

We all hit a point in our lives  
when the universe seems very large,  
we feel very small and  
we need spiritual guidance

## KUMI Mystical Master

Kumi looks the part of a spiritual guru: long, waist-length hair, saffron robes . . . and shoes off at the door. The only thing that seems out of context is the chunky gold bracelet he wears.

"Sit down and relax," says Kumi. "Just be yourself." Sitting crossed-legged in a softly-lit room, with the sweet smell of incense, the sound of soothing music and the gentle gurgle of a small water feature behind me, I start to relax.

"The first lesson you learn from me is to fall in love with the most important person in the world—yourself," he says. "If you cannot love yourself, you cannot attract love. I think when a person is searching for their true self, they are looking for happiness, regardless of who they are and what their belief systems are.

"We are spiritual beings," Kumi continues, "having human experiences in this world. Unfortunately, many people feel they have to make a choice between the spiritual world and the material world, but in reality you can have it all. There is nothing that limits you because your soul has all the knowledge. All you have to do is make a decision and whatever you desire can be manifest in your life within a single day."

Your first session with Kumi will last over an hour and he will recommend whatever healing he feels you need. His exploration of problem areas begins with the aura—the light

that radiates around your head and body, the colours of which reflect your current mental and physical well-being. With proper training, people can perceive this aura, but only some have the ability to diagnose and heal the problems that the aura reveals.

There are several layers to the aura and a "blockage" on any one layer—such as the emotional, astral or spiritual level—will eventually manifest itself in the physical body, causing medical problems. As a trained master in yoga, Kumi is able to treat the problem at the level where it occurs, rather than merely treating the physical manifestation which, in spiritual terms, is the symptom but not the disease.

Kumi was born into a Hindu family and, as a young adult, became involved in the martial arts, in which he excelled. He went on to participate in the World Championships in Japan but, in fact, his main interest was in the philosophies and wisdom on which the Oriental martial arts are based. As a result, he turned his attention to yoga and went to India to study it.

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Today Kumi is regarded as one of the best teachers of yoga in South Africa and is also renowned for his healing.

This he does by isolating the problems you are experiencing, diagnosing the "blockages" and deciding on the best way of treating them. He works with a number of healing methods including reading and healing your aura and chakras (energy centres), cosmic healing, breath work, sound, psychic surgery, regression and meditation techniques. He will also continue to heal you during his own private meditations.

Fundamentally, Kumi believes that we always have choices. As much as we have the potential to create disorder, we have the potential to create harmony, except that we don't consciously know it. "We assume we have to be very serious because we think we perceive the real world out there. But it is not real."

For Kumi, the physical dimension is an illusion, primarily because it can be changed and is changing and ageing every second. True reality for him is something that doesn't change. So the only thing that is real, he believes, is your soul, which is the essence of everything.

"Life is a flow of experiences. If you can't have the experience today, what guarantee is there that there will be a tomorrow? Make the most of your life because only this moment is real. Yesterday has gone and tomorrow is merely a vision of hope. But if you live your life to its fullest you will never have regrets." — Deleen Wilson ►

the rest is up to the individual. Regular practice brings phenomenal results. I have been working with alpha and related esoteric studies for fifteen years, so I know how well it works. We create our own reality. The sooner we stop seeing ourselves as victims and start reclaiming our power, the sooner we can live joyous, fulfilled and successful lives. We all owe it to ourselves to tap into the wealth of our subconscious minds." — **Caroline Hurry**

## LIONEL BURMAN Psychic Counsellor

Have you ever had the feeling that you are not completely alone, that someone or something is watching over you? Well, according to Lionel Burman, everybody has a number of spirit guides—or Guardian Angels, as they are sometimes called—who assist them in life. Lionel appears not only to have the ability to give a face to your guide, but he allows his body to be used as a channel through which your spirit guide can speak to you directly.

From a very young age, Lionel had the ability to see and communicate

with the spirits. As a toddler he would describe those who visited him, some of whom his parents recognised from his descriptions as being long-dead family members, among them his great-grandfather.

A momentous event occurred at the age of seven when his life-long guide Marguerite first appeared to him and told him it was time for them to start drawing together. It is she, Lionel maintains, who actually draws, using his hand as a medium. Often she would wake the child in the early hours to draw and, in the morning, he would be surrounded by pictures of spirits.

"At the age of nine, I remember my mother coming into my room in the middle of the night as I was drawing. She put the light on and I was really spooked. I hadn't realised I had been drawing in the dark for two years."

