

Bliss

Yoga and Health

By Sadhguru Jaggi Vasudev

Fundamentally, the word health comes from the word 'whole'. What we call 'feeling healthy' is a sense of wholeness within us. If we are free of diseases medically, that is not health. If we feel like a complete human being in body, mind and spirit, that is when we are really healthy. There are a number of people who are medically healthy, but not healthy in the real sense because they do not experience a sense of wellness within themselves.

If one has to experience this sense of wholeness and oneness, it's important that one's body, mind, and above all, one's energy functions at a certain level of intensity within themselves. Physically, in medical terms, a person may be healthy, but his energies may be lethargic. One doesn't know why things don't happen in life the way they should, both inside and outside; this is simply because one is not taking care of the well-being of his energy.

For every physical or psychological situation that you go through in life, there is an energy basis, which in turn has a chemical basis. In a way, modern allopathic treatment have become just chemistry. For every problem that arises in the body, you take some medicine (a chemical) and come to some kind of balance. If you use one chemical to bring down one aspect or enhance another, there is also a side effect. For this side effect there is an antidote; for that antidote there is another antidote, it's an endless chain. Whatever happens on the level of chemistry in your body is controlled by the way your energies function. Because a man has got excess acids within him he is treated with some alkaline medicine. But, why does he have excessive acids? Because of the way his mind, his body, and above all, his energy functions.

So, in yoga, when we say health, we don't look at the body; we don't look at the mind we only look at the energy - the way it is. If your energy balanced and in full flow your physical body and mental body will be in perfect health. Keeping the energy in full flow is not about doing any kind of healing. It is about going to the foundations of the energy system and activating it in a proper manner, building a foundational yogic practice that establishes energy in such a way that the body and mind are naturally fine.

When it comes to health, no human being lives in a perfect health. The pressures of life, food, air, the water that we drink, all these can affect us in many ways. The more our activities are in the world, the more we're exposed to many things that can throw our chemistry off balance and create health problems. But if the energy in our system is properly cultivated and kept active, these things will not have an effect, the physical body and the mental body will be in perfect health.

Life functions in many ways. Let us say you don't know anything about electricity. This hall is dark. If I say to you - 'press this button and the whole hall will

be flooded with light', will you believe me? No. Then I just do it, and light appears. You will call it a miracle, won't you? Simply because you don't understand how electricity works. Similarly, life functions in many different ways. You have limited yourself to just the physical, the logical - physical in experience, logical in thinking. Right now, medical sciences are limited to just knowing the physical body. If anything happens beyond that, you think it's a miracle. This life energy in you created your whole body - these bones, this flesh, this heart, this kidney, everything. Do you think it cannot create health? If your energies are kept in full flow and in the proper balance then they are capable of much more than just health.

If one has to experience this sense of wholeness and oneness, it's important that one's body, mind, and above all, one's energy functions at a certain level of intensity within themselves.