



Atma Sakshatkara Experience

I'm experiencing these mukti states as a result of consistently attending MMY classes, peak state processes, and other classes. The past hurts, pain, and negative events in my life used to bother me greatly and were constantly on the back of my mind, making it impossible for me to live a peaceful life. However, since 74000, I have been in a state of no hurt. Nothing in my life that happened in the past causes me any anguish at all. Earlier, when others used to hurt me, I would hurt them back with my words. Although I used to be aware that if I made a statement like that, it would hurt the other person, I still used to say hurtful things. But now, I'm not interested in hurting the other, and whenever the mind tries to cause trouble, there is an instant awareness of it. I'm in complete awareness of everything going on in my mind.

I'm living in the present moment, which has had a big impact on my career since I perform whatever is assigned to me with intense focus, huge confidence, no struggle, no confusion, and no rush. I'm



also observing that I don't have any confusion about anything. Everything that should be done or not done is crystal clear. If something needs to be done, it will be done. Additionally, there is no fear in life. And most of the time, my inner world is serene and silent. There is no longer the tenacity to acquire stuff. For instance, I need a house or money, but I'm not famished or desperate for it.

I can feel Sri Paramjyoti Amma Bhagavan's presence throughout all of the poojas and programmes I attend. For instance, in the MMY class last month, the moment Sri Bhagavan gave darshan, I felt his presence all around me. Immediately, all of my thoughts began to slow down, and as I listened to Sri Bhagavan, my sense of self slowly disappeared, and I was no longer there. Before, whenever Bhagavan was answering, I used to be like I must listen to it carefully, I should understand, contemplate, and learn. However, this time I was only experiencing and witnessing everything that was happening to me and within me, and the more I was seeing inside, the more joy it was bringing out in me. I was enjoying it. I am living a very happy life as a result of all these mukti states, and I would want to express my profound gratitude to Sri Paramjyoti Amma Bhagavan for bestowing these mukti states upon me. Sri Paramjyoti Amma Bhagavan, koti koti dhanyawad.



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