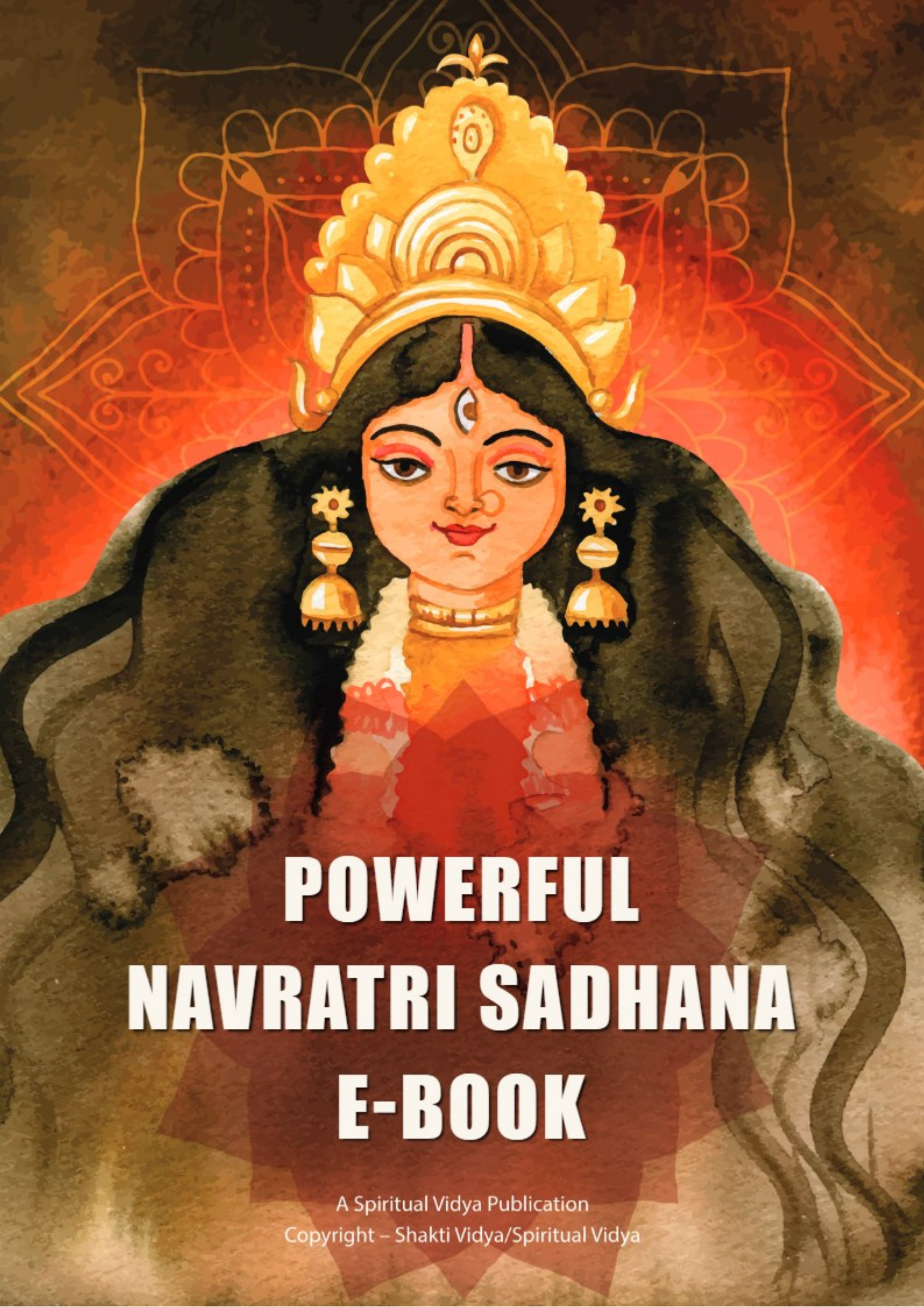




POWERFUL NAVRATRI SADHANA E-BOOK

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INTRODUCTION



amaste. We bow to the Universal Powers that reside within you. The reason you are reading this e-book, is because there is a curiosity in you to go deeper in your journey. Mother Goddess has blessed you with a curiosity to practice self-healing, meditation and access higher dimensions. Navratri are the Nine Nights of Consciousness and the celebration of the Divine Feminine. Navratri in India is looked upon as the celebration of the feminine energy. It is one of the rarest spiritual festivals in the world in which the Divine Feminine is worshipped. These Nine Nights are the most potent period for any Sadhak. Nav means Nine and Ratri means Night. The reason Nights are given more importance than the days is because it is during the night that the chaos of the entire world ends, and the inner silence comes out, the consciousness arises and begins breathing in with the Universe, slowly reaching realization as it learns the secrets. The deadlines, the rush hours, the office gossip, the commute stress, and everything in between dissolves into the night. The universal powers begin their dance of compassion, love, knowledge, wisdom, light and consciousness. It is during the silence of the night that the messages from the Divine come loud and clear and it is during the silence of the night that our Mantras and chants easily penetrate the realms of the multiverse. There are a total of four Navratris in a year.

Shardiya Navratri – celebrated in September or October,

Chaitra Navratri – celebrated in March or April,

Magha Navratri – celebrated in January or February, and

Ashadha Navratri - which falls in June or July.

The Magha and Ashada Navratris are called Gupt or secret Navratris and are followed by only Tantra practitioners and their selected students. During each Navratri, Spiritual Seekers meditate a lot more than they otherwise do. Their Sadhana intensity and the need to do Sadhana increases many folds and the rewards they receive are also in proportion to their Sadhana.

