



DURGA PRACTICE MANUAL

Midwest Dharma Wheel Lincoln, Nebraska

Prepared by Sreedevi K. Bringi

www.shakti-institute.com

with technical assistance from Ari Kronen

Introduction to Goddess Durgā

Goddess Durgā / Śakti is the female warrior and destroyer of demons. Durgā is depicted with multiple hands, offering protection to devotees from all directions of space. Durgā rides the powerful lion, harnessing and transforming our animal nature. Her sharp sword cuts through māyā (illusion). Śiva's trident represents the three śaktis (powers) of *icchā* (divine will), *jñāna* (knowledge), and *kriyā* (action). Viṣṇu's whirling chakra/disc is both the wheel of Life and the destruction of our attachment to saṃsāra (cycle of birth, karma, death and rebirth). Durgā's shield with the bow-and-arrow offer Her protection energy to devotees. The lotus promises fulfillment and self-realization. In the 6th century Goddess epic, Devī Māhātmyam, Durgā as Māhadevī (Supreme Goddess), recruits her sister goddesses Kālī, Lakṣmī, Sarasvatī, in their wrathful forms, to destroy a vast army of demons in the war of good over evil. Mother Durgā is the fiercely protective Universal mother energy.



Invocation to Goddess Durgā / Māhadevī

Salutations to Mother Durgā, auspicious Goddess who bestows good fortune! Mother of the three realms / lokas, you who grant abundance to devotees who surrender to you! O fair Goddess Gaurī, the abode of humankind!

सर्वमङ्गलमाङ्गल्ये शिवे सर्वार्थसाधिके ।

शरण्ये त्र्यम्बके गौरि नारायणि नमोऽस्तु ते ॥

sarva - maṅgala - māṅgalye śive sarvārtha - sādhiḱe ।

śaraṇye tryambake gaurī nārāyaṇi namo'stu te ॥

108 Names of Goddess Durgā – Condensed Translation

Salutations: To the auspicious Goddess Śrī; To Goddess Girijā, born of the hills; To Śiva's consort Umā, and the mother of Gaṇeśa. Endless praise to the victorious Goddess, destroyer of evil, and auspicious protector! Salutations: To Goddess Kāmākṣī, who awakens desire; To the Goddess who guards the naval chakra; To Sumaṅgalī, ever-auspicious Goddess, and to Nityā, the eternal Goddess.

Salutations: To Goddess Hīṅkārī, embodiment of sacred sound and mantra; To the large-eyed Goddess of sacred voice and personification of speech; To Goddess Svāhā, embodiment of sacred oblations, and to the Goddess who embodies all classifications of existence.

Salutations: To Kuṇḍalinī, serpent-Goddess, coiled like a pot at the base of the spine; To Saraswati, who flows eternally towards the Self, whose consciousness is perfect, complete and as pure as a white swan! Salutations: To Kamalā, Lotus-Goddess of Liberation, who is reached by all seekers, and to Gaurī, the fair and pure Goddess. Salutations: To She of divine secrets and mysteries; To Goddess Satyā, embodiment of truth, and to Goddess Nirvikalpā, who is free of false ideations. Salutations: To Goddess Niraṅjanā, She who is unfettered and boundless; To Salajjā, Goddess of modesty and right conduct, and embodiment of nobility. Salutations: To the Goddess as the embodiment of subtle energy; To She who embodies Prājñā, the power of awakened wisdom, and to the Goddess of true knowledge and bliss.

Salutations: To Māyā, She who rules over the power of illusion; To Mātangi, redeemer of the oppressed, and to wrathful, invincible Durgā, riding Her lion while crushing the forces of egoic desire. Salutations to that Goddess who destroys the enemies of her devotees in fierce anger! Salutations: To Chaṇḍī, wrathful form of Goddess Śakti; To Bhairavī, fierce Goddess and consort to Śiva; To Kālī, the dark Goddess, demon-slayer and recycler of souls, and to the ascetic Goddess, destroyer of delusions. Salutations: To the one who hunts and crushes demons; To Mahālakṣmī, the great / wrathful form of Goddess Lakṣmī, and to the beloved consort of Śiva, the destroyer Hara. Salutations to Durgā, She who obliterates all obstacles, and ferociously brings us toward liberation. Salutations: To that Goddess who embodies fire; To Great Goddess Mahāsiddhī, who embodies the siddhis (empowerments); To the Goddess who is the essence of ritual fire offerings, and to the one who is armed with the trident. Salutations: To Maheśvarī, birthed from the intention and power of the triune deities: Brahma, Viṣṇu, and Śiva.

