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Sadhguru: I just read somewhere that 20% of American meals are consumed in a car. If 20% of the meals are eaten in bars! I do not know how many people around them. Today, I think there is
enough knowledge in the world about the content of the food but people are yet to make the necessary changes. The content of food definitely has a big impact but how you consume it is equally important. There is a whole lot of talk about what to consume, but there is hardly any effort to bring awareness to people about how to consume food.
Whether you eat an animal, a vegetable, or whatever else - food is essentially a piece of life. Something that was a life by itself is becoming a part of you. Eating is not just digestion, it is one life fusing into another. When you should eat, in what posture you should sit, and how you should welcome the food into yourself are things that are completely
ignored today. How to Eat #1 Pay Attention Eating should not be a routine. You must observe. Today, the body needs this much. Every animal is aware of this. If you have a dog at home, even he refuses to eat on certain days. These days, they have made him so stupidly disciplined that
he eats every day; otherwise it is natural for him not to eat on certain days. He will eat some grass, puke it out and do his own cleansing for himself. All creatures are aware of this, but human beings are using their intellect to decide what they should do. Because of the education systems that people go through, we have given too much significance
to our thought. Our attention is the greatest thing we have, not our thought is a product of the little data that we have gathered. That is not going to get us anywhere. It is the keenness and intensity of our attention which can take us from one dimension of living to another. #2 Eat with Gratitude One must eat, but we must eat relishing
the nourishment of what the food offers and with gratitude of what it means to our life. This is not to take away the pleasure of eating. The true joy of eating is that you are conscious of some way something that is not
you is willing to become a part of you. This is what you call love. This is what you call devotion or ultimate enlightenment, it is all the same, just on a different scale. If it happens between two people, we call it passion. If it happens with a larger group, we call it love.
If it happens much more indiscriminately, we call it compassion. If it happens without even a form around you, it is called devotion. If it happens in its ultimate scale, we call it enlightenment. Eating food is a demonstration of the oneness of the existence. This beautiful process is happening at your mealtime every day. Something that was a plant, a
seed, an animal, a fish or a bird, just merging and becoming a human being is a clear demonstration of the existence and of the existence and of the existence and of the hand of the cross-legged Posture on the Floor and Eat In the Yogic culture you are always asked to cross your legs and to not stretch your legs in the direction of an
energy form. This is essentially because you can receive anything that comes towards you in many different ways. The Yogic intention is always to receive it from the higher aspects of your life. When there is a consecrated space, that means there is a powerful energy which has the possibility of transforming you. That energy must always come to you
from the highest possibility that you can receive. We do not want to enhance our survival processes; we want to enhance other dimensions of life. It is a waste of time because whatever you do, you are not going to survive forever. All your survival instincts, self-
preservation, are in the lower three chakras - manipuraka, swadhishthana and muladhara. The longing to break away from all this and go beyond is in vishuddhi, agna and sahasrar. Anahata is the meeting point. So when you sit in any space where you think there is power and energy, you always cross your legs and sit because you want to close the
lower part of the body. You do not want to sit with your legs open in front of a consecrated space because that will attract a totally different kind of energy towards you which could be detrimental to you. You want the upper part of your body - above Anahata - to be exposed to this. Keeping your legs crossed whenever you see a powerful form is very
important. Food is also a very powerful thing. If you have not eaten for three days, you understand that. It is important that your legs are crossed when food so wery powerful thing. If you have not eaten for three days, you understand that. It is important that your legs are crossed when food so were open your legs and sit in front of food, consecrated objects and human
beings who are of a certain power within themselves because that will bring a wrong kind of energy into your system. #4 Eat with Your Hands When you do not know what it is. If food is not good enough to be eaten! Also, the cleanliness of your hands is entirely in your
hands, whereas the cleanliness of a spoon or fork is not necessarily in your hands. No one else but you has used it, and for what. All they have to do is wipe it with a tissue and it looks clean. Above all, when you use a
fork, you do not feel the food. When food appears in front of you, hold your hands upon the food is. If something appears on my plate and I just feel it, I know what to eat and what not to eat without having to taste it. My hands are the first level of knowing the food. #5 Chew Your Food Twenty-four Times In
Yoga we say, "If you take a morsel of food, you must chew it twenty-four times." There is a lot of science behind this, but essentially, your food gets pre-digested in your system and every cell in your body will be able to
start judging as to what is right and not right for you - not in terms of the tongue but about what is appropriate for the whole system. If you do this for some time, every cell in the body will have the education as to what it likes and does not like. #6 No Talking While Eating! Only when I came to United States for the first time, I saw that everywhere
in public places - particularly in schools and those summer camps where we used to do programs - there were notices instructing what to do if someone drowns in the pool, because we are not made like fish - we have to learn to swim. Someone who
does not know how to swim well enough may drown but why would people choke on food? The main reason why they are talking so much when they are eating. We do not realize such a simple thing. All we have to do is just enjoy the food and eat quietly. When children want to eat and talk at the same time, the first thing
we teach them is, "Shh, no talking when you are eating." Because this speech has to go in - how can you do both at the same time? When I have to eat, something has to go in. Obviously I cannot do these two things at the same time? When I have to speak, something has to go in.
