

# Q and A with Sadhguru Jaggi Vasudev

In Conversation with [Kavita Chhibber](#)



*Thank you again for the overwhelming response to my continuing conversations with Sadhguru Jaggi Vasudev, the founder of Isha foundation.*

*The questions have been reformatted to make better sense. No question is off bounds with Sadhguru and I hope readers will continue to think about life and ask relevant thought provoking questions so others can also learn from the discussion.*

*Here are the selections for this month.*

***Does Yoga help with food and other types of allergies? I have a low thyroid (hypothyroid), which is a lack of the thyroid hormone being produced. When someone begins yoga, is this one of the medical conditions you should monitor for change? I'm also emotional and have a hard time being "logical". I often tell people, that I just love everyone, and want to find solutions that will make everyone happy. So ironically, when I attended this course, my desire was to lessen my "love" for everyone so that I could become more "logical". I often try to down play all the emotion I feel (for others) with humor. So, in some ways I feel like the opposite of what most "logical" people...any suggestions or words of wisdom on this? - Jackie Fitzgerald***

Yes Yogic practice can really help allergies and thyroid conditions. We have a practice called Shaktichalan Kriya. It is combined with shunya meditation and it would make a huge difference for Jackie. We have had a huge number of people who have gained from it.

As far as being emotional is concerned, there is no reason to attach unnecessary meanings or interpretations with it. Jackie just needs to find a mind body balance and if she can go to the ashram in Tennessee on a weekend the teachers there can teach her the yogic exercises like surya namaskar etc to achieve that balance. The Shambhavi kriya she learnt in the inner engineering course should also help her to some extent. She must also get into some physical activity, which will help as well.

***I've known a few families that have attended the Inner Engineering program and drastically changed their lives like quitting their jobs and sent their children to Isha schools and became volunteers in the Isha organization and gave up on everything else. I'm not clear on whether this is right or wrong and if this drastic change that people are making lasts for ever? I thought that this program is more for people to live their normal lives in a better way, in whatever field or situation they are in. But, giving up on everything and becoming 100 % spiritual? Was this the intension? Is this OK?-Bhavana Srivelu Tampa Florida***

People are sending their children to Isha schools because they find them better schools, not because they have given up on everything. It's like this-if you are in a particular job and you find a better opportunity, will you not accept that opportunity? Just because some people choose to live their life differently from your life, does not mean they have given up everything because they have not. In fact they have become more interactive with others and are living full lives. Many of them have more focus in their lives and are doing all kinds of new work, from business to creative activities to working with people much more than they had done before. They have come out of the caves of their homes where they were locked up and are very much active in the society and working with many more people than they had earlier. They have shifted their activities into a different gear which seems more meaningful for them. Inner engineering does not encourage this or that. It is just to create inner well being, but once the person receives more clarity it helps them to make choices that work for them. They may not be your current choices but that does not make them wrong choices.

***Sadhguru's philosophy is divine but is it fair to say that he believes in the philosophy that an enlightened human being after the spiritual path can become god. If so does he believe that the Ramanuja-Vishistaadvaita philosophy where they***

***claim that no human being can ultimately be God is false? (By the way I know nothing about philosophy but have been itching to ask this.)***

I never said that you can become God. I said you can go beyond God because Gods were created by human beings. If a human being reaches his ultimate potential he/she becomes far more than God, because you have read in stories how even the Gods were jealous, envious, angry and so on. A human being can raise himself way above all that.

***Sadguru's words are inspiring but probably because I am educated, sometimes when Sadhguru blames the current education system for all evils, is it not going too far? For instance even the schools he is setting up teach computer and math skills. So why blame the education system? Has India not produced some great people and even the world through the education system? Granted that improvements are possible.***

I'm not blaming the education system for everything. I'm saying that the way we are operating after so many years of knowledge and experience with life and education is not good enough. We should be doing a better job and not just teaching people to earn a living. The focus of education should be to create more harmonious and inclusive human beings otherwise there will many more tragedies like the ones you see in educational institutions these days. The Virginia Tech tragedy just happened recently.

***Is bhakti more important or is knowledge more important. Can a person with just bhakti and no knowledge achieve enlightenment?***

The question is not which is more important but what are you suited for?

No matter how much bhakti you have your intellect will always tie you down with questions, its own logic. Your mind, body, emotions, energy, gnana, kriya, bhakti all must be addressed together. Then only one can move ahead. They are like the four wheels of your car. You can't drive with just one.

