

MAHAADHYATMASADHANA

(The Great Spiritual Practice)

Sadhaka (disciple) gains maximum spiritual benefit by performing Adhyatma Sadhana (spiritual practice) through Satsang with less effort and time. Sadhana literally “a means of accomplishing something. It is a spiritual exercise, practice. Everything you do in your day to day life for your spiritual; upliftment, your integral growth of body, mind and spirit, on the path of spiritual enlightenment and to achieve Yoga (union) with the Divine is “Adhyatma Sadhana” (Spiritual Practice). Sadhana is a means whereby bondage becomes liberation. Sadhana is a discipline undertaken in the pursuit of a higher esteem goal. It is a repeated practice performed with observation and reflection, with study and investigation. The drive for spirituality is inherent in our nature, but the way the spiritual path unfolds is unique to each individual. Spirituality is a worldview and a way of life based on the belief that there is more to life than what meets the senses, more to the universe than just purposeless mechanics, more to consciousness than electrical impulses in the brain, and more to our existence than the body and its needs. The spiritual goals are to purify body – mind - spirit so as to achieve liberation (moksha); to achieve Yoga - uniting individual Soul with the Universal Supreme Soul; to be the true Self, becoming one with the absolute consciousness; to dissolve the knot of the ego, which limits pure consciousness to a body-mind-spirit; realize the true Self; experiencing divine revelation by surrendering and serving to God; to achieve the cessation of suffering by uprooting the mental defilements; see reality for what it is; achieving enlightenment, Nirvana, experiencing union with God, the kingdom of heaven, feel the love of creator; cultivating and sublimating energy cultivate body, mind, and spirit, living in divine harmony; learning the ultimate laws of the universe; know oneself and the creator, live as per the universal laws of nature; by karmic purification become a siddha (a perfect being), achieve salvation; live in harmony and connection with nature; develop knowledge and power to work with invisible divine forces; heal the soul; use spiritual wisdom and techniques for rejuvenation, clearance, cleansing, wellness, wellbeing, healing, treatments, and purification of body, mind-spirit for our overall integral development and spiritual upliftment, transformation, and transcendence. The main aspects of Adhyatma Sadhana (Spiritual Practice) are: cessation – sublimation - Dharana (Concentration Contemplation) – Dhyana (meditation)- Samadhi (union and absorption with ultimate reality, oneness with Divine). Saadhaka must develop good positive habits, advanced technics and skills for spiritual upliftment / Ascent and experience transformation to create new experiences.

Regular spiritual practices are very important. They are gifted in solving problems for us. This is what they were made to do. All creativity comes from this. Many times one experiences stress, worry, anxiety, fear, anger, negative emotions which distract the mind. Spiritual practices help us to be able to put our minds at rest in order to come back to the present moment and connect with our source energy, which is never-ending source of peace, bliss, love, abundance, happiness and joy. Help us to realign our body- mind and heart with our Soul.

Spiritual Healing & Wellbeing:

Spiritual healing practices are used for our holistic health, mind balance and spiritual well-being. Energy healing system restores the balance and flow of energy throughout our body, mind and spirit at both gross and subtle levels. Spiritual wisdom and the subtle energy is used with specif-



**Aadhyatma Sadhna
(Spiritual Practice)**