

SADHGURU

Yogi, Mystic, and Visionary



Compulsiveness To Consciousness



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Mystic's Musings
Compulsiveness
To Consciousness

Sadhguru

Compulsiveness to Consciousness (Mystic's Musings Series)

Sadhguru

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Introduction

Human beings constantly make and break relationships. Unfortunately, relationships can make and break human beings too. No one cherishes slavery but many of us have enslaved ourselves to our relationships. As the relationship goes through its highs and lows, we get caught in the wake and bounce back and forth between happiness and dejection. And sadly, the lows seem to come too often and the highs seem to pass too soon.

Despite this, human beings yearn for relationships. Even a broken heart – scarred by love lost – pursues and rejoices in love again. But as time marches past, the euphoria of the new is cast aside by the tedium of the old. The very relationships we once coveted, suffocate us and we seek escape. Lovers quarrel, parents and children tire of each other, and friendships run out of steam. So the old is discarded, but then once again the quest for the new begins afresh. Relationships! We can't live with them, we can't live without them.

Why are relationships such a circus for most of us? What is this primal urge within us that demands a bond – physical, mental, or emotional – with another? And how do we keep this bond from turning into bondage? The answer lies in the basis upon which we build our relationships. Do we form and maintain relationships to fulfill our needs, or do we do it to express our joy? Are we extracting something or are we sharing something? These are the fundamental questions that this book looks at.

Sadhguru shares with us the keys to forming lasting and joyful bonds, whether they are with husband or wife, family and friends, at work, or with the very existence itself. Logical beyond debate, yet speaking in a blend of unconditional love and blatant honesty that only a Guru can express, Sadhguru looks at why people build expectations around their relationships, and how we can turn these expectations around, to create a beautiful bond.

As the book unfolds, he answers questions on why we come together in the first place, and examines the various levels on which human beings create relationships – the physical body, the mind, the emotional scape, and the life energies. He reveals that the only relationship that can last beyond life and death is one made on the level of the life energies. “There is a dimension of relationship which is not of the body, which is not of physicality, which is not of companionship or emotional proximity, but simply of basic life energy,” he tells us. Exploring the possibility of living an absolutely fulfilling and complete life without the need for any kind of relationship at all, Sadhguru tells us that to live magically, without emotional inadequacies or ungratified physical compulsions, is within the reach of every human being, if only we make the journey from compulsiveness to consciousness.

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“Don’t try to manage the other person. Just see how to include the other person.”

Human relationships are a funny thing. If you look at any relationship that human beings hold with each other, it means a lot to people – most people could not live without it – but at the same time, most relationships bring more pain than joy, more entanglement than freedom, more acrimony than love. It is for a few moments of rapport and oneness which people share, that they are willing to sacrifice their whole life. Those few moments are so precious to them.

Relationships are of so many different kinds. The first relationship that all of us hold, starts with the mother – the comfort of the womb, the nourishment of the bosom, the tenderness of care and other things that come with it. The next relationship is maybe with the father – of support, security, and guidance. Then come teachers and friends, a relationship of learning and sharing. Then come spouses, lovers, children, and other kinds of associations and relationships in the social structure.

Everything has something to give and everything has something to take. It is only because a certain emotional need is, to some extent, fulfilled by these relationships, that one can continue with them. Those people who logically examine their relationships can never stay in any relationship. If you logically look, “Is it really worthwhile?” then nothing will stand the test of your logic. Somewhere, there is a certain kind of fulfillment. There have been moments of joy, sharing, oneness, and of course, moments of support, and security; but more than anything, there is the fear of being alone.

It is not necessarily always love which brings relationships. The fear of being alone is the major reason why people stay together, not only in marriage but in everything else, but still, because there are moments of emotional fulfillment, people

hang on. This is not with any one type of relationship, but with just about every kind of relationship that human beings can hold.

On a certain day, a husband and wife were driving after a serious argument and disagreement. The problem with the car is you cannot get up and leave. If it is a home situation, before it picks up too much heat, they get up and move into some other space – the space saves them. But in the car, the damn thing is locked and you are going at a certain speed, so you cannot get off. If you get off, it could be for good! So after an argument and some nasty moments, this husband and wife were giving each other the silent treatment, not saying anything. Then, they were passing by a farm where there were a few mules, pigs, and goats. The husband saw the wife was paying lots of attention to those animals. “Must be relatives, hmm?”

She said, “Yeah. In-laws.”

These things are not happening between people who hate each other. These things happen between people who love each other. This is all a love affair. If they hated each other, they would do something else really nasty which would end things. The problem is they love each other, but this is how it finds expression because they can express their meanness to each other only within the legal limits!

A woman went shopping and when she came to the counter to pay, she opened a bag and as usual, whatever she needed was always at the bottommost part of the bag. So she pulled out everything and also happened to keep the television remote outside while searching for her wallet.

The salesperson looked at this and asked, “Do you always carry your television remote with you?”

She said, “No, I asked my husband to come shopping with me, and this is the meanest thing I can do legally.”

If you break the television it becomes illegal. The meanest thing that you can do is, you can take away the remote and put it back later.

You as a person are a body, a certain accumulation of experience and information which has formed certain attitudes. A certain kind of mind, a certain kind of body, a certain type of emotion, certain types of likes and dislikes, certain types of opinions – a bundle of all this is “you.” The same ingredients but of a different kind is “the other” in the relationship. They are the same ingredients, but the two do not fit. There are moments when suddenly, it seems to fit and everything is beautiful, everything – the physicality, the mentality, the emotional aspect – is compatible. But the next moment, whichever way you try, it does not fit.

This is all two people are trying to do in every relationship, whether they are friends, parents, spouses or something else. A body, a mind and an emotional setup are trying to somehow fit into another body, another mind, and another emotional setup. These two bodies, minds, and emotions can never, ever fit perfectly every moment of twenty-four hours. It is not just *you* who has a problem with someone that it is not fitting. Every body is unique, every mind is unique, every set of emotions is unique. They can never fit into another one perfectly. If anyone thinks there is such a possibility, he is going to waste his life. If he understands that it is only at certain moments when it can fall into place, otherwise it cannot, then they will conduct it in a certain way.

People are trying to create relationships based on too much fantasy; it is not rooted in reality. A fantasy can be in a good state today, but can be a bad trip tomorrow. Instead of trying to manage our relationships – which is truly impossible actually – if you just learn to include the other as a part of yourself, your life becomes an expression of joyfulness not a pursuit of happiness. Then you will see, relationships have various colors, but every color and hue that it takes on could be enjoyed. In this inclusion, all the differences are okay. But if you try to manage relationships with your brilliant management, it will just give you hell. The smartest people on the planet – or those people who think they are really smart – tend to have the most horrible

relationships. Not essentially, but generally. People who are just simple have wonderful relationships because it is not the question of management.

Nobody likes to be “managed.” When they realize you are managing them, they will give you hell. They will make your life miserable in so many ways. For most people on this planet, it is not their enemies who are taking their life, it is their loved ones. If your enemy is taking your life, there is some sense to it, but people who care for each other are the ones who are taking each other’s life. This is happening constantly. Generation after generation, people are going through the same things because they believe the other person has to be managed. Don’t try to manage the other person. Just see how to include them. Then, even if you don’t understand what the hell is happening with them, it is still okay.

You need a relationship only because somewhere, there is some sense of incompleteness in you. If you take away this, if you attain to that state within you which has nothing to do with the other, then every other person wants to be with you. Everyone wants to be with you because your need is gone. This is the funny thing about life – when you have a need, nobody wants to be with you. When your need is gone, everyone wants to be with you. It is only when the flower blossoms the bees will come; if you don’t blossom bees won’t come. If you are a closed bud and you call the bees, they won’t come. If you open up, you don’t have to call, they will anyway come.

