

Why Carry Karagam for Amma?

We must always remember that every prayer, bhajan, meditation, seva, or religious activity is intended to bring us closer to the Divine, eventually leading to a complete merging with the Supreme. We should move away from the transactional concept of "taking vows" and instead learn to worship sincerely from the heart. Our Supreme Amma does not limit Her protection and guidance to a set number of years; likewise, our devotion should be boundless.

Carrying the Karagam and immersing oneself in its energy creates an incomparable flow of Shakthi. This divine energy fosters a positive mindset, which manifests as a prosperous and fulfilling future. Since we desire this prosperity to be limitless, we should carry the Karagam as often and for as long as our hearts desire.

From a yogic perspective, the practice mirrors the Urdhva Hastasana pose—the upward salute. This posture, combined with regulated breathing, offers profound physical benefits: it opens the chest, stimulates blood flow, improves posture, and releases deep-seated tension. It effectively decreases lower back pain, improves balance, and lengthens the spine, leaving the practitioner physically and spiritually energized.

On a metaphysical level, the constant contact of the Karagam Chimbu with the crown of the head stimulates the Sahasrara Chakra. This interaction facilitates the release of spiritual "nectar," encouraging the mind to ascend from the Muladhara—where worldly desires are born—to the Sahasrara, where one becomes one with Supreme Amma.

The benefits of carrying the Karagam are truly incomparable, encompassing health, protection, wealth, and the strengthening of sacred bonds. One should seize every opportunity to carry the Karagam for our Supreme Amma and share in the joy of celebrating Her Divine Name.



Allow your ego to sleep, and let the Divine awaken within you.

– Gurukal Prakash Diar
Vazhga Kali Amma, Vazhga!



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An overview of Maladharanam

Most devotees already know about the viratham and its importance. Before beginning, Guru blesses us with the mala and explains its meaning through our Guru Parampara. What follows is a simple, heartfelt understanding of that tradition, now viewed through the grace of Kali Amma.

Viratham is not a casual observance. It is an Anushtanam — a sincere, disciplined spiritual practice. It is something we follow with Shraddha (deep faith) and Bhakti (devotion), under the guidance of our Guru who initiated us with the sacred mala.

Viratham is not “do what you can.”

It is a Niyamam — a sacred rule.

The Viratham is a spiritual discipline meant to purify the body, mind, and soul. It begins with Maladharanam, where the Guru places the mala on the devotee’s neck, marking the start of the journey. Once wearing the mala, devotees follow specific rules to support their transformation.

Key Observances

Follow a vegetarian fast (vegetarians may have one meal a day).

No alcohol, substance abuse, or smoking.

Wake up early (Brahma Muhurtham) and take cold baths.

Perform daily prayers, chant Kali Amma’s Naamam, and consult the Guru for the correct mantra.

Maintain Trikarana Suddhi — purity in thoughts, words, and actions.

Eat simple Satvik food in moderation.

Avoid luxury and ego; wear simple red or yellow clothing.

Attend daily Pratanay, Satsang, and bhajans at the temple.

Never remove the mala, even when bathing.

Work commitments are excused when necessary.

Women may be excused during menstruation (consult Guru).

Practice compassion, respect everyone, and perform charity (Dhanam).

You become 1 with Kali Amma during this time and should respect yourself, the mala, and Kali Amma to enjoy the true effect of Viratham and receive the full Punya (Blessings). The mala must be removed on the day of final Thiruvizha, and returned to SKAM Officials. Start simple: one prayer, one good deed, one pure thought — that’s real sadhana.

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Why the 18 Day Viratham?

Viratham comes from the root meaning “will,” “discipline,” or “sacred vow.”

The Inner Transformation

This discipline reflects the spirit of Ashtanga Yoga:

Yama – Self-control

Niyama – Discipline

Asana – Steadiness

Pranayama – Regulated breath

Pratyahara – Controlled senses

Dharana – Focus

Dhyana – Meditation

Samadhi – Complete stillness

The goal? To reach a state where we see Kali Amma everywhere — in every face, every moment, every challenge.

