

# Uthrataadhi Nakshatra (Aathma Lingam)

## 1. Ganapathy Vazhipaadu

Parasivam, Sinmayam, PooraNam,  
Sivabogabakyam Paramanithiyam

## 2. Thirubarutpavil Siva Uthrataadhi Sakthi

Paramaanu Guna Navaatheetham,  
Sithaakaasapaaskaramparama Pogam.

## 3. Thiruppavaipaasuram – 18 Uthrataadhi Eyalbu

Undhu Madhakalitrana Oodaatha Tholvaliyan

Nandhagobaalan Marumagale Nappinnaai

Kandham Kamazhum Kuzhalee Kadaithiravaai

Vandhengum Kozhi Azhaththanakaan Maathavi

Pandhalmel Palkaal Kuyilinangal Koovinakaan

Pandhaar Virali Un Maiththunan Perpaada

Sendhaa Maraikkaiyaal Seeraar Valaiyolippa

Vandhu Thiravaai Magizhdhelo Rembaavaai.

**Video Link :** [https://youtu.be/KXv84z\\_eUWY](https://youtu.be/KXv84z_eUWY)

## Vilakkam :

Ondrum Neeyae, Onbathum Neeyae, Odaatha Thol Valiyan Neeyae,  
Ulagam Pirandhathu Unakkaagaththan Yengira Vagaiyil Parama Pogam  
Unakkae Sondhamaaga Pooppandhalaaga Kaaththirukkum. Paravai Enangalum  
Vaasanaith Thiraviyangalum, Eyarkai Soozhalum, Magizhchchiyai Aliththida



Magizhdhalor Yembaavaai Anaiththilum, Aanmigaththai Kalappavar Neeveero? Ungal Anubavangal Ulagaththil Unnadhamaanavai. Yenave Anaivarum Ethe pol Sirappaaga Sirakka Vendum Yenbathil Akkaraiyaaga Kattuppaadugalai Kandippudan Solli, Solli Kuththikkaatti Samarasamindri Arivuraigal Vazhangi Varuveer. Sithaakaasa Paaskaram Mudhal Kural Koduppathu Kozhiyae Aagum. Yenave Angengum Kozhi Azhaiththana Kaan Engira Paasura Vaarththaigal Nammudaiya Aga Sindhanaiyil Ulla Sithaakaasa Venmaiyaai Pulappadugirathu. Maadhavip Pandhal Yendru Thavaththin Menmaiyaai Pandhaar Virali Yendrum Sendhaamaraikai Valaiyil Oli Yendrum Kanavan Magizha Vazhivagai Onbathu Nerippaduththum Thambathi Paavam Uththirattaathikku Mattumae. Adhai Pogamaai Pera Thambathikku Mattumae Saaththiyamaagum. Indha Parama Pogamum, Magizhchchiyum Kannanudan Ulla Kanniyavaangalukku Mattumae!

Pandhaar Virali ! Un Maiththunan Per Paada Sendhaamaraik Kaiyil Vandhu Thirappaai Magizhchchiyin Maaligaiyai. Anubavangal Palavitham. Maadhavi Pandhal Mel Palkaal Kuyilinagal, Anaiththum Adheethamaana, Navaadheethamaana, Onbathu Vagaiyaana Gunangal Kalanthu Maadhavanai Thrupthipaduththum Maadhaviyaaga Eruppadhe Uththirattaathi. Nappinaai Nandha Gobalan Vazhivantha Kandham Kamazhum Parama Pogaththin Adhipathiyaavaal.

Ninathu Kadaiyil Anubavangalukkae Mudhalidam Vandhengum Kozhi Azhaikkum Pozhuthugalae Sithaakaasa Paaskaramaaga, Sooriyothayamaaga Siththi, Puththi Praavagamaaga Ulagaththirku Veguvaaga Payanpadum.

Yaanai Palam Konda, Yaanai Amsam Konda Vinaayagar Amsam Nee. Unaikkandu Onbathu Kolgalum Mandiyidum. Yenendraal Neeye Guna Navaaneetham. Adhavathu Onbathu Krahaagalum Neeye! Nandraayinum,

Andraayinum Ondrai Onbathaakkum Adheetha Arpudhangal Unnaal Mattumae  
Mudiyum. Odaatha Tholvaliyan Nee. Mun Vaiththa Kaalai Pin Vaikka  
Maattaai. Yendha Sandaikkum Pogamaattaai, Vandha Sandaiyai Onbathu  
Kooruhalaaga Kurai Kandu Yedhirigalai Ozhiththiduvaai, Puguntha Edaththin  
Perumaiyai, Arumaiyai Magizhchchiyai Kuraiyaavannam Yennaththaalum,  
Sollum, Seyalaalum Niraivettruvaai. Uththirattaadhiye Varuga !  
Uththirattaadhiye Arulga!

