

॥ श्री चन्द्रला परमेश्वरी देव्यै नमः ॥



Invitation to join a simple home-based 21 day anushtana starting 28 July 2020

Dear all Amma devotees,

Don't we all wish that Devi maata should always be pleased with us and grant us '**bhukti**' as well as '**mukti**'? (Enjoyment in life and Liberation too). Only Guru Shakti can grant this to us.

The padukas of Shree Chandrala Parameshwari at Sannati is ample statement of the fact that She is **Guru Shakti Swaroopini**. Only at Guru peetha kshetras, guru padukas are installed. Narasoba Wadi and Ganagapur are well known examples.

Outer upasana of kula swamini is designed by the shastras for attaining bhukti and mukti. But a lot of effort is required in this.

Shastras also say that our **kula swamini shakti** is always present within us in a dormant i.e. inactive state and **is waiting for a call from Her child to become active or awakened**.

Once this awakening takes place, **effortless inner upasana** will happen automatically or AUTONOMOUSLY i.e. Devi Herself will take direct charge of our **Yog and Kshema**.

Is this very difficult? Not really. Let's all try a **simple 21 day anushtana** to start this process...

Here are the steps to be followed in our 21 day anushtana.

1. Please sit on the floor, on a thick wool asana covered with white cotton cloth, facing north or east. Sit comfortably in any position and **relax the body completely**.
2. Thereafter, repeat the moola mantra at a calm pace for just **28 times**.
3. Continue to sit with eyes closed calmly and allow natural breathing to happen. **Do not interfere in the way breathing happens on its own**. In this way, let breathing be carried out by Devi Amma Shakti. Simply follow the air that enters or leaves the nose or even stops for some time. If you feel that the air is rising up in the backbone, let it happen. If there are any involuntary actions, let them happen.
4. Continue this sadhana as long as Amma wishes it to continue. In other words, let the eyes open on their own. If you see that the sitting was less than 9 minutes, then resume the sadhana with eyes closed. Do not use alarm.

Let us experience this glimpse of inner upasana for 21 days. Let us pray that Guru swaroopini kula swamini Devi Mata will bless Her devoted children with Her Divine Grace.

Note:

- A. Those who wish to join this anushtana, please send a message here, giving your name and city on or before 26 July 2020.
- B. There are two timings available morning 5:55 am and evening 7:00 pm. You may sit for either one or both.
- C. Clean the mouth before sadhana. Since this is Inner Upasana, you may or may not take bath. You may or may not have ghee lamp and Devi's photo in front of you.
- D. Ladies are to observe the 4 days rule. They will complete 21 days after such a break.

B. Moola mantra text -

श्रीं सेतुभूपाल संहार प्रविणे चन्द्रलांबिके ।
नमस्तुभ्यं शिवे शांते त्वयी भक्तिं प्रयच्छ नः ॥

Initiated by Chandralamba Sewa Team.

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Shri Anand Kulkarni, Member Chandralamba Sewa Team is guiding us in this Anushtana.