



Kāmākhyā Anushthāna & Ghatasthāpana

This simple sādhana of Ma Kamakhya is recommended for Magha Navratri. It can bring great blessings for ordinary upāsakas when done correctly.

Youtube Video: [📺 Magha Gupt Navaratri 2026 | Rajarshi Nandy](#)

Magha Gupta Navratri Dates: [2026 Magha Gupta Navratri Calendar for New Delhi, NCT, India](#)

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Ghatasthāpana

Ghatasthapana is a process to invoke Mother Goddess into your home. The complete Ghatasthapana puja is done on the first day of the anushthana. Once the Ghatasthapana is completed on the first day, the ghata/kalash is considered as the living presence of Devi. From the 2nd day onwards, the ghata is worshipped as the swarupa of Ma and daily puja is done till the end of anushthana. On the final day, ghata visarjana is done to complete the puja.



Materials Needed

For Ghatasthapana (on Day 1)

1. Wide and open Clay Plate for base (see image above). A wide copper or brass plate can also be used.
2. Clay pot (*kalash or ghata*) — can also use copper or brass pot
3. A clay lid – can also use clay diya, or copper or brass lid.
 - a. This lid is roughly the size of the neck of the kalash or ghata)
4. Clean soil, ideally from Ganges or any river or any clean mud
5. Ideally *pancha dhanya* seeds (seeds of five different grains) or can use *jau* (barley) seeds
 - a. Hindu Puja stores normally sell pre-packaged sets of grains to be used
6. Ganga jal
7. Mouli / Kalawa (sacred red thread)
8. Attar or edible camphor
9. Pancha pallabha (five leaves representing the five vayus in the body). If not available, one can use 5 leaves of Mango or ashoka tree
10. Akshata (1 cup of unbroken rice)
11. 5 ratnas (gemstones) – if not available, may use 5 coins
12. Green coconut (used in Eastern India) or unpeeled brown coconut.
13. Red cotton cloth (for wrapping the coconut and optionally)



- a. If you plan to use a pedestal to place the kalasha setup, you may cover it with red cloth as well

14. Flowers

15. Durva grass (optional)

Akshata Preparation

Take some unbroken rice, and add kumkum, turmeric and a small amount of ghee and keep aside. This akshata can be used as a substitute whenever some puja material is unavailable such as flowers.

Ghatasthapana Procedure (First Day Only)

In this section, we describe the puja procedure for invocation of Ma Kamakhya into the ghata/kalash. All the steps mentioned in this section are to be done on **the first day of anushtana**.

Timing: Ghatasthapana can be done during any time on the first day of anushtana before sunset. Ghatasthapana should **NOT** be done after sunset.

Ghata Preparation

1. **Preparing the ghata:** First, take the ghata and tie the mauli/kalawa on the neck 9 times. On the Kalash draw a swastika with red sindur.
2. **Preparing the leaves:** Now, clean the pancha pallabha or five leaves representing the five vayus in the body with a wet cloth or water. Add one mark of sindur on each of the five leaves.
3. **Preparing the coconut:** Now, take the coconut and put five dots with sindur on the coconut. Place a red cloth on the coconut to cover as an offering of vastram. Or you may wrap the coconut with red cloth and then use a red thread to tie around it. While putting the thread, chant any mantra of kamakhya.. this is to protect the ghata/kalash.
4. **(Optional) Preparing the soil:** Now take the wide clay pot (the one which would be used to keep the Kalash) to sow the grains. Spread the first layer of the soil into the pot and then spread the grain seeds evenly. Avoid placing grains too much in the center. Now add the second layer of the soil and grains. In the second layer grains should be spread near the periphery of the pot. Now spread the third and final layer of the soil into the pot. If needed add little water to the pot to set the soil.

Ghata Setup Process

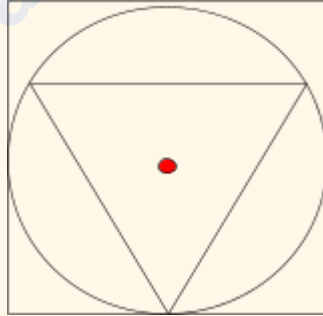
1. **Purify achamana water:** Place your right hand above the container of water, then place left hand on top of it and say the following mantra

ॐ क्रौं गङ्गे च यमुने चैव गोदावरि सरस्वति । नर्मदे सिन्धु कावेरी जलेऽस्मिन् सन्निधिं कुरु ॥	om krom gaṅge ca yamune caiva godāvari sarasvatī narmade sindhu kāveri jale 'smin sannidhiṃ kuru
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2. **Do achamana:** Do achamana by taking a sip of water three times with these mantras. Use the fourth mantra to clean your hands.

ॐ केशवाय नमः ॐ नारायणाय नमः ॐ माधवाय नमः ॐ गोविन्दाय नमः	om keśavāya namaḥ om nārāyaṇāya namaḥ om mādhavāya namaḥ om govindāya namaḥ
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3. **Prepare the mandala:** If you are using a plate for the base, then in the soil of the clay pot, draw a mandala using your finger or a stick: first draw an inverted triangle, around it a circle and around that, we draw a square like in the following image.
If you are not using the tray, you may place some sand/mud on the ground and draw the mandala on that.



