



## Shivaratri

**Maha Shivaratri (the great night of Lord Siva)  
is one of the most auspicious holidays that a yogi can observe**

The mind is very influenced by the phases of the moon.

When the moon is full, the mind is at its strongest.

When the moon is new, the mind becomes susceptible  
to any influence - positive or negative.

The new moon that occurs in Feb or March is when the mind  
is at its most vulnerable all year.

Even subconscious negative thoughts go deeper within.

It is important to keep the mind surrounded by positive influences.

These positive influences will also go very deep into the mind,  
paving the way for accelerated spiritual growth, peace, joy, and  
love.



At this time of year, the sun's beneficial influence also is at its lowest point. Since the sun and digestion are also linked, the digestive organs are at their weakest. In fact, the brain, nervous system, kidneys, lungs, and spleen (immune system) are also vulnerable. The mantras and holy water used during the pujas done at Shivaratri help counterbalance these negative physiological effects.

**Shiva is auspiciousness.** Shivaratri is also the celebrating of the return of spring (growth and renewal) while still at the end of winter. It is a time of joy and new beginnings. Resolutions made on that day have more power. Prayers said for others also have greater impact.

**Celebration begins Friday, February 17<sup>th</sup> at 10pm  
After the 8pm, Friday evening Satsang  
at Serenity Yoga and Wellness Spa  
(Please join us for satsang)  
The evening's events will include  
Pujas, Stories and Chants throughout the night.  
As morning approaches we will share a morning meal.**

*Traditionally, it is said that by participating in Shivaratri, brings great spiritual benefits.*

*Maha Shivaratri is grand fun, inspiring, uplifting - a memorable event.*

*Those that have tasted its greatness always look for its return.*