Devi Pratyangira Sadhana

This sadhana for Devi Pratyangira can be invoked in extreme cases of having been targeted by strong abhichara (malefic spiritual attacks or curses).

YT: PRATYANGIRA | Divine Protection When All Else Fails | Rajarshi Nandy

The practitioner needs to be steady in their resolve to continue the Sadhana until the end.

When to do this Sadhana

Start this Sadhana on any Tuesday or Saturday. Tuesday being highly recommended.

Puja Materials

1. Diya Preparation:
    a. Prepare a wick colored red with sindoor or kumkum.
    b. Use adequate oil in the diya to burn continuously until the end of the sadhana.
    c. Add two cloves (long) and a little bit of white or yellow mustard seeds to the oil.

Daily Sadhana Procedure

1. Do achamana.
2. Bow down to Pratyangira with a simple nama mantra.
3. Light a diya and agarbatti or dhoop (incense).
4. Do 1 mala of the Pratyangira nama mantra.

ॐ ह्रीं महाप्रत्यंगिरा देव्यै नमः	oṃ hrīṃ mahāpratyaṃgirā devyai namaḥ

5. Chant the Ashtottara Nama (108 names) of Pratyangira 9 times.
6. Chant the Kalabhairava Ashtakam 8 times.
7. Finally, do 1 or 3 malas of Om Bhairavaya Namaha.

Meditation

After the complete set, meditate on Ma Pratyangira and pray to her about the issues and the abhichara that is affecting you. Pray for her intense and furious power to protect you, destroy the abhichara, and send it back to the person who performed it.

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Duration

Continue this sadhana daily for a period of 48 days, depending on the intensity of the abhichara.

Amavasya (New Moon) Special Practice (falling within the 48 days)

1. On Amavasya (New Moon), the recitation can be done more intensely.
2. Before starting the sadhana on Amavasya, place nine lemons in front of the Devi. Tell Devi Pratyangira that the lemons are for her.
3. Chant the Ashtottara Nama of Ma Pratyangira 18 times instead of 9.
4. Chant the Kalabhairava Ashtakam up to 24 times instead of 8.
5. Follow the same procedure for lighting diya and agarbatti.
6. After completing the full set, perform lemon bali of 9 lemons.
    a. Cut the nine lemons with a knife, symbolizing a bali (offering). Detailed Bali Vidhan process is on page 3.
    b. Imagine that the difficulties in your life are completely destroyed by the blessings of Pratyangira and Kalabhairava.
    c. The nine cut lemons result in 18 pieces. Place one piece of camphor (kapor) on each of the 18 pieces and light them.
    d. Perform aarti with the bali lemon lamps.
7. Meditate on Pratyangira and Kalabhairava and ask them to remove all difficulties, abhichara, or curses, and to show you the right way to remove them.

Concluding steps (After 48 days)

1. Go to any Shiva temple.
2. Perform a Rudra Abhishekam. If a Rudra Abhishekam cannot be done, at least offer some water and Bel Patra to Shiva.
3. Go to any Pratyangira, Kali, Durga, or Tara temple.
4. Offer at least a coconut, diya and agarbatti.
5. Mention that you have done the Pratyangira sadhana to the best of your ability and ask to be blessed, and for your sufferings to end.

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Bali Vidhan Process

1. Apply a tilak on the cleaned lemons and place them near the photo of the deity, mentioning that they are meant to be given as bali.
2. Complete your stotram, japa, etc.
3. Take the lemons and apply tilak at five places. Chant the mantra 11 times over the lemons.
4. Cut the lemon vertically, starting at the point where the stem remnants are present.
5. Scoop out the pulp and flip the lemon halves inside out.
6. Light a diya using oil or ghee (if short on time, you can use camphor instead). Do aarti of the deity with a request for it to be accepted.
7. The lemon diyas can be left to burn out completely. Later, you can do visarjan of the lemon halves under trees or wherever you usually do visarjan of nirmalya.



Sample Bali Vidhan video link: https://youtu.be/qmP4BBzC_wU?si=r_6hHbS_JXfe60fA

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