



## UNIQUENESS OF SRIKSHETRA HARIHARAPURA

1. The Simha Vratam is for a period of 16 days.
2. This Vratam, which is very dear to Lord Sri Nrusimha, is advised to be started during the period of Vasanta Rutu (Vasanta Rutu starts from the Ugādi day), such that the Vratam can be concluded on/before the sacred day of Narasimha Jayanti. However, those having any special prārthana like, seeking spiritual attainments or relief from material issues, can perform this Vratam for 16 days during anytime of the year. Also, this Vratam can be performed **ANY NUMBER OF TIMES during a year.**
3. **All Bhaktas irrespective of caste, creed, tradition, culture, age or gender can perform this Vratam.**
4. One must lead a **Sāttvik disciplined life** during the 16 days of Vratam. To please the Supreme Lord Sri Nrusimha, it is much important to maintain **chaste thoughts and good conduct.** Hence, one must try to avoid bad words, unnecessary gossips, ill thoughts, anger, etc during the Vratam period. **Patience and peace have to be observed. Constant contemplation on Lord Sri Nrusimha** must be brought in practice as far as possible. One may try to devote as much time to Dhārmic activities and Sadvishaya like Stotra Parayana, Purana Shravana, Nama Sankeertana, etc.
5. Devotees performing this Vratam have to take only one meal a day around noon (lunch). This should be an ideal **Vegetarian Sāttvik meal.** Uncooked food like fruits, vegetables, nuts and milk can be taken for breakfast and dinner. (Children, elderly people and those under medication can have light refreshments in the morning and evening according to their health constraints).
6. As Lord Sri Nrusimha manifested from the Vajrastambha for the sake of His child devotee Prahlēda, the Simha Vratam is considered **very significant for children between the ages of 7-12 years.** Children who perform this Vratam are freed from all Graha Doshams, and are protected by the Lord throughout their life.
7. During the Vratam period of 16 days (i.e inclusive of 16 nights), if Aśuchi (uncleanliness that is observed for relative's death, child birth, menstrual cycle of women and suchlike) falls on the individual performing the Vratam, the Vratam has to be discontinued immediately by removing the Vrata Mālā and must be **taken up again for another 16 days after completion of the Aśuchi.** Ladies are hence advised to start this 16-day Vratam according to their monthly cycle dates, in such a way that their Vratam does not get disturbed in-between.
8. Only **blue colour simple cotton dress (Vrata Vastram),** without any grand designs/borders, should be worn during the 16 days of Simha Vratam. **Men:** Blue Dhoti with Angavastram, **Women:** Blue Saree, **Working Men/Women** - can wear blue shirt/chudidhar if absolutely required.

**JAYA JAYA LAKSHMI NARASIMHA, VAJRA STHAMBAJA NARASIMHA**