

श्री ललिता सहस्रनामम् ★ Lalitha Sahasranamam

— Tutorial Series by Smt. Vasavi Challa —

॥ ॐ श्री महागणपतये नमः ॥

ॐ श्री वासिन्यादि-वागदेवताभ्यां नमः।

ॐ श्री दक्षिणामूर्तये नमः।

ॐ श्री मात्रे नमः

ॐ श्री गुरुभ्यो नमः

Begin your sacred journey here... The divine grace of Sri Lalitha Devi flows through every name of the Sahasranamam. May this document serve as a blessed vessel for learning, chanting, and teaching the thousand divine names of the Goddess.

Guidelines for Chanting — Physical & Mental Discipline (Āchāra Vyavahāra)

To preserve the sanctity of Stotram, both **physical and mental cleanliness are essential while chanting**. Mental purity may take time—and Jagadamba understands that. However, **physical discipline is non-negotiable**.

Cleanliness (Shuddhi)

- Chanting should be done after bath and proper physical cleanliness
- The space must be clean, organized, and undisturbed
- Light a diya and agarbatti; offer small naivedya — fruit or small piece of Jaggery is sufficient

Dress Code (Āchāra)

- Wear traditional, clean clothing always
- The following are not permitted, while chanting or learning:
 - Sleeveless blouses
 - Revealing or tight-fitting attire
 - Casual or inappropriate clothing

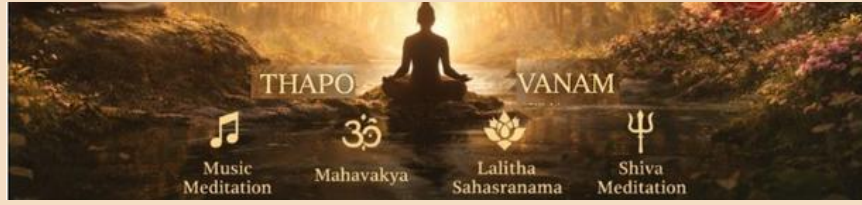
► Thapovanam

Smt. Vasavi Challa

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Search: 'Lalitha Sahasranamam'

॥ श्री ललिता परमेश्वरी चरणारविन्दार्पणमस्तु ॥



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☞ Appearance must reflect reverence, not convenience

Hair Discipline

- Hair must be always tied during chanting
- Loose hair is not permitted

☞ This is a basic aspect of traditional discipline and focus

Married Women (Where Applicable)

- Wear mangalsutra
- Applying haldi/turmeric to the feet is to be followed as part of traditional āchāra

☞ These are not symbolic practices— they are part of established practice

Body Discipline (Śāreera Niyama)

- Sit in a steady, upright posture — Sukhasana

Conduct During Chanting

- No multitasking
- No interruptions
- No casual engagement

☞ This is **not background chanting** — full attention is required

Mental Discipline

- Chant with full awareness and seriousness — avoid mechanical repetition
- Stay aligned with the sound, meaning, and Jaganmatha

✿ Closing Note

- Discipline is not restriction, it is **alignment** with divine energies

Where there is discipline, there is **clarity**.

Where there is alignment and clarity, there is divine **grace**.

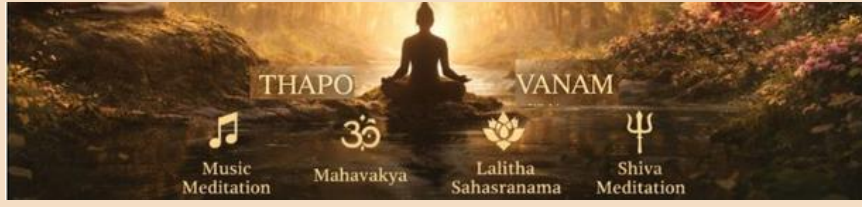
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◇ Pronunciation Guide – How to Read This Script ◇

Double vowels = long syllables. Bold text = hold that sound slightly longer.

Symbol	Sounds Like	Example Word	Hold Long?
aa (ā)	aa – as in f aa ther	Shreemaa taa	<input checked="" type="checkbox"/> Yes
ee (ī)	ee – as in s ee d	Simhaasan ee	<input checked="" type="checkbox"/> Yes
oo (ū)	oo – as in m oo n	Man oo roopeee	<input checked="" type="checkbox"/> Yes
ae (ē)	e – as in gr a y	D ae vakaarya	<input checked="" type="checkbox"/> Yes
ow (ō)	o – as in h o me	S ow gandhika	<input checked="" type="checkbox"/> Yes
a	u – as in b u t	Sam·bh u uthaa	<input checked="" type="checkbox"/> Short
N / L	Retroflex – tongue curls back	aru N a, a L ika	–
· (dot)	Syllable break marker	Shree·maa·taa	–

