

## DEEKSHA & SADHANA BY MAHA YOGI PARAMAHAMSA DR.RUPNATHJI

Through Sadhanas even impossible looking tasks are accomplished. Basically Sadhanas aim at confluence of two energies - that of the subconsciousness and that of the deity who is propitiated through a ritual. The propitiation is done through Mantra chantings which are special divine incantations to which the divine forces respond very quickly. But sometimes even this combination may fail specially if the Sadhak is weak willed. In that case one needs a powerful Guru whose divine powers can boost one's will to amazing levels. Such a Guru is Maha Yogi Paramahamsa Dr.Rupnathji who has gifted hundreds of Sadhanas to thousands of Sadhaks and whosoever tried them with devotion got the highest level of success. This transfer of Divine Energy from Sadguru to Sadhak is Diksha..

Knowledge is Power Supreme and True Knowledge knows no bounds. Knowledge increases by spreading, and it banishes the darkness of ignorance, superstition, misbeliefs and fear. Every Book of Maha Yogi Paramahamsa Dr.Rupnathji contains a multitude of articles on Sadhnas, Mantras, Tantras, Yantras, Ayurveda, Kundalini, Palmistry, Hypnotism, Numerology, Astrology etc. Some Sadhna articles extracted from various issues of magazines and books penned by Maha Yogi Paramahamsa Dr.Rupnathji are presented here. You should read these for complete details on Sadhanas and other Books.

Thousands of different Sadhanas have been published in various Books of Maha Yogi Paramahamsa Dr.Rupnathji. There are hundreds of different Sadhana Procedures (Vidhis) to accomplish same Sadhana.

### **Sadhana : The Right Way**

Every Sadhak tries his best to accomplish daily worship and use special Mantra rituals. But every Sadhana has a particular procedure and every deity or the Guru is worshipped in a particular manner: Presenting some important rules is this wonderfully enlightening article.

In every Sadhana, Upchaar or special worship of deity has an important place. Upchaar means devotedly making some offerings to the deity in order to win his or her grace.

There is no fixed rule for Upchaar but including this worship procedure in Sadhana assures quicker success. There are different types of Upchaars ranging from Ekopchaar to Sahastropchaar. Our article

shall focus only on Shodashopchaar, Dashopchaar and Panchopchaar forms of worship in which 16, 10 and 5 articles are offered respectively. In each age, forms of worship have been different but in the present age of hustle and bustle performing a Sadhana itself is a great fortunate achievement and the shorter the procedure the better.

It is best to do Shodashopchaar worship in which 16 articles are offered but in daily Sadhana Panchopchaar worship would suffice and in it five articles namely fragrance, flowers, incense, ghee lamp and sweets are offered.

## **Shodashopchaar**

This includes -

1. Aavaahan

2. Aasan

3. Paadya

4. Arghya

5. Achamaniya

6. Snaan

7. Vastra

8. Madhupark

9. Tilak

10. Akshat

11. Pushp

12. Dhoop

13. Deep

14. Neivedya

15. Taambool

16. Naariyal

**Aavaahan**

Many do not count this in the procedure and instead just offer prayers to the deity. It means inviting the deity concerned to come and bless the Sadhak. For this both hands are joined and the following Mantra is chanted.

Aavaahayaami Devesh Sarvashakti Shakti Samanvite,

Naaraaynaay Bhadraay Gururoopaayate Namah.

Guru Brahmaa Guru Vishnuh Gurudevo Maheshwarah.  
Guru Saakshaat Parbrahma Tasmei Shree Gurave Namah.

## Aasan

A worship mat is used in order to make the physical body free of ailments, the soul pure and gain divine powers. Basically a man acts as a bad conductor and does not allow energy of Mantra chanting from being earthed. Torn, burnt, and used mats are prohibited. Deer skin, tiger skin, grass, silk, cotton and wool mats are best. Deer skin for gain of knowledge, tiger skin for spiritual progress & wealth, and wool for riddance from sorrows and poverty are prescribed. Deities are offered a mat of flowers and then the following Mantra is chanted.

Ramyam Sushobhanam Divyam Sarva Soukhyakaram Shubham.

Aasanam Cha Mayaa Grihaann Parameshwar.

## Paadya

Offering water in the feet of the deity is called Paadya. For this two spoonfuls of water is offered chanting thus.

Yad Bhakti Lesh Samparkat Paramaanand Sambhavah.

Tasmei Te Parameshaan Paadyam Shuddhaay Kalpaye.

## Arghya

Water offered to deities for washing their hands is called Arghya. Mix flowers and fragrance in water in a tumbler. Offer chanting thus.

Arghyam Grihaann Devesh Gandh Pushpaakshateih Sah.  
Karunnaam Kuru Me Dev! Grihaannaarghya Namastu Te.

## Aachamaniya

Water offered to deities for rinsing the mouth is called Aachamaniya. Offer water chanting -

Sarva Teerth Samaaneetam Sugandhim Nirmalam Jalam.  
Aachmyataam Mayaadattam Grihaann Parameshwar.

## Snaan

All deities are present in the ocean of knowledge, still three spoonfuls of water is offered as a mark of respect for a bath.

Gangaa Saraswatee Revaa Payoshanni Narmadaajaleih.  
Snaapitosi Mayaa Dev Tathaa Shaantim Kurushnna Me.

## Vastra

Clean & new clothes are offered. Offering old, torn clothes leads to losses. Mouli (holy red thread) can be offered instead chanting thus.

Sarva Bhooshaadi Ke Soumye Lok Lajjaanivaaranne.  
Mayopapaadite Tubhyam Grihaann. Parameshwar.

## Madhupark

Bathe the deity with honey. The Mantra is -

Om madhuvvaataa Rataayate madhuKsharanti sindhavaH maadhveenrah santvoShadheeH.

madhunaktamutoSh so madhumat paarthav (Gum) rajaH.

madhu dhaurastu naH pitaa madhumaatro vanaspatiH madhumaanastu sooryaH maadhvee graavo  
bhavantunaH.

madhu snaanam samarpayaami namaH.

After this, bathe the deity again with pure water chanting :

punaH shuddhodak snaanam samarpayaami.

## Tilak

For riddance from sins, afflictions and misfortune a mark is made on the forehead of the deity.  
Sandalwood paste is best otherwise Ashtgandh, GoroChan, camphor, saffron and musk can also be used.  
Mantra -

Shree Khand Chandanam Divyam Gandhaaddyam Sumanoharam.

Vilepanam Surshreshthh Chandanam Pratigrihyaataam.

## Akshat

Akshat means unbroken rice grains which are offered to gain wealth and prosperity. Mix with vermilion and offer them chanting thus.

Akshaashcha Surshreshthth Kumkumaaktaah Sushobhitaah.

Mayaa Niveditaa Bhaktyaa Grihaann Parameshwar.

## Pushp

Offer flowers to the deity for comforts, good luck and health chanting thus.

Maalyaadeeni Sugandheeni Maalatyaaadeeni Veiprabho.

Mayopaneetaani Pushpaanni Grihaann Parameshwar.

## Dhoop

Offer incense made from choicest and most fragrant herbs to the deity chanting thus.

Vanaspati Rasodbhootah Gandhaaddyah Sumanoharah.

Aaghreyah Sarvasevaanaam Dhoopoyam Pratigrihayataam.

## Deep

Lighting a lamp before a deity signifies dispelling of darkness of ignorance from the Sadhak's life. Mantra

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Suprakaasho Mahaadeepah Sarvatah Timiraapahah.

Sa Baahyaamyaram Jyotih Deepoyam Pratigrihyataam.

## Neivedya

Neivedya means elixier. While offering sweets or food articles chant this.

Neivedyam Grihyataam Dev Bhaktim Me Hyachalaam Kuru.

Epsitam Me Varam Dehi, Sarvasoubhaagya Kaarakam.

## Taambool

Offer a betel leaf containing betel nuts, cloves and cardamom. A betel leaf is symbolic of the sixteen Kalas or divine virtues. Mantra-

Poongifalam Mahad Divyam Naagvalee-rdaleiryutam.

Elaadi Choornna Sanyuktam Taamboolam Pratigrihyataam.

