

Time for Sadhana

Each activity to FIXED TIME & Restricting
each activity to FIXED TIMES &.

are necessary & VITAL TILL WE ARE
COMPLETELY & SINCERCLY ABLE TO

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How also in the 2" Stage of

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STUDY, SATISAND DE. BUT DO NOT .

Adhere Strictly to TIME SCREDUES

for your supporting activities— Cooking
working, VISITING Offen (offen then SATSAND)

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Cooking of little chelogy are day does

not maken.

Timing – Meditating to Time and restricting each activity to fixed timing, etc. 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 2nd 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 stope, do not littles -heep you MND ON GOD - BE CONVINCED. HE DOES EVERY THING It you do not feel like meditalize at all take to study of some BIOGRAPHY OF A SAINT - charge the volume of SADBANA - Keep it portvely a same Work or other directly related to SADKANA - MOLE & MOLE DEPENDENCE ON LOND - PRAYING WHENEVER DUSSIBLE was when walking to that constant remembrance of 60. A stype will come when we will survive were without food for two days - a some body will feed you at your door. I stop will come you'll not bother of you did not wash the clother a had the were the same does. Till it comes do what all a required for Worldly sustenance - BUT KEEP GOD CONSTAUTLY IN THE MIND (THAT IS THE KEY-REST WILL ALL BE DONE WITHOUT OUR BUTHERING ABOUT IT)

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 and 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 and 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.