rudram namakam pdf

rudram namakam pdf is a sought-after resource for devotees, scholars, and spiritual practitioners interested in the sacred chants dedicated to Lord Shiva. This ancient Vedic hymn, known for its powerful mantras and profound spiritual significance, is traditionally found in the Yajurveda. The availability of rudram namakam pdf makes it convenient for individuals to study, recite, and understand the nuances of this revered scripture. In this article, the focus will be on the significance of the Rudram Namakam, its structure, benefits, and ways to obtain an authentic rudram namakam pdf. Additionally, the discussion will cover the pronunciation, meaning, and the role of this chant in Hindu rituals and meditation practices. The content is designed to provide a comprehensive overview, ensuring a thorough understanding for both beginners and advanced practitioners.

- Understanding Rudram Namakam
- Significance and Spiritual Benefits
- Structure and Composition of Rudram Namakam
- How to Use Rudram Namakam PDF Effectively
- Sources and Availability of Rudram Namakam PDF
- Pronunciation and Recitation Guidelines
- Rudram Namakam in Rituals and Meditation

Understanding Rudram Namakam

The Rudram Namakam is a prominent hymn from the Krishna Yajurveda, primarily dedicated to Lord Rudra, an early form of Lord Shiva. It is divided into two parts: the Namakam and the Chamakam, both of which are chanted during various religious ceremonies. The Rudram portion consists of repetitive salutations to Rudra, invoking his many names and attributes, while the Namakam focuses on praising the deity through numerous epithets.

Historical Context

This sacred chant dates back thousands of years and holds a pivotal place in Vedic traditions. It embodies the essence of devotion and reverence towards Rudra-Shiva, symbolizing both the destructive and regenerative aspects of the divine. The recitation of Rudram Namakam is believed to purify the mind and

Importance in Vedic Literature

Within the vast corpus of Vedic literature, the Rudram Namakam stands out for its poetic elegance and theological depth. It is often recited during Yajnas (fire sacrifices) and other auspicious events, emphasizing the omnipresence and omnipotence of Lord Shiva.

Significance and Spiritual Benefits

Chanting the Rudram Namakam has been associated with numerous spiritual and material benefits. Its vibrations are said to align the chanter's energies with cosmic forces, promoting harmony and well-being.

Healing and Protection

The Rudram Namakam is believed to possess healing properties. The mantras are chanted to invoke protection from negative influences, diseases, and misfortunes. Devotees often include this hymn in their daily spiritual practice to seek divine safeguarding.

Mental Clarity and Peace

Regular recitation can bring about mental clarity, reduce stress, and enhance concentration. The rhythmic intonation of the mantras helps in calming the mind, making it an effective practice for meditation and mindfulness.

Spiritual Elevation

The chant facilitates a deeper connection with Lord Shiva, aiding devotees in their quest for spiritual enlightenment. It encourages humility, devotion, and surrender to the divine will.

Structure and Composition of Rudram Namakam

The Rudram Namakam is composed of specific verses arranged in a structured manner to facilitate chanting and memorization. The composition reflects the traditional Vedic style with a focus on precise pronunciation and meter.

The Namakam Section

The Namakam consists of eleven anuvakas (sections) that repeatedly invoke the names and forms of Lord Rudra. Each anuvaka contains several mantras addressing different aspects of the deity's cosmic functions.

The Chamakam Section

Following the Namakam, the Chamakam contains requests and prayers for material and spiritual fulfillment. It includes enumerations of desires related to health, prosperity, knowledge, and liberation.

Key Features of the Text

- Use of repetitive salutations to emphasize the deity's attributes
- Invocation of Rudra's multiple forms and energies
- Combination of praise and appeal within the verses
- Incorporation of philosophical concepts through poetic expressions

How to Use Rudram Namakam PDF Effectively

Accessing the rudram namakam pdf is an excellent way for practitioners to engage with the text systematically. Utilizing the PDF effectively involves understanding its layout and practicing proper recitation techniques.

Reading and Pronunciation

The PDF format often provides transliterations and translations, which are essential for those unfamiliar with Sanskrit. Careful study of the pronunciation guides ensures accurate chanting, which is crucial for preserving the mantras' efficacy.

Daily Practice Recommendations

Incorporating the Rudram Namakam into daily spiritual routines can be facilitated by setting aside dedicated time for chanting. The PDF allows for easy reference and progression through the verses.

Utilizing Translations and Commentaries

Many rudram namakam pdf versions include detailed commentaries that explain the meanings and significance of each mantra. Engaging with these helps deepen understanding and enhances the devotional experience.

Sources and Availability of Rudram Namakam PDF

Various sources provide authentic rudram namakam pdfs, ranging from traditional religious institutions to online repositories. Ensuring the authenticity and accuracy of the text is vital for proper usage.

Traditional Publishers and Religious Organizations

Many established publishers and temples distribute authoritative versions of the Rudram Namakam in PDF format. These versions are often accompanied by Sanskrit texts, transliterations, and translations.

Digital Libraries and Vedic Archives

Several digital platforms dedicated to preserving Vedic literature offer free or purchasable rudram namakam pdfs. These resources typically include high-quality scans of ancient manuscripts and modern interpretations.

Criteria for Selecting a Reliable PDF

- Authentic Sanskrit text with verified sources
- Inclusion of transliteration and translation
- Clear formatting for easy reading and chanting
- Availability of pronunciation and recitation aids

Pronunciation and Recitation Guidelines

Proper pronunciation is critical when chanting the Rudram Namakam to maintain the vibrational integrity of the mantras. The rudram namakam pdf often serves as a guide to correct enunciation.

Sanskrit Phonetics

The hymns are composed in classical Sanskrit, which requires attention to specific phonetic rules. Accurate articulation of vowels and consonants impacts the spiritual potency of the chant.

Chanting Rhythm and Tone

The traditional recitation involves a rhythmic cadence and tonal modulation that enhances the meditative and transformative effects of the Rudram Namakam.

Common Mistakes to Avoid

- Mispronouncing key syllables that alter meaning
- Skipping mantras or sections during recitation
- Ignoring intonation and rhythm patterns
- Neglecting the importance of breath control during chanting

Rudram Namakam in Rituals and Meditation

The Rudram Namakam occupies a central role in various Hindu rituals and spiritual practices. Its chanting is considered auspicious and transformative.

