

CHAPTER.8. APPENDICES

8.1. INFORMED CONSENT FORM

Music Emotion Profile Survey

Informed Consent

Purpose: This survey is to study emotions that the persons get while they listen to particular songs and tunes.

What is to be done: You will be required to read the following questions and answer them. The whole survey would take around 90 minutes.

Risk: There is no or minimal risk in participating in this survey. There is no incentive provided, however your valuable response will help us understand the influence of ragas on emotions.

Use of information: The information shared by you will be kept confidential and will only be used for research purposes. No personal information is asked in this survey, ensuring your anonymity.

Contact us: For further queries related to this survey please contact

E-mail: utpalakaranth16@gmail.com, **Mobile:** +91 9652885005, Address: Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA), Bengaluru.

I have read the details of the study and I voluntarily agree to participate in this survey.

(If you agree make a tick, below 'I agree').

I agree

1. Name:
2. Age:
3. Gender: Male / Female (Give easy options to tick)
4. Education:
5. Profession:
6. Your engagement with music is as a: 1) vocalist, 2) Instrumentalist, 3) Both, 4) None
7. Name of your music Guru (Write NA if not applicable):
8. Tradition of music (Write NA if not applicable):
9. Years of experience in music: ----- Years
10. Type of experience in music: 1) Music professional, 2) Music novice, 3) Non musician
11. Awards received, name them if any:
12. Listen to the below linked musical pieces. What kind of emotion you get when you listen to the songs that are given below in the Ragas assigned to them?

- a. **Love, b. Valor, c. Misery, d. Anger, e. Grandeur, f. Humor, g. Fear, h. Aversion, i. Wonder, j. Peace, k. Devotion, l. Others.**

No	Song	Raga	Link for the song	Types of emotion felt
1	Vatapi Ganapatim	Hamsadhvani	https://youtu.be/Gcyd_fAC4II	
2	Ananda Amruta Karshini	Amrutavarshini	https://youtu.be/PqjSoHoOqsQ	
3	Shri Kamalambike Shive Pahimaam Lalite	Shriraga	https://youtu.be/AFPgwYf18co	
4	Minakshi me mudam dehi	Gamakakriya	https://youtu.be/qki_U_i-At4	
5	Ramachandram Bhavayaami	Vasanta	https://youtu.be/KZIXwndJXoQ	

- b. Explanations, if any, regarding the emotion you get by listening to particular Raga or song.
- c. Any other comments/ suggestions about this survey: -----

8.2 INSTITUTIONAL ETHICAL COMMITTEE APPROVAL



स्वामी विवेकानन्द योग अनुसंधान संस्थान Swami Vivekananda Yoga Anusandhāna Samsthāna

(Declared as Deemed-to-be University under Section 3 of the UGC Act, 1956)
Eknath Bhavan, # 19, Gavipuram Circle, Kempegowda Nagar, Bangalore - 560 019
Ph: 080 - 2661 2669, Telefax: 080 - 2660 8645
E-mail: svyasa@svyasa.org Website: www.svyasa.org

Institutional Ethics Committee (IEC)-SVYASA Exemption Certificate

Dear Ms. B. Utpala Karanth

Date: 26th June, 2021

We have received from Comprehensive Project Evaluation Board (CPEB) the following study related documents as Appendix-V dated 27th February, 2021, for the study titled "A Yoga based holistic approach to bhakti found in Muttusvami Diksitar's Compositions":

1	Research Proposal
2	Doctoral Committee Clearance Certificate

Above documents were examined and discussed in the online Ethics committee meeting held on 06th March, 2021 between 2:00 PM to 5:00 PM. The CPEB and Institutional Ethics Committee (IEC)-SVYASA agrees that this is a theoretical research and does not involve any interventions to be given and/or assessments to be taken from human and/or animal subjects, hence falls under "Exemption from review for proposal that involve less than minimal risk category". If in case you make any changes and it leads to involvement of human and/or animal subjects you must pass through the IEC clearance procedure afresh.

You do not have to keep us informed about the progress of the study or submit a final report to IEC.

After perusal of this information, IEC has decided to approve your study. Details of approval are as follows:

Certificate reference Number: RES/IEC-SVYASA/201/2021

Nature of Study: PhD

APPROVED

INSTITUTIONAL ETHICS COMMITTEE
SVYASA, BANGALORE



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E-mail: svyasa@svyasa.org Website: www.svyasa.org

Institutional Ethics committee
Addendum

Ref: RES/IEC-SVYASA/201/2021/Add1

23rd August, 2021

To
Ms. Utpala Karanth,
S-VYASA University,
Bengaluru – 560019.

Reference:

1. IEC approved (exempted) study number RES/IEC-SVYASA/201/2021
2. Request permission to include survey into a previously exempted study and justification for the same in the email dated 6th August, 2021.

Dear Ms. B. Utpala Karanth,

In response to your request for including a survey into your previously IEC-SVYASA exempted study (RES/IEC-SVYASA/201/2021), we hereby are issuing an addendum to the certificate issued on 26th June, 2021.

IEC-SVYASA has reviewed the Justification and the survey form provided (email dated 6th August, 2021) and found that the information being collected is more of a feedback and does not compromise the personal information of the participants. Hence IEC-SVYASA continues to consider this study (including the survey) to be under 'minimal risk' category.

All the other terms and conditions mentioned (if any) in the original certificate continue to hold good.

Please retain the original certificate and append this addendum for all official purpose.

Best Wishes,

Dr. Ramesh M. N

Member Secretary,
Institutional Ethics Committee,
S-VYASA, Bengaluru.

Member Secretary
Institutional Ethics Committee
Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA)
No. 19, Eknath Bhavan, Gavipuram Circle
K.G. Nagar, Bangalore-560019

8.2. LIST OF PUBLICATIONS FROM THIS DOCTORAL THESIS

1-Swar Sindhu (Pratibha spandan)

November 01, 2021, B. Utpala Karanth

Swami Vivekananda University [SVYASA],

Prashanti Kutiram, Vivekananda road,

Kalluballu Post, Jigani,

Anekul Taluk, Bangalore-560105

Dear Madam,

I am pleased to inform you that your research paper entitled “**Prejudiced-Free thoughts in Dikshitar’s compositions**” has been accepted for publication in our online Journal *Swar Sindhu: A National Refereed Journal of Music, UGC CARE* listed Journal, ISSN:2320–7175, July-December 09, Issue 02, 2021 (www.swarsindhu.pratibha-spandan.org).

Thank you,

Yours sincerely,



Prof. Keshav Sharma

(Editor-in-Chief)

Swar Sindhu Journal

2- KIRANAVALI

**(JOURNAL OF SANSKRIT RESEARCH FOUNDATION,
THIRUVANANTHAPURAM, PRINT ISSN NO: (0975-4067).**

Editor ,

29 November 2021

Dear Scholar Utpala karanth,

Our reviewers has recommended that your paper titled 'A Critique on Muthusvāmi Dīkṣitar's compositions (in the light of Samskr̥t literary criticism)' is worth publishing. Hence it is accepted and will be included in the forthcoming issue, **KIRANAVALI (JOURNAL OF SANSKRIT RESEARCH FOUNDATION, THIRUVANANTHAPURAM, PRINT ISSN NO: 0975-4067), VOL. XIII, BOOK 1-4, JANUARY - DECEMBER, 2021.** We will inform you at once it is published

With Regards

Dr Narayanan G

Managing Editor Kiranavali

(Professor of Vedanta, Sree Sankaracharya University of Sanskrit, Kalady)

Dr NARAYANAN G, PROFESSOR, DEPARTMENT OF VEDANTA, SREE SANKARACHARYA UNIVERSITY OF SANSKRIT, REGIONAL CENTRE THIRUVANANTHAPURAM, VANCHIYOOR PO, THIRUVANANTHAPURAM-35.

<https://sites.google.com/view/kiranavalionline/home>.

3-



SANGEET GALAXY

A PEER REVIEWED JOURNAL DEDICATED TO INDIAN MUSIC

ISSN: 2319-9695

UGC-CARE enlisted and Indexed in EBSCO International Database

Editor,

Nov 18.2021

Dear Author,

B. Utpala Karanth,

Swami Vivekananda University,

Bangalore

Delighted to inform you that your paper titled; "The Study of Muthuswami Dikshitar's expertise on Veena reflected in his compositions" has been accepted for publication in forthcoming issue of Sangeet Galaxy e-Journal [Vol. 11, Issue. 2 (January 2022)].

You will get author copy (of your paper) after publication. We cordially expect your kind contribution for the future endeavors.