So if you want to have wonderful relationships, do not try to manage the relationship. See how to enhance who you are on all levels – physically, mentally, emotionally, and energy-wise. If you enhance yourself into a very beautiful state, everyone will want to hold a relationship with you. If you do not enhance yourself and try to manage everything, it is going to be very stressful. A human being should always focus on how to enhance his way of being. Then, everything else gets naturally managed. Whether it is your profession, your relationship or whatever else in your life, it will happen to its best only when who you are is enhanced.



Within Four Walls



“You could simply be loving with just about anything, and that is how you should be with the whole existence.”

Questioner: Nowadays, for many reasons, relationships of love and marriage have turned into misery. Could you go a little deeper and speak about love and marriage?

Sadhguru: The only reason marriages have become miserable is because two people have lost their ability to laugh at themselves and joke about each other. They become dead serious about a simple arrangement made by two people to make each other’s life. It is a simple arrangement that you are making because two people have needs and want to live together. But you become so dead serious about it that it becomes a miserable arrangement. This is not because there is something wrong with marriage. It is only because you cannot joke or laugh that everything becomes a dead serious issue. People will go out with their friends and laugh and joke about the same issues, but when they come home, all these become serious issues. Do you see this happening? It becomes a miserable process if you do that.

So what is love? If you have to understand and above all if you have to make it work, it is best you understand the engineering and mechanics of love. Love happens to you only when you are willing to respond.

It happened once that Shankaran Pillai was at the university. One day he went to his professor and said, “Professor, I need your help.”

The professor said, “Sure, that’s why I’m here. Please tell me what can I do?”

Shankaran Pillai named the college beauty and said, “I am in love with her, and I am fifty percent successful, but I need your help.”

The professor said, “Well this is not an area where I am authorized to help you. If it is anything academic I can help you, but anyway you asked me – so what do you mean by fifty percent successful?”

Shankaran Pillai said, “I am completely in love with her but she is not aware of it. One fifty percent is handled. You must help me with the other fifty percent.”

Love is just your ability to respond to someone. The moment I say “love,” you think of someone. Love is not about someone. Love is about *you*. You can walk on the street lovingly, you can work in your office lovingly.

Sometime ago, we were doing a program for the top forty executives of Microsoft. I had about eleven volunteers around me. Our volunteers were all fully fired up, all the time *on*, doing things. These are executives who are constantly looking for good people to work with, because that is the main challenge. Getting the right kind of people to be around you is eighty percent of your work. If you have the right kind of people around you, the rest is simple. So they looked around and then they asked, “Sadhguru, where do you get these people?”

I said, “You don’t get them, you have to make them.”

“How do you make them?”

I said, “You have to make them fall in love with you.”

“How do we do that?”

I said, “First you have to fall in love with them.”

Love is not something that you do. Love is the very way you are. It is your quality. If you make this your quality, then relationships will happen according to different types of needs that you have. Today, unfortunately, if you say “relationship”

in the West, people will immediately think of a body-based relationship with a man or woman. In India if you say “relationship,” we think mother, father, brother, sister, friend, all kinds. But now, even in India, all the urban, westernized youth think relationship means body-based, sex-based relationships. It is very unfortunate.

You are particularly talking about body-based relationships, where maximum intimacy and conflict happens. For most, not always, but for most married couples, if they do not have children within five to six years of getting married, their relationship will fall apart or at least become meaningless. They have become half-dead to each other. There are some people who can keep it up for their lifetime, that is different, but for lots of them their relationship will fall apart.

When a child arrives, with this bundle of joy, unknowingly you laugh, you sing, you crawl under the sofa behind the child, you do all kinds of things that you would have never done otherwise. Your life comes back to you once again. But when the child grows up and is trying to find his own life, and he does something that you do not like, immediately you say, “You know how much I have done for you?” No – you got back your life only because of your child. But now you are claiming, “How much I have done for you!” It is a completely wrong approach.

This is happening in every relationship. Instead of recognizing that someone is fulfilling your needs, you think you are doing a great job for them. When something goes wrong somewhere, you think, “He is responsible.” The moment you point your finger towards someone, this is the beginning of a bad relationship.

Relationships are about people. Different relationships need to be conducted in different ways. But love is not about someone. It is not relation-specific. You could simply be loving with just about anything, and that is how you should be with the whole existence. Because this is not about the existence, this is about the way *you* exist. You exist in a loving manner and

build relationships according to needs. You cannot behave the same way with every individual just because you love everyone. How you behave and conduct your relationship with a particular person depends on the level of intimacy with that person. That is the judiciousness you have to develop, there is no readymade solution for that. But if you are loving, your life experience has become extremely pleasant. How someone else is does not matter because you feel absolutely pleasant and wonderful within you. That is important.

If you feel wonderful within, you will naturally do wonderful things to other people. If you feel nasty within, you will naturally share your nastiness with other people. In that sense, love is a very important factor in everyone's life. Love means your emotions have become pleasant. If your emotions are pleasant, you are naturally loving. Whatever you look upon, you will look upon them lovingly – whether it is a man, woman, child, tree, animal, bird, or just the air that you breathe. Can't you inhale the air you breathe lovingly? Air has memory. If the air remembers, "This person loves me," it will behave wonderfully. Can't you drink water lovingly? Water has memory. This is a scientific fact. If water remembers that it is being consumed lovingly, it will go and do wonderful things to you, otherwise it will go and do nasty things to you.

Try this – the food that you eat, the air that you breathe, the water that you drink, the earth that you walk upon, just approach it all lovingly. Just see how your life will change! Everything about you will change dramatically, including your health situation. You touch everything lovingly because everything has memory. Isn't this true with human beings? During some little situation even with a total stranger on the street, if you approach that person lovingly, even if you were to meet this person two years later in some other situation, won't he respond to you in a certain way? So love is not relation-specific. Love is your quality. You can touch everything lovingly. Above all, your way of being becomes utterly pleasant and beautiful, which is most important.

***“Man and woman’ are two compulsions.
Two compulsions can never live together.”***

Questioner: Why is it that love and marriage often create the maximum conflict between people?

Sadhguru: “Man” and “woman” are physically, kind of opposite. Nature has made us this way so that the process of reproduction happens and the next generation becomes a possibility. If that was not necessary – if storks were dropping babies from the skies – we would not need a man and a woman to work for the future generations to come. And if there wasn’t a deep sense of compulsion about the reproductive process, people would not go for it. Every cell in your body, including your brain cells, are taken over by hormones and compel and propel you in that direction. It takes enormous intelligence for a person to rise beyond that. Otherwise it looks like this *is* life – it makes you feel like that. Till you were ten or eleven years old, you did not even think about it. Whatever the other people were doing looked funny. But suddenly, this new chemical took over the body and now it is all an absolute reality.

You have been drugged and chemically sabotaged by nature to fulfill its own purpose of reproduction, continuation, and perpetuation of the species. Once this happened, now somehow, man and woman are compelled to come together. Or in other words, once this compulsion comes, naturally the mind begins to work in that way as to how to get the best out of it.

Fundamentally, a relationship is unfortunately happening with an intention to somehow make use of each other. It is a

give-and-take relationship. When you are giving and taking on a daily basis, always one person will feel, “I am giving more, the other person is giving less.”

Societies have always taught you that to be smart is to give less and take more. Whether it is a marketplace or a marriage, it is the same calculation. This is why there is so much talk about love, so that you transcend this calculation. When you are emotionally overwhelmed by someone, you transcend the calculation. It becomes, “What I take is not important, what I give is important.” The relationship runs beautifully when it is at that level of emotional intensity. Once that emotional intensity drops, it just becomes give-and-take. You do give-and-take in your business, with your neighbor, with so many people, but those transactions are limited – but the give-and-take in a marriage is constant, and you are caged with this particular person constantly. So naturally you feel that in some way, you are being used by someone else. Once this comes in, there is conflict, conflict, conflict.

