

MANASAROVAR REPORTS

10-12 Oct 08, Narasingapuram. Report submitted by Sri G Srinivasulu

Abhyasi name: G SREENIVASULU

Abhyasi ID: 3085

Practicing since: September 2006

First and foremost my heartfelt gratitude to Revered Sir, Pujya Sri K C Narayana garu for his indefinite grace pouring on us through out the program and Imperience for giving me this unique opportunity. My sincere thanks to Rajappa and Bhargavi amma for their unlimited kindness and love towards us in all these days, they made all the arrangements. Rajappa regularly monitor us whether we took fruits and vegetables properly or not, but we did not hungry much and we felt energetic throughout all the days.

Thursday – 9th October, 2008

Me, Prof Murty and Chandu started in Prof Murty car from Chennai at around 1.30pm and we picked up Ravi Prasad from tirupati railway station and reached Gopalaiah house at Tirupati by 4.30pm. We attended evening cleaning and satsang at 6.30pm at his place. After satsang we moved to Rajappa's house at Narasingapuram and had a delicious dinner along with other abhyasis. After dinner we reached the Rajappa's mango form at 8.45pm to participate in the Manasarovar program and the other brother Harish subraya joined us there. I have offered 9.0pm prayer, point A meditation and bed time prayer with deep supplicant mood and went into sleep in the open atmosphere by simply putting mat on the soil at 11.0pm with the remembrance of the Master. I was oriented to the Master from the morning and while traveling felt some vibrations in my head and flow of energy with vibrations in the heart.

Friday – 10th October, 2008

I get up at 2.0am with fresh mind and with the remembrance of the master. I attended morning meditation at 3.0am and continued till 5.0am. I felt flow of energy to the heart with vibrations and this flow of vibrations felt continuously from the forehead to the throat and to the heart. After lot of vibrations felt some expansion in the head and heart and observed medium (50%) gray colour, intermittently some goldish brown colour observed. The first day of silence was started after morning meditation. I went into mango form to observe the nature. We found some cement rings filled with sand and some stones laid like a table to sit comfortably for doing meditation. From the morning I felt some kind of pressure in the head with expansion and flow of vibration to the heart. As the day progress felt deep silence in the head and heart. This was continued throughout whether I sit, stand, lay down or walking. None of the thoughts allowed naturally, my thoughts are contemplated on the inner feelings throughout the day. I was very exciting to be silent. Nature's nature is silent and I felt the same being with the nature. How silent the trees are, I started deeply looking at them I too felt more and more silence and became a silencer, remembered 4th commandment. Evening cleaning went with lot of intense vibrations and found some lightness at the end. I offered 9.0pm prayer, point A and bed time prayer with supplicant mood and went into sleep by 10.30pm. My head was busy with dreams which are not fully noticed and some of them are relevant to meet school day friends and buying some groceries.

Saturday – 11th October, 2008

I woke up at 3.30am with fresh mind and with the remembrance of the Master. I started my morning meditation at 4.0am and went on up to 5.45am. I felt lightness with mild vibrations right from the beginning and felt small jerk with some thing pulled out from me. I went into deepness during meditation and felt deep silence and calmness prevails. Light grey with sky blue shade environment observed. I felt continuous flow of energy with mild vibrations to the heart and in the fore head throughout the day. My thoughts are naturally contemplated on my inner feeling and moreover heartfelt reverence to The Great Master (Revered Pujya Babuji / Dr KCV/KCN) through out the day.

My observation, in fertile land continuous ploughing of the soil will not allow to grow any unwanted plants/grass and allowed to grow useful plants healthy and happily. No one will put any unwanted seeds to grow unwanted plants, like wise with out doing any thing wrong the impressions still may form. If one follows practice assiduously, like regular ploughing, will not allow forming any impressions further and helped to grow quickly in the path. Before I stat evening cleaning I felt very lightness. I felt heavy vibrations during cleaning and became lighter at the end. We went to long walk along with Rajappa. He is so kind and love on all of us. As the day progress, I felt deep resonating silence in my head and heart with mild vibrations. I really enjoyed sleeping in the moon light with comfortable breeze and with deep silence in head and heart. When the thin white clouds moving across the moon I was also felt moving along with them. I offered 9.0pm prayer, Point A and bed time prayer with feeling the presence of the God and went in to sleep at 10.0pm. My head was very busy with dreams and I found some sweating in my head and neck even in the cool breeze. I did not notice any one of them except saving a brother from the thefting of his asset.

