



Chotranikara Bahavathy - Kerala

Sakthi foundation

How to worship Devi during Navarathry?

Universal energy has been named as Parasakthi. The energy of creation from the source is being depicted as female energy. Parasakthi is being manifested as Durga, Mahalaxmi and Saraswathy.

Human life is totally dependent upon all the three energy forms. The Navarathry festival for 10 days helps us to transform our self from our self-ego to a selfless humble personality through various rituals, scripture analysis and prayers. Navarathry festival is world's longest festival and in our nation every state celebrates in its own taste and pattern.

In Tamil Nadu, much importance is given to decoration of homes with various dolls of all divine forms and it is called Golu [grand royal setting]. In temples much importance is given to decorating the deity as various energy forms.

The following article assists us to observe the festival in all 5 levels.

Physical level - looking and enjoying the Golu, Devi decoration in various forms with senses.

Emotional level - Prayers with music, bajans, hearty emotional touch with the most lovable deity.

Intellectual level - analyzing the festival, forms of Devi, scriptures, listening to discourses etc.

Awareness level - Rituals, chanting with powerful mantras and self-realizing the supreme energy within us.



Conscious level - after all these we will be able to understand, feel and realize that Devi and our self are the same and we transform our self into a selfless, serving and respecting personality to all.

Scriptures talking about Sakthism gives a detail version about observing Devi's 9 forms of energy in these 10 days. The article explains in a simple way. Devotees can either decorate the deity at home according to this and also observe and connect you with the form and actions and witness our self.

We thank **Mr.Eshwaran - priest to Devi Akilandeshwari in Tiruvanaika temple** [Panchbootha shrine for water element in Trichy city] for guiding us to document this simple version of Devi pooja. Sacred food, music and flowers can be altered based on your state's cultural pattern.

Day 1

Name and form: Kumari, holding manuscripts of Vedas, akshara beads stringed together, hands showing abhaya and varadha mudra.

Flowers: Jasmine, **Food:** Ven pongal [rice cooked with moor dhal], **Raga for music:** Thodi

Action: Devi defeats Madhu Kaidaba demons.

Day 2

Name and form: Sri.Rajarejeshwari holding sugarcane bow, 5 flowers as arrows, paasa and ankusha.

Flowers: Tulsi, **Food:** Puliogara [tamarind rice], **Raga:** Kalyani

Action: Observing the army power of Mahishasura

Day 3

Name and form: Kalyani standing upon Mahishasura's slayed head.[Durga form]

Flowers: Champangi, marikozhundhu, **Food:** Candy rice [Chakarai pongal], **Raga:** SindhuBairavi

Action: Devi defeats Mahishasura



Day 4

Name and form: Rohini holding conch and chakra with gadha seated upon a throne.

Flowers: Jathi pookal, **Food:** Vegetables mixed sambar rice without onions and garlic, **Raga:** Bairavi

Action: Devi listening and enjoying the praising wishes of Devathas and people after killing Mahishasura.

Above photo: Karnataka - Kollur Mookambikai

Day 5

Name and form: Maha Kali with sword and slayed head of demon seated upon a throne.

Flowers: Paarijatham, **Food:** curd rice, **Raga:** Neelambari

Action: Listening the message of demon Sumbha through his minister Sugreeva [not Ramayana character]

Day 6

Name and form: Chandika seated upon 5 hooded snake - Ragu planet.

Flowers: Hibiscus, **Food:** coconut rice, **Raga:** Banthu varali

Action: Removing the navagraha doshas

Day 7

Name and form: Shambavi seated by placing her right foot upon a lotus and her left leg is folded. She is also playing Veena.

Flower: Kethaki - Thaazhambhu, **Food:** Lemon rice, **Raga:** Bilahari

Action: Relishes the death of Chanda-Munda demons.



Day 8

Name and form: SriDurga with 8 hands.

Flowers: Roses, **Food:** Milk payasam with moor dhal, **Raga:** Pun naaga varali

Action: She is seated upon throne after killing Raktha Beeja demon.

Day 9

Name and form: Kameshwari or Subathra with bow, arrow, trident and anguasam. She is enjoying Parameshwara and seated upon swing.

Flowers: Red lotus, **Food:** condensed milk gova - dhooth peda, **Raga:** Vasantha

Action: She manifests herself as Durga, Laxmi and Saraswathy and performs creation, protection and transformation.

On 10th day worship Devi as **Aadhiparasakthi**.



Mahishasura Mardhini - Mahabalipuram near Chennai [7th century Pallava style carving]