In this E-Book, we discuss the Chaitra and Sharadiya Navratris. Two of the most common and popular of all four, The Chaitra and Shardiya Navratris celebrate the Nine Forms of Maa Durga. We discuss each of their origins, their Importance, the Chakras they rule, how to perform their Sadhana, and the benefits we gain from each of their worship. All our Nine Chakras are healed and aligned during these Nine Nights as we perform the Shadhanas pertaining to each Goddess. We hope you enjoy reading this book as much as we enjoyed writing it and use the information provided to your highest good.

– Love and Blessings from Chamuda Swami Ji.

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Maa Shailputri

The First Incarnation

R

uler of the First Chakra, the Muladhara, Maa Shailputri is the daughter of Himalaya. Shail means Mountain and Putri means Daughter. A reincarnation of Maa Parvati, the story behind her origin is rather interesting. In her previous birth, she was born to Daksh Prajapati, and was named Sati. Despite her parent's wishes, she married Lord Shiva and shifted with him to the mountains. Sometime later, Daksh Prajapati organised a Havan and invited all the Gods and Goddesses, and all the sages, except Lord Shiva and Maa Sati. When Maa Sati came to know of this, she wanted to attend the Havan. Lord Shiva thought about it and said that probably Daksh Prajapati is upset with them due to some reason and hence hasn't invited them, so it's better they don't go. But on Maa Sati's insistence, Lord Shiva relented and let her go. Once she arrived, she noticed that no one welcomed her warmly except her mother and her father insulted her and her husband further. This was the tipping point for Maa Sati and to end the insults and in her rage, she jumped in the Havan Fire. She let go of her body there and passed on. Her love for Lord Shiva was eternal and ran beyond time, space and the concept of life and death. As a result, many years later, she was born as Maa Shailputri to Himalaya to be married to Lord

Shiva



The daughter of the mountains, she forms the base of the human Chakras and creates the foundation of the seeker's Spiritual Growth. She rides a Bull and wears Red clothes. Red is also the colour of the Muladhara Chakra.

Maa Shailputri holds a trident in one hand and a lotus in the other. The Trident stands for the three powers of Knowledge, Wealth, and Shakti. Her Sadhana makes us empowered to attain all of these and more. The Lotus is the symbol of purity, peace, compassion, prosperity, and freedom from evil. That is also why a lotus always blossoms in muddy water, it sprouts up, declaring freedom from all evil. Interestingly, the Muladhara Chakra is also represented by a Lotus with four petals.

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Her Bhog and Offerings –

You can use white flowers to offer her, and sweets made of dry milk (Mawa), again preferably white. You can also offer Sandalwood paste as decoration.

Time –

The best time for Maa Shailputri's Sadhana is between 5 PM to 7 PM or at the time of Moonrise in your country.

Her Sadhana –

On the first day of Navratri, after you have performed Aarti and offered Bhog to Maa, you can have your food or fruits or water if you are fasting and begin Maa Shailputri's Sadhana. Sit on your Sadhana Mat, preferably one you have been using for some time now if you are a regular Sadhak so that it is comfortable and familiar for you. If you are just beginning, pick up a comfortable mat, that you can sit on for long hours. Begin with making a Sankalp (resolution) to begin your journey and ask Maa Durga and all

her Nine forms to help you, bless you, and protect you during the journey, showing you the right path and keeping you from straying. Sit in a comfortable position in Padmasana* if possible. If not, you can sit on a chair or couch, but ensure your spine is straight. Close your eyes and first establish Maa Shailputri in your Muladhara Chakra. Ask her help to awaken it, align it, and empower it.

Below is the Mantra –

॥ॐ' ऐं ह्रीं क्लीं चामुण्डायै वच्चे ॐ शैलपुत्री देव्यै नमः॥

**Om Aim Hrim Kleem Chamundaye Vicche Om Shailputri
Devye Namah**

You can chant it for **108 TIMES**, (one round of the beaded necklace). While chanting the Mantra, you need to visualize your Muladhara Chakra, visualize the color red at the base of your spine and visualize the lotus with four petals. Feel the heat and feel the vibrations of the Chakra. Feel it getting aligned, and with it, Maa blessing you abundantly. Once done, you can keep the Mala in your lap, and assume the Mayur Pankh Mudra, do it for three minutes and then open your eyes, thank Maa for all her blessings, thank your Ishta Deva*, Guru and your parents. Now, get up from the mat, fold it, and keep it aside. Make sure you keep the mat at the same place every day and sit at the same place in the same room every day. Throughout the day, keep chanting the Mantra in your mind and breathe in deeply, all the way to your Muladhara Chakra and keep visualizing Maa Shailputri whenever you can.

Benefits of the Sadhana –

1. You will begin achieving material happiness.
2. Cultivation of your Spiritual Path.
3. Cultivation of internal Peace and Happiness.
4. The Sadhana will help in deepening your relationship with your emotional, sexual and spiritual energy.
5. You will gain Vitality, Vigour and Growth.

