

## **Pradosham (the day to remove sins)**



**What is Pradosham?** Pradosham literally means the removal of sins. These times are the windows of opportunity to remove karma or karmic energies that limit our potential in this current life. Pradosham, which is the thirteenth phase of the dark or bright moon, is the time designated for Lord Shiva to remove the bad karma of people. There are two Pradosham days in a month. Pradosham means the removal of sins and can also take place on a daily basis. This is called daily Pradosham. There is only one temple where this daily Pradosham is very effective because of its association with Nandi, the bull of Lord Shiva. The bull was sent to the earth plane to initiate the daily removal of sins at the temple called Koyampet near Chennai. Participants of the daily karma removal program will have an archana ceremony done for them on daily basis during the Pradosham time (sunset). Koyampet is a temple where Pradosham takes place every evening.

### **The 3 Levels of Pradosham**

Each energy level indicates how much karma may be released at that time. All levels are designed to help speed our evolution and make our lives easier and happier.

**First Level:** All Pradoshams occur between 1-1/2 hours before and right up until the moment of sunset in the time zone where you are living physically.

**How to observe a Daily Pradosham:-** A Pradosha period is considered to be very auspicious. The name Pradosha indicates the twilight period, that is, the period just before sunset and immediately after sunset. Generally, the twilight period is around 1.5 hours before sunset. During this period, the devotees are aware that Lord Shiva and Mother Parvati are at their best cheerful mood. Anyone asking for blessings and offerings are highly blessed by the couple during the Pradosham period. Devotees, in large numbers, offer pujas and prayers to Lord Shiva in temples. Those devotees staying back at home spend their day in chanting mantras devoted to the lord or reading the Shiva Purana. The fast begins at sunrise and ends in the evening after offering pujas by consuming the Shiva Prashad. Staunch devotees do not eat anything during the day and opt rather for water. Such devotees, though break their fast with the evening Prashad, but they only resume with eating proper food only in the next morning. Nevertheless, there are devotees who observe a partial vrat by consuming fruits and water. Such people recommence with eating cooked food after the evening prayers are completed. The puja proper you should follow is as I have given for the middle level below.

\*\*\* Of course since this is the daily Pradosham many won't be able to follow this daily so choose the days you would like to observe this vrat.

**The Middle Level:-** These Pradoshams occur twice each month - on the 13th (Trayodashi) moon day after the New Moon and after the Full Moon.

### Trayodashi Dates 2017

			Pradosha Puja Time
10 January	(Tuesday)	Pradosh Vrat (S)	18h56 to 19h24
25 January	(Wednesday)	Pradosh Vrat (K)	18h53 to 20h59
08 February	(Wednesday)	Pradosh Vrat (S)	18h44 to 20h55
23 February	(Thursday)	Pradosh Vrat (K)	18h31 to 20h46
09 March	(Thursday)	Pradosh Vrat (S)	18h16 to 20h36
25 March	(Saturday)	Pradosh Vrat (K)	17h56 to 20h22
08 April	(Saturday)	Pradosh Vrat (S)	17h40 to 20h11
24 April	(Monday)	Pradosh Vrat (K)	17h23 to 19h59
08 May	(Monday)	Pradosh Vrat (S)	17h11 to 19h46
23 May	(Tuesday)	Pradosh Vrat (K)	17h02 to 19h46
06 June	(Tuesday)	Pradosh Vrat (S)	16h59 to 19h45
21 June	(Wednesday)	Pradosh Vrat (K)	17h00 to 19h47
06 July	(Thursday)	Pradosh Vrat (S)	17h05 to 19h51
21 July	(Friday)	Pradosh Vrat (K)	17h13 to 18h19
04 August	(Friday)	Pradosh Vrat (S)	17h21 to 20h01

