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Trainer;

Meditation is the basic requirement in SahajMarg sadhana(PAM).This has to be supplemented by other requirements as Babuji Maharaj has mentioned in His works ,letters ,articles etc to accelerate spiritual progress and to achieve and to achieve the goal in one's life time. This is the assurance He made provided PAM is backed by other aspects to be carried out by the abhyasis.

First and the foremost is to have "Goal Clarity". Unless it is clearly and firmly established in our minds we may not be able to achieve the same ,on the other hand we may be carried away by lesser goals. Secondly Babuji specified evening cleaning, meditation ,bed time prayer, meditations on point 'A' & 'B' and universal prayer at 9pm every day.The timings and duration of each item have been specified and it is for the abhyasis to scrupulously follow them and get benefited for achieving speedy progress, backed by regularity in sadhana. Besides Babuji laid emphasis in attending weekly satsangs ,individual sittings and invariably Bhandaras.

Lalaji called satsang as association with reality. In ordinary parlance it is the group meditation held once in a week. During Satsangh the combined effort of the Abhyasis gives intensified effect which goes a long way in the spiritual (speedy) progress. Individual sittings are advised so that the trainer can know the condition of the Abhyasi and will be able to remove any blocks stalling the progress and also does effective cleaning process so that the real thing may not impart power even to the (undesirable) dirt and filth. During Bhandaras it is a well established experience that Grace descends in torrents for the spiritual upliftment of the Abhyasis and also to push them on to re-dedicate themselves in their Sadhana with renewed vigour.

Babuji in all his benevolence has given us the " Ten Commandments", following which scrupulously, he assured us speedy progress enabling us to acheieve the goal during one's life time itself.

Babuji advised the Abhyasis to maintain spiritual diary noting down the thoughts which come up and feelings felt during meditation, immediately after it, and during other times of the day. This will reveal the changes in our attitudes for the better along with thought pattern(God oriented).Short comings, if observed, can be rectified by sadhana.

Lalaji Saheb also insisted on the maintenance of diary. He had specified Ten Points to be recorded in the daily diary. This goes a long way to evaluate ourselves and propel us to intensify our sadhana for achieving speedy progress.

The above are the basic requirements and will have to be supplemented with the following by the abhyasis for accelerating progress.

Constant remembrance: It has to be like the function of respiration which automatically takes place and is never carried on. It will become real only when it goes on as a matter of course and turn out to be ones very life. This will attract the attention of the Master and we will be in the orbit of His working.

Love and devotion for Babuji are developed through constant remembrance which will attract His grace which is essential for achieving the goal. It is said that only such of the people chosen (graced) by God will achieve the Goal. However this is made possible for each and every aspirant by the transmission of Pranahuti, a special feature in Sahaj Marg sadhana graciously given to humanity by Lalaji Maharaj and perfected by Babuji. To deserve it, love devotion for Babuji are essential factors to be blessed by His grace that is transmission of Pranahuti to reach the Goal.

Confidence in oneself and unshakable faith in the Master are capable of converting a spiritual endeavour into one's very life. Hence these traits are to be developed.

Surrender: Babuji has specified that self surrender is nothing but a state of complete resignation to the Will of the Master with total disregard of self. In this state, the abhyasi thinks and does only that which is His Master's will. Babuji assured that if the abhyasi enters the mental sphere of the Guru, surrendering all belongings to Him, it takes only seven months to deliver him into the brighter world. The criteria for surrender is to be free from worry, fear, gloom, doubt and dilemma. Then one has no burden, no responsibility. The ingredients of surrender are (1) mentally resign all deeds to Him (2) offer oneself to Him (3) detach oneself from the world by being even minded and (4) have permanent relationship with Him. As assured by Babuji surrender will come automatically in due course through love, devotion, faith, obedience etc.,

Sensitivity develops being alert and observant during meditation and other times also so as to feel the changing thought patterns and the development (progress) taking place in us due to PAM, so that it will

drive us further to intensify our sadhana to help us in our progress and divinization.

Babuji advised us to develop craving for achieving the goal and to fully cooperate by following His commandments, teachings and sadhanas specified by Him for speedy spiritual progress.

The above mentioned are but a few items mentioned for sadhana besides Meditation.

There is no known limit to the spiritual progress and benefit derived by reading the books written by Babuji (periodically) and articles and letters of Babuji appearing in various Patrikas and booklets, so also His autobiographical volumes which contain fund of Spritual Genius.

P.S. (Highest) First and the foremost priority shall be given for maintaining impeccable Moral character by the Abhyasi.