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Q & A with Sadhguru

It is Sadhguru's request that everyone asking questions on this website-please make a one time donation for the cost of 10 trees for Project green hands. The trees will be planted in your name-the cost is \$1.00 or Rs 40 per tree. Please specifically mention the donation is for the questions on Kavitachhibber.com. Please cc editor@kavitachhibber.com, so we can confirm with the coordinators and make sure your questions are answered. We will be resuming the Q and A from March.

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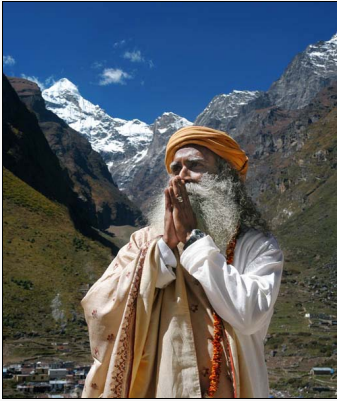
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Healing Through Sadhana

By Sadhguru Jaggi Vasudev

(A [Kavita Media](#) Presentation. Please email comments [here](#).)

Physical existence is always happening between cause and effect. Suppose there is an infection, the cause was bacteria. You ate or drank something somewhere and got infected; so the cause was bacteria.

Now there is an effect, infection. So you are trying to take away the cause by taking antibiotics. You kill the cause with medication, because it is external to you. With other diseases that are not externally caused, but are happening from within the body, the cause is so much deeper compared to an infection. For this type of disease to manifest, there is

an imbalance or a malfunction in the energy-body, which manifests itself in the physical body, or sometimes in the mental body.

Now with something like *pranic* healing – or any kind of healing for that matter – you are only appeasing the effect. In a way, what you are doing is that, with a little control or mastery over your own energies, you are able to put a screen between the cause and the effect. So the effect dies out, but the cause stays buried.

As far as nature is concerned, as far as life energy is concerned, the effect was only its way of telling you that there is a cause inside of you. What we call as 'cause', the disturbance of energy, is trying to manifest itself in a certain way.

Let us say you have asthma and I just remove your asthma today. Without asthma in you, when you still have the same kind of energy in you, you may become some other calamity in a moment. The disease may not be there, but you could get into an accident.

Your asthma was only an indication of a deeper disturbance.

If we take away your asthma, it may manifest in some other way, as some other calamity. This is because your energies are still in the same situation, but the effect of it was taken away. So, it will take effect in a deeper or more acute form to inform you again. Instead, if you bring awareness to your disease, you get connected to the cause of it.

When we talk about bringing awareness to your disease, when we talk about accepting what is there, it

does not mean becoming defeated about your disease. If you truly become aware of the disease, then you become aware of the cause also. The moment you bring awareness to any part of your body, in terms of energy, it will immediately become active and many things start happening there.

Just as an experiment, if you carefully attend to any part of your body – put your attention there and just be with that. You will see that so much energy activity will begin to happen there, because if you bring awareness and consciousness to that part of the body, naturally life energies become enhanced. This way, one could heal something and change the energy situation to some extent.

Now, why did the energy body get disturbed, first of all? For the energy body to be disturbed either there is an improper lifestyle, improper thought patterns, improper emotions or a combination of all these. There is a certain karmic structure that you have built which is causing some kind of turmoil to your energy, which manifests itself in the physical body as disturbed energy or disease.

But, even if you settle the energy situation to some extent with healing, or mental focus or with a certain sense of awareness, still the karmic substance which is causing this is not gone. The karmic substance is recorded in your energy as the fundamental software. It can work only within the ambit of the programmed software.

The life energies within you created your whole body. All the bones, blood, flesh and everything, including your brain, was created by this energy. When you were born, your body was so tiny and today it has become so big. Nobody stretched you from outside, did they? Whatever is creating the body is within you. So, when it can do so much, can it not fix a tiny cartilage or a hole in the heart?

Now, this whole activity of trying to heal somebody is, in some way, trying to play God - trying to manipulate energies in an improper way.

Here, we are teaching people yoga kriyas with which healing happens naturally. The objective is not healing, but it definitely happens. This involves sadhana, which is dissolution of karma by itself. When the cause is dissolved, the effect is no more.

For more information about Sadhguru, please visit 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.

Disclaimer: The views and opinions expressed in these columns are solely those of the writers and do not necessarily represent those of the editor/publisher.

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- [**Sadhguru Speaks December 2007: "It is Important to Take care of the Planet"; Q & A with Sadhguru**](#)
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- [August 2006 Words of Wisdom - Sadhguru Jaggi Vasudev's "Allergic to Spirituality"](#)
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