



Sadhguru

# Culture of Peace

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**Culture of Peace**  
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When World War II ended in 1945 many nations around the world vowed that they would never fight again and never create such a horror that killed over fifty million people. But the reality is there hasn't been a single day's break in fighting since 1945. Some battle has been going on somewhere or the other on the planet. This is a clear declaration by human beings that the way we are right now, we are incapable of being peaceful.

Whenever conflict flares up in the world today, people talk about peace. We need to understand, peace is not something that we have to create. Conflict is our creation. If human beings disappeared from the planet, the world would be very peaceful. If you don't create conflict, there is peace.

What is the cause of today's conflicts? Conflict happens on many different levels. There is conflict within the human being himself, which extends everywhere. There is so much conflict within the family, and you see conflict in the neighborhood – maybe they are not using guns and bombs, but friction among human beings happens on so many levels. Between communities, religious groups, nations and groups of nations, there has always been conflict. Conflict is as old as humanity. It has always been there, but we have not looked for an enduring solution. We have always looked at how we could patch it up. If two groups of people fight, they organize a peace meet and patch up the issue and carry on, only to see it flare up again in some other form, and still later in another form.

Conflict is not new on this planet. It has happened in so many forms. If you look back on history, the maximum number of wars and killing have happened mainly in the name of religion. That's very unfortunate. The religions of the world, which should have been a source of peace, are responsible for the maximum amount of conflict. So many people have been killed and the most horrible atrocities have been committed worldwide in the name of religion.

So, are we looking for one more patch-up job or are we looking for an enduring solution on the planet? If we are thinking of building a culture of peace, we need to understand that culture is

not something that will happen overnight. Culture does not happen because of a resolution or because someone passes a law. Culture is created over a period of time. If a whole generation of people live peacefully, then and only then, a culture of peace could extend itself to the next generation. If we are thinking of creating a culture of peace, we need a dedicated long-term approach to peace, not just an immediate solution for the existing problem. Otherwise, we will have a new problem tomorrow.

If you look at it only on the surface, there seem to be various causes behind the battles and conflicts on the planet. But when you actually examine it, the fundamental problem is one of give-and-take. With every transaction we have with each other, what is my profit is your loss and what is my loss is your profit. This is the way every transaction takes place. It is always give-and-take; someone makes a little more, someone a little less. This is bound to happen. If we get angry and disturbed within ourselves whenever we make a little less in a transaction, peace is not going to happen. Whether it is within the family or between nations, this is the main problem. We are asked to share something that we are not willing to share. On the surface, they may paint it as good and bad. It is not true. It is a question of who is getting more and who is getting less.

Sometimes in the process of living, we have to give in a way that may seem unfair to us. We are placed in moments of disadvantage. The volume of it may vary from person to person according to his life situations, but every one of us is subject to some situations which seem unfair to us. If we flare up within ourselves when these things happen, conflict in the world will be a natural consequence. If we don't have peaceful human beings on the planet, having a peaceful world is just a pipe dream.

Right now, the nations of the world talk about peace only when they are at a disadvantage. When they are at an advantage, they talk about war and aggression. This is true with every individual also. When he is in a position of disadvantage, he will talk about peace and compromise. When he is in a position of advantage, he will talk about going and getting what he wants.

There is a beautiful story that I must tell you. When present-day Russia was still the Soviet Union and communism was the law, people were very excited because communism seemed like a great idea. The basic principle of communism is that human beings exist according to their need not their greed. What happened to it later is a different factor, but the basic principle is that everyone shares everything and lives together. A sense of community among a whole lot of people, and a whole nation living like a community, is the ideology behind it.

The idea excited a certain American author very much. It is a fantastic idea – sharing as a way of living. The people who have more give it to the poor. He wanted to witness it for himself, so he visited communist Russia. He was walking on a village road and he saw an old man walking with two hens under his arms. He caught up with the man and asked, “Comrade, is it true that if you have two houses, you will give away one house to someone who doesn’t have it?”

The old man said, “Yes, comrade, of course. If I have two houses I will give it away to my poorer comrade who doesn’t have it.”

“That’s amazing,” he said. “That’s really great. If you have two carriages, will you give away one carriage to the poorer comrade?”

