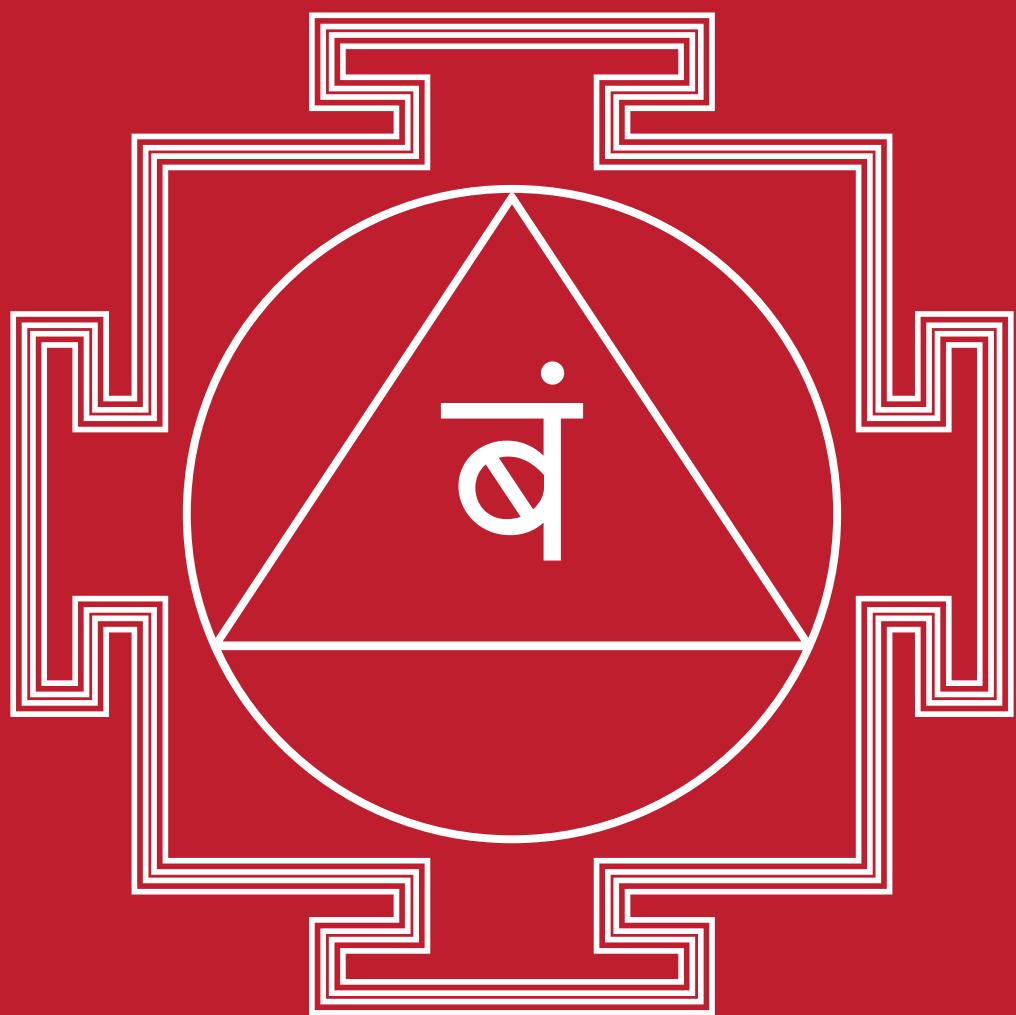


# Bhairava Sadhana

Vinyoga



**Bhairava Anugraha**

His Grace on us!



## Guru Bhairava Sadhana

**Note:**

*This Sadhana Paddathi should not be shared with anyone as it's a secret, sacred steps of Bhairava Tantra Sadhana. These instructions are for the initiated only—please do not share them with anyone outside the trusted circle of Sadaka.*

## 1. Dhyanam

### (Meditation on Bhairava)

Begin by settling into a comfortable seat. Close your eyes and focus your inner vision on Lord Bhairava. See his divine form—armed with a trident, riding a dog, and radiating both fierce power and protective energy.

## 2. Sankalpa

### (Setting Your Intention)

Silently or aloud, state your true intention for this sadhana. Whether you seek protection, fearlessness, or spiritual evolution, firmly declare your purpose: *"I engage in this Bhairava Sadhana to invoke protection, courage, and divine blessings, dispelling all fear and obstacles."*

સંકલ્પ:

ઓ શ્રી પરમેશ્વર પ્રેરણયા, શ્રી ભૈરવ અનુગ્રહેણ ચ, સંપ્રાપ્તાયાં શુભતિથૌ, મમ નિજગુરુ પ્રસાદ સિદ્ધ્યર્થ, શ્રી ભૈરવ પ્રીત્યર્થ, એષ: ભૈરવ સાધનાં કરિષ્યો.

