

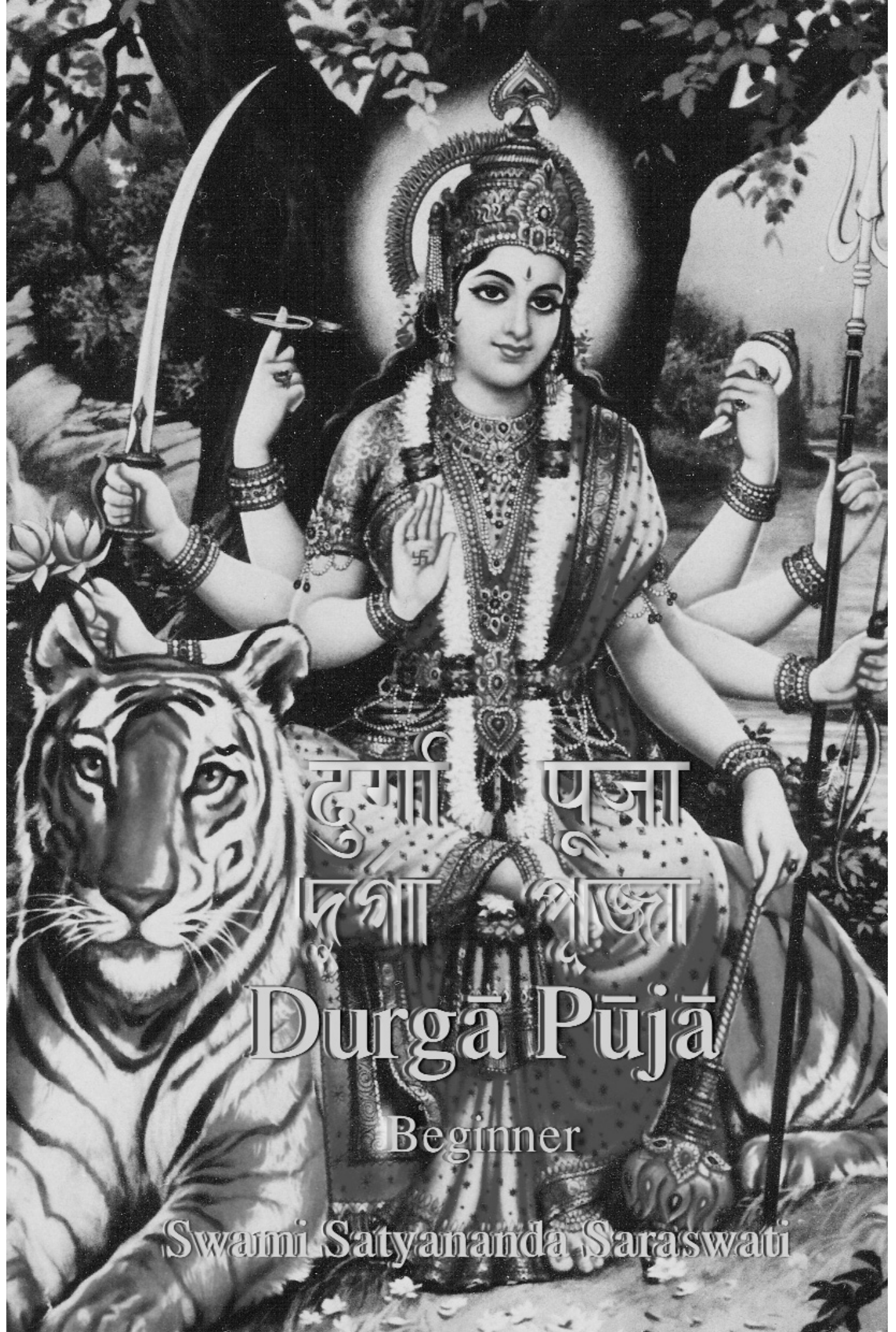


दुर्गा पूजा
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Durgā Pūjā

Beginner

Swami Satyananda Saraswati



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by

Swami Satyananda Saraswati

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दुर्गा पूजा दुर्गा पूजा Durgā Pūjā

Swami Satyananda Saraswati

1. Hindu Religion. 2. Worship. 3. Spirituality.
4. Philosophy. I. Saraswati, Swami Satyananda;

ॐ कात्यायनाय विद्महे कन्याकुमारी धीमहि ।

तन्नो दुर्गिः प्रचोदयात् ॐ ॥

ওঁ কাত্যায়নায় বিদ্মহে কন্যাकुमारी

ধীমহি । তন্নো দুর্গিঃ প্রচোদয়াত্ ওঁ ॥

**om kātyāyanāya vidmahe kanyākumārī dhīmahi
tanno durgīḥ pracodayāt om**

om We meditate upon the Ever Pure One, contemplate the Daughter Without Flaw or Imperfection. May that Goddess grant us increase.

(Wave light)

ॐ अग्नि ज्योति रवि ज्योतिष्चन्द्र ज्योतिष्ठैव च ।

ज्योतिश्मुत्तमो देवी दीपोऽयं प्रतिगृह्यतम् ॥

एष दीपः ॐ ह्रीं श्रीं दुं दुर्गायै नमः

ওঁ অগ্নি জ্যোতি রবি জ্যোতিষ্চন্দ্র জ্যোতিষ্ঠৈব চ ।

জ্যোতিশ্মুত্তমো দেবী দীপোহয়ং প্রতিগৃহ্যতম্ ॥

এষ দীপঃ ওঁ হ্রীং শ্রীং দুং দুর্গায়ৈ নমঃ

**om agni jyoti ravi jyotiṣ candra jyotiṣ tathaiva ca
jyoti śamuttamo devī dīpo-yaṁ pratigṛhyatam
eṣa dīpaḥ om hrīm śrīm duṁ durgāyai namaḥ**

om The Divine Fire is the Light, the Light of Wisdom is the Light, the Light of Devotion is the Light as well. The Light of the Highest Bliss, Oh Goddess, is in the Light which I offer, the Light which I request you to accept. We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties.

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(Wave incense)

ॐ वनस्पतिरसोत्पन्नो गन्ध्यात्येया गन्ध्य उत्तमः ।

आग्नेयः सर्व देवानां धूपोऽयं प्रतिगृह्यतम् ॥

एष धूपः ॐ ह्रीं श्रीं दुं दुर्गायै नमः

ওঁ বনস্পতিরসোত্পন্নো গন্ধ্যাতেয়া গন্ধ্য উত্তমঃ ।

আগ্নেয়ঃ সৰ্ব দেবানাং ধূপোহয়ং প্রতিগৃহ্যতম্ ॥

এষ ধূপঃ ওঁ হ্রীং শ্রীং দুং দুর্গায়ৈ নমঃ

om vanaspatirasotpanno gandhyātyeyā gandhya uttamah

āghreyaḥ sarva devānāṃ dhūpo-yaṃ pratigṛhyatam

eṣa dhūpaḥ om hrīm śrīm duṃ durgāyai namaḥ

om Spirit of the Forest, from you is produced the most excellent of scents. The scent most pleasing to all the Gods, that scent I request you to accept. With the offering of fragrant scent om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties.

(Folded hands)

ॐ भूर्भुवः स्वः । तत् सवितुर्वरेण्यम् भर्गो देवस्य धीमहि ।

धियो यो नः प्रचोदयात् ॥

ওঁ ভূভুবঃ স্বঃ । তৎ সবিতুর্বরেণ্যম্ ভর্গো দেবস্য

ধীমহি । ধিয়ো যো নঃ প্রচোদয়াৎ ॥

om bhūr bhuvaḥ svaḥ

tat savitur vareṇyam bhargo devasya dhīmahi

dhiyo yo naḥ pracodayāt

Om the Infinite Beyond Conception, the gross body, the subtle body and the causal body; we meditate upon that Light of Wisdom which is the Supreme Wealth of the Gods. May it grant to us increase in our meditations.

Offer a flower with each mantra etc gandhapuṣpe

एते गन्धपुष्पे ॐ गं गणपतये नमः

এতে গন্ধপুষ্পে ৐ গং গণপতয়ে নমঃ

ete gandhapuṣpe om gaṃ gaṇapataye namaḥ

With these scented flowers om I bow to the Lord of Wisdom, Lord of the Multitudes.

एते गन्धपुष्पे ॐ अदित्यादि नवग्रहेभ्यो नमः

এতে গন্ধপুষ্পে ৐ অদিত্যাদি নবগ্রহেভ্যো নমঃ

ete gandhapuṣpe om ādityādi navagrahebhyo namaḥ

With these scented flowers om I bow to the Sun, the Light of Wisdom, along with the nine planets.

एते गन्धपुष्पे ॐ शिवादिपञ्चदेवताभ्यो नमः

এতে গন্ধপুষ্পে ৐ শিবাদিপঞ্চদেবতাভ্যো নমঃ

ete gandhapuṣpe om śivādipañcadevatābhyo namaḥ

With these scented flowers om I bow to Śiva, the Consciousness of Infinite Goodness, along with the five primary deities (Śiva, Śakti, Viṣṇu, Gaṇeśa, Sūrya).

एते गन्धपुष्पे ॐ इन्द्रादिदशदिक्पालेभ्यो नमः

এতে গন্ধপুষ্পে ৐ ইন্দ্রাদিদশদিক্পালেভ্যো নমঃ

ete gandhapuṣpe om indrādi daśa dikpālebhyo namaḥ

With these scented flowers om I bow to Indra, the Ruler of the Pure, along with the Ten Protectors of the ten directions.

एते गन्धपुष्पे ॐ मत्स्यादिदशावतारेभ्यो नमः

এতে গন্ধপুষ্পে ৐ মৎস্যাদিদশাবতারেভ্যো নমঃ

ete gandhapuṣpe om matsyādi daśāvatārebhyo namaḥ

With these scented flowers om I bow to Vishnu, the Fish, along with the Ten Incarnations which He assumed.

एते गन्धपुष्पे ॐ प्रजापतये नमः

এতে গন্ধপুষ্পে ৐ প্রজাপতয়ে নমঃ

ete gandhapuṣpe om prajāpataye namaḥ

With these scented flowers om I bow to the Lord of All Created Beings.

एते गन्धपुष्पे ॐ नमो नारायणाय नमः

এতে গন্ধপুষ্পে ৐ নমো নারায়ণায় নমঃ

ete gandhapuṣpe om namo nārāyaṇāya namaḥ

With these scented flowers om I bow to the Perfect Perception of Consciousness.

एते गन्धपुष्पे ॐ सर्वेभ्यो देवेभ्यो नमः

এতে গন্ধপুষ্পে ৐ সর্বেভ্যো দেবেভ্যো নমঃ

ete gandhapuṣpe om sarvebhyo devebhyo namaḥ

With these scented flowers om I bow to All the Gods.

एते गन्धपुष्पे ॐ सर्वाभ्यो देवीभ्यो नमः

এতে গন্ধপুষ্পে ৐ সর্বাভ্যো দেবীভ্যো নমঃ

ete gandhapuṣpe om sarvābhyo devībhyo namaḥ

With these scented flowers om I bow to All the Goddesses.

एते गन्धपुष्पे ॐ श्री गुरवे नमः

এতে গন্ধপুষ্পে ৐ শ্রী গুরবে নমঃ

ete gandhapuṣpe om śrī gurave namaḥ

With these scented flowers om I bow to the Respected Guru.

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एते गन्धपुष्पे ॐ ब्राह्मणेभ्यो नमः

এতে গন্ধপুষ্পে ৐ ব্রাহ্মণেভ্যো নমঃ

ete gandhapuṣpe om brāhmaṇebhyo namaḥ

With these scented flowers om I bow to All Knowers of Wisdom.

ācamana

Pour some water in right palm. Sip some water after each om viṣṇu, then clean hands with remaining water and dry

ॐ विष्णु ॐ विष्णु ॐ विष्णु

৐ বিষ্ণু ৐ বিষ্ণু ৐ বিষ্ণু

om viṣṇu om viṣṇu om viṣṇu

om Consciousness, om Consciousness, om Consciousness

Draw the following yantra with some drops of water and/or sandal paste at the front of your seat. Place a flower on the bindu in the middle.

एते गन्धपुष्पे ॐ ह्रीं आधारशक्तये

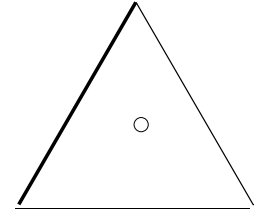
कमलासनाय नमः ॥

এতে গন্ধপুষ্পে ৐ হ্রীং আধারশক্তয়ে

কমলাসনায় নমঃ ॥

ete gandhapuṣpe om hrīm ādhāra śaktaye kamalāsanāya namaḥ

With these scented flowers om hrīm I bow to the Primal Energy situated in this lotus seat.