When we say “Sri Matre Namaha,” it is not just a greeting. It is surrender. It is saying: “Everything is You, Amma. I am Yours.”

In ancient times, devotees walked through forests and hardship to reach temples. The viratham prepared them physically and mentally. Today, reaching a temple may be easy. But conquering our anger, ego, jealousy, and desires?

That is still the real pilgrimage. The outer journey may be shorter. The inner journey remains powerful.

Kali Amma — the embodiment of fierce compassion — knows the truth of every heart. She is Karuna Sagari—the ocean of mercy.

But the viratham is not for Amma.

It is for us. It shapes us. It strengthens us. It softens us.

18 Days for Theemithi Thiruvizha Viratham

The number 18 holds immense significance in Hindu Dharma. It appears multiple times in our ancient scriptures and epics:

18 Chapters in the Srimad Bhagavad Gita

18 Puranas narrating divine wisdom

18 Days of the Kurukshetra War in the Mahabharata

These 18 Days offered to Kali Amma, should be considered a journey. Not just one of discipline from non-veg and alcohol as most of us usually consider it, but a journey of true Transformation.



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Day 1- 5

The Panchendriyas (Five Senses)

The first five days represent the Panchendriyas, or the five sensory perceptions that bind humans to the material world:

Rupa (Sight) - The distractions of visual desires. Shabda (Sound) - Attraction to worldly noise and distractions.

Gandha (Smell) - The temptation of material comforts. Rasa (Taste) - The craving for indulgent pleasures.

Sparsha (Touch) - Attachment to physical comforts.

To progress spiritually, a devotee must control and transcend these senses, as excessive indulgence leads to ignorance and attachment to Maya (illusion).

Day 6-13

Overcoming Negative Human Emotions

The next eight steps represent the Shadripu (six inner enemies) + two additional negative emotions that prevent spiritual growth:

Kama (Desire/Lust) - Attachment to worldly pleasures. Krodha (Anger) - Loss of self-control due to frustration.

Lobha (Greed) - Excessive materialistic tendencies. Moha (Attachment) - Clinging to temporary worldly relationships. Madha (Pride) - Ego and arrogance, leading to self-importance. Matsarya (Jealousy) - Comparing oneself to others, leading to dissatisfaction. Asooya (Envy) - The inability to tolerate others' success or happiness. Dhumb (Hypocrisy) - Pretending to be virtuous without true devotion.

A devotee must shed these impurities before moving forward on the path of liberation.

Day 14-16

The Three Gunas (Thrigunas)

The next three steps symbolize the Three Gunas, or fundamental qualities of human nature:

Satva (Purity & Wisdom) - The state of balance and knowledge. Rajas (Passion & Action) - The state of ambition and dynamism. Tamas (Ignorance & Inertia) - The state of laziness and darkness.

Every human exhibits a combination of these three qualities, and a spiritual seeker must strive to increase Satva, balance Rajas, and minimize Tamas to progress towards liberation.

Day 17-18

The Ultimate Truth – Vidhya & Avidhya

The last two steps represent the final realization of the Supreme Truth:

Vidhya (Knowledge & Enlightenment) - The wisdom of the Self and the Universe.

Avidhya (Ignorance & Illusion) - The false perception of the world and attachment to Maya.

A devotee must choose Vidhya over Avidhya, meaning truth over illusion, to merge with the divine essence of Kali Amma. Remembering that true Devotion will remove all illusions.

Fasting is not a punishment, instead it is a purification. It is a sacred pause in life — where we surrender to Kali Amma and allow Her to transform us.

Sarvam Kali Mayam

Allow your ego to sleep, and let the Divine awaken within you.

– Gurukkal Prakash Diar, Vazhga Kali Amma, Vazhga!

The first 8 days...

Below you will find a brief explanation around the observance of the first 8 days prior to the actual flag hosting for the Theemithi Thiruvizha at SKAM.

