

Date: 31st December 2022

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“Billions and Billions of salutations to Master and all the masters in Dr. KCV Order and my brethren present in this Chit Lake Program”

Arrived in Hyderabad for the Chit Lake program on 24th December 2022 along with Brother Atul Mishra and went straight to Dr. Madhava's place from the airport.

1. Want to start with my reason for coming?

In the month of August 2022, changed my job after 10 years of working in an organization where I didn't have any growth but had a good work-life balance. The biggest reason for my change was that I was insulted in office and decided to leave because of my ego and temperament.

I approached my friend to help me find a suitable job in his organization. He at the same time spoke highly and positively about his organization which in turn convinced me of the change.

With prayers to Master and clearly knowing the risk involved went ahead and joined.

As with any new organization first two months were ok, and I was getting more aware of the actual working of the team/organization.

By the beginning of the third month, I clearly understood that the role which I was hired for was not as per my experience or skill set. Nothing was as per the picture which was shown to me by my friend, and not as per the expectations. The work geography that I am supporting is North America so that means starting work from 6:00 p.m. in the evening to 12:00 p.m. in the night followed by early morning calls from 7:00 a.m. to 10:00 a.m. in the morning. So basically 14-16 hours of work and 4-5 hours of sleep leaving me no time for doing meditational practices.

This change was not healthy and it started affecting my family life. I was melting out all my frustrations and anxiety on family members whom I take for granted especially my wife because of this, some unpleasant events happened within the family which touched the extreme.

2. After attending Sunday Satsang at Madhava's place we started for our destination a resort on the outskirts of the main city and away from all noise.

I was immediately in a calm & pleasant state as was in the company of 10 abhyasis (especially Dr. Madhava). We were given instructions to switch off our mobile phones and were asked to share Brother Vidyadhar Joshi's number as our emergency contact. We were told about meal timings and what to eat during our stay. Idea was to have sattvic food and not to eat full stomach as that leads to lethargy and sloth.

Following Satsang, the timings were agreed upon with our group: -

Morning - 6:30 - 7:30 AM
Afternoon - 12:00 - 12:30 PM
Evening - 6:30 - 7:30 PM

On the first day upon reaching the resort and after attending afternoon Satsang we got to know that we will be cooking and preparing our meals. Brother Bala Krovvidi who had arranged most of the grocery and food items took upon himself the task of preparing wonderful meals. I know some cooking, so this was an opportunity to be in Master thought while cooking and preparing food. It took me 2-3 days to get my cooking skills back.

This activity later helped me realize a shade of my ego where even during Satsangs I started getting thoughts as to how I should create good food (tasty) for my fellow brothers with limited supply. Somewhere wanted appreciation and praise.

I requested Brother Srinivas Davuluri Dinu to get multiple food items like coriander powder, methi, aloo, etc. I was later made aware that Revered K.C. Narayana had suggested specific items for meals during the program and we should not indulge in rajasic food preparation and meals

3. Sunday to Friday evening it was all blissful, listening to Dr. Madhava's explanation on **what is Yoga? What practices we should include in our day-to-day life? About the interplay of Gunas, the Importance of Constant Remembrance in our system.**

All Satsangs were blissful and peaceful with varying levels of vibrations felt across the entire body from top to toe. Felt aggressive cleaning was being done for the first couple of days as had intense body pains. Had to take medicine because of a cold and throat infection I might have inherited from home as my kids and wife were down with a viral infection. In few of the Satsang sessions had an intoxicating effect as was just not able to stay awake. Monday or Tuesday morning, I don't remember but I actually went back to my room and slept till the afternoon Satsang and again slept after attending it till evening snack time. The same was the condition of fellow abhyasis as they all were sleeping. When I was reading books and contemplating immediately after reading a few lines my eyes were getting closed and I was either sleeping or entering into absorption.

We were all busy with our routine activities like preparing food and meals, remembering Babuji's sayings, Rev. KCN's sayings, and all this along with group and individual sessions with Dr. Madhava which provided immense clarity about the basics of meditation in our system.

Friday evening, I knew it would be unwise to switch on my phone but had to do it because I had to reset my smart watch. As soon as I switched it on, the first message of a missed call from my boss popped up. On further checking, I came to know he called my wife as well.

I had given clear instructions to everyone at home and the office that I am on leave, with no access to my phone. This brought back all the anxiety and panic, until then I didn't have any awareness as if that world didn't even exist. The entire night I was disturbed and filled with anger and frustration.

Even Brother Atul Mishra (My Trainer) tried helping me after listening to what all happened by advising me to feel dependent on my Master, even Dr. Madhava's words were echoing in my ear **"Just think about Divine Light without luminosity in the heart"** even tried listening to Revered KCN messages that also didn't help.

My mind repeatedly kept asking questions like: Am I a slave to office people that can't even get some personal time for me? What was so important that my boss had to call my wife and give her stress? She knows what I am going through in the office this call would have given her more stress. Still, she decided against calling me as she knows where I am is important to me.

All of this made me aware of one important feeling I was having in all Satsang **insignificance**.

- We think and have so many illusions about ourselves
- We all have to undergo our samskaras and it will be painful no one else will undergo that pain
- We are born in this plane to undergo our Karma for this life and past
- All desires are painful even pleasure is painful
- All things around us are illusions of Maya which is very tough to overcome; the only way is complete unconditional surrender to the Master.

I am painfully aware that my mind isn't under my control but also have confidence that with proper training and Masters grace only will one day become more balance and methods and practices in a system are means for achieving this goal

**“O, Master!
Thou art the real goal of human life.
We are yet but slaves of wishes putting a bar to our advancement.
Thou art the only God and power
To bring us up to that stage.”**

Pranam