4. **Placing the ghata:** Before placing the ghata on the mandala base, the following mantras need to be chanted. Then place the ghata on the base

For prokṣaṇa (प्रोक्षण) - cleaning the ghata	क्लीं (klīm)
For śodhana (शोधन) - purifying the ghata	ऐं (aiṃ)
For sthāpana (स्थापन) - placing the ghata in the mandala	ह्रीं (hrīm)



5. **Filling the water:** Now place five ratnas or jewels (use 5 coins if not available) representing five indriyas, inside the ghata. Then fill it up with the water up to the neck while chanting the following mantra:

For pūraṇa (पूरण) - filling the ghata with water	ह्रीं (hrīm)
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Add a little bit of gangajal and attar to it. You can also add cloves or edible camphor to make it fragrant. Now do tīrtha āvāhanam (तीर्थ आवाहनम्) with the below mantra

ॐ क्रौं गङ्गे च यमुने चैव गोदावरि सरस्वति । नर्मदे सिन्धु कावेरी जलेऽस्मिन् सन्निधिं कुरु ॥	om krom gaṅge ca yamune caiva godāvari sarasvatī narmade sindhu kāveri jale 'smin sannidhiṃ kuru
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6. **Placing the leaves:** Gently place the 5 leaves at the edge of the ghata while chanting the following mantra:

For placing the pañca pallava (पञ्च पल्लव) in the ghata	ह्रीं (hrīm)
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- Make sure to place the leaves such that the blade of the leaves stick out of the ghata.
- Make sure the base of the leaves do not touch the water or else the leaves may rot and contaminate the water.

7. **Setting the lid:** Fill the lid with unbroken rice (not up to the brim). We need enough rice to provide a base for the coconut to be balanced on it.
8. **Placing the coconut:** Place the coconut on the rice base such that the tuft of the coconut is facing the upasaka, while chanting the following mantra:

For placing the coconut on the ghata	हूं (hūṃ)
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9. **Placing the durva grass:** Then place durva grass on the ghata (or on the rice), while chanting the following mantra:

For placing the durva grass on the ghata	शं (śaṃ)
For abhyukṣaṇa (अभ्युक्षण) - keeping the ghata steady	ॐ (om)

10. **Protection of the ghata:** Now take some dry kusha grass, or durva or a flower if other options are not available, and circulate it around the ghata, while chanting the following mantra:



For tāḍana (ताडन) - removing any kind of negative energies

हुं फट् स्वाहा (hum phaṭ svāhā)

i. **Option 1 for additional ghata protection (If you know arghya process follow these steps, otherwise ignore this option)**

1. Setup samanya argha.
2. Now sprinkle some arghya water on the ghata for purification.
3. Show the mudras used for setting up samanya argha

ii. **Option 2 for additional ghata protection:**

The ghata/kalash can be protected by a red thread around it placed in four corners around the ghata/kalash in a square formation. Each corner can have a small lump of mud on which a stick is placed and then a red thread tied around the four sticks in a way of protecting the ghata/kalash from external forces. In case this is not possible, skip this. Just the thread tied around the coconut will act as a protection.

11. **Chant Moola Mantra:** Then touch the coconut and chant the moola mantra of Ma Kamakhya - 10 times and place some flowers on the ghata/kalash.

ॐ ह्रीं कामाख्यायै नमः॥

om hrīm kāmākhyāyai namaḥ

12. **Stabilization of the ghata:** Imagine that the ghata is stable and is not going to move from its place and chant the following mantra, three times:

For sthītīkaraṇa (स्थितीकरण)

ॐ ह्रीं स्थां स्थीं स्थिरो भव (om hrīm sthām sthīm sthīro bhava)

Make sure the whole setup is stable and can stand on its own. Make sure the ghata/kalash is a bit buried in the soil and the coconut is a bit buried in the rice to provide stability.

Now we are ready for pujas on this ghata/kalash.

Ghata Puja Process

1. Pick a place for the Ghata/Kalash setup. Do not move the setup from this place for all the days of Navratri. You may draw a small kolam or rangoli at this spot before placing the kalash. You may also use a raised pedestal covered with red cloth to place the ghata/kalash.
2. Light a diya and agarbatti. Akhand Diya (of ghee or oil) is recommended



3. Pray to Ganapati to remove the obstacles of your puja and make your puja successful
4. Mentally imagine and pray that all the devatas along with your pradhana devata (Ma Kamakhya) bless the ghata/kalash and reside there.
5. Then, with each of the following mantras, **offer one flower or red sindoor or akshata on the ghata** to the following devatas in order. Just one pinch of sindoor or flower is enough for each devata.