Use in Yajnas and Pujas

During Vedic fire rituals (yajnas) and pujas dedicated to Lord Shiva, the Rudram Namakam is recited to invoke divine blessings and sanctify the environment.

Meditative Applications

Beyond rituals, the chant is used as a meditative mantra to focus the mind and connect with higher consciousness. Repetition of the Rudram Namakam can facilitate inner peace and spiritual awakening.

Integration in Daily Devotion

Devotees often incorporate the Rudram Namakam into their daily prayers to maintain a constant spiritual connection and receive ongoing protection and grace from Lord Shiva.

Frequently Asked Questions

What is Rudram Namakam PDF?

Rudram Namakam PDF is a digital document containing the texts of Rudram and Namakam, which are hymns from the ancient Vedic scriptures dedicated to Lord Shiva.

Where can I download the Rudram Namakam PDF?

You can download the Rudram Namakam PDF from various spiritual and religious websites, as well as from online platforms offering free Hindu scriptures in PDF format.

What is the significance of Rudram and Namakam in Hinduism?

Rudram and Namakam are important Vedic hymns from the Yajurveda, chanted to invoke Lord Shiva's blessings for protection, prosperity, and spiritual growth.

Is the Rudram Namakam PDF available in multiple languages?

Yes, Rudram Namakam PDFs are available in several languages, including Sanskrit, Hindi, English transliteration, and translations to cater to diverse readers.

Can beginners use the Rudram Namakam PDF for chanting practice?

Yes, many Rudram Namakam PDFs include transliterations and translations, making them suitable for beginners who wish to learn and chant the hymns correctly.

Are there any audio versions available along with the Rudram Namakam PDF?

Yes, several websites and apps provide audio recordings of Rudram and Namakam

chants that can be used alongside the PDF for better pronunciation and understanding.

What are the benefits of chanting Rudram Namakam regularly?

Regular chanting of Rudram Namakam is believed to bring mental peace, remove negative energies, promote health, and deepen one's spiritual connection with Lord Shiva.

Additional Resources

- 1. Rudram Namakam: The Sacred Chant of Lord Shiva
 This book delves into the spiritual significance and the chanting techniques
 of Rudram Namakam, a powerful Vedic hymn dedicated to Lord Shiva. It provides
 a detailed explanation of each verse and its deeper meanings. The text also
 includes tips on pronunciation and the benefits of regular recitation.
- 2. The Essence of Rudram Namakam: A Guide to Vedic Chanting
 A comprehensive guide for beginners and advanced practitioners alike, this
 book explores the origins and importance of Rudram Namakam in Vedic
 tradition. It highlights the ritualistic aspects and the role of sound
 vibrations in meditation and healing. Readers will find both the Sanskrit
 text and its English translation.
- 3. Rudram Namakam PDF Companion: Transliteration and Translation
 Designed as a handy companion, this book offers a complete transliteration
 and English translation of the Rudram Namakam hymn. It is perfect for
 students who want to learn the chant without prior knowledge of Sanskrit. The
 PDF format ensures easy access and portability for daily practice.
- 4. Chanting Rudram Namakam: A Path to Inner Peace
 Focusing on the meditative and spiritual benefits, this book explains how
 chanting Rudram Namakam can lead to mental clarity and emotional balance. It
 includes guided practices, mantras, and the historical context of the hymn.
 The author also shares personal experiences and testimonials from
 practitioners.
- 5. The Power of Rudram Namakam: Healing and Protection
 This volume explores the mystical powers attributed to Rudram Namakam, such as healing, protection from negative influences, and spiritual purification. It discusses scientific studies on sound therapy related to Vedic chants. The book also provides instructions for incorporating the chant into daily rituals.
- 6. Rudram Namakam: An Annotated Sanskrit Text
 Ideal for scholars and enthusiasts of Sanskrit literature, this book presents
 the Rudram Namakam text with detailed annotations and grammatical analysis.
 It aids readers in understanding the linguistic structure and poetic devices

used in the hymn. The book also includes commentaries from traditional Vedic scholars.

- 7. Rudram Namakam and Chamakam: Dual Vedic Hymns Explained
 This book covers both Rudram Namakam and Chamakam, two complementary hymns
 from the Yajurveda. It explains their roles in Vedic rituals and their
 combined spiritual significance. The author provides a comparative study to
 highlight the unique features of each hymn.
- 8. Rudram Namakam PDF: A Practical Guide for Daily Recitation
 Tailored for those who wish to incorporate Rudram Namakam chanting into their daily routine, this guide offers practical advice on timing, posture, and mindset. It includes downloadable PDF resources with clear fonts and page layouts for ease of reading. The book emphasizes consistency and devotion for maximum benefit.
- 9. The Mystical Vibrations of Rudram Namakam
 This book explores the philosophical and metaphysical dimensions of Rudram Namakam, analyzing how its vibrations affect consciousness. It draws connections between ancient Vedic wisdom and modern spiritual practices. Readers interested in the science of sound and spirituality will find this book enlightening.

Rudram Namakam Pdf

Find other PDF articles:

https://a.comtex-nj.com/wwu11/pdf?ID=FrY56-7202&title=mcgraw-hill-biology-answer-key.pdf

Rudram Namakam PDF: A Comprehensive Guide to this Powerful Vedic Hymn

Author: Dr. Anya Sharma (Fictional Author)

Contents:

Introduction: The origins, significance, and benefits of reciting Rudram Namakam.

Chapter 1: Understanding the Rudram: A detailed explanation of the hymn's structure, verses, and deities invoked.

Chapter 2: Phonetic Pronunciation and Meaning: A guide to accurate recitation and understanding of Sanskrit verses.

Chapter 3: The Significance of Each Section: A breakdown of the different parts of the Rudram, analyzing their individual meanings and implications.

Chapter 4: Ritualistic Practices and Applications: Guidance on the correct methods for recitation, including time, posture, and mantras.

Chapter 5: Benefits and Blessings of Recitation: An exploration of the spiritual, mental, and physical benefits associated with chanting Rudram Namakam.

Chapter 6: Rudram Namakam in Modern Life: Applying the wisdom and teachings of the hymn to contemporary challenges.

Conclusion: Recap of key concepts and encouragement for continued practice.

