

Sadhana

What is Sadhana? Sadhana is a spiritual practice. Sadhana (the word itself) means any practice of self discipline that allows one to express the infinite within one's self. It is a time each day to notice all the negative habits that lead you away from higher consciousness and to eliminate the desires underlying those habits one by one.

Sadhana is a conscious activity. You consciously choose to wake up in the early hours of the morning instead of sleeping. Consciously exercise the body and meditate. Each day we are different. Every 72 hours all the cells of our body totally change. Sickness comes and goes. Motivation waxes and wanes. But through all the flux of life, through all the variations of our minds and hearts, we consciously choose to maintain a constant and regular practice.

Why in the early morning? It is important because the angle of the sun to the earth is very good for meditation at that time. Also there is a lot of Prana (life force energy) in these hours and the body rhythms are more set to support physical cleansing than during the rest of the day. There are few people awake and busy so the clutter and bustle of daily activities does not interfere with you.

There will be many challenges that come your way to stop your practice (and it doesn't matter what time of day you do it the challenges will present themselves) But as you conquer each one you will build your will power, your confidence and the ability to concentrate. You will find that after a while your day will seem to flow better.

Realize that 60% of our activities are done through the subconscious and responses by habit. After practicing Sadhana for awhile the effect will begin to seep into the rest of your day. After 40 days your subconscious mind finally gets your message and knows that you are sincere.

You will find that your attitude plays a big role in your success. Sadhana is discipline, attitude, and mastery. If you have a bad attitude towards getting up in the morning you will sleep in. If you push through this attitude and "just do it" then soon your attitude will change and you will be up and ready to start your day.

Why do Sadhana? You may ask yourself why would I want to do this daily practice (or any discipline that you pick for sadhana). In modern civilization, our lifestyles have induced a split from nature's rhythms and consequently from the natural attunement to our inner life. This leaves a split that runs between the two sides of our brain. Scientists have discovered that the left and right sides of the brain have different functions. And our western society we have pressed our left brain to the limit. We often fill our lives with action oriented, goal oriented, linear, logical, verbal thinking. The right brain that rules intuition and is the doorway to the deeper self is not as valued. But the right brain activities are equally as important as the left, and we have an innate drive to use all parts of ourselves. The frustrated right brain leads us to great gullibility in emotional and spiritual endeavours as we thirst for experience and leap at every opportunity. Sadhana is a way of healing the left/right brain split and imbalance of our

consciousness. In sadhana the exercises and concentration are left-brain functions. The meditation and chanting are right brain functions. Sadhana acts kind of like a counsellor to the two sides of the self. It creates a meditative mind which can absorb all the stimuli in the environment, compute it, and then act wisely instead of just reacting. In inner observer can understand logic as well as intuition, activity as well as rest and science as well as art. The commitment to sadhana sets the values of the self. The values of the self allow you to subject the power of the self to create. Creativity allows detachment. Detachment allows judgment. Judgement plus forgiveness give progress in the process of expansion of the self.

Group Sadhana

When we practice together in a group the effects of the sound is multiplied by adding the sound of others so the more the people in the group the better.

How to Prepare for Sadhana and what to expect.

When attending Sadhana make sure you are awake....it is recommended that you take a cold shower and rub your body vigorously to wake up. (you can also splash cold water on your face) Wearing white helps with projection of the aura. So make sure you go to bed on time the night before. Show up early enough to get set up. Please enter quietly and stay silent if you can. You can either lie down or sit in easy pose and meditate on the breath until we are ready to begin. The room will be dim so if you need to see the words bring a small flashlight that isn't too powerful. The class will begin by listening to Japji Prayer that you can also learn and chant along with. Then the group will tune in with the Audi Mantra. Everyone will participate in a Kriya (usually the Kriya for Morning Sadhana, the kriya is important as it exercises the physical body and helps to keep the circulation balanced and strong, to remove tensions and blocks created by emotions and to alter the glandular secretions so they correspond to the state of consciousness you want to attain and to clean the blood system to prevent disease. It also helps you to stay alert during the mediation. Following the Kriya will be relaxation and then the mediation (62 minutes). It is a good idea to bring a blanket you keep yourself warm during relaxation and meditation. Also a small pillow to sit on is also a good idea. Some people have a special shawl or mediation shawl that they use only for Sadhana. This is good because the shawl will absorb the vibrations of the mantras and it is believed to help set ones mind into mediation by simply wrapping it on you.

Be aware that you may see people with either a wrap or bandana or turban on their head during sadhana. This is not a religious thing it is simply acting as a filter for the mind as in yoga the 7th chakra is located on the top of the head and during meditation this may be opened....so placing a head covering helps to filter out any unwanted garbage.

Mantra Meditation

This meditation process has 7 parts to it and thus 7 different mantras.

Step 1: Adi shakti Mantra or Long Ek Ong Kars.

