

# Pooraadam Nakshatra (Aathma Lingam)

## 1. Ganapathy Vazhipaadu

Parasivam, Sinmayam, PooraNam,  
Sivabogabakyam Paramanithiyam

## 2. Thiruvarutpavil Siva Pooraadam Sakthi

Paramapodhampodha Ragitha Sagitham  
Sambavaatheetham Aprameyam.

## 3. Thiruppavaipaasuram – 12 Pooraadam Eyalbu

Kanaiththilang Kattrerumai Kandru Kirangi  
Ninaiththu Mulaivazhiye Nindru Paal Sora  
Nanaiththillam Seraakkum Narselvan Thangaai  
Paniththalai Veezhanin Vaasar Kadaipattrich  
Chinaththinaal Thennilangai Komaanaich Chettra  
Manaththu Kiniyaanai Paadavum Nee Vaaithiravaai  
Iniththaa Nezhunthiraa Eedhenna Perurakkam  
Anaiththillaththaarum Arindhelo Rembaavaai.

**Video Link :** <https://youtu.be/uS6J9XHfpPU>

## Vilakkam :

Madiyilirunthu Maadu Kanaiththu Karappaar Endri, Kandrukku  
Eevathaaga Yennip Paalai Thaanaaga Pozhigirathu.

Paalai Pozhiyum Pasu Nibandhanai Yedhum Illaamal Anbai Alai Alaiyaa  
Pozhigirathu. Nanaiththu Illam Seraakkum Yendra Paasura Sollukkerpa Illam



Muzhuvathum Suttramum Natpum Soozha Erunthu Virunthundu  
Pooraadaththin Selvaakkae Oorariyach Cheiyyum, Adheethamaana  
Sambavangal Niraintha Pooraadam Saadhanaigalai Kuviththa Vannam Ovvoru  
Sambavaththirkum Allathu Ovvoru Varudaththirkum Puthiyathor Saadhanai  
Seithu Puthiyathor Ulagirku Puthiya Podhanaigal Pala Thandhu Paaraattukal  
Peruvar. Narkudi Nangai Yena Peyaredukka Nalla Pala Selvangalai Pettru  
Andha Selvangalai Thaguntha Vazhiyil Thakkavargalukku Thappaamal  
Alippaai. Unnidam Yedhiriyaanavargalin Thalaigal Paththaanaalum Avaigal  
Udhiriyaagividum. Unathu Manathukku Iniyavanai Paadacheivathe  
Pugazhach Cheivathe Pooraadaththin Podhanai Porulaagum. Melum  
Pakkuvamaana Neraththil Thaguthiyaana Aathmaakkalukku Thanathu Uttra  
Nanbargal Pol Pazhagi Avargalai Karai Serppaargal. Yenave Sagaakkalukkum  
Sagikkalukkum Puthiyathor Sinthanaiyaiyae Podhikka Varum.

Nanaitthillam Seraakkum Narselvan Pooraadamae. Yedhirpaarppu  
Illaadha Anbu Seluththum Vallal Perum Pasukkalaiyum Thaandi Illam  
Seraakkum Yerumaigal Arumai Poorana Guruvirku Oppaagum. Pooraadangal  
Manitha Thalai Veezha Nin Vaasal Kadaipattri Solpala Sollil Parama  
Podhanaiyai Seluththi Thalaikanaththai Veezhach Cheiyyum Podhanaich  
Chemmal Pooraadameyaagum.

Paniththalai Veezhaathu Emayamaaga Nindirirukkum; Podha Rahitha,  
Sagithaththaal Palveru Soozhnilaigalai Uruvaakki Paniththalaiyai  
Vizhavaikkum Ragasiyangal Pooraadangalukkae Theriyum. Indha Vagaiyaana  
Guru Amsangal Poorana Magizhchchiyai Alikkum. Sinaththinaal Thennilangai  
Komaanai Vadham Seitha Vithamae Sambava Adheethamaagum.  
Sambavangalin Vilaiivaaga Manam Sinam Kolvadho, Sinam Manam Kolvadho  
Soozhnilaigalai Poruththe Amaiyum.

