

MANASAROVAR REPORTS

29 Sept - 1 Oct 2006, Narasingapuram, Tirupati. Report submitted by Sri. Vittal Puvvada

Abhyasi Name: Sri. Vittal Puvvada

Abhyasi ID : 2043

Introduction

I participated in the Mansarovar program conducted by Imperience wing of ISRC. The program was conducted at Sri. Rajsekhar Reddy's mango farm in the village of Narsingapuram near Tirupathi. It started at 4am Friday September 29, 2006 and concluded at 4am Monday October 2, 2006. Including myself there were eight participants. Sri. Madhava Rao and Dr. Madhava also participated throughout the program.

My Expectations

When the program was announced I wanted to participate in it. I wanted to find out whether I really can bear prolonged silence and aspire for it. I also wanted to live in nature for a few days and find out its effect on sadhana. I thought through the program I can develop a taste for silence.

Overall Experience/Summary

My foremost experience is the effect of the immediate natural environment on the mental state. Right from the first day I experienced an almost serene and smooth mind with very less thought invasion. That is markedly different from my normal routine thoughts I get everyday back home. I cherished living in Silence every bit and never felt to get away from it. I experienced for 3 days what it is to live in Silence in natural environs and observe its effect. My understanding of Commandment 4 I feel is enriched further. I developed some feelings of reverence towards nature. I understood that I also do have sensitivity, however occasional it is, and I found that to improve it I must include silence as a part of my regular sadhana. I had fears of the unknown when I was meditating in pre-dawn and post-dusk hours but I was able to overcome it quite quickly. Meditations seemed to be a bit long drawn compared to what I am used to in my puja room. It took a while to get adjusted to do meditations out in the open environment. The quality and depth of my meditations did not seem to be significantly different from my general morning meditations. I prominently noticed some kind of light/fire localized in my heart during prayer sessions. This feeling persisted all the 3 days.

Day 0 (Thursday September 28) Report:

I arrived into Tirupati at 9:00pm. I reached Sri. Rajasekhar Reddy's residence and had a tasteful dinner along with other abhyasis. The ambience is full of love and concern. We reached the venue at 11pm. Did the trataka method along with the other abhyasis for 10 min. Brother Dr. Madhava briefed the participants on the goals of the program (mainly being: Development of Sensitivity; Appreciation and Implementation of Commandment 4). We slept outside in the open air after a long time. I did not attend to the evening cleaning. I attended the bed time prayer.

Day 1 (Friday September 29) Report:

I attended to morning meditation at 5:30am. Fear of the unknown for almost half the time. Not used to the sounds of the nature and ants on hands/legs. The meditation was not completely oriented but at the same time I do not feel disturbed. Lot of thoughts of recent past crossed mind during the meditation but cannot remember the specific thoughts after the meditation.

Toured the mango farm where this program is conducted. Thoughts of stoicness and patience while looking at distant hills. Thought that when nature was being itself we call it beautiful crossed my mind. Saw two big bugs with bright yellow spots, may be mating but no related sensuous thoughts crossed mind. One line of a mantra heard a long time ago and an old movie song repeatedly coming into memory.

During the 8am prayer observed yellow color surrounded with orange hue. I felt the prayer long drawn.

During the silence thought that trees seemed to be living in state of vairagya and altruism came. No rush of thoughts throughout the day contrary to my expectation that all sorts of buried thoughts would spring up.

Noon time meditation is not as deep and as oriented as I notice the same at home.

In the evening had a thought that irrespective of the location/situation trees grow the same and does not distinguish between good person's ground and bad person's ground. I felt it one way of expressing plainness and simplicity.

Day 2 (Saturday September 30) Report:

Morning meditation was centered but not completely oriented. Several small thoughts were present related to recent past. The meditation did not appear to be deep. After the puja I felt calm and relaxed.

During and after the 8am prayer the condition was very light.

During the 12noon prayer also the condition was light. Most of the thoughts during the meditation appeared non-repetitive and related

to recent past.

During the post lunch silence had thoughts on goal of life.

Evening cleaning session was very assiduous and felt lot of heat towards the end.

Day 3 (Sunday October 1) Report:

During morning meditation thoughts (some intentional) were dwelling on Master and God and confusion between the same. Very clear mind with not much thought invasion.

