



Sadhguru



The world has reached a place where, fueled by technology, people have more comforts and conveniences in their lives than ever before. The only thing that is missing is Human Consciousness that is more inclusive, compassionate, and above all one that will manifest the goodness of being human on this planet.

This is our time. Let us create a more Conscious Planet than we found it. This work is about Human Beings. This work is about the environment. This work is about how we conduct our economy and how we impart education to our children. This work involves all the dimensions of our lives.

Many thousands of us have dedicated our lives to creating a more conscious planet, and to helping people upgrade their lives to be more conscious and compassionate.

We look forward to you supporting this movement and to seeing that this mission will reach its peak in this generation.

Let's make it Happen.

Love & Blessings,

Sadhguru

A photograph of Sadhguru, an elderly man with a long white beard and a white turban with a purple border. He is wearing a blue shawl and has his hands raised in a gesture of blessing or connection. In the foreground, several other hands are also raised, some with pink nail polish, suggesting a group of people participating in a ceremony or a spiritual practice. The background is blurred, showing other people and a blue and white striped wall.

Sadhguru

Yogi, mystic and visionary, Sadhguru is one of the most influential people of our times. An Enlightened Master, he has undertaken some gargantuan challenges – work that has been as sweeping as it has been varied. All his efforts, however, have always been towards just one goal: Raising Human Consciousness.



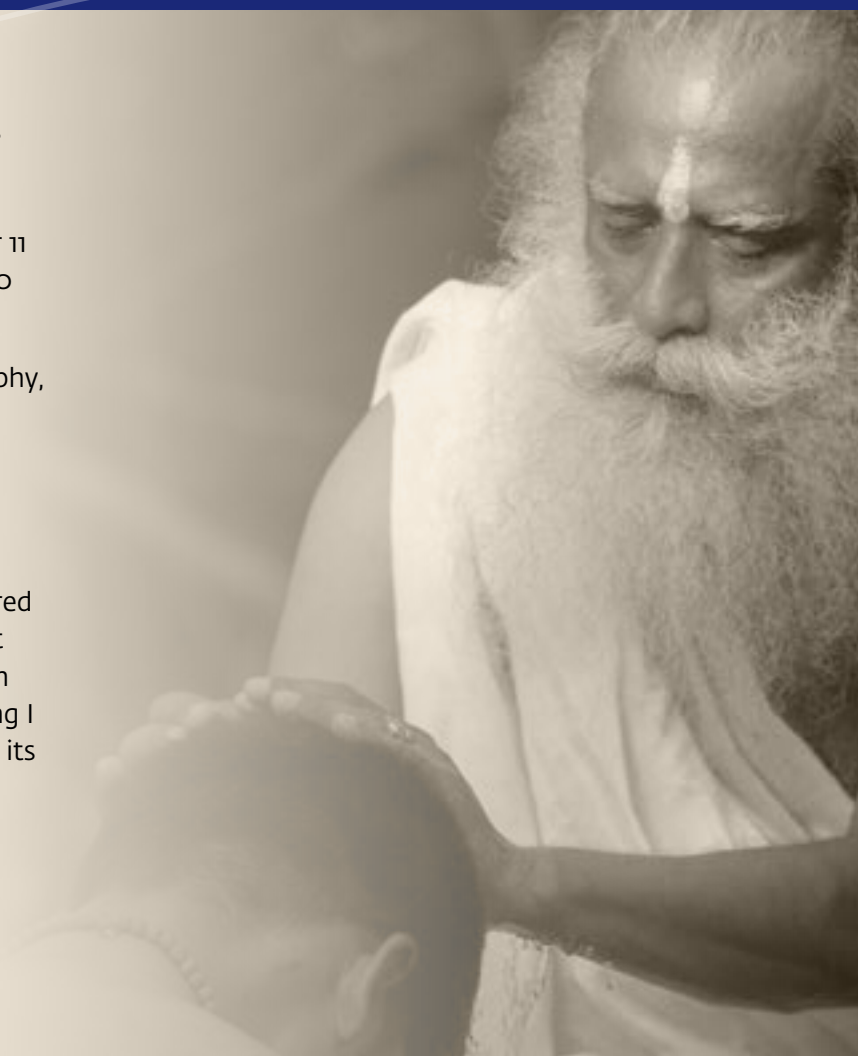
Darshan with Sadhguru, Isha Yoga Center, India

The Guru



Sadhguru has touched millions across the world through his spiritual work. Isha Foundation, which he founded in 1992, has a volunteer base that is over 11 million strong and growing across 300 centers worldwide.

