

Culmination of Sadhana



The sadhana will culminate on Mahashivaratri. The culmination process can be done at the Isha Yoga 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.



If you are doing the culmination process at home, you can download this photo of Dhyanalinga.

If you have any questions, please contact:
info@mahashivarathri.org



MahaShivaRatri SADHANA



The Mahashivaratri sadhana is a preparation for Mahashivaratri – a night of tremendous possibilities. Anyone over the age of seven can participate in the sadhana.

Sadhana Dates



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, 8 March 2024.

DURATION (DAYS)	START DATE
40 DAYS	29 JAN – 8 MAR
21 DAYS	17 FEB – 8 MAR
14 DAYS	24 FEB – 8 MAR
7 DAYS	2 MAR – 8 MAR
3 DAYS	6 MAR – 8 MAR

Daily Sadhana Process



The daily process for the sadhana is as follows:

- ▷ Do 12 cycles of Shiva Namaskar on an empty stomach. Then, chant the Sarvebhyo Chant thrice. This should be done once a day, before sunrise or after sunset. If you need to review the practice, visit isha.co/msr-sadhana.

Sarvebhyo Chant

Aum Sarvebhyo Deवेbhyo 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. If the neem leaves are not available, the neem powder is available at IshaLife.com. Please ensure to finish your regular sadhana, such as Shambhavi Mahamudra Kriya, before consuming these.
- ▷ 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 chant

Yoga Yoga Yogeshwaraya

Bhuta Bhuta Bhuteshwaraya

Kala Kala Kaleshwaraya

Shiva Shiva Sarveshwaraya

Shambho Shambho Mahadevaya

Sadhana Guidelines

There are a few guidelines to follow during the sadhana period.

- ▷ 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 Isha Life.
- ▷ 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.