

Shree Durga Vrat Puja

Shree Durga Navaratri Vrat (The fulfillment of thoughts and desires)

The Navaratri vrat fast bestows upon one the fulfillment of all of ones desires. Those who desire a child they beget a child, those who wish for wealth procures wealth. Those who wish for education procures education. Those who are ill, they soon rid of their disease. One is free from all bondage's. Women are blessed with a child. Those who observe this fast with devotion all sins are removed and are free from worries and are granted happiness and peace and have prosperity.

Kindly read this comprehensive article on **Dipika** named "[The Benefits one accrues when one observes a Navaratri Vrat](#)" click ([HERE](#)) to go to this link on **DIPIKA**.

In this article the following contents are provided...

Pages 2-3 Introduction

Pages 4-6 Srimad Devi Bhagavatam on the Navaratri vrata (fast).

Pages 6-9 Srimad Devi Bhagavatam on the benefits one accrues when one observes a Navaratri vrat.

Pages 9-11 How to Observe a Navaratri vrat (fast).

Pages 11-12 What is acceptable to perform/observe in Navaratri.

Page 12 What is forbidden in Navaratri.

Pages 12-14 Bada Bandi Mochana on the hoisting of Devi's 9 Red Jhandi's (Flags)

THE DURGA PUJA PROPER

Kindly read this comprehensive article on **Dipika** named "[Why is barley seeds sown on the first day of Navaratri and barley grass benefits](#)" click ([HERE](#)) to go to this link on **DIPIKA**.

On the morning of first day of Navaratri, after having a bath, you should wear fresh clothes. Then at your prayer place, sprinkle water to purify the place. Then sprinkle ata (flour) on a clean board/tile (or see what you can use – use your discretion). This is called a mandala/bedi (a place where the prayer is going to be performed). Fill a clay/brass/copper pot with white or basmati rice, place five fresh washed mango leaves

in the pot and place a coconut (you should have already cleaned the coconut) in the pot. Thereafter drape a red cloth or a sari (preferably a red colour sari) on the coconut. Then place this pot at the centre of the mandala. Fresh grains are used in the worship as they convey the idea of growth and prosperity.

*** Please note if you don't want to use a coconut and sari and so forth then please print a picture of Mother Durga and use that for the worship. ***

On the mandala place a Lord Ganesh murti and if you have a picture of Mother Durga. Firstly offer an agarbatti, lamp or flower (or all three) to Shree Ganeshji (turn seven times clockwise around the murti), and pray to Shree Ganeshji and praying to him to remove all obstacles in the path of the prayer.

Mother Durga is now invoked and worshiped in the pot (khumbha/lota). Pray to Mother Durga asking Ma to please enter in the pot (khumbha/lota) and accept your prayers.

Now chant the following: -

1) Om swagatam su swagatam - Om Durga-yai namah
(Swagatam means O Mother Durga I welcome you.)

Now garland the coconut.

Then offer flower (Pushpam) or flower petals.

2) Om idam pushpam – Om Durga-yai namah

Then offer incense (Dhoopam).

3) Om tato dhoopam aghraa-payaami – Om Durga-yai namah

Then offer lamp (Deepam).

4) Om prat-yaksha deepam darshayaami – Om Durga-yai namah

You offer the above items by turning the items seven times around the coconut.

(Offer cut fruit - Naivedyam = food).

5) Om naivedyam samar-payaami – Om Durga-yai namah

You can also place a small lota of Dhaar next to the coconut.

6) Offer prayers for forgiveness.

Om yaani kaani cha paapaani janmaantara kritaanee cha, taani sarvaani vinashyanti
pradakshinaa pade pade //

Then offer your personal prayers to Mother Durga. Ask Ma for whatever you want and Ma being so merciful will grant what you desire. But be careful what you desire for...

You can chant (or play on a CD/cassette player) the Durga Chalisa or any mantras of Durga Devi.

*** DO NOTE THAT THE ABOVE PUJA IS PERFORMED DAILY.

*** THE HAVAN BELOW IS PERFORMED ONLY ON THE 9TH OR 10TH DAY OF THE VRAT.

After the worship is over on the 9th day, various auspicious articles (like rice, sari, and so forth) are given in charity to some deserving lady or if you like you can keep the sari for yourself.

