The Essential Guide to

Ati Rudram

FEB. 22 - MARCH 4, 2021
SRI SAHASRA CHANDI HOMAM - MARCH 5, 2021
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“Inside the Heart of the devotee who knows the Self within, Shiva resides as Love”

- Avvaiyar
Under the guidance of Her Holiness Amma Sri Karunaymayi, the most sacred and auspicious ceremony known as Ati Rudram Maha Yajnam will be conducted in India, at the Manidweepa Maha Samsthanam for the welfare of all living beings. This exceedingly rare and unforgettable ceremony promises to be a historic event that will shower Divine Grace and blessings upon the entire earth. To purify the entire creation from the darkness of ignorance and illusion, Amma has inspired this noble cause so that Mother Earth, its people, animals, trees, and the entire natural world may once more return to a state of Divine Consciousness. All are invited to participate in this profound ceremony wherever they may be, to receive the unimaginable blessings, healing & inner transformation that will take place.

“Embodiments of Divine Souls, Amma’s Most Beloved Children,
The glory of Shiva is beyond the beginning, the middle and the end of time. Ishwara is formless and is beyond all forms. He is in the form of Divine Light. Worship of Shiva will bring complete freedom by washing away all karmas and will provide blessedness and peace.”

Amma
What Is **Ati Rudram?**

An Introduction to This Sacred Event

**Ati Rudram is a Descent of Grace.** During this 12 day mega event over 500 vedic priests will gather at Amma’s Penusila Ashram and collectively chant the mantras known as “Sri Rudram” and “Sri Chandi Parayanam” while performing various ceremonial offerings and rituals to re-enact the process of transformation from the darkness to the light. In addition, over 80 more vedic priests will be chanting the healing mantra called “Mrityunjaya” and the Consciousness invoking mantra “Om Namah Shivaya” hundreds of thousands of times!

“The meaning of the entire worship of Siva... is that in all living and non-living entities, Ishwara is present as the all-pervading spirit, in soul form, and that the Infinite power of God is One.”

*Amma*
The Significance of **Ati Rudram**

The Maha Yajnam is being performed for the good of all humankind, as well as to ensure universal peace and prosperity.

The energy available during the performance of this Yajnam is of such a high magnitude that the karma load of lifetimes is dissolved, diseases are cured and prevented, obstacles and misfortunes are removed, wealth and prosperity flourishes, true knowledge and wisdom is gained, health and longevity is acquired, and the ultimate goal of liberation can be attained.

Very rarely a Yajnam of this significance and magnitude can be witnessed and it provides the unique opportunity for people from all around the world to actually participate in helping bring peace to the entire world.

Ati Rudram Maha Yajnam is an incredibly significant and profound ceremony in deep gratitude and honor of the Supreme Consciousness embodied in the form of Lord Shiva. Lord Shiva IS compassion, mercy, and true knowledge and grants all sincere and surrendered souls salvation.

Ultimately, Ati Rudram Maha Yajnam is here to purify all of humankind, the earth, and the entire cosmos for the Realization of the Absolute Supreme Consciousness.
“My eyes see nothing but Thy light of consciousness; the light of Truth, the light of Equality, the light of Purity, the light of Dharma; such is Thy supreme luminosity that immersed me in Bliss.”

- Ramalinga
The Benefits

Key Highlights of Ati Rudram

The powerful energy of this Maha Yajnam dissolves lifetimes of negative karma, prevents and cures disease, provides wealth and prosperity, gives true knowledge and intelligence, prevents wars, shields us against natural calamities, and removes ignorance to shine forth the light of the Supreme Self.

**Karmic Purification**

Some of the darkest karmic impurities known as doshas, which bring suffering in to our lives, can be dissolved only through Ati Rudram and other powerful sadhanas. Freed from misfortunes and difficulties, our highest potential will then shine forth.

