

# Hightened Awakening

Sadhguru Sri Jaggi Vasudev exhorts you to look within... for peace and joy.

Indian spirituality has always generated worldwide veneration. Religion could be a taboo phrase but spiritualism has gained global acceptance as a remedy for human suffering. Prominent among the renowned spiritual leaders is Sadhguru Jaggi Vasudev who has captured the attention of the intellectuals and the common man alike, with his in-depth insight into the balancing acts of the mind, body and energy. So is spirituality the new *mantra* for stress too? Sri Jaggi Vasudev answers that, and throws light on how spirituality is actually a way of life...

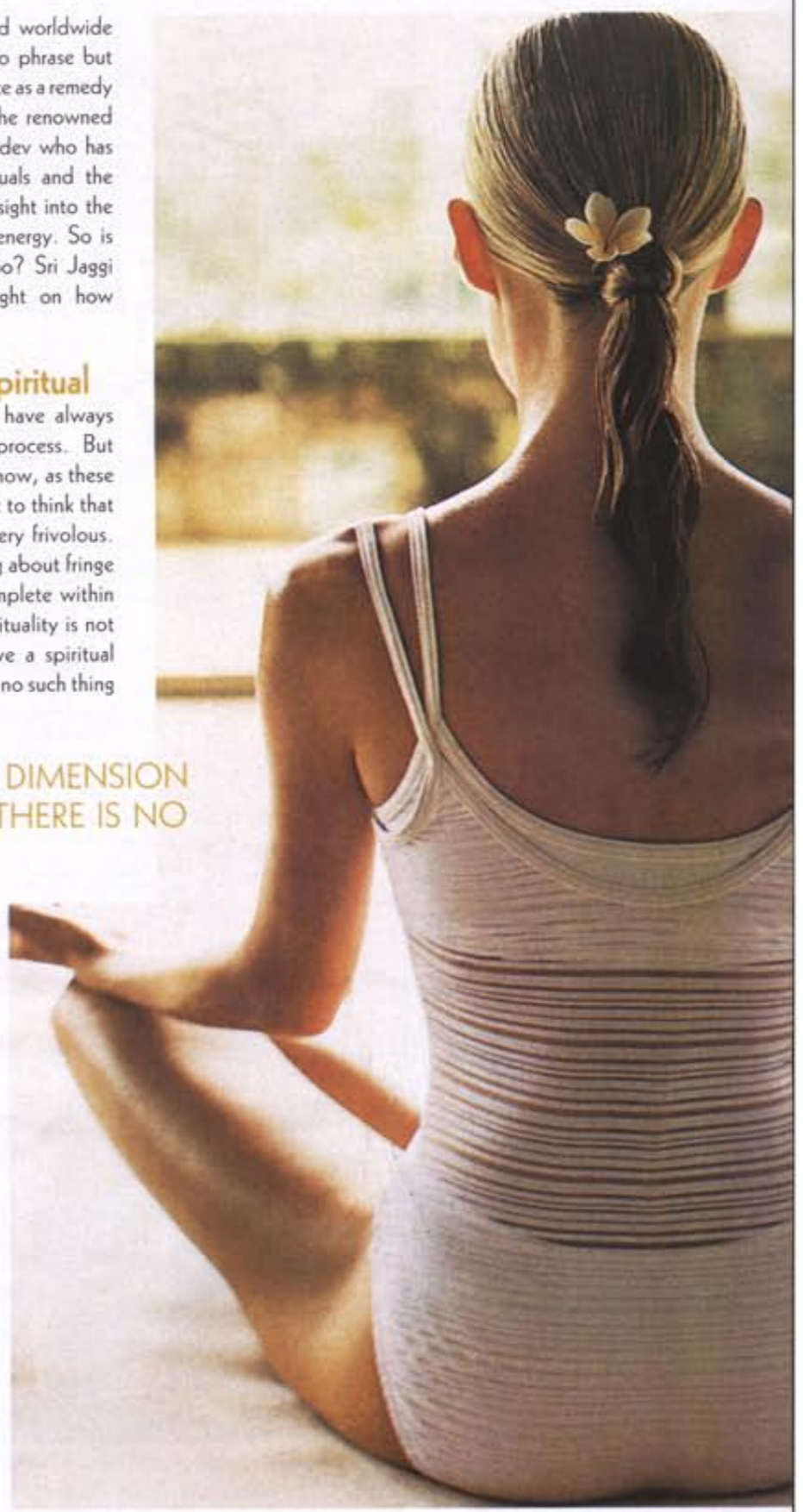
### All Great Minds Are Spiritual

"The greatest intellects on the planet have always gone through the essential spiritual process. But spirituality has gained more momentum now, as these things are being reported only now. But to think that spirituality is a way of de-stressing is very frivolous. By looking at it that way, you are talking about fringe spirituality. Everyone wants to feel complete within himself, wants to live a full life. So spirituality is not about de-stressing. In fact, if you have a spiritual dimension alive within you, then there is no such thing as stress."

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### Spirituality Is Within You

"Right now, people are going about it as if you are essentially a material being and you are just dabbling with spirituality. The reality is you *are* a spiritual being, but dabbling with the material aspects of life. Stress is not in the nature of work that you are doing; it is just that you don't know how to manage your body, your mind, your emotions or your energies in the right way. In a way, managing 10,000 people means managing 10,000 minds. And most people *will* go insane because when you can't manage yourself, how can you manage somebody else? Materialism is all about organizing the outside, and spiritualism is about organizing the inside."



## Spirituality & Yoga

"Spirituality consists of four fundamental *yogas*. There is *yoga* for emotional and physical well-being, and *yoga* for energy and intelligence. Whatever anybody does is within the parameters of these four fundamentals. But today, *yoga* is perceived as mere bending of body, or getting your limbs into knots.

"But Isha *yoga* is focused towards making the very process of life a possibility of growth. If your spirituality is separate from your work and day-to-day living, you will be continuously creating problems for you and everybody around you. Your entire life process is spiritual, that's how it is. Can you separate your body and your spirit? They



man's dream is making little money. A rich man has seen it all but somewhere inside him, a certain hollowness has crept in. So naturally when a large number of people become affluent in any society, slowly they will look towards spirituality; it's bound to happen."

