

Namaste!

I am able to be in the thought of Master for more time of the day. My love for Master has increased. Feeling of interdependency and gratefulness was there. Thoughts about how to improve and be in Constant Remembrance in a natural way was there.

I was deeply absorbed in the meditations and Satsanghs. Thoughts were all revolving around the sadhana, Master and goal.

After the Chitlake program, my passion for sadhana and quality of sadhana has increased. I feel motivated to do sadhana with more spirit. The clarity of thought that sadhana and service are my primary duties in life is maturing. Felt lighter and the burden of thoughts has reduced. I was able to live in the present moment and the inward looking habit has improved. This habit would help me in identifying if a thought or situation is conducive or not for my spiritual growth and be in a balanced state.

I ate food in a relaxed way and with constant Divine thought all the while during eating. Enjoyed the natural surroundings and it reminded me of Master's presence everywhere.

Contemplated on Prayer and felt its importance. Prayer is the link that connects us to Master. If there is yearning for the goal, our goal clarity will gradually improve.

I am determined to keep the momentum. Seek Master's guidance and support in the path.

Grateful to everyone who made this happen.

Regards

Kannan