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Q & A With Sadhguru

Sadhguru Jaggi Vasudev in Conversation
with Kavita Chhibber

A [Kavita Media](#) Presentation. Please email comments [here](#).

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Selected comments will be broadcast on our webcast

Thank you again for the overwhelming response to my continuing conversations with Sadhguru Jaggi Vasudev, the founder of Isha foundation.

Sadhguru has requested that everyone who asks a question on this forum to plant 10 trees themselves and if they cannot, please donate the amount to Isha so they can plant the trees in your honor. Kavitchhibber.com is pleased to present questions by those who have shown great generosity and honored Sadhguru's request. Sadhguru thanks those individuals. [Hear his message here.](#)

The questions have been reformatted to make better sense. No question is off bounds with Sadhguru and I hope readers will continue to think about life and ask relevant, thought provoking questions so others can also learn from the discussion. Some repetitive or superficial and irrelevant questions have not been answered in this month's selection. Please do not ask Kriya related questions as they have to be explained. Contact your teachers. Also please do not ask more than 2 questions so others also get an opportunity.

Some of the questions have already been answered here and in Mystic's Musings, and will not be posted again here. Please refer to previous Q and A selections. Others did not make it in time for the issue.

Here are the selections for this month.

Q-Sadhguru, Namaskar. If a seeker has a very strong urge to experience the truth and thinks nothing but about attaining the truth, but for some reasons he is not able to do so due to constraints in life. If he continues to call his guru or God to grace him till he dies, will such a person have an



opportunity to experience the ultimate in his next life? Can the guru know someone is yearning for him? –Jinesh Parekh

A-Sankar Pillai went to his college Professor and said-Sir I need your help. The Professor said-Of course that is what I'm here for. What can I do to help you? Sankar Pillai names the college beauty queen and says Sir I love her and so I'm 50 percent successful and now you have to help me with the other 50 percent. The Professor said-can you explain a little bit more? Sankar Pillai said-Sir I'm completely in love with her but she is not aware of it- so you have to help me there.

Let Jinesh do his fifty percent totally and I'll take care of the other fifty percent.

Q-If a person has done something bad in his past and someone of his own family has suffered substantially due to this - destructively, does the possibility of attaining the ultimate exist for him. Does he still deserve it?- Jinesh Parekh

A-What has happened in the past, what we think as good or bad deeds is more a question of our volition than our action. If you really look at it, every step we may take may be good or bad in some way. What has happened in the past doesn't matter. The past is something that we cannot fix. The impressions and the residual impact of the past will be there in our life but we can easily correct it and go beyond it with the present action.

According to Egyptian legend and mythology if you want to enter the Egyptian heaven you have to answer two questions in the affirmative. 1) Have you known joy in your life? And 2) Have you made people around you joyful. If you answered yes, you were allowed entry into heaven.

Accept the past but do your best to make every moment in your life both by intention and action really wonderful for others around you and for yourself. If you accomplish that you are through.

Q-Dear Sadhguru, I came across a book "Tibetan Book of the Dead" by W.Y.Evans Wentz. The book says that there is existence, even after death of the person, which is a void state of mind. It says that since mind is not anymore entangled with the body, it becomes more powerful and clear. It is very easy for a yogi to realize this void state of mind but for an ordinary individual, he will need the help of an expert yogic preacher, who will be reciting verses from the book. Reading this book, I felt that there is always a chance for every individual, of realizing his innermost nature, at the time of death, with the help of a preacher. Looking at the immensity of the book, I realized that how everyone makes death, a fearful phenomenon, instead of realizing that the person departing needs to be calm and composed. Can you give a discourse on your own version of "Tibetan Book of the Dead"? Can you give guidelines on what people should do, when anyone reaches their deathbed?- Rohit Kumar

A-I have not read the book you have mentioned. I have talked about this issue in several conversations but now we are finally coming up with a book on death. Probably for the first time, a book like this is being published. There is no living being who does not think of death because just as you are born you will die one day. Unfortunately certain cultures, especially the western cultures have particularly trained people not to look at it at all. However if you avoid death then you avoid life as well because life and death are coupled together-they are not separate from each other. Only those who are willing to die can live totally. The realization that you will die some day will make you live your life to the fullest and teach you what it means to live in a powerful state within yourself. So I bless Rohit and hope that he makes the necessary effort in life for his inner well being.

