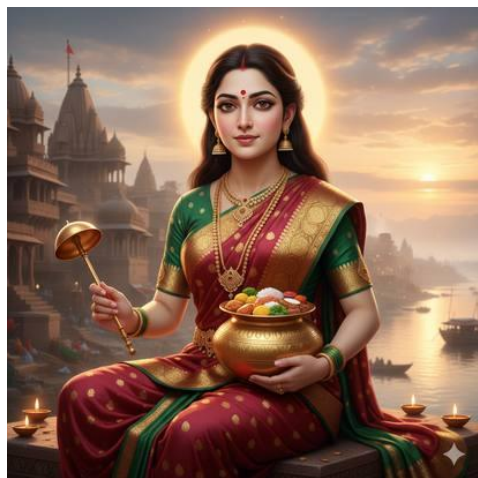




**Third day of Navratri, with
the divine balance of
courage and compassion,
in Northern and Southern
traditions 🙏.**



🌸 Introduction

By the third day of Navratri, the spiritual rhythm begins to deepen. The energy shifts from the innocence of beginnings to the strength of practice. Day 3 teaches us that devotion is not just about prayer but also about courage, compassion, and balance.

In the South, this day is celebrated as the worship of Sri Annapurna Devi, the goddess of food, nourishment, and generosity, who feeds the world with unconditional love.

In the North, devotees honor Maa Chandraghanta, the warrior goddess whose presence instills fearlessness and peace.

Together, these two forms remind us that true power is never harsh—it is a blend of love and strength, authority and kindness.



Sri Annapurna Devi (navratri third day)



Story of Sri Annapurna Devi

Sri Annapurna Devi, an incarnation of Parvati, is revered as the goddess of food, nourishment, and abundance. Her name means “the one who is full of food”. According to legend, when Lord Shiva once remarked that the world is an illusion and food is also an illusion, Parvati took the form of Annapurna and disappeared. The world immediately faced famine and hunger. Realizing his mistake, Shiva begged her to return. She then reappeared in Kashi, with a golden pot and ladle, feeding the hungry and teaching that food is sacred and the basis of life.

Importance of Day 3 in the South

On this day, devotees worship Annapurna Devi to ensure that no one in their family or society goes hungry. She is honored as the mother who nourishes both body and soul. Rituals include preparing special meals, offering rice and grains to the goddess, and distributing food to the needy. Families pray for abundance, health, and the ability to share food generously.

🌸 Symbolism of Sri Annapurna Devi



- Golden pot & ladle → abundance and generosity.
- Food in her hand → nourishment as divine blessing.
- Calm face → unconditional motherly love.
- Her attire of red and green silk → prosperity, fertility, and energy.

She reminds us that providing food is the highest form of service to humanity.

📖 Lesson for Life

Sri Annapurna teaches us that true wealth lies in sharing what we have with others. For children, she symbolizes gratitude for food and the importance of not wasting it. For adults, she represents generosity, balance, and the reminder that physical and spiritual nourishment go hand in hand.



Practices on This Day



- Offering freshly cooked rice, sweets, and vegetables to the goddess.
- Annadanam (feeding the needy) is considered the highest form of worship.
- Lighting lamps and chanting her mantras such as “ॐ अन्नपूर्णायै नमः”.
- Devotees meditate on gratitude, thanking the goddess for daily nourishment.



 Reflection for Readers:

Her worship invites us to reflect:

Do I respect the food I receive daily?

Am I grateful for nourishment, or do I waste resources?

Am I willing to share my abundance with others?

Annapurna Devi reminds us that prosperity is most meaningful when shared.



Maa Chandraghanta

(navratri third day)



North Indian Tradition:

On the third day of Navratri, North Indian devotees worship Maa Chandraghanta, the warrior goddess who represents courage and serenity. She is named after the crescent moon (chandra) shaped like a bell (ghanta) adorning her forehead. As the married form of Parvati, she embodies bravery and protection. Legends tell that she rides a tiger, carrying weapons in her ten hands, and roars like a bell to scare away demons, yet she blesses her devotees with peace and harmony.

