



My dear and respected devotees Jai Seeta Ram Radhe Radhe Jai Shree Krishna

Last Sunday we spoke about Ekadashi and today we are talking about Purnima, commonly called the full moon day. Everyone has his or her own Ishta Devta and as we all know each is a form of that Brahman the one and only God. Each Devta can fulfil every desire of every worshipper but being the Preserver of Creation Lord Vishnu is an appropriate Form of God to worship.

In the Hindu community worldwide Bhagwan Satya Narayan is very popular and on every full moon day, Purnima also known as Purnami or Pooranmasi is observed as worshipping of Bhagwan Satya Narayan, Lord Vishnu, is observed. In Kaliyuga especially, we are told that Lord Vishnu fulfils all good desires of his devotees when prayers are done with love and sincerity and deep admiration for all we have in this life.

The day or Tithi that is Purnima is very dear to the moon called Chandra Maa in Sanskrit. This night is highly auspicious to conduct any Pooja, Yagnas and to make donations of any kind. Purnima occurs once monthly and it is on the last day of the month. At Sunrise the next day begins another month.

Bhagwan Satya Narayan is the Main Deity to worship on Purnima, although people would also do Lakshmi Puja as well, and this means that there are twelve occasions yearly to celebrate this auspicious occasion

Fasting on this day can bestow incomparable merits and benefits on the observer with spiritual, physically and mental health.

According to Shukla Yajur Veda, The Moon was manifested from the mind of Lord Vishnu. In verse 12 of the "Purus Sookta Om Chandra Maa Manso Jatas Chakshoh Suryo Ajaayat Srotrat Vayuscha Praanascha Mukat Agnir". In Maha Bhagwad Puraan the moon was born from the churning of the Ocean.

Regardless, we all know that the moon has a significant effect on our minds and our bodies. Studies have confirmed that the position of the moon has a direct relationship with our mental status, our power and our stress levels. In fact Alexander Graham Bell refused to have any member of his family exposed to moonlight and you are probably aware the word lunatic comes from the word Lunar.

As I reminded you last week our mind has direct control of all of our sense and action organs and therefore its importance in our lives must be remembered especially when we know that there is a relationship between the moon and the mind.

All of us who live close to the seas would know that there is always High tides on full moon day. This reason mentioned in our Hindu Scriptures is that the moon is the son of the Ocean and appears with its full size and glory on Purnima so much so that the Ocean the swells and wants to play with its child.

Fasting on Purnima begins at Sunrise and ends after seeing and worshipping the moon. Conditions of fasting on this Vrat includes abstaining from all grains and total absence of salt and some devotees would not even have water. But this depends on your own personal health and abilities as it is mentioned in our texts—Shareer maadyam Khal Dharma Saadhanam- One can fast according to his or her health and if it is difficult to observe this devotees are allowed to sustain themselves with eating fruits, drinking water and homemade juices, potatoes including sweet potatoes, cassava etc.

Ayurveda says that the Moon has Nectar and showers this on the trees and herbs and makes them useful in our lives by providing these trees and plants the healing power so we can use them when we are ill.

Some studies say that the phases of the moon has a direct relationship with our acidity in our stomach and this has an effect on our digestive system. Maybe this is why our saints and sages have recommended fasting on Purnima as this slows our metabolic rates, enhancing physical and mental balance while controlling our minds emotions including anger and other problems.

Devotees there are many different incarnations and forms of our Divine Lord Maha Vishnu and on Purnima we worship Him as Satya Narayan.

I pray that may Lord Vishnu Lord Satya Narain provide good health mental stability peace love, prosperity and all good things in life, to each of us and may we be always be devoted to The Lord.