

Pooram Nakshatra (Aathma Lingam)

1. Ganapathy Vazhipaadu

Parasivam, Sinmayam, PooraNam,
Sivabogabakyam Paramanithiyam

2. Thirubarutpavil Siva Pooram Sakthi

Paraamudha Niraakaaram, Vigaasanam, Vigodanam,
Parasu Kothayam, Atchayam.

3. Thiruppavaipaasuram – 28 Pooram Eyalbu

Karavaigal Pinsendru Kaanamsern Thunbom

Arivondru Millaadha Aaikulaththu Unthannai

Piravi Perunthanai Punniyam Yaamudaiyom

Kuraivondru Millaadha Govindhaa Unthannodu

Uraavel Namakku Ingu Ozhikka Ozhiyaathu

Ariyaatha Pillaigalom Anbinaal Unthannaich

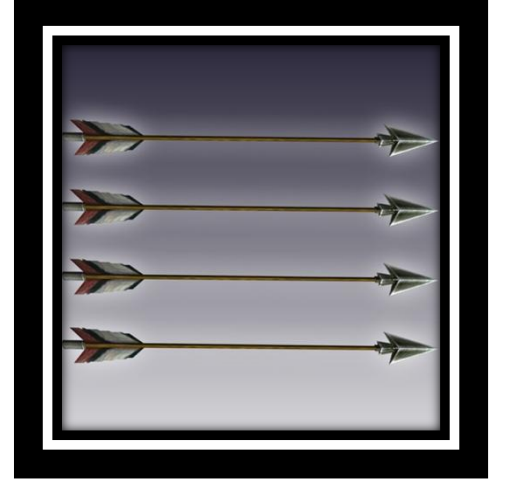
Siruperazhaththanavum Seeriyarulaathe

Eraivaa Nee Thaaraai Paraiyaelo Rembaavaai.

Video Link : https://youtu.be/HK7t_xjDExQ

Vilakkam :

Karavaigal Pin Sendraal Kaanagaththil Paraamutha Niraakaaram Engira
Vagaiyil Gaanam Sernthu Unbom. Ingae Pasi Nokkaar Kanthunjaar. Aanaal,



Amutha Gaanaththaiyae Unavaagak Kondu Palveru Deiveega Arulgalai
Vigaasanamaaga, Vigodanamaaga, Vinothamaaga Pooram Nakshatrakaarargal
Anubavippaargal.

Edharku Mun Udhaaraname Aandaal Naachchiyaar Aavaar.
Adippooraththu Aandaal Naam Yelloraiyum Ariyaadha Pillaigalaaga Anbinaal
Ranganai.

Siruperittu Azhaiththu Uravu Kondaadi Neekkamillaa Uravu Thannai,
Kurai Yedhum Illadha Govindhaa, Ena Paada Arul Petru Anubavikka
Koduththu Vaiththavargal, Aandaal Pooram Mattrum Aandaal Pooramaeyagum.

Atchaya Paaththiramaaga Arul Valarkkum Mattrum Anaiththu
Selvangalaiyum Tharum, Pooram Nakshatrakaarargal Eppiraviyil Punniyam
Seidhavargal, Jeevathisaigayil Paramaathmaavai Seruvathu, Kalappadamattra
Anbinaal Mattumae Mudiyum Enbadhai Ullangai Nellikkani Pola Vaazhkkaiyil
Nadaththi Kaattubavargalae Pooram Nakshatram.

Malarthalaе Vaazhvin Inbam. Enavae, Vigaasanam Endra Sollukkerpa
Ariyaatha Pillaigalaagiya Pooram Nakshatra Thaarargal Arindhu Kollavae
Vinotha Natpu Yadhaarththamaaga Amaiyum. Melum Adaiyum Vazhiyum
Viththiyaasamaana Vigodanamaagum.

Indha Uravu Yellorukkum Kidaikka Arul Seiyyavae. Pooramae Varuga!

Pooramae Arulga!

