

Time to Recharge and Refresh

Teachers' Meeting, August 2009

The Teacher's Meeting commenced at 8:30 am on 19 August in Spanda Hall. As everybody was assembling, a busload of teachers, still in their whites, arrived at the gate. It was inspiring to see their joyful anticipation and commitment as they quickly unloaded their luggage and sped towards the hall to reach the session on time.

After Guru Pooja, some teachers shared their experiences of the major events of recent months, such as Ananda Ala in Andhra Pradesh and Anandha Alai in the Nilgiris. The number of classes that happened in a relatively short period of time was astonishing – certainly a challenge and a chance for teachers to stretch themselves beyond the limits of what they thought they could do. Another teacher proudly reported that the Hyderabad meditator base had doubled in just three months. A teacher from the US conveyed how seeing the reach and impact of Isha Yoga in India had given her new inspiration and drive to help establish the Isha Institute of Inner Sciences and various centers across the US.

In a question and answer session, Sadhguru addressed a variety of topics including programs, Linga Bhairavi, devotion and death. In addition, the teachers learnt about the Dhyanalinga Temple Completion Project, an opportunity for everyone to enable Sadhguru's vision. A moonlight dinner in Spanda Hall garden closed the day.

The next morning, Tamil teachers raced off to organize the Green Tirupur tree planting events. Those who stayed back trekked to a sacred space in the Velliangiri Hills, known as "Sadhguru's caves," where they spent time meditating and enjoying nature. After two days out in the virgin forest, they joined the other teachers in Tirupur to bring some green life into the city.

The teacher's meeting was a refreshing break for the teachers in their otherwise frantic schedules; a chance to review, reexamine, relax, recharge, and finally re-embark on their mission to reach out to others through Isha Yoga programs and events in India and around the world.

Here is what a few teachers shared:

THE TEACHERS' MEETING:

It was great being back in the ashram and meeting all the teachers after five months of non-stop traveling. I thought I had had all my adventures, and nothing could shake me anymore.

I was in for a great surprise, though, when we went trekking to Sadhguru's Caves and spent two nights in the wilderness. Suddenly I realized I had become a city girl – and jumping from one rock to the other to find a bathroom was quite a refreshing change. The first night I got a little anxious when rain started to pour down on us, but seeing all these cheerful faces quickly dispelled my urban grumpiness. Doing practices and meditating there was awesome, and just seeing the teamwork was so humbling. In the end, I had thoroughly enjoyed the stay in the jungle.

Veena

I've just started Teachers' Training a few months back and this was my second Teacher's Meeting. While initially I was excited to attend, I fell sick just before the event. Still I somehow made the journey down to the ashram and was duly rewarded by spending time with Sadhguru and the teachers. It is such a pleasure hearing them share about their experiences and basking in their joy. I must admit that I was reluctant to go camping, but in the moments I was able to accept being there, I felt such an intense oneness. The environment was very conducive to meditation, which seemed to happen effortlessly. I felt such a deep gratitude to Sadhguru for making my life seem like a dream. I never could have imagined such possibilities opening up for me as have been available through Isha.

Becky

THE GREEN TIRUPUR TREE PLANTING:

Taking part in the tree planting in Tirupur was a touching experience. When I held a sapling and put it in the ground, I was quite moved at the realization that the sapling was pulsating with life and I was taking part in nurturing it. The planting itself was no longer just an activity.

Hajra

The target of the Green Tirupur initiative was 25,000 trees in one day. I was thrilled but to some extent not so optimistic about accomplishing the job. I was very much humbled at the end at the way it all happened – it was 28,500 plus... I bow down to each and every volunteer who threw themselves into this magnificent yet in hindsight seemingly simple task.

As a teacher, I have always been speaking with pride and enthusiasm about Project GreenHands in the programs. But this was the first time I got an opportunity to actually get involved in the planting hands-on. The moment we got onto the field, the action just sucked us in. Everyone was running around, planting saplings, filling pits with manure, and getting water for the saplings from people around... It was quite inspiring to see the public spontaneously jumping into action along with us. Being a Sunday, many of the residents joined us on the streets to lend a green hand. One little girl even came up to one of us and offered the small packet of water that she was drinking to water a sapling.

At the end of the day, the event had transformed from an Isha initiative to a people's movement – which is what Sadhguru always seeks to create. I am eager to see these trees fully grown and the impact it will create in the city as well as in the hearts of the people in Tirupur.

Swami Dhiraja