

lalita sahasranama sanskrit pdf

lalita sahasranama sanskrit pdf is a sought-after resource for devotees and scholars seeking to delve into one of the most revered hymns in Hinduism. This powerful stotra, dedicated to Goddess Lalita Tripurasundari, the consort of Lord Shiva, is chanted for spiritual growth, protection, and the fulfillment of desires. This comprehensive article explores the significance of the Lalita Sahasranama, its Sanskrit origins, and the accessibility of its text through a Lalita Sahasranama Sanskrit PDF. We will navigate the profound meanings embedded within its 1000 names, discuss the benefits of its recitation, and guide readers on how to find and utilize a Lalita Sahasranama Sanskrit PDF effectively for their spiritual practice. Understanding the intricacies of this ancient text opens doors to deeper devotion and self-realization.

Understanding the Lalita Sahasranama

The Lalita Sahasranama is a sacred hymn found within the Brahmanda Purana, a major Mahapurana in Hinduism. It is a collection of one thousand epithets describing the divine feminine energy, Mahadevi, in her form as Lalita Tripurasundari. Each name in the Sahasranama is not merely a label but a profound descriptor of the Goddess's attributes, powers, and cosmic role. Devotees believe that by meditating on and chanting these names, they can invoke the Goddess's blessings and achieve spiritual enlightenment.

The hymn is structured as a dialogue, primarily between Lord Hayagriva and Sage Agastya, though other deities and sages are also involved in its narration. The essence of the Lalita Sahasranama lies in its elaborate portrayal of the Goddess as the supreme creator, preserver, and destroyer of the universe. Her divine play, her beauty, and her boundless compassion are all encapsulated within these thousand sacred names. The chant is considered a powerful tool for overcoming obstacles, attaining moksha (liberation), and experiencing inner peace.

The Significance of Lalita Tripurasundari

Lalita Tripurasundari is one of the prominent Mahavidyas, a group of ten wisdom goddesses in Tantrism. She is depicted as the divine mother, the embodiment of beauty, auspiciousness, and supreme consciousness. Her consort is Lord Shiva, and together they represent the union of masculine and feminine principles that govern the cosmos. The name "Lalita" itself means "she who plays," signifying her effortless and divine cosmic dance. "Tripurasundari" means "beauty of the three cities," referring to her dominion over the three realms of existence: physical, subtle, and causal, or

the three states of consciousness: waking, dreaming, and deep sleep.

Her worship is central to Srividya upasana, a complex system of tantric practices aimed at realizing the divine feminine. The Lalita Sahasranama serves as a foundational text for this practice, providing a rich tapestry of understanding about her nature. The names describe her various forms, her cosmic functions, her weapons, her abode, and her ultimate transcendence.

The Philosophical Depth of the Thousand Names

Each of the thousand names in the Lalita Sahasranama carries immense philosophical and spiritual weight. They are not random but are carefully chosen to reveal different facets of the Divine Mother. For instance, names like "Sarasvatī," "Lakṣmī," and "Durgā" indicate her manifestation as other powerful goddesses, emphasizing her all-encompassing nature. Other names describe her cosmic attributes, such as "Jagannāthā" (Queen of the Universe), "Brahmāṇḍa-janani" (Mother of the Universe), and "Paramēśvarī" (Supreme Controller).

The hymn also details her physical form and divine tools, like the "Pāśa" (noose), "Aṅkuśa" (goad), and "Cāpa" (bow of sugarcane), and "Bāṇa" (flower arrows). These symbolic representations are keys to understanding her power to control desires, guide actions, and bestow liberation. The philosophical underpinnings explore concepts of Brahman, Shakti, Maya, and the ultimate oneness of existence, with Lalita being the supreme Shakti who orchestrates it all.

Accessing the Lalita Sahasranama Sanskrit PDF

For many practitioners and students of Sanskrit, the availability of a Lalita Sahasranama Sanskrit PDF is invaluable. It allows for easy access to the original text, facilitating pronunciation, study, and recitation. A well-formatted PDF ensures that the Devanagari script is rendered correctly, which is crucial for accurate chanting and understanding. Finding a reliable source for such a PDF is the first step for many on their spiritual journey with this powerful stotra.

