The spiritual process is basically a process of turning inward. It is the process of understanding the mind. The more you master the mind, the better you can use it. As regards space, space and atmosphere are aids in the process of meditation.

Can you share with us an experience of the growth of the initiatives the Yiga Foundation has pioneered?

I have seen the growth of the Yiga Foundation, how it has blossomed. It has provided a dream of initiating people on the path to be happier and emotionally well-being.

Are you aware, they keep growing all the time. I had a vision for this, when there were things happening to me, I would be overpowered by the thoughts of making the world a better place. That was for the younger me. I'm most conscious of the fact that people in the modern world is in a million, not a million, but a few million is still not the world. We've consciously provided the basis of the foundation in Dilmun Island. Today, if you train in any place in India, Dilmun, you see that people know about it, and the training you do, it gives you a further study.

How has Inner Engineering, a program for personal growth, impacted people? How has it changed their lives?

It's something that's been in my life for about 20 years. It's a systematic, systematic, systematic, systematic process. It's a systematic process because it's a systematic process. It's a systematic process.

What is meditation? How important is it today to be in tune with the renovated mind?

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