

## *Special Puja Guidelines for Navaratri 2006*

### *Sep 23 – Oct 2*

#### *Lifestyle Guidelines*

It is very good to follow certain lifestyle guidelines during Navaratri, for the sake of maintaining internal and external purity. The following guidelines have been given by Amma so that we can receive the maximum blessings from the practices and also offer appropriate respect and honor to Divine Mother during the blessed time of Navaratri. For any questions about these guidelines, please contact [sanskrit@karunamayi.org](mailto:sanskrit@karunamayi.org).

- During Navaratri (Sep 23rd to Oct 2<sup>nd</sup>), wake up early and immediately take a head bath (shower and wash the hair). Wear freshly laundered clothes in auspicious colors like white, bright green, red, yellow-gold, turquoise, etc. If possible, it is auspicious to wear traditional clothes like sari or dhoti in cotton or silk.
- It is very important to take only pure vegetarian food during Navaratri. Do not consume meat, fish, eggs, onions, garlic, or mushrooms. Take only light, sattwic (pure and fresh), and easily digestible food. Sattwic food includes dishes like kicheri, ven pongal, vegetables, cereal with organic milk, vegetable sandwiches made with avocado, tomatoes, etc. If you wish, you can just consume fruits, nuts, and organic milk or buttermilk for the ten days. Please consider the state of your health and your nutritional needs, and decide on a suitable diet. Do not smoke or drink any alcohol during the ten days. In addition, it is good to observe brahmacharya (celibacy).
- Some like to follow the practice of sleeping on a hard surface, either a thin mat on the floor or a bed platform without a mattress or cushion. You can sleep on a thin mat or a blanket or sheet. This is good for disciplining the body and cultivating mental detachment.
- Meditation should be finished by 6, and the puja should start at 6. The puja may take from 90 to 120 minutes, and it is very important to complete it once started. Please plan accordingly. It may be necessary to start the puja by 5 or 5:30 to finish it by the time you need to start your daily work.
- ***Special guidance for ladies:*** If you are in your menstrual period during Navaratri, you should not do the pujas for the first 4-5 days of the period. In general, during the menstrual period, it is important to refrain from performing puja, visiting temples or attending homas, or touching one's mala or puja items for the first four days of the period. During this time, many changes take place in the body, mind, and spiritual energy, and the ancient rishis have given some important guidelines regarding this natural process. Rather than do external worship, ladies are advised to do silent meditation and mental recitation of their mantra at home during the first four days. After taking a shower and washing the hair on the fifth day, one's normal practices can be resumed.

## *Sadhana Schedule and Details*

After completing one's meditation, the following pujas can be performed starting by 6 AM. The pujas may take from 90 to 120 minutes, and it is very important to complete the practices once started. Please plan accordingly. It may be necessary to start the pujas by 5 or 5:30 to finish them by the time you need to start your daily work. Before starting the pujas, light a ghee lamp and keep it lit throughout all the pujas.

### *Sri Ganesha Puja*

- Chant Sri Ganesha Pratah Smaranam (page 4).
- Recite the mantra "Om gam ganapataye namaha" 108 times (page 4) while offering green grass to a murti or picture of Sri Ganesha. If you don't have any image of Sri Ganesha, you can do this puja to your Sri Chakra, as the Sri Chakra can receive offerings for any form of God. If you don't have any suitable green grass, you may offer red flower petals instead.
- Light two new sticks of incense and offer them to Sri Ganesha (you can gently wave them in front of His image, or slowly move them in a clockwise circle around the image). Make sure not to smell the incense before offering it.
- Offer two bananas as naivedyam (food offering).
- Finally, perform harati with five ghee wicks. If this is difficult, you can offer a single camphor flame.

