



Sadhguru Jaggi Vasudev speaking at an interaction programme organised as part of TiECON-2019 in Hubballi on Saturday evening.

Start looking at others without bias, then a new world will open up for you, says Sadhguru

Just like technology upgradation, people also need to upgrade themselves through inner engineering to blossom as a finer human being, Sadhguru Jaggi Vasudev has said.

In an interaction programme “An evening with Sadhguru” with Founder of Deshpande Foundation Gururaj Deshpande, organised as part of an entrepreneurial summit TiECON-2019 here on Saturday evening, Sadhguru said that upgrading one’s inner-self would help in fighting the Western malice called stress and boredom.

Elaborating on the importance of upgrading ones inner-self, he said that it would help in controlling one’s mind. “If you are unable to control your mind, then how are you going to control others?” he asked.

On his growing up in Mysuru, he said that he said he did not allow anyone to educate him. “What I did was, I paid full attention towards mother nature and I paid absolute attention to everything. And, that taught me a lot. When you stop being judgmental about others, and start looking at others without any bias, then a new world will open up for you,” he said.

Economic power

Sadhguru said that there was no point in just talking about the glory of the past.

“For some, talking about the glory of the past has become a pastime. It is not that there were no problems then, but there was prosperity which helped ancient India achieve so many things. Spiritually, we have been a model to the world. But that alone is not sufficient. We also need to be economically stronger if the country has to prosper through further achievements,” he said.

He said that the biggest suffering for the human beings was their intelligence. Human beings did not want their mind to work in a fixed manner and were allowing it to expand and that was the basic problem for all the maladies, he said.

Subsequently, he answered queries from the audience. To a question from Jayashree Patil on how building temples would help the nation, Sadhguru said that temples were tools to recharge human beings.

“Temples are not a place for prayers. They were meant to be a tool that helps you enhance what you have within you. It is just like a recharging station. But if you are already on a spiritual path like the sadhus, then you don’t need to go to temples,” he added.