ॐ श्री महागणाधिपतये नमः	om śrī mahāgaṇādhīpataye namaḥ
ॐ लक्ष्मीनारायणाभ्यां नमः	om lakṣmī-nārāyaṇābhyāṃ namaḥ
ॐ उमामहेश्वराभ्यां नमः	om umā-maheśvarābhyāṃ namaḥ
ॐ वाणिहिरण्यगर्भाभ्यां नमः	om vāṇi-hiraṇyagarbhābhyāṃ namaḥ
ॐ शचीपुरन्दराभ्यां नमः	om śacī-purandarābhyāṃ namaḥ
ॐ मातापितृभ्यां नमः	om mātā-pitr̥bhyāṃ namaḥ
ॐ इष्टदेवेभ्यो नमः	om iṣṭadevebhyo namaḥ
ॐ कुलदेवताभ्यो नमः	om kuladevatābhyo namaḥ
ॐ ग्रामदेवताभ्यो नमः	om grāmadevatābhyo namaḥ
ॐ वास्तुदेवताभ्यो नमः	om vāstudevatābhyo namaḥ
ॐ स्थानदेवताभ्यो नमः	om sthānadevatābhyo namaḥ
ॐ गृहदेवताभ्यो नमः	om gṛhadevatābhyo namaḥ
ॐ सर्वेभ्यो देवेभ्यो नमः	om sarvebhyo devebhyo namaḥ
ॐ सर्वेभ्यो ब्राह्मणेभ्यो नमः	om sarvebhyo brāhmaṇebhyo namaḥ
ॐ भूः	om bhūḥ
ॐ भुवः	om bhuvaḥ
ॐ स्वः	om svaḥ
ॐ महः	om mahaḥ
ॐ जनः	om janaḥ



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ॐ तपः	om tapaḥ
ॐ सत्यम्	om satyam
Offer one flower or petal touched in little Chandan with each of the following mantras.	
एते गन्धपुष्पे ॐ गं गणपतये नमः	ete gandhapuṣṣe om gaṃ gaṇapataye namaḥ
एते गन्धपुष्पे ॐ आदित्यादि नवग्रहेभ्यो नमः	ete gandhapuṣṣe om ādityādi navagrahebhyo namaḥ
एते गन्धपुष्पे ॐ शिवादि पञ्चदेवताभ्यो नमः	ete gandhapuṣṣe om śivādi pañcadevatābhyo namaḥ
एते गन्धपुष्पे ॐ इन्द्रादि दशदिक्पालेभ्यो नमः	ete gandhapuṣṣe om indrādi daśadikpālebhyo namaḥ
एते गन्धपुष्पे ॐ मत्स्यादि दशावतारेभ्यो नमः	ete gandhapuṣṣe om matsyādi daśāvatārebhyo namaḥ
एते गन्धपुष्पे ॐ प्रजापतये नमः	ete gandhapuṣṣe om prajāpataye namaḥ
एते गन्धपुष्पे ॐ नमो नारायणाय नमः	ete gandhapuṣṣe om namo nārāyaṇāya namaḥ
एते गन्धपुष्पे ॐ सर्वेभ्यो देवेभ्यो नमः	ete gandhapuṣṣe om sarvebhyo devebhyo namaḥ
एते गन्धपुष्पे ॐ सर्वेभ्यो देवीभ्यो नमः	ete gandhapuṣṣe om sarvebhyo devībhyo namaḥ
एते गन्धपुष्पे ॐ श्रीगुरवे नमः	ete gandhapuṣṣe om śrīgurave namaḥ
Then, fold hands and say	
ॐ तद्विष्णोः परमं पदं सदा पश्यन्ति सूरयः । दिवीव चक्षुराततम् ॥	om tadviṣṇoḥ paramaṃ padam sadā paśyanti sūrayaḥ । divīva cakṣurātataṃ ॥
Take little water from the achaman patra with a flower and sprinkle all around saying..	
ॐ अपवित्रः पवित्रो वा सर्वावस्थां गतोपि वा । यः स्मरेत्पुण्डरीकाक्षं स बाह्याभ्यन्तरः शुचिः ॥	om apavitraḥ pavitra vā sarvāvasthāṃ gato'pi vā ।



	yaḥ smaret puṇḍarīkākṣaṃ sa bāhyābhyantaraḥ śuciḥ ॥
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- a. **Sankalpa (first day only):** Take sankalpa to keep the ghata/kalash for all the days of the anushtana and worship Her everyday.
- Sankalpa can be taken with either daily counts or total counts.
 - (Optional) You can include maintaining Akhanda Diya to the sankalpa
 - Ideally write down the sankalpa beforehand so that you can just read it without fumbling.
 - In all cases, sankalpa has to be done on the **first day only**. You don't need to repeat it everyday.
 - You can say this in your own words in your own language. You may modify the language based on whether you are taking a sankalpa of per day counts or total counts. Sankalpa Example:

"I, (Name), of Gotra, residing in (city) take the sankalpa that I will chant Kamakhya Stotram 9 times and 36 malas of Ma Kamakhya mantra daily, for 10 days for Ma Kamakhya Preeti."

6. Offer a flower and recite the following basic sloka for propitiating mahaganapati and pray to remove any obstacles.

वक्रतुण्ड महाकाय सूर्यकोटि समप्रभ। निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा॥	vakratuṇḍa mahākāya sūryakoṭi samaprabha । nirvighnaṃ kuru me deva sarvakāryeṣu sarvadā ॥
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7. Then do Swasti Vachanam as follows:

ॐ भद्रं कर्णेभिः शृणुयाम देवाः। भद्रं पश्येमाक्षभिर्यजत्राः। स्थिरैरङ्गैस्तुष्टुवाग्ँसस्तनूभिः। व्यशेम देवहितं यदायुः। स्वस्ति न इन्द्रो वृद्धश्रवाः स्वस्ति नः पूषा विश्ववेदाः। स्वस्ति नस्तार्क्ष्यो अरिष्टनेमिः स्वस्ति नो बृहस्पतिर्दधातु॥ ॐ शान्तिः शान्तिः शान्तिः॥	om bhadraṃ karṇebhiḥ śṛṇuyāma devāḥ। bhadraṃ paśyemākṣabhiryajatrāḥ। sthirairāṅgaistuṣṭuvāgamsas tanūbhiḥ। vyaśema devahitaṃ yadāyuh। svasti na indro vṛddhaśravāḥ svasti naḥ pūṣā viśvavedāḥ। svasti nastārṣyo ariṣṭanemiḥ svasti no bṛhaspatir dadhātu॥ om śāntiḥ śāntiḥ śāntiḥ॥
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8. Now offer one flower/ little sindoor to each of the deities below:



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ॐ दुर्गे दुर्गे रक्षिणी हुं फट् स्वाहा	om durge durge rakṣiṇi huṃ phaṭ svāhā
ॐ ऋतं सत्यं परं ब्रह्म पुरुषं कृष्णपिङ्गलम् । ऊर्ध्वरेतं विरूपाक्षं विश्वरूपाय वै नमो नमः ॥	om ṛtaṃ satyaṃ paraṃ brahma puruṣaṃ kṛṣṇapiṅgalaṃ । ūrdhvaretam virūpākṣaṃ viśvarūpāya vai namo namaḥ ॥
एते गन्धपुष्पे ॐ ब्रह्मणे नमः	ete gandhapuṣpe om brahmane namaḥ
एते गन्धपुष्पे ब्राह्मणेभ्यो नमः	ete gandhapuṣpe brāhmaṇebhyo namaḥ
एते गन्धपुष्पे ॐ आचार्येभ्यो नमः	ete gandhapuṣpe om ācāryebhyo namaḥ
एते गन्धपुष्पे ऋषिभ्यो नमः	ete gandhapuṣpe ṛṣibhyo namaḥ
एते गन्धपुष्पे देवेभ्यो नमः	ete gandhapuṣpe devebhyo namaḥ
एते गन्धपुष्पे वेदेभ्यो नमः	ete gandhapuṣpe vedebhyo namaḥ
एते गन्धपुष्पे तन्त्रेभ्यो नमः	ete gandhapuṣpe tantrebhyo namaḥ
एते गन्धपुष्पे वायवे नमः	ete gandhapuṣpe vāyave namaḥ
एते गन्धपुष्पे मृत्यवे नमः	ete gandhapuṣpe mṛtyave namaḥ
एते गन्धपुष्पे विष्णवे नमः	ete gandhapuṣpe viṣṇave namaḥ
एते गन्धपुष्पे वैश्रवणाय नमः	ete gandhapuṣpe vaiśravaṇāya namaḥ
एते गन्धपुष्पे उपजाय नमः	ete gandhapuṣpe upajāya namaḥ
एते गन्धपुष्पे ॐ कौम् कुमार्यै नमः	ete gandhapuṣpe om kaum kumāryai namaḥ

Now imagine the ghata/kalasha has the energy of Ma Kamakhya. You can do the avahana mudras of Devata pratistha. If not aware, skip the mudras.



Mā Kāmākhyā Sādhana

After establishing the ghata as per instructions above on the first day of the anushtāna, the following steps are to be performed on all days of the anushtāna. This includes the invocation process and the daily sadhana.

Note: If one is unable to setup ghata for this sadhana, one may do the rest of the steps on the photo of Mā Kāmākhyā

Dress Code: One should ideally wear **red** for this sadhana, if red is not possible, one may wear yellow or saffron. Avoid black (or dark blue) clothes particularly this sadhana.

Timing: You can do this sadhana at any time of the day, day or night but avoid doing it after midnight.

Materials Needed

1. Sandalwood paste
2. Kumkum
3. Akshata (unbroken rice - see akshata preparation section for more details)
4. Flowers
5. A ghee or oil diya
6. Agarbatti or dhoop
7. Clean water for achamana
8. Rudraksha or Red Hakik mala for chanting of the mantra

Invocation Process (Daily)

This process will take about 40 minutes, not including the japa and dhyanam. The whole process done daily will create a very strong impact when all the deities are invoked and fed daily.

Note: If one is unable to do this process daily due to lack of time, one can do **dhyānam of Mā Kāmākhyā**, Panchopachara Puja **of Mā Kāmākhyā**, **chanting of Japa** and **stotram** and **Samarpana** for an abridged process.



Daily upacharas

1. Do achamana
2. Light a diya and agarbatti or dhoop.
 - a. You could light an akhand diya which stays lit for all the days of navratri, if you wish.
3. Begin with meditating on the **Dhyānam of Mā Kamākhyā**

