

Report: Jikoji Abhyasi Training Program, California Thursday Nov 30th – Sunday Dec 1st, 2023

Abhyasi: Ranjit Kumar

Trainer: Br. Shishir Joshi

Place: Fremont, CA

Overall Feeling: During the program felt in tune with commandment “Know all people as thy brethren and treat them as such”. Felt light and quiet. During the day no thoughts about anything but felt plainness & balance.

Day 1: Morning Meditation Friday: Felt happy. Felt high interest in meditation and wanting to sit longer. Felt silence, plainness. Some minor thoughts passed by that I could not recall after meditation. After meditation I felt I am inside Master, a part of him, as a drop in an Ocean. Completely dependent and in his influence. Reminded all thoughts are simply meeting of stored samskaras/impressions within with whatever we are experiencing in that moment.

Satsang Friday Morning: After meditation felt pure, simple plainness. During Satsang minor adjustment to posture but could not recollect thoughts after meditation. Felt lightness after meditation.

Breakfast Reading/Conversations:

1. Invisible latent motion is the one from which the heart is receiving its motion. It's the visible expression of the invisible latent motion. It is all around us. It is breathing life in us. And it is a fact that we are brethren.
2. When eating give the suggestion you are feeding a hungry person. And thus, it is everything that we do we can potentially extend this suggestion from the Master.
3. Bringing generosity to every activity, takes away the needless intensity. (Was reminded of this idea during the conversations)

Satsang Friday Noon: Towards the middle felt subtle distractedness. Not feeling still. Feeling impatient. Feeling meditation is too long. In the second half, with keeping silence with eyes open, felt quiet, yet realization that will is needed to sit. Also, that we are lucky to gradually arrive towards a state, where our mind is not flitting from thought to thought but is at rest. Like a computer quiet vs one overheating or overworked with no choice but to do so.

Contemplation: We have to become Masters of ourselves. Yesterday first I was annoyed by coworker's comments. Then later I was pleased with him for offering to help. Then further pleased with two of us working out a difficult problem, and him acknowledging so. What is all this continuous change, in a matter of hours. The Ego is firmly in place, though confusedly and ever changingly interacting/interoperating with others such Egos.

Satsang Friday Evening: Felt blank, plain all through and after Satsang. Very few minor thoughts from last day or two.

Post Meditation reading: There is need for moderation, need to sit 10 minutes after meditation, need to find time, manage time, also realize & moderate our minds perceived realities.

Contemplation: We have a very small will; attention yet it is important. The whole of the body complex and nature supports it. As we walk or do anything the will or attention is directed to what we want. And the entire body unknowingly supports that decision of ours, be it talking to someone or drinking something. Unknown to us our feet, arms, entire body structure enable our will to be successful. Nature, God is literally bringing our wish/will become true. Sometimes when we are not paying attention or willing anything, our stored impressions take over and nature is discharging its duty of bringing them to fruition, unwinding us back towards our original state. Inadvertently in that process we may hit on creations of even more impressions.

Contemplation: We need to pay our dues, karma needs to bear fruit, even as we proceed towards our Master. Wisdom is not to form more or take on new samskaras.

Thought of the day: Devotion helps us gain purity. It is an easier means of gaining purity. It helps us. Our devotion to Master, Sri KCN, KCV, Babuji, Lala ji, Sri Krishna, Ram, and other such beings brings a breath of freshness, purity jerks or flow when we bring our attention to them.

Day 2: Satsang Saturday Morning: Felt unsettled, like in the middle of a fast-flowing river. Continuously not finding a foothold or peaceful state. Reminded of Babu ji saying peace, non-peace we should not bother. It's the peace maker that is the goal. Some passing distracting thoughts from home also passed by. After meditation felt paused and at rest. During meditation was restless.

Satsang Saturday Noon: Some thoughts of family and challenges of relationships passed by. Felt need for exerting self, and that Master supports our will. Felt life is bewildering – so much to be happy & thankful about, and so much frustrations as well. After meditation feeling quiet. Reminded of commandment 9 and challenges with same.

One on One Sitting with Dr. Kesava: Felt complexity being removed, suggestions of friendliness. After meditation discussed that we should take care, not to abandon unknowingly. That family and friends through small or other actions should feel cared for, there should be happiness, lightness so they feel the worth of it all, not that our Sadhana is a burden instead.

Contemplation: It is my own insecurity, expectations, lack of generosity that I can address. Too much seriousness vs kids wanting me to be funny, lighthearted. Do I really need to be so scared, serious & weighty? Little things one can do to show care for family. Also, who knows what misery we may have to take on the alternate paths of ambitions etc. Kindness, friendliness & trusting actions are needed. Our sadhana we need to do earnestly, but it should relieve and not burden us and others. It should lighten, relax folks in the long run. So, I should be flexible minding some of family's, friend's needs.

Satsang Saturday Evening: Felt plain & simple. At one point felt drowned in a complete shower of Master's kindness. Incessant and infinite shower like thoughts, feeling of being in a shower of Master. Feeling of gratefulness and reminded of need to be in a meditative mood, letting Master express vs. us trying too hard, becoming a doer unknowingly.

Day 3: Satsang Sunday Morning: Felt applying self to meditation. Paused and tried to put attention gently and continue. Not many thoughts but just bothered by finding applying self again & again. Thought that when we are applying, we are only reacting. Some subtle impressions, past experiences are appearing, and we are reacting unable to be unmindful. After meditation reminded of need to continue meditative mood, be in meditation.