Orthopaedicians turn to the spiritual realm

Our Bureau

COIMBATORE

What does spirituality have to do with the Asia Pacific Orthopaedic Association (APOA)? The answer is simple. Spirituality is a stress-buster for spine surgeons. The Isha Foundation, a non-profit organisation built on fostering physical, mental and spiritual well-being, is trying to establish the need for inner engineering and rejuvenation of the minds of medicos.

Inner engineering is a refined and intensive programme designed by Sadguru Jaggi Vasudev, a renowned spiritual guru and founder of Isha Foundation. It features guided meditations and discussions that fit easily into one's lifestyle. This form of yoga does not require physical agility, previous knowledge or experience of yoga. "To be spiritual is an inner experience. It means to transcend the limitations of the physical. Transcendence cannot be taught but the methods that lead to it have to be taught," stressed Jaggi Vasudev.

He articulated his messages on inner engineering at the 13th APOA operative spine course which began here on Thursday. The conference is being held till March 11 and is attended by more than 400 spine surgeons from all over the world. The Isha Foundation conducts programmes like inner engineering, tailor-made for corporates, IT firms, medical professionals and industrialists. The programmes involve simple postures and meditation.

Vasudev explained: "Meditation is not something that you do, but something that you become. It is a quality, not an act. If one becomes meditative it will naturally permeate into everything that he does. It is like a fragrance...it spreads into everything." Spirituality, when restricted only to yoga and meditation, is totally scientific.

Yoga is just a breathing technique, while meditation is a method of losing yourself in you', just as one does in music, paintings, work, and so on. For instance, the promised benefits of being in 'a mindless state' of meditation, such as stress reduction, increase in concentration and memory, enhanced creativity and efficiency and increased productivity, are validated by modern branches of science: biology, physiology and psychology. "Given the fact that the spiritual quotient offers an opportunity for people to go beyond material considerations, it might just help professionals to come up with the right solutions at the right time," Vasudev added.

Pointing out that happiness and well-being were common pursuits of humanity, Jaggi Vasudev said the chief cause of misery in the modern world resulted from chasing these goals 'through external sources'. Instead of choosing external factors over which man exercised little or no control, individuals should learn to wield influence over the life energy within, he told the conference. "When everyone goes after external resources in pursuit of happiness, paths are likely to cross leading to conflicts in this world. Happiness should be an inner experience," he said.