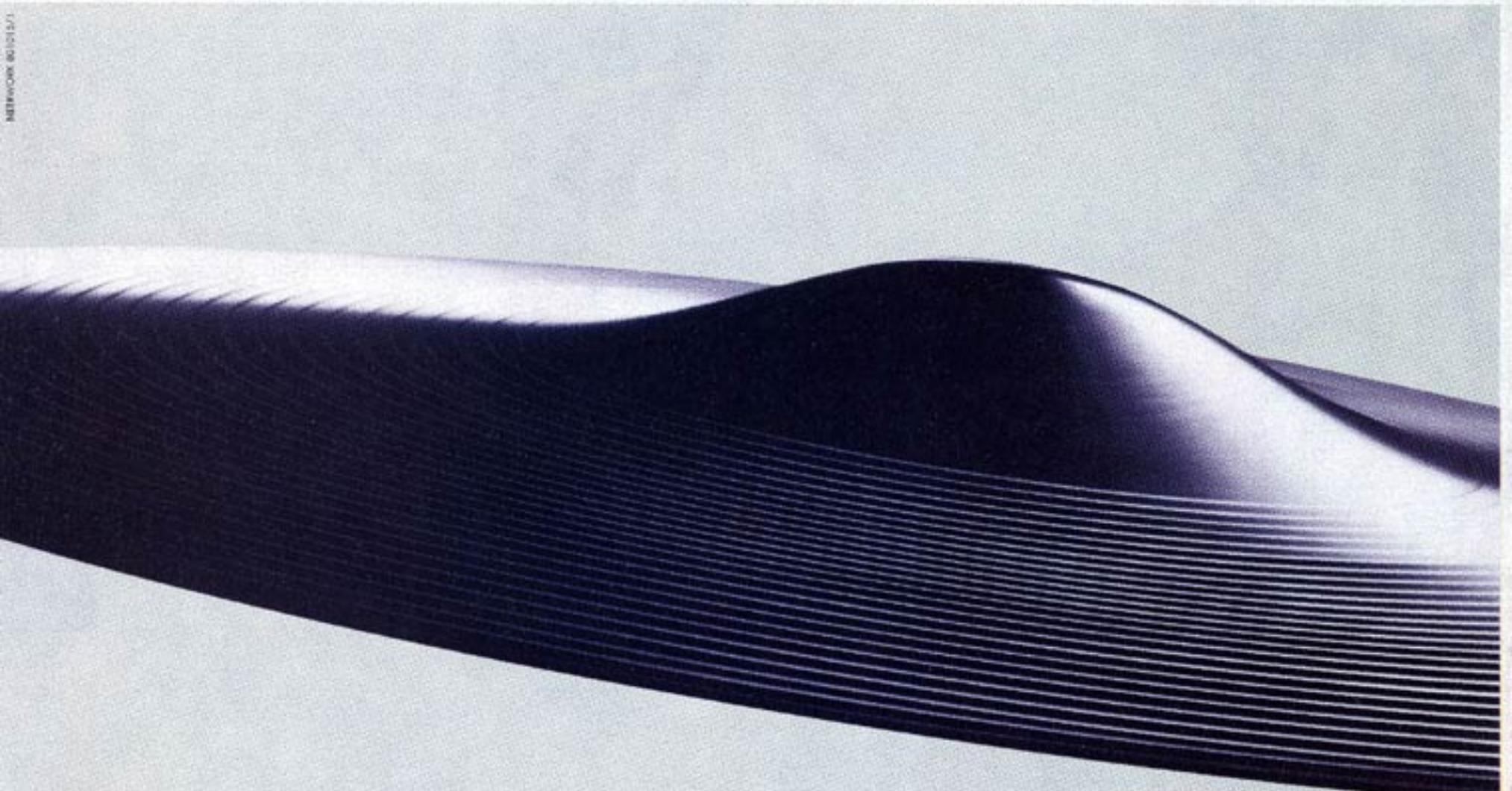
It was Kurt who told Lionel it was time to start drawing the spirit guides of other people. Kurt is Lionel's protector, the medium through which other spirits speak to him. "He feels like my brother, the closest person I have ever had in my entire life," says Lionel.

If you go for a consultation, Lionel quickly sees how many guides you

*'Without fail it goes straight to the heart of your problem in a fraction of the time it would take a therapist to get there'*

have. They manifest themselves as small but intense lights surrounding you. Lionel will ask you questions to ascertain what your main objectives are in consulting him. Then Kurt will invite your primary guide, or the one who is working closest with you at that particular time, to come forward and talk to you through Lionel while Marguerite draws him or her.