Clap hands 3 times and snap fingers in the ten directions (N S E W NE SW NW SE UP DOWN) repeating om hrīm śrīm duṃ durgāyai namaḥ each time.

ॐ ह्रीं श्रीं दुं दुर्गायै नमः

৐ হ্রীং শ্রীং দুং দুর্গায়ৈ নমঃ

दुर्गा पूजा

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om hrīm śrīm dum durgāyai namaḥ

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties.

Place a flower in left hand. Pour 3 drops of water on it after saying om tat sat. Place right hand over flower and finish reciting this verse with the appropriate names added (refer to a lunar calendar, if available), then offer the flower.

विष्णुः ॐ तत् सत् । ॐ अद्य जम्बूद्वीपे () देश () प्रदेश
() नगरे () मन्दिरे () मासे () पक्षे ()
तिथौ () गोत्र श्री () कृतैतत् श्री दुर्गा कामः पूजा कर्महं
करिष्ये ॥

বিষ্ণুঃ ওঁ তৎ সৎ । ওঁ অদ্য জম্বুদ্বীপে () দেশে ()
প্রদেশে () নগরে () মন্দিরে () মাসে ()
পক্ষে () তিথৌ () গোত্র শ্রী () কৃতৈতৎ শ্রী
দুর্গা কামঃ পূজা কর্মহং করিষ্যে ॥

viṣṇuḥ om tat sat om adya jambūdvīpe, (Country) deśe,
(state) pradeśe, (City) nagare, (Divine Mother) mandire, (month)
māse, (śukla or kṛiṣṇa) pakṣe, (name of day) tithau, name of
(Satyānanda)} gotra, śrī (your name) kṛtaitat, śrī durgā kāmaḥ,
pūjā karmāhaṁ kariṣye

The Consciousness Which Pervades All, om That is Truth.

Presently, on the Planet Earth, (America) Country, (Name) State,
(Name) City, in (Devi Mandir) Temple, (Name of Month) Month,
(Bright or Dark) fortnight, (Name of Day) Day, {Name of Sadhu
Family (Satyānanda)} Gotra, Śrī (Your Name) is performing wor-
ship for the satisfaction of the Goddess, Durgā, the Grantor of
Increase, who Removes all Difficulties.

Ring Bell

ॐ शान्ता द्यौ शान्ता पृथिवीं, शान्तमूर्ध्वमूर्वन्तरिक्षम् ।

शान्तमूर्ध्वम्वतिरापः शान्तां नः शान्तवोषधी ॥

ॐ शान्ता द्यौ शान्ता पृथिवीं, शान्तमूर्ध्वमूर्वन्तरिक्षम् ।

शान्तमूर्ध्वम्वतिरापः शान्तां नः शान्तवोषधी ॥

om śāntā dyau śāntā pṛthivīm

śāntam ūrdhvam ūrvantarikṣam

śāntam ūrdhvam vātīrāpaḥ śāntāṃ naḥ śāntvoṣadhī

om Peace in the heavens, Peace on the earth, Peace upwards and permeating the atmosphere; Peace upwards, over, on all sides and further; Peace to us, Peace to all vegetation;

शान्ताणि पूर्वरूपाणि शान्तं नोऽस्तु कृताकृतम् ।

शान्तं भूतं च भव्यं च सर्वमेव समस्तु नः ॥

शान्ताणि पूर्वरूपाणि शान्तं नोऽस्तु कृताकृतम् ।

शान्तं भूतं च भव्यं च सर्वमेव समस्तु नः ॥

śāntāṇi pūrva rūpāṇi śāntaṃ no-stu kṛtā kṛtam

śāntaṃ bhūtaṃ ca bhavyaṃ ca sarvameva samastu naḥ

Peace to all that has form, Peace to all causes and effects; Peace to all existence, and to all intensities of reality including all and everything; Peace be to us.

पृथिवीं शान्तिरन्तरिक्षं शान्तिर्द्यौ । शान्तिरापः, शान्तिरोषधयः,

शान्तिः वनस्पतयः, शान्तिर्विश्वे मे देवाः, शान्तिः सर्व मे देवाः,

शान्तिर्ब्रह्म, शान्तिरापः, शान्ति सर्वम्, शान्तिरेधि, शान्तिः, शान्तिः,

सर्व शान्ति, सा मा शान्ति, शान्तिभिः ॥

দুর্গা পূজা

Durgā Pūjā

পৃথিবীং শান্তিরন্তরিক্ষং শান্তিদ্যৌ । শান্তিরাপঃ,
শান্তিরোষধয়ঃ, শান্তিঃ বনস্পত্যয়ঃ, শান্তির্বিশ্বে মে দেবাঃ,
শান্তিঃ সর্ব মে দেবাঃ, শান্তির্ব্রহ্ম, শান্তিরাপঃ, শান্তি সর্বম্
শান্তিরেধি, শান্তিঃ, শান্তিঃ, সর্ব শান্তি, সা মা শান্তি,
শান্তিভিঃ ॥

pr̥thivīm śāntir antarikṣam śāntir dyau

**śāntir āpaḥ, śāntir oṣadayaḥ, śāntiḥ vanaspatayaḥ, śāntir viśve me
devāḥ, śāntiḥ sarva me devāḥ, śāntir brahma, śāntirāpaḥ, śānti
sarvam, śāntiredhi, śāntiḥ, śāntiḥ, sarva śānti, sā mā śānti,
śāntibhiḥ**

Let the earth be at Peace, the atmosphere be at Peace, the
heavens be filled with Peace. Even further may Peace extend,
Peace to all vegetation, Peace to All Gods of the Universe, Peace
to All Gods within me, Peace to Creative Consciousness, Peace
be to Brilliant Light, Peace to All, Peace to Everything, Peace,
Peace, altogether Peace, equally Peace, by means of Peace.

ॐ শান্তিঃ, শান্তিঃ, শান্তিঃ

ওঁ শান্তিঃ, শান্তিঃ, শান্তিঃ

om śāntiḥ, śāntiḥ, śāntiḥ

om Peace, Peace, Peace

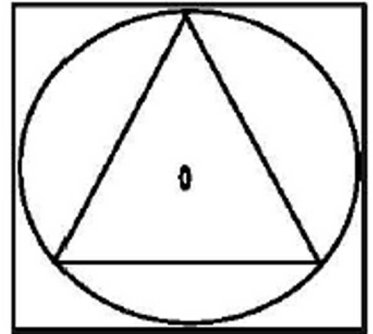
*Draw the following yantra on the plate or space for worship with
sandal paste and/or water. Offer rice on the yantra for each of the
next four mantras.*

ॐ আধারশক্তয়ে নমঃ

ওঁ আধারশক্তয়ে নমঃ

om ādhāra śaktaye namaḥ

om I bow to the Primal Energy



ॐ कूर्माय नमः

ॐ कूर्माय नमः

om kurmmāya namaḥ

om I bow to the Support of the Earth

ॐ अनन्ताय नमः

ॐ अनन्ताय नमः

om anantāya namaḥ

om I bow to Infinity

ॐ पृथिव्यै नमः

ॐ पृथिव्यै नमः

om pṛthivyai namaḥ

om I bow to the Earth

*Place an empty water pot on the bindu in the center of the yantra
when saying phaṭ*

स्थां स्थां स्थायी भव फट्

স্থান স্থান স্থায়ী ভব ফট্

sthāṃ sthāṃ sthāyī bhava phaṭ

Be Still in the Gross Body! Be Still in the Subtle Body! Be Still in the Causal Body! PURIFY!

Fill pot with water while chanting mantra.

ॐ गङ्गे च यमुने चैव गोदावरि सरस्वति ।

नर्मदे सिन्धुकावेरि जलेऽस्मिन् सन्निधिं कुरु ॥

ॐ গঙ্গে চ যমুনে চৈব গোদাবরি সরস্বতি ।

নর্মদে সিন্ধুকাবেরি জলেহস্মিন্ সন্নিধিং কুরু ॥

दुर्गा पूजा

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om gaṅge ca yamune caiva godāvari sarasvati

narmade sindhu kāveri jale-asmin sannidhiṃ kuru

om the Ganges, Yamuna, Godāvari, Saraswati, Narmada, Sindhu,
Kāveri these waters are mingled together.

Note. The Ganges is the Iḍa, Yamuna is the Pingalā. The other five rivers are the five senses. The land of the seven rivers is within the body as well as outside.

Offer 3 flowers into the water pot with the mantra

एते गन्धपुष्पे ॐ ह्रीं श्रीं दुं दुर्गायै नमः

এতে গন্ধপুষ্পে ওঁ হ্রীং শ্রীং দুং দুর্গায়ৈ নমঃ

ete gandhapuṣpe om hrīm śrīm duṃ durgāyai namaḥ

With these scented flowers om We bow to the Goddess Durgā,
the Grantor of Increase, who Removes all Difficulties.

Wave right hand in aṅkuṣa mudrā while chanting this mantra.

ॐ गङ्गे च यमुने चैव गोदावरि सरस्वति ।

नर्मदे सिन्धुकावेरि जलेऽस्मिन् सन्निधि कुरु ॥

ওঁ গঙ্গে চ যমুনে চৈব গোদাবরি সরস্বতি ।

নর্মদে সিন্ধুকাবোরি জলেহস্মিন্ সন্নিধিং কুরু ॥

om gaṅge ca yamune caiva godāvari sarasvati

narmade sindhu kāveri jale-asmin sannidhiṃ kuru

om the Ganges, Yamuna, Godāvari, Saraswati, Narmada, Sindhu,
Kāveri these waters are mingled together.

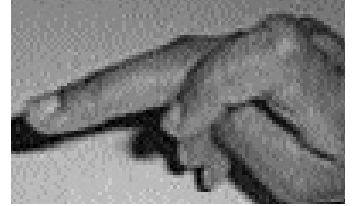
ॐ ह्रीं श्रीं दुं दुर्गायै नमः

(Chant 10 times)

ওঁ হ্রীং শ্রীং দুং দুর্গায়ৈ নমঃ

om hrīm śrīm duṃ durgāyai namaḥ

om We bow to the Goddess Durgā, the Grantor of Increase, who
Removes all Difficulties.



दुर्गा पूजा

Durgā Pūjā

Sprinkle water over all articles to be offered, then throw some drops of water over your shoulders repeating the mantra:

अमृताम् कुरु स्वाहा

অমৃতাম্ কুরু স্বাহা

amritām kuru svāhā

Make this immortal nectar! I am One with God!

Puṣpa Śuddhi

Wave hands over flowers with prarthana mudrā while chanting first line and with dhenu mudrā while chanting second line of this mantra.

ॐ पुष्प पुष्प महापुष्प सुपुष्प पुष्पसम्भवे ।

पुष्प चयावकीर्णे च हूं फट् स्वाहा ॥

ওঁ পুষ্প পুষ্প মহাপুষ্প সুপুষ্প পুষ্পসম্ভবে ।

পুষ্প চয়াবকীর্ণে চ হুং ফট্ স্বাহা ॥

om puṣpa puṣpa mahā puṣpa

supuṣpa puṣpasambhave

puṣpa cayāvakīrṇe ca hūṃ phaṭ svāhā

om Flowers, flowers, Oh Great Flowers, excellent flowers;
flowers in heaps and scattered about, cut the ego, purify, I am
One with God!