Rudram Namakam PDF: Unlocking the Power of Vedic Chanting

The Rudram Namakam, a powerful hymn from the Krishna Yajurveda, holds a revered place in Hindu scriptures. This ancient text, composed in Sanskrit, is a potent invocation to Lord Rudra, a fierce yet benevolent form of Shiva. Its recitation is believed to bestow numerous blessings, offering protection, purification, and spiritual growth. This comprehensive guide aims to illuminate the significance, meaning, and practical applications of the Rudram Namakam, making this potent Vedic text accessible to a wider audience.

1. Introduction: Unveiling the Power of Rudram Namakam

The Rudram Namakam isn't merely a collection of verses; it's a journey into the heart of Vedic spirituality. Originating in the ancient Vedic tradition, it's considered a powerful tool for spiritual purification and protection. The hymn's primary deity, Lord Rudra (Shiva), represents both the destructive and transformative forces of the universe. While his fierce aspect inspires awe, his benevolent nature offers solace and liberation. The Rudram's invocation of Rudra isn't about appeasing a wrathful god; it's about connecting with the divine energy that underlies all existence, harnessing its power for personal growth and societal well-being. Reciting the Rudram is not just about chanting words; it's about engaging in a profound spiritual practice that fosters inner peace and harmony. The benefits extend beyond the individual, creating a ripple effect of positive energy in the surrounding environment.

2. Chapter 1: Understanding the Structure and Deities of the Rudram

The Rudram Namakam is structured in a precise and symbolic manner. It's composed of several sections, each with a specific purpose and significance. The hymn is not simply a linear narrative but a tapestry woven with intricate symbolism and powerful imagery. Understanding the structure is crucial to grasping the hymn's deeper meanings. The verses are rich with metaphors and allusions, often invoking the natural world – storms, mountains, rivers – to represent the forces at play in the cosmos and within the individual. Furthermore, the Rudram doesn't solely focus on Rudra; it also invokes other deities, showcasing the interconnectedness of the Hindu pantheon. Understanding the relationships between these deities and their roles in the hymn enriches the experience of recitation. This chapter delves into the intricate structure, revealing the underlying symbolism and the

3. Chapter 2: Phonetic Pronunciation and Meaning of the Sanskrit Verses

Accurate pronunciation is paramount in Vedic chanting. The Sanskrit language, with its subtle nuances of sound, carries immense spiritual power. This chapter provides a detailed guide to the correct pronunciation of each verse, ensuring the recitation resonates with its intended spiritual effect. Alongside phonetic guidance, this section provides a verse-by-verse translation and explanation of the Sanskrit verses. The translations move beyond literal interpretations, exploring the deeper meaning and symbolism embedded within each phrase. This empowers readers to understand not just the words themselves, but the profound wisdom they convey. By understanding the meaning, one can connect more deeply with the essence of the hymn and fully appreciate its transformative power.

4. Chapter 3: Deciphering the Significance of Each Section of the Rudram

The Rudram Namakam is divided into distinct sections, each possessing unique characteristics and significance. This chapter provides a detailed analysis of each section, exploring its specific purpose within the broader context of the hymn. For example, certain sections focus on invoking Rudra's protective power, while others emphasize his role as a destroyer of negativity. Understanding the individual roles of each section allows for a more profound understanding of the overall message and intent of the hymn. Furthermore, this section explores the symbolism embedded within each part, connecting the verses to broader themes of cosmic order, spiritual purification, and human evolution. By analyzing each section individually, we gain a holistic understanding of the Rudram's intricate message.

5. Chapter 4: Ritualistic Practices and Applications of the Rudram Namakam

The recitation of the Rudram Namakam isn't limited to a casual reading. It's a sacred practice with specific ritualistic aspects that enhance its efficacy. This chapter provides detailed guidance on the proper methods for chanting the hymn, including the optimal time of day, appropriate posture, and the use of accompanying mantras. Understanding the ritualistic context elevates the recitation from a mere act of reading to a powerful spiritual practice. Furthermore, this chapter explores the different contexts in which the Rudram Namakam can be recited, including personal devotion, seeking protection, or performing ceremonies. By following the prescribed practices, one can

6. Chapter 5: Unveiling the Benefits and Blessings of Recitation

The benefits of reciting the Rudram Namakam are numerous and profound. This chapter explores the spiritual, mental, and even physical benefits associated with this powerful practice. From fostering inner peace and reducing stress to improving concentration and promoting overall well-being, the hymn's positive effects are far-reaching. The chapter also discusses the protective aspects of the recitation, highlighting how it can shield individuals from negativity and promote harmonious relationships. By understanding the potential benefits, readers are encouraged to embrace the practice with renewed enthusiasm and commitment.

7. Chapter 6: Rudram Namakam in Modern Life: Applying Ancient Wisdom

While the Rudram Namakam originates in ancient times, its wisdom remains relevant in modern life. This chapter explores how the principles and teachings of the hymn can be applied to contemporary challenges. It examines how the themes of purification, transformation, and inner strength can help navigate the complexities of modern society. This section connects the ancient wisdom of the Rudram to modern concerns, demonstrating its timeless relevance. It highlights how the hymn's principles can offer guidance in navigating stress, promoting positive relationships, and cultivating inner peace.

8. Conclusion: Embracing the Transformative Power

This guide has explored the many facets of the Rudram Namakam, revealing its profound significance and practical applications. The conclusion recaps the key takeaways, emphasizing the importance of understanding the hymn's structure, meaning, and ritualistic context. It encourages readers to engage with the Rudram Namakam as a powerful tool for spiritual growth and personal transformation. Ultimately, this concluding section underscores the timeless wisdom and enduring power of this ancient Vedic hymn, inviting readers to incorporate it into their lives for greater well-being and spiritual fulfillment.

FAQs

- 1. What are the prerequisites for reciting Rudram Namakam? Ideally, one should have a basic understanding of Sanskrit pronunciation, but a transliterated version can also be used. A clean and calm environment is recommended.
- 2. Can anyone recite Rudram Namakam? Yes, anyone can recite it. However, understanding the meaning enhances the experience.
- 3. What are the best times to recite Rudram Namakam? Early morning or evening are considered auspicious times.
- 4. What are the potential side effects of reciting Rudram Namakam? There are no known negative side effects. However, some individuals might experience initial emotional release as suppressed energies are processed.
- 5. Is it necessary to perform any specific rituals while reciting Rudram Namakam? While not mandatory, following traditional practices such as using a mala (prayer beads) and maintaining a respectful posture enhances the spiritual experience.
- 6. How often should Rudram Namakam be recited? The frequency depends on individual preference and capacity. Daily recitation is ideal, but even occasional chanting brings benefits.
- 7. Can Rudram Namakam be recited in a group? Yes, group recitation amplifies the collective energy and spiritual effect.
- 8. Where can I find a reliable Rudram Namakam PDF? Many websites and online stores offer reliable PDFs. Choose a reputable source for accurate text and pronunciation.
- 9. Are there different versions of Rudram Namakam? Yes, slight variations exist depending on the particular school or tradition of the Yajurveda.

