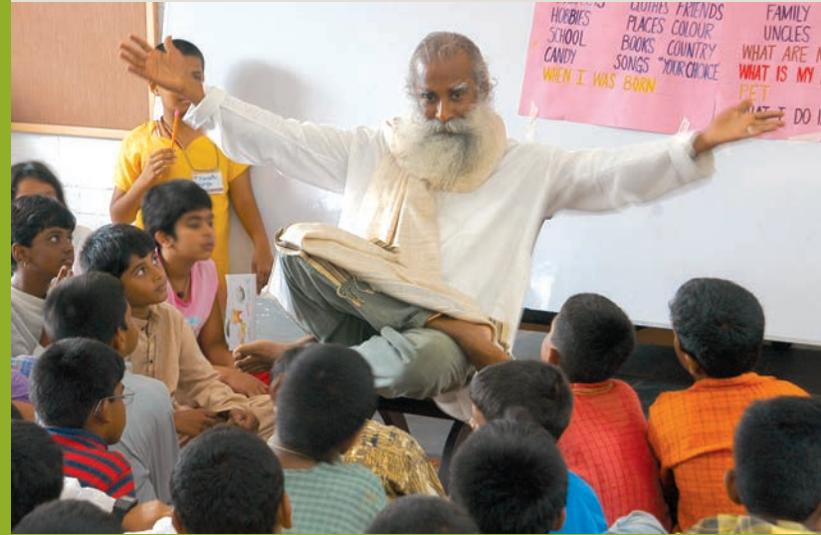


In the Presence of the Master is a series of stirring and insightful discourses given by Sadhguru Jaggi Vasudev. In this inspirational volume, Sadhguru probes into the current situations involving the education system and the challenges faced by the children and their parents. He offers indispensable guidance, showing the way towards true transformation. The key he says lies in restoring the child's inner spark to learn, and giving the child a nurturing space to pursue their interests. "If the thirst for knowledge is kindled in the child, you cannot stop him from learning; he is going to learn anyway."

Additionally, he points out the misled motives that are prevalent in the system today, reminding us of what the primary function of education should be.

IN THE PRESENCE OF THE MASTER SERIES conversations with **SADHGURU JAGGI VASUDEV**



Inspire Your Child
Inspire the World

Inspire Your Child
Inspire the World

Sadhguru Jaggi Vasudev



Isha Foundation

Inspire Your Child, Inspire the World

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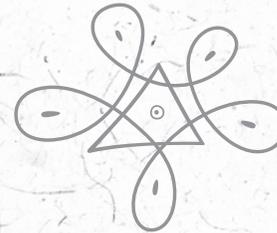
15, Govindasamy Naidu Layout,
Singanallur, Coimbatore - 641 005. India.
Phone : 091 - 422 - 2319654
E-mail : yogacenter@ishafoundation.org
Website : www.ishafoundation.org

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“It would be wonderful if this world was
guided by little children, because they
are closer to life than anybody else.”

- Sadhguru



Introduction



Sadhguru Jaggi Vasudev is a self-realized and profound mystic of our times. He is an embodiment of the sages of the past who served as beacons of inspiration and guidance for entire civilizations; at the same time, he is acutely aware of current realities, making him a visionary humanitarian and a prominent spiritual leader of the world today. Also an author, poet, and internationally renowned speaker, Sadhguru's wit and piercing logic provoke and widen our perception of life.

As someone who belongs to no particular tradition, Sadhguru's guidance and powerful scientific methods are totally relevant to the modern individual and institutions, allowing them to cross their limitations into a higher possibility. In this regard, he has been able to touch millions of

people, moving them towards realizing the ultimate potential within.

Sadhguru's multi-faceted personality can have a profound and enriching affect on anyone who comes across him, and yet it can also stir them into a state of confusion. Being at home in blue jeans as much as he is in a loincloth, or walking barefoot through the mighty Himalayas, or straddling a BMW motorcycle on the expressway, he shatters any preconceptions that one might have of a mystic.

In the Presence of the Master series are discourses and answers to an intricate array of questions, by disciples and seekers amidst the challenges of life. Engulfed by Sadhguru's presence, the seeker is liberated from the pain of ignorance, firmly establishing the spiritual process within.

In the following discourse, 'Inspire your Child', Sadhguru answers probing questions, discussing the state of modern education and the need to inspire a child to reach his or her true potential.

Inspire Your Child, Inspire the World



Question: I have two small children. They are very happy at home, but when they go to school, it becomes a war zone. They have to be equipped to fight a battle everyday.

Sadhguru: (Laughs) Now, if children are very unhappy at school, I think we need to examine the teachers, because it's a natural human trait that when you get to know something that you did not know, it brings much joy to you. Yes? Learning is a natural human trait; when you learn something that you did not know, it should make you joyful. If learning is making people miserable, then we have not understood what learning is.

