'Life is both a dream & reality': Sadhguru

Mysore, May 8- Sadhguru Jaggi Vasudev, Founder of Isha Foundation, described life as both a dream and a reality. He gave this insight into life while responding to a question from a child at one of his discourses. The eight-year-old child had asked him: Is life a reality or merely a dream?

The spiritual guru was conducting a satsang at Olive Garden Hotel here last evening as part of Buddha Poomima. Over 500 people attended.

There is some unique feature or a special quality in every person, and that needs to be understood. If we take a view of life from outside of ourselves, we realise its creative character, the Sadhguru observed.

It is necessary to get at the basics of life. It is not possible to keep others happy without ourselves being happy. It is not also our choice to keep others happy. All cannot conquer the Himalayan peak or cross the deserts or even swim across the seas. However, it is within the easy reach of everyone to be happy, Sadhguru opined.

Our body is an amazing workshop. We ignore that feature and focus our attention on other matters. The world is not as we visualise. We are just a part of the world at large, he said.

All that is in our body belongs to us. The outside things are not ours. We should realise that the happiness of others is not the same as ours. The moments of happiness that we experience are the finest thoughts that cross our minds, he opined.

Atheism and theism are two kinds of beliefs. Whether theists and atheists believe or not, the sun rises in the east. We have our beliefs. However, the happenings in the world go on relentlessly regardless of what we believe in. Beliefs are related to indebtedness and faith that one follows, Jaggi Vasudev explained while responding to a question from a listener.

Sadhguru will be holding the second discourse this evening at 6 at the same venue.