**In case of any doubts regarding the Sadhana, feel free to write to us at
info@chamundaswamiji.com**

Maa Brahmacharini The Ascetic

B

rahma means Austerity and Charini means an ardent female follower. Brahmacharini means a female who follows austerity with sincerity. The story of her origin is related to that of Maa Shailputri. After being born to Himalaya and named Parvati, Maa was enjoying her childhood and had no memory of her past. One day, Sage Narada (sage of the Gods) was passing through the Himalayas and saw Maa Parvati. He instantly recognised her and bowed to her. Seeing this Himalaya and his wife were shocked. When asked, Sage Narada replied that this is Maa Sati and has reincarnated as Maa Parvati. Upon hearing this, all the memories from her past life came rushing back to Maa Parvati and she asked Sage Narada to guide her. She wanted guidance so she can again attain Lord Shiva as her husband. Sage Narada suggested the path of penance and so began Maa's journey as Brahmacharini. She left the comforts of the palace and the life of a princess behind her and shifted to the forest. She slept on the forest floor under the sky and performed Sadhana continuously. She maintained a fruits and roots diet for many years, post which she ate only fallen leaves for many years, and finally she shifted to only water and her body had reduced to mere bones and skin. Towards the end, she continued the Sadhana without even water. As news of her austerity reached far and wide, Lord Brahma came to know of it as well and he was impressed. He then blessed her saying 'Lord Shiva will be your husband in this life as well'.



This was the origin of Maa Brahmacharini. Let's now understand her a little. The Second Goddess in the Sadhak's journey and ruler of the Swadhishtana or Sacral Chakra is Goddess Brahmacharini. As the Muladhara Chakra aligns and brings us all happiness, the Sacral Chakra helps us get in check and learn to be calm in chaos, pure in sin, and maintain our austerity when faced with the world's temptations. She wears white clothes, holds a beaded rosary in her right hand and a water utensil in her left hand. The white here mixes with the red of the Muladhara Chakra and makes Orange, which is the colour of Sacral Chakra. She is shown as walking bare feet in a jungle with no possessions except the water and the rosary. Her inclination towards ascetic life is what impressed Lord Shiva who finally married her.

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Her Bhog and Offerings –

You can offer her lotuses and hibiscus flowers, and sugar and Panchamrit. Since she lives an ascetic life, her offerings are also simple.

Time –

The best time to do Maa Brahmacharini's Sadhana is before sunrise in your country.

Her Sadhana –

Wake up early, preferably an hour before Sunrise, take a bath, and try wearing yellow or white clothes. Once you have performed Aarti, Puja, and offered Bhog to Maa, sit down on the same mat you have been sitting on and begin Sadhana. Begin by thanking Maa for blessing you that you can perform her Sadhana and pray to her that with this Sadhana, you should be able to remove all distractions and stay strong at your resolve of attaining the ultimate truth.

Sit in a comfortable position in Padmasana* if possible. If not, you can sit on a chair or couch, but ensure your spine is straight. Close your eyes and first establish Maa Brahmacharini in your Swadhishtana Chakra. Ask her help to awaken it, align it, and empower it.

Below is the Mantra –

या देवी सर्वभूतेषु मां ब्रह्मचारिणी रूपेण संस्थिता।
नमस्तस्यै नमस्तस्यै नमस्तस्यै नमो नमः।
दधाना कर मद्माभ्याम अक्षमाला कमण्डलू।
देवी प्रसीदतु मया ब्रह्मचारिण्यनुत्तमा।।

**Ya Devi Sarvabhuteshu Maa Brahmacharini Rupen Sansthitā
Namastasye Namastasye Namastasye Namoh Namaha
Dadhana Kar Madyabhyam AkshaMaala Kamandalu
Devi Praseedatu Mayi Brahmacharinyanuttma**

You can chant it **108 TIMES**. While chanting the Mantra, you need to visualize your Swadhishtana Chakra, visualize the color Orange just below your belly button and visualize an orange lotus with six petals. Feel the heat and feel the vibrations of the Chakra. Feel it getting aligned and with it, Maa blessing you abundantly. Once done, you can keep the Mala in your lap, and assume the Mayur Pankh Mudra, do it for three minutes and then open your eyes, thank Maa for all her blessings, thank your Ishta Deva*, Guru and your parents. Now, get up from the mat, fold it, and keep it aside. Make sure you keep the mat at the same place every day and sit at the same place in the same room every day. Throughout the day, keep chanting the Mantra in your mind and breathe in deeply, all the way to your Swadhishtana Chakra and keep visualizing Maa Brahmacharini whenever you can.

Benefits of the Sadhana –

1. Your focus and energy will improve.
 2. You will have better control over your emotions.
 3. You will have emotional freedom.
 4. Your creativity will increase.
 5. It helps in healing your heart and deepens your relationships.
-

In case of any doubts regarding the Sadhana, feel free to write to us at
info@chamundaswamiji.com

Maa Chandraghanta The Warrior Goddess

Chandra means Moon and Ghanta means bell. Maa Chandraghanta wears a half-moon on her head that is shaped like a bell. The story behind her origin is rather fascinating. When Lord Shiva had given his word that he would never get married again, his sufferings overwhelmed him. That and the Austerity of Parvati Ji resulted in Lord Shiva giving up and agreeing to marry her. When Lord Shiva arrived for the wedding, he brought along with him ghosts, goblins, sages, ascetics and Aghoris. Lord Shiva arrived in his terrorizing form and looking at him, Maa Parvati's mother, Maina, fainted. This was when Maa Parvati assumed the form of Chandraghanta, to revive her mother and save her parents from Lord Shiva's fearsome form. She persuaded Lord Shiva to appear in his charming form and the Lord finally agreed and obliged.

Chandraghanta is the married form of Maa Parvati. She has ten hands, which respectively carry a Trident, Mace, Bow-Arrow, Sword, Lotus Flower, Bell and a Waterpot. The remaining hands remain in Abhaya Mudra. She rides a tiger or lion, representing bravery and courage. The half-moon is worn on her forehead and a visible third eye is in the middle of her forehead. She has a golden complexion and is the perfect combination of beauty, charm and grace.



She wears orange clothes and her devotees wear white or yellow. She rules the Manipura Chakra or the Solar Plexus. As the Swadhishtana Chakra helps us remain calm in chaos, the Manipura Chakra works towards destroying all distractions that come our way.