<p>रविशशियुतकर्णा कुंकुमापीतवर्णा मणिकनकविचित्रा लोलकर्णा त्रिनेत्रा । अभयवरदहस्ता साक्षसूत्रप्रशस्ता प्रणतसुरनरेशा सिद्धकामेश्वरी सा ॥ १ ॥</p> <p>अरुणकमलसंस्था रक्तपद्मासनस्था नवतरुणशरीरा मुक्तकेशी सुहारा । शवहृदि पृथुतुङ्गस्तनयुग्मा मनोज्ञा शिशुरविसमवस्त्रा सर्वकामेश्वरी सा ॥ २ ॥</p> <p>विपुलविभवदात्री स्मेरवक्त्रा सुकेशी ललित - नखरदंता सामिचन्द्रावनम्ना । मनसिजट्टदिस्था योनिमुद्रालसन्ती पवनगमनशक्ता संश्रुतस्थानभागा । चिन्त्या चैवं विद्युदग्निप्रकाशा धर्मार्थाद्यं साधकैर्वाञ्छितार्थैः ॥ ३ ॥</p>	<p>raviśaśiyutakarnā kuṅkumāpītavarṇā maṇikanakavicitrā lolakarnā trinetra, abhayavaradahastā sāksasūtrapraśastā praṇatasuranareśā siddhakāmeśvarī sā. 1.</p> <p>aruṇakamalasamsthā raktapadmāsanasthā navataruṇaśarīrā muktakeśī suhārā, śavahr̥di pṛthutuṅgastanayugmā manojñā śīśuravisamavastrā sarvakāmeśvarī sā. 2.</p> <p>vipulavibhavadātrī smeravaktrā sukeśī lalita - nakharadamtā sāmichandrāvanamrā, manasijadṛṣadisthā yonimudrālasantī pavanagamanaśaktā saṁśrutasthānabhāgā, cintyā caivaṁ vidyudagniprakāśā dharmārthādyam sādhakairvāñchitārthaiḥ. 3.</p>
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4. Offer **Panchopachara Puja** of ghata/kalash as **Mā Kamākhyā** — sindur, akshat, flower, dhoop, deep, and naivedyam (sweet best, or sugarcane juice, or anything available).

Note: Offer at least 5 flowers to Mā Kamākhyā on the ghata. If 5 flowers are not possible, put 5 dots of kumkum or sindoor on the ghata.

Step	Meaning	Mantra
गन्धम् (Gandham)	Offering sandalwood paste	ॐ कामाख्या देव्यै नमः गन्धम् समर्पयामि। (om kāmākhyā devyai namaḥ gandham samarpayāmi)



पुष्पं (Puṣṭam)	Offering flowers	ॐ कामाख्या देव्यै नमः पुष्पं समर्पयामि। (om kāmākhyā devyai namaḥ puṣṭam samarpayāmi)
धूपं (Dhūpam)	Offering incense	ॐ कामाख्या देव्यै नमः धूपं समर्पयामि। (om kāmākhyā devyai namaḥ dhūpam samarpayāmi)
दीपं (Dīpam)	Offering lamp	ॐ कामाख्या देव्यै नमः दीपं समर्पयामि। (om kāmākhyā devyai namaḥ dīpam samarpayāmi)
नैवेद्यं (Naivedyam)	Offering food items	ॐ कामाख्या देव्यै नमः नैवेद्यं समर्पयामि। (om kāmākhyā devyai namaḥ naivedyam samarpayāmi)
ॐ कामाख्या देव्यै नमः सर्वोपचारान् समर्पयामि ॥ om kāmākhyā devyai namaḥ sarvopacārān samarpayāmi ॥		

Note: For Bhūta-śuddhi and Bhūtāpasaraṇa steps below, normally there maybe actions that need to be performed. If you do not know these things, you may simply chant the mantras mentioned below.

5. Bhūta-śuddhi

ॐ लं वं रं यं हं ॐ । ॐ हं यं रं वं लं ॐ ॥	om laṃ vaṃ raṃ yaṃ haṃ om । om haṃ yaṃ raṃ vaṃ laṃ om ॥
ॐ मूलशृङ्गात् शिरसि सुषुम्णापथेन । जीवशिव परमशिवपदे योजयामि स्वाहा ॥	om mūlaśṛṅgāt śirasi suṣumṇā-pathena । jīva-śivaṃ parama-śiva-pade yojayāmi svāhā ॥
ॐ यं लिङ्गशरीरं शोषय शोषय स्वाहा ॥ ॐ रं संकोचशरीरं दह दह स्वाहा ॥	om yaṃ liṅga-śarīraṃ śoṣaya śoṣaya svāhā ॥ om raṃ saṃkoca-śarīraṃ daha daha svāhā ॥
ॐ परमशिव सुषुम्णापथेन मूलशृङ्गात् मूलोल्लास ज्वल ज्वल प्रज्वल प्रज्वल सोऽहं हंसः स्वाहा ॥	om parama-śiva suṣumṇā-pathena mūlaśṛṅgāt mūlollāsa jvala jvala prajvala prajvala so'haṃ haṃsaḥ svāhā ॥

6. Bhūtāpasaraṇa



ॐ अपसर्पन्तु ते भूताः ये भूताः भुवि संस्थिताः । ये भूताः विघ्नकतारिस् ते नश्यन्तु शिवाज्ञया ॥	om apasarpaṇtu te bhūtā ye bhūtā bhuvi saṁsthitāḥ ye bhūtā vighna-kartāras te naśyantu śivājñayā
ॐ वेतालाश्च पिशाचाश्च राक्षसाश्च सरीसृपाः । अपसर्पन्तु ते सर्वे नरसिंहेन ताडिताः ॥	om vetālās ca piśācās ca rākṣasās ca sarīsrpāḥ apasarpaṇtu te sarve narasiṁhena tāḍitāḥ

7. To the lighted diya, offer a little flower and say:

ॐ अग्नये नमः ॐ त्वां कामाख्ये नमामि	om agnaye namaḥ om tvāṁ kāmākhye namāmi
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8. Now offer one flower to each of the deities below:

