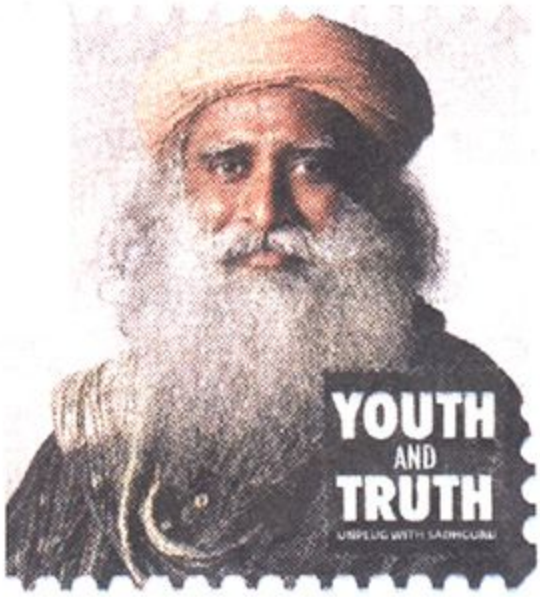
THE TIMES OF INDIA-05-OCT-2018



HOW DO I DEAL WITH FEELINGS OF INSECURITY?

Sawani, JJ School of Arts, Mumbai

Sadhguru: Life is insecure - however young and healthy you are, you'll die one day. Either you can die joyfully or crying – it's up to you. Most people live as if they're forever. But if you come to terms with your mortality, there'll be no insecurity because there is nothing to gain and nothing to lose in this life. Then you would put your life to best use and make it Profound.

ASK YOUR QUESTIONS AT

#UnplugWithSadhguru

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