Non-aligned to any teaching, philosophy, religion or belief system, Sadhguru's offering to humanity is based on an experiential knowing of Life. He says, "The word 'Sadhguru' is not a title. It is a description. Sadhguru means 'uneducated Guru.' I am almost hundred percent spiritually uneducated. I don't know any scriptures. I come only from my inner experience and the only thing I know for sure is this piece of life from its origin to its ultimate."





In the Yogic tradition, adepts have identified four paths that a seeker may take to attain Liberation. Sadhguru explains: “These are the only four realities in your life: body, mind, emotion, and energy. If you use your emotions and try to reach the ultimate, we call this bhakti yoga, the path of devotion. If you use your intelligence and try to reach the ultimate, we call this gnana yoga, the path of intelligence. If you use your body, or physical action to reach the ultimate, we call this karma yoga, the path of action. If you transform your energies and try to reach the ultimate, we call this kriya yoga, that means internal action.”

As a Spiritual Master, Sadhguru guides seekers on all four paths. He says, “In one person the heart may be dominant, in another person the head may be dominant, in yet another person the hands may be dominant, but everyone is a combination of these four, so you need a combination of these four. Only when it is mixed in the right proportion, it works for you. That is why, on the spiritual path, there is so much stress on a Live Guru. He mixes the right cocktail for you. Otherwise, there is no punch.”

Sadhguru offers an array of powerful Yoga programs, tools, methods, techniques for human transformation and wellbeing. Flagship programs – Inner Engineering and Inner Engineering Online – are tremendous tools that help individuals gain greater balance and remarkable clarity in their perception of life.



The Yogi



On 23rd June 1999, Sadhguru completed the consecration of the Dhyanalinga – a powerful energy form that has been the dream of enlightened yogis for generations. Consecrated through an intense process called *prana pratishtha*, the Dhyanalinga is a profound meditative space and a doorway to enlightenment and spiritual liberation. The uniqueness of the Linga is that it has the energies of all seven chakras raised to the peak and locked to prevent dissipation over time.



The Science of Consecration

On the Yogic science of consecration, Sadhguru says, “Consecration is a live process. If you transform mud into food, we call this agriculture. If you make food into flesh and bone, we call this digestion. If you make flesh into mud, we call this cremation. If you can make this flesh or even a stone or an empty space into a divine possibility, that is called consecration.” Sadhguru has also consecrated other powerful forms and spaces, including the fierce feminine form Linga Bhairavi and the Yogeshwar Linga which is designed to bring forth intensity and inclusiveness.





