My mom says my room's a mess. Is cleanliness such a big deal?

Anagha, Christ College, Bengaluru

Sadhguru: Scientists say existence is just one energy manifesting in a million different forms. As energy generates forms, forms also generate energy. So the forms around us — those crumpled clothes — can impact us phenomenally. If we have more awareness about how we sit, arrange ourselves and keep things around us, we can create a spatial arrangement conducive to living well. Living in a cared for space is a blessing beyond most people's understanding.

ASK YOUR QUESTIONS AT

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