Sādhana-pañcakam comprises of eight lessons. A detailed description of what is covered in each lesson is given below:

**Lesson 1 – Introduction**
- Prasthāna-traya and sutrakāra
- Śāstra-grantha and the six topics covered in śāstra-grantha
- Sādhana-pañcakam as a prakara-grantha and its introduction
- Definition of prakara-grantha
- Introduction of Sādhana-pañcakam
- The four āśramas
- Vedas and explanation of the 14 branches of the Vedas

**Lesson 2 – Brahma-carya-āśrama**
- Study the Vedas daily

**Lesson 3 – Gṛhastha-āśrama**
- Introduction to Gṛhastha-āśrama
- Perform the action ordained by the Vedas: Explanation of various types of karma
- Do the duty as the worship of God: How to perform actions perfectly
- Renounce all the desires of the mind: Difference between desire prompted action and prohibited action
- Violently shake away the prohibited action
- Recognize the defects hidden in the pleasure of sense objects
- Cultivate firm devotion onto the Lord
- Exit criteria for gṛhastha-āśrama
- Quickly leave from the bondage of home

**Lesson 4 – Vānaprastha-āśrama**
- Who is ready for Vānaprastha-āśrama
- Speciality of Vānaprastha-āśrama
- Be established in the firm devotion to the Lord
- Cultivate virtues such as śānti and so on

**Lesson 5 – Sannyāsa-āśrama – 1 (Guru-upasadana)**
- Renounce the action (ordained by śāstra)
- Surrender to Guru (knower of Brahman)
- Daily serve his sandals
- Worship 'Om', the immutable

**Lesson 6 – Sannyāsa-āśrama – 2 (Śravaṇa and manana)**
- Śravaṇa – Listen the declaration of the Upaniṣads
● Manana – Constantly reflect upon the commandment of the Upaniṣads
● Take recourse to the meaning of the Upaniṣadic standpoint
● Avoid perverse arguments
● Certainly follow the logic in the Upaniṣads

Lesson 7 – Sannyāsa-āśrama – 3 (Nididhyāsana)

● Nididhyāsana
● Be absorbed in the attitude "I am Brahman"
● Renounce pride
● Give up the idea 'I am body'
● Give up argument with the wise
● Hunger and disease get treated
● Daily take bhikṣā and medicine
● Beg no delicious food
● Contentedly live whatever comes to your lot
● Endure heat and cold
● Restrain speech
● Be indifferent to sympathy and cruelty
● Do not be over involved with other people

Lesson 8 – Sannyāsa-āśrama – 4 (Samādhi and Summary)

● In solitude, live joyously
● Be absorbed in the supreme Brahman
● Realise the unlimited Self
● Concretely seen by Knowledge, the world is falsified
● Dissolution of past karma
● By Knowledge, detach from future action
● Experience and exhaust the prārabdha
● Abide in the supreme Brahman