

# A STUDY OF PERSONAL GROWTH IN *INNER ENGINEERING: A YOGI'S GUIDE TO JOY*

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**Abstract:** This book focuses on the importance of spiritual growth in the life of human beings. The author Sadhguru explores the path to spiritual enlightenment in his book, *Inner Engineering*. In order to experience joy constantly, people must become the master of their body and mind. To make use of the intelligence of their own life energy, people should turn into understanding of yoga and its trustworthy principles. Through yoga people can touch the fantastic and godly nature. Yoga gives chances for inner inception by using the procedures that are the refined spirit of yogic sciences and convey real intelligence to control mind, body, emotions and the basic life energy inside. The author has experienced a higher level of consciousness. He is trying to teach others the principles that led him there. Readers can learn from his insights, but they should also try it for themselves and not just memorize what he says. In order to solve society's problems, people must first find their own personal joy. If more people can do this, they will be happier and help create a better world.

**Key words:** Spirituality, personal growth, motivation, success, mental health, physical health, subconscious mind, self-esteem, presence of mind, positivity, emotional health, values, vision.

## I. INTRODUCTION

Personal growth does not convey any specific implementation or exercise. It is a definite way of living to reach there, there are various things that we can do in our life. It is like a park in our home. If the earth, daylight, trunk of the tree is in a particular way, it won't give flowers and fruits. So, we have to things to make it right. You have to take care of the things which forbid it from growing. So, like that if we prepare our body, mind, soul and liveliness to a particular degree of maturity, something special blooms in us. That is what we call spirituality or personal growth. When your reason is unripe, it hesitates everything around you. But when your reason is fully grown, it views everything in a distinct light. We just have to keep the atmosphere always clean. So, your practice is just that. Cleaning up the place and keeping, removing the cobwebs every day. You are not doing anything to energize. people have neither the perseverance, nor determination or commitment to really work to build themselves up to another level, because that's a lot of work. But just daily removing of cobwebs, cleaning up the floor. This is all your work, rest will happen. You can look at everything joyfully or you can look at everything with great sense of misery. Your delight and sufferings come from you. The significance of being human is just this, for all other creatures how they evolve is fixed by nature, your evolution is in your hands. If you strive, you can evolve whichever way you want. Each and every living being needs to nurture his life. If we do not give our soul the correct and the right way to nurture, it will find its own sidestep. See a man taking drugs and a man meditating or whatever, both are trying to find out the same thing which is to enhance or nurture their life. If you do not show them a proper way, they will take whatever ways are available on the street, that's all. it's not a moral issue. It is just that it sets you backward. You want to go forward but it sets you backward. Our ability to be active physically, mentally, emotionally spiritually, if this is in any way crippled, this means we are taking a backward step though there may be pleasure attached to it. So, through personal growth they are getting a "way". If you sit here with your eyes closed every day, that itself is a great thing.

## II. ANALYSIS OF INNER ENGINEERING: A YOGI'S GUIDE TO JOY

Inner Engineering is a lead for achieving a life of blissfulness by searching our mind, soul, thought and feelings and to study to line up them with what universe tells you. "Live in the present" is something that sadhguru denies us to do in our day-to-day life. He says that it makes people stressful. It is a destroying intellectual limitation which restrict our empirical reality. The problem with people is that they suffer the things that happened ten years ago or about the things that will happen in ten years. But in order to find peace sadhguru says that we must not annihilate your mind. We just want to simply take charge of it. If we can utilize it when you need and put apart when you don't the intellect or mind can be a tremendous device. "do only one thing at a time" "positive thinking" is some of the phrases which are commonly used by people to spread positive thoughts. Sadhguru asks us "Instead of harnessing and learning to ride the mind, why would you want to obliterate it?" practical thinking becomes a way of covering up your reality. When you are not able to exercise the actual idea and control your mental drama, you try on "positive thinking" as a depressant.

The exact definition for happiness is "the state of being happy". Happiness is that affection that comes in you when you know that your life is blissful and you smile. It is in a complete conflict with sadness. Happiness is a feeling of welfare, comfort, security, joy. No one complains about being happy. It is when your mind feels peaceful, enhanced, joyous, delighted. But the thing is that most of us see happiness in the material things around them. In money, and in all material things. We can't say that these don't give happiness. But the happiness given by the external material things are not permanent. Blissfulness is the options that we take in our life. Most of the things that people do in their life is for a single thing: joy. When we look at other living creatures in this planet happiness is very simple for them. Plenty of food is equal to a wonderful and happy day and their needs are always physical. But to human beings starving or empty stomach is a great problem. And when it is filled there are so many problems other than that. For an individual, life is not about durability; but its beings with durability. If an individual body feels pleasurable, it is called wellbeing or health. If the mind becomes pleasurable, it is called joy. If the emotion or feeling becomes pleasurable it is called love. If all these become very pleasant, it is called compassion. If the life's liveliness becomes pleasant, it is called eternal bliss. If this bliss becomes more and more pleasant it is called ecstasy. This is what each and every individual is trying to seek in their life. This is considered as a state of well-being. People always get confused whether to choose happiness or sadness; blissfulness or misery. The result is up to ourselves. It varies and depends upon person to person. But the ultimate goal is happiness. Blissfulness is the only goal.