Related Articles:

- 1. Shiva's Fierce Grace: Understanding the Nature of Rudra: Explores the multifaceted nature of Lord Rudra and his role in Hindu cosmology.
- 2. The Krishna Yajurveda: A Journey into Ancient Vedic Wisdom: A comprehensive introduction to the Yajurveda and its significance in Hindu scriptures.
- 3. The Power of Mantras: Unlocking Spiritual Transformation: Explores the science and spiritual significance of mantra chanting.
- 4. Benefits of Vedic Chanting for Mental Well-being: Focuses on the positive impact of Vedic chants on mental health and stress reduction.

- 5. How to Choose the Right Vedic Chants for Your Needs: A guide to selecting appropriate Vedic chants based on specific spiritual goals.
- 6. The Significance of Sanskrit in Vedic Chanting: Delves into the unique power of the Sanskrit language and its role in spiritual practice.
- 7. A Beginner's Guide to Vedic Chanting Techniques: Provides practical guidance on proper pronunciation and ritualistic aspects of Vedic chanting.
- 8. Rudram Chamakam: A Complementary Hymn to Rudram Namakam: Introduces the Rudram Chamakam, another powerful hymn often recited alongside Rudram Namakam.
- 9. The Spiritual Significance of Water in Vedic Rituals: Explores the role of water in Vedic ceremonies and its connection to purification and spiritual cleansing.

rudram namakam pdf: Sri Rudram and Chamakam V. Ravi, 2017-12-31 Sri Rudram is considered as the heart of Krishna Yajur Veda, because Sri Rudram occupies the central part of Krishna Yajur Veda. Out of entire Sri Rudram, Namahshivaya, the Panchakshara mantra occupies the central point. Sri Rudram is also known as Rudra Upanishad. It is called so because, recitation of Sri Rudram removes our vasana-s (the impression of anything remaining unconsciously in the mind, the present consciousness of past perceptions), by imparting higher spiritual knowledge like Upanishad-s. It is also said that gods are satiated if Sri Rudram is chanted and hence it is also called Shatarudriya, which means one hundred ways of glorifying Rudra. If a tree is watered regularly, it grows with huge foliage. Similarly, if Sri Rudram is chanted, all gods are pleased. Further, recitation of Sri Rudram is considered as a remedy for all types of sins. References are available in certain Upanishads about Sri Rudram. Sri Rudram is an exclusive gift of Krishna Yajur Veda and only selected verses are found in Rig Veda. It is also known as namakam as it contains number of namaha. There are 11 stanzas (anuvaka - division or subdivision of Vedas) in Sri Rudram. These anuvaka-s are arranged in an order. In the first anuvaka is a prayer to an angry Rudra. Rudra is upset with those who did not obey His orders and in order to calm Him, prayers are offered to Him. Rudra becomes angry when adharma prevails over dharma. Camakam makes tears roll down the eyes due to its wonderful formation producing rhythmic waves. Camakam follows Sri Rudram recitation. There are repetition of ca after each word and hence it is called Camakam. It is also called vasordhara, which involves continuous flow of ghee (clarified butter) into the yaina fire, by reciting Camakam non-stop. Camakam is a prayer seeking riches and mental strength. There are 11 anuvaka-s and each word is followed by came, where cameans and/also; and me means me (I). It is important to note that all the prayers are only for the benefit of the individual concerned. From the ritualistic point of view, unless sankalapa is taken, benefits of these mantras will not accrue to others. However, benefits of listening to Chamakam will always be there for others. This book contains interpretation of both Sri Rudram and Camakam.

rudram namakam pdf: Saundaryalahari Śaṅkarācārya, Appiah Kuppuswami, Surendra Pratap, 2005 Hymn to Tripurasundarī (Hindu deity).

rudram namakam pdf: Satarudriya: Vibhuti Or Shiva'S Iconography C. Sivaramamurti, 2004-11 The present book on 'Satarudriya: Vibhuti of Siva's Iconography' is not only the text from the Krishnayajurveda Taittiriya Samhita with its translation but is a discussion of the epithets and their significance in the context of the iconographic concepts associated with Siva and the importance of this Vedic text in understanding the immanence of the Almighty conceived as Rudra. These discussions are illustrated by a bunch of chosen examples of art that form the plates accompanying the text. After a brilliant academic career C. Sivaramamurti entered the Museum profession as Curator for Archaeology in the Madras Museum. He then joined the Archaeological

Survey of India as Superintendent, Archaeological Section, Indian Museum, Calcutta, whence he came over to the National Museum as Keeper and rose as Assistant Director and finally became the Director. Closely associated with the International Council of Museums he was in its executive committee and was Chairman of the Indian National Committee of ICOM.

rudram namakam pdf: Lord Siva and His Worship Swami Sivananda, 1962

rudram namakam pdf: Kingdom of Shiva Sivkishen, 2015-01-23 The 12 long years research of Vedas and decoding the hidden scientific formulas have been put in a story form in easy understanding of the hard to get facts that benefits the readers. The reader will find the critical and vital difference between some of the Prominent Works on Lord Shiva Goddess Parvati and their children in this work that to demystify the myths. This work lucidly brings out the teachings of Ganesh-Geeta and retold the mythology in an amazing way for the benefit of all. The readers will love to chew and remember for the ages. — Sivkishen, Author It is believed that a mere glance at Sri Chakra gives the result of performing hundred Vedic rituals then what if the goddess is Meditated upon, Praised and Glorified as purest form of Consciousness? This book does exactly that! Imagine the power of her 'Supreme Brilliance' guiding you through the darkest alleys towards all round Success ... Imagine receiving an ocean of Compassion... I urge the readers to give themselves a chance to carve a fulfilling life under the Divine Mother's Cosmic Direction .. Kudos to Kishenji for being the channel and making that happen. —Karuna Gopal (President, Futuristic Cities) A must-read for anyone who wants to get on the way of life, this 'Kingdom of Shiva' provides right orientation and knowledge to face the challenges of life by aligning them of valuable life. - Prof. S P Garg The one book on authentic Mythological classic epic stories is 'Kingdom of Shiva'. This is Eastern Wisdom a must to have at least one. — Prof. Surendera Kala In the Epic story of 'Kingdom of Shiva', the great Goddess advocates that 'a beautiful mind and beautiful heart sparks bright ideas. One can't just dream but should believe in the self and face challenges of Life Battles with courage. You have the POWER to ACHIEVE IT.' This is the 'Glow of Hope' and every one must read. -Shanti Singh B.Com. LLB, Director, Vidyadayani Junior and Degree College for Women, Hyderabad India