Salutations: To the never-born Goddess of transcendence; To that Goddess who is consort to Indra, deity of celestial insight, and to the Goddess of prosperity, who embodies the earth's tranquility and abundance, whose grace is sweet like honey. Salutations: To Tārā, the one who ferries souls through Saṃsāra, from duality to non-duality; To the immovable Goddess; To the Goddess who embodies each day, and to Prabhā, who is radiant like the sun. Salutations: To She who embodies the healing moonlight; To She who releases us from the darkness of our tamas temperament, and to the most passionate one.

Salutations: To Lalitā, Goddess of blissful cosmic play (līlā); To Kumārī, Goddess of youthful beauty; To the Goddess with a beautiful countenance, and to She who brings pleasure to all. Salutations: To Śobhā, Goddess of brilliant splendor; To the noble Goddess, Āryā, and To Mālinī, the one who is honored with garlands; To Goddess Ambikā, Divine Mother; To Śāmbhavī, embodiment of benevolent welfare, and to Goddess Maitreyī, embodiment of compassion. Salutations: To the beatific Goddess; To the one who ensures we receive love; To She who brings joy and success to all, and to She who grants what is dear to us.

Salutations: To the three-eyed Goddess, consort of Śiva, She who dwells within and protects the three realms of the universe. Salutations: To Goddess Trīśaktī, manifesting the three powers of Action, Thinking, and Feeling; To Goddess Trivarnā, embodiment of the three classes of souls as three colors: Black, red, and white. Salutations: To She who embodies the three primary vowel-sounds, and the three great utterances for the realms of existence in the Gāyatrī mantra. Salutations: To Goddess Triguṇā, embodiment of the three guṇas; To Goddess Nirguṇā, who transcends all three guṇas, and to the great Tripurasundarī, resplendent Goddess of the three domains of being. Salutations to the Goddess who embodies the thrice-repeated prayers of sunset, twilight, and sunrise.

Salutations to that Goddess whose form is the entire universe, and as Bhuvaneśvari, She who rules the universe of becoming. Salutations to Durgāparameśvarī, the Goddess Durgā, supreme, sovereign, and exalted.

108 Names of Goddess Durgā – Roman Transliteration

01. | om śrīyai namaḥ |
02. | om umāyai namaḥ |
03. | om bhāratyai namaḥ |
04. | om bhadṛāyai namaḥ |
05. | om śarvānyai namaḥ |
06. | om vijayāyai namaḥ |
07. | om jayāyai namaḥ |
08. | om vāṇyai namaḥ |
09. | om sarva - gatāyai namaḥ |
10. | om gauryai namaḥ |
11. | om vārāhyai namaḥ |
12. | om kamala - priyāyai namaḥ |
13. | om sarasvatyai namaḥ |
14. | om kamalāyai namaḥ |
15. | om māyāyai namaḥ |
16. | om mātaṅgyai namaḥ |
17. | om aparāyai namaḥ |
18. | om ajāyai namaḥ |
19. | om śāṅka - bharyai namaḥ |
20. | om śivāyai namaḥ |
21. | om caṇḍāyai namaḥ |
22. | om kuṇḍalyai namaḥ |
23. | om vaiṣṇavyai namaḥ |
24. | om kriyāyai namaḥ |
25. | om śrīyai namaḥ |