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Her Bhog and Offerings –

Since we are worshipping the married form of Mother Goddess, offer her red flowers, red apples, and sweets and delicacies made of milk. Foxnut custard is one of her favourites. It is very important to ring the ritual bell while offering her Bhog as the bell is of great importance in her worship. It is believed that with the sound of the bell, Maa Chandraghanta showers her devotees with blessings.

Time –

The best time to do Maa Chandraghanta's Sadhana is mid-morning between 8 AM to 11 AM.

Her Sadhana –

Wake up early, take a bath, and try wearing yellow or golden clothes. Offer water to the Sun God. Once you have performed Aarti, Puja, and offered Bhog to Maa, sit down on the same mat you have been sitting on and begin Sadhana.

Begin by thanking Maa for blessing you that you can perform her Sadhana and pray to her that with this Sadhana, you should be able to destroy all distractions, both external and internal and stay strong at your resolve of attaining the ultimate truth. Also, pray to her to protect you from all evil and all negativity as you move forward on your path of Sadhana.

Sit in a comfortable position in Padmasana* if possible. If not, you can sit on a chair or couch, but ensure your spine is straight. Close your eyes and first establish Maa Chandraghanta in your Manipura Chakra. Ask her help to awaken it, align it, and empower it.

Below is the Mantra –

पण्डिजप्रवरारूढा ण्डकोपास्त्रकेर्युता।
प्रसादं तनुते मह्यं चंद्रघण्टेत विश्रुता॥
या देवी सर्वभूतेषु मां चंद्रघंटा रूपेण संस्थिता।
नमस्तस्यै, नमस्तस्यै, नमस्तस्यै, नमो नमः॥

Pindjapravararudha Andkopastrakeryutaa
Prasadan Tanute Mahyan Chandraghanteti Vishruta
Ya Devi Sarvabhuteshu Maa Chandraghanta Rupen Sansthita
Namastasye Namastasye Namastasye Namoh Namaha

You can chant it **108 TIMES**. While chanting the Mantra, you need to visualize your Manipura Chakra, visualize the colour yellow on your belly button and visualize an orange lotus with ten petals. Feel the heat and feel the vibrations of the Chakra. Feel it getting aligned and with it, Maa blessing you abundantly. Once done, you can keep the Mala in your lap, and assume the Mayur Pankh Mudra, do it for three minutes and then open your eyes, thank Maa for all her blessings, thank your Ishta Deva*, Guru and your parents. Now, get up from the mat, fold it, and keep it aside. Make sure you keep the mat at the same place every day and sit at the same place in the same room every day. Throughout the day, keep chanting the Mantra in your mind and breathe in deeply, all the way to your Manipura Chakra and keep visualizing Maa Chandraghanta whenever you can.

Benefits of the Sadhana –

1. You will be fearless with strong faith and hope.
2. Instant Purification of your spirit and surroundings.
3. All your distractions and issues will be resolved.
 4. Heightened focus in Sadhana.
 5. You will achieve success in life.

In case of any doubts regarding the Sadhana, feel free to write to us at
info@chamundaswamiji.com

Maa Kushmanda The Egg Bearer

K

u means little, Ushma means Warmth and Anda means Egg. Maa Kushmanda bears the egg and keeps it warm and safe. She creates the world with her warm smile. The story of her origin is very interesting. It is said that when the Universe was non-existent and darkness prevailed, Maa Kushmanda produced a little cosmic egg with her smile. This is when the Universe was filled with Divine Light. After creating the universe, Maa Kushmanda created the first beings which were the three supreme goddesses. With her left eye, she created a terrorizing form and named her Maha Kali, from her centre eye she created a ferocious form and named her Maha Lakshmi, and from her right eye emerged an extremely benevolent and smiling form who was named Maha Saraswati. From all three goddesses, more Gods and Goddesses were born but that story is for another time. Maa Kushmanda is the pregnant form of Maa Parvati. The creator, the birth giver. Maa Kushmanda is the creative mother who is full of love and compassion. She has eight arms and carries a Water Pot, a Bow-Arrow, a Lotus, a Pot of Nectar, a Disc, a Mace and a Rosary. She rides a lion and wears Royal Blue clothes.



She rules the Heart or Anahata Chakra and is the source of all love and light that exists in the Universe. She bestows Spiritual Powers and Wealth on her devotees.

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Her Bhog and Offerings –

Red flowers are Maa's favorites and you should offer her hibiscus if you can. Also, offer her vermillion, Dhoop* and Ghee* lamp. She loves pumpkin so you can offer her pumpkin and also sweets made of pumpkin. Also, offer her Halwa* and curd.

Time –

The best time to do Maa Kushmanda's Sadhana is afternoon or early evening in your country. Anytime between 2:09 pm to 2:57 pm and 5:55 pm to 7:19 pm

Her Sadhana –

Wake up early, take a bath, and try wearing green clothes. Once you have performed Aarti, Puja, and offered Bhog to Maa, sit down on the same mat you sat on the first day and begin Sadhana. Begin by thanking Maa for blessing you that you can perform her Sadhana and pray to her that with this Sadhana, you should be able to experience her warmth and love and create love and compassion in the world. Also, pray to her to protect you with her divine love and warmth as you move forward on your path of Sadhana. Sit in a comfortable position in Padmasana* if possible. If not, you can sit on a chair or couch, but ensure your spine is straight. Close your eyes and first establish Maa Kushmanda in your Anahata Chakra. Ask her help to awaken it, align it, and empower it.

