



Dec 27, 2006 Wed  
Parthiba - Margazhi

[Cricket](#) [Education](#) [Forum](#) [Friendship](#) [Health](#) [Hotels](#) [Jobs](#) [Matrimonial](#) [Movies](#) [Music](#) [Property Bazaar](#) [Panorama](#) [Tamil Songs](#)



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

[Deep Web Medical Search](#)

## Isha Yoga - Sadhguru Jaggi Vasudev

### • **Spiritual allergy**

It is very important that the spiritual dimension of life is brought into everybody's lives. Why many people have developed an allergy to spirituality is because somebody always told them, 'spirituality means leaving everything and going to the mountains.' Even if you want to go, there is not enough space for all of you there. You had better learn how to be spiritual in your office, in your home, on the streets, wherever you are. You had better learn that because spirituality is about your interiority, not what you do outside. Spirituality is an inner science to create a conducive inner atmosphere because the quality of your life is dependent on how you are within yourself. That quality this moment depends on how joyous, how peaceful you are. This dimension you have completely neglected. Unless you do something to the inner, you will not know what it is to be peaceful, to be joyous, you will not know how to go beyond the limitations of being just a physical body and mind.

[krishcricket.com](#)

[egames](#)

[RSS / XML](#)

[COL Instant Messenger](#)

[Finance](#)

[Looking for someone special?](#)

[Horoscope with 10 Year's Prediction](#)

[Donate to Sri Lakshmikubera Trust](#)

[Wedding Planner](#)

[www.raza.com](#)

[www.razacomm.com](#)



Forget the Mall.  
Shop Online.

Nokia  
Camera  
Phones



30GB  
Video  
iPod



Sony Cybershot  
Digicams



Register today

Chennai  
Music Season  
2006-07



e-Music Classes

only @  
ChennaiOnline.com



**Heart Attack-  
Knowledge is  
Protection**

[Consult online our  
Homeopath,  
Dr S  
Chidambaranathan](#)

► [Astro Services](#) **NEW!**

[Love Predictions](#)

► [Film Songs Downloads](#)(MP3) **NEW!**

[Download Carnatic - Vocal MP 3 Songs](#)

► [COL Classifieds](#) **NEW!**

[1 Month \(Box Type Ad\)=Rs. 975/-](#)

[Chennai Yellow  
Pages](#)

[India in South  
Africa](#)

[Over 2,00,000  
Jobs!  
Register FREE @  
naukri.com](#)

[Exclusive  
Tamil  
Matrimonials](#)

[Get Marriage  
Proposal by  
Email for FREE!](#)

**Fropper**

See, your body is simply accumulations of what you have gathered from the Earth - when you leave you can't take an atom of this body. So this body is not really yours. Your mind is not yours too. It is also just an accumulation - what you have gathered from the backgrounds in which you were brought up in life. So there is something else which needs to be looked at beyond these dimensions.

Even if I erase all your memory, still you will be here. Yes? Your family will disappear, your status will disappear, your business will disappear, everything that you own in the world will disappear. But still you are here. So beyond all the things that you identify yourself with, still there is something called you. That you is not subject to what you accumulate from outside. But unfortunately that you has been so much covered, so much crowded with other things that you never allowed yourself to look at that. You always thought that what you are identified with is much more important than who you really are. Now if your focus shifts, then the other dimension can start opening up for you.

The whole process of spiritual science, yoga in particular, is to somehow elevate you to an experience that is beyond the five sense organs. When you transcend the limited experience of what you know as yourself, your experience of life is naturally in a different dimension. Then you begin to experience that which is not physical, the spiritual, the divinity of your true nature. If you are ready and willing to experience life in a deeper dimension, to be truly happy, I have methods. Then you can begin to experience the joy, the blissfulness of knowing who you really are.

**Sadhguru Jaggi Vasudev**  
Isha Yoga Centre  
New No.55, Moosa Street



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.

For More details, contact:

Isha Yoga Center,  
Velliangiri Foothills, Semmedu (PO)  
Coimbatore - 641 114, India  
Phone: 91-422-2615345  
Email: [yogacentre@ishafoundation.org](mailto:yogacentre@ishafoundation.org)  
Website: [www.ishafoundation.org](http://www.ishafoundation.org)

[More Articles](#)

Published on Feb 14<sup>th</sup>, 2006

[Recommend this page](#)

[Mail us your feedback](#)

[Post your Comment](#)

[View Comments](#)