



SONOMA : ASHRAM

# *Navaratri Prayers*



# Invocation

OM AINg HRĪNg KLĪNg CHĀMUNDĀYAI VICHHE

## *I evoke:*

OM	The infinite beyond conception
AINg	Seed <i>mantra</i> of Maha Sarasvati (Divine Mother in the form of Giver of Knowledge)
HRĪNg	Seed <i>mantra</i> of Maha Lakshmi (Divine Mother in the form of Giver of Opulence, Wealth of Virtues)
KLĪNg	Seed <i>mantra</i> of Maha Kali (Divine Mother who is the Destroyer of Darkness in our lives and Remover of Death)
CHĀMUNDĀYAI	Divine Mother in the form of Chāmundā, Remover of Negativity and Anger, and Grantor of Boons
VICHHE	Divine Mother who is the body of knowledge and perception of consciousness



# *Yā Devī*

## Atha Tantroktam Devi Suktam *The Tantric Praise of the Goddess*

Namo devyai mahā devyai shivāyai satatam namah  
Namah prakritai bhadrayai niyatāh pranatāh sma tām

We bow to the Goddess, to the Great Goddess, to the Energy of Infinite Goodness at all times we bow. We bow to Nature, to the Excellent One, with discipline we have bowed down.

Raudrāyai namo nityāyai gauryai dhātryai namo namaha  
Jyotsnāyai chendra rupinyai sukhāyai satatam namah

To the Reliever of Sufferings we bow, to the Eternal, to the Embodiment of Rays of Light, to the Creatrix, to She Who Manifests Light, to the form of Devotion, to Happiness, continually we bow.

Kalyānyai pranatām vridhdhai siddhyai kurmo namo namah  
Nairrityai bhubhritām lakshmyai sarvānyai te namo namah

To the Welfare of those who bow, we bow. To Change, to Perfection, to Dissolution, to the Wealth which sustains the earth, to the Wife of Consciousness, to you, we bow, we bow.

Durgāyai durga pārāyai sārāyai sarva kārinyai  
Khyātyai tathaiva krishnāyai dhumrāyai satatam namah

To She who Removes Difficulties, to She who Removes Beyond all Difficulties, to the Essence, to the Cause of All, to Perception, and to the Doer of All, to the Unknowable One, continually we bow.

Atisaumyāti raudrāyai natāstasyai namo namah  
Namo jagat pratisthāyai devyai krityai namo namah

To the Extremely Beautiful and to the Extremely Fierce, we bow to Her, we bow, we bow. We bow to the Establisher of the Perceivable Universe, to the Goddess, to All Action, we bow, we bow.

Yā devī sarva bhūteshu vishnu māyeti shabditā  
Namastasyai namastasyai namastasyai namo namaha

To the Divine Goddess in all existence who is addressed as the Perceivable Form of the Consciousness Which Pervades All, we bow to Her, we bow to Her, we bow to Her, continually we bow, we bow.

Yā devī sarva bhūteshu chetane tyabhi dhiyate  
Namastasyai namastasyai namastasyai namo namaha

To the Divine Goddess in all existence who resides all throughout the Consciousness and is known by the reflections of mind, we bow to Her, we bow to Her, we bow to Her, continually we bow, we bow.

Yā devī sarva bhūteshu **buddhi** rūpena samsthitā  
Namastasyai namastasyai namastasyai namo namaha

To the Divine Goddess in all existence in the form of **Intelligence**, we bow to Her, we bow to Her, we bow to Her, continually we bow, we bow.

Yā devī sarva bhūteshu **nidrā** rūpena samsthitā  
Namastasyai namastasyai namastasyai namo namaha

To the Divine Goddess in all existence in the form of **Sleep**, we bow to Her, we bow to Her, we bow to Her, continually we bow, we bow.

Yā devī sarva bhūteshu **kshudhā** rūpena samsthitā  
Namastasyai namastasyai namastasyai namo namaha

To the Divine Goddess in all existence in the form of **Hunger**, we bow to Her, we bow to Her, we bow to Her, continually we bow, we bow.

