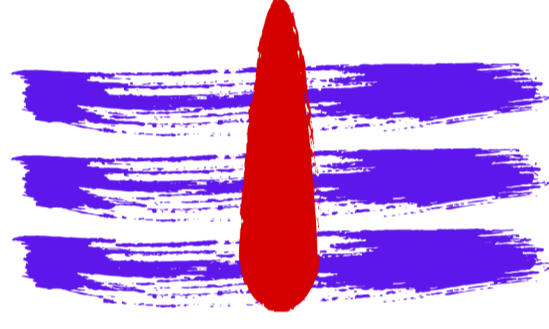




महाशिवरात्रि

Mahashivratri



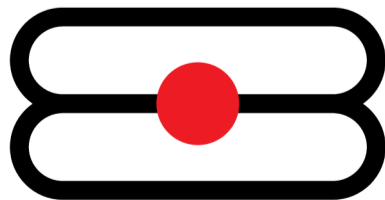
Pooja

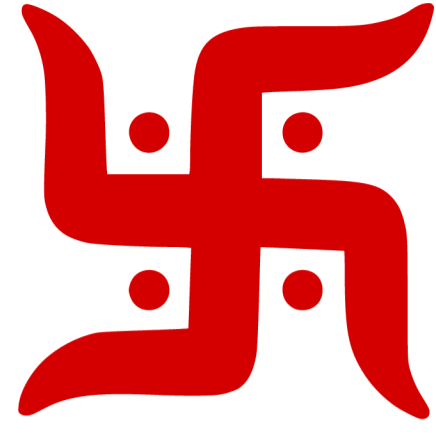
हेरथ मुबारक

08 March 2025

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Pooja Schedule

1. Starting Bell's and Shankh Shabd	11:05 AM	AD..... 3
2. Ganesh Stuti (HemJa Sutam Bhaje)	11:10 AM	MK,PG,LD..... 4
3. Om Namah Shivay Chanting-11 times.	11:20 AM	AD/All. 6
4. Maha Mritunjay Mantra Chanting -11 times.	11:30 AM	PG/All 6
5. Sri Amriteshwar Bhairav Stuti	11:40 AM	AD/MK..... 7
6. Karpura Gauram Mantra Chanting- 3 times.	11:55 AM	AD/All 9
7. Aghora Mantra - 3 times	12:00 PM.	MK, AD/All 9
8. Bhairav Stotra	12:05 PM	MK, AD/All 10
9. Shiva Chamar	12:15 PM	MK, AD, PG/All 15
10. Shiv Aarti	12:25 PM	All 16
11. Kshema Prarthana	12:30 PM	All 17

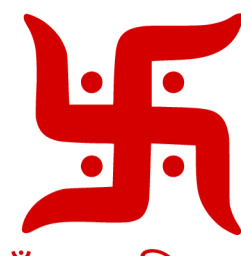
ॐ नमः शिवाय



ॐ नमः शिवाय

1. Starting Bells and Shank Shabd





ॐ नमः शिवाय

2. श्री गणेश स्तुति (श्री आदि शंकराचार्या द्वारा रचित)

गणेश स्तुति

हेमजा सुतं भजे गणेशं ईश नन्दनम्।
एकदन्त वक्र तुण्ड नाग यज्ञ सूत्रकम्॥
रक्त गात्र धूम्र नेत्र शुक्ल वस्त्र मण्डितम्।
कल्पवृक्ष भक्त रक्ष नमोस्तुते गजाननम्॥

पाशापाणि चक्रपाणि मूषकाधि रोहिणम्।
अग्निकोटि सूर्य ज्योति वज्रकोटि पर्वतम्॥
चित्रमाल भक्तजाल भालचन्द्र शोभितम्।
कल्पवृक्ष भक्तरक्ष नमोस्तुते गजाननम्॥

विश्ववीर्य विश्वसूर्य विश्वकर्म निर्मलम्।
विश्वहर्ता विश्वकर्ता यत्र तत्र पूजितम्॥
चतुर्मुखं चतुर्भुजं सेवितं चतुर्युगम्।
कल्पवृक्ष भक्तरक्ष नमोस्तुते गजाननम्॥

