Sadhguru advocates scientific solution for mental peace

MYSURU: In an effort to seek mental peace and happiness, a large number of people are getting addicted to alcohol and drugs, lamented Sadhguru Jaggi Vasudev, spiritual leader and Founder of Isha Foundation.

Delivering a lecture on ‘Inner Engineering - A Homecoming’, as a part of the University of Mysore’s (UoM) centenary lecture series at Amphitheatre, Manasagangothri, here on Sunday, the Sadhguru said that inner engineering helps people in improving their life.

Speaking about more people taking to drugs and alcohol in an effort to find peace, he said that it was not the way and only philosophical and scientific solution could put an end to the practice. “If the current situation continues in the next 70 to 80 years, about 90% of the people would be totally dependent on harmful chemicals.”

He pointed out that about 3.5 crore people are undergoing treatment for various psychological problems every year. “The possibilities of finding solution with harmful chemicals, which is high in Western countries may become common in India soon and it is inevitable to control it now. It is common for the people of London to consume wine to get good sleep. This might be followed by the younger generation, who ape Western culture,” he lamented.

Jaggi Vasudev also recalled his early days spent in Mysuru.

A large number of people including foreigners, UoM Vice Chancellor K S Rangappa, scion of erstwhile royal family of Mysuru Yaduveer Krishnadatta Chamaraja Wadiyar and his wife Trishika Kumari and others attended the lecture.

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