19 August	(Saturday)	Pradosh Vrat (K)	17h30 to 20h05
03 September	(Sunday)	Pradosh Vrat (S)	17h38 to 20h08
17 September	(Sunday)	Pradosh Vrat (K)	17h45 to 20h11
03 October	(Tuesday)	Pradosh Vrat (S)	17h54 to 20h14
17 October	(Tuesday)	Pradosh Vrat (K)	18h03 to 20h18
01 November	(Wednesday)	Pradosh Vrat (S)	18h13 to 20h24
15 November	(Wednesday)	Pradosh Vrat (K)	18h25 to 20h31
01 December	(Friday)	Pradosh Vrat (S)	18h38 to 20h41
15 December	(Friday)	Pradosh Vrat (K)	18h48 to 20h49
30 December	(Saturday)	Pradosh Vrat (S)	18h55 to 20h56

**(K) - Krishna Paksha Pradosham // (S) - Shukla Paksha Pradosham**

Pradosha vrata is a vrata (Fast) of Lord Shiva and Mother Parvati. The Pradosha worship is done in the evening twilight on the Trayodashi of both lunar fortnights (Shukla and Krishna Paksha). These are the 13<sup>th</sup> tithi, or lunar days, from the New Moon (Amavasya) and Full Moon (Purnima). The performance of the vrata involves a fast followed by a vigil. A bath is taken one hour before sunset and Lord Shiva, Mother Parvati, Shree Ganesha, Lord Skanda (Muruga), and Nandi are worshiped. Following this, Lord Shiva is invoked. The Pradosha katha is read out after the formal worship is concluded.

**Pradosha Vrata By Shree Swami Shivananda-ji  
(A Few additions by Narottam Das)**

ALL THINGS in this vast creation function upon definite cosmic laws or laws of God. There is always a beautiful system and sound rationale governing every phenomenon and process, mundane or mystical. Just as the gross elements and physical forces operate differently under different states and conditions, so also the subtler and higher forces respond and react in the inner mystic planes, and in the purely spiritual processes like meditation, prayer, worship, etc. Therefore, you will find definite injunctions for performing certain types of worship in the morning, certain other injunctions for the midday prayers, and still others for the evening worship. Again, some observances are meant to be performed during certain phases of the moon, some when a particular star is in the ascendant, or at the time of a particular conjunction of planets.

The Pradosha worship is to be done in the evening twilight on the thirteenth day of each lunar fortnight. It is the worship of Lord Shiva for victory and success in all undertakings, and the fulfillment of all your heart's cherished desires. When you desire to obtain a favour from a superior person, don't you naturally approach him at a moment when he is likely to be in a very pleasant frame of mind? You will perhaps see him after he has had a good dinner and is happily chatting with a friend in a hearty, expansive mood. Even so, the Hindu, especially the Hindu who is engaged in the

motivated type of worship, usually selects the most pleasant aspect of God for his worship. He performs it at a time which the ancient Rishis experienced as being the most helpful and efficacious in propitiating the Deity. The Pradosha worship is based on such mystic psychology.

Pradosha is the worship of Lord Shiva and Mother Parvati when they both are in an extremely propitious mood. Repeatedly worsted in war by the demons, the devas approached Lord Shiva to bless them with a leader for their celestial hosts. They came to the Lord at twilight on the thirteenth day of the lunar fortnight and found him in the blissful company of his consort, Mother Parvati. Hymned and glorified by them, Lord Shiva immediately granted their prayerful request. Hence, the extreme auspiciousness of the period.

The Skanda Purana relates how Sandilya Muni prescribed this Vrata to a certain Brahmin lady. She came to the sage with two boys, her son, Suchivrata, and an orphan prince, Dharmagupta, whose father was slain in battle and the kingdom overrun by enemies.

Acting upon the advice of the sage, the woman and the boys performed the Vrata with great devotion. After four months, that is, in the eighth Pradosha, Suchivrata obtained a pot of nectar and drank the divine ambrosia. Prince Dharmagupta won the hand of a celestial princess and, as ordered by Lord Shiva, with the help of the celestial king himself, his enemies were slain and his kingdom restored to him. Then Dharmagupta attained the Lord's supreme abode. So easily, and yet so greatly is the Lord of Kailash pleased by this Vrata.