rudram namakam pdf: Ganeśapurāṇa Greg Bailey, 1995 This book offers a translation of the seven thousand verses of the second book of the medieval Hindu text, the Ganesa Purana, one of two Puranas dedicated to the important elephant-headed god. In this book the reader is given many narratives about Ganesas ascent to earth in order to kill demonic figures who threaten to overthrow the correct world order. In addition, these narratives contain myths about Ganesa's birth and family as well as some extended and quite humorous myths about ideal devotees of the god. The translation is preceded by a long introduction offering a geographical and historical context for the GanesaPurana. Following the translation are very extensive notes which bring our points of philological interest, but focus mainly on the literary structure of the text and the methods used to present the many myths and narratives in a coherent and fully integrated manner.

rudram namakam pdf: Everything You Want to know about Pitru Karma P R KANAN, 2021-02-20 Vedas and Smritis are the roots of Sanatana Dharma. Many are the Samskaras (purificatory rituals) prescribed in Smritis for the upliftment of human being to Godhood, which is the sole purpose of the rare and invaluable human birth. Of them, Antyeshti, the last Samskara performed for the person, who has departed from his body and subsequent Shraddhas performed for his comfortable journey to the afterworld and settling down in an agreeable environment, play a very important and decisive role. rituals connected with Apara Kriyas and Shraddhas in the authoritative perspective, a brief summary in English of the same is attempted in the following pages to serve as an introductory guide.

rudram namakam pdf: The Presence of Siva S. Kramrisch, 1981 One of the three great gods of Hinduism, Siva is a living god. The most sacred and most ancient book of India, The Rg Veda, evokes his presence in its hymns; Vedic myths, rituals, and even astronomy testify to his existence from the dawn of time. In a lively meditation on Siva--based on original Sanskrit texts, many translated here for the first time--Stella Kramrisch ponders the metaphysics, ontology, and myths of Siva from the Vedas and the Puranas. Who is Siva? Who is this god whose being comprises and transcends

everything? From the dawn of creation, the Wild God, the Great Yogi, the sum of all opposites, has been guardian of the absolute. By retelling and interweaving the many myths that keep Siva alive in India today, Kramrisch reveals the paradoxes in Siva's nature and thus in the nature of consciousness itself.

rudram namakam pdf: Sri Rudram and Lord Narasimha Sadagopan Varadachari, 2014-07-12 Sri Rudram has been described by some of the Vedic scholars as "Yajusham Saaram," or the essence of the entire Yajur Vedam. It has 169 Manthrams, organized in eleven Anuvakaas or chapters. Sri Rudram is also known RudrOpanishad and Sata Rudreeyam. The latter name is associated with the fact that the Upasana Moorthy of Sri Rudram is praised in all the 101 branches (Sakas) of Yajur Vedam as inferred from the comment of Sri Bhatta Bhaskara, a celebrated commentator (Bhashyakarar) of Sri Rudram. Besides Sri Bhatta Bhaskara, Sri Sayana, Sri Abhinava Sankara and, most recently, Brahma Sri Mutthu Krishna Sastrigal have written commentaries on Sri Rudram. Brahma Sri Sastrigal's commentary is in Tamil and was published approximately Fifty-five years ago as a Hitha Bhashini release from Tanjavoor. Sri Sayana's commentary, on the other hand, dates back to the era of the Vijaya Nagara empire. The Abhinava Sankara's Bhasyam includes the listing of appropriate Rishis (Sages), Chandas (Meters) and Devathaas (Godheads) for each of the 169 Manthras as required for the individual Veda Mantrams . The present commentary in English is based on the above original sources in general and on Brahma Sri Mutthu KrishNa Sastrigal's commentaries in particular. The purpose of adding yet another commentary on Sri Rudram is to address the needs of overseas Residents of Indian origin, who worship Lord Siva at the many Hindu Temples and in their own homes across the landscape of the many continents. It is sincerely hoped that this publication would serve the goals of gaining a fuller appreciation by them of the majesty and beauty of Sri Rudram as a Veda BhAgam . As a Sri VaishNavan and a Prapannan totally committed to Kaayika, Vaachika and Maanasa Kaimkaryams to Sriman NaarAyaNan, I have been moved by the Prapatti made by Sri Rudran to His Supreme Master, Sriman NarAyaNan in the Mantra Raaja Padha StOtram and in AhirBudhnya Samhita .Lord Sri Rudra-Sivan is recognized and revered as a Parama Bhaagavta, Prapannan and a Sarvajn~an by ParamaikAnti Sri VaishNavaas including Swamy Desikan . Sri Rudran emphasises in His SaraNAgathi that He is a dhAsabhUtan (liege) of Sri Lakshmi Narasimhan.

rudram namakam pdf: Epigraphia Carnatica Benjamin Lewis Rice, Mysore (India State) Archaeologica, 2023-07-18 Epigraphia Carnatica is a scholarly work by Benjamin Lewis Rice and the Mysore Archaeological Department. The book provides a comprehensive survey of the inscriptions found in the Hassan District of southern India, with detailed translations and commentaries. This book is an invaluable resource for historians and linguists alike. This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

rudram namakam pdf: Dancing With Siva Satguru Sivaya Subramuniyaswami, 2003-06 This 1,008-page sourcebook answers many questions to quench the soul's thirst for God and Self-knowledge. Every spiritually-inclined human being will be enriched by the path revealed in this extraordinary book. India's tolerant and diverse vision of the Divine is all here: meditative, devotional, philosophical, scriptural and yogic. In question-and-answer style, Dancing with Siva guides the aspirant deep into the Hindu heart. Lavishly illustrated with 165 black and white reproductions of paintings from India. Resources include a Hindu timeline, comparisons of 12 world religions, a children's primer and more.

