

Varahi Krama

Maatarvarahi jate tava charana saroj archanam va japamva
Kartum shakto nachahum tadapi cha sadaye mayyatas tvaamhi yaa che
Yastwaam dunstraa sitagram trinayana lasitam charu bhoodaara vaktram
Murtim chitte vidhatte tad arigana vinashoshtu tasmin kshanevai.

Like this, complete the Shyama puja together, one who sits on the lion, Lalita Maharagni's dandanayaki, one who kills the bad people and saves the good people, stays in agna chakra, rules the time, who is Kola mukhi – we will know her puja vidhe.

- 1) Get up midnight and hear the natural anahata sound and meditate upon it a few minutes.
- 2) Visualize and do namaskaram to your guru on top of the head. Shiva etc. Sri Gurubhyo Namah
- 3) Use Varahi makutam, which is "aim glaum," before you start all the mantras. (Aim Saraswati Glaum Ganapati. On the face of Varahi is Ardhanarishwarasvaroop, which is the face of the lingam.)
- 4) Linga deha shodhana, bhuttha shuddhi
- 5) Pranayama
 - a. Mula shungatakat shushumna pathena jeeva shivam paramashive yojayami swaha – breathe in from the right nostril
 - b. Yam sankocha shariram shoshaya shoshaya swaha – breathe out from the right nostril
 - c. Ram sankocha shariram pacha pacha swaha – breathe in from the left nostril
 - d. Vam paramashivamrtam varshaya varshaya swaha – breathe out from the right nostril
 - e. Hamsah soham avatara avatara shivapadad jeeva, shushumna pathena pravisha mula shungataka ullasollasa jwala jwala prajwala prajwala hamsah soham swaha – breathe in and breathe out from both nostrils
- 6) Dwitaari nyasa matrika samputi (41 places) - Am ksham aim glaum am ksham (head, face, both – eyes, ears, nostrils, chin, lips and teeth) head, face, both – underarms, elbows, wrist, hip crease, mulalo, knees, calves sides, back, navel, abdomen, lower abdomen, heart, back of neck, from heart to (ends of both hands, feet, stomach, and face). Am ksham aim glaum am ksham

Panchaanga nyasam

Aim glaum andhe andhini namah angushtaabhyam namah
Aim glaum rundhi rundhini namah tarjanibhyam namah
Aim glaum jambhe jambhini namah madhyamaabhyam namah
Aim glaum mohe mohini namah anamikaabhyam namah
Aim glaum stambhe stambhini namah kanishtikaabhyam namah

Shadanga nyasam

Aim glaum aim namo bhagavati vartali vartali hrudayaaya namah
Aim glaum varahi varahi sirase swaha
Aim glaum varaha mukhi varaha mukhi shikhayai vashat
Aim glaum andhe andhini namah kavachaya hum
Aim glaum rundhe rundhini namah netratrayaaya vaushat
Aim glaum jambhe jambhini namah astraya phat

Atma alankarana

Beautify yourself with gandha, vastra ornaments, then do arghya shodhana.

Arghya shodhanam – In front of you, clean the floor with cow dung, water and alcohol. Draw a square, circle, then a shatkona and a trikona – inside each other respectively.

Bathe self with perfume or gandha/water.

Adharans: At atmatathwaya adharashakta vaushat

Put the adharans (plate) on top of the diagram reciting this mantra:

Aim glaum (dhumracise namah, ushmayai namah, jvalinyai namah, jvaalinyai namah, vishphulinginyai namah, sushriyai namah, Surupayai namah, hans kapilayai namah, hans havayaya vahayai namah, ksam kavya namah

Recite these agni kalas into the adharams (plate)

Bowl: um vidya tattwaya padmasanaya vaushat

Recite this and put the bowl on the plate:

Aim glaum hrim aim mahalakshmeshwari paramaswamini urdhwashunya pravahini somasooryagni bhakshini, paramakasha bhasure, aagacha, aagacha, vishavisha, patram pratiguhna, pratigruhna hum phat swaha – reciting this mantra holding the flower in the empty bowl.

