**HUMAN RESOURCE**

**Making people flower**

Sadhguru Jaggi Vasudev urges the HR department to rise from its regular role so as to develop the inherent human being in an individual and thus open up the human possibility to its fullest potential.

As humanity has not focused on human resource in its real sense, we have invested a lot in maintaining a human being where he is right now, but we have not truly invested in developing a human being in such a way, that we open up the human possibility to its fullest potential.

A few years ago, when I was in Davos at the Economic Forum, a certain professor from Harvard University came up to me and said, “Oh, you are the amazing tree planter.” I said, “No, I am not a tree planter.” He said, “No, no, you planted millions of trees.” “Yes, we did that, but I am not a tree planter.” Then he asked, “What do you do then?” I said, “I make people flower.” A true HR department means it must know how to make people flower.

To make a human being flower, what are the necessary conditions? His body, mind, emotion and energy need to be cultivated to their full scope and dimension. You will understand this from your career, your profession and your business – unless you do the right things, right things will not happen to you. This is how life works. If this is true outside, this is also true inside. But before we do the right things with other people, first of all we need to do the right things with ourselves. If you were doing the right things with yourself, you would be in utmost pleasantness. After all, whether somebody is seeking success, money or power, whether somebody is going to the bar, going to the temple or wants to go to heaven – essentially everybody is seeking pleasantness inside and outside.

Feeling ‘pleasant’ should be a conscious choice. Right now, your experience is unfortunately determined in reaction to external situations. Whatever kind of situations you are living in, not a single person on this planet happens to be 100 per cent the way you want them. If this is so, at least this one human being – you must happen your way.

But right now, your joy, your peace, your wellbeing is so fragile. Anybody can shoot it down. When your wellbeing is so fragile, being anxious is normal. When anxiety is normal, madness is just one step away.

Especially if the outside situation becomes unpleasant for some reason, if people around you are unpleasant, it is the most important that you keep your insides pleasant. If we want to truly develop human potential, the most fundamental thing is we must create a situation where pleasantness is a conscious choice. It is not something that happens to you because somebody is wonderful to you.

If the best has to come out from a human being, the first thing is, you must know how to keep yourself joyful so that you can keep everybody around you joyful. If everybody who is working for you is really happy, they don’t need much management.

We have built all kinds of infrastructure on the planet, but we have not built much infrastructure for the inner wellbeing of a human being. How a human being is within himself is most important if we want to bring out the best in that person.

Invest in developing a human being

I was conducting a programme for the top executives of Microsoft. It was a two-day event and we had about 11 volunteers there who were going about doing things. So these executives looked around, they saw the way our people were going around and they asked, “Sadhguru, who do you get these people?” I said, “You don’t get them. You have to make them.” They asked, “How do you make them?” I said, “You have to make them fall in love with you.” They said, “Okay, how do we make them fall in love with us?” I said, “First you have to fall in love with them.” They said, “Oh! They don’t pay us for that.”

So, you are an issue by yourself. When you are an issue, you cannot deal with the outside issues with ease. When you are no more an issue, outside issues you handle to the best of your ability, and that is all there is, isn’t it?

Your body, your mind, your emotion and your energies can be constantly enhanced and made to function in a better way than they are right now. The very source of creation is throbbing within you every moment, but you are not aware of it. This body gets created from within, not from outside. What you call as your body is an accumulation of food. You provide the raw material, but the making of the body is happening from within. Instead of living here as an accumulation of food, and an accumulation of impressions which you call “mind,” if you had access to that source of creation within you, you would live a very exalted life. That is when we can say you are truly developing human resource, not just by training them to do this and that.

This must happen to every human being, and it is not far away. Your joy, your misery, your agony or your ecstasy always happens within you. This is the essential human predicament – your senses are all outward bound, but the seat of your experience is within you. If you were aware of how the seat of your experience happens, would you make your experience of life pleasant or unpleasant? Definitely pleasant. If you were in utmost pleasantness, you would function at your best.

We have built all kinds of infrastructure on the planet but we have not built much infrastructure for the inner wellbeing of a human being. How a human being is within himself is most important if we want to bring out the best in that person. Otherwise, we will remain a crippled humanity. I want to see HR in a much larger perspective than just running a company, hiring and firing people. If we really want to develop human resource, we as individuals, as families, as communities, as nations, as humanity as a whole, we have to invest something into developing a human being into a much bigger possibility than the way he is right now.

The writer is a yogi, a visionary, humanitarian, an author, poet, and a prominent spiritual leader. Sadhguru is also an internationally renowned speaker.

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**Aarogyam**

Barley (Hindi name Jau) is known to have many medicinal properties. Rich in fibre, barley is helpful to maintain a healthy colon and lower cholesterol levels in the body. It also aids in weight loss. Barley contains Vitamin A and many other nutrients which are helpful for the body. It is also effective against diseases such as diabetes and stroke. The cereal is also said to be helpful in curing childhood asthma. A disadvantage is that barley is known to cause allergies in some.