

The background of the image is a vibrant, multi-colored cosmic scene, likely a nebula or galaxy, with shades of purple, pink, orange, and yellow. A prominent bright star with a lens flare is visible in the lower right quadrant. A semi-transparent, light-colored banner with rounded ends is positioned horizontally across the middle of the image, containing the text.

nithyananda namavali

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nithyananda namaavali

Foreword

Ashtottara shata namavali is a compilation of 108 lines extolling the powers, compassion and glory of the deity or God who is addressed. This has been a practice carried on for thousands of years. Even today we all know of temples having a regular puja done with the chanting of the *ashtottara* to the deities during *archana*. Here is an attempt to pen down the infinite qualities of Paramahansa Nithyananda who is a living enlightened Master. Enlightened Masters are indeed the embodiment of the all-encompassing power that has come down to us out of pure compassion.

This compilation is a humble attempt to present the various dimensions that are revealed by the Master. In these 108 lines the important meditation programs like Ananda Spurana, Nithyananda Spurana, Bhakti Spurana and other programs like Nithya Spiritual Healers' Initiation, Nithyanandam etc, which are specifically designed by the Master to uplift the conscious state of the participants, are extolled. Each of the programs presents the various facets through which Swami works on us for our upliftment. The Master's biography indicative of His divinity is mentioned in

detail upto his establishing the spiritual kingdom of Dhyanapectam. The Master's special interest in the revival of Vedic practices like *homa*, temples and the festivals are also presented. The Master sees to it that there is overall development in each one of us. For this He initiates the spiritual aspirant right from childhood through the various *dikshas*. The Master makes us aware of the great glory of this land (*Bharat*) traversed by Him during his *parivrajaka* days. The Master's resolve to raise the consciousness of a the whole planet Earth climaxes as the mission message. Reading these lines makes each one of us connect with the Master taking us through a journey of His life and message.

Om Nithyanandam!

सद्गुरु नित्यानन्द अष्टोत्तर शत नामावलि

Sadguru Nithyānanda Aṣṭottara s'ata nāmāvali

The 108 names extolling the glory of Sadguru Nithyananda

ॐ ह्रीं नित्यानन्दाय नमः

Aum hrīmè Nityānandāya namaḥ

Salutations to the Lord in eternal bliss (Nithyananda)

ॐ ह्रीं ज्ञान प्रदाने सङ्कल्पिताय नमः

Aum hrīmè jñana pradāne saṅkalpitāya namaḥ

Salutations to the Lord who has made a resolve to grant supreme knowledge

ॐ ह्रीं अरुणाचले जनिताय नमः

Aum hrīmè Arunācale janitāya namaḥ

Salutations to the Lord who took His divine birth in Arunachala

ॐ ह्रीं चित्रा नक्षत्रे जनिताय नमः

Aum hrīmè Citrā nakṣatre janitāya namaḥ

Salutations to the Lord who took birth in the constellation of chitra

ॐ ह्रीं रघुपतियोगिना योग शिक्षिताय नमः

Aum hrīm̐ Raghupati yoginā yoga s'ikṣitāya namaḥ

Salutations to the Lord who was initiated into yoga by Raghupati yogi

ॐ ह्रीं अण्णामलै स्वामिना उपदिष्टाय नमः

Aum hrīm̐ Aṅṅāmalai Swāminā upadiṣṭāya namaḥ

Salutations to the Lord who was instructed by Annamalai Swami

ॐ ह्रीं माता विभुदानन्द देविना पालिताय नमः

Aum hrīm̐ Mātā Vibhudānanda Devīnā pālītāya namaḥ

Salutations to the Lord who was nurtured by Mata Vibhudananda Devi

ॐ ह्रीं गिरिवलप्रियाय नमः

Aum hrīm̐ Girivalapriyāya namaḥ

Salutations to the Lord ever inclined to circumambulating the Aurnachala hill

ॐ ह्रीं अरुणाचले अखण्डानुभव प्राप्ताय नमः

Aum hrīmē Aruṇācale akhaṇḍānubhava prāptāya namaḥ

Salutations to the Lord who had the profound experience of oneness with entire universe, in Arunachala

ॐ ह्रीं अरुणाचलेश्वरेण ऐक्यानुभूताय नमः

Aum hrīmē Aruṇācales'vareṇa aikhyānubhūtāya namaḥ

Salutations to the Lord who experienced oneness with Arunachaleswara

ॐ नमस्तस्मै नमस्तस्मै नमस्तस्मै नित्याय नमः

Aum Namastasmai Namastasmai Namastasmai Nityāya namaḥ

Salutations, salutations, salutations to the Lord in Eternal Bliss (Nithyananda)

ॐ ह्रीं ज्ञान तृष्णया पीडिताय नमः

Aum hrīmē jñānatṛṣṇayā pīḍitāya namaḥ

Salutations to the Lord who was afflicted with insatiable thirst for supreme knowledge

ॐ ह्रीं परिव्राजकाय नमः

Aum hrīm̐ Parivrājakāya namaḥ

Salutations to the Lord who undertook the life of a mendicant in search of knowledge and traversed the entire country

ॐ ह्रीं ज्ञानार्थान्वेषिताय नमः

Aum hrīm̐ jñānārthānveṣitāya namaḥ

Salutations to the Lord who was in deep quest of knowledge

ॐ ह्रीं मणिकर्णिकायां अमरत्वानुभूताय नमः

Aum hrīm̐ Maṇikarṇikāyāṃ amaratvānubhūtāya namaḥ

Salutations to the Lord who experienced deathlessness in Manikarnika

ॐ ह्रीं गङ्गातीरे पञ्च तपस्कृताय नमः

Aum hrīm̐ Gaṅgātīre pañcatapas kṛtāya namaḥ

Salutations to the Lord who performed the pancha tapas on the banks of Ganga

ॐ ह्रीं हिमगिरिवासाय नमः

Aum hrīm̐ Himagirivāsāya namaḥ

Salutations to the Lord who spent his days of quest in the divine Himalayas

ॐ ह्रीं गौरीकुण्डे महावतार् बाबाजीं दर्शिताय नमः

Aum hrīm̐ Gourikuṇḍe Mahāvatār Bābājīm̐ dars'itāya namaḥ

Salutations to the Lord who had the darshan (divine sight) of Mahavatar

Babaji in Gourikund

ॐ ह्रीं ओम्कारे नित्यानन्दानुभव प्राप्ताय नमः

Aum hrīm̐ Omkāre Nityānandānubhava prāptāya namaḥ

Salutations to the Lord who was immersed in Eternal Bliss in Omkareshwar

ॐ ह्रीं आनन्दानुभवे प्रलीयाय नमः

Aum hrīm̐ Ānandānubhave pralīyāya namaḥ

Salutations to the Lord who remained immersed in divine bliss

ॐ ह्रीं नित्यानन्दपुरि वासाय नमः

Aum hrīṁ Nityānandapurī vāsāya namaḥ

Salutations to the Lord who lives in the state of Eternal Bliss

ॐ नमस्तस्मै नमस्तस्मै नमस्तस्मै नित्याय नमः

Aum Namastasmai Namastasmai Namastasmai Nityāya namaḥ

Salutations, salutations, salutations to the Lord in Eternal Bliss(Nithyananda)

ॐ ह्रीं ध्यानपीठ महासमस्थान स्थापकाय नमः

Aum hrīṁ Dhyānapīṭa Mahāsamasthāna sthāpakāya namaḥ

Salutations to the Lord who has established the kingdom of Dhyanapeeta

ॐ ह्रीं वटवृक्ष मध्यस्थिताय नमः

Aum hrīṁ Vṭvṛkṣa madhyasthitāya namaḥ

Salutations to the Lord who is inherent in the divine banyan tree

ॐ ह्रीं आनन्द स्फुरण निर्मात्रे नमः

Aum hrīm̐ ānanda sphuraṇa nirmātre namaḥ

Salutations to the Lord who designed the program for the blossoming of bliss in us (ASP)

ॐ ह्रीं मूलाधार मूर्तये नमः

Aum hrīm̐ Mūlādhāra mūrtaye namaḥ

Salutations to the Lord who help us accept reality in the muladhara energy center

ॐ ह्रीं स्वाधिष्ठान तारकाय नमः

Aum hrīm̐ Swādiṣṭhāna tārakāya namaḥ

Salutations to the Lord who aids in our overcoming fear in the swadishtana center

ॐ ह्रीं मणिपूरक शुद्धिकर्ताय नमः

Aum hrīm̐ maṇipūraaka s'uddhikartāya namaḥ

Salutations to the Lord who helps us cleanse the manipuraka energy center

ॐ ह्रीं अनाहत विकसिताय नमः

Aum hrīmē Anāhata vikasitāya namaḥ

Salutations to the Lord who induces us to blossom in the anahata energy center

ॐ ह्रीं विशुद्धि सृष्टिकर्त्रे नमः

Aum hrīmē Vishuddhi sṛṣṭikartṛe namaḥ

Salutations to the Lord who is the creative power in the vishuddhi energy center

ॐ ह्रीं आज्ञा प्रकाशिताय नमः

Aum hrīmē ājnā prakāśitāya namaḥ

Salutations to the Lord who fills us with divine splendour in the ajna energy center

ॐ ह्रीं सहस्रार वासिने नमः

Aum hrīmē Sahasrāra vāsine namaḥ

Salutations to the Lord who resides in the sahasrara energy center

ॐ नमस्तस्मै नमस्तस्मै नमस्तस्मै नित्याय नमः

Aum Namastasmai Namastasmai Namastasmai Nityāya namaḥ
Salutations , salutations, salutations to the Lord in Eternal Bliss (Nithyananda)