*Sadhguru at the Consecration of the Yogeshwar
Linga, Isha Yoga Center, 2017*

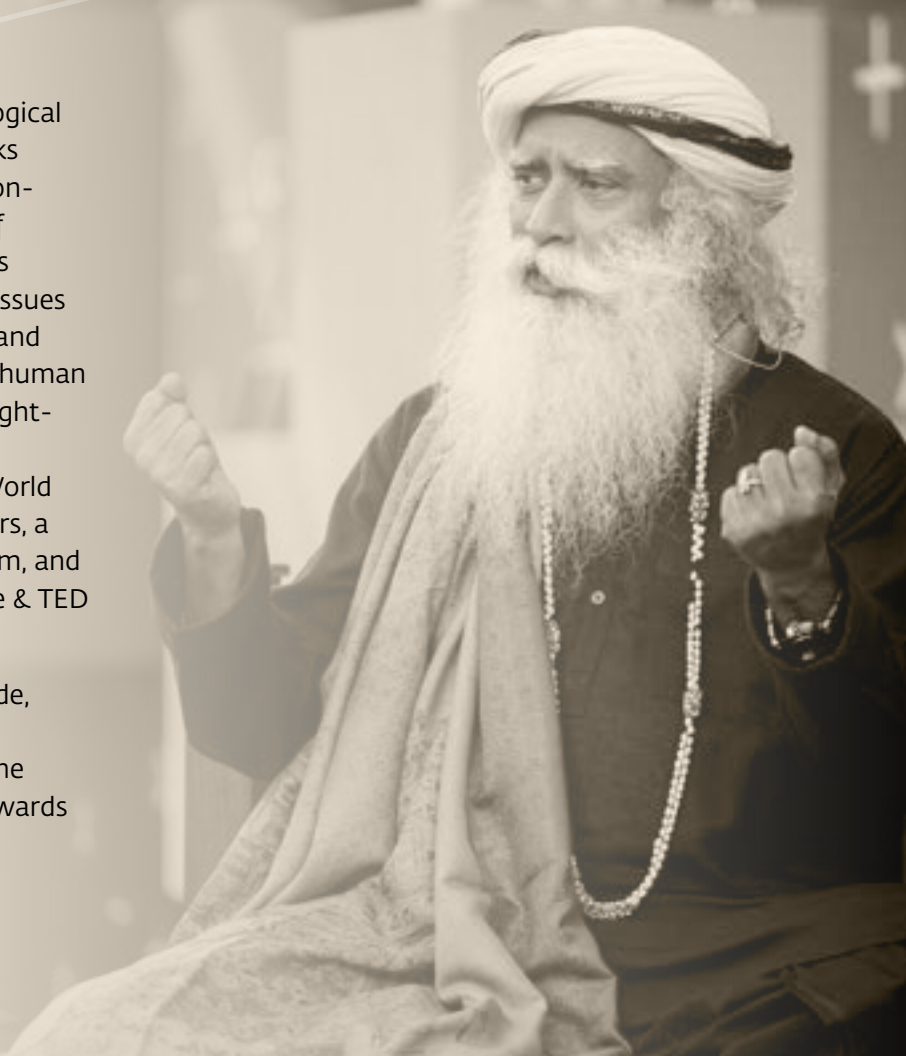


Sadhguru with leading voices from around the globe at the World Economic Forum, 2019

The Visionary

Probing and passionate, insightful, logical and unfailingly witty, Sadhguru's talks have made him a speaker and opinion-maker of renown. Considered one of India's 50 most influential people, his astute and incisive grasp of current issues and world affairs and his intelligent and holistic approach to the question of human wellbeing have made him much sought-after in international forums. He has been a primary speaker at the UN World Headquarters, UNESCO Headquarters, a regular at the World Economic Forum, and a special invitee at Microsoft, Google & TED to name a few.

Much revered as a visionary and guide, Sadhguru has received innumerable accolades and awards from across the globe, including three presidential awards from the Government of India.





In 2017, Sadhguru was conferred the Padma Vibhushan by the Government of India, the highest annual civilian award, accorded for exceptional and distinguished service.

The Sadhguru Center for a Conscious Planet was established in 2020 as a unique, multidisciplinary research center in the Beth Israel Deaconess Medical Center, a teaching hospital of Harvard Medical School.



Being deeply involved in all aspects of the Human Condition, Sadhguru has had many fascinating discussions with cutting-edge scientists that throw light on the cusp between the subjective and objective sciences. To empirically understand the relationship between human consciousness, cognition and compassion, the Sadhguru Center for a Conscious Planet was established in 2020 as a unique, multidisciplinary research center at Harvard Medical School's teaching hospital, the Beth Israel Deaconess Medical Center.



Sadhguru has spoken to students of institutions the world over, including Oxford, Stanford, Harvard, Yale, Wharton and MIT. Youth, whom Sadhguru describes as "life in the making," have received special attention from him, particularly with a series of engagements called 'Youth and Truth'.