26. | om̐ aindrayai namaḥ |
27. | om̐ madhu - matyai namaḥ |
28. | om̐ girijāyai namaḥ |
29. | om̐ subhagāyai namaḥ |
30. | om̐ ambikāyai namaḥ |
31. | om̐ tārāyai namaḥ |
32. | om̐ padmā - vatyai namaḥ |
33. | om̐ haṇṣāyai namaḥ |
34. | om̐ padma - nābha - sahodaryai namaḥ |
35. | om̐ aparṇāyai namaḥ |
36. | om̐ lalitāyai namaḥ |
37. | om̐ dhātryai namaḥ |
38. | om̐ kumāryai namaḥ |
39. | om̐ siṃha - vāhinyai namaḥ |
40. | om̐ śāmbhavyai namaḥ |
41. | om̐ sumukhyai namaḥ |
42. | om̐ maitryai namaḥ |
43. | om̐ tri - netrāyai namaḥ |
44. | om̐ viśva - rūpiṇyai namaḥ |
45. | om̐ āryāyai namaḥ |
46. | om̐ mṛḍānyai namaḥ |
47. | om̐ hīṅkāryai namaḥ |
48. | om̐ krodhinyai namaḥ |
49. | om̐ sudināyai namaḥ |
50. | om̐ acalāyai namaḥ |
51. | om̐ sūkṣmāyai namaḥ |
52. | om̐ parāt - parāyai namaḥ |
53. | om̐ śobhāyai namaḥ |
54. | om̐ sarva - varṇāyai namaḥ |
55. | om̐ hara - priyāyai namaḥ |
56. | om̐ mahā - lakṣmyai namaḥ |
57. | om̐ mahā - siddhyai namaḥ |
58. | om̐ svadhāyai namaḥ |
59. | om̐ svāhāyai namaḥ |
60. | om̐ mano - manyai namaḥ |
61. | om̐ tri - loka - pālīnyai namaḥ |
62. | om̐ udbhūtāyai namaḥ |
63. | om̐ tri - sandhyāyai namaḥ |
64. | om̐ tri - purān - takyai namaḥ |

65. | om tri - śaktyai namaḥ |
66. | om tri - padāyai namaḥ |
67. | om durgāyai namaḥ |
68. | om brāhmayai namaḥ |
69. | om tri - lokya - vāsinyai namaḥ |
70. | om puṣkarāyai namaḥ |
71. | om atrisutāyai namaḥ |
72. | om guḍhayai namaḥ |
73. | om tri - varṇāyai namaḥ |
74. | om tri - svarāyai namaḥ |
75. | om tri - guṇāyai namaḥ |
76. | om nirguṇāyai namaḥ |
77. | om satyāyai namaḥ |
78. | om nirvi - kalpāyai namaḥ |
79. | om niraṇjinyai namaḥ |
80. | om jvālīnyai namaḥ |
81. | om mālinyai namaḥ |
82. | om carcāyai namaḥ |
83. | om kravvyādopa nibarhiṇyai namaḥ |
84. | om kāmākṣyai namaḥ |
85. | om kāmīnyai namaḥ |
86. | om kāntāyai namaḥ |
87. | om kāmādāyai namaḥ |
88. | om kalaham - sinyai namaḥ |
89. | om salajjāyai namaḥ |
90. | om kulajāyai namaḥ |
91. | om prājñyai namaḥ |
92. | om prabhāyai namaḥ |
93. | om madana - sundaryai namaḥ |
94. | om vāgīś - varyai namaḥ |
95. | om viśālākṣyai namaḥ |
96. | om sumaṅgalyai namaḥ |
97. | om kālyai namaḥ |
98. | om maheś - varyai namaḥ |
99. | om caṇḍyai namaḥ |
100. | om bhairavyai namaḥ |
101. | om bhuvaneś - varyai namaḥ |
102. | om nityāyai namaḥ |
103. | om sānandavi - bhavāyai namaḥ |

104. | om̐ satya - jñānāyai namaḥ |
 105. | om̐ tamopahāyai namaḥ |
 106. | om̐ maheśvara - priyaṅkaryai namaḥ |
 107. | om̐ mahā - tripura - sundaryai namaḥ |
 108. | om̐ durgā-parameś-varyai namaḥ |

DURGĀ GODDESS WORSHIP (PŪJĀ)

1. Self-Purification (ātma-śuddhi):

While sipping water from right palm for each mantra

Om̐ achutāya namaḥ, Om̐ anantāya namaḥ, Om̐ govindāya namaḥ

I honor the Immovable Divine, the Infinite Divine and the Lord of the Senses

2. Breath-Purification (prāṇayāma):

Do 3 or 7 rounds of alternate nostril breathing: (nāḍi-śuddhi)

3. Purification of Energy Field for worship:

Priest only: Two Vedic chants. “Om̐ āgamārthantu devānāṃ.....” and “apasarpantu.....”

