



तव स्वाधिष्ठाने हुतवह-मधिष्ठाय निरतं
तमीडे संवर्तं जननि महतीं तां च समयाम् ।
यदालोके लोकान् दहति महसि क्रोध-कलिते
दयार्द्रा या दृष्टिः शिशिर-मुपचारं रचयति ॥३९॥

Sri jananyai namaha
Prevention of nightmares
Dussvapna bhaadhaa nivrutti

जननि Oh, Mother, तव स्वाधिष्ठाने (in) Your svaadhishthaana chakra,
हुतवहं अधिष्ठाय thinking of the agni tattvam; (in that) ईडे I
bow निरतं तं संवर्तं the effulgent Rudra (as kaalaagni rupa)) and
तां महतीं समयाम् च the magnanimous You (known as Samayaa).
यदालोके महसि (when) whose (Rudra's) sight of Fire, क्रोध-कलिते
लोकान् दहति by anger, burns the worlds, दयार्द्रा या दृष्टिः Your
compassionate sight शिशिरं उपचारं रचयति renders a cooling treatment!

Oh, Mother ! I bow to the Samvarta resting in the agnitattva in Your svaadhishthaana chakra and also to that magnanimous SamayaA, whose glance drenched with pity, renders a cooling treatment when His exceedingly furious stare burns the worlds.

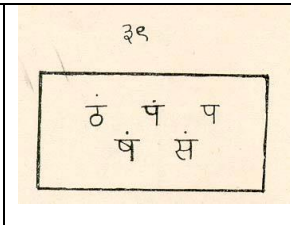
S.L. 39

Japam: Morning facing E 108 times for 12 d

Benefit: Prevention of nightmares

Yantram: Gold plate

Naivedyam: Honey, milk, paayasam, pongal.



Sloka 39

- वायोरग्निः svaadhishthaana - 6 petalled lotus – abode of agni
 - samavartesvara and samayaamba
 - 62 taijasa mayukas – sloka 14
 - upaasana kshetram – Thiruvannaamali – tejolingam
- When kaalaagni rudra siva burns the jagat, Devi in the name of samayaa , by Her compassionate and “cool” glance, brings life back (through Her rajo guna), as in the case of manmatha.

हरनेत्राग्नि संदग्ध कामसंजीवन ओषधिः - Lalita Sahasranamam 84

- Order of cakras – svaadhishthaana and manipuraka (sloka 40) transposed; but, according to srushti kramam, aakaasa, vaayu and then agni – so Acharya follows the srushti kramam here.