

Shravan Maas (Month) (22nd July to 19th August 2024)

Shravan Maas (month) is the fifth month of the Hindu calendar counted from Chaitra month (Mid March - Mid April), which is one most auspicious months of the Chaturmas period (the four months - Mid July to Mid November - of the Monsoon season). During this period, the star Shravan rules the sky, hence this month is called Shravan. This year Shravan Month is between 22nd July to 19th August. Shravan Month is one the holiest Hindu month of the year and there are many festivals and ceremonies and almost all the days of this month are very auspicious.

Shravan Katha: The 'Samudra Manthan' ie the churning of oceans, took place in the month of Shravan when fourteen different types of rubies and the poison (halahaal) emerged from it. Lord Shiva swallowed the Halahal and stored it in his throat. Hence he is named as Lord Neelkanth (The Blue-Throat One). All the devas thereafter started offering Ganga water to Lord Shiva to dilute the poison and lessen the effect. This occurred in the month of Shravan, hence the devotees of Lord Shiva observe Shrivani Somwar (Monday). Lord Shiva devotees worship Lord Shiva by offering Ganga water, milk and so forth to a Shiva-Lingam thus earning much spiritual merits (Punya-karma) and blessings from Lord Shiva. For a much detailed katha on the Churning of the Ocean please visit this website.

<http://www.srimadbhagavatam.org/canto8/c8-contents.html>

Rituals performed during Shravan Maas: On the first Shravan Monday (22nd July), one should take a bath upon waking up. Do wear fresh clean clothes. At your Jhanda or prayer place do make sure the place is washed and cleaned before commencing further. Now prepare a tray (thari/thamil thate) of the following ingredients.

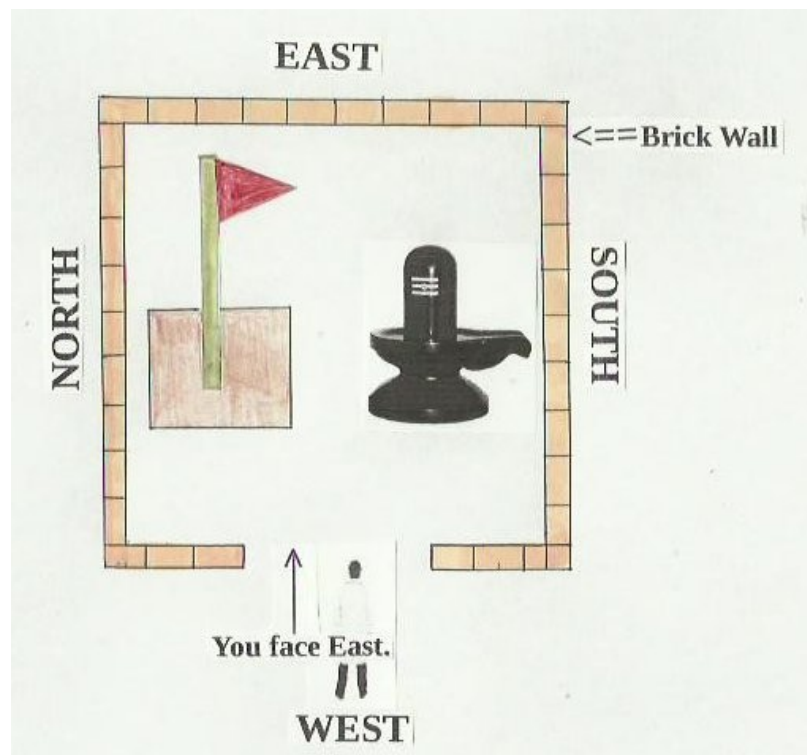


Abhishek Ingredients: 1 lota/chumbu normal tap water mixed with Gangajal, 1 lota/chumbu unboiled milk, 1/2 lota/chumbu Sugarcane juice and/or Coconut water.

(Do note if you don't have the Sugarcane juice and/or Coconut water it's fine, as this maybe a problem to get in some places around the world).

