DECCAN HERALD-21-DEC-2010

Isha Foundation

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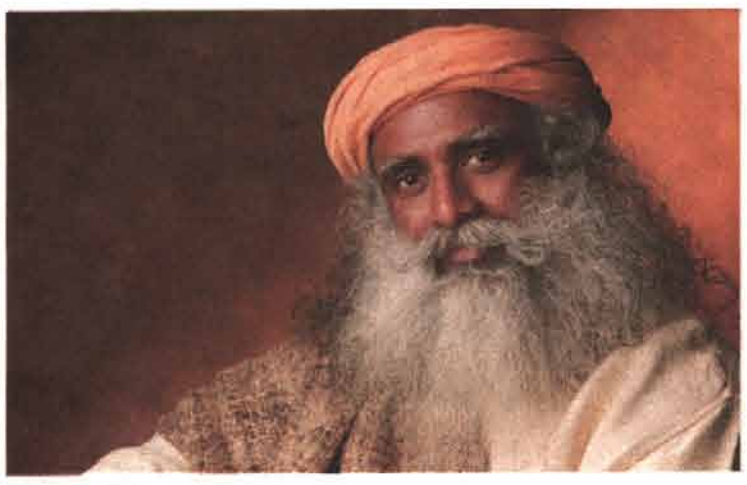


About Sadhguru

Sadhguru is a spiritual master with a difference. An arresting blend of profundity and pragmatism, his life and work serve as a reminder that inner sciences are not esoteric philosophies from an outdated past, but a contemporary science, vitally relevant to our times. Probing, passionate and provocative, deeply insightful and unfailingly witty, Sadhguru's talks have earned him the reputation of a speaker and opinion-maker of international renown.

Sadhguru has been a delegate to the United Nations Miliennium Peace Summit, as well as a special invitee to the World Economic Forum at Davos in 2006 and 2007, the Australian Leadership Retreat, Tallberg Forum, Indian Economic Summit and various other international forums. Listeners are ubiquitously impressed by his astute and incisive grasp of current issues and world affairs, as well as his unerringly scientific approach to the question of human well being.

Inner Engineering

"When it comes to inner situations, there is only one ingredient; it's you. This one thing should happen the way you want it. We are offering this technology to people so that you can have your interiority the way you want." - Sadhguru

Inner Engineering is offered as an intensive program for personal growth. The program and its environment establish the possibility to explore higher dimensions of life and offers tools to re-engineer one's self through the inner science of yoga. Far from being a belief system, ideology or philosophy, it is a systematic method to optimize health, clarity and peacefulness, helping you discover the peak of your well being. Aimed at deep personal and professional expansion, the program components include guided meditations, interactive discussions, asanas and transmission of the sacred Shambhavi Maha Mudra - a powerful process of immeasurable antiquity.

When practiced on a regular basis, these tools have the potential to enhance one's experience of life on many levels.

- Optimize health, vitality and reduce stress
- Promote mental clarity and emotional balance
- Reduce sleep & rest quota
- Prevent chronic diseases like Asthma, Arthrithis, Migrane, Backpain, Diabetes
- Enhance focus, concentration & memory
- Raise productivity and efficiency
- Generate inner peace and fulfillment
- Transcend limitations and fears

Isha Foundation

Isha Foundation is a non-religious, not-for-profit, public service organization founded by Sadhguru Jaggi Vasudev – a realized master and yogi, which addresses all aspects of human wellbeing. Isha Foundation is essentially a volunteer based organization and has over 500,000 dedicated volunteers and 20 lakh well-wishers. From its powerful yoga programs for inner transformation to its inspiring projects for society and environment, Isha activities are designed to create an inclusive culture that is the basis for global harmony and progress. This approach has gained worldwide recognition and reflects in Isha Foundation's special consultative status with the Economic and Social Council (ECOSOC) of the United Nations.

Isha Outreach

Isha Outreach is the social development branch of the Isha Foundation. Its central vision is to empower the deprived sections of India towards improved health, education and environmental well being. The three vehicles of Isha Outreach are Project Green Hands (PGH), Action for Rural Rejuvenation (ARR) and Isha Vidhya, which provide an interconnected and comprehensive approach to transform the lives of the rural poor.

Project Green Hands (PGH)

PGH is a grassroots ecological initiative established by Isha Foundation. It has grownout of a deep concern for the global effects of deforestation and land degradation, and in particular, for the rapidly degrading ecology of Tamil Nadu. PGH seeks to restore soil health and manage natural resources appropriately.

To increase green cover in Tamil Nadu by 10% in the next ten years by planting 114 million saplings.

