



My dear and respected devotees Jai Seeta Ram Radhe Radhe

Today we are talking about Pradosh Vratam.

Devotees Hindu Religion or Sanatan Dharma is UTSAV, Parv, Tyuhaar or a festival based religion and has the longest list of celebrations of any religion when they are compared. That alone symbolizes its greatness and uniqueness.

Almost every day there is something that can be celebrated for different reason and purpose and these parvas are the main pillars of Hinduism

Hindu Festivals always create a special atmosphere and divert our minds towards spirituality from worldly matters and make life joyful as we build a relationship with God. These celebrations invoke the soul's natural qualities by creating a spiritual environment with auspicious ness and remind f us of our historical and Vedic Rituals.

There are different kinds of Festivals in Sanatan Dharma

1. Celebration of a significant event related to Bhagwan's arrival on Earth in various incarnations or Bhagwan's victory.
2. Celebrations of events as dictated by our Maha Puruhs and Gurus.
3. Celebration of Seasonal Festivals.
4. Celebration of Historical Vedic Moments.
5. Celebration to invoke our souls and to remove sins and achieve our supreme goal Moksha
6. Celebration of Good Deeds. One such Good Deed is Pradosh

Last Sunday I spoke about Shri Ganesh Chathurthi which is the appearance of Lord Ganesh Today we are speaking about Pradosh Vrat .

A Sanskrit verse Prasham yati Papam Doshan lti Pradoshah means that this ritual has the ability to remove all ins and grievances and is dedicated to Lord Shiva and Mother Parvaatie. This Ritual is observed on the Trayodashi Tithi or thirteenth day of the Hindu Month and occurs twice monthly One during Krishna Paksh The dark half and the other in Shukhla Paksh the Bright half of the month.

According to Maha Bhagwad Puran Lord Shiva and Mother Parvatie observe all human beings during this period and fulfills the wishes of their devotees

The story of this celebration is mentioned in many Puranas which is associated with Samundra Mantham- The Churning of the Ocean.

Once there was a huge fight between the Devas and the Asuras and the demons defeated the Devas and took over all heavenly regions. Bali the grandson of Prahalad became the King of

SWARGA. Indra loses his position and along with the other Devtas went to Brahma Jee to solicit help. Brahma Jee then took all of them to Vishnu Jee, who told them to seek the cooperation of Bali and the Kind of the Demons to churn the ocean.

Indra did as was told by Vishnu Jee and they came together and plucked out the Mandaraachal Mountain and dropped it in the Ocean. Lord Vishnu took the form of Kurma the Tortoise to support the mountain as it was sinking in the ocean.

The Great snake was requested to be used as the rope with the Devtas on one end the Asuras on the other. In due course the poison called Halalkal came out of the ocean. This poison was capable of ending all life in the Universe. Seeing this the Devtas and Asuras all sought refuge with Lord Shiva who ended up drinking the poison but did not swallow it, but kept it in his throat. His throat became blue and that is how He got the name Neel Kanth- The Blue Throat One.

These things happened during Pradosh or twilight period or meeting of the Day and the night. This period known is observed on Trayodashi Tithi Thirteenth day of the lunar month.

Consequently, Lord Shiva saved the lives of everyone and everything and never ending praises of Lord Shiva came from everyone and everywhere. Becoming pleased with their affection and praises Lord Shiva danced in celebration.

Lord Shiva and Mother Parvatie are worshipped during these evenings for a total period of three hours with one and half hours before sunset and one and a half after sunset.

Worshipping Lord Shiva and Mother Parvatie on this day and at this time yields many benefits to devotees when done with complete faith and conviction, ultimately removing all bondages and leading to Liberation or Moksha.

In India and all over the world Shiva temples are full of devotees who congregate to perform pujas performing Abhishekam with milk, yogurt, sugar, honey, ghee, etc to Nandi Baba Lord Shiva Mother Parbatee.

May Lord Shiva and Mother Parvatie bless us all with His Grace and provide us freedom from sufferings in our life

Har Har Mahadeo Jai Seeta Ram Radhe Radhe and Thank you.