

Exploring the Need of Inner Engineering for Human Well-Being

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ABSTRACT

Losing anything is not new to humans as we learn to understand the epistemology of loss in this good span of our lives but losing ourselves in understanding this very epistemology is what hits us the hardest! During such times, all we need is Inner Engineering, dealing with our inner selves. When we search for means and methods to make peace with our situation/s and sometimes some words go too deep to not have an effect. These words can be typed text, written words, spoken words or some other medium of communication. Words have the power to change how we understand and how we are understood, how we live and how we really live. The speeches, sermons and lectures from spiritual masters have conveyed to people the very essence of a happy and better life. Sadhguru is one such mystic whose words have touched a large population of people to lead them to a better life, a happier existence. The collected data clearly brings forth the conclusion that around 86% of the respondents have felt the need of spiritual literature in their lives and more than 65% of the total respondents have listened to Sadhguru's discourses and found them to be enriching, enlightening and healing. His discourses have brought about a positive transformation in their lives in countless ways and they have been able to engineer themselves and live a happy and joyful life with a transformed perspective.

KEY WORDS: Inner Engineering, life, better, happier, understand, spiritual, healing, guided, led

INTRODUCTION: INNER ENGINEERING

Oftentimes, we happen to ask ourselves... "Am I really happy?". Often, when people ask us, "How are you?", we feel like saying, "I guess...I am not okay."; but the truth is that we get along with the conversation with the same cliched response, "I am fine, how about you?" and added to this is a smile that we temporarily add to adorn our faces in order to look so authentic. Life is what it is, we can be fine or un-fine, happy or unhappy, understood or misunderstood, sorted or unsorted, solved or unsolved, and it would not be an exaggeration to say – evolved or devolved!

There are questions, we look for answers to and there are problems we search for solutions to. And, in the process the one that is missed, forgotten or remains uncared for is our own person, our own self. But, is it the way it should be? Shouldn't things be getting better with so much of labor and hard thinking that we all do?

Most of us, do fidget to take that one step and sometimes find ourselves standing on the crossroads looking for the right direction. At such times what aid us is – Inner Engineering. Engineering the world within to make sense out of all that is and that can be. Once the inner world is engineered, the outside begins to make sense on its own.

In *Inner Engineering* Sadhguru writes, "The whole effort of the spiritual process is to break the boundaries you have drawn for yourself and experience the immensity that you are. The aim is to unshackle yourself from the limited identity you have forged, as a result of your own ignorance, and live the way the Creator made you—utterly blissful and infinitely responsible."

This is how we wish life to be! And, it is possible.

Though there is an immensity of ways, and methods and routes out there in the world, Rukmini Chawla Kumar's article 'Greater demand for mind-body-spirit books' seems to be an eye opener when it poses a majorly pertinent 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?"

There's no denying the fact the India abounds in spiritual masters and leaders who have forever led a lot of people towards a happier existence, a better life. Their words have been like healing ointments that have helped and guided people to make peace with their situations and live happily and better. In modern day India, the most prominent names that we can hear guiding people are that of Sri Sri Ravi Shankar, B K Shivani, Sadhguru Jaggi Vasudev, the 14th Dalai Lama and a few others.

And, this research paper is a quest to find out the need of Inner Engineering and how Sadhguru and his words help/ are helping/ can help people find peace in their turbulent lives and so, live a better life.

LITERATURE STUDY

Sadhguru at length discusses the affairs of the world and our response to them. In his article, *A World of Worldly Affairs* (Flowers on the Path, pg.no. 59), Sadhguru highlights the world of worldly affairs that we are all engaged in, encaged in... It is a beautiful piece that is too simple if understood simply and too complicated if not. According to him, it takes a good deal for a human to understand the difference between doing everything, doing what is needed and not doing at all. The first terms one to be industrious, the second mature and the third lazy. So, oftentimes, we find ourselves in a mind-boggling situation and are not able to decide what and why... We often misunderstand the very concept of worldly affairs and look for a life that is devoid of such affairs which Sadhguru clarifies isn't much possible because we cannot live, be a part of the world without being into its worldly affairs (our everyday routine of running the basics of our lives). When people fail to understand this simple concept, they often turn to be complainants as they find themselves to be more trapped than others and find others to be more mature, more comfortable than themselves. This is where spirituality has to step in when we understand the root and fruit of our doing. In Sadhguru's words, "It takes tremendous maturity to simply sit quietly, only doing things to the extent that is needed. This doesn't come because you are lazy or irresponsible; it comes because you are aware and conscious."

