



Ancient Vedic Mantras and Rituals





Sawan Maah 2025 | जय शिव! सावन की धूम शुरू, सोमवार से शुरू होगा श्रावण माह | PDF

Sawan Month 2025

The month of **Sawan** (also known as **Shravan Maas**) holds immense significance in Hinduism. It is especially dedicated to **Lord Shiva**. In 2025, the holy month of Shravan will begin on **11th July** and conclude on **9th August**. During this month, every **Monday** is celebrated as **Sawan Somwar**, a day devoted to the worship, fasting, and reverence of Lord Shiva.

Kanwar Yatra During Sawan Month:

For devotees of Lord Shiva, **Kanwar Yatra** is a significant pilgrimage that symbolizes devotion, faith, and purity. During Sawan, devotees collect holy water from the **Ganga River** and carry it in pots suspended on a **Kanwar** (a bamboo pole), walking barefoot to their local Shiva temples.

During the Yatra:

Devotees wear white clothes and chant the name of Lord Shiva.

They follow strict rules like eating only once a day and sleeping on the ground.



What to Do During Sawan Month:

- **Fasting and Worship:** Perform special worship of Lord Shiva on Mondays. Bathe the **Shivling** with water and milk, and offer **Bel leaves, Datura, sandalwood paste, incense,** and **food offerings.**
- **Chanting Mantras:** Recite the mantra “Om Namah Shivaya” or other sacred Shiva mantras.
- **Meditation:** Meditate on Lord Shiva to seek divine blessings and inner peace.
- **Bhajans and Kirtans:** Sing devotional songs and perform kirtans dedicated to Lord Shiva to purify the mind and soul.
- **Charity:** Donate food, clothes, money, or other essentials to the poor and needy to earn spiritual merit.
- **Holy Bath and Temple Visit:** Take ritual baths and visit Shiva temples.
- **Shivling Worship:** Offer dedicated prayers to the **Shivling** to seek relief from life's difficulties.

What to Avoid During Sawan Month:

- **Inauspicious Acts:** Avoid actions like fighting, cheating, bad-mouthing others, or any form of violence.
- **Breaking the Fast:** Honor your fast with discipline and avoid breaking it midway.
- **Intoxicants:** Refrain from consuming alcohol or any intoxicating substances.
- **Obscenity:** Stay away from vulgar speech or immoral behavior.



Additional Devotions:

- Shiva Vrat Katha (Fasting Story)
- Shiva Panchakshar Stotra

Benefits Devotees May Experience During This Sacred Month:

- **Spiritual Growth:** Worship of Lord Shiva leads to spiritual elevation and inner peace.
- **Success in Endeavors:** Worship on Sawan Mondays brings success in work and reduces malefic planetary effects.
- **Health Benefits:** Observing fasts can improve physical and mental well-being.
- **Positive Karmic Results:** Following the fasts selflessly leads to positive karmic rewards and inner tranquility.

Related Articles



[Lord Shiv Ji Vrat Katha](#)



[Shiv Ji Panchakshar Stotra](#)



THANKS FOR READING



READ MORE RELIGIOUS
CONTENT ON



vedicprayers.com



Follow us on:

