

INNER ENGINEERING

SADHGURU JAGGI VASUDEV

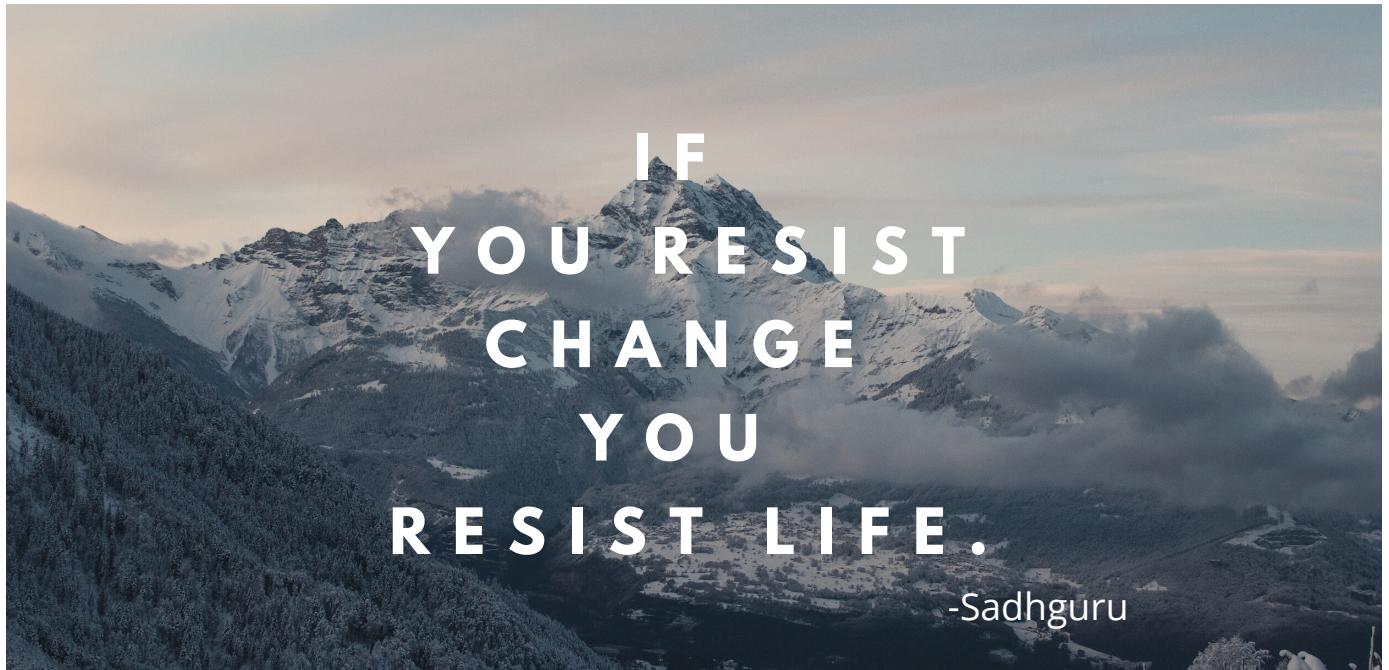
A YOGI'S GUIDE TO JOY

MYTHS VS REALITIES

YOGA AND ITS BENEFITS



BOOK REVIEW : SRIMOULI BORUSU



Emotions

The only thing that stands between you and your well-being is a simple fact: you have allowed your thoughts and emotions to take instruction from the outside rather than the inside.

Everything that we feel or experience may be a pleasant or an unpleasant experience its our own making. The Human brain is a miraculous piece of flesh that can make wonders happen when used in the right way and also can drive crazy if we fail to use it correctly

Here's a short story to drive this insight

On a certain day, a lady went to sleep. In her sleep, she had a dream. She saw a hunk of a man, staring at her. Then he started coming closer—closer and closer. He was so close that she could even feel his breath. She trembled—not in fear.

Then she asked, "What will you do to me?" The man said, "Well, lady, it's your dream!"

What's happening in your head is your dream. At least your dream should happen the way you want it, shouldn't it? Even if the world doesn't happen the way you want it, at least your thoughts and emotions should happen the way you want them to. Right now, these aren't taking instructions from you because you are handling the whole human mechanism accidentally.