Often, we cling to our past. We give massive importance to our past and it shapes our personality. Our past defines us and we derive our existence from what has already gone by. In his article 'Rushing Past the Past', Sadhguru (Flowers on the Path, pg.no. 85) brings to the fore a beautiful concept – the concept of letting bygones be bygones. Usually, we tend to define ourselves by giving ourselves various adjectives that fit and suit our person or persona. According to Sadhguru, all this that we do to define ourselves is nothing more but some formation of the mind, some past accumulations or in other words a collection or collage of our past. Thus, we use our past to find our identity and live it still and still further. And, if this past is sliced off us, stripped away, we find ourselves in a total abyss... we feel lost. As per Sadhguru, this personality of the past is dead, is a dead thing and we keep carrying this on our shoulders or keep wearing it as a coat of arms that defines us. 'Beautifully does he question, with a dead body on your shoulders where would you be headed to? Only the burial ground!' He further adds a conjunction to the dead body that one carries – the odour! How far can we tread with a malodorous dead weight on us? We need to bury it and move forward. And, this is possible only when we are able to look inwards than stick to what is outside of us. Learning to do so spiritually, we effortlessly pass through the crests and troughs of life.

Drishti Patel in her interview with Sadhguru, titled 'Sadhguru on why human is not a resource' brings to the reader Sadhguru's philosophy of not considering a human to be a resource (which is static and does not grow) but a possibility (which can grow and evolve). According to Sadhguru human beings have come in seed form, that grow to their fullest potential when sown in fertile soil. They unfold their genius when they are given a chance, free from bias and prejudice of defining them to be resources for a particular purpose. Sadhguru believes in the inner well-being of humans, that helps them blossom into higher possibilities and takes them to the apex of their performance.

Thus, it can be said that consciousness and awareness are the fruits of spiritual thriving that declutter and cleanse the air of doubt and unfetter the breeze of understanding and mindfulness taking a human to another dimension while living on the same planet.

SURVEY: THE NEED OF INNER ENGINEERING

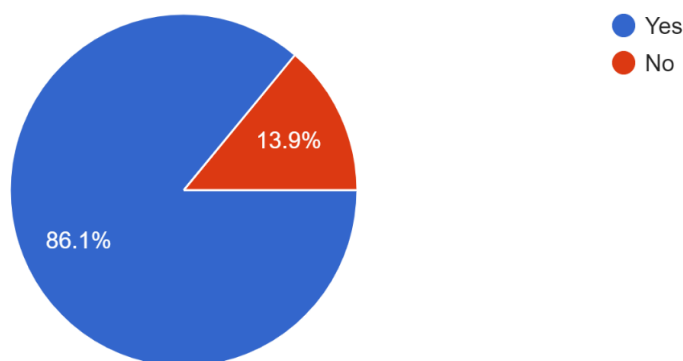
OBJECTIVE, METHODOLOGY & DATA COLLECTION

The objective of the survey titled 'The Need of Inner Engineering' was to understand better the need of spiritual literature by people of today's world which was answered in the first section of the survey. The second section of the survey aimed at the comprehension of how *Inner Engineering: A Yogi's Guide to Joy* by Sadhguru can serve the need of spiritual literature. In order to conduct the research (Exploratory and Casual), an Online Survey was conducted for people of all ages from all walks of life. The survey was conducted using Google Forms wherein the questions were both open-ended and close-ended and the data collected was qualitative as well as quantitative in nature.

