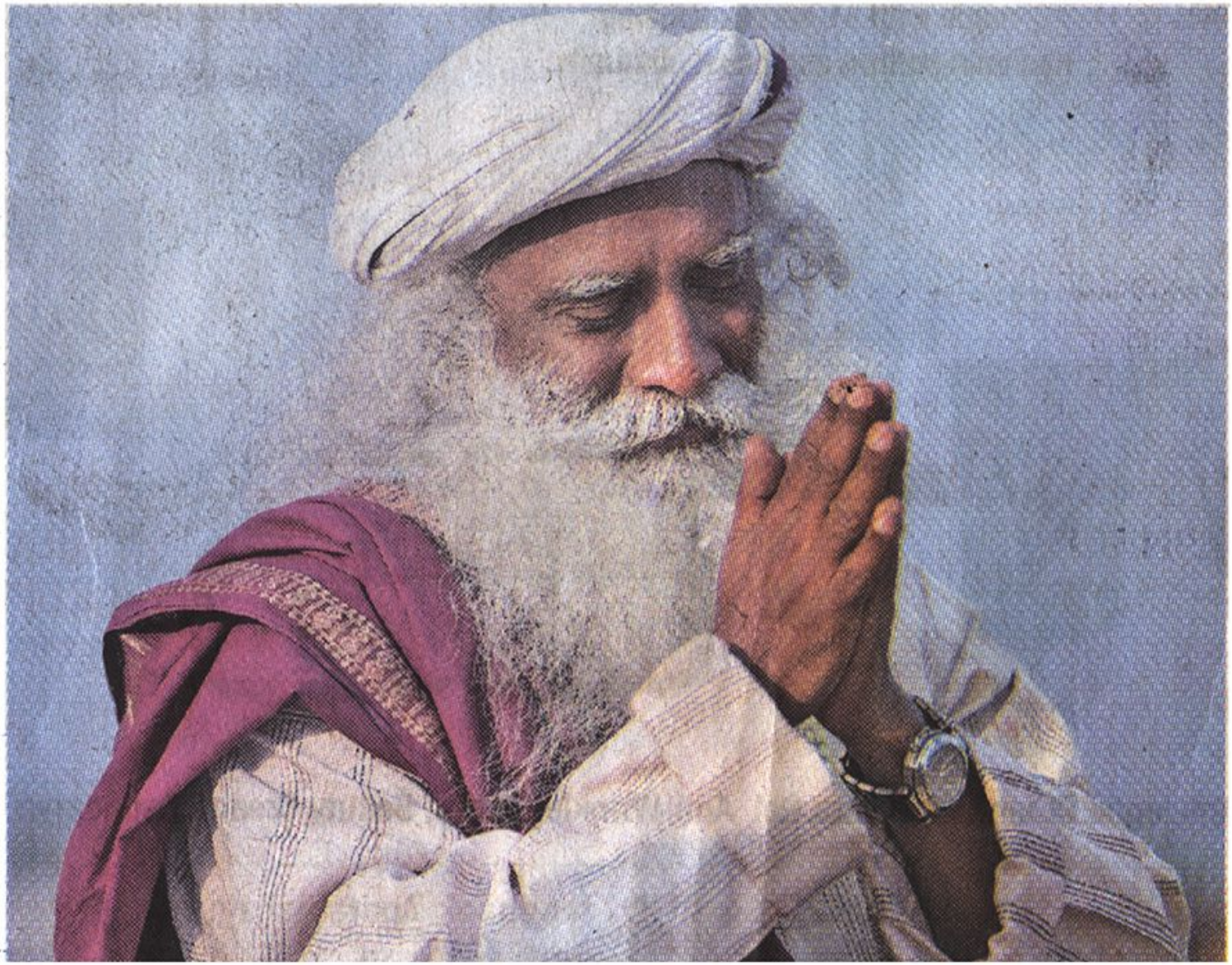
DECCAN CHRONICLE-14-JAN-2018

Sadhguru's wishes for Pongal

COIMBATORE:
In a thoughtful and touching message to the people on the eve of the harvest of 'Pongal' Shri. Jaggi Vasudev, the, sagacious, witty, large hearted and transformational 'Guru' of 'Yoga' has said:

"For our life energies and life to flourish we need to take care of four aspects - Dispensing of what is old and stagnant within us, establishing our relationship with the sun, being grateful to all the life forms that keep us alive and living in Harmony with people around us.

When we discard and burn what we need to dispense as Bhogi celebration, the next day what overflows within us is Pongal.

Pongal wishes to all."