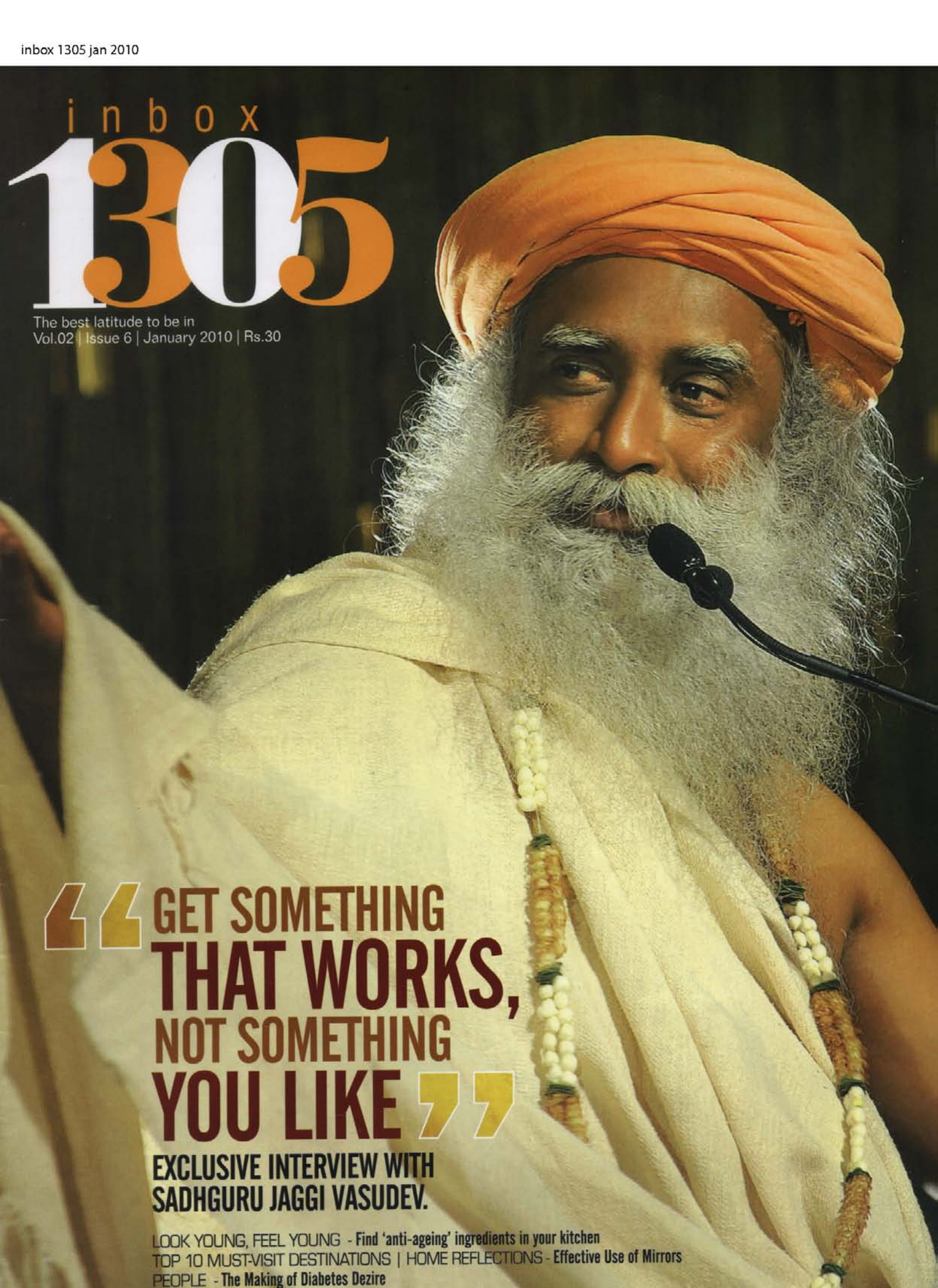


inbox 1305

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“ GET SOMETHING
THAT WORKS,
NOT SOMETHING
YOU LIKE ”

