

Sahasrara khol Mate

Parameshawari , Ma Nirmala, Kripaya humare Sahasrara chakra ko khol dijiye

O Divine Mother Nirmala, please open our Sahasrara

Sahasrara khol Mate Sahasrara khol, Kripaya

Parameshawari , Ma Nirmala,

Sahasrara khol Mate Sahasrara khol, Kripaya

Ham sab ki kundalini ko x2
jaagran karne hetu x4 } x2
Aapne dharti par avataran liya x2
Aapki kripa se hum aatma tatwa x2
me leen huye

You have incarnated on this earth to awaken the Kundalini of those who are seeking. You helped us be one with our spirit

Dhyan ki gaharai me utarkar x2
ham aapse leen huye. x4 } x2
Ma Kripaya hamare hriday x2
aur man me basiye x2
basiye

In our meditation we seek union with you, Mother. Mother please be in our heart and be in our mind.

Ma, Kripaya hame ahamkar aur pratiahamkar ke pare le jaiye.
pratiahamkar ke pare le jaiye x3 } x2
Hamare sare chintaon se hamen mukt Karke, x2
Hame nirvicharita ke Anand sthiti x2
pradan kijiye

Mother please let us overcome the illustrations of our ego and super ego. Let all our worries and thoughts be dissolved, so we can enjoy the state of thoughtless awareness.