**World Peace Program**

The prayers made during Ati Rudram benefit all living beings in all worlds. The powerful vibrations directly dissolve the accumulated negativity of adharma worldwide and helps attune the emerging global culture to the path of righteousness.

**Balancing Nature’s Elements**

The 5 elements are all cleansed and purified during the sacred ceremonies. Through the powerful homa flames, the subtle healing energy of various herbs, metals, and other organic substances are released into the atmosphere and carried to all parts of Mother Earth to destroy dangerous bacteria and pollutants.

**Cosmic Connections**

On the deepest level Ati Rudram opens a cosmic gateway that connects our world with the subtle realms and the causal dimensions. This doorway into the Divine realms allows ascended and enlightened beings there to connect to our world, and its inhabitants, and guide us towards the Light.
“Praise to Your lotus Feet, the First! Grant us Your Grace! “

-Manikkavachakar
Rudra is another name for lord Shiva and is the aspect of God which compassionately removes suffering. In the tradition of Sri Vidya, lord Shiva is described as ‘prakasha’; which means Divine Radiance. This eternal light, which is the source of all, is veiled by lord Siva’s own power called Shakti, which projects upon the Divine Light the appearance of the countless universes in existence. In this world appearance, living beings, unconscious of their own divinity, suffer the pain of illusionary separation from that which is their Natural State. Yet, by invoking the Grace of Divine Mother, through intense love, devotion and meditation She showers Her infinite compassion upon them and reveals the Light of Consciousness, called Shiva, hidden within themselves. This liberation is an act of Divine Grace, one that can occur during Ati Rudram for all those seeking and yearning to be free.
Yajnam means “sacrifice.” Yet a real yajnam is so much more than offering various healing substances into the sacred fire while chanting mantras. The real act of sacrifice is internal, and entails relinquishing all the attachments and aversions that bind us to the world. It is completely giving up all egoic concepts and ideas about who we are and how we should act. It is the true meditation. It is the giving up of all sense of doer-ship and abiding in our True Self while the Supreme Consciousness uses our body and mind as an instrument to serve all living beings. When this understanding is coupled with intense love and devotion the mind becomes still, and in the process Shiva, the Divine Radiance, is invoked. Vedic ceremonies are performed to allow us to have this sublime experience, and in turn bring peace to the world though the radical transformation of perception that is possible in events like Ati Rudram. In this yajnam Lord Shiva will be invoked and take human form, as each one of us, and dwell in the sacred space of our Hearts. This inner ‘installation,’ (prana pratishta) will be symbolically re-enacted during these 11 days through elaborate vedic ceremonies. For some, this inner invocation can be so intense that Lord Shiva Himself becomes manifest and takes a form in the external world. This darshan is the real prasadam of Ati Rudram.
This grand vedic ceremony is such a rare event because only the most enlightened beings have the capacity of opening the doorways that allow such a cosmic connection to take place. In their awakened state, through the power of compassion and the deepest wisdom they can “see” the inner world of each one of us and help guide our awareness back to its natural home. When Lord Shiva is invoked with the flood of mantric vibrations that occur during Ati Rudram, we are propelled into higher orbits of consciousness where we receive waves of cosmic energy that purify our karmic condition. With this deep healing effect our bodies and minds are relieved of countless negative vibrations that sub-consciously reinforce patterns of thinking, speaking and acting that limit our full potential to live in this world as fully awakened souls. Ati Rudram is the medicine. Here Amma is the doctor, and lord Shiva, the Divine Radiance, is the cure for all the physical, mental, emotional and spiritual obstacles we no longer need.
“Remember that in the interior of my heart is the transcendental glory with all the pleasures of the world.”

–Lord Shiva/Skanda Purana
Sadhana Guidelines

How To Participate At Home

Amma encourages all Her children to do deep sadhana at home or wherever they may be during Ati Rudram.

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Each day, Amma invites you to mentally connect to Ati Rudram and follow the sadhana suggestions given below. To support the world healing process during this event all are requested to follow the daily conduct codes called Dinacharya.

