

Unlock Your Energies Through Yoga

Sadhguru Jaggi Vasudev

When we say 'yoga', for many of you it might mean some impossible physical postures. Yoga means to be in perfect tune. When you are in yoga, your body, mind and spirit, and existence, are in absolute harmony.

When you fine-tune yourself to a point where everything functions beautifully within you, the best of your abilities will just flow out of you. When you are happy, your energies function better. Have you noticed that when you are happy you have endless energy?

Even if you don't eat or sleep, you can go on and on. So, just a little happiness liberates you from your normal limitations of energy and capability.

Yoga is the science of activating your inner energies in such a way that your body, mind and emotions function at their highest peak. When your body and mind function in a completely different state of relaxation and a certain level of blissfulness, you can be released from so much suffering.

Right now, you come and sit in your office, and you have a nagging headache. Your headache is not a major disease, but it takes away your capability for the day. With the practice of yoga, your body and mind will be at their highest possible peak.

There are other dimensions to yoga. When you activate your energies, you can function in a different way. As you are sitting here right now, you consider yourself to be a person. You are identified with many things, but what you call 'myself' is actually just a certain amount of energy. Modern science says that the whole of existence is energy manifesting itself in different ways. If this is so, then you are also a little bit of energy func-

tioning in a particular way.

As far as science is concerned, this same energy which you call 'myself' can be a rock, mud, tree, dog, or you. Everything is the same energy, functioning at different levels of capability. Similarly, among human beings, though we are all made of the same energy, we still do not function at the same level of capability. What you call capability or talent, your creativity, is a certain way your energy functions.

This energy, in one plant it functions to create roses, in another it functions to create jasmine, but it is the same energy manifesting itself. If you gain some mastery over your own energies, things that you never imagined

possible you will do simply and naturally. This is the experience of people who have started doing these yogic practices.

It is the inner technology of creating situations the way you want them.

With the same materials that we build huge buildings today, people used to build little huts. We thought we could only dig mud and make pots or bricks. Now we dig the same earth and make computers, cars, and even spacecrafts.

It is the same energy; we have just started using it for higher possibilities. Our inner energies are like that. There is a technology as to how to use this energy for higher possibilities.

Every human being must explore and know this. Otherwise, life becomes limited and accidental. Once you activate your inner energies, your capabilities happen in a different sphere altogether. Yoga is a tool to find ultimate expression to life.

Inner Engineering programme, November 18-24, at Fort, The Times of India Building. Introduction open to all, 6:30 pm on November 18. Contact: 9820866227, 9820336823



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