4. Vedhaththil Pooram Jothisakthi

Om Boor Buva Swaha (Mettu)

Ariyamnaaya Vithmahae

Pasudhehaaya Theemahi

Jeevandha Vizaema Theemahi

Poorvapalguni Prasodhayath

Vaasam Pozhiyum Malarpola

Vattraa Atchaya Varam Nalgum

Konam Konda Nilaiyininum

Gunathhaal Sirappaai Namu Namu

Vendiya Thevaigal Mudiththittu

Vinotham Kodukkum Kokilamae

Venmalar Saramae Unathaagum

Jeeva Serkkai Namu Namu

Om Sivaya Mae Nama Sivaya Mae

Thrayambakaya Mae Saayi Dhevaya Om

5. Pooram Kavithai

Aadi Pooram Varin Aadaatha Kaalgalum Aadum
Paadi Pooram Varin Paadaatha Kuralgalum Adhirum
Thedi Pooram Varin Kelaatha Kuraigalum Theerum
Koodi Pooram Varin Koodaatha Nijangalum Kulirum

Niraakaaram, Manam, Gunam Niraindha Amudhamae
Egaakaaram, Manam, Panam Niraindha Agilamae
Paraagaaram, Anal, Thanal Niraindha Nimalamae
Magaakaaram Punar – PuNar Niraindha Poovalamae

Vaazhvadhum, Valarvadhum, Theivadhum Nin Adi Seravae
Aalvadhum, Alippathum, Anaippathum Nin Pugazhpaadavae
Pagaippathum, Pugaippathum, Veezhvathum Udan Vilaichchala
Moorkkamum, Maarkkamum, Muyalvathum Nin Kadaikkannae

KoUriyum, KoNangiyum, Kolamathil KodaNamae
Komagalum, Karpagamum, KaNaneraththil Atchayamae
Kosaaramum, krugasaaramum, Aasaaramum Samasaagaramae
Kobaalalo, Kovindhano, Koyililae Kodhayamae

Yermunai Tharaniyilae, Pormunai Paraniyilae
Paarmunai Pandamaatram Oormunai Udhayaththilae
Vermunai Neerthedum Kaarmunai Karaindhodum
Aarmunai Needhiyaagum Koormunai Unmaiyaagum

Uyirgalukkum Perinbam: Payirgalukkum Perinbam
Uravugalukkum Perilakku: Natpugalukkum Perilakku
Ulagukkum Peramaithi: Urasalukkum Peramaithi
Udhavikatukum Perisaivu: UnnadikaaNa Perisaivu

6. Abirami Andhathiyil Pooram Sakthi

Nalladiyaar Natpu Pera

Punniyam Seidhanamae Manamae! Pudhu Poonguvalai
Kanniyum, Seiyya Kanavarum Koodi Nam Kaaranaththaal
Nanni Ingae Vandhu Tham Adiyaargal Naduvirukka
Panninam Senniyin Mel Pathmapaadham Padhiththidavae.

Ulaginai Vasappaduththa

Edam Kondu Vimmi, Enaikondu Erugi, Elagi, Muththu
Vadamkonda Kongai Malai Kondu, Eraivar Valiya Nenjai
Nadamkonda Kolgai Nalangonda Naayagi Nallaravin
Padangonda Algul Panimozhi Vedhapparipuraiyae.

Theemaigal Ozhiya

Pariapurach Cheeradi! Paasaang Kusai! Panja Paani! Insol
Thiripura Sundhari Sindhura Meniyal Theemainenjil
Pariapura Vanjarai Anja Kuniporuppu Silaikkae
Yeripurai Meni Eraivar Sembaagaththu Erundhavalae.

Pirivunarchchi Agala

Thavalae! Eval Engal Sangaranaar Manai Mangalamaam
Avalae, Avar Thamakku Annaiyum Aayinal: Aagaiyinaal
Evalae, Kadavular Yaavarkkum Melai Eraiviyumaam
Thuvalaen, Iniyoru Deivam Undaaga Meiththondu Seithe.

