

Name: Sreenivas Makineedi  
Abhyasi ID: 3471

## **Report on Chit Lake program conducted by ISRC at Cat Springs Ranch, Texas, USA, from Nov 22 - 25th - 4 Days.**

My heartfelt gratitude towards all the trainers and abhyasis who travelled from far off places to conduct and attend the Chit Lake program. All of us learned and benefited greatly from each other's company.

Chit Lake program was conducted in a serene remote Ranch with all the facilities. This ranch was cut off from all the normal societal distractions and was very conducive to be in remembrance of Divinity as much as possible.

The motivation behind attending the program was to learn and adopt good practices followed by other abhyasis in their day to day sadhana and also to bring more discipline in to my own sadhana.

We had three satsangs daily and afternoon satsangs were conducted outdoors which gave direct experience to feel oneness with the nature.

Most of the first day was spent in silence and whole day felt like being in meditation. The only difference was that all the senses were at freedom to provide their input to the mind. However, mind did not seem to be processing the sensory input most of the time and when ever it was, senses were feeding the divinity from the nature surrounding us. Occasionally mind drifted away from the divine feeling, but came back very soon to enjoy the blissful feeling of the divine.

Second day onwards, our trainers shared very important practical aspects of sadhana which can be implemented in our regular practice. Some of the points were:

1. Doing each and every daily practice as a beginner trying to do the practice for the first time as prescribed.
2. Having the Sat Asat Viveka and being able to identify any pleasure as pain.
3. Any judgement we are making is due to ego. Flaws in others should be ignored.
4. It is easy to be in Satva state if we practice constant remembrance.
5. Constant remembrance can be practiced by taking any object and feeling the divinity in it and eventually objects fades away and we will be lost in divine feeling.
6. Surrender should be complete, then everything else will fall in place and will align to the common good. This will arouse the feeling of piety in others.

Third and fourth day, I fell sick with throat infection and slight fever. Love and affection shown by trainers and other abhyasis was heart touching. I am grateful to all the Doctors and Ranch owner for providing the right treatment and medication at the ranch itself. This helped me to get out of it very quickly. Even while resting during these two days, felt purity of the atman very vividly. I could still participate in Satsangs and listen to talks by trainers.

These are some of the feelings during these four days:

- Felt that any thought, what ever it might be, has no value compared to the feeling of Divinity deep within. This was not simply at the thinking level, it felt real, which made it easy to set aside any thought.

- Lot of cleaning happened on all four days.
- Felt the divinity in every atom within and in everything that was surrounding us. This was also practiced throughout the four days with deep and intense feeling.
- Except master nothing else has any significance in this life.
- Passage from head to heart was smoothened further and could feel the glow of transmission in various knots.
- Many feelings related to surrender, service and sacrifice.
- This body and mind are his temple and we are instruments of the Master.
- Tranquil, calm and peaceful in his love and devotion.

My sincere gratitude and indebtedness towards all the Masters of the order and senior trainers for not only providing us the guidance on various deep spiritual states, but also restlessly fomenting us with their internal conditions.

Pranams,  
Sreenivas Makineedi  
Austin, Texas, USA.