Switch off yourself through Isha Yoga

Tribune News Service

New Delhi, June 10

After experiencing the numerous benefits of Isha Yoga, doctors at Sir Ganga Ram Hospital here have decided to run a weeklong programme for the patients from June 30.

Swami Lokanetra, disciple of Sadhguru Jaggi, the founder of Isha Foundation, says that Isha Yoga can best be understood through experience. Isha means the formless divine.

Swami Lokanetra told mediapersons here that Isha Yoga is indescribable. It includes 'Shoonya' meditation which is a very powerful process. "It is a process of switching off yourself," Swami Lokanetra said.

Dr S.K.Sama, Chairman, Board of Management, Sir Ganga Ram Hospital, who went to Coimbatore to attend a 10-day-long programme, told mediapersons here that he had gained immensely from the programme.

“I found it very useful. It improved the flexibility of my body and energy level. It also contributed to peace of mind, clarity and balance in emotions, all needed for positive health.”

He said that the medical science has always recognised the psychosomatic nature of various chronic ailments. Dr Sama said that Sadhguru Jaggi Vasudev would be in Delhi on Monday for the launch of his book, “Mystic’s Musings”.

Dr Nalini Kaul, Medical Director of the hospital, told mediapersons that she was relieved of her knee problem after trying Isha Yoga.

Other doctors who attended an eight-day-long intensive workshop conducted by the Isha Foundation at the hospital in April said that they experienced dramatic relief from their ailments.

Dr Neera, a practising physician in Sama Nursing Home who tried Isha Yoga, said that she felt as energetic after a 12-hour shift as she did when she woke up.

Swami Lokanetra said that there are various kinds of ailments—some caused by infection and others manufactured within our system. “It has been scientifically proved that these ailments can be reversed by meditative processes,” he said.