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Email: [mediarelations@ishafoundation.org](mailto:mediarelations@ishafoundation.org)

### **Mahashivaratri at Isha: Vice President Venkaiah Naidu releases Sadhguru's book**

**21 February 2020, Coimbatore:** The Hon'ble Vice President of India Venkaiah Naidu unveiled one of the most awaited books, 'Death – An Inside Story' authored by Sadhguru, Founder, Isha Foundation. The Vice President was the Chief Guest at the 26<sup>th</sup> Mahashivaratri celebrations at Isha Yoga Center. With Sadhguru by his side, the Vice President released the book to applause and cheers from a massive open-air audience at the sprawling venue.

Earlier, Sadhguru accompanied the Vice President to the venue of Mahashivaratri celebrations where they were warmly received by a cheering and enthusiastic audience. The Vice President also visited Linga Bhairavi and the Dhyanalinga Yogic Temple at the Yoga Center before reaching Adiyogi. He attended the *Pancha Bhutha Aaradhana* at Dhyanalinga, a process to cleanse the elements, performed by Sadhguru.

Isha's Mahashivaratri event is said to be the largest Mahashivaratri event to be held anywhere in the world. Millions participate in the event in person and through live television online streaming. It is relayed in more than 10 Indian languages and English. The nightlong celebrations culminate the following morning at 6 a.m. The Hon'ble President of India, Shri. Ram Nath Kovind, was the Chief Guest at the 25<sup>th</sup> anniversary of Mahashivaratri celebrations at Isha Yoga Center last year.

### **Mahashivaratri**

Mahashivaratri is significant because of the immense spiritual benefits it offers due to natural planetary positions. On this night, the northern hemisphere of the planet is

positioned such that there is a natural upsurge of energy in the human system, pushing one towards their spiritual peak. It is therefore considered important to stay awake with the spine erect to benefit from this natural upsurge of energy. The forces of the night are agnostic to faith or religion making Mahashivaratri a universally significant night for all human beings, especially those on the spiritual path.

**If you would like to know more about this, please write to [mediarelations@ishafoundation.org](mailto:mediarelations@ishafoundation.org).**