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### **Seminar : Meditation is not enough**

Would like to share the following points:

Our goal is realization of the True Self. i.e. Realizing presence of God in our heart and expressing the Divinity through us completely.

For that in our tradition many yogic methods were told. In that Patanjali's Ashtanga Yoga is of the prominent one. For practicing this Yoga so many years of practice is needed if not lives.

Rev.Babuji Maharaj modified the Ashtanga Yoga and has given the system to suit the modern man, i.e. Pranahuti Aided Meditation. He has asked us to start with Dhyana directly and the other Angas, one will be able to follow naturally by the support of Master through Pranahuti.

He has given meditation methods & Ways of living to Follow, Both are interlinked with each other.

If we see First, 2<sup>nd</sup> & 3<sup>rd</sup> Commandment It tells about Our goal, our attitude towards meditation & how to do meditation.

In 1<sup>st</sup> commandment Master stresses about purity of body & mind .Purity of body by attending bath one aspect. Body purity can be maintained by using our Gnanendriyas & Karmendriyas for Divine work. That means, not only at meditation times, at other times as well how we should live. Anukulasya sankalpam & pratikulasya varjanam. Purity of mind is achieved by doing Point B meditation .

Then we have to Start meditation on divine light with yielding attitude & Wait for divinity. And also he instructed us don't mind of your thoughts that are coming in meditation & treat them as uninvited guests.

Our mind will be in one of following states of mind .Like Kshipta, Mudha , Vikshipta , Ekagravritti & Samadhan. Our aim should be in Last two. But most of the time we are struggling in First two. Kshipta disturbed state of mind ,May be it is mala .By applying our will we have acquired so many things .With the application of same Will we have to remove the dirt by attending evening cleaning

practice. By following Ten commandments we can avoid formation of Mala .By thinking everything is Master only doing i.e By constant remembrance also further formation of Samskaras will not be there .By doing Point A & B we will be able to get rid of vikshepa to some extent .

Avaranas impurities due to Past karma these are layer of impurities preventing us from union with God .These will go By assistance of Master through Pranahuti

This Pranahuthi You will get Through Individual sitting ,Satsang & attending Bhandaras .

Any Lapses we find in ourselves, we will present them to Master at Bedtime prayer & seek his Help.

By maintaining Dairy one can tell what are the lapses he got, what assistance one needs, in our diary we have to mention what good occurred to you, if you see that you are more inclined to do Sadhana. Also stated u s to contemplate on Masters sayings.

For developing universal fraternity he gave us 9'O clock prayer . So we not only do our Meditation, follow all other instructions He has given to us, then our quality of meditation improves. That means we are progressing spiritually .

What ever condition we got in meditation that we have to own op that condition .For that also he suggested various methods .

Meditation itself not enough. we Have to Basically practice anukulasya sankalpam & pratikulasya varjanam. When we find leisure time Contemplate on condition gained in our meditations, sitting or during Satsang .or read or listen Master's works our spiritual progress will be faster.