

# IN THE PRESENCE OF THE MASTER SERIES

conversations with **SADHGURU**



From Creation to Creator

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# From Creation to Creator

Sadhguru



**Isha Foundation**

## **From Creation to Creator**

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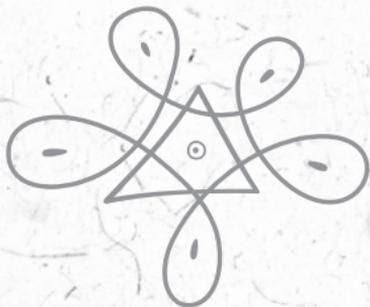
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“If you are rooted in that dimension which is the source of creation; if one part of you is creator, another part of you is creation, you can play with creation whichever way you want, but it will not leave a single scratch upon you.”

- Sadhguru





# Introduction



Sadhguru is a self-realized and profound mystic of our times. He is an embodiment of the sages of the past who served as beacons of inspiration and guidance for entire civilizations; at the same time, he is acutely aware of current realities, making him a visionary humanitarian and a prominent spiritual leader of the world today. Also an author, poet, and internationally renowned speaker, Sadhguru's wit and piercing logic provoke and widen our perception of life.

As someone who belongs to no particular tradition, Sadhguru's guidance and powerful scientific methods are totally relevant to the modern individual and institutions, allowing them to cross their limitations into a higher possibility. In this regard, he has been able to touch millions

of people, moving them towards realizing the ultimate potential within.

Sadhguru's multi-faceted personality can have a profound and enriching effect on anyone who comes across him, and yet it can also stir them into a state of confusion. At home in blue jeans as much as he is in a loincloth, or walking barefoot through the mighty Himalayas, or straddling a BMW motorcycle on the expressway, he shatters any preconceptions that one might have of a mystic.

*In the Presence of the Master* series are discourses and answers to an intricate array of questions, by disciples and seekers amidst the challenges of life. Engulfed by Sadhguru's presence, the seeker is liberated from the pain of ignorance, firmly establishing the spiritual process within.

In this volume, '*From Creation to Creator*', Sadhguru effortlessly tackles challenging subjects like creation, creator, spirituality, life and death, unraveling the very mysteries of existence.





## From Creation to Creator



**Question:** Sadhguru, what does the name Isha represent?

**Sadhguru:** The word Isha literally means that which rules. What is it that rules everything in the existence? It is the source of creation. When this source of creation, or that which rules the existence is formless, it is called Isha. That which rules the existence or that which is the source of existence, we normally refer to as the Divine. So formless Divinity is referred to as Isha.

Isha means that which is fundamental, that which is the very source. So this is called Isha Yoga because it is a means to access that dimension which is the source of your creation. That which is the source of your creation is obviously within you.

So Isha Yoga is a method to turn inward and access that dimension which is the source of who you are. If you exist on the level of creation, as you are right now, you are subject to all the dualities of life. Repeatedly questions are coming up; this is okay, but will this work on the streets of New York City? This is okay, but will this work with my family? This is okay, but will it work when I am racing with the rats?

All these things are coming simply because you have been mauled by the dualities of life. It has added color to you; at the same time it has taken a toll on you. It has brought life to you. Only because of duality there is you and me. Only because of duality, the whole game of life is happening. At the same time, the same dualities are mauling you, subjecting you to so much pain and suffering.

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The very purpose of Isha is your basic experience; you root yourself in that dimension which we are referring to as Isha, which is non-dual, which is the source of creation. But being rooted in this, you play with the dualities. Now once you are rooted in the non-dual and play with the dual, the dual has no impact upon you. You can play with it and enjoy it whichever way you like, but it doesn't take a toll on you.

If you are rooted in that dimension which is the source of creation; if one part of you is creator, another part of you is creation, you can play with the creation whichever way you want, but it will not leave a single scratch upon you. But right now in the simple process of living, as people age, they become wounded.

