

isha

Mahashivratri

SADHANA

Tools For Transformation



The Mahashivratri sadhana is a preparation for Mahashivratri – a night of tremendous possibilities. Anyone over the age of eight can participate in the sadhana, which can be done for a duration of either **40, 21, 14, 7 or 3 consecutive days** leading up to Mahashivratri on February 24, 2017.

The 40-day sadhana starts from Jan 16, 21-day from Feb 4, 14-day from Feb 11, 7-day from Feb 18 and 3-day from Feb 22.

The Daily Sadhana Process

- ◆ Do 12 cycles of Shiva Namaskar on empty stomach. Then chant the Sarvebhyo Chant thrice. This should be done once a day, before sunrise or after sunset.

Sarvebhyo Chant

Aum Sarvebhyo Devebhyo Namaha

Aum Pancha Bhutaya Namaha

Aum Shri Sathguruve Namaha

Aum Shri Pritviyai Namaha

Aum Adi Yogishwaraya Namaha

Aum, Aum, Aum

(We bow down to all the celestial and divine beings)

(We bow down to the five elements)

(We bow down to the Eternal Guru)

(We bow down to Mother Earth)

(We bow down to the One who is the Origin of Yoga)

◆ Soak 8-10 peppercorns together with 2-3 vilva or neem leaves in honey, and a handful of groundnuts in water, overnight. After the Shiva Namaskar and chanting, chew the leaves, consume the peppercorns after mixing them with lemon juice, and eat the groundnuts as well. Neem powder is available at IshaShoppe.com. Please be sure to finish your regular sadhana such as Shambhavi Mahamudra before consuming these.

A few points to mention about the Shiva Namaskar practice:

- ◆ Pregnant ladies are advised not to do Shiva Namaskar.
 - ◆ Ladies can do Shiva Namaskar during their menstrual periods.
 - ◆ People with hernia are advised to do the variations of Shiva Namaskar by using a cushion or a chair.
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- ◆ Light an oil lamp once in the morning and once in the evening. If a lamp is not available, you can use a candle.
 - ◆ Chant the Yoga Yoga Yogeshwaraya chant twelve times in the morning and twelve times in the evening after lighting the lamp. It is best to do this sadhana during the 40-minute sandhya kalas. Two significant sandhya kalas begin 20 minutes before and end 20 minutes after sunrise and sunset.

Yoga Yoga Yogeshwaraya

Yoga Yoga Yogeshwaraya

Bhuta Bhuta Bhuteshwaraya

Kala Kala Kaleshwaraya

Shiva Shiva Sarveshwaraya

Shambho Shambho Mahadevaya

Sadhana Guidelines

- ◆ Have only 2 meals a day. The first meal should be after 12:00 noon.
- ◆ If you feel hungry, you can drink the peppercorn-honey-lemon juice and water mixture again.
- ◆ Avoid smoking, consuming alcohol and eating non-vegetarian food.
- ◆ A black cloth should be worn, tied on the upper right arm for men and the upper left arm for women. Any black cloth can be used, but the cloth should be 12 inches in length and 1 inch wide. Those participating in the sadhana can procure the black cloth by themselves.

- ◆ Wear only white or light-colored clothing.
- ◆ Please have a bath or shower twice a day using herbal bathing powder. Herbal bathing powder is available at Shoppe Stores. Contact +91-9442645112 for more information.
- ◆ Apply Vibhuti on the following points: Agna – between the eyebrows, Vishuddhi – pit of the throat, Anahata – just beneath where the rib cage meets, and Manipuraka – just below the navel.

Culmination of Sadhana

The sadhana will culminate on Mahashivratri. The culmination process can be done at the Isha Yoga Center, or at your local Isha center, or at home before a photo of Dhyanalinga.

The process is as follows:

- ◆ It is essential to remain in Jagarana, which means to stay awake the whole night.
- ◆ Chant the Yoga Yoga Yogeshwaraya chant 112 times.
- ◆ Offer something to 3 people in need of food or money.
- ◆ Offer a vilva leaf / neem leaf / leaf with 3 or 5 petals to Dhyanalinga.
- ◆ Untie the black cloth from your arm and tie it near Nandi in front of Dhyanalinga. For those doing the process in their local centers or homes, burn the black cloth and smear the ashes on your forearms and legs after the culmination process.
- ◆ Complete a circumambulation of the parikrama of 112-foot Adiyogi.

If the culmination process is being done at home, you can use the below photo of Dhyanalinga.

You can hear the chants and watch the Shiva Namaskar video at:

isha.sadhguru.org/MSRsadhana



