

## Sadhana words from YB

What is sadhana? It is a process which you do every day to grow, to be. There is a fight in this lifetime: to be or not to be. Nobody can destroy you. . . .You destroy yourself by not being yourself.

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Three virtues of Sadhana (spiritual practice)

When you have your own mind under your control, intuition will give you all the knowledge of the world. When you have control of your mind through your social and structural facets, you have the answer to everything.

When you have control of your own mind, you can see the soul and God right within you.

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We call the time we spend on our maintenance sadhana. It is an essential part of life. If you do your sadhana, your mind can take the pressure. It will guide you and groom you properly.

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Why repeat the Name of God? So that it enters our subconscious memory. Why do sadhana? So that our conscious memory can subconsciously relate to the Supreme Consciousness. These are acts for the Self; they are extremely selfish acts.

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The very thought of getting up at the ambrosial hour is dreadful. Now, we feel guilty if we don't. All right, if we have not achieved anything in fifteen years, at least we have this conscious feeling...Guru has guided us early in the morning to stand before that cold shower and we all get exalted and resurrected...Then we do our sadhana. It's a conscious living. We discipline ourselves for the day...Guru has promised if you walk unto him with one step he walks thousands of steps unto you.

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It is a human tendency to like to sleep between 3 am and 6 am. It's natural. But if you can be alert enough to work on your mind, to confront the day, then you are alert enough to take care of your life. The reason you don't get up early is not because you are lazy, tired or overworked—that's all wrong. You do not get up early in the morning because the relationship between you and your mind is not established. Period.

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The price of nobility is discipline.

The price of ecstasy is Sadhana.

The price of God is living without doubt.

Yogi Bhajan 5/23/84

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In sadhana the sadhu lives. In sadhana the nectar of God's Love rains down. In sadhana come the blessings of Simran, Awareness, and Divine Understanding. In sadhana is the meditation of Raj Yoga. In sadhana see God's glory. In sadhana experience Infinity. Sadhana is the daily meditation of

the sadhu. Oh Yogi! Become one with God!

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All these changes that you are seeing in your personality did not happen because you got counseled, or your teacher was great. You all changed because you wanted to change and you did sadhana. Sadhana changed you. All this other stuff is being done to keep you going. This is a rational approach, not an ultimate approach. The ultimate approach is when you want to change, and you do sadhana. Then you shall change.

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That is the highest sadhana, that your presence should remind people of God. What bigger and more powerful miracle than that can there be, that by your very presence you can invoke Godhood in people?  
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The greatest reward of doing sadhana is that the person becomes incapable of being defeated. Sadhana is a self-victory, and it is a victory over time and space. When you get up for sadhana, you defeat a part of yourself because you don't want to get up. Getting up is a victory over time, and doing it is a victory over space. That is what sadhana is. Sadhana is only for you-it is a self-victory...Sadhana is an answer to every misfortune, and who wants to see you in misfortune? Sadhana is not a matter of advantages and miseries, misfortunes and handicaps. It is a very personal thing which does not relate to anybody except yourself.

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Doing sadhana is not to please God; it is to please your own self, to clean your own self, to cleanse your own mind. You'll find the brightness of the earth.

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When I tell you to get up and meditate in the ambrosial hours, it seems odd. Why should you get up at 3:30 am? Because you require those two hours to work out your own mind, so that the rest of the day you can work out your life. Amrit vela naam jaap. Rise in the ambrosial hours and meditate. Be with God. Whenever your mind will be in duality, you will be in trouble. There is no way you can function. 'Should I go north? Should I go south?' If you can't decide which way you are going to go, you are going to sit right there. You'll neither go north nor south. That's called duality. Life is a gift of God, and duality is a waste of that life. It doesn't matter who you are. You may be the President of the United States, or a beggar in the street. Whenever you have duality, you will be in trouble. That's the law. Nobody can change it. To have no duality and to have oneness and clarity of mind, you have to keep your mind clean, smart, and healthy.

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on Group Sadhana: "All for One, and One for All"

YOUR BODY IS THE TEMPLE OF GOD, and your soul is the Divine Guru within. So, you get up in the morning, meditate, chant the mantras, do the exercises, call on your spirit, regulate the breath, and you get together in group consciousness. In that way you help each other. Group consciousness in morning sadhana is to help each other. If I am trying to sleep, another is not sleeping. If in this whole group, one person opens up to God just once, we will all be blessed in his openness. That is what matters. If one has walked into sadhana with heart and soul in a prayerful mind, we will all benefit. That is the power of the group sadhana. All should participate.

But, we still have something of the past in us. We bring up worries about who should lead. "Oh, that leader has brought a very good sadhana! That one has freaked out the sadhana." The truth is that nobody freaked out the sadhana, and nobody made it beautiful. It is the Will of God which prevails through the soul. When you are a servant, and act as a channel, it prevails through you.

If in morning sadhana one cannot curtail the barriers and get to Oneness, I don't think there is any other time it can happen. All for one, and one for all. That is the principle.

"The entire group finds its energy directed by the activity of the Sadhana itself. The individual auras merge and form a group aura. If the group is well tuned to the infinite, a rainbow aura forms that reflects all colors. A bluish color of sincerity and devotion predominates. The strength of a community is directly proportional to the strength of their group Sadhana."