Aim glaum (tapinyai namah, taapinyai namah, dhumracyai namah, marichyai namah, jvalingyai namah, rucyai namh, susumnayai namah, bhogadayai namah, visvayai namah, daarinayai namah, ksamaayai namah) – Recite these take surya kalas

Arghyam: Mam Shivatanaya somamandalaya namah *Brahmandakanda sambootham ashesharasa sambhrutam apooritam mahapatram piyoosha rasamavaha – reciting the mantra draw a triangle, consisting of three groups. Pour the milk/alcohol in the bowl of 16 letters of the Sanskrit alphabets from a to ksha. The corners of the triangle should be ha, la & ksha. In the middle, Hamsah (write the kamakala with the moola mantra 10x

Invoke the Chandra kalas

Aim Glaum (amritayai namah....purnamritayai namah)

Then do the shatkuta nysam at agni – esha, asura, vayu in the corners and in the middle and then the 4 directions.

- 1) Aim glaum aim namo bhgavati vartali vartali hrdayaya namah
- 2) Aim glaum varahi varahi shirase swaha
- 3) Aim glaum varahamukhi varahamukhi shikhayai vashat
- 4) Aim glaum andhe andhini namah kavachaya hum
- 5) Aim glaum rundhe rundhini namah dakhaneire (rt eye)
- 6) Aim glaum jambhe jambhini namah vamaneire namah (left eye)

Recite moola mantra 10x

In this arghyam recite...

vashat take the milk with spoon
swaha pour it back
hum cover w/ palm
vaushat amriti karinchi
phat snap
namah put flower

recite moola mantra look into vishesarghya, then sprinkle vishesarghya on puja items.

Do nyasa:

Aim Glaum	andhe andhini namah	Panchakra nysam:
	Rundhe rundhini namah	(top of head)
	Jambhe jambhini namah	(face)
	Mohe mohini namah	(heart)
		(genitals)

Stambe stambhini namah (feet)

Moola Vidya Ashta Khanda Nyasam:

Aim Glaum aim namo bhagavati vartali vartali varahi varahi varaha mukhi varaha mukhi
(from feet to knees)

Aim glaum andhe andhini namah
(from feet to knees)

Aim glaum rundhe rundhini namah
(from yoni to navel)

Aim glaum jambhe jambhini namah
(from navel to heart)

Aim glaum mohe mohini namah
(from heart to neck)

Aim glaum stambhe stambhini namah
(from neck to 3rd eye)

Aim glaum sarva dushta pradushtanaam sarvesham sarva vak chitta chakshur mukha gati jivha
stambanam kuru kuru shegram vashyam
(from 3rd eye to forehead)

Aim glaum taha taha taha taha hum astraya phat
(from forehead to brahamamandra – top of head)

Note: when we use varahi to remove the diseases, instead of reciting “dushta pradushtanaam”, recite
“roga prarooganam”

Varahi Matrika Nyasam:

1. aim glaum aum	sirasi
2. namo	face
3. bhagavati	r eye
4. vartali	l eye
5. vartali	r ear
6. varahi	l ear
7. varahi	r nostril
8. varaha	l nostril
9. mukhi	r cheek
10. varaha	l cheek
11. mukhi	upper lip
12. andhe	lower lip
13. andhini	upper teeth
14. namah	bottom teeth
15. rundhe	tongue
16. rundhini	brahamarandham
17. namah	r armpit
18. jambhe	r elbow
19. jambhini	r wrist
20. namah	r base of fingers
21. mohe	r fingertips
22. mohini	l armpit
23. namah	l elbow
24. stambhe	l wrist
25. stambhini	l base of fingers
26. namah	l fingertips
27. sarva	r hip crease
28. dusta	r knee
29. pradustanaam	r ankle
30. sarvesham	r base of toes
31. sarva	r tips of toes
32. vak	l hip crease
33. chitta	l knee
34. chakshuh	l ankle

