



Practise of the Presence of the Lord

13/11

To reach the state beyond Time & Space
to ~~Make~~ can also be done by medita-
ting one-pointedly on the Lord or by
chanting of the Mantra.

Whatever the path we adopt, in
whatever state we are (Laughing, weeping,
dreaming) – BE ALWAYS CONSCIOUS OF
'THE PRESENCE' (The presence of that
Supreme Lord) in the Heart or inside us
or both inside & outside (like a in the
Aura of ^{the} Lord). THE ONE & ONLY
KEY TO REALISATION; NEVER NEVER
CEASE REMEMBERING THE LORD &
CEASE FEELING HIS PRESENCE (When
you remember him, HE is present).
In order to have ceaseless remembrance
again & again PRAY TO HIM:— Lord, I do not ask
you for much - Please bestow only
ceaseless unceasing remembrance of you. I
tend to forget you often in the day. Please
protect me from such lapses. Lord I am
helpless. Only you can help me.

To reach the state beyond Time and Space:

Can also be done by meditating one-pointedly on the Lord or by chanting of the mantra.

Whatever the path we adopt, in whatever state we are (laughing, weeping, dreaming) – be always Conscious of the Presence (the Presence of that Supreme Lord) in the Heart or inside us or both inside and outside (like in the aura of the Lord).

The one and only key to realisation: Never Never cease remembering the Lord or cease feeling His presence (when you remember Him, He is present).

In order to have ceaseless remembrance again and again Pray to Him:

Lord, I do not ask you much. Please bestow only unceasing remembrance of You. I tend to forget You often in the day. Please protect me from such lapses. Lord I am helpless. Only you can help me.