EMPOWER YOUR LIFE WITH JOY

Sadhguru Jaggi Vasudev decodes the three dimensions of finding joy in life, in this new self-help book

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Empower your body, mind and soul for joyful living,” says the tagline of the book, Three Truths of Well Being. One wonders why it took the author—spiritual maestro Sadhguru Jaggi Vasudev—148 bestselling titles in eight languages, to call this one (Penguin; ₹499) his first in the self-help genre. The profound mystic, who helms the non-profit-organisation Isha Foundation, answers in a candid conversation.

Why did you agree to calling this ‘self-help’ unlike all your previous books?

Just because I couldn’t say ‘no’ to my team this time around (laughs). I don’t think it falls entirely in the self-help category, but the essential thing is to convey something to the people in the form that they want. This is simply a watered-down version of the things I’ve been teaching for years. I felt that there is no point trying to say something in a profound manner always, especially when the listener is not able to digest it in that form.

What was the intent behind the interesting assimilation of witty anecdotes and facts, along with practical action points at the end of each chapter on Body, Mind and Energy.

The anecdotes are to sustain interest. But the main intent is to spiral the people upwards into understanding the deep truths about finding joy in their lives. About simple techniques to realign the basic dimensions of body, mind and energy in such a way that the reader discovers the true aliveness in life. The action points were important to make sure that no one draws their own random conclusion of what I’m trying to say.

Today, thanks to the mushrooming of fitness centres and gyms, there’s too much focus on how our bodies should look. Common people are trying to get a ‘size zero’ figure. What’s your take on the real empowerment of human body?

Don’t call people who are thinking of ‘size zero as ‘common’ (laughs). They are celebrities whose entire structure of ‘minds’ comes from the West. And, they are trying to make their body structure also western. Which is obviously a struggle.

Is there emphasis to correct the tendency of people to narrowly define Yoga as a form of physical exercise designed for well-being?

Absolutely. I’m always trying to correct the misconception that people have about yoga. The yoga that you see today, even in Indian cities, is a rebound from the American coast! Today, the West is telling us that yoga means difficult physical postures. It’s ironic. The actual definition of ‘yoga comes from a ‘yogi’. A yogi could just be sitting under a tree. Asanas are just a very small part of what yoga is. It’s a way of living.