

N.B.T. SUNDARI

ID NO :

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In our system the individual Abhyas – Meditational practices together with the support of the Master i.e Pranahuti help us in achieving our Goal.

Fixing up our Goal is the primary thing as we keep moving on the path, Goal clarity keeps emerging. For this mediation alone is not enough. Hence Babuji has given us “Ten Commandments” for us to follow.

Individual transformation becomes more relevant only when it is reflected in our behaviour and also the society that we live in should derive benefit out of it. Here the importance 9<sup>th</sup> Commandment comes where the individuals that we come across turn towards the Master.

We should be able to serve the Master and live for the Master and live for the Master. It is for the Master to use us whenever he wants and however he wants. This kind of change comes to us only after sadhana. Though meditation also is not enough, but PAM helps us in achieving this change.

Our Master exhorts that it is our birth right to be a Rishi. In order to develop the qualities of Upper heart, we should make an effort In this endeavour we have the support of the Master.