



## Bhairava Vishesh Sadhana Guide

A simple guide to Bhairava Vishesh Sadhana on Krishna Paksha Ashtami tithi.

YouTube link: [YouTube Bhairava Sadhana 2.0 | Important Update | Rajarshi Nandy](#)

### Introduction

Bhairava presides over the eighth house in one's astrological birth chart - the terrain of death, radical transformation, occult forces, and kundalini. In current times, planetary realignments are intensely activating collective and individual karma. For the sincere sadhaka, Bhairava upasana sanctifies this liminal domain, as Shiva's fierce form, severs illusions – symbolized by severing Brahma's head, to confront impermanence and death directly. This alignment cultivates fearlessness, detachment, and samadhi-like clarity over worldly guarantees, reshaping consciousness to face karma without fear, amid shocks and crises. In the present times, Bhairava emerges as a pradhana devata whose fierce energies protect desha and dharma, forged through disciplined sadhana, bestows a lifelong karmic bond of courage, ability to face the truth of reality and across lifetimes.

This ashtami sadhana is to be done with absolute faith in Bhairava. This sadhana, when done for a year, will help re-arrange your karmas to unblock your spiritual progress.

### Commitment and Discipline

1. It should be noted that the fruits of any sadhana are measured by tenacity and patience, and not by expectations of immediate material gain.
2. In general, the timeline of any sadhana is:
  - It takes up to three years of dedicated practice to establish a connection with the devata.
  - It takes up to twelve years of continuous sadhana to become fully aligned with the path of the devata.

### Sadhana Instructions

#### When to do this Sadhana

Do this sadhana on every Krishna Paksha Ashtami tithi.

📅 Bhairav Baba VS: Pausa Krishna Ashtami



**Vishesh Sadhana Calendar:** All upcoming Vishesh Sadhanas are marked on this external calendar which you can import on your device using the following links: [Web](#), [iCal](#)  
([How to subscribe to an external calendar on your device?](#))

## What Preparation to do for This Sadhana

### Deepams

Light eight diya filled with mustard oil or sesame (til) oil. Alternatively, you can use two diya with four wicks in each to create eight flames.

### Fasting

Try and fast during ashtami tithi. Ideally, the fast is done without any food. However, the strictness of the fast depends entirely on the specific individual. If health does not permit you to do a complete fast, then you may consume fruits, milk, or buttermilk. Avoid main dishes like rice, roti, or curry/sabji.

### Naivedyam Preparation

If you are preparing the naivedyam (bhog) at home, follow these rules:

- Use clean containers that are used only for preparing bhog. Do not use utensils that you use for everyday cooking.
- Do not taste the food while preparing or before offering it to the deity.
- Do not use onion or garlic in cooking.

## What Sankalpa to Take

The following is a simple sankalpa for dharmaraksha. You may say the sankalpa in your own language. Alternatively, you may use the following text:

सनातन धर्मस्य रक्षणार्थम्, सनातन धर्मस्य विरोधीनाम् विनाशनार्थम्, सनातन धर्मस्य विजयार्थम्, अधर्मस्य विनाशनार्थम्, यथा शक्ति पाठ करिष्ये	sanātana dharmasya rakṣaṇārtham, sanātana dharmasya virodhīnām vīnaśanārtham, sanātana dharmasya vijayārtham, adharmasya vīnaśanārtham, yathā śakti pāṭha kariṣye
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## Mantra, Stotram and Ashtottara Namawali

1. Chant the following mantra 108 malas (1 mala = 108 chants)

ॐ भैरवाय नमः	om bhairavāya namaḥ
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- Chant the Kalabhairavashtakam stotram 8 times. You may find the following printable pdfs helpful:

- [कालभैरवाष्टकम्](#) (Devanagari PDF)
- [Kālabhairavāṣṭakam](#) (IAST PDF)

- Chant the Batuka Bhairava Ashtottaram (108 names of Batuka Bhairava) 11 times. You may find the following printable pdfs helpful:

- [Devanagari PDF](#)
- [IAST PDF](#)

## What to Offer as Bhog

You can offer any food to Bhairava. The offerings can be vegetarian or non-vegetarian. You can also offer boiled eggs as non-vegetarian offerings.

## Sadhana Procedure

For more details on how to do achaman or take sankalpa, you may refer to the [Basic Sadhana Manual](#).

