



OBSTACLES FOR A SADHAK

It is necessary for a new initiating the world of **Sadhanas** not to be frustrated or lose hope by the initial **failures**. This is a wonderful article for the new Sadhaks which they shall find really **heartening** and **encouraging**.

All **Sadhanas** and spiritual practices have a particular sequences and process. Till all rules are not followed **success** in **Sadhanas** remains doubtful. Sometime success remains elusive to a Sadhak even after hard work. This could be due to the **bad Karmas** of one's past lives.

Sometimes we also see **evil** and **corrupt** individuals earning **respect, fame** and **wealth** in life. On the other hand those devoted to the Lord are seen suffering from **pain** and **sorrow**. Following are some interesting facts reading which a person could learn how to neutralise past **bad Karmas** and **earn success** in **Sadhanas**.

Health

The biggest obstacles to success in any field is **bad health**. A person can successfully accomplish **Sadhanas** only when he is perfectly healthy and free from **diseases**. It is almost

impossible to attain **success** in **Sadhanas** through the medium of **an unhealthy body**. Hence one should be punctual in **sleeping, rising, eating**, etc so that the body could be always fit. Natural healthy food, regular exercise and Yogic postures or **Asans** go a long way in keeping the body **healthy**.

Food

The second obstacle is **unhygienic food** that not only corrupts the health rather also gives rise to **worry** and **mental disturbance**. This why our ancient texts stress so much in the purity of the food once consumes. There is a saying in the texts- **Jaisa Ann Vaisa Mann!**

The food one eats determines the purity of one's thoughts. The type of food that one consumes definitely has an effect on one's **thoughts, mind, actions**. There are said to be three categories of food according to the ancient texts- First category consists of our **sour, spicy, hot food** which is called **Raajasi**. The second category consists of **stale food, leftovers, meat and wine** called **Taamsik** food. The third category consists of food obtained through pure means, which is neither too spicy nor too hot. It is

called **Saatvik**. It is this type food that one should eat.

Eating Taamsik and Raajsik food leads to **lust, anger, greed, infatuation, arrogance and jealousy**. It leads to loss of **physical and mental** health. Thus a Sadhak could deviate from path of Sadhanas. **So one should eat pure and less food.**

Doubts

The third obstacle on the path of Sadhanas is **doubt**. When the Guru directs a new person on the path of Sadhanas **success** is not attained at the very first go.

For example suppose a Sadhak is engaged in an 11 day Sadhana and even by the fourth and fifth day he has no divine experience, then he might be plagued by doubts. Suppose one is doing a Lakshmi Sadhana then during the period of Sadhana the expenses might shoot up. But if one persists and completes the Sadhana then without doubt the **Goddess of wealth** is pleased and blesses one with **financial success**. One's stars might have planned a poverty ridden life for the individual and accomplishing Sadhana for wealth would mean fighting against nature. This struggle could result in a sudden rise in spendings in the beginning. And naturally some Sadhaks might start to doubt the efficiency of the **Mantra** and the **Sadhanas**. They might become doubtful whether Gods and Goddesses are actually there or they would ever appear before them. There might be doubts whether the Sadhana is correct or the Yantra being used is actually Mantra energised. They start to think that if the Sadhana or Mantra were efficacious then the result would have **manifested**. Because success has not accrued there must be something wrong with the Sadhana or maybe the Guru has guided us wrong. Doubts start to assail their minds and as a result the Sadhak gives up the Sadhana even before he begins it. And even if they do accomplish the Sadhana they do it filled with doubts due to which they are not able to succeed.

Lord Krishna has said in **Bhagwat Gita- Ashraddhya Hutam Dattam Tapastaptam Kritam Cha Yat. Asadityuchyate Paarth Na Cha Tatpretya No Iha.**

i.e. **Havan** or **Yagna**, charity, Tapa and Sadhanas accomplished without faith and devotion are but useless and they bring no rewards.

Devotion and faith are the biggest assets of a Sadhak. He should have faith in the Guru, in the Mantra, Yantra, Gods, Goddesses and deities. A real Sadhak should accomplish all Sadhanas determinedly like Buddha.

Ihaasane Shushkayatu Me Shareeram Tvagasthimaansaam Pralayanch Yaatu. Apraapya Bodham Bahukalp Durlabham Nevaasnaat Kaaymanashchlishyate.

i.e. **Lord Buddha** had pledged when doing Tapa- My body might perish, my skin might shrivel and the bones might crumble but I will not get up from this Sadhana seat till I have had total realisation.

A Sadhak should have such a determination so that he could make actual progress in his **Sadhanas**. More he progresses more he realises that Sadhanas are not imaginary but real.