ॐ गरुड्यो नमः	om gurubhyo namaḥ
ॐ परम गरुड्यो नमः	om paramagurubhyo namaḥ
ॐ परमेष्ठि गरुड्यो नमः	om parameṣṭhigurubhyo namaḥ
ॐ परापर गरुड्यो नमः	om parāparagurubhyo namaḥ
ॐ दिव्यौघाय नमः	om divyaughāya namaḥ
ॐ सिद्धौघाय नमः	om siddhaughāya namaḥ
ॐ मानवौघाय नमः	om mānavaughāya namaḥ
ॐ कामाख्या देव्यै नमः	om kāmākhyā devyai namaḥ
ॐ नमः शिवाय	om namaḥ śivāya
ॐ नारायणाय नमः	om nārāyaṇāya namaḥ
ॐ दुर्गा देव्यै नमः	om durgā devyai namaḥ
ॐ हेरम्बगणपतये नमः	om herambagaṇapataye namaḥ
ॐ मार्ताण्डभैरवाय नमः	om mārtaṇḍa-bhairavāya namaḥ
ॐ वाणीदेव्यै नमः	om vāṇī-devyai namaḥ
ॐ कमलात्मिकादेव्यै नमः	om kamalātmikā-devyai namaḥ



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Nitya Kalā Devīs	
ॐ क्षेमदायै नमः	om̐ kṣemadāyai namaḥ
ॐ आरोग्यदायै नमः	om̐ ārogyadāyai namaḥ
ॐ धनदायै नमः	om̐ dhanadāyai namaḥ
ॐ वरदायै नमः	om̐ varadāyai namaḥ
ॐ मोहदायै नमः	om̐ mohadāyai namaḥ
ॐ ऋद्धिदायै नमः	om̐ ṛddhidāyai namaḥ
ॐ सिद्धिदायै नमः	om̐ siddhidāyai namaḥ
ॐ बुद्धिदायै नमः	om̐ buddhidāyai namaḥ
ॐ शुद्धिदायै नमः	om̐ śuddhidāyai namaḥ
ॐ भुक्तिदायै नमः	om̐ bhuktidāyai namaḥ
ॐ मुक्तिदायै नमः	om̐ muktidāyai namaḥ
ॐ मोक्षदायै नमः	om̐ mokṣadāyai namaḥ
ॐ त्राणदायै नमः	om̐ trāṇadāyai namaḥ
ॐ ज्ञानदायै नमः	om̐ jñānadāyai namaḥ
ॐ कान्तिदायै नमः	om̐ kāntidāyai namaḥ
Navagraha	
ॐ सूर्याय नमः	om̐ sūryāya namaḥ
ॐ चन्द्राय नमः	om̐ candrāya namaḥ
ॐ मङ्गलाय नमः	om̐ maṅgalāya namaḥ
ॐ बुधाय नमः	om̐ budhāya namaḥ
ॐ बृहस्पतये नमः	om̐ bṛhaspataye namaḥ
ॐ शुक्राय नमः	om̐ śukrāya namaḥ
ॐ शनैश्चराय नमः	om̐ śanaiścarāya namaḥ



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ॐ राहवे नमः	om rāhave namaḥ
ॐ केतवे नमः	om ketave namaḥ
Ashta Bhairava	
ॐ असिताङ्गभैरवाय नमः	om asitāṅgabhairavāya namaḥ
ॐ रुरुभैरवाय नमः	om rurubhairavāya namaḥ
ॐ चण्डभैरवाय नमः	om caṇḍabhairavāya namaḥ
ॐ क्रोधभैरवाय नमः	om krodhabhairavāya namaḥ
ॐ उन्मत्तभैरवाय नमः	om unmattabhairavāya namaḥ
ॐ कपालभैरवाय नमः	om kapālabhairavāya namaḥ
ॐ भीषणभैरवाय नमः	om bhīṣaṇabhairavāya namaḥ
ॐ संहारभैरवाय नमः	om saṁhārabhairavāya namaḥ
Ashta Matrikas	
ॐ ब्राह्म्यै नमः	om brāhmyai namaḥ
ॐ वैष्णव्यै नमः	om vaiṣṇavyai namaḥ
ॐ माहेश्वर्यै नमः	om māheśvaryai namaḥ
ॐ इन्द्राण्यै नमः	om indrāṇyai namaḥ
ॐ कौमार्यै नमः	om kaumāryai namaḥ
ॐ वाराह्यै नमः	om vārāhyai namaḥ
ॐ चामुण्डायै नमः	om cāmuṇḍāyai namaḥ
ॐ नारसिंह्यै नमः	om nārasimhyai namaḥ
Mahavidyās	
ॐ कालिके नमः	om kālike namaḥ
ॐ तारायै नमः	om tārāyai namaḥ



