



Sadhana for Modern Man

Sadhana is the purpose for which we have come to this earth-plane. This is called *sadhana-bhumi*, for it is the earth-plane alone, upon which sadhana for Self-realisation can be done. God-realisation is the main end and aim of life. In the present age, the one vehicle for *sadhana*, which is very important – the human body – has degenerated most frightfully. In spite of this degeneracy on the physical plane, mentally man has evolved a great deal. He should shift the emphasis of sadhana from the physical to the mental. We have to admit that we have limitations of time and energy.

For this Vedanta has given the right clue. It lays all the emphasis on mental culture. Vedanta is a complete divine psychology. We have forgotten our real nature. What is the remedy for this? To remember it and reassert it. Autosuggestion is the mainstay, the pillar, of Vedanta. It says, “Remember your lost heritage, your real nature, and assert it again and again, and again.” You can let your whole body be engaged in any activity throughout the day. At the same time, you can unbrokenly carry on the divine current of *Atmik* assertion going on. This autosuggestion will become more a latent aptitude than a *bhav*. When it is established into a permanent *bhav*, then that *bhav* will translate itself into practice. As you think, so you become.

There are two obstacles for this autosuggestion. Firstly, vices or the impurities of mind. Two methods are prescribed for overcoming them. One is thinking of the opposite – *pratipaksha bhavana* – and asserting the presence of that which you wish to gain. By asserting the opposite of your present vices, you grow into the nature of the virtues and the vices disappear. The other is the law that the positive always overcomes the negative. Therefore, certain positive assertions are constantly prescribed. This overcomes the negative *dehadhyasa* – identification with the body and the mind. And the identification with Atman is reasserted. Body *upadhi* and other *upadhis* hold down the mind from soaring into *Atmik* realms. In order to counteract them, *sattavik* upadhis are purposely prescribed. He is asked to be in spiritual surroundings. He is asked to do *japa*, *kirtan* and meditation. The mental *upadhis* should be made *sattavik* through autosuggestion, through *pratipaksha bhavana*, through always trying to be positive, and through voluntarily taking divine *upadhis*. Man is asked to take *sannyasa*. That gives powerful colouring to the mind. The colouring of the mind should be made divine. In an incredibly short time, he will see that the whole world stands transformed before him.

God Bless You!

■ Swami Chidananda