

My Divine Journey the Run through Austria



Multi-day-races are being held usually in a loupe where you run for many days. In September 2017 I felt a strong inspiration from within to run a Multi-day-race from one point to another. Immediately the Idea to run from my current residence, which is Vienna, to my place of birth, Bregenz crossed my mind and heart. Vienna is in the very east of Austria and Bregenz in the very west of Austria.

The preparation of the course, accommodations and all the necessary equipments (food, supplements garments etc.) felt like preparing for a Himalayan expedition. The Distance from Vienna to Bregenz is around 640 km and 4000 heights altitude (up and down). Accompanied by thunder-snow-storms, heavy rains and as well beautiful sun made the 7 days of running a real adventure. From the spiritual part it was an amazing event, rich of subtle God-experiences, conversations with Guru. Every day felt like an incarnation. Never before have I felt so intensely, that each and every step I have run was moved by our Beloved GURU.



In these 16 hours of running every day I sometimes felt all of a sudden for several hours a tremendous input of energy. And my legs were flying over the streets. Like having wings instead of legs I moved easily forward without any big efforts. And this happened often after being running for already 10 hours during the day. Being in this divine energy-flow I really felt that like entering in a higher realm of consciousness.

*"When we run we contact ourselves with a higher consciousness."
"While running, feel that you breath in cosmic energy. Feel that you breath in and out the Supreme's Breath."*

Sri Chinmoy

When I run for many hours and many days my physical mind changes totally. I never looked at the time - no more planning - only: Here and Now !!!

Shamita