

Navaratri 2024

Navaratri or the 9 nights (Thursday 3rd October till Friday 11th October) symbolizes the victory of the higher divine forces over the lower, negative qualities, which find their expression in injustice, oppression, greed, selfishness, hatred and a host of other undivine forces that add to the suffering of man. To the spiritual aspirant, the division of Navaratri into 3 sets of 3 days is to acknowledge the different aspects of Durga, Lakshmi & Saraswati.

This process of sadhana (daily practice) of Navaratri, for the first 3 days, is to acknowledge Durga (energy). This helps to get rid of the countless impurities and undivine elements, which have come to cling to you in your human state, eg: an unwillingness to change, which leaves us with traits of laziness, procrastination and mental dullness. The term used is Tamas Guna.

During the second set of 3 days, one appeals to Lakshmi to assist the Rajas Guna eg: dynamic state of activity & creativity combined. This Lakshmi energy gives one an abundance of fulfilment and completeness. When there is total enjoyment and comfort, which is Lakshmi energy. However, her divine gifts should also be used for others. Not only about yourselves.

We are now on the final set of 3 days of Navaratri, appealing to Saraswati (energy) to obtain knowledge, speech & learning, which is true knowledge (Sattwa Guna). This gives us states of harmony, steadiness & equilibrium.

On the tenth and final day, we celebrate our victory over the ignorance of goodness over evil. In Yoga we strive for the natural quality of purity, balance or goodness known as the quality of Sattwa Guna prevailing. We are taking back what we have lost along the way!!!!

Lakshmi

Durga

Saraswati



Navaratri Oct .2024 Programme at the South African School of Yoga

<u>Days</u>	<u>Dates</u>	<u>Time</u>
Thurs	3 rd Oct	4:30 pm
Fri	4 th Oct	4:30 pm
Sat	5 th Oct	4:30 pm
Sun	6 th Oct	4:30 pm
Mon	7 th Oct	4:30 pm
Tues	8 th Oct	4:30 pm
Wed	9 th Oct	4:30 pm
Thurs	10 th Oct	4:30 pm
Fri	11 th Oct	4:30 pm
Sat	12 th Oct	4:30 pm (Final Day)