As well, based on one’s time, energy levels and knowledge of mantras, 3 different types of sadhana are recommended.

Dinacharya
(Daily Conduct)

✦ Maintain a sattvic vegetarian diet (also avoid garlic, onions & eggs)
✦ Wake up before sunrise
✦ Perform Sandhya Vandanam* Daily
✦ Avoid smoking, drinking alcohol & other tamasic habits
✦ Observe brahmacharya (celibacy)
✦ Speak truthfully & kindly to others
✦ Pray for world peace & universal welfare

*Sandhya Vandan = Chant Gayatri mantra 3X facing east, while offering water and red/orange flower petals to the rising sun
1. Prayer Slokas

**Sri Ganesha Sloka**
Om sukhambara dharam viṣṇuṁ saśi varṇam chatur bhujam
Prasana vadanam dhyāyet sarva viṣṇopa śāntaye

**Sri Guru Slokas**
Om guruḥ brahmā guruḥ viṣṇuḥ
gurur devo maheśvaraha
Guruḥ sākṣhāt parambrhman
tasmā śri gurave namaha
Om akhaṇḍa maṇḍala kāram
vyāptam yena characcharam
Tatpadam ārāḥ yena
tasmā śri gurave namaha

**Sri Vijayeswari Sloka**
Om antastimā nirbheda
bānave kāmadhenave
Vikalpa jagati kalpatarave
gurave Śri vijayeswari
devi ātmānālīṇi

**Sri Devi Slokas**
Om sarva māngalā māṅgalye
śive sarvārtha śādhike
Śaranyey trayambake devi
nārāyani namostute
Om śarānāgata dinartha
paritṛṣaṇa parāyaṇe
Sarvasyārthi hare devi
nārāyaṇi namostute

2. Simple Alternate Nostril Breathing 5X

3. Ganesha Mantra 27X
Om gāṃ gāṇapataye namah

4. Shiva Panchakshari Mantra 1000X
Om namah śivāya

5. Rudra Gayatri Mantra 11X
Om tātpurāṣṭāya vidmahe
Mahādevāya dhimahi
Tanno rudrāḥ prachodayāt

6. Gayatri Mantra 108X
Om bhūr bhuvah suvaḥ
tat savitur vareṇam
Bhargo devasya dhimahi
dhiyo yo nāḥ prachodayāt
Om āpo jyoti rasomṛutam
brahma bhūr bhuvah suvār om

7. Sri Rudram Chanting*
Click Here To Learn Rudram

8. Pancha Brahma Parameshwara Mantras
Click Here To Download

9. Durga Suktam
Click Here To Download

10. Meditate as long as possible

11. Pray for world peace

*If you do not know Sri Rudram you can simply meditate while listening to it on an audio recording
Abridged Sadhana

1. Prayer Slokas

*Sri Ganesha Sloka*
Om sukLaṁbana dharam viṣṇum
asī varṇam chatur bhujam
prasanna vadanam dhyāyet
sarva viģhnopā santaye

*Sri Guru Slokas*
Om gurur brahma gurur viṣṇuḥ
gurur devo maheśvaroḥ
Guruḥ sākṣat parambrahma
Guruḥ paramaparavivekarah
tasmai śri gurave namaḥ
Om akhaṇḍa maṇḍala kāram
vyāptam yena charācharam
tatpadam darśitam yena
tasmai śri gurave namaḥ

*Sri Vijayesvari Sloka*
Om antastimāra nīrbheda
bānave kāmadhene
Vikalpa jagati kalpatarave
gurave śri vijayeswari
devi ātmānāh

*Sri Devi Slokas*
Om sarva mangala māṅgalaya
śive sarvārtha śādhake
Śaranyo trayambake devī
nārāyaṇī namostute
Om śaṇaṇāgata dinartha
paritānā pariṣyante
Śarvasyārti hare devī
nārāyaṇī namostute

2. Simple Alternate Nostril Breathing 5X

3. Ganesha Mantra 27X
Om gam gaṇapataye namah

4. Shiva Panchakshari Mantra 1000X
Om namah śivāya

5. Rudra Gayatri Mantra 11X
Om tatpuruṣaḥ vidmahe
Mahādevāya dhūmahi
tanno rudrah prachodayāt

6. Meditate as long as possible

7. Pray for world peace
Mini-Sadhana

1. Prayer Slokas

### Sri Ganesha Sloka
Om śuklāmbara dharam viṣṇum
ṣaśi varṇam chatur bhujam
Prasanna vadanam dhyāyet
sarva vighnopā sāntaye

### Sri Guru Slokas
Om guru bhrahmā guru viṣṇuḥ
gurur devo maheśvarāḥ
Guruḥ sākṣhāt parambrahman
tasmai śri gurave nāmaḥ
Om akhaṇḍa maṇḍalā kāram
vyāptam yena charācharam
Tatpadam darśitam yena
tasmai śri gurave nāmaḥ

### Sri Vijayesvari Slokas
Om antastimira nirbheda
bānave kāmadhenave
Vikalpa jagati kalpate
āvāre Śri vijayesvari
devī ātmānāliḥi

### Sri Devi Slokas
Om sarva mangalā mangalye
śivē sarvārtha śādhike
Śaranyē trayambake devī
nārāyaṇī namostute
Om śarānāgata dinartharē
paritrāṇa parāye
Śarvasyārē hari devī
nārāyaṇī namostute

2. Simple Alternate Nostril Breathing 5X

3. Shiva Panchakshari Mantra 108X (or as long as possible)

    Om namah śivāya

4. Meditate

5. Pray for world peace
“The mind becomes pure by thinking of Shiva, the ears by hearing his name, the eyes by seeing him, and the tongue by chanting his name.”

–Skanda Purana
Sponsorships

Receive The Profound Blessings of Ati Rudram

This event has been planned for universal peace, harmony and unity and will be the largest Yajnam performed at Amma’s ashram since the beginning of the pandemic.

“By participating in this homa, one’s life span will increase, Lord Shiva’s grace will be received and, through the awakening of the internal power, beauty and knowledge of the soul will be obtained. All your wishes will be fulfilled. By the grace of Ishwara, salvation will be obtained.”

- Amma
Full Sponsorships

Full sponsors are contributors to the full Ati Rudram event, including all other sponsorship levels. In addition, these sponsors will get the exceedingly rare opportunity to contribute to the following sevas

**SAHASRA CHANDI MAHA YAJNAM (11 DAYS)**

Sri Chandi Yajnam is a sacred fire prayer performed to invoke the blessings of Goddess Chandi – the fierce and powerful form of Goddess Shakti. She is the primeval energy and is responsible for the creation, sustenance, and destruction of this entire universe. She is hailed as the sum total of the energies of all lives in this universe. According to the sacred text, Devi Mahatmyam, she is portrayed with eighteen arms, each holding a different weapon to ward off all the negativities and guard her beloved devotees.

Goddess Chandi is an embodiment of power and all the divine forces, who safeguards you from evil forces and perfects your mind and body. By worshiping the Universal Mother through this sacred fire prayer, you can remove negative forces such as evil eye, curses, and obstacles and be bestowed with lasting health, wealth and prosperity.

**POSHAKA SEVA**

Yajamana sponsors are contributors to the complete Ati Rudram event, including all the sponsorship levels. Complete program sponsors receive the limitless blessings, merits and benefits of having each and every puja, archana, homa and worship ceremony during the Ati Rudra Maha Yajnam performed on their behalf as well as behalf of their family members. The blessed souls that sponsor this event will also receive the highest levels of energized prasadam from the Ati Rudram in India.

