

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 prakaraṇa-grantha and its introduction
- Definition of prakaraṇa-grantha
- Introduction of Sādhana-pañcakam
- The four āśramas
- Vedas and explanation of the 14 branches of the Vedas

Lesson 2 – Brahmacharya-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