### *Sri Lalita Bhavani Puja*

- Chant Sri Lalita Pancharatnam (page 5).
- Chant Samputita Sri Suktam while offering milk to a Sri Chakra. If you don't have any pure and suitable puja vessels, you can use new, unused paper plates and plastic spoons. After finishing the milk abhishekam, gently clean the Sri Chakra with water. Keeping the Sri Chakra in the puja room, pour water over the Sri Chakra until it's clean and then dry it with a clean paper towel or a new, unused cotton cloth.
- Chant Sri Devi Khadgamala Namavalih while offering silver lotuses, kumkum, or red flower petals.
- Chant Sri Lalita Ashtottara Sata Namavalih (108 Names of Sri Lalita, page 6) while offering kumkum or red flower petals. If you like, you can chant Sri Saraswati Ashtottara Sata Namavalih (108 Names of Sri Saraswati, page 9) on Day 7.
- Light two new sticks of incense (not the same ones previously offered to Sri Ganesha) and offer them to the Sri Chakra (you can gently wave them in front of the Sri Chakra, or slowly move them in a clockwise circle around the Sri Chakra).
- Offer sweet pongal as naivedyam (food offering). If this is difficult, you can offer "panchakarjayam," which can be made by mixing the following dry ingredients: shredded dry coconut, sugar, cardamom powder, golden raisins, and raw cashews.
- Break a coconut.

- Perform harati with five ghee wicks, while chanting or playing a recording of Sri Mahishasura Mardini Stotram.

Be sure not to throw away any of the items you have offered during the pujas. All offerings become highly charged with divine vibrations and are very sacred. Any flower petals can be given to family or friends to keep in the home, or you can place them respectfully in a clean, natural place outside. Kumkum can be applied to the third eye, and can be given to family or friends, or you can keep it in your puja room to help maintain a very auspicious atmosphere. Any edible prasadam, like the bananas, pongal, or panchakarjayam, should be consumed by you, your family and friends.

For any questions about these practices, feel free to contact [sanskrit@karunamayi.org](mailto:sanskrit@karunamayi.org), and a devotee familiar with the practices will be happy to assist you.

*Through these valuable and sacred practices, may you receive the most auspicious blessings from our beloved Divine Mother, Sri Lalita Bhavani.*

*Om Shantih Shantih Shantihi  
May There Be Peace Everywhere*

*Lokah Samastah Sukhino Bhavanu  
May All Beings Be Happy*

*Note: The Sanskrit presented on the following pages is in official transliteration. Please see any of Amma's chanting booklets for a pronunciation guide.*

## *Sri Ganesha Pratah Smaranam*

Om prātaḥ smarāmi gaṇa nādha manādha bandhum  
Sindhūra pūra pariśobhita gaṇḍa yugmam  
Uddhaṇḍa vighna pari khaṇḍhana caṇḍa daṇḍam  
Ākhaṇḍa lādi suranāyaka bṛnda vandhyam

Om prātar namāmi caturā nana vandhya mānam  
Icchānu kūla makhilañca varam dadānam  
Tam tundhilaṃ dvirasanā dhīpa yajña sūtram  
Putram vilāsa caturam śivayo śivāya

Om prātar bhajāmyabhyu dayam khalu bhakta śokam  
Dāvānalam gaṇa vibhum vara kuñja rāsyam  
Ajñāna kānana vināśana havya vāham  
Utsāha vardhana maham suta mīśvarasya

### *Phala Śrutih*

Ślokatraya midam puṇyam sadā sāmrājya dāyakam  
Prāta rutthāya satatam yaḥ paṭhet prayataḥ pumān

## *Sri Ganesha Ekakshari Mantra*

Om gam gaṇapataye namaḥ

## *Sri Lalita Pancharatnam*

Om prātaḥ smarāmi lalitā vadanāra vindam  
Bimbā dharam pṛthula mauktika śobhi nāsam  
Ākarṇa dīrgha nayanam maṇi kuṇḍa lāḍhyam  
Manda smitam mṛgamadojjvala phāla deśam

Om prātar bhajāmi lalitā bhuja kalpa vallim  
Ratnāngu līya lasa danguli palla vāḍhyām  
Māṇikya hema valayāngada śobha mānām  
Puṇḍrekṣu cāpa kusumeṣu sṛṇīn dadhānām

Om prātar namāmi lalitā caraṇāra vindam  
Bhakteṣṭa dāna niratam bhava sindhu potam  
Padmā sanādi sura nāyaka pūja nīyam  
Padmānkuśa dhvaja sudarśana lāncha nāḍhyam

Om prātaḥ stuve para śivām lalitām bhavānīm  
Trayyantya vedya vibhavām karuṇā navadyām  
Viśvasya sṛṣṭi vilaya sthiti hetu bhūtām  
Viśveśvarīm nigama vāñ mana sāti dūrām

