



Ekadashi Vrata Dates: 2020

Cheat Sheet

EKADASHI DAYS 2020

06/01/2020

06/16/2020

07/01/2020

07/16/2020

07/30/2020

08/14/2020

08/28/2020

09/13/2020

09/27/2020

10/12/2020

10/26/2020

11/11/2020

11/25/2020

12/10/2020

12/25/2020

What is Ekadashi?



Ekadashi

Is a day specially dedicated to Sri Satyanarayana or Lord Vishnu.

Lord Narayana has declared that *Ekadashi day* is dearest to his heart and to observe some level of fast on this day highly pleases him.

There are approximately two *Ekadashi* Days for each month, and roughly twenty four occurrences in a year.

On this day, Dharma Inc.'s Sri Vishnu Sahastranaam Mandir recommends that you spend the day in higher activities.

The benefits are guaranteed: we will enjoy a better mood, higher motivation, clarity of thought and even the mitigation of sin.

Our Spiritual Leader has shared a simple, fun, catchphrase to remind devotees of what to do on *Ekadashi* day. It is:

“On Ekadashi Day, we act this way: Fast, Kirtan, Pravachan”

Therefore, on this day, we keep a **fast** by doing all activities in moderation (meals, work, enjoyments and even sleep).

We also do “*Kirtan*” which is to repeat the name of the Lord: “*Om Namō Narayanaya Namah*” or any of the *Mantras* in the “Good Ekadashi Mantras” section. This can be done by singing, reciting softly, or mentally. Devotees should recite as many times as possible for additional benefit.

Lastly, one should partake in “*Pravachan*” which is a

message from the scriptures. This can be done by reading one, or even a part of a verse of *Bhagavadgita* or *Ramayana*.

Remember, you are never alone. As you enjoy this auspicious attitude on Ekadashi day, literally millions of devotees around the world will be joining with you!

Dharma Inc. will be here also, **hand in hand** with everyone, as we take this wonderful opportunity to practice our Dharma in solidarity.

Let u all dare, to **“Dream Divine”**



Lord Satyanarayana

Good Ekadashi Mantras

“Om Namō Narayanaya Namah”
“Om Namō Bhagvatay, Vaasudevaaya”
“Sita Ram, Sita Ram”
“Radhe Shyam, Radhe Shyam”



Sri Satyanarayana Aarti on the Banks of the Ganga

