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Individual meditational practices alone is not sufficient to reach the goal . Pranahuti which we get during sittings alone enable us to move towards the goal. Pranahuti brings about many attitudinal changes which by self effort is very difficult and may also be impossible . The viveka developed through Pranahuti develops goal clarity and gives us enormous support and strength to with stand the lower pull there by accelerate our progress .As to individual meditational practices also only doing meditation is not enough. All the practices given by Master cover many aspects of the person and hence it is must to do all practices. Prayer is very important aspect . Prayer offered with correct spirit yields quick results .Prayer is the time where we put forth all our helplessness at His feet. It is 'He' who makes us overcome our helplessness with his enormous Love. This in turn develops humility in us ,teaches dependency and yielding to god which are a must to reach our goal. Above all these ,developing correct attitudes is also important .The conditions given by the Master have to be contemplated and owned up gradually. Self introspection is also important.