The man said, “Yes, of course, if I have two carriages, I will give away one to

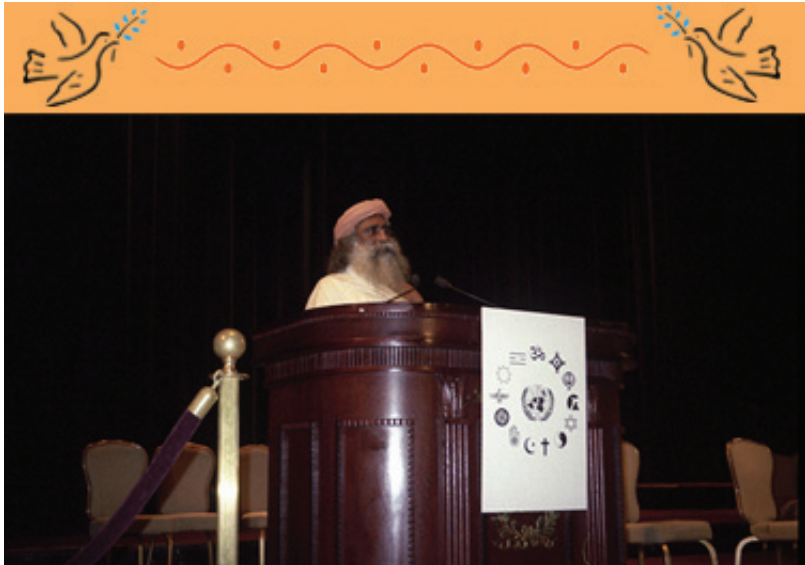
the poorer comrade.”

“That’s great. These two hens, will you give away one hen to your poorer comrade?”

“Are you crazy?” the old man replied. “I have only two.”

People are willing to share what they don’t have, not what they do have! People who don’t have, talk about sharing, compromise and peace. People who have it all, are always going after and getting what they want. You cannot create peace with this attitude because those who are powerful will always want to get more. Today, ninety percent of the world’s resources are in the hands of five percent of the people. When this is the attitude, peace is difficult.

If we want to create peace, if we are thinking of a culture of peace, the first step each of us has to take is to start with ourselves and figure out how to make this one person into a truly peaceful being.



*Sadhguru at the United Nations for a Millennium World Peace Summit of Religious and Spiritual Leaders in August, 2000.*

*“Our inner atmosphere must be ruled by us, and only by us. Only then we can call ourselves human.” – Sadhguru*

A peaceful being does not mean a passive being. Especially the youth of the world tend to understand peace as passivity, and violence as action. That's not true. You can be very peaceful within yourself and still do whatever is needed. In fact, whatever is needed can be done well only if you are peaceful within yourself. When people are angry, they tend to do the most idiotic things with themselves. When you are angry, do you function intelligently or do you do stupid things to yourself? Maybe you don't do anything to anyone else, but you are creating unpleasantness for yourself. What would you call anyone who creates unpleasantness for himself: an intelligent man or an idiot? There is sufficient unpleasantness in the world around us. You



don't have to create unpleasantness within yourself. But right now, this has become the culture: if there is unpleasantness outside, we make ourselves unpleasant too.

If you learn how to be peaceful within yourself in the most difficult situations in your life, only then can we build a culture of peace over a period of time. If you can't keep your mind peaceful, the question of keeping the world peaceful is just impossible. If people who talk about world peace are not able to remain peaceful for a single moment in a day, they are just a joke, I would say.

How is it possible to be peaceful when injustice is occurring? If we are interested in a solution, it is extremely important that we know how to keep our peace especially when things are going wrong around us. If we are interested in adding to the problem, we can also become a problem. When you lose your peace, you are definitely adding to the problem and not the solution.

This is not about being merciful. There may come a time in our lives when we have to stand up and fight a war. But we can approach even that with peace in our hearts. When we approach it that way, we will fight only to the extent that is necessary. But when we are in anger and hatred, for one injustice we will cause another. This is what is happening in the world today. One group of people inflict injustice on another group. Then the other group wants to outdo the first group. If each one wants to do something more than what the other did, there will be no end to injustice.