Famous Question is what to do with the coconut after the Puja. During the Durga Puja, Ma Durga was invited into the coconut but now once the Puja is completed Ma Durga returns to Mount Kailash to be with Lord Shiva and thus the coconut becomes Prashad, which should be broken and eaten as Mata Prashad (Mercy food from Mother Durga). Do not dispose of the coconut into the river... After the puja of Mother Durga you now commence with the havan proper.

NOW READ THE FOLLOWING DURGA KATHA

Once Sage Narada Muni visited various places around the universe. He went on a pilgrimage from Swargaloka (the heavens) to Mrityuloka (the place of death - Yamaloka). When he arrived at Mrityuloka he saw people who have been experiencing various kinds of sufferings and were very sorrowful.

After going around Mrityuloka, a thought came in his mind that it was long since he had seen Lord Vrishpathi. Then he decided to meet Lord Vrishpathi and thus proceeded to the home of Lord Vrishpathi.

Lord Vrishpathi was very happy to see Narada Muni and inquired from Narada Muni the reason of his visit to his abode and also without fear to ask the question which has been bothering him. Narada Muni with folded hands prayed and said *“Oh Maharaja, I have come to you to learn what fruit does one achieve from the fast of the auspicious Navaratri period. I would like to hear the importance of this auspicious vrat from you”*. Then Shree Vrishpathi proceeded. The Lord said *“the Navaratri fast comes in the month of Chaitra Shukla {waxing} (March-April) period from the first to Asthami (eight) days and in Kanwar month (September-October) in the Shukla (waxing) period from the first day to Asthami. Observing the Navaratri fast one can achieve the most impossible wishes like one who prays for a child gets a child. One prays for wealth procures wealth. One who wishes for education procures education, one who wishes for happiness, procures happiness. One who observes this fast is free from disease, if he is suffering from any illness. He is free from all bondage and all obstacles are removed. The sick person lives a happy life free from his disease. The barren woman begets a child. Remover of all sins, observing this fast which feat is not accomplished. The person who does not observe this fast is separated from his mother and father. His parents suffers and he suffers a lot of sorrow and his body becomes diseased and he suffers. He is not able to beget a child. This way he faces many sorrows if he does not observe this fast. Wealth and prosperity desert him and he faces hunger and thirst and roams round*

the earth and becomes dumb. If any woman does not observe this fast, she is separated from her husband and suffers different types of sorrows and troubles. If one who decides to observe this vrat and is not able to and remains hungry the whole day then he can have one meal only and on that day with his relatives together and hear the katha of this Navaratri fast. O sage, the one who observes this great fast for the first time I am going to narrate to you the katha. Narada Muni kindly listen with full attention and care". This way listening to the words of Lord Brahma, Vrishpathi said "O Brahmin, to the blessed man who observes this fast I am ready to listen attentively and have come to your shelter. Kindly bless me".

Lord Brahma said in ancient times, there lived a Brahmin named Anath. He was a devout follower of Shree Bhagavati (Mother Durga). Due to his good qualities and Lord Brahma's creation he begot a beautiful daughter Sumati who had many good qualities and was very beautiful. Sumati grew in her father's house playing with her friend and quickly like the moon waxing in shukla paksha she grew into full bloom. Whenever her father was performing puja and Homa (havan) to Mother Durga she was always present. One day Sumati went with her friends to play and she was absent for the puja of Shree Bhagavati.