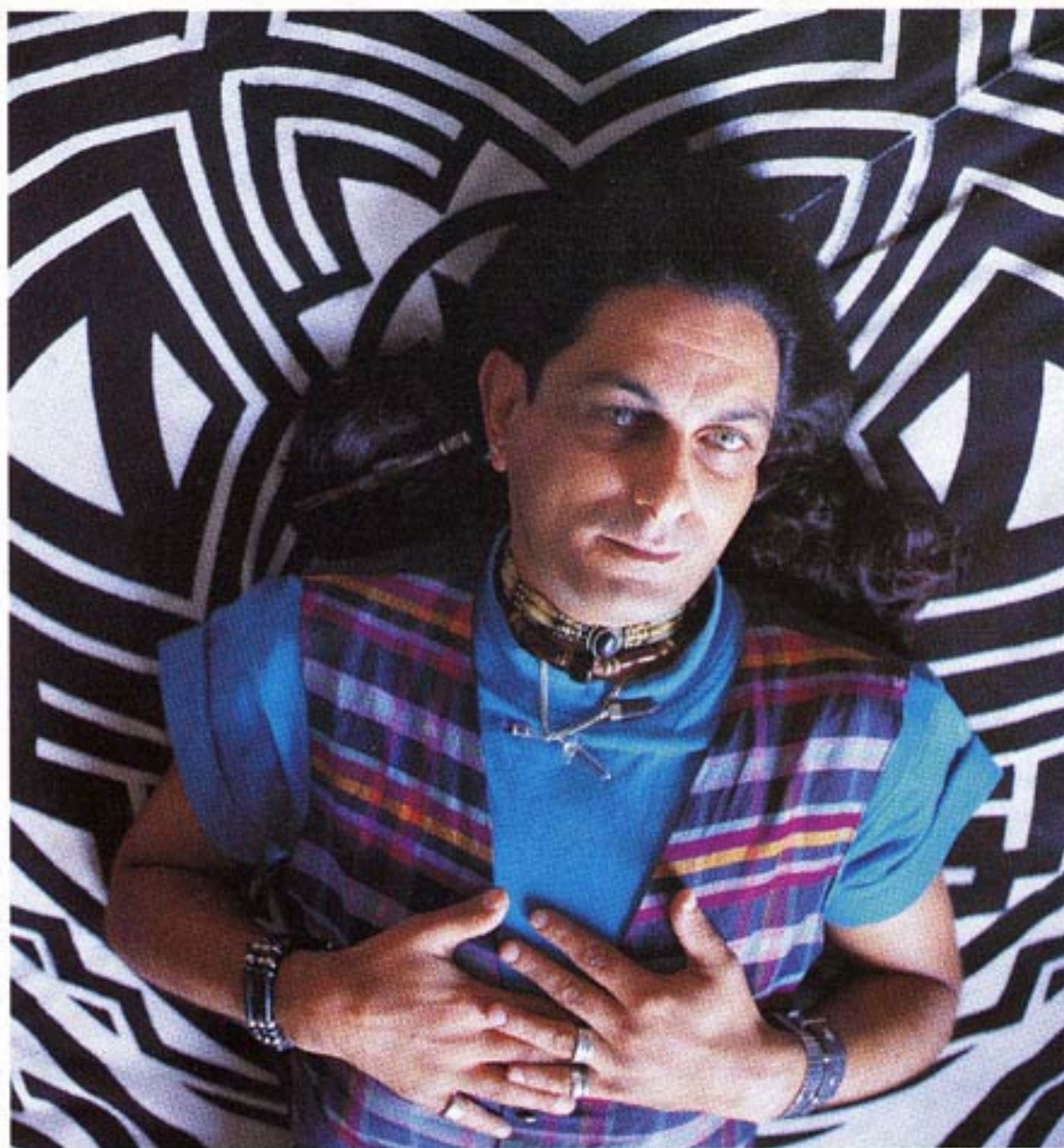
"Your guide will direct me to ask a certain question or probe a certain area and without fail it goes straight to the heart of your problem in a fraction of the time it would take a therapist to get there," Lionel says. Your guide will then give you advice



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as to how to tackle the problem, again using Lionel as the medium.

According to Lionel, guiding spirits are completely non-judgmental, totally loving and compassionate and want only what is best for you. Different aspects of your life attract different guides who will assist you with particular problems. They won't do it *for* you, nor absolve you of your responsibility for living, but they will help you find direction.

"I see people from all walks of life and of all ages," Lionel says. "Most of them are seeking something. People who have been through immense pain or loss often need comforting. Other people simply feel empty or disorientated in their lives. Ultimately, everybody wants to know what their life is all about." — **Deleen Wilson**

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- *Anita Maraney charges R90 a session and trains people individually or in small groups. She can be contacted on 082 881 3697.*
- *Kumi at The Mystical Centre, 30 Clarence Avenue, Craighall Park. Tel 788 9537, cell 082 558 3313.*

