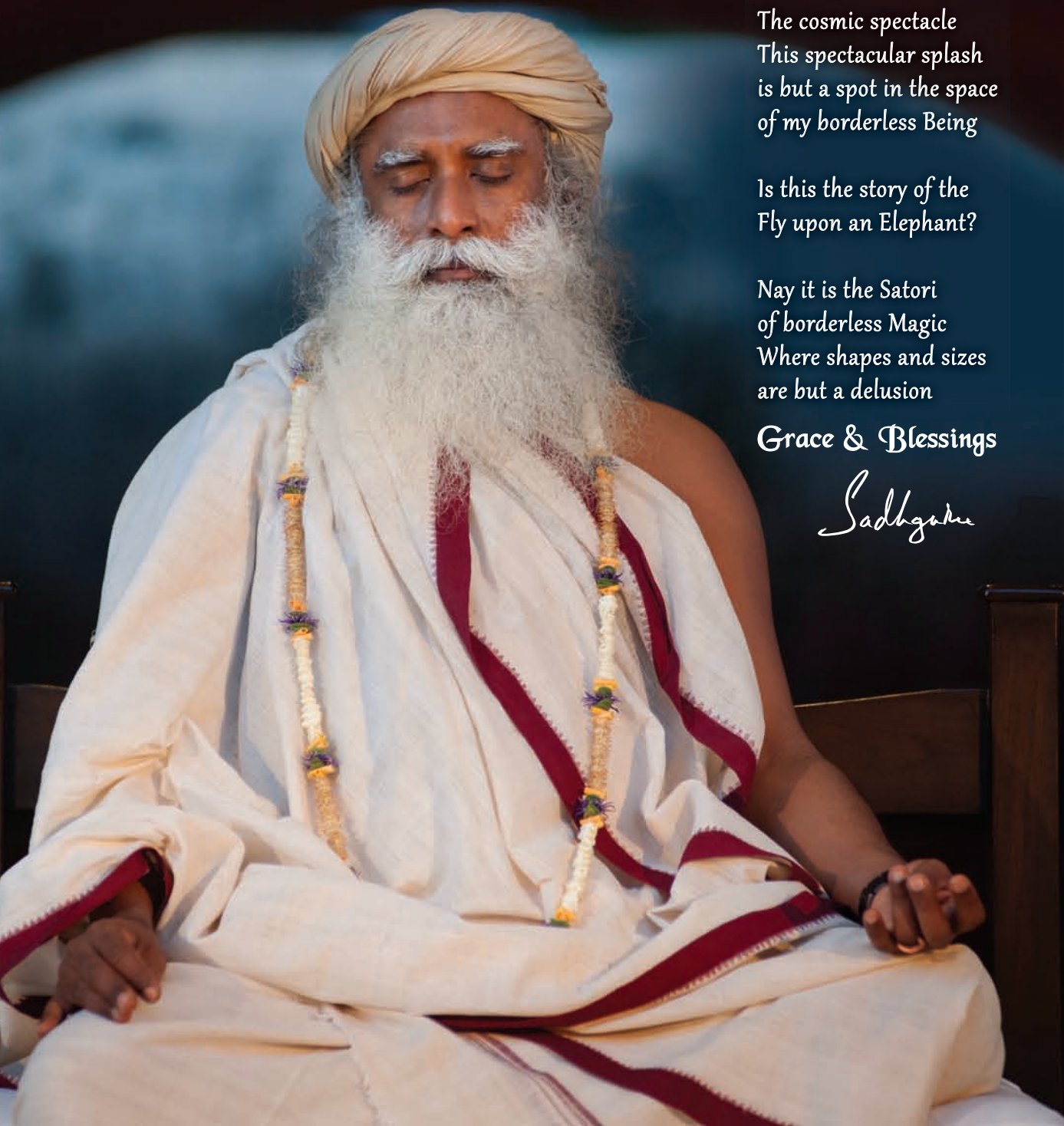


isha

# FOREST FLOWER

Volume - 1 / Issue - 3 ₹15

Annual Subscription ₹180 December 2013



## Satori

The cosmic spectacle  
This spectacular splash  
is but a spot in the space  
of my borderless Being

Is this the story of the  
Fly upon an Elephant?

Nay it is the Satori  
of borderless Magic  
Where shapes and sizes  
are but a delusion

Grace & Blessings

*Sadhguru*



## Editorial

### Dear Readers,

On an average, we human beings spend a third of our lives in slumber. Are there ways to sleep less while at the same time amplifying our aliveness? How significant are visions in sleep, and can sleep become a part of our spiritual process? In our Lead Article, “*Sleep Your Way to True Aliveness*,” Sadhguru discusses these and other questions around this vital topic.

The article “*Taking Specific Steps towards Truth*” wakes us up to the fact that transformation is not an automatic process or a large, one-time shift – it takes conscious effort and steady application. Read how taking small but consistent steps can change our lives.

To take our individual growth forward, Sadhguru’s latest book – “*Three Truths of Well Being*” – provides concrete methods that empower our body, mind, and energy for joyful living. We offer you a sneak peek into Sadhguru’s first “self-help” book, which will be available in print and for download from December onwards.

This month’s Leela episode deals with another fundamental aspect of life – death. In response to a participant’s question, Sadhguru explains a key verse of the Bhagavad Gita, in which Krishna speaks about “*Dying in Awareness*.”

In our excerpt from the “Spot,” Sadhguru shares very rare and personal insights as a father and a connoisseur of Indian classical dance. Make sure not to miss “*Bha – Rha – Tha*”!

Bharat as a nation and its culture also feature in the third part of Sadhguru’s conversation with Tarun Tahiliani, in the context of priorities in life and education in India.

Enjoy the read!

*The Editorial Team*

---

### Isha Forest Flower – ONLINE!

To receive **free downloadable PDF versions of Isha Forest Flower** along with your print subscription, please **submit your subscription number and email address** at [www.ishafoundation.org/Online-Community/forest-flower-subscribers.isa](http://www.ishafoundation.org/Online-Community/forest-flower-subscribers.isa)

---

**For subscription inquiries, please contact our Subscription Office:**

(044) 45011137, 96770 16700 – [subscriptions.FF@ishafoundation.org](mailto:subscriptions.FF@ishafoundation.org)

To change your mailing address online, visit: [www.ishafoundation.org/ForestFlower](http://www.ishafoundation.org/ForestFlower)

---

### Editorial Team:

Isha Forest Flower c/o Isha Yoga Center, Semmedu P.O., Velliangiri Foothills, Coimbatore – 641114

[forestflower@ishafoundation.org](mailto:forestflower@ishafoundation.org)

# CONTENTS

## Lead Article

### **Sleep Your Way to True Aliveness**

Sadhguru on Sleeping Efficiently

4

## Musings

### **Taking Specific Steps towards Truth**

Sadhguru on Setting the Foundation for Transformation

7

### **Just Metal and Stone or a Phenomenon?**

Sadhguru on What Makes the Linga Bhairavi Yantras Work

9

## Isha Offerings

### **Three Truths of Well Being**

New Book by Sadhguru out Now!

