God is in the detail

Prahlad Kakkar

By nature I am an extremely irreverent, non-believing, politically incorrect person who questions everything. I was reluctant, yet curious to accept the invitation to do the Inner Engineering program with Sadhguru as I didn’t even know him back then. I could not imagine three days to meditate.

But I was curious, as to who this person was? What is this process that he is talking about and so I did it since I was free that weekend.

It left an extremely indelible and different kind of impression on me. Its not obvious to people but very evident to my family and the people around me. Inner Engineering tempered my attitude towards people, especially in dealing with incompetence. It has made me more philosophical, tolerant of their incompetencies. It has made me less loud and a wee bit more sarcastic.

On the physical level I have had all kinds of problems which will take many pages to describe. But I know that I am alive the way I am only because of my kriyas and yoga practices that I have learnt from Sadhguru. My doctors are baffled and even I don’t understand how this is happening.

The practices calmed me down and created a certain reserve of energy to see a job through. All my life I have said that God lies in the detail. Have tried to show this to my students and the people who work for me but most of the time I have partly failed. Then I visit the ashram and discover that detail and god lies everywhere. I am amazed and humbled by Sadhguru that the detail is everywhere and so effortlessly. So I asked, Sadhguru what is the secret. He said “They work for you for a living. They work for me for Love”.

Sadhguru will be conducting the Inner Engineering program at Bandra Kurla Complex on December 16, 17, 18. For details contact +91 98201 35722 / +91 98335 61485, SMS: ISHA to 56363 or visit www.ishafoundation.org/mumbai

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