

"Once there is no fear of suffering, you can stride through your life effortlessly."

stretching your mind

Sadhguru Jaggi Vasudev. Say his name in his native south India, and he draws hundreds of thousands of followers to his discussions and group meditations.

He has dedicated his life to creating physical, mental and inner well-being for all humans through a science he calls Isha Yoga. It's not about contorting into the most foreign of body positions and stretching the impossible. It uses simple postures, breathing exercises and meditation to promote personal growth.

Vasudev will bring Inner Engineering, one of his Isha Yoga programs, to Tampa from Nov. 8 through 13, his first visit to Florida.

Inner Engineering will help participants explore higher dimensions of life and will offer keys for meaningful relationships at home, at work and within one's self.

"Inner Engineering is oriented toward helping a person rise beyond the physical limitations to him right now. Once a person begins to experience beyond the physical, suddenly life can be extremely good and the ability to use the mind and body is greatly enhanced," says Vasudev, 50, who is known as Sadhguru (SOD-goo-roo).

Inner Engineering claims to reduce stress, help prevent chronic disease, reduce your sleep quota, raise productivity and generate inner peace.

During the program, Vasudev will initiate people into Shambhavi Maha Mudra, an ancient yogic inner process "to attain an unwavering state of inner calm and precision clarity." It's an ancient



practice never taught to the public before.

Shambhavi Maha Mudra creates space.

"Once the distance is there, all the processes of the mind and body do not have a compelling impact upon you. Whatever suffering a human being has gone through in life is purely physical or mental. Once there is distance between the physical and mental, this is the end of suffering.

"Once there is no fear of suffering, you can stride through your life effortlessly. Human beings live well below their potential just because of the fear of 'What can happen to me?' If this is taken away, humans can live to their full potential."

Local Followers

Vasudev's Isha Yoga programs have benefited people not only in India but also in the Tampa Bay area.

Tampa internist Murthy Ravipati, 53, was a skeptic until five years ago when he attended one of Vasudev's programs in Atlanta.

"I went from a nonbeliever to definitely a believer, based on my own experience. That's exactly what Sadhguru says. Philosophizing is all well and good, and it gives some mental satisfaction and some way of studying this inner science that we call yoga," Ravipati says. "But experiencing it is totally different. When you experience it, you won't even ask questions of the proof because experience is your best proof. All I can say is that you have to be open to at least try it."

Studying patients' charts at the computer

often leaves him strained. "But I'll go sit in my car and meditate for 15 minutes, and I feel like I've rested for three or four hours," Ravipati says.

After taking Inner Engineering in January in Atlanta, Bradenton obstetrician Rani Jothi has incorporated meditation into her daily life, which includes two young children. The results astound her.

"It has been a very powerful thing," Jothi says. "I used to feel out of balance and get frustrated with myself. Now I can take a step back, relax and get a better perspective on things. I've become more peaceful and feel joy and happiness in small things."

She recommends the program to her patients to help find a similar kind of balance.

'Out Of This World'

Vasudev wasn't born with such ability. "Spirituality and me were worlds apart. I was such a skeptic," he says. "I had nothing to do with any religion, and it was never forced upon us in the family."

He has practiced yoga since he was 11, but he never thought it would lead him to something greater.

His world changed completely one afternoon while sitting on a small hill. He was a successful businessman at 25.

"Until that moment, I thought, 'What is me? What is this body? What's inside?'" Vasudev recalls. "Suddenly I didn't know what is me. Me became everything. Everything is me, this rock,

this air I breathe."

The epiphany that felt like 10 minutes turned out to be 4½ hours, he says.

"This was something totally out of this world," Vasudev says. "When I really shook myself into normal, logical thinking, my mind said I must be going off of my rocker. It was so beautiful, I didn't want to lose it. I knew somehow I hit some kind of a gold mine."

The experience gradually became the norm for him. Finally it became clear what he needed to do. He left his business to help others achieve what he had.

