

# GRATEFULNESS

- Dr. K. Madhava

For a sadhaka to tread successfully on the path a few qualities are essential. One should try to develop these qualities which are greatly helpful and essential for spiritual progress.

The most common refrain we hear from abhyasis after meditation is "To-day I did not feel well," "There is lot of disturbance in meditation." The general comment is of a complaining nature. If we probe the condition of the abhyasi further he admits to having spells of bliss and absorption. Instead of feeling grateful for the bliss which is bestowed by the kind grace of Master he remembers the disturbed condition and complains about it. This is nothing but ungratefulness towards the great Master and also betrays lack of understanding of the system.

It is a common experience of practically every abhyasi who is practising Rev. Babaji's method of meditation of experiencing calmness, bliss, stillness of mind, feeling of oneness with God, feeling of being lost in higher consciousness etc.. All these experiences are bestowed

upon the abhyasis by the kind grace of the Master. All the above experiences requires years of sustained practice, penances and austerities in other systems of meditation. Many sincere seekers still remained craving for the above experiences in spite of enormous effort and devotion in their practice. Unfortunately for them they missed Rev. Babuji and His training through pranahuti.

When compared with the frustrations and disappointments and dejection experienced by sincere seekers belonging to various other schools of spiritual practices (One has only to study the traditional literature written by spiritual people of Sufism, Christianity, Jewish, Hindu, Buddhist and Jain systems and gauge their agonies and frustrations in their attempts to achieve nearness to God). We are extremely blessed to come in contact with Revered Babuji.

In our one hour of meditation all of us experience a few moments of nearness to God. We should be eternally grateful for the Great Master for that one experience alone. But in our practice we are granted much greater intimate feeling of the presence of God, either we fail to recognise it or even though we definitely experience His presence we do not attach any value to that experience.

Since we do not attach due importance, reverence and value to our divine experiences granted by Revered Babuji we hear abhyasis complaining after meditation.

Babuji has remarked

"During my leisure hours I remain mostly busy with cleaning the abhyasis under my training, in order to develop in them the remembrance of God all through and this service is for me a substitute for God's worship, hence my foremost duty. But that is a very tedious job and requires quite a long time which might perhaps exhaust the patience of the abhyasi. As a general rule one does not feel much interested in meditation when the cleaning process is being effected, or when impressions and bondages are being loosened, which is in fact the only effective course and one greatly helpful to his sacred cause. But while I proceed on thus, I have to make allowance for his craving for peace and satisfaction as well, which he wishes for and values most. For this reason when he does not feel interested in meditation while receiving this type of transmission from me, he thinks it to be of no avail and consequently drops off from satsangh. The proper course should have been that after having judged fully the capability of the teacher and finding him quite up to the mark, he should trust him and

follow him, leaving everything to him. He should not dictate terms for the ways and lines for his spiritual training, because the teacher alone can understand what is best for the abhyasi."

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Even if the meditation is disturbed he should understand that samskaras are coming to fruition by the grace of Master and be grateful. One can observe the condition and make a note of it but one should not harbour a feeling that I deserve a better condition.