The importance of good posture

Sadhguru Jaggi Vasudev

There is something called organ comfort. There are various aspects to this. Just to handle one aspect of it – see right now, most of the vital organs of the body are in the chest and abdomen region. These organs are not rigid, they are not fixed with bolts and clamps. They are loose, hanging in nets. Only if you sit with your spine erect, your organs will be in the maximum possible comfort.

Now, the modern idea of comfort is to lean backward and slouch. If you sit in such a posture, your organs will never be at comfort. They will not function the way they need to. This is especially true if you eat a full meal and sit in a reclining chair. A lot of travel happens in reclining chairs. I would say, if you travel a thousand kilometers on a reclining chair in a car, your lifespan will come down by at least three to five years. This is because the organs suffer so much, their ability to function will go down dramatically or you will at least be impaired in some ways.

Keeping the body erect is not because we don't like comfort, it is because we understand and experience comfort in a completely different way. You can train your muscles to be comfortable, with your spine erect, but you cannot train your organs to be comfortable while slouching. There is no way to do it. So, we choose to train the body, so that our skeletal system and muscular system is comfortable sitting this way.

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