11

## Leela Series

The path of the playful – part XLX:

### **Dying in Awareness**

12

In Conversation with the Mystic

### **Doing What Matters**

Sadhguru in Conversation with Fashion Designer Tarun Tahiliani

15

## Sadhguru Spot

### **Bha – Ra – Tha**

Excerpted from Sadhguru Spot of 6 November 2013

17

## News & Happenings

### **Sadhguru Speaks at the Social Venture Network Conference**

18

## Project Feature

### **Isha Vidhya – Educating Rural India**

How an Isha Vidhya Scholarship Can Change a Child's Life

19

## Upcoming Programs and Events

### **Isha Yoga – Program Highlights**

20

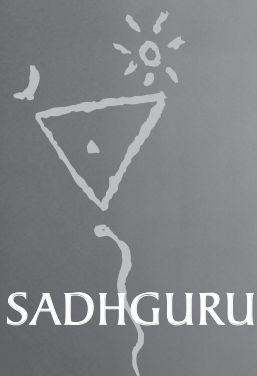
## Isha Recipes

This Month: Carrot Crunch Salad

21

Zen Speaks: Fate Is in Your Own Hands

23



## SLEEP YOUR WAY TO TRUE ALIVENESS

### Sadhguru on Sleeping Efficiently

*The following is an excerpt from a sathsang with Sadhguru at the Isha Institute of Inner-sciences, McMinnville, Tennessee, USA, on 27 April 2013.*

**Participant:** Sadhguru, I tend to have a lot of visions in my sleep. I was wondering if you could talk about that.

**Sadhguru:** Once a burglar was caught stealing, and he was taken to the court. On the surface, this man was well-to-do, so the judge asked him, “You have enough in life. Why are you stealing from other people?” The burglar used the Inner Engineering Online class that he had done and said, “Well, you know, the wise have always said, ‘Whatever a man may have, he always wants more.’” The judge looked at him and said, “Okay. I give you 10 years. If you want more, tell me.” [Laughter]

At least in sleep, don’t look for more. It would be fantastic if you did not look for more in wakefulness

either – simply be. If that is not possible for you right now, at least in sleep, do not ask for more – simply sleep. If you could simply be right now, that would be too wonderful. But you will say, “That’s nice, Sadhguru. I really want to just be. But what is the take-away from this sathsang?” For most human beings, the only area that they have not managed to corrupt in their lives is death. Even if they try, they cannot corrupt it because no matter what they think they know, 99.999% of the human beings do not know a thing about death. Suppose death comes to you right now, whatever theories and books that you have read; whatever near-death and out-of-body experiences you have heard about – everything will just evaporate. You actually do not know anything – death is one clear, blank, uncorrupted space.

We want to bring this quality into your life, that your life is uncorrupted. Sleep is a good area to start with because in sleep, you are simulating death, or at least you are acting dead. Do not corrupt that by

trying to have visions or the like. You can make sleep into a phenomenally productive process, so that you will need less sleep. If you sleep in absolute relaxation, the gene expression and other processes in the body will happen more quickly and more efficiently. That means you will wake up sooner.

If you are inefficient in wakefulness, it is not good, but we will bear with you. But if you are inefficient even in sleep, death will be the only answer, because that is the only area where you cannot be inefficient. When you die, you die. If you learn to simply sleep, to “simply be” in wakefulness will be the next step. To “simply be” means that your physical presence has become a doorway to the beyond. What is beyond can find expression through this doorway. Otherwise, as a person, you are like a stone block between what is physical and what is beyond. In that state, living is difficult, sleeping is difficult – everything is difficult. To live in this vast existence all by yourself without being connected to anything bigger than yourself is a terrible difficulty.

Therefore, you believe something to solace yourself – “God loves me.” If God loves you so much and you love him so much, you must go. It is not good to keep lovers apart – they must meet. This whole idea that someone from above can love you has destroyed humanity. Because people treat each other the way they do, love cannot happen here; it can only come from above, and they can only love the one that they cannot see. When I say that you are in the lap of the Creator, do not think you are being lovingly nurtured and start dreaming how God is stroking your head and putting you to sleep. Your being in the lap of the Creator is not my idea – it is the reality.

Sleep is a state where you are on the edge between the world of sounds and the world of silence, but you can only move into the world of silence when you are aware. You can move through the world of sounds and forms unaware, but you cannot move into the world of silence, which is devoid of any vibration, devoid of any forms, in unawareness. If you enter that space

where there are no forms and no structures in unawareness, you are as good as nonexistent.

Right now, your awareness is such that suppose we drop you somewhere in outer space where you cannot see, hear, smell, taste, or touch anything, after some time, you will not know whether you exist or not. This is what happens in sleep. Your existence is only contextual, not existential. This is why, if you lose the context of your life, you will wonder why you are alive. If you lose some context that you have set up for yourself – in the form of a job, wealth, home, or relationships – suddenly, you do not know why you exist. You are a contextual creature – you are not yet an existential creature. The whole spiritual process is about becoming an existential creature with a firm footing in the creation, not just floating in a context.

We want to use sleep as a platform for awakening, to become one with all that is real – not as a way to become inert, dead, and away from all that is real. When you sleep, you sleep as a part of the earth. Suppose you sleep outside on the grass, you are like a little mound on the earth. If you sleep long enough, you will become a mound.

Changing the quality of sleep does not mean sleeping like a stone. But actually, a stone is the wrong example, because in my experience, stones are very alive – a lot more alive than many human beings. “Sleeping like a log” would be a better expression, because a log is dead – it is not a tree anymore. This is not about sleeping like a log, but about sleeping in a live manner – being awake and asleep at the same time. If you bring even a small percentage of this element into your sleep, you will naturally become meditative over a period of time. Meditation not as an act but as a quality will become a part of your existence.

We have tried to bring this aspect into your life in so many ways, starting with the *Shambhavi Mahamudra*. Shambhavi means twilight – you are between day and night, night and day. Twilight means you are asleep, but you are awake; you are

awake, but you are asleep. Changing the quality of our sleep – not the quantum – is the necessary foundation for someone to become a yogi. In wakefulness, you must be fully awake but if you check the parameters of the body, it must be asleep. In sleep, your body should sleep, your mind should sleep, but you must be awake.

If for 30 days, you wake up clearly feeling that you are much younger and more alive than when you went to bed at night – in 30 days' time, you will have become receptive; you will have developed a non-resisting way of being awake. There is a difference between being alive and being alert. Being alert means resisting everything. When you are alive, you are open. When you are alert, you are closed.

Mental alertness makes you a security guard. You are on guard so that life does not happen to you. You are quite efficient at protecting yourself against life – this is what alertness leads you to. “Does this mean I should not be alert?” Aliveness is the nature of life. You should not be anything other than life. You must be able to keep some distance between your aliveness and everything else. If you do this, your aliveness will not be opaque; your aliveness will not be sedate; your aliveness will not ramp down as years go by. In fact, your body may get older, but your aliveness will ramp up. Aliveness is not virility of the body. Once there is a distance between your aliveness and your body, your aliveness will find a much bigger expression, because the compulsions of the body will not mask your aliveness anymore.

Aliveness is far more fundamental than youthfulness. When just those two cells met, aliveness happened. In 48 days' time, a much bigger boost to aliveness happened. Up to 48 days, it is just cells. Somewhere between 40 to 48 days, it becomes a different dimension of aliveness where it can create itself. From then on, the fetus is a life by itself. It is only drawing nourishment. Are there doctors here who can speak about the medical parameters, why there is a difference between what is happening in the first 48 days after conception and what is happening later in the womb?

**Participant:** The fertilization occurs in the fallopian tube and from there, the fertilized ovum travels to the uterus. After around 48 days, it gets implanted into the endometrium and becomes a separate organism. The placenta is created underneath the embryo. The blood vessels from the placenta and the blood vessels of the mother exchange the nutrition. The nutrition comes through the placenta into the growing embryo. It is a separate system. Even if the mother is starving, still the fetus can very well grow.

**Sadhguru:** Aliveness is a much more fundamental process than awareness, alertness, agility – all these things come later. The most fundamental thing is to be alive. That is all the goal of spiritual process is, to go to the most fundamental aspect of what this mechanism is – aliveness. Not working on mental alertness, not trying to improve your knowledge, not trying to gather this or that, just making yourself as alive as you can be. Once you are a full-fledged life, everything that you need to know about life, you will naturally know.

Aliveness is not an acquired state – it is your nature. “Just being” means being absolute life – not a mind, not a thought, not an emotion, not an ideology, not a philosophy, not a belief system, not a gender, not a race, not a caste, not a creed – just life. If you touch life on this level, you will know by experience that life and the source of life are packed inside each other.

