

CHANDI SADHANA

1. Chandi Mantram “Aim Hreem Kleem Chaamundaayai vicche”

Mantra (Sound)	Meaning
Aim	Saraswathi
Hreem	Lakshmi
Kleem	Gauri
Vicche	Please come

By chanting this mantra, we are requesting (praying) that Para Shakthi, that combined Shakthi comprising of “Maha Kali”, “Maha Lakshmi” and “Maha Saraswathi” to come (arrive) (into our lives).

“Oh Mother Chandi that includes shakthi (energies) of Maha Saraswathi, Maha Lakshmi, Maha Gauri (Kaali) please arrive into my life”

2. Who is Mother Chandi?

Mother Chandi destroys ego (Ahamkaara) in us. She has killed demons “Chand” and “Mund”.

3. What do “Chand” and “Mund” symbolize?

Mother Chandi destroys these negative thoughts in us.

“Chand”	Ego in us - Feeling that “I” am great
“Mund”	Condescending thoughts - Feeling that “others are useless”

4. Chandi Saadhana: Aswayuja month is very auspicious time for Chandi Mantra practice (Saadhana). This Navaarna mantra (Mantra with sounds) deeksha **must be** obtained from a teacher (Guruvu).

5. Chandi Saadhana consists of following:

1. Chandi or Durga Yantra Puja
2. Chandi Tarpana
3. Chandi Saptasati Parayanam
4. Chandi Mantra Japa (<i>During the nine days of Navratri, Chandi Mantra Japa can be done</i>)

6. How many times should we perform Chandi Mantra Japa ?

As there are 9 sounds in this auspicious mantra, Japa of nine lakh times must be performed (1 lakh per one sound)

7. How to perform Chandi/Durga Yantra puja:

Either Chandi Yantra puja or Durga Yantra puja can be performed (*There are Yantra Devathas that must be known to perform this ritual*)

8. How to perform Chandi Tarpana:

Either Chandi Tarpana or Durga Tarpana can be performed (*There are Anga devathas that follow those from Chandi Yantra devathas order that must be known to perform this ritual*)

9. Benfits of Chandi Parayana:

1. Various Demons killed by Mother Chandi indicate various demonic qualites within us and among people we encounter in life. Mother Chandi will sway away those demonic qualities.
2. Relationships between husband and wife will improve. There will positive effect on peace of mind in life.
3. The inner meanings of Saptasati regarding killing of demons implies destroying of ego in our enemies. This means our enemies will not hurt us anymore.
4. The desires that arise in us due to others, that sway our mind will be contained by reading the chapter in Saptasati that narrates Mother Chandi killing “Rakthabeeja” demon.

5. Extreme ego, quality of looking others down will be contained within by reading the chapter in Saptasati that narrates Mother Chandi killing “Chand” and “Mund” Demons.
6. Desire on things that are not ours will be contained by reading the chapter in Saptasati that narrates Mother Chandi killing “Sumbha” and “Nisumbha”.

10. Chandi/Durga Saptasati Parayana Vidhi:

Chandi Sapta Sati parayana should be important part of Chandi Sadhana. ***Following is the concised version of Chandi Parayana (There are other larger procedures which we will not discuss here)***

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Procedure of Chandi Parayana (Concised version).
Section 1: Parayana Vidhi <ol style="list-style-type: none"> 1. Sri Chandika Dhyanam 2. Devi Kavacham 3. Argala Stotram 4. Keelaka Stotram 5. Ratri Sooktham 6. Tantroktha Ratri Sooktham 7. Sri Devyatharva Seersham 8. Siddha Kunjika Stotram 9. Sri Chandi Navarna Vidhi 10. Saptasati Moola Mantrasya Poorvanyasaha
Section 2: Prathama Charitham <ol style="list-style-type: none"> 1. Prathamodhyayaha (Madhukaitabha Vadha)
Section 3: Madhyama Charitham <ol style="list-style-type: none"> 1. Dwitiyodhyayaha (Mahishasura sainya vadha) 2. Tritiyodhyayaha (Mahishasura vadha) 3. Chaturthodhyayaha (Sakraadi Stuthi)
Section 4: Uttara Charitham <ol style="list-style-type: none"> 1. Panchamodhyayaha (Devi dootha Samvaadham) 2. Shastodhyayaha (Dhoomralochana Vadha) 3. Saptamodhyayaha (Chanda Munda Vadha) 4. Astamodhyayaha (Rakta bheeja vadha) 5. Navamodhyayaha (Nisumbha Vadha) 6. Dasamodhyayaha (Sumbha vadha) 7. Ekadasodhyayaha (Narayani Stuti) 8. Dwadasodhyayaha (Bhagavathi vaakyam) 9. Trayodasodhyayaha (Surathavaishya varapradanam) 10. Saptasati Maala Mantrasya Uttaranyasaha (Upasamharaha) 11. Devi Sooktham 12. Tantroktha Devi Sooktham
Section 5: <ol style="list-style-type: none"> 1. Pradhaanika rahasyam 2. Vaikruthika rahasyam 3. Moorthi rahasyam
Section 6: <ol style="list-style-type: none"> 1. Chandi Navarna Mantra Japa (108 times) 2. Siddha Kunjika Stotram 3. Aparadha kshamapana Stotram