- Day 1- Guru Pratanay and Mala Dharanam and Solam Planting in Firepit
- Day 2- Ganapathi
- Day 3- Shiva
- Day 4- Narayana
- Day 5- Muruga
- Day 6- Dharma Shasta
- Day 7- Padavarayan / Aravan
- Day 8- Lord Hanuman

Ahead of worshiping our Supreme Ambika in her various manifestations- Done from the day of flag hosting. We worship the other forms of our supreme, covering various aspects of our life and journey;
The first eight days of our prayer are not separate invocations — they are a spiritual ascent. Each day prepares us for the next. Each deity represents a quality we must awaken within ourselves before we move deeper into divine grace.

These eight days build the inner temple.

The Spiritual Meaning of These Eight Days

These eight days prepare us completely:

Guidance, Obstacle removal, Focus

Preservation, Strength, Discipline, Protection, Courage and intelligence

Only after building these eight pillars are we spiritually ready to move forward in deeper prayer.

These first eight days are not just ritual — they are transformation. Fasting is not a punishment, instead it is a purification. It is a sacred pause in life — where we surrender to Kali Amma and allow Her to transform us.

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<u>Day 1 – Guru & Maladharanam Ceremony.</u> We begin with the Guru because without guidance, even devotion can lose direction. Guru represents wisdom, clarity, and right understanding. Before we seek blessings, we must seek correct vision. The Guru removes ignorance (avidya) and lights the lamp of knowledge within us. On this day we pray: May our ego soften. May we be teachable. May we walk the right path. Without the Guru, there is no foundation.	<u>Day 2 – Sri Ganapathi: Invitation and Removal of Obstacles</u> After receiving guidance, we invoke Lord Ganapathi. He is the remover of obstacles (Vighnaharta) and the one who opens divine gateways. By praying to Ganapathi, we formally invite all divine forces into our spiritual journey. On this day we pray: Remove inner obstacles (fear, doubt, laziness). Remove outer obstacles (situations, delays, confusion). Make our path smooth and auspicious. No sacred journey begins without Him.
<u>Day 3 – Lord Shiva: Focus and Inner Stillness</u> Shiva represents deep meditation and one-pointed focus. Once obstacles are removed, the mind must be disciplined. Shiva teaches us: Detachment Silence Inner strength Control over senses On this day, we pray for unwavering concentration and spiritual depth. Shiva burns away distraction and purifies intention.	<u>Day 4 – Lord Narayana: Preservation and Divine Order</u> Narayana is the sustainer of life and protector of cosmic balance (Dharma). Having purified and focused the mind, we now pray for preservation — of our health, family, stability, and spiritual journey. On this day we ask: Sustain our faith. Preserve our righteousness. Protect our life’s purpose. Narayana reminds us that grace is continuous
<u>Day 5 – Lord Muruga: Youthfulness, Strength and Valor</u> Muruga (Kartikeya, Subramanya) symbolizes divine youth, courage, and victorious energy. Spiritual life requires vitality — not weakness. Muruga gives: Physical strength Mental sharpness Spiritual bravery Protection from negative forces On this day, we pray for enthusiasm and fearless progress on our path	<u>Day 6 – Dharma Shasta (Ayyappa): Penance and Liberation</u> Dharma Shasta represents discipline, austerity, and ultimate liberation. After building strength, we must cultivate surrender and humility. This day reminds us that penance (tapas) purifies karma and leads toward moksha. We pray: Grant us self-control. Burn away past karmas. Lead us toward liberation. This day deepens our spiritual maturity.
<u>Day 7 – Pavadarayan & Aravan: Protection and Sacrifice</u> This day is dedicated to protection and selfless sacrifice. Aravan in the Mahabharata Aravan (Iravan), son of Arjuna and Ulupi, was a brave warrior. Before the Kurukshetra war, it was foretold that a noble sacrifice was required to ensure victory for Dharma. Aravan willingly offered himself for sacrifice for the success of righteousness. Before his sacrifice, he had three wishes: To witness the war and destruction of the Kauravas, To die a heroic death. To be married before his sacrifice. Lord Krishna, taking the form of Mohini, married Aravan to fulfill his final wish. After his sacrifice, Aravan became a symbol of ultimate devotion and selflessness. Pavadarayan is worshipped as a fierce protector, guarding devotees from unseen dangers and negative energies. On this day we pray for: Protection from physical and spiritual harm. The strength to uphold Dharma, even in difficulty.	<u>Day 8 – Lord Hanuman: Buddhi, Balam, Yashas, Dhairyam</u> We conclude the foundation with Lord Hanuman. Hanuman represents: Buddhi (intelligence) Balam (strength) Yashas (fame / honor) Dhairyam (courage) Though central to the Ramayana, Hanuman also appears in the Mahabharata. He was the elder brother of Bhima (both sons of Vayu). When Bhima once encountered an old monkey blocking his path, he arrogantly tried to move its tail — but could not. The monkey revealed himself as Hanuman, teaching Bhima humility. Later, during the Kurukshetra war, Hanuman sat on Arjuna’s chariot flag (Kapi Dhwaja). His presence protected Arjuna, and his roar shook enemy forces. After the war, when Krishna stepped down first and Hanuman left the flag, the chariot immediately burst into flames — showing how Hanuman’s presence had protected it from destruction. On this day we pray: Give us clear intellect. Give us unwavering strength. Give us courage in adversity. Grant us honor through righteous living.

