

## 4-Day Chit Lake Programme Report – Austin, Texas

(22/Nov'23 -25/Nov'23)

-- Chaitanya

- Offer humble, loving and heartfelt prayers and pranams at the holy of feet of Revered Masters. Billions and billions of salutations to them. It is a great fortune that has been bestowed by the great Master for helping us realize the true purpose and goal of life and constantly helping us to progress on the path Divine by His continuous support in silence. His assurance in the form of help from fellow elders on the path and co-travelers through who he is expressing Himself and glory of Divine is really motivating and inspiring to tread the path steadfastly and with determination and perseverance. Eternally grateful to Him for such continuous help, support and guidance.
- Arrived at Chit Lake Programme venue on 21/Nov/2023 (Tuesday) afternoon at a Ranch of Smt. Sridevi garu and Sri. Sreenivas garu (Dr. Kesava Reddy Garu's sister and brother-in-law) Cat Springs, Texas (about 1.5 hr. drive from Austin, Texas). Thanks to Bro. Ramesh babu garu who drove us to the venue. Also express sincere thanks to all abhyasi brothers and sisters for coordinating and making arrangements for the programme.
- Felt profound gratitude to Master for enabling us to meet elders on the path and fellow abhyasi brothers and sisters on the path. Also feel deeply grateful to Sister Sridevi garu and Bro. Sreenivas garu for their hospitality, generosity and love in arranging everything and taking care of us as their own family. Their simplicity and empathy are appreciable and worth emulation. The venue itself was serene and close to nature, with no external distractions as we find in the cities.

- Condition prior to attending chit lake programme:
  - a) In general, the internal condition has been dry and dreary with a predominantly feeling of transitoriness and dependency on Master while doing any activity and feeling of insignificance before Him.
  - b) There is a subtle feeling that I'm just existing and there is no attraction towards to any. There is no weight and its subtle. Feel everything internally and external environment is just fleeting. Feeling of balancedness is observed. Felt that doing our duty dispassionately spiritual or family; going through the process as Masters followed in their lives; is what is important and make honest attempts to follow the same during sadhana.
  - c) Meditations during individual sadhana, sittings and during satsanghs have been mostly absorbing and centered on divine light.
  - d) There is constant thought and feeling that any practices that we follow should help us transform (Parivartan) otherwise we are just following the system ritually. We need to be steadfast, and transform is the aspiration that continues.
  - e) Following the practices and commandments of Master regularly. Also take regular sittings and participate in satsanghs which keeps the aspiration and awareness of presence of Master and His remembrance sustained.
  - f) Overall, by His Grace and blessings feel happy and contented with whatever has been bestowed out of His profound love.
  - g) We continue to take everything from Master but what can we give and be useful to Him is a thought that wells up deep within. Everything is His then the question arises what is that we can give Him. We continue to serve as He is doer, knower and enjoyer of our actions is the feeling.

During the Chit Lake Programme (Some feelings and thoughts during meditations, individual sittings and satsanghs)

- Meditations were centered on divine light and were absorbing in the remembrance of Master.
- There were mostly few mundane thoughts. Feeling of balancedness with love (no emotions) was felt. Also felt faint glow in the heart
- Just wanted to be in His presence, anything Master bestows is His prerogative. All is His glory and His will on us insignificant is the thought/feeling.
- During satsangh felt waves of bliss descending from top to bottom. There was simple awareness and focus on the Divine light. Predominant feeling was balancedness, steady, unperturbed, tranquil awareness of divine presence in the heart. Observed faint blueish, gray colors. Felt expansion. After satsangh, felt blissful, silent and happy. There was also a feeling of plainness and simplicity “as is” feeling. All his benevolence and love.
- As I was taking a stroll in the ranch, in the nature. There was feeling of peace and harmony. Immediately there was a thought, isn't it this same manifestation of God we got attracted and jumped out of Homeland. While all the elements in the material plane are in harmony with grosser manifestation of Lord, is this the subtle attraction to this pleasant feeling of nature makes us come back to this planet again and again (the Leela of God)
- Thoughts and decisions we take whether they are binding or liberating. To what extent they are binding (due attachment) helps us to develop Viveka in all planes of our existence
- Felt absorbed during satsangh. It was noon satsangh in the open space. Remembrance of Master continued though there was some slight heat and luminosity. Remembered Babuji's saying that the sun doesn't shine at the ultimate object.
- Predominant feeling during satsanghs and sittings were that of intense remembrance of Master, feeling of His love, humility, insignificance, steady, stillness and balancedness. Post satsanghs

feelings were that of silence, freshness, happiness, joy, light heartedness and profound gratitude towards Master and the trainers.

- It was also an opportunity to learn from elders and fellow abhyasi brethren and understand different perspectives to do better sadhana in the spirit of Bodhayanti Parasparam that has enriched and empowered. Thanks to all of them. All glory to Masters!

After Chit Lake Programme:

- Feeling more determined to reach the Goal and tread the path of Master steadfast and with perseverance.
- Remembrance of Master and aspiration got strengthened.
- Renewed feeling to serve Him as per His will and to spread His message got enlivened.
- Renewed motivation to practice commandments.
- Feel determined to make certain lifestyle changes that would help personally and spiritually.
- Overall, it was enriching, beneficial and fulfilling experience at Chit Lake and felt happy to practice silence and learn to live with a minimalistic lifestyle to develop moderation.
- Express my profound gratitude and thanks to Dr. K. Madhava garu and Dr. Kesava garu and sister Smt. Anila garu for taking time from their busy schedules and giving us opportunity to spend time with them to learn, take help and remember Master.