

Path to Siva

A Catechism for Youth

Satguru Bodhinatha Veylanswami

DE OUR

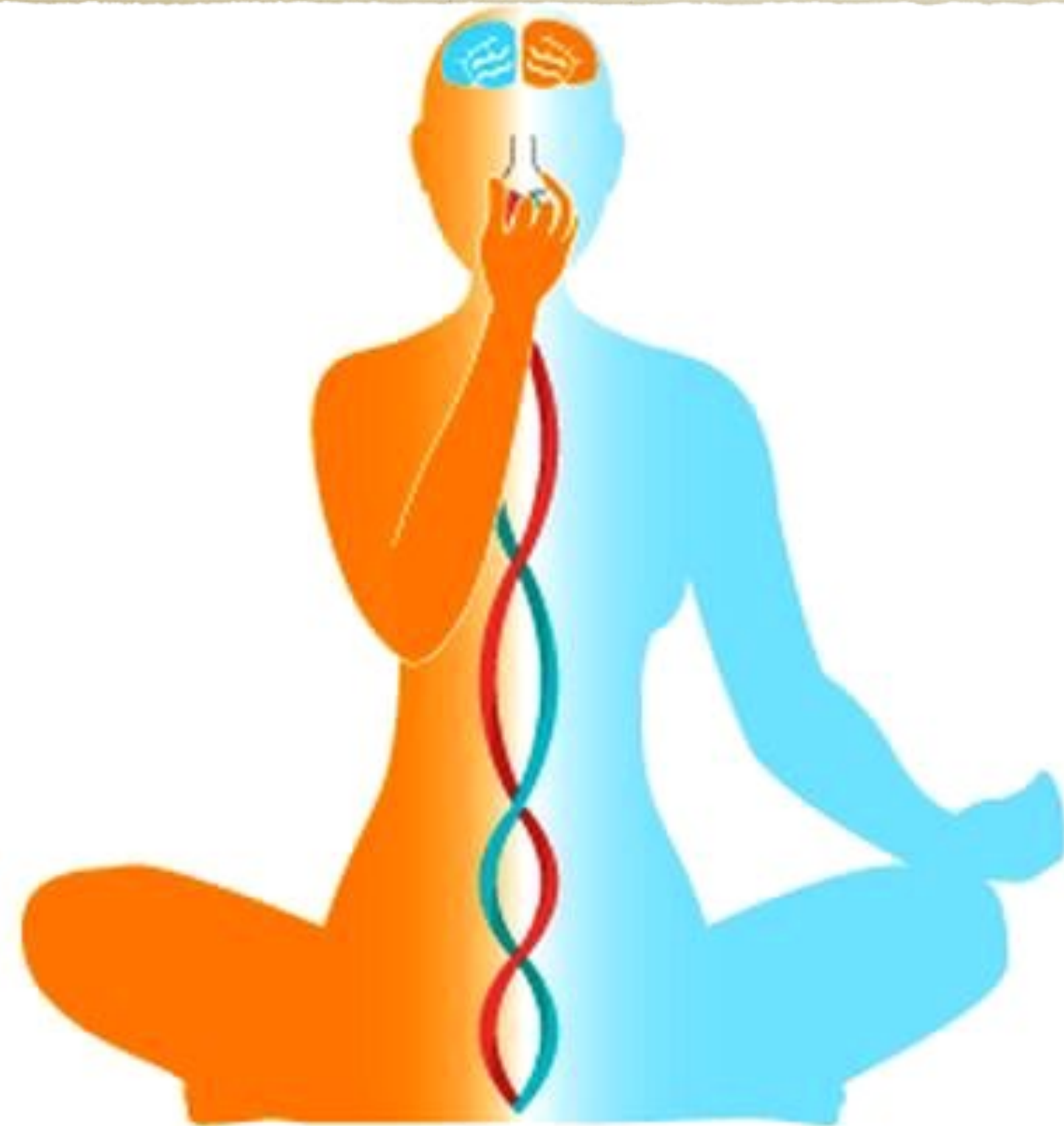
EATH TI



Lesson 43

What Is Sadhana?

Three dimensions of our Being



There are three dimensions to our being: physical, emotional/intellectual and spiritual.

All three need attention for optimum health.

Exercise

Exercise strengthens our physical body.



Learning

Learning and practicing self control expands and enhances our emotional/mental capacity.



Sadhana is spiritual practice

Through *sadhana*, spiritual practice, we exercise our spiritual nature by taking time to experience it. .



Are we aware of our deep inner reality?

Most of the time we are so wrapped up in our outer nature that we are hardly aware of our deep, glorious inner reality.

