Ma Baglamukhi Sadhana

YouTube Link: Simple Baglamukhi Sadhana | Rajarshi Nandy

This sadhana helps stop obstacles, negative influences, or individuals that may be hindering your progress. It also helps in stopping internal tendencies or negative mental forces that cause disruptions to your sadhana. Be prepared for an initial escalation of problems as your karmas rearrange. If problems seem to escalate mid sadhana, it is a sign of karmic rearrangement; you must stick through it to reach the resolution. Do not drop the sadhana during this peak; continue until completion for resolution.

When to do this Sadhana

- Start this sadhana on any Tuesday or ashtami of Shukla Paksha.
- Do this sādhana only during daytime. Do not do this sadhana at night.
- The recommended duration of this sadhana is 40 days for smaller problems and 108 days for major problems.

What Sankalpa to Take

Take a little akshata or little water in your right palm. If you know the sankalpa mantra, do it or else follow the instructions below. Mentally state your purpose in your own language:

“I perform this sadhana for 40 or 108 days, during which I will daily chant the Sahasranamavali of Ma Bagalamukhi for guidance and support in resolving the obstacles and challenges in my life.”

Clearly state whatever troubles you are having, whether it is a specific enemy or a general obstacle, while meditating on her image.

Mantra to do Japa/Recite

Recite the Baglamukhi Sahasranama. (IAST/Devanagari)

What to Offer

Two diyas with yellow wicks (made with rubbing turmeric on the wick). One of ghee and one of oil

Materials Needed

- Aasan
- Achamana patra (vessel containing the water required for achamana)
- Lamp
- Incense
- Flowers

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- Akshata
- Bhog/Naivedyam
- Bell
- Water
- Oil/Ghee

Sādhanā Restrictions

There are certain restrictions that must be followed for this sādhanā.

- For men, wear a yellow dress. Preferably, a yellow dhoti.
- For women, wear a yellow saree or yellow dress.

Optional Restrictions

- **Celibacy**: It is highly beneficial to maintain celibacy during the sadhana period.
- **Speech**: Maintain discipline in speech; avoid unnecessary gossip and conflicts.
- **Diet and Comfort:** Eating less food and sleeping on the floor are recommended to gain depth, though they are.
- **Social Media**: Avoid social media during the period of the sadhana to maintain focus.

Sadhana Procedure

1. Choose a quiet, clean space dedicated to sadhana.
2. Sit on an asan, facing East or North.
3. Place Ma Baglamukhi's photo before you.
4. Do achamana.
5. Light a diya, and agarbatti or dhoop.
6. Take sankalpa for the sadhana. **Note: Sankalpa may be taken on the first day of anushthana.**
7. Pray to Gaṇapati, Guru Tattwa and Bhairava for fruitful and successful completion of the sadhana.
8. Perform panchopachara puja for Ma Baglamukhi

Gandha – Apply kumkum, chandan or sindoor	लं पृथिव्यात्मने नमः। गन्धं समर्पयामि।	laṃ pṛthivyātmane namaḥ। gandhaṃ samarpayāmi।
Pushpa – Offer fresh flowers (as per devata preference)	हं आकाशात्मने नमः। पुष्पं पूजयामि।	haṃ ākāśātmane namaḥ। puṣpaṃ pūjayāmi।
Dhupa – Wave incense (agarbatti, loban, or natural dhoop)	यं वाय्वात्मने नमः। धूपं आघ्रपयामि।	yaṃ vāyvātmane namaḥ। dhūpaṃ arghapayāmi।
Offer Naivedyam	वं अमृतात्मने नमः। नैवेद्यं समर्पयामि।	vaṃ amṛtātmane namaḥ। naivedyaṃ samarpayāmi।

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Show deepam to the devata	रं अग्न्यात्मने नमः। दीपं दर्शयामि।	raṃ agnyātmane namaḥ। dīpaṃ darśayāmi।
Offer a flower/akshata to the devata	सं सर्वात्मने नमः। सर्वोपचारं समर्पयामि।	saṃ sarvātmane namaḥ। sarvopacāraṃ samarpayāmi।

9. Recite Baglamukhi Sahasranama once daily
10. After the recitation, meditate for 5 minutes focussing on Ma Baglamukhi's iconography.

Note: Be prepared for an initial escalation of problems as your karmas rearrange. If problems seem to escalate mid sadhana, it is a sign of karmic rearrangement; you must stick through it to reach the resolution. Do not drop the sadhana during this peak; continue until completion for resolution.

Samarpana Mantra

Take a little water in your right palm and mentally say that you are dedicating the whole fruits of sadhana to the devata through guru and recite the appropriate samarpana mantra given below:

गुह्याति-गुह्य-गोप्त्री-त्वं गृहाणास्मितकृतं जपम्। सिद्धिर्भवतु मे देवी त्वत्प्रसादान्मयि स्थिरा ।।	guhyāti-guhya-goptri-tvaṁ gṛhāṇāsmitakṛtam japam। siddhirbhavatu me devi tvatprasādānmayi sthirā ॥

Frequently Asked Questions (Optional)

1. What if I miss a day?
Consistency is vital. The sadhana will not produce results if you miss the recitation even for a day.

2. What about menstrual cycles?

Women should skip the practice during their periods and continue the count afterward. This is not considered a break in the sadhana.

3. Do I need initiation (Deeksha)?
No, this specific sadhana of the Sahasranama can be done by those who have not received Tantra Diksha

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