

Guidelines for Establishing a Personal Sadhana.



Sadhana means a practice which is done regularly for an extended period of time, with a firm conviction that one will be able to perfect and derive benefits. This is the broad meaning of the word sadhana according to the yogic tradition. The aim of sadhana is to purify the mind and the human nature.

Purification of the mind is necessary if we want to harmonise our personality.

Swami Niranjanananda.

Only through regular practice can the deeper benefits of yoga be experienced. Over time you will find you are able to maintain your sense of a calm centre throughout the day, even when you encounter challenging situations. This is the gift of our efforts, and is a gift that will continue to grow and deepen in us throughout our lives.

Practising on your own is different from attending classes and it can be difficult to develop regular practice.

Create a space - Create a space that invites you into it, a type of sanctuary, even if it is only a corner of one room. A quiet, clean, uncluttered and airy space is best and ensure that the temperature supports your practice, either warm in the winter or cool in the summer.

Preparation - Wear loose, comfortable clothing when you practice. An empty stomach is best, but you also do not want to feel weak or ungrounded. Wait at least three hours after a full meal and at least an hour after a snack.

Create the time - Any time of day can be used to practice although quieter times of the day are most beneficial. The most important element is regularity.

Set realistic goals – Sometimes the hardest part is simply getting to the mat. Once there, the practice builds on itself. It may be you need to divide your home practice up by doing asana and pranayama in the mornings and meditation at night.

Value self/Spiritual Practices and Prioritise it – When planning your day or week, set aside time for your practice. If necessary, set up agreements with your family, so you all have a clear understanding and you are not shadowed by feelings of guilt, while you are practicing. This also strengthens your own commitment.

Value Internal Rewards - Take a moment at the beginning and end of your practice to notice the difference.

Note- a must to have relaxing music to set the mood – always warm up before any of your home practice.

Hari Om Jean