*Of motorcycles
and a mystic ...*

**EXPLORING SPIRITUAL AMERICA
RIDE WITH SADHGURU**

North American Tour

In 2020, Sadhguru undertook an epic 10,000 mile journey across North America to bring attention to the spiritual and cultural processes of Native American nations.



Sadhguru with American actor Will Smith, North American Tour, 2020



Sadhguru in the weekly Darshan,
Isha Yoga Center, 2020

With Sadhguru in Challenging Times

During the COVID crisis, Sadhguru has stood as a pillar of support and strength to millions across the globe through online platforms. He has been invited to address and interact via webinar with various sets of people ranging from realtors to administrators, from businessmen to soldiers, from medical personnel to hoteliers – every affected group has reached out for his counsel. In each case, Sadhguru has indicated possible ways forward, his engagement so insightful as to resonate with the foremost thinkers in that arena.

Sadhguru's presence on social and digital media has been highly influential. As a spiritual guide, he has arguably reached the largest section of people on the planet. Over a billion individuals across the globe have seen at least one video featuring Sadhguru.

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Sadhguru with HRH Princess Noor bint Asem of Jordan



Sadhguru with badminton champion PV Sindhu



The Change-maker

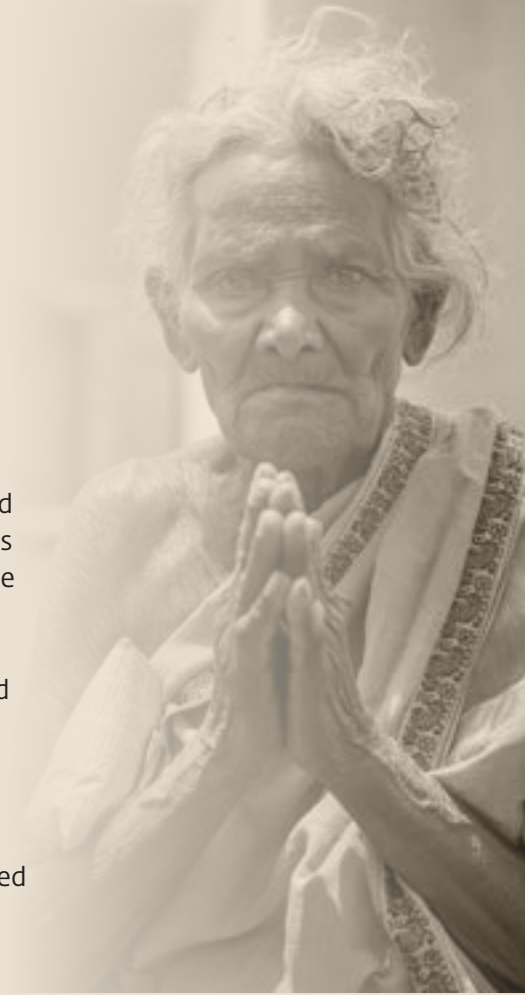


In the past decades, Sadhguru has taken up huge tasks in various areas that needed attention. Isha Foundation and its affiliate organizations have been involved in a range of activity – from disaster response to rural distress, from rural education to sports for wellness, from environmental restoration to developing leadership.



Ecological Initiatives

In the past few years, Sadhguru has launched mega ecological initiatives in India to address challenges of Soil, Water and Climate Change such as land degradation, water scarcity, agrarian distress and loss of biodiversity. Sadhguru has been invited by the UN, United Nations Environment Programme (UNEP), United Nations Convention to Combat Desertification (UNCCD) and International Union for Conservation of Nature (IUCN) to explore how these initiatives can be replicated globally.



In 2017, Sadhguru launched Rally for Rivers, a massive awareness campaign to revitalize the rivers of India. Cauvery Calling, an action-oriented offspring, was launched in 2019 to restore the severely depleted southern Indian river Cauvery to its former levels. This massive movement spanning 12 years aims to facilitate the planting of 2.42 billion trees in farmlands in the river basin through agroforestry.

