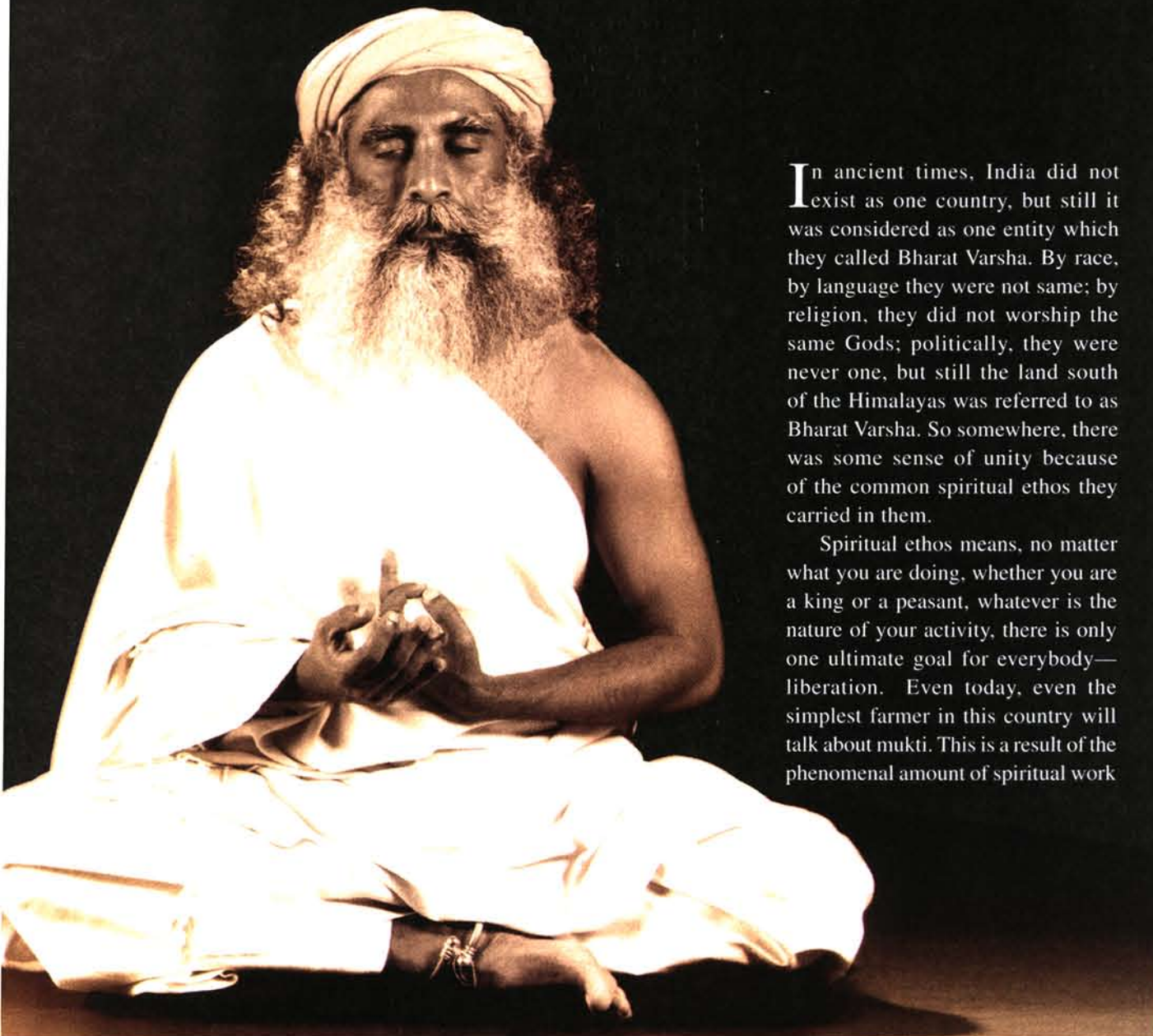


Yoga originated from THE ADI YOGI

Sadhguru Jaggi Vasudev is an international spiritual Master, author and authority on yoga, with profound spiritual and cultural insights on health and human values.



In ancient times, India did not exist as one country, but still it was considered as one entity which they called Bharat Varsha. By race, by language they were not same; by religion, they did not worship the same Gods; politically, they were never one, but still the land south of the Himalayas was referred to as Bharat Varsha. So somewhere, there was some sense of unity because of the common spiritual ethos they carried in them.

