

## **Abhayasi Training Program - Jikoji Center, Nov29-Dec2, 23**

The overall experience is unique and new. Coming in contact with inner self and being comfortable in the silence inside and around.

Grateful to Master and the Revered Elders for the Love, Compassion and Grace that was showered.

### **Wednesday, 29<sup>th</sup> Nov:**

During Satsangh on the evening of first day, felt peace and happiness. There were fraternal feelings towards all brethren.

### **Thursday, 30<sup>th</sup> Nov:**

On second day, during morning meditation there were thoughts about goal of life. Felt that I am giving more importance to work and other mundane aspects.

Felt the need to be more determined and oriented to Master and to be at His service.

During satsangh in the morning, felt body and time transcendence. Felt grounded. Feelings of Bliss, Happiness are there. Gratitude towards Master is felt. Thoughts are about service. There was urge to stay silent and enjoy His company.

In the individual sitting with Dr. Kesava Garu felt connection to Heart immediately. Activity and travel from 4<sup>th</sup> Knot onwards felt vividly. Observed dawn colour and saw a person guiding me forward. Then saw bright colour. Service is the means, and the goal is the feeling.

In the evening satsangh, felt charged. There were vibrations throughout body. Wanted to remain in that state. Deep sense of gratitude and feeling of surrender to thee.

During Universal prayer the thought reached beyond immediate circles and all suffering regions and people was the feeling.

### **Friday, 1<sup>st</sup> Dec:**

In Morning meditation, observed dull white background with black specs, like mustard seeds on cotton. Feelings of freshness and Happiness.

During morning Satsangh, thoughts left without any impressions. Contentment and Happiness are predominant. Felt tuned to divine vibrations.

During afternoon satsangh, felt force descending, felt presence of Master very vividly. Felt his grace. Humbled by the presence of the Divine.

In the individual sitting with Dr. Madhava Garu, saw/felt that Master is smiling. Remembered very first sitting with Dr. Madhava Garu back in 2004. Felt serene and blissfulness. Remembered few Abhayasis and the call to serve.

During evening satsangh, time moved very fast. Felt energized and Happy. Confidence in the Master is the feeling.

### **Saturday, 2<sup>nd</sup> Dec:**

In the morning meditation saw moon lit room with few people. Thoughts on Service are observed.

In the morning satsangh, felt force descending from top of head to heart. Felt warmth, content and happy. There was sense of belonging.