

## అభ్యాసి రిపోర్టు

మానస సరోవర్ ప్రోగ్రామ్, డిసెంబరు 23 నుండి 25 వరకు 2006.

నాగారామ్, బద్రాచలము దగ్గర

అభ్యాసి పేరు : ఎస్. నగేష్

అభ్యాసి క్రమ సంఖ్య : 368

సాధన మొదలు పెట్టిన తేది : 17 అక్టోబరు 1991

చిత్లేక్ అనేది ప్రతి ఒక్కరికి వారివారి వీలునుబట్టి అక్కడ dates వున్నప్పుడు పేరు యిస్తే చాలా అవసరమనిపించింది. నాకు మాత్రము ఎప్పడూ బిజీబిజీ అనుకొంటాను, టైమ్ లేదని కూడా అనుకొంటాను. కానీ నేను ఇక్కడికి వెళ్ళినాక కొంతసేపు set అయ్యేటందుకు time పట్టింది. తరువాత మెల్లమెల్లగా ఈ ప్రోగ్రామ్లో ప్రశాంతంగా, తేలికగా, బరువున్నా బరువులేకుండా ప్రకృతికి దగ్గరగా వున్నట్లుండి silenceలో యిలా first time గడిపాను. ఒక్కొక్కటి అర్థమవుతుంది. Silence అనేది Divineకి దగ్గరగా వున్నట్లు natureకి దగ్గరగా వున్నట్లు ప్రశాంతంగా వుండెను. తరువాత దేనిమీద మనసు రాలేదు. First day food మీద, యింటిమీద, business మీద అలోచనలు రాలేదు. కళ్ళుమూసుకొంటే Meditationలో వున్నట్లుండెను. Peaceగా Silenceలో ఎన్నో భావాలు Divineకి దగ్గరగా, ఎక్కడ చూచినా కల్తీలేకుండా fresh గాలి, నీడ, greenary కూర్చోంటే

ఎంతో deepలో వున్నట్లుండెను. అసలు timeకూడ తెలుస్తలేదు ఎంతయిందో. నాకు అక్కడ cassette పాటలు కొంచెము విన్న తరువాత దానిపని అది నాపని నేను అని వెళ్ళిపోయింది. తరువాత తెలియలేదు. Cleaningలో impressions చాలా easyగా పోతున్నట్లనిపించింది. కానీ నాకు మాత్రము జల్లీ నిద్ర పట్టలేదు. కొద్దిసేపు restless గా కూడా వుండెను. తరువాత bedtime prayer, constant remembrance చేసుకొంటే సరైంది. నాకు మాత్రము ప్రొద్దున లేవాలంటే కొంచెం టైమ్ పట్టింది. మెల్లమెల్లగా అలవాటయింది. తరువాత అక్కడ పక్షులు, నిశ్శబ్ద వాతావరణము, Divine గా వుండెను. ఇంకా ఎన్నో ఎన్నో అలోచనలు వచ్చాయి గాని నేను చెప్పలేకపోతున్నాను. దీన్ని బట్టి చూస్తే మనము ఎప్పటికైనా ఈ busy life నుండి బయటపడాలి. దీని ఆనందమే వేరే. తరువాత 3rd day మాత్రము మెల్లమెల్లగా ఒక్కొక్కటి జ్ఞాపకము వచ్చాయి. కాని ఏమాత్రము పట్టించుకోలేదు. దాని పని అది నా పని నేను చేసుకొన్నాను. ఎప్పుడైనా materialist తాత్కాలికమే. natureకి మాత్రము ఒక్కటే. రాత్రి 9.00 ప్రార్థన భావన, దశాదేశములు బాగా గుర్తుకు వుండినవి. వాటిలో లీనమైనట్లనిపించింది. ఈ అనుభవాన్ని మెల్లమెల్లగా prayer వల్ల, constant remembrance వల్ల నిలుపుకోవాలని అనిపించింది.