Sadhguru's ecological movements are intended to ignite in human beings the recognition that our wellbeing is directly connected to the wellbeing of the planet. Going to the root of the problem, he says, "There is only one problem on this planet – that is the Human Being. We want to bring the consciousness of who we are, what we are on this planet and what the planet is to us, in an experiential way."



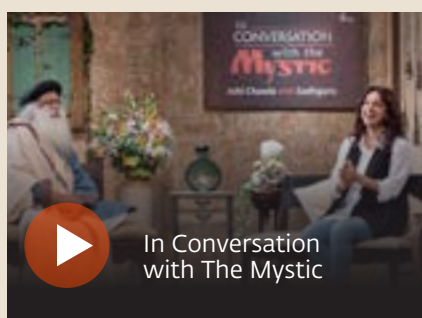
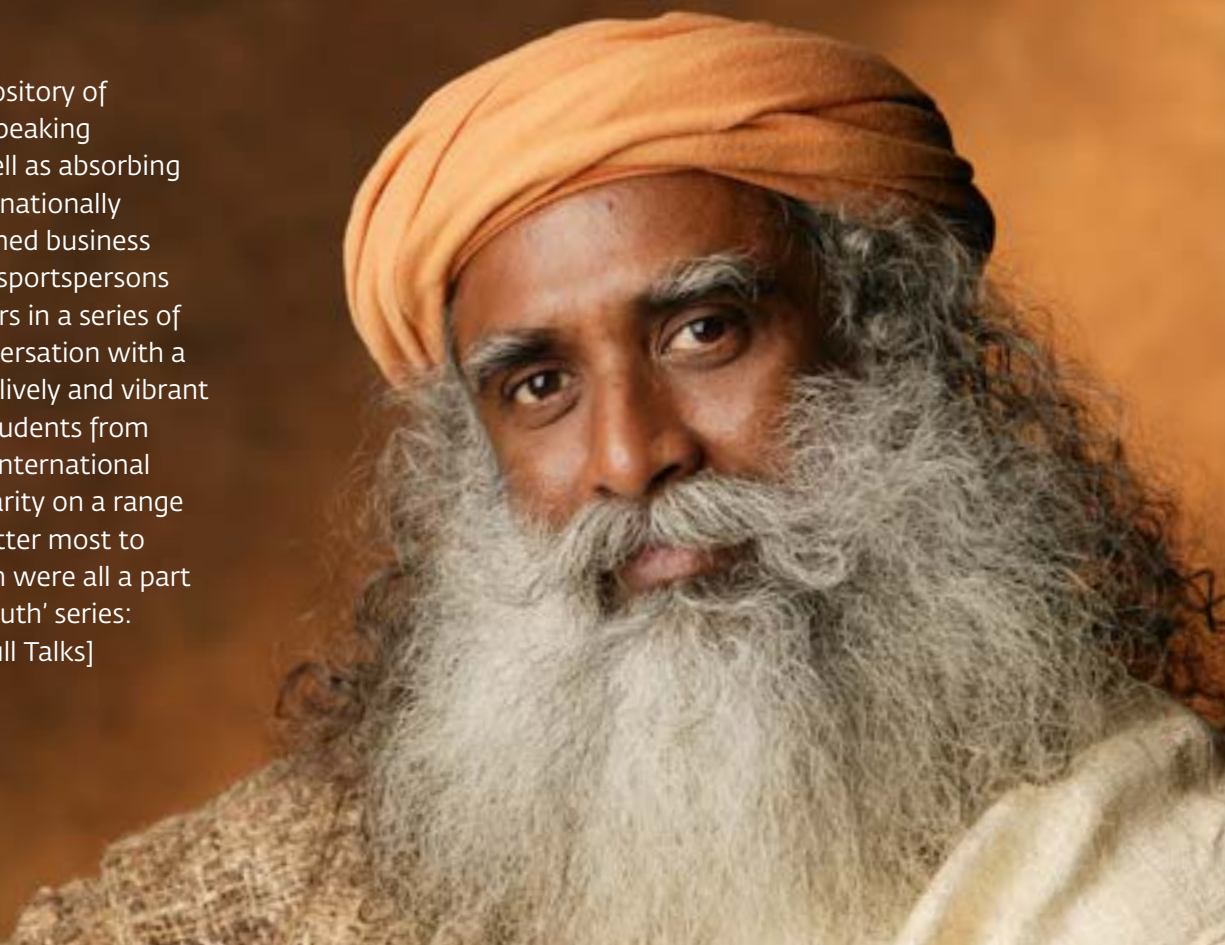
A Conscious Planet

