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Report on Chit Lake Program (Cat Springs Ranch, Texas)

I have benefitted immensely over the past decade from my meditational practices prescribed under Sahaj Marg. I continue to gain deeper insights about myself and the world around me. I was excited about the opportunity to participate in Chit Lake program, especially as it was a very rare occasion to be in the company of and learn from Senior Trainers with more than four decades of practice and who were coming to Texas all the way from across the world.

We all made necessary arrangements and arrived at the Ranch the evening before the Chit Lake Program started, which gave us ample time to settle down. The Ranch was a 100-acre expanse of trails, mature trees with swing chairs and a farm house set in the midst of this tranquil surroundings. The four day Chit Lake program started the next morning.

Each day, we would wake up around 4-4:30am and finish our morning meditational practices before 6:30am. This would be followed by dairy writing, contemplation and an early morning stroll on the trails. We participated in Satsangs (group meditations) three times a day. The timings of the Satsangs were 8am, 12noon and 5:30pm. The Satsangs in the mornings and evenings were hour long and the noon Satsang was for 30mins. Noon satsangs were always conducted outdoors under the warm rays of the sun rightly compensating the winter chill in the air. Evening cleaning practice was done prior to evening Satsang. The rest of the day was spent in attending individual sittings with trainers, listening to trainers providing clarifications on meditational concepts and contemplation. We also prepared and served simple meals.

The morning meditations and Satsangs were mostly very subtle and calm, as silence was observed till after the Satsang. During these sessions, felt divinity in the heart strongly and divine qualities of love, compassion, purity, simplicity, etc, developing in Self. Felt oriented to Master and grateful for his grace. On some occasions, felt dependency on Master and that he is the doer and he is the one present in everything and everyone. Felt confidence in Self and faith in Master and that the goal was not far off. There were thoughts about day's meal planning on some occasions. During the noon Satsangs and some of the other sessions, felt very absorbed with no awareness of Self and surroundings. Any other thoughts during meditation just passed by and did not feel heavy or remembered after. During meditations, the physical posture was very stable and settled in the first half of the day, but experienced physical discomfort during later part of the day.

Many concepts were explained by Trainers conducting the Program. The idea of mistaking pain as pleasure was dealt with in detail. All pleasures last for a short time. But, any pleasure is a manifestation of a desire and any desire causes lot of pain and suffering before and after its manifestation. The divine pursuit, however, is not a desire. It is an aspiration, a subtle will, which does not have the heaviness, that desires do. The need to

practice meditation with alertness and with a beginner's attitude was stressed upon. We need to be alert and be able to distinguish between different states and conditions. For example, torpidity should not be mistaken for absorption. Absorption is followed by lightness and torpidity is due to tiredness and dullness from over exertion. We need to work towards developing surrender as once it is achieved everything else falls into place automatically. At that time, all our actions, mental and physical faculties will align towards common good.

In summary, the Chit Lake program helped to practice constant remembrance and experience how easy it is to maintain a balanced and steady state of mind. Constant remembrance is very key for our progress, as it avoids the formation of new impressions. The Chit Lake in all was time to decompress and spend time contemplating about divinity, goal and sadhana. There was limited activity during the day and very few extraneous thoughts, as I took it as an opportunity to practice divinity as the doer of everything. I definitely felt the advantages of doing morning practices before dawn and wish to incorporate that into my daily sadhana at home.

I am grateful to the Master and organization. I am also very thankful to the trainers, who have been so generous with sharing their decades of wisdom, meditational experiences and valuable insights. I feel confident and truly inspired to approach my sadhana more sincerely and heart-fully.

With Pranams,
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