Om prātar vadāmi lalite tava puṇya nāma  
Kāmeśvarīti kamaleti maheśvarīti  
Śrī śāmbhavīti jagatām janānī pareti  
Vāg devateti vacasā tripureśvarīti

### *Phala Śruti*

Yaḥ śloka pañcakam idam lalitāmbikāyāḥ  
Saubhāgyadam sulalitam paṭhati prabhāte  
Tasmai dadāti lalitā jhaḍiti prasannā  
Vidyām śriyam vimala saukhyam ananta kīrtim

## *Sri Lalita Ashtottara Sata Namavalih*

1. Om aim hrīm śrīm rajatācala śṛṅgāgra madhyasthāyai namo namaḥ
2. Om aim hrīm śrīm himācala mahāvamśa pāvanāyai namo namaḥ
3. Om aim hrīm śrīm śaṅkarārdhāṅga saundarya śarīrāyai namo namaḥ
4. Om aim hrīm śrīm lasan marakata svaccha vighrahāyai namo namaḥ
5. Om aim hrīm śrīm mahātīśaya saundarya lāvaṅyāyai namo namaḥ
6. Om aim hrīm śrīm śaśāṅka śekhara prāṇa vallabhāyai namo namaḥ
7. Om aim hrīm śrīm sadā pañcadaśātmaikya svarūpāyai namo namaḥ
8. Om aim hrīm śrīm vajra māṅkya kaṭaka kirīṭāyai namo namaḥ
9. Om aim hrīm śrīm kastūrī tilakollāsa niṭilāyai namo namaḥ
10. Om aim hrīm śrīm bhasma rekhāṅkita lasan mastakāyai namo namaḥ
11. Om aim hrīm śrīm vikacāmbhoruha dala locanāyai namo namaḥ
12. Om aim hrīm śrīm śarac chāmpeya puṣpābha nāsikāyai namo namaḥ
13. Om aim hrīm śrīm lasat kāñcana tāṭaṅka yugalāyai namo namaḥ
14. Om aim hrīm śrīm maṇi darpaṇa saṅkāśa kapolāyai namo namaḥ
15. Om aim hrīm śrīm tāmbūla pūrīta smerā vadanāyai namo namaḥ
16. Om aim hrīm śrīm supakva dāḍimī bīja radanāyai namo namaḥ
17. Om aim hrīm śrīm kambupūga samucchāya kandharāyai namo namaḥ
18. Om aim hrīm śrīm sthūla muktā phalodāra suhārāyai namo namaḥ
19. Om aim hrīm śrīm girīśa baddha māṅgalya maṅgalāyai namo namaḥ
20. Om aim hrīm śrīm padma pāśāṅkuśa lasat karābjāyai namo namaḥ
21. Om aim hrīm śrīm padma kairava mandāra sumālinyai namo namaḥ
22. Om aim hrīm śrīm suvarṇa kumbha yugmābhasukucāyai namo namaḥ
23. Om aim hrīm śrīm ramaṅīya catur bāhu samyuktāyai namo namaḥ
24. Om aim hrīm śrīm kanakāṅgada keyūra bhūṣitāyai namo namaḥ
25. Om aim hrīm śrīm bṛhat sauvarṇa saundarya vasanāyai namo namaḥ
26. Om aim hrīm śrīm bṛhan nitamba vilasaj jaghanāyai namo namaḥ
27. Om aim hrīm śrīm saubhāgya jāta śṛṅgāra madhyamāyai namo namaḥ
28. Om aim hrīm śrīm divya bhūṣaṇa sandoha rañjitāyai namo namaḥ
29. Om aim hrīm śrīm pārijāta guṇādhikya pādābjāyai namo namaḥ
30. Om aim hrīm śrīm supadma rāga saṅkāśa caraṇāyai namo namaḥ
31. Om aim hrīm śrīm kāmakoṭi mahā padma pīṭhasthāyai namo namaḥ
32. Om aim hrīm śrīm śrī kaṅṭha netra kumuda candrikāyai namo namaḥ
33. Om aim hrīm śrīm sacāmara ramā vāṇī vījitāyai namo namaḥ
34. Om aim hrīm śrīm bhakta rakṣaṇa dākṣiṇya kaṭākṣāyai namo namaḥ
35. Om aim hrīm śrīm bhūteśā liṅganodbhūta pulakāṅgyai namo namaḥ

