



LIVE With Sadhguru in Challenging Times

Insights for Entprepreneurs #BeatTheVirus



Covid -19 is a soft disaster & this is the time we need to restructure our economy and business





Sadhguru Opines

If we conduct ourselves properly, we can have this virus as minor obstruction instead of major natural calamity





Sadhguru Proposes

Best thing to do right now is to become physically fit, mentally sharp & emotionally balanced in order to step out & face dynamic situations





Sadhguru Advises

Understanding you are on limited lease of time, you will organize your life in a more meaningful & structured way





Sadhguru Suggests

If this environment of uncertainty continues to persist for an elongated period of time, the way we relate to what we possess will definitely change & that is a welcome change





Sadhguru Recommends

To restructure yourself from within, your mind, body & intelligence have to be well engineered





As an entrepreneur you're into a venture which is one step short of adventure, which means you are consciously seeking challenge & you should not suffer unexpected situations. For an entrepreneur there are multiple opportunities in that & one can reap great benefits out of it.





Sadhguru Opines

Human experience has a chemical basis to it. What you call joy, peace, misery, love, agni & ecstasy is another kind of chemistry. If you create the right kind of chemistry within yourself, you will be blissful every moment of your life





Sadhguru Advises

Being blissful means your body, mind, energy, emotions are pleasant.

Particulars	Pleasant	Very Pleasant
Body	Health	Pleasure
Mind	Peace	Joy
Emotions	Love	Compassion
Life Energies	Blissfulness	Ecstasy





If your surroundings are pleasant, it is considered a success. Therefore, as an entrepreneur one's focus should be to make surroundings pleasant for yourself





Sadhguru Proposes

Doing work for Social Impact always makes one happy and his inner strength becomes very strong





Sadhguru Suggests

If a human being puts other person's well being above his own that is a very powerful situation





Every human being is looking for constant expansion. One must enjoy the sense of expansion and that should not be missing. If you look at someone's life which is not connected with you and if you want to invest something in that life, that is expansion





Sadhguru Proposes

Economics has become the most significant aspect of human life and economic well being is the only concern today





Sadhguru Advises

Instinct essentially means a crystallized amount of memory within itself in its evolutionary scale. As humans, we are the only ones who have discerning mind who can act beyond our own instincts. If we do not exercise this, then we are not full fledged human beings



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