संकल्पः

ॐ श्री परमेश्वर प्रेरणया, श्री भैरव अनुग्रहेण च, संप्राप्तायां शुभतिथौ, मम निजगुरु प्रसाद सिद्ध्यर्थ, श्री भैरव प्रीत्यर्थ, एषः भैरव साधनां करिष्ये।

Sankalpa:

Om! With the divine inspiration of Lord Parameshwara and the grace of Shri Bhairava, on this auspicious day, for the attainment of my Guru's blessings and for pleasing Shri Bhairava, I undertake this Bhairava Sadhana.

### 3. Vinyoga Sloka

#### (Formal Invocation)

In a tone of reverence, recite the secret invocation that aligns the mantra with its sacred purpose:

ॐ अस्य श्री भैरव मंत्रस्य । ब्रह्मा ऋषिः । अनुष्टुप् छन्दः । श्री कालभैरवो देवता ।  
मम सर्वाभीष्ट सिद्ध्ये जपे विनियोगः ॥  
ॐ अस्य श्री भैरव मूँत्रस्य । ब्रह्मा शुभः । अनुष्टुप् छन्दः ।  
श्री कालभैरवो देवता । मम सर्वाभीष्ट सिद्ध्ये जपे विनियोगः ॥  
'Om asya Srī Bhairava Mantrasya. Brahmā rsih. Anustup chandah.  
Srī kālabhairavō dēvatā. Mama Sarvābhīsta sid'dhayē japē vinyōgah॥

This reveals that:

- Rishi:** The sage of this mantra is Brahma Rishi.
- Chhanda:** It follows the Anushtup meter.
- Devata:** The guiding deity is Shri Kalabhairava.
- Purpose:** The mantra is a potent tool for manifesting all desires and divine grace.

### 4. Nyasa

#### (Infusing the Body with Divine Energy)

Activate your entire being (Points) with the power of sacred seed sounds:

##### Karanyasa (Fingers & Hands):

- Touch your **thumb** while chanting "Om Bham" (ॐ भं)
- Touch your **index finger** while chanting "Om Bhain" (ॐ भैं)
- Touch your **middle finger** while chanting "Om Bhram" (ॐ भ्रं)
- Touch your **ring finger** while chanting "Om Bhau" (ॐ भौं)
- Touch your **little finger** while chanting "Om Bhah" (ॐ भः)
- Finally, **join both palms together** while chanting "Om Bhairavāya Namah" (ॐ भैरवाय नमः)

##### Nyasa (Body Activation):

Touch your **heart** while chanting "Om Bham" (ॐ भं)

Touch your **head** while chanting "Om Bhain" (ॐ भैं)

Touch your **right shoulder** while chanting "Om Bhram" (ॐ भ्रं)

Touch your **left shoulder** while chanting "Om Bhaum" (ॐ भौं)

Touch **both thighs** while chanting "Om Bhah" (ॐ भः)

## 5. Mantra Japa

### (Chanting the Sacred Mantra)

Now, begin the chanting of your chosen Bhairava Mantra—let it resonate deep within:

- ॥ॐ बटुक भैरवाय नमः ॥ Om Batuk Bhairvaaye Namah
- ॥ॐ हीं बटुकाय आपदुद्धारणाय कुरु कुरु बटुकाय हीं ॐ॥
- Om Hreem Batukaya Apad-uddharanaya kuru kuru Batukaaya Hreem Om

After completing the above practice for **\*21 days (Ardha Mandala)**, we will share the next step (Beeja Akshara will be shared). Starting with **\*\*Prathama Charana** of the Guru Mantra, followed by **\*Dvitiya** and **\*Trtiya Charana**, which requires **\*\*one Mandala Sadhana (48 days)**. Please reach out to the admin team upon completing the **\*\*Ardha Mandala Sadhana** of the above mantra.

## 6. Purnahuti

### (Offering Completion & Gratitude)

Conclude your sadhana with heartfelt gratitude:

- Internally offer thanks to Ista, Bhairava.
- Present a subtle offering of flowers, incense, or water as a final tribute.
- Pray for the mantra's sacred energy to remain with you and guide your path always.
- Seal the ritual by quietly affirming "Jai Bhairava!" or "Shri Bhairava Kripām Kurū"

*Om Purnam-Adah Purnam-Idam Purnat Purnam-Udachyate |  
Purnasya Purnam-Adaya Purnameva-Avashishyate ||*

Remember, these steps are a guarded secret meant solely for those initiated in the true path of Bhairava Sadhana. Keep this knowledge within the circle of Sadaka and approach it with utmost reverence and discretion.

May Bhairava's grace illuminate your path!

॥ॐ भैरवाय नमः ॐ कामाख्यै नमः ॥



*May Bhairava guide and bless your Sadhana!*