Her father seeing such negligence of his daughter got angry and said to his daughter, "Oh negligent daughter today you have not performed Bhagavati Durga's puja, due to this reason I will get you married to a sick and poor man". Hearing the harsh words of her father Sumati became sad and said to her father. "I am your daughter and it is my duty to do as you say. You may do as you wish. You can get me married to a King, leper or whoever you wish but my marriage will take place as my destiny. Man has many worries but only that what the Lord desires happen. Whatever a man does so does he reaps the fruits of his action. Because it is man's duty to do Action (Karma) and God's duty to give him the fruits of his actions". Like fire sparks, in the same way seeing the fearlessness of his daughter the Brahmin got even angrier. He got his daughter married to a Kusti (leper) and said angrily go fast and reap the fruits of your actions. Lets see depending on destiny what you will do. Hearing these bitter words of her father, Sumati thought in her mind how unfortunate she was to get such a husband. This way thinking of her sorrow Sumati along with her husband went into the jungle and with the ferocious animals, spent the night with great difficulty. Seeing this poor child in this state Devi Bhagavati due to her previous good deeds came in front of Sumati and said to her, "O dear Brahmini I am happy with you ask me any boon, I will

grant you". This way hearing Goddess Durga's word the Brahmini inquired who she was and to tell her everything and free her. Hearing thus from the Brahmini the Devi said, "She is Adi – Shakti, and she is Brahma Vidya – Saraswati. When I am pleased I remove the sorrow of human beings and bestow them with happiness. O Brahmini I am happy with your past birth. I am narrating to you; your past birth. In your last birth you were the wife of a Nishad (Bhil) hunter and you were a devoted wife. One day your husband Nishad had committed robbery and due to the robbery you both were arrested by the soldiers and put into prison. They did not give both any food to eat. This way during the days of Navaratri you neither ate nor drank water for 9 days and thus fasted for the Navaratri vrat. Due to that fast I am very happy and today I will grant you your wish so tell me what is the boon you desire".

In this way hearing the words of Durga Devi the Brahmini said, "O Mother Durga, I pay obeisance to you and if you are really happy with me then kindly remove my husband's leprosy". Then Devi said "during those days of fasting the fruits (benefits) of one of the days of the fasting, your husband will be rid of leprosy and receive a beautiful golden like body". Lord Brahma said in this way hearing the words of Devi the Brahmini was very happy and to see her husband without disease made her very happy. The body of her husband with the blessings of Bhagavati Durga removed the disease and he became a bright young man whose brilliance outshone the brilliance of the moon. Seeing the brilliance of her husband and the immense power of Devi she thought and said, "Oh Devi Durga you are the remover of obstacles of the three loka and remover of all sorrow, the remover of a disease of a sick man, destroying the wicked, you are the mother and father of the entire universe. Oh Ambe, due to my mistake my father got me married to a leper and removed me from the house. Thus removed from there I have been roaming round the earth, it is you who has crossed me over this ocean of trouble. Oh Devi I offer my salutations to you. Please protect me misfortunes".

Lord Brahma said "Oh Vrishpathi this way Sumati prayed to Devi. Hearing her prayers and words Devi was very happy and said to the Brahmini you will have a son named Udalak who will be very intelligent, wealthy, hardworking and a brilliant son very soon. The Devi then again told the Brahmini you could again ask for any other boon you desire for. Hearing these words of Goddess Durga, Sumati said, O Goddess Durga if you are happy with me then kindly explain to me the rituals and procedure on how to observe the Navaratri fast and also the fruits (benefits) one can achieve. Kindly explain it to me in detail".

Thus hearing these words of the Brahmini, Mother Durga said, “O Brahmini I will narrate to you the complete procedure of the rituals of the Navaratri fast, which removes all the sins. By hearing this katha is free from all the sins and attains Moksha (liberation). In the month of Ashwin (September-October) during the shukla (waxing) period from the very first day till the 9th day one should observe a fast. If a whole day fast is not possible then one meal can be eaten during the day. Asking educated and imminent Brahmins, a Kalash (clay/metal pot) and wheat grains should be installed and everyday water should be poured on that vessel. Making clay figures of Maha-Kali, Maha-Lakshmi and Maha-Sarasvati, everyday according to the rituals one should worship and also offer flowers and worship as per rituals. In this way with fruits and performing the rituals and Havan as well with wheat, performing the homa (havan) one procures wealth. With kheer one procures Moksha, with the flowers of Champa one procures money, leaves gives light and happiness. Amla gives work and banana gives son, lotus gives kingly respect and wealth and happiness. Kheer, ghee, coconut, honey, jowar (jau /barley) and til (sesame seeds) and fruits with all these one should perform homa and one will achieve whatever one desires. The one observing the fast should with immense devotion pay obeisances to the acharya (guru) and for the yagna performance give dakshina (seedha /daan). The one who follows the instructions regarding this great fast he procures all happiness and there is not an iota of doubt that during these nine days all that is donated in charity will get fruits (benefits) in the multitude of crores. Oh Brahmini, the entire fulfilling ritual and fasting should be done in the temple or in one’s home as per the instructions”. Lord Brahma said to Vrishpathi, this way explaining to the Brahmini the procedure of fasting as per the rituals, Goddess Durga disappeared.

