

Interview with Tarun Kumar

Preparing for his Heart-Soul tour in March, we asked Tarun a few questions about his own meditation practise and his upcoming visit to New Zealand:

What was it that got you first interested in this subject and when was that?

I started meditation when I was 16 years old. I don't know the exact reason why I started this, but since my childhood I like yoga.

Is there a link between yoga and meditation and where is it?

Meditation is a part of yoga. By doing meditation one can attain a calm state of mind, which is a basic qualification for practising yoga properly anyway.

What would you say are the things that you observed for yourself in your own meditation practise?

Initially I was very short tempered and this has become much better. But I am not saying that it is completely vanished as of yet ;)

Why would you recommend meditation to others and where do you see its (general) benefits?

For me, if one can meditate, it relaxes the mind and decreases stress which we can meet everywhere in our daily life. Meditation also increases our immunity power. Most of the diseases originate from mind level. If a person stays calmly without stress and strains, he is less vulnerable to diseases - at least to some extent. Thus one can often perceive the real essence of problems before they manifest physically and that they are not there to make you sad, but to ignite your passion in facing and overcoming them in victory. They are like exams to a student, merely to test your skills.

There are already many meditations available and the beginner may have difficulties in choosing.

What is there to look out for and may be even be careful about when starting todo meditation?

Anyone can do meditation, but proper guidance is advisable. Don't do anything forcefully or something you are not comfortable with. Often even some seemingly simple things like chanting mantras, rapid breathing or breathing with focus on certain body areas - and even doing meditation in certain asanas can lead to unpleasant experiences if proper guidance and knowledge is lacking. Common sense suggests never to stop questioning the use of a specific posture (asana), sound (mantra), breathing or visualisation. A good teacher should be able to give good reasons why to do things in a certain way. The students benefit may just be that through asking such questions, his meditation practise may become more effective also.

You have been teaching in different countries but been to New Zealand thrice already. What is it about New Zealand that you enjoy coming back so often?

I love New Zealand's external beauty and the inner beauty of my friends there. I also enjoy the students questions and feedback very much as they don't learn meditation just like a weekend project, but they really enjoy learning to practice, which is like a great gift for me.

There are different subjects which you have taught such as Heart-Soul-Meditation, Cord Healing, Angel Healing and others, do you have favourite ones from a teacher's perspective and if so, which are they?

Hmm, that's difficult. I guess it depends a bit on what the individual group combination currently interests the most. But ultimately each subject has its own knowledge and key to "enlighten" us in physical, mental and spiritual levels. So from that perspective I treat all subjects equally.

What is it that you like particularly well in the Heart Soul Meditation and why?

This meditation is not only meant for the personal development of the practioner. It also helps other people and beings on earth. It gives a feeling of Conscious evolution from "I" to universe via "our" feeling.

Tarun, thank you for your time and we're looking forward to welcoming you again in New Zealand!