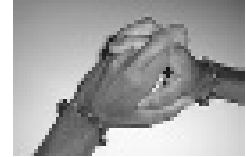
*Offer a flower while chanting each of the following mantras etc
gandhapuṣpe*

एते गन्धपुष्पे ॐ ह्रीं चण्डिकायै नमः

এতে গন্ধপুষ্পে ওঁ হ্রীং চন্ডিকায়ৈ নমঃ

ete gandhapuṣpe om hrīm caṇḍikāyai namaḥ

With these scented flowers om I bow to She Who Tears Apart
Thought



एते गन्धपुष्पे ॐ ह्रीं श्रीं दुं दुर्गायै नमः

এতে গন্ধপুষ্পে ওঁ হ্রীং শ্রীং দুং দুর্গায়ৈ নমঃ

ete gandhapuṣpe om hrīm śrīm duṃ durgāyai namaḥ

With these scented flowers om I bow to the Reliever of Difficulties

एते गन्धपुष्पे ॐ क्रीं काल्यै नमः

এতে গন্ধপুষ্পে ওঁ ক্রীং কাল্যৈ নমঃ

ete gandhapuṣpe om krīm kālyai namaḥ

With these scented flowers om I bow to the She Who Is Beyond Time (also the Goddess Who Takes Away Darkness)

एते गन्धपुष्पे ॐ श्रीं लक्ष्म्यै नमः

এতে গন্ধপুষ্পে ওঁ শ্রীং লক্ষ্ম্যৈ নমঃ

ete gandhapuṣpe om śrīm lakṣmyai namaḥ

With these scented flowers om I bow to the Goddess of True Wealth

एते गन्धपुष्पे ॐ सं सरस्वत्यै नमः

এতে গন্ধপুষ্পে ওঁ সং সরস্বত্যৈ নমঃ

ete gandhapuṣpe om saṃ sarasvatyai namaḥ

With these scented flowers om I bow to the Spirit of All-Pervading Knowledge

एते गन्धपुष्पे ॐ बौं ब्रह्मणे नमः

এতে গন্ধপুষ্পে ওঁ বৌং ব্রহ্মণে নমঃ

ete gandhapuṣpe om baum brahmaṇe namaḥ

With these scented flowers om I bow to the Creative Consciousness

एते गन्धपुष्पे ॐ क्लीं विष्णवे नमः

এতে গন্ধপুষ্পে ॐ ক্লীং বিষ্ণবে নমঃ

ete gandhapuṣpe om klīm viṣṇave namaḥ

With these scented flowers om I bow to the Consciousness Which Pervades All

एते गन्धपुष्पे ॐ नमः शिवाय

এতে গন্ধপুষ্পে ॐ নমঃ শিবায়

ete gandhapuṣpe om namaḥ śivāya

With these scented flowers om I bow to the Consciousness of Infinite Goodness

dhyānam

meditation

ॐ जटाजूटसमायुक्तामर्द्धेन्दुकृतशेखराम् ।

लोचनत्रयसंयुक्तां पूर्णेन्दुसदृशाननाम् ॥

ॐ জটাজুটসমায়ুক্তামর্দ্ধেন্দুকৃতশেখরাম্ ।

লোচনত্রয়সংযুক্তাং পূর্ণেন্দুসদৃশাননাম্ ॥

om jaṭājūṭasamāyuktāmarddhendukṛtaśekharām

locanatrayasamyuktām pūrṇendusadrśānanām

Oṃ With loose flowing tresses, poised with equanimity with the radiant half moon upon her head, her three eyes are shining like the full moon.

तप्तकाञ्चनवर्णाभां सुप्रतिष्ठां सुलोचनाम् ।

नवयौवनसम्पन्नां सर्वाभरणभूषिताम् ॥

তপ্তকাঞ্চনবর্ণাভাং সুপ্রতিষ্ঠাং সুনোচনাম্ ।

নবযৌবনসম্পন্নাং সর্বাভরণভূষিতাম্ ॥

taptakāñcanavarṇābhām supratīṣṭām sulocanām
navayauvanasampannām sarvābharanabhūṣitām

She has the color of melted gold, of excellent birth and beautiful eyes. She has nine manifestations all resplendantly shining with their ornaments.

सुचारुदशनां तद्वत् पीनोन्नतपयोधराम् ।

त्रिभङ्गस्थानसंस्थानां महिषासुरमर्दिनीम् ॥

सुचारुदशनां तद्वत् पीनोन्नतपयोधराम् ।

त्रिभङ्गस्थानसंस्थानां महिषासुरमर्दिनीम् ॥

sucārudaśanām tadvat pīnonnatapayodharām

tribhaṅgasthānasamsthānām mahiṣāsurasamardīnīm

She holds aloft ten excellent weapons in her hands, and has three beautiful folds under her breasts - the Slayer of the Great Ego.

मृणालायतसंस्पर्श दशबाहु समन्विताम् ।

त्रिशूलं दक्षिणे ध्येयं खड्गं चक्रं क्रमादधः ॥

मृणालायतसंस्पर्श दशबाहु समन्विताम् ।

त्रिशूलं दक्षिणे ध्येयं खड्गं चक्रं क्रमादधः ॥

mṛṇālāyatasamsparsa daśabāhu samanvitām

triśūlam dakṣiṇe dhyeyaṁ khaḍgaṁ cakram kramādadhah

She bears the touch of death to the Ego in each of her ten arms. We meditate on the order of weapons beginning at the upper right: trident, sword, discus,

तीक्ष्णबाणं तथा शक्तिं दक्षिणेषु विचिन्तयेत् ।

खेटकं पूर्णचापञ्च पाशमङ्कुशमेव च ॥

तीक्ष्णबाणं तथा शक्तिं दक्षिणेषु विचिन्तयेत् ।

खेटकं पूर्णचापञ्च पाशमङ्कुशमेव च ॥

tīkṣṇabāṇaṃ tathā śaktiṃ dakṣiṇeṣu vicintayet
khetakaṃ pūrṇacāpañca pāśamaṅkuśameva ca
bow and arrow, and then energy we contemplate on her right
side. Shield, club, noose, and curved sword,

घण्टां वा परशु वापि वामतः सन्निवेशयेत् ।

अधस्तान्महिषं तद्वद्विशिरस्कं प्रदर्शयेत् ॥

ঘণ্টাং বা পরশু বাপি বামতঃ সন্নিবেশয়েৎ ।

অধস্তান্‌মহিষং তদ্বদ্বিশিরস্কং প্রদর্শয়েৎ ॥

ghaṇṭāṃ vā paraśu vāpi vāmataḥ sanniveśayet
adhastānmahiṣaṃ tadvadviśiraskaṃ pradarśayet
the bell or the battle-axe, we contemplate on her left side. Below
lies the severed head of the Great Ego in the form of a buffalo.

शिरश्छेदोद्धवं तद्वद्दानवं खड्गापाणिनम् ।

हृदि शूलेन निर्भिन्नं निर्जदन्त्रविभूषितम् ॥

শিরশ্ছেদোদ্ধবং তদ্বদ্‌দানবং খড়্‌গাপাণিনম্ ।

হৃদি শূলেন নির্ভিন্নং নির্জদন্‌ত্রবিভূষিতম্ ॥

śiraśchedodbhavaṃ tadvaddānavam khaḍgāpāṇinam
hr̥di śūlena nirbhinnam nirjadantravibhūṣitam

In place of the severed head on his neck is the demonic image of
the Great Ego with a sword in his hand. He is shown gritting his
teeth from the spear which has pierced his heart.

रक्तारक्तीकृताङ्गञ्च रक्तविस्फुरितेक्षणम् ।

वेष्टितं नागपाशेन भ्रुकुटीभीषणाननम् ॥

রক্তারক্তীকৃতান্‌গঞ্‌চ রক্তবিস্ফুরিতেক্ষণম্ ।

বোষ্টিতং নাগপাশেন ভ্রুকুটীভীষণাননম্ ॥

raktāraktīkṛtāṅgañca raktavisphūritekṣaṇam
veṣṭhitam nāgapāśena bhrūkuṭībhīṣaṇānanam

Blood is flowing over his body and red is seen on all his limbs.
The cobra snake in the form of a noose has wrapped itself around his brow and upper left arm.

सपाशवामहस्तेन धृतकेशन्तु दुर्गया ।

वमद्रुधिरवक्त्रञ्च देव्याः सिंहं प्रदर्शयेत् ॥

सपाशवामहस्तेन धृतकेशन्तु दुर्गया ।

वमद्रुधिरवक्त्रञ्च देव्याः सिंहं प्रदर्शयेत् ॥

sapāśavāmahastena dhṛtakeśantu durgayā

vamadrudhiravaktrañca devyāḥ siṃhaṃ pradarśayet

On the side of the Goddess is shown the lion, Dharma, who is her conveyance, and is facing the left.

देव्यास्तु दक्षिणं पादं समं सिंहोपरि स्थितम् ।

किञ्चिदूर्ध्वं तथा वाममङ्गुष्ठं महिषोपरि ॥

देव्यास्तु दक्षिणं पादं समं सिंहोपरि स्थितम् ।

किञ्चिदूर्ध्वं तथा वाममङ्गुष्ठं महिषोपरि ॥

devyāstu dakṣiṇaṃ pādaṃ samaṃ siṃhopari sthitam

kiñcidūrddhaṃ tathā vāmamaṅguṣṭhaṃ mahiṣopari

The Goddess's right foot is flatly positioned on top of the lion. A little elevated only her left toe is on top of the Great Ego.

प्रसन्नवदनां देवीं सर्वकामफलप्रदां ।

स्तुयमानञ्च तद्रूपममरैः सन्निवेशयेत् ॥

प्रसन्नवदनां देवीं सर्वकामफलप्रदां ।

स्तुयमानञ्च तद्रूपममरैः सन्निवेशयेत् ॥

prasannavadanāṃ devīm sarvakāmaphalapradāṃ

stuyamānañca tadrūpamamaraiḥ sanniveśayet

The Goddess is extremely pleased and grants the fruits of all desires to those who contemplate her excellent form and with one mind sing her praises:

ऊग्रचण्डा प्रचण्डा च चण्डोग्रा चण्डनायिका ।

चण्डा चण्डवती चैव चण्डरूपातिचण्डिका ॥

উগ্রচণ্ডা প্রচণ্ডা চ চণ্ডোগ্রা চণ্ডনায়িকা ।

চণ্ডা চণ্ডবতী চৈব চণ্ডরূপাতিচণ্ডিকা ॥

ūgracaṇḍā pracaṇḍā ca caṇḍogrā caṇḍanāyikā

caṇḍā caṇḍavatī caiva caṇḍarūpāticaṇḍikā

The Terrible Slayer of Passion, Whose Nature Removes Fear,
She Who Slays Fear, She Who Sees Everywhere Freedom from
Fear, She Who Tears Apart Fear, She Who Contains
Fearlessness, The Form of the Erradicator of Fear, and the
Primary She Who Tears Apart All Thoughts.

अष्टाभिः शक्तिभिस्ताभिः सततं परिवेष्टिताम् ।

चिन्तयेज्जगतां धात्रीं धर्मकामार्थमोक्षदाम् ॥

অষ্টাভিঃ শক্তিভিস্তাভিঃ সততং পরিবেষ্টিতাম্ ।

চিন্তয়েজ্জগতাং ধাত্রীং ধর্মকামার্থমোক্ষদাম্ ॥

aṣṭābhiḥ śaktibhistābhiḥ satataṁ pariveṣṭhitām

cintayejjagatām dhātrīm dharmmakāmārthamokṣadām

With these eight energies always surrounding her, we think of the
Creator of the Perceivable Universe, who bestows the Way of
Truth and Harmony, Satiation of Desires, Material Sustenance,
and Liberation otherwise known as Self-Realization.

kara nyāsa

establishment in the hands

ॐ ह्रां अंगुष्ठाभ्यां नमः

ওঁ হ্রাং অঙ্গুষ্ঠাভ্যাং নমঃ

om hrām aṅguṣṭhābhyām namaḥ

thumb/forefinger

om hrām in the thumb I bow.

दुर्गा पूजा

Durgā Pūjā

ॐ ह्रीं तर्जनीभ्यां स्वाहा

ॐ ह्रीं तर्जनीभ्यां स्वाहा

om hrīm tarjanībhyām svāhā *thumb/forefinger*

om hrīm in the forefinger, I am One with God!

ॐ हूं मध्यमाभ्यां वषट्

ॐ हूं मध्यमाभ्यां वषट्

om hrūṃ madhyamābhyām vaṣaṭ *thumb/middle finger*

om hrūṃ in the middle finger, Purify!

ॐ है अनामिकाभ्यां हुं

ॐ है अनामिकाभ्यां हुं

om hraiṃ anāmikābhyām huṃ *thumb/ring finger*

om hraiṃ in the ring finger, Cut the Ego!

ॐ हौं कनिष्ठिकाभ्यां बौषट्

ॐ हौं कनिष्ठिकाभ्यां बौषट्

om hrauṃ kaniṣṭhikābhyām vauṣaṭ *thumb/little finger*

om hrauṃ in the little finger, Ultimate Purity!

Roll hand over hand forwards while reciting karatala kara, and backwards while chanting prṣṭhābhyām, then clap hands when chanting astrāya phaṭ.

ॐ हः करतल कर पृष्ठाभ्यां अस्त्राय फट् ॥

ॐ हः करतल कर पृष्ठाभ्यां अस्त्राय फट् ॥

om hraḥ karatala kara prṣṭhābhyām astrāya phaṭ

Om hraḥ I bow to the Goddess Durgā, with the weapon of Virtue.

