



Ancient Vedic Mantras and Rituals





सावन का चौथा सोमवार: विनाश के बीच सृजन का नृत्य ।

Forth Sawan Somvar 2025 | PDF

Religious significance:

The fourth Monday of Sawan month has special significance. This day is dedicated to the worship of Lord Shiva and devotees perform special worship on this day. This year, in 2025, the fourth Sawan Monday falls on August 4. The fruits of worship and fasting done on the fourth Monday are considered especially for the happiness and prosperity of married life. The joint worship of Lord Shiva and Mother Parvati also has special significance on this day. This day symbolizes the Tandava dance of Lord Shiva, which represents the destruction and reconstruction of the universe. Fasting and worshipping on this day leads to freedom from destructive forces, creativity and new beginnings.

Why is it celebrated:

The reason for celebrating the fourth Monday is that by worshipping Lord Shiva and Goddess Parvati on this day, there is happiness, peace and harmony in married life.



What is its specialty:

The specialty of the fourth Monday is that on this day, along with Lord Shiva, Goddess Parvati is also worshipped. This day is especially important for those who want happiness and prosperity in their married life. The worship done on this day brings the blessings of Lord Shiva and Goddess Parvati and happiness and peace remain in the married life.

Method of worship:

- Get up early in the morning, take a bath and wear clean clothes.
- Clean the home temple or worship place and install the idol of Lord Shiva and Mother Parvati.
- Light a lamp, agarbatti (incense stick) and incense.
- Offer fruits, flowers, Belpatra and sweets to Lord Shiva and Mother Parvati.
- Chant the mantra “Om Namah Shivay” or “Gauri Shankarpanmastu”.
- Keep fast throughout the day and eat satvik food.
- In the evening do puja again and sing aarti.
- Listen to the story or sing hymns of Lord Shiva at night.

Simple ways to please God:

To please Lord Shiva and Mother Parvati, devotees should worship on this day with full devotion and faith. Perform Abhisheka on Shilling with water, milk, curd, ghee, honey and Gangajal. Offer Belpatra, Dhatura and Bhasma. Chant the names of Lord Shiva and Mother Parvati and recite their mantras.



Why do we keep fast in Sawan:

Fasting in the month of Sawan has religious and spiritual significance. It is believed that Lord Shiva resides on earth in this month and worshipping him brings special fruits. Fasting not only purifies the body but also purifies the mind and increases the spiritual strength of a person. Fasting on the Monday of Sawan brings blessings of Lord Shiva and brings happiness, peace and prosperity in life.

What to do on this day:

On this day, wake up early in the morning, take a bath and wear clean clothes. Go to the temple of Lord Shiva and Mother Parvati and worship. Perform Abhisheka on Shivling with water, milk, curd, ghee, honey and Ganga water. Offer Belpatra, Dhatura and Bhasma. Recite Mahamrityunjaya Mantra and Shiv Chalisa.

What not to do on this day:

Do not think of any negative thoughts on this day. Avoid speaking lies and immoral acts. Do not consume grains during the fast and eat simple food. Avoid arguments with family members and maintain peace and positivity throughout the day.



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