ॐ ह्रीं नित्यानन्द स्फुरणे सहायकाय नमः

Aum hrīṁ Nityānanda sphuraṇe sahāyakāya namaḥ
*Salutations to the Lord who supports us in experiencing the state of
Eternal Bliss(NSP)*

ॐ ह्रीं स्थूल शरीरस्य शुद्धिकराय नमः

Aum hrīṁ Sthūla s'arīra s'uddhikarāya namaḥ
Salutations to the Lord who helps us cleanse the sthula (physical layer) sarira

ॐ ह्रीं प्राण शरीरस्य इच्छा शमनकाय नमः

Aum hrīṁ Prāna s'arīrasya icchā s'amanakāya namaḥ
*Salutations to the Lord who aids us overcome the desires in the prana
(breath layer) sarira*

ॐ ह्रीं मनश्शरीरस्य प्रशमनाय नमः

Aum hrīm̐ Manass'arīrasya pras'amanāya namaḥ

*Salutations to the Lord who supports us in quietening the manas
(mental layer) sarira*

ॐ ह्रीं सूक्ष्मशरीरे आरोग्य दायकाय नमः

Aum hrīm̐ Sūkṣma s'arīre ārogya dāyakāya namaḥ

*Salutations to the Lord who helps us overcome ailments in the sukshma
(subtle layer) sarira*

ॐ ह्रीं कारण शरीरे लयकराय नमः

Aum hrīm̐ Kāraṇa s'arīre layakarāya namaḥ

*Salutations to the Lord who makes the 'I' immerse in the karana
(causal layer) sarira*

ॐ ह्रीं आनन्द शरीरे स्थापकाय नमः

Aum hrīmē Ānanda s'arīre sthāpakāya namaḥ

*Salutations to the Lord who helps to establish ourselves in the Ananda
(bliss layer) sarira*

ॐ ह्रीं निर्वाण शरीर निष्ठाय नमः

Aum hrīmē Nirvāṇa s'arīra ṇiṣṭāya namaḥ

*Salutations to the Lord who is ever established in nirvana
(state of eternal bliss) sarira*

ॐ ह्रीं भक्ति स्फुरण नायकाय नमः

Aum hrīmē Bhakti sphurana ṇāyakāya namaḥ

Salutations to the Lord on whom devotion blossoms in us (BSP)

ॐ ह्रीं मातृवत् वात्सल्य गुणोज्ज्वलायै नमः

Aum hrīmē Māṭṛvat vātsalya guṇojwalāyai namaḥ

Salutations to the Goddess who is a glowing fire of motherly compassion

ॐ नमस्तस्मै नमस्तस्मै नमस्तस्मै नित्याय नमः

Aum Namastasmai Namastasmai Namastasmai Nityāya namaḥ

Salutations, salutations, salutations to the Lord in Eternal Bliss (Nithyananda)

ॐ ह्रीं पुत्रवत् विनोदिताय नमः

Aum hrīmē Putravat vinoditāya namaḥ

Salutations to the Lord who is ever playful like a child

ॐ ह्रीं जीवनोद्धारणे सखाय नमः

Aum hrīmē jīvanoddhāraṇa sakhāya namaḥ

Salutations to the Lord who is a companion in raising our lives

ॐ ह्रीं दासानां स्वामिने नमः

Aum hrīmē Dāsānām swāmine namaḥ

Salutations to the Lord who is the Master to his intense disciples

ॐ ह्रीं मधुर नायकाय नमः

Aum hrīmē Madhura nāyakāya namaḥ

Salutations to the Lord who is the beloved of all the devoted

ॐ ह्रीं आत्मानुभव दायकाय नमः

Aum hrīmē Ātmānubhava dāyakāya namaḥ

Salutations to the Lord who gives us the intense awareness of the self

ॐ ह्रीं स्वचरित प्रदर्शकाय नमः

Aum hrīmē Svacarita pradars'akāya namaḥ

Salutations to the Lord who opens the picture of his life of quest

ॐ ह्रीं आनन्द गन्ध वासिने नमः

Aum hrīm̐ Ānanda gandha vāsine namaḥ

*Salutations to the Lord who is ever present in the Ananda gandha
(the culmination point of all 7 energy centers)*

