

Churning the Ocean of Milk

Category	Yarn
Time to allocate (mins)	Long ago, the gods and demons decided to work together to churn the vast Ocean of Milk, hoping to find the Amrit, or nectar of immortality. They used a giant mountain as a churning stick and the King of Snakes, Vasuki, as the rope. Mount Mandara kept sinking, so the god Vishnu became a giant turtle, Kurma, to support the mountain. The churning produced many treasures, but also a terrible poison that Lord Shiva drank to save everyone, turning his throat blue. Finally, they found the Amrit, which helped the gods win back their strength, and the beautiful goddess Lakshmi also emerged from the ocean.
Story	The Great Churning The Plan: The gods (Devas) and demons (Asuras) needed to become strong and immortal, so they decided to churn the Ocean of Milk to find the magical nectar called Amrit. The Tools: They chose Mount Mandara as the churning stick and the giant snake Vasuki to be the churning rope. A Little Trouble: When they placed Mount Mandara in the ocean, it started to sink! To help, Lord Vishnu took the form of a huge turtle, Kurma, and held the mountain on his back so the churning could continue. Working Together: The gods held the tail of Vasuki the snake, while the demons held his head. They pulled the snake back and forth, spinning the mountain and churning the ocean. A Scary Surprise: As they churned, a deadly poison called Halahala came out of the ocean. It was so dangerous that it could destroy everything. Shiva's Sacrifice: To save everyone, Lord Shiva bravely drank the poison. His wife, Parvati, held his throat to stop the poison from going further, and his throat turned blue. Wonderful Treasures: As they continued to churn, many wonderful things appeared from the ocean's depths, like the moon (Chandra), a beautiful celestial tree, a white elephant named Airavata, and the goddess Lakshmi. The Nectar Appears: At the very end, Lord Dhanvantari, the divine physician, emerged holding the pot of Amrit. The Amrit Goes to the Gods: The gods and demons wanted the Amrit for themselves, but they had agreed to share it equally. Lord Vishnu, in the form of a beautiful woman named Mohini, tricked the demons and gave the Amrit only to the gods, restoring their strength

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