भूत भव्य हव्य कव्य भर्गो भार्गव वन्दितम्।
देव वह्नि काल जाल लोकपाल वन्दितम्॥
पूर्ण ब्रह्म सूर्यवर्ण पुरुषं पुरान्तकम्।
कल्पवृक्ष भक्तरक्ष नमोस्तुते गजाननम्॥

ऋद्धि बुद्धि अष्टसिद्धि नव निधान दायकम्।
यज्ञकर्म सर्वधर्म सर्व वर्ण अर्चितम्॥
भूतधूत दुष्ट मुष्ट दान्धै सदार्चितम्।
कल्पवृक्ष भक्तरक्ष नमोस्तुते गजाननम्॥

हर्ष रूप वर्ष रूप पुरुष रूप वन्दितम्।
शोर्ष कर्ण रक्त वर्ण रक्त चन्दन लेपितम्॥
योग इष्ट योग सृष्ट योग दृष्टि दायकम्॥
कल्पवृक्ष भक्तरक्ष नमोस्तुते गजाननम्॥



GANESHA STUTI- Meaning in English By Shri Adi Shankaracharya

We worship Shri Ganesh the son of Hemaja (Parvati-daughter of Himalaya) and Isha (Shiva)
Who has one task, a curved trunk, who has the sacred thread of snake
Whose each part of the body is red, having smoke- like eyes, being adorned with white robes
Who is like the celestial tree which fulfils all our desire, the protector of the devotees. salutations to the elephant faced One.

Holding your hand the noose and discus, gracefully riding the mouse
You are pure and bright like millions of flames of fire, with the splendour of the sun. And you are stronger than a million vajras (the most powerful weapon of Indra)

Decorated with a colourful garland, a net of devotion and a crescent moon on the forehead
One who is like the celestial tree which fulfils all our desire, the protector of the devotees, Salutations to the elephant faced one.

Shri Ganesh who is the past and future, oblations and who is worshipped by Bhrigu and Bhargawa (Rishis).

The One who has divine army, who is the trap of death itself
Who is saluted by all the eight Lokpalas (protectors of the worlds)
The One who is complete Braham (eternal divine principle), whose complexion is bright like the sun

Who is the masculine energy and the destroyer of the house of the demons

Who is like the celestial tree which fulfils all our desire, the protector of the devotees. Salutations to you the elephant faced One.

Who is the heroism of the universe, the sun of the universe who performs various tasks and who is holy

The destroyer and creator of the universe, who is worshipped here and there (by yantra and tantra)

Who has four faces, four hands and who is worshipped throughout the four ages





ॐ नमः शिवाय

3. ॐ नमः शिवाय X 11 times

ॐ नमः पावतीं पतये हर हर हर महादेव

4. महा मृत्युंजय मंत्र X 3 times

ॐ त्र्यम्बकं यजामहे सुगन्धिं पुष्टिवर्धनम् ।
उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय मामृतात् ॥

Aum Tryambakam yajaamahe sugandhim
pushtivardhanam |
Urvaarukamiva bandhanaan-mrityormuksheeya
maamritaat ||

Meaning

We meditate on the three-eyed one (Lord Shiva) who permeates and nourishes all like a fragrance. May he liberate us from the bondage of worldly attachments and the cycle of birth and death, just as a ripe cucumber effortlessly detaches from its stem, and may he grant us immortality





ॐ नमः शिवाय

5. Sri Amruteshwar Bhairava Stuti

द्वारेशा नवरन्ध्रगा हृदयगो वास्तुर्गणेशो महान्
शब्दाद्या गुरवः समीरदशकं त्वाधारशक्त्यात्मकम् ।
चिद्देवोऽथ विमर्शशक्तिसहितः षाड्गुण्यमङ्गावलि-
लोकेशाः करणानि यस्य महिमा तं नेत्रनाथं स्तुमः ॥ १७ ॥