time, things can go wrong. When to Eat #1 Wait for Two Minutes Before You Eat Not eating when you feel like eating is one part of sadhana, so that you take away compulsiveness for food, or for anything for that matter. Food is a very fundamental thing. Based on this, many other aspects of life become compulsive. Many of you might have suffered
this torture when you come to the ashram: it is the meal time, you are really hungry and you come to the dining area. There is food in front of you, you want to gobble it up. But people are closing their eyes and folding their hands for the invocation. The idea is that you are very hungry but you wait for two more minutes. Try to do this with everything
that you are compulsive about - just wait for two minutes. It will not kill you. It will leave you very strong. Gautama the Buddha went to the extent of saying, "When you are very hungry and you are badly in need of food, if you give away your food to someone else, you will become stronger." I am not going that far. I am saying, "Just wait two minutes'
- it will definitely leave you stronger. Taking away that compulsiveness in the body is crucial. Your body and mind are a composition. All kinds of past imprints have decided not to evolve. You have decided that you do not mind living in the pattern. You do not want to
break the pattern and explore new possibilities. Food is something very basic and simple but still, how you handle this aspect makes a lot of difference. This is a journey to a more conscious way of functioning by slowly distancing yourself from the information that is already there within you, which is ruling you from within. Bondage is on many
different levels, but the foundation of all your bondage is your body, so that is why you work with the body. #2 Digestion Matters - Eat According to Your Age and Activity What you call as your body and your mind is a certain accumulation of memory. It is because of this memory - or you can call it information - that this body has taken its shape. The
food we eat transforms into the body depending on this memory. Let's say I eat a mango, the same mango gets into me and become a woman. If a woman eats a mango, the same mango will go into her and become a man and not a
woman or a cow? It is essentially because of memory, a specific kind of memory that is there in my system. Why is it that if I eat a mango, one part of it becomes my skin and it comes to the same skin tone? You do not suddenly find one mango, one part of it becomes my skin and it comes to the same skin tone? You do not suddenly find one mango, one part of it becomes my skin and it comes to the same skin tone? You do not suddenly find one mango, one part of it becomes my skin and it comes to the same skin tone? You do not suddenly find one mango, one part of it becomes my skin and it comes to the same skin tone? You do not suddenly find one mango, one part of it becomes my skin and it comes to the same skin tone? You do not suddenly find one mango, one part of it becomes my skin and it comes to the same skin tone? You do not suddenly find one mango, one part of it becomes my skin and it comes to the same skin tone? You do not suddenly find one mango, one part of it becomes my skin and it comes to the same skin tone? You do not suddenly find one mango, one part of it becomes my skin and it comes to the same skin tone? You do not suddenly find one mango, one part of it becomes my skin and it comes to the same skin tone? You do not suddenly find one mango, one part of it becomes my skin and it comes to the same skin tone.
will make sure it becomes this person, not some other person. As you age, this ability of the body to integrate food starts to reduce because your genetic memory and evolutionary memory become less capable of transforming whatever you consume. You may be healthy and capable of transforming whatever you consume.
the mango into a human being with the same vigor. Digestion happens but transformation of one life into another will not happen as well because the memory is becoming weak. If you are over thirty-five years of age - unless you are an extremely physically active person or have some medical issue - two meals a day would definitely be healthier for
you. The body will adjust itself to this slowing down, but if you are conscious about how you eat and what you eat and what you are burdening the system unnecessarily. You no longer need that much food because your vertical growth is completely over. If you feel a little hungry or tired, a fruit in between
should take care of you. If you can maintain this, you will live very well. It is economical, eco-friendly, and you will be healthy. #3 Two Meals a Day and No Snacking in Between! When the digestive process is happening in the stomach bag, the purification of the body on the cellular level almost shuts down. So if you keep eating through the day, the
cells retain impurities for a longer period, which creates various problems over a period of time. Even the excretory process from the intestines does not happen efficiently because the waste material will keep coming to the colon at different times instead of at once. If the colon is not clean, you are asking for problems. In Yoga, we say that an unclean
colon and psychological disturbances are directly connected. If the colon is not clean, you cannot keep your mind stable. In Indian traditional medical systems such as Ayurveda and Siddha, it does not matter what a patient's ailment is, the first thing they will want to do is purge your digestive system because most of your problems may be due to an
unclean colon. The way people are eating today, keeping the colon clean is going to be a big challenge for them. But suppose you eat just two big meals a day and nothing in between, then your colon will always remain clean. In the Yogic system, we say there
must be a minimum of six to eight hours between one meal and the next. If that is not possible, at least a five-hour gap is a must. Less than that means you are causing trouble to yourself. #4 Mind and Body Function Best on an Empty Stomach You may think that eating something through the day will help you be more active. But if you look at how
your body feels when there is food in the stomach and how the body feels when the stomach is empty, you will see your body and brain work best when your stomach is empty. If food is constantly being processed in your digestive system, a certain amount of energy is naturally allocated towards that, so both your brain and body will not function at
their best. If you want to function at your full potential, be conscious and eat that kind of food where within 1.5-2.5 hours, your stomach bag becomes empty and the food must be completely out of the system.
This is what Yoga always insists. If you maintain this simple awareness, you will experience much more energy, agility and alertness. These are the ingredients of a successful life irrespective of what you have chosen to do. One level of what the spiritual process means is that you bring a certain sense of integrity to your body and mind. By integrity, I
mean when your system is not consolidated in a certain way, if it is loose, it becomes incapable of experiencing anything. Even if the greatest things happen, you will miss it. The reason why Yogis or those who are in sadhana eat only once or twice a day and nothing in between is because they do not want to open the body for anything. No outside
elements except air and water should enter the system too often because it will loosen the integrity of the system in terms of sensitivity. Sensation is the outermost layer of who you are. If you want to keep yourself very sensitive, it is important you do not open your body to anything and everything that comes your way. You must eat well, but you
should not be eating many times. #5 Dinner Time and Bed Time There must be three hours after the evening meal, before you go to bed. If this includes at least 20 to 30 minutes of light physical activity - such as simple walking - your system will largely be healthy. If you go to bed with food still inside the stomach, it generates a certain level of
inertia in the system. Physiologically, this inertia is like an acceleration towards death. Death is ultimate inertia. Another dimension is that if you go to bed with a full stomach, it puts pressure on other organs in the abdomen. This will also lead to various kinds of health issues. For that reason too, it is very important that before you go to bed, the food
you have eaten has moved out of the stomach. As you sleep in different postures, the stomach should not put pressure on other organs at any point. #6 Fasting on Ekadashi It is good to fast once in a way, but if you forcefully go without food, this may cause damage to the system. If you want to fast, you have to prepare psychologically and
physiologically, so that you can effortlessly go without food. We have identified certain days of the lunar month when digestion is not at its best. On these two days in the month, known as Ekadashi, which is the eleventh day after the full and new moons, it is best to have only light food or to fast entirely. Ekadashi was built into your system. If you can
fast, please do. If that is not possible for you, go on a fruit diet. What to Eat #1 Eat What Makes You Agile and Alive The decision whether a particular food should go into you or not changes from day to day, because your body is different every day and every moment. If you feel the food, you just know whether it should go into you on this day or not.
