

Maha Shivaratri

1-Mar-2022



LORD SHIVA SADHANA

Eight Tantrokt Sadhanas of Lord Shiva which are even performed by the Gods to seek His divine blessings...

Shivo Guruh Shivo Devah Shivo Bandhuh Sharirinaam

Shiva Atma Shivo Jeevah Shivaadanyatra Kinchan

Shiva is Guru, He is God, He is the relative of all the beings, He is the soul and He is the living being. There is nothing separate from Shiva.

The complete form of a **SadhGuru** is none other than that of Lord Shiva. Thus one can attain everything and fulfil all the wishes by the grace of **Lord Shiva**. Other Gods and Goddesses are limited by their powers and can fulfil our **wishes** as per their capabilities; however **Lord Shiva** is the only Lord who can grant anything. All the mantras of this universe were generated by the sound of Lord Shiva's **Damru** and the same mantras if obtained by a **SadhGuru**, who is termed as Lord Shiva in **Shaastras**, then there hardly remains any doubt regarding the **success** in **Sadhana**.

Presented below are few chosen Sadhanas related to Lord Shiva. **These Sadhanas are highly effective, simple and produces quick results.** Within an entire year, there are only a few days that are dedicated to Gods and Goddesses and if a person performs

Sadhana on those days, then chances of getting success in Sadhana increases many fold. **Maha Shivratri** is one such special day which is dedicated to **Lord Shiva** and **Goddess Parvati**. Vasant season starts from the **Maghi Poornima** and from this very day till the **eighth day of bright lunar phase of Phalgun month**, Lord Shiva continuously fulfils the wishes of His **Sadhaks**. This duration is also called as **Shiva Kalp**. This year, Shiva Kalp will fall in between **16th Feb to 10th March**. Sadhaks can perform these Sadhanas during this entire phase and obtain blessings from the divine Lord. Presented below are **Tantrokt Sadhanas** of Lord Shiva which were even performed by Gods to obtain the blessings of Lord Shiva. All these Sadhanas can be started on any Monday or from Shivaratri during this phase.

Pingaleshwara Shiva Sadhana

Once **Agnidev** got infected with several **diseases** and no remedy could cure Him. As a result of these diseases, He became extremely **weak** and His eyes became **pale**. Left with no other **hope**, He started to **worship Lord Shiva**. Other Gods too started to pray Lord Shiva to appease on Agnidev and grant him good health. Appeased with the prayers of Gods and penance of Agnidev, Lord Shiva appeared in the form of **Pingaleshwar** and blessed Agnidev with good health. The Lord who can even grant victory over death, granting good health is much simpler for Him. Lord Shiva then said that whosoever will worship Him in the form of Pingaleshwar will get rid of **all the diseases**.

A person who performs the Sadhana of Pingaleshwar is blessed with good health. All the diseases, may it be **physical** or **mental**, are removed and the person is able to live a happy life. **A person who is healthy and wants to protect himself from any diseases in future should also perform this Sadhana as this Sadhana creates an invisible protective layer around such a Sadhank.**

Sadhana Procedure

One needs **MahaMrityunjaya Yantra**, **Pinglaaksha and Aarogya Siddhi rosary** for this Sadhana. Get up early and have a bath. Wear

pure white clothes and sit on a white mat facing north. **Take a wooden plank** and cover it with fresh **white cloth**. Place a picture of revered **Gurudev** and **Lord Shiva** and worship them with **vermillion, rice grains, flowers** etc. Then chant one round of Guru Mantra and pray to Gurudev for **success** in Sadhana.

Now take a plate and write **Mahamrityunjaya Mantra** on it with vermillion and place the yantra over it. Worship the Yantra with rice grains, flowers, vermillion etc. Light a ghee lamp with two wicks in it and place it on the right side of the Yantra. Place Pinglaaksha on the left side and burn an incense stick.

Now chant **7 rounds** of below mantra with the rosary for next **11 days**.

Mantra

|| **Om Hreem Gloum Namah Shivaaya** ||

|| **ॐ ह्रीं ग्लौं नमः शिवाय** ||

Drop all the Sadhana articles in a river or pond on the next Monday after finishing the Sadhana. You will soon start to see the changes in your body and mindset and will regain your health again.

