‘You drive just like you live’

Inner well-being is what Sadhguru Jaggi Vasudev propounds in his programmes

Sadhana

Going by his many interests in life, Jaggi Vasudev may not seem like a traditional guru. He has a flair for mean machines, designer glasses and golf. But inner well-being is what he propounds.

For the Sadhguru, the body is the most sophisticated machine on the planet. And how you use it to its full potential is what counts. Is that what he teaches his followers? “Well, I can’t be so simplistic. I never tell anybody what to do, or what not to do. I simply give them the method,” he says.

According to the Sadhguru, spiritualism is not about communing with the chakras. It is the science of inner well-being or inner-engineering. And that’s what his upcoming three-day programme at the Bangalore Palace Grounds will be about. The guru, who heads hills in Coimbatore, has about two million volunteers from all over the world today. “At our ashram in the

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in the first year itself I clocked 1,50,000 km. I literally lived in that car,” he laughs and adds. “You drive just like you live.”

Of late, he has also been spotted on stage wearing designer shoes. “I am constantly on stage and the camera lights make my eyes very sensitive. So I need to protect them, but I always scratch out the label,” he adds.

Don’t yogis usually shun comfort and renounce family life? “What can I do if you are living in the Ramana Sagar movies?” he retorts. To many of his followers, the Sadhguru typifies the new-age guru — the golf-playing, high-flying man who is also a regular at the World Economic Forum, mingling with the top brass. “What is new age?” he asks. “Can’t yogis have a sense of humour, or fly? How else do you expect us to travel?”

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