
THE NINE AVATARS OF
MAA DURGA



AVATAR

02

MAA BRAHMACHARINI

THE ONE WHO PRACTICES PENANCE
AND AUSTERITY

MAA BRAHMACHARINI

‘Brahma’ means penance and ‘Charini’ means the one whose behaviour is such, so, Brahmacharini Maa is the one who practices penance and austerity, and is the unmarried/maiden form of Maa Parvati.



Maa Brahmacharini is depicted holding a Kamandal or water pot in her left hand and Japa Mala in the right hand. She wears a white saree with a bright-orange border and Rudraksh as an ornament. She is very graceful, personifying love and loyalty and is an epitome of knowledge and wisdom.

THE STORY OF MAA BRAHMACHARINI

Maa Parvati was previously known as Devi Sati, who self-immolated due to her father Prajapati Daksh disrespecting her husband, Lord Shiva. So maiden Maa Parvati knew She desired to get Lord Shiva as Her husband in this lifetime.

At the time, Lord Shiva was immersed in deep meditation for a long period of time. Following advice from Sage Narad, Maa Parvati followed a path of severe austerity, performing extreme 'tapa' or penance.

Maa Parvati endured a thousand years subsisting on fruits and flowers, followed by a 100 years on leafy vegetables alone while sleeping on the floor. Despite harsh conditions like extreme weather, she persevered in her penance for thousands of years, initially eating only Bilva leaves. Eventually, she gave up both Bilva leaves and water, dedicating herself wholly to the worship of Lord Shiva, keeping single-minded focus on her goal.

TEACHINGS FROM MAA BRAHMACHARINI

This form of Maa Parvati represents our spiritual aspirations and the effort and practice we need to put in to realise them.

The blessing of Maa Brahmacharini will grace you with the ability to perform great austerities as you calmly detach from worldly affairs.

A brahmacharin is one who is focusing their mind on the Supreme, Bhagavan, taking actions with Bhagavan in their mind.

Doing all acts while keeping Bhagavan in mind is described by Sri Krishna as a KarmaYoga lifestyle and helps us achieve moksha, or liberation from the cycle of birth and death, known as 'Samsara'

Since Maa spends most of her time meditating, today is a good day for Sadhana.