Sadhana Articles ₹750/-

Mahakaaleshwara Shiva Sadhana

This form of Lord Shiva is full of temper. All the **enemies** of the **Sadhak** are defeated by this anger of Lord Shiva. **Lord MahaKaal** saves His Sadhaks from all the **troubles**. This Sadhana is so **powerful** that even if your enemy has made up his mind to kill you, his thoughts will get changed after you **successfully** complete this Sadhana. A Sadhak is also safeguarded from any unfortunate event in life. This Sadhana is a boon for all those who are in defence forces or hold special authorities in the society as this Sadhana safeguards the person from evil intentions of the enemies.

Sadhana Procedure

One needs **Tantrokt Rudra Yantra**, **MahaKaal Mudrika and Tantra Siddhi rosary**

for this Sadhana. Get up early and have a bath. **Wear red clothes** and sit on a red mat facing north. Take a wooden plank and cover it with red cloth. Place a picture of revered **Gurudev** and **Lord Shiva** and **worship them** with **vermillion, rice grains, flowers** etc. Then chant one round of Guru Mantra and pray to Gurudev for **success** in Sadhana.

Now make a mound with some black sesame seeds and place **Tantrokt Rudra Yantra** over it. Make **4 tridents** in the four directions around the Yantra and place the **Mahakaal Mudrika** over the Yantra. Worship the Yantra with **rice grains, flowers, vermillion** etc. Light a ghee lamp and an incense stick.

Now chant **5 rounds** of below mantra

with the rosary for next **7 days**.

Mantra

|| **Om Joom Sah Paalaya Paalaya Sah Joom Om** ||

|| **ॐ जूं सः पालय पालय सः जूं ॐ** ||

Wear **MahaKaal Mudrika** around your

neck on the eighth day. Keep the remaining Sadhana articles at your worship place for at least one week. Drop all the **Sadhana** articles in a river or pond after that.

Sadhana Articles ₹790

Gaurishwara Shiva Sadhana

Once **Goddess Parvati** and **Lord Shiva** were talking and Lord Shiva unintentionally mentioned Her complexion as dark. Goddess got upset after listening to the word “**dark**” and started to remorse on Her complexion. Out of this pain, She decided to go into deep penance and created a **Shiva Linga**. She became fairer day after another as a grace of Her penance. One day, Lord Shiva emerged and said, “Goddess, whoever will worship this **Gaurishwara Shivalinga** will be blessed with beauty, youth, fairness, fortune, wealth and prosperity and took Her back to Kailash mountains.

Both men and women can perform the Sadhana of Gaurishwara Shiva. Women are benefited with grace, beauty, glow and men attain powerful body, hypnotic eyes and attractive personality. **Mother Parvati** is a form of **Goddess Lakshmi** and thus the Sadhaks who perform this Sadhana don't face any sort of **financial deficit** in life. If a person is unemployed, then such a person gets employment, if business is not running profitably then one can observe **success** in the business, a person gets blessed with multiple sources of income and house of such a person gets filled with all sorts of **luxuries**.

Even the most unfortunate person becomes fortunate after performing this Sadhana. **Quarrels, misunderstanding, all sorts of differences** etc. gets resolved by the grace of this Sadhana. If the husband and wife no longer feel attracted towards one another, if they feel like breaking up the relationship, then this Sadhana acts as an attraction Sadhana. Performing Sadhana under such a situation ensures no difference remains between husband and wife

and they start to live happily again. It was Gaurishwara Sadhana by which even Lord Shiva and Goddess Parvati were reunited.

Sadhana Procedure

One needs **SadaShiva Yantra, GauriShankar Rudraksha and HarGauri rosary** for this Sadhana. Get up early and have a bath. Wear white clothes and sit on a white mat facing north. Take a wooden plank and cover it with white cloth. Place a picture of revered **Gurudev** and **Lord Shiva** and **Goddess Parvati** and **worship them with vermilion, rice grains, flowers** etc. Then chant one round of **Guru Mantra** and pray to Gurudev for success in Sadhana.

Now take a plate and make a big symbol of “**ॐ**” with vermilion. Place the Yantra at the centre of this symbol and place GauriShankar Rudraksha over the “**ॐ**” of “**ॐ**”. Worship the **Yantra** and **Rudraksha** with **rice grains, flowers, vermilion** etc. Light a ghee lamp and an incense stick.

Now chant **11 rounds** of below mantra with the rosary for next **7 days**.

