

Make the World a Better Place

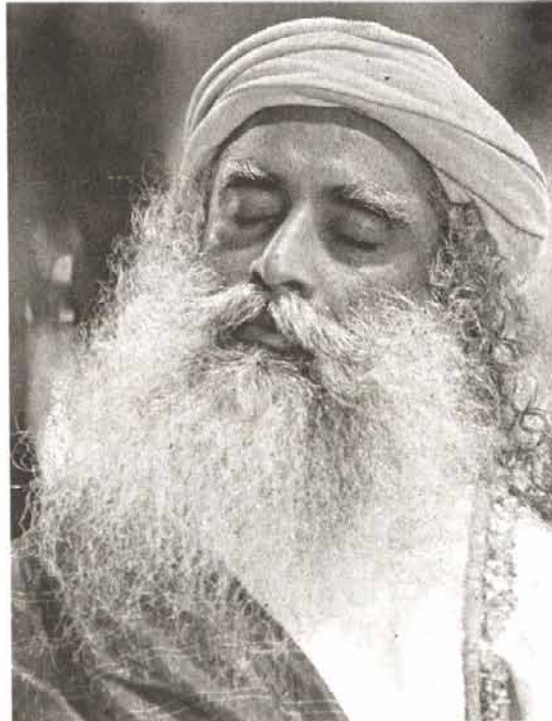
BY SADHGURU

How can the science of yoga and meditation make the world a better place?

The world has always been a great place. Our little knowledge of this existence and of the other planets tells us this world is a great place. It's always been a great place. It is just that a few over-ambitious people, in absolute unawareness, thinking that they were going to create human wellbeing went about slaughtering every other life form existing on this planet. Human wellbeing is still a dream. After thousands of years of civilisation; after thousands of years of slaughtering so many other animal forms, and sometimes our own race; human well being is far away. With science and technology we have altered the external situation, but we are no closer to human well being than we were ten thousand years ago. It is time we looked inward to see how to create human well being. From your own experience of life you can clearly see that true well being will come to you only if you change on the inside.

Right now, the quality of your life is not being decided by the clothes you wear or the educational qualifications you carry or your family background or bank balance. At this moment, the quality of your life is simply decided by how peaceful and joyous you are within. Yoga and meditation is that dimension of science which handles your inner self so that you can live a joyous and peaceful life. In other words, you can live well.

This yogic science is of utmost importance today. I'm not saying it was not important earlier. I'm



saying this because today we have so many tools in our hands. With modern science and technology we can erase a mountain if we want. When we have this kind of power in our hand, it is very, very important that we have an inner sense, an awareness of life. It is also important that we experience life and every other being as a part of ourselves otherwise we can

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create a calamity for ourselves, which we are creating in many ways so much so that breathing has become a problem, existence has become a problem. This has happened simply because we have attended only to the external science. We never looked at the inner science of creating the right kind of situation inside. So definitely the yogic science is more relevant than ever before, because today you're powerful. When you're powerful, it's very important to be sensible. The conveniences and comforts that science has brought can truly lead to human well being only when your internal situation is also handled properly.

(Next Inner Engineering Program: January 12 at Panaji and Margao
Contact: 9822100305, goa.ishafoundation.org. Sadhguru Jaggi Vasudev, a yogi, is a visionary, humanitarian and a prominent spiritual leader. An author, poet, and internationally-renowned speaker, Sadhguru's wit and piercing logic provoke and widen our perception of life. www.ishafoundation.org)