

Name: - Raghavan Vallur

## 7-Day Chit-lake Program Report

- Heart-felt Pranams at the Holy feet of the Master whose method of training in which we all are attempting to achieve optimal mastery, albeit in our own ways, while maintaining the servant attitude (SERVITUDE) throughout
- Also, I would like to express my gratitude towards my trainer/s and all the fellow brethren who made this happen and for the support to sail us all through this wonderful 7-day (25 Dec 2022 to 01 Jan 2023) stay put at the Mokilla farm located on the outskirts of Hyderabad
- There were Satsanghs conducted three times a day - mornings and evenings (one hour), and afternoons (half-an-hour) with only simple and Satvic food on offer, prepared by fellow brethren in the remembrance of the Master
- The current state of mind, while attempting to write this report, is that of *deep calmness* and *plainness*. Feels like there is hardly anything more to express or write, except for the aforementioned feelings; *It is what It is!* However, here is my sincere attempt to put together some thoughts/feelings and share with a spirit of '*Bodhyanti Parasparam*' to benefit one and all
- To start with, the idea/purpose with which I came forward to attend this program was to develop a *steadfastness* in my habit of practicing the meditation and *Constant Remembrance* properly. While it was encouraging to see this steadfastness in practices happening almost automatically and seamlessly without any effort under this controlled environment, I feel motivated to carry forward the same momentum and continue with it in the real-world, as well

- Initially, for almost 3-4 days, in almost all the meditation sessions, there were many thoughts of various nature, including some of the deeply buried ones that were being exhausted/going out of the system like a dream - perhaps the churning of the Chit-lake happening. It was after this immense cleaning that I could feel the rock-solid/frozen Silence very vividly which invoked a feeling that this Silence is what becomes our base for practicing the Abhyas further and conduct accordingly and appropriately even in the mundane world to propel us towards our Goal
- While off the meditation, there use to be a few thoughts around office/family etc. that were passing by the mind. However, they hardly seemed to impact the Silence we were feeling all the time. Additionally, the fraternal environment around made us all feel eternal at the venue, as if nobody cared about us or vice-versa; we hardly were 'existing'
- During the time, the discussions around the nature of the Soul/Atman, our existence, right way of meditation/thinking were veil-removing surrounding our consciousness. It provided a better clarity on the Goal of Life - we are not separate from anybody ( including GOD Himself) or anything in this Universe - All are interconnected, and we need to think and act accordingly to realize our Goal faster
- The wisdom we gained was that while it is simple to live in Simplicity, there are no 2-ways or half-hearted attempts which will help us steer towards our Goal; '*praatikoolasya varjanam*' (avoiding all that is not conducive to our Goal) is an '*All or None*' phenomenon that needs to be adopted to realize ourselves in toto. The network must be shattered completely; cannot be picky on our desires/wishes
- I also felt that the Chit-lake must be emptied to feel/look at the Bottom or the Base of It. Preceding to it, one must remove/detach the 'I' attached to every

thought or action one performs and dispense all the actions as the sacred duty towards Him. This I felt was one of main essences that I would like to carry forward further on

- It is generally known that it was very easy to progress spiritually during Babuji's or Rev. KCN garu's physical presence. However, I feel that whole-hearted and sincere efforts in following the *10 Commandments* provided graciously by our Master can act as our food and tonic to progress speedily on the Path of Grace!

Pranams!