**Isha Foundation**

Isha Foundation is a non-religious, non-profit, public service organization founded by Sadhguru Jaggi Vasudev - a realized master and yogi, who addresses aspects of human well-being. Isha Foundation, through its programs, fosters self-realization and encourages the rapid transformation of human consciousness. The organization empowers individuals to harness their inherent wisdom and innate potential for the benefit of all life. Isha Foundation has been acknowledged by the United Nations as a category 3 organization in their list of Non-Governmental Organizations (NGOs).

**Isha Outreach**

Isha Outreach is the social development branch of the Isha Foundation. The 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 Green Hands (PGH), Action for Rural Rejuvenation (ARR), and Isha Vidhya.

**Project Green Hands (PGH)**

- PGH has successfully overseen the planting of more than 3 million trees by 2010.
- PGH has made significant contributions to the fields of environmental protection, forestation, reforestation, and rural sanitation.

**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 rural poor. ARR is not just about giving the rural people economic or administrative help but rather it seeks to transform their life.

**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 skills needed 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. This innovative program is available to students who are otherwise unavailable. Isha Vidhya functions on a no-fee model, relying on community involvement and the support of innumerable volunteers and donors.

**Dhyanalinga Yogi Temple**

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

-Sadhguru

Situated at the foothills of the Velliangiri Mountains and embossing the distanced 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 linga in the world, the first of its kind to be fully consecrated in over 2,000 years. Sadhguru Jaggi Vasudev, a Mystic and a Yogi with three enlightened lifetime beings behind him, consecrated the Dhyanalinga using his own life energies through a three-year-long Prana Pratishtha.

In metaphysical sense, Dhyanalinga is a Garu, an energy center of tremendous proportions. All aspects of life are embodied in the activity of seven chakras, energized to the very peak and locked. A garu is to enlighten every cell and atom, endowing the Dhyanalinga with the power to heal and transform. Dhyanalinga offers the opportunity to perform sadhana in utmost intimacy with a Guru, which is usually available only to a few.

The Dhyanalinga does not subscribe to any particular faith or belief system and does not require any ritual, prayer or scripture. Unlike any other temple, the privilege of taking part in the temple is bestowed equally upon men and women. Siting quietly for a few minutes within the sphere of Dhyanalinga is enough to make even those unaware of meditation experience a state of deep meditations and feel the divine energy that overflows from this glorious form.

Behind the dome, the monolithic Trishulam Panel depicts the three fundamental states of human growth known as tarsus, rajas, and satva, symbolized by three glorious aspects of Shiva: Hers, His, and Sadashiva.

Nadha Aradhana is an offering of sounds that takes place twice a day from 11:00 am to 12:00 pm and 5:00 pm to 6:00 pm. This aural invocation of prayers and moltoonsimeon instruments enables one to be more receptive to the energies of the Dhyanalinga.

Omkara Dikshai is an opportunity for visitors to the Dhyanalinga to be initiated into the timeless AUM meditation. This simple meditation, which is regularly practiced, can help strengthen one's physical and mental composition and bring about tremendous holistic change within a person. The practice is offered to the public daily from 1:30 pm to 1:10 pm.

Amayyava and Poumami are days of special significance, during which the energy is directed specifically for men and women respectively. On these days a visitor can personally offer to the Dhyanalinga, a kalarah (milk) from 1.00 pm to 5.00 pm and Jal (water) from 1.00 pm to 8.00 pm.

Pancha Bhuta Aradhana: The basis of all creation, including the five elements Throwing of the body and mind can be determined by purifying the five elements within the human system. This process also helps the body to become a stepping stone towards one’s ultimate well-being rather than being a hurdle. There is a whole pantheon of gods called bhuta shakti, meaning purification of the elements.

The presiding deity for such a puja is Bhudevi, 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 Maha Shivratri, the 14th day of every lunar month will be an opportunity to experience Pancha Bhuta Aradhana at the Dhyanalinga between 5:49 pm and 6:20 pm.

This will be particularly beneficial for those who experience weak and unstable conditions, psychological instabilities, disturbed sleep, a constant sense of fear, and will be supportive for the fulfillment of one’s auspices. This offering will include an initiation with Ahbyya Satra, a consecrated thread.

The Dhyanalinga Meditation Shrine is open 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.

Maha Shivratri Festival is celebrated every year in the month of Phalgun as a part of the religious observances intersected with lively and colorful cultural events that are held in the presence of Sadhguru. This special evening presents a sadhaka with the powerful opportunity to make use of the unique planetary positions on that day to evolve into higher levels of consciousness.

**Maha Shivratri - March 3rd, 2011**

**Isha Yoga Center**

Velliangiri Forudhals, Sattguru Bhavan, Coimbatore - 641 132. Tel: 0422 2151545. Email: info@ishafoundation.org. www.ishafoundation.org

Dhyanalinga Yogi Temple is a place of meditation for the physical, mental and spiritual transformation of the individual. The temple is open 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.

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**Upcoming Mahashivratri** - March 3rd, 2011

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