Material happiness is something gives us joy for an instance but doesn't last for a long time. We can get our own selves into any type of psychological states, and even though you can get out of all that, but the matter is that it doesn't last for long. Anything can destroy it. So as long as our soul is under the external situation, the condition will remain steady. The question arises within ourselves: is it possible to get out of this situation? The answer is simple. We have to understand that the source or starting of incident is within us. Each individual is always trying to find joy from the outside material things. What we have to understand is that we have to use the outside material things as only a stimulus and the real thing is within us always. Sadhguru explains this idea with a simple example which makes this idea very clear to every ordinary person. When we hold a book in our hand, we use our hand to show where we see it and we think that the image is seen in the surrounding. But when we really think about it, the conclusion in which we reach really shocks and amazes us. So, you are actually seeing the book within yourself. The beam which is falling on the book, gets reflected and goes into the lens of your eyes, and seen as an inverted image on your retina. This is one of the important things that Sadhguru tells in "Inner Engineering. If each individual is conscious of the surrounding we can lead our life in such a pleasant way that even breathing can give you the happiness. All we want to do is to give a little attention to our inside. If we want to get out of the misery and the suffering, the only way is to look within. Even the practicing of meditation and yoga in basic way can give you real happiness. All we have to do is to do things that makes our inner selves happy. Kindness is something that makes most of the individuals happy. When you become kind to someone and see the happiness or smile on their face, you will become happy. This is what we call the true happiness or bliss.

A large amount of individuals believe that tranquility and happiness are the main ideas of spirituality. But sadhguru says that this idea is false. This peace and happiness are the fundamental needs for a life of welfare. This is not what we want to attain at the end of our lives. "spirituality" is the most manipulated word in our planet. The major myth about spirituality is that you need to go to an ashram or go to some jungles or mountains to attain spirituality. You don't need to go to the mountains to be spiritual. Spirituality is not about geographical location. Spirituality is about the inner world, to know about yourself, and to see the reality as it is. It has nothing to do with location. People go to these places because these places are very peaceful and allow you to focus your attention on your inner self. Another major myth is that "Spirituality means you have to leave your family and the material world." You don't have to leave your family or anything. Material world and Spirituality are two totally different things and one has nothing to do with others. If you know the difference between materialism and spirituality and are aware of the limits of the material world, then you are already on the spiritual path. Spirituality doesn't mean to escape from this world. It's the process to manage both the inner and outer world beautifully. So, you don't have to think that you have to leave your family and all.

Gaining knowledge can help you a bit but it doesn't mean attaining spirituality. Gaining knowledge means collecting information in your memory and spirituality means seeing that memory is not intelligence. So, in simple words, spirituality has very less relation with memory or the information you have gathered. Spirituality is about seeing the things just the way they are, without any coating. It's knowing that information you gathered has come from outside, it's not a part of your inside. So, when we keep our present untainted by memory we are moving toward spirituality. It is not for the peace that we are walking on the spiritual path. Most individuals are obsessed with peace that they consider it as the ultimate goal of this human life. Sadhguru gives us a correct idea about spiritual quest. A spiritual quest or the search for the inner self is not an educated option. It is not a prompted search. It is a natural yearning. But unless we hold it intentionally, it will be achieved. When we understand that the peacefulness, blissfulness, are not the goal anymore, we automatically seek the nature of our life.

