



Nivedita  
Saraswati  
YOGA

## Durgädvätrinshannämälä

### (32 Names of Durga, or “Durga Path”)

1. om DUR-gaa She who is difficult to approach.
2. dur-gaar-ti-sha-MA-nee Who is tranquil even in painful circumstance.
3. dur-gaa-pad-vi-ni-vaa-RI-nee Who wards off unfavourable events.
4. dur-ga-mach-chhe-DI-nee Who is indivisible.
5. dur-ga-saa-DHI-nee Who is accomplished, perfected.
6. dur-ga-naa-SHI-nee Who destroyed a demon.
7. dur-ga-TOD-dhaa-RI-nee Who creates the universe.
8. dur-ga-ni-HAN-tree The destroyer.
9. dur-ga-maa-PA-haa The one who destroys.
10. dur-ga-ma-gyaa-NA-daa Who imparts knowledge.
11. dur-ga dai-tya-LO-KA-da-vaa-NA-laa Who burns the abode of demons.
12. dur-ga-MAA Who is the Mother Durga.
13. dur-ga-MAA-LO-kaa Who is full of splendour, lustre.
14. dur-ga-maat-MA-sva-roo-Pi-nee Who is the spirit's own form.
15. dur-ga-maar-ga-PRA-daa Who imparts knowledge of the spiritual path.
16. dur-ga-ma-VI-dyaa Who is knowledge personified.
17. dur-ga-maa-SHRI-taa Who is sought as refuge.
18. DUR-GA-MA-GYAA-NA-sam-sthaa-naa Who is the abode of knowledge.
19. dur-ga-ma-dhyaa-na-BHAA-si-nee Who is the brilliant light of meditation.



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## Durgädvätrinshannämälä (32 Names of Durga, or “Durga Path”)

20. dur-ga-mo-haa

Who is the deluder of the mind.

21. dur-ga-MA-gaa

Who is difficult to reach.

22. dur-ga-maar-THA-sva-roo-Pi-nee

Who is the very form of wealth or meaning.

23. dur-ga-maa-SU-ra-sam-HAN-tree

Who is the destroyer of demons (asuras).

24. dur-ga-maa-YU-dha-dhaa-Ri-nee

Who possesses powerful weapons.

25. DUR-ga-MAAI-gee

Who has powerful limbs.

26. dur-ga-MA-taa

Who is the state of unattainability.

27. dur-gam-yaa

Who is unattainable, inaccessible.

28. DUR-ga-me-SHVA-ree

Who is the divine ruler.

29. DUR-ga-BHEE-MAA

Who is formidable.

30. dur-ga-bhaa-maa

Who is very angry.

31. dur-ga-bhaa

Who shines brilliantly.

32. DUR-ga-daa-Ri-ee

Who tears away the veil of ignorance.