

## SRI LALITHA SAHASRA NAMA STHOTHRAM WITH MEANINGS

SrI lalithA sahasra ~nAma sthOthram

|| ~nyAsa: ||  
asya SrIlalithAsahasra ~nAmasthOthramAlA ma~nthrasya |  
vaSinyAdhivAgdhEvathA ru\shaya: |  
anushtup ca~ndha: |  
SrIlalithAparamESvarI dhEvathA |  
SrImadhvAgBavakUtEthi bIjam |  
maDHyakUtEthi Sakthi: |  
SakthikUtEthi kIlakam |  
SrIlalithAmahAthriपुरasu~ndharI-prasAdhasidhDHidhvArA  
ci~nthithaPalAvApthyarTHE japE viniyOga: |

|| DHyAnam ||  
si~ndhUrAruNa vigrahAm thrinayanAm mANikyamauli sPurath  
thArA ~nAyaka SEKarAm smithamuKI mApIna vakshOruhAm |  
pANiByAmalipUrNa rathna cashakam rakthOthpalam biBrathIm  
saumyAm rathna GatastHa rakthacaranAm DHyAyEth parAmambikAm ||

## The Divine mother is to be meditated upon as shining in a vermilion-red body, with a triple eyes, sporting a crown of rubies studded with the crescent moon, a face all smiles, a splendid bust, one hand holding a jewel-cup brimming with mead, and the other twirling a red lotus. ##

aruNAm karuNA thara~nggithAkshIm  
DHru\tha pASA~ngkuSa pushpa bANacApAm |  
aNimAdhiBi rAvru\thAm mayUKai-  
rahamithyEva viBAvayE BavAnIm ||

## I meditate on the great Empress. She is red in color, and her eyes are full of compassion, and holds the noose, the goad, the bow and the flowery arrow in Her hands. She is surrounded on all sides by powers such as aNimaa for rays and She is the Self within me. ##

DHyAyEth padhmAsanasTHAm vikasithavadhanAm padhmapathrAyathAkshIm  
hEmABAm pIthavasthrAm karakalithalasadhDHEmapadhmAm varA~nggIm |  
sarvAla~ngkAra yukthAm sathatha maBayadhAm BakthanamrAm BavAnIm  
SrIvidhyAm SA~nthA mUrthim sakala suranuthAm sarva sampathpradhAthrIm ||

## The Divine Goddess is to be meditated upon as seated on the lotus with petal eyes. She is golden hued, and has lotus flowers in Her hand. She dispels fear of the devotees who bow before Her. She is the embodiment of peace, knowledge (vidyaa), is praised by gods and grants every kind of wealth wished for. ##

saku~ngkuma vilePanAmalikacumbi kasthUrikAm  
sama~ndha hasithEkshaNAm saSara cApa pASA~ngkuSAm |  
aSEshajana mOhinIm aruNa mAlya BUshAmbarAm  
japAkusuma BAsurAm japaviDHau smarE dhambikAm ||

## I meditate on the Mother, whose eyes are smiling, who holds the arrow, bow, noose and the goad in Her hand. She is glittering with red garlands and ornaments. She is painted with kumkuma on her forehead and is red and tender like the japa flower. ##

