

As stated in the prayer, the GOD/MASTER is the real goal of human life. Meditation is the means to achieve this goal, but meditation alone is not enough.

The system of Sahaj Marg comprises of the following:

- Meditation with the help of Pranahuti
- Cleaning
- Point “A” and point “B” meditation
- Universal prayer
- Bedtime prayer
- Following the ten commandments
- Prayer
- Constant remembrance

All the above practices are interlinked and they are to be viewed in an integrated manner. Hence it is clear that only meditation is not enough leaving other things mentioned above.

Meditation with the help of Pranahuti:

Every Abhyasi is supposed to do meditation everyday before sunrise and at a fixed hour and at a fixed place. When all of them are followed assiduously the meditation is said to be complete.

Cleaning:

Cleaning is the most important aspect of the PAM. Without cleaning the impressions that have been formed during the day, one cannot meditate with ease, but has to struggle with his thoughts during the meditation. The influx of Pranahuti will descend on the Abhyasi basing on the purity of mind, which can be achieved only by regular cleaning in the evening. Without attending to cleaning one cannot expect to gain the optimum benefit from the Pranahuti.

Moreover, lack of cleaning results in developing insensitivity toward the flow of the Pranahuti. Hence, cleaning is crucial for smooth meditation. It is the only self-effort that is to be expected from the Abhyasi in order to deserve the Grace of the Master.

Point “A” and point “B” meditation:

Mind always has a tendency to flow towards lower plane of consciousness. In order to arrest this, point “A” and point “B” meditation was prescribed. By attending to the point “A” meditation the Abhyasi develops a feeling of universal brother-hood and love and devotion towards master. By attending to point “B” meditation the impediments that are coming in the way of Sadhana will be removed. Hence, these two practices are essential in the Sadhana.

Universal Prayer:

Universal prayer is prescribed to use the thought power of the Abhyasi for betterment and welfare of brothers and sisters without any selfish motive. This will develop the attitude of service and sacrifice and reduces the selfishness in the Abhyasi. Hence, it is also very important in the sadhana of the abhyasi.

Bedtime prayer:

It is quite natural one cannot lead a perfect life. To err is human, but repentance for the wrong committed and a firm resolve not to commit the same is essential for the development of the abhyasi. This can be accomplished by attending to the bedtime prayer every day by the abhyasi.

Ten commandments:

Ten commandments suggest the way in which a man should lead his life in an ideal and exemplary manner. They touch upon all the essential and crucial aspects, which are necessary to become a real man. They enable overall development of the abhyasi. Hence, following them without any exceptions is necessary.

Prayer:

Through prayer one connects himself with ultimate directly. This is the fastest way of reaching the GOD/MASTER if one prays with full of devotion and tearful eyes.

Constant Remembrance:

Constant remembrance makes the Abhyasi closer to the remembered one. i.e, Master. This is the easiest way of being in touch with master. It may be difficult in the beginning but can be made possible through constant practice.

The abhyasi is supposed to perform his duties as a trustee of the God. Since, man is a social being he is bound to perform certain duties and responsibilities with all sincerity and cannot be exempted from them because he is doing meditation. He should develop love and empathy for others and attain the qualities of service and sacrifice. The behavior of an abhyasi should be such that he expresses divinity in all his actions. To develop the above qualities meditation is only a means but it alone is not enough. One has to follow the system of Sahaj Marg in its totality in order to achieve fast progress in his sadhana.