

# Gupt NavRatri Sadhnas

Undoubtedly, there is nothing which can be accomplished without the essence of power in this world. Due to this reason only, the Sadhanas of Goddess Shakti is recommended for everyone in life. Even the Trinity Gods – Brahma, Vishnu and Shiva have the various Goddesses as their significant part. These Goddesses are the one who help them carry out their tasks efficiently.

The Indian spiritual texts have given a special place to Goddess Shakti and have even mentioned that without Her presence, Lord Shiva is just like a corpse. Bhagwatpad Shankracharya has mentioned in his work, Saundarya Lahri, that if Lord Shiva is not supported by Goddess Shakti, He will not even be able to do any movement. Shakti is the spirit of Lord Shiva and similar to the way a dead person can't move, Lord Shiva will become stagnant.

Each and every atom of this universe is energized with the essence of Goddess Shakti. Generally, there is no special time for which a person should wait to appease the Mother Goddess, as the person is just like a small child who doesn't wait and calls up on the mother whenever he or she is in pain. Similar to the mother who doesn't bother about any time and quickly comes to rescue her child, the mother Goddess too always remain to safeguard Her children. However, there are certain auspicious times during which it is easier to appease the mother Goddess and one such time is Gupt-NavRatri. Goddess Bhagwati Herself said about Gupt NavRatri –

*GuptaKaal MahaPuja Kriyate*

*Ta Cha Varshiki,*

*Tasyaam MaMaitanmaahaatmyam*

*Shrutvaam Bhakti Samnvith.*

*Sarvaa Badha VinirMukto Dhan*

*Dhaanya Sutaanvitah*

*Manushyo Matprasaadane*

*Bhavishyaati Na Shanshayah.*

The above hymn means – *I bestow wealth, son, prosperity, fame etc. on the sadhak who worships me during the Gupt NavRatri and removes all the hurdles from their lives.*

When the Mother Goddess is Herself wishing to fulfil all the desires of the sadhak, then all that remains at the sadhak's end is to just follow the correct procedure to obtain Her blessings during these days. She is the one who provides all the worldly pleasures to the Gods. Great sadhaks and sages have appeased Her and were able to witness the ParBrahma by Her grace. Even Lord Ram performed Shakti Tatva sadhana of Mother Goddess to win over Ravana.

**Goddess Jagadamba has the same divine form as that of a mother. She is not just a Goddess, She is not just a mother but has several forms. When the Gods found it difficult to protect themselves from the demons, a divine power emerged from the body of all the Gods and took the form of Goddess Jadamba. She is the one with eight hands decorated with various weapons, has a divine aura, who sits on a lion, one who can defeat any enemy and the one who safeguards the Gods. The Gods were left mesmerized looking at this divine form and Her war cry brought fear in the hearts of the demon. The Gods also realized that the Goddess is motherly and has the powers of Goddess Kali, Goddess Lakshmi and Goddess Saraswati.**

She is the omnipresent and can provide any boon to Her devotees. She is the one who can remove all the problems and troubles from our life. She is incomparable to anyone and is the epitome of greatness. She possess the powers to both destroy as well as nurture. On one hand She can kill the demons and on the other hand She takes care of Her devotees and sadhaks just like a loving mother.

**Markandeya was a great sage and has captured various salient details related to Goddess Jagadamba in Markandeya Puran. He mentioned that Goddess Jadamba is the form of Lord Shiva because Shiva can exists only where there is Shakti. They can't be analyzed separately as they exists in an amalgamated form. A coward person can't attain greatness as he can't do anything significant in life. To create something worthy, one needs to be powerful, one needs to be creative, one needs to be an accomplisher and all this is possible only by the grace of Lord Shiva and Goddess Shakti.**

As Goddess Jadamba is a provider of knowledge, power, wisdom, etc., She is considered to be the divine form of Shiva-Shakti.

It is a great fortune to perform such sadhanas in life even for the great sages and ascetics. It is also a fact that during Kalyuga,

Goddess Jagadamba and Lord Ganpati are two quickly appeasing Goddess and God. Presented below are few Sadhanas related to Goddess Shakti which should be performed during this auspicious time to gain the blessings of the divine mother.

## GAINING BEAUTY - SUMUKHI SAUNDARYA SADHANA

Every person in the world wishes to be beautiful and charming along with having a magnetic personality so that everyone coming in their contact remains attracted towards him or her. Even though people try to use cosmetics to make themselves appear beautiful, however all such means are artificial and mostly short lived. On the other hand, a charismatic personality, a healthy body, a charm on the face can be brought by the grace of Goddess Shakti. Not only this, one can also attain beautiful hair and a tall height by means of this sadhana.