## Naariyal

Take the naariyal in both hands chanting -

yatraa te dhratasy dhrataa te dhaaraNe viniyogaH dhee brahraar dhrataa vachanaa yatraasv yatraa bhargo devaanaam dakshiNaaye saagarasy mahaalaKshmye sampoorNayate saprabhaavaan japaa mam tvaam amuk gotrotpannoH ..... amuk sharmaaH ..... tvaam purn bal buddhi vidhya purNatvam tvaam charaNe naarikel fal grahmaati tvaam charne samarpayaami namaH.

Offer your body, strength and mind to the deity in the form of a naariyal.



## Neeraanjan Aarti

Sing the Aarti (special hymn) of the deity whom you are worshipping. For Aarti use a lamp with one or five wicks. Mantra-

Aanand Matra Makarandam Anant Gandh Yogineendra Susthir Malindam Apaastabandham Vedaant Karannek Vikaashsheelam Naaraayannasya Charannaambuj Maanatosmi.

With this the worship is over. If one is not able to do Shodashopchaar worship one should do Panchopchaar worship while chanting the Mantras with full devotion.

One should daily offer prayers to one's deity and Guru.

## Preparing for Sadhana

**Each Sadhana has its own specific rules. There are some basic guidelines to be followed to obtain success in Sadhanas:**

**Perform Sadhana in a clean, pure place wearing clean, freshly washed attire.**

**Have full Faith, Trust and Devotion towards Mantra, Yantra Guru and Deity.**

**Be enthusiastic and alert. Have patience and strong will power.**

**You should use correct, consecrated and Mantra energised Sadhana articles.**

**You should perform Self analysis and do self-correction**

**You should attend Sadhana Camps to gain practical knowledge about Sadhanas**

**You should perform Sadhana only after taking relevant Diksha from Revered Maha Yogi Paramahansa Dr.Rupnathji.**

**You should stay in touch with Revered Maha Yogi Paramahansa Dr.Rupnathji and keep discussing various aspects of Sadhana with Them.**

**You should make "Guru Geeta" and " Maha Yogi Paramahansa Dr.Rupnathji Stavan" an essential part of your daily prayer.**

**You should eat pure "Satvik" food. You should refrain from eating non vegetarian food, "Taamsik" food like onion, garlic etc. , smoking or drinking. You should not eat in hotels etc.**

**You should remain celibate during the Sadhna period.**

**You should finish the entire daily mantra chanting (complete all rounds of rosary) in one sitting without getting up from your seat (asan).**

**You should sit erect and keep your body still whilest chanting mantras.**

**You should start Mantra Chanting at the same time daily.**

**You should sleep on the floor during Sadhana period.**

**You should refrain from talking and should conserve all your energy during Sadhana period.**

**You should not sleep during day time.**

**You should not talk to others about your Sadhana. You should communicate only with Revered Maha Yogi Paramahansa Dr.Rupnathji about Sadhana matters.**

**Generally, you should perform following rites-**

**Find out the required direction to sit in for specific Sadhana. Each Sadhana has a specific direction. Then arrange to sit such that you face that particular direction.**

**1. Place a small wooden board in front of you. Spread a piece of cloth on it. Each Sadhana will have a specific color. Put the photographs of deity, Yantras, rosary and other Sadhana articles on steel plate(s). Unpack the**

**Sadhana articles, if you have received them in plastic packet, and then place them on steel plate(s). Place these steel plate(s) on the cloth-cover on the wooden board. You should not place the Sadhana articles on bare ground. If you do, then all the benefic energy that you gained by performing the Sadhana will get "earthed" and disappear into the ground. If you do not have steel plate, then you may install the various Sadhana articles on the cloth-cover on the wooden board.**

**1. Always take a bath before starting to perform the Sadhana and then wear the specific color robes. Each Sadhana has a specific color of robes to be worn. In some Sadhanas, you are not allowed to wear any stitched clothes. Men should wear the specific colored Dhoti in the traditional Indian style. Wear the underwear on your body, and then wear the Dhoti. Women should wear specific colored clothes. Wearing Saree (sari) is preferable. The process of wearing saree/dhoti are detailed elsewhere in this faq. You should have received a Guru Chadar/Pitambar (cotton shawl inscribed with Guru Mantra). Wrap this shawl on your upper body below the neck like you would wrap a blanket. Wrap the Guru Chadar/Pitambar (shawl) on your upper body. Don't use perfumes, deodorant or powder etc. Only some Sadhanas (eg. Apsara (Divine nymph) Sadhanas) require you to wear specific flower perfume on body. Do NOT wear shoes/slippers etc. You should perform Sadhana barefooted.**

**Find out the details of Prayer Mat/asana (color, texture,type etc.). Asana or Prayer Mat is basically a seat, a piece of cloth. Most of the Sadhanas are performed by sitting on the ground. However, your body should not touch the bare ground. If it does, then all the benefic energy that you gained by performing the Sadhana will get "earthed" and disappear into the ground. Find out the color and type of asana (cotton/woollen etc.). Spread the asana on ground to sit on it.**

**Each Sadhana has a specific Yogic-asana (sitting pose/posture/stance) like Padamasan, Sukhasan, Siddhasana etc. Do not confuse this Yogic-Asana with the Asana in above point. A Yogic-asana is a method or Pose/stance of sitting in a specific way. However, as a newcomer in this field, you might not be able to sit in the specific Yogic-asanas or do not know about them. You may sit crosslegged on the asana (on ground) for most of the asanas. You should sit upright with straight back. Some Sadhanas might require to be performed standing up.**

**Day and Time of starting the Sadhana is very important. You should start the Sadhana at the most auspicious time on the specific day. You may check the**

auspicious times on our web site here. A time chart for auspicious times is also contained in the Tantra Vigyan magazine. Start the Sadhana on the Best time, and then perform it at the same time everyday. You need to check Time only for the first/starting day of the Sadhana. You should be very punctual about the time.

Now, whilst starting the Sadhana, you should light a deepak (lamp) and incense sticks. Place them on the wooden board between the Tantra articles and yourself. You will need to light either a ghee (clarified Indian butter) lamp or oil lamp depending on the Sadhana. You should always place the Incense in front (in your left side). You should always place the butter oil (Ghee) lamp in front (in your right side). If you are supposed to light lamp with other oils (eg. mustard oil etc.), you should always place such oil lamp in front (in your left side). You should use a cotton wick to light the lamp.

Again, each Sadhana has specific flowers to use. However you may use Rose flowers for most of the Sadhanas.

You will need a small paste of Chandan (sandalwood powder) for the Sadhana. You should add some water to a very small portion of sandalwood paste in a small plate and keep this paste ready.

You should also keep some unbroken rice grains ready for Sadhana near you. The rice grains should not be broken and it is preferable to mix them with some vermilion powder.

You should also keep some fruits ready. Fruits should be in odd number, either one fruit, or three fruit or five fruits.

You should also keep ready a small saucer (preferable a copper tumbler) containing water. Also have a small spoon (preferably copper spoon) ready.

At this point you should light up the lamp and incense. Please ensure to put enough oil/ghee in the lamp so that it keeps burning for the entire Sadhana procedure.

Then, you should start the Sadhana. First, you should take some water in your right palm, and say thus - "Myself (name) son of (father's name) am performing (Sadhana name) on (date) at (time) at (name of place) to (purpose eg. to get riddance from diseases). May I be successful by the divine grace of revered Gurudev. " Then, let the water flow onto the ground. This is a basic agreement between you and Divine done in the presence of natural element (water) to attain success in Sadhana. You should do this on the first day of

**Sadhana. There is no need to repeat it after that. This is called Sankalp. There is a detailed article on our web site about Sankalp here.**

**Now, chant the holy word "OM" three times. You should close your eyes and try to extend the chant for as long time as possible whilst breathing slowly. This is done to activate your inner body.**

**Then, you should mentally meditate on the Divine form of Revered Gurudev in your mind for a few minutes. You should mentally concentrate that you are calling revered Gurudev to come and guide you to accomplish the Sadhana successfully.**

**At this point, you need to perform some specific rites like welcoming Gurudev (or the deity) and offering them various articles. Detailed Mantras and procedure for this have been printed in various issues of Mantra Vigyan Volumes. One such good Book on "Sadhana : The Right Way" which was published in 2000 A.D. and is also available on our web site here. A general summary of the main steps is given below.**

**You should offer some water towards the base of revered Gurudev's photo to wash His feet whilst chanting appropriate Mantra.**

