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.

KV Kamath (President, BRICS bank):
During the economic crash of 2008, people went from euphoria to depression. Why do these mood swings happen?
Sadhguru: One reason is that lots of people do not strive for their success, they are successful by chance. If you craft your success, you would know the mechanics of success. No matter what's happening today, you know where you're going. If people don't know the fundamentals of what they are doing and rise through situational help alone, they are hitting a lottery, they are not successful.

If one wants to be successful in whatever they endeavour to do, the foremost thing is to have a grasp of your body and mind. If your body and mind took instructions from you, you would obviously choose to be joyful. Misery and stress are essentially lack of joy. They happen because your body and mind are not doing what you want. If you get deeper access to the experience of life within you, there will be no tension anymore.

Shiva Kumar (SpiceJet passenger from Bengaluru): How should I handle failure?
Sadhguru: If you are committed, there is no such thing as failure. If you fall 100 times, it is 100 lessons learnt. Once you commit yourself like this to creating what you care for, your mind gets organised. Once your mind is organised, emotions get organised because the way you think is the way you feel. Once thought and emotion are organised, your energies and body will get organised. Once these four are organised in one direction, your ability to create and manifest what you want is phenomenal.

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