

2023 Jikoji Experience:

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Day 1: On Wednesday Nov 29 : There was happy energized feeling, and eagerness was there to arrive to Jikoji site. During Satsangh as well happy feeling was there, was experiencing the flow of Master's grace during satsangh. Subtle vibration, pleasant and happy feeling continued throughout even after meditation. Was eager to listen to Dr.Madhava sir's talk. Was just extremely happy and blessed feeling to be there with all the brothers and sisters.

Day 2: On Thursday Nov 30 : Morning Satsangh: Initially there were few random thoughts, later not much awareness of the thoughts was there, mostly there was the connected feeling and experience of one energy in and around was there. Very peaceful feeling after Satsangh. Alertness was there throughout the Morning meditation and Satsangh as well, even though I had slept for only 2-3 hours the previous night due to change of place and thoughts, even those few hours was disturbed sleep with breaks. I was little worried that I might doze off during meditation but was surprised that alertness was there throughout the day as well, did not feel the lack of sleep.

During the sitting(12noon): In the beginning, there were some old thoughts, random thoughts were coming and thought about my grandmother, I was probably strongly trying to ignore, felt like I did not let my mind free. Later felt relatively settled. But mostly was struggling to ignore. Post Lunch around 3-4pm when I was sitting by myself, there was a continuous flow of grace as if I was receiving Pranahuti. Which continued in the evening satsangh as well, there was a continuous flow of Master's grace, was finding hard to come out of it even after meditation. Just wanted to be in silence with my eyes closed.

Day 3: On Friday Dec 01: Morning Satsangh: Throughout mediation there was an expanded feeling within and peaceful feeling, mind was as if still in one place, no thoughts, no wandering, very deep silence. After meditation did not feel like coming out of meditation. There was just feeling of gratitude after meditation.

During noon satsangh, initial there were few thoughts related to the talks and few random thoughts but nothing disturbing, gradually felt settled and calm. Feeling of Master's grace and just the feeling of being there without any pressures was there throughout the day and during the evening Satsangh as well, there was continuous feeling of calmness, content, and free feeling like a baby on a mother's lap, very content and peaceful feeling was there throughout.

Day 4: On Saturday Dec 02: During morning Satsangh there was deep silence, somewhat deep calmness and after mediation there was a deep feeling of gratitude towards Master and the thought right after meditation was that need to have unshakable faith in Master.

Learning from talks and contemplation: On Saturday Dec 02, there was one thought that was coming kind of repeated after breakfast was some people have already high spiritual values even though they are not practicing any meditation system how we can bring them into the system, I was just feeling if they start practicing, in no time they can evolve. Dr. Madhava Sir replied that "If the flower has the fragrance, then it will by itself attract people towards, if we are doing our meditation correctly, they will get attracted. We should try to uplift the unvirtuous also, not just the virtuous ones." Which got me thinking in those lines, that we need to have good heart for all and yield completely to Master while explaining the system, people are not responding to our words, they are responding to our feelings, we need to have genuine concern and love for others as if they are like our children.

On Friday Dec 01, there was thoughts related to how one doesn't suffer the physical pain, Dr.Madhava Sir replied that pain by self doesn't cause suffering, our resistance to pain, fear of suffering or disliking towards it, not accepting makes us suffer is what I understood from the explanation. Dr.Madhava Sir also explained that "when we have complete dependency on Master and we take everything as is without having the feeling to change or alter any situation and when we are continuously depending on Him, and at some point, surrender happens and then the suffering completely ends, and we experience sheer joy". Which got me into reading the article "Truthfulness" from Imperience Beckons after coming back from Jikoji, I have been reading this article back and forth, trying to understand and contemplate. Quoting few lines from the article, which got me thinking, "If we are totally dependent upon Him, it does not matter much what happens to us." "This life given to us shall be used for the Divine by the Divine. He has given us this human life that is an opportunity". "He loves us so much that every opportunity is provided for us to grow." "Our life is meant for Him to express Himself fully. We are an absolute dependent expression of God". "When the consciousness that Divinity knows what is best for us percolates through every pore of our being, we can accept every misery as something of a Divine gift and we will also be thankful because God is making us remember Him more and more". "He desires to express Himself through our existence with all our capacities. Whatever is the ability we have is the ability that is given to us, for the good of others". Which got me thinking in the lines, that when we Live for Master, it doesn't matter whether we live for one day or two days but that two days we should live fully for Master. Every day is an opportunity to live for Master and in Master. Then the external happening doesn't affect our internal state of being, what happens to us does not matter. We will then constantly enjoy being in the company of Master.

Even after a week of coming back from Jikoji, continuously feeling the deep connected feeling with Master, subtle vibrations, energized and uplifted feeling is there all the time, trying to hold on to it by being in Master's thought as much as possible. It is becoming easy to let go of any external conflicts and avoiding distractions as I don't want to lose the feeling of being in the company of Master. There is a strong confident and assured feeling of being in Master's company. Mostly I am liking to sit in silence whenever I have time. On Monday Dec 04, started reading the "Truthfulness" article from Imperience Beckons, was reading back and forth for couple of days, On Tuesday Dec 05, there was strong feeling somehow everyone should experience Master's love, thoughts were going on the flyer distribution, I was feeling I should distribute the flyer to everyone I meet.

Overall, it was a beautiful experience, finding hard to explain in words, there was the feeling of connected with all, experience of the one energy in and out was there, the feeling of oneness and simplicity was amazing to have experienced. Throughout there was content and peaceful feeling. Mind was totally free, just the feeling of being there and the feeling of being at ease. It gave the experience that life is so simple, just need to be there, no need to struggle, everything is just perfect the way it is, everything is just happening in a particular order, for a particular purpose, it is just happening, if we just accept then no need for us to struggle. There was deep gratitude feeling for Master, for giving us this experience and feel His presence so vividly. Heartfelt thanks to Dr.Madhava Sir, Dr.Kesava Sir, Sis.Anilaji and all brothers and sisters for giving this opportunity to experience closeness with Master and strengthen our understanding.

Kind regards,

Spandana.