

**Name: Dr. Madhava**

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

I was eagerly looking forward to participate in this program since a long time. I have been practicing this system for more than 45 years now. I am what I am due to the blessings of Rev. Babuji Maharaj and the training given by my beloved trainer Pujya K C Narayanagaru.

Around the middle of the year 2014 Pujya Sir told me that, "I have completed my work on you and that you do not need individual sittings anymore."

He said that whenever you feel that you require an individual sitting you can come any time to me and I'm ready to serve you. He also told me that "Whether you meditate or not master's presence will be always with you." He said, the time slot allotted to me for individual sitting will be spent on others who require assistance. I continued to attend to evening Satsangs at his house almost every day and used to have beautiful insightful conversations with him after the Satsangs.

After Pujya Sir's leaving the physical body because of lack of his helping hand, ISRC the organization he has built with care and love is no more cohesive and this had an impact on me. I became judgmental and started finding faults amongst my co-travellers and complacency, carelessness, laziness crept into my being. Regular meditation and regular cleaning became casualties though I continue to practice constant remembrance. I neglected regular meditational practices, but spend time studying master's literature and practicing constant remembrance. Though various centres in my chest head and occiput were vibrating whenever Master's thought entered my mind they were in fact painful and unpleasant. (Now, I know the problem is due to not practicing cleaning diligently. The path of the soul back to its immaterial absolute is steep and slippery and without cleaning it is difficult to traverse the path.)

The situation changed with the onset of covid epidemic, I had more time to dwell in pious thoughts and the zoom meetings also helped. The quality of constant remembrance has changed and I was able to stay for long periods with very few thoughts in master's company and the work of the senses also diminished. But my addiction for news and sports used to distract me from my goal off and on. I would practice fasting from these addictions for some days and during this time spiritual condition would be bright and buoyant. But the sleeping samskaras would wake up and pull me away from God. I knew I'm wasting a lot of my days which are of reasonably good quality health wise (which is so fragile and breaks down anytime making you unfit to pray to God). I was waiting for this program to tackle my discipline head on.

After about 4 to 5 days of spending time into the chit lake program thinking about master continuously and trying to be in tune with nature, things started changing. The Passion, interest and zeal to do sadhana correctly and develop sincere love and surrender to Master is back and I feel I am back on track treading on the path towards infinity. After the training

body and mind are experiencing lightness, Serenity and tranquillity and life is really beautiful again.

I'm also thankful for all the friends and co travellers whose own efforts to be in the state of prayer strengthened my mind to become disciplined.

Madhava