If the necessary awareness is brought in, we do not have to tell people what they should eat. Every meal, they should eat for the rest of your life. That said, sugars and carbs are definitely a serious issue. But the real long-term challenge is weaning people off meat. Almost
200 pounds of meat are consumed per capita in the US per year. And 3 trillion dollars are spent on healthcare bills in the US are higher than most nations' GDPs. This is a violent way to exist, and it is very hard on your system. Illness is the first level of violence. You cannot be peaceful when you are ill, because your body is in a
constant battle. The fight with some virus, bacteria, or something else that comes from outside is one thing. But a chronic ailment is like a civil war. You created a battle within your own system, without an outside enemy. Too many people die from chronic ailments, and more than that, even when they are alive, they cannot live well. And
unfortunately, the maximum number exists in one of the most affluent countries on the planet. And this will happen to the whole world at some point. We see similar things in Indian cities. It is just that the US corrects that the US may be the forerunner. This sends the message that if affluence comes, we will lose all our sense. It is just that the US may be the forerunner.
itself, because whatever they do, for some reason the rest of the world does, too. #2 Overeating Eating improperly and eating improperly and eating improperly are two big aspects. The way we "do" food is violent, and if we carry much more on this frame than what we should carry, it is a kind of soil erosion. Whatever number of pounds you shed does not go into the
sky - it is going back into the earth. You prevent soil erosion! We are allowed to carry what we want, but not beyond what is comfortable for us. The pain of existing like that is such that most people who are in this state have forgotten what it means to be light, agile, and really alive. It is not just about the medical aspects and the number of people
who die. The biggest problem is the number of people who are alive but cannot live a full life. #3 Eat Fresh Every few years, a different theory emerges on what kinds of foods to eat, and there are a whole lot of people who follow it religiously. We should not be making food a religion. It is not about what you or someone else believes. It is about
eating sensibly. The first thing to remember is that essentially, food is fuel. If you want to refuel your car, you go to the gas station and choose the appropriate fuel for this particular machine, in order to achieve optimal performance. You could put kerosene into your car and it would actually drive, but it may smoke and cough, and you may not be
able to accelerate as you want. This is the situation with most people when it comes to their food choices. To choose the appropriate fuel, you need to know what type of machine you are interested in your wellbeing and that of your children, you must ensure that the food you eat is fresh. In the Yogic culture, we always consume cooked
food within 1.5 hours after it comes off the stove. If it is any later, inertia will set in. If you eat food that creates inertia in the system, you will lose all your dynamism. There is also a correlation between the kind of food you eat and the amount of sleep you need. Generally, doctors advise that everyone must sleep a minimum of eight hours. If you sleep
eight hours per night, it means you are sleeping one third of your life. People are writing whole books on how everyone must sleep for four hours, and warn of dire consequences if you do not. These days, I am getting a little lazy and sleep for four hours, and warn of dire consequences if you do not. These days, I am getting a little lazy and sleep for four hours. But earlier, for twenty-five years, I used to sleep less than three hours per day, and I am healthy.
The body needs restfulness, not sleep. One important factor of how much sleep you need is what type of fuel you put the wrong fuel into your system. If you put the wrong fuel into your system, it will need a lot of sleep. #4 Eat What Is Far From You Your body is just an accumulation of
the food that you have eaten, after it has been transformed and assimilated. There is a certain intelligence, memory, and genetic code in the body that determines what the food that you eat is converted into. For example, the information
and memory an organism carries get increasingly complex. In the Yogic tradition, we always said you must eat what is furthest away from us. If you must eat non-vegetarian food, we advised the consumption of fish, because among the animals, it is furthest away from a human being, if you
look at it from an evolutionary perspective. As the first animal life on the planet is thought to have evolved in water, the first avatara was matsya avatara or the fish. After a century of saying the best thing to eat is meat, doctors in the West are slowly shifting to a different view today. For some time now, they have been saying that beef is a main cause
research, but just by observing what happens in our system when we eat. If you pay enough attention, you will know. So, do not make food some kind of a religion. If it is a question of survival, eat what is best for your system. The
ideal fuel for your body is what leaves you alert, agile, and active. You could experiment. One day, just eat fruits; another day, just eat froits; another day, just eat raw vegetables; then you eat fish, you eat meat - try out everything. With what kind of food you are experiencing maximum levels of energy and alertness, please eat that, and
you will be healthy. #5 Digest This! If you eat a fruit, within 1.5 to three hours' time, it will take twenty-four to fifty-two hours. If you eat cooked vegetables, it will take twenty-four to thirty hours. If you eat cooked meat, it will take twenty-four to thirty hours. If you eat a fruit, within 1.5 to three hours' time, it will take twenty-four to fifty-two hours. If you eat cooked meat, it will take twenty-four to thirty hours. If you eat cooked meat, it will take twenty-four to fifty-two hours. If you eat cooked meat, it will take twenty-four to fifty-two hours. If you eat cooked meat, it will take twenty-four to fifty-two hours. If you eat cooked meat, it will take twenty-four to fifty-two hours. If you eat cooked meat, it will take twenty-four to fifty-two hours. If you eat cooked meat, it will take twenty-four to fifty-two hours. If you eat cooked meat, it will take twenty-four to fifty-two hours. If you eat cooked meat, it will take twenty-four to fifty-two hours. If you eat cooked meat, it will take twenty-four to fifty-two hours. If you eat cooked meat, it will take twenty-four to fifty-two hours. If you eat cooked meat, it will take twenty-four to fifty-two hours. If you eat cooked meat, it will take twenty-four to fifty-two hours. If you eat cooked meat, it will take twenty-four to fifty-two hours.
