



Navaratri Sadhana

“Sadhana makes you ever cheerful, more concentrated, joyful, balanced, contented, blissful, dispassionate, fearless, courageous, compassionate...it gives you a rich inner life, introspective inner vision and unruffled state of mind under all conditions of life”

Swami Sivananda

1. Invocation:

Vag Arthaa Viva Sam Prukthu,
Vag Artha Prathi Pa Thayahe,
Jagatha Pithrau Vande
Par Vathei Param Eswarau x 2

Shanti Path:

1. OM Sahana Vavatu,
Sahanau Bhunaktu,
Saha Viryam Karavavahai
Tejasvi Navaditamastu,
Ma Vidvishavahai

2. Asato ma sadgamaya, Tamaso ma jyotirgamaya, Mrityorma amritam gamaya; Saravesham svasti bhavatu, Saravesham shantir bhavatu, Saravesham purnam bhavatu, Saravesham Mangalam bhavatu; Loka samastah sukhino bhavantu; Om tryambakam yajamahe, Sugandhim Pushti vardhanam; Urva rukamiva bhandhanat, Mrityor mukshiya mamritat.



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3. Gayatri Mantra:

Om Bhur Bhuvah Swaha,
Tat Savitur Vareneeyam,
Bhargo Devasya Dheemahi,
Dhe Yo Yonah Prachodayat

4. Devi Mahatmya

Om Sarva-Mangala-Maanggalye
Shive Sarvaartha-Saadhike |
Sharannye Tryambake Gauri
Naaraayanni Namostu Te ||



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Durgädvätrinshannämamälä

(32 Names of Durga, or “Durga Path”)

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



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Durgädvätrinshannämamälä Cont.

(32 Names of Durga, or “Durga Path”)

- | | |
|-------------------------------------|--|
| 17. dur-ga-maa-SHRI-taa | Who is sought as refuge. |
| 18. DUR-GA-MA-GYAA-NA-sam-sthaa-naa | Who is the abode of knowledge. |
| 19. dur-ga-ma-dhyaa-na-BHAA-si-nee | Who is the brilliant light of meditation. |
| 20. dur-ga-mo-haa | Who is the deluder of the mind. |
| 21. dur-ga-MA-gaa | Who is difficult to reach. |
| 22. dur-ga-maar-THA-sva-roo-Pi-nee | Who is the very form of wealth or meaning. |
| 23. dur-ga-maa-SU-ra-sam-HAN-tree | Who is the destroyer of demons (asuras). |
| 24. dur-ga-maa-YU-dha-dhaa-Ri-nee | Who possesses powerful weapons. |
| 25. DUR-ga-MAAÏ-gee | Who has powerful limbs. |
| 26. dur-ga-MA-taa | Who is the state of unattainability. |
| 27. dur-gam-yaa | Who is unattainable, inaccessible. |
| 28. DUR-ga-me-SHVA-ree | Who is the divine ruler. |
| 29. DUR-ga-BHEE-MAA | Who is formidable. |
| 30. dur-ga-bhaa-maa | Who is very angry. |
| 31. dur-ga-bhaa | Who shines brilliantly. |
| 32. DUR-ga-daa-Ri-ee | Who tears away the veil of ignorance. |



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Beeja Mantra

1. Om Gam Ganapathaye Namaha
2. Om Dhum Durgaye Namaha
3. Om Kreem Kali Kayey Namaha
4. Om Sri Lakshmaye Namaha
5. Om Sri Saraswatayey Namaha

Namaha is a Sanskrit term; literal translation of namaha is "not mine," derived from the Sanskrit negation na, paired with ma, meaning "mine". Namaha can be affixed to Sanskrit mantras as a means of expressing total dedication. As such, it is a means of reflecting the notion that one's life is in the hands of the universe.



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Kirtan

1. Gam Gam Ganapate Namō Namaste :l
2. Adi Shakti, Adi Shakti, Adi Shakti, Namō Namō :ll
Sarva Shakti, Sarva Shakti, Sarva Shakti, Namō Namō :ll
Kundalini Mata Shakti, Mata Shakti, Namō Namō :ll
3. Devi Ma, Durga Ma, Kali Ma, Lakshmi Ma :ll
4. Devi Kripa Karo, Amba Devi Raksha Karo :ll
5. Durga Ma, Kali Ma, Durga Ma, Jaya Jaya Durge :ll
Kali Durge Namō Namah, Kali Durge Namō Namah:ll
Kali Kali Kali Kali Namō Namah x3, Kali Durge:ll
Kali Durge X4
Aum Ayeem, Hreem, Kleem x3 Auum :ll
6. Hey Tripura Sundari, Karmeshwara, Tripura
Sundari Jagajanani x2
Jai Ma/ Kail Ma/ Lakshmi Ma/ Saraswati Ma.



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Kirtan Cont.

7. Om Kali Om Kali Om Kali Om x2 :ll
8. Om Shree Lakshmi Na ma ha:ll
9. Om Aim Hreem Kleem Chamundayi Vichey

Tantroktam Devī Suktam

Namo devyai mahādevyai śhivāyai satataṃ namaḥ,
Manah prakṛtyai bhadrayāi niyatāḥ Praṇatāḥ sma tāṃ

Roudrayai namo nityāyi gouryayai dhātryai namo namaḥ,
Jyotsnāyai chendurūpiṇyayai sukhāyai satataṃ namaḥ.

