

Dharmesh Shah

ID NO : 2104

TRAINER : Br. Prasad Tipparaju

First question comes to mind is why do we do meditation? To reach the goal.

What is our goal? "Complete oneness with God" or "Nothingness"

How do we achieve it? By becoming nothing

I used to think that I have goal clarity, but in the last week learned that the goal clarity develops as we move on the path. The other thing to note is that the goal is the ultimate, so it is ever receding. When the goal is ever receding, is there any way to say that this is enough?

First and foremost important thing is **Attitude towards Sadhana.**

Master says "Spirituality is my responsibility and cooperation is yours."

Now how do we cooperate? But before cooperation is to become deserving. First question comes to mind is "Am I really deserving to get such a Great Master." The answer in my case is "No", so I try to be always grateful to the Master and the System.

Now in order to cooperate we should be follow whatever the Master says. This is all given in the books under "The Role of Abhyasi", so will not go into detail, but would like to say that the understanding of it improves as we progress on the path.

The next thing Master says, "He is the way, He is the means, He is the goal."

So to know, feel the Master at every second and being in constant remembrance is important. And we know that whenever we

remember the Master, we feel the His grace, if we deserve. For this the Master has given 10 commandments (Way of Living), following of each and every one to the fullest extent possible is the whole sadhana.

The first difficulty is in understanding these commandments. The reason for that is we have our own notions and conceptions, so we need to come out of it and look at it from His perspective. The next thing is knowing our lapses in following each one and most important is to be able to correct them.

Another thing is our Master is all Divine, so to become deserving we need to develop the Divine qualities and practice them. These things has to be done in our practical life and meditation helps us in implementing them. One thing would like to mention is “Pind Desh Questionnaire” and “Spiritual Condition Evaluation Form 3” gives various qualities and attitudes that needs to be developed and it is for us to understand and implement these at every opportunity we get. Then only we can come out of “Pind”.