**Then, you should take some sandalwood paste in the ring finger of right hand, and mark some sandalwood paste on the feet of revered Gurudev whilst chanting appropriate Mantra.. This is done to remove sins, faults, bad luck and tensions from life.**

**Then, you should offer some unbroken rice (mixed with vermilion) to revered Gurudev on the base of the photograph whilst chanting appropriate Mantra. This is done to get a perfect body, wealth and prosperity.**

**Then you should mentally meditate that you are offering sweet scented incense made of medicinal herbs to revered Gurudev so that your faults and shortcomings can be destroyed. You should chant appropriate Mantra.**

**Then, you should mentally meditate whilst chanting appropriate Mantra that you are offering lamp light to revered Gurudev to banish the dark ignorance of knowledge from your heart.**

**Then, you should offer the fruits to revered Gurudev whilst chanting appropriate Mantra.**

**Then, you should chant one complete rosary round of the Guru Mantra. The Guru Mantra is**

**|| Om Param Tatvaay Naaraayannaay Gurubhyo Namah ||**

**You should chant the Guru Mantra using the Sfatik rosary. You should purchase it separately. This is a white crystal rosary. Details on holding the rosary and chanting Mantra are given elsewhere in this faq. If, for some reasons, you don't have it, then you may use any other rosary to chant the Guru Mantra. Please inform us by email if you did not receive the Guru Chadar/Pitambar when you applied for Guru Diksha.**

**You should keep your eyes open and stare with a fix gaze either at the form of revered Gurudev, or the lamp flame. If you perform Sadhana by closing eyes, then there is a possibility of your falling asleep.**

**Then you should chant the required rounds of the required Mantra with the required rosary. The actual pronunciation of every Mantra is very, very important. If you are in doubt, then you should phone us to check the correct pronunciation of the Mantra. It is not possible to check the Mantra pronunciation on email/letter, since finer elements like tone etc. cannot be tested. Audio recordings of some Mantras are available on our website here.**

**Then, you should again chant one complete rosary of the Guru Mantra. Therefore, you should always chant one complete round of Guru Mantra both before and after the required Mantra. This embedding between Guru Mantra is done to increase the beneficial power of your Mantra. If you are performing "Guru Worship" then you should chant at least 4 rounds of Guru Mantra with Sfatik Rosary.**

**After this, you should mentally pray to revered Gurudev offering Him the complete Mantra chanting and praying for His blessings for success in Sadhana. You should not get up during the entire Sadhana procedure and remain seated upright and erect with straight back. The oil lamp should be burning continuously during the entire Sadhana procedure.**

**Then, you should stand up. Put the still lighted ghee/oil lamp on a steel plate. Take this steel plate in your hand and sing the Guru Aarti. An English transliteration of the Aarti is listed on our web site here.**



**After the Aarti, you should sit down and meditate mentally asking revered Gurudev forgiveness for any mistakes (known and unknown) made during the Sadhana process and seeking His blessings for the success.**

**Then you should bow down in the Divine feet of revered Gurudev.**

**You should start the Sadhana at the same time daily for multiple days Sadhana. You should always endeavor to complete the Sadhana for the specified number of days. You will start feeling the beneficial effects of the Sadhana after few days of doing the Sadhana. Please ensure to eat only pure, vegetarian food during the Sadhana days and remain celibate (abstain from sex) during this period. Also try to sleep on floor (not on bed) and speak as less as possible (only when required) during this period. Follow other Sadhana related rules religiously.**

**After the end of the specified days period, some Sadhanas require you to drop the Sadhana Books Vols. in water. This is done to give back to nature what nature gave us i.e. to get the required effects from the Sadhana articles, and then to return them back to natural elements. You should drop the articles in the running water (river, stream etc.). While dropping, meditate on the Divine form of revered Gurudev and concentrate that " I am returning the Sadhana articles back to nature. May I achieve full success in my endeavor." After dropping the Sadhana articles in the water, you may continue to do Mantra chanting daily without using the rosary. You cannot reuse the Sadhana articles after dropping them in water. However, if you feel that you have made some mistakes in performing Sadhanas, and/or have not gotten the complete effects of performing Sadhana, then you may repeat the Sadhana upto a maximum of three times with the same Sadhana articles. In this case, you don't need to drop the Sadhana articles after performing Sadhana first time. You may repeat the Sadhana on any other auspicious day. A list of auspicious days for the month is also listed in the Tantra Vigyan magazine, and is also available on our website. However, after performing Sadhana three times, you should always drop the Sadhana articles in water.**

**However, if you haven't received success after performing Sadhanas, then you should contact revered Gurudev and get further guidance from Him.**

**There are thousands of Sadhanas for various materialistic and spiritual purposes. Every problem of this material world can be solved by Mantras. Millions of disciples of revered Gurudev are a proof of this. However, one**

**needs to perform Sadhana according to the correct practice. Please ask whenever you have some doubt and please don't assume.**

**You should always use properly consecrated and sanctified Sadhana articles to perform the Sadhana.**

### **Sadhana Related Queries**

**There are so many Sadhanas to choose from. How do I choose one?**

**Are there any general rules to be followed during Sadhna period?**

**How to chant using the rosary? How do I hold the rosary? Which hand?**

**Some of the beads on my rosary have been damaged/broken. Can I use this rosary for Sadhana?**

**What should I do if I mispronounce Mantra during chanting. Do I need to repeat the entire rosary again?**

**How do I know correct pronunciation of word? How do I speak this Mantra?**

**What is Guru Mantra?**

**What happens when I chant Mantra?**

**What is the correct way to do sadhana. How to pray? Is there a set way to perform Guru Sadhana?**

**How do I chant mantra?. Should I say it aloud?**

**Why can't I start a Sadhana on any day? Isn't one day as good as other?**

**What is the importance of color in Sadhana?**

**Why is direction important for sadhana?**

**What is Brahmacharya (celibacy)? Does it mean not even talking with mother/sister?**

**What should I wear during the Sadhna?**



**What is Bhoj Patra? How do I write Yantra on it?**

**Can I wash Sadhana articles during Sadhana period ?**

**I start sadhana but fall asleep midway. What should I do?**

**Can I perform Sadhana wearing Jeans and T-shirts? What type of clothes should I wear during sadhana?**

**Can I wear shoes/slippers during Sadhana?**

**What should I do if I have the urge to go to bathroom while Mantra chanting is in progress?**

**How should I sit during sadhana. Can I sit on a chair ? What is sitting pose/posture/stance?**

**Can I do sadhana on a bed?**

**Can I do sadhana if someone else is in room?**

**Should I close my eyes while performing the Sadhana?**

**What is Traatak? How do I practice it?**

**What is Shakti Chakra?**

**Can I perform Sadhana on someone else' behalf? Can someone else perform Sadhana on my behalf?**

**What is Anusthaan? What is Sankalp? What is Hawan? What is Tarpan? What is Maarjan? How is it done?**

**What are the Five components of "Panchopchaar Poojan"?**

**What are the English names for the ten directions?**

**What is Tilak?**

**There are so many Sadhanas to choose from. How do I choose one?**

**Each person nurtures a different wish in life, each one has a different personality, a different conscience, hence only a Guru can decide which method and technique would suit the disciple best. You should try to meet Gurudev in person and discuss your problems and plans with Him. Gurudev will advice about the best path to attain success depending on the ability and aptitude of the disciple. You may either meet Revered Gurudev**

**personally either in Gurudham or during a Sadhana Camp, or you may correspond using letter/fax/email.**

**Are there any general rules to be followed during Sadhna period?**

**There are some general specific rules to be followed for gaining success in Sadhanas.**

**Perform Sadhana in a clean, pure place wearing clean, freshly washed attire.**

**Have full Faith, Trust and Devotion towards Mantra, Yantra Guru and Deity.**

**Be enthusiastic and alert. Have patience and strong will power.**

**You should use correct, consecrated and Mantra energised Sadhana articles.**

**You should perform Self analysis and do self-correction**

**You should attend Sadhana Camps to gain practical knowledge about Sadhanas**

**You should perform Sadhana only after taking relevant Diksha from Revered Maha Yogi Paramahamsa Dr.Rupnathji.**

**You should stay in touch with Revered Maha Yogi Paramahamsa Dr.Rupnathji and keep discussing various aspects of Sadhana with Them.**

