

Dated: 31/12/2022

Name: Atul Mishra

Report on Chitlake Program 25/12/2022 - 1/1/2023 (Mokila Village, Hyderabad)

Humble Pranams to all the brothers present here and salutations on the noble feet of Masters of the order.

Objective:

I came for this program to practise the simple fact that “ This is totality”. Whatever is appearing is everything. The NEED to have it differently either via acceptance or rejection should end. There should be no demands or questions!! Just be the way the great Master ordains it.

Summary of Experience:

1. On day one, my mind started going blank and silent. Thoughts of workplace and home started receding away.
2. On day two, I started feeling more & more at ease with myself and my surrounding. Absorptions in satsanghs sessions increased. All through the day blankness, quietude, peace & calmness grew more. The mind simply refused to engage in any other thought (work, home etc.)It simply wanted to stay in the sweetness of the great Mater’s grace. I was enjoying the state. Then just happened to overhear my trainer advising a brother to be grateful to Master for such conditions and state of Mind. I realised and immediately my heart got filled with immense gratitude for the Master for granting these levels of silence and calmness to Mind. Stayed most of the day in that state.
3. On day three, the practising of the earlier stated objective continued. During the day some discussion happened with my trainer and a brother regarding the interplay of Gunas. How in nature, the whole Leela, is all about three Gunas (Satav, Rajas, Tamas) intermingling, interacting & interplaying with each other and all appearance happens. The kicker is that this appearance is not for anyone in particular!! It is just happening. Sun is shining, the wind is blowing, flowers are blossoming, and sounds are happening. It is all interplay of Gunas. None of this requires the US. We add ourselves unnecessarily to all that is happening. A centre of separation gets created. In this timelessness, a time is created by this separate sense of self. Whereas, in reality, thinking is happening, actions are being performed and work is getting done. My gratitude for Master grew further on day three for such deep recognition.
4. Days 4 & 5 were of heavy cleaning. Immense body pains, fever, throat aching, weakness in the body, disorientation in mind. Felt sweaty during sittings and as if I am having a heart attack. The fear of death crossed my mind during afternoon and evening satsangs. The sweetness of the previous days disappeared. Felt this is what is appearing at this moment.
5. The morning of day 6th was like a Breezer after a night of Gushing winds and a severe storm. There was tons of lightness and relief in the body. There were happy tidings in the heart after the morning Satsang. I went and sat in the nursery after breakfast. There was a pleasant breeze blowing. Butterflies were hovering over the freshly blossomed flowers. The scent of just watered garden beds was fresh in the air. My mind was completely blank. While relishing the beauty of nature suddenly at one point I felt a complete absence of self and just

the presence of all that is happening. Lost all awareness. Don't know how long I stayed like that.

Takeaways/Learnings:

1. On the very first day, my trainer instructed us to carry out the practice as if we are taking it up for the first time. The vigour and determination have to be of the highest degree. There are many lapses on my part as far as individual sadhana goes. This will help a great deal in improving and fixing these lapses.
2. Adhering to Santushti is the greatest virtue to practice going forward.
3. Desire & Fear to be addressed as these will continue to act as hurdles in effective sadhana.
4. Steady contemplation on the interplay of Gunas and tanmatras.
5. Food is to be taken with the thought that we are feeding a hungry beggar. This will create the necessary detachment from pleasure and develop a sense of service while feeding.