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When I ponder over this topic, what else could it be other than meditation, the first thought came to me in that though we meditate systematically, there may not be any desirable progress. The reason for it be that Babuji Maharaj says that meditation should not be mechanical. That means though we do sadhana as prescribed, there will not be any transformation in the sadhaka. This type of sadhana is no better than idol worship. The reason for that may be that the sadhaka may not be able to imbibe and retain the grace of the master received during sadhana. Sittings and satsanghs and express them out. The power and conditions given by the master are to be owned by the sadhaka. He has to share it with his fellow brothers and sisters after being given permission to work for the master. He should do the duty with commitment feeling that he is part and parcel of this nature. Apart from this our external way of life is also to be transformed and one should lead a life in which the commandments of the master reflects. All the methods are interlinked and we have to practice everything by putting our heart and soul. Above all of these His grace is most essential. Unless and until His Daya and Karuna are not focused on us no amount of sadhana will be fruitful.

We know about the story of the squirrel in Ramayana. It is an insignificant being. But it could get the grace of the Lord. In the same way the story of Kuchela who could get the grace of the Lord. These get the grace of the Lord not by sadhana but only by opening up their hearts which catch the showers of grace of the Lord.

So, finally we have to open up and share whatever little we have and do whatever little we can, with love and devotion and march on the path to perfection.