



MASIK SHIVRATRI || मासिक शिवरात्रि : जानिए इस महीने की मासिक शिवरात्रि तिथि और पूजा का शुभ मुहूर्त

Masik Shivratri

Masik Shivaratri is an important fasting and worship day for the devotees of Lord Shiva. It is observed on the Chaturdashi (fourteenth) day of Krishna Paksha every month. It is known as Masik Shivaratri or Masik Shivaratri Vrat.

Importance of monthly Shivratri:

It is believed that fasting on Masik Shivratri and worshipping Lord Shiva with a true heart brings his blessings. This blesses one with happiness, peace, prosperity and good fortune in life.

Fulfillment of desires:

It is believed in Hinduism that the monthly Shivratri fast observed with true devotion helps in fulfilling desired wishes.

Family Welfare :

It is believed that worshipping on monthly Shivratri brings positive energy in the house and brings welfare to all the family members.

Increase in self-control:

Fasting increases mental power and develops self-control.

Spiritual growth:

Monthly Shivaratri is considered helpful in awakening spiritual consciousness and paving the way for attaining salvation.

How to celebrate Masik Shivratri:

- Resolution for the fast: After waking up early in the morning and taking a bath, a resolution is taken to remain waterless or eat satvik food throughout the day.
- Shiva Puja: Lord Shiva is worshipped with rituals throughout the day or in the evening. Water, milk, curd, Belpatra, Dhatura, Shami leaves etc. are offered to Lord Shiva in the puja.
- Mantra Chanting: Shiva Chalisa is recited and “Om Namah Shivaya” mantra is chanted.
- Shiva Aarti: At the end, Aarti of Lord Shiva is performed.
- Note that the above method is a general guide. You can slightly modify the method according to your region or under the guidance of a learned Pandit.
- Masik Shivratri that comes every month is a simple but effective way to immerse oneself in the devotion of Lord Shiva and receive his blessings.

What to do and what not to do on monthly Shivaratri:

On Masik Shivratri, certain things are done and certain things are avoided to get the blessings of Lord Shiva. Let us know what to do and what not to do on Masik Shivratri:

What to do :

- Take a vow to fast: Wake up early in the morning and take a vow to fast for the whole day after taking a bath. If you wish, you can keep a waterless fast or eat satvik food. Satvik food includes fruits, vegetables and milk and curd.
- Worship Lord Shiva: Worship Lord Shiva with rituals throughout the day or in the evening. Offer water, milk, curd, Belpatra, Dhatura, Shami leaves etc. on the Shivling.
- Chant mantras and bhajans: Recite the Shiva Chalisa and chant the mantra “Om Namah Shivaya”. You can also sing bhajans of Lord Shiva.
- Keep awake at night: Some people stay awake the whole night and worship Lord Shiva.
- Donate: Charity has great importance in Hinduism. You can give alms to the poor or donate to any religious institution.

what not to do :

- Do not consume meat and alcohol: Avoid meat, alcohol and other non-vegetarian foods during the fast.
- Avoid anger and greed: Avoid negative emotions like anger, greed and jealousy on this holy day.
- Do not circumambulate the Shivling completely: According to some beliefs, one should avoid circumambulating the Shivling completely. You can offer water to the Shivling from only one side.
- Do not abuse: Do not speak ill of anyone and use decent language.
- Mourning: Avoid any kind of mourning on the day of monthly Shivaratri.

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