

Chit Lake Program at Cat Springs (Near Houston, Texas, U.S.A.)
From 22nd November till 25th November 2023.

State of Mind before & after:

Not knowing structure of the program, was little confused with pattern and expectation.

After the 4 day program, its a continuous feeling of calmness and poise. Felt happy and blissful, feel contended with what was given by Master. Happy feelings all through.

Experiences:

Surroundings were nice, lot of trees and walking area and places to sit and be in the though of the Master. Trees were quite big and shrubby. No noise from regular city area. It was a pleasant experience. Arrangements were done beyond expectation. Ample amount of food and tea/coffee were available. Each and everyone of us were feeling happy and as a big family helping each other.

Meditational:

4 days have flown by without notice. Almost towards the fourth day started feeling complete absorption in the Satsangh. Almost feeling the calmness and felt light after the meditation.

Attended various talks/discussions in the middle where several topics were covered on how to meditate, what Viveka is all about.

Took a sitting from few trainers and senior trainer. Got various clarifications on how Master is Samavarti and how to not expect anything. Also clarifications were given on how to be contended with whatever condition was given. At times in Satsangh, couldn't sit after 40-45th minute, realized to improve the capacity on our side, so that we can be able to site for longer periods.

On few days after Satsangh, felt light, calm and serene. Master showers were felt as subtle force entering the settling down.

Afernoon Satsanghs were conducted outside, it was a pleasant experience, calm and light feeling prevailed all through.

One of Rev Sir's message about Prayer continued to reverberate all through.. Pray (beg) that you Pray (be submissive) and continue to Pray (Constant Remembrance), so that Prayer (yielding) might continue. This program enabled to maintain Masters thought all thru and remain silent and have him in background. Hope this condition stays longer periods.

Grateful to Master in providing this opportunity.