

Bhairava

♩ = 110

Music and movements by Tansen Philip O'Donohoe

Capo fret 3

A	C	D	E	G	E	D	C
C	E \flat	F	G	B \flat	G	F	E \flat

Bhai - ra - va, ___ Bhai - ra - va ___ Bhai - ra - va ___

A	Dm	A	Dm	G	A
C	Fm	C	Fm	B \flat	C

Om Shri Bhai-ra- va ___ Na-ma - ha, ___ Om Shri Bhai-ra- va ___ Na-ma - ha. ___

Dance Directions:
Establish Partners.

In this dance there is no physical touching throughout. Our energy fields however do reach out beyond the physical body. Encourage an awareness of and merging with the energy bodies of oneself and others in the circle. In this tradition the energy body is called Dwadashanta. Also known as bioplasmic energy field, pranamaya kosha, aura etc. The emphasis is on spaciousness throughout.

Also note that there is a tendency for partners when they face each other to raise their arms too quickly. Good to emphasise several times if necessary that they face each other in stillness with the hands down being aware of the energy-less-energy-filled spaciousness in between.

1. **Bhairava, Bhairava.** Dancers face towards the centre of the circle. With a soulful, bouncy step dancers take two steps to the right. There is a slight lean to the right and the feet are slightly pointed towards the right. At the same time with each step there is a click of the fingers. On Bhai the hands are in a lowered position and they raise in rhythm to click the fingers with a flourish on Va. Therefore two clicks in all.

3. and 4. Repeat the above movements to the left. Turn is anti-clockwise.

5. **Om Shri Bhairava.** Facing partner. The distance between partners is about 12 to 18 inches. With hands down and with open palms face partners face each other in stillness with a sense of awareness of the spacious connection that their energy bodies make.

6. **Namaha.** Arms raise slowly above head height and partners make a half turn together. Partners mirror each other maintaining a spacious, energetic connection.

7. **Om Shri Bhairava.** With open palms still raised and facing partners' palms, partners lower their hands as if in blessing mirroring each other as they maintain the energetic connection.



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Notation by Wayne Rollack

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8. **Namaha.** With arms down dancers make a half turn individually to come to face their next partner coming into the same starting position with hands down and with open palms facing each other.

9. 10. 11. 12. Repeat same movements with second partner.

Dance repeats.

Vigyana Bhairava Tantra, a Shaivite text originating from Kashmir, teaches 112 methods or means of concentration that lead to union with the Divine. Traditionally called Dharanas - undistracted instructions or spiritual instructions leading the mind to an undistracted waveless state.

Many dharanas focus on emptiness, the void, spaciousness. Practices aim at emptying the mind of its oscillating thoughts and making it supportless in this way gaining access to a state of pure consciousness.

One of these dharanas is repeating the mantra Bhairava. In so doing we become one with Shiva.

Swamin Nischalananda translates the dharana in this way. *The word 'Bhairava' symbolizes the Reality which frees us from fear. Reality is all-pervading and creates everything. Therefore continuously chant the mantra 'Bhairava' and realize That.*

Swami Laksmanjoo has this translation. *Bhairava is one who makes everything resound with fear and who pervades the entire universe. One who utters this word 'Bhairava' unceasingly becomes 'Shiva'.*

The literal meaning of Bhairava is That which brings fear. With the sense that for there to be wisdom the importance of the ego needs to diminish. Realization that the ego is not the totality of our being is something to be cultivated and explored. Only when the ego starts to quake in its boots can we open up to a wider picture of what Bhairava really means. Subsequently this insight actually removes fear. Can say that Bhairava means Reality. Bhairava and Shiva are essentially synonymous. As Swami Nischalanda says: Shiva is not a person or a form, Shiva is an experience. The VBT deals entirely with experiential wisdom.

Recommended books on *Vigyana Bhairava Tantra*.

Paul Reps and Nyogen Sensaki. *Zen Flesh Zen Bones*.

Swami Lacksmanjoo. *Vijnana Bhairava. The Manual for Self-Realisation*. And *Vijnana Bhairava: The Practice of Centering Awareness*. Available on Amazon etc

Swami Nischalananda. *Insight into Reality*. Published by Mandala Yoga Ashram, 2011. www.mandalayoga.net. Only seems to be available from the Ashram.



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