

# Sadhguru brings message of peace

TIMES NEWS NETWORK

**Kolkata:** "How can one make things peaceful for others, when he is not at peace with himself?" The probing eyes of Sadhguru Jaggi Vasudeva gazed at the small gathering as he took questions on the clashes and conflicts Bengal is going through.

This was the Sadhguru's maiden visit to the city of joy, and as expected, the yogi was confronted with questions on outer as well as inner turmoil. His response: "This is to leadership in the world as well as West Bengal... Make sure you are pleasant in yourselves before trying to make the place around you pleasant." Nandigram, to this visionary, whose discourses are internationally acclaimed as passionate, insightful and logical, was a "small issue — for there have been bigger events in the world."

The Sadhguru's panacea: "Leaders can make things peaceful for others only if they are not issues by themselves. A joyful leader will not do anything unnecessary for the people. If he is not joyful and is only trying to be joyful, he will do all sorts of unhappy things for others."

His vision is to empower the leadership of the world with an inner situation that is beyond strife and stress, creating joyful, peaceful and balanced individuals who can bring about a true sense of well being in the world. He has been a delegate to the UN Millennium Peace Summit, a member of the World Council of Religious

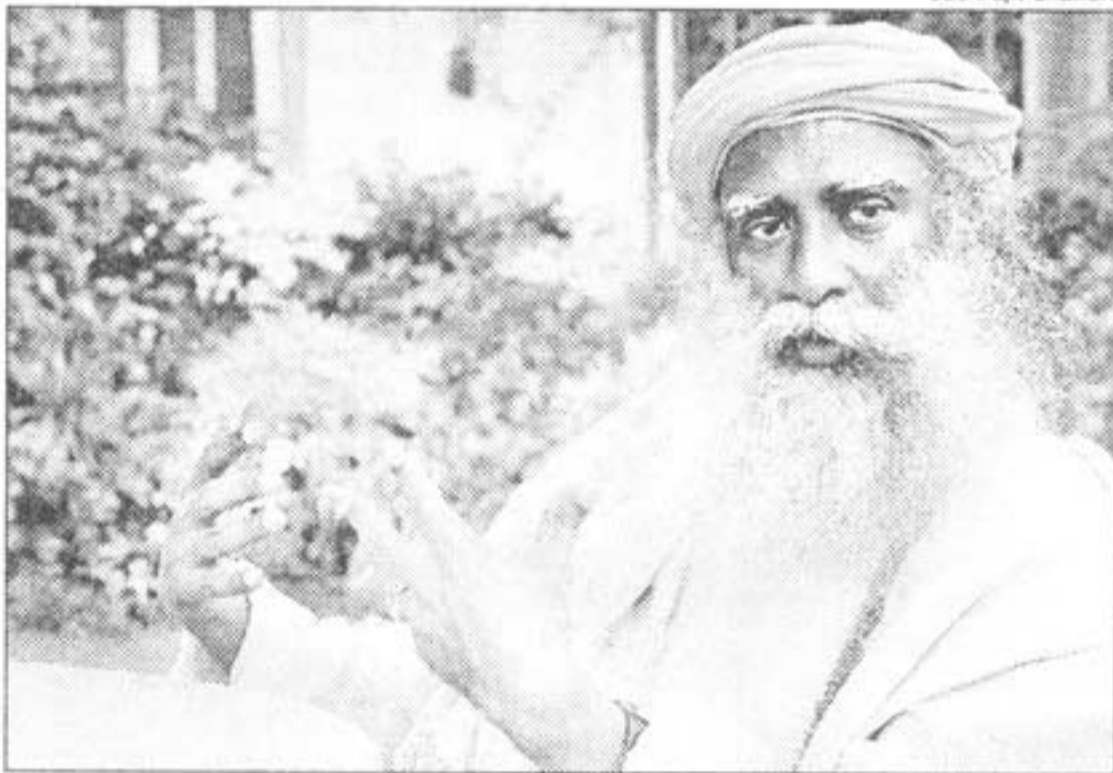
Leaders and a special invitee to the World Economic Forum at Davos in January 2006. Now, he is in Kolkata to conduct a six-day workshop on promoting "inner engineering."

Speaking to TOI on Saturday, he said, "Unless you make yourself the way you want, you can't be happy in a palace." The words were so relevant to a generation that has "become most comfortable vis-à-vis the material, but not nec-

agers. To the people at large, it was "if you don't take stress, you'll have to do nothing to prevent it." Stress, says the Sadhguru, stemmed from the inability to manage one's body, mind, emotions and energies. "Your ability to harness your mind and body in a focused way decides how successful and efficient you are."

The Sadhguru is known for his Isha Foundation, which functions through more than

Subhrajit Chandra



Sadhguru Jaggi Vasudeva in Kolkata

essarily the most happy".

Inner engineering, to the mystic, didn't have any external tool. "It won't work in a casual atmosphere," he says, adding that at least 26 to 28 hours of committed time would be needed. What's more, many corporate houses and business schools all over the country were ready to give him this committed time — all for an improved life.

"Before you manage the external world, it's important that you manage yourself," is his advice to today's man-

150 centres worldwide. Empowered by over a quarter of a million volunteers, the foundation initiates people into the "science of inner well being". Seventy per cent of Isha's work is in Tamil Nadu. As the Sadhguru puts it, "We don't want to do any of that in West Bengal, not because I'm not from here but because we want to create a large working module in Tamil Nadu." He explains, "Once it's a huge success in one place, people will find an inspiration to replicate it elsewhere."