Sri Chandi Devatha Nitya Puja

1.Gurudhyanam: *Guru Mantra 2 times (if you have Guru Mantra Deeksha) or chant below sloka with Guru Mudra or Namaskar Mudra*

GururBrahma GururVishnu GururDevo Maheshwaraha Guru Saakshaat ParaBrahma
Tasmai Sri Gurave Namaha

2.Ganapathi Dhyanam: *Ganapathi Mantram 4 times (if you have Ganapathi Mantra Deeksha) or chant below sloka with Namaskar Mudra*

“Shuklambaradharam Vishnum Shashivarnam Chaturbhujam Prasanna vadanam
Dhyaayeth Sarva vighno pashantaye”

3.Achaman: *Take a spoon (not steel), take water in right hand and chant below mantra, and consume the water without touching your upper lip*

“Aim aatma tatvaaya swaahaa”

“Kleem vidyaa tatvaaya swaahaa”

“Sau: siva tatvaaya swaahaa”

Now with below mantra, take water in your right hand, and leave the water from between your middle and ring fingers into a plate

“Om Aim Kleem Sau: Sarva tatvyebhyaha swaaha”

4.Pranayamam: *With your righthand ring finger, close your left nostril, breathe with right nostril, Chant internally (contemplate) Gayathri Mantra 1 time. Then with right thumb, close right nostril, hold your breath, and chant internally (contemplate) Gayathri Mantra 2 times. Then open your left nostril and leave the breathe completely and chant internally (contemplate) Gayathri Mantra 1 time. After you leave all the breathe from left nostril, hold your breath completely and chant internally (contemplate) Gayathri Mantra 1 time. Repeat above procedure now starting with left nostril. This completes one full pranayamam. Shastras indicate that if you do like this three times every day, you will attain glorified, wise body.*

“Om bhuh, Om bhuvah, Om suvaha Om Tat savitur varenyam Bhargo devasya
dhimahi Dhiyo yo nah prachodayat “

5.Sankalpam: *Take few turmeric mixed rice in right hand, close with left hand and put both hands on right thigh and say below: After finished saying, leave the turmeric rice in a plate with some water*

“mama upaattha samastha duritha kshaya dwaara, sree chandee devathaamuddhisya,
sree chandee devathaa anugraha siddhyartham, yathaa sakthi, sree chandee devathaa
nitya pujaam karishyee”

Chandi Shodasopachara Puja

1.Dhyaanam: *Take few turmeric mixed rice in right hand, while reading below mantra, put them on Mother Goddess*

“Aim Hreem Kleem Chaamundaayai Vicche, Sree chandee devathaayainamaha dhyaayaami”

2.Aavahana: *Take turmeric rice in right hand, while reading below mantra, put them on Mother Goddess.*

“Aim Hreem Kleem Chaamundaayai Vicche, Sree chandee devathaayainamaha aavaahayaami”

3.Aasana: *Take turmeric rice in right hand, while reading below, put them in Mother Goddess.*

“Aim Hreem Kleem Chaamundaayai Vicche, Sree chandee devathaayainamaha navaratna khachita simhaasanam samarpayaami”

4.Paadyam: *Imagine you are washing Mother Goddess feet. Sprinkle water with a flower on Mother Goddess.*

“Aim Hreem Kleem Chaamundayai Vicche, Sree chandee devathaayainamaha paadyam samarpayami”

5.Arghyam: *Imagine you are washing Mother Goddess feet. Sprinkle water with a flower on Mother Goddess.*

“Aim Hreem Kleem Chaamundaayai Vicche, Sree chandee devathaayainamaha arghyam samarpayami”