Anaiththu Illaththaarum Arinthu Pooraadaththirku Poonool Yedharku?  
Pooraadamatharku Anaiththu Illaththaaraiyum Kadaiththetri, Arpudhangal  
Palapurinthu Uyyach Cheivaarandro; Yenavae Ithu Perurakkam Alla; Eedhenna  
Perurakkam Ena Solla! Urakkaththilum Nee Sirappaai. Pooraadame Varuga!  
Pooraadamae Arulga!

#### **4. Vedhaththil Pooraadam Jothisakthi**

**Om Boor Buva Swaha ( Mettu )**

Samuthrakaamaayai Vithmahae

Mahaa Pijithaayai Theemahi

Aafhaa Dhivyaa Theemahi

Poorvaashaadaa Prasodhayath:

Sambava Sandhaiyil Sinhippaai

Aprameyamaai Seyalpaduvaai

Podhanai Saadhanai Mudiththiduvaai

Vedhanai Yellaam Maraiththidumae

Yedhirpaarppillaa Anbu Seyal

Udhirmalar Pola Arivu Seyal

Madhi Udal Kaakkum Karumbu Vayal

Vithiyai Vellum Namu Namu

Om Sivaya Mae Nama Sivaya Mae

Thrayambakaya Mae Saayi Dhevaya Om

## 5. Pooraadam Kavithai

Kaadhalaagi Kasinthurugi Paaththiram Seivar  
Podhalaagi Punarntharithu Samarasam Kaanbar  
Kaadhalaagi Sambavangal Aathmasagitham Unbar  
Aadhalaagi Appirameyam Adhanil Aaduvar

Konji Konji Pesinaalum Adhu Karuththe  
Vanji Anji Vaadhittaalum Adhu Kuruththe  
Vaangi Vaangi Vazhakkittaalum Adhu Vettrikkae  
Kanji Kalayam Velliyaagilum Adhu Sugaththirkae

Poraadam Pooraadam Por Adikka Yaana Varumae  
Paaraarum Paaraatta Parisupera Maanae Varumae  
Therodum Porkkalaththil Karnan Vaane Varumae  
Verodum Tholviyilum Nilaimaaraa Kaanae Varumae

Vidaakkendan Vittu Kodukkaadha Vivahaari  
Kodaakkendan Purinthu Kollaadha Viyaabaari  
Thodaakkendan Thodarnthu Sellaadha Samsaari  
Vaadaakkendan Vaadikkaiyilaadha Sugavaasi

Suttramum Natpum Soozhum Un Ulagil  
Mattrai Nam Kaamangal Aalum Un Veetil  
Kattranin Vaadhantal Paadam Un Pechhil  
Attrai Nin Paavangal Nirkum Un Nilaiyil

Podharagitha Sagitham Kalyaana Samaiyal Saadham  
Appirameya Usitham Palyaaga Maiyal Podham  
Sambava Podha Payanam Valyoga Thaiyal Vaadham  
Parama Paavana Paakkiam Kalmel Yezhuththu Vedham

## **6. Abirami Andhathiyil Pooraadam Sakthi**

### **Kuzhanthaipperu Undaaga**

Thaamam Kadambu; Padaipanajaanam; Thanukkarumbu;  
Yaamam Vayiravar Yeththum Pozhuthu; Yemakkendru Vaiththa  
Semam Thiruvadi; Sengaigal Naangu; Oli Semmai; Ammai  
Naamam Thiripurai; Onedrodu Erandu Nayanangalae.

### **Thozhilil Menmai Adaiya**

Nayanangal Moondrudai Naadhanum, Vedhamum, Naarananum  
Ayanum Paravum Abiraamavalli Adiyinaiyap  
Payanyendru Kondavar Paavaiyar Aadavum, Paadavumpon  
Sayanam Porunthu Thamaniya Kaavinil Thanguvarae.

### **Vidhiyai Vella**

Thanguvar Karpagath Tharuvinn Neezhalil; Thaayarindri  
Manguvar, Mannil Vazhuvaap Piraviyai; Maalvaraiyum  
Ponguvar Azhiyum! Eerezhpuvanamum Pooththa Undhi  
Kongivar Poonguzhalaal Thirumeni Kuriththavarae.

### **Thanakku Urimaiyaanathai Pera**

Kuriththen Manaththil Ninkolam Yellam; Nin Kuripparinthu  
Mariththen Maralivarugindra Nervazhi; Vandukindu  
Veriththen Avizhkondrai Venippiraan Orukoottra Meiyiyil  
Pariththe Kudipuguthum Panjapaana Payiraviyae.