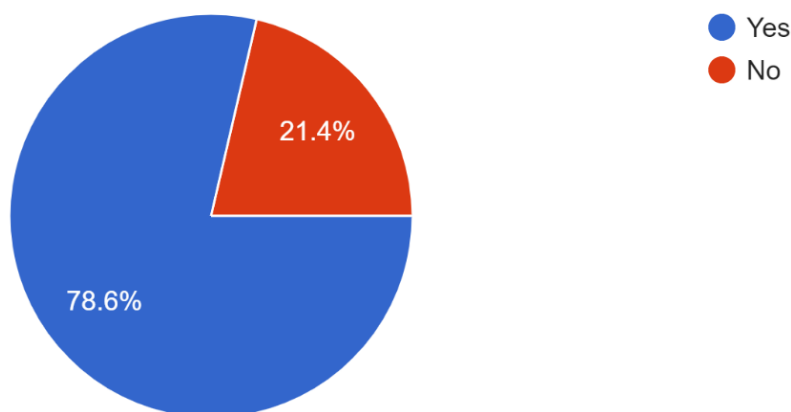
Quantitative data was studied and analyzed using the pie-charts on Google Forms followed by a selective study and calculation of a few variables. Qualitative data was varied, rich and effective. Each response was carefully studied to find not only the common but also the unique points.

DATA AND ANALYSIS – Section 1

➤ **Figure 1** illustrates the respondents' *feeling of the need of spiritual literature in their lives*. Out of 309 respondents, a large majority of respondents expressed their agreement to the point that they have felt the need of spiritual literature in their lives which is 86.1% of the respondents which is 266/309. The reasons could be varied, but the need of spiritual literature is strongly felt and expressed.

**FIGURE 1**

➤ **Figure 2** clearly depicts the respondents' *understanding and reading of the books of spiritual genre*. The respondents continued the spirit of affirmation wherein 78.6% of 309 respondents which accounts to 243/309 conveyed that they have read books which they consider to be spiritual literature.

**FIGURE 2**

➤ **Figure 3** highlights the respondents' *continued affirmation to the help that spiritual literature has lent to them in varied ways*. 68/309 respondents said a 'No' while a majority i.e., 241/309 said a 'Yes'. This brings us to the conclusion that 241/243 respondents who had said a 'Yes' in confirming that they have read spiritual literature have seen a new light in their lives in some way or the other with the help of spiritual literature.

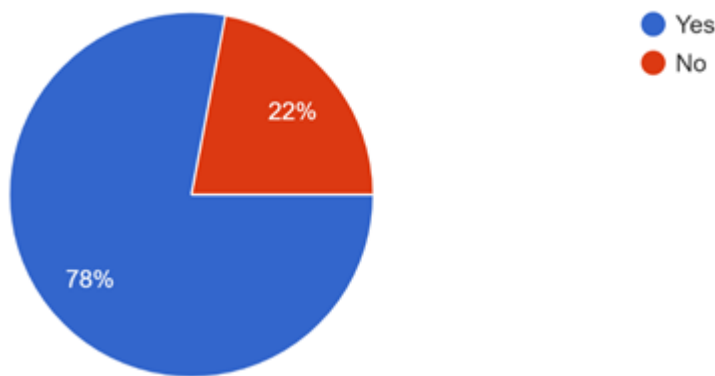


FIGURE 3

➤ **When enquired about – *how spiritual literature had rendered help to its readers***, 309 respondents came forward with varied answers. This open-ended question in the survey was subjective in nature and the respondents had the freedom to state and record how spiritual literature has helped them in dealing with life and its various situations. A part of the respondents did express that they hadn't read any such literature while a majority of the respondents answered in words and sentences, and a few in paragraphs. Though the respondents registered a variety of responses, still a few words and expressions about spiritual literature found an echo in a good number of responses – reduced stress, aided in better understanding of the self, helped in self-actualization and self-discovery, guided in their journey to the beyond, uplifted the spirits, made life peaceful and motivated them.