Kalyāṇyai praṇatām vṛddhyai siddhyai kurmo namo namaḥ,
Nairṛtyai bhubr̥tāṃ lakṣmyai śharvāṇyai te namo namaḥ

Durgāyai durgapārāyai, sārāyai sarvakāriṇyai,
Khyātyai tathaiva kṛṣṇāyai dhūmrāyai satataṃ namaḥ.



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Tantroktam Devī Suktam Cont.

Ati saumyāti raudrāyai, natāstasyai namo namaḥ,
Namo jagat pratiṣṭhāyai, devyai kriṣṭyai namo namaḥ

Yā devī sarvabhūteṣhu, **Viṣṇu māyeti** śabditā,
namastasyai namastasyai namastasyai namo namaḥ.

Yā devī sarvabhūteṣhu, **Chetane tyabhi** dhīyate,
namastasyai namastasyai namastasyai namo namaḥ.

Yā devī sarvabhūteṣhu, **Buddhi** rūpeṇa saṁsthitā,
namastasyai namastasyai namastasyai namo namaḥ.

Yā devī sarvabhūteṣhu, **Nidrā** rūpeṇa saṁsthitā,
namastasyai namastasyai namastasyai namo namaḥ.

Yā devī sarvabhūteṣhu, **Kshudhā** rūpeṇa saṁsthitā,
namastasyai namastasyai namastasyai namo namaḥ.

Yā devī sarvabhūteṣhu, **Chhāyā** rūpeṇa saṁsthitā,
namastasyai namastasyai namastasyai namo namaḥ.



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Tantroktam Devī Suktam Cont.

Yā devī sarvabhūteṣhu, **Śakti** rūpeṇa saṁsthitā,
namastasyai namastasyai namastasyai namo namaḥ.

Yā devī sarvabhūteṣhu, **Trṣṇā** rūpeṇa saṁsthitā,
namastasyai namastasyai namastasyai namo namaḥ.

Yā devī sarvabhūteṣhu, **Kṣānti** rūpeṇa saṁsthitā,
namastasyai namastasyai namastasyai namo namaḥ.

Yā devī sarvabhūteṣhu, **Jāti** rūpeṇa saṁsthitā,
namastasyai namastasyai namastasyai namo namaḥ.

Yā devī sarvabhūteṣhu, **Lajjā** rūpeṇa saṁsthitā,
namastasyai namastasyai namastasyai namo namaḥ.

Yā devī sarvabhūteṣhu, **Śānti** rūpeṇa saṁsthitā,
namastasyai namastasyai namastasyai namo namaḥ.

Yā devī sarvabhūteṣhu, **Śraddhā** rūpeṇa saṁsthitā,
namastasyai namastasyai namastasyai namo namaḥ.



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Tantroktam Devī Suktam Cont.

Yā devī sarvabhūteṣhu, **Kānti** rūpeṇa samsthitā,
namastasyai namastasyai namastasyai namo namaḥ.

Yā devī sarvabhūteṣhu, **Lakṣmī** rūpeṇa samsthitā,
namastasyai namastasyai namastasyai namo namaḥ.

Yā devī sarvabhūteṣhu, **Vṛtti** rūpeṇa samsthitā,
namastasyai namastasyai namastasyai namo namaḥ.

Yā devī sarvabhūteṣhu, **Smṛti** rūpeṇa samsthitā,
namastasyai namastasyai namastasyai namo namaḥ.

Yā devī sarvabhūteṣhu, **Dayā** rūpeṇa samsthitā,
namastasyai namastasyai namastasyai namo namaḥ.

Yā devī sarvabhūteṣhu, **Truṣṭi** rūpeṇa samsthitā,
namastasyai namastasyai namastasyai namo namaḥ.

Yā devī sarvabhūteṣhu, **Mātr** rūpeṇa samsthitā,
namastasyai namastasyai namastasyai namo namaḥ.



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Tantroktam Devī Suktam Cont.

Yā devī sarvabhūteṣhu, **Bhrānti** rūpeṇa saṁsthitā,
namastasyai namastasyai namastasyai namo namaḥ.

Indriyāṇā madhiṣṭhatrī, bhūtānāṃ chākhileṣu yā,
Bhūteṣu satataṃ tasyai, vyāpti devyai namo namaḥ.

Chitirūpena ya kṛtsnameta dvyāpya sthitā jagat,
namastasyai namastasyai namastasyai namo namaḥ.

Om Śāntiḥ Śāntiḥ Śāntiḥ

Siddha Stotra Mala, 85



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Tantroktam Devī Suktam Cont.

Translation

Salutations to the Goddess who resides in all beings in the form of: {wisdom, light, abundance etc}.

To that constant, eternal presence, I gratefully offer myself again and again.

The feminine energy or nature resides in all beings (RupenaSansthita).

As the flow of life, she is expressed in us as wisdom (Buddhi), sleep (Nidra), the shadow (Chaiya), misunderstanding (Bhranti), peace (Shantih), contentment (Tushti), abundance (Lakshmi), Matri (Mother), Daya (Compassion, Kanti (Radiance) and Shakti (primal Source Energy).