

# Poosam Nakshatra (Aathma Lingam)

## 1. Ganapathy Vazhipaadu

Parasivam, Sinmayam, PooraNam,  
Sivabogabakyam Paramanithiyam

## 2. Thirubarutpavil Siva Poosam Sakthi

Paraviyomam, Parama Jothimayam, Vibulam,  
Paramparam, Anandham, Asalam.

## 3. Thiruppavaipaasuram – 26 Poosam Eyalbu

Maalae Manivannaa MaargazhiNee raaduvaan

Melaiyaar Seivanagal Venduvana Kaettiyael

Ngaalaththai Yellaam Nadunga Muralvana

Paalanna VannaththuUn Paanja Sanniyamae

Polvana Sangangal Poippaa dudaiyanavae

Saalap Perumparaiyae Pallaan disaippaarae

Kola Vilakkae Kodiyae Vidhaanamae

Aali nilaiyaai Arulaelo Rembaavaai.

**Video Link :** [https://youtu.be/Xe0olbXJY\\_c](https://youtu.be/Xe0olbXJY_c)

## Vilakkam :

Kola Vilakkae Parama Jothi Mayamaagum. Kodiyae Vinodhamaana  
Paraviyomamaagum. Agilamae Paalanna VaNNaththu Paanja Sanniyamaagum.



Saala Perumparaiyae Paramparam Aagum. Aanandhamae Aalin Elaiyil Yeliya Arulaagum. Ngaalaththaiyellaam Nadunga Vaikkum Vibulamae Sanmaarkka Sangangalaagum.

Puruvamaththiyilae Poosamaanathu Arutperunjothiyaaga Vilanga Vendum. Adhai Arivikkavae Sangugal Vendum. Melum Sangaththil Sanmaarkkam Muraippadi Dheebangal Yetrappada Vendum. Sanmaarkka Kodi Parakka Vendum. Nadavadikkaigal Panividaamal Anaiyaa Aduppu Vendum.

Annadhaanam Vendum. Alangaara Soru Vendum. Aalilaiyil Arulum Vendum. Ulagamae Viyakka Vendum. Yedhirigalum Paaraatta Vendum. Yezhuthiraigal Neekka Vendum. Arutperunjothikaana Vendum. Kanna Karuneela Vanna Yena Thodangi Maalae ManivaNNaa Yendra Un Tharisanam Aagum. Perunjothiyai Aalilaiyil Seyarpadug Karunaiyai Yellorum Pera Vendum. Aanaal Adhu Poosaththirkae Sondham. Yenavae,

Ngaalaththai Yellaam Nadunga Vaikkum Paalanna Vannaththu Un Paanja Sanniyamae, Arutperunjothiyaagum. Palveru Sangangal Palapala Poippaadu Udaiyavaigal, Erundhaalum Samarasa Suththa Sanmaarkka Sangam. Saalapperum Paraiyaaga Kodiya Vidhanamaaga Kola Vilakkaaga, Olirkkach Cheivadhae Arutperunjothiyaagum. Indha Poosa Jothi Paramparaiyaaga, Paarambariyamaaga, Yezhezhu Pirappircku Pin Kidaikkum Nakshatramaagum. Evargal Asalaanavargal. Evargaludaiya Moola Koorugal (Originality) Viyappirkuriyavai.

Melum Adimudi Kaanaatha Alavirku Aanandhamaaga Thigazhbavargal. Puratchi Sindhanaiyaalargal, Imbulan Echchaigalai Vidhdhiyaasamaana

Vazhiyil Vellath Thagunthavargal. Siruga Katti Peruga Vaazha Aalin Elaiyilae  
Arulum Kannan Karuneela Vannan Evargalae Yaavar. Poosamae Varuga!  
Poosamae Arulga!