6.Aachaman: *Imagine you are asking Mother Goddess to drink some water, while reading below, with a spoon show water to Mother Goddess and you consume that water.*

“Aim Hreem Kleem Chaamundaayai Vicche, Sree chandee devathaayainamaha aachamanam samarpayami”

7.Snanam: *Imagine giving bath to Mother Goddess, while reading below, sprinkle water or Panchamrutha (Cow milk, Curd, Cow ghee, Honey, Sugar) on Mother Goddess. Then chant Chandi Mantra 15 times.*

“Aim Hreem Kleem Chaamundaayai Vicche, Sree chandee devathaayainamaha snapayaami”

“Aim Hreem Kleem Chaamundaayai Vicche” (read 15 times)

8.Vastram: *Imagine giving clothes to Mother Goddess, take flower or turmeric rice, while reading below put them on Mother Goddess.*

“Aim Hreem Kleem Chaamundaayai Vicche, Sree chandee devathaayainamaha vasthraartham pushpam/akshathaan samarpayami”

9.Aabharanam: *Imagine giving jewellery to Mother Goddess, take flower or turmeric rice, while reading below put them on Mother Goddess.*

“Aim Hreem Kleem Chaamundaayai Vicche, Sree chandee devathaayainamaha aabharanaarthe pushpam/akshathaan samarpayami”

10.Gandham: *Imagine applying Gandham on Mother Goddess neck, while reading below, apply Gandham to Mother Goddess.*

“Aim Hreem Kleem Chaamundaayai Vicche, Sree chandee devathaayainamaha gandham samarpayami”

11.Kumkum: *Imagine applying Kumkum on Mother Goddess forehead, while reading below, apply Kumkum to Mother Goddess.*

“Aim Hreem Kleem Chaamundaayai Vicche, Sree chandee devathaayainamaha Kumkumam samarpayami”

Now take flowers or turmeric rice and perform puja to Mother Goddess. Read below as part of puja (which ever you can)

1. Chandi Sapta Sloki
2. Chandi Sapta Sati (refer to parayana vidhi)
3. Rudra Chandi Stotram
4. Chandi Dwaja Stotram

12. Dhoopam: *Light Agarbatti, stop flame and show it to Mother Goddess while reading below*

“Aim Hreem Kleem Chaamundaayai Vicche, Sree chandee devathaayainamaha dhoopamaaghraapayaami”

13. Deepam: Take Deepam, put it above your heart level and show it to Mother Goddess while reading:

“Aim Hreem Kleem Chaamundaayai Vicche, Sree chandee devathaayainamaha deepamdarsayaami”

14. Naivedyam: Take fruits, freshly cooked food items in a plate, sprinkle water around in clockwise direction around that plate, while reading below
Om Bhur Bhuvah Suvaha Tat-savitur Vareṇyam Bhargo Devasya Dheemahi
Dhiyo Yonah Prachodayāt

Om aapojyothi rasomrutham brahma bhoorbhuvassuvarom

Then say “amruthamasthu” and leave a drop of water on the Naivedyam.

Then while sprinkling water around the plate, say below

“amrutho pastharanamasi, satyamtha varthena parishimchaami” (during day time)

“amrutho pastharanamasi, ruthamthaatvarthena parishimchaami” (during night time)

Then read below

“Aim Hreem Kleem Chaamundaayai Vicche, Sree chandee devathaayainamaha naivedhyam samarpayaami”

Next, read below and show naivedhyam to ammaavaru with mudras six times.

om praanaaya swaahaa

om apaanaaya swaahaa

om vyaanaaya swaahaa

om udaanaaya swaahaa

om samaanaaya swaahaa

om brahmane swaahaa

Then imagine you are giving water to Mother Goddess, and take water in a spoon, while saying below, you consume the water.

“Madhye Madhye paaneeyam samarpayaami”

Then in anticlockwise direction sprinkle water and say below:

“Amruthaapidhaanamasi uttaraaposanam samarpayaami”

Imagine washing Mother Goddess hands, show water to Mother goddess with a spoon and say

“Hastau prakshaalayaami”

Imagine washing Mother Goddess feet, show water to Mother goddess with a spoon and say

“Paadau prakshaalayaami”

Imagine giving water to Mother Goddess to drink, show water to Mother Goddess with a spoon and say, and then leave water in a plate

“aachamaneeyam samarpayaami”

15.Neeraajanam: *Light harathi Karpoor, and show to Mother Goddess while saying below. you can sing harathi song here or after mantrapushpam. leave a drop of water in plate after reading.*

