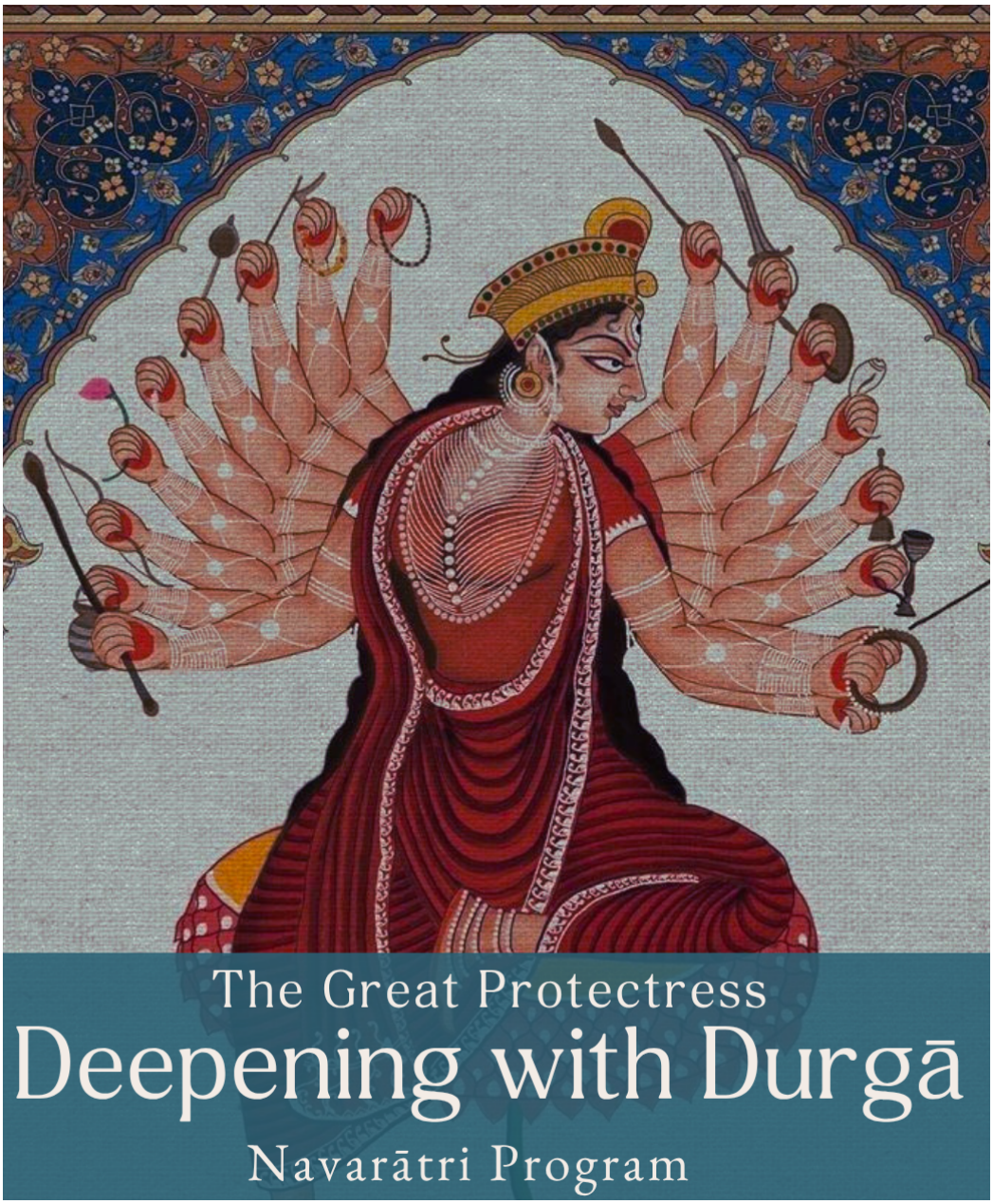


The Great Protectress

Deepening with Durgā

Navarātri Program

YOGA *with* KAYA

Mystical & Practical Nectar *of* Yoga

Devatā Pranām with Translation

Opening Mantra {Bowing to the Divine Forms}

oṃ

śrī manmahāgaṇādhipataye namaḥ
We bow to the Respected Great Lord of Wisdom.

lakṣmīnārāyaṇābhyāṃ namaḥ
We bow to Lakṣmī and Nārāyaṇa,
The Goal of all Existence and the Perceiver of all.

umāmaheśvarābhyāṃ namaḥ
We bow to Umā and Maheśvarā,
She who protects existence, and
the Great Consciousness or Seer of all.

vāṇīhiraṇyagarbhābhyāṃ namaḥ
We bow to Vāṇī and Hiraṇyagarbha, Sarasvatī and Brahmā,
who create the cosmic existence.

