

Celebrating Navrati

My family just finished celebrating a nine day Hindu celebration called Navrati. It is a time when we worship the Hindu diety Durga. Apparently Durga, Mother Goddess to Hindus, took on many different forms and her nine most sacred forms are the ones worshipped during the nine days of Navrati. We sing traditional Indian prayers as a family each of the nine nights and offer food to Durga (called prasad) which is believed to be blessed by her, which we then eat (typically fruits). We also mark the nine day celebration with festive dance called "garba." The tenth day is called Dusshera which is a day of when good succeeds over evil and we traditionally celebrate by having a big dinner with family, extended family and friends.

I was able to go to my grandparents eight of the nine nights to pray and truly enjoyed the experience (I even wore traditional Indian clothes one night which I love to do). I am beginning to memorize many of the Indian prayers we sing too! I'm very happy to be near family to practice our Indian culture/customs/rituals. I am holding a picture of the god we worship (her name is Amba maa – an incarnation of Durga).