

# SRI YANTRA SADHANA



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# Namaste.

We hope you are doing well and staying safe. We hope you aren't afraid of uncertainty and the unknown that life has been unfolding lately. Life thrives in uncertainty and blooms in the unknown when we learn to embrace it all. In the eastern traditions, we have so many sacred rituals allowing us to tap into the power of higher consciousness. One of those sacred rituals is Diwali.

Diwali has always been a sacred festival and this year it is even more auspicious because of the source of light it offers us during these challenging times. Although Diwali has always been seen as a beautiful festival of light, it goes beyond that. In the eastern wisdom traditions, sadhaka is the name given to a seeker; someone who goes deeper into their spiritual path with absolute love and discipline. For a sadhak, Diwali is the perfect time to dive deeper into your awareness and become available to the powerful energies available to us all. It's the night of healing, transformation, and abundance.

At the Chamunda Swamiji Sadhana Center, our intention is to give you the tools and resources that you need so that you can implement the energy and teachings of Diwali into your life, and it can become more than a ritual. We hope this information helps you to maximize your awareness and learn how you can make the most out of these nights.

During the time of Diwali, sages and masters from around the world meditate all night. For those of you who are feeling ambitious, you can also meditate through the night. However, meditating for at least 30 minutes, or as long as you can is highly recommended. In addition, Kali Chaudas will be taking place on November 13th, which will also be an equally important day to sit in your sadhna (a spiritual discipline practice).

**To take advantage of the powerful energies available to us all on these days, we recommend following these guidelines.**

## KALI CHAUDAS: NOVEMBER 13TH

*K*ali Chaudas is the day to offer love and reverence to Maa Kali, and to become available to her guidance, strength, and healing. Goddess Kali is the energy of fierceness, strength, and she takes away all the ego control, darkness, suppression, and everything that is holding us back. Make sure on this day to take time for your meditation practice so that you can receive all Goddess Kali has to offer you on this day. The mantra for Kali Chaudas night is

**Om Aim Hareem Kaleem Chamundaye Vichey**



## DIWALI: NOVEMBER 14TH

*D*iwali is also known as the celebration of the light, or the night of enlightenment. On this day, there are many layers of rituals offered to help us go deeper as spiritual seekers. We invite you to set aside a minimum of one hour for practice and follow these steps:



### INTENTIONS:

With each of these steps, we invite you to welcome in an intention. Intentions, also known as sankalpa, are a powerful tool to help us direct the energies that we work with during our practice. It is important to plant intentions that align with the healing work we are doing, and with what we wish to experience in our soul's journey. By planting an intention, we can then become available to the energetic experience of those intentions for our life, which opens up a door for us to receive. As you work with each deity, you can ask them to guide you through an intention in life, and rest in the inner trust that they will show you the way to overcome anything you are facing.

# HONORING GANESHA CONSCIOUSNESS

Kaliyuga is the name given for the modern dark age. During this dark age, it is believed that Ganesha's energy is the easiest to experience. His energy is very present around us. We begin Diwali by honoring Ganesha Consciousness. Ganesha is the symbol of abundance, healing, welcoming all new beginnings.

He helps us to eliminate all barriers and challenges we are up against. To honor his energy, begin with the mantra

**“Om Gam Ganapataye Namah”**

As you are praying and doing the mantra, receive his energy around your naval center. Receive his blessings and guidance as you go through your meditation. If you have Ganesha's statue, you can give it a wash with milk and water. Offer flowers on his idol and/or picture. If you do not have it, that is fine. You can simply meditate on his energy.



## HONORING MAA LAKSHMI

After honoring Ganesha, next we honor Maa Lakshmi. Maa Lakshmi's energy is that of conscious abundance, wellness, mental wellbeing, and success in every area of your life. Simply, chant her mantra

**“Hrim Namah”**

Invite her energy into your practice and pray that any obstacles in your conscious abundance be taken away. Any obstacles in your healing and growth find a peaceful resolution.

Keep red roses, red color fruit, and light a ghee diya or candle for her welcome.