During the 8am prayer condition was very significantly light. Very few thoughts observed all through the prayer. After the prayer felt a sort of deep inner calmness which I could clearly make note of. I decided to take only a glass of milk without filling my stomach with any solid food. I did not feel like upsetting the condition with the food. I tried to remain in it for 1-2 hours.

During the silence one thought that came is that perhaps continuous proximity/exposure to those physical elements of nature such as earth, wind, akasa must have their influence the some knots in the pind desh in addition to the Sadhana and Pranahuti.

During the 12 noon prayer one or two gross thoughts came. Felt very much centered.

During the afternoon silence got a thought that the same trees/nature which I once considered "jada" helped me maintain a clear and light mind all through the 3 days. In that aspect I thought the trees kept the environment purer than me. Felt reverential towards nature. Got thoughts on "rest" and did some thinking on its meanings vis-à-vis Oct 1st message. Thought about rest and inactivity/sloth/sleep; restful life vis-à-vis Commandment 3.

Cleaning was assiduously done but for few minutes lost in the thoughts about the report writing on the program. Towards the end of the cleaning I felt very light and also a kind of heat/glow in the heart.

Acknowledgements

I offer my sincere thanks to ISRC and Brother Rajasekhar Reddy. The arrangements during the program were made with so much care and love. Brother Rajasekhar Reddy has visited us on all the three days and enquired our well being.

Suggestions/Feedback

I think you can continue to have the program for 3 days only so that there is wider participation among all the abhyasis. The program may continue to limit participation to 7-8 abhyasis. Having raised pedestal/platforms for meditations was I think a very good idea and may be continued. That I should neglect each and every thought and maintain only silent orientation to Master in the heart did not clearly register in my mind and therefore I entertained contemplation. A small note posted in the notice board, in addition to the oral instructions that are normally given once at the beginning, would be very helpful in that respect.

I have definitely benefited from the program and plan to make silence a part of my daily routine.

29 Sept - 1 Oct 2006, Narasingapuram, Tirupati. Report submitted by Sri. Prasad Shintre

Abhyasi Name: Sri. Prasad Shintre

Abhyasi ID : 2332

Dear Revered Sir,
My humble pranams to you,

First, I would like to humbly express my gratitude towards you for your kindness in permitting me to attend Mansarovar program. I would also like to thank Brother Dr Madhava, Brother Dr Rajasekhar Reddy, Brother Madhavrao and all the others involved in the organization of the program for their kind help and support given to us for this program.

Before joining this system of Natural Path, about 12 years ago, I heard about similar program being conducted by another institution. Some of the ISRC members have attended that program though I do not know the details of its content & usefulness. I was very much interested in attending such program since then. So at the very first opportunity I planned to attend Mansarovar program.

We reached Mansarovar site on 28th Sep around 10PM. Weather was very pleasant. I was experiencing it after several months. There was small house in Mango Garden constructed in village style with basic amenities. All the arrangements related to food and shelter was organized as planned. Brother Dr Madhava explained to us details of program. I had certain questions which I deferred asking them specifically thinking that let me go through experience or rather imperience and then see if it gets answered or may not arise again.

Through experiences shared by other Abhyasis, who attended previous program, I had little idea about content of the program. I thought that it will be very much mind opening experience.

However first experience was not that pleasant. On 28th Sep night I had very violent dream related to close relatives, which I never had

in the past. I woke up in the middle of the dream and was little scared. Then I could not sleep for some time. The pleasant cool breeze from garden put me to sleep then.

29th Sep – After getting ready for morning meditation at 4.30AM, I was afraid of going into dark fields as I was not used to. So I did morning meditation sitting under nearby tree. This was first experience doing meditation under a tree in the open air before sunrise. There was natural fragrance in the air, uncontaminated like in the city. There was fragrance of sand, tree and cool air from fields. With such conducive environment, by the grace of the Master, I could easily get absorbed in the thought of meditation. After Meditation I felt condition of silence for a while.

