There is bliss within you, Sadhguru tells Juhi Chawla

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Film actress Juhi Chawla, last Monday, interviewed spiritual master Sadhguru Jaggi Vasudev in a public forum at Shanmukhananda Hall. Excerpts from the Interaction:

Juhi Chawla: So Sadhguruji, what is love?
Sadhguru: Love is something that happens inside you. It's a sweetness of emotion. Love is really not about somebody else - though it may be inspired by somebody or something else. You may love your work, you may love your family, you may love your partner, but essentially the emotion is all happening inside you. There is bliss within you. When you regulate your mind, you can feel this bliss all the time. On the other hand, if you depend on someone else you will without exception be disappointed.

Juhi: During the course of a day, we go through so many emotions...
Sadhguru: Thoughts are a problem for 80 per cent of humanity because they invariably cause one to suffer when they turn nasty. People are suffering because they do not know how to keep their minds pleasant. The fact is that thoughts and emotions are generated within me and I ought to be able to keep them in my control. But when you're not conscious of the nature of your mind, then thoughts and emotions turn nasty.

Juhi: What do you think of modern women who are seeking self-identity in careers?
Sadhguru: There's nothing wrong in that - just as there's nothing wrong in being a housewife. Every woman should have the right to choose whatever makes her happy. But I have to say that raising children and devoting her full attention to them is what my mother did - and I couldn't have been what I am if it hadn't been for her.

Juhi: I'm concerned about what the current films are exposing my children to...
Sadhguru: Today's children are exposed to communication and information that transcends borders and cultures and at a far greater pace than ever before. Also, by the age of 18 many have multiple dating partners and relationships which leaves them world weary by the time they're 25-years-old. The fact is that, despite all this, they still have not touched the essence of life. And when they find themselves at a dead end they are likely to want to snuff out their lives.

Q&A

Juhi: So, how should we live our days?
Sadhguru: Take some effort to pay attention to this piece of life - YOUR OWN life. A human being has endless possibilities and each is meant to bloom in his or her own unique way. When you find the bliss within yourself...through yoga...then everything becomes beautiful.