Thus spake the Sadhguru

MANASAGANGOTRI: "If we do not offer us to engineer ourselves the way we need - to have joy and bliss - alcohol and drugs will be the next biggest phenomenon in the planet said mystic, yogi and Founder of Isha foundation Sadhguru Jaggi Vasudev.

Delivering lecture on topic ‘Inner Engineering: a Homecoming’ organised as part of University of Mysore Centenary lecture series at the amphitheatre on Sunday, Sadhguru stressed on the powerful tools to optimise the aspects of inner growth and spoke on how to get inner well-being.

Sadhguru said: "Compared to ancient days, today most of the human beings are thinking for themselves and are developing the skill of questioning. If people do not have logically correct and scientifically verified spiritual process to understand their inner wellbeing, 90% of people will be hooked to alcohol and drugs and get addicted to the chemical solution."

"This scenario has already spread across the western counties and is likely to spread in Indian cities soon. If human beings of this generation seek chemical solutions for their well-being, the next generation will get worse. It's our duty to make the next generation to be one step ahead of us. For this, a scientific approach to inner wellbeing is very significant," he said.

"Anything that a human being doesn't know will start to believe and belief has taken a big toll in this planet. We need to shift from believing to seeking," he told the audience who had gathered in thousands.

"Engineering means making something to happen and how we want it to happen. As we have physical science to create external well-being, there is a whole inner dimension of science to create inner well-being and this process is called inner engineering," he defined.

REMEMBERING MYSURU
Sadhguru, a Mysurean, who visited the city after a long time, recalled his younger days he spent in the city and the days when he studied at the University of Mysore. He said: "This is the place where my liking of rock and roll music was changed into classical music. And this is the place where I practiced cycling."

On the occasion, Sir C V Raman Golden Jubilee Foundation award was presented to N B Ramachandra, Rashtra Kavi Kuvempu Golden Jubilee award to Dr S D Shashikala, Sarvapalli Radhakrishnan Award to Yogaraju and T Chowdaiah Golden Jubilee Foundation award was presented to Sridhara. Vice Chancellor of University of Mysore Prof K S Rangappa, Registrar Prof C Basavaraju and others were present.

Sadhguru Jaggi Vasudev with the awardees N B Ramachandra, Dr S D Shashikala, Yogaraju and Sridhara. Vice Chancellor of University of Mysore Prof K S Rangappa, Registrar Prof C Basavaraju and others were present.