Unfortunately you are not sending your children to school because you want them to know,

you want them to learn, but because you want them to earn. That's why you are sending them to school. It is an unfortunate way to handle education. That's not education. You want them enslaved, so the teachers are doing the job for you. You want them enslaved to what you call as economic well-being, so the teachers are just doing the job for you. You are not sending your children to school because you want them to develop a thirst for knowing, irrespective of whether they are going to make money or not, isn't it? So you better change your attitudes about education.

At Isha, we have come up with a school where the whole focus of education is not about suppressive information, but about kindling the thirst for knowledge. If the thirst for knowledge is kindled in the child, you cannot stop him from learning, he is going to learn anyway. But instead of kindling that, you are suppressing it, beating it

down with your idea of what education is; because your idea of education is social status and money. This is a wrong way to approach education altogether.

So children, these joyful bursting pieces of life, slowly become sad like this, because you are just disorienting them completely with the kind of compulsions that you have built within yourself. You are trying to put the same compulsions upon the children, which is not necessary.

Question: I find the concept of your Inner Engineering as a way of life for children very difficult, because they have to meet children from different walks of life and different social backgrounds. How does this Inner Engineering, which I would like to give my children at home, withstand the competition, the pressure, the kind of lifestyle that other children have. How can my children go into this?

Sadhguru: See, the pressure is only because you are putting two absolutely unique beings in comparison. Is there one more person exactly like you on this planet? No. Fortunately so, isn't it? (Laughs) I'm joking. There is only one like you. So each being is an absolutely unique being. That is so for your child also. But now you are trying to put them all into the same compartment and compare them with something that they can learn - ABC or 123 or something - and make them feel better or worse about it.

So it is you who brought that competition and comparison, because for most parents it is not about education; it is about first rank. All they want is - they want their children to sit on top of every other child's head. They are not interested in learning, they are not interested in education, they are not interested in career, they are not interested in anything. Their whole effort in their life is how to

sit on top of the pile. Isn't it so? Everybody wants to sit on top of the pile. Everybody cannot sit on top of the pile. Only a few will sit. Others will naturally end up at the bottom and get suppressed, isn't it so? Whatever activity, if our focus is just to sit on top of the pile, naturally many others will get suffocated under the pile. This is bound to happen, there is no other way.

So that orientation of education has to go. 'No, no, I cannot do anything, the schools are like that'. No, schools are just catering to your attitudes. If your attitudes change, the schools will change. They want to run the business the way it works, isn't it? All you want is - somehow you want your child to get 100%. It doesn't matter what happens to the child. You want your child to get first rank. They are just trying to cater to it because you are paying them. They are just trying to fulfill their job. In the course of your activity, the child is getting ruined,

but it doesn't matter. Your child is unhappy, it doesn't matter. You want him to be first rank. This is a sickness which has to go.

True human genius will not flower if this kind of education happens. True human capabilities will not find expression in competition. True human capabilities will find expression only in absolute relaxation. Your mind, your body will work best, will find fullest expression, only when you are joyful and peaceful, and quiet within yourself. When you are trying to race with somebody, you are only thinking of going one step ahead of him, that's all. You are not thinking of what your ultimate potential is. We are just ruining a whole generation of people with the kind of schooling we are providing.

Question: Sadhguru, you mentioned the Isha Home School. What is your vision in using education to produce an ideal human being?

How do you balance an international standard of education along with spiritual values?

Sadhguru: In the Isha Home School there is no spirituality taught. No spirituality at all. We don't want to bring spirituality into a child's life. We teach them some simple forms of yoga for mental and physical health, that's different. But no spirituality will be brought to them as a part of education, never, because spirituality should not be brought about like that. Maybe after they finish their education, if they want to go through a stint of three months or six months of spiritual training, they can, that's by choice. That anybody can go through.

The school premises will also be moved out. Only for a year or two it will be in the ashram, after that we will move it out, close by. Already we are making necessary arrangements for that.

So, this school does not try to teach any spirituality. At the same time, we want to cultivate a certain openness in the human being. See, somebody becomes or turns successfully spiritual because he has developed a certain openness about life. He has no conclusions about anything. He is willing to look at everything. This is something we cultivate in the child - that the child learns to look at every aspect of life with absolute openness without prejudice, without any religious, cultural, or any other kind of inclinations. With absolute openness he will look at every aspect of life. If that happens, whether you talk spirituality to him or you don't, he will anyway turn spiritual. Spirituality will be a natural part of his life, not something that he pursues by going to an ashram or some other place. It will be just a natural part of his life, because he has developed a certain openness to every aspect of life; actually education was supposed to be like that right from the beginning. The very purpose of

educating people is to broaden their horizons, isn't it? But you tell me, as people are getting educated are they broadening their horizons or are they becoming very narrow?

