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31 Aug, 2006 | Updated at 1926hrs IST

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'No short cuts to enlightenment'

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HYDERABAD: The eight-hour 'intensive' session with Sadhguru Jaggi Vasudev left those who attended his sacred Shambhavi Maha Mudra enthralled and energised. The session also helped those who attended it realise that this was the first small step towards attaining one's inner fulfilment and divine potential.

"No one can tell if a person is enlightened or not because without experiencing what it is one cannot decide what enlightenment is," Sadhguru Jaggi Vasudev said here on Sunday. "It is similar to you trying to realise how a sweet I ate tastes without eating the sweet," the enlightened master added.

Moreover, there is no secret formula to attaining enlightenment and by reading the religious books and going to places of worship one does not become enlightened, Sadhguru Jaggi Vasudev told the audience, who were looking for a short cut to enlightenment, but did not know the way.

Enlightenment is an event that may happen to someone, but the person will not know that it is happening till it has actually happened, the spiritual master added.

One must learn to experience a moment and must realise that no one can change a moment, but what one does now may be able to change the future, Sadhguru Jaggi Vasudev said before guiding the 200-odd spiritual seekers into the 24-minute powerful-guided meditation involving breathing exercises in co-ordination with muscle control; Shambhavi Maha Mudra.

It is not necessary to shun the mind from thoughts during meditation, because like the heart pumps blood, the mind has thoughts and it is a natural process.

One does not have to fight thoughts but must try to find one's natural inner self accepting the moment one is in during meditation, said Sadhguru, who offers a vibration and energy of enlightenment and liberation that's epicentre is at the foothills of the Velliangiri Mountains where the Sadhguru has consecrated the largest mercury-based live linga in the world, administered by the Isha Foundation.

Sadhguru, who is the founder of the Isha Foundation that has over one lakh volunteers the world over, said if one is willing to follow his guided meditation-cum-yoga, comes with an open mind and craving for inner fulfilment, being an enlightened being is closer than one thinks.

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