meat, it will take seventy-two hours to digest it. When food remains in the system for such long periods of time, it will rot and cause unnecessary levels of bacteria. With such food choices, you are causing damage to the system. And then you believe you need medicines, rather than living healthy. You need pharmaceutical products because you are
 sense. Now, after it has been used for twelve years, they finally admit it may cause corrosion of the engine. You just have to pay attention to how things work. Most people do not pay attention to anything. For everything, they need a prescription. If you have been eating the wrong kind of food for too long, the body may have become so lethargic and
dense that you cannot notice anything. In that case, fasting will give you a break. It is time we teach people how to pay attention to what is happening in their system. Just ask yourself - is it working well right now or not? This is a simple way to know. #6 Eat Local Question: Namaskaram, Sadhguru. Is there a relationship between the body and that
particular part of the earth where one is located? Does the specific place where someone grows up influence them? Is that why they tell us to eat the local food? Sadhguru: How the deeper human system functions is definitely impacted by location. It is true with every other life also. The plant and animal life which is very comfortable in southern
India would wither away anywhere around New York State or in that part of the world because the life here has evolved in a particular way has something to do with the location. In Yoga, the prescription for eating
food is the distance a man can walk in a day. In a single day, the distance you can walk should be the radius of the area from which you eat. You should not eat food which is grown far away from you because the body that you carry is essentially a piece of this planet. If you are eating food from that specific area where you are living, there is a
constant interaction between your body and the earth. Even today as you are sitting here, if you sit in this place, your body and this part of the earth is a very important part of one's health and wellbeing. In the Yogaach this place, your body and this part of the earth is a very important part of one's health and wellbeing. In the Yogaach this place, your body and this part of the earth is a very important part of one's health and wellbeing. In the Yogaach this place, your body and this part of the earth is a very important part of one's health and wellbeing. In the Yogaach this part of the earth is a very important part of the earth is a very important part of one's health and wellbeing. In the Yogaach this part of the earth is a very important part of one's health and wellbeing in the Yogaach this part of the earth is a very important part of the eart
Center, we are always giving people who are not healthy work in the garden so that they are in touch with the earth. Today in modern spas, this being in touch with a mud bath, by working in the land, sleeping on the floor, or
whatever you do - essentially you are trying to be in contact. #7 Eating for Wellbeing Food is a transaction. What was in the earth, you are taking it into the body will function best if the food you eat comes from that area of earth on which you are taking it into the body will function best if the food you eat comes from that area of earth on which you are taking it into the body. The body will function best if the food you eat comes from that area of earth on which you are taking it into the body.
time, you will see a very distinct change in the healthfulness of your body. I think we can bring down the incidence of cancer on this planet by at least fifty percent if we are in touch with the earth that we are living upon and the food may come
from New Zealand, Vietnam, or who knows where. We are able to transport things around and there are supermarkets which can sell the world to you, but we are doing this more for pleasure, not for wellbeing. #8 Eat Seasonal In India, during summer the food is cooked in one way, during the rainy season in another way and in winter another way
according to the vegetables available at that time and what is suitable for the body. It is good to bring in that wisdom and eat as per the needs of the body and according to the weather or climate we live in. For example, when December comes, there are certain foods which produce heat in the body like sesame and wheat. The skin usually breaks
because the climate becomes cold, and people do not traditionally use moisturizing creams and things like that. So everyone ate sesame on a daily basis. It keeps the body gets hot, so cooling foods were eaten. For example, in Tamil Nadu, they eat
kambu (pearl millet). These things were fixed so that the body is able to adjust itself for that season. #9 Plant-Based Diet A live cell has everything to sustain life. If you consume a live cell, you will see the sense of health in your system will be very different from anything that you have known. When we cook food, we destroy the life in it. Eating food
after this process of destruction does not give the same amount of life energy to the system. Read the full article here #10 Fruit Diet Digestion means jataragni - the digestive fires. If these fires have to burn most effectively, fruit is definitely the best thing. Unfortunately, a lot of people enjoy lethargy and inertia. Life has not touched them so they
enjoy a part of them being dead. Sleep, intoxication, overeating and just lying down feels better than being alive, active and dynamic. Fruit may be a problem only for such a person because it will keep you alert and awake. One can know an extreme sense of joy, intoxication and a deep pleasure out of heightened levels of awareness also. Read the full
article here #11 Multigrain Diet Today, doctors are saying that nearly 80 million Indians are heading towards diabetes. One of the reasons for this is because most Indian people are on a single-cereal diet. People are eating either only wheat. This can definitely cause health problems. It is important to bring in a multigrain diet in one's
life. Traditionally, people always ate lots of grains, pulses, legumes and many kinds of grains. But slowly those things have gone away, and if you look at a southern Indian's plate today, there will be too much rice and just a little bit of vegetable. This is a serious problem. This shift to a total carbohydrate diet that has happened in the last twenty-five
or thirty years needs to be reversed because a person's long-term health will be seriously affected if they just eat lots of carbohydrate and very little of other things. This is a basic conceptual change which needs to happen in people's minds. The majority of the diet should not be rice but all the other things. Rice is your choice - whether you want to
eat or not, you decide according to your hunger levels. #12 Eating Right While Traveling We cannot always eat the ideal kind of food, especially those of us who are traveling and doing a whole variety of activities. In case you end up eating something that makes your body a little sluggish - that is if you are sensitive to what is happening in the system
- all you have to do is cut the next meal into half, or skip the meal. That is all it takes for the body to bounce back. Travel definitely takes a toll in terms of fatigue, but you can minimize it by eating as little food as you can when you are in an airplane. If you need to eat something, eat a fruit or just drink lots of water. The mechanism of hunger involves
certain acids working on the stomach lining, which create a craving to eat. If you drink a glass of water or eat a fruit, the acids get diluted, and the hunger diminishes. Editor's Note: Learn to eat the Yogic way with a wide variety of healthy and delicious recipes from "A Taste of Well-Being" - now available from Isha Downloads and Amazon. Share