But the question is, how can you be peaceful? This is something that most human beings have not addressed scientifically. We think if everything around us is good, we will be peaceful. That's not true. One thing we need to understand is, whoever we are, wherever we live, however powerful we are, even if we are superhuman, we don't have absolute control over the situations in which we live. We can never have hundred percent control. We can only control our situations to some extent. So if you expect that everything around you should be good before you can be peaceful, that means you are saying peace is impossible!

You don't need a war to be angry. A little thing that happens in your family can keep you angry for twenty years. No one has to bomb you or shoot at you to make you angry. Just one word that you did not like can keep you angry for twenty years. If you go by this, it means that you have chosen to be a slave to other people. If other people are going to decide your inner climate, it definitely means that you are the worst kind of slave to them.

Other people decide our outside atmosphere to some extent. We cannot help it. The outside atmosphere is ruled by many forces and never hundred percent by us. But our inner atmosphere must be ruled by us, and only by us. Only then can we call ourselves human. Otherwise, we would just react like animals. All our humanity will be lost. When you are angry, your humanity is lost, isn't it? If you lose your humanity just because someone is doing something stupid in the world, have you done any good to yourself or the world that you live in? So the first and most basic question is, is it not extremely important for every human being that he, and not someone else, decides what happens within himself?

Every human being would like to retain his inner nature the way he wants it, not the way someone else dictates it. But right now, most people don't know how to be peaceful. They need a proper technology. If it is a question of technology, there is a wonderful technology, a simple process with which one can remain peaceful within oneself.

This is not a belief system or about being merciful to those who torture you, because that would be impossible. People have been taught these things for ages: "Be kind to your enemy." Is it possible for you? You may say it, but when you are really tortured and things that you really value are desecrated, you will flare up in anger.

What we are offering is technology. Today, we have learned to control our climate with modern technology. If the outside atmosphere is cold and our bodies don't like it, we can create a suitable temperature in our rooms the way our bodies like. Similarly, there is a science and technology to control our inner climate, which we have not applied sufficiently. We are just trying to somehow bullshit ourselves into wellbeing.

It happened one day, a bull was grazing upon the grass and a pheasant was picking ticks off the bull. They were partners. There was a huge oak tree at the edge of the field. The pheasant looked up at the tree very nostalgically and said, "Alas, there was a time when I had the strength to fly to the topmost branch of the tree. Today, I cannot even fly to the first branch of the tree. I have no strength left in my wings."

The bull very nonchalantly said, "That's no problem. Just eat a little bit of my dung every day. Within a fortnight, you will reach the topmost branch of the tree."

The pheasant said, "Oh, come on! What kind of nonsense is that!"

The bull replied, "Really! Try it and see. All of humanity is on it."

Very hesitantly, the pheasant started pecking at the dung, and lo, on the very first day it flew to the first branch. Within a fortnight it reached the topmost branch of the tree. It went and sat on the top branch. Just as it was beginning to enjoy the scenery, the old farmer, who was sitting and 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. The moral of the story is: bullshit can also get you to the top, but it never lets you stay there.

Right now, people are trying to bullshit themselves into inner wellbeing. Just for a moment they are peaceful and happy. If something goes wrong outside, they crash. If someone else decides what you should wear, what you should eat and how you should be, it is called slavery. But right now, just about anyone can decide what is happening within you. Anyone can hijack the peace within you at any moment and make you angry and hateful. Anyone can create what they want within you. Is this not slavery? This is the worst form of slavery. Unless one releases himself from this slavery, peace as a culture is a faraway thing.

Before looking at how the world should be, you should look at how you should be within yourself. If you can't keep yourself peaceful, keeping the world peaceful is just empty talk. Young people, who

have their life ahead of them, should first invest a certain amount of time on their inner wellbeing. How you should be within yourself should be a primary concern.

Today, it is entertainment for people to talk about world peace. I have been to a number of international conferences and what I see is, people simply enjoy talking, they are not serious about what they want to do. Ninety percent of the people seem to be happy that they got a ticket to travel, they are staying in some big hotel, and that's it! I don't see the seriousness in people – that they are there because they are interested in creating peace.

This is because violence has its investment and conflict has its benefits. Someone is benefiting from the whole thing and it is a charade that is kept up. Many people have not suffered the pain of conflict, they do not know what it means to really be hit by these things. They only see it on television, as some kind of excitement, seeing bombs blow up and body parts fly all over the place. These kinds of movies are popular. And now, you don't have to see any movies because it is on the news every day. Somehow, people are not serious about peace, except those who are really hit by its absence.

