

Entertainment

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Transformation of the inner Self

The anniversary of the consecration of the Dhyanalinga, a multi-religious shrine,, near Coimbatore, was celebrated recently. The week-long residential Wholeness Programme, conducted by the Isha Yoga Center, coincided with this occasion. SUDHAKSHINA RANGASWAMI writes...



Asanas — to help the body and the mind.

CHANTS FROM the Upanishads, the Holy Quran and the Adi Granth reverberated within the sanctum of the Dhyanalinga throughout the day on June 24, in commemoration of the anniversary of the consecration of this multi-religious shrine by Sathguru Jaggi Vasudev in the year 1999. For nearly a hundred participants gathered from all over the world for the week-long residential Wholeness Programme conducted by the Isha Yoga Center, which coincided with this celebration, it was indeed an experience in a lifetime to soak in this harmonious ambience forgetting the identities, thus joining the confluence. Located at the foothills of the Velliangiri Mountains, which

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is known as the Kailash of the South, about 30 km from Coimbatore, this idyllic spiritual haven attracts seekers of all denominations — a fitting tribute to the vision of the seer who installed it as the ultimate manifestation of Yoga.

In the invitation to his book, 'The Dhyanalinga — The Silent Revolution,' Sri Jaggi reiterates, "The Dhyanalinga is not just another temple but a tremendous spiritual possibility. The presence of the Dhyanalinga is not bound by time and space. Here, I want to tell the world that there is another kind of science, the inner science through which one can take the very process of life, death and rebirth into one's hands. A tool, a transformative touch at your deepest core." The encounter only reinforced the truth that human life is a matter of experience.

Isha Yoga, according to Sri Jaggi, is a vehicle to transmit the experience of the Self, developed by him as a spiritual science from his experience; it can be easily integrated into day-to-day life. It is a proven tool for preventive health, gives relief from chronic ailments and enhances decision-making capacity and ability to concentrate. This form of Yoga does not require any change in lifestyle, belief or religion and uses worldly, social and family responsibilities for personal growth. The programmes involve Yogic postures (Asana), breathing exercises (Pranayama), meditation and powerful ways of transforming one's energies (Kriya). There are separate programmes for children and adults.

Hata Yoga basically employs the use of Asanas to prepare the seeker to experience higher meditative states. Bhava Spandana and Samyama are advanced meditation programmes.



Dhyanalingam, the multi-religious temple at Isha Yoga Center in Coimbatore. — Pics. By K. Ananthan.

The Wholeness Programme as can be gauged from the name itself is designed to integrate all the aspects of the human personality for achieving inner transformation and is scientifically structured.

The Isha Yoga Center houses a spacious residential facility, the Spanda Hall, Vanashree Eco Center and a Yogic hospital to conduct all these programmes under the guidance of the Master.

Spread in an area of 50 acres surrounded by dense forest, which is part of the Nilgiri biosphere, it provides the perfect backdrop to reorient one's energies inward.

Back home rejuvenated, you want to relive this experience everyday as Yoga slowly starts transforming your lifestyle.

(For further information contact: Tel: 091-422-2651298; e-mail: ishayoga@eth.net; website: www.ishafoundation.org)

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