

Report on Abhyasi Training Program conducted at Jikoji Zen Center from 11/29/23 to 12/02/23

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Namaste All!

Humble Pranams to the senior trainers who graciously provided us the training and guidance at the Jikoji Zen Center. Sincerely thankful and grateful for all the trainers, brothers and sisters who made this training possible. Jikoji, the Zen meditation center, an ideal place for the training carries a serene, peaceful atmosphere and has a good vibration in the meditation halls. Simple sattvic food was prepared by sisters for the entire program and it helped in imbibing the effects from the training better. There were 8 satsangs, individual sittings and discussions with the senior trainers in an informal set up.

Day 1:

Arrived at Jikoji center on the 29th evening with an eagerness for the training program. Mind was oriented towards the training program leaving aside work and other mundane things that occupy the mind in general. During satsang there was a plain feeling and lightness.

Day 2:

During the morning satsang there were few thoughts in the beginning and I was able to ignore them. The flow of grace was felt during the satsang. There was an energized feeling and the mind was quiet and tranquil after the meditation. This feeling continued to persist after the meditation.

During the sitting around noon some superfluous thoughts were present in the beginning. A happy feeling and devotion towards the Master was emerging from inside. During the day there was a feeling of peace and contentment inside and felt like peace was covering the surrounding as well. During the evening satsang there was a happy feeling.

Day 3:

During the morning satsang there was a feeling of love and devotion towards the master. During the day the mind was in a tranquil state and felt like the general flow of thoughts got suspended. During the daytime conversations by the fireplace given by the senior trainers the presence of divine grace was felt very intensely. Felt like the heart was filled with grace and there was a different state of consciousness. There was a feeling of peace inside and in the surrounding. During the evening satsangs there was reverence and love towards Master. After the satsang, there were thoughts about following the meditation practices sincerely and trying to imbibe the qualities of the Master who incessantly works on uplifting our consciousness. Remembered Masters words "No doubt the world will be paradise, but for that we have to work very hard"

Conversations by Dr. Madhava Sir and Dr. Kesava Sir

There were discussions on various topics during the day and evening hours. Sitting by the side of a wood burning stove we soaked ourselves in the remembrance of the Master and listened to the various topics discussed. During the day we went for a walk around the pond and over the hills covered with trees.

Some of the conversations for contemplation:

1. We need to keep on increasing our dependency on Master. When we understand the Master knows what is best for us, it becomes very easy to endure miseries and be thankful to them. This leads to a state of settledness and then matures into surrender.
2. Remaining in a tranquil state of mind helps with the progress. The abhyasi training programs help us in cultivating the habit of remaining in Master's consciousness
3. In our system the abhyasis in the initial years also feel higher conditions. Only gap is we need to practice sincerely and own up the conditions
4. Commandment 8 - "Be happy to eat in constant Divine thought whatever you get, with due regard to honest and pious earnings"

Our goal is to be happy. Happy state of mind percolates its effect upon the food and when eaten takes its effect and spreads it through all the veins and arteries. Also the power of Prana is all pervasive and is present in the food as well. When we eat food with the thought of Divine it causes a spark in the Prana or food due to the friction of the Divine thought and spark takes us towards the Divine by purifying the atom and particles of the body. The purification done by this is unimaginable and it helps with a speedy progress as the distance covered is so much by promoting our physical and spiritual health.

After the last satsang Dr. Kesava Sir was reading the Ways and Means article from Reality at Dawn. This summarized the steps to keep in the view and practice to reach the goal.

The long hours of office engagement sometimes affects the orientation towards sadhana. The Jikoji experiences gave a boost and reinforced the need to practice sadhana assiduously as prescribed. Now feeling the need to read more and contemplate on Master's books.

Pranams

Anandakumar Muthu