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Lord Shiva... The Source of Creation, The Support of Sustenance, The Lord of Dissolution



Lord Shiva, one of the Trimurtis in Hinduism, symbolizes knowledge, sacrifice, compassion and detachment. He is worshipped as the Supreme Reality beyond time.

Special Features of Lord Shiva

1. **Third Eye** – Symbol of knowledge and the power to destroy ignorance.
2. **Neelakantha** – Drank the Halahala poison for the welfare of the world.
3. **Gangadhara** – Held Goddess Ganga in His matted hair and controlled her flow to Earth.
4. **Chandrashekhara** – Wears the crescent moon on His head, symbolizing time and peace.
5. **Trishuladhari** – The trident represents divine power and victory of righteoumees over evil.
6. **Damarukadhari** – The damaru symbolizes the cosmic sound, creation and life energy.
7. **Bholashankara** – Easily pleased with sincere devotion.
8. **Ardhanarishvara** – Represents the unity of Shiva and Shakti and the balance of male and female energies.
9. **Nataraja** – Symbol of the eternal cosmic dance of creation, preservation and dissolution.
10. **Mahakala** – Worshipped as the timeless Supreme Being.

Messages from the Philosophy of Lord Shiva

- Let go of ego.
- Face difficulties with courage.
- Show compassion towards all living beings.



"Worship of Shiva is not just performing rituals, but also removing negative thoughts and developing good qualities within us."

Om Namah Shivaya!

Hara Hara Mahadeva Shambo Shankara!

Tirumala Navaratri Brahmotsavams

Grand Celebrations from October 12 to 20



The Sri Vari Navaratri Brahmotsavams will be held grandly from October 12 to 20, 2026. According to the lunar calendar, the annual Brahmotsavams are held in the adhika masa once in three years. During such years, the annual Brahmotsavams are conducted in Bhadrapada (Kanya month) and the Navaratri Brahmotsavams during Dasara (Ashwayuja). In these Navaratri Brahmotsavams, there will be no Dhojarohaṇa and Dhojavarohaṇa. The main attractions are Garuda Vahanam on October 16, Pushpaka Vimanam on October 17, Swarna Ratham on October 19 and Chakra Snanam on October 20.

Schedule of Vahana Sevas

Oct 11	Ankurarpanam	7.00 PM – 9.00 PM
Oct 12	Golden Tiruchi Utsavam	9.00 AM
	Pedda Sesha Vahanam	7.00 PM
Oct 13	Chinna Sesha Vahanam	8.00 AM
	Hamsa Vahanam	7.00 PM
Oct 14	Simha Vahanam	8.00 AM
	Muthyapu Pandiri Vahanam	7.00 PM
Oct 15	Kalpavriksha Vahanam	8.00 AM
	Sarva Bhoopala Vahanam	7.00 PM
Oct 16	Mohini Avataram	8.00 AM
	Garuda Vahanam	6.30 PM – 11.30 PM
Oct 17	Hanumanta Vahanam	8.00 AM
	Pushpaka Vimanam	4.00 PM
	Gaja Vahanam	7.00 PM
Oct 18	Surya Prabha Vahanam	8.00 AM
	Chandra Prabha Vahanam	7.00 PM
Oct 19	Swarna Ratham	7.00 AM
	Ashwa Vahanam	7.00 PM
Oct 20	Chakra Snanam	6.00 AM

Important Days – October 12

- **World Arthritis Day**
  Observed every year on October 12 to create awareness about arthritis and joint health.
- **US National Farmers Day**
  Celebrated in the United States to honor the contributions of farmers in the agricultural sector.
- **Columbus Day & Indigenous Peoples' Day (USA)**
  Observed on October 12 to commemorate Christopher Columbus and to honor the culture of indigenous peoples. (Federal holidays)
- **Spain National Day**
  A major national holiday celebrated in Spain on October 12.

Spiritual Highlights



- **Sharannavaratri Utsavams (Second Day)** – The second day pujas of the Devi Sharannavaratri are performed tomorrow.
- **Moon Sightings** – It is considered highly auspicious to see the moon tomorrow evening on the occasion of Shukla Paksha Vidiya Tithi in Ashwayuja month.

Panchangam – Monday, 12 October 2026

(Sri Parabhava Nama Samvatsaram, Dakshinayanam, Sharad Ritu, Ashwayuja Masam, Shukla Paksha)

Tithi	:	Vidiya till 10:13 PM, then Tadiya
Nakshatra	:	Swati till 11:52 PM, then Vishakha
Yoga	:	Vaidhriti (inauspicious)
Karana	:	Bava / Balava
Sunrise	:	6:08 AM
Sunset	:	5:57 PM
Rahu Kalam	:	4:28 PM – 5:57 PM
Yamagandam	:	12:02 PM – 1:31 PM
Abhijit Muhurtham	:	11:39 AM – 12:26 PM



5 Nutrient Deficiencies That Affect Mental Health

Mental health is influenced by stress, sleep, hormones and nutrition. If you often experience mood changes, lack of focus or sleep problems, it could be due to an underlying health issue. Nutrition expert Deepashikha Jain explains that low levels of certain vitamins and minerals can be linked to anxiety, low mood, brain fog, insomnia and irritability.

1. **Anxiety** – Linked to low magnesium and vitamin B6 levels.
2. **Depression** – Associated with vitamin D3, vitamin B12 deficiency and gut imbalance.
3. **Brain Fog** – Related to low estrogen levels, vitamin B12 deficiency and omega-3 deficiency.
4. **Insomnia** – Linked to low magnesium, melatonin and vitamin B12 levels.
5. **Irritability** – Associated with low estrogen levels, vitamin B12 deficiency and magnesium levels.

Expert Advice: These symptoms alone do not confirm a vitamin or nutrient deficiency. If anxiety, depression, sleep problems or other mental health changes persist, consult a healthcare professional for proper testing and medical advice.