35. mukha	l base of toes
36. gati	l tip of toes
37. jivha	sides of trunk
38. stambanam	butt
39. kuru	navel
40. kuru	lower abdomen
41. shegram	stomach
42. veshyam	heart
43. aim	r shoulder
44. glaum	l shoulder
45. taha	back of neck
46. taha	heart to end of r hand
47. taha	heart to end of l hand
48. taha	heart to end of r foot
49. hum	heart to end of left foot
50. astraya	navel
51. phat	7 inches above top of head

Tattwa Nyasam:

Aim glaum aim namo bhagavati vartali vartali varahi varahi varaha mukhi varaha mukhi
Hlam sharvaya kshiti tattwaadhi pathaye namah (from the feet upwards to the knees)

Aim glaum andhe andhini namah, klem bhavaya ambu tattwadhi pathaye namah (from knees to waist)

Aim glaum rundhe rundhini namah hloom rudraya vahni tattwaye namah (from waist to navel)

Aim glaum jhambhe jhambini namah hlaim ugraya vayu tattwaya namah (from navel to heart)

Aim glaum mohe mohini namah hlaum ishanaya bhanu tattwadipathaye namah (from heart to neck)

Aim glaum stambhe stambhini namah som mahadevaya soma tattwadipathaye namah (from neck to 3rd eye)

Aim glaum sarva dushtapradusthanam sarvesham sarva vak chitta chakshurmugha gati
jihvastambanam kuru kuru shegram vashyam ham mahadwaya yajamana tattwadhipathaye namah
(from 3rd eye to forehead)

Aim glaum taha taha taha taha hum astraya phat, aum bhinaya akashandhipathaye namah (from forehead to top of head)

Mudra bandhanam:

With mula mantra show the 9 mudras to devi

Aim Glaum...avahana, samstapana, sanneedhaapam, san nirodhana, sam mukhi, karana, ava kuntana, vandana, dhenu, yoni mudras

- 1) avahana – palms up, pinkies together, bent thumbs inside
- 2) samstaapanaa – 2 hands down and together, thumbs underneath
- 3) sannidhaapanaa – 2 fists together, make thumbs straight
- 4) sannirhodhanaa – send thumbs inside
- 5) sammukhi karana – palms up in front of face, come inside, push out
- 6) ava kuntana – separate hands like opening a curtain
- 7) vandana – namaskaram (in vandana, left and right hands meet together as you and I are one, to show dhenu yoni mudras means like mother uncovering yourself staying in the digambara state (sky clad – naked, purified and untouched)

- 8) dhenu – left pinky to right ring finger, right pinky to left ring finger, cross left middle finger on top of right, right middle to left index finger, right index to left middle, show thumbs downward
 9) yoni

(Specific meanings of mudras: avahana –Inviting Kola Mukhi to come over Shiva who is laying down like a corpse, samstaapanaa – To have a seat, sannidhaapanaa – to meet with, sannirhodhanaa – to put linga into yoni, sammukhi karana – stay in front of, ava kuntana – open the curtain and do namaskaram, showing one’s yoni and the breast to the mother is the meaning of the mudras.)

Nyasa to Devi Angas – (Shadanga Panchangas)

Shadangas is to be done in Devi Angas. Like that Panchangas also.

- | | |
|---|-----------------------|
| 1) aim glaum aim namo bhagavati vartali vartali | hyrdayaaya namah |
| 2) aim glaum varahi varahi | shirase swaha |
| 3) aim glaum varaha mukhi varaha mukhi | shikayai vashat |
| 4) aim glaum andhe andhini namah | kavachaaya hum |
| 5) aim glaum rundhe rundhini namah | netratrayaaya vaushat |
| 6) aim glaum jambhe jambhini namah | astraaya phat |
| 1) aim glaum andhe andhini namah | angushtaabhyam namah |
| 2) aim glaum rundhe rundhini namah | tarjaniibhyam namah |
| 3) aim glaum jambhe jambhini namah | madhyamaabhyam namah |
| 4) aim glaum mohe mohini namah | anamikabhyam namah |
| 5) aim glaum stambhe stambhini namah | kanishikabhyam namah |

