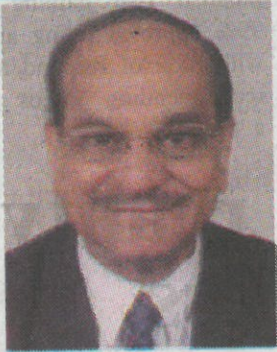


Spiritual Journey of an Australian Divorcee



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During my te-a-te with Shakti Durga, an Australian spiritual teacher, I was reminded of Dolores del Rio, the renowned Mexican Hollywood actress' quote, "Take care of your inner spiritual beauty. That will reflect in your face." The quote befitted the glowing face of this spiritual teacher. Thoughts started meandering, how a lady brought up in alien culture could seek solace in the traditional oriental transmeditational systems. Shakti Durga, formerly Kim Fraser, lawyer had hard time as she faced the trauma of divorce in 1992. Her problems were compounded as the pain and pang of separation afflicted her with acute bronchitis and added pressure to look after growing daughter and son. The conventional medicines were ineffective in providing any relief from her bronchial ailment. It was a period of distress and suffering in loneliness and darkness. It was at this critical juncture Kim came to know of meditation, then Pranayiki healing from Guru Choa Kok Sui in Sydney. It proved beneficial physically but emotional trauma still haunted her. In 2001, Shakti Durga established Shanti Mission at Cooranbong near Sydney. The centre provides on line teaching in healing whereas she travels and teaches healing therapy, Vedas, sacred music and gives blessings.



Shakti Durga (right) & her daughter Gyatri (left) on Vijaydashmi Day blessing author at Peedam

Since she had heard of Bhagwan Sri Sathya Sai Baba, she embarked upon a pilgrimage to Puttapparthi in 2002. The idols of Gods, Goddesses, numerous deities and means and methods of worship were all Latin and Greek to her. Nevertheless, the seeds of spirituality (immateriality) were sown in her mind during her stay in Sai Baba's sanctum sanctorum. It soon sprouted and made her explore deeply in the world of spirituality. With this aim in view Kim went to Bali in 2005 to meet Shri Jai Naira, a shavite (Shiva-worshipper). It is on this Hindu island of Indonesia, she learnt more about Shiva, Ganesh, Durga and other Hindu gods and goddesses. In fact, there was lot to learn in Bali but language was a big barrier as Guru did not know English and disciple was a stranger to Balanese. When she received Guru diksha (initiation) her main idol turned out to be Durga. While in the celestial setting of Guru Naira's abode, Kim learnt about the awakening of kundalini (the vital force lying dormant within one until activated by the practice of yoga, which

leads one towards spiritual power and eventual salvation) A day dawned while going to class to teach kundalini, she felt the bliss and Lo! She saw light, sages, Gods and Goddesses, bountiful energy and blinding light, giving a divine message," You be a Guru." It was attenuation and initiation as Shakti Durga. It took her three years to accept the reality. However, by teaching healing, reading holy Hindu scriptures, especially Vedas and blessings of Mother Durga, she soon realized the reality and the path forward of her mission. There was another twist and turn in her fortune when Durgha Shakti met Narayani Amma of Sripuram in Vellore in 2013. She felt she was meeting Parmeshwari, the supreme power. Reminiscing those ethereal moments, she recalled, "Wisdom dawned on me and I realized that Parmeshwari is spirit of earth (bhoodevi) and a mix of Durga. Even Amma saw Parmeshwari. Here I was initiated into the rituals of pooja". Shakti Durga uses essence (like agarbati lighting) chanting bhajans, simple message of love, service, meditation, relationship in

family, spirit and soul. This therapy through new methods of brilliant light develops positive psychology by spiritual music. This changes the life of the people. And they naturally start to change, be more kind, loving and service oriented. refrain from evils. Since January 2018, Shakti Durga has been taking her teachings to China, with her American Chinese disciple Shelly Mo. A stage has been reached where Shakti Durga has drawn from various religious texts like the Raballa (Jewish mysticism), the Egyptian alchemy, the Hindu gods and goddesses all lead to Maya (initiation of illusions). In Vedantic philosophy, the illusion is the reality of sensory experience and of the experienced qualities and attributes of oneself. It is essence of all religions and is the main edifice of spirituality propagated by Shakti Durga. She follows Lord Budha 's teachings in letter and spirit as he says, "Just as candle cannot burn without fire, men cannot live without a spiritual life."