Q-I have been reading the interviews with Sadhguru frequently. I came across a low quality video showing a "siddhar", a yogi in a temple in Tiruvannamalai, Tamil Nadu, who, according to the news report, allegedly looked upward towards the sky, and levitates and flies upward like a rocket. My

logical mind rejects this as nonsense, but having been with Isha for more than a year and a half and having seen, heard and read so much from Sadhguru, I am tempted to believe that this happening is within nature's laws. Curiosity kills and so what does Sadhguru have as a more convincing answer to beat my logical and troubling mind?-Pranams, Vinod

A-Is it possible? Anything is possible. Has it been done? I don't think so or it would have been headlined every where and the video would not have been so fuzzy.

But the point is not whether he can fly or not fly. My question to people like Vinod is this-why are we always looking for some type of circus in the name of yoga, when everything around you is a miracle of existence. The way your body works, the way food turns into energy, the way a small, insignificant looking seed turns into a mighty tree, everything, the way the entire existence is happening-it's much more exciting than a so called flying yogi.

Instead of experiencing this miracle of existence in more depth we keep looking for a circus to entertain us. Modern technology can make anything or anyone fly, but there is really no need to waste your time and energy. Let's do something more worthwhile with our lives than watching or doing acrobatics to impress people.

Q-'Is there any similarity between all nuclear plants in the world with that of SHIVLINGA, the very basic shape" & I seek your blessings please! -Jai Guru Dev! BK Gupta

I don't know much about nuclear science but for some reason the scientists have realized this fact that an elliptical shape is the best way to contain energy and that's a good thing.

A- I was recently reading an article in "Hinduism today" on Madhava Chari and his attempts to prove Shankaracharya wrong about advaita. Why is it that two enlightened beings have such different perception of Truth? The answer to this question will not transform my life, but I am very curious about the answer- Most respectfully, Raja Theyyuni

They both belonged to different schools of thought and obviously had their own unique way of looking at things which may not be in empathy but I'm not aware of any acrimony just because they had different views. What may be seen as proving the other wrong can be simply seen as a healthy debate. They were both excellent debaters, and in the society of that time, great debates and orators were always welcome.

Q-Is it possible for a yogi to exist in different places. I heard that vallalar, a south Indian yogi, had done this kind of mysticism.

A-Yes it is possible.

Q-In Kailash DVD, you said that some souls are traveling in high speed in Mansarovar lake. How is it possible sadhguru? Is it like, for you also, that there is a lot to learn, regarding the universe? Have you explored where they are coming from?

A-I don't call them souls at any point because we refer to "souls" when we refer to life on this planet. These life forms are different. I'm known to be very logical, but what I have seen and experienced in the last few weeks in Mansarovar defies traditional logic. I'm in the process of experimenting with these life forms but the challenge will be to present it logically without making it seem ridiculous.

Q-Sadhguru, some times my mind tells me that if a person's ultimate nature is to get Mukthi and Mukthi is "cease to exist" what is its use? The person who gets mukthi misses the whole beauty of God's creation. Another time, my mind tells that , Mukthi means one becomes in sync with the creator itself and he has greater intellect and thinking capabilities and sees the universe in a much deeper way than a normal human being. What is true sadhguru?

A-Do not go by what your mind tells you because the mind can only speak logically and what you see as creation is definitely not logical. If you truly recognize the beauty of creation, the longing to know the creator will definitely come. Those who are glossing over creation-such a longing has not come in them. But right now don't worry about the creator, pay attention to the creation.

Q- Is there any relationship between 7 chakras in a human being and the whole dimension of the universe?

A-The way the whole human body has been created, the same way the cosmos has happened. Does it mean the cosmos has 7 chakras? Actually the cosmos is connected in 114 different ways. When you cut a tree, looking at the rings tells you so much that has happened in the past. Similarly if you cut through your body with awareness you can look through the body as well. So similarly what we call as creation and when scientists talk about the big bang theory, it is common knowledge that it was not one big bang but it all happened many times. In the yogic culture we don't see it as a bang but as a roar. From the first roar came Rudra-the first creation was Rudra because he roared. Going into our system we know there have been 84 roars. Based on this there are 84 basic asanas. So we know that these roars and 114 chakras can recreate and are directly inter connected. There is a whole lot of science behind it, and definitely the way the human science and the way the cosmic process is happening, is very intricately connected.

