My friends, The Deepawali festival is not one day festival also it ia a 5 days festival called punchmahotsav, it begin from Kartik month, Krishan paksh, 13 tithi. You should now about it.

Dhan teras-

The dhan teras celebrated on Kartik Krishan 13, This is the first festival of punchmahotsav of Deepawali, This is celebrate as the birth day of god Dhanvantri, which is the god of Ayurveda, The story of this - when the gods and demons shaked the ocean for Amrit or nectar, Dhanavantri, emerged carrying a Kalash of the elixir on the day of Dhanteras.

To mark the auspicious day, houses and business Places are renovated and decorated. Entrances are made colorful with lovely traditional motifs of Rangoli designs to welcome the God of Health and wealth, small footprints are drawn with rice flour and vermilion powder all over the houses. Lamps are set aside burning all through the nights.

Dhanteras Traditions

On Dhanteras Hindus consider it auspicious to purchase gold or silver articles or at least one or two new apparatus for his house use. It is believed that some form of precious metal is a sign of good luck. Dhanvantari-Puja is performed in the evenings when tiny Diyas of clay are lighted to drive away the shadows. And pray to god Dhanvantari for his family's good health.

Choti Deepawali (Narak Chaturdashi)-

The Choti Deepawali call Narak chaturdashi calebrate on Kartik Krishan 14, It is the 2nd festival of Punchmahotsava, It is Diwali on a smaller scale, with fewer lights lit and fewer crackers burst. In the morning of choti Deepawali, the women of the house make beautiful, colored rangoli in the doorway and courtyard. Chhoti Diwali celebrations involve a ritual puja to Goddess Lakshmi and also to Ramaand also Lord Krishna in the evening. Goddess Kaali also worship on this evening, Songs in honor of the god are sung and aarti is performed.

The history of this festival is that the demon king **Narakasur** ruler of Pragjyotishpur after defeating Lord Indra had snatched away the magnificent earnings of Aditi, the Mother Goddess a relative of **Satyabhama**, **Lord Krishna's wife** and imprisoned sixteen thousand women in his palace.

On coming to know about this, Satyabhama was infuriated by Narakasura's malevolence towards women, and she appealed to Krishna to give her the golden chance to destroy Narakasura. The legend also says that Narakasura was given a curse that he would be killed by a woman. Krishna granted **Satyabhama** a advantage to fight with Narakasura. With Krishna as the charioteer, Satyabhama entered the battle field. During the war, Krishna swooned for a while, a preordained divinely act adopted to empower Satyabhama to kill the demon. After Narakasura wascut of head, the imprisoned women were released, and Krishna accepted to marry them.

So on the day previous to Narakachaturdashi, Lord Krishna's divine intervention led to the killing of the demon, Narakasura and liberation of the imprisoned damsels as well as recovery of the precious earrings of **Aditi**. As a symbol of that victory Lord Krishna smeared his forehead with the demon king's blood. Krishna returned home in the early morning of the Narakachaturdashi day.

Deepawali Utsav-

This is the main Festival of $3^{\rm rd}$ day of punch mahotsava, celebrate on night of Kartik Amavasya and is entirely devoted to the propitiation of Goddess Lakshmi. On this very day Despite the fact that this day falls on an amavasya day it is regarded as the most auspicious.

The day of Lakshmi-Puja falls on the dark night of Amavasya.

Lakshmi Pooja, or the worship of the goddess of wealth, is the main event on Diwali in North and West India. It is extremely important to keep the house spotlessly clean and pure on Diwali. Goddess Lakshmi likes cleanliness, and she will visit the cleanest house first. This is also the reason why the broom is worshiped on this day with offerings of haldi and kumkum (turmeric and vermilion). Lamps are lit in the evening to welcome the goddess. They are believed to light up Her path.

Lakshmi Puja consists of a combined puja of five deities: Ganesha is worshiped at the beginning of every auspicious act as Vighnaharta, Kuber, kaali, and Sarswati also worshipe with goddess Luxmi.

<u>The Vidhi (Process) of this pooja, how should perform it read the page "Deepawali Luxmi-Ganesh Poojan Vidhi</u>

And poojan samgree for deepawali festival is available on shree siddh dhaam

Goverdhan Pooja-

This is celebrateon kartik shukla 1 (next day of Deepawali), It also call Parva mean Pratipada(1), only on this day that the King Bali would come out of Pataal Loka and rule Bhoo lok as per the boon given by Lord Vishnu. Hence, it is also known as "Bali Padyami".

The second storyof Goverdhan Pooja is that Govardhan is a small hillock in Braj, near Mathura and on this day the people build cowdung, hillocks, decorate them with flowers and then worship them. This festival is in commemoration of the lifting of **Mount Govardhan** by lord Krishna. As per Vishnu-Puran the people of Gokul used to celebrate a festival in honor of Lord Indra and worshiped him after the end of every monsoon but one particular year the Krishna stopped them from offering prayers to **Lord Indra** who in terrific anger sent a deluge to submerge Gokul.

People were afraid that the downpour was a result of their neglect of Indra. But Krishna assured them that no harm would befall them. When the rain begin He lifted Mount Govardhan with his little finger and sheltered men and beasts from the rain. This gave him the epithet **Giridhari**. After this, Indra accepted the supremacy of Krishna.

This day is celebrate as **Annakoot** meaning mountain of food. Pious people keep awake the whole night and cook 56 or 108 different types of food for the bhog to Krishna. In temples specially in Mathura, After the prayers and traditional worship innumerable varieties of delicious sweets are ceremoniously raised in the form of a mountain before the deities as **"Bhog"** and then the devotees approach the Mountain of Food and take Prasad from it.

Bhaiya-Dooj

This is the last 5th festival of Deepawali (punch mahotsav), on kartik shukla 2, It called Yam Dvitiya. The reason why this festival is known as bhai dooj is that it falls on the second day after theDark night(Amavasya), that is the Dooj day. And it is a day to pray for the long life of the brother, which is referred as "bhayya or bhai". According to religious Books, Yamaraj, the God of death, went to visit his sister's after a long time of separation. His sister Yamuna was very happy to see him and welcomed him by putting an Tilak on his forehead for his welfare. Yamuna and Yamraj then shared a meal. he proclaimed that every year, on the dooj day, if a sister puts a tilak on her brother's forehead, then no one can harm her brother. Till date, this tradition is followed. Sisters perform puja for their brothers safety and well being and long life. Brothers in return give gifts to their sisters of love.

According to Jains, Some other story says that Bhagawaan Mahavir found nirvana, his brother Raja Nandivardhan was very say and missed his brother a lot. Sister Sudarshana then comforted his brother. Since then, women have been revered during this festival.

The festival of Diwali is incomplete without bhai dooj.

"The Sisters should jaap this mantra on this day in the number of minimum in 108 (one mala of Rudraksh) for his brother's health and long life.

"omAsht chiranjivaiya namah."

(note- Rudraksh mala is available on our center)

Contect us-

Ayurveda, acupressure and Adhyatmik guru-

Dr. Anuj Kumar

Mob- 09837269234, 08445845021