See, just fifty years ago, everywhere in the world people lived in large families; in India there still are such families. Three hundred, four hundred people lived in one house, huge families. There was no big problem, you know? They knew how to adjust with each other and go on, because four hundred people living in one place is a challenge. That's what the ashram is. Now we're back into that old system of being one large family; and this is even more challenging because there are different types of people from different cultures, different languages, different attitudes, different likes and dislikes. Living together like this, without friction needs enormous maturity and a very broad way of looking at life, otherwise you cannot.

But just see now, as modern education came, slowly we cannot even live with our own parents anymore. We just thought husband, wife, children - this is the family. But now, in the last fifteen-twenty years even that is going away. Family means just you. Your husband has to live in a separate house, you in a separate house, together you won't last ten days. Children have to be there separately. In one place even two, three people cannot live together, isn't it? This is what education has done to you. It has not broadened your horizons. It somewhere made you so narrow and individualistic.

You're no more inclusive, you're becoming very exclusive, isn't it? The inclusion is totally gone. The whole idea of educating a person is that he is just living in a narrow sphere of life - you educate him, make him know about the whole world and broaden his whole perspective of life. Education means inclusion, isn't it? But the kind of education

we're imparting to the children, it is making them so highly exclusive, they can't even stand one more person in their life. See, most people have gotten themselves into situations where they cannot live with anybody anymore. So that is not just an individual phenomena, you know, it's the phenomenon of the world. It's a generational phenomenon because of the kind of education that's being imparted. So we want to impart an education which is highly inclusive, so that as you grow, you include the whole world as yourself and live, and that is spirituality. That's why spirituality is not taught. Education itself is spirituality because education is about broadening your horizons, not about talking about God or some nonsense. We want children to grow up keeping their intelligence intact - not suppressive education - where a child's thirst to know is kindled but he's not forced to learn.

So the longing to know, the longing to learn has to be brushed up within the child, not just feeding him with enormous amount of information and expecting him to pass, pass, pass. Isha Home School is not like that. It has a very different type of structure. At the same time, by the time they are sixteen, seventeen, we will prepare them for any university in the world. They will be ready enough to get into any kind of university, according to their individual capabilities of course. Apart from that, they are fundamentally learning to live better. They are learning to handle themselves better and live better with themselves and with people around them, which is a very important factor. And people are successful in their life not because they have degrees, not because they have university certificates; it is because they're capable, isn't it? So this school is more capability-oriented, not qualification-oriented. We are seeing how to enhance the capability of the child in whatever area

his natural talent is, rather than trying to just make him qualified with a certain certificate attached to him.

Question: Sadhguru, whatever you said about Isha Home School and education just now, it's modern and contemporary, but what about the ancient schools, the gurukuls of the past, were they not successful in producing good human beings?

Sadhguru: The ancient gurukuls were definitely like this. The ancient gurukul was 100% the way I am talking. The very purpose and the basic function of the guru is to destroy all the things that you have assumed as true. But now the education also involves equipping the person to earn his living and make his living in the world, so we have those twin challenges. At that time the guru was not trying to impart skills for the child to go and survive in the society, because if your father was a cobbler you naturally became a cobbler.

If your father was a king, you became a king; if your father was something else, you became that. You didn't have to be equipped to make a living in some other way in ancient times. The guru was only educating them towards their realization. So the job was, I would say, more simple because it was one-dimensional, but now it's not like that, both things need to happen. We have to equip the child to live in the modern world and still not mess him up with the nonsense that's happening in the name of modernity. So it is a much bigger challenge today than what it was back then.

And at that time, once the parents gave the children to the guru, they left him there in his complete authority. Now the parents are very nosey, you know? They won't leave the children fully. They want to constantly meddle with him, they want to put their own stuff into him. All those issues are there, so it is much more complex today

than it was in the gurukul. In the gurukul, the guru had to just teach them how to exist, how to live, how to be with somebody else, how to be with himself, that was all. He was not trying to equip him for a modern university. In those days, only a few children who had a very academic bent of mind or a very scholastic bent of mind, such children were trained in scholarly matters. All the other children naturally went to their father's profession, whatever it was. Now it is not so. Even if the father is a cobbler, he wants his son to become a professor. That's the situation in the world today, isn't it?

Question: But you're saying there will be no spirituality in Isha Home School; isn't that a shortcoming?

Sadhguru: (Laughs) I am saying no spirituality as a teaching, as a method. But at the same time, if a child grows without assuming anything, if he grows up without any nonsense,

he's naturally spiritual. If he lives without the influence of other people upon him, if he lives by his own natural intelligence, turning spiritual is a very natural process. Only because most people are not living by their natural intelligence, they are living by the education imposed upon them, spirituality is a far away thing in their lives. Otherwise, if people lived by their natural intelligence, turning spiritual will be a very normal process for most, except a very small percentage who won't go that way for various other reasons.