***Granted that pure rituals without understanding meaning is not worthy of pursuing. Sadhguru's project green hands is worthy of praise. But why does Sadhguru and his project green hands promotional CD so strongly classify Annam pindam etc as pure nonsense? After all Sadhguru himself admits the importance of faith and devotion--uneducated people following Jesus etc.***

***What is wrong if people believe that offering food to people who passed away through pindam is ok? In guru puja when we offer flowers and sweets --is it not the same thing? –Raghavan Santhanam***

If you are performing the rituals for emotional reasons for a short period of time, its okay but I see no point in feeding the dead 25 years after they are dead because they are not going to eat your food, The living have more need for it and you would do so much better if you fed the living who are dying of hunger. In the old days there was a yogic science behind Annam pindam, where the priests had the knowledge and capability to conduct rituals where they could contact the departed souls who had left their bodies for some further instructions or guidance. But that could be done for a very specific period of time. Today most priests perform the rituals blindly without knowing much about it. So I don't see any reason for a ritual to be performed when it serves no purpose.

***What does Sadhguru experience when he meditates?-Wendy Behr***

I don't meditate. I have become one with meditation long time ago. All I can say is where I am today, I would not exchange it with the world, and Wendy or anyone else can reach the same state if the necessary attention is paid.

***I recently read Amritanandmayi's biography written by one of her disciples. It chronicled the severe abuse she faced and tolerated for years at the hands of her family. She said that the abuse was purification to further elevation. And then***

***she started performing so many miracles that the family too started loving her. While I know there is no such thing as unconditional love this was a bit much to digest. Another divine mother left an unhappy home and two kids and followed another saint and become who she became. So is severe familial abuse the path to divinity? Only in the case of Karunamayi does one read about how her family treated her with respect and love from the beginning recognizing that a spiritual soul was born in their house.- Karen Connors, Tennessee***

This is something even the most educated people don't understand. I have heard people say-India is so spiritual then why is India poor? Why isn't India doing good business? Well to do good business you have to do the necessary work. Meditation is going to take you towards inner well being, but it won't help you in taking care of your family's needs. In a certain family some member may recognize the spiritual nature of a person and create a nurturing environment but such cases are very few. Most families expect every member to be doing certain chores that go towards family well being, and if the person is doing something that is contrary to that, be it bhakti or anything else, the other members will not take to it kindly. You can glorify the Meera Bais today but do you realize what a pain Meera Bai was in her time and how much her husband King Bhojraj had to put up with? There she was talking about another man, talking to him, dancing and dallying a sleeping with him, writing love songs for him. For a husband to accept all that is not easy and yet the man tried his best to accommodate her but eventually everyone's wrath descended on her. People who walk the path of bhakti understand that and somehow know how to deal with it. Amritanandmayi is no exception. Her organization has done some very good work in the past 5 years.

***I was wondering whether you know where kantisarovar is? Thanks- Ranjit Rao***

It's a few kilometers beyond Kedar.

***Please send your questions to Sadhguru and mention the city, and country.  
The questions can be sent to [Kavita@kavitachhibber.com](mailto:Kavita@kavitachhibber.com).***

*For more information about Sadhguru, please visit [www.ishafoundation.org](http://www.ishafoundation.org)*

*Sadhguru Jaggi Vasudev is an international speaker, author and peace advocate with profound spiritual and cultural insights on health and human potential. He addresses over 500,000 people annually at his public forums. Sadhguru is a realized master and yogi who has practiced yoga since age 13 and authored four books on the essential nature of yoga. Sadhguru has synthesized the science of yoga into a dynamic program that allows people to restore and maintain optimum health and inner balance.*

*Through his books, columns, articles and interviews aired and published in a host of international media, Sadhguru is considered an authority on yogic science whose teachings help people gain an inner understanding of the issues and events that happen to themselves and the world around them.*

*Sadhguru is founder of the Isha Foundation, a non-profit organization advancing physical, mental and spiritual health through yoga and self-transformation. The Foundation administers over 100 yoga centers, an ashram, residential complex and medical center in India, and conducts public programs around the world. His humanitarian initiatives for world peace and his outreach programs for Tsunami relief, prisoners, children and Action for Rural Rejuvenation in India are examples of his determination to improve the human condition for all people.*

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