

निम्न लिंक से पुस्तक देखें।



# BHAIRAVA UPĀSANĀ

*In Bhairava Sādhanā one must tread the path consciously and carefully;  
Knowing, remembering and following the ways and means dexterously;  
Worshipping meticulously well keeping body, mind and soul fully clean;  
Doing everything devotionally; faithfully, literally but not figuratively.*

**Prof. Shrikant Prason**

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## Section I Parichaya Aur Stuti Introduction and Prayers

प्रातःस्मरणीय भैरव श्लोक

**Prātah Smarneya Bhairava Shloka**

कपाली कुण्डली भीमो भैरवो भीम-विक्रमः ।

व्यालोपवीती कवची शूली शूरः शिवप्रियः ॥

एतानि दश-नामानि प्रातःउत्थाय यः पठेत् ।

भैरवी-यातना न स्याद् भयं क्वापि न जायते ॥

*Kapāli kundali bheemo bhairavo bheema-vikramah;*

*Vyālopavitī kawach shooli shoorah shiva-priyah.*

*Yetāni dasha-nāmāni prātah-utthāya yah pathet;*

*Bhairavi yātnā na syād bhayam kvāpi na jāyet.*



श्री बटुक प्रातः स्मरणम्

**Shri Batuka Prātah Smarnam**

प्रातः स्मरामि बटुकं सुकुमार मूर्तिं

श्री स्फटिकाभ सदृशं कुटिलालकाढ्यम् ।

वक्त्रं दधान मणिं आदि गुणैः हि युक्तं

हस्तद्वयं मणिमयैः पदभूषणैः च ॥ 1 ॥

प्रातः नमामि बटुकं तरुणं त्रिनेत्रं

कामास्पदं वरकपाल त्रिशूल दण्डान् ।

भक्तार्ति नाशकरणे दधतं करेषु

तं कौस्तुभ आभरण भूषित दिव्यदेहम् ॥ 2 ॥

*Prātah smarāmi batukam sukumār murti*

*Shri sphātikābha sadrisham kutilālakādhyam;*

*Vaktram dadhān manim ādi gunaih hi yuktam*

*Hasta-dvyam mani-mayaih pada-bhushanaih cha.*

*Prātah namāmi batukam tarunam trinetram*



## Section II Bhairava Upāsana aur Poojan Worshipping Bhairava

श्री काल भैरव अष्टकम्

Shri Kāla Bhairava Ashtakam

श्रीगणेशाय नमः !

देवराज सेव्यमान पावन-अंग-घ्रिपंकजं  
व्यालयज्ञ सुत्रं-इन्दु-शेखरं कृपाकरम्।  
नारद-आदि योगीवृन्द वन्दितं दिगम्बरं  
काशिकापुर अधिनाथ कालभैरवं भजे ॥ 1 ॥

*Shriganeshāya namah !*

*Devarāja sevya-mān pāvan-anga-ghri-pankajam  
Vyāla yagya sutram-indu-shekham kripākaram;  
Nārada-ādi yogi-vrinda vanditam digambaeram  
Kāshikāpur adhināth kāla-bhairavam bhaje.*

I am worshipping that Kāla Bhairava who is served by Indra; who has pious lotus-like feet; who wears a serpent like sacred thread; who holds Moon on the forehead; who is kind to all; who is worshipped by the Munis including Nārada; who wears directions as clothes and who is the master of Kāshipuri.

भानु कोटि भास्वरं भवाब्धि-तारकं परं  
नीलकण्ठं इप्सितार्थ-दायकं त्रिलोचनम्।

काल-अकालं-अम्बुज-अक्षं-अक्ष-शूलं-अक्षरं  
काशिकापुर अधिनाथ कालभैरवं भजे ॥ 2 ॥

*Bhānu koti bhāswaram bhavādhi-tārakam param  
Neelakantham ipsitārtha-dāyakam trilochanam;  
Kāla-akālam-ambujaāksham-aksha-shoolam-aksharam  
Kāshikāpur adhināth kāla-bhairavam bhaje.*

I'm worshipping that Kāla Bhairava who is the master of Kāshi; who is bright like crores of suns; who helps in crossing