#### **4. Vedhaththil Poosam Jothisakthi**

**Om Boor Buva Swaha ( Mettu )**

Pramvarchchasaaya Vithmahi

Mahaa Thishyaaya Theemahi

Abayang Krunudhaam Theemahi

Jothi Pushpa Prasodhayath

Pirappeduththaalum Paralogam

Sirappudan Adaiya Vazhi Kodukkum

Mudivillaa Nilaiyinilae

Munnilai Tharuvaai Namu Namu

Ulagam Thondriya Naalmudhalaai

Uyarvaai Undhan Nilai Erukkum

Jothi Mayam Un Thani Karunai

Aadhiyaanavaa Namu Namu

Om Sivaya Mae Nama Sivaya Mae

Thrayambakaya Mae Saayi Dhevaya Om

## 5. Poosam Kavithai

Naan Uyara Uyara Pogiraen Neeyum Vasi Vasi  
Naan Jothimayamaai Uyargiraen Neeyum Olir, Olir  
Naan Mudivillaamal Valargiraen Neeyum Valar, Valar  
Naan Sanikaraindhu Nesikkiraen Neeyum Pusi, Pusi

Arutperunjothiyaa? Arul Perunjothiyaa?  
Arul Perum Jothiyaa? Arul Tharum Jothiyaa?  
Aasai Podhu mendraal Anbu Tharumamaagum JothiNee?  
Anbu Tharumamaana Pin Anaiththum Seyalpadung Garunaiyae!

Poosamae, Paasamae, Poosalae Illadha Nesamae  
Poosiya Sirippu – Veesiya Vilaivu – Yesiya Eyarkkai  
Pooranamaana Paniyae, Pugazh Pesum Soozh Natpae  
Poottiya Adippadaigalil Koodavae Pesi Poottaadha Poochcharadae

Yellaiyilaadha Anandha Naaraayananae Nee dhanae!  
Kavalaiyilaadha Asalaana Krushnanae Nee dhaanae!  
Uruvamilaadha Aruvamae! Sivasakthi Nee dhaano?  
Kaettavarang Kodukkum Paraprammam Nee dhaano?

Suyamaaga Olividuvadhil, Vazhividuvadhil Asal Nee!  
Suvaiyaana Then Thaanug Kedaamal, Kaakkum Ayal Nee!  
Suramaana Geedhangalil, Valamaana Mel Nokkiya Vayal Nee!  
Sundivittaalum Keezhae Vizhaamal Uyarum Uyir Nee!

Poosamae Purushalatchanam – Thaan Undu Tharamum Undu  
Nesamae Poosalatchanam – Natpundu Nalamum Undu  
Vaasamae Aanmalatchanam – Ngaanamundu Motchamum Undu  
Vamsamae Vaazhvin Latchanam – Urudhi Undu Atchayamum Undu

## **6. Abirami Andhathiyil Poosam Sakthi**

### **Yellaa Siththigalum Adaiya**

Siththiyum, Siththitharum Deivamumaaga Thigazhum  
Paraasakthiyum, Sakthi Thazhaikkum Sivamum Thavam Muyalvaar  
Muththiyum, Muththikku Viththum, Viththaagi Muraitthezhuntha  
Puththiyum, Puththiyin Ullae Purakkum Puraththaiyandrae.

### **Aduththaduththu Varum Thunbangal Neenga**

Andrae Thaduththu! Yennai Aandukondaai; Kondathalla Enkai  
Nandrae Unakku Eni Naan Enseyinum; Nadukkadalul  
Sendrae Vizhinum Karaiyetrugai Nin Thiruvulamae;  
Ondrae! Pala Uruvae! Aruvae! En Umaiyavala!

### **Marumaiyil Inbam Undaaga**

Umaiyum, Umaiyoru Paaganum Yeha Uruvil Vandhingu  
Yemaiyum Thamakku Anbu Seiyya Vaiththaar; Eni Yennudharkku  
Samaiyangalum Illai; Eendreduppaal Oru Thaayum Illai;  
Amaiyum Amaiyuru Tholiyar Mel Vaiththa Aasaiyumae.

### **Dhurmaranam Varaamalirukka**

Aasaikkadalil Agappattu Arulattru Andhagan Kai  
Paasaththil Allalpada Erundhenai, Nin Paadham Yenum  
Vaasakkamalam Thalaimel Valiyavaitthu Aandu Konda  
Nesaththai En Solluvaen? Eesarpaagaththu Nerizhaiyae!

