

# Why have a Guru?

By Surya Krishna

*"The purpose of the guru is not to weaken your will. It is to teach you secrets of developing your inner power, until you can stand unshaken amidst the crash of breaking worlds."*

—Paramhansa Yogananda

**G**uru, translated from Sanskrit, means weaver of light through dark. A true Guru is a spiritual guide and a teacher to our souls. They are a repository of unconditional love and Divine energy. Just being around them can make you feel better, uplifted, hopeful and sometimes even blissful.

With their assistance, we cultivate the strength and wisdom of the soul, to lead a life of greater peace, joy, love and freedom. In 2008 when I first met my Guru, I had no clue what a Guru was. I was quite skeptical of energy work and healers and anything else that wasn't tangible to me, including the Divine. However, my life was a bit of a mess. One example of this was that my relationships never lasted very long as I just couldn't seem to stop the cycles of self-sabotage held in place by low self-esteem.

When I met my Guru, I didn't have that initial knowing or "OMG I've been looking for you" feeling. But I did like her. There was an energy, something about her that drew me to her. She was so self-assured, yet caring, supportive and generous, offering to share her knowledge and wisdom and life experience in such a humble and humorous way. Her teachings were so grounded and easy to grasp and implement. And just being around her, I felt uplifted. I decided to stick around. And as I did, my life began to change. Through implementing her teachings and receiving healings (which are not unlike counselling sessions only with more of a spiritual focus), and participating in the meditations and satsangs, my self-esteem improved and I grew in more self-respect and genuine self-love. My self-sabotage diminished to become almost non-existent. My relationships improved. My life became more ease and grace. Meeting my Guru changed my life: I am happier and more confident; inner peace is no longer a distant ideal, but a wonderful part of my life.

*Surya Krishna has been studying with Shakti Durga in Shanti Mission for over 6 years and has been empowered to bring Shanti Mission and the teachings of Shakti Durga to Canada.*



**Shakti Durga** is an illumined spiritual teacher, musician, author and healer who gives blessings and spiritual initiations to people seeking empowerment as peace-makers.

She caters for those who want a genuine, mystical yet practical, grounded, transformative path of spiritual awakening.

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