

Maa Kaalratri – The Worship of Fiercest Forms of Goddess Durga on 7th Navratra

Maa Kaalratri is the seventh Shakti of Maa Durga. The seventh day of Navratra Pooja is dedicated to Durga Kaalratri. This is the most violent form of Goddess Durga. Kalaratri is the one of the fiercest forms of Durga and her appearance itself evokes fear. This form of Goddess is believed to be the destroyer of all demon entities.

Kaalratri means the One who is the Death of Kaal. Here Kaal is dedicated as time and death. Kaalratri is the one who destroys ignorance and removes darkness. This form primarily depicts that life also has dark side - the violent Mother Nature and creates havoc and removes all dirt. She is also known as Shubhankari.

In this form Goddess Kaalratri killed Raktabej. Raktabej was a demon who could multiply from every drop of his blood which fell on the ground. The Goddess Kaalratri killed him by licking the blood before it could reach the ground and hence conquered him. She endows her devotees with calm and courage.

The complexion of Maa Kaalratri is like dark night and has four hands. The left two hands hold a cleaver and a torch, and the right two are in the Mudras of "giving" and "protecting".

She has necklace shining like thunder and has human skulls. She has three eyes which emanate rays like lightning.

Flames appear through her nostrils when she inhales or exhales air. Her mount is donkey. Blue, Red, White color should be used to wear on this day.

Appearance of Maa Kaalratri is very dangerous. But she always gives good fruits. So devotees should not get afraid of her.

Her worship on seventh day of Navratra has very much importance for Yogies and Sadhak. Yogis and Sadhaks penance on Shastra Chakra on this day. For the worshipers on this day door opens of every Siddhi in universe.

Just by remembering Maa ghost run away. If any negative effect is arising due to planets then by worshipping on this day bad effects vanish. Any type of fear goes away.

Subhankari Mata always give Subh good fruits. True faith, restraint and concentration is necessary for worship.

The seventh Swarup of Maa Durga is Mata Kaalratri. She is black like night. Her Hair is always shown as pitch black, long, loose and scattered.

She is also shown as being seated on a Shava (dead body).

The destroyer of darkness and ignorance, Mata Kaalratri is scourer of darkness; enemy of darkness.

Mata Kaalratri's Shrine is in Calcutta, India. This four-armed swarup of Ma Durga dissipates darkness from amidst her devotees, and bestows freedom from fear and adversity.



NAVRATRA SPECIAL RECIPE

Makhana Cutlet



Ingredients:

- 1 cup lotus seed
- 2 finely chopped green chilli
- 2 tablespoon roasted peanuts
- 1 teaspoon chaat masala
- 1/4 teaspoon red chilli 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
- 1/2 cup refined oil

Method:

To 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.

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

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 and 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.

Bon appetite!

Significance of Navratra yagnas



Ratri (night) is that which gives peace and rest. Just like we rest at night every day, in the same way, twice a year, there is a tradition of taking deep rest by going deep into meditation and rejuvenating our being. And this is usually done during the Chaitra (March-April) and Ashwin (September-October) months of the lunar calendar. The solstice is the time when the moon is at one extreme, but Navratra (nine nights) is the time when the moon is more centered. That's when we're able to go deeper into meditation and experience deep rest (as the position of the moon has an impact on our mind). That's the main theme of Navratra. So, to experience this rest, the tradition is to perform all the different pujas, Yagnas (Homans), and spiritual

practices, such as meditation and chanting, in honor of the Mother Divine.

To enhance the benefits of the spiritual practices performed by each individual during Navratra, there is a tradition of performing Yagnas (also called Homans). It is believed that when we do any practice in a group, the benefits are multiplied and obtained faster. So when everyone joins together and does meditation, the group consciousness has the power to elevate you faster. So Navratra is the time when everyone comes together and participates in Yagnas.

Yagnas are an ancient science that works on purifying the environment, the individual, and the subtle level of consciousness. They are done to nullify negativity, and to create more positivity.

The Divine is nothing but a form of energy. A pure and highly vibrant energy. Through the technique of a Yagna, this energy (which is highly pure and vibrant) is brought down from the subtle to the gross using the five elements, Mantras (chants) and Yantras (diagrams). When this pure energy touches the Earth element, it has a purifying effect on the physical atmosphere, the subtle atmosphere and on the people who participate in the Yagna.

A Yagna has three aspects:

Deva Puja (worship): Acknowledging and honoring all the different attributes of the Divine. Sangatikarana (unification): Hastening the process of evolution by bringing together all the elements (Air, Water, Fire, Earth, Ether) of creation. Dana (to give): Sharing what one has been blessed with.

These three combine to form a Yagna.

