

# You can't outsource joy, says Sadhguru

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**New Delhi:** In the face of difficult situations and troubling conditions, what makes the difference is how a person is wired to respond, says Sadhguru Jaggi Vasudev, the no-nonsense spiritual guru who is scheduled to address the World Economic Forum at Davos for the fourth year running in January 2009.

"You can't change the world, but at least you can make yourself the way you want to be," he says. The individual is Sadhguru's sole and untiring focus, as he spreads the word about the relevance of inner engineering. "You can't outsource joy," he says, and emphasizes that only joyful persons can help humanity.

"The nation is not the land; it is the people," he says. Nation-building is not about making bridges, but about building people. And India, he says, has never been as comfortable as today in optimizing on its resources, capability and ability to become the best in the world. This holds true particularly in the aftermath of the global meltdown. "It was a result of a complete imbalance of use of resources and handling of life," he says. "We can't afford such economics which sustains barely 10% of the world."

But nothing can keep the hope out of his voice. All humans seek well-being, he says. But the scale differs. Some think of only their own well-being, while others think of humanity. "It's not about being superhuman, it's about realizing that being human is super," he smiles.

If the human spirit is lost, he cautions, there's no future. India does not have the resources to sustain its 1.2 billion population, he says. Hence it is imperative that the nation

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## SOUL CURRY

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must make human resource its most valuable asset. He points out India's reached where it has not because we discovered oil or gold, but on the enterprise of inspired, healthy and focused individuals.

In Delhi to sensitise citizens to the need of inner engineering, he shares how his Isha Foundation brought back the enthusiasm to rural Tamil Nadu. His teachings of Isha yoga grew into a number of real-time projects, from meditative practices to health and education, on restoring what he calls the broken spirit of rural India.

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NEW DELHI: In the face of difficult situations and troubling conditions, what makes the difference is how a person is wired to respond, says Sadhguru Jaggi Vasudev, the no-nonsense spiritual guru who is scheduled to address the World Economic Forum at Davos for the fourth year running in January 2009.

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If the human spirit is lost, he cautions, there's no future. India does not have the resources to sustain its 1.2 billion population, he says. Hence it is imperative that the nation must make human resource its most valuable asset. He points out India's reached where it has not because we discovered oil or gold, but on the enterprise of inspired, healthy and focused individuals, who worked for the well-being of all.

Sadhguru follows no philosophy and he doesn't mince his words. He says he tramples down the mediocrity he faces and laughs heartily. In Delhi to sensitise citizens to the need of inner engineering, he shares how his Isha Foundation brought back the enthusiasm to rural Tamil Nadu. Sadhguru has demonstrated in the last decade what he means by inner engineering and how it can transform the nation. His teachings of Isha yoga grew into a number of realtime projects, from meditative practices to health and education, on restoring what he calls the broken spirit of rural India. "Building in the change was done by using human enthusiasm," he says.

Developing India's human resource is his sole focus, and inner engineering a unique Indian value he shares. "For the first time, it is being offered as a science. My work is to clean this old technology and present it to you without any clutter," he says. He scoffs at the idea of the new-fangled spirituality in business talk.

"Business will be business, it is the human being who has to be spiritual," he laughs, bringing back the focus to the essentials of inner engineering.