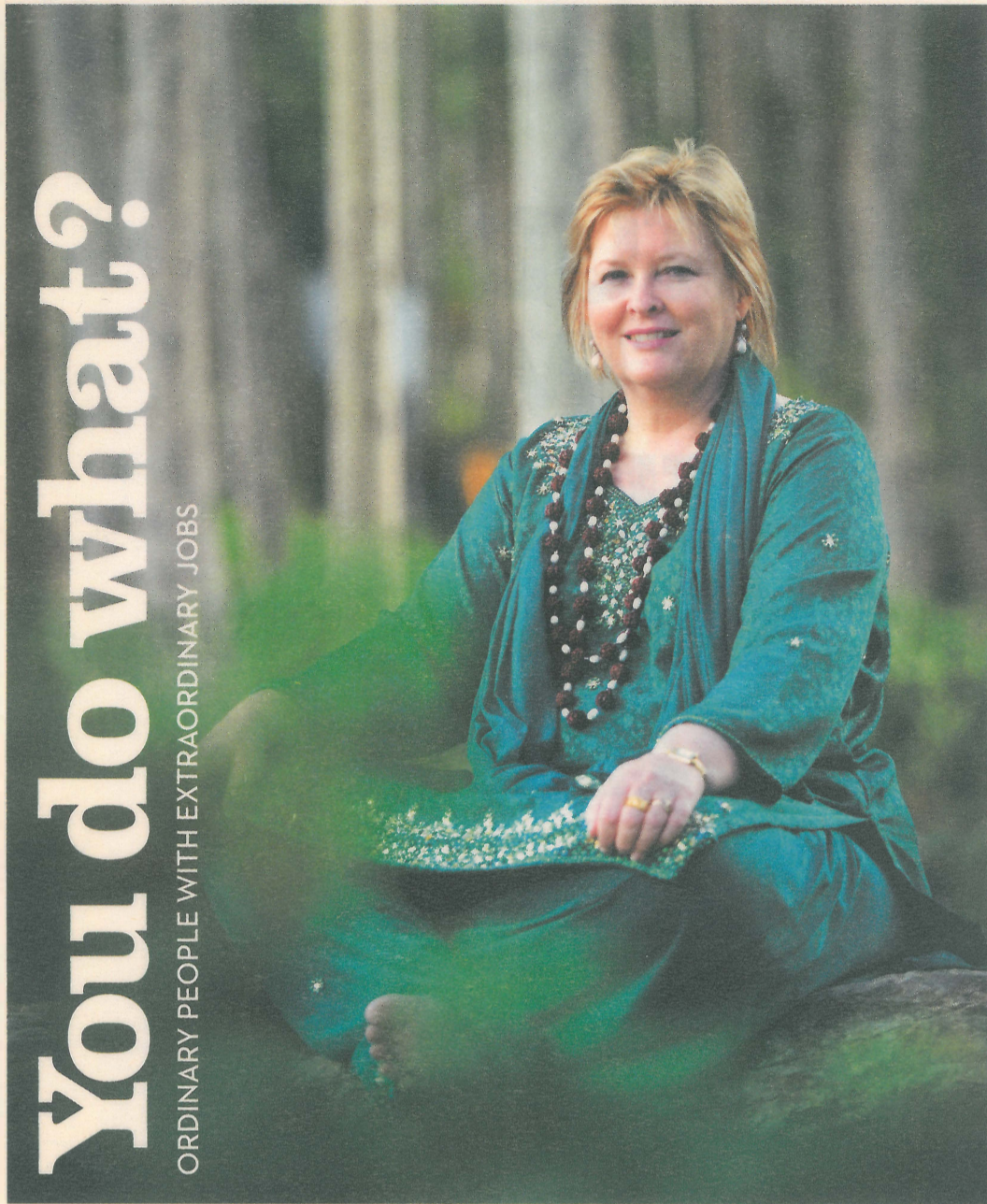


You do what?

ORDINARY PEOPLE WITH EXTRAORDINARY JOBS



SHAKTI DURGA, 49

GURU

CONTENTMENT FACTOR: **HIGH**

Being a guru certainly wasn't something I planned to do. In my 20s, I thought this whole genre was flaky. I studied law at uni, had a very successful law practice, married a barrister and had a baby. We had a beautiful waterfront house in Sydney, yet something was missing.

I got postnatal depression after my daughter was born, then went through a messy divorce when she was three. I was in such a state of stress and dysfunctionality that a colleague suggested I learn to meditate. I was desperate, so I tried it. It was like a light bulb went on. It changed my life.

I spent nearly the next two decades studying with incredible spiritual teachers and gurus in India, the Philippines and Bali. I had a lot of blessings from these people, and they started to change me. Then, in 2006, I had an epiphany. I walked into a room and suddenly I was seeing angelic beings, saints, even Jesus. They were all cheering; it was like a big party. The veil between this world and the spiritual world had opened and there was all this light and tremendous energy. And in that came the knowledge that I wasn't Kim Frazer any more, I was Shakti Durga.

It took me about two years to really accept that I was a guru. I thought, "I'm white, I'm female, I grew up in Australia, this is very unusual." But the lives of those who were

coming to me for healing and instruction were transforming so quickly it was obviously true.

Being a guru isn't just about teaching someone's mind. It's actually a transfer of spirit – of what we call Shakti, or Kundalini – from me to the person I'm teaching. My life is very peaceful and empowered, and I put that in people.

Some people come to me because they're ill, others because they feel there's something more to life. I scan their chakras and see what they need to work on, then help them to be empowered so they can make positive changes.

Some people think it's ridiculous, especially those who've known me a long time. My daughter, 20, and my son, 14, have been brought up in it, so they're cool with it; my daughter is actually one of our teachers at Shanti Mission, the charity I set up to support my work. And my parents were fine because I'd been treating them for illnesses and health problems with energy healing for many years. They can't bring themselves to call me Shakti, but I don't expect them to.

My life has changed. The feeling of emptiness has gone and I feel a very strong sense of purpose, spending my time in a way that can really add value to people's lives. There's great contentment in that.

NINA KARNIKOWSKI

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