**You should make "Guru Geeta" and " Maha Yogi Paramahansa Dr.Rupnathji Stavan" an essential part of your daily prayer.**

**You should eat pure "Satvik" food. You should refrain from eating non vegetarian food, "Taamsik" food like onion, garlic etc. , smoking or drinking. You should not eat in hotels etc.**

**You should remain celibate during the Sadhna period.**

**You should not shave your beard or cut your hair or nails during Sadhana period.**

**You should finish the entire daily mantra chanting (complete all rounds of rosary) in one sitting without getting up from your seat (asan).**

**You should sit erect and keep your body still whilest chanting mantras.**

**You should start Mantra Chanting at the same time daily.**

**You should sleep on the floor during Sadhana period.**

**You should refrain from talking and should conserve all your energy during Sadhana period.**

**You should not sleep during day time.**

**You should not talk to others about your Sadhana. You should communicate only with Revered Gurudevs about Sadhana matters.**

**These are just basic guidelines. There are lots of other Sadhana rules which should be followed religiously.**

**How to chant using the rosary? How do I hold the rosary? Which hand?**

**You should hold the rosary in your right hand while chanting the Mantra. You should take rosary in right hand between Ring-Finger and Middle-Finger and move it using Thumb and Middle-Finger. You should place your hand adjacent to the heart. The rosary should not touch your leg or ground. Either you should place your left hand to avoid this, or you may put rosary in Gomukhi (cotton cloth bag) whilst chanting. Your index finger (fore-finger) should not touch the rosary. You should never let rosary touch the ground even when you are not performing Sadhana. It should always be kept wrapped in a clean cloth.**

**There is a separator bead in every rosary. Basically it is the central bead at which the thread containing beads is joined/tied together. This is normally marked by a different color thread on it. You may easily identify the separator bead. You should start moving the bead from the bead next to separator bead. You should not start from the separator bead itself. The beads should move along with the mantra chanting in direction towards you (clockwise direction). You should move one bead with each chant of complete mantra. In the moving process, once you reach the separator bead after finishing the bead before the separator bead, you should overturn the rosary with your right hand, making the last bead before separator (one you used just now) the first bead after separator. This is called as completing one complete round of the rosary. And then you should start chanting again with this bead as the first one.**

**In some muslim mantras, the rosary should move in direction away from you (anti-clockwise direction).**

**Normally, the same Mantra is chanted with all the beads. One rosary should preferably be used for a particular Mantra only. Only a particular type of rosary can be used for a particular Mantra.**

**For maximum benefits, one needs to use a special consecrated rosary which has been enlivened for the particular mantra for that person.**

**Some of the beads on my rosary have been damaged/broken. Can I use this rosary for Sadhana?**

**It is advisable to take out the broken/damaged beads from the rosary and then use the rosary. A normal rosary has 108 beads. You may perform additional mantra chantings using an extra rosary round to maintain the same count.**

**What should I do if I mispronounce Mantra during chanting. Do I need to repeat the entire rosary again?**

**You don't need to repeat the entire rosary-round if you mispronounce once. Just pronounce twice correctly and proceed further.**

**How do I know correct pronunciation of word? How do I speak this Mantra?**

**Correct Pronunciation of Mantra is a basic pre-requisite to obtain success in Sadhanas. You should always contact by telephone to obtain correct pronunciation of Mantras. A single word might be used in different ways in different Mantras. So, just obtaining pronunciation of a single word is not correct. Similarly, it is not possible to check pronunciation on email. Guru Dr.Rupnathji can verify your pronunciation and tell correcting measures. Audio recordings of some common Mantras has also been put up on our web site here.**

**What is Guru Mantra?**

**The Guru Mantra is the most powerful Matra. It is chanted to invoke Divine blessings of Revered Sadgurudev. It is -**

**|| Om Param Tatvaay Naaraayannaay Gurubhyo Namah ||**

**You should chant the Guru Mantra using the Sfatik rosary. This is a white crystal rosary which you should have received when you took Guru Diksha.**

**What happens when I chant Mantra?**

**When one chants Mantra, the sound vibrations resonate on the rosary beads and the Yantra (a small copper plate with particular geometrical drawings), and passes across the universe to the particular deity. Then they gather more power from the deity and return back to the person.**

**Actually it is much more complex than this. Chanting Mantra on a plain rosary will not give one much effect. Each particular bead of rosary needs to be consecrated and energised. These prayers are done during the auspicious moments. Moreover, the rosary needs to be enlivened with special Mantras for the particular person (user). The Yantras and other Sadhana articles are required to be consecrated and Mantra energised. For maximum benefits, one should use a special consecrated rosary which has been enlivened for the particular mantra for that person.**

**What is the correct way to do sadhana. How to pray? Is there a set way to perform Guru Sadhana?**

**There are some very specific rites and rituals ( procedures) which you need to follow whilst performing Sadhana (worship). You can go through the "Right Way to do Sadhana" and "Preparing for Sadhana" and other articles in the Sadhana subsection of our website.**

**How do I chant mantra?. Should I say it aloud?**

**In some Sadhanas, you need to chant mantra aloud. However, for most Sadhanas, you need to chant in softly so that only you can hear it and nobody near you can hear it. A detailed article on this topic was published in Yantra Vigyan Vol-5. It is available on our web site.**

**Why can't I start a Sadhana on any day? Isn't one day as good as other?**

**No. You may start Sadhana only on a specific day at a specific time. Every day is different, in fact every second is different from others. The Strength of Divine power of each deity differs across times and days. The Planetary positions also change every millisecond contributing to a change in optimal conditions. One should obtain Sadhana at the most auspicious moment to obtain maximum benefit. The Eclipses are the most auspicious moments to perform some Sadhanas. Please read Revered Gurudev's book "Samay & Kaal Chakra Gyaan Through Nadi" for further information on this topic.**

**What is the importance of color in Sadhana?**

**Color has a major significance during Sadhana. Each deity has its own favorite color. Your robes (i.e. dhoti) and asana should be of the required color. The cloth sheet used to place the Sadhana Books Vol-1-9(Photographs, Yantra, Rosary etc.) should also be of the required color. Each Sadhana has its own particular rule about specific color. If no color is specified, then you may perform Sadhana by placing the Sadhana Books on a Yellow cloth and by wearing a Yellow dhoti and Guru Chadar/Pitambar (shawl).**

**Why is direction important for sadhana?**

**Each Sadhana has to be done by sitting in a specific direction. Different Divine powers, Gods, Goddesses etc. have abode in different directions. We invoke them during Sadhana. Every deity is controlled by Mantras and they are compelled to come when invoked. So, we should be seated in correct direction to greet them. It is always bad manners to call someone and then sit with your back towards them!**

**What is Brahmacharya (celibacy)? Does it mean not even talking with mother/sister?**

**Brahmacharya(celibacy) is a state of mind. You should be celibate both in your mind and by your body. You should not think about such thoughts. Of course, you can stay together and interact with your mother/sister etc.**

**What should I wear during the Sadhna?**

**You should normally wear Yellow (or specific color) Dhoti, Guru Chadar/Pitambar and sit on a yellow (or specific color) asana (seat). Women may wear yellow (or specific color) Saree or other comfortable garments and should wrap the Guru Chadar/Pitambar over the upper part of the body. However various Sadhnas have specific instructions to use only specific coloured clothes and asanas.**

**What is Bhoj Patra? How do I write Yantra on it?**

**Bhoj Patra is a traditional Indian type of paper. Sometimes, in Sadhana, it is used to write Yantra. Normally, there is a very elaborate process to mark Yantra on it and the Yantra has to be energised and consecrated with various sanctifying Mantras. A full fledged worship of the Yantra is done. We have prepared many such Yantras on copper in our Contact no., and you may obtain Mantra energised and consecrated Yantra from us.**

**Can I wash Sadhana articles during Sadhana period ?**

**If you are performing a multi-day Sadhana (more than 1 day), then you can wash the Sadhana Books only on the first day. After that, you should not wash the Sadhana Books on other days.**

**I start sadhana but fall asleep midway. What should I do?**

**This happens because you close your eyes while doing Mantra chanting. You should chant Mantra with open eyes. You can gaze either at the Photograph or Revered Gurudev, or deity or Yantra or at the flame of the lamp.**