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necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights but also for his holistic approach to life, which includes his dietary choices. Many people wonder, "What food
does Sadhguru eat?" This question goes beyond mere curiosity; for many, understanding his diet is part of grasping the philosophy that underlies his teachings. Sadhguru's dietary preferences reflect his beliefs about health, spirituality, and the environment. His lifestyle encapsulates a deep commitment to conscious eating, influenced by his practices
in yoga and meditation. In this article, we will explore the various facets of Sadhguru's Diet Sadhguru's food choices, from the principles guiding his diet to the specific types of foods he embraces. The Philosophy Behind Sadhguru's Diet Sadhguru's Diet Sadhguru's Diet Sadhguru's Diet Sadhguru's food choices, from the principles guiding his diet to the specific types of foods he embraces. The Philosophy Behind Sadhguru's Diet Sadhguru's Diet
physical and mental well-being. His philosophical stance can be summarized in several key principles: 1. Eating for Energy Sadhguru emphasizes the importance of food as a source of energy, impacting not only our physical health but also our mental clarity and emotional
stability. This is why he often advocates for diets rich in natural, unprocessed foods. 2. Vegetarianism: A Spiritual Choice As a proponent of vegetarianism, Sadhguru argues that consuming plants instead of animals promotes compassion and reduces violence in the world. This principle aligns with many spiritual practices that emphasize non-violence
(Ahimsa) and respect for all living beings. 3. Seasonal and Local Foods Sadhguru encourages eating foods that are in season and locally sourced. He believes that this practice supports not only personal health but also environmental sustainability. Seasonal foods are typically fresher, more nutritious, and less taxing on the planet. 4. Detoxification and
Cleansing According to Sadhguru, fasting and detoxifying the body to rest and rejuvenate. The Everyday Foods Sadhguru Eats Understanding the specific foods Sadhguru incorporates into his diet provides valuable
insights into his philosophy. While Sadhguru's diet may seem simple at first glance, its essence lies in the quality and preparation of each meal. 1. Whole Grains Sadhguru is an advocate for whole grains, which offer numerous health benefits. They are rich in fiber, vitamins, and minerals. Some of the grains he prefers include: Quinoa Brown rice Millet
Buckwheat Whole grains play a fundamental role in providing sustained energy and keeping the body healthy and functional. 2. Legumes and pulses are staples in Sadhguru's diet, providing sustained energy and keeping the body healthy and functional. 2. Legumes and pulses are staples in Sadhguru's diet, providing sustained energy and keeping the body healthy and functional. 2. Legumes and pulses are staples in Sadhguru's diet, providing sustained energy and keeping the body healthy and functional. 2. Legumes and pulses are staples in Sadhguru's diet, providing sustained energy and keeping the body healthy and functional proteins and pulses are staples in Sadhguru's diet, providing sustained energy and keeping the body healthy and functional proteins and pulses are staples in Sadhguru's diet, providing sustained energy and keeping the body healthy and functional proteins and pulses are staples in Sadhguru's diet, providing sustained energy and keeping the body healthy and functional proteins are staples are staples
are essential for building strength and stamina, especially for those engaging in rigorous physical activities. 3. Vegetables to ensure a range of vitamins and minerals. Some of the vegetables
often featured in his diet include: Leafy greens (spinach, kale) Root vegetables (broccoli, cauliflower) Seasonal ones, enhances Sadhguru's diet with organic sugars, vitamins, and antioxidants. Fruits
are not only nutritious but also provide a refreshing taste, which can satisfy sweet cravings in a healthy way. Some fruits favored by Sadhguru include: Apples Bananas Berries Citrus fruits The Importance of Food Preparation In Sadhguru include: Apples Bananas Berries Citrus fruits favored by Sadhguru include: Apples Bananas Berries Citrus fruits The Importance of Food Preparation In Sadhguru's philosophy, how one prepares food is as significant as what is eaten. The process of cooking should be
approached with love, care, and awareness. Sadhguru often emphasizes the following aspects of food preparation: 1. Cooking with Awareness Sadhguru encourages people to engage fully in the cooking process. He believes that the energy and intention put into preparing food impacts its nutritional value and how it is absorbed by the body. Cooking
with awareness creates a deeper connection to the food, thus enhancing its benefits. 2. Fermentation: A Nutritional Boost Fermentation is a process valued by Sadhguru for its health benefits. Foods like yogurt, kimchi, and fermented foods into
one's diet enhances overall well-being. 3. Combining Foods Wisely Another important aspect of Sadhguru's dietary wisdom revolves around the wise combination of foods. He highlights the importance of pairing foods that digest well together. For instance, combining grains with legumes creates a complete protein source, making meals more
nourishing. Sadhguru's Stance on Supplements As part of a holistic approach to health, Sadhguru advocates for obtaining nutrients primarily through natural foods rather than supplements. However, he does recognize there are instances where supplements may be necessary, especially in today's world where soil depletion can affect the nutrient
content of food. 1. Herbal Supplements Although he prefers natural sources, Sadhguru supports the use of herbal supplements and tonics derived from natural plants to enhance health. He often refers to traditional remedies that have been used for centuries in various cultures. 2. Mindful Eating Sadhguru stresses the practice of mindful eating—
being fully present while consuming meals. This means savoring each bite, recognizing the flavors, and appreciating the source of the food. Engaging in mindful eating allows individuals to understand their needs better and cultivate a more intuitive relationship with food. The Impact of Sadhguru's Diet on His Life Sadhguru's dietary practices are not
 just about health—they correlate significantly with his overall lifestyle and spiritual journey. The impact of his diet can be seen in various aspects of his life: 1. Enhanced Clarity and Focus By consuming nutrient-dense foods and maintaining a well-balanced diet, Sadhguru experiences heightened clarity of mind. This clarity intertwines seamlessly with
his ability to communicate effectively and connect with people worldwide. 2. Physical Vitality Sadhguru's dietary choices support his active lifestyle, allowing him to partake in rigorous yoga, meditation, and interactions with followers across the globe. His well-being is a testament to the effectiveness of his dietary philosophy. 3. Emphasis on
Environment By choosing foods that are local and seasonal, Sadhguru's diet embodies a commitment to environmental sustainability. This approach not only benefits his health but also the planet, as it promotes eco-friendly practices and supports local farmers. Conclusion: Embracing Sadhguru's Dietary Wisdom Sadhguru Jaggi Vasudev's dietary
choices are a reflection of his holistic philosophy, emphasizing energy, compassion, and environmental consciousness. By engaging with his insights on food, individuals can enrich their own diet and lifestyle. In a world filled with processed foods serves as a reminder of their own diet and lifestyle. In a world filled with processed foods and unhealthy choices, Sadhguru's emphasizing energy, compassion, and environmental consciousness. By engaging with his insights on food, individuals can enrich their own diet and lifestyle. In a world filled with processed foods are entirely enough to the consciousness.