ॐ ह्रीं वैद्यनाथाय नमः

Aum hrīm̐ Vaidyanāthāya namaḥ

Salutations to the Lord who is the Lord of healing

ॐ ह्रीं अनेककोटि कराम्बुजाय नमः

Aum hrīm̐ Anekakoti karāmbujāya namaḥ

Salutations to the Lord who functions (while healing) through innumerable hands

ॐ ह्रीं सर्व रोग निवारणे सङ्कल्पिताय नमः

Aum hrīm̐ Sarva roga nivāraṇe saṅkalpitāya namaḥ

Salutations to the Lord who has pledged to purge the world of all ills

ॐ नमस्तस्मै नमस्तस्मै नमस्तस्मै नित्याय नमः

Aum Namastasmai Namastasmai Namastasmai Nityāya namaḥ
Salutations, salutations, salutations to the Lord in Eternal Bliss (Nithyananda)

ॐ ह्रीं लोकहिताय ज्ञानवन्तान् रचयिताय नमः

Aum hrīṁ Lokahitāya jñānavantān racayitāya namaḥ
Salutations to the Lord who is creating blissful souls (on this planet)

ॐ ह्रीं नित्य मुक्त स्वभाव शिक्षिताय नमः

Aum hrīṁ Nitya mukta svabhāva s'ikṣitāya namaḥ
Salutations to the Lord who instructs us to remain ever in the state of unclutching

ॐ ह्रीं सञ्चितागाम्य कर्म नाशनाय नमः

Aum hrīṁ sañcitāgāmya karma nās'anāya namaḥ
Salutations to the Lord who helps us to annihilate the sanchita (karmas accumulated over various births) and agamyā (karmas added on in the present birth)

ॐ ह्रीं प्रारब्ध पूरक सहायकाय नमः

Aum hrīmè prārabda pūraka sahāyakāya namaḥ

Salutations to the Lord who aids us in the fulfillment of prarabda karma (karmas for which this birth has been taken)

ॐ ह्रीं नित्य योग मार्ग दर्शकाय नमः

Aum hrīmè Nitya yoga mārga dars'akāya namaḥ

Salutations to the Lord who reveals the path of Nithya yoga

ॐ ह्रीं पतञ्जलि स्वरूपाय नमः

Aum hrīmè Patañjali svarūpāya namaḥ

Salutations to the Lord who is the embodiment of Patanjali (the author of yoga philosophy)

ॐ ह्रीं शिल्प शास्त्रे निपुणाय नमः

Aum hrīmē S'ilpa s'āstre nipuṇāya namaḥ

Salutations to the Lord who is an expert in the science of stone carving

ॐ ह्रीं शास्त्र प्रियाय नमः

Aum hrīmē S'āstra priyāya namaḥ

Salutations to the Lord who nurtures the Vedic sciences

ॐ ह्रीं नित्योत्सवाय नमः

Aum hrīmē Nityotsavāya namaḥ

Salutations to the Lord who is ever in celebration

ॐ ह्रीं आलय निर्माणे रथाय नमः

Aum hrīmē Ālaya nirmāṇe rathāya namaḥ

Salutations to the Lord who is keen on establishing places of worship (temples)

ॐ नमस्तस्मै नमस्तस्मै नमस्तस्मै नित्याय नमः

Aum Namastasmai Namastasmai Namastasmai Nityāya namaḥ
Salutations, salutations, salutations to the Lord in Eternal Bliss (Nithyananda)

ॐ ह्रीं ब्रह्मोत्सव प्रियाय नमः

Aum hrīm̐ Brah̐motsava priyāya namaḥ
Salutations to the Lord ever keen in celebrating the Brah̐motsava

ॐ ह्रीं चतुर्ब्रह्मोत्सव कर्तृणे नमः

Aum hrīm̐ caturbrah̐motsava kartṛṇe namaḥ
Salutations to the Lord who celebrates Brah̐motsava four times in a year

ॐ ह्रीं श्री विद्यादि होमकर्तृणे नमः

Aum hrīm̐ S'rī Vidyādi homa kartṛṇe namaḥ
Salutations to the Lord who conducts Sri Vidya and other homas

ॐ ह्रीं अखण्ड स्वरूपिणे नमः

Aum hrīmē Akhaṇḍā swarūpiṇe namaḥ

Salutations to the Lord who is all-pervasive

ॐ ह्रीं प्रपञ्चशक्तिने नमः

Aum hrīmē Prapañca śaktine namaḥ

Salutations to the Lord who is the embodiment of the cosmic energy

ॐ ह्रीं हृत्पद्मनिलयाय नमः

Aum hrīmē Hṛtpadmanilayāya namaḥ

Salutations to the Lord who is seated in the lotus heart of all the living beings

ॐ ह्रीं श्यामल कोमलाङ्गाय नमः

Aum hrīmē Śyāmala komalāṅgāya namaḥ

Salutations to the Lord who is the embodiment of charm and grace in colour and form

