

## **Dhyanalinga Offerings Given to Participants**

- ✿ Black cloth
- ✿ 21 rudrakshas with Dhyanalinga pendant
- ✿ Dhyanalinga photo with mantra sheet
- ✿ Dhyanalinga vibhuti
- ✿ Biksha Hundi

## **Instructions for Sadhana Period - Dates**

- ✿ The sadhana begins on .....Poornima, and ends on..... Shivaratri.
- ✿ It is mandatory for the participants to be at the Dhyanalinga for the culmination of the sadhana on Shivaratri.

## **Sadhana Guidelines**

- ✿ The rudraksha mala with the Dhyanalinga pendant should be worn during the sadhana period.
- ✿ Shower/bath should be taken twice a day. Please use herbal bathing powder (*snanam podi / moong dal powder*) instead of soap.
- ✿ The black cloth should be tied on the upper right arm. It can be rinsed in plain water while bathing.
- ✿ 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 a day at a stretch, either before sunrise or after sunset on an empty stomach. After Shiva Namaskar, the mantra should be chanted thrice.
- ✿ Biksha must be received from at least 21 people in the Biksha Hundi. The Biksha Hundi and offerings should be brought to the Dhyanalinga on Mahashivaratri.

## **Diet**

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

## **Dress Code**

- ✿ Whites or light color clothing should be worn during this period.