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Meditation is essential in reaching the goal. Along with the meditation all the other practices like point 'A' and 'B' meditation, Universal Prayer and Bed time Prayer form the Integral part of Sadhana. Together they all form the base through which one has to reach the goal.

However, doing meditation alone is not enough, in the sense that the conditions acquired through meditation have to reflect in the day to day life. There cannot be duality. Whatever we feel during meditation has to be practiced during the day in the non- meditative times. The feeling has to be maintained through the day and during the activities of life. This is exactly what is ordained in the ten commandments. The feeling of compassion , empathy, sharing, contentment, piety, faith and surrender to the Master, yielding and acceptance to the will of the Master and service to Master and fellow brethren are some of the things that come while doing sadhaan and practicing ten commandments

Unless we can reflect these things in our life our sadhana is not complete. One of our teachers used to say “ you have to learn your profession well (medicine) and serve the patients to the best of your ability. Because, it is those ssadhakas, who have done very good meditation and other practices and have escaped from doing any service to the manifestation of God that are born to become doctors. In this life they have to serve everyone without prejudice or reservation and without holding back in their capacity. If you don't do it you have to repeat the same next time also”. Probably that explains part of the meaning of sadhana.

Imbibing all these qualities and serving the master and others is as important as doing meditation, if not more important. All these qualities come by owning up the conditions acquired during meditation. That is the sure way of reaching the goal.