

Jikoji Program Report

Abhyasi Name: Ravi Shankar Sukuru

Trainer Name: Br. Rajesh Raina

Place: Fremont, California, USA

Day 1

Evening Satsang (Dr. Keshava garu):

Felt intense cleaning in the beginning and then slowly settled.

Lightness was absorbed predominantly for rest of time and continued after Satsang.

After having light sattvic dinner, did 9pm prayer.

The environment around Jikoji center was closer to nature and helped in withdrawing from worldly activities faster than normal days.

Day 2

Morning Meditation:

Felt lighter and oriented more towards Divine light.

Few thoughts related to Pujya Sir teachings and slowly got absorbed.

Felt fresh and calm towards the end.

Morning Satsang (Dr. Madhav garu):

After initial few mins, felt oriented towards Divine light. Though few distractions were felt in middle but was able to withdraw quickly and orient towards Master and divine thoughts prevailed most of the time.

During a walk with other Abhyasi brothers, while walking through the trees and by side of water, felt closer to the nature without any disturbances. The importance of nature was clearly felt and understood the true essence of 4th commandment. The location of Jikoji center which is away and isolated from city has clearly shown the advantages of withdrawing to such places for few days.

Afternoon Satsang (Br. Rajesh Raina):

After few mins felt total darkness and became very light.

Got absorbed in divine oriented thoughts and was able to hold on it for rest of the Satsang.

Felt very blessed at the end and absorbed the calmness for next 30 mins.

Sitting (Dr. Madhava garu):

Initially felt a strong pulling force at heart which was very intense and then felt a gripped feeling and felt as if being lifted.

Felt very light and some sensation in the right side at Atman.

After some time felt as if I got lifted from top holding both sides.

Evening Satsang (Dr. Keshav garu):

Felt relaxed and calm very quickly.

Absorbed in divine thoughts and feeling of dependency was felt more.

Dr. Madhava garu discussed about preparing food in Master's thought and importance of following 8th commandment which is very well reflected in the food prepared by our Abhyasi sisters.

He also mentioned about importance of observing while doing any task which helps in our Sadhana also. For example – keep observing/listening to the various sounds coming from our footsteps while walking rather than having different thoughts in mind.

Felt 9pm prayer more effective and feeling of thy brethren was felt more.

Day 3

Morning Meditation:

Felt calm and lighter within few mins and was oriented towards Master for most of the time. At the end of sitting felt the 1hr went just like that. Few body pains that used to feel before the Jikoji program were not felt anymore.

Morning Satsang (Dr. Madhav garu):

Felt silent and got absorbed and absorbency was very deep with thoughts of Master alone. Felt vibrations behind my head that remained for some time even after Satsang and contemplated on it and felt peaceful for a while.

Afternoon Satsang (Br. Prasad):

Felt a gripped feeling in heart.

Felt relaxed and calm.

Evening Satsang (Dr. Keshava Garu):

Felt relaxed and light. Though they were few physical discomforts due to cough but was oriented to Master quickly. At the end felt a feeling of dependency more.

Day 4

Morning Meditation:

Was able to orient towards Divine light quickly, felt pulling sensation and went into deep absorbency. Towards the end felt fire in heart and became very calm. At the end felt the 1hr went fast. Stayed in silence for some time.

Morning Satsang (Dr. Madhav Garu):

The feeling was same as in meditation, orientation towards Master was felt more quickly and for most of Satsang felt silent and calm.

Summary

Overall, I felt very Thankful to Master for giving me this opportunity to attend the Jikoji program. After spending 2-3 days in the Jikoji center, I realized why Br. Rajesh planned for a remote place from day-1 rather than a Abhyasi house from day-1. It helped all of us in living with the Nature and understanding the Nature in better ways.

I am thankful to our Senior Brothers Dr. Madhava Garu and Dr. Keshava garu for giving us such valuable information and clarifying lot of our questions. The insights provided by Dr. Madhava garu to one of the Senior Zen practitioners in that center highlighting the value of “Interdependence”, five Koshas... were extremely helpful. Also, to Anila garu and all other Abhyasi Sisters who served us food in constant divine thought – Thanks a lot from bottom of my heart.

Post Jikoji program, one main observation is I can orient to Master much quickly during meditations and Satsang. More confidence on attaining goal. I continue to practice few of the suggestions provided by Dr. Madhava garu/Dr. Keshava garu - mainly Observing while doing a task, orientation to Master while eating food, feeling of interdependence, being Truthful. Thanks once again to Master for giving me this opportunity.