**EXCLUSIVE INTERVIEW WITH
SADHGURU JAGGI VASUDEV.**

LOOK YOUNG, FEEL YOUNG - Find 'anti-ageing' ingredients in your kitchen
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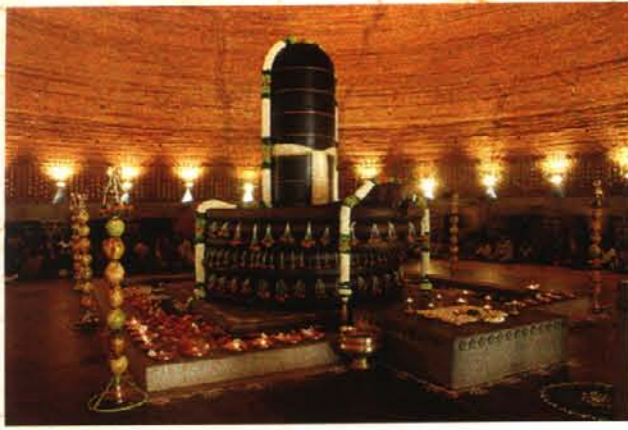
ENGINEERED BY EXPERIENCE

One fragile man, with a white beard, using simple language, uncanny humour and a calm voice has reached out to 7 billion people across the globe and we know there are more followers to come.

Jayanthi Somasundaram caught up with Sadhguru Jaggi Vasudev, who explains that life is indeed very beautiful and is a burst of miracles.

All you have to do is clean your mind.





"HAVE you noticed the little children growing up in impoverished conditions in slums and in rural India? When I see them barefoot, walking on hot tarmac to school but with a big smile on their face, an enthusiasm, joy and with a sense of purpose with which they walk, I'm overwhelmed with admiration for them." This is who he really is. Sadhguru Jaggi Vasudev, beyond all the crisp and spotless branding material, is a person who finds the smallest details of life so very, very beautiful and inspiring.

A guru, a friend, a volley ball mate, a singer, a dancer, sometimes clad in denims straddling a BMW motorcycle – this is a person who does not conform to the ambiguous principles of society and his simple lectures, have brought about a new lease of life to listeners, be it a businessman, a scientist or a prison inmate.

One thing is very pristine clear, he does not read people's mind, bring things out of thin air or offers religious remedies to your problems. He is a man who does not come from scriptures or traditions, but comes with immense experience. All he knows is himself, about his life, its origin and all the way to the ultimate truth. In simple terms, he spends his time and energy sharing with people his experience and knowledge leading people, who want to be led, towards the path of enlightenment. His calm and soft demeanour makes one wonder, if he has ever expressed anger at anything or anyone, but Sadhguru diminished all doubts and said, "It is not that I'm incapable of anger, but I choose to live joyfully and peacefully. I am the way I am, not because of any incapability, it is a product of my conscious choice".

Inbox1305 is honoured to have been able to meet this man, who has shown the direction to life for many. Here are excerpts of the interview.

There are plenty of spiritual leaders in the country today. Many go to guru X and many go to guru Y, but how should one actually select their spiritual guru? Some shift gurus quiet often, why is that?

It's time to go to guru Z! The word guru literally means 'gu' (darkness) and 'ru' (dispeller) – dispeller of your darkness is your guru. You might have been to any number of teachers right from A to Y. If you go to the guru that means your darkness is dispelled, that means you have come to the Z and that's it; after that there's no looking around. So, if you're still moving around you obviously have not found your guru. You might have gone to somebody who is a guru to another person, but he's not your guru because still your 'darkness' is not gone. So, you don't go to a guru to learn something, you go to a guru so that he takes off the veil of ignorance from your perception and makes you see life the way it is. The reason why you don't find something may not be because there is something wrong with the guru that you've been to; it is just that you're not intense enough, focused enough, serious enough to look for the real thing. You may be looking for entertainment and your guru may be unwilling to

provide entertainment for you, even if he provides it may become stale after some time. So, you may be shifting from place to place.

