

Uthraadam Nakshatra (Aathma Lingam)

1. Ganapathy Vazhipaadu

Parasivam, Sinmayam, PooraNam,
Sivabogabakyam Paramanithiyam

2. Thiruvarutpavil Siva Uthraadam Sakthi

Pagarananthaandham, Amalam, Usitham,
Sirpadham Sadhaananthasaaram.

3. Thiruppavaipaasuram – 3 Uthraadam Eyalbu

Ongi Yulagalandha Uththaman Perpaadi

Naangal Nam Paavaikkuch Chaatrinee Raadinaal

Theengindri Naadellaam Thingalmum Maaripeithu

Onguperuj Senneloodukayalukala

Poonguvalaip Podhil Porivandu Kanpaduppath

Thengaathe Pukkirunthu Seerththa Mulappatri

Vaangak Kudamniraikkum Vallal Perumpasukkal

Neengaatha Selvam Niraindhelo Rembaavaai.

Video Link : <https://youtu.be/x4GZZ2oLNmA>

Vilakkam :

Vaamanan Uththaman Aagum Varalaarae Uthraadamaagum. Surungach
Cholli Niramba Porulai Vivarikkum Aatralae Uthraadamaagum. Vaamanan
Ongi Ulagalantha Uththamanaaga Maarum Seermigu Sirappugal Uthraada
Nakshathrathirkae Uganthavai Aagum.



Sadhanandha Saaram Ingae Meengal Vayalgalil Kalippudan
Thullugindrana. Vandugal Malargalil Urangugindrana. Pasukkal Manam
Konaamal Paalai Pozhigindrana. Indha Usithangal Amalam Nirainthavai.
Ethuve Aandavanai Adaiya Sirpadham Aagum.

Meengal Vayalilae Vaazhgindrana Enbathu Oru Nadaimurai
Saaththiyaththirku Appaarpattathu. Aanaal Vinthaikkuriyathu. Adhupol
Uthraadam Pala Vindhaigalai Seiyya Vallavar. Yenavaedhan Uthraadaththil
Pirandha Oru Magan Erunthaal Ulagaiyae Vilai Pesalaam Enbar. Melum
Uthraadaththin Sirappai Aaraadhikka Anaiththu 26 Nakshatrangalum
Anivaguththu Nirkum. Yenavae Neengaatha Selvam Nirainthidavae.

“ Yaanai Varum Pinnae, Mani Osai Varum Munnae ”

Ongi Ulagalandha Uththaman Onaththil Varuvaan Pinnae, Ethai Pagaravae
Nandhaa Aanandhaththil Vaamananae Uthraadam. Uthraadamum,
Thiruvonamum Ottip Pirandhavai. Vaamanan Moondradi Man Kaettu Uthraada
Vazhiyil Aanandha Vaakkuruthiyai Pettron. Ethaiyae Theengindri Naadellam
Thingal Mummaari Peithu Aanandhaththai Alikkirathu.

Ongu Perujennel Usithamaaga Uthraadaththil Uthikkirathu. Madhu
Arunthiya Magizhvudan Kivalai Malargalil Vandugal Palavaaga Sirpadhaththil
Kannurangukirathu. Valamaana Pasukkalo Uthraada Vallalgalaip Pol
Managonaamal Kudam, Kudamaai Paalaip Pozhigindrana. Yenavae Evargal

Sutramum, Natpum Soozha Sadhaanantha Saaramaaga Vilanguvar. Pazham
Yellaikkoadu Yendraalum Pazhachchaaru Aduththa Vaarisaaga Aanandha
Saaraaga Anaivarukkum Usithamaaga Neengaatha Selvam Thandhu Niraiyaich
Cheiyyum, Aanandha Purushargalae Uthraadamaagum.

Yenavae Vaanga Kudam Niraikkum Vallal Perumpasukkal Neengaatha
Selvam Niraindhelol Yembaavaai. Uthraadamae Varuga! Uthraadamae Arulga!