Only in those moments of love, can a man and woman really be together. Once that is not there, it is very difficult. The physicality and emotionality of it and other aspects of sharing and living become a struggle. Especially because the physical body is involved, one can very easily feel that they are being used by someone. If it was just money, if it was just a house, there is some settlement, “Okay, you use that part of the house, I will use this part of the house.” “You cook, I will earn.” But because the body is involved, very easily one will feel used, so there is conflict.

Questioner: So what is the solution?

Sadhguru: You should stop being a man or woman all the time. You don't have to carry your manhood or womanhood twenty-four hours of the day. There are certain situations in certain aspects of life where you need to be a man or a woman.

The rest of the time, you do not have to be either. But societies have trained you to be like this all the time. From the very clothes that you wear and the way you do everything – you have been trained in a certain way, to serve a certain purpose. Once you become like this – twenty-four hours man or twenty-four hours woman – you are troubled. But if you know how to simply be a piece of life, you will be fine, and when there is a requirement that you have to be a man or woman, you can play your role pretty well. So please save it. Don't just go on spreading it around in the street. Just walk and live as a piece of life. Only in a certain situation you have to be a man or a woman; you can be a wonderful human being at that time. If you are like this, there will be no conflict. It will be just fine. Two human beings can live together.

“Man and woman” are two compulsions. Two compulsions can never live together. The more identified you are with your sexuality, the more compulsive you will become. When you are compulsive, naturally you will step over many people. Once you start stepping on each other, there will be trouble. If you do not identify yourself too much with your womanhood or manhood and if you just walk as a piece of life, you will see that it is such a minor part of your life. You do not have to structure your life around it.

So much of your potential would find expression if you just do not get too identified with your sexuality. People would become so much more creative and so much more capable of various things that they have not imagined.

“Love is just a currency for blissfulness.”

Questioner: Love seems to be the driving force in my life. I think I am a little confused about being one with someone versus having unconditional love for someone.

Sadhguru: Is it really unconditional?

Questioner: I don't know. Okay, maybe not.

Sadhguru: There are any number of conditions, isn't it? All the conditions you have set for the other person, all the expectations you have of the other person, if they are all broken tomorrow morning, the same love will turn into anger and then into hatred. So if we have to maintain your love, we have to control the other person in such a way that he does only what you expect him to do! Otherwise, this wonderful love will turn into very nasty anger.

I am not trying to belittle relationships. But there is nothing wrong in looking at the limitations of what it is. That is how limited it is, but that does not mean it has no beauty. Suppose you look at a flower. The flower is so beautiful, but if I just crush it, it will become pieces, and will become manure in two days. I can destroy this flower in a moment, but does that reduce the beauty and significance of what the flower is? No. Similarly, your love is fragile. Don't believe fanciful things about it. At the same time, I am not denying the beauty that is attached to it.

Still, when you make such a fragile dimension of life the foundation of your life, naturally you will be anxiety-ridden all the time because you are sitting on such a fragile flower. Suppose

you built your house not on the earth but on a flower because it is beautiful, you will always live in fear. If you built your foundations on the earth and looked at the flower, smelt it and touched it, that would be wonderful. But if you built your house *on* the flower, you are constantly in fear. I am speaking only in that context. We are not trying to deny what love is.

On one level if you look at it – I do not want to generalize this totally, but for many people it is so – love is just one more need without which they cannot live. As the body has its needs, the emotion has its needs. When I say, “I cannot live without you,” it is not any different from me saying, “I cannot walk without a crutch.” If you had a diamond-encrusted crutch, you could very easily fall in love with it. And if after you used this crutch for ten years, I tell you, “Now you can walk free,” you say “No, how can I leave my crutch” – there is no life sense in it.

This is the same thing. In the name of love, you make yourself so absolutely helpless and incomplete within yourself. Does it mean to say there is no beauty and no other dimension to this? There is. There have been many people who lived in such a way that they could not exist without the other. If it really becomes like that, that two beings have become like one, that is wonderful.

This happened to a king in India. He was in Rajasthan. He had a young wife who loved him and was totally dedicated to him. But kings always had a whole range of concubines. So he thought it was quite silly, the way she was deeply engrossed in him. He was amused and he liked the attention, but sometimes it was too much. Then he would shake her off a little bit, and carry on with many others, but the woman was totally dedicated to him.

The king and queen had two talking *mynas*, which are tropical birds that can speak better than a parrot if you train them. One day, one of these birds died, and the other one just

sat there without eating food. The king did everything possible to feed the bird, but the bird just would not take in any food, and died in two days' time.

This somehow touched the king. "What is this? It is natural for any life to value its own life first. But this bird just sat there and died."

When he said this, the wife said, "When someone really loves someone else, it is very natural for them to go away with the other, because life would not mean anything for them later."

The king jokingly asked, "Is that so for you? Do you love me that much?"

She said, "Yes, it is so for me." The king was very amused by this.

One day, the king went out hunting with his friends. This thought about the birds dying and his wife saying that it was also true for her was sort of playing in his mind. He really wanted to check it out. So he took his clothes, bloodied them and sent them back to the palace with someone who announced, "The king was mauled by a tiger and killed." The queen received his clothes with great dignity, without a tear in her eyes. She arranged for firewood, put the clothes on top of it, and then laid herself on the firewood and died. People just could not believe this. The queen just lay down and left. There was nothing else to do because she was dead, so they cremated her. When the news went to the king, he was broken. Just on a whim he wanted to play with her and she actually died – not committing suicide, she left just like that.

People have loved like this because somewhere, two beings got entwined. In India, marriage was always conducted like this traditionally. There was a whole science behind it which has become a joke today. When two people were to be married, the compatibility of not just the families and bodies was looked at. They looked at a deeper compatibility – a certain energy

compatibility was looked at and the marriage was fixed. Most of the time, the two people would not have even seen each other. It did not matter because the compatibility had been fixed by someone who knew this better than them. But if they themselves make choices, they would make choices depending upon the shape of the nose, the eyes and this and that which will not mean anything three days after the wedding. If your wife has wonderful eyes but she only glares at you, what is the point?

When marriages were fixed by someone who knew, they prepared something, which we extensively use today in yoga, called a *mangalsutra*. *Mangalsutra* means a sacred thread. Preparing a sacred thread is an elaborate science. We make a few strands of raw cotton, smear it with vermilion and turmeric, and then it is energized in a certain way. Once this is tied, it is for life and beyond. There have been experiments where the same couples have remained as couples for lifetimes, consciously choosing to be like that because they employed ways to tie people together not just on the physical or emotional level. What you do on the level of the body, mind and emotion goes with death. But what you do on the level of the energy stays on. You actually tie peoples' *nadis*¹ together and this is why it was considered that once it is done, it is for life. There is no question of reconsidering because something far deeper than your understanding has been tied together by people who knew what to do. Nowadays, the same procedure is done, but by people who do not know what to do. So naturally people are refusing, "We don't want to wear the damn thread." Whether you wear it or not does not mean anything now, because the science behind it has been lost.

When it was done by someone who knew how to do it, then for those two people, it does not arise in their mind, "Should this person be my wife or not?" "Is this man going to be my husband

1 Channels through which the life force or prana flows through in the energy body.

forever?” It just goes on. Even with death it does not stop. There are any number of couples in India where if one dies, within a few months the other one will follow even if they are healthy, simply because the energies were tied like this. If you are bound like that with another human being, that two beings exist as one, that is a wonderful way to exist. It is not an ultimate possibility, but still it is a beautiful way to live.