ఒక చెట్టుక్రింద కూర్చొన్నప్పుడు చెట్టు స్వార్థములేకుండా మనకు పండ్లు, నీడ, గాలి, పూలు, కట్టెలు, యింత యిచ్చినా మనము మాత్రము అవసరములేకపోతే కొట్టేస్తాము. కానీ మనము మాత్రము ఏది చేసినా నాకేం లాభం అని అనుకొంటాము. దీనిబట్టి చూస్తే మనం కూడా అలా

స్వార్థంలేకుండా ఏ పని చేసినా మనం చేస్తలేము అని అనుకోవాలి.

Early morning ధ్యానములో సూర్యునికి దగ్గరగా Golden and orange colour గా వుండెను. గోదావరి గట్టుదగ్గర నీళ్ళ శబ్దము రకరకాలుగా ఏ శబ్దము వచ్చినా Divine అనిపించింది. ఆకాశమును చూస్తుంటే యింకా చూడాలని అనిపిస్తుంది. ప్రశాంతంగా వుండెను.

రామారావు గారు చేసిన ఆతిథ్యానికి మేము కృతజ్ఞులము.

## MANASAROVAR REPORTS

23 Dec - 25 Dec 2006, Nagaram near Bhadrachalam. Report submitted by Sri. C.V.M. Ravi Prasad

Abhyasi Name: Sri. C.V.M. Ravi Prasad  
Abhyasi ID : 1624  
Practicing Since: 6 Feb 2000

First day consisted of lot of thoughts (Thoughts pertaining to money, family and work related). By the end of the day it was progressively calm.

Second day the thoughts were more on the idea that We should be in tune with that of the Divine and Nature (the sentence that we should walk in the will of God was rotating in the head).

Third day was more on following the commandments of the Master in Toto and to treat everything coming to me as coming from Him.

Mostly I felt that the days were as if I was meditating all through (though not literally the meditation on Divine light, but letting the thoughts go and being in silent with the idea of Divine at the back).

Overall the trip was successful and better to me from the last time in the following ways:

- Thoughts of fear of snakes/scorpions did not exist even on the first day.
- Facing the self (over pouring thoughts) is got used to and learnt to live with them and let them go to some extent.
- One thing that I feel that I should take away from this visit is the practice that we should be able to be in the Master's thought while doing light-weight activities.

The facilities were really good with fresh fruits, fresh milk and fresh air. Thanks to the host and to Imperience for giving me a chance to look into myself at leisure and helped me learn that with a moderately quite pooja room I should be able to dwell in silence even at home.

Feedback to Imperience:

Thank you for giving me an opportunity to participate

There was lot of lighting (thin shade). It could have been better if the seats were arranged under thick shade.

## MANASAROVAR REPORTS

23 Dec - 25 Dec 2006, Nagaram near Bhadrachalam. Report submitted by Sri. K.C.Srihari

Abhyasi Name: Sri. K.C.Srihari  
Abhyasi ID : 47  
Practicing Since: 1987

### Thursday - 22nd December, 2006

In preparation for the program, I had stopped taking solid food after a light breakfast in the morning. Most of the day I was keeping silent to myself. There was some frivolous conversation made by a few abhyasis before starting that I did not necessarily appreciate. We started at around 3:30 in the afternoon and were delayed a little due to a rally of a regional party. Most of the trip was done maintaining silence with only couple of brothers indulging in mundane conversations. We reached the destination for Manasarovar at around 10:00 in the night. After having dinner at Bro. Rama Rao garu's house, I went to sleep after doing the bedtime prayer.

### Friday - 23rd December, 2006

I got woken up by some tape being played near our living quarters. Open air meditation at around 6:00 in the morning. I tried to remain unmindful of thoughts coming. Other than the initial birds and crickets there was no other disturbing sound. I consciously tried to treat thoughts as uninvited guest. I was better able to appreciate silence, I should rather say 'Silencer'. I will try to be in the thought of the Master all day as far as possible

I slept for a while and got woken up by a dream of bestial nature.