#### **4. Vedhaththil Uthrattaadhi Jothisakthi**

##### **Om Boor Buva Swaha ( Mettu )**

Ahir Puthniyaaya Vithmahae

Prathishtaaba Naaya Theemahi

Navaa Adheetha Theemahi

Uthrattaadhi Prasodhayath

Navakraha Naayaki Veppilaiyae

Navaneetham Neeyandri Verillaiyae

Paaskaram Unathu Paavanaiyae

Aagaasam Nee Namu Namu

Moovarum Potrum Mugizhnagaiyae

Yaavarum Ketkum Ullaasamae

Dhevarum Yengum Navalogamae

Maaberum Amma Namu Namu

Om Sivaya Mae Nama Sivaya Mae

Thrayambakaya Mae Saayi Dhevaya Om

## 5. Uthrattaadhi Kavithai

Pudhumai Pengaladi Poomikku Kangaladi

Podhumai Kangaladi Puratchikku Sannaladi

Pudhumai Vinnarasi Perumai Serkkumadi

Sudumai Kandamadi Edumai Maththiyadi

Navaa Theetham Naveenamayam Ninakkae Sondham

Nava Vaayil Yettum Ottum Ninakkae Puriyum

Nava Sakthi Sakkarangal Ninakkae Adangum

Nava Jothi Nirathiraigal Ninakkae Theriyum

Sithaakaasa Paaskaram Siththarin Prakaasam

Ethikaasa Gaanathavam Puththarin Vilaasam

Jeevakaasa Sammandham Ulnaakkin Swaasam

Paraakaasa Pammandham Uthrasahasraaram

Egaparapogam Karkaala Mudhal Tharkaalam Varai

Suga Guna Paagam Karpanaikkettaa Selavu Varai

Maga Kejaga Mounam Kalvi Kettiya Vaakku Varai

Thaga Thaga Vena Theiveegam Kadamaiyil Thiramai Varai

Mun Kobam Erunthaalum Munnettram Undu

Mun Vaarththai Vandhaalum Mudivurai Undu

Mun Aatral Yezhunthaalum Manamaatram Undu

Mun Podham Vazhinthaalum Anubavam Undu

Kuththi Kuththi Kaattinaalum Kattuppaadundae!

Puththi Patti Vaattinaalum Pachchaathaabamundae!

Kaththi Kaththi Kaththariththaalum Surusuruppundae!

Siththi Siththi Yezhuvaraayinum Ragasiya Munda!

## **6. Abirami Andhathiyil Uthratadhi Sakthi**

### **Yoga Siththi Pera**

Sirakkum Kamalath Thiruvae! Ninsevadi Sennivaikkath  
Thurakkam Tharum, Nin Thunaivarum Neeyum Thuriyam Attra  
Urakkam Tharavandhu Udambodu Uyir Uravattra, Arivu  
Marakkum Pozhuthu, Enmunnae Varalvendum Varunthiyumae.

### **Kanavan Manaivi Karuththu Vaettrumai Neenga**

Varunthaa VagaiEn Manaththaamaraiyinil Vandhupugunthu  
Erunthaal Pazhaiya Eruppidamaaga EniEnakkup  
Porunthaathu Oruporul Illai; Vinmevum Pulavarukku  
Virunthaaga, Velai Marunthaanadhai Nalgum Melliyalae.

### **Arasaangach Seyalil Vettri Pera**

Melliya Nun Edaimin Anaiyaalai, Virisadaiyon  
Pulliya Menmulai Pon Anaiyaalaip Pugazhdhumarai  
Solliya Vannam ThozhumAdiyaaraith Thozhumavarkku  
Palliyam Aarththezha Venpagadu Oorum Padhamtharumae.

