

Meditation is not enough

Assumption: Meditation means all the meditational practices(Pt B, Morning Meditation, Evening Cleaning, 9.00 P.M Prayer, Pt A, Bed-Time Prayer, Attending Individual Sitting and Satsangh)

As an abhyasi of PAM we have to follow the meditational practices given by Rev.Babuji Maharaj. Sadhana is a continuous process. It is not restricted to the 2 or 3 hours. Apart from the meditational practices we must follow these:

- We have to follow the Ten Commandments given by Rev.Babuji Maharaj in thought , deed and action.
- We have to contemplate on the meditational experiences
- We have to own up the conditions given to us.
- We must read the books of the master and listen to the audio cassettes which help us to be in the thought of the master.
- We have to understand the system completely so that we are equipped to tell others about the system.
- Need to develop orientation to the master. We have to develop yielding attitude towards our master because it is he who is leading us on the path.
- We must be always dependent on the Master in all our activities.

- Need to develop craving to become a Real Man as told by Rev.Babuji Maharaj.
- We must develop determination to reach the Goal under all circumstances.
- We have to share our understanding of the system with other abhyasi brothers and sisters so that all of us get benefited.
- It is our duty to tell about PAM to others.
- Our system helps in knowing ourselves thoroughly. We need to analyze ourselves critically and know our lapses and should share them with our master and co-operate with him.
- We have to analyze our good qualities and improve upon them
- We have to improve the divine qualities like sharing, sacrifice, cooperation. They are not granted but need to be developed. These are to be developed by practice.
- We have to develop positive attitude towards life.
- It is our duty to help others to the extent possible.
- Always be ready to serve the Master in what ever way we are entitled.