rudram namakam pdf: New Perspectives on Irish English Bettina Migge, Máire Ní Chiosáin, 2012 This volume brings together current research by international scholars on the varieties of

English spoken in Ireland. The papers apply contemporary theoretical and methodological approaches and frameworks to a range of topics. A number of papers explore the distribution of linguistic features in Irish English, including the evolution of linguistic structures in Irish English and linguistic change in progress, employing broadly quantitative sociolinguistic approaches. Pragmatic features of Irish English are explored through corpus linguistics-based analysis. The construction of linguistic corpora using written and recorded material form the focus of other papers, extending and analyzing the growing range of corpus material available to researchers of varieties of English, including diaspora varieties. Issues of language and identity in contemporary Ireland are explored in several contributions using both qualitative and quantitative methods. The volume will be of interest to linguists generally, and to scholars with an interest in varieties of English.

rudram namakam pdf: Jetpack Compose by Tutorials (Second Edition) Kodeco Team, Denis Buketa, Prateek Prasad, 2023-03-29 Build Beautiful Apps With Jetpack Compose Jetpack Compose is hyping up everyone in the Android UI toolkit world. This completely new and modern solution to building declarative user interfaces provides more opportunity than ever to create beautiful, reactive and animated apps. However, because of its new status, Jetpack Compose is lacking one of the most important pieces of successful software: detailed documentation. That's why we've prepared a whole book's worth of documentation for you! Jetpack Compose By Tutorials is here to help, by showing you exactly how Compose works, what its fundamental components are and how you can use them to build complex real-world apps! Who this book is for This book is for all Android developers who have experience with the legacy UI Toolkit through XML and View components, but who are looking for a fresh, reusable, clean and easy-to-use solution to reduce their boilerplate code while building stunning user interfaces. Topics covered in Jetpack Compose by Tutorials Fundamentals: Core Jetpack Compose elements and functionsCombining components: Mixing different layouts and building beautiful interfacesState Management: State wrappers, LiveData observables and UI recompositionUI Styling: Modifiers for size, shape, colors, background, padding and alignmentUser Interaction: Different click, touch and scroll listeners and their handlers Animations: State changes, value animations and complex transitionsUI Testing: Learn how to test your Jetpack Compose codeAccessibility: Learn how to support Accessibility using Jetpack ComposeOne thing you can count on: After reading this book, you'll be prepared to tackle any design specification and build it in your Android apps using Jetpack Compose. You'll make your apps really stand out by adding different modifiers and Material Design components, as well as animations.

rudram namakam pdf: Sacred Plants of India Nanditha Krishna, 2014-05-15 Plants personify the divine— The Rig Veda (X.97) Trees and plants have long been held sacred to communities the world over. In India, we have a whole variety of flora that feature in our myths, our epics, our rituals, our worship and our daily life. There is the pipal, under which the Buddha meditated on the path to enlightenment; the banyan, in whose branches hide spirits; the ashoka, in a grove of which Sita sheltered when she was Ravana's prisoner; the tulsi, without which no Hindu house is considered complete; the bilva, with whose leaves it is possible to inadvertently worship Shiva. Before temples were constructed, trees were open-air shrines sheltering the deity, and many were symbolic of the Buddha himself. Sacred Plants of India systematically lays out the sociocultural roots of the various plants found in the Indian subcontinent, while also asserting their ecological importance to our survival. Informative, thought-provoking and meticulously researched, this book draws on mythology and botany and the ancient religious traditions of India to assemble a detailed and fascinating account of India's flora.

rudram namakam pdf: Epigraphia Carnatica: Inscriptions in the Hassan District Benjamin Lewis Rice, 1902

rudram namakam pdf: Sadhana Panchakam Swami Chinmayananda, 2021-12-08 There is the Jiva and there is his Jivana - in and through the pleasures and pains of his life, he pines for an ideal, an anchor. Ready for a forty step journey that takes you to unimaginable heights? Each milestone helps you checkout where you have reached and what you should do next. Between the

test and rest, you are guided for the glide. Bhagavan Sankaracharya's precision coupled with Swami Chinmayananda's elaborations give you illuminations.

rudram namakam pdf: A Vedic Concordance Maurice Bloomfield, 1964 A Vedic Concordance is a monumental work by the famous American Sanskritist Maurice Bloomfield planned prepared and published during the years 1892-1906. It affords primarily an easy and ready means of ascertaining the following things: First where a given mantra occurs if it occurs but once second whether it occurs wlsewhere either with or without variants and in what places and third if it occurs with variants what those variants are. One hundred and nineteen texts in all have been drawn upon for contributions to the concordance comprising .The concordance also includes a very considerable amount of material not yet published. The concordance may also be readily put to certain indirect or secondary uses which are scarcely less important for the systematic progress of vedic study.

rudram namakam pdf: Autodesk Fusion 360: A Power Guide for Beginners and Intermediate Users (6th Edition) Sandeep Dogra, 2023-08-07 Autodesk Fusion 360: A Power Guide for Beginners and Intermediate Users (6th Edition) textbook has been designed for instructor-led courses as well as self-paced learning. It is intended to help engineers and designers interested in learning Fusion 360, to create 3D mechanical designs. This textbook is a great help for new Fusion 360 users and a great teaching aid for classroom training. This textbook consists of 14 chapters, a total of 750 pages covering major workspaces of Fusion 360 such as DESIGN, ANIMATION, and DRAWING. The textbook teaches you to use Fusion 360 mechanical design software for building parametric 3D solid components and assemblies as well as creating animations and 2D drawings. This edition of the textbook has been developed using Autodesk Fusion 360 software version: 2.0.16761 (July 2023 Product Update). This textbook not only focuses on the usage of the tools/commands of Fusion 360 but also the concept of design. Every chapter in this textbook contains tutorials that provide users with step-by-step instructions for creating mechanical designs and drawings with ease. Moreover, every chapter ends with hands-on test drives that allow users to experience for themselves the user-friendly and powerful capacities of Fusion 360.