There are different Yagnas for health, happiness, progress, removing obstacles in life, etc. In a Yagna, many different things are done in a specifically designated manner to produce a definite effect. When groups of people sing devotional songs together, or meditate together, or chant together, then too it is called a Yagna, as coming together in prayer creates a field of harmony (sattva), which is similar to the effect of Yagnas, and this is most needed in the world today.

Gupt Navratra Mantras for quick results



Gupt Navratra is very powerful and yields quick results, if any one Chants either of these mantras with specific purposes secretly. Rules are simple. A person has to perform a Panchopar Puja before Goddess Durga and communicate one's wishes and surrender oneself totally. Chant the Mantras at least 108 times before an earthen lamp. Recitations of mantra can be done on either of these Holy Navaratra days.

1. Mantra for wealth
"Durge Smrita Harasi Bhitimshesh Jantoh Swasthah Smritamati Mateev Shubhaam Dadasi Daridray Duhkh Bhayaharini ka Twadanya Sarvopakarkaranay Sadadrachitta."
2. Mantra for welfare
"Sarv Mangala Mangalye Shive Sarvarth Sadhike

Sharanye Trayambke Gouri Narayani Namostute."

3. Mantra for power
"Srishtisthiti Vinashaanam Shaktibhute Sanatani Gunaashraye Gunamaye Narayani Namostute."

4. Mantra for overcoming problems
"Sharanagat Deenart Paritranaparayane Sarvvyarthihare Devi, Narayani Namostute."

5. Mantra for overcoming fear
"Sarvaswarupe Sarveshe Sarvashakti Samanvite Bhaye Bhyastrahi No Devi! Durge Devi Namostute."

6. Mantra for getting protection
"Shulen Pahi No devi! Pahi Khadagen Chambike Ghanta Swanen Nah Pahi, Chapajanihswanen Cha."

7. Mantra for health and good luck
"Dehi Saubhagyamaarogyam Dehi Me Paramam Sukham Rupam Dehi Jayam Dehi, Yasho Dehi Dwikho Jahi."

8. Mantra for the eradication of an epidemic

"Jayanti Mangala Kali, Bhadrakali Kapalini Durga Kshama Shiva Dhatri Swaha Swadha Namostute Te."

9. Mantra for getting suitable wife
"Patni Manoram Dehi, Manovrittanusarinim Tarineem Durgsansarsaagarasya Kulodbhavaam."

General Knowledge Question

1. Who discovered that when a current carrying conductor is placed in a magnetic field, a mechanical force exerted on the conductor makes it move?

- A. Hans Christian Oersted
- B. Michael Faraday
- C. Benjamin Franklin
- D. William Gilbert

2. The maximum force is exerted on a current carrying conductor when it is:

- A. Perpendicular to magnetic field
- B. Parallel to magnetic field
- C. Swings in backward direction
- D. All of the above

3. Which rule is applied to find the direction of force acting on the current-carrying conductor, if the direction of current and direction of magnetic field is known?

- A. Maxwell's right-hand thumb rule
- B. Born rule
- C. Hall Effect
- D. Fleming's left-hand rule

4. Which direction is indicated by the thumb in Fleming's left-hand rule?

- A. Current
- B. Magnetic field
- C. Motion of conductor
- D. None of the above

5. What does the forefinger represent in the Fleming's left-hand rule?

- 10. Brushes
- 11. Pressure
- 12. Because they contain free electrons
- 13. will not rise
- 14. Neutrons

- A. Magnetic field
- B. Current
- C. Motion of conductor
- D. None of the above

6. The direction of deflection of a current-carrying conductor indicates the direction of:

- A. Electric current
- B. Force acting on it
- C. Magnetic field
- D. All of the above

7. Which device converts electrical energy into mechanical energy?

- A. Motor
- B. Generator
- C. Windmill
- D. Transformer

8. In which of the following devices is the electrical motor used?

- A. Electric fans
- B. Washing machine
- C. Refrigerator
- D. All of the above

9. In an electric motor, which device reverses the direction of current through a circuit?

- A. Carbon brush
- B. Coil
- C. Commutator
- D. Permanent magnet

10. The carbon strips used to pass electric cur-

rent to the coil are known:

- A. Commutator
- B. Magnet
- C. Battery
- D. Brushes

11. Which of the following is measured in Pa (Pascal)?

- A. Thrust
- B. Pressure
- C. Frequency
- D. Conductivity

12. What make the metals are good conductors of electricity?

- A. Because they contain free electrons
- B. Because the atoms are lightly packed
- C. Because they have high melting point
- D. All of the above

13. What will happen to the water when a thin capillary tube is replaced with another insufficient length of tube?

- A. will overflow
- B. will not rise
- C. depressed
- D. change its meniscus

14. Which of the following is not emitted by radioactive substance?

- A. Electrons
- B. Electromagnetic radiations
- C. Alpha particles
- D. Neutrons

