

25 SIGNS
THAT YOUR
SADHANA
IS BEARING FRUIT

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Most sadhakas (aspirants, seekers) are looking for powerful experiences as validation in sadhana, as assurance that their sadhana is bearing fruit.

While powerful experiences can be gratifying, they also inflate the ego. They lodge themselves in the sadhaka's memory becoming a dead burden, blocking further growth.

Moreover, it is a question of 'States' versus 'Stages' as Ken Wilbur beautifully distinguishes. One may experience higher 'States' but remain at an overall lower 'Stage' of development. On the other hand, one may gently turn over a new leaf without any dramatic 'spiritual' experiences.

To cross over to a higher 'Stage' is success in sadhana.

The Guru at Shaktiyogashrama too would always urge disciples to forget spiritual happenings and focus on the sadhana to transform one's life.

Self-evolution is a non-competitive process, a journey in which you are the yardstick and you have to only better the records you set yesterday.

Sadhana can be really said to have borne fruit when it transforms your day to day life and makes pure, small acts of living.

1

YOU ARE IN GOOD CHEER MORE
OFTEN THAN NOT.

2

YOU FEAR LESS.

3

YOU WORRY LESS.

4

YOUR WISH LIST SHRINKS.

5

YOUR HIT LIST ALSO SHRINKS.

6

YOU ARE MINDFUL OF YOUR SPEECH
AND COMMUNICATE EFFECTIVELY,
TRUTHFULLY AND TO THE POINT.

7

YOU ARE KEENLY MINDFUL OF YOUR SPEECH
AND DO NOT SAY THINGS THAT YOU DON'T
MEAN OR THAT ARE NOT TRUE.

8

YOU ARE MINDFUL OF YOUR SPEECH
AND REFRAIN FROM HARSH WORDS.

9

THE HOLD OF LAZINESS/LETHARGY IS LOOSENERD. YOU HAVE FEWER PREFERENCES IN THE KIND OF WORK YOU DO; NO WORK IS SMALL OR BIG. YOU ARE NATURALLY ATTENTIVE TO THE TASK AT HAND, WHATEVER THAT MAY BE. YOU DO WHAT NEEDS TO BE DONE, JOYFULLY & EFFICIENTLY.

10

YOU ARE NON-REACTIVE AND SELF-AWARE. YOU OPERATE LESS FROM PREFERENCES, PREJUDICES, PRECONCEIVED NOTIONS AND MORE FROM LOOKING AT FACTS. IN OTHER WORDS, THE HOLD OF PERSONALITY AND SELF-IMAGE HAS WEAKENED.

11

LIKES & DISLIKES ARE LESS INTENSE AND MORE ACCOMMODATING OF OTHER POINTS OF VIEWS.

12

YOU CLING LESS TO PEOPLE & THINGS. A PROGRESSIVE PSYCHOLOGICAL INDEPENDENCE IS ENJOYED.

13

PAINFUL MEMORIES ARE NOT EASILY AWAKENED; THEIR GRIP IS LOOSENED. BAD MOODS ARE NOT EASILY TRIGGERED; IF THEY ARE, YOU ARE CONSCIOUS OF THE TRIGGERS.

14

SELF-DECEPTION DECREASES. YOU ARE ABLE TO FINELY, FEARLESSLY AND VULNERABLY SEE THE MOTIVES AND INTENTIONS IN YOUR THOUGHTS / EMOTIONS, SPEECH AND ACTIONS.

15

YOU ARE CONSCIOUS OF TIME & THE USE YOU PUT IT TO.

16

THERE IS A NATURAL ORDER IN YOUR LIFE; THINGS SEEM TO GET DONE WITHOUT HAVING TO 'DO' THEM.

17

LIFE IS MORE EFFORTLESS -
THE WAKING, THE SLEEPING,
THE WORKING...

18

YOU ARE MORE PATIENT.
THERE IS A NATURAL STILLNESS IN
THOUGHT & ACTION.

19

YOU EAGERLY LOOK FORWARD
TO THE SADHANA TIME.

20

YOU FEEL A KIND OF PROTECTING
HAND OVER YOU - THE WORLD DOES
NOT SEEM SO HOSTILE.

21

YOU ARE FILLED WITH ENERGY AND A QUIET ENTHUSIASM AND POSITIVITY.

23

MATERIAL INSECURITY REDUCES.

24

FEELING OF PLENTY AND CONTENTMENT INCREASES.

25

FROM BEING A DOER, THINKER & FEELER; YOU BECOME A WATCHER.
'YOU' EXIST LESS AND LESS.

SHIVOUM