

We meditate to know our true(nature) self (i.e.) Divinity, which is nothingness. The repeated experiences that we get during our meditations reminds us of our true nature and directs us in that direction as we have fixed it as our goal, which should always be kept in mind.

The great master Sri Ramchandraji (i.e.) Babuji has structured and has given the meditational practices suitable to the grihasta life. It is our prime duty to share what we experience and therefore should be relevant to the society and people.

All the meditational practices are interlinked with one another and helps us in raising ourselves as a better expression of divine. Our sadhana results in a change in our attitudes and has an impact on society. Therefore there is a demand for us to mould ourselves. Every practice helps us in following the other better. It becomes mandatory for every true seeker to follow the practices regularly to move in this direction there cannot be any excuses as all of them are goal oriented.

Regularly in our sadhana brings change in our attitudes. There is a need for this as we by nature are interdependent on divine and every creation of divine. All our efforts should be sincere. We should always be oriented to the mission of the master. Commandments of the master helps us to a great extent in this regard. Some of them we have to adopt and some we develop as a result of regularity and seriousness in our sadhana, they become our way of living.

Our Sadhana is not confined to our progress alone as we become an integral part of the whole system in representing the master. Therefore meditation alone is not enough contemplation on the condition and owning them in order to mould ourselves for his work is must.