The digital format offers portability and convenience, enabling individuals to carry the sacred text with them wherever they go. This can be particularly helpful for those who wish to recite the Sahasranama daily, during travels, or at specific auspicious times. The clarity of the text in a PDF format can also aid in the transliteration and translation process, making the hymn more accessible to a wider audience.

Where to Find Reliable Lalita Sahasranama Sanskrit PDF Downloads

Finding a genuine and accurate Lalita Sahasranama Sanskrit PDF requires careful searching. Reputable sources often include:

- Websites of established Hindu organizations and ashrams that provide spiritual texts.
- Academic or cultural archives dedicated to preserving ancient Indian scriptures.
- Online platforms that offer collections of Sanskrit literature, often with user reviews or indications of authenticity.
- Dedicated devotional websites that have been vetted by the spiritual community.

It is advisable to cross-reference multiple sources to ensure the accuracy and completeness of the PDF. Look for versions that include diacritical marks and proper transliteration if you are not fully proficient in Devanagari. Some PDFs may also come with commentaries or translations, which can significantly enhance the understanding of the text.

Key Features of a Good Lalita Sahasranama Sanskrit PDF

When selecting a Lalita Sahasranama Sanskrit PDF, several features can enhance its utility and your experience:

- **Accurate Devanagari Script:** The Sanskrit text should be clearly rendered in its original script, with correct spelling and character formation.
- **Clear Transliteration:** For those who are learning Sanskrit pronunciation, a well-done Roman transliteration is essential.
- **Accurate Translation:** While the Sanskrit is paramount, a good translation (in English or another language) can unlock the deeper meanings of the names.
- **Commentary:** Some PDFs may include commentaries from learned scholars, offering interpretations and insights into the philosophical and spiritual significance of each name.
- **Searchable Text:** A PDF that allows for text searching can be incredibly helpful for locating specific names or phrases.

- **Proper Formatting:** The layout should be clean and easy to read, with consistent font sizes and spacing.

The inclusion of these elements transforms a simple text file into a valuable spiritual resource.

The Benefits of Chanting the Lalita Sahasranama

The recitation of the Lalita Sahasranama is believed to bring about a myriad of benefits, both material and spiritual. The power of the chant is amplified by devotion, concentration, and a sincere intention. Devotees report experiencing a sense of calm, increased mental clarity, and a reduction in stress and anxiety. The consistent chanting can also be a powerful practice for self-discipline and cultivating a stronger connection with the divine feminine.

On a more material level, the hymn is often chanted for the removal of obstacles, protection from negative influences, and the fulfillment of legitimate desires. It is believed to bring prosperity, good health, and harmonious relationships. However, the ultimate goal of chanting the Sahasranama is spiritual liberation and the realization of one's true self, which is none other than the divine consciousness represented by Lalita.

Spiritual and Inner Growth

The primary benefit of reciting the Lalita Sahasranama lies in its capacity to foster spiritual growth. As one chants the thousand names, they are effectively meditating on the various aspects of the divine mother. This practice purifies the mind, dissolves ego-driven desires, and cultivates virtues such as compassion, humility, and wisdom. The constant remembrance of the Goddess through her names helps in transcending the limitations of the material world and experiencing the bliss of the spirit.

The recitation also aids in awakening the Kundalini energy, which is often associated with spiritual awakening and enlightenment. The journey through the 1000 names can be seen as a metaphorical journey through the chakras, with each name illuminating a particular energy center and its associated qualities. This process leads to a deeper understanding of oneself and one's place in the cosmos.

Material and Worldly Blessings

While spiritual liberation is the ultimate aim, the Lalita Sahasranama also promises worldly blessings. The Goddess is known to be benevolent and responsive to her devotees' prayers. Chanting the names with faith and perseverance can lead to the removal of karmic blockages, the attainment of success in endeavors, and protection from unforeseen dangers. Many believe that reciting the Sahasranama can help overcome financial difficulties, improve health, and ensure the well-being of one's family.

It is important to note that these worldly benefits are often considered by-products of the spiritual journey. The true devotee seeks the Goddess for her grace and divine connection, with material well-being arising naturally as a consequence of living in alignment with divine principles. The names themselves offer insights into how to navigate the material world with wisdom and detachment.