Those men and women who observe this fast with devotion procures in this world, happiness and in the end obtains Moksha. Hearing these words of Lord Brahma, Vrishpathi became happy and said to Lord Brahma. Oh Lord Brahma you have blessed me immensely and in the form of nectar explained the importance of the Navaratri fast, O Lord other than you, who could have explained the importance so beautifully. Hearing these words of Vrishpathi, Lord Brahma said O Vrishpathi, the remover of obstacles for all humankind, this magnificent fast you have asked me you are blessed, Bhagavati Shakti (power) is bestowed to all people. This Maha Devi (Great Goddess) power who can understand?

How to perform your own Durga Vrat Havan

The Durga Havan is performed in your home. Have all the requirements for the Puja and the havan arranged on a tray beforehand. Sit facing East or North.

Wash your hands and then place some water in your right hand and sip water from the palm of the right hand, chant Om Vishnu, wash your hands again and do this two more times...

Say in English "O Lord Krsna on this day (which ever day you are performing the havan), in this month of Ashwina, your name, I am performing my Durga Havan.

Take a betel leaf, betel nut, rice and flowers and pray to Shree Ganeshji "Om ganapataye aavaahayaamee sthapayamee" and keep on the bedi. Offer Lord Ganesha incense, lamp, flowers and some sweet rice and then betel leaf and then finally lamp. Then offer Lord Ganesha his favourite food viz. kheer (sweet rice), sugar candy and laddus.

Take another betel leaf, betel nut, rice and flowers and pray to Mother Durga "Om Durga-devi aavaahayaamee sthapayamee" and keep on the bedi. Then offer Mother Durga incense, lamp, flowers and some sweet rice and then betel leaf and nut and then finally lamp.

Then light the fire with a pieces of camphor and place in the havan kund.... Place some wood in the kund now... You can add more camphor in the kund...

Chant the mantra "Om Agni Devtaa bhyo swaahaa"

Offer a Tulsi Twig into the fire. (this is optional).

The Samaghree mixture consists of (Til, white rice, jaw {jau}, nav-dhan, and lobhan).

Now we start the havan... every time "swaahaa" is chanted, offer samaghree into the fire.

Om Ganapataye swaahaa

Om Sarasvatiyai swaahaa

Om sooryaaya swaahaa

Om somaaya swaahaa

Om angaarkaaya swaahaa

Om budhaaya swaahaa

Om brihaspataye swaahaa

Om shukraaya swaahaa

Om shanaish-charaaya swaahaa

Om raahave swaahaa

Om ketave swaahaa

Om Prajaapataye swaahaa

Om Indraaya swaahaa

Om Agnaye swaahaa

Om Somaaya swaahaa

Om Bhooh swaahaa

Om Bhuvah Swaahaa

Om Swah Swaahaa

Om Hanumate swaahaa

Om dum (pronounced as Doom) durgaayai swaahaa X (3 or 9 or 11 or 108 times)

“Om trayam bakkam yajaa-mahe sugan-dhim pushti-varadhanam urvaa-rooka-miva bandha-naam mrityor mooksheeya maamritaat” Om swaahaa X 21 times

om shareeng hareeng kaleeng hareeng shri maha lakshmiyai swaahaa

Om Namō Naaraaya-naaya swaahaa

Om Namō Bhagavate Vaasudevaayaa swaahaa

Om Shree Vishnave namah swaahaa

Om shreeng hreeng sarasvat-yai swaahaa

Om Brahmaye Swaahaa

Om Sarva Devee Devebhyo swaahaa.