After a careful analysis of the data, it can be concluded that spiritual literature aided and guided people in various phases of their lives – emotional, psychological or spiritual. They have felt themselves to be – inspired and motivated, encouraged and confident, distressed and peaceful, energized and connected (to themselves, the world and God), peaceful and accepted, tranquil and transformed, consoled and protected, humbled and focused, understanding and empathizing, optimistic and hopeful, and empowered with a transformed conscience. Not only this, they have been able to rid themselves of the strenuous stress that disrupts their lives every now and then, free themselves of the negativity and anxiety that looms in and around, shatter their self-doubt, cope with tensions and situations that come uninvited, tackle problems with a broader perspective of responding than reacting, control unnecessary and unwanted emotions and anger and settle the turbulence that makes one feel like someone standing with ruffled hair amidst the stormy seas. Spiritual literature helped them gain a better perspective, calm, still and peaceful mind, practical and pragmatic outlook towards life and limitless strength to bear. They also have been able to self-introspect, understand the world the way it is, live with a heightened sense of karma, believe in human goodness, serve selflessly without keeping their eyes on the prize, strike a balance in their lives, clear their doubts and queries, comprehend the secret of life, know the very purpose of their lives, and most importantly establish a connection with their own inner core, the supreme soul, and God. They have felt guided by the supreme power or God and have experienced the power of faith and prayer. Some also expressed that with spirituality, they have been able to keep their soul alive and have also recovered from illness. Thus, in a nutshell spiritual literature has helped, healed, guided and accompanied the people forever such that they have been able to appreciate the gratuitous gift of life.

➤ **In response to being asked to mention the books that have helped the respondents grow spiritually**, the respondents named a wide variety of books – from ancient to medieval and even more modern. Aside from the books that they mention, they also bring to light the names of spiritual masters who have been their guiding light in times of crises. Approximately 50-55 respondents did not render a substantial response to the question which is self-explanatory as they had already mentioned that had not felt the need of spiritual literature and had not read any books. The rest of the respondents, around 245-250 passionately named a vast variety of books, some popular and common and some uncommon.

In the 245-250 substantial responses recorded, there is a resonating mention of *The Geeta* (from more than 25), *The Bible* (from more than ten), *The Ramayana* (from more than 10), *The Monk Who Sold His Ferrari* & *The Autobiography of a Yogi* (from more than 5), and *The Secret*, *The Alchemist*, *The Power of Now* (from more than 4) *Inner Engineering*, *Karma* and

Death by Sadhguru (from more than 3). It can also be noticed that there is a major mention of names that need no introduction – Gautam Buddha, Osho, Rumi, Sri Sri Ravishankar, Swami Ramakrishna Param Hansa, Rishi prasad, Sadhguru, Gaud Gopal Das, Swami Vivekananda, Rabindranath Tagore, Mahatma Gandhi and Dalai Lama.

To add to the above names the respondents put on record *The Mahabharata, The Quran, The Skanda Purana, The Vedas, The Upanishads, Jinvani, Kalpa Sūtra, Sundarkand, Ramacharitamans, Shivsutras and Shivpuran, Geeta Sar, Durga Saptshati, Akhand Jyoti, Savitri, The Art of Happiness, Think Like a Monk, You Only Live Once, Life Management, The Immortals of Meluha, Ikigai, Spiritual Laws of Yoga, The 5 AM Club, The Power of the Subconscious Mind, Journey of Souls, Jeet Aapki, Pathway to God, The Art of Happiness, Celebrating Silence, Conversations With God, Soul Selfie, Panchatantra, Anmol Khazana, Vidya Vahini, The Alchemist, The Godfather, The Four Agreements, The Untethered Soul: The Journey Beyond Yourself, New Human Revolution, Fear not : Be strong, Theories of the Chakras, The Road Less Travelled, Faith 24/7, Writings of Nichiren Goshō, The Neeti Shatakam, The Three Battlegrounds, God Is Closer Than You Think, Reaching the Unreached, Parmarthi Sakhiyan by Guru Sawan Singh, Kabir - A Weave of Life by V.K. Sethi, You Can Heal Your Life, Magic, Gratitude, Wings of Fire - APJ Abdul Kalam and My Brief History - Stephen Hawking.*

Some have also put on record *Kalyan Books, Gita Prakashan books* which fetches in an air of nostalgia from my own childhood as I have grown up reading, rereading and absorbing the stories and illustrations of *Gita Prakashan Books*. Articles from newspapers and Sadhguru's discourses have also been mentioned, helping them in their spiritual journey.