All listed pujas, homas, archanas and more will be performed on their behalf. Such a blessing can only come to a soul through the grace of Lord Shiva and Divine Mother. Having a complete Ati Rudram performed on your behalf is an extremely rare opportunity with the power to rewrite destiny, make the impossible possible and create miraculous happenings in life.
Full Sponsorships Cont’d

POSHAKA SEVA CONT’D

This sponsorship does not include the Chandi Homas.

This sponsorship bestows all of the above innumerable blessings and auspiciousness from all of the sponsorships combined. Leads to liberation and you are given the right to dwell in Shivalokam (abode of Lord Shiva).

MAHA POSHAKA SEVA

Yajamana sponsors are contributors to the complete Ati Rudram event, including all the sponsorship levels. Complete program sponsors receive the limitless blessings, merits and benefits of having each and every puja, archana, homa and worship ceremony during the Ati Rudra Maha Yajnam performed on their behalf as well as behalf of their family members. The blessed souls that sponsor this event will also receive the highest levels of energized prasadam from the Ati Rudram in India.

All listed pujas, archanas, homas and more will be performed on their behalf. Such a blessing can only come to a soul through the grace of Lord Shiva and Divine Mother. Having a Complete Ati Rudram performed on your behalf is an extremely rare opportunity with the power to rewrite destiny, make the impossible possible and create miraculous happenings in life.

This complete sponsorship which includes the Chandi Homas, receives the benefits of ALL the sponsorships, as well as the added blessings of having annadanam (feeding of people in villages near Amma's ashram during the pandemic) performed on their behalf for all days of the program.

This sponsorship bestows all of the above innumerable blessings and auspiciousness from all of the sponsorships combined. Leads to liberation and you are given the right to dwell in Shivalokam (abode of Lord Shiva). The untold merits received through such an offering are indescribable.
Yajamana sponsors are contributors to the complete Ati Rudram event, including all the sponsorship levels. Complete program sponsors receive the limitless blessings, merits and benefits of having each and every puja, archana, homa and worship ceremony during the Ati Rudra Maha Yajnam performed on their behalf as well as behalf of their family members. The blessed souls that sponsor this event will also receive the highest levels of energized prasadam from the Ati Rudram in India.

All listed pujas, arachanas, homas and more will be performed on their behalf. Such a blessing can only come to a soul through the grace of Lord Shiva and Divine Mother. Having a Complete Ati Rudram performed on your behalf is an extremely rare opportunity with the power to rewrite destiny, make the impossible possible and create miraculous happenings in life.

This complete sponsorship which includes the Chandi Homas, includes the benefits of ALL the sponsorships, as well as the added blessings of bringing the Vedic Scholars (ritwiks) for Ati Rudram and annadanam (feeding of people in villages near Amma’s ashram during the pandemic) performed on their behalf for all days of the program.

To make such an offering for this historic program can be considered the greatest event in a life. The opportunity to participate in this seva can only come from Lord Shiva and Goddess Shakti.

This sponsorship bestows all of the above innumerable blessings and auspiciousness from all of the sponsorships combined. Leads to liberation and you are given the right to dwell in Shivalokam (abode of Lord Shiva). The untold merits received through such an offering are indescribable.
Full Sponsorships Cont’d

SRI CHAKRAVARTI POSHAKA SEVA

Yajamana sponsors are contributors to the complete Ati Rudram event, including all the sponsorship levels. Complete program sponsors receive the limitless blessings, merits and benefits of having each and every puja, archana, homa and worship ceremony during the Ati Rudra Maha Yajnam performed on their behalf as well as behalf of their family members. The blessed souls that sponsor this event will also receive the highest levels of energized prasadam from the Ati Rudram in India.

All Ati Rudram pujas, arachanas, homas and more will be performed on their behalf. Such a blessing can only come to a soul through the grace of Lord Shiva and Divine Mother. Having a Complete Ati Rudram performed on your behalf is an extremely rare opportunity with the power to rewrite destiny, make the impossible possible and create miraculous happenings in life.