4. Altar Worship (pūjā):

For indoor lamp pūjā:

Om̐ dīpāyai namaḥ

For outdoor fire ritual (*homa*): **Om̐ homa - pātrāyai namaḥ**

5. Worship Resolve (saṅkalpa):

Now, in this auspicious moment, in the time of eternity, in the place of Omnipresence, on this auspicious day, may we please you, O Goddess Durgā. So that we may attain devotion, wisdom and dispassion, we undertake to perform this worship of Durgā/Mahādevī.

6. Prayer to Lord Gaṇeśa, Remover of Obstacles:

Om̐. O Lord Gaṇeśa, dressed in resplendent white, pervading the universe, shining radiantly like the moon, having 4 mighty arms and a happy face, I mediate on you. May you pacify/remove all obstacles.

**Om̐ śuklām-baradharam viśnum śaśivarṇam chaturbhujam
 prasanna - vadanam dhyāyet sarva - vighnopa śāntaye**

7. Honoring the Inner-Self (ātma pūjā):

Apply sacred ash and red powder (kumkum) on your forehead and pray:

Om̐ ātmane namaḥ (touch heart)

Salutations to the Self

Om̐ antarātmāne namaḥ (touch throat)

Salutations to the immanent Self

Om̐ jñānātmāne namaḥ (touch third eye)

Salutations to the Wisdom Self

Om̐ paramātmāne namaḥ (touch top of head)

Salutations to the transcendental Self

Place a flower on your head: Om̐ ātma - pūjā samarpayāmi

I complete the worship of the Self

8. Purificatory Sipping (āchamanīyam):

Offer a spoonful of pure water to Goddess Durgā, visualizing Her sipping it:

Om Durgāyai namaḥ āchamanīyam samarpayāmi

Now sip the water

9. Calling on Durgā: *offer flowers, turmeric-coated rice*

Om Mahādevyai cha vidmahe kanyā - kumari dhīmahi tanno durgī prachodayāt

We meditate on the the Ever Pure One, contemplate on the Daughter without flaws, or imperfections. May that Goddess Durgā grant us increasing Grace.

10. Food Offering (naivedyam):

While sprinkling water around prepared sweet/food offering, chant the mantras honoring the 5 subtle breaths that are manifested from food:

**Om prāṇāya svāhā, Om apānāya svāhā, Om vyānāya svāhā,
Om udānāya svāhā, Om samānāya svāhā, Om brahmaṇe svāhā.**

11. Mantras To Various Deities:

Offer flower petals/ turmeric-rice while reciting mantras below to various deities:

To Lord Shiva:

Om namaḥ śivāya *(pray for serenity, wisdom)*

To Goddess Durgā: *(pray for strength, courage, power to act)*

Om dūm Durgāyai namaḥ

To Kālī: *(pray to release ignorance and resistance)*

Om klīm mahā-kālyai namaḥ

To Lakshmi: *(pray for abundance/acceptance/giving and sharing)*

Om śrīm mahā-lakṣmyai namaḥ

To Goddess Sarasvatī: *(pray for wisdom and discernment)*

Om aiṁ sarasvatī devyai namaḥ

To Goddess Durgā/Mahādevī: *(pray for spiritual union with Durgā)*

Om aiṁ hrīm klīm Chāmunḍāyai vicche svāhā

I offer my ego for dissolution to Goddess Chāmunḍī/Chāṇḍikā, to be chopped off with Her diamond sword of light and discernment.

12. Reciting Sample Names of Durgā:

Choose some or all names from the earlier section of 108 Durgā names... Examples follow:

om śrīyai namaḥ *(Salutations to the auspicious Goddess, Śrī).*

om umāyai namaḥ *(Salutations to Umā, Lord Śiva's consort, and mother of Gaṇeśa).*

om bhāratyai namaḥ *(Salutations to Bhārātī, who personifies sacred speech). Etc... Etc...*

13. Benediction / āraṭi (camphor flame offering):

While slowly waving camphor flame three times in-front of the deity, recite some or all verses from the Devīsūktam (yā devī hymn) at the end of this practice manual.

