

## The Purpose of Navaratri Puja



**Here are some excerpts from Shri Mataji speech from Navaratri 1980:**

**"... you have already heard about the importance of today in the life of the Goddess. And that today Ravana was killed and that's how there were celebrations. As you know very well that all the satanic forces which one had to face one at the time are all back on the stage and they are to be defeated. The greatest problem of modern times is that these satanic forces have taken a very subtle form and they enter into your psyches and into your egos. And you are the Saints, you are the Bhaktas, you are the devotees of the Goddess. It's a very delicate situation. When the confusion is there, when the saints are attacked, the aggressor can be removed, but the saint becomes mixed up or confused with negative forces, which is very difficult to make him see the light. And you have seen this situation very well. And the subtler you grow, the subtler they became. And they start giving you ideas which are so negative, but you cannot see them. So the problem today is very delicate. There are no**

**absolute saints and there are no absolute bad people.**

**Such a mixture, a confusion. That is what Kali Yuga is. Is modern times. Only way to get rid of them is to surrender. That is the only way. There is no other way around. Because when you surrender, the spirits, the negativities, the satanic forces just disappear. Because they are defective. They have no business to be there. They have no interest in a person who is surrendered to God. They cannot surrender. If they surrender they'll also become saints. All the time to think, "What are my catches? What are my negativities?" Is not going to help you. Just surrender all these ideas that are coming to you and you'll find that all absurd ideas will run away. This is the easiest way to get rid of your problems. Is just to surrender. After all, all these horrible people, all the horrible deities, enemies, who came forward to fight the Goddess, are there as long as you nurture them. As soon as you surrender yourself, they will find you of no use for themselves and they go to other half-baked people. The growth will only come, when the surrender is complete. One has to know that the powers are tremendous. You cannot conceive it as it is said by Markandeya. You cannot conceive it; it is beyond your conception. Outwardly you cannot understand, you just cannot understand. Under such circumstances the best thing is to surrender yourself. Now surrendering, what do you surrender? What do you surrender is your ego and your super-ego and it is completely cleansed and drenched in the blessing. Because you cannot give anything. You have to receive the blessings. And to receive the blessings you have to just surrender. It is so simple. The easiest way. To solve all your problems is to**

**surrender...."**

**"...Just say, "I surrender". For realized souls it should be their mantra. And you will be amazed how all your problems will vanish. Because not only that the powers are tremendous, but as you are realized souls all the Divine Forces, all the Divine Deities, all the Eternal Beings; Chiranjivas, all the angels and the ganas, all of them are looking after you. But they know one thing, those who are surrendered and those who are not surrendered. You just surrender the problem, and you will be surprised that the answer will come in such a miraculous way. Just surrender. Do not take any responsibility upon yourself. Just surrender. Because how far you can go into the solution? Up to your rationality. Beyond that you have your Spirit, and the Spirit is connected to the Divine. So best is to surrender and the whole thing will show such light and such beauty and such meaning. In the modern times now the work is not the same way as it was when it is described. In the Raudrarupa or that the Chandrarupa you see there, was there at the back. It's a mind work, it's a Mother, it's a simple thing. Loving, compassionate, for your protection. This rupa is there, but you do not see it. You are completely protected. Be sure of it...."**

**...And all your powers after Realization of giving Kundalini awakening, or of curing people, or of talking about Sahaja Yoga, or spreading it. Any, any kind of thing that you want**

is all granted - is all thrown into you. And as you know there are many saints, who have said, "Why these Sahaja Yogis should be granted this great boon?" So one can say it's a whim. All right. There is one more thing. I was happy to learn that the great poet of this country, Blake, had prophesied about me. And it is so beautifully done, that He said that England is going to be the Jerusalem. This is going to be the pilgrimage. The venue has shifted. And then he has very beautifully; have you got the thing to read? Oh, haven't brought it. But what reading, that He has said that first the furnace will be burning in Surrey Hills, where I came first, and then He has mentioned Lambeth Vale, where we have got our Ashram. Where the foundations will be laid, we have laid the foundations. And that Jerusalem is going to be in England, not in India. And you are the people responsible for this Jerusalem. Today is the day for which in India everybody is doing Puja. And all the Sahaja Yogis today, in every center there is a Puja today. And they are all thinking of you people. So you have to receive the supreme bliss today, the supreme bliss. Only by surrender. Today the vibrations are tremendous. Keep all your doubts and all your nonsensical things outside. Just receive it and get it. These things are going to help you, nothing else. Because you don't have to give me anything, but receive it yourself. Receive it as much as you can."

**H.H.Shri Mataji Nirmala Devi, Navaratri Puja, Hampstead,  
London, October 1980**

# Ghatastapna

Om Shree Ganeshaya Namaha.

Jai Shree Mataji !



