



Himalayan Lust

Sadhguru

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A group of Isha meditators set out to tour the Himalayas and accompanying them is Sadhguru — a spiritual master considered by many to be one of the foremost living yogis on the planet. This is a book for those who stayed behind. It is a chance to make a pilgrimage on the page, travelling through the unpredictable but fascinating terrain of the master's words. Amalgamating discourses and conversations from several

yatras, it is a blend of the specific and the timeless. The Himalayas play a vital role in the text, alternately as context and catalyst, mood and metaphor.

Excerpt:

Every year, a group of Isha meditators sets out on a tour of the Himalayas. It is a journey that has been made for centuries by travellers from across the globe. These travellers have found themselves seized by a lust both insistent and primal: a lust for adventure, for an encounter with nature at its most dramatic and awe-inspiring, for a taste of the terrifying stillness at the heart of an epic wilderness. Mountain-climbers, seekers, trekkers, devotees, sadhus, nomads, yo-

gis – all seem to have felt the urge to experience this miracle of soaring earth and plummeting sky. It is a phenomenon that silences them. On their return, the Himalayas appear to have marked them in some subtle but enduring way. Not surprisingly, the journey has been deemed sacred by diverse spiritual traditions. So in making this annual expedition, they are retracing the footsteps of innumerable generations of seekers before them.

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