the profound connection we have with what we consume. His teachings encourage us to approach food with awareness and intention, leading to a healthier lifestyle and greater spiritual practice, understanding what food Sadhguru eats can serve as a
guiding light. As you begin to integrate some of these practices into your own life, remember that food is not just fuel—it's an experience that nourishes the body, mind, and spirit. What are the staple foods in Sadhguru's diet? Sadhguru primarily emphasizes a vegetarian diet rich in whole grains, legumes, fruits, and vegetables. Staples like rice
lentils, and various types of pulses form the foundation of his meals. He often includes a variety of seasonal vegetables to ensure a diverse intake of nutrients. Whole foods are key, allowing for maximum energy and vitality while maintaining a strong connection to the earth. Moreover, Sadhguru advocates for organic produce to enhance the nutritional
profile of the food he consumes. He believes that the food we eat should be grown and sourced with care, which not only benefits our bodies but also supports the environment. This approach reflects his broader philosophy of living sustainably and mindfully, aligning with his yogic practices. Does Sadhguru follow any specific food rituals? Yes,
Sadhguru follows specific food rituals that promote mindfulness and gratitude. Before eating, he typically takes a moment to express appreciation for the food and the nourishment it provides. This act of gratitude encourages a connection to the food that goes beyond mere consumption, fostering an awareness of the energy within the meal.
Additionally, Sadhguru often practices mindfulness during meals, encouraging slower, more conscious eating. This allows for better digestion and a deeper appreciation of the flavors and textures of the food. Such rituals not only enhance the eating experience but also contribute to a more wholesome lifestyle centered around awareness. How does
Sadhguru's diet support his spiritual practices? Sadhguru's diet plays a significant role in his spiritual practices, emphasizing the importance of food in shaping one's energy and consciousness. He believes that the type of food one consumes directly influences mental clarity and overall well-being. By choosing nourishing, wholesome foods, he sustains
the physical and energetic balance necessary for his yoga and meditation practices. Furthermore, Sadhguru emphasizes the significance of satvic foods—those that promote harmony and clarity. This type of food is light, beneficial, and energizing, aligning with his teachings on achieving a higher state of consciousness. Ultimately, his dietary choices
are intricately linked with his spiritual journey, creating a holistic approach to well-being. Are there any foods Sadhguru intentionally avoids? Sadhguru intentionally avoids certain types of foods that can disrupt balance or clarity. He steers clear of overly processed foods, excessive sugars, and artificial additives, which do not contribute positively to physical or clarity.
mental well-being. Such items can lead to lethargy and clouded thinking, hinder ing one's ability to maintain focus during spiritual practices. Additionally, he emphasizes avoiding meat and other animal products, as his teachings advocate for non-violence and compassion towards all living beings. By choosing a vegetarian lifestyle, he reflects his
commitment to a more sustainable and ethical way of living, which is deeply rooted in his spiritual principles. This choice supports both his health and his philosophical worldview. How does Sadhguru incorporate local and seasonal foods into his diet? Sadhguru emphasizes the importance of eating locally and seasonally as a way to connect with the
environment and support local farmers. He often encourages individuals to choose foods that are grown in their own region, as these foods are typically fresher and more nutrient-dense. This practice not only enhances flavor but also aligns with the natural rhythms of the earth. Moreover, seasonal eating fosters a sense of variety and encourages
individuals to explore different foods throughout the year. Sadhguru believes that consuming what is in season helps the body adapt to cyclical changes, supporting overall health and vitality. Incorporating such foods reinforces the bond between humanity and nature, reflecting a profound understanding of ecological balance. What role do beverages
play in Sadhguru's diet? Beverages are an essential aspect of Sadhguru's dietary regimen, mainly focusing on natural and healthful options. He often opts for herbal teas, juices made from fresh fruits and vegetables, and other natural beverages that aid hydration and digestion. These drinks are chosen not just for refreshment but for their potential
benefits to mental clarity and physical energy. Additionally, Sadhguru is known for promoting specific drinks like buttermilk or infused water, which enhance digestion and provide valuable nutrients. By selecting these types of beverages, he encourages a holistic approach to hydration, ensuring that every component of his diet supports his overall
wellness and yogic practices. Can Sadhguru's dietary approach be adopted by anyone? Absolutely! Sadhguru's dietary philosophy is adaptable and can be incorporated into anyone's lifestyle, regardless of dietary preferences. His emphasis on whole, nutritious foods and mindfulness around eating can benefit people from all backgrounds. The core
principles—mindfulness, awareness, gratitude, and sustainability—can be seamlessly woven into various diets, whether vegetarian or otherwise. By adopting some of these practices, one can enhance their relationship with food and promote better health. Sadhguru's approach encourages individuals to listen to their bodies and make conscious
choices about what they consume. This is ultimately about forging a deeper connection with the food that fuels our lives, fostering a path toward overall well-being. **Registration Link: Join us to: - Explore life's deepest questions - Meditate with Sadhguru - Experience one's natural state of freedom, love and limitless joy Sadhguru is a yogi, mystic and
