



Joy 14 x 7

Sadhguru & Jeetendra Jain

Price: Rs 125 Offer price: Rs 100

There is no religion in this book, nor any rituals are prescribed here. There is no deep meditation being described here and neither is there any mention to any spiritual practice. This is not a self-help book. It is not going to give you “an instant formula for joy”. But it will surely make you explore your joy for yourself in a very direct way. The simple, short snippets of daily lives connected with what Sadhguru has to say about joy, will take you on a wonderful roller-coaster ride on joy with the master himself. With Sadhguru’s incredible clarity of expression, brilliant wit and sense of observation and his ability to bring the most profound aspect in a very simple and direct way, this book is for anyone who seeks to be joyful. No matter who you are, Sadhguru’s words will touch a wonderful wave of joy inside you.

Excerpt:

“Such a wonderful tree, Mom!” shouted Arya when he looked up at the huge banyan tree in the garden. “Yes such huge branches and such beautiful leaves,” added Lila. “And such a huge trunk mom, it’s so wonderful!”

Arya said while hugging the tree trunk fondly.

“But my son, do you see what supports all this?”

Lila asked Arya and then pointed to some of the roots of the tree that had sprung above the ground. Arya looked at them curiously.

Sadhguru: Joy is not the end of the world. I am talking about joy as the square one of your life, as a solid foundation for your life to flower upon. I am not talking about joy as the ultimate possibility in your life; I am talking about joy as the ‘A’ of your life, not the ‘Z’ of your life. When the ‘A’ has not happened, what else are you talking about? You are trying to build a house without laying the foundations.

Do you know what a feat it will be to hold up a house that doesn’t have foundations? If you let it go for one moment, it will fall on your head. That’s how your life is, isn’t it? If you are off guard for one moment, everything will crash upon your head. But if you have a solid foundation of joy, you can do whatever you want to do on that.

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