Today, when people talk about love, they are talking only about the emotional part of it. Emotions will say one thing today and another thing tomorrow. When you first made the relationship you thought, “This is forever,” but within three months you think, “Oh, why the hell am I with this person?” Because it is all going by what you like and what you do not like. In this kind of relationship, you will only suffer, because when a relationship is unstable, and is broken off and on like this, you will go through enormous pain and suffering which is totally unnecessary.

The idea of love is not to create pain, though a lot of poetry about pain has been written. The reason why you go into love is because it is supposed to bring you blissfulness. Love is not the goal, blissfulness is the goal. People are mad about falling in love with someone, though they have been wounded and bruised any number of times, because when they thought they were in love, there was a little bit of blissfulness in them. Love is just a currency for blissfulness. Right now, that is the only way most people know how to be blissful.

But there is a way to be blissful irrespective of this way or that way. If you are blissful, then being loving is not a problem, anyway you will be. Only when you are seeking blissfulness through love, then you are very selective about whom to be loving with. But when you are blissful, whatever you see you can be loving with that, what is the problem? Because there is no fear of entanglement. When there is no fear of entanglement, only then you will know involvement with life.

“If you go on playing around with too many people, after sometime you become numb.”

Questioner: Sadhguru, is being loving different from falling in love with someone? I find that I keep looking for a new relationship every so often because the old one doesn't really work out.

Sadhguru: If you do this exercise of falling in love too often, after sometime you will not like anyone in the world. Charles Lamb was a famous English essayist. On a certain day, someone came and told Charles Lamb that he wanted to introduce someone to him. Charles Lamb said, “No, I don't want to meet him. I don't like the man.” He said, “You don't like the man! You have not even met him. How can you say you don't like him?” Charles Lamb said, “That's why I don't like him. I have not met him.”

If you go on playing around with too many people, after sometime you become numb. You don't like anyone because there is something called as *runanubandha*.

Runanubandha is a certain aspect of *karma*; it is a certain structure of *karmic* substance. Wherever a certain amount of meeting and mingling happens between people, some *runanubandha* is created. Especially when two bodies come together, the *runanubandha* is much deeper. It is a kind of recording in the body; the body is keeping a record of everything that has happened. If intimacy happened with another body, it is keeping a record of that particular kind of energy.

Because the body remembers, if there are multiple partners, the body slowly gets confused over a period of time and this

confusion will tell in your life in a million different ways. Your mind is confused, but you are living with that somehow. If the body gets confused, then you are in deep trouble.

In many ways, one of the major reasons for the level of anxiety, the level of insecurity, and the level of depression that is going on right now is just that the bodies are confused. After sometime, you do not need any reason to go nuts. People are just going nuts without any reason because the body itself is confused.

Body will get confused with multiple intimacies, that is one thing. Another thing is the type of food that you eat. Whenever a little affluence comes, people think they have to eat everything in a single meal. In India, orthodox people never ate more than two or three items in a meal, and those three items were always matched together, they were not mismatched food. People understood the body so well that in our homes, they knew that when they cook a particular vegetable, they will make only a particular kind of curry. When they cook this vegetable, another kind will never be made because traditionally, we understood that if we put this and that together, the body gets confused. Once your body gets confused you will go haywire in so many ways. This understanding was always there.

These are two major things – people not eating properly and an indiscriminate sense of intimacy with other bodies – which will create a certain confusion on the body level which will take a toll over a period of time. “Have I committed a sin? Is this a punishment for me?” It is not on that level. Every action has a consequence. This is not a moralistic reality, it is a certain existential process. If you do certain things with your mind, certain consequences will come. If you do certain things with your body, certain consequences will come.

These are things that have been deeply understood and life was structured in a certain way around that. Now, in the name of freedom we want to demolish everything and suffer. Maybe centuries later we will realize that this is not the way to live.

“You can use everything for your growth, if that is all your focus is.”

Questioner: Sadhguru, if you are in a very unsupportive relationship with someone, how can you move ahead on the spiritual path without getting stuck?

Sadhguru: If your concern is spiritual growth, then if you have a demon for your partner, that is the best thing! But your husband or your wife is not just about spiritual growth. If you also want to have a pleasant life in the family, you have to choose someone whom you like. But there is always something that you do not like about any human being on the planet, isn't it? You use that part of it for your spiritual growth, and the rest of it you enjoy, as life.

If your intention is to have a good family, then some rapport is needed between two people. Otherwise it will not work. Especially if you have children, then rapport is a must. Otherwise, you will foul up the new life that has come. Nobody has any right to do that, but people are doing it. You can mess yourself up as much as you want, that is up to you. But you cannot mess a fresh life that is just coming up. That is not taken seriously because reproduction happens so easily. I wish reproduction was a more difficult enterprise. Then, only those who really want to, would have gone for it. It is such an easy and compulsive enterprise that it happens simply.

If you are looking for a good family life, then one has to find rapport, and that rapport means that there are some areas of commonality at least. If you are looking for a spiritual life, it does not matter what kind of person he or she is. You can

use everything for your growth, if that is all your focus is. But generally your focus is both ways – you want to have a little bit of that and a little bit of this. It is a mixed fare, so it gets a little complex.

To build a rapport takes effort, it takes compromise, it takes love and it takes endurance. If you want to build a rapport with someone who is not supportive, but you do not want to go his way, it takes lots of endurance. People whom you love are not easy.

So what can you do? One thing is to transform yourself in such a way, that being in your presence, unknowingly, they will turn around.

Sometime ago, I went out and it started raining. I was carrying both my phones because I was expecting some calls. One phone is for India, and one is for outside-India calls. I had one in my jacket and the other in my trouser pockets, and they got wet and both the phones got fried. Then people around me were telling me, “Sadhguru, why carry two phones? Now, we can have two SIM cards in one phone. This is a Chinese phone. If you hold it one way, you can speak on the India SIM card. If you turn it around, it just shifts into the other SIM card. You don’t have to switch anything.” I did not get the phone, but you must become like this if you wish to take people who are around you with you. If you want to walk alone, it is very easy. If you want to take people with you, then it takes a considerable amount of effort.

Gautama was asked this question, “Is it better to walk alone on the path or with a companion?”

He said, “It is better to walk alone than to walk with a fool.”

Because they can take such a lot of energy and time, and you do not know, they maybe stronger than you and take you their way rather than you taking them your way. There is every possibility.

I will not say what Gautama said. All I am saying is, it does not matter how you walk, as far as your spiritual process is concerned, anyway you are alone. Nobody is with you. It is only the bodily process, the material process of life, which you can share with people. You come alone and you go alone. Even if you have a twin brother or sister, you still come alone and go alone. When it comes to the spirit, anyway you walk alone. Do not mix that up. That part of it you handle well. The material part of it, handle it according to your capability. You must see what you are capable of and what you are not capable of. If your partner comes your way, it is wonderful. If they do not, it is alright. Do not grudge them. It is just that you do not have to go that way.

Different people need different kinds of impetus. If they are sensible, they learn by just looking. If they are not sensible, they learn by a thrashing. Life will thrash them. You make sure you handle the spiritual part of your life hundred percent properly. The material part of your life is never hundred percent proper, and it never can be. Is there any family which is a perfect family? Is there any business which is a perfect business? There is no such thing, don't seek that. Your life will become wasteful and fanciful if you seek such things. They all happen to the extent you are capable of handling them.

“Whoever is next to you right now, if you give yourself totally, if you show total involvement, you will see, just anyone is fine.”

Questioner: My mother always feels that I have not chosen the right partner for my life. She feels that my wife is not the best. Why is it that mothers-in-law and daughters-in-law do not get along with each other?

