

# Uththiram Nakshatra (Aathma Lingam)

## 1. Ganapathy Vazhipaadu

Parasivam, Sinmayam, PooraNam,  
Sivabogabakyam Paramanithiyam

## 2. Thiruvarutpavil Siva Uththiram Sakthi

Paribava Vimosanam, Gunaragitham  
Visuvam, Pathiththuvaparopareenam.

## 3. Thiruppavaipaasuram – 29 Uththiram Eyalbu

Chittranj Chirukaalae VandhuUnnaich CheviththuUn  
Pottraa Maraiyadiyae Potrum Porulkelaai  
Pettrammeith Thunnum Kulaththil Pirandhu Nee  
Kuttraeval Yengalai Kollaamal Pogaathu  
Ettrai Paraikolvaa Nandrukaan Govindhaa  
Yettraikkum Yezhezh Piravikkum Unthannodu  
Uttromae Yaavom Unakkaenaam Aatseivom  
Matrainang Kaamangal Maatrelo Rembaavaai.

**Video Link :** <https://youtu.be/Ae7zMIB2MCE>

## Vilakkam :

Yettraikkum, Yezhezh Piravikkum Undhanodu Uttromae Aavom Engira  
Seyal Thittaththai Padhivu Seiyyum Mana Uruthi, Uthraththirku  
Eruppadhinaalthaan Indha Nakshathirangal Ulagaththirkae Vazhikaattugirathu.



Adhe Neraththil Ulagaththil Palveru Aasaigal Nokkangal Padippugal Kolgaigal  
Ena Erunthaalum, Avatraiyellaam Maatri Mattrai Nam Kaamangal, Maatrelo  
Rembaavaai Vimosanam Thedum Uththiram Vaazhga, Vaazhga! 28 Paadalgal  
Paadi Sariyaana Tharunaththil Kuttrangalukku Mannippum Kettu Govindhan  
Yenum Arulaiyum Pettru, Kaariyaththai Saadhippadhil Uthramae Vallavar.  
Naangal Meithunnum Kulaththil Pirandhaalum, Adhaavathu Vayitru  
Pizhaippirkaaga Yendha Thavarugal Seidhaalum, Avatrai Yellam Manniththu  
Poruththarul Seithu, Un Pani Seiyya Yengalukku Unarvootta Vendum.  
Ippiraviyil Mattum Alla. Inivarum Piravigalum Govindha Un Pani Seiyyavae  
Yengalukku Puththi Pugatta Vendum. Engal Kaamangalai Maatri Un Pani  
Aagamangalaaga Niraivetra Yettraikkum, Yezhezh Piravikkum Un Thannodu  
Uttromae Aavom; Unakkae Naam Aatseivom;

Indha Tholainokku Seyal Thittaththai Paribava Vimosanamaaga Nenjil  
Padhiththu Seyalpadubavargalae Uthra Nakshatramagum.

Chitranj Sirukaalae Vandhunnaich Cheviththu Un Pottraamarai Adiyae  
Pottrum Porul Yennavendraal Ulagaththil Anaiththu Viruppangalukkum  
Engalukku Niraivettra Vendum.

Meiththunnum Ulagaththil Neeyum, Naanum Ondraga Pazhagiyadhal,  
Engal Korikkaigalai Purandhalli Vidakkoodaathu. Gunaththaal Ondrupatta  
Jeevaathmaa, Paramaathmaa Gunaragithamaaga Ulagaththil Anaiththu  
Sugangalaiyum Kandom. Indha Parobareenam Ulagaththil Unnadhamaanathu.

Melum Ini Yeththanai Pirappu Yeduppinum, Aththanai Pirappugalilum Unnodu  
Uravu Kolvom. Unakkae Adimaigalaavom. Engaludaiya Aasaigalil,  
Nokkangalil, Kaamangalil Yedhenum Kutram Kurai Eruppin Avattrai Maatri  
Punithapaduththi Arul Seiyya Vendum. Enavae Mattraai Nam Kaamangal  
Maatrelor. Embaavaai Engira Nibandhanaiyil Ulagaththai Rasikka  
Pirandhavargalae Uthramaavaargal. Uthramae Varuga! Uthramae Arulga!

