



## **SRAVANA MONDAYS DEDICATED TO LORD SHIVA**

**COUNTLESS BLESSINGS AND AUSPICIOUS BENEFITS**

**Sravana Somavaras (Mondays)**  
**JULY 27<sup>th</sup>, AUGUST 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 2020**

The month of Sravana is dedicated to festivals. This month is brimming with benedictions, blessings and prosperity. Worship of Lord Shiva bestows us with abundance of good fortunes. When one faces a difficult situation and turns towards God, who answers the call right away? It is the most innocent, simple, down to earth, and easy to please Lord Shiva and also lovingly addressed as **Bholenath Shankar Bhagavan**.

In all the Shiva temples throughout India on every Monday during the month of Sravana, even before the sun's bright rays touch the earth; Eshwara is worshipped reverently - Shiva suprabhatam, Bilva leaves archanas and rudrabhishekams are performed early in the mornings to reap countless benefits of blessings, eliminate all negativity from ones life, remove suffering and granting riches, peace and prosperity in abundance.

Normally pujas, archanas with Bilva leaves, rudrabhishekams are performed early mornings and pradasha times every day throughout the year in every Shiva temple. However, this month of Sravana also holds a special place for Lord Shiva. Villages and cities thrive and flourish well, and one is filled with an inexplicable inner joy, where there is a Shiva temple when daily worships and rudrabhishekams are performed in the mornings and evenings. A place deprived of a Shiva temple is as empty as an unconscious mind and heart and residing in places like that is equal to experiencing a deep hollowness and an empty vacuum and nothingness.

### **How does one attain prosperity?**

"Shiva" himself means the greatest God, Divine Universal creator, the one that grants wealths of auspiciousness, spiritual peace and enlightenment.

In the Shiva temples of Chidambaram, Arunachalam, and Kaasi, Lord Shiva is worshipped 6 times a day (**shat kaala puja**) on Mondays during the month of Sravana.

1. Early morning – 5AM – 7AM
2. Mid-morning – 9AM -11AM
3. Afternoon –12PM -1PM
4. Early evening – 4PM – 5 PM
5. Evening – 6PM – 8PM
6. Night – 9PM -11PM

## **There are 3 types of worship for Lord Shiva**

### **1. Nitya puja (everyday puja)**

In this worship, worshipping Shiva, every day is a Shivaratri. Devotees vow to fast, perform rudrabhishekams and do archana with bilva leaves to Lord Shiva in the mornings, they then offer naivedyam (sacred offering), and break the fast by taking the very first sip of water. Touched by such sincere devotion and dedication, Lord Shiva bestows them with auspiciousness

### **2. Paksha Shiva puja (every 15 days)**

One does special worship to Lord Shiva on a **no moon day** (Amavasya) and equally special worship on **full moon day** (Purnima) to the Universal Shiva-Shakti. This is an extraordinary puja. On these days, one observes a fast, prays with pure and peaceful heart, with inner insight and mind, with undivided attention, focus, devotion and dedication. Millions of sins are removed and one attains complete bliss.

The no moon day (Amavasya), is also called Masa Shivaratri (monthly Shivaratri). Worshipping Lord Shiva even, during the darkest of the nights, one's heart and mind, one's own ambitions and aspirations for earthly-minded possessions will go away and will be liberated from the thought of **"I"ness and "me"ness** and rises to higher levels of consciousness. Sincere devotion, purity and nobility makes him a true "Yogi" of Lord Shiva, and to such an ardent devotee, that the Lord surrenders with true love.

### **3. Shivaratri**

This is the day which comes once a year in Magha Masam (Feb-March). It is the 14<sup>th</sup> day in the Hindu lunar calendar, before the Amavasya (no moon) or the waning phase of the moon. This is an exceptionally and eminently auspicious day for Lord Shiva. Swami, the eternal Supreme-Being, Bholenath, who never says "no", grants every boon, even liberation, that a devotee wishes for on this very glorious and sacred day of Maha Shivaratri.

