

BALAVIN KURAL

Balambika Divya Sangam



Editor's Desk...

Our rich Hindu traditions have left literally no stone unturned in the pursuit of festivity combined with spiritual awakening. We have barely stepped out of the recent celebrations of the month of Aadi, Gowri-Ganesha and Sri Krishna Janmashtami, and here we are at the threshold of one of our most awaited festivals, most loved by Ambal – Maha Navarathri. Indeed, every household that celebrates Navarathri is aware of the grandeur, the pomp, the spiritual ecstasy, and most importantly, the extravaganza of sweets, shundal, and rice preparations. Balambika Divya Sangam wishes everyone a very happy Navarathri, and may each of us find ourselves another step closer to Her through our worship.

As children, our fond memories of Navarathri is probably the food that our mothers prepared, and the constant influx of ladies that flocked for vethalai-paak. Back then (about 30 years ago and before), the goodie bags were filled with a miniature comb, blouse-piece, manjal-kumkum-paak and a fruit or coconut. But now ladies scramble and work themselves up to a frenzy, trying to fine the most catchy and cute item for the goodie bag. I am sure elderly women (mothers and mother-in-laws) are wondering and quietly re-buffing this trend. But again, don't

we have to move with the times! In this day and age of fast food and 'with-blouse- sarees', what is a little coconut or a mismatched blouse-piece going to serve!?! Putting aside these unimportant issues of goodie bags, let us for a moment focus on the significance. This festival brings everyone together both spiritually and culturally. Every state of India has its own set of rituals and celebrations during Navarathri. As people from diverse states mingle together, we begin to worship Her in a holistic manner with a free mind. We come together those ten days to overcome the vices that we harbor – greed, lust, anger, indolence—to name a few. By Vijayadashami, each year we have tried to promise ourselves to cure us of those evils.

This year our Sangam will be celebrating Navarathri in Malur Shri Balambika Temple, with pomp and glory. As your time and schedule permits please do take time to visit Her shrine to seek Her blessings. Also, stay tuned for information on day-to-day celebrations and instructions for this ten day gala. We would love to hear from you, so please share your views as well.

Sarvejana Sukhino Bhavantu.



Mrs. Asha Manoharan
President—BDS

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Bala Speaks...



Best education for a person is got at home, schools and colleges. What you fail to learn is, the way to understand yourself. Knowing yourself happens on three levels - action, speech and mind. You should try to know who you are (mind), so that you can function well in your life. You need to understand your habit patterns (action), to be independent of habits which hinders your growth process. You need to process your speech before you utter them (speech). True knowledge comes from within. So, take that journey inwards.

BDS Events Corner

Important Dates:

- ◆ The Events team is preparing for Navarathri celebrations during the last week of September
- ◆ 19th September : Mahalya Amavasyai
- ◆ 21st September : Navarathri starts
- ◆ 29th September : Saraswati Poojai
- ◆ 30th September : Vijaya Dasami
- ◆ 5th October : Pournami



Navarathri Special—Devi Mahatmyam

By Smt. Asha Manoharan

It is very auspicious to read Devi Mahatmyam during Navarathri.

There are two methods to start reading Devi Mahatmyam – Trayangam and Navangam.

Trayangam is a method in which we need to chant three prayers –

- I. Devi Kavacham,
- II. Argala Stotram and
- III. Devi Keelakam followed by Navakshari Mantram.

Navangam is a method in which nine prayers are recited, prior to reading the book.

Navangam stotrams are:

1. Devi Nyasa
2. Devi Avahana
3. Devi Namani
4. Argala Stotram
5. Keelaka Stotram
6. Devi Hrudaya
7. Dhala
8. Devi Dhyana and
9. Devi Kavacha

Devi Mahatmyam should be read in one sitting. But many prefer to read it for 10 days during Navarathri. After reciting it, Devi Suktam (slokas 7 to 36 of chapter 8) should be recited.

Each chapter should be read in a single sitting. Due to any reason if parayanam is stopped in between a chapter, the whole chapter should be read again.

