

In 7 Steps Transform Your Life

with

SADHGURU

Inner Engineering

PROGRAM

For ABC College

15 December 2023

Isha Foundation



“As there is a technology to create external wellbeing, there is a whole dimension of science and technology to create inner wellbeing.”

Sadhguru

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“Youth have enormous potential. If we can inspire them to identify with humanity as a whole, the impact on the world will be tremendous.” – **Sadhguru**

Inspiring Youth to Be the Best they Can Be

Executive Summary

Having the largest population in the world between the ages of 15 to 24, and with over 50% of our population under the age of 25, Bharat is at the threshold of impacting not just its own future, but the future of the world, with how we nurture our youth and empower them for life.

At this momentous time, Isha Foundation is delighted to offer our flagship program, Inner Engineering, to the students of ABC College. Designed by Sadhguru – a profound Yogi and Mystic of our times – Inner Engineering is a technology for wellbeing derived from the science of Yoga.

The program can empower students to handle the hectic pace of modern life with ease, experience life to the fullest, and fulfill their potential.

As education needs inspiration, not just information, how we nurture our teachers will determine whether our youth achieve their potential. Understanding this central role that teachers will play in shaping and influencing their students, Isha Foundation is privileged to offer Inner Engineering to the teachers of ABC College as well.

By facilitating the Inner Engineering Program, ABC College is providing a lifetime opportunity for students and faculty to foster an understanding of their own interiority, determine their own experience of life, and be the best that they can be.

About Inner Engineering

“Inner Engineering is neither a religion, nor a philosophy or dogma. It is a technology for wellbeing. One does not have to believe or disbelieve, just have to learn to use. Technology will produce results irrespective of who you are.”

- Sadhguru

Inner Engineering is a technology for wellbeing derived from the ancient science of Yoga. An intensive program for personal growth, it is an opportunity to engineer an inner transformation that deepens your perception, bringing about a dimensional shift in the very way you look at your life, your work, and the world that you inhabit.

The approach is a modern antidote to stress, and presents simple but powerful processes from the Yogic science to purify the system and increase health and inner wellbeing. For those seeking professional and personal excellence, this program offers keys to meaningful and fulfilling relationships at work, at home, in the community, and most importantly, within oneself.

The program includes transmission of the sacred Shambhavi Mahamudra Kriya, a 21-minute practice of immeasurable transformative power and antiquity. Shambhavi Mahamudra Kriya aligns your entire system so that your body, mind, emotions and energies function in harmony. It is practiced daily by millions worldwide.

Benefits of Inner Engineering

Through regular practice, you can experience an array of benefits in different areas of your life:

- **Access the Treasure Within**

- *Increase the production of anandamide, a natural chemical produced by the brain which creates a deep sense of joy*
- *Eliminate anxiety & establish a baseline for overall well-being*

- **Maintain Balance in all Situations**

- *Enhance focus, concentration, & memory*
- *Increase ability to handle stressful situations*

- **Create a Cocoon of Wellness**

- *Reduce stress*
- *Optimize health & vitality*

- **Revitalize Your Relationships**

- *Generate inner peace & fulfillment*
- *Improve communication & relationships*

- **Be the Best that You Can Be**

- *Transcend limitations & fears*
- *Experience deeper dimensions of life*

Research Studies on Inner Engineering

- **50% Reduction in Stress**

Researchers from Harvard Medical School Teaching Hospital (BIDMC) found that corporate employees who had gone through Inner Engineering experienced a remarkable 50% reduction in stress.

Source: <https://doi.org/10.1155/2022/9001828>

- **Enhanced levels of Anandamide**

Researchers from Indiana University discovered that Inner Engineering improved mental health by increasing the production of anandamide, a natural chemical produced by the brain that creates a deep sense of joy and is the body's natural anti-depressant.

Source: <https://doi.org/10.1155/2020/8438272>

- **Improved Sleep Quality**

A study by researchers from Harvard Medical School Teaching Hospital (BIDMC) found that the regular practice of Shambhavi Mahamudra Kriya resulted in enhanced sleep quality by recreating many of the brainwave patterns associated with sleep.

Source: <https://doi.org/10.3389/fpsyg.2022.814224>

- **Increased Energy Levels, Joy and Productivity**

In a study by Rutgers University, employees of a Fortune 500 company experienced a significant increase in energy, joy, alertness, and productivity after completing the Inner Engineering program.

Source: <https://doi.org/10.1089/jicm.2021.0180>

- **Enhanced Emotional Balance and Mood**

Inner Engineering was found to increase endocannabinoids in the brain by 70%. Endocannabinoids are naturally occurring neurotransmitters known to bring emotional stability and uplift one's mood. The study was conducted by researchers from Indiana University.

Source: <https://doi.org/10.1155/2020/8438272>

Proposal for ABC College

Isha Foundation is honored to offer Isha's flagship program to the students and teachers of ABC College, from 1 March to 30 June, 2024. ABC College participants who register during this period can complete the 25-hour program at their own pace and in their own space, using nothing more than their smartphone or laptop. The program is divided into 7 steps, with the first 6 steps being self-paced. The last and 7th step is the transmission of the Shambhavi Mahamudra Kriya, which is offered live on select dates. Following this, Isha Foundation will continue to provide participants with post-program support, which will include access to exclusive videos and practice support.