Regards

EDITOR-IN-CHIEF

(DR. AMIT KUMAR VERMA)

Sangeet Galaxy e- Journal

Website: www.sangeetgalaxy.co.in

Certificate of Publication
Let It Be Known By This Certificate That

Utpala Karanth

Manuscript Title
"A STUDY OF MUTHUSWAMI DIKSHITAR'S EXPERTISE ON VARIOUS ELEMENTS OF
MUSICOLOGY REFLECTED THROUGH HIS COMPOSITIONS"

Is Published In Volume 2 Issue 2 July-December 2021 Edition of The
ग्रन्थालयाः
ShodhKosh: Journal of Visual and Performing Arts
ISSN: 2582-7472

Date of Issue: 16 November 2021

Editor-in-Chief:
Dr. Kumkum Bhradwaj
Email: kumkumbh@hotmail.com



 Managing Editor:
Dr. Tina Porwal
Email: editor@shodhkosh.com

5-Anhadlok-Vijnana .



Vyanjana **Art and Culture Society**

प्रतिध्वनि कला एवं संस्कृति की

अध्यक्ष
डॉ० आशा अस्थाना

उपाध्यक्ष
डॉ० राजेश मिश्रा

सचिव
डॉ० मधु रानी शुक्ला

सदस्य
श्री अनिल कुमार शुक्ला

राजेश तिवारी

रत्नाकर पाठक पुत्र

श्लेष गौतम पुत्र

पत्रांक

दिनांक..... 20/11/2021

B. Utpala Karanth
Research Scholar,
SVYASA University,
Bengaluru

Dr. Varsha Karanth
PDF scholar in Integrative Psychiatry,
Department of Integrative Medicine,
National Institute of Mental Health and Neurosciences,
Bengaluru

Subject: Acceptance Letter

Dear Author(s),

Thank you very much for your submission to UGC-CARE listed, Peer-reviewed International Research Journal **ANHAD LOK**. We are pleased to inform you that your paper titled "Raga Chikitsa Through the compositions of Muthuswami Dikshitar" has been accepted for publication. It will be published in Anhad Lok Vol. 14, December 2021, ISSN 2349 – 137X.

Dr. Madhu Rani Shukla
Editor
Anhad Lok

Address : 109, D/4, Abubakarpur, Preetam Nagar, Sulem Sarai, Allahabad - 211011,
Mobile : 9838963188, 9454843001, Email ID : melodyanhad@gamil.com, madhushukla011@gmail.com

8.4 DATA ASIDE FROM THE SAMPLES GIVEN IN THESIS

5.1.2.1 Kīrtana

नीलकण्ठं भजेहं सततं *Nīlakaṇṭham bhajeham satatam*

I sing on lord *Nīlakaṇṭha* constantly (202-P).

मायूरनाथमनिशंभजामि *Māyūranāthamaniśambhajami*

I sing incessantly on lord *Māyūranātha* (24-P).

हरिहरपुत्रं शास्तरं सदा भजेऽहं *Hariharaputram śāstāram sadābhaje'ham*

I sing on *Śāstā* the son of *Śiva* and *Viṣṇu* (94-P).

कालभैरवम् भजेऽहमनिशं *Kālabhairavam bhaje'hamaniśam*

I always sing on *Kālabhairava* (98-P).

छायावतीमानन्दवल्लीं चारुतर तञ्जपुरीश्वरीं भजेऽहम्

Chāyāvātīmānandavallīm Cārutara tañjapurīśvarīm bhaje'ham

I sing on *Chāyāvātī*, also known as *Ānandavallī*, the Goddess of beautiful Tanjore (99-P).

नागलिङ्गं भजेऽहमनादिलिङ्गं भजेऽहं *Nāgaliṅgam bhaje'ham nādiliṅgam bhaje'ham*

I sing the glory of the beginningless *Nāgaliṅga* (279-P).

आदिपुरीश्वरं सदा भजेहं *Ādipurīśvaram sadā bhajeham*

I sing the glory of *Ādipurīśvara* (312-P).

शालिवाटीश्वरं भजेह *Śālivātīśvaram bhajeham*

I sing the glory of lord *Śālivātīśvara* (330-P).

राजगोपलं भजेहं *Rājagopalam bhajeham*

I sing on to lord *Rājagopāla* (44-P).

हिमाचलकुमारीं भजे त्रिपुरसुन्दरीं *Himācalakumārīm bhaje tripurasundarīm*

I sing on *Tripurasundarī*, daughter of *Himavān* (101-P).

मार्गसहायेश्वरं भजेहं *Mārgasahāyeśvaram bhajeham*

I sing on the lord *Mārgasahāyeśvara* (390-P).

त्यगराजं भजेऽहं सततं *Tyagarājam bhajeham satatam*

I constantly sing on lord *Tyāgarāja* (346-P).

काशीविशालाक्षि भजेऽहं भजे *Kāśīviśālākṣi bhaje'ham bhaje*

I sing on the Goddess *Śrī Kāśīviśālākṣī* again and again (402-P).

भक्तवत्सलं भजेऽहं नित्यं *Bhaktavatsalam bhaje'ham nityam*

I always sing on the lord *Bhaktavatsala* (406-P).

त्रिपुरसुन्दरीं सदा भजेहं *Tripurasundarīm sadā bhajeham*

I constantly sing on *Tripurasundari* (120-P).

चन्द्रशेखरं सदा भजेहं *Candraśekharam sadā bhajeham*

I constantly sing on *Candraśekhara* (128-P).

श्रीलक्ष्मीवराहं भजेऽहं *Śrīlakṣmīvarāham bhaje'ham*

I sing on *Lakṣmīvarāha* (144-P).

त्रिपुर सुन्दरीम् ललित भट्टारिकां भजेहं भजे *Tripura sundarīm lalita bhaṭṭārikāmbhajeham*

I sing again and again on the great Goddess *Tripurasundari* (166-P).

गणनायकं भजेहं भजेकमलेशनुतम् *Gaṇanāyakaṁ bhajeham bhajekamaleśanutam*

I sing on *Gaṇanāyaka*, who is praised by *Brahmā* (173-P).

सुब्रह्मण्यं भजेहमनिशम् *Subrahmaṇyaṁ bhajehamaniśam*

I constantly sing on lord *Subrahmaṇya* (199-P).

श्री वैद्यनाथं भजामि *Śrī vaidyanātham bhajāmi*

I sing on lord *Vaidyanātha* (209-P).

एकाम्रनायकं नित्यमहं भजे *Ekāmrānāyakaṁ nityamaham bhaje*

I sing daily on *Ekāmrānāyaka* (276-P).

पीतवर्णं भजे भैरवं *Pītavarṇa bhaje bhairavam*

I sing on lord *Bhairava* the Golden-Hued adorned in golden raiment (286-P).

एकदन्तं भजेहं *Ekadantaṁ bhajeham*

I on lord *Gaṇeśā*, the God with single tusk (323-P).

वातापिगणपतिं भजे *Vātāpigaṇapatiṁ bhaje*

I sing on lord *Gaṇapati* of *Vātāpi* (334-P).

शङ्करनारायणं भजेहं *Śaṅkaranārāyaṇaṁ bhajehaṁ*

I sing on lord *Śaṅkaranārāyaṇa* (342-P).

सोमसुन्दरेश्वरं भजेहं *Somasundareśvaraṁ bhajehaṁ*

I sing on lord *Somasundara* (350-P).

शशिधरममृतघटेश्वरं भजेहं *Śaśidharamamṛtaghaṭeśvaraṁ bhajehaṁ*

I sing on the lord *Amṛtaghaṭeśvara* (363-P).

शेषाचलनायकं भजामि *Śeṣācalanāyakaṁ bhajami*

I sing on lord *Śeṣācalanāyaka*-lord of the *Śeṣācala* (375-P).

पशुपतीश्वरं सदा भजेहं *Paśupatiśvaraṁ sadā bhajehaṁ*

I constantly sing on *Paśupatiśvara* (382-P).

नीलाचलनाथं भजेहं *Nīlācalanāthaṁ bhajehaṁ*

I sing on the lord *Nīlācalanātha* (414-P).

भूषावतीं मञ्जुभाषावतीं भजेहं *Bhūṣāvatiṁ mañjubhāṣāvatiṁ bhajehaṁ*

I sing on the Goddess *Bhūṣāvati* (Durga) who is suave speaker (428-P).

श्वेतारण्येश्वरं भजेहं सदा *Śvetāraṇyēśvaraṁ bhajehaṁ sadā*

I sing on lord *Śvetāranyeśvara* (318-P).

