

## **Feedback from the Participants of the TTA 2016 Retreat.**

### **Feedback:**

- The greatest gift I got in this retreat is the proper learning of *self*-Knowing, wonderfully taught during the session. I realized that, this was the area where I was stuck in my spiritual journey in the past couple of decades. So far, I got a few major breakthrough in the process of ‘seeing’ in my real life situation after this retreat.
- This retreat blessed me with a beautiful harmonious view of *self*-Knowing, Self-Realization and devotion to the Divine. It has given a sigh of relief for my lower nature (*Jiva*) in one way, while opening the door for my original nature (*Atma*). The teaching is traveling as a guiding torch in this lovely journey into the unknown.
- I feel that it is a great gift to have this master who guides us without the dangerous ‘authority’. He completely leaves us to flower on our own while supporting our growth; not forcing us into a specific path. One unique advantage he has is that he analyzes our horoscopes and understands our ‘divine design’, based on which he guides each one of us uniquely.
- I feel strongly connected to the Divine after this retreat.
- The learning is helping me immensely in my daily routine, in the sphere of home life, relationship and work efficiency.

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## Feedback:

I am one of the few blessed people to have participated in the week long Tat Tvam Asi Retreat in Feb 2016 in Pondicherry. I would say, the knowledge & understanding gained in the retreat are phenomenal. It is a treasure. Sri Sankara, fondly addressed as Guruji, took the classes in a very lucid manner. He imparted the knowledge he acquired over his life time, to all of us in this retreat - in a crisp, encapsulated manner. The style of the session is so friendly, with Premaji asking clarifications and Sri Sankara giving the explanations. All the questions that would come to a normal human being, were asked by Premaji. I felt as if Premaji read my mind. There were meditation sessions in between.

The quotes Guruji frequently highlighted from the Bhagavad Gita, Upanishads and the works of the masters, J. Krishnamurti, Nisargadatta Maharaj and Sri Raman Maharishi were so insightful & inspiring. This retreat has helped me to look into myself with ease, get the understanding that I am beyond the name and form. This understanding, helps in easily facing the day to day challenges of life with equanimity. This retreat has helped me to be aware of myself and move towards my other Self, the witnessing Self, the *Atma*. Suddenly life looks simple; there is a sense of complete acceptance - acceptance of people, situations, view-points, happenings. The inner struggle ceases. It is a revelation to know that the *Jiva*, from the state of being *Jiva*, can 'move into' *Atma*. Solitude is pleasant. It is a life changing experience to hear Dr Sankara, a man of utmost humility & integrity, who has dedicated his entire life for the discovery of this 'Self'.

Last, but not the least, the ambience of the place, hospitality of Premaji, Gayatriji and the Tat-Tvam-Asi family, amazing food, the interactive sessions, Yoga sessions of Sri Kumarji , diverse participants from different countries .....all of them made this retreat a memorable one.

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**Feedback:**

For a retreat of this depth, detail, difficulty and seriousness, one week seems awfully inadequate. I think three or four weeks may be needed to digest all the information. At the end of each day, participants must individually have the opportunity to review the slides of that day for reinforcement, deeper understanding and contemplation.

Fantastic co-ordination and arrangements. great resort, fantastic ambience, excellent food.

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**Feedback:**

Thank you for the Retreat. Feel a profound sense of gratitude and love overflowing.

Thank you so much for showing us the way Home.

For teaching us that, we are the Home, we are the journey, we are the destination we are the beginning, we are the end, we are the traveler, we are the path, we are everything, we are nothing, we are the noise, we are the silence, we are the mother, we are the father, we are the child, we are the devotee, we are the worshipped, we are eternal, never ending, never beginning, we are.....

Thank you so much. It's been such a blessing to have been in your company and fellow *Atmaswarupis*. I've been feeling so many emotions welling up from within. It's beautiful. Can't express more in words.

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**Feedback:**

To plan a minimum two-week retreat with a small two to three day break between the weeks would prove(? to be more productive?) through positive awareness in each participant. The thought of 30 days would be an incredible, life-changing and learning opportunity. Should the extended retreat be considered, I would not only participate, but help plan and be involved in the actual retreat itself; perhaps this thought will be my *what is*, and it will be my *seva*.

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**Feedback:**

Thanks, thanks, thanks a lot for this wonderful experience. Thanks to Prema for the brilliant questions and to Sankara for his shining answers. Suggesting some interesting things. (1) Add some discussion spaces between all the participants, by forming little groups, for sharing our learning, our experiences, feelings, like a working method within the sessions, every day. (2) Link each concept with only one or two names, to avoid confusion.

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**Feedback:**

Blessed to be part of this retreat. When Guruji allowed me to call him Sankara, I shook in the core of my heart and felt like connected to my god. I came to understand through Sankara what “truth” is. Love you Sankara.

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**Feedback:**

The duration of the retreat could be longer (21 days) so that there are gaps of days in silence, for contemplation and discussions (with the teacher only or in discussion classes). Otherwise silence and aloneness should be followed.

Participants may be allowed to have their own terminology of the analogies of consciousness, so as to not create new conditionings or simply memorizing terms without understanding. More would be welcome on stabilizing in the *sthitha prajna*'s state, avoiding/recognizing spiritual falls, the law and mechanism of karma, Self-Realization would be welcome.

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**Feedback:**

I really had a wonderful time, I really appreciate all the work, and the lovely way to guide us. Also thanks to all the organizers. Also I must say, that I prefer to hear Sankara speaking directly, rather than through headsets. So, may be Sankara talking directly should be combined more with the audio recordings (good for beginners). I think, there is too much information, with too many concepts, so if it

is possible, I would take out some concepts, for a second chapter of the retreat. I also suggest group conversations during the retreat.

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### **Feedback:**

**BEFORE THE RETREAT**, I was leading a mechanical and mundane worldly life. I was 'blind' and not aware of and always to 'become something'. Though spiritually inclined, my journey had started after attending the retreat. *Jiva* (that is myself) has always been covered with 'algae' (*maya*), I discovered this after 60 years.

**AFTER THE RETREAT**, I discovered that the *Jiva* is only the reflection of the Self (*Atma*). And that *Jiva* has created different kinds of 'algae' (illusions). Keys were given to listen and watch with attention. This brought a change both in worldly life as well as in spiritual journey. I could see peace and happiness on and off.

**TAT TVAM ASI** paves the way for watching with *choice less awareness* and would be a wonderful retreat for any sincere and earnest spiritual seeker who can travel 'alone'.

Mohan Sarma, Chennai.

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