

Sadhana for Chaitra Navaratri

Many of you have been writing for a sadhana during Chaitra Navaratri.

On this auspicious period of Navaratri, you can join in the sadhana done at Rikhiapeeth by chanting at your home the following:

- 1. Saundarya Lahari chanting (Full) or chanting of Durga Saptashati over this period*
- 2. Tantroktam Devi Suktam (Once)*
- 3. 32 Names of Durga (3 times)*
- 4. Sri Suktam (Once)*

You should have a dedicated place and time to do this sadhana for these days. You can light a small deepak, some incense, and start after making a prayer to Guru and Devi.

I wish you all the best for your Navaratri sadhana.

Peethadhishwari Swami Satyasangananda Saraswati

NAMO NARAYAN!

