Encounter with a yogi

We can manage the outside world only if we can manage our own selves well, says Sadhguru Jaggi Vasudev in an exclusive interview with City Express

By Ali Bin Abdulla
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CALL him a yogi, a mystic, a visionary humanitarian or a modern guru. Sadhguru Jaggi Vasudev’s personality will still have a lot of other extra-ordinary aspects that lie beyond these sobriquets. Possessing a rare blend of ancient wisdom and ultra-modern knowledge, Sadhguru has a profound understanding of the self and the mechanisms of life as well as contemporay social, economic and political issues. No wonder, he has addressed prestigious international leadership fora, including the World Economic Forum, the Australian Leadership Retreat and GII Quality Summit and has been a delegate to the United Nations Peace Summit. Moreover, Isha Foundation, a non-profit NGO founded by Sadhguru, has initiated several popular outreach programmes like Action for Rural Rejuvenation and Project Green Hands.

Sadhguru has a two-day date with Hyderabad when he will be doing a discourse on “Leveraging the Peak of Well-Being” at Hart Hall, Kala Bhavan on Aug 21 and at the Indian School of Business on Aug 22. Excerpts from an interview City Express had with Sadhguru Jaggi Vasudev.

Q What do you have to say to people who try to create an outwardly perfect life?

We should know that as humans we can’t manage to be perfect. In general, people are after their well-being according to their own judgment and keep pursuing various things. They seldom realize that outward situations involve many ingredients which are not in our control. So, things can happen the way we want them to only to some extent. We can handle outside situations to the best of our ability only when we are at peace with ourselves. We can manage the outside world only if we can manage our own selves well.

Q You are a yogi and yet have a deep understanding of social, economic and political matters.

It’s very simple. I’m a human being who does business and politics every day! In today’s world, hunting a heart of gold is no good. We want a heart made of human flesh and blood. In spite of having all the resources at our disposal, 40% of the world’s population barely eats. If we make up our minds, we can change this scenario. And let me tell you that there’s a big shift in thinking across the world. People are realising the futility of amassing wealth. Bill Gates has delegated 90% of his wealth for charity. What we should aim at is creating a self-sustaining commercial model. I call it commercial economics. If parties are mutually benefited, the transaction will continue for a long time. We don’t have to think in terms of charity. So, you see, I’m trying to turn business into charity.

Q Why do you lay so much emphasis on economics?

If one observes, the power structure in the world has moved from the armed forces to political leadership. In the next 15-20 years, economic leadership will rule the roost across the world in a way than better than political leadership. I’m coming to the BSE because it bonfires our future leaders.