## India at 60!

"But even though there is so much talk about spirituality, even after 60 years of political independence, human beings are still not any freer today than what they were then, because freedom as an experience will never come from outside. Unless he is free from the trappings of his own mind, there is no such thing as real freedom. Unless

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are together, they have come as a whole. So you deal with it as a whole, not the other way round."

## Is Spirituality An Indian Process?

"To begin with, spirituality and *yoga* are an inner and subjective science, which grew in our culture. So if somebody is branding it as Hindu, in a way, they are right because anybody who was born in the land of the Indus is a Hindu. It's a geographical and cultural identity, not a religious identity. But it was in this culture, that the spiritual process became the most important dimension of attaining your goal — attaining liberation. But at the same time, labelling spirituality and *yoga* as an Indian process is like saying gravity is Jewish, as Isaac Newton was a Jew, and the theory of relativity is Jewish because Albert Einstein was one. So it would be foolish to call *yoga* as Hindu. Just as there is a science and technology for external well-being, there is one for inner well-being. Irrespective of one's religious identifications, anybody can use *yoga* as a technology for inner well-being."

## A Rage Across The Universe

"The affluent societies will turn to spirituality much quicker than the poorer sections of society because a poor

you are able to create a little bit of distance from your body and your mind, there is no freedom.

"The physical body and the mind bind you, and if you have known any kind of suffering, it is either of the body or the mind. There is no other kind of suffering. So once there is a distance between you and the mind, then that is the end of your suffering. But for such a big thing to happen, you may ask, do I need to go to the Himalayas and lock myself in a cave for 12 years? No, if you are willing to pay a little attention, if you invest 21 minutes a day to be specific, it will happen to you. I have made this happen to millions of people."

## Free Yourself

"We are looking for solutions all the time outside of us. We always think life is outside, but the very seat of your happiness is within you. How joyfully or miserably you experience life is up to you. So the question is not about *where* you are. Your peace and joy is neither in the achievements of your social life, nor in the serenity of the mountains. It is within you. If you only turn inwards and look, you will find it." 🙏

*As told to CSS Latha*  
SADHGURU'S PHOTOGRAPH: SWAMI SAILESH