



- [:: News](#)
- [:: Events](#)
- [:: Search for Doctors](#)
- [:: Health - Management](#)
- [:: Heart](#)
- [:: Yoga](#)
- [:: Emergency](#)
- [:: ENT Corner](#)
- [:: Hospitals](#)
- [:: What You Eat](#)
- [:: Insurance](#)
- [:: Homeopathy](#)

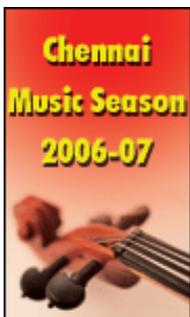
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## Yoga

### • Meditation cleans your flashlight

First, you have to draw a clear line between intelligence and knowledge. Intelligence is like a flashlight. If you flash it, it'll just show you what's in front. Knowledge is like a projector; if you switch it on, it projects its own story. Now, if you came with a flashlight and you flash it on these paintings here, you will see the paintings just the way they are. If you came with the projector, which also has light in it, and you turned it on; you don't see the paintings. You will see something else, maybe Jackie Chan fighting. That's the difference between knowledge and intelligence.

If you just meet me out there, when I am just getting off the car, if you ask me what will I talk about, I don't know a damn thing. I don't have the burden of knowledge in me. People who are burdened by knowledge cannot smile, cannot laugh, cannot be open to many things. If I walk on the street, I don't walk with the burden of knowledge in me. I have no knowledge. Intelligence is something that everybody is endowed with; but they are keeping their flashlights covered, because they like the glass painted with their own designs. So, they don't see anything the way it is. If you value your intelligence, you should not paint it with anything; you must just leave it the way it is.



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Now, the moment your intelligence gets entangled with identifications, it is all screwed up. It doesn't show you things the way they are. It'll distort everything. Knowledge means a certain accumulation. In that sense, knowledge is an impediment, but if you see things the way they are, that is not an impediment. That is the only way you can walk clearly.

When you become meditative, you will see, your intellectual capabilities will increase many times more than what it is right now. Not because meditation makes you intelligent, but because meditation clears up the mess, the muck that's gathered on the glass of the flashlight. As your meditation deepens, it just clears up the muck more and more and the flashlight becomes more and more powerful. It shows you things more and more clearly.

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**Fropper**



Sadhguru Jaggi Vasudev is a realised master, Yogi and a profound mystic of our times. Sadhguru developed Isha Yoga - Yoga of the Divine, a scientifically structured programme, as the vehicle to transmit a deep experience of the Self that changed his life completely about two decades ago.

Belonging to no particular tradition, Sadhguru incorporates what is most valid for the modern seeker. Isha Yoga flourishes today as a spiritual science for hundreds of thousands of initiates around the world.

An accomplished poet and an author of several books, his latest book - [Mystic's Musings](#) - is one of the most candid unveiling of the mystical dimensions of life.

Isha Foundation, founded by the Sadhguru, also administers the Dhyanalinga multi-religious temple and meditation shrine, an ashram, and a yogic hospital at the Isha Yoga Centre, located on 50 acres at the foothills of the Velliangiri Mountains, 30 km from Coimbatore.

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