Panchamrit: In a standard size cup add 3/4 cup milk, 2 Tsp of yoghurt (maas), 1 Tsp of Sugar, 1 tsp honey, a drop of ghee. Mix this well and that's your Panchamrit. Water mixed with Ganges water in a lota/chumbu pot with Kusha grass for sprinkling and a cup with water and a spoon. 3 Incense sticks, 1 block Camphor, 1 lamp for camphor, 1 Ghee lamp, 1 tsp of Sandal paste on a saucer mixed with water, a pinch of Kungum, 1 clean unused face cloth, 1 box matches, 1 Tsp of white rice, a small garland of white flowers, On a tray (thari/thamil thate) have the following offerings - some sweets, a white cloth, 3 white flowers (break into petals), 3 types of fruits, 1 Betel nut, 1 Bael Patra (leaf), 1 Betel leaf, 1 Coconut.

Now you should proceed with the trays to the Jhanda place where your Shiva-Lingam is placed. Place Lingam so that Yoni faces South and you are facing the West face of the Lingam and looking towards East. (Do view the picture provided below). You need to sit on a stool or chattai/grass mat which should have underneath that, Kusha/Dharbha grass. It's best to perform a Pooja of Lord Shiva while wearing Rudraksha Mala on your body as it's Lord Shiva's favourite bead.



Take a little water from a clean cup using a teaspoon. Each time put a little water in your right hand palm and sip it, chanting "OM VISHNU". Wash your hands and repeat 2 more times. Now wash your hands one last time. Sprinkle water over all items of Puja.

Then place your two palms in the Namaste/Vanakkum position and chant:

"Om Gurubhyo Namah
Om Ganeshaya Namah
Om Kula Devatabhyo Namah
Om Ishta Devatabhyo Namah
Om Mata Pitribhyam Namah"

Translation: I offer my humble obeisances to my guru, to Lord Ganesha, to my family deity, to my personal deity, and finally I offer my humble obeisances to my parents.

Now commence with the Abhishekam proper. Bathe the Lingam in the following order - with 1 lota/chumbu normal tap water mixed with Gangajal, 1 lota/chumbu unboiled milk, 1/2 lota/chumbu Sugarcane juice and/or Coconut water, then bathe the Lingam with 1 cup of Panchamrit and finally again with water. As you bathing the Lingam you must be chanting "Om Namah Shivaye" either silently or aloud.

Thereafter wipe the excess liquids off the Lingam and place the Lingam back on his place (seat-asana) on the Jhanda place chanting:

Om Avahanam Samarpayami Sri Shiva Maha Devaya Charana Kamalebhyo Namah

Om Asanam Samarpayami Sri Shiva Maha Devaya Charana Kamalebhyo Namah

Next mark the Lingam with Sandal Paste making a Tripunda (three stripes) on His Western Face (as depicted on the picture provided above). Dot the middle strip (on its centre) with Kungum while chanting:

Om Chandanam Samarpayami Sri Shiva Maha Devaya Charana Kamalebhyo Namah

Place the white cloth over the Shiva-Lingam chanting:

Om Vastram Samarpayami Sri Shiva Maha Devaya Charana Kamalebhyo Namah

Now garland the Lingam and offer the Bael Patra (leaf).

Sprinkle (not throw) the white rice on the Lingam chanting:

Om Akshatan Samarpayami Sri Shiva Maha Devaya Charana Kamalebhyo Namah

Sprinkle (not throw) the white flower petals on the Lingam chanting:

Om Pushpam Samarpayami Sri Shiva Maha Devaya Charana Kamalebhyo Namah

Light the 3 incenses and turn it in a clockwise direction 9 times while chanting:

Om Dhupam Samarpayami Sri Shiva Maha Devaya Charana Kamalebhyo Namah

Light the ghee lamp and turn it in a clockwise direction 9 times while chanting:

Om Deepam Samarpayami Sri Shiva Maha Devaya Charana Kamalebhyo Namah

Offer 3 drops of water on the Lingam chanting:

Om Achamanyam Samarpayami Sri Shiva Maha
Devaya Charana Kamalebhyo Namah

On a tray offer the 3 kinds of fruits with the sweets in a clockwise direction 3 times while chanting: Om Naivedyam Samarpayami Sri Shiva Maha Devaya Charana Kamalebhyo Namah

Offer 3 drops of water on the Lingam chanting:

Om Achamanyam Samarpayami Sri Shiva Maha
Devaya Charana Kamalebhyo Namah

Offer the betel leaf+nut in front of the Lingam chanting:

Om Tambulam Samarpayami Sri Shiva Maha Devaya Charana Kamalebhyo Namah

Place half a cup coconut water next to the Lingam chanting:

Om Shri Phalam Samarpayami Sri Shiva Maha Devaya Charana Kamalebhyo Namah

Next offer camphor lamp to the Lingam while chanting:

Karpura Shivam Karuna Vataram Samsara Saram Bhujagendra-haram
Sada Vasan-tam Hridaya Ravinde Bhavam Bhavani Sahitam Namami

Translation:

"White as camphor and kindness incarnate, the very form of Brahman consciousness, you Lord Shiva ever dwell in my heart. I offer my most humble obeisances unto you"

Now you may chant (according to the time that's available to you) the Maha Mrityunjaya mantra 11, 21, 28, 64 or 108 times with a Rudraksha mala.

