

Maa Kushmanda – The Fourth Aspect of Navdurgas

Maa Kushmanda is the fourth aspect of Navadurga Goddesses. Devi Maa is worshipped on fourth day during Durga Pooja in Navratri. Mother Goddess created the whole universe in shpae of an egg called "Anda" with her little and light divine smile, so that Maa Durga is named Kushmanda.

The word Kushmanda is made of three other words that are "Ku + Ushma + Amnda = Kushmanda". Here "Ku" is "Little", "Ushma" is "Warmth or Energy" and "Anda" is "Egg", means the one who creates the universe as "Little Cosmic Egg" with the energy of Her divine smile is called "Kushmanda". Goddess Durga is very happy in this incarnation and it is believed that when there was no existence of any creation or universe and there was the eternal darkness, which ended when Maa Kushmanda smiled. So Maa Kushmanda is known as the creator the whole universe. Maa Kushmanda is also named as "Adi Shakti". The core of Suraymandala (Sun) is the residence of Devi Maa. She is the only one who has the power and strength to live in the core of Suryaloka (Sun). Her body shines like the glowing Sun. All directions get light from Her Divine smile including the Sun God itself. Maa Kushmanda also known as "Ashtabhuja" as she is often depicted as having eight arms. In her seven hands she holds Kamandala, Bow, Arrow, Lotus, a Jar of Nectar, Discus, and Mace. In her eighth hand she holds a rosary capable of giving eight Siddhis and nine Niddhis. She rides a lion who represents "Dharma". On worshipping Her ailments and sorrows are eliminated and life span, name, strength and health improved.

The Pooja of Devi Kushmanda on the fourth day of Navratri in Durga Pooja is having very importance. On this day, Yogis and Sadhaks or other dedicated devotees keep their mind in Anahata Chakra. Kushmanda represents Anahata Chakra in spiritual practice. Kushmanda Pooja during Navratri increases one's health and strength.

On the fourth day Mata Durga is worshipped in her Ma Kushmanda Swarup. She is depicted as seated on a lion, and possesses eight arms. She resides in solar systems and represents all knowledge. Seven types of weapons are shown in seven hands and prayer beads in her right hand. She likes the offerings of "Kumhde." Therefore her name "Kushmanda" has become famous. She is also known as 'Krishnamanda' and is believed to have created the universe,so she is called as Adi Swarup. She is also called 'Astbhuja'. Worship of Ma Kushmanda brings light into darkness and ignorance, gives true knowledge,destroys ego, disease, sorrow, depression, ignorance. "Kumbh Bhand" means to see cosmic vivacity in Pindi shape or knowledge of cosmic intricacies in human race. The abode of Mata Kushmanda is in Bhimnaparvat

Om Dukha Hantraya Namah

Kushmanda Devi manifests eight arms, holding weapons and a rosary (Mala), she is seated on a tiger and her aura is like the sun. Special benediction: This aspect of Devi destroys sorrows of the mind and ego by harmonising the macro-universe with the inner micro-universe of the individual. This makes available all realms of the external universe to the individual internally through meditation. She is the birthing mother presiding over birth and rebirth. The abode of Kushmanda is in Bhimnaparvat. We see streams of dark orange and golden light and golden drops that end in little drops of golden light entering the spinal column. These act like a spiritual surgical knife, destroying negatives and false ego positions.



NAVRATRI SPECIAL RECIPE

Makhana Cutlet Roll



Ingredients

1 cup lotus seed
2 finely chopped green chilli
2 tablespoon roasted peanuts
1 teaspoon chaat masala
1/4 teaspoon red chilli powder
1/4 teaspoon Dhania powder
4 teaspoon ghee
4 potato
1 teaspoon fennel seeds
1 bunch finely chopped coriander leaves
1/2 teaspoon garam masala powder
2 dashes black salt
Black pepper
1/2 cup refined oil

Method

Tb make this delicious dish, you need to roast the lotus seeds (makhana) in a frying pan with the ghee. After they are roasted, grind them to a coarse powder.

Boil Potatoes and let them cool down.

Mash the boiled potatoes and beat them in the frying pan along with the powdered lotus seeds.

Keep it aside for a while.

Add the remaining ingredients after this and sprinkle the appropriate amount of salt and spices as per your taste.

Taking a small portion of the mixture in your hands, try to shape it in the form of a patty or a cutlet.

Grease both the sides with the required amount of oil and fry them in a shallow pan over medium flame until they turn golden brown.

Flip the cutlets onto your plates and enjoy them with green chutney.

You can also enjoy it with yogurt and green chilly chutney. Serve it hot.

Women can learn these life lessons from Maa Durga in today's testing times!