दुर्गा पूजा

Durgā Pūjā

ॐ ह्रीं श्रीं दुं दुर्गायै नमः

ॐ ह्रीं श्रीं दुं दुर्गायै नमः

om hrīm śrīm duṃ durgāyai namaḥ

Oṃ I bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties

aṅga nyāsa

establishment in the body

Holding tattva mudrā, touch heart.

ॐ हां हृदयाय नमः

ॐ हां हृदयाय नमः

om hrām ṛdayāya namaḥ

touch heart

Oṃ hrām in the heart, I bow.

Holding tattva mudrā, touch top of head.

ॐ ह्रीं शिरसे स्वाहा

ॐ ह्रीं शिरसे स्वाहा

om hrīm śirase svāhā

top of head

Oṃ hrīm on the top of the head, I am One with God!

With thumb extended, touch back of head.

ॐ हूं शिखायै वषट्

ॐ हूं शिखायै वषट्

om hrūṃ śikhāyai vaṣaṭ

back of head

Oṃ hrūṃ on the back of the head, Purify!

दुर्गा पूजा

Durgā Pūjā

Holding tattva mudrā, cross both arms.

ॐ हँ कवचाय हुं

ওঁ হৈং কবচায় হুং

om hraiṃ kavacāya huṃ

cross both arms

Oṃ hraiṃ crossing both arms, Cut the Ego!

Holding tattva mudrā, touch three eyes at once with three middle fingers.

ॐ हौं नेत्रत्रयाय वौषट्

ওঁ হৌং নেত্রত্রয়ায় বৌষট্

om hrauṃ netratrayāya vauṣaṭ

touch three eyes

Oṃ hrauṃ in the three eyes, Ultimate Purity!

Roll hand over hand forwards while reciting karatala kara, and backwards while chanting prṣṭhābhyāṃ, then clap hands when chanting astrāya phaṭ.

ॐ हः करतल कर पृष्ठाभ्यां अस्त्राय फट् ॥

ওঁ হঃ করতল কর পৃষ্ঠাভ্যাং অস্ত্রায় ফট্ ॥

om hraḥ karatala kara prṣṭhābhyāṃ astrāya phaṭ

Oṃ hraḥ I bow to the Goddess Durgā, with the weapon of Virtue.

ॐ ह्रीं श्रीं दुं दुर्गायै नमः

ওঁ হ্রীং শ্রীং দুং দুর্গায়ৈ নমঃ

om hrīm śrīm duṃ durgāyai namaḥ

Oṃ I bow to the Goddess Durgā, the Grantor of Increase, who Removes all Difficulties

अथ दुर्गाद्वात्रिंशन्नाममाला

अथ दुर्गाद्वात्रिंशन्नाममाला

atha durgā dvātriṃśannāma mālā

The Rosary of Thirty-two Names of Durgā

दुर्गा दुर्गातिशमनी दुर्गापद्मनिवारिणी ।

दुर्गमच्छेदिनी दुर्गसाधिनी दुर्गनाशिनी ॥

दुर्गा दुर्गातिशमनी दुर्गापद्मनिवारिणी ।

दुर्गमच्छेदिनी दुर्गसाधिनी दुर्गनाशिनी ॥

durgā durgārti śamanī durgā padvinivāriṇī

durgamacchedinī durga sādhinī durga nāśinī

1. The Reliever of Difficulties
2. Who Puts Difficulties at Peace
3. Dispeller of Difficult Adversities
4. Who Cuts Down Difficulties
5. The Performer of Discipline to Expel Difficulties
6. The Destroyer of Difficulties

दुर्गतोद्धारिणी दुर्गनिहन्त्री दुर्गमापहा ।

दुर्गमज्ञानदा दुर्गदैत्यलोकदवानला ॥

दुर्गतोद्धारिणी दुर्गनिहन्त्री दुर्गमापहा ।

दुर्गमज्ञानदा दुर्गदैत्यलोकदवानला ॥

durgatod dhāriṇī durga nihantrī durga māpahā

durgamajñānadā durga daityaloka davānalā

7. Who Holds the Whip to Difficulties
8. Who Sends Difficulties to Ruin
9. Who Measures Difficulties
10. Who Makes Difficulties Unconscious
11. Who Destroys the World of Difficult Thoughts

दुर्गमा दुर्गमालोका दुर्गमात्मस्वरूपिणी ।

दुर्गमार्गप्रदा दुर्गमविद्या दुर्गमाश्रिता ॥

दुर्गमा दुर्गमालोका दुर्गमात्मस्वरूपिणी ।

दुर्गमार्गप्रदा दुर्गमविद्या दुर्गमाश्रिता ॥

durgamā durgamālokā durgamātmāsvarūpiṇī

durgamārgapradā durgam avidyā durgamāśritā

12. The Mother of Difficulties

13. The Perception of Difficulties

14. The Intrinsic Nature of the Soul of Difficulties

15. Who Searches Through Difficulties

16. The Knowledge of Difficulties

17. The Extrication From Difficulties

दुर्गमज्ञानसंस्थाना दुर्गमध्यानभासिनी ।

दुर्गमोहा दुर्गमगा दुर्गमार्थस्वरूपिणी ॥

दुर्गमज्ञानसंस्थाना दुर्गमध्यानभासिनी ।

दुर्गमोहा दुर्गमगा दुर्गमार्थस्वरूपिणी ॥

durgam ajñāna samsthānā durgam adhyāna bhāsinī

durga mohā durgamagā durgamārtha svarūpiṇī

18. The Continued Existence of Difficulties

19. Whose Meditation Remains Brilliant When in Difficulties

20. Who Deludes Difficulties

21. Who Resolves Difficulties

22. Who is the Intrinsic Nature of the Object of Difficulties

दुर्गमासुरसंहन्त्री दुर्गमायुधधारिणी ।

दुर्गमाङ्गी दुर्गमता दुर्गम्या दुर्गमेश्वरी ॥

दुर्गमासुरसंहन्त्री दुर्गमायुधधारिणी ।

दुर्गमाङ्गी दुर्गमता दुर्गम्या दुर्गमेश्वरी ॥

durgam āsura saṁhantrī durgam āyudha dhāriṇī
durgamāṅgī durgamatā durgamyā durgameśvarī

23. The Annihilator of the Egotism of Difficulties
24. Bearer of the Weapon Against Difficulties
25. The Refinery of Difficulties
26. Who is Beyond Difficulties
27. This Present Difficulty
28. The Empress of Difficulties

दुर्गभीमा दुर्गभामा दुर्गभा दुर्गदारिणी ।

नामावलिमिमां यस्तु दुर्गाया मम मानवः ।

दुर्गभीमा दुर्गभामा दुर्गभा दुर्गदारिणी ।

नामावलिमिमां यस्तु दुर्गाया मम मानवः ।

durgabhīmā durgabhāmā durgabhā durgadāriṇī
nāmāvalimimāṃ yastu durgāyā mama mānavaḥ

29. Who is Terrible to Difficulties
30. The Lady of Difficulties
31. The Illuminator of Difficulties
32. Who Cuts Off Difficulties

Whoever will recite this garland of the names of Durgā,

पठेत् सर्वभयान्मुक्तो भविष्यति न संशयः ॥

পঠেৎ সৰ্বভয়ান্মুক্তো ভবিষ্যতি ন সংশয়ঃ ॥

paṭhet sarva bhayānmukto bhaviṣyati na saṁśayaḥ

the Reliever of Difficulties, for me, will be freed from every type of fear without a doubt.

ॐ ह्रीं श्रीं दुं दुर्गायै नमः

ওঁ হ্রীং শ্রীং দুং দুর্গায়ৈ নমঃ

om hrīm śrīm duṃ durgāyai namaḥ (108 times)

We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties

दुर्गा पूजा

Durgā Pūjā

If desired, collect the next eight liquid offerings in a bowl.

foot bath

ॐ ह्रीं श्रीं दुं दुर्गायै नमः पाद्यं समर्पयामि ॥

ॐ ह्रीं श्रीं दुं दुर्गायै नमः पाद्यं समर्पयामि ॥

om hrīm śrīm duṃ durgāyai namaḥ pādyam samarpayāmi

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer these foot bath waters.

milk bath

ॐ ह्रीं श्रीं दुं दुर्गायै नमः पयः स्नानं समर्पयामि ॥

ॐ ह्रीं श्रीं दुं दुर्गायै नमः पयः स्नानं समर्पयामि ॥

om hrīm śrīm duṃ durgāyai namaḥ payaḥ snānam samarpayāmi

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer this milk for your bath.

yogurt bath

ॐ ह्रीं श्रीं दुं दुर्गायै नमः दधि स्नानं समर्पयामि ॥

ॐ ह्रीं श्रीं दुं दुर्गायै नमः दधि स्नानं समर्पयामि ॥

om hrīm śrīm duṃ durgāyai namaḥ dadhi snānam samarpayāmi

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer this curd for your bath.

ghee bath

ॐ ह्रीं श्रीं दुं दुर्गायै नमः घृत स्नानं समर्पयामि ॥

ॐ ह्रीं श्रीं दुं दुर्गायै नमः घृत स्नानं समर्पयामि ॥

om hrīm śrīm duṃ durgāyai namaḥ ghrta snānam samarpayāmi

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer this ghee for your bath.

honey bath

ॐ ह्रीं श्रीं दुं दुर्गायै नमः मधु स्नानं समर्पयामि ॥

ॐ ह्रीं श्रीं दुं दुर्गायै नमः मधु स्नानं समर्पयामि ॥

om hrīm śrīm duṃ durgāyai namaḥ madhu snānaṃ samarpayāmi
om We bow to the Goddess, Durgā, the Grantor of Increase, who
Removes all Difficulties, and offer this honey for your bath.

sugar bath

ॐ ह्रीं श्रीं दुं दुर्गायै नमः शर्करा स्नानं समर्पयामि ॥

ॐ ह्रीं श्रीं दुं दुर्गायै नमः शर्करा स्नानं समर्पयामि ॥

om hrīm śrīm duṃ durgāyai namaḥ śarkarā snānaṃ samarpayāmi
om We bow to the Goddess, Durgā, the Grantor of Increase, who
Removes all Difficulties, and offer this sugar for your bath.

five nectars bath

ॐ ह्रीं श्रीं दुं दुर्गायै नमः पञ्चामृतं स्नानं समर्पयामि ॥

ॐ ह्रीं श्रीं दुं दुर्गायै नमः पञ्चामृतं स्नानं समर्पयामि ॥

om hrīm śrīm duṃ durgāyai namaḥ pañcāmṛtaṃ snānaṃ
samarpayāmi

om We bow to the Goddess, Durgā, the Grantor of Increase, who
Removes all Difficulties, and offer these five nectars for your
bath.

water bath

ॐ ह्रीं श्रीं दुं दुर्गायै नमः गङ्गा स्नानं समर्पयामि ॥

ॐ ह्रीं श्रीं दुं दुर्गायै नमः गङ्गा स्नानं समर्पयामि ॥

om hrīm śrīm duṃ durgāyai namaḥ gaṅgā snānaṃ samarpayāmi
om We bow to the Goddess, Durgā, the Grantor of Increase, who
Removes all Difficulties, and offer these bath waters.

cloth

ॐ ह्रीं श्रीं दुं दुर्गायै नमः वस्त्रां समर्पयामि ॥

ॐ ह्रीं श्रीं दुं दुर्गायै नमः वस्त्रां समर्पयामि ॥

om hrīm śrīm duṃ durgāyai namaḥ vastrāṃ samarpayāmi

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer this wearing apparel.

rudrākṣa

ॐ ह्रीं श्रीं दुं दुर्गायै नमः रुद्राक्षं समर्पयामि ॥

ॐ ह्रीं श्रीं दुं दुर्गायै नमः रुद्राक्षं समर्पयामि ॥

om hrīm śrīm duṃ durgāyai namaḥ rudrākṣaṃ samarpayāmi

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer this rudrākṣa.

red powder

ॐ ह्रीं श्रीं दुं दुर्गायै नमः सिन्दूरं समर्पयामि ॥

ॐ ह्रीं श्रीं दुं दुर्गायै नमः सिन्दूरं समर्पयामि ॥

om hrīm śrīm duṃ durgāyai namaḥ sindūraṃ samarpayāmi

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer this red colored powder.

sandal paste

ॐ ह्रीं श्रीं दुं दुर्गायै नमः चन्दनं समर्पयामि ॥

ॐ ह्रीं श्रीं दुं दुर्गायै नमः चन्दनं समर्पयामि ॥

om hrīm śrīm duṃ durgāyai namaḥ candanaṃ samarpayāmi

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer this sandal paste.

rice

ॐ ह्रीं श्रीं दुं दुर्गायै नमः अक्षतं समर्पयामि ॥

ॐ ह्रीं श्रीं दुं दुर्गायै नमः अक्षतं समर्पयामि ॥

om hrīm śrīm duṃ durgāyai namaḥ akṣataṃ samarpayāmi

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer these grains of rice.

flower garland

ॐ ह्रीं श्रीं दुं दुर्गायै नमः पुष्पमालां समर्पयामि ॥

ॐ ह्रीं श्रीं दुं दुर्गायै नमः पुष्पमालां समर्पयामि ॥

om hrīm śrīm duṃ durgāyai namaḥ puṣpamālāṃ samārpāyāmi

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer this garland of flowers.

food offering

ॐ ह्रीं श्रीं दुं दुर्गायै नमः भोग नैवेद्यम् समर्पयामि ॥

ॐ ह्रीं श्रीं दुं दुर्गायै नमः भोग नैवेद्यम् समर्पयामि ॥

om hrīm śrīm duṃ durgāyai namaḥ bhog naivedyam samarpayāmi

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer this presentation of food.

drinking water

ॐ ह्रीं श्रीं दुं दुर्गायै नमः पानार्थ जलम् समर्पयामि ॥

ॐ ह्रीं श्रीं दुं दुर्गायै नमः पानार्थ जलम् समर्पयामि ॥

om hrīm śrīm duṃ durgāyai namaḥ pānārtha jalam samarpayāmi

om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties, and offer this drinking water.

