Inner engineering with Sadhguru: A scientific tool for wellbeing

The only way out is in

If wellbeing is what you seek, you must not look out, up or down—you must look in. Sadhguru will be leading his renowned 2.5 day Inner Engineering course next week at Spitak Resort Musranyo.

The purpose of yoga is to remove conflict. Conflict does not mean two people fighting. It means two mindsets, two beliefs, two ideas. People fighting means people have been hurt beyond repair. People fighting means people are not in peace with themselves. People fighting means people are not in peace with others. People fighting means people have forgotten the purpose of life.

Of course, I am not suggesting that we avoid conflict. Conflict is a natural part of life. It is a natural part of growth and development. But when conflict becomes a way of life, it becomes a problem. It becomes a block to our progress and our growth.

The key to resolving conflict is to understand that it is not about winning or losing. It is about understanding the other person's point of view. It is about finding common ground. It is about finding solutions that work for everyone involved.

Inner Engineering involves ancient shiva-based techniques that help you to improve your health and well-being. It teaches you how to control your mind and emotions, and how to achieve inner peace. It is a powerful tool for personal growth and development.

Pramila Rayn, a yoga teacher, says: "Practicing the art of living is like a yoga mat. Challenging my mind and pushing me to my limits, I never thought I would be able to do more than a few minutes and to quieten things down. I always found that the moment I closed my eyes, my mind would immediately start with all the distractions, and it would not have time to work. But the moment I opened my eyes, I realized I was in tune with myself. I was able to look at things differently, and the way I approached problems became simpler. It took me a few days to get used to it, but now I can do it for hours. It is a great tool for me, and I strongly recommend it to all my students."
My Journey to Yoga

By Sheila Muyanja

A

am a yoga instructor, teaching in a studio just outside my workplace, Coca-Cola Bottling Company. To offer an interview, I

Say: Exclusively for The Vision.

My levels of impatience grew by the day, and finally I was about to give up when the studio was up and running. We had been planning for months, but our patience was rewarded. In September, we opened our doors to a bright, airy space with a calm ambiance. "I was so glad we didn't give up," says one of my students.

Sheila Muyanja says the long-term issues he has had with his digestion have been resolved.

The benefits are clear. I feel more energetic and focused in class. My sleep is better, and I wake up feeling refreshed. Overall, I have noticed a positive impact on my mental and physical well-being. "I wish I had started sooner," says another student.

The management and staff of TRANSlink & TRANStel are delighted to welcome Sadhguru to Kampala, Uganda.

The first International Day of Yoga was celebrated in Kampala Uganda last year and it will be marked annually.

Events with Sadhguru on 12th and 17th - 19th June

Spoke Resort, Munyonyo

0712 4 12345 ishaAfrica.com

Sadhu Sundar is a spiritual teacher who is known for his unique approach to meditation and yoga. He is the founder of the Isha Foundation, which is a non-profit organization that promotes spirituality and personal transformation.

Sadhu Sundar is known for his teachings on the importance of living a simple life and practicing yoga and meditation regularly. He is a master of many traditional yoga practices and has written several books on the subject.

Sadhu Sundar's teachings are based on the ancient wisdom of India, and he integrates various spiritual traditions from around the world into his teachings.

Sadhu Sundar's approach to meditation and yoga is unique in that he teaches students to focus on the breath as a way to connect with their inner wisdom and intuition.

Sadhu Sundar's teachings are accessible to people of all backgrounds and faiths, and he encourages students to explore their own unique path to spiritual growth.

Sadhu Sundar is a well-known figure in the spiritual community and is widely respected for his insights and wisdom.

Sadhu Sundar's website is located at www.isha.org, and he can be contacted directly at info@isha.org.
SUCCESS COMES SO EASY FOR ONE PERSON, YET IT IS A STRUGGLE FOR ANOTHER BECAUSE ONE THINKS THE WAY HE WANTS TO, THE OTHER THINKS AGAINST HIMSELF.

The programme enhances mental clarity.

The word "monkey" has also become synonymous with imitation. If you say you are monkeying someone, it means you are imitating someone — this is the full-time job of your mind. So, an un-established mind is referred to as a monkey.

