

Shravan Month

26 July ~ 16 August



# A Month To Appease Lord Shiva

Na Jaanaami Yogam Japam Naiva Puujam  
Natoham Sadaa Sarvadaa Shambhu-Tubhyam  
Jaraa-Janma-Duhkhau-Agha Taatapyamaanam  
Prabho Paahi Aapanna-Maam-lisha Shambho

O my Lord! I do not know how to perform Yoga, Japa or Puja. I always at all times only bow down to You. O Shambhu! Please protect me from the sorrows of birth and old age, as well as from the sins which lead to sufferings. Please protect me O Lord from afflictions, protect me O My Lord Shambhu!

In the Hindu religion, Lord Shiva is known as the God of destruction and is also said to be a symbol of mercy. People around the world engage in different ways of praying to the Lord to please Him, and He is considered to get pleased very easily.

Shiva mantras are recited to win over fear and fight one's battles and come up undefeated. These mantras protect us from diseases, fears, etc. Proper and regular recitation of these mantras ensures that person gets success and Siddhis. These mantras make people strong from the inside to fight any battles that they pick. They help cleanse the body from any sort of

negativity and make one all the more powerful and strong. Not only this, He is also a provider of wealth, prosperity, name and fame and what all His devotees seek from Him.

Presented below are Tantrukt Sadhanas of Lord Shiva which were performed by great figures of our ancient times. All these Sadhanas are as efficient as they were at that time. Sadhaks must try them and see the positive outcomes of these Sadhanas. Four Tantrukt Sadhanas have been presented for the disciples. One must perform one Sadhana on each Monday in this Shravan Month.

## Rejuvenate Yourself

26<sup>th</sup> July 2021

Once the fire God, Agni, was suffering from a lot of diseases. None of the medications helped Him, His eyes turned yellowish due to these diseases. Finally, He started to worship Lord Shiva to regain health. Even the other Gods requested Lord Shiva to grant Him health as Lord Agni is one of the main Gods. Listening to the pleadings of the various Gods and considering the meditation of Lord Agni, Lord Shiva appeared in the form of **Pingaleshwar** and cured all the diseases of Lord Agni. He also stated that whosoever will worship Him in the form of Pingaleshwar, He will certainly cure all the diseases of that person.

The Lord who can even win over death, curing our diseases is just a minor thing for Him. If a person performs this Sadhana with full dedication, then he or she can recover from the illness and regain health. Here, the disease can be both physical as well as mental. One can be affected by low confidence, low self-esteem, dullness etc. too. One can even perform this Sadhana to safeguard oneself from any disease.

### Sadhana Procedure:

Sadhak must take a bath just prior to Eclipse duration. Get into a fresh yellow cloth and sit on a yellow mat facing East. Take a wooden plank and cover it with a yellow cloth. Now place a picture of revered Gurudev and worship Him with vermilion, rice grains, flower etc. Chant

one round of Guru Mantra and seek His divine blessings for success in Sadhana. Next place a picture of Lord Shiva and worship it too.

Now take a plate and write the following **MahaMrityunjaya Mantra** over it.

### Mantra

॥ ॐ त्र्यम्बकं यजामहे सुब्रह्मिण्यो वृषुष्टिर्वर्धनम् ॥

॥ उर्वरुकमिव बन्धनान् मृत्योर्मुक्षीय मामृतात् ॥

Place **MahaMrityunjaya Yantra** over the mantra. Worship the **yantra** with **vermillion, rice grains** and **Bilva leaves**. Light an incense stick and a **ghee lamp** with two wicks in it and place it on the right side of the yantra. Place **Pingalaaksha** on the left side of the yantra. Pray to Lord Shiva to cure your disease(s) and grant you good health. Now chant **5 rounds** of the below mantra with **Aarogya Siddhi Rosary**.

### Mantra

॥ ॐ ह्रीं ॐ नमः शिवाय ॥

॥Om Hreem Glaum Naham Shivaaya ॥

Drop all the sadhana articles in a river or pond the next day. All your diseases will leave your body the moment you drop the Sadhana articles. This sadhana can also be performed on behalf of someone else. Just speak out the name of the person for whom you are performing this sadhana prior to mantra chanting.

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## Misfortune no more

2<sup>nd</sup> Aug 2021

An incidence has been quoted in **Skand Puran** from the life of **God Indra**. It was the time when sage Twashtaa's son, **Vrita**, got immersed in a deep meditation to defeat Lord Indra. Lord Indra got afraid of Vrita's penance and killed Vrita with his Vajra. Due to this act, Lord Indra got cursed by the sin of Brahma Hatya (sin of killing a Brahman). The ill effect of this deed was that wherever Lord Indra went, people started to drink liquor, killing others, became womanizer and all sorts of vices entered into that region. **Indra travelled across the entire world but He couldn't get peace anywhere.**

Then finally Indra reached Reva area and started penance to appease **Lord Shiva**. Indra created a Shiva Linga on the bank of river Narmada and started worshiping it. Lord Shiva then appeared

before Indra and said, **"I will always reside in this Shiva Linga. Whosoever will worship me through the Shiva Linga, he or she will get relieved of all the sins."** And thus Indra got relieved from His curse.

This Sadhana can be tried by any individual if he or she is not getting success in any Sadhana. It has been seen that even after our best efforts, we don't get the expected results in Sadhanas. The reason behind this is our sins. If we can get rid of those sins, then without any doubt, we will start to get success in the Sadhana. Not only in Sadhanas, a person has to get relieved from sins to obtain success in any field of life. It is our sins which comes as hurdles in our life and prohibit us from attaining our goals.