śacīpurandarābhyāṃ namaḥ
We bow to Śacī and Purandara, Indra and his wife,
who preside over all that is divine.

mātāpitṛbhyāṃ namaḥ
We bow to the mothers and fathers.

iṣṭadevatābhyo namaḥ
We bow to the chosen deity of worship.

kuladevatābhyo namaḥ
We bow to the family deity of worship.

grāmadevatābhyo namaḥ
We bow to the village deity of worship.

vāstudevatābhyo namaḥ
We bow to the (particular) household deity of worship.

sthānadevatābhyo namaḥ
We bow to the established deity of worship.

sarvebhyo devebhyo namaḥ
We bow to all the Gods.

sarvebhyo brāhmaṇebhyo namaḥ
We bow to the Knowers of Divinity.

atha durgā dvātriṃśannāma mālā with Translation

32 Names of Durgā {Garland of 32 names}

durgā durgārti śamanī durgā padvinivāriṇī |
durgamacchedinī durga sādhinī durga nāśinī ||

1. Reliever of Difficulties
2. Who Puts Difficulties at Peace
3. Dispeller of Difficult Adversities
4. Who Cuts Down Difficulties
5. Performer of Discipline that Expels Difficulties
6. Destroyer of Difficulties

durgatod dhāriṇī durga nihantrī durgamāpahā |
durgamajñānadā durga daityaloka davānalā ||

7. Who Holds the Whip to Difficulties
8. Who Sends Difficulties to Ruin
9. Who Measures Difficulties
10. Who Makes Difficulties Unconscious
11. Who Destroys the Realm of Difficult Thoughts

durgamā durgamālokā durgamātmasvarūpiṇī |
durgamārgapradā durgamavidyā durgamāśritā||

12. Mother of Difficulties
13. Perception of Difficulties
14. Intrinsic Nature of the Form of Difficulties
15. Who Searches through Difficulties
16. Knowledge of Difficulties
17. Disentanglement from Difficulties

durgamajñāna saṃsthānā durgamadhyāna bhāsinī |
durga mohā durgamagā durgamārtha svarūpiṇī ||

18. Continued Existence of Difficulties
19. Whose Meditation Remains Brilliant in Difficulties
20. Who Deludes Difficulties
21. Who Resolves Difficulties
22. Who is the Intrinsic Nature of the Object of Difficulties

durgam āsura saṃhāntrī durgam āyudha dhāriṇī |
durgam aṅgī durgamatā durgamyā durgameśvarī ||

23. Annihilator of the Egotism of Difficulties
24. Who Bears the Weapon against Difficulties
25. Refinery of Difficulties
26. Who is Beyond Difficulties
27. Accessible with Difficulty
28. Queen {empress?} of Difficulties

durgabhīmā durgabhāmā durgabhā durgadāriṇī |
nāmāvalimimāṃ yastu durgāyā mama mānavaḥ ||

29. Who is Terrible to Difficulties
30. Lady of Difficulties
31. Sun-like Illuminator of Difficulties
32. Who Cuts off Difficulties
33. Whoever recites this garland of the 32 names of Durgā …

paṭhet sarva bhayān mukto bhaviṣyati na saṃśayaḥ ||

…[that devotee] will be freed from every type of fear, without a doubt.

oṃ

iti durgā dvātriṃśannāma mālā saṃ pūrnam

Closing Mantra with Translation

oṃ aiṃ ātmatattvaṃ śodhayāmi namaḥ svāhā
Oṃ Wisdom I purify the principle of the soul, I bow. I am One with God!

oṃ hrīṃ vidyātattvaṃ śodhayāmi namaḥ svāhā
Oṃ Māyā I purify the principle of knowledge, I bow. I am One with God!

oṃ klīṃ śivatattvaṃ śodhayāmi namaḥ svāhā
Oṃ Tranformation I purify the principle of Infinite Goodness, I bow. I am One with God! Oṃ

aiṃ hrīm klīm sarvatattvaṃ śodhayāmi namaḥ svāhā
Oṃ Wisdom, Māyā, Transformation I purify all principles, I bow. I am One with God!

oṃ namo devyai mahādevyai śivāyai satataṃ namaḥ ।
namaḥ prakṛtyai bhadrāyai niyatāḥ praṇatāḥ 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 the discipline we have bowed down.

dhyātvā devīṃ pañcapūjaṃ kṛtvā yonyā praṇamya ca ।
ādhāraṃ sthāpya mūlena sthāpayettatra pustakam ॥
ete gandhapuṣpe oṃ hrīṃ pustakāya namaḥ
Meditate upon the Goddess and offer Her five articles of worship, and then bow down to Her. Establish the primal energy with the Bīja mantra, and then establish the book. With these scented flowers Oṃ we bow to the book.

