

Namaste All,

I had the opportunity to attend the three-day Chit Lake program at the Jikoji center in Bay Area. Here is the summary report of my experience from this program.

11/29/2023 Wednesday

Evening Sathsang (Keshav Sir):

When the sathsang started the mind was calm. Was able to maintain the thought on Divine Light, towards the middle of the sathsang got some thoughts and conversations that I had with my family. My mom's older sister had passed away. I had got call from my father just before coming to Jikoji center. Felt difficult to be in Master's thought after that. Felt sathsang was too long.

Felt surprise why I had this difficulty, since I had just come back from Huston with so much clarity and so much meditation.

11/30/2023 Thursday

Morning meditation

Did point B followed by meditation. All the thoughts were scattered. At times felt what was going on.

First thought after mediation, why is my mind running after some funny conversation?

Morning Sathsang (Madhav Sir)

Meditation was wonderful, pretty much thought less and centered on divine light. Towards the end remembered Pujya Babuji.

After sathsang just wanted to be in that state. Felt every part of my body is divinized. Felt grateful to the Master for everything.

Afternoon Sathsang (Br. Rajesh)

Thoughtless and still throughout the sathsang. Felt the divine grace was pouring down. Felt expansion and enormous love. After the sathsang the love was so much felt like hugging everyone. Enormous bliss, happiness and contentment was felt. What more do I want and what more can I ask for.

Felt thankful to the Great Master from the bottom of my heart.

Evening Sathsang (Keshav Sir)

Thoughtless and still throughout the sathsang. Didn't know how the time passed. Total unawareness until Sir said that's all.

After sathsang the thought was we should become instruments in the divine work.

Sir read article about Goal and Determination. 90% is our effort. Even before the sathsang also Sir talked about Rama tirtha and others who realized at such a young age.

Felt that I should put more dedicated time towards sadhana and remain in HIS thought. One of the statements that sir made, “people even if they are not well, try to manage to work and fulfill company needs but fail time to spend time for their own self”. Felt I should imprint this statement, so that I will never neglect my sadhana.

01/12/2023 Friday

Morning Meditation

Did point B followed my meditation. Got thoughts on my Doddamma who passed away on Wednesday and my Pinni who was on ventilator. I had to force myself to divert the thought on Divine light. Towards the end felt calm, peaceful and relaxed.

Morning Sathsang (Madhav Sir)

After the sathsang started, felt the thoughts wandered. Realized it and brought the thought back to divine light.

After that total unawareness. No worry, no thought. Just contented, blissful and happy.

When writing the diary got thoughts about life in general and how we get carried away by the different transitory relationships of husband, kids, family and friends. Felt life is so simple and we complicate it so much.

Sitting (Keshav Sir)

Sitting was smooth. Thoughts were on surrender. Felt why fear when Master is here. Felt flow at the heart and felt divine grace.

After sathsang felt God knows what is good for me and he will do his best. Just surrender to him was the feeling.

Felt thankful to Keshav Sir for giving me sitting.

Evening Sathsang (Keshav Sir)

Thought was centered. Had a feeling like ocean of samskaras were getting evaporated.

After sathsang was hard to recollect any thought. Master's message was played.

Currently feeling happy and contented.

02/12/2023

Saturday

Morning Meditation

Did point B followed by morning meditation. Not many thoughts. Was able to maintain the thought on divine light.

Morning Sathsang (Madhav Sir)

Sathsang was thought less.

After sathsang felt blessed and thankful to all the brothers and sisters. Felt lot of gratitude towards brother Madhav Sir and Keshav Sir for helping us in our sadhana.