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I am very happy that I have been given this opportunity to explain "Meditation is not enough"

To attaining the state of Divinisation or the final point of approach or A state of complete negation ,nothingness or Zero .That is the highest final goal of human life" ,so that "Meditation is not enough".

First and fore most thing is morning meditation. Meditation is the foundation of spirituality. In our system we have to do proper meditation and regularity in practice and ,fixity in place , posture and time .In addition to that some other methods and additional practices to reach final goal of human life. These are:-

In our system second important thing given by Sri Babuji Maharaj is Evening Cleaning and efficacy of daily cleaning. Cleaning must be done .This is the unique system where we have got assistance from master also for this in indirect way. Through this we can get rid of samskaras. So the cleaning must. Otherwise our mind will not be clean .We should have the confidence that purity is our nature.

Point A & B Meditation:

Meditation on point 'A' and 'B' are the key for progress . 10 minutes before commencing our daily practice of meditation very helpful in curing the disturbed tendencies of the mind.

9PM Prayer:- We pray that every day 9.00pm in the night time we asked the offer prayer for the betterment of all the people in this world.We Pray that all the people in this world are my brothers and sisters and they are developing true love, faith and devotion towards the Master .The others and we are one.

Bedtime prayer:- Always pray master for getting support from Great Master to reach goal. When we go to bed we offer our prayer but Babuji Maharaj says that also prayer on point 'A' it is extension of 9 pm .Before going to bed we must meditate few minutes on point 'A'.

Individual Sitting:- It is very necessary to go individual sittings because trainer give transmission to improve spiritual condition and will take individual clarification for further progress.

Way of Living:- Our way of living and dealing with other's should be simple ,unassuming and cordial inspired with a feeling of love and sympathy for others. This will be a source of satisfaction and peace to us as well one should lead a simple and pious life absorbed in constant divine consciousness ,discharging properly at the same time all our worldly responsibilities and duties.

The question of right or wrong does not at all arise in our mind ,we are doing only right thing and we are nothing but the right ,feeling it ,our great master's will:Mean practice of 10 commandments in daily walks of life and smarana.

Bandaras:- We have to attend Bandaras like Lalaji Maharaj Birthday celebrations .Basant panchami sri Babuji Maharaj birthday celebrations .Every day evening satsangs .

Sravana and manana will be in position to clear us.Means try to hear good things and try to be good thoughts .Try to be good satsang and good association by this method we will be in position to control the mind.

We can adjust our ourselves in all our routine life of work and cultivate the feeling and maintain that out look that our master is doing everything in our place and so we will cease to make further samskaras.

The feeling of vairagya in the real sense and with lasting results can oply be devolped after through cleaning and due moderation .Devolop truthfulness and sacrifice self effort.

Relationship:- State of self surrender in which one as a true surrenders himself completely to the will of God.

Undue attachment ,(means anubandham leni sambandham) like duck in the water. writing of dairy after practices.