



How do you define success?

Real success is defined by utilising your full potential. It does not matter whether you become a doctor, a politician, a yogi or anything else - success means you are living your life to your full potential. For this to happen, you need perception and active intelligence. Now, you may want to know how to grow your intelligence. Don't worry about it. The important thing is to enhance your perception. If you can see life just the way it is, you will have the necessary intelligence to conduct it well.

How should people pursue wealth, faith and equilibrium in life?

There is no need to balance spirituality and the material aspects of your life because they are not two separate things - it is just you. What you are includes your body, mind, emotion, and what is beyond. Learning to handle yourself as a complete being is what is needed.

This struggle has come about because you may have been taught

that spirituality means to be kind to everybody and to speak kindly - that is morality, not spirituality. When spirituality is missing, the substitute that you bring into your life is morality. Spirituality does not demand any particular kind of action; it is about how you are within yourself.

Is it true that most people nowadays merely exist and not live? What should they change to lead a better life?

Today, there is scientific evidence to show that in the evolutionary process, only those creatures that learned how to cooperate and think of each other's well-being flourished. Those that thought they must survive at any cost did not survive - they perished over a period of time. If you look around, you may come across people who are constantly thinking - "I must get this, I must get that." It is quite possible that they do get a lot of these 'things' but you don't see the joy on their faces.

Our idea of living better has to evolve. If only people understand that living

better is about how you are within yourself and not about the things that you possess, there will be no problem.

Is there anything called fate and destiny? Or does a person create it as he thinks and wishes?

When you utter the word spirituality, whether you realise it or not what you are saying is - 'I want to take my destiny into my hands.' It does not matter what my karma says; it does not matter what somebody in heaven is going to say - I want to move towards liberation. This is taking destiny into your hands. Once you make that effort, you will see more and more of your life become self-determined not pre-determined. If you intend to go where you want in your life, you better take your destiny into your hands. Otherwise, you will exist here as an accidental being.

What according to you are the challenges India is currently facing and how can we overcome them?

The time has come to free India of the water crisis. Today we have only

ON SEPTEMBER 23, 1982 his life was completely transformed when he encountered a spiritual epiphany that lasted for four and a half hours.

twenty-one per cent of the water per capita than we had in 1947. And it is expected that twenty-five per cent of India's land will be uncultivable in five years. That means we will lose the ability to grow food. Without addressing the soil and water condition of this land, we cannot take this nation ahead.

The science of hydrology is such that if you don't hold the water in the soil, then it will flow away. Water has to fall where there is vegetation so that it can percolate into the land and not run away.

The only way is to increase the green cover. There is no question of increasing forests because our population pressure is so tremendous. The only way we can go ahead is through agroforestry and horticulture - essentially tree-based agriculture.

From morning to night what is your daily routine like?

If I sit for twenty seconds with my eyes closed in the morning, I am all charged up and ready - that is all the yoga that I do. Only if I am trying to manifest something, if I want to consecrate something, then I sit with my eyes closed. Otherwise, I am constantly involved in an activity.

For 25 years, I managed with just about two-and-a-half to three hours of sleep a day. These days, I'm getting a little lazy - I'm sleeping four to four-and-a-half hours. But seven days of the week, 365 days we (at the foundation) work non-stop, simply

because we are creating what we care for. If you are doing what you care about, then your entire life is a vacation. Even if you work 24 hours a day, it is not burdensome because you are doing what you love to do!

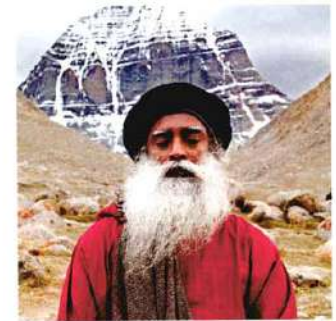
How important is it to condition one's mental and physical being? Are they connected and do they run concurrently?

In yoga, we do not look at the body and mind separately, because there is a physical body and also a mental body. When we say 'mind' it is not in any particular place. Every cell in the body has its intelligence. This is referred to as the manomayakosha or the mental body. Today, doctors are telling us that you are psychosomatic. That is, whatever happens in the mind naturally occurs in the body. For every thought that you generate, chemical changes are happening right across your body - so they are not really separate.

There is also substantial scientific evidence to prove that when you are joyful, your body and other faculties function at their best. Now if you were given a choice between being joyful or miserable, which would you choose? Joyful for sure! So if your choice is joy, why is misery happening? It is only because your body and mind are not happening by choice, they are happening compulsively.

What should a wholesome diet consist of?

Do not make food into some religion. If it is a question of survival, eat what



is available. But when survival is taken care of, there is a choice. When you have a choice, you must eat sensibly, which is best for your system. The ideal fuel for your body is what leaves you alert, agile and active. So, with what kind of food will your system function with minimum struggle and maximum impact?

At least forty to fifty per cent of the food you eat should be in its raw form. That means it should be alive. It can be a vegetable, fruit, nut, or sprouted gram - but it is a living cell. If you eat food in its live form you will see your sleep quota will go down dramatically and it will also have a significant impact on your health and well-being.

Is stress eating really a phenomenon? How can it be avoided or overcome?

Compulsiveness may be towards something edible, a particular activity, or even towards people - it does not matter what it is. It is not a question of morality or of right