



Ancient Vedic Mantras and Rituals





Mauni Amavasya 2026 | मौनी अमावस्या क्यों और कैसे मनाई जाती है? | PDF

Mauni Amavasya is a special and sacred day in Hinduism, observed on the Amavasya (new moon day) of the Magha month. The term “Mauni” means silence, and “Amavasya” refers to the dark lunar night. This day is considered dedicated to silent meditation, self-restraint, and introspection. It is regarded as an opportunity for spiritual purification and calming the mind.

Mauni Amavasya holds great importance for taking a holy dip in sacred rivers, performing charity, and engaging in spiritual practices. This day is particularly significant for those who seek salvation (moksha) or wish to perform rituals for the peace of their ancestors’ souls.

When is Mauni Amavasya in 2026?

Mauni Amavasya in 2026 will be observed on **Sunday, January 18**. On this day, holy baths, silent meditation, and charitable acts are considered highly auspicious.



Why is Mauni Amavasya Celebrated?

The significance of Mauni Amavasya is deeply rooted in religious, mythological, and spiritual beliefs. It is said that on this day, Lord Manu composed the Manusmriti and symbolized the beginning of creation. It is considered a festival of self-reflection and self-discipline.

Observing silence on this day is believed to bring mental peace and increase one's inner energy. Another key aspect of Mauni Amavasya is the belief that bathing in holy rivers (especially the Ganges) on this day washes away all sins.

What to Do on Mauni Amavasya?

1. Holy Bath

According to ancient beliefs, bathing in sacred rivers like the Ganges, Yamuna, or any other holy river on Mauni Amavasya washes away sins. If it is not possible to bathe in a river, one can add Ganga water to the bath at home.

2. Silent Meditation

Observing a vow of silence on this day is considered highly beneficial. It is one of the best ways to practice self-reflection and attain mental peace.

3. Charity

Donating to the poor, Brahmins, and the needy holds special importance on Mauni Amavasya. Offering food, clothing, money, or sesame seeds (til) is believed to bring blessings and good karma.



4. **Rituals for Ancestors**

Performing Tarpan (ritual offerings) and Pind Daan (offerings for ancestors) on this day ensures peace for their souls and brings their blessings to the family.

5. **Meditation and Yoga**

Practicing meditation and yoga on this day purifies the soul and fills life with positive energy.

6. **Reading Scriptures or Chanting Mantras**

Reading sacred texts and chanting holy mantras enhances the sanctity of the day.

Mythological Stories Related to Mauni Amavasya

1. **The Beginning of Creation**

One belief states that Lord Manu initiated the creation of the universe on this day. Hence, it is also seen as the day symbolizing the beginning of life.

2. **The Glory of the Ganges**

It is believed that on Mauni Amavasya, the deities descend to Earth and bathe in the holy rivers. Those who take a holy dip on this day receive immense blessings and spiritual merit.

3. **Blessings from Ancestors**

Performing rituals for ancestors on Mauni Amavasya is said to bring peace to their souls and their blessings to the descendants.



Important Practices on Mauni Amavasya

1. Wake up before sunrise and take a holy bath.
2. Observe a vow of silence and avoid unnecessary conversations.
3. Keep your home clean and avoid any form of negativity.
4. Worship Lord Vishnu and Lord Shiva and dedicate your mind to their devotion.
5. Perform religious rituals with family to create a positive environment.

Mauni Amavasya is a festival of spiritual purification, destruction of sins, and mental peace. This day provides an opportunity to awaken one's inner strength and spirituality. In 2026, it will fall on **January 18**, and one must observe holy baths, silent meditation, charity, and rituals for ancestors on this day.

It is not only significant from a religious perspective but also beneficial for mental and physical well-being.

On this sacred day, everyone should follow these traditions for self-purification and celebrate it with peace of mind and positive energy.



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