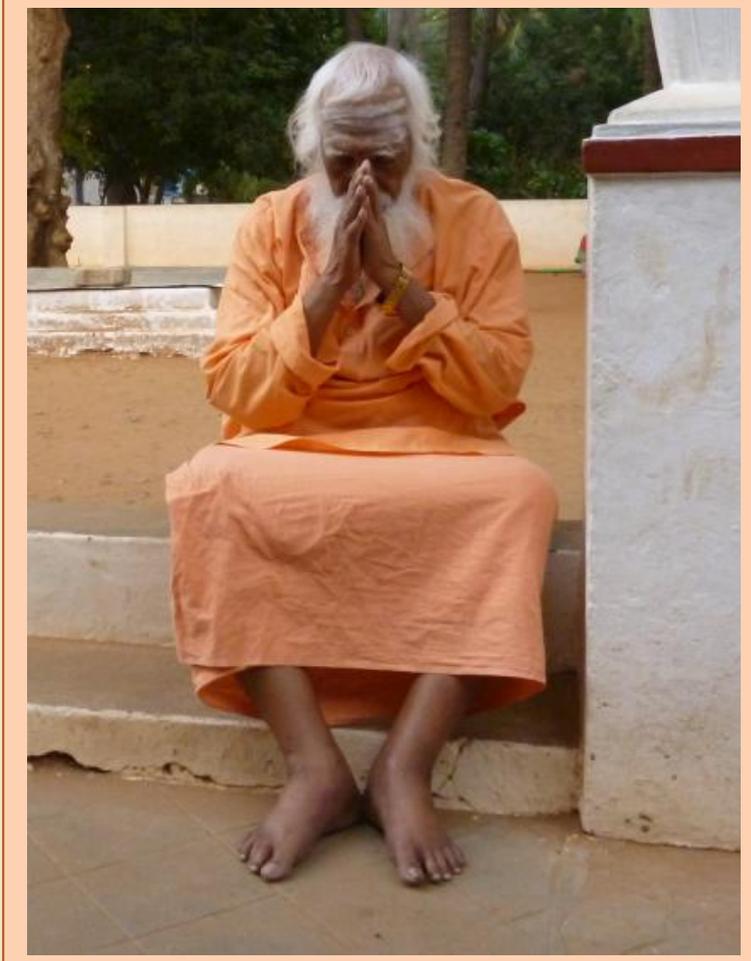


Questions and answers related to sadhana

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Tiruvannamalai, 02 March 2014*



This document contains questions raised by a devotee and the responses given by Swamiji to those questions:

1. How do I increase my longing for God?

- Fake love and daily say whether we feel it not, “O Lord, I love you so much. I love you only.” A lie repeated a million times ultimately becomes the truth.
- Be with people who love God.
- Read books of holy men and their teachings and biographies of their relationship with God.

2. I do breath meditation and Om. How do I go deeper?
 - The vipasanna meditation of the Buddhists links meditation to breath and it stops half way and doesn't take so far. By observing the breath only nothing happens to you. It may give you temporary peace but may not take you to the final beatitude.
 - Better to do thoughtless meditation and remain in the thoughtless state and when thoughts come tell them to go away.
 - Revel in the 'Being' state like a child sleeping after all its instincts have been satisfied 'in amness.'

3. Do I strive and make an effort or do I go with what is natural and brings me peace?
 - Revel in the 'Being' state like a child sleeping after all its instincts have been satisfied 'in amness.'
 - Everyone has his or her own path. There is no one path for everyone. The so called natural state has merely come out of you. You don't know what is natural to you. It may not be your real nature. What you think is natural may not be natural and may just be a conditioning.
 - One can be easily fooled that it is my nature but it could merely be a temporary conditioning. You just go as per what the Guru has told and be guided by him.
 - Your nature will be revealed to you. This will come through sadhana as per the guidance the Guru has provided.

4. How do I intensify my prayer life?
 - Pray all the time and always talk to God.
 - When you start anything, pray to God, to the divine.

5. Do I need to schedule?
 - There is a need for a schedule in the beginning but after that the schedule is not important.
 - If you have a schedule you must follow it.

6. How do I change my tamasic energy in relation to spiritual life?
 - Pray to the divine for help.
 - Temporarily by increasing the rajo guna of dynamism we can overcome the tamoguna. Then overcome the rajo guna too by remaining in predominant sattva guna. Ultimately a day has to come when you have to transcend all the three gunas.

7. Do we all need to have certain spiritual experiences?
 - People are all different and they may not have the same experiences.

- The ultimate experience is a non experience where there is only one subject and no object.
 - An experience is our reaction to the vibrations of happiness, beauty, deliciousness, etc. coming out of some object. Hence when we reach the stage where there is no outside object and you alone exist, there cannot be an experience. It is a stage of non experience.
8. I get very attached to people. What do I do with these attachments?
- Transfer attachments from people to God
 - Don't worry about detachment, just have attachment to God
 - Don't worry about dispassion, just have passion for God
9. I have resistance to spiritual reading. What should I do?
- Don't depend heavily on reading and at a certain time you don't need to read.
 - It is best to read the lives of holy men, their biographies. This will automatically get you interested in spiritual reading. Some of the biographies that you could read are:
 - Imitation of Christ
 - St. Augustine
 - St. Theresa
 - Brother Lawrence

And other biographies of lives of people who loved God

* * HARI OM * *

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