



MAA KUSHMANDA VRAT KATHA || माँ कूष्मांडा व्रत कथा ||

Maa Kushmanda Vrat Katha

Surāsampūrṇakalāśaṁ rudhirāplutameva cha |

Dadhānā hastapadmābhyāṁ kūṣmāṇḍā śubhadāstu me ||

The name of the fourth form of Maa Durga is Kushmanda. Maa Kushmanda is worshipped on the fourth day of Navratri. The mother was named Kushmanda because she created the universe with her soft smile and light laughter.

When the universe did not even exist, there was only darkness all around, then Goddess Kushmanda created this universe with her laughter. Hence this mother is the original power of the universe and the original form of the mother universe. Before her, there was nothing in the universe.

Mother lives in the world situated in the Suryamandal. Living in the Surya Lok is not possible for everyone, it is possible only through this mother. The glow and aura of the body of the mother is as bright and luminous as the sun. The brightness of the mother is so luminous that it cannot be compared to crores of suns or anyone else, even the great gods and goddesses cannot bear the brightness of the mother. Due to the brightness and light of this mother, light spreads in all the ten directions of the universe. The power in all the creatures, animals and things of the universe is a part of this mother.

Mother Kushmanda has eight arms. Hence, she is also known as Ashtabhujā Devi. In the seven hands of the mother, there is a bow, arrow, kamandalu, lotus flower, a vessel full of nectar, chakra and mace and in the eighth hand, there is a garland that gives all the treasures and siddhis. The vehicle of the mother is a lion. In Sanskrit language, Kushmanda means pumpkin.

On the fourth day of Navratri Puja, Kushmanda Devi is worshipped. On this day, those who do sadhna focus their attention on the Anahat Chakra. On this day of Navratri, one should meditate and worship the form of Goddess Kushmanda with a pure mind. By worshipping Maa Kushmanda, all the diseases and sorrows of the devotees are destroyed. By merely worshipping the mother, strength, intellect, age and honour increase. Maa Kushmanda's heart is very simple, she becomes happy with a little devotion and service. The person who goes to the shelter of the mother with love and true heart, attains the supreme position very easily.

Devotees should worship the mother according to the rules and regulations mentioned in the scriptures and Puranas and should always follow the path of devotion. As soon as a person starts worshipping the mother, he starts experiencing the grace of the mother within a short time. This world full of sorrow and destruction becomes very simple and full of happiness for the devotee.

Worshipping the mother is the easiest and most beneficial way for a person to cross the ocean of life very easily. Worshipping the mother will always free a person from fear and diseases and lead him towards happiness, prosperity and progress. Therefore, all those people who want their worldly and spiritual progress should always worship Mother Kushmanda.

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