

Navarathri

Pradheep : Namaste and happy Navarathri and Deepavali to all of you. I will give a power point presentation on the importance of this celebration and how it is celebrated in different parts of India and Nepal.

Pranav: I am sorry I gave my science fair power point presentation instead of the celebration.

Pradheep: Oh oh, But it looks like you have a slide about the generation of electric energy and my talk is about Navarathri and Energy.

Pranav: Yes, when the wheel like turbine is moved, it knocks of electrons inside a magnet. This creates a magnetic field of attraction between the electrons. So the electrons flow and generates electric current.

Pradheep: Pranav , since you study in Maharishi School, You should be able to connect this to science of creative intelligence.

Pranav: It is amazing that one single Electricity energy can do many things. Example it can light a bulb, play music in my Ipod, show video images on the TV screen and can even give hot air in winter and cool air condition in summer.

Pradheep: Similarly the Vedic Rishi's found that we have one single Consciousness Energy or Kundalini Energy. This unmanifested spiritual Energy, when awakened can be used in eight different forms of material energy or Ashta-lakshmi's. Example health, good food, mature family relationships, knowledge, professional success etc.

Pranav: So should this Energy be continuously generated ?

Pradheep: Yes to lead a prosperous life, we need to generate more Spiritual Energy. So Rishi's made us to celebrate Navarathri in the Vedic Aswini month of September and October .

Pranav: Isnt this the Sharad season or the autumn season.

Pradheep: that's right , the dropping of the leaves in Autmn indicate that our energies drop and need to generate Energy. That is why the Pitru's who wants Energy to be

reborn as human, come to receive the rice-feast offered as Pitru darpan on the New moon day.

Pranav: So Navarathri starts on the New moon Day?

Pradheep: Yes this is the special New Moon day called Maha Laya Amavasya. The next day, they do Ganesh Pooja and do Ghatasthapana or Kalasthapana in Nepali language. This Khalasa which is a water vessel with coconut represents the unmanifest form of Energy

Pranav: I don't fully understand all this.

Pradheep: Don't worry, Pranav, in South India, Navarathri is explained using Golu, which is an exhibition of dolls in nine steps made of wooden planks. The Unmanifest form of Energy- Brahman or khalasa is kept in the first step.

Pranav: In Vedic mathematics this unmanifested Brahman is called as Soonya or Zero. The number one is the one single manifested Energy that comes from Soonya. Then the rest of all the nine numbers are only one addition to the previous numbers.

Pradheep: Pranav, do you know the Vedic mathematics sutra?.

Pranav: Yes, Eka- Adhikena Poorvena.

Pradheep: After number nine, the number one and Zero joins to give Dasa, the number ten or completeness and then the same pattern of nine numbers is repeated. This is the significance of the Nava Rathri or nine nights.

Pranav: Does Night represent the time of unmanifest Energy ?.

Pradheep: That's right, we need initial force to wake up from our lazy justifications and generate spiritual energy. In the Puranas, Durga forcefully wakes up Vishnu from his tamasic Sleep.

Pranav: This is why the first three days of Navarathri is involved in invoking Durga to move our coiled Energy turbine.

Pradheep: The rotating turbine generates rapid rajasic movements creating the attractive lakshmi magnetic field.

Pranav: So in the next 3 days, lakshmi is invoked to fulfill attractive desires of life.

Pradheep: As a result we transcend and produce satvic electric current of knowledge in us.

Pranav: That is why the last three days we worship saraswathi.

Pradheep: This victorious energy generation is celebrated as Vijaya Dasami on the 10 day.

All these Energy generation and evolution concept of vedic science is imparted through dolls of the Golu. The quantum physics concepts of Space time continuum is depicted by Kaala Bhairava and Kala Bhairavi in the second step.

Pranav: in the third step, the Creation God Brahma with saraswathi, protector Vishnu with Lakshmi and dissolution of Shiva and parvathi.

