

3-DAY DIWALI POOJA CURRICULUM



FOR PROSPERITY & UPLIFTMENT
OF YOUR CONSCIOUSNESS





🌸 3-Day Diwali Pooja Curriculum for Prosperity & Consciousness Upliftment

🌟 Spiritual Essence of the 3 Days

Day	Focus	Energy Activation
Dhanteras	Physical Health & Purity	Lord Dhanvantari
Choti Deepawali	Mental Light & Inner Awakening	Devi Shakti
Deepawali	Spiritual Prosperity & Divine Union	Maa Mahalakshmi

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🌸 Day 1 – Dhanteras: Invocation of Lord Dhanvantari (Health & Healing)

Theme: Cleansing the body, mind, and space for divine abundance.

Presiding Deity: *Lord Dhanvantari* — the celestial physician and giver of vitality.

🕯️ Evening Ritual

- Light a **lamp of sesame (til) oil** in the **South direction** of your home. (South represents the domain of ancestors and longevity — lighting here ensures health and protection from negativity.)
- **Sankalpa (Intention):**
- “O Lord Dhanvantari, bless me and my family with perfect health, strength, and long life so that we may serve the Divine and walk the path of truth.”

🙏 Sadhana Practice

1. Perform **Shree Suktam Paath, Devi Stuti** with full devotion.
2. Sit in silence for a few moments after chanting, feeling the healing light filling your entire being.
3. Begin **Shree Suktam Sadhana** as per your initiation level.

🌸 Day 2 – Choti Deepawali: Awakening of Inner Light

Theme: Dissolving darkness and invoking Devi Shakti within.

Presiding Deity: *Mahalaxmi and Devi Shakti*

🕯️ Morning/Evening Ritual

- Clean and purify your altar.
- Light **lamps with til oil/ Pure cow ghee** —symbolizing inner and outer lights.
- Offer a garland or lotus to Devi and recite:
- **Sankalpa (Intention):**
- “O Divine Mother, may the light of Shree Suktam illuminate my mind and awaken the highest consciousness within me.”

🙏 Sadhana Practice

1. Chant **Devi Stuti** (Durga Saptashloki or Lakshmi Ashtak) and **Shree Suktam**
2. Perform **Shree Suktam Sadhana** — focus on awakening the inner light that removes ignorance and lack.
3. Sit in meditation visualizing a radiant golden aura spreading from your heart to your entire home.

🌸 Day 3 – Deepawali: The Night of Infinite Light & Prosperity

Theme: Celebration of divine abundance, inner awakening, and unity with the Supreme.

Presiding Deity: *Maa Mahalakshmi*

🙏 Step-by-Step Sadhana for Deepawali Night

🕯️ 1. Preparation

- Take a bath before sunset and wear clean, light-colored clothes (preferably yellow, white, or red).
- Light **pure cow ghee lamps** in every corner of your house — symbolizing the victory of light over darkness.
- Sit facing **East** or **North-East** direction for the Sadhana.
- If you have a **Maha Meru** or **Shree Yantra**, place it at the center of your altar.

🧘 2. Pranayama – Preparing the Energy Field

Before mantra chanting, balance your prana (life force).

Do the following for 7–10 minutes:

1. **Anulom Vilom** – 11 rounds (to balance Ida and Pingala)
2. **Bhramari Pranayama** – 7 times (to activate Ajna chakra and deepen awareness)
3. **Kapalbhati** – 30 strokes (optional, if trained) to awaken inner vitality

As you breathe, visualize golden energy entering your body, cleansing every cell with divine light.

3. Devi Stuti – Invocation of Divine Mother

Invoke the grace of **Mahalakshmi**, **Mahasaraswati**, and **Mahakali** with Devi Stuti.

You may chant any of these according to your tradition:

- “*Ya Devi Sarva Bhuteshu Shakti Rupena Samsthita...*”
- *Durga Saptashloki*
- *Lakshmi Ashtak Stotram*

Offer flowers, incense, and a heartfelt prayer for the descent of Divine Shakti.

4. Purusha Suktam – Awakening the Cosmic Balance

Recite **Purusha Suktam** with devotion.

This ancient hymn aligns your inner being with the **cosmic consciousness** of Vishnu — the Purusha, the eternal source of all creation.

As you chant, feel your inner energy harmonizing with the infinite order (*Rita*) of the universe.

5. Shree Suktam Chanting / Tantrokt Beejamantratmak Samputik Shree Suktam

Now enter the sacred vibration of **Shree Suktam**, the heart of this sadhana.

- If you are initiated into the **Tantrokt Beejamantratmak Samputik Shree Suktam**, chant that version with full awareness and devotion.
- If not, recite the **Vedic Shree Suktam** with pure intent.

Each mantra of Shree Suktam invokes the **living presence of Goddess Mahalakshmi**.

As you chant, visualize golden rays flowing from the Maha Meru or Shree Yantra, filling your home and aura with divine prosperity and peace.

Havan Vidhi (Fire Ritual) - Optional

- Prepare for **Havan (Fire Ritual)** with **Kamal Gatta (Lotus Seeds)**.
- Chant and offer **Kamal Gatta** into the fire with each mantra recitation of Tantrokt Shree Suktam and Level-2/3 mantra .
 1. **Your level-specific Shree Suktam Sadhana Mantra** (according to the Deeksha you’ve received)

6. Shree Suktam Sadhana (As Per Your Level)

Sankalpa:

“On this sacred night of Deepawali, I invoke the infinite light of Mahalakshmi. May her grace remove all darkness from my life, fill my home with abundance, and awaken in me the consciousness of the Divine.”

After chanting, sit quietly and begin your **Shree Suktam Sadhana** as per the Deeksha you have received.

Maintain silence and stillness for a few minutes after the chanting. Let the inner light expand beyond your body — embracing your home, your family, and the whole universe.

8. Samapan

End your sadhana in silence. Sit with eyes closed and visualize:

- A golden light in your heart expanding endlessly.
- Every cell filled with Devi’s energy.
- All obstacles dissolving into divine light.

Abhishekam (Maha Meru Ritual)

If you have a **Maha Meru or Shree Yantra**, perform *Abhishekam* while chanting Shree Suktam Mantras with deep focus and gratitude.

Use any of the following:

- **Honey (Madhu)** – symbolizes sweet speech and harmony
- **Panchamrit** – symbolizes balance of elements
- **Kumkum (Red turmeric)** – symbolizes divine feminine energy
- **Haldi (Turmeric)** – symbolizes purity and protection
- **Akshat (Unbroken rice)** – symbolizes prosperity and completeness

Visualize the Divine Mother emerging from the Maha Meru, radiating infinite golden light throughout your home and consciousness.
