

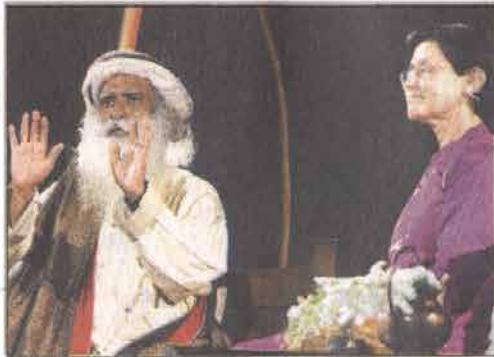
# Postponing dinner is ugliest thing happening: Sadhguru

TIMES NEWS NETWORK

**Bengaluru:** It was pouring cats and dogs outside, but there was peace inside the Sophia auditorium on Saturday evening. Sadhguru Jaggi Vasudev of the Isha Foundation, known for his ability to connect with audiences through his ideas rooted in exploring the subtler dimensions of life, spoke about modern-day life.

Lack of nourishment is a silent bomb. Over 60 per cent of Indians don't grow to their full potential due to lack of nourishment. It must be tackled up on a war footing, he said in his conversation with Vinita Bali, MD and CEO, Britannia Industries.

In this conversation on 'The Next Step', they touched upon various issues ranging from lack of food to internet addiction of young children.



**PROFOUND WORDS:** Sadhguru Jaggi Vasudev with Vinita Bali, MD and CEO, Britannia Industries

## PAY ATTENTION TO SIMPLE THINGS

We have ripped apart this planet in pursuit of happiness. What people searched for 100 years ago and what you're searching for in the WiFi cloud is the same — the sense of well-being. Pursuit of well-being is what happens within yourself. Try paying attention to simple things to attain bliss. Bliss is a sustainable level of pleasantness whereas ecstasy is not sustainable.

**Sadhguru Jaggi Vasudev** | ISHA FOUNDATION

When Vinita began by asking him, "What's the next step for Sadhguru?", his answer evoked laughter: "Dinner," he said. He said one can postpone a lot in life -- marriage, death, or divorce -- but one must

not postpone dinner. Referring to people's unhealthy lifestyle, he said, "Postponing dinner is the ugliest thing happening to this country. Do not consider dinner as not so profound. If you get to eat ten times a day, that's not profound," he said.

"People are hungry only because of apathy. For a country like ours that has over 12,000 years of experience in agriculture, if we are determined, we can resolve this in the next five years," he said.

Asked who is a leader, Sadhguru said, "I don't think anyone should be a leader. It's quite obscene. If I want to become a leader, what do I call all of you? A leader is the one who has a sense of life beyond himself. Once you sit on a perch, make sure you see better. Or you'll make a fool of yourself." His comment about traffic evoked laughter: "Traffic is making you stay in your dream machine for more time!"