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

7. Vishnu Sahasranamathil Pooram Sakthi Om..Om..Om..

Om Uthbavaaya Nama	- Uthikkum Aatralae Potri
Om Kshabanaaya Nama	- Pirappileye Peroliye Potri
Om Devaaya Nama	- Vinveli Vilaiyaattu Pillaiyae Potri
Om Srikarppaaya Nama	- Samsaarsaahara Karuppaiyae Potri
Om Parameswaraaya Nama	- Parama Eeswara Kaarunyamae Potri
Om Karanaaya Nama	- Prabanjaththin Kaaraniyae Potri
Om Kaaranaaya Nama	- Karmaavil Moola Kaaraniyae Potri
Om Karthrae Nama	- Karththaavae Vithaathaavae Potri
Om Vigarthrae Nama	- Visaesha Seyalaakkamae Potri
Om Kahanaaya Nama	- Yevarum Ariyaadha Eyarkaiyae Potri
Om Kuhazhaya Nama	- Ragasiya Maayai Manamae Potri
Om Vyavazaabaaya Nama	- Arivuppadugaiyae Potri
Om Vyavasthaanaaya Nama	- Prabanjaththin Eyakkunarae Potri
Om Zamsthaanaaya Nama	- Eyarkaiyin Mudivuraiyae Potri
Om Zdhaanadhaaya Nama	- Thuruvan Mudhal Manithan Varai Karmavin Nilaippadae Potri
Om Thruvaaya Nama	- Azhivillaadha Amaraththuvamae Potri
Om Paarththayae Nama	- Paramaathmaavin Andharanga Inbamae Potri
Om Paramaspakshataaya Nama	- Elakkumi Vaazhum Edhayamae Potri
Om Thushtaaya Nama	- Paramporulin Velippadae Potri
Om Pushtaaya Nama	- Yengum Niraindha Anbu Mozhiyae Potri
Om ZoobeshaNaaya Nama	- Maanuda Geethai Thiruppaavai Thandhavalae Potri

Om Raamaaya Nama	- Yogigalin Ngaanakkalippae Potri
Om Viraamaaya Nama	- Nirvaanamum, Mukthiyum Tharubavale Potri
Om Viraajaaya Nama	- Kaamaatchi Arulil Kaamam Kalaindhavala Potri
Om Maarkaaya Nama	- Kaadhal Kasintha Maarkkamae Potri
Om Neyaaya Nama	- Neya Nilaikkadhavam Thirandhavale Potri
Om Nayaaya Nama	- Thalaiivarillaa Thalaimaiyae Potri
Om Anayaaya Nama	- Veera Vanakkamae Potri
Om Veeraaya Nama	- Penmaiyyin Aalumaiyae Potri
Om Zakthimadham	
Sreshtaaya Nama	- Nadai, Udai, Paavanai Thandha Thiruve Potri
Om Dharmaaya Nama	- Soodikkoduththa Sudar Kodiyae Potri
Om Dharmaviduthamaya Nama	- Vaigundaththin Munnuraiyae Potri
Om Vaigundaaya Nama	- Yembaavaiyil Rembaavaai Potri
Om Purushaaya Nama	- Yennangalin Eraiththanmaiya Potri
Om PraaNaaya Nama	- Vaazhvil Latchiyame Potri
Om PraaNathaaya Nama	- PraNavathin NaaraayaNanae Potri
Om Pruthave Nama	- Ulagin Virivaakkamae Potri
Om HiraNyakarppaaya Nama	- Thanga Muttaiyidum Vangakkadale Potri
Om Zathruknaaya Nama	- Devargalin Natpae Potri
Om Vyaapthaaya Nama	- Vilaiyugalin Vizhaakkolamae Potri
Om Vaayavae Nama	- Bakthargalin Ullasamae Potri
Om Adhokshajaaya Nama	- Paavaiyargalin Thani Yennamae Potri

