



REITH BEI KITZBÜHEL, TIROL, ÖSTERREICH

Sivananda

YOGA VEDANTA SEMINARHAUS

Gründer: Swami Vishnudevananda, seit 1998

Puja Mantras Ganesha, Krishna, Siva, Divine Mother

12 Names of Ganesha:

Sumukhaaya namah
Ekadanthaaya namah
Kapilaaya namah
Gajakarnakaaya namah
Lambodharaaya namah
Vikataaya namah
Vighnaraajaaya namah
Ganadhipaaya namah
Dhoomakekthave namah
Ganaadhyakshyaya namah
Phalachandraaya namah
Gajaananaaya namah

12 Names of Shiva:

Nidhana pathaye namah
Nidhana pathaanthikaaya namah
Oordhwaya namah
Hiranyaaya namah
Suvarnaya namah
Divyaaaya namah
Bhavaaya namah
Sharvaaya namah
Shivaaya namah
Jwalaaya namah
Atmaaya namah
Paramaaya namah

12 Names of Krishna:

Keshavaaya namah
Naaraayanaaya namah
Madhavaaya namaha
Govindaaya namah
Vishnave namah
Madhusudhanaaya namah
Trivikramaaya namah
Vaamanaaya namah
Sridharaaya namah
Hrishikshaaya namah
Padmanaabhaya namah
Damodaraaya namah.

12 Names of the Divine Mother:

Brahmai namah
Maheshwaryai namah
Koumaryai namah
Vaishnavyai namah
Varahyai namah
Naraayanyai namah
Indranyai namah
Naarasimhyai namah
Chamundaayai namah
Maha kaalyai namah
Maha Lakshmai namah
Maha Saraswathyai namah