

MEANING

- “Great night of Shiva.”
- Each month in the Hindu calendar, a Shivaratri or “Night of Shiva” is observed, which is a festival with an all-night vigil to remember the importance of overcoming ignorance and darkness.
- The Maha Shivaratri or is the most spiritually significant night of shiva that occurs before the arrival of summer.

GREETINGS

- “Happy Maha Shivaratri.”

WHEN

- Maha Shivaratri occurs on the 13th night and 14th day of the month of Phalguna, a month in the Hindu lunar calendar.

COMMON PRACTICES

- During daylight, devotees wake early and take a ritual bath. Then, head to the nearest temple that is dedicated to shiva and make offerings that typically include yogurt, honey, ghee, sugar and water.
- The sacred mantra of Shiva is chanted in homes and temples while incense is burned and lamps are lit.
- Many maintain a fast until the following morning.
- Some stay awake throughout the night.

QUESTIONS/COMMENTS?

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Maha Shivaratri

Sanskrit

[Maa·haa Shee·vr·aa·tree](#)



- Hindus partaking in all-night vigils and staying awake may find it difficult to participate in activities scheduled on the following day.
- Hindus who are fasting may find it difficult to participate in activities scheduled toward the end of the day, especially around the time of sunset, when they are ready to break their fast.

FOR MORE INFO VISIT:

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Type of Calendar:

Hindu (lunar)

