

Meditation is not enough

I.Chalapathi Rao, ID 237

Revered Sir,

Hearty pranams.

I have noted some of my thoughts on the above seminar topic and I present it to you for your kind perusal.

1. Here the term Meditation by me is understood as all the meditational practices including the Master's Support through Pranahuti.
2. Often our elders in the system exhort us to do sadhana. I understand Sadhana as always doing all components of practice with clear Goal consciousness, Goal orientation and always maintaining the humble posture before the Master. **So meditation alone could be the letter where as sadhana includes both letter and spirit.**
3. Sadhana also means that one ought to be consciously aware of the purpose of all the practices and also should always strive to achieve it rather than feeling satisfied with the practice. For example Practice of Point A meditation is to cure disturbed tendencies of mind and bring sensuality under moderation. There is no point in getting satisfied with the act of doing Point A meditation very regularly but we should always measure up ourselves in getting moderation. At the end of the day what matters most is how moderated you are rather than feeling happy for having the practice religiously. Similar is the case with all practices. **Self improvement is the issue to be kept in view.**
4. It is very important to evaluate ourselves with respect to the Ten Commandments as they form the most essential feature of our system. If one understands the words of the Masters, as mentioned in the preface to the book 'Commentary on Ten Commandments', that Ten commandments are the necessary conditions for the realising the Goal. Through Practice alone we can follow the commandments in true spirit. If we cannot measure up to the comandments even inspite of Meditation, then that is the shortfall in our practice to that extent.

Therefore Meditation alone is not enough, Living upto the commandments is also to be considered.

5. Similarly, the Master exhorts us to live naturally at the Human consciousness. Then should we not evaluate ourselves very very critically with respect to the qualities pertaining to the Human consciousness like truthfulness; Contentment; Kindness and Moderation. These are the four broad categories but every sadhaka knows well that each of them contain so many other qualities. Therefore living at the Human consciousness is the transformation that should be desired , aspired and attained. In this context also we can say **Meditation perse is not enough. Meditation should enable us to live at higher consciousness of selflessness.**
6. We are well aware of the fact that there are some obstacles created by us and some are inherent in the all of us for reaching the Goal. Namely, the Arishat Varga. All practicans of PAM know the twin discoveries of the Master i.e Point A & B Meditation. Should we not critically evaluate ourselves regarding the extent of the sway of these over us and to what extent we have mastery over them. Therefore , the efficacy of Point A & B meditation should be judged w.r.t these factors. Here one should understand the concept of Purity of consciousness in all aspects. Senses and sensuality get moderated as one progresses to the higher levels of consciousness and **a clear understanding should come to all practicans that immoderation and higher consciousness do not go together.**
7. When the Master is talking about various states of consciousness at various knots in Pind desh and other regions; it becomes essential to understand that these are the conditions one should have rather than of mere intellection. **I understand Spirituality is all about having and Meditation is doing** as Viveka and Vairagya find expression in behaviour and similarly other states like interdependency, Devotion Surrender and Balance. The Path as described by the Masters shall be

the guiding light for all of us to judge our progress w.r.t to the thoughts and thought planes, feelings and other experience during meditation. Then Should we not judge and critically understand our thoughts and feelings both at the time of meditation and even otherwise. If that is so, then the sadhana will not end with the practices but continues through out the day in all our wakeful activities, during dreams and even in sleep. **Here perceptual and attitudinal changes are to watched for as we do our sadhana.**

8. Realisation and Other words have to be understood in a proper perspective, Now i understand realisation as the state of consciousness that lives only to express Him and that is through Service. This has been an observable feature in all the lives of our masters. Service is the Goal, Service is the means and service is the final state. The understanding of service changes as we move on the path. **Master's Mission should always be engrossed in our minds and all the practices should enable us finally to have this.**
9. So from all this, I understand that Meditation is the Means, surely the only means to get into that state of consciousness which is truly ours.

With warm regards

Chalapathi

26-02-04