



Self Realization

Davinder Gill

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Since childhood I used to chant mantras but in '97, I fell ill due to over activation of the chakras. Then I was taken to Kapil Babaji who balanced my energy and taught me how to raise, slowdown, shutdown and restart the system incase of over activation. Most importantly, how to move from one centre of consciousness to another. In other words, I was taught how to activate different segments of the brain for Self-Realization. For deeper research, I took mantras for each centre from Swami Avdheshanandji and practiced the same for ten years along with Master Choa Kok Sui's Pranic Healing courses - Basic, Advanced and Psychotherapy. In '98, I started helping other people on this path, though only through photographs mailed to me as it was not possible to attend to so many people in person. It takes few seconds to upgrade or balance the energy of a person but it takes hours to explain the science. So, I decided to write this book. It is a humble offering. As it is an endless journey, my search is still on. My apologies for any mistakes. Your suggestions for the improvement of this book are welcome. For further details, you can refer to books published by Bihar School of Yoga, as they have been one of the main sources of my knowledge on Vedic Science apart from His Holiness Kapil Babaji.

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