



मानसिक शांति और पारिवारिक सुख के लिए मनाएं दूसरा सावन सोमवार || SECOND SAWAN SOMVAR 2024 ||

Second Sawan Monday 2024

Importance :

The month of Sawan is considered important in Hinduism, especially for the worship of Lord Shiva. Sawan Somvar Vrat is observed on every Monday of this month. The second Monday of Sawan, which falls on July 29 in 2024, holds immense importance for devotees.

Why is it special:

1. **Spiritual Purification:** The month of Sawan and especially Mondays are the time for spiritual purification and receiving the blessings of Lord Shiva.
2. **Positive Energy:** Worshiping on this day brings positive energy and destroys negative forces.
3. **Wish Fulfilment:** It is believed that worshiping Lord Shiva and fasting on this day fulfils all desires and brings happiness, peace and prosperity in life.
4. **Marriage and child happiness:** Devotees especially who wish to get married and have children observe fast on this day and pray to Lord Shiva.

Why is it celebrated:

1. **Union of Shiva-Shakti:** The month of Sawan is considered to be the month of union of Lord Shiva and Mother Parvati. The worship done at this time bestows the blessings of Shiva-Shakti.

2. **Mythology:** According to mythology, Lord Shiva drank poison during the Samudra Manthan. In the month of Saavan, special worship of Lord Shiva is done in memory of this incident.
3. **Tradition of Shiva devotees:** There is an old tradition of Shiva devotees that by fasting and worshipping on Monday of Sawan, Lord Shiva is pleased and the devotees receive his blessings.
4. **Holy time:** The month of Sawan is the rainy season, which is considered holy and pure. Worship done at this time is considered more fruitful.

Worship method and fast:

1. Take a bath in the morning and wear clean clothes.
2. Anoint the Shiv Linga with water, milk, curd, ghee, honey and Ganga water.
3. Worshipping Lord Shiva with Bilva leaves, flowers, incense and lamp.
4. Chanting the mantra “Om Namah Shivay” and reciting Shiva Chalisa.
5. Keeping fast and consuming fruits, milk etc.

What should be done:

1. **Fasting:** Keep a fast from sunrise to sunset and consume only fruits, milk, and satvik food.
2. **Meditation and Bhajan-Kirtan:** Meditate on Lord Shiva throughout the day and spend time in Bhajan-Kirtan.
3. **Temple Visit:** Go to Shiva Temple in the evening and perform Abhishek and Aarti of Shivlinga there.

Should should not:

1. **Negative thoughts and actions:** Avoid negative thoughts and actions in the month of Sawan.
2. **Non-vegetarian food and alcohol:** Avoid non-vegetarian food and alcohol on this day.
3. **Impurity:** Maintain physical and mental purity.

The second Monday of Sawan is a special day for worshipping Lord Shiva. The worship and fasting done on this day brings blessings of Lord Shiva and brings happiness, peace and prosperity in life. This day is an important occasion for devotees to express their devotion and reverence towards Lord Shiva.

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