

Tantra

Tantra is derived from the two Sanskrit words – Tanoti, meaning to expand, & Trayate, meaning to liberate. It is the Hindu science of expanding and liberating the soul. It encompasses almost all the spiritual practices of the Hindus – like Pooja, Stotra, Mantra, Yantra, Yoga, Meditation etc.

Unfortunately quite a few people have projected Tantra as some kind of a witchcraft & medieval sexual ritual. So strong is this myth that today a tantrik is looked upon as the practitioner of some gruesome rituals to hook people for his advantage. Nothing is farther than the truth. The same goes with their interpretation of the word “Kama”. In Sanskrit the word “Kama” means desire – desires of all kinds like, hunger, thirst... to sex. But once again it is sensationalized by playing to the gallery by mentioning only sex. What is even more gruesome is that the various names of the Divine mother are sexyfied. Kamakshi becomes the sexy eyed Goddess and Kamaroopini becomes sexy looking Goddess!

Tantra aims at enhancing each and every aspect of human life, because to attain liberation, one must become perfect. First one must perfect ones physical & mental faculties, and then learn to control them and sublimate them, and then convert and divert them to rise the soul to higher levels of spiritual progress. It enables you to perfect and control anger, hunger, thirst, hatred, ego, concentration, psychic faculties etc. It also teaches you to perfect and control sex, which is a part of our daily natural life. But to pick on this three letter word only and to project tantra as a four letter practice is ludicrous jocundity.

As one raises higher in the spiritual ladder, one gets various siddhis or what are being described as “powers” like intuition, mind reading, healing, future gazing, mesmerising etc. At this stage some people get carried away and forget the main goal and succumb to displaying and using these powers to gain money & fame. Fully self realised gurus like Sivananda, Satyananda, Chinmayananda rise their disciples to their level but these semi-elevated fake “Gurus” stoop down to the level of their hankering disciples and their crash is imminent.

There are a lot of ancient tantrik texts which give details of various principles and practises of tantra. The Yogini Hridaya, Sri Tripura Rahasya, The Todala Tantra (which gives the dasa mahavidyas of Kali, Tara, Sodashi (Tripurasundari), Bhuvaneshvari, Cchinnamasta, Bhairavi, Dhumavati, Bagalamukhi, Matangi and Kamala), Matrikabhedha tantra, Devi Rahasya tantra, Vamakeswari tantra, Gandharva tantra, Mahanirvana tantra, Mantra Mahodadhi, Mantra Yoga Samhita, Mantra Maharnava, Mantra Muktavali, Mantra Kaumudi, Tattvananda Tarangini, Yogini Tantra, Gupta Sadhana Tantra, Devirahasyam are just some of the important works in tantra.

The Soundarya Lahari by Adi Shankara also has a special place in tantra.

Tantric Poojas

Tantra Raajaya Vidmahe Maha Tantraya Dheemahi Tanno Tantra Prachodayaat

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spiritual practices of the Hindus – like Pooja, Stotra, Mantra, Yantra, Yoga, Meditation etc. and helps us to attain our desired objectives in all the four aspects of life – Dharma, Artha, Kama & Moksha.

Unfortunately many people think that Tantra is something negative – like witchcraft or black magic etc. That is not the case. Tantra is a great ancient science by which a Deity is ritualistically worshipped with Tantrik mantras and Havan to attain a specific goal for a specific person. In fact 95% of the time Tantra is used to ward off the negative influences and to get good results. The Atharva Veda is full of Tantric mantras and many Tantric texts like Mantra Mahodadhi give details of these practices.

The Vedic Poojas are like a wonderful health tonic to improve your life; where as the Tantrik Poojas are like a powerful injection to remove a specific infection and to boost a desired objective.

Not everyone can master Tantra. To get proper Siddhi of Tantrik Pujas one needs – firstly an expert Tantric Guru, secondly very rigorous training in the rituals and thirdly a strictly righteous life.

If you have any problem please contact us by email with full details.

For any special requirements mail to: kchakraborty1973@gmail.com and mark the mail “pooja advise”. and contact: Dr. Krishnendu Chakraborty.

Tantrik practices for you

Tantra originated from Shiva and Shakti, the two supreme cosmic forces of creation and dissolution. Tantrik practices give quick results and are highly effective. However they must be practiced under the guidance of an expert guru. If not performed properly without expert guidance, quite a few of them can have negative side effects. The repercussions of provoking and playing with the highest forces can be devastating at times.

However all tantrik practices are not dangerous. There are several which are quite safe and can be practiced by the common man to get positive results. We are giving below a few which you can practice with out any fears.

