



om gaṇeśāya namaḥ

om tārāyai namaḥ



Mā Tārā Sādhanā for Ashādha Navarātri '26

YouTube Link: [Ashadha Gupt Navaratri Sadhana | Rajarshi Nandy](#)

When to do this Sādhanā

This Sādhanā is to be done only by those who have completed at least one round of the 16-week Mā Tārā Sādhanā.

This sadhana is to be performed during Ashādha Navratri Dates. In India, it starts on the 15th July 2026, up to the 23rd July 2026.

Please check drikpanchang for accurate timings for your location. ([2026 Ashadha Navratri Calendar for New Delhi, NCT, India](#))

What Saṅkalpa to Take

Simple Saṅkalpa for Devata preeti:

माँ ताराप्रीत्यर्थ माँ तारानुग्रहार्थ यथाशक्ति जपं करिष्ये।	mā tārā prītyartham, mā tārā anugrahārtham yathāśakti japaṁ kariṣye.
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Mantra to do Japa

ॐ ह्रीं उग्रतारायै नीलसरस्वत्यै नमः ॥	om hrīm ugratārāyai nīlasarasvatyai namaḥ ॥
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What to Offer

1. Gandham



2. Pushpam / Flowers
3. Dhoop
4. Deep (Akhand Diya if possible)
5. Naivedyam

Sāadhanā Procedure

1. Keep a photo of Mā Tārā of Tārāpīth
2. Do ācamana.
3. Light a diya, and agarbattī or dhoop.
4. Pray to the Guru Tatva for protection and guidance.
5. Chant ॐ भैरवाय नमः (om bhairavāya namaḥ) at least 10 times (not 10 mālās).
6. Perform Panchopachara Puja to Ma Tara.

Gandha – Apply kumkum, chandan or sindoor	लं पृथिव्यात्मने नमः। गन्धं समर्पयामि।	laṃ pṛthivyātmāne namaḥ। gandhaṃ samarpayāmi।
Pushpa – Offer fresh flowers (as per devata preference)	हं आकाशात्मने नमः। पुष्पं पूजयामि।	haṃ ākāśātmāne namaḥ। puṣpaṃ pūjayāmi।
Dhupa – Wave incense (agarbatti, loban, or natural dhoop)	यं वाय्वात्मने नमः। धूपं आघ्रपयामि।	yaṃ vāyvātmāne namaḥ। dhūpaṃ arghapayāmi।
Offer Naivedyam	वं अमृतात्मने नमः। नैवेद्यं समर्पयामि।	vaṃ amṛtātmāne namaḥ। naivedyaṃ samarpayāmi।
Show deepam to the devata	रं अग्न्यात्मने नमः। दीपं दर्शयामि।	raṃ agnyātmāne namaḥ। dīpaṃ darśayāmi।
Offer a flower/akshata to the devata	सं सर्वात्मने नमः। सर्वोपचारं समर्पयामि।	saṃ sarvātmāne namaḥ। sarovacāraṃ samarpayāmi।

Mentally say: Please accept this humble offering. Mentally bow down to your devata to accept the offerings and seek the devata's permission to start the sadhana.

7. Chant the Mā Tārā mantra mentioned above, 36 mālās.
8. Lemon Bali may be given during Sandhi Kāla (either 1 or 3 lemons).
9. At the end of the Sāadhanā, you can chant the Mā Tārā Aṣṭottara Nāma either once or three times and meditate on the form of Mā Tārā.



Samarpaṇa Mantra

This mantra is to be chanted at the end of the Sāadhanā.

गुह्यातिगुह्यगोप्त्री त्वं गृहाणास्मत्कृतं जपम् । सिद्धिर्भवतु मे देवि त्वत्प्रसादान्मयि स्थिरा ॥	guhyātiguhyā-goptrī tvam grhāṇāsmatkṛtaṁ japam । siddhirbhavatu me devi tvatprasādānmayi sthirā ॥
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Sandhi Kāla Bali

1. Lemon Bali (either 1 or 3 lemons) may be offered during the Sandhi Kāla time.
2. Sandhi Kāla time is between 4:52 am IST and 5:40 am IST on 22nd July 2026. Please check [drikpanchang](http://drikpanchang.com) for accurate timings for your location

Concluding the Sāadhanā

1. At the end of the Sāadhanā, offer a coconut, Diya, Naivedyam and a Vastra (new cloth or Saree) at any nearby Devi temple, or online at the Mā Tārā temple at Tarapith.
2. Homa can be done with the mantra (1/10th count of the total number of Japa done). See Homa guidelines for procedural details.
3. Feed at least one little girl or, if not possible, give a donation to any organization that takes care of little girls.

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