

**A Study Of Osho's Concept Of Consciousness And Witnessing" (Sakshi Bhav ) And  
Sadhguru's Concept Of Inner Engineering As Important Tools For Enhancing Spiritual  
&Emotional Intelligence**

**Dr.Sushama Mishra**

**Asst.Prof. of English**

**Govt. Pt.Shyamacharan Shulka College**

**Dharsiwa, Distt. Raipur**

**(Received -15March2026/Revised-28March2026/Accepted-5April2026/Published-10 April2026)**

**Abstract**

Spiritual Intelligence is as old as human beings. All Indian Ancient texts such as The Ramayana and The Mahabharata are the narratives of spiritual and emotional intelligence. The word spirituality is derived from the Latin word "Spirate" meaning to breathe<sup>1</sup>. Spirituality is the essence of human life and existence. This research paper attempts a study Osho's concept of consciousness and Witnessing " ( Sakshibhav ) and Sadhguru's Inner Engineering program as important texts of Spiritual and Emotional Intelligence . There is striking similarity between these concepts preached by both Masters (Guru). It seems like both are speaking about the same truth of life but at different time span. Truth is the same but different words are used to explain it .Consciousness which makes us human is the key to reconnect with one's own self and this turning inward brings light to see the world around us with more clarity. If we do things by our bodily compulsions (instincts) then we are animals but if we practice consciousness and have the habit of witnessing ( Sakshi Bhav ) , as the great mystic, saint Kabir called it is "Surti " (Smriti) then we can transcend .Osho often says in his discourse being human is a choice .We can evolve into godliness ( Bhagvatata ) only when we live consciously. If our instincts dominates our actions then we are living life of an animal . So one must learn to witness the bhav,vibhav,sanchari bhav and vyabhichari bhav as mentioned by Bharat Muni in his Rasa – Theory in his treatise " Natyashashtra "<sup>2</sup> The emotional environment within ourselves and in others should be watched by us then only we can learn to give response to any situation in stead of reacting . Sadhguru in Isha Foundation's Flagship program Inner Engineering designed it as a device to visualize our consciousness and manage our own intelligence. Keeping our inner environment joyful by practicing sadhna on daily basis i.e. by practicing shambhvi mahamudra

kriya ,shoonyan ,yogasanas and meditations we can be conscious and can witness life and respond to any situation with calmness and clarity. Thus the mediation techniques designed by both visionaries is the solution to attain “Sat-Chit –Anand “ ie ecstasy ,the profound experience of living .

Spiritual Intelligence is defined by Webster’s dictionary as” the animating or vital principle : that which gives life : the breathe of life.<sup>3</sup> Wigglesworth et.at.,(2012) defines spiritual intelligence as “ the ability to behave with wisdom and compassion,while maintaining inner and outer peace, regardless of the situation”<sup>4</sup> While Emotional Intelligence (EI) is the ability to understand ,manage and use of your own emotions in effective way to recognize and influence others’ emotions. The five core components of Emotional Intelligence are Self- Awareness,Self - Regulation,motivation, Empathy, social skills . Emotional intelligence is very important for developing communication skills,to manage stress and anxiety, to boost leadership and teamwork, for better planning,decision – making ,and problem sloving ,to support mental well being<sup>5</sup> In NEP-2020 ( National Education Policy -2020 ) emphasis has been given on enhancing learners’ Spiritual and Emotional Intelligence.<sup>6</sup>

Osho ( Chandra Mohan Jain also known as Acharya Rajneesh was born on December 11, 1931 in Kuchwada,MP, India. He was an influential mystic, philosopher, Spiritual Leader who is known for his wisdom, unconventional ideas on freedom,human consciousness and meditation. He had studied philosophy in Sagar University and later became a Professor of philosophy at Jabalpur University till 1966. Then he became very popular worldwide as a revolutionary mystic who expressed his wisdom through his speech. He established Osho International Meditation Resort ,Pune and founded unique meditation practices like Dynamic meditation, Kundalini meditation and Nadabramha meditation these involve movement, breathing , and emotional release before silence ie. Catharsis . He emphasized on personal freedom and mindfulness. In 1981 he moved to U.S. and founded a commuue a city, a planned structured city for human development and growth known as Rajneeshpuram . In 1987 he came back to his Osho International Meditation Resort ,Pune,India . His works : he has not written a single book in his life his works are transcriptions of his talks. He has more than 600 books on philosophy,psychology,Human consciousness, Ancient Indian Literature like Vigyan Bhairav Tantra, Ashtavakra Mahageeta, Tao,Zen,Buddha, Mahavir, Devotional Mystics of India and abroad, Human Consciousness , Politics,History,poerty sculpture and yoga and meditation and many more .The whole gamut of knowledge ,wisdom and consciousness is the outcome of his

