

18-20 Jan 08, Nagaram Village. Report submitted by Sri T V Rao

Abhyasi Name : T.V. Rao

Abhyasi Id: 60 Practicing Since: 11th Jan 1995

Trainer's Name: Pujya Sri K.C Narayana Garu

Dates: 18th January 2008 to 20 January 2008

Place: Nagaram, Near Bhadrachalam, Andhra Pradesh.

- Reached Mansarovar on 17th January at about 8.30 PM. A peculiar feeling of homecoming, calmness was felt within during that night.
- First two days did our morning meditation in the house of Sri Rama Rao garu and reached the mango farm around 6.30 AM.
- Last day of program and also on the day of departure (January 21st) we went to nearby river Kinnarsani and did the morning mediation on the banks of the river.
- It was a wonderful experience to mediate in the open surroundings with cool atmosphere and natural surroundings. Only chirping sounds of birds was prevailing and no other noise (except internal noise) was present.
- We used to spend time in that open, quiet and calm surroundings till 6 PM daily.
- The simplicity of food habits has been quite comfortable and really never bothered me during the period of the programme.
- While meditating and attending to purification process, in open place, felt ease in that new surroundings.
- We used to retire to bed after prayer at about 10.00 pm and to a very great extent we have maintained the silence. It is very difficult to recall and explain how each day has passed without any sensory inputs to the mind during the day and it is quite peaceful and refreshing experience in my life.
- Started feeling the presence of outside silence right from the day-1.

Predominant Thoughts and Feelings :

- Felt extreme happiness being midst of the wonderful creation of the God.
- Contemplated on the objective of the course, namely, to feel oneness with all forms and also develop the capacity to live in natural surroundings.
- Thoughts have not disturbed me continuously on all these days and to my surprise, my nature of brooding of past, present or future events (both personal and official) did not trouble me much.
- To a great extent I tried to ignore thoughts all these days.
- Last two days I had a disturbed sleep with many dreams mostly related to past events. Some of these incidents are sensuous, irritable and attachment to relatives, friends, etc.,
- I have a fear of snakes and to my surprise though I have noticed a dry skin of snake nearby my place, I totally forgot about my fear and recollected again only when I am writing this report.

- Felt a sense of determination to orient as much as possible to the Master during the day and felt the necessity to make a conscious effort to implement the concept of "HE is the Doer, am not". (This small message I always keep at my work place).
- Felt silence and vastness of universe and felt my insignificance whenever I looked into the sky.
- At times, I felt as if I am part and parcel of this vast external silence.

It was really my fortune to be given this opportunity to participate in this program. I feel that I am immensely benefited and I am very happy with the outcome of this programme.

I sincerely offer my profound gratitude to my Revered Guide Pujya Sri K.C. Narayana Garu for giving me this opportunity and Imperience for this wonderful and unique experience. I also sincerely thank Sri Rama Rao garu who has taken lot of pains in making our stay comfortable during the period of this program.

18-20 Jan 08, Nagaram Village. Report submitted by Sri Ramakrishna T

Mansarovar Program Report

Abhyasi Name : Rama Krishna Tiruveedhula

Abhyasi Id: 2395 Practicing Since: April 2003

Trainer's Name: Sri. Rajesh Raina

Dates: 18th January 2008 to 20 January 2008

Place: Nagaram, Near Bhadrachalam, Andhra Pradesh.

My humble pranams to the holy feet of our Revered Master

I want to express my sincere gratitude to Revered Sir for giving me this opportunity.

This is a report of my experiences during Mansarovar program from 18th to 20th January at Nagaram village near Bhadrachalam.

1st day

Date: 18/1/08

Got up after 4. Came to Mango garden after doing morning meditation in prayer room in the house. Felt very refreshing to be with the trees, birds, sky etc. in the morning. Felt silence all around and activity of trees, birds etc going on smoothly. Felt they all express their true nature silently. Question appeared before me , What is the real purpose of my life ..?

Saw some people coolly working in fields. Felt that what a difference between city and village. These village people are more near to Nature. City people are living noisy life not having peace and silence in their life.

Felt some churning going on in head. Lot of thoughts trying to go out. Thoughts about my mother, brother , family and my native village gripped for longtime. Thought that why don't I remember Master as I remember family members.

Felt lightness after afternoon meditation under tree.

Felt why should I worry about temporary issues in family but instead accept whatever comes and submit to Master as we are all His children.

Went to see the nearby Kinnerasani river. A small stream of water flowing with lot of sand around. All streams travel to merge in ocean. Similarly, all individual streams crave to merge into Master's consciousness. Felt that my direction and journey should be towards Master like this stream.