Sunday – 12th October, 2008

I started morning meditation at 4.45am and went up to 6.20am. From the beginning I felt lightness and expansion with deep silence and calmness and it continued through out the meditation. The same condition continued even I stopped meditation and this state retained throughout the day. Goldish light brown colour was observed at deeper state of meditation. During 8 to 9.0am meditation, I was bit uncomfortable to sit because lot of mud every where due to heavy rain in the morning. I continued and felt some vibrations in head and

heart and I went to deep sleep about 5 min, rest is normal.

The discriminative faculty of my mind had given utmost preference to the natural being so that any other thoughts did not entertain me throughout. I was so surrender to and contemplated on the deep resonating silence. There is rain again started at 9.30am and continued for long time, Rajappa and Bhargavi amma came with fresh fruits in rain. I have seen them drenched in the rain at that time I just felt what a kindness and love showing on us I felt uncontrollable tears towards gratitude and it continued about 15min. At around 3.30pm I sat in one corner of the garden and felt heavy vibrations in my head and heart. I have noticed them like my body is moving like a pendulum and some heat and orange with reddish shade were observed on the forehead.

During evening cleaning from 5.30pm to 6pm I felt intense vibrations in my heart and at the end of cleaning I felt my body is so light and became transparent. I attended evening meditation from 6.30pm to 7.0pm. Initially I felt intense flow of energy with heavy vibrations in my heart and after some time felt some grayish fluid in a big channel moving from left nipple to right nipple then vibrations came down and became light and calmness for quite some time and again vibrations started. I offered 9.0pm prayer, point A and bed time prayer and went into sleep by 10.0pm. I did not get proper sleep and I woke up 2 to 3 times, I felt my head is very busy with some thing which I did not notice what was happened to me. I woke up at 4.45am and attended morning meditation, Rajappa came around 7.0am and we came out from the silence, at the end of silence my voice was not opened fully to speak. At the end of the program I felt my body, head and heart became very light and pure with deep silence and calmness and continued there on. I am sure I will habituate to maintain in all walks of life. I was very motivated to be silent by attending this program and I will continue to attend in future if I get permission again. Undoubtedly it is really excellent coordination by ISRC Imperience wing.

I beg forgiveness, if any thing of my misapprehension in this manuscript.

My humble pranams

10-12 Oct 08, Narasingapuram. Report submitted by Dr. B.S. Murty

Report on Manasa Sarovar Programme held during October 10-12, 2008
by B.S. Murty, Chennai

My humble Pranams to Pujya Sir.

When I completed the 3-day Manasa Sarovar Programme, it was quite difficult for me to break the silence. That state was so pleasing and enjoyable (I do not know whether these are the right words to explain) that I wanted to remain like that as long as I can. When I was asked to explain about it, my feeling was "what is there to talk". By talking, I would be disturbing the silence within. The imperience is beyond words and beyond senses. When I want to talk about it, I need to dress it up in a way that the senses can comprehend. Any dressing up would hide the truth (true imperience) or distort it.

Now I would go 4 days back words to the previous day of the programme. On 9th morning, I just returned from Ooty with family, a pleasure seeking trip for the senses. From there to the mango grove was a 180 degrees out of phase experience. The moment I gave handed over the mobile phone to sister Bargavi, I got physically detached to my daily world.

The moment my mouth got shut, the inner world came out with all its noise. I remembered the words of brother Ramprasad. He told us "Sir told me that meditation sessions are not sessions of brooding". Now the cleaning and prayer for cleaning has started. Interestingly, all my thoughts are about the projects that I am handling and those I have to start working on, the meetings and conferences that I need to organize in the next one month, my students and their PhDs and not my family. This told me where my attachments are. Sir's story of fisher woman trying to sleep in the house of a woman who sells flowers assumed significance. Whatever nice environment, external silence that is provided, until the inner noise subsides, we will not be able to enjoy the silence.

I started analysing, what is "noise"? The following thoughts emerged out.