The minimum rules to be observed

1. Worship only after taking bath and wearing clean clothes.
2. Sit facing the East or North.
3. Sit on an asan of Deer Skin, Silk, Woolen or Cotton. Avoid synthetic material.
4. Light a lamp and offer some prasad – even milk or sugar will do.
5. Ladies must avoid the worship during the menstrual period.
6. Never do the worship with any negative sankalpa (purpose) like harming your enemies or to bewitch a woman etc.

7. Before you start the worship, offer a prayer to Ganesha, Guru and Saraswati

Vandana trayee in text

In the orthodox Hindu tradition, before starting anything one salutes one's Guru, Ganesha and Saraswati. These three salutations are called Vandana Trayee. The three short salutations with beeja mantras are as follows:

For Guru: Om Gum Gurubhyo Namah

For Ganesha: Om Gam Gloum Ganapataye Namah

For Saraswati: Om Aim Kleeng Sauh Saraswatiyai Namaha

The Vandana Trayee in verses form as follows:

Guru:

“Gurur Brahma gurur Vishnu gurur devo Maheswarah

Gurur sakshat parambrahmah tasmi sri gurave namah”

(For those who do not have a guru add the following verse for Guru Dakshinamoorti, i.e., Lord Shiva in his incarnation as the Guru of the world

Nidhaye sarva vidyanam bhishaje bhava roginam

Gurave sarvalokanam Dakshinamoortaye namah)

Ganesha:

“Om Gananam twa ganpati gum havamahe Kavimkavina mupamashravastarm

Jyestharajam Brahmanam Brahmanaspata aanas-shrunvotibhi-seedhasadhanam

Maha Ganapataye Namah”

May we worship Ganapati, the Protector of Noble People

The best Poet, the Most Honourable,

The Greatest Ruler and the treasure of all knowledge

O Ganapati, please listen to us and take your seat in our heart.

Saraswati:

“Prano Devi Sarawati vajebhirvaajinivati

Dhinama vitriyavatu Vaagdevyai Namah” – Rig Veda

“salutations to mother Saraswati who is the originator of all vibrations and who removes the ignorance of the intellects. Salutations to the Goddess of speech.”

As a guide for those who want to know the correct way of pronouncing and reciting these Vedic stotras, I have recorded MP3 stotras. For each stotra I have bought and listened to 3-4 versions available in the market and recorded the best as per my judgment.

Khadgamala

There are many types and levels of worship of the Devi(s) of the Sri Chakra. The Khadgamala is the simplest way. It is simply reciting the names of all the Devis of the Sri Chakra. The following is the sequence in which the names should be recited. It is very good for all round protection and progress.

If recited when you are tired and exhausted, it is an excellent rejuvenator of the body, mind and the soul.

Om Aim Hrim Srim Aim Klim Souh

Om Namah Tripura Sundari, Hridayadevi, Sirodevi, Sikhadevi, Kavaca Devi, Netra Devi, Astra Devi

Kamesvari, Bhagamalini, Nityaklinne, Bherunde, Vahnivasini, Mahavajresvari, Sivaduti, Tvarite, Kulasundari, Nitya, Nilapatake, Vijaye, Sarvamangale, Jvalamalini, Citre, Mahanitye, Paramesvara Paramesvari

Mitresamayi, Sasthisamayi, Uddisamayi, Caryanathamayi, Lopamudramayi, Agastyamayi, Kalatapanamayi, Dharmacaryamayi, Muktakesisvaramayi, Dipakalanathamayi, Visnudevamayi, Prabhakara devamayi, Tejodevamayi, Manojadevamayi, Kalyanadevamayi, Vasudevamayi, Ratnadevamayi, Sri Ramanandamayi

Anima Siddhe, Laghima Siddhe, Garima Siddhe, Mahima Siddhe, Isitva Siddhe, Vasitva Siddhe, Prakamya Siddhe, Bhukti Siddhe, Iccha Siddhe, Prapti Siddhe, Sarvakama Siddhe, Brahmi, Mahesvari, Koumari, Vaisnavi, Varahi, Mahendri, Camunde, Mahalaksmi, Sarva Samksobhini, Sarva Vidravini, Sarva karsini, Sarva Vasamkari, Sarvonmadini, Sarva Mahankuse, Sarva Khecari, Sarva Bijе, Sarva Yone, Sarva Trikhanda, Trilokya mohana cakra swamini Prakata yogini

Kamakarsini, Buddhyakarsini, Ahamkarakarsini, Sabdhakarsini, Sparsakarsini, Rupakarsini, Rasakarsini, Gandhakarsini, Cittakarsini, Dharyakarsini, Smrityikarsini, Namakarsini, Bijakarsini, Atmakarsini, Amrtakarsini, Sarirakarsini, Sarvasa paripuraka cakra svamini Gupta yogini

