Sadguru Jaggi Vasudev of the Isha Foundation addresses the members of the Deepshikha Ladies Club at hotel Taj Banjara on Monday

Meditate for joy: Sadguru

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Addressing the members of the Deepshikha Ladies Club at hotel Taj Banjara he says, “We do everything to keep ourselves happy, but still real joy is elusive.” The remedy, he says, is in meditation. “Meditation is the only way by which one can attain happiness. It creates a distance between the mind and the body which results in freedom and ultimately joy,” Jaggi Vasudev says.

Unlike many, the Sadguru also denounces the existence of God. “There is no such thing as a Supernatural Power guiding humanity. Everything is in our own hands and we are the masters of our destiny. If there was God then everyone would have been living in ecstasy and joy,” he says.

Sadguru Jaggi Vasudev is the head of the Isha Foundation which runs the multi-religious Dhyanalinga temple at the foothills of Velliangiri mountains near Coimbatore in Tamil Nadu.