So when I say no spirituality, we are not going to sit there and talk to them about how to attain enlightenment, what to do. No. But at the same time the education process itself is such where there is no messing with the child - no influence, no religion, no imposition of any kind of ideas or beliefs - where the child has to figure out things for himself. If you are allowed to figure out things for

yourself, there is no other way but to turn inward to know things about life. Only if you listen to your Bible or Gita or what this person said or what that person said, then you don't have to turn inward to know. It's already written there. If you don't read any of that stuff, when you start thinking about life, when you start looking at life, the only place to look is naturally inward, isn't it? Where else will you look?

One day it happened, a lady who was a big professor in the university bought herself a home appliance, a little complex home appliance. She took it home, she read the instructions and tried to put it together - all those pieces that came in the package. She just tried very hard, she couldn't put it together. So she left all those parts in a heap and went to work. When she came back in the evening, to her surprise, the appliance was properly assembled and already used. She called the maid

and asked, 'Who fixed this?' The maid said, 'I did.' She couldn't believe it. She said, 'How did you do this?' Then the maid said, 'When you don't know how to read and write, you have to use your brains.'

So, we want to teach the children how to use their brains, not just to read and write. Reading and writing are important, but using your brains is more important, isn't it? Just see, a lot of educated people who are very successful in their careers, with their own lives, just see, what a mess they are. Obviously, they're not using their brains when it comes to their life. Isn't it so? The very way they are, it is very obvious they are not using their brains when it comes to their own life. They know how to go and become doctors, engineers, become big academics and all that stuff, but when it comes to their own life, it looks like they have no brains at all, because they've forgotten how to use it - it's not that they don't have it.

So education should stimulate your brain, not dull your brain. Education should stimulate your intelligence, not take it off. Today, education scientists around the world are saying if a child goes through twenty years of formal education, seventy percent of his intelligence is irrevocably destroyed. That means you're coming out as a knowledgeable idiot, and that's a huge disservice to humanity. Isn't it? It's a huge disservice to humanity if you're just destroying the child's intelligence, because the future of the world is just in their brains, isn't it so? Whether we are going to produce beautiful things on the planet or very destructive bombs on the planet, or something else more destructive than that, simply depends on how well coordinated this person's emotions, intelligence, and all these things are - how well-coordinated a human being he is. That is how he's going to use his intelligence and that is what he's going to produce in the world.

See, the most intelligent people in the world have contributed to all the violence on the planet, otherwise violence wouldn't be happening at the scale in which it is happening. People, a certain segment of the people, have always been essentially violent. Whether he was a caveman or later on, Bronze Age, Iron Age, whatever you take, he has always been violent. Initially when he was a caveman he killed with stone, that's Stone Age. Iron Age means he killed with iron; Bronze Age means he killed with bronze. Nuclear Age means he kills nuclear. People have always been essentially violent, but the scale of violence that can happen today has happened because the best brains in the world have cooperated with this, isn't it? Yes? The best brains in the world have worked to create the most violent ways to kill humanity. If the intelligent in the world had not cooperated, the violent man would kill one or two, with a stick or a stone or something; but only because the intelligent person

in the world has cooperated, now the violent man can kill in millions.

So intelligence twisted out against our own well-being is no intelligence. Right now, human intelligence has become like this. This is not a blessing, it's a curse. Intelligence is the biggest blessing that a human being has, but right now it has become a curse upon humanity simply because the human being is not coming out as a well-coordinated being. He's dislocated the human being within himself. This intelligence is dangerous. If you were like a donkey, you would only kick, nothing more, isn't it? The maximum violence you would cause is a kick with both your legs, nothing more. But now human intelligence has become so dangerous. What should have been a blessing has become such a big curse, and education is definitely playing a huge role in that.

So, whatever we wish to do with the youth, one thing that the older generation should understand is - what you are referring to as youth is that segment of humanity which is more alive than you. What I see is, if the world was guided by the young, it would be a better place to live. It is just that - because youth means it is that segment of humanity which is in a high-energy state - because they're in a certain level of high-energy compared to the other part of the humanity, every little thing that they do is little exaggerated, it is a little bigger than what the other people can do. If something constructive has to happen in the world, it has to be the youth. If something destructive has to happen in the world, it has to also be the youth, isn't it? Because they're much more alive than anybody else on the planet. So instead of always treating youth as some kind of a disease that needs to be handled, you must understand youth is much more alive than the other parts of humanity. It is better to

be guided by the youth, than trying to fix them to do what somebody else thinks is right. It is just that, because they are in a certain state of listless energy, if there is no inspiration, if there is no proper guidance, it very easily turns negative. But otherwise, definitely they're closer to life than anybody else.

Actually, it would be wonderful if this world was guided by little children, because they're closer to life than anybody else. See, after all, everything that you wish to do on the planet is just for human well-being. Human well-being means human happiness. If you look at your children and yourself, definitely your children are a lot happier than you. Isn't it so? They're capable of more happiness than you in twenty four hours' time. Yes? So when that is the case, tell me who should be a consultant for life, you or your child? Definitely the children, isn't it? Because they're closer to life.

You are carried away in your thoughts and emotions; they're much more close to life. If only the world learnt from children, rather than trying to teach the children, this would be a very beautiful place.

