

Message from His Holiness Vishwaguru Paramhans Swami Maheshwarananda on the Holy Occasion of Shivaratri

Dear Bhaktas of Sri Gurudev

Blessings to all of you on the holy occasion of Shivaratri where we all think meditate and adore our Sri Alakhpuriji, Sri Devpuriji, Sri Mahaprabhuji and Holy Guruji. Shivaratri will be celebrated on 6th March and if you wish, fast on this day but still take fruits, juice and milk – do not fast completely, according to your health condition. On the evening of the 6th complete five malas each for Sri Alakhpuriji, Sri Devpuriji, Sri Mahaprabhuji and Holy Guruji and perform *abhisheka* (ceremonial bath over Shiva Lingam) whilst reciting the Maha Mrityunjaya mantra 51 times.

Combine a small quantity of milk, honey, butter or ghee and yoghurt and pour small spoonfuls over the Shiva Lingam whilst reciting the mantra. Finally rinsing the Lingam with water and collect all this liquid in one pot and place on some tree.

After midnight break your fast with positive shankalpas to Sri Alakhpuriji, Sri Devpuriji, Sri Mahaprabhuji and Holy Guruji that Lord please let there be peace, harmony, mutual understanding and love in the whole world and may all humans learn to live together in harmony. Please bless us with divine light. Alternatively you may break your fast the next day at breakfast.

I pray for divine blessing and consciousness for all of you. I shall be in Brisbane, Australia on 6th March and shall be thinking of you all. You can listen or watch Satsang on internet at 7.30pm GMT+10 about Shivaratri & Sri Alakhpuriji.

Vishwaguru Mahamandaleshwar Paramhans Swami Maheshwarananda
March 2008