

DR UPENDRA BABU KHATRI



Dr. Upendra Babu Khatri is a spiritual teacher specialising in meditation and philosophy, presently working at the Sanchi University of Buddhist Indic Studies as Assistant Professor(Yoga).

He has MA in Philosophy and MA & Ph.D in Yoga Science. He is Post Graduate Diploma holder in Sanskrit (both Junior and Senior Level) and also has Post Graduate Diploma in Yoga and Naturopathy.

He has worked as a Yoga Instructor for more than three years at Swami Vivekananda District Yoga Wellness Centre, Arogyadham; Deendayal Research Institute, under MDNIY New Delhi.

He accomplished his Four Years-SRF at J.R.D. Tata Foundation for Research in Yoga, Naturopathy and Ayurvedic Sciences (DRI), Chitrakoot, Satna. He has imparted Yoga training and camps in Indian Air Force, Bangalore; Indian Naval Base, Vizag, SOS Village, and has held more than a hundred health camps in the villages located at remote places. He also spent two years in Goa teaching yoga and philosophy and Om meditation to western students.

During his 21 days intensive sadhana at Dev Sankriti Vidyala, Shanti Kunj, Haridwar, he experienced the Oneness with the Universe wherein he realized he was the Universe. And thus the Om Meditation technique revealed to him all was OM – pain, pleasure, caste, creed, religion, men, animals, plants, minerals. Everything was Brahman HIMSELF. There is nothing but Brahman. To further his spiritual experience he undertook parivrajaka of South India for two years during which time mental blocks and dogmas were further removed. He tested his ability to face all situations in life under difficult circumstances. He depended on nobody, he had no status and no friends.

These invaluable hands on experience helped whittle away the power of ego and the mind. His belief based on experience and during his parivrajaka he found that Mundukya Upanishad theory stated the very same teachings. Consequent of this discovery he is embarking on making a road map to share with interested seekers that during Om meditation one can consume all the negative and positive energies and turn them into Ananda (bliss).