

MASTERY OF THE TRUE SELF

The Discipline of Love Through
Sadhana, Aradhana & Prabhupati



SADHANA SINGH



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DEDICATION

In memory of my teacher, Yogi Bhajan,
whose light and wisdom has guided my life.

To my sons, Japji Singh and Sukh Anand Singh,
and all the children of the next generation.



ONG NAMO GURU DEV NAMO

*I bow to the Divine Teacher
who is within me*

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INTRODUCTION

The book you have in your hands is the compilation of four different essays based on my own practical experience of Kundalini Yoga, integrating Yogi Bhajan's teachings throughout a period that spans over half my lifetime. In particular, these four texts cover an 18-year time frame starting from the year 2000. They explore the most adventurous experience of human evolution of recognizing, accepting, integrating, and expressing the self.

During that same period, as a part of my research, I wrote 10 other books and essays, which consolidated my study. This entire process deepened my understanding of the phases leading to mastery of the self, and resulted in the compilation you are now reading.

For thousands of years, students, yogis, and sages have practiced self-inquiry by exploring every aspect of consciousness that serves to awaken the self, reveal the authentic nature of the spirit, and transform subconscious habits and preconceptions that distract from recognizing our true inner identity. It is an inquiry that advanced the development of a common path, through which the self can find its way through blocks and challenges.

This journey allows us to consciously and naturally discover our true Selves. By setting our qualities and potential to the service of the time and space in which we live, our Self can manifest and radiate. The totality of this legacy of research

is contained within the technology of Kundalini Yoga as taught by Yogi Bhajan®, which, as a ‘science of the Self,’ offers us the way to be human.

This ‘science of Self’ known as Humanology, is an empirical science that allows us to understand the applied psychology and dynamics of our growth and life cycles. A sutra in the ancient yogic scriptures describes three parts to this process: *Sadhana*, *Aradhana*, and *Prabhupati*. *Sadhana* is itself the discipline, *Aradhana* is the assimilation of that discipline, and *Prabhupati* is the crystallization of that discipline. These three masteries outline the possible progression to attain our mission in this life – finding the Infinite within our power and fullness in our everyday life.

Humanology, clarifies the methodological progression of the Self on life’s journey. The order of progression is crucial. Frustration, error, and pain in our lives come if we allow ignorance to guide us. When we allow ourselves to be seduced by easy shortcuts or fear of facing reality, we go against our true nature, alienating ourselves from the harmony that surrounds us. This same process intensified my relationship with Yogi Bhajan and gradually helped me understand his state of awareness, reading his teachings in the light of the essence and spirit of human potential, rather than technically or philosophically.

The process of *Sadhana*, *Aradhana*, and *Prabhupati* restores a person’s awareness of their essence, thanks to the awakening and practical use of the projective meditative mind. Mastery requires an appropriate state of consciousness to move through the teachings with a flow of awareness. Experience then naturally occurs on the basis of reality.

Therefore, this book intends to facilitate the process of self-mastery through a progressive understanding of the teachings – and consequentially to pave the way for others to experience this same process. Through this real experience, the continuity of the teachings may be maintained, which would otherwise risk disappearance without the embodied continuation of human transmission. Ultimately, the only absolute priority is to remember that the power of the human spirit remains indomitable.

Without a process of integrating the Self into the practicalities of life, we can easily confuse the purpose of life itself with the means to achieving it, seeking satisfaction and happiness in the instruments and not in the goal. Mastery is the very goal itself – it does not lie in gratification received from objects, situations, or people, but rather in how these relationships are managed.

From this real, altruistic, and loving perspective, a concrete goal emerges in which our authenticity can express itself by serving your mission’s uniqueness. We can

call it 'being effective,' a term that may seem rather cold. Yet, it is a unique human priority; it allows us to express our original creative matrix by playing and serving our precise and irreplaceable role in the ordered chaos of the universe. This is life.

We are effective when our awareness keeps intact the essence of our intention, which our Self has committed to embrace as our mission. *Sadhana* arouses and re-awakens us to who we are by revealing our deep intent. *Aradhana* consolidates the clarity of commitment and strengthens our motivation and determination by aligning our inner intention with our external projection. *Prabhupati* integrates the delivery of our Self and, therefore, the fulfillment of our destiny.

The process of integrating the spirit is this - it is straightforward: There is no right or wrong; there are only differences. There is no extreme in polarities or the will to solve them. Instead, the process focuses on managing the polarities with grace, without 'maybe's,' 'buts' or 'I don't know's' - simply in unity with the Self that animates us. Otherwise, it is impossible to find meaning in life.

Integrating the spirit is a simple process of becoming an expert of the Self, identified as excellence. Without consistent and progressive experience in these three phases of spiritual discipline, we remain victims of a circumstantial reality hidden within ourselves. Becoming aware of this concealed inner agenda, accepting it, and transforming it, is the most satisfying rebirth.

The experience gained from the emancipation from our seemingly inescapable inner saboteur reveals intrinsic potential. It aligns our psyche with the teachings, naturally becoming a flow of love and hope - an audible and synchronized vibratory frequency. But this can only occur if we dare to explore our unknown infinite nature. Once we consolidate this process, we become invincible. The circumstances are no longer relevant because we have already won over our unconscious and subconscious nonsense and have found victory itself.

Finally, I would like to share five guidelines to mastery. Yogi Bhanan condensed the complex transformational process of mastery into these practical concepts. I will resist the temptation to explore them in detail here, so that you can read about them in the following chapters. Practice and experiment, go within and be, keep up, project, and deliver yourself so that you can enjoy them in your own way.

Guidelines to Mastery

1. To be a leader, lead by example.
2. Serve the mission, not the self.
3. To lead, adopt all practical roles, so people will believe in you.
4. Learn to have mastery through the example of a master – the perfect student becomes the perfect master.
5. With courage, serve impeccably with absolute sacrifice of the self.

Sat Naam
Sadhana Singh
July 24, 2019