Below is the Mantra –

या देवी सर्वभूतेषु माँ कूष्माण्डा रूपेण संस्थिता।
नमस्तस्यै नमस्तस्यै नमस्तस्यै नमो नमः॥

**Ya Devi Sarvabhuteshu Maa Kushmanda Rupena Samsthita।
Namastasyai Namastasyai Namastasyai Namoh Namah॥**

You can chant it **108 TIMES**. While chanting the Mantra, you need to visualize your Anahata Chakra, visualize the colour green on your heart and visualize a green lotus with twelve petals. Feel the heat and feel the vibrations of the Chakra. Feel it getting aligned and with it, Maa blessing you abundantly. Once done, you can keep the Mala in your lap, and assume the Mayur Pankh Mudra, do it for three minutes and then open your eyes, thank Maa for all her blessings, thank your Ishta Deva*, Guru and your parents. Now, get up from the mat, fold it, and keep it aside. Make sure you keep the mat at the same place every day and sit at the same place in the same room every day. Throughout the day, keep chanting the Mantra in your mind and breathe in deeply, all the way to your Anahata Chakra and keep visualizing Maa Kushmanda whenever you can.

Benefits of the Sadhana –

1. A Surge of Love and Compassion.
2. Healing from old wounds completely.
3. New, successful and fulfilling relationships.
4. Forgiveness for the past.
5. Increase in Healing abilities.

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info@chamundaswamiji.com

Maa SkandaMaata

The Protective Mother

*M*aa SkandaMaata is the Mother of Kartikeya, (son of Lord Shiva and Maa Parvati). Skanda is another name of Kartikeya. The story of her origin goes like this – Demon Tarakasura had a boon from Lord Brahma that no one can kill him except Lord Shiva's Son. He caused havoc and mayhem around the world and being invincible, no one could do anything to stop him. This was when Maa Parvati gave birth to Kartikeya or Skanda, who went on to kill Tarakasura and save the world. She has a pure white complexion, has three eyes and four arms. She is seen mounted on a ferocious lion with two upper arms holding lotus flowers. Her right lower arm holds her son and her left lower arm is in AbhayMudra, bestowing blessings on her seekers. She also sits on a lotus while meditating at times. She rules the Vishuddhi or the Throat Chakra and is responsible for blessing her devotees with undiluted thoughts. She is the protective mother and the fierce goddess who doesn't tolerate any nonsense of impurity when it comes to her children, devotees or Sadhaks. So, when worshipping her or performing her Sadhana, devotees are blessed with the power to purify their thoughts and speech and are also advised to have a crystal-clear intention.



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Her Bhog and Offerings –

You can offer bananas, yellow sweets, custard garnished with saffron and yellow flowers to Maa.

Time –

The best time to do Maa SkandaMaata's Sadhana is late night as per your country's time zone. It's usually between 12 AM to 2 AM.

Her Sadhana –

Take a bath, and try wearing yellow clothes. Once you have performed Aarti, Puja, and offered Bhog to Maa, sit down on the same mat you have been sitting on and begin Sadhana. Begin by thanking Maa for blessing you that you can perform her Sadhana and pray to her that with this Sadhana, you should be able to purify your thoughts, have a clear mind and be completely focussed as you move on. Also, pray to her to protect you with her clarity and love as you move forward on your path of Sadhana. Sit in a comfortable position in Padmasana* if possible. If not, you can sit on a chair or couch, but ensure your spine is straight. Close your eyes and first establish Maa Skandamanta in your Vishuddhi Chakra. Ask her help to awaken it, align it, and empower it.

Below is the Mantra –

॥ओम देवी स्कन्दमातायै नमः॥

Om Devi SkandaMaataye Namah

You can chant it **108 TIMES**. While chanting the Mantra, you need to visualize your Vishuddhi Chakra, visualize the colours white and purple on your throat and visualize a white and purple lotus with sixteen petals. Feel the heat and feel the vibrations of the Chakra. Feel it getting aligned, and with it Maa blessing you abundantly. Once done, you can keep the Mala in your lap, and assume the Mayur Pankh Mudra, do it for three minutes and then open your eyes, thank Maa for all her blessings, thank your Ishta Deva*, Guru and your parents. Now, get up from the mat, fold it, and keep it aside. Make sure you keep the mat at the same place every day and sit at the same place in the same room every day. Throughout the day, keep chanting the Mantra in your mind and breathe in deeply, all the way to your Vishuddhi Chakra and keep visualizing Maa SkandaMaata whenever you can.

Benefits of the Sadhana –

1. Clarity of Thought and Speech.
2. Your speech will become charismatic.
3. You will achieve authority.
4. Improved decision-making skills.
5. Your intuition will improve.

In case of any doubts regarding the Sadhana, feel free to write to us at
info@chamundaswamiji.com

Maa Katyayani

The Mahishasura Slayer

With Three Eyes, Eighteen Hands and Light of a Thousand Suns, roars Maa Katyayani. Listening to her roar, everything that's evil and negative either vanishes or transforms into positivity. There is no escaping her brilliance and no ignoring her light. Known as Mahishasura Mardini she was created in order to kill the tyrannical demon Mahishasura. The story of her creation goes like this. Mahishasura, the demon king who created havoc in the entire universe was a buffalo demon. He was known for his deception and evil ways as he would shape shift into different forms. The meaning of his name is Mahish, meaning Buffalo and Asura meaning Demon, the Buffalo Demon. The story behind Mahishasura's birth is that his father Rambha, the kind of demons fell in love with princess Mahishi who was cursed to be a water buffalo. Due to this lineage, Mahishasura could shapeshift from a buffalo to human. Mahishasura had a boon that no man or male God could kill him. He kept waging wars against the Gods and kept defeating them because he was invincible. This was when all the Gods and sages decided to create a Goddess who would kill Mahishasura. This was when Maa Katyayani was created. She was created from the combined energies of the Gods as they all emitted flames from their eyes and countenances that a mountain of effulgence was formed from which manifested a



