

sāadhanā pañcakam

vedo nityamadhīyatām taduditaṁ karma svanuṣṭhīyatām
teneśasya vidhīyatāmapacitiḥ kāmye matistyajyatām |
pāpaughāḥ paridhūyatām bhavasukhe doṣo'nusamdhīyatām
ātmeccā vyavasīyatām nijagrḥāttūrṇaṁ vinirgamyatām || 1 ||

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'.

saṅgaḥ satsu vidhīyatām bhagavato bhaktirdṛdhā'dhīyatām
śāntyādiḥ paricīyatām dṛḍhataraṁ karmāṣu santyajyatām |
sadvidvānupasṛpyatām pratidinaṁ tatpādukā sevyatām
brahmaikākṣaramarthyatām śrutiśirovākyaṁ samākarṇyatām || 2 ||

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.

vākyārthaśca vicāryatām śrutiśiraḥ pakṣaḥ samāśrīyatām
dustarkāt suviramyatām śrutimatastarko'nusamdhīyatām |
brahmāsmīti vibhāvyatāmaharahargarvaḥ parityajyatām
dehe'hammatirujhyatām budhajanairvādaḥ parityajyatām || 3 ||

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.

kṣudvyādiśca cikitsyatām pratidinam bhikṣauśadham bhujyatām
svādvannaṁ na tu yācyatām vidhivaśāt prāptena saṁtuṣyatām |
śītoṣṇādi viśahyatām na tu vṛthā vākyaṁ samuccāryatām
audāsīnamabhīpsyatām janakṛpānaiṣṭhuryamutsṛjyatām || 4 ||

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.

ekānte sukhamāsyatām paratare cetaḥ samādhīyatām pūrṇātmā
susamīkṣyatām jagadidaṁ tadbādhitam dṛśyatām |
prākkarma pravilāpyatām citibalānnāpyuttaraiḥ śliṣyatām
prārabdham tviha bhujyatāmatha parabrahmātmanā sthīyatām || 5 ||

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”!

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