Sadhguru is working on an initiative called the Conscious Planet movement, to bring about a planet where a large number of Human Beings act consciously, where governments are elected consciously, where ecological issues become election issues in the world.

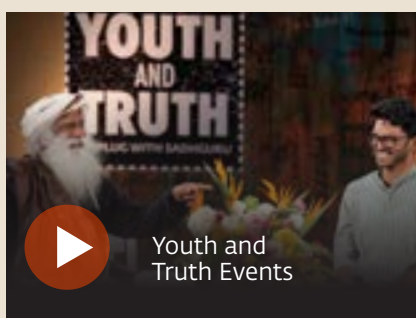
Sadhguru with UNCCD's Executive Secretary Ibrahim Thiaw

Sadhguru's Talks

Here is a select repository of Sadhguru's global speaking engagements as well as absorbing conversations with nationally and globally renowned business leaders, celebrities, sportspersons and other influencers in a series of talks called 'In Conversation with a Mystic'. Sadhguru's lively and vibrant interactions with students from leading Indian and international universities offer clarity on a range of subjects that matter most to today's youth which were all a part of the 'Youth and Truth' series: [Youth and Truth \[Full Talks\]](#)



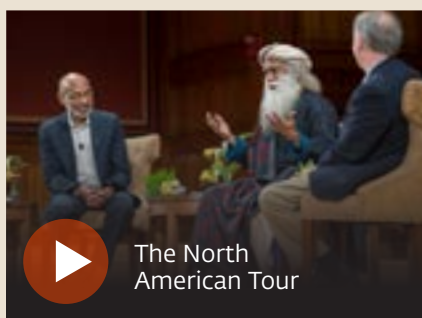
In Conversation with The Mystic



Youth and Truth Events



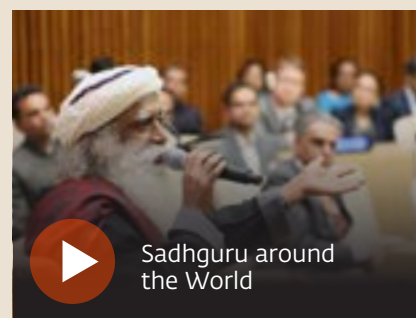
Insight: The DNA of Success



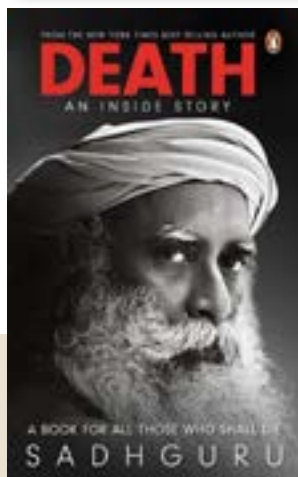
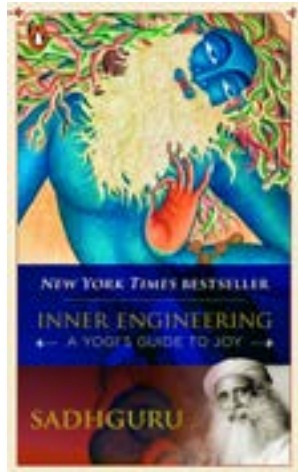
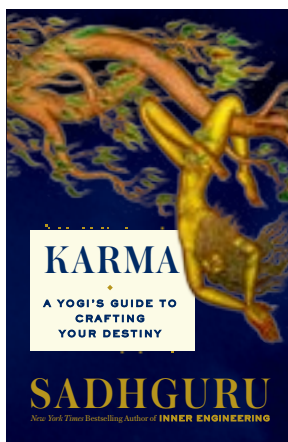
The North American Tour



