

The Fivefold Practice (Sâdhana-Pancaka)

Attributed to **Shankarâcârya**

Translated by **Georg Feuerstein, Ph.D.**

Daily study the Veda. Perform well the activity taught in it.
With that [activity] do worship to the Ruler. Abandon the mind of desire.
Cleanse the flood of sins. Understand the defect of worldly pleasure.
Cultivate the longing for the [transcendental] Self.
Swiftly depart from your home. (1)

Cultivate companionship with the virtuous.
Maintain firm devotion to the Lord.
Very determinedly accumulate peace, and so on.
Quickly abandon [wrong] action.
Approach a true knower. Every day worship his sandals.
Focus on the single- syllabled Absolute.
Profoundly listen to the Word of the crest of revelation [i.e., the *Upanishads*]. (2)

And ponder the meaning of the Word.
Take refuge in the message [of] the crest of revelation.
Avoid negative opinion.
Cultivate the philosophy thought out in the [Vedic] revelation.
Daily contemplate "I am the Absolute." Abandon the thought "I am in a body."
Completely let go of pride.
Completely let go of [the tendency to] argue with wise people. (3)

And cure disease by hunger [i.e., fasting]. Daily enjoy the medicine of alms.
Do not ask for tasty food [but] be content with what you obtain from destiny.
Conquer heat and cold, etc. Do not indulge in wasteful talk.
Cherish indifference. Relinquish the compulsion of [relying on] people's kindness. (4)

Find joy in solitude. Concentrate the mind on the Supreme.
Completely realize the full Self.
Recognize that this world is a nuisance [inflicted on] That.
Eliminate previously [created] karma.
By the power of Awareness also do not adhere to subsequent [karmas].
Reap [and exhaust] here [on Earth] the karma already in motion
And abide in the supreme Absolute by means of the Self. (5)