Ananga Kusume, Ananga Mekhale, Ananga Madane, Ananga Madananture, Ananga Redhe, Ananga Vegini, Ananga Kusume, Ananga Malini, Sarva sanksoghana sadhaka cakra swamini Gupta tara yogini

Sarva Samksobhini, Sarva Vidravini, Sarva Karsini, Sarva Hladini, Sarva Sammohini, Sarva Stambini, Sarva Jrumbhini, Sarva Vasamkari, Sarva Ranjani, Sarvonmadini, Sarvarthasadhini, Sarva Sampattipurani, Sarva Mantra Mayi, Sarva Dvandva Ksayamkari, Sarva Soubhagya Dayaka Cakra Swamini Sampradaya yogini

Sarva Siddhiprade, Sarva Sampatprade, Sarva Priyamkari, Sarva Mangalakarini, Sarva Kamaprade, Sarva Duhkha Vimocani, Sarva Mrityu Prasamani, Sarva Vigna Nivarani, Sarvanga Sundari, Sarva Soubhagya Dayini Sarvartha Sadhaka Cakra Swamini Kulottirna yogini

Sarva Jne, Sarva Sakte, Sarvaisvarya pradayini, Sarva Jnanamayi, Sarva Vyadhipinasini, Sarvadarasvarupe, Sarva Papa Hare, Sarva Ananda Mayi, Sarva Raksa Svarupini, Sarvepsita Phala Prade, Sarva Raksakara Cakra Svamini Nigarbha yogini

Vasini, Kamesvari, Modini, Vimale, Arune, Jayini, Sarvesvari, Kaulini, Sarvarogahara Cakra Swamini Rahasya yogini Banini, Capini, Pasini, Ankusini

Maha Kamesvari, Maha Vajresvari, Maha Bhagamalini, Sarva Siddhiprada Cakra Swamini Ati Rahasya yogini Sri Sri Maha Bhattarika Sarvananda Maya Cakra Swamini Parapara Rahasya Yogini

Tripure, Tripuresi, Tripurasundari, Tripura Vasini, Tripura Srih, Tripuramalini, Tripura Siddhe, Tripurambe, Maha Mahesvari, Maha Maha Rajni, Maha Maha Sakte, Maha Maha Gupte, Maha Maha Jnapte, Maha Mahannande, Maha Maha Skandhe, Maha Mahasaye, Maha Maha Sri Cakra Nagara Samrajni

Sri Lalita Tripura Sundar Padukam Poojayami Tarpayami Namah.

Mahashodha Nyasa

Nyasa or touching the various parts of the body with mantras is an integral part of Tantra. Various types of worships have different nyasas & mantras. Apart from the Tantrik significance, the touching of the various parts of the body activates and purifies the various nadis or nerve centers of the body. The Maha-shodhanyasa is a highly effective one and it is said that if you perform it even without knowing the significance, it bestows a lot of spiritual benefits.

The Sodha Nyasa (sixfold nyasa), which is part of the daily worship of Tripurasundari, is here for the first time translated into English, from the work called Nityotsava, itself a commentary on the famous Kalpasutras of Parashuram.

Parashurama was a brahmana initiated by Lord Dattatreya into the worship of Shri Shri Mahatripurasundari Lalita Devi. The Kalpasutras provides a compendium for the worship of that Devi. Various forms of nyasa, which means 'placing', enter into this and all other forms of tantrika puja. The dialogue between Parashuram and Dattatreya is contained in the Tripura Rahasya, a wonderful work which is available in an English translation published by the Sri Ramana Ashram in Tiruvannamalai.

The Sodha Nyasa in which Devi outspreads as Ganeshas, planets, 27 nakshatras (asterisms), yoginis of the seven dhatus or bodily elements of ayurveda, sidereal zodiac, and sacred sites (pithas) is described in very many agamas such as Vamakeshvara Tantra, Gandharva Tantra, Jnanarnava, The 1,000 Names of Lalita, etc.. It is described in detail in the Yogini Hridaya, itself said to form the latter part of the Vamakeshvara Tantra.

The ritual centres the worshipper as one with She whose true nature is Chit or Consciousness Shakti. She is triple in Her manifestation as the three gunas — represented by Her three Saktis of Iccha (will), Jnana (knowledge), and Kriya (action) — and rays out as the 15 Nityas or Eternities who express the phases of the Moon or Candrakalas, and form the body of time.

