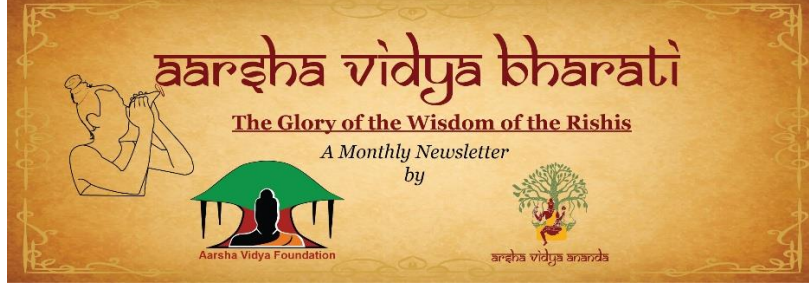


---

# Aarsha Vidya Bharati - Oct 2021

A monthly newsletter that will bring you more happiness, more wisdom and more freedom



---

This is one of many articles from our monthly newsletter. Access the [Oct 2021 issue](#) or read any of the [articles](#).

## Devi Worship and Navaratri

By Sonali Ambasankar, Mumbai

During the *śarad ṛtu*, in the month of Ashwin, in the *Śukla pakṣa, Pratipada* to *Navamī* (1st to 9th day after the new moon) we pray to the glory of this entire manifestation of *Īśvara* in the form of his Shakti, in and through the different forms of Devi. We celebrate the 9 glorious nights full of devotion and prayer, the Navaratri.

This sacred period is the celebration of Dharma over Adharma reflected in the powerful episode of Devi Durga battling *Mahiśāsura*, to restore Dharma. It is also the time that celebrates the victory of Bhagavan Rama over Ravana. Generally each night is dedicated to one aspect of Durga Devi, she who removes pain & sorrow. She bestows courage, strength & helps us to face any challenge in life.



In the ch9.10 of the Bhagavad Gita, Bhagavan says,

मयाऽध्यक्षेण प्रकृतिः सूयते सचराचरम्।

*mayādhyakṣeṇa prakṛtiḥ sūyate sacarācaram।*

'With me as the presiding presence, the prakriti creates the world of movable and immovables.'

---

Thus, Prakriti, Maya, Shakti, Devi, is a manifested form of the Purusha, Brahman and without whose presiding presence, Prakriti will have no existence at all.

The first verse of Soundaryalahari says:

शिवः शक्त्या युक्तो यदि भवति शक्तः प्रभवितुं

न चेदेवं देवो न खलु कुशलः स्पन्दितुमपि ।

*śivaḥ śaktyā yukto yadi bhavati śaktaḥ prabhavitum*

*na cedevam devo na khalu kuśalaḥ spanditumapi ।*

*Parameśvara* is capable of manifesting as the universe, only when united with Shakti, else he is not capable of even a stir. At the same time, Shakti has no existence independent of *Parameśvara*.

So, our *namaskāra* again and again to that Devi (the manifested form of *Īśvara*), who is in and through in all beings and is called *Viṣṇumāyā* and is reflected as Consciousness.

यादेवी सर्वभूतेषु विष्णुमायेति शब्दिता।

यादेवी सर्वभूतेषु चेतनेत्यभिधीयते।

नमस्तस्यै, नमस्तस्यै, नमस्तस्यै नमोनमः ॥

*yādevī sarvabhūteṣu viṣṇumāyeti śabditā ।*

*yādevī sarvabhūteṣu chetanetyabhidhīyate ।*

*namastasyai, namastasyai, namastasyai namo namaḥ ॥*

She abides in the form of Intelligence *buddhi* बुद्धि, Sleep *nidrā* निद्रा, Hunger *kṣudhā* क्षुधा, Shadow *chāyā* छाया (*Jīvātmā* as a shadow of *Paramātmā* ), Power *shakti* (शक्ति), Thirst *tṛṣṇā* तृष्णा, Forbearance *kṣanti* क्षान्ति, Genus *jāti* जाति, Modesty *lajjā* लज्जा, Peace *śānti* शान्ति, *Śraddhā* श्रद्धा, Loveliness and Beauty *kānti* कान्ति, Good Fortune *Lakshmi* (लक्ष्मी), Thought *vṛtti* वृत्ति, Memory *smṛti* स्मृति, Kindness *dayā* दया, Contentment *tuṣṭi* तुष्टि, Motherhood *mātr* मातृ and even Delusion *bhrānti* भ्रान्ति.

*Namaskāra* to the Devi who governs the faculty of senses of beings in all the worlds, who always pervades all beings and the universe in the form of Consciousness and abides in it.



---

इन्द्रियाणामधिष्ठात्री भूतानां चाखिलेषु या।  
भूतेषु सततं तस्यै व्याप्ति देव्यै नमो नमः ॥  
चितिरूपेण या कृत्स्नमेतद्व्याप्य स्थिता जगत्  
नमस्तस्यै, नमस्तस्यै, नमस्तस्यै नमोनमः ॥

*indriyāṇāmadhiṣṭhātrī bhūtānāṃ cākhileṣu yā |*  
*bhūteṣu satataṃ tasyai vyāpti devyai namonamaḥ ||*  
*citirūpeṇa yā kṛtsnametadvyāpya sthitā jagat |*  
*namastasyai, namastasyai, namastasyai namonamaḥ ||*

When every form is the form of Devi, we see the entire world as her form, the mother who is taking care of us every moment. We have been in her lap, loved and protected, since we were born. In the form of the 5 elements (space to live, air to breathe, fire, water and food to survive) she has provided us all that we need for our growth. We have been, are being and will be taken care of by her. We see her glories, her beauty, her care in every moment of our lives through her grosser and subtler forms. Being able to even read these words is her glory. Thus, she resides in the entire world, resides in each of us and she is us.

Through maya shakti, the manifesting power of Brahman, we recognise her powers of *āvaraṇa* and *vikṣepa* and see her in the form of *bhrānti*, delusion as well. At the same time, we see that she is the one who helps us cut through the *bhrānti*, by taking the form of Shruti *Mātā*, teaching us the truth of her existence and our existence which is the *adhiṣṭhānam* of both her and us.



Depending on where we are on our spiritual journey, we can plan to use this sacred time to let go of old unhelpful patterns of thinking and behaving, gain a clearer vision and invoke grace and blessings for the path ahead. We open our hearts to receive grace in the form of courage and the power to crossover obstacles as Durga, abundance and the power to desire as Lakshmi and knowledge as Saraswati. Through the 9 nights of Navaratri, we move from darkness towards light, from ignorance to knowledge.

---

The 9 nights of Navaratri are meant for intense prayers and worship. We eagerly look forward to express our devotion to the Devi through all our special ways. With a sincere and honest hearts, we connect to her through our intense Bhakti and she blesses us all in full abundance.

Om Tat Sat.

Listen to Swamini Brahmajnananda unfold the meaning of Devi:



[Celebrating Devi \(with 'Ya Devi Sarvabhuteshu' meaning\)](#)



[The Power of Devi Durga with Sptashloki](#)

[Subscribe](#) | [aarshavidyabharati@gmail.com](mailto:aarshavidyabharati@gmail.com) | [Aarsha Vidya Foundation](#) | [Arsha Vidya Ananda](#) | [SHINE](#)