|| aTHa SrI lalithA sahasra~nAma sthOthram ||  
 Om SrImAthA SrImahArAj~njI SrImath-simhAsanESvarI |  
 cidhagni-kuNda-samBUthA dhEvakArya-samudhyathA || 1||  
 udhyadhBAnu-sahasrABA cathurbAhu-samanvithA |  
 rAgasvarUpa-pASADyA krODHAKArA~ngkuSOjjvalA || 2||  
 manOrUpEkshu-kOdhaNda pa~njcathanmAthra-sAyakA |  
 ~nijAruNa-praBApUra-majjadhbrahmANda-maNdala || 3||  
 campakASoka-punnAga-sauga~nDHika-lasathkacA |  
 kuruvi~ndhamaNi-SrENI-kanathkOtIra-maNdithA || 4||  
 ashtamIca~ndhra-viBrAja-dhalikastHala-SOBithA |  
 muKaca~ndhra-kala~ngkABa~mru\ganABi-viSEshakA || 5||  
 vadhanasmara-mA~nggalya-gru\hathOraNa-cillika |  
 vakthralakshmi-parIvAha-calanmInABa-lOcana || 6||  
 ~navacampaka-pushpABa~nAsAdhaNda-virAjithA |  
 thArAkA~nthi-thiraskAri~nAsABaraNa-BASurA || 7||  
 kadhambama~njjarI-klu\ptha-karNapUra-manOharA |  
 thAta~ngka-yugalI-BUtha-thapanOdupa-maNdala || 8||  
 padhmarAga-SilAdharSa-pariBAvi-kapOlaBU: |  
 ~navavidhruma-bimbaSrI~nyakkAri-radhanaccadha || 9|| ##Or## dhaSanaccadha  
 SudhDHa-vidhyA~ngkurAkAra-dhvijapa~ngkthi-dhvayOjjvalA |  
 karpUra-vITikAmOdha-samAkarshi-dhiga~nthara || 10||  
 ~nija-sallApa-mADHurya-vinirBarthsitha-kaccapI | ##Or## ~nija-samlApa  
 ma~ndhasmitha-praBApUra-majjathkAmESa-mAnasa || 11||  
 anAkalitha-sAdhru\Sya-cibukaSrI-virAjithA | ##Or## cubukaSrI  
 kAmESa-badhDHa-mA~nggalya-sUthra-SOBitha-ka~nDHarA || 12||  
 kanaka~nggadha-kEyUra-kamanIya-BujAnvithA |  
 rathnagraivEya-ci~nthAka-lola-mukthA-PalAnvithA || 13||  
 kAmESvara-prEmarathna-maNi-prathipana-sthanI |  
 ~nABYAlavAla-rOmAli-lathA-Pala-kucadhvayI || 14||  
 lakshyarOma-lathADHARATHA-samunnEya-mADHYamA |  
 sthanaBArA-dhalanmaDHya-pattaba~nDHa-valithrayA || 15||  
 aruNaruNa-kausumba-vasthra-BASvath-katIthatI |  
 rathna-ki~ngkiNika-ramya-raSanA-dhAma-BUshithA || 16||  
 kAmESa-j~njAtha-sauBAGya-mArdhavOru-dhvayAnvithA |  
 mANikya-mukutAkAra-jAnudhvaya-virAjithA || 17||  
 i~ndhragOpa-parikshiptha-smarathUNABa-ja~ngGika |  
 gUDagulPA kUrmapru\shTa-jayishNu-prapadhAnvithA || 18||  
 ~naKa-dhIDHithi-samcanna~namajjana-thamOguNA |  
 padhadhvaya-praBAjAla-parAkru\tha-sarOruhA || 19||  
 si~njjana-maNima~njjIra-maNditha-SrI-padhAmbuja | ##Or## Si~njjana  
 marAlI-ma~ndhagamanA mahAlAvANya-SEvaDHi: || 20||  
 sarvArUNAnavadhya~nggI sarvABaraNa-BUshithA |  
 Siva-kAmESvara~ngkastHA Siva svADHIna-vallaBA || 21||  
 sumEru-mADHYa-Sru~nggastHA SrImannagara~nAyika |  
 ci~nthamaNi-gru\hA~nthastHA pa~njca-brahmAsana-sTHithA || 22||  
 mahApadhmAtavi-samsTHA kadhambavana-vAsinI |  
 suDHAsAgara-mADHYastHA kAmAkshI kAmadhAyinI || 23||  
 dhEvarshi-gaNa-samGatha-sthUyamAnAthma-vaiBava |  
 BaNdAsura-vaDHODhyuktha-SakthisEnA-samanvithA || 24||  
 sampathkarI-samArUDa-si~nDHura-vraja-sEvithA |  
 aSvArUDADHishTithASva-kOti-kOtiBir Avru\thA || 25||  
 cakrarAja-raTHArUDa-sarvAyudHa-parishkru\thA |  
 gEyacakra-raTHArUDa-ma~nthriNI-parisevithA || 26||  
 kiricakra-raTHArUDa-dhaNdanATHA-puraskru\thA |  
 jvAla-mAlinikAkshiptha-vahniprAkAra-mADHYaga || 27||