Offer samaghee 9 times with the Maha Mantra “ Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare “ to atone for any mistakes committed during the havan.

Offer water three times around the havan kund.

Finally place two purees on top of each other, place the balance of the samaghee on top of these, on top of this place a betel leaf, a betel nut, some white rice, a few drops of ghee and place whole into the fire while chanting “Om sarvam vai poornam swaahaa”, And place this in the middle of the fire. Offer the rest of the ghee into the fire.

Thereafter you should bow down before the fire and then stand up and you can offer Artee to the fire and to Mother Durga with a lamp. Your final prayer is to chant the Maha-mantra three times which is as follows (“Hare Krishna Hare Krishna Krishna Krishna Hare Hare Hare Rama Hare Rama Rama Rama Hare Hare”) to nullify any mistakes you made while performing this prayer to Mother Durga.

AARTI OF MOTHER DURGA

JAI AMBE GAURI MAIYA, JAI AMBE GAURI
MATAJI KO SAB JAG DHAVE BRAHMA VISHNU HARI.

JAI AMBE GAURI MAIYA, JAI AMBE GAURI
MATHE SINDUR BIRAJAT, TIKO MRIGMADKO,
UJJVASE DOU NAINA, CHANDRAVADAN NIKO,

JAI AMBE....

KANAK SAMAN KALEVAR, RAKTAMBAR RAJE,

RAKTAPUSHP KIMALA, KANTHAR MADHU SAJE,
JAI AMBE....

KEHARI VAHAN RAJAT, KHADG KHAPPAR DHARI
SUR NAR MUNIJAN SEVAT, TINKE DUKHAHARI,
JAI AMBE....

KANAN KUNDAL SHOBHIT, NASAGRE MOTI
KOTIK CHANDRA DIVAKAR, SAMRAJAT JYOTI,
JAI AMBE....

SHUMBH- NISHUMBH VIDARE, MAHISHASUR GHATIA
DHUM VISHAL VILOCHAN , NISHDIN MADMATI
JAI AMBE....

BRAHMANI, RUDRANI TUM KAMALA RANI,
AGAM-NIGAM BAKHANI. TURN SHIV PATRANI,
JAI AMBE....

CHAUNSATH YOGINI MANGALGAVAT, NRITYA KARAT BHAIRON,
BAJAT TAB MRIDANGA, AUR BAJAT DAMRU,
JAI AMBE...

TUM HO JAG KI MATA, TUM HI HO BHARTA,
BHAKTAN KI DUKH HARTA, SUKH Sampati KARTA,
JAI AMBE....

BHUJA CHAR ATI SHOBHIT KHADG KHAPPAR DHARI,
MANVANCHHIT PHAL PAVAT, SEVAT NAR NARI,
JAI AMBE....

KANCHAN THAL VIRAJAT, AGARU KAPUR BATI
DHOLGAD MEN RAJAT, KOTI RATAN JYOTI,
JAI AMBE....

MATAJI KI AARTHI NISHIDHIN JO GAVEY,
KAHAT SADANAND SWAMI MAN VACHIT FHAL PAVEY.
JAI AMBE.....

DISCLAIMER:- Do note that Dipika is not affiliated to any Hindu group or organization. We at Dipika choose to remain an independent repository of spiritual advice. We appreciate that there are variances between organisations and humbly request that if our views differ from yours that you respect our decision not to conform to the prescripts of your particular organisation. We remain committed to spiritual advice which is based on scripture.

Thank you for taking time to read this article. We are trying to reach out not only to Hindus but to others of other faiths as well. By compiling and publishing these articles we hope that others will

understand what a beautiful and diversified way of life Hinduism (Sanatan Dharma) really is. Please pass these articles to your friends and family and print them and keep them in a file. These articles are published so that it will be a reference to you and your family when you need clarification of certain topics. Jai Mata Di...



[Please do visit our Website to receive more
free information about our beautiful culture](http://www.dipika.org.za)

www.dipika.org.za

Compiled for the upliftment of Sanatan Dharma
Narottam das & Arjun Nandlal

Email info@dipika.org.za