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Meditation and the other Meditational practices are the most important for our spiritual progress. This is the Abhyasi's role. We get the Master's support through Pranahuti. These are very important and we should practice them as suggested by the Master. Yet it is not enough for the spiritual progress. There are a few other requirements.

In our system “ Thought “ is the basic thing that is utilized in all the Meditational practices and by the trainers while offering Pranahuti. The thought process should not be restricted to this, lest our sadhana could become mechanical. Our Master said that our path is dynamic. Basically, we should use the thought process continuously, throughout the day. We should dwell on the conditions that are bestowed to us and the experiences and imperiences that we enjoy. By doing so, we realize what we are getting / enjoying because of the system. This will help us to feel grateful to the Master. The attitude of gratitude will enable us to feel small or feel that the Master is the giver. This makes us more humble. It also motivates us to do sadhna more seriously and earnestly. The seriousness and earnestness are to be maintained, otherwise the practice becomes mechanical.

Why are we doing these meditational practices ? There is a definite Goal that we want to reach. The Goal has to be kept in mind and we should be thinking about it. The thought of the Goal should be at the

back of the mind continuously. Whatever we do, whatever we think should be such that it aides us in going towards the Goal. This is “ Anukulasya Sankalpa, Pratikulusya Vajanam “.

The Goal consciousness, seriousness and earnestness wilol all help us in achieving constant Remembrance. The enormity of the Goal and the time that we have in our hand makes us realize that it is an almost impossible task and it is the Master alone who can help us in this endeavour. We surrender to the Master as much as we can. WE do our meditational practices, keep the goal insight, try to be in Constant Remembrance, yet we feel that the talk is great and difficult and time is ticking away. This leads to restlessness.

These are the internal attitudes one should develop on the path. These should also be reflected in our external behavior with the society. People should feel that we are really different and we should represent the Master (commandment 9). Our way of doing should be in tune with what the Master asked us to be. We should follow 10 commandments.

Inspite of all this, there is one more thing that is most essential. That is Master's grace. The dog may want to lick the feet of the Master. The Master should tolerate it, accommodate it, accept it and like it. I may have tears in my eyes but that should be noticed by the Master. We should learn to WAIT patiently till the Master feels that I am ready to march further and further; every step, the Master has to grant and we have to own-up.

It is a long process and with Masters Blessings all of us will eventually get there.