BaNdasainya-vaDHodhyuktha-Sakthi-vikrama-harshithA |  
 ~nithyA-parAkramAtOpa-~nirIkshaNa-samuthsukA || 28||  
 BaNdaputhra-vaDHodhyuktha-bALA-vikrama-~na~ndhithA |  
 ma~nthriNyambA-viracitha-visha~ngga-vaDHa-thOshithA || 29||  
 viSukra-prANaharaNa-vArAhI-vIrya-~na~ndhithA |  
 kAmESvara-muKALoka-kalpitha-SrIgaNESvara || 30||  
 mahAgANESa-~nirBinna-viGnaya~nthra-praharshithA |  
 BaNdAsurE~ndhra-~nirmuktha-Sasthra-prathyasthra-varshiNI || 31||  
 karA~ngguli-~naKothpanna-~nArAyaNa-dhaSAkru\thi: |  
 mahA-pASupathAsthra-~nirdhagDHASura-sainika || 32||  
 kAmESvarAsthra-~nirdhagDHa-saBaNdAsura-SUNyaka |  
 brahmOpE~ndhra-mahE~ndhrAdhi-dhEva-samsthutha-vaiBava || 33||  
 hara-~nEthraAgni-samdhaGHa-kAma-sa~njIvanaushaDHI: |  
 SrImadhvAgBava-kUtaika-svarUpa-muKa-pa~ngkaja || 34||  
 kaNTADHa:-kati-parya~nthra-mADhyakUta-svarUpiNI |  
 Sakthi-kUtaikathApanna-katyaDHOBAGA-DHArINI || 35||  
 mUla-ma~nthrAthmika mUlakUtathraya-kaleBara |  
 kulAmru\thaika-rasika kulasamkEtha-pAlinI || 36||  
 kula~ngganA kula~nthasTHA kaulinI kulayOginI |  
 akula samayA~nthasTHA samayAcAra-thathpara || 37||  
 mULADHaraika-~nilaya brahmagra~nTHi-viBEDhinI |  
 maNi-pUrA~ntharudhithA vishNugra~nTHi-viBEDhinI || 38||  
 Aj~nja-cakra~ntharAlasTHA rudhrragra~nTHi-viBEDhinI |  
 sahasrArAmbujArUDA suDHA-sArABivarshiNI || 39||  
 thadillathA-samaruci: shatcakrOpari-samsTHithA |  
 mahAsakthi: kuNdalinI bisatha~nthu-thanIyasI || 40||  
 BavAnI BAvanAgamyA BavAranya-kuTArika |  
 BadhrapriyA BadhramUrthir Baktha-sauBAGyadhAyinI || 41||  
 BakthipriyA BakthigamyA BakthivaSyA BayApaha |  
 SAMBavi SARadhArADHYA SarVANI SarmadhAyinI || 42||  
 SA~ngkarI SrIkarI sADHVI Saracca~ndhra-~niBANana |  
 SathOdharI SA~nthimathI ~nirADHARA ~nira~njjanA || 43||  
 ~nirlepA ~nirmala ~nithyA ~nirAkArA ~nirAkula |  
 ~nirguNA ~nishkala SA~nthA ~nishkAmA ~nirupaplava || 44||  
 ~nithyamukthA ~nirvikArA ~nishprapa~njca ~nirASrayA |  
 ~nithyaSudhDHA ~nithyabudhDHA ~niravadhya ~nira~nthara || 45||  
 ~nishkArANA ~nishkala~ngka ~nirupADHir ~nirISvara |  
 ~nIrAgA rAGamaTHanI ~nirmadha madhanASinI || 46||  
 ~niSci~nthA ~nirahamkArA ~nirmOhA mOhanASinI |  
 ~nirmama mamathAha~nthrI ~nishpApA pApanASinI || 47||  
 ~nishkrODHA krODHaSamanI ~nirLOBA lOBanASinI |  
 ~ni:samSayA samSayaGni ~nirBava BavanASinI || 48|| ##Or## ~nissamSayA  
 ~nirvikalpA ~nirAbADHA ~nirBEDha BEDhanASinI |  
 ~nirNASA mru\thyumaTHanI ~nishkriyA ~nishparigraha || 49||  
 ~nisthula ~nIlacikura ~nirapAyA ~nirathyaya |  
 dhurlaBA dhurgama dhurga dhu:Kaha~nthrI suKapradha || 50||  
 dhushtadhUrA dhurAcAra-SamanI dhOshavarjithA |  
 sarvaj~nja sa~ndhrakaruna samAnADHika-varjithA || 51||  
 sarvaSakthimayI sarva-ma~nggala sadhgathipradha |  
 sarvESvarI sarvamayI sarvama~nthra-svarUpiNI || 52||  
 sarva-ya~nthrAthmika sarva-tha~nthrarUpA manOnmanI |  
 mahESvarI mahAdhEvI mahAlakshmi mru\dapriyA || 53||  
 mahArUpA mahApUjya mahApAthaka-~nASinI |  
 mahAmAyA mahAsaththva mahASakthir mahArathi: || 54||  
 mahABOGa mahaiSvarya mahAvIrya mahAbala |  
 mahAbudhDHir mahAsidhDHir mahAyOgESvarESvarI || 55||

