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Trainer:

My understanding:-

Meditation is not enough- yes. Meditation helps a person to get ready ( to become deserving) to receive Divine love and Divine Grace that comes to the Benevolence of the Great Master.

To do meditation properly or to settle in meditation atleast to some extent the mind has to get regulated. For this purification is a must. Purity of mind is possible only when the heart gets purified. For this the Heart should not get soiled with unnecessary things ( already which are existing- the samskaras, are there). So one has to have the viveka to follow- Anukulasya Sankalpa. Pratikulasya varjanam. The result is the development of Due-attachment. The meditation on point 'B'- helps in developing viveka progressively.

As we practice this cleaning becomes more effective. As we purify ourselves The Will becomes more and more subtle which accelerates the Sadhana.

“ I am yet but slave of my wishes putting a bar to my advancement” comes in the way. 9 p.m. prayer has to become natural and heart felt. Bed-time prayer comes for rescue, but real cry before the Master is the need. Again the play of Samskaras takes the role. Attachments doesn't make one weep. So Thou Art The ONLY GOD AND POWER is the only solution and Master's support ( almost lifting and carrying) through PRANAHUTI IS THE ONLY WAY to lead a life of moderation, balance and harmony and by following Master's Commandments to mould by which one can spread the message of the GREAT MASTER AND TO REMAIN ALWAYS DOING HIS SERVICE AT HIS FEET.