The story might be fictitious but this is a common scenario which we come across in day-to-day life and are often worried about future outcomes often forgetting that we have the ability to influence the outcome if we believe in ourselves.

FULFILMENT

The only way to find fulfillment that lasts is to look within yourself.

Have you ever noticed that the people who are the most traditionally successful don't ever seem to find true happiness in their lives? This is unfortunately a pretty common scenario. But why is this?

The short explanation for this is that straying from who you really are in order to succeed financially is only effective in the beginning. As one Indian story shows, this will never bring lasting fulfillment.

The story goes like this: On a certain day, a bull and a pheasant were grazing on a field. The bull was grazing and the pheasant was picking ticks off the bull—a perfect partnership. Looking at the huge tree at the edge of the field, the pheasant said, "there was a time I could fly to the topmost branch of the tree. Now I do not have enough strength in my wing to even get to the first branch."

The bull said nonchalantly, "Just eat a little bit of my dung every day, and watch what happens.

Within two weeks, you'll get to the top."

The pheasant said, "Oh come on, that's rubbish.



THE GREATEST FULFILLMENT IN LIFE IS TO DO SOMETHING WHICH IS MUCH LARGER THAN YOURSELF

What kind of nonsense is that?"

The bull said, "Try it and see. The whole of humanity is onto it."

Very hesitantly, the pheasant started pecking. And lo, on the very first day, he reached the first branch.

Within a fortnight, he had reached the topmost branch. He sat there, just beginning to enjoy the scenery.

The old farmer, rocking on his rocking chair, saw a fat old pheasant on top of the tree. He pulled out his shotgun and shot the bird off the tree.

Moral of the story: bullshit may get you to the top, but it never lets you stay there!

The same goes for us: bullshit will only take you so far.

In order to truly be fulfilled, you need to notice how you experience the world within yourself. This is the most important thing because people tend to fixate so much on the outer world. Many people are convinced that this is where all their experiences and emotions – negative or otherwise – lie. However, this is just an illusion. For instance, when you read a book, where actually is the book you're seeing? Any rational person would answer that it's in their hands, outside of themselves. However, when you read, light is falling on the pages, reflecting into your eyes, and projecting onto your retina. Where do you see the whole world? Again, within yourself. Everything that ever happened to you, you experienced right within you. Light and darkness, pain and pleasure, agony and ecstasy—all of it happened within you.

EXPERIENCES

Have you ever noticed that there are times when you absolutely love receiving hugs, and yet, there are other times when you're deeply annoyed by physical intimacy? Well, you're not alone in this paradox: one that divulges a great deal about the human experience. More than anything, it demonstrates the fact that our emotions are entirely self-generated. This means that it isn't just physical objects, such as books, food, and houses that are perceived within yourself, but the same is true for the way you feel.

If somebody yells at you, you might respond with fear or anger, and these reactions are unconsciously produced by your body. However, this doesn't mean you don't have the ability to make these reactions conscious and under your control. This just goes to show that humans create their own experiences for their lives.

While the unfortunate reality is that there are a lot of people dependent on alcohol or drugs to feel true happiness, the Israeli chemist, Raphael Mechoulam, has shown that people can naturally create their own "bliss molecule." This is known as the chemical anandamide, and it stimulates the nervous system as much as smoking marijuana does. When the body produces this chemical, it creates a sense of absolute pleasure with no adverse side effects. In lay terms, they discovered that the human brain has natural cannabis receptors. Why is this so? They found that this is simply because the body is capable of producing its own narcotic. It can manufacture its own bliss with no external stimulus and that too, with no hangover!

In order to begin producing the chemical, you only need to exercise or experience states of ease and flow while working. But yogis are able to take it a step further. Because they're able to control their bodies to an incredible extent, they're able to produce anandamide at their will simply through concentration. In the coming book summaries, you'll further learn more about how you're able to control your own life experiences in precisely this way.