“Aim Hreem Kleem chaamundaayai vicche, sree chandee devataayai namaha neerajanam samarpayaami”

take harathi and say **“Rakshaam dhaarayaami”**

16.Mantrapushpam: *Take flowers or turmeric rice in right hand, say below and leave them on Mother Goddess*

“Om kaatyaayanaaya vidmahe kanyakumaari dheemahi, tanno durgi: prachodayaat”

“Om kula kumari vidmahe mantrakoti sudheemahee, tannaha kaulee prachodayaat”

“Om Tripura Sundari vidmahe peeta kaamini dheemahee, tanna klinne prachodayaat”

“Aim Hreem Kleem chamundaayai vicche, sree chandee devataayai namaha mantrapushpam samarpayaami”

Finally take turmeric rice in right hand, leave water over turmeric rice between your middle finger and ring finger while saying below:

“mantraheenam, kriyaa heenam, bhakthiheenam, sraddha heenam, dravya heenam parameswari, yath poojitham mayaa devi paripoornam tadasthute, mayaa krutha sree chandee devathaa nitya poojaa phalam sarvam sree chandee devathaa arpanamasthu”

“om poornamathaha poornamidam poornaath poornamudachyathe, poornasya poornamaadaaya poornamevaa avasishyathe”

om saanthihi, saanthihi, saanthihi

Sree Chandee Laghu Homa Vidhi
(in accordance with parasuraama kalpa soothra)

Step 1: Gurudhyanam: *Guru Mantra 2 times (if you have Guru Mantra Deeksha) or chant below sloka with Guru Mudra or Namaskar Mudra*
GururBrahma GururVishnu GururDevo MaheshwarahaGuru Saakshaat
ParaBrahma Tasmai Sri Gurave Namaha

Step 2: Ganapathi Dhyanam: *Ganapathi Mantram 4 times (if you have Ganapathi Mantra Deeksha) or chant below sloka with Namaskar Mudra*
Shuklambaradharam Vishnum
Shashivarnam Chaturbhujam
Prasanna vadanam Dhyayeth
Sarva vighno pashantaye

Step 3: Achaman: *Take a spoon (not steel), take water in right hand and chant below mantra, and consume the water without touching your upper lip*

“Aim aatma tatvaaya swaahaa”

“Kleem vidyaa tatvaaya swaahaa”

“Sau: siva tatvaaya swaahaa”

Now with below mantra, take water in your right hand, and leave the water from between your middle and ring fingers into a plate.

“Om Aim Kleem Sau: Sarva tatvyebhyaha swaaha”

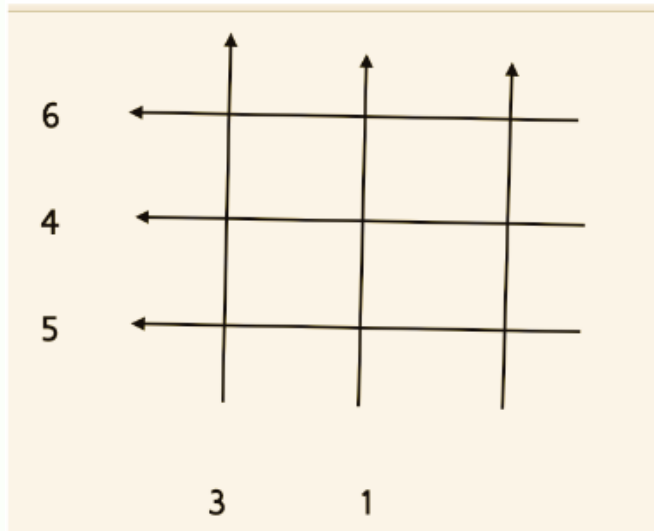
Step 4: Pranayamam: *With your righthand ring finger, close your left nostril, breathe with right nostril, Chant (contemplate) Gayathri Mantra 1 time. Then with right thumb, close right nostril, hold your breath, and chant (contemplate) Gayathri Mantra 2 times. Then open your left nostril and leave the breathe completely and chant (contemplate) Gayathri Mantra 1 time. After you leave all the breathe from left nostril, hold your breath completely and chant (contemplate) Gayathri Mantra 1 time. Repeat above procedure now starting with left nostril. This completes one full pranayamam. Shastras indicate that if you do like this three times every day, you will attain glorified, wise body.*

