

Meditational Experiences

(Extracts from the Diary of Dr. M. Janardhan Reddy)

- Dr. M. Janardhan Reddy

Evaluation for July 04.

Individual sitting: 2.7.04: Feeling of Nothingness. Feeling oneness with Rev. Master's consciousness. Then feeling of golden colour and feeling the Blessings of Rev.Dr.K.C.Varadachary. There was no other feeling except reverence to Him. This continued till the end of the sitting Rev.Sir. told me that "It is what it is"

Satsangh 4.7.04: Feeling of Nothingness, Feeling of balance. Then feeling of golden colour and feeling of moving to higher level of consciousness. Then feeling expansion. Feeling the blessings of Rev.Master and feeling His presence in the entire universe.

Satsangh 1 1.7.04: Feeling of Nothingness. Feeling of descent of force. Feeling of dependency. Then feeling of golden light spreading all over the universe and no other

feeling .This continued till the end of satsangh.

Individual sitting 16.7.04: Feeling of going deep into space and feeling the Blessings of Rev. Master and Rev.Dr.K.C.Varadachary, Feeling of being at their feet. Then feeling of Nothingness Rev. Sir told me that it is an Imperience of swimming. It is what Rev.Master has promised.

Evaluation for August 04

Satsangh 1.8.04: Feeling of heavy descent of force. Feeling of Nothingness. Feeling of expansion. Feeling of golden colour. Feeling the Blessings of Rev.Master and Rev.Lalaji Maharaj.

Individual sitting 6.8.04: Feeling of Nothingness. Feeling of golden colour and feeling of very subtle happiness. This continued for some time. Then feeling the Blessings of Rev.Master and Rev.Lalaji Maharaj. Then feeling of moving in Nothingness. Feeling of grey and golden colour. Rev.Sir. told me that the condition is going through the Rings of Splendour.

Satsangh 18.8.04: Feeling of descent of force. Feeling of Nothingness and feeling of abhava. This continued for a long time. Then feeling of vaccumisation.

Individual sitting 20.8.04: Feeling of Nothingness. Feeling of negation. Feeling of Dawn. Feeling of expansion and feeling of golden light. After some time feeling of golden light enclosing the body. Then feeling of whole body filled with golden light.

Evaluation for September 04

Meditation 4.9.04: Feeling Nothingness. Feeling of grey

colour and clock wise rotation. Feeling of endless expansion. Feeling gratitude to all the Masters of the order.

Satsangh 5.9.04: Feeling of descent of force and feeling of Nothingness. Feeling of golden light. Feeling of Rev.Master's Room in the heart. Then feeling of Lotus with pink petals and inside Dawn. Feeling of expansion. Rev.Sir told me that feeling of Rev.Master's Room is very good.

Satsangh 7.9.04: Feeling of descent of force. Feeling of Nothingness. Feeling golden light and clock wise rotation. Then feeling of violet light for some time. Then violet light mixed with golden light for a short time. Then feeling of golden light most of the time. After some time golden light flowing up from the heart like a fountain. All the while feeling of dry state. Then feeling of a personality in the middle of golden light.

Satsangh 14.9.04: Feeling of Nothingness. Feeling of expansion, Feeling descent of columns of force and spreading all over the body and entire space giving the feeling of one universal consciousness.

Individual sitting 17.9.04: Feeling of Nothingness. Feeling of negation. Feeling of devotion. Then feeling of uniform dry state through out. Rev.Sir told me that it is a feeling of change less state.

Satsangh 26.9.04: Feeling of descent of force. Feeling of clock wise rotation of force in the heart and pressure at sahasrara. Feeling of Nothingness and changeless state. Feeling the Blessings of Rev.Masters. Feeling gratitude to Rev.Masters.

Evaluation October 04.

Meditation 2.10.04: Feeling of heavy descent of force. Feeling of Nothingness. Feeling of changeless state. Then Samadhi state rest of the time.