**Can I perform Sadhana wearing Jeans and T-shirts? What type of clothes should I wear during sadhana?**

**No you cannot perform Sadhana wearing Western clothes. If you are a man, you should wear a dhoti and Guru Chadar/Pitambar(shawl). A description of both is detailed elsewhere in this faq. You may wear an underwear under dhoti.**

**If you are a woman, you should can wear any comfortable clothes. Wearing a saree is preferable. You should wrap Guru Chadar/Pitambar(shawl) around the upper part of your body.**

**Can I wear shoes/slippers during Sadhana?**

**No. You should ALWAYS perform Sadhana barefooted.**

**You should NEVER enter the Sadhana room with shoes/slippers on.**

**What should I do if I have the urge to go to bathroom while Mantra chanting is in progress?**

**Ideally, you should never break the mantra chanting come what may. But, if you can't control, then you should leave after completing the current rosary round. After, that, you need to take a fresh bath, and then restart the Sadhana from where you left it.**

**How should I sit during sadhana. Can I sit on a chair ? What is sitting pose/posture/stance?**

**There are specific rules for each Sadhana. Some Sadhanas have to be done standing up and others by sitting. The Traditional Indian Yoga system has specific poses called Yogic Asanas (Not to be confused with the prayer mat). Each Sadhana has its own specific sitting pose. Most of the Sadhanas are done by sitting cross legged.**

**You should sit upright with straight back in Padmasana, Siddhasana or Sukhasana. Some Sadhnas have specific Yogic asanas for them.**

**And, sorry! You cannot perform Sadhana by sitting on chair or lying on bed ! (unless you have a medical problem)**

**Can I do sadhana on a bed?**

**No, you cannot perform Sadhana on a bed unless your medical problem warrants it. You have to follow specific rules for each Sadhana.**

**Can I do sadhana if someone else is in room?**

**Since a major prerequisite for performing Sadhana is concentration of mind, so it might not be possible to perform Sadhana while others are present nearby. One has to divert one's mind away from everything and direct it only on the deity and Revered Gurudev. So, it is preferable to be alone in the room to perform Sadhana. You may perform Sadhana in a temple or riverside if you cannot find solitude in home.**

**Should I close my eyes while performing the Sadhana?**

**If you close your eyes, then there is a chance of falling asleep. You should keep your eyes open and should do "Traatak" either on Gurudev or Deity or the flame of the lamp. Some Sadhanas have specific rules on Traatak and you should follow those rules.**

**What is Traatak? How do I practice it?**

**Traatak is a Yogic exercise to improve concentration of mind and willpower. It involves staring continuously at an object without blinking or closing eyelids. However, there are some specific rules which one should follow while performing this exercise, otherwise one may suffer physical damage in eyes or brain. There are various stages of Traatak, and one should progress**

**gradually from one stage to another. Please refer to Revered Gurudev's books on Hypnotism viz. "Advanced Hypnotism" , "Essence of Hypnotism" etc. The Yantra Vigyan Vol-5 also publishes articles about Hypnotism and allied sciences.**

**You may start by performing Traatak on a point or Shakti Chakra. You can also practice Traatak on the photograph of deity or puja Gurudev while Mantra chanting. One should perform Traatak on the face (between eyes and eyes) of the photograph of deity/Gurudev.**

**Traatak strengthens eyes and introduces Hypnotism power in eyes. One can get amazing siddhis, self-hypnotism, confidence and mesmerising power through Traatak.**

**The object should be placed in front at a distance of 1.5 feet slightly above the eye-level (To ensure that eyes open completely).**

**To perform Point Traatak, draw a circle of 6 inches on a 1ft X 1 ft board. Draw another circle of 05-1 inch within it. Color the inner circle with green or blue color. Draw a white point (similar size as a sarson seed) in the center.**

**After Traatak, the eyes might become moist. Let them. Close the eyes. Relax them and do not move the retina inside. Leave eyelids and eyes loose.**

**One should start Flame Traatak only after one has achieved considerable success in Point Traatak eg. change of color on the point and circle. If you start directly on the flame, then the body will not be able to adjust and eyes might be damaged.**

**Disappearance of photo while performing Traatak on Deity/Gurudev's photo is a sign of success.**

**Take care of eyes. Wash them regularly and often. Wash them before going to sleep and after waking up. In fact make a habit of washing eyes while washing hands or face. Never use dirty cloth or hands on eyes.**

**Perform Eye exercises prescribed by doctor. In early morning, look at the sun with closed eyes.**

**Protect eyes from Sun, dust, smoke and harsh lights. You may use blue or light green colored goggles but never use brown colored goggles.**

**Wash eyes with Trifala water. Pour pure honey or Rose water in eyes after consultation with a doctor.**

**Don't watch TV for long duration.**

**Never perform Traatak on animals. You can do Traatak on plants.**

**Shakti Chakra to perform Traatak on**

**What is Shakti Chakra?**

**"Shakti Chakra" is a very powerful picture. It is used to Traatak. One can achieve amazing feats through this exercise. Please refer to Revered Gurudev Maha Yogi Paramahansa Dr.Rupnathji's books on Hypnotism viz. "Advanced Hypnotism" , "Essence of Hypnotism" etc. The Yantra Vigyan Vol-3 also publishes articles about Hypnotism and allied sciences.**

**Can I perform Sadhana on someone else' behalf? Can someone else perform Sadhana on my behalf?**

**One should perform Sadhanas only after taking Guru Diksha. Any person who has taken a Guru Diksha can perform Sadhana on behalf of others if they are not able to do themselves due to ill health etc. by mentioning so in the "Sankalp".**

**To make Sankalp, one needs to take water in one's right hand palm saying the following in any language -**

**Myself "name" son/daughter/wife of "your father/mother/husband's name" , belonging to "your gotra or surname" gotra , disciple of Pujya Gurudev Maha Yogi Paramahansa Dr.Rupnathji am making this pledge by taking Divine blessings and Diksha from my Pujya Gurudev Maha Yogi Paramahansa Dr.Rupnathji on "date & time" at "place name" that I will perform "sadhna name" Sadhana by chanting "number" rosary rounds for "number" days on behalf of "person name" son/daughter/wife of "father/mother/husband's name" , belonging to "gotra or surname" gotra , resident of "place name" to solve "problem details" problem. May Pujya Gurudev stay with us all the time and guide and protect us. May all the benefits of this Sadhana go to "person name".**

**After, this let the water flow to the ground.**

**One should make the Shankh mudra for sankalp.**

**This Sankalp is an agreement between yourself and the divine deity. After taking Sankalp, you should perform Sadhana for the required number of days at the same time. There should NOT be any break of even a single day after taking Sankalp. You need to take Sankalp only on the first day.**

**To make Shankh Mudra, wrap all the fingers of right hand on the Thumb of Left hand as a fist. The smallest finger of right hand should be touching the base of Thumb of Left hand. All four fingers of right hand should wrap on the left thumb. Then touch Thumb of right hand with the Index (First) Finger**

**of Left Hand. Keep other fingers of Left hand parallel to Index Finger. All the fingers of Left hand should join together.**

**You should mentally pray and meditate on the form of revered Gurudev before starting the Mantra chanting. You should also mentally take permission from puja Gurudev before starting the Mantra chanting and request for His blessings & Aashirvaad to obtain success.**

**After the completion of Mantra chanting, you should mentally seek forgiveness from revered Gurudev for the mistakes (known or unknown) which you might have committed during Mantra chanting and request for His Aashirvaad and blessings.**

**If you feel that you need to go somewhere which might lead to an interruption, then you should first finish that task, and perform Sadhana with Sankalp later. In the meantime, you may chant the Mantra given to you by Diksha using the mala.**

**One can ask some close relative or someone else (pundit, shastri etc.) to perform prayers on one's behalf. Sometimes, one is unable to perform Sadhana oneself due to physical illness etc. However, one should always endeavour to perform Sadhana oneself. There is no guarantee that the other person will be sincere and will make full effort. Moreover, there should never be a "middle man" in one's relationship to God.**

**In the ancient times the Yogis, Sadhus and Sanyasis used to accomplish Sadhana and having mastered it they used to help other people. However, the pundits and "sadhus" in the middle ages (and even now), started to exploit the ignorance of common man for petty gains. This led to a downfall of the knowledge, and slowly the knowledge started getting extinct. Common man started to lose trust in Sadhanas and started to view it with suspicion. Revered Gurudev is resurrecting this ancient Indian knowledge, and giving an opportunity to common man to become independent. One faces many problems and troubles in life due to malefic**