36. Om aim hrīm śrīm anaṅga janakāpāṅga vikṣaṇāyai namo namaḥ
37. Om aim hrīm śrīm brahmopendra śíroratna rañjitāyai namo namaḥ
38. Om aim hrīm śrīm śacī mukhyāmara vadhū sevitāyai namo namaḥ
39. Om aim hrīm śrīm lilā kalpita brahmāṇḍa maṇḍalāyai namo namaḥ
40. Om aim hrīm śrīm amṛtādi mahāśakti samvṛtāyai namo namaḥ
41. Om aim hrīm śrīm ekāta patra sāmrajya dāyikāyai namo namaḥ
42. Om aim hrīm śrīm sanakādi samārādhyā pādukāyai namo namaḥ
43. Om aim hrīm śrīm devarṣibhiḥ stūyamāna vaibhavāyai namo namaḥ
44. Om aim hrīm śrīm kalaśodbhava dūrvāsa pūjitāyai namo namaḥ
45. Om aim hrīm śrīm mattebha vaktra ṣaḍvaktra vatsalāyai namo namaḥ
46. Om aim hrīm śrīm śrī cakra rāja mahāyantra madhyavartyai namo namaḥ
47. Om aim hrīm śrīm cidagni kuṇḍa sambhūta sudehāyai namo namaḥ
48. Om aim hrīm śrīm śaśāṅka khaṇḍa samyukta makuṭāyai namo namaḥ
49. Om aim hrīm śrīm matta hamsa vadhū manda gamanāyai namo namaḥ
50. Om aim hrīm śrīm vandāru jana sandoha vanditāyai namo namaḥ
51. Om aim hrīm śrīm antarmukha janānanda phaladāyai namo namaḥ
52. Om aim hrīm śrīm pativratāṅga nābhīṣṭa phaladāyai namo namaḥ
53. Om aim hrīm śrīm avyāja karuṇāpūra pūritāyai namo namaḥ
54. Om aim hrīm śrīm nitānta saccidānanda samyuktāyai namo namaḥ
55. Om aim hrīm śrīm sahasra sūrya samyukta prakāśāyai namo namaḥ
56. Om aim hrīm śrīm ratna cintāmaṇi grha madhyasthāyai namo namaḥ
57. Om aim hrīm śrīm hāni vṛddhi guṇādhikya rahitāyai namo namaḥ
58. Om aim hrīm śrīm mahā padmāṭavī madhya nivāsāyai namo namaḥ
59. Om aim hrīm śrīm jāgrat svapna susuptinām sākṣibhūtyai namo namaḥ
60. Om aim hrīm śrīm mahā pāpaugha pāpānām vināśīnyai namo namaḥ
61. Om aim hrīm śrīm duṣṭa bhīti mahā bhīti bhañjanāyai namo namaḥ
62. Om aim hrīm śrīm samasta deva danuja prerakāyai namo namaḥ
63. Om aim hrīm śrīm samasta hṛdayāmbhoja nilayāyai namo namaḥ
64. Om aim hrīm śrīm anāhata mahā padma mandirāyai namo namaḥ
65. Om aim hrīm śrīm sahasrāra sarojāta vāsītāyai namo namaḥ
66. Om aim hrīm śrīm punar āvṛtti rahita purasthāyai namo namaḥ
67. Om aim hrīm śrīm vāṇī gāyatrī sāvitṛī sannutāyai namo namaḥ
68. Om aim hrīm śrīm ramā bhūmi sutārādhyā padābjāyai namo namaḥ
69. Om aim hrīm śrīm lopāmudrārcita śrīmac caraṇāyai namo namaḥ
70. Om aim hrīm śrīm sahasrārati saundarya śarīrāyai namo namaḥ
71. Om aim hrīm śrīm bhāvanā mātra santuṣṭa hṛdayāyai namo namaḥ
72. Om aim hrīm śrīm satya sampūrṇa vijñāna siddhidāyai namo namaḥ

