



Maha Bhairav In You

I worship Kalabhairava, Lord of the city of Kasi, The primeval cause, Holding in His hands trident, axe, noose and staff. He has a the black body, the first of all Devas, imperishable, incorruptible, Lord formidable and powerful, Who loves to dance wonderfully. I worship Kalabhairava, the Lord of the city of Kasi

Lord Bhairav is an incarnation of Lord Shiva. Lord Bhairav is widely worshipped by **Tantriks** and **Yogis** to gain **various siddhis**. Bhairav is regarded as the protector. **In astrology Lord Bhairav is the Lord of Rahu**, so to attain the **maximum benefits of Rahu**, **people worships Lord Bhairav**. Bhairav is a fierce form of Shiva.

The origin of Bhairava can be drawn from the conversation between Lord Brahma and Lord Vishnu described in "**Shiv Maha-Puran**" where Lord Vishnu asks Lord Brahma who is the supreme creator of the Universe. Lord Brahma proclaimed himself to be that superior person. On hearing this, Lord Vishnu mocked at Lord Brahma for his hasty and overconfident

words. After the debate they decided to seek the answer from the four Vedas. **Rig Veda** designated **Lord Rudra (Shiva)** as supreme as He is the omnipotent deity who controls all living beings. **Yajur Veda** replied that He, whom we worship through various Yagnas and other such rigorous rituals, is none other than **Shiva**, who is supreme. Sam Veda stated that the respected figure who is worshiped by various Yogis and the God who controls the entire world is none other than Triambakam. Finally, Atharva Veda said, **all human beings can see the Lord through Bhakti Marg and such a deity who can remove all the worries of human beings is indeed Shankar**. But both Lord Brahma and Lord Vishnu started laughing in disbelief.

Then Lord Shiva appeared as a powerful divine light. Lord Brahma stared at Him furiously with his fifth head. **Lord Shiva immediately created one living being and stated that he will be King of Kaal and will be known as Kaal (Death) Bhairav.** Meanwhile, Lord Brahma's fifth head was still burning with fury and Kaal Bhairav pulled that head from Brahma. Lord Shiva directed Bhairav to go around various holy places to get rid of Brahma Hatya. Kaal Bhairav, with Brahma's head in his hand, started taking bath at various holy places, worshiped various Lords, nevertheless saw that Brahma Hatya Dosh was following him all along. He could not get rid of that affliction. Finally, **Kaal Bhairav reached the Moksha Puri, Kashi.** The moment Kaal Bhairav entered Kashi, Brahma Hatya Dosh disappeared into the netherworld. The head of Brahma, (Kapal) fell at a place which was called **Kapal Mochan** and there was a Teerth which was later called **Kapal Mochan Teerth.** Then onwards Kaal Bhairav stationed himself permanently in Kashi, giving shelter to all his devotees. Those living in or visiting Kashi, must worship Kaal Bhairav and he grants protection to all his devotees. Another mention of Bhairav's incarnation has been as mentioned below. **Shakti, the daughter of the king of Gods,** Daksha chosen Shiva for marriage. Her father disapproved the marriage because he alleged that Shiva resides in jungles with animals and ghosts and hence has no equality with him. But Shakti decides otherwise and marry Shiva. After some time King Daksha held a Yagana and invited all the Gods, but not Shiva. Shakti came to the yagana alone, where Daksha publicly spoke in a belittling manner about Shiva. Shakti could not bear to hear her husband insult and jumped in the holy fire of Yagana and sacrificed her.

On hearing this Lord destroyed the yagana and killed Daksha by beheading him. Then Shiva carried Shakti's corpse on his shoulders and ran uncontrollably all around the world for days. Since this would eventually destroy all creation, Vishnu used his Sudarshan Chakra to cut Shakti's body into pieces, which then fell all around. These spots where Shakti's body parts fell are now known as Shakti Peethas. In the form of the frightful Bhairava, Shiva is said to be guarding each of these Shaktipeeths. Each

Shaktipeeth temple is accompanied by a temple dedicated to Bhairava.

There are total 52 Bhairavs who can help us in different forms in our life. Presented below is a sadhana of Maha Bhairav, who consist of all the forms of 52 Bhairavs. So, instead of worshipping these various forms of Lord Bhairav, one can perform this sadhana and attain the blessings of the 52 forms of Bhairav. The unique aspect of this sadhana is both Lord Shiva and SadGurudev are included in this sadhana, which not only safeguards a person, it also increases the chances of success multiple times.

Sadhana Procedure:

One of the most auspicious times to perform this sadhana is Kaalashtami (falling on 3rd May). This sadhana can also be performed on any Sunday or Tuesday or on any Amavasya. Take a bath at night and get into fresh black clothes. Sit on a black mat facing south. The sadhak must perform this sadhana considering himself as a form of Lord Maha Bhairav. Place a wooden plank and cover it too with a piece of fresh black cloth. Place a picture of revered Gurudev and then place **Laghu Guru Yantra, Laghu Shiva Yantra and Maha Bhairav Yantra.** Worship Gurudev and Yantras with vermilion, rice grains, flowers etc. Light an oil lamp and an incense stick. Then chant one round of Guru Mantra with the **Maha Bhairav rosary.**

Now make 52 marks with vermilion on the **Maha Bhairav Yantra** while chanting the mantra "**Bham**". These 52 marks corresponds to the 52 forms of Lord Bhairav and are the means to invite them within the yantra. Next offer some red flowers on to the yantra. Now chant **11 rounds** of the below mantra with **Maha Bhairav rosary.**

Mantra

|| Om Ayiem Shreem Ayiem Phat ||

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Drop sadhana articles in a river or pond the next day. This completes the sadhana procedure. The sadhana removes all the sins from the life of the sadhak. It additionally ensures the Lord Maha Bhairav gives His blessings to the sadhak so that he or she remains guarded from any unfavorable situations of life.

Sadhana Articles 780/-