



Q and A with Sadhguru Jaggi Vasudev

In Conversation with 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 did not make it in time for the issue

Here are the selections for this month.

Sadhguru, I attended the Samyama program during Feb 2007. It was a wonderful experience. I practice Shakti Chalana Kriya and Shambavi regularly, but after attending the Samyama program when ever I practice the Kriya, my body shakes uncontrollably. Since I have cervical spondylitis when ever my head is shaking in high speed (when I do kriya) I tend to develop giddiness. Can I continue to practice Kriyas and Shoonya and Presence Meditation? Sadhguru, Could you please guide me in this regard? Pranams to your lotus feet.- Dhanaraj V, Chennai

If you can spend a weekend at the Isha Ashram, they will teach you a special kind of Suryanamaskar which will bring balance to your system. Until you do so, you can start with 10-15 minutes of Sukha Kriya and then continue with your usual practices.

Namaskaram Sadhguru, the people who lived say 5000 years ago were more joyful, spiritually advanced and more humane and ethical. But during that period individual living comforts, transportation, health care, engineering etc, were not advanced, but rather primitive. May be people spent more time on spiritual path & religious duties and less on other activities. Over the last 5 to 6 centuries we have made tremendous progress in various areas of science & technology thereby increasing the quality of our material life but at the same time, humanity and ethical behavior of people has come down drastically. Even the number of spiritual gurus has come down to a trickle. In our current society one gets respect only with economic achievement and individual progress/talent. Today's individual is dependent on others for survival and progress, hence to an extent an individual's joy is dependent on other's behavior and attitude, unless otherwise he/she is satisfied with lesser progress & achievement. Does it mean spiritual progress & economic growth are inversely linked?

Technological advancements have been made so that human beings could have more time to themselves. If after that you say that there is no time for inner well being, then obviously you don't know how to use technology effectively. Five thousand years ago just to hunt for one meal meant searching for it all day. Today you can go to the supermarket and buy your food in ten minutes.

It is not that life situations have changed so you cannot be spiritual. Even 5000 years ago it is wrong to assume that everyone living in that time was spiritual. It is just that at least in India because the society considered the spiritual process to be the most important thing so history was written with a spiritual tilt always, so you believe what you read as a result. In terms of percentage it is more likely that the same number of people were spiritual then as they are now. Spiritual process and economic growth are not linked. You link it because you run after economic growth. That is because your happiness is dependent on the approval of others. If your inner being is healthy and happy then you do not need anyone's approval to be who you are. What happens within you should not be affected by what happens outside of you. I never said you MUST be joyful, it's your choice. If you choose to be miserable that's fine with me as well. If you want to be joyful then why do you apply the reverse gear to that happiness? You create misery because you haven't found anything within yourself that is worthwhile. So your entire existence is dependent on the opinion of others and you forget that people's opinions change every day, so what are you running after? You are talking as a material being who is desperately trying to be spiritual. The fact is that we are spiritual beings first and we dabble with the material to physically exist in the world. So correct your perspective and stop looking at the world in an upside down way.

Namaskaram Sadhguru, it is a fact that Isha, led by you is performing a silent revolution in enhancing human wellbeing. In order to have a visible and tangible impact of your teachings in the society at large, how about you target the political and the religious leadership of the world instead of the common man.

Applying the normal process of negotiation and international civic wisdom, we have not brokered any lasting peace at any place in the world. May be, we, human beings are not spiritually matured enough to overcome our limitations and to come to an understanding to have peace. Sadhguru, since you have the abilities (much higher than any one of us in the world) to influence the thought process and the energy levels of individuals by your presence, will it not make a huge difference to the world if you work with the key political leadership of the world on specific issues and bring about a solution? Respectful Regards- S Subramanian (Subbu) Chennai

What Subramanian needs to do is to make an attempt to introduce Isha Yoga to his local MLA, the local counselor and others who can make a difference in the community. Reaching out to world leaders is happening, and right now we are also reaching out to economic leaders because you will see that in 10-15 years from now, the economic leaders will play a much more important role in the world than the political leaders. In fact it is already beginning to happen. It is true that if there is change in the hearts and minds of the political and economic leaders it will change the world. But the fact remains that these leaders were not sent to us from heaven. They were chosen by the people. We never get a leader that is better than us. We often choose those who we resonate with, and think is like us. Democracy means that everyone is equal and who knows in the next few years Subramanian may be the Prime Minister of India. So it is very important that everyone joins hands at the grass roots level and sees what they can do in the local areas first and move upwards and I hope to see Subbu among them.

Dear Sadhguru, Can you explain the science behind the mantram/sound NA MA SI VA YA - Nathan M Balakrishnan

The word Shiva literally means one that is not and Shiva has always been described as the destroyer. So the mantra is aimed at destroying the limitations of who you are. The sound SI is a powerful sound and VA has been added to balance the power of SI. If the right environment is created, the way you chant the mantra can create powerful vibrations that will open a whole new dimension and energy level for you. It must however be done with proper preparation and guidance. Modern science now acknowledges that the whole world is just vibration and reverberation of energy, and wherever there is vibration there is sound, and proper arrangement of these sounds can be the key to some amazing expansion for you.

SadhGuru, Sujatha Suresh, and Jayashri Ravi have said that they are concerned at your comment at different programs that this will be your last visit to the planet. They want to know what they can do to ensure that they

don't return either.

