IN CONVERSATION WITH

SADHGURU

'Suffering comes because you want to hit the finish line without running a race'

Sadhguru talks about why the youth should invest in enhancing themselves

A few hours after he addressed a full house at Sophia College in South Mumbai, Sadhguru walks in for a long chat at the spacious lounge of a Lower Parel hotel. But before he settles down for an animated conversation concerning youth, their fears, dreams and aspirations and Sadhguru’s current month-long Youth And Truth campaign, two devotees tie him up for a brief talk. They offer Sadhguru a flaming saffron-coloured shawl, touch his feet and leave.

After last year’s Rally For Rivers campaign created immense buzz and woke up a nation to do something urgently for our rivers, Sadhguru’s Youth And Truth movement has made the country’s youth keep their antennae on. So, why did Sadhguru need to talk to the youth? “Youth is a segment of life when our energies are at the peak. Most youth don’t understand that it won’t stay that way forever. They think that it’s forever,” he says. And that’s why he thought about engaging with the youth. “I thought that this segment of life, which we call youth, can become phenomenally fruitful for them, for the society for the nation and for the world,” he explains.

His lectures have evoked immense interest and received overwhelming response. “The response has been phenomenal. About two to three lakh questions have come in till now and it is increasing by the day. Essentially, the confusion about being youthful in these times is that they don’t know how to handle technology and the changes that are happening in the world. How to deal with relationships, sexuality, addiction to alcohol and drugs,” he shares, adding that they have been asking, “Sadhguru, how come you are answering all our questions, no matter what we ask?”

Every generation has the same question, but the scenery has changed, the ambience has changed. But fundamentally they are the same questions,” he notes.

Sadhguru says that competition and peer pressures have made the youth to think of jobs, a certain level of wealth and a certain kind of lifestyle. “When we were young, we were thinking of revolution. The youth has their own personal aspirations today. So, that’s a big difference,” he says.

The globe-trotting yogi says that it is very important for young people to invest in enhancing themselves, enhancing the nature of who they are. “Suffering comes because you want to hit the finish line without running a race,” he explains.

Youth’s energy needs to be channelised properly and Sadhguru is aware of this fact, but unlike many babas and spiritual heads, he doesn’t preach or speak from the pulpit. He speaks to the youth as their friend, as a friend who is “cool” (Sadhguru jokes and says, “I thought I was hot”) like the youth of today.

“At the university level, it’s not like we have to bring up our youth like babies. It is not necessary. They have to be exposed to certain things, but political funding and political parties should not enter the university. Unfortunately, that culture has come,” he says.

“They must understand the nation and the Constitution. They must understand how the nation is made, what are its fundamentals. But they don’t have to fight those bitter political battles inside the university,” he counsels.

Sadhguru is against criminalising any personal choice made in a private space. So, what does he think about Section 377 being decriminalised by the Supreme Court recently? “Criminalising any personal choice that people have made in private is wrong. It cannot be enforced and it is not necessary because this means that the government will enter people’s bedrooms. So, I am ok with decriminalisation. Also, the highest court has given the verdict. So, I don’t think that we should continue to debate that. It’s over.”

He is also against lynch mobs trying to take over the streets. “By allowing mobs to enforce law, you will weaken our fundamental administrative structure. So, this is not about what somebody should eat and not eat. This is a cultural, legal and social mix... it is a cocktail,” he says.

So, what next, after the Youth And Truth Campaign? “After the month-long campaign, we are taking it to some major universities and will then go global. More than anything, this is to generate material for all the questions that have come from the youth. We will make a book of it, or we will make an online presentation of all these questions. The Youth And Truth website will be available to the youth, always. We will maintain that. So, any question that you are going to ask, not just this generation, it will be relevant for future generations, too,” he explains.

Whether you’re struggling with a controversial query, feeling puzzled about a taboo topic, or just burning with a question that no one else is willing to answer, now is your chance...

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