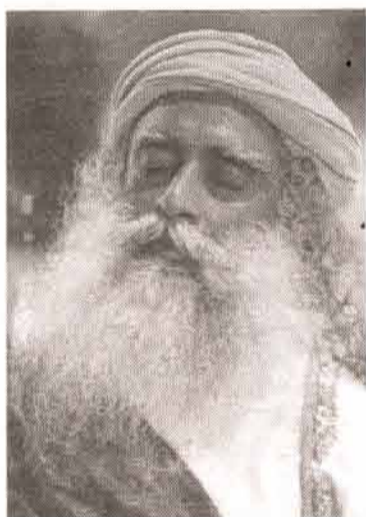


It is very important that the spiritual dimension of life is brought into everybody's lives. Why many people have developed an allergy to spirituality is because somebody always told them, 'spirituality means leaving everything and going to the mountains.' Even if you want to go, there is not enough space for all of you there. You had better learn how to be spiritual in your office, in your home, on the streets, wherever you are. You had better learn that because spirituality is about your interiority, not what you do outside. Spirituality is an inner science to create a conductive inner atmosphere because the quality of your life is dependent on how you are within yourself. That quality this moment depends on how

Allergic to Spirituality



joyous, how peaceful you are. This dimension you have completely neglected. Unless you do something to the inner, you will not know what it is to be peaceful, to be joyous, you will not know how to go beyond the limitations of being just a physical body and mind.

See, your body is simply accumulations of what you have gathered from the Earth – when you leave you can't take an atom of this body. So this body is not really yours. Your mind is not yours too. It is also just an accumulation – what you have gathered from the backgrounds in which you were brought up in life. So there is something else which needs to be looked at beyond these dimensions.

Even if I erase all your memory, still you will be here. Yes? Your family will disappear, your status will disappear, your business will disappear, everything that you own in the world will disappear. But still you are here. So beyond all the things that you identify yourself with, still there is something called as 'you'. That 'you' is not subject to what you accumulate from outside. But unfortunately that 'you' has been so much covered, so much crowded with other things that you never allowed yourself to look at that. You always thought that what you are identified with is much more important than who you really are. Now if your focus shifts, then



the other dimension can start opening up for you.

The whole process of spiritual science, yoga in particular, is to somehow elevate you to an experience that is beyond the five sense organs. When you transcend the limited experience of what you know as yourself, your experience of life is naturally in a different dimension. Then you begin to experience that which is not physical, the spiritual, the Divinity of your true nature. If you are ready and willing to experi-

ence life in a deeper dimension, to be truly happy, I have methods. Then you can begin to experience the joy, the blissfulness of knowing who you really are.

Sadhguru J. Vasudev is a contemporary mystic rooted as strongly in worldly and pragmatic matters as he is in inner experience and wisdom. Named one of India's 50 most influential people, he has addressed prominent global forums on issues as diverse as socio-economic development, leadership and spirituality. He has served as delegate to the United Nations Millennium Peace Summit and the World Peace Congress and has been a special invitee to the World Economic Forum (2006-2009), the Australian Leadership Retreat (2006) and TED (2009).

His interviews are featured in The New York Times, BBC, Bloomberg, CNNI and CNBC. He is the author of several books, the subject of four books and co-author of the Amazon Bestseller "Midnights with the Mystic". His public talks frequently draw crowds of over 300,000 people.

Founded by Sadhguru, Isha Foundation is a non-religious, non-profit organization with over 200 centers worldwide and over one million volunteers. Isha Foundation offers Inner Engineering Online – a practical approach for inner transformation in a fast paced world. The course designed by Sadhguru presents simple, yet powerful tools for an individual to experience life on a deeper level with more awareness, energy, and productivity. This program is an ideal opportunity for those with time and travel constraints to experience the same profound effects of the traditional Inner Engineering program, which has impacted millions of people over the past 25 years. To learn more, view the free Introductory Talk, or to register visit www.InnerEngineering.com