

MAHASHIVRATRI

नमस्ते भगवान रुद्र भास्करामित तेजसे । नमो भवाय देवाय रसायाम्बुमयात्मने ॥
शर्वाय क्षितिरूपाय नंदीसुरभये नमः । ईशाय वसवे सुभ्यं नमः स्पर्शमयात्मने ॥
तस्मै नमः परमकारणकारणाय दिप्तोज्ज्वलज्ज्वलित पिङ्गललोचनाय ।
नागेन्द्रहारकृतकुण्डलभूषणाय ब्रह्मेन्द्रविष्णुवरदाय नमः शिवाय ॥

Maha Shivaratri is a Hindu festival celebrated annually in honour of the god Shiva. The name also refers to the night when Shiva performs the heavenly dance. There is a Shivaratri in every luni-solar month of the Hindu calendar, on the month's 13th night/14th day, but once a year in late winter (February/March, or Phalguna) and before the arrival of Summer, marks Maha Shivaratri which means "the Great Night of Shiva".

It is a major festival in Hinduism, and this festival is solemn and marks a remembrance of "overcoming darkness and ignorance" in life and the world. It is observed by remembering Shiva and chanting prayers, fasting, and meditating on ethics and virtues such as honesty, non-injury to others, charity, forgiveness, and the discovery of Shiva. The ardent devotees keep awake all night. Others visit one of the Shiva temples or go on pilgrimage to Jyotirlingams. This is an ancient Hindu festival whose origin date is unknown. According to the South Indian calendar, Maha Shivaratri is observed on Chaturdashi Tithi during Krishna Paksha in the month of Magha, and in other parts of India, on 13/14 night of Krishna Paksha in Phalguna of Hindu calendar, the Gregorian date however remaining the same.

The Maha Shivaratri is mentioned in several Puranas, particularly the Skanda Purana, Linga Purana and Padma Purana. These medieval era Shaiva texts present different versions associated with this festival, & mention fasting, reverence for icons of Shiva such as the Lingam.

Different legends describe the significance of Maha Shivaratri. According to one legend in the Shaivism tradition, this is the night when Shiva performs the heavenly dance of creation, preservation and destruction. The chanting of hymns, the reading of Shiva scriptures and the chorus of devotees joins this cosmic dance and remembers Shiva's presence everywhere.

According to another legend, this is the night when Shiva and Parvati got married.

A different legend states that the offering to Shiva icons such as the linga is an annual occasion to get over past sins if any, to restart on a virtuous path and thereby reach Mount Kailasha and liberation.

According to lore, Shivratri is celebrated on the day when Lord Shiva saved the world by drinking poison that emerged from the ocean during Samudra Manthan. This poison got stored in his throat thus making it blue which is the reason that Lord Shiva is also known as Neelkanth (blue throat).

1) Why do we stay awake on shivratri?

- Lord Shiva as the ever-wakeful state of pure consciousness is our guide to waking up from the human dream to our greater reality in the self-aware universe. ... On Shivaratri, the night of Shiva, please make the effort to remain awake, searching for the ever-discerning light of immortal consciousness within you.

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2) What to wear on this occasion ?

- Do not wear black drss for Maha Shivaratri poojas as most of the Hindu rituals forbid the devotees for wearing black clothes as it is considered inauspicious. Hence, if your are fasting or going to the Shiva temple, choose colours such as red, pink and yellow.

3) Maha Shivratri 2022: Avoid these 7 things on this auspicious...

1: DON'T WEAR BLACK. Black may be strong colour but it is not advisable for Mahashivaratri poojas. ...

2: STAY AWAY FROM THESE FOOD ITEMS. ...

3: DON'T DISRESPECT THE ELDERS. ...

4: DON'T EAT PRASAD OFFERED TO SHIVALING. ...

5: DON'T OFFER TULSI TO LORD SHIVA. ...

6: DON'T USE TURMERIC. ...

7: DON'T USE FLOWERS OF CHAMPA AND KETKI IN SHIVA PRAYERS.

4) Which fruit is preferred more for offering ?

- Bananas are considered an auspicious fruit and hence it is offered to Lord Shiva.

5) What is Lord Shiva's Favourite food?

- Lord Shiva is one God who is satisfied with minimal offerings. Milk or any sweet that is made of milk is his favorite. It is said that bhang is the most famous prasad that is offered to Lord Shiva, the Neelkantha.

Keep offerings like milk, rose water, ghee, sugar, sandalwood nearby. Devotees, who perform four Prahar Puja, must perform jal abhishek during first prahar, dahi Abhishek during second prahar, ghee abhishek during the third Prahar apart from other materials. Shiva Linga is adorned with the garland made of Bilva leaves.

6) If you are planning to observe a Shivaratri fast this year here are some foods that you can still have while on fast.

Potatoes: Aloo Kadhi, Aloo Tikki, Aloo Khichdi ...and,

Non Cereal Dishes. ...

Milk-Based Beverages And Desserts. ...

Pakodas and Vadas. ...

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Fruits and Dry Fruits.

7) Why do we chant AUM 3 times?

- Chanting AUM has both physical and mental effects on us as it calms our mind and in return calms our nervous system. I later learned the reason we always chant AUM 3 times. The reason is; it symbolises: ॐ the three worlds of the Soul: the past, the present and the future.

8) Powerful Shiva Mantras to chant on Shivratri :

Shiv Mantra for eradicating fear:

॥ Om Namah Shivaay ॥

Rudra Mantra for seeking Lord Shiva's blessings:

॥ Om Namo Bhagwate Rudraay ॥

Shiv Dhyaan Mantra for increasing concentration. ...

Mahamrityunjay Mantra for increasing longevity. 🙏

ॐ सर्वेश्वराय विद्महे, शूलहस्ताय धीमहि । तन्नो रूद्र प्रचोदयात् ॥

By Pdt Sandee K Shastri