

Meditation is thinking of divine in one's own heart in the form of divine light having without luminosity but not closing the eyes and sit.

In addition to meditation, the following points are also to be observed:

1. Sincerity, belief and respect towards Master.
2. Regularity in meditation.
3. Development of Orientation towards master.
4. Following commandments, especially the first and the last.
5. Taking regular individual sittings from the trainer.
6. Attending Satsanghs as many as possible
7. Reading of satyapatham
8. Reading of other literature (spiritual books) repeatedly so as to grasp the substance in depth.
9. Diary writing
10. Attending workshops
11. Instead of watching TV diverting the mind towards reading of spiritual books.
12. At leisure hours thinking of divine in the heart.
13. Development of brotherly-hood
14. Avoid friendship as much as possible so as not to receive bad Samskaras
15. Firm will
- 16 One must develop the feeling and attitude of doing all the things by master and not by the individual. "I" is not there. Everything is "HE" only

In addition to meditation, I feel, the above issues are more important to move forward to the higher stages in spirituality because we are all having the support of our master at all times and at every movement.

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