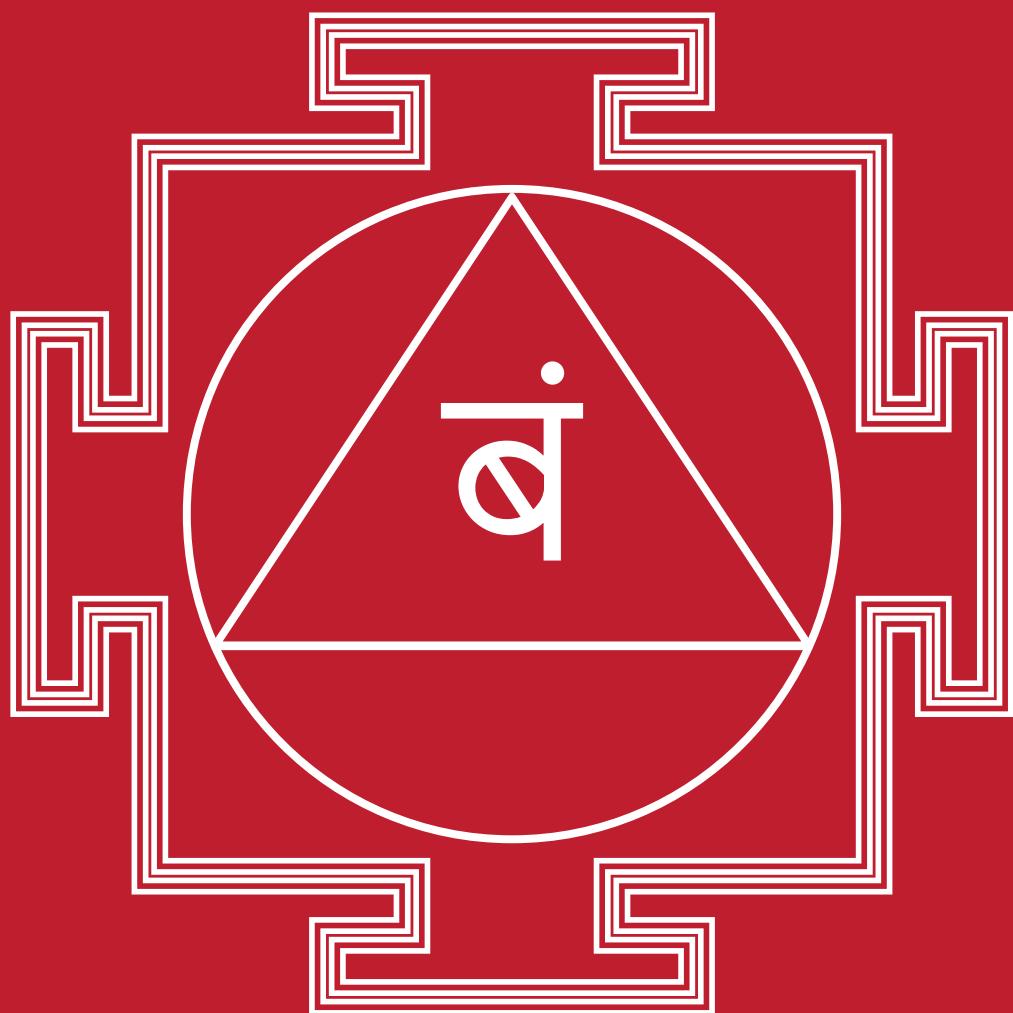


Guru Vani

# Bhairava Ashtami Sadhana

Sadhana Paddati



**Bhairava Anugraha**

His Grace on us!



## Bhairava Ashtami Sadhana

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**Note:**

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

## Preparation:

1. Sit in a quiet place.
2. Perform **Achamana** as per the standard method.
3. Light a **diya** (ghee, mustard oil, or sesame oil) and **incense (agarbatti/dhoop)**.
4. Take **Sankalpa** for **your connection with Bhairava and his Anughara on you to do his Sadhana** "Never ask for material things, as connecting with Him will bring all fortune into your life. Your only prayer should be, 'I seek only You in my life.'"