After a small walk, I sat down again. Thoughts related to Truth – that it is like a slap on the face. I think we avoid telling it to others in some cases to not cause injury. But upon contemplating, I feel it is necessary in their own interest to tell the Truth

There were a few buffaloes that came near us for grazing on the nearby grass. There was one particular buffalo that kept staring for a very long time and caught my attention. I thought for a moment that I was being looked at by the Lord of Death. Then thought moved to the thought that “we must be living dead” came and I tried to remain in that thought for a while

Feeling that thought flow is moving steady towards knot 2. When I tried to see whether I am having any thoughts of interdependency, I was observing all the insects, bird and trees working happily. No one living organism is a waste in Nature.

Evening cleaning was mostly calm with few thoughts. It got disturbed from time to time by some christian missionary songs blaring from the speakers for a while

### Saturday - 24th December, 2006

Morning meditation has very few stray thoughts with some of them from old college days. Thoughts related to friendship. Master is the only friend and everything is His. This friendship involves a great amount of sacrifice. Sacrificing attachments, money, fame, etc. Only such a friendship is rewarded. 'Ushas' the word came during meditation. The word Usher might be a derivative of this word

Continuing from the thoughts after morning meditation. The usherer of the new era is SriRamchandrajaji Maharaj. We need to yield nay accept this totally and maybe there might be a use to our life.

I slept afterwards till 10:30. It seems like I have not slept for ages. Any time I close my eyes, I seem to go off into sleep

Relationships are another bind that keeps us away from Silence. Thoughts of various

relationships clutter preventing us from feeling Silence

I took a walk in the afternoon to the Kinnerasani tributary that is just abetting the prayer grounds. Seeing the rocks on the river bed smoothed by the water, I felt that is how our sadhana is. We are smoothed by the Master so that we become Real men

Evening cleaning was centered with thoughts of the Master and the only instances that I remember seeing Him

### **Sunday 25th December, 2006**

Morning meditation was on the river bank before sunrise. Very absorbed with no thoughts bothering. Open air meditation under the sky is better than meditation under a tree

After morning meditation, I got an opportunity to see the sunrise over the river. Very picturesque. I had a splitting headache from the time I got up that worsened and I slept on the river bed. The sleep was very deep and I was not aware of anything. This is one thing I am noticing. The moment I think of Master and sleep, I am not in this realm. A feeling of happiness and contentment. That this is the real nature of Nature. The question is how do we maintain this feeling when I get back home?

During afternoon meditation felt the flow more to the right. The middle point where the diversion of flow happens was distinctly felt and an orangish red colour was observed

As the thought of going back was coming, associated thoughts related to school etc were coming also. I was trying to remain in the present and not get carried away by these thoughts.

Evening cleaning was filled with mostly thoughts related to people talking during the program. Imperience needs to look into this matter practically and seriously

### **Suggestions**

There was some suggested material by Dr. K. Madhava for reading before going to the mansarovar program. The notification came on Thursday afternoon and I did not have time to read all the articles. Maybe this kind of information can be given much in advance to the participants

Food needs to be sattvic. That means no oily food with onion or garlic. Also grapes in fruits is not conducive for meditation. I mentioned it to fellow brothers at the program and we decided against taking it.

Petromax lights can be provided in the night for people who wish to go in the night to meditate in the open air

Instead of cots, only mats can be provided for sleeping. This will also keep the body from becoming lazy.

Prayer room can be provided in the living quarters

### **Conclusion**

In conclusion, I would say that this has been a very fruitful experience for me. I would want to come back once a year at least for this kind of a program.

I thank the staff of Imperience for the facilities and travel arrangements provided and Bro. Rama Rao for being a very gracious host

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## MANASAROVAR REPORTS

23 Dec - 25 Dec 2006, Nagaram near Bhadrachalam. Report submitted by Sri. G. Srinivasa Raju

Abhyasi Name: Sri. G. Srinivasa Raju

Abhyasi ID : 487

Practicing Since: 31 Oct 1996

**1st day**

Date: 23/12/06

Thoughts about the goal of life came after morning meditation.

A feeling that I am one among the nature, each and everything in nature has its due importance and it should be respected as Divine expression.

A thought that I am in God and God is in me and struggling how to feel it.

There are spells of silence with intermittent thoughts of worse related (very little) and about father, who is in hospital (sometimes).

A thought that nothing will stop in my absence Divine takes care of appropriately.

Deep silence experienced in the afternoon (around 3.00P.M.)