mahAtha~nthrA mahAma~nthrA mahAya~nthrA mahAsana |  
mahAyAga-kramArADHYa mahABairava-pUjithA || 56||  
mahESvara-mahAkalpa-mahAthANDava-sAkshiNI |  
mahAkAmESa-mahishi mahAthripura-su~ndharI || 57||  
cathushshashtyupacArADyA cathushshastikalAmayI | ##Or## cathu:  
mahAcathu:-shashtikOti-yOginI-gaNasEvithA || 58||  
manuvidhyA ca~ndhravidhyA ca~ndhramaNdala-maDHYagA |  
cArurUpA cAruhAsA cAruca~ndhra-kalADHara || 59||  
carAcara-jagannATHA cakrarAja~nikEthana |  
pArvathI padhmanayana padhmarAga-samapraBA || 60||  
pa~njca-prEthAsanaInA pa~njcabrahma-svarUpiNI |  
cinmayI paramAna~ndha vij~njAna-GanarUpiNI || 61||  
DHYana-DHYAthru~-DHYeyarUpA DHarmADHarma-vivarjithA |  
viSvarUpA jAgariNI svapa~nthI thaijasAthmika || 62||  
supthA prAj~njAthmika thuryA sarvAvasTHA-vivarjithA |  
sru\shtikarthrI brahmarUpA gOpthrI gOvi~ndharUpiNI || 63||  
samhAriNI rudhrarUpA thirODHana-karISvarI |  
sadhASivAnugrahadha pa~njcakru\thya-parAyaNA || 64||  
BANumaNdala-maDHYasTHA Bairavi BagamAlini |  
padhmanAsana Bagavathi padhmanABA-sahOdharI || 65||  
unmEsha~nimishOthpanna-vipanna-BuvanAvali |  
sahasra-SIRshavadhana sahasrAkshI sahasrapAth || 66||  
Abrahma-kIta-jananI varNASrama-vidHAYini |  
~nijAj~njArUpa~nigama puNyApuNya-Palapradha || 67||  
Sruthi-sIma~nthasindhuri-kru\thya-pAdhAbja-DHulika |  
sakalAgama-sa~ndhOha-Sukthi-samputa-maukthika || 68||  
purushArTHapradha pUrNA BOginI BuvanESvarI |  
ambikAnAdhi~nidhana haribrahme~ndhra-sevithA || 69||  
~nArAyani ~nAdharUpa ~nAmarUpa-vivarjitha |  
hrImkarI hrImathi hru\dhya hEyOpAdhEya-varjitha || 70||  
rAjarAjArcitha rAj~njI ramiya rAjIvalOcana |  
ra~njjanI ramaNI rasya rAnathki~ngkini-mEKala || 71||  
rama rAkE~ndhuvadhana rathirUpa rathipriya |  
rakshakarI rakshasaGni rama ramaNalampata || 72||  
kamiya kAmakalarUpa kadhamba-kusuma-priya |  
kalyANI jagathika~ndha karuNA-rasa-sAgara || 73||  
kalavathi kalalapa ka~nthA kAdhambaripriya |  
varadha vamanayana varuNI-madha-vihvala || 74||  
viSvADHika vEdhavedhya vi~ndHYacala~nivAsini |  
vidHathrI vEdhajananI vishNumaya vilAsini || 75||  
kshEthrasvarUpa kshEthRESI kshEthra-kshEthraj~nja-pAlini |  
kshayavru\dhDhi-vinirmuktha kshEthrapAla-samarcitha || 76||  
vijaya vimala va~ndhya va~ndhAru-jana-vathsala |  
vAgvAdhinI vAmakESI vahnimaNdala-vAsini || 77||  
Bakthimath-kalpalathika paSupAsa-vimOcini |  
samhru\thASEsha-pAshanda sadhAcara-pravarthika || 78|| ##Or## pAKaNda  
thApathrayagni-sa~nthaptha-samAhladhana-ca~ndhrika |  
tharuNI thApasArADHYa thanumaDHYa thamOpaha || 79||  
cithisthathpadha-lakshyArTHA cidhEkarasa-rUpiNI |  
svAthmAna~ndha-lavIBUtha-brahmAdhyAna~ndha-sa~nthathi: || 80||  
para prathyakcithirUpa paSya~nthI paradhevatha |  
maDHYama vaiKarirUpa Baktha-mAnasa-hamsika || 81||  
kAmESvara-prANanAdi kru\thaj~nja kAmapUjitha |  
Sru\~nggAra-rasa-sampUrNA jaya jala~ndHara-sTHitha || 82||  
OdyANapITa~nilaya bi~ndhu-maNdalavAsini |  
rahOyAga-kramArADHYa rahastharpaNa-tharpitha || 83||

sadhya:prasAdhinI viSva-sAkshiNI sAkshivarjithA |  
shada~nggadhevathA-yukthA shAdguNya-paripUrithA || 84||  
~nithyaklinna ~nirupama ~nirvANa-suKa-dhAyini |  
~nithyA-shOdaSika-rUpA SriKaNtArDHa-SarIriNI || 85||  
praBAvathI praBARUpA prasidhDHA paramESvarI |  
mUlAprakru\thir avyakthA vyakthAvyakthA-svarUpiNI || 86||  
vyApini viviDHakArA vidhyAvidhyA-svarUpiNI |  
mahAkAmESa-~nayana-kumudhAhlAdha-kaumudhi || 87||  
Baktha-hArdha-thamOBEdha-BANumadhBANu-sa~nthathi: |  
SivadhUthI SivArADHyA SivamUrthi: Siva~ngkarI || 88||  
SivapriyA SivaparA SishtEshtA SishtapUjithA |  
apramEya svaprakASA manOvAcAm agOcarA || 89||  
ciccakthiS cEthanArUpA jadaSakthir jadAthmika |  
gAyathri vyAhru\thi: sa~ndhyA dhvijabru~ndha~nishEvithA || 90||  
thatthvAsana thatthvamayi pa~njca-kOSA~nthara-sTHithA |  
~ni:sIma-mahima ~nithya-yauvana madhaSAlini || 91|| ##Or## ~nissIma  
madhaGUrNitha-rakthAkshI madhapAtala-gaNdaBU: |  
ca~ndhana-dhrava-dhigDHA~nggi cAmpEya-kusuma-priyA || 92||  
kuSala kOmalaKArA kurukulla kuleSvarI |  
kulakuNdAlaya kaula-mArga-thathpara-sEvithA || 93||  
kumAra-gaNanATHAmbA thushti: pushtir mathir DHru\thi: |  
SA~nthi: svasthimathI kA~nthir ~na~ndhinI viGnanASini || 94||  
thEjOvathI thrinayana lolAkshI-kAmarUpiNI |  
mAlini hamsini mAthA malayAcala-vAsini || 95||  
sumuKI ~nalinI suBrU: SOBanA suranAyika |  
kAlakaNTI kA~nthimathI kshOBiNI sUkshmarUpiNI || 96||  
vajrESvarI vAmadhEvi vayOvastHA-vivarjithA |  
sidhDHESvarI sidhDHavidhyA sidhDHAmAthA yaSasvini || 97||  
viSudhDHicakra-~nilayArakthavarNA thrilOcana |  
Katva~nggAdhi-praharaNA vadhanaika-samanvithA || 98||  
pAyasAnnapriyA thvakstHA paSuloka-Baya~ngkarI |  
amru\thAdhi-mahASakthi-samvru\thA dAkinISvarI || 99||  
anAhathAbja-~nilayA SyAmABA vadhanadhvaya |  
dhamshtrojjvalAksha-mAlAdhi-DHarA ruDHirasamsTHithA || 100||  
kAlarAthryAdhi-SakthyauGa-vru\thA snigDHaudhanapriyA |  
mahAvIrE~ndhra-varadhA rAkinyambA-svarUpiNI || 101||  
maNipUrAbja-~nilayA vadhanathraya-samyuthA |  
vajrAdhikAyuDHOpeTha dAmaryAdhiBir Avru\thA || 102||  
rakthavarNA mAsanishTA gudAnna-pritha-mAnasa |  
samasthaBaktha-suKadha lAkinyambA-svarUpiNI || 103||  
svADHishTANAmbuja-gathA cathurvakthra-manOharA |  
SULAdhyAyuDHa-sampanna pithavarNathigarvithA || 104||  
mEdhOnishTA maDHupritha ba~ndhinyAdhi-samanvithA |  
dhaDHyannAsaktha-hru\dhaya kAkinI-rUpa-DHArini || 105||  
mULADHArAmbujArUDA pa~njca-vakthrasThi-samsTHithA |  
a~ngkuSAdhi-praharaNA varadhAdhi~nishEvithA || 106||  
mudhgaudhanAsaktha-ciththa sAkinyambA-svarUpiNI |  
Aj~nja-cakrAbja-~nilayA SuklavarNA shadAnana || 107||  
majjAsamsTHA hamsavathi-muKya-Sakthi-samanvitha |  
haridhrAnnaika-rasika hAkinI-rUpa-DHArini || 108||  
sahasradhala-padmasTHA sarva-varNOpa-SOBithA |  
sarvAyuDHaDHarA Sukla-samsTHithA sarvathOmuKI || 109||  
sarvaudhana-prithaciththa yAkinyambA-svarUpiNI |  
svAhA svaDHAmathir mEDHA Sruthi: smru\thir anuththama || 110||  
puNyakIrthi: puNyalaBya puNyaSravana-kIrthana |  
pulOmajArcitha ba~ndha-mOcanI ba~ndHurAlaka || 111|| ##Or## mOcanI

