



# SHUKRVAR VRAT POOJA || कब शुरू करें शुक्रवार के व्रत ||

## Shukrvar Vrat Pooja

In devotion, it is said that every day some deity is worshiped and if you fast in their name, you can get the desired result. Similarly, we worship Santoshi Mata on Fridays. It is believed that if you fast and worship Maa Santoshi with a true heart, all your wishes will be fulfilled. All the worries of men go away and the unfulfilled hopes of women are fulfilled, but there are many important rituals before the fast. Without following this, the fast of Santoshi Mata is not complete.

Maa Santoshi is considered to be one of the most calm and peaceful forms of Maa Durga. Santoshi Mata means the Goddess of Contentment who teaches us to be satisfied and happy with whatever we have in life. This fast should be observed for 16 Fridays.

### Importance of Santoshi Mata fast?

According to mythology, Santoshi's father is Lord Ganesha and mother is Riddhi-Siddhi. Her family is full of wealth and gems, hence she is called Goddess Santoshi. According to religious scriptures, Friday is dedicated to Goddess Lakshmi as well as Mata Santoshi and hence worshipping and fasting on this day is considered very auspicious.

### When to start the Friday fast?

In Hinduism it is considered a symbol of happiness, peace and prosperity. Friday fast starts from the first Friday of Shukla Paksha. However, keep in mind that you should not start fasting during Pitru Paksha. If you are already fasting, continue fasting only during Pitru Paksha.

**While worshipping Santoshi Mata, be sure to chant this mantra**

**Om Sri Santoshi Mahamaya Gajanandam Dayini**

**Friday, dear goddess Narayani, I bow to you!**

It is believed that this mantra should be chanted especially while worshipping Santoshi Mata. Chanting this mantra removes all the troubles of a person's life. The meaning of this mantra is Santoshi Maa, the one who gives happiness, who loves Friday, I bow to you, protect me. Repeating this mantra brings positivity in a person's life. This also eliminates all negativity from life. It is said that after chanting the mantra, a person experiences spiritual peace.

### **Method of worship of Santoshi Mata?**

- Resolve to observe a fast on Friday , take a bath and wear red clothes.
- Now spread a red cloth on the platform for the worship of Goddess Maa at the place of worship and place the idol or picture of Maa Santoshi on it. Also, the Kalash should be installed.
- Now offer vermilion, whole rice, flowers and garland to Santoshi Maa.
- It is considered auspicious to offer gram and jaggery to Santoshi Mata and bananas should also be offered to her.
- Now light a ghee lamp, burn incense and perform Aarti after reciting the Vrat Katha, Chalisa and Mantra.

### **What to eat and what not to eat during fasting?**

- The most important thing is that one should never eat any sour thing during Santoshi Mata fast. Do not bring sour things to the house of the person fasting on this day. Therefore, no member of the family should eat sour food on this day.
- There is no harm in eating sweets during fasting.
- You can eat any cereal with sweets once a day.
- Do not consume salt.

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