

## MAHAMRITYUNJAYA MANTRA

om tra-yam-BA-kam ya-jaa-MA-he  
su-gan-dhim pu-shti-var-dha-NAM  
ur-vaa-ru-ka-mi-va ban-DHA-naat  
mrit-yor-muk-shee-ya maam-RI-taat

We pay homage to the universal consciousness which nourishes all beings. May we be liberated from the death of ignorance through knowledge of our immortal essence, just as the cucumber is severed from the bondage of the vine.

## GAYATRI MANTRA

om bhoor-bhu-vah SVA-ha  
tat-sa-vi-tur-va-ren-YAM  
bhar-go de-va-sya dheer-MA-hi  
dhi-yo yo nah pra-cho-DA-yaat

On the physical plane, the subtle plane, and the causal plane, we meditate on the divine light of the sun of spiritual consciousness. May it stimulate our power of spiritual perception.

## DURGADVATRINSHANNAMAMALA

(32 Names of Durga, or “Durga Path”)

om DUR-gaa	she who is difficult to approach
dur-gaar-ti-sha-MA-nee circumstances	who is tranquil even in painful circumstances
dur-gaa-pad-vi-ni-vaa-RI-nee	who wards off unfavourable events
dur-ga-mach-chhe-DI-nee	who is indivisible
dur-ga-saa-DHI-nee	who is accomplished, perfected
dur-ga-naa-SHI-nee	who destroyed a demon
dur-ga-TOD-dhaa-RI-nee	who creates the universe
dur-ga-ni-HAN-tree	the destroyer
dur-ga-maa-PA-haa	the one who destroys
dur-ga-ma-gyaa-NA-daa	who imparts knowledge
dur-ga dai-tya-LO-KA-da-vaa-NA-laa	who burns the abode of demons
dur-ga-MAA	who is the Mother Durga
dur-ga-MAA-LO-kaa	who is full of splendour, lustre
dur-ga-maat-MA-sva-roo-PI-nee	who is the spirit’s own form
dur-ga-maar-ga-PRA-daa path	who imparts knowledge of the spiritual path
dur-ga-ma-VI-dyaa	who is knowledge personified
dur-ga-maa-SHRI-taa	who is sought as refuge

DUR-GA-MA-GYAA-NA-sam-sthaa-naa	who is the abode of knowledge
dur-ga-ma-dhyaa-na-BHAA-si-nee	who is the brilliant light of meditation
dur-ga-mo-haa	who is the deluder of the mind
dur-ga-MA-gaa	who is difficult to reach
dur-ga-maar-THA-sva-roo-PI-nee	who is the very form of wealth or meaning
dur-ga-maa-SU-ra-sam-HAN-tree	who is the destroyer of demons (asuras)
dur-ga-maa-YU-dha-dhaa-RI-nee	who possesses powerful weapons
DUR-ga-MAAN-gee	who has powerful limbs
dur-ga-MA-taa	who is the state of unattainability
dur-gam-yaa	who is unattainable, inaccessible
DUR-ga-me-SHVA-ree	who is the divine ruler
DUR-ga-BHEE-MAA	who is formidable
dur-ga-bhaa-maa	who is very angry
dur-ga-bhaa	who shines brilliantly
DUR-ga-daa-RI-nee	who tears away the veil of ignorance