Sadhguru: This is a fundamental problem in most human beings, they are always looking for the best person or the best thing to do in their life. There is no best person nor is there a best thing to do on this planet. Whatever you do, if you put your heart into it and really throw yourself, it becomes a great thing to do. Whoever is next to you right now, if you give yourself totally and show total involvement, you will see just anyone is fine. If you think, “Is this the best person?” nobody in the world is the best person. Even if you get married to God, you will still complain. Not just your mother, you yourself will complain.

When you say “a mother,” essentially she is a woman. Then she became a mother. When you say “a wife,” essentially she is a woman, then she became a wife. It is a secondary role. Her basic identity is that of being a woman. The next identity is maybe a wife, and then a mother. It comes in that order.

It once happened in Ohio, America. A young man decided to get married. The boy told his mother he was getting married, and that he wants to bring the girl home. It is not a question of approval, but still, a question of blessing and a little bit of approval so that “cats and dogs” kind of things do not happen in the house.

He was very fond of his mother, so he wanted to make it a little challenging and humorous for her. He brought three young women who were office colleagues of his, along with his girlfriend. They all came for dinner and the mother is supposed

to find out who the intended girl is. He behaved very close with all of them so that she would not figure it out. After they had all left, he asked, “Mama, do you know which is my girl?”

She said, “The one who was wearing the red vest.”

He said, “How did you know? I didn’t even look at her. I was always glancing at the others just so that you don’t know.”

She said, “The moment she walked in, I didn’t like her. So it must be her.”

There is an instinctive rejection or instinctive resistance to the new woman who is coming into the house because, you are now required to share someone who belonged to you with someone else in an unequal proportion – not even in equal proportion. Somewhere as a mother, she wants her son to get married, she wants him to have a wife, she wants him to be happy, all that is true. But on another level, she is still a woman. She has to now seek permission to share something that belonged to her. That makes things a little difficult. Unfortunately, the same stupid relationship problems have been going on for centuries endlessly. It could be changed but people have not decided to change it.

Questioner: You make it sound almost biological.

Sadhguru: It is somewhat biological because it is all a process of procreation and protection. If a woman is not possessive about what belongs to her, she would not have taken care of her baby. She would have just delivered it, left it and walked away. If you look at an animal, let us say an elephant, once it delivers, for three days it does not allow anyone to come there because it is so possessive of what belongs to it. The tusker which impregnated the elephant has gone. He does not care about the calf that was born. But a woman is possessive. If a woman was not possessive, the early part of childhood would not happen for any child. So it is biological and that extends itself throughout life in some way or the other. Generally, a lot of women do not grow out of it, but if one is mature and aware, one can grow out of it.

“When a child enters your house, it is not time to become a teacher, it is time to learn.”

Questioner: What does being a good parent mean? What does it really involve when it comes to children?

Sadhguru: Somehow, most adults assume that as soon as a child is born, it is time to become teachers. When a child enters your house, it is not time to become a teacher, it is time to learn, because if you look at yourself and your child, who is more joyous? Your child, isn't it? It is time you learn life from him, not the other way around. The only thing that you can teach your child – hich you have to, to some extent – is a few survival tricks, how to survive and make a few bucks in the world. But when it comes to life itself, a child knows more about life experientially, by himself. He is life; he knows it. Even with you, if you take away the influences you have imposed upon your mind, your life energies know how to *be*. It is only your mind which does not know how to be. All that you are going to impose upon your child is your mind, which is already confused, miserable, and so many things. I am not saying everyone is miserable that way, but you are capable of all kinds of imagined sufferings. Your child has still not gone there.

It is time to learn, not teach. The only thing that you can give is an atmosphere of love, care and support for the child to grow. Good parenting is not about teaching the child what to do and what not to do; it is about creating an atmosphere. If you want to grow your garden, you don't sit there every day and try to extract flowers or fruits out of it. You simply maintain the

atmosphere and the child grows well. That is all you can do, and that is all that should be done.

It is because most parents are looking at their children as an extension of themselves that they want their children to be like them. Otherwise they feel lost and insecure. They even start wondering where their children came from because they are so unlike them. Your children need not be like you. The next generation of people should not think and feel like you. They should think and feel and do things that you never even dared to think of. One of the main reasons why parents are constantly trying to teach what they know to the child is because there is a need in them to extend themselves through their children. Or in other words, they are trying to squeeze life out of their children to make their life. It is not necessary. This need has come because of a sense of incompleteness and insecurity about life. If this is dropped, they will know what to do with the child.

If parents are truly concerned about their children, they must raise them in such a way that they will never have any need for the parent. The process of loving should always be a liberating process, not an entangling process. But in so many ways, parents are trying to entangle the child as theirs, because after a certain age, your identity is entirely through the children. Initially, your identities are in other ways, but once your children come to a certain stage, you are trying to identify yourself through your children. You are trying to live through them, so you want them to be somehow conducive to your way of being and thinking and feeling. It need not be so at all. They can be something absolutely different from you.

If you experience the being you *are* as a complete being, then the need to make your life through someone else or to extract life through someone else does not arise. A child is in many ways the most helpless and the most exploited on the planet because he has no defenses against you. “No, I am not doing anything wrong. I don’t beat him or abuse him.” That is not the point –

you are imposing your thoughts and your emotions upon him. He is totally defenseless against this.

When the child is born, allow the child to look around, spend time with nature and with himself. Create an atmosphere of love and support and do not try to impose your morals, ideas, religion or whatever in any way. Allow him to grow, allow his intelligence to grow and help him look at life on his own terms, as a human being – not identified with the family, or your wealth or whatever else. Helping him look at life as a human being is very essential for his wellbeing and the wellbeing of the world.

At the same time, there are other forces in society trying to influence him all the time. The influence of education, of friends, of the street on which your children walk, all this is definitely there. One way or the other we have unconsciously built this social structure and those influences cannot be eliminated 100%. It is just that you can only help and support the child to look at life from his intelligence, not your way or their way. Right now, the influence of the street is strong on the child and you are trying to influence him the other way. He will resist because for so many reasons, street culture is so much more attractive than home culture when you are young. Most of the time, parents are trying to counter-influence their children, which only pushes them into the street more.

The perils of the street are always there. The perils of the street are the perils of living in this world. It could be drugs, it could be an accident, it could be an injury, it could be death, it could be alcohol, it could be various perversions – all these things are there. But what you need to understand is that whether you like it or not, today or tomorrow, your child has to learn to live with his own intelligence, making his own choices as to how much of what he has to do in his life. The sooner he gets equipped for this, the better. This does not mean you push a young child on the street to learn his own ways or you try to counter-influence him with your own morality and values. You

help him look at his life with his own intelligence, rather than be influenced. In many ways, he is probably taking sustenance from the street only because there is a certain unconscious imposition in the home about certain values, morals and certain religious dimensions of which he has no understanding, he does not see any value to those things. He neither understands it nor does it make sense to him, but he is made to do those things. Though it could ruin his life in the long term, the simple sense of the street seems to make much more sense to him than the impositions of the home.

Home should not be a place to impose your culture, ideas and morals upon the child. It should be a supportive atmosphere where there is no imposition upon the child and his intelligence is encouraged. Whenever a child is confused or lost – which is very natural for someone who is growing up and beginning to be exposed to various aspects of life – his thinking is always influenced either by the street or counter-influenced by the home. Instead, if you allow him to use his own intelligence – I trust this intelligence – generally he will choose right. Yes, a few of them may go off, that is a reality in the world. Even if you try to influence them it will happen; if you do not, it may still happen. But the chances of it happening are so much lower if there is no imposition on the child at home.

If the child feels most comfortable at home, he will naturally try to spend more time there than outside. Right now, a street corner may feel like a more comfortable place for him than being at home because of the impositions in the home ground. If that discomfort is not there at home, he will not make the street corner his sanctuary. That does not mean he is not going to be exposed to the hard realities of the world. He will always be, and they will influence him in some way or the other. But always, the parent encouraging the child to learn to think for himself, to use his intelligence to see what is best for him, is the best insurance you have so that the child grows up well.