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

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

- Om Viswamoorththayae Nama - Viswamoorththiyae Potri
- Om Mahaamoorththayae Nama - Mahaamoorththiyae Potri
- Om Dheepthamoortthaye Nama - Dheepa Moorththiyae Potri
- Om Amoorththimadhe Nama - Karmaavin Moorththiyae Potri
- Om Anegamoorththayae Nama - Anga Moorththiyae Potri
- Om Awyakthaaya Nama - Varaiyarukka Mudiyaathavanae Potri
- Om Zathamooorththayae Nama - Saththiya Sambavamooorththiyae Potri
- Om Zathananaaya Nama - Sadhamenum 100 Moorththiyae Potri
- Om Yegaazmai Nama - Managaanum Andharyaamiyae Potri
- Om Naigasmai Nama - Maayaiyin Anega Maatrane Potri
- Om Zavaaya Nama - Nilavaruge Ulla Nija Nakshatrane Potri
- Om Kaaya Nama - Poorana Magizhchchi Kadalae Potri
- Om Kasmai Nama - Ethanaal Ariyum Yenaiya Needhigalae Potri
- Om Yasmai Nama - Eyarkai Needhi Tharum Eniya Sandhoshamae  
Potri
- Om Thasmai Nama - Virivaakkamae, Vivarame, Visthaarame Potri
- Om Pathama Nama - Gaana Veerangaanum Uththama Nilaiippaade  
Potri
- Om Logapandhavae Nama - Ulagiyal Guruvaana Unmai Nanbanae Potri
- Om Loganaathaaya Nama - Loganaadhanaana Naayaga Prabaavame Potri
- Om Maadhavaaya Nama - Madhuvenum Iniya Koota Pradhinithiyae Potri

Om Bakthavathzalaaya Nama	- Vazhipadum Bakthargalin Iniya Chitrannaiye Potri
Om Zoowarnavarnaaya Nama	- Thangam Seiyyum Yendru Adhaiyum Thaandiya Seyalae Potri
Om Haemaangaaya Nama	- Yedhaium Thaangum Thangaththerae Potri
Om Varaangaaya Nama	- Vizhippunarvu Katturaiyae Potri
Om Sandhanaangathinae Nama	- Poorana Sandhoshaththai Allith Tharum Poorvaangamae Potri
Om Veeraknae Nama	- Aanava Naayagarai Azhikkum Karma Dhevanae Potri
Om Vishamaaya Nama	- Oppillaa Uththama Perumaanae Potri
Om Zoonthyaaya Nama	- Summaayirukkum Naaraayana Sindhanaiyae Potri
Om Kruthaazeshe Nama	- Maaraatha Anbu Kalantha Vaazhththukkalae Potri
Om Asalaaya Nama	- Anandha, Aanandha, Unmai Perarivae Potri
Om Salaaya Nama	- Moochchum Pechchaagi Seyalpadum Vinaiyae Potri
Om Amaaninae Nama	- Udalil Kalantha Uyirae, Unarvae Potri
Om Maanathaaya Nama	- Suyaninaivillaa Maayai Manamae Potri
Om Maantyaaya Nama	- Managal Thozhum Manmatha Kavarchiye Potri

Om Logaswaaminae Nama	- Eerezhu Ulagaththin Naayagarae Potri
Om Thriloga Thruthe Nama	- Moovulaga Arivu Udhavum Karagalae Potri
Om Zoomadhazae Nama	- Suyamedhaavi Surakkum Arivae Potri
Om Medhajaaya Nama	- Yellaiyillaa Anubavae Thrupthi Tharum Unnadhame Potri
Om Zathyamedhazae Nama	- Palam Tharum Kaniyae Potri
Om Tharaatharaaya Nama	- Pinnangal Tharum Yennangalul Yellam Sugamae Potri