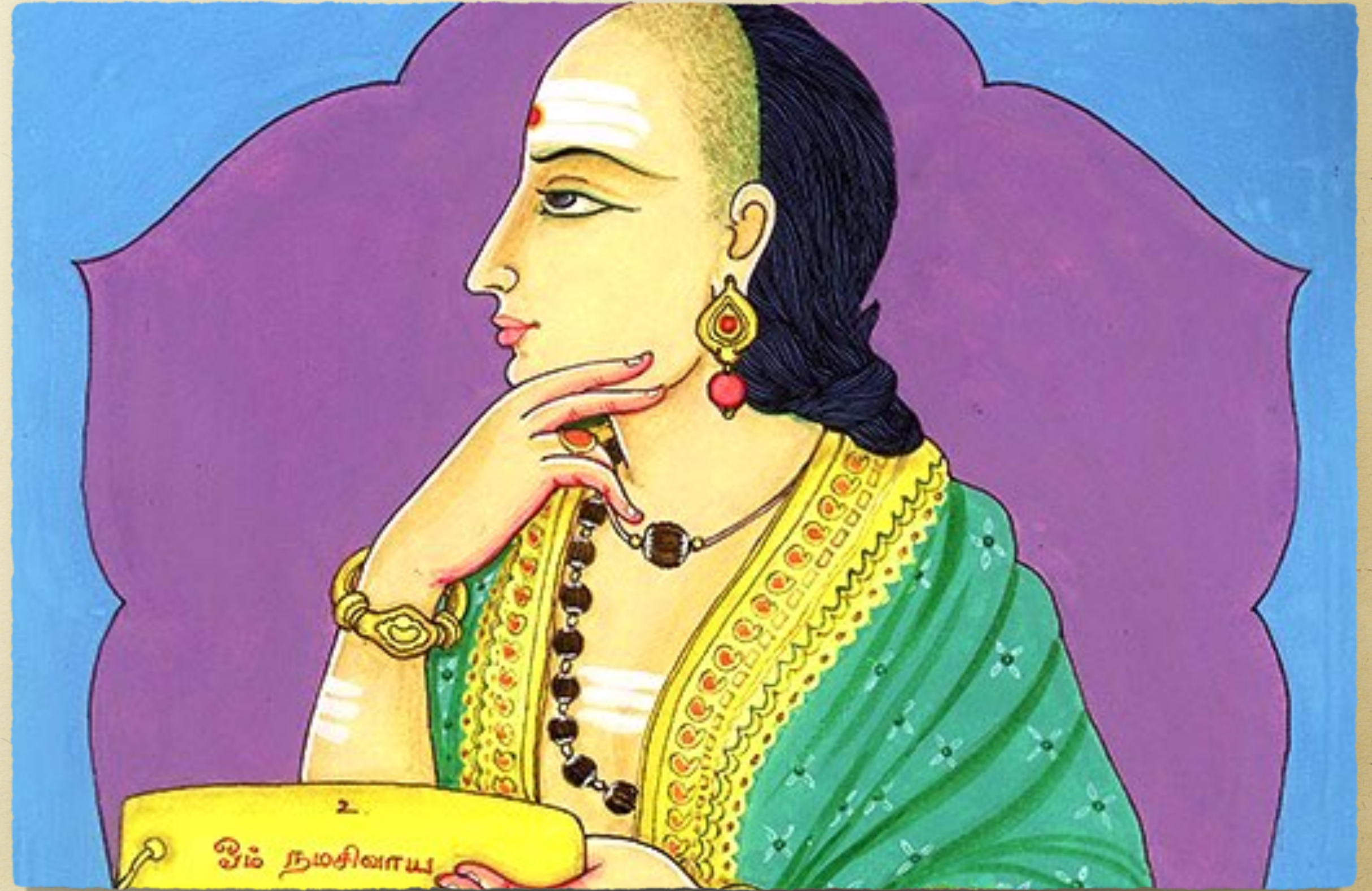
This can go on life after life, as many people only begin to think of greater realities when nearing the point of death.



Daily vigil or spiritual exercise

We give time to our spiritual nature by performing religious activities, ideally as a daily vigil or spiritual exercise.

During this quiet time alone we focus on life's inner purpose, which is to make spiritual progress.



The forms of Sadhana

Puja, japa, scriptural study, hatha yoga and meditation are all forms of sadhana.