visionary. Named one of India's 50 most influential people, Sadhguru's work has touched the lives of millions worldwide. Sadhguru bridges the gap between the modern and the mystical and opens the door to deeper dimensions of life. Sadhguru bridges the gap between the modern and the mystical and opens the door to deeper dimensions of life. Sadhguru bridges the gap between the modern and the mystical and opens the door to deeper dimensions of life. Sadhguru bridges the gap between the modern and the mystical and opens the door to deeper dimensions of life. Sadhguru bridges the gap between the modern and the mystical and opens the door to deeper dimensions of life. Sadhguru bridges the gap between the modern and the mystical and opens the door to deeper dimensions of life. Sadhguru bridges the gap between the modern and the mystical and opens the door to deeper dimensions of life. Sadhguru bridges the gap between the modern and the mystical and opens the door to deeper dimensions of life. Sadhguru bridges the gap between the mystical and opens the door to deeper dimensions of life. Sadhguru bridges the gap between the mystical and opens the gap between the mystical and opens the gap between the mystical and opens the gap between 
cultivating human potential. The Foundation is headquartered at Isha Yoga Center in southern India and at Isha Institute of Inner-sciences in the United States. Under the guidance of Sadhguru and driven by a sense of oneness, love, and a deep longing to reach out and share, the Isha Foundation has also implemented several large-scale human
service projects for rural upliftment, education reform, environmental stewardship, as well as holistic and healthy living. Time and Location: Sunday, November 3rd 2:30 - 8:15 PM Hulu Theater Madison Square Garden 4 Pennsylvania Plaza, New York, NY 10001 For Information: (646) 926-3804 newyork@ishafoundation.org Indian yogi and authors and Location: Sunday, November 3rd 2:30 - 8:15 PM Hulu Theater Madison Square Garden 4 Pennsylvania Plaza, New York, NY 10001 For Information (646) 926-3804 newyork@ishafoundation.org
(born 1957) This article is about Sadhguru, an Indian spiritual teacher. For the definition of the word, see Satguru. SadhguruBornJagadish Vasudev (1957-09-03) 3 September 1957 (age 67)Mysore, Mysore State, IndiaAlma materUniversity of Mysore (BA)OrganizationIsha FoundationNotable workInner EngineeringDhyanalingaRally for RiversLinga
BhairaviAdiyogi: The Source of YogaMystic's MusingsCauvery CallingSpouse Vijaya Kumari (m. 1984; died 1997)[1]Children1HonorsPadma Vibhushan (2017)Indira Gandhi Paryavaran PuraskarWebsiteisha.sadhguru.org Jagadish "Jaggi" Vasudev (born 3 September, 1957), also known as Sadhguru, is an Indian guru and founder of the Isha
Foundation, based in Coimbatore, India. The foundation, established in 1992, operates an ashram and yoga centre that carries out educational and spiritual activities. Sadhguru has been teaching yoga since 1982. He is the author of the New York Times bestsellers Inner Engineering: A Yogi's Guide to Joy and Karma: A Yogi's Guide to Crafting Your
Destiny, and a frequent speaker at international forums. Sadhguru also advocates for protecting the environment against climate change, leading many initiatives like Project GreenHands (PGH), Rally for Rivers, Cauvery Calling, and the Journey to Save Soil. In 2017, he received the Padma Vibhushan, India's second-highest civilian award, for his
contributions to spirituality and humanitarian services. Sadhguru has been criticized for promoting a number of pseudoscientific claims.[2][3] Vasudev in his youth Vasudev was born into a Telugu family[4][5] on 3 September 1957, in Mysore, Mysore State (now in Karnataka, India). He was the youngest of five children to Susheela Vasudev (mother)
and B.V. Vasudev (father). His father was an ophthalmologist at the Mysuru Railway Hospital and his mother a homemaker.[6][7] After completing his formal education, Vasudev was uninterested in post-secondary schooling. One year later, however, he enrolled at the University of Mysore, where he studied English literature. While studying
literature, Vasudev received second rank.[7] Although his parents wanted him to continue his education with postgraduate studies, Vasudev went on to build his first business, a poultry farm, in Mysore.[9] Vasudev explained that his motivation to
start a poultry farm was driven by the serenity it yielded in the hours he was not working.[7] The business required minimal attention throughout the day, so Vasudev was able to pursue other interests during his time off, like writing poetry.[7] The business grew profitable, but his family repeatedly criticized and opposed his decision to work with
poultry.[7] This led Vasudev to enter the construction industry with a company named Buildaids.[7] He started the experience gained from building his poultry farm in his new endeavour.[7] At the age of 25, after a series
 of spiritual experiences, he shut down his businesses and began to travel and teach yoga. [7][8] Vasudev with his wife, Vijaykumari In 1983, he taught his first yoga classes, known as Sahaja Sthiti Yoga, subsisting on the income from
his poultry farm rental and donating the funds received from his students.[8] Also in 2017, Sadhguru consecrated the Adiyogi Shiva statue, the world's largest bust, in Coimbatore, India. Vasudev travelling with pilgrims Although Vasudev was not brought up in a spiritual household, he recollects one of his first spiritual experiences occurring after he
turned 25.[8] On 23 September 1982, he drove up Chamundi Hill, and as he sat on a stone, Vasudev had his first spiritual experience.[7][8] He explained that, "All my life I had thought, this is me...But now the air I was breathing, the rock on which I was sitting, the atmosphere around me — everything had become me."[7][8] After about six days,
Vasudev had another similar experience at home.[7][8] Six weeks later, he left his businesses and travelled extensively, in an effort to seek insight into his spiritual experiences.[8] In his earlier years, Vasudev had a love for driving motorcycles.[7]
[10] One of his favourite places to drive was the Chamundi Hills in Mysore, though he sometimes drove much further, including to Nepal.[7][10] Vasudev advocates vegetarianism, but whilst traveling with no vegetarian food sources available, he eats seafood.[11] He practices the Sun Salutation for 40 minutes a day.[11] Vasudev married his wife,
Vijaykumari, in 1984.[12] In 1990, Vijaykumari and Jaggi had their only child, Radhe.[12] Vijaykumari died on 23 January 1997.[13] A complaint from Vijaykumari's father alleged that Vasudev killed her,[13][14] but was later dismissed by police.[14] Radhe trained in Bharatanatyam at the Kalakshetra Foundation in Chennai.[15] She married Indian
classical vocalist Sandeep Narayan in 2014.[16] Main article: Isha Foundation In 1992, Sadhguru established the Isha Foundation [17] as a platform for his spiritual, environmental, and educational activities.[18][19][20] In 1994, he