How to Use a Lalita Sahasranama Sanskrit PDF Effectively

Possessing a Lalita Sahasranama Sanskrit PDF is just the beginning; its true power is unlocked through dedicated practice. Before you start chanting, it's beneficial to understand the correct pronunciation of Sanskrit. Many PDFs include transliterations, and listening to audio recordings of the Sahasranama can also be immensely helpful. Consistency is key, and incorporating the chanting into your daily routine, perhaps during Brahma Muhurta (the auspicious hour before sunrise), can amplify its effects.

Creating a sacred space for your practice can enhance focus and devotion. Cleanliness, quietude, and a sense of reverence are important. You can light a lamp or incense to further sanctify the environment. Remember that the intent behind your chanting is as important as the words themselves. Approach the practice with a pure heart, seeking the Goddess's blessings for spiritual growth and well-being.

Preparing for Recitation

To prepare for reciting the Lalita Sahasranama from a Sanskrit PDF, consider these steps:

- 1. Purification:** Begin with physical and mental purification. This might involve a bath, wearing clean clothes, and a brief period of meditation or prayer to clear your mind.
- 2. Setting Intent:** Clearly define your intention for chanting. Is it for spiritual growth, seeking guidance, or offering devotion?

3. **Finding a Quiet Space:** Choose a peaceful and undisturbed location where you can concentrate without interruption.
4. **Understanding Pronunciation:** If you are new to Sanskrit, use the transliteration provided in the PDF or listen to authentic audio recitations to ensure correct pronunciation.
5. **Opening Prayer:** Start with a brief invocation to Goddess Lalita, asking for her blessings and guidance during your practice.

Integrating Lalita Sahasranama into Daily Practice

Making the Lalita Sahasranama a part of your daily spiritual discipline can have profound long-term effects. Here's how you can integrate it effectively:

- **Daily Recitation:** Aim to recite at least a portion of the Sahasranama every day. Even a few names chanted with focus can be beneficial.
- **Dedicated Time:** Set aside a specific time each day for your practice. This creates a routine and reinforces commitment.
- **Deep Study:** Beyond mere recitation, take time to study the meaning of individual names. Understanding the symbolism and philosophy behind each epithet deepens your connection.
- **Contemplation:** After chanting, spend a few moments in contemplation. Reflect on the Goddess's attributes and how they relate to your life.
- **Group Chanting:** If possible, participate in group chanting sessions. The collective energy can be very powerful and uplifting.

By treating the Lalita Sahasranama not just as a text but as a living connection to the Divine Mother, you can harness its transformative power.

Frequently Asked Questions

What is Lalita Sahasranama and why is it popular?

Lalita Sahasranama is a powerful hymn consisting of 1000 names of the Hindu Goddess Lalita Tripura Sundari, the supreme goddess of beauty and bliss. Its popularity stems from its deep philosophical meaning, devotional significance, and believed benefits, including spiritual growth, material prosperity, and the removal of obstacles.

Where can I find a reliable Lalita Sahasranama Sanskrit PDF?

Reliable Sanskrit PDFs of Lalita Sahasranama can be found on websites dedicated to Hindu scriptures, spiritual organizations, and academic archives. Look for reputable sources that offer accurate transliteration and clear Devanagari script.

What are the benefits of reciting Lalita Sahasranama, especially from a PDF?

Reciting Lalita Sahasranama is believed to bestow numerous benefits, such as inner peace, protection from negative influences, fulfillment of desires, and ultimately, liberation. Using a PDF can aid in accurate pronunciation and understanding, enhancing the devotional experience.

Is it permissible to read Lalita Sahasranama from a PDF, or should it be chanted from a physical book?

While traditionally chanting from a physical book is common, reading from a well-formatted Sanskrit PDF is generally considered acceptable for learning and recitation. The intention and devotion behind the practice are paramount.

What are some important aspects to consider when choosing a Lalita Sahasranama Sanskrit PDF?

Key considerations include the accuracy of the Sanskrit script (Devanagari), the presence of accurate transliteration (e.g., IAST or Harvard-Kyoto), clear formatting for readability, and ideally, accompanying meanings or commentaries to deepen understanding.

Are there different versions or recensions of the Lalita Sahasranama that might affect the PDF content?

