

Spiritual practice for God-realisation : Vol. 4

Sādhanā (Spiritual practice)

(General information and importance)

(English)

Compilers

Parātpar Guru (Dr) Jayant Balaji Athavale

('Sainthood' or 'Stage of a Guru' denotes 70% spiritual level, 'Stage of a Sadguru' denotes 80% and 'Stage of a Parātpar Guru' denotes 90% and above.)

Sadguru (Mrs) Anjali Mukul Gadgil

Recipients of Divine Knowledge

Sadguru (Dr) Charudatta Prabhakar Pingale

Ms Madhura Bhikaji Bhosale

Mr Nishad Shyam Deshmukh

Mr Ram Padmakar Honap

Mrs Prarthana Datta Bua



Sanatan Sanstha

- ❖ Gift this text to at least 10 relatives & office colleagues !
- ❖ Request libraries, hospitals etc. to keep this Holy text !

卐 ————— Preface of this Holy text ————— 卐

When the importance of a concept is explained in various ways & with various perspectives, it helps create an impression on the mind. This Holy text explains the importance of *sāadhanā* through various points such as how performing *sāadhanā* is necessary along with abiding by *Dharma*, how with *sāadhanā* the *Saptachakrās* (Seven spiritual energy centres) get purified faster, how *sāadhanā* from the previous birth contributes towards the *sāttvik* (*Sattva*-predominant) nature of an individual in the current birth and the benefits of performing *sāadhanā* on earth when compared with other subtle-regions. Most people have theoretical knowledge on how to perform *sāadhanā* and how to progress to the further stages in *sāadhanā* through discourses or reading. Yet, people do not make efforts to perform *sāadhanā*, because the analysis of the exact changes that take place in an individual after performing *sāadhanā* are not mentioned anywhere. Since this analytical part is described in this Holy text, it will become easier to perform *sāadhanā*. This Holy text includes theoretical knowledge on topics such as stages in *sāadhanā*, *sakām* (With expectation) and *nishkām* (Without expectation) *sāadhanā*, stages in the journey of God-realisation, *sāadhanā* through the medium of arts and obstacles in *sāadhanā*.

Since the knowledge in this Holy text is received directly by God's grace, it is of a higher level and an average individual may find it difficult to understand it. However, a seeker with intense curiosity in Spirituality and the motivation to perform *sāadhanā*, even in the preliminary stage, will not find this knowledge difficult to comprehend.

We pray at Holy feet of Shrī Guru that may all be inspired to perform *sāadhanā* and may they realise God. - **Compilers**

Index

(An asterisk [*] has been placed along the important points)

1.	Definition and meaning	21
2.	Importance	22
2A.	If the health has deteriorated due to spiritual reasons, it is essential to enhance <i>sāadhanā</i> to improve it	22
2B.	To be able to abide by <i>Dharma</i> (Righteousness), <i>sāadhanā</i> needs to be performed	23
2C.	If the mere thought of merging with God bestows <i>Ānand</i> , imagine the extent of <i>Ānand</i> we will experience by actually merging with Him	24
2D.	Harm incurred by not performing <i>sāadhanā</i>	24
2E.	Benefits of performing <i>sāadhanā</i>	27
3.	Importance of human birth in context of <i>sāadhanā</i>	33
*	Benefits of performing <i>sāadhanā</i> on earth when compared with other <i>lokas</i>	34
*	If the spiritual level is above 60%, <i>sāadhanā</i> can be performed by living in other <i>lokas</i>	35
4.	Theoretical information on <i>sāadhanā</i>	36
*	Developing interest in Spirituality	36
*	Striking a balance between Spirituality and worldly life is <i>sāadhanā</i> of supreme nature	38
*	‘The spiritual level depends on <i>sāadhanā</i> and <i>sāadhanā</i> depends on <i>bhāv</i> .’	41
*	Performing <i>sāadhanā</i> as per our own wish and under the guidance of the Guru	46
*	Stages in the journey towards God-realisation	63

5. Various types of <i>sāadhanā</i> (Various paths of Yoga, <i>saguṇ</i> and <i>nirguṇ</i> worship, Paths of <i>sāadhanā</i>)	67
6. <i>Vyashṭi</i> and <i>samashṭi sāadhanā</i>	81
7. <i>Sāadhanā</i> as per Gurukrupāyoga	81
8. <i>Sāadhanā</i> through the medium of arts	82
* Music and dance are form of arts related to the physical body; these are mediums through which God-realisation can take place faster	82
* ‘ <i>Nāadopāsanā</i> (Worship through sound)’ is a <i>vihangam</i> path in <i>sāadhanā</i> for God-realisation	82
* The true <i>samashṭi sāadhanā</i> for artists is to study arts from the spiritual perspective and convince the society of its importance	84
9. Stages in spiritual progress	84
* Stages in merging with the <i>nirguṇtattva</i> through <i>saguṇ</i> worship	85
* It is necessary to perform <i>sāadhanā</i> till superior <i>Moksha</i> is attained	87
10. Obstacles in <i>sāadhanā</i>	87
* Types of obstacles in <i>sāadhanā</i> and their intensity	88
* Extent of mistakes and ego based on the stages in <i>sāadhanā</i>	88
* Obstacles in <i>sāadhanā</i> created by negative energies	89
11. Spiritual experiences	93

Note : The comprehensive preface to the unique knowledge received with Divine grace, is provided in Sanatan’s Holy text ‘What is the importance of the substances used in ritualistic worship ?’