So youth is not a disease. Usually, the older generation is trying to handle youth as if it is some kind of a disease that needs to be fixed, that needs treatment. It doesn't need any treatment. It is people who have gone away from life who need treatment. Those who are close to life don't need treatment, they have to just live.

One big lapse that is happening today in the world is our educational systems have become 100% informative, there is no inspiration. Without inspiration, no human being raises beyond the limitations in which he lives. It's only when he's inspired that a human being wants to go beyond the limitations in which we're existing in right now,

and today education has become totally bereft of inspiration. A teacher is not somebody that is worth looking up to unfortunately, because when all that is given is information, you can as well get it from an audio, or a video, or internet or wherever. You don't really have to listen to a teacher. A teacher is not the best means of transmission when it comes to pure information. A book is better, internet is even better. Only if the teacher's role is to inspire people to learn, to create a thirst for knowledge and things like that, only then a teacher's role has something to give. If he's just trying to transmit information, the other means of transmission are better than a human being, because human beings can always misinterpret, isn't it? Making the whole education system purely informational has caused an enormous damage, and that time of life when you're youthful, when you're capable of many things, that span of life unfortunately goes to waste simply because the necessary inspiration is not there.

So creating inspiration means - generally most leaders in the world have always inspired people only by creating an external enemy. If you create an external enemy, you can inspire everybody on the street. Action, isn't it? But when you point out to people that the real enemy is within you - your limitations are your biggest enemies, whatever your limitations, your fear, your anxiety, your anger, your hatred, whatever the limitations from which one suffers - when you say the enemy is within you, then to inspire you needs much more commitment and dedication. Unfortunately, dedication and commitment have become such scarce material on the planet. Everybody is thinking of doing one big *mela* one day and getting the youth inspired into wonderful states, such things won't happen. It needs a daily committed and dedicated work. It's a lifelong thing. It's not that today you do something and everything is fixed. There is no such possibility. It's like nurturing

a plant; it's like nurturing a tree. If you want it to bear fruit, you have to nurture it everyday. Everyday you have to water it, everyday you have to take care of it. If this dedication is shown by the adults, the grown-ups, you will see youth will do miraculous things. Only because such dedication is missing in the general population, youth seem to be disoriented, they don't know what to do, they do their own things - short-term things, because everybody is working on short-term goals, youth also work on short-term goals.

See, after all, every human being in the world is concerned about human well-being, isn't it? 'No, there is a criminal, no, there is a thief, no, there is somebody else.' See, they are also concerned about human well-being. It is just that their idea of human well-being is just this human being (points at himself). Yes? A criminal is also concerned about human well-being, but his idea of humanity is just

himself. Somebody's idea of humanity is him and his family; somebody else's idea of humanity is him and his country; somebody else's includes the whole world. Everybody is concerned about human well-being in different proportions.

So one big thing that needs to happen with the youth and with everybody, is that their identification with humanity should not be limited to just themselves, and that it includes a larger society and the larger world around them; this is missing in education today. The modern education is constantly training people only to think about themselves and nothing else but themselves. All the science that you see in the world - there is nothing wrong with the science itself - but the attitude, the way in which science is conducted is like, everything here is here only to be exploited for our well-being, isn't it so?

Now we destroy wantonly and then we talk about protecting the environment, then doing something else; all patch-up jobs, because the whole process of science is only about how to use everything for your comfort, for your benefit. So, initially, you use the planet, then the trees and plants, then the animals, then of course the human beings also. You use everybody to your comfort and well-being. That attitude has been deeply set with the process of modern education. So, as we are investing our time, resources and energies in transmitting informative knowledge, we have to invest a certain amount of time, energy and resources to inspire people - the inspirational dimension of the education which has not been done at all.

See, for example, fifty years ago, this country, during the freedom struggle, had an inspired population. Suddenly people were willing to come

out and throw their lives on the street for the nation. In fifty years time, we did not do any work about inspiring people and suddenly we are such a disgruntled and disoriented population. To get Indians to think as Indians is a huge problem, isn't it? Because the necessary inspiration has been missing. No work has been done; no organized work has been done. Haphazardly, small groups of people doing this and that has happened, but no organized work has been done.

We need to do something about inspiring people in an organized way. Haphazardly, individuals doing this and that is fine, but a very organized effort to inspire people without creating an external enemy, making people understand the biggest enemy for a human being is always within himself - this inspiration is what is needed. Every forum that stands up thinking about the well-being of the youth, or thinking about harnessing that

enormous energy which we refer to as youth, must always think of integrating in terms of moving people to do things which are beyond limitations.

When we are not inspired, we tend to function only within the limitations in which we are placed. Only when we are inspired, we go beyond and do things that human beings wouldn't normally do. Only then, the society surges ahead and does something worthwhile. Unfortunately, that happens only when strife happens. In normal peaceful situations, people should be inspired. It is very important. When there is war, people want to go and die, that's not the point. When everything is well, to be highly inspired, to keep and to create the situations that we want in the country and in the world is what is needed. And this is not one day's work, it is a life-long work.



