctrines preserved by their own traditions, and they classify the thousand names in different ways. The Soubhaagya Bhaaskaram is considered as the best of these commentaries. The author, Bhaskara-
raya or Bhasurananda, who was versatile scholar and accomplished saadhaka lived between 1690 and 1785 A.D.He is also well known for his other works like Sethu Bandha, Varivasya Rahasya, etc.

The construction of Lalitha Sahasra Naama

The thousand names are classified into 10 groups. Following are the beginning of each of ten centum:

1. Sri Maatha
2. Mani pooraantharuditha
3. Sadgathi prada
4. Hrimkaari
5. Vividhaakaara
6. Gudanna preetha maanasa
7. Daraondolitha deerkhaakshi
8. Desa kaala paricchinna
9. Pushta
10. Naadaroopini

It is also to be noted that no name is used for a second time with the same meaning.

In this materialistic world, with an intention to create a mind devoted to mankind, sincere love, unity and by thus to God and avoid hatred and animosity towards our enemies, chanting of Sree Lalitha Sahasra Namam, a Sanskrit namavali from the ancient Brahmanda Purana, forms an integral part.

It is natural that, we mankind has to face many obstacles and set backs in our life. However, it is our will to conquer them makes us successful in our endeavours. We should have the Belief, Confidence and Determination to try for this. Some cases these qualities are in-born. But for many these are developed. A useful and beneficial method to develop this is by seeking solace in God by chanting prayers knowing their meanings. It will give the most advantageous benefits if one chants keerthans and namavalis with their meanings in mind. He/She will be able to express more and get closer to God.

May I with the blessings of Goddess Sree Lalithambika (otherwise called as Durga, Kali, Lakshmi, Saraswati, Bhagavathi, etc, etc) list some of the benefits of regular chanting of Sree Lalitha Sahasranamavali.

This is the most favoured form of prayer to Goddess Lalithambika and it is also very secret and powerful than any other forms of Tantra or Mantra.

Regular chanting of Sree Lalitha Sahasranama is as beneficial as visiting religious places, taking bath in a holy river, offering food, offering materials. It is an indirect blessing to those who cannot do these kinds of offerings to God.

Regular chanting of Sree Lalitha Sahasranama will ward off the evil from uncompleted pooja vidhis or rituals etc. It will also form a way of penance.

Regular chanting of Sree Lalitha Sahasranama will ward off premature death, will provide a long and contented healthy life. Fever can be cured by religiously chanting Sree Lalitha Sahasranamam by touching on a person's forehead. The number of times you chant the more benefit you are likely to get. The vibhuti used for Sree Lalitha Sahasranama archana can be applied then on the forehead, which will give much relief to fever and headache.

It is said that if one chants religiously Sree Lalitha Sahasra Namam keeping a glass of water (or in a vessel) in front and then pours it over the head, all sorts of troubles related to once planetary positions and from evil spirits will be warded off.

It is said that if a person chants Sree Lalitha Sahasranama keeping in mind a picture of Sree Lalitha Devi situated in the divine ocean which contains 'Amrut', he will be cured from any kind of disease related to poison.

It is said that if a person consumes ghee, which is kept while chanting Sree Lalitha Sahasra namam, he will be cured of impotency and will have children.

Regular chanting of Sree Lalitha Sahasra namam will ward off any kind of evil deeds or rituals (black magic) aimed at the person who chants the namam. The power derived from the chanting supersedes all other forms of prayers and the person will no more require consulting astrologers or any sorts of occultists. He will have tremendous self confidence in himself.

Through the regular chanting of Sree Lalitha Sahasra namam, 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 who regularly chants Sree Lalitha Sahasra namam from accidents and from the attacks of enemy and will make him victorious in all his good deeds.

Regular chanting of Sree Lalitha Sahasra namam will make a person blessed with word power, fame, good will etc. Particular importance should be given to chant Sree Lalitha Sahasra namam on Friday's which is very auspicious for the blessing of Devi.

Sree Lalitha Sahasra namam 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 namam in itself is powerful and will provide all sorts of benefits. It depends on what you wish and how you go about it.

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 namam is the most important one to Sree Lalitha Devi herself.

It is very beneficial if all members of the family unite and chants Sree Lalitha Sahasra namam 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 namam 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 Sree Lalithambika, who is also called Kali, Durga, Devi, Parasakthi, Bhagavathi etc, who in turns is 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.

Each one of the namam by itself is a powerful weapon for many sorts of day-to-day problems. The importance and benefits and related stories of each one of them will be listed successively in our page as per the wish of Sree Lalithambika.

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.