Yes, while the core 1000 names are consistent, minor variations in phrasing or order might exist across different scriptural traditions and commentaries. Most reputable PDFs will adhere to widely accepted recensions.

What is the significance of chanting Lalita Sahasranama during specific times or festivals?

Chanting Lalita Sahasranama is particularly auspicious during festivals dedicated to the Goddess Shakti, such as Navaratri and Durga Puja, or on specific days like Fridays. This amplifies the devotional energy and benefits.

Can I use a Lalita Sahasranama Sanskrit PDF for personal devotion and meditation?

Absolutely. A PDF can serve as a valuable tool for personal sadhana, meditation, and contemplation of the divine attributes of Goddess Lalita. It facilitates regular practice and deeper immersion.

How can I ensure the pronunciation is correct when reading from a Sanskrit PDF of Lalita Sahasranama?

To ensure correct pronunciation, it's highly recommended to find PDFs that include a phonetic transliteration. Supplementing this with audio recitations from learned scholars or teachers can further refine your pronunciation.

What are the core themes or philosophical underpinnings of Lalita Sahasranama that can be explored through a PDF?

The Sahasranama explores the multifaceted nature of the Divine Feminine, including her cosmic role, her powers, her compassion, and her ultimate oneness with Brahman. A PDF allows for focused study of individual names and their profound meanings.

Additional Resources

Here are 9 book titles related to Lalita Sahasranama, with short descriptions:

1. *The Thousand Names of the Divine Mother*: This book offers a detailed explanation and commentary on the Lalita Sahasranama, exploring the profound spiritual significance of each name. It aims to guide the reader in understanding the multifaceted nature of the Goddess Lalita Tripurasundari. The text often includes Sanskrit transliterations and English translations to make the powerful stotra accessible.
2. *Lalita Sahasranama: A Commentary for Modern Seekers*: This work delves into the esoteric meanings and practical applications of the Lalita Sahasranama for individuals on a contemporary spiritual path. It breaks down the verses, connecting the ancient wisdom to modern life and psychological insights. The author's aim is to empower readers with a deeper understanding of divine feminine energy.
3. *Whispers of Sri Lalita: Unveiling the Sahasranama*: This book presents a devotional and poetic exploration of the Lalita Sahasranama, emphasizing the sonic and vibrational power of the Sanskrit verses. It seeks to evoke a sense of connection and surrender to the Divine Mother through mindful recitation and contemplation. The descriptions often highlight the transformative

potential of chanting these sacred names.

4. *The Power of a Thousand Names: Understanding Lalita Sahasranama*: This publication focuses on the philosophical and theological underpinnings of the Lalita Sahasranama, explaining its place within Tantric and Shakta traditions. It unpacks the concepts of Shakti, Brahman, and the ultimate reality as embodied by Lalita. The book provides a scholarly yet accessible overview for those interested in the spiritual cosmology.

5. *Meditations on the Divine Feminine: Lalita Sahasranama Practices*: This guide offers practical techniques and meditations derived from the Lalita Sahasranama, encouraging personal growth and spiritual empowerment. It suggests ways to internalize the qualities and energies associated with each name. The aim is to foster a more intimate relationship with the Divine Mother through focused contemplation.

6. *Sahasranama: The Litany of the Goddess*: This book provides a direct translation and transliteration of the Lalita Sahasranama, often accompanied by concise explanations of the key deities and concepts referenced. It serves as a foundational text for those wishing to engage with the stotra in its original form. The emphasis is on the devotional act of chanting and honoring the Goddess.

7. *Lalita Sahasranama: A Path to Liberation*: This work explores the Lalita Sahasranama as a potent tool for spiritual liberation and self-realization. It discusses how reciting and meditating on the names can help purify the mind and dissolve karmic obstacles. The author links the stotra to the ultimate goal of union with the divine.

8. *The Sacred Syllables: Lalita Sahasranama and Mantra Science*: This book investigates the vibrational aspects of the Lalita Sahasranama, exploring the connection between sound, mantra, and divine consciousness. It delves into the phonetic power of Sanskrit and how specific names resonate with different cosmic energies. The text offers insights into the scientific basis of mantra recitation.