Contemplated on commandment 4 and 5. Felt I created a strong individual network as Master described and I need to attach firmly to our Master to shatter that and become pure. Felt fortunate to follow our Master.

Felt restless. Random thoughts kept coming in the evening, some are very old.

Came back to house after 6 pm and did cleaning after taking bath. Lot of cleaning happened with countless past thoughts going out as high speed of wind. Sat there for more than 1 hr.

Slept happily after doing 9 pm prayer and prayer to Master.

2nd Day

Got up after 4. Felt restless uneasy during first half of meditation and lightness and centered during rest of the time.

They arranged hot water, gave us hot milk and then took us to the river bank carrying mats and chairs. Felt that these people in village are very simple and ready to serve others.

Waited for sunrise. Observed how silently the day starts and activity revives in Nature as the sunrises. Our Master is like that sun and giving light to all of us. Meditated on the river bank but felt restless inside. Tried to maintain silence.

Felt pinching pain with some activity in head. Remembered Master's words "What is self? It is gross state produced by the charge of the mind" Felt the urge to get rid of all my grossness.

Thoughts about family especially problems of my mother kept repeatedly coming. Felt restless in chest region.

After 3 PM felt very calm and lighter inside. Felt that I am part of Nature. Thoughts about our system, goal, Master and universal consciousness etc came. Felt that all other relationships are temporary compared to our Master. Went back home after 6 happily.

After completing purification, sat silently in prayer in the verandah of the house. Felt grace of the Master drenching me. Felt grateful to Master for everything. Felt lot of repentance for forming lot of individual network. Repented for undue attachment with family, brooding on everything, tendency to belittle others (in thoughts), seeking self importance. Begged forgiveness.

3rd Day

Felt uneasy inside but not many thoughts during morning meditation. Went to river bank and meditated there before sunrise. Felt calm and absorbed for sometime.

This morning also some family thoughts came now and then. Felt that I am feeling burden taking too much responsibility for others problems due to undue attachment. This is my immediate bottleneck that is to get eliminated. Contemplated about trusteeship for sometime. Felt restless till noon. Slept for sometime after noon meditation. Felt some vague scenes, thoughts going out during that nap.

Felt de-tensioning after 3 PM and thoughts about Master came. Felt He is like Buddha, who changed lives of people and the need to yield more and more to Him forgetting my petty wishes accepting whatever comes. Felt trusteeship is great virtue as it is reality.

Thoughts related to 4th commandment and need to be plain and simple. Some thoughts came about my habits of brooding and my hesitation to speak frankly. Thought that brooding is nothing but the habit of mind which takes something as an issue and treats it as a puzzle seeing things in magnified lens going round and round the same issue but not really solving anything and I get trapped by this mind many times. In reality, many times there is no issue to worry about but just a negative play of mind. Thought that I fear to talk plainly because of some childhood fears. Remembered Master's words to ignore all thoughts and remember Him. I want to imbibe this practice sincerely.

Felt that 3rd day passed just like that and wanted to continue to sit there even after dark for more time.

This night I could not sleep properly as some vague thoughts and dream like scenes kept haunting for sometime having fearful content. Remembered Master and maintained calm.

Conclusion :

Felt that our real nature is to be silent and also work in silence but spoiled that due our wishes, undue attachments, imaginations and wrong habits of mind. Felt also that during past 5 years, developed some inner calmness compared to the chaotic condition before joining the system. Felt fortunate. Felt that purpose of trip is to learn to be silent from Nature gaining more practical experience of commandments 4, 5 and I think that this program really helped me.

Felt happy for all the arrangements of food and stay. I express my gratitude to Imperience and brother Rama Rao Garu for all the planning and arrangements during this training.

Namasthe

Rama Krishna Tiruveedhula

Abhyasi Name : Vidyadhar Joshi

Abhyasi Id: 2059 Practicing Since: 16th Dec 2001

Trainer's Name: Pujya Sri K.C Narayana Garu

Dates: 18th January 2008 to 20 January 2008

Place: Nagaram, Near Bhadrachalam, Andhra Pradesh.

Thanks to Brother Ramarao Garu for the kind arrangements for Chit Lake programme.

We reached the Chit Lake location in the night around 9:00 pm on Jan 17th and started with the universal prayer at Brother Ramarao's ancestral house in the village. The house's ambience was quite calm and soothing.

Day 1:

In the morning meditation, felt a remarked steadiness and alertness. Feeling of interconnectedness with all echoed after the meditation. Later there was blankness and silence felt. Adjoining the house, there is a big mango grove and a river that flows by the other end of the grove. In the early morning after spending some time under a mango tree, roaming around the beautiful misty groves, felt happiness and harmony. Nature reflects harmony. Try to be plain and simple to be identical to Nature. This commandment came to mind. Life can be simple and need not be struggled with and can be partaken in harmony remembering the Master as the goal. There was a sort of continuum felt amidst the inner feelings and the surroundings and I was feeling quite nominally just a part of it. Later throughout the day, felt blankness within but at surface several memories just kept flashing by and passing by the mind. As a 3rd party observer, I allowed it to come and go.

