

Gurus of our times



Sadhguru Jaggi Vasudev is a master, yogi and mystic rooted as strongly in inner experience and wisdom as he is in mundane matters. Sadhguru has tirelessly worked towards the physical, mental and spiritual well-being of all. Traversing seamlessly from the ancient to the modern, Sadhguru leads the sacred journey, from

the known to the unknown.

Equally at home in loincloth and jeans, in the Himalayas and straddling a BMW in America, Sadhguru seems an unlikely spiritual master. Marking a clear departure from the usual practice of sermonising, Sadhguru's teaching is scientific and his methods are direct. Belonging to no particular tradition, Sadhguru incorporates what is most valid for the common man from the spiritual sciences.

Founder of Isha Foundation, an international public service organisation which imparts the knowledge of yoga in over 100 centre in India and various parts of the world, his discourses and meditation programmes have transformed many. The Isha Yoga Center established by him near Coimbatore, Tamil Nadu, is a powerful centre for seeking.

Sadhguru's programmes are specially designed to suit every section of society-from corporate executives to criminals, from academics to illiterate tribals. Sadhguru works with the world's pre-eminent spiritual leaders and institutions to foster peace, understanding and co-operation. As a delegate to the United Nations Millennium Peace Summit and member of the World Council of Religions Leaders and the Alliance for the New Humanity, Sadhguru works tirelessly to impart the goals established therein.

The success of his prison outreach programmes, called 'Inner Freedom for the Imprisoned', stands testimony to the transformation that can be brought about in an individual irrespective of his external situation. These programmes have been

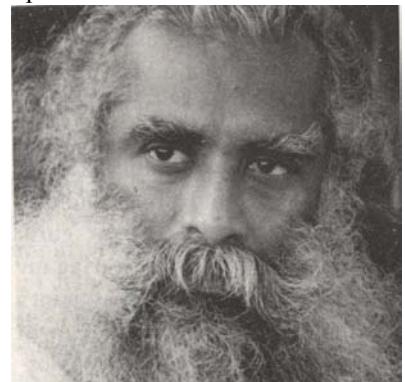
conducted among the inmates of all the central prisons of Tamil Nadu and also in the US.

A powerful orator and communicator, Sadhguru's addresses at premier institutions and organisations all over the world have been instrumental in presenting ancient and eternal knowledge of spirituality, across the world, creating new levels of understanding, respect and acceptability. Sadhguru is an accomplished poet and author of several books. His latest book, *Mystics Musings*, is one of the most candid unveilings of the mystical dimensions of life.

Guiding light

Dispeller of darkness, Sadhguru Jaggi Vasudev lit a lamp in my path. When the fire of my longing doesn't burn bright, Sadhguru is always there. Once, a few Isha Yoga volunteers gathered around Sadhguru under a tree. As he illustrated his childhood memories of climbing trees and swaying in deep meditation, my mind wandered off. All this is fine but how is it possible for me?

Abruptly he looked at me and said: "Sue, why don't you climb this tree?" Caught unawares, I gingerly took small steps. Laughing at my apprehension he said: "Go up further." Sensing my hesitation, he exclaimed: "Oh this is how she pursues the spiritual path also." Every step I took up towards the top of the tree, whatever I felt, he reflected. Every doubt, every confusion vehemently surfaced in my mind and was instantly pierced with or without his words. As I descended from the tree, I could feel those limitations just vanishing within me and I was drenched in humble gratitude. The rock of ignorance that I have slumbered upon has sprung into wakefulness by the grace of my Guru.



SUE SHEWALE, ISHA FOUNDATION, VIA EMAIL