Ek Ong Kar Sat Nam Siri Wahe Guru- Which translates as:

“One creator created this creation. Truth is His Name. Great beyond description is His infinite wisdom”

This mantra initiates the sensitization of our relationship in responsiveness between our individual soul and our universal soul. This mantra is called the morning call and creates a responsive interrelationship between you and the universal creative energy, so it initiates the kundalini.

*explain the locks as you go through the pronunciation and practice the mantra.

Step 2: Waah Yantee, Kar Yantee, Jag Dut Patee, Aadak It Waahaa, Bramaadeh Tresha Guru, It Wahe Guru. Means: Great Macroself, Creative Self. All that is creative through time. All that is the Great One. Three aspects of God: brahma, Vishnu, Mahesh (Shiva), That is Wahe Guru.

This mantra was predicted by the sage Patanjali in his Purans, and the practice of this mantra is the culmination of hundreds and hundreds of years of prayer. So once we've established our connectedness with the first mantra, we chant this mantra to establish our radiance.

Step 3: Mul Mantra

Ik Ong Kar Sat nam Karta Poorkh Nirbhao Nirvair Akal Moorat Ajooni Saibhang Gurprasaad Jap Aad Sach Jugaad Sach Hai Bhee Sach Nankho Si Bhee Sach. Means : One Creator, Creation, Truth Identified (named) Doer of Everything, Fearless, Revengeless, Undying, Unborn, Self-existent, Guru's grace (gift), Repeat, True in the beginning, True throughout the ages, True even now, Nanak says Truth shall ever be.

In this mantra is all of 108 elements, variations or qualities that mix and blend to form the experience and elaboration of developments in the universe. It expands our creativity and projects us into action in line with the creator, in line with dharma and destiny.

Step 4: Akaal Mantra – Sat Siri Siri Akal, Airi Akal Maha Akal, Maha Akal Sat Nam, Akal Moorat Wahe Guru. Means : Great truth, Great undying, Great undying, Great deathless, great deathless, Truth is his name, Deathless image of God, Great beyond description is His wisdom.

Now we declare that we live as deathless beings. WE are timeless, and all the actions that we do are from the timeless space of our soul. As we go through the Aqarian transition, we establish ourselves firmly outside the change of time.

Step 5: Rakhe Rakhan – Rakhe rakhanehare aap ubarean

Guruki peri pae katche sawarean

Hoa aap deal manoh na visarean

Sah djana ke sangh bavdjal tarian

Sakt nindak dusht kin ma bidarean

Tis sahib ki tek nanak man mai

Jis simrat such hoe sagal dukh djai

Mean: Thou who savest, save us all and take us across, uplifting and giving the excellence. You gave us the touch of the lotus feet of the Guru, and all our jobs are done. You have become merciful, kind and compassionate, and so our mind does not forget thee.

Once we are in this deathless place, full of radiance and responsive oneness to the universe, and declared as a part of the great macroself, we are surrounded by protection.

Step 6: Wahe guru wahe guru wahe guru wahe jio -22 min. Means: this is the mantra for ecstasy. There is no real translation but we could say it means – Wow, God is great. Indescribably great is his infinite, ultimate wisdom. Jeeo is an affectionatebut still respectful variation of the word Jee which means soul.

Sit in vira san. For 22 min. We conquer our mind and establish ourselves in potent progression for prosperity, victory, the love of challenge, the right to excel and to honor the soul.

Step 7: Guru guru wahe guru guru ram das guru – 5 min.

Means: These syllables are in praise of the consciousness of Guru Ram Das and invoke his spiritual light, guidance, and protective grace. This is our humble declaration that we have purified ourselves, we are complete, and that we are going into the world to enjoy life, to uplift all and be of service.

Questions often Asked about Sadhana:

Should I change the excersises and kriyas everyday?

One part of the sadhana should stay constant long enough for you to master, or at least experience the changes evoked by a single technique. Each kriya and mantra has its individuality. Their effects are not all the smae although they all bring you towards a cosmic consciousness.

There is a natural forty day rhythm to habits in the body and mind. It takes about forty days of consistent practice to break a habit. To establish a new habit in action and in the subconscious takes about ninety days.

When I am sick, should I attend sadhana?

If you are going to be in bed all day with extreme sickness, then no. If it is not extreme (means also menstruation) then attend sadhana and do what you can. Even if it is only the meditation or that you lye down through it...this way you get better faster and you maintain your sadhana rhythm.

How long should a beginner do sadhana?

Always do some sadhana no matter how short, for every effort of the individual mind to meet the universal self is reciprocated a thousand-fold. It is good for some people to start off slowly and then build up their practice. Think of climbing a mountain...you don't start with climbing Mt. Everest as you will be sure to fail.

Why is it important to wear a head covering?

The hair regulates the inflow of sun energy into the body system. To let the solar energy flow without obstruction cover the head.