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Email: mediarelations@ishafoundation.org

“How to overcome shyness?” P.V. Sindhu’s candid question to Sadhguru

25 May 2020, Coimbatore: In a fun-filled session peppered with profundity, a 24-year-old down-to-earth World Badminton Champion and a pragmatic Guru came together for an online tete-a-tete, lapped up by a worldwide audience. The ‘In Conversation with the Mystic’ episode titled ‘Life, Lifestyle & Sports’ featured P.V. Sindhu, India’s first World Badminton Champion and Sadhguru, Founder, Isha Foundation. A bubbly Sindhu, who was visibly excited to be talking to Sadhguru, endeared herself to audiences with her childlike enthusiasm and infectious laugh in response to Sadhguru’s wit, wisdom and banter.

Referring to her as “the pride of the nation and Telugu people”, Sadhguru invited the World Champion to visit the Isha Yoga Center with her family. “Our backyard is 10,000 sq miles of rainforest, absolutely spectacular and beautiful,” he said.

Echoing the popular lockdown question that humanity is asking itself – ‘How to sustain the worldwide dip in pollution levels?’ – Sindhu opened the 50-minute session that included questions on personal effectiveness, luck & superstition, confidence, spontaneity, shyness and insightful badminton tips from Sadhguru.

“You cannot create an ecological or environmental difference without a long-term commitment and action towards that,” Sadhguru said in response to the question on sustaining the ecological benefits of the lockdown. “Are you a river person or a mountain person?” Sindhu wanted to know and got a clever response: “I can’t live

without mountains. Once you have mountains, rivers come out of the mountains, so river is an add-on.”

To a question on handling interpersonal relationships effectively, Sadhguru deconstructed “personality” and while acknowledging that it was necessary to have one to function in the world, added that one’s personality must be flexible as situations demand. “You don’t have to be stuck with one persona. You can be a different person as the situation demands. That is when you will find full expression to yourself, otherwise you will get stuck within a structure you created,” he explained.

An eager Sindhu discussed her on-court techniques and even asked Sadhguru if he could give her any feedback on her game. “In your game, everything is fantastic but no deception, you’re too direct,” Sadhguru began and went on to give Sindhu a few tips on how to use her height to her advantage. He invited her to the Isha Yoga Center in Coimbatore for a 5-day program that could enhance her intuitive power and give her a huge advantage on court by pre-empting her opponents’ moves.

In response to a question on how to differentiate between confidence and over-confidence, Sadhguru said simply, “If you’re enjoying the game, you’ll play at your best,” and asked Sindhu, “Have you seen Ronaldinho play?” referring to the legendary Brazilian footballer whose phenomenal skills made him one of the world’s most popular players. “You must watch Ronaldinho, how joyful he is (when he’s playing),” he told Sindhu.

When the World Champion asked Sadhguru, “How do you overcome shyness?” pat came the laughing response, “I’m not a young girl like you,” as a laughing Sindhu stammered and corrected herself “I don’t mean you. How do people overcome shyness?” she clarified. “You don’t need confidence, nor do you have to be shy. What is needed is clarity,” Sadhguru responded. He said that for most people their own thoughts and emotions have become an impediment to their growth.

“Do you believe in luck, superstition?” Sindhu asked. “I always make sure I’m lucky,” laughed Sadhguru tongue firmly in cheek. “You should also make sure for your sake, for the country’s sake and for all our sakes - we’re all your fans - so you must make sure

you're lucky; don't wait to be lucky. A whole lot of people are successful by chance, not by their own competence. So there is so much fear about failure all the time. You just watch the shuttle, don't look at the stars," Sadhguru said.

Sindhu promised to visit the Yoga Center with her family who she said were very excited that she was speaking to him.

The episode was streamed live on 23 May. Sadhguru has held several online conversations and webinars over the last two months during the lockdown, answering a range of questions on Life, individual transformation, the pandemic and its aftermath. He has spoken to diverse groups including healthcare professionals, industry bodies, security forces, academicians, realtors and sportspersons.

If you would like to know more about this, please write to mediarelations@ishafoundation.org.