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If you think you are poor, you are poor because you do not communicate with your soul, the source of prosperity, the source of reality. If you think you are desperate, you are desperate because you have no sadhana. Desperation, depression, and a feeling of destitution comes only to those who have no discipline or sadhana. Only a house which is not cleaned looks dirty and the mind which is not cleaned stinks. Sadhana is the most selfish act, because it is a self-cleansing. Cleanliness is Godliness. It is good to wear good clothes, look good, be bright, beautiful. But when you want to be blissful and bountiful, you have to have a clear mind, a mind through which your soul, your spirit can shine.

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Why do we get up for morning sadhana? Because we have to face the whole day, and we cannot face the day without a constant level of energy. People love you for three things only: wisdom, commitment, and consistency.

Wisdom is the intuitive nature that allows you to give the right answer by listening within the question that is asked. For every question there is an answer in it.

Commitment is the ability for your whole self to sustain its status in projected reality of action. Then people can trust you. Otherwise, it is like building a cozy bungalow on the top of a volcano. If you act like an earthquake or volcano, who will build upon you?

Consistency is steadiness through time. Sadhana gives us sensitivity to know, to feel, and to touch. It gives us intuition to touch reality. The methods are three-fold: jappa, tappa, sanjam. Jappa is repetition. Tappa is the heat of central impulsation. Sanjam is merger through simran - meditation on a very slow, conscious breath.

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Don't forget one very simple thing: all that you are today is because of sadhana. You all started with sadhana, and you did it very well. Sadhana is what nourishes you and makes you a human being, shapes you into a powerful, meditative, constructive human being. It is what you need most in life, and you drop it.

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A person once said about sadhana: "Once sadhana is done, nothing should happen to you." I said, "No, when sadhana happens, everything should happen to you, and you should come out as a winner, you should come out victorious!" That is what sadhana gives you. It doesn't give you a written guarantee from God. The one who does sadhana builds himself such a powerful personality, he can conquer anything! That is why I do my own sadhana. I have been doing it for years. I do it even now. Some people ask me, "You are a Master, why do you do sadhana?" I say, "To remain a Master!"

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The whole world may give you support....but you if your own mind does not support you, you will not be in a position to do anything in life. Your own mind cannot be controlled and guided and give you the support until it is brought to a discipline. That word which brings a mind to a discipline to support you is called "Mantra". Man-Tra...to bring discipline to the mind. That is why we do Japa (Repetition of Mantra/Bani). Japa creates the heat. That is called Tapa; Tapa, that heat burns the karma. Out of the karma grows the kindness and it becomes Dharma. Out of that it grows the compassion. That is called "Sidhi", that is called "power". From that comes the word "Sadhu" who has controlled himself through the all aspect of life and that is what we call "sadhana". Which you do not normally want to do. How many of you are doing regular sadhana?"

~Yogi Bhajan (June 25, 1987 Summer Solstice)

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"I don't care what your circumstances and environments are, if you can change your daily average pressure by balancing it in the morning with sadhana, and once a week, come to Gurdwara in a meditative, graceful, beautiful and pleasant fashion, then I don't think there is any possibility that you can be destroyed"

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The radiance of your spirit can be measured according to how the name of God vibrates within you and around you. If your sadhana is perfect, your spirit will be high. If you have forgotten to chant the name of God, you will be in the doldrums. If you become low and depressed, it is only because you have not warmed up your machine in the morning; you have not done your spiritual practice...In the Western world where there is such a criss-cross of mental thought patterns, you must find a way to bring your mind under control. You must learn to bring the level of yourself to zero, whenever you like. This is practiced in sadhana. Remember, you are you and you are not you. You are you in the frame of the defined finite, but you are not you, in the frame of the infinite.

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Sadhana gives fearlessness and a sense of self, as well as denomination, domination, projection, polarity combination, equilibrium, respectability, totality, internal and external knowledge, purity, dignity, divinity, and grace. In addition, it gives you radiance, pranic and auric Shakti. Finally, it gives you a quality of metal which is ever shining and you become a metallically living grace. This quality is embodied in "loah", iron, which can absorb all the heat. "Sarab loh" means that log which absorbs the entire heat and cold of all the universe, and still remains neutral. That is what Sadhana gives you. When you want to be beautiful, do Sadhana.

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**What is sadhana? Sadhana is to get up at 3 o'clock or 4 o'clock, take a cold shower. That's a first condition of sadhana. Why cold shower? Because your capillaries get clogged up, and disease can start, and when we put cold shower, right out of the bed you go before the firing squad of the cold shower, it opens your entire capillaries, because the entire blood has got to run out to protect the temperature, and thus all capillaries get opened up.**

**Therefore, when the capillaries get opened up there cannot be any clogging, and all the impurities come to the lungs. Lungs get loaded, fine. You start meditating, you start breath of fire, and you clean out the lungs. Thus, you take your disease off that day forever!**

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Meditation is for your self. Meditation is not for somebody else. When you come for sadhana, you come for yourself. When you pray, you pray for yourself. Therefore, it is useless asking in prayer, 'Get me a car.' That's not prayer. That is projecting a desire. 'God, give me a car.' Don't ask it. Just say 'God, God, God.' And if God appears, then say, 'What kind of God are you? Don't you know what I am asking for?' I mean, if God doesn't know what you need, who knows?

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