With Sadhguru in Challenging Times



Sadhguru around the World



Sadhguru's Books

Sadhguru is a two-time New York Times bestselling author, with his books *Inner Engineering: A Yogi's Guide to Joy* and *Karma: A Yogi's Guide to Crafting Your Destiny*, making it to the bestseller list in several categories. His biography *Sadhguru: More than a Life* is authored by renowned writer and poet Arundhathi Subramaniam.

Browse through our bookshelf for The Big List of Books by Sadhguru on Spirituality, Life and more.

[Browse](#)

Sadhguru in the Media

Although Sadhguru's media appearances and interviews are too numerous to list, here are a few significant media interactions.

[Explore](#)



Isha Foundation



Dedicated to Human Wellbeing

Isha Foundation, founded by Sadhguru, is a non-profit, non-religious, volunteer-run organization with over 300 centers and over 11 million volunteers worldwide. It was founded in 1992 with a vision to offer spiritual programs to raise human consciousness and foster global harmony through individual transformation.

Isha Foundation is dedicated to the exploration of the limitless human potential through individual self-transformation. Guided by Sadhguru, it is an essential resource for exploring the ancient science of Yoga in all its depth and dimension. The foundation offers a variety of programs that provide methods for individuals to attain physical, mental and spiritual wellbeing. At its core is a customized system of Yoga called Isha Yoga. Isha Yoga distills

powerful, ancient Yogic methods for a modern person to deepen their experience of life, and reach their ultimate potential.

Isha also implements several large-scale human service projects to revitalize the human spirit, rebuild communities and restore the environment. The projects have empowered millions to improve their quality of life and enhanced their socioeconomic wellbeing and achieved community-based sustainable development.

Through powerful Yoga programs and social outreach initiatives, Isha has created a mass movement dedicated to address all aspects of human wellbeing.



Isha Yoga Center

Coimbatore

Isha Foundation is headquartered at the Isha Yoga Center in Coimbatore. Located at the foothills of the Velliangiri mountains, this is a sacred space for self-transformation. This consecrated space provides a conducive atmosphere for inner growth. Thousands of people from all over India and overseas visit the Yoga Center every day.



Isha Institute of Inner-sciences

Tennessee, USA

The Isha Institute of Inner-sciences, set amidst the breathtaking mountains of the Upper Cumberland offers an unparalleled space for rejuvenation and complete wellbeing. The Center offers Yoga in its purest form, through experiential classical Yoga and meditation classes, and powerfully energized meditation spaces such as the Adiyogi: The Abode of Yoga.



Isha Delhi Center

Isha Delhi Center is an oasis of serenity and natural beauty amidst the frenzy and excitement of India's capital city. The Center is blessed with a powerful energized space to support mediation and also houses a Linga Bhairavi temple. A variety of Yoga and meditation programs are conducted at the Center throughout the year.

Discover

Useful Links

Isha Centers

Sadhguru and Isha Foundation
Isha Yoga Center
Isha Institute of Inner-sciences

Yoga Programs

Inner Engineering
Isha Free Meditations
Isha Hatha Yoga School

Consecrated Spaces

Dhyanalinga
Linga Bhairavi

Conversations with Sadhguru

In Conversation with the Mystic
Youth and Truth

Special Programs and Events

Mahashivratri
Isha Sacred Walks

Social Outreach

Isha Outreach
Beat the Virus
Action for Rural Rejuvenation

Gramotsavam
Isha Vidhya
Project GreenHands
Rally for Rivers
Cauvery Calling
Conscious Planet
Save the Weave

