

Jikoji Experience

Trainer: Br Shishir

Abhyasi: Anoop

Below is my experience in Jikoji

Day 1 – Felt normal. It was more like a general Satsang. However, there was a sense of an unknown excitement.

Day 2 – Felt an “empty” fullness during and after morning Satsang. Saw visuals of “fires” during meditation (may be due to lighting the fireplace from Day 1).

After the afternoon Satsang very very briefly felt feeling of love.

During sitting with Dr Madhava again felt the “empty” fullness and saw visuals of fires and water/rivers. Did not feel anything specific after the sitting.

Evening Satsang was similar to the morning session.

Started reading the “Event Horizon” book from some random page onwards.

Throughout the day felt a sense of lightness, peace and calmness. Absence of thoughts was very noticeable throughout the day

Day 3 – Day did not start well but definitely ended well

The morning Satsang was mostly empty but could not focus during the last 10 mins due to leg pain. I couldn't focus at all during the afternoon Satsang due to leg pain through the session. For the evening session took steps before the Satsang which resulted in me having a normal session.

Prior to Jikoji I was having a situation where I had a big disagreement, and that disturbance was still lingering somewhere inside me. I simply ran out of ideas on how to handle the situation.

While continuing to read the book “Event Horizon” again, I came across a reply from Master to Dr KCV where he was sharing an abhyasi's (from Assam) experience on how he handled a tricky situation with Master's help. This abhyasi's brother-in-law was murdered and he was interrogated by the police as some kind of prime suspect. The abhyasi then started to imagine that the policeman was “Master” himself who was talking to him. Within no time the policeman changed his demeanor towards the abhyasi by sympathizing with him and assured him of putting efforts to find the real culprit.

This gave me the idea of trying this technique when I would be having the difficult conversation again (it actually worked).

Day 4 – Morning Satsang was similar to Day 2 morning session

There was a sense of Contentment/happiness that I was able to spend time mostly on Master and his works.

After Jikoji, I had to continue the conversation on the disagreement. This time I prayed Master to handle the situation before starting the conversation and imagined (suggested) that “Master” himself was having the conversation with me. Somehow the point I was trying to make was felt across the table and the matter settled amicably.

Summary: I am grateful that Jikoji gave an opportunity for me to be cut off from the worldly affairs temporarily and be in thought of Master as much as possible.

Above all, I am grateful to Master for showing me the way of how we can use the **conscious remembrance of Master** in resolving differences with people. I hope this leads to **constant remembrance of the Master** in the future.

Lastly grateful to the sisters who got the food ready always on time and were eating late after we gents had our food (some time eating even less than what was offered to us).

Special thanks to Dr Madhava garu and Dr Keshava guru for spending time with us and patiently answering all the questions that we were shooting at them constantly (even in night, inspite of being tired they kept on answering all the questions)