ॐ ह्रीं गम्भीर गात्राय नमः

Aum hrīṁ Gambhīra gātrāya namaḥ

Salutations to the Lord who is majesty personified in His form

ॐ ह्रीं आनन्द नृत्याय नमः

Aum hrīṁ Ānanda nṛtyāya namaḥ

Salutations to the Lord who is all charm in His Blissful dance

ॐ ह्रीं कीर्तन प्रियाय नमः

Aum hrīṁ Kīrtana priyāya namaḥ

Salutations to the Lord who is a lover of music

ॐ नमस्तस्मै नमस्तस्मै नमस्तस्मै नित्याय नमः

Aum Namastasmai Namastasmai Namastasmai Nityāya namaḥ

Salutations, salutations, salutations to the Lord in Eternal Bliss (Nithyananda)

ॐ ह्रीं दीक्षानेक दायकाय नमः

Aum hrīmē Dīkṣā'neka dāyakāya namaḥ

Salutations to the Lord who grants many initiations

ॐ ह्रीं शिशोर्नामाङ्किताय नमः

Aum hrīmē Śiśornāmāṅkitāya namaḥ

Salutations to the Lord who grants spiritual names to children

ॐ ह्रीं विद्यारम्भ दीक्षा दायकाय नमः

Aum hrīmē Vidyārambha dīkṣā dāyakāya namaḥ

Salutations to the Lord who initiates children into learning (by giving them sacred thread)

ॐ ह्रीं ब्रह्मचर्य दीक्षाय उत्साह कृताय नमः

Aum hrīmē Brahmacharya dīkṣāya utsāha kṛtāya namaḥ

Salutations to the Lord who encourages the celibate (brahmacharya) diksha

ॐ ह्रीं सन्यास दीक्षा ईप्सिताय नमः

Aum hrīmē Sannyāsa dīkṣā īpsitāya namaḥ

Salutations to the Lord who desires renunciation (sannyasa) diksha

ॐ ह्रीं तपः प्रियाय नमः

Aum hrīmē Tapaḥ priyāya namaḥ

Salutations to the Lord who loves tapas (penance)

ॐ ह्रीं ताप त्रय प्रशमनाय नमः

Aum hrīmē Tāpa traya praśamanāya namaḥ

Salutations to the Lord who pacifies the three types of yearnings (taapa traya)

ॐ ह्रीं अरिषड्वर्ग जेताराय नमः

Aum hrīmē Ariṣadvarga jetārāya namaḥ

Salutations to the Lord who has annihilated the six types of enemies (arishadvarga)

ॐ ह्रीं षण्मतातीत सद्गुरवे नमः

Aum hrīmē Śaṅmatātīta sadgurave namaḥ

Salutations to the Lord the Sadguru above the six branches of religions

ॐ ह्रीं नदी प्रियाय नमः

Aum hrīmē Nadī priyāya namaḥ

Salutations to the Lord who is a lover of rivers

ॐ नमस्तस्मै नमस्तस्मै नमस्तस्मै नित्याय नमः

Aum Namastasmai Namastasmai Namastasmai Nityāya namaḥ

Salutations, salutations, salutations to the Lord in Eternal Bliss (Nithyananda)

ॐ ह्रीं जलक्रीडया विनोदिताय नमः

Aum hrīmē Jalakrīdayā vinoditāya namaḥ

Salutations to the Lord who loves to sport in the river waters

ॐ ह्रीं सर्व कल्याण गुणाश्रयायै नमः

Aum hrīm̐ Sarva kalyāṇa guṇāśrayāyai namaḥ

Salutations to the Goddess who is the abode of all that is auspicious

ॐ ह्रीं सच्छिदानन्द स्वरूपिणे नमः

Aum hrīm̐ Sacchidānanda svarūpiṇe namaḥ

Salutations to the Lord who is the embodiment of truth, intelligence and bliss

ॐ ह्रीं दीर्घ दर्शिणे नमः

Aum hrīm̐ Dīrgha darśiṇe namaḥ

Salutations to the Lord who is far-reaching in all His actions

ॐ ह्रीं नित्य बुद्धाय नमः

Aum hrīm̐ Nitya buddhāya namaḥ

Salutations to the Lord who is ever in the state of enlightenment

ॐ ह्रीं अवस्थातीताय नित्यानन्द सत्गुरवे नमः

Aum hrīmē Avasthātītāya Nityānanda Sadgurave namaḥ
Salutations to that Sadguru who is above the four states of existence

ॐ ह्रीं आरति प्रियाय नमः

Aum hrīmē Ārati priyāya namaḥ
Salutations to the Lord who loves arati

ॐ ह्रीं वेद पारायण ईप्सिताय नमः

Aum hrīmē Veda pārāyaṇa īpsitāya namaḥ
Salutations to the Lord who relishes the chanting of Vedas

ॐ ह्रीं शास्त्र सम्प्रदाय पालिताय नमः

Aum hrīmē Śastra sampradāya pālītāya namaḥ
Salutations to the Lord who nurtures the Vedic sciences and religious practices

