

**Seminar : Meditation is not enough**

Would like to share the following points regarding the above topic 'Meditation is not enough'

- As part of the role of the Abhyasi, Meditation is the Tapas we do for achieving our dearest goal 'Human Perfection'. This will include morning meditation preceded by Point B meditation, evening purification process, 9'O clock Universal Prayer, Bed Time prayer preceded by Point A meditation
- Without practicing the method assiduously as prescribed by Master, one cannot think of Love towards Master. Love can only be expressed through Service, Sacrifice and Obedience

But meditation alone is not enough. Following points will explain the details regarding the same -

- Master's Support: Crux of PAM is that we have Master's support continuously through out our sadhana. Our sadhana and Masters support through Pranahuti will go hand in hand. They are supplementary to each other. Without the support of Pranahuti one will not able to enter into realms of higher consciousness

He takes us like Kangaroo having her baby in the pouch, crossing the hurdles in our spiritual path.

- Following Master's Commandments: These are the Commandments of Master. One should practice them with Love and to the Best.

Besides certain timings, essentially Commandments guide us about proper attitudes Sadhaka should adopt.

- Submission to His will in Total. Accepting the miseries as Divine Blessing and being thankful to Him.
- Treating wrongs done by others as Divine gifts.

- Mould one's living to enable others to think about Divinity. Smell of a flower should lead one to Garden. etc.
- God has blessed us with capacity to think. Unless one uses the same, he may end up by living at animal consciousness. By using our capacity to think, practicing Pt A & B meditation, purification process and with Master's support the one will be able to live at 'U'. (Super consciousness of Primary type)
- Moral Conduct: One should live by practicing the highest possible moral standards. There cannot be any spirituality without morality (as our dear Grand Master Rev.Lalaji says)

Proper external/social behavior and etiquette must be followed

- Akinchanatva, Ananya Saranatva:  
One should realize his lowliness before the great Master. Be a humble and insignificant servant of Him.

This attitude alone will help one to get into the stage of Ananya Saranatva. Thou art the only God and Power to bring us upto that stage

- Faith: One should have faith in oneself, faith in the method and faith in the Master.
- Be Happy and Grateful to Master:  
Should realize how to be grateful to the Master for His infinite Love towards us. Should count the Graces.
- Have attitude of how can I be useful to the Master instead of thinking that how can He be useful to me. There should never be any expectation for recognition or wages