

# ABHYASI'S EXPERIENCES

-An abhyasi

I joined in ISRC in February 1999 and practising the system of Sri Ramchandra's Rajayoga Sadhana. I experienced that my entire personality has changed. I did not imagine earlier that by practising Sri Ramchandra's Rajayoga Sadhana so many changes will come to me. I am feeling the grace of Divinity. I am very much thankful to my trainer, who has taken a lot of interest in me and kept me on the track of Sadhana in all the situations.

My condition before joining in the system:

A lot of hastiness is there. I didn't able to control myself.

Tensions are more. My friends used to comment me as a "tension candidate". They used to play with me with their comments. Due to tensions my performance in studies decreased drastically.

I used to worry a lot for petty problems also. After joining in B.Tech, because of surroundings and situations

are not favourable to me as per my mentality, I disgusted in my life many times. I used to get thoughts for self assassination.

I often used to get shivering as there is a lot of fear while talking with elders.

I had a lot of brooding nature and inferiority complex. If anybody criticised me, I used to take it as serious and my thoughts are always about them only. In the beginning after joining in this system, these thoughts only used to fill my diary.

I used to feel a lot of shyness for talking with ladies.

I used to not consider anything except studies. I have lot of worries about future. In my home everyone used to give me advice to be brave and to consider about all the matters in the life.

My condition after joining in the System:

No more brooding nature. Feeling that Constant Remembrance of Master is helping me a lot. I became dynamic and self confident.

No more inferiority complex.

No more worries about the future. Feeling a lot of

mental peace and stability. Now I am ready to face any problem in my life.

There is no hesitation or fear to talk with any one whoever may be.

Tensions have reduced very much. My friends observed a lot of change in me. Due to removal of my tensions my performance in studies increased appreciably.

Shyness reduced to a large extent. I am able to talk with everyone freely, thinking that all are part of divinity.

My family members and my relatives observed a lot of change in me. They are giving respect to me and showing lot of affection.

I am feeling that I improved very much in various aspects and spirituality by practising sadhana by the grace of Eternal Divine Master Pujya Babuji Maharaj.