



सुधाधारासारै-श्चरणयुगलान्त-विगलितैः
प्रपंचं सिञ्चन्ति पुनरपि रसाम्नाय-महसः ।
अवाप्य स्वां भूमिं भुजगनिभ-मध्युष्ट-वलयं
स्वमात्मानं कृत्वा स्वपिषिकुलकुण्डे कुहरिणि ॥ १०

Sri Kulakunda Kuharini Svabhinyai Namaha

Devi residing in the adhara cakram !

Cleanliness of body, potency etc. शरीर शुध्यर्थं

सुधा धारा सारैः (Oh, Mother), with the flood of nectar
चरण युगल अन्त-विगलितैः gushing from Your lotus feet प्रपंचं सिञ्चन्ति and
drenching the nerves in the body (which is made up of the five elements),
(You) अवाप्य descend रसाम्नाय-महसः from the exuberance of the nectarine
radiance of the Moon into स्वां Your भूमिं natural abode of the
Muladhara पुनरपि again. (There), भुजगनिभं like a serpent अध्युष्ट-वलयं
in the form of a kundalam, स्वं आत्मानं कृत्वा You converted Yourself and
स्वपिषि sleep कुहरिणि कुलकुण्डे in the crevice of Muladhara !

You drench the nerves in the body with the flood of nectar gushing from
your feet. Reaching again Your own ground (Muladhara) and converting
Yourself into a serpent with three-and-a-half coils You sleep in the
crevice in the center of the Muladhara lotus. **S.L. 10**

Japam: Morning facing E 1000 times for 6 days;
Potency; regulation of periods for women

Yantram: Gold plate worn with red silk thread

Naivedyam: Fruits

