

The Real Way of Celebrating The Festivals of Navaraatri and Dasharaa



Guruji Swami Sri Yogi Satyam explaining the real meaning of Navaraatri and Dasharaa in the light of Kriyayoga.

With Excerpts by Guruji Swami Shree Yogi Satyam

Navaraatri is the grand festival celebrated in India which symbolises removing the darkness or evil tendencies and glorifying oneself with the great light of divinity. It can be understood by looking at the molecular explanation of the word Navaraatri. Each word is like a molecule and has a deeper meaning behind it. In the word Navaraatri Nav means nine and Raatri means night which symbolizes darkness or evils. As such, the purpose of the festival is to overcome the nine types of darkness or evils - lust, anger, greed, illusion, pride, habit, ego, ignorance, and the evil or darkness of the unknown. As one

overcomes these evils, one realizes ones' infinite form, that which is represented by the festival of Dasharaa, that follows Navaraatri.



Kriyayoga programme in Karodamath, India.

The festival of Navaraatri is celebrated widely by Indians all over the world twice each year. It is celebrated for the significant purpose of invoking energy within by offering devotional prayer to God in the form of Divine Mother. The festival is celebrated over nine days, after which the grand festival of Dasharaa is celebrated. The practices observed during Navaraatri and Dasharaa can be scientifically proven to be most beneficial for mankind to lead one towards realizing the highest potential within. Many of the festivals originated for this purpose, however, over time, due to a change in the understanding level of people, the style of celebration changed, becoming more symbolic in nature.

The exact period of the festival of Navaraatri is based on the lunar calendar and falls in the months of March/April and September/October of each year. This is the period of change in climatic condition from hot to cold and vice versa. To maintain perfect health during this mutation period, a special change in overall diet and lifestyle is required.

During the change of seasons, we feel the different changes within the body, such as hot, cold, lightness, heaviness, pain etc. which increases our concentration on self. By different varieties of changes, we feel our body more and more. When our concentration is placed on the body at this stage, energy is automatically generated within. We therefore need to reduce the intake of food, or we may experience changes within that are intolerable to us. We term these changes as illness or sickness. During Navaraatri, which lasts about nine days, minimum food is consumed only once in the day. A person adheres to a restricted diet, mainly consisting of fruit and other non-grain foods, which is most scientific in nature and beneficial for this period of climatic changes which bring changes in the body.

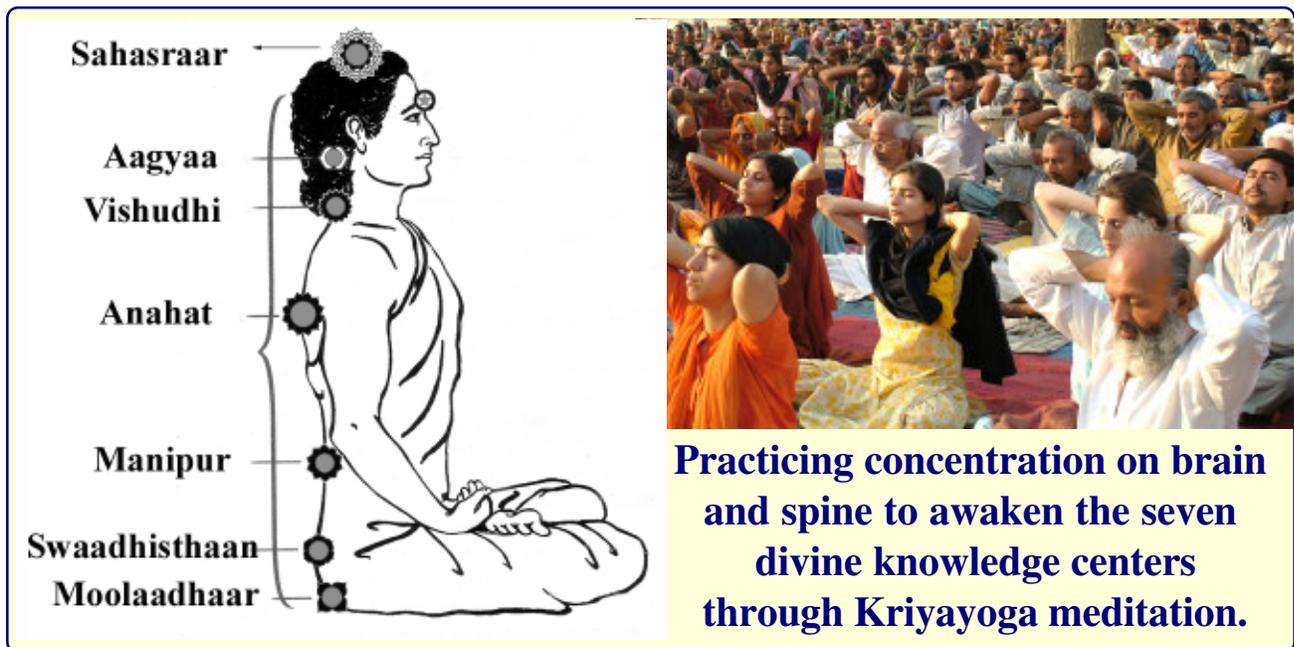
By following a restricted diet and offering prayer, one may experience some level of peace and perhaps even good health. However, because it is forced upon oneself, and hence unnatural, it may bring about undesirable effects; for example, indulgence in the thought of food through the day or overstuffing oneself during eating to make up for the long gap of time. New recipes are invented to make the food more interesting during the fasting period. At the end of the festival, mouth-watering delicacies are prepared for a grand celebration. Thus there is little emphasis placed on realizing the aim of Navaraatri.

What is the meaning of Navaraatri and Dasharaa?