According to the tradition, Shiva, without characteristics is awareness. And Shiva is one with Shakti. Her parts as represented by the Shodha Nyasa amount to 156, and comprise all visible manifestation. She is Maya Shakti, the Matrika or letters of the alphabet Devi, the heap of words and letters which delude men and women, and also those letters transformed by awareness into mantra.

Her yantra is the Shri Chakra, which contains all letters within its heap of petals, lotuses and lines. This yantra, which is a diagrammatic representation of the human body, is within the wheel of time.

Worship via this ritual is intended to assist a sadhvini or sadhaka to realise her or his oneness with the Shakti, with the yantra, and with time itself in all its manifestations.

Mahashodha Nyasa

In this wonderful abbreviated six way nyasa, obeisance to Dakshinamurti, the Rishi, on the head; to the metre Gayatri in the mouth; to the Devi Mahatripurasundari, to Ganeshas, Planets, (27) Sidereal Constellations, Yoginis, 12 Rashis, the Sacred Sites (pithas) in the heart; obeisance to the application of this Shri Vidya limb nyasa, in the palm of the hand.

Aim Hrim Shrim Am Kam Kham Gam Gham Nam Am Aim obeisance to the thumbs

Aim Hrim Shrim Im Cam Cham Jam Jham Nam Im Klim, index fingers

Aim Hrim Shrim Um Tam Tham Dam Dham Nam Um Sauh, middle fingers

Aim Hrim Shrim Em Tam Tham Dam Dham Nam Aim Aim, ring fingers

Aim Hrim Shrim Aum Pam Pham Bam Bham Mam Aum Klim, little fingers

Aim Hrim Shrim Am Yam Ram Lam Vain Sam Sam Sam Ham Lam Ksham Am Sauh, front & back of hand

(similarly for heart &c. nyasa)

Meditation

Radiant as 1000 rising suns, with full, magnificent breasts, wearing red garlands and clothes, smeared with red unguent, with red gems and red ornaments, holding goad, noose, bow and arrows in Her radiant four hands, with three beautiful eyes, with a gold ornament on Her head — thus we meditate on the Supreme Sundari, consisting of Ganeshas, Planets, (27) Nakshatras, (6) Yoginis, (12) Rashis, Pithas, and the letters of the alphabet.

Thus is declared the collective form of the Shri Devi, together with Her weapons and instruments of action. Now meditate on Ganeshas, the first of the individual forms:

Ganesha Nyasa

Meditation: resembling the newly risen Sun, with an elephant's face, soft eyes, holding goad, noose, and granting boons, with Shakti, of vermilion lustre, decorated with all manner of gems. One of (her) hands holds a lotus, the other touches (Ganesha's) lingam. His trunk is coiled to the left. When meditating, the noose comes first. The Shakti holds a lotus in Her left hand, and Her right hand embraces (Ganesha's lingam).

Having meditated thus, nyasa should be done in the places where the letters of the alphabet reside, prefixing each with three syllables thus:

Aim Hrim Shrim Am obeisance to the Lord of Obstacles with Shri. On head.

Aim Hrim Shrim Am to the King of Obstacles with Hri. On forehead.

Aim Hrim Shrim Im to the Guide with Tushti. On right eye.

Aim Hrim Shrim Im to the Most Auspicious with Shanti. On left eye.

Aim Hrim Shrim Um to the Heart of Obstacles with Pushti. On right ear.

Aim Hrim Shrim Um to the Maker of Obstacles with Sarasvati. On left ear.

Aim Hrim Shrim Rm to the Chief of Obstacles with Rati. Right nostril.

Aim Hrim Shrim Rm to the Chief of Hosts with Medha. On left nostril.

Aim Hrim Shrim Lm to the One Tusked with Kanti. On right cheek.

Aim Hrim Shrim Lm to the Two Tusked with Kamini. On left cheek.

Aim Hrim Shrim Em to the Elephant Faced with Mohini. On upper lip.

Aim Hrim Shrim Aim to the Guileless with Jata. On lower lip.

Aim Hrim Shrim Om to the One with Hair Twisted like a Cowrie with Tivra. On upper teeth.

