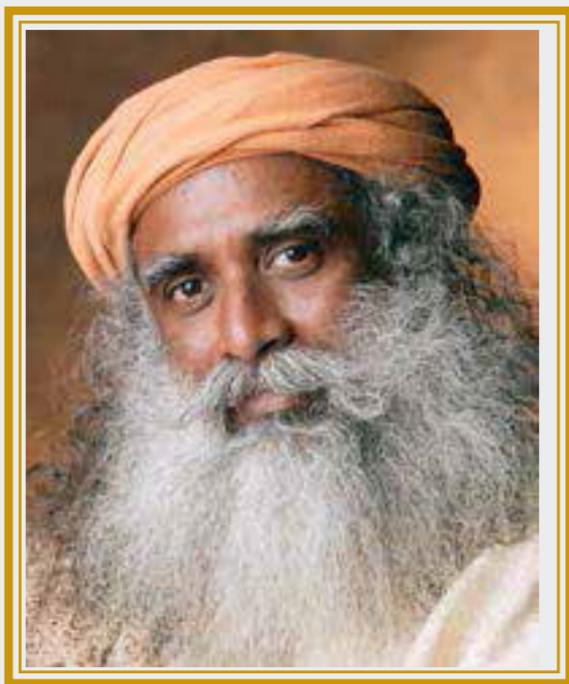


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Dear Reader,

We are happy to share with you a teaser of Sadhguru's latest book, called *Three Truths of Well Being*. This free promotional copy contains excerpts from the book that help one to reach their ultimate well being. We hope you find the insights given by Sadhguru to be as intriguing and inspiring as we did.

Warm Regards

Publications Team  
Isha Foundation

## **What does it take to live in well being? To be in an abiding state of health, peace, love?**

In his first-ever self-help book, Sadhguru, a profound mystic of our times, offers his characteristically pragmatic wisdom for a life of joy and fulfillment. Don't route your joy through heaven, he says. Access happiness for yourself – right here, right now.

Starting with three basic dimensions of the self–Body, Mind and Energy – Sadhguru introduces us to simple techniques to realign and transform them into a life of sparkling aliveness. From the ideal approach to food and sleep to the profound secrets of the human spine, from the role of sex and desire to the deepest meaning of love and morality, from the significance of physical postures and psychological attitudes to the notion of authentic spiritual illumination – this book guides us on all this and more.

The book, peppered with personal anecdotes and Sadhguru's inimitable wit, has many practical tips and do-it-yourself exercises. Accompanied by a DVD with instructions for Isha Kriya, it is a must-have for anyone committed to becoming fully human.

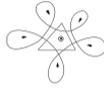
Sadhguru is a yogi, mystic and prominent spiritual leader of our times. He is the founder of the Isha Foundation in Coimbatore, a spiritual movement that offers a system of powerful and ancient yogic practices for the modern person.

## Prologue

*Joy for most people is a rare visitor in their lives. The intention of this book is to make joy your constant companion.*

*Joy is not a goal by itself. But it is a background milieu that is needed for any aspect of your life to happen wonderfully. Whether you eat, dance, sing, love, live or die, if it isn't there as a backdrop, you will have to drag your way through life. But once joy is your constant companion, life just breezes through you.*

*Sadhguru*



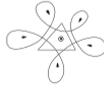
## Love Mantra

*'There is really no such thing as conditional love and unconditional love: it is just that there are conditions and there is love.'*

The moment there is a condition, it just amounts to a transaction. Maybe a convenient transaction, maybe a good arrangement – maybe many of you made excellent arrangements in life – but that will not fulfill you; that will not transport you to another dimension. We need to recognize what is a transaction and what is truly a love affair. A love affair need not be with any particular person; you could be having a great love affair, not with anybody in particular, but with life.