Nithya Laghu Puja

Puja @ Home

Nithya Laghu Puja- (Daily method of Worship) - Requirements: Observe a vegetarian fast

Teaspoon	1	Water Chimbu or Glass	1
Akshatas- Rice, Pinch of Tumeric and Drop of Ghee- All Mixed	¼ cup	Parsadham of any kind- Fruit, Nuts, Milk, Cooked food	1
Flower petals		Flowers	
Icon/ Yantra- Photo or Murti of Amma	1	Camphor	1 Block
Kalasam Chimbu or Jug	1	Plate / Brass Tray	1
Paanchaamrutam- Mixture of Cow milk, Yogurt, Ghee, Honey and sugar	OR	Theertam- Mixture of Rose water, Water, Elachi pwd, sandalwood pwd & Tumeric	

Nithya Laghu Puja

Puja @ Home

Nithya Laghu Puja- (Daily method of Worship) - Requirements: Observe a vegetarian fast

a. Guru Dhyaanam:

Recite Guru Mantra 2 Times- Thinking of your Guru

Gurur brahma gurur vishnuhu gururdevo maheswaraha
Guru saakshaath para brahma tasmai Sree gurave namaha
OR any Guru Mantra if you have.

b. GaNapathi Dhyaanam:

Recite Ganapati moola Mantra 4 times- Imagining the form Ganesha before you
Suklaambaradharam vishNum SaSivarNam chaturbujam
prasanna vadanam dhyayeth sarva vighnopa Shantaye

c. Aachamanam:

Take a spoonful of pure water in your right hand and drink 3 times reciting mantra below without touching upper lip reciting

Aum Achutha Yai Namaha- Sip

Aum Ananda Yai Namaha- Sip

Aum Govinda Yai Namaha- Sip

Take a spoonful of pure water in your right hand and sprinkle the water on your head and over your body

d. ShodaSopachaaram: 16 Offerings to get closer to Kali Amma

MANTRAM:

Aum Kreem Kalikaye Namah (Can be replaced with any mantra for the Deity you are worshipping)

DEVI:

Sree Kali Parameshwari (Can be replaced with any Deity that you are worshipping)

Practice- Aum Kreem Kalikaye Namah / Shree Adya Kali Parameshwari

Start

1. Aum Kreem Kalikaye Namah / Shree Adya Kali Parameshwari dhyayaami

Place akshatha on icon / Yantra- Inviting Amma to your home

2. Aum Kreem Kalikaye Namah / Shree Adya Kali Parameshwari aavaahayaami

Place akshatha/Flowers on icon / Yantra- Invite Amma into your Home

3. Aum Kreem Kalikaye Namah / Shree Adya Kali Parameshwari ratna simhaasanartham pushpam/akshthaam samarpayaami- Offer
Amma a place to sit (That is the Yantra/ Icon of your choice)