Milestones till date:

- PGH has successfully overseen the planting of more than 8 million trees by over 2 million volunteers in 1800 communities across Tamil Nadu and Puducherry.
- In 2006, over 852,587 trees were planted in just 3 days, which earned the project a place in the Guinness Book of World Records.
- On June 5th 2010, PGH was awarded India's highest environmental award, the Indira Gandhi Paryavaran Puraskar (IGPP) by the Government of India for its significant contributions in the fields of environmental protection, conservation, regeneration and awareness creation.

Action for Rural Rejuvenation (ARR)

ARR is a multi-dimensional program with a holistic approach towards improving the overall health and quality of life of the rural poor. ARR is not just about giving the rural people economic or administrative help but rather it seeks to transform their life.

Milestones till date:

- 250,000 volunteers, touched 4600 villages, serving over 7 million people.
- 20 Mobile Health Clinics are in Operation covering 2000 villages and accessible to 2,00,000 villagers in TamilNadu, Karnataka and Kerala.
- 4 Isha Rural Health Clinics equipped with diagnostic lab, subsidized pharmacy, and minor surgical facilities provide allopathic and alternative medical services, emergency services at low cost.

Isha Vidhya

India's rural youth have the potential to contribute to and share in the growth of their country. Yet due to low-quality education, many young Indians graduate from school without the basic skill sets necessary to gain employment and pursue higher education.Isha Vidhya was founded as a means for transforming the lives of rural children by providing affordable, high-quality education where it is otherwise unavailable. IshaVidhya functions on a grass-roots level, relying on community involvement and the support of innumerable volunteers and donors.

Isha Vidhya plans to setup 207 schools in villages across Tamil Nadu; ie. one in every Taluk.

Milestones till date:

- 7 schools in operation with a total of 2800 students attending classes from Lower Kindergarten to the 6th Standard.
- In 2010, nearly 2000 students were provided with a donation based scholarship.
- Special focus is given to education of girls and the schools maintain a roughly 50:50 ratio of boys and girls among students.

Isha Outreach is a wide-ranging, inclusive set of programs that inspires people to carefor themselves and their communities through large-scale, sustainable and culturallyappropriate health, education, environment and livelihood projects. Over the past two and a half decades, Isha's projects have generated tremendous public recognition and goodwill from international forums to village-based stakeholder meetings.

INNER ENGINEERING A CONVERSATION WITH SADHGURU
21st December, 2010

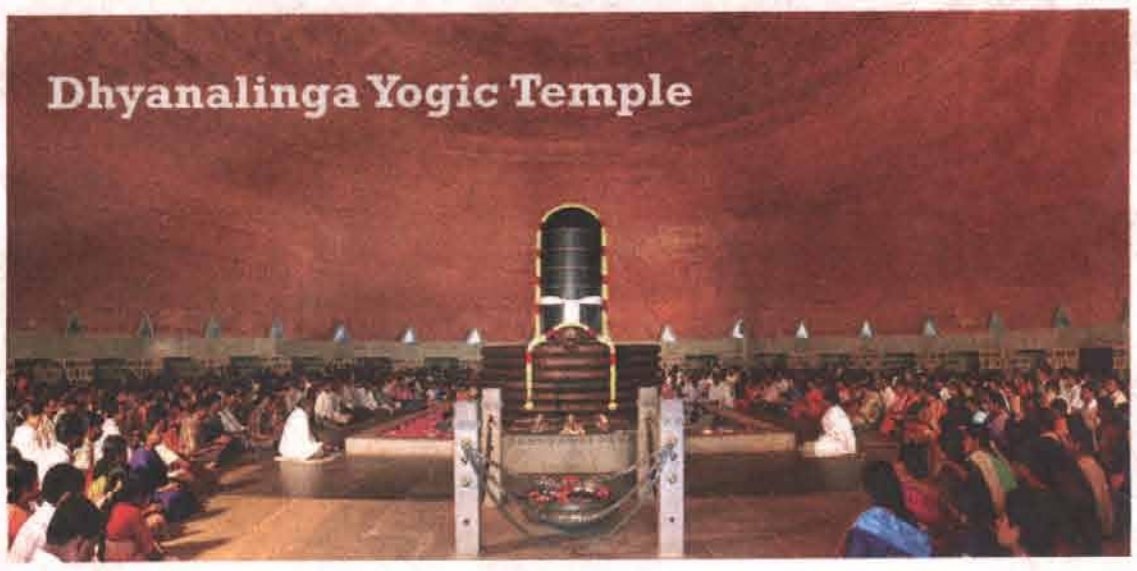
WHITE PETALS,
Palace Grounds,
Mekhri Circle, Bangalore.

6.30 PM

DETAILS CONTACT:
9742852876 / 9886994040

EMAIL:
Bangalore@ishafoundation.org

Dhyanalinga Yogic Temple



"Dhyanalinga is the highest possible manifestation of the divine. The basic nature of Dhyanalinga is primordial, formless, divine energy but an outer expression of the exuberance of life in all its manifestation expressed through the seven chakras. Anyone who comes into the sphere of Dhyanalinga cannot escape the sowing of the spiritual seed of liberation."

- Sadhguru

Situated at the foothills of the Velliangiri Mountains and embodying the distilled essence of the yogic sciences, the Dhyanalinga is a very beautiful and powerful space for spiritual seekers. 'Dhyana' in Sanskrit means meditation and 'Linga' means form. Extending the glorious temple tradition of South India and the spirit of countless yogis, sages and enlightened beings who have graced this land, the Dhyanalinga is a colossal entity of eternal vibrations.

Measuring 13 feet and 9 inches, Dhyanalinga is the largest mercury-based live linga in the world, the first of its kind to be fully consecrated in over 2,000 years. Sadhguru Jaggi Vasudev, a realized Master, a Mystic and a Yogi with three enlightened life times behind him, consecrated the Dhyanalinga using his own life energies through a three-year-long Prana Prathista.

In metaphysical sense, Dhyanalinga is a Guru, an energy center of tremendous proportions. All aspects of life are enshrined in the form of seven chakras, energized to the very peak and locked. A doorway to enlightenment and liberation, Dhyanalinga offers the sadhaka an opportunity to perform sadhana in utmost intimacy with a Guru, which is usually available only to a few.

The Dhyanalinga does not ascribe to any particular faith or belief system and does not require any ritual, prayer or worship. Unlike any other temple, the privilege of taking care of the temple is bestowed equally upon men and women. Just sitting silently for a few minutes within the sphere of Dhyanalinga is enough to make even those unaware of meditation experience a state of deep meditativeness and feel the divine energy that overflows from this glorious form.

Behind the dome, the monolithic Trimurthy Panel depicts the three fundamental states of human growth known as tamas, rajas, and satva, symbolized by three glorious aspects of Shiva: Hara, Rudra, and Sadashiva.

Nadha Aaradhana is an offering of sounds that takes place twice a day from 11:50 am to 12:10 pm and 5:50 pm to 6:10 pm. This etheric blend of flowing vocals and melodious instruments enables one to be more receptive to the energies of the Dhyanalinga.

Omkara Diksha is an opportunity for visitors to the Dhyanalinga to be initiated into the timeless AUM meditation. This simple meditation when practiced regularly can help strengthen one's physical and mental composition and bring about tremendous balance and well being. The process is offered to the public daily from 12:30 pm to 1:10 pm.

Amavasya and Pournami are days of special significance, during which the energy is distinctly conducive for men and women respectively. On these days a visitor can personally offer to the Dhyanalinga, Ksheera (milk) from 6.00 am to 1.00 pm and Jala (water) from 1.00 pm to 8.00 pm.

Pancha Bhuta Aradhana: The basis of all creation, including the physical body, are the five elements. Thewellbeing of the body and mind can be determined by purifying the five elements within the human system. This process also shapes the body to become a stepping stone towards one's ultimate wellbeing rather than being a hurdle. There is a whole system of yoga called bhuta shuddhi, meaning purification of the elements.

The presiding deity for such a pursuit is Bhuteshwara, another aspect of Shiva. Pancha Bhuta Aradhana is an effort to bring down that dimension of Grace of the Dhyanalinga upon the seeker. Starting from this Mahashivarathri, the 14th day of every lunar month will be an opportunity to experience Pancha Bhuta Aradhana at the Dhyanalinga between 5:40 pm and 6:20 pm.

This will be particularly beneficial for those who experience weak and unstable constitutions, psychological instabilities, disturbed sleep, a constant sense of fear, and will also be supportive for the fulfillment of one's ambitions. This offering will include an initiation with Abhaya Sutra, a consecrated thread.

The Dhyanalinga Meditation Shrine is open to all from 6:00 am to 8:00 pm every day. The Shrine is located 30 kms west of Coimbatore at the foothills of the Velliangiri Mountains. Coimbatore, a major industrial city in South India, is well connected by air, rail and road.

Mahashivarathri Festival is celebrated each year in the form of a night long Sathsang featuring explosive meditations interspersed with lively and colorful cultural events that are held in the presence of Sadhguru. This special evening presents a sadhaka with a powerful situation to make use of the unique planetary positions on that day to evolve into higher level of consciousness.

Special events at Isha Yoga Center
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Upcoming Mahashivarathri - March 3rd, 2011

Isha Yoga Center
Velliangiri Foothills, Semmedu Post,
Coimbatore - 641 114. Phone: 0422 2515345.
Email: info@ishafoundation.org.
www.ishafoundation.org