

Saraswati Poonam Pooja



The Moon is The Presiding Deity of the Mind. All those who know a little about the psychological behavior of a human being have unanimously agreed that there is a relationship between the moon and the mind. Therefore, it is quite justified when the Rishis say in Sanskrit, the moon and the mind are both called by the same term *Mati*, which clearly shows that in the microcosm that which is mind, is itself in the macrocosm, the moon.

Why Saraswati Pooja?

Maa Saraswati is known to represent knowledge. Worshiping Maa Saraswati with humility brings about the required purity in our mind for this supreme knowledge to flow into us. It helps the spiritual wisdom to take root in our hearts. This is a great opportunity for you and your family to truly connect with the Divine Mother.

How long does the Pooja last?

The Pooja lasts about 30 minutes

How do I prepare for the Pooja?

A few days before the Pooja, Maa Saraswati will be bathed and her clothes and jewellery will be changed. You may select and purchase a new sari and any accessories you would like for her yourself (these should be given to the organizers at least 2 weeks prior to your Pooja) or You will be required to pay \$125 to cover the cost of purchasing the new set of clothes

What do I need for the Pooja?

- For the Pooja, the following items will be required:
- 2 bananas for Ganesha
- 2 fresh bouquets of flowers (for decoration)
- Fresh rose petals (at least 108 petals per person performing the Pooja)
- A minimum donation of \$121 as Dakshina for the Pooja
- Prashad (made fresh that day)
- Prepare any Bhajans you would like to sing as part of the Pooja
- Optional: flower garland to be placed on Devi during the Pooja

How can I sign up for this Pooja?

Contact Bina Sutarwala at 613-591-5961