Sample verse:

yā devī sarvabhūteṣu śaktirūpeṇa saṁsthitā |
namastasyai namastasyai namastasyai namo namaḥ
Etc... Etc...

14. Closing Prayers:

Om lokāha samastāha sukhino bhavantu (3 times – May all beings in all realms be happy!)

Om asato mā sad - gamaya (Lead me from untruth to truth)

tamaso mā jyotir - gamaya (Lead me from darkness to light)

mṛityor - mā amritaṁ - gamaya (Lead me from death to immortality)

Om śāntiḥ śāntiḥ śāntiḥ (Om peace, peace, peace, peace!)

Om śri gurubhyo namaḥ (Salutations to all teachers)... **harihi om**

Goddess Hymn Devīsūktam (yā devī) – Condensed Translation

(Sourced from Goddess Text “Devī Māhātmyam”)

Salutations always to that great Goddess, the manifesting power of consciousness! O auspicious Goddess, who grants us her protection and benevolence! O wrathful Goddess of the earth, she who is fair and luminous as the moon, embodying the light of consciousness! Continuous salutations to the ever-blissful Goddess.

To that Goddess who grants to us compassionate welfare, prosperity, and psychic powers! O guardian of the earth, we offer salutations to you who increase abundance and wealth, and gives us refuge. To Durgā, who overpowers the demon of illusion, who supports all activity and is the essence of all reality; Salutations to that most celebrated Goddess, maker of illusion, who attracts all beings to Her own Self.

To that Goddess, who is both extremely benevolent and fierce, Salutations! Salutations to Devī, who is supporter of the phenomenal world, and all activity within it. O Goddess, who is embodied in all living beings, also manifest as the power of illusion in the unconscious mind; Salutations to Her again, and again!

To that Goddess, who is present as activated consciousness, as well as discernment in all living beings; To that Goddess, who is present in all beings in the form of sleep, as well as hunger; Salutations to Her again, and again! To that Goddess, who is present in all living beings as the shadow-self, as well as the activating power; To that Goddess, who is present as thirst, as well as patient endurance in all living beings; Salutations to Her again, and again!

To that Goddess, who is manifest as classification systems in all beings; Salutations! She who is present in all beings as modesty and shyness, manifesting as peace, as well as faith; Salutations to that Goddess, who is present in all beings in the form of beauty, splendor and abundance; To that Goddess, who is present in all beings as manifesting action, as well as memory; Salutations to Her again, and again!

To that Goddess, who is present in all beings in the form of mercy and contentment; Salutations! To that Goddess, who is the Mother energy in all beings; Salutations! To that Goddess, Who is present in all beings in the form of delusion and the conditioned mind; To that Goddess who is manifest in everything, and pervades the entire universe — Salutations to Her again, and again!

To that Goddess who was honored by divine beings, with all their acquired wealth — May that auspicious Goddess bring good fortune and benevolence to us! May She also destroy any impending calamities! May that Goddess annihilate our current existential crisis, while we are being attacked by demonic forces. We are filled with devotion to Her!

