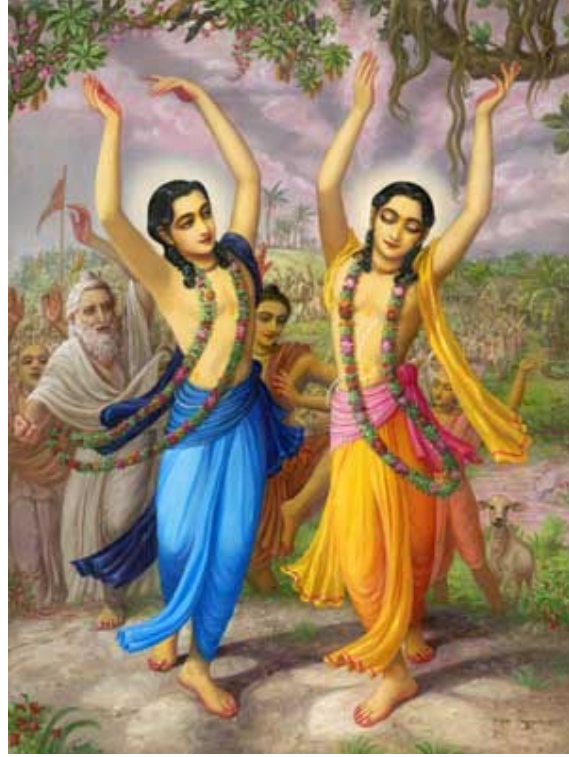


三个吉祥的日子-THREE HOLY DAYS

2月17日是叶卡达诗。2月18日是主奎师那的神猪化身（瓦拉哈叠瓦）的神圣显示日。2月19日是主尼提亚南达的神圣显示日。



斯利拉-拿拉亚那-玛哈拉佳推荐用以下的方式遵守这三个吉祥的日子：
第一天正常遵守断五谷日。通常来说，在主的任何化身显示日都必须断五谷，主瓦拉哈叠瓦的显示日就如德瓦达诗日来遵守。即奉献者必须在断五谷日的第二天如常地荣耀一些五谷食物破戒。中午和晚上都可荣耀有五谷的帕沙达。在破戒之前先做对主瓦拉哈叠瓦的荣耀。第二天是主尼提亚南达的神圣显示日，必须遵守断食五谷，可以在中午或者晚上做对主尼提亚南达的荣耀。

哈利卡塔小组。

THREE HOLY DAYS

February 16th, (for countries like America, which is February 17th for countries like India) is Ekadasi. February 17th (in America, which is February 18th in India) is Varaha Dvadasi, the appearance day of Lord Varaha, Sri Krsna's Boar incarnation. February 18th (in America, which is February 19th in India) is Nityananda Trayodasi, the appearance day of Lord Nityananda. (In Frankfurt and Milan, Varaha Dvadasi and Nityananda Trayodasi fall on the same day.) Please check your calendar.



Srila Narayana Maharaja recommends that these three holy days be observed in the following manner: The first day is observed as a regular Ekadasi. Regarding the second day, although generally the appearance day of any of the Lord's incarnations is observed as Ekadasi, Lord Varaha's appearance day will be observed as Dvadasi. That is, one should break the fast with grains (paran) as usually done on the day after Ekadasi. [If you do not know the time of breaking fast for your area of the world, you may log on to: <http://www.purebhakti.com/calendar/calendar.php>.] Grains may also be taken later in the day. Glorification of Lord Varaha shall be celebrated in the morning, before taking paran. Then, on the next day, Nityananda Trayodasi, Ekadasi fasting is again observed, and Lord Nityananda can be glorified any time of the day or night.

The Harikatha team