One who takes this Vrata fasts on that day, and keeps vigil at night after the fast is over. Bathing an hour before sunset, the worshiper first performs a preliminary worship of Lord Shiva, together with all the others of His divine family, namely, Parvati, Ganesha, Skanda and Nandi. After the worship (offer incense, lamp and flowers. Offer these items seven times in a clockwise direction around Lord Shiva and family. Then offer kheer (sweet rice). Now Lord Shiva is invoked, take a betel leaf, betel nut, rice, a 5c coin and flower petals and pray to Lord Shiva (with the mantra – Om shiva bhagavaan aavaahayaamee sthapayamee” in the special kalasha (lota/clay pot) placed on a square mandala with a lotus drawn in it (optional if you can draw the lotus) and spread over with darbha (kusha) grass. Pray to Lord Shiva asking Lord Shiva to please enter in the lota/chumbhu/clay pot and accept your prayers.

**The puja proper.** Now chant the following:-

1) Om swagatam su swagatam - Om Shiva-ye namah

(Swagatam means O Lord Shiva I welcome you.)

Then offer flower or flower petals. (Pushpam = flowers)

2) Om idam pushpam – Om Shiva-ye namah

Then offer incense (Dhoopam = incense)

3) Om tato dhoopam aghraa-payaami – Om Shiva-ye namah

Then offer lamp (Deepam = lamp)

4) Om prat-yaksha deepam darshayaami – Om Shiva-ye namah

You offer the above items by turning the items seven times around the Kalash.

5) Om naivedyam samar-payaami – Om Shiva-ye namah

(Offer cut fruit - Naivedyam = food)

6) Offer prayers for forgiveness

Om yaani kaani cha paapaani janmaantara kritaane cha, taani sarvaani vinashyanti  
pradakshinaa pade pade //

Then offer your personal prayers to Lord Shiva and his family. Ask Lord Shiva and his family for whatever you desire and they being so merciful will grant what you desire. But be careful what you desire for.

After the formal worship has been completed, a Pradosha katha is read (which is given below) and heard by the devotees. This is followed by the recitation of the Maha Mrityunjaya Mantra 108 times. In the end the sacred kalasha water is partaken of, the sacred ash is applied to the forehead, and the water which was used to bathe the Lord, is drunk. A gift of a pot, a cloth and an image of the Lord is given to a Brahmin to conclude the worship (this is optional).

A very important point to be remembered in this connection is that during this auspicious period all the hosts of celestial beings and devas come down from the heavens and attend the worship in their subtle forms. This adds immensely to the sanctity of the worship.

This Vrata is highly lauded by our scriptures and is of very great sanctity and importance to worshipers of Lord Shiva. The mere sight of the Deity in a temple during this period will destroy all sins and bestow bountiful blessings and Grace upon the fortunate beholder. Even a single bael leaf offered to the Lord at this unique, auspicious moment equals a hundred Mahapujas. It is usual to have special additional lights in the shrine during the Pradosha. To light even a single wick at this juncture is highly meritorious and productive of untold benefits, spiritual as well as material. Most fortunate and blessed is the person who performs the Pradosha Vrata, for upon him Lord Shiva showers His choicest Grace and blessings in a very short time.

On the thirteenth lunar day nature assists the worshiper in waking up from his mental deep sleep. The Yogi who practices his Yoga on the Pradosha day gets these experiences of Lord Shiva quite readily.

If we thus analyze the rationale of our holy days, we discover that our ancients took particular care to effect a synthesis of Yoga—Karma, Jnana and Bhakti.

At the Shivananda Ashram in India, a special havan and an elaborate worship are conducted for the long life, health, success and prosperity of all. The Lord's sacred prasad is sent to devotees all over the world.

## Pradosha Vrat Katha:- Srimad Bhagavatam Maha Purana 7<sup>th</sup> Canto

\*\*\* (Do note that the Pradosha Vrat katha is mentioned in many Puranas but we chose the katha from the Srimad Bhagavatam Maha Purana – which is the Maha - spotless Purana.)