If you sit here just as a piece of life, there will be no separation between yourself and the Divine. If you cannot simply be yet, at least when you are asleep, simply sleep. It will do many miraculous things. If only you could be awake and asleep at once, you would be in the lap of the Divine for always.





## TAKING SPECIFIC STEPS TOWARDS TRUTH

### Sadhguru on Setting the Foundation for Transformation

*The following is an excerpt from a satsang with Sadhguru at the Isha Institute of Inner-sciences, McMinnville, Tennessee, USA, on 28 April 2013.*

Satsang is a way of developing a relationship with Truth. Truth has a relationship with us, otherwise we could not exist. But as of now, you don't have a relationship with Truth – it is a one-way love affair from the other end. Whatever you are going through in life, if you don't have a love affair with Truth, it will feel like life is raping you on a daily basis. If you don't have a deep involvement with something, you will feel stuck and miserable. One morning, you may wonder why to even get up. But if in some way you touch something that is not created by you, if you touch Truth, suddenly you want to be up and on it.

Developing a relationship with Truth means that which is a lie must be killed. Just spend a minute to identify at least one thing in your life that is not necessary and kill that today. When I say “kill,” don't start thinking about your boss, your mother-in-law,

or your neighbor. You must kill something about you that is unnecessary for your life. Something like “I will kill my anger” would be too general. If you kill something, it should be dead and not come back again tomorrow.

Identify something specific that you will be better off without, where you can take a concrete step today – it does not matter how small it is. Do not go for something general like, “I will not live in the past. I will not live in the future. I will live in the moment,” because this is not something that you can achieve by determination – this requires consciousness. Choose one specific little thing that you will not do anymore, no matter what. It could be something like, “I will not speak angry words.” “I will not be angry” would be a lie, because this is not yet in your control.

Decide for something that you can do and that you will do. This is how to transform your life – by taking small steps. But you should actually do it – it should not pop up again. If you want to develop a

relationship with that which is true, your investment in that which is not true has to be reduced. It may not all vanish immediately, but you must reduce it step-by-step.

Look at life in terms of what can be changed and do something about it. Crying about things that you cannot change is a sure strategy to remain at status quo. If you reduce the investment in falsehood, Truth will rise by itself. At least once a month, every full moon day, consciously look at this and identify one small thing about yourself that you want to change. Like, "Every time before I eat, I will spend 10 seconds in gratitude for this food which is going to become a part of me." Or, "Every time I use anything that is an essential element of my life, like the soil, the water, the air, and everything else around me, I will save 1% of it." Or, "I will see to it that I only put on my plate what I can eat." These small things will change your life and set you apart.

That which is not true, that which is not good for you, genuinely remove it from your life. If you take this upon yourself, you will set a basic fabric of life. Otherwise, whatever methods you practice are like doing embroidery on a torn cloth. It is not going to really help. The simplest ways to fix the fundamental fabric of your life is, either you must choose awareness, which is much harder work, or you must choose devotion, which is easier but hard in a different way. Devotion is a heartless thing. Your heart is not yours anymore. You have thrown it across the universe, but the pangs of devotion burn within you all the time. If you keep the fire of devotion on, awareness will arise.

Essentially, devotion is a tool to become devoid of yourself. If you are devoid of yourself, you will naturally be awake in your sleep. If the fire of devotion starts burning in you and I give you a little technique, it will function as a fantastic process. If this basis is not there, no technique or method will really transform you.

Whether it is Inner Engineering, Bhava Spandana, or Samyama, just appreciating the method or technique is not enough. Only if you set the fundamental fabric of life in place, it will work wonderfully. In the Inner Engineering program, we said our responsibility is limitless. If you are infinitely responsible, naturally you are devoted to everything in the universe. Whatever you truly feel responsible for, you are devoted to.

A lot of people have an allergy to the word "devotion" because they think devotion means going to the temple, church, or whatever. This is not what I mean by devotion. Has any man or woman ever done anything significant in their lives without being devoted to what they are doing? Without devotion, whatever you do will remain mediocre. Truly great things happen only out of someone's absolute devotion to what they are doing.

This does not only go for the spiritual process. Whether it is science, sports, art, music, or whatever else – unless people dedicate their lives to it, nothing significant has ever happened. Whatever you think is worthwhile, whatever you see as the highest in your life, devote yourself to that. If you set this necessary fabric for yourself, I can make one stitch, and it will become a great design.

*Lustful looks of one who lacks love.  
Loving touch of a heart that is soaked  
in the infinite will. The tenderness of  
heartless devotion. Vast beyond the  
measure of an ocean. Barrenness of  
one who knows not the grace of love and devotion  
All this and more are the ways of the creature called  
human. Choose my beloved to be an ocean of devotion*

*Sadhguru*



# JUST METAL AND STONE OR A PHENOMENON?

## Sadhguru on What Makes the Linga Bhairavi Yantras Work

*The following is an excerpt from a sathsang with Sadhguru at the Isha Institute of Inner-sciences, McMinnville, Tennessee, USA, on 26 April 2013.*

**Questioner:** Namaskaram Sadhguru. We were fortunate enough to receive a Devi Yantra from you last year. She has completely transformed our home, and she is actually transforming lives in our neighborhood too. There are people who, whether they have to deal with family situations or a divorce or health issues, will come and sit in the Devi room. I am just stunned to see her grace. She has revved it up quite a bit for me, but I am still wondering, how to earn more of her grace?

**Sadhguru:** The processes that have been taught to you work best if you make Devi your priority. This is not just so with Devi – this is so with anything subjective. Even for a love affair to work, it is a question of priorities. If you regard something or someone as far more important than yourself, that dimension becomes beautiful for you. But if you do that with people, we do not know how mature the other person is. A man who looks at a tree and thinks this is wood may look at a woman and think this is sex, nothing more. The basic consciousness has been trained in such a way that if you see something, you think of how useful it could be to you, in the sense, “What is the takeaway for me?”

A Devi yantra is a powerful energy form that has no intention of its own. You are also an energy form, but you are not able to maintain a particular level of consciousness because the compulsions of your thoughts, your emotions, and your body will rule and contaminate your consciousness. You have seen this with human beings: one moment, they are so wonderful – next moment, they are shockingly horrible.

So we create a powerful form that has no concern about itself and no compulsiveness because this is a pure energy form. The physical form of mercury, copper, and stone is only a scaffolding to hold up the



energy form. A yantra is a kind of machine. The Devi machine [yantra] and the Detroit machines [cars] – both of them will take you places. The fundamental difference between an external machine and such an energy form is, the Devi yantra is a perpetual machine that does not need any real maintenance. You just need to create a certain atmosphere because Devi does not want to stay in an uncared-for space.

The Devi yantras are extensions of the *mularupa*, which means the original energy form, of Linga Bhairavi [next to the Isha Yoga Center]. You can create millions of such yantras across the planet. All of them will be alive as long as the original energy form is kept up in full vibrance. You must hold Devi as the highest entity in your home. If your home catches fire, the first thought on your mind should be how to save Devi. It is not a question of what you do – it is a question of what your priorities are. If Devi is a top priority for you, your receptivity will increase. If you think, “This is just some stone Sadhguru has given. Let’s see what I will get out of it,” at the most, your health will improve. If you become very healthy but you are otherwise a miserable human being, it is a disaster.

Two New York philosophers met in a bar. They started discussing the difference between a

misfortune and a disaster. One of them said, "Right now, we are about to have dinner. Suppose the cook dies, you cannot call it a disaster. It's a misfortune – not that he died, but that we cannot have our dinner." See, this is a takeaway world. "But let us say all the congressmen of the United States were on a Caribbean cruise and the cruise ship sinks, that is a disaster, but by no stretch is it a misfortune." This is not my opinion.

You just have to set your priorities straight. You go to a temple, church, or mosque because you believe that by going there, your life will be enhanced. In India, there are various ways to relate to God. You can relate to God as your father; you can relate to God as your mother; you can see God as your husband; you can see God as your lover; you can see God as your child; you can be a servant to God, or you can treat God as your servant, as the whole word does. There are specific practices and ways to be, depending on your choice of relating.

