

Vanadurga Sadhana

In the spring of Chaitra, nature blossoms and Mother manifests in nature in the form of Vanadurga. Everywhere you look, tender neem leaves, fresh mangoes, chirping birds.... In many ways, we see Her presence everywhere as Mother blissfully move all around in the nature.

It is very good to do Upasana with Vanadurga Mantra during this Vasantha Navaratri i.e. from Chaitra Suddha Padyami to Chaitra Suddha Navami.

Goddess Vanadurga not only bestows immense wealth, but also provides special protection from harmful enemies.

Repetitive recitation of any Mantra brings the grace of the presiding deity. In this manner,

Performing Nitya (Daily) puja, along with one lakh times japam, one tenth of that i.e; homam with 10 thousand ahutis, again one tenth of that i.e; 1000 tarpanas, one tenth of that i.e; means 100 marjanams, one tenth of that distribution of food to 10 righteous people.

These methods are described below.

1. Nitya Puja

2. Chanting (1 lakh)

3. Homa (10 thousand ahutis)
4. Tarpanas (1000 Tarpanas)
5. Marjanam (100 Marjanams)
6. Food for Brahmins (for 10 righteous devotees)

Sri Vanadurga Goddess Nitya Pooja

1. Guru Dhyanam

In case of Guru Mantra Deeksha the Guru Mantra should be recited twice or the following Shloka twice, either with Guru Mudra or Namaskara Mudra.

Gurubrahma, Guruvishnuh, Gurudevo Maheshwarah,
Gurussakshat Parabrahma, Tasmai Sri Gurave Namah.

2. Ganapati Dhyanam

In case of Ganapati Mantra Deeksha with Namaskara Mudra, Ganapati Mantra should be recited four times, or the following sloka once.

“Shuklambaradharam Vishnum, Sashivarnam Chaturbhujam,
Prasanna vadanam dhyayet, Sarva Vighnopasantye.””

3. Achamana

Water should be poured into the right hand with a Uddharina (not steel) and the following mantras should be recited one at a time, each time taking it in without touching the upper lip.

“Aim Atma Tatvaya Swaha

Kleem Vidya Tatvaya Swaha

Sauh Shiva Tatvaya Swaha”

Aim kleem sauh sarva tatvebhyah svaha

Now while reciting this mantra, pour water in the right hand so that water falls into the plate between the middle finger and ring finger. (do not shake off hands while doing this)

4. Pranayama

Closing the left nostril with the ring finger of the right hand, inhale through the right nostril and chant the Gayatri Mantra once (Om bhurbhuvasvah tatsa vithurvarenyam, bhargo devasya dhimahi, dhiyoyonah prachodayat).

Close the right nostril with the right thumb, hold the breath and chant the Gayatri mantra twice.

Open the left nostril and exhale through it, chant the Gayatri Mantra once.

Finally, after exhaling the air completely, chant the Gayatri Mantra once, holding the breath (inhaling and exhaling).

Repeat the above process by inhaling again through the left nostril. It is a pranayama. According to the Shastras, if you do this three times, you will get a divinely energized body in few years.

5. Sankalpam

Take Akshatas made with Turmeric in the right hand, close the fist and place on the left palm, keep both together on the right thigh and say the following sankalpa.

“Mama Upatta Samastha Duritakshaya Dvara, Sri Vanadurga
Devataamuddishya, Sri Vanadurga Devata Anugraha Siddhyrthyam,
Yatha Shakti, Sri Vanadurga Devta Nitya Pujam Karishye.”

Thereafter, Akshatas should be left in a plate along with water.

Shodasa upacharas

1. Dhyanam

Taking Akshatas in right hand, saying the mantra,

“Om hreem dum uttishta purushi kim swapishi bhayam me samupasthitam

Yadisakyam asakyam vaa tanme bhagavati samaya samaya svaha dum hreem
om Shri Vanadurga Devatayainamah Dhyayami”

Akshatas should be placed at the picture/idol of Amma.

2. Avahanam

Take akshatas in right hand, reciting the mantra

“Om hreem dum uttishta purushi kim swapishi bhayam me samupasthitam

Yadisakyaam asakyaam vaa tanme bhagavati samaya samaya svaha dum
hreem om Shri Vanadurga Devatayai Namah Avahayami”

Place akshatas at the picture/idol of the Goddess.

3. Asanam

Take akshatas in right hand, reciting the mantra

“Om hreem dum uttishta purushi kim swapishi bhayam me samupasthitam

Yadisakyaam asakyaam vaa tanme bhagavati samaya samaya svaha dum
hreem om

Sri Vanadurga Devatayai Namah Navaratna Khachita Simhasanam
Samarpayami”

Place akshatas at the picture/idol of the Goddess.

1. Padyam

Visualise you are washing the feet of the Goddess, reciting the mantra,

“Om hreem dum uttishta purushi kim swapishi bhayam me samupasthitam

Yadisakyaam asakyaam vaa tanme bhagavati samaya samaya svaha dum

hreem om Sri Vanadurga Devatayai Namah Navaratna Khachita Simhasanam

Samarpayami”

Sprinkle water with a flower on the picture/idol of Goddess.

