

A. Please mark T, F or D

1. All brahmins are vipras.
2. The best flower one can offer her is our Chaitanya.
3. Her worship is for the brave.
4. Lokas are all physical worlds like the Earth.
5. Suvasinis and sumangalis are of special importance in this worship.
6. This laud proclaims that Sakti is more important than Siva.

B. What ingredients in pooja symbolise the following bhutas ?

Agni.....

Vaayu.....

Prithvi.....

Aap.....

Aakaasa.....

C. What concepts did you get to know from these lessons?



CONCLUSION

Dear Sadhak,

We have come to the end of this course.

I hope these lessons have helped you understand and appreciate this beautiful sahasranama on the Mother. This is only the first step. You will find that more knowledge and fulfillment will automatically come your way from a variety of sources. Try to recite this at least once a week preferably Fridays. This will not only help you, your family but also the environment where you are. AMBA HOUSE has successfully trained small groups in greater Southern California area where Friday evenings this laud is recited regularly. The recitation is done in the Karnatak ragam- Aananda Bhairavi. This ragam has two benefits. The long laud no longer feels long. This melody is known to reduce pressure and tension in the system.

Since Srilalita sahasranama is connected with Sri Vidya upasana a few pointers are listed below that will help you.

1. As mentioned in the beginning this stotra need no special qualifications for recitation other than your iccha and sankalpa.
2. As mentioned in verse number 182 her knowledge is open to the child all the way to the mystic. Study these verses in all earnest and let Her guide you for She is the Antaryaamin.
3. The Sricakra pooja and Sri Vidya upasana has paddhatis that has been passed down through various sampradayas. Be sure you get initiated into this upasana by way of rituals only by an authentic teacher.
4. It is perfectly safe to participate in Sri Lalitasahasranama archana poojas.

THE TIME AND EFFORT YOU PUT INTO THE DILIGENT STUDY OF HER GLORY WILL BRING ITS OWN REWARDS. WHEN YOU REVIEW THESE LESSONS FROM TIME TO TIME THEIR MEANING WILL SINK IN DEEPER. IF YOU HAVE FOUND ANYTHING OF VALUE IN THE TRANSLATION AND COMMENTARY, IT IS DUE TO HER GRACE AND DUE TO BLESSINGS FROM THE GURUS.

May you find your precious place on the lap of the Divine Mother through this Study
Thank You for this Narayana Seva

AMBA HOUSE

