"Once there is no fear of suffering, you can stride through your life effortlessly."

Sadhguru Jaggi Vasudev. Say his name in his native south India, and he draws hundreds of thousands of followers to his discourses and group discussions. He has dedicated his life to creating physical, mental and inner well-being for all humans through a science he calls Isha Yoga. It’s not about converting into the most foreign of body positions and stretching the impossible, it isn’t simple postures, breathing exercises and meditation to generate personal growth.

Vasudev will bring Inner Engineering, one of his Isha yoga programs, to Tampa from Nov. 8 through 13. His first visit to Tampa.

Inner Engineering will help participants explore higher dimensions of life and will offer keys for meaningful relationships at home, at work and within oneself.

"Inner Engineering is oriented toward helping a person rise beyond the physical limitations to his highest self. Once a person begins to experience beyond the physical, suddenly life can be extremely good and the ability to use the mind and body is greatly enhanced," says Vasudev, 50, who is known as Sadguru (God-given).

Inner Engineering claims to reduce stress, help prevent chronic disease, reduce your sleep quota, raise productivity and generate inner peace.

During the program, Vasudev will facilitate people into Shambhavi Mahamudra, an ancient yogic inner process "to attain an unshakable state of inner calm and precision clarity." It’s an ancient practice never taught to the public before.

"Shambhavi Mahamudra creates space. ~Once the distance is there, all the preconditions of the mind and body do not have a controlling impact upon you. Whatever suffering a human being has gone through in life is purified physically or mentally. Once there is distance between the physical and the mental, this is the end of suffering.~ Once there is no fear of suffering, you can stride through your life effortlessly. Humans have very little potential just because of the fear of ‘What can happen to me?’ If this is taken away, humans can live to their full potential,"

Local Followers

Vasudev’s Isha Yoga programs have benefited parliament not only but also in the Tampa Bay area.

Tampa internist Murthy Rajput, 53, was a skeptic until two years ago when he attended one of Vasudev’s programs in Kansas. "I went from a naysayer to a definitely a believer, based on my own experience. That’s exactly what Sadguru says, philosophy is all well and good, but it’s no more mental satisfaction and some way of studying this inner science that we call yoga," Rajput says. "But experiencing it is totally different. When you experience it, you won’t even ask questions of the proof because experience is your best friend. All I can say is that you have to be open to understand it."

"I have been through a lot of mental health issues in my life," Rajput says. "If I practice it consistently, and I do, I feel like I feel normal. It helps me to get through the day. It is a wonderful tool to have.

"It has been a very powerful thing, " Rajput says. "It allowed me to feel out of balance and get frustrated with myself. Now I can take a step back, relax and have a better perspective on things. I’ve become more patient and feel a lot more empathy in small things."

He recommends the program to help find a similar kind of balance.

"Out Of This World"

"Vasudev was born with such ability, spiritually and was very good at it, but I was not," he says. "I had nothing to do with any religion, and it was never forced upon me in the family."

He has practiced yoga since he was 18, but he never thought he would find him to something greater.

"He has charged completely one afternoon while sitting on a small hill. He was a successful but insurmountable at 25. "Until that moment, I thought, ‘What is it? What is this body? What’s inside?” Vasudev recalls. "Suddenly I didn’t know what it was. I became everything. Everything is me. This me, this air."

"The program that felt like 30 minutes turned out to be 4.5 hours," he says. "It was something totally out of this world.

Vasudev says, "What really shook me into normal, logical thinking, my mind said I must be going off my rocker. It was so beautiful, I didn’t want to lose it. I knew somehow I felt some kind of a godly power."

"The experience gradually became the norm for him. Finally it became clear what he needed to do: he left his business to help others achieve what he had."

"Thousands worldwide have benefited from Vasudev’s programs, which he says can help anyone."

"It’s a fact that everyone can achieve this," Vasudev says. "Externally in terms of attitudes, thoughts and emotions, we’re very different people, but internally we’re all the same. It will definitely work for everybody because of technology. It’s a philosophy. It’s not a teaching, it’s a technology."

"People have spent too much time fixing the outside. But unless we learn to fix the inside, there will not be well-being. Inner Engineering is a way of empowering yourself to tune your destiny into your own hands."

"Real information on Isha yoga and the non-profit Isha Foundation are at www.ishayoga.org and www-ishafoundation.org.

Photos from Isha Foundation.

INNER ENGINEERING

Isha Yoga programs offer interactive discussions, meditation and powerful yoga practices in the quest for self-discovery. World renowned south Indian yogi Sadhguru Jaggi Vasudev will help you build the foundation for total well-being. No yoga or meditation experience is needed.

WHAT: Inner Engineering

WHEN: Nov. 8-13; 7 to 10 p.m. Wednesday through Friday, 8 a.m. to 10 p.m. Saturday and Sunday
WHERE: Indian Cultural Center, 3551 Lynn Road, Tampa
COST: $175
INFORMATION: Call (314) 752-1359, or visit www.ishayoga.org.

A BETTER WORLD

Sadhguru Jaggi Vasudev has dedicated his life to human well-being. He created the nonprofit Isha Foundation with more than 250,000 volunteers worldwide to empower that goal.

Vasudev works with the world’s pre-eminent leaders and global organizations to foster peace, understanding and cooperation. He is a delegate to the United Nations Millennium Peace Summit.

Vasudev has implemented Inner Freedom for the Impoverished outreach programs for life-time prisoners in India and the United States.

On Oct. 17, Isha Foundation volunteers planted 813,262 trees in south India in one day as part of Project GreenEarth — a Guinness World Record. Vasudev says.

The foundation’s Action for Rural Rejuvenation’s goal is to improve the health and quality of life for rural populations.