एते गन्धपुष्पे ॐ ह्रीं श्रीं दुं दुर्गायै नमः

एते गन्धपुष्पे ॐ ह्रीं श्रीं दुं दुर्गायै नमः

दुर्गा पूजा

Durgā Pūjā

ete gandha puṣpe om hrīm śrīm duṃ durgāyai namaḥ

With these scented flowers om We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties.

ॐ ह्रीं श्रीं दुं दुर्गायै नमः

ॐ ह्रीं श्रीं दुं दुर्गायै नमः

om hrīm śrīm duṃ durgāyai namaḥ (108 times)

We bow to the Goddess, Durgā, the Grantor of Increase, who Removes all Difficulties.

ॐ प्रथमं शैलपुत्री च द्वितीयं ब्रह्मचारिणी ।

तृतीयं चन्द्रघण्टेति कूष्माण्डेति चतुर्थकम् ॥

ॐ प्रथमं शैलपुत्री च द्वितीयं ब्रह्मचारिणी ।

तृतीयं चन्द्रघण्टेति कूष्माण्डेति चतुर्थकम् ॥

om prathamam śailaputrī ca dvitīyam brahmacārīṇī

trītiyam candraghaṇṭeti kūṣmāṇḍeti caturthakam

om First is the Goddess of Inspiration, and second the Goddess of Sacred Study; third is the Goddess of the Delight of Practice, the Goddess of Purifying Austerity is fourth.

पञ्चमं स्कन्दमातेति षष्ठं कात्यायनीति च ।

सप्तमं कालरात्रीति महागौरीति चाष्टमम् ॥

पञ्चमं स्कन्दमातेति षष्ठं कात्यायनीति च ।

सप्तमं कालरात्रीति महागौरीति चाष्टमम् ॥

pañcamam skandamātetī ṣaṣṭham kātyāyanīti ca

saptamam kālārātrīti mahāgaurīti cāṣṭamam

Fifth is the Goddess who Nurtures Divinity, sixth is the One Who is Ever-Pure and Free from Error; seventh is the Goddess of the Dark Night of Overcoming Egotism, the Goddess of the Great Radiant Light is eighth.

नवमं सिद्धिदात्री च नवदुर्गाः प्रकीर्तिताः ।

उक्तान्येतानि नामानि ब्रह्मणैव महात्मना ॥

नवमं सिद्धिदात्री च नवदुर्गाः प्रकीर्तिताः ।

उक्तान्येतानि नामानि ब्रह्मणैव महात्मना ॥

navamaṁ siddhidātrī ca navadurgāḥ prakīrtitāḥ

uktānyetāni nāmāni brahmaṇaiva mahātmanā

Ninth is the Goddess who Grants Perfection, the nine Durgās, Relievers of Difficulties, have been enumerated, and these names have been revealed by the great soul of the Supreme himself.

Śrī Durgā Cālīsā

The Adventures of Durgā

दोहा

দোহা

dohā

जय श्री दुर्गा अम्बिका, जगत्पालिनी माता ।

तुम्हरो चालीसा रचहुँ, कीजै मोहि सनाथ ॥

জয় শ্রী দুর্গা অম্বিকা, জগৎপালিনী মাতা ।

তুম্হরো চালীসা রচহুঁ, কীজৈ মোহি সনাথ ॥

jaya śrī durgā ambikā, jagatpālinī mātā

tumharo cālīsā racahuṁ, kījai mohi sanātha

Victory to the Respected Reliever of Difficulties, Mother of the Universe, the Mother who protects the world. I elucidate your song of praise. Please eradicate all ignorance.

श्री दुर्गा माता कि जय

শ্রী দুর্গা মাতা কি জয়

śrī durgā mātā ki jaya

Victory to the respected Durgā Mā

नमो नमो दुर्गे सुख करनी ।

नमो नमो अम्बे दुख हरनी ॥

নমো নমো দুর্গে সুখ করনী ।

নমো নমো অম্বে দুখ হরনী ॥

namo namo durge sukha karanī

namo namo ambe dukha haranī

I bow, I bow, to the Reliever of Difficulties, Cause of Happiness.

I bow, I bow, to the Mother who takes away all pain.

निरंकार है ज्योति तुम्हारी ।

तिहूँ लोक फैली उजियारी ॥

নিরংকার হৈ জ্যোতি তুম্হারী ।

তিহুঁ লোক ফৈলী উজিয়ারী ॥

niraṃkāra hai jyoti tumhārī

tihūṃ loka phailī ujiyārī

Your light illuminates all darkness, your brightness extends over the three worlds.

शशि ललाट मुख विशाला ।

नेत्र लाल भृकुटी विकराला ॥

শশি ললাট মুখ বিশালা ।

নেত্র লাল ভৃকুটী বিকরাল ॥

śaśi lalāṭa mukha viśālā

netra lāla bhṛkuṭī vikarālā

With the moon on your forehead your face is tremendous. When you frown with red eyes it is terribly frightening.

रूप मातु को अति सुहवै ।

दरश करत जन अति सुख पावै ॥

रूप मातु को अति सुहवै ।

दरश करत जन अति सुख पावै ॥

rūpa mātu ko ati suhavai

daraśa karata jana ati sukha pāvai

In the form of Mother it is extremely pleasing, and those who see you in this way receive the greatest pleasure.

तुम संसार शक्ति लै कीन्हा ।

पालन हेतु अन्नधन दीन्हा ॥

तुम संसार शक्ति लै कीन्हा ।

पालन हेतु अन्नधन दीन्हा ॥

tuma saṃsāra śakti lai kīnhā

pālana hetu annadhana dīnhā

You move all the energy amongst all objects and relationships.
You protect all, and are the Giver of grains and wealth.

अन्नपूर्णा तुम जग पाला ।

तुमहीं आदि सुन्दरी बाला ॥

अन्नपूर्णा तुम जग पाला ।

तुमहीं आदि सुन्दरी बाला ॥

annapūrṇā tuma jaga pālā

tumahīṃ ādi sundarī bālā

As the Goddess who is full of grains and food you protect the world. You are the foremost and most beautiful being.

प्रलयकाल सब नाशन हारी ।

तुम गौरी शिव शंकर प्यारी ॥

प्रलयकाल सब नाशन हारी ।

तुम गौरी शिव शंकर प्यारी ॥

pralayakāla saba nāśana hārī

tuma gaurī śiva śaṅkara pyārī

At the time of total dissolution you destroy all. You are the Goddess who is Rays of Light, beloved of Śiva, Śankar, the Cause of Peace.

शिव योगी तुम्हरे गुण गावें ।

ब्रह्मा विष्णु तुम्हें नित ध्यावें ॥

शिव योगी तुम्हरे गुण गावें ।

ब्रह्मा विष्णु तुम्हें नित ध्यावें ॥

śiva yogī tumhare guṇa gāveṃ

brahmā viṣṇu tumheṃ nita dhyāveṃ

Śiva and all yogis sing of your qualities. Brahma and Viṣṇu always meditate upon you.

रूप सरस्वति का तुम धारा ।

दै सुबुद्धि ऋषि मुनिन उवारा ॥

रूप सरस्वति का तुम धारा ।

दै सुबुद्धि ऋषि मुनिन उवारा ॥

rūpa sarasvati kā tuma dhārā

daī subuddhi ṛṣi munina uvārā

You wear the form of Sarasvati, Goddess of Knowledge. You give excellent knowledge which liberates the ṛṣis and munis.

धर्यो रूप नरसिंह को अम्बा ।

प्रकट भई विदारि कै खम्बा ॥

ধর্যো রূপ নরসিংহ কো অম্বা ।

প্রকট ভই বিদারি কৈ খম্বা ॥

dharyo rūpa narasiṃha ko ambā

prakaṭa bhaīm vidāri kai khambā

You gave the form for Narasingha to wear, Mother, which manifested with the crumbling of the pillar.

रक्षा करि प्रह्लाद बचायो ।

हिरण्यकशिपु को स्वर्ग पठायो ॥

রক্ষা করি প্রহলাদ বচায়ো ।

হিরণ্যকশিপু কো স্বর্গ পঠায়ো ॥

rakṣā kari prahalāda bacāyo

hiraṇyakaśipu ko svarga paṭhāyo

Oh Protector, you saved Prahalad, and sent Hiraṇyakaśipu to heaven.

लक्ष्मी रूप धर्यो जगमाँही ।

श्री नारायण अङ्ग समाहीं ॥

লক্ষ্মী রূপ ধর্যো জগমাঁহী ।

শ্রী নারায়ণ অঙ্গ সমাহীং ॥

lakṣmī rūpa dharyo jagamāñhī

śrī nārāyaṇa aṅga samāhīm

You wear the form of Lakṣmi, Oh Mother of the Universe, which is regarded the same as the body of the Respected Nārāyaṇa.

क्षीरसिन्धु में करत बिलासा ।

दयासिन्धु दीजै मन आसा ॥

ক্ষীরসিন্ধু মেং করত বিলাসা ।

দয়াসিন্ধু দীজৈ মন আসা ॥

kṣīrasindhu meṃ karata bilāsā

dayāsindhu dījai mana āsā

You are delighted in the ocean of milk. Oh Ocean of Compassion, please grant the mind's wish.

हिंगुलाज में तुम्ही भवानी ।

महिमा अमित न जात बखानी ॥

হিংগুলাজ মেং তুম্হী ভবানী ।

মহিমা অমিত ন জাত বখানী ॥

hiṅgulāja meṃ tumhī bhavānī

mahimā amita na jāta bakhānī

In the Hingulaj you are Bhavānī, the Mother of Existence. No one who is born can describe your greatness.

मातंगी धूमावति माता ।

भुवनेश्वरि बंगला सुखदाता ॥

মাতঙ্গী ধূমাবতি মাতা ।

ভুবনেশ্বরী বঙ্গলা সুখদাতা ॥

mātāṅgī dhūmāvati mātā

bhuvaneśvari baṅgalā sukhadātā

You are Mātāṅgī and Mother Dhūmāvati. As Bhuvaneśvari and Baṅgala you grant comfort and happiness.

श्री भैरवी जगत की तारिणी ।

छिन्न भाल भव दुःख निवारिणी ॥

শ্রী ভৈরবী জগত কী তারিণী ।

ছিন্ন ভাল ভব দুঃখ নিবারিণী ॥

śrī bhairavī jagata kī tāriṇī

chinna bhāla bhava duḥkha nivāriṇī

As the respected fearful Bhairavī you deliver all the worlds. As Chinnamaṣṭa you prohibit pain in all the worlds.

लांगुर बीर करत अगबानी ।

केहरि बाहन सोह भवानी ॥

লাংগুর বীর করত অগবানী ।

কেহরি বাহন সোহ ভবানী ॥

lāṅgura bīra karata agabānī

kehari bāhana soha bhavānī

The excellent among the monkeys went to welcome you, oh Bhavānī, you who ride upon the lion.

कर महे खप्पर खङ्ग विराजे ।

जाहि विलोकि काल भय भाजे ॥

কর মহে খপ্পর খঙ্গ বিরাজে ।

জাহি বিলোকি কাল ভয় ভাজে ॥

kara mahe khappara khaṅga virāje

jāhi viloki kāla bhaya bhāje

In your hands are the sword and a beggar's bowl. The Seer experiences the fear of Time, the Great Destroyer.

