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SHODASHAKSHARI MANTRA

16 Syllables:

ॐ क ए ई ल हीम्

Om Ka Ae Ee La Hreem

ह स क ह ल हीम्

Ha Sa Ka Ha La Hreem

स क ल हीम्

Sa Ka La Hreem

श्रीम् ।

Shreem

MEANING:

This is a string of bija (seed) mantras which constitute the energy and form of the Universal Mother. These letters have no reference to any outside object and therefore have no externalized meaning. They help the devotee integrate the mind and focus on the mystic energy of the Divine Mother.

These syllables are gathered from the Lalita Sahasra Nama, the Thousand Glories of Lalita, the Compassionate Mother of the Universe.

By chanting this mantra the devotee cleanses the nadis through which life energy flows. This mantra helps to open the Sushumna, the central nadi, and eases the passage for the Kundalini Shakti to arise and unite with Shiva.

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