



## Basic Upasana Guide

### A Simple Guide to Nitya Sadhana

This guide offers a simple way to do nitya sadhana. Adapt it according to the devata you wish to worship.

#### General notes:

- **Recommended:** Use copper, brass, or silver utensils wherever possible. Avoid steel, iron, or other base metals.
- **Maintain purity:** Ensure physical and mental cleanliness; wear clean clothes.

### 1. Preparation

- Choose a quiet, clean space dedicated to sadhana.
- Please ensure that you have these essential items with you before you start sadhana:
  - Asan (mat or cloth used only for sadhana)
  - Achamana patra (vessel containing the water required for achamana)
  - Lamp
  - Incense
  - Flowers
  - Akshata
  - Bhog/Naivedyam
  - Bell/Damru (optional)
  - Water
  - Oil/Ghee
- Sit on an asan, facing East or North.
- Place the devata's photo/vigraha before you.
- Arrange the items required for sadhana.

### 2. Perform Achamana

- Purify the water



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Touch the water with the ring finger lightly without nails touching the water and chant the following matra.

गङ्गे च यमुने चैव गोदावरि सरस्वति । नर्मदे सिन्धु कावेरि जलेऽस्मिन् संनिधिं कुरु ॥	gaṅge ca yamune caiva godāvari sarasvati narmade sindhu kāveri jale'smin saṁnidhiṁ kuru
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- Sip a little purified water from the base of your right palm three times while chanting the following mantras. Then with the last vishnu nama, wash your hands with the achamana water.

ॐ केशवाय नमः ॐ नारायणाय नमः ॐ माधवाय नमः ॐ गोविन्दाय नमः	om keśavāya namaḥ om nārāyaṇāya namaḥ om mādhavāya namaḥ om govindāya namaḥ
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- Release the water into a plate or container.
- (Alternatively, chant Vishnu's names (om vishnu) with each sip, three times with devotion.

## 3. Invoke Ganapati (Vighna-Nivāraṇa)

Mentally pray to Ganapati to remove the obstacles for the sadhana.

ॐ गणपतये नमः  शुक्लाम्बरधरं विष्णुं शशिवर्णं चतुर्भुजम् । प्रसन्नवदनं ध्यायेत् सर्वविघ्नोपशान्तये ॥  अगजाननपद्मार्क गजाननमहर्निशम् । अनेकदन्तं भक्तानाम् एकदन्तमुपास्महे ॥  वक्रतुण्ड महाकाय सूर्यकोटि समप्रभ । निर्विघ्नं कुरु मे देव सर्वकार्येषु सर्वदा ॥	om gaṇapataye namaḥ  śuklāmbaradharaṁ viṣṇuṁ śaśivarnaṁ caturbhujam । prasannavadanaṁ dhyāyet sarvavighnopaśāntaye ॥  agajānana-padmārkaṁ gajānanam-aharniśam । anekadantaṁ bhaktānām ekadantaṁ-upāśmahe ॥  vakratuṇḍa mahākāya sūryakoṭi samaprabha । nirvighnaṁ kuru me deva sarvakāryeṣu sarvadā ॥
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## 4. Ring the Bell or Damaru (optional)

- Ring a bell when chanting

ॐ घण्ट देवताभ्यो नमः	om ghaṇṭa-devatābhyo namaḥ
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- For Shiva or Bhairava sadhana, you may use a damaru instead of the bell.

## 5. Light the Deepam/Diya (Lamp)

Diya/Deepam represents the Agni tattva. It is the witness/sakshi to our sadhana. Pray to dispel the ignorance.

- Light a ghee or oil lamp.
- Chant any deepam shloka or the below mantra:

ॐ दीप देवताभ्यो नमः	om deepa-devatābhyo namaḥ
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- Note: Use ghee for spiritual aspirations. Use sesame or mustard oil for material or worldly desires.

## 6. Take Sankalpa

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 on this day for devata priti. Release the rice/water as an offering of your resolve.”

## 7. Invoke the Devata (Dhyana - Meditative Invocation)

Close your eyes and visualize the devata in full form. Invite them into your heart and the sadhana space with love and surrender.