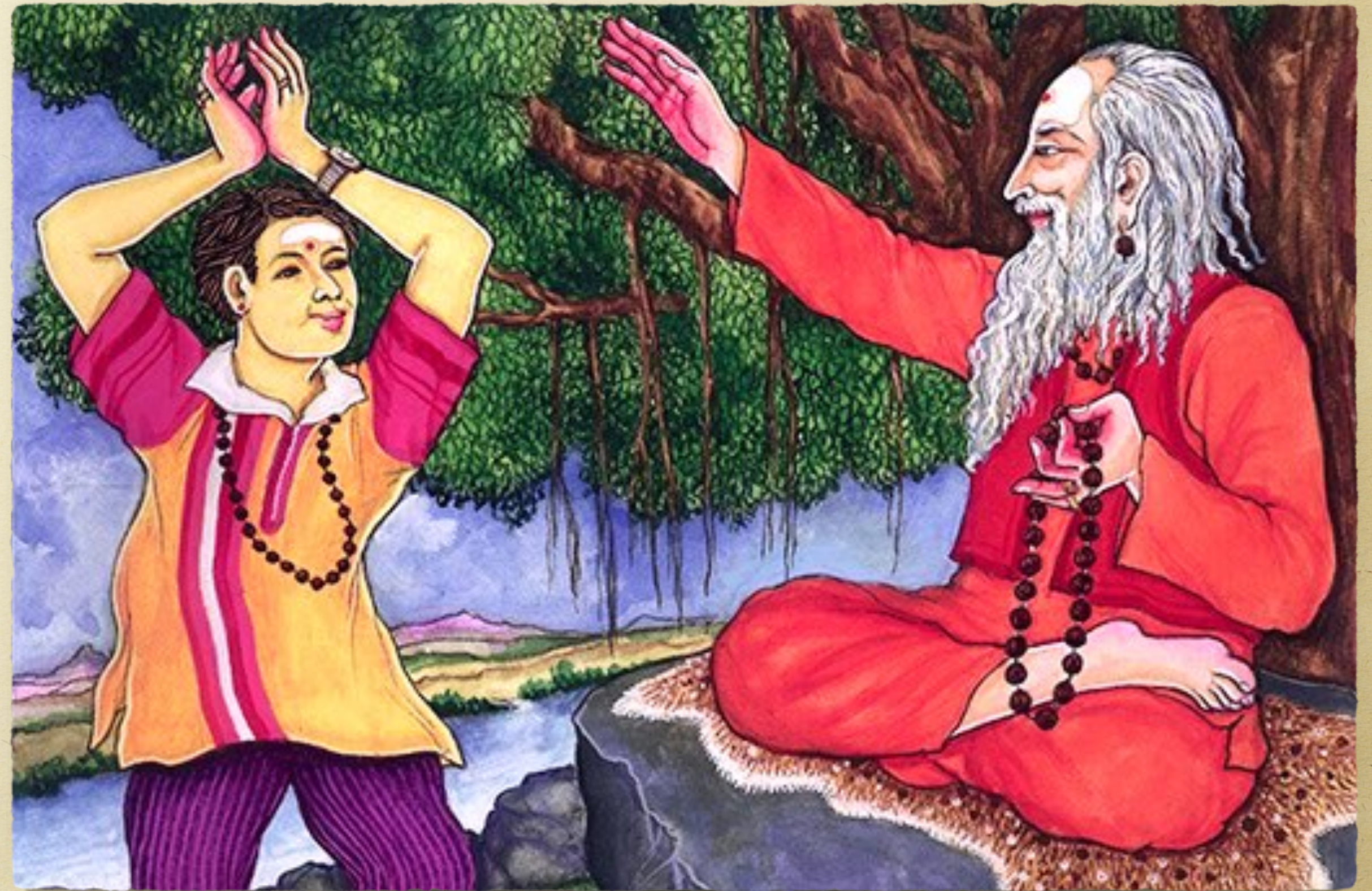


Sadhana assigned by the Guru

Some sadhanas are yearly, such as going on pilgrimage.

Some may be assigned by the guru as a one-time practice.

A popular sadhana is chanting “AUM” 108 times each day.



Ten-minute spiritual workout...

The ten-minute spiritual workout is becoming popular in today's busy world.

These times of quiet retreat from life's hustle and bustle are underrated, their benefits overlooked.



Why do we perform Sadhana

Sadhana builds willpower, faith and confidence in oneself and in God, Gods and guru.

It harnesses our instinctive-intellectual nature, allowing unfoldment into the superconscious realizations and innate abilities of the soul.



Gurudeva noted ...

Gurudeva noted: “Through sadhana we learn to control the energies of the body and nerve system, and we experience that through the control of the breath the mind becomes peaceful.

Sadhana is practiced in the home, in the forest, by a flowing river, under a favorite tree, in the temple, in gurukulas or wherever a pure, serene atmosphere can be found.”



