

EFFORTLESS LIVING: FINDING JOY IN TODAY'S WORLD

An Interview with Sadhguru Jaggi Vasudev

by Amanda Fraser, *Holistic Journal*,
Cincinnati-Dayton

Sadhguru Jaggi Vasudev is a yoga master and guru from South India who has visited Nashville and other locations in the US in recent years to teach the art of effortless living. His program is a corollary of ancient, simple but powerful yogic techniques that can transform life, physically, mentally and spiritually. These include Pranyama (energetic breathing techniques) and Shoonya Meditation - an opportunity to transcend the dimensions of body and mind. Not a religion but a science, Sahaja Sthithi Yoga is the result of Sadhguru Jaggi's commitment to communicate a form of yoga suited for this age. It's simple enough to integrate into modern lifestyles for better health, reduced stress, and joyful living. But on another level, he offers much more. As he has said, "This life for me is an endeavor to help people experience and express their divinity."

Amanda Fraser: Why would a person want to try out the Art of Effortless Living or Sahaja Sthithi Yoga program?

Sadhguru Jaggi Vasudev: If you look at people's lives, if you look at yourself, you will see that every single action that you perform in your life—whether you're trying to educate yourself to make money, raise a family, begin a career, whatever you may be doing in your life—fundamentally you're doing it because you think it's going to make you happy. We have done so much in this world for our happiness, but all we have ended up with is more and more comfort and convenience—not happiness. For example, if you consider one hundred years ago, what queens and kings could not dream, today an average citizen has. But we cannot say in a hundred year's time, we are much happier than what we were. In the process of trying to be happy, we are destroying the world; but still it is not happy.

So fundamentally, whatever you call peace or happiness, is a certain state within you. State does not mean just a state of mind—your energy, your body, your mind, or how you keep it—only then you can be happy. Whenever you are happy, the real source of happiness is within you. It bubbles up. It is just that you are looking for an external stimulus to make you happy.

So Sahaja Sthithi Yoga, is a way of creating one way of understanding that happiness or peace, in

fact, every experience has a certain chemical basis. For example, you lose your peace, you go to the doctor; he gives you a pill. It's a dose of chemical; he gives you a little bit of peace. Or in other words, peace is a certain kind of chemistry. Similarly, happiness is, love is, fear is, hatred is, suffering is, misery is—everything that you go through is a certain kind of chemistry.



With proper practice of yoga, you are creating the right kind of chemistry where you are naturally peaceful, naturally joyous, naturally loving within you. It is not because of somebody or something. It is simply—that's the way you are. In other words, once you become like this, your peace and happiness is not at stake with every single action that you perform in your life. So whatever you do, you can do in total freedom, because it's an expression of your peace and joy. Not the seeking of peace and joy.

Once it is like this, life is definitely effortless. If you really get into a state

of Sahaja Sthithi (union with your natural state), then you can play with life whichever way you want, but life cannot do anything to you. Life cannot scar you or wound you. One can live absolutely stress-free—which is effortless.

Sadhguru Jaggi Vasudev will hold a free introductory talk on Sunday, March 26, from 2-4 Pm at the First Unitarian Church, 1808 Woodmont Blvd. He will conduct a 7-day Sahaja Sthithi Yoga program in Nashville April 5-11. If you have any questions about Sahaja Sthithi Yoga, call 615-665-3812 or visit www.ishafoundation.org.

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