Friend or Foe?



“A true friend is someone who has the courage to tell you what shit you are, and still be loving and nice to you.”

Questioner: Sadhguru, what is the meaning of friendship?

Sadhguru: You are always making friends among those who support your way of thinking, feeling, understanding, liking, and disliking. All you are seeking is some supporting substance for whatever nonsense you have made out of yourself.

It happened last winter, a tiny little bird enjoyed the fall time a little bit too much and didn't start its journey south early enough. It started a little late in the winter and tried to fly out, and it just froze and fell down. A cow was passing that way and it dropped a heap of dung. The dung fell right over the bird and covered it. The warmth of the dung slowly defrosted the bird and he started feeling good and started tweeting happily. A cat was going that way. It heard the tweet, looked around, and saw that the tweet was coming from inside the dung. He pushed the dung off, pulled the bird out of the dung and ate him up. The moral of the story is, whoever heaps you up in shit need not necessarily be your enemy. Whoever pulls you out of shit need not necessarily be your friend. And above all, when you are in a heap of shit, learn to keep your mouth shut.

If you are a friend to someone, you don't have to nag them with what is wrong with them; that is not the point. But at the same time, you must have the courage to be unpopular with people. In trying to be popular with people, in trying to maintain some

kind of pleasantness around you, see how much unpleasantness you have buried within you. If you bury unpleasantness, if you sow seeds of unpleasantness into the soil, you will reap fruits of unpleasantness. If you really have a friend, you must have the courage to be unpopular with him or her, and still be loving and okay with him. Right now, your friendships are always made on agreements, likes and dislikes. But even if you are apples and oranges, you can still be good friends. A true friend is someone who has the courage to tell you what shit you are, and still be loving and nice to you – that is friendship.

On a certain day, three generals from the US Army met. They were on a tour of the Grand Canyon, along with their troops. The first general wanted to brag about the courage and the spirit of obedience in his battalion, so he said, “There is no other battalion like mine. The level of courage and obedience is so high. Real courage! Let me show you an example.” He boomed “Private Peter!”

Private Peter came running, “Yes, Sir!”

“You see this,” the general pointed at the Grand Canyon. “I want you to just take a leap across the canyon, now!”

The man just ran, full speed and took off. Obviously, you know where he landed.

Then the second general laughed and said, “That is nothing. Look at this.” He said “Trooper Higgens!”

“Yes, Sir!” Trooper Higgens arrived.

“It’s an emergency! I want you to fly and go across the canyon and inform my officer there about this.”

The man flapped his hands, and you know what happened.

The third general just kept quiet. The others nudged him and said, “What about yours?” And they laughed, “No courage.”

Some of the general’s men were loitering around, so he said, “Hey you.” One of them came. The general said, “Now, look at

that down below,” and pointed to a swirling quick moving stream, which was just two hundred meters from a steep waterfall. He said, “I want you take this little canoe, and cross the river.”

The guy looked down and said, “General, it looks like you have been on your whiskey once again. I’m not going to do such a damn stupid thing!”

The general turned to the others and said, “See, this is real courage.”

Be a little more courageous in your friendships. Be ready to lose them, it is okay. At least if you care, you must do what is good for the other, not for yourself.

There was doctor I knew who was a beer drinker. When I met him he was almost seventy years of age – a big man with a big gut. Sometime ago, he used to steadily visit a friend of his. Whenever he went, the friend would serve him beer and both of them would have a drink. Whenever they had time, either his friend came here or he went there, whichever way. Suddenly one day, the friend met some Guru and started doing spiritual practices and gave up his beer. So the doctor went about telling me this whole story very elaborately, and said that was the end of a great friendship. Never again did he want to go to his friend’s house because the man had stopped serving beer. Lots of friendships last like this. As long as something is flowing, it is there. The moment it is gone, everything is gone.

After all, what is a friend? A friend is another confused human being like you. A friend does not mean he is a perfect human being. It is just that when two people are relaxed enough to at least approach each other sincerely, then they become friends. Your friend is as much of a mess as you are, but if two people can be in an atmosphere sincerely with each other, he becomes your friend.

“Whatever you do should touch people’s lives; that is all that really matters.”

Questioner: At work, whatever your role and your salary is, you are trading your time there for money. How does an individual arrive at what is a fair value for your time and the life you are giving this business?

Sadhguru: How much you are worth need not be seen in terms of how much you are paid. How much you are worth should be assessed in terms of what responsibilities are given to you. The privilege is not the money that you receive; the privilege is that you have been allowed to create something. Money is a means for our survival, yes, and to that extent it is necessary. However, you must always assess yourself in terms of whatever you are being asked to do. What is the level of responsibility that is being offered to you? What is the opportunity for you to create something truly worthwhile, both for yourself and for everyone around you? Any work that you do in the world is truly worthwhile for you only if you are able to touch people’s lives deeply.

For example, if you were to make a film, would you want to make a film nobody wants to watch? Or build a house nobody wants to live in? You would not want to produce something nobody wants to use. So in some way, you are longing to touch people’s lives. If you closely observe your life, you will see that touching people’s lives with the activity you perform is important to you.

Many people are trying to divide their life into work and family – where work is something that you do just for money

and family is something you do to touch people's lives. But no matter how much money you earn, if you find your husband, wife or children are not at all touched by what you do, it would suddenly seem meaningless to have a family. Somewhere in your life, you want people to be touched by what you do. This aspect need not remain or restrict itself to family alone; it could extend itself into every area of life. Whatever you do should touch people's lives, that is all that really matters.

How deeply you touch people's lives depends on how involved you are with what you do. If you are deeply involved, the way you work will naturally be very different, and according to your capabilities, you will be paid. Sometimes you will have to bargain a little or ask for a raise, perhaps your boss has forgotten that you need one. But generally, if people realize the value of what you are to that particular business or company, they will pay accordingly.

If you grow in what you are doing, some day, when it is necessary, you could shift from one position to the next, and your money could multiply a hundred times over. For example, let us say you are heading a corporation and for whatever reason you are not paid much, but you have been given full responsibility to run the whole operation. If you are performing well and the whole world is watching, tomorrow anyone will be willing to grab you for any amount. So your value need not always be gauged in terms of money.

We have established corporations so that what we cannot do individually, we can achieve collectively. We could have all operated as individual entrepreneurs – that is how we operated historically, where everyone was a manufacturer and trader of some commodity. But we are willing to put the will of thousands of people together in one direction, because the corporation wants to achieve something big.

Your real worth is a question of where you are placed in this corporation of people looking to move in one direction, and the level of responsibility and trust that has been placed in you. How much you derive from it in terms of money is not everything. Yes, it is important but it is not everything. You must always gauge your worth in terms of the level of responsibility people are willing to give you, and whether what you are creating is truly worthwhile for yourself and for others.

“If you take any human being, that person is absolutely unique!”

Questioner: How can we love people who irritate us?

Sadhguru: You cannot love people who irritate you; you can only pretend to love them. Instead of pretending, just see that they irritate you and look at why they irritate you. They irritate you simply because they are not the way you expect them to be, they are not the way you want them to be.

There is no point deceiving yourself. Just see that this irritation is happening because you have already decided what is right and what is wrong. If they behave in a different way, it will irritate you first, then you will get angry, then you will hate them. These are all natural processes. It happens simply because you expect everyone in the world to be like you. If everyone in the world was like you, could you be here? If there was one more person like you in your own home, it would not be possible for you to live in there.

It is very good that everyone in the world is the way they are. Out of this whole mass of people, if you take any human being, that person is absolutely unique! There is no other human being like him anywhere on this planet. There never was one and there never will be another such person. This is an absolutely unique human being. If you recognize that there is only one person like this, that he is such precious material, how can he irritate you? There is no other human being like them. And it is such a miracle that you know this human being who is absolutely unique. If you see this, where is the question of irritation?