Yā devī sarva bhūteshu **chhāyā** rūpena samsthitā  
Namastasyai namastasyai namastasyai namo namaha

To the Divine Goddess in all existence in the form of **Appearance (Shade)**, we bow to Her, we bow to Her, we bow to Her, continually we bow, we bow.

Yā devī sarva bhūteshu **shakti** rūpena samsthitā  
Namastasyai namastasyai namastasyai namo namaha

To the Divine Goddess in all existence in the form of **Energy**, we bow to Her, we bow to Her, we bow to Her, continually we bow, we bow.

Yā devī sarva bhūteshu **trishnā** rūpena samsthitā  
Namastasyai namastasyai namastasyai namo namaha

To the Divine Goddess in all existence in the form of **Desire**, we bow to Her, we bow to Her, we bow to Her, continually we bow, we bow.

Yā devī sarva bhūteshu **kshānti** rūpena samsthitā  
Namastasyai namastasyai namastasyai namo namaha

To the Divine Goddess in all existence in the form of **Patient Forgiveness**, we bow to Her, we bow to Her, we bow to Her, continually we bow, we bow.

Yā devī sarva bhūteshu **jāti** rūpena samsthitā  
Namastasyai namastasyai namastasyai namo namaha

To the Divine Goddess in all existence in the form of **All Living Beings**, we bow to Her, we bow to Her, we bow to Her, continually we bow, we bow.

Yā devī sarva bhūteshu **lajjā** rūpena samsthitā  
Namastasyai namastasyai namastasyai namo namaha

To the Divine Goddess in all existence in the form of **Humility**, we bow to Her, we bow to Her, we bow to Her, continually we bow, we bow.

Yā devī sarva bhūteshu **shānti** rūpena samsthitā  
Namastasyai namastasyai namastasyai namo namaha

To the Divine Goddess in all existence in the form of **Peace**, we bow to Her, we bow to Her, we bow to Her, continually we bow, we bow.

Yā devī sarva bhūteshu **shraddhā** rūpena samsthitā  
Namastasyai namastasyai namastasyai namo namaha

To the Divine Goddess in all existence in the form of **Faith**, we bow to Her, we bow to Her, we bow to Her, continually we bow, we bow.

Yā devī sarva bhūteshu **kānti** rūpena samsthitā  
Namastasyai namastasyai namastasyai namo namaha

To the Divine Goddess in all existence in the form of **Beauty Enhanced by Love**, we bow to Her, we bow to Her, we bow to Her, continually we bow, we bow.

Yā devī sarva bhūteshu **lakshmī** rūpena samsthitā  
Namastasyai namastasyai namastasyai namo namaha

To the Divine Goddess in all existence in the form of **True Wealth**, we bow to Her,  
we bow to Her, we bow to Her, continually we bow, we bow.

Yā devī sarva bhūteshu **vritti** rūpena samsthitā  
Namastasyai namastasyai namastasyai namo namaha

To the Divine Goddess in all existence in the form of **Change**, we bow to Her, we bow  
to Her, we bow to Her, continually we bow, we bow.

Yā devī sarva bhūteshu **smriti** rūpena samsthitā  
Namastasyai namastasyai namastasyai namo namaha

To the Divine Goddess in all existence in the form of **Recollection**, we bow to Her,  
we bow to Her, we bow to Her, continually we bow, we bow.

Yā devī sarva bhūteshu **dayā** rūpena samsthitā  
Namastasyai namastasyai namastasyai namo namaha

To the Divine Goddess in all existence in the form of **Compassion**, we bow to Her, we  
bow to Her, we bow to Her, continually we bow, we bow.

Yā devī sarva bhūteshu **tusti** rūpena samsthitā  
Namastasyai namastasyai namastasyai namo namaha

To the Divine Goddess in all existence in the form of **Satisfaction**, we bow to  
Her, we bow to Her, we bow to Her, continually we bow, we bow.

Yā devī sarva bhūteshu **mātri** rūpena samsthitā  
Namastasyai namastasyai namastasyai namo namaha

To the Divine Goddess in all existence in the form of **Mother**, we bow to Her, we  
bow to Her, we bow to Her, continually we bow, we bow.