Srila Shukadeva Goswami Maharaja said: 'The Suras (the devas) invited the king of the snakes, Vaasuki, promising him a share and wound him around the mountain to serve as a churning rope. Thereupon commenced they in great glee with the job of trying for the nectar, o best of the Kurus. Lord Hari took him first by the head and the godly followed His example. The daitya (demon) leaders didn't like the arrangement and thought to the mature and outstanding knowledge of their study, their birth and experience: 'None of us will try the tail of the serpent because that is the inferior part'. Seeing how consequently the Daityas kept silent, smiled the Supreme Personality. He gave up the front portion and grasped with the devas the rear end. Thus settling the positions for where to hold, did they, the sons of Kashyapa [devas and demoniac], with great zeal churn to get the nectar from the ocean of milk. As they were churning sank of its weight, having no support, that hill down in the water despite of it being captured by the strong, o son of Pandu. Heavily disappointed, dried all of the beauty of their faces up as they saw how their efforts by the stronger will of God were overruled. When He

saw how by divine intervention the mountain sank, expanded the Infallible Controller whose ways and powers are so inscrutable, Himself into the wondrous body of a giant tortoise, entered He the water and Kurma lifted it up.

Observing it being lifted cheered up as well Sura as Asura to churn the body that as a big island on top of another one stretched out on His back for a hundred thousand yojanas. The rotating of the mountain moved by the strong arms of the sura and asura leaders, my best, was by the original tortoise who bore it on His back considered an infinitely pleasant scratching. Thereafter, to encourage them and increase their strength and vigor, entered Lord Vishnu the Asuras in the form of their own quality [that of passion], infused He the godly with divinity [the mode of goodness], and assumed He the form of ignorance with the king of the serpents. On top of the big mountain as another mountain grasping Mandara with one hand, exhibited He thousands of hands while from the sky Lord Brahma and Lord Shiva headed by Lord Indra offered Him prayers and showered Him with flowers. As well as on top as below, as with themselves, with the mountain and with the rope having entered as the Supreme, was the ocean that with great strength vehemently was churned, seriously agitated by the great rock, and were all the alligators disturbed. The serpent king heavily breathing in all directions, spitted by the thousands of him fire and smoke and thus affected with the heat of his radiation the Asuras headed by Pauloma, Kaleyā, Bali and Ilvala who all began to look like sarala trees scorched in a forest fire.

Also the godly were affected in their luster by his fiery breath that smoked their dresses, fine garlands, armament and faces; under the direction of the Supreme Lord it then profusely rained while breezes blew clouds of vapor from the waves of the ocean. When the ocean to the best ability of the godly and Asuras was duly churned but no nectar appeared, began the Invincible One Himself to churn. As dark as a cloud, in yellow silks, with lightning earrings on His ears, with His gleaming hair on His head disheveled, with His garland, reddish eyes and victorious arms securing the universe, churned He, after taking the snake, the churning rod for which the mountain was used and assumed He for that purpose a size as big as that of a mountain Himself. After first highly agitating all kinds of fish, sharks, snakes, all sorts of tortoises, whales, water-elephants, crocodiles and timingilas [Shark-eating whales], appeared, with all the churning going on, from the ocean a very strong poison called Haalahala. That potent unbearable poison, unstoppable spreading in all directions high and low, scared all the people who together with their leaders found no rest, o my best, so that they, not being protected, sought the shelter of Lord Shiva's lotus feet. When they saw him who for the welfare of the three worlds together with his wife sat on his mountain [Kailasa], he, the best of the devas hailed by the saints who in austerity walk the path of liberation in service, offered they him their obeisances.

The leaders of mankind said: 'O Lord of Lords, o Mahaadeva, o soul of each, o love of all, deliver us, who took to your lotus feet, from this poison burning the three worlds. You alone in the whole universe are the lord and master over bondage and liberation, you

