

Report on Chitlake program (22st November – 25th November) (Catspring, Texas, USA)

Namaste!!

I feel very fortunate to be part of the Chit Lake program along with Senior Abhyasis, which is a truly wonderful opportunity.

The Chit Lake program has been immensely beneficial to me, as it has greatly contributed to the adherence of all the 10 commandments. Most of the times during program, I found myself maintaining a state of silence and contemplation on Master, focusing my thoughts on the Master and reflecting upon his teachings.

Simple and satvik food was served during the program. Dr.Madhava garu instructed us to contemplate on commandment 8 while consuming food. After the chitlake program, my adherence to commandment 8 became more profound and became more natural to me.

There were Satsanghs conducted three times a day – mornings and evenings (one hour), and afternoons (half-an-hour) conducted by Senior trainers. I felt layers of impurities shedding away, experiencing a sense of expansion within my body. Through this program, I've cultivated profound love, devotion, and intense faith on Master. I've learned to perform my worldly duties with Constant remembrance of Master, with a growing dependence on HIM.

I felt more peaceful, inner joy, calm, and light. There are moments where I feel the presence of the divine everywhere, and my devotion to Master deepened more.

Constant remembrance of the Master has greatly improved, leading to more inner balance, tolerance, calmness, and peace.

I've begun viewing my daily tasks as a form of service to the Master, and my thoughts are more centered on helping others, love, and compassion.

I feel immensely grateful to Master for the spiritual guidance on this journey. I am filled with immense love and confidence in the Master, with loads of devotion.

Pranams !!
Konda Reddy Dwarsala