**Sadhana Procedure:**

Sadhak must take a bath just prior to dawn. Get into a fresh **white cloth** and sit on a white mat facing East. Take a **wooden plank** and cover it with a white cloth. Now place a picture of revered **Gurudev** and worship Him with **vermillion, rice grains, flower** etc. Chant one round of Guru Mantra and seek His divine blessings for success in **Sadhana**. Next place a **Shiva Linga** and worship it too.

Next make a triangle with black sesame seeds and place **Divya Shiva Linga** at its center. Worship the yantra with **vermillion, rice grains, Bilva leaves** etc. Now take some rice grains in your right hand's fist and rotate it three

times around your head. Pray to Lord Shiva to remove all your sins while doing so. Then throw the rice grains in South direction. Now make a mound of rice grains on the left side of the Lingam and place **Indraayana** over it. Next chant **5 rounds** of the below mantra using **Indreshwar Mahadev Rosary**.

**Mantra**

॥ ॐ हौं हीं नमः शिवाय ॥

॥Om Hraum Hreem Naham Shivaaya ॥

Bury the sadhana articles at some unfrequented location the next day after completing the sadhana.

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## Happy Life

9<sup>th</sup> Aug 2021

**Sadhana Procedure:**

Once **Lord Shiva** and **Goddess Parvati** were sitting on the Kailash Mountain and were talking casually. Suddenly Lord used the word **Kali (which means dark)** for Goddess' complexion. The Goddess felt very bad listening to the word Kali and started to remorse on Her complexion. She then left towards **Prabhas** area and started to worship **Shiva Linga**. As Her penance grew, Her complexion also started to become fairer. Soon, all Her body parts gained fair complexion. Then Lord Shiva reached to the worship place and brought Goddess Parvati along with Himself. He also said that whosoever will perform this Sadhana will get blessed with **beauty, good physique, hypnotic power, wealth, fame and household pleasures**.

This Sadhana of Lord Shiva can be performed by both man and woman. On one hand where a woman gains beauty and charm, man gains great health and physique, hypnotic power and command in the society. Enormous amount of wealth comes into the life of such a person. If a person is jobless, soon a job comes to him or her. If a person is a businessman and there is no expected progress in the business, then the business starts flourishing. Even household life of such an individual becomes a blessing. One can even create the same bond of love that ever existed between the couple who now desperately want to get a divorced.

**Sadhana Procedure:**

Sadhak must take a bath just prior to dawn. Get into a fresh **yellow cloth** and sit on a **yellow mat** facing East. Take a **wooden plank** and cover it with a yellow cloth. Now place a picture of revered **Gurudev** and worship Him with **vermillion, rice grains, flower** etc. Chant one round of Guru Mantra and seek His divine blessings for **success in Sadhana**. Next place a picture of Lord Shiva and worship it too.

Now take a plate and make a symbol of **Om (ॐ)** on it using vermillion. Place **SadaShiva Yantra** at the center of **Om** and place **GauriShankar Rudraksha** on the “ॐ” symbol of **Om**. Worship the **yantra** and the **rudraksha** with **vermillion, rice grains** and **sindur**. Now chant **5 rounds** of the below mantra with **HarGauri Rosary**.

**Mantra**

॥ हीं ॐ नमः शिवाय हीं ॥

॥ Hreem Om Namah Shivaaya Hreem ॥

Keep all the Sadhana articles in your worship place for at least one week. Drop all the Sadhana articles in a river or pond after that.

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## Enemies no more

16<sup>th</sup> Aug 2021

This form of **Lord Shiva** is a fierce form. However, the form is fierce only for the **enemies** of His devotees. **Anger** is said to be the **jewel** of a man. It is necessary to take right action against the **goons**. However, we are taught to remain silent even if someone is taking our advantage. This trait is what makes us coward and we feel happy to live a fearful life.

**Lord Shiva in this form can destroy anyone who comes in His path. When His wife Sati died, Lord Shiva took a very fierce form and destroyed Daksha and his army.** This form of Lord Shiva is a must to be worshipped by everyone as it gives us courage to stand tall for the right in our life. Not only this, Lord Shiva protects each and every disciple from any harm. Even if the enemies are desperate to kill you, Lord Shiva will change their mind and they will come and compromise with you at your conditions.

### **Sadhana Procedure:**

Sadhak must take a bath just prior to Eclipse duration. Get into a fresh **yellow cloth** and sit on a yellow mat facing East. Take a **wooden plank** and cover it with a yellow cloth. Now place a picture of revered **Gurudev** and worship Him with **vermillion, rice grains, flower** etc. Chant one round of **Guru Mantra**

and seek His divine blessings for success in sadhana. Next place a picture of Lord Shiva and worship it too.

Make a mound of black sesame seeds and place **Tantrokt Rudra Yantra** over it. Make a mark of **Trident (Trishul)** in all the four directions around the yantra. Place **Mahakaal Mudrika** over the **yantra**. Worship the yantra with **vermillion, rice grains and Bilva leaves**. Light an incense stick and a **ghee lamp** with and place it on the right side of the **yantra**. Pray to Lord Shiva to overpower your enemies and save you from all sorts of **trouble**. Now chant **5 rounds** of the below mantra with **Tantra Siddhi Rosary**.

### **Mantra**

॥ ॐ जूं सः पालय पालय सः जूं ॐ ॥

॥**Om Joom Sah Paalaya Paalaya Sah Joom Om** ॥  
Wear the **Mahakaal Mudrika** around your neck or on your right hand. Keep all the Sadhana articles within your worship place for at least one week. Drop all the Sadhana articles in a river or pond after that. You will soon find out that your enemies are no longer thinking about harming you and you can live a tension free life.

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