



## साधन पञ्चकम् Sādhana Pañcakam

वेदो नित्यमधीयतां  
vedo nityamadhīyatām  
Study the Vedas daily.

तदुदितं कर्म स्वनुष्ठीयतां  
taduditam karma svanuṣṭhīyatām  
Properly perform the duties ordained by them.

तेनेशस्य विधीयताम्  
teneśasya vidhīyatām  
Dedicate those actions to God.

अपचितिः काम्ये मतिस्त्यज्यताम् ।  
apacitiḥ kāmye matistyajyatām ।  
Turn your mind away from desires (1a).

पापौघः परिधूयतां  
pāpaughāḥ paridhūyatām  
Cleanse yourself completely of sin.

भवसुखे दोषोऽनुसन्धीयताम्  
bhavasukhe doṣo' nusandhīyatām  
Recognize the limitations of worldly happiness.

आत्मेच्छा व्यवसीयतां  
ātmecchā vyavasīyatām  
Strive to discover your true Self.

निजगृहात्तूर्णं विनिर्गम्यताम्  
nijagr̥hāttūrṇam vinirgamyatām  
Quickly escape from attachment to your home (1b).

सङ्गः सत्सु विधीयतां  
saṅgaḥ satsu vidhīyatām  
Seek the company of good people.

भगवतो भक्तिर्दृढाऽऽधीयतां  
bhagavato bhaktirdṛḍhāadhīyatām  
Cultivate deep devotion to God.

शान्त्यादिः परिचीयतां  
śāntyādiḥ paricīyatām  
Develop virtues like peacefulness.

दृढतरं कर्माशु सन्त्यज्यताम्  
dṛḍhataram karmāśu santyajyatām  
Immediately give up your fondest desires (2a).

सद्विद्वानुपसृप्यतां  
sadvidvānupasṛpyatām  
Approach a truly wise teacher.

प्रतिदिनं तत्पादुका सेव्यतां  
pratidinaṃ tatpādukā sevyaatām  
Offer your service at his feet every day.

ब्रह्मैकाक्षरमर्थ्यतां  
brahmaikākṣaramarthyatām  
Strive to discover the meaning of Om.

श्रुतिशिरोवाक्यं समाकर्ण्यताम्  
śrutiśirovākyaṃ samākarnyatām  
Listen carefully to the teachings of the scriptures (2b).

वाक्यार्थश्च विचार्यतां  
vākyaṛthaśca vicāryatām  
Reflect on the meaning of the teachings.

श्रुतिशिरः पक्षः समाश्रीयतां  
śrutiśiraḥ pakṣaḥ samāśriyatām  
Embrace the vision of the scriptures.

दुस्तर्कात् सुविरम्यतां  
dustarkāt suviramyatām  
Give up erroneous arguments.

श्रुतिमतस्तर्कोऽनुसन्धीयताम्  
śrutimatastarko'nusandhīyatām  
Follow the reasoning used in the scriptures (3a).

ब्रह्मास्मीति विभाव्यताम्  
brahmāsmīti vibhāvyaatām  
Meditate on the truth, "I am brahman."

अहरहर्गर्वः परित्यज्यतां  
ahar ahar garvaḥ parityajyatām  
Day by day, give up your ego.

देहेऽहम् मतिरुज्ज्यतां  
dehe'ham matirujjhyatām  
Abandon the notion, "I am this body."

बुधजनैर्वादः परित्यज्यताम्  
budhajanairvādaḥ parityajyatām  
Give up arguing with wise people (3b).

क्षुद्ध्यादिश्च चिकित्स्यतां  
kṣudvyādhiśca cikitsyatām  
Treat the malady of hunger...

प्रतिदिनं भिक्षौषधं भुज्यतां  
pratidinaṃ bhikṣauṣadhaṃ bhujyatām  
...by taking the medicine of alms daily.

स्वादन्नं न तु याच्यतां  
svādvannaṃ na tu yācyatām  
Do not request delicious food.

विधिवशात् प्राप्तेन सन्तुष्यताम्  
vidhivaśāt prāptena santuṣyatām  
Be content with whatever is obtained properly (4a).

शीतोष्णादि विषह्यतां

śītoṣṇādi viṣahyatām

Tolerate discomforts like cold and heat.

न तु वृथा वाक्यं समुच्चार्यताम्

na tu vṛthā vākyaṃ samuccāryatām

Do not engage in useless talk.

औदासीन्यमभीप्स्यतां

audāsīnyamabhīpsyatām

Cultivate indifference.

जनकृपानैष्ठुर्यमुत्सृज्यताम्

janakṛpānaiṣṭhuryam utsṛjyatām

Ignore the kindness and harshness of people (4b).

एकान्ते सुखमास्यतां

ekānte sukhamāsyatām

Sit for meditation in a solitary place.

परतरे चेतः समाधीयतां

paratare cetaḥ samādhīyatām

Concentrate your mind on the supreme.

पूर्णात्मा सुसमीक्ष्यतां

pūrṇātmā susamīkṣyatām

Discover the fullness of your true Self.

जगदिदं तद्बाधितं दृश्यताम्

jagadidaṃ tadbādhitaṃ dr̥śyatām

Recognize this world is but an illusion (5a).

प्राक्कर्म प्रविलाप्यतां

prākkarma pravilāpyatām

Reflect on your past deeds.

चितिबलान्नाप्युत्तरैः श्लिष्यतां

citibalānnāpyuttaraiḥ śliṣyatām

With wisdom, let go of future deeds.

प्रारब्धं त्विह भुज्यताम्

prārabdhaṃ tviha bhujyatām

Exhaust your remaining karmas here.

अथ परब्रह्मात्मना स्थीयताम्

atha parabrahmātmanā sthīyatām

Then at death, remain merged in brahman (5b).