Neelakantha Aghorāstra Sādhana

YouTube Link: **Aghorastra: Shiva's Protection | Rajarshi Nandy**

The Neelakantha Aghorastra Stotram is one of the strongest protective hymns in the Tantric tradition, invoking the fierce energy of Shiva's Aghora face, which is directly connected to Bhairava. It comes from the same aspect of Mahadeva that swallowed the lethal Halahala poison during the Samudra Manthan, serving as a powerful shield against negative energy, unseen influences, and deep fear.

That said, traditional wisdom is clear that it works within the bounds of your karma and destiny. It won't magically rewrite your horoscope, but it can significantly soften the blow during tough periods.

While gaining actual siddhi over the astra vidya or running advanced prayogas demands diksha from a competent Guru, using this hymn in a simpler, limited format for basic health relief and everyday protection is completely safe. Anyone with an active Shaiva or Shakta practice can pick it up and use it.The primary benefit of this Astra is that it can destroy any type of negativity.It has the power to either completely remove or definitely reduce the intensity of diseases whether due to any physical ailments or due to nazar, psychic attack, spirits etc.

When to do this Sadhana

- For best results,You can start this sadhana from any Sunday, or during the Pradosh Kaal time on a Monday.
  - **Note**: In case of an emergency, you can start on any day. Whichever day you start, try to Chant this stotra early morning when the sun is about to rise

Materials Required

- Copper or silver bowl
- Diya
- Water
- Yellow/White mustard seeds (in case doing this for negative entity presence)

Duration of this Sadhana

Do this sadhana for a period of 27 days. In case of intense issues, do this sadhana for 48 days

Kamakhya Bhairava Upasaka Foundation

Stotram to Recite

Nilakantha Aghorastra Stotram (**Devanagari**, **English**)

Sadhana Procedure

1. Do achamana.
2. Light a diya.
3. Place a copper or silver bowl with water in front of you.
4. Chant one mala of the Om Bhairavaya Namaha mantra and pray to Bhairava for success and guidance.
5. Chant the Neelakantha Aghora Astra stotram for seven times.
6. Blow air into the water and then consume the water (if doing this for oneself)
7. If you are doing the sadhana for someone else, then you can give them the water to consume.
   Note: In case you feel any negative presence, You can also sprinkle the water around the house, specifically in entrances or doors of the house, where one is shifting from one room to the other
8. In case of a definitive presence of negative entities, keep yellow/white mustard seeds in a separate bowl along with the water. Once the sadhana is completed for the day, sprinkle the seeds all over the house.On the next day, remove the seeds and clear off the whole area. Ensure that it stays overnight

Continue for a minimum period of 27 days, if the disease or fever is of lesser intensity , if it is something bigger then do it for 48 days, which is 1 mandala
Note: Women need to skip this Sadhana during periods and continue the counts post the period dates

Samarpana Mantra

Everyday, after completion of the sadhana, say the following mantra:

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

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