

Class-VIII

Lesson 12	Lalita Sahasranama Stotram-I.....	122
Lesson 13	Lalita Sahasranama Stotram-II	134
Lesson 14	Lalita Sahasranama Stotram-III	150
Lesson 15	Lalita Sahasranama Stotram-IV	166
Lesson 16	Lalita Sahasranama Stotram-V	182
Lesson 17	Lalita Sahasranama Stotram-VI.....	197
Lesson 18	Lalita Sahasranama Stotram-VII.....	213



12

LALITA SAHASRANAMA STOTRAM-I

Lalitha Sahasranamam (The thousand names of Sri Lalitha) forms a part of the Brahmanda Purana as a conversation between Hayagriva and sage Agasthya, who probably introduced it to the worshippers of Southern India. According to the legends, it was originally composed by the eight goddesses of speech (vagdevis), directly under the supervision of the goddess herself and conveyed to the world through Hayagriva and Vyasa. It is an encomium to the Goddess Lalitha Thripura Sundari, extolling her virtues, victories, associations, aspects, greatness, perfections, powers, and manifestations. The Sahasranamam has a great significance in Hinduism because it is used in the ritual



Note

and spiritual worship of most goddesses, such as Parvathi, Durga, Kali, Lakshmi, Sarasvathi, Bhagavathi, etc. It is used in recitations (parayana), ritual worship (homas), meditation and contemplation (dhyana). It is unique for its structural composition, metrical beauty, and spiritual value in knowing and understanding the numerous powers and manifestations of Shakti.



OBJECTIVES

After studying this lesson, you will be able:

- recite Lalita Sahasra Nama Stotram,
- explain the meaning.

12.1 LALITA SAHASRANAM STOTRAM (1-12)

Sri Lalitha is the Mother Goddess, an aspect of Durga, and consort of Kameswara (Shiva), who combines in herself both the immanent and transcendental powers. She resides in the divine city of Nagara, at the top of the Meru Mountain. Famously known as Maha Tripura Sundari, the beauty of the three cities, she is known for her extreme beauty and ferocity, with long and flowing hair, lotus like eyes, vigorous body, and extreme brilliance. She is not only feminine, homely, loving, and delicate but also extremely fierce, proud, intimidating, and courageous. She rules the hearts and minds of her devotees, gods and goddesses, spiritual teachers, students and common people. While



she casts her bewitching spell on everyone, she readily destroys it when she is worshipped with devotion.

The Puranas state that she is easily pleased by worship, prayers, and devotion and quickly grants boons to her beloved devotees. She slew the demon Bandasura, leading a large army of Shiva ganas, Nitya Devathas, Avarna Devathas and great Shaktis like Chandini, Anima, Mahima, Brahmi, Kaumari, Jwalamalini, Bala, Vaishnavi, Varahi, Mahendri, Chamundi, Maha Lakshmi. She is also the resplendent goddess who is situated in all the Chakras as the great serpent power, Kundalini. The following prayer addressed to her elevates her both as the Supreme Goddess and Brahman himself in his numerous aspects as Brahma, Vishnu, and Shiva. The Lalitha Sahasranama Sthothram is a very auspicious prayer, containing the thousand names in 182 verses.

AA U; kI %AA

अस्य श्रीललितासहस्रनामस्तोत्रमाला मन्त्रस्य । वशिन्यादिवाग्देवता ऋषयः ।
अनुष्टुप् छन्दः । श्रीललितापरमेश्वरी देवता । श्रीमद्वाग्भवकूटेति बीजम् ।
मध्यकूटेति शक्तिः । शक्तिकूटेति कीलकम् । श्रीललितामहात्रिपुरसुन्दरी-
प्रसादसिद्धिद्वारा चिन्तितफलावाप्त्यर्थे जपे विनियोगः ।

AA /; kue~AA

सिन्दूरारुण विग्रहां त्रिनयनां माणिक्यमौलि स्फुरत्
तारा नायक शेखरां स्मितमुखी मापीन वक्षोरुहाम् ।
पाणिभ्यामलिपूर्ण रत्न चषकं रक्तोत्पलं बिभ्रतीं
सौम्यां रत्न घटस्थ रक्तचरणां ध्यायेत् परामम्बिकाम् ॥



Note

May we meditate on the DIVINE MOTHER, whose body has the red hue of vermilion, who has three eyes, who wears a beautiful crown studded with rubies, who is adorned with the crescent Moon, whose face sports beautiful smile indicating compassion, who has beautiful limbs, whose hands hold a jewel-studded golden vessel filled with nectar, and in the other a red lotus flower.