After some time I felt that I have long day to go with no activity planned which was little unusual. There was no work, no newspaper, no morning tea, no radio, no TV, no phone, no books, no family around, no talking, not even thinking. I became little restless as mind was not ready for such situation earlier. I felt that this may be grossest form of vairagya or may be not. And not just 1 day but 3 days like this to go. I also had some expectations that I should learn something out of this 'Nothing'. Helplessly I remembered Master with prayer. As Brother Dr Madhava mentioned earlier day that this will help us understand 4th Commandment better, I thought that let's try to be in the company of nature and see if I can understand or feel anything. Very first thing I experienced with by bare feet is the pleasant feeling of cold sand spread around the house. A cold wave passed through my body from bottom to top. Then I started walking in the mango garden and listened to bird chirping. I also saw few insects & ants moving around, frog playing in small water pond. I had a thought that they are telling me something but I am not able to understand. Though I remember one thing which was told by my grandmother when I was a kid that ant's tell something to each other when they cross, I could not understand anything. I felt that they saying 'work, do not stop'. They all were working & I was trying facing situation of inactivity.

I sat under a tree and started meditation again. After few minutes I got absorbed in divine light thought. Then I found myself thinking about regular office work planning, team dynamics etc. I turned back my attention and continued meditation. I remembered listening to Rev Sir's lecture where he said that everything in this world has a purpose whether we know or not aware of.

After that there were remembrances of Masters help in various occasions where I could not control myself and Master helped to do that. I also thought that I should keep good health with the help of some exercise and so should be able to do Master's work without any physical discomfort. There was a feeling of getting into whirl with light coming out of its center. Then I saw some Red hot objects similar to burning coal.

In the afternoon, despite warm weather there was cool breeze and I felt silent. Everything around was calm & quiet. I felt that while I am here Master is taking care of my worldly duties back home which He always does that however I, being 'moodha', has a feeling of doer ship. I felt grateful to the Master. There were a few occasions of plainness and moments of silence during the day.

30th Sep – Second day started with similar thought pattern mostly related to worldly responsibilities and issues. I felt that I have too much attachment with work life thinking that I have more responsibilities than what I should carry and I should make an attempt to balance it with my rest of the priorities. There were some moments of thoughtlessness and silence within thereafter. I expressed my gratitude towards Master.

I had a long thought about meaning of worldly life. From our birth till end of life, lot of people control or try to control our life at various instances by their wishes. They drive you or your interests, make you happy or unhappy depending on their own interests. During childhood, parents, brothers, sisters, and elder relatives and afterwards to add to that, as you grow, teachers, friends, bosses, peers, employers, customers, sub-ordinates drive or try to drive you, sometimes crazy. But we have the Master, who is capable of doing best for us. Why don't we leave everything to Him to take care of it & just do our duty? Simple to say but struggling to implement. I again came back to basic principles of the system and understanding of our role. Finally thought that let me play my role & let Master do His work.

There were some stupid thoughts of possessiveness without even sense of having so much extra which I already have compared to others. Once I had a question that is there a better place to meditate other than where I was sitting? In fact I should have understood by now that there is nothing like good or bad in nature. Nature does not compare.

During noon time meditation I felt that heart is with filled with white colour and solidity in the heart is melting away in the form of transparent fluid.

There were few songs coming to my mind due to its attractive lyrics & rhythm. I was observing these thoughts after several years. I felt that they were trying to go out.

I also had a thought when Master's will is at work without any impurity added by us, things happen effortlessly and whenever we do something without his support we feel like we are moving mountains even for a small piece of work. Felt gratitude towards Master after this thought.

While looking at Saptagiri of Tirumala, I felt that despite being so huge how humble it is and being so small how egoistic & proud we feel about ourselves.

1st Oct – On the third day thought of overhauling myself was predominant. In this programme we are asked to unload our thoughts. It is easy to unload something when we have idea of how much is the work. But this is not ending anytime soon I guess as we have such a huge bank of thoughts that only Master can help us in that regard.

At 12noon Satsang

I felt sheer plainness and joyful in the company of nature. I then felt gratefulness towards Master. At the end of meditation feeling of deep silence and near thoughtlessness. I had no words to explain the imperience of simplicity. I thought that I should be in tune with nature to imperience it always. It was a great feeling. Feeling of floating in cool breeze from garden with weightlessness continued for some more time as if being lifted by nature. Here after attending this program I tried to unlearn myself by trying to learn how nature works.

I think I learnt somewhat of following

Silence – Just like the state before dawn.

Contentment – Just like nature has no effect of having nothing or everything with it.

Humbleness – Being so huge & with so much powers within, how nature is humble.

