

Name – Sandeep D.Yadav ( Abhyasi ID – 3877)  
Trainer – Shishir Joshi  
Location – Fremont

**Austin Chitta Lake Program Report :- ( 22nd Nov to 26th Nov 2023)**

**Condition Before Chitta Lake Program: -**

1. Was following the daily meditation practices but mind was more revolved on self and office related tasks.
2. Importance on self was more on what i do or what i need to learn or bit of futuristic thinking for career and own lifestyle
3. Sometime i feel i am doing sadhana for self without considering or taking into account of family, friends, kids etc.
4. Mind was easily getting carried away or forced due to own habit patterns/notions.
5. Habit of thought building related to incidents or situations where self/ego is involved.
6. Difficulty for not able to maintain the condition or lacking some technique
7. Mind has habit of comparing/analyzing with preconceived notions.
8. Clarity of some of practices/methods was missing.

**Benefits of Chitta Lake Program: -**

1. Got deeper insight of own flaws/issues/shortcomings.
2. Got clarity on various aspects of Sadhana/goal and our role.

3. Mind got very disciplined and got under control to great extent.
4. Able to see vividly how mind plays trick if not used properly.
5. Lot of Inspiration and huge boost/push received to consciousness.
6. Senior brothers helped to answer on many questions related sadhana and shared their experience/tools/tips.

**Condition After Chitta Lake Program: -**

1. Feeling of gratefulness for getting this opportunity to attend
2. Feeling of Calmness, Quiet, balanced & Happy
3. Feeling of Lightness
4. Feeling of Blessed and gratefulness towards The Master who is guiding us all the time
5. Feeling of dependency and submissive towards The Master
6. Feeling of Humility and loosening of self/identity
7. Feeling of Love and Devotion towards The Master
8. Feeling of keeping quiet and live simple life
9. Feeling of fraternity

Date & Time - 22nd Nov 2023:3:30 PM

Location - Austin, USA

Trainer Name - Shishir Joshi

General Condition was calmness and steady flow. There were no predominant thoughts.

Felt gripped feeling throughout meditation.

Felt strong flow/activity towards upper side of heart.

Thought of types of disciples of Babuji

Feeling of Happiness and Submissive

Felt light after and during meditation.