DATA AND ANALYSIS – Section 2

➤ **Figure 4** brings forth a clear answer to *people's awareness about Sadhguru*. 291/308 respondents confirmed that they have heard about Sadhguru which proves that Sadhguru is a popular spiritual master in the contemporary world. Only a number as small as 17/308 expressed their unawareness about Sadhguru.

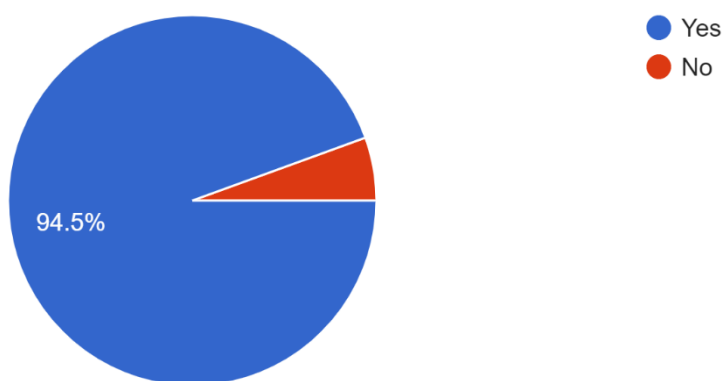


FIGURE 4

➤ **Figure 5** presents data which portrays that a large majority of the respondents – 270 /308, informed that have not read Sadhguru's *Inner Engineering: A Yogi's Guide to Joy* while only a small number i.e., 38/308 registered that they have read the book. This brings us to the conclusion that a majority of the people know Sadhguru but haven't read his Inner Engineering.

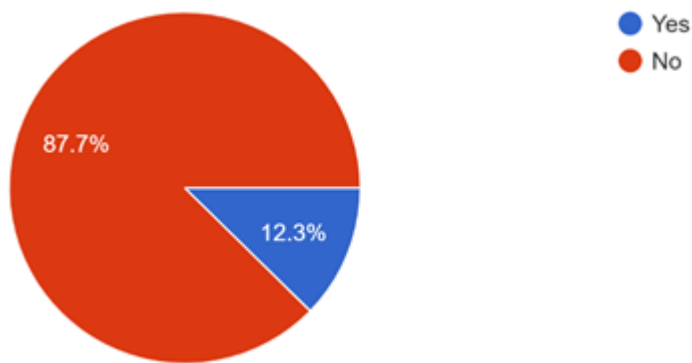


FIGURE 5

Figure 6 depicts readers' understanding of Sadhguru's *Inner Engineering* as spiritual literature. This question of the second section was not marked as 'required field' which implies that the respondents had the choice to answer the question. 62.9% of the respondents i.e., 149/237 consider Sadhguru's *Inner Engineering* to be spiritual literature while 37.1% i.e., 88/237 replied in the negative.