are the one we worship as persons seeking the fortune; you are the spiritual master to mitigate all distress. By the modes of matter, by your own potency, do you execute the creation, maintenance and annihilation of this material world, o mighty one, when you manifest yourself, o greatest, as Brahma, Vishnu or Shiva. You are the Brahman Supreme, the confidential of the cause and the effect of all the varieties of creation; you with all your potencies manifested are the Supersoul and the Controller of the universe. You are the source of the [spiritual, vedic] sound, the origin of the universe, the Soul, the life breath, the senses and the elements, the modes of nature and the self-realization, the eternal time, the determination and the religiousness of the truth [satya] and truthfulness [rita]; it is unto you that one utters the original syllable consisting of the three letters [A-U-M]. Fire, your mouth, represents the complete of all divine souls; the surface of the globe one does know, o love of all worlds, as your lotus feet; time is the progress of the aggregate of your devas; the directions are your ears and the controller of the waters [Varuna] is your taste. With the sky as your navel, the air as your breath, the sun globe for your eyes, the water indeed as your semen, the moon as your mind and the higher worlds, o Lord, as your head, is your self the shelter of all living beings high and low. With the oceans as your belly, the mountains as your bones, the plants, creepers and herbs as your hairs and the mantras as your seven layers [koshas], are, o Vedas in person, all the religions the core of your heart. The five options of philosophy [called Tatpurusha, Aghora, Sadyojata, Vamadeva, and Ishana] are your faces with the thirty-eight important mantras that ascertain the reality of the Supersoul, the reality of you o Lord, celebrated as Shiva in the position of your self-illumination. The waves of irreligion [lust, anger, greed and illusion] constitute but your shadow, the shadow on the basis of which there are so many types of creation; your three eyes are the goodness, the passion and the darkness; your simply glancing over brought about the analytic scriptures of the soul, o Lord full of verses, o god of the vedic literature's and their supplements. None of the directors of the world, o Ruler on the Mountain, not Brahma, not Vishnu, nor the king of the Suras [Indra], can fathom your supreme effulgence, the impersonal spirit equal to devas and man, wherein the modes of passion, ignorance and goodness are not found.

In this world which, having originated from you, is being destroyed by the sparks of the fire from your eyes at the time of annihilation, have you burned to ashes Tripura, the sacrifices of desire, the poison of time, and many other forms of trouble to the living beings; but these matters do, because you keep this world out of your mind, not serve the praise of you. People who by the self-satisfied spiritual masters within their hearts think of your two lotus feet as moving with Uma your consort do, later on in their penance, criticize your acts and consider you in the crematorium not always a nice person; they indeed being of such a shameless attitude do not understand your activities. For the reason of that being transcendently situated above the moving and the nonmoving, are you difficult to understand; and when it is not possible for even Lord Brahma and the ones belonging to him to comprehend your reality as-it-is, o great one, how much wouldn't that be true for us? Even though we are but creations to the



creation [that is of Lord Brahma] do we, to our ability, offer you our prayers. With all things transcendental we cannot see the actual supreme position of you who indeed are there for the happiness of the manifested world, o great controller not known in your activities.'

Srila Shukadeva Goswami Maharaja said: 'Seeing their pernicious predicament spoke he, Mahadeva, the friend of all living beings out of his compassion for the great sorrow to his consort Sati. Lord Shiva said: 'Dear Bhavani, how pitiable this situation of all the living beings, just see how threatening the present situation is because of all the poison produced from the churning of the ocean. Feeling responsible for all of their lives must I indeed do something for their safety; considered their master is it my duty to protect the ones suffering. Devotees protect with their own life other living beings who time bound, bewildered by the external energy, are of enmity with one another. Doing good to others o gentle one, is the Soul of All, the Lord, pleased and because the Supreme Personality of the Lord is pleased are also I and all other moving and nonmoving entities happy; let me therefore drink this poison so that there from me will be the well-being of all creatures.'

Srila Shukadeva Goswami Maharaja said: 'Lord Shiva, the well-wisher of the universe, this way addressing Bhavani then began, with the permission of her knowing the best of him, to drink the poison. Mahadeva there to took the widespread Haalahala poison in his hand and drank it compassionately for the good of all living beings. To him exhibited that poison from the water its potency by giving his neck a bluish line, the line that in the eyes of the saintly person is an ornament. The saints as good as always voluntarily take upon them the sufferings of the common people; that action of theirs is truly the highest form of worship of the original person, the complete of the soul. Hearing of that act of Lord Shiva, the deva of devas, the graceful one, was he highly praised by all the people, by the daughter of Daksha, and by Lord Brahma and the Lord of Vaikunthha. And to the little bit that was scattered here and there as he drank from the palm, attended some other known living creatures like scorpions, cobras and other poisonous animals and plants.

