

## *How to Worship Mother Saraswati in the Sri Chakra*

It is important to take a complete bath or shower before starting the puja. Put on new or freshly cleaned white clothes. Silk or cotton is especially good. If wearing a sari or dhoti with a gold border, the gold thread will help to retain the blessings and energy of the puja in your subtle body. In your puja room or meditation area, sit facing east. Place a picture of Sri Saraswati Devi in front of you, and place your Sri Chakra in front of that on a silver or brass plate. Avoid steel and plastic as far as possible.

### *Sri Chakra Abhishekam with Samputita Sri Suktam*

First, keep a ghee lamp on the altar, and keep it lit throughout the entire puja. Offer two or three sticks of incense by lighting them and waving them gently in a clockwise direction. You may also offer food, or naivedyam, like rice pudding made with milk and sugar, milk khova, or plain milk.

Then, chant Samputita Sri Suktam while offering milk or panchamruta to the Sri Chakra. Panchamruta is an auspicious mixture of milk, yogurt, cow ghee, honey and sugar. Try to use whole, organic dairy products. When finished, you may wash the Sri Chakra with pure water.

### *Japa of Sri Maha Saraswati Mantra*

Next, place a silver or brass plate on the altar, fill it with white rice, cover it with a pure white silk or cotton cloth to make a soft seat, and place the Sri Chakra on it. Chant the following Sri Maha Saraswati Mantra 1008 times:

*Om aim śrīm hrīm sarasvatī devyai namaḥ  
Sarva jñāna siddhim kuru kuru svāhā*

As you chant this powerful Saraswati Mantra, you can offer white sandalwood powder, uncooked white rice grains, silver flowers, or white flower petals to the Sri Chakra. You can also offer white pearls or crystal beads. After finishing the puja, offer harati with five or seven ghee flames or a single camphor flame by waving them gently in a clockwise direction in front of the Sri Chakra. The food you have offered is now highly blessed and charged with divine energy, so you should make sure to eat some and share it with family, friends, or pets. Prasadam that can't be finished should be placed outside in a natural place (not the garbage).

In order to obtain the fruits of this puja, you must try to offer your worship with devotion, a pure mind, and single-pointed concentration. Do not leave your seat or take a rest in the middle of chanting the mantra. It is very important not to get up or talk to anyone in the middle, so please make sure that you can complete the puja undisturbed. Have firm faith that you will definitely receive the blessings of Jagan Mata, the Mother of the Universe.

### ***When to Perform the Puja***

You can do this puja at any time, but it will yield the greatest blessings when done during Navaratri. If time is very limited, at least do this worship on Saptami, the seventh day of Navaratri. Saptami and the number seven are very sacred to Sri Saraswati. This year, Saptami occurs on October 18. You will clearly experience the compassionate flow of Mother Saraswati's grace when you worship her for at least the first seven days of Navaratri. This year, Saptami occurs on October 18. Whenever we do this practice at 7 PM during Navaratri, our desires will be fulfilled.

If possible, one can do the puja during all nine days of Navaratri. On Vijayadasami, the tenth day which follows Navaratri, pray to Divine Mother to grant success in all your endeavors. Through this special worship of the Sri Chakra, you can certainly attain the divinely auspicious grace of Sri Saraswati Devi.

***Om Shantih Shantih Shantihi***

*May all be in peace*

***Lokah Samastah Sukhino Bhavantu***

*May all be happy*