Aim Hrim Shrim Aum to the Long Faced with Jvalini. On lower teeth.
 Aim Hrim Shrim Am to the One with Pointed Ears with Nanda. On tongue.
 Aim Hrim Shrim Ah to the One with Bull as Banner with Surasa. On throat.
 Aim Hrim Shrim Kam to the Lord of Numbers with Kamarupini. On right shoulder.
 Aim Hrim Shrim Kham to Indra's Elephant with Subhra. On right elbow.
 Aim Hrim Shrim Gam to the One with Ears Like Winnowing Baskets with Jayini. R. wrist
 Aim Hrim Shrim Gham to the three Eyed One with Satya. Base of right fingers.
 Aim Hrim Shrim Nam to the Pot Bellied One with Vignneshi. On right finger tips.
 Aim Hrim Shrim Cam to the Great Noisy One with Surupa. Left shoulder.
 Aim Hrim Shrim Cham to the four Armed Form with Kamada. Left elbow.
 Aim Hrim Shrim Jam to Sadashiva with Madavihvala. Left wrist.
 Aim Hrim Shrim Jham to the Gladdening One with Vikata. Left root of fingers.
 Aim Hrim Shrim Nam to the Ugly Faced with Puma. Left finger tips.
 Aim Hrim Shrim Tam to the Beautiful Faced One with Bhutida. Right thigh.
 Aim Hrim Shrim Tham to the Delightful One with Bhumi. Right knee.
 Aim Hrim Shrim Dam to the One Footed with Shakti. Right ankle.
 Aim Hrim Shrim Dham to the Dual Tongued with Rama. Right foot.
 Aim Hrim Shrim Nam to the Hero with Manushi. Right toes.
 Aim Hrim Shrim Tam to the Warrior with Makaradhvaja. Left thigh.
 Aim Hrim Shrim Tham to the Peaceful Faced One with Virini. Left knee.
 Aim Hrim Shrim Dam to the Boon Giver with Bhrukuti. Left ankle.
 Aim Hrim Shrim Dham to the Left Hand God with Lajja. Left foot.
 Aim Hrim Shrim Nam to the One with Crooked Trunk with Dirghagana. Left toes.
 Aim Hrim Shrim Pam to the One with two Tusks with Dhanurdhara. Right side.
 Aim Hrim Shrim Pham to the Leader of the Army with Yamini. Left side.
 Aim Hrim Shrim Bam to the Village Lord with Ratri. Back.
 Aim Hrim Shrim Bham to the Intoxicated One with Chandrika. Navel.
 Aim Hrim Shrim Mam to the Clear Headed with Sashiprabha. Belly.
 Aim Hrim Shrim Yam to Intoxication's Vehicle with Lola. In heart.
 Aim Hrim Shrim Ram to the Ascetic with Chapala. Right collar bone.
 Aim Hrim Shrim Lam to the One with Shorn Hair with Riddhi. Shoulder hump.
 Aim Hrim Shrim Vam to the One with a Tusk with Durbhaga. Left collar bone.
 Aim Hrim Shrim Sham to the Pre-eminent One with Subhaga. Heart to right palm.
 Aim Hrim Shrim Sham to the Bull Bannered with Shiva. Heart to left palm.
 Aim Hrim Shrim Sam to the Greedy One with Durga. Heart to right foot.
 Aim Hrim Shrim Ham to Ganesha with Kali. Heart to left foot.
 Aim Hrim Shrim Lam to the One like Thunder with Kalakubjika. Heart to genitals.
 Aim Hrim Shrim Ksham to the Lord of Obstacles with Destroyer of Obstacles. On heart.

Mahashodha Nyasa

Planet Nyasa

Meditation: the Sun &c., in the colours red, white, red, dusky, yellow, pale yellow, black, purple, smoky. Of the form of Kamadeva, the Lord of Love, ornamented with celestial gems. His left hand rests on his left thigh, and his right hand shows the sign of giving. Meditate also on the Shaktis, with

their hands dispelling fear and granting boons. Each one is highly appealing, and decked with every kind of jewel. Having meditated in this way:

Aim Hrim Shrim Am Am Im Im Um Um Rm Rm Lm Lm Em Aim Aum Om Am Ah obeisance to the Sun with Ranuka. In heart.

Aim Hrim Shrim Yam Ram Lam Vam to the Moon with Amrita. Centre of brow.

Aim Hrim Shrim Kam Kham Gam Gham Nam to Mars, with Dharma. In eyes.

Aim Hrim Shrim Cam Cham Jam Jham Nam to Mercury, with Yashasvini. Ears.

Aim Hrim Shrim Tam Tham Dam Dham Nam to Jupiter, with Shankari. Throat.

Aim Hrim Shrim Tam Tham Dam Dham Nam to Venus, with Jnanarupa. In heart.

Aim Hrim Shrim Pam Pham Bam Bham Main to Saturn, with Shakti. In navel.

Aim Hrim Shrim Sham Sham Sam Ham to Rahu, with Krishna. Mouth.

Aim Hrim Shrim Lam Ksham to Ketu, with Dhumra. Genitals.

Nakshatra Nyasa

Meditation: as flame, like the fire of All Destroying Time, their hands dispelling fear and granting boons, all ornamented with jewels. Bow to Ashvini first. Having meditated thus:

Aim Hrim Shrim Am Am obeisance to Ashvini. Forehead.