ॐ ह्रीं इच्छा शक्ति क्रिया शक्ति ज्ञान शक्ति स्वरूपिणे नमः

Aum hrīm̐ Iccha śakti kriyā śakti jñāna śakti svarūpiṇe namaḥ

Salutations to the Lord who is the embodiment of the power of desire, action and knowledge

ॐ नमस्तस्मै नमस्तस्मै नमस्तस्मै नित्याय नमः

Aum Namastasmai Namastasmai Namastasmai Nityāya namaḥ

Salutations, salutations, salutations to the Lord in Eternal Bliss (Nithyananda)

ॐ ह्रीं वरद मूर्तये नमः

Aum hrīm̐ Varada mūrtaye namaḥ

Salutations to the Lord the giver of boons

ॐ ह्रीं अनेक कोटि जनेभ्यः ध्यान प्रदान सङ्कल्पिताय नमः

Aum hrīm̐ Aneka kotī janebhyaḥ dhyāna pradāna sankalpitāya namaḥ

Salutations to the Lord who has resolved to grant meditation to millions of people

ॐ ह्रीं नित्यानन्द परम्परा जनिताय नमः

Aum hrīmē Nityānanda paramparā janitāya namaḥ

Salutations to the Lord who has initiated the Nithyananda lineage

ॐ ह्रीं ज्ञान सम्प्रदाय कल्पिताय नमः

Aum hrīmē Jñāna sampradāya kalpitāya namaḥ

Salutations to the Lord who has fashioned the enlightened practices

ॐ ह्रीं वात पित्त कफ दोषत्रय शमनकाय नमः

Aum hrīmē Vāta pitta kapha doṣatraya śamanakāya namaḥ

Salutations to the Lord who helps us overcome the three imbalances of vatha, pitha and kapha (air, bile and phlegm)

ॐ ह्रीं सत्त्व गुण प्रदर्शिणे नमः

Aum hrīmē Sattva guṇa pradarśine namaḥ

Salutations to the Lord who displays the quality of equanimity (satva)

ॐ ह्रीं रजो गुण विनोदिने नमः

Aum hrīm̐ Rajo guṇa vinodine namaḥ

Salutations to the Lord who plays with the quality of enterprise (rajas)

ॐ ह्रीं तमोगुण सम्हारकाय नमः

Aum hrīm̐ Tamoguṇa samhārakāya namaḥ

Salutations to the Lord who has destroyed the quality of inertia (tamas)

ॐ ह्रीं निर्विकल्प समाधि स्थिताय नमः

Aum hrīm̐ Nirvikalpa samādhisthitāya namaḥ

Salutations to the Lord ever in the state of Nirvikalpa Samadhi

ॐ ह्रीं पूर्णावताराय नमः

Aum hrīm̐ Pūrṇāvatārāya namaḥ

Salutations to the Lord is the total embodiment of cosmic energy

ॐ नमस्तस्मै नमस्तस्मै नमस्तस्मै नित्याय नमः

Aum Namastasmai Namastasmai Namastasmai Nityāya namaḥ
Salutations, salutations, salutations to the Lord in Eternal Bliss (Nithyananda)

ॐ ह्रीं परिव्राजक यात्रा नेताराय नमः

Aum hrīm Parivrājaka yātrā netārāya namaḥ
Salutations to the Lord who leads His devotees on a voyage of pilgrimage

ॐ ह्रीं ज्ञानं आराधितुं हिमालयं गताय नमः

Aum hrīm Jñānamārāditum himālayam gatāya namaḥ
Salutations to the Lord who adores supreme knowledge by leading the pilgrimage to the Himalayas

ॐ ह्रीं प्रणव स्वरूपाय नमः

Aum hrīm Praṇava svarūpāya namaḥ
Salutations to the Lord who is the personification of the pranava mantra (aum)

ॐ ह्रीं जीवन्मुक्त स्वभावाय नमः

Aum hrīm Jīvanmukta svabhāvāya namaḥ
Salutations to the Lord whose nature is enlightenment

ॐ ह्रीं चित्त चोराय नमः

Aum hrīm Citta corāya namaḥ
Salutations to the Lord who attracts our chitta (inner being)

ॐ ह्रीं सृष्टि स्थिति लय कारिण्यै नमः

Aum hrīm Sriṣṭi sthiti laya kāriṇyai namaḥ
Salutations to the Supreme Goddess who is the creator, sustainer and rejuvenator of the universe

ॐ ह्रीं अन्तर्यामिने नमः

Aum hrīm Antaryāmine namaḥ
Salutations to the Lord who is ever present in us

ॐ ह्रीं आनन्द दायकाय सद्गुरवे नमः

Aum hrīm Ānanda dāyakāya sadgurave namaḥ

Salutations to the Lord who grants us infinite bliss

ॐ नमस्तस्यै नमस्तस्यै नमस्तस्यै नित्याय नमः

Aum Namastasyai Namastasyai Namastasyai Nityāya namaḥ

Salutations, salutations, salutations to the Lord in Eternal Bliss (Nithyananda)

सद्गुरु नित्यानन्द अष्टोत्तर शत नामावलि सम्पूर्णम्

Sadguru Nityānanda aṣṭottara śata nāmāvali sampūrṇam

Thus completes the aṣṭottara sata namavali of the master

The word salutation refers to our paying our adorations to the Male and Female energy represented by the sacred syllables Aum and Hreem.



