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Seminar on "Meditation is not enough"

The meditation practices given in Pranahuti Aided Meditation are morning meditation, evening cleaning and bedtime prayer, 9 pm prayer and A & B points. Other than these regular meditational practices one has to take individual sittings and Satsanghs. Taking support of master and dependency on him is very much important in the spiritual life of any aspirant of Pranahuti aided meditation.

The masters lead their life with full of noble qualities and morality. One has to take example of master's life and try to lead our life as theirs.

Other than regular Meditational practices one has to assiduously put their effort in the following:

1. Following Ten Commandments of master and analysing ourselves frequently how far they are being followed in real life.
2. Trying to live up to the expectations of master and one should follow his instructions.

3. One should always try to follow Satya, Ahimsa, Asteya, Aparigraha and Brahmacharya.
4. Sharing and service are foremost important to follow.
5. Service to master, living up to his expectations are main things.
6. One has to help when some one is in need of help without expectations.
7. Expression of gratitude towards master and system and tell others about system.
8. Attending Satsanghs, taking sittings (Pranahuti) are very much important.
9. Writing dairy, contemplating master's words, listening & reading the master's literature and trying to understand them are necessary.

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