Aim Hrim Shrim Im to Bharani. Right eye.

Aim Hrim Shrim Im Im Urn to Krittika. Left eye.

Aim Hrim Shrim Rm Rm Lm Lm to Rohini. Right ear.

Aim Hrim Shrim Em to Mrigasiras. Left ear.

Aim Hrim Shrim Aim to Ardra. Right nostril.

Aim Hrim Shrim Om Aum to Punarvasu. Left nostril.

Aim Hrim Shrim Kam to Pushya. Throat.

Aim Hrim Shrim Kham Gam to Ashlesha. Right shoulder.

Aim Hrim Shrim Gham Nam to Magha. Left shoulder.

Aim Hrim Shrim Cam to Purvaphalguni. Back.

Aim Hrim Shrim Cham Jam to Uttaraphalguni. Right elbow.

Aim Hrim Shrim Jham Nam to Hasta. Left elbow.

Aim Hrim Shrim Tam Tham to Chitra. Right wrist.

Aim Hrim Shrim Dam to Svati. Left wrist.

Aim Hrim Shrim Dham Nam to Vishakha. Right hand.

Aim Hrim Shrim Tam Tham Dam to Anuradha. Left hand.

Aim Hrim Shrim Dham to Jyeshtha. Navel.

Aim Hrim Shrim Nam Pam Pham to Mula. Pelvis.

Aim Hrim Shrim Bam to Purvashadha. Right thigh.

Aim Hrim Shrim Bham to Uttarashadha. Left thigh.

Aim Hrim Shrim Mam to Shravana. Right knee.

Aim Hrim Shrim Yam Ram to Dhanishta. Left knee.

Aim Hrim Shrim Lam to Shatataraka. Right ankle.

Aim Hrim Shrim Vam Sham to Purvabhadrapada. Left ankle.

Aim Hrim Shrim Sham Sam Ham to Uttara Bhadrapada. Right foot.

Aim Hrim Shrim Lam Ksham Am Ah to Revati. Left foot.

Yogini Nyasa

Meditation: In the Vishuddha chakra in the cavity of the throat, in the 16 petal lotus, is Dakini, rosy, three-eyed, armed with club, sword, trident and shield, with 1 face, striking the ignorant with terror,

always fond of milk food, presiding over the skin, whose form is surrounded by very beautiful Amrita &c., worshipped by auspicious holy heroes. Having meditated thus:

Aim Hrim Shrim Dam Dim Da Ma La Va Ra Yum obeisance to Dakini.

Aim Hrim Shrim Am Am Im Im Um Um Em Em Lam Lim Em Aim Aum Om Am Ah, Being of Skin, protect! protect me! Obeisance to you.

The nyasa of Dakini should thus be performed in the 16 petals of the Vishuddha in the throat, with 16 golden letters. On the eastern petal first, meditate in clockwise order on the attendant Shaktis thus:

Aim Hrim Shrim Am obeisance to Amrita; Am to Akarshini; Im to Indrani; Im to Ishani; Um to Uma; Um to Urdhvakeshi; Em to Riddhida; Em to Rikara; Lm to Likara; Lm to Likara; Em to Ekapada; Aim to Aishvaryatmika; Om to Omkara; Aum to Aushadhi; Am to Ambika; Ah obeisance to Akshara.

Meditation: in the heart, in the 12 petal Sun lotus, meditate on Rakini with Kalaratri &c. as attendants, as having two faces, fanged, black in colour, holding rosary, trident, skull cup and damaru, three eyed, who presides over Blood, who likes greasy food, worshipped by auspicious holy heroes, who gives freedom from fear. Thus having meditated:

Aim Hrim Shrim Ram Rim Ra Ma La Va Ra Yum obeisance to Rakini. Aim Hrim Shrim Kam Kham Gam Gham Nam Cham Ccham Jam Jham Nam Tam Tham, 0 Being of Blood, protect! protect me! Obeisance to you.

In the Anahata, the 12 petal lotus, the golden lotus blossom of the day, one should do Rakini nyasa in the petals starting from the east, and going clockwise thus:

Aim Hrim Shrim Kam obeisance to Kalaratri; Kham to Khandita; Gam to Gayatri; Gham to Ghantakarshini; Nam to Narna; Cham to Chanda; Ccham to Chaya; Jam to Jaya; Jham to Jhahkarini; Nam to Jnanarupa; Tam to Tankahasta; Tham to Thankarini obeisance.

