

SADHANA PANCAKAM



Verse 1

वेदो नित्यमधीयतां तदुदितं कर्म स्वनुष्ठीयतां
तेनेशस्य विधीयतामपचितिः काम्ये मतिस्त्यज्यताम् ।
पापौघः परिधूयतां भवसुखे दोषोऽनुसंधीयतां
आत्मेच्छा व्यवसीयतां निजगृहात्तूर्णं विनिर्गम्यताम् ॥१॥

*vedo nityamadhīyatām taduditam karma svanuṣṭhīyatām
teneśasya vidhīyatāmapacitiḥ kāmye matistyaajyatām,
pāpaughah paridhūyatām bhavasukhe doṣo'nusandhīyatām
ātmecchā vyavasīyatām nijagrāhātūrṇam vinirgamyatām. (1)*

Study the Vedas daily. Perform diligently the duties (karmas) ordained by them. Dedicate all those actions (Karmas) as worship unto the Lord. Renounce all desires in the mind. Wash away the hoards of sins in the bosom. Recognise that the pleasures of sense objects (samsara) are riddled with pain. Seek the Self with consistent endeavour. Escape from the bondage of 'home'. [Verse 1]

Verse 2

सङ्गः सत्सु विधीयतां भगवतो भक्तिर्दृढाऽऽधीयतां
शान्त्यादिः परिचीयतां दृढतरं कर्माशु संत्यज्यताम् ।
सद्विद्वानुपसृप्यतां प्रतिदिनं तत्पादुका सेव्यतां
ब्रह्मैकाक्षरमर्थ्यतां श्रुतिशिरोवाक्यं समाकर्ण्यताम् ॥२॥

*saṅgaḥ satsu vidhīyatām bhagavato bhaktirḍṛḍhā'' dhīyatām
śāntyādīḥ paricīyatām ḍṛḍhatarām karmāśu santyajyatām ,
sadvidvānupasṛpyatām pratidinam tatpādukā sevayatām
brahmaikākṣaramarthyatām śrutiśirovākyaṁ samākarnyatām. (2)*

Seek companionship with Men of Wisdom. Be established in firm devotion to the Lord. Cultivate the virtues such as santi and so on. Eschew all desire ridden actions. Take shelter at a perfect Master (Guru). Everyday serve his lotus feet. Worship 'Om' the immutable. Listen in depth, the declarations of Upanishads. [Verse 2]

Verse 3

वाक्यार्थश्च विचार्यतां श्रुतिशिरःपक्षः समाश्रीयतां
दुस्तर्कात्सुविरम्यतां श्रुतिमतस्तर्कोऽनुसंधीयताम् ।
ब्रह्मास्मीति विभाव्यतामहरहर्गर्वः परित्यज्यतां
देहेऽहंमतिरुज्झ्यतां बुधजनैर्वादः परित्यज्यताम् ॥३॥

*vākyaārthaśca vicāryatām śrutīśiraḥpakṣaḥ samāśrīyatām
dustarkātsuviramyatām śrutimatastarko'nusandhīyatām,
brahmāsmīti vibhāvvyatāmaharahargarvaḥ parityajyatām
dehe'hanmatirujjhyatām budhajanairvādaḥ parityajyatām. (3)*

Reflect ever upon the meaning of the commandments of the Upanisads and take refuge in the truth of Brahman as given in Upanisads. Avoid perverse arguments but follow the discriminative rationale of the sruti. Always be absorbed in the attitude (bhava) – “I am Brahman”. Renounce pride. Give up the delusory misconception, “I am the body”. Give up totally the tendency to argue with wise men. [Verse 3]

Verse 4

क्षुद्ध्याधिश्च चिकित्स्यतां प्रतिदिनं भिक्षौषधं भुज्यतां
स्वादन्नं न तु याच्यतां विधिवशात्प्राप्तेन संतुष्यताम् ।
शीतोष्णादि विषह्यतां न तु वृथा वाक्यं समुच्चार्यतां
औदासीन्यमभीप्स्यतां जनकृपानैष्ठुर्यमुत्सृज्यताम् । ॥४ ॥

*kṣudvvyādhiśca cikitsyatām pratidinam bhikṣauśadham bhujyatām
svādvannaṁ na tu yācyatām vidhivaśātprāptena santuṣyatām,
śītoṣṇādi viṣahyatām na tu vṛthā vākyaṁ samuccāryatām
audāsīnyamabhīpsyatām janakṛpānaiṣṭhuryamutsṛjyatām. (4)*

In hunger and disease get treated. Daily take the medicine of Bhiksa – food. Beg no delicious food. Live contentedly upon whatever comes to your lot as ordained by Him. Endure all the pairs of opposites : heat and cold and the like. Avoid wasteful talks. Be indifferent. Save yourself from the meshes of other peoples kindness. [Verse 4]

Verse 5

एकान्ते सुखमास्यतां परतरे चेतः समाधीयतां
पूर्णात्मा सुसमीक्ष्यतां जगदिदं तद्बाधितं दृश्यताम् ।
प्राक्कर्म प्रविलाप्यतां चित्बलान्नाप्युत्तरैः श्लिष्यतां
प्रारब्धं त्विह भुज्यतामथ परब्रह्मात्मना स्थीयताम् ॥ ५ ॥

*ekānte sukhamāsyatām paratare cetah samādhiyatām
pūrṇātmā susamīkṣyatām jagadidaṁ tadbādhitaṁ drśyatām,
prākkarma pravilāpyatām citibalānnāpyuttaraiḥ śliṣyatām
prārabdhaṁ tviha bhujyatāmatha parabrahmātmanā sthīyatām. (5)*

In solitude live joyously. Quieten your mind in the supreme Lord. Realise and see the all-pervading Self everywhere. Recognise that the finite universe is a projection of the Self. Conquer the effects of the deeds done in earlier lives by the present right action. Through wisdom become detached from future actions (agami). Experience and exhaust prarabdha, the fruits of past actions. Thereafter, live absorbed in the bhava "I am Brahman". [Verse 5]