### **Sravana Mondays are Yoga Shivaratris**

Saints, ascetics and yogis with merits acquired by austerities, with the powers gained through meditation, worship Lord Shiva and perform abhishekams every day in this month of Sravana. It is not possible for a common person to perform this kind of pujas or abhishekams during the yoga Shivaratri in the month of Sravana.

Performing abhishekams on Sravana Mondays eradicates the 8 daridryas (8 forms of suffering or poverties) from innumerable past births. Shankar Bhagwan (Lord Shiva) very fondly gives darshan to all his devotees in the form of a **Shivalinga**.

### **Shlokam- taken from Linga Purana**

**“lingam shiva mithi gneyam”**

**“peetam shakti rudha hrutham”**

The Shivalinga signifies Shiva Shakti. The upper oval part of the Shivalinga represents Lord Shiva and lower part of the Shivalinga called the yoni represents Parashakti.

Lord Shiva and Shakti as Shivashakti (which is oneness) have been reverently worshipped since time immemorial in India, explaining “Shaivism” exists since ancient times. This universal form of Lord Shiva is “Supreme” enlightenment and salvation, the absolute reality, the timeless, formless and spaceless. While, Universal mother Para Shakti who is also the “Absolute” bestows one with grace and salvation, Mother is also the shakti (energy) and inspiration to the Supreme Lord himself, strengthening the fact that this form of Lord Shiva and Shakti is not two but are “One” and always only one form of powerful “Shivashakti” or oneness.

Vedas say that one cannot attain self-realization without consciousness and inner purification. However, performing rudrabhishekam, not only on Mondays but throughout this month of Sravana, one attains consciousness, immense inner purification. When this process of inner purification is accomplished, it clears the path to self-realization.

Since this year has been an extremely challenging year, a rare and special rudrabhishekam will be performed to the Markatha(Jade) Pancha Mukha Arunachala Shivalinga in the early mornings, afternoons and at pradosha time(3 times) this entire month of Sravana, with waters from 7 holy rivers.

1. Ganga – especially more with ganga waters
2. Yamuna
3. Godavari
4. Saraswati
5. Narmada
6. Sindhu
7. Kaveri

The Universal, Supreme consciousness Kasi Viswanath incarnated on Mother Earth in the most auspicious form of Arunachala Shivalinga. cosmically, Lord Shiva is embedded in every molecule at all micro and all macro level of the Universe.

This entire cosmos is Lord Shiva’s home who is the absolute reality. Universal Shakti (Parashakti) or Universal Mother (Jagadamba)consort to Lord Shiva is eternally compassionate. Mother’s affection

towards children is indescribable. Mother means protection and Divine Mother is always ready to anchor and safeguard them no matter where they are.

Vedas have explained that Divine Mother grants us with any boons, and it is in the manner we request and what we wish for:

- Worshipping Divine Mother's Lotus feet unceasingly
  - Perpetual and uninterrupted association with all of "Mother's" devotees
  - Boundless compassion on all living beings and all the inanimate
- 

Dazzling morning rays pouring in through the luscious green forests of Sri Penusila; delightful notes of auspicious music playing to the tunes of the thousands of birds singing melodiously and gloriously in pure joy, with the light, soothing winds gently fanning, welcoming the most Benevolent of all gods, Lord Shiva, filling the atmosphere with celestial music and pure enlightenment

This entire Cosmos belongs to the Supreme Lord Shiva, everything animate and inanimate belongs to him only and the very form to this Universal consciousness is the Energy (Shakti)herself. Hence realizing and remembering that this entire creation is supreme Divine himself, one should always practice doing good things, overcoming one's own inner voices, staying humble, noble and calm, constantly bearing in mind and heart, that we are profusely filled with Divine grace. Preserving these thoughts in mind and leading a gracious life, then only one can attain the ultimate ideology of "**Sarvam eshwara mayam Jagath**" meaning – the entire universe is filled with Supreme ruler Lord Shiva. He is omni present and omniscient. Surrendering to Arunachala Swami's lotus feet in the month of Sravana, prostrating before him, will be ever blissful, realizing and understanding the Philosophy of Shivashakti which is oneness and absolute consciousness

### **Shloka**

**"na me bhaktah pranasyethi"**

Meaning

The disciple that trusts me never suffers and lives now and forever.