**planetary combinations, or past karmas, or black magic etc. Sometimes, one is unable to achieve success in one's plans due to these reasons. So, one needs the Divine aid at various times in one's life.**

**So, one should strive to be independent and perform Sadhana oneself. After achieving success in Sadhanas, you will yourself get tremendous confidence and will get all round benefit. This will also help you in getting closer to God and will result in spiritual and material upliftment.**

**What is Anusthaan? What is Sankalp? What is Hawan? What is Tarpan? What is Maarjan? How is it done?**

**There are many types of Anusthaan. In Laghu Anusthaan, 24000 Mantra chantings are done ( eg. 27 rosary rounds in 9 days) and 240 aahutis are offered in holy Yagya. In Madhyam Anusthaan, 1.25 Lakh Mantra chantings are done (eg. 33 rosary rounds in 40 days) and 1250 aahutis are offered in holy Yagya. In Maha Anusthaan, 24 Lakh Mantra chantings are done (66 rosary rounds in 1 year) and One-tenth aahutis are offered in holy Yagya. One may also perform Anusthaan of 5 1000 or 5 lakh rosary rounds.**

**Anusthaan is a concentrated effort. You should try to complete the Anusthaan in as less number of days as possible for maximum benefit. An Anusthaan is normally done for completion of some task, or to solve some problem. The longer you delay the anusthaan, the more will be the delay in achieving results. Moreover, if you extend it for more time, then there is a chance of making more mistakes, breaking of celibacy (mental & physical) or some other strict rule. You should start the anusthaan on a auspicious day. Details of forthcoming auspicious days of current month are mentioned in the "What Your Stars Say" page of the Tantra Vigyan magazine, and also at the Auspicious Moments section at our website.**

**You should follow following rules during Anusthaan -**

**a. Start on the same time everyday. Perform same number of rosary rounds daily. Perform Anusthaan at a pure, satvik place in a pure, quite environment.**

**b. Eat pure vegetarian food during Anusthaan & Sadhana period. Try to avoid onion, garlic etc. Eat food once a day.**

**c. Maintain complete celibacy (mental & physical) during Anusthaan period. If your brahmacharya (celibacy) breaks during Anusthaan/Sadhana period, then you should stop the Sadhana/Anusthaan and restart the entire Sadhana/Anusthaan again afresh.**

**d. Perform Guru Poojan and chant one rosary round of Guru Mantra. Then perform the required daily number of rosary rounds of the concerned Mantra. Then chant one rosary round of Guru Mantra again. The Ghee/Oil (Depending on Diety) Deepak should be lighted continuously during the entire Anusthaan period. Ghee Deepak should be lighted for Anusthaan of Guru Mantra.**

**e. Mentally meditate on the form of the Diety and Gurudev during all the days of Anusthaan.**

**f. Don't cut hairs or nails during the Anusthaan Period. One should also refrain from shaving.**

**Normally, before chanting the mantra for Anusthaan/Sadhana, one needs to make a Sankalp (pledge) by taking water in one' right hand palm saying the following in any language -**

**Myself "name" son/daughter/wife of "father/mother/husband's name" , belonging to "your gotra or surname" gotra , disciple of Pujya Gurudev Maha**



**Yogi Paramahansa Dr.Rupnathji am making this pledge by taking Divine blessings and Diksha from my Pujya Gurudev Maha Yogi Paramahansa Dr.Rupnathji on "date & time" at "place name" that I will perform "sadhna name" Sadhana by chanting "number" rosary rounds for "number" days to solve "problem details" problem. May Pujya Gurudev stay with me all the time and guide and protect me.**

**After, this let the water flow to the ground.**

**You should make the Shankh mudra for sankalp.**

**This Sankalp is an agreement between yourself and the divine deity. After taking Sankalp, you should perform Sadhana for the required number of days at the same time. There should NOT be any break of even a single day after taking Sankalp. You need to take Sankalp only on the first day.**

**To make Shankh Mudra, wrap all the fingers of right hand on the Thumb of Left hand as a fist. The smallest finger of right hand should be touching the base of Thumb of Left hand. All four fingers of right hand should wrap on the left thumb. Then touch Thumb of right hand with the Index (First) Finger of Left Hand. Keep other fingers of Left hand parallel to Index Finger. All the fingers of Left hand should join together.**

**You also need to perform Havan (Holy Fire), Tarpan & Maarjan after completion of Anusthaan. Havan is done for appeasement of Gods (Devataas). Tarpan is done for offering to & appeasement of "Updevataas" (Gods) and "Pitras" (Ancestors). Maarjan is done for appeasement of other important yonis; and to remove impurities and purify oneself. Maarjan also removes bad effects of Rajogun and Tamogun.**

**You should offer 12500 (10% of Total Mantra chanting) Aahutis (offerings) in the holy fire of havan.**

**You should suffix the deity's mantra (which you chanted 1.25 lakh times) with the word "Swahaa". With each chanting of the mantra, you should offer Aahuti in the holy fire. You may do havan in two shifts, if it is not possible for you to complete it together. The item to be offered for Aahuti is different for each Sadhana/Mantra/Deity and purpose.**

**There are specific rituals for performing Havan/Yagya. Detailed procedure of doing Havan/Yagya (Holy Fire ritual) is described in book Sarva Siddhi authored by Param Pujaniya Gurudev Maha Yogi Paramahansa Dr.Rupnathji.**

**Normally, you may use "mango plant" wood sticks in the Yagya. However different types of woods are used in different Sadhanas. You can place a camphor between dry sticks and then light it. You should preferably use a "Havan Kund" for performing havan. Different kinds of Havan Kunds are prescribed for different Sadhanas, purposes and Deities. It should be made of copper. If copper is not available, then you may use any other pure metal container. For general purposes, you should use a squarish shape havan kund. The size of Havankund should be 9" X 9" X 9" or 15" X 15" X 15" .**

**You should perform Guru Poojan before performing Havan. You should also chant at least 4 rosary rounds of Guru Mantra. Then, you should perform Panchopchaar poojan (worship) of the Sadhana Yantra & photo of deity with Snaan( bathe), Tilak (mark on forehead), Pushp (flowers), Dhoop (incense), deep (light) etc.**

**Tarpan should be done for 1250 (10% of Havan) mantra chantings. You should suffix the deity's mantra (which you chanted 1.25 lakh times) with the word "Tarpayaami". With each chanting of the mantra, you should offer a mixture of milk & water on either Yantra or Idol.**

**Maarjam should be done for 125 (10% of Tarpan) mantra chantings. You should suffix the deity's mantra (which you chanted 1.25 lakh times) with**

**the word "Maarjyaami". With each chanting of the mantra, you should offer a mixture of milk & water on either Yantra or Idol.**

**It is recommended to perform Havan, Tarpan & Maarjan after completion of Anusthaan. However, if, you are unable to perform Havan for any reason then you may chant an additional 125 malas (rosary rounds) of the deity's mantra as a substitute by taking a sankalp.**

**You should mention in the sankalp that - "I am chanting 125 rosary rounds of the mantra as the Havan Poornaahuti." You should perform Guru Poojan and chant 4 rosary rounds of Guru Mantra before starting these 125 rosary rounds.**

**After completion of 125 rosary rounds or havan/yagya, you should do the following :**

**a. Chant one rosary round of Guru Mantra**

**b. Mentally seek forgiveness from revered Gurudev for the mistakes (known or unknown) which you might have committed during Mantra chanting and request for His Aashirvaad and blessings.**

**Similarly for Tarpan, you may chant additional 12 rosary rounds & for Maarjan additional 3 rosary rounds.**

**You should mentally pray and meditate on the form of revered Gurudev before starting the Mantra chanting. You should also mentally take permission from pujya Gurudev before starting the Mantra chanting and request for His blessings & Aashirwaad to obtain success.**

**After the completion of Mantra chanting, you should mentally seek forgiveness from revered Gurudev for the mistakes (known or unknown) which you might have committed during Mantra chanting and request for His Aashirvaad and blessings.**

**If you are a woman, you should stop the Anusthaan/Sadhana during the monthly periods, and restart it after taking bath on completion of periods (after 5 days).**

