

Abhyasi Name: J.M.Sarma

Abhyasi ID No: 463

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### **Seminar on "Meditation is not enough"**

Meditational practices as instructed by master are definitely must for an aspirant for progressing in spiritual path.

But we should also do following sincerely apart from doing Meditation:

1. As instructed by master the way of living has to be in tune with Ten Commandments and we should follow them at each and every aspect of our life. We should lead such a life and it should be visible to others.
2. Of course all Commandments are must but finally we should lead of our life as stated in 9<sup>th</sup> Commandment 'Mould your living so as to rouse a feeling of love and piety in others'.
3. The feeling of Point A Meditation has to be clearly visible in our day to day life. We should do 9.00 PM prayer sincerely and pray for everybody.

4. We should always attend Individual sittings with Trainer and attend Satsanghs. It is must. Always attitude should be submissiveness and should go with empty bowl.
5. Service and sacrifice has to be our motto and it should be with out any expectation.
6. Whatever master blesses us, we should always share with others.
7. Our system is very practical and we should always explain others in more practical way.
8. After joining into the system every one should always feel the responsibility and should spread the message of the master.
9. We are expressions of Divine and we should always express Divine and hide ourselves.

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