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Ancient Vedic Mantras and Rituals

GUPT NAVRATRI 2024 || जानिए कब है आषाढ़ गुप्त नवरात्रि? कितने दिन हैं ये गुप्त नवरात्रि? क्या करने से होगी माता प्रसन्न, होगी सुख, शांति, समृद्धि

Gupt Navratri 2024

The significance of Gupt Navratri is immense in Hinduism. This Navratri is a special time for Tantra-Mantra and Sadhna and is celebrated secretly. Nine forms of Goddess Durga are worshiped in Gupt Navratri, but mainly Tantra Sadhnas and secret rituals are followed.

Importance of Gupt Navratri:

1. **Tantric Sadhana:** Gupt Navratri holds special significance for Tantric Sadhanas. The Tantra Mantras and rituals performed during this time are very effective and the Sadhak attains special Siddhis.
2. **Spiritual growth:** During Gupt Navratri, seekers perform penance and meditation for spiritual purification and spiritual growth. This is the time to increase spiritual power and attain inner peace.
3. **Freedom from negative energy:** Rituals performed during Gupt Navratri help in eliminating negative energy and obstacles. This time is especially suitable for warding off negative forces and attracting positive energy.
4. **Divine Grace:** Special rituals are performed during this Navratri to receive the grace of Goddess Durga. The devotee receives power, prosperity and protection through the grace of the Goddess.
5. **Personal development:** During Gupt Navratri, seekers recognize and develop their inner strengths. This time is extremely important for introspection and self-analysis.

What to do on the day of Gupt Navratri:

During Gupt Navratri, special worship and sadhna of Goddess Durga is done. It is auspicious to do some special remedies and rituals on this holy occasion. Here are some important tasks that can be done on this day:

1. **Worship of Maa Durga:** Take a bath early in the morning, wear clean clothes and decorate the place of worship for the worship of Maa Durga. Worship the nine forms of Goddess Durga and offer them flowers, rice, kumkum, fruits and sweets.
2. **Tantra Sadhana:** Gupt Navratri has special importance in Tantra Sadhana. Chanting Tantra Mantra and performing special Tantra rituals on this day is auspicious. For this, do Tantra Sadhana under the guidance of a qualified Guru.
3. **Navratri fasting:** Keeping fasts during Gupt Navratri is also very important. Keeping fasts purifies the body and mind and gives more power in sadhana. Keep a fruit or Nirahaar fast and spend time in meditation and sadhana throughout the day.
4. **Havan and rituals:** Performing havan and special rituals on the first day of Gupt Navratri is extremely fruitful. Use cow ghee, black sesame seeds, barley and other havan samagri for havan and chant Durga Saptashati or other Devi mantras.
5. **Charity:** Donating on this day is considered very auspicious. Donate food, clothes, money and other essential items to the poor and needy. This brings blessings of the Goddess and brings prosperity in life.

Don't do this work even by mistake today:

1. **Maintain cleanliness:** It is very important to keep your surroundings clean during Gupt Navratri. It is believed that dirt can bring poverty in your life. Make sure that your house and puja area are completely clean.
2. **Perform satvik puja:** For common people, Gupt Navratri is the time to perform simple havans (yagnas) and satvik puja (worship with pure and satvik things). Avoid complicated rituals and perform puja with true devotion.
3. **Avoid Tamasic food:** Avoid Tamasic (impure) food during Gupt Navratri. This includes meat, alcohol, garlic and onions. Eat Satvik food like fruits, vegetables and pulses.

Additional Tips:

- If possible, fast.
- Chant mantras and meditate regularly.
- Donate or help the needy.

- Practice forgiveness and let go of negative thoughts.
- Spend time in spiritual contemplation and introspection.

By following these guidelines, you can enhance the spiritual benefits of Gupt Navratri and bring positive changes in your life.

Worshipping Gupt Navratri will be beneficial:

By celebrating Gupt Navratri, we get the blessings of Maa Durga and get many auspicious results in our life. On this occasion, we get a chance to reach the heights of devotion and spirituality . Regular meditation, worship and sadhna during Gupt Navratri purifies the mind and body and brings peace to our soul.

By worshipping Maa Durga, we receive her blessings and happiness and prosperity comes into our lives. Through this worship, we gain the ability to control our mind and get the power to make our lives balanced.

By fasting during Gupt Navratri, we control our senses and become self-realized. Fasting maintains our physical and mental health and helps us move forward in the direction of spiritual advancement.

By celebrating the holy festival of Gupt Navratri, we create an environment of peace and prosperity in our home and family. This worship brings energy to our soul and brings positive changes in our life.

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