Confused about your spirituality? Or do you have a question that is bothering your mind? Write in to RITZ and have your doubts cleared by Sadhguru Jaggi Vasudev.

Body - the first gift

Sadhguru:
The latest fad today is to talk about the body as a source of pain, a harbinger of sorrow. How untrue! Body is not pain; it can in fact be very, very beautiful. Given a little care, training and a change in your attitude towards it, your body can actually float with you weightless, painless, and joyous. Are you aware that you possess the most sophisticated mechanism on this planet right now? It is a proven fact that a single molecule of DNA can perform 100 times more functions than all the computers in the world put together. What a wonder!

Your body is the first gift given to you. No person with a badly treated, pained body can ever experience success and happiness. A joyous body will encourage you in your journey to your chosen destination.

Do you know what it is to have a happy body? After a bout of rain, if you venture out of your house you will notice that all the plants seem to be happy. Have you seen that they are almost laughing? Not just washed and clean, if you are sensitive you can see that they are exuding happiness. Have you felt this?

How will you accomplish your desires with a sad body? It is just not possible. A tired body tires your mind and today, I see millions of people walking around with tired minds. You will feel weighed down, lethargic, lacklustre and lackadaisical. Although left largely unrecognised, I feel that this is a problem a vast majority of mankind is faced with - tired bodies, tired minds. It is easy to attribute physical tiredness to too much work. But no, you should understand that done the right way, physical and mental work will only keep your mind and body alert and active. When I say you have a tired mind and body I mean you are worn out physically and mentally-exhausted in the true sense of the word.

We spend about 8 hours every day to sleep. You must realise that you are actually spending one-third of the day sleeping. One-third of your entire lifetime is spent sleeping. So if your lifespan is 60 years you would have spent 20 years just sleeping!

Nobody can enjoy his sleep. In sleep you don’t exist. The only thing that you can enjoy is restfulness. The body is well rested, that you enjoy. How do you keep the body well rested? First of all, why tire it? Tiresomeness doesn’t come to the body because of work. For most people, food is the culprit here as the wrong food can make you lethargic and dull and increase your need for sleep. Are we here to sleep and while away our time? Think about it. Eat nutritious food, rest well, and take care of your body. For, if God is inside us all, isn’t the body His temple?

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