

**Jikoji Report  
California**

**Nov. 29, 2023 to Dec. 2, 2023**

**Abhyasi Name: Bhaskar Bonda**

**Abhyasi ID No: 2098**

**Trainer: Rajesh Raina**

Namaste

Felt lighter and freer upon reaching Jikoji. Felt the silence and peace in the surroundings and in the meditation room.

There were several instances of being in the thought of the master despite some trivial conversations with others from time to time. I could participate and grasp sadhana related messages from Dr. Madhava garu and Dr. Kesava Reddy garu during the three days.

With master's grace and divine support I was able to meditate well during all three morning meditations and in the Satsanghs. Thoughts and distractions during these sessions were far less compared to the times outside of Jikoji. It seemed that the entire 72 hours passed very quickly. Had restful sleep all three nights and was able to wake up fresh & light around 3:30am each morning.

**Sitting Report:**

1 to 1 with Dr. Madhava Garu

After introducing myself, I provided a brief summary about my sadhana and setbacks(posture related and getting absorbed being a rare occurrence).

Right after the session started I felt enormous bhakti and devotion towards the master. Eyes filled with tears. Later saw white color with a feeling of purity. Later saw a several skyscrapers with blue and light blue glass panels against a blue sky in the background. Later, saw three figures in light grey, grey and dark grey standing in a balcony with a light colored background. They were standing very close to each other and all were looking in my leftward direction.

Attention was on the heart most of the time and once when it moved away from the heart and right away it was brought back to the heart by the master. Do not remember any other thoughts that I might have been involved in or passed by me.

Thanks

Bhaskar Bonda