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'Meditation' , I presume includes all the meditational practices prescribed in PAM , which includes, Morning meditation for 1hr, evening cleaning for 30-40 min ,9PM prayer, Bedtime prayer and Point 'A' &'B' meditation.

If it doesn't , then meditation alone is definitely not enough, if not for any other reason, atleast because Master has given 'all the practices' as 'the Method'. AS we have accepted the Master 'in Toto' as the guiding star to lead us out of the aimless and direction less travel through the desert of life,so should we accept the Method 'in Toto' as 'The Method' .To enable us to reach the destination which in His own words is so near and dear to us.

Master has given this method as the simplest as the most effective method for the present times and thinking of leaving out any of the aspects would almost amount to blasphemy.

Regarding evening cleaning the first thing it does to us is to show how dirty we are.It is to me one of the most difficult things to do as it requires a strong will and it removes from us what we have voluntarily acquired. Some times it becomes so difficult that I am not able to continue the cleaning and forced to quit. But it definitely removes all the accumulated ,unwanted dirt and makes us more receptive to the divine influx.

The 9PM prayer which is very unique to our system of PAM is so powerful and effective that we can actually feel ourselves as a part of everyone and every one as a part of us. Love for our fellow beings becomes a natural part of us and literally flows out of us.

The bedtime prayer apart from giving us the feeling of helplessness in our endeavor to better ourselves and also helps us to be in the company of the Master through out the night. But the strongest reason to say that meditation alone is not enough is that Master has given all the practices as the Method to be followed.

Meditation alone is not enough. Is it to reach the goal or is it as a goal of life? Meditation alone cannot be the goal of life because the purpose of life is to live a useful and purposeful life. Meditational practices as suggested in PAM helps us to and makes us live a achievable goal oriented life. Meditation alone as a goal of life, or Meditation alone as a solution to the day to day problems is a meaningless existence compared to which death may be an easier and simpler solution.

Therefore the real meaning of the topic in my understanding is meditaional practices alone are not enough to reach the real goal of human life. Along with these practices we should also have the right attitude towards others , love, kindness, sympathy, sharing, feeling of fraternity etc. The advantage of fallowing meditaional practices is that it is easier to develop the proper attitudes if we follow all the practices strictly. It is almost inevitable that we develop love for others , willing to sacrifice for others ,develop sharing , have a feeling of brotherhood.

As Master said a thief will become a better thief if he follows these practices. So to that extent we should willfully and voluntarily change our attitudes so that we may become a perfect instrument to serve humanity which should be our aim which will ultimately lead us to our goal which is the Master.

Ther fore meditation alone is not enough .Along with that we should willfully and voluntaruily submit to the Master so that we may be become a perfect instrument to serve humanity which should be our aim which will ultimately lead us to our goal which is the Master and to serve Humanity –the greatest service being to help another person progress in the path which is possible by spreading the message of the Master –thus ultimately reach our destination.