Shoda shopa chaara arpanam

Aim glaum Kola Mukhi Murtaye

(padyam, arghyam, achamaniyam, snaanam, vasasi (clothes), gandham, pushpam, dhupam, dhipam nirajanam, chatram, chaamaram, darpanam, rakshaam, achamaniyam, naivedyam, paniyam, tambulam) samarpayaami/kalpayaami namah

Devi Dhyanam: mega mechaka (black) – kutila danstraa – kapila nayana – Ghana stana mandala – chakra khadga, musala, abhaya – shanka, kheta, hala, varapanihih – padmasina – vartali

Devi tarpanam

Aim glaum (mula mantra) Kola mukhi tarpayami 10x

(tarpanam means with left hand hold between thumb and index finger (fish/ginger piece) Vishesharghyam bindu, with the right hand gandha, pushpa, akshatas simultaneously put it on the yoni

Avarana Puja

Trikona aim glaum (jambhini namah jambhini spptn, mohini namah mohini spptn, stambhini namah stambhini spptn)

Panchare aim glaum (andhini namah andhini spptn, rundhini namah rundhini spptn, jambhini namah jambhini spptn, mohini namah mohini spptn, stambhini namah stambhini spptn)

Shatkona aim glaum (aksha ee brahmhane spptn, eela ee maheshwari spptn, uhaa ee kaumari spptni, arusa ee vaishnavi spptn, aisha ee indrani spptn, auva ee chamundi spptn) The mantras has to be recited and pujas done to the corners of the shatkona.

Swagraadi (means from west side of the yantra to clockwise) The below mantras need to be recited swagraadi in the middle of each shatkona (6):

Aim glaum yamarayuum yaam yeem yuum yaim yaum yah yaakini jambhaya jambhaya mama sarvashatrunam twaghaatum gruhna gruhna animaadi vasham kuru kuru swaha

Aim glaum ramarayuum raam reem ruum raim raum rah raakini jambhaya jambhaya mama sarvashatrunam raktadhaatum piba piba jambhaya jambhaya animaadi vasham kuru kuru swaha

Aim glaum lamarayuum laam leem luum laim laum lah laakini jambhaya jambhaya mama sarvashatrunam mamsadhaatum bakshaya bakshaya animaadi vasham kuru kuru swaha

Aim glaum damarayuum daam deem duum daim daum dah daakini jambhaya jambhaya mama sarvashatrunam medhodhaatum jambhaya jambhaya animaadi vasham kuru kuru swaha

Aim glaum kamarayuum kaam keem kuum kaim kaum kah kaakini jambhaya jambhaya mama sarvashatrunam astidhaatum jambhaya jambhaya animaadi vasham kuru kuru swaha

Aim glaum samarayuum saam seem suum saim saum sah saakini jambhaya jambhaya mama sarvashatrunam majhaadhaatum gruhna gruhna animaadi vasham kuru kuru swaha

This mantra should in the middle of the shatkona:

Aim glaum hamarayuum haam heem huum haim haum hahah haakini jambhaya jambhaya mama sarvashatrunam shukradhaatum piba piba animaadi vasham kuru kuru swaha

Both sides of shadasra (shatkona)

Aim glaum krodhini chaamara grahani spptn
Aim glaum stambhini musalayudhaaya namah spptn
Aim glaum akaarshana halayudhaaya namah spptn

In front of the devi – kraum kraum chando chando chandaaya spptn

Ashtadala (8 petals) Clockwise from east of the yantra

Aim glaum (vartali, varahi, varaha, mukhi, andhini, rundhini, jambhini, mohini, stambhini) spptn

Aim glaum mahaamahishaaya devi vahanaaya namah

Shataree (100 petals) Clockwise from east of the yantra

Aim glaum (jambhanyaa, indrayaa, apsaroobhyaha, siddhebhyo, dwaadashaaditebhyo, agnaaye, saadhebhyo, vishwebhyo, devebhyo, vishwakarmane, yamaaya, matrubhyo, rudraparichaarakebhyo, rudrebhyo, mohinyai, nirutaye, rakshasebhyo, mitrebhyo, gandhavebhyo, bhutaganebhyo, varunaaya, vasubhyo, vidaadharobhyaha, kinarebhyo, vaiave, swambinyai, chittraradhaaya, thumburavai, naaradaaya, yakshaibhyaha, somaya, kuberaya, devebhyo, vishnave, eeshanaya, brahamhane, aswibhyam, dhanvantarye, vinayakebhyo) namah spptn

Imagine ocean of nectar between your body and sahasrara.

