

My report after attending Chit Lake program in Texas, USA from Nov 22nd to 25th 2023.

My humble pranams to Pujya Ramchandra Ji.

My humble pranams to elders of ISRC

Namasthe to Everyone.

I express my gratitude for arranging this 4 day chit lake program. I express my gratitude for the guidance and help from our senior trainers.

Before starting:

My mind was restless and feeling somewhat dull. Not sure if mind will be more restless or calm during this program but was excited and believed that this will help me. I wanted to learn ways to be in more silence and constant remembrance. I also wanted to check myself how much my mind and heart oriented towards Master and goal, does it offer any resistance to practice silence these many days? I also wanted to find out how much I am detached from the worldly things. I was preparing myself for this program practicing at home to be silent.

Experience during these 4 days:

Mind became settled and started feeling lighter after first day's morning Satsangh and this state improved in further days. Actually enjoyed somewhat bliss on 3rd and 4th day. Got the sense of living in the present, felt freedom when nothing to think, meditations were more centered effortlessly and felt more near to inner self, forgot myself sometimes, during Satsangh's felt as if I am resting in Divine presence, experienced next level of peace compared to earlier.

I sincerely tried to practice constant remembrance as suggested by senior trainers. I felt like some of kind of background silence behind everything few times.

Lot of wisdom and insights shared by senior trainers. Some of them which I could grasp and still remember are 1. Meditation is the training of our attention to keep

it with divine light in the heart. 2. Need for goal clarity and determination to reach goal 3. Importance of prayer and how it should be practiced as explained by Revered Master in commandments. 4. Practice with firm conviction that divinity is all pervading, all around in everything and everywhere. 5. Lay down and relax whole body and try to feel the being. 6. One should feel that object of meditation is a very loving, peaceful, delightful one i.e develop love and devotion. 7. Power of Maya, determination to come out of it. Seeing objects as it is, eliminating mind projections 8. Explanation of one of the Patanjali's Yoga sutras related to desires, how desire form vrittis causing samskara or impurity in consciousness. 9. Time is an illusion. There is only present. Future and past are only memories in mind causing illusion of time. 10. Maintain silence after meditation for about 10 min doing nothing and it helps brain to register that condition and that helps to remember that state more during the day.

I felt total dependence on Master during the individual sitting.

During meditations, I got these flash thoughts 1. About insignificance: somebody sent me to this world, my mother gave me this body, my father and mother took care of this body as child, someone gave education, someone gave me job, someone came to live with me as wife, world was feeding me with food and water etc. necessities, Babuji defined the goal and gave the system, path and method to reach goal along with trainers to help the seekers, Pranahuti is showering divine grace transforming to be divine, maybe I am a zillion plus 4025th being/soul going through life and the ultimate power of life force expressing in many ways and many forms. I am just nothing in this whole. 2. When someone dies or passed away people send msgs of RIP. Felt that duration meditation we practice that resting in peace or resting in ultimate source of life.

Felt insignificance living in nature. Felt that trees are living in silence in divine presence. Felt that there is no difference between me and many tiny living insects or creatures.

I was kind of expecting that we will maintain total silence for all 4 days but teachings, sharing of insights, question and answers, discussions created an environment of spiritual retreat or training helping to learn and practice in a

focused manner to improve. I was trying to be in listening mode rather than talking during these days.

Cell phones switched off and egos switched off, felt simplicity having affectionate interactions with brothers and sisters.

The host family is amazing and they treated all of us as their family members. Food and Bedding arrangements are excellent. I am grateful for them.

This whole time felt like living in a simple, affectionate, peaceful canopy and I did not feel that we spent 4 days.

I am really surprised now that I did not think even for few minutes about family or office or pending works or worldly issues as if I almost forgot them temporarily.

On third day evening I was getting egoistic thoughts but quickly realized and shifted my thoughts. In spite of settled state of mind, still it is not totally calm but that restlessness or urge to think and do something was like ocean waves earlier but now reduced to ripples in a lake.

This whole experience showed me the way to lead the simple life in remembrance to be closer to Revered Master's pure divine consciousness with happy and loving state of heart. I feel more confident that I can reach the goal with dedicated practice and kind help and guidance from training.

Once again , I express my gratitude towards Dr.Madhava Sir and Dr.Kesava Sir taking this lead to come to US to share many things, to educate us, to train us, to give individual sittings transforming all of us.

Namasthe.

Rama Tiruveedhula

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