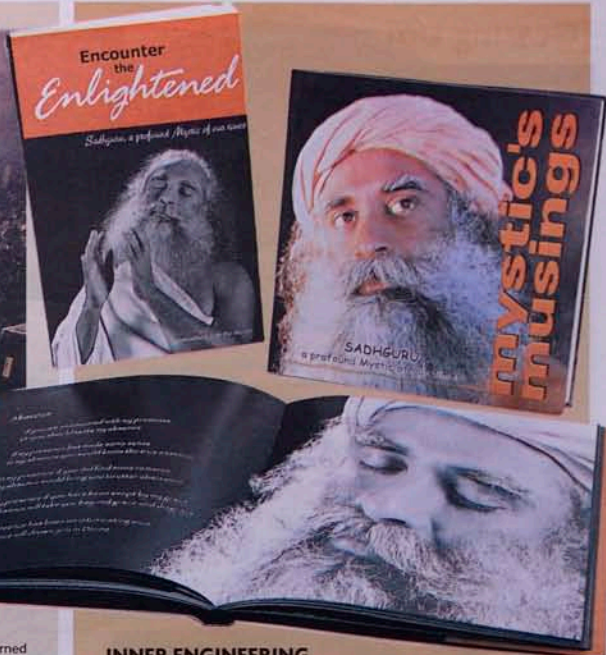
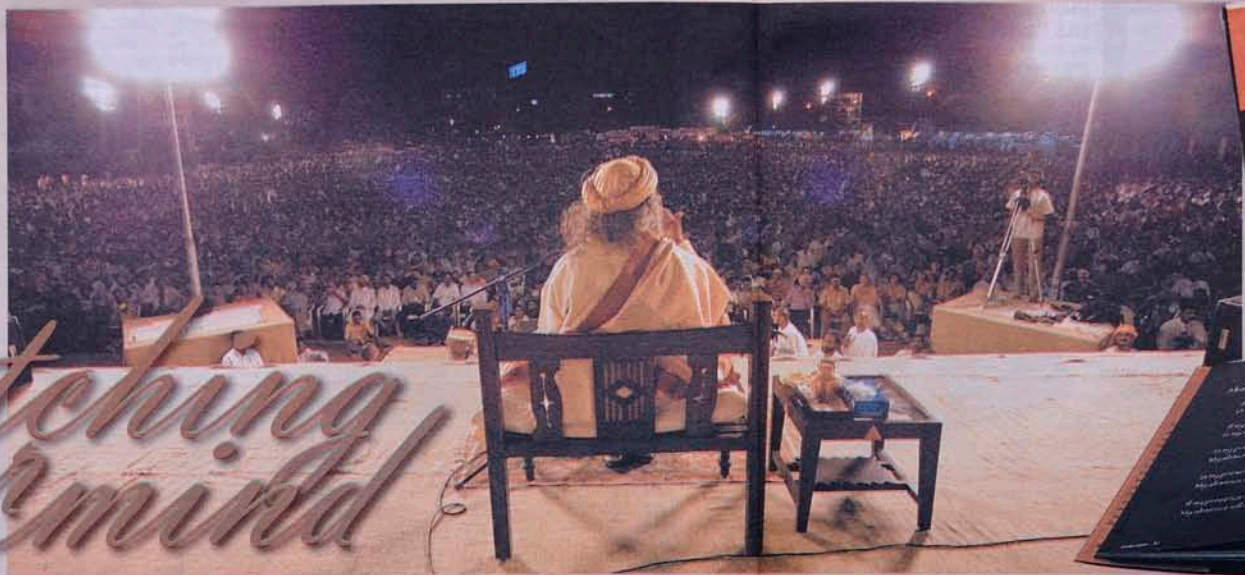
Thousands worldwide have benefited from Vasudev's programs, which he says can help anyone.

"It's a fact that everyone can achieve this," Vasudev says. "Externally in terms of attitudes, thoughts and emotions, we're very different people. But internally we're all the same. It will definitely work for everybody because of technology. It's not a philosophy. It's not a teaching. It's a technology.

"People have spent too much time fixing the outside. But unless we learn to fix the inside, there will not be well-being. Inner Engineering is a way of empowering yourself to take your destiny into your own hands."

Find information on Isha Yoga and the nonprofit Isha Foundation at www.ishayoga.org and www.ishafoundation.org.

Photos from ISHA Foundation



INNER ENGINEERING

Isha Yoga programs offer interactive discussions, meditations and powerful yoga practices in the quest for self-discovery. World-renowned south Indian yogi Sadhguru Jaggi Vasudev will help you build the foundation for total well-being. No yoga or meditation experience is needed.

WHAT: Inner Engineering

WHEN: Nov. 8-13; 7 to 10 p.m. Wednesday through Friday, 8 a.m. to 7 p.m. Saturday and Sunday

WHERE: Indian Cultural Center, 5511 Lynn Road, Tampa

COST: \$275

INFORMATION: Call (941) 751-1509, or visit www.ishayoga.org.

A BETTER WORLD

Sadhguru Jaggi Vasudev has dedicated his life to human well-being. He created the nonprofit Isha Foundation with more than 250,000 volunteers worldwide to empower that goal.

Vasudev works with the world's pre-eminent leaders and global organizations to foster peace, understanding and cooperation. He is a delegate to the United Nations Millennium Peace Summit.

Vasudev has implemented Inner Freedom for the Imprisoned outreach programs for life-term prisoners in India and the United States.

On Oct. 17, Isha Foundation volunteers planted 813,226 trees in south India in one day as part of Project GreenHands — a Guinness World Record, Vasudev says.

The foundation's Action for Rural Rejuvenation's goal is to improve the health and quality of life for the rural poor.