

# Navaratri Guide

The mantras are as follows:

- OM DUM DURGAYAI NAMAH  
( u in dum pronounced as u in you; ai in Durgayai pronounced as ai in aisle)
- OM SHREEM MAHALAKSHMIYAI NAMAH  
( ai in Mahalakshmiyai pronounced as ai in aisle)
- OM AIM SARASWATIYAI NAMAH  
( aim pronounced as I'm; ai in Saraswatiyai pronounced as ai in aisle)
- OM HREEM SARVASHAKTIYAI NAMAH (for Vijaya Daasami)

## Navaratri Puja

### 1. PRAYER

OM Karam Bindu Samyuktam    Nityam Dhyanti Yoginaha  
Kamadam Mokshadam Chaiva    OM Karaya Namoh Namaha  
OM Karaya Namoh Namaha 3 times

OM United with the source    On which the Yogis ever dwell  
Grants desires and liberation    Salutations to the OM Karam

### 2. PRAYER

Guru Brahma Guru Vishnu    Guru Devo Maheswaraha  
Guru Sakshat Param Brahma    Tasmai Sri Gurave Namaha

The Guru creates the Guru preserves    The Guru dissolves the Universe  
The Guru in fact is the Absolute    Salutations to the Satguru

### 3. PRAYER

Beloved Mother (Durga or Lakshmi or Saraswati) please allow us to perform this puja to you, to honor your presence and to receive your blessings. Until we finish the puja, please let nothing distract us. Please bless us with full faith, zeal and your Divine guidance.

### 4. Bell

### 5. Consecration

May all the holy waters of heaven and earth flow through me into this water, sanctifying it for the puja

6. OM Atmane Namaha    OM Antaratmane Namaha  
OM Jeevatmane Namaha    OM Jnanatmane Namaha  
OM Paramatmane Namaha

7. Om Antar Jyotir Bahir Jyotir    Pratyak Jyotir Parat Paraha  
Jyotir Jyotis Swayam Jyotir    Atma Jyotir Sivosmyaham  
Atma Jyotir Mano Jyotir    Jyotis Sakshuswa Pasyati  
Sa Baahyaabhyantara Jyotir    Sa Jyotir Sivam Ucyate

OM Inner Light, outer Light Omnipresent Light, Supreme Supreme Light of  
Lights Independent Light, Atmic Light - That Auspiciousness I Am! Light of the  
Self, Light of the mind Light that sees through the eyes, that Auspicious, Pure  
Light is within and without

8. Mother \_\_\_\_\_, thank you for being present here in the form of this Moorthi

Mantra

9. POURINGS

10. DRESSING and DECORATING MOTHER

11. Offering INCENSE

12. Offering GHEE LAMP

|                      |                   |
|----------------------|-------------------|
| 13. OM Pranaya Swaha | OM Apanaya Swaha  |
| OM Vyaanaya Swaha    | OM Udaanaya Swaha |
| OM Saamanaya Swaha   | OM Brahmane Swaha |

14. Food and Drink Offering

Beloved Mother, please accept this offering of Naivedyam

Beloved Mother, please accept this offering of Amritapaneeyam

15. Mother Chant (optional)

16. Twameva Mâtā Cha Pitā Twameva

Twameva Bandhus Cha Sakhā Twameva

Twameva Vidyā Dravinam Twameva

Twameva Sarvam Mama Devadeva

Thou art my mother, my father Thou art.

Thou art my family, my friend Thou art.

Thou art my knowledge, my wealth Thou art.

Thou art my all,

O the Light of all Lights Thou art.

17. Archanam (offering of petals with praises)

18. Ghee Lamp Final Arati: Amba Parameshwari Akilandeshwari 2 times

Mother, we offer you this Light, please touch us with your Light and let us melt  
into You.

19. PUSH PANJALI: Light offered to sangha

20. Beloved Mother, we humbly offer you this puja and its fruits. We offer to You  
because it is by Your Grace that we did this. You helped us, You guided us and  
You protected us. Thank you for always being with us, and for accepting our puja.

|                         |                            |
|-------------------------|----------------------------|
| OM Tryambakam Yajāmahe  | Sugandhim Pushti Vardhanam |
| Urvārukamiva Bandhanān  | Mrityor Mukshīya Māmritāt  |
| OM Shānti Shānti Shānti |                            |

We worship You, All-Seeing One.  
Fragrant, You nourish bounteously.  
From fear of death may You cut us free,  
To realize immortality.  
*OM Shānti Shānti Shānti*

|                              |                            |
|------------------------------|----------------------------|
| OM Sarveshām Swastir Bhavatu | Sarveshām Sântir Bhavatu   |
| Sarveshām Pürnam Bhavatu     | Sarveshām Mangalam Bhavatu |

Auspiciousness be unto all,  
Perfect peace be unto all,  
Fullness be unto all,  
Prosperity be unto all.

|                          |                              |
|--------------------------|------------------------------|
| Sarve Bhavantu Sukhinaha | Sarve Santu Nirāmaya         |
| Sarve Bhadrāni Pashyantu | Mā Kaschid Dukha Bhāg Bhavet |

Happiness be unto all,  
Perfect health be unto all,  
May all see good in everyone,  
May all be free from suffering.

|                         |                         |
|-------------------------|-------------------------|
| Asato Mā Sad Gamaya     | Tamaso Mā Jyotir Gamaya |
| Mṛityor Māmritam Gamaya |                         |

Lead us from unreal to Real,  
Lead us from darkness to the Light,  
Lead us from the fear of death,  
To knowledge of immortality.

|                         |                            |
|-------------------------|----------------------------|
| OM Saha Nāvavatu        | Saha Nau Bhunaktu          |
| Saha Vīryam Karavāvahai | Tejasvi Nāvadhîtam Astu    |
| Mā Vidvishāvahai        | OM Shānti` Shānti` Shānti` |

May God protect us,  
Grant us wisdom's fruit.  
May we gain energy to know the Truth.  
May our intellects grow clear and bright.  
May we cherish no ill feeling toward anyone.  
OM Shānti Shānti Shānti

|                                 |                                    |
|---------------------------------|------------------------------------|
| Kāyena Vāchā Manasendriyair Vā  | Buddhyātmanā Vā Prakrite Swabhāvāt |
| Karomi Yad Yat Sakalam Parasmai | Guruvarāyeti Samarpayāmi           |

Whatever actions I may perform  
Impelled by the forces of Nature,  
By body, word, mind, senses, intellect, soul,  
I offer to the feet of my Sadgurudev.

|                           |                        |
|---------------------------|------------------------|
| Kara Charaḷa Kṛitam Vāk   | Kāya Jam Karma Jam Vā  |
| Śravaṇa Nāyana Jam Vā     | Mānasam Vāparādhama    |
| Vihitam Avihitam Vā       | Sarvama Etat Kshamaswa |
| Jaya Jaya Karuṇābdhe      | Śrī Mahādeva Sambho    |
| Jaya Jaya Mahādeva Sambho | Śrī Mahādeva Sambho    |

Please forgive me all my mistakes, Lord,  
Made by my hands, feet, body, or karma.  
By my speech, ears, eyes, or by my mind,  
By intent, or through neglect, Lord.  
May all glory be unto Thee, Lord.  
Sacred Ocean of Mercy.

Lokaḥ Samastā Sukhina Bhavantu

May the entire universe be filled with  
Peace and Joy, Love and Light.  
May the Light of Truth overcome all darkness!  
Victory to that Light!

Jai Śrī Sadguru Mahārāj Ki  
Jai!

21. Petal Offering by sangha; Mother Chant led by chanter

22. Prasad

23. Reflection/Meditation