You can relate to Devi whichever way you want, but the important thing is – if you hold her as the highest priority in your home, she will function in a tremendous way. If you think, "She is a tool. Let me leverage it for my benefit," she still works – but in a mediocre way. If you see her as the highest priority, if you see her as higher than yourself, the kinds of things that will happen will be too phenomenal. Logical minds can never, ever decipher how this works.

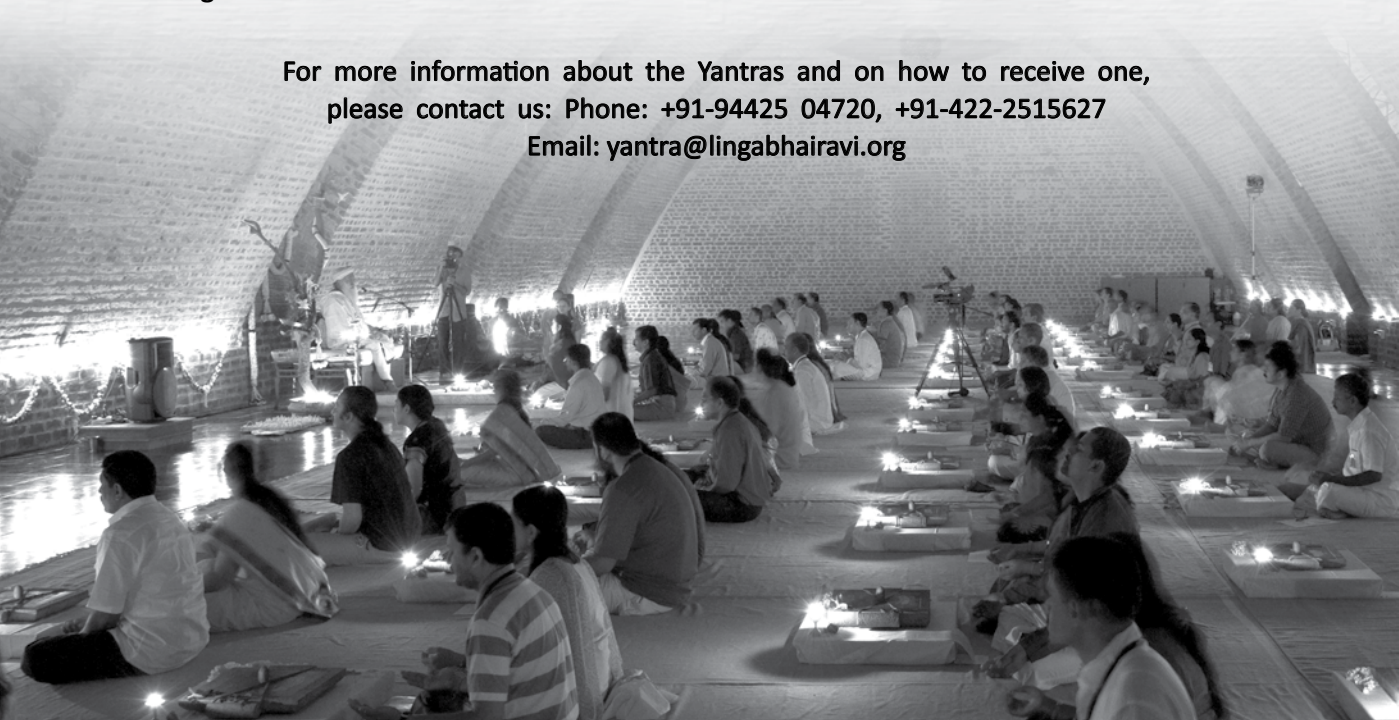
To the extent that you intensely relate to this simple, yet very powerfully reverberating form, to that extent it functions. If you relate to it, it becomes the most fabulous thing. To relate means you have become willing. This goes for everything in life – what is horrendous and what is fantastic is just a question of whether you go through it willingly or unwillingly. If you become willing towards something, it becomes a phenomenon.

## Bring Devi's Grace into Your Own Space!

The **Linga Bhairavi Yantra** is geared to create **inner and outer wellbeing** in your home, while the **Linga Bhairavi Avighna Yantra** is designed for **personal and material wellbeing** in larger spaces, especially business locations and offices as well as residential estates of more than 2500 sq. ft.

**Receive your powerfully consecrated and personalized Linga Bhairavi Yantra or Linga Bhairavi Avighna Yantra in a special ceremony with Sadhguru on 16 December 2013 at the Isha Yoga Center!**

For more information about the Yantras and on how to receive one,  
please contact us: Phone: +91-94425 04720, +91-422-2515627  
Email: [yantra@lingabhairavi.org](mailto:yantra@lingabhairavi.org)



# THREE TRUTHS OF WELL BEING

*New Book by Sadhguru out Now!*

Sadhguru's new book, *Three Truths of Well Being*, published by Penguin Books, will be available at all leading bookstores and outlets from this month. Here is a sneak peak from one of the chapters:

## Cosmic Download

Probably these days, this is no longer a problem, but just a few years ago, after every storm, you had to go up and adjust your TV antenna. Only if it was angled in a certain way did you have television reception. Or else, as you were watching your soap opera or a cricket match, suddenly a blizzard would appear on your screen. You had to fine-tune the antenna.

This body is like that: if you hold it in the right position, it can receive the whole cosmos. If you hold it in some other way, you will know nothing beyond the five senses.

Your body is like a barometer. If you know how to watch it, it can tell you everything about you and the world around.

## *The Next Step*

A human being breathes twelve to fifteen times per minute, normally. If you reduce it to eleven, you will know the ways of the outermost part of the earth or the atmosphere (i.e. you will become meteorologically sensitive). If you reduce it to nine, you will know the language of the other creatures on this planet. If you reduce it to seven, you will know the very language of the earth. If you reduce it to five, you will know the language of the source of creation. This is not about increasing your aerobic capacity. Nor is it about forcefully depriving yourself of breath. A combination of hatha yoga and kriya will gradually increase your lung capacity, but above all, will help you achieve a certain alignment, a certain ease, so that your system evolves to a state of stability where there is no static, no crackle; it just perceives everything.

## THREE TRUTHS OF WELL BEING

Available at all leading bookstores, amazon.com, flipkart.com, ishashoppe.com, and Isha Inventory (0422-2515415; inventory@ishafoundation.org)

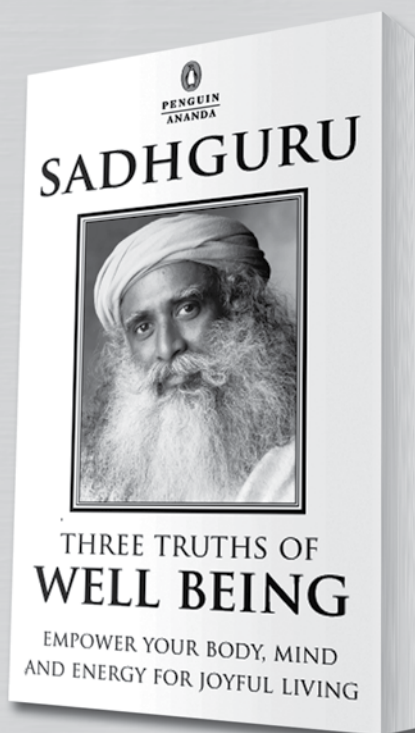
(Free shipping to major cities in India for orders from ishashoppe.com and Isha Inventory until the end of the year)

Download the ebook at  
[ishadownloads.com](http://ishadownloads.com)

Over 1 million books  
by Sadhguru sold so far!

