

*dehavadbhiḥ* for the embodied अजायते *ajāyate* is reached

Greater is their difficulty whose minds are set on the Unmanifested, for the goal of the Unmanifested is very hard for the embodied to reach. 5

Though the goal is the same, the worship of God without form is very difficult for the *sadhaka* soaked in body-consciousness. As he thinks of himself with form he cannot help thinking of his God also as with form. The worship of Saguna Brahman is easy. He who adores Nirguna Brahman has to be free from body-feeling right from the beginning. But the attainment of that state is not possible for all. The spiritually advanced soul alone rises to that level. The easy and natural course for the ordinary *sadhaka* is to proceed with the worship of God with form.

The *Jnani* or the realized soul says "Aham Brahmasmi—I am Brahman." But the body bound man should not say so. It is harmful to him to say "I am Brahman" when actually he is the body. He deceives himself and the world by such a statement.

— Sri Ramakrishna

How should the *sadhaka* proceed with the worship of Iswara? The way is shown —

The Worship of Saguna Brahman — 6-12

ये तु सर्वाणि कर्माणि मयि संन्यस्य मत्पराः ।

अनन्येनैव योगेन मां ध्यायन्त उपासते ॥ ६

ये तु सर्वाणि कर्माणि मयि सम्-नि-वृत्-य मत्-परा ।

अन्य-न्येन एव योगेन माम् ध्यायन्त उपा-सन्-ते ॥