- Keep a photo of Bhairava.
- Do achamana.
- Light eight diyas.
- Take the sankalpa.
- Offer panchopachara as follows:

Gandham – Offer a pinch of kumkum, sindur or chandan to Bhairava	लं पृथिव्यात्मने नमः। गन्धं समर्पयामि।	laṃ pṛthivyātmāne namaḥ। gandhaṃ samarpayāmi।
Pushpam - Offer flowers (red is preferred) to Bhairava	हं आकाशात्मने नमः। पुष्पं पूजयामि।	haṃ ākāśātmāne namaḥ। puṣpaṃ pūjayāmi।
Dhoopam - Light any incense (agarbatti, dhoop or loban) and show to Bhairava	यं वाय्वात्मने नमः। धूपं आघ्रपयामि।	yaṃ vāyvātmāne namaḥ। dhūpaṃ āghrapayāmi।
Deepam - Show deepam to Bhairava	रं अग्न्यात्मने नमः। दीपं दर्शयामि।	raṃ agnyātmāne namaḥ। dīpaṃ darśayāmi।



Naivedyam - Offer naivedyam to Bhairava	वं अमृतात्मने नमः। नैवेद्यं समर्पयामि।	vaṃ amṛtātmane namaḥ। naivedyaṃ samarpayāmi।
Offer a flower or akshata to Bhairava	सं सर्वात्मने नमः। सर्वोपचारान् समर्पयामि।	saṃ sarvātmane namaḥ। sarvopacārān samarpayāmi।

6. Do the following chanting:
  - a. Bhairava Nama Mantra - 108 malas
  - b. Kalabhairava Ashtakam - 8 times
  - c. Batuka Bhairava Ashtottara (Batuka 108 names ) - 11 times.
7. Once you complete the sadhana, offer the fruits of the sadhana to the devata using the following mantra:

गुह्यातिगुह्यगोप्तां त्वं गृहाणास्मितकृतं जपम् । सिद्धिर्भवतु मे देवो त्वत्प्रसादान्मयि स्थिरः ॥	guhyāti-guhya-goptām-tvaṃ grhāṇāsmīta-kṛtaṃ japaṃ siddhir bhavatū me devo tvat-prasādān mayi sthirāḥ
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8. After the completion of the sadhana, divide the bhog into two parts:
  - a. Take one part of the bhog/naivedyam in a separate disposable plate and place it outside for Bhairava Vahanas to eat.
  - b. The other part can be consumed as prasad. This prasad can be shared with others.

## Concluding Steps of Ashtami Sadhana

After the ashtami sadhana, on each ashtami, perform annadanam and vahana seva.

1. Feed at least one person in need once you complete the sadhana on Krishna Paksha ashtami.

You can prepare some food and give it to a hungry person. It is best to do the feeding during the ashtami tithi. If it is not possible to feed during the tithi, then feed on the next day. If you cannot feed someone personally, one may donate to any organization that feeds people, however, giving someone food yourself should be preferred.

2. Feed dogs. This vahana seva balances Rahu and Ketu energies in your life.

If you cannot feed dogs personally, then you can donate to NGOs (non-profits) or organizations that take care of injured or rescued dogs.



## Frequently Asked Questions

**Q:** Should I complete the sadhana in a single session?

**A:** You can split the sadhana into multiple sessions as per your convenience within the tithi. For example, do 54 malas in the morning and 54 malas in the evening. After each session, do samarpana. For the second session, you don't need a new sankalpa. Just mentally state to devata that you are continuing the earlier one. When you do the sadhana in multiple sessions, it is not mandatory to offer bhog again in consequent sessions.

**Q:** Where should the bhog be placed outside?

**A:** It can be placed at cross roads but if it is not possible, it can be placed under a tree ensuring that the area is clean. The bhog is to be divided into two portions after the sadhana, one portion is to be placed outside for feeding of the Bhairava Vahanas and the other portion should be consumed as Prasad.

**Q:** Can I re-use the diyas every ashtami?

**A:** Yes. Once the sadhana is over, you can clean the diyas (clay or brass/copper) and reuse them in future ashtami sadhanas.

**Q:** If I am fasting for ashtami tithi, can I consume the bhog offered to Bhairava in the puja?

**A:** Yes. Naivedyam once offered to the deity becomes prasad - a blessing of Bhairava - and must be consumed after the completion of the sadhana. If someone offers prasad, it should never be refused.

**Q:** If I offer a whole box of sweets, do I need to eat all of them as prasad? What if I am fasting?

**A:** Naivedyam, once offered to the deity becomes prasad - a blessing of Bhairava. It must never be wasted but it can be shared. As such, you may eat some and distribute the rest.

**Q:** What bhog options are recommended for Bhairava?

**A:** The following bhog options may be considered for Bhairava. Preference is to cook it yourself but if not possible, store bought is fine.

- Any sweet dish made of jaggery
- Any Urad daal items (vada etc)
- Imarti/Jalebi
- Gulab Jamun or Laddoo
- Any tangy items (Lemon rice or tamarind rice)

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