



Ma Tara 16 Thursdays Sadhana

This sadhana helps re-arrange your karmas, and brings prosperity and well-being, and may improve your financial conditions (within the bounds of your karma).

YouTube link: [Ma Tara Sadhana for Prosperity and Well Being](#)

When to do This Sadhana

This sadhana can be started on any Thursday. Continue the sadhana for a total of 16 consecutive Thursdays. For best results, it is recommended to fast until sunset on Thursdays. You can have food after sunset.

The recommended time to do the puja is **before noon**. If not, any time before sunset is fine.

Mantra to do Japa/Recite

Every Thursday, do 16 malas japa of the following mantra:

ॐ ह्रीं उग्रतारायै नीलसरस्वत्यै नमः	om hreem ugratārāyai nīlasarasvatyai namaḥ
-------------------------------------	--

You can use this YouTube video for reference: [Ma Tara Mantra Meditation | Rajarshi Nandy](#)

Which Mala to Use

Use either a Rudraksha, Sphatik, Rakta Chandan, or red Hakik mala. The mala must have 108 beads and a guru bead.

What to Offer

Either 5 fruits or 5 flowers or 5 sweets. If 5 flowers are offered then separately offer Naivedyam as well. Once the sadhana is completed, you and anyone else can consume the bhog offered to Ma Tara as prasad.

Sadhana Procedure

1. Keep a photo of Ma Tara of Tarapith.
2. Do achamana.



3. Light a diya, and agarbatti or dhoop.
4. Offer either 5 fruits or 5 flowers or 5 sweets. If you offer 5 flowers, then separately offer Naivedyam as well. Imagine that all offerings are going to the feet of Ma Tara
 - a. If available, offering red flowers is better. Offering at least one lotus is very auspicious.
 - b. Whatever flower, sweet or fruit you offer, it must be five in number.
 - c. Flowers, fruits or sweets can be of the same type, but they must be five in number.
5. Chant 16 malas of the mantra with concentration and devotion.
6. Pray to Ma Tara to bless you with prosperity and well being or to help you out with whatever circumstances you are going through at the moment.
7. After the japa is completed, do samarpana with the following mantra:

गुह्याति-गुह्य-गोप्त्री-त्वं गृहाणास्मितकृतं जपम्।
सिद्धिर्भवतु मे देवी त्वत्प्रसादान्मयि स्थिरा ॥

guhyāti-guhya-goptri-tvaṁ gṛhāṇāsmītakṛtam japam।
siddhirbhavatu me devi tvatprasādānmayi sthirā ॥

Concluding Step (after 16 Thursdays)

After completing this sadhana for 16 Thursdays, offer a puja at Tarapith temple. Do the puja either in person or through a panda or online.

Frequently Asked Questions

1. How should I fast? Nirjala (without water) or like the regular fasting where certain foods can be consumed?

Decide based on what is possible for you. However, the stricter your fast, the better results will be.

2. What if I am unable to fast due to health reasons?

See if you can keep a fast with fruits. Once you complete the sadhana, you can consume the fruits.

3. After breaking the fast, what should be consumed and should that be the only meal of the day?

After sunset, once you break the fast, you can have your regular meal.

4. If my periods fall on a Thursday, will this be considered a break?

You can do manasik japa and puja if your period falls on a Thursday, but that won't be counted in 16. It is not a break but adds more Thursdays to the sadhana.

5. If there is a birth or death in the family during this time, what should be done?



Kamakhya Bhairava Upasaka Foundation

By Shri Rajarshi Nandy

Follow the rules generally considered in your family. There is no harm in doing this sadhana, however if you do not feel comfortable then you can skip and continue after the ashaucha period is over.

6. Can I just listen to the mantra using Rajarshi ji's video instead of chanting it myself?

Listening to mantra recitations is not a substitute for doing the japa yourself.

Publish Date: December 27, 2025