

A SHOT OF HOPE THE SPEAKING TREE

A Spiritual Vaccine Against All Challenges

SADHGURU JAGGI VASUDEV

As a nation, we are witnessing one of our grimmest phases. As we confront isolation, loss, fear and despair like never before, how many of us have the life skills to negotiate these times? Is there a spiritual vaccine that can immunise us to these challenges?

In a torrential downpour at the ashram some time ago, several raw mangoes fell to the ground. It was unfortunate. A fruit should fall when it is ripe, and so it should be with human beings. Yes, you may have witnessed the loss of dear ones, and I am not trivialising your pain. But what about 'you'? Will you fall off because you're tired, bored, depressed, unhappy, or simply unfocussed? Or will you wait to ripen? To give up halfway, because you worried yourself to death, is tragic. One should detach oneself from life only when fully ripe.

If we want our Covid tests to be negative, but our outlook and action to be resolutely positive, it means it is time for yog. Yog can become 'a life-saving device'.

With daily yogic practice, your energies reorganise themselves, enabling your body to withstand the ravages of the virus better than most. You are also able to maintain a certain equanimity, capable of responding rather than reacting to situations, becoming an active agent of positivity, rather than a passive victim or doomsayer.

In the yogic science, the strength of the immune system is largely determined by an energetic dimension called 'samana' or 'samat vayu'. If you generate enough samat vayu, you are less available to external influences. The prana or energy becomes a 'kavacha', a protective layer, that helps insulate you, and enables you to ride swiftly over the disease.

Yogic practices can help strengthen this dimension tremendously. There is a simple and effective two-pronged approach even beginners can adopt. The practices of Simha Kriya and Sashtanga raise immunity and oxygen levels significantly. Secondly, a powerful process called Isha Kriya boosts

psychological wellbeing and equilibrium immensely. These are free tools available online to absolutely anyone who seeks them.

The virus is delivering a spiritual lesson that all life is connected, and there is no such thing as an environmental bubble.

Bolstering healthcare is vital; vaccinations are essential. But as we strive to meet these challenges, it is up to every individual to become a 'yog vir', or spiritual warrior. Staying calm and acting consciously is the most heroic thing we can do. How others behave right now is not in our hands. But staying sensible and vigilant is very much in our hands. If we are exuberant and joyful, our immune systems will function much better than when we are chronically anxious or depressed.

This is the spiritual vaccine we need today: A self-administered infusion of responsibility and equanimity. This can induce its own subtle climate change, replacing anguish with growing awareness and awakening. It is time to replace a viral contagion with a climate of consciousness. Let us make it happen.



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hope
in the
time
of
Covid-
19,
send
your
questions
to
spiritual
masters,
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