Isha Foundation

Sadhguru Jaggi Vasudev's tireless efforts towards bringing human well-being to all serve as the inspiration behind Isha Foundation's activities. Set up as a non-profit, non-political, and non-religious organization, the Foundation does not promote any particular ideology, religion, or race, but transmits inner sciences of well-being to multitudes of people across the world. In addition, it has also pioneered several projects of immense social value.

Isha Foundation functions through over 150 centers worldwide. It is enabled by thousands of active volunteers from Asia, Middle East, Europe, and the U.S., whose dedication, compassion, and spirit serve as an example of an inspired humanity.

Isha Yoga Center

The Isha Yoga Center is located on 150 acres of lush land, at the foothills of the Velliangiri Mountains. The center provides a supportive environment in which people can shift to healthier lifestyles, improve their relationships, seek a higher level of self-fulfillment, and realize their full potential under the guidance of a Master.

It houses the Dhyanalinga, a multi-religious temple and meditation shrine, and the architecturally distinctive Spanda Hall and garden - a 64,000 sq.ft meditation hall. Also located at the Yoga Center are the Isha Rejuvenation Center and Isha Home School.

Dhyanalinga

Dhyanalinga is a powerful and unique energy form created from the distilled essence of yogic sciences, by Sadhguru, and is the first of its kind to be completed in over 2,000 years. Dhyanalinga is a meditative space that does not

ascribe to any particular faith or belief system nor does it require any ritual, prayer, or worship.

Isha Yoga Programs

Isha Yoga programs allow individuals to take tangible steps towards their inner growth. These programs are designed by Sadhguru and are a rare opportunity for self-discovery under the guidance of a realized Master.

An array of programs is conducted regularly by the Foundation worldwide. These programs establish optimal health and vitality, enhanced mental calm and clarity, and instill a deep sense of joy. They can be easily integrated into one's everyday life and embrace the human effort to reach inner awareness.

Action for Rural Rejuvenation

Action for Rural Rejuvenation (ARR) is Isha Foundation's social outreach program, initiated in August 2003. ARR aims at providing comprehensive and ongoing rural rehabilitation

services, such as free medical relief, yoga programs, nature awareness programs, and community games to the heart of the rural communities of India; creating the opportunity for the villagers, including women and children, to take responsibility for their own lives, and restore and reach their ultimate well-being. So far ARR has helped over a million people, in more than 1,000 villages, in the southern states of India.

Isha Rejuvenation

Surrounded by thick forests, at the tranquil foothills of the Velliangiri Mountains, Isha Rejuvenation helps individuals to experience inner peace and the joy of a healthy body. It offers a unique and powerful combination of programs, scientifically designed by Sadhguru, to bring vibrancy and proper balance to one's life energies. The programs contain a synthesis of allopathic, ayurvedic and siddha treatments, and complementary therapies, along with the sublime wisdom of various ancient Indian sciences and spirituality.

All the proceeds of Isha Rejuvenation contribute towards providing free health care to the rural villagers, under the ARR initiative.

Isha Home School

Isha Home School aims at providing quality education in a challenging and stimulating home-like environment, designed specifically for the inner blossoming and the well-rounded development of the child.

With its prominent international faculty and Sadhguru's personal involvement in the curriculum, Isha Home School kindles the innate urge within a child to learn and know. Focus is given to inculcating life values and living skills whilst maintaining the rigor of academic excellence as per national and international standards. It does not propagate any particular religion, philosophy or ideology, but rather encourages the child to seek a deeper experience and inner understanding of the fundamentals of life.

Isha Vidhya

An initiative under Isha Education Outreach, Isha Vidhya is a visionary project by Sadhguru that aims to empower rural children with world class education. The school adheres to matriculation syllabus with English as the medium of instruction along with exposure to computers, music, arts, yoga and vocational training.

The project envisions setting up of 206 schools over the next 5 years in rural Tamil Nadu, one in each taluk of the state.

Isha Business Pvt. Ltd

Isha Business Pvt. Ltd is a venture that aims to bring a touch of Isha into the homes and environment of the community, and ultimately enrich people's lives. This opportunity is made available through its numerous products and services, from architectural designs, construction,

interior design, furniture design and manufacturing, landscape design, handicrafts and soft furnishings, to designer outfits from Isha Raiment.

All profits from this venture are used to serve the rural people of India, through Isha Foundation's ARR initiative.

How to Get There

Isha Yoga Center is located 30 kms west of Coimbatore, at the foothills of Velliangiri Mountains, part of the Nilgiris Biosphere. Coimbatore, a major industrial city in South India, is well connected by air, rail and road. All major airlines operate regular flights into Coimbatore from Chennai, Delhi, Mumbai and Bangalore. Train services are available from all the major cities in India. Regular bus and taxi services are also available from Coimbatore to Isha Yoga Center.