Devīsūktam Hymn (yā devī) – Roman Transliteration

**namo devyai mahādevyai śivāyai satataṁ namaḥ |
namaḥ prakṛtyai bhadṛāyai niyatāḥ praṇatāḥ smatām ||1||**

**raudrāyai namo nityāyai gauryai dhātryai namo namaḥ |
jyotsnāyai cendurūpiṇyai sukhāyai satataṁ namaḥ ||2||**

**kalyāṇyai praṇatām vṛddhyai siddhyai kurmo namo namaḥ |
nairṛtyai bhūbhṛtām lakṣmyai śarvāṇyai te namo namaḥ ||3||**

**durgāyai durgapārāyai sārāyai sarvakāriṇyai |
khyātyai tathaiva kṛṣṇāyai dhūmrāyai satataṁ namaḥ ||4||**

**atisaumyātiraudrāyai natāstasyai namo namaḥ |
namo jagatpratiṣṭhāyai devyai kṛtyai namo namaḥ ||5||**

**yā devī sarvabhūteṣu viṣṇumāyeti śabditā |
namastasyai namastasyai namastasyai namo namaḥ ||6||**

**yā devī sarvabhūteṣu cetanetyabhidhīyate |
namastasyai namastasyai namastasyai namo namaḥ ||7||**

**yā devī sarvabhūteṣu buddhirūpeṇa saṁsthitā |
namastasyai namastasyai namastasyai namo namaḥ ||8||**

yā devī sarvabhūteṣu nidrārūpeṇa saṁsthitā |
namastasyai namastasyai namastasyai namo namaḥ ||9||

yā devī sarvabhūteṣu kṣudhārūpeṇa saṁsthitā |
namastasyai namastasyai namastasyai namo namaḥ ||10||

yā devī sarvabhūteṣu chāyārūpeṇa saṁsthitā |
namastasyai namastasyai namastasyai namo namaḥ ||11||

yā devī sarvabhūteṣu śaktirūpeṇa saṁsthitā |
namastasyai namastasyai namastasyai namo namaḥ ||12||

yā devī sarvabhūteṣu tṛṣṇārūpeṇa saṁsthitā |
namastasyai namastasyai namastasyai namo namaḥ ||13||

yā devī sarvabhūteṣu kṣāntirūpeṇa saṁsthitā |
namastasyai namastasyai namastasyai namo namaḥ ||14||

yā devī sarvabhūteṣu jātirūpeṇa saṁsthitā |
namastasyai namastasyai namastasyai namo namaḥ ||15||

yā devī sarvabhūteṣu lajjārūpeṇa saṁsthitā |
namastasyai namastasyai namastasyai namo namaḥ ||16||

yā devī sarvabhūteṣu śāntirūpeṇa saṁsthitā |
namastasyai namastasyai namastasyai namo namaḥ ||17||

yā devī sarvabhūteṣu śraddhārūpeṇa saṁsthitā |
namastasyai namastasyai namastasyai namo namaḥ ||18||

yā devī sarvabhūteṣu kāntirūpeṇa saṁsthitā |
namastasyai namastasyai namastasyai namo namaḥ ||19||

yā devī sarvabhūteṣu lakṣmīrūpeṇa saṁsthitā |
namastasyai namastasyai namastasyai namo namaḥ ||20||

yā devī sarvabhūteṣu vṛttirūpeṇa saṁsthitā |
namastasyai namastasyai namastasyai namo namaḥ ||21||

yā devī sarvabhūteṣu smṛtirūpeṇa saṁsthitā |
namastasyai namastasyai namastasyai namo namaḥ ||22||

yā devī sarvabhūteṣu dayārūpeṇa saṁsthitā |
namastasyai namastasyai namastasyai namo namaḥ ||23||

yā devī sarvabhūteṣu tuṣṭirūpeṇa saṁsthitā |
namastasyai namastasyai namastasyai namo namaḥ ||24||

yā devī sarvabhūteṣu mātṛrūpeṇa saṁsthitā |
namastasyai namastasyai namastasyai namo namaḥ ||25||

yā devī sarvabhūteṣu bhrāntirūpeṇa saṁsthitā |
namastasyai namastasyai namastasyai namo namaḥ ||26||

indriyāṇāmadhiṣṭhātrī bhūtānām cākhileṣu yā |
bhūteṣu satataṁ tasyai vyāptyai daivyai namo namaḥ ||27||

cittirūpeṇa yā kṛtsnametadvyāpya sthitām jagat |
namastasyai namastasyai namastasyai namo namaḥ ||28||

stutā suraiḥ pūrvamabhīṣṭasaṁśrayāttathā surendreṇa dineṣu sevītā ||
karotu sā naḥ śubhaheturīśvarī śubhāni bhadraṇyabhihantu cāpadaḥ ||29||

yā sāmprataṁ coddhatadaityatāpitairasmābhirīśā ca surairnamasyate |
yā ca smṛtā tatkṣaṇameva hanti naḥ sarvāpado bhaktivinamramūrtibhiḥ
||30||