discourse. . He left his physical body on January 19, 1990 . Osho never Born Never Died only Visited This Planet to make it more beautiful for entire humanity and specially for the future generations <sup>7</sup> Sadhguru on the other hand started Isha Foundation in 21 st century at Coimbatore and Isha Institute of Inner sciences at ,Tennessee USA and many centers in different countries and cities of India. Very influential spiritual leader who have designed Inner Engineering ,Bhav Spandana, Shoonayam Intensive meditation,Samamya ,Samamya intensive,project sanskriti and many more to uplift humanity<sup>8</sup> Both of them have charismatic presence and engaging oratory skills and millions followers across the globe. It is very difficult to code into words the Personality of Osho and Saddguru. Both appear as preachers but they are far more than just prechers. They are enlightened beings who served humanity with their light of wisdom. Several research papers, Ph.D. theses ,many research projects,documentaries,books are available on Osho and Sadhguru . Few of them are as follows : Education for conscious living : Osho's Teaching on Self- Awareness , Research paper by Sunil kumar,and et.el

“ Osho's idea of education extends from the moment we are born to the moment we die rather being limited to classrooms, colleges,institutions. He views education as being much more than just reading. ... education is something that liberates : it is “ Saa Vidya Yaa Vimuktaye “ (OVE -2) According to Osho ,meditation will become the cornerstone of future education . To lay solid foundation for the future ,regular meditation practices are being conducted according to a schedule that has been established. His philosophy on education can be thoroughly and vividly understood by splitting it into three chapters : the art of raising ,living ,dying .” <sup>9</sup>

Sadhguru Jaggi Vasudev needs no introduction .He is an encyclopaedia of knowledge and ancient wisdom. . When I listened to him for the very first time in my life during PRCN ( Pre - Commissioned Officer's Training )a Training Programme for ANO ( Associate NCC Officers) at Officers' Training Academy Gwalior ( OTA,Gwalior ) in a lecture by an Army Officer Col.Manrai ,the Deputy Commandant of our course.By that time I was a keen listener of Osho ( Acharya Rajneesh ) . Although we call Osho as a Philosopher for our convenience and our inability to search or coin a perfect word to describe such rare genius,a precious gem of humanity Osho in one of discourse says “ Witnessing is as deep as you are,as existence is. It is the deepest point of life in existence where

One simply watches what remains to watch : a tremendous silence ,a great joy, a beautiful Existence surrounding you ,and a deep ecstasy – a song without words and a dance without

Movement. Witnessing is the ultimate experience of religion . Only those who arrive at it really lived:

Others have been only vegetating.”<sup>10</sup>

Osho says witnessing ( sakshi bhav ) is the core of meditation where no thought ,no emotion ,no judgement ,no effort occurs. Witnessing is the essence of Zen .”Witnessing is the art of transcending the world”.<sup>11</sup> ( Osho,Walking in Zen ,Sitting in Zen ,Talk -5 Witnessing is the very essence of Zen ). Osho describes Zen as pure awareness .He often emphasized Zen as ordinary having the tremendous capacity to change the ordinary into divine. Thus the inner transformation is the key to rise above the sensual desires and evolve as pure consciousness. The mental illness like depression,anxiety,stress are wasting the true potential of modern man . Yoga and meditation is the pathway to have a successful life. Thatswhy in NEP -2020 ( National Education Policy -2020 ) it has been emphasized that Yoga and meditation should incorporated in the curriculum.<sup>12</sup>

Spiritual Intelligence is very essential for a healthy and groomed person. Although in NEP-2020 much emphasis has been given on developing students spiritual intelligence there is lack of structured curriculum module for it .In NEP-2020 a value added course of 2 (two ) credits is available on Emotional Intelligence for UG students. One such structured curriculum is already designed by Sadhguru which known as Inner Engineering Program of 30 hrs. Spiritual intelligence is the ability to understand your inner self,purpose and meaning of life and to live with awareness ,compassion and wisdom. Research has been conducted on many practioners of Inner Enginnering and it has been found that it has tremendous impact on mental state , the practioners are more happy ,joyful and gained mental stability in life as a result of practicing Shambhvi Mahamudra kriya on daily basis.

Most cited research papers such as “ Effects of Shambhavi Mahamudra Kriya on Stress and Well-being (2017) authored by Christine Tara Peterson et al. and published in Journal of Evidence -Based Complementary & Alternative Medicine stated that a study has been conducted on 142 participants trained in Shambhvi Mahamudra kriya 21 minutes daily for 6 weeks results showed significant reduction in perceived stress and improved general well being. They concluded after the study that Shambhvi Mahamudra Kriya may be effective ,low cost intervention for stress reduction. Many research studies have been conducted to study physiological and cardiac effects of Kriya and it has found that Shambhavi Mahamudra Kriya is promising yogic intervention with emerging scientific support.Although many such research

studies need to be conducted , one can not deny the fact that spiritual awareness and intelligence should be incorporated in curriculum of higher education.