Satsangh 3.10.04: Feeling of descent of force. Feeling heavy pressure at sahasrara. Feeling of negation. Feeling of Dawn. Feeling of heart filled with light. Feeling the Blessings of Rev.Lalaji Maharaj. Then feeling of changeless state.

Satsangh 4. 10.04: Feeling of Nothingness. Feeling of changeless state. Feeling the Blessings of Rev.Master. Feeling of Rev.Master's force spreading all over the universe. Feeling of oneness with Rev. Master' s consciousness.

Satsangh 8.10.04: Feeling of descent of force. Feeling of Nothingness. Feeling at the feet of Rev.Master. Feeling of very fine sound from inside. Rev.Sir told me that I am on fourth Ring of Splendour.

Meditation 13.10.04: Feeling of Nothingness. Feeling of Dawn. Feeling of Samadhi state.

Meditation 17.10.04: Feeling of Nothingness. Feeling of Changeless state. Feeling of sitting naked in meditation for a short time.

Meditation 20.10.04: Feeling of Nothingness. Feeling of Rings of Splendour. Feeling of few lines probably in Telugu, which could not be read.

Satsangh 20.10.04: Feeling of Nothingness and subtle descent of force. Feeling of energy filling the entire body. Feeling negation. Feeling abundant Love of Rev.Master.

Satsangh 24.10.04: Feeling of descent of force. Feeling of Nothingness. Then feeling of vaccumisation of heart and column of force coming with speed into the vacuum. Feeling of grey colour in the heart.

Satsangh 5.10.04: Feeling of Nothingness. Feeling of force descending along the spine and spine filled with light. Then feeling of force entering to heart and feeling of grey colour in the heart.

Evaluation for November04.

Satsangh 5.11.04: Feeling of descent of force. Feeling of oneness with Rev.Master's consciousness. Feeling of going deep inside of the heart. Feeling of grey colour. Feeling of extreme gratitude to Rev.Master. Then feeling of balance and subtle happiness.

Satsangh 9.11.04: Feeling of Nothingness, Feeling of balance. Feeling of expanse of grey space. Feeling the Omnipervasiveness of Rev.Master.

Satsangh 11.11.04: Feeling of Nothingness. Feeling expansion. Then feeling of balance and happiness. Feeling of oneness with Rev. Master's consciousness. Then feeling of energy bubbling up like fountain in the heart.

Satsangh 14.11.04: Feeling of Nothingness. Feeling of balance. Feeling of dim light over saharara. After some time feeling of light spreading all over and entire universe is filled with Rev.Master's grace.

Satsangh 22.11.04: Feeling of balance. Feeling the Blessings of all the Rev.Masters. Feeling of going deep into the heart in grey space. Feeling of vacuumisation of heart and mind. Then feeling oneness with Rev.Sir's consciousness.

Evaluation of December 04

Satsangh 2.12.04: Feeling of Nothingness. Feeling of humility and subdued state. Then feeling of devotion and a feeling of expansion and grey colour.

Satsangh 3.12.04: Feeling of expansion. Feeling of balance. Feeling the greatness of Rev,Master and my insignificance.

Satsangh 8.12.04: Feeling expanse of grey colour. Feeling of dry state. Felt the Blessings of Rev. Master. Feeling that Rev.Master's grace is descending on the entire universe.

Satsangh 21.12.04: Feeling of balance. Feeling of grey colour and lot of humility. Then a feeling of joy. Felt pressure at sahasrara.

Satsangh 23.12.04: Feeling of Nothingness. Feeling of dry state. Felt Omnipervasiveness of Rev.Master. Felt gratitude to all the Masters. Felt lot of pressure at saharara and clockwise rotation. Feeling of dull white colour for some time.

Satsangh 31.12.04: Feeling of Nothingness. Feeling of subdued state. Felt expanse of grey colour. Then felt the love of Rev.Master.