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WHITE MANY PEOPLE
RESPOND TO LIFE
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”

BEING RESPONSIBLE

Reactivity is enslavement. Responsibility is freedom

"Responsibility" is a much-misunderstood term. It has been used so widely and indiscriminately that it has lost much of its inner voltage. Responsibility does not mean taking on the burdens of the world. It does not mean accepting blame for things you have done or not done. It does not mean living in a state of perpetual guilt. Responsibility simply means your ability to respond. If you decide, "I am responsible," you will have the ability to respond. If you decide, "I am not responsible," you will not have the ability to respond. It is as simple as that. All it requires is for you to realize that you are responsible for all that you are and all that you are not, all that may happen to you and all that may not happen to you.

Taking responsibility is not a convenient philosophy to reconcile you to the way things are. It is simply waking up to reality. This ability to respond to the entire universe is already a physical reality. It is only your thoughts and emotions that need to become conscious of the fact.

Suppose something goes wrong in your office. Perhaps you think it was due to a particular colleague's ineptitude. You could haul her up, lose your temper, fire her. Your blood pressure is likely to rise; the office atmosphere will be vitiated; the aftereffects of your rage will probably be felt by you and your fellow workers for days and weeks after the incident; you will probably have to work particularly hard at restoring the peace and reestablishing a situation of mutual trust. There is another choice. You could simply see the situation the way it is and take responsibility for it. Taking responsibility is not accepting blame instead of assigning it. It simply means consciously responding to the situation. Once you take responsibility, you will invariably start exploring ways to address the situation. You will look for solutions.

TEAM WORK

If you learn to use this body as an instrument, it is the most fantastic and powerful instrument on the planet.

