

Summary and experience during Chitlake program held at Cat Springs ranch in Texas, USA during 22nd November 2023 to 25th November 2023.

Pranams to the Holy feet!

I have been waiting to be part of the Chitlake program for long and had not an opportunity to attend during previous programs that were mostly held in India due to conflicts / restrictions with my travel. Finally got the opportunity this time with the first Chitlake program in USA.

I have been waiting for this program and orienting for few weeks before the start of this program to experience and spending the time in silence as that is not otherwise possible with the demands of life's various (professional / family / societal) responsibilities in hand.

Before attending the program: Been regular to the practices. Mostly centered during meditations. Constant remembrance was not constant but occasional. I wanted to take part of this program to enhance my inner experiences of His consciousness not only during the time of meditation but all through.

Day1: Took part of the Satsanghs. Feelings of surrender was there. Mind is slowly settling down. Though having some sensory inputs (external hearing and sight), mind is not chasing behind them with chain of thoughts. Having outdoor Satsangh in mid-day sun was a unique experience. Started meditating in sitting in nature, having the wind breeze with comfort of mid-day Sun's heat during the early winter (day with moderate temperature), bugs buzzing around the head, chipping sounds of birds at the distance. After some time get lost in the nature and absorbed. Got merged with Nature. All external noises got silenced. Just about 5 minutes before the end of Satsangh started having awareness of external Nature. Random thoughts were flowing through, but was un-mindful. Focus was on the quietness experienced during Satsangh and maintained the condition long after.

Day2: Trainer shared on the topic of Viveka. Spent the day in contemplating on it. There was lot of chattering of mind (introspection) mainly on spiritual conversations on the topic. Satsangh was blissful.

Day 3: Mind is more settling down and centered most of the time even outside the the sessions of meditations. Experiencing the silence of mind when alone and getting centered quickly. Though the senses are exposed, the mind is not chasing behind the sensory inputs but natural connected ness to the heart.

Day 4: During the Morning Satsangh, experienced subtleness at the beginning. Felt, I was dipped into the "Ocean of Bliss" and got absorbed. In the after-noon, I went for a walk in the ranch, sat in a swing that is hanged to a tree along the trail adjacent to the sand court. Looking at the trees, got merged in nature with quietness around. The trees I was looking into start disappearing. Lost sense of time.

At the end of the program:

- Felt I had a feast to Mind with participating in the satsanghs, having sitting with the trainers, spending the time in silence helped in satisfying the internal cravings of mind.
- Natural feelings of His presence.
- Feelings of blissfulness irrespective of the activity that I was performing whether meditating or otherwise in the company of Master.
- Enjoyed the beauty of Nature and feelings of internal joy in getting merged with it. Experienced commandment 4. "Be plain and simple to be identical with Nature".

Pranam,
Ramesh Babu