

# Grey Matter Revolution: A Journey Within

- Rao Maharaj -

## Introduction

At a time when the self-help books were filling the book shelves world over and the concept of spirituality was turning into a feel-good commercial fad, a humble, middle-aged man sat under a banyan tree on a polluted Mumbai street and talked about the electro-magnetic properties of the thought-based sensations and their effect on neurons and body cells. He never went to school in his whole life. And he was no typical guru, for he said nothing that lifted the spirits and did nothing that satisfied the intellectual urges. He did not want to convince anyone or try to change the world. There were no theories, concepts, arguments or conjectures. He spoke what he saw. There were a small number of young and old people - eight in all - who had had glimpses of what he was talking about and stayed put, embarking on a journey to the unknown. They called him Rao Maharaj, Guruji, whatever they wished. He never called himself anything. He was not associated with any sect, ashram, school of thought or anything that puts any label on him.

For a very long time, what they experienced, talked and shared remained between themselves. To hear about their experiences was astonishing. What most people would consider a once in a lifetime moment or an incident was a common occurrence for them. Out of body experience, communication with unseen worlds and beings, visions, astral projection, thought-reading, etc. were simply brushed aside as a part of the process. Whenever Rao Maharaj spoke, the air/vicinity heated up and strange fragrances came and went. Unseen to naked eyes, Rao Maharaj sometime mentioned how many others were there listening to their conversations. To other enthusiasts who came by hearing about him from someone, he gave healing initiations and techniques with mantras. In the Western countries where there are paid courses of Reiki and other such techniques, he gave full initiation in both the hands in minutes. And the techniques were countless. They came naturally to him.

In 1997 some of the group members decided to compile some of the texts that they had written based on Rao Maharaj's talks and their conversations. The result was a mixed Marathi-Hindi text that needed to be translated in English. It was divided into chapters and bound in a manual-like book that was kept as a reference for future sadhaks. A couple of years later, it was also published on the internet. We are now publishing the same in a series on chapters on this web site. The translation is not

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perfect and at many places it does not do justice to that was originally written in a different language. However, the essence is there. Do not worry about the grammar and look for the subtle awareness behind the words. In itself, it is one of the rare texts on actual spiritual experiences in our time. It is not something that you will find in any of the self-help books. It is more of a science of spirituality that comes only from the process of self-realisation. Those who are on the path of truth will be able to connect to it straight away. It is not the everyday new-age, feel-good stuff. It is unique and rare.

Your feedback, questions and queries are welcome.

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