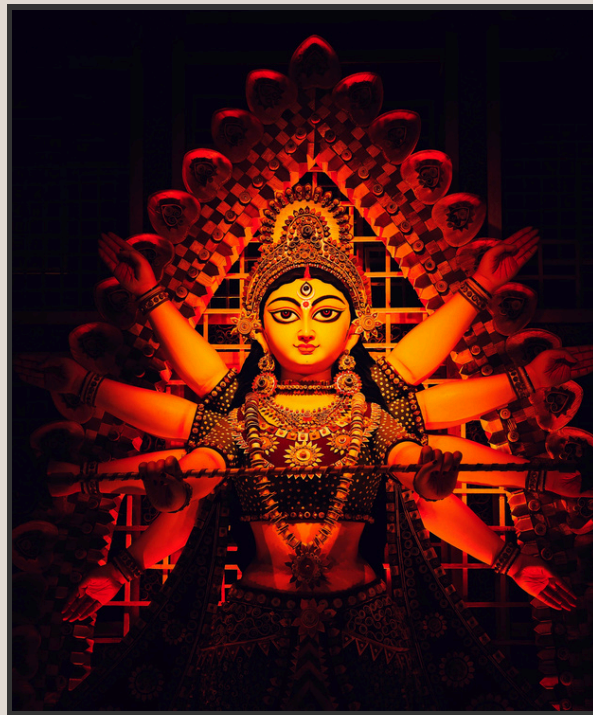


SIMPLE NAVARATHRI AT HOME



May the blessings of the Goddess be upon you and your loved ones during these holy days and always. Let us celebrate with hope, pray with faith, and perform with love, as we seek the divine guidance and protection of Mother Durga.

WELCOME TO YOUR JOURNEY OF DIVINE EMPOWERMENT

Welcome to Your Journey of Divine Empowerment
As we embrace the sacred days of Navarathri, this guide is designed to support each devotee on their profound journey inward, helping awaken the dormant power within. Navarathri, a time of deep spiritual significance, invites us to connect with the divine essence of Mother Durga, who symbolizes strength, protection, and the triumph of virtue.



Why Engage in Navarathri Sadhana?

Navarathri Sadhana is more than a ritual; it's a transformative experience that enriches your spirit and renews your resolve. Through daily pujas, meditations, and reflections, you will not only honour the Goddess but also cultivate qualities she embodies, enhancing your own spiritual, mental, and emotional well-being.

Your Daily Puja Pack:

A Tool for Transformation This puja pack is specially crafted to facilitate your worship in the sanctity of your home, particularly during these challenging times. Each element of the pack is infused with peace and deep devotion, making your practice both accessible and profound. Whether you are a seasoned practitioner or new to this journey, the daily puja pack will guide you through each step, ensuring a fulfilling and empowering Navarathri.

Embrace this opportunity to connect with the divine, transcend everyday challenges, and emerge stronger and more aligned with your highest self. This Navarathri, let us rekindle our inner light and move forward with grace and power.

ABOUT NAVARATHRI

UNDERSTANDING NAVARATHRI AND ITS PROFOUND SIGNIFICANCE



**DATES: 22ND SEPTEMBER – 01ND OCTOBER
2023 | VIJAY DASHAMI: 02 OCTOBER**

Navarathri, the revered "nine nights," is a pivotal time for spiritual awakening and transformation, inviting the divine intervention of the Goddess to eradicate poverty and ignorance from our world. During these sacred days, it is possible to invoke the three powerful archetypes of the Goddess—protector, benefactor of abundance, and source of wisdom.

SCIENTIFIC INSIGHT AND SPIRITUAL INVOCATION

According to scientific principles, energy is neither created nor destroyed but is a constant presence that can be harnessed by all. Each year, between September and October, we celebrate the descent of the Divine Feminine, manifesting the energies of the primary Shaktis—Ichcha Shakti (willpower), Kriya Shakti (action), and Jnana Shakti (knowledge)—essential for personal and communal prosperity. We recognize that by raising our own energetic frequency and aligning our vibrations with those of the Divine Feminine, we can enhance our ability to attract and manifest profound changes in our lives. This aligns with the practice of tuning into higher frequencies of consciousness during Navarathri to facilitate deep spiritual connections and personal transformations.



THE POWER OF SANKALPA IN NAVARATHRI

Engagement in Navarathri pujas demands a heartfelt commitment, symbolized by the Sankalpa (vow). This vow, whether set for personal enlightenment or global welfare, marks the beginning of our spiritual endeavors. Navarathri provides a sacred period for introspection and purification, helping us overcome deep-seated negativities like anger, greed, and jealousy—often visualized as demons in spiritual texts.



