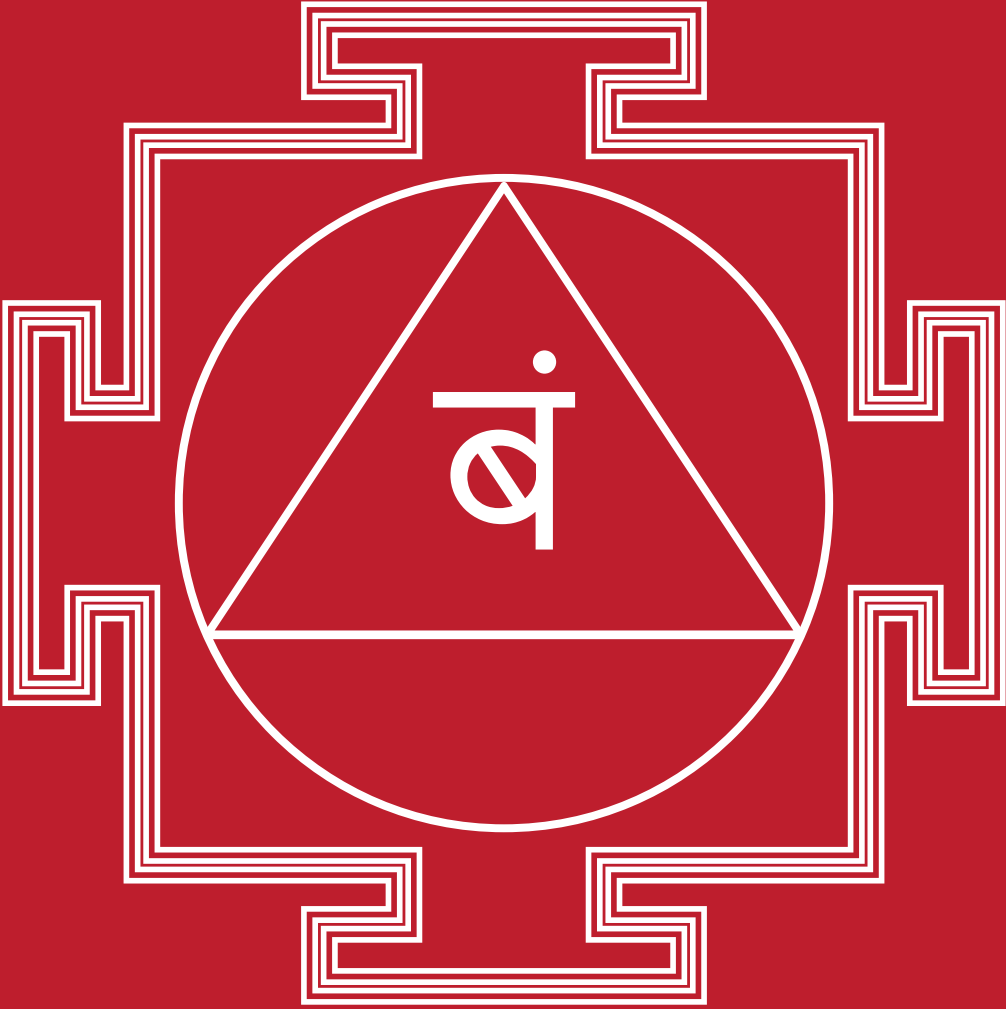


Bhairava Sadhana

Viniyoga



Bhairava Anugraha

His Grace on us!



Guru Bhairava Sadhana

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."

ಸಂಕಲ್ಪ:

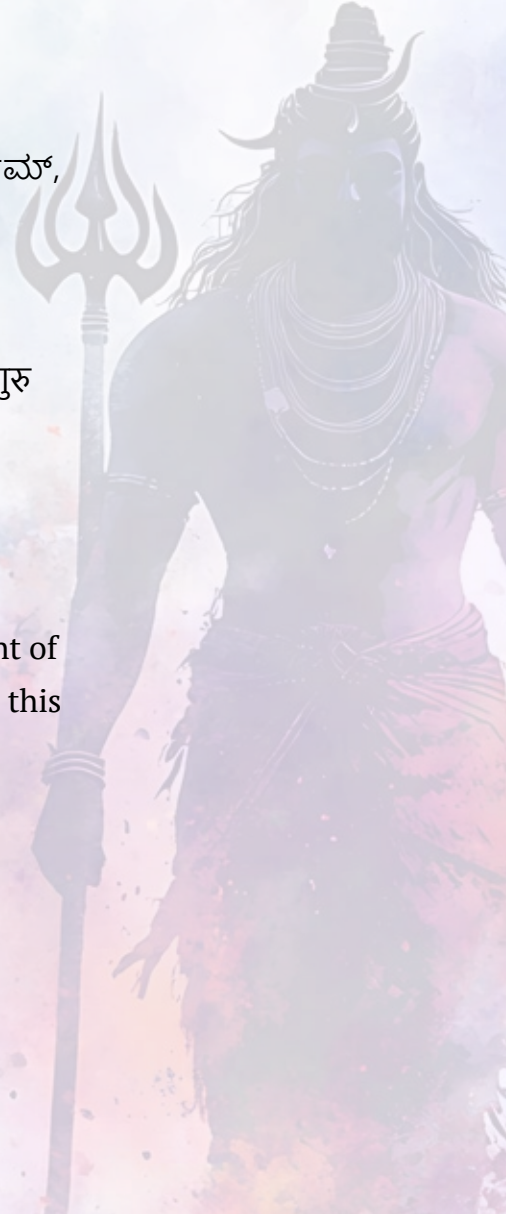
ಓಂ ಶ್ರೀ ಪರಮೇಶ್ವರ ಪ್ರೇರಣಾಯ, ಶ್ರೀ ಭೈರವ ಅನುಗ್ರಹೇನ್ ಚ,
ಸಂಪ್ರಾಪ್ತಾಯನ ಶುಭಾತಿತೌ, ಮಾಮ್ ನಿಜಗುರು ಪ್ರಸಾದ್ ಸಿದ್ಧಾರ್ಥಮ್,
ಶ್ರೀ ಭೈರವ ಪ್ರೀತ್ಯರ್ಥಂ, ಏಷ ಭೈರವ ಸಾಧನಂ ಕರಿಷ್ಯೇ.

