

DISCOVER YOUR **MIRACLE**

INTERVIEW THE EXPERTS



Q&A

By Gerald Chuah

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SELF-MASTERY has often been the subject of study by many wise men throughout the centuries. It is the key to awakening your unlimited power within. Many self-help books have also been written about this subject, but the answer has often been enshrouded in mystery and have eluded us time and again.

If this self-knowledge is so powerful, why does it seem so elusive – so near, yet so far; and how can one finally gain access to one's higher purpose and potential in life.

Renowned international speaker and founder of Friends of Mankind Dhyan Vimal, have found the the key to this mystery which he calls "I&I."

Vimal said it all starts with self-knowledge to awaken one's beauty naturally. "If one never access himself, and fails to connect within, he can never bring out his best and therefore will fail to meet challenges that come up in life,

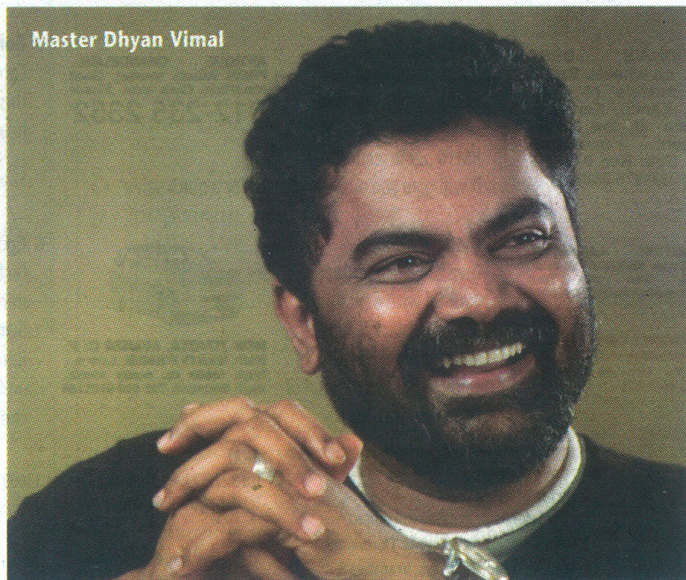
"If we are unaware of ourselves, with eyes affixed only on the outside, we will miss seeing our real beauty, which is why this appears to be a mystery," he explained.

Vimal who is also the founder of The School of Mastery, and Zazen group of companies said he has spent the past 20 years studying and researching this subject matter in great depth, and have come out with a programme called "I&I" to share his breakthrough with others.

Vimal said: "This self-knowledge is so important because until you are back to you, for you, by you; nothing is going to start in your life, and more than a teaching, it is an awakening,

"It is a process that helps the brain rediscover this, and once it is there, it is there. It is not an experiential process, but an actual awakening. It is like learning how to ride a bicycle and once you get it, it will always be there."

Master Dhyan Vimal



In this Q&A, Vimal explains the philosophy of "I&I" and why he believes this is the path to awaken the beauty in you.

Q : What is "I&I" and how do we regain access to ourself?

"I&I" represents you coming back to you, for you, without anything. It is a pure attainment and the one ability that is missing in most people to access the best out of them. Life demands us to access the best of us, and most fail to access this, and this failure is what cause the misery that one experiences in all aspects of life.

In knowing oneself, is to know this mystery, but the time spent in knowing oneself is so little, and most of it is spent proving oneself, and not knowing oneself.

To me this is the basic error that make this knowledge seem unreachable. The truth is, we are the mystery and once our mystery is known, all this is known without effort.

Q : What are four rights one must acquire in the process?

The first is to go beyond influence, and the next is to be awakened as a creator, and the third is to be in the upward flow of energy, and the fourth is to access the pure self, and function from it.

Truth is the key, and we must be in

contact with the key. Only when this is established can anything happen, without this one is lost. So the only way to regain access is to come back to be in touched with what is, and then all else will happen effortlessly.

Q : What is the missing answer in life equation that modern science cannot explain?

Most psychologists know us as how we are, not as how we can be. They know all the false and all the unconsciousness of man, but they missed knowing the beauty and the grandness of who we are, and this ignorance is the missing piece which they cannot explain and totally understand.

To me, the word ego simply means the false, or the lie about us, that is created by misunderstandings when we grow up, and some of the negative influences in our surroundings.

As adults, we have created lies with regards to ourselves, and this lie goes on trying to be real. The action of trying to make the lie real is the pain that one feels, which is "the false" in us, which keeps us unaware of our self, and this is what blocks one from knowing one's beauty.

Q : What is it important to discover YOU and celebrate being you?

You are the answer you have been seeking for, You are the solution that

you have been seeking for; and not knowing this and looking for the answer elsewhere, one becomes lost, and this being lost is the key problem and the key creator of the problem.

In knowing you, you will know the beauty you have, and in knowing this beauty, all one can do is to celebrate.

Q : How does one go "beyond where he is normally stopped" in life?

No one can stop life, life is a flow, and it is constantly flowing, but when one stops oneself from flowing then one stops one from participating with life and living.

And this inability to flow is the reason why one gets stuck and blocked in life. So all state of being stuck is nothing but one's inability to flow, and flow with life. And once one establishes this flow, there is no more block. The insight is to find out how you have stopped flowing, and how you can flow again.

Q : What will participants learn and benefit in your "I&I" programme?

The key learning is that they are the answer, and once they know how to access themselves, the best comes up naturally, and this is the first lesson, and it is not learnt mentally, but it is an awakening. The first part in "I&I" is called rising beyond influence. Only when you can see yourself beyond all the influences you have received, only when you can be there just as you, you can ever be you, and your brain can access the best it has to offer. Most people fail to operate in their best because they are caught in influence, and the first right is to learn how to go beyond influence, and come back to oneself, and with this the best is realised.

* The "I&I" Discovery is a monthly programme held at Zazen Worldwide Sdn. Bhd. located at No.28-2, Jalan PJU 5/15, Dataran Sunway, Kota Damansara. For more information visit <http://www.dhyanvimal-iandi.com> or email uma@dhyanvimal.com.



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