

Vaiyaktika Sāadhanā-s for Chāturmāsa 2026

Dear Sādhaka-s,

Commencing on the auspicious day of Guru-Pūrṇimā (Āshādhā Shukla Pūrṇimā, July 29th, 2026) and culminating on Bhādrapada Pūrṇimā (September 26th, 2026), Chāturmāsa 2026 presents a precious window for dedicated spiritual practice and disciplined austerities.

With the Grace and Guidance of our enlightened Guru, H.H. Shrīmat Sadyojāt Shaṅkarāshram Swāmījī, this period becomes especially fruitful for sādhanā. The monsoon brings with it a distinctive 'snigdhatā' - a certain density in the atmosphere - that naturally encourages sādhanā-s to turn within, becoming more meditative and introspective. This spiritually enriching time is considered ideal for channelling material energies into spiritual pursuits.

This year, H.H. Shrīmat Sadyojāt Shaṅkarāshram Swāmījī will observe Chāturmāsa Vrata at Shrīmath Anantheshwar Temple, Viṭṭal.

Let us take a Saṅkalpa to perform the below mentioned sādhanā-s during this auspicious period for our spiritual upliftment, and for the welfare of the Math and samāja.

Any of the following sādhanā-s or all of these to be performed:

1. Double our daily Mantra-japa Mālā-s
2. Read two chapters of the Shrīmad Bhagawadgītā daily. On Day One - read Chapters 1 & 2, On Day Two- read Chapters 2 & 3, on Day Three - read Chapters 3 & 4 and so on.
3. Read the Sāadhanā Pañchakam Stotram (Page 124 of Shrī Chitrāpur Stutimañjarī, 2025)

[Note: The Vaiyaktika Sāadhanā-s for Chāturmāsa are in addition to the Sādhaka-s' Nitya Sāadhanā-s and Parijñānalaharī Sāadhanā-s.]

Sadhana Resources are available at: <https://www.chitrapurmath.net/site/sadhana-resource>

In Sevā,

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On behalf of the Parijñānalaharī Core Team