Forgiveness – Accept everyone as they are by pardoning all mistakes.

Determination – Be rock solid in determination.

Service – Provide selfless service to others in whatever capacity you can.

Other – Be punctual & sincere in your duties and sadhana like seasons.

Interdependent – Live & let live.

As days passed I felt more & more lighter with plainness and simplicity within. I felt that it is difficult to explain simplicity than to actually imperience.

Now with better understanding, I am more determined to imbibe within and help others to develop natural attributes which I observed during Mansarovar Program.

I feel that, programs like Mansarovar are going to help me greatly to understand system & my role more clearly.

In the Service of the Master
Prasad Shintre

29 Sept - 1 Oct 2006, Narasingapuram, Tirupati. Report submitted by Sri. Vidyadhar Joshi

Abhyasi Name: Sri. Vidyadhar Joshi
Abhyasi ID : 2059

I would like to express gratitude to dear brother Dr. Rajasekhara Reddy Garu, sister Smt Bhargavi Garu for the very thoughtful and kind arrangements for Chit Lake program and to Revered Sir for allowing to participate in the program. I also express thanks to brother Madhavrao for coordinating the program.

We arrived at Sri Rajasekhara Garu's residence in Narsingpuram on 28th. A distinct calm and quietness was felt in their house itself. Felt contentment and simplicity in the general environment of the village. This is in sharp contrast to what we generally feel in city or urban environments. In cities, I generally feel an unrest and unease during day times, which perhaps I have gotten used to. However, this feeling was particularly missing almost in its entirety in the Chit Lake program. On the evening of 28th, me and Dr Madhava were sitting outside in the quiet porch of Dr. Rajasekhara Garu's house, when we observed a dog lying on his back with his belly up and mouth wide open. He appeared still with no movement at all. We thought it to be dead. On asking a villager, he said no it's alive, it's just resting. And sure enough with a little hush, the dog sat up. Observing this I felt even these rural dogs are more contented and at rest than the urban stray dogs we see in cities. I feel the thought environment in cities is so polluted that it perhaps does not even spare animals, so what about us. It was easy to appreciate Pujya Babuji Maharaj's words when he mentions "Thoughts have life and they also work on the lives of others." (SDG-21).

We arrived at the Chit Lake venue which is a short walk from Dr. Rajasekhara Garu's residence, on 28th night. Dr. Madhava briefed us on the objective of Chit Lake program which I understood to be in tune with Nature and then get accustomed to the language of feelings by observing what we feel in silence being in the natural environment. The format of the program is very simple. While we are to maintain silence for the full three days, there are no fixed timings for satsang or even taking food. Recommended timings for prayers which we observe daily is there but one can sit in prayer or silence wherever in the mango grove and nearby fields. There are no formal satsangs or individual sittings during the period. I am making a sincere attempt to give an account of my experience, with the feelings and thoughts I prominently could record.

29th Sept - Chit Lake Day 1:

Woke up in the morning around 4:30 AM and started meditation at 5:00 under a mango tree. Initially felt unease with the physical environment. Insects (mostly ants) were crawling on the feet. Besides, sweet chirping of the birds that we don't get to hear much in cities, also distracted attention from Divine Light. I opened my eyes and sat for about 10 minutes and then started meditation again. Few times I was distracted again by insects and the unease did not go but gradually felt more at ease. Felt uniform and subtle for the remaining period. Felt ajapa for a few moments towards the end.

After meditation, there was a feeling of happiness, gratitude to Master and reverence towards Him. The environment was soothing and serene and there was uniformity in the heart that we are integral part of Nature. Feeling of Master's Love for all.

In the morning hours, spent mostly taking a walk in the picturesque surrounding and then lying under a mango tree. It felt a great relaxation and happiness to just "be". Therein felt no compulsion to do anything other than just being there. Enjoying the nature, thoughts started to reflect inside. Looking at the big mountain, it reminded of waiting. That is an attitude we need to have in sadhana. Then the trees which were swinging to the tune of the gentle breeze, remind of the dynamic balance we need to have in life while being rooted in Divinity. The pleasant air reminds of the pervasiveness of His presence. There was a feeling of Love for all and that all are moving towards Master.