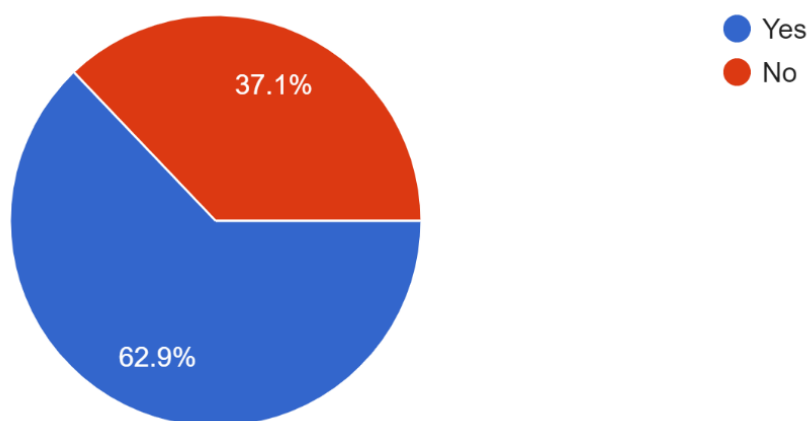


FIGURE 6

➤ **When enquired about – how the book 'Inner Engineering' helped the respondents**, 170/309 respondents chose not to answer the question as the question belonged to 'Not Required Field' while 139/309 respondents chose to answer. Out of 139 respondents who chose to answer approximately 75-80 respondents gave a subjective response but only typed that they haven't read the book yet or have no idea about it, in a variety of structures. Around 60 respondents who answered the question expressed that the book *Inner Engineering* has given them life changing experiences. The book inspired and motivated them. While praising Sadhguru for this spiritual gift one of them expresses that life is now truly understood and it is now beautiful. They learnt and accepted the fact that each one of us is unique and one must try to be what one is, thus boosting their self-esteem. The book helped others to get rid of unnecessary thoughts that occupy the mind often, to overcome anxiety and stress, gain more clarity on situations and switch their stance from reacting to responding, focus on one's energy to emerge as a better human, be strong, confident and peaceful in mind, connect spiritually with people and situations in life, control anger and keep calm, be optimistic at all fronts, introspect and understand the inner self, and most importantly to discover inner peace and live a joyful life.

➤ **Figure 7** displays the respondents' response to listening to Sadhguru's discourses which somehow deal with the whole idea of engineering oneself for a joyful living. 205/308 respondents confirm that they have listened to Sadhguru's discourses while approximately 33% of them i.e., 103/ 308 register that they have not listened to Sadhguru's discourses.

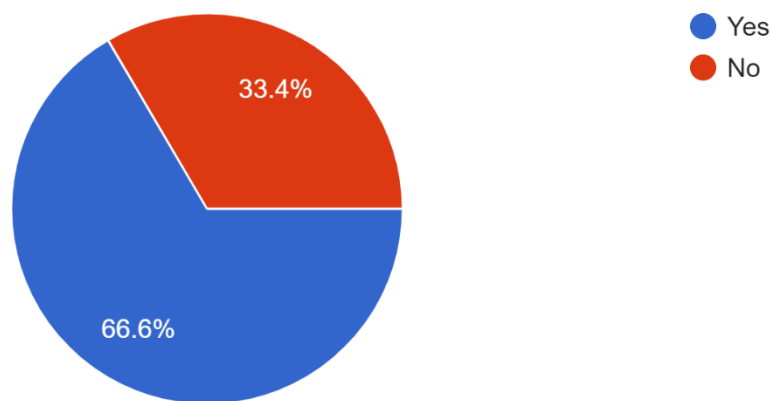


FIGURE 7

➤ **The respondents gave enthusiastic responses when asked about *the influence of Sadhguru's discourses on their lives*.** Out of a total of 309 respondents 209 respondents chose to answer the question as it did not belong to the required field and they had a choice to respond or not. This brings us to the conclusion that 32.3% of the total respondents did not register their response to this question.

29/209 (13.8%) respondents did not give any substantial answer to the question while 180/209 (86.1%) gave a substantial answer to the question in the form of a phrase, a sentence or a paragraph.

The respondents wrote that Sadhguru's discourses have helped them heal emotionally, psychologically, spiritually and touched their lives profoundly in many other ways. More than 25 participants used the key word positivity or positive in their responses, while some clubbed it with words like vibes, sense, thoughts, karma etc. The listeners found Sadhguru to be a healer, a good orator, scientific, logical, enlightening, enriching, optimistic, rejuvenating, humble, humorous, witty, jolly, and even more a guide they consider to be a blessing. A very minor portion of the respondents (not more than 3-4) did not feel influenced as such by Sadhguru's discourses, but a large majority of them listed the influence enthusiastically with utmost optimism. They said that Sadhguru's discourses have fetched clarity to their lives and thoughts, lifted their spirits to feel confident and positive, reduced their stress and gave mental peace, answered their questions, gave easy practical solutions to day to day problems, enhanced knowledge and wisdom, gave a clearer vision and deeper understanding of life and its dynamics, strengthened their belief system and faith in the presence of God, provided with innovative ways to explore themselves, helped find a way out of darkness, gave food for thought, explained the mysteries and complexities of life in a positive manner, guided in better decision making, inculcated a broader world view, insight and wisdom, ignited their thoughts, helped them get rid of conflict and duality within themselves, ushered in a stable mindset, brought happiness and joy to their lives. The respondents also emphasize that Sadhguru has led them towards a transformed quality life and living, wherein they are able to connect with themselves, cosmos and God. One of them writes "No words can describe it! When the pain of anything in me became a scream, I encounter Sadhguru. He has transformed my life."