- Answers:**
- 1. Michael Faraday
 - 2. Perpendicular to magnetic field
 - 3. Fleming's left-hand rule
 - 4. Motion of conductor
 - 5. Magnetic field
 - 6. Force acting on it
 - 7. Motor
 - 8. All of the above
 - 9. Permanent magnet

ASTRO SPEAK

ARIES



MAR 21 - APR 20

A flurry of shifts manifests from the cosmos as the Sagittarius moon connects with Neptune, Mercury, and the sun. While you may feel pulled in many directions, it'll be important that you stay focused and clear-headed if you're going to make the most of these vibes. Personal breakthroughs can come to fruition if you keep your head in the game, avoiding distraction or negative thought patterns.

LIBRA



SEP 24 - OCT 22

You may feel caught in a whirlwind as the moon continues its journey through Sagittarius, connecting with the Nodes of Fate, Neptune, Mercury, and the sun. This energy is perfect for owning who you are and the path that leads you there, gravitating only toward those who appreciate that which makes you unique. Receive positive reinforcements later tonight when the sun and Mercury align.

TAURUS



APR 21 - MAY 20

Don't hold back when it comes to seeking change, dear Taurus, as the Sagittarius moon connects with the Nodes of Fate, Neptune, Mercury, and the sun. This cosmic climate will help you dig deep within, though you may need to pull away from distracting electronics and social spheres. Find empowerment in the work you do, taking steps to reach your next great milestone.

SCORPIO



OCT 23 - NOV 22

Tap into your natural instincts as the Sagittarius moon aligns with the Nodes of Fate, dear Scorpio, taking your ego out of the equation to reveal truths from the universe and the depths of your soul. Take note of any epiphanies that can guide you toward the future, looking for strategy amongst your dreams. You'll sense a shift as evening settles in and the moon enters Capricorn.

GEMINI



MAY 21 - JUN 20

Your flirtatious side takes center stage as the moon continues its journey through Sagittarius, dearest Gemini, encouraging you to be yourself while gaining new friends. Use this energy to make full use of your charisma, looking for connections that offer romance, fulfillment, or fun. Just be mindful of healthy boundaries within yourself and others, taking care to maintain appropriate conversations.

SAGITTARIUS



NOV 23 - DEC 22

You'll move at full speed as the moon moves through your sign, Sagittarius, forming connections with the Nodes of Fate, Neptune, Mercury, and the sun. Let your boldest and most unique qualities shine brightly, carving out a path that supports your truth. Just try not to let your heart mislead you, considering what you want versus what your family expects.

CANCER



JUN 22 - JUL 23

You won't have much time for leisure or fun throughout the first half of your day. This cosmic climate will put you into high drive, sharpening your focus when it comes to projects, tasks, and responsibilities that need your attention. Lean into these vibes by handling the boring yet necessary parts of life, but try not to let your thoughts drift too far away when dealing with the mundane.

CAPRICORN



DEC 23 - JUL 20

Follow your heart as the Sagittarius moon aligns with the Nodes of Fate, dear Capricorn, trusting that you can break through barriers that once held you back. Just avoid throwing caution to the wind as Neptune activates, threatening to cloud your judgment. You'll sense a shift this evening when the moon enters your sign, forming a sweet connection to Saturn, lifting your spirits, and sharpening the mind.

LEO



JUL 24 - AUG 23

An artistic and psychically charged energy surrounds you this morning, dear Leo, as the Sagittarius moon aligns with the Nodes of Fate. Pay attention to your thoughts, creative urges, and passions, allowing divine inspiration to flow through. Watch out for confusion where commitment is concerned when the moon migrates into Capricorn, pushing creativity and fun to the forefront of your mind.

AQUARIUS



JAN 21 - FEB 23

It's a big day for making connections and using your voice, dearest Aquarius, as the Sagittarius moon aligns with the Nodes of Fate. Allow your natural curiosity and stellar intellect to guide your conversations, steering toward new friendships and professional alliances. Just be sure to connect with your body while navigating these vibes, staying grounded in the present through all five senses.

VIRGO



AUG 24 - SEP 23

Rehashing the past could bring forth a renewed perspective. Honor your emotions and the physical experiences that shaped your heart, tapping into memories, both good and bad, from a different angle. Do something nice for yourself when the moon migrates into Capricorn, pushing creativity and fun to the forefront of your mind.

PISCES



FEB 20 - MAR 20

The Sagittarius moon brings a rush of energy to your solar tenth house, dear Pisces, putting your public life under a cosmic spotlight. Though it would be easy to get carried away on a cloud of attention, a harsh connection between Luna and Neptune suggests it may be best to keep a cooler demeanor. Look for opportunities that seem secure and safe, planting seeds for a better future.