It is that time of the year when chants of 'Jai Mata Di' or 'Jai Maa Durga' reverberate in the entire atmosphere. The holy name of the Goddess can be heard in every nook and corner of the city, as the nation is gripped in celebrating the 9-day long festival of Navratri and Durga Puja. Maa Durga is often described as the influential diety, who won in her fight of good over evil, and ensured the spirit of 'righteousness' prevails. For me, Maa is a matriarchal goddess figure.

This in some ways should be embodied by women in today's testing times – struggling to save grace and dignity. The honour and pride of being a woman don't come from being a woman alone but the constant battle which each one of us fights every day —be it on roads, at the workplace or at home. The plight of women in every sphere or horizon is the same. Some life lessons from Maa Durga which women can take a cue from:

Fear no evil

There is not even a single day when incidents of a woman's modesty being outraged are not reported. Every now and then, there appears a demon in the face of 'Mahishasur', who needs to be killed and put to rest for others to learn from the mistakes. Maa Durga destroyed the evil, by winning over the deadly demon 'Mahishasur'—a legend which is known to all (more so during the Navaratri).

The famous mythological legend goes that Mahishasur was a demon (asura), who could change his form from a buffalo to a human at any given time. Mahishasur; in order to capture heaven, set out on a battle with his huge army. The battle that ensued between the demons lead by Mahishasur and the gods headed by Lord Indra, saw the emergence of the mystical power named 'Durga', which destroyed the evil face of the demon forever.

Like in the legend - the form of Shakti kills Mahishasur and outshines in her battle against all odds—the example set by the Goddess of not feeling inferior at any cost needs to be understood in the present day context by all women.

Muscle power is not everything

Those who fear that belonging to the fairer sex deprives them of having certain



muscular capabilities, Goddess Durga's stories and legends can teach you a thing or two for inspiration.

The legend may be seen or read by many as just a form of tale, which is told and re-told to children during the Durga Puja festival, however, to me, if anything can be imbibed from it, is the fact that even the most powerful of the gods—Brahma, Vishnu and Mahesh, needed a strong, powerful Goddess Durga to come to the forefront and slay the evil. The reason which explains why this form of Durga is celebrated during the nine-day-long festival pan India.

Find your inner Durga

If our gods can do it, why not us? Why is it that a woman can't emulate the nine forms of Durga, namely—Shailaputri, Brahmacharini, Chandraghanta, Kumhanda, Skandamata, Katyayani, Kalaratri, Mahagauri and Siddhidatri, in herself and unfold a new chapter in the history of creation. Every woman needs to find her own Durga in order to survive in this evil world and emerge victoriously.

Keep your spirit alive

Remember, like in the legends bygone, there will always be a demon making his way into our lives—but the spirit of not giving up and raising your voice when needed can be laid with a solid foundation of belief. Goddess Durga didn't just kill Mahishasur; there are many tales and stories associated with the fighting zeal of the mother, to secure the world and uproot the evil. Be it the killings of Chanda-Munda, Shumbh-Nishumbh, Madhu-Kaitabh, Raktabeej or Mahishasur—each tale loads us with a feeling of triumph and faith that whatever the circumstances be, never think you are too weak or incapable of putting up a brave front.

Spread love

Goddess Durga in her mother avatar is an epitome of love and affection. While the world is filled with hatred, we must not forget to spread the love around us. Helping the needy and living a healthy life should be our motto. Every woman in her family plays different roles and love forms the foundation of each one. Look up to Maa Durga for blessing you and your loved ones. Spread love no hate.

General Knowledge Question

1. Which of the following diseases are caused due to a virus?

A. Ebola
B. AIDS
C. SARS
D. All the above
2. Name the virus that is transmitted through the biting of infected animals, birds, and insects to a human?

A. Rabies Virus
B. Ebola Virus
C. Flavivirus
D. All the above
3. Based on host range, viruses are classified into:

A. Bacteriophage
B. Insect virus
C. Stem Virus
D. Both A and B
4. In the host cell, replication of RNA virus took place in...

A. Nucleus
B. Cytoplasm
C. Mitochondria
D. Centriole
5. Which of the following statement is correct about viruses?

A. Viruses do not contain a ribosome.
B. Viruses can make protein.
6. Name the virus that covers himself with a modified section of the cell membrane and create a protective lipid envelope?

A. Influenza virus
B. HIV
C. Neither A nor B
D. Both A and B
7. A virus can spread through:

A. Contaminated food or water
B. Touch
C. Coughing
D. All the above
8. After which period virus replicates in the body and starts to affect the host?

A. Incubation period
B. Uncoating
C. Penetration
D. None of the above
9. Double-stranded DNA is found in which viruses?

A. Poxviruses
B. Poliomyelitis
C. Influenza viruses
D. None of the above
10. A virus is made up of a DNA or RNA genome inside a protein shell known as:

A. Capsid
B. Host
C. Envelope
D. Zombies
11. Name the most common type of Cancer that kills men in the world?

A. Lung Cancer
B. Prostate Cancer
C. Liver Cancer
D. Colon and Rectum Cancer
12. Name the cancer that starts in the skin or the tissues that line other organs?