Whether somebody is successful or a failure, rich or poor or whatever, if you just take off their top layer and look at them, they have so many

wounds within them. They are just managing to cover it and go on bravely in the world, but there are too many wounds. These wounds have happened simply because whichever way you look at it, you can't come to terms with the dualities of life. Any sensitive human being is bound to be wounded when he knows only the dualities of life; when he does not know the other dimension. Only somebody who is utterly gross, if like an animal, like a brute he goes through life, he can go through it but he will not know the subtleties and the beauty of life. He can go trampling through life without knowing too much pain, but anybody who is sensitive to life is bound to be mauled by the dualities of life; always. Because you are not able to separate what is good and what is bad. You are not able to separate what is right and what is wrong. You are not able to separate what is evil and what is beautiful.

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Are you able to draw a clear cut line between anything, even within yourself? Is it possible? You must deceive yourself to believe that everything is okay. People are trying to teach you such philosophies: 'I am okay. You are okay. Everything is okay.' Initially it all looks nice. But you will go insane after sometime because the very people who propagated such philosophies went insane, committed suicide. People like Dale Carnegie and others, they broke down, became neurotic, because you are trying to deceive the reality; not understanding the fundamentals of reality. Just trying to deceive yourself that everything is okay. Everything is not okay. Either with yourself or with the world, everything is not okay. If you do a cover up job, it feels good; but after some time it will collapse. We are not seeing how to do a cover up job. If you sink a little deeper into your experience, there is a dimension in you which cannot be touched by these dualities.

If you are rooted in that dimension, wherever you are placed, even if you are placed in hell; still you can go through it gracefully.

Indian spirituality has always used a lotus flower as a symbol. Why a lotus flower is used as a symbol is, a lotus flower grows best wherever the slush is really thick and stinky. The more stinky it is, the better it grows. This stinking slush becomes a wonderful flower with such beauty and fragrance that you cannot believe it is the same slush. This little lotus seed transformed by this stinking slush into a fragrant flower. So always Indian spirituality uses lotus flower as a symbol for spiritual processes, because once you live in the world of duality, filth is unavoidable. Whichever way you step in the world, somewhere you will step into it. If you are sincere with yourself, whichever way you step into your mind, you cannot avoid filth. Isn't that the reality?

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Only somebody who is blatantly lost in his moralistic nonsense believes he is pure-minded. Anybody who is sincere, looking at himself, he knows a part of him is utter filth. Nobody can avoid it. Only moralistic fools have closed their eyes to it; that doesn't mean they are free from it. So once you are sensitive to this, it will just destroy you. It will just eat you up. That is the very nature. Life is made in such a way, the beauty of the creation is that the ugly and the beautiful are always together. What is filthy and what is sacred is always together.

If one has to be in this world, transact with this world, be involved with this world and still go untouched through this world, one must be like a lotus flower. One must learn how to convert this filth into a fragrant flower. Otherwise some people get allergy towards the filth and go to the Himalayas. Wherever you go, even if you climb Mount Everest, on the first day you will be dazed

and feel all pure and wonderful. By day two your mind will come back and the whole world's filth will come back to you on top of Mount Everest. On the first day you are probably just dazed by the elevation and the lack of oxygen; but by day two the whole world will be there with you on Mount Everest.

Some people develop allergy, they try to run away. Some people think anyway the world is filth, let me also become filth. When you decide not to run away from the filth and not to become filth, now filth is tremendous manure, isn't it? The filthier the situations you live in, the wiser and more beautiful you can become, if you are willing, if your intelligence is functioning; if you are not reacting, but responding to life consciously. If you are reacting to filth, you will become filth. Or you will try to run away from the filth. If you are responding to it consciously, filth becomes a great

manure to produce a wonderful flower out of you, to bring out the most wonderful fragrance in you.

