SADHANA

मन एव मनुष्याणां कारणं बन्धमोक्षयोः ।

mana eva manuṣyāṇāṁ kāraṇaṁ bandhamokṣayoḥ |

Mind alone is the cause of bondage and freedom for human beings

Amrita bindu upanishad 2

Many lifes of use and abuse have blackened our minds. We must yield ourselves to be polished with unrelenting SADHANA.
-Swami Chinmayananda

SADHANA is

Transforming the Mind

तमेव विद्वानमृतं इह भवति ।

नान्यः पन्था अयनाय विद्यते ।

tameva vidvānamṛtam iha bhavati |

nānyaḥ panthā ayanāya vidyate |

SADHANA

- SRAVANAM
- MANANAM
- NIDHIDHYASANAM

आत्मा वा अरे द्रष्टव्यः श्रोतव्यो मन्तव्यो निदिध्यासितव्यो मैत्रेयि ।

ātmā vā are draṣṭavyaḥ śrotavyo mantavyo nididhyāsitavyo maitreyi |

Brhadaranyaka Upanishad II.iv.5

SADHANA

- SRAVANAM
    - listen and read
    - comprehend new ideas
    - accept as making sense

SRAVANA IN CMWRC

- 20 classes a week by CMWRC Acharyas
- 30 days of classes by visiting Acharyas in last six months

SADHANA

- SRAVANAM
- MANANAM
  - Reflect on new ideas
  - Discuss and articulate doubts
    - Role of study groups
  - Resolve doubts
    - Role of bhiksha

SADHANA

- SRAVANAM
- MANANAM
- NIDHIDHYASANAM
  - Absorb new ideas
  - Apply in daily life
  - Be Quiet Alert Vigilant

NIDHIDHYASANAM

- Meditate regularly
- Buy and STUDY "**Meditation & Life**" by Swami Chinmayananda
  - The need for meditation
  - The process of meditation
  - Practice of Japa

NIDHIDHYASANAM

- Meditate
- **Cultivate qualities needed for knowledge**
  - Study qualities listed in Bhagavad Gita
  - Identify weaknesses
  - Set up achievable goals
  - Monitor progress

NIDHIDHYASANAM

- Meditate
- Cultivate qualities needed for knowledge
- **Be a Witness**
  - Watch our limbs
  - Follow our eyes
  - Identify our hot buttons

Remember Basics

- Be sincere
  - Know where we are
  - Design sadhana accordingly

Remember Basics

- Be sincere
- Do not dissipate energy
  - Life style
  - Demeaning ourselves
  - Value silence and solitude

Remember Basics

- Be sincere
- Do not dissipate energy
- Remember: Karma Yoga purifies mind
- Be patient
    - Transformation takes time
    - Obstacles challenge us to do better

find

JOY

in your sadhana