ಸಂಕಲ್ಪ:

ॐ ಶ್ರೀ ಪರಮೇಶ್ವರ ಪ್ರೇರಣಯಾ, ಶ್ರೀ ಭೈರವ ಅನುಗ್ರಹೇಣ ಚ, ಸಂಪ್ರಾಪ್ತಾಯಾಂ ಶುಭತಿಥೌ, ಮಮ ನಿಜಗುರು
ಪ್ರಸಾದ ಸಿದ್ಧಾರ್ಥ, ಶ್ರೀ ಭೈರವ ಪ್ರೀತ್ಯರ್ಥ, ಏಷ ಭೈರವ ಸಾಧನಾಂ ಕರಿಷ್ಯೇ।

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. Viniyoga 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 सिद्धये जपे विनियोगः ॥

ॐ ಅಸ್ಯ ಶ್ರೀ ಭೈರವ ಮಂತ್ರಸ್ಯ । ಬ್ರಹ್ಮಾ ಋಷಿಃ । ಅನುಷ್ಟುಪ್ ಛಂದಃ ।

ಶ್ರೀ ಕಾಲಭೈರವೋ ದೇವತಾ । ಮಮ ಸರ್ವಾಭಿಷ್ಟ ಸಿದ್ಧಯೇ ಜಪೇ ವಿನಿಯೋಗಃ ॥

'Om asya Srī Bhairava Mantrasya. Brahmā rsih. Anustup chandah.

Srī kālābhairavō dēvatā. Mama Sarvābhista sid'dhayē japē viniyōgah ॥

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 भै)
- Touch your **middle finger** while chanting "Om Bhram" (ॐ भ्रं)
- Touch your **ring finger** while chanting "Om Bhau" (ॐ भौ)
- 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):

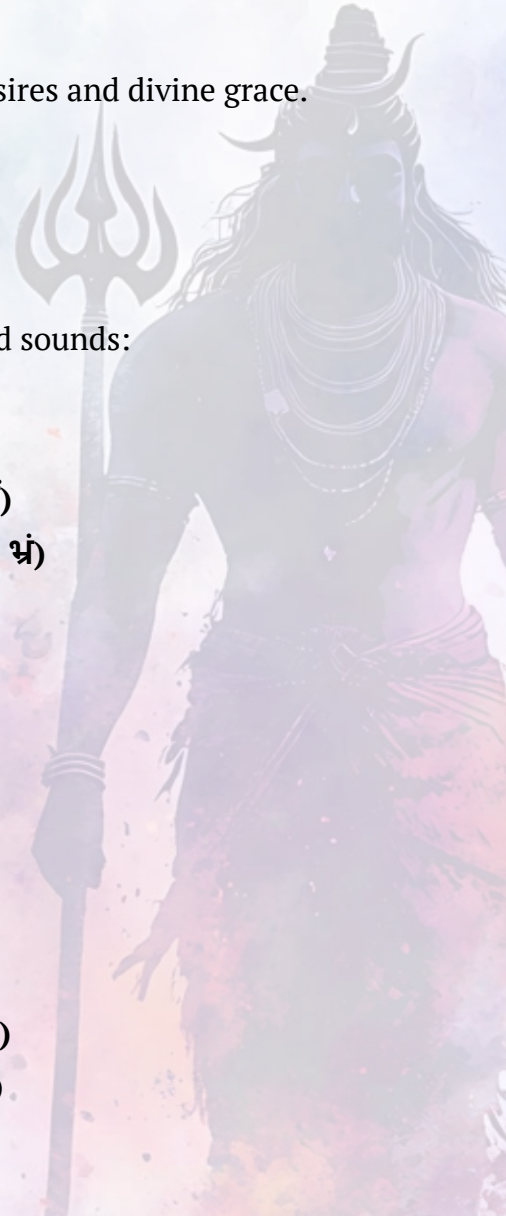
Touch your **heart** while chanting "Om Bham" (ॐ भं)

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

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

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

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 ह्रीं बटुकाय आपदुद्धारणाय कुरु कुरु बटुकाय ह्रीं 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!