Gautama the Buddha repeatedly said, 'I don't want to go to heaven.' Everybody was talking about 'I am doing all kinds of spiritual sadhana; I want to go to heaven.' I see huge hoardings in United States 'All Christians are going to heaven. Are you missing out?' [*Sadhguru laughs*] Everybody wants to go to heaven. Gautama said, 'I don't want to go to heaven because anyway I am beyond all suffering; wherever you put me, this is how I will be. So let me go to hell. You say people are suffering there, so I will go and do something there; anyway I have made myself in such a way that I cannot suffer. So let me go to hell.' This man is free, isn't it?

'I want to go to heaven', why? Because somewhere you made a hell out of yourself,

that's why you want to escape to heaven, isn't it? If living here itself is a big heaven within you, where the hell you go, what does it matter? Wherever you go, this is how you will be. Either you create your situations or situations make you. These are the two ways to live. Some people are being created by situations, but some people are creating the situations in which they live, and that is the whole empowerment of being a human being.

So Isha means to become a creator. One part of you at least is in touch with that dimension in you which is the source of creation. Once you are there, the external upheavals of life have no impact on you deep down inside. You handle life to the best of your ability and that is all there is.

**Question:** Can I walk a path of spirituality devoid of yoga also?

**Sadhguru:** What is spirituality? Generally we think spirituality means going to the temple, going

to the church, going to the mosque and praying to God or whatever. Going to the temple, church or mosque and praying is not spirituality. 99% of the temple-going, church-going or mosque-going people, all that they have been taught and all that they are doing in their lives is 'Dear God save me. Dear God protect me. Dear God give me this. Dear God give me that.' That is not spirituality; that is just simple basic survival.

So what is spiritual? Right now your whole experience of life is limited to the physical, isn't it? It is in the very nature of things, that sense organs cannot perceive anything other than the physical. So when your experience of life is limited to sense perception, it is limited to the physical. Everything that you are experiencing is physical. Your body is physical, the world around you is physical, your wife, husband, child, this, that is physical. You have emotions about it, but they are still physical. Even your mind is physical.

For example, this microphone is a physical thing, isn't it? The electricity which is empowering this microphone is also physical. It is a flow of electrons. It is still physical, very subtle. Similarly as your body is physical, your mind is also physical. If I want, I can throw this flower at you, if I want, I can throw a thought at you; it is still physical, very subtle, but physical. So everything that is in your experience is physical.

Spirituality means, that you begin to experience something which is beyond the physical. The simplest possible way to put it: if your experience of life transcends the physical, and something other than the physical is happening, then we can say you are spiritual.

Now in what way is yoga connected with spirituality? Spirituality is just an aspiration. Yoga is the technology to get there, a method. It works on you on the level of your body, on the level of your mind, on the level of your emotion, on the level of

your energy; because these are the four dimensions in which you exist. Every dimension is a reality within you. See, God is not a reality in your life; it is just a belief. What kind of God you believe in is just what kind of social situations you have been brought up in, isn't it?

Whether your God has two hands or four hands or an elephant head or cat head or tail or whatever, is just according to the social and cultural influences upon you. So God is not a reality, it is your imagination, but your body is a reality, your mind is a reality, your emotion is a reality, and the energy which empowers all this is a reality. So these are the only four realities which are a living experience for you right now. So if you want to go from here to somewhere, these are the only four tools with which you can go. These are the only four vehicles you can use to transport yourself to another place. So for these four dimensions, we have four basic yogas.

If you use your intelligence and reach out to your ultimate nature, we call this Gnana Yoga. If you use your emotion and reach out to your ultimate nature, this is called as Bhakthi Yoga, yoga of devotion or emotion. If you use your physical action and reach out to your ultimate nature, we call this Karma Yoga or yoga of action. If you use your energies to transform yourself and reach your ultimate nature, we call this Kriya Yoga, yoga of transforming energies. So these are the only four ways. What this means is: your head, heart, hands, energy. These are the four dimensions of you. Is there anybody who is only head, no heart, hands, energy? Is there anybody who is just one big heart and not other things? Each human being is a unique combination of these four things.