Going to a guru is not a social thing or an entertainment thing. It is an inner dimension and there is no shifting from here to there because no genuine guru has any teaching to give you; he has methods to dispel your darkness. So, if your darkness is not dispelled it's time to find the guru Z and be done with it.

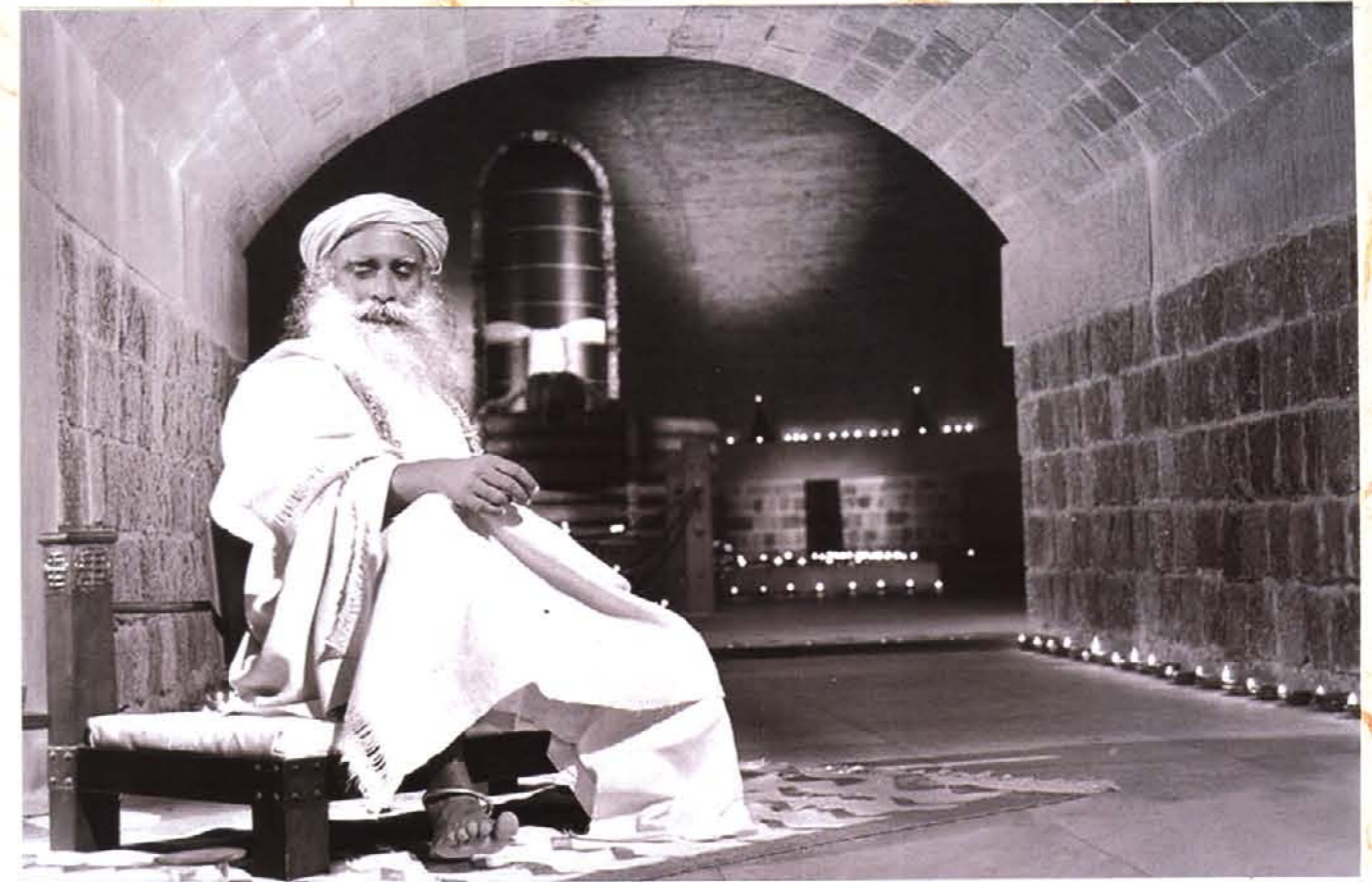
Some people find it difficult to follow the guru's principles and teachings. Why does this happen and how should we overcome it?