Yā devī sarva bhūteshu **bhrānti** rūpena samsthitā  
Namastasyai namastasyai namastasyai namo namaha

To the Divine Goddess in all existence in the form of **Confusion**, we bow to Her,  
we bow to Her, we bow to Her, continually we bow, we bow.

Indriyānāma dhistātri bhutānām chākhileshu yā  
Bhūteshu satatam tasyei vyāpti devyei namo namaha

Presiding over the senses of all beings and pervading all existence, to the Omnipresent Goddess who individualizes creation, we bow, we bow.

Chiti rūpena yā kritsna metad vyāpya sthithā jagat  
Namastasyai namastasyai namastasyai namo namaha

In the form of Consciousness, She distinguishes the individual phenomena of the perceivable universe. We bow to Her, we bow to Her, we bow to Her, continually we bow, we bow.

Stutā suraih pūrva mabhīsta samshrayā  
Tathā surendrena dineshu sevītā  
Karo tu sa nah subha hetur īshvarī  
Shubhāni bhadrānya bhihantu chāpadah

In days of old, all of the Gods, led by Indra, the Rule of the Pure, sang these verses of praise for the purpose of accomplishing their desired objective of surrendering the ego in the Light of Wisdom, and for many days that service was rendered. May She, the Seer of All, the Lord of All, the Source of All Good, perform similarly for us all auspicious things by putting an end to all distress.

Yā sāmpratam choddhata daitya tāpitai  
Rasmā bhi rīshā cha surair namasyate  
Yā cha smritā tat kshana meva hanti nah  
Sarvā pado bhakti vina mra mūrtibhih

We Gods have been harassed by arrogant thoughts in the manner of men, and at this time all of us Gods bow to the Seer of All, who, when bowed to with devotion, and remembered in a physical image, immediately terminates our every adversity.



# Song Seeking Forgiveness

Na mantram no yantram tadapi cha na jāne stutimaho  
Na chāhvānam dhyānam tadapi cha na jāne stutikathāh  
Na jāne mudrāste tadapi cha na jāne vilapanam  
Param jāne mātās-tvadanusharanam klesha haranam

Mother, I don't know *mantras* or *yantras*, nor can I sing your praise. I don't know how to welcome you, nor how to meditate on your presence. Neither do I know how to sing your glories, nor how to make reverential gestures, nor even how to suffer. But I shall keep on calling you, who takes away the difficulties of all.

Vidhera gyānena dravina virahenā lasatayā  
Vidheyā shakyatvā tava charana yoryā chyutirabhut  
Tadetat kshantavyam janani sakalo-dhārini shive  
Kuputro jāyeta kvachidapi kumātā na bhavati

Oh Energy of Infinite Goodness, Mother of the Universe, I don't know the systems of worship, neither have I sufficient wealth with which to serve you. My nature is lazy and I don't know the correct performance of worship. For these reasons, whatever deficiencies exist in my service to your lotus feet please pardon me, Oh Mother, because a child can be bad, but a Mother can never be bad.

Prithivyām putrāste janani bahavah santi saralāh  
Param teshām madhye virala-taralo-ham tava sutah  
Madiyo-yam tyāgah samuchita midam no tava shive  
Kuputro jāyeta kvachidapi kumātā na bhavati

Mother, on this earth you have so many honest and simple children, and among them I am your extremely fickle child. I alone am the most inconsistent. Oh Goddess of Goodness, I am hardly deserving of whatever renunciation I have attained, because a child can be bad, but a Mother can never be bad.

Jagan mātār mātās tava charana sevā na rachitā  
Na vā dattam devi dravina-mapi bhuyastava mayā  
Tathāpi tvam sneham mayi nirupamam yatpra-kurushe  
Kuputro jāyeta kvachidapi kumātā na bhavati

Oh Mother of the Universe, Oh Goddess, I have yet to serve your respected lotus feet. I have not offered lavishly of my wealth. Even still you show your most excellent love to this worthless being, because a child can be bad but a Mother can never be bad.



Parityaktā devā vividha-vidha sevā kulatayā  
Mayā pañchā shiter adhika-mapanite tu vayasi  
Idānim chenmāta stava yadi kripā nāpi bhavitā  
Nirā-lambo lambo-dara janani kam yāmi sharanam

Oh Mother, I have abandoned my various pursuits of multifarious goals, and in my perplexity my resources have been depleted. Now I maintain no expectation of receiving anything from others. I am fully dependent on you. If you don't show your grace to me now, where else shall I go to take refuge?

