Ashta-Bhairava Sādhana

YouTube Link: Ashta Bhairava Sadhana | Spiritual Protection | Kala Bhairava Ashtami | Raj…

Introduction

Aṣṭa Bhairava sādhana is a natural progression for anybody who has been engaged in bhairava upāsanā, specially someone who has been doing:

- Bhairava nāma japa for one-two years or
- Baṭuka Bhairava sādhana or
- Kālabhairava sādhana

Surrounding Śrī Kālabhairava, there are eight pradhāna bhairavas who lord over the eight directions and control various kinds of karmas coming from these directions. They are also the main amongst the 64 various bhairava tattvas that emanate from Parabhairava. Each of them is also connected to one of the aṣṭa mātṛkās who are worshiped along with the primary Goddess. Each bhairava along with his mātṛkā form a very potent force.

Detailed explanations can be found in the Ashta Bhairavas playlist.

When to do this Sadhana

1. Start on any of the three following days: **Sunday / Tuesday / Friday**
2. Continue Unbroken for a period of **21 days**
3. Ideal time for this sadhana is Brahma Muhurtam
4. Alternatively, the evening period of 8 PM- 128PM-12 AM is also good
5. If these two time slots are not possible, then you can do it during any time of the day (but do not start after 12 AM midnight).

Materials Required

1. 8 Diyas OR 2 Chaumukhi Diyas (Total 8 flames)
2. Loban (If not available, use any dhoop or incense that produces more smoke)
3. 2 Plates of Naivedyam, ideally a sweet dish (even a piece of jaggery is fine)
4. Japa Counter (Use Mala if Japa counter not available)

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Duration of this Sadhana

Do this sadhana for 21 days.

Sankalpa

Mentally bow down and pray to Bhairava Baba and say you are going to start this simple Ashta-Bhairava sadhana so that all negatives and anything obstructing your growth is taken care of. There is complete protection provided to you from all different planes of existence as well as the 3 realms: physical, emotional, and spiritual.

Sadhana Procedure

1. Light 8 diyas / 2 Chaumukhi Diyas (Total 8 flames), while mentally imagining that each diya/flame is for each Ashta Bhairava.
2. Take the sankalpa (first day only).
3. Light the loban (the thick smoke of loban is extremely positive and good for Bhairava sadhana; if not available, light incense in sufficient quantity so it produces a thick smoke).
4. Offer Naivedyam: divide the Naivedyam into two parts and offer them side by side in separate plates.
5. Chanting:
    i. Chant the 8 names of Ashta-Bhairava in any of the following formats. Consider recitation of **all 8 names as 1 count.**

असितांग भैरव रुरु भैरव चण्ड भैरव क्रोध भैरव उन्मत्त भैरव कपाल भैरव भीषण भैरव संहार भैरव	Asitāṅga Bhairava Ruru Bhairava Caṇḍa Bhairava Krodha Bhairava Unmatta Bhairava Kapāla Bhairava Bhīṣaṇa Bhairava Saṃhāra Bhairava

ॐ असितांग भैरवाय नमः ॐ रुरु भैरवाय नमः ॐ चण्ड भैरवाय नमः ॐ क्रोध भैरवाय नमः ॐ उन्मत्त भैरवाय नमः ॐ कपाल भैरवाय नमः ॐ भीषण भैरवाय नमः ॐ संहार भैरवाय नमः	Oṁ Asitāṅga Bhairavāya Namaḥ Oṁ Ruru Bhairavāya Namaḥ Oṁ Caṇḍa Bhairavāya Namaḥ Oṁ Krodha Bhairavāya Namaḥ Oṁ Unmatta Bhairavāya Namaḥ Oṁ Kapāla Bhairavāya Namaḥ Oṁ Bhīṣaṇa Bhairavāya Namaḥ Oṁ Saṃhāra Bhairavāya Namaḥ

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ii. Perform a total of **64 counts each day**. Use a japa counter (Mala may be used if a japa counter is not available).
iii. Chant the Tantrokta Bhairava Kavacham a **minimum of 3 times**. You can increase this count as per your liking, but 3 counts is minimum.
Tantrokta Bhairava Kavacham Links : (Devanagari, English)

6. Meditation
   i. After completing Kavacham chanting, close your eyes and meditate on Bhairava.
   ii. Pray to the Ashta-Bhairavas to protect you from all directions, from all troubles, and to protect you physically, emotionally, and spiritually from any kind of negativities.

7. Samarpana
   After praying, take jala in your hand and do the samarpana by using either of the following samarpana mantras:

   To the Guru:

ॐ गुरुभ्यो समर्पयामि नमः	oṃ gurubhyo samarpayāmi namaḥ

   Standard Samarpana Mantra:

गुह्याति-गुह्य-गोप्ता-त्वं गृहाणास्मितकृतम् जपं। सिद्धिर्भवतु मे देवो त्वत्प्रसादान्मयि स्थिरा ॥	guhyāti-guhya-goptā tvaṃ gṛhāṇāsmat-kṛtaṃ japam | siddhir bhavatu me deva tvat-prasādān mayi sthirā ॥

8. After samarpana, take any one of the 2 bhog plates you had offered, and keep it outside for any animal to consume. This can be done after finishing sadhana until the morning of the next day. The other bhog plate can be consumed by anyone as prasada of Bhairava
9. Continue for 21 days.

Post Sadhana Completion

1. After completing 21 days, visit any temple of Lord Shiva with a Shiva Linga.
2. Make offerings of water, Bel patra, milk, and flowers if possible (if these are not available, make any offerings you can).
3. Light a Diya anywhere in the temple premises and pray saying “I have completed the Ashta-Bhairava sadhana to the best of my ability. If there were any mistakes in the sadhana or the bhava, or anywhere else, let those be pardoned.”

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4. Sit down anywhere in the temple premises and simply meditate on the Ashta-Bhairava names, without keeping count.
5. Feed someone, **minimum one person**. If you can feed more than one person, then that's good to do. Potential options include:-
   - In an orphanage
   - In an old-age home
   - In a Veda-Pathshala
6. Alternatively, you can also make some food at home and offer it to someone poor/begging on the streets. Do what practically suits you and is feasible.

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