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SRI MAA SIDDHESHWARI FOUNDATION

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Sri Bala Tripurasundari Sadhana

Gam Ganapathaye Namaha

Sam Siddheshwari Namaha

Vam Vishwanandaya Namaha



Rishyadi Nyasa:

asya śrī bālā tripura sundarī mahāmantrasya | dakṣiṇāmūrti ṛṣiḥ |
paṅkti chandaḥ | śrī bālā tripura sundarī devatā |
aiṃ bījaṃ | sauḥ śaktiḥ | klīṃ kīlakaṃ |
śrī bālā tripura sundarī devatā prasāda anugraha siddhyarthe jape viniyogaḥ |

Kara Nyasa:

aiṃ aṅguṣṭhābhyāṃ namaḥ |
klīṃ tarjanībhyāṃ namaḥ |
sauḥ madhyamābhyāṃ namaḥ | sauḥ anāmikābhyāṃ namaḥ |
klīṃ kaniṣṭhikābhyāṃ namaḥ |
aiṃ karatalakarapṛṣṭhābhyāṃ namaḥ ||

Anga Nyasa:

aiṃ hṛdayāya namaḥ |
klīṃ śirase svāhā |
sauḥ śikhāyai vaṣaṭ |
sauḥ kavacāya hum |
klīṃ netratrayāya vaṣaṭ |
aiṃ astrāya phaṭ |
bhūrbhuvassuvaro digbandhaḥ ||

Dhyana:

aruṇakiraṇajālaiḥ rañjitāśāvakāśā
vidhṛtajapavaṭīkā pustakābhītihastā |
itarakaravarāḍhyā phullakahlārasaṃsthā
nivasatu hṛdi bālā nityakalyāṇaśīlā ||

Meaning:
Like the mass of red rays of the rising sun, she reddens all directions with her radiance. She holds the rosary, the book, and the gesture of fearlessness in her hands.

With her remaining hands she bears the boon-bestowing gesture, seated upon a fully bloomed red lotus (kahlāra).
May that Goddess Bala Tripurasundari, who ever brings auspiciousness, dwell in my heart.

Pancha Upachara Manasa Puja:

laṃ pṛdhvyātmane gandhaṃ samarpayāmi
haṃ ākāśātmane puṣpaṃ samarpayāmi
yaṃ vāyavyātmane dhūpaṃ samarpayāmi
raṃ vahnyātmane dīpaṃ samarpayāmi
vaṃ amṛtātmane naivedyaṃ samarpayāmi
saṃ sarvātmane karpūramiśrita tāmbūlādi sarvopacārān samarpayāmi

Mula Mantra:

aiṃ klīṃ sauḥ | sauḥ klīṃ aiṃ ||

Digvimocanam:

bhūrbhuvassuvaro digvimokaha