One of the stories behind the celebration of navaratri pooja is that, when the demon called mahishasura attained powers of eternity by worshipping shree shiva he started harassing the three worlds. To protect the world from this demon the Trinity of Brahma Vishnu and Shiva united their powers and created a female warrior called Goddess Durga.

The battle between ShreeDurga and mahishasura continued for nine nights and at the end of the ninth night Goddess killed the demon. These nine days and nights we celebrate as navaratri (nava-nine, ratri-night) and the tenth day is celebrated as the day of victory and triumph called as VijayaDashmi (vijaya-victory, Dashmi- day 10.).

During Navaratri the Durga principle is more active. So during navaratri we can awaken the power of navadurga within each of us and request mother to destroy all the negativities which is affecting our ascent.

Offering a pooja is an action to please the deities and its an expression of our gratitude and desire to be one with the divine.

Mother loves and accepts all the offerings made with complete surrendering and pure love by her children. Pure desire, true dedication and complete surrendering are very important for a seeker to have. But there are ways and methods in this materialistic world also which can inspire us and help us to attract the divine vibrations towards us.

During navaratri we worship the Goddess. we read the Devi Mahatmya, we do havan, we do collective meditations as much as possible. We also do the Ghatasthapana during these nine nights.

#### **Things required for Ghatasthapana:**

Ghata- earthen pot

coconut-Decorated as we do normally for the kalasha

A bamboo basket or a big plate filled with soil

navadhanya or the nine grains ( soaked in normal water from prev.night)

a big lamp which we can keep lit for 10 days uninterrupted

#### **How to keep the Ghata:**

All the members of the family or collective can sit and meditate.... all the things should be kept ready before itself cleaned and vibrated. A basic small meditation can be done.

After that on behalf of the coll. or the family one or two people can do the rest of the installing of the ghata.

U can decorate the place where ghata is going to be kept with kumkum. We generally keep the ghata on the left side of Shree Matajis altar. Place the basket which is filled with soil in a big plate or on a red cloth or something. sprinkle vibrated water in soil. keep the earthen pot which is filled with vibrated water in the middle. now take the coconut in both palms with complete attention on sahasrar and together chant ganesha atharvasheershafer that with complete shradha place the coconut on the earthen pot. ( procedure same as kalasha sthapana we do normally ).

Then take the navadhanya and sow it around the earthen pot in the soil.

Then sprinkle some vibrated water. then show a small aarti to it. offer a pinch of haldi, kumkum and akshatha and a flower ( or a small Garland ) to the ghata. We can also worship and decorate the Lamp as it also has great significance.

every day morning we can change the garland or remove the old flowers on ghata and sprinkle some water for the grains show a small aarti and meditate. evenings ( if time permits and u feel ) can again show a lamp and meditate. After one or two days the sprouts will start coming.... by ninth day all the small plants will cover up the coconut as if a durga sitting in the forest is covered with the thick forest(

imaginations.....)

The aghanata jyoti or the un interrupted lamp may need some more of your attention and time. the wick used should be a bit longer so that it stays for nine days.....when time permits go and have a look at the lamp ..... remove the black ends time to time...fill oil when ever required. It may sound a bit tough but its not so .... its a very divine experience and u feel so nice.

besides these we can make different offerings to mother. As we also meditate on the nine chakras on these nine days, sarees of the colour of the particular chakra can be offered or can be used to decorate mother each day.

And on the tenth day we can take this ghata to sea or a river and immerse in it.  
( All the things together....till then do not disturb the ghata).

As we mentioned before the Durga principle is very strong during the navaratri. Through the ghata we are attracting the durga power in the atm. The ghat is a symbol of the primordial energy. And the uninterrupted lamp ( akhanta jyoti) reduces the negative energies around us and activates positive energy. The sowing of the navadhanya its sprouting and growth is believed to bring peace prosperity and joy in the household ( for us our sahaj collectivity).

The celebrations and joy and benefits of navaratri intensifies when we do collectively. (from my own exp.) one must do the ghatasthapana to feel the joy and divinity it can invoke in our lives.

All the above said steps and methods can vary from place to place. There's no hard n fast rules about keeping it. but its nice to understand things.

jaishreemataji



**So we have to work very hard. We have to work.**

It is *effortlessly* given to you, all right, but to *maintain* it, keep it up to go high, we have to religiously work it out. It is a very *humble* attitude in *receiving* more and more into your being, *imbibing* into your being.  
Let it trickle into your brain completely covering it.  
Let that external bliss come into you.  
I am so anxious. Do not make yourself a small person.  
Have a bigger vision. Have bigger ideas because now you belong to the bigger thing, the biggest of all, the Primordial, the highest, to the Virata! If you realise your importance then you will work it out.

Shri Mataji - Jan 1984