Only if you are simply blind to life, you will get irritated. If you open your eyes and look at life, how can anyone irritate you? The only way you will become an outpouring of love is by seeing the uniqueness of everything in creation.

“You spend more hours in your workplace than with your family or anywhere else. When this is so, is it not important that we make this into a beautiful experience?”

Questioner: Sadhguru, in the corporate context, how do we work together in teams that are often spread across the globe, with everybody having their own cultural and other kinds of backgrounds?

Sadhguru: When I was in the World Economic Forum, I was in a breakfast meeting with a very select group of people and we were talking about multi-cultural leadership in the corporate sector. Today, you may be a European company but you may have a Chinese CEO; you may be an American company but you may have an Indian CEO; you maybe an Indian company but you may have an American CEO. That is how the corporate world has shifted. Where you move is just a question of your capability, not a question of your national identity. National identities are becoming loose in the world because of technology and that transparency of various things.

A hundred or two hundred years ago, there were not many nations on this planet. Only a few nations had a strong identity. The rest of the human population had ethnic and religious identities. In the last 150 years, we have strived to make national identity the biggest thing. Now, whatever your ethnicity or religion maybe, you say “I am an American,” or “I am an Indian.” National identities became more significant only in the last 150 years and particularly in the last 100 years. But now, that is becoming meaningless because you cannot contain people within the borders of a nation. Because of technology, Indian boys are

falling in love with Pakistani girls on the internet, though there is a line of control!² You cannot stop people because technology has made borders very transparent. You could be fighting a war in Iraq, but you maybe in close relationship with somebody in Iraq on the internet. Especially in the corporate sector, national boundaries or national identities are becoming very loose. Large corporations have people from a minimum of 30 to 40 different nationalities working in the top management.

Because of cultural and a variety of differences, the very way you eat, dress, and do things is different. To function as a team and produce results can be a challenge. This was the theme of the discussion – how do you lead a multicultural group? When all of us were from one culture, it was easier to connect. Now they are from different places and backgrounds. How do you get all of them to do what needs to be done?

I was heading one small group of people there and I asked them, “Every time I enter the United States, they make me stand in a line which says ‘Resident Alien.’ When I look around, nobody fits the description except me! All the others look normal. I am the only one who could fit the description. Suppose someone who liked me applied to be the CEO of your company, would you hire me? Or would you be prejudiced in some way just because of the appearance?” Because it is such a big issue.

The moment you see a person you build prejudice about just the way he looks, the color of his skin, his clothing, his mannerism, all these things. You do not really evaluate the person for who he is. It was so funny, in the other places it does not happen so much, but in the Washington DC airport, all the security and other staff and even the immigration people, try to talk to me in sign language! They are 100% sure that there is no English written on my face. When you are boxed like this in different ways in your mind, how can you lead? Your leadership

2 The military control line between the Indian and Pakistani-controlled parts of the state of Jammu and Kashmir.

is by accident, not by any great vision or capability. People would be more likely to create something significant without a leader at all. A stupid leader can cause so much disaster that without a leader, people may do something better though it may be a little chaotic.

Essentially, what you being a leader means is that knowingly or unknowingly, you have taken the destiny of a few people into your hands. You have taken up that responsibility. A leader need not necessarily be the leader of a nation or a large group of people. If you are running a family, you are a leader. In some way, you have taken the destiny of someone's lives into your hands. Anyone who is willing to take responsibility for one more life is a leader. It is just a question of the scale. People will choose the scale of leadership according to one's capabilities, but everyone is a leader in some way. At least if you have chosen to take your destiny into your hands, you are a leader. Only if you are a hobo you are not a leader.

Let me tell you a joke. An American tourist went on a visit to England. A local person was taking him around and he showed a certain estate and said, "Here lives an aristocrat."

The American was confused, "What was that? An astronaut?"

"No, an aristocrat."

"What is that?" the American asked.

The Englishman was unable to believe that there could be a human being who did not know what an aristocrat was. "You don't know what an aristocrat is? An aristocrat means he doesn't have to do any work. Everything comes to him one way or the other. He always has a good place somewhere. Wherever he goes, he has a ringside seat and he does nothing; he lives off other people."

"Oh that, in America we call them hobos!"

So that's a hobo. Unless you are a hobo, in some capacity,

you are a leader. Once you understand you are a leader, that means either you have taken your own destiny into your hands or maybe you have taken the destiny of few more lives into your hands; it is a certain responsibility. If you want to lead any group of people, the first thing you must understand is they are the privileged people, not you. Because once you are a leader, they have their choice, you have no choice. The choice is already made, you can't keep shifting and hopping every day. Whatever you have chosen, you have to stick to it. Hobos can skip and change every day but once you have become a leader, either to your own life or a few more lives, then there is no shifting every day. It is very beautiful. It is a good fixer for you. Your profession is a limited space and your commitment to them is not for life, but for that limited time when you are working together, you see it through.

A major part of your life, in terms of hours per day, is probably spent in the workplace. You spend more hours in your workplace than with your family or anywhere else. When this is so, is it not important that we make this into a beautiful experience? If you see them as your own, then leading people will not be a problem. Leading a chick is not a problem for a hen. Wherever it goes, they will come behind her because there is a certain assurance that she cares and loves them. If that assurance is not there, do you think those chicks would follow? You just have to do that.

“If upliftment has to happen, we need a powerful, nonsectarian spiritual process to liberate people like that, so that every human being can blossom in his own way.”

Questioner: There is a lot of violence going on in the world now and even my daughter was doing a paper on bullying in school. I find myself unable to explain to her what the source of violence is. Can you speak about this and also about what someone like myself could do to assist in solving school bullying?

Sadhguru: The world is full of bullying. The more powerful are always bullying the less powerful. Whether it is in the form of nations, communities or individual human beings, bullying is happening everywhere, all the time. We have structured the world in such a way that if you don't learn to bully enough, at least in the society's eyes, you don't get anywhere. Either you bully on the strength of your muscle or do it in subtle ways, but bullying is happening all over the place.

The international situation is not any different from the street corner. The strong lean on the weak in so many ways. It is still a caveman's world of “survival of the fittest,” but conducted in a more cunning manner.

I was visiting a certain country a few years ago and was invited to speak at the house of a well-known family there. There was a very interesting guy there, who does nothing. He is

just aristocratic – a hobo! He asked me, “How much do they pay you for visiting this country? You are here for eight days. How much do you get?”

I replied, “Nobody pays me anything nor do I earn anything. I just come because people invite me.”

This person replied, “That’s very suspicious! If you had asked for money, that would be straightforward. But you don’t want money. People here will be very suspicious of that. If you say ‘I want money,’ we will deal with you. If you say ‘I don’t want money,’ we will become very suspicious.”

The way the world runs right now is by bullying. We are producing “leaders” in the school. Those who bully well could become leaders tomorrow! We have not produced the right kind of leaders – bullies are considered leaders. Compassionate human beings with a larger vision for humanity are not considered leaders, they are considered philosophers in this world. They are dismissed off as visionaries.

The leaders are always bullies who know how to elbow their way through everything and then fist you down in some way. We have set up a system like that in the world, everywhere. This has to change but it won’t happen overnight. It needs lots of work on individual human beings. General statements and slogans on the street will not help. It needs pointed work on individual human beings. There has not been enough infrastructure to do that kind of work.

As a part of this, Isha is in the process of starting a leadership academy. The vision for this is to develop leaders on all levels. A week-end “Management and Leadership Course” for housewives, and a week-long management course for local entrepreneurs, whether a vegetable vendor or shop owner.