If this has to change, the first thing a human being has to learn is to be peaceful within himself. As there is a science and technology to create external wellbeing, there is a science and technology to create inner wellbeing.

What is inner peace? There are many ways to look at it. The simplest way to look at it is, let's say you lose your peace today. What will happen? Maybe you will go home and quarrel with your husband or wife. The next thing you will do is yell at your neighbor, and then go to work and yell at your boss. The moment you yell at your boss, people know you need medical help. So they take you to a doctor and he gives you a pill. A pill is just a certain measured amount of chemicals. If you put this little chemical pill into the body, suddenly you become peaceful. Maybe only for a little while, but you do become peaceful.

So what you call peace within yourself is a certain kind of chemistry. Similarly, what you call happiness, misery, anxiety, suffering, anger, and hatred have a certain chemical basis within you. There are simple methods with which one can create the right kind of chemistry within oneself. If you are willing to invest just a few minutes a day in your inner wellbeing, being peaceful and happy within yourself becomes natural. Once individuals are peaceful on this planet, you don't have to do anything to make the planet peaceful. The world is not peaceful only because human beings are not peaceful.

Until now, we have not done any concrete work in the world to make individual human beings truly peaceful. We are always talking about nations and communities being peaceful. Issues between nations or communities or religious groups can be handled as issues if the human beings talking about the issues are peaceful. When the human beings who are approaching peace are not peaceful, the possibility of peace is so far away.

We have gone through enough nonsense, enough violence, enough killing. We need to do something long-term and concrete to establish a culture of peace. And it is possible. But it cannot be done overnight. People should be willing to do something about themselves and the situations around them. Wherever we come in contact with other human beings, we should be willing to do that little bit, in every activity to establish an atmosphere of peace within ourselves and outside of ourselves.

Will that make the nations in the world stop their invasions? Please know that the nations of the world are all led by human beings, not by some demons. They are human beings who are not identified with their humanity. People are identified with their nations, their religions and their communities, but not with their humanity. If people were identified with their humanity, we could always sit down and talk, and finish these issues between us in some way because there always has to be some give and take. But right now, these issues cannot be settled because we are in a state of anger and hatred. We are unable to bring ourselves to some sense of peace. When this does

not happen, every little issue gets blown out of proportion. For every little thing we end up fighting with each other.

The world is not a globe. The world is its people. Without attending to individual human beings, trying to bring about any kind of change in the world has only led to more problems. If you look back on the many revolutions which happened in history, they were brought forth because people perceived a certain situation as injustice and their anger arose. Out of this anger, they placed themselves into intense action in social and national situations. Generally, the situations which happened during revolutions were much more horrible than the situations which existed before the revolutions. And most of the time, all that we achieved was to replace one tyrant with another. As far as individual human beings were concerned, there was no basic change in their experience of life within themselves.

You cannot bring about individual wellbeing by changing social, national and economic situations. You can only create a conducive atmosphere for individual wellbeing. If individual wellbeing has to happen, we need to attend to individual people. If each individual begins to experience himself as a human being, if he allows his humanity to flower within himself, there will be peaceful human beings and a peaceful world. So our interest should become people.

It once happened, the chief of a cannibal tribe, Mr. Boomboom, got into business class in a Lufthansa flight. The hostess came up to him and asked, "Sir, would you like to have wine – French, Spanish, German or California?"

He asked for French. She pulled out a glass to serve him. He said, "No glass. I want the bottle." And he drank up the whole bottle.

Rolling her eyeballs, the hostess asked, "Sir, would you like to see the menu card?"

Mr. Boomboom replied, "No, give me the passenger list!"

So our interest should be people.

We need to understand that a human being is enormous energy and

tremendous potential. If he doesn't find expression to his energies and harness and direct them properly, he will invariably perform violent acts. Violence does not necessarily mean you go out and kill someone. You are angry, this is violence. You are irritated, this is violence. You cannot sit still, this is violence. If we do not root it out from its innermost core, peace will not happen.

