



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.

Sadhguru has requested that everyone who asks a question on this forum to plant 10 trees themselves and if they cannot, please donate the amount to isha so they can plant the trees in your honor. Kavitachhibber.com will be happy to publish their names on this site.

*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 do not ask Kriya related questions as they have to be explained. Contact your teachers. Also please do not ask more than 2 questions so others also get an opportunity.** Some of the questions have already been answered here and in Mystic's Musings, and will not be posted again here. Please refer to previous Q and A selections. Others did not make it in time for the issue.*

Here are the selections for this month.

I would like to know from Sadhguru how to handle guilt. Another aspect of my life I struggle with

is how to live in the moment with joy. Since becoming an Isha meditator a year ago, I have made an effort to avoid living in the past or the future, but even the present is not easy or peaceful. It is overshadowed by the actions of the past and I have not been very successful in not fearing what the future holds. Thank you, Anoop

Fear is a natural emotion; guilt is a socially cultivated thing. In different societies people feel guilty about different things, because we have labeled something as right or wrong. Guilt and resentment are poisons you drink, and then expect something to happen. Nothing happens- it just causes damage.

The worst guilt is to not live joyfully. Stop messing your brain with unnecessary ideas-being joyful is the most natural state-you don't need to contrive it and about living in the moment-where else can you live?

Sadhguru, you seem to have all the worldly praise for Agastya Rishi and his contributions. Could you please describe in a brief overview on Agastya Rishi contributions and his works which will enable me understand the magnanimity of his character?

Who says Agatsya was magnanimous? He was magnificent. It will require a lot of space to talk about him but let me say he conducted a massive rural rejuvenation program 2000 years ago that still affects humanity.

Sadhguru, There is a school of thought that the karmic energy body of Lord Krishna was not from this planet and it was perceived to have been received from distant planet in outer space? You have also mentioned the same in your Leela program. Do you know of anyone other human being in the past whose karmic energy body not belonging to planet Earth? Could you please throw some light on this? –anonymous

Shiva means that which is not-Shiva was not of this planet. Have you ever heard about his parents, stories of his childhood or his death? Even his companions were not human.

Nature or existence does not care for anything or anyone. Tsunamis happen, volcanoes happen. Human beings are not special either to nature. So, why so much of efforts to sustain the humanity like planting trees, teaching yoga for well-being. Please don't misunderstand me,

It is not that I don't have compassion. I just want to understand the yogic perspective of why yoga helps human beings in particular. Thank you and best Regards, Venkat Ramakrishnan.

It's because other beings don't need yoga. Haven't you seen many yoga postures being named after animals and bird? An animal knows what it has to do and how to be. The human being does not and as a result has tremendous possibilities and so yoga and spiritual possibilities too become huge in a human capability and if you don't want to be that human being, please at least plant some trees and benefit others!

Dear Sadhguru,

Recently, my close family members lost their 8-year old kid in a road accident. How do such road accidents happen? Does the karma drive the people to lose their lives, even if they are innocent?

I have answered this before, but in short it's not Karma, its doing what you are not meant to do. This is the safest humanity has been. Not so long ago the child would have been eaten by a tiger, now it dies in an accident. In the old days women would give birth to 6 kids only 3 would survive. Today people die because man goes at 100 miles an hour and even 1000 miles an hour. A human being is not meant for that kind of speed and while the loss of a child is a very tragic loss, but Karma means action and it's the collective action of humanity that can be creative or destructive depending on how we act.

2) Could you please elaborate on the saying - 'marriages are made in heaven'? Suresh

What makes you think anything made in heaven is better than what is made on earth? Show me one heavenly thing that descended from above and is better than what you find on earth. Drop such silly ideas and create your relationships on earth, nurture them well and with responsibility and it will feel like heaven.

A heavenly marriage can only happen if you are dead and then if you make it to heaven!

What is Astral and Causal world?3. Do Enlightened Souls like you will go to Astral or Causal World at Death?

Those are mere words-yes there is another dimension but it is already accessible when you are aware.

What is the difference between prophets [like Jesus] and avatars [Like mahavatar babaji]. Are they also like you and just the terminology and centuries differs?

Prophets is a messenger of God, the son of God-avatar is God himself. Alas he came to India 9 times and no one cared until he was gone. Then they created political parties in his name

During union with sahasrara if the person accidentally leaves the body, whether he will go to astral world? Is it possible that he will again incarnated to earth since he left the body when union occurs? Manivannan

He will simply cease to exist and no one leaves the body accidentally in Sahasrara.

The primordial source of creation which in our culture has been referred to Shiva has been looked upon as being beautiful and ugly. Is the ugliness referred to the destruction qualities of Shiva?

Beauty and ugliness can only be when it is not primordial. Shiva means that which is not. So that which is not –how can it be ugly or beautiful?

Humans have been perceived to have both animal and divine nature. The science has not proved on the physical evolution of humans? Is the animal nature embedded in our Karmic structure due to animal karmic bodies fusing with human karmic energy form? Please explain my curiosity. Anonymous.

Human beings perceive animals as cruel and ugly hence the reference to animal nature. Animals are neither cruel nor ugly. They simply express their instincts . A tiger is neither cruel nor compassionate. It gets hungry it kills. So calling something animalistic is a human idea. Animals don't know such things. Children can be very cruel, as we all know but it's because they don't know either way.

