

Daily meditation is necessary for one's spiritual progress. In addition to morning meditation, an abhyasi should attend to evening cleaning, Nine O' clock universal prayer and bed time prayer. He should attend satsangs as many as possible, attend all bhandaras and be regular in taking individual sittings from a trainer.

The abhyasi should try to follow ten commandments as scrupulously as possible. In course of time, the abhyasi should adhere to and follow all the master's commandments. In a nutshell he should mould his living and cultivate habits in such a manner as to rouse a feeling of love and pity in others.

M.V.Ratnam