

# Spirituality And Sadhguru's 'Inner Engineering'

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**Abstract:** This review paper is the first step in the journey of a thousand miles that a researcher takes in her quest to discover spiritual literature followed by its breakthrough and revival with Sadhguru's 'Inner Engineering'. The papers that have been reviewed, discuss myriad topics. From religion to spirituality, from disease to cure (with spirituality), from outer life to inner life and from critics' opinions to researchers' perspectives; this review article endeavours to decipher, Spirituality, its origin in India, and its need for a human to understand his/her own person, the very inner core of one's being. The varied topics of the research papers read and reviewed are like the spokes of a wheel which ultimately connect to the hub in the center i.e., the very concept of SPIRITUALITY and its reawakening with Sadhguru.

**Key Words:** Spirituality, Journey, Inner World, Within, Outer World, Journey, Pause and Ponder

## I. INTRODUCTION

Spirituality! A word so much known, yet so much unknown. A word whose adjectival form defines a genre in English Literature. A word that has been read and interpreted, coded and decoded, explained and expounded since times immemorial in India and the rest of the world alike, forms the foundation stone of this review. For India, who is the land of the Vedas, the Sages, the Gurus, the Guides; spirituality has been a very deep-rooted acquaintance. According to Kroeber's work (1944), 'India sees a recorded history of almost 2500 years of spirituality, right from Buddha, Mahavira and Samkhya in around 500 BC to the Bhakti Movement from 1100 to 1800 AD'. Spiritual literature has forever been an integral part of Indian literature and has come to the peoples' rescue in times of crisis.

Humans have always felt the need of literature that helps them deal with their own selves, their own being, their own person. Oftentimes, it is easy to deal with what is outside than dealing with what is on the inside. With the world racing in light years, many have felt and experienced an abysmal vacuum, the need to heal. There has been a felt need for spiritual literature, literature that can become a harbinger of hope for a human, giving him/her the assurance that nothing is lost and there is still hope. When trials and tribulations, winds and storms engulf one from the outside, the inside of the person becomes the anchor which roots itself to help the person weather the storms and tribulations that life hurls at such violent pace.

All we need to do is - know ourselves, our own inner functioning that can help us dive deep into our own souls; to restore the connections, mend what is torn and heal what is wounded.

The reviewed literature depicts and decodes myriad shades of 'spirituality'; what it is, why it is, why is it needed, how it helps, its increasing need, and most importantly Sadhguru's 'Inner Engineering', a book for the spiritual of the 21st century.

For the purpose of this review report, the literature review findings have been segmented under the following sub titles:

- ✓ Spirituality-Meaning & Route
- ✓ Spirituality for Quality Life
- ✓ Spirituality:A Need in the 21st century
- ✓ Sadhguru's Inner Engineering

### ***Spirituality-Meaning & Route***

The visible world, has forever allured humans. It has a glitz and charisma of its own. This world, that is visible, lays innumerable baits and traps for humans, casts a firm clutch on them and keeps them captivated and shackled. Humans keep running for baits which can be myriad and some of them abstract as well – wealth, success, achievements, happiness, love, prosperity, property, promotion, growth, development, power and what not! This superfast world doesn't leave a person with a chance to pause and ponder - Where to and Why? We just keep going, walking, treading, trudging, running, and sometimes slogging. After all, most of them, they say that life is all about going on, moving on! Thus, we are devoid of time to pause and ponder because these few words of moving on, going on, fighting on, achieving on, are so firmly knotted in the fabric that we garb that they leave no room for a thought, a silent thought away from this chaotic world. Hence, most of us end up being puppets that are held by threads which roll around the fingers of something or someone that runs us artistically and skilfully, leaving us with no courage to break free as we fear losing the very essence of our existence.

Unknown fears, questions, do flail here and there in the heavy waters of our heads and hearts but, poor they! They often are stifled to death as no one heeds to them, and the one who must, doesn't feel the need to or doesn't have the opportunity to. Scepticism, rationalism, empiricism for one's own well-being take a back seat without a seat belt and often become a prey to the rash speed at which one is driven by life.