Karma means previous imprint. Without a previous imprint you won't know how to behave. Instead of worrying about if something is animalistic or not consider it your karma to deal with it the right way.

A sanyasi went into a jungle to meditate and saw a strange sight-a fox with no front legs being fed with leftover meat by a lion daily. It's a divine message he said to himself. I should not go begging for food in various villages, food will come to me. Eighteen days passed and the sanyasi was literally on his death bed waiting for someone to bring him food. A yogi was passing by and saw his condition and asked him why it was so. The sanyasi told him the story of the lion and the fox and said I saw it as a divine message. The yogi said-indeed it was, but you misinterpreted it. Why could you not be the lion instead of the fox? Similarly your karma should be to do your best, and not worry about anything else.

Namaskaram Sadhguru

You have said many times that individual joyfulness is more important than economic progress of a person. All of us live in a world, where achievements in 'Lakshmi' or 'Sarswathy' are respected than individual joy. I remember you saying that one should not give too much importance to such materialistic gains.

Sadhguru, all of us including Isha give respect & attention to achievers only in the field of 'Lakshmi' or 'Sarswathy' . For example, in ISHA's Inner Engineering brochure , Mr. Ravi Venkatesh, Head,Microsoft, India message is printed than a person's name who could be more joyful than Ravi Venkatesh. As you say all the time that one should only believe what one experiences, we live in a world (including ISHA) which only recognizes achievement in wealth or education rather than individual joyfulness. I find this as a dichotomy, can you explain please? With respect, S Subramanian (Subbu)

I have never said your success and well being is not important. What I have said is that to enjoy your success and wellbeing you must first be joyful. If you are starving and after 3 days you see a place where there is food and clothing? What will you take first-obviously food.

Incidentally the kinds of responsibilities that Ravi Venkatesh handles are enormous. You would probably break under them, but he meditates daily, does his pranayam daily and is extremely joyful. So he is successful and also joyful.

Dear Sadhguru, could you please explain the significance of chanting Gayathri Mantra? Can it help in achieving higher states of awareness? Yours sincerely, Giridhar

No mantra should be chanted listening to recordings etc. One needs to be initiated into it by someone who has the know how. Every mantra is geared toward specific thing. And if you have been initiated then you don't need to chant any mantra.

You have mentioned in your book “Encounter the Enlightened”, Temples are energy centers and there is science involved in building temples. I too personally believe that Temples are the bedrock of our cultural heritage. My question is in the name of constructing temple these days, people of spending crores of rupees in adorning the temples and deities with Gold and precious stones and using Silver and Gold chariots to take the utsava murthi for procession. Is it required to have such things in a temple to create or maintain the Energy levels? Is it said somewhere in the temple building sastras (Agama Sastra) that in order to create/maintain energy center the presiding deity should wear Diamond head gear etc.

I am not an atheist but this question is in my mind for quite sometime, we are nation with several millions of people who can't even get a square meal a day, but several millions of rupees are being spent for the sake of adoring temples & deities. I read in the newspaper that 300 crores of rupees were spent in building a temple in North Tami nadu. If personally feel we require temples but at the same time it should be as simple as our Dyanalinga shrine. I think the need of the hour is to spend money and resources for the upliftment of the society to make every one inclusive. Is there any way out to change the people to donate money for building a inclusive society rather than building pompous temples.-Dhanraj V

The temples these days are built by devotees and not for use as energy centers and if it means so much to them, who are we to deny them that pleasure? If they didn't put the gold on the deities they would do so on their wives, girlfriends and concubines.

Yes social needs are there but instead of judging others why don't you focus on what you need to do-and start by contacting us and donating towards planting 10 trees!

Somewhere in your books/writings, I read that “contentment” is a kind of excuse given by many

spiritual aspirants in order not to work. Are you saying that contentment is a wrongly coined word? In Tamil there is a famous saying "Podhum Endra Manamae Pun Seiyum Virundhu". Then, when and how does a spiritual aspirant consider himself/herself ripe or when does he/she get out of the "rat race"? Please enlighten. Namaskarams, with respect, Sethu.

If everyone lived by that Tamil saying, Tamil Nadu would not be what it is today. Contentment is containment. By being content you are cutting yourself off from even greater possibilities. Human beings can drive the world, so why be in the rat race unless you are a rodent? Don't be part of the rat race, focus on the possibilities within you and be in the driving seat.

For more information about Sadhguru, please visit www.ishafoundation.org

Sadhguru Jaggi Vasudev is an international speaker, author and peace advocate with profound spiritual and cultural insights on health and human potential. He addresses over 500,000 people annually at his public forums. Sadhguru is a realized master and yogi who has practiced yoga since age 13 and authored four books on the essential nature of yoga. Sadhguru has synthesized the science of yoga into a dynamic program that allows people to restore and maintain optimum health and inner balance.

Through his books, columns, articles and interviews aired and published in a host of international media, Sadhguru is considered an authority on yogic science whose teachings help people gain an inner understanding of the issues and events that happen to themselves and the world around them.

Sadhguru is founder of the Isha Foundation, a non-profit organization advancing physical, mental and spiritual health through yoga and self-transformation. The Foundation administers over 100 yoga centers, an ashram, residential complex and medical center in India, and conducts public programs around the world. His humanitarian initiatives for world peace and his outreach programs for Tsunami relief, prisoners, children and Action for Rural Rejuvenation in India are examples of his determination to improve the human condition for all people.

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