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THE ENLIGHTENED WARRIOR

INTERVIEW THE EXPERTS



Q&A

By Gerald Chuah

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THROUGHOUT the ages, mankind have sought for knowledge and enlightenment. They have travelled the world far and near in search of the truth and answers on how to be happy and successful in life, and in most times, the answers lead to knowing oneself as the path to enlightenment. In this regard, the guru, or teacher plays a prominent role in the awakening process and in guiding one towards the path of the truth, and to achieve one's fullest potential.

One such master who has changed the lives of many is Dhyon Vimal. A Malaysian, Vimal has achieved international recognition for his works with students all around the world.

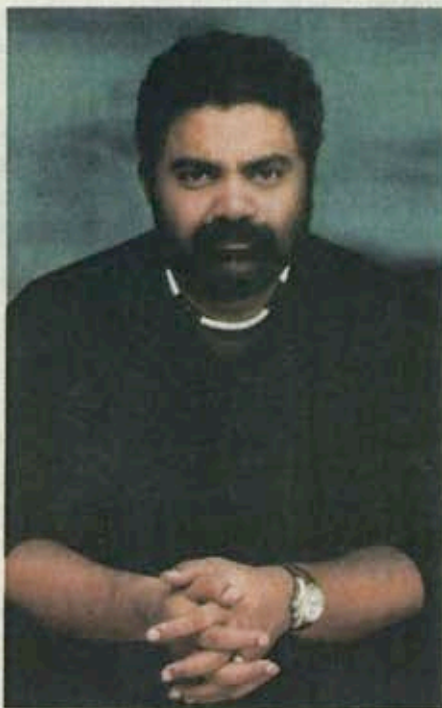
Now he travels regularly teaching life mastery through his School of Mastery. He has also produced five meditation albums, and have countless audio and video recordings, and e-books which are downloadable through his various websites. He said all these are just an extension and support to the work that is being done. "It is my effort to document these new findings, to make it available to anyone who chooses to learn it."

"In my travels abroad, I realised the West seems to be embracing this knowledge and this truth intensely, while the East is growing more and more, and are beginning to embrace it.

"My mission is to celebrate this life and invite as many people as I can to celebrate it also... and in the process to heal the earth," he said.

With a modern outlook and a personable approach, he shows that finding enlightenment can be fun and fulfilling process, and not tedious and boring.

He continues to share his vision through Zazen Worldwide, located at



the Four Disciplines on how to achieve one personal vision and becoming one's best.

In this Q&A, Vimal puts in a nutshell the secret of success which starts by knowing oneself.

Q: Tell us about the work that you do, and why?

My work is in helping others which is something I am passionate about. My message is "to find you and to celebrate you", which means when your activities, your work and play are aligned with your true purpose and vision, then you will find success and fulfillment in life.

Q: How long have you been teaching and what are you known for?

I started teaching meditation in 1988. Then in 1995, I discovered the Four Disciplines through my own research. The discovery of these Disciplines was the key to my awakening. It is a profound discovery which I am known for, and which I am currently teaching.

Q: Where did your search for enlightenment lead you to?

for answers about life, particularly on how human beings can reach their fullest potential, and enlightenment is just one of the paths towards it. Being Asian I realised enlightenment was the core teachings in Hinduism and Buddhism, so that's where I started looking.

Then I realised it was not about the source but my method in seeking the truth, which led me to the discovery of the Four Disciplines. I learnt that enlightenment is not something exclusive, it is just you at your peak, which is available to anyone who seeks it. There are basically two approaches, one is the traditional way which is the path of meditation and another is the path of mastery (which is the modern way). They both lead to the same point.

Q: What are your special insights and ability as a teacher?

I don't think I have any special insights or ability, apart from developing a high level of sensitivity. Its like being a musician, the more attuned he is to his craft, the more sensitivity he has over the subject matter. When that happens, you will be awakened to your insights naturally, and this is part of my work, to help people develop this sensitivity. When one is sensitive, the latent talent simply emerges and becomes a reality.

Q: In this modern world, what do you think people have missed out in their search for answers?

People have missed themselves, they have lost touch with who they are and what they are. The idea of happiness is born when people start to dream about it, rather than living it.

The truth is you are a creator, you make things happen in your life, you attract and shape your reality. With this realisation, one simply lives his

dreams to something beyond them, but when it is within you, then your dream becomes your vision, and when you live your vision, you are awakened to your true self and beauty.

Q: Why is there so much pain and struggle on the road to success?

This is because people feel that success is not their nature and it is something beyond them. Unless you see that you are a creator and your energy and thoughts attract what happens to you, then you will struggle towards it. This struggle and pain is a block one puts upon oneself, which is experienced as the failure and struggle. Another reason is people are so invested in their own ideas and beliefs, they are unwilling to become a creator and take responsibility for their own lives.

Q: How can one achieve his true potential and attain a more fulfilling life?

It is only possible when one assumes the role of a creator, and takes full responsibility for one's self and one's life. Only when your potential is attained totally, will there be fulfillment. One must rise to self mastery, and with mastery there is personal responsibility, and with that comes personal fulfillment and celebration.

Q: Where do you teach, and who can attend your classes?

I am currently based at Zazen Worldwide head office in Kota Damansara, at No.28-2, Jalan PJU 5/15, Dataran Sunway, Kota Damansara, Petaling Jaya, where I am teaching until end of this year. Anyone is welcomed, especially those who choose to discover one's mystery and rise to the best one can be.

For more information login to the following websites: www.mysanggha.com, www.dhyonvimal.com, www.mastersworldwide.com, www.schoolofmastery.com, www.friendstomankind.org, www.dhyonvimal.tv, www.liveyourchoice.fm, or e-mail Vimala at vimala@