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OUR EVENING DAILY

[Home](#) | [News](#) | [Editorial](#) | [Voice Of the Reader](#) | [Abracadabra](#) | [Hocus Pocus](#) | [Feature Articles](#) | [In Brief](#) | [Sports News](#) | [Todays Toons](#)

December 16, 2008

This Evening

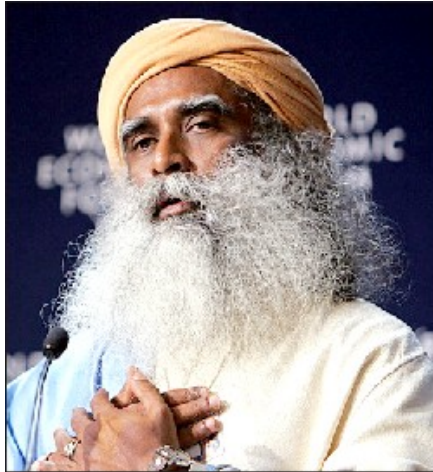
- [General News](#)
- [Editorial](#)
- [Voice of the Reader](#)
- [Abracadabra](#)
- [Hocus Pocus](#)
- [Feature Articles](#)
- [In Brief](#)
- [News Sparklers](#)
- [Sports News](#)
- [Editor's Bottomline](#)
- [Todays Toons](#)

Archives

- [Today](#)
- [15 Dec, Monday](#)
- [14 Dec, Sunday](#)
- [13 Dec, Saturday](#)
- [12 Dec, Friday](#)
- [11 Dec, Thursday](#)
- [10 Dec, Wednesday](#)

FEATURE ARTICLES

SHEDDING THE PERSONALITIES



Isha Foundation, founded by Sadhguru Jaggi Vasudev in 1992, is a non-profit organisation dedicated to cultivating human potential. At the core of the Foundation's activities is a customised system of yoga called Isha Yoga which distills ancient yogic methods for a modern person, creating peak physical, mental and emotional well-being. Sadhguru's introductory programme, Inner Engineering, introduces Shambhavi Maha Mudra — a simple but powerful Kriya (inner energy process) for deep inner transformation.

Isha Foundation will conduct a seven-day Inner Engineering programme in Mysore from Dec. 17 at Yajamana Sabhangana, Yajaman Complex, Kuvempunagar. It features guided meditations, discussions and transmission of Kriya Shambavi Maha Mudra to relieve chronic diseases like asthma, hypertension, diabetes, back pain, migraine, obesity and arthritis. For details, contact Mob: 98804-83842 or 2411327.

Only a person who does not carry the previous moment to this moment is free from everything, and that quality will be felt everywhere.

Right now, whatever you call as 'yourself' is simply a certain formation of the mind you have collected. It is a certain type of information in your mind. When you say, "I'm a good person," "I'm a bad person," "I am haughty," "I am meek," all those things are simply certain formations of the mind, or in other words, it is just past accumulation. You simply live through your past. If the past is taken away, most people are just lost. Everything depends on the past. It is the previous moment which rules everything. This moment is not important. As long as the personality is important, it simply means the previous moment is important. This present moment is not important, because the personality belongs to the past.

In this moment you really have no personality, do understand this. The personality that you carry is a dead thing. When you're carrying a dead body over your shoulders, you can't walk very far. With a dead body, which way can you head? Only to the burial ground, isn't it? If you carry a dead body for too long, you will have to bear with terrible smells. Your personality, the stronger it is, the more odoriferous it is. You can go far in life only when you can leave your past. This is like a snake shedding its skin. One moment it is a part of its body, the next moment it sheds its skin and just goes on without turning back. If every moment is like a snake leaving the skin behind, only then there is growth. Only a person who does not carry the previous moment to this moment, only that person is free from everything, and that quality will be felt everywhere.

Within a few moments of meeting you, people will trust you to the extent that they would not even trust their parents or husbands or wives, simply because you don't carry the burden of the past with you.

If you carry the past with you, then you will also smell like anybody else. The whole world stinks with personalities.

There may have been some moments in your life when you felt true compassion towards something or somebody. In those moments, all your personality, who you are, what you are, everything would have melted. Nothing would have been there. You are simply there in that moment.

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[News](#) | [Editorial](#) | [Voice Of the Reader](#) | [Abracadabra](#) | [Hocus Pocus](#) | [Feature Articles](#) | [In Brief](#) | [Sports News](#)

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