

Takeaways from the Chit Lake Program

Gratitude

- A feeling of reverence and gratitude towards my brothers for their company for the past 7 days
- Master lives in the hearts of His abhyasis, is the thought that remained with me in the 9:00 PM prayer on Friday and ever since.
- Gratitude for all the events 'good and bad' bestowed on me (mahaprasada) that led me to this opportunity. Sincere prayer that this be a life transforming experience for all participating abhyasis and an inspiration for many more aspirants to come.
- Master's words that we can be transformed in 7 days be true in all/everyone's experience.

Goal Clarity

- Goal of yoga is mergence or oneness with the Master, which necessarily has to involve dissolution of the ego, a modification of mind stuff that generates an idea of separateness from the whole. This is what sadhana is all about.

Sham as a Practice and Constant Remembrance

- Babuji Maharaj says "We start our sadhana with sham, the first of the six sampattis of the third sadhana of the vedantists and devote all out attention to the proper moulding of the mind which is easily accomplished by the help of the transmitted power of the worthy Master. Control of senses and Indrias (or Dam) follows automatically when we fix our mind on one thing and one alone which is Reality, ignoring all others"
- Blessing of the tranquil mind/silent mind achieved through the influx of the Divine itself (pranahuti), is a sacred gift that needs to be matured and practiced as a sadhana.
- Tranquil chitta (mind stuff) provides an opportunity for us to get a glimpse of the all-pervading/whole and reduces the distortions of concept and perception. I have been trying to practice staying in the present (now) with the awareness of the all-pervading Master and it has stabilized during the 7 day Chit Lake Program. This practice needs to continue with an effort to extend its duration.
- Constant Remembrance is akin to mindfulness of the Buddhists.

Surrender

- Kabir seeing himself as a dog of God, with a noose around Kabir's neck, letting Him take Kabir wherever He wants has stuck with me.

- Thought of a 'Corpse in the hands of a dresser should be the aspiration'

Vairagya

- World around us survives without us, albeit for 7 days is instructive.
- This seclusion has made me realize the disproportionate share of my attention/affection that the worldly is receiving as opposed to Reality/Master.

Learnings from the Helper

Watching the helper at the farm I have learnt that...

- There is dignity in work. How you do your work is far more important than what you do (nature of the work itself).
- Benevolence does not need a bounty. It is a state of mind/heart. This was demonstrated by her act of thinking of someone less privileged than her to share her food with.

Deliberate Pace

- Deliberate pace of activity offers a different perspective.
- It offers more opportunities for intervention of discriminative intelligence.
- It is in tune with nature.

Meditation

- I have started to understand what meditation is and I need to practice the skills required for me to get better at it.
- Employing a beginner's mindset is extremely helpful, where we focus on the process and our whole being participates in getting the process right.

Humility

- With utmost humility I offer my humble pranams to the holy feet of all His disciples and Masters of Sri Ramachandra's Raja Yoga of the Varadachari Order.