❖ Program Details:

Option 1: **Online Program**

Program Duration: 25 hours

Structure: 7 steps; steps 1-6 are self-paced; step 7 is offered live on select dates

Accessibility: Program is accessible online, both on the web and via smartphones

Language: Options include English, Hindi, Marathi, Bengali, Kannada, Malayalam, Tamil, and Telugu

Eligibility: Open to all students and teachers of ABC College

Experience: Prior experience of yoga is not necessary

Proposal Period: Between 1 March 2024, and 30 June 2024

Option 2: **In-person Program**

4 Day Leadership Retreat at the Isha Yoga Center

3 Day Leadership Retreat for Teachers at a venue outside of Isha Yoga Center

Weekend Non-Residential Leadership Program

- 4 Days (3.5 hrs on Thursday & Friday; Full Day on Saturday & Sunday)
- 3 Days (Full Day on Friday, Saturday, & Sunday)

Eligibility: Open to all teachers and administrators of ABC College

Experience: Prior experience of yoga is not necessary

Proposal Period: Between 1 March 2024, and 30 June 2024

❖ Post Program Support

- ◆ **Lifelong Access to Unpublished Sadhguru Videos:** Enjoy a treasure trove of videos from Sadhguru to deepen one's experience of Inner Engineering.
- ◆ **Practice Support:** Get access to the 40-day Guided Shambhavi Mahamudra Kriya Mandala featured on the Sadhguru App.
- ◆ **Monthly Review & Support Sessions:** Receive online and in-person support in the form of guided practice sessions, practice reviews, corrections and Q&A sessions.

WHAT INNER ENGINEERING PARTICIPANTS SAY



Dr. P. Veeramuthuvel

Project Director, Chandrayaan-3

"After the program, I could feel many changes within myself. Though my work at ISRO keeps me busy, I regularly do my practices, which keeps me stable and far from worries. I believe that turning inward is the best way to gain in-depth experiential knowledge about everything – even space."



Mithali Raj

Former Captain, Indian Women's Cricket Team

"Now I look at problems in a different way. I don't get really hassled or rattled by the issues, but I see what best I can do and that will also probably help me to deal with pressure."



Tamannaah Bhatia

Actor

"This is something that gets your energy systems going in a way that you can actually be more productive in whatever you're doing, whether you're a creative person or doing something technical."

More Research Findings on Inner Engineering

Scientific studies have measured the benefits of practicing Shambhavi Mahamudra Kriya regularly, on:



The levels of brain activity



Sleep patterns



Psychological health



Physical wellbeing



Study by the Institute of Health Management Research, Bangalore, India

Inner Engineering practitioners demonstrated:



Greater heart rate variability (HRV). This is a potentially important indicator of resilience to **stress and overall wellbeing**.



4.8 times greater parasympathetic nervous system (PNS) response. The PNS is a network of nerves that relaxes your system.

Citation: J Ayurveda Integrated Med. 2012



Study by the Indian Institute of Technology Delhi

A study based on electroencephalography (EEG) showed



Increased delta and theta waves and decreased beta waves after Shambhavi Mahamudra Kriya. Delta and theta waves are typically associated with **deep sleep and light sleep, respectively**.



Increased coherence between the right and left brain hemispheres.

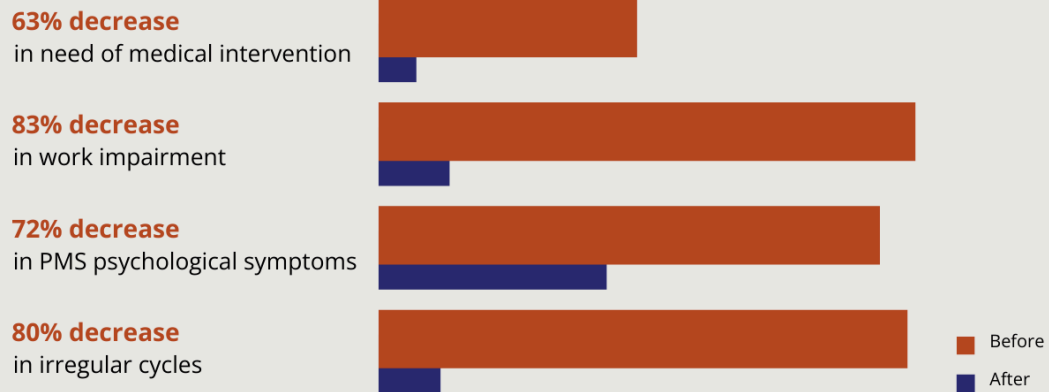
Citation: Santhosh J, Agrawal G, Bhatia M. Spatio-Temporal Eeg Spectral Analysis of Shambhavi Maha Mudra Practice in Isha Yoga. (2015)



Study by Poole Hospitals NHS Trust, UK

Regular Shambhavi Mahamudra Kriya practice for six months has shown to improve symptoms associated with menstrual problems. These include significant reductions in severe menstrual cramps, premenstrual syndrome, severe menstrual flow, irregular menstrual cycles, impairment of work, and need for surgical interventions.