When this "monkey" became active in the man who went to paradise, he thought, "What the hell is happening here? I asked for food, food came. I asked for drink, drink came. Maybe there are ghosts around." He looked around and saw ghosts. The moment he saw them he got terrified and said, "Oh there are ghosts around here, maybe they will torture me." And the ghosts started torturing him, and he started screaming and yelling in pain. He said, "Oh these ghosts are torturing me, they are going to kill me." And he died.

The problem was, he was sitting under a wishing tree or a Kalavarka. Whatever he asked for became a reality. A well-established human mind is referred to as a "Kalavarka." In this mind, whatever you ask for becomes a reality. In life, you are also constantly sitting under a Kalavarka, so you need to develop the mind to a point where it becomes a Kalavarka, not a source of madness.

Sadhguru has developed the Inner Engineering programme as an invigorating process to transform oneself based on tested scientific principles. It enhances your mental clarity and decision making, your emotional stability and physical health.

Sadhguru will be teaching the Inner Engineering course (2.5 days) at Speke Resort, Munyonyo Friday 17th June 17 - Sunday June 19.

For further information or to register, visit www.isaAfrica.com or contact ugas@isafoundation.org or call 0712 412 345 or 0772 537 891 or 0772 983 393

 Remarks from the Indian High Commissioner

"I am overwhelmed by the level of interest from our Indian and Ugandan friends. I think the Isha Foundation volunteers did a brilliant job in organizing not just the June 12 event, but also several other well attended events in Kampala and Jinja. The Diplomatic Spouses Association (DISPAC) conveyed its great appreciation of the yoga and meditation session. The Inspector General of Police, Kale Kayihura, conveyed his personal appreciation to me for the special yoga session organised for Ugandan Police Officers. I was personally delighted when Miss Uganda turned up for the June 21 event at KISU, along with the Princess Kabukumba Latwoni Masko and many other Members of Parliament who are a part of the India Caucus in the Ugandan Parliament. All in all, I have reason to believe the IYD 2015 Celebrations were marked in an elegant manner. I certainly did not expect such a large auditorium at KISU to be filled to capacity. I am personally obliged to the Isha Foundation and to the Ruparelia Group for their support and assistance. Valuable support also came from the Hindu Swamy, Sivak (HSS) Uganda, for which we remain grateful."

YOGA IN UGANDA

Looking for Yoga in Uganda? Go to Facebook page https://www.facebook.com/KampalaCommunityYoga Or search Kampala Community Yoga on FB

When YOU PUMP SOME ENERGY INTO AN INERT MIND, IT BECOMES ACTIVE

Transforming the Mind

By Sadhguru

The reason why success comes so easily and naturally for one person and is a struggle for another is because one person thinks the way he wants to think and the other thinks against himself.

The most miraculous thing if only you could use it consciously. Your mind can be in five different states. It can be inert. That means it is not activated at all. It is in a rudimentary state. Inert minds are not a problem. Someone who is very simple-minded and whose intellect is still not effervescent has no trouble. He eats well, he sleeps well. It is only the people who think who have trouble sleeping. Simple-minded people perform all the activities of the body far better than the so-called intellectual people because it needs some intelligence to cause disturbance and chaos. But an inert mind is closer to animal nature than the possibility of what it means to be human.

The moment you pump some energy into an inert mind, it becomes active, but it could be scattered. If you energize the mind further, the mind comes to a place where the mind is not so scattered, but it is oscillating — one day is this way, another day that way. This is a huge improvement over being scattered moment to moment. If you energize it further, it slowly becomes one-pointed — that is far better. But the most important thing is the mind should become a conscious process.

The reason why success comes so easy and naturally for one person and is a struggle for another is because one person thinks the way he wants to think and another person thinks against himself.

Monkey of the Mind

There is a beautiful story in the yogic lore. A man went for a walk and accidentally walked into paradise. After the long walk he felt a little tired and thought, "I wish I could rest somewhere." He saw a beautiful tree beneath which was wonderful, soft grass.

So he went and slept on the grass.

After a few hours, he woke up well-rested. Then he thought, "Oh I am hungry. I wish I had something to eat." He thought of all the nice things he wanted to eat and all of them just appeared in front of him. After he had the sumptuous food, the man thought, "Oh! I wish I had something to drink." He thought of all the drinks he wanted and all of them appeared in front of him.

In yoga, the human mind is referred to as the monkey, because of its nature.