

Rajesh Raina - Jikoji Report - Nov 29 2023 - Dec 2 2023

Fremont, US

11/29/2023 - Wednesday

Arrived at the Jikoji zen center around 2:30 PM. The center is located off of Skyline Blvd in Los Gatos California, in the Santa Cruz mountains. The center is reached via an off road mile from the Skyline Blvd. The calmness of the place felt nice and the feeling of being in the woods was good. No cell phones and looking forward to our 3 days of meditation together with our fellow aspirant brethren. Got set up with all the logistics taken care of by around 4:30 PM. Exchanged short greetings as all abhyasis arrived between 4:30 and 6 PM. It was a clear day, not too cold.

Satsangh 1 (Evening) : We gathered for stasangh in the main meditation hall, referred to as Big Zendo at Jikoji. During the satsangh a deep feeling of love towards the Master was felt. Feeling of unfettered / free consciousness prevailed.

During the meal in the evening following satsangh various topics related to Sadhana were discussed, feeling of underlying contentment was predominant.

We had dormitory style comfortable accommodations and slept well after our bedtime prayer. No dreams recorded.

11/30/2023 - Thursday

During morning meditation felt points A & B clearly / cleaning at the start of the meditation. Also felt cleaning at various knots, feeling of lightness associated.

Satsangh 2 (Morning) : Dependency on Master was the predominant feeling. Slowly the feeling of dependency was mixed with the feeling of Divine grace of Master. Lifting, Plainness. Change of scene as if standing in pouring rain. Inner sense of seeking Divine. One black and one white swan image flashed.

Sitting : Feeling of love and devotion in the beginning. Interconnectedness and all beings in prayer. Upward flow of energy getting subtler and subtler, quick changes in lightness / silence felt. Gratitude towards Master's grace and presence. Lots of subtle jerks towards the later part of the sitting. Intense flow felt towards the end of the sitting.

Satsangh 3 (Afternoon): Flow with love of the Master predominant. Unadorned grace. Silence and deeper silence. Master in every heart. Contentment. Sounds a-gong rhythmic.

Satsangh 4 (Evening) : Feeling of grace, without movement or explicit flow. Simple awareness and feeling of presence, but devoid of idea of self. Slightly uncomfortable being in that state.

Feeling to be quiet afterwards. Gathered around after satsangh for an evening meal with a wood burning fireplace, discussion on various topics related to commandments, underlying feelings of love and devotion predominant.

Some dreams related to cattle ranchers etc in the night probably just the old California ideas swirling in the head.

12/1/2023 Friday

Devotion to Master's presence all around and being in the thought of the Master was predominant in the morning meditation. Some distracting thoughts related to recent past events did come up in meditation as well.

Satsangh 5 (Morning): Feeling of Vairagya was predominant, less or no thoughts.

Sitting : Felt concentration or Ekagravatti, Interdependence, Loss of body awareness, time transcendence. Did feel a bit disconnected in between, Thoughts related to deeper and proper following of commandments.

Satsangh 6 (Afternoon): Overpowering feeling of love and devotion towards Master.

Satsangh 7 (Evening): Overflowing feeling of love and joy, teary eyes.

Noted two discussion points

One related to commandment 8 - The idea of divine in our heart and the energy thereof combines with food and produces a sort of "friction" that further charges the food with the same thought.

Related to Buddhist ideology and discussion around rebirth and what aspects contribute to rebirth, in discussion with the local buddhist teacher at the center.

12/2/2023 Saturday

Satsangh 8 (Morning) : Feeling of ignorance, sort of mum inside out, leading to a feeling of quiet humility experienced.

Saturday morning it started to rain a bit while we were packing to head home, the environment was serene and peaceful, we said bye and wrapped up quickly and headed home.

Overall it was a wonderful experience to live in the thought of the Master, for a few days and experience Master's Love deeply. I clearly felt transitions from contentment to love and devotion to humility. Deepest gratitude to Anilaji, Keshav garu and Madhav garu for their kind support and deep gratitude to fellow brothers and sisters here in the Bay Area.