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ॐ त्रिपुरसुन्दर्यै नमः	om tripurasundaryai namaḥ
ॐ भुवनेश्वर्यै नमः	om bhuvaneśvaryai namaḥ
ॐ चिन्नमस्तायै नमः	om chinnamastāyai namaḥ
ॐ भैरव्यै नमः	om bhairavyai namaḥ
ॐ धूमावत्यै नमः	om dhūmāvatyai namaḥ
ॐ बगलामुख्यै नमः	om bagalāmukhyai namaḥ
ॐ मातङ्ग्यै नमः	om mātaṅgyai namaḥ
ॐ कमलायै नमः	om kamalāyai namaḥ
ॐ कालभैरवाय नमः	om kālabhairavāya namaḥ
ॐ वटुकभैरवाय नमः	om vaṭukabhairavāya namaḥ
ॐ उमानन्दभैरवाय नमः	om umānandabhairavāya namaḥ
ॐ कामेश्वरशिवाय नमः	om kāmeśvaraśivāya namaḥ
ॐ देवीवाहन-सिंहस्वरूप-विष्णवे नमः	om devīvāhana-siṃhasvarūpa-viṣṇave namaḥ
ॐ देवीवाहन-श्वेतप्रेत-स्वरूप-सदाशिवाय नमः	om devīvāhana-śvetapreta-svarūpa-sadāśivāya namaḥ
ॐ देवीवाहन-पद्मस्वरूप-ब्रह्मणे नमः	om devīvāhana-padmasvarūpa-brahmaṇe namaḥ
ॐ गणपतये नमः	om gaṇapataye namaḥ
ॐ वटुकभैरवाय नमः	om vaṭukabhairavāya namaḥ
ॐ योगिनीभ्यो नमः	om yoginībhyo namaḥ
ॐ क्षेत्रपालाय नमः	om kṣetrapālāya namaḥ
ॐ ऋषिभ्यो नमः	om ṛṣibhyo namaḥ



ॐ ऋषिपत्निभ्यो नमः	om ṛṣipatnibhyo namaḥ
ॐ स्थानदेवताभ्यो नमः	om sthānadevatābhyo namaḥ
ॐ पीठदेवताभ्यो नमः	om pīṭhadevatābhyo namaḥ
ॐ पीठशक्तिभ्यो नमः	om pīṭhaśaktibhyo namaḥ
ॐ सकल आवरणदेवताभ्यो नमः	om sakala āvaraṇadevatābhyo namaḥ
ॐ गृहदेवताभ्यो नमः	om gṛhadevatābhyo namaḥ
ॐ कुलदेवतायै नमः	om kuladevatāyai namaḥ

9. Finish with Kapoor (Camphor) Aarati or Manasik Pradakshina.
10. Chant Kamakhya Stotram 9 times. ([Devanagari](#) / [IAST](#))
11. Chant the following mantra for 36 malas on rudraksha or red hakik mala

कामाख्ये कामसम्पन्ने कामेश्वरि हरप्रिये । कामनां देहि मे नित्यं कामेश्वरि नमोऽस्तु ते ॥	kāmakhye kāmasampanne kāmeśvari harapriye । kāmanāṃ dehi me nityaṃ kāmeśvari namo'stu te ॥
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12. After completing your daily count, chant the Samarpan Mantra.

गुह्याति गुह्य गोप्त्री त्वं गृहाणास्मत्-कृतं जपम् । सिद्धिर्भवतु मे देवि त्वत्प्रसादान्मयि स्थिरा ॥	guhyāti guhya goptrī tvaṃ gṛhāṇāsmat-kṛtaṃ japam । siddhirbhavatu me devi tvatprasādānmayi sthirā
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Concluding Step (Last - 10th Day)

Ghata Visarjana

If you set up a ghata for this sādhana, follow these steps to do the visarjana of the ghata.

Note: Visarjana is to be done on the last day after sadhana. However, visarjana must always be done **before sunset**. If sadhana does not finish before sunset, then you may do visarjana the next day.



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1. Offer Panchopachara Puja like everyday.
2. Mentally thank Ma for spending the navratri at your home. Offer final day offerings of vastra, sweets, dakshina etc.
3. Offer kshama prarthana as per the following:

अपराधसहस्राणि क्रियन्तेऽहर्निशं मया । दासोऽयमिति मां मत्वा क्षमस्व परमेश्वरि ॥1॥	aparādha-sahasrāṇi kriyante'harniśaṁ mayā dāso'yamiti mām matvā kṣamasva parameśvari ॥1॥
आवाहनं न जानामि न जानामि विसर्जनम् । पूजां चैव न जानामि क्षम्यतां परमेश्वरि ॥2॥	āvāhanaṁ na jñāmi na jñāmi visarjanam pūjāṁ caiva na jñāmi kṣamyatām parameśvari ॥2॥
मन्त्रहीनं क्रियाहीनं भक्तिहीनं सुरेश्वरि । यत्पूजितं मया देवि परिपूर्णं तदस्तु मे ॥3॥	mantra-hīnaṁ kriyā-hīnaṁ bhakti-hīnaṁ sureśvari yat pūjitaṁ mayā devi paripūrṇaṁ tad astu me ॥3॥
अपराधशतं कृत्वा जगदम्बेति चोच्चरेत् । यां गतिं समवाप्नोति न तां ब्रह्मादयः सुराः ॥4॥	aparādha-śataṁ kṛtvā jagad-ambeti coccaret yām gatiṁ samavāpnoti na tām brahmādayaḥ surāḥ ॥4॥
सापराधोऽस्मि शरणं प्राप्तस्त्वां जगदम्बिके । इदानीमनुकम्प्योऽहं यथेच्छसि तथा कुरु ॥5॥	sāparādho'smi śaraṇaṁ prāptas tvām jagad ambike idānīm anukampyo'haṁ yatheccchasi tathā kuru ॥5॥
अज्ञानाद्विस्मृतेर्भान्त्या यन्न्यूनमधिकं कृतम् । तत्सर्वं क्षम्यतां देवि प्रसीद परमेश्वरि ॥6॥	ajñānād vismr̥ter bhāntyā yannyūnam adhikaṁ kṛtam tat sarvaṁ kṣamyatām devi prasīda parameśvari ॥6॥
कामेश्वरि जगन्मातः सच्चिदानन्दविग्रहे । गृहाणार्चामिमां प्रीत्या प्रसीद परमेश्वरि ॥7॥	kāmeśvari jagan-mātaḥ saccidānanda-vigrahe grhāṇārcām imām prītyā prasīda parameśvari ॥7॥
गुह्यातिगुह्यगोप्त्री त्वं गृहाणास्मत्कृतं जपम् । सिद्धिर्भवतु मे देवि त्वत्प्रसादात्सुरेश्वरि ॥8॥	guhyāti-guhya-goptrī tvaṁ grhāṇāsmat-kṛtaṁ japam siddhir bhavatu me devi tvat-prasādāt sureśvari ॥8॥