Now if you want to progress somewhere, your yoga should be a combination of these four things. Why for ages, there has been so much stress

on the presence of a live Guru is simply because of this, so that he mixes the right concoction for you. It is because each one of you is a unique combination of these four dimensions, that a yoga that I apply for this person, if I apply to that person, it will not work. He needs a unique combination. So that is what is being done here. Though people are all sitting together in the same hall, we are not mixing the same combination for each person. You will see as a program progresses, towards the end of it, people will share as if they have been in different programs. We are mixing different combinations for different people, otherwise it won't work. That is why there is so much stress on a live Guru.

**Question:** Sadhguru, what is the point in pushing a man into the sea of duality where he can't even keep himself afloat?

*Sadhguru:* Now why creation, that is the question. One day God had nothing to do. So he was playing marbles. One marble fell this way and it became planet Earth. Another marble hit it and shot up and it became sun. Another smaller marble became moon and many other marbles he lost control of and they became whole galaxies.

Now this is a ridiculous story, you don't want to believe it. But if we had more time, I could tell you a story as long as Mahabharata and then you would believe it. If I make the story sufficiently elaborate, and logically sensible, you would believe the story. Anyway, when I tell you a story, what is the option that you have? Believe me or disbelieve me. That is all the option you have, isn't it? If you disbelieve me, what will happen? Nothing will happen. If you believe me, what will happen? Nothing will happen. You just have one more story to tell at the next dinner party that you have. [Laughter] But in what way will it transform

your life? In what way does it take you any closer to reality than you are right now? If I tell you stories, will you become wiser?

See right now, just because people believe these stories, they have become utterly stupid; so stupid that today the fight in the world, they are saying it is between good and evil; don't believe this. The fight in the world is not between good and evil. It is just one man's belief versus another man's belief, isn't it? Now this many people believe my story. That many people believe somebody else's story. Initially they say we are all brothers, we are together, this, that; but tomorrow when these people insist their story is right, and other people also insist their story is the real reality; can you stop them from fighting?

Anyway, they will fight. All the fight in the world is just one man's belief versus another man's belief. Simply because they believe things

that they do not know. Why are you not sincere enough to simply see that you do not know? If you see 'I do not know', what will you do? You will seek, because nobody can live with 'I do not know' for too long.

If you just believe something that somebody told you, it quells you. It puts you to sleep. But it doesn't get you any closer to reality as such. It just makes you believe one more story. Now these stories, they are very entertaining, culturally rich; but if you are looking for enlightenment, if you are looking for liberation, if you are looking for going beyond your limitations, they are of no consequence. If you are just looking for color, if you are just looking how to decorate your life, then culture is useful. So let's not destroy the culture. Let's enjoy the culture, but don't go by the stories. Don't believe or disbelieve the story, just enjoy it.

When it comes to creation, instead of asking why, if you see, right now you are a part of the creation, and like you said you are entangled and stuck and drowning in the creation. Not everybody maybe, but at least quite a lot of people feel like they are drowning, when things go wrong at least. So right now in some way you are entangled.

Now if you ask me how to go beyond this, instead of asking 'why creation', if you ask how to transcend creation, now I have a way. I have a method. I have a clear cut path as to how to go beyond this. But if you ask me why, I can only tell you a story. Even if the story that I am telling is actually true, as far as your experience goes, it is just another story. If it appeals to your mind, you will believe it. If it does not appeal to your mind, you will not believe it. So stories won't transform people. You believe God to be a demon or the demon to be a God; it makes no difference, because after all it is just your belief.

Shiva is called the *Mahadeva* in India. Openly in countries in the west, especially in United States, some people are going about campaigning he is a demon. For an Indian, he is the highest of the highest. The whole aspect of Shiva has been created with enormous care and understanding. It is not to be believed. It is to be used as a tool and a device in your life.

Shiva's personality has been created like this: He is the most beautiful and he is the most ugly. He is the most wonderful and he is the most terrible. His friends are all demons and freaks and goblins and all other kinds, but he is the highest God. It has all been created like this. He is the destroyer, but he is the very basis of creation. It has all been created like this, because if you can accept this one man, you will accept the whole creation the way it is. It is a tool, it is a device; but now you just made it into a story. Suddenly it is no more

transforming; it has lost its transforming impact upon you.