Navaraatri is comprised of two words nava and raatri. Nava means nine and Raatri means night which symbolizes darkness or evils. As such, the purpose of the festival is to overcome the nine types of darkness or evils - lust, anger, greed, illusion, pride, habit, ego, ignorance, and the evil or darkness of the unknown. As one overcomes these evils, one realizes ones' infinite form, which is represented by the festival of Dasharaa, that follows Navaraatri. It is generally understood that on the festival day of Dasharaa, the evil king, Ravana, was known to be killed by the good Divine King - Lord Ram, as described in The

Ramayana. This scenario actually represents the victory over evil forces by the force of infinite love. The force of infinite love is manifested in one as the senses are awakened or empowered to project their infinite form. Awakening of the infinite power of senses is symbolically celebrated as Dasharaa festival. It can be understood by explaining the word Dasharaa which is comprised of the two words Das and Harra. Das means ten, representing the ten senses and harra means green, representing to become enriched or empowered. Therefore, Dasharaa is the celebration of attaining the infinite power of senses.

How can we truly celebrate Navaraatri and Dasharaa as a true devotee of God?

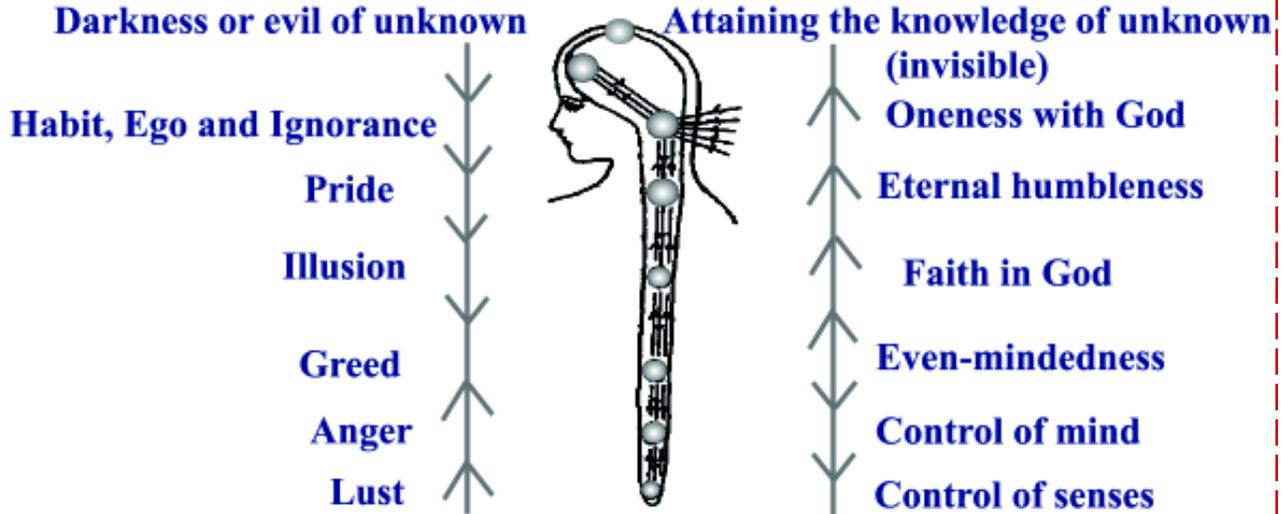


Kriyayoga practice is the real celebration of Navaraatri and Dasharaa. In the practice of Kriyayoga the practitioner increases concentration on the brain and spine where the seven divine knowledge centers are present. These knowledge centers are described in the yogic text as seven chakras known as Moolaadhaar, Swaadhisthaan, Manipur, Anahat, Vishudhi, Aagyaa, Sahasraar. In the brain and spine, life current flows from upward to downward and downward to upward. Here upward flow means from Mulaadhar to Aagya and downward flow means from Aagya to Mulaadhar. When the downward flow of life current is more than the upward flow we feel ourself in the limited form and we are caught in the darkness of the nine evil forces- lust, anger, greed, illusion, pride, habit, ego, ignorance and unknown. Through the practice of Kriyayoga, the practitioner increases the upward flow of life current in the brain and spine by which he overcomes darkness or evil powers and awakens the angelic powers within. The angelic powers are known as

KRIYAYOGA PRACTICE IS THE REAL CELEBRATION OF NAVARAATRI AND DASHARAA

The downward flow of life current increases the darkness or evil forces within.

The upward flow of life current glorifies self with the light of divinity.



Dam- control of senses, **Sham-** control of mind, **Titiksha-** even-mindedness, **Uparati-** faith in God, **Shraddhaa-** eternal humbleness, **Samaadhaan-** oneness with God. Kriyayoga practice transforms all the evil forces into divine forces and thus one feels oneself glorified with divinity. This transformation of evil forces or darkness into the great light of divinity is symbolically celebrated as **Navaraatri and Dasharaa**.

Practising Kriyayoga is living the highest life style which brings all kinds of discipline in the most natural form. At this stage, practising any discipline is not forced upon self but we naturally like and follow everything which is best for us. For instance, as mentioned before, during the change of seasons we feel our body more than usual by which energy increases within and we need less intake of food. With the practice of Kriyayoga, the practitioner becomes more aware of the internal changes that occur and the life-force within. Therefore, one automatically has less of a desire to eat, complementing the increased energy level within. In this way, life-force is not expended unnecessarily, but instead, is used for the work of increasing the power of mind and senses to realize infinite potential within.

Kriyayoga practice is the real and highest way of celebrating festivals such as Navaraatri and Dasharaa to eliminate the darkness or evil forces and to glorify oneself with the great light of divine angelic powers. This is the journey from human to angelic consciousness, from finite to infinite.

For more details on Kriyayoga diet, please see the Dietary Information II.