



JAGADISH

life is good

Yoking Scared Energy: An Interview with Jagadish (Master Yogic Healer)

By Karl Kopitske

Yoga has come a long way in the Western world. You can walk into almost any store in America and find instructional videos, mats, and other special tools to help you learn. With the practice of almost any kind of yoga you can look forward to a more flexible body and a more youthful appearance. In our goal-oriented society this is all most people seem to want from their yoga, at least at first. When Jagadish began to practice yoga in California, over thirty-five years ago, he discovered that he wanted more than his Hatha practice alone could provide. He started on a path that led him first into pranayama, or breath work, then into meditation, through a wide range of alternative or holistic practices, and finally to a sustained retreat in India with a realized yogi who told him that in time it would be his responsibility to teach and heal.

According to Jagadish, "When Yoga first became popular the primary trend was to practice the physical postures of Hatha yoga in a way that was divorced from the full yoga tradition. As people began to experience different levels of well being in their yoga they wanted to go deeper into Ashtanga, or the eight limbs of the classical yoga tradition. At the same time Ayurveda became popular, as people began to view yoga as way of life rather than simply a method of exercise. This is a trend that you can still see happening in areas of the country where yoga practice is relatively new."

I asked Jagadish what he thought the next big trend in Yoga would be and he told me, "Just as an interest in breath work, yogic nutrition, and meditation seemed to follow from basic postures, I think the next big trend will be an awareness of and an openness to the power of yoga to heal. I don't mean using specific postures to treat specific ailments, that is already widely accepted, I mean using the energy that is available through yoga just as universal life-force energy is available to Taoist Masters who have mastered Tai Chi and Chi-Gung practice. After many years of concentrated practice some are able to generate this energy and use it for healing.

I still wasn't sure what he meant by direct healing so I asked Jagadish to elaborate, "What many people don't realize is that yoga isn't just about healing your own life. Just like a tree bears fruit, a mature yoga practice can empower you to heal others. Access to healing energy is the natural result of realization achieved through practice and grace. When a yogic healer cleanses the negative influences in your life and brings sacred, divine light to your body's systems, the quality of your life can be radically improved."

I asked Jagadish when he first realized that yogic energy could be used to heal other people and he told me about an experience that changed his life. During a five-year retreat in India at the ashram of a realized master, Jagadish became very ill and it was reported to his teacher that he appeared to be dying. Jagadish, deep in meditation and the life of renunciation, was unaware of the severity of his own condition until he became so weak that without intervention it was certain that he would die.

Summoned by his Yogic Spiritual Master, Jagadish experienced an instantaneous and miraculous healing from the outstretched hand of this great saint. He was brought into contact with a sacred energy from a divine source that cleansed and energized him.

I asked Jagadish how he understood this healing in the context of the classical yoga tradition. "One of the many meanings of the word yoga is to yoke or to bind, like two oxen who are bound together to share the load. At first you might think that through discipline you are using the mind to yoke the body, or you might think that the peace that comes to the mind from your practice is a way of using the body to yoke the mind. While both of these views are common, the less common understanding in the West, but the more traditional view in India, is that what is being yoked together in yoga is the self and that sacred energy that supports and sustains us all."

Jagadish is now on a path in which he has been guided to share the healing techniques that are the fruit of his advanced yogic practice and initiation. According to Jagadish, sacred energy healing powerfully cleanses the auric field, chakras, meridian lines, physical systems of the body and subtle bodies, to re-establish balance, equilibrium and function.

Because of the different levels of stagnation that can occur in these systems, the untreated individual may eventually end up developing a disease or experiencing accidents where injuries can occur. By cleansing these systems one can prevent disease and injury, but more importantly, realize a healthy sense of well being in their lives.

Many forms of energy healing can be used to cleanse these systems, however Jagadish has discovered that the high level of vibration and divine nature of this sacred energy provide not only physical healing, but also spiritual evolution through a transmission of divine light.

Jagadish told me during my first session with him, "This energy has its own wisdom consciousness. As you experience a physical healing you will find that many of the recurring situations in your life that cause you suffering will drop away and you will be more able to understand the subtle truths in your life."

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