If they continue with their sadhana with commitment, it will be their last birth as well. Many meditators feel this need to be close to me, but constant and consistent sadhana will wean them from this dependency, and they will feel my presence always, without needing to be physically near.

Sadhguru, I'm currently reading Mystics' Musings. You have spoken about Ramakrishna Paramahansa and Swami Vivekananda in this book. Was Swami Vivekananda an enlightened soul? Do all enlightened souls have control over their physical existence and can they leave their physical body whenever they wish to? If so, why did Swami Vivekananda pass away at such a young age though he had a huge responsibility of spreading his Master's message to the world?-With reverence, Sathya, Manavalan Bangalore

Yes all enlightened souls, once they have mastery over themselves and are in a certain state of realization can leave their bodies when they choose. What can I say about Vivekananda? Maybe he had had enough of the people here and decided to leave! He was a great influence on millions of youth, especially in India, and an effective tool for Ramakrishna.

Sadhguru, how do I develop a stronger memory? I have been greatly inspired by you. Prabhu. G

Come to the ashram and we can teach you how to focus.

Dear Sadhguru, I read the Q&A about motherhood and its relation with spirituality in Isha News. What is the relation between fatherhood and spirituality?-With Regards, Arulkumar,

Fatherhood is important but fathering children is not. When I talk about motherhood, it's neither gender based, nor does it mean delivering children. Motherhood is a concept which implies nurturing and inclusion of others in your life. As such even you can be a mother. Be inclusive and nurturing of others. You don't have to produce children to accomplish that.

Dear Sadhguru, you say that through the science of yoga one can become the master of one's own destiny... but all spiritual masters also say that prarabdha karma has to be experienced by one and all and there is no escape from it...both seem contradictory....kindly clarify.

It is true that Pararabdha is the allotted karma for one's life and will have its own effects, but we can give you the spiritual tools to overcome your pararabdha in a short period of time and rewrite the rest of your life. It is like using existing software slowly for a long period of time, or improving upon that software to accomplish the task in a shorter period of time. Because there is some subtle presence of Pararabdha that is why charts and predictions are made about people and events. When you follow the tools given you will notice acceleration. Many people say things were very slow and comfortable for them before they embarked upon a spiritual journey-then they noticed that everything was happening at a fevered pace.

Dear sadhguru, enlightened masters like Parashara, Agastya and Bhrigu have proved beyond doubt that astrology[Indian astrology] is a science par excellence.... even yogis have used the science of astrology for various purposes.....various days of the week have an impact on the vibrations emitted from the dhyanalinga.....moon and sun are connected to ida and pingala nadi respectively.....which shows that there is a definite link between those mundane lifeless[jada] heavenly bodies and human affairs.....now my question is if the movement of planets are already programmed as per laws of astronomy.... that means human life and everything on this planet is already programmed....!!! where is the scope for taking destiny into ones hands....??? I am totally confused.

If you are making a journey in the sea and don't have your GPS or satellite system on hand how will you reach your destination? In the old days people looked at the stars and followed them. Today you will look at more sophisticated tools, but you still have to steer the wheel to reach where you want to reach. Otherwise you will crash somewhere else. Astrology is like that GPS system. It gives you a sense of direction but it is up to you to do the rest.

I did shambhavi sincerely for the first 40 days, but after the class I do not experience anything amazing, but various participants had very amazing experiences during initiation. I did not have any..why is that so?

I have answered this question before. Don't wait for things to happen to you. Just continue to do the practice and when it has to happen it will. Everything happens at its own pace. You can't force it.

In your previous life when your guru touched your forehead with his staff ... you said that every bit of information got transferred to youincluding the science of creating a dhyanalinga.... what can we do to make ourselves capable of receiving such a transfer of energy from you..... is it possible? Name withheld on request

When that happened, lifetimes of sadhana had been done to reach that point where someone appeared at the right moment and completed the instruction. If you are ready to stay dedicated you can be where I am too. I have always said this-I'm the prime example that if I could do this, so can you. But are you ready to invest what is required? Grace is available to all but very few are available for that grace. Grace is even more universal than gravity, but people are too busy being caught up in the web they create around them and it's hard to escape from that. Spiritual sadhana was created to disentangle you from that mess which you have created. If you are ready to get out of that mess, grace will come to you.

Dear Sadhguru, I love my parents and respect them. I help poor to the maximum possible extent. Since past 23 years I am helping girls to get married by helping them financially. I help my own sisters and made them happy in life by educating their children and subsequently getting married.

But I don't believe in God and I don't go to temple and worship. What is wrong with me? M Subramanian Malaysia

Nothing is wrong with you. The Gods are also happy that you are not bothering them. They are more tired of people who show up at the temples asking them to run everything in their life. Keep doing what you are doing.

Please send your questions to Sadhguru and mention the city, and country.

The questions can be sent to Kavita@kavitachhibber.com.

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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- [Sadhguru Speaks June 2007: Sadhguru Speaks at TieCon 2007: Q & A with Sadhguru.](#)
- [A DIRECT LINK TO SADHGURU'S KEYNOTE ADDRESS AT TIECON 2007.](#)
- [Sadhguru Speaks May 2007: Inner Engineering: How Do we Deal with Growing Violence? and a Q & A with Sadhguru](#)
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- [February 2007 Words of Wisdom - Sadhguru Jaggi Vasudev on Science and Technology](#)
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