



Ancient Vedic Mantras and Rituals





तीसरे सावन सोमवार को शिव भक्तों के लिए स्थिरता और समृद्धि की प्राप्ति | Third Sawan Somvar 2025 | PDF

Significance of Third Monday:

The third Monday also holds special significance in the month of Sawan, especially for the devotees of Lord Shiva. On this day, special worship and devotion is offered to Lord Shiva.

Importance:

- **Grace of Lord Shiva:** Fasting on the third Monday of the month of Sawan and worshipping the Shivlinga brings the grace of Lord Shiva. Devotees pray for the fulfillment of their wishes by worshipping on this day.
- **Religious belief:** According to the Puranas, fasting on Monday of Sawan pleases Lord Shiva and destroys the sins of the devotees.



- **Fasting and worship:** Devotees install Shivling on this day and worship it with milk, Bilva leaves, sandalwood, and incense sticks. After this, the fasting people follow a strict diet.

Worship method on this day:

- Take a bath in the morning and wear clean clothes.
- Establish the Shivlinga and bathe it with Ganga water.
- Worship Shiva Linga with Bilva leaves, incense, lamp, sandalwood and fruits and flowers.
- Chant the mantra “Om Namah Shivaya” and recite Shiva Chalisa.
- Follow fasting food, like fruits, milk, kheer etc.

The third Monday is an important day of the month of Sawan and the worship done on this day brings blessings of Lord Shiva. Devotees are given special importance to fasting, worship and meditate on this day.

Do these things on this day:

- **Keep a fast:** Fasting on the third Monday is a sign of dedication to the worship of Shiva. Follow the Upaapi diet.
- **Worship of Shivling:** Establish Shivling and bathe it with Gangajal. Worship it with Bilva leaves, incense, lamp, sandalwood, fruits and flowers.
- **Mantra Chant:** Chant “Om Namah Shivay” or other Shiva mantras.



- **Recitation of Shiv Chalisa:** Recite Shiv Chalisa.
- **Engage in meditation and mantra:** Meditate on Shiva and pray for his grace.
- **Visit religious books and places:** Visit a Shiva temple or pilgrimage site and worship and pray especially to Shiva .

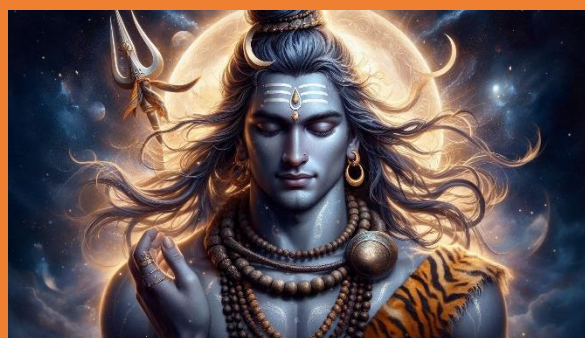
Do not do these things on this day:

- **Non-vegetarian and impure food:** Follow the Upaashi diet and avoid non-vegetarian food.
- **Impurity:** Follow the path of righteousness and purity, avoid impurity and disgraceful actions.
- **Riots, disputes:** The month of Lord Shiva is considered to be a time for peace and meditation, so avoid excessive business, noise and disputes.
- **Deceit and Falsehood:** Follow the path of peace and truth, avoid deceit, falsehood, and unrighteousness.

Related Articles



[Shiv Ji Aarti](#)



[Shiv Ji Vrat Katha](#)



THANKS FOR READING



READ MORE RELIGIOUS
CONTENT ON



vedicprayers.com



Follow us on:

