He may be seen with a long flowing beard, earthen colored robes and a turban on television, but there is more to the founder of the Isha Foundation, Sadguru Jaggi Vasudev, than what meets the eye. He is a spiritual guru and a mystic but don't be surprised if you catch him riding his BMW bike on the expressway or playing a game of golf. WOW! catches him for an exclusive interview.

Cool Guru

Saffron robes to wearing a hat, a t-shirt and a golf club in hand; you are an uncharacteristic spiritual guru. Unfortunately when you tell someone you are spiritual, the things they will ask you about are the things they cannot do. Their understanding of spirituality is some kind of a disability. Spirituality is a hugely enabling process. It is an empowering process and not a disability. If you are spiritual you must be able to do everything better than others.

“Life is not about being better or worse, it's about being complete”

You make life seem very simple, but putting it into practice is not so easy. It is very simple; it's just that people are in such a state of mind that being simple becomes extraordinarily difficult for them - they don't know how to be simple. All their lives they have been told they are special, they've never been told how to be simple.

In today's world, there seems to be an increasing need for guidance... life has become difficult with people caught in webs of greed and confusion. Life is neither difficult nor easy; it's you who can be easy or difficult. Don't be a difficult person; at least be nice to yourself. To be nice to yourself you must understand how to generate pleasantness within yourself. Now I can teach you a technique through which you can create a chemistry of peacefulness. You can be peaceful whether you are seated or walking.

The way to live life is to first generate pleasantness within you and then do whatever the hell you want. Life will be fun. Otherwise if you're looking for something that will always work, you will never take up a challenge. You will do only simple mediocre things in life because those things work.

I can take up anything in life because I'm not going to be miserable if things don't work for me. Understand this, as long as the fear of suffering is there, a person will never do anything right in life. Only when the fear of suffering goes away and when you have kind of balance within yourself, no matter what, you will be joyful. Then you will take on any challenge on life.