

MEDITATION

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1. Pujya Babuji has asked all abhyasis to follow the system assiduously and sincerely and give no space for laziness. As we know these are a) Morning meditation b) Cleaning c) 9 pm prayer d) Meditation on Points "A" and "B" and e) bedtime prayer. One is expected to understand the object and purpose behind each practice, as they are not merely formal and mechanical. Close adherence to Reality is maintained at each step. Po. Babuji has taken care of overall spiritual development of the abhyasi; from basics like inculcating discipline and regularity to development of "Will power" to reaching of the goal.

As seen above, Meditation is only one practice of the system and if one desires to get full benefit from the system, other practices mentioned above are also to be given equal importance and should be practiced seriously.

2. All through the day, the abhyasi should try to be in HIS remembrance. He should do 'manana' over Po. Babuji's messages etc. In order to help abhyasis in this respect, ISRC has given us yearly diaries wherein Po. Babuji's selected quotes are printed on every date. If one remembers them and gets deep into it, automatically one achieves the desired result. One can also think over the conditions bestowed upon during meditation.

All this will make our mind not to go behind unnecessary materialistic and other types of thoughts, which hinder our spiritual progress. Even with all these, our mind slips and goes hay way. If an abhyasi can keep a track of the nature of thoughts our mind was engaged in over a period of time, one can statistically observe the level of disorientation. This will help us in accessing ourselves and correct it.

There are many self-assessment tools designed by the ISRC for this purpose, which should be made use of and get benefited.

3. We have to imbibe the messages of Po. Babuji in our lives. The 'ten commandments' are the best to compare and assess our way of life. Our deeds should be studied critically and the errors accounted for with a determination of not repeating them. A comparison of past records can tell us about our progress in this direction though indications from our family members/friends can be taken as some inference.

4. We should evaluate whether our time/life has been of some use to anybody or we are living for 'self'. We are HIS ex-pressions and HE is always looking for the betterment of the humanity. Hence it is imperative for us to have deep concern for our brethren particularly in the angle of spiritual development all around. Then only we can correctly justify our 'janma'.

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With

regards,

G.G. Kingi