This conclusion may be coming by going to different sects and groups which adhere to certain principles, teachings and philosophies but going to a guru has nothing to do with picking up a new set of principles or a new philosophy. This is just about a method that works for you which you need to apply. It is just like you learning to use your cell phone. So, if you get yourself a new gadget you have to learn to use it. So, unless you use it, it doesn't work for you. So, similarly certain methods are given to you, unless you employ it, it'll not work for you, it's as simple as that. That is not just for the spiritual process, with any aspect of life this is the way life works. So, if you are looking for something that you like then you must look for teachers, pundits and others who are willing to cater to this. You go to a guru to get something that works, not something that you like. So, most of the time what he gives you, you may not like it but the important thing is to do it because it works. So, one has to choose - are you going for fanciful shopping or have you gone there to truly transform your life? It depends for what purpose you have gone there and accordingly it is.

Should people pray to their guru? This question arises because we do not keep pictures of our parents or teachers who are in a way our 'gurus' and pray to them.

Usually people pray to their parents only after they're dead, it's unfortunate. But that's not been the nature of this culture. In India, you were always taught that when any elder in your family enters, you bow down to them, which is in a way a certain kind of prayer. Everyday 'Matru Devo Bhava', 'Pitru Devo Bhava' was taught to us because to recognize the divinity in people who have borne you and who have brought you up is a very important part of human growth. So, if you have forgotten that you should be prayerful to your parents, it is unfortunate and people pray to their gurus because of what they have received from them, out of sheer gratitude, not as a ritual. No guru...no guru worth his salt is ever asking anybody to pray to him but it is very natural for a human being when he comes in touch with something which is far bigger than him and overwhelming to him, to bow down, to become prayerful is only very natural. So, in that context people may be doing it but there is no necessity that you must pray to your guru. Most people don't, they just love their guru, some people revere their guru, some people even fear their guru and some people have become one with their guru. So, these are all different ways that people relate to a Guru.

HE HAS METHODS TO DISPEL YOUR DARKNESS



Most children and young adults are not interested in spiritual discourses, meditation or yoga. Should parents push them to attend such events or let them go out of their own interest?

I think it's time we make the spiritual discourses far more interesting than the way they have been. I find, wherever I go, the majority of people who come to Isha are very young people. So, I don't see how you say that the young are not interested. It is always the youth who are interested in truth. People who have gotten entangled in life, they have compromised in many ways. Most of Isha is youthful; all of them come very young here because it is a natural want of youthfulness to be in pursuit of truth. So, if spiritual movements are not attracting the youth and the young it is definitely something that the organisations need to look into.

Another aspect is - it is also important that we establish culture and what the priority in life ultimately is. If we redefine what well-being is, if we understand well-being as just going shopping everyday that's how the world will be and that's how the commercial forces want the world to be. But it's very, very important that the parents set up a proper cultural atmosphere in their home, within themselves as by example, not by teaching or preaching to the children, but by example, what the priority in life is.