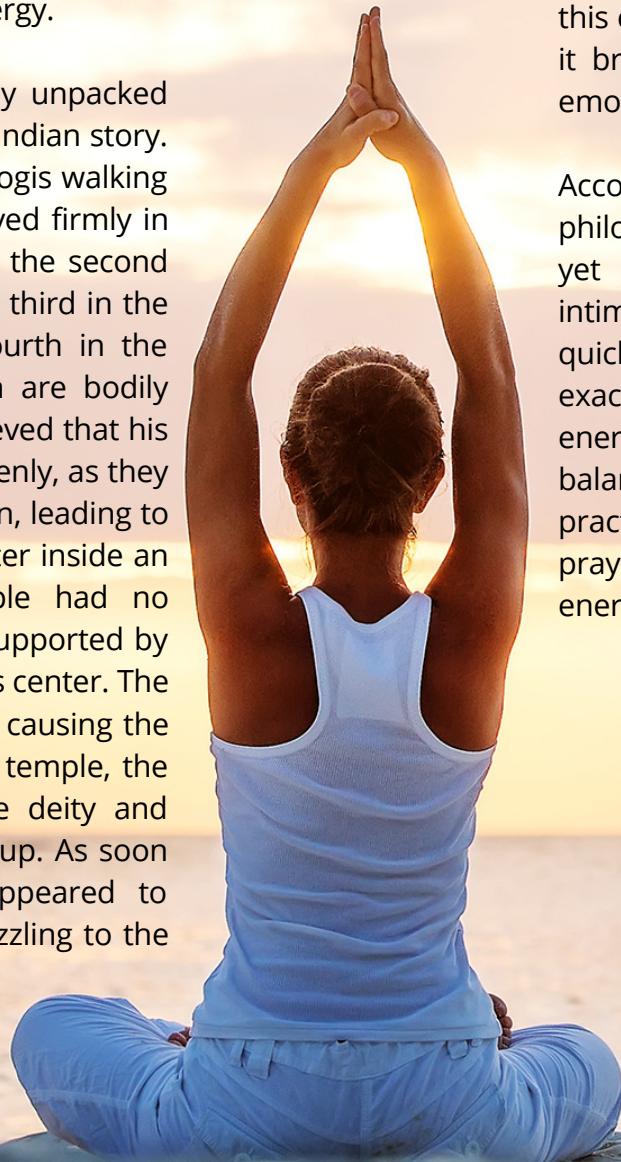
-Sadhguru

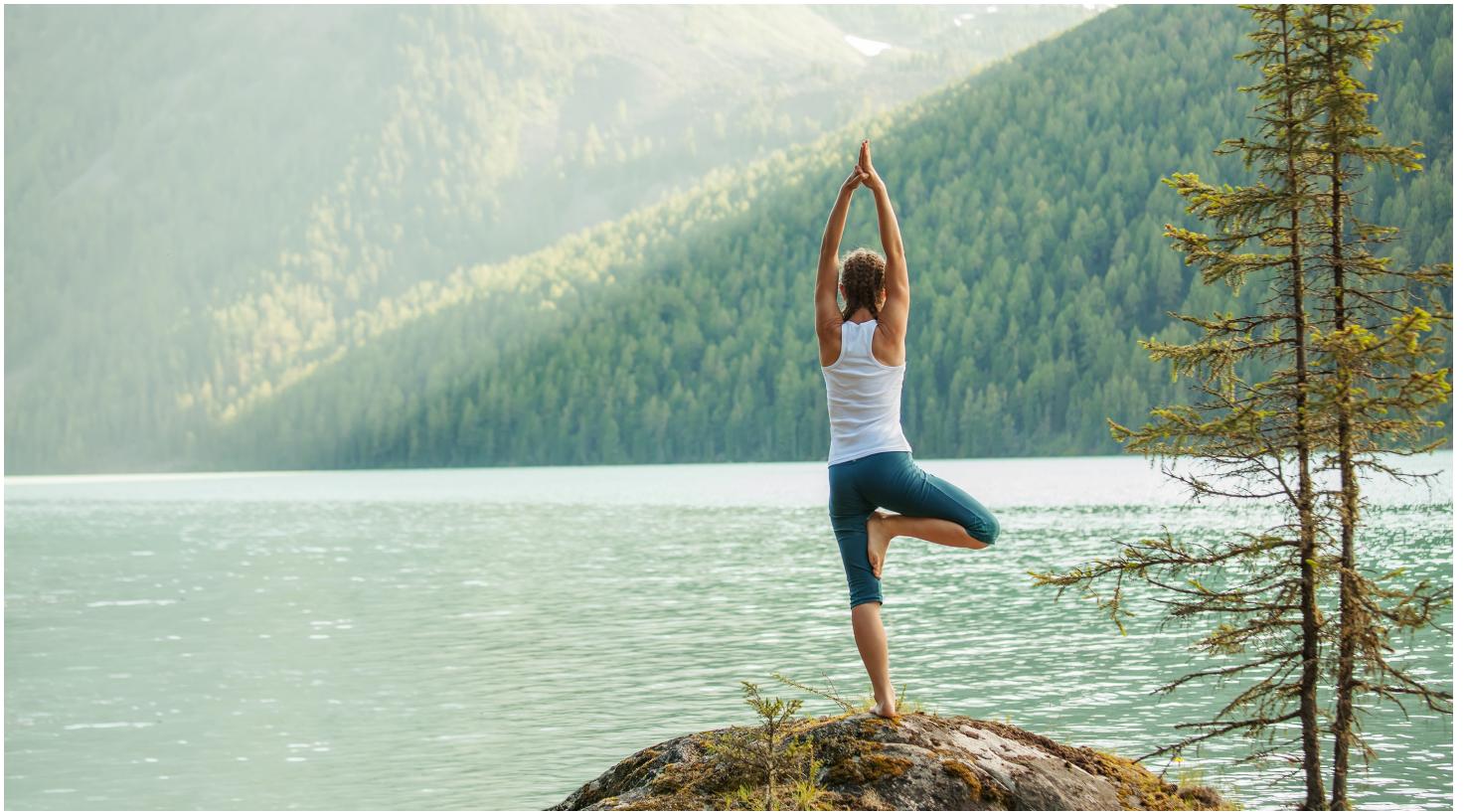
In order to achieve enlightenment, you must align your body, mind, emotions, and energy. It's probably been clear to you since childhood that teamwork is the key to success. The same rule applies when it comes to individual organisms: in order to function properly, each part of your entire being needs to work in tandem with each other part. In order to reach enlightenment, you need to work on a tight communication system between your body, your mind, your emotions, and your energy.

