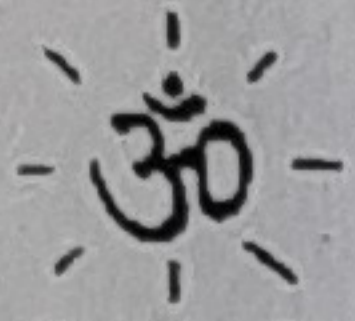


Jai Karunamayi

Chapter I



Om to be chanted 9 times

Om, Om, Om,
Om, Om, Om,
Om, Om, Om

Chapter II



Ganapati Mantra 9 times

Om Gam Ganapataye Namaha
Om Gam Ganapataye Namaha
Om Gam Ganapataye Namaha
Om Gam Ganapataye Namaha
Om Gam Ganapataye Namaha
Om Gam Ganapataye Namaha
Om Gam Ganapataye Namaha
Om Gam Ganapataye Namaha
Om Gam Ganapataye Namaha

Chapter III



Saraswati Mantra 9 times

Om Ayim Srim Hrim Saraswati Devyai Namaha
Om Ayim Srim Hrim Saraswati Devyai Namaha
Om Ayim Srim Hrim Saraswati Devyai Namaha
Om Ayim Srim Hrim Saraswati Devyai Namaha
Om Ayim Srim Hrim Saraswati Devyai Namaha
Om Ayim Srim Hrim Saraswati Devyai Namaha
Om Ayim Srim Hrim Saraswati Devyai Namaha
Om Ayim Srim Hrim Saraswati Devyai Namaha
Om Ayim Srim Hrim Saraswati Devyai Namaha

Chapter IV

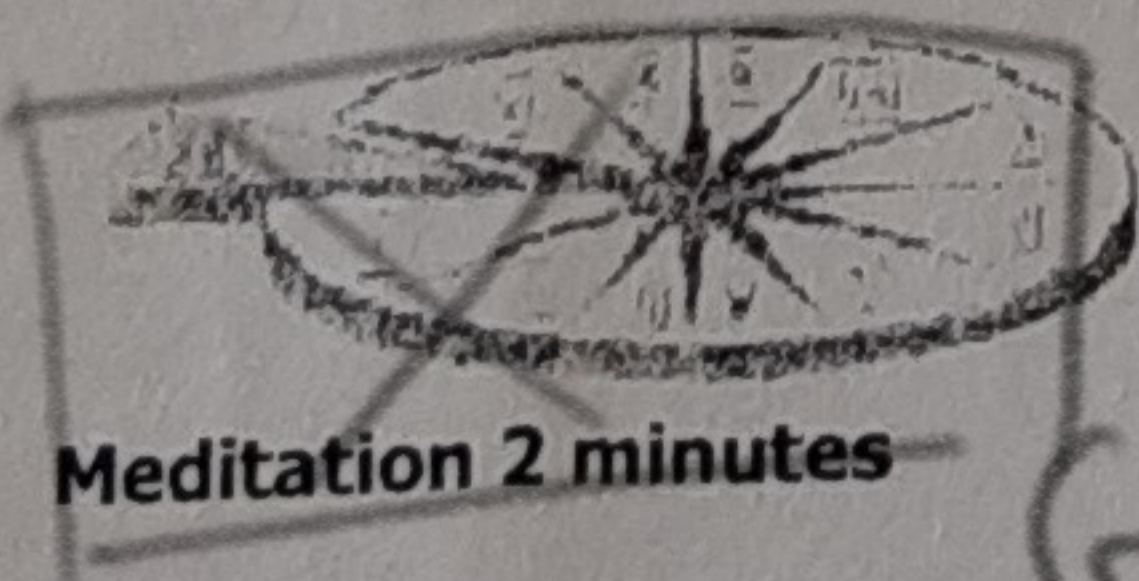


Durga Mantra 9 times

Om Hrim Dhum Durga Devyai Namaha
Om Hrim Dhum Durga Devyai Namaha
Om Hrim Dhum Durga Devyai Namaha
Om Hrim Dhum Durga Devyai Namaha
Om Hrim Dhum Durga Devyai Namaha
Om Hrim Dhum Durga Devyai Namaha
Om Hrim Dhum Durga Devyai Namaha
Om Hrim Dhum Durga Devyai Namaha
Om Hrim Dhum Durga Devyai Namaha
Om Hrim Dhum Durga Devyai Namaha

21 times

Chapter V



Meditation 2 minutes

Gayatri
(9 times)



Chapter VI



Guru Anjali

Om Anthas Thimira Nirbheda
Bhanave Kamadenave
Vikalpa Jagathi Kalpa Tharave
Gurave Sri Vijayeswari Devi Atmanjalihi

Chapter VII

→ Sri Devi Khadgamala

→ Lalita Sahasranamam Page #

→ Amma's Ashtotram

Chapter VII

X Samputita Sri Suktam

Page #

Chapter VIII

Sri Khadgamala Stotram

Page #

meditation followed by
mahishasura mardini Avati

Chapter X
Mrutyunjaya Mantra
(9 times)

Om Trayambakam Yajamahe
Sugandhim Pusti Vardhanam
Urvarukamiva Bandhanat
Mrtyormuksiya Maamrtat

Asatoma Satgamaya
Tamasoma Jyotirgamaya
Mrtyorma Amrtangamaya
Om Shanti, Shanti, Shantihi

Lokah Samasta Sukino Bhavantu
Lokah Samasta Sukino Bhavantu
Lokah Samasta Sukino Bhavantu



5 Minutes Meditation

Om Shanti, Shanti, Shantibi
Lokah Samasta Sukino Bhavantu
Lokah Samasta Sukino Bhavantu
Lokah Samasta Sukino Bhavantu