Mantra

|| **Hreem Om Namah Shivaaya** ||

|| **हीं ॐ नमः शिवाय** ||

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

Sadhana Articles ₹770

Indreshwara Shiva Sadhana

Skand Puran mentions that **Vritra**, son of sage **Twashtha**, got engaged in a great penance to defeat Indra. Looking at his severe penance, Indra got frightened and killed him with his Vajra. However, this act of Indra earned him the sin of **Brahmahatya**. As a result, wherever Indra went, people started drinking alcohol, followed immoral character, killing of human beings rose and all sorts of bad things started to occur in that area. It was all due to the curse of Brahmahatya. Indra travelled the entire universe to get some peace but couldn't get rid of this sin.

Left with no hope, he started to worship Lord Shiva. Indra started his penance at the banks of river Narmada by creating a Shivalinga. Finally, Lord Shiva was appeased and blessed Indra by saying, *"I will always reside in the Shivalinga created by you. Whoever will worship this Shivalinga will get relieved from all the sins."*

When sins can be committed by Gods, then we are mere human beings. However, it is also a fact that until these sins are not neutralised, they continue to torment us in life. Our life remains troubled by these sins and we don't find peace even for a moment in life. Every human being, either knowingly or unknowingly would have committed some deeds which might have hurt someone's soul. Such acts are called as sins and till the time those souls exist, the sins remain attached to us. Due to this reason only, we have to face **diseases, failures, offenses, hurdles, tensions** etc. in life. All these challenges of life are created by those sins.

There are two ways to neutralize these sins – first is by pleasing the souls due to which we are facing these issues and other one is by means of Sadhanas, by penance just like Lord Indra did. The first step towards the field of Sadhana is to get rid of all the sins and **Indreshwara Shiva Sadhana** is one such method. A Sadhak can gain **success** in great

Sadhanas only after getting rid of all the sins. This Sadhana is a favourable Sadhana and doesn't result into a glimpse of any Gods or Goddess. However, as a positive outcome, the Sadhak observes reduction in oppositions in life, his work gets completed without much hurdles, no new disease will be faced by him and thus the Sadhak can channel out his energy towards his goal.

Sadhana Procedure

One needs **Divya Shiva Yantra**, **Indrayan** and **Indreshwar Mahadev rosary** for this Sadhana. Get up early and have a bath. Wear white clothes and sit on a white mat facing north. Take a wooden plank and cover it with white cloth. Place a picture of revered **Gurudev** and **Lord Shiva** and worship them with **vermillion, rice grains, flowers** etc. Then chant one round of Guru Mantra and pray to Gurudev for **success** in Sadhana.

Now take some black sesame seeds and make **a triangle** over the plank. Place **Divya Shiva Yantra** at the centre. Worship the Yantra with **rice grains, flowers, vermillion** etc. Now make a mound of rice grains on the left side of the Yantra and place **Indrayan** over it. Next take some unbroken rice in your right hand and pray to get rid of all your sins. Rotate your right hand 3 times around your head and throw the rice grains in the south direction. Light a ghee lamp and an incense stick and chant **8 rounds** of below mantra for next **5 days**.

Mantra

|| **Om Hraum Hreem Namah Shivaaya** ||

|| **ॐ ह्रीं हीं नमः शिवाय** ||

Keep the Sadhana articles at your worship place for at least one week. Bury all the Sadhana articles at some unfrequented place after that.

Sadhana Articles ₹730

Bhuteshwar Shiva Sadhana

Lord Shiva is also known as **Bhuteshwara**. When Lord Shiva is termed as **Bhutnath**, it means He is the Lord of the five essences, **Panchbhut (earth, water, fire, air and sky)**. There are a lot of forms (like spirits) who lacks the earth and water essences and thus lacks a physical form. These spirits continue to wander around and **trouble human** beings to fulfil their **unsatisfied wishes**. Life of a person or a household infected by these **evil spirits gets troubled a lot**. The wishes, habits, behaviour of such an individual changes suddenly and many times become inhumane. It has even been seen that a body get possessed by hundreds of evil spirits who try to get their wishes fulfilled by the person. **Lord Shiva's Bhuteshwara Sadhana can be a saviour under such a daunting situation.**

Many a times out of **jealousy**, it has even been seen that people perform **black magic** on someone and ruin the life of a good human being. As a result of this **inhumane behaviour**, life of such a person becomes a **hell** and even the happiest of families reach to a level of complete devastation. Definitely, such an act is antisocial, against human laws and criticisable. However, such an act can be neutralized by means of Tantra as Tantra is the mean by which we can make our life systematic and stable.