SadGuru

SadGuru does not mean some human being. **SadGuru is an entity who can bestow real knowledge, who can make one rise high in life, who can bestow totality in life, who can direct one to right path.**

One needs to reflect on these facts because today there are very few real, experienced and realised SadGurus. There is no dearth of people claiming to be Gurus. In every street you will find a Guru. But most of them are just arrogant individuals who are only after **wealth, fame and physical pleasures**. Without having accomplished any Sadhanas they claim to be Yogis and some even call themselves God. In such a crowd of pseudo Gurus it becomes very difficult for a common man to find and choose a real master.

It is the greatest fortune for a disciple to find a SadGuru in his life. A Guru is needed in life to guide the Sadhak onto the path of Sadhanas, to help him overcome obstacles on the path of Sadhanas and to instil divine energy into him in order to overcome problems. The yogis who are expert in the science of **Tantra** state that through Diksha obtained from a Guru a Sadhak gains divinity and all his sins are absolved.

Changing Gurus frequently also leads to a problem in **Sadhanas**. Although all Sadhanas lead to the same goal yet the paths are different. Today you might start Prannayam and tomorrow on advice of some other person you could take to **Hatth Yoga**. Third day you might even give up Yoga and start chanting some Mantra and fourth day you might take to listening to divine

discourses. Wandering from one path to another or charging Gurus cannot help one make progress.

Lord Krishna has said in Gita-

**Tad Viddhi Prannipaten
Pariprashnen sevayaa.
Upadekshyanti Te Gyaanam
Gyaaninas-tatvadarshin.**

i.e. To gain real knowledge go to those who have realised Supreme Element. By bowing before such Yogis, by serving them selflessly, by asking them questions sincerely one can learn a lot. These are means to please them and then they become willing to impart true knowledge. But this **knowledge** can be gained only from a SadGuru.

Fame

One big obstacles for a **Sadhak** on the path of **spiritualism is fame**. When people living around realise that a Sadhak has successfully accomplished a particular Sadhana they become devoted towards him. They starts to give him regard through their words and gestures. The Sadhak too is but a human being and he too likes to be respected and honoured. When he gets this form the society he starts to crave for more and more. As a result he forgets his **aim of worshipping** the supreme and joins the race of earning more fame and name. This results in loss of **Sadhana power**. He loses his innocence, humility and becomes arrogant. Purity of mind and heart is lost and one is filled with anger and false pride. So a Sadhak should never reveal his powers to the society. One must rise high in the spiritual world and not in the material world. This is the real way to progress.

Celibacy

Another obstacles on path of spiritualism is sex. Until there is enough energy in Sadhak's body he cannot **succeed** in Sadhanas. One needs power of the **physical body, mind, senses** and **soul** and this energy is conserved and boosted through **Brahmacharya** or **celibacy**. Hence a Sadhak should not indulge in excess sex. He should shun negative company and not eat food that could delude the senses and lead to loss of celibacy.

Even the married Sadhaks should observe celibacy as much as they could, to preserve vital energy. More one restrains oneself more the energy that builds up and faster one succeeds in Sadhanas.

Lord Hanuman remained a celibate throughout

life and as a result he had immense physical strength. He was brave, powerful and very spiritual. He was most devoted to the Lord. He possessed all knowledge and all divine powers called Siddhis. It was due to this powers that he could assume a giant form or become smaller than even a fly. When crossing the ocean in his way to Lanka he assumed a huge form and jumped over the ocean. And when entering Lanka in order to avoid being detected he assumed a form smaller than a fly.

Bheeshma observed celibacy throughout life and as a result he was blessed with the power that death would not come to him till he so desired. Lord Parshuram who was invincible and who had defeated everyone on earth had to face defeat after a battle of 23 days with Bheeshma. This was the result of the celibate life Bheeshma led. Re-Production is nature's ways of getting a new life in this world, having a family or a lineage. But getting engulfed in the feeling or lust and desire of male child is a sin too.

Wishes

The Sadhak who does not become free of material wishes has to face many obstacles on the path of **Sadhanas**. Whishing and desiring leads to **anger, infatuation** and **greed** and as a result Sadhak loses his balance of mind. Hence one should always keep the mind **free of desires**.

Criticising others

Finding fault in others is the **biggest obstacle** for Sadhak. A Sadhak should not waste his time in such activities and not worry what others are doing. The Sadhak should always remain concentrated in his own Sadhanas so that there is no time left for such **useless activities**.

Those who fall into habit of criticising others cannot progress well in **Sadhanas**, for they are wasting a lot of their thought power in a useless exercise. One should always remember the words of the great sain Kabeer-

**Buraa Jo Dekhan Mein Chala,
Buraa Na Miliyaa Koy. Jo Dil Khojaa
Aapanaa, Mujhasaa Buraa Na Koy.**

i.e. when I started to look for bad qualities in others I ultimately realised that there is no more bad person than me.

Remember that if you point on finger at others in accusation three fingers shall be pointing towards you. What I mean to say is that before accusing others even once evaluate your own self at least thrice. One should look at one's own thoughts and try to remove one's faults instead of finding the same in others.