



## Time for Sadhana

TIMING – MEDITATING TO TIME & Restricting each activity to FIXED TIMING etc. are necessary & VITAL TILL WE ARE COMPLETELY & SINCERELY ABLE. I DO AWAY WITH THE SENSE OF DOERSHIP i.e. I DO EVERYTHING. EFFORT & DISCIPLINE IS A MUST.

Here also in the 2<sup>nd</sup> stage of progress, Time <sup>is</sup> to apply all rules strictly to SPIRITUAL ACTIVITY i.e. PRAYER, PUJA, MEDITATION, SCRIPTURAL STUDY, SATSANG etc. But do not adhere strictly to TIME SCHEDULES for your supporting activities – cooking, washing, VISITING others (other than SATSANG) etc. If you are in a mood to continue meditation, do it & then start cooking. A little delay one day does not matter.

Timing – Meditating to Time and restricting each activity to fixed timing, etc. are necessary and vital till we are completely and sincerely able to do away with the sense of doership i.e. I do everything. Effort and discipline is a must. Here also in the 2<sup>nd</sup> stage of progress, Time it and apply all rules strictly to spiritual activity, i.e. prayer, puja, meditation, scriptural study, satsang, etc. But do not adhere strictly to the time schedules for your supporting activities – cooking, washing, visiting others (other than satsang), etc. If you are in a mood to continue meditation, do it and then start cooking. A little delay one day does not matter.

At the third stage, do not bother – keep your mind on God – BE CONVINCED. HE DOES EVERYTHING. If you do not feel like meditating at all – take to study of some BIOGRAPHY OF A SAINT – change the nature of SADHANA – keep it positively on some work or other directly related to SADHANA – MORE & MORE DEPENDENCE ON LORD – PRAYING WHENEVER POSSIBLE even when walking so that constant remembrance of God. A stage will come when we will survive even without food for two days – or somebody will feed you at your door. A stage will come you'll not bother if

You did not wash the clothes & had to wear the same dress. Till it comes do what all is required for worldly sustenance – BUT KEEP GOD CONSTANTLY IN THE MIND (THAT IS THE KEY – REST WILL ALL BE DONE WITHOUT OUR BOTHERING ABOUT IT).

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