Sadhguru in his Millennium Message does talk of Buddha, Ashoka and Alexander who broke these threads that shackled them and they did pause and ponder, took to THINKING. They were submerged in this ongoing world, they lived in and within the world outside until they realized that 'what is on the outside took them nowhere and the real world was and is the world within'. According to Sadhguru, 'Man, throughout history, has been in his quest to attain something or the other, but all his attainments and accomplishments have been in the outside world, the visible world, the world that surrounds. Man has been able to reach the Moon and Mars but still hasn't reached anywhere'. All that has been achieved has, if seen deeply, complicated life than having simplified it. It is complicated yet simple to realize.

Sadhguru explains, winning over the external wouldn't take anyone anywhere but the internal would. This one feeling has led man to look for spirituality, to look for the inside instead of the outside, to conquer the inside than the outside. Consequently, some have felt the need to pause and ponder.

This walk of the inside; this talk of the inside is the foundation stone of spirituality.

Wikipedia defines spirituality as an animating vital principle. According to Wikipedia, 'the word spirituality is derived from the Old French *esprit*, which comes from the Latin word *spiritus* (soul) and is related to *spirare* (to breathe)'. Thus, it can be understood that spirituality has a lot to do with the soul that is found within. Furthermore, this word is also related to 'breathing' and that is what most of the seekers have written when they had understood. Sadhguru, in one of his poems talks of breath as a route to find what is within

and what lies beyond. In his poem titled 'SAMYAMA' Sadhguru, very subtly pens the value of breath on the road to spirituality. He writes:

*"The cool awareness of the breath  
Oh, this breath my bondage and my Mukthi.  
How deep it goes into me!  
Tickles the tiny bond with this body  
This blessed breath the cause of life  
is the gateway for life beyond  
Taste this breath of life enhancing venom  
This same breath I've tasted for ages"*

In the above-mentioned excerpt from the 17-line poem, Sadhguru calls his breath to be his bondage (enslavement) because one still lives when one breathes and at the same time, calls it his Mukthi (salvation) as breathing is the last thing one does when one leaves for the world beyond. The breath, he mentions, seeps deep into him, his body, his soul and subtly touches the connection that holds him with his body. He says, this gifted breath is the reason behind this life and is also the doorway, an opening that can lead a seeker to the world beyond where life is not as it always seems. He invites the readers to taste - to feel, sense and perceive the breath of the venom that augments life which he has felt, breathed and tasted for years and years.

Giving stock to the idea and tone is ArsafimQudrat E Khoda's research paper titled 'Meditation: The Root of All Worship' wherein he quests to validate that meditation is the source of all knowledge, a source of all connection with the Almighty. According to him, 'through meditation, a person is able to watch over his spiritual heart (which he calls the soul), attain knowledge about it, its surroundings and its creator'. He writes that meditation is the observation of the unseen through the purity of certitude (conviction, certainty) and is treated as a crucial key in every religion; Hinduism, Buddhism, Islam, Christianity, Sikhism. In his research paper he quotes some lines by Poet KaziNazrul Islam who writes:

*"This heart is the masjid (mosque), the temple, the chin.  
This is where Jesus and Moses found the truth.  
In this battlefield the young flute player sang the dime Geeta  
In this pasture the shepherds became prophets.  
In this meditation chamber Shakya Muni heard the call of the suffering humanity and decried his throne.  
In this voice the Darling of Arabia heard his call,  
From here he sang the Quran's message of equality.  
What I've heard, my friend, is not a lie:  
There's no Ka'aba greater than this heart!"*

Thus, he says that God does not necessarily live in the mosques, the temples or the cathedrals; God, rather stays in human qalbs (hearts). He also quotes 'Saint Padre Pio' who

stated that ‘through the study of books one seeks God; by meditation one finds Him’. Thus, it can be concluded that mediation is one spiritual path, if taken, can lead the seeker to the source.