They wrote that Sadhguru uses contemporary language, such that even the younger generation feels connected with him and his words. The anecdotes he adds to his speeches and discourses have interested them and made his explanations practical & logical and their understanding simple and easy.

One of the respondents answered "If someone had approached me asking the same question before I ended up listening to one of his discussions, I would have raised a brow at them and - maybe not say it out loud but - scoffed at the fact itself. Why? I would know the man is aged, and so he must not be having any advices that could help me in my young years - because the time has changed. Because he is a man of a different generation most members of which happen to just brush off the ideologies and perspectives of GenZ. Conservative. Expectant. Strict. Collective disappointment for the young generation. I thought his mind was all of it. Saying I felt amazed hearing what he had to say would be an understatement, because I didn't see it coming at all! He's understanding (and cool with the triggering topics) and that came to me as a wave of relief. In a sky crowded with thundering clouds, he turned out as a white, easy cotton candy in the air. I've heard many people voice their opinions about stuff going on in life, but of all, Sadhguru's was different. He's a fresh voice - not

repeating the same things as others have done- and his open mind is what I had been looking for all this while. It's comforting to know that someone could give opinions that don't make us feel targeted or get us on an edge. Opinions that reassure us that we haven't been wrong all the while, just mislead sometimes. His discourses guarantee us what we look for. Positivity? Check. Spirit upliftment? Check. Clarity on a complicated subject? Check. Hope and comfort? Double check."

Thus, it can be concluded that Sadhguru's works are a motivation, inspiration, a guide and innumerable other nouns. He has helped people heal and engineer their inner selves to live a joyful life.

This also brings us to light the understanding that in the modern world people have easy access to audios, videos etc. and thus they have been able to connect with Sadhguru through reels, videos and other such media. Though Sadhguru talks about a vast variety of topics, still well-being of the human person (inner and outer) echoes in most of them. Thus, we can conclude that Sadhguru as a spiritual master is able to reach masses and touch their lives.

Conclusions

Spiritual growth stands for growth that one takes inwards than in the visible world that often perceives things on the face of it, from the perspective of how it looks like. Inward growth, inner understanding, inner discovery and inner engineering is the real journey we all step onto in our lives.

Spiritual literature has been a forever companion of human beings since times immemorial, this towering genre that has umpteen books and other printed material to its credit has held human beings in the palms of its hands in times of war and conflict and provided refuge in stormy times that bring along trials and tribulations. Resonating with the mentioned content, the spiritual masters of all times have played an indispensable role in guiding humanity towards a harmonious and peaceful existence. From time to time, from century to century... there have been spiritual masters who have led the world with their wisdom and showed the path that takes one en route... to spirituality.

This survey of 300 + respondents which included people of all ages from all walks of life was conducted online in May 2022. The fact that most of our lives had been shaken by the Pandemic cannot be denied. Present state of the world and its people is far from being visible, clear or comprehensible. The onslaught of the Pandemic, ravages of rough times, crises in almost all spheres of life and what not... has left almost all humans in a dire state where they search for peace, happiness and bliss. In this context, books especially those of spiritual or self-help genre, come to people's rescue.

The analysis of the survey data brings forth people's connection with spiritual literature, Sadhguru, his works followed by a glimpse of the influence of the same on their lives along with highlighting how *Inner Engineering: A yogi's Guide to Joy* by Sadhguru Jaggi Vasudev has brought about transformation in people's lives.

