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A beautiful and talented woman, Guru is a superstar of the pop music world. But her true fame is as an important spiritual teacher and guide to millions across the globe. This documentary reveals the power and influence of this remarkable woman, where her voice can be heard across cultures and generations. Guru is renowned for being an enlightened soul who can tune into people's emotions, offering guidance to her followers. Guru's life story reveals that she was born into a poor family in the slums of Mumbai, India. Her parents had no education and were illiterate. They were proud of their daughter's musical talent, so they sent her to a music school at the age of 3 or 4. Here she quickly became gifted at all types of musical instruments including the piano, flute and saxophone. After watching Guru perform at a concert in Nashville in 1999, American producer and director Paul Varga was inspired to make a film about her. He started making the film in 2001, with financial support from many sources including the National Film Board of Canada. The film presents an intimate portrait of Guru, showing her personal story and the more spiritual side of her work. She has written numerous books on spirituality and hosted television shows on holistic living that are popular across India. An intelligent woman who doesn't like publicity, Guru is seen here speaking candidly about love, life's complexities and problems of the modern world. Recommended by doctors for health reasons, Guru has learnt to meditate at age 4. At 11 she started travelling across India, performing in front of large audiences at major music festivals. In the 1970s she moved to London to pursue her career as a musician. In 1981, she performed live on BBC TV's Top of the Pops and released her first album, "Soulfully Yours". Later she moved to New York, where she continued her musical studies at the Manhattan School of Music and the New School University. The film reveals Guru's spiritual work in a very personal way. It is a universal story about a woman who has made an intimate relationship with God her life's work. She creates music that helps people heal themselves and find inner peace, love and joy. Her music has been described as "pure bliss in motion" and she is better known in India, where she is known simply as "Guru" - the mother of all. The film was made by Paul Varga, produced by Mark Igel for Versus for Canada's National Film Board of Canada. The film's soundtrack features music by Guru's band, Kailash Kher. It premiered at the Vancouver International Film Festival in Canada on September 15, 2006 to rave reviews.

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