



Ancient Vedic Mantras and Rituals





Pradosh Vrat 2025 | भगवान शिव की कृपा पाने का दिन | PDF

The Pradosh Vrat is a special fast in Hinduism dedicated to the worship of Lord Shiva and Goddess Parvati. This fast occurs twice a month—once on the Trayodashi (13th day) of the Krishna Paksha (waning moon) and once on the Trayodashi of the Shukla Paksha (waxing moon). The fast is called “Pradosh” because the worship takes place during the Pradosh Kaal, the time around sunset. Devotees observe this fast with full devotion and faith, bringing peace, prosperity, and happiness into their lives.

Pradosh Vrat Katha

In ancient times, there lived a **widow Brahmani** in a village. She had a young son. Every day, she would go out with her son to beg for alms and return home by evening. This was her only means of livelihood.

One evening, as she was returning with alms, she saw a very **handsome and radiant boy** near the riverbank.....



Why is Pradosh Vrat Observed?

Pradosh Vrat is a sacred method to gain the blessings of Lord Shiva and Goddess Parvati. It is mentioned in scriptures like the Skanda Purana and Shiva Purana, emphasizing the following benefits:

- **Relief from Sufferings:** Observing this fast removes physical, mental, and spiritual difficulties.
- **Path to Prosperity:** The vrat brings wealth, happiness, and peace into life.
- **Freedom from Sins:** It purifies the soul and absolves sins from past lives.
- **Beloved by Shiva:** Worship during Pradosh Kaal is especially dear to Lord Shiva, considered a spiritually powerful time.

Rituals for Pradosh Vrat

The rituals for Pradosh Vrat are simple yet require devotion and adherence to specific rules:

- **Purification and Preparation:**
 - Wake up early and take a bath. Wear clean clothes.
 - Purify the worship area with Gangajal (holy water).
- **Resolve for the Fast:**
 - Take a vow before Lord Shiva and Goddess Parvati to observe the fast and offer prayers with sincerity.
- **Shivling Worship:**
 - During Pradosh Kaal, offer water, milk, and Gangajal to the Shivling.
 - Adorn the Shivling with Bel leaves, Dhatura flowers, and fruits.
 - Light a lamp and incense sticks.



- **Chanting and Prayer:**

- Recite “Om Namah Shivaya” and praise Lord Shiva.
- Read or listen to the Pradosh Vrat story.

- **Aarti and Prasad Distribution:**

- Perform the aarti of Lord Shiva and distribute prasad among family members.

Benefits of Pradosh Vrat

Pradosh Vrat offers numerous religious and spiritual benefits, as described in Hindu scriptures:

- **Divine Blessings:** It brings the grace of Lord Shiva and Goddess Parvati.
- **Freedom from Sins:** It cleanses past karmas and opens the path to liberation.
- **Peace and Prosperity:** The vrat ensures wealth, harmony, and happiness in life.
- **Health Benefits:** Observing this fast relieves physical and mental ailments.
- **Solution to Life’s Challenges:** It resolves astrological doshas and removes life’s obstacles.

Observing the First Pradosh Vrat of 2025

With the first Pradosh Vrat of 2025 falling on January 11, make this day special by dedicating your prayers and devotion to Lord Shiva. Perform the rituals as per the traditions, chant “Om Namah Shivaya,” and seek divine blessings for a prosperous and peaceful life.

“Om Namah Shivaya” – The chant to invoke Lord Shiva’s blessings, filling your life with positivity and divine grace.



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