

**November:30, 2023. Jikoji center, Saratoga,CA  
730AM**

Master, Thank you for everything, Felt absorbed in silence and calm and lightness prevailed. Notice my spine straightened up and expanding and then I remember om shanthy, shanthy. That's all from Madhava sir. Thank you for this day and the experience

**December 1, Friday. Jikoji center, Saratoga,CA  
730AM**

Master, Thank you for everything. Feeling blessed and light and calm. Very blissful and I don't remember anything other than That's all.

**December 2, 2023. Jikoji center, Saratoga,CA  
730AM**

Master, Thank you for everything, Felt the full flow of energy without any obstruction. I know I am not perfect and have lots of defects so it's only easy for me to surrender. Please guide me and give me strength to be in your thoughts and carry your energy. I am not going to ask you anything, Please give me the strength to ask nothing from you.

**December 12, 2023, Home, Lathrop,CA**

Master, Thank you for everything. I felt an overwhelming force and urge to write this and felt calm and light and blessed. Feeling the presence of Master everywhere and the transmission of his divine energy in every part of the body. At the same time, there are more thoughts around the weakness in me and anytime I can think of anything my defects come zooming in and leaving me in silence so I cannot get mad at others perceived weakness/negative as Master is showing me all those qualities present in me as well and saying I am no better than anybody. This feeling silences me completely and does not get me agitated for anything. I used to get thoughts around how I can be connected with the Master and sir, both of whom I never met and saw but still have so much of influence on me but after the Jikoji retreat feel my questions were answered by the presence of Dr.Madhav and Dr.Kesava both of whom directly felt the presence of Master in his physical form. This was the closest I can experience Master in physical form. Thank you sirs for giving us this opportunity to be in the close presence of Master. I am still harvesting the benefits from this retreat and feeling absolute calm and lightness in everything and it is helping me to perform my Sadhana sincerely. Thank you Master for making it happen. There are so many things we learned and got clarified during the discussions and just by observing and in close presence of so many sincere Abhyasis, trainers and felt the Zen center and the nature further amplified everything. I know part of my logical mind is longing for these kinds of experiences again, but in my heart, I feel my Master knows better when to give what to give and whom to give, and I will now shut up and leave everything to him. Thank you Master for everything. I sincerely beg forgiveness for my mistakes and ignorance and please give me strength to be in your thoughts. Thank you.