Goddess. It was Rishi Katyayana who first worshipped her and gave her a form and hence she was named Katyayani. All the Gods gifted her different weapons. Shiva gave her his trident, Vishnu a Sudarshan Chakra or discus, Varuna a shankha, a conch- shell, Agni a dart, Vayu a bow, Surya a quiver full of arrows, Indra a thunderbolt, Kubera a mace, Brahma a rosary and water-pot, Kala a shield and sword, Visvakarma a battle-axe and other weapons. She then proceeded towards Mysore Hills where the Asuras saw her. They were captivated by her beauty and described it to Mahishasura. Mahishasura expressed his want of marrying her and when the Asuras took this message to Maa, she conveyed that she can only be won in a fight. The war began, Mahishasura took the form of a buffalo and Maa dismounted her lion and climbed the buffalo's back. She then smote him in the head with her tender feet with such force that he fell to the ground senseless. She then cut his head off with her sword and hence came to be known as Mahishasura Mardini. Ruler of the Third Eye or Agya Chakra, Maa Katyayani kills everything that is not required but is also known for her fierce anger. This is why, when people are in the initial stages of developing their Agya Chakra, they face anger issues and are unable to control their anger. Hence it is important to meditate upon the Chakra daily and align and balance it to ensure you pass this stage of Sadhana successfully. She wears green clothes and despite the fierceness, has a sweet smile on her face for her devotees and loves them unconditionally.

Disclaimer – Kindly note that these are just suggested guidelines to perform the Sadhana. If you can't adhere to them and still perform the Sadhana with pure intention and emotion, you will still get the desired result. If you can follow the guidelines it's great but even if you can't please don't get disheartened and still perform the Sadhana as per your convenience. Your emotions, love and devotion matter the most in the Sadhana and not the technicalities.

Her Bhog and Offerings –

Maa loves honey. You can offer her honey spread on a betel leaf and sweets made of honey.

Time –

The best time to do Maa Katyayani's Sadhana is early morning in your country's time zone.

Her Sadhana –

Take a bath, and try wearing red clothes. Once you have performed Aarti, Puja, and offered Bhog to Maa, sit down on the same mat you have been sitting on and begin Sadhana. Begin by thanking Maa for blessing you that you can perform her Sadhana and pray to her that with this Sadhana, you should be able to attract spiritual clarity and bliss. Also, pray to her to bless you with a blissful and happy family life as you move forward on your path of Sadhana.

Sit in a comfortable position in Padmasana* if possible. If not, you can sit on a chair or couch, but ensure your spine is straight. Close your eyes and first establish Maa Katyayani in your Agya Chakra. Ask her help to awaken it, align it, and empower it.

Below is the Mantra –

॥ ॐ ह्रीं क्लीं कात्यायने नमः॥

Om Hreem Kleem Katyayane Namah

You can chant it **108 TIMES**. While chanting the Mantra, you need to visualize your Agya Chakra, visualize the colour purple on your forehead and visualize a purple lotus with a circle in the centre and two petals on the left and right. Feel the heat and feel the vibrations of the Chakra. Feel it getting aligned, and with it, Maa blessing you abundantly. Once done, you can keep the Mala in your lap, and assume the Mayur Pankh Mudra, do it for three minutes and then open your eyes, thank Maa for all her blessings, thank your Ishta Deva*, Guru and your parents. Now, get up from the mat, fold it, and keep it aside. Make sure you keep the mat at the same place every day and sit at the same place in the same room every day.

Throughout the day, keep chanting the Mantra in your mind and breathe in deeply, all the way to your Agya Chakra and keep visualizing Maa Katyayani whenever you can.

Benefits of the Sadhana –

1. Spiritual Clarity.
2. Everything that's evil will begin disappearing.
3. Your attraction and charm quotient will also grow.
4. You will be able to manifest your goals faster.
5. Your thirst for knowledge and wisdom will increase.

In case of any doubts regarding the Sadhana, feel free to write to us at
info@chamundaswamiji.com

Maa Kaalratri The Destroyer

W

ith a heavenly form, Maa Kaalratri has the complexion of the darkest of nights. She Rules the Crown or Sahasrara Chakra and is responsible for killing all evil that's outside of us. There are several stories related to her origin and the most famous one is that she was created to destroy Chanda and Munda named demons. In Sadhana, as we reach the crown Chakra, Maa Kaalratri helps us clear out all the external negativity and chaos along with our past lives Karmas. She helps us clear all obstacles on our path and takes us safely to the next stage. She has three round protruding eyes and has long tousled hair. She exhales flames through her nostrils as she breathes and has four arms that depict her immense strength. She holds a cleaver and deadly sabre and two of her hands and her other two hands are in Abhaya and Varada Mudras that grant blessings and protection to her Sadhaks.

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Her Bhog and Offerings –

Maa loves jaggery. You can offer her plain jaggery or sweets made of jaggery.

Time –

The best time to do Maa Kaalratri's Sadhana is preferably at 12 AM as per your country's time zone.

Her Sadhana –

Take a bath, and try wearing white clothes. Once you have performed Aarti, Puja, and offered Bhog to Maa, sit down on the same mat you have been sitting on and begin Sadhana. Begin by thanking Maa for blessing you that you can perform her Sadhana and pray to her that with this Sadhana, all your external enemies should be destroyed. Also, pray to her to bless you with a clear and smooth spiritual path and offer you her protection as you go forward in Sadhana.