The reason why humanity is ill is simply because they do not know how to be still. If only human beings knew how to be still – not dead and still but absolutely still with great intensity – you would see all violence would simply evaporate from the planet. The science of yoga is just this: learning to harness and direct your energies in the right way so that who you are finds its ultimate expression. If you do not allow this energy which you call as life to find its expression, it naturally tries to find its way out in violent ways.

If you look at the world today, almost everything is becoming violent. Our music, our dance, our culture, the very way we move and do things in our lives is becoming violent. Once in a way it spills over onto the street. You should not be surprised by that. Look at yourself as an individual and see how many moments in a day you can't stand the person who is sitting next to you. Trying to hold yourself back is going to work only for a certain period of time. Somewhere it is bound to explode.

Peace is something that people have not even tasted within themselves. What right do they have to expect it in the social and world situations? A year ago, I happened to be in a major peace convention. Everybody talked about peace and towards the end, because they made the mistake of inviting me, I stirred up a few things and somehow they did a little bit of searching within themselves. In the final conclusion, the person who was leading this asked, "How many of us can sincerely say we are peaceful? Let's raise our hands." No hand went up.

Somehow, individual human beings need to become peaceful. Only then is there a possibility for a peaceful society on this planet. Is such a thing possible? Do not think of the future of the world on the basis

of existing realities. Existing realities on the planet could be changed in a moment, because they do not take into consideration people's will, commitment and the love in their hearts. Existing realities just look at the number of people that died today and the number of bombs that exist on the planet. Statistics and existing realities do not consider what is beating in the human heart. If only we can stoke that, if only we can stir up what is happening in individual hearts, peace is definitely a possibility. If we dedicate ourselves to making this happen around us, we can see something tremendous and dramatic happening on the planet in our own lifetime.



*Sadhguru has been a regular speaker at the World Economic Forum at Davos, and has been working with top business leaders to create a more inclusive economic model.*

*“When we cannot keep our minds peaceful, how can the world be peaceful? The world outside is a reflection of the human mind.” – Sadhguru*

**Questioner:** In our consumer societies today, we see vast waste and irresponsible use of resources and materials. Shouldn't there be some humility on the part of people towards the resources and energy that nature has to offer?

**Sadhguru:** You don't need humility to handle the planet gently. You



just need a little more wisdom, an understanding that the resources you are using are limited. There are no unlimited resources on the planet. With the kind of technologies we have today, we are so greatly empowered in our ability to use things that we can use up the whole planet in the next twenty-five years. We are capable of that. So, as power comes into our hands, wisdom also should enter our heads. That has not happened. That's because, once again, we have not worked on individual human beings.

The way education systems are structured, they are just about information. All of modern science and technology is about how to use every creature on the planet for our benefit. We have used the planet enormously. In the last hundred and fifty years, we have done too many things on the planet. In spite of that, are human beings any happier than what they were a hundred years ago? Comfort has come like never before, but wellbeing has not come. Never before has a generation of people been this comfortable or had the kind of conveniences we know today. In spite of that, people are not any happier. They are getting more and more desperate. Humanity is experiencing psychological ailments like never before simply because people are not happy.

People are not settled within themselves because we have not paid attention to that dimension. We have always believed that fixing outside situations will fix our lives, but that's not true. We have to do something with the inner situations too. If we experienced a certain sense of peace and happiness within ourselves, we would do what is needed.

The whole of humanity today is in pursuit of happiness. When you are in pursuit of happiness, you are in desperate action. When someone is in desperate action, you can't tell him not to do this or that. He will find devious ways to do it. When human beings are peaceful and joyful within themselves, they will do just what is needed, nothing more, nothing less. Today we are doing everything in excess simply because our happiness is "out there." We have to go and get it. Our idea of happiness is being one up on somebody else.

When you are in a race like this, you cannot stop. When people are racing like this, you cannot tell them, “Don’t race. This is going to destroy the environment!” That is what is happening in the world today.

Those who are powerful and capable are going all out, but they are telling the poorer nations in the world, “Save the environment.” This is the policy that has been adopted internationally. This is policy within the city and the community as well. Those who are powerful or rich, they have everything that they want. But they are telling other people to go slow on the resources of the planet. This won’t work. This will only bring resentment.