Osho's concept of consciousness and witnessing is the core of his teaching. He defined 'witnessing' as becoming aware of everything happening within you. The emotions which are classified by Bharat Muni in his treatise on dramaturgy "Natyashastra" as bhav, vibhava, vyabhichari bhava, and sanchari bhava. Not only emotions but thoughts should also be watched. One should learn to separate himself/herself as "witness" (Sakshi) from the inner environment. Sadhguru has designed a tool by using yogic practices which can be used as a device to stabilize one's thoughts and mood swings as Inner Engineering. As Osho stated in one of his discourses we are psychosomatic which means the body regulates the mind and vice-versa. These yogic practices which are called as kriya Yoga, sadhana should be practiced on a daily basis to feel the bliss and ecstasy of body and mind together. Being meditative does not mean being inactive rather it means with no mind we can be the best minds. The thoughts and emotions if remain unchecked for a longer duration then mind forms the pattern and we follow the same pattern unknowingly. This leads to many mental and psychological disorders like depression, addiction to smoking, alcohol, procrastination etc. Our senses become our masters. So there is a need of consciousness. Osho explained these two crucial concepts of his teachings in many of his talks. He relates this with Saint Kabir's concept of "Surti" i.e. smriti of the inner self, surti of transient nature of life, surti of death.<sup>13</sup> As William Shakespeare has written in one of his famous plays "As you Like It"

"The world is a stage and we are mere actors and actresses. We have our entries and our exits."<sup>14</sup>

Similarly these two mystics are making us aware of the beauty and joy of life if life can be accessed only when we learn to witness, when we practice Inner Engineering. Otherwise all our efforts will go futile if we engage our energies without consciousness on inner and outer turmoils. We should learn the art of living and the art of dying. Osho in his series of discourses titled "Main Mrityu Sikhata Hun" ('I teach the art of Death' explained beautifully the technique of witnessing by simply focusing on our breath.<sup>14</sup> The art of death includes death of ego and false identity and mind's illusions. Here death means transformation, rebirth into a conscious being, witnessing life. He stated that we cannot understand life without understanding death. In his discourse on "Vigyan Bhairav Tantra" he said in each inhalation we are born in each exhalation we die. If we

focus on our breath and the gaps between the inhalation and exhalation we can stabilize our mind and can become witness ( Sakshi ).<sup>15</sup>

Sadhguru too is focusing on breathing techniques through Sadhna like Shoonyam and Shambhavi Mahamudra Kriya. Breath is core of life ,its very essence so does the consciousness the witness is the core of existence. We can reconnect our energies with existence by simply focusing on our breath.

The awareness of one's breathe is spiritual intelligence. Its very simple to practice daily for few minutes to pay attention on our breath and remain calm with no mind ie in Shoonayam for 15 minutes. If this small change in our routine can bring positive change and help us to evolve it must become the part of our NEP UG curriculum for the benefit of our students. Emotional Intelligence is essential to identify and recognize our emotions and others' while spiritual intelligence is the essence of life. It is very essential for every human being to become fully aware of both emotional and spiritual intelligence. Although many research studies have been conducted to study the impact of Shambhavi Mahamudra Kriya ,there is need to include spiritual intelligence in course curriculum as we have Emotional Intelligence as a value added course of 2 credits (30 hrs ). Thus Osho's concept of consciousness and witnessing and Sadhguru's Inner Engineering Program form the text of Spiritual and emotional intelligence.

### **Works Cited**

[1].Oxford English Dictionary

[2]. Bharat Muni ., (M.M. Ghosh- Translator ) Natyasashtra – A treatise on Ancient Indian Dramaturgy And Histrionics

[3].Webster's Dictionary

[4]. Wigglesworth Cindy ., Integral Theory ( also called AQAL) and its relationship to spiritual Intelligence and the SQ 21<sup>Tm</sup>.

[5].Filice ,Lucas; Weese,W.James(2024 )" Developing Emotional Intelligence .Encyclopedia 4(1) : 583-599. Doi.10.3390/ encyclopedia 4010037.

[6].National Education policy 2020 ,Ministry of Human Resource Development , Government of India

[7]. <https://oshoworld.com/biography>

[8].<https://isha.sadhguru.org/en/sadhguru> ( Sadhguru- Yogi,mystic& visionary )

- [9].Sunil Kumar,Shabnumand Monika Sangral ; ‘ Education for conscious living Osho’s Teaching on self –Awareness ‘; International Research Journal of Education and Technology , Peer Reviewed Journal ,ISSN 2581-7795
- [10]. osho sammasati.org/ Osho Meditation : The Art of Ecstasy
- [11]. Osho, Walking in Zen, Sitting in Zen, Talk-5
- [12]. National education Policy, Ministry of Human Resource Development, Government of India .
- [13]. <http://hi.wikisource.org/> kabir Granthavali.pdf/137
- [14]. <https://www.oshofragnance.org/db/books/files/osho-Rajneesh> Main Mrityu Sikhata Hun pdf
- [15]. <https://oshoworld.com/vigyan-bhairav-tantra-vol-01>