## Japa Process:

- Meditate on **Guru Swaroopa, Bhairava** and begin chanting.
- After completing Japa, mentally offer it to the deity using this mantra:
  - "ॐ भैरवाय सर्वार्पणं नमः"
  - "Om Bhairavāya Sarvārpanam Namah"
  - **Meaning:** *O Bhairava, I surrender all my efforts and time to You.*
  - Chant this before or after any sadhana, work, or daily activities to dedicate your actions to Him

## Offering (Prasadham) – Optional:

- If offering bhog, place a disposable plate with sweets or preferred items in front during Japa.
- Check below Details on Prasadham ( Dos and Donts)

## Japa & Ashtakam Count:

- **Mantra: ॐ भैरवाय नमः (Om Bhairavaya Namah)**
  - **Minimum: 11 malas** (1 mala = 108 chants)
  - More counts can be done as per capacity.
- **Kaal Bhairava Ashtakam:** Recite at least 05 times along with Japa.
- Japa can be done in multiple sessions during the Ashtami period.

## Timings:

- Perform on **Krishna Ashtami Tithi** (Check Panchanga or Dates will be shared in group).
- Check exact timings for your location on [drikpanchang.com](http://drikpanchang.com).

## Sankalpa:

- You may state it in your own words or use this:
  - **Mantra for Bhairava's Grace:**
  - "ॐ हं षं नं गं भैरवाय नमः"
  - "**Om Ham Sham Nam Gam Bhairavaya Namah**"
  - **Meaning:** *I bow to Bhairava, the divine protector, and seek His grace for strength, wisdom, and auspiciousness in my life.*
  - You can chant this mantra after taking Sankalpa to invoke His divine blessings (**Don't use this mantra for Japa as it's only used for Sankalpa**)

## Suggested Prasadham Options and why:

### 1. Jaggery & Jaggery Sweets

- Why Offer? Jaggery represents purity and energy. It is said to please Bhairava and bring success.
- Examples: Gud (Jaggery), Gud Laddoo, Gud-based Kheer.

### 2. Urad Dal Dishes

- Why Offer? Urad dal (black gram) is linked to Shani (Saturn), which affects karma. Since Bhairava controls planetary influences, Urad dal helps balance negative effects.
- Examples: Urad Dal Vada, Dal Khichdi, Urad Dal Halwa

### 3. Imarti/Jalebi

- Why Offer? Their spiral shape represents time (Kaal), which Bhairava rules. They also symbolize joy and good fortune.

### 4. Gulab Jamun or Laddoo

- Why Offer? Sweets represent devotion and the blessings of Bhairava.

## 5. Tangy & Spicy Foods (Lemon Rice, Tamarind Rice, With Pickles is good)

- Why Offer? These foods help calm Bhairava's fierce energy and invite His protection.

## 6. Black Sesame (Til) & Mustard

- Why Offer? These ingredients are used in rituals for protection from negative energies.
- Examples: Black sesame laddoos, til-gud chikki.

## 7. Coconut & Dry Fruits

- Why Offer? They symbolize prosperity and completeness, seeking Bhairava's blessings for abundance.

# How to Offer Bhog to Bhairava

- **Where to Place It?** After prayer or mantra chanting, keep the food outside at a crossroads (Chauraha) or under a tree.
- **Do Not Eat It:** This offering is meant for unseen energies, spirits, or dogs, not for personal consumption.
- **Feeding Dogs:** Bhairava is closely linked to dogs. Feeding them is considered a direct offering to Him.

By offering these foods with Love, Surrender, faith and devotion, you can seek Bhairava's protection, wisdom, and blessings in life.