#### **4. Vedhaththil Uththiram Jothisakthi**

**Om Boor Buva Swaha ( Mettu )**

Mahaabakaayai Vithmahae

Mahaachreshtaayai Theemahi

Suya Veeriya Thaathaa Theemahi

Uthrapalguni Prasodhayath

Ulagam Nalam Pera Seithiduvaai

Ubakaarantal Aliththiduvaai

Sevai Seiyyum Manaththinaiyae

Sevvena Kondaai Namu Namu

Eraiyarul Aasaiyai Valarththiduvaai

Inbam Tharum Sol Thandhiduvaai

Vimosanam Pera Vazhivaguppai

Veeriya Padhiyae Namu Namu

Om Sivaya Mae Nama Sivaya Mae

Thrayambakaya Mae Saayi Dhevaya Om

## 5. Uththiram Kavithai

Uruvam Tharuvadhum, Unarvu Tharuvadhum Uthramae  
Aravam Kanivathum, Azhagum Milarvathum Pathramae  
Maruvum, Magizhvathum Manamudan Payappathu Sathramae  
Yeruvum, Karuvum Visuvam Aavathu Sarithramae

Vidiyaatha Eravugalukku Mudivukaanum Vidiyalae  
Padiyaatha Maadugalai Pazhakki Theerkkum Inimaiyae  
Vadiyaatha Paavangalai Valaiththu Ozhikkum Vimosanamae  
Adiyaatha Adhishtangal Udhiththodum Unmaiyae

Panguni Uthramae Panguni Palgalai  
Thangunee Udhaviyae Maravaadha Palpadhivu  
Sangunee Sathyamae Saagasam Palmudivu  
Yengunee Yendridumae Edhayam Palninaivu

Nandriyum Naanayamum Ninniru Pakkangal  
Kundrum Kunamum Ninniru Thangangal  
Serivum Sorvum Ninniru Angangal  
Sondhamum Pandhamum Ninniru Pottigal

Sugapogam Chudachuda Palappala Yadhaarththam  
Agam Puram Thodaththoda Pudhuppudhu Padhaarththam  
Jegam Magam Kalakalapena Kalippathu Nitchchayam  
Agam Agam Ootrena Uvaththalaе Urchavam

Yedhilum Yedhirppalla; Yedhir Katchi Koradaa  
Adhilum Vanappalla; Pudhir Katchi Soththaa  
Sedhilum Serumae; Adhir Katchi Savaalil  
Madhilum Valaiyum; Thavir Katchi Aagumae

## **6. Abirami Andhathiyil Uththiram 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 Uththiram Sakthi Om..Om..Om..**

Om Rudhavae Nama	- Kaalangalil Vasandhamae Potri
Om Zoodharzanaaya Nama	- Suya Dharisanamae Potri
Om Kaalaaya Nama	- Kaala Niyama Kattuppaadae Potri
Om Parameshtinae Nama	- Uyarndha Nokkamae Potri
Om Parikrahaaya Nama	- Bakthargalin Korikkai Yetru Palan Alippavare Potri
Om Ukraaya Nama	- Bayabakthiyai Kolgalukku Kooda Pugattiyavarae Potri
Om Zamvathzaraaya Nama	- Anaivarukkum Ul Unarvae Potri
Om Thakshaya Nama	- Ulagam Nalam Perach Cheivonae Potri
Om Visraamaaya Nama	- Mummala Milakkiya Minnalae Potri
Om Viswathakshinaaya Nama	- Anaiththu Viththaigalai Virivaaga Arindhavare Potri
Om Visthaaraaya Nama	- Ulagam Unarum Anbae Potri
Om Sthaavarasthaanave Nama	- Palamanathum, Nilaiyanathum Neeeye Potri
Om Pramaanaaya Nama	- Pramaanamaana Manasaatchiye Potri
Om Peejaayaavyayaaya Nama	- Samsaaraththin Aadhi Vidhaiyae Potri
Om Arththaaya Nama	- Anaivarum Nesikkum Aanandhamae Potri
Om Anarththaaya Nama	- Kadhal Kanidhu Kadantha Muzhumaiye Potri
Om Mahaakozaaya Nama	- Maanudam Vendra Anname, Praananae Potri
Om Mahaabogaaya Nama	- Saadhanai Sigaram Kanda Sirandha Pogamae Potri
Om Mahaathanaaya Nama	- Magaathanam Manamaara Seyalpatta Karunaiye Potri

