



मनस्त्वं व्योम त्वं मरुदसि मरुत्सारथि-रसि
त्वमाप-स्त्वं भूमिः स्त्वयि परिणतायां न हि परम् ।
त्वमेव स्वात्मानं परिणमयितुं विश्व-वपुषा
चिदानन्दाकारं शिवयुवति-भावेन बिभृषे ॥३५॥

Sri Sivayuvatyai namaha
Relief from heart/lung diseases
kshaya / hrid rOga nivritti

Oh, Devi त्वं मनः You exist as mind in aajna chakra; व्योम त्वं as aakaasha in visuddhi chakra also You exist; मरुत् असि as vaayu, You exist in anaahata; मरुत्सारथिः असि as Fire in svaadhishthaana; आपः त्वं You are the water principle also; त्वं भूमिः You are the earth principle also; त्वयि परिणतायां न हि परम् because You manifest as the prapancha, there is nothing different from You. त्वं एव You alone बिभृषे assumed शिवयुवति-भावेन the Form of Siva's wife to परिणमयितुं manifest स्वात्मानं विश्व-वपुषा Yourself as the Prapancham.

Oh, Siva's consort! You are Mind, Akaasa, Air, Fire, Water and Earth. When You have evolved thus, nothing else exists. Yourself intending to evolve Your own form into that of the Universe assume the form of Consciousness and Bliss.

S.L. 35

Japam: Morning facing E 1000 times for 45 d

Benefit: Relief from chest/lung/heart diseases

Yantram: Gold plate

Naivedyam: paayasam, honey, jaggery