Visitors should contact Isha Yoga Center for availability and reservation of accommodation well in advance of arrival to the center, as they are generally fully booked.

Isha Yoga Center
Velliangiri Foothills, Semmedu (P.O.),
Coimbatore 641 114, INDIA.
Telephone: 091-422-2615345
Email: yogacenter@ishafoundation.org

Isha Foundation, Inc.
191 Anthony Dr.
McMinnville, TN - 37110, USA
Telephone: 866-424-ISHA
Email: info@ishafoundation.org

Isha Foundation, Lebanon
Harat El Faouka Street,
Broumana EI Matn, Lebanon.
Telephone: 00961-3915-601
Email: lebanon@ishafoundation.org

For worldwide program information visit

www.ishafoundation.org

isha kriya



PREPARATION

Sit in a cross-legged posture with your eyes closed, facing East.

Keep your hands open, palms facing up, with a slightly upturned face.

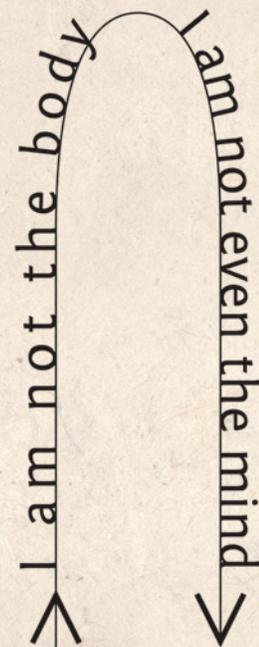
Keep a mild focus between your eyebrows.

THE MEDITATION

This meditation will happen in three stages:

STAGE 1

- Inhale and exhale gently, slowly.
- With each inhalation, mentally say to yourself: **“I am not the body”** and inhale for the whole duration of that thought.
- With each exhalation, mentally say to yourself: **“I am not even the mind”** and exhale for the whole duration of that thought.



Do this for 7 to 11 minutes.

STAGE 2

- Utter the sound “AAA” with mouth open. The sound should be coming from just below the navel. You need not utter it very loud, but enough to feel the vibration.
- Utter the sound 7 times, exhaling fully into each sound.

STAGE 3

- Sit for 5 to 6 minutes with your head slightly upturned, and focus between your eyebrows.

*The total time is between 12 to 18 min.
You can sit longer if you want.*

PLEASE NOTE

- While you sit for Isha Kriya, do not participate in the activity of the mind or body. Whatever is happening in your body or your mind, just ignore it and simply sit there.
- Do not take a break during the practice or it will disturb the reorganization of energies that will be in process.
- Anyone can practice this kriya and enjoy its benefits. Simply follow the instructions without making any changes. This is a simple but very potent kriya.
- You can remind yourself about this (I am not the body, I am not even the mind) anytime during the day.
- Each time you do the kriya you must do it for a minimum of 12 minutes, and twice a day for 48 days, (considered as a full mandala or cycle) or once a day, for 90 days. This is your commitment. This is your Gurudakshina.

Question: What can I possibly gain out of this?

Sadhguru: Where is the need to meditate, first of all? Starting the process of life was not your conscious choice, it “happened” to you. When you were born your body was so small, and now it has grown. So obviously, the body is something that you gathered. It is an accumulation. What you call as “my body” is an accumulation of food. Similarly, what you call as “my mind” is an accumulation of impressions.

Whatever you accumulate can be yours, but it can never be you. The very fact you accumulated it means that you gathered it from somewhere else. Today you could gather a 70 kg body, but you can decide to make it a 60 kg of body. You don't go looking for those 10kgs, because they were an accumulation. Once you drop it, it is gone. Similarly, with your mind, it is an accumulation of impressions.

The moment you are identified in your experience, the moment you are identified with something that you are not, your perception goes completely haywire. You cannot perceive life the way it is; your perception is hugely distorted. So the moment you start experiencing this body, which you gathered from outside, as “myself,” the moment you start experiencing the impressions that you have in your mind as “myself,” you cannot perceive life the way it is. You will only perceive life the way it is necessary for your survival, and not the way it really is.

Yet once you have come as a human being, survival is very important, but it is not enough. If you had come here like any other creature on this planet, stomach full - life would be settled. But once you come here as a human being, life does not end with survival. Actually, for a human being, life begins only after survival is fulfilled.

So meditation gives you an experience, an inner state where what is you and what is yours is separated. There is a little distance, there is a little space between what is you and what you have accumulated. For now we can understand this as meditation.

What is the use of doing this? It brings an absolute clarity of perception. You see life just the way it is. No distortions about it; simply seeing life just the way it is. Right now if we see this very hall as a world, your ability to go through this world is only to the extent that you clearly see it. If I have no clarity of vision but if I have confidence and if I try to go through this, I'm going to be a bumbling idiot. Whenever there is no perception, people try to overcome that by building confidence in them. Without the clarity of perception people are trying to make it up with other kinds of substitutes; there is no substitute for clarity.