**If you feel that you need to go somewhere which might lead to an interruption, then you should first finish that task and perform Anushtaan with Sankalp later. In the meantime, you may chant the Mantra given to you by Diksha using the mala.**

**What are the Five components of "Panchopchaar Poojan"?**

**The Five components of "Panchopchaar Poojan" are snaan (bathe with water), tilak (mark on deity's forehead or yantra with saffron/vermilion paste), pushp (flowers), dhoop (incense) and deep (ghee or oil lamp).**

**Full details and Mantras for each of these components are provided in Sadhana : The Right Way article.**

**For marking tilak, a small paste is made by mixing saffron or vermilion with water.**

**Detailed procedure for Panchopchaar poojan is described in Deinik Sadhana Vidhi and Tantrokt Guru Poojan books authored by Param Pujaniya Gurudev Maha Yogi Paramahansa Dr.Rupnathji.**

**However, individual specific items for each Sadhana are different eg. some sadhanas require only ghee lamp, others require oil lamp of a specific oil.**

**some require a specific type of flower. The item for marking tilak is specific to each Sadhana. Please read the actual Sadhana Procedure for full details.**

**What are the English names for the ten directions?**

**The English names for the ten directions are -**

**"Poorv Disha" means East Direction**

**"Ishaan Disha" means North-East Direction**

**"Uttar Disha" means North Direction**

**"Vayavaye Disha" means North-West Direction**

**"Paschim Disha" means West Direction**

**"Neikratya Disha" means South-West Direction**

**"Dakshin Disha" means South Direction**

**"Aagneya Disha" means South-East Direction**

**"Aakash Disha" means Up (towards Sky) Direction**

**"Paataal Disha" means Down (below ground) Direction**

**The Disha-bandh (Protection) is done by throwing rice and/or water in all these directions while chanting the appropriate Mantra.**

**The suggested order for disha bandhan is - East, West, North, South, South-East, South-West, North-East, North-West, Upwards and downwards.**

**What is Tilak?**

**"Tilak" means making a mark with kumkum(vermillion)/chandan(sandalwood) etc. You need to mix the required Books (kumkum/chandan/etc.) with water to make a thin paste and then mark with it. Depending on the Sadhana rules, you might need to make a mark (do Tilak) either on Yantra , Gutika or other Sadhana Books Vols. You might also need to make a mark on the forehead of the deity / Revered Gurudev's photograph. Or, you might have to make it on your own forehead. A major Kundalini Chakra (Energy Center) is present on the forehead and performing a "Tilak" energises it.**

**Obstacles For a Sadhak**

**It is necessary for a new initiate in the world of Sadhanas not to be frustrated or lose hope by the initial failures. This is a wonderful article for the new Sadhaks which they shall find really heartening and encouraging.**

**All Sadhanas and spiritual practices have a particular sequence and process. Till all rules are not followed success in Sadhanas remains doubtful. Sometimes success remains elusive to a Sadhak even after hard work. This could be due to the bad Karmas of one's past lives,**

**Sometimes we also see evil and corrupt individuals earning respect, fame and wealth in life. On the other hand those devoted to the Lord are seen**

**suffering from pain and sorrow. Following are some interesting facts reading which a person could learn how to neutralise past bad Karmas and earn success in Sadhanas.**

## **1. Health**

**The biggest obstacle to success in any field is bad health. A person can successfully accomplish Sadhanas only when he is perfectly healthy and free from diseases. It is almost impossible to attain to success in Sadhanas through the medium of an unhealthy body. Hence one should be punctual in sleeping, rising, eating etc so that the body could be always fit. Natural healthy food, regular exercise and Yogic postures or Asanas go a long way in keeping the body healthy.**

## **2. Food**

**The second obstacle is unhygienic food that not only corrupts the health rather also gives rise to worry and mental disturbance. This is why our ancient texts stress so much on the purity of the food one consumes. There is a saying in the texts - Jaisa Ann Vaisa Mann!**

**The food one eats determines the purity of one's thoughts. The type of food that one consumes definitely has an effect on one's thoughts, mind, actions. There are said to be three categories of food according to the ancient texts - First category consists of sour, spicy, hot food which is called Raajasi. The second category consists of stale food, leftovers, meat and wine called Taamsik food. The third category consists of food obtained through pure means, which is neither too spicy nor too hot. It is called Saatvik. It is this type of food that one should eat.**

**Eating Taamsik and Raajasi food leads to lust, anger, greed, infatuation, arrogance and jealousy. It leads to loss of physical and mental health. Thus a**

**Sadhak could deviate from path of Sadhanas. So one should eat pure and less food.**

### **3. Doubts**

**The third obstacle on the path of Sadhanas is doubt. When the Guru directs a new person on the path of Sadhanas success is not attained at the very first go.**

**For example suppose a Sadhak is engaged in an eleven day Sadhana and even by the fourth or fifth day he has no divine experience, then he might be plagued by doubts. Suppose one is doing a Lakshmi Sadhana then during the period of Sadhana the expenses might shoot up. But if one persists and completes the Sadhana then without doubt the Goddess of wealth is pleased and blesses one with financial success. One's stars might have planned a poverty ridden life for the individual and accomplishing Sadhana for wealth would mean fighting against Nature. This struggle could result in a sudden rise in spendings in the beginning. And naturally some Sadhaks might start to doubt the efficacy of the Mantra and the Sadhanas. They might become doubtful whether Gods and Goddesses are actually there or they would ever appear before them. There might be doubts whether the Sadhana is correct or the Yantra being used is actually Mantra energised. They start to think that if the Sadhana or Mantra were efficacious then the result would have manifested. Because success has not accrued there must be something wrong with the Sadhana or maybe the Guru has guided us wrong. Doubts start to assail their minds and as a result the Sadhak gives up the Sadhana even before he begins it. And even if they do accomplish the Sadhana they do it filled with doubts due to which they are not able to succeed.**

**Lord Krishna has said in Bhagwat Gita -**

**Ashraddhya Hutam Dattam Tapastaptam Kritam Cha Yat. Asadityuchyate Paarth Na Cha Tatpretya No Iha.**



**i.e. Havan or Yagna, charity, Tapa and Sadhanas accomplished without faith and devotion are but useless and they bring no rewards.**

**Devotion and faith are the biggest assets of a Sadhak. He should have faith in the Guru, in the Mantra, Yantra, gods, goddesses and deities. A real Sadhak should accomplish all Sadhanas determinedly like Lord Buddha.**

**Ihaasane Shushkayatu Me Shareeram Tvagasthimaansaam Pralayanch Yaatu.**

**Apraapya Bodham Bahukalp Durlabham Nevaasmat Kaaymanashchlishyate.**

**i.e. Lord Buddha had pledged when doing Tapa - My body might perish, my skin might shrivel and the bones might crumble but I will not get up from this Sadhana seat till I have had total realisation.**

**A Sadhak should have such a determination so that he could make actual progress in his Sadhanas. More he progresses more he realises that Sadhanas are not imaginary but real.**

#### **4. Sadguru**

**Sadguru does not mean some human being. Sadguru is an entity who can bestow real knowledge, who can make one rise high in life, who can bestow totality in life, who can direct one to right path.**

**One needs to reflect on these facts because today there are very few real, experienced and realised Sadgurus. There is no dearth of people claiming to be Gurus. In every street you will find a Guru. But most of them are just arrogant individuals who are only after wealth, fame and physical pleasures.**

**Without having accomplished any Sadhanas they claim to be Yogis and some even call themselves God. In such a crowd of pseudo Gurus it becomes very difficult for a common man to find and choose a real master.**

**It is the greatest fortune for a disciple to find a Sadguru in his life. A Guru is needed in life to guide the Sadhak onto the path of Sadhanas, to help him overcome obstacles on the path of Sadhanas and to instil divine energy into him in order to overcome problems. The Yogis who are expert in the science of Tantra state that through Diksha obtained from a Guru a Sadhak gains divinity and all his sins are absolved.**

**Changing Gurus frequently also leads to problems in Sadhanas. Although all Sadhanas lead to the same goal yet the paths are different. Today you might start Prannayam and tomorrow on advice of some other person you could take to Hatth Yoga. Third day you might even give up Yoga and start chanting some Mantra and fourth day you might take to listening to divine discourses. Wandering from one path to another or changing Gurus cannot help one make progress.**

