

Name: V.Krishna

ID No. : 574

Trainer : Sri K.C.Narayana

My ideas: Yes, Only meditation is not enough for reaching the goal in this one life. Ofcourse, meditation is a must; there is no doubt about it. But apart from meditation ,there are other things to be attended to like ; purification, meditation on points 'A' &'B' and 9PM prayer and bedtime prayer .Apart from this one has to develop to fallow all the 10 commandments without fail. After having done all these things ,the most important aspect is individual sittings from the trainer and attending the satsangs regularly.

The individual sittings are most important aspect of our sadhana . Unless one takes individual sittings there will not be any speedy progress in the condition of the aspirant .All rigorous sadhana will make an abhyasi to have the highest benefit in individual sittings from the trainer. If the aspirant is very assiduous in sadhana it will be very easy for a trainer to raise him to the states of higher consciousness .