



Devya's Calling

I embraced my study of meditation with zeal at The Himalayan International Institute of Yoga Science and Philosophy. Since I planned to settle for nothing less than full enlightenment, I attended all lectures, seminars, weekends and special events. I became a permanent volunteer, (a term I coined,) and cheerfully performed hours of selfless service.

In my studies, I learned that meditation answers life's most important questions: Who am I? Why do I exist? What is the meaning of my life? It was the latter question that caught my attention; I began to contemplate it regularly. I felt that my life would have true meaning if I could discover my life's purpose. To that end, I meditated faithfully, joyfully, and diligently. I always respectfully asked, at the end of each meditation session, for my life purpose to be revealed to me.

My studies led me to attend numerous ten-day silent meditation retreats with Charles Bates, a disciple of Swami Rama, the spiritual head of the Institute. In silence, I studied advanced meditation training and techniques. The magical moment happened upon returning home from one of these retreats.

Totally alone in my apartment, I awakened at my usual 5:00am. I began to lazily roll out of bed to go to the bathroom. I put one foot on the floor and was about to swing around to sit up when I felt a pressure on my chest gently pushing me back down. Not at all afraid, I surrendered to the unseen hand. When my head touched the pillow I felt the most wonderful feeling of tranquility envelope my entire being. I was in another place and time, devoid of bodily sensations, thoughts, or feelings. Most notable was the exquisite feeling of bliss and clarity. This was a necessary state for what happened next.

Suddenly, I both heard and felt a clear, no-nonsense, neither masculine nor feminine voice intone: "Teach what is meditation? Do one program for men and one for everyone else." I was also told where to do the teaching and how much to charge. Just as suddenly as The Source had engaged me, I was released back into my own consciousness. What a sense of excitement and trepidation I had upon realizing that I had received my life's purpose! A few hours later I began to plan for my first lecture. From that day to the present, I have dedicated my life to teaching and sharing the value of meditation. One of my greatest rewards is to see an individual's progress from self-awareness to self-mastery. And then that relationship is refined even more when they recognize the relationship between the self and humanity. It is the joyful anticipation that my students will ultimately experience this metamorphosis that gets me out of bed each morning.

To learn more, look out for Devya's upcoming book!