



KALASŪTMĪ ||एक हिन्दू धर्मीय त्योहार

KalasŪtmĪ June 2024

Kalashtami is a Hindu festival dedicated to Lord Shiva. It is celebrated on the Ashtami Tithi of Krishna Paksha of the Hindu calendar, which falls in the Rohini Nakshatra. The significance of this festival is described in detail in the Puranas and religious texts. This festival is especially celebrated in the month of Shravan and is more famous during the Shivling Puja of this month.

Significance of Kalashtami:

The significance of Kalashtami is described in various ways in the Puranas. According to research, this day is given special importance to attain the special pleasure of Lord Shiva. It is said that on this day all sins are destroyed by the grace of Lord Shiva and the desires of the devotee are fulfilled. Worship of Shivling, fasting, meditation, and chanting of mantras are done on this day to get the blessings of Lord Shiva.

Method of worship of Kalashtami:

1. Vrat (fasting): Keeping a fast on the day of Kalashtami increases devotion towards Shiva. In this fast, to worship Bholenath, wake up in the morning, take a bath and establish a Shivling. Then after the worship, the fasting person chants and meditates regularly. After keeping a fast throughout the day, the fast is broken by eating fruits at night.
2. Shivling Puja: Worshiping Shivling is of special importance on Kalashtami day. Bilva leaves, dhatura, sandalwood, Ganga water, incense, lamps, offerings, fruits, and flowers are used in this puja. Pouring water on Shivling and chanting mantras helps in getting the blessings of Shiva.

3. Jagran: It is also popular to do Jagran of Lord Shiva on the night of Kalashtami. Devotees do Jagran at night, worship the Shivling and sing songs of Shiva's glory.
4. Meditation and Mantra Chanting: Meditating on Lord Shiva and chanting mantras on this day increases the mental peace and meditation of the devotee. Shiv Stotra, Shiv Mahima Stotram, Rudrashtakam, etc. are recited by devotees on this day.

Rules and restrictions of Kalashtami:

1. Restraint during the fast: While observing the fast, one should observe Nirja la Vrat (fast without food) or fruit diet. The person observing the fast should avoid meat, fish, eggs, indigestible food, and impure food.
2. Following the auspicious time: It is beneficial to perform puja and other works during the auspicious time on Kalashtami day.
3. Meditation and Dedication: The devotee should have meditation, dedication and special devotion towards Shiva.

Kalashtami is not only a religious festival but also a spiritual practice that brings the devotee in closer contact with Lord Shiva. This festival infuses strength and peace and helps the devotee understand his religious nature.

Traditions of Kalashtami:

The importance of Kalashtami is very high in the Hindu society . This festival is celebrated specially in various Indian states, such as Uttar Pradesh, Madhya Pradesh, Bihar, Odisha, Gujarat, Maharashtra, etc. It is celebrated with special pomp at various places and devotees are full of enthusiasm and emotions in devotion to Shiva.

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