Happiness lies inside the mind of every person: Sathguru Jaggi Vasudev

ISHA Yoga Foundation founder Sathguru Jaggi Vasudev addressing the audience at the Anantha Sangamam in Tirunelveli on Sunday (Right) People participating in the function.

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“HAPPINESS is inside the mind of every person, not away from it,” said ISHA Yoga Foundation founder, Sathguru Jaggi Vasudev. Participating at the Anantha Sangamam function here on Sunday, Sathguru Jaggi Vasudev said that a man cannot be happy always. Happiness was basic to Victory. Mind was a sharp tool.

“When we use our mind as a tool, we get happiness. We cannot change the outside situation as we like but we can change the situation coming from inside our mind. We are doing that and taught that art to you”, he added.

Many people from across the southern districts participated in the function.

Before the function, he spoke to reporters. He said that real happiness was inside the mind.

“To teach this, we have been conducting the practice of happy waves since this year. The practice was being taught at 9 places in Tamil Nadu and also at other places in India and abroad. Around 2,50,000 people have taken up this practice so far”, he added.