9. *Goddess of Auspiciousness: A Journey Through Lalita Sahasranama*: This publication takes readers on a narrative journey through the 1000 names of Lalita, weaving together mythological stories, philosophical teachings, and devotional reflections. It aims to bring the essence of the Goddess and her attributes to life. The book encourages a personal connection with the Divine Mother's grace and blessings.

[Lalita Sahasranama Sanskrit Pdf](#)

Lalita Sahasranama Sanskrit PDF: A Comprehensive Guide to the Divine Mother's Thousand Names

This ebook delves into the Lalita Sahasranama, a revered hymn in Sanskrit dedicated to the Goddess Lalita Tripura Sundari, exploring its profound spiritual significance, textual variations, pronunciation, interpretations, and practical applications in spiritual practice. We'll examine its historical context, explore the meaning behind each of the thousand names, and provide resources for deeper study and recitation.

Ebook Title: Unlocking the Divine Feminine: A Practical Guide to the Lalita Sahasranama

Contents:

Introduction: What is the Lalita Sahasranama? Its historical context, significance, and relevance in modern spirituality.

Chapter 1: Understanding the Goddess Lalita Tripura Sundari: Exploring the various aspects and manifestations of the Divine Mother as described in the text.

Chapter 2: Textual Variations and Authenticity: Examining different versions of the Lalita Sahasranama and their key differences.

Chapter 3: Pronunciation and Recitation: Guidance on proper Sanskrit pronunciation and techniques for effective recitation.

Chapter 4: Meaning and Interpretation of the Thousand Names: A detailed exploration of the meanings and symbolism behind each of the one thousand names. This will include both literal and metaphorical interpretations.

Chapter 5: Spiritual Practices and Benefits: Discussing the various spiritual practices associated with the Lalita Sahasranama, including meditation, japa (mantra repetition), and puja (worship), and their potential benefits.

Chapter 6: Lalita Sahasranama in Different Traditions: Exploring how different Hindu traditions interpret and utilize the Lalita Sahasranama.

Chapter 7: Finding and Using Lalita Sahasranama Sanskrit PDFs: Resources for locating reliable and accurate Sanskrit PDFs, along with tips for using them effectively in your practice.

Conclusion: Recap of key learnings and encouragement for continued spiritual exploration through the Lalita Sahasranama.

Detailed Outline Explanation:

Introduction: This section will establish the context of the Lalita Sahasranama, explaining its importance within the broader framework of Hindu scriptures and its enduring appeal to devotees. It will also briefly outline the ebook's structure and objectives.

Chapter 1: Understanding the Goddess Lalita Tripura Sundari: This chapter will delve into the multifaceted nature of the Goddess, exploring her various attributes, symbols, and iconography, drawing on both textual evidence and scholarly interpretations.

Chapter 2: Textual Variations and Authenticity: This chapter addresses the variations found in different manuscripts and editions of the Lalita Sahasranama, highlighting potential discrepancies and offering guidance on choosing a reliable source. Recent research on manuscript comparisons will be included.

Chapter 3: Pronunciation and Recitation: This practical chapter provides essential guidance on correct Sanskrit pronunciation, offering phonetic transcriptions and audio resources (where possible) to aid in accurate recitation. It will also discuss the importance of intonation and mindfulness during recitation.

Chapter 4: Meaning and Interpretation of the Thousand Names: This is the core of the ebook. Each of the thousand names will be explored individually, providing detailed explanations of their etymology, symbolism, and spiritual significance, drawing upon traditional interpretations and modern scholarship.

Chapter 5: Spiritual Practices and Benefits: This section explains how to incorporate the Lalita Sahasranama into spiritual practices like meditation, japa, and puja. It will also explore the potential benefits, both spiritual and psychological, associated with these practices.

Chapter 6: Lalita Sahasranama in Different Traditions: This chapter explores the diverse interpretations and applications of the Lalita Sahasranama across various Hindu traditions and sects, demonstrating its adaptability and universality.

Chapter 7: Finding and Using Lalita Sahasranama Sanskrit PDFs: This practical chapter provides resources and guidance on how to find reliable Sanskrit PDFs of the Lalita Sahasranama online, cautions against unreliable sources, and offers tips for effectively utilizing these resources in personal practice.

Conclusion: This final section will summarize the key takeaways from the ebook, reiterating the importance of the Lalita Sahasranama and encouraging readers to continue their exploration of this sacred text and the divine feminine.