Unlike organic transformation, which happens without our consciousness, spiritual or personal growth can be achieved through a conscious body and mind. internal and external: this is the only situation that we can work out other than the situations like good and bad, happiness and unhappiness and others which we only have control in small manner. “The only way out is in.” this is the most significant contribution to humankind. If we turn inside into ourselves, everything changes. In that occasion our lives become a definition of happiness. Each and everything around us are happening according to certain organic law. If we are aware of the life within us, we can completely take grip of things that happens around us but under the limitation of nature. Through the immense understanding of nature and its limitation we may be understood to be able to empower the process of life and death in to our hands. “Do not feel lonely, the entire universe is inside you. Stop acting so small. You are the universe in ecstatic motion. Set your life on fire. Seek those who fan your flames.” These are the words of Rumi. Organizing your future or destiny is about regularly going towards your welfare, regardless of what the condition of life around you. Whatever the situation around you we may be able to face them and get ride of it. The process of spirituality is about making ourselves in such a way that “the creation and creator, even every atom in this existence, cannot help yielding ourselves. When you seek your own likes and dislikes, we feel abandoned in this boundless reality, regularly anxious, unstable, emotionally challenged. In each one of the moments there are a numerous amount of wonder happening around you: a flower flourishing, birds chirping, a bee humming and so on. There is a fascination everywhere. If each individual learns how to live, life is nothing but a daily miracle.

Responsibility means the capability to respond. In simple words responsibility means if we think that we are responsible we will have the capability of response. If we think that we are not responsible, we will not have the ability to respond. It such a simple explanation for responsibility. All we want to recognize that we are responsible for all that we are and we are not, all that may happen to us and all that may not happen to us. Responsibility is a misunderstood term. most of us believe that it taking on the pile and strain of the world. But it is false concept. It does not mean taking charge of things that have done or not done. It doesn't mean continuing in a condition of immortal disgrace. The capability to respond to the entire universe is a natural reality. Our thoughts and emotions need to aware of the facts around us. Taking responsibility is not an acceptable philosophy to accommodate you to the way things already are. It the realization and waking up to the reality of things around us.

The most appalling things life will become simple and cause of provider if we accept, “I am responsible for the way I am now”. It is available to convert the enormous misfortune into a basic lesson for personal growth. If we take all the responsibility for the way we are now, a good future is possible for us. But if we take no responsibility for what's happening around us now and blame other for that we are risking our future even before it is revealed. No misfortune is a barrier if you are in a condition of mindful response. Each situation helps us to enhance our future if allow it. Most individuals take their whole life to understand this basic truth of our life. There is an elemental brilliance within us that which is accomplished of converting a piece of bread into an individual. The highest disenchanted instrument, including our intellect, was developed by this elemental brilliance. At present, most of the individuals are using only a small amount of their mind and intellect, and believe that that is intelligence. It is not true. There is that power within each of us which can develop an entire human mind in all its outstanding intricacy and capability. That works in an entirely different way. The highest conflict that can be in our society is that from the small age onwards a system of morality has been induced in to mind of each individual. Whatever we are taught good we automatically identify that and what we are taught bad by the society, we are automatically resist it. This interest and distaste are the bottom of all identification. Now a days most of the beliefs and theory are passed in the name of spirituality. But we have to understand that there is a great difference between accepting and seeking. Human society or the society of individuals around as clearly reflects the inner understanding human beings. So personal growth and explorations helps of each individual helps for the growth as well as flourishing of the society. Our personal growth helps for the betterment of our spirit as well as our view towards the society, which can really make a great change in the personal as well as social life of each human beings.

### III. CONCLUSION

Sadhguru, a spiritual leader who is open to sharing his stories and experiences from the past, offers readers his insights into life. He also provides historical information about yoga when applicable. His statements can sometimes be controversial. For example, he writes that he isn't interested in offering new things; instead, he wants to share what's true. Some of his stories are funny because they show how people behave in their daily lives. Inner Engineering is great spiritual guide. It each an individual for their personal growth whether we have recently started your spiritual or personal growth or you have some practice in that dimension already. Sadhguru offers a spiritual growth idea in a straightforward and energizing manner. He also decodes the highest self-help ideas like “be in the moment” “or “positive thinking” and he also shows how these silly notions can also put each individual in complete stress of body as well as our mind. Sadhguru speaks about various venues around the globe and has given talks at Stanford University as well as the United Nations. The Isha Foundation runs on volunteer work and seeks to remedy humanitarian problems in the world.

The title itself denotes purity and inner alteration, which is something every person should consider doing. The central premise of this book revolves around the birth of a concept-free person. Therefore, I firmly believe that “Inner Engineering” deserves a place on our bookshelf. Even if you don't agree with Sadhguru's methods, we recommend it because it will expand your horizons. According to the author, the choices we make are an integral part of this love. Whatever you do, or plan to achieve, passion must be your primary incentive to carry something out inwardly. Don't take this the wrong way, since the intrinsic intelligence, Sadhguru is referring to is given to you in the form of existence. You are not either blessed nor cursed. You can utilize it in its entirety, without having to jump into conclusions. his one from Sadhguru talks about things you can do to help yourself in your life journey, Sadhguru experimented alot in his life and this book presents his wisdom in a structured manner for easy consumption.

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