

Dear Brother,

Attached is my writeup on the topic.

Regards  
Murty Pappu

### MEDITATION IS NOT ENOUGH

Even though meditation is the foundation of spirituality, it is not enough to reach the goal. There is a process to reach the goal. This process has several elements. Meditation is one of the elements. The other elements are

1. Firm will
2. Constant restlessness to reach the goal
3. Intense love
4. Constant remembrance
5. Whatever we are doing (thinking that Master is doing), we are doing as a duty towards the Master
6. Following Ten commandments
7. Following all the meditational practices prescribed by Master
8. Taking Pranahuti by attending individual sittings and sathsangs.

If any of these are missing then it will have subsequent effect on the others and on reaching the final goal. For a person who is following all of the above, there prevails a state of inner silence and there will be balance in his thought and action. For such a person all human beings, all creatures will look as Master. From these it can be concluded that meditation is not enough to reach the goal. But it does not mean it is not necessary. It will make us understand the loneliness, smallness of our being. This needs to be carried 365 days x 24 x 7.

That is the difficulty in sadhana. One needs to understand that these difficulties can only be overcome with HIS support and pull only. Otherwise dreaming to reach the goal is also an impossibility leave alone reaching the goal.