These may be the worst of times with terrorism, corruption, recession and political apathy weighing on people’s minds. The fallout is suicides, road rages and wanton killing all over the world. Can spirituality provide an answer? Ninad Siddhaye asks spiritual guru Jaggi Vasudev this and more.

Q: With global recession hitting countries like India, more and more people seem to be turning towards spirituality and God. Do you really think this can be one of the ways out of the trouble? Do you not think patience, working harder and accepting lesser pay would be an easier way?

A: Rather than spirituality, I see more people running towards astrology. They ask questions such as “When will the recession be over?” When can we see a boom back in the economy? Well, all I wish to tell them is no one seems to be bothering about what is happening on this planet. They are more bothered about the placement and situations of other planets. This is simply not done. A lot of people are successful by chance. They never think about the present. They are running around looking for temporary solutions. At the same time, as you spoke of hard work, people do not survive merely on bread and butter. There has to be happiness from within, and one of the many ways that happiness can be achieved is spirituality. Finally one has to understand that whether it is economic or any other problem, the core of the human being, both mentally as well as emotionally.

Q: But how does it solve the problems that people are facing because of recession?

A: We have just landed in Mumbai from the US today. On my way out, a lot of people asked me questions about recession and wanted me to predict when it would end. All I could ask them was “Are you not living a better life as compared to what your father made? Did your past generations enjoy the kind of life you do? If the answer to these questions is yes, where is the recession?”

Q: People of other faiths are questioning the practice of following yoga. Does it belong to one religion?

A: Well, then I would say gravity and relativity are Jewish and hence should not be applicable. Yoga, though developed under the Hindu traditions, is a universally applicable thing. How can one claim that a non-Hindu cannot practice yoga? It is like saying that a car was not discovered in India, so we rather do not use it.