*dvā-reśā nava-randhra-gā hṛdaya-go vāstur-gaṇeśo mahān
śabdā-dyā gura-vaḥ samīra-daśakam tvā-dhāra-śaktyāt-makam /
cid-de-vo'tha vimarśa-śakti-sahitaḥ ṣaḍ-guṇyam-aṅgā-valir-
lo-ke-śāḥ kara-ṇāni yasya mahimā taṁ netra-nātham stumaḥ //17//*

(इस श्लोक का उच्चारण तीन बार करें)

विगलति भवदौर्गत्यं मोक्षश्री श्रयति हृत्कजं कचति।
प्रसरति परमानन्दो यत्र तदीशार्चनं जयति ॥ १८ ॥

(Recite this śloka three times)

*viga-lati bhava-daur-ga-tyam mokṣa-śrī śrayati hṛt-kajam kacati /
prasa-rati paramā-nando yatra tad-īśār-canam jayati //18//*

अमृतेश्वरभैरव की उपरोक्त पूजा करने से साधक की निराशा, पतन, आधि-व्याधि, जन्ममरणरूप, संसार की दुर्गति विनष्ट हो जाती है । मोक्षरूपी लक्ष्मी जिसकी पूजा में साधक को अपनाती है, हृदयरूपी कमल जिस अमृतेश्वरभैरव की पूजा में सम्पूर्ण रूप से खिल उठता है और जिस अमृतेश्वरभैरव की पूजा में चिन्मात्ररूप आत्मसत्ता चारों ओर से व्याप्त होती है, उस अमृतेश्वरभैरव की पूजा जयनशील हो ॥ १८ ॥



5. Sri Amruteshwar Bhairava Stuti

Meaning

I bow to that Netranātha, Amṛteśvara, who is fond of His nectar producing third eye, and in whose glamorous body the nine openings are nine door-keepers, which are nine incarnations of [Dvāreśā] Gaṇeśa; whose heart is Gaṇeśa, His son, the director of the one hundred *Vāstu Devatā*; whose five sensations are the five classes of Masters; whose *mūlādhāra cakra* consists of the ten layers of *vāyu*, which fill the universe; who is the Lord of Consciousness, always united with His energy of Consciousness; whose six limbs are His six universal attributes, all-knowingness, complete fullness, eternal knowledge, absolute freedom, inexhaustible energy, and infinite energies; and whose ten internal organs are the ten protectors of this world protecting it from all ten sides. (17)

Where in whose worship the misery of this universe is brought to an end and the possession of the wealth of salvation appears; where the lotus of the heart blooms and the Supreme blissful state flows from all sides, let that worship be glorified always. (18)



ॐ नमः शिवाय

6. Karpur Gauram Mantra X 11 Times

कर्पूरगौरं करुणावतारं
संसारसारम् भुजगेन्द्रहारम् ।
सदावसन्तं हृदयारविन्दे
भवं भवानीसहितं नमामि ॥

Meaning

I bow to Lord Shiva, who is as white as camphor, the embodiment of compassion, and the essence of worldly existence. He wears a garland of serpents and always resides in the lotus of the devotee's heart. I offer my respects to Him, who is ever united with Goddess Bhavani (Parvati)

7. Aghora Mantra X 3 Times

अघोरेभ्योअथ घोरेभ्यो घोरघोरतरीभयस्च I
सर्वतः शर्वा! सर्वेभ्यो नमस्ते रदरारूपेभ्यः II

Aghorebhyo "tha ghorebhyo
Ghoraghorataribhyascha
Sarvatah sharvaa! Sarvebhyo
Namaste rudrarupebhyah

Meaning-

O Lord 'Shiva! You alone transform yourself into all forms, into the forms of the powers of Rudra as Aghora, the enlightening and uplifting energy, Ghortaari, the frightful darkening energy which pushes one down, and Ghora, the energy which keeps one fixed, neither rising or falling. These forms, embodied in Rudra 'Siva, are helpful to the aspirant while he is aware, and frightful for the one who is ignorant, pushing him down and down.



8. Bhairav Stotra

Abhinavagupta's Bhairava Stotra

व्याप्तचराचरभावविशेषं
चिन्मयमेकमनन्तमनादिम् ।
भैरवनाथमनाथशरण्यं
तन्मयचित्ततया हृदि वन्दे ॥१॥

vyāpta-carācara-bhāva-viśeṣam
cinmayam-ekam-anantam-anādim /
bhairava-nātham-anātha-śaraṇyam
tan-maya-citta-tayā hṛdi vande //1//

I, Abhinavagupta, with one pointed devotion, am praying to that supreme all-pervading Lord Śiva, who is himself present in each and everything that exists, and who through realization reveals himself as the one limitless Bhairavanātha the protector of the helpless.

त्वन्मयमेतदशेषमिदानीं
भाति मम त्वदनुग्रहशक्त्या ।
त्वं च महेश! सदैव ममात्मा
स्वात्ममयं मम तेन समस्तम्॥२॥

tvanmayam-etad-aśeṣam-idānīm
bhāti mama tvad-anugraha-śaktyā /
tvaṁ ca maheśa! sadaiva mamātmā
svātmam-ayam mama tena samastam //2//

By the energy of your grace it has been revealed to me that this vibrating universe is your own existence. Thus, O Lord Śiva, this realization has come to me that you are my own soul and as such this universe is my own expression and existence.



ॐ नमः शिवाय

स्वात्मनि विश्वगते त्वयि नाथे
तेन न संसृतिभीतिः कथाऽस्ति ।
सत्स्वपि दुर्धरदुःखविमोह-
त्रासविधायिषु कर्मगणेषु ॥३॥

**svātmani viśvagate tvayi nāthe
tena na saṁsṛti-bhītiḥ kathā'sti /
satsvapi durdhara-duḥkha-vimoha-
trāsa-vidhāyiṣu karma-gaṇeṣu //3//**

O possessor of everything, though your devotees, bound by karma and conditioning of mind, are caught in the net of destiny that arouses troubles and bondage, still they are not afraid of the fret and fever of this world. Having realized this universe as your own existence they are not afraid of worldly difficulties, because fear exists only when there is someone else to inflict it, but when there is none other than You how can fear arise.

अन्तक! मां प्रति मा दृशमेनां
क्रोधकरालतमां विदधीहि ।
शङ्करसेवनचिन्तनधीरो
भीषणभैरवशक्तिमयोऽस्मि ॥४॥

**antaka! māṁ prati mā dṛśamenām
krodha-karāla-tamām vidadhīhi /
śaṅkara-sevana-cintana-dhīro
bhīṣaṇa-bhairava-śakti-mayo'smi //4//**

O angel of death, do not look towards me with wrathful and frightening eyes as I am always absorbed in the worship of Lord Śiva. Through constant devotion, meditation and reflection, I have become steadfast and courageous, one with the energy of the terrifying Bhairava, thus, your dreadful and frightening looks can do me no harm.



ॐ नमः शिवाय

इत्थमुपोढभवन्मयसंवि-
द्दीधितिदारितभूरितमिस्रः ।
मृत्युर्यमान्तककर्मपिशाचै-
र्नाथ! नमोऽस्तु न जातु बिभेमि ॥५॥

**ittham-upoḍha-bhavan-maya-saṁvid-
dīdhiti-dārita-bhūri-tamisraḥ /
mṛtyur-yamāntaka-karma-piśācāir-
nātha! namo'stu na jatu bibhemi //5//**

○ Lord Bhairava, I offer salutations to you who has awakened me to the realization that everything in existence is you alone. As a result of this awakening, the darkness of my mind has been destroyed and I am neither frightened of the evil family of demons nor am I afraid of Yama, the fearful Lord of death.

प्रोदितसत्यविबोधमरीचि-
प्रोक्षितविश्वपदार्थसतत्त्वः ।
भावपरामृतनिर्भरपूर्णे
त्वय्यऽहमात्मनि निर्वृत्तिमेमि ॥६॥

**proditā-satya-vibodha-marīci-
prokṣita-viśva-padārtha-satattvaḥ /
bhāva-parāmṛta-nirbhara-pūrṇe
tvayya'ham-ātmani nirvṛttim-emi //6//**

○ Lord Śiva, it is through your existence, revealed to me by real knowledge, that I realize all attachments and all that exists in this universe is activated by you. It is by this awakening that my mind becomes saturated with immortal devotion and I experience supreme bliss.



