



# SHRI SHANIVAR VRAT VIDHI || श्री शनिवार व्रत विधि ||

## Shri Shanivar Vrat Vidhi

According to Hindu scriptures, the glory of Shani Dev is considered so great that he is capable of turning a king into a beggar and a beggar into a king. It is also believed that if those people whose Shani is weak or Shani Dev is angry with them worship Shani Dev with proper rituals every Saturday, then Shani Dev also becomes happy. Apart from worshipping Shani Dev on Saturday, reciting Shani Chalisa and chanting Shani Dev's mantras is considered very auspicious. Many devotees also donate oil to Shani Dev.

### Shani Mahamantra

Om Nilanjan Samabhasam Raviputram Yamagrajam,  
Chhayamartand Sambhootam Tam Namami Shanaishcharam..

### What is the importance of Saturday fasting?

Fasting on Saturdays ends Shani Dosha in the horoscope. This fast is very effective to avoid the wrath of Shani Dev. People who face obstacles in their work or are unable to complete their work, their work also starts getting done by observing this fast. Respect also comes with success. There is happiness and peace in the house as well as health benefits. For this reason, fasting on Saturdays is considered very auspicious.

### worship like this?

It is believed that Shanidev should be worshipped only by going to the Shani temple. There, black clothes, iron objects, mustard oil, urad dal etc. are also offered to him. Many people are unable to go to Shanidev's temple or near the Peepal tree for

worship. Such people can worship Lord Shiva and Hanumanji by lighting a lamp filled with oil at home. After this prayer, chanting the Shani mantra 21 times is also considered auspicious. Apart from this, offering or eating some things on Saturday is also considered auspicious.

## **What to eat on Saturday?**

- People who have Shani Dosha are advised to eat black urad dal khichdi. It is believed that offering and eating this food brings blessings of Shanidev.
- Like urad dal, black sesame seeds are also considered auspicious for Saturday Puja. Those who donate black sesame seeds and offer anything made from black sesame seeds are always blessed by Lord Shani.
- Sweets are offered to God in every service. Offering Gulab Jamun on Saturday is considered very auspicious. It is believed that this offering will calm the wrath of Shanidev. Therefore, eating Gulab Jamun on Saturday is considered auspicious.

## **Women should not do this mistake during Shani Puja?**

If a woman observes a fast on Saturday, she should not touch any idol even unknowingly. According to the scriptures, this affects them with negative energy. Women should not anoint the Shani idol with oil. This rule applies only to men. It is beneficial for women to chant Shani Chalisa in the temple.

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