Happy Maha Shivaratri!

Maha Shivaratri

Hinduism

maa·haa shiv-uh-rah-tree 🔊

An annual celebration of the god Shiva. Every month in the Hindu calendar on the day before the new moon there is a *Shivaratri* or "Night of Shiva" with the most spiritually significant one being the Maha Shivaratri or "Great Night of Shiva" occuring in late winter before the arrival of summer. It is a solemn and introspective festival marked with an all-night vigil at temples and meditation, fasting, and prayer to remember the importance of overcoming ignorance and darkness in the world.

Date
- Maha Shivaratri takes place on the thirteenth night (waning phase of the moon) and fourteenth day of the month of Phalguna of the Hindu lunar calendar. This is usually in February or March on the Gregorian calendar.
- Check the Calendar Index for Religious Holidays during the current academic year for the exact date.

Greetings
Wishing a celebrant a "Happy Maha Shivaratri" is welcome.

Common Practices and Celebrations
- All day fasting
- Offerings of fruit, sweets, and milk are made to Shiva.
- An all night vigil called a "jaagaran"
- Meditative yoga

Common Dietary Restrictions
- Some Hindu practioners may be observing all day fasting.
- Some Hindu practitioners adhere to a lacto-vegetarian diet which excludes meat, fish, and eggs.

Impact to U-M Community
- Link to U-M Guidance Regarding Conflicts.

U-M Campus Resources
- Maize Pages - Hindu, U-M
- Association of Religious Counselors, U-M

Information Sources
- Why Mahashivratri, isha.sadhguru.org
- Wikipedia

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SCHOOL OF INFORMATION

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