

'We don't have to suffer'

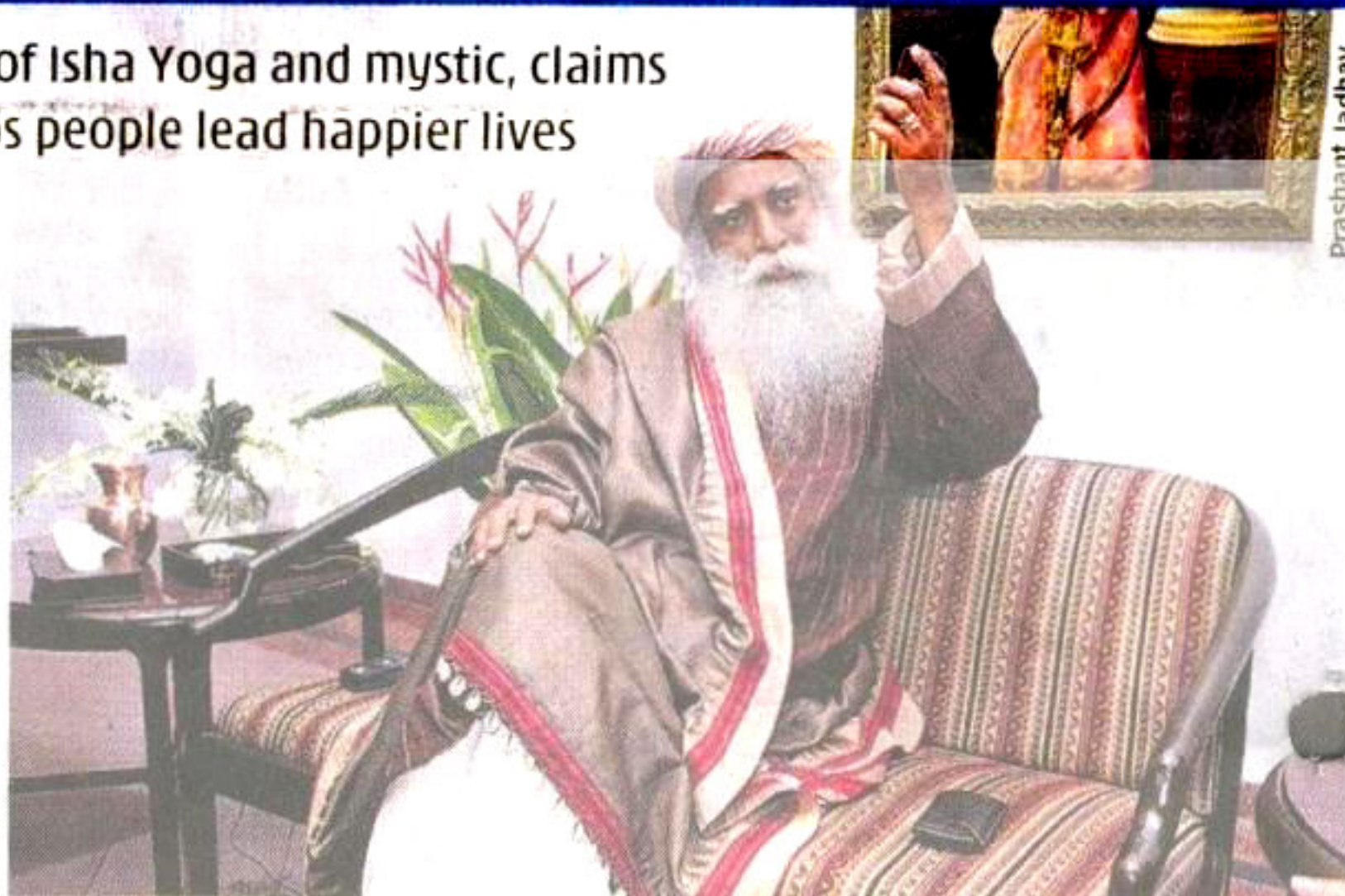
SWAMI JAGGI VASUDEV founder of Isha Yoga and mystic, claims to have the technique that helps people lead happier lives

ASHISH VIRMANI

SWAMI Jaggi Vasudev, spiritual master and the founder of Isha Yoga, believes that each person without exception is the maker of her or his own happiness. He says, "In 24 hours of a day how many moments of blissfulness do people experience? Most humans have nothing. Some may have a few moments. That's because they don't know how to operate the technology in their minds that will give them bliss and happiness."

So what is this mysterious technology. The swami seems to imply that everyone can possess it through Isha Yoga. He says, "Isha Yoga simply shows seekers over a four-day period which shows you how to understand your own nature better. And to program the keyboard in your mind to tap out the program for peace, happiness and bliss."

Nevertheless he claims that it has brought miraculous results in his disciples' lives. "Success means different things to different people — for some it's overcoming health issues, for others it's finding happiness in relationships while for others it may be finding affluence and material success. Once you have mastered this technology each individual can attain success in a material sense and in every other sense as well."



Prashant Jadhav

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Isha Yoga founder

What is his view on the unhappiness and misery that exist in the world and why do people have to suffer at all? He says, "The misery exists not outside in the world but in the individual. It depends on your inner state of life. It depends on whether you are operating unconsciously or consciously. Operating unconsciously can be a cause for suf-

fering whereas when you are aware of the nature of your own mind and operate consciously, you can achieve altogether different results."

And what about karma — aren't people born within a certain set of circumstances which can rule their lives? He answers, "Karma is action. You are the maker of your life and you can transform your destiny provided you act with heightened awareness. Life throws certain situations at us but we don't necessarily have to suffer as a result. Suffering comes from acting unconsciously."

"The most exhilarating moment of my life is right now," he says, adding, "It is impossible to live in anything except the present," adds this ordinary citizen and former businessman. v_ashish@dnaindia.net