Day 2:

In the morning meditation, felt centered on Divine Light. After meditation, feeling of harmony within was felt with a thought that the original life force expresses this harmony.

Taking a stroll on the banks of the beautiful misty river, again feelings related to harmony echoed. The Life is a flow, flow of prana that beautifully binds things and expresses its oneness.

In the afternoon, felt prayful towards Master. His thought "No doubt the world is in us and we are in the world, but we have to search out who is behind the scene", reflected and there was a restlessness of a subtle kind in the backdrop of a silent feeling. In the evening felt gratitude and devotion for Master. Whenever, I got consciously aware of His thought, there is a spontaneous flow felt towards the heart.

Day 3:

After morning meditation, I felt prayful and to remain in this thought throughout the day. Whole afternoon various events from past surfaced. I tried to remain in prayful mode. In the evening felt blank and later as I retired back, felt gratitude for being in His fold.

Next day morning, we went to the river bed for meditation in the open. Meditation was quite alert and heart felt very light. There were few thoughts and feelings that surfaced regarding situations which I must certainly let go. Towards the end, I felt a sublime feeling of His Grace. The heart felt replenished with Love of the Master.

In summary, in this second Chit Lake programme I attended, I feel more determined to carry with this inner silence and do my duty as servitude to the Master. External silence acts like a mirror and is a good reminder of the inner silence we can have in the midst of work and action and nature's beauty is a good reminder of beatitude of our true nature of balance and simplicity, towards which we must necessarily and continuously aspire to live with support of the Master.

18-20 Jan 08, Nagaram Village. Report submitted by Sri Mula Surya Narayana

Mansarovar Program Report

Name : Mula Surya Narayana
Abhyasi Id: 2300 Practicing Since: 9th Nov 2002
Trainer's Name: Smt. Srivalli Bhamidipati

Dates: 18th January 2008 to 20 January 2008
Place: Nagaram, Near Bhadrachalam, Andhra Pradesh.

On January 17th evening we have reached Brother Rama Rao's home in Palavantha. I felt calmness in his home. After bath we did our evening cleaning there. Brother served us nice satvic food for dinner. After dinner we went to his home at Nagaram. I felt more calmness over there, as the house is located away from the town. No external noise has been observed. For us Chit Lake started at that moment.

Next day 18th morning after morning meditation we had milk and some dry fruits and went into his garden. Each one of us has been provided a place under mango tree to sit and contemplate. I sat for couple of hours in the thought of Master and fall into sleep over there. When I woke up I went into Palm Tree garden, walked around and spent some time over there. While doing so I observed my thought pattern. Thoughts related to domestic issues bothered for some time but slowly got over from them and could get silence because of Master's help. Thoughts related to the system members and their day-to-day life activities, and how they are managing their family expenses without jobs came up. Thoughts related to my family came up.

In the afternoon I spent most of my time at the bank of the river Kinnerasani. I took walk on the bank of the river. Thoughts related to recent past came up during my walk. We came home after 6:00PM. After evening cleaning I immediately went into sleep and woke up at 9:00PM to do Universal Prayer and Bed time prayer. After that I slept immediately as I couldn't control my sleep.

On 19th morning after meditation at Brother Rama Rao's home, we all went to the river and did meditation again at the bank of the river. After the meditation at the river I felt Calmness. It was a nice feeling meditating near river. Spent most of the morning time at the river. Afternoon spent some time in the garden and went to river and spent most of the time over there. Thoughts related to domestic issues bothered for some time but slowly got over from them and could get silence because of Master's help.

After evening cleaning I immediately went into sleep and woke up at 9:00PM to do Universal Prayer and Bed time prayer. After that I slept immediately as I couldn't control my sleep.

On 20th same routine has been followed. In the evening after cleaning we spent time in talking about Master and our system.

On 21st morning we all went directly to the river to meditate. After the meditation I felt joy and calmness. I felt some peace and silence during and after meditation.

During the Chit Lake period the outside silence helped us maintain the inner silence. In summary the chit lake tour helped me to get peace and silence. Each day in the chit lake tour began with silence and ended with silence.

The place chosen for the chit lake is beautiful and conducive to maintain silence. I sincerely believe that I am benefited from this tour.

I am grateful to the Master and Revered Sir for giving me this opportunity. If Master provides me another opportunity I would like to participate in the chit lake program in the future.