Sadhana Procedure

One needs **Tantrokt Rudra Yantra, Kadkadha and Bhoot Daamar rosary** for this Sadhana. Get up early and have a bath. Wear white clothes and sit on a white mat facing south. Encircle yourself with a lamp **black mark**

around your mat, this circle is a **safety circle** around you. Take a wooden plank and cover it with white cloth. Place a picture of revered **Gurudev** and **Lord Shiva** and worship them with **vermillion, rice grains, flowers** etc. Then chant one round of Guru Mantra and pray to Gurudev for **success** in Sadhana.

Now take a steel plate and cover it completely with lamp black. Create a mound of rice grains and place **Tantrokt Rudra Yantra** over it. Create another mound of rice grains on the right side of the Yantra and place Kadkadha over it. Worship the yantra with rice grains, flowers, vermillion etc. Now chant **Om Namah Shivaaya** and offer **Sindoor** and **oil** over it. Next take some water in your right hand and pledge thus, **"I am performing this Sadhana of Lord Bhuteshwar, after getting the blessings of SadGurudev, for this particular person or for this household or for self to get rid of black magic or evil spirits."** Sprinkle the water in all the **four directions**. Light a ghee lamp and an incense stick and chant **7 rounds** of the below mantra for next **7 days**.

Mantra

॥ Om Hreem Ayeim Namō Rudraaya
Bhutaan Traasaya Om Phat ॥

॥ ॐ ह्रीं ऐं नमो रुद्राय भूतान त्रासय ॐ फट् ॥

On the seventh day after performing the mantra chanting, light a holy fire and make 108 offerings of **mustard seeds** chanting the above mantra (add the word **Swaha** at the last). Drop all the Sadhana articles on the coming Monday in river or pond.

Sadhana Articles ₹ 750

Siddeshwar Shiva Sadhana

In the ancient times, both Gods and Demons used to live on the banks of Narmada. Initially they all lived in harmony, however the demons gradually become more powerful due to which an imbalance emerged between them, and they started to **fight**. Soon the demons overpowered the Gods and the Gods were forced to move out of the area. After losing the battle, the **Gods started worshipping Lord Shiva** by the means of offerings into holy fire. Soon, Lord Shiva emerged from the underworld in the form

of Linga and told the Gods to worship this Linga to **fulfil their desires**.

The Gods started to worship the Lord in this form and soon became **more powerful** than the demons and defeated them. On losing the war, the demons deserted the place. From that day onwards, people started to worship **Lord Shiva** in the form of **Omkarshwar**. Wishes of the devotees who worships Lord Shiva in this form gets fulfilled.

Sadhana Procedure

One needs **Sada Shiva Yantra, Siddheswara Shivaling and Shiva Siddhi rosary** for this Sadhana. Get up early and have a bath. Wear white clothes and sit on a white mat facing north. Take a wooden plank and cover it with white cloth. Place a picture of revered **Gurudev** and **Lord Shiva** and worship them with **vermillion, rice grains, flowers** etc. Then chant one round of Guru Mantra and pray to Gurudev for success in **Sadhana**.

Now take a plate and put some white flowers on it. Place the Yantra over the flower and make 5 small mounds of rice at the opposite end of Yantra and place one betelnut on each mound. These betelnuts are symbols of – **Markandeya, Avimukta, Kedar, Amareshwar and Onkareshwar Shivalinga**. Worship the Yantra and these Shivalingas with rice grains, flowers, vermillion etc. Now make a mound of rice grains in the front of the Yantra and place

Siddheswara Shivalinga over it. Now take some water, flower petals and rice grains in your right hand and speak out your wish. Offer this mixture onto the **Siddheswara Shivalinga**. Light a ghee lamp and an incense stick and chant **8 rounds** of below mantra for next **10 days**.

Mantra

|| Om Shreem Manovanchitam Dehi Om Om Namah Shivaaya ||

|| ॐ श्री मनोवांचितं देहि ॐ ॐ नमः शिवाय ||

Everyday after the mantra chanting, light a **holy fire** and make **108 offerings** of ghee chanting the above mantra. Take some ash and touch it to the **Siddheswara Shivalinga** and then spread it on your forehead. Keep the Sadhana articles at your worship place for at least one week after completing the Sadhana procedure on tenth day. Drop all the Sadhana articles into river or pond after that. **Sadhana Articles ₹770**

Brihaspatishwar Shiva Sadhana

Grandson of Brahma, Aangiras gained knowledge of all the **Shastras** and **Vedas** and got involved in a great penance to appease Lord Shiva. Lord Shiva finally got pleased upon Him and asked Him to ask for a boon. Aangiras replied that I am already blessed by your glimpse, I don't have any other wish. To this, Lord Shiva replied, **"You have done a great penance. You will be known as the Guru of Gods and will be worshiped amongst all the planets. You will be known as Brihaspati and will become a great orator and knowledgeable person. Whosoever will worship me via you, will also become knowledgeable and orator like you."**

