Wave of blissful awareness sweeps Tiruchy

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OVER 50,000 people participated in the Ananda Alai (Wave of Bliss), a Mahasathsang organised by the Isha Foundation to create awareness and bliss among the aspirants here on Saturday.

Ananda Alai was started to bring about a certain level of consciousness and capability in every human being because it is extremely important that the necessary consciousness of experiencing life in a more intimate and inclusive way is brought into people.

Jaggi Vasudev, Isha founder, conducted a powerful meditation session and presented chants and discourses that kept the gathering spell-bound.

Delivering the discourse, the Sadhguru Vasudev said people at present are losing their identity and are doing what others dictate. Anandham is attained when the body is used at its maximum capability. One should look within oneself. To find the soul is to see the insight. There are several tools to see the soul and they should be utilised properly. Man should control mind; if mind controls man, he would go mad. Control the panchabhothams in the body to attain ecstasy, he said.

The discourse was followed by a question-answer session.

Minister K N Nehru presided and inaugurated the Green Tiruchy Movement.

District Collector T Soundiah, Mayor S Sujatha, Corporation Commissioner TT Balsamy, Rev Fr P Susai, Rector, St Joseph's College and others participated.

Earlier, the Sadhguru planted saplings in St Joseph's College grounds.

Jaggi Vasudev, Isha Founder, and Minister K N Nehru distributing saplings to volunteers at Ananda Alai function in Tiruchy on Saturday. Collector T Soundiah, Mayor S Sujatha, Dr A M Arun, Chairman, Vasán Group of Companies, are also seen. (bottom) A section of the aspirants who had thronged the Ananda Alai function on Saturday.