

Navratri



What is Navratri?

Navratri - Nav means 9 , Ratri – means nights

is the festival of Good over Evil, where the goddess Durga defeats multiple demons over the course of 9 days. The 10th day is call Dussehra or Vijaya Dashmi

- 1st Chaitra or Vasant Navratri
Fall on March / April.
- 2nd Sharad Navratri (Mahanavrati)
Fall on October / November

Navrati festivals fall when the seasons are changing – 1st in Spring and 2nd in Fall

Navratri

It is celebration of feminine energy:

9 Goddesses (NavDurga) who were able to conquer the most dangerous demons who could not be defeated by any of the other gods or devas.

There are two stories associated with Navratri:

1. During the battle of Ramayana. Ram killed Ravana on the tenth day, on Vijaya Dashmi or Dussehra.
2. Second story most people know you probably heard off related Navratri: It is about the demon king Mahishasura, who after worshipping Brahma, was blessed with immortality. Soon, he started harassing the innocent, and the Gods asked help from Shiva. The Brahma, Vishnu and Shiva created a female warrior, Adishakti Durga to defeat Mahisasura. The Goddess and Mahisasura fought, and the battle lasted for nine nights (hence Navratri). At the end of the ninth night, Goddess Durga beheaded Mahisasura.

You can see a video of the story here: <https://www.youtube.com/watch?v=wHDt4IUP-4k>

Significance of Each Day of Navratri



Day 1

Goddess Shailaputri

She is depicted as riding the bull, Nandi, with a trishula in her right hand and lotus in her left.

- She is the provider of all good fortunes.

Day 2

Goddess Brahmacharini

- She is also known as Tapascharini, Aparna and Uma.
- The deity of the Goddess holds a mala in her right hand and a kamandal in her left.
- Bestows wisdom and knowledge. Her puja gives good fortune and removes all the obstacles from our life.



Significance of Each Day of Navratri (Continue)



Shri ChandraGhanta Devi

Day 3

Goddess ChandraGhanta

- Goddess of spiritual and internal power – Give you self confidence and inner strength
- She keeps devotees away from all obstacles and provides happiness in life.



Shri Kushmanda Devi

Day 4

Goddess Kushmanda

- She is the creative power of the universe
- Her puja brings you good health, bestow wealth and strength.

Significance of Each Day of Navratri (Continue)



Day 5

Goddess Skandamata

- She symbolizes the strength of a mother when her child is confronted with danger.
- She is depicted riding a lion, having four arms and holding her baby.
- She brings happiness, peace, and prosperity.



Day 6

Goddess Katyayana

- She bestows courage and fierceness

Significance of Each Day of Navratri (Continue)



Day 7

Goddess Kalaratri

- She is known for destroying ignorance and removing darkness from the universe.



Navratri Day 8

Goddess Mahagauri.

- She symbolizes intelligence and peace.
- She purifies the souls and removes sins.
- She has a calming effect on the mind which helps improve gain knowledge.

Significance of Each Day of Navratri (Continue)

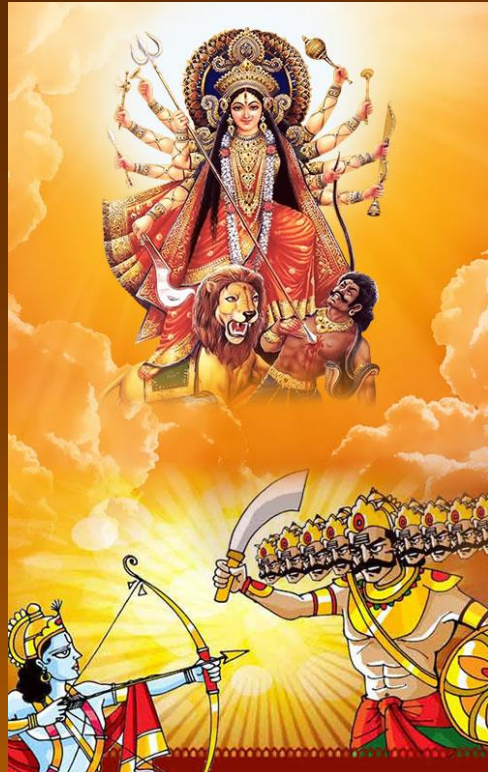


Day 9

Goddess Siddhidatri Devi

- Sitting on a lotus, she possesses and bestows all type of Siddhis

Shiddhi - complete understanding and enlightenment of all knowledge



Day 10

Vijayadashmi or Dussehra

- Celebration of Victory:
 1. Lord Ram defeats Ravan
 2. Goddess Durga defeats Mahisasura

Navratri Rituals and Celebrations

People across India celebration and perform rituals differently:

- Fasting – (cleans our body and mind)
- Perform Garba – form of worship / puja (usually in Gujarat)
- Perform Puja each of the 9 nights
- Take up a Vow of Silence
- Discuss and attain knowledge (gyan)

The scientific significance of Navratri Celebration

What do all the nine goddess represents and what we attain by worshiping them?

We attain:

- Good Health
- Clarity and Peace of Mind
- Understanding, Enlightenment, Knowledge
- Inner strength and courage

Navratri is celebration / worship of
Goddess (feminine energy, Shakti) that
Purifies and Strengthens our:

BODY

MIND

SOUL



Happy
Navratri