We are making economics the most important aspect of human life. Your love, your joy, your freedom, your sensibilities – none of these are important now; the most important thing is economics. Once you are like this, fighting is inevitable because the engine of economics is not something that you can hold back and stop somewhere. It has to go on, that is the only way it can run. Living on a planet with limited resources, if the engine of economics drives our lives, war is inevitable, peace is impossible.

Economics is important, but if it becomes the fundamental driving force in our lives, we naturally become suspicious of everything around us. You can see this happening in the world. The more affluent societies become, the more suspicious they become of everyone else in the world. You can see this with individuals, with communities, and with nations. We don’t trust our neighbors anymore. Statecraft means to be suspicious of everybody in the world.

Once, a soldier was caught behind enemy lines and was put in a prisoner-of-war camp. His injuries got infected, and after a few weeks his leg had to be amputated. So, the prisoner requested the guard, “I know you have a break this weekend. You are going out of the camp. They are going to amputate my leg just before the weekend. Can you take my leg and send it by mail to my country so that my leg at least can be buried in my motherland?” Out of sympathy and one little expression of humanity, the soldier agreed, took the leg and mailed it.

After a few weeks, the other leg got infected. It needed to be amputated too. Once again the same request was made and the leg was mailed. Slowly, parts of the prisoner's body started coming off like this. Then the commandant smelled something and he asked the guard, "What is happening here?" The guard explained about the prisoner's request and how he had been mailing his body parts. When he heard this, the commandant roared, "You fool! Can't you see? He is escaping in parts!"

We are suspicious of just about everything. With such suspicion about each other, peace cannot happen. It is a castle in the air. There is no foundation for it. Unless the other dimensions of life are enhanced in every individual and valued in social situations, peace is not even a possibility.

We need to create a society where our values are more spread out to all aspects of life. Music, art, love, care, all these things are as important as economics. Maybe the stock market wouldn't hit 20,000, but generally, people would smile more, be a little more happy, a little more loving – life would be more beautiful. We must make this happen in our own lives and around us in society.

**Questioner:** I would like to know about your concept of God.

**Sadhguru:** When you say "concept of God," first let us understand what a concept is. A concept means something that human beings make up. So are you talking about what human beings have made up?

**Questioner:** What is your concept?

**Sadhguru:** And suppose I don't have any concept? Tell me, do you want to know about the concept of God or do you want to know what the reality is?

**Questioner:** What is reality for you may not be reality for me.

**Sadhguru:** There is no reality according to me and according to you. Reality is one. If we were in touch with it, there wouldn't be a

problem. The problem right now is we believe in different kinds of concepts. Every culture and group has their own concept about God, and this has been a basic point of conflict in the world. Your God is one way, somebody else's God is another way, and these two people are fighting. All the God- people are constantly quarreling. Unfortunate, isn't it? This is simply because we have given ourselves to concepts, not understanding that the very word "concept" means "made up."



*In June 2013, Sadhguru initiated a session of Interfaith Deliberations on the "Universality of Religions", bringing together leaders of major faiths to promote harmony between the various faiths.*

*"The conflict in the world is always between one man's belief and another man's belief." – Sadhguru*

What kind of gods you made up is purely cultural. Whatever kind of culture you have been exposed to, that is the kind of god you talk about. In India, there are three hundred thousand gods – a very rich culture! It will confuse the hell out of you. That's good. Confused people are better than people who have drawn wrong conclusions, because people who have drawn wrong conclusions go at it with full gusto. Confused people hesitate to fight.

This “concept of God” idea has come to you simply because people have fed you with belief systems for ages. What you believe need not have anything to do with reality. From the day you were born, if we worked hard enough on you, we could have made you believe just about any kind of nonsense. We just have to work on you, that’s all. Just look at the different kinds of belief systems that exist around the world. Someone else’s belief system looks absolutely ridiculous to you, but they are laughing at your belief system too. We are influenced by the kind of culture we grow up with. Our whole mind grows around that. So, developing more concepts of God is of no use to anyone because it has not brought peace to any human being or to society or to the world at large.