All the 30 days during the month of Sravan, wherever one may be, follow these principles

- Silence
- Meditation
- Consuming only sattvic vegetarian food
- Speaking truthfully and be polite to all beings

The month is acclaimed to get this name “Sravana” as Lord Sri Vishnu’s birth star is Sravana and at the same time, the moon is ruling this star throughout the month

This month has become very auspicious and gained prominence both spiritually and socially. This month is equally celebrated by men and women, particularly men worship Lord Shiva on Mondays and Shakti all month long. Divine mother is celebrated with revered devotion and dedication and immense discipline.

Women in particular worship Divine mother Sri Mahalakshmi Devi. During this festival, the women take deeksha for 4 weeks. They adorn new clothes, wear colorful bangles and apply red thilakam (Kumkum) on their forehead, radiantly glowing like the sun rays, look as though Divine Mother herself has incarnated in their forms and walking on Mother Earth. This festival creates an ideal peaceful family atmosphere bestowing with a steady mind, focused heart, concentration or consciousness. As this month is dedicated to festivals, it signifies unity, harmony and oneness, setting a perfect example.

This whole month of Sravana, all the households decorate the altar artistically, invoke and install Sri Mahalakshmi Devi creating a very magnificent atmosphere to replicate the celestial abode Vaikunta ( Lord Vishnu and Sri Lakshmi abode) perform all the poojas mentioned earlier, during this month, Sri Lakshmi and Narayana bestow all auspiciousness and will reside in the houses and their hearts

The month of Sravana is dedicated to festivals. One should wake up early in the morning and take bath. Worship Sri Mahalakshmi Devi with sincere reverence and concentration. You will be bestowed with eternal peace and prosperity. Women of all ages take a vow or deeksha for 40 days during the month of sravana, decorate and prepare their front yard with attractive and colorful Rangolis, worship Lakshmi Narayana with fond devotion and perform archana with pure joy and bliss to attain Sri Lakshmi Devi’s grace in abundance, eternal peace and prosperity. Offering prayers to Lord Sri Vishnu all Saturdays and worshipping Lord Shiva on Mondays brings peace and abundance of prosperity.

Program schedule for Lord Shiva abhishekams.

### **1.Sravana masam - July 20<sup>th</sup> to August 19<sup>th</sup>**

- 30 days – every day for 3 times a day, Sri Rudrabhishekam will be performed. Devotees can sponsor all 30 days and have sankalpas done on their names

### **2. Four Sravana Mondays in addition to Amavasya and Purnima**

- Amavasya (no moon day)

- Purnima (full moon day)- special abhishekams will performed on this day. sponsor to participate

### **3. Sravana Purnima – August 3<sup>rd</sup>**

- Special and auspicious homas will be performed to Sri Lakshmi and Sri Narayana
- Sri Krishna moola mantra homa will be performed

### **4. Sravana Purnima (August 3<sup>rd</sup>) – celebrated in much grandeur and exuberance**

- Chandi homa will be performed which starts at 9 am.
- This day also, early morning and afternoon abhishekams will be held.
- In addition to these programs, rudrabhishekam to Arunachala Shiva will be performed in the evening as per sacred Vedic rituals.

This is an exclusive and extraordinary festival and to be able to participate in all the Divine festivals, one needs to attain many merits from past lives. The most important elements in your Sravana month pujas are, your faith and devotion, and the love in your heart is the true offering that Mother likes.

*Inviting all devotees to avail this opportunity, to join and participate in homas and abhishekas to make every day and night very special and fulfilling. May all your days and nights be full of bliss, peace and happiness. Joining and participating in all festivals, one can attain every kind of wealth, including the wealth of peace, prosperity, wisdom and salvation.*