

4TH WORLD CHINESE MEDICINE, YOGA & MENTAL HEALTH CONGRESS

September 17-18, 2018 | San Diego, USA



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Nisarga Yoga: The ultimate medicine

Nisarga Yoga means to realize 'I am Unborn', which has also been commonly understood as Self-realization or God-realization. This is indeed the ultimate medicine because it puts an end to all your miseries. Sri Nisargadatta Maharaj (1897-1981) has been known all over the world as a leading proponent of Nisarga Yoga in his most inimitable style. He asks us first to understand your sense of 'being', 'presence', 'consciousnesses' or the feeling 'I am' in its absolute purity. Having done this you have to meditate or abide in the 'I am' and then depending on your earnestness, it will 'disappear'. In other words, you will transcend the 'I am' and realize 'I am Unborn'. If you understand this and do the Sadhana or practice as recommended by him nothing else need to be done. This is the direct method; other indirect methods gathered through the teachings of Sri Nisargadatta Maharaj have also been explored. It is left upon every 'born apparent' to decide as to which method suits him best to realize 'I am Unborn', which is the aim of Nisarga Yoga or the ultimate medicine.

Biography

Pradeep Apte was born on 26th January 1954 Indore (MP) India. He has completed MSc (Biochemistry) PhD, presently he is working and he is also Member American Association of Clinical Chemistry (AACC) since 1989. He has written books in Marathi, Hindi, English but the center of focus from 2003 has been on the teachings of Sri Nisargadatta Maharaj and his Nisarga Yoga. After a study of almost all the major books on the dialogues of Sri Nisargadatta Maharaj the first book published was 'The Nisargadatta Gita' in 2008. The book got excellent reviews, is into its third edition, translated into Spanish, Portuguese, Marathi and is considered one of the best expositions of the teaching.

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