Reduced Menstrual Problems



Effect of Isha Yoga on menstrual disorders. F1000Posters 2011

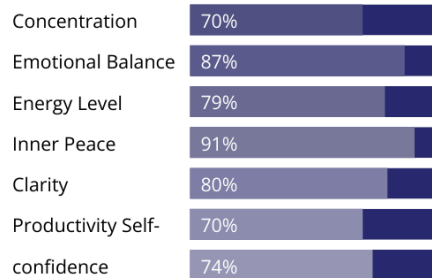
Survey of Shambhavi Mahamudra Kriya Practitioner

A survey of 536 Shambhavi Mahamudra Kriya practitioners testified to the kriya's impact on relieving chronic ailments. Results also showed a reduction or even elimination of medication in 40% of insomnia cases.

Mental Health & Productivity

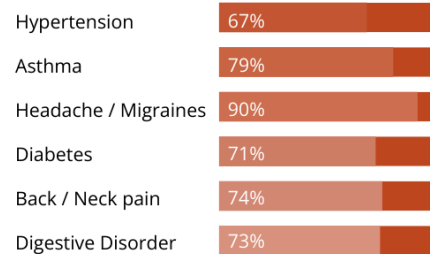
The practice of the Shambhavi Mahamudra Kriya also showed improvements in mental and emotional health as well as productivity.

FACTORS % OF RESPONDENTS REPORTING IMPROVEMENT



Health Benefits

Percentage of individuals reporting improvement with regular practice.



For more information:
sadhguru.co/ie



FREQUENTLY ASKED QUESTIONS

How much time do participants need to set aside for the program?

Completing Inner Engineering requires approximately 25 hours of focused and undistracted time. The first 6 steps are self-paced, allowing you to choose a time that is most convenient for you for each step. However, to maintain the continuity and maximize the program's impact, completing these initial steps within a timeframe of 1-2 weeks is ideal. Then, to conclude the program, step 7 is done live online. You choose these dates at the beginning of your Inner Engineering journey, before you begin step 1.

Where should participants be while going through the online sessions?

It is recommended that you have approximately 3 ft x 6 ft of room to do the simple Yoga practices taught during the sessions. It is ideal to be in a private space free of disturbances. Ensuring a quiet and uninterrupted environment is vital to enhance your receptivity and derive maximum benefit from the sessions.

Can participants watch the Inner Engineering sessions with family and friends?

Inner Engineering is a uniquely individual and life-transforming inner journey. It is best experienced in a quiet, private space free of disturbances. We encourage each participant to go through the program using their own registered account. This will ensure that each one of you can fully engage with the content, practices, and interactive elements of the program. While you and your family and friends should not participate using a single account, you can certainly embark on this journey together by registering separately and sharing your experiences with each other as you progress through the program.

Does the program demand a certain level of fitness, agility or prior experience of Yoga?

There is no specific level of physical flexibility or agility required to learn the practices offered in the program. No prior experience or knowledge of Yoga is necessary for Inner Engineering. It is designed to be accessible to individuals regardless of their prior exposure to Yogic practices.

What will the participants learn in the first 6 steps?

Steps 1-6 encompass a profound exploration of some key aspects of life, ranging from understanding the human system to delving into existential dimensions. Through a series of carefully selected Sadhguru's talks, meditative processes, and Yogic practices, these steps guide participants through a holistic process for inner wellbeing and transformation. Although the first six steps represent a complete and transformative exploration by themselves, they serve as a vital preparation for the final and the most important step of the Inner Engineering program.

What is the significance of step 7?

In step 7, participants are initiated into the timeless and powerful practice of Shambhavi Mahamudra Kriya. This step involves going through sessions conducted live by trained Ishangas (instructors) to learn preparatory practices, followed by the transmission of the Shambhavi Mahamudra Kriya by Sadhguru. Participants have the flexibility to choose from select dates for this transmission, based on their Inner Engineering journey and convenience.

Is there a time limit for completing the program?

You must complete all seven steps of the program within one year of registration. However, for maximum impact and to maintain continuity, it is recommended that you complete the entire program, including step 7, within a more focused timeframe of approximately 3-4 weeks. The first six steps of Inner Engineering are self-paced, and you can choose from select dates to complete step 7.

Annexure A

About Sadhguru & Isha Foundation

Yogi, Mystic and Visionary, Sadhguru is among the most influential voices of our times. A New York Times bestselling author, Sadhguru is acclaimed as a speaker and opinion-maker of international renown. He is the only living Indian to have received three Presidential Awards from three different Presidents, among which is India's highest annual civilian award, the Padma Vibhushan and India's highest environmental award, the Indira Gandhi Paryavaran Puraskar.

Three decades ago, Sadhguru founded Isha Foundation, a non-profit human-service organization that is supported by over 17 million volunteers worldwide. As part of the Conscious Planet initiative, he has also launched the world's largest people's movement – Save Soil, which has reached over 4 billion people.