

isha

MahaShivaRatri SADHANA



The Mahashivaratri sadhana is a preparation for Mahashivaratri – a night of tremendous possibilities.

Anyone eight years of age and above can do the sadhana.

The sadhana can be of varying duration. You can do the sadhana for 40, 21, 14, 7 or 3 consecutive days leading up to Mahashivaratri, MARCH 4, 2019.

DURATION (DAYS)	START DATE
40 DAYS	JAN 24
21 DAYS	FEB 12
14 DAYS	FEB 19
7 DAYS	FEB 26
3 DAYS	MAR 2

## Instructions for the Sadhana Period

### Diet

1. Soak 8-10 peppercorns together with 2-3 vilva or neem leaves in honey daily, overnight. Soak a handful of groundnuts in water daily, overnight.

△ If neem or vilva leaves are not available, please take neem powder balls. Neem powder is available at [ishashoppe.com](http://ishashoppe.com)

2. Have only 2 meals a day. The first meal should be after 12 noon.

△ If you feel hungry before 12 noon, you can have the peppercorn and honey, mixed with lemon juice and water.

3. Avoid eating non-vegetarian food, consuming alcohol and smoking.

## **Clothing**

△ Wear only white or light-colored clothing.

△ Purchase a black cloth to be tied on the upper right arm for men and the upper left arm for women. The cloth should be 12 inches in length and 1 inch wide. It should not be taken off for the entire duration of the sadhana period.

△ Have a bath or shower at least twice a day using herbal bathing powder.

△ Apply vibhuti daily at the following points on the body: agna – between the eyebrows, vishuddhi – pit of the throat, anahata – just beneath where the rib cage meets, and manipuraka – just below the navel.

## **Daily Sadhana**

Go to [isha.sadhguru.org/msr-sadhana](http://isha.sadhguru.org/msr-sadhana) to learn the practices and chants.

### **Shiva Namaskar**

1. Do 12 cycles of Shiva Namaskar on an empty stomach.
2. After doing the 12 cycles of Shiva Namaskar, chant the Sarvebhyo Chant thrice.

*Aum Sarvebhyo Devebhyo Namaha*

*Aum Pancha Bhutaya Namaha*

*Aum Shri Sadhguruve Namaha*

*Aum Shri Pritviyai Namaha*

*Aum Adiyogishwaraya 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)

△ This set of practices (Shiva Namaskar + Sarvebhyo Chant) should be done once a day, before sunrise or after sunset.

△ Pregnant women should not do Shiva Namaskar, but women can do Shiva Namaskar during their menstrual cycles.

△ People with hernia can do the variations of Shiva Namaskar, on a chair or using a cushion.

3. After the Shiva Namaskar and chanting, chew the neem/ vilva leaves; consume the peppercorns and honey, after mixing in lemon juice and water; eat the groundnuts.

△ Please be sure to finish your regular sadhana, such as Shambhavi Mahamudra, before consuming these.

△ If you are doing the Shiva Namaskar in the evening after sunset, you may consume the above in the morning before 12 noon.

## **Yoga Yoga Yogeshwaraya Chant**

1. Light an oil lamp once in the morning and once in the evening. If a lamp is not available, you can use a candle.

2. Chant the Yoga Yoga Yogeshwaraya chant twelve times in the morning and twelve times in the evening after lighting the lamp.

*Yoga Yoga Yogeshwaraya  
Bhuta Bhuta Bhuteshwaraya  
Kala Kala Kaleshwaraya  
Shiva Shiva Sarveshwaraya  
Shambho Shambho Mahadevaya*

3. It is best to do this sadhana during the 40-minute sandhya kalas. Sandhya kalas span the period 20 minutes before and after sunrise, noon and sunset.

## **Culmination**

△ 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.

△ Remove the black cloth from your arm and tie it near Nandi in front of Dhyanalinga.

**The process of tying the cloth in front of Dhyanalinga offers the possibility to dissolve karmic impressions, even after one has left the space.**

△ Complete a circumambulation of the parikrama of the 112-foot Adiyogi.

**If for some reason you are unable to culminate at the Isha Yoga Center, you can do so from home on Mahashivaratri. In that case,**

△ It is essential to remain in jagarana.

△ 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 a photo of Dhyanalinga. You can download a photo at [isha.sadhguru.org/MSRSadhana](http://isha.sadhguru.org/MSRSadhana).

△ Remove the black cloth from your arm, burn the cloth and smear the ashes on your forearms and legs after completing the culmination process described above.

**If you have any questions,  
contact: [info@mahashivarathri.org](mailto:info@mahashivarathri.org)**