गायत्रीम् सरस्वतीम् भजेहं सप्तस्वर मातृकारूपिणीं

Gāyatrīm sarasvatīm bhajeham Saptasvara mātrkārūpiṇīm

I sing on the Goddess *Gāyatrī*, the personification of the seven musical notes

(219-P, C)(*Caranam*).

कामाक्षीं कल्याणीं भजेहं भजे *Kāmākṣiṁ kalyāṇīm bhajeham bhaje*

I sing on *Kāmākṣī* the abode of prosperity (435-P).

श्री वाञ्छनाथं भजेहं *Śrī vāñchanātham bhajeham*

I sing on *Śrī Vāñchanātha* (257-P).

रक्तगणपतिं भजेहं *Raktagaṇapatim bhajeham*

I sing on to the ruddy *Gaṇeśa* (448-P).

एकाम्रनाथं भजेहं *Ekāmranātham bhaje'ham*

I sing on to lord *Ekāmranātha* (401-P).

परिमळरंगनाथं भजेहं वीरनुतं *Parimalaraṅganātham bhajeham vīranutam*

I sing on lord *Parimala Raṅganātha* (441 &442-P).

वदान्येश्वरं भजेहं सदा *Vadānyeśvaram bhajeham sadā*

I sing with ecstasy on lord *Vadānyeśvara* (332-P).

रामनाथं भजेहं *Rāmanātham bhajeham*

I sing on to lord *Rāmanātha* (391-P).

श्री सुन्दरराजं भजेहं *Śrī sundararājam bhajeham*

I sing on lord *Sundararāja* (392-P).

परमशिवात्मजं नमामि सततं सदा भजेहं *Paramaśivātmajam namāmi satatam sadā bhajeham*

I worship the son of lord *Paramaśivā* (456-P).

अच्युतादिं भजेहमनिशं *Acyutādim bhajehammanīśam*

I constantly sing on *Varaveṅkaṭeśa* also called *Acyutā* (469-10th stanza).

श्री विश्वनाथं भजेहं *Śrī viśvanātham bhajeham*

I sing on lord *Viśvanātha* (471-P).

5.1.2.2.1 Cintana (contemplation)

श्रीपुरसर्वानन्दमयचक्रवासिनीं चिन्तयेऽहं *Śrīpurasarvānandamayacakravāsiniṁ cintaye'ham*

I think on *Mahātripurasundarī* (106-AP).

चिन्तय मा कन्दमूलकन्दं चेतःश्री सोमास्कन्दं *Cintaya mā kandaṁmūlakandaṁ cetaḥśrī*

Oh Mind! think on *Śrī Somāskanda* seated under the mango tree (116-P).

चिन्तयेऽहंसदाशिवनायिकाम् *Cintaye'ham sadāśivanāyikām*

I think on *Maṅgalāmbikā* the goddess of *Sadāśiva* (127-P).

ललिताम्बिकां चिन्तयाम्यहम् *Lalitāmbikāṁ cintayāmyaham*

I think on Goddess *Lalitāmbikā* (215-P).

शिवकामीपतिं चिन्तयेहं *Śivakāmīpatiṁ cintayehaṁ*

I think upon the lord of *Śivakāmi* (251-P).

दिवाकरतनुजं शनैश्चरं सन्ततं चिन्तयेहं *Divākaratanujam śanaishcharaṁ santataṁ cintayehaṁ*

I always think upon the slow-moving *Śani*, the son of sun-*Sūrya* (260-P).

अप्रमेयं मुदा चिन्तयामि *Aprameyam mudā cintayāmi*

I always think upon immeasurable *Āñjaneya* (263-P).

चिन्तयेहं सदा चित्सभानायकं *Cintayehaṁ sadā citsabhānāyakam*

I ceaselessly think on lord *Naṭarāja* the lord of the court of consciousness (265-P).

शिवकामेश्वरं चिन्तयाम्यहं *Śivakāmeśvaraṁ cintayāmyaham*

I reflect upon lord *Śivakāmeśvara* (316-P).

श्रीसाम्बशिवं चिन्तयाम्यहं *Śrīsāmbaśivaṁ cintayāmham*

I think on *Sāmbaśiva* (328-P).

क्षितिजारमणं चिन्तये *Kṣitajāramaṇam cintaye*

I think on *Śrī Rāma* gladdener of the daughter of Earth (329-P).

सन्ततं चिन्तयामि *Santataṁ cintayāmi*

Always think upon lord *Tiruvaṭṭīśvara* (405-P).

सारङ्गरागप्रिये सन्ततं चिन्तयेहं *Sāraṅgarāgapriye santataṁ cintayehaṁ*

I think upon the Goddess who is fascinated by the *Rāga Sāraṅga* (451-P).

गुरुगुह भवान्तरङ्गिणीं चतुरङ्गिणींविचिन्तयेऽहं

Guruguha bhavāntaraṅgiṇīṁ caturaṅgiṇīṁ vicintaye'haṁ

I specially meditate on the deity who lives in the inner soul of *Guruguha* (458-P).

शिवकामेश्वरीं चिन्तयेहं *Śivakāmeśvarīṁ cintayehaṁ*

I think upon Goddess *Śivakāmeśvarī* (438-P).

सिद्धिविनायकमूअनिशं चिन्तयाम्यहं *Siddhivināyakamaniśaṁ cintayāmyahaṁ*

I meditate always on *Siddhivināyaka* (412-P).

सन्ततं चिन्तये अमृतेश्वरि सलिलं वर्षय वर्षय वर्षय

Satataṁ cintaye amṛteśvari salilam varṣaya varṣaya varṣaya

Amṛteśvarī ! I meditate on you always. Shower and shower the rain (459-C)

5.1.2.2.2 Smaraṇa

I recollect in my mind on Goddess *Marakatavallī* (236-P).

हालास्यनाथं स्मरामि *Hālāsyānāthaṁ smarāmi*

I recollect in mind on *Hālāsyānātha* (148-P).

गोवर्द्धनगिरीशंस्मरामि *Govarddhanagirīśaṁ smarāmi*

अरुणाचलनाथं स्मरामि *Aruṇācalanāthaṁ smarāmi*

I always recollect in mind the lord *Aruṇācalanātha* (450-P).

श्री शूलिनीं श्रितपालिनीं स्मरचित्त *Śrī śūlinīm śritapālinīm smaracitta*

Oh mind! recollect upon Goddess *Śūlinī* (366-P).

5.1.2.2.3 Bhāvana

रामचन्द्रं भावयामि *Rāmacandraṁ bhāvayāmi*

I meditate on *Śrī Rāmacandra* with a feel of love (92-P).

चन्द्रमौलिं भावयामि *Candramauḷiṁ bhāvayāmi*

I always meditate on *Candramauḷi* with a feel of love (137-P).

मंगळदेवतेशं भावये *Maṅgaḷadevateśaṁ bhāvaye*

I meditate upon lord *Viṣṇu* with a feel of love (424-P).

श्रीललितां त्वां भावये *Śrīlalitāṁ tvāṁ bhāvaye*

I meditate on you Goddess *Lalitādevi* (466-P).

5.1.2.2.4 Upāsana (Meditation with deep internalization)

सदाशिवमुपस्महे शं मुद *Sadāśivamupasmahe śaṁ muda*

I internalize and meditate on lord *Śadāśiva* with great joy (297-P).

5.1.2.2.5 Bhajana (Experience)

श्रीकृष्णं भजरे रे मानस *Śrīkṛṣṇambhajare re mānasa*

Oh mind! Experience *Śrī Kṛṣṇa* (38-P).

वरलक्ष्मीं भजरे रे मानस *Varalakṣmīm bhajare re mānasa*

Oh mind! Experience the Goddess *Lakṣmi* (82-P).

कायारोहणेशं भजरे रे मानस *Kāyārohaṇeśaṁ bhajare re mānasa*

Oh mind! Experience *Kāyārohaṇeśa* (150-P).

एकाम्रेशनायकीं ईश्वरीं भजरे रे मानस *Ekāmreśanāyakīm īśvarīm bhajare re mānasa*

Oh mind! Experience the Goddess *Kāmākṣī*, the suzerain of lord *Ekāmreśa* (409-P).

विशालाक्षीं विश्वेशीं भज रे रे मानस सदा *Viśālākṣīm viśveśīm bhaja re re mānasa sadā*

Oh mind! Always Experience the Goddess *Viśālākṣī*, the suzerain of the universe (395-P).

मधुराम्बां भजरे रे मानस *Madhurāmbām bhajare re mānasa*

Oh mind! Experience the Goddess *Madhurāmbā* (384-P).

कनकसभापतिं भजरे मानस *Kanakasabhāpatim bhajare mānasa*

Oh mind! Experience the master of the golden stage-*Kanakasabha* (168-P).

