



Atma Sakshatkar Experience

Dasaji had told me to attend the Maha deeksha programme, and I felt like that Amma Bhagavan were telling me to do so. I attended the class with whole attention, focus, and reverence. On the fourth day when Dasaji told us to look within and see the hurts we were keeping, I was able to see the hurts but unable to let it go. I prayed to be free of it, yet it remained in my heart. I prayed to the Lord once more, this time holding Sri Murthy, asking Lord to totally relieve me from all of these pains. Within a matter of seconds, I felt absolutely light and empty inside. I had no desire to speak to anyone and preferred to remain silent.

The following day, when I sat down for prayers just three thoughts came to mind: gratitude, seeking for forgiveness from people I had hurt, and forgiving those who had hurt me. My heart was flowing with pure love towards them and praying for their well-being. On the last day of class, I was laughing uncontrollably because I was feeling happy and joyful within. Such was the internal shift that still lasts today but with deeper intensity. Tears were streaming from my eyes after receiving mukti because this had been my greatest quest ever since I entered dharma.

On the way home, I was able to vividly see the Lord inside me, in my heart, and in a form that covered half of my body. When I take a sip of water, I see that Amma Bhagavan within are also doing the same. Seeing such physical presence within me, I used to close the room doors and dance as people would think I was insane since all I could feel inside was joy and laughter. There was no longer anger. Negative thoughts, story-telling, an empty feeling inside, constant presence, anxiety of the future, and regret from the past are all absent. Whatever time I get, I spend communicating with Amma Bhagavan, who would constantly give me instructions on what to do next.

Amma Bhagavan performs some process each night. They teach us in a way that is very clear and understandable. They helped me understand that my body is my temple, they helped me practice surrenderness, and they also helped me have a mystical experience in which golden rays entered my body through both of my legs. One day, as I was preparing breakfast, I suddenly realised that it was Shankar Chaturthi. Normally, I fast and visit the temple, but I had completely forgotten about it.

Despite this, I didn't feel bad about it at the time instead continued to perform my daily activity. Then I suddenly felt that someone was tugging at my saree and saying, "Amma Amma, I'm feeling

hungry." I was wondering who was calling me in that manner. When I turned around to see, Bala Ganapati was standing there. I cried at this vision. The entire day, Lord Ganesha was the only thing I saw everywhere, even the Ganesha idol at home seemed alive.

Before this occurrence, I had a lot of questions about who I was, why I was born, and what my mission/purpose in life was. But after this experience, all of my questions vanished: I is an illusion, I am constantly in some kind of a high as I feel their presence all the time. It feels like I am residing in heaven with the Gods. I can't put it into words, but I'm really fortunate to have Amma Bhagavan in my life. My true treasure is them. I hadn't really discovered God before, but now I sense that God is everywhere and in everyone. When Bhagavan says, "I love you all," in class, he truly means it. It can only be experienced and not expressed.

I sincerely hope that everyone attains mukti. And I'm very delighted for whoever is making it, as Mukti cannot be purchased with money. It is only Sri Amma Bhagavan compassion that we are being gifted this beautiful gift called Mukti. They have given mukti for someone ordinary like me. Sri Amma Bhagavan, ananta koti dhanyawad. Words can't express how much you've impacted and changed my life. I'm forever grateful to you and also Divita Dasaji for assisting me through my path.



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