4. Vedhaththil Uthraadam Jothisakthi

Om Boor Buva Swaha (Mettu)

Viswae Dhevaaya Vithmahae

Mahaa Shaadaaya Theemahi

Karmazookarma Theemahi

Uthraashaadaa Prasodhayath

Aanandha Vaarththaigal Kooragum

Adhanaal Seyalgal Araagum

Paanandha Padhangal Saaraagum

Neengaatha Selvam Niraivaagum

Sirpadhangalilae Ulagalappaai

Elavasam Thandhumae Aravanaippai

Usithangal Unakkaana Ariyanaiyaam

Uthram Nokki Vanangugiom

Om Sivaya Mae Nama Sivaya Mae

Thrayambakaya Mae Saayi Dhevaya Om

5. Uthraadam Kavithai

Pazhamaaga Eruththal Anaivarkkum Miyalbu

Saaramaaga Eruththal Unakku Mattumae Saaththiyam

Aazhamaaga Pesuthal Aaraaichchik Kiyalbu

Aanandhamaga Pagaruthal Unakku Mattume Vaaththiyam

Aalavaai Sundharanai Adaivathu Unakkiyalbu

Amalame Usithamena Uraikku Neeye Sirpadham

Kolamae Kondathena Kooththaaduvathil Ulaakaadum

Kaalamae Kaatchiyena Saranadayum Natchatrangal

Kurukku Siritheninum Karuththu Perithallavo?

Poruththu Porunthenave Paruththa Solal Allavo?

Aruththu Malangalaiyae Varuththa Seyalallavo?

Maruththu Maayaigalaiyae Valaiththa Mayanallavo?

Adhithaayamae Anaiththu Raasigalum Aaraathikkumae

Aadhaayamae Anaivarkkum Aanandha Saaredhiththikumae

Samuthaayamae Anaiththu Varinum Enaiyaadhinikkumae

Thanthaayamae Uyirpeninum Thanakkelaam Pinakkae

Vidhai Yazhinthaal Virutchamaagum Aadal Nee

Pazham Pizhinthaal Saaraagum Aanandham Nee

Kaai Kaninthaal Kalladiyaagum Kaanagam Nee

Elai Madinthaal Arusuvai Mudiyum Alangaaram Nee

Yellaa Pugazhum Eraivanukkae – Thalaivanukkae

Allaa Pugazhum Alaigalukkae – Kalaigalukkae

Mallaa Vasanamum Sirpadhaththirkae – Paraanandhamae

Kallaa Elakkum Amalam Kaanavae - Aanandhamae

6. Abirami Andhathiyil Uthraadam 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 Orukoottrai Meiyiyil
Pariththe Kudipuguthum Panjapaana Payiraviyae.

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

7. Vishnu Sahasranamathil Uthraadam Sakthi Om..Om..Om..

Om Thejovrushaaya Nama	- Mazhaiyarulum Sooriya Oli Vattam Kondavanae Potri
Om Thyuthitharaaya Nama	- Adhibuththisaaliyae Potri
Om Zarvazazthrapruthaam – Varaaya Nama	- Aayuthaaranikkattu Melaanavanae Potri
Om Prakrahaaya Nama	- Parihaarangalai Yettru Paktharkurai Theerppavanae Potri
Om Nikrahaaya Nama	- Theervugalai Nibandhanaiyittu Theerppavane Potri
Om Vyakraaya Nama	- Mudintha Mudivugalai Uruvaakki Aanaigalidubavanae Potri
Om Naikazrunngaaya Nama	- Visiththira Kombu Mulaththa Komaane Potri
Om Kadhaakrajaaya Nama	- Pazhachchaaru Mandhiramagimaiyae Potri
Om Sadhurmoorththayae Nama	- Sanadhana Tharma Naalvagai Nira Uzhaippe Potri (Karuppu, Vellai, Manjal, Sivappu)
Om Sadhurbaahavae Nama	- Saama, Pedha, Thaana, Thanda Sadhurpujamae Potri
Om Sathurvyooahaaya Nama	- Sangu, Sakkara, Pushpa, Kadhai Thaththuvamae Potri
Om Sadhurkathayae Nama	- Padippu, Vaniga, Nirvaaga, Udal Uzhaippae Potri
Om Sadhuraathmanaе Nama	- Karma, Artha, Kaama Motcham Kaattubavanae Potri
Om Sadhurppaavaaya Nama	- Sadhurvedhaththin Saththiya Porulae Potri