Nature has certain characteristics and certain frequency of vibrations. If our thoughts are in phase with that frequency, then there is no noise, i.e., if our thoughts reflect the nature of the inner being (divinity). When the thoughts are not in tune with our original nature, it leads to noise. This automatically brings out the fact that silence is the natural state of our being. Noise is like the clouds in the night clear sky that I see above my head. The only way to get rid of the noise is through cleaning, which will remove all the clouds, like the wind does, and reveals the inner silence, which is the clear sky, the Chit Lake. The noise is only the waves in the Chit Lake. With the waves on, the true nature of divine reflection in it is not visible.

By the first day evening the cleaning could culminate into the silence. I felt a kind of vacuum in me. I felt so light that I felt like a subatomic particle in tune with the nature around me. That is when I could feel that the vibrations that I feel in me are there all around me, within the small ant in front of me, the small grass plant to the big mango tree, which is giving me the shade. I felt that I am one with this nature and that there is no difference between me and this nature around me. This union looked so natural to me and the remaining two and half days were spent in enjoying this union, which was so blissful. I could see brightness within me and everywhere else. I had a glimpse of this during some meditation sessions earlier and during some sittings with Sir, but never for this long.

Probably this is what Buddha has felt under the Bodhi tree, which is being felt by me below this mango tree (Sir, I request you not to treat this as arrogance. I am saying these words with all my humility but with the confidence that this experience has given me). I now understand why the Yogis used to prefer seclusion.

It is not that there is no external noise here. I can hear the loud speakers, the train sound, the occasional motor bike sounds, the sound of the factory mills, the voice of the birds and that created by the trees with the breeze. However, all of these have no more become any barrier to my inner silence and bliss. This is when I remembered the saying of Ramakrishna Paramahansa. "You are like milk and when you mix with water, you can not differentiate. When you convert this milk to butter and put into the water, you can stay unattached to the water".

Now I could feel the concept of Mansa Sarovar Programme. It provides an environment for us to go inwards, provided you have set your goal as oneness with divinity. If one has not set this goal, he would definitely like to run away from this programme. We are highly indebted to Master that he has given not only this opportunity but also has put the seed of this goal into us that we could enjoy this programme thoroughly.

I also had a number of lessons from the smallest to the biggest parts of the nature around me.

I saw a small ant that carried almost 10 times its weight untiringly for a long distance and offloaded it on to a bigger ant when it could not carry it further. I could feel the concept of surrender in this event.

I saw at least five different sizes of ants and from small grass plant to big mango tree living together in harmony. That is when Rabindranath Tagore's words rang in my ears "You are in my eyes and so I see you everywhere". It is always the state of mind of ours that gets reflected around us.

I saw the big mango tree, which is fully live and active in its own way and able to take the hot sun and heavy rain with equanimity as if teaching me a lesson.

I also had a few dreams, particularly, on the last day night, which looked completely irrelevant and I felt that they are a part of Bhog that I was undergoing.

I am now back to the regular external world of mine and the confidence that this programme has given me would help me in maintaining this silence to some extent. As Sir pointed out once "the student who has got class first once tries to maintain it". Though this may not be the right example that I should give, it expresses my feeling.

with Humble Pranams,
Murty

10-12 Oct 08, Narasingapuram. Report submitted by Sri C.V.M. Ravi Prasad

Dear Brother,

Namasthe.

Please find my report from the visit of Manasarovar. As per your instruction through Br.Chandu I am sending this report to you only.

I sincerely thank you for providing me with an opportunity to attend this program. I'd like to sincerely acknowledge with Thanks the "Loving" care provided by Raja Sir and his family members.

With Best Regards
Ravi Prasad.

9th night:

The moment I entered the garden, the first feeling is "Mother Earth", "Mother Nature" and with feeling of Love towards it and a very happy feeling. I wanted to embrace everything there: the sand, the trees, the flowers and stones. There is a feeling of joy and Reverence towards Nature.

The happy feeling continued through out the night. Did my purification, attended to point 'A'. It was a very good feeling and I did meditation for around 2 hours in the night.

During that I felt a clear flow to the Atman point continuously.

The feeling was dependent on the Master and the thought that it should become my nature. Got up again at 12:30 AM. Did meditation till 1:30. The meditation was very deep with very subtle awareness.

10th:

3:00-4:00 AM: meditation was very peaceful and absorbing.

Thoughts during the day:

In the garden there are wanted plants and unwanted plants. I should nurture only the right thoughts in my brain.

