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Meditation by self effort is not enough ,because human beings have various inner complexities. Hence it should be supported by the help of a guru or master. This kind of a aid or help is offered in SRRY through the process of Pranahuti. In our meditational practices, Pranahuti is offered during individual sittings , satsangs, Bhandaras etc.

Pranahuti is a blessing to the humanity given by our grand master Sri Ramchandraji of Fategarh which has been modified into a system by our master Sri Ramchandraji, Shajahanpur as 'PAM'. The effect of Pranahuti is Peace, calmness, balance, joy, aspiration, etc which the feelings of love towards God, devotion, love towards our fellow beings, selfless service, sacrifice etc. The above feelings are strengthen by our abhyasi through our various meditational practices prescribed in the above method like morning meditation, meditation on points 'A' &'B', evening purification process ,bed time prayer etc.

Now when we think deeper on the above subject a question arises as to 'It is enough if just practice meditation and be peaceful ,calm ,balance and happy to ourselves or should be relevant in our family ,society ,country as such. By contemplating on the question ,I understand that just doing 'meditation is not enough'. The effect I gain in meditation should be useful to my family ,to the society I am living, and to the country as a whole.

By practicing meditation I should be able to discharge my duties towards my family members ,at my work place etc. By gaining peace ,calmness through meditation I should be able to maintain peaceful condition through out the day and give peace to others also.

Similarly when I experience 'Balanced condition' in meditation ,I should be able to maintain balance in my day to day life facing different situations. There by I should become moderate in all my dealings .

By doing meditation on point 'B' the disturbed tendencies of mind will be cured and mind becomes purer and purer day by day. Also purity enables one to breed good thoughts which help in clearing the atmospheric pollution to that extent.

By doing meditation on point 'A' we develop fraternal feelings and there by feelings of revenge ,prejudice come down and we should like to share with any body and serve anybody as a fraternal obligation . We become happy by meditation and would like to share the happiness with one and all where mind becomes purer everyday .Corruption ,dishonesty ,malpractices come down and we can see a healthy society .

When more and more persons practice meditation as prescribed in the above method, the country and world as a whole will change ,bringing peace ,happiness and harmony to one and all.