This complete sponsorship includes the benefits of ALL the sponsorships, as well as the added blessings of helping to attain holy and revered items for the pujas and homas, bringing the Vedic Scholars (ritwiks) for Ati Rudram and annadanam (feeding of people in villages near Amma’s ashram during the pandemic) performed on their behalf for all days of the program.

To make such an offering for this historic program can be considered the greatest event in a life. The opportunity to participate in this seva can only come from Lord Shiva and Goddess Shakti.

This sponsorship bestows all of the above innumerable blessings and auspiciousness from all of the sponsorships combined. Leads to liberation and you are given the right to dwell in Shivalokam (abode of Lord Shiva). The untold merits received through such an offering are indescribable.

CLICK HERE TO SPONSOR
(www.manidweepa.org/ati-rudram/sponsorships)
Sponsorship FAQ

Can I participate in this event even I don’t physically attend in India?
Unfortunately due to the COVID-19 pandemic, devotees will not be permitted to attend. The event will be held privately with Amma, Vedic Priests, and a small group of volunteers. You can however sponsor the event and receive the full merits of each puja without being physically present. Through the power of the “sankalpa mantras” all the energy of the pujas and homas are transferred directly to you or those you wish to sponsor on the behalf of.

What is a sankalpa? How does it work?
The “sankalpa mantras” are a sacred way of attaching the merits of the ceremony to the sponsors of the event. Once a sankalpa is done on your name, it is as if you yourself were actually performing the puja or homa directly. The Vedic priests that perform the ceremony on your behalf are like channels or instruments for you to receive the connection to the divine realms they invoke during the ceremonies, As such, all the merits of having physically performed the ceremonies is directly received by all sponsors irrespective of where they may be.

Can I sponsor the ceremonies for others or departed souls?
Yes. They is highly recommended. You are welcome to add the names of your family and friends, as well as departed souls in the sankalpa. It not only purifies your personal karma but also those of your loved ones. Departed souls specifically receive the merits of the ceremonies so that they may gain a more fortunate birth in their next life, and continue their progress on the spiritual path.

How do I send my sponsorship payment?
Sponsorship is quick and easy. All sponsors can pay on-line through our secure automated systems with a credit card. For US residents these donations are tax deductible.

Do I still receive the benefits of the sponsorships even while I’m engaged in day to day life?
Yes, all the benefits of the ceremony come to you even if you are busy with other matters. It is highly recommended that you spend at least a few moments everyday “attuning” with the ceremony as that will bring you deep inner peace and happiness. For those that can also follow the “Ati Rudram” sadhana given by Amma, the benefits multiply.

I want to sponsor at a higher level than I can afford right now. Can you accept a portion of payments later?
Yes, flexible payment options are available. Please contact atirudram@manidweepa.org for more details.
Donations, Fundraisers, & Online Auction

Donate
Contribute any amount to support the Ati Rudram program of universal peace, harmony, and balance in nature

Fundraiser
Help us in the cause by registering as a fundraiser and setting up your own fundraiser campaign through our platform

Online Auction
Are you artist or online retailer who sells products online such as Etsy that you could donate to our auction process which would go to raise additional funds towards Ati Rudram? Contact atirudram@manidweepa.org
Learning Resources

Sri Rudram

Listen
Complete MP3 Library of both Namakam & Chamakam Portions of Sri Rudram With PDF’s

click here

Mrityunjaya Mantra

Learn
Sri Mrityunjaya Mantra is used for healing of physical, mental, and spiritual illness

click here

Rudra Trisati

Discover
The 300 Divine Name of Lord Shiva used in Namakam can also be chanted individually

click here
“The flowers, the incense, grain, spices, and honey offered in worship are made out of the same divine substance as you. Who then is worshiped?”

- Lord Shiva
Jai Karunamayi!