



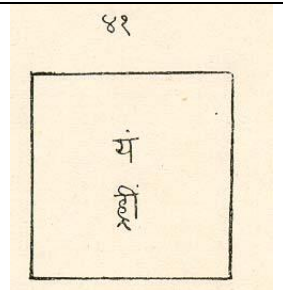
तवाधारे मूले सह समयया लास्यपरया
नवात्मानं मन्ये नवरस-महाताण्डव-नटम् ।
उभाभ्या-मेताभ्या-उदय-विधि-मुद्दिश्य दयया
सनाथाभ्यां जज्ञे जनकजननीमत् जगदिदम् ॥४१॥

Sri hara sahacharyai namaha
Relief from stomach disorders
Devi sAkshAtkAtam

Oh, Mother, तव मूलाधारे मन्ये I meditate (in) Your Mulaadhaara chakra, नवात्मानं नवरस-महाताण्डव-नटम् upon the Navaatman in ecstatic male-dance (taandava) involving the 9 sentiments, सह समयया लास्यपरया along with Samaya intent of female-dance (laasya). उदय-विधिं उद्दिश्य दयया considering the destroyed universe during Pralaya, out of compassion, सनाथाभ्यां उभाभ्यां-एताभ्यां You both coming together as couple, इदं जगत् this universe, जनकजननीमत् जज्ञे has come to have its father and mother !

Oh, Mother ! I bow in the Mulaadhaara, to the Navaatman in ecstatic male-dance (taandava) involving the 9 sentiments, along with Samaya intent of female-dance (laasya). By these two coming together, out of grace and by reason of the act (purpose) of creation this world has come to have its father and mother. **S.L. 41**

Japam: Morning facing E 4000 times for 30 d
Benefit: Elimination of stomach disorders
Yantram: Gold plate
Naivedyam: Honey, milk, paayasam, pongal.



Sloka 41

- अद्भ्यः पृथिवी - abode of prithivi is mulaadhaara – 4 petalled lotus
- aananda bairava and aananda bairavi OR samayaaba & Natesvara– worshipped in the mulaadhaara - 56 mayukas

क्षितौ षट्पञ्चाशत् Sloka 14

- When the Devi in laasyam and sadaasiva in taandavam - glance at each other, srushti starts !

- samayaa – Equal in status of Siva : Five-fold equalities:

sanaathaabyaam – of equal prowess; or in combination

- adhishthaana saamyam – abode -tatvaadhaare
- anushtaana saamyam – activity – janaka jananimat
- avasthaana saamyam – state of position – dance etc.
- rupa saamyam – form – color of japaakusuma (navaatmaanam)
- naama saamyam – name – samaya and samayaa, siva and siva..
- Those who worship the Siva-Ambika couple in this manner are samayins. There is no external puja for them.
- Their ikyAnusandhAnam also is of 4 types
 1. The 6 AdhAra cakras are one with the 6 triangles of Sricakra
 2. SahasrAra and bindhu-sthAna are one with chaturasra
 3. Bindhu is one with Siva
 4. Amba’s mantra is one with Srichakra

- Devi is beyond nAda (parA, paSyanti, madhyamA & vaikaarI), Shad-chakras, 360 mayukas (kAlAtmaka)

akulA samayAntasthA samayAchAra tatparA - LS

- laasyaparayaa – laasya: female dance; - taandava: male dance

- **navaatmaanam – aananda bairava with 9 vuhas – Sloka 3**

शरीरं त्वं शंभोः शशि-मिहिर-वक्षोरुह-युगं
तवात्मानं मन्ये भगवति नवात्मान-मनघम् ।
अतः शेषः शेषीत्यय-मुभय-साधारणतया
स्थितः संबन्धो वां समरस-परानन्द-परयोः ॥३४॥

- **time, color, name, knowledge, citta, naada, bindu, kalaa, Jivas**
- **ubhayamidam –**
 - **animate and inanimate;**
 - **static & dynamic;**
 - **cause & effect;**
 - **gross & subtle**
- **Concludes aananda lahari portion: that came from Kailaas;**
- **the remaining 59 are done by Adi Sankara.**
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