कर शोभित तब मातु त्रिशूला ।

जाते उठत शत्रु हिय शूला ॥

कर शোभित তব মাতু ত্রিশূলা ।

জাতে উঠত শত্রু হিয় শূলা ॥

kara śobhita taba mātu triśūlā

jāte uṭhata śatru hiya śūlā

Then in Mother's hand is seen the trident by which She abolishes the enemy's spear.

नगरकोट में तुम्हीं विराजत ।

तिहूँ लोक में डंका वाजत ॥

নগরকোট মেং তুন্হীং বিরাজত ।

তিংহুঁ লোক মেং ডংকা বাজত ॥

nagarakoṭa meṃ tumhīṃ virājata

tiṃhūṃ loka meṃ ḍaṃkā vājata

In Nagarkoṭ you are known as Virāja, and the people of the three worlds beat on drums to celebrate you.

शुंभ निशुंभ दैत्य तुम मारे ।

रक्तबीज अगनित संहारे ॥

শুন্ভ নিশুন্ভ দৈত্য তুম মারে ।

রক্তবীজ অগনিত সংহারে ॥

śumbha niśumbha daitya tuma māre

raktabīja aganita saṃhāre

You slayed the demons Self-Conceit and Self-Deprecation. You dissolved the innumerable Seeds of Desire.

महिषासुर नृप अति अभिमानी ।

जेहि अघ भार मही अकुलानी ॥

মহিষাসুর নৃপ অতি অভিমানী ।

জেহি অঘ ভার মহী অকুলানী ॥

mahiṣāsura nṛpa ati abhimānī

jehi agha bhāra mahī akulānī

The King Great Ego was extremely proud. The burden of his guilt for sins brought him down low.

रूप कराल कालिका धारा ।

सैन्य सहित तुम ताहि संहारा ॥

রূপ করাল কালিকা ধারা ।

সৈন্য সহিত তুম তাহি সঁহারা ॥

rūpa karāla kālīkā dhārā

sainya sahita tuma tāhi saṁhārā

As Kālī you wear an immense form. You destroyed the entire army in battle.

परी भीर सन्तन पै जब जब ।

भई सहाय मातु तुम तब तब ॥

পরী ভীর সন্তন পৈ জব জব ।

ভইং সহায় মাতু তুম তব তব ॥

parī bhīra santana pai jaba jaba

bhaīm sahāya mātu tuma taba taba

Whenever your children are burdened with perplexity, then and there you manifest, Oh Mother, to render assistance.

अमरपुरी अरु बासव लोका ।

तब महिमा सब रहहि अशोका ॥

अमरपुरी अरु बासव लोका ।

तब महिमा सब रहहि अशोका ॥

amarapurī aru bāsava lokā

taba mahimā saba rahahi aśokā

Again and again you lead people to dwell in immortality. Then all elucidate your greatness with great joy and tranquility.

वाला में है ज्योति तुम्हारी ।

पूजहिं तुमहिं सदा नर नारी ॥

वाला में है ज्योति तुम्हारी ।

पूजहिं तुमहिं सदा नर नारी ॥

vālā meṃ hai jyoti tumhārī

pūjahim tumahim sadā nara nārī

In all the inhabitants your light is burning. Men and women always perform your worship.

प्रेम भक्तियुत जो यश गावहिं ।

दुख दारिद्र निकट नहिं आवहिं ॥

प्रेम भक्तियुत जो यश गावहिं ।

दुख दारिद्र निकट नहिं आवहिं ॥

prema bhaktiyuta jo yaśa gāvahim

dukha dāridra nikaṭa nahim āvahim

Whoever will sing this praise with love and devotion, pain and discomfort will not come close to them.

ध्यावहिं तुम्हें जो नर मनलाई ।

जान्म मरण ते सो छुटि जाई ॥

ध्यावहिं तुम्হেং জো নর মনলাই ।

জান্ম মরণ তে সো ছুটি জাই ॥

dhyāvahiṃ tumheṃ jo nara manalāi

jānma maraṇa te so chuṭi jāi

Whoever will meditate on you with full concentration, will escape from the cycle of birth and death.

जोगी सुर मुनि कहत पुकारी ।

योग न हो बिनु शक्ति तुम्हारी ॥

যোগী সুর মুনি কহত পুকারী ।

যোগ ন হো বিনু শক্তি তুম্হারী ॥

jogī sura muni kahata pukārī

yoga na ho binu śakti tumhārī

The yogis, Gods, and munis all call out, “Without your energy union is impossible!”

शिवशंकर अचरज तप कीन्हा ।

काम क्रोध कहैं बस करि लीन्हा ॥

শিবশংকর অচরজ তপ কীন্হা ।

কাম ক্রোধ কহেং বস করি লীন্হা ॥

śivaśaṅkara acaraja tapa kīnhā

kāma krodha kahaiṃ basa kari līnhā

Śiva Śankar performed a most wonderful tapasya by which He defeated Anger and Passion.

निशिदिन ध्यान धरहु शंकर को ।

काहु काल नहिं सुमिरो तुमको ॥

निशिदिन ध्यान धरहु शंकर को ।

काहु काल नहिं सुमिरो तुमको ॥

niśidina dhyāna dharahu śaṃkara ko

kāhu kāla nahim sumiro tumako

Even though one meditates upon Śiva every day, he can never reach to the heights of your attainment.

शक्ति रूप को मरम न पायो ।

शक्ति गई तब मन पछितायो ॥

शक्ति रूप को मरम न पायो ।

शक्ति गई तब मन पछितायो ॥

śakti rūpa ko marama na pāyo

śakti gaī taba mana pachitāyo

The form of energy is never destroyed. Who sings in praise of Energy, his mind will endure.

शरणागत हुई कीर्ति बखानी ।

जय जय जय जगदम्ब भवानी ॥

शरणागत हुई कीर्ति बखानी ।

जय जय जय जगदम्ब भवानी ॥

śaraṇāgata huī kīrti bakhānī

jaya jaya jaya jagadamba bhavānī

Who takes refuge in you, fame will increase. Victory, victory, victory to the Divine Mother of the Universe, Mother of Existence!

भई प्रसन्न आदि जगदम्बा ।

दीन्ह शक्ति नहिं कीन्ह विलम्बा ॥

ভইং প্রসন্ন আদি জগদম্বা ।

দীन्ह শক্তি নহিং কীन्ह বিনম্বা ॥

**bhaīm prasanna ādi jagadambā
dīnha śakti nahim kīnha vilambā**

Please be pleased, Oh Mother of the Universe. Give me energy without further delay.

मोको मातु कष्ट अति घेरो ।

तुम बिनु कौन हरे दुःख मेरो ॥

মোকো মাতু কষ্ট অতি ঘেরো ।

তুম বিনু কৌন হরে দুঃখ মেরো ॥

**moko mātu kaṣṭa ati ghero
tuma binu kauna hare duḥkha mero**

Oh Mother, I am surrounded by difficulties. Other than you, who can take away my pain?

आशा तृषणा निपट सतावै ।

रिपु मूरख मोहि अति डरपावै ॥

আশা তৃষণা নিপট সতাবৈ ।

রিপু মূরখ মোহি অতি ডরপাবৈ ॥

**āśā tṛṣṇā nipaṭa satāvai
ripu mūrakha mohi ati ḍarapāvai**

Wishes and desires are extremely tormenting. The ignorance caused by foolish limitations is extremely fearful.

शत्रु नाश कीजै महारानी ।

सुमिराहु एक चित तुमहि भवानी ॥

শত্রু নাশ কীজৈ মহারানী ।

সুমিরাহু এক চিত তুমহি ভবানী ॥

śatru nāśa kījai mahārānī

sumirāhu eka cita tumahi bhavānī

Oh Great Queen, please destroy all enemies. Let me recollect
One Consciousness, and let that be You, Oh Mother of Existence.

करहु कृपा हे मातु दयाला ।

ऋद्धि सिद्धि दै करहु निहाला ॥

করহু কৃপা হে মাতু দয়ানা ।

ঋদ্ধি সিদ্ধি দৈ করহু নিহানা ॥

karahu kṛpā he mātu dayālā

rddhi siddhi dai karahu nihālā

Give me your Grace, Oh Compassionate Mother. Give increase to
perfection causing Supreme Happiness.

जब लगि जियहुँ दया फल पाऊँ ।

तुम्हारो जस मैं सदा सुनाऊँ ॥

জব লগি জিয়হুঁ দয়া ফল পাউঁ ।

তুম্হারো জস মৈং সদা সুনাতুঁ ॥

jaba lagi jiyahuṁ dayā phala pāuṁ

tumhāro jasa main sadā sunāuṁ

When the fruit of Compassion touches my heart, I only want to
always sing your praises.

दुर्गा चालीसा जो नर गावैं ।

सब सुख भोगि परम पद पावैं ॥

দুর্গা চালীসা জো নর গাবৈং ।

সব সুখ ভোগি পরম পদ পাবৈং ॥

durgā cālīsā jo nara gāvaim

saba sukha bhogi parama pada pāvaim

Whoever sings this Durgā Cālīsā, Praise of the Divine Mother, will enjoy the highest happiness and attain the most exalted respect.

मो कहँ निज शरणागत जानी ।

करहु कृपा जगदम्ब भवानी ॥

মো কহঁ নিজ শরণাগত জানী ।

করহু কৃপা জগদম্ব ভবানী ॥

mo kahañ nija śaraṇāgata jānī

karahu kṛpā jagadamba bhavānī

Where will I find my own refuge? Please give me your Grace, Oh Mother of the Universe, Mother of Existence.

दोहा

দোহা

dohā

सिंहावाहिनी मातु तुम मुदमंगल दातार ।

करहु कृपा जनि जानिके पर्यो तुम्हारे द्वार ॥

সিংহাবাহিনী মাতু তুম মুদমঙ্গল দাতার ।

করহু কৃপা জনি জানিকে পর্যো তুম্হারে দ্বার ॥

siṃhāvāhinī mātu tuma mudamaṅgala dātāra

karahu kṛpā jani jānike paryo tumhāre dvāra

दुर्गा पूजा

Durgā Pūjā

Mother, you ride upon a lion, Grantor of Delight and Welfare. Oh Mother of all beings, give Grace to your children, who have fallen at your door.

श्री दुर्गा माता कि जय

শ্রী দুর্গা মাতা কি জয়

śrī durgā mātā ki jaya

Victory to the respected Durgā Mā

चण्डी माँ की आरती

চণ্ডী মাঁ কী আরতী

caṇḍī mā kī āratī

Be Victorious!

जय चण्डी जय जय (माँ) जय चण्डी जय जय

ভয়হারিণি ভবতারিণি ভবভামিনি জয় জয়

ॐ जय चण्डी जय जय

জয় চণ্ডী জয় জয় (মাঁ) জয় চণ্ডী জয় জয়

ভয়হারিণি ভবতারিণি ভবভামিনি জয় জয়

জয় চণ্ডী জয় জয়

jaya caṇḍī jaya jaya (māṁ) jaya caṇḍī jaya jaya

bhaya hāriṇi bhava tāriṇi (2) bhava bhāmini jaya jaya

om jaya caṇḍī jaya jaya

Be Victorious! Oh Goddess Who Tears Apart Thought! Be Victorious! You take away all fear and illuminate the intensity of reality. Be Victorious!

तू ही सत-चित-सुखमय शुद्ध ब्रह्मरूपा (माँ)

सत्य सनातन सुन्दर पर-शिव सूर-भूपा

ॐ जय चण्डी जय जय

তু হী সত-চিত-সুখময় শুদ্ধ ব্রহ্মরূপা (মাঁ)

সত্য সনাতন সুন্দর পর-শিব সূর-ভূপা

জয় চণ্ডী জয় জয়

tū hī sata cita sukhamaya śuddha brahmarūpā (mām̐)

satya sanātana sundara (2) para śiva sūra bhūpā

om jaya caṇḍī jaya jaya

You are the essence of Truth, Consciousness, Happiness, the form of Pure Conscious Being. You are the beauty of Eternal Truth. Beyond infinite goodness, you rule over all the Gods. Be Victorious!

आदि अनादि अनामय अविचल अविनाशी (माँ)

अमल अनन्त अगोचर अज आनन्दराशी

ॐ जय चण्डी जय जय

আদি অনাদি অনাময় অবিচল অবিনাশী (মাঁ)

অমল অনন্ত অগোচর অজ আনন্দরাশী

জয় চণ্ডী জয় জয়

ādi anādi anāmaya avicala avināśī (mām̐)

amala ananta agocara (2) aja ānandarāśī

om jaya caṇḍī jaya jaya

The beginning, without beginning, unseverable; motionless and indestructible; Bright, infinite, imperceptible, unborn, the great collection of Bliss. Be Victorious!

