

Lesson-3 and 4**Introduction to goddess Manasa:**

- 1) Manasa is the goddess of serpents and mother of serpent species. She is also known as goddess of fertility and affluence. She is a traditional goddess. Later, she was considered to be a scriptural goddess.
- 2) She saves us from the fear of snakes.
- 3) She is worshipped in eastern and western India including Bangladesh.
- 4) She is also known as Bishahari because she takes away snake-venous. She is also known as snake-mother.
- 5) Advised by Brahma, sage Bashistha created snake-mantras and Manasa emerged from his mind through the power of meditation as the authority-goddess of those mantras.
- 6) She got her existence from mind (Mana), she is called Manasa.
- 7) According to the scriptures, she is the wife of sage Jaratkaru, mother of Astik and sister of snake-king Vasuki.
- 8) Her father is Kashyap Muni and mother is Kadru.
- 9) She has four hands and fair complexion. That is why, she has another name Jagadgouri.
- 10) Her face is beautiful and pleasant like the moon.
- 11) She wears clothes having the red colour of the morning sun.
- 12) She has golden ornaments. Several snakes hang around her as her ornaments.
- 13) She rides a swan.
- 14) She sits on a swan with a pleasant face.
- 15) There are eight snakes around her hands, her crown and her feet.

Main Objective of Manasa Worship: The main objective of this worship is to keep safe from the fear of snakes.

Worship-Procedure of Manasa:

- 1) Manasa worship is prescribed to hold on the Panchami tithi of the dark fortnight in the Bengali month of Shrabon. At present, Manasa worship is held in Mansa temples. In the family context, Manasa worship is performed in family temples.
- 2) The tithi next to the full moon of the Bengali month of Ashar is called Nagpanchami. On the Nagpanchami tithi, sij cactus is planted in the yard and Manasa worship is done to that.
- 3) In general, as Manasa worship procedure we have to follow the steps such as taking Sankalpa (mental preparation) before the worship starts, placing the idol of Manasa, achmana (rinse of palm and lips with water), chaksudan or invocation of the deity, meditation on Manasa, reciting invocation mantras and reciting worship mantras etc.
- 4) After that the deity has to be bathed by uttering the mantras of bathing.
- 5) Then the worship begins by reciting Asta nagmantra and ends with offering of flower and Pranam mantra of Manasa.

Lesson-5 and 6**Pranam Mantra of Manasa with Meaning:**

“astikasya munermata bhagini-basukeshtaha/
Jaratarumuneh patni manasadevi namoastute//”

Meaning: I bow in respect to goddess Manasa, who is the mother of sage Astik, sister of Vasuki, the king of Snake and the wife of sage Jaratkaru.

The impact and significance of worship of Manasa:

- i) The worship of Manasa reveals the fear of snakes.
- ii) The importance of this worship is immense, because in the tales there are dreadful consequences of not worshipping Manasa.
- iii) Through this worship, the followers of Hinduism come to know about different types of snakes.
- iv) By performing this worship, we can remain safe from venomous snakes.
- v) By performing this worship, we can reduce the case of snake bites.
- vi) By performing this worship, we can win snakes and through that maintaining peace in the society by bringing enemy back to goodness.

Many tales about Manasa: There are many tales about the importance of Manasa. These stories are mentioned during the worship of Manasa. Many palagans have also been composed on those stories. “Manasar Bhasan” is such a palagan.

Worksheet**Short Questions from Lesson-3 and 4:**

- 1) Who is the goddess of serpents?
- 2) Who is the mother of serpent species?
- 3) Who saves us from the fear of snakes?
- 4) Who is the goddess of fertility and affluence?
- 5) Where is goddess Manasa worshipped?
- 6) Who is a traditional goddess?
- 7) When was Manasa considered to be a scriptural goddess?
- 8) Why is Manasa known as Bishahari?
- 9) Who created snake-mantras?
- 10) By whose advice did sage Basistha create snake-mantras?
- 11) From where did Manasa emerge?
- 12) Why is goddess Manasa called as Manasa?
- 13) According to the scriptures, who is the husband of goddess Manasa?
- 14) Who is goddess Manasa's son?
- 15) Who is Vasuki?
- 16) What is the relation between Manasa and Vasuki?
- 17) Who are the parents of goddess Manasa?
- 18) Who is known as snake-mother?
- 19) How many hands does goddess Manasa have? How is her complexion?
- 20) Why is goddess Manasa's another name Jagadgouri?
- 21) How is goddess Manasa's face?
- 22) What does goddess Manasa wear?
- 23) What is goddess Manasa's ornament?
- 24) What does goddess Manasa ride?
- 25) Where does goddess Manasa sit with a pleasant face?
- 26) How many snakes are there around goddess Manasa's hands, crown and feet?
- 27) What is called Nagpanchami?
- 28) When is Manasa worship held?
- 29) What is the main objective of Manasa worship?
- 30) Which plant is planted in the yard on the Nagpanchami tithi?

Broad Questions from Lesson-3, 4, 5 and 6:

- 1) Explain the introduction to goddess Manasa.
 - 2) Explain the worship procedure of goddess Manasa.
 - 3) Write the Pranam mantra of goddess Manasa with English meaning.
 - 4) Write down the benefits of worshipping goddess Manasa.
 - 5) Explain the impact of goddess Manasa worship in family and social life.
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