Do not look at spirituality as a teaching or as a scripture. All I'm asking is, do you want to live on the surface of life or do you want to taste the core of life? So, if this natural atmosphere towards profoundness of life is established in the family situation, children seeking spirituality will be very, very natural. If you do not give any readymade answers to the child about life, if you just set up an enquiry in him that constantly makes him enquire about the nature of life, himself, then he's already on the spiritual path. There is no human being who will not be naturally on the spiritual path if you don't mess them up with all kinds of assumptions and belief systems. So, if you do not impose your

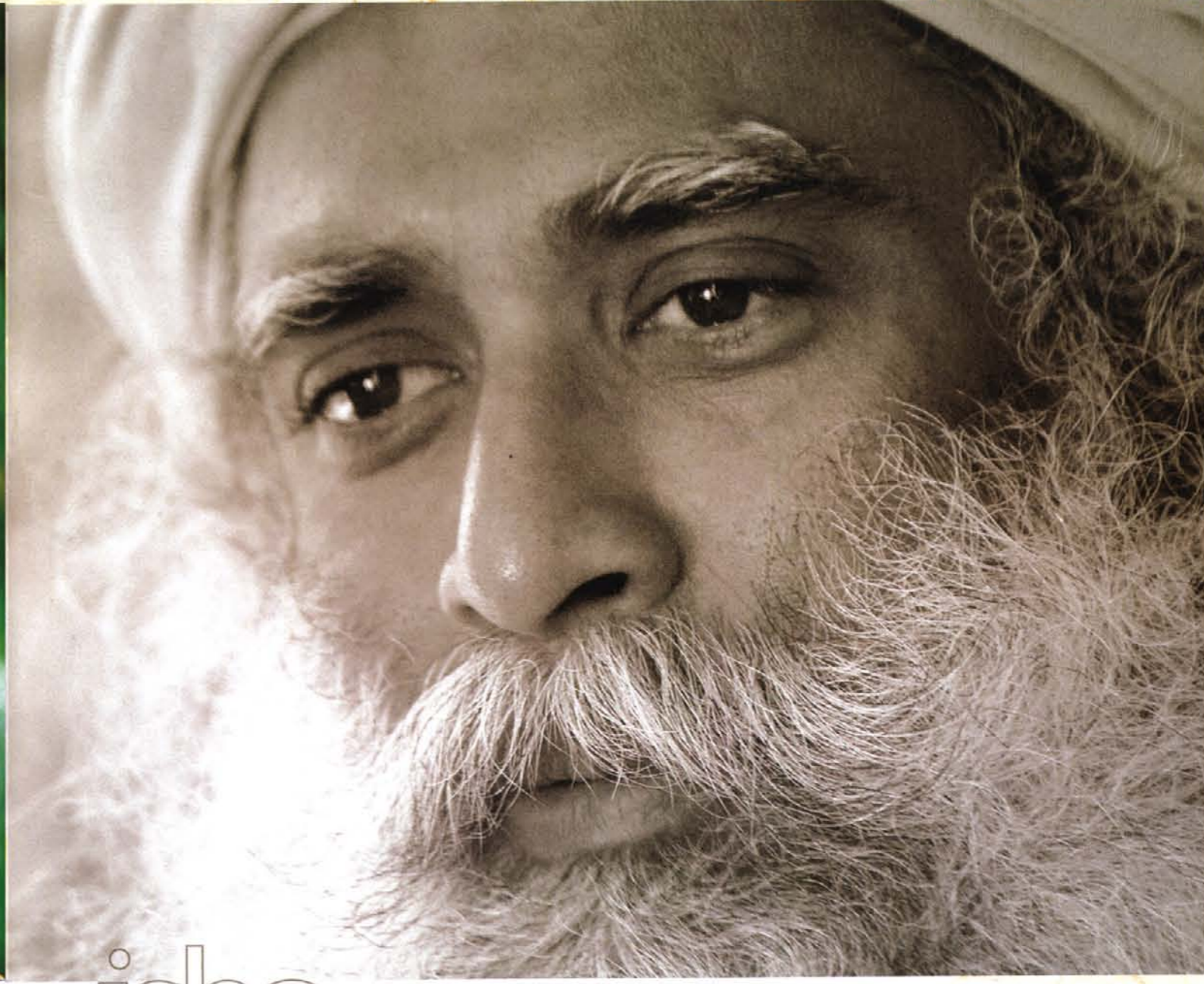
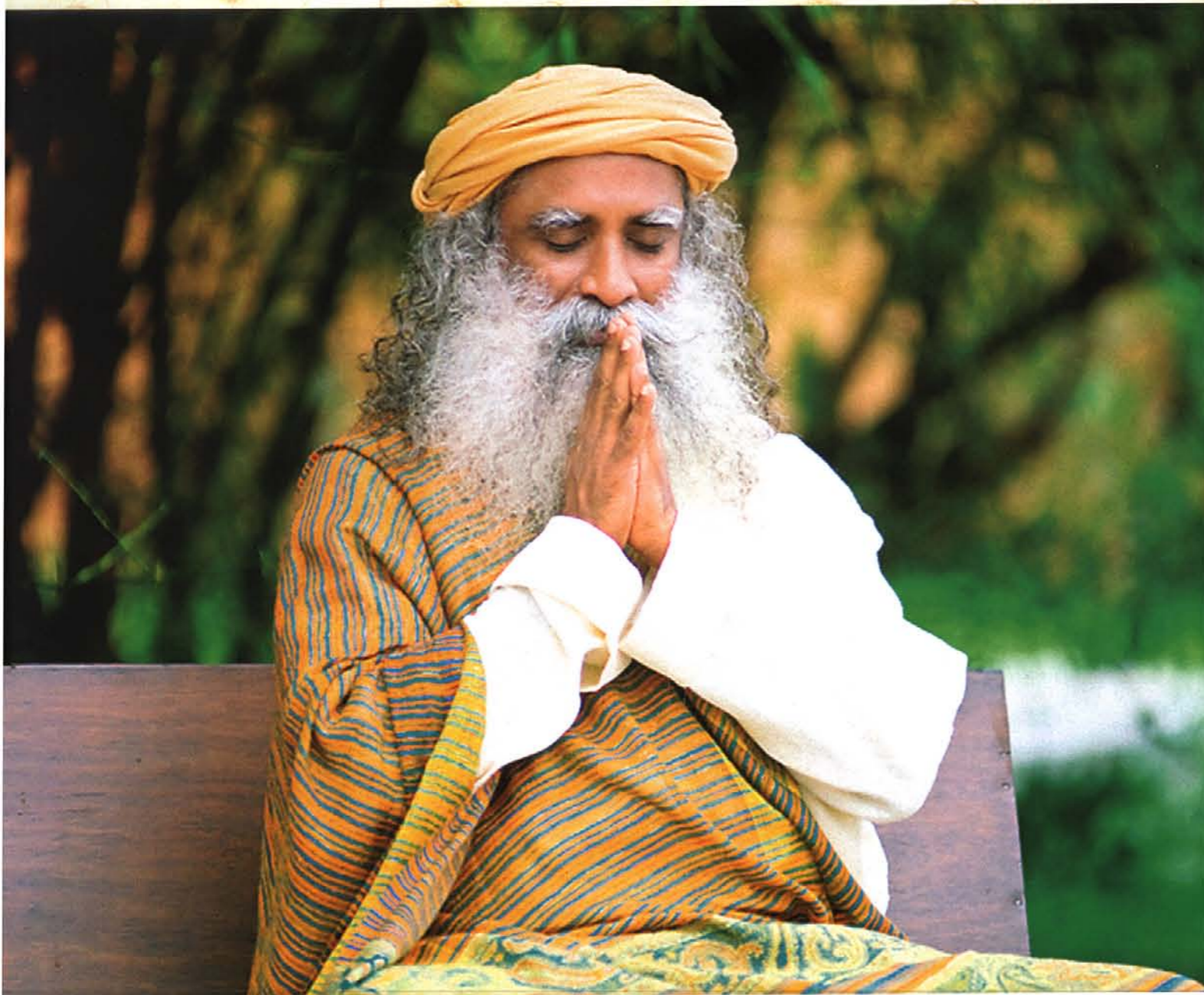
beliefs and your assumptions but set up an enquiry in the child of looking at life with little more profoundness rather than just being satisfied with the trinkets of life, every child will naturally move towards the spiritual process.