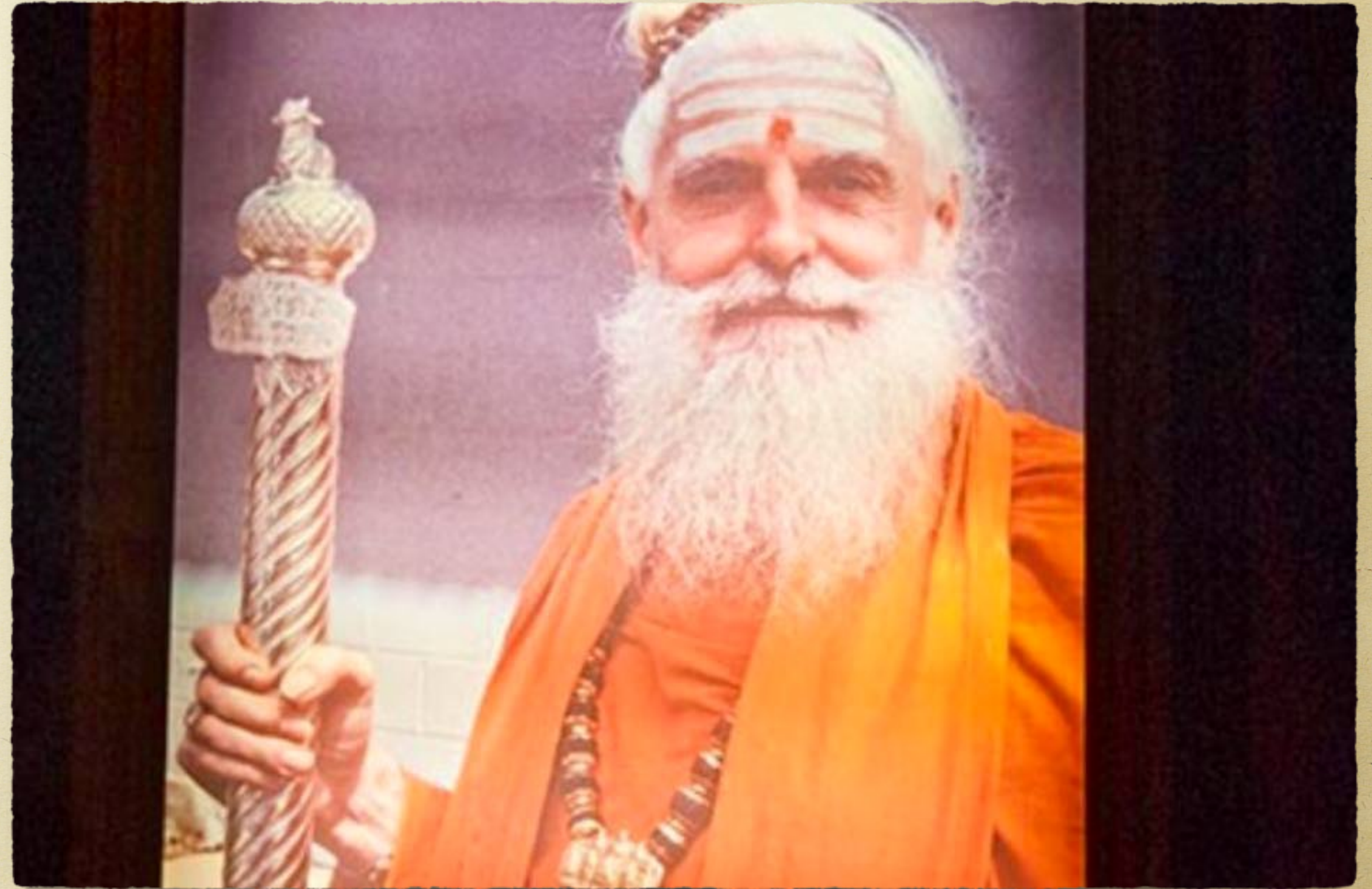
Yogaswami says...

Yogaswami directed his devotees to follow the *sadhana marga*, the path of religious effort, all through life.



Gurudeva explains...

For consistent progress, sadhana should be performed regularly, without fail, at the same time each day, preferably in the early hours before dawn.



QUESTIONS for Lesson 43



43.1 There are three dimensions to our being: physical, emotional and intellectual.

- True
- False

43.2 Enter the letter from below of A - C for the correct completion of each idea.

- ___ Strengthens our physical body
- ___ Expands and enhances our emotional/mental capacity
- ___ We exercise our spiritual nature through taking time to experience it

(A) Learning and practicing self control (B) Exercise
(C) Through sadhana, spiritual practice

43.3 We give time to our spiritual nature by performing religious activities ideally as a vigil held

(Check the correct answer)

- A. Every Friday
- B. Whenever we have time to do so
- C. Daily

43.4 Check the answer below that is not a form of sadhana.

- A. Puja
- B. Japa
- C. Calisthenics
- D. Scriptural Study
- E. Hatha yoga
- F. Meditation

43.5 The mind becomes peaceful through control of the breath.

- True
- False