Om bhuh, om bhuvah, om suvaha

Om Tat savitur varenyam
Bhargo devasya dhimahi
Dhiyo yo nah prachodayat

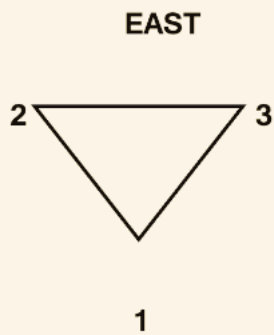
Step 5: Sankalpam: Take few turmeric mixed rice (Akshata) in right hand, close with left hand and put both hands on right thigh and say below lines. After finished saying, leave the turmeric rice in a plate with some water
“mama upaattha samastha duritha kshaya dwaara, sree chandee devathaamuddhisya, sree chandee devathaa anugraha siddhyartham, yathaa sakthi, sree chandee devathaa homa pujaam (kaaryam) karishyee”

Step 6: Agni Mukha (face): Sit while facing east, put some rice flour in **homa kund** and fix (draw) in it a square form. Then either with agarbatti or Dharbha, draw six lines in that square while reading below mantras.



1. Om brahmane namaha
2. Om yamaaya namaha
3. Om somaaya namaha
4. Om rudraaya namaha
5. Om vishnave namaha
6. Om indraaya namaha

Take either 9 Samidhas or dry coconut pieces and adjust them in triangle shape. Corner should be towards west. put karpoor in the middle of triangle.



Person sitting to do homa

Now while saying Gayatri Mantra, light Karpoor in another plate, hold it at your face level, and with the help of it, light the karpoor that is in the middle of the triangle. put some more Samidhas and create fire (Agni)

Step 7: Agni Devatha Avahana: *Take turmeric rice in your right hand and say below*

“agniM dUtaM vRNImahe hotAraM vishvavedasam
asya yajñasya sukratum”

“Raam reem rum raim raum raha ramalavarayoom agni mandalaaya
namaha”

Agnim aavaahayaami

Agni devatha upachara puja *(Perform upachara to Agni God)*

“Agni devathaa preethyartham gandham samarpayaami” *(Give Gandham to Agni)*

“Agni devathaa preethyartham pushpam samarpayaami” *(give flower to Agni)*

“Agni devathaa preethyartham akshataam samarpayaami” *(give turmeric rice to Agni)*

“Agni devathaa preethyartham dhoopam aaghraapayaami” *(light agarbatti, show to Agni)*

“Agni devathaa preethyartham deepam darsayaami” *(show deepam to Agni)*

“Agni devathaa preethyartham naivedyam samarpayaami” *(give dry fruit or Patika bellam to Agni, follow naivedyam description described in Chandi Nitya puja)*

Step 8: Pradhaana Homa Devatha - Sree Chandi Aavaahana:

“Aim Hreem Kleem Chaamundaayai Vicche” *(chant few times)*

Then,

“Aim Hreem Kleem Chaamundaayai Vicche, Sree chandee devathaayainamaha aavaahayami” *(offer turmeric rice)*

“Aim Hreem Kleem Chaamundaayai Vicche, Sree chandee devathaayainamaha gandham samarpayaami” *(offer Gandham)*

“Aim Hreem Kleem Chaamundaayai Vicche, Sree chandee devathaayainamaha Akshataan Samarpayaami” *(offer turmeric rice)*

“Aim Hreem Kleem Chaamundaayai Vicche, Sree chandee devathaayainamaha pushpam samarpayaami” *(offer flower)*

“Aim Hreem Kleem Chaamundaayai Vicche, Sree chandee devathaayainamaha dhoopamaaghraapayaami” *(show Agarbatti)*

“Aim Hreem Kleem Chaamundaayai Vicche, Sree chandee devathaayainamaha deepam darsayaami” *(show deepam)*

Naivedyam: *Take fruits, freshly cooked food items in a plate, sprinkle water around in clockwise direction around that plate, while reading below*

**Om Bhur Bhuvah Suvaha Tat-savitur Varenyam Bhargo Devasya Dheemahi
Dhiyo Yonah Prachodayat**

Om aapojyothi rasomrutham brahma bhoorbhuvassuvarome

Then say “amruthamasthu” and leave a drop of water on the Naivedyam

Then while sprinkling water around the plate, say below

“amrutho pastharanamasi, satyamtha varthena parishimchaami” *(during day time)*

“amrutho pastharanamasi, ruthamthaatvarthena parishimchaami” *(during night time)*

Then read below

“Aim Hreem Kleem Chaamundaayai Vicche, Sree chandee
devathaayainamaha naivedhyam samarpayaami”

Next, read below and show naivedhyam to ammavaru with mudras six times.

om praanaaya swaahaa

om apaanaaya swaahaa

om vyaanaaya swaahaa

om udaanaaya swaahaa

om samaanaaya swaahaa

om brahmane swaahaa

Then imagine you are giving water to Mother Goddess, and take water in a spoon, while saying below, you consume the water.