Om Sadhurvedhavidhe Nama	- Aja Yega Paadha Aboorva Sakthiyae Potri
Om Yegapadhe Nama	- Samsaara Sakkaraththil Saamarththiya Maalumiyaee Potri
Om Zamaavarththaaya Nama	- Anaitthilirunthu Verupatta Yegaparamporule Potri
Om Anivruththaathmane Nama	- Kurukku Vazhiyil Kooda Unnai Vella Mudiyaathe Potri
Om Thurjaaya Nama	- Aadhavanin Aayiram Valimaikooda Yedhirkollaadhe Potri
Om Thoothikramaaya Nama	- Bakthiyin Moolam Agappadum Anbae Potri
Om Thurlabaaya Nama	- Pageeratha Prayaththanathaal Unai Adaiya Mudiyaathe Potri
Om Thurgamaaya Nama	- Kadinapaadhai Yedhuvaayinum Veenae Potri
Om Thurgaaya Nama	- Samaathi Nilaiyil Siththargal Kooda Varamudiyaathe Potri
Om Thuraavazaaya Nama	- Asurargal Aravae Azhikkappadubavare? Potri
Om Thuraariknae Nama	- Subamangala Yogam Saadhikkum Aanmeegamae Potri
Om Zoobaangaaya Nama	- Saarangaththin Reengaara Theneekkal Saagasamae Potri
Om Logazaarangaaya Nama	- Moorththi Siruthendru Viswam Thaandi Nirkum Prabanjaththin Virivaakkamae Potri
Om Zoodhanthavae Nama	- Ongi Ulagalantha Uththamanae Potri
Om Thandhuvartthanaya Nama	- Ulagalanthu Aanavam Kalainthavanae Potri
Om Indhthrakarmanae Nama	- Indhiranin Innaatu Indhiriyame Yennaatukum Kadavulae Potri

Om Mahaakarmanae Nama - Vinnai Manandha Vindhaiyae Potri
Om Kruthakarmanae Nama - Illaiyendru Solla Oru Paniyum Illaiyae Potri
Om Kruthaagamaaya Nama - Puththagamum, Adhan Puyalpaniyum Neeeye
Potri

8. Lalitha Sahasranamathil Uthraadam Sakthi

Tharaandholitha Theerkaaksha Tharahaazojvalanmugee
Gurumoorththir Gunanithir Komaathaakuhajanma Poo

Thevasee Thandaneethistaathaharaakaasa Roobinee
Prathipanmukyaraakaandha Thithi Mandalapoojithaa

Kalaathmigaakavaanaadhaakaavyaalaaba Vimothinee
Zasaamararamaa Vaanee Zavyathakshana Zaevithaa

Aadhisakthi Ramaeyaathmaaparamaa Paavanaakruthi
Anegakodi Prahmaanda Jananee Thivya Vikrahaa

Kleengaari Kevalaakuhyakaivalya Padha Thaayinee
Thriburaa Thrijagathvandhthyaathrimoorththisthrithasechvaree

Thriyaksharee Thivyakandhaatyaa Zindhoora Thilakaanjithaa
Umaasailendhthrathanayaakowree Kandharva Zaevithaa

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

9. Gandhaguru Kavasathil Uthraadam Sakthi

Saththiyam Veralla Skandhaguru Veralla

Skandhaguruve Saththiyam Saththiyame Skandhaguru

Saththiyamaai Sonnadhahi Saththiyamaai Nambiyae Nee

Saththiyamaai Gaanamaai Zadhaananthamaagi Vidu

Azhivattram 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 Sindhaiyondrich 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 Uthraadam 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 Uthraadam Sakthi

Paadham 1	Paadham 2	Paadham 3	Paadham 4
Viswambaari	Siyaamalaangi	Shanmugapriya	Shanmugapriya

12. Moolamandhiram

Om Saayi Namō Namō

Sri Saayi Namō Namō

Jei Jei Saayi Namō Namō

Sarkuru Saayi Namō Namō

13. Virutcha Sakthi Pera Nada Vendiya Maram

Paadham 1	Paadham 2	Paadham 3	Paadham 4
Palaa	Kadukka	Saaraparuppu	Thaalai Panai

14. Parigaaram

- Ganapathi Koyilil Inippugalai Padaiththu Prasaadham Alikkavum.
- Navagraha Koyilil Yaagam Seiyyavum.
- Kuraindhapatcham 7 Nabargalukku Udhaviduga.
- Ungal Vazhipaattirkku Yettrapadi Mandhirangalai Paaraayanam Seiyyavum.
- Kovilukku Sendru Swamiyai Tharisikkavum.
- 2x2 Kannaadi Vaiththu Ungal Mugaththai Paarththu Thiyaanam Seiyyavum.
(Aadi Thiyaanam).
- Natchatthira Kovil **Arulmigu Prammappureswarar Thirukkoyil,**
Poongudi - Sivagangai.

Aathma Trust (Aathma Lingam)

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