Spirituality finds recourse through Sadhguru Vasudev's *Essential Wisdom and the Mystic Eye* (Jaico) that was launched in the city on Sunday. The book commences with an introduction to Vasudev and introduces the reader to his philosophy. Short poems further give an insight at the same time serve as entry points to each chapter. He explains, "This book is for those who look for answers to questions of life. It pertains to issues of fear, desire, suffering, determinism, God, love, morality, self-deception, doubt, karma, the mind, the body, disease, healing, madness, death and dissolution." He further adds philosophically, "For the greater part of my life, I believed I'd been born into a guru-less world. No one seemed to address the questions that really counted — about life and death, and all their attendant terrors and mysteries. It often felt like we had been born too late. The gods no longer communed with mortals. We lived in a fallen world. One in which as Yeats rightly observed 'the best, lack all conviction, while the worst, are full of passionate intensity'."

**ABOUT SADHGURU VASUDEV**

Sadhguru is a spiritual master and uses an unusual blend of profundity and pragmatism. His life and work serve as a reminder that Yoga is not an esoteric discipline from an outdated past, but a contemporary science, significantly relevant to our times. His written works include *Mystic's Musings*, *Encounter the Enlightened*, *Eternal Ethos*, *Dhyanalinga: The Silence Revolution* and *Flowers on the Path*.
Religion is spirituality gone bad," says Sadhguru Vasudev, yogi, spiritual master and founder of Isha Foundation. He says, "If children are brought up as ‘humans’ and not identified as a Hindu, Muslim, Indian or American, the world won’t need a spiritual guru.” Sadhguru launched two books called Essential Wisdom from a Spiritual Master and The Mystic Eye, written by him, recently in the capital.

Life wasn’t always saintly for this Indian yogi who, unlike many other gurus, was a skeptic when it came to the topic of spirituality.

Says Sadhguru, “I was the least spiritual in my family. I just didn’t understand the meaning of the word ‘spiritual’. As a kid, I always told my parents that I would enter the temple only if they’d answer some of my questions. Since they couldn’t, I never entered a temple.”

Sadhguru Vasudev grew up on European philosophy until one afternoon when he “understood the meaning of life” and that left him crying “for the very first time”.

“I had joined business by then. I remember, it happened on an afternoon, on a small hill in Mysore,” he smiles.

“After a business meet that day, while I was sitting on that hill, I closed my eyes and suddenly, I didn’t know which is me and which is not. I experienced different levels of ecstasy. All of a sudden, what was me was everywhere,” he adds.

And then, there were followers all around him. Sadhguru reveals that the “insanity” (as he describes it) lasted for four hours and to him it felt like only a few minutes.

For a guru who has practiced yoga all his life, he believes in only two ways of living life. He sums it up as, “Either you choose to be a creation of the creator, or you can live as the creator himself.”

And how did the guru resolve the questions of his life? “I dissolved the questions,” laughs Sadhguru.

He adds, "Questions are a device to dig deeper, to know more. You can’t learn about your own self. You have to turn inwards and understand. The inner turning is perhaps the longest distance a man can travel.”

Spiritual master Sadhguru Vasudev
At the launch of Sadhguru Vasudev’s book *Essential Wisdom & The Mystic Eye*, intellectuals of the city gathered to celebrate. Adman Prahlad Kakkar was present at the event which also saw a panel discussion attended by Vikram Chandra. TV Actress Vani and Rudi Pratap Singh were amongst those present. The book tells the story of Sadhguru’s life mission, a saga of extraordinary commitment and courage that spans three lifetimes.
Sadhguru Vasudev’s books on spirituality released

Tribune News Service

New Delhi, August 25
‘Essential Wisdom’ and ‘Mystic Eye’, two spiritual books written by Sadhguru Jaggi Vasudev, were released at a function here last evening.

‘Essential Wisdom’ opens with an introduction to Sadhguru and familiarises the reader to his philosophy. Short poems give further insight into the philosophy and at the same time serve as entry points to each chapter. Swami Nisarga has further embellished the book with short introductory notes to each chapter.