purchased land near the Velliangiri mountains in Coimbatore, Tamil Nadu, and inaugurated the Isha Yoga Center.[7] Since establishing the Isha Foundation, he remains its head. The foundation aims to improve the quality
of education in rural India through an initiative called Isha Vidhya.[23] Through the Isha Foundation, Sadhguru has launched several projects and campaigns focused on environmental conservation and protection, including Projects and campaigns focused on environmental conservation and protection, including Projects and campaigns focused on environmental conservation and protection, including Projects and campaigns focused on environmental conservation and protection, including Projects and campaigns focused on environmental conservation and protection, including Projects and campaigns focused on environmental conservation and protection, including Projects and campaigns focused on environmental conservation and protection, including Projects and campaigns focused on environmental conservation and protection, including Projects and campaigns focused on environmental conservation and protection, including Projects and campaigns focused on environmental conservation and protection and 
address water and soil issues in Tamil Nadu through reforestation efforts.[28] Launched in July 2019, the "Cauvery Calling" campaign focused on planting trees along the Cauvery river's 0.65-mile wide area to replenish water levels in the river and the groundwater table.[26][29][30] In 2017, Sadhguru launched "Rally for Rivers", a campaign intended
to build widespread support for river revitalization efforts across India, similar to the "Cauvery Calling" campaign. [28][31] In 2022, Sadhguru completed a 100-day motorcycle journey from London to India to bring attention to his "Journey to Save Soil" campaign, which focuses on raising awareness about soil degradation issues and the benefits of
using organic matter in farming [27][32] In May 2022, he addressed the leaders of 195 countries at the United Nations Convention to Save Soil".[33][34] Both Trevor Noah, host of The Daily Show, and podcast host Joe Rogan, have invited Sadhguru to discuss this movement.[27][5] On World
Environment Day 2022, Indian prime minister, Narendra Modi, attended an event with Sadhguru to discuss efforts to improve soil health.[35] The UN FAO has stated that "90% of the Earth's precious topsoil is likely to be at risk by 2050".[36] However, views have been divided on whether the "Save Soil" campaign is addressing this issue.[3] Maria
Helena Semedo, deputy director-general of FAO, opined that "Organic [farming] may not be the only solution but it's the single best [option] I can think of."[37] Meanwhile, one environmental watchdog has characterized Sadhguru's approach as "greenwashing".[38] Sadhguru has authored over thirty books, including the New York Times bestsellers
Inner Engineering: A Yogi's Guide to Joy[39] and Karma: A Yogi's Guide to Joy[30] and Yogi's Guide to Joy[30
Institute of Technology, and the International Institute for Management Development. [43] He has also spoken at the annual World Economic Forum in 2007, [44] 2017 and 2020. [45] [46] Pranab Mukherjee presenting the Padma Vibhushan to Vasudev at the Rashtrapati Bhavan in New Delhi on 13 April 2017. In 2017, Sadhguru was awarded the Padma
Vibhushan, the second-highest civilian award from the Government of India, in recognition of his contribution to the field of spirituality and humanitarian services. [47][48][49] The same year, Sadhguru consecrated the Adiyogi Shiva statue, built by the Isha Foundation, in Coimbatore, standing at 34 metres (112 feet) tall. [50] This was declared as the
world's largest bust by Guinness World Records.[51][52] He stood 92nd in The Indian Express' list of 100 most powerful Indians in 2012 and 40th in India Today's list of fifty most powerful Indians in 2012 and 40th in India Today's list of fifty most powerful Indians in 2012 and 40th in India Today's list of fifty most powerful Indians in 2012 and 40th in India Today's list of fifty most powerful Indians in 2012 and 40th in India Today's list of fifty most powerful Indians in 2012 and 40th in India Today's list of fifty most powerful Indians in 2012 and 40th in India Today's list of fifty most powerful Indians in 2012 and 40th in India Today's list of fifty most powerful Indians in 2012 and 40th in India Today's list of fifty most powerful Indians in 2012 and 40th in India Today's list of fifty most powerful Indians in 2012 and 40th in India Today's list of fifty most powerful Indians in 2012 and 40th in India Today's list of fifty most powerful Indians in 2012 and 40th in India Today's list of fifty most powerful Indians in 2012 and 40th in India Today's list of fifty most powerful Indians in 2012 and 40th in India Today's list of fifty most powerful Indians in 2012 and 40th in India Today's list of fifty most powerful Indians in 2012 and 40th in India Today's list of fifty most powerful Indians in 2012 and 40th in India Today's list of fifty most powerful Indians in 2012 and 40th in India Today's list of fifty most powerful Indians in 2012 and 40th in India Today's list of fifty most powerful India Today's list of f
subscribe to a political party, and others should not either. [55] He stated that, "party membership should be cancelled because this is becoming a tribe." [55] However, his views are occasionally perceived as
Hindu nationalist and thus close to the Bharatiya Janata Party.[5][56][57][58] In 2019 he referred to a Muslim student in London as a "Taliban," for which he apologized after heavy criticism.[59] After recognizing the failure in the "government's communication" of the 2019 Citizenship Amendment Act in India, Sadhguru spoke in support of the act.
[60][61][62] In 2018, he accused liberals of being fanatics.[63] Sadhguru has made a number claims that are inconsistent with scientific consensus.[3][64][2] Although India approved the ratification of the international Minamata Convention on Mercury to ban its usage, Sadhguru advocates for the use of mercury in the context of traditional Indian
medicine such as Siddha medicine.[65][66][2][67] He has also repeatedly stated he can solidify mercury at room temperature; a claim refuted by Australian scientist Sumaiya Shaikh.[3] Sadhguru has been criticized for statements about the negative effects that a lunar eclipse can have on the body's energy.[68][64] ^ "Family Matters - Sadhguru
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