



# Ancient Vedic Mantras and Rituals





## Masik Shivratri | जानिए इस महीने की मासिक शिवरात्रि तिथि और पूजा का शुभ मुहूर्त | PDF

**Masik Shivratri** is a significant day dedicated to the worship and devotion of Lord Shiva. This auspicious observance occurs every month on the *Chaturdashi Tithi* (14th day) of the Krishna Paksha (waning moon phase). While closely related to the annual Maha Shivratri, Masik Shivratri provides a monthly opportunity to seek the  blessings of Lord Shiva.

### When is Masik Shivratri in 2026?

According to the Hindu calendar, the *Chaturdashi Tithi* of Krishna Paksha will begin on **Friday, May 15, 2026 at 8:31 AM** and will end on **May 16, 2026 at 05:11 AM**. Therefore, the Masik Shivratri fast for **May** will be observed on **May 15, 2026**.

### How to Observe Masik Shivratri Vrat

#### 1. Preparation for the Fast:

- Consume sattvic (pure) food a day before the fast.



- Wake up early on the day of Masik Shivratri, bathe, and wear clean clothes.
- Take a vow (sankalp) to observe the fast with devotion.

## 2. Performing Abhishek (Sacred Bath) of Shiva Linga:

- Offer sacred substances like water, milk, honey, and Gangajal (holy water) on the Shiva Linga.
- Decorate with bel leaves, dhatura, sandalwood paste, and flowers.
- Present offerings such as bhasma (sacred ash), fruits, or sweets.

## 3. Worship Ritual:

- Observe a fast throughout the day and chant Lord Shiva's name.
- Perform special prayers during the **Pradosh Kaal** (evening time).
- Stay awake at night (jagaran), reciting Shiva Chalisa, *Shiva Purana*, or chanting "Om Namah Shivaya."

## 4. Concluding the Vrat:

- Conduct the aarti of Lord Shiva at night.
- Break the fast (paran) the next morning after sunrise by consuming sattvic food.
- Offer donations and food to Brahmins and the needy.



## Importance of Masik Shivratri

1. **Spiritual Purification:** Observing the Masik Shivratri fast helps purify the mind and soul.
2. **Destruction of Sins:** Worshiping Lord Shiva on this day eradicates past sins.
3. **Attainment of Moksha:** It is believed to lead devotees towards liberation (moksha).
4. **Brings Peace and Prosperity:** Lord Shiva's blessings ensure happiness and prosperity.
5. **Healing of Diseases:** Worship and fasting are said to improve health and well-being.

## Benefits of Masik Shivratri Vrat

- **Divine Blessings:** Devotees receive Lord Shiva's special blessings.
- **Happiness and Prosperity:** Brings peace, harmony, and prosperity to life.
- **Marital Bliss:** Enhances love and understanding in married life.
- **Health Improvements:** Alleviates health issues and enhances physical and mental well-being.
- **Attainment of Moksha:** This vrat is highly beneficial for liberation from the cycle of life and death.



## Do's and Don'ts on Masik Shivratri

### What to Avoid:

- 1. Avoid Non-Vegetarian Food and Alcohol:** Steer clear of tamasic (impure) items like meat and alcohol.
- 2. Control Negative Emotions:** Refrain from anger, greed, and jealousy.
- 3. Do Not Circumambulate the Shiva Linga Completely:** Traditional beliefs discourage a full circumambulation; pour water from one side only.
- 4. Avoid Gossip or Harsh Words:** Speak kindly and refrain from arguments.
- 5. Avoid Mourning:** Do not indulge in any acts of sorrow or grief.

### What to Follow:

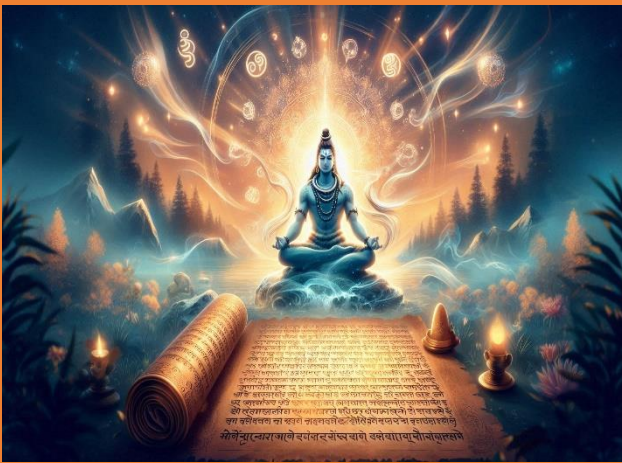
- Maintain cleanliness and purity in body, thoughts, and surroundings.
- Offer bel leaves, dhatura, and other items Lord Shiva loves.
- Chant “Om Namah Shivaya” with full devotion.
- Perform rituals during the Pradosh Kaal for maximum benefits.



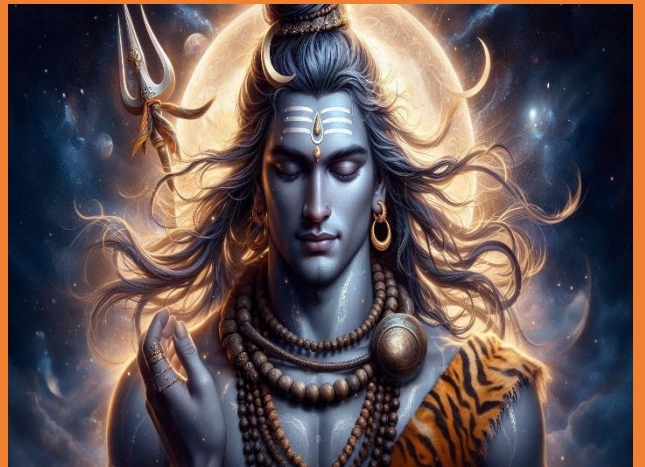
## Masik Shivratri and Its Spiritual Significance

Masik Shivratri is an exceptional day to deepen one's connection with Lord Shiva. It symbolizes the overcoming of darkness and ignorance in life. By observing this vrat with utmost devotion, one experiences the divine grace of Lord Shiva, who removes obstacles, alleviates suffering, and guides devotees toward spiritual enlightenment.

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