

**Triveni Kalpam**  
**Part I**  
**Amrutee Karanam**

**Sri Amritananda Natha**  
**Devipuram**  
**Navaratri 2008**  
**(<http://www.devipuram.com>)**

## **Introduction:**

**|| Om draam Dattatreya namaha ||**

Before this world separated into three parts: 1) Sacred Geometry 2) Lotus Body and 3) Physical body, it was an ocean of consciousness, called Tripura, meaning Tri=Three and pura=before, meaning before division. This presentation shows how to connect your physical body to lotus body and lotus body to Geometrical body to reach cosmic awareness. The end of pettiness is the goal of life.

As you are hearing the Guru's voice, repeat what you hear. Use a mild vibrator on the points shown, to connect physical to the lotus body and then take a shower. Invite the Goddess into you, asking Her to bless the people around you, and be with you always, answer questions, and give you directions at every step. Experience the power of Tripura flowing in your body. Do it everyday. It only takes half an hour. This is a short form of Sri Chakra puja. People seeking Nirvana will find this ritual easy, authentic, tested and quick. The experience is quicker when you bathe in the privacy of your bathroom. Couples can do this to each other and benefit from it.

**Sri Amritananda  
Navaratri 2008  
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**Sankalpam:**

	Om Sri Gurubhyo namaha	
	Sri Maha Ganapathaye namaha	
	Sri Matre namaha	

|| Om Sri Lalita Maha Tripura Sundari Devi Sahita Sri Amritananda Sri Guru ParipoorNa  
katAksha siddhirastu ||

Mama \_\_\_\_\_ gotravati \_\_\_\_\_ nama dheyavati, Kumari kalyana OR Suvaasini sukha  
bhoga samuriddhi OR anyonya dampatya satsantaana siddhyartham, sarveshaam  
janaanaam sakala roga peeda nivrityartham, deergha ayuh arogya aishwarya samasta  
sanmangala avaaptyartham, deha devaalaye amruteekaraNa prokshaNa anga puja cheti  
Triveni Kalpokta vidhaanena anyonya sahaayena karishyaamaha.

|| Sri Guru Paradevataa prasaada siddhirastu.  
Iti Bhavantu Mahanto Anugruhnantu. Tathaastu.  
Sri Gurubhyo Namaha.  
Harihi om ||

**Puja:**



**|| Dram Shabda roopaaya Gurave namaha, iti Kanthe ||**

*Chant "Om Aam Hreem Krom Ehyehi Dattatreya Swaha" on 16 petals of Vishuddhi Chakra in the neck, going in clockwise direction, vibrating each petal one by one. (4 Petals per quadrant).*

**|| Dreem Sparsha roopaaya gurave namaha, iti Hrudaye ||**

*Chant "Om Aam Hreem Krom Ehyehi Dattatreya Swaha" on 12 petals of Anahata Chakra in the Heart Region, in the clockwise direction, touching each petal one by one. (3 Petals per quadrant)*

**|| Kleem Roopa roopaaya gurave namaha, iti Naabhau ||**

*Chant "Om Aam Hreem Krom Ehyehi Dattatreyaya Swaha" on 10 petals of Manipura Chakra in the Navel, in the clockwise direction, touching each petal one by one.*

**|| Bloom Rasa roopaaya gurave namaha, iti Swadhishtane ||**

*Chant "Om Aam Hreem Krom Ehi Ehi Dattatreyaya Swaha" on 6 petals of Swadhishtana Chakra around the outer genital, in the clockwise direction, touching each petal one by one.*

**|| Saha gandha roopaaya gurave namaha, iti Guhye ||**

*Chant "Om Aam Hreem Krom Ehyehi Dattatreyaya Swaha" on 4 petals of Mooladhara Chakra inside the genitals, in the clockwise direction, touching each petal one by one.*

**|| Krom Kaala roopaaya gurave namaha, iti Lalaate ||**

*Chant "Om Aam Hreem Krom Ehyehi Dattatreyaya Swaha" on 3 petals of Ajna Chakra on the forehead (one on the left eye, one on the third eye and one on the right eye, touching each petal one by one.)*