Sit in a comfortable position in Padmasana* if possible. If not, you can sit on a chair or couch, but ensure your spine is straight. Close your eyes and first establish Maa Kaalratri in your Sahasrara Chakra. Ask her help to awaken it, align it, and empower it.

Below is the Mantra –

॥ॐ कालरात्र्यै नमः॥

Om Kaalratraye Namah

You can chant it **108 TIMES**. While chanting the Mantra, you need to visualize your Sahasrara Chakra, visualize the colour white on your forehead and visualize a white lotus with thousand petals. Feel the heat and feel the vibrations of the Chakra. Feel it getting aligned and with it, Maa blessing you abundantly. Once done, you can keep the Mala in your lap, and assume the Mayur Pankh Mudra, do it for three minutes and then open your eyes, thank Maa for all her blessings, thank your Ishta Deva*, Guru and your parents.

Now, get up from the mat, fold it, and keep it aside. Make sure you keep the mat at the same place every day and sit at the same place in the same room every day. Throughout the day, keep chanting the Mantra in your mind and breathe in deeply, all the way to your Sahsarara Chakra and keep visualizing Maa Kaalratri whenever you can.

Benefits of the Sadhana –

1. Spiritual Clarity.
2. Your life will be full of bliss and happiness.
3. You will be in a constant orgasmic state.
4. Your ego will vanish.
5. You will be filled with compassion and love.

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info@chamundaswamiji.com

Maa MahaGauri The Reliever

T

he Ruler of the Nirvana Chakra, Maa MahaGauri relieves her devotees from all the issues of life and takes them towards Nirvana. After killing the demons in the form of Kaalratri, Maa Parvati was left with skin as dark as night. This made Lord Shiva tease her with a nickname, Kali (dark skinned). Maa got agitated (yes, the obsession with fair skin has been existing since inception). She then appealed to Lord Brahma by doing severe penance and pleased, Lord Brahma asked her to bathe in the Mansarovar River. When she did so, her skin separated from her body and took the form of another female who was called Kaushiki. Kaushiki then went on to kill demons Shumbha and Nishumbha. As Maa Parvati regained her fair complexion, she was named as MahaGauri which means extremely fair. The Goddess wears white clothes and rides a bull. She has four arms and holds a trident in one hand and a damaru in another. Her other two hands are in Varada and Abhaya Mudra, blessing and protecting her children.

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guidelines it's great but even if you can't please don't get disheartened and still perform the Sadhana as per your convenience. Your emotions, love and devotion matter the most in the Sadhana and not the technicalities.

Her Bhog and Offerings –

You can offer her coconuts, puris and vegetables. Devotees also offer her halwa and cooked black Bengal gram.

Time –

The best time to do Maa Mahagauri's Sadhana is preferably in the early morning right before sunrise as per your country's time zone.

Her Sadhana –

Take a bath, and try wearing yellow clothes. Once you have performed Aarti, Puja, and offered Bhog to Maa, sit down on the same mat you have been sitting on and begin Sadhana. Begin by thanking Maa for blessing you that you can perform her Sadhana and pray to her that with this Sadhana, all your issues be resolved. Also pray to her to protect you as you begin your journey and become one with the Divine Consciousness.

Sit in a comfortable position in Padmasana* if possible. If not, you can sit on a chair or couch, but ensure your spine is straight. Close your eyes and first establish Maa MahaGauri in your Nirvana Chakra. Ask her help to awaken it, align it, and empower it.

Below is the Mantra –

या देवी सर्वभूतेषु मां महागौरी रूपेण संस्थिता।
नमस्तस्यै नमस्तस्यै नमस्तस्यै नमो नमः॥

**Ya Devi Sarvabhuteshu Maa MahaGauri Rupen Sansthita
Namastasye Namastasye Namastasye Namoh Namaha**

You can chant it **108 TIMES**. While chanting the Mantra, you need to visualize your Nirvana Chakra. Feel the heat and feel the vibrations of the Chakra. Feel it getting aligned, and with it, Maa blessing you abundantly. Once done, you can keep the Mala in your lap, and assume the Mayur Pankh Mudra, do it for three minutes and then open your eyes, thank Maa for all her blessings, thank your Ishta Deva*, Guru and your parents. Now, get up from the mat, fold it, and keep it aside. Make sure you keep the mat at the same place every day and sit at the same place in the same room every day. Throughout the day, keep chanting the Mantra in your mind and breathe in deeply, all the way to your Nirvana Chakra and keep visualizing Maa MahaGauri whenever you can.

Benefits of the Sadhana –

1. Spiritual Clarity.
2. All your worldly problems will be solved.
3. You will be a changed person.
4. You will have ascended.

In case of any doubts regarding the Sadhana, feel free to write to us at
info@chamundaswamiji.com

Maa Siddhidatri The Liberator

R

uler of the Liberation Chakra, Maa Siddhidatri is the other half of Lord Shiva. The word Siddhi means Spiritual Powers and Datri means giver. Maa Siddhidatri is therefore the provider of Spiritual Powers. Her origin holds the key to creation. When the universal mother began creation, she first created Lord Shiva. Lord Shiva then prayed to her to bless him with perfections. For this, Maa Durga created Maa Siddhidatri from herself. Maa Siddhidatri then bestowed 8 kinds of rare perfections and powers and potentialities (Siddhis) on Lord Shiva. With these Siddhis, Lord Shiva was able to develop a divine splendour. Lord Shiva then created Lord Vishnu who in turn created Lord Brahma. When Lord Brahma was facing difficulty with creation, he prayed to Maa Siddhidatri, to help him with creation in the absence of a man and a woman. This was when Maa Siddhidatri merged with Lord Shiva and as Lord Shiva became half man and half woman, the creation process began. She stands for the Divine Union and provides her children with supreme spiritual powers, wisdom and knowledge. She is where all the Maya ends and reality begins. She has four hands in which she carries a discus, a conch shell, a mace and a lotus respectively.