Shvapāko jalpāko bhavati madhupāko pamagirā  
Nirā-tanko ranko viharati chiram koti kanakaih  
Tava-parne karne vishati manu varne phalamidam  
Janah ko jānite janani japani-yam japa-vidhau

Mother of Excellence, your *mantra* has such power that if even one letter should touch the ear, a fool becomes an eloquent speaker and his discourse becomes an excellent exposition. When hearing but one letter can produce such an effect, then who can speak for those souls who regularly perform your worship according to the injunctions of scripture? What excellent result will be attained by them?

Chita bhasmā lepo garala mashanam dikpata-dharo  
Jatā dhari kanthe bhujaga pati hāri pashupatih  
Kapāli bhutesho bhajati jagadi shaika padavim  
Bhavāni tvat pāni grahana pari pāti phalamidam

He who besmears His body with ashes from the funeral pyre, who consumes the poison, who remains naked, who has long matted locks of hair and wears the king of snakes around His neck as a garland, who has in His hand a cup made of bone, that Lord of Spirits, Lord of Animals, who bears the title Lord of the Universe, what is the cause of His greatness? By accepting your hand in marriage, Oh Empress of Being, that is the method of His attainment.

Na moksha sya kāmکشā bhava vibhava vāñchāpi cha na me  
Na vigyānā pekshā shashi-mukhi sukhe chāpi napunah  
Atastvam samyāche janani jananam yātu mama vai  
Mridāni rudrāni shiva shiva bhavā-niti japatah

Oh Mother from whose face shines forth the luster of the moon, I have no desire for liberation nor expectation of status in the eyes of men. Neither do I search for worldly knowledge or comfort. From you I have only one earnest entreaty, that I pass my life in contemplation of the names The Compassionate One, Reliever of Sufferings, Infinite Goodness, the Female Ruler of Being.

Nārā dhitāsi vidhinā vividho pacāraiḥ  
Kim ruksha chinta naparairna kritam vachobhiḥ  
Shyāme tvameva yadi kiñchana maya nāthe  
Dhatse kripā muchitamamba param tavaiva

Oh Unknowable One, I have no such capacity to please you with worship according to the scriptures with the offering of various articles. Always thinking of my own deficient circumstances, what mistakes has my speech not revealed? Still, Oh Mother, you make the effort to place your gracious look upon me, this helpless one. That verifies your worthiness. You are such a compassionate Mother as to be able to give even a bad child like me a refuge and mercy.

Āpatsu magnah smaranam tvadiyam  
Karomi durge karunār naveshi  
Naitaccha thatvam mama bhāvayethāḥ  
Ksudhā trisārtā jananim smaranti

Oh Mother, Reliever of Difficulties, Ocean of Mercy, I am remembering you today, having fallen into difficulties. I request you to disregard my wickedness. We call you as children perplexed by hunger and thirst would remember their mother, being away from her breast.

Jagadamba vichitra matrakim paripurnā karunāsti chenmayi  
Aparādha param parā param nahi mātā samupeksa te sutam

Mother of the Universe, it is no surprise that you bestow your abundant mercy and grace on me, your child, who commits error after error continually. You are Mother, hence you cannot disregard or ignore me, your child.

Matsamah pātaki nāsti pāpaghni tvat samā na hi  
Evam gyātvā mahādevi yathā योगyam tathā kuru

Oh Great Goddess, there is no greater evildoer than I, and there is no other who takes away sin as you. With such understanding, do what is proper



## Bhavani Ashtakam

# Sarveshwari Prayer

Na tātō na mātā na bandhur na dātā  
Na putro na putri na bhrityo na bhartā  
Na jāyā na vidyā na vrittir māmevā  
Gatis tvam gatis tvam tvamekā bhavāni

Neither father nor mother, neither a relation, nor a giver, neither son nor daughter, neither brother nor husband, neither wife nor knowledge, nor the tendencies that I have will be of help. I come to you, I come to you, for you are the only one, Oh Mother.