From where is it that you got the idea of God? You were born and opened your eyes. The whole creation was already out there. Obviously, you did not create it. Your logical mind concluded, if there is creation, there must be some Creator. Whatever was culturally convenient for you, you accepted that kind of Creator without questioning it. But fundamentally, only because you experienced the creation did you think about the Creator. Suppose everything was vast emptiness and there was no creation. Would you think of a Creator? Only because you saw creation and you have no explanation, you came to a childish explanation of a Creator sitting up there in the heavens and doing everything. This is true of different cultures. If you expose yourself to other cultures then it will be fun to look at how many varieties of concepts are there in the world about God and this existence.

Whatever concepts we came to believe in have come to us only because we tasted creation. We wanted an explanation for the creation, so we created a Creator in our minds. Does He exist or not? I am not questioning that. I am just talking about your experience. If you have to experience something, you must see what means you have to experience it.

If you want to experience the Creator, right now the only thing you have is belief. The conflict in the world today is always between one man’s belief and another man’s belief. It is not between good and evil as people are projecting it to be. You believe in one thing, somebody else

believes something else. Immediately there is conflict. Initially, we may say, “No, we are all brothers.” But tomorrow when you insist that what you believe is right, and I insist what I believe is right, we are bound to fight. We have seen enough conflicts like that on the planet over and over again. But we still go on in the same way.

What you believe and disbelieve have nothing to do with reality. It has simply got something to do with how much influence somebody has had upon you. Then what are the means with which we can experience reality? If a god is sitting up in heaven, we don't know how to get there. Though people have been promising us that they will take us there for a long time – in every culture – you didn't see anybody who went there and came back and told you, “Yes! This is it!” They promise heaven because they are making a hell out of this place.

The only thing that you have in your experience is what is called “you.” You can experience this being. When you were born, you were so small. But now you have become quite big. How did this happen? You did not go for any weekly stretching. This happened because something within you is creating you. Or in other words, the source of creation seems to be functioning from right within yourself. So, in a way, what you call the Creator is functioning from within yourself.

If you really want to know reality, you must see how to turn your attention inward. When I say inward, I am not talking about the body or the mind. Your body is something you slowly accumulated over a period of time. What you call “my body” is just a heap of food that you have eaten. What you call “my mind” is just a heap of impressions that you gathered from outside. What you gather can be yours, but it can never be you. So these two things are still outside. Yoga and meditation are simple ways to turn your attention inward and begin to experience how this source of creation is functioning from within you. If this experience comes into the grasp of a human being, everything about him will change. Not because he wants to change, but simply because the very perspective of life will change.



# Be Breathe BLOSSOM

## ***Technologies for wellbeing***

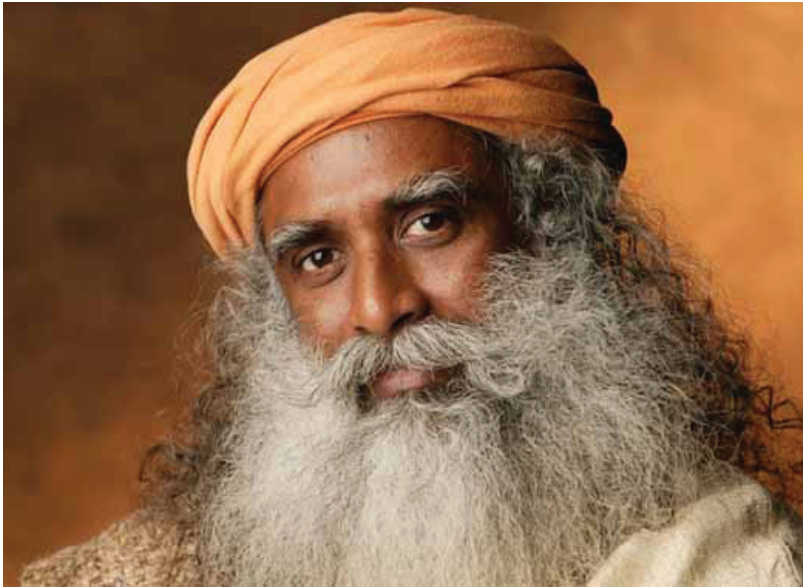
### **Isha Kriya**

Isha Kriya is a simple yet potent practice created by Sadhguru. *Isha* refers to that which is the source of creation; *kriya* literally means “internal action.” Isha Kriya is a powerful meditation to help an individual get in touch with the source of his existence, to create life according to his own wish and vision. Daily practice of Isha Kriya brings health, dynamism, peace and wellbeing.