A conflicting thought between goal of life and materialistic goals. Settled with an answer to tackle it by prioritisation.

Felt like I should work for materialistic goals but leave the result to the God.

A thought that I should see a Divine relationship in every area of work.

A question araised, in spite of knowing the goal of life why am I not practicing the method given by Master assiduously?

Why am I not feeling the urgency in moving closed to the God?

I felt like changing the priorities to do the practice.

When I was looking at the sky, though I am insignificant under this sky, somewhere that I is significant. Felt like I should purify myself in the service to the Master.

**2nd Day: 24.12.2006:**

During morning meditation many disjointed thoughts were coming thoughts of whether I have done right things related to company? How do people think about it?

Morning meditation: 6.05 to 6.55 am

There is a spell of silence.

While contemplations on silence after the meditation; felt like to be in the company of silence. A thought that all the thought and our role in the world are transitory in nature. Do the work in present. This thought is strong

During forenoon I am able to relax with lot of silence majority of time very few thoughts were coming and do not remember them.

During noon meditation I am attentive and resting. Some thoughts were coming but insignificant.

A thought that I should attend work and return to silence whenever possible during routine work activities.

Afternoon is disturbed with some thoughts related to work. Contemplation on silence was very difficult.

Thought of how I should implement regular Sadhana by changing priorities and habits.

**3rd Day: 25.12.2006**

Last night I had dream on 3 subjects.

a) I am catching something in water seaside). Something pulled me inside and I was struggling to come out.

b) I was dancing with some lady.

c) My father is discharged from the hospital and at home.

During morning meditation I was attentive waiting for silence. Some calmness at the end.

I observed that there is inner struggle to get some silence by arresting the thoughts since yesterday afternoon.

I felt I am not allowing the thoughts naturally. I decided to observe whatever thoughts come.

I felt a little ease some thoughts related to distant relatives came. Most of the time I was drowsy (either because of food or sinus).

Unable to meditate. It slipped my mind to do noon meditation since I was sleeping.

After noon I am a bit relaxed. Accepting thoughts as it comes.

A feeling that things are transitory and keep moving as a duty I should plan for targets and act. This is to counter my brooding nature over things to do and procrastination.

Felt like learning lessons out of short comings and work on it, rather than thinking of negative or short faller results.

Conclusion:

Tasted silence. Felt like to be in the company of silence.

Silence distances all fears. Live and act in present. Past and future are bringing fears.

Follow Sadhana assiduously to be closes to the God or silence. Be dependent on the Master and in service to the Master.

Om.

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## MANASAROVAR REPORTS

23 Dec - 25 Dec 2006, Nagaram near Bhadrachalam. Report submitted by Sri. Surya Prakash

Abhyasi Name: Sri. Surya Prakash

Abhyasi ID : 248

Practicing Since: 11th April 1993

### DAY I

Date: 23/12/06

Morning meditation: 6.30 to 7.30 Am

Point B: 10 min

Once sat for meditation it was a feeling of freedom, not confined to the walls any more but it was also difficult to handle since lot of thoughts pouring in may be out of anxiety, due to new place or the newly got freedom due to natural environs some sort of tension with some eager expectation, not clear.

Observed yellow color with orange after that and then a mixture of orange and white and it was just white, but yellow was predominant.

Thoughts related to distant past and present started pouring in , it was a wonder all these days I stored these, they are not disturbing yet trash and just ignored, and I observed between two thoughts there was a gap in between, it was like blank space with thoughts of insignificant in nature. Thoughts related to friends, college came, no thoughts related to work and family I observed. May be now and then but not so serious.

But it's a great feeling I am here where I belong to as the ancient one who meditated for god or something higher in some deep forest, I belong to that and this is the real purpose and my original nature.

Meditated from 12 to 12.30 noon and observed yellow with tinge of orange color.

A buffalo is staring at me as if it is ready to charge, may be it is also curious about us and I felt it is questioning WHO ARE YOU INTRUDER.

At 1 pm went back for lunch and had some fruits, nuts, buttermilk and came back and slept while gazing at the sky and in the evening carried out cleaning. At 6 pm we retired to rooms and from 6.30 to 7 Pm meditated. At 9 Pm prayer. At 9.30 after bedtime prayer retired to bed.

