



Ancient Vedic Mantras and Rituals





Chaitra Navratri 2025 – Navratri 1st Day | नवरात्रिका पहला दिन – माँ शैलपुत्री | PDF

In the nine days of Navratri, each day is dedicated to the worship of a specific form of Goddess Durga. The first day of Navratri is dedicated to Maa Shailputri, considered the first form of Devi Durga. “Shailputri” means “Daughter of the Mountain,” and she is the manifestation of Goddess Parvati, the daughter of the Himalayas. Maa Shailputri rides a bull (Vrishabh), holds a trident (Trishul) in one hand, and a lotus flower in the other.

Maa Shailputri's Appearance:

Maa Shailputri's form is calm and divine. She symbolizes peace, strength, and serenity. With her trident, she destroys negative energies, and the lotus in her hand represents love and compassion.



Importance of Worshipping Maa Shailputri:

First Form: Maa Shailputri is the first form of Goddess Durga, symbolizing the beginning of Navratri. Worshipping her provides strength and courage.

Daughter of the Himalayas: According to mythology, Maa Shailputri was born as the daughter of King Himalaya, also known as Parvati, who is worshipped as the consort of Lord Shiva.

Previous Birth: Maa Shailputri was Sati in her previous birth, who self-immolated during the Yajna of Daksha Prajapati. In her next birth, she was born as Parvati in the house of the Himalayas and married Lord Shiva again.

Worship Method: On the first day, devotees worship Maa Shailputri with purity and simplicity. The color white holds special significance, and white flowers are used in her worship. Devotees offer Ganga water and milk to her feet and chant the mantra "Om Devi Shailaputryai Namah."

Benefits: Worshipping Maa Shailputri bestows spiritual power, devotion, and dedication. She grants health, prosperity, and peace.



Purpose of Worship

The main goal of worshipping Maa Shailputri is to purify the mind, body, and soul of the devotee, bringing mental and physical stability. Her worship helps in the cleansing of the **Muladhara Chakra** (root chakra), which is the foundation of one's spiritual journey.

How to Perform Maa Shailputri's Puja on the First Day of Navratri

The first day of Navratri begins with **Kalash Sthapana (Ghatasthapana)**, followed by the worship of Maa Shailputri. Here's how to perform the puja:

1. Kalash Sthapana (Ghatasthapana):

- Wake up early, bathe, and wear clean clothes.
- Clean the puja area and place a wooden platform.
- Spread a clean cloth on the platform and create a mound of soil for sowing barley or wheat.
- Place the **Kalash** (sacred pot) in the middle of the mound.
- Fill the Kalash with water, add betel nut, coin, a leaf of betel, and mango leaves.
- Place a coconut wrapped in a red cloth tied with a sacred thread (mouli) on top of the Kalash.
- The Kalash symbolizes Goddess Durga, and it is worshipped with devotion.



2. Setting Up Maa Shailputri's Idol or Picture:

Place Maa Shailputri's idol or picture in the puja space. Offer incense (dhup), a lamp (deep), flowers, fragrance (gandh), and food (naivedya) like fruits and sweets.

3. White Clothes and White Flowers:

Maa Shailputri's favorite color is white, so wear white clothes during her worship.

Offer white flowers, especially jasmine, during the puja.

4. Meditation and Invocation:

Meditate on the form of Maa Shailputri and invite her to bless you by reciting prayers and mantras.

5. Offering to Maa Shailputri:

Offer clarified butter (ghee) made from cow's milk to Maa Shailputri.

Present white flowers and clothes.

You can offer fruits, milk, and sweets as prasadam (sacred offering).

Mantras for Maa Shailputri's Worship

1. Dhyan Mantra (Meditating on Maa Shailputri's form):

**Vande Vanchhitalabhaya Chandrardhakritashekham |
Vrisharudham Shooladharam Shailaputreem Yashasvineem
||**



2. Stotra Mantra (Praising Maa Shailputri):

**Ya Devi Sarvabhuteshu Maa Shailputri Rupena Samsthita |
Namastasyai Namastasyai Namastasyai Namoh Namah ||**

3. Mool Mantra (Main Mantra for Maa Shailputri):

Om Devi Shailaputryai Namah ||

4. Saptashati Mantra (From Durga Saptashati):

**Ya Devi Sarvabhuteshu Shakti Rupena Samsthita |
Namastasyai Namastasyai Namastasyai Namoh Namah ||**

Aarti of Maa Shailputri

After performing the puja, sing the aarti dedicated to Maa Shailputri:

Benefits of Worshipping Maa Shailputri

Worshipping Maa Shailputri brings numerous spiritual and material benefits:

1. Enhances Willpower and Determination

Maa Shailputri represents **unwavering determination and strength**. Worshipping her increases mental resilience and helps individuals achieve their goals.

2. Brings Family Happiness and Prosperity

Those seeking **harmony and prosperity in their family life** should worship Maa Shailputri. Her blessings ensure **love and unity** within the family.



3. Cures Mental and Physical Ailments

Her blessings help in **relieving stress, anxiety, and depression**. She provides **healing energy** and protects from diseases.

4. Blessings for Marriage and Married Life

For unmarried girls, worshipping Maa Shailputri **removes obstacles in marriage**. Married women receive blessings for a **happy and prosperous married life**.

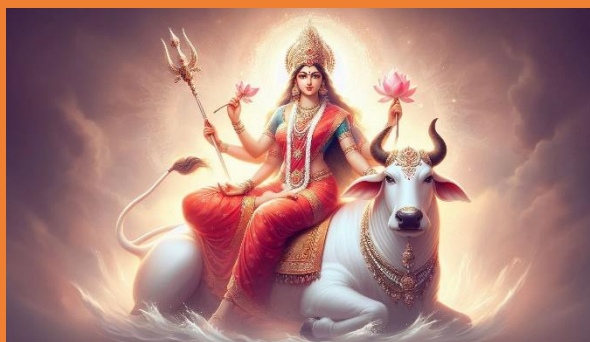
5. Aids in Spiritual Growth

For those on a **spiritual path**, Maa Shailputri's worship is highly beneficial. She provides the strength to progress on the path of **self-realization and liberation**.

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