"Om trayam bakkam yajaa-mahe sugan-dhim pushti-varadhanam
urvaa-rooka-miva bandha-naam mrityor mooksheeya maamritaam Om".

If you don't know how to chant this mantra click this link and wait and it will play the mantra. <http://www.astrojyoti.com/shankarsawhney.htm>

Offer prayers of forgiveness to Lord Shiva chanting:

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

Shanti Paath Mantras: Put your two palms together in the Namaste position and chant.

Om Dyauh Shanti
Ranta-riksha Gwam Shanti
Prithvi Shanti Rapah Shanti
Rosh-dhayah Shanti
Vanas Patayah Shanti
Vishva Devah Shanti
Brahma Shanti Sarva Gwam Shanti
Shanti Reva Shanti Sama Shanti Redhi
Om Shanti Shanti Shanti Om

Then offer your personal prayers to Lord Shiva asking the Lord for whatever you desire and being Lord Ashutosh (The Most Merciful One) I'm pretty sure the Lord will grant that desire/s. But be careful what you desire for...

Many observe a salt-less vrat (fast for the duration of the day and only consume salt-vegetarian foods after sunset. This of course is optional due to one's health and the like.

You can perform this Ritual on every Shravan Monday which falls on

22nd July, 29th July, 5th August, 12th August, 19th August

Shravani Days: In the month of Shravan every day has a special significance and rituals that can be performed.

Shravan Mondays: 22nd July, 29th July, 5th August, 12th August, 19th August.

This is the day dedicated to Lord Shiva.

Shravan Tuesdays: 23rd July, 30th July, 6th August, 13th August.

This day is dedicated to Ma Gauri and mainly worshiped by women.

Shravan Wednesdays: 24th July, 31st July, 7th August, 14th August.

This day is dedicated to the worship of Lord Vitthala, a form of Lord Krishna.

Shravan Thursdays: 25th July, 1st August, 8th August, 15th August.

This day is dedicated to the worship of Brihaspati deva (Jupiter) and Guru.

Shravan Fridays: 26th July, 2nd August, 9th August, 16th August.

This day is dedicated to the worship of Mother Lakshmi and Tulsi-devi.

Shravan Saturdays: 27th July, 3rd August, 10th August, 17th August.

This day is dedicated to the worship of the planet, Saturn (Shani). This day is known as Sampat Shanivar (Wealth Saturday).

Shravan Sundays: 28th July, 4th August, 11th August, 18th August.

This day is dedicated to the worship of the planet, but the Sun is worshiped every day.

PRAYERS TO PERFORM DURING THE MONTH OF SHRAVAN:

Wear a Rudraksha Mala (do not sleep with it, wear it in the toilet, or during coitus).

Use a Rudraksha Mala to chant the Maha Mritunjaya Mantra daily.

Offer Vibhuti (holy ashes) to Lord Shiva and then apply on your forehead.

Performing Abhishekam/offerings like the procedure given above on Mondays.

Recite the Shiva Chalisa daily or any other Lord Shiva Mantras.

Observing a saltless fast until sunset esp on Mondays for Lord Shiva.

There are many important festivals falls in this holy Month namely...

Shravan Amavasya (New moon)	= 4th August
Naag Panchami	= 9th August
Shitla Satam (Goddess of diseases)	= 11th August
Vishnupati (Sun enters Leo)	= 16th August - The Day of Lord Vishnu worship
Vara Lakshmi Vratam	= 16th August
Shani Pradosham	= 17th August
Shravan Purnima (Full moon)	= 19th August
Raksha Bandhan	= 19th August
Balarama Appearance Day	= 19th August (The app day of Lord Balarama)

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Compiled for the upliftment of Sanatan Dharma
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