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NEW DELHI: Controlling one's mind and body is the key to peace and happiness. A person becomes incapable of administering outside situations if he does not know how to manage himself. Hence, a good manager does everything by choice.

This is what Sadhguru Jaggi Vasudev had to say in his discourse on "Encounter the Enlightened - Conversation with the master" on Monday. The discourse was organised by the Indian Institute of Public Administration and Times Foundation.

Bennet, Coleman & Co. chairman Indu Jain said: "Any learning that does not give us wisdom is of no use. The head must develop the heart while feeling must transform into action." This action must give rise to a fullness which returns to the self, she added.

"The body and mind are two simple vehicles that carry us through life. If one cannot manage one's mind, then one cannot manage somebody else's mind," the Sadhguru said.

The problem in India, he said was that people depended too much on God to manage their lives. "God is a good creator, but a terrible manager. He wants humans to manage their own lives," the Sadhguru added.

He said: "If you have an automobile which goes left if you want it to go right, then is it safe to drive it? Similarly the mind is often not doing what you want it to."

The best administrator knows how to be peaceful and joyful in the worst of situations. "In managing external situations, human beings are becoming ruins. Eeveral executives are internally broken by the time they were 40 to 45 years old," the spiritual leader said.

He said 80 per cent of human capabilities were going waste because they found peace at stake in daily situations. He added: "Peace is like chemistry. If your chemistry is well managed, then you do everything by choice. The larger the scope of management, the more self-established one should be," he said.



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