"Purity starts from being and impurities are the result of the wrong suggestions and improper utilization of the inner environment." This message of the Master, reflected in thought and I could appreciate it little better in this environment on the first day. When we are in complete silence and just free to "be" in the very moment, it is easy to feel the purity.

Afternoon time, lying just under the tree I dozed off. I woke up after sometime after ants started crawling over. There was no feeling of drag as I get when I sleep at home. There was freshness after the sleep.

Later in the afternoon memories of college days and school days surfaced. Mind would go back and forth between enjoying some event and then ignoring it. Also some film songs that I had liked in the past would continuously play in my mind. This was not very bothering as I consciously made no attempt to struggle with them.

In the evening there was a feeling of lightness and balance after cleaning. The songs stopped playing. However there was lot of tiredness even though there was no physical activity. Felt so tired that I slept very early at 8:30 pm.

30th Sept - Chit Lake Day 2:

In morning meditation at early hours, felt more at ease with Nature. Experience of Ajapa in the morning meditation. After meditation reverence for Master and feeling of happiness which is abounding in the environment.

In the morning hours, feelings to be at His feet alone. May I ever be mindful and at His feet was the prayer I felt in the heart.

The body and mind was more attuned today. I did not put a wrist watch also, so that the itch to keep looking at time does not bother.

Remembrance of Pujya Babuji Maharaj's simple life was there. How simple He was in his physical life and what great Love He has for all! Simple incidents about His life as narrated by senior brothers were coming to memory. The heart felt at awe at merely remembering these.

Afternoon just spent lying under the tree. Lying on the bare ground is a good reminder of transience of our existence that most things we get too attached to, have to eventually come back here.

Oct 1st - Chit Lake Day 3:

In morning meditation, feeling of Ajapa throughout.

Felt plainness in the heart and prayfulness towards Him.

In the morning hours feeling of fraternity was prominent. We are all brothers and sisters moving towards Him. Tried to remain in this feeling for as long as possible.

Thereafter college day memories of NCC camps I attended, came. NCC camps used to be conducted in quite similar natural environments.

Sat for prayer at noon time. After prayer, felt gratitude towards Master and thought to dive deep.

Afternoon sat idle with more memories of college and childhood days surfacing. Later just kept watching trees and ants. Some thinking started perhaps in the itch to do something. The tree seemed to me a good model of His creation. It has roots as its source in the ground that are hidden, akin to Divinity which is at the source of everything. The tree has trunk, branches, leaves and flowers giving expression to the root. They all depend on the root to provide them succor and root depends on them for its expression. The tree aspires to grow and produce leaves and flowers to give expression to its root. It withstands whatever weather it is tormented and gives whatever it can give and stays in balance. If we think ourselves as the tree, our thought becomes the trunk having the other end in Him. It draws succor from there but it has to be purified from its grossened state to its subtlest state. It is only then we can stand in full expression of Him, as Revered Dr. KCV puts it that we have to lead a life in God, for God and by God.

Oct 2nd 2006 4th day morning at Chit Lake

After morning meditation, the feeling echoed the following thought of Pujya Babuji Maharaj.

"My heart remains connected with you all, here and elsewhere, giving impulse in unbroken silence to affect the hearts naturally in due course."

Feeling of Oneness. Felt assuredness in the heart that all are moving towards Him.

Amidst these feelings, I felt my smallness and insignificance. I felt I am to some extent relieved of the self professed arrogance that I am any superior to anyone. The heart feels mellowed down.

I would finally summarize the following points of my experience which I observed after the Chit lake was over

1. The heart feels light and humble and the experience is purifying.
2. Positivity reigns high in thinking.
3. Determination to be with Master and following Him is very high.
4. Aspiration for the Goal has grown more stronger in silence

5. His presence is ever assured in us provided we get attuned to silence even at other times.

None of the above points came consciously to my knowledge during any particular time in the 3 day period but are felt afterwards very distinctly. Surely then it is the Chit lake experience.

I felt, not everything need come to our awareness and just keeping silence with the orientation towards Master in the heart is good lesson to learn from silence.