श्री वेणुगोपालं भज मानस सततं *Śrī veṇugopālaṁ bhaja mānasa satataṁ*

Oh mind! Always sing on *Śrī Veṇugopāla* (294-P).

मानस गुरुगुह रूपं भजरे रे *Mānasa guruguha rūpaṁ bhajare re*

Oh mind! Experience the form of *Guruguha* (111-P).

भजरे रे चित्त बालाम्बिकां *Bhajare re citta bālāmbikāṁ*

Oh mind! Experience the Goddess *Bālāmbikā* (431-P).

श्रीकृष्णं भजरे चित्त *Śrīkṛṣṇaṁ bhajare citta*

Oh mind! Experience *Śrī Kṛṣṇa* (469-9th stanza).

शैलेश्वरं भजरे चित्त *Śaileśvaraṁ bhajarere citta*

Oh mind Experience the lord *Vāraṇa Śaileśvara* (416-P).

वेदपुरीश्वरं भज रे रे चित्त *Vedapūrīśvaraṁbhaja re re citta*

Oh mind! Experience *Vedapūrīśvara* (28-P).

करिकळाभामुखं ढुंढिगणेशं भजरे रे चित्त

Karikalābhāmukhaṁ ḍhunḍhigaṇeśaṁ bhajare re citta

Oh mind! Experience *Ḍhunḍhi Gaṇeśa*, the elephant-faced (84-P).

नीलोत्पलाम्बां भज रे रे चित्त *Nīlotpalāmbāṁ bhaja re re citta*

Oh mind! Experience *Śrī Nīlotpalāmbā* (102-P).

अभयाम्बां भजरे रे चित्त सततं *Abhayāmbāṁ bhajare re citta satataṁ*

Oh mind! Always Experience *Abhayāmbā* (114-P).

बृहदीश्वरीं भजरे चित्तं *Brhadīśvarī bhajare citta*

Oh mind! Experience *Brhadīśvarī* (41-P).

बृहदीश्वरं भजरे रे चित्तं *Brhadīśvaram bhajare re citta*

Oh mind! Experience the lord *Brhadīśvara* (340-P).

पवनात्मजं भजरे चित्तं *Pavanātmajam bhajare citta*

let my mind experience the son of *Vāyu-Āñjaneya* (282-P).

त्यागराजं भजरे रे चित्तं *Tyāgarājam bhajare re citta*

Oh mind! Experience *Tyāgarāja* (261-P).

दयानिधिं भजरे हृदय सततं *Dayānidhim bhajarehrdaya satatam*

Oh! Mind! Experience *Daṇḍāyudhapāṇi* (109-P).

श्रीगणनाथं भजरे *Śrīgaṇanātham bhajare*

Oh mind! Experience *Śrī Gaṇeśa* (222-P).

बालकृष्णं भजरे रे *Bālakṛṣṇam bhajare re*

Oh mind! Experience *Bālakṛṣṇa* (227-P).

5.1.2.5.1 Nama (Bowling)

परदेवते नमस्ते *Paradevate namaste*

Oh, *Paradevata*! Salutations to you (112-P).

ललनाथै नमस्ते नमस्ते *Lalanāyai namaste namaste*

My repeated salutations to *Lalitāmbikā* (118-P).

श्रीवरलक्ष्मी नमस्तुभ्यं *Śrīvaralakṣmī namastubhyaṁ*

Salutations to *Varalakshmi* (142-P).

रङ्गनाथाय नमस्ते नमस्ते *Raṅganāthāya namaste namaste*

Salutations to *Śrī Raṅganāthā* again and again (27-P).

रामचन्द्राय नमस्ते *Rāmacandrāya namaste*

Prostrations to *Rāmacandra* (17-P).

शांभविनमस्ते परदेवते *Śāmbhavi namaste paradevate*

Oh, *Śāmbhavī* ! My obeisance to you (54-AP).

नीलकण्ठाय नमो नमस्ते *Nīlakaṅṭhāya namo namaste*

Salutations to *Nīlakaṅṭha* (68-P).

प्रत्यङ्गिराभगवति नमाम्यहं *Pratyāṅgirā bhagavati namāmyaham*

I always salute the *Pratyāṅgirā Bhagavati* (69-P).

सूर्यमूर्ते नमोस्तु ते सुन्दरछायाधिपते *Sūryamūrte namostute sundarachāyādhipate*

Oh, *Sūryamūrti*-sun! salutations to you (81-P).

सदा नमस्ते शुकहस्ते *Sadānamaste śukahaste*

I always bow down to you, who hold parrot in the hand (83-C).

उमामहेश्वरीं धनिनीं नमामि *Umāmaheśvarīṁ dhaninīṁ namāmi*

I prostrate to the Divine mother (101-C).

मंगळांबायै नमस्ते *Maṅgaḷāmbāyai namaste*

Salutations to *Maṅgaḷāmbā* (169-P).

राजाधिराजपूजितचरणं नमामि *Rājādhirājapūjitacaraṇaṁnamāmi*

I offer in benediction to lord *Rāma* honored by kings of kings (463-P).

नरसिंहाय नमस्ते *Narasihmāya namaste*

I worship Lord *Narasimha* (469-P).

नवरत्नमालिनीं नतजनपालिनीं नमाम्यहं *Navaratnamālinīṁnatajana pālinīṁ namāmyaham*

I prostrate before the Goddess *Navaratnamālinī* (404-P).

कादम्बरीप्रियायै नमस्ते नमस्ते *Kādambarīpriyāyai namaste namaste*

I offer my respects again and again to Goddess *Mīnākṣī* (444-P).

तिरुवटीश्वरं नमामि *Tiruvaṭīśvaraṁ namāmi*

I prostrate before lord *Tiruvaṭīśvara* (405-P).

शिवकायारोहणेशाय नमस्ते *Śivakāyārohaṇeśāya namast*

Salutations to *Śrī Śivakāyārohaṇeśā* (175-P).

वामाङ्कस्थिते नमस्ते नमस्ते *Vāmāṅkasthite namaste namaste*

I salute you Oh *Gaurī* who is on the left lap of *Śiva* (184-P).

एकाम्रनाथायनमस्ते *Ekāmranāthāya namaste*

Salutations to lord *Ekāmbaranātha* (194-P).

ब्रह्मजाते नमोस्तुते *Brahmajāte namostute*

One who is born of *Brahmā*, I salute you (204-P).

महालिंगेश्वराय नमस्ते *Mahāliṅgeśvarāya namaste*

My salutations to *Mahāliṅgeśvara* (206-P).

श्री स्वामिनाथाय नमस्ते नमस्ते *Śrī svāmināthāya namaste namaste*

I salute lord *Svāminātha* (229-P).

कर्पूरवीडिकायै नमस्ते नमस्ते *Karpūravīḍikāyainamaste namaste*

I salute you, salute *Kamalāmbā* (234-P).

श्री सुब्रह्मण्याय नमस्ते नमस्ते *Śrī subrahmaṇyāya namaste namaste*

I salute again and again lord *Subrahmanya* (237-P).

साम्बसदाशिवाय नमस्ते *Sāmbasadāśivāya namaste*

I salute lord *Sāmbasadāśiva* (239-P).

गुरुगुहनुत श्यामलायै नमस्ते नमस्ते *Guruguhanuta śyāmalāyai namaste namaste*

My salutations again and again to the Divine mother *śyāmalā* (240-P).

अभयवरप्रदायै नमस्ते नमस्ते *Abhayavarapradāyai namaste namaste*

My salutations again and again to Goddess *Abhayāmbikā* (259-P).

बृहदीश्वराय नमस्ते *Bṛhadīśvarāya namaste*

My salutations to lord *Bṛhadīśvara* (264-P).

अखिलाण्डेश्वर्यै नमस्ते *Akhilāṇḍeśvāryai namaste*

Salutations to Goddess *Akhilāṇḍeśvarī* (311-P).

श्री सरस्वति नमोऽस्तुते *Śrī sarasvati namo'stute*

I salute Goddess *Sarasvati* (317-P).

हस्तिवदनाय नमस्तुभ्यं *Hastivadanāya namastubhyam*

My salutations to the Elephant-faced God (339-P).

सिद्धीश्वराय नमस्ते *Siddhīśvarāya namaste*

I salute to lord *Siddhīśvara* (345-P).

गुरुगुहाय कुमाराय नमो नमस्ते *Guruguhāya kumārāya namo namaste*

My salutations again and again to lord *GuruGuha* (353-P).

श्यामळाङ्गि माताङ्गि नमस्ते *Śyāmalāṅgi mātāṅgi namaste*

Oh *Mātāṅgi* of emerald hue! My obeisance to you (408-P).

