

Abhyasi Name: Vidyadhar Joshi

Abhyasi ID: 2059

Chitlake program report from 11th Viveka 150 LE to 18th Viveka 150 LE at Mokila Village, Songs of earth retreat.

I decided to enrol for this program with the twin objective of improving my orientation and also to observe my condition in silence so as to overcome lacuna in thoughts and actions. Off late it has been very overwhelming work days with consistently 12+ hours daily leaving me not much time to contemplate and reflect on the practice as one should. I firmed up my determination early enough to participate in the program and see if remembrance of Master for a 7 day period helps in continuing the practice more efficiently later on. I had an apprehension whether it would be possible to stay silent for a continuous period of 7 days. There was a concern that activity of the mind would overwhelm for most part if not all. However, the environs and the satsang helped the mind quickly settle in silence.

I am herein sharing a summary of my musings as it arose in long spells of silence in the course of 7 days.

1. When there is a will to be in the company of the Master, all forces around us cooperate. Master's invisible hand supports us.
2. Life can be made plain and simple if we carry the fragrance of Master in the heart and be in touch with His consciousness.
3. Striving to live in His consciousness need not be a struggle. Rather it is a joyous activity.
4. His pervasiveness is Real. If only we can discipline the mind, to feel it always. This is where our struggle lies. This is one lacuna I always feel the need to bridge. There is a tendency to enjoy His company and then detest circumstances when we are unable to feel Him. But then this would be an oxymoron if He is all pervasive. I made a determination to earnestly bring about this integration in my daily life by attempting to puff every aspect of life with His thought, be it office, family, society, friends or any other obligatory areas of life. Each action at its base should be inspired by Love for Him and dedicated to Him.
5. Silence only can reveal our true condition. Our attachments, desires, aversions are made aware when we fall silent. I realized how subtle these can be and how subtly they invade our prayers. I placed before Him at bedtime prayer to come out of these through dependency and surrender to Him.
6. Master says, "We must have a clear view of the Goal and our present condition". I reflected on this and took each practice with a renewed serious intent. Remembering the Goal as mergence in His condition or Tam or total negation, which we can perhaps have an inkling by remembering Master, helps to re-center our motivation and avoid doing practices ritualistically.
7. Restlessness to reach the Goal. It is amazing to see how silence actually foments restlessness and inward determination to reach the Goal.
8. Collapse of space and time. Living intensely in the present made awareness of time feel insignificant. Not a moment of boredom in the common sense of the term. I started to feel this from the 3rd day. All coordinates of place, reference to self, who, whose etc is all suspended. This was a great relief from tormenting worries that I normally get bogged down with.

9. Commandments got revisited from the concept of Dawn to Prayer at bedtime. Meditation felt centred on most days and thoughts if any felt like foam in the ocean surface. The chitta was dominated by His thought as the days progressed.
10. By the end of the program, there was a superb feeling of joy without emotion. That Master is the core of happiness was yet again intimately imperienced.

Pranams

Vidyadhar Joshi