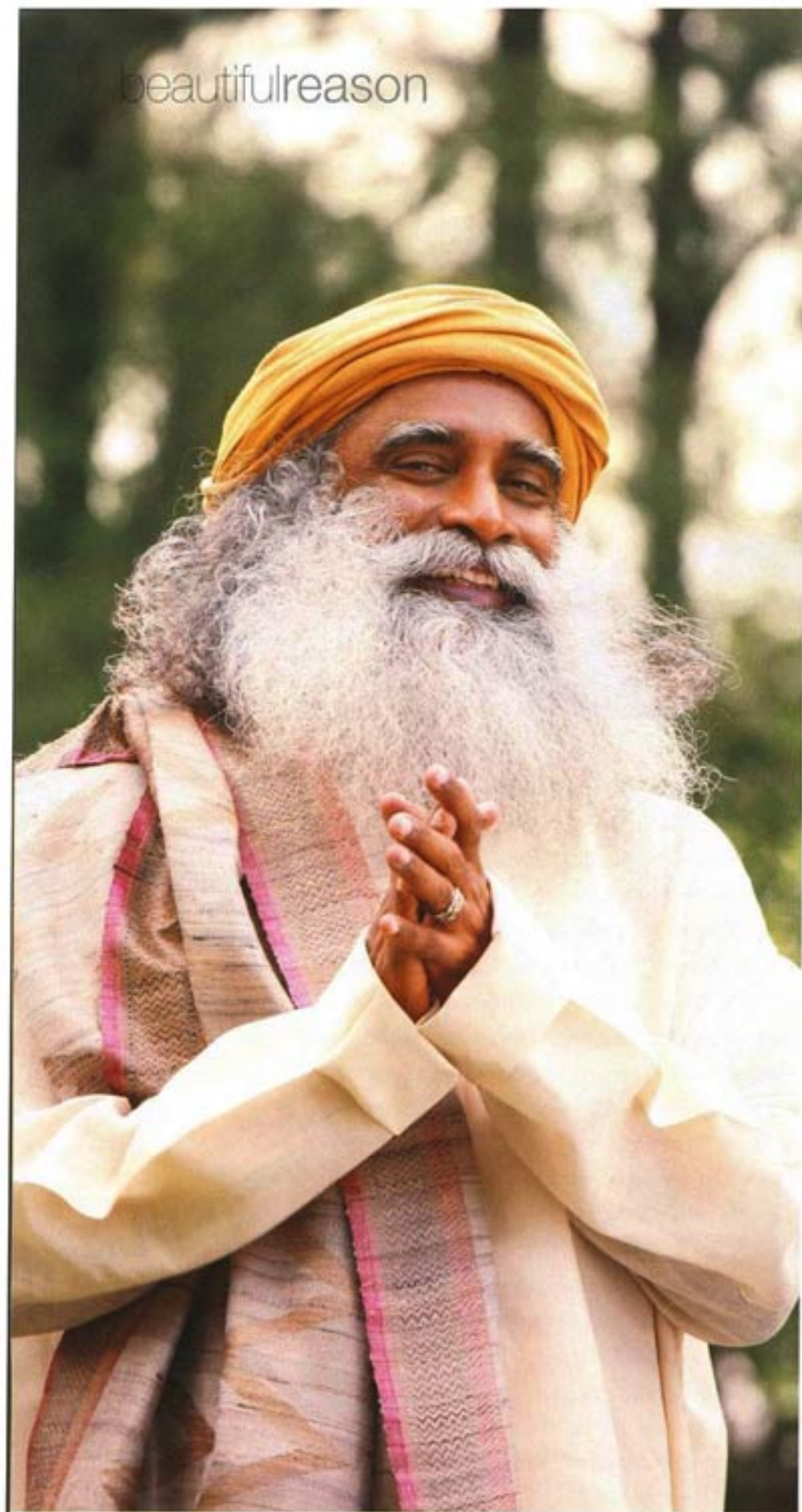


beautifulreason



Isha Foundation

The nicest thing about Sadhguru Jaggi Vasudev is that he has few trappings of a mainstream guru. But he does lead, from experience. And imparts his learnings to everyone who has it in them to open their mind to a different way of life. He calls the first workshop Inner Engineering and that is what he literally does. He attempts to overhaul your life by realigning the inner mechanism of your mind. He starts by disarming you with his brutal frankness. He doesn't offer you answers, just poses the right questions. And he doesn't tell you that there is a God and you have him in your soul! He leaves both concepts for you to analyse only once you have experienced them for yourself. He won't tell you if you ever will, or if anyone has. He speaks of tangible realities and doesn't try and tell you that he's right. He is just speaking because you thought you might like to hear what he has to say. Above all, he is just a regular guy. An intelligent, insightful, influential man with intelligent, influential people who tend to agree with him.

The Isha Foundation is described as a non-religious, non-profit organisation that addresses every aspect of wellbeing. It was granted Special Consultative Status by the United Nations that allowed it to use its various resources in assistance of UN projects. The Sadhguru is a yogi first, server of society next, and a spiritual master after that. His mastery over yoga and the effects that *Hatayoga* and *Pranayoga* have on your body allow him to encourage you to open your mind to experience the world in yourself.

It is the physicality of the workshop that allows your internal systems to be realigned. Long, easy stretches, treks in

soul speak

THERE ARE MANY PATHS TO THE UNIVERSAL GOAL OF HAPPINESS AND FULFILLMENT. FIND YOUR OWN AS YOU START THIS YEAR AFRESH

PHOTOGRAPHS BY PARAV SAHNI, SENTHIL KUMAR.

the Velliangiri Mountains outside Coimbatore and an early morning game of dodgeball will keep you from the fatigue of your routine and the information overload that is normally the side effects of residential spiritual quests. In an age where we haven't the time or inclination to examine our emotions, the Shambhavi Maha Mudra allows for a catharsis but also simultaneously makes you feel a sense of being a part of a wonderful whole.

For believers, his way can seem a little harsh and irreverent, but for the growing majority of people all over the world who continue their quest for a spiritual system, this doesn't force them to accept absolutes like God and Soul. It is like a breath of fresh air. You won't get secrets to salvation or for that matter, hear anything you haven't either heard or indeed know already. What it does do is take it out of the chaos in your head and allow you to experience it in the order you will be able to internalise.

— *By Tasneem Mohamedbhai*