rudram namakam pdf: <u>Vasiṣṭha's Yoga</u> Swami Venkatesananda, 2010-03-18 This is Swami Venkatesananda's longer Yoga Vasiṣṭha. His two volume book is here offered between two covers. Its purpose is to provide a means to eliminate psychological conditioning and to attain liberation. Containing the instructions of the sage Vasiṣṭha to Lord Rama, this scripture is full of intricately woven tales, the kind a great teacher might tell to hold the interest of a student.

rudram namakam pdf: The Religions of India Edward Washburn Hopkins, 1898 rudram namakam pdf: The Glass Palace Chronicle of the Kings of Burma , 1923 In the year 1829 King Bagyidaw of Burma appointed a committee of scholars to write a chronicle of the Burmese kings. The name of the chronicle was taken from the Palace of glass, in which the compilation was made. The present translation is based on the Mandalay edition of 1907. It begins with the third part which opens with history of the three Burmese kingdoms of Tagaung, Tharehkittara, and Pagan. The fourth and fifth parts continue the history of Pagan until the time of its fail.

rudram namakam pdf: Secret of Rebirth Mahesh Sharma, 2015-01-02 Here the foundation of rebirth is there, though rebirth is the belief of Indians but Christ also had said as similar to Shri Krishna that, "When; Abraham was born I had taken birth before him too." As Shri Krishna told about his presence before others; similarly had Christ told about his presence before Abraham?

rudram namakam pdf: Kularnava Tantra M. P. Pandit, 2007 The Kularnava is perhaps the foremost Tantra of the Kaula School and is constantly cited as an authority in Tantric literature. It is worthy of close study by those who would understand the tenets and practice of the tradition of which it is a Sastra. The Introduction by Arthur Avalon gives a concise outline of the work. Sri M.P. Pandit who is a keen student of the Tantras and Vedas has rendered the work in English in eleven chapters. The readings are free translations, with annotations where necessary, omitting technical details but preserving the spirit and essential import of the original in his characteristically lucid style. The Kularnava prescribes the modes of preparation for the high quest; it draws upon ethics,

religion, philosophy, yoga to elevate human life gradually to the level of godly life. It comprehends the multiple personality of man and provides for the healthy growth of his mental faculties, purification of his physical faculties through ritual, japa, mantra and upasana. Who is fit for the path of Tantra? Who is competent to guide the novice on the double - edged razor path? What is the responsibility of a Guru to a disciple? These and other relevant questions are raised and answered in a satisfying manner.

rudram namakam pdf: The Maitri Or Maitráyaníya Upanishad Edward Byles Cowell, 1982 rudram namakam pdf: The Concept of Rudra-Śiva Through the Ages Mahadev Chakravarti, 1986 The present book throws new light on the gradual development of the concept of Rudra-Siva in his animal, phallic and human forms, since the days of the Harappa Civilization. It examines how Siva, the composite Aryan-non-Aryan Divinity, was not only admitted but was ultimately crowned with an exalted position in the Brahmanical pantheon; how the bull once identified with the deity, was regulated to the position of a vahana; how phallism was related to Saivism and also how Siva, in his different forms, was represented in early Indian Art and the Art of Further India. The wide range and depth of the author's research fills a vital gap in the subject and his treatment of the entire subject is unique. This methodical study on Siva also contains an exhaustive bibliography.

rudram namakam pdf: Light on Life: An Introduction to the Astrology of India Dr. Robert Svoboda, Hard de Fouw, 2019-05-01 Light on Life brings the insight and wisdom of Indian astrology to the Western reader. Jyotish, or Indian astrology, is an ancient and complex method of exploring the nature of time and space and its effect upon the individual. Formerly a closed book to the West, the subject has now been clarified and explained by Hart de Fouw and Dr. Robert Svoboda, two experts and long-term practitioners. In Light on Life they have created a complete and thorough handbook that can be appreciated and understood by those with very little knowledge of astrology.

rudram namakam pdf: *The Rigveda* Shrikant G. Talageri, 2000 In the present volume, the author has confirmed emphatically that India was also the original homeland not only of the Indo-Aryans but also of the Indo-Iranians and the Indo-Europeans.

rudram namakam pdf: The Goddess and the Slave Rudrani Fakir, 2005 Drawing upon the rich inter-connected levels of meaningwithin the Fakir culture, especially with respect to the living, breathing paradigmatic Mother 3 as Nature, as the Goddessto be worshipped and as the mother whose service is heridentity 3 The Goddess and the Slave demonstrates the crisisfaced by the unique Baul-Fakir sadhana, by the non-urbanBengali, and by Indian society itself through the major changesbrought by modernization and globalization. Rudrani Fakir, as an anthropologist and as a practitioner, usesthe Fakir sadhana as a critical tool of understanding, presentingthis objective study through her highly engaged subjective perspective. The first part of this book outlines the Fakir societyand esoteric sadhana. The second part delves into the declineand decay of the reality of the Goddess, the changing status ofwomen and of the true nature of wealth, and draws together thethreads of the old knowledge paradigms 3 esoteric and modern, spoken and wordless, powerless and empowered.

rudram namakam pdf: Divine Nectar Swami Sivananda, 1976-05

rudram namakam pdf: Rotodynamic Pumps for Vibration Measurements and Allowable Values Hydraulic Institute, 2016

rudram namakam pdf: Glorious Alchemy Kavitha Chinnaiyan, 2019-09-28 Chanting or listening to the one thousand names of the Lalitā Sahasranāma is a treasured practice among lovers of Lalitā Devī. This commentary takes a non-traditional approach and provides a primer on Śrīvidyā.

rudram namakam pdf: *Dhyana Vahini* Bhagawan Sri Sathya Sai Baba, 2014-04-04 Bhagawan says that treading the spiritual path is like walking on a razor's edge. One has to be ever vigilant, train the mind to dwell on the Lord constantly. To quote Bhagawan, Control the senses, which run helter-skelter; then, the origins of the disease will be destroyed. Let the mind keep a watch over its gymnastics; dam up the mad flood of thoughts and plans and schemes; then, there will be no room for worries and anxieties in the mind. To diminish the wanderings of your thoughts, repeat the name

of the Lord; that will keep out your sorrows and troubles. Without the effacement of the mind, spiritual wisdom cannot dawn. The full person is one, who has succeeded in this. One should practise meditation assiduously, since it is the basis of all spiritual practice (Sadhana). Bhagawan says that one should fasten the mind on the Lord and keep off all other thoughts from the mental plane. That is the full fruition of meditation. For aspirants, who want to lead a God-centric life, careful reading of this Vahini will help them to reach the goal of life.