**|| Yoni Mudraya Lalaate Agnim Aavaahayaami ||**

*(With Yoni Mudra, invoke Agni in forehead)*

**|| Yoni Mudraya Hrudaye Suryam Aavaahayaami ||**

*(With Yoni Mudra, invoke Surya in Heart)*

**||Yoni Mudraya Kanthe Sudha Deveem Aavaahayaami ||**

*(With Yoni Mudra, invoke Sudha Devi in Neck)*

**Pancha Brahma, Devi Aavahanam:**

**|| Yoni Mudraam Badhwa, Prithvi roopam brahmaanam aavahayami, iti garbhe ||**

*(With Yoni Mudra, invoke Prithvi-Earth inside genitals, Muladhara)*

**|| Aapo roopam Vishnum aavaahayaami, iti Guhye ||**

*(With Yoni Mudra, invoke Vishnu in outer genitals, swadhishtana)*

**|| Anala Roopam rudram aavahayami, it naabhau ||**

*(With Yoni Mudra, invoke Rudra in Navel, Manipura)*

**|| Vayu roopam ishwaram aavahayami, iti hridaye ||**

*(With Yoni Mudra, invoke Ishwara in Heart, Anahata)*

**||Aakasha roopam sadashivam aavahayami, iti Kanthe ||**

*(With Yoni Mudra, invoke Sada Shiva in Vishuddhi, Neck)*

**||Kaala roopineem Sri Deveem aavahayami, iti lalaate ||**

*(With Yoni Mudra, invoke Sri Devi in Ajna, Forehead)*

**Amrita KalAhA:**

**|| Akhandaika rasaananda kare para sudhatmani svachchanda sphuranaamatra nidhehi  
akulanayike namaha. Shiva Paadaamrutam shirasi aavahayaami ||**  
*(Invoke nectar from right foot (Shiva's foot) on the head)*

**|| Akulasthaamrutaakaare suddhajnaana kare pare amrutatvam nidhehi asmin vastuni  
klinna roopini namaha. Shakti paadaamrutam shirasi aavaahayaami ||**  
*(Invoke nectar from left foot (Shakti's foot) on the head)*

**|| Tadroopini eka rasyatvam hrutvahi etat swaroopini, bhootvaa paraamrutaakaaraa mayi  
chit sphuranam kuru namaha. Shiva Shakti Saamarasya amritam lalaate aavaahayaami ||**  
*(Invoke nectar from both Shiva and Shakti's feet on the head)*

**|| Aim bloom jhroum jhum saha amrute amrutotbhava amruteshwari amrutavarshini  
amrutam sraavaya sraavaya swaahaa namaha  
Karuna rasaamritam netrayoho aavaahayaami ||**  
*(Invoke nectar of boundless mercy from eyes of Shakti on the head)*

**|| Aim vada vada vaagvaadini aim. Sangeeta sudhaa amrutam mukhe aavaahayaami ||**  
*(Invoke nectar of divine music from face of Shakti)*

**|| Kleem klinne kledini kledaya kledaya maha kshobham kuru kuru kleem  
Sri Matru ksheera dhaaraahaa hridaye aavahayami ||**  
*(Invoke divinely milk from the breasts of Shakti to the heart)*

**|| Souh moksham kuru kuru souh janma rahityam guhye aavaahayaami ||**  
*(End of Birth Death cycle is invoked in genitals)*

**|| Hsaum sahauh namaha ||**

**|| Parashiva Paraashakti Kataaksham Paadayoho aavaahayaami ||**  
*(Invoke grace of Shiva and Shakti from their feet)*

**|| Aardram jwalati jyotirahamasmi. Jyotirjwalati brahma ahamasmi. Yo aham asmi  
brahma ahamasmi. Ahamasmi brahma ahamasmi. Ahamevaaham maam juhomi swaahaa ||**

**|| Itah poorvam praaNa buddhi deha dharma adhikaarataha jaagrat swapna sushupti  
avastaasu manasaa vaachaa karmaNaa hastaabhyam padbhyaam udarena sishnaa yonyaa  
yat uktam yat kritam yat smrutam tat sarvam brahmaarpanam bhavatu swaaha ||**

**|| Brahmaarpanam brahma havihi brahmaagnou brahmanaahutam  
Brahmaiva tena gantavyam brahma karma samadhinaa ||**

**|| Sri Gurubhyo namaha, iti guhye ||**  
*(Invoke Sri Guru's grace in genitals)*

**|| Sri Parama Gurubhyo namaha, iti hridaye ||**

*(Invoke Sri Parama Guru's grace in Heart)*

**|| Sri Parameshti Gurubhyo namaha, iti lalaate ||**  
*(Invoke Sri Parameshti Guru's grace in forehead)*

**|| Sri Paraatpara Gurubhyo namaha (iti shirasi) ||**  
*(Invoke Sri Paraatpara Guru's grace in Head)*

**|| Iti Yoni Mudrayaa PraNamet ||**  
*(Show Yoni Mudra)*

**|| Tataha dadhi, ksheera, Ajya, madhu, sharkara sahitam madhu parkam praasayet ||**  
*(Afterwards, offer Madhu Parkam with Milk, Curd, Ghee, Honey and Sugar)*

