

INTRODUCTION OF MR. RAJEN VAKIL

Sri Tavariaji was a master of many disciplines, notably among those was his insights in the study of yoga, the human body, and spirituality, as a whole.

He has written 'The expositions of Yoga Sutra', 'The Purpose of Birth and Death', and has also provided his interpretation of the 'Bhagvada Geeta', as we should be living it. He shared his insights with innumerable people by way of lectures and personal one-to-one discourses.

He emphasized that the essence of life and his teachings were in correct breathing - the term 3 Step Rhythmic Breathing. He also introduced a simple breathing exercise routine in the form of 'Refining Exercises' – the purpose of which was to refine the body-brain system and upgrade awareness.

In addition to sharing these practices as large, Sri Tavariaji also had a group of students with whom he shared the deepest throes of his knowledge and awareness. Among a few such privileged disciples of his is Mr. Rajen Vakil.

Mr. Rajen Vakil is an arts graduate from the Bombay University. He came in contact with spirituality at an early age and has studied under enlightened beings such as Osho, Swami Brahmavedantji, Swami Ram Dulare Baapu, Didi Vimala Thakar and finally found his spiritual journey leading him to Sri Tavariaji.

As a part of his spiritual journey, he has in his own right, like Sri Tavariaji, mastered many sciences, such as Yoga, the readings of Gurdjieff, and has acquired a deep understanding of the Bhagavada Geeta as well.

Mr. Rajen Vakil leads a balanced life as a spiritual teacher and as the head of his family, comprising of a wife, a son, and a daughter.

He has provided regular discourses on a wide host of topics. To name a few,

- The Essential Nature
- Achieving Conscious Death
- Vishaad Yoga: interpretation of the Bhagavad Geeta
- Many Is, False Personality
- Refining and 3 Step Rhythmic Breathing Practices
- The Laws of the Pendulum
- Events in Life: Cause and Effect
- Yoga Sutra
- Self-Observation and the beginning of Spiritual Journey
- Conscious Sleep
- Theories and Practices for upgrading of awareness
- Astrology

Mr. Rajen Vakil will be in the UK from the 7th of September to the 29th of September, 2009.

The purpose of his visit is to meet accomplices, and share with us the vast pool of knowledge he possesses.

For details, contact

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