ॐ नमः शिवाय

मानसगोचरमेति यदैव
क्लेशदशाऽतनुतापविधात्री ।
नाथ! तदैव मम त्वदभेद-
स्तोत्रपराऽमृतवृष्टिरुदेति ॥७॥

**mānasa-gocaram-eti yadaiva
kleśa-daśā'tanu-tāpa-vidhātrī /
nātha! tadaiva mama tvad-abheda-
stotra-parā'mṛta-vṛṣṭirud-eti // 7 //**

○ Lord, sometimes I feel misery which arouses torment in my mind, but at that same moment, blessed by a shower of your grace, a clean and clear vision of my oneness with you arises, the impact of which my mind feels appeased.

शङ्कर! सत्यमिदं व्रतदान-
स्नानतपो भवतापविनाशि ।
तावकशास्त्रपराऽमृतचिन्ता
स्यन्दति चेतसि निर्वृत्तिधाराम् ॥८॥

**śaṅkara! satyam-idam vrata-dāna-
snāna-tapo bhava-tāpa-vināśi /
tāvaka-śāstra-parā'mṛta-cintā
syandati cetasi nirvṛtti-dhārām //8//**

○ Lord Śiva, it is said that through charity, ritual bath and the practices of penance the troubles of worldly existence subside, but even more than this, by remembrance of the sacred śāstras and your words alone the current of immortality like a stream of peace enters my heart.





ॐ नमः शिवाय

नृत्यति गायति हृष्यति गाढं
संविदियं मम भैरवनाथ! ।
त्वां प्रियमाप्य सुदर्शनमेकं
दुर्लभमन्यजनैः समयज्ञम् ॥९॥

nṛtyati gāyati hr̥ṣyati gāḍham
saṁvid-iyam̐ mama bhairava-nātha /
tvām̐ priyam-āpya sudarśanam-ekam̐
durlabham-anya-janaiḥ sama-yajñam //9//

○ Lord Bhairava, through my utmost faith I have perceived you in the unique sacrifice of oneness, which otherwise is not possible though performing mountains of rituals. Being filled with your presence my consciousness intensely dances and sings, enjoying its own ecstasy.

वसुरसपौषे कृष्णदशम्या-
मभिनवगुप्तः स्तवमिदमकरोत् ।
येन विभुर्भवमरुसन्तापं
शमयति झटिति जनस्य दयालुः ॥१०॥

vasu-rasa-pauṣe kṛṣṇa-daśamyām-
abhinavaguptaḥ stavam-idam-akarot /
yena vibhur-bhava-maru-santāpam̐
śamayati jhaṭiti janasya dayāluḥ //10//

○ compassionate Lord, under the influence of your glory and for the benefit of your worshipers, I Abhinavagupta have composed this hymn. By meditation and recitation of this hymn within a moment that merciful Lord Bhairava destroys the torments and sufferings springing from this wilderness of saṁsāra.





ॐ नमः शिवाय

9. Shiv Chamar

ॐ अति भीषण कटु भाषण यमकिङ्कर पटली,
कृत ताडन परिपीडन मरणागम समये।
उमया सह मम चेतसि यमशासन निवसन्,
शिवशङ्कर शिवशङ्कर हर मे हर दुरितम्॥

अतिदुर्नय चटुलेन्द्रिय रिपु सञ्चय दलिते,
पवि कर्कश कटु जल्पित खलगर्हण चलिते।
शिवया सह मम चेतसि शशिशेखर निवसन्,
शिवशङ्कर शिवशङ्कर हर मे हर दुरितम्॥

भवभञ्जन सुररञ्जन खलवञ्चन पुरहन्,
दनुजान्तक मदनान्तक रविजान्तक भगवन्।
गिरिजावर करुणाकर परमेश्वर भयहन्,
शिवशङ्कर शिवशङ्कर हर मे हर दुरितम्॥