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*End of Part I –*

## Part II

### Shodasha Upachaaram

**|| aim hreem shreem aim kleem souh Aim hreem kleem chaamundaayai vicche  
Iti pancha dasaakshara mantrēNa sakala upachaaraan kalpayet ||**  
*(With this 15 lettered Mantra, all upacharas will have to be performed)*

**|| Aadou kumari , suvasini, dampateeh haridraa kumkuma sugandha pushpa  
akshataihir abhyarchya, abhisheka mandape upavishya ||**  
*(Offer Turmeric and Kumkum to Kumari or Suvasini or to the couple and seat them for  
Abhisheka)*

**|| Sri sukta, Durga Sukta, Purusha Sukta, Rudra Sukta, Narayana suktaani yathaa  
shakti yathaa avakaasham japan sarvopachaaraan kuryaat ||**  
*(Do all upacharas with Sri Sukta, Durga Sukta, Purusha Sukta, Rudram and Narayana  
Sukta to our convenience)*

**aim hreem shreem aim kleem souh Aim hreem kleem chaamundaayai vicche = 15**  
*(This is the 15 lettered mantra that has to be repeated below with every upachara)*

**|| 15 – paadyam kalpayaami namaha – iti paadau prakshaalya ||**  
*(Wash the feet)*

**|| 15 – aabharaNa avaropana kalpayaami namaha ||**  
*(Remove the jewels)*

**|| 15 – Sugandhi taila abhyanganam sarvaange kalpayaami namaha ||**  
*(apply fragrant oils to all parts of body)*

**|| 15 – majjana shaala praveshanam kalpayaami namaha ||**  
*(enter the abhisheka room for bath)*

**|| 15 – upaveshanam kalpayaami namaha ||**  
*(Seat Devi)*

**|| 15 – ushnodaka snaanam kalpayaami namaha ||**  
*(Bathe her with warm water)*

**|| 15 – dakshina aavrutta shanka gandhodakena prokshaNam kalpayaami namaha ||**  
*(Pour scented water with a right-sided conch)*

## **PraaNa Pratishta:**

**|| Om aim hreem shreem, aam hreem krom, yam ram lam vam, sham SHam sam Ham, Om Hamsa soham, soham hamsaha shivaha, srichakrasya Sri Lalitaayaahaa mama praanaahaa, iha praanaahaa, mama jeeva iha sthitaha, mama sarvendriyaani, vaang manah, chakshuh shrotra, jihwaa ghraaNa, vaak paaNi, paada paayu, upastha lingaani, asmin sri chakre, asyaahaa nija dehe, sukham chiram tishtantu swaahaa | Om asuneete, punrasmaasu chakshuh, punah praanam, ihano, dehi bhogam, jyok pashyema, suryam ucharantam, animate, mrudayaanah swasti, amrutam vai praanaah, amrutam aapaha, praanaaneva, yatha sthaanam, upahvayate | PraaNa pratishtaapana, prokshana, muhoortaha sumuhoorto astu ||**

**|| 15 – amruta aasavam kalpayaami namaha ||**  
*(Offer nectar to Devi on a throne)*

**|| 15 –mangala aaraartikam kalpayaami namaha ||**  
**|| maha devyai cha deemahe Vishnu patnyai cha dheemahee**  
**Tanno Lakshmeeh prachodayaat ||**  
*(Show Harati with Camphor)*

**|| 15 – haasam kalpayaami namaha ||**  
*(Enjoy Her gentle smile)*

**|| 15 –chatra chaamara darpana taala vruntaani kalpayaami namaha ||**  
*(Show her Umbrella, Chaamara and Mirror and play all kinds of divine Music for her)*

*(Show Dasha Mudras)*

**Draam**

**Dreem**

**Kleem**

**Bloom**

**Saha**

**Krom**

**Hskhaphrem**

**Hasaum**

**Aim**

**Hsraim hsrkleem hrsouhu**

**dasha mudraahaa samarpayaami**

**|| Srichakram padukopari nikshipya ||**  
*(Keep the Srichakra near the Feet of Devi)*

**|| Sri Guru mandalaarchanam ||**

**|| Aim hreem shreem ka e eela hreem ha sa ka ha la hreem sa ka la hreem  
Divyougha Gurubhyo namaha netrayoh pujayami ||**  
*(Offer flowers to her Eyes)*

