

## An introduction to a spiritual journey

As I sit to write this, I find that my life journey has been one of facing whatever challenges came my way in a fairly calm and composed manner. When I contemplate on what is it in my life that has led me to the stage where I am today, I see my life flashback rapidly across the screen of my mind. Indelible impressions of the family's exodus during the partition of India in 1947, and my childhood and schooling in Mussoorie remain cocooned in the warm glow of a loving family and cherished friends.

With marriage, various new relationships developed and the script of my life began to gradually unfold. During my eighteen years of marriage, I witnessed different forms of the suffering and pain that some members in the extended family had to undergo such as old age, disease, depression, accident, alcoholism and financial loss. This brings with it a kind of painful acceptance of the finality of life. The passing of some people can leave you completely shattered; that of others can make you feel totally helpless and insecure. In the event of

someone passing away from an irreversible coma or incurable disease, it can bring about a sense of relief. If today someone were to ask me whether I would relive this aspect of my life's journey, I would shudder to even think of it.

Having been a witness and suffered through all these situations as and when they occurred, with a semblance of equanimity, I was still left with questions on the meaning or meaninglessness of life. I felt a vast vacuum. That is when I confronted myself with the question "Who am I?" This is when the search to find the true meaning of life began.

However, it has been my experience, and it has also often been said, that the grace of the Guru is the easiest way to achieve this objective. Together with the knowledge that is attained through austere *tapas* or discipline by following the *Jnana marg* (path of knowledge), *Bhakti marg* (path of devotion) or *Yoga* (self-effort), it can be of great help in the quest to discover "Who am I?"

In 1995, I joined a course in self-development that catapulted me into another dimension of existence. Every single body-mind organism pulsates and vibrates with its own particular individual characteristics. Lifetimes of work on the path of spiritual evolution lie nascent at the base of one's essential being, awaiting activation by the Guru at the appropriate time. For me the time came when I was invited by a friend to attend a course in self-development by Justice M. L. Dudhat, which comprised of lectures and a set of Breathing Exercises.

The Breathing Exercises helped to balance the *Ida* and *Pingala nadis* (channels). *Pingala* corresponds to the right hemisphere

of the brain, conducting the sun energy or the *prana* (the life force) in the body. Ida corresponds to the left hemisphere of the brain, conducting the moon energy or consciousness. *Sushumna nadi* is the central channel through which Kundalini flows when the other two are balanced. When this happens, communication with the higher dimensions of consciousness becomes possible.

This course catapulted me on to a journey of self-discovery. Having committed myself to the routine of prescribed practice, I started to operate in the physical dimension and subtle dimension simultaneously, which would mean I was going about my daily chores like going to office, grocery shopping, addressing the needs of the family, while simultaneously getting into the course of self-development with focus and dedication. Both aspects of my life, the everyday chores of living as well as the spiritual, were demanding but they were being taken care of. My childrens' observation on this phase of my journey was that, 'It seemed as though I was in some far away land.' I was like a robot mechanically going about my chores and getting them done. It is said that when an aspirant gets into *Shakti sadhana*, 'the Shakti takes it on herself to fulfill the resolves of the person's individual consciousness.'

In the physical dimension I carried out my mundane duties as efficiently as before, and in the subtle dimension it was amazing to see that I carried on with a greater proficiency and full awareness, in order to be able to record whatever was transpiring. To accomplish this, the intellect would have to transcend the realm of body and mind, because the Infinite cannot be known by the finite. Looking back, it seems that

I really didn't have any role to play, except to be an instrument to record whatever was being transmitted through me. The transmission translated itself into a visual journey to answer my question, and every evolving human being's question, which he asks at some stage of his life: *Who am I? Where do I come from and where am I going?*

As my perception is best through seeing, the Ajna chakra was set in motion (Fig. 1) so that I could visualise the subtle process of cleansing, purification and tuning of the body, mind and intellect that would be carried out at different stages of the journey.



Fig. 1 – Ajna chakra

To give a start to my journey of self-discovery, the Guru would act as the catalyst to trigger the awakening, which would then put me under the guidance of the Ascended Masters who are always looking for aspirants on the spiritual path. In order to achieve the objective, the body-mind configuration was continually subjected to subtle adjustments. The aura was repaired and the holes in it were sealed to safeguard the psyche from any unwanted disturbance from negative forces (Fig. 2).

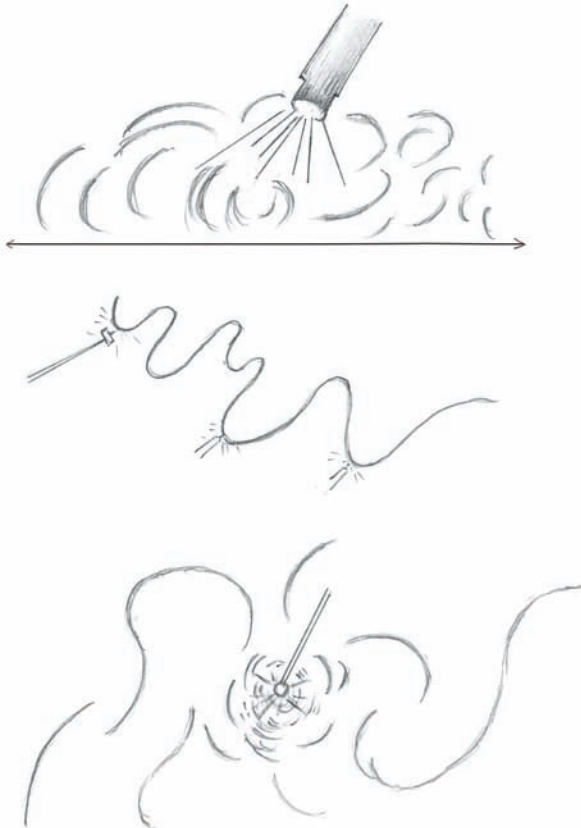


Fig. 2 – Sealing of holes and smoothening the creases of the aura