8. Lalitha Sahasranamathil Pooram Sakthi

Panjapredhaazanaazeenaa Panjaprahmasvaroobinee

Sinmayee Paramaanandhaa Vijgaana Ganaroobinee

Thyaana Thyathroothyeyaroobaatharma Vivarjithaa

Vichvarubaa Jaagarinee Swabanthee Thaijazaathmigaa

Zoopthaapraajg Jaathmigaathurya Zarvaavasthaa Vivarjithaa

Srushtikarthree Prahmarubaakopthree Govindha Roobinee

Zamhaarinee Ruthrarobaa Thirothaanakareechvaree

Zadhaasivaanukrahathaa Panjakruthyabaraayanaa

Baanumandala Mathyasthaa Bairavee Bagamaalinee

Bathmaazanaa Bagavathu Bathmanaaba Zahotharee

Unmesha Nimishothpanna Vibanna Puvanaavalee

Zahasraseersha Vadhanaa Zahasraaksha Zahasrabaath

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

9. Gandhaguru Kavasathil Pooram Sakthi

Kankanda Deivamae Kaliyuga Varadhanae

Aarumugamaana Guro Arindhitten Un Magimai

Ekkanamae Varuvaai En Skandha Guruvae Nee

Ennai Kaaththidave Enakku Nee Arulidavae

Araik Kanaththil Neeyum Aadi Varuvaayappaa

Vandhennaith Thaduththu Valiya Aatkol Varathaguro

Anbuth Theivamae Aarumuga Maanavanae

Zooprahmanyanae Sogam Agatriduvaai

Gaana Skandharae Ngaanam Arulvaai Nee

Gaana Thandabaaniyaee Ennai Gaana Pandithanaakiduvaai

Agandhaiyellam Azhiththu Anbinai Oottiduvaai

Anbu Mayamaakki Aatkollu Vaiyappaa

Anbai En Ullaththil Asaivindri Niruththividu

Anbaiyaee Kannaaga Aakki Kaaththiduvaai

Ullum Puramum Unnarulaam Anbaiyaee

Uruthiyaaga Naanum Pattrida Uvandhiduvaai

Yellaiyillaadha Anbae Eraiveli Endraai Nee

Angingenaathapadi Yengum Anbendraai

Anbae Sivamum Anbae Sakthiyum

Anbae Hariyum Anbae Prammanum

Anbae Thevarum Anbae Manitharum

Anbae Neeyum Anbae Naanum

Anbae Saththiyam Anbae Niththiyam

Anbae Saandham Anbae Aanandham

Anbae Mounam Anbae Moksham

Anbae Prammamum Anbae Anaiththumendraai
Anbilaadha Edam Angumingu Millaiyendraai
Yengum Nirand Anbae En Gurunaadhanappaa
Anbil Uraium Arut Gurunaadharedhaan
Skandhaachramaththil Skandha Guruvaanaan Kaan
Moovarum Devarum Munivarum Potridavae
Skandhaachramandhannil Skandha Jothiyumaai
Aathma Jothiyumaai Amarnthitta Skandhaguru
Erulai Agattravae Yezhunthitta Yengal Guru
Yellaiyillaadha Un Eraiveliyai Kaattiduvaai
Mukthiyai Thandhiduvaai Moovarum Potridavae
Nambinaen Unnaiyae Nambinaen Skandhaguro
Unnaiyandri Evvulagil Ondrumillai Yendrunarndhen

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

10. Kandhar Anuboodhi Pooram Sakthi

Karuthaa Maravaa Nerikaana, Enakku
Eruthaal Vanasam Thara Yendru Esaivaai
Varathaa, Murugaa, Mayil Vaagananae
Viradhaa, Sura Soora Vibaadananae. (21)

Kaalai Kumaresan Ena Karuthith

Thaalaip Paniyath Thavam Yeithiyavaa

Paalaik Kuzhal Valli Padham Paniyum

Velaich Chura Poobathi, Meruvaiyae. (22)

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

11. Raahangalil Pooram Sakthi

Paadham 1	Paadham 2	Paadham 3	Paadham 4
Harikaambodhi	Harikaambodhi	Theerasangaraa Paranam	Naaganandhini

12. Moolamandhiram

Aandaal Thiruvadigalae Saranam

Aatral Alangaaramae Saranam

Kuraiyillaa Govindhanae Saranam

Niraiyodu Nirandharamae Saranam.

13. Virutcha Sakthi Pera Nada Vendiya Maram

Paadham 1	Paadham 2	Paadham 3	Paadham 4
Palaasu	Vaagai	Ruthraatcham	Palaasu

14. Parigaaram

- Aadambara Porutkal Vaanga Mudiyaatha Yezhaikku Vaangith Tharavum.
- 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 Srihari Theerththeswarar Thirukkoyil,**
Thiruvangulam - Pudhukkottai.

Aathma Trust (Aathma Lingam)

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