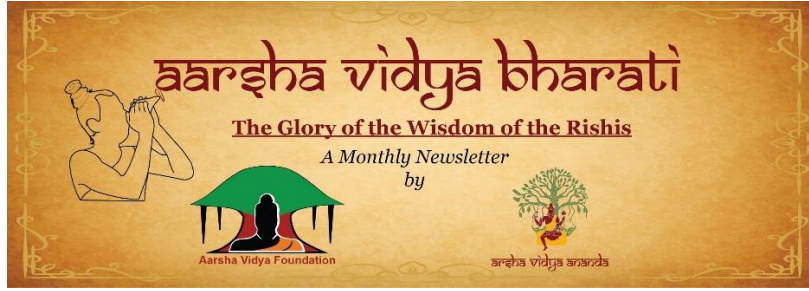

Aarsha Vidya Bharati - May 2022

Vaisakha - Jyeshtha 2079

A monthly newsletter that will bring you more happiness, more wisdom and more freedom



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Sādhana for 40 days

By A Vedanta Student

Ram! Ram! Ram! This article is about the 40-day *Sādhana* that I performed recently. let me give a brief background about myself and the aspects that relates to and led me to, towards this *sādhana*.

I was born and brought up in a Hindu family where my grandparents, my relatives and most importantly my parents are devotees of Lord Ram. My father in particular is an ardent reader of Tulsi Ramayan. There would not be a single day he would not read Ramayan. He still reads it every day. I witnessed utmost clarity in his thought process about all the life's situations. He would backup all his decisions with reference and anecdotes from Ramayan.



My mother taught me Devanagari script when I was 5, reading and writing, and Hindi being my mother tongue speaking comes naturally to me. After gaining the knowledge of the language the first book I read was Ramayan. I used to be with my father all the time. I would play with him, eat with him, accompany him wherever he would go and sleep with him only.

He, before going to bed would read Ramayan and I sitting on his lap would also read it with him. Remember, I just learned the language and compare my speed of reading with his speed. He would finish early, and I would not let him turn the page until I am done. So, he used to ask me to start reading from 1/4th of the page towards the end. So, both of us could finish at the same time.

In my growing up years as a teenager, every time I would pick up Ramayan to read by snatching off time from my academic studies during school vacations, a profound feeling mixed with sadness and happiness in the form of tears would emerge as if I am meeting a lost family member after a long, long time.

Similarly, the mantra Ram entered in my life through my parents and it is the legacy that I carry from them. Though I have been chanting this mantra on and off every day in one form or the other, I got to know about the 40-day *sādhana* to do japa of the mantra 125,000 times for 40 days at the rate of 3000 daily. During last 5 days 4000 daily.

The instruction was to get up at 4 am and write down Rama *nāma* with chanting loudly. It used to take me 2 hours for writing and chanting. This should be done by sitting in one *āsana*. If it is difficult to sit in one *āsana*, you can change the *āsana* but should not leave your seat.



Now before I started to actually do this, the mind was reluctant to get up early. The reason I gave to mind to convince it for the *sādhana* were, 1) How do you sometimes get up as early as 2 am to catch an international flight, so it is not a big deal for you, 2) How come you sit to write an exam for 3 hours in one go sitting in one *āsana*, 3) How do you sit for a movie in theater/Netflix for many, many hours?, 4) and How come you do not sleep and stay awake for long hours during parties and family functions?

So, I would get up at 3 am, do 5 minutes meditation before leaving the bed, freshen up, clean my room and after having bath would sit for chanting. Now let me share the changes I noticed in myself due to this *sādhana*: -

1. It **increased my willpower**. I feel I can do anything I decide for myself.
2. It gave me **peace and calmness** and it reflects in my behaviour and other people do notice it.
3. It makes me feel **cheerful** without any reason.
4. It makes me feel **independent and self-sufficient**. I don't depend on outside things for my happiness.
5. It has **reduced 2 of my biggest fears**, fear of death and fear of separation from material things and loved ones.
6. It helped me **mature emotionally**. No emotion sticks with me for long. Anger, disappointment, sadness, excitement, they come, they play their role, and they just leave. The time it takes me to bring myself back to my normal self out of these emotions has reduced.

I did this *sādhana* in complete privacy. I have a separate room with no disturbance. As of today no one in my family know that I did this. The fact that I am sharing this is to obey the Guru Swaminiji. We may not have seen God through these eyes, but God interacts with us through our Gurus! Ram! Ram! Ram!

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