APPENDIX

About Paramahansa Nithyananda

Paramahansa Nithyananda is a living enlightened Master of the 21st century.

He took birth in Tiruvannamalai, a spiritual nerve center in South India. Since a very young age, Nithyananda spent days and nights in meditation in the divine aura of Arunachala. His intense quest for deeper Truths of life led him on his spiritual journey which covered the length and breadth of India, several thousand miles of which he covered on foot. Visiting venerated shrines, meeting highly evolved *yogis* and *rishis*, and practicing intense meditations, he studied Yoga, Tantra, and other Eastern metaphysical sciences. He went through several profoundly impacting spiritual experiences, culminating in his realization of the Ultimate at a young age.

Since then, Nithyananda has been sharing his experience with millions of people worldwide through the activities of Nithyananda Mission which conducts insightful and inspiring meditation programs and a wide spectrum of social services, thus providing life solutions at the physical, mental and spiritual levels. The meditation programs are offered worldwide through the International Vedic Hindu University (IVHU) Florida, USA. Further, free education to youth, encouragement to art and culture, corporate meditation programs, meditation for prisoners, free medical camps, free meals, a one-year residential training program in India called the Life Bliss Technology program, an in-house *gurukul* system of learning for children, and many more such services are offered around the world.

Employing time-tested *vedic* knowledge and modern technology, the Mission ashrams and centers the world over serve as spiritual laboratories where inner growth is a profound achievement. Today, they are much sought after as ideal destinations to explore, experiment and experience through a host of programs, courses and research facilities in diverse subjects from meditation to the sciences.

Established in 2003, Nithyananda Mission has grown today into a worldwide movement for bliss, standing for the ideal of realizing an enlightened humanity and thereby raising the collective consciousness of planet earth.

Programs and Workshops

Nithyananda Mission offers specialized meditation programs worldwide, to benefit millions of people at the levels of body, mind and spirit. A few of them are listed below:

Life Bliss Program Level 1 (LBP Level 1)

- Energize yourself

A *chakra* based meditation program that relaxes and energizes the seven major *chakras* or subtle energy centers in your system. It gives clear intellectual and experiential understanding of your various emotions such as greed, fear, worry, attention-need, stress, jealousy, ego, and discontentment. It is designed to create a spiritual effect at the physical level. It is a guaranteed life solution to

experience the reality of your own bliss. When you are liberated from a particular emotion, you experience a new world, a new energy. It is a highly effective workshop, experienced by millions of people around the globe.

Life Bliss Program Level 2 (LBP Level 2)

-Death demystified!

A meditation program that unleashes the art of living by demystifying the process of dying. This program creates the space to detach from ingrained and unconscious emotions like guilt, pleasure and pain, all of which stem from the ultimate fear of death. It is a gateway to a new life that is driven by natural intelligence and spontaneous enthusiasm.

Life Bliss Program Level 3 - Atma Spurana Program (LBP Level 3 - ATSP)

-Connect with your Self!

An indepth program that analyzes clearly the workings of the mind and shows you experientially how to be the master of the mind rather than be dictated by

it. It imparts tremendous intellectual understanding coupled with powerful meditations to produce instant clarity and integration.

Life Bliss Program Level 3 - Bhakti Spurana Program (LBP Level 3 - BSP)

- Integrate your Devotion

A program that reveals the different dimensions of relating with others and with your deeper self. It clearly defines relationship as that which kindles and reveals your own unknown dimensions to you. It allows you to experience the real depth and joy of any relationship in your life.

Life Bliss Technology (LBT)

- A free residential life sciences program

Life Bliss Technology (LBT) is a residential program for youth between 18 and 30 years of age. With its roots in the Eastern system of *vedic* education, this program is designed to empower modern youth with good physical, mental and emotional health and practical life skills. By nurturing creative intelligence

and spontaneity, and imparting life skills, it creates economically self-sufficient and spiritually fulfilled youth. Above all, it offers a lifetime opportunity to live and learn under the tutelage of an enlightened master.

Nithya Spiritual Healing

- Healing through Cosmic energy

A unique and powerful means of healing through the Cosmic energy, this is a meditation for the healer and a means to get healed for the recipient of the healing. Nithyananda continues to initiate thousands of Nithya Spiritual Healers worldwide into this scientific and time-tested healing technique which has healed millions of people of ailments ranging from migraine to cancer.