oṃ hrīṃ klīṃ śrīṃ krāṃ krīṃ
caṇḍikā devyai śāpanāśānugrahaṃ kuru kuru svāhā
Oṃ All existence, transformation, Increase, the Cause of Dissolution in the Gross Body, the Cause of Dissolution in the Causal Body, to the Goddess, She Who Tears Apart Thoughts, take away the curse, take away the curse, I am One with God!

oṃ śrīṃ klīṃ hrīṃ saptaśati caṇḍike Utkīlanaṃ kuru kuru svāhā
Oṃ Increase, transformation, all existence, the seven hundred verses of the Chaṇḍī, remove the pin, remove the pin, I am One with God

Devatā Pranām - Opening Mantra

oṃ

śrī manmahāgaṇādhipataye namaḥ

lakṣmī-nārāyaṇābhyāṃ[n] namaḥ

umā-maheśvarābhyāṃ[n] namaḥ

vāṇī-hiraṇyagarbhābhyāṃ[n] namaḥ

śacī-purandarābhyāṃ[n] namaḥ

mātā-pitṛbhyāṃ[n] namaḥ

iṣṭa-devatābhyo namaḥ

kula-devatābhyo namaḥ

grāma-devatābhyo namaḥ

vāstu-devatābhyo namaḥ

sthāna-devatābhyo namaḥ

sarvebhyo devebhyo namaḥ

sarvebhyo brāhmaṇebhyo namaḥ

atha durgā dvātriṃśannāma mālā

the garland of the 32 names of Durgā

durgā durgārti śamanī | durgā padvinivāriṇī |
durgamacchedinī durga | sādhinī durga nāśinī ||

durgatod dhāriṇī durga | nihantrī durgamāpahā |
durgamajñānadā durga | daityaloka davānalā ||

durgamā durgamālokā | durgamātmasvarūpiṇī |
durgamārgapradā durga|mavidyā durgamāśritā ||

durgamajñāna saṃsthānā | durgamadhyāna bhāsinī |
durga mohā durgamagā | durgamārtha svarūpiṇī ||

durgam āsura saṃhāntrī | durgam āyudha dhāriṇī |
durgamaṅgī durgamatā | durgamyā durgameśvarī ||

durgabhīmā durgabhāmā | durgabhā durgadāriṇī |
nāmāvalimimāṃ[y] yastu | durgāyā mama mānavaḥ ||

paṭhet sarva bhayān mukto | bhaviṣyati na saṃśayaḥ ||

oṃ

iti durgā dvātriṃśannāma mālā saṃ pūrnam

Closing Mantra

oṃ aiṃ ātmatattvaṃ śodhayāmi namaḥ svāhā

oṃ hrīṃ vidyātattvaṃ śodhayāmi namaḥ svāhā

oṃ klīṃ śivatattvaṃ śodhayāmi namaḥ svāhā

oṃ aiṃ hrīm klīm sarvatattvaṃ śodhayāmi namaḥ svāhā

oṃ namo devyai mahādevyai śivāyai satataṃ namaḥ ।
namaḥ prakṛtyai bhadrāyai niyatāḥ praṇatāḥ sma tām ॥

dhyātvā devīṃ pañcapūjaṃ kṛtvā yonyā praṇamya ca ।
ādhāraṃ sthāpya mūlena sthāpayettatra pustakam ॥
ete gandhapuṣpe oṃ hrīṃ pustakāya namaḥ

oṃ hrīṃ klīṃ śrīṃ krāṃ krīṃ
caṇḍikā devyai śāpanāśānugrahaṃ kuru kuru svāhā

oṃ śrīṃ klīṃ hrīṃ saptaśati caṇḍike utkīlanaṃ kuru kuru svāhā

Sanskrit Guide to Transliteration
Using IAST Diacritics

a	as in	but	ñ	as in	onion
ā	as in	father	ṭ	as in	start
i	as in	it	ṭh	as in	anthill
ī	as in	see	ḍ	as in	drop
u	as in	push	ḍh	as in	godhead
ū	as in	boot	ṇ	as in	banana
ṛ	as in	america	t	as in	take
ṝ	as in	jewelry	th	as in	tank
ḷ	as in	vermicelli	d	as in	darn
ḹ	as in	(Never used)	dh	as in	yardhose
e	as in	late	n	as in	not
ai	as in	aisle	p	as in	pot
o	as in	go	ph	as in	loophole
au	as in	doubt	b	as in	barn
ṃ	as in	bon	bh	as in	abhor
ḥ	Special case	echo/elongated	m	as in	much
k	as in	came	y	as in	yacht
kh	as in	blockhead	r	as in	ring
g	as in	got	l	as in	luck
gh	as in	loghut	v	as in	vase
ṅ	as in	singer	ś	as in	sharp
c	as in	change	ṣ	as in	bushel
ch	as in	catcher	s	as in	son
j	as in	jam	h	as in	hot
jh	as in	hedgehog	jñ	as in	gnosis