As a result, Brihaspati became Guru of all the Gods and attained the greatest position in heaven. **Power of knowledge** is far more than the power of **wealth** and **physical power**. One who is knowledgeable, one who has the knowledge of the Vedas, one who is enlightened is worshiped by everyone, **Vidvaan Sarvatra Pujayet**. One who performs the Sadhana of Lord Shiva created by Brihaspati gets spiritual enlightenment and increases possibility of gaining nirvana. One can even get a glimpse of Lord Shiva if this Sadhana is performed with full devotion and dedication. One also gets the blessings of Guru as Brihaspati is a form of Guru only.

Sadhana Procedure

One needs **Tantrokt Rudra Yantra, Guru Gutika and Chaitanya rosary** for this Sadhana. Get up early and have a bath. Wear **white clothes** and sit on a white mat facing **north**. Take a **wooden plank** and cover it with white cloth. Place a picture of revered **Gurudev** and **Lord Shiva** and worship them with **vermillion, rice grains, flowers** etc. Then chant one round of **Guru Mantra** and pray to Gurudev for **success** in Sadhana.

Now take a plate and write Guru Mantra over it with vermillion. Put a flower at the centre of the plate and place **Tantrokt Rudra Yantra** over it. Net, put a flower on the right side of the Yantra and place **Guru Gutika** over and pray to **Lord Brihaspati** to come and sit on it. Light a ghee lamp and an incense stick and chant **7 rounds** of below mantra for next **8 days**.

Mantra

|| Om Shreem Namah Shivaaya Om Shreem ||

|| ॐ श्री नमः शिवाय ॐ श्री ||

Wear the **Guru Gutika** on the eighth day around your neck or in your finger after completing the **Sadhana**. Keep the Sadhana articles at your worship place for at least one week. Drop all the **Sadhana articles** into river or pond after that. **Sadhana Articles ₹740**

Pushpadanteshwar Shiva Sadhana

King of **Gandharwa, Pushpadant**, used to **pluck flowers** from the garden of a king everyday to worship **Lord Shiva**. The king left no stone unturned to know who steals the flowers from his garden. After a lot of discussion, it was concluded that someone steals the flowers in an invisible form. To catch the thief, the king placed **Shiva Nirmaalya** in all the directions of his garden. The idea was the moment the invisible thief will cross over the Shiva Nirmaalya, he will lose his power of invisibility. The next day when Pushpadant crossed over Shiva Nirmaalya, he lost his powers and was captivated by the gardeners.

Pushpadant was sentenced to jail for his deeds by the king. Later, Pushpadant came to know that he crossed over Shiva Nirmaalya and felt grieved over his action. He started to worship **Lord Shiva** from his cell only. He established a Linga which was later known as **Pushpadanteshwar Shivalinga**. He was able to appease Lord Shiva by worshipping this Linga and was thus set free by the king. This Sadhana of Pushpadant can be used to win over any obstacles in life. The obstacles can be in the form of hurdles in daughter's marriage, challenges faced in our daily life. One can also perform this Sadhana to gain **success in any work** or to get promotion or approval from any senior government official or get back stuck money etc.

Sadhana Procedure

One needs **Tantrokt Rudra Yantra, 4 Pushpadant Rudraaksha and Pushpadant rosary** for this Sadhana. Get up early and have a bath. Wear white clothes and sit on a white mat facing north. Take a wooden plank and cover it with white cloth. Place a picture of revered **Gurudev and Lord Shiva** and worship them with **vermillion, rice grains, flowers** etc. Then chant one round of **Guru Mantra** and pray to **Gurudev** for **success** in Sadhana.

Now take a plate and make a Swastik mark on it by fragrant flower's petals. Place **Tantrokt Rudra Yantra** over it and worship it with **vermillion, unbroken rice grains, flowers** etc. Place one **Pushpadanta Rudraaksha** on each side of the Yantra and worship them too. Take some water in your right hand and speak out your wish, let the water flow on to the ground. Light a ghee lamp and an incense stick and chant **11 rounds** of below mantra for next **7 days**.

Mantra

|| **Om Hreem Hraum Kaarya Siddhim Namah Shivaaya** ||

|| **ॐ ह्रीं ह्रौं कार्य सिद्धिं नमः शिवाय** ||

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

Sadhana Articles ₹790

