

My humble pranams to everyone.

O' Master thank you for giving me the sense of mind and opportunity to attend Chit Lake.

The mind was stressed, uncertain and in an illusioned state when I came to the program. The reason for the illusionary state was the recent addition of me to my childhood whatsapp group and the past three months I have been spending lot of my time reminiscing the childhood memories and staying in the past.

After attending the chit lake. Came back to my senses. The meditations and the talks of the trainers helped me immensely. I can't express my gratitude enough to the trainers and sister Sridevi in words for providing such a wonderful experience.

Simplicity of life, cooking eating and how to spend time with self was understood. In Satsang, when I came in touch with my inner consciousness and the blissful experience, I had is unexplainable in words.

Words of Madhav Sir, about surrender and how our eyes should think that I am seeing through the eyes of entire humanity was an eye opener.

After most of the Satsang didn't feel like opening my eyes. When my inner worlds is so happy, peaceful, blissful and colorful what is the need for me to open my eyes and look at the outside worlds was the feeling after every Satsang.

Chit Lake gave me an opportunity to wake up at the Dawn and finish my meditation. The walks in the wilderness and the experience of nature, felt like my entire body is divinized.

The satvik nature of the food and the quantity in which it should be take was also understood.

This program helped me how to improve and become moderate in my eating, thinking, behavior, talking, sadhana almost every aspect of my behavior.

Some of the literate books read by Keshav Sir and Madhav Sir shows how earnestly we have to pursue spirituality and how much we are pulled into to the material world.

I was very bad at diary writing. This program made me ponder and write my thoughts after each satsang.

Humble pranams, to all the brothers and sisters who made this event possible. Don't have enough words to express my gratitude for making me have such a wonderful experience.

Humbly

Visala