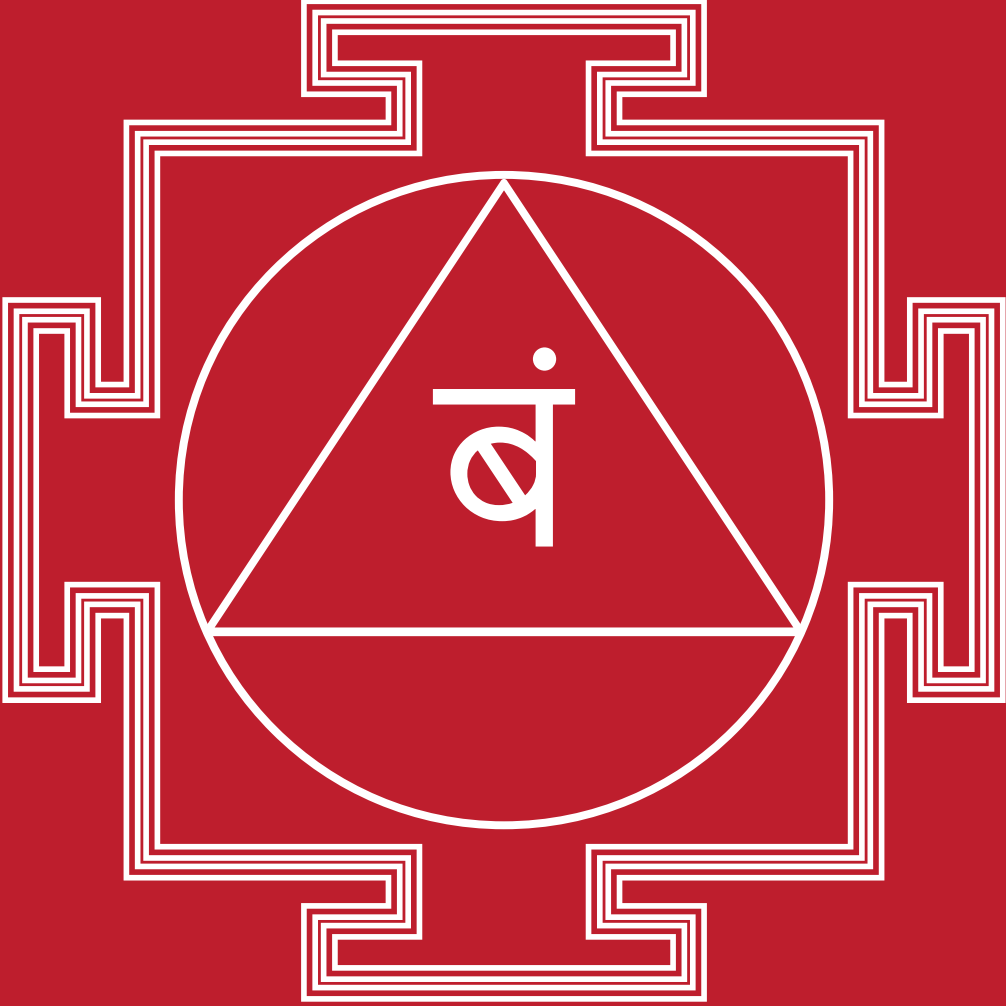


Guru Vani

Bhairava Ashtami Sadhana

Sadhana Paddati



Bhairava Anugraha

His Grace on us!



Bhairava Ashtami Sadhana

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 Anugraha 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:

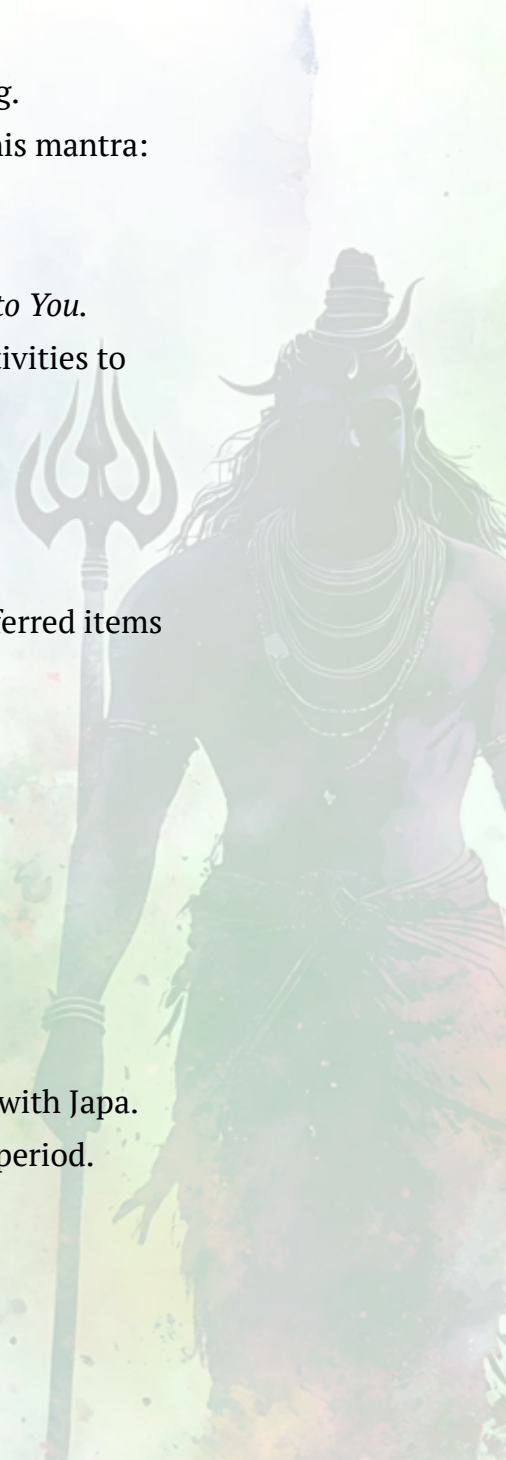
- Meditate on **Guru Swaroopa, Bhairava** and begin chanting.
- After completing Japa, mentally offer it to the deity using this mantra:
 - "ॐ भैरवाय सर्वार्पणं नमः"
 - "Om Bhairavāya Sarvārpanam Namah"
 - **Meaning:** O Bhairava, I surrender all my efforts and time to You.
 - Chant this before or after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

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!