ABOUT NAVARATHRI

UNDERSTANDING NAVARATHRI AND ITS PROFOUND SIGNIFICANCE



THE TRIUMPH OF THE DIVINE FEMININE

Over these nine nights, each aspect of the Goddess battles these metaphorical demons, culminating in their defeat on the ninth night, leading to Vijaya Dashami—a day that signifies the consolidation of victories gained through fierce spiritual endeavors.



CULTURAL AND SPIRITUAL CELEBRATIONS

Navarathri honors the Shakti principle in three forms—Ichchhashakti, Kriyashakti, and Jnanashakti, aligning with teachings from the Agamas and Puranas. During this festival, sacred texts like the Devi Mahatmyam and the Srimad Devi Bhagavatam are recited, reflecting a blend of celebration and profound spiritual learning.

OVERCOMING THE SIX DISTORTIONS OF THE MIND

The festival provides an opportunity to address the six distortions of the mind—desire, anger, greed, arrogance, jealousy, and delusion. These barriers can intensify and obstruct spiritual progress but can be dissolved with the grace of Shakti during Navarathri. Navarathri is a unique festival that balances joyous celebrations with the opportunity for deep spiritual insight, allowing devotees to engage in transformative practices under the auspices of Goddess Durga in her many forms. By elevating our vibrational state, we align more closely with the energies of renewal and strength that the Goddess embodies, facilitating a profound personal and collective transformation.



SET UP



GANESHA



DURGA
KALASHA



LAMP

THIS PUJA CAN BE DONE DAILY WITH LOTS OF LOVE AND DEVOTION

All the best with your Durga Puja at home

REQUIREMENTS

For Kalasha Sthapana

Utensils

- A Picture of Durga Devi
- Tray /thali
- Lota of water with Spoon
- Silver Kalasha pot or big lota

Ingredients for Kalasha Sthapana

- White Rice 500g
- Rose water
- Ganga Jal
- Perfume
- Cocount x 1
- Mango Leaves x 1 bunch
- Betel Leaves x 2
- Betel Nut x 2
- Coin x 1
- 1x Garland for Kalasha
- Chandan
- Sindhur
- Rose or flower petals
- Camphor
- Matches
- Agrabathi
- Dhaar
- Red cloth 1/4m
- Kusha grass/ Dharba
- Raw cotton
- Durva- Some blades of grass
- Chunari- Cloth to place over kalasha
- Fruits & any sweetmeat
- Panchamrith (Milk, sour milk, butter ghee, banana, honey)- to be offered with prasadh

SIMPLE KALASHA SETUP

- 1) Place a some white rice in a tray
- 2) Place kalasha silver pot or big lota on the rice and tie some raw cotton or red string around the neck of the lota or kalasha pot
- 3) Fill the the kalasha with Ganga jal, rose water, paan suparee, coin, few drops of perfume. A few blades of grass and 5 pieces of Kusha grass/ dharba which is knotted at the top.
- 4) Place I bunch mango leaves or minimum 5 leaves in the kalasha
- 5) Place the coconut on kalasha
- 6) Place the chuniri/ vastram on the the coconut
- 7) Place a garland
- 8) Now you can follow a very simple guide to worship the mother this Navarathri
- 9) Dhaar can also be prepared and offered daily (highly beneficial)
 - 1 lota For outside the main gate, 1 inside the gate and 1 for devi (in a pot plant that's dedicated to devi)
 - Dhaar Mantra – Om dhanudharayai cha vidmahe Sarva siddhyai cha dhimahi Tanno dhara prachodayat



KALASHA STHAPANA

PART 1

Step 1

Purification

Purification Mantras

(sprinkle water from lotaa on alter an pooja materials)

Om Apavitrah Pavitro Vaa Saryaavasthaang Gato pi Vaa Yah Smaret Pundaree –
Kaaksham Sabaah –yaabhyantarah Shuchih

(wash hands while reciting the following mantras) Om Hasta Prakshaalam Samarpayaami

(sip water three times from the right hand)

Om Keshavaaya Namah

Om Maadhavaaya Namah

Om Naaraayanaaya Namah

Om Hrishikeshaaya Namah

(Wash hands again)

Step 2

Invocation of your inner Guru

**GururBrahma GururVishnu GururDevo Maheshwaraha Guru Saakshaat
ParaBrahma Tasmai Sri Gurave Namaha**

Guru is the Creator (Brahma), Guru is the Preserver(Vishnu), GuruDeva is
Destroyer(Maheshwara) Guru is the absolute (singular) Lord himself, Salutations to
that Sri Guru

KALASHA STHAPANA

PART 1

Step 3

Sankalpa

Hold some petals/flower and some white rice in your hand Close your eyes, make your intention, take your name and that of your loved ones, and place the flower and rice in front of the Kalasha.