Q-Dear Sadhguru, my mind is generating very contradictory thoughts about marriage, commitment made before marriage and love expressed. I do strongly believe that if you love some one then there should be no expectation from him/her. Just pure love. (I guess you also believe that). But there is no family relationship where we do not have any expectation from our partner. If this is so, then is there any true love existing in the family? Also I think true love has no emotions. Because if there is true love then there are no expectations. But our emotions (e – motion) change when someone meets or doesn't meet our certain expectations. Please tell me if I am right or wrong?-Ronak

A-Where there is a relationship, there is expectation. If there is no expectation, there is no need to have a relationship. All those ideas to the contrary that have been spread in the name of neo or pseudo spirituality, relationships without expectations are unrealistic. Relationship is an expectation. Only because you are seeking some fulfilment of your expectation you seek a relationship. The expectation may be physical, emotional, psychological, financial, and social or a complex mix of all these things. If there is no expectation then why would there be a need for a relationship? Don't get into a self defeating state with such ideas. The important thing to understand is that you are forming a relationship because you have certain needs and expectations and if you recognize its your need then it makes you go to another person(it may be their need also) but as far as you are concerned, if that need is taking you to another person, commitment will come naturally. Where there is no commitment, emotional turmoil and insecurity will occur. This is being greatly displayed in western societies and is making its way to the east as well. Today even people in their 60s and 70s are still looking for emotional security today in the world mainly because of these relationships without commitments.

These needs have to be settled before a person can really focus on his external and internal well being.

Q-I would like to ask our sadhguru that can a mentally retarded person/mental illness person enjoy the shambavi mahamudra as we enjoy.

A-It all depends on the level of retardation. Please do not teach yogic practices to such a person by yourself. It would be very irresponsible and dangerous. If there is such a person you need to bring them to the center for proper evaluation and guidance.



To Be An Emperor Within Yourself

By Sadhguru Jaggi Vasudev

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Spiritually, there has always been talk of surrender. But the moment logical, educated minds hear the word surrender, they will build forts around themselves.

In spirituality when the word surrender is used, it means you surrender that which is false. It is just that the very way you have existed up to now, is just a falsehood. What you refer to as yourself right now is simply a collection of identifications that you have taken in your life. Yet if you sincerely look at your essential Self, what have you got to surrender? You have nothing to surrender. Your essential Self is that which has always been and that which will always be. When you realize this fact, your spiritual work is done — you have already surrendered.

When you destroy the walls of falsehood that you have built, everything becomes one. In Truth, no walls exist in Creation. You just believe they exist, so separation is your limited and distorted perception of reality. When you seek ultimate freedom, all that is required is the surrender of your illusions. And only when you surrender your illusions, reality happens. Reality, or Truth, is not right now in your experience, with all the multiple impressions that you have, you have built a world of your own. And this world is not real, it is not Truth. You cannot exist here for even a moment without interaction and contact with existence. But you go about believing you are a whole unto yourself. You deal with life as if you have got nothing to do with anything outside of your limited perception.

To drop these false boundaries is what the spiritual process is all about. This work does not have to happen in any particular way, with any specific process or person. For those who are willing to know Truth, there is always assistance. Spiritual masters simply create an atmosphere where it will become easier for a person to become free of his or her bondage.

Dropping identifications that you have carried for a lifetime is like jumping into the void — it is frightening. When you feel a presence that is bigger than yourself, it becomes easier to keep yourself, or what you think as yourself, aside.

Until you are able to keep yourself aside, there is no possibility of finding Truth. When you drop your limited identification, you no longer need to isolate yourself from the rest of existence. For a person who is seeking

liberation, the only way to Truth is the destruction of all walls, which means the dissolution of your individuality. That is surrender, ultimate freedom, liberation.

For more information about Sadhguru, please visit www.ishafoundation.org

Sadhguru Jaggi Vasudev is an international speaker, author and peace advocate with profound spiritual and cultural insights on health and human potential. He addresses over 500,000 people annually at his public forums. Sadhguru is a realized master and yogi who has practiced yoga since age 13 and authored four books on the essential nature of yoga. Sadhguru has synthesized the science of yoga into a dynamic program that allows people to restore and maintain optimum health and inner balance.

Through his books, columns, articles and interviews aired and published in a host of international media, Sadhguru is considered an authority on yogic science whose teachings help people gain an inner understanding of the issues and events that happen to themselves and the world around them.

Sadhguru is founder of the Isha Foundation, a non-profit organization advancing physical, mental and spiritual health through yoga and self-transformation. The Foundation administers over 100 yoga centers, an ashram, residential complex and medical center in India, and conducts public programs around the world. His humanitarian initiatives for world peace and his outreach programs for Tsunami relief, prisoners, children and Action for Rural Rejuvenation in India are examples of his determination to improve the human condition for all people.

Disclaimer: The views and opinions expressed in these columns are solely those of the writers and do not necessarily represent those of the editor/publisher.

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