

## **Dhyanalinga Offerings Given to Participants**

- △ Black cloth
- △ 21 rudraksha beads with Dhyanalinga pendant
- △ Dhyanalinga photo with mantra sheet
- △ Dhyanalinga Vibhuti
- △ Biksha Hundi

## **Instructions for the Sadhana Period**

- △ The sadhana begins on your chosen date of initiation.
- △ You can attend the initiation online (check your email for the link) or at a local center offering the initiation.
- △ It is mandatory for participants to be at the Dhyanalinga for the culmination of the sadhana.

## **Sadhana Guidelines**

- △ The rudraksha mala with the Dhyanalinga pendant should be worn during the sadhana period.
- △ The black cloth should be tied on the upper right arm. It can be rinsed in plain water while bathing.
- △ It is recommended that you address others as Shiva during the sadhana period.
- △ Shower / Bath should be taken twice a day. Please use herbal bathing powder (snanampodi/moong dal powder) instead of soap.
- △ Vibhuti should be applied between the eyebrows, at the pit of the throat, behind the ears, on the solar plexus, and on the navel.
- △ Shiva Namaskar should be done with devotion 21 times at a stretch every day, either before sunrise or after sunset, on an empty stomach. After Shiva Namaskar, the Sarvebhyo & Yoga Yoga Yogeshwaraya mantras should be chanted thrice.
- △ Collect biksha from at least 21 people in the Biksha Hundi and bring it, along with offerings, to the Dhyanalinga on your culmination day.

## **Diet**

- △ No smoking, consuming alcohol, or eating non-vegetarian food.
- △ Have only two meals a day. The first meal should be after 12 noon.
- △ Soak 8-10 peppercorns along with 2 or 3 vilva or neem leaves in honey overnight. Also, soak a handful of groundnuts in water separately. In the morning, chew the leaves on an empty stomach. After your daily Shivanga Sadhana, mix peppercorns with lemon juice and honey and consume them. Also, eat the soaked groundnuts.

## **Dress Code**

- △ White or light-colored clothing should be worn during this period.
- △ Wearing the Shivanga shawl during the sadhana period is recommended.

**Registration Venue:** Dhyanalinga premises, Coimbatore

**Reporting Time (6 AM to 3 PM)** On arrival, please complete the check-in formalities at the Check-in Counter.

### Offerings

- △ Tie each coconut in a separate black cloth, making sure the cloth fully covers the coconut. Then, tie all three coconuts together.
- △ Tie the sesame seeds in a separate black cloth.
- △ Also, please bring the Biksha Hundi.

### Making the Offering

- △ Carry the offerings on your head to the Dhyanalinga and make the offerings (three coconuts, sesame seeds, and Biksha Hundi) at the respective places.
- △ After making the offering, have darshan of Dhyanalinga.
- △ Keep chanting "Aum Namah Shivaya" while making the offering.
- △ While making the offering, do not wear shirts or upper body garments.
- △ Please switch off your mobile phones while making the offerings.

### Yatra to Velliangiri

- △ The Velliangiri Yatra will begin on the day of your culmination or the following day.
- △ Before leaving for the yatra, please give your attendance at the Yatra Desk.
- △ Do not wear a shirt or upper body garment. If needed, shawls can be worn.
- △ Chant "Aum Namah Shivaya" throughout the entire duration of the yatra.
- △ Collect the packed food and refill water before leaving for the yatra.
- △ Carry a shoulder bag, shawl, packed food, fruits, healthy snacks (dry fruits and nuts), glucose, electrolytes, pain relievers (e.g. Moov, Volini spray), raincoat, kneecap, and a torchlight.
- △ The yatra needs to be done barefoot but please carry your slippers so you can wear them later.

### During the Yatra

- △ Avoid plastics and do not throw any garbage on your way.
- △ Please stick to the allotted group and route.
- △ Do not feed any wildlife you come across.

### After the Yatra

- △ After you complete the yatra, please give your attendance at the Yatra Desk.
- △ To complete the Shivanga Sadhana, tie the black cloth worn around your arm to the tamarind tree in front of Dhyanalinga.

### Accommodation

- △ Please bring an air pillow, blanket, and other items needed for your stay.
- △ Please take care of your belongings and refrain from bringing valuables. Kindly avoid keeping any valuables in the stay area.
- △ There will be no facility for washing clothes. So, please bring sufficient clothes for the entire duration of your stay.
- △ Smoking and the consumption or possession of alcohol and drugs are strictly prohibited in the Dhyanalinga premises and during the yatra.

### Emergency Help

- △ In case of an emergency, please contact your group coordinator or the helpline at 83000 83111.

**Note:** If you wish, you can contribute to maintaining the sanctity of the Velliangiri Mountains by clearing garbage on your way to the mountaintop and back. You can collect a garbage bag from the Yatra Desk.