Isha Kriya is a 12 to 18 minute practice, available as a guided meditation at [ishakriya.com](http://ishakriya.com). To bring peace and joy into your life, try Isha Kriya.



## *Sadhguru*



Yogi, mystic and visionary, Sadhguru is a spiritual master with a difference. An arresting blend of profundity and pragmatism, his life and work serve as a reminder that yoga is not an esoteric discipline from an outdated past, but a contemporary science, vitally relevant to our times. Probing, passionate and provocative, insightful, logical and unfailingly witty, Sadhguru's talks have earned him the reputation of a speaker and opinion-maker of international renown. With a celebratory engagement with life on all levels, Sadhguru's areas of active involvement encompass fields as diverse as architecture and visual design, poetry and painting, ecology and horticulture, music and sports.

Sadhguru is also the founder of Isha Foundation, a non-profit organization which has been dedicated to the wellbeing of the individual and the world for the past three decades. Isha Foundation does not promote any particular ideology, religion, or race, but transmits inner sciences of universal appeal.



[Sadhguru's Official Website](#)

[Sadhguru's Youtube Channel](#)



[@SadhguruJV](#)



[Sadhguru](#)

### *World Peace Day*

In honor of United Nations International Day of Peace on September 21<sup>st</sup>, [Isha Foundation](#), an international non-profit human service organization, will host a day-long celebration of entertainment and discussions at the [Isha Institute of Inner-sciences](#), Tennessee, USA. The event will feature talks by prominent speakers and thought leaders, group meditations, a concert by the band, The Mowgli's, and much more!



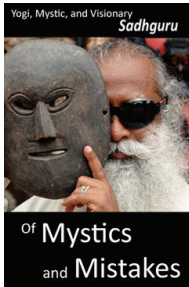
The main events include Arianna Huffington, president and editor-in-chief of The Huffington Post Media Group, in conversation with Sadhguru, and a panel discussion on peace and conflict with panelists, Kathleen Koch – bestselling author and journalist, Sandy Tolan – journalist and associate professor at the Annenberg School for Communication and Journalism at USC, and Dr. Elizabeth Lindsey – the first Polynesian Explorer and female Fellow of the National Geographic Society. The discussion will be moderated by Becky Magura – Chair of the National Educational Telecommunications Association's Executive Board, USA.

For more info, visit [worldpeaceday.org](http://worldpeaceday.org). Stay tuned at the [Isha Blog](#) and Sadhguru's twitter feed for live updates.



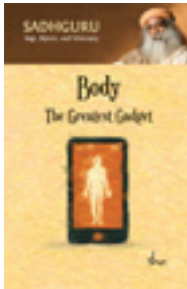
## *Other Books by Sadhguru*

### *Of Mystics and Mistakes*



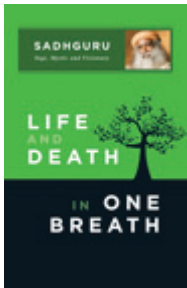
“There are only two types of people: Mystics and mistakes,” says Sadhguru. That sounds damning, but mistakes can thankfully be rectified, and that’s the hope this book holds out to seekers. It reminds us that each one of us can make the journey – from confusion to clarity, from error to enlightenment, from self-deception to self-discovery – if only we choose.

### *Body: The Greatest Gadget*



Body: The Greatest Gadget is an introduction to the most sophisticated gadget on the planet. It is a first step on an intriguing and exciting journey that culminates in total mastery of the system, allowing us to stay rooted in the physical, and yet taste the beyond. Above all, the book is a glimpse of a possibility to live and function in a way that most human beings would consider superhuman.

### *Life and Death in One Breath*



In this book, with his extraordinary insights, coming from a profound inner experience, Sadhguru reveals that life and death are, in fact, two sides of the same coin. It is only by embracing both that we can break the shackles of our self-made struggles and be set free. With numerous vibrant colour images, the book is a breath-taking journey through Sadhguru’s wisdom.

*All Isha books are available for digital download at [ishadownloads.com](http://ishadownloads.com). Paperbacks can also be ordered online at [ishashoppe.com](http://ishashoppe.com), or purchased at all major bookstores.*