

A wonderful, inspired, interview with Marshall Govindan for The Grand Self movie.

In this wonderful interview for *The Grand Self* movie, Marshall Govindan provides inspired answers to the following questions and more:

- How does the practice of Kriya Yoga eliminate the causes of suffering and bring Self-realization?
- Why does a spiritual path begin when you are ready to be no one special and to experience nothing special?
- Why developing calmness is the first objective in Yoga?
- Which is better: Classical Yoga or Tantra?
- How can we overcome our Karma, habits and tendencies?
- How can we overcome Maya, feeling limited?
- How can suffering, doubt and confusion become vehicles of grace and wisdom?
- How to change the allegiance of the vital body, the seat of emotions and desires, from the ego to the psychic being?
- Why do the Siddhas say: “God exists in you as you”? and “Love is God?”
- Becoming established in the awareness of the Light body, the true Self.
- Why the last moments of your life are the most important?

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