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Five days of yoga could change the world

Sadhguru spoke on the power of inclusion of yoga at the United Nations General Assembly Hall in Geneva on 27 June to mark the International Day of Yoga

4 July 2019, Geneva: The United Nations is a remarkable system to find workable solutions to the problems that affect the daily lives of people in every part of the world, with special attention to those who are the weakest.

Now credible experts are ringing alarm bells. They warn against life-threatening crises, including food that makes you sick because of chemicals and pesticides, catastrophic shortages of life-saving fresh water, natural disasters powered by climate change, and wars among nations inebriated by their devastating weapons usable on land, sea, air and outer space.

International Day of Yoga

Sadhguru, founder of the Isha Foundation, held a press conference at UN headquarters in Geneva on 28 June 2019, following a large meeting in the main assembly hall the previous day. He was invited by India's Permanent Mission to the UN in connection with the International Day of Yoga (UN resolution 69/131), which India was instrumental in establishing in December 2014.

Sadhguru said the practice of Yoga as a unifying force will invigorate the best efforts of people in the UN and elsewhere to bring peace, prosperity, health and creativity to everyone in the world. That would eliminate the causes of conflicts, scarcities and inequalities everywhere.

Transformation from the limitations of individual experience towards inclusiveness, tolerance and universality occurs only when “the way we perceive and experience life moves into a larger space of consciousness beyond the physical body’s boundaries”, he explained.

The most important work on this planet is to raise human consciousness, and that can be achieved through the practice of Yoga not just as physical exercises but in its full meaning.

“The word Yoga means union. We are in union with existence not by choice; that is the nature of existence. Everything we eat, drink, breath and many more things – all of this is keeping us in union. If we resist that, we cease to exist,” Sadhguru pointed out.

The fact is that our existence is not individual. It is in natural interaction with everything around us all the time. But the experience is individual. Yoga means you have breached the boundaries of the physical. You sit here but you are experiencing union with everything else.

“If world leaders know themselves to be larger than whom they are, there will be only solutions because their body, mind, emotions and energy will be inclusive and free of conflicts,” he noted.

Current international affairs built on the liberal and universal values of the UN over the past half century could now move towards a renewal founded upon expanded consciousness. The entire world and its affairs could be transformed if all 25 most powerful world leaders were to come to practise yoga for five days only. It would broaden their individual experience of consciousness and allow them to gain freedom from their body’s physical limitations.

“With the practice of yoga, your body and mind will be kept at their highest possible peak. Have you noticed, when you are happy, your energies always function better? You seem to have endless energy. It doesn’t matter even if you do not eat or sleep, you can go on and on.”

“If a little happiness can do this to you, imagine if your body and mind were functioning in a completely different state of relaxation and a certain level of blissfulness. You would be released from so many things that most people suffer from,” underlined Sadhguru.

Rally for Rivers

Importantly, Sadhguru is a pragmatist strongly dedicated to the daily problems of people, especially the weakest. His latest campaign in India is the one of the world’s largest ecological movement.

Called “Rally for Rivers”, it is supported by over 162 million people in a month’s time. He has driven more than 9,300km in India and held over 180 public events. It provides a comprehensive solution to save India’s rivers and is unique in its structure as an economic program with a significant ecological impact.

Rivers in India and elsewhere are literally drying. Combined with other freshwater shortages, this opens pathways to unimaginable calamity since people cannot survive without water.

For Sadhguru, the solution in India is to restore forests and natural vegetation. “We are destroying the soil and the water resources at such a rate that in another fifteen to twenty years’ time, we will not be able to feed these people (in India) and quench their thirst anymore. This is not some doomsday prediction. There is unequivocal evidence that this is where we are headed”.

“The solution is to shift from soil-depleting crops to tree-based agriculture. The equation is simple. Adjacent to the rivers, there have to be trees. If we create vegetation, it will hold water, and the rivers will be replenished. The simplest solution is to create green cover around the rivers. I suggest one kilometer on either side of all the major rivers; half a kilometer for all the tributaries.” Sadhguru said.

Sadhguru - Founder, Isha Foundation

Ranked amongst the fifty most influential people in India, Sadhguru is a yogi, mystic, visionary and a New York Times bestselling author. Sadhguru was conferred the; Padma

Vibhushan; by the Government of India in 2017, the highest annual civilian award, accorded for exceptional and distinguished service.

Three decades ago, Sadhguru founded Isha Foundation, a non-profit human-service organization, with human well-being as its core commitment. Sadhguru has initiated powerful yoga programs for human transformation as well as various outreach projects to uplift under-served communities in rural India.

Isha Foundation

Isha Foundation, founded by Sadhguru, is a volunteer-run, international non-profit, human service organisation dedicated to cultivating human potential. Isha Foundation is operated by over 9 million volunteers from more than 250 city-based centers spread worldwide. The Foundation is headquartered at Isha Yoga Center, set at the base of the Velliangiri Mountains in southern India, and at the Isha Institute of Inner Sciences on the spectacular Cumberland Plateau in middle Tennessee, USA.

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