LIVING HEALTHY AND WELL

Sadhguru explains how a person can be truly healthy in every aspect of life, not just free from disease.

Sadhguru: The word health comes from the word whole. When your body, your mind, your emotion, your energies are in tune with each other and you feel wholesome within yourself, that is when you feel healthy. A large number of people in the world, including many who considered medically healthy, are unhealthy. They may not need any medication but their system does not know any wholesomeness. There is no sense of peace or joy in them. You think you are unhealthy only when you get depressed beyond a certain point, but you are unhealthy if you are not bubbling with joy. There is no wholesomeness in terms of the internal composition of who you are.

This has happened because you never paid any attention to it. This whole attitude of trying to fix everything from the outside has to go. No doctor or medicine can ever give you health. They can assist you when you have fallen into ill health and help you out of it a little bit, but health has to happen within yourself.

Health is not just a physical aspect. Today modern medicine says that man is psychosomatic. What happens in the mind naturally happens in the body. What happens in the body in turn happens in the mind. So the way we are living here, our attitude, our emotion, the basic mental state, the level of activity we are going through, how streamlined our minds are, all these are very much a part of your health.

If health has to come from within, we definitely have to do some inner engineering. We definitely have to create an atmosphere where our body, mind, emotion & energy are in good harmony.

If people invest about twenty-five to thirty minutes a day in the morning towards their inner wellbeing, towards certain simple processes with which they can engineer their body and mind to experience full health and wellbeing, then every human being is capable of living healthy and well.

Sadhguru J. Vasudeva is a contemporary mystic rooted as strongly in worldly and pragmatic matters as he is in inner experience and wisdom. Named one of India’s 50 most influential people, he has addressed prominent global forums on issues as diverse as socio-economic development, leadership and spirituality. He has served as delegate to the United Nations Millennium Peace Summit and the World Peace Congress and has been a special invitee to the World Economic Forum (2006-2009), the Australian Leadership Retreat (2006) and TED (2009).

His interviews are featured in The New York Times, BBC, Bloomberg, CNNI and CNBC. He is the author of several books, the subject of four books and co-author of the Amazon Bestseller “Midnights with the Mystic”. His public talks frequently draw crowds of over 300,000 people.

Founded by Sadhguru, Isha Foundation is a non-religious, non-profit organization with over 200 centers worldwide and over one million volunteers. Isha Foundation offers Inner Engineering Online – a practical approach for inner transformation in a fast-paced world. The course designed by Sadhguru presents simple, yet powerful tools for an individual to experience life on a deeper level with more awareness, energy, and productivity. This program is an ideal opportunity for those with time and travel constraints to experience the same profound effects of the traditional Inner Engineering program, which has impacted millions of people over the past 25 years. To learn more, view the free Introductory Talk, or to register visit www.InnerEngineering.com

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