If you really use Shiva as a device to transform yourself, if you just see the evil and the good, the beautiful and the ugly, everything is a part of him, you would revere the ugly and the beautiful the same way, isn't it? That would be very transforming. But now you just believe the story, do not apply the device to your life, see no change. If you chant Shiva or Rama or whatever nonsense, nothing changes. But if you applied it the way it was intended, it would have transformed you tremendously.

**Question:** Sadhguru, what happens after death?

**Sadhguru:** Some things you will know only by experience. [*Laughter*] You want to know? It is best you know it only by experience. What happens

after death? If you want to know what happens after death, do you know what is happening right now with you, not as a person, as life? No. So when you do not even have the capability to know life which is kicking within you this moment, where will you get the capability of knowing what will happen after death?

So if you want to know the process of life, this is the moment, isn't it? Now you must make an effort to turn inward and go deep into yourself, to know the very fundamentals of who you are. If you know this, if you know the basic fundamentals of who you are completely now, even after this body falls apart, still you know the same thing. But if you do not know it now, the possibility of knowing it then doesn't arise, because right now you are better equipped. Right now you still have your intellect and discretion. When you shed your body you don't have these things; you just function by your tendencies.

So when your intellect is on, and you have the discriminatory power to see what is what, this is when you must see it. "What is happening with me right now? What is the nature of who I am right now?" If this becomes a living reality for you, knowing what happens later will be very simple.

**Question:** I know that my father is going to die soon and I would like to talk to him about it, but I think it is totally unacceptable in our society. Why can't we talk about death in a positive way in our culture?

**Sadhguru:** If you avoid death, you will avoid life also. Only that person who is willing to die can live totally. One who tries to avoid death will naturally end up avoiding life. Because what you call as life and death are not different. Right now, you are living. But actually we can say, slowly you are dying; one day the process will be complete. Being born in India, if you avoid death, then you

don't know anything about your culture. Because this very culture springs from being reminded of your death. Only when you remind yourself of your death, you will turn spiritual. If you think of God, fantasies will come in your mind. No spirituality will come.

Only when you realize, when you become aware, when you remind yourself, 'I will also die one day'; now a search comes. Somebody is around you right now, as much alive as you are, they are everything to you in your life; suddenly one day they are gone. When they fall dead, you think 'oh, maybe he is just sleeping; maybe he will sit up now, maybe some miracle will happen'. You know, the mind will work like this. Once you cremate him, you know, this is it. This person who was so alive, who was life like you, suddenly just evaporates. Wherever you look, he doesn't seem to be there. Gone. Just gone. And you know the same is true with you. Right now you are going about doing

your act, one day you will be gone, just like that. Once you are conscious of this, then naturally you will want to know what the hell this is all about. Then spirituality begins.

Only when you become conscious, only when you are reminded of your own death, you will become a seeker. When you think God, you are not a seeker. You are just looking for more foolish nonsense in your life; more greed, an easier way to get things. Only when you think death, you turn spiritual, you seek.

So not just the old people in your house, also the very young children in your house, you must remind them consciously all the time, very casually; not as some great doom that is going to come. Death is not doom. Death is just a natural process of life. You must tell your children always that this is not an endless game. This is a brief game. You are going to be dead one day.

Either people try to fall this way or that way. That is the problem. People try to avoid it, or people try to celebrate it. You don't have to avoid it, you don't have to celebrate it. If you are just aware of it, it liberates you. If you celebrate it, naturally, your emotions will glorify it, isn't it? It is a misunderstanding that you try to celebrate life or death. If you are aware, everything is the way it is and it is too beautiful. It is just fantastic. The intricacy of life, you don't have to enhance it by your celebration, nor can you bring it down by your gloom. Anyway, it goes on in a grand way. You don't have to celebrate; you just have to join the celebration. You trying to celebrate death will become death-orientedness, isn't it?

