



Sadhguru Jaggi Vasudev, LP Chairman Aditya Ahluwalia, LP President D.R. Kaarthikeyan, Editor Suma Varughese and Founder Editor Parveen Chopra light the inaugural lamp

CRESCENDO OF INSPIRATION

HEAVEN CAME DOWN TO EARTH FOR THREE DAYS DURING THE

LIFE POSITIVE EXPO. A REPORT

How does one describe an event that was dedicated to celebrating and realising the highest ideals and deepest potential of mankind? From the moment the Expo began with a soulful invocation by noted singer and music therapist, Shruti, who reminded us of Shankaracharya's immortal words, "Chidananda roopam, Shivohum, Shivohum," till it closed with Dada Vaswani's stirring words, "It is in the measure that we handle our problems that we will be able to develop our moral and spiritual muscles," every workshop, every panel discussion and every discourse highlighted the possibility of physical, mental, emotional and spiritual transformation.

"The workshops were excellent. I got what I was looking for. Three cheers," said Sharada Bhagat, New Delhi.

"I found the Expo to be brilliant," said Sampriati Mukherjee of Calcutta.

"It was a dream come true to be with gurus like Swami Nithyananda and Anandmurti Gurumaa," raved Shalini Johari.

Remarkably, participants from all over India, be it Bangalore, Hyderabad, Lucknow, Calcutta, Mumbai, had gathered at New Delhi for the Expo. We thank you fervently for your support and sincerely apologise to those who could not be accommodated. We hope to make it up to you next year, when the event will be bigger.

Joy is who we are

The inauguration event was held at the NCUI auditorium and

a packed audience eagerly drank in the words of Sadhguru Jaggi Vasudev. Sadhguru, looking resplendent in his trademark turban and robes, delivered a profound, even iconoclastic, discourse.

"Nobody can teach you to be joyful," he began, demolishing right away the place of techniques in the aspirant's life. His message was simply this. The task was of elimination, not accretion. Elimination of our conditioning, fears and insecurities will access our true nature, which is joy.

In his characteristic interactive style, laced with humour and everyday examples, he threw light on the human condition that looks around blindly outside for what is innately within.

He emphasised the importance of going within and engaging purposefully in the act of deconditioning. "You cannot grow mangoes by buying a couple of mangoes and hanging them on a tree. Only by planting a mango seed will you get mangoes year after year."

"Joy, which is our natural state, need not be sought for and one just needs to be joyful," he said. He also emphasised the importance of keeping one's inner space pleasant and free of all contaminants from the outside situation. Said he, "If one finds one's external circumstances unpleasant, there is even more reason to keep one's inner environment pleasant."

Not the easiest of suggestions to follow but if we can gather the mental fortitude to do it, as Sadhguru pointed out, we would face the "end of suffering".