# SRI YANTRA

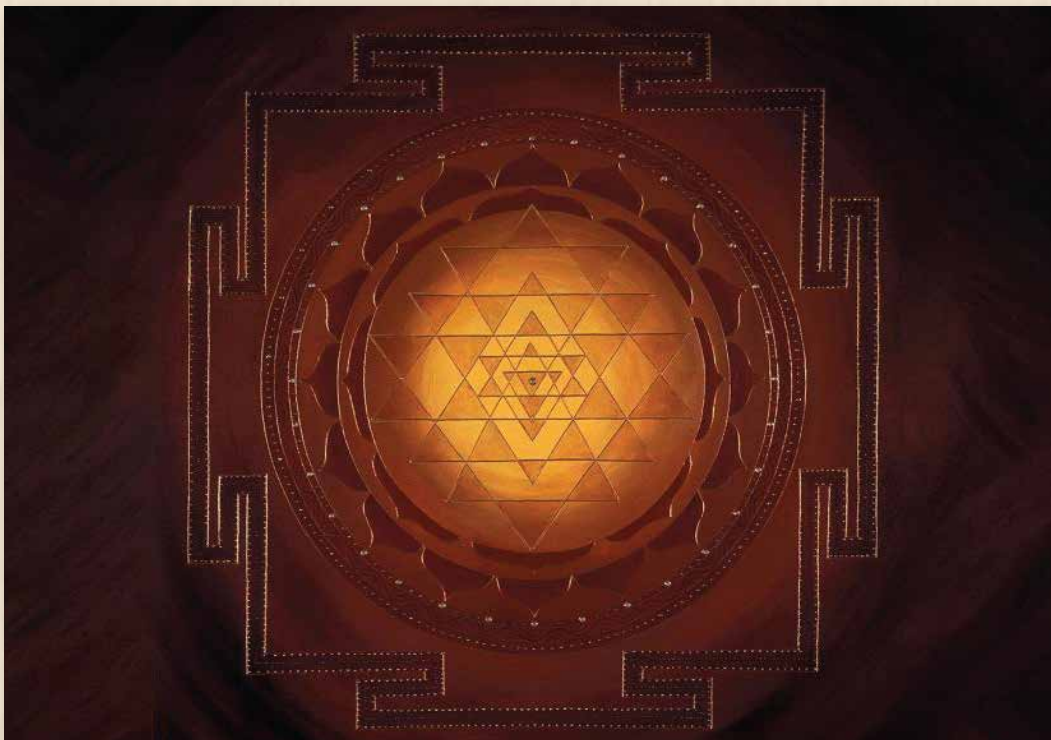
Yantra is the energy reservoir of all deities. There is a specific yantra for every deity in the tantra and eastern traditions. Sri yantra is the highest yantra, comprising many mantras, energies, known and unknown forces within it. It is believed that if you just meditate on sri yantra, that is the gateway to higher abundance. That in itself is the perfect combination of spirituality and material growth that you need.

We honor the energies of sri yantra through prana pratishtha and sankalpa. Prana Pratishtha means energizing of the yantra, and sankalp is the word for intentions. If you have a Sri Yantra, the next step is to bring it in and pray that “I am energizing you with my best of ability and knowledge. The yantra can be placed in the home or office to the east. Then you can wash your yantra with milk and cold water or panchamrut (milk, yogurt, sugar, honey, and ghee).

Then invite red roses, incense, candles, or any red clothing like a scarf to be placed in front of the yantra. Then chant the mantra

**“Ha Sa Ka La Hrim”**

for about fifteen minutes. After the fifteen minutes, surrender the mantra and become available to the silence and the energies that are there for you to receive.



If you do not have a Sri Yantra, that is alright. You can place roses, candles, incense, or any red clothing on your altar and then meditate on the mantras that you have.

The color red is the color of the Goddess. During these rituals, it is highly auspicious to wear anything red during your meditation. Anyone can practice these rituals and receive the blessings offered during Diwali. The key ingredient to these rituals is to deepen the spiritual practices and become available to the high upsurge of energy that is available to us all during Diwali.

In addition to sharing these important steps to deepen your practice during Diwali, the Chamunda Swamiji Center will also be holding the Yantra Puja ceremony on November 14th. We invite each of you to be a part of this event.

To know more about how to participate

**Please give us a Call at**

**+1-516-933-7590**

**or Write to us at**

**[info@ChamundaSwamiJi.com](mailto:info@ChamundaSwamiJi.com)**

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Sending each of you well wishes!

**TEAM CHAMUNDA SWAMIJI**