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LALITAMBA SADHANA

Which Blesses the sadhak in Eight ways

ShivaDuto Karali Cha Anantaa Parameshwari

Kaatyayani Cha Savitri Pratyaksha Brahmavadini.

Irrespective of the number of Sadhanas a Sadhak has accomplished and the siddhis they have obtained in life, grace of Mother Goddess Jagadamba is needed at every moment in life. When the month in itself is a Tantra month, where there is a certain type of positive energy in the nature, when there is a strong want to attain something worthy in life, then one must perform the Sadhana of Goddess Lalita who is the most powerful form of Goddess Jagadamba.

If a person leaves behind his ego, then he will find that it is the nature who has been nurturing him and fulfilling all his needs. **Food, water, air, light** etc. all are being **distributed** by the **nature** only and without any discontinuity. It is us who creates hurdles in life by our own

deeds. Thus nature is nothing but one of forms of **Mother Goddess Jagadamba**. Goddess Jagadamba exists in several forms to look after Her children, to take care of their needs and is the One who is most compassionate towards our sorrows and pains.

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Even though a mother might be busy in any work, still her entire consciousness remains dedicated towards her child. Her hands might be occupied in work however she continuously keeps an eye on the child. A child doesn't know how to communicate, **still the mother understands the needs of her child**. Just listening to the cries, the mother leaves behind all her tasks and rushes towards the child. She picks up the child in her arms, pours her love with many delicate kisses, feeds the child with her milk and feels relaxed only when the child stops crying.

A Sadhak is just like a child, some Sadhaks easily accept this fact and some Sadhaks accept it later. Isn't **the powers** a Sadhak is able to attain is the knowledge or

power that is bestowed upon by Mother Goddess? All the science and knowledge, **Sadhanas, penance** etc. are bestowed upon the people by this divine source of energy. The quickly we understand this point, the more beneficial it is for us.

This current era is termed as **Kaliyug** and we are all aware of the mentality and behaviour of the people around us. We are not writing this article to curse the time because it is not going to resolve any issues. Mere talking might portray a dreamland before our eyes and can give us a false pleasure of **few moments**, it will not reduce our daily **struggles**. In real sense, not only this month but the current era is an era of **Tantra**. To gain control over **Kaliyug**, mere

worship, Bhakti and chanting of holy preaching will not help but we will need the power of Sadhanas for that. **Only Goddess Kali can help us win in this Kaliyug and Kali in simple words means Tantra Sadhanas.** **Goddess Kali** is the prime form of Mother Goddess Jagadamba and Sadhanas of Goddess Kali are mentioned as Tantra Sadhana only. From ancient days, the most favourable form of **Goddess MahaKali Sadhana** is in the form of **Lalitamba Sadhana.** **Goddess Lalitamba** is not a separate form of the Goddess MahaKali, but is an adjective of Goddess MahaKali, a form which is full of **beauty** and **power.**

Lalitam Shringaar Bhaava Janyaa Kriya Visheshah Tadvati Lalita.

Lalita is considered as the prime Goddess of Tantra field and this knowledge has been considered **very secret** and was even not passed onto Guru's son. Due to this reason, this Sadhana almost came to the point of extinction. There is a **Shaktipeeth** dedicated to **Goddess Lalita**, however, hardly anyone in general public knows about Her. The reason behind this was the Sadhana that existed during those days generated so **much energy** that a normal Sadhak couldn't withstand it. In the ancient times when the disciples used to stay with their Guru and served Him, the Guru used to slowly and steadily energise the disciples via **Diksha** to make them capable to perform this Sadhana and assimilate its **divine powers.**

We are indebted to **Yogiraj Gunatitanand Ji** who has dedicated his entire life for **Lalitamba Sadhana** and has found out a simpler way which can be easily followed by both **householders** and **ascetics.** There is no harmful side effect of this **Sadhana** and all the wishes of the Sadhak are fulfilled by the **mighty powers** of **Goddess MahaKali's Lalitamba** form. Yogiraj Gunatitanand Ji experienced that if a special yantra is created which divides the powers of Goddess Lalitamba into several forms and then the Sadhak chants a special mantra, then the powers of Goddess Lalitamba is slowly absorbed by the Sadhak and they don't face any harm in the Sadhana. Thus, the Sadhak is able to slowly assimilate the powers of Goddess and is able to fulfil all his **desires.**

Sadhana Procedure:

Yogiraj Gunatitanand Ji called this special yantra as **Ratnollasata Mahayantra** on

which he inscribed the eight powers of Goddess Lalita – **Prabha, Maya, Jaya, Sukhsmā, Vishuddha, Nandani, Suprabha and Vijaya** via Tantra procedure and made the yantra highly rewarding. These eight powers are powers like **safeguarding, wealth providing, disease eradicating, enemy destroying** etc. Just placing this Yantra at home is said to remove all **sorts of shortcomings** from the life of the Sadhak. One also needs **Shri Sundari Rosary** for this Sadhana procedure.

This Sadhana can be tried on any day and at any time. The way a child doesn't checks out the time before calling for mother, similarly, the Sadhak need not follow any special timings here; all one needs is to call the **Mother Goddess** with the same **purity** and **love** just like a child do. One can wear yellow clothes and sit facing east or wear red clothes and sit facing south direction.

Take a **wooden plank** and **cover it** with **fresh yellow cloth** or **red cloth** (same colour which you are wearing). Place a picture of revered SadGurudev and worship Him with **vermillion, rice grains, flowers** etc. Light a **ghee lamp** and an **incense stick.** Then chant one round of **Guru Mantra** with the **Shri Sundari** rosary and **pray to Gurudev** for **success** in Sadhana. The only procedure one needs to perform in this Sadhana is to make eight marks on the Yantra with **Ashtagandha** calling out the names of the eight powers of Mother Goddess. The Sadhak must feel that the divine powers of the Mother Goddess are assimilating into him while making these marks. Then chant **1 round** of the below with the **Shri Sundari rosary.**

Mantra

॥ Om Shreem Lalitayai Hreem Phat ॥

मंत्र

॥ ॐ श्रीं ललितायै ह्रीं फट् ॥

This completes the Sadhana procedure. Even though the procedure is of just one day, it is highly advised to continue to chant the above mantra **5 times** daily along with your daily Sadhana procedure. If it is not possible, at least look at the Yantra light a lamp. One can take this yantra after wrapping in yellow cloth with himself if going out for some special tasks. This ensures safety from any unforeseen **fear** and **troubles.**

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