## **II. SPIRITUALITY- For Quality Life**

Life, is all we have on this planet and it matters how we live it!

Researchers have forever been curious to find out the role spirituality can play in helping a person live a life of quality, of essence, of meaning. A life of quantity, which is oftentimes measured in terms of days, weeks, years, decades, scores and centuries, doesn’t make it life in the real sense.

A moment worth lived, is life lived in a moment. Sometimes, a whole span of years lived does not define life to a person, but a moment or a few moments do.

David C. Baker’s research paper ‘Studies of the inner life: The impact of spirituality on quality of life’ brings to light the need of spirituality in every season of life esp. winter i.e., old age. According to the author ‘spirituality is an avenue for people to empower themselves, to make sense out of their current situations and to rise above them’. He suggests a three-dimensional model of spirituality with the perspectives of the transcendent (quest for meaning), the transpersonal (intrapsychic and interpersonal) and the transmissional (passing on to the future generations). For David, spirituality is a connecting force, the highest degree of involvement, inner or outer and provides a source as well as direction and purpose.

David C. Baker establishes a connection between spirituality and day to day religious practices by the use of the term ‘Organizational religious activities’ categorized under the title ‘three expressions of spirituality’. But, is it really so? This connection remains a question that needs an answering. Furthermore, Jane Dyson et al. in the research paper ‘The meaning of spirituality: a literature review’ emphasize upon the need for medical science to step beyond scientific paradigm for health care. It can be termed as a ‘working frame for the exploration of spirituality’ in the writers’ words. The need for medical science to address the spiritual dimension of a patient along with physical, psychological and social has been ardently expressed. In their search for the meaning of spirituality the researchers have tried to explore, layer by layer, its connection with religion, oneself, others and God. They conclude that while religion provides a platform for spirituality, a person’s connection with one’s core, the search for a meaning to one’s existence helps a person to get connected to other things around spiritually, making spirituality a force in human life to make it better and worth living.

Carla BrazEvangelistaI et al. in their endeavour browsed through several research papers to conclude that terminal patients need something more than physical well-being alone, i.e., psychological, social and esp. spiritual care. Palliative care, as the name suggests is rendered to terminal patients i.e., patients with diseases that cannot be cured. Care which incorporates spirituality becomes holistic and helps the patient deal with all dimensions: intrapersonal, interpersonal and transpersonal. This spiritual intervention helps the patients overcome the fear of the unknown and helps them live their last breaths peacefully and take their last with poise and dignity. Their research, does bring to awareness ‘Why Spirituality’ but does not clearly answer ‘How Spirituality’. Similarly, Sunil Kumar in his research paper titled ‘A Study of Perceived Workplace Spirituality of School Teachers’ highlights the essentiality of workplace spirituality to bring in a feeling of wholeness and contentment. According to him, workplace spirituality is a set of organizational values that helps the teachers cope with

situations of all kinds for the betterment of the learners. The need of spirituality is surely felt, however, how it can be addressed, though answered fleetingly lacks elucidation.

### ***Spirituality: A Need in the 21st century***

The eternal ongoing chaos in the world leaves none untouched, unaffected. People struggle, suffer, sometimes feel so stifled and strive to find a way out. Some wonder-is there really a road, a path that can lead me to peace, a peaceful life, a better home, a blissful feeling. The reality is that here the road, the peace, the home and the feeling... are all abstract and intangible. They are not a destination or a tourist spot that can be journeyed to or visited by spending bundles of currency. For this one attainment, one has to leave the currency, the vehicles, the bag and baggage and just walk and look within. And, this walk within, is one of the most confounding of all walks and has been the talk of talks esp., in the 21st century when humans have found themselves amidst scientific pieces but sadly, no peace. Thus, spirituality has become a hot topic and books on this discipline have been sold like hot cakes in the book world.

Fetching in the same context, Rukmini Chawla Kumar's article is an eye opener. There has been a greater demand of mind-body-spirit books, but why? We are struck by a Pandemic, yes, we are.

