“VIBRANT health and energised calm! Total health, when the body, mind and spirit function at a peak level of intensity and energy.” He speaks with compelling logic, yet it is all about spirituality. “Fundamentally, the word health is from the root ‘whole’,“ he explains. “It denotes a sense of wholeness, the experience of well-being. It is not just an absence of disease.”

Sadhguru Jaggi Vasudev is not a physician but his work is being studied by the Ford Medical Foundation in the US, millions of people come from all over the world to his yogic hospital in Coimbatore. One of his cases was Dr Dorrie, a cardiac patient from the US, who could barely walk a few paces without getting breathless. After following Sadhguru’s yogic kriyas, she has actually trekked 80 kms at a height of 60,000 ft in the Himalayas. There are thousands of cases like this.

Truly, Sadguru Jaggi Vasudev is the bridge between yoga and medical science. His Isha Yoga has nothing to do with formal religion, and is purely an experiential science. It practises the ancient principle that the body is the temple of the being and that good health is fundamental to spiritual development.

By now I am eager to find out more. “It’s quite simple, really,” he says and explains the scientific basis for the five aspects of the human being. “The physical body (the food body, annamaya kosha) is like the hardware, while the mental body (manomaya kosha) is the software. Every fluctuation in the mental body has a chemical reaction in the physical one and vice-versa.

However, neither the software nor the hardware is of any use unless it is powered by quality power. This is where the pranmaya kosha (energy body)

But how does one do this? I ask. He smiles patiently, “It needs to be understood and practised.”

“What needs to be practised?” I ask like a persistent fly. “Certain kriyas, for which we use the body a bit, but a lot of the breath and the mind,” he says.

I find out more in the glossy books on the Isha Foundation. Isha Yoga, the yoga of the divine, the three-day Bhava Spandna residential programme and the seven-day Samayama meditation course are all conducted in the salubrious valley near Coimbatore.

Coimbatore, here I come!

15 Govindaswamy, Naidu Layout, Singanallur, Coimbatore 641005. Ph 091-422-2319655. E-mail: yogacentre@ishafoundation.org. Website: www.ishafoundation.org