Inner Awakening

An enlightenment intensive program for sincere seekers offering yoga, powerful teachings, meditation, initiation and more. This program is an

intense experience to prepare the body-mind system to hold and radiate the experience of 'living enlightenment'.

Nithyanandam

An advanced meditation program for seekers where the presence of the Master and the intense energy field lead one to the state of *nithya ananda* – eternal bliss. It offers a range of techniques from meditation to service to sitting in the powerful presence of the master.

Kalpataru

An experiential meditation program sowing in one the seed of:

Shakti, the Energy to understand and change whatever you need to change in life,

Buddhi, the Intelligence to understand and accept whatever you don't need to change in life,

Yukti, the Clarity to understand and realize that however much you change, whatever you see as reality is itself a continuously changing dream,

Bhakti, the Devotion, the feeling of deep connection to That which is unchanging, eternal and Ultimate, and
Mukti, the Ultimate Liberation into Living Enlightenment when all these four are integrated.

Nithya Dhyaan

- *Life Bliss Meditation*

Become one among the millions who walk on planet Earth – Unclutched! Register online and get initiated.

Nithya Dhyaan is a powerful everyday meditation prescribed by Nithyananda to humanity at large. It is a formula or a technique, which is holistic and complete. It works on the entire being to transform it and make it ready for the ultimate experience of enlightenment to dawn. Each segment of this technique complements the remaining segments to help raise the individual consciousness. It trains you to un-clutch from your mind and live a blissful life. It is the meditation for Eternal Bliss.

If you wish to be initiated into Nithya Dhyaan, you may visit <http://www.dhyanapeetam.org> and register online. You will receive through mail, a *mala*, bracelet, a spiritual name given by Nithyananda for your own spiritual



growth (optional), Nithya Dhyaan Meditation CD and Nithya Dhyaan booklet in a language of your choice, personally signed by Nithyananda (mention your choice in the comment column).

Nithyananda says, 'My advent on planet Earth is to create a new cycle of individual consciousness causing Collective Consciousness to enter the Superconscious zone.'

Contact Us

Listed below are some of the main centers of Nithyananda Mission.

USA:

Los Angeles

Los Angeles Vedic Temple

9720 Central Avenue, Montclair, CA 91763

USA

Ph.: +1 909 625 1400

Email: programs@lifebliss.org

URL: www.lifebliss.org

INDIA:

Bengaluru, Karnataka

(Spiritual headquarters and Vedic Temple)

Nithyananda Dhyanaapeetam, Nithyanandapuri, Off Mysore Road,

Bidadi, Bengaluru - 562 109

Karnataka, INDIA

Ph.: +91 +80 27202801 / +91 92430 48957

Email: mail@nithyananda.org

URL: www.nithyananda.org

MALAYSIA:

Kuala Lumpur

14, Jalan Desa Gombak 5, Taman Desa Gombak

53000 KL, MALAYSIA

Ph.: +601 78861644 / +601 22350567

Email: murthi.kasavan@gmail.com, manirantaraananda@gmail.com

URL: www.mynithyananda.com

Nithyananda Galleria

A wide range of products for blissful living:

- Nithyananda's insightful messages on video, audio tapes, CDs and books in over 20 languages.
- Enlivening music and chants for meditation and deep inner healing.
- Meditation and yoga books, kits and CDs for rejuvenating body, mind and spirit.
- Energized rosaries, bracelets, photographs, clothing and gift items for a stimulating life style.
- Ethnic energy bead jewelry for men and women for tranquility and continued high energy.

Visit www.lifeblissgalleria.com for more information.

Suggested for Further Reading

- Guaranteed Solutions
- Don't Worry Be Happy
- Nithyananda Vol. 1
- Instant Tools for Blissful Living
- You Can Heal
- Follow Me In!
- The Door to Enlightenment
- Songs of Eternity
- You are No Sinner
- So You Want to Know The Truth?
- Uncommon answers to Common Questions
- Meditation is for you
- Rising in love with the Master
- Bhagavad Gita Series
- Nithya Yoga - The ultimate practice for body, mind and being

Significance of Namavali

An enlightened Master's very name is a *mantra*.

Constant remembrance and chanting of this powerful *mantra* creates positive vibrations in our being and the space surrounding us.

It ignites our intelligence so we can face every day of life with increased energy, confidence and creativity.



Paramahansa Nithyananda

A living enlightened Master, is on a mission to raise the positive collective consciousness by creating blissful and fulfilled beings.



I SBN 160607029-0



- Open the door...Let the breeze in!

Over 500 FREE discourses of Nithyananda available at
<http://www.youtube.com/lifeblissfoundation>