Pradheep: In the fourth step, the Eight ashta lakshmi's , then in the fifth step, the Ten avatars of the evolution of life from fish to amphibians , to mammals to Human Being are depicted.

In the next following steps all great saints and trees, plants, animals , birds are all kept including the dolls of celebretes.

Pranav; Can we keep a doll of President Obama too.

Pradheep: why not. All are only the manifestation of only one Energy, which is addressed by the 1000 name-forms of Mother Divine.

Pranav; Thus the lalitha Sahasranama is chanted on all the nine nights .

Pradheep: Navarathri conveys the message of Universal love and brotherhood and so food is cooked and given by inviting everybody on the nine days which will increase our Kundalini Energy.

Pranav: Young girls are invited as Devi's and Kanya pooja is done. Mathr pooja is done to honor our mothers and Suvasini pooja, for honoring married women.

Pradheep: This Navarathi is then extended as the festival of lights or Deepavali in the next New moon day.

Pranav: But why is a lamp kept in the last step in the Golu?

Pradheep: We have descended from one Energy source in nine steps and we need to turn 9 steps back to the same source. These are the sacred $9+9 = 18$ steps . It is Guru that gives us this turning point as symbolized by the light of Knowledge. Ganesha is to remove all the obstacles in this journey.

Pranav: Our self created negative qualities are symbolized as nine asuras that block the Spiritual journey.

Pradheep: The removal of energy blocks is shown as Devi chopping the heads of the Nine Asuras including the chief Asura , Mahishasura.

Pranav: So the famous Song Ayi Giri Nandini composed by the great Aadhi sankaracharya is sung during Navarathri to depict this.

Pradheep: Mysore , a city in Karnataka, South india derives its name from this Ego symbolizing Asura. Here on Navarathri days Devi is taken in a procession on a decorated elephant.

Pranav: In Bengal, Huge Kali statues are taken in processions in the streets too.

Pradheep: In Many parts of Bihar and North India, The victory of King Rama over Ravana is celebrated as ram leela by burning the *effigies of the Ravana along with his brother and son.*

Pranav: In Gujarat, Garbha Dance and *Dānḍīyā Raas* are performed on all nine days again to transcend to the higher states of Consciousness.

Pradheep: Finally on Vijaya Dasami Day, the Victory day, new beginnings of activities are initiated by doing Ayudha pooja to all tools we use in life.

Pranav: Even car pooja is done to vehicles and also to office and kitchen tools.

Pradheep: Another way of generating more spiritual Energy, is by doing fasting or Upavas by forsaking food. Upa means near and vas means to live and so means that we abide by the higher-Self.

Pranav: So Upavas is both internal and external cleansing.

Pradheep: Yes, all the external objects like house are cleansed before the Navarathri and during Navarathri internal negative garbage is removed

Pranav: Navarathri is simply the internal Pancha Karma cleansing done once a year to rejuvenate our Spiritual Sakthi.

Pradheep: All the cleansing are symbolically given in the story form in Devi Mahatmyam, which means to make our Atma great or Mahat. So Yagyas reciting all the 700 slokas are done as Chandi Homa in Navarathri to increase purification.

Pranav; That's a lot of slokas to chant. When my teacher gives home work to read full book, I always ask if it is okay to read only the most important chapter. Is there such a way in chanting too?

Pradheep: Maharsihi Vyasa knew the sort cut approach of people in Kali Yuga and so recommend to atleast chant the fourth Chapter.

Pranav: But that have 70 slokas, which also is too much.

Pradheep: Pranav, you reflect the general public very much. So Maharishi says atleast chant the 7 important slokas called as Durga Saptha sloki in the Navarathri nights.

Pranav: Can I ask for more.

Pradheep: I can read your mind, chant atleast one important of that seven slokas

Pranav; Om *sarva mangala* mangalye. shive sarvartha saadhike. sharanye trayambike Gauri. Narayani namostute . Om Shanti Shanti Shantihi.