**Lord Krishna has said in Gita -**

**Tad Viddhi Prannipaaten Pariprashnen Sevayaa. Upadekshyanti Te Gyaanam Gyaaninas-tatvadarshin.**

**i.e. To gain real knowledge go to those who have realised Supreme Element. By bowing before such Yogis, by serving them selflessly, by asking them questions sincerely one can learn a lot. These are means to please them and then they become willing to impart true knowledge. But this knowledge can be gained only from a Sadguru.**

**5. Fame**

**One big obstacle for a Sadhak on the path of spiritualism is fame. When people living around realise that a Sadhak has successfully accomplished a particular Sadhana they become devoted towards him. They start to give him regard through their words and gestures. The Sadhak too is but a human being and he too likes to be respected and honoured. When he gets these from the society he starts to crave for more and more. As a result he forgets his aim of worshipping the Supreme and joins the race of earning more fame and name. This results in loss of Sadhana power. He loses his innocence, humility and becomes arrogant. Purity of mind and heart is lost and one is filled with anger and false pride. So a Sadhak should never reveal his powers to the society. One must rise high in the spiritual world and not in the material world. This is the real way to progress.**

## **6. Celibacy**

**Another obstacle on path of spiritualism is sex. Until there is enough energy in Sadhak's body he cannot succeed in Sadhanas. One needs power of the physical body, mind, senses and soul and this energy is conserved and boosted through Brahmacharya or celibacy. Hence a Sadhak should not indulge in excess sex. He should shun negative company and not eat food that could delude the senses and lead to loss of celibacy.**

**Even the married Sadhaks should observe celibacy as much as they could, to preserve vital energy. More one restrains oneself more the energy that builds up and faster one succeeds in Sadhanas.**

**Lord Hanuman remained a celibate throughout life and as a result he had immense physical strength. He was brave, powerful and very spiritual. He was most devoted to the Lord. He possessed all knowledge and all divine powers called Siddhis. It was due to these powers that he could assume a giant form or become smaller than even a fly. When crossing the ocean on his way to Lanka he assumed a huge form and jumped over the ocean. And when entering Lanka in order to avoid being detected he assumed a form smaller than a fly.**

**Bheeshma observed celibacy throughout life and as a result he was blessed with the power that death would not come to him till he so desired. Lord Parshuram who was invincible and who had defeated everyone on earth had to face defeat after a battle of 23 days with Bheeshma. This was the result of the celibate life Bheeshma led.**

## **7. Wishes**

**The Sadhak who does not become free of material wishes has to face many obstacles on the path of Sadhanas. Wishing and desiring leads to anger, infatuation and greed and as a result the Sadhak loses his balance of mind. Hence one should always keep the mind free of desires.**

## **8. Criticising others**

**Finding faults in others is the biggest obstacle for a Sadhak. A Sadhak should not waste his time in such activities and not worry what others are doing. The Sadhak should always remain concentrated in his own Sadhanas so that there is no time left for such useless activities.**

**Those who fall into habit of criticising others cannot progress well in Sadhanas, for they are wasting a lot of their thought power in a useless exercise. One should always remember the words of the great saint Kabir -**

**Buraa Jo Dekhan Mein Chalaa, Buraa Na Miliyaa Koy. Jo Dil Khojaa Aapanaa, Mujhasaa Buraa Na Koy.**

**i.e. When I started to look for bad qualities in others I ultimately realised that there is no more bad person than me.**

**Remember that if you point one finger at others in accusation three fingers shall be pointing towards you. What I mean to say is that before accusing others even once evaluate your own self at least thrice. One should look at one's own thoughts and try to remove one's faults instead of finding the same in others.**

SOME RARE SPIRITUAL BOOKS WRITEN BY MAHA YOGI PARAMAHAMSA DR.RUPNATHJI ARE GIVEN AS FOLLOWS:-

" \*\*\*Just Try and See

" \*\*\*Past Life "

" \*\*\*Sadhana of the Sun

" \*\*\*Boost Your Brains "

" \*\*\*Santana Prapti Mangala Sadhana "

" \*\*\*Narayan Kalp Sadhana "

" \*\*\*Jwalamalini Sadhana "

" \*\*\*Parad Ganpati Sadhana

" \*\*\*Sadhanas for Marriage

" \*\*\*Are Houses Haunted "

" \*\*\*Paarad Ganpati Sadhana

" \*\*\*Akshay Paatra Sadhana "

" \*\*\*Dharmaraaj Siddhi Sadhana

" \*\*\*Sadhana of Sun and Saturn "

" \*\*\*Chhinmasta Sadhana "

"\*\*\*Sadhana for Protection of Health "

"\*\*\*Shree Siddheshwari Sadhana "

"\*\*\*Worship of Shiva (Shivaraatri) "

\*\*\*108 Divine names "

\*\*\*Riddance from Evil Spirits "

\*\*\*Panchanguli Sadhana "

\*\*\*Aakarshan Sadhana "

\*\*\*Megha Saraswati Sadhana "

\*\*\*Kaamdev Rati Prayog "

\*\*\*Mahamrityunjay Sadhana "

\*\*\*Mahalakshmi Poojan"

\*\*\*Lakshmi Sadhanas of great Rishis and Tantriks"

\*\*\*How to celebrate Diwali"

\*\*\*The Right Way to perform Sadhana"

\*\*\*Diksha for affliction of MARS"

\*\*\*Shraadh Pitra Santushti Sadhana"

\*\*\*Guru Poornnima Sadhana"

\*\*\*Gopal Prayog for Children"

\*\*\*Solar Eclipse Sadhana"

\*\*\*Lunar Eclipse Sadhana"

\*\*\*Uchhisht Ganpati Sadhana"

\*\*\*Guru Worship "

\*\*\*Sadhanas using Moti Shankh"

\*\*\*Swadhishtthan Chakra Sadhana"

\*\*\*Quick Acting Bheirav Sadhanas"

\*\*\*Sadhana of planet Moon"

\*\*\*Miraculous Hanuman Sadhanas"

\*\*\*Sadhana to Rid Addiction"

\*\*\*Planet Shukra (venus) Sadhana"

\*\*\*Lama Holi Sadhnas"

\*\*\*Planet Shani (saturn) Sadhana"

\*\*\*Durga Sadhana"

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\*\*\*Some Simple Yantra Sadhanas"

\*\*\*Amazing Mantras for new Millenium"

\*\*\*Sadhna to get Mental Peace"

\*\*\*Kanakdhara Sadhna"

\*\*\*Another Mahakali Sadhna"

\*\*\*Mahaganpati Sadhna"

\*\*\*Kartikeya Sadhna"

\*\*\*Sabar Lakshmi Sadhnas on Diwali"

\*\*\*Simple Shree Yantra Sadhna"

\*\*\*Sadhna to banish diseases"

\*\*\*Face To Face With Divine Yogi "

\*\*\*Enlightened Beauty "

\*\*\*Gaayatri Sadhana "

\*\*\*Gurutatva Sadhana "

\*\*\*Garbhasth Cheitanya Sadhana "

\*\*\*Priya Vallabha Kinnari Sadhana "

\*\*\*Even You Can See Your Aura "

\*\*\*Telepathy "

\*\*\*Happy New Year "

\*\*\*The Mahavidya Sadhanas "

" \*\*\*The Mahavidya Sadhanas : Mahakali - The Saviour "

" \*\*\*The Mahavidya Sadhanas : Bhuvaneshwari - Bestower of Absolute Power "

" \*\*\*The Mahavidya Sadhanas : Baglamukhi - The Victory Giver "

" \*\*\*The Mahavidya Sadhanas : Tara - The Provider "

" \*\*\*The Mahavidya Sadhanas : Dhoomavati - The Terrifier "

" \*\*\*The Mahavidya Sadhanas : Kamala - The Wealth Giver "

" \*\*\*Jyeshththa Laxmi Sadhana "

" \*\*\*Anang Sadhana for Perfect Health & Vigour "

" \*\*\*Propitiating The Ancestors "

" \*\*\*Sadhana for Blissful Married Life "

" \*\*\*Kriya Yog Sadhana "

" \*\*\*Atma Chetna Sadhana "

" \*\*\*Treasured Eruditions of Ancient India "

" \*\*\*A Simple Practice To Get Rid Of Diseases "

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