Hardcover  
MRP Rs. 499

Publisher:  
PENGUIN ANANDA





# Leela Series

## *The path of the playful –*

### Part XLX

## *Dying in Awareness*

The following is an excerpt from *Leela, the path of the playful*, a unique exploration with Sadhguru into the mystical realm of Krishna, which took place at the Isha Yoga Center in September 2005

**Questioner:** In the Bhagavad Gita, Krishna says to Arjuna, “At the time of death, whoever relinquishes his body remembering me alone without doubt attains me, O son of Kunti. Whatever state of being one remembers at the time of death, he will attain that state, being absorbed in its thought. Therefore remember me at all times and do your dharma. With your mind and intellect fixed on me, you shall come to me without doubt.” Is it really that simple, Sadhguru?

**Sadhguru:** Yes, it is that simple. *But...* [Laughs] There is a very beautiful story. Wherever he went, Sage Narada only said “Narayana, Narayana.” Narada had a passport for all the three worlds – he freely traveled everywhere. One day, he saw a farmer plowing his land in a state of ecstasy and bliss. Narada was eager to find out what the secret of his bliss was. When he approached the farmer to talk to him, the farmer did not even notice him, so engrossed he was in plowing his land. At noon time, he took a break from his work and went to eat under a tree. He opened the container with whatever little food he had and just said “Narayana, Narayana, Narayana” and started eating. The farmer wanted to share the meal with him, but because of the caste system, Narada would not eat with him. Narada inquired, “What is the source of your bliss?” The farmer said, “Every day, Narayana appears in his true form to me. That is the source of my bliss.” Narada asked him, “What sadhana do you do?” The farmer said, “I don’t know anything. I’m an ignorant, illiterate man. It is just that when I wake up in the morning, I say ‘Narayana’ three times.

When I start my work, I say ‘Narayana’ three times. When I end my work, I say ‘Narayana’ three times. When I eat, I say ‘Narayana’ three times. When I go to bed, I say ‘Narayana’ three times.” Narada calculated how many times in 24 hours he himself was saying “Narayana.” It ran into millions. But still, if he wanted to see Narayana, he had to go all the way to Vaikuntha<sup>1</sup>, which was a long journey. But to this farmer, who just said “Narayana” three times, before eating, before plowing and whatever else, Narayana came right there. Narada thought this is not fair; it must be some kind of a mistake.

Immediately, he made his journey to Vaikuntha and asked Vishnu, “I say your name all the time, but you don’t appear for me. I have to come and see you. But to this farmer, you appear every day and he is living in ecstasy!” Vishnu looked at Narada, asked Lakshmi to get a vessel filled to the brim with oil, and told Narada, “First, there is an errand to be done. Please take this vessel full of oil to Bhuloka without spilling a drop, leave it there, and come back. We will answer the question later.” Narada took the vessel with oil, went to Bhuloka, left it there, and came back. “Now, answer my question.” Vishnu asked, “When you were carrying this vessel full of oil, how many times did you utter ‘Narayana?’” Narada said, “How could I say ‘Narayana’ at that time? You said not a drop should spill, so I had to pay attention to that. But coming back, I’ve said many ‘Narayanas.’” Vishnu said, “That is the whole thing. This farmer’s life is like carrying a vessel full of oil that may spill any moment. He has to earn his food; he has to do so many things. In spite of that, he is saying ‘Narayana.’

<sup>1</sup> The home of Vishnu

When you carried the oil in this vessel, not once did you utter 'Narayana.' When you have nothing to do, it is easy."

It takes something to be aware enough to say what you want to say when the moment of death comes. Most people die in unawareness. In this culture, if someone is dying, they will always start a chant like "Ram naam Satya hai," "Aum Namah Shivaya," or whatever they know, because they want the dying one to utter a god's name or somehow become aware in the last moment. You don't even have to say anything. If you can maintain your awareness in the moment you are shifting from one dimension of life to another, from the physical to the beyond, that is *mukti*. But to come to awareness in that moment, you must practice awareness for a lifetime. Or you must be in the presence of someone who can make that happen for you. In that context, Krishna said that if you can think of him in the moment of death, he will be there and ensure that you pass.

Here, he talks about an inner reality – the yoga of attaining the Absolute. When it comes to attaining the Absolute, if you do the right things, it is 100% sure that it will work, because the only ingredient is you – nothing else but you. So he could say with absolute certainty, "If you do this, I will take care of it." When it comes to outer realities, he would never have said such a thing, because he knew life – external realities are subject to so many factors.

If you can maintain your awareness in the moment of transition from the physical to the beyond, you can attain. This is why for most people, the moment of realization and the moment of leaving the body are the same. If the awareness comes when you are leaving the body, anyway you will leave it. But even if it is not yet time to leave your body, but your awareness rises to such a peak where you and your body are clearly separated, you most probably will not have the necessary capability to hang on to the body, unless you are in situations where certain control mechanisms are in place that ensure you will not slip out of the body.

For example in Samyamas, at times, people are on the verge of slipping out. Even in Bhava Spandanas,

there are times when people are really playing and dancing on the edge. Since certain control mechanisms have been created, it is safe. If those control mechanisms were not there, they would definitely go, which would be a fortune for them, but not good for Isha – so we do not let them go. Actually, it is really a crime not to let them go, but if we let them go, we would get branded as criminals by society. So we are just doing what works socially – not the right thing.

One more aspect is, if you have a certain thought at the moment of death, it becomes the quality of your future birth. We must create an atmosphere of peacefulness and wellbeing for people who are dying because whatever is the dominant factor in their mind and emotions in the last moment will become the quality of their future lives. That is the reason why in this culture, we always said you should not die among your family. People used to go to the forest to die – this is Vanaprastha. Even emperor Dhritarashtra, his queen Gandhari, and Kunti went into the forest after the Kurukshetra war, with just Sanjaya as an assistant. They had all become old, so they went to the forest to die there, rather than in the palace. Though Dhritarashtra was blind and stupid in many ways, that much awareness was there, which is missing in the world today. Now that her children had become emperors, Kunti, who had suffered all kinds of hardship in her life, could have enjoyed the palace, but she also decided to go and die in the forest.

So they went into the forest and climbed up a very steep hill. There was a forest fire. Since they were old, they could not run or fight the forest fire, so they just decided to offer themselves to the fire. So Dhritarashtra told Sanjaya, "You have served me very well till now, but you are still a young man – go away. The three of us will give ourselves to the fire." Sanjaya refused to leave them, and all four got burnt in the forest fire.

If you die among the family, you will die with a huge sense of attachment, which, in the future, will not bring wellbeing. You know that in India, even today, people go to Kashi to die, because it is a holy place. They want to die in the grace of Shiva. They

don't want to die with their family throwing their emotions at them.

Death is the only certainty in life. If you lived your life well, death is not at all a bad thing. If when you were alive, every moment, there was hesitation, fear, hatred, anger, it means you never lived. If when death comes, you want to live, that is no good. After all, what is death? You are shedding the body. The body is a loan you took from Mother Earth. If you take let's say 10 million loan from the bank, and let's say in the next 50 years, you made these 10 million into 10 billion, if your banker comes to reclaim the loan, you will pay him joyously with interest. You will treat him and give him gifts. But suppose you squandered these 10 million and lost everything, if the banker comes, terror arises within you. You will try to hide. So many tricks you will try to play. Similarly, the Earth gave you this loan. If you have made this into a blessed life, if you really put it to absolute use and you lived in great sweetness within yourself, then, when Mother Earth says it is time to

pay back the loan, you will joyfully pay it back. And there is no interest. For one who joyfully pays back the loan, it is over, because when you are joyful, being aware comes naturally. When you are aware, you are on the path of liberation. Definitely, the last moment's quality will become a major quality of your future lives – if you wish to have future lives. If you want dissolution into the Ultimate, if you want to become one with it, then there is no future life. People have been telling me, "Sadhguru, don't use this negative terminology – it scares us. We are going to dissolve and become nothing?" We could say instead, "When you attain mukti, you will become everything." When it is about Shiva, we are talking about nothingness. But since Leela is about Krishna, we are willing to be pleasant with you. You will become everything. You will become God. Does this sound better? [Laughter]



# Akashmalli

3 BHK Luxury Apartments

AKASHMALLI, The Uber Luxurious Apartments at Gopal Nagar, adjacent to PSG college of technology, Avinashi Road. Our location is juxtaposed at the pinnacle point of Coimbatore. The hush in the middle of urban hustle promises serene peace.