73. Om aim hrīm śrīm trilocana kṛtollāsa phaladāyai namo namaḥ
74. Om aim hrīm śrīm śrī sudhābdhi maṇidvīpa madhyagāyai namo namaḥ
75. Om aim hrīm śrīm dakṣādhvara vinirbheda sādhanāyai namo namaḥ
76. Om aim hrīm śrīm śrī nātha sodarī bhūta śobhitāyai namo namaḥ
77. Om aim hrīm śrīm candra śekhara bhaktārti bhañjanāyai namo namaḥ
78. Om aim hrīm śrīm sarvopādhi vinirmukta caitanyāyai namo namaḥ
79. Om aim hrīm śrīm nāma pārāyaṇābhīṣṭa phaladāyai namo namaḥ
80. Om aim hrīm śrīm sṛṣṭi sthiti tirodhāna saṅkalpāyai namo namaḥ
81. Om aim hrīm śrīm śrī ṣoḍaśākṣarī mantra madhyagāyai namo namaḥ
82. Om aim hrīm śrīm anādyanta svayambhūta divya mūrtyai namo namaḥ
83. Om aim hrīm śrīm bhakta hamsa parī mukhya viyogāyai namo namaḥ
84. Om aim hrīm śrīm māṭṭ maṇḍala samyukta lalitāyai namo namaḥ
85. Om aim hrīm śrīm bhaṇḍa daitya mahāsattva nāśanāyai namo namaḥ
86. Om aim hrīm śrīm krūra bhaṇḍa śīraccheda nipuṇāyai namo namaḥ
87. Om aim hrīm śrīm dhātrācyuta surādhiśa sukhadāyai namo namaḥ
88. Om aim hrīm śrīm caṇḍa muṇḍa niśumbhādi khaṇḍanāyai namo namaḥ
89. Om aim hrīm śrīm raktākṣa rakta jihvādi śikṣaṇāyai namo namaḥ
90. Om aim hrīm śrīm mahiṣāsura dorvīrya nīgrahāyai namo namaḥ
91. Om aim hrīm śrīm abhrakeśa mahotsāha kāraṇāyai namo namaḥ
92. Om aim hrīm śrīm maheśa yukta naṭana tatparāyai namo namaḥ
93. Om aim hrīm śrīm nija bhartṭ mukhāmbhoja cintanāyai namo namaḥ
94. Om aim hrīm śrīm vṛṣabha dhvaja vijñāna bhāvanāyai namo namaḥ
95. Om aim hrīm śrīm janma mṛtyu jarāroga bhañjanāyai namo namaḥ
96. Om aim hrīm śrīm videha mukta vijñana siddhidāyai namo namaḥ
97. Om aim hrīm śrīm kāma krodhādi ṣaḍvarga nāśanāyai namo namaḥ
98. Om aim hrīm śrīm rājarājārcita pada sarojāyai namo namaḥ
99. Om aim hrīm śrīm sarva vedānta samsiddha sutattvāyai namo namaḥ
100. Om aim hrīm śrīm śrī vīrabhakta vijñāna nidānāyai namo namaḥ
101. Om aim hrīm śrīm aśeṣa duṣṭa danuja sūdanāyai namo namaḥ
102. Om aim hrīm śrīm sāksāc chrī dakṣiṇāmūrti manojñāyai namo namaḥ
103. Om aim hrīm śrīm hayamedhāgra sampūjya mahimāyai namo namaḥ
104. Om aim hrīm śrīm dakṣa prajāpati sutā veśāḍhyāyai namo namaḥ
105. Om aim hrīm śrīm sumabāṇekṣu kodaṇḍa maṇḍitāyai namo namaḥ
106. Om aim hrīm śrīm nitya yauvana māṅgalya maṅgalāyai namo namaḥ
107. Om aim hrīm śrīm mahādeva samāyukta śarīrāyai namo namaḥ
108. Om aim hrīm śrīm mahādeva ratotsuka mahādevyai namo namaḥ