This exact idea is beautifully unpacked through another traditional Indian story. The story begins with four yogis walking through a forest. One believed firmly in the power of physical yoga, the second in the yoga of the mind, the third in the yoga of prayer, and the fourth in the yoga of the chakras, which are bodily centers of energy. Each believed that his method was supreme. Suddenly, as they were walking, it began to rain, leading to all of the yogis seeking shelter inside an ancient temple. The temple had no walls: it was simply a roof supported by pillars sheltering a deity at its center. The storm continued to worsen, causing the rain to beat the roof of the temple, the yogis clustering around the deity and finally embracing it as a group. As soon as this happened, God appeared to them, however, this was puzzling to the yogis.

They were confused as to God appeared in this particular moment when they'd each spent their entire lives working for and praying to him. God laughed and said it was because the four of them had finally joined forces. This is the same unity that is required of a single person on the path toward enlightenment. Yoga is a tool that can help a person to achieve this connection to their higher self, as it brings together their body, mind, emotions, and energy.

According to ancient yogic philosophies, if the body is balanced, yet the mind is craving food or intimate relations, the body will quickly become unbalanced. The exact same goes for emotions and energy. In order to truly become balanced, you need to meditate, practice the physical aspects of yoga, pray, and work on exercising your energy centers.





The whole point of yoga is to bring you to an experience wherein, if you sit here, there is no such thing as "you" and "me." It is all me—or all you! Any process that helps you to

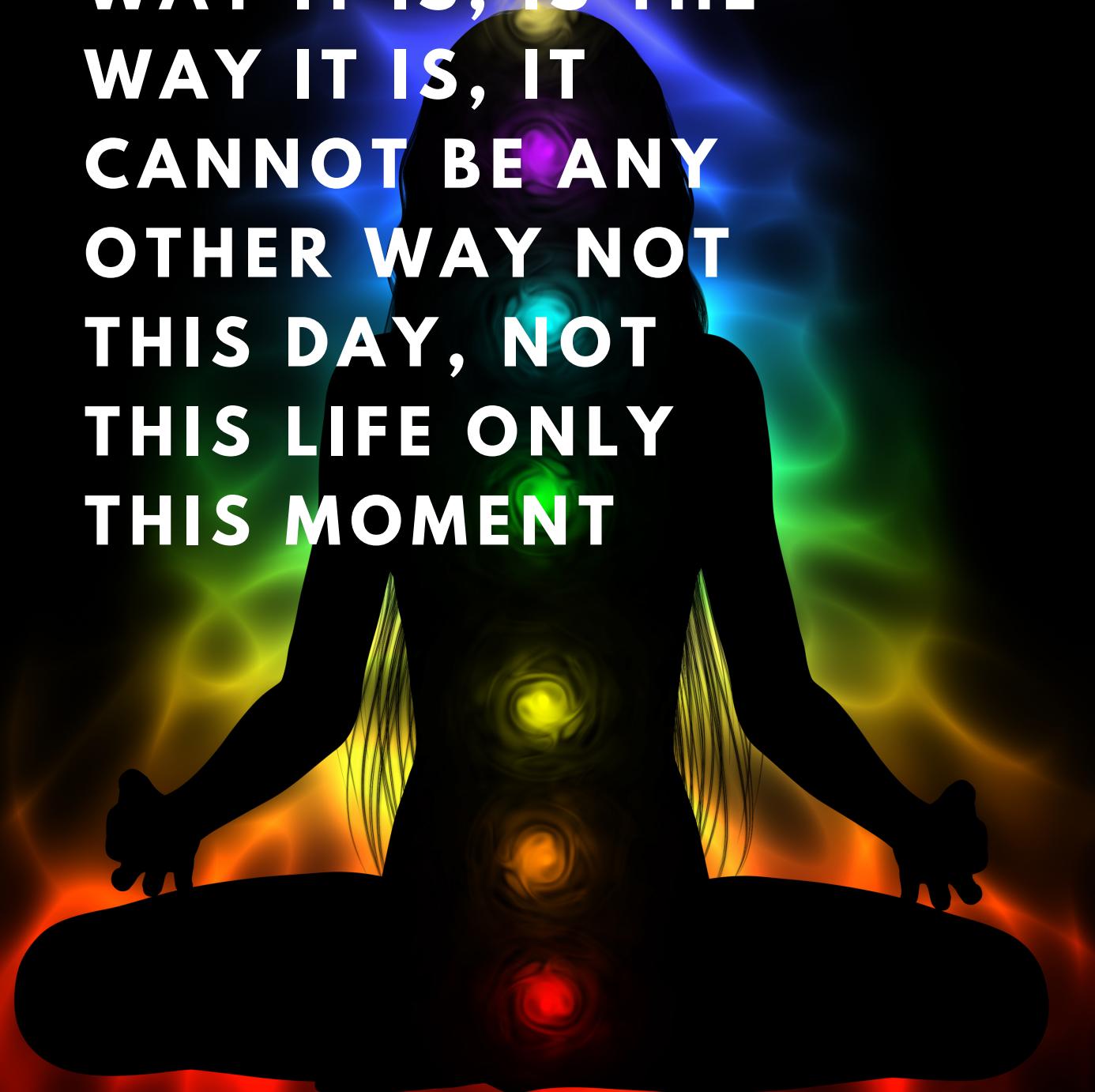
The first sheath or layer to which yoga draws our attention is the physical body—the annamayakosha, or more literally, the food body. What you call the "body" right now is just an accumulated heap of food. It is the product of all the nourishment you have ingested over the years. That is how it gets its name. The second layer is the manomayakosha, or the mental body. Today, doctors are talking a great deal about psychosomatic ailments. To reach this union is yoga