### **Mananilai Pakkuvamadaiya**

Padhaththe Urugi, Ninpaadhaththile Manam Pattri, Unthan  
Edhaththe Ozhuga Adimaikondaai; Iniyaan Oruvar  
Madhaththe Madhimayangen; Avar Pona Vazhiyum Sellaen;  
Mudhalthevar Moovarum, Yaavarum Pottrum Mugizhnagaiyae!

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

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

Om Anaathayae Nama	- Rishimoolam Pol Aadhimoolam Pol Kaanamudiyaatha Moolamae Potri
Om Buvobuvae Nama	- Ulagai Kaakkum Onbathu Kolgalae Potri
Om Lakshmiyai Nama	- Mahalatchumiyaga Pogamperum Amsamae Potri
Om Zooveeraaya Nama	- Nava Vedangalil Navarasamae Potri
Om Rusiraangathaaya Nama	- Kavarchchi Migu Anikalangalae Potri
Om Jananaaya Nama	- Makkal Ubaasagarae Potri
Om Janajadhmaathayae Nama	- Manitham Vella Maanudam Uruvaakubavare Potri
Om Beemaaya Nama	- Bayabakthi Nalgubavarae Potri
Om Beema – Paraakramaaya Nama	- Beema Paraakkiramae Potri
Om Aadhaaranilayaaya Nama	- Panja Poodha Aadhaarangalae Potri
Om Adhaathrae Nama	- Suya Kaalgalin Palamae Potri
Om Pushpahaazaaya Nama	- Mottum Malarum Kaalamae Potri
Om Prajaakaraaya Nama	- Sarva Jaakkirathai Vizhippae Potri
Om Oorthvakaaya Nama	- Yettaiyum Thaandiya Navamae Potri
Om Zathpathaasaaraaya Nama	- Nallennangalae Potri
Om Praanathaaya Nama	- Thervuvarin Muzhu Therchchiyae Potri
Om Pranavaaya Nama	- Pranavaththin Eyarkaiyae Potri

Om Panaaya Nama	- Siththi Tharum Utprakaasamae Potri
Om Pramaanaaya Nama	- Theevira Manasaatchi Urukkamae Potri
Om Praananilayaaya Nama	- Praana Nilaiyamenum Perukkamae Potri
Om Praanapruthe Nama	- Annathanam Tharum Aanandhamae Potri
Om Praanajeevaya Nama	- Praana Palam Tharum Vaasiyae Potri
Om Thathvaaya Nama	- Thaththuva Mayamana Azhiyaatha Sathyame Potri
Om Thathvavithe Nama	- Thanbalarindha Migai Konangalae Potri
Om Yegaathmanae Nama	- Yegaathmaavil Ulla Navarasamae Potri
Om Jandhma – Mruthyu – Jaraathikaaya Nama	- Pirappu, Valarppu, Maattram, Mooppu, Erappu Nilaiyarivae Potri
Om Poorppuva : Swastharave Nama	- Vedhaththin Viththaana Moovulaga Neethiye Potri
Om Thaaraaya Nama	- Thaaraa Yenum Thoniyae Potri
Om Zavithrae Nama	- Ullaasa Ulagin Nirmaanname Potri
Om Prapithaamahaaya Nama	- Samsaaram Kadakka Sandhoshamae Potri
Om Yajgaaya Nama	- Ulagam Uravai Theda Suvarkkamae Potri
Om Yajgapathaye Nama	- Prammanin Padaippae Potri
Om Yajvanae Nama	- Navakol Naveenayaagamae Potri
Om Yajgaangaaya Nama	- Yaagaththin Yoga Pithaavae Potri
Om Yajgavaahanaaya Nama	- Yaaga Sakthiyae Potri

## **8. Lalitha Sahasranamathil Uthrattaadhi Sakthi**

Mahechvaree Mahaakaalee Mahaakraazaa Mahaasanaa  
Abarnaasandigaa Sandamundaazooraa Nishoothinee

Ksharaaksharaathmikaa Zarvalogaesee Vichvatharinee  
Thrivarkkathaathree Zoobakaathriyambakaathrigunaathmigaa

Zvarkkaabavarkkathaasuththaa Jabaapushpa Nibaakruthi  
Ojovathee Thyuthitharaayajgaroobaapriyavrathaa

Thooraraathyaa Thuraatharshaapaadalee Kuzooma Priyaa  
Mahathee Merunilayaamanthaara Kuzooma Priyaa

