



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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॥ श्री ललिता परमेश्वरी चरणारविन्दार्पणमस्तु ॥

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☞ Appearance must reflect reverence, not convenience

Hair Discipline

- Hair must be neatly tied at all times 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	☑ Yes
ee (ī)	ee — as in s ee d	Simhaasan ee	☑ Yes
oo (ū)	oo — as in m oo n	Man oo roopeee	☑ Yes
ae (ē)	e — as in gr a y	D ae vakaarya	☑ Yes
ow (ō)	o — as in h o me	S ow gandhika	☑ Yes
a	u — as in b u t	Sam·bh u uthaa	✗ 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

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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 ||

5

Ashta·mee·chandra·vibhraa·jad·aLi·k·asthala·shobhit·aa |
Mukha·chandra·kaLamk·aa·bha·mruga·nabhi·vishesh·aka ||

I am including 5 slokas per session

More to come... Stay tuned

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