## The Next Step

Love is never between two people. It is what happens within you, and what happens within you need not be enslaved to someone else. For fifteen to twenty minutes daily, go sit with something that means nothing to you – maybe a tree, or a pebble, or a worm or an insect. After some time, you will find you can look upon it with as much love as you do your wife or husband or your mother or your child. Maybe the worm does not know this. That doesn't matter. If you can look at everything lovingly, the whole world becomes beautiful in your experience. You realize love is not something that you do; love is the way you are.



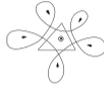
## Wishing Tree

*'If you generate a powerful thought and let it out, it will always manifest itself.'*

The reason why for one person success comes so easily and naturally, while for another it is a struggle, is because one person thinks the way he wants to, and another thinks against himself. A well-established or well-organized human mind is referred to as a *kalpavriksha*, or a wishing tree that grants any boon. In this mind, whatever you ask for becomes a reality. All you need to do is to develop the mind to a point where it becomes a *kalpavriksha*, not a source of madness.

## The Next Step

To create what you really care for, the first and foremost thing is that what you want must be well manifested in your mind. Is that what you really want? Do this carefully. How many times in your life you have thought 'This is it.' The moment you get there you realized that was not it at all! So we must first explore what we really want. Once that is clear there is a continuous process of thought in that direction. When you maintain a steady stream of thought, without changing direction, it will manifest as a reality in your life. That's a guarantee.



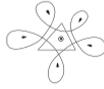
## Restlessness to Restfulness

*‘What the body needs is not sleep; what the body needs is restfulness.’*

If you keep the body very relaxed through the day, your sleep quota will go down naturally. If work is also a form of relaxation for you, if taking a walk or exercising is also relaxation for you, you will see your sleep quota will drop even further. If you start certain simple practices of yoga, in three to four months’ time, your pulse rate will drop at least eight to twenty counts very easily. That means the body is running so much more efficiently and at a relaxed pace.

### The Next Step

An average person’s pulse rate on an empty stomach would be in the seventies or even eighties. For a person doing the right type of sadhana and who is meditative, the pulse rate would range between the thirties and forties. Even after a good lunch it would stay in the fifties. This is just one parameter that indicates the level of restfulness that your body is experiencing moment to moment. Restfulness essentially defines the replenishing and rejuvenating capability of the body. Stress is your inability to manage this. You can check out your pulse before and after meals and see for yourself.



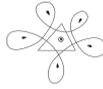
## Embracing Mystery

*'If your intelligence is sufficiently evolved and mature, the more you analyse, the more you realize you are further away from any conclusion.'*

Today, scientists have broken up water into its constituent parts. If you ask 'What is water?' they say 'Hydrogen and oxygen.' But why do hydrogen and oxygen become water? Why is it like that? If you go into just about any aspect and truly analyse it, the deeper and deeper you look at it, the further and further away from conclusion you will be. Life becomes more mysterious than ever before. The more you delve into life, you will discover that it is an endless and unfathomable process. You cannot get it because you *are* it. When you realize experientially that every atom, every grain of sand, every pebble, every piece of life from the smallest to the biggest is unfathomable, naturally you will bow down to everything.

## The Next Step

You could try this simple practice. Set your tap – or any similar contraption – in such a way that only five to ten drops fall per minute. See if you can observe each drop – how it forms, how it falls, how it splashes on the ground. Do this for fifteen to twenty minutes a day. You will suddenly become conscious of so many things around and within you that you are completely unaware of right now.



## Listening to Life

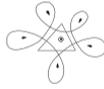
*'The science of using the body to hasten your evolutionary process is hatha yoga.'*

If you have observed yourself, when you are angry, you sit one way; if you are happy, you sit another way; if you are depressed, you sit another way. For every different level of consciousness or mental and emotional situation that you go through, your body naturally tends to assume certain postures. The converse of this is the science of asanas. If you consciously get your body into different postures, you can elevate your consciousness.

