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Yoga

• **Quitting the rat race**

If you leave out compassion, what is left? You can only be an animal. Society is in that state right now. If you survey the challenges of today's world, one can easily come to a dismaying conclusion. There is great competition. Those who want to compete can compete. If you don't need the race, why don't you come out? Or at least why can't you slow down the pace? No, you want to race with everybody because you want to be one up on everybody, especially your neighbour. But you do not want to face the difficulties that arise due to this competition. You should understand this very clearly – whatever action you perform in your life, there is a consequence to it. There is no such thing as you must perform only this type of action and you must not perform another type of action. You can do anything. But you must be in a state to accept the consequences joyously.



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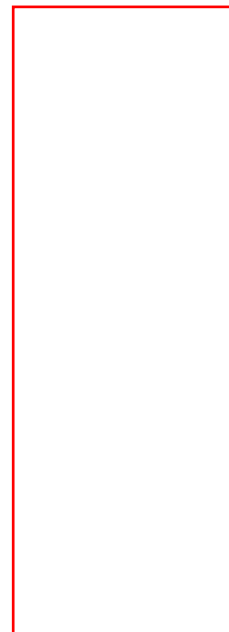
After performing the action, cribbing or crying when you have to face the consequences will not do. Do whatever you want in your life, but tomorrow, when you have to face the consequences, you should not cry and complain. If you can accept this joyously, you can do anything. If you don't have the energy to accept the consequence, you don't have to perform that action! It is not needed. Just because somebody else is doing something, you don't have to attempt it or do it. You do not know the kind of energy they have. Isn't it? So, society has not become competitive; you are caught in the rat race. You can compete to the extent you want to. But if you don't have the need for competition, then come, we will teach you meditation; we will set you on the path of meditation – not because you are useless for anything else, only because the need to compete, the need to be in the rat race has dropped.

Sadhguru Jaggi Vasudev
Isha Yoga Centre
New No.55, Moosa Street
T Nagar
Chennai - 600 017
Ph: 91-44- 24333185, 24348732

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Sadhguru Jaggi Vasudev is a realised master, Yogi and a profound mystic of our times. Sadhguru developed Isha Yoga - Yoga of the Divine, a scientifically structured programme, as the vehicle to transmit a deep experience of the Self that changed his life completely about two decades ago.

Belonging to no particular tradition, Sadhguru incorporates what is most valid for the modern seeker. Isha Yoga flourishes today as a spiritual science for hundreds of thousands of initiates around the world.

An accomplished poet and an author of several books, his latest book - [Mystic's Musings](#) - is one of the most candid unveiling of the mystical dimensions of life.

Isha Foundation, founded by the Sadhguru, also administers the Dhyanalinga multi-religious temple and meditation shrine, an ashram, and a yogic hospital at the Isha Yoga Centre, located on 50 acres at the foothills of the Velliangiri Mountains, 30 km from Coimbatore.

For More details, contact:

Isha Yoga Center,
Velliangiri Foothills, Semmedu (PO)
Coimbatore - 641 114, India
Phone: 91-422-2615345
Email: yogacentre@ishafoundation.org
Website: www.ishafoundation.org

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