Practices on This Day:

Devotees chant “ॐ देवी चन्द्रघण्टायै नमः”, meditate on her fierce yet calm form, and offer red flowers, milk, and sweets. Fasting is observed as a practice of self-control, while prayers are offered for peace in family and society.

Importance of the third day in north



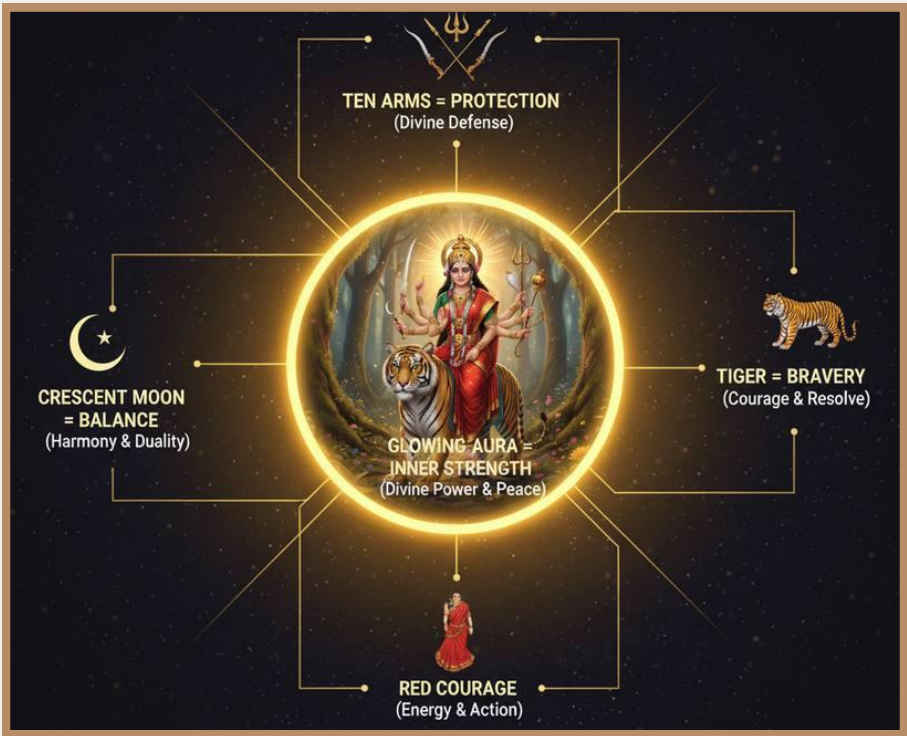
Maa Chandraghanta symbolizes the strength required to protect dharma and the calmness needed to maintain peace. Worshipping her is believed to remove fear, suffering, and obstacles. Families pray for courage, especially to face challenges in life. Rituals include fasting, offering red flowers, and chanting her mantras for strength and tranquility.

Symbolism of Maa Chandraghanta

Her crescent moon signifies balance between fierceness and serenity. The tiger she rides represents bravery and willpower. Her ten arms with weapons symbolize readiness to protect, while her calm face radiates compassion. Her red sari reflects courage, while her golden aura reflects divine grace.



Lesson for Life



Maa Chandraghanta teaches us that courage and compassion must coexist. For children, she represents the bravery to stand up against wrong and the kindness to help others. For adults, she shows that strength must not become arrogance, but should always serve to protect and uplift.

Reflection for Readers

Her worship reminds us to ask:

Do I run from challenges, or face them with courage?

Do I use my strength to protect or to dominate?

Do I maintain peace within even when chaos surrounds me?



Closing Reflection



Closing Reflection

Day 3 is a day of balance—in South India, devotees honor Sri Annapurna Devi, the nourishing mother who blesses the world with food, abundance, and generosity.

In North India, devotees worship Maa Chandraghanta, the fierce yet compassionate warrior goddess who protects with courage and restores peace.

Together, these two forms remind us that true divinity is not just softness or just strength—it is the perfect union of nourishment with compassion and protection with courage.

For us, this means living with a heart full of love, the courage to face challenges, the generosity to share, and the wisdom to maintain balance in all relationships.