4. Once puja and japa is complete, start by removing the coconut from the top. The coconut can be done visarjan or in any flowing water body, along with the red cloth.
5. Take the akshata base and place it in an open space for birds to consume the rice.
6. Take the pancha pallava/mango/ashoka leaves, dip it in the kalash water and sprinkle it all over the home as a blessing. You may also partake in a few drops as prasadam.
7. The base with the grass can also be done visarjan in flowing water. If water is not available, place it under the base of a tree.
8. The ratnas or coins need not be donated. Take the ratnas or coin and some of the aksat on base, tie in a red cloth and keep it at home or in almira or puja space. This is charged and blessed.
9. Additionally, any vastra, shringar, money offered during the sadhana days should also be used for donation.



Temple Visit and Bhojanam

Puja is completed by visiting a Devi temple and making offerings, as well as feeding a little girl.

1. Ideally one may do kanya puja to conclude the sadhana. If kanya puja is not possible, then one may feed a little girl. Little girls are considered embodiments of the devi, so feeding them is extremely auspicious for this sadhana.

[▶ Importance of Kumari Puja | Devi Sadhana | Rajarshi Nandy | Kanya Puja](#)

2. Optionally, one may visit Kamakhya Temple if one so desires at the conclusion of this sadhana



Frequently Asked Questions

1. Can we do just japa and stotram, without ghatasthapana, if we have travel within the 10 days of navratri?
A: Yes
2. If we get our period in the middle of the navratri, how can we continue the sadhana?
A: If one has been doing kamakhya stotram daily for at least a few months, then such a person can continue the sadhana even in periods, otherwise skip the sadhana for the duration of the periods and then continue afterwards. If skipping, make sure to complete the japa for the sankalpa you have taken even if it goes beyond navratri dates.
3. Is it necessary to fast?
A: Not necessary. Keep a gap of at least one hour between food intake and sadhana
4. What to do with the kalasha/ghata once puja is done.
A: Follow the steps listed in the ghata visarajana section of this document ([link](#)). If you are using ghata made of copper or brass, you may clean and reuse it later. If you are using a clay ghata, it must be put in flowing water.
5. Can I do this anushtana if I am doing another anushtana (kalabhairava sadhana or Ma Tara 16 Thursday sadhana) at the same time?
A: Yes, it can be done. You may do reduced numbers for this sadhana if necessary.
6. Do the 36 malas of japa have to be done in one session or can we take a break?
A: You can do this japa in multiple sessions but make sure that you are sitting down in the puja space with deepam and agarbatti when doing the japa. Bhog maybe offered in the first session.
7. Should we avoid non-vegetarian food during these 10 days?
A: Not necessary.
8. What niyamas need to be followed once ghatasthapana and akhanda deepam have been setup at home? Do we need to sleep on the floor, eat sattvik food etc?
A: If any niyamas were necessary, we would have mentioned it in the document. Kamakhya is a purely Shakta Tantric form of Devi where even during normal puja in the temple, non-vegetarian naivedyam is offered. She is beyond duality and takes all offerings when given with shraddha and bhakti. It is an individual's choice on how to approach her.
9. Do we need to change wicks everyday and clean the diya if we are doing akhanda deepam?
A: An akhanda deepam means that the deepam's flame should not go off for the entirety of the 9 days. In practicality, this means that one will have to refill oil when necessary and replace the wick



when it runs out. You may find some Youtube videos that explain how to change the wick without extinguishing the flame.

10. How can we complete the sadhana if we live in a foreign area where there is no devi temple or no little girl?

A: If finding a girl child is difficult, then make some donation to any organization that works for the welfare of poor children.

11. I live in a foreign area where I cannot find any Indian little girl. What should I do?

A: You may feed any little girl, she does not need to be Indian. Mentally pray to Ma Kamakhya to accept your prayers and sadhana. If even this is not possible, tell Ma Kamakhya that you will feed a little girl when you get a chance.

12. Can we skip ghatasthapana?

A: Ghatasthapana increases the power of sadhana. However, if one is not sure then one can skip the ghatasthapana and do the sadhana still.

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