A. Leukemia
B. Pancreas
C. Carcinoma
D. None of the above
13. Name the cancer that occurs in bone marrow and creates blood cells?

A. Sarcoma
B. Myeloma
C. Lymphoma
D. Leukemia
14. The abnormal growth of cells in the body is known as.....

A. Cancer
B. Malignancy
C. Both A and B
D. Only A
15. Viruses can be categorised by their shapes.

D. Both A and C are correct

ASTRO SPEAK

- ARIES**

A sleepy and deeply restorative energy manifests as the Scorpio moon and Neptune align to wash your cares away. Good vibes continue to flow as the day kicks off and Pluto activates, nudging you to throw your weight around professionally, especially when it comes to important negotiations or fighting for opportunities. The stars will be on your side as afternoon settles in and Luna enters Sagittarius.
- LIBRA**

Give your body what it needs as the Scorpio moon and Neptune align to promote healing through health and wellness practices. Opportunities to release negative emotions will come into play when Pluto activates, taking away any grief you're ready to let go of. Big ideas will pop into your brain once afternoon settles in and the moon enters Sagittarius, asking you to consider how far you can go.
- TAURUS**

The Scorpio moon blows a kiss to Neptune, elevating your charms and kicking off the morning with a profound sense of being loved and supported. Check in with your spiritual well-being when Pluto activates, allowing you to find power within when you align with the ether side. This cosmic climate could also give you an intuitive edge within matters of the heart, allowing you to better understand loved ones.
- SCORPIO**

Creative ideas flow freely early this morning, dear Scorpio, as the moon and Neptune share a sweet exchange. You'll feel empowered to speak up when Pluto activates, pushing you to use your voice in the name of self-advocacy. Your focus shifts to money and all that it can buy once afternoon settles in and Luna enters Sagittarius, opening the door to prosperity. However, it will be easy to overspend.
- GEMINI**

Try to get an early start on your tasks and responsibilities. This cosmic climate brings an elevated energy to the table that's conducive to establishing a harmonious flow while working and running errands. A cleansing and empowering ambience comes into play when Pluto activates, helping you cut out unnecessary or weighted energy from your life.
- SAGITTARIUS**

Give your heart space to heal early this morning, as the Scorpio moon aligns with dreamy Neptune. Though there may be a lot going on under the surface, Pluto steps in to help you ground in the present moment, encouraging you to practice mindfulness by engaging your senses and finding gratitude. Watch out for emotional blocks and stoic behavior later today when Saturn becomes agitated.
- CANCER**

A sweet and profoundly spiritual energy washes over you as the Scorpio moon and Neptune align. Use this energy to meditate, practice mindfulness, and explore new philosophies, directing all efforts to the pursuit of peace. Self-care will feel particularly effective when Pluto activates, marking the perfect excuse to schedule an early massage or treat yourself to a fancy latte on the way to work.
- CAPRICORN**

Consider sending out a few thoughtful messages to friends, colleagues, as the Scorpio moon and Neptune align. Positive reinforcement will be contagious under this cosmic climate. Just remember to send some of those good vibes to yourself as well. Your role as a leader or influential member of society will be pronounced once Pluto activates, pushing you to stand in your power.
- LEO**

A sweetly nostalgic energy takes hold as the Scorpio moon aligns with Neptune, asking you to appreciate the journey. Just try not to spend too long strolling down memory lane once Pluto activates, pushing you to focus fully on your to-do lists while continuing to nurture your physical self. You'll pep up a bit as afternoon settles in and the moon enters Sagittarius, inspiring you to explore new interests or creative outlets.
- AQUARIUS**

You'll feel highly motivated to carve out new levels of success as the Scorpio moon and Neptune align. This cosmic climate will cause your dreams to feel closer especially where professional and financial goals are concerned. Meanwhile, Pluto activates to help you find empowerment from within, helping you fully part ways with any self-imposed fears or restrictions that have caused you to hold back.
- VIRGO**

A cuddly and sweet energy surrounds you early this morning as the Scorpio moon aligns with Neptune, dearest Virgo, but try not to overuse the snooze button while cozied up in bed. Good vibes continue to flow once Pluto activates, bringing forth a sense of empowerment when you bring creativity and playfulness to your agenda.
- PISCES**

The universe sends messages of love and support your way early encouraging you to take a moment for peace before moving on with today's tasks. You'll bond easily with strangers and acquaintances once Pluto activates, marking the ideal time to invest in connections you're hoping to grow. Opportunities for professional growth could make themselves known as the moon enters Sagittarius.

