

Bill of Health

Secret of productivity

Would you want to live, work and be with joyful people or miserable people? This was a question that Sadhguru Jaggi Vasudev posed to the audience at a breakfast meeting this morning. The response was predictable: "Joyful people," said many voices in the hall.

You can rewire yourself, and decide to be happy, Jaggi assured the mix of famous musicians, successful businessmen, competent professionals and more, alertly gathered for the Sunday gyan. Don't wait for life to make its point through a major trauma, he exhorted.

And there was a story to explain this...

A lion was strutting around in the jungle. A rabbit crossed his path, and the lion quickly caught it and asked: "Who is the king of the jungle?" A trembling rabbit replied: "Undoubtedly, you are the king, your majesty!" A satisfied lion let go of the rabbit and continued his boastful march. Seeing a fox, the lion asked him the same question. The wily fox said: "You are not only the king of the jungle but also of the three worlds." The lion, swaggering on, came by a tusker and asked him: "Who is the king of the jungle?" The tusker tossed the lion so high that on falling he broke his spine. "You could have told me," moaned the anguished lion. "But I had to make my point," the tusker replied.

"Rather than expect others to be as you wish, you can be the person who matches your own expectations," Jaggi urged. For, "if you can't be what you can be, it's a tragedy."

During the Q&A session that followed, one person asked, "If I were joyful, would I be able to achieve the targets and goals we typically have in the commercial world?" Yes, you can, replied Jaggi. "You are most productive when you are joyful. And you will then find that targets are behind you, not ahead." Being happy within is not going to lead to inaction; he clarifies, when I meet him after the lecture. "I work 20 hours a day. Do I look unhappy?" challenges a cheerful Jaggi.



Sadhguru Jaggi Vasudev, Founder, Isha Foundation