Wellness

Ambition can be a spiritual process

SADHGURU JAGGI VASUDEV

Right now, the bane of the world is just that, human beings are working with limited individualistic ambition. Instead of working with ambition, if people work for a deeper vision of life for themselves and for everything around them then there is no need to scale anything down. And also when you do this, your ambitions would never be in conflict with anybody else’s vision too because fundamentally all human beings are working for human well-being. It is just that the scale of how we handle human well-being may be different from person to person. For one person, human well-being may just mean his well-being. For another person it may mean him and his family. For another person it may mean him and his community, or him and his nation, him and his race, or him and his religion or for another person it may mean the whole of humanity. There is nobody on this planet who is not concerned about human well-being; there is only the difference in the scale of concern. So, if every human being instead of working with an individual ambition, which is bound to be in conflict with somebody else’s ambition, work with a vision for well-being as a whole then there is no need to scale down anything.

Either way you search for well-being; all I am saying is why you are stingy about your desires? Why don’t you be magnanimous? Why don’t you be infinite in your desires? It is not just about ‘I want to be well.’ I want you to be really greedy about your ambition and desire and say: I want the whole world to be well. I want the whole existence to be well. I want all life to be well.

Whatever is your ambition for yourself, extend that to the whole of humanity or to all life forms on this planet. Then there is no need to scale it down. Ambition has become a problem only because it is limited. If you scale it up to its ultimate level then ambition is a spiritual process and a process of liberation. Right now ambition is a process of entanglement only because you keep it small. If you take it up to its ultimate possibility, become absolutely, utterly ambitious, then you become spiritual too.

20 MINUTES TO FITNESS

VIPASHA SINHA

She is a fitness expert and the on-board contributing writer on wellness with ‘Elle’ magazine. Now, Namita Jain has put in her expertise to bring out fitness tips through Jaldi Fit.

"The fitness DVD is not one of those self-proclaimed miraculous weight loss products that you often see on television. It just takes a towel, a chair and bottles of water to get into shape and a matter of 20 minutes every day", says Namita.

"In today’s competitive world it is difficult for professionals to find time for regular exercises. Jaldi Fit is a Monday to Friday fitness regime that requires only 20 minutes of their time," explains Namita, who is a health and fitness instructor from American College of Sports Medicine.

Monday to Friday

The fitness regime covers the entire body. “We focus on a specific body part every day. Example: Monday we concentrate on the lower body, which includes calf muscles, thighs and hips. Tuesday, we take care of the abs and the back. On Wednesdays, we concentrate on upper body exercises. Thursdays are the most awaited days as we relax and stretch. Finally, on Fridays we take care of the total body.” It took her eight months to come out with the product. The movements are simple and are not age-specific.

Since I am not watching the user myself, I have not included exercises that may cause any kind of side effect to a particular audience," she says.

For example, she has avoided squats which may cause back pain.

When asked why Jaldi Fit should be preferred over other slimming products, Namita replies: “This will help in shaping and sculpting the body. It also improves the body posture and balances it in an effective and safe way, increasing flexibility and reducing body fat by boosting metabolism.”

Jaldi Fit is available at all leading stores across the city. The DVD costs Rs. 200, with a user manual and is available in both Hindi and English. The VCDs are unilingual, either Hindi or English, and costs Rs.150.