Sahasrare - ashtadigajas {8 groups of 125 elephants} indraadi eeshanam (clockwise from east to northeast 8 directions doing puja)

Aim glaum (airavataaya namah, airavata, pundarikaya namah pundarika, vamanaya namah vamana, kumadaya namah kumada, anjanaya namah anjana, pushpadantaya namah pushpadanta, suprateekaya namah suprateeka, saarvabhaumaya namah saarvabhauma) spptn

Outside of the line: dasa bhairavas (10) - clockwise start from east 8 directions, then top and bottom
Aim glaum kshaum (hetuka, tripurantaka, agni jivha, yama jivha, ekapaada, kaala, karaala, bheemarupa, hatakesha, achala) bhairava kshetrapala spptn

Devi Punah Puja

After doing shada avarana puja, do 3x tarpayami
Aim glaum mula mantra kola mukhi tarpayami

Shodashopachara puja (16 upacharas to devi)

Aim glaum varaha murtaye namah (padyam, arghyam, achamaniyam, snanam, vaso (clothes), gandha, pushpa, dhoopa, deepa, neerajana, chatra, chaamara, darpana, raksha, achamaniya, naivedya, paaniya, tumbulam) kalpayami namah/samarpayami

Bali

In front of Devi's left side, rudhi raana (red colored rice), haridraana (yellow rice), mahishasala (black beans), saktu (yaava churna), sugar, madya (alcohol), triphala, pushparasaa (honey), trijaatimudga (whole mung), minapa gundha (black beans), milk, yogurt, ghee, shuddodhanam (white rice) – mix all – Clean the place on the left side of Devi, make 10 egg-sized pinda (balls), and 1 apple-sized pinda (ball). Near this, keep alcohol, fish and chashakamo (meat curry).

Offer 10 pinda to hetukadi kshetrapalas, offer 11th pinda & chashakamo to chando chanda, with their mantras. (panchopachara – gandha, pushpa, dhoopa, dipa, naivedyam)

Aim glaum kshaum (hetuka, tripurantaka, agni jivha, yama jivha, ekapaada, kaala, karaala, bheemarupa, hatakesha, achala) bhairava kshetrapala) panchopachar pujam kalpayami namah/samarpayami

Pleasing the Guru

Whenever you can, do this puja in Guru's sannidhi (presence) and please the Guru. If this is not possible to everyone who lives far away to please him everyday. This to let you know that if you do puja in Guru's sannidhi, this will give you overflowing results.

Shakti Vatuka Puja

From 16 to 25 years of age shaktis, 3 full young lovely sexually energetic, and young bachelor Brahmins as Vatuka, invite them. Bathe them as part of the puja, decorate them with ornaments (clothes, ornaments & perfumes), take 1 shakti, name her Vartali, make her sit in the middle, other 2 are Krodhini and Stambhini, they sit on each side of Vartali. Ask Vatuka to sit in front of them as Chando Chanda. Offer alcohol, fish and meat curry and make them happy.

Sadhaka should say: mama sri Vartali mantra siddhir bhuyet, 3 shaktis should say prasidhantu adhi devatahah

Mantra Sadhana

Like we described above, do puja to compassionate Kola Mukhi with all avarana devatas. Do 1 lakh (100,000) purashcharana japa, 10,000 homa, 1,000 tarpana (offering water to devi), 100 maarjanam (offering water mixed with ghee on own head) & 10 brahmana bhojanam – To gain the power of Varahi mantra do homa with flowers of taapincha (betel).

Significance of Puja

After doing puja to the yantra you can keep devi in your heart; you will gain complete freedom, ajna chakra siddhi, apratihata ajna, everlasting happiness.