“Madhye Madhye paaneeyam samarpayaami”

Then in anticlockwise direction sprinkle water and say below:

“Amruthaapidhaanamasi uttaraaposanam samarpayaami”

Imagine washing Mother Goddess hands, show water to Mother goddess with a spoon and say

“Hastau prakshaalayaami”

Imagine washing Mother Goddess feet, show water to Mother goddess with a spoon and say

“Paadau prakshaalayaami”

Imagine giving water to Mother Goddess to drink, show water to Mother Goddess with a spoon and say, and then leave water in a plate

“aachamaneeyam samarpayaami”

Step 9: Aajya Samskaaram

Take two dharbhas in right hand, touch ghee with them and say below mantra 7 times

“Aim Hreem Kleem Chaamundayai Vicche”

Then keep Dharbhas with tips facing north side under the ghee vessel

Step 10: Pradhana Homam:

When saying “swaha” only offer ghee or any Aahuti (dry items like Pelalu, 108 types Vana Mulikas) in fire.

Aahuti = ghee or dry item

1. Two Aahutis to Guru (Teacher):

Say guru mantram (if you have) and with below sloka, offer aahuthi with “swaha”:

**“Gururbrahma gururvishnuh
gururdevo maheshwarah
Guruhsakshat parabrahma
tasmai shrigurave namah Swaahaa”**

2. 4 Aahuthis to Ganapathi:

Say below 4 times with “swaha”

“om sreem hreem kleem glaum gam ganapathaye varavarada sarvajaname
vasamaanaya swaaha swaaha”

3. 108 aahuthis to Homa devatha (Sri Chandi):

“aim hreem kleem chaamundaayai vicche swaahaa”

Step 11: Uttara Mukham (North Face)

While doing below four mantra as japa offer aahuti

1. “Om bhooragnayecha pruthveeyecha mahatecha swaaha”
“Agnayecha pruthveeyecha mahathecha idam na mama”
2. “Om bhuvoo vaayavecha antarikshocha mahatecha swaha”
“Vayavecha antarikshocha mahathecha idam na mama”
3. “Om suvaraadityaayecha divyecha mahatecha swaaha”
“Aadityaayecha divyecha mahathecha idam na mama”
4. “Om bhoorbhuvassuvaschamdramaayecha nakshathrebhyascha
digbhyasccha mahatecha swaaha”
“Chandramaaye nakshatrebhyo digbhyo mahate idam na mama”

Step 12: Purnahuti: *Take 12 Dates or any fruit or one dry coconut, put 12 times ghee and while reading below mantra, offer to Agni God*

“itahapoorvam praana buddhi deha dharma adhikaaratha: jaagratha swapna
sushupthi avasthaasu manasaa vaachaa karmanaa hasthaabhyaam
padhbhyaam udarena sisnaa yonyaa yath smrutham yaduktham yathkrutham
thatsarvam brahmaarpanam bhavathu swaaha”

offer remaining ghee to Agni God

“om poornamada: poornamidam poornaath poornamudachyathe, poornasya
poornamaadaaya poornameva avasishyathe”

While chanting Gayathri mantra , offer 3 times pradhakshina to Agni God

Take some vibhuti from agni with the help of a samidha, mix in ghee and apply on forehead, offer to others

Step 13: Agni udyapana: *hold your palm upwards, while looking at agni read below mantra, then bring that Shakthi into yourself with mudras.*

“hruthpadma karnikaa madhye sivena saha sankaree, pravisathvam mahaadevi sarva aavaranaai saha chidagnim devathaamscha aatmani yatha sthaanam pravesayaami”

Then put Namaskar and say below:

“Sobhanaarthe punaraagamanaayacha”

Then while reading below mantra, take turmeric rice in right hand and leave them into plate with water between your ring finger and middle finger.

“mantraheenam, kriyaa heenam, bhakthiheenam, sraddha heenam, dravya heenam parameswari, yath poojitham mayaa devi paripoornam tadasthute”

“anayaa mayaakrutha yethath homaphalena, sree chandee devathaa sampoorana anugraha siddhyartham, sarvam, sree chandee devatha arpanamastu”

om tathsath

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