Bhavābdhā vapāre maha dukha bhiru  
Papāta prakāmi pralobhi pramattah  
Kusansār pāsha prabaddha sadāham  
Gatis tvam gatis tvam tvamekā bhavāni

This great world generates great sorrow and fear. I am fallen, given to negative actions. I am full of greed and I am unstable in the mind. The many ties of this world keep me in bondage all the time. I come to you, I come to you, for you are the only one, Oh Mother.

Na jānāmi dānam na cha dhyān yogam  
Na jānāmi tantram na cha stotra mantram  
Na jānāmi pujām na cha nyāsa yogam  
Gatis tvam gatis tvam tvamekā bhavāni

I do not know how to perform charity. I do not know how to perform *dhyān* yoga. I do not know *tantra*. I do not know hymns or *mantras*. I do not know how to perform worship, nor do I know how to perform *nyāsa* yoga. I come to you, I come to you, for you are the only one, Oh Mother.

Na jānāmi punyam na jānāmi tirtham  
Na jānāmi muktim layam vā kadāchit  
Na jānāmi bhaktim vratam vāpi mātā  
Gatis tvam gatis tvam tvamekā bhavāni

I do not know how to perform good deeds. I do not know how to go on pilgrimage. I do not know about liberation, or even how to seek it. I do not know devotion or how to perform *vrata*, Oh Mother. So I come to you, I come to you, for you are the only one, Oh Mother.

Kukarmi kusangi kubuddhi kudāsah  
Kulāchāra heenah kadāchār leenah  
Kudristih kuvākyah prabandhah sadāham  
Gatis tvam gatis tvam tvamekā bhavāni

I do negative actions and I keep negative company. I have a negative mind and I am a slave to negativities. I do not know the ways of a good family or how to be absorbed in good deeds. I have negative sight and negative speech. I am always in their bondage. I come to you, I come to you, for you are the only one, Oh Mother.

Prajesham ramesham mahesham suresham  
Dinesham nishithe svaram va kadāchit  
Na jānāmi chānyat sadāham sharanye  
Gatis tvam gatis tvam tvamekā bhavāni

Brahma, Vishnu, Shiva or Indra. The Sun God or the God of the night, or even the God of speech. I do not know any of them. I seek always your protection. I come to you, I come to you, for you are the only one, Oh Mother.

Vivāde vishāde pramāde pravāse  
Jale chānale par vate shatru madhye  
Aranye sharanye sadā ma prapāhi  
Gatis tvam gatis tvam tvamekā bhavāni

In arguments, in sorrow, in a state of unstable mind or while abroad, even amidst fire or on a mountain, or amidst enemies even in a forest. I am always in your protection, Oh Mother. I come to you, I come to you, for you are the only one, Oh Mother.

Anātho daridro jarā roga yukto  
Mahā kshina dināh sadā jādyā vaktrāh  
Vipatto pravistah pranastah sadāham Gatis  
Gatis tvam gatis tvam tvamekā bhavāni

I am destitute and I am poor. I am assailed by diseases. I am very weak, in a pitiful state. I am of a crooked and unenlightened nature entering various kinds of troubles. I am destroying myself all the time. I come to you, I come to you - for you are the only one, Oh Mother.



## FULL ĀRATI

# Brahmā Nandam

Brahmā nandam parama sukhadam  
Kevalam gyāna murtim  
Dvandvā titam gagana sadrisham  
Tattva masyādi lakshyam  
Ekam nityam vimalam achlam  
Sarva dhi sākshi bhūtam  
Bhāvā tītam triguna rahitam  
Sadgurum tvam namāmi

I acknowledge the Guru who is the embodiment of eternal divine bliss and complete knowledge; who is the giver of all happiness; who is beyond the dualities of this material world; who is ever-expansive as the sky; who is the sole aspiration and goal of life; who is unique, eternal, pure, unwavering; who sees with the eyes of wisdom; who is beyond emotions and beyond the three *gunas* (binding aspects of our nature) - *satva* (purity), *rajas* (passion) and *tamas* (darkness).