Contact:  
+91-8300034555



Possession December 2013

The optimum proximity to health care, education institutions, airport and shopping makes it the most desirable place to reside. The Vasthu friendly design and layout in each apartment ensures harmony with natural elements.

Email:  
home@trishulshelters.com

trishul shelters

PROMOTERS • PROPERTY DEVELOPERS

Akashmalli Apartments

S.F. No 435/3, Flat no 1A, Aathi Vinayakar & Murugan Kovil Street (Opp PSG Primary School) Gopal Nagar, Peelamedu, Coimbatore 641 004

MARKETED BY: Isha Business pvt. Ltd., No 334 GN Mills Post, Mettupalayam Road, Coimbatore 29

CONTACT: 91-83000-34555, 83000-84555 EMAIL: home@trishulshelters.com

in  
CONVERSATION  
with the  
**Mystic**

**DOING WHAT MATTERS**

Sadhguru in Conversation with  
Fashion Designer Tarun Tahiliani

*In a recent edition of the “In Conversation with the Mystic” series, Sadhguru met with noted fashion designer Tarun Tahiliani on 5 August 2013 in Delhi. Here is the third part of their conversation.*

**Tarun Tahiliani:** I was watching your conversation with Shekhar Kapur, and he said about the brahmacharis that they have such incredible energy. Everyone’s threshold is different, so how does one come to a logical conclusion as to how to achieve the balance between aspiring for things and being connected to what really makes us feel good and happy?

**Sadhguru:** It is a question of choice and of doing what really matters to you. For example tomorrow, I am going on a trek in Tibet. When I do this 120km-trek, the legs will hurt; the bathrooms are bad; we sleep outdoors in all kinds of weather. I could be sleeping in a nice bed, comfortably tucked up, and eat well instead of eating half-cooked camp food. This is not a sacrifice – it’s a choice. Everyone has to make their choice in terms of what matters to them most. Today, a lot of children are choosing what’s easy, not what they want. What you want may not necessarily be easy. If you choose what is easy, it means you don’t want to live. The next level of ease is sleep. The ultimate level of ease is death.

Life is not about difficulty. Whether you experience something as difficult or easy simply depends on how much it matters to you. If something really matters to you, it does not matter how much it hurts, you still want to do it. Trekking in the mountains up there, everything is going to hurt, but if you look up at the peaks and the sky, nothing else matters, even if the legs fall off. Everyone has to choose. You said everyone’s threshold is

different – I don’t believe that. Everyone is capable of doing great things, but the society and the families around them are culturing them to do things that are easily achievable. Their idea of achievement is just being one step ahead of a lame person. This is not success. This is sadistic nonsense. The whole idea of wanting to be better than someone else is a very pathetic way to exist.

**Tarun Tahiliani:** But our entire education is such that you are always marked against others – either you are in front of or behind someone else.

**Sadhguru:** When I was in school, I never ever opened the report card. I just took it and gave it to my father, because I thought this is a transaction between my teacher and my father. I had no business in this. Anyway I knew I had the most valuable number inside because I always gave empty papers. [Laughter]

**Tarun Tahiliani:** *Shoonya?* [Laughter & applause] What’s better than that?

**Sadhguru:** Yeah. That’s the most valuable number. All other numbers found enhancement only because of a zero.

Right from childhood, people are being conditioned to believe that they have to be better than someone else rather than finding fulfillment to who they are. If you look at a mango tree and a coconut tree, and your idea of being better is being tall, then what you will do with the mango tree is you chop off all the branches except the highest one, hoping that it will grow. It is never going to be a coconut tree – it is only going to be a crippled mango tree. This is what has happened to most human beings. They have become crippled because they are trying to be

better than someone else. What is the purpose of an education system like this?

This education system has been evolved at the time of industrialization. When industrialization was happening, their idea of education was to produce cogs in a larger machine. The British devised such an education to some extent for their own citizenry, and especially in the colonies, to produce people who are employable, who can fit in as cogs of a major machine – Her Majesty’s service machine. The moment the British left, we should have relooked at everything, but we left it as it was. Almost all the systems in this country are British, but we are supposed to be free. The very meaning of the freedom movement was lost the moment we adopted all the British systems as they were – from administration to judiciary to education to everything else. Then why did we have to send them out? Unless to create a nation of our own, what is the point fighting and throwing them out? They would have managed it better. Once we threw them out, we should have looked at what kind of a nation we want to create.

What is India for us? This is the longest surviving nationhood on the planet. We never understood

nation as a political entity – until the British came. We always understood nation as a certain unity of culture, a certain bonding of consciousness and spiritual ethos that held us together though we are so diverse in every way. Though at many times, we were ruled by over 200 political entities, still everyone recognizes this as Bharat or Hindustan because there was a unity to our existence. Other nations are held together either by language or religion or ethnicity. None of this is true with us. Why did our nation builders not look at what it is that makes India a nation? We just imported everything and imposed it, and this is the outcome.

### Through the Mystic Eye – upcoming episodes on Headlines Today:

- 7 Dec 2013 KV Kamath
- 14 Dec 2013 Anupam Kher
- 21 Dec 2013 Tarun Tahiliani
- 28 Dec 2013 Siddharth



**isha**

**Through the Mystic Eye**

**Education**

**Integrity**

**Cricket**

**Music**

**Culture**

**Business**

**Eminent personalities in conversation with Sadhguru**

**Watch on HEADLINES TODAY**

**Every Saturday 7 am**  
(re-telecast Sunday 7.30 am)

[mysticeye.org](http://mysticeye.org) | [sadhguru.org](http://sadhguru.org) | @SadhguruJV | #mysticeye





# Sadhguru Spot

Musings from the Master

## BHA – RA – THA

Excerpted from Sadhguru Spot of 6 November 2013

In the last fortnight, I have hopped through five different nations and time zones and of course a variety of activity. Bit zonked but enjoying it. A very productive four days in the East Coast, particularly Washington DC; this being the first time I am paying a visit and attention to the capital – as it is not in my agenda to attend to the socially and politically important ones, unless it is truly needed. London was a relief and a wonderful time, schedule being very compassionate towards me. Above all, being at three dance concerts of Radhe [Sadhguru's daughter] on consecutive evenings and not to mention the fourth at a live football game of the initial phase of the Premier League. This trip to the USA and UK has been personally wonderful, after many years, being under the same roof with Radhe for over four weeks. Having been an absentee-telephonic father, the results are wonderful to say the least. She has shaped up into a wonderful young woman and a vibrant dancer.

Bharatanatyam as a dance form has made strong visitations to my life a few times. When I was 18, after I was forced by my aunt to accompany her to a sappy Telugu movie in which the protagonist was a Bharatanatyam dancer, the fluidity and the intricate geometry of the dance form sort of grabbed me, and I seriously considered learning the dance form. Fortunately, could not find a serious enough teacher and me trekking, hang gliding, motorcycling and other enterprises also did not allow for pursuing the Dance elsewhere. Have saved the audiences of my *thak-thai*. Later Vijji [Sadhguru's wife] made an attempt to bring it in unsuccessfully. It is heartening to see that Radhe has taken to this beautiful and profound form of dance as a full time pursuit and able to mesmerize

the audience with the wonderful geometry of the dance form and a grace which is all hers.

