Bangaloreans were in for a treat as they attended a special session in which Dr Devi Shetty, the director of Narayana Hridayalaya, was in conversation with Sadhguru.

The topic was ‘Mechanics of Health’ and the event was held at the St Joseph’s College of Arts and Science.

This was the first time that the event ‘In Conversation With the Mystic’ was held in Bangalore. Despite the heavy downpour, the followers of Sadhguru as well as health-conscious citizens turned up in large numbers to attend a very interesting conversation between Sadhguru and Dr Shetty.

The event started with an audio-visual that had international film-maker Shekhar Kapur talk about his association with Sadhguru. “I sense a child in him and my being tells me that you must protect his vulnerability,” he said in the video.

After an enchanting invocation, the two esteemed dignitaries stepped on stage and had not only an informative discussion but an interesting and funny one as well.

While Dr Shetty termed the heart as a “dumb pump” and said that “mind is the boss”, Sadhguru said, “What is happening in and around cannot be ignored. With the automobiles and traffic, you will soon have to check in to hospitals more than hotels.”

Dr Shetty asked him questions like ‘Everything happening in the world is preordained. If we are destined to die, what is the point of us being here?’ To this, Sadhguru jovially replied that he had many people complaining about their enemies. “So I tell them to be patient. Or they will die soon!” he said.

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