

Function at your Peak

By Sadhguru

When I first landed in the US a few years ago, there was an echo of two words, stress management. Why would anybody want to manage his or her stress? This is because they have established a whole culture of believing that stress is a part of their life. And gradually we are picking up on that culture.

Stress is not a part of your life. It is not the nature of your work, which is causing the stress; it is just that you have no control over your systems. You don't know how to function smoothly within yourself. That is why you are stressful. In many a stressful situations one person would be very stressed out and another would effortlessly handle it. So stress doesn't occur due to a certain situation. It occurs because of the inability to manage your inner situation.

If you could experiment, if you keep your palms facing down and breathe deeply you will see breath will happen one way. If you turn them around, face them up and breathe you will notice your breath will happen in a different way. If your palms are facing down the maximum expansion and contraction will be in your diaphragm. If you turn them over it

will be higher up, in the chest. So just turning your palm over, the very way you breathe is



changing. This is not just about your breath, the very way your energies function in the body is changing.

Your body, your mind, your emotions, and your energies - these are the vehicles through which you are traveling. Devoid of any understanding of it, without any control over it, without any subjective experience about it trying to live your life is equal to an accidental existence. When you exist accidentally, even

if you manage to get somewhere in life it will be an accident. Challenging situations means situations that you have no clue about. If you are conditioned to being stressed, naturally you will avoid those situations. When you avoid those situations you will naturally avoid all the growth possible for your business and for yourself. When you fine-tune yourself to such a point that the fundamental faculties function so beautifully within you, naturally the best of your abilities will just flow.

Yoga is the science of activating your inner energies in such a way that your body, mind and emotions function at their highest peak. When your body and mind function in a completely different state of relaxation and a certain level of blissfulness, you can be released from so many things that most people are suffering from. Most people with desk jobs have complaints of headaches. In spite of it, they place themselves in their offices and continue with their work. It isn't a major disease, but it takes away their capability for that day. With yoga, your body and mind will be kept at their highest possible peak and you will be relaxed literally all the time.

Next Inner Engineering program in Goa starts from January 7 at thr Lingayat Hall, Near adarsh school Margao. Free Introductory talk at 6:00pm . www.goa.ishafoundation.org