A Big fly started to revolve around me. By habit I took out my scribbling pad to hit it. But I felt it was telling me "I came to greet you and welcome you to my home" and it went away. I felt sad how many times I have hit it when it came to my home. How did I hit it even when it did not do any harm to me. Does the Master not love it too equally well? Then I felt "Love Him who loves all"- All is everything in nature, both animate and inanimate.

As a guest I just eat what is kept and live with what ever is provided. I remembered a sentence " We should be like a guest in our own home". I felt I could and should do a better job at this.

I remembered Pujya Sir saying "meditations should not be sessions of brooding. If we are not brooding, we are silent". What to do next. I remembered the 4th commandment and in that Him saying "we should be connected to Him with love and devotion" and then another daily saying " we should simply be connected to him whose mind, senses and faculties are thoroughly regulated".

I have decided I will just try this during the three days.

Evening: after attending to my purification lied down on a rock plank there and was watching the sky. Fresh breeze, moon light and leaves shining with that. What a blissful scenery. Then I suddenly felt that the entire garden is being filled with the ocean of Bliss. I felt it to be the presence of the Master and sat up and went into meditation again(20-25 mins). It was a very good experience as if it was like in Bhandara. Very light very oriented and happy from within and after the meditation the flow was felt towards the Atman point again.

Bed time prayer: absorbed and slept on the mat.

11th: meditation: absorbing.

Thoughts during the day:

The first thought was "the whole day yesterday was as if in meditation".

End of the day what all I need is some food and it could be as simple as the raw fruits and some shelter and it could be as simple a tree shade

When I am not talking, there is nothing to show off as there is nothing to express / convince / argue. I listen and wait. I have decided to look for opportunities to be silent at home and at work in reasonable occasions. Most of the things can be just got away with a simple yes/no. But how much does the ego play? I want to be silent at least in some places.

In the evening saw some one cutting a branch. The tree is still giving shade. Though this is not the first time I have seen this, I felt that the tree is determined to give shade even if it has pain. I felt I should be determined to help others even if it pains.

Rest of the day the thoughts are not observed/ not remembered and it was calm everywhere both in and out.

12th:

Meditation: absorbed and very peaceful.

Thoughts during the day:

Observed everything in Nature to be happy. God wants us to be happy and we want to be happy and the straight line connecting these is the method of following the Commandments ie. Natural Path and our System enables people to follow this easily.

It started to rain heavily outside. I came into the hut and started to watch the rain.

Though it was showering continuously, the ground below the tree is taking the shower intermittently. I felt though the Master's Grace is showering on me continuously because of the coverings of my wishes I am taking it intermittently. in the evening I saw some one on the road making fun of someone else. I started to remember all the incidents I made fun of others/ irritated about with others behaviour and noted all these things have come in my life too.

Did it not promote humbleness yet in me, I still occasionally make fun of people at least internally. I have determined to Revere all from now on.

I was sitting in meditation and I suddenly felt a field of Master's love beside me and I opened my eyes to look there and Br. Raja Sir was sitting there. As long as he was sitting there I felt some intense motherly love in me too.

Report on Manasarovar program at Narasingapuram October 10th-12th

Abhyasi Name: Harish Subraya

Oct 10th:

Woke up at 2:15 AM after a deep sleep. Walked around the mango grove and watched the stars in the clear sky, as there was some moon light. I was trying to locate some constellations and north star when a thought came up as to how our ancestors knew the time when there were no instruments to measure time. Wondered whether they studied the movement of stars related to earth and thereby measured time during night. During morning meditation at 3:30AM, felt a complete absorption. After the meditation, started pondering over the feeling that all this nature loses its significance when the primary existence of self itself is lost temporarily during meditation. Thoughts about what remains after losing one's own existence? Is it total ignorance?

During the day, lying down on the couch under the tree went into a deep sleep for sometime. Looking directly at rising sun, saw many number of sun's with different colors, mainly blue and crimson. This illusion of colors and numbers reminded that colorlessness is the truth as pointed by Master. By observing continuously, colored suns went away indicating persistent sadhana would reveal the truth. Meditated under the trees. After one of the absorbing meditations, there was a feeling that Pranahuti is the only way for the ultimate unalloyed love. There is also a feeling that importance of nature is only as conducive to sadhana, but the actual awakening is only internal. I slept early as I was feeling sleepy.