"Though I'm not spiritual, I'm good at heart". What denotes a person who is good at heart?

'Good at heart' - you'll have no cardiac problems! (Laughs) Being a gentle, sensible and being human enough to everybody around you is generally considered good at heart. This is expected of every human being, you must be good in your mind, good in your body and good at heart - these things every human being must do to himself, spiritual or otherwise. The spiritual process is not just about being good at heart or good in mind or good in body. This is about tasting the very core of life...the very nature of creation within you and without you. So, if this longing has arisen within you, only then should you head towards the spiritual process. So, to be good at heart you don't need any spiritual process, you just have to stir up your humanity which every human being must do, there is no other way to live.

What can one actually achieve by practicing yoga and meditation?

Just as there is a science and technology for external well-being there is a whole science and technology for inner well-being. It is just that, unfortunately most of the yoga and meditation that's happening is being taught by very enthusiastic entrepreneurs and not by people who are coming from a deep inner experience. So it is producing simple benefits which include a little peacefulness and health but yoga and meditation is not just about this. With these practices, if it is delivered with its full subjectivity in it, with a certain experiential dimension in it, then you can create the nature of how you experience your life, you can determine the nature of your experience. If you determine the nature of your experience, naturally you will make it very...



utterly sweet and beautiful for yourself. So, this is essentially not about creating peace or happiness, this is essentially about moving from a compulsive way of existence. Right now your experience of life is in compulsive reaction to the situations that you're placed in. Instead of that if your experience of life becomes a conscious action then you will naturally make it pleasant for yourself. So, yoga is not about peace, yoga is about making your life into a conscious process.

There are many sathsangs held in the city, comprising of anywhere between 1000 to 10,000 people, sometimes so crowded that you really can't even catch a glimpse of the guru. Do sathsangs really have the same power as one-on-one interactions?

For most people they may miss the whole point on one-on-one interactions. Sathsang is a powerful process if it is conducted properly; if it is not just a show of strength but if it is truly a sathsang. A sathsang means a communion with truth - if such an atmosphere and energy is set up, then definitely being in a sathsang is far more important than being on a one-on-one interaction.

Besides knowledge on spirituality what makes spiritual leaders different from counselors helping you deal with life?

The spiritual process is not a knowledge; it is a certain knowing of the interiority of the human system - it's from one's first-hand experience and not from books. Knowledge is something that you gain by study. Spiritual knowing doesn't come from study but comes from a deeper perception of life, so it is very different from going to a counselor, psychiatrist, priest or a pundit.

A guru or a spiritual guide is not coming from the knowledge that he's acquired through his study, he is helping you from a perception that he's had within himself, which is very, very different, and cannot be compared with knowledge that one has acquired from the outside situation. It cannot be compared with a counselor because that is a kind of a fixing of the situation for you when things have gone wrong. The spiritual process is about transporting you to a completely new dimension that you have never imagined possible. This is not about fixing the existing situation; this is about transporting you to a completely new dimension of life.

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What does it take to make life beautiful?

Life is just beautiful as it is; it's just that you are looking at the life only through the window of your mind and if you do not know how to keep it clean it can get messed. Otherwise, what's wrong with life? It's only the way your mind is functioning. If your mind, your body, your emotions and your energies took instructions from you, if they were the way you want them to be, would life be certainly beautiful? For sure it would be beautiful; no matter where you were. So, life is already absolutely beautiful; there's no problem with that. The problem is the window of your mind - you still do not know how to keep it open, when to shut it, when to open it, how to keep it clean and this is what you're struggling with. You're not struggling with life, you're struggling with your own mind, with your own emotion, with your own body. The compulsive nature that you have succumbed to in these three dimensions, that's what you're struggling with; you're not struggling with life.

**SPIRITUAL
KNOWING
DOESN'T COME
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BUT COMES FROM
A DEEPER
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