



# NAVRA TRI

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# NAVRATRI

## Celebrating the Feminine Force for Knowledge, Success, and Spiritual Growth

Navratri, meaning "nine nights," is one of the most sacred Hindu festivals, celebrating the divine feminine energy, or Devi, in her various forms. It symbolizes the victory of good over evil, particularly the victory of Goddess Durga over Mahishasura. While there are four Navratris observed throughout the year, the most significant is Sharadiya Navratri, celebrated in September-October. This period is a powerful opportunity for personal and spiritual growth, as worshippers align with the divine feminine energy to invoke knowledge, success, and inner strength.



### TYPES OF NAVRATRI:

1. Sharadiya Navratri (September-October): Celebrating Durga's victory, focusing on knowledge and spiritual growth.
2. Chaitra Navratri (March-April): Signifying new beginnings and the renewal of nature in the spring.
3. Magha Gupt Navratri (January-February): A hidden celebration known only to sages and sadhaks.
4. Asadha Gupt Navratri (June-July): Another secret Navratri devoted to mystical forms of Goddess Durga.

**THIS YEAR, SHARADIYA NAVRATRI BEGINS ON OCTOBER 3RD AND CONCLUDES WITH VIJAYADASHAMI ON OCTOBER 11TH.**

### Masculine and Feminine Energies During Navratri

Navratri reflects the balance between masculine and feminine energies, which are the fundamental polarities in the universe, such as day and night or light and darkness. The nine days of Navratri represent the feminine aspect, while the remaining 18 days of the lunar cycle following the full moon are considered masculine.

During Navratri, we honor the feminine forces of the universe by worshipping the goddess in her different forms—Durga, Lakshmi, and Saraswati—which symbolize strength, prosperity, and knowledge. This balance is not about gender but rather about aligning with the nurturing, creative, and transformative energies that the feminine embodies. By recognizing this balance, we can achieve both material and spiritual harmony.

### THE NINE DAYS AND THEIR SIGNIFICANCE

#### Days 1-3: Worship of Goddess Durga (The Earth Element)

The first three days are dedicated to Maa Durga, the goddess of power, who removes negativity and clears the path for new beginnings.

#### DAY 1 – SHAILPUTRI

Maa Shailputri represents strength and stability, helping those struggling with mental stress and the negative effects of the Moon.

**Color of the day:** Orange

**Beej Mantra:** "Om Aim Hreem Shreem Shailputrayai Namah" \_

**Offerings:** Offer sweets made with ghee and saffron.

**Additional Ritual:** Wear orange to symbolize vitality and strength.



## DAY 2 – BRAHMACHARINI

Maa Brahmacharini symbolizes purity and spiritual awakening. Worship her to release material desires and attain moksha.

**Color of the day:** White

**Beej Mantra:** \_"Om Aim Hreem Shreem Brahmacharinyai Namah" \_

**Offerings:** Offer sugar and sprinkle it around your home for peace and prosperity.

**Additional Ritual:** Wear white for purity and serenity.

## DAY 3 – CHANDRAGHANTA

Maa Chandraghanta brings peace and cleanses negativity from one's aura. She is known for protecting devotees from impure energies.

**Color of the day:** Red

**Beej Mantra:** \_"Om Aim Hreem Shreem Chandraghantayai Namah" \_

**Offerings:** Offer red flowers and milk, and bathe with milk and rose petals for purification.

**Additional Ritual:** Wear red for strength and courage.

## Days 4-6: Worship of Goddess Lakshmi (The Sun Element)

These three days focus on Maa Lakshmi, the goddess of wealth and prosperity, invoking both material and spiritual abundance.

## DAY 4 – KUSHMANDA

Maa Kushmanda is connected to health and vitality, particularly for those facing heart-related issues.

**Color of the day:** Blue

**Beej Mantra:** \_"Om Aim Hreem Shreem Kushmandayai Namah" \_

**Offerings:** Offer blue flowers and light a sesame oil diya to remove debts.

**Additional Ritual:** Wear blue for peace and balance.

## DAY 5 – SKANDAMATA

Maa Skandamata, the mother of Lord Kartikeya, blesses couples with fertility and parenthood.

**Color of the day:** Yellow

**Beej Mantra:** \_"Om Aim Hreem Shreem Skandamatayai Namah" \_

**Offerings:** Offer yellow fruits to seek her blessings for fertility.

**Additional Ritual:** Wear yellow for positivity and joy.

## DAY 6 – KATYAYANI

Maa Katyayani is the warrior goddess, invoked for protection from evil forces and adversities.

**Color of the day:** Green

**Beej Mantra:** \_"Om Aim Hreem Shreem Katyayanyai Namah" \_

**Offerings:** Offer cardamom, honey, and sweets made from pistachios.

**Additional Ritual:** Wear green for strength and renewal.



## Days 7-9: Worship of Goddess Saraswati (The Moon Element)

The final three days are dedicated to Maa Saraswati, the goddess of wisdom and knowledge, representing spiritual growth and enlightenment.

### DAY 7 – KALARATRI

Maa Kalaratri is worshipped for protection from negativity and evil.

**Color of the day:** Grey & Gold

**Beej Mantra:** \_"Om Aim Hreem Shreem Kalaratrayai Namah" \_

**Offerings:** Offer jaggery-based sweets for protection and blessings.

**Additional Ritual:** Wear grey or gold for divine protection.

### DAY 8 – MAHAGAURI

Maa Mahagauri symbolizes purity and tranquility. She brings peace and harmony to the home.

**Color of the day:** Purple/Red

**Beej Mantra:** \_"Om Aim Hreem Shreem Mahagauryai Namah" \_

**Offerings:** Offer coconut sweets for purity and spiritual blessings.

**Additional Ritual:** Wear purple or red for serenity and strength.

### DAY 9 – SIDDHIDANTRI

Maa Siddhidantri bestows spiritual and material perfection. She is worshipped for success in all endeavors.

**Color of the day:** Peacock Green, Pearl White, or Pure White

**Beej Mantra:** \_"Om Aim Hreem Shreem Siddhidatryai Namah" \_

**Offerings:** Offer 7-9 types of grains or sweets made with rice, jaggery, and coconut.

**Additional Ritual:** Wear peacock green, pearl white, or pure white for success and clarity.

### DAY 10 – VIJAYADASHAMI: VICTORY OF GOOD OVER EVIL

The tenth day, Vijayadashami, marks the victory of good over evil and celebrates the culmination of the spiritual journey undertaken during Navratri. It is a day to honor all nine forms of the goddess and celebrate the triumph of light over darkness, wisdom over ignorance, and good over evil.

## EMBRACE THE POWER OF NAVRATRI WITH SATVATMA

Navratri is more than a religious festival—it's a celebration of spiritual transformation. Each day offers an opportunity to connect with different aspects of the divine feminine energy, balancing the masculine and feminine forces within ourselves. By worshipping the various forms of the Devi, following the prescribed rituals, wearing the designated colors, offering the respective items, and chanting the Beej Mantras, we align ourselves with the universal forces of strength, prosperity, and knowledge.

Are you ready to embrace the divine feminine energy and unlock success, wisdom, and spiritual growth during this Navratri? Join us at Satvatma for personalized guidance on spiritual practices, meditation, and energy alignment. Visit our website to explore our courses and offerings, or connect with us for tailored spiritual solutions during this powerful period.