कुम्भेश्वराय नमस्ते *Kumbheśvarāya namaste*

I bow repeatedly to *Kumbheśvara* (436-P).

गोविन्दम् नमाम्यहं *Govindam namāmyaham*

I salute *Govinda* (469-1st line).

नीलोत्पलांबिकायै नमस्ते जगदंबिकायै *Nīlotpalāmbikāyai namaste jagadambikāyai*

I prostrate before *Nīlotpalāmbikā* (203-P).

गोविन्दराजाय नमस्ते नमस्ते *Govindarājāya namaste namaste*

I, again and again, prostrate to *Śrī Govindarāja* (255-P).

सुन्दरेश्वराय नमस्ते *Sundareśvarāyanamaste*

I prostrate before lord *Somasundareśvara* (303-P).

नागाभरणं नगजाभरणं नमामि *Nāgābharaṇam nagaajābharaṇam namāmi*

I salute *Bṛhadīśvara* (356-P).

बृहदीश्वरं नमाम्यहं सततं सततं *Bṛhadīśvaraṁnamāmyaham satataṁ satataṁ*

I always worship *Bṛhadīśvara* (376-P).

बृहदम्बिकायै नमस्ते नमस्ते *Bṛhadāmbikāyai namaste namaste*

I prostrate before Goddess *Bṛhadāmbika* (88-P).

प्रणतार्त्तिहरं नमामि सततं *Praṇatārttiharam namāmi satataṁ*

I offer my obeisance to lord *Praṇatārṭti Hara* (171-P).

हेरंबाय नमस्ते *Herambāya namaste*

I offer my obeisance to *Herambha Gaṇapati* (205-P).

बालाम्बिक्यै नमस्ते वरदायै *Bālāmbikayai namaste varadāyai*

I offer my obeisance to Goddess *Śrī Bālāmbikā* (247-P)

गौरीशाय नमस्ते *Gaurīśāya namaste*

My obeisance to *Gaurīśa* (314-P).

प्रणतार्तिहराय नमस्ते वर *Praṇatārṭtiharāya namaste vara*

My obeisance to lord *Praṇatārṭtihara* (357-P).

लम्बोदराय नमस्ते *Lambodarāya namaste*

My obeisance to *Śrī Lambodara* (373-P).

श्री बृहदम्बा सन्नृतिञ्चेद सारे सारेकुनु *Śrī Bṛhadambā sannutiñceda sāre sārekunu*

Śrī Bṛhadambā! I salute you again and again (399-C).

पशुपतीश्वरं प्रणौमि सततं *Paśupatiśvaraṃ praṇaumi satataṃ*

I always prostrate before lord *Paśupatiśvara* (382-P).

नी दानरा नन्नेलरा म्रोक्केर *Nī dānarā nannelarā mrokkera*

I prostrate before you (179-P).

5.1.2.7 Ātmanivedana

सदाश्रयामि शङ्कराभरणं *Sadāśrayāmī śaṅkarābharāṇam*

I always seek refuge in *Śaṅkarābharāṇa* (471-11th stanza).

सुन्दरमूर्त्तिमाश्रयामि *Sundaramūrttimāśrayāmi*

I take refuge in *Sundara Mūrti* (87-P).

रुद्रकोपजात वीरभद्रमाश्रये *Rudrakopajāta vīrabhadramāśraye*

I take refuge in *Vīrabhadra* (174-P).

नरहरिमाश्रयामि सततं *Naraharimāśrayāmi satatam*

I always take refuge in *Śrī Narahari* (100-P).

सौन्दरराजमाश्रये वरदराजं *Saundararājamāśraye varadarājam*

I seek the refuge in *Soundara Rāja* (146-P).

अङ्गारकमाश्रयाम्यहं *Āṅgārakamāśrayāmyaham*

I take refuge in *Āṅgāraka* (252-P).

आश्रयामिशिवकामवल्लीशं *Āśrayāmi śivakāmavallīśam*

I take refuge in the lord of *Śivakāmavallī* (336-P).

अभिरामीं अखिलभुवनरक्षकीमाश्रये *Abhirāmīm akhilabhuvanarakṣakīmāśraye*

I surrender at the feet of Goddess *Abhirāmī* (426-P).

सन्तान सौभाग्यलक्ष्मीकळत्रं *Santāna saubhāgyalakṣamīkaḷatram*

I surrender at the lotus feet of lord *Viṣṇu* (301-1st line).

गुरुगुह पदपङ्कजमतिगुप्तमनिशमाश्रये *Guruguha padapaṅkajamatiguptamanīsamāśraye*

I always surrender at the subtle lotus feet of *Guruguha* (270-1st line).

पार्वतीपतिं प्रणौमि सततम् *Pārvatīpatim praṇaumi satatam āśritajana*

I constantly bow before the Lord of *Pārvatī* (333-P).

5.1.2.8 Great Faith

मुरहरेण मुकुन्देन केशवेन रक्षितोहं *Murahareṇa mukundena keśavena rakṣitoham*

I am protected by *Murahara*, *Mukunda* and *Keśava* (2-P).

गोविन्दराजेन रक्षितोऽहं सदा *Govindarājena rakṣito'ham sadā*

I am always protected by *Govindarāja* (67-P).

श्री मधुरांबिकया रक्षितोहं *Śrī Madhurāmbikayā rakṣitoham*

I am protected by Goddess *Madhurāmbā* (208-P).

गिरिजया अजया अभयाम्बिकया रक्षितोहं *Girijayā ajayā abhayāmbikayā rakṣitoham*

I am protected by *Abhayāmbikā* (269-P).

गणराजेन रक्षितोहं *Gaṇarājena rakṣitoham*

I am protected by lord *Gaṇeśa* (313-P).

विश्वनाथेन रक्षितोऽहं *Viśvanāthena rakṣito'ham*

I have been protected by lord *Viśvanātha* (358-P).

पार्वतीश्वरेण रक्षितोहं *Pārvatīśvareṇa rakṣitoham*

I am protected by *Śiva* (429-P).

श्रीधरेण रक्षितोहं *Śrīdhareṇa rakṣitoham*

I am protected by *Śrīdhara* (469-3rd stanza).

सुब्रह्मण्येन रक्षितोहं *Subrahmaṇyena rakṣitoham*

I am protected by lord *Subrahmaṇya* (188-P).

सरस्वत्या संरक्षितोहं *Sarasvatyā saṁrakṣitoham*

I am protected by Goddess *Sarasvati* (47-P).

कामेश्वरेणसंरक्षितोहं *Kāmeśvareṇasaṁrakṣitoham*

I am well protected by *Kāmeśvara* (138-P).

त्यागराजेन संरक्षितोहं *Tyāgarājena saṁrakṣitoham*

I am being well protected by lord *Tyāgarāja* (191-P).

कैलासनाथेन संरक्षितोहं *Kailāsanāthena saṁrakṣitoham*

I am well protected by *Kailāsanātha* (233-P).

कुम्भेश्वरेण संरक्षितोहं *Kumbheśvareṇa saṁrakṣitoham*

I am well protected by *Kumbheśvara* (437-P).

एकाम्रनाथेश्वरेण संरक्षितोहं *Ekāmrnātheśvareṇa saṁrakṣito haṁ*

I am well protected by lord *Ekāmrnātheśvara* (457-P).

श्री कृष्णो मां रक्षतु *Śrī Kṛṣṇomām rakṣatu*

I am well protected by lord *Śrī Kṛṣṇa* (465-P).

सदाशिवेन शंकरेण संरक्षितोऽहं *Sadāśiveṇa śaṅkareṇa saṁrakṣito 'haṁ*

I am well protected by *Sadāśiva* (86-P).

आनन्देश्वरेण संरक्षितोऽहं *Ānandeśvareṇa saṁrakṣito 'haṁ*

I am protected by *Ānandeśvareṇa* (108-P).

स्वामिनाथेन संरक्षितोहं *Svāmināthena saṁrakṣito haṁ*

I am protected by *Svāminātha* (147-P).

श्रीगुरुणा पालितोस्मि *Śrīguruṇā pālitosmin*

I have been protected by *Śrī Guru* (74-P).

परिपालितोहं सुमुखेन *Paripālitohaṁ sumukhena*

I am protected by *Śrī Gaṇapati* (61-P).

परमेश्वरेण पालितोस्म्यहम् *Parameśvareṇa pālitosmyaham*

I am protected by *Parameśvara* (7-P).

महादेवेन पालितोस्म्यहं *Mahādevena pālitosmyaham*

I have been protected by lord *Mahādeva* (153-P).