Meditation: meditate on Lakini in the 10 petal navel lotus, as having three faces, fanged, of red colour, holding dart, thunderbolt, club and the (mudra) banishing fear, very terrific, inspiring terror, the Flesh devata, liking sweetmeats, bestowing all happiness, attended by Damari and others. Thus having meditated:

Aim Hrim Shrim Lam Lim La Ma La Va Ra Yum obeisance to Lakini. Aim Hrim Shrim Dam Dham Nam Tam Tham Dam Dham Nam Pam Pham, 0 Being of Flesh, protect! protect me!

Thus one should do Lakini nyasa in the golden-red coloured Manipura lotus of 10 petals, and then one should place Her surrounding attendants in the various petals from the east direction:

Aim Hrim Shrim Dam obeisance to Damari; Dham to Dhamkarini; Nam to Narna; Tam to Tamasi; Tham to Sthani; Dam to Dakshaya; Dham to Dhatri; Nam to Nari; Pam to Parvati; Pham to Phatkarini.

Meditation: meditate in the six petal Svadishtana lotus on Kakini, with four faces, three eyes, holding trident, noose, skull, and the mudra banishing fear, ever proud, presiding over Fat, fond of mead,

yellow, fond of food mixed with curd, giving desired objects, with Bandhini &c. as attendants. Thus having meditated:

Aim Hrim Shrim Kam Kim Ka Ma La Va Ra Yum obeisance to Kakini. Aim Hrim Shrim Bam Bham Mam Yam Ram Lam, 0 Being of Fat, protect! protect me! Obeisance to you.

In the petals of the Svadishtana lotus, of six petals, golden in colour, in the genitals, the abode of Kakini, one should place Her retinue of Shaktis, in the east petal first:

Aim Hrim Shrim Bam obeisance to Bandhini; Bham to Bhadrakali; Mam to Mahamya; Yam to Yashasvini; Ram to Rakta; Lam to Lamboshti obeisance.

Meditation: meditate on Sakini, in the four petal Muladhara lotus, as having five faces, three eyes, of smoky colour, presiding over Bone, holding elephant hook, lotus, book, knowledge mudra, liking mudga beans, intoxicated with liquor, attended by the soft Varada &c. Thus having meditated:

Aim Hrim Shrim Sham Shim Sa Ma La Va Ra Yum obeisance to Sakini. Vam Sham Sham Sam, 0 Being of Bone, protect! protect me! Obeisance to you.

In the abode of Sakini, the golden petal Muladhara lotus, one should place Her attendants in the petals, from the East first:

Aim Hrim Shrim Vam obeisance to Varada; Sham to Shri; Sham to Shanda; Sam obeisance to Sarasvati.

Meditation: meditate on Hakini, between the eyebrows, in the two petal bindu lotus, as of white colour, showing the Knowledge mudra, holding damaru, lotus, rudraksha rosary, skull; abiding in the Marrow, with six faces and three eyes, with Hamsavati &c. as attendants, liking saffron flavoured food, doing good to all. Thus having meditated:

Aim Hrim Shrim Ham Him Ha Ma La Va Ra Yum obeisance to Hakini. Aim Hrim Shrim Ham Ksham, 0 Being of Marrow, protect! protect me! Obeisance to you.

In Hakini's place, the two petal Ajna lotus in the middle of the forehead, in the right and left petals: Aim Hrim Shrim obeisance to Hamsavati; Ksham obeisance to Kshamavati. One should place these two Shaktis and then:

Meditation: Meditate on the auspicious Devi Yakini, residing in the Moon in the pericarp of the 1000 petal lotus in the Brahma Randhra, the presiding devata of Semen, armed with every kind of weapon, with faces on every side, with a host of Shaktis from A to Ksha as attendants, 1000 in number, Amrita first, Kshamavati last, the first of these in the eastern direction, liking every kind of food, devoted to Para Shiva. Having meditated thus:

Aim Hrim Shrim Yam Yim Ya Ma La Va Ra Yum obeisance to Yakini. Aim Hrim Shrim A to Ksha (51), 0 Being of Semen, protect! protect me! Obeisance to you.

In the 1000 petals one should place Her attendants 1000 in number, Amrita first and Kshamavati last.