So, the third layer of the self is the pranamayakosha, or the energy body. If you keep your energy body in perfect balance, there will be no disease in your physical or mental bodies. Today there is scientific evidence to show that the impact of genetic memory on the human being is not absolute.

However, there is a fourth layer called the vijnanamayakosha, or the etheric body. Gnana means "knowledge." Vishesh gnana means "extraordinary knowledge"—that which is beyond the sense perceptions. This is a transient state. It is neither physical nor non-physical. It is like a link between the two. It is not in your current level of experience, because your experience is limited to the five sense organs which cannot perceive the non-physical.

There is also a fifth sheath, the anandamayakosha, which is beyond the physical entirely. Ananda means "bliss." It has nothing to do with the physical realms of life. A dimension that is beyond the physical cannot be described or even defined, so yoga talks about it only in terms of experience. When we are in touch with that aspect beyond the physical, we become blissful.

**THIS MOMENT THE
WAY IT IS, IS THE
WAY IT IS, IT
CANNOT BE ANY
OTHER WAY NOT
THIS DAY, NOT
THIS LIFE ONLY
THIS MOMENT**





OUR INTELLECT MAKES IT HARDER FOR US TO EXPERIENCE LIFE TO ITS FULLEST.

One of the key ideas in the book is author emphasizes living life to the fullest but says that in reality although everyone has this thought. People often hold back on living life to the fullest because the majority of the population thinks logically and more the logic in life, we miss the happy moments in life.

The author says, "Your logical mind tells you, "Give up all responsibility and you will be free." But in your experience of life, the more you are able to respond to everything around you, the freer you are! The logical and experiential dimensions of life work in diametrically opposite ways. Logic is not without its uses, but this helps only to handle the material aspects of life. If you handle your entire life with logic alone, you will end up a mess."

Summary of the book

Inner Engineering

-Sadhguru

EMBRACE

Life would be awesome if we accept and embrace the rules it has. We just need to accept that All the rules in my life, are my rules

MORTALITY

As Steve Jobs says "Our time is limited so don't waste living someone else's life". And as per author he says to remind oneself consciously that I am not the body, I am not the mind and one day we'll have to surrender to Mother Nature can help to live life to the fullest

ACCEPTANCE

This Moment is Inevitable. The world is the way it is and it cannot be any other way not this day, not this life only this moment. Because everything we experience in our life is our making

RESPONSIBILITY

My ability to respond is limitless. Just having this thought consciously every day can help us improve our ability to respond to external situations

MOTHERHOOD

Motherhood is indescribable. The bond between the mother and the child is unconditional. So the author says the same way if we can accept other living beings around us with unconditional love then we can be instrumental in making the world a better place