Say 'yes' to life

Sadhguru Jaggi Vasudev and the Isha Yoga Centre teach people to live life to the fullest by following the true, peaceful and healthy path.

SADHGURU JAGGI Vasudev, founder of the Isha Foundation was in the city this weekend to address a gathering at Seerani Arangam on Marina Beach.

The event began with an offering of pranams by Carnatic vocalist Sudha Ragunathan. The beach was packed with volunteers and devotees, all eager to encounter the enlightened and discover the path to peace.

Despite the poor sound system, the Sadhguru's message was clear. "Our lives are functioning in deep enslavement to outside emotions. And we keep reacting to these outside situations. You may be able to
control the outside environment but ultimately you cannot control what is within you. And peace is a quality that must come from within," he said.

Asking questions and involving the audience in his discourse, he pointed out that all perceptions of the world are limited by the five senses and that one must learn to transcend the limitations of the senses to truly experience life.

The Isha Foundation’s Yoga Centre teaches `Sahaja Stithi' yoga to enable us to feel our spirit. "Yoga is not about holding your breath or twisting yourself in knots; yoga is a path to peace," he said. It gives an individual, intensity of action and greater ability to concentrate, but in a relaxed frame of mind. The main benefit of yoga is to establish a way of life that helps a person evolve within his environment and live a wholesome life. The inky blue sky and cool breeze blowing from the sea added to the ambience as the Sadhguru encouraged people to acquire new dimensions of thinking and living.

Sadhguru Jaggi Vasudev does not advocate renouncing the world but says he can teach people to live life to the fullest within their sphere of existence. He exhorted people to do their duty to the best of their ability, explaining that happiness would follow. "The patrons in a teashop will tell you what the Prime Minister is doing wrong and what he should be doing instead. But not one of them will make a decent cup of tea. If each of us do what we can to the best of our abilities, there would be no reason to complain."

The Isha Yoga Centre is situated 30 km from Coimbatore at the foothills of the Velliangiri hills in the Nilgiris. The Foundation's week-long wholeness programmes are conducted in the ashram in the Velliangiri hills but the Sahaja Stithi yoga programmes are conducted all over Tamil Nadu. For more details about the Foundation call 24333185.

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