

# Imperiences of Dr. M. Janardhan Reddy

- Dr. M. Janardhan Reddy

I have been practicing the system of Natural Path from August 1993. I have been maintaining the diary every since I started the practice. I am happy to share some of my imperiences and experiences in the Central Region in a spirit of Bodhayanti Parasparam.

Evaluation for January 2004  
Satsangh 4.1.04: Feeling of descent of force. Feeling of clockwise rotation of force at sahasrara, Anahatchakra and Muladhara, cleaning of chitlake. Feeling of being pulled up. The feeling of heavy descent of force and Rev.Master's Grace descending on the entire universe  
Satsangh 7.1.04: Feeling of descent of force along the spine and clockwise rotation at sahasrara. Cleaning of chitlake and intense vibrations at occipital prominence. Then feeling of devotion and blank state and then expansion.  
Satsangh 11.1.04: Feeling of circular clockwise rotation of force in the heart and vibration at Occipital prominence. Feeling of heart being filled with light this continued for some time. Then whole body filled with light and relaxed feeling. Then feeling of

Oneness with Rev.Master's consciousness. Then feeling of three columns of force going from occipital prominence to chitlake, sahasrara and into the heart. This continued for some time. Then feeling of a circular area with three divisions, central grey area around that area of cells with pink borders; outer area of dull white.Satsangh 24.1.04: Feeling of descent of force over the entire universe, feeling the presence of Rev.Master and praying Him as sanatana Purusha. After some time feeling of going deep inside the heart and feeling of a Lotus in the heart. Then feeling the Lotus blossoming and dim light was radiating from it and spreading all over the universe. This continued till the end of the satsangh.Satsangh 26.1.04: Feeling of being in void, descent of force into heart and clockwise rotation, expansion and Rev.Master's Grace being showered all over the universe.Dr.M.Janardhan Reddy evaluation for February 2004Satsangh 1.2.04: Feeling of descent of force and feeling of being in void. Feeling of clockwise rotation. Feeling of expansion and a blank state. Feeling of Rings of Splendour. Feeling grey colour and blank state till the end of satsangh.Individual sitting 6.2.04: Feeling of descent of force and feeling of Nothingness. Feeling Balanced condition through out the sitting. Rev.Sir told me that I should be submissive to Rev.Master and I have reached the Goal by the Grace of Rev.Master.Individual Sitting 20.2.04: Feeling of Nothingness, clockwise

rotation and descent of force. Feeling of absolute calm and balanced state. Rev.Sir told me that is the feeling of God and we can remain in that condition as long as we want.Satsangh 25.2.04: Feeling of descent of force clockwise rotation and cleaning of chitlake. Feeling of dependency. Feeling of vaccumisation.

Dr.M.Janardhan Reddy evaluation for March 2004Satsangh 7.3.04: Feeling of cleaning of chitlake, clockwise rotation and descent of force. Feeling of Nothingness. Then feeling the presence of Rev.Master. Feeling subtle happiness. Then heart filled with light, then it spread over the entire body and spreading all over. Feeling of happiness continued till the end. Satsangh 14.3.04: Feeling of being in void. Feeling Oneness with Rev.Master's consciousness. Feeling of round violet area surrounded by yellowish ring. Feeling of expansion and a relaxed feeling. Then feeling a column of light from above entering sahasrara and into the heart. Feeling of Dawn all over.Individual Sitting: 19.3.04: Feeling of Nothingness. Feeling of expansion. Feeling of humility and my insignificance. Then feeling of devotion for some time. Then feeling of descent of force and balanced feeling till the end.Satsangh 24.3.04: Feeling the descent of force and cleaning of chitlake, feeling of vaccumisation and relaxed feeling. Dr.M.Janardhan Reddy evaluation for April 2004

Meditation 2.4.04: Feeling of Nothingness. After some

time feeling of current passing upward in clockwise rotation from heart to sahasrara and crossing sahasrara going towards Occipital prominence. Feeling of light while crossing sahasrara. Feeling the Blessing of Rev. Master. This continued for a long time. The feeling of Nothingness.Satsangh 4.4.04: Feeling of cleaning of chitlake. Feeling of Nothingness. Feeling of a current passing in spring like manner from heart to sahasrara towards Occipital prominence. Feeling of expansion.Satsangh 7.4.04: Feeling of cleaning of chitlake, Nothingness, Dry state and vaccumisation.Satsangh 18.4.04: Feeling of descent of force various shades of Dawn for sometime. Then feeling expansion and balanced feeling. Then happy feeling. Then feeling the Blessing of Masters. Feeling of a beam of light entering into heart and a peculiar feeling in the heart and heart is filled with light. Feeling of Nothingness.Satsangh 25.4.04: Feeling of Nothingness. Feeling of various shades of Dawn. Then feeling Rev.Master, Rev.Dr.K.C.Varadachary and Rev.Sir appeared as one consciousness. Rev.Sir appeared as light. Balanced feeling through out.Satsangh 29.4.04: Feeling of descent of force and clockwise rotation of force at sahasrara, chit lake and heart. Feeling of Nothingness and expansion. Balanced feeling through out.Satsangh 30.4.04: Feeling of Nothingness. Balanced feeling. Feeling Rings of Splendour. Feeling of oneness

with Rev.Master's consciousness. Then feeling of expansion and clockwise rotation.

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Satsangh 30.5.04: Feeling of descent of force. Feeling of circular clockwise movement of force at sahasrara, chitlake and knot 9. Feeling the Blessing of Rev.Sir. This continued for some time. Feeling grey colour. Feeling the Blessings of Rev.Master and Rev.Grand Master. Happy feeling from the beginning of satsangh. Then feeling of force moving in clockwise rotation from sahasrara to heart on front side of chest. Then feeling the Blessing of Rev.Dr.K.C.Varadachary, feeling His presence at Sahasrara. He was appearing as golden colour. Feeling extremely grateful and felt like crying for His Blessings on this insignificant person. There was moisture in eyes. Then feeling a column of light descending from sahasrara filling the heart. After some time feeling the Blessing of Rev.Lalaji Maharaj, and there was a feeling "more purity