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## MEDITATION IS NOT ENOUGH

Meditation is not enough to progress in Spirituality

1. To progress spiritually Meditation is not only enough but one has to practice all the methods prescribed sincerely Point A, Point B, Cleaning and Bedtime Prayer.
2. In addition to practices one should follow Ten Commandments in real sense is must with the goal that mould yourself so as to rouse love and piety in others.
3. Practicing meditation and following commandments if it is not in a real sense it may become routine which may not lead us to real expression of divine. Practicing routinely will not help us progressing but, one should own the condition bestowed during meditation and pranahuthi to express oneself as divine expression.

4. As aspirant practices gets different feelings true to his real nature which is of divine like service, cooperation, sharing, sacrifice etc. One has to contemplate these feelings, bestowed conditions and should try to own and implement in reality as a duty of master to express the master through us.
  
5. Hence, meditation is not enough one has to practice, follow and own up and should express our self in tune with master and share and spread the message of the master.