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My personal views regarding the topic above has given the following understanding.

The meditational practices given by the beautiful system of Sri Ramchandra's Raja Yoga are- 1) Pranahuti Aided Meditation- Individual Sittings and Group Satsanghs, 2) 'A', 'B' point meditations, 3) Self Abhyas ( Meditations in the morning ). These practices enables one's unconditional surrender of his free will to Master. It developes one's strenghtned will to exercise his viveka acquired at different levels of Sadhana which is very essential to express Him in all situations of life.

So practicing meditation alone is not enough unless one can not express.