अविकारी अघहारी अकल कलाधारी (माँ)

कर्त्ता विधि भर्त्ता हरि हर संहारकारी

ॐ जय चण्डी जय जय

অবিকারী অঘহারী অকল কলাধারী (মাঁ)

কর্ত্তা বিধি ভর্ত্তা হরি হর সঁহারকারী

জয় চণ্ডী জয় জয়

avikārī aghahārī akala kalādhārī (mām̐)

karttā vidhi bharttā hari (2) hara saṁhārakārī

om jaya caṇḍī jaya jaya

Changeless, holy One, sinless, bearer of individual phenomena; created by Brahmā, sustained by Viṣṇu, and Śiva who dissolves this creation. Be Victorious!

तू विधि वधू रमा तू उमा महामाया (माँ)

मूलप्रकृति विद्या तू तू जननी जाया

ॐ जय चण्डी जय जय

তু বিধি বধূ রমা তু উমা মহামায়া (মাঁ)

মূলপ্রকৃতি বিদ্যা তু তু জননী জায়া

জয় চণ্ডী জয় জয়

tū vidhi vadhū ramā tū umā mahā māyā (mām̐)

mūlaprakṛti vidyā tū (2) tū jananī jāyā

om jaya caṇḍī jaya jaya

You are the wife of Brahmā, the wife of Viṣṇu (Ramā), the wife of Śiva (Umā), the Great Measurement of Conscious-ness. You are the knowledge of primordial existence, the Mother who gives birth to all. Be Victorious!

राम कृष्ण तू सीता ब्रजरानी राधा (माँ)

तू वाञ्छाकल्पद्रुम हारिणि सब बाधा

ॐ जय चण्डी जय जय

রাম কৃষ্ণ তু সীতা ব্রজরানী রাধা (মাঁ)

তু বাঞ্ছাকল্পদ্রুম হারিণি সব বাধা

জয় চণ্ডী জয় জয়

rāma kṛṣṇa tū sītā brajarānī rādhā (mām̐)

tū vāñchā kalpadruma (2) hāriṇi saba bādhā

om jaya caṇḍī jaya jaya

You are the consciousness of the subtle light of wisdom which merges with the ultimate. You are the Doer of All. You are Sītā, the pure white one, the Queen of the multitude; Rādhā, the Ruler of all success. You are the desire of the wishfulfilling tree, taking away all obstructions. Be Victorious!

दश विद्या नव दुर्गा नानाशस्त्रकरा (माँ)

अष्टमातृका योगिनि नव नव रूप धरा

ॐ जय चण्डी जय जय

দশ বিদ্যা নব দুর্গা নানাশস্ত্রকরা (মাঁ)

অষ্টমাতৃকা যোগিনি নব নব রূপ ধরা

জয় চণ্ডী জয় জয়

daśa vidyā nava durgā nānāśāstra karā (mām̐)

aṣṭa mātṛkā yogini (2) nava nava rūpa dharā

om jaya caṇḍī jaya jaya

You are the ten branches of knowledge (Mahā Vidyās), nine Relievers of Difficulties (nine Durgās). The various scriptures present you. The eight Mothers of union. Various are the forms that you assume. Be Victorious!

तू परधामनिवासिनि महाविलासिनि तू (माँ)

तू ही श्मशानविहारिणि ताण्डवलासिनि तू

ॐ जय चण्डी जय जय

তু পরধামনিবাসিনি মহাবিলাসিনি তু (মাঁ)

তু হী শ্মশানবিহারিণি তাণ্ডবলাসিনি তু

জয় চণ্ডী জয় জয়

tū paradhāma nivāsini mahā vilāsini tū (mām̐)

tū hī śmaśāna vihāriṇi (2) tāṇḍavalāsini tū

om jaya caṇḍī jaya jaya

You are the inhabitant of the highest residence. Yours is the greatest beauty. You wander about the cremation grounds dancing to the rhythmic music. Be Victorious!

सुर मुनि मोहिनि सौम्या तू शोभाऽऽधारा (माँ)

विवसनविकट-सरूपा प्रलयमयी धारा

ॐ जय चण्डी जय जय

সুর মুনি মোহিনি সৌম্যা তু শোভাহধারা (মাঁ)

বিবসনবিকট-সরূপা প্রলয়ময়ী ধারা

জয় চণ্ডী জয় জয়

sura muni mohini saumyā tū śobhā--dhārā (mām̐)

vivasana vikaṭ sarūpā (2) pralaya mayī dhārā

om jaya caṇḍī jaya jaya

You mesmerize the Gods and munis when you present your radiant beauty. All are helpless seeing your dreadful appearance at the time when you assume the form of total dissolution. Be Victorious!

तू ही स्नेह-सुधामयि तू अति गरलमना (माँ)

रत्नविभूषित तू ही तू ही अस्थि तना

ॐ जय चण्डी जय जय

তু হী স্নেহ-সুধাময়ি তু অতি গরলমনা (মাঁ)

রত্নবিভূষিত তু হী তু হী অস্থি তনা

জয় চণ্ডী জয় জয়

tū hī sneha sudhāmayi tū ati garalamanā (mām̐)

ratna vibhūṣita tū hī (2) tū hī asthi tanā

om jaya caṇḍī jaya jaya

You pervade Love and ease. You are extremely eminent. You are the Brilliance of the jewel. You are the invisible existence. Be Victorious!

मूलाधारनिवासिनि इह पर सिद्धि प्रदे (माँ)

कालातीता काली कमल तू वरदे

ॐ जय चण्डी जय जय

মূলাধারনিবাসিনি ইহ পর সিদ্ধি প্রদে (মাঁ)

কালাতীতা কালী কমল তু বরদে

জয় চণ্ডী জয় জয়

mūlādhāra nivāsini iha para siddhi prade (mām̐)

kālātītā kālī (2) kamala tū varade

om jaya caṇḍī jaya jaya

You reside in the Mūlādhāra Chakra. You grant the highest attainment in this world. At the appointed time you are Kālī, the Remover of Darkness, and as the Lotus One you grant blessings. Be Victorious!

शक्ति शक्तिधर तू ही नित्य अभेदमयी (माँ)

भेदप्रदर्शिनि वाणी विमले वेदत्रयी

ॐ जय चण्डी जय जय

শক্তি শক্তিধর তু হী নিত্য অভেদময়ী (মাঁ)

ভেদপ্রদর্শিনি বাণী বিমলে বেদত্রয়ী

জয় চণ্ডী জয় জয়

śakti śakti dhara tū hī nitya abheda mayī (mām)

bheda pradarśini vāṇī (2) vimale vedatrayī

om jaya caṇḍī jaya jaya

You are every form of energy, the eternal undistinguishable essence, the vibration which exposes change and distinction, and the spotlessly pure three Vedas. Be Victorious!

हम अति दीन दुखी माँ विपत-जाल घेरे (माँ)

हैं कपूत अति कपटी पर बालक तेरे

ॐ जय चण्डी जय जय

হম অতি দীন দুখী মাঁ বিপত-জাল ঘেৰে (মাঁ)

হৈং কপূত অতি কপটী পর বালক তেৰে

জয় চণ্ডী জয় জয়

ham ati dīna dukhī mām vipat jāla ghere (mām)

haiṃ kapūt ati kapaṭī (2) para bālaka tere

om jaya caṇḍī jaya jaya

Since so many days we are in pain, Maa. We are bound by adversities and suffering. We are negligent and insincere, but still we are your children. Be Victorious!

निज स्वभाववश जननी दया दृष्टि कीजै (माँ)

करुणा कर करुणामयि चरण-शरण दीजै

ॐ जय चण्डी जय जय

নিজ স্বভাববশ জননী দয়া দৃষ্টি কীজৈ (মাঁ)

করুণা কর করুণাময়ি চরণ-শরণ দীজৈ

জয় চণ্ডী জয় জয়

nija svabhāva vaśa jananī dayā dṛṣṭi kījai (mām̐)

karuṇā kara karuṇā mayi (2) caraṇa śaraṇa dījai

om jaya caṇḍī jaya jaya

Endow us with your very own nature, Mother. Give us your mercy, Oh Merciful Mother! Give us the refuge of your lotus feet. Be Victorious!

जय चण्डी जय जय (माँ) जय चण्डी जय जय

भयहारिणि भवतारिणि भवभामिनि जय जय

ॐ जय चण्डी जय जय

জয় চণ্ডী জয় জয় (মাঁ) জয় চণ্ডী জয় জয়

ভয়হারিণি ভবতারিণি ভবভামিনি জয় জয়

জয় চণ্ডী জয় জয়

jaya caṇḍī jaya jaya (mām̐) jaya caṇḍī jaya jaya

bhaya hāriṇi bhava tāriṇi (2) bhava bhāmini jaya jaya

om jaya caṇḍī jaya jaya

Be Victorious! Oh Goddess Who Tears Apart Thought! Be Victorious! You take away all fear and illuminate the intensity of reality. Be Victorious!

Closing Prayers

दुर्गा शिवां शान्तिकरीं ब्रह्माणीं ब्रह्मणः प्रियाम् ।

सर्वलोक प्रणेत्रीञ्च प्रणमामि सदा शिवाम् ॥

दूर्गां शिवां शान्तिकरीं ब्रह्माणीं ब्रह्मणः प्रियाम् ।

सर्वलोक प्रणेत्रीञ्च प्रणमामि सदा शिवाम् ॥

durgām śivām śāntikarīm brahmāṇīm brahmaṇaḥ priyām

sarvaloka praṇetrīñca praṇamāmi sadā śivām

The Reliever of Difficulties, Exposer of Goodness, Cause of Peace, Infinite Consciousness, Beloved by Knowers of Consciousness; all the inhabitants of all the worlds always bow to Her, and I am bowing to Goodness Herself.

मङ्गलां शोभनां शुद्धां निष्कलां परमां कलाम् ।

विश्वेश्वरीं विश्वमातां चण्डिकां प्रणमाम्यहम् ॥

मङ्गलां शोभनां शुद्धां निष्कलां परमां कलाम् ।

विश्वेश्वरीं विश्वमातां चण्डिकां प्रणमाम्यहम् ॥

maṅgalām śobhanām śuddhām niṣkalām paramām kalām

viśveśvarīm viśvamātām caṇḍikām praṇamāmyaham

Welfare, Radiant Beauty, Completely Pure, Without Limitations, the Ultimate Limitation, the Lord of the Universe, the Mother of the Universe, to you Caṇḍi, to the Energy which Tears Apart Thought, I bow in submission.

सर्वदेवमयीं देवीं सर्वरोगभयापहाम् ।

ब्रह्मेशविष्णुनमितां प्रणमामि सदा शिवाम् ॥

सर्वदेवमयीं देवीं सर्वरोगभयापहाम् ।

ब्रह्मेशविष्णुनमितां प्रणमामि सदा शिवाम् ॥

sarvadevamayīm devīm sarvarogabhayaāpahām

brahmeśaviṣṇunamitām praṇamāmi sadā śivām

दुर्गा पूजा

Durgā Pūjā

Composed of all the Gods, removing all sickness and fear,
Brahma, Maheshwar and Viṣṇu bow down to Her, and I always
bow down to the Energy of Infinite Goodness.

विन्ध्यस्थां विन्ध्यनिलयां दिव्यस्थाननिवासिनीम् ।

योगिनीं योगजननीं चण्डिकां प्रणमाम्यहम् ॥

बिन्द्यस्थां बिन्द्यनिलयां दिव्यस्थाननिवासिनीम् ।

योगिनीं योगजननीं चण्डिकां प्रणमाम्यहम् ॥

vindhyasthām vindhyanilayām divyasthānanivāsinīm

yoginīm yogajananiīm caṇḍikām praṇamāmyaham

The dwelling place of Knowledge, residing in Knowledge,
Resident in the place of Divine Illumination, the Cause of Union,
the Knower of Union, to the Energy Which Tears Apart Thought
we constantly bow.

ईशानमातरं देवीमीश्वरीमीश्वरप्रियाम् ।

प्रणतोऽस्मि सदा दुर्गां संसारार्णवतारिणीम् ॥

ईशानमातरं देवीमीश्वरीमीश्वरप्रियाम् ।

प्रणतोऽस्मि सदा दुर्गां संसारार्णवतारिणीम् ॥

īśānamātaram devīmīśvarīmīśvarapriyām

praṇato-smi sadā durgām saṁsārārṇavatāriṇīm

The Mother of the Supreme Consciousness, the Goddess Who is
the Supreme Consciousness, beloved by the Supreme
Consciousness, we always bow to Durgā, the Reliever of
Difficulties, who takes aspirants across the difficult sea of objects
and their relationships.