◇ Lalitha Sahasranamam – Slokas 1-5 ◇

Bold text = Long syllable (hold slightly longer) | · = syllable break

1	Shree·maa·taa — Shree·maa·haa·raa·ghnii — Shreem·at·simh·aa·san·ee·shvar·ee Chid·agni·kunda·sam· bhuuth·aa — daev· aa ·kaar·ya sam·ud·yath· aa
2	Ud·yad·baa·nu·sa·has·raa·bhaa — chatur·baa·hu·sa·man·vit· aa Raa·ga·swa·ruu·pa·paash·dhy· aa — ·kroodh· aa ·kaa·raam·kush·oo·jval· aa
3	Man·oo·ruu·p·ee·kshu·ko·dand· aa — pancha·tan·maa·tra·saa·yak· aa Nij· aa ·ruN·a·prabhaa·puur·majjad·brahm·aand·a·mandal· aa
4	Champ·ak· aa ·shok·a·punn· aa ·ga·sow·gandh·ik·a·lasat·kach· aa Kuruvinda·maNi·shrae·Nee·kanat·kotee·ra·mandit· aa

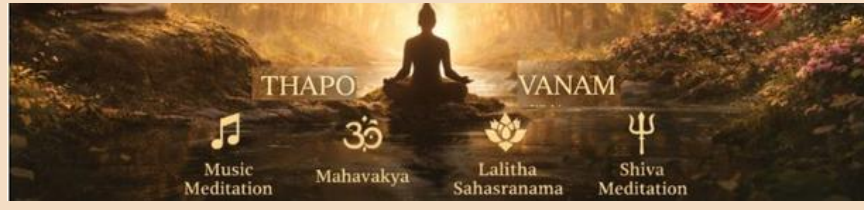
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5	Ashta•mee•chandra•vibhrraa•jad•aLik•asthala•shobhit•aa Mukha•chandra•kaLamk•aa•bha•mruga•nabhi•vishesh•aka
6	Vadanasmara•maan•galyagruha•toor•aNa chil•li•kaa• Vakthralaksh•meepa•ree•vaa•ha chalan•mee•naa•bhaloch•a•naa
7	Navachampakapush•paa•bhanaa•sa•dandavi•raa•ji•taa Taa•raa•kaa•ntitiras•kaa•ri•naa•sa•bhar•aNa•bhaa•su•raa
8	Kadambamanja•ree•klupta•karna•puur•a•manoo•ha•raa Taa•tankayuga•Lee•bhUU•tatapa•noo•dupa•manda•laa
9	Padm•a•raa•ga•shi•laa•darshapari•bhaa•va•kapoolabhUuh Navavidrumabimba•shree•nya•kkaa•ri•radanacchadaa
10	Shuddhavid•yaan•ku•raa•kaa•radvijapanktidvayoo•jvalaa Karp•uur•a•vee•ti•kaamoodasamaakarsha•ddhi•gantaraa
11	Nijasallapa•maa•dhuryavinirbhastitakacchha•pee• Mandasmitapra•bhaa•puura•majjat•kaa•maesha•maa•na•saa
12	A•naa•kalita saa•drusya chubuka•shree• vi•raa•ji•taa• Kaa•maesh•a•baddhha•maan•galya•suu•tra•shoo•bhitakandhha•raa
13	Kana•kaangada•kae•yuu•ra•kama•nee•ya•bhu•jaan•vi•taa Ratnagraivae•yachin•thaa•ka•loo•lamuk•taa•phalaanvi•taa
14	Kaa•maeshvarapremaratnamaNi pratipaNastha•nee Naa•bhyala•vaa•laro•maa•lila•taa•phalakuchadva•yee

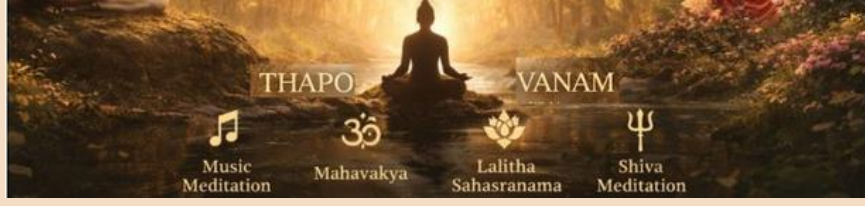
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15

Lakshya•roo•mala•taa•dhaa•ra•taa•samu•nne•yamadhya•maa |
Sthana•bhaara•daLanmadhyapattabandhavaLitra•yaa ||

I am including 5 slokas per session to facilitate easy learning, by focusing on few slokas per session

More to come... Stay tuned

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