She sits on a fully bloomed lotus or a lion. She possesses eight Super Powers or Siddhis which are Anima, Mahima, Garima, Laghima, Prapti, Prakambya, Ishitva and Vashitva. Anima means reducing one's body to the size of an atom; Mahima means expanding one's body to an infinitely large size; Garima means becoming infinitely heavy; Laghima means becoming weightless; Prapti means having omnipresence; Prakambya achieving whatever one desire; Ishitva means possessing absolute lordship; and Vashitva means having the power to subjugate all.

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Her Bhog and Offerings –

You can offer her coconuts, kheer, Naivadyam and Panchamrit. You can also offer her red and yellow flowers.

Time –

The best time to do Maa Siddhidatri's Sadhana is preferably in the early morning as per your country's time zone.

Her Sadhana –

Take a bath, and try wearing yellow or red clothes. Once you have performed Aarti, Puja, and offered Bhog to Maa, sit down on the same mat you have been sitting on and begin Sadhana. Begin by thanking Maa for blessing you that you can perform her Sadhana and pray to her that with this Sadhana, may you receive spiritual success and spiritual powers. Also, pray to her to bless you with all the Siddhis and take you with her into the process of creation. Also pray to her to bring out the creator within you.

Sit in a comfortable position in Padmasana* if possible. If not, you can sit on a chair or couch, but ensure your spine is straight. Close your eyes and first establish Maa Siddhidatri in your Liberation Chakra. Ask her help to awaken it, align it, and empower it.

Below is the Mantra –

॥ओम देवी सद्धिदात्र्यै नमः॥

Om Devi Siddhidatraye Namaha

You can chant it **108 TIMES**. While chanting the Mantra, you need to visualize your Liberation Chakra. Feel the heat and feel the vibrations of the Chakra. Feel it getting aligned and with it, Maa blessing you abundantly. Once done, you can keep the Mala in your lap, and assume the Mayur Pankh Mudra, do it for three minutes and then open your eyes, thank Maa for all her blessings, thank your Ishta Deva*, Guru and your parents. Now, get up from the mat, fold it, and keep it aside. Make sure you keep the mat at the same place every day and sit at the same place in the same room every day. Throughout the day, keep chanting the Mantra in your mind and breathe in deeply, all the way to your Liberation Chakra and keep visualizing Maa Siddhidatri whenever you can.

Benefits of the Sadhana –

1. You will receive spiritual powers and special abilities.
2. You will have ascended from the material world.
3. You will be able to see the world on atomic and molecular level.
4. Your compassion and understanding will grow boundless.
5. You will reach Divine Consciousness.
6. All your works will be done with lightning speed.

In case of any doubts regarding the Sadhana, feel free to write to us at
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Glossary

- 1. Mantras** – Mantras are collections of sounds and words that have been repeated by sages and great ones and hold spiritual value and powers when chanted.
- 2. Sadhak** – A Sadhak is a person who performs Sadhana
- 3. Sadhana** – Sadhana is a disciplined spiritual practice that is performed in order to spiritually ascend and transform and also achieve a goal or fulfil a resolution
- 4. Shardiya** – Sharad is autumn. So Shardiya Navratri is a Navratri that falls in Autumn
- 5. Havan** – Havan is any ritual in which making offerings into a consecrated fire is the primary action.
- 6. Chakra** – Energy Centre
- 7. Muladhara Chakra** – Root Chakra
- 8. Swadhishtana Chakra** – Sacral Chakra
- 9. Manipura Chakra** – Solar Plexus Chakra
- 10. Anahata Chakra** – Heart Chakra
- 11. Vishuddhi Chakra** – Throat Chakra
- 12. Agya Chakra** – Third Eye Chakra
- 13. Bhog** – Bhog is a any food offering made to Gods
- 14. Padmasana** - Lotus position or Padmasana is a cross- legged sitting meditation pose from ancient India, in which each foot is placed on the opposite thigh
- 15. Aarti** – Aarti is a ritual of worship where we light a Ghee Lamp and sing praises of a deity
- 16. Ghee** – Clarified Butter
- 17. Mawa** – Dried Milk
- 18. Dhoop** – Dhoops are an extruded incense, lacking a core bamboo stick
- 19. Puris** - A small, round piece of bread made of unleavened wheat flour, deep-fried and served with meat or vegetables
- 20. Halwa**- A Middle Eastern sweet made of sesame flour and honey.
- 21. Kheer** – A South Asian dessert made from slow-cooked rice, milk, and sugar, much like a rice pudding

22. Mayur Pankh Mudra - Mayur means Peacock and Pankh means feather. The Mayur Pankh Mudra is a practice that originates from the act of a Peacock spreading its feathers. A Peacock's Root Chakra resides in its feathers. The feather of a Peacock is considered sacred and pure. That is why, when a Peacock spreads its feathers, it looks the most beautiful and it is also an invitation to mate and be closer to Mother Earth. Performed towards the end of a Sadhana, Mayur Pankh Mudra aims at absorbing all the energy generated during the Sadhana from our fingertips to our body. The purity and sacredness of a Peacock's feathers are achieved when a person performs the Mudra. In order to understand how it's done and learn its benefits.

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