Oct 11th:

Woke up at 4 AM. During morning meditation, felt absorbed towards the end. Since morning thoughts of the past related to desires were coming up. It went into a little bit of brooding and into some chain of thoughts. Master as the only savior is felt. Attended to cleaning for almost half an hour and then felt light. Meditated again for almost half an hour and felt the sweetness of the divine.

After sometime, new thoughts from the past were coming. Then it switched into thoughts on liberation, freedom from bondage etc. Attended to cleaning and later meditation. Now, I was feeling light. Did assiduous cleaning again in the evening and felt very light. Lied down on the stone bench and felt very subtle current was flowing through the body. Later it was very subtle and light feeling. During bedtime prayer, felt very repentant for the wrongs done and resolution was there.

Oct 12th:

Got up at 4 AM. During morning meditation, some moments of absorption was felt. Sat for satsangh/meditation at 8AM under a mango tree. There was couple of moments where it was completely absorbing for around 15-20 minutes each, losing complete awareness. Later, Gratefulness to Master was felt. Thoughts came up regarding the purpose of life as we feel the non-existence of self during meditation. Purpose felt like similar to that of a running machine which runs for the benefit of others. Service with disregard to self on the heels of Revered Babuji and our masters came as an answer. Also concerned that how many meditations do we need before putting into practice? I could observe more seriousness about the goal developing. Felt total absorption with unawareness again during the next couple of meditations. Felt almost for an hour after the meditation that I can't talk except anything but silence. Lightness was very predominant. Also observed that the thoughts that came yesterday, even if they come, no weight is felt.

Heard a cow boy shouting at cow herd continuously and curiously went and observed. Saw that he was simply shouting sitting at one place. This made me feel that he is inducing fear consciousness to the cows so that they don't cross the boundaries. Thought that some of our blind beliefs etc. inherited or enforced by surroundings have the same effect on us. Felt grateful to Master for getting us out of these bondages.

During sleep in the night, had a dream in which I was mistakenly been a target involving some violence and fear. In the end everything got resolved when the mistake was understood by proper communication.

I want to thank Revered Sir and Imperience for allowing me to participate in this program which I feel is highly beneficial. The food served by hosts Dr. Rajashekhar Reddygaru and Sister Bhargavi were fully natural and benefited us by keeping the body more pure. One thing I observed is that during this time the hunger was very less.

Jayachandra Rao
Abhyasi ID: 84

Started to Narsingapuram to attend to Manasarovar program at 1:30 PM at Chennai. Reached Tirupati by 4:00 PM.

Attended Satsang between 6:30 PM to 7:00 PM at Tirupati. Had lot of discontinuous thoughts during Meditation. Felt light and absorbed during later part of Meditation.

Reached Narsingapuram by 8:00 PM, reached Manasarovar venue after dinner by 8:45 PM. Performed 9 PM prayer and retired to bed after bed time Prayer.

10th October 2008

Had lot of dreams like thoughts throughout sleep. Woke up at 3:30 AM.

Sat for Meditation between 4:15 AM to 5:30 AM. Felt absorbed during Meditation. It was completely different feeling to Meditate in Open air. Felt Happy after Meditation.

Slept between 6:30 AM to 7:30 AM. Sleep was mostly filled with dreams and do not remember the content of dreams.

Had food several times during the day, but was eating less and was satisfied.

Rush of thoughts were there during day but inwardly feeling contentment and happiness.

Sat for Meditation between 12 noon and 12:30 PM. Had lot of thoughts during meditation. Was not able to recall thoughts.

Had slept between 1 PM to 3 PM. Had lot of dreams during sleep. Do not remember the content of dreams.

Felt happy to be in tune with nature. Felt the need to train kids (Especially in cities) about nature and our coexistence with Nature.

Felt the need to be natural and not mind what others think of me.

Sat for Cleaning between 4:35 PM to 5:10 PM. Felt cleaning was relatively lighter in comparison with normal days.

Sat for Meditation between 6:15 PM to 7:00 PM. Felt absorbed during meditation. Thoughts were there but do not remember them after Mediation.

Sat for Bed time prayer between 8:05 PM to 8:50 PM after Point A meditation. Felt oriented to Pujya Sir.

Felt light throughout evening and retired to bed after 9:00 PM Prayer.