A day of partial excitement, confusion and may be something unknown feeling, overall thoughts were there with long gaps in between only stillness or shall I conclude just blank. Most thoughts are about movie related, less of office and home.

### DAY II

Date: 24/12/06

Morning meditation: 6.05 to 6.55 am

Point B: 10 min

Woke up at 4 am since I could not sleep much as dreams are pouring out regarding some childhood memories pertaining to village etc.

At 6 .05 we were under the tree for meditation it continued upto 6.55 am. The feeling felt was utter silence in tune with surroundings, more relaxed, more comfortable and at ease.

1. Observed clusters of small flower like things or are they some flowers like diamond stones violet in color and turning to maroon and like a sheet of flowers spread all around arranged together, it was repeated twice or thrice the same sequence.
2. After meditation felt like sleeping and slept, I woke up after two hours and I had a dream in which brother raghava, viswanadth and self were there and they are talking about

center, and in the center it will be like floating in water/air and I felt that I talked the same thing with sir long back and IT WAS JUST A DREAM. After I woke up I was wondering what is this dream about and felt very light and sat for meditation for 1 hour with complete silent with the color of the dawn and the strong feeling is that this is where I belong to..... silence. I just stared at the grey sky and there is only stillness and it was just blank.

3. Looking at the mango trees I felt they are there for the past say 10 years in the same place and they are what they are, all the trees around me are connected to the base or mother earth and each has its own distinctiveness and may be they bear fruit accordingly though they are connected to the mother earth ,nourished as per its requirements I felt they are not comparing, complaining and they are happy seeking nothing, no expectation, no wants just happy with themselves, a sort of contentment is felt may be because they are connected with the BASE and we are also product of the same being lost touch with our BEING, claiming to be individuals with distorted image of our own and may be the tree is blessed since it does not have brains ? Connect to our base firmly and be still and what we deserve we get and with our own capacities we shall stand and express the divinity as he wanted. I do not understand why I never thought about the greatness of a tree all these years and though I may sound bombastic it is 100% truth. ALWAYS CONNECT WITH THE BEING AND BE STILL AND ACCEPT IN TOTO. May be it is difficult with all the distractions but not impossible.
4. OH it was too much to handle I think my purpose is served and I got the answer and it was so much of happiness which is bubbling out.
5. Brother Srihari and self went to fetch some fruits by the time we came back that buffalo trampled my mat, sniffed and after seeing us it ran and started staring at me, we both saw a snake skin and yes today more silent is felt than yesterday and I felt more emptiness.
6. Just beside the mango grove a small rivulet called Kinnerasani was flowing, along with sri Rama rao, brothers srinivas raju, srihari, viswanadth and self went there and sat for around one and half hour.
7. A river like LIFE moves on and it reminds us of the dynamism called life which is ever restless to reach the destination, may be the same thing is applicable to us to have the same restlessness to reach the destination our goal our master.

After evening cleaning we went back to the room since Christian songs are in full swing.

Evening at 6.30 to 7 pm sat for meditation and at 9.0 pm prayer and after bedtime prayer retired for bed.

The heart filled with joy and it is just uncontrollable with happy feeling just oozing out.

### **DAY III**

Date: 25/12/06

Morning meditation: 6.05 to 6.50 am.

Point B: 10 min.

Today we went straight to the bank of kinnerasani and sat for meditation. From 6.05 to 6.50 am. After that watched sunrise in its entire splendor. Took a long walk along the bank of the river and enjoyed the river flow with the gurgling sound of the river turning at a point.

1. Thoughts have subsided but thoughts are there and there is vast emptiness between them.
2. After 12 to 12.30 noon meditation.
3. The buffalo what I mentioned earlier again came and it was staring at me, may be it was afraid due to my red color bag. I covered my seat mat and kept the bag on the tree out of reach and came to srihari's place watching the buffalo. It came at the seat sniffed all round the mat, we both are watching with amusement, after a while it left the place staring at us and it was just standing ready for a charge.
4. Around 4pm to 4.30 pm meditation was silent with vast sheet of greyness all around like the clouded sky.

