

● ANANDA SANGAMAM

# 'Living in harmony with Nature brings eternal joy'



PIC: SAI RAMESH

Sadguru Jaggi Vasudev greeting his followers at a Satsang at the Kotla Vijayabhaskar Reddy Stadium in Hyderabad on Sunday.

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"DISTINCTION from the environment or surroundings is the root-cause of any individual to feel pain as against the state of bliss or ananda. One should strive to strike harmony with the surroundings to achieve the ultimate state of happiness to make one's life worthy," Jaggi Vasudev has said.

The Sadguru addressed a gathering of Shambhavi Maha Mudra participants at Kotla Vijayabhaskar Reddy Stadium here today.

Thousands of participants from all parts of the globe took part in Ananda Sangamam and drenched themselves in joy and oneness.

"Joy is a certain expression of life energies and all of us have the potential to become the source of our joy. One should always keep in mind that crying is a shameful act and people get hurt only when they let mundane things control them," the Sadguru said.

In the Ananda Sangamam pro-

gramme, thousands of Isha meditators were seen sharing their blissfulness with the rest of the world. People from all sections of the society including top corporate executives, artists, housewives, students and senior citizens took part in the programme with great discipline.

Isha Foundation offers many Inner Engineering programmes for each individual to experience joy and bliss from within.

"Volunteering for these programmes is a terrific learning experience for me. Being with people, experiencing intense emotions was like a roller coaster ride. It broke many limitations and helped me transform into a complete being," said Sita Desai, a volunteer.

An entrepreneur Sachin said: "Tears of joy ran down my cheeks to see participants forget themselves and enjoy the programme. Nothing can give me more joy than this."

Many participants expressed that notwithstanding their life commitments they have participated in the wave of blissfulness.