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According to Swami Satyananda Saraswati in *Four Chapters on Freedom*, there are five types of tapas: (i) exposure to the sun to harden the skin, (ii) exposure to fire to make one's body slim and brown, (iii) doing Pranayama to heat the body, (iv) accumulating the fire of concentration at one point, and (v) the fire of fasting. These are the five fires which remove the toxins to make the body fit for meditation.

According to Maharishi Patanjali, The **fruits of perfection in Tapas** are

**“Impurities are destroyed and the body and sense organs attain perfection”**



### Swadhyaya

Swadhyaya is the fourth Niyama, which I have defined as study of the self in the introduction. It is usually defined as ‘study of ancient spiritual scriptures’, but one can read the scriptures and not understand or apply a single thing from them in our daily lives. Swa means ‘self’ here; therefore, Swadhyaya is actually the study of the self, or self-analysis. One must be the Drashta, the witness, the observer. The higher type of knowledge is actual experience, while the lower form is learning directly from books and the even lower form is learning from books but not understanding a thing that one is reading. It is recorded in the *Essene Gospel of Peace that Jesus said*, “Seek not the law in your scriptures, for the law is life, whereas the scripture is dead.”

Through Swadhyaya we can improve ourselves and guide ourselves on the right path to some extent without the help of the guru. If you can see your life and observe it like a book, as in the yogic practice of Antar Mouna, we can observe Swadhyaya. One can observe and modify one's reactions, one can moderate one's negativity and improve one's way of perceiving things through observing the self.

From another point of view, chanting the name of God in the form of the Gayatri mantra, the Om mantra, a prayer, etc., or even your own initiation mantra, helps to focus the mind, which helps in Swadhyaya. When one chants a mantra from the heart, one does not necessarily need to understand what one is chanting in order to experience spiritual upliftment.

According to Maharishi Patanjali, The **fruit of perfection in Swadhyaya** are

**“Union with the desired deity”**



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