Rejuvenate with Yoga

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I f you are doing yoga, excess weight definitely will go down. Whether you are doing asanas or not, it regulates the system of the body so that you will not overeat. Once a certain natural weight is maintained in your body, your body, your organs will work the way they do and you will not overeat. Of course, this applies only if you are doing asanas or warm-ups because you are regulating your body through that and not because something is telling you to go on a regular diet or eat regularly. Following set exercises, you do not have to contort your body and still be able to do the practices. This takes care of the exercise factor, but it will not tell you to cut out on eating." If excess weight is a problem, you do nothing in excess. If you are not doing any dieting or dieting practices, you are always taking in and losing in the same proportion. This is the big difference with dieting.

The focus of yoga is to set another dimension alive within you which is beyond the physical. Only when that is alive, you are doing everything opens up. The existence opens up, there is a million different ways. Things that you never thought existed become obvious to you. For example, reality for you, simply because your body has become alive.

When you start yoga (inner energy practices), certain people begin, consciously or not, to lose weight. Your own body and your body's ability to convert the food into energy increases. When you start yoga, you begin to lose weight. When you start practicing asanas, the digestive system gets used to it and because of the improvement in digestive capacity, the amount of food that you eat much more efficient, and the amount of food that you expel is much more efficient. If your digestive fires were already okay and you start doing yoga, the processing system will improve. If you were already eating well and had a lot of digestible food, it will turn food into fuel, it will turn food into a brilliant dimension of energy. Now, however much you eat, you will show, more than before, your body's ability to process it. If you eat a lot of large quantity of food, you will still show your body's ability to process it, even lose weight. Of course, in the same way, as fast as you expand your food consumption, it will not expand your energy consumption. This is simply because the natural system into being altered. We do not want yoga to re- duce weight. It is not something that you do to slim down for or for your backache or your nightmare. All these things will anyway happen—becoming healthy, becoming peaceful, and all these aspects. All you do through yoga is to let the focus of yoga. The focus of yoga is to set another dimension alive within you, which is beyond your body. When that is alive, everything opens. You are not dieting; everything opens up to you in a mi- nor fashion. This means that you never thought existed became obvious to you. Simply because the dimension has become alive.