- Reasons could be myriad, but more than three quarters of the respondents express that they have felt the need of spiritual literature in their lives. Having felt the need of spiritual literature in their lives, more than three quarters of the total number of respondents have read books of spiritual genre. And, reading spiritual literature has helped and healed most of the respondents who have picked up books of this genre.
- Spiritual literature has come to the people's rescue and helped them deal with various trials and tribulations leading them to a life of peace and serenity. The respondents benefitted by spiritual literature thus voiced that it has aided them in reducing stress, ridding themselves of negative emotions, understanding their inner-self, striking a balance in life, becoming beings of gratitude, accepting the way things are, transforming their outlook towards life, enhancing their moral conscience, gaining mental peace with increased levels of confidence, empathizing with others, and most importantly connecting with the divine. They also mention the inflow of optimism, changed perspective, motivation, wisdom, pragmatism, peace, calmness, strength, and a sense of fulfilment. Spiritual literature has provided them with solutions to problems, and answers to questions. It has been a harbinger of hope for the people who have felt challenged, lost, directionless or found themselves to be in countless other states and dilemmas.
- Aside from the other questions asked in the first section of the questionnaire, the fifth question inquired about the books that people consider to be belonging to the spiritual genre and have helped them heal or find ways out of innumerable trying situations in lives. The respondents enthusiastically made a mention of a number books ranging from ancient to medieval and furthermore to contemporary spiritual literature. They also made a mention of spiritual leaders who have made a difference in their lives and have guided them the way when all seemed dark and blurry to the naked eye. Out of the three hundred and nine responses recorded, there is a major mention of *The Geeta*, *The Bible*, *The Ramayana*, *The Monk Who Sold His Ferrari*, and *The Secret*. The respondents' chart also echoes the names of some popular spiritual masters, guides, devotees, writers and poets of all times – Osho, Rumi, Sadhguru, Sri Sri Ravishankar, Swami Ramakrishna Param Hansa, Gaud Gopal Das, Rishi Prasad, Swami Vivekananda, Rabindranath Tagore and Mahatma Gandhi. Even more, there's the

mention of *The Mahabharata*, *The Quran*, *The Skanda Purana*, *Jinvani*, *Kalpa Sūtra*, *The Power of Now*, *The 5 AM Club*, *The Power of the Subconscious Mind* and many more. Some have also put into record *Kalyan Books*, *Gita Prakashan books* (which fetches in an air of nostalgia from my own childhood as I have grown up reading, rereading and absorbing the stories and illustrations of *Gita Prakashan Books*) apart from articles from newspapers and Sadhguru's discourses which they relish and absorb as their spiritual diet.

- The second section of the survey dealt with *Sadhguru* and *Inner Engineering*. The survey result shows that a large majority of the respondents know about Sadhguru and his efforts to make a difference in people's lives. Less than 10% of the respondents do not know about Sadhguru. When questioned about their familiarization with Sadhguru's *Inner Engineering: A Yogi's Guide to Joy*, majority of the respondents answered in the negative and only a little more than 10% of the respondents know about his book *Inner Engineering*.
- Out of a total of 236 respondents who chose to answer the next question, more than sixty percent conveyed that they consider *Inner Engineering* to be spiritual literature. Expressing and sharing thus, the readers of Sadhguru's *Inner Engineering* shared their life changing experiences. They have expressed their gratitude for the book, one of them expresses that it has taught him/her how to live life. In conclusion, reading the book has given them a chance to celebrate life and their own uniqueness, transform their reactions to responses and live a happy and joyful life.

The respondents may not know a great deal about Sadhguru's *Inner Engineering* but a majority of them (more than 60%) answer in the positive when questioned about listening to Sadhguru's discourses. According to the data collected, it can be reported that Sadhguru's discourses have helped and healed people in a variety of ways – emotionally, psychologically, spiritually... His discourses have brought about a positive transformation in their lives in countless ways and they have been able to live a happy and joyful life with a transformed perspective. They have been able to connect better with their own selves, the cosmos and God and have learnt to live life in a better way. Hence, while a majority have expressed their need for spirituality and spiritual literature, they have been able to understand and connect with Sadhguru and his words, it can be said that a majority of them have felt the need *Inner Engineering* and *Sadhguru's Inner Engineering* can be a spiritual gift to mankind.

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