

Shailputri Mantra

Goddess Durga is believed to be the force behind the creation, preservation, and annihilation of the world. She is the Mother of the Universe. This mantra is chanted prior to all other Durga Mantras. On the first day of Navratri, Goddess Shailputri is venerated.

Maa Shailputri Mantra

**वन्दे वाञ्छितलाभाय चन्द्रार्धकृतशेखराम् ।
वृषारुढां शूलधरां शैलपुत्रीं यशस्विनीम् ॥**

**Vande Vanchhitlabhay Chandrardhkritshekham ।
Vrisharudham Shuldham Shailputri Yashswinim
॥**

After committing suicide as the goddess Sati, Parvati was born as the daughter of Lord Himalaya. Due to the fact that in Sanskrit Shail means mountain, the goddess was known as Shailputri, the daughter of the mountain. It is believed that the Moon, the source of all good fortune, is governed by the goddess Shailputri and that any negative effects of the Moon can be mitigated by worshipping this manifestation of Adi Shakti. She also goes by the names Hemavati and Parvati. On the first day of Navratri, Goddess Shailputri is venerated due to her prominence among all nine manifestations. Goddess Shailputri, like her previous incarnation as Goddess Sati, wedded Lord Shiva.

This mantra should be initiated on Fridays or Tuesdays, Ashtami thithis, Navami thithis, Amavasya, Navratri, or Purnima days. This mantra can be chanted or recited 9, 27, 45, or 108 times. Rudraksha Rosary beads can be utilized as a Japa mala.