

SADHANAPADA

-Swami Ramdev

Query – What is the result of involving in deep evotion through mind, speech and actions?

कायेन्द्रियसिद्धिरशुद्धिक्षयात्तपसः ॥43॥

Word meaning: Karyendriyasidha – the person gets internal strength related to body and sensory organs; ashudhikshyat – devotion removes the impurities.

Meaning: Worship through mind, body and speech blesses the individual with different types of virtues and the person develops farsightedness. He can see and hear distant things. He gets all types of virtues as mentioned in the classics. What is the form of mental virtues? Are they related to mind or body has been a topic of debate. I am also not in a position to say anything concrete on the basis of personal experience. They could be related to the mental body. But the devotees should not have any doubt with respect to the virtues obtained through sensory organs. Mental, verbal and physical devotion and practice of all branches of Yog destroys the impurities present in the mind and sensory organs with which gives birth to the qualities of farsightedness, intuition and divinity to hear distant things.

Query – What is the result of studying good books?

जिज्ञासा- 'स्वाध्याय' करने से क्या घटित होता है?

स्वाध्यायादिष्टदेवतासम्प्रयोगः ॥44॥

Word meaning: Swadhyayata – in self-study; ishtadevatasamprayoga – you contact dear divine souls.

Meaning: Chanting Om and other mantras brings the devotee closer to the dear divine souls.

Reading good literature like philosophy, Upanishads and classics of liberation and chanting Aum in the prescribed way brings the devotee closer to the divine souls. The devotee can get guidance from this kind of devotion. The devotee should not have any kind of suspicion with respect to the truth and false of this fact. But, the devotee should understand that all this is happening automatically without any efforts. The incident

takes place as follows that suddenly you get lost in some thinking and come into the contact of divine soul. you express what you want to know and get the answers. You get the answer and again get lost somewhere and find yourself in the previous state. The incident that took place in the meantime appears like a dream. I would like to share with the devotees that many times they go into the dream state while chanting and meditating but it happens only when they come very close to some person, thing and related subjects. However it also true that the learned devotees practicing it for long time understand very easily that this was dream state or was it actual contact with some divine soul.

Query: What is the result of deep devotion towards god?

समाधिसिद्धिरीश्वरप्रणिधानात् ॥45॥

Word meaning: Samadhisidhi – accomplishes the stage of deep meditation; ishwarpranidhanat – devotion towards god (and its continuous practice)

Meaning: Surrendering all the actions of mind, body and speech to god wholeheartedly and continuous devotion towards god helps the devotee in reaching the stage of deep meditation.

God is seeing, listening and knowing me every moment. This kind of feeling should be developed in the mind and fulfill our duties through body, speech and mental actions and not expect any results of those actions, surrendering to god with love is known as deep devotion towards god. It is highly unfortunate for the man that he always lives in past and future. We lead a small part of our lives in the present being in the present. Secondly all the actions are related to expectations in our life, so much so that we do charity with the expectation of getting happiness and going to heaven. Due to these reasons our mind is constantly thinking and worrying and we cannot concentrate our mind and

the state of removing mental conditions does not arise at all. Thinking of god and being devoted towards him every moment in our daily life will help us in concentration and contemplation. When the mind does not have any expectation for results we can lead a happy life in the present. This helps us in overcoming mental conditions and reach the stage of deep meditation.

At the end of this verse, one can have a doubt that if deep devotion towards god is sufficient to reach the stage of deep meditation then what is the need for practicing other branches of Yog? I want to say in this context that before looking into this question, it is necessary to think whether a person can be devoted towards god all the time through his mind, body and speech? If the answer is yes, then I would say that the day you succeed in doing this, that day you will realize that you are calm and composed from inside and do not have any kind of unhappiness, anguish, greed, sexual desire or collecting unwanted things. The body will show deceptiveness towards these things and a kind of

hollowness will exist in the mind. In this condition, causing harm to other creatures, speaking lies, stealing will appear to be childish and foolish. Therefore it is clear that in case of deep devotion towards god the devotee beings to practice non-violence, speaking truth and other branches of Yog automatically and does not require additional efforts. But the man is very selfish, calculative and greedy in nature, he does not wish anybody without selfish interest, he starts calculating before donating 50 paise to a beggar or needy person whether he will get virtues and go to heaven with this charity. He will not spend even a penny without thinking of its results. What can we expect from such a creature that he would offer everything to god all of a sudden. Actually one would find such a person very rarely who surrenders to god whole-heartedly, deep devotion towards god is sufficient for them. Non-violence, truth and not stealing others things is a simple time table for others.

To be continued...

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