Rashi Nyasa

Red, white, yellowish white, variegated, black, orange, brown, russet, purple, black and smoky is the order they should be remembered in. Having meditated thus:

Aim Hrim Shrim Am Am Im Im obeisance to Aries. Right foot.
Aim Hrim Shrim Um Um to Taurus. Right of penis.
Aim Hrim Shrim Rm Rm Lm Lm to Gemini. Right of belly.
Aim Hrim Shrim Em Aim to Cancer. Right of heart.
Aim Hrim Shrim Om Aum to Leo. Right shoulder joint.
Aim Hrim Shrim Am Ah Shhm Sham Sam Ham Lam to Virgo. Right of head.
Aim Hrim Shrim Kam Kham Gam Gham Nam to Libra. Left of head.
Aim Hrim Shrim Cham Ccham Jam Jham Nam to Scorpio. Left shoulder joint.
Aim Hrim Shrim Tam Tham Dam Dham Nam to Sagittarius. Left of heart.
Aim Hrim Shrim Tam Tham Dam Dham Nam to Capricornus. Left of belly.
Aim Hrim Shrim Pam Pham Bam Bham Mam to Aquarius. Left of penis.
Aim Hrim Shrim Yam Ram Lam Vam Ksham to Pisces. Left foot.

Pitha Nyasa

White, black, red, dusky, green, yellow are, in sequence, the colours of the 50 sacred sites (Pithas). Having meditated thus, the devotee should place these Pithas using the letters of the alphabet:

Aim Hrim Shrim Am obeisance to Kamarupa. Head.
Aim Hrim Shrim Am Varanasi. Circle of face.
Aim Hrim Shrim Im Nepala. Right eye.
Aim Hrim Shrim Im Paundrardhana. Left eye.
Aim Hrim Shrim Um Purasthira Kashmira. Right ear.
Aim Hrim Shrim Um Kanyakubja. Left ear.
Aim Hrim Shrim Rm Purnashaila. Right nostril.
Aim Hrim Shrim Rm Arbudachala. Left nostril.
Aim Hrim Shrim Rm Amritakeshvara. Right cheek.
Aim Hrim Shrim Lm Ekamraya. Left cheek.
Aim Hrim Shrim Em Trisrotasi. Upper lip.
Aim Hrim Shrim Aim Kamakoti. Lower lip.
Aim Hrim Shrim Om Kailasa. Upper teeth.
Aim Hrim Shrim Aum Bhṛigunagara. Lower teeth.
Aim Hrim Shrim Am Kedara. Tongue tip.
Aim Hrim Shrim Ah Chandra Puskarini. Throat.
Aim Hrim Shrim Kam Shripura. Right shoulder joint.
Aim Hrim Shrim Kham Omkara. Right elbow.
Aim Hrim Shrim Gam Jalandhara. Right wrist.
Aim Hrim Shrim Gham Malaya. Right hand finger root.
Aim Hrim Shrim Nam Kulantaka. Right hand finger tips.
Aim Hrim Shrim Cham Devikota. Left shoulder joint.
Aim Hrim Shrim Ccham Gokarna. Left elbow.
Aim Hrim Shrim Jam Maruteshvara. Left wrist.
Aim Hrim Shrim Jham Attahasa. Left hand finger root.
Aim Hrim Shrim Nam Viraja. Left hand finger tips.
Aim Hrim Shrim Tam Rajageha. Right leg joint.

Aim Hrim Shrim Tham Mahapatha. Right knee.
Aim Hrim Shrim Dam Kolapura. Right ankle.
Aim Hrim Shrim Dham Elapura. Right sole of foot.
Aim Hrim Shrim Nam Koleshvara. Right foot toes.
Aim Hrim Shrim Tam Jayantika. Left leg joint.
Aim Hrim Shrim Tham Ujjayini. Left knee.
Aim Hrim Shrim Dam Chitra. Left ankle.
Aim Hrim Shrim Dham Kshirika. Left sole of foot.
Aim Hrim Shrim Nam Hastinapura. Left foot toes.
Aim Hrim Shrim Pam Uddisha. Right side.
Aim Hrim Shrim Pham Prayag. Left side.
Aim Hrim Shrim Bam Shashtisha. Back.
Aim Hrim Shrim Bham Mayapuri. Navel.
Aim Hrim Shrim Mam Jalesha. Belly.
Aim Hrim Shrim Yam Malaya. Heart.
Aim Hrim Shrim Ram Shri Shaila. Right shoulder.
Aim Hrim Shrim Lam Meru. Back of neck.
Aim Hrim Shrim Vam Girivara. Left shoulder.
Aim Hrim Shrim Sham Mahendra. Heart to right hand palm.
Aim Hrim Shrim Sham Vamana. Heart to left hand palm.
Aim Hrim Shrim Sam Hiranyapura. Heart to right foot sole.
Aim Hrim Shrim Ham Mahalakshmi Pura. Heart to left foot sole.
Aim Hrim Shrim Lam Oddiyana. Heart to genitals.
Aim Hrim Shrim Ksham obeisance to Chayachattra. Heart to top of head.

Thus the shodha nyasa is completed