The order of reciting Durga Saptashati Parayana daily is:

1. Trayanga Mantra,
2. Devi Mahatmyam text followed by
3. Devi Suktam

Here is how you can read Devi Mahatmyam during Navarathri.

1st day: Chapter 1 (Madhu Kaitabha samhaaram)

2nd day: Chapter 2, 3 and 4 (Mahishasura samhaaram)

3rd day: Chapter 5 and 6 (Dhummralochana vadha)

4th day: Chapter 7 (Chanda Munda vadha)

5th day: Chapter 8 (Raktabeeja samhaaram)

6th day: Chapter 9 and 10 (Shumbha Nishumbha vadha)

7th day: Chapter 11 (Praise of Narayani)

8th day: Chapter 12 (Phalastuti – reciting merits or benefits)

9th day: Chapter 13 (Blessings to Suratha and the Merchant)

10th day: Chapter 14 (Aparadha Kshamaparthana) on 10th day

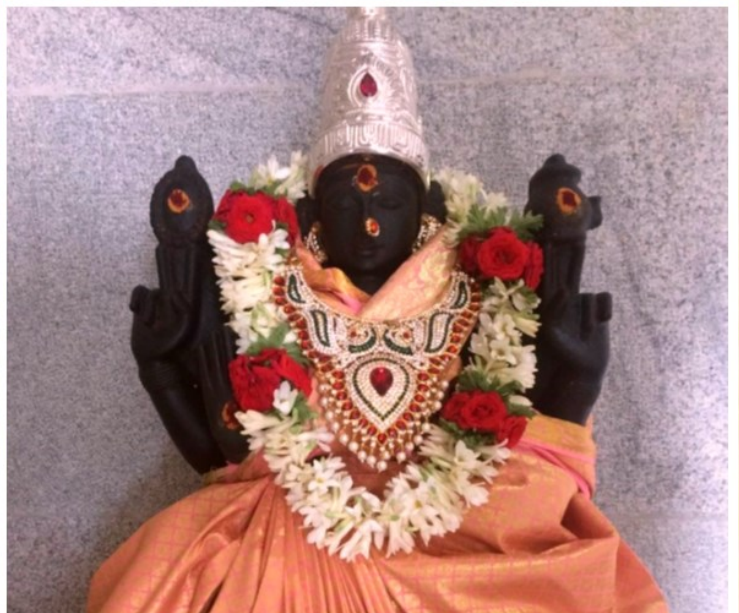
You can also complete the recital on the 9th day by chanting Devi Aparadha Kshama Prarthana Stotram on the 9th day itself.

You should read Siddha Kunjika Stotram after completing the recital of every chapter.

Navarathri—day wise ready reckoner

Days	Goddess Worshipped	Kolam	Flowers	Neivedyam & Sundal
Day 1	Maheshwari	Any kolam using rice flour	Jasmine and vilvam leaves	Ven pongal Brown karamani sundal
Day 2	Gowriamman	Any kolam in squares using wheat flour	Mullai and tulasi leaves	Puliyothare Konda kadalai sundal
Day 3	Varahi	Flower kolam using pearls/beads	Champangi and maru leaves	Sakkarai pongal Mochchai sundal
Day 4	Sri Mahalakshmi	Sprinkle turmeric water with rice and make step kolam	Jadhi and green leaves	Kadamba rice Puttani sundal
Day 5	Vaishnavi Devi	Any bird figure using groundnuts	Parijatham and Vibudhi green leaves	Curd rice Kadambam sundal
Day 6	Indirani	Devi's name using dals like moong, toor, urad dal	Hibiscus and sandal leaves	Coconut rice Verkadalai sundal
Day 7	Brahmi	Any house kolam using flowers	Thazhampoo and thumbai leaves	Lemon rice Peas mango sundal
Day 8	Narasimhi	Lotus kolam using coins	Roses and pannir leaves	Pal/milk rice Channa dal sundal
Day 9	Chamundi	Any weapons like sulam, vel, using fragrant powder like sandal, diraviya podi	Lotus and marukozhundu leaves	Kalkanddu (diamond sugar) sakkarai Pongal Moong dal sundal





Sponsors' Corner

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Navarathri Photos

Watch out for the colorful spread in the next month's newsletter...