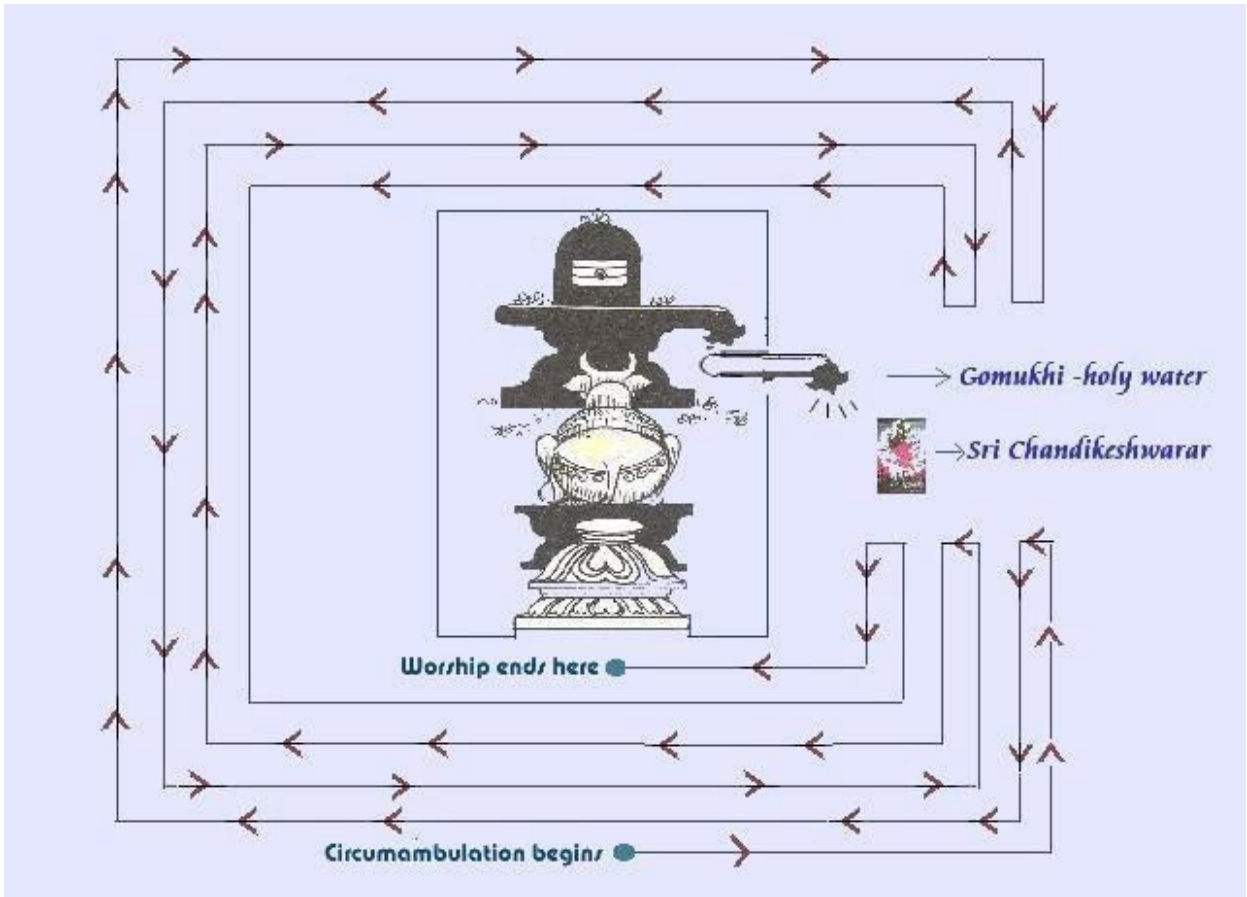


FASTS OF THE MONTH

Pradosham (KPT-13 and SPT-13)

Pradosham is a bimonthly observation observed on the thirteenth lunar day—trayodasi of every fortnight, both on the brighter and darker halves of each month. Pradosham on Saturdays is considered very special. It is called Sani-Pradosham. Pradosha worship is done in the evening twilight 1.5 hours before and after sunset. This 3-hour period is called **pradosha kaalam**. This is the most suited optimal time for worship of Siva in Sivan temples. Siva devotees fast on this day (**Pradosha vrata**) until after this period and go to Sivan temple to worship Him by getting His view in between the two horns of the Nandi at the front. Special pujas are conducted in temples during this time. Devotees go round in the temple by **Soma-Sutra-PradakshiNa**, a special way of going round the temple during the **pradosha** time. It signifies the event of the celestials and demons running back and forth in chaos to escape from the effect of the **Haala-haalaa** poison that came when they churned the milky ocean to get the immortal nectar. Siva drank this deadly poison to save them and it stayed at his throat giving him a blue mark on his neck. And so he is called **Neelakandan**, meaning blue neck God. The poison didn't do any harm to Him as he is the only one without death. That why he is God. All other gods including **Brahma** and **VishNu** are subject to an end one day. Siva is the only one that is everlasting.



TRY IT YOURSELF

1. FIND THE PRADHOSHAM DAY OF THIS MONTH
2. TRY SOMA-SUTRA-PRADAKSHINA YOURSELF
3. NARRATE THE STORY OF CHURNING OF MILKY OCEAN