

Vaiyaktika Sādhana-s for Chāturmasā 2025

Dear Sādhaka-s,

Chāturmasā is a sacred period of intense spiritual practice and austerities that will commence on Guru-Pūrṇimā (Āshādhā Shukla Pūrṇimā, 10th July 2025) and conclude on Bhādrapada Pūrṇimā which this year falls on 6th September 2025. Under the guidance of an enlightened Guru, this spiritually enriching period is considered ideal for sādhanā. There is a special 'snigdhatā' during this time that makes sādhanā-s more meditative, contemplative and inward-looking. This natural environment is also considered an auspicious time to transform material pursuits into spiritual quests.

This year H.H. Shrīmat Sadyojāt Shaṅkarāshram Swāmījī will observe Chāturmasā Vrata at Shrī Chitrāpur Math, Shirālī.

Let us sādhanā-s take a Saṅkalpa to perform the below mentioned sādhanā-s for our spiritual upliftment and for the welfare of the Math and samāja:

1. Double our daily Mantra Japa Mālā-s
2. Recite/read the Shrī Subrahmaṇya Bhujaṅga Stotram, and/or Shrī Guru Bhajana Stotram daily
3. Perform Breath centered Meditation for 15 -30 mins everyday
4. Perform Shrī Devī Anushthānam every Tuesday & Friday.

H.H. Swāmījī has given His kind consent and blessings for these Vaiyaktika sādhanā-s by the samāja.

RESOURCES

1. Shrī Subrahmaṇya Bhujaṅga stotram and Meditation:

- PDF: <https://www.chitrapurmath.net/short/SSBS>
- Chant the Stotram:
<https://youtu.be/joybkSF8H2I?list=PLal1Jj2nA8af4jfzScp79yzdvlXMW-HVD&t=164>
- Meditation:
<https://youtu.be/joybkSF8H2I?list=PLal1Jj2nA8af4jfzScp79yzdvlXMW-HVD&t=4225>
<https://youtu.be/gH7YNph0fi4?list=PLal1Jj2nA8af4jfzScp79yzdvlXMW-HVD&t=4674>
- 4-Part Swādhyāya: <https://www.chitrapurmath.net/short/SwadhyayaSSBSv>

2. Shrī Guru Bhajana Stotram:

- PDF: <https://www.chitrapurmath.net/short/SGBS>
- Audio: <https://www.chitrapurmath.net/short/SGBSa>

3. Shrī Devī Anushthānam:

- PDF Instructional:
<https://www.chitrapurmath.net/short/ShriDeviAnushthanaInstructionalp>
- Video: Guideline by H.H. Swāmījī
<https://youtu.be/vXmTBMubgFU>
- Video: Mantra-s for Shrī Devī Anushthānam
https://youtu.be/OZHBOgZg_Uo

V 1.1

[Click here for the latest version of this document](#)