Om Anirvinnaaya Nama	- Avasaramo, Avasiyamo Kaattaadha Thiruppathiye Potri
Om Sththavishtaaya Nama	- Sirappaana Prabanja Naayagan Mangala Vaazhththukkale Potri
Om Abuvae Nama	- Piraviyillaa Sarva Viyaabiyae Potri
Om Dharmayoobaaya Nama	- Veettil Poo Managal Vidaamal Ottum Kaikaattiyae Potri
Om Mahaamagaaya Nama	- Nirvaana Yakgam Nirvagikkum Nichchaya Palanae Potri
Om Nakshathranemaye Nama	- Natchaththirangal Nesikkum Muzhu Nilavae Potri
Om Nakshathrinae Nama	- Natchaththirangalin Kurikkolae Potri
Om Kshamaaya Nama	- Maarinaalum, Pin Maatramillaa Nilaiye Potri
Om Zameehanaaya Nama	- Puthuputhu Arththangalae Potri
Om Yajgaaya Nama	- Vizhippunarvae Potri
Om Ejyaaya Nama	- Yaagaththil Thiyaagamae Potri
Om Mahejyaaya Nama	- Thiyaagaththin Mukthiye Potri
Om Kradhave Nama	- Avirpaaga Pooraname Potri
Om Zathraaya Nama	- Dharmaththin Vedhangale Potri
Om Zadhaangathaye Nama	- Mukthi Nilai Thedubavar Thunaiye Potri
Om Zarvadhazine Nama	- Inba, Thunba Nilaigalai Ariyum Yedhirkaalame Potri
Om Vimukthaathmane Nama	- Eyarkai Sudhanthiramae Potri
Om Zarvajngaaya Nama	- Anaiththum Arindhavanae Potri
Om Jnganamutthamaaya Nama	- Saadhikkum Parama Uththiyae Potri

## **8. Lalitha Sahasranamathil Uththiram Sakthi**

Aaprahma Jananee Varnaasrama Vidhaayinee

Nijaaajgaaroba Nigamaa Punyaapunyapalapradhaa

Ch Ruthi Zimandha Zinthooree Kruthabaadhaa Pjathooligaa

Zeekalaakama Zandhohasukthi Zambuda Moukthikaa

Purushaarththa Pradhaapoornaapoginee Puvanechvari

Ambigaa Naadhi Nidhanaa Hariprahmenthra Zaevithaa

Naaraayanee Naadharoobaa Naamaroobaa Vivarjithaa

Hreengaari Hmathee Hruthayaaheyo Baadheyavarjithaa

Raajaraajarchchithaa Raajgaramyaa Raajeevalosanaa

Ranjanee Ramanee Rasyaaranathkingini Megalaa

Ramaraakendhu Vadhanaa Rathiroobaa Rathipriyaa

Rakshaakaree Raakshazaneeraa Maaramanalampadaa

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

## **9. Gandhaguru Kavasathil Uththiram 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 Uththiram 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 Uththiram Sakthi**

Paadham 1	Paadham 2	Paadham 3	Paadham 4
Naaganandhini	Yaaga Priya	Raaga Vartthini	Raaga Vartthini

### **12. Moolamandhiram**

Prazeetha Viswesvari Viswaprazeetha

Prazeetha Viswesvari Vedharoobini

Prazeetha Viswesvari Manthra Vikraha

Prazeetha Visweswari Viswaprazeetha.

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

Paadham 1	Paadham 2	Paadham 3	Paadham 4
Alasi	Vaadhanaaraayana	Yetti	Punga

### **14. Parigaaram**

- Aarukilo Kothumai Koyilukku Tharavum
- Sigappu Nira Pasuvukku Ooravaiththu Pachchaippayiru 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 Maangalyeswarar Thirukkoyil,**  
Edaiyaattru Mangalam - Trichy.

**Aathma Trust (Aathma Lingam)**

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