



did not make it in time for the issue

Here are the selections for this month.

I am a 31-year-old from Bangalore. I have been following Sadhguru for many years now, I have done the inner engineering program under him & stayed in the ashram in Coimbatore and read his books. Seeing him in Madras when I did the course under him brought tears to the eye. Another master who's been a big influence in my life long before Sadhguru has been Osho, so my question relates to both these masters:

Sadhguru, you have spoken about many masters like Krishnamurti, etc., but have remained silent, as far as I know, about Osho. I see so many similarities between Osho and you from the way you dress look and speak to your teachings to having ashrams in the US. Since Osho was murdered, I sometimes think he has entered your body after the making of the Dhyanalngam. Can you please say something about Osho and the way he was persecuted around the world? -Rakesh

When a person is influenced by somebody and is in deep appreciation of someone he can see the same qualities in other people who he appreciates in a similar way. Many people come up to me and tell me I speak like Vivekananda, some say I speak like Krishnamurti, others think I speak like Rajneesh.

I neither speak nor dress nor live like Rajneesh or anyone else. It's the people's love that makes them see things that way and that is fine.

Its not that I have not spoken about Rajneesh-I have. It's just that his approach was different than what we have taken so it is not necessary for me to speak about Rajneesh. I don't speak of JK also because his approach is very different as well. As for Rajneesh entering my body, he has done no such thing.

With all due respect to Rajneesh and all the phenomenal work he has done in his own way, some of the things they did was in reaction to the social situation in the world then. The society was at a certain stage at that time and he wanted to provoke people to change in a certain way. It is not my way because I don't think it would produce the kind of result I want. You know my mission is to plant undercover yogis-there is a need to plant people who are at the peak of inner well being to work in society and change the society from within rather than provoking and creating a reaction.

I just came across some shocking stats/stories about women and child trafficking in India.

<http://www.uri.edu/artsci/wms/hughes/india.htm>

I want to ask Sadhguru: What allows this to happen and how will this ever end (not only in India, but all over the world)?-Chaital

These things are happening every where-in Europe, in America and not just in India. It has been the reality in the world that the strong suppress the weak. If you find someone weak in some way there is a strong chance they will be exploited in some way or the other. Fundamentally this instinct of the survival of the fittest has not yielded to the forces of culture and civilization yet. People continue to exploit those who are in a position of disadvantage against them. The very basis of my work is to teach you to see everyone as a part of yourself, and live in a more inclusive way. Unless that happens, this kind of exploitation will continue to occur.

There is so much literature that is easily accessible to people these days. It is creating terrorism and turning many people into terrorists. There is no guru to teach them otherwise and when they are approached they become suspicious of any kind of guru. I'm concerned about the rapidity with which negative elements are rising around us. What should we do to curb their influence especially on the nascent young ones.

Q and A With Sadhguru

By [Kavita Chhibber](#)

Thank you again for the overwhelming response to my continuing conversations with Sadhguru Jaggi Vasudev, the founder of Isha foundation.

The questions have been reformatted to make better sense. No question is off bounds with Sadhguru and I hope readers will continue to think about life and ask relevant, thought provoking questions so others can also learn from the discussion. Some repetitive questions have not been answered in this month's selection. Please refer to previous Q and A selections. Others

The world has always been like this-there are problems and there are solutions. Some people choose to create the problems, others prefer to be part of the solution. Just as terrorism mechanism and knowledge is on the web, so is yoga, spiritual resources, peace activism. You always access what you are inclined towards and what resonates with you. It is up to you to choose what you want to be-a part of the problem, or part of the solution by helping create an inclusive world.

Dear Sadhguru, my involvement with ISHA started when I joined Sahaja Sthithi Yoga in May 1998. From then I have involved myself as a volunteer and had been doing Yoga regularly. Later I attended BSP in June 2002 and had been continuing my practices.

I have involved my self with Isha coming down to Ashram and been in Dhaynalinga where I could see tremendous changes. But I'm getting struck with every single thing that is happening around me. Love and affection towards everyone has rapidly changed to anger, jealousy and expectations and getting stuck, and I've totally been abandoned by everyone.

Even after doing yoga, I have not changed as I shout at everyone and I have lost many friends in life. I am not sure what I 'm doing and my life is just going on thinking, thinking and thinking rather than living in the moment and enjoy the life.

Sadhguru, I just have a photo of yours and my practice is going on with breaks due to above said happenings. I need your blessings and I need the liberation from the above said. Please help me out.-Jagadeesh

I was recently talking to a group about the fact that the US economy is growing at a 2 ½-3 percent rate while the Indian economy is looking at a 8-10 percent growth rate and in all this boom and super boom and speed, more and more people will crack up. It is an inevitable happening. In USA it's already evident; 40 percent of the people are on anti-depressants. People there need medication to maintain the inner balance. It's mostly because of non stop unbridled economic activity. So India is not far away and we are also going in that direction. Bangalore city is very much a part of that hectic activity.

That is why there is a deep need to create a world wide spiritual network where there will be something for people to turn to, to create the strength to sustain this hectic pace. Jagadeesh needs to take a break. I would like him to spend one or two weeks at the centre to rejuvenate his system both physically and mentally. When you are working at a tough pace, it's important that your body and mind gets the needed rest, or both will start breaking down.