



Invoke Lord's Grace through Prayers and Meditation

SIMILARLY TO TAME THE MIND & SENSES — PEOPLE TORTURE THE BODY — HAIR SHIRT, PIKED SHIRTS, BEATING THE LASHING & WHIPPING — They all have very limited temporary effect. Only by INVOKING LORD'S GRACE THRU PRAYERS & MEDITATION — THEY ARE THE ONLY TWO WAYS —

WHEN A BODY IS SHAKEN WITH PASSION — even INQUIRY — VICHARA becomes powerless — ONLY PRAYER, MEDITATION MAIN — AS AUXILIARIES — BIOGRAPHIES OF SAINTS & SATSANG. I CATEGORISE PRAYERS ABOVE MEDITATION as the latter is not that easy.

TWO TYPES OF PRAYERS

- ① FIXED-STANDARD PRAYERS BORROWED FROM TEXTS, BIBLE, VEDAS — THEY ARE SOMEBODY'S EMOTIONS — WE TRY TO SIMULATE
- ② Pray & talk to the Lord from the heart

But we should alternate both of them. Sometime our heart becomes so strong that no prayers come out — Then standard prayers help. Both are supplementary to each other.

Similarly, to tame the mind and senses, people torture the body – hair shirt, piked shirts, lashing and whipping – they all have very limited temporary effect. Only by invoking Lord's grace through prayers or meditation – they are the only two ways. When a body is shaken with passion, even Inquiry-Vichara becomes powerless – only prayer, meditation main. As auxiliaries, biographies of saints and satsang. I categorise prayers above meditation as the latter is not that easy.

Two types of prayers:

1. Fixed: Standard prayers borrowed from texts, Bible, Vedas - they are somebody's emotions, we try to simulate.
2. Pray and talk to the Lord from the heart.

But we should alternate both of them. Sometimes our heart becomes so strong that no prayers come out. Then standard prayers help. Both are supplementary to each other.