Isha Schools

Isha Home School
Samskriti

Isha Leadership Academy Programs

Isha Insight
Human Is not a Resource

Health

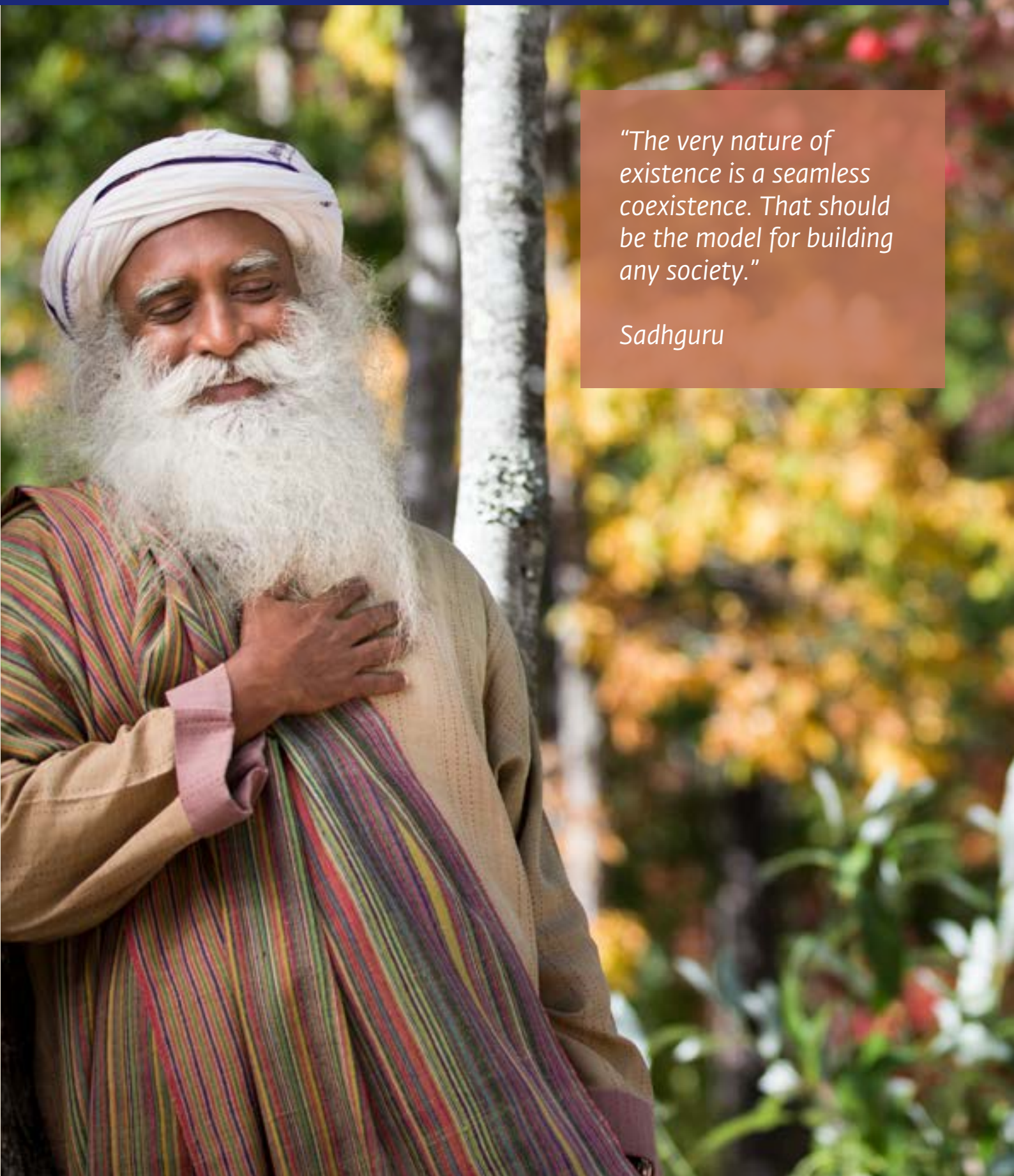
Isha Rejuvenation

Publications and Crafts

Isha Life
Isha Business

Follow Sadhguru on





“The very nature of existence is a seamless coexistence. That should be the model for building any society.”

Sadhguru



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