AA vfk Jhyfyrkl gl ukeLrks-e-AA

श्रीमाता श्रीमहाराज्ञी श्रीमत्-सिंहासनेश्वरी ।

चिदग्नि-कुण्ड-सम्भूता देवकार्य-समुद्यता ॥ १ ॥

Mother who gives immeasurable wealth who removes all sorrows and gives only happiness.-indicates also her role of creation, She who is the empress who takes care of the universe-indicates her role of protection, She who sits on the throne of lions-indicates her role of destruction

उद्यद्भानु-सहस्राभा चतुर्बाहु-समन्विता ।

रागस्वरूप-पाशाढ्या क्रोधाकाराङ्कुशोज्ज्वला ॥ २ ॥

She who glitters like thousand rising suns, She who has four arms, She who has love for all in the form of rope(pasa)-She has this in one of her left hands, She who glitters and has anger in the form of Anghusa –in one of her right hands.



Note

मनोरूपेक्षु-कोदण्डा पञ्चतन्मात्र-सायका ।

निजारुण-प्रभापूर-मज्जद्ब्रह्माण्ड-मण्डला ॥ ३ ॥

She who has the bow of sweet cane which is her mind-in one of her left hands, She who has five bows of touch , smell, hearing, taste and sight", She who makes all the universe immerse in her red colour which is like the sun in the dawn

चम्पकाशोक-पुन्नाग-सौगन्धिक-लसत्कचा ।

कुरुविन्दमणि-श्रेणी-कनत्कोटीर-मण्डिता ॥ ४ ॥

"She who wears in her hair flowers like Champaka, Punnaga and Sowgandhika", She whose crown glitters with rows of inlaid precious stones (Padmaraga stones)

अष्टमीचन्द्र-विभ्राज-दलिकस्थल-शोभिता ।

मुखचन्द्र-कलङ्काभ-मृगनाभि-विशेषका ॥ ५ ॥

She who has a beautiful forehead like the half moon (visible on eighth day from new moon, She who has the thilaka(dot) of Musk in her forehead which is like the black shadow in the moon

वदनस्मर-माङ्गल्य-गृहतोरण-चिल्लिका ।

वक्त्रलक्ष्मी-परीवाह-चलन्मीनाभ-लोचना ॥ ६ ॥

She who has beautiful eyelids which look like the ornaments to her face which is like cupid's home, She who has beautiful eyes which look like fish in the pond of her face



Note

नवचम्पक—पुष्पाभ—नासादण्ड—विराजिता ।

ताराकान्ति—तिरस्कारि—नासाभरण—भासुरा ॥ ७ ॥

She who has nose like freshly opened flowers of Champaka,
She who has a nose ring which shines more than the star

कदम्बमञ्जरी—कृल्त—कर्णपूर—मनोहरा ।

ताटङ्क—युगली—भूत—तपनोडुप—मण्डला ॥ ८ ॥

She who has beautiful ears like the kadamba flowers, She who
wears the sun and the moon as her ear studs

पद्मराग—शिलादश—परिभावि—कपोलभूः ।

नवविद्रुम—बिम्बश्री—न्यक्कारि—रदनच्छदा ॥ ९ ॥

She who has cheeks which shine more than the mirror made of
Padmaraga, She whose lips are like beautiful new corals.

शुद्ध—विद्याङ्कुराकार—द्विजपङ्क्ति—द्वयोज्ज्वला ।

कर्पूर—वीटिकामोद—समाकर्षि—दिगन्तरा ॥ १० ॥

She who has teeth which look like germinated true knowledge
(Shodasakshari vidya), She who chews betel leaf with the spices
which give perfume in all directions

निज—सल्लाप—माधुर्य—विनिर्भर्त्सित—कच्छपी ।

मन्दरिमत—प्रभापूर—मज्जत्कामेश—मानसा ॥ ११ ॥

She who has voice sweeter than the notes produced by Sarawathi



Note

Devis Veena (This is called Kachabhi), She who has lovely smile which is like the river in which the mind of cupid plays

अनाकलित-सादृश्य-चुबुकश्री-विराजिता ।

कामेश-बद्ध-माङ्गल्य-सूत्र-शोभित-कन्धरा ॥ १२ ॥

She who has a beautiful chin which has nothing else to compare, She who shines with the sacred thread in her neck tied by Lord Kameshwara

12.1 LALITA SAHASRANAM STORAM (13-25)

कनकाङ्गद-केयूर-कमनीय-भुजान्विता ।

रत्नग्रैवेय-चिन्ताक-लोल-मुक्ता-फलान्विता ॥ १३ ॥

She who wears golden Armlets, She who wears necklace with moving pearls and dollar inlaid with gems.

कामेश्वर-प्रेमरत्न-मणि-प्रतिपण-स्तनी ।

नाभ्यालवाल-रोमालि-लता-फल-कुचद्वयी ॥ १४ ॥

She who gave her breasts which are like the pot made of Rathna (precious stones) and has obtained the love of Kameshwara, She who has two breasts that are like fruits borne on the creeper of tiny hairs raising from her belly.

