

Report From Saurin Shah:

Abhiyasi ID: 3377

Program dates: 11/29/2023 evening- 12/02/2023 Morning.

Program location: Jikoji Zen Center, Los Gatos, CA 95033.

Very thankful to Dr. Madhva ji, Dr. Kesava ji, and all brothers and sisters for the entire program.

Before joining condition:

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I was busy at my job - working 12~14 hours for 10+ days for holiday preparation, so very tired, but at the same time very thankful to Master that all completed well at job and was looking forward to this program; so will come back to regularity in sadhana and remain with Master's thought.

During the Jikoji stay:

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Starting with evening Satsang, I felt enormous calmness.

All Satsanghs inspired me to be truthful about myself for my shortcomings, live a more simple and content life with happiness with constant remembrance of Master.

Sitting experience

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During my sitting with Dr. Keshava ji, felt a strong continuous flow and felt like sitting completed quickly.

All these days the internal condition was very peaceful, quiet and in Divine thoughts.