According to Rukmini, 'the fact that the world has always felt the ravages of the Pandemics of stress, anxiety, insecurity and fear of failing to understand cannot be denied. In such a scenario, MBS books come like a ray of hope that brighten the gloomy souls of their readers'. Life is everchanging as the wheel of time spins on and with these ever-changing times, the need for MBS books will ever increase and they will always be a treat to the human spirit. Furthermore, it is pertinent to notice that there has been a considerable import of this literature from the West. Here, the writer poses a very relevant question-'When we have our own psychological, physical, economic and sociocultural needs and challenges, then is it not worth saying that we need our own gurus, inspirational speakers and spiritual masters?'

### ***Sadhguru's Inner Engineering***

*"As we have physical science to create external well-being there is a whole inner dimension of science to create inner well-being. I call it Inner Engineering." – SADHGURU*

Sadhguru's Inner Engineering which was published in 2016, is until this day read by the readers far and wide. Also, tagged as New York Times Bestseller, this book brings to its readers a way, a technology to accomplish complete inner transformation. The pages of the book, familiarize the reader with Sadhguru's own life of transformation. Sadhguru says, "As a guru, I have no doctrine to teach, no philosophy to impart, no belief to propagate. And that is because the only solution for all the ills that plague humanity is self-transformation."

'Inner Engineering, a technology, incorporates the science of Yoga to help an individual understand his or her inside. This program trains the trainee in 'ShambhaviMahamudraKriya', a 21- minute yoga practice that has immense transformative power. The Inner Engineering Online Course also called as 'Isha Yoga Program' in Tamil Nadu trains the trainee to strike a balance between the Outside and the Inside through a powerful yogic practice. The two components of the program include, guided meditation and transmission of the sacred ShambhaviMaha Mudra; which enhance one's experience of life in terms of health (rejuvenated), performance (vibrant and effective) and experience (positive and rich). Thus, it helps an individual reach a state of inner peace, joy and fulfilment, physically as well as mentally.

Ali Farahani in his research paper talks about leadership as the prime strand but also discusses spirituality-self-awareness as a transformational force that enlightens a being and helps him/her build a growing mindset instead of a fixed mindset. The story of the mouse who has the heart of a mouse even when it is turned into a panther from 'Spiritual Short Stories' captures the attention of the reader and delivers a crystal-clear message of the need to transform the inner self for fruitful transformation. He also quotes 'Sadhguru' who writes in his book 'Inner Engineering' – "Nothing is the problem, as long as you're not the problem. Most of us don't suffer 'the reality' but our 'own reality'." Thus, working on our own reality can lift us to a different pedestal from where we can visualize the world with a new guiding light.

To add to this, Eve in his article 'A Comprehensive Review Of Isha Foundation's Inner Engineering Program!' shares his own personal experience about the IEP (Inner Engineering Program). Sceptical in the beginning, the writer wasn't sure what he was heading to, but his later journey proved to be quite transforming. It was like a life renovation for the writer when he felt his enhanced energies, mental alignment and focus, and the feeling of having found the key to the fetters of his mind. He gives a wake-up call to his readers and invites them to unlock themselves and experience life through 'Inner Engineering, a technology that tools the inside and transforms both- the inside and the outside'.

### III. CONCLUSION

Lexico.com defines 'spirituality' as the quality of being concerned with the human soul as opposed to material and physical things. Merriam Webster defines 'spiritual' as something of, relating to, consisting of, or affecting the spirit. So, spirituality is a connection, a link that one forms with oneself, one's spirit, to understand oneself fully and completely to one's joy and fulfilment. Knowledge of the self, self-mechanics, raises the seeker to a higher pedestal while keeping him/her grounded. One is fully alive when one is spiritually alive. English Literature, right from its very outset, has felt spirituality to be an inseparable component when it comes to its genres. This research will help throw some sunshine on spirituality in English Literature, its necessity, its inseparable nature and its revival and breakthrough in the 21st century.

"Knowing and Not Knowing are two sides of the same coin; such that the former leads a seeker to the latter and the latter to the former." -Mamta

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