### Sadhana Procedure:

One needs *Sumukhi Saundarya Mudrika* and *Sumukhi Chaitanya Saundarya rosary* for this sadhana procedure. This sadhana should be performed during the night of Basant Panchami. Take a bath and get into fresh yellow clothes. Sit on a yellow mat facing North. Take a wooden plank and cover it fresh rose flowers.

Place a picture of Gurudev and worship Him with vermilion, rice grains, flowers etc. Light a ghee lamp and an incense stick. Then chant one round of Guru Mantra with the rosary and pray to Gurudev for success in sadhana.

Next place *Sumukhi Saundarya Mudrika* in front of Gurudev's picture and offer some essence over it and chant **7 rounds** of below mantra with *Sumukhi Chaitanya Saundarya rosary*.

### Mantra

॥ Om Mam Vasantomaya Sarva  
Sammohanaaya Saundarya Aagachchha  
Aagachchha Sumukhi Shrim Om Namah ॥

॥ ॐ मम् वसंतोमय सर्व सम्मोहनाय सौन्दर्य

आगच्छ आगच्छ सुमुखी श्रीं ॐ नमः ॥

Wear the ring and rosary during the entire Navaratri period. You will start to feel a new energy within your body. Drop the sadhana articles within a river or pond after the Navaratri.

*Sadhana Articles 650/-*

## ENEMY DESTROYER -DURMUKHI VIPPATA VINASHAKA SADHANA

Our life gets troubled by enemies or by their hatred every now and then. It is important to suppress the enemies well before time so that we don't have to face them a greater power in near future. This sadhana is useful to win over such enemies and safeguard our families.

### Sadhana Procedure:

One needs *Durmukhi Gutika* and *Durmukhi Vippati Haran rosary* for this sadhana procedure. This sadhana should be performed on **17<sup>th</sup> February** i.e. on the day of Lord Ganpati. Take a bath and get into fresh yellow clothes. Sit on a black mat facing south.

Take a wooden plank and cover it black cloth. Place a picture of Gurudev and worship Him with vermilion, rice grains, flowers etc. Light an oil lamp and an incense stick. Then chant one round of Guru Mantra with the rosary and pray to Gurudev for success in sadhana.

Next place **Durmukhi Gutika** in front of Gurudev's picture and offer some rice grain and vermilion over it and then chant **5 rounds** of below mantra with **Durmukhi Vippati Haran rosary**.

### Mantra

॥ **Om Sarva Badha Vinirmukto Manushyo Mat Prasaaden Bhavishyati Na Sanshaya Durmukhi Vipatti Vinaashaay Phat** ॥

॥ ॐ सर्व बाधा विनिर्मुक्तो मनुष्यो मत्

प्रसादेन भविष्यति न संशय

दुर्मुखी विपत्ति विनाशाय फट् ॥

Tie all the articles in the black cloth along with the mat and bury it at some unfrequented place. This will safeguard you and your entire family for the whole year.

*Sadhana Articles 480/-*

## QUICK MARRIAGE - BHADRA SADHANA

The Maghi Navratri is the period which is considered the most auspicious time for getting married as per the Hindu calendar. Everyone wishes for a compatible life partner however sometimes due to ill effects of the planets, even the most suitable boy or girl can't find a suitable match. Even if a suitable match is found, the marriage doesn't take place due to some reason.

This sadhana is for you if you are looking forward for a suitable match or if you are facing challenges in finding a suitable match for yourself.

### Sadhana Procedure:

One needs **Bhadra Chakra and Anang Kaamdev Gauri rosary** for this sadhana procedure. This sadhana should be performed on Sunday, 14<sup>th</sup> February. Take a bath and get into fresh yellow clothes. Sit on a black mat facing south. Take a wooden plank and cover it with fragrant flowers. Place a picture of Gurudev and worship Him with vermilion, rice grains, flowers etc.

Light a ghee lamp and an incense stick. Then chant one round of Guru Mantra with the rosary and pray to Gurudev for success in sadhana.

Next place **Bhadra Chakra** in front of Gurudev's picture and offer some rice grain and vermilion over it and then chant **9 rounds** of below mantra with **Anang Kaamdev Gauri rosary**.

### Mantra

॥ **Om Kreem Shigra Vivaahe Badha Nivaaranaaya Kleem Gauri Sutaya Kaamdevaaye Praapyarthe Namah** ॥

॥ ॐ क्रीं शीघ्र विवाहे बाधा निवारणाय क्लीं

गौरी सुताय कामदेवाये प्राप्यर्थे नमः ॥

Wear **Bhadra Chakra** in your right hand and the rosary around your neck. Continue to wear the sadhana articles till the completion of Navratri. Soon you will hear good news and will find a compatible life partner.

*Sadhana Articles 710/-*