2. Arghyam

Visualise you are washing the hands of the Goddess, reciting the mantra,

“Om hreem dum uttishta purushi kim swapishi bhayam me samupasthitam

Yadisakyaam asakyaam vaa tanme bhagavati samaya samaya svaha dum

hreem om Sri Vanadurga Devatayai Namah Arghyam Samarpayami”

Sprinkle water with flower on the picture/idol of the Goddess.

3. Snanam (bath)

Imagining that Goddess is being bathed, reciting the mantra

“Om hreem dum uttishta purushi kim swapishi bhayam me samupasthitam

Yadisakyaam asakyaam vaa tanme bhagavati samaya samaya svaha dum
hreem om Sri Vanadurga Devatayai Namah Snapayami””

Sprinkle water or panchamrita with flower on the picture/idol of the Goddess,

“Om hreem dum uttishta purushi kim swapishi bhayam me samupasthitam

Yadisakyaam asakyaam va tanme bhagavati samaya samaya svaha dum
hreem om”

The mantra should be chanted 15 times.

(Panchamrita – a mixture of cow's milk, cow's curd, cow's ghee, honey, and
sugar)

4. Achamanam

Imagining that Goddess is drinking water, reciting the mantra

“Om hreem dum uttishta purushi kim swapishi bhayam me samupasthitam

Yadisakyaam asakyaam va tanme bhagavati samaya samaya svaha dum
hreem om

Sri Vanadurga Devatayai Namah Achamanam Samarpayami”

show the water with Uddharin to the picture/idol of Goddess and accept that
water.

5. Vastram

Take a flower or akshata in the right hand, assuming that you are offering the clothes to the Goddess, reciting the mantra

“Om hreem dum uttishta purushi kim swapishi bhayam me samupasthitam

Yadisakyaam asakyaam vaa tanme bhagavati samaya samaya svaha dum

hreem om Sri Vanadurga Devatayai Namah Vastrardhe pushpaan /akshataan
Samarpayami.”

Place the flower or akshatas at the picture/idol of the Goddess.

6. Abharanam

Taking a flower or akshata in the right hand, imagining yourself offering ornaments to the goddess, reciting the mantra

“Om hreem dum uttishta purushi kim swapishi bhayam me samupasthitam

Yadisakyaam asakyaam va tanme bhagavati samaya samaya svaha dum

hreem om Sri Vanadurga Devatayai Namah Abharanarthe Pushpam/Akshatan
Samarpayami”

Place flower or Akshatas at the picture/idol of the Goddess.

7. Gandham

Take the sandalwood paste with the flower, imagining that you are applying sandalwood at neck part of the Goddess, reciting the mantra

“Om hreem dum uttishta purushi kim swapishi bhayam me samupasthitam
Yadisakyaam asakyaam va tanme bhagavati samaya samaya svaha dum
hreem om Sri Vanadurga Devatayai Namah Gandham Samarpayami”

Apply sandalwood paste on the picture/idol of Goddess.

8. Kumkum

Imagining offering kumkum to Goddess, reciting the mantra,

“Om hreem dum uttishta purushi kim swapishi bhayam me samupasthitam
Yadisakyaam asakyaam va tanme bhagavati samaya samaya svaha dum
hreem om Sri Vanadurga Devatayai Namah Kumkuman Samarpayami”

Saying that, Kumkum should be offered on the image/idol of the Goddess.

Here you can offer flowers or Akshatas to the Goddess. As part of the puja, Sri Vanadurga Ashtottaram or Sri Sakambari Ashtottaram can be recited.

[You can visit the link for Ashtottaram www.srimeru.org](http://www.srimeru.org)

9. Dhoopam

Light the incense, extinguish the flame, reciting the mantra,

“Om hreem dum uttishta purushi kim swapishi bhayam me samupasthitam
Yadisakyaam asakyaam va tanme bhagavati samaya samaya svaha dum
hreem om Sri Vanadurga Devatayai Namah Dhoopamaghrapayami”

Show incense to the picture/idol of the Goddess.

10. Deepam

Taking the lamp in the hand and holding it above the heart, reciting the mantra,

“Om hreem dum uttishta purushi kim swapishi bhayam me samupasthitam
Yadisakyaam asakyaam va tanme bhagavati samaya samaya svaha dum
hreem om Shri Vanadurga Devatayai Namah Deepam Samarpayami”

Saying that, we should show the Deepam to the picture/idol of the Goddess.

11. Naivedyam (Prasadam)

“Om hreem dum uttishta purushi kim swapishi bhayam me samupasthitam
yadishakyam asakyam wa tanme bhagavati samaya samaya svaha dum hreem
om sri vanadurga devatayai namah naivedyam samarpayami”

In a plate put honey soaked vada or sweet gourd curry or chakra Pongali or red colored apples as an offering and sprinkle water around the plate (from left to right) and recite the mantra given below

“Om bhurbhuvassuvah tatsaviturvarenyam bhargodevasya dheemahi dhiyoanah
prachodayat

Om Apojyoti Rasomrita Brahma Bhurbhuvassuvarom”

Then, saying amritamastu, a drop of water should be sprinkled on the offering.