Keywords: Lalita Sahasranama, Sanskrit PDF, Lalita Tripura Sundari, Goddess Lalita, Hindu scriptures, spiritual practice, mantra, japa, meditation, puja, Sanskrit pronunciation, thousand names, meaning, interpretation, textual variations, devotional hymn, divine feminine, spiritual growth, self-realization.

FAQs:

1. Where can I find a reliable Lalita Sahasranama Sanskrit PDF? This ebook will provide links to reputable sources and explain how to identify authentic versions.
2. What is the best way to learn Sanskrit pronunciation for the Sahasranama? The ebook will offer guidance on pronunciation, including phonetic transcriptions and audio resources where possible.
3. What are the spiritual benefits of reciting the Lalita Sahasranama? The ebook will discuss various benefits including enhanced spiritual awareness, improved mental clarity, and emotional balance.
4. How can I incorporate the Lalita Sahasranama into my daily spiritual practice? The ebook will

offer practical suggestions for incorporating the Sahasranama into meditation, japa, and puja.

5. Are there different interpretations of the Lalita Sahasranama's names? Yes, the ebook will discuss various interpretations and their historical context.

6. What are the key differences between different versions of the Lalita Sahasranama text? The ebook will detail textual variations and offer guidance on selecting an authentic version.

7. Is it necessary to understand Sanskrit to benefit from the Lalita Sahasranama? While understanding Sanskrit enhances the experience, the ebook will aid in understanding even without full Sanskrit knowledge.

8. Can the Lalita Sahasranama help with specific problems or challenges in life? The ebook will discuss the potential spiritual benefits and how they might help address life challenges.

9. What are some resources available for further study of the Lalita Sahasranama? The ebook will point to additional resources, both online and offline.

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tradition of which it is a Sastra. The Introduction by Arthur Avalon gives a concise outline of the work. Sri M.P. Pandit who is a keen student of the Tantras and Vedas has rendered the work in English in eleven chapters. The readings are free translations, with annotations where necessary, omitting technical details but preserving the spirit and essential import of the original in his characteristically lucid style. The Kularnava prescribes the modes of preparation for the high quest; it draws upon ethics, religion, philosophy, yoga to elevate human life gradually to the level of godly life. It comprehends the multiple personality of man and provides for the healthy growth of his mental faculties, purification of his physical faculties through ritual, japa, mantra and upasana. Who is fit for the path of Tantra? Who is competent to guide the novice on the double - edged razor path? What is the responsibility of a Guru to a disciple? These and other relevant questions are raised and answered in a satisfying manner.

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The Mantra means that that there are three layers of existence and in all the layers, that sun Brahman (universal Consciousness) provides its effulgence. We focus our awareness towards that wisdom. We are ordained to repeat this Mantra on every spiritual occasion so that we do not lose sight of the fact even for a moment. In Bhu and Bhuvar Loka (layers) thought predominates pushing awareness to back-seat. Bhu is earth where we belong and Bhuvar Loka is the world of imagination that tethers us to Bhu (Loka). At Suvar Loka (layer), thought dissipates allowing unobstructed freedom of awareness. Predominance of thought implies duality (dvaita) as I am different from the world at large. As a consequence, thought creates a virtual reality common to all beings. We know no other reality. When a spiritual aspirant transcends thought, he graduates into a world of awareness where true reality is revealed. Space and time cease. That is the world of Lalitambika (Advaita). Most of the thousand names (Lalita Sahasranama) are relevant to a devotee who has transcended Bhu and Bhuvar Loka (layers) and set his focus on Suvar Loka with assistance from Lalitambika.

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are over 900 pages of verses, translations, drawings for every chapter, and Paramahansa Vishwananda's extensive commentary. Perfect for the beginner as well as those who have read other commentaries, this is more than just a book. It is a guiding light that can be applied to every day, to every thought, and to every moment.

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Sahasranama , Upanishads, Saundaryalahari, Bhagavad Gita, etc. The namas are printed both in English and Sanskrit. Standard IAST format is used throughout this book.

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holy, Lalita Sahasranama also Rahasya Nama Sahasra be, Phala Stuti the effect of chanting it unquestionably. 4

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