शक्रशासन क्रतुशासन चतुराश्रम विषये,
कलि विग्रहभवदुर्ग्रह रिपुदुर्बल समये।
द्विजक्षत्रिय वनिताशिशुदर कम्पित हृदये,
शिवशङ्कर शिवशङ्कर हर मे हर दुरितम्॥

भव सम्भव विविधामय परिपीडित वपुषं,
दयितात्मज ममताभर कलुषीकृत हृदयम्।
कुरु मां निज चरणार्चन निरतं भव सततम्,
शिवशङ्कर शिवशङ्कर हर मे हर दुरितम्॥

10. Shiv Aarti



ॐ जय शिव ओंकारा स्वामी जय शिव ओंकारा ।
ब्रह्मा विष्णु सदा शिव अर्द्धांगी धारा ॥
॥ ॐ जय शिव ओंकारा ॥

एकानन चतुरानन पंचानन राजे ।
हंसानन गरुडासन वृषवाहन साजे ॥
॥ ॐ जय शिव ओंकारा ॥

दो भुज चार चतुर्भुज दस भुज अति सोहे ।
त्रिगुण रूपनिरखता त्रिभुवन जन मोहे ॥
॥ ॐ जय शिव ओंकारा ॥

अक्षमाला बनमाला रुण्डमाला धारी ।
चंदन मृगमद सोहे भाले शशिधारी ॥
॥ ॐ जय शिव ओंकारा ॥

श्वेताम्बर पीताम्बर बाघम्बर अंगे ।
सनकादिक गरुणादिक भूतादिक संगे ॥
॥ ॐ जय शिव ओंकारा ॥

कर के मध्य कमंडलु चक्र त्रिशूल धर्ता ।
जगकर्ता जगभर्ता जगसंहारकर्ता ॥
॥ ॐ जय शिव ओंकारा ॥

ब्रह्मा विष्णु सदाशिव जानत अविवेका ।
प्रणवाक्षर मध्ये ये तीनों एका ॥
॥ ॐ जय शिव ओंकारा ॥

काशी में विश्वनाथ विराजत नन्दी ब्रह्मचारी ।
नित उठि भोग लगावत महिमा अति भारी ॥
॥ ॐ जय शिव ओंकारा ॥

त्रिगुण शिवजीकी आरती जो कोई नर गावे ।
कहत शिवानन्द स्वामी मनवांछित फल पावे ॥
॥ ॐ जय शिव ओंकारा ॥



11. क्षमा प्रार्थना

करचरणकृतं वाक्कायजं कर्मजं वा ।
श्रवणनयनजं वा मानसं वापराधम् ।
विहितमविहितं वा सर्वमेतत्क्षमस्व ।
जय जय करुणाब्धे श्रीमहादेवशम्भो ॥

Meaning

हे करुणा के सागर, श्रीमहादेव शम्भु! कर, चरण, वाणी, शरीर, कर्म, श्रवण, नेत्र या मन से जाने-अनजाने में जो भी अपराध हुआ हो, कृपया उसे क्षमा करें।

करचरणकृतं (कर द्वारा और चरण द्वारा किया हुआ) वाक्कायजं (वाणी और शरीर से किया हुआ) कर्मजं वा (कर्म से उत्पन्न हुआ) श्रवणनयनजं वा (श्रवण और नेत्र द्वारा किया हुआ) मानसं वा (मन से किया हुआ) अपराधम् (अपराध) विहितम् (निर्धारित) अविहितम् वा (अनिर्धारित) सर्वम् एतत् (यह सब) क्षमस्व (क्षमा करें) जय जय (विजयी हो) करुणाब्धे (करुणा के सागर) श्रीमहादेवशम्भो (हे श्रीमहादेव शम्भु)।

त्वमेव माता च पिता त्वमेव, त्वमेव बन्धुश्च सखा त्वमेव ।
त्वमेव विद्या द्द्रिवणं त्वमेव, त्वमेव सवरं मम देव देव ॥५॥