## *Sri Saraswati Ashtottara Sata Namavalih*

1. Om sarasvatyai namaḥ
2. Om mahā bhadṛāyai namaḥ
3. Om mahā māyāyai namaḥ
4. Om vara pradāyai namaḥ
5. Om śrī pradāyai namaḥ
6. Om padma nilayāyai namaḥ
7. Om padmākṣyai namaḥ
8. Om padma vaktrāyai namaḥ
9. Om śivānujāyai namaḥ
10. Om pustaka bhṛte namaḥ
11. Om jñāna mudrāyai namaḥ
12. Om ramāyai namaḥ
13. Om parāyai namaḥ
14. Om kāma rūpāyai namaḥ
15. Om mahā vidyāyai namaḥ
16. Om mahā pātaka nāśinyai namaḥ
17. Om mahāśrayāyai namaḥ
18. Om mālinyai namaḥ
19. Om mahā bhogāyai namaḥ
20. Om mahā bhujāyai namaḥ
21. Om mahā bhāgāyai namaḥ
22. Om mahotsāhāyai namaḥ
23. Om divyāṅgāyai namaḥ
24. Om sura vanditāyai namaḥ
25. Om mahā kālyai namaḥ
26. Om mahā pāsāyai namaḥ
27. Om mahā kārāyai namaḥ
28. Om mahānkuśāyai namaḥ
29. Om pītāyai namaḥ
30. Om vimalāyai namaḥ
31. Om viśvāyai namaḥ
32. Om vidyun mālāyai namaḥ
33. Om vaiṣṇavyai namaḥ
34. Om candrikāyai namaḥ

35. Om candra vadanāyai namaḥ
36. Om candralekhā vibhūṣitāyai namaḥ
37. Om sāvitryai namaḥ
38. Om surasāyai namaḥ
39. Om devyai namaḥ
40. Om divyālaṅkāra bhūṣitāyai namaḥ
41. Om vāgdevyai namaḥ
42. Om vasudāyai namaḥ
43. Om tivrāyai namaḥ
44. Om mahā vīryāyai namaḥ
45. Om mahā balāyai namaḥ
46. Om bhoga dāyai namaḥ
47. Om bhāratyai namaḥ
48. Om bhāmāyai namaḥ
49. Om govindāyai namaḥ
50. Om gomatyai namaḥ
51. Om śivāyai namaḥ
52. Om jaṭilāyai namaḥ
53. Om vindhya vāsāyai namaḥ
54. Om vindhyācala virājitāyai namaḥ
55. Om caṇḍikāyai namaḥ
56. Om vaiṣṇavyai namaḥ
57. Om brāhmyai namaḥ
58. Om brahma jñānaika sādhanāyai namaḥ
59. Om saudāmanyai namaḥ
60. Om sudhā mūrtyai namaḥ
61. Om subhadrāyai namaḥ
62. Om sura pūjitāyai namaḥ
63. Om suvāsinyai namaḥ
64. Om sunāsāyai namaḥ
65. Om vinidrāyai namaḥ
66. Om padma locanāyai namaḥ
67. Om vidyā rūpāyai namaḥ
68. Om viśālākṣyai namaḥ
69. Om brahmajāyāyai namaḥ
70. Om mahā phalāyai namaḥ
71. Om trayī mūrtaye namaḥ

72. Om trikāla jñāyai namaḥ
73. Om triguṇāyai namaḥ
74. Om śāstra rūpiṇyai namaḥ
75. Om śumbhāsura pramathinyai namaḥ
76. Om śubha dāyai namaḥ
77. Om svarātmikāyai namaḥ
78. Om raktabīja nihantryai namaḥ
79. Om cāmuṇḍāyai namaḥ
80. Om ambikāyai namaḥ
81. Om muṇḍakāya praharaṇāyai namaḥ
82. Om dhūmra locana madanāyai namaḥ
83. Om sarva deva stutāyai namaḥ
84. Om saumyāyai namaḥ
85. Om surāsura namaskṛtāyai namaḥ
86. Om kāla rātryai namaḥ
87. Om kalādhārāyai namaḥ
88. Om rūpa saubhāgya dāyinyai namaḥ
89. Om vāgdevyai namaḥ
90. Om varārohāyai namaḥ
91. Om vārāhyai namaḥ
92. Om vārijāsanāyai namaḥ
93. Om citrāambarāyai namaḥ
94. Om citra gandhāyai namaḥ
95. Om citra mālya vibhūṣitāyai namaḥ
96. Om kāntāyai namaḥ
97. Om kāma pradāyai namaḥ
98. Om vandyāyai namaḥ
99. Om vidyādhara supūjitāyai namaḥ
100. Om śvetānanāyai namaḥ
101. Om nīlabhujāyai namaḥ
102. Om catur varga phala pradāyai namaḥ
103. Om caturānana sāmrajyāyai namaḥ
104. Om rakta madhyāyai namaḥ
105. Om nirañjanāyai namaḥ
106. Om hamsāsanāyai namaḥ
107. Om nīla jaṅghāyai namaḥ
108. Om brahma viṣṇu śivātmikāyai namaḥ