

## Hari Om

### Importance of Daily Meditation:

Everyone has to spend some time (min 15-20 minutes) focussing their mind on his or her personal GOD (Upasana) by doing meditation or Japa. This will help one achieve over a period of time, one-pointedness concentration leading to expansion of mind. Without this Vikshepa or projecting power of Mayic mind cannot be overcome. Removing impurities through satsangh or selfless actions alone are not enough to realise God or to use free-will rightly. In fact many people who refuse to spend personal time with God due to laziness or Prarabdha or without proper Guidance have the following problems in spite of being good or selfless.

- Getting confused with worldly disorder
- Not able to decide rightly on practical issues
- Fear of death or insecurity
- Miserliness
- Not trusting anyone
- Lack of Equal vision and Equanimity and so on.

Only Upasana can solve these problems or shortcomings.

Please start doing Japa or Meditation. It will be difficult for few days but you will enjoy it and start experiencing benefits once you cross 21 days. Generally, anything will become an habit if you continuously practice it for 21 days. Best time for doing Japa or Meditation - Early mornings and Sandhya Kalam (near sunset)

GF Blessings. Om Tat Sat.



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