THROUGH THE Mystic Eye

An internationally-renowned speaker, Sadhguru is a yogi, mystic and visionary. In this series, Sadhguru clears several misconceptions about yoga, and offers refreshing perspectives on this ancient science.

Dr Prathap Reddy (Founder, Apollo Hospitals): What is the secret to staying well?
Sadhguru: There are two kinds of ailments: infectious and chronic. Infectious ailments happen because of an external invasion. You must go to the doctor for that. But 70% of ailments are self-created – they happened from within you. What happens from within can easily be fixed from within, because the manufacturer of this body is inside. If you have a repair job to be done, would you like to go to the manufacturer or the local mechanic? If you had access, you would go to the manufacturer. Then, every problem that you generate within the body can definitely be handled. Yoga is a technology to bring you in touch with the innermost core, which is the maker of this body, so that health is a natural outcome.

Uma Parvathi (Spicejet passenger from Hyderabad): What is the right kind of food to eat?
Sadhguru: What food you eat should depend not on what you think about it or on values and ethics, but on what the body needs. Food is about the body. So, when it comes to food, ask the body what it is happy with. Try different foods and see how your body feels. If it feels agile and energetic, the body is happy. If it feels lethargic and needs to be pumped with caffeine or nicotine to stay awake, it is not happy. Every individual must arrive at one's own balance of diet, not by vows but by observation and awareness.

Normally for most people, a vegetarian diet with 50% uncooked vegetables and fruits, and 50% cooked food will do. If one eats lots of sprouts, fruits, and vegetables in an uncooked, live condition, it brings a different level of aliveness. This will sustain life within you very well.

Spicejet welcomes its passengers to ask Sadhguru questions on yoga, health, wellbeing and other topics of general interest. Select questions will be answered in forthcoming issues. Please email your question to mediarelations@ishafoundation.org

For more of Sadhguru's wisdom, visit http://isha.sadhguru.org