Veeraaraathkaa Viraatroobaa Virajaa Vichvathomukee  
Prathyakroobaabaraakaasaapraanathaapraana Roobinee

Maarththaanda Bairavaaraathyaa Mandhrinee Nyastharaajyathoo  
Thripuraesee Jayathzaenaa Nizthraikunyaaparaaparaa

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

## **9. Gandhaguru Kavasathil Uthrattaathi Sakthi**

Skandhaguru Kavasapalan Patratru Param Kodukkum

Orutharam Kavasamothin Ullazhukkup Pogum

Erutharam Yaeththuveerael Yenniyadhelaam Kittum

Moondruthara Modhin Munnirpan Skandhaguru

Naangumurai Yodhi Thinam Nallavaram Peruveerae

Aindhumurai Thinamothi Panjaaksharam Pettru

Aaru Muraiyothi Aaruthalaip Pettriduveer

Yezhumurai Thinamothin Yellam Kavasamaagum



Yettumurai Yeththidin Attamaa Ziththi Kittum  
Onbathu Tharamothim Marana Bayamozhiyum  
Paththuthara Modhi Niththam Pattratu Vaazhveerae  
Kannimaar Odaiyilae Neeraadi Neerupoosi  
Skandhaguru Kavasamodhi Skandhagiri Yerivittaal  
Mundhai Vinaiyellaam Skandhan Agattriduvaan  
Nindhaigal Neengividum Nishttaiyumae Kaikoodum  
Kannimaar Odaineerai Kaigalilae Nee Yeduththu  
Skandhanendra Mandhiraththai Kanmoodi Yuruvettri  
Uchchiyilum Theliththu Utkondu Vittaal  
Siththamalam Agandru Siththa Suththiyum Kodukkum  
Kannimaar Thevigalai Kannimaar Odaiyilae  
Kandu Vazhipattu Skandhagiri Yeriduveer  
Skandhagiriyeri Gaana Skandhaguru Kavasamithai  
Paaraayanam Seithulagil Paakyamelaam Pettriduveer !!

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

## **10. Kandhar Anuboodhi Uthrattaadhi Sakthi**

Karavaagiya Kalvi Ulaar Kadai Sendru  
Eravaa Vagai Meip Porul Eeguvaiyo?  
Kuravaa, Kumaraa, Kulisaayutha, Kunj  
Saravaa, Sivayoga Thayaabaranae. (45)

Em Thaayum Enakku Arul Thandhaiyum Nee

Sindhaakulam Aanavai Theerththu Enaiyaal

Kandhaa, Kathir Velavanae, Umaiyaal

Maindhaa, Kumaraa, Marai Naayaganae. (46)

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

### **11. Raahangalil Uthrattaathi Sakthi**

Paadham 1	Paadham 2	Paadham 3	Paadham 4
Mesha Kalyaani	Chithraambari	Chithraambari	Susarithraa

### **12. Moolamandhiram**

Om Saayiswaraaya Vithmahae

Sathyathevaaya Theemahae

Thanno Sarva Prasodhayaath

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

Paadham 1	Paadham 2	Paadham 3	Paadham 4
Vembu	Kulmohr	Seraangottai	Semmaram

### **14. Parigaaram**

- Jodi Maadugalukku Pazhamum Thenum Inippum Vazhangidavum, Erattai Pazhangal Koduththaal Migavum Vishesham.
- Kuraindhapatcham 7 Nabargalukku Udhaviduga.
- Ungal Vazhipaattirkku Yettrapadi Mandhirangalai Paaraayanam Seiyyavum.

- Kovilukku Sendru Swaamiyai Tharisikkavum.
- 2x2 Kannaadi Vaiththu Ungal Mugaththai Paarththu Thiyaanam Seiyyavum.  
(Aadi Thiyaanam).
- Natchatthira Kovil **Arulmigu Sahasralakshmeeswarar Thirukkoil,**  
Theyaththoor - Pudhukkottai.

**Aathma Trust (Aathma Lingam)**

Regd. No : 96/19

33. Kosalai, Girivalam,  
Thiruvannamalai – 600 501.

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**Website :** [www.aathmanakshtra.org](http://www.aathmanakshtra.org)

[www.yaasha.in](http://www.yaasha.in)

**Email :** [jhohumm@gmail.com](mailto:jhohumm@gmail.com)

**youtube :** aathmanakshatra

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