

## SADHANA PANCAKAM (5 Verses)

### Verse 1:

- Always study words of wisdom
- With all of your capacity act in accordance and perform the discipline of these words
- Follow systems of worship they enumerate, make the worship of the Supreme Lord
- Don't allow your consciousness to contemplate adverse desires
- Wipe all the dross of sin from your mind
- Search for the faults in the pleasures of the world
- Search your own soul for true knowledge
- Very quickly try to denounce the attachments to your home.

### Verse 2:

- Maintain the association of true people
- Take refuge with devotion in the Supreme Divinity
- With all your capacity try to befriend the universe
- Very quickly renounce the fruits of your labors
- Whenever possible seek out the company of the true and knowledgeable people
- Serve the sandals of their lotus feet, and
- Ask from them even one letter of the knowledge of Brahman and
- Listen to the great words of wisdom from the Vedas

### Verse 3:

- Always contemplate the great words of wisdom
- Take refuge in the great words of wisdom
- Stay far away from the bondages of the soul
- Search for the real inner meanings of the texts of wisdom.
- Always maintain this attitude: I am one with God
- Renounce the many thoughts of the mind
- Leave the egotism of your body
- Don't debate idle philosophies with intellectuals

#### Verse 4:

- Take the cure for the illness of uncontrolled desire
- Serve your doctor (Guru) as a beggar would serve a Lord
- Don't seek the associations of pleasure-seekers or self-centered individuals
- Remain contented with whatever you receive in a divine union (that which God has consented to give)
- Remain the same while undergoing all the pair of opposites like hot and cold, pleasure and pain
- Don't give expression to worthless speech
- Carry yourself as a great renunciate
- Don't look to get grace from others
- Don't seek to obtain something from others

#### Verse 5:

- Sit down in a quiet, conducive and comfortable environment, and contemplate the Supreme Divinity
- Look into yourself with the fullness of consciousness
- See the bondage of the gross world to the soul
- Reduce your necessity for action in the world
- Don't allow your thoughts to be bound by karma, with the strength of wisdom free your mind from bondage
- Experience the fruits of your *prarabda karma* (actions performed in the past)
- With an attitude of one mind, go to the realms of Union with the Highest Divinity and remain there

Whoever will read these five verses, and with a still consciousness every day contemplate the essence of these verses, for him or her, the great flames of bondage to objects and relationships and disruption to the soul's peace will be quickly eradicated.

Thus ends the five verses in praise of spiritual discipline written by Shankar Acharya in 700 A.D.

Source: *Siva Puja and Advanced Yajna* (1998), pp 5-9.