

Going Nowhere

Journey into the Tao: A Beginners Guide to Eastern Spirituality

by **Dr Lorenzo Da Costa**

My Spiritual Journey

I was born in 1955 in Kenya, to indian christian parents. My mother was an extremely devout catholic. At the age of four, I was supposed to have had an authentic vision of the Blessed Virgin Mary. I have only a faint recollection.

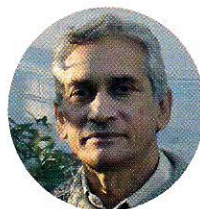
My parents took this to be a sign that I would have a religious vocation. At age 10, in 1965, my family went home to Goa, India where I grew up. In 1972 in my first year of university, an experience that was to change my life came to me out of the blue. It was the experience of being inside a 'subjective bubble'. I understood that I experienced the world in a completely subjective way. I became desperate for answers or a way forward and discovered western philosophy and in particular the writings of Immanuel Kant, who had grappled with this very problem. I had no interest in religion until by a complete accident I came across the Christopher Isherwood translation of the Bhagavad Gita. Within 5 minutes of perusing it's pages, it was as though the book spoke to me, telling me that the answers I was looking for lay 'beyond the mind'. The effect on me was electric. I fell into a deeply emotional state. A fortnight later, I had an experience of 'cosmic consciousness'. It was as though my brain melted into a sea of light, and a luminous dimension that was outside time and space presented itself. My questions were answered. The experience lasted only 4 seconds, but this was to utterly change the course of my life. This was 1975 and I was in the first year of medical school. Ever since that time I have been continuously involved with the spiritual search. I have been living in the UK since 1982, having entered the medical system here as an overseas doctor working within the hospital sector of the NHS. I subsequently re-qualified in the UK as a career route into General Practice. Between 1995 and 2011, I worked as a full-time GP in a practice in Richmond, London. I have recently decided to end my conventional medical career and devote myself to doing new things.

My Teachers

On a practical level, I have been primarily associated (over 25 years) with the teaching of the russian mystic G.I.Gurdjieff, as taught by teachers of 'The Work' in London. My thinking is essentially gurdjieffian. Gurdjieff divided ordinary human activity into Thinking function, Feeling function, Moving function, Instinctive function and Sex function. This is the system that I describe in my DVD and which is different from the 'Chakra System' associated with many eastern teachings that spiritual seekers know and use. In 2008, by accident, I encountered the person and teachings of Ajahn Sumedho, the then abbot of Amaravati Buddhist Monastery in Hertfordshire, UK. The way he and his monks lived, for me, embodied a perfection of the essential teachings of the Bhagavad Gita, which I have always regarded as my personal bible. Of late I have become an avid follower of the internet talks of Ajahn Brahm, a well known Buddhist monk based in Australia.

The story of the DVD

In 2007, I began to experience curious dreams. They would typically start at about 2 am and last till about 3.30 am. In these dreams I invariably saw myself as a classroom teacher in front of an old fashioned blackboard, trying to make a complex subject simple to



DR LORENZO DA COSTA's inspirational authors and teachers: Paramahansa Yogananda, George Ivanovitch Gurdjieff, J.G.Bennett, Ajahn Brahm, Dr Elizabeth Kubler-Ross, Thich Nhat Hanh and Eckhart Tolle.

students who appeared as a shadowy group. The dreams occurred 7 days a week and gave me no peace. I was at the time working as a GP 60-70 hours a week. I not only had to see patients but also run the practice which at the time employed 8 people. In July 2008 strolling through Richmond Town Centre on my lunch break, I came across an announcement in a shop window about private sittings with medium Henry Cumming. Without prior intent I found myself seeing Henry for a sitting. Henry said that his 'spirit guides' were informing him that I was destined to author a mind, body, spirit product which would go far and wide and help many people. My dreams suddenly made sense, and directed me to an audio-visual product rather than a conventional book. I found myself drawing some 150 slides in a period of 6 weeks. It became clear that I would have to find someone with IT skills to develop this project. Bumping into Henry again, I asked him about this. "You will meet the person in this very shop". A fortnight later I met Tim Lee at the very place mentioned. He turned out to be an artist with IT skills. I discussed the conversation with Henry and he agreed to take on the job. Both our lives went through a period of great difficulty and it was not until the Christmas period of 2009 when the DVDs were recorded, essentially, in one take, in the evenings using a vacant room at my GP Surgery. The moment the recordings were finished, it was as though a great weight came off my back, and I could not remember anything.

Looking back now I have no idea of how such a large assortment of information coalesced and organised itself through my faculties. I could certainly not do it again.

Future of the DVD

Given its story, I believe this DVD set will find its way to the people who are meant to see it and benefit from it. The best way to do this is to convert the DVD set into video files that can be emailed to those interested. As regards my own role, I feel drawn to work on issues on the medicine-metaphysics interface and also to perhaps facilitate the paths of spiritual seekers as part of a larger team.

Some of the lectures can be viewed online at: www.soulace.co.uk

MORE ON THE SUBJECT

GOING NOWHERE – Journey into the Tao: A Beginners Guide to Eastern Spirituality, by Dr Lorenzo Da Costa, DVD (available exclusively at www.watkinsbooks.com) – This DVD set consists of a series of lectures on Eastern spiritual practices and ideas. The lectures are clearly presented and well referenced with pointers to a number of popular authors on the subject.