Suppose I go on telling you death is wonderful; really it must happen to you. Then you become like those UFO cult followers. You know those UFO cults in some of the western countries?

Some commit mass suicide. This is because they are thinking, that is better than this. Don't distort anything; just see everything the way it is. Death is a natural process of life, isn't it? Simply see it as what it is, do not celebrate it, do not become gloomy about it.

It happened, once a certain yogi was invited to a new house. You know, a rich man built a house. When they build a new house, they want some spiritual person to enter their house. So they invited the yogi. The yogi went, they welcomed him like a king, they served him well, they did everything for him, he ate well, he sat. Then they said, "You must give your blessings to us." So the yogi raised his hand and said, "Let your father die first, then you die, then let your children die." The man got wild. He said, "You fool, we welcomed you and treated you like a king and fed you like a pig, and now when I ask for a blessing, you say first

my father should die, then I should die, then my children should die?" The yogi was surprised. He said, "What is wrong? Is it not in the natural order of things that first your father should die, then you should die, then your children should die? Suppose you die before your father, would it be good? Or your children die before you, would it be good? The best thing that can happen to your life is, first your father dies, then you die, then your children die, isn't it? That means everything has gone well for you."





# Isha Foundation

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Sadhguru's tireless efforts towards bringing human well-being to all serve as the inspiration behind Isha Foundation's activities. Set up as a non-profit, non-political, and non-religious organization, the Foundation does not promote any particular ideology, religion, or race, but transmits inner sciences of well-being to multitudes of people across the world. In addition, it has also pioneered several projects of immense social value.

Isha Foundation functions through over 150 centers worldwide. It is enabled by thousands of active volunteers from Asia, Middle East, Europe, and the U.S., whose dedication, compassion, and spirit serve as an example of an inspired humanity.

## Isha Yoga Center

The Isha Yoga Center is located on 150 acres of lush land, at the foothills of the Velliangiri Mountains. The center provides a supportive environment in which people can shift to healthier lifestyles, improve their relationships, seek a higher level of self-fulfillment, and realize their full potential under the guidance of a Master.

It houses the Dhyanalinga, a multi-religious temple and meditation shrine, and the architecturally distinctive Spanda Hall and garden - a 64,000 sq.ft meditation hall. Also located at the Yoga Center are the Isha Rejuvenation Center and Isha Home School.

### Dhyanalinga

Dhyanalinga is a powerful and unique energy form created from the distilled essence of yogic sciences, by Sadhguru, and is the first of its kind to be completed in over 2,000 years. Dhyanalinga is a meditative space that does not

ascribe to any particular faith or belief system nor does it require any ritual, prayer, or worship.

## Isha Yoga Programs

Isha Yoga programs allow individuals to take tangible steps towards their inner growth. These programs are designed by Sadhguru and are a rare opportunity for self-discovery under the guidance of a realized Master.

An array of programs is conducted regularly by the Foundation worldwide. These programs establish optimal health and vitality, enhanced mental calm and clarity, and instill a deep sense of joy. They can be easily integrated into one's everyday life and embrace the human effort to reach inner awareness.

## Action for Rural Rejuvenation

Action for Rural Rejuvenation (ARR) is Isha Foundation's social outreach program, initiated in August 2003. ARR aims at providing comprehensive and ongoing rural rehabilitation

services, such as free medical relief, yoga programs, nature awareness programs, and community games to the heart of the rural communities of India; creating the opportunity for the villagers, including women and children, to take responsibility for their own lives, and restore and reach their ultimate well-being. So far ARR has helped over a million people, in more than 1,000 villages, in the southern states of India.

### Isha Rejuvenation

Surrounded by thick forests, at the tranquil foothills of the Velliangiri Mountains, Isha Rejuvenation helps individuals to experience inner peace and the joy of a healthy body. It offers a unique and powerful combination of programs, scientifically designed by Sadhguru, to bring vibrancy and proper balance to one's life energies. The programs contain a synthesis of allopathic, ayurvedic and siddha treatments, and complementary therapies, along with the sublime wisdom of various ancient Indian sciences and spirituality.