*Bha-ra-tha* – *Bha* representing the emotional intelligence, which is an embracing form of intelligence, unlike the intellect, which is more of a dissecting kind. The Eastern cultures have always held the emotional intelligence as more significant as it is inclusive in nature. It is more life-oriented and less about being better than someone else. It is about finding a beautiful expression to human possibility versus being a winning rat. *Ra* – represents Raga or the tune of life. This is not our business but set by the source of creation or the Divine. Just learning to keep in tune with it is the ultimate form of knowing. *Tha* – represents the rhythm, to find a rhythm that makes us individuals, but all playing by the same tune. Knowing the universality of our existence at the same time giving expression to an individual exuberance that is unique. This is not only a dance form but the name taken upon by a culture; hence the very nation has always been referred to as *Bharata Varsha*, meaning a shower or cascade of *Bhava, Raga, Thala*.

After just a two-day stay in India, I am in lands of intrigue and turmoil. My breakfast has gone cold being on the spot. Not a good prospect having been pampered from early childhood with steaming hot food.

Love & Grace

*Sadhguru*

Visit: [Sadhguru.org/spot](http://Sadhguru.org/spot) for weekly updated  
“Musings from the Master”

## SADHGURU SPEAKS AT THE SOCIAL VENTURE NETWORK CONFERENCE

Social Venture Network (SVN) is a platform for socially responsible enterprises to connect, inspire, and support just and sustainable economic activity.

Sadhguru was invited to speak at SVN's 2013 Fall Conference in Baltimore, Maryland, USA, on 18 October. The conference included a variety of business and social leaders, along with Sadhguru. The program included music, meditation and daily yoga sessions – unusual yet pleasantly surprising for a business conference.

Sadhguru spoke on the topic of “The Business of Business,” stressing the need to connect business concerns and human wellbeing, and the importance of thinking beyond basic needs and wants:

*I think unless we conduct business in a way that enhances our own life and the lives of everyone around us, the whole of humanity will go to waste.*

*In the name of business, people have separated business and life. I'm trying to bring it together everywhere I go. It's the business of life. There is no business and life. Life is business.*

Sadhguru also spoke on the need to create a “wave of positive momentum” for youth to ride on, which can be achieved by affirming the positive rather than dwelling on the negative aspects of society.



### **Malli ENCLAVE** LAP OF NATURE **PLOTS FOR SALE**

### RESIDENTIAL VILLAS

Malli enclave is set in Theethipalayam, a perfect destination for lovers of nature where the luxury of a salubrious climate, sweet tasting siruvani water and close access to the convenience of urban life can be enjoyed.

Theethipalayam, Siruvani Road, Coimbatore.

### SALIENT FEATURES:

Design adhering to the principles of Vaastu Sasthram • Siruvani & Bore well water supply • Serene Location with Hill backdrop  
Covered car parking • Solar powered street lights • 45' Wide main roads • 23' Wide Internal roads

### **FARM HOUSE PLOTS FOR SALE** email: krishilandfarmdevelopers@gmail.com

A rare opportunity to own a piece of agricultural land near by Noyyal river, Semmedu village where you can build a farm house and enjoy a conducive atmosphere for your spiritual growth and wellbeing.

Semmedu Village, Coimbatore.

TRISHUL SHELTERS PVT LTD.  
**AKASHMALLI APARTMENTS,**  
S.F No - 345/A, Adhivinayagar Kovil St.  
Gopal Nagar , Peelamedu, Coimbatore -4.

Marketed By:  
**Isha Business PVT LTD.**  
No - 334 G.N. Mills Post  
Mettupalayam Road, Coimbatore -29  
Ph : 83000 84555 Mail: home@trishulshelters.com

## HOW AN ISHA VIDHYA SCHOLARSHIP CAN CHANGE A CHILD'S LIFE



When Ajay Krishna was barely a six-year old, his father committed suicide. Since then, his mother Mrs. Kalaiarasi has been the only breadwinner of the family. Being illiterate, she manages to earn some money by stitching clothes, but it is barely enough to cover the house rent and other basic living expenses.

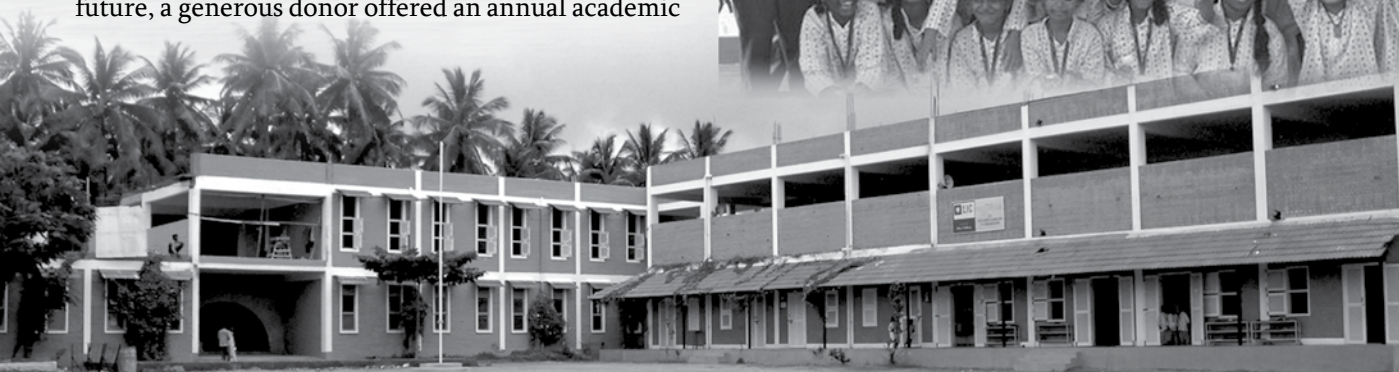
Money being a scarce commodity; school fees were an unaffordable luxury, and Ajay had no option but to attend a government school. When he grew older however, he rebelled against going to the government-run school because a few of his schoolmates were rowdy and abusive. Around the same time, he heard about the Isha Vidhya Villupuram school and applied for an admission. After looking at his academic understanding and knowledge, the school found that he would be able to join the sixth standard.

It was important for Ajay to get a scholarship because of his financial situation. Fortunately for his future, a generous donor offered an annual academic

scholarship and the additional mid-day meal scholarship for Ajay to get at least one nutritious meal a day.

Life's hardships have not dented Ajay's spirits. He is fond of drawing and painting, especially cartoons, and loves playing *kabaddi*. When he had first joined the school, he could not read or write English. Within two years of studying at the school though, he is able to understand the language and has made such great progress that it has become his favorite subject. He has already decided that he wants to become an aircraft pilot. We hope his ambition comes true.

*Isha Vidhya's nine rural schools offer education to 5200 children, 2708 of whom are on full scholarships, thanks to generous donors. We need to construct 34 classrooms urgently within six months to accommodate the students for the next academic year. If you wish to support Isha Vidhya and offer a bright future to children like Ajay, visit [www.ishavidhya.org/donate](http://www.ishavidhya.org/donate) or send an email to [donations@ishavidhya.org](mailto:donations@ishavidhya.org)*



## Program Highlights

Date	Program	Place	Contact
4 Dec 2013	<b>Sadhguruvudan Oru Naal – Isha Yoga</b> (Tamil) Conducted by Sadhguru	Isha Yoga Center, Coimbatore – India	North Zone: 83000 11000; West Zone: 83000 52000; East Zone: 94425 04687; South Zone: 83000 66000
5–7 Dec 2013	<b>Hata Yoga</b> Residential Program	Isha Yoga Center, Coimbatore – India	0422-2515300
5–8 Dec 2013	<b>Inner Engineering Retreat</b> Residential Program	Isha Yoga Center, Coimbatore – India	0422-2515421 maa.karpoori@ishafoundation.org
8 Dec 2013	<b>Pre-Samyama Meet</b>	Isha Yoga Center, Coimbatore – India	0422-2515300
15–18 Dec 2013	<b>Inner Engineering Retreat</b> Residential Program	Isha Yoga Center, Coimbatore – India	0422-2515421 maa.karpoori@ishafoundation.org
16 Dec 2013	<b>Yantra Ceremony</b> with Sadhguru	Isha Yoga Center, Coimbatore – India	94425 04720 yantra@ishafoundation.org
17–20 Dec 2013	<b>Bhava Spandana</b> (Ladies/English) Residential Program	Isha Yoga Center, Coimbatore – India	0422-2515300
19 Dec 2013	<b>Sadhana Prabha</b> (Tamil) Residential Program	Isha Yoga Center, Coimbatore – India	0422-2515603, 0422-2515300
21–24 Dec 2013	<b>Bhava Spandana</b> (Gents/English) Residential Program	Isha Yoga Center, Coimbatore – India	0422-2515300
2–5 Jan 2014	<b>Inner Engineering Retreat</b> Residential Program	Isha Yoga Center, Coimbatore – India	0422-2515421 maa.karpoori@ishafoundation.org
5–8 Feb 2014	<b>Shoonya Intensive</b> Residential Program	Isha Yoga Center, Coimbatore – India	0422-2515300
12–19 Feb 2014	<b>Samyama</b> Residential Program conducted by Sadhguru	Isha Yoga Center, Coimbatore – India	0422-2515300