Step 4

Shri Ganesh Dhyaan

Any Ganesh Mantra can be recited here:

Some water, rice and flower can be offered to Ganeshji

Om Ganaanam Twah Ganapati Gwam Havaamahe Kavim Kaveenam Upamashra
Vastamam Jyeshtha Raajam Brahmanaam Brahmanaspat Aanah Shrunavannooti
Bhisseedha Saadanam

KALASHA STHAPANA

PART 2

Step 1 AAVAAHAN- INVITATION

(offer flowers – with rice after mantra)

- Om Shri Durgayai Namah Aavaahyaami Sthaapayaami Dhyaayaami Poojyami
- Om Aagachchha Deva Devesha Tejoraashe Jagatpate Kriyamaanaam Maya Poojaam Grihaana Surasattame

Step 2 AASANAM

(Touch the bedi with both hands)

- Om Shri Durgayai Namah Aasanam Poojyami
- Om Naanaa Ratna Samaayuktam Karta svarga Vibhooshitam Aasanam Deva Devesha Preetyartham Pratigrihyataam

Step 3 SNAANAM

(offer water upon murthi or picture , first washing the feet, then hands and face, then finally bathing the deity from the head to foot).

- Om Shri Durgayai Namah Snaanam Samarpayami
- Om Ganga Saraswateer – evaa Payoshnee Narmadaa Jalaih Snaapito –api Mayaa Deva Tathaa Shaanti Kurushva Me

Step 4 VASTRAM-CLOTHING

(offer cotton)

- Om Shri Durgayai Namah Vastram Samarpayami
- Om Veda Sukte Samaa yukte Yagya Saama Samanvite aasasi pratigriyatham

KALASHA STHAPANA

PART 2

Step 5

YAGYOPAVEETHA

JANEW OR SACRED THREAD

- Om Shri Durgayai Namah Yagypaveetha Samarpayami
- Om Yagyo Paveetam Paramam Pavitram Prajaa Pateryat Sahajam Purustaat Aayushyam- agryam Pratimun Cha Shrubhram Yagyo Paveetham Balamastu Tejah

Step 6

CHANDAN OR SANDAL PASTE

(place Chandan on murthi or picture)

Om Shri Durgayai Namah Chandana, Sindooram, haridra Samarpayami

Om Shreekhanda Chandanam Divyam Gandhaadhyam Sumanoharam V/ilepanam

Surashtham Chandanam Pratigriyatham

OFFERING OF HARDI (YELLOW POWDER)

Om Haridraa Sarva Varna -bhaa Sarva Sowbhaagya Daayini Saryalankaara

Mukhyaami Devitvam Pratigriyatham

OFFERING OF SINDOOR (RED POWDER)

Om Sindooram Shobhanam raktam Sowbhaagyam SukhvarhanamShubhadam

Kaamadam Chaiva Sindooram Pragrihyatham

Step 7

AKSHATAM

(offer a few grains of rice to the deity)

- Om Shri Durgayai Namah Akshatam Samarpayami
- Om Akshataashcha Surashreshtha Kumkum aaktaah Sushobhitaahaa Mayaa Niveditaa Bhaktyaa Grihaana Parameshwara

KALASHA STHAPANA

PART 2

Step 8 PUSHPAM-FLOWERS

(offer flowers or maalaa on the deity)

- Om Shri Durgayai Namah pushpam Samarpayami
- Om Malyaadeeni Sugandheeni Maalatyaadeeni Vai Prabho Mayaa Hritaani Poojartham Pushpaani Pratigrihyataam

Step 9 DOORVAA -OFFERING OF DOOP GRASS

(Touch the bedi with both hands)

- Om Shri Durgayai Namah Aasanam Poojyami
- Om Naanaa Ratna Samaayuktam Karta svarga Vibhooshitam Aasanam Deva Devesha Preetyartham Pratigrihyataam

Step 10 DHOOPAM- SCENT STICK

(light a scent stick of dhoopa , and wave it before the murthi and throughout the immediate surroundings).

