

PRACTICE

The Morning Sadhana

The dawn practice of the Rishikesh tradition, in 20, 45 and 90 minutes



साधना

sādhana

YOGIDE

Free sample

For the personal use of the buyer; sharing or reselling is not allowed. This book informs and does not replace a qualified

Contents

Before you begin	4
How to use this book	4
Chapter 1. What a sādhanā is	6
The word	6
Practice, the first force	6
The day of the yogi	6
A tradition of daily routine	6
Five stages, from gross to subtle	7
Your sādhanā is yours	7

teacher or medical advice. Questions: administration@lacangel.fr

Before you begin

In Rishikesh, the day begins before the light. Long before the cafés open on the road to Laxman Jhula, the river is already loud in the dark, bells ring in the temples, and on the ghats you can see figures sitting still with a shawl over their shoulders, facing the water. This is the hour that the Indian tradition calls brāhma muhūrta, the time of Brahman, and the practice that fills it is called sādhanā.

This book teaches you to build that morning practice for yourself, wherever you live: a sequence that moves from waking and cleansing to posture, breath, sacred sound and silent sitting, in the order the tradition has always followed. You will find three complete versions, of twenty, forty-five and ninety minutes, each described minute by minute, so that you can start with the short one tomorrow and grow into the longer ones when your life allows.

It is a practical book, but not a technical one only. A sādhanā is not a workout routine with incense. It is a daily appointment with what matters most to you, kept with regularity and devotion. The classical texts say so plainly, and they are quoted here with their verse numbers, either in our own paraphrase from the Sanskrit or from public-domain translations listed at the end.

Three principles guide this book.

Simplicity first. Every element can be done in an ordinary room, without special equipment, by a healthy adult. The more demanding practices of the tradition (internal cleansing, long breath retentions, advanced postures) are named and explained, but you are told clearly when they need a teacher.

Honesty about sources. When this book says that a text recommends something, the verse is given. When a practice is a modern adaptation, that is said too. No health claims are made: the tradition has its own reasons for each step, and they are reported as such.

Safety in every step. Each practice comes with its precautions. Some are important: breathing techniques such as kapālabhāti are not for everyone, and nasal rinsing must be done with safe water.

This book informs; it does not replace your doctor.

If you are pregnant, live with high blood pressure, heart disease, glaucoma, epilepsy, a hernia, have had recent surgery, or take medication that affects your blood pressure or balance, ask your doctor before practising the breathing techniques and inverted postures described here, and follow their advice. Stop immediately and seek help if you feel chest pain, sudden breathlessness, faintness or a sudden severe headache.

How to use this book

Chapters 1 and 2 explain what a sādhanā is and how to make room for it, including the delicate matter of waking earlier. Chapters 3 to 7 take the five stages of the morning one by one: waking and purification, posture, breath, mantra and meditation. Chapter 8 assembles them into three ready-made sādhanās.

Chapter 9 is for those who practise in Rishikesh or dream of it. Chapter 10 deals with what happens after the first enthusiasm.

If you are a complete beginner in yoga postures, it helps to have learned the basic postures with a teacher or with a beginner's programme first. The twenty-minute sādhanā, however, is accessible from the first day.

Chapter 1. What a sādhanā is

The word

Sādhanā (साधना) comes from the Sanskrit root sādḥ, to go straight to a goal, to accomplish, to bring about. A sādḥaka (साधक) is one who practises; a siddha (सिद्ध) is one who has accomplished. The word therefore carries a sense of direction: a sādhanā is not a pastime, it is a means to an end. Different traditions name the end differently: liberation, union with the divine, the stilling of the mind, the knowledge of the Self. But all agree on the means: steady practice, every day.

Practice, the first force

Patañjali names two forces that together still the movements of the mind: steady practice, abhyāsa, and letting go, vairāgya (Yoga Sūtra 1.12). He then defines practice as the effort to remain established in that stillness (1.13) and adds the sūtra that every sādḥaka knows:

Yoga Sūtra 1.14.

sa tu dīrgha-kāla-nairantarya-satkāra-āsevito dṛḍha-bhūmiḥ — "That practice becomes firmly grounded when it is cultivated for a long time, without interruption, and with care and devotion." (Our rendering.)

Three conditions, then. A long time: not weeks but years. Without interruption: daily, not when you feel like it. With satkāra, care, respect, devotion: not mechanically. The morning sādhanā is the most traditional way to meet all three.

The day of the yogi

The Bhagavad Gītā gives a short and sober portrait of the yogi's daily life:

Bhagavad Gītā 6.16-17 (paraphrase).

Yoga is not for one who eats too much, nor for one who does not eat at all; not for one who sleeps too much, nor for one who stays awake too long. For one who is measured in food and recreation, measured in effort in action, measured in sleep and waking, yoga becomes the destroyer of sorrow.

The morning practice depends on this balance. You cannot rise at five with joy if you went to bed at one. The real beginning of a morning sādhanā is the evening before (Chapter 2).

A tradition of daily routine

India has a long tradition of describing the ideal day. In Āyurveda, this is called dinacaryā (दिनचर्या), the daily conduct. The classical medical treatise Aṣṭāṅga Hṛdaya of Vāgbhaṭa opens its chapter on daily routine with

the instruction to rise during brāhma muhūrta (Sūtrasthāna 2.1), then describes the morning care of the body: cleaning the teeth, scraping the tongue, applying oil, exercise, bathing. Yoga texts, for their part, describe the inner practices. A morning sādhanā combines the two: care of the body as a preparation, then practices that turn the attention inward.

If you are interested in the Āyurvedic side of the morning routine, the guides of our sister site guide-ayurveda.com (in French, guide-ayurveda.fr) treat it in detail. This book stays with the yogic practices.

Five stages, from gross to subtle

Whatever the lineage, a traditional morning practice follows the same direction: from the outer to the inner, from the body to the mind.

Stage	Sanskrit	What happens
1. Waking and purification	śauca	rising, first thought, cleaning the body
2. Posture	āsana	loosening, sun salutation, a few postures
3. Breath	prāṇāyāma	regulating and refining the breath
4. Sacred sound	mantra, japa	chanting or repeating a mantra
5. Silence	dhyāna	sitting still, attention turned inward

This order is not arbitrary. The Haṭha Yoga Pradīpikā places āsana first, then prāṇāyāma, then mudrā, then inner absorption (HYP 1.58, paraphrased: the order is postures, breath control, seals, then concentration on inner sound). The Gheraṇḍa Saṃhitā lists seven means: cleansing, posture, seals, withdrawal of the senses, breath control, meditation and absorption (GS 1.9-11). Moving from the body to silence makes each stage prepare the next.

Your sādhanā is yours

A sādhanā is personal. In the Indian tradition it is often given by a teacher, and part of it, such as a personal mantra, may be received in initiation (dīkṣā). This book does not replace that relationship. It gives you a clear, traditional framework that you can practise alone, and that a teacher, if you meet one, can refine. Where a practice is traditionally transmitted only by a teacher, the book says so and does not pretend otherwise.

End of the sample

Thank you for reading this far. We hope these first pages already help your practice, and that they show how the rest of the book is built: clear steps, texts quoted with their source, nothing invented.

The full book has 34 pages.

Get it here: <https://yogide.com/>

One-time payment, instant PDF.