



YOGINI EKADASHI 2024 || योगिनी एकादशी का महत्व ||

Yogini Ekadashi 2024

Yogini Ekadashi is an important festival of the year according to the Hindu calendar which is dedicated to Lord Vishnu. It is celebrated on the eleventh day of the Krishna Paksha of the Ashad month. The importance of Yogini Ekadashi lies in fasting and worshipping with devotion and reverence, which brings blessings of Lord Vishnu and brings happiness and peace in life.

Importance of Yogini Ekadashi

The significance of the festival of Yogini Ekadashi is described in detail in the Puranas. It is believed to be associated with the story of King Muchukunda and his daughter Chandrabhaga. King Muchukunda was a pious king, whose daughter Chandrabhaga was married to a prince named Shobhan. Shobhan was cursed to become a demon due to his past deeds. To remove this curse, Chandrabhaga observed the fast of Yogini Ekadashi with great devotion and sacrifice by meditating. Lord Vishnu was pleased with her worship and fast and he freed Shobhan from the curse.

Vrat Katha:

According to the story of Yogini Ekadashi, a city named Alakapuri was ruled by a king named Kuber. In his kingdom, there was a gardener named Hemmali who used to bring flowers for Lord Shiva every day. One day he forgot to bring flowers due to spending time with his wife. For this mistake, Kuber cursed him that he would suffer from leprosy and would be deprived of all his pleasures.

Hemmali went to Rishi Markandeya and told him about his problem. The Rishi suggested him to observe the fast of Yogini Ekadashi. Hemmali observed the fast as per the rules, as a result of which he was freed from his sins and got rid of leprosy.

Puja and rituals

On the day of Yogini Ekadashi, devotees wake up early in the morning and take a water bath and then perform a puja dedicated to Lord Vishnu. They offer fruits, flowers and special food as prasada in this puja and express their salutations. Many devotees recite Vishnu Sahasranama Stotra and sing devotional songs and kirtans on this day.

The fast on Yogini Ekadashi is very strict and involves abstaining from grains, pulses and some vegetables. Some devotees drink only water or milk, while others eat fruits and food prepared without grains. The fast is broken on the day of Dwadashi, after performing morning puja and offering food to Brahmins.

Major benefits of Yogini Ekadashi:

1. **Destruction of sins:** By observing this fast, all the sins of a person are destroyed.
2. **Health benefits:** Fasting purifies the body and improves health.
3. **Attainment of salvation:** By observing this fast one gets the blessings of Lord Vishnu and attains salvation.
4. **Spiritual progress:** The person observing the fast makes spiritual progress and gets peace of mind.

Spiritual significance

By dedicating Yogini Ekadashi, devotees believe that this fast forgives them for their past sins and brings blessings from Lord Vishnu. It is a spiritual occasion in which devotees express their devotion to God with their faith and devotion.

The significance of Yogini Ekadashi is that by observing it with special attention and devotion, devotees can receive the blessings of God's grace to attain happiness, peace, and joy in their lives. On this occasion, especially brahmacharis, sanyasis, and Vaishnavas should understand the importance of this fast and follow it properly.

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