**Video Link :** <https://youtu.be/iVb8ulEiZMg>

## **7. Vishnu Sahasranamathil Poosam Sakthi Om..Om..Om..**

Om Zoopujaaya Nama	- Subangalin Ulagiyalae Potri
Om Thurththaraaya Nama	- Vaiyagaththai Udhiththavanae Potri
Om Vaakminae Nama	- Vedha Vidhigalin Veliyeedae Potri
Om Mahendhthraaya Nama	- Ulagaiyaalum Indhiranae Potri
Om Vazoothaaya Nama	- Poruludaiyorin Aasiyae Potri
Om Vasavae Nama	- Porulae, Ponnae Potri
Om Naigarooabaaya Nama	- Aadhi Andhamillaa Jothiye Potri
Om Pruhathroobaaya Nama	- Karpanaikkettaa Avadhaaramae Potri
Om Zipivishtaaya Nama	- PasuvinThiyaaga Maatramae Potri
Om Prakaazaaya Nama	- Prakaasa Pizhambae Potri
Om Ojasthejo	
Thyuthitharaaya Nama	- Arivu, Serivu, Aatralae Potri
Om Pahaasaathmanae Nama	- Prakaasa Aathmaavae Potri
Om Pradhaabanaaya Nama	- Aakkapoorva Sooriyanae Potri
Om Spashtaaksharaaya Nama	- Mahaamandhira Aksharamae Potri
Om Mandhraaya Nama	- Arutperunjothiye Potri
Om Sandhthraamzavae Nama	- Samsaara Sandhira Maatramae Potri
Om Paaskarathyuthayae Nama	- SooryaVeppa Salana Thaakkamae Potri
Om Amrudhamzooth	
Bavaaya Nama	- Amirtham Alippavanae Potri

Om Baanavae Nama	- Agapperujothiye Potri
Om Zazapinthavae Nama	- Alavilaa Ragasiya Nilavae Potri
Om Zooreswaraaya Nama	- Devargalukku Arulbavanae Potri
Om Awshathaaya Nama	- Samsaara Saaharaththil Theervalikkum Awdathamae Potri
Om Jagatha : Zaethavae Nama	- Ulagiya Prachhanaigalai Kadakkum Thoniyae Potri
Om Zadhathya Dharma –	
Baarakramaaya Nama	- Sathya, Dharma Kaingaryangalin Viswaroobamae Potri
Om Boodhabavya	
Bavannaadhaaya Nama	- Mukkaala Vilaiivugalai Arindhavanae Potri
Om Bawanaaya Nama	- Thooimaipadutthum Saadhanae Potri
Om Baawanaaya Nama	- Eyakkaththin Aalumaiyae Potri
Om Analaaya Nama	- Jeevanin Praananae Potri
Om Kaamaknae Nama	- Aasaigalai Aatchi Seibavanae Potri
Om Kaamakrudhe Nama	- Thooya Aathmaakkalin Thunaivanae Potri
Om Kaandhaaya Nama	- Azhagu Paniyin Uraividamae Potri
Om Kaamaaya Nama	- Uyarpadhayil Uyar Padhavi Adaibavane Potri
Om Kaamapradhaaya Nama	- Nambiyavarukku Naaraayananae Potri
Om Prabavae Nama	- Prabuvaai Erunthu Prabavam Seibavane Potri