- Om Shri Durgayai Namah Dhoopam Samarpayami
- Om Vanaspati - rasodhhooto Gandhaadhyo Gandha Uttamah Aaghreyaha Sarva Devaanaam Dhoopoayam Pratigrihyatham

Step 11 DEEPAM-OFFERING AARTEE

(light a piece of camphor and wave it before the alter)

- Om Shri Durgayai Namah Deepam Samarpayami
- Om Saajyam Cha Varti SamyuktamVahinaa yojitam MayaaDeepam Grihaana DeveshaTrailokya Timiraapaham (name the deity) Deepam Darshayaami

KALASHA STHAPANA PART 2

Step 12

NAIVEDYAM-FOOD OFFERING

- Om Shri Durgayai Namah Naivedhiyam Samarpayami
- Om Ghiripakvam Havishyaanam Paayasam Cha Sasharkaram Naanaa Vidancha Naivedyam Grihaana Parameshwari

OFFERING FRUIT

Om Idam Phalam Mayaa Devastha Pitam Puratastava Tena Me Suphala Vaaptir
Bhavet Janma Ni- Janmani

Step 13

AACHMANAM-WATER

(offering of water three times)

Aachmanam Samarpayami

Step 14

TAAMBHoola POOGEEPHALAM OFFERING OF SUPAREE

- Om Shri Durgayai Namah Taambhoolam Samarpayami
- Om Poogee Phalam Mahaa Divyam Naagavallee Dalauyuktam Elaa Choornaadi Samyuktam Taambhoolam Pratigrihyatham

Step 15

DAKSHINAA-COIN (OFFER COIN TO DEITY)

- Om Om Shri Durgayai Namah Daskhina Samarpayami
- Om Hiranya Garbha Garbhasthan Hema Beejam Vibhaavasowha Anantha Punya Phaladah Hyatah Shaantim Prayacchha Me

Step 16

MANTRA PUSHPAM-RECITING THE PRAISES OF THE DEITY

(A bhajan may be sung, or a strotra may be chanted for the deity, whose pooja is being performed. A chaaleesaa/ Kavach or Ashtakam may be sung for the main deity.)

REQUIREMENTS

DAILY PUJA

- Lota with water and spoon
- 50g White rice
- Agrabathi
- Flower petals
- Some fruit/Prasadh
- Arthi Lamp and Tray/Thari



DAILY PUJA - PART 1

Step 1 Purification

Purification Mantras

(sprinkle water from lotaa on alter -an pooja materials)

Om Apavitrah Pavitro Vaa Saryaavasthaang Gato pi Vac Yah Smaret Pundaree -
Kaaksham Sabaah -yaabhyantarah Shuchih

(wash hands while reciting the following mantras)

Om Hasta Prakshaalam Samarpayaami

(sip water three times from the right hand)

Om Keshavaaya Namah

Om Maadhavaaya Namah

Om Naaraayanaaya Namah

Om Hrishikshaaya Namah

(Wash hands again)

Step 2 Invocation of your inner Guru

**GururBrahma GururVishnu GururDevo Maheshwaraha Guru Saakshaat
ParaBrahma Tasmai Sri Gurave Namaha**

Guru is the Creator (Brahma), Guru is the Preserver(Vishnu), GuruDeva is
Destroyer(Maheshwara) Guru is the absolute (singular) Lord himself, Salutations to
that Sri Guru

Step 3 Sankalpa

Hold some petals/ flower and some white rice in your hand Close your eyes, make your
intention, take your name and that of your loved ones, and place the flower and rice in
front of the Kalasha.

DAILY PUJA - PART 1

Step 4

Shri Ganesh Dhyaan

Any Ganesh Mantra can be recited here:

Some water, rice and flower can be offered to Ganeshji

Om Ganaanam Twah Ganapati Gwam Havaamahe Kavim Kayeenam Upamashra

Vastamam Jyeshtha Raajam Brahmanaam Brahmanaspat Aanah Shrunavannooti

Bhisseedha Saadanam

Step 5

Invocation of your inner Guru

**GururBrahma GururVishnu GururDevo Maheshwaraha Guru Saakshaat
ParaBrahma Tasmai Sri Gurave Namaha**

Guru is the Creator (Brahma), Guru is the Preserver(Vishnu), GuruDeva is Destroyer(Maheshwara) Guru is the absolute (singular) Lord himself, Salutations to that Sri Guru

Step 6

Sankalpa

Hold some petals/ flower and some white rice in your hand Close your eyes, make your intention, take your name and that of your loved ones, and place the flower and rice in front of the Kalasha.

