

साधना पञ्चकम्

वेदो नित्यमधीयतां तदुदितं कर्म स्वनुष्ठीयतां तेनेशस्य विधीयतामपचितिः काम्ये मतिस्त्यज्यताम् ।

पापौघ परिधूयतां भवसुखे दोषोऽनुसंधीयतां आत्मेच्छा व्यवसीयतां निजगृहान्तूर्णं विनिर्गम्यताम् ॥ १ ॥

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.

Recognize that the pleasures of sense-objects (samsara) are riddled with pain.

Seek the Self with consistent endeavour.

Escape from the bondage of 'home'.

सङ्गः सत्सु विधीयतां भगवतो भक्तिर्दृढाऽऽधीयतां शान्त्यादिः परिचीयतां दृढतरं कर्माशु सन्त्यज्यताम् ।

सद्विद्वानुपसृप्यतां प्रतिदिनं तत्यादुका सेव्यतां ब्रह्मैकाक्षरमर्थ्यतां श्रुतिशिरोवाक्यं समाकर्ण्यताम् ॥ २ ॥

2.

Seek companionship with Men of Wisdom.

Be established in firm devotion to the Lord.

Cultivate the virtues such as Shanti etc.,

Eschew all desire-ridden actions.

Take shelter at a Perfect Master (Sat-Guru).

Everyday serve His Lotus feet.

Worship "Om" the Immutable.

Listen in depth, the Upanishadic declarations.

वाक्यार्थश्च विचार्यतां श्रुतिशिरः पक्षः समाश्रीयतां दुस्तर्कात् सुविरम्यतां श्रुतिमतस्तर्कोऽनुसंधीयताम् ।

ब्रह्मास्मीति विभाव्यतामहरहर्गर्वः परित्यज्यतां देहेऽहंमतिरुद्ध्यतां बुधजनैर्वादः परित्यज्यताम् ॥ ३ ॥

3.

Reflect ever upon the meaning of the Upanishadic commandments, and take refuge in the Truth of Brahman.

Avoid perverse arguments, but follow the discriminative rationale of the Sruti (Upanishads).

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.

क्षुद्रयादिश्च चिकित्स्यतां प्रतिदिनं भिक्षौषधं भुज्यतां
स्वादुन्नं न तु याच्यतां विधिवशात् प्राप्तेन संतुष्यताम् ।
शीतोष्णादि विषह्यतां न तु वृथा वाक्यं समुच्चार्यतां
औदासीनमभीप्स्यतां जनकृपानैष्ठुर्यमुत्सृज्यताम् ॥ ४ ॥

4.

In hunger diseases get treated.
Daily take the medicine of Bhiksha-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.

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

5.

In solitude live joyously.
Quieten your mind in the Supreme Lord.
Realize and see the All-pervading Self everywhere.
Recognize 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"!

Text by *Adi Sankaracharya*

Translation by *Pujya Gurudev, Swami Chinmayananda*