These programs are conducted in English, unless indicated otherwise. Current at the time of print, however subject to change. For full program schedules and updates, please visit our website: [www.ishafoundation.org](http://www.ishafoundation.org).

# Isha Recipes For Healthy Living

## CARROT CRUNCH SALAD

### INGREDIENTS

#### Salad:

1 large	Carrot
1 medium	Apple
½ cup	Chopped pineapple
½ cup	Grated coconut
¼ cup	Dates
¼ cup	Roasted peanuts
¼ cup	Roasted sesame seeds

#### Dressing:

1	Orange
1	Lemon or lime
2 tbsp.	Honey
3 tbsp.	Olive oil
	Salt to taste
	Black pepper, coarsely ground, to taste

### PREPARATION METHOD

1. Wash the carrot, peel, and finely chop it.
2. Wash the apple and chop it into small squares.
3. Chop the peanuts and dates into small pieces. Mix them with the chopped carrot, apple, and pineapple, together with some grated coconut, and roasted sesame seeds.

### DRESSING:

1. Juice the orange and lemon or lime.
2. In a small glass bowl, whisk together the orange and lemon/lime juices, honey, salt, and pepper.
3. Holding the measuring cup of olive oil about 30 cm above the bowl, pour the oil in a thin, steady stream, whisking constantly.

Pour the dressing on the salad ingredients, mix well, and serve.

Carrots are packed with essential nutrients, including enzymes, vitamins, and minerals – that too in an easily digestible and assimilable form. They are a good source of fiber and contain vitamin B1, B2, B6, folic acid, vitamin C, vitamin K, biotin, potassium, and thiamine. Carrots are an excellent source of beta-carotene, thus improving eyesight, prevent cell degeneration, and slow down the aging process.

**Subscribe Now!**

isha

# FOREST FLOWER

**Insightful – Inspiring – Informative**

- I would like to  Subscribe for myself  Renew my subscription  
 Change the mailing address  Subscribe as a gift

**FF CODE (Isha Forest Flower subscription No.):**

- One year – 12 issues (within India by regular mail) – Rs.180  
 One year – 12 issues (within India by courier) – Rs. 480  
(payment by cheque Rs. 50 extra)

Mode of Payment:  Cash  Cheque  Demand Draft  Money Order

Please complete in BLOCK LETTERS

SUBSCRIBER

Name\*

Address\*

City\*

State\*  PIN\*

Phone: .....(Mobile)\* .....(Home)\* .....(Work)\*

Email\* .....

SEND GIFT TO

Name\*

Address\*

City\*

State\*  PIN\*

Phone .....(Mobile)\* .....(Home)\* .....(Work)\*

Email\* .....

\*These fields are mandatory

Enclosed DD / Cheque / MO No. .... dated .....  
drawn on ..... (bank), payable at Coimbatore for Rs. ....  
in favor of **Isha Foundation.**

For payments by cheque, please add Rs. 50/- to the subscription amount towards clearing charges.

Please mail the completed subscription form along with your payment to:

**Isha Forest Flower**  
F-4, Sri Balaji Apartments, 2<sup>nd</sup> Floor  
New No.4, old No.6, Rajambal Street  
T. Nagar, Chennai - 600017

For further inquiries, please contact:

☎ (044) 45011137, 96770 16700  
✉ subscriptions.FF@ishafoundation.org

Date:

Subscriber Signature:

**FOR OFFICE USE ONLY**

**Receipt Details**

Receipt No.:

Receipt Date:

Amount received:

Received by:

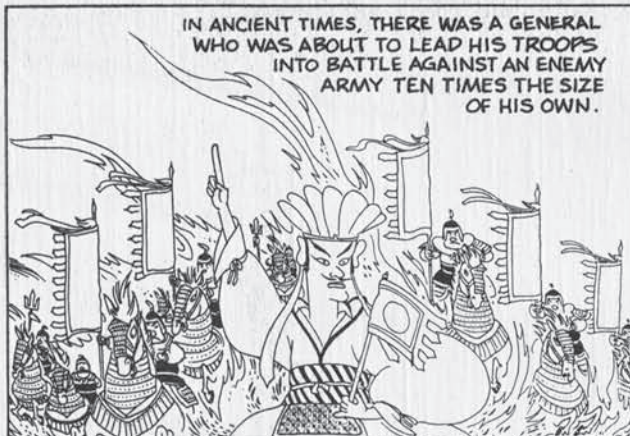
Remarks:

Z  
E  
N  
S  
P  
E  
A  
K  
S

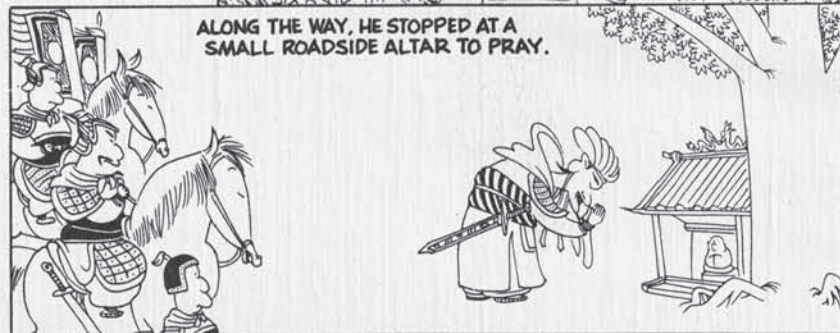
FATE IS IN YOUR OWN HANDS



IN ANCIENT TIMES, THERE WAS A GENERAL WHO WAS ABOUT TO LEAD HIS TROOPS INTO BATTLE AGAINST AN ENEMY ARMY TEN TIMES THE SIZE OF HIS OWN.



ALONG THE WAY, HE STOPPED AT A SMALL ROADSIDE ALTAR TO PRAY.



I'M NOW GOING TO USE THIS COIN TO PREDICT OUR FATE. IF IT'S HEADS, WE'LL WIN. IF IT'S TAILS, WE'LL LOSE.



OUR FATE IS IN THE HANDS OF THE GODS!



HEY! IT'S HEADS!  
WE'RE GOING TO WIN!  
LET'S GO GET 'EM!  
WE'LL CRUSH 'EM!



THE BATTLE COMMENCED, AND JUST AS PREDICTED, THE SMALLER ARMY DEFEATED THE LARGER ARMY.



NO ONE CAN CHANGE A FATE DETERMINED BY THE GODS.



HEAVEN LOOKS ON ALL BEINGS JUST THE SAME AND WON'T HELP ANYONE IN PARTICULAR. THE ONE WHO CAN HELP YOU IS YOURSELF.

REALLY?

THE GENERAL REACHED INTO HIS POCKET AND PULLED OUT THE COIN, BOTH SIDES OF WHICH WERE HEADS.





Among children  
to be a child

The masks of adulthood  
If entangled, shall be gruesome.

*Sadhguru*