

In Sawan's Silence, the Soul Speaks – A Journey.

Sawan, also called Shravan, is not just the name of a month — it's a feeling. It's a time when the sky cries with joy, trees dance in the rain, and our hearts feel calmer and more connected. This sacred month brings us closer to Lord Shiva, to Mother Nature, and to our own soul.

Something beautiful starts happening inside us — we feel more peaceful, emotional, and spiritually alive. That is the true essence of Sawan.

What Makes Sawan a Month of Devotion and Joy?

Sawan is a very special month—it's the time when people come closer to Mahadev, the Lord of silence, strength, kindness, and transformation.

There's a deep belief that during this month, when the oceans were churned (Samudra Manthan), a deadly poison called Halahal came out. To save the world, Lord Shiva drank that poison and held it in His throat.

To ease His pain, people started offering cooling things like water, milk, and Bilva leaves—as a way to give Him peace and show love. This beautiful offering is called Abhishek, and it continues even today with the same devotion.

It is not just a calendar month, but a Divine window that opens between the Earth and the Heavens, But beyond rituals, Sawan is a time to pause, reflect, and connect with our inner self. It's a chance to clean not just our surroundings, but also our thoughts and emotions

It's also said that in this month, Goddess Parvati did deep tapasya to get Shiva as her life partner. The month holds that same emotional power as the divine love of Radha and Krishna—a love full of purity, surrender, and connection.

Sawan touches everyone—whether you're deeply spiritual or just someone looking for peace. It reminds us that sometimes, the most powerful things are silent, simple, and done with love.

How Can You Celebrate Sawan Simply?

You don't need big rituals. Even small efforts, done with devotion, bring blessings.

The goal is to be humble, peaceful, and connected — not just outside, but within.

What Sawan Really Teaches Us?

Sawan is not only about rituals. It teaches us:

- **Slowdown in life:** - Sit in stillness. Let your breath become your prayer.
- **Let go of stress and ego:** - Surrender your ego, your burdens, your control
- **Listen to the heart:** - Deep within, your soul knows the truth. In silence, it speaks.
- **Be Soft, Be Kind and Be humble:** - Let the rains melt your harshness. Speak gently. Forgive easily.
- **To spend more time with nature and with God:** - Walk under open skies, sit by trees, and whisper your prayers to the wind.

Sawan teaches us that real devotion is not about big rituals — but about a peaceful heart, a kind nature, and trusting God completely.

What are the Astrological Significance of Sawan

During Sawan, the **Sun stays in Cancer (Karka Rashi)** — a sign ruled by the **Moon**. In astrology, the **Sun represents the soul** and the **Moon represents the mind**. When the Sun enters the house of emotions, it becomes a time to turn inward.

This astrological shift supports:

- Deep meditation
- Emotional healing
- Letting go of ego, anger, and stress
- Connecting with our inner peace

Because the Moon is stronger during this time, our feelings, dreams, and prayers naturally become deeper. It is said that in Sawan, even a **simple prayer said with a true heart can reach Shiva**.

Sawan -The Serpent Stories – Lessons from the Naag Nakshatras (Ashlesha, Jyeshtha & Uttarabhadrapada)

In the month of Sawan, when the earth opens up, rains fall from the sky, and hidden energies rise to the surface, it's not just nature that transforms — our inner world begins to shift too. Three nakshatras connected to serpent (Naag) energy come with deep messages: Ashlesha, Jyeshtha, and Uttarabhadrapada. Each carries a story, and each story carries a truth — about karma, emotions, and spiritual growth.

Ashlesha – When Control Turns into Curse

Ashlesha is ruled by the Nagas, the mystical serpents. A story from this nakshatra tells of a learned priest — a man gifted with mantra knowledge and spiritual skills. But instead of using this for good, he played mind games, created fear, and manipulated people emotionally for money and power.

In his next life, he was born as a serpent — **silent, feared, and misunderstood. He still carried wisdom, but nobody could hear him.** His past life wish — “everyone should be under my control” — became true, but with it came loneliness, pain, and regret.

He shared, *“I misused the human body, which was meant for helping others. Now I live in darkness, and even when I try to do good, people fear me.”*

Ashlesha teaches us: when we hurt others emotionally, use mind tricks, or feed our ego through fear — we lose the very blessings we’re born with. Sawan is a time to reflect on our intentions, clean our emotional space, and return to purity and humility.

Jyeshtha – When Ego Becomes a Burden

Jyeshtha is the star of **power, status, and command**, linked with **Indra**, the King of the Gods. But with high position comes high responsibility.

It is said that people who misuse their power — whether in family, society, or workplace — by **looking down on others or acting out of ego**, carry **karmic heaviness**. In their next life, they may be intelligent, even spiritually aware, but people often **don’t trust them easily**, and their **efforts are misunderstood**.

Jyeshtha teaches us: Jyeshtha shows us that real power is silent, protective, and humble. In Sawan, this nakshatra reminds us to respect even the smallest souls, to lead not by fear but by kindness and example.

Uttarabhadrapada – When Realization Comes Too Late

This nakshatra lies in **Pisces**, a sign of deep water and spiritual release. It is ruled by a **serpent that rests in the depths of the ocean**, watching silently.

Souls with planets here often carry past-life wisdom, but also emotional heaviness. They may have ignored others’ feelings in earlier lifetimes, choosing logic over love. Now, they feel deeply, but silently — sometimes without understanding why.

Uttarabhadrapada teaches: True peace comes when we stop running, **sit with our pain**, and choose to **forgive, let go, and heal**. This is the nakshatra of **stillness, surrender, and soul wisdom**.

A Common Message from the Naags

All three Naag nakshatras carry one strong truth:

If we misuse emotions, power, or wisdom — life will teach us through silence, isolation, or misunderstanding. But when we choose love, truth, and service — healing begins.

During Sawan, as **snakes rise from the earth** with the rain, we are also invited to rise — above past mistakes, old habits, and ego. By offering food to insects, praying for the earth, and doing small acts of good, we **lighten our karmic load**.

Final Words – Sawan Is a Gift for the Soul

In today's busy world, Sawan is like a **pause from the noise**. It is nature's way of telling us to rest, to feel, and to remember who we truly are.

Let the rain wash away your tension. Let Shiva's name fill your heart with peace. Let your soul find light again.

May this Sawan bring peace to your mind, love to your heart, and clarity to your path.

Har Har Mahadev.

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