

Former disciple and chauffeur of Guru Maharaji Ji, Prem Rawat, reveals how and why he left the cult to reclaim his life

***Without the Guru* by Michael Finch explores how to face life's questions without the control of a guru**

December 7, 2009 – *Without the Guru: How I Took my Life Back After Thirty Years* by Michael Finch narrates how he broke free of what he felt was a suffocating, rigid belief system and learned to think for himself.

Many people are dissatisfied by the religious aspects of spirituality, yet science alone fails to fill that need, claims author Finch. These individuals sometime turn to gurus, as Finch did, with the potentially negative results he chronicles in *Without the Guru*.

In the book, Finch reveals how he gave his total allegiance, love and money to Guru Maharaji Ji as well as to the guru's organizations, Divine Light Mission and Elan Vital. This included two inheritances, a house and thousands of dollars. As the guru's former chauffeur, he lived for several years as a renunciate in the ashram and later was authorized to reveal the secret teachings. But gradually, he began to feel more and more trapped, and struggled to find his way out and discover a life of his own making.

Both a memoir and a narrative of Finch's time with the guru, *Without the Guru* explores the importance of thinking for oneself rather than adhering to anyone else's belief system. While it examines the popularity of cults and the seductive atmosphere they generate, Finch also champions how to find answers within the context of one's own life and details the process that led Finch to face life's main issues on his own terms—and his own two feet.

Without the Guru: How I Took my Life Back After Thirty Years is available for sale online at Amazon.com, Amazon.co.uk, BookSurge.com, and through additional wholesale and retail channels worldwide.

About the Author

Michael Finch received his doctorate in mathematics and theoretical physics. After a year in a Buddhist monastery, he became a dedicated follower of Guru Maharaji Ji in 1970, and left the guru in 2001. Awarded a fellowship from the International Society for Philosophers, he now explores how philosophy meets meditation.

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