According to the author, there often comes a moment in people’s lives when full stops begin to fade away only to be replaced by question marks. It begins to feel like the sentence like life can no longer be parsed by an inherited system of punctuation. This is the juncture where an individual takes on the role of a seeker as opposed to his earlier stagnant state of mind.

The questions are the same, which have been asked from time immemorial. However, old torpid answers fossilized into scriptures, and spiritual artifacts, as glorified hearsay, no longer quench the thirst.

The seeker embarks on a journey looking for vibrant and pulsating responses. To satiate himself he searches for a deep-sea diver who has plumbed the depths of existence and returned with an eyewitness account, says the mystic.

The author says that this book is for those seekers as it encompasses a gamut of restless and fevered questions, which have arisen in his mind at some point in time. Questions about fear, desire, suffering, determinism, God, love, morality, self-deception, doubt, karma, the mind, the body, disease, healing, madness, death and dissolution are explained and answered effectively.

‘The Mystic Eye’ seeks to answer questions like what exactly is enlightenment. And who exactly is a mystic? Are mystics still to be found?
THE MYSTIC EYE

By Sadhguru, Jaico Books, Rs 250, pp 272

This book offers an unprecedented glimpse into the world of a contemporary mystic, a prodigious living archive of knowledge. In the course of his discussions, Sadhguru probes the farthest realms of illogic, and yet his unfailingly rational and matter-of-fact tone lends credibility to the more fantastic aspects of the content. Sadhguru unfolds the story of his life mission, a saga of extraordinary commitment and courage that spans three lifetimes. The result is the Dhyanalina, the dream of countless yogis down the centuries: a unique energy form which sows the seed of liberation in all who visit it.
THE MYSTIC EYE & ESSENTIAL WISDOM FROM A SPIRITUAL MASTER
Sadhguru
Jaggi Jaico Books, Rs. 250

To many, rather unfortunately, Sadhguru Jaggi is still unknown. A master mystic and self-taught spiritual guru, he seems to have the answer to every question - every conceivable, existential issue one ponders hopelessly over - this man answers with surprising ease. Questions about true enlightenment, karma, death, liberation, pain, and the afterlife. Those nagging doubts one has about the very realness of the material world, about the spirit and the soul, disembodied beings, the power of dark magic and the occult are extensively discussed in his two new books, *The Mystic Eye and Essential Wisdom from a Spiritual Master.*

The books are almost interactive, almost predicting and following the reader's train of thought, almost a personal interview. Sadhguru's conversation with his audience moves beyond the realm of logic, its content an assortment of unlikely and fantastic experiences. However, it is his consistently rational tone that lends his words credibility and questions the redundancy of mysticism. Sadhguru confesses to have never studied his art - his wisdom is firmly rooted in inner experience. And don't be fooled, although his opinions carry their weight in gold, this is a man who also uses his charm and humour to win over his reader. The tone is intimate and conversational, exceptionally specific and sometimes, pretty shocking. 'The last time I was in the United States, Doug's knee cartilage was torn. He was in excruciating pain... He wasn't even able to sit in vajrasana. At the same time, something else was happening in his mind. He was doing funny things around me, but I just let him be. In so many ways, he was trying to tell me, not actually in words, but with his actions, comments and gestures, both consciously and unconsciously, that his knee was bad and going back to India would not be possible for him... Then, about four or five days before I was to leave the country... he came to me and said, 'What shall I do? I'm supposed to go through with the surgery.' I said, 'Anyway, you told me you wanted to meditate.' Now, if your knee and below is taken odd, you know, it's so wonderful to sit and meditate... no pain in the leg, nothing. I said, 'We'll amputate both your legs in India. Then you can sit and meditate all the time... You want to go into deep meditation. So what's your problem? We will remove the leg and you will meditate.'

A rather severe joke, eh? But these are still books that cater to a particular audience. For sceptics, seeing is believing. And, you don't even have to be much of a sceptic, really, to find yourself wondering whether or not to buy into his philosophies. However, without a doubt, Sadhguru is an intriguing character, and the books are merely an introduction to the surreal nature of the man's mind.

Rating: ***

(Mike's Election Guide 2008 & A Most Wanted Man, sourced from Midland Books.)