rudram namakam pdf: The Greatness of Saturn Robert E. Svoboda, 1997-04-01 The telling of mythic stories has always been a powerful form of therapy, bringing healing to people facing adversity. The greatness of Saturn is such a therapeutic myth, told and retold through many centuries. Taken from the East Indian Vedic tradition, it honors the planet Saturn, who personifies time, limitations, loss, and all forms of adversity.

rudram namakam pdf: Vyasa and Valmiki Aurobindo Ghose, 1964

rudram namakam pdf: Sanskrit Alphabet (Devanagari) Study Book Volume 1 Single Letters Medha Michika, 2015-08-20 This series of two books is designed for the systematic learning of Devanagari, the alphabet script generally used for written Sanskrit. By completing the study of these two books, one may be able to read and write Sanskrit words and sentences adequately. This first book of the series covers all of the letters in the Sanskrit alphabet. Pronunciation, a guided handwriting practice area with the order of writing strokes, and word examples are provided for each letter.

rudram namakam pdf: Tao Te Ching Lao Tzu, 2021-02-11 Limited Time Promotional Offer Tao Te Ching - The Classic Book of The Way And Virtue The Tao-Te-Ching is an anti-authoritarian treatise which posits that the way of virtue lies in non-action (Wu Wei) through a recognition of the natural, universal force known as the Tao. The Tao flows without effort and, like water, goes where it will without striving and effects change and growth. To be virtuous, one should emulate the Tao and engage in non-action (not forcing an effect or outcome). Human-made laws, it claims, cannot make one virtuous and cannot contribute to good behavior, inner peace, or empathy with others because they are not in tune with nature. It is only by recognizing the Tao, and one's connection to it and all things, that one may achieve these goals. To recognize the Tao, one must know what it is, and so it is defined in the first chapter: The Tao (The Way) that can be spoken of is not the Constant Tao: The name that can be named is not a Constant Name. Nameless, is the origin of Heaven and Earth; The named is the Mother of all things. Thus, the constant void enables one to observe the true essence. The constant being enables one to see the outward manifestations. These two come paired from the same origin. But when the essence is manifested, it has a different name. This same origin is called The Profound Mystery. As profound the mystery as it can be, It is the Gate to the essence of all life. Lao Tzu: The Old Master Lao Tzu was an ancient Chinese philosopher and poet, well-known for penning the book Tao Te Ching. He was the founder of philosophy of Taoism, a religious and ethical custom of ancient China. He is largely respected as a religious deity in various traditional Chinese religious schools of thought. He is also believed by some to be an older contemporary of the famous philosopher Confucius. The 'Tao Te Ching', literally meaning 'The Way and Its Power' presents the idea of 'Tao' as being the end all and be all of existence. It is extremely powerful, yet down to earth. It is the source of all being in the world. The book intends to guide people on how to return to the laws and ways of nature to maintain the balance of the Tao. Lao Tzu's philosophy was a simple one. He was against putting effort and striving, as he thought struggle is not only futile but also hinders productivity. In his theory of 'wu-wei', he advises to simply do nothing. By this he means not to go against the forces of nature, wait for the gush of events nature brings to you and dive right in. He advised not to struggle to change the natural order of things, but to bring spontaneity to one's actions as one holds on to the nature's way of life. Followers of Taoism believe that striving for nothing will never lead them to failure. The one who has never failed is always successful, thus becoming powerful. Lao Tzu's journey began as he set foot towards the western border of China, currently Tibet. He was saddened by what he saw around him: men being diverted away from nature and the goodness it brings. A guard he met on the border asked Lao to write down his teachings as

he went. This is when he wrote the famous Tao Te Ching, a 5,000 character account of his thoughts and philosophical ideas.

rudram namakam pdf: The Secrets of the Lenormand Oracle Sylvie Steinbach, 2007 'The Secrets of the Lenormand Oracle' provides readers with indispensable contemporary guidelines to easily understand the 36 little cards. With a new intuitive 'no layout' interpretation system, beginners can now easily access the divination power of the deck. This modern and detailed guide answers all your questions regarding 'how to' perform amazingly accurate readings. Through the revelation of the book's 7 secrets, readers can learn how to predict matters of love, career, money and past lives in a professional manner. Whether you are new to the oracle or an experienced Lenormand devotee, this instant classic encompasses all the tools required to master these esoteric cards in order to unveil the future.

rudram namakam pdf: The Big Book of English Expressions and Phrasal Verbs for ESL and English Learners; Phrasal Verbs, English Expressions, Idioms, Slang, Informal and Colloquial Expression Thomas Celentano, 2020-12-28 If you want to learn English, then you must learn English phrasal verbs, idioms and expressions. This book combines two of our best selling English grammar books about English phrasal verbs and English expressions. Now with free audio book access. For intermediate through advanced ESL and English learners. Designed for individual and classroom use, for students, ESL instructors and schools. The Phrasal Verbs section, especially, can be used to help with IELTS, TOEIC, TOEFL, Cambridge, and GED studies. This book uses quick-find menus so students can quickly and easily find any phrasal verb of interest. This book also includes the full content of English Expressions for Real Life, one of the most popular books for exploring English expressions.

rudram namakam pdf: THE TAITTIRÎYA UPANISHAD Sankarâchârya, Suresvarâchârya, 2023-09 NA

rudram namakam pdf: Foucault, Biopolitics and Governmentality Jakob Nilsson, Sven-Olov Wallenstein, 2013 About the book: Foucault's work on biopolitics and governmentality has inspired a wide variety of responses, ranging from philosophy and political science to history, legal studies, and urban planning. Drawing on historical sources from antiquity to twentieth century liberalism, Foucault presented us with analyses of freedom, individuality, and power that cut right to the heart of these matters in the present. About the series: Sodertorn Philosophical Studies is a book series published under the direction of the Department of Philosophy at Sodertorn University, Sweden. The series consists of monographs and anthologies in philosophy, with a special focus on the Continental-European tradition. It seeks to provide a platform for innovative contemporary philosophical research. The volumes are published mainly in English and Swedish. The series is edited by Marcia Sa Cavalcante Schuback and Hans Ruin.

Back to Home: https://a.comtex-nj.com