## 8. Perform Pancha Upachara (Fivefold Offerings)

Gandha – Apply kumkum, chandan or sindoor	लं पृथिव्यात्मने नमः। गन्धं समर्पयामि।	laṃ pṛthivyātmāne namaḥ। gandhaṃ samarpayāmi।
Pushpa – Offer fresh flowers (as per devata preference)	हं आकाशात्मने नमः। पुष्पं पूजयामि।	haṃ ākāśātmāne namaḥ। puṣpaṃ pūjayāmi।
Dhupa – Wave incense (agarbatti, loban, or natural dhoop)	यं वाय्वात्मने नमः। धूपं अर्घयामि।	yaṃ vāyvātmāne namaḥ। dhūpaṃ arghayāmi।
Offer Naivedyam	वं अमृतात्मने नमः। नैवेद्यं समर्पयामि।	vaṃ amṛtātmāne namaḥ। naivedyaṃ samarpayāmi।
Show deepam to the devata	रं अग्न्यात्मने नमः। दीपं दर्शयामि।	raṃ agnyātmāne namaḥ। dīpaṃ darśayāmi।
Offer a flower/akshata to the devata	सं सर्वात्मने नमः। सर्वोपचारं समर्पयामि।	saṃ sarvātmāne namaḥ। sarvopacāraṃ samarpayāmi।

Mentally say: Please accept this humble offering. Mentally bow down to your devata to accept the offerings and seek the devata's permission to start the sadhana.

## 9. Perform the Sadhana (Japa/Stotra/Meditation)

Perform your chosen practice:

- Mantra japa
- Stotra recitation, etc.

### Instructions for Mantra Japa Sadhana

If your sadhana routine involves japa of a mantra using a mala, the following instructions may be followed

- How to use the Japa Mala:
  - Count the beads with thumb and middle/ring finger (avoid the index finger).
  - Start next to the Guru bead; do not cross or count it.



- Upon reaching the Guru bead, reverse direction and continue.



- Timing
  - The ideal time to do the sadhana is during brahma muhurtam. However, if you cannot do it during brahma muhurtam, do it anytime other than after midnight.
  - Avoid starting after midnight.
- Don't wear the japa mala that you use for japa.

## 10. Meditate on the Devata

- At the end of the sadhana meditate on the devata as much as you can.
- Meditate on the devata's form or mantra.

Maintain focus, devotion, and awareness of the divine presence.



## 11. Perform Samarpan (Dedicating the Fruit of the Sadhana)

Offer the fruits of your practice to the devata in the following manner.

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:

- For any form of devi (female deity):

गुह्यति गुह्य गोप्त्रि त्वम् गृहाणस्मत्कृतं जपम् सिद्धिर्भवतु मे देवि त्वत्प्रसादन्मयि स्थिरा ॥	guhyati guhya goptri tvam gr̥hāṇasmatkṛtaṁ japam siddhir bhavatu me devi tvatprasādān mayi sthirā
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- For any form of devata (male deity):

गुह्याति-गुह्य-गोप्ता-त्वं गृहाणास्मितकृतं जपम्। सिद्धिर्भवतु मे देवो त्वत्प्रसादान्मयि स्थिरः॥	Guhyāti-guhya-goptā-tvaṁ gr̥hāṇāsmītakṛtaṁ japam   Siddhir bhavatu me devo tvat-prasādān mayi sthiraḥ ॥
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- If unsure, simply say mentally: 'I surrender the fruits of this sadhana to devata through guru.'

### Additional Notes:

- If you are doing sadhana for more than one devata, perform the panchopacara for all devatas at the same time.
- You may keep bhog/naivedyam either separately or as a single offering.
- After completing mantra japa for each devata, do samarpana **separately** for each one.
- Once you complete the japa of a devata, do samarpana. Then you may perform achaman again, recite the shloka of the next devata, continue with japa, and then do samarpana.

## 12. Seek Forgiveness for Any Mistakes (Kshama-Prarthana)

Conclude with humility:

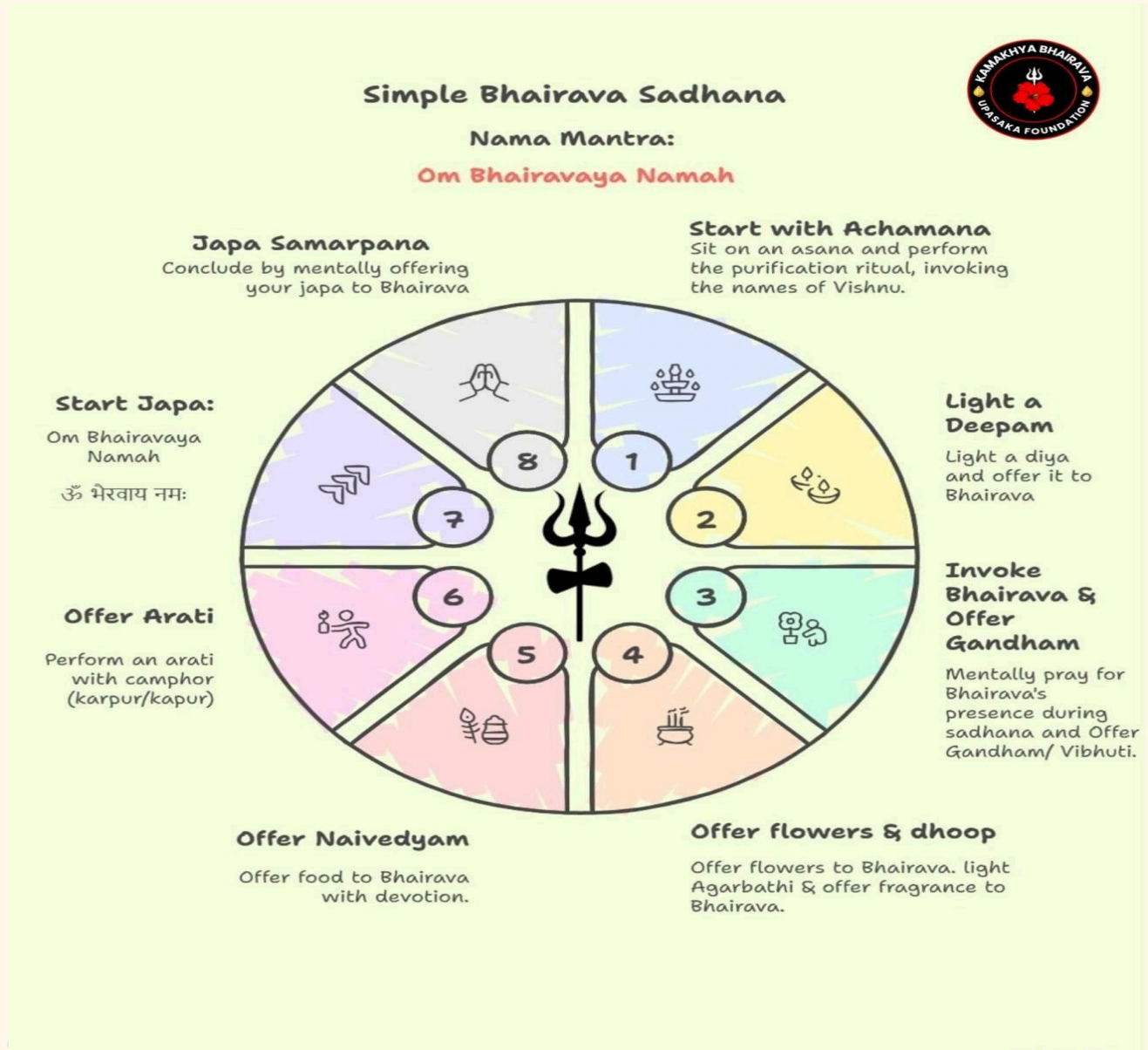
"O [devata's Name], please forgive any errors in mantra, procedure, or devotion due to my ignorance. Please accept my sincere effort."



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The following infographic pictorially depicts the sequence of a simple nitya sadhana of Bhairava.







## Apaatkāla Upāsanā Guidelines (Emergency Situations)

For situations where full rituals are not feasible due to illness or genuine emergency. Be sincere and do not use these guidelines as a shortcut for convenience.

- Mentally chant: to purify the mind and invoke divine grace.

ॐ पुण्डरीकाक्षाय नमः	om pundarīkāksāya namaḥ
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- Pray to Lord Ganesha for obstacle removal by chanting: “ॐ गणपतये नमः” (Om Gaṇapataye Namaḥ).
- Recite a short stotra or mantra of your Iṣṭa Devatā. Mentally invite the devata to be present.
- Seek the devata's permission mentally to begin your sādhana.
- Perform your chosen sādhana (japa, dhyāna, stotra, etc.) sincerely.
- Mentally offer the sādhana (japa/stotra) to the devata as an offering.
- Conclude by expressing gratitude and seeking forgiveness for any known or unknown errors.