ॐ महादेव महात्रान महायोगि महेश्वर ।

सर्वपाप हरां देव मकाराय नमो नमः ॥

ওঁ মহাদেব মহাত্রান মহাযোগি মহেশ্বর ।

সর্বপাপ হরাং দেব মকারায় নমো নমঃ ॥

**om mahādeva mahātrāna mahāyogi maheśvara
sarvapāpa harāṃ deva makārāya namo namaḥ**

Om The Great God, the Great Reliever, the Great Yogi, Oh Supreme Lord, Oh God who removes all Sin, in the form of the letter “M” which dissolves creation, we bow to you again and again.

ॐ नमः शिवाय शान्ताय कारणत्राय हेतवे ।

निवेदायामि चात्मानं त्वं गति परमेश्वर ॥

ওঁ নমঃ শিবায়ে শান্তায়ে কারণত্রায়ে হেতবে ।

নিবেদায়ামি চাত্মানং ত্বং গতি পরমেশ্বর ॥

**om namaḥ śivāya śāntāya kāraṇatrāya hetave
nivedāyāmi cātmānaṃ tvam gati parameśvara**

Om I bow to the Consciousness of Infinite Goodness, to Peace, to the Cause of the three worlds, I offer to you the fullness of my soul, Oh Supreme Lord.

त्वमेव माता च पिता त्वमेव त्वमेव बन्धुश्च सखा त्वमेव ।

त्वमेव विद्या द्रविणं त्वमेव त्वमेव सर्वम् मम देवदेव ॥

ত্বমেব মাতা চ পিতা ত্বমেব ত্বমেব বন্ধুশ্চ সখা ত্বমেব ।

ত্বমেব বিদ্যা দ্রবিনং ত্বমেব ত্বমেব সর্বম্ মম দেবদেব ॥

**tvameva mātā ca pitā tvameva
tvameva bandhuśca sakhā tvameva
tvameva vidyā dravinam tvameva
tvameva sarvam mama deva deva**

You alone are Mother and Father, you alone are friend and relative. You alone are knowledge and wealth, Oh my God of Gods, you alone are everything.

कयेन वच मनसेन्द्रियैर्व बुद्ध्यात्मा नव प्रकृत स्वभवत् ।

करोमि यद्यत् सकलम् परस्मै नारायणायेति समर्पयामि ॥

कयेन वच मनसेन्द्रियैर्व बुद्ध्यात्मा नव प्रकृत स्वभवत् ।

करोमि यद्यत् सकलम् परस्मै नारायणायेति समर्पयामि ॥

kayena vaca manasendriyairva

buddhyātmā nava prakṛta svabhavat

karomi yadyat sakalam parasmai

nārāyaṇāyeti samarpayāmi

Body, speech, mind, the five organs of knowledge (five senses) and the intellect; these nine are the natural condition of human existence. In their highest evolution, I move beyond them all, as I surrender completely to the Supreme Consciousness.

ॐ पापोऽहं पापकर्महं पापात्मा पापसम्भव ।

ब्राह्मिं पुण्डरीकक्षं सर्वपाप हरो हरि ॥

ॐ पापोऽहं पापकर्महं पापात्मा पापसम्भव ।

ब्राह्मिं पुण्डरीकक्षं सर्वपाप हरो हरि ॥

om pāpo-haṁ pāpakarmahaṁ pāpātmā pāpasambhava

trāhimam puṇḍarīkakṣam sarvapāpa haro hari

Oṃ I am of sin, confusion, duality; my actions are of duality; this entire existence is of duality. Oh Savior and Protector, Oh Great Consciousness, take away all sin, confusion, duality.

ॐ मन्त्रहीनं क्रियाहीनं भक्तिहीनं सुरेश्वरि ।

यत्पूजितं मया देवि परिपूर्णं तदस्तु मे ॥

ওঁ মন্ত্রহীনং ক্রিয়াহীনং ভক্তিহীনং সুরেশ্বরী ।

য়ৎপূজিতং ময়া দেবি পরিপূর্ণং তদন্তু মে ॥

**om mantrahīnaṁ kriyāhīnaṁ bhaktihīnaṁ sureśvari
yatpūjitaṁ mayā devi paripūrṇaṁ tadastu me**

Oṁ I know nothing of mantras. I do not perform good conduct. I have no devotion, Oh Supreme Goddess. But Oh my Goddess, please accept the worship that I offer.

ত্বমেব প্রত্যক্ষম্ ব্রহ্মাঃসি । ত্বমেব প্রত্যক্ষম্ ব্রহ্মা বদিশ্যামি ।

রিতম্ বদিশ্যামি, সত্যম্ বদিশ্যামি । তন মামবতু,

তদ বক্তারমবতু । অবতু মাম্, অবতু বক্তারম্ ॥

ত্বমেব প্রত্যক্ষম্ ব্রহ্মাঃসি । ত্বমেব প্রত্যক্ষম্ ব্রহ্মা বদিশ্যামি ।

রিতম্ বদিশ্যামি, সত্যম্ বদিশ্যামি ।

তন মামবতু, তদ বক্তারমবতু ।

অবতু মাম্, অবতু বক্তারম্ ॥

**tvameva pratyakṣam brahmā-si tvameva pratyakṣam brahmā
vadiśyāmi ritam vadiśyāmi, satyam vadiśyāmi tan māmavatu, tad
vaktāramavatu avatu mām, avatu vaktāram**

You alone are the Perceivable Supreme Divinity. You alone are the Perceivable Supreme Divinity, so I shall declare. I shall speak the nectar of immortality. I shall speak Truth. May this body be your instrument. May this mouth be your instrument. May the Divine always be with us. May it be thus.

ওঁ সহ নাববতু, সহ নৌ ভুনক্তু । সহ বীর্য করবাবহৈ ।

তেজস্বিনাবধীতমন্তু । মা বিদ্বিশাবহৈ ॥

ওঁ সহ নাববতু, সহ নৌ ভুনক্তু ।

সহ বীর্য করবাবহৈ । তেজস্বিনাবধীতমন্তু ।

মা বিদ্বিশাবহৈ ॥

om saha nāvavatu saha nau bhunaktu
saha vīryam karavāvahai
tejasvināvadhītamastu mā vidviśāvahai

Oṃ May the Lord protect us. May the Lord grant us enjoyment of all actions. May we be granted strength to work together. May our studies be thorough and faithful. May all disagreement cease.

ॐ असतो मा सद्गमय । तमसो मा ज्योतिर्गमय ।

मृत्योर्मा अमृतं गमय ॥

ॐ असतो मा सद्‌গময় । তমসো মা জ্যোতির্গময় ।

মৃত্যোর্মা অমৃতং গময় ॥

om asatomā sadgamaya
tamasomā jyotirgamaya
mr̥tyormā amṛtaṃ gamaya

Oṃ From the untruth lead us to Truth. From darkness lead us to the Light. From death lead us to Immortality.

ॐ सर्वेषां स्वस्तिर्भवतु । सर्वेषां शान्तिर्भवतु । सर्वेषां पूर्णं भवतु ।

सर्वेषां मङ्गलं भवतु । सर्वे भवन्तु सुखिनः । सर्वे शन्तु निरमयाः ।

सर्वे भद्राणि पश्यन्तु । मा कश्चिद् दुःख भाग्भवेत् ॥

ॐ সৰ্বেষাং স্বস্তিৰ্ভবতু । সৰ্বেষাং শান্তিৰ্ভবতু । সৰ্বেষাং

পূৰ্ণং ভবতু । সৰ্বেষাং মঙ্গলং ভবতু । সৰ্বে ভবন্তু

সুখিনঃ । সৰ্বে শন্তু নিরময়াঃ । সৰ্বে ভদ্রাণি পশ্যন্তু ।

মা কশ্চিদ্ দুঃখ ভাগ্ভবেৎ ॥

om sarveṣaṃ svastir bhavatu sarveṣaṃ śāntir bhavatu
sarveṣaṃ pūrṇaṃ bhavatu sarveṣaṃ maṅgalaṃ bhavatu
sarve bhavantu sukhinaḥ sarve śantu niramayāḥ

sarve bhadrāṇi paśyantu mā kaścid duḥkha bhāgbhavet

Oṃ May all be blessed with the highest realization. May all be blessed with Peace. May all be blessed with Perfection. May all

be blessed with Welfare. May all be blessed with comfort and happiness. May all be free from misery. May all perceive auspiciousness. May all be free from infirmities.

गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः ।

गुरुसाक्षात् परं ब्रह्मा तस्मै श्रीगुरवे नमः ॥

गुरुर्ब्रह्मा गुरुर्विष्णुः गुरुर्देवो महेश्वरः ।

गुरुसाक्षात् परं ब्रह्मा तस्मै श्रीगुरवे नमः ॥

gurur brahmā gururviṣṇuḥ gururdevo maheśvaraḥ

gurusākṣāt paraṁ brahmā tasmai śrīgurave namaḥ

The Guru is Brahma, Guru is Viṣṇuḥ, Guru is the Lord

Maheśvaraḥ. The Guru is actually the Supreme Divinity, and therefore we bow down to the Guru.

ॐ ब्रह्मार्पणं ब्रह्म हविर्ब्रह्माग्नौ ब्रह्मणा हुतम् ।

ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्मसमाधिना ॥

ॐ ब्रह्मार्पणं ब्रह्मा हविर्ब्रह्माग्नौ ब्रह्मणा हुतम् ।

ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्मसमाधिना ॥

oṁ brahmārpaṇaṁ brahma havir

brahmāgnau brahmaṇā hutam

brahmaiva tena gantavyaṁ brahmakarmasamādhinā

Oṁ The Supreme Divinity makes the offering; the Supreme Divinity is the offering; offered by the Supreme Divinity, in the fire of the Supreme Divinity. By seeing the Supreme Divinity in all actions, one realizes that Supreme Divinity.

ॐ पूर्णमदः पूर्णमिदं पूर्णात् पूर्णमुदच्यते ।

पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥

ॐ पूर्णमदः पूर्णमिदं पूर्णात् पूर्णमुदच्यते ।

पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ॥

दुर्गा पूजा

Durgā Pūjā

**om pūrṇamadaḥ pūrṇamidaṃ pūrṇāt pūrṇamudacyate
pūrṇasya pūrṇamādāya pūrṇamevāva śiṣyate**

Oṃ That is whole and perfect; this is whole and perfect. From the whole and perfect, the whole and perfect becomes manifest. If the whole and perfect issue forth from the whole and perfect, even still only the whole and perfect will remain.

ॐ शान्तिः शान्तिः शान्तिः

ॐ শান্তিঃ শান্তিঃ শান্তিঃ

om śāntiḥ śāntiḥ śāntiḥ

Oṃ Peace, Peace, Peace

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ॐ ह्रीं श्रीं दुं दुर्गायै नमः

Om Hriṃ Śrīṃ Duṃ Durgāyai Namaḥ

Om	The Infinite Beyond Conception
Hriṃ	Māyā, the Substance of Awareness
Śrīṃ	Increase of Respect
Duṃ	Durgā, the Reliever of Difficulties
Durgāyai	To Durgā, the Remover of Confusion
Namaḥ	I bow

Durgā Removes Confusions and Difficulties

I bow to the Goddess Durgā, the Grantor of Increase, who Removes all Difficulties, and allows us to perceive the Infinity of Her Energy. She is the Divine Mother, and that is Her Power. All Shakti resides within Her.

Whoever will repeat this mantra in times of stress, at any time of difficult adversities, will immediately be freed from all concerns.

The mantra is the essence of your being. It is the eternal you. You, your divinity, your Guru and God are all one in the mantra. As you repeat the mantra, remember your true self. Repeat the mantra frequently, and dive deep into meditation.

The nature of the mind is attachment. As you repeat the mantra, allow the egotism of thought, all of those attachments of egotism and possession, of “I” and “mine”, to dissolve into the bliss of divine union.

She is our Divine Mother. Her essence is Sat-Cit-Ananda, Truth-Consciousness-Bliss. Just as the space within you is the same as the space outside of you, allow Her Infinite Grace to fill your world completely.

Open up to that Grace and allow Her to dwell in your hearts. Recite Her mantra and flow into meditation. Live with that divinity both in the day and in the night, and remember that I love you. -- Shree Maa

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