

Sw. Nirdosh Herbert
(Herbert Rühl)
Ahornstraße 11
6232 Bad Soden 2

July 18, 1983

1) How I came to know Bhagwan:

In 1979 I saw a film about Bhagwan and the ashram in Poona. Next I read the book "Hammer on the rock" and Sw. Satyananda's story ("Ganz entspannt...."). With my new partner I had a group with Ma Yoga Sudha.

2) How my work has changed:

There is less strain and stress. I can rely more on my inner resources (meditation). I believe I risk more.

3) How Bhagwan is:

He is one whom I trust absolutely; he is full of love and innocent (I saw him). He is serene. Not even the most perfect actor could play his part.

In the past few years I felt something like the necessity "to prepare" for retirement and death. I didn't know how I could do this. In Bhagwan's books I found spiritual leadership.

When reading his books (at the moment it's "Nirvana - the Last Nightmare") I always have the feeling "Ah, this is it!" - I love him.

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Biography

8 June 1926 born at Dillenburg, West Germany, son of a school-
 teacher
1940 Death of father - in France.
1943-1945 Soldier
1946-1950 Studying German and English literature and
 philosophy at the universities of Frankfurt and
 Zurich (Switzerland, 1949)
1951 Teacher trainee - visiting schools in Great Britain
 (Educational Interchange Council)
1952 Exchange Program; studying American education -
 University of Illinois.
1953 (Jan-Jun) Teaching German at Evanston Township Highschool
 (see my articles in "American-German Review," Phila-
 delphia, 1953, 1954)
1954 Becoming a full-fledged teacher in Germany
Since 1955 Teaching at Frankfurt's Goethe-Gymnasium
Since 1958 Training teachers ("Studienseminar")
1967-1983 Work in various commissions for curricular reform
 in the state of Hesse, West Germany - making schoolbooks
 - in-service training of teachers

1961 marriage
1962 birth of son Jens-Oliver
1967 birth of daughter Ina-Harriet
1980 separation
since 1980 living with Christa, later Ma Arpana Christa
July 4, 1983 taking sannyas at Rajneeshpuram: Sw. Nirdosh Herbert

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