LIVING

Yoga's Spiritual Power:
Sadhguru's U.S. Tour - A Siliconeer Report

Sadhguru Jaggi Vasudev is on a U.S.-wide tour to offer lectures and workshops on Isha Yoga, which he has developed. A Siliconeer report.

A visiting Indian proponent of yoga is on a several-city U.S. tour in January, according to his adherents.

Sadhguru Jaggi Vasudev belongs to no particular tradition, but has developed a form of yoga, Isha Yoga, which “offers yoga as the absolute potential to participate in the elusive mystery of existence,” according to a press release from the organizers of the tour.

He will be offering workshops of varying durations in Oxford, Ohio; Novi, Mich.; Ann Arbor, Mich.; Flint,
Born and raised in Mysore’s Karnataka, Sadhguru was not religious. He practiced yoga for his physical well-being rather than as a spiritual practice. As a teenager, Sadhguru grew up with blue jeans and Beatles’ music, and spent most of his time outdoors in the wilderness. He has a bachelor’s degree in English.

At the age of 25, Sadhguru, then running a construction company, sat on his favorite rock in the Chamundi Hills located in the outskirts of Mysore. Though he was sitting with his eyes open, he had a very powerful spiritual experience – which lasted for what seemed like five to ten minutes but actually ran into several hours. This experience soon changed everything in his life. From then on he has made an endless effort to make this possibility happen in other people’s lives. As he says, “This life for me is an endeavor to help people manifest their divinity within themselves.”

Sadhguru developed Isha Yoga through “a set of scientifically structured yoga programs which are conducted worldwide leading to physical, mental and inner well-being, and for those who seek – the complete liberation of the self or mukthi,” to the press release.

His prison outreach programs, “Inner Freedom for the Imprisoned,” have been successful in all the central prisons of Tamil Nadu and also in several U.S. prisons. Officials have requested this program for all the correctional facilities in Pennsylvania, the press release adds.

Isha Foundation, the international public service organization founded by Sadhguru, offers yoga in over 100 centers throughout the world. The Isha Yoga Center, a spiritual refuge created by Sadhguru at the foothills of the Velliangiri Foothills, is a learning center where all aspects of yoga – bhakti, gnana, karma and kriya – are taught under one roof reestablishing the guru shishya paramparya.

Located on the same premises is the Dhyanalinga multi-religious temple, created solely for the purpose of meditation, devoid of any rituals or worship.

“Sadhguru believes in empowering the common man to transform himself into a peaceful, joyous and loving human being with simple but powerful yogic methods and practices,” says the press release.

“Individual transformation,” he has said, “is the key to global transformation. “ Sadhguru was a delegate to the United Nations Millennium Peace Summit and a member of the World Council of Religious Leaders.

He has initiated various social and ecological projects including ‘Action for Rural Rejuvenation’, a very comprehensive program aimed at addressing the basic needs of the rural people. Thousands of volunteers and about 150 mobile clinics are to cater to the basic health needs of these people and also offer them sacred tools for self-transformation. The Vanashree Eco Center, also started by Sadhguru to support these efforts, is aimed at protecting and conserving nature and creating awareness amongst the public. The Velliangiri Hills conservation Campaign is one such massive effort.

A powerful orator and communicator, Sadhguru’s recent engagements include a cancer survivors program held at St. Mary’s hospital in Detroit, Michigan, which served to empower and transform the attendees and talks and programs at the Church of Today, Riverside Church, Omega Institute, Princeton University, and the major auto companies of Ford, Chrysler and General Motors.
Interested readers can get more information by visiting the Web site of Isha Foundation at www.ishafoundation.org.