barbarAlakA

vimarSarUpiNI vidhyA viyadhAdhi-jagathprasU: |  
sarvavyADHi-praSamanI sarvamru\thyu-~nivAriNI || 112||  
agragnaNyAci~nthyarUpA kalikalmasha-~nASinI |  
kAthYayanI kAlaha~nthrI kamalAksha-~nishEvithA || 113||  
thAmbUla-pUritha-muKI dhAdimI-kusuma-praBA |  
mru\gAkshI mOhinI muKyA mru\dAnI mithrarUpiNI || 114||  
~nithyathru\pthA BakthaniDHir ~niya~nthrI ~niKileSvarI |  
maithryAdhi-vAsanAlaByA mahApralaya-sAkshiNI || 115||  
parA Sakthi: parA ~nishTA praj~njAnaGana-rUpiNI |  
mADHvIpAnAlasa maththA mAthru\kA-varNa-rUpiNI || 116||  
mahAkailAsa-~nilayA mru\NALa-mru\dhU-dhOrlathA |  
mahanIyA dhayAmUrthir mahAsAmrAjya-SALinI || 117||  
AthmavidhyA mahAvidhyA SrIvidhyA kAmasEvithA |  
SrI-shOdaSAksharI-vidhyA thrikUtA kAmakOtika || 118||  
katAksha-ki~ngkarI-BUtha-kamala-kOti-sEvithA |  
Sira:sthithA ca~ndhraniBA BALasTHE~ndhra-DHanu:praBA || 119||  
hru\dhayastHA ravipraKyA thrikONA~nthara-dhIpika |  
dhAkshAyANI dhaithyaha~nthrI dhakshayaj~nja-vinASinI || 120||  
dharA~ndhOlitha-dhIrGakshI dhara-hAsOjjvalan-muKI |  
gurumUrthir guNaniDHir gOmAthA guhajanmaBU: || 121||  
dhEvESI dhaNdanIthistHA dhaharAkASa-rUpiNI |  
prathipanmuKyA-rAkA~nthA-thiTHi-maNdala-pUjithA || 122||  
kalAthmika kalAnATHA kAvyAlApa-vinOdhinI | ##Or## vimOdhinI  
sacAmara-ramA-vANI-savya-dhakshiNa-sEvithA || 123||  
AdhiSakthir amEyAthmA paramA pAvanAkru\thi: |  
anEkakOti-brahmANda-jananI dhivyavigraha || 124||  
klImkArI kEvala guhya kaivalya-padhadhAyini |  
thripurA thrijagadhva~ndhya thrimUrthis thridhaSESvarI || 125||  
thryaksharI dhivya-ga~ndHADyA si~ndhUra-thilaka~njcithA |  
umA Saile~ndhrathanayA gaurI ga~ndHarva-sEvithA || 126||  
viSvagarBA svarNagarBAvaradhA vAgADHISvarI |  
DHyAnagamyApariccedhya j~njAnadhA j~njAnavigraha || 127||  
sarvavEdhA~nthA-samvEdhya sathyAna~ndha-svarUpiNI |  
lOpAmudhrArcithA lila-klu\ptha-brahmANda-maNdala || 128||  
adhru\SyA dhru\SyarahithA vij~njAthrI vEdhyavarjithA |  
yOginI yOgadha yOgyA yOgAna~ndha yuga~ndHarA || 129||  
iccASakthi-j~njAnaSakthi-kriyASakthi-svarUpiNI |  
sarvADHARa suprathishTA sadhasadhrUpa-DHArini || 130||  
ashtamUrthir ajAjathrI lOkayAthra-viDHAYini | ##Or## ajAjEthrI  
EkAkinI BUmarUpA ~nirdhvaithA dhvaithavarjithA || 131||  
annadhA vasudha vru\dhDHA brahmAthmaikya-svarUpiNI |  
bru\hathI brAhmaNI brAhmI brahmAna~ndha balipriya || 132||  
BAshArUpA bru\hathsEnA BAvABava-vivarjithA |  
suKArADHyA SuBakarI SOBanA sulaBA gathi: || 133||  
rAja-rAjESvarI rAjya-dhAyini rAjya-vallaBA |  
rAjathkru\pA rAjapITa~nivESitha~nijASrithA || 134||  
rAjyalakshmi: kOSanATHA cathura~ngga-balesvarI |  
sAmrAjya-dhAyini sathyasa~ndHA sAgaramEKala || 135||  
dhIkshithA dhaithyaSamanI sarvalOka-vaSa~ngkarI |  
sarvArTHadhAthrI sAvithrI saccidhAna~ndha-rUpiNI || 136||  
dhESa-kAlApariccinna sarvaga sarvamOhini |  
sarasvathI SasthramayI guhAmba guhyarUpiNI || 137||  
sarvOpADHi-vinirmukthA sadhASiva-pathivrathA |  
sampradhAyESvarI sADHvI gurumaNdala-rUpiNI || 138||  
kulOththIrNA BagArADHyA mAya madHumathI mahI |