परमेश्वर जगदीश्वर शंकरपाहिमां *Parameśvara jagadīśvara śaṅkarapāhimām*

I am protected by *Śrī Parameśvara* (368-P).

कामाक्षि मामव कामेश्वरि *Kāmākṣi māmava kāmeśvari*

Oh *Kāmākṣi!* Kindly protect me (1-P).

मत्स्यावतार मामव मधुसूदन *Matsyāvatāra māmava madhusūdana*

Oh *Madhusūdana!* You incarnated in the form of fish. Please protect me (6-P).

नीलोत्पलाम्बिके मामव *Nīlotpalāmbike māmava*

Oh my mother *Nīlotpalāmbikā*, deign to protect me (46-P).

सौभाग्यलक्ष्मीः सततं मामवतु *Saubhāgyalakṣmīḥsatataṁ māmavatu*

May *saubhāgyalakṣmī* protect me (62-AP).

परंधामश्याम मामव *Parandhāma śyāma māmava*

Please protect me, Oh *Rāma!* The dark skinned residing in the supreme realm! (77-C).

अनिशं मामव कामाक्षि *Aniśaṁ māmava kāmākṣi*

Oh *Kāmākṣi!* Always protect me (83-P).

मामव रघुवीर माधव धीर *Māmava raghuvīra mādhaba dhīra*

Oh *Raghuvīra* ! Kindly protect me (243-P).

महालक्ष्मि करुणालहरि मामव माधवमनोहरि

Mahālakṣmīkaruṇālahari māmava mādhavamanohari

Oh *Mahālakṣmī* ! Kindly protect me (162-P).

नगजानन्दिते मामव *Nagajānandite māmava*

Oh Devi! Deign to protect me (134-P).

महा त्रिपुर सुन्दरि मामव *Mahā Tripura sundari māmava*

Oh *Tripurasundarī* kindly protect me (164-P).

केशव मामव सीताधव *Keśava māmava sītādhava*

Keśava! Please protect me (267-P).

बालकुचाम्बिके मामव *Bālakucāmbike māmava*

Oh *Bālakucāmbikā*, protect me (253-P).

श्रीमातः शिववामाङ्के मामव *Śrīmātaḥ śivavāmāṅke māmava*

Oh *Śrī Māta*, O the left part of Lord *Śiva*! please protect me (320-P).

वाग्देवि मामव कल्याणि *Vāgdevi māmava kalyāṇi*

Oh *Vāgdevi* ! Please protect me (310-1st line).

कामाक्षि कामकोटिपीठवासिनि मामव *Kāmākṣi kāmakoṭipīṭhavāsini māmava*

Oh *Kāmākṣi* ! Please protect me (413-P).

ज्ञानप्रसूनामिके मामव *Jñānaprasūnāmike māmava*

Oh *Jñānaprasūnāmike*, protect me (433-P).

मन्दरगिरिधर मामव माधव *Mandaragiridhara māmava mādhave*

Oh *Hari*! Protect me (455-AP).

मातङ्गि श्री राजराजेश्वरि मामव *Mātāṅgi śrī rājarājeśvari māmava*

Oh *Mātāṅgi* ! Please protect me (397-P).

अनन्तबालकृष्ण मामव मुकुन्द *Anantabālakṛṣṇa māmava mukunda*

Oh lord *Anantabālakṛṣṇa*! Protect me (220-P).

त्रिपुरसुन्दरि शङ्करि मामव *Tripurasundari śaṅkari māmava*

Oh Goddess *Tripurasundari* ! Please protect me (355-P).

मामव गुरुगुहजननि निरञ्जनि *Māmava guruguhajanani nirañjani*

Oh *Nirañjani*, protect me (371-P).

मामव मीनाक्षि राजमातङ्गि *Māmava mīnākṣi rājamātāṅgi*

Oh Goddess *Mīnākṣi*, please protect me (374-P).

श्री कामाक्षि पाहि माम् *Śrī kāmākṣi pāhimām*

Śrī Kāmākṣi ! Kindly protect me (3-P).

सन्ततं पाहिमाम् बृहदीश्वरि *Santataṁ pāhimāmbṛhadīśvarī*

Protect me always, O *Bṛhadīśvarī Śāṅkari* (187-P).

पञ्चदशाक्षरि पाहि माम् *Pañcadaśākṣari pāhimām*

Oh *Bālāmbika* who is in the form of *Pañcadaśākṣara* Mantra! Protect me (29-P).

ललिते पाहि माम् परदेवते *Lalite pāhimām paradevate*

Oh *Lalitā*! Protect me (34-P).

पाहि पञ्चाशद्वर्णे माम् *Pāhi pañcāśadvarṇe mām*

Oh *Annapūrṇā* of 50 *Varṇas*! Deign to protect me (30-AP).

महिषासुरमर्दिनि मां पाहि *Mahiṣāsurasuramardini mām pāhi*

Oh *Mahiṣāsurasuramardini*! Kindly protect me (50-P)

गोकर्णेश्वर पाहि पाहि माम् *Gokaṛṇeśvara pāhi pāhimām*

Oh lord *Gokaṛṇeśvara* ! Protect me (80-P).

गङ्गे मां पाहि *Gaṅge māmpāhi*

Oh *Gaṅgā*! Protect me (225-P).

गणेशकुमार पाहि माम् *Gaṇeśakumāra pāhimām*

Oh youthful *Gaṇeśa*! Please protect me (224-P).

पाहि मां ललिते वरदे *Pāhimāmlalite varade*

Oh Paradevata! Protect me (112-P).

श्री काळहस्तीश समीराकार मां पाहि राजमौळे एहि

Śrī kālahastīśa samīrākāramāmpāhi rājamaule ehi

Oh lord of *Kālahasti*! Please protect me (156-P).

पाहि मां रत्नाचलनायक *Pāhimāmratanācalanāyaka*

Protect me lord of *Ratnācalā* (133-P).

श्री कमलाम्बिके शिवे पाहि माम् ललिते *Śrī Kamalāmbike śive pāhimāmlalite*

Śrī Kamalāmbikā ! Please protect me (140-P).

पाहि श्री राजराजेश्वरि *Pāhi śrī rājarāješvari*

Śrī Rājarāješvari please protect me (151-P).

सरसिजनाभ सोदरि शङ्करि पाहि माम् *Sarasijanābha sodari śaṅkari pāhimām*

Oh *Śaṅkarī* ! Deign to protect me (135-P).

परदेवते भद्रं देहि आशु माम् पाहि *Paradevate bhadraṁ dehi āśu māmpāhi*

Oh *Paradevatā* ! Give me security and protect me (155-P).

सन्ततं पाहि मां संगीतश्यामळे *Santataṁpāhimām saṅgītaśyāmāle*

Oh *Saṅgīta Śyāmālā* ! Protect me always (300-1st line).

श्रीराजमातंगि मां पाहि *Śrīrājamātaṅgi māmpāhi*

Oh Goddess *Rājamātaṅgi* ! Please protect me (327-P).

श्रीराजराजेश्वरि त्रिपुरसुन्दरि शिवे पाहि माम् *Śrīrājarājeśvari Tripurasundariśive pāhimām*

Oh *Rājarājeśvari* ! Protect me (348-P).

पर्वतवर्द्धनि पाहि माम् *Parvatavarddhani pāhimām*

Oh Goodess *Parvatavarddhani*! Protect me (354-P).

शिवे पाहि मामंबिके *Śivepāhimām ambike*

Oh Goddess *Ambikā*, please protect me (365-P).

पवनात्मजागच्छ पाहि मां जय जय *Pavanātmaṅgacchapāhimām jaya jaya*

Oh *Hanumān*! Protect me (369-P).

श्री मङ्गळाम्बिके संरक्ष माम् *Śrī maṅgaḷāmbike saṁrakṣa mām*

Oh Goddess *Maṅgaḷāmbika*, please protect me (440-P).

मायाधीनं दीनं मां पाहि *Māyādhīnaṁ dīnaṁ māmpāhi*

Oh *Abhayāmbika*, please protect me the dejected one (411-AP).

पामरजनपालिनि पाहि बृहन्नायकि *Pāmarajanapālīni pāhi bṛhannāyaki*

Oh Goddess *Bṛhannāyaki* ! Please protect me (415-P).

हेमाम्बरि पाहि मामीश्वरि *Hemāmbari pāhimām īśvari*

May Goddess *Pārvati*, protect me (460-P).

कमलाम्बिके पाहि मां वरदे *Kamalāmbike pāhimām varade!*

Oh *Kamalāmbika*, protect me (470-1st stanza).

