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The topic stresses the imperative need for meditation as a preliminary step for transformation of a biped to a complete human being. As the process involved need not be specifically emphasized, its urgency has to be viewed in the context of present degenerating moral values most commonly observed in humans and to the level to which the degradation is rapidly spreading in the present society at the cost of ethical standards expected in Private and Public lives of the Present generation.

Rev. Babuji's first commandment prescribes the modalities of achieving the elements of essential features in acquiring absorption in course of abhyas only observing the time, Place, Posture and fixed mental alertness over a period of time. With the back-drop of Babuji's generous support of Pranahuti, the abhyasi realizes in due course of abhyasi that the results achieved are directly related to the seriousness of the effort made by him.

Commandment Two stipulated the ingredients necessary in Prayer for spiritual elevation which are heart full of love and devotion. The necessary requisite for achieving this condition is realizing the supremacy of Babuji, Confidence in Him and Complete dependence on Him for continuing Yatra to achieve the goal fixed.

After treading the path for a considerably long period and stabilizing oneself in a state of settlement in absorption, calmness of mind and absolute peace, abhyasi gradually gains confidence that he is on the

right path. Passing of stray incidents and disturbance in meditation at times in individual Sttings, Satsangs or Bhandaras are put up with the conclusion that they are naturally corollaries in the difficult path of arriving to the reach the ultimate.

Now that the abhyasi has acquired sufficient pace in his yatra, having fixed his goal of striving complete oneness with God, as stipulated in commandment three, he gradually begins to set his views at transformation of his self.

By following commandments one, two and three, the abhyasi gathers sufficient confidence that he would, at any rate, continue his yatra and reach the Prescribed goal sooner or later. This may take any amount of time year, years or may be even a decade or two or more as is my personal experience. One should without any reservations, regret for mistakes of his own making in defaults of irregular meditation and laxity in sadhana as prescribed.

Nevertheless, not losing confidence one should proceed on the Path with strong determination of following rest of the commandments which are mainly intended in my opinion, as those essential for complete transformation of a person to be a realized individual.

It is precisely at this point of time, the present logic assumes importance that Meditation alone is not enough. Meditation helps the abhyasi to stabilize himself in the system and serves as a anchor. Further journey is on. Behavior of an abhyasi with all in daily contact in Personal relationship, his general attitude towards worldly ties, his level of development of Viveka and Vairagya observing simplicity, plainness and being truthful to his own innate nature are important

ingredients for observance in his daily routine in transforming himself as a Complete man.

Taking miseries as Divine Blessings and not harboring revenge for wrongs done by others with mental composure of accepting them as heavenly gifts with gratitude, perhaps are the most difficult commandments to practice, in the normal course of life. It is here, the required amount of patience, fortitude, strength to withstand the vicissitudes in life (like insults and innuendos from near and dear) are most required. The courage acquired by constant sadhana and development of detachment (or adequate due attachment) to man and events would enable an abhyasi to make an honest attempt in following the commandments five and seven.

Knowing all people as brethren is a matter of daily practice in 9 o'clock Prayer, coupled with Practice on Point 'A' meditation, the universal Prayer at 9pm helps to a great extent observance of this commandment six. Treating them as brothers is again, the question of sincere practice.

One on the path hardly thinks of dishonest and impious earnings to keep this perishable sthoola sarira intact. 'Vysva narahah' will be always remembered before taking in first morsel of food. Perhaps it is the 8th commandment that is followed, of all, by abhyasis with out fail.

It is for others to judge an abhyasi, (not the other way round – as no one is justified to evaluate another) whether including of his self rouses love and piety. It is constant effort of the abhyasi alone in this direction that affords an opportunity to others to evaluate him. Hence abhyasi should always be on the guard for this purpose.

Last of all ,bedtime prayer alone is not the time of feeling the presence of God . Babuji is in our hearts all the time not only for one hour or half an hour during satsang or meditations ! As observed by revered Babuji one should link his breathing with constant remembrance of the great personality who has so benevolently been showering grace on all His creation incessantly without asking for it.