Spiritual ethos means, no matter what you are doing, whether you are a king or a peasant, whatever is the nature of your activity, there is only one ultimate goal for everybody—liberation. Even today, even the simplest farmer in this country will talk about mukti. This is a result of the phenomenal amount of spiritual work

Shiva and the Velliangiri Mountains

“Right from my infancy, these mountains drove me from within. For Him [referring to his Guru], these mountains became sacred and for many in this tradition, these mountains become sacred because a long time ago, there was a young maiden at the southernmost point of the Indian peninsula who aspired to hold Shiva’s hand as a wife. If you have big desires, you also have to make yourself capable; otherwise desires can be very frustrating. So she started working towards making herself capable, to be suitable to draw that man. Her devotion and austerities crossed all levels of sanity and she remained absolutely focused upon him; every moment.

This stirred Shiva’s compassion and love, so he started making his journey to South India. She set up this deadline: ‘If I am not married to him by sunrise on that day, I am going to leave my body.’ She had become an accomplished yogini by then, so she could leave her body if she wished. Shiva came to know of this and was hurrying down. But all the other gods conspired — they did not want him to have a South Indian wife. [Participants laugh] So they created a

false sense of sunlight. When Shiva saw the light, he thought that the sun had come up and that he could not meet the deadline. He was close but thought it was too late and turned back. So she left her body in a standing posture. Even today she stands there as Kanyakumari. There is a shrine on the very tip of this landmass which is known as Kanyakumari or the ‘Maiden’s Shrine.’

Shiva felt very disappointed with himself that he could not make it in time and meet up to her devotion. He started walking back and needed a place to sit and work out his despondency. So he climbed up this mountain and at the peak of this mountain he sat. Wherever Shiva spent a little time, people call that place ‘Kailash.’ So they called the Velliangiri Mountains the ‘Kailash of the South.’ In its height, in its colour, probably in its magnitude it may not be comparable to the Kailash in the Himalayas, but in its potency, beauty and sacredness it is not any less. It is a fortune that we are sitting here at the foothills of these mountains because if anything has to happen, the right kind of atmosphere is very crucial.”

done in this country. One person who is largely responsible for this, who is of paramount significance in shaping the human consciousness is Shiva.

In the yogic culture, Shiva is not known as a God, but as the first Guru or the Adi Guru. He is the Adi Yogi or the first Yogi. Out of his realisation, he became ecstatic and danced all over the mountains or sat absolutely still. He was constantly into bouts of stillness and bouts of mad dancing. All the gods who saw him, saw something was happening to him that they themselves did not know. Suddenly heaven felt like a bad place, because this guy is having such a good time!

They felt, “We are missing out on something.” When they finally got him to teach the method, Shiva expounded various types of yogas depending upon the level of preparedness of the person who was sitting in front of him.

The first part of Shiva’s teaching was to Parvati, his wife. It was taught

in a certain intimacy. In great detail and in very gentle ways, Shiva expounded the ways of yoga to Devi. The yoga sutras of Shiva are such that almost in every sutra, he refers to her as the resplendent one, the gracious one, the beautiful one. So this teaching transpired between two people with utmost intimacy. Intimacy should not be understood as sexuality. It means there is no resistance; this person is absolutely open to whatever is being offered.

The second set of yogic teaching was expounded to the Sapta Rishis or the first seven sages. When we use the word yoga, you should not think of twisting your body or holding your breath or anything like that. We are not talking about a particular exercise or a technique. We are talking about the very science of creation and how to take this piece of creation (you) to its ultimate possibility.

We are looking at gaining mastery over the fundamental processes of

life; the very process of creation and dissolution. It doesn’t matter at what level of evolution a person is right now, for him also, there is a way. For every being on the planet, there is a certain way that is the advantage of yoga. This teaching happened on the banks of Kanti Sarovar, near Kedarnath. This is when the world’s first yoga programme happened.

Today, yoga is said to be the world’s fastest growing wellness regimen because it presents spirituality as technology. Mahashivratri is a festival that was chosen to honour Shiva, the Adi Guru, from whom yoga originated. On this night the planetary positions in the northern hemisphere are such that there is a natural upsurge of energies. If one just stays awake and keeps one’s spine erect throughout the night, it naturally pushes a person towards his spiritual peak.

Source: Isha Foundation