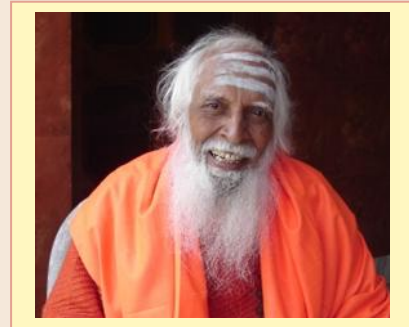


Clarifications of doubts of a Sadhak

By Swami Shantananda Puri Maharaj

Tips to overcome fear, despondency, anxiety, boredom, sorrow etc. during Sadhana period as suggested to a devotee by Swami Shantananda Puri, 6th Jan 2011.



1. Do not be ambitious and expecting results for your actions/sadhana in material/spiritual sphere. Do not complain, evaluate, demand, fret and fume about your so called progress. Just do your part and try to accept whatever comes to you from GOD naturally during your sadhana. This is full surrender. After surrendering we forfeit all rights and let go things. Then only Lord will step in. As long as you are expecting and looking for results or progress, the Divine will not manifest. This is a Law.
2. For most of your available time, think of GOD -Satata Smarana i.e. continuous remembrance. Do Japa(mental) incessantly as far as possible and on all occasions while walking, eating etc.
3. Surrender is the key word. Your only and intense prayer for at least 5 or 10 minutes should be for Lord's grace. The intense prayer for at least those 5 to 10 minutes is surrender. Absolute subjugation of ego for 15 minutes is possible definitely. Surrender wholly to the divine and be happy with the certainty that GOD will do everything in HIS own time.
4. In spite of the above sadhana specifics, if negative feelings / thoughts overtake you, you must not yield to them, but reject out rightly every time such thoughts arise. If not possible, do Mantra Japa and intense prayer to GOD to get you out of the negative energy field.
5. Any duty of the world which is thrust upon by circumstances should be done with minimum interest (avoid too much involvement day and night) and maximum efficiency. Do not try to improve over techniques or efficiency. Do your best and do not worry if you are not up to the standard, in performing those duties.
6. Be indifferent to and renounce the world internally. Always depend only upon Lord for each and everything in your life and never on any external agency however intimate it may be.
7. Keep yourself happy in all circumstances. Even in any adversity, learn to laugh often and force yourself to be happy. Imagine or remember some very good jokes and laugh freely. A spiritual sadhak should always have a care-free and smiling countenance.

8. Never think of the future. It is a sheer futile imagination and it is all in the hands of the Cosmic Director. Past is already gone. Never think of it. Remain happily in ever present. If the present is full of suffering, remember it will b every soon a past incident as 'present' can not remain.
9. Have patience and faith in the Lord as if it does not matter if you succeed after million years. Every minute, have such enthusiasm/zeal as if you are going to get in a few minutes.
10. Finally, there is only one point agenda for you i.e. God Realisation or Atma Sakshatkara which is already there in you, but only to be re-discovered. This should be your top priority in life and therefore every thing else should be secondary for you. Constantly dwell on this and do not cultivate desires and wants for this and that. Live with minimum requirements. Also diverting your mind to do this or that or trying to learn things not conducive and outside the Path, which is Vikshepa, should be shunned. In short, Live your life in GOD only. May you have abundant grace of the Supreme Lord and have Self-Realisation in this very birth.

****Hari OM****