**|| Aim hreem shreem ka e eela hreem ha sa ka ha la hreem sa ka la hreem  
Siddhouga Gurubhyo namaha hrudaye pujayami||**  
*(Offer flowers to her Breasts)*

**|| Aim hreem shreem ka e eela hreem ha sa ka ha la hreem sa ka la hreem  
Manavouga Gurubhyo namaha yonim pujayami ||**  
*(Offer flowers to her Genitals)*

**|| Aim hreem shreem sri sanat kumara bala tripura sundari divya guru mandala sri  
padukaah pujayami namaha Netrayoh ||**  
*(Offer flowers to her Eyes)*

**|| sri guru datta swaprakashaananda sahita vimarshamba hlaadini siddha guru  
mandala sri padukaah pujayami namaha hrudaye ||**  
*(Offer flowers to her breasts)*

**|| Sri annapurnamba sahita sri amritananda natha maanava guru mandala sri  
paadukaah pujayami namaha iti yonim ||**  
*(Offer flowers to her genital)*

**|| Guru mandalaarchanam kritvaa, sri chakram, kumari suvaini dampati, kati  
pradeshe staapayitva anga puja ||**  
*(Keep the Sri Chakra on the lap of Devi and do the Anga puja as follows)*

**|| Om aim hreem shreem chanchalaayai namaha shreem paadau pujayaami ||**  
*(Offer flowers to feet)*

**|| Om aim hreem shreem chapalaayai namaha shreem gulphau pujayaami ||**  
*(Offer flowers to ankles)*

**|| Om aim hreem shreem shaantyai namaha shreem jaanunee pujayami ||**  
*(Offer flowers to calf muscles)*

**|| Om aim hreem shreem bhadra kaalyai namaha shreem ooru pujayami ||**  
*(Offer flowers to thighs)*

**|| Om aim hreem shreem kamalinyai namaha shreem katim pujayami ||**  
*(Offer flowers to genitals)*

**|| Om aim hreem shreem shivaayai namaha shreem naabhim pujayami ||**  
*(Offer flowers to navel)*

**|| Om aim hreem shreem kshamaayai namaha shreem stanau pujayami ||**  
(Offer flowers to breasts)  
**|| Om aim hreem shreem gouryai namaha shreem hrudayam pujayaami ||**  
(Offer flowers to heart)  
**|| Om aim hreem shreem kambu kanthyai namaha shreem kantham pujayami ||**  
(Offer flowers to neck)  
**|| Om aim hreem shreem suvaasinyai namaha shreem mukham pujayaami ||**  
(Offer flowers to lips)  
**|| Om aim hreem shreem swarna kundalaayai namaha shreem shrotre pujayami ||**  
(Offer flowers to ears)  
**|| Om aim hreem shreem suswaroopaayai namaha shreem nasikaam pujayaami ||**  
(Offer flowers to nose)  
**|| Om aim hreem shreem kumaryai namaha shreem netra trayam pujayami ||**  
(Offer flowers to three eyes)  
**|| Om aim hreem shreem ambikayai namaha shreem shirah pujayaami ||**  
(Offer flowers to head)  
**|| Om aim hreem shreem yoga nidraayai namaha shreem paadau pujayami ||**  
(Offer flowers to feet)  
**|| Om aim hreem shreem shaantyai namaha shreem sarvaani angaani pujayami ||**  
(Offer flowers to all the body parts)

**|| Om samraajam cha, viraajam cha, abishreer, yaachano gruhe, lakshmi  
raashtrasya, yaa mukhe, tayaa maa, sagum srujaamasi, santata shree rastu,  
samasta, san mangalaani bhavantu, nitya shree rastu, nitya mangalaani bhavantu ||**

**|| Sangeeta naatya veera ghoshteh krutva pujaam**

**Sri Guru Padukayoho samarpayet ||**

*(With divine music and dance, dedicate this puja to the Lotus feet of Guru)*

**|| Iti Shivam ||**

**|| Sri Deveem swatmaabhinnaam dhyaatva viharet ||**

*(Meditate on your own Atma as Devi)*

**|| iti sarvatra vijayaha ||**

**|| Harihi Om Sri Gurubhyo Namaha Harihi Om ||**

## **Part III**

# **Khadgamala**

**Continue to keep the Sri Chakra on the lap of Kumari, Suvasini or Dampati and do Khadgamala Stotra with flowers or kumkum.**