Place Pushpam/akshtha on icon / Yantra

4. Aum Kreem Kalikaye Namah / Shree Adya Kali Parameshwari paadyam samarpayaami

Sprinkle water on icon / Yantra with a Spoon/Flower imagining you are washing the feet of Amma

5. Aum Kreem Kalikaye Namah / Shree Adya Kali Parameshwari arghyam samarpayaami

Sprinkle water on icon / Yantra with a Spoon /Flower imagining you are washing the hands of Amma

6. Aum Kreem Kalikaye Namah / Shree Adya Kali Parameshwari aachamaneeyam Samarpayaami

Offer water with spoon to the icon / Yantra imagining you are offering water to the deity for drinking and take it to yourself, and
drink

7. Aum Kreem Kalikaye Namah / Shree Adya Kali Parameshwari Snaanam Snapayaami

Sprinkle water on icon / Yantra with a flower. Panchaamrutam can be used instead of water Recite

“Aum Shakti, Aum Para Shakti, Aum Athi Para Shakti” 15 times while sprinkling the water or Panchaamrutham
Rinse your icon well, dry, dress (Optional) and place back onto the tray/ table

8. Aum Kreem Kalikaye Namah / Shree Adya Kali Parameshwari vastraarthe pushpam/akshathan samarpayaami
Offer two flowers or akshatha onto icon / Yantra imagining you are offering dress to wear

9. Aum Kreem Kalikaye Namah / Shree Adya Kali Parameshwari aabharanaarthe pushpam/akshathan samarpayaami
Offer Flowers or akshatha onto icon / Yantra imagining you are offering ornaments/Gift to wear (Necklace or Bangle)

10. Aum Kreem Kalikaye Namah / Shree Adya Kali Parameshwari gandham dhaarayaami
Apply Sandalwood Powder at the neck region of icon / Yantra, then apply to your own neck- Taking a vow to only talk with Love –
My Speech will always be sweet

11. Aum Kreem Kalikaye Namah / Shree Adya Kali Parameshwari pushpaih/ kumkumam poojayaami Recite Aum Shakti Namaha 28
times with a smile and do Puja with Kumkum or flowers on icon / Yantra- Glorifying Amma

12. Aum Kreem Kalikaye Namah / Shree Adya Kali Parameshwari dhoopam aaghraapayaami
Light the Incense stick put out the fire and show to icon / Yantra taking a vow to reduce your anger- And only allow positive
thoughts into your head

13. Aum Kreem Kalikaye Namah / Shree Adya Kali Parameshwari deepam darSayaami
Recite the mantra by showing the lamp to icon / Yantra- Seeing only the light/fire as Amma

14. Aum Kreem Kalikaye Namah / Shree Adya Kali Parameshwari naivedyam nivedayaami
place fruits or cooked food or freshly made sweets in a plate and sprinkle water in clockwise direction around the plate by
reciting following mantra

Om bhoor bhuvah suvaha tat savitur varenyaM
bhargo devasya dheemahi dhiyo yonah prachodayaath

*Then offer a spoon full of water to Icon/Yantra for drinking, and drink it yourself

15. Aum Kreem Kalikaye Namah / Shree Adya Kali Parameshwari manthra pushpam samarpayaami

Place Akshata on icon / Yantra along with the following manthra x 3

Om kaatyaayanaaya vidmahe kanyakumaari dheemahi tanno durgih prachodayaath

16. Aum Kreem Kalikaye Namah / Shree Adya Kali Parameshwari aananda karpooora neeraajanam darSayaami

Light camphor and show it to icon / Yantra then put a drop of water on the plate/Tray and take the heat of the lighted camphor
with both palms upside down and take it to your eyes. Recite Rakshaam dhaarayaami

Lastly recite the following Mantra

Om poorNamathaha poorNamidam poorNaath poorNamudachyate poorNasya
poorNamaadaaya poorNamevaa avasishyate

OM Shanti, Shanti, Shanti



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