After evening cleaning we came back to room. All of us went to see the guava garden 'Sriramchandra Krupa Dhamamu' and the other mango groove which is little far off from the village. Here it was more like a forest and the mango trees are bigger and more shade is there.

We retired to bed after 9.0 pm prayer and bed time prayer.

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## MANASAROVAR REPORTS

23 Dec - 25 Dec 2006, Nagaram near Bhadrachalam. Report submitted by Sri. N.V.Viswanath

Abhyasi Name: Sri. N.V.Viswanath

Abhyasi ID : 1625

Practicing Since: 25th Nov 1995

### 23-Dec-06

Did morning meditation from 6.10 to 6.55 AM under the tree. Had thoughts about yesterdays events, the predominant feeling was dependency on the Master

After the meditation I had thoughts continuously. The thoughts were related to the past. Thoughts did bother me. The thoughts made me feel my lowliness and felt grateful to the master for having taken me into his fold.

During the whole day I tried to be in meditation for most of the time with a yielding attitude towards the Master. This gave lot of relief from thoughts. There were intermittent thoughts of serving the Master with commitment.

Did evening purification from 5.00 to 5.40 PM. Felt light after it.

After coming back home in the evening also I tried to be in the meditative mood to avoid thoughts.

Attended to 9.00 PM prayer. Could maintain the thought for few minutes continuously.

After the 9.00 PM prayer also I sat in the meditation till 11.00 PM and felt good.

### 24-Dec-06

Did morning meditation from 4.10 to 5.10 AM at the place where we stayed. I was absorbed and felt silence during the most of the time. Sat again for meditation (This time under the tree) from 6.10 to 7.00 AM. It was silent. I again sat in the meditation from 8.00 to 9.00. Did not have many thoughts.

Around 9.30 I had a thought that I should not meditate rather just sit silently.

I started to sit silently without thinking about anything. This was natural and there was no force on the mind. I started feeling subtle vibrations in the head. This made me feel very happy and there was a feeling of contentment. I sat like this till 3.30 PM. I felt these vibrations continuously whether I had my eyes open or closed or whether I was sitting or laying down.

During this time I had the following feelings

1. He is working continuously whether we are silent or not. That is His love for all of us.
2. Around 12 noon I felt the intensity of the vibrations to be more.
3. Around 1.00 PM I had the feeling that "All of us are living because of His continuous work and hence we are dependant on Him. He does everything and we think we are doing everything."
4. Around 2.00 PM had thought that the internal and external noises we create does not allow us to feel Him. The more we go nearer to Him the more we feel Him.

There were other thoughts which were coming intermittently and did not have any impact on me.

After 3.30 PM I lost this condition and started getting thoughts again.

Attended to purification process from 5.00 to 5.30 PM. After that I did not feel like continuing the purification process.

In the evening from 6.00 to 8.00 pm started having lot of thoughts. I felt bad for having lost the condition which was there till 3.30 PM.

Attended to 9.00 PM prayer and could maintain the thought for few minutes.

In the night I sat for meditation till 11 PM and found relief.

## **25-Dec-06**

Did morning meditation from 4.00 to 5.00AM at home (The place where we slept in the night). There was lot of silence.

Had thoughts from 6.00 to 9.00 AM and was irritated by them. Sat for meditation for 40 minutes from 9.00 AM and found calmness. Later I sat with a feeling of dependency on the Master. There was a feeling that I should improve my dependency on the Master.

Started feeling the subtle vibrations again and felt happy.

From 2.00 to 5.00 PM most of the time was spent in thinking on how to develop self confidence, love for the Master, how to serve the Master etc. In the evening did not attend to my evening cleaning as I did not feel like doing it.

In the evening from 5.30 to 6.30 went out to see garden of Br.Rama Rao Garu.

In the night sat for meditation for couple of hours and felt good.

On the whole I felt the program to be good. I understood the value of silence and will try to implement it. I understood how difficult it is get into silence and at the same time how easily we can spoil the silence.

I thank the Imperience for having given me this opportunity.

Regards  
Viswanath

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