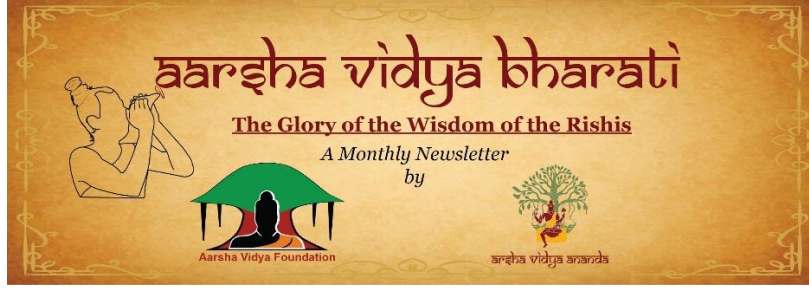

Aarsha Vidya Bharati - Dec 2021

A monthly newsletter that will bring you more happiness, more wisdom and more freedom



This is one of many articles from our monthly newsletter. Access the [Dec 2021 issue](#) or read any of the [articles](#).

Report on "The Meaning of Lalitā Sahasranāma" Course

By Rashmi Kaikini, Mumbai

The nine-day course – ‘The Meaning of *Lalitā Sahasranāma*’ was held from 7th – 15th October during the auspicious festival of Navaratri. More than 55 participants from different countries committed to the learning of the greatness of Devi *Lalitāmbikā* by being receptive to her blessings and rejoiced in her glory. Here are a few heartfelt takeaways,

Devi was quite distant for me and I always felt she is somewhat out of reach as I could never really connect. For the first time ever, I could feel a sense of connection when meditating on her. This brought tears to my eyes as I felt so humbled and graced by the possibility to feel a sense of connection. - Deborah Sachdev, Malta



To me, the most important take away I had from the class was that *Lalitā* (and therefore ourselves) is everything. Everything is holy - even the human needs and sensations we sometimes feel ashamed of - they are holy. Another take away is that *Lalitā* (in the form of one of the deities) is present in the tip of our tongue, which invites us to watch our words. - Humberto, Houston, USA

The description of Devi's beauty, appreciation of her *guṇā*-s, the *vibhūti* of her valour and how she killed demons all that made me appreciate that she is in and through all manifest forms, including me and the *caitanya* which makes every form function is the same as in me and also the Devi. - Purnima Bhatt, Mumbai

Before, She was just confined to those who are Srividya *upāsakā*-s but now I realise that She is for all as She resides in and through everything. - Rikesh V, London

I see Devi all the way in my life and everywhere. I see her smiling and blessing me always as she has come to me in different forms in my life as my mother, my guru, my friend, my daughters. My pranams to *Lalitāmbikā* who is *Mahāmāyā*, ShivaShakti who is blessing me and uplifts me all the time. She gives me opportunity to rise, to grow, to learn, to know her. - Seema Pillai, Mumbai

I have now realised what a beautiful rendering it is, as the meanings have made it even more meaningful!! She has blessed me so much and stood guard over me over the past so many decades. - Vijayalakshmi, Mumbai

Your explanations were very clear and many struck a chord with practical day-to-day scenarios. Now, there's a deeper calling to understand the connectedness in everything - Maathangi Sankar, Canada

That I've *Lalitāmbā* Herself as my own Guru to teach the meaning of the *nāmās* is the greatest blessing. Your explanations have helped me grow in understanding of the Devi and get closer to Her. The chanting itself is becoming a joy with a reduction of the mechanical element. The feeling of warmth in my heart invoking Her is extremely comforting. - Prashanth Mohan, Sydney

You can access the course [here](#).