पाहि माम् पर्वति *Pāhimāmparvati*

Please protect me, Oh Goddess *Pārvati*! (447-P).

पर्वतराजकुमरि श्री पार्वति पाहि माम् *Parvatarājakumari śrī pārvati pāhimām*

Oh *Parvatarājakumārī*! Protect me (180-P).

सारसदळनयन सङ्कटहरण हरे गोविन्द मां पाहि

Sārasadaḷanayana saṅkaṭaharaṇa hare govinda mām pāhi

Oh *Hari*! Oh *Govinda*! Protect me (231-P).

काशीविश्वेश्वर एहि माम् पाहि *Kāśīviśveśvara ehi mām pāhi*

Oh *Kāśīviśveśvara*! Please come to protect me (235-P).

अखिलाण्डकोटिप्रभो पाहि शंभो *Akhilāṇḍakoṭi prabho pāhi śambho*

Oh lord of *Akṣayaliṅga*, protect me (262-P).

धर्म संवर्द्धनि दयया माम् पाहि पाहि *Dharma saṁvarddhani dayayāmām pāhi pāhi*

Dharmasamvardhani! Protect me out of your compassion (163-P).

देवते भवभक्तमोदिनि पाहि माम् *Devatebhavabhaktamodini pāhimām*

Oh Paradevata! Gladdener of devotees! Protect me (281-P).

पाहामाम् जानकीवल्लभ *Pāhimām jānakivallabha*

Oh *Jānakīvallabha*! Protect me (284-1st line).

एकाम्नेश गुरुगुहादि जनक माम् पाहि *Ekāmreśa guruguhādi janaka mām pāhi*

The *Ekāmreśa*, Please protect me (291-last line).

कामाक्षि माम् पाहि *Kāmākṣi mām pāhi*

Oh *Kāmākṣī* protect me (292-2nd line) & (190-P1).

मुदं देहि मां पाहि *Mudaṁ dehi māmpāhi*

Give me joy and wisdom and protect me (197-P).

करुणाकटाक्षि पाहि कामाक्षि *Karuṇākataṅkṣi pāhi kāmākṣi*

Oh Goddess *Śaṅkari*, protect me (351-AP).

वरदराज पाहि विभो करिगिरीश *Varadarāja pāhi vibhokarigirīśa*

Oh lord *Varadarāja* ! Protect me (308-1st line).

बृहन्नायकि एहिमुदं देहि माम् पाहि *Bṛhannāyaki ehimudaṁ dehimām pāhi*

Oh *Bṛhannāyaki*, please come and protect me (212-P).

कल्याणि कामाक्षि पाहि *Kalyāṇi kāmākṣi pāhi*

She is *Kalyāṇi*, protect me (275-last line)

त्यागराजपालयाशु माम् *Tyāgarājapālayāśumām*

Oh lord *Tyāgarāja* ! Please protect me immediately (53-P).

बालगोपाल पालयाशु माम् *Bālagopāla pālayāśumām*

Oh *Bālagopāla* ! Protect me (115-P).

ज्ञानाम्बिके पालय माम् *Jñānāmbike pālayamām*

Mother of knowledge ! Protect me (12-P).

पालय मां बृहदीश्वर पालितभुवनेश्वर *Pālayamām Bṛhadīśvara pālita bhuvaneśvara*

Oh *Bṛhadīśvara* ! Protect me (170-P).

परिपालय मां पङ्कजनाभ *Paripālayamām paṅkajanābha*

Oh lord *Padmanābha*! Please protect me (165-P).

पालय माम् परमेश्वरि *Pālayamām parameśvari*

Oh *Parameśvarī*, please protect me (198-P).

पालय मां पार्वतीश *Pālayamām pārvatīśa*

Oh lord of *Pārvatī* ! Kindly protect me (241-P).

महागणपते पालयाशु माम् *Mahāgaṇapate pālayāśu mām*

Oh *Mahāgaṇapati*, protect me without any delay (246-P).

स्वमिनाथ परि पालयाशु माम् *Svaminātha pari pālayāśumām*

Oh lord *Svāminātha*! Please protect me without delay (370-P).

मातङ्गि मरकताङ्गि मां पालय कृपालये *Mātaṅgi marakatāṅgimāmpālaya kṛpālaye*

Oh Goddess *Mātaṅgi*, whose limbs resemble emerald! protect me (464-P).

नीलकण्ठेश पालय माम् *Nīlakaṅṭheśa pālayamām*

Oh lord *Nīlakaṅṭheśa* ! Please protect me (422-P).

वंशवति शिवयुवति पालय माम् *Vaṁśavati śivayuvati pālayamām mām*

Oh Goddess *Vaṁśavati*! Please protect me (407-P).

सेनापते पालयमाम् *Senāpate pālayamām*

Oh lord *Senāpati*, please protect me (393-P).

नीलकण्ठ गुरुगुहलोल पालय *Nīlakaṅṭha subāla guruguhalola pālaya*

let *Śrī Vaṭukanātha*, protect me (218-C).

पार्वतीपते सदा पालयाशु शंभो *Pārvatīpate sadā pālayāśu śambho*

Oh *Śambho*, always protect me without delay (285-1st line).

पंकजलोचन भक्तजनप्रिय पालय माम् *Paṅkajalocana bhaktajanapriya pālayamām*

Oh *Rāma*! O lotus eyed loved by devotees! Please protect me (289-2nd line).

मारकोटि लावण्य माम् पालय *Māraḱoṭi lāvanyamām pālaya*

Please protect me, O Lord who has beauty of crores of Manmatha (315-P).

श्रीमहागणपतिरवतुमाम् *Śrīmahāgaṇapati ravatumām*

May he protect me the lord *Mahā Gaṇapati* (52-P).

हे अभयकरे वरे ईश्वरि कृपतोनुएन्दन्नै रक्षिक्क इदु नल्ल समयमम्मा

He Abhayakare vare īśvarikṛpatonuendannai rakṣiṅka idu nalla samayamammā

Īśvari! Protect me with your kindness (139-AP).

गजाम्बा नायको रक्षतु *Gajāmbā nāyako rakṣatu*

May the spouse of *Gajāmbā* protect me (223-P).

श्री सुब्रह्मण्यो मां रक्षतु *Śrī Subrahmaṇyo mām rakṣatu*

May lord *Śrī Subrahmaṇya* protect me (19-P).

बृहदीश्वरो रक्षतु माम् *Bṛhadīśvaro rakṣatu mām*

May I be protected by *Bṛhadīśvara* (5-P).

संरक्षतु माम् श्री जगदम्बा *Samrakṣatu mām śrī jagadambā*

May the mother *Bṛhatkucāmba* protect me (25-P).

अखिलाण्डेश्वरि रक्ष माम् *Akhilāṇḍeśvari rakṣa mām*

Oh, *Akhilāṇḍeśvari!* Please protect me (226-P).

विनोदिनि मोदिनि रक्ष माम् *Vinodini modini rakṣa mām*

Oh, mother! Gladdener! Sportive! Please protect me (104-P).

कमलाम्बा संरक्षतु माम् *Kamalāmbāsairakṣatumām*

May Goddess *Kamalāmbā* protect me (110-P).

सरस्वती संरक्षतु माम् *Sarasvatī sairakṣatumām*

May Goddess *Śrī Sarasvatī*, protect me (124-P).

श्री कमलाम्बिके अवाव शिवे *Śrī Kamalāmbike avāva śive*

May Goddess *Kamalāmbikā*, protect me (126-P).

विश्वेश्वरो रक्षतु माम् *Viśveśvaro rakṣatu mām*

May lord *Viśveśvara* protect me (161-P).

श्री त्यागराजस्य भक्तो भवामि *Śrī Tyāgarājasya bhakto bhavāmi*

May I become the devotee of lord *Tyāgarāja* (176-P).

श्री रामचन्द्रो रक्षतु माम् *Śrī Rāmacandro rakṣatu mām*

May I be protected by *Śrī Rāmacandra* (182-P).

रामकृष्णेन संरक्षितोहं *RāmaKṛṣṇena sairakṣitohaṁ*

May I be protected by *Rāma* and *Kṛṣṇa* (185-P).

तारयाशु करुणानिधे *Tārayāśu karuṇānidhe*

Oh *Tyāgarāja*, please help at once (195-P).

अभयाम्बानायक वरदायक *Abhayāmbānāyaka varadāyaka*

Oh lord Śiva, protect me (200-P).

सरस्वती सकलकलास्वरूपिणि रक्षतु *Sarasvatī sakalakalāsvarūpiṇi rakṣatu*

let the Goddess *Sarasvatī*, may she protect me (214-P).

