Ancient Vedic Mantras and Rituals

Parama Ekadashi 2026 : तिथि, पूजा विधि, व्रत कथा, महत्व और शुभ मुहूर्त | PDF

Parama Ekadashi is one of the most sacred and spiritually rewarding Ekadashi fasts in Hinduism. Dedicated to Lord Vishnu, this auspicious day falls during the Adhik Maas (extra lunar month), making it even more significant for devotees seeking divine blessings, prosperity, and liberation (moksha). Observing the Parama Ekadashi Vrat with devotion is believed to cleanse sins, bring inner peace, and help devotees progress on the path of spirituality.

Parama Ekadashi 2026 Date

In 2026, **Parama Ekadashi** will be observed on **Thursday, June 11, 2026**. It falls on the Krishna Paksha (waning phase of the moon) Ekadashi during the sacred Adhik Maas.

Auspicious Timings (Muhurat)

- **Ekadashi Tithi Begins:** June 10, 2026, at 12:57 AM
- **Ekadashi Tithi Ends:** June 11, 2026, at 10:36 PM
- **Parana (Breaking the Fast):** June 12, 2026, from 5:23 AM to 8:10 AM

Devotees should perform the fast and worship during the Ekadashi tithi and break the fast during the prescribed Parana time on Dwadashi.

Significance of Parama Ekadashi

The word **“Parama”** means “supreme” or “highest.” As its name suggests, Parama Ekadashi is regarded as one of the most powerful Ekadashi observances. Scriptures mention that observing this vrat with sincerity grants immense spiritual merit, removes negative karma, and attracts the blessings of Lord Vishnu.

This Ekadashi is especially important because it occurs during **Adhik Maas**, a month considered highly auspicious for spiritual practices, charity, prayer, and self-reflection. Devotees believe that fasting on Parama Ekadashi helps attain prosperity, happiness, and ultimately liberation from the cycle of birth and death.

Parama Ekadashi Puja Vidhi (Worship Procedure)

Follow these steps to perform Parama Ekadashi Puja:

1. Early Morning Bath

Wake up during Brahma Muhurta and take a holy bath to purify the body and mind.

2. Take the Vrat Sankalp

Make a sincere vow to observe the Parama Ekadashi fast and dedicate the day to Lord Vishnu.

3. Worship Lord Vishnu

Place an idol or image of Lord Vishnu and Goddess Lakshmi on a clean altar. Offer:

- Tulsi leaves
- Yellow flowers
- Incense sticks
- Ghee lamp
- Fruits and sweets

4. Chant Vishnu Mantras

Recite Vishnu Sahasranama, Bhagavad Gita, or chant:

“Om Namo Bhagavate Vasudevaya”

throughout the day.

5. Observe the Fast

Many devotees keep a Nirjala (waterless) fast, while others consume fruits and milk according to their health and tradition.

6. Night Vigil

Engaging in bhajans, kirtans, and devotional activities during the night is considered highly beneficial.

7. Break the Fast

Complete the vrat by performing Parana on Dwadashi during the prescribed time.

Parama Ekadashi Vrat Katha

According to Hindu scriptures, there once lived a poor Brahmin and his devoted wife who faced severe hardships and poverty. Seeking relief from their difficulties, they approached a sage who advised them to observe the Parama Ekadashi Vrat.

Following the sage's instructions, they worshipped Lord Vishnu with complete faith and devotion. Pleased with their sincerity, Lord Vishnu blessed them with prosperity, happiness, and spiritual advancement. Since then, Parama Ekadashi has been regarded as a vrat capable of removing suffering and granting divine blessings.

Rules to Follow During Parama Ekadashi

To receive the full benefits of the vrat, devotees should:

- Maintain purity in thoughts, words, and actions.
- Avoid anger, dishonesty, and negative behavior.
- Refrain from consuming grains, onion, garlic, and tamasic foods.

- Practice self-discipline and devotion.
- Spend time in prayer, meditation, and scriptural reading.
- Offer charity to the needy.

Charity and Donations on Parama Ekadashi

Donations made on this day are believed to yield immense spiritual merit. Devotees often donate:

- Food grains
- Clothes
- Fruits
- Water-filled pots
- Yellow garments
- Religious items and offerings

Helping the poor and supporting charitable causes on Parama Ekadashi is considered especially auspicious.

Spiritual Benefits of Observing Parama Ekadashi

Observing Parama Ekadashi is believed to:

- Remove accumulated sins and negative karma.
- Bring peace, prosperity, and good fortune.
- Strengthen devotion toward Lord Vishnu.

- Improve mental clarity and spiritual awareness.
- Help attain moksha (liberation).

Conclusion

Parama Ekadashi 2026 is a highly sacred occasion for devotees of Lord Vishnu. Falling during the spiritually significant Adhik Maas, this vrat offers an opportunity to purify the mind, seek divine blessings, and advance on the spiritual path. By observing the fast, performing worship, and engaging in charitable acts, devotees can invite peace, prosperity, and spiritual fulfillment into their lives.

Whether you are observing Parama Ekadashi for the first time or continuing a long-standing tradition, this holy day serves as a reminder of faith, devotion, and the eternal grace of Lord Vishnu.

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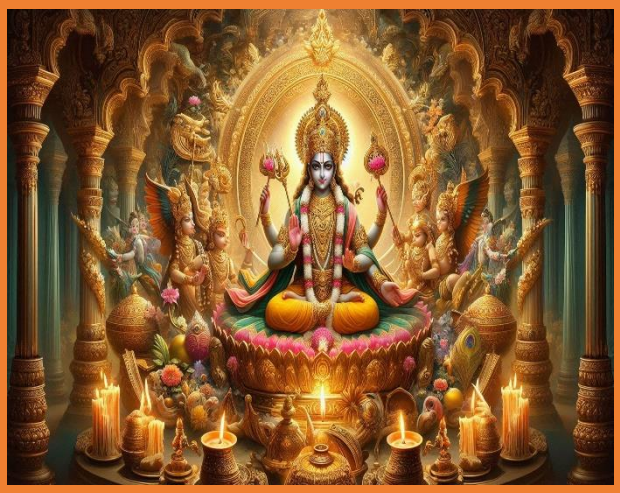

Vishnu Vrat Katha

Shri Vishnu Aarti

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