A SUBLTE REVOLUTION

Interview with Sadhguru Jaggi Vasudev

A subtle revolution is happening that would surprise many followers of the spiritual path. Beginning in 1997, Sadhguru Jaggi Vasudev of South India was invited to several cities in the US including Nashville, Dayton and Columbus, Ohio; Detroit, and Chicago. Vasudev is a spiritual master whose teachings and intense commitment to spreading the gift of enlightenment had touched thousands of followers in India and the US. The mainstay of his teachings is Sahaja Shithi Yoga, the masterfully devised system of practices and meditation that, when combined with powerful energetic transmissions from Vasudev, rapidly accelerate one's spiritual growth.

The following interview derived from a book recently released by Vasudev's Isha Foundation, Encounter the Enlightened, gives a taste of Vasudev's teachings.

Questioner: This yoga that you are talking about, is it an exercise or an experience?

Sadhguru: Yoga is neither an exercise nor an experience. It is a certain state. The word yoga means “union.” When you are one with everything, then you are in yoga.

Whatever you may talk about your body not being of any importance to you - you still have to attend to it, isn’t it?... for example, when your body gets hungry, you forget about God, you forget philosophy. The first thing you want is food.

Similarly, you have a mind. You can’t deny that either... Even if you go to the mountain caves and sit and think it is peaceful, your mind will go on with its own nonsense. So your mind is also an undeniable reality.

And you have emotions.... You may think you are controlling your emotions, but they are there. You can hide them for some time. They are there, isn’t it true?

If you want to transform yourself, you should not deny any of these. That is why there is a physical yoga, a mental yoga, an energy yoga and an outward, action yoga. You have to accept all these four types of yoga and work on all the four levels.

A guru knows and understands what is required. He looks at the combination that works for a person. He mixes the right combination. He tells this person, “For you, this much activity, this much meditation.”... One should not deny somebody's nature and go against it. A common prescription will not work — people will only get suppressed. There will be no enlightenment. It is not going to happen.

Questioner: Can you say anything about the role of women in the yogic tradition?

Sadhguru: Just because women are physically weaker than men, man has done everything to make them psychologically weaker than himself, spiritually lost, and financially nowhere. All this just because woman is physically weaker than man.

This has gone on for thousands of years. I think it is too long. It is time people stand up and do something about it... till every man learns to respect a woman, he will never know himself — there is no way, because half of him is just that.

It is proven beyond doubt that a woman is as much capable as a man when it comes to inner nature... Right from the Vedic times there have been many women who have been great done everything to make them psychologically weaker than himself, spiritually lost, and financially nowhere. All this just because woman is physically weaker than man.

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