लक्ष्यरोम-लताधारता-समुन्नेय-मध्यमा ।

स्तनभार-दलन्मध्य-पट्टबन्ध-वलित्रया ॥ १५ ॥

She who is suspected to have a waist because of the creeper like hairs raising from there, She who has three stripes in her belly which looks like having been created to protect her tiny waist from her heavy breasts

अरुणारुण-कौसुम्भ-वस्त्र-भास्वत्-कटीतटी ।

रत्न-किङ्किका-रम्य-रशना-दाम-भूषिता ॥ १६ ॥

She who shines in her light reddish silk cloth worn over her tiny waist, She who wears a golden thread below her waist decorated with bells made of precious stones

कामेश-ज्ञात-सौभाग्य-मार्दवोरु-द्वयान्विता ।

माणिक्य-मुकुटाकार-जानुद्वय-विराजिता ॥ १७ ॥

"She who has pretty and tender thighs known only to her consort, Kameshwara", She who has knee joints like the crown made of manikya below her thighs

इन्द्रगोप-परिक्षिप्त-स्मरतूणाभ-जङ्घिका ।

गूढगुल्फा कूर्मपृष्ठ-जयिष्णु-प्रपदान्विता ॥ १८ ॥

She who has forelegs like the cupids case of arrows followed by the bee called Indra gopa, She who has round ankles, She who has upper feet like the back of the tortoise



Note



Note

नख-दीधिति-संछन्न-नमज्जन-तमोगुणा ।

पदद्वय-प्रभाजाल-पराकृत-सरोरुहा ॥ १६ ॥

She who removes the darkness in the mind of her devotees by the sparkle of nails, She who has two feet which are much more beautiful than lotus flowers

शिञ्जान-मणिमञ्जीर-मण्डित-श्री-पदाम्बुजा ।

मराली-मन्दगमना महालावण्य-शेवधिः ॥ २० ॥

She who has feet wearing musical anklets filled with gem stones, She who has the slow gait like the swan, She who has the store house of supreme beauty

सर्वारुणाऽनवद्याङ्गी सर्वाभरण-भूषिता ।

शिव-कामेश्वराङ्कस्था शिवा स्वाधीन-वल्लभा ॥ २१ ॥

She who has light reddish colour of the dawn in all her aspects, She who has most beautiful limbs which do not lack any aspect of beauty, She who wears all the ornaments, She who sits on the lap of Kameswara(shiva), She who is the personification of Shiva, She whose husband obeys her

सुमेरु-मध्य-शृङ्गस्था श्रीमन्नगर-नायिका ।

चिन्तामणि-गृहान्तस्था पञ्च-ब्रह्मासन-स्थिता ॥ २२ ॥



Note

She who lives in the central peak of Mount Meru, She who is the chief of Srinagara(a town), She who lives in the all wish full filling house, "She who sits on the five brahmas viz., Brahma, Vishnu, Rudra, Esana and Sadashiva"

महापद्माटवी-संस्था कदम्बवन-वासिनी ।

सुधासागर-मध्यस्था कामाक्षी कामदायिनी ॥ २३ ॥

She who lives in the forest of lotus flowers, She who lives in the forest of Kadmbha (Madurai city is also called Kadambha vana), She who lives in the middle of the sea of nectar, She who fulfills desires by her sight, She who gives what is desired

देवर्षि-गण-संघात-स्तूयमानात्म-वैभवा ।

भण्डासुर-वधोद्युक्त-शक्तिसेना-समन्विता ॥ २४ ॥

She who has all the qualities fit to be worshipped by sages and devas, She who is surrounded by army set ready to kill Bandasura

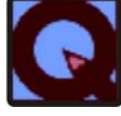
सम्पत्करी-समारूढ-सिन्धुर-व्रज-सेविता ।

अश्वारूढाधिष्ठिताश्व-कोटि-कोटिभिरावृता ॥ २५ ॥

She who is surrounded by Sampathkari (that which gives wealth) elephant brigade, She who is surrounded by crores of cavalry of horses



Note



INTEXT QUESTIONS 12.1

रिक्तस्थानानि पूरयत-

1. चिदग्नि-कुण्ड- देवकार्य-समुद्यता ॥
2. मनोरूपेक्षु- पञ्चतन्मात्र-सायका ।
3. अष्टमीचन्द्र-विभ्राज- -शोभिता ।
4. ताराकान्ति-तिरस्कारि- -भासुरा
5. कर्पूर- -समाकर्षि-दिगन्तरा ॥
6. -प्रेमरत्न-मणि-प्रतिपण-स्तनी ।
7. -कौसुम्भ-वस्त्र-भास्वत्-कटीतटी ।
8. महापद्माटवी- कदम्बवन-वासिनी ।



WHAT HAVE YOU LEARNT

- Different names of Shkati.
- Essence of lalit-sahasranaam-stotra.



TERMINAL QUESTIONS

1. Write some names and their meaning of lalita.
2. Write a short note on Lalita-Sahasra-Nam-Stotra.



Note



ANSWERS TO INTEXT QUESTIONS

12.1

1. सम्भूता
2. कोदण्डा
3. दलिकस्थल
4. नासाभरण
5. वीटिकामोद
6. कामेश्वर
7. अरुणारुण
8. संस्था