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gaNAmbA guhyakArADHYa kOmala~nggI gurupriyA || 139||  
 svatha~nthra sarvatha~nthrESI dhakshINAmUrthi~rUpiNI |  
 sanakAdhi~samArADHYa Sivaj~njAna~pradhAyinI || 140||  
 cithkalAna~ndha~kalika prEmarUpA priya~ngkarI |  
 ~nAmapArAyaNa~prItha ~na~ndhividhya ~natESvarI || 141||  
 miThyA~jagadhaDHishTANA mukthidha mukthirUpiNI |  
 lAsyapriyA layakarI lajja ramBAdhiva~ndhithA || 142||  
 BavadhAva~suDHAvru\shti: pApArANya~dhavAnala |  
 dhaurBAGya~thUlavAthULA jarADHvA~nthA~ravipraBA || 143||  
 BAGyAbDHi~ca~ndhriKA Baktha~ciththakEki~GanAGana |  
 rOgaparvatha~dhamBOLir mru\thyudhAru~kuTArika || 144||  
 mahESvarI mahAkALI mahAgrAsa mahASana |  
 aparNA caNDika caNDamuNdAsura~nishUdhinI || 145||  
 ksharAksharAthmika sarva~loKESI viSvaDHARiNI |  
 thrivargadhAthrI suBaga thryambakA thriguNathmika || 146||  
 svargApavargadha SudhDHA japApushpa~niBAkru\thi: |  
 OjOvathI dhyuthidHarA yaj~njarUpA priyavratha || 147||  
 dhurArADHYa dhurADHarshA pAtali~kusuma~priyA |  
 mahathI mERunilayA ma~ndhAra~kusuma~priyA || 148||  
 vIrArADHYa virAdrUpA viraja viSvathOmuKI |  
 prathyagrUpA parAkASA prANadha prANarUpiNI || 149||  
 mArthANda~BairavArADHYa ma~nthriNIyastha~rAjyaDHU: || ##Or## mArthaNda  
 thripurESI jayathsEnA ~nisthraiguNyA parApara || 150||  
 sathya~j~njAnAna~ndha~rUpA sAmarasya~parAyaNA |  
 kapardhinI kalAmALA kAmADHuk kAmarUpiNI || 151||  
 kalAnidhi: kAvyakala rasaj~nja rasaSEvaDhi: |  
 pushta purAthana pUjya pushkara pushkarEkshaNA || 152||  
 paramjOthi: paramDHama paramANu: parAthpara |  
 pASahastha pASaha~nthri parama~nthra~viBEDhinI || 153||  
 mUrthAmUrthAnithyathru\ptha munimAnasa~hamsika |  
 sathyavratha sathyarUpA sarva~ntharyAminI sathi || 154||  
 brahmANI brahmajananI bahurUpA buDHarcithA |  
 prasavithrI pracaNdaj~nja prathishTA prakatAkru\thi: || 155||  
 prANESvarI prANadhAthrI pa~njcASathpITa~rUpiNI |  
 viSru\~ngKala vivikthasTHA vIramAthA viyathprasU: || 156||  
 muku~ndha mukthinilayA mUlavigraha~rUpiNI |  
 BAvaj~nja BavaraOgaGnI Bavacakra~pravarthinI || 157||  
 ca~ndha:sArA SasthrasArA ma~nthrasArA thalOdharI |  
 udhArakIrthir udhdhAmavaiBava varNarUpiNI || 158||  
 janmamru\thyu~jarAthaptha~janaviSra~nthi~dhAyinI |  
 sarvOpanisha~dhudh~Gushta SA~nthiyathItha~kalAthmika || 159||  
 gamBIra gaganA~nthasTHA garvithA gAnalOlupa |  
 kalpanA~rahithA kAshTAKA~nthA kA~nthArDHA~vighraHA || 160||  
 kAryakArANA~nirmuktha kAmakEli~thara~nggithA |  
 kanathkanakatha~ta~ngka lila~vighraHA~DHARiNI || 161||  
 aja kshayavinirmuktha mugDHA kshipra~prasAdhinI |  
 a~ntharmuKa~samArADHYa bahirmuKa~sudhurlaBA || 162||  
 thrayI thrivarganilayA thristha thripuramAlinI |  
 ~nirAmaya ~nirAlamba svAthmArAmA suDHAsru\thi: || 163|| ##Or## suDHAsruthi:  
 samsArapa~ngka~nirmagna~samudhDHaraNa~paNdithA || ##Or## ~nirBagna  
 yaj~njapriyA yaj~njakarthrI yajama~svarUpiNI || 164||  
 DHarmADHARA DHanADHyaksha DHanaDHanya~vivarDHinI |  
 viprapriyA viprarUpA viSvaBramaNa~kArinI || 165||  
 viSvagrAsa vidhrumABA vaishNavI vishNurUpiNI |  
 ayOnir yOninilayA kUtastHA kularUpiNI || 166||  
 vIragOshTIpriyA vIRA ~naishkarmya ~nAdharUpiNI |