## **8. Lalitha Sahasranamathil Poosam Sakthi**

Saangaree Srigari Zaathveesarachchanthra Nibaananaa

Sadhotharee Saandhimadhee Niraathaaraa Niranjanaa

Nirlae baa Nirmalaa Nithyaa Niraagaaraa Niraagulaa

Nirgunaa Nishkalaasaandha Nishkaama Nirubaplavaa

Nithyamukthaa Nirvigaaraa Vishprapanjaa Niraachrayaa

Nithyasuththaa Nithyabuththaa Niravathyaa Nirandharaa

Nishkaaranaa Nishkalandhaa Niru badhir Nireechvaraa

Neeraakaaraakamathanee Nirmadhaamaranaasinee

Nichchindhaa Nirahangaaraa Nirmohaamohanaasinee

Nirmamaamamadhaahandhthree Nishbaa baa baa banaasinee

Nishkrodhaakrodhasamaneer Nirbolonaasinee

Nizzamsayaa Zamsayaknee Nirppavaabavanasinee

**Video Link : <https://youtu.be/DtSBLpQStT4>**

## **9. Gandhaguru Kavasathil Poosam Sakthi**

Aarumugavaa Kaaththiduveer Amarrar Thalavvaa Kaaththiduveer

En Ahangaaramum Agatri Arivoliyaaai Erundhum

Murugaa Enai Kaakka Vel Kondu Vandhiduveer



Baabaththai Posukki Paarellaam Sirappuravae

Om Sowm Saravanabava Steem Hreem Kleem Endrum

Klowm Sowm Namahavendru Serndhidadaa Naalthorum

Omirundhu Namahavarai Ondraaga Serththidadaa

Ondraaga Koottiyumae Ullaththilae Eruththi

Oru Manath thodu Nee Uruvaiyum Yeththidadaa

Muruganin Moolamithu Muzhumanaththodu Yeththittaal

Mummalam Agandruvidum Mukthiyundhan Kaiyilundaam

Mukthiyai Vendiyumae Yeththikkum Sella Vendaam

Murugan Eruppidamae Mukthi Thalam Aagumappaa

Hrudhayaththil Muruganai Eruththividu Ekkanamae

Ekkanamae Moolamandhthram Yeththividu Yeththividu

Moolamadhai Yeththuvorkku Kaalabayam Illaiyadaa

Kaalanai Nee Jayikka Skandhanai Patridadaa

Sonnabadi Seidhaal Zooprahnya Gurunaadhan

Thannoli Perunjudaraai Unnullae Thaaniruppaan

Jegamaayai Jayiththidavae Seppinaen Moolamumae

Moolaththai Nee Jabiththae Mukthanumaagidadaa

Aksharalakshamithai Anbudan Jabiththuvidil

Yenniya Thelaamkittum Yemabaya Magandrodam  
Moovulagam Poojikkum Muruganarul Munnirkkum  
Poovulagil Enaiyatra Poojyanumaavaai Nee  
Kodiththaram Jabiththukkodi Kaanavendumappaa  
Kodikaana Sonnadhai Nee Naadiduvaai Manamae  
Janmam Kadaiththera Jabiththiduvaai Kodiyumae  
Vedhaandha Ragasiyamum Veliyaagum Munnalae  
Vedhasookkumaththai Viraiivaaga Patridalaam  
Zooprahmanya Kurujothiyaayul Thondrivuvaan  
Arut Perunjothiyaan Aarumuga Swaamiyumae  
Andhar Mugamirundhu Aatkolvaan Zaththiyamaai  
Ziththiyaiyum Mukthiyaiyum Skandhaguru Thandhiduvaan

**Video Link :** <https://youtu.be/fO7MD2St1iU>

## **10. Kandhar Anuboodhi Poosam Sakthi**

Murugan, Kumaran, Kugan, Yendru Mozhindhu  
Urugum Seyal Thandhu, Unarvu Endru Arulvaai  
Poru Pungavarum, Puvium Paravum  
Gurupungava, En Guna Panjaranae. (15)

Peraasai Yenum Piniyil Pinipattu

Oraa Vinaiyaen Uzhala Thagumo?

Veeraa, Mudhu Soor Pada Vel Yeriyum

Sooraa, Soora Loga Thurandharanae. (16)

**Video Link :** <https://youtu.be/x9sjGNdLHkw>

### **11. Raahangalil Poosam Sakthi**

Paadham 1	Paadham 2	Paadham 3	Paadham 4
Jangaarathvani	Nattabairavi	Keeravaani	HaraHara Priya

### **12. Moolamandhiram**

Arutperunjothi...Arutperunjothi

Thanipperungarunai...Arutperunjothi

### **13. Virutcha Sakthi Pera Nada Vendiya Maram**

Paadham 1	Paadham 2	Paadham 3	Paadham 4
Arasu	Aachchaa	Erul	Nochchi

### **14. Parigaaram**

- Kazhuthaikku Unavidavum.
- Veetil Poochchedi Nadavum.
- Kuraindhapatcham 7 Nabargalukku Udhaviduga.

- Ungal Vazhipaattirkku Yettrapadi Mandhirangalai Paaraayanam Seiyyavum.
- Kovilukku Sendru Swaamiyai Tharisikkavum.
- 2x2 Kannaadi Vaiththu Ungal Mugaththai Paarththu Thiyaanam Seiyyavum.  
(Aadi Thiyaanam).
- Natchaththira Kovil **Arulmigu Atchayabureeswarar Thirukkoyil,**  
Vilangulam - Pattukkottai.

**Aathma Trust (Aathma Lingam)**

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