### The Next Step

Within your own home, office, and among your friends, do you see everyone has different levels of perception? Just observe this closely. If you know a few people who seem to have a greater clarity of perception than others, watch how they conduct their body. You will understand what I mean by the geometry of your existence. Just the way you hold your body determines almost everything about you.

One way of listening to life is paying attention to life experientially, not intellectually or emotionally. Choose any one thing about yourself: your breath, your heartbeat, your pulse, your little finger. Just stay with it for eleven minutes at a time. Keep doing this as often as you can. You will find your experience of life changing dramatically.



## Cosmic Download

*'The body is like an antenna – if you hold it in the right position it can just grasp everything in existence.'*

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.

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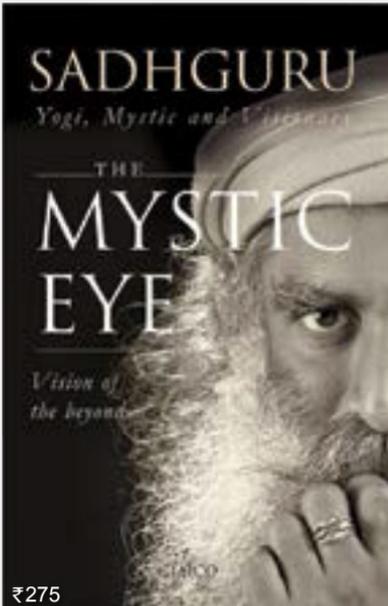
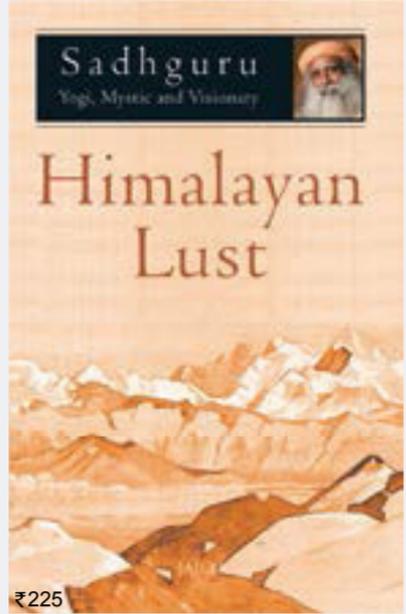
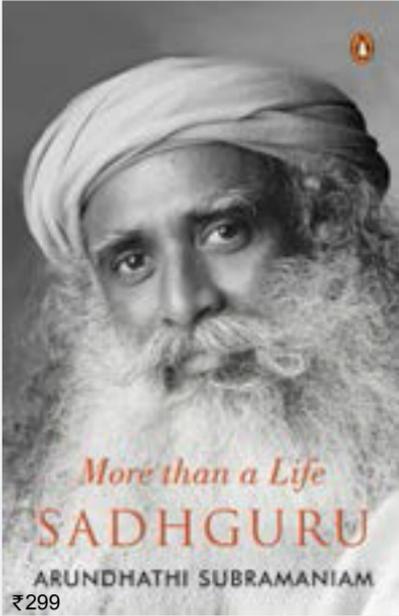
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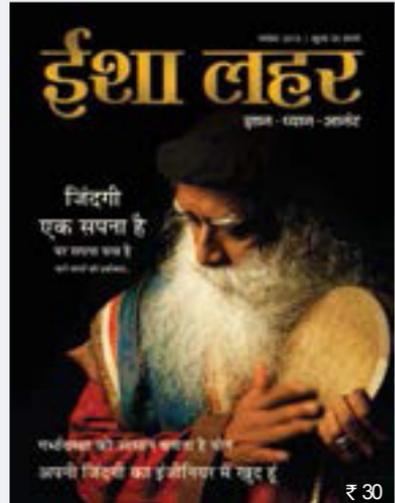
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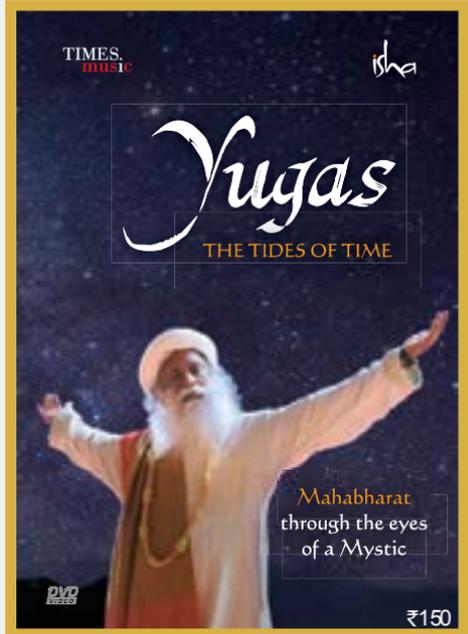
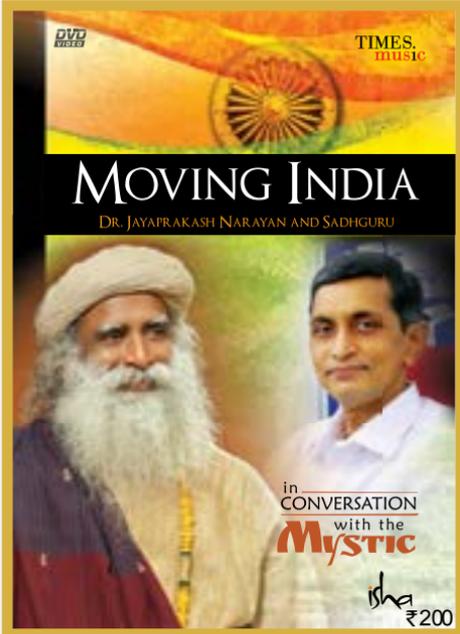
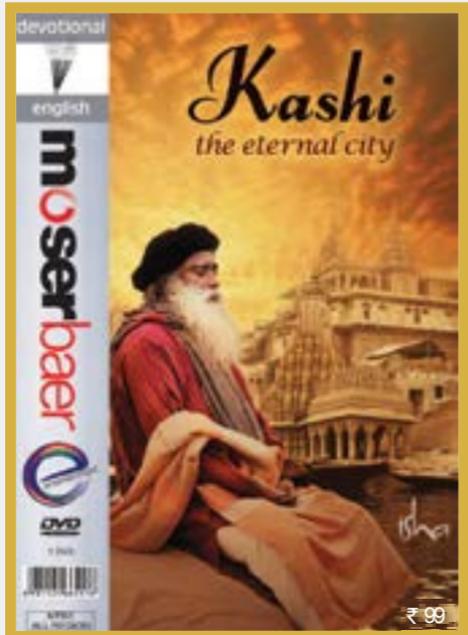
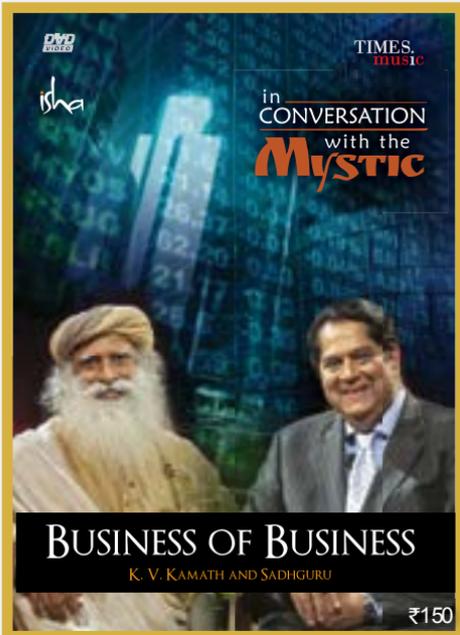
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‘There is so much talk of God and heaven mainly because human beings have not realized the immensity of being human . . . Yoga is not about being superhuman; this is about realizing that being human is super’

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