Then the following mantra should be chanted while sprinkling water around the offering

Amrutopastaranmasi, satyantavarthena parishinchayami (while making offerings during the day)

Amruto pastaranmasi, ritantatvartena parishinchami (when making offering at night)

After saying that, after reciting the following mantras, one should offer offerings to the goddess six times.

Om Praanaya Swaha

Om Apaanaya Swaha

Om Vyaanaya Swaha

Om Udaanaya Swaha

Om Samaanaya Swaha

Om Brahmane Swaha

After making this offering, taking the water with Uddharina, give water to the Goddess to drink,

Showing the water from the Uddharina to the Goddess, saying, 'Madhye Madhye Paneeyam Samarpayami' you should take the water.

- Then, sprinkling water around the plate in an apradakshina (anti clockwise) manner, one should say 'Amritapidhanamasi Uttaravaposanam Samarpayami'".
- Imagining that you are washing the hands of the Goddess saying Hastau Prakshalayami, show the water to the Goddess with Uddharina and leave the water in the plate.
- Imagining that you are washing the feet of the Goddess saying Paadau Prakshalayami, show the water to the Goddess with Uddharina and leave the water in the plate.
- Imagine giving water to the Goddess to drink, saying Achamaniyam Samarpayami, one should show the water to the Goddess with Uddharina and release it in the plate.

12. Mantra Pushpam

Taking flowers or Akshatas in hand,

“Om Uttishta purushayai vidmahe maha saktyaicha dheemahi, tanno vanadurga
prachodayat

“Om hreem dum uttishta purushi kim swapishi bhayam me samupasthitam
yadishakyam asakyam wa tanme bhagavati samaya samaya svaha dum hreem
om sri vanadurga devatayai namah mantrapushpam samarpayami”

After saying that, place flowers or Akshatas at the picture / idol of the
Goddess.

13. Harati (Neerajanam)

- Light up camphor and show it to the goddess and chant the following
mantras

“Om hreem dum uttishta purushi kim swapishi bhayam me
samupasthitam

- Yadisakyaam asakyaam va tanme bhagavati samaya samaya svaha dum
hreem om Shi Vanadurga Devatayai Namah Neerajanam Samarpayami”

Here you can sing the Harati song. Then release a drop of water in the
plate. Applying the heat of the harati to the eyes with both hands, say
“Raksham Dharayami”.

Finally, take the Akshatas in the right hand and pour water as a thin
stream from the top of the Akshatas. Water and Akshatas – should flow

into a plate through the passage between the middle and ring fingers.

While doing this the following mantra should be recited.

“Mantra heenam, Kriya heenam, Bhakti heenam, Shraddha heenam,

Dravya heenam Paramesvaraa,

Yat Pujitam Maya Deva paripoornam tadasthute. Maya Krita Sri

Vanadurga Devata Nitya Pooja Phalam Sarvam Sri Vanadurga Devata

Arpanamastu.”

Om Puurnnam-Adah Puurnnam-Idam Puurnnaat-Puurnnam-Udacyate |

Puurnnasya Puurnnam-Aadaaya Puurnnam-Eva-Avashissyate ||

Om Shaantih Shaantih Shaantih “

- Chanting (Japam)

“Om hreem dum uttishta purushi kim swapishi bhayam me samupasthitam

Yadisakyaam asakyaam va tanme bhagavati samaya samaya svaha dum

hreem om”

above mantra should be chanted not less than 1000 times every day. If not

possible then at least 108 times should be done. When Purascharana is

committed, one should resolve to complete one lakh japa in certain number of

days and perform daily count of japa accordingly.

- Homam

Om hreem dum uttishta purushi kim swapishi bhayam me samupasthitam
Yadisakyaam asakyaam va tanme bhagavati samaya samaya svaha dum
hreem om svaha

With the above mantra, one can offer Ajyam, Havissu, wild herbs, other puja ingredients such as jasmine flowers, cumin, milk, curd, palm jaggery, turmeric, saffron, sandalwood and perform homam to Sri Vanadurga.

Purascharana Homam should be performed with 10 thousand Ahutas (tenth of one lakh chants).

You can visit the following link for home procedure....

- Tarpanams

Om hreem dum uttishta purushi kim swapishi bhayam me samupasthitam
Yadisakyaam asakyaam va tanme bhagavati samaya samaya svaha dum
hreem om Tarpayami Namah

With the above mantra, one can offer tarpana to Goddess (as similar to Gauri devi we make using turmeric) 108 times with Panchamrithams. For Purascharana, a particular number of tarpanas should be done.

- Marjanam

“Om hreem dum uttishta purushi kim swapishi bhayam me
samupasthitam

Yadisakyaam asakyaam va tanme bhagavati samaya samaya svaha dum
hreem om”

Marjanam is to recite the mantra, performing abhishekam to the idol of
Goddess either with panchamritas, or with aromatic water, or do
prokshana on one’s own head 108 times.

- Serving food to Brahmins

As far as possible, cook and serve yourself as much of the food to 10
Brahmins/righteous devotees and take their blessings.

This completes the procedure of Purascharana.
