



What is Diwali?

❖ Diwali (or Deepavali as it's sometimes called) means "row of lights" in Sanskrit. During this festival, people decorate their homes with lights and oil lamps, called diyas.

❖ Celebrating triumph of good over evil when Shri Rama returned from his 14 year exile and defeated the demon king Ravana



❖ Rangoli is a popular Diwali tradition -- beautiful patterns made using colourful powders and flowers. People draw rangoli on the floor by the entrance of their homes to welcome the gods and bring good luck!





Significance in Sahaja Yoga

When you get your self realization, it's like you have lit a candle- there is now light in the darkness (the light of your spirit). When one candle is lit, you can light another. Same way you can just as easily spread realization to others. That way we are spreading rows of lights everywhere around the world which is the true Diwali.





The deities of Diwali

- ❖ Shri Ganesha (1st chakra): remover of obstacles, bestower of auspiciousness, wisdom, innocence
- ❖ Shri Lakshmi (3rd chakra):
 - ❖ Bestower of generosity, peace, material well being
 - ❖ She is soft/gentle and is able to stand on a lotus. We all need to become like lotuses to imbibe her qualities.
 - ❖ She is the giver, the goddess of wealth
 - ❖ The lights and lamps are said to help Lakshmi find her way into peoples' homes, bringing prosperity in the year to come.





Revision of the mantras...

Om Twameva Sakshat Shri (insert deity name)
Sakshat Shri Adi Shakti Mataji Shri Nirmala Devi
Namo Namah

Om (Amen) Twameva (you are) Sakshat (verily) Shri (insert deity name)
Sakshat Shri Adi Shakti (Primordial) Mataji (Mother) Shri Nirmala Devi
Namo Namah (salutations to you).

Amen, O Divine Mother Shri Mataji, verily You are (insert deity name).
Salutations to you!



The Mantras

Om Twameva Sakshat Shri Ganesha Sakshat Shri
Adi Shakti Mataji Shri Nirmala Devi Namoh Namah

Om Twameva Sakshat Shri Lakshmi Sakshat Shri
Adi Shakti Mataji Shri Nirmala Devi Namoh Namah



Happy Diwali