29 Sept - 1 Oct 2006, Narasingapuram, Tirupati. Report submitted by Sri. R. Sharath

Summary:

- We arrived at the venue the night before the program was scheduled to commence i.e., Sep 28th and were given instructions related to the program. All the arrangements were very nicely made and were very convenient. I was a bit tense as to whether I will be able to maintain complete silence for three days as it is something I have never done before. Even before the program started, I started to think when the third day will get over and when they will say the program will conclude.
- On the first day, the program commenced early in the morning with Morning Meditation. This was my first experience meditating under a tree in a natural surroundings and it was unique. The natural environment was very pleasant and only the sounds of birds and insects and gushing winds were heard. I was a bit nervous about snakes in the beginning, but got over that fear immediately. I felt deep silence within. Feelings of Reverence and Devotion to Master were present. There was no awareness of any thoughts and immense peace and calmness was predominant. There was a feeling of being in tune with nature.
- Apart from adhering the regular meditational practices, I meditated at 12:00 to 12:30 and evening 6:30 to 7:00 PM on all three days. After the noon meditation, I was maintaining Silence for half hour before going to lunch. I also undertook an Inner Balance test once in the morning and once in the evening. At other times, I tried as much as I can to remain in Silence. Took short naps in the afternoon.
- The experiences during meditation were profound. There was a depth and a vastness in Silence. Predominant feelings were Nothingness, Void, looking at grey colour. Thoughts of Rev. Master and Rev. Sir were present.
- On the first day morning, I did not have any thoughts for a while and I got worried. Since we were told we cannot take any sittings, I became restless and I was walking here and there and still not getting any thoughts. Then I just suggested to myself to remain calm. During the afternoon I was sitting quietly trying to remain in Silence and I was amazed that I was able to actually be in Silence. Thoughts about goal and feelings of dependence on Master were there.
- During noon meditations, felt a mild heat at sometimes. Felt a strong will. Feeling of being embraced by Nature and Kindness of Master was felt during one occasion.
- Evening cleaning sessions was very effective. Felt extremely light.

Imperiences:

- Thoughts were very simple without any weighty effect. Feelings of simplicity and plainness were there. I got reminded of Master's statement that we use cranes to lift needles. There was a strong feeling that all the problems that one faces is mostly one's own creation and one gets into trouble often only due to one's own indisciplined mind.
- The environment was marked by purity. Felt that the current day pollution in environment is only because of the unregulated minds. Felt that I have to respect Nature and keep the surroundings pure and clean. Feelings of Reverence and submissive attitude to Nature were there.
- Change in food did not have any impact. Felt very comfortable and was able to get up in the morning very easily. Feeling motivated to change my food habits.
- Lightness and feelings of Divine presence inside was predominantly felt. Feelings of wonder were there. Felt that life is meaningful only if spent for God.
- After looking at the natural surroundings, the purity and lightness, clear and vast skies, felt very insignificant. Awareness of the Almighty and my own puny stature was there.
- Felt that I cannot find any faults against anyone. Many times, I could not express clearly my true intentions and make the other person understand what I really mean. I felt that this must be the case with all and therefore I cannot really find defects with others.
- There was a feeling that Silence is the best form of expression and am feeling motivated to be in Silence. I am also feeling at ease to remain silent after attending this program.
- Felt suddenly cut off from the whole world and sitting face to face with God. Thoughts of my family were there but suddenly felt that relationship with God is the only relationship and feelings of longing was there.
- After being able to remain long hours in Silence I felt very happy and confident. Realized the power of Will and felt that if I can do this, then I can attain the Goal, however humungous a task it may seem like.

Overall, it was a very humbling experience. I felt very cleansed and very light and dynamic after spending the three days. Felt that the inner flame has been brightened by Master and will surely strengthen my Sadhana. There was immense joy but I felt sad that I had to leave from there so soon. At least two more days would have been surely great. I am extremely grateful to the Institute for this opportunity and I am eagerly looking forward for such opportunities in future.

Abhyasi Name: Sri. Bharath Ramanathan
Abhyasi ID : 740

First, I would like to thank Rev. KCN sir & the Imperience for giving me an opportunity to attend this program. It was a learning experience for me. Before I started to this program, the predominant thought was that whatever benefits that I get out of these 3 days, I should carry them further & progress in Sadhana. The predominant feeling was a sort of impatience to attend this program.

The Manasarovar program commenced on Friday, the 29th September 2006. We were provided with raw vegetables & fruits for the 3 days, no cooked food. It took more than a day for me to get settled. Felt severe headaches towards the end of the day, for the first 2 days. I felt that this may be because of the change in the diet. But I never felt hunger & urge to talk for these 3 days. I had dreams on all the 3 days as mentioned below.