## **8. Lalitha Sahasranamathil Pooraadam Sakthi**

Nithyathrupthaa Pakthanithir Niyandhree Nikilechvaree

Maithryaathi Vaazanaalapyaa Mahaapralaya Zaakshanee

Paraasakthi Paraanikshtaa Prajgaanagana Roobini

Maathveebaanaalazaa Maththaa Maathrukaavarna Roobinee

Mahaakailaaza Nilayaamrunaalamruthuthorlathaa

Mahaneeyaathayaa Moorththir Mahaazaamrajyasaalinee

Aathmavithyaa Mahaavithyaa Srivithyaakaamazaevitha

Srikshodasaaksharee Vithyaathrikoodaakaa Makodikaa

Kadaakshakingaree Poodhaga Malaakodi Zaevithaa

Sira Zthithaachanthranibaa Paalasthenthathanuprabaa

Hruthayasthaaraviprakyathrikonaandhara Dheepikaa

Thaakshaayanee Thaithyahandhree Thakshayajgaavinaasinee

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



## **9. Gandhaguru Kavasathil Pooraadam Sakthi**

Saththiyam Veralla Skandhaguru Veralla

Skandhaguruve Saththiyam Saththiyame Skandhaguru

Saththiyamaai Sonnadhai Saththiyamaai Nambiyae Nee

Saththiyamaai Gaanamaai Zadhaananthamaagi Vidu

Azhivattru Prammamaai Aakkividuvaan Murugan

Thirumuraigal Thirumaraigal Seppuvadhum Ethuvedhaan

Skandhaguru Kavasamadhai Sondhamaakki Kondu Nee

Porulunarntu Yeththidappaa Pollaappu Vinaiyugalum

Piravi Piniyagalum Prammaanandha Mundu

Emmaiylum Marumaiylum Emaiyorunnai Pottridivar

Moovarumae Munnirpar Yaavarumae Poojippar

Anuthinamum Kavasaththai Anbudan Japiththidappaa

Siraththaa Bakthiyudan Sindhayondrich Cheppidappaa

Kavalai Yagandridumae Kandhanarul Pongidumae

Pirappum Erappum Pinigalum Tholaindhidumae

Kandhan Kavasamae Kavasamendru Unarndhiduvaai

Kavasam Yeththuveerael Kaliyai Jayiththidalaam

Kaliyendra Arakkanai Kavasam Virattidumae

Sonnabadi Seithu Sugamadaivaai Manamae Nee

Skandhaguru Kavasaththai Karuththondri Yeththuvorkku

Ashta Aishwaryandharum Andhamillaa Inban Tharum

Aalpol Thazhaththiduvan Arugupol Verodiduvan

Vaazhaiyadi Vaazhaiyai Pol Vamsamathai Pettriduvan  
Pathinaarum Pettru Pallaandu Vaazhdhiduvan  
Shandhiyum Zowkkiyamum Zarvamangalamum Perugidumae

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

## 10. Kandhar Anuboodhi Pooraadam Sakthi

Girivaai Vidu Vikrama Vel Eraiyon  
Parivaram Yenum Padham Mevalaiyae  
Purivaai Mananae Poraiyaam Arivaal  
Arivaai Adiyodum Agandhaiyaiyae. (37)

Aadhaaliyai, Ondru Ariyaenai Aranth  
Theethu Aaliyai Aandathu Seppumatho  
Koodhaala Kiraadha Kulikku Eraivaa  
Vedhaala Ganam Pugazh Velavanae. (38)

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

## 11. Raahangalil Pooraadam Sakthi

Paadham 1	Paadham 2	Paadham 3	Paadham 4
Rama Priya	Rama Priya	Kaamanasramaa	Viswambari

## 12. Moolamandhiram

Om Saayi Raamaaya Vithmahae Aathmaraamaaya  
Theemaha Thannobaabaa Prasodhayaath

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

Paadham 1	Paadham 2	Paadham 3	Paadham 4
Vanji	Kadaryakonji	Sandhana	Yelumichchai

### **14. Parigaaram**

- Azhagu Saadhanapporutkal Mattrum Manjal Nira Enippugalai Latchumi Naaraayanakoyilil Thaanam Seiyyavum.
- Kuraindhapatcham 7 Nabargalukku Udhaviduga.
- Ungal Vazhipaattirku Yettrapadi Mandhirangalai Paaraayanam Seiyyavum.
- Kovilukku Sendru Swamiyai Tharisikkavum.
- 2x2 Kannaadi Vaiththu Ungal Mugaththai Paarththu Thiyaanam Seiyyavum. (Aadi Thiyaanam).
- Natchatthira Kovil **Arulmigu Agaasapureswarar Thirukkoyil,** Kaduveli - Thanjavur.

**Aathma Trust (Aathma Lingam)**

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