मधुराम्बा संरक्षतु मां श्रीमनु *Madhurāmbā saṁrakṣatu māmśrīmanu*

May Goddess *Madhurāmbā* protect me (216-P).

श्री गुरुगुह तारयाशु माम् *Śrī guruguha tārayāśumām*

Oh lord, Guruguha! Come quickly and guide me (217-P).

गुरुगुहपालिनि अखिलाण्डेश्वरि *Guruguhapālini Akhilāṇḍeśvari*

Oh, *Akhilāṇḍeśvarī*! Protect me (221-C).

दण्डनाथया रक्ष माम् *Daṇḍanāthayā rakṣa mām*

May I be protected by Goddess *Daṇḍanāthā* (228-P).

गुरुगुह सरस सततमव *Guruguha sarasa satatamava*

Oh lord, Guruguha! Always please protect me (271-First and last line).

शिवभावित सुमतेऽनिशमवमाम् *Śivabhāvita sumate'niśamavamām*

Oh lord, *Gurumūrtti*! Always protect me (272-AP).

कामाक्षि काञ्चीपुरिनायिके रक्षितुं एहि एहि *Kāmākṣi kāñcīpurināyike rakṣatum ehi ehi*

Oh Goddess *Kāmākṣī*, please come and protect me (273-2nd line).

दिव्यतेजोमयी रक्ष माम् रञ्जनि *Divyatejomayīrakṣituṁ rañjani*

Oh, Goddess! Protect me (277-last line).

सङ्कटहर वेङ्कटगिरि वास नारायणान्द गोविन्द पाहि माम्

Saṅkaṭahara veṅkaṭagiri vāsa nārāyaṇānda govinda pāhi mām |

Oh, Govinda who removes troubles and who dwells in *veṅkaṭa* hills! Please protect me

(280-1st line).

पाहि दुर्गे भक्तिं देहि *Pāhi durge bhaktiṁ dehi*

Oh, *Durgādevī*! Please protect me blessing me with your devotion (283-1st line).

श्यामले मीनाक्षि सुन्दरेश्वरसाक्षि *Śyāmale mīnākṣi sundareśvarasākṣi*

Oh Goddess *Mīnākṣī Śyāmalā* ! Please protect me (295-1st line).

वदनकरांभोजे तारय *Vadanakarāmbhoje tāraya*

Oh Goddess *Lalitha*, take me across the ocean of *Samsāra* (296-2nd line).

हाटकेश्वर संरक्ष माम् *Hātakeśvara samrakṣa mām*

Oh, *Hātakeśvara*! Please protect me (324-P).

अन्नपूर्णे विशालाक्षि कटाक्षि *Annapūrṇe viśālākṣi kaṭākṣi*

Oh Goddess *Annapūrṇa*, please protect me(352-P)

वरदराज अवाव *Varadarāja avāva*

Oh lord *Varadarāja*, please protect me (361-P).

अभयांबा जगदंबा रक्षतु *Abhayāmbā jagadambā rakṣatu*

Oh Goddess *Abhayāmbā*, may she protect me (430-P).

ब्रह्मविद्याम्बिके संरक्षमाम् *Brahmavidyāmbike saṁrakṣa mām*

Oh Goddess *Brahmavidyāmbika*, please protect me (432-P).

माधवो माम् पातु *Mādhavomām pātu*

let lord *Mādhava* protect me (469-1st line).

श्रीमधुराम्बिके श्रीशिवे अवाव *Śrīmadhurāmbike śrīśive avāva*

Oh Goddess *Madhurāmbikā*, protect me (439-P).

चिन्तितार्थदायिके श्रीशिवे संरक्ष माम् सन्ततं पातु मां बृहदीश्वरि

Cintitārtthadāyike śrīśive saṁrakṣamāmsantataṁ pātumām bṛhadīśvari

O Goddess *Bṛhadīśvari* who bless with anything which we wish, protect me (461-P).

भद्रं देहि देहि *Bhadraṁ dehi dehi*

Grant me prosperity (10-P).

मरकतवल्लि मां कलय *Marakatavallimām kalaya*

Oh *Marakatavallī!* Enlighten me (129-P).

मद्गुरुवरो मंगळं करोतु *Madguruvaro maṅgaḷaṁ karotu*

May my Guru bless me (43-AP).

5.1.2.9 Compassion

कृपं कुरु केशव शौरि हरे *Kṛpāṁ kuru keśava śaurehare*

Oh *Kṛṣṇa* ! Be merciful (49-P).

कौमारी गौरीवेळावळ्ळिगानलोले सुशीले बाले *Kaumārī gaurīvelāvali gānalole suśīle bāle*

Oh the youthful *Kaumārī*! is the paragon of virtues (192-P).

धनञ्जयसारथे दयानिधे कृपां कुरु *Dhanañjayasārathe dayānidhe kṛpāṁ kuru*

Charioteer of *Arjunā*, ocean of compassion, shower on me your mercy (220-C).

एकाम्रपते करुणामूर्त्ते एकानेक विभूते *Ekāmrāpate karuṇāmūrtte ekāneka vibhūte*

Oh lord *Ekāmrānātha* ! The embodiment of mercy (298-2nd line).

अम्बा नीलायताक्षि करुणाकटाक्षि *Ambā nīlāyatākṣi karuṇākataṅkṣi*

Oh mother *Nīlāyatākṣi*, eyes full of compassion, shower your blessings on me (343-P).

बलराम मां कलय *Balarāma mām kalaya*

Remember me oh *Balarāma* (469-8th stanza).

Compassion is to make the soul to transcend the *Samsāra*.

विनायक विघ्ननाशक मां तारय दयानिधे *Vināyaka vighnanāśaka mām tāraya dayānidhe*

Oh lord *Vināyaka*! Ocean of mercy! Make me to transcend (96-P).

दीनवन कोङ्कणेश *Dīnavana koṅkaṇeśa*

Protector of the afflicted (12-C).

दीनावन गुरुगुहप्रिये *Dīnāvana guruguhapriye*

Who protects the afflicted ones (83-C).

दीनरक्षकं *Dīnarakṣakam*

Protector of the afflicted (252-C).

दीनरक्षक *Dīnarakṣaka*

Protector of the afflicted (158-C).

दीनार्तिहरं *Dīnārtiharām*

He removes afflictions of the oppressed (168-C).

दीनजनसंरक्षण निपुणकनकधारे *Dīnajanasaṁrakṣaṇa nipuṇakanakadhāre*

She is an expert in protecting the afflicted (142-C).

दीनावनहस्तसारसे *Dīnāvana hastasārase*

Whose lotus hands offer protection to the afflicted (13-AP).

दीनावनोद्युक्त *Dīnāvanodyukta*

He is the Divine *Kalpaka vṛkṣa* for the afflicted ones (43-AP).

दाशरथे दीनदयानिधे *Dāśarathe Dīnadayānidhe*

The compassionate one to the afflicted (267-1st line).

धीराग्रगण्य दीनशरण्य *Dhīrāgraganya dīnaśaraṇya*

The refuge for the depressed (85-AP).

दीनजनाभीष्टदायिनि *Dīnajanābhīṣṭadāyini*

Who fulfills the desires of the depressed ones (154-P).

दीनशरण्याय *Dīnaśaraṇyāya*

He is the refuge for the depressed (237-P).

दैत्यहन्त्री दीनरक्षिणी *Daityahantrī dīnarakṣiṇī*

The protector of the oppressed ones (216-AP).

दीनजनादि बृन्दसेवितं *Dīnajanādi bṛndasevitam*

He is worshipped by the host of oppressed people (390-C).

पाहि मां दीनबन्धो *Pāhimāmdīnabandho*

He is the friend of distressed ones(280-3rd line).

आबालगोपविदित दीनशरण्य *Ābālagopaviditadīnaśaraṇya*

He is the protector of the Dejected ones (326-AP).

दीनजनावन शङ्करि *Dīnajanāvana śaṅkari*

The protector of the dejected ones (433-C).

दीनबन्धो दयासन्धो *Dīnabandho dayāsandho*

Oh, *Rāma*! The friend of the dejected ones (268-1st line).

दीनार्ति भङ्गनाय *Dīnārtti bhañjanāya*

Removes sufferings of the poor (255-C).

दीनजनावन शङ्कर *Dīnajanāvana śaṅkara*

lord *Śaṅkara*! Who protects the supplicants (170-C).

पुत्रकारक दीनबन्धो *Putrakāraka dīnabandho*

You grant progeny. You are the friend of the Helpless (204-C).

अनाथ रक्षक *Anātha rakṣaka*

Oh! The protector of the helpless (96-AP).

रोगहरं *Rogaharam*

He cures diseases (400-AP).