11th October 2008

Had lot of dreamy like thoughts during sleep. But observed that I was not feeling tired and got up at 3:30 AM.

Sat for Meditation between 4:00 AM to 5:30 AM. Had lot of thoughts during Meditation. Content of thoughts were related to work and home. Felt dependency on Master. Felt absorbed during later part of Meditation.

Had a deep sleep between 6:30 AM to 9:30 AM. Sleep was completely filled with dreams. Had lot of dreams, some dreams were bestial in nature.

Did prayer between 10 AM to 10:20 AM. Continued sleep till 11 AM.

Felt lighter compared to yesterday. Thoughts during other times are related to office, home and some sensuous drives.

Felt that we can be happy only if we are in tune with nature according to commandment 4.

Sat for meditation between 12 noon to 12:27 PM. Had lot of discontinuous thoughts during meditation. Content of thoughts were related to House construction, Movies etc. Felt light after meditation. Felt orientation towards Master during meditation.

Felt that nature does its duty with out expecting any return or recognition. Felt the need to imbibe same qualities in life towards duties and Sadhana.

Had thoughts related to my father. Felt like seeing my parents.

I was getting attracted to songs played outside.

Observed that with lot of difficulty we get food and we squander. Felt that we should not waste food.

Slept between 1 PM to 3 PM. Had lot of dreams and some are bestial in nature. Had deep sleep with dreams.

Sat for Meditation between 6:15 PM to 7 PM after cleaning. Had lot of discomfort due to stomach ache. Resolved to sit for meditation and continued meditation. Felt light and calm after meditation.

Sat for Bed time prayer between 8:00 PM to 8:20 PM after Point A meditation. Felt like resting for some time and do 9 PM prayer. But slept.

12th October 2008

Dreamy like thoughts continued during sleep. There was rain in midnight and we changed our beds to in side roof. Got up at 3:30 AM.

Sat for Meditation between 4:40 AM to 5:40 AM. Had lot of discontinuous thoughts. Some were related to sensuousness. Felt disturbed by thoughts and Felt that Master knows what is best for me. Physical discomfort was there.

During meditation one Frog entered into my asan. Felt fear. This continued throughout day and was sitting only at high places.

Sat for Satsang between 8:00 AM to 8:55 AM. Felt absorbed during meditation and felt sensation above back side of head.

Enjoyed freedom to Meditate, eat and sleep during program. Divine related thoughts are related to cooperation and coexistence. Non divine related thoughts were mostly related to office and sensuous drives.

Sat for meditation between 12 Noon. Feeling of lightness was there throughout meditation. Thoughts were present related to office work, conflicts at home etc.

12:30 to 12:40 PM prayed for forgiveness. Feeling of repentance was there and felt that Master is the only forgiver for me.

Slept between 1:00 PM to 2:15 PM. Had lot of dreams related to work. Had a bestial dream, which made me to wake up. Felt guilty and embarrassed. Prayed to Master. Pleaded Master to forgive me for all bestial activities I indulged.

Sat for cleaning between 5:30 PM to 6 PM.

Sat for meditation between 6:15 PM to 7:00 PM. Felt like meditation completed 10 or 15 minutes before and continued meditation till 7 PM.

Retired to bed at 8 PM after point A meditation and bed time prayer. Woke up at 9:00 PM, did 9 PM prayer for 10 minutes and slept. Observed that although I was not in deep sleep did not get up and do 9 PM prayer due to lethargy.

13th October 2008

Woke up at 3:30 PM.

Sat for meditation between 4:15 AM and 5:15 AM. Was aware of thoughts during meditation. Felt subtle throughout meditation. Has a thought that cock shouting is reminding every body to get up and sit for meditation. Felt light after meditation.

Returned to Brother Rajasekhar Reddy garu house and back to Chennai. Felt happy and contended throughout return journey.

Overall during all three days contentment and happiness prevailed. Felt need to increased priority to Sadhana and reducing unnecessary activities. Felt need for co-existence with nature and felt need to be plain and simple to be Identical with nature as ordained by Master in commandment 4.

I would like to Thank Pujya Sir, Imperience in providing me opportunity to attend Manasarovar program. I would like to thank Brother Rajasekhar Reddy garu and Smt. Bhargavi garu for providing such a wonderful facility, natural food and for their love and affection during our stay.

With heartfelt pranams,
Chandu