Om jay aòghara dānī - svāmī jay aòghara dānī  
Nirākāra sākāra nirāmay (x2) prabhu antara yāmī  
Om jay aòghara dānī

Om, hail to the generous Aghor Guru, Om, hail to the generous Aghor Guru. You are formless, as well as with a form. O knower of all, you are beyond ego and delusions. Om, hail to the generous Aghor Guru.

Dayā sindhu karūṇā ke sāgar - guṇākāra devā  
Svami guṇākāra devā  
Riddhi siddhiyān pramudita karatī - pada raja kī sevā  
Om jay aòghara dānī

You are the ocean of kindness and compassion, the mountain of virtues. All spiritual accomplishments serve the dust of thy lotus feet with much joy. Om ...

Sablon ke subha mārga pradarshak - ablōn ke trātā  
Svami ablōn ke trātā  
Trasita vishva ke dukha ke hartā - sukha sādhana dātā  
Om jay aòghara dānī

You are the auspicious guide for the able and savior of the helpless. You are the remover of the sufferings of the afflicted world and giver of happiness and means. Om...

Satya dharma ke prāṇa jyoti - shiva sanskriti ke pyāre  
Svami sanskriti ke pyāre  
Bheda bhāva khala dvesha dambha saba - tumase hain hāre  
Om jay aòghara dānī

You are the vital light of *satya* (the truth) and *dharma*, and lover of the culture of great compassion. All the acts of discrimination, enmity, pride and jealousy are overcome by your grace. Om ...

Veda purāṇa shāstra ke gyātā - shankara avatārī  
Svami shankara avatārī  
Yagya dāna shubha kārya shaòrya ke - gyānī vrata dhārī  
Om jay aòghara dānī

You are the knower of all the Vedas, Puranas and all the holy texts. You are the manifestation of the lord of compassion. You are the knower of all rituals and auspicious acts, you are the glorious undertaker of austerity. Om ...

Sadāchāra sanyama ke prerak - ghaṭa ghaṭa ke vāsī  
Svami ghaṭa ghaṭa ke vāsī  
Pākara tumasā mahā tapī suchi - dhanya āja kāshī  
Om jay aòghara dānī

You are the inspirer of moral conducts and restrains. You dwell among all living beings. Having obtained a Great Guru like you, this land (body) is grateful. Om ...

Tumse shānti kānti jīvana kī - hari jana hain pāte  
Svami hari jana hain pāte  
Sura kinnara gandharva yaksha gaṇa - guṇa garimā gāte  
Om jay aòghara dānī

It is because of your presence in their lives, all living beings are able to obtain peace and light. All the gods, celestial beings and musicians, and earthly beings sing in praise of your greatness. Om ...

Bhava sāgara ke kushala khevaiyā - yogi rāja yogī  
Svami yogi rāja yogī  
Mahimā amita tumhārī jaga me - ānanda rasa bhogī  
Om jay aòghara dānī

O king of all the Yogis, you are the adept navigator of this ocean of worldly life. Your greatness enjoys eternal bliss in this world. Om ...

Jo nita pāṭha karen unake ghar - sukha sampati āve  
Svami sukha sampati āve  
Dèihika dèivika bhaòtika bhèi kâ - sankata mita jāve  
Om jay aòghara dānī

One who remembers you in his or her life, and sings in your praise, is granted happiness and wealth, and is saved from bodily, divine and physical fears. Om ...

Srī Bhagwān Rām kāpālik - bhole kalyānī  
Svami bhole kalyānī  
Nija bhakto ke klesha mitāo - vaibhav yasha dānī  
Om jay aòghara dānī

O Aghoreshwar Bhagwan Ramji, manifestation of Lord Shiva, you are simple at heart and the bestower of auspiciousness. Please remove the sorrows of your devotees and grant them happiness together with richness of wealth and fame. Om ...

Om jay aòghara dānī - svāmī jay aòghara dānī  
Nirākāra sākāra nirāmay (x2) Prabhu antara yāmī  
Om jay aòghara dānī (x3)

Om, hail to the generous Aghor Guru, Om, hail to the generous Aghor Guru. You are formless, as well as with a form. O knower of all, you are beyond ego and delusions. Om, hail to the generous Aghor Guru.