vij~njAnakalanA kalyA vidhagDHA bai~ndhavAsanA || 167||  
 thaththvADHika thaththvamayI thaththvamarTHa-svarUpiNI |  
 sAmagAnapriyA saumyA sadhASiva-kutumbinI || 168|| ##Or## sOmyA  
 savyApasavya-mArgasTHA sarvApadhvinivAriNI |  
 svasTHA svaBAvamaDHurA DHirA DHirasamarcithA || 169||  
 caithanyArGya-samArADHyA caithanya-kusumapriyA |  
 sadhOdhithA sadhAthushT tharuNAdhithya-pAtala || 170||  
 dhakshiNA-dhakshinArADHyA dharasmEra-muKAmbuja |  
 kaulinI-kEvalAnarGya-kaivalya-padhadhAyinI || 171||  
 sthOthrapriyA sthuthimathI Sruthi-samsthutha-vaiBava |  
 manasvinI mAnavathi mahESI ma~nggalAkru\thi: || 172||  
 viSvamAthA jagadhDHATHrI viSALakshI virAgini |  
 pragalBA paramOdha parAmOdha manOmayI || 173||  
 vyOmakESI vimAnasTHA vajriNI vAmakESvarI |  
 pa~njcayaj~nja-priyA pa~njca-prEthA-ma~njcADHiSAYinI || 174||  
 pa~njcamI pa~njcaBUthESI pa~njca-samKyOpacAriNI |  
 SASvathI SASvathaiSvaryA SarmadhA SamBumOhinI || 175||  
 DHarA DHarasuthA DHanya DHarmiNI DHarmavarDHinI |  
 lOkAthIthA guNathIthA sarvAthIthA SamAthmika || 176||  
 ba~ndHUka-kusumapraKyA bALA lilAvinOdhinI |  
 suma~nggalI suKakarI suvEshADyA suvAsinI || 177||  
 suvAsinyarcana-prIthASOBanA SudhDHAmAnasA |  
 bi~ndhu-tharpaNa-sa~nthushtA pUrvaja thripurAmbika || 178||  
 dhaSamudhrA-samArADHyA thripurASrI-vaSa~ngkarI |  
 j~njAnamudhrA j~njAnagamyA j~njAnaj~njEya-svarUpiNI || 179||  
 yOnimudhrA thriKaNdESI thriguNamba thrikONaga |  
 anaGadhButha-cArithrA vA~njcithArTHa-pradhAyinI || 180||  
 aByAsAthiSaya-j~njAthA shadaDHvAthItha-rUpiNI |  
 avyAja-karuNA-mUrthir aj~njAna-DHvA~ntha-dhIpika || 181||  
 AbAla-gOpa-vidhithA sarvAnulla~ngGya-SAsana |  
 SrIcakarAja~nilaya SrImath-thripurasu~ndharI || 182||  
 SrISiva Siva-Sakthyaikya-rUpiNI lalithAmbika |  
 Evam SrIlalithA dhEvya ~nAm ~nAm sAhasrakam jagu: |  
 || ithi SrI brahmANda purANE uththaraKaNdE SrI hayagrIvAgasthyasamvAdhE  
 SrIlalithA sahasra~nAma sthOthra kaTHanam sampUrNam ||

=====  
 Before we begin, let us offer ourselves at the feet of the Divine Mother, shriimat  
 mahaatripurasundarii.

This introduction deals with the background on lalitaasahasranaama (the puraaNa etc) and the  
 importance of Shri Chakra, the diagrammatical form for meditation. (Only a brief description is  
 provided here since it has been extensively described by Adi Shankara in the text of  
 Saundaryalaharii. A detailed description of Lalita yantra (Shri Chakra) is given in the Hindu Tantrik  
 page <http://www.shivashakti.com/>)

Among the 18 puraaNas, brahmANDa-purANa is well known for the extolation of Lalita. It explains  
 in detail the appearance of the Goddess Lalita to save the world from the clutches of the demon  
 bhaNDAsura. There are three important sub-texts in this purANa.