All the proceeds of Isha Rejuvenation contribute towards providing free health care to the rural villagers, under the ARR initiative.

## Isha Home School

Isha Home School aims at providing quality education in a challenging and stimulating home-like environment, designed specifically for the inner blossoming and the well-rounded development of the child.

With its prominent international faculty and Sadhguru's personal involvement in the curriculum, Isha Home School kindles the innate urge within a child to learn and know. Focus is given to inculcating life values and living skills whilst maintaining the rigor of academic excellence as per national and international standards. It does not propagate any particular religion, philosophy or ideology, but rather encourages the child to seek a deeper experience and inner understanding of the fundamentals of life.

## Isha Vidhya

An initiative under Isha Education Outreach, Isha Vidhya is a visionary project by Sadhguru that aims to empower rural children with world class education. The school adheres to matriculation syllabus with English as the medium of instruction along with exposure to computers, music, arts, yoga and vocational training.

The project envisions setting up of 206 schools over the next 5 years in rural Tamil Nadu, one in each taluk of the state.

## Isha Business Pvt. Ltd

Isha Business Pvt. Ltd is a venture that aims to bring a touch of Isha into the homes and environment of the community, and ultimately enrich people's lives. This opportunity is made available through its numerous products and services, from architectural designs, construction,

interior design, furniture design and manufacturing, landscape design, handicrafts and soft furnishings, to designer outfits from Isha Raiment.

All profits from this venture are used to serve the rural people of India, through Isha Foundation's ARR initiative.

## How to Get There

Isha Yoga Center is located 30 kms west of Coimbatore, at the foothills of Velliangiri Mountains, part of the Nilgiris Biosphere. Coimbatore, a major industrial city in South India, is well connected by air, rail and road. All major airlines operate regular flights into Coimbatore from Chennai, Delhi, Mumbai and Bangalore. Train services are available from all the major cities in India. Regular bus and taxi services are also available from Coimbatore to Isha Yoga Center.

Visitors should contact Isha Yoga Center for availability and reservation of accommodation well in advance of arrival to the center, as they are generally fully booked.

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For worldwide program information visit

[www.ishafoundation.org](http://www.ishafoundation.org)

## Further Reading...

- ◆ Encounter the Enlightened  
(also in French, Tamil, Malayalam, Telugu)
- ◆ Mystic's Musings
- ◆ Eternal Echoes
- ◆ Dhyanalinga - A Silent Revolution

## Music CDs (Audio)

- ◆ Eternal Echoes - Poems by Sadhguru
- ◆ Sounds of Isha
- ◆ Nadha Aradhana
- ◆ Dhyanalinga by Sudha Ragunathan
- ◆ Dhyanalinga by Bala Murali Krishna
- ◆ Nadha Bhrahma  
(Mystical renditions in Sadhguru's own voice)

## Video Discourses

- ◆ A Guru Always Takes You for a Ride
- ◆ Dissolving Your Personality
- ◆ From Creation to Creator
- ◆ Inner Management
- ◆ Why Suffering?
- ◆ Women in Spirituality
- ◆ A Culture of Peace
- ◆ Inspire Your Child, Inspire the World
- ◆ Good and Bad Divide the World
- ◆ Sexuality and the Divine
- ◆ Isha - Sacred Space for Self Transformation
- ◆ Ancient Wisdom for the Modern Mind
- ◆ Circus of the Intellect
- ◆ Enlightenment Life the Way it is
- ◆ A Taste of Oneness
- ◆ Leave Death Alone

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- ◆ Isha - Sacred Space for Self Transformation
- ◆ Encounter the Enlightened
- ◆ Eternal Echoes

All books and booklets, cassettes and CDs (in English and Tamil) are available in all leading bookstores.

*[www.ishafoundation.org](http://www.ishafoundation.org)*



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