DAILY PUJA - PART 2

Step 1 Offer Water

Offer Water onto the kalasha

- Om Shri Durgayai Namah Gangechalam samarpayami

Step 2 Dhoopam

(light a scent stick od dhoopa , and wave it before the murthi and throughout the immediate surroundings).

- Om Shri Durgayai Namah Dhoopam Samarpayami
- Om Vanaspati- rasodhhooto Gandhaadhyo Gandha Uttamah Aaghreyaha Sarva Devaanaam Dhoopoayam Pratigrihyatham

Step 3 Deepam

DEEPAM_OFFERING AARTEE

(light a piece of camphor and wave it before the alter

- Om Shri Durgayai Namah Deepam Samarpayam
- Om Saajyam Cha Varti SamyuktamVahinaa yojitam MayaaDeepam Grihaana DeveshaTrailokya Timiraapaham (name the deity) Deepam Darshayaami

Step 4 Naivedhiyam

Sprinkle some water on the fruit and prasadam offerings to Durga Ma and Ganesh ji

Om Bhur Bhuva Svaha Tat Savitur Varenyam Bhargo Devasya Dhimahi Dhiyo Yo Naha Prachodayat

om pranaya swaha, om apanaya swaha, om vyanaya swaha, om udanaya swaha, om samanaya swaha, om brahmane swaha

Step 5 Mantra Pushpam

RECITING THE PRAISES OF THE DEITY

At this stage, hold some flowers in your hand and you recite any mantra for Durga Ma, Durga Kavach, Chaleesa and aarthi or any bhajan with lots of love and devotion

DAILY PUJA - PART 3

Step 5 Offer Water

Offer Water onto the kalasha

- Om Shri Durgayai Namah Gangechalam samarpayami

Step 2 Dhoopam

(light a scent stick od dhoopa , and wave it before the murthi and throughout the immediate surroundings).

- Om Shri Durgayai Namah Dhoopam Samarpayami
- Om Vanaspati- rasodhhooto Gandhaadhyo Gandha Uttamah Aaghreyaha Sarva Devaanaam Dhoopoayam Pratigrihyatham

Step 3 Deepam

DEEPAM_OFFERING AARTEE

(light a piece of camphor and wave it before the alter

- Om Shri Durgayai Namah Deepam Samarpayam
- Om Saajyam Cha Varti SamyuktamVahinaa yojitam MayaaDeepam Grihaana DeveshaTrailokya Timiraapaham (name the deity) Deepam Darshayaami

Step 4 Naivedhiyam

Sprinkle some water on the fruit and prasadhham offerings to Durga Ma and Ganesh ji

Om Bhur Bhuva Svaha Tat Savitur Varennyam Bhargo Devasya Dhimahi Dhiyo Yo Naha Prachodayat

om pranaya swaha, om apanaya swaha, om vyanaya swaha, om udanaya swaha, om samanaya swaha, om brahmane swaha

MANTRAS FOR DAILY CHANTING

1

Om Kathyayanaya Vidhmahe , Kanya
Kumari Cha Dheemahe , Thanно
Durgaya Prachodayath

2

Om Maha Devyai cha Vidhmahe , Vishnu
Pathnyai Cha Dheemahe , Thanно
Lakshmi Prachodayath

3

Om Maha Devyai cha Vidhmahe , Brahma
Pathnyai Cha Dheemahe , Thanно
Saraswathee Prachodayath



FINAL PUJA AND DISMANTLING THE KALASHA

1) When dismantling the kalasha on the last day. Offer some petals in Durga Ma's Name and turn aarthi thereafter offer rice onto the kalasha and dismantle, sprinkle the sacred charged water onto the murthi if you have one. Wash your eyes and face. You can also sprinkle some in your home.

2) On the day you want to do the havan(optional) you can also offer halwa puri which 9 Sets for Devi and 2 sets for the Guardians of the property/apartment as well as offer Dhaar. You can light a set of 9 pieces for NavaDurga Ma and 2 pieces for the guardians . The dhaar offering before you start the puja and is offered after your recitation . Dhaar can be offered daily during Navarathri

3) After lighting the camphor and praying to Durga Ma, offer the 3 lotas of dhaar (1 outside the main gate and 1 inside the gate, the remaining 1 Lota of dhaar you can offer in a clean space in your yard or pot plant in the Name of Durga Devi.)