The first of these texts is Lalitopaakhyaana, consisting of 45 chapters and is found in the last section  
 of the purANa. The last five chapters are especially well known. They extol the greatness of the



Divine mother, the significance of the mantra of the goddess (shoDashAksharii-vidyA), the various mudras and postures to be practiced, meditations, initiations etc., and the mystical placement of the deities involved in Shri Chakra.

The next text is the lalita trishati in which 300 names of the goddess is featured. There is a well known commentary on this work by Adi Shankaraachaarya.

The third text is the celebrated Lalita sahasranaama, which consists of 320 verses in three chapters. The first chapter is 51 verses, and relates that the 1000 names of Lalita were recited by various devatas as commanded by the goddess herself. This chapter also explains that the verses are in anushhTup chhaNDaH (metre known as anushhTup) and that the deity Lalita is invoked in three kUTas (vaagbhava, kAmarAja, and shakti). The second chapter of the text contains the thousand names of the goddess in 182 1/2 verses (which is transliterated below). The third and final chapter is 86 1/2 verses long and enumerates the benefits accrued by reciting these one thousand names of the Goddess. This is mainly to encourage people to recite the names with concentration to achieve, if not anything else, a peace of mind.

Lalita trishati and lalita sahasranaama are dialogues between the sage Agastya and the god Hayagriva (Pronounced as hayagriiva). Hayagriva is the incarnation of VishhNu who assumed the form of a horse to kill a demon by the same name. Agastya was a sage of great renown, who is immortalized as a star in the celestial heavens (one of the seven Rishi-s, saptarshhi or Ursa Major). He is the patron saint of Tamilnadu being a founder of a system of medicine called Siddha, and also having drunk the whole ocean in his kamaNDalum. According to yAska's Nirukta, Agastya is the half-brother of the great sage, VasishTha.

The story of the meeting of Agastya and Hayagriva is given in the lalitopaakhyaana and is quite interesting. Agastya was visiting several places of pilgrimage and was sad to see many people steeped in ignorance and involved in only sensual pleasures. He came to kAJNchi and worshipped kAmAkshI and sought a solution for the masses. Pleased with the devotion and his caring for the society, Lord VishhNu appeared before Agastya and provided the sage Agastya with the solution of 'curing' the worldly folk from ignorance. He explained that He is the primordial principle, and the source and the end of everything. Though He is above forms and guNas, He involves himself in them. He goes on to explain that a person should recognize that He is the pradhhAna (primordial) transformed into the universe, and that He is also the purushha (conscious spirit) who is transcendental and beyond all qualities (guNa-s) and forms. However to recognize this, one has to perform severe penance, self-discipline etc. If (since) this is difficult, Lord VishhNu advises that the worship of the goddess will achieve the purpose of life, given as liberation from bondage, very easily. He points out that even other Gods like Shiva and Brahma have worshiped the goddess Tripuraa. VishhNu concludes his discourse saying that this was revealed to Agastya so that he (Agastya) can spread the message to god, sages, and humans. VishhNu requests Agastya to approach his incarnation, Hayagriva and disappears from Agastya's sight.

Agastya approaches Hayagriva with devotion and reverence. Hayagriva reveals to Agastya that the great Goddess, lalita, is without beginning or end and is the foundation of the entire universe. The great goddess abides in everyone and can be realized only in meditation. The worship of goddess is done with the lalita sahasranama (1000 names) or with trishati (300 names) or with ashTottaranaama (108 names) or with Shri Chakra (diagrammatical form for meditation).

In tantra shaastra, each devi/deva is worshipped as a mantra, and yantra. Shri Chakra is used to represent the divine mother diagrammatically. It denotes how the power of a small point in the centre of the Shri Chakra transforms itself into a series of triangles, circles, and lines. One can meditate on the Shri Chakra itself knowing the significance of the triangles and circles. These forms represent the various transformations of the Reality. One can realize that the universe has evolved through the undifferentiated consciousness and has eventually become the universe as we know it. The recitation of sahasranaama and trishati are used in the worship of Shri Chakra. The correspondence between Shri Chakra as a yantra and the fifteen letter mantra of the goddess (paJNchadashIvidyA, pronounced panchadashiividya) is achieved by carefully studying the Shri Chakra which is constructed using the symbolism of the three kUTa-s and the significance of the fifteen letters of the shrIvidyA. It is said that if meditation on Shri Chakra is not possible, recitation of the sahasranaama with utmost devotion would confer the same benefits, perhaps in longer time-frame.

The sahasranaama also mentions how to meditate on the various centres of consciousness (chakras) in one's body. Kundalini, meaning coiled up, ordinarily resides in the muladhaara chakra, at the base of spine, and when it rises to the sahasraara chakra at the top of the head, one becomes aware of the ultimate reality.

Before reciting the sahasranaama, it is advised that the divine mother be meditated upon according to the dhyaana shloka-s, given in the beginning of the text.

May the Divine Mother guide us in our every action and thought, and may She confer upon us the greatest gift of all, moksha, the liberation.

AUM tat sat.

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