Once you understand this you naturally become meditative; you want to clear up everything and just look at life the way it is, because you want to walk through life with least amount of friction, without stumbling on this or that.

Question: Why should my head be slightly upturned?

Sadhguru: Sitting with your head slightly upturned is not because you want to see something floating in the sky or imagine something. You keep your head upturned because when your system “looks” upward it becomes receptive. It is like opening a window. This is about becoming receptive to Grace. When you become willing and receptive, your body naturally arches up.

Question: What does this meditation do?

Sadhguru: This Kriya will create a certain space between you and your body, between you and your mind. If at all there is any struggle in your life, it is because you identify yourself with these limited aspects of yourself.

So the essence of meditation is that it creates a space, a distance between you and what you refer to as your ‘mind’. All the suffering you go through is manufactured in your mind, isn’t it so? If you distance yourself from the mind, can there be suffering in you? This is the end of suffering.

Now while you are meditating, there is a distance between you and your mind, and you do feel peaceful. The problem is that the moment you open your eyes, you are again stuck with your mind.

If you meditate every day, a day will come when you open your eyes, and you can still experience that the mind is there and you are here. This is the end of suffering. When you are no longer identified with your body and mind, you will be in touch with the source of Creation within you. Once this happens, Grace happens.

Whether you are here, or beyond, this is the end of suffering. That means your whole karmic bag – your past or unconscious mind – has been kept aside. It cannot have any influence over you. Once the past has no influence over you, then life becomes a huge potential.

Every breath becomes such a tremendous possibility in your life, because the past is not playing any role in your existence here now. If you sit here, you are absolute life. Life becomes effortless.

Question: What is the importance of the breath? Is there more to breathing well than being healthy?

Sadhguru: Breath is the thread which ties you to the body. If I take away your breath, your body will fall apart. It is the breath that has tied you to the body. What you call as your body and what you call as “me” have been tied together with breath. And this breath decides many aspects of who you are right now.

For different levels of thought and emotion that you go through, your breath takes on different types of patterns. If you are angry you will be breathing one way. You are peaceful, you breathe another way. You are happy, you breathe another way. You are sad, you will breathe another way. Have you noticed this?

Based on this conversely is the science of pranayama and kriya: by consciously breathing in a particular way, the very way you think, feel, understand and experience life can be changed.

This breath can be used in so many ways as a tool to do other things with the body and the mind. You will see with the Isha Kriya, we are using a simple process of breath, but the kriya itself is not in the breath. Breath is just a tool. Breath is an induction, but what happens is not about the breath.

Whichever way you breathe, that is the way you think. Whichever way you think, that is the way you breathe. Your whole life, your whole unconscious mind is written into your breath. If you just read your breath, your past, present and future is written there, in the way you breathe.

Once you realize this, life becomes very different. It needs to be known experientially; it is not something you can propound like this. If you know the bliss of simply sitting here, the blissfulness of just being able to simply sit here, not think anything, not do anything, simply sit here, just being life, then life would be very different.

In a way, what this means is today there is scientific proof that without taking a drop of alcohol, without taking any substance you can simply sit here and get drugged or stoned or drunk by yourself. If you are aware in a certain way, you can activate the system in such a way that if you sit here it is an enormous pleasure. Once simply sitting and breathing is such a great pleasure you will become very genial, flexible,

wonderful because all the time you are in a great state within yourself. No hangover. Mind becomes sharper than ever before.

Question: What effect does uttering the sound “AAA” have on me?

Sadhguru: When you utter the sound “AAA,” the maintenance center in your body gets activated. This is Manipuraka chakra, or the navel center. Manipuraka is just three-fourths of an inch below your navel. When you were in your mother’s womb, the “maintenance” pipe was connected there. Now the tube is gone, but the maintenance center is still in your navel.

Now as there is a physical body, there is a whole energy body that we generally refer to as either prana or Shakti. This energy, or prana, flows through the body in certain established patterns; it is not moving randomly. There are 72,000 different ways in which it moves. In other words, there are 72,000 pathways in the system through which it is flowing. So nadis are pathways or channels in the system. They don’t have a physical manifestation; if you cut the body and look inside, you won’t find these nadis. But as you become more and more aware, you will notice the energy is not moving at random, it is moving in established pathways.

When you utter the sound “AAA,” you will see the reverberation will start about three-fourths of an inch below the navel and spread right across the body. Sound “AAA” is the only reverberation which spreads right across the body because this is the only place where the 72,000 nadis meet and redistribute themselves. They all meet at Manipuraka and redistribute themselves. This is the only point in the body like that. If you utter the sound “AAA,” the reverberations of this sound are carried right across the system.

This reverberation can assist greatly in energizing your maintenance center. Activating this center will bring health, dynamism, prosperity and wellbeing.