- o About my office colleagues to whom I was attached more.
- o Sexual dream
- o Seeing an accident in front of me. I was in a state of shock during that time.

During this program, I could identify the following deficiencies in me which hinder my progress.

- o Trying to judge others most of the time. Used to criticize others for their wrong doings, particularly in their absence. Many times, I felt helpless to come out of this problem because I was unable to keep my mouth shut. Easily I get provoked to unnecessary talks.
- o Expecting praise for what I do.
- o Wanting to do better than others. This is because of comparison of my spiritual progress with others.
- o I always felt that I am not expressing my true nature by trying to be humble thereby not hurting anyone & also getting a good name. I was also reminded by the words of Rev. KCN sir "HUMBLENESS IS THE CLOAK IN WHICH THEIR IDENTITY IS HIDDEN", from the talk Craving of the Soul.

The following were the positive thoughts that came to my mind during the 3 days.

- o Accepting whatever difficulties that comes in life as gifts from God.
- o To use our thought for the betterment of others i.e., if we find any defect in the other person, we should pray for the removal of the same.

During the first 2 days, I felt the chattering of my mind most of the time. There were irrelevant thoughts such as hearing to cinema songs, devotional songs, sexual thoughts & some absurd thoughts which I do not remember. There were also moments of blankness. During the 3rd day, the thoughts were mostly goal oriented such as yielding to the Master & about the commandments of the Master. At that time, I felt very determined to get rid of my defects & progress faster. Felt silence towards the afternoon. At this point of time, I did not want to leave that place & wanted to stay for some more time. I am now determined to expand the benefits I have gained in this program by the Grace of the Master.

29 Sept - 1 Oct 2006, Narasingapuram, Tirupati. Report submitted by Sri. M.S. Neelakandan

Abhyasi Name: Sri. M.S. Neelakandan
Abhyasi ID : 1180

Dear brothers,

I am submitting the report for the Manasarovar programme held on 29th sept to 1st october 2006.

29/06/2006

Morning

Felt very calm, fresh and lighter

Afternoon

Felt no disturbance and also felt lighter and fresh after meditation.

Evening

Felt a little restless and then by around 7 PM felt good after doing the cleaning session.

My major thoughts during the day was about my attachments to my parents and also a certain homesickness as I developed headache during the evening and felt the need to be at home. I was given medicine and I felt better the next day.

30/09/2006

Morning felt better that the headache had subsided and during meditation had thoughts about office work and felt a little disturbed.

Afternoon

Contemplating on my condition and trying to ignore the thoughts which were bombarding me and the thought patterns were mostly related to my office and my own notions about what is in the future for me. There were some thoughts about my own interactions with my colleagues and how I had reacted to certain situations and also how my ego was involved. Felt that a determined effort was required not to react to such situations and be balanced under all circumstances.

Evening

Felt lighter after cleaning and I was oriented to the Master.

01/10/2006

The last day of the program. I went to meditate at the place where there was the beautiful view of the mountains and the atmosphere there was very calm and cool in the early morning. Felt very calm after meditation and also thoughts were about the need to maintain silence atleast for one day in a week and also having proper priorities.

During the day I had thoughts about certain personal events which lay buried for more than 15 years and I was really surprised that I had such thoughts which I had not contemplated before. Sensuous thoughts were also present and I also felt ashamed that I was having such thoughts in such a holy and serene atmosphere.

Evening

The intensity of the thoughts had decreased to a considerable extent and I was also experiencing blankness for some time.

Summary for all 3 days:

On the very first day I had problem adjusting to the food which was primarily of fresh fruits and vegetables and because of which I had developed a headache and which was mildly there on all the three days and I was able to accustom myself to the routine from the second day onwards. We were allowed to do whatever we liked to do and there were no instructions. The mood that prevailed was very free and I felt very happy and liked the program very much and would like to attend the program again which I have been immensely benefited. It is definitely a must for all aspirants as it is an opportunity to understand the value of "silence".

Arrangements with regard to food, sleep, bath and also with regard to the meditational aspects have been excellent.

I am grateful to Imperience for allowing me to participate in this program.

Pranams.