It is said that on the Trayodasi (thirteenth moon day) day, the devas and demons realized that they had committed a sin of not praying to lord Shiva and prayed for forgiveness. Lord Shiva forgave them and danced in between the horns of the Nandi's forehead. This time is called Pradhosham. It's said that if anybody prays Lord Shiva in this time, he/she fulfills their wishes and gives them mukti.

**The Supreme Level:-** Shani Pradosham and Soma Pradoshams occurs when one of the 13<sup>th</sup> moon days occurs on a Saturday or a Monday respectively. The planet Saturn is considered an Agent of Karma who delivers many of life's tougher lessons to help us refine and evolve our souls. Pradosham time are measured by the phases of the Moon.

• **Shani Pradosham - When 13<sup>th</sup> Moon-day falls on Saturday**

Lord Shiva has more influence over Saturn (Shani-dev) on this day and can cause Saturn to loosen or release some of the karmic bonds that limit us. It is also thought that the first Pradosham was on a Saturday and observing this time transports us back to time of the Churning of the Milky Ocean.

**2017 Shani Pradosham dates:- Saturday 8<sup>th</sup> April, 5<sup>th</sup> August, 19<sup>th</sup> August.**

**How to observe a Shani Pradosham:-** When a Pradosh falls on a Saturday, it is termed as Shani Pradosh. To overcome the bad influence of Shani, devotees observe a vrat on Shani Pradosh and offering prayers to Lord Shiva during the day. The fast is observed from sunrise to sunset and ends with the evening puja. The puja proper you should follow is as I have given for the middle level. Since the name Pradosha literally means 'a period just before sunset and after sunset', the Pradosha period for prayers is around 1.5 hours before sunset. While most of the devotees prefer observing a strict fast by refraining from food and drinking only water, some devotees practice a partial fast by consuming fruits and water. Nonetheless, the strictness of the fast totally depends on the devotees. Even after offering the evening prayers, devotees eat only the Prashad and recommence with eating proper food only in the next morning. During the day of the fast, devotees visit Lord Shiva temples and offer pujas and chant mantras.

• **Soma Pradosham - When 13<sup>th</sup> Moon-day falls on Monday.**

A Pradosha occurring on a Monday is known as Som Pradosh or Soma Pradosha. Monday, also known as Somwar, is dedicated to Lord Shiva, hence, the name Som Pradosh. Also it is the day ruled by his consort, Mother Parvati who rules over the Moon. The Moon rules emotions and emotions influence thought. Karma is created by thought. Observing a fast on a Monday is associated with offering prayers to the lord asking for a good and loyal spouse. Also the vrat assists in attaining prosperity and a peaceful family life.

**2017 Soma Pradosham dates:- Monday 24<sup>th</sup> April, 8<sup>th</sup> May, 4<sup>th</sup> Sept, 18<sup>th</sup> September.**

**How to observe a Soma Pradosham:-** A Pradosha falling on a Monday is considered to be very auspicious. The name Pradosh indicates the twilight period, that is, the period just before sunset and immediately after sunset. Generally, the twilight period is around 1.5 hours before sunset. During this period, the devotees are aware that Lord Shiva and Mother Parvati are at their best cheerful mood. Anyone asking for blessings and offerings are highly blessed by the couple during the Pradosham period. Devotees, in large numbers, offer pujas and prayers to Lord Shiva in temples. Those devotees staying back at home spend their day in chanting mantras devoted to the lord or reading the Shiva Purana. The fast begins at sunrise and ends in the evening after offering pujas by consuming the Shiva Prashad. Staunch devotees do not eat anything during the day and opt rather for water. Such devotees, though break their fast with the evening Prashad, but they only resume with eating proper food only in the next morning. Nevertheless, there are devotees who observe a partial vrat by consuming fruits and water. Such people recommence with eating cooked food after the evening prayers are completed. The puja proper you should follow is as I have given for the middle level...

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