*(Avoid items with grapes, raisins, or chocolate, as they are harmful to dogs.)*

## Mala Recommendation:

**Only Rudraksha mala** is ideal, but you can continue using your existing mala.



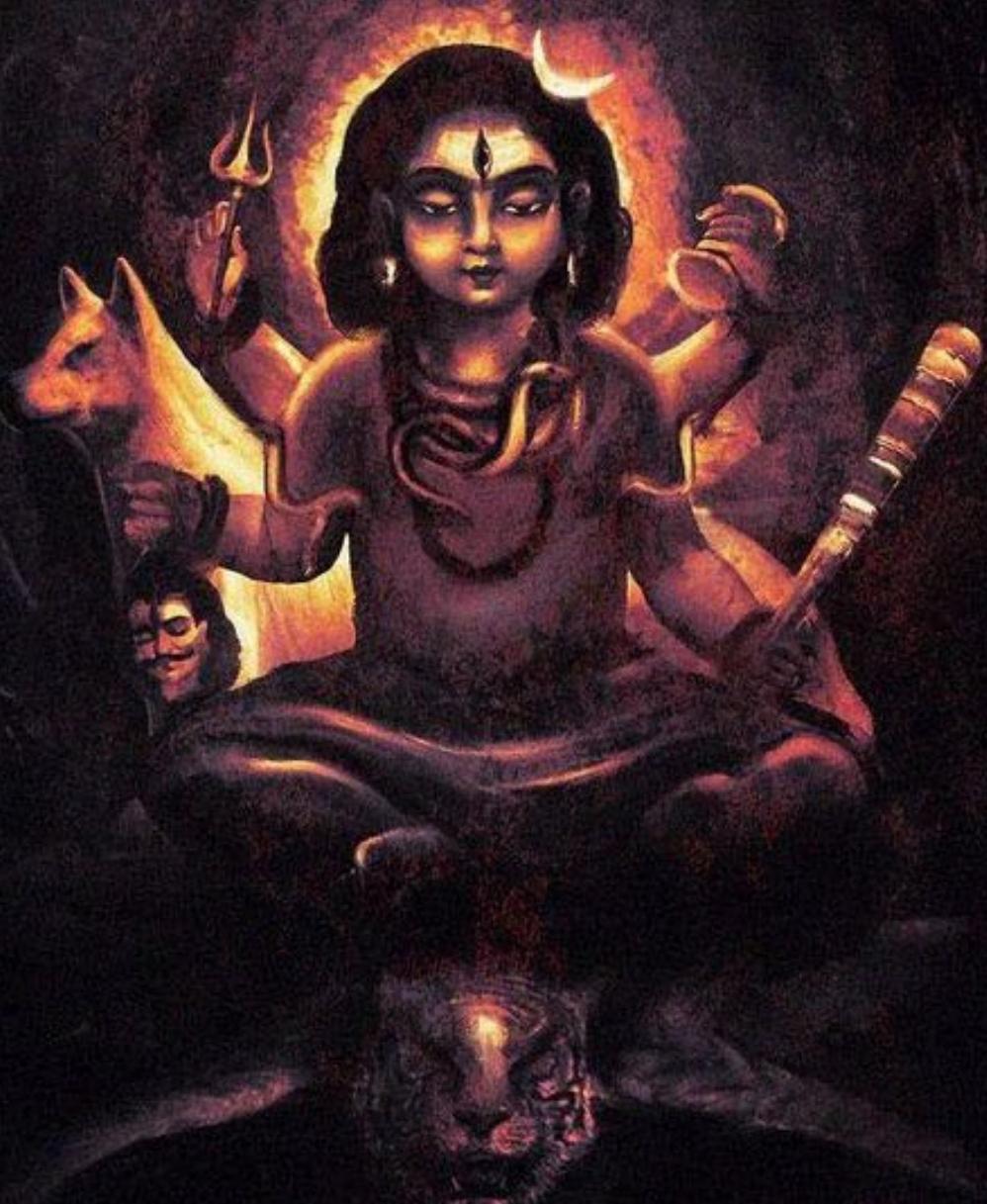
## Note Sadhana Guidelines:

- Can also be undertaken as a **Mandala Sadhana (48 Days)** for deeper spiritual transformation.
- To be performed strictly on **Ashtami Tithi (Krishna Paksha)**, or **Start on Any Sunday (Overcoming karmic blocks,)** or **Tuesday (For Strength & Power)** or **New Moon (Amavasya) (Removing negative influences),** **Chaturdashi (14th Tithi) Intense sadhana** – This has to be done with **Guru Guidance**
- **Mala Japa:** 45, 54 or 108 malas for best results.



May Bhairava's grace illuminate your path!

॥ ॐ भैरवाय नमः ॐ कामाख्यै नमः ॥



*May Bhairava guide and bless your Sadhana!*