

Contents

Pre-Foreword from Dharam Deep Singh	3
Pre-Foreword from Karolina Pospisilova	4
Foreword	5
Chapter one: I was born	7
Chapter Two: A journey has begun.....	13
Chapter three: Way of learning	18
Chapter four: Meditation.....	41
Chapter five: Enlightenment	43
Chapter six: I didn't always have great experiences.....	47
Chapter seven: The separateness	50
Chapter eight: Seekers of energies.....	52
Chapter nine: Darkness versus light	54
Chapter ten: A few memories in photos.....	56
Chapter eleven: How others see me	61
Chapter twelve: The end	62