

Kaalashtami is an extremely important day in Hinduism. It is dedicated to Lord Shiva's fierce form, Lord Kalabhairav. It is observed on the Ashtami Tithi (8th day) of the Krishna Paksha (dark fortnight) of every month. This day symbolizes the victory of good over evil and the purification of the soul.

Significance of Kaalashtami:

This day is associated with Lord Shiva's wrathful form, Kalabhairav. It is believed that Kalabhairav destroyed adharma (unrighteousness) and established dharma (righteousness). On this day, devotees worship Lord Kalabhairav and seek his blessings.

Kalabhairav is considered the lord of time (Kaal) and death. It is believed that worshipping him eliminates negative energies and provides freedom from ghosts and evil spirits.

[Shri Batuka Bhairava Chalisa](#)
[Maa Kalratri aarti](#)

What to Do on Kaalashtami?

Devotees perform the following rituals to please Lord Kalabhairav on Kaalashtami:

1. **Take a Bath and Resolve to Worship:** Wake up early in the morning, take a bath, and resolve to worship Lord Kalabhairav. Wear clean and simple clothes.
2. **Worship Lord Kalabhairav:** Light a lamp in front of Lord Kalabhairav's idol or image. Offer flowers, black sesame seeds, mustard oil, coconut, and jaggery. Perform the worship using the Panchopachar method to please the Lord.
3. **Recite Kalabhairav Stotra and Mantras:** Chanting mantras on Kaalashtami is of great significance. The following mantras should be recited:
 - "Om Kalabhairavaya Namah"
 - "Om Ham Sham Nam Gam Kam Sam Kham Mahakalabhairavaya Namah"
 - "Om Namah Shivaya"
4. **Night Vigil (Jagran):** Listen to the story of Lord Kalabhairav and stay awake during the night. This brings special blessings.
5. **Visit Kalabhairav Temple:** Visit a nearby Kalabhairav temple for darshan and offerings. It is considered auspicious to feed dogs at the temple, as they are Lord Kalabhairav's vehicle.

What Not to Do on Kaalashtami?

There are certain things to avoid on this day:

- **Avoid meat and intoxicants:** This day is meant for purity and spiritual practice. Avoid consuming meat, alcohol, tobacco, etc.

- Do not tell lies: Speaking falsehood and hurting others will negate the benefits of the worship.
- Avoid crimes and violence: Do not engage in any violent or wrongful acts. This day is meant for soul purification.
- Maintain cleanliness: Keep your home and worship area clean, as impurity displeases Lord Kalabhairav.

Puranic Reference of Kaalashtami:

According to the Puranas, Lord Kalabhairav incarnated to destroy Brahma's arrogance. Brahma had insulted Lord Shiva, which made Shiva angry. From his anger, Kalabhairav manifested and destroyed Brahma's pride, making him realize his wrongdoings.

Significance of Kaalashtami Vrat (Fast):

People who observe the Kaalashtami fast are believed to be freed from fear and negativity. It is believed that by observing the fast on this day, Lord Kalabhairav removes all obstacles in one's life and paves the way for success.

Method of Observing the Fast:

- Wake up early and take a bath.
- Worship Lord Shiva and Kalabhairav.
- Remain on a fruit-based diet throughout the day.
- Visit the Kalabhairav temple at night and offer prayers.
- Break the fast after the pooja on the following day.

Special Practices on Kaalashtami:

1. **Feeding Dogs:** As Lord Kalabhairav's vehicle is a dog, feeding dogs on this day is considered highly auspicious.
2. **Lighting Lamps:** Lighting lamps outside your home and in the temple at night keeps evil forces at bay.

Eight Forms of Kalabhairav (Ashtabhairav):

Lord Kalabhairav has eight forms, collectively known as Ashtabhairav. Worshiping each form brings different blessings:

1. Asitang Bhairav
2. Rudra Bhairav
3. Chandra Bhairav
4. Krodh Bhairav
5. Unmatt Bhairav
6. Kapali Bhairav
7. Bhishan Bhairav
8. Sanhar Bhairav

Things to Keep in Mind on Kaalashtami:

1. **Spiritual Practice:** Meditation, spiritual practice, and chanting mantras on this day aid in spiritual growth.
2. **Maintain Purity:** Maintain purity in your thoughts, actions, and speech.

Kaalashtami is a day dedicated to Lord Kalabhairav. It is extremely effective in removing life's hardships and purifying the mind. Worship, fasting, and spiritual practice on this day help individuals attain a life free of fear, positive energy, and inner peace. Chant the mantra "Om Kalabhairavaya Namah" and receive Lord Kalabhairav's blessings.

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