Another thing we are doing is building infrastructure for an inclusive consciousness. In India, such infrastructure was there

in plenty in the past, but nothing has been done in the last few hundred years. This infrastructure is completely missing in most parts of the world. Everything is oriented towards survival, but there is nothing for a human being to become a full-fledged, human being who has blossomed.

Children bully because they perceive that the world works this way. Everybody is using whatever power they have to beat someone else down. People are not using the power they have to uplift someone. Even if they uplift someone, there is a string attached that they can pull you down any time they want. Nobody wants you to be a hydrogen balloon, let you loose and say “rise.” They have a string attached to it.

If upliftment has to happen, we need a powerful, nonsectarian spiritual process to liberate people like that, so that every human being can blossom in his own way. He need not be my way or your way. He can blossom in his own way as long as he is inclusive as life is. Inclusiveness is not an ideology, or some kind of a philosophy. Inclusiveness is a way of life. Life is inclusive. The existence is happening out of its inclusiveness, not out of exclusiveness. Not a single atom can exist here exclusively.

If you go up into high altitudes, your body starts losing its integrity, in the sense, for your body to retain its shape and form, you need a certain amount of pressure supporting you. I am talking in the most basic terms, if you keep rising and the pressure decreases, at a certain point your body will disintegrate. Right now, you are constantly being supported by everything to retain your form. So, you being exclusive is ridiculous. Bullying is not because someone is evil. Once we breed exclusiveness, bullying is natural. Inclusiveness is the only answer. Inclusiveness is not in terms of, “I love you, you love me.” It is about experientially seeing that life is an inclusive process. There is no other way to be.

If at least ten percent of humanity strives hard, we could create a *strong* sense of inclusiveness on the planet in their lifetime; not absolute, but a strong sense. Right now, not even a fraction of one percent is striving for it, so it seems like a very remote possibility, but that could change.



Cosmic Connect



“The very nature of how this biological body gets created is very directly connected to the nature of the earth, the sun, and the moon.”

Today, modern science is realizing that there is nothing in the existence which can be separated from something else. Everything is in connection with everything else, the whole cosmos is a composite happening. It is not an exclusive happening. You are not an exclusive life, the planet is not an exclusive planet, and the solar system is not an exclusive system. We may not be able to figure out where this existence begins or where it ends, but today, we know that everything that can be is in some way connected; it is not happening in exclusivity. The word “yoga” means “union”, it is all in one happening. It is just for you to realize that it is so.

What we refer to as “mysticism” is essentially a way to know your own nature, and know the relationship between yourself and the cosmos, to know and to realize that “there is no such thing as me and the cosmos, there is just me, there is just cosmic reverberation.” To know this, not as knowledge, deduction, philosophy, or ideology, but as a living reality, is mysticism.

It is very important to realize that you have a deep relationship with anything that reverberates in this existence. Particularly, the nature of life on this planet is very strongly imprinted with the qualities of the solar *mandala* or the solar system. There are six minor influences, but three – the earth, the sun, and the moon – are very prominent, they almost cover everything. Our birth and our lives here are very deeply connected with these three. The very nature of how this biological body gets created is very

directly connected to the nature of the earth, the sun, and the moon.

Even very remote societies which did not see too much civilization or culture evolving out of them – societies where no great amount of spiritual process happened – even they could not miss the connection and the influence of the earth, the moon and the sun upon the human system. Of course, at least nobody could miss how the cycles of the moon and the feminine body are connected, which is very directly connected to the making of this physical body.

Yoga revolves around these three dimensions – about mastering the energy of the sun, the moon, and being in tune with the earth – because fundamentally, your life is empowered by these three forces. All life upon this planet is solar powered, we are here now only because our mothers' bodies were in-sync with the lunar cycles, and there is a very direct connection between the way the planet spins and what happens in the human system on many different levels.

The human body, human energies, human possibilities, and human destiny are so deeply entwined the spin of the planet. If one does not understand and is not in tune with the law that governs this, they will be spinning eternally. You know, if you spin around for sometime, then you don't know where you are going! This is the state of most human beings, because they are unknowingly spinning with the planet and they don't know where they are going.

For example, the earth's equator is divided into 360 degrees, and each degree is further divided into what are referred to as minutes. There are sixty minutes in every degree. One minute accounts for one nautical mile, so the circumference of the earth at the equator is 21,600 nautical miles. If you look at how many breaths you take per day, if you are not in a state of heavy excitement, you will be taking fifteen breaths per

minute. If you have done lots of *sadhana*,³ then you could be taking twelve breaths per minute, otherwise, if you are healthy and well, you will be taking fifteen. Fifteen breaths per minute means 900 breaths an hour, or 21,600 breaths a day, and that's the circumference of the earth in nautical miles! So if the planet is not spinning on time, it is not good at all for us. And if you are not in tune with it, it is still no good for you.

Similarly, there are 114 major chakras⁴ in the system. Out of these, two are outside the physical body. Of the remaining 112, only 108 can actually be worked upon, the remaining four just flower as a consequence. The number 108 has manifested in the human system because it is a significant number in the making of the solar system. The ratio of the diameter of the sun and the distance between the earth and the sun is 108 times. The ratio of the diameter of the moon and the distance between the earth and the moon is 108 times. The ratio of the diameter of the earth and the diameter of the sun is 108 times. And hence, 108 is significant in various spiritual practices. This is why if you wear a *rudraksh*,⁵ it has 108 beads, people chant 108 mantras, and so many other things because the human system is built like this in alignment with the cosmic system.

If you look at the orbit of the earth as it goes around the sun, in yogic astrology, we divide this into twenty-seven segments. These twenty-seven segments are known as *nakshatras*. Each

3 Spiritual practices which are used as a means to realization.

4 Lit. wheel. Also refers to the junctions of nadis in the pranic body. Though seven major chakras are associated with the human body, there are a total of one hundred and fourteen chakras out of which two are outside the human body. Each chakra has a distinct color, form, sound and quality associated with it.

5 Sacred beads. Seeds of a tree (*Elaeocarpus ganitrus*) found mostly in the Himalayan region. According to the legend, a tear from Lord Shiva fell to Earth and from it grew the Rudraksha tree. Known to have many medicinal and transcendental qualities, a rudraksha mala is one of the few possessions of an Indian spiritual seeker.

of these *nakshatras* is divided in four parts, totally representing 108 units. These twenty-seven play a significant role upon the planet. They represent the phases of the moon. As the planet travels from one *nakshatra* to the next, the moon completes half a circle. As the earth goes to the next *nakshatra*, the moon completes the circle. So, each segment represents the transition from a *Pournami*⁶ to an *Amavasya*,⁷ and from an *Amavasya* to a *Pournami*. As this is happening, the human cycles within the human body respond and correspond to it.

This is very obvious in a woman's system. About every twenty-seven days, a cycle should happen in a woman's body, if she has to be perfectly healthy. In the male body, it is not so obvious and manifest but it is happening in a different way, and the cycle is of a larger span. Because it is of a larger span and men don't have much arithmetic capabilities, they don't count when their last cycle was! This is mainly because of arithmetic problems, but otherwise this is happening.

Your body has to be in-sync with the solar system to function at its optimum. Every practice that is taught in yoga always takes into consideration the cycles of the sun, the moon and variations that occur, because it is in collaboration with all three that this body is created. There is a certain synchronicity and alignment between the human system and the universal movement. Yoga means to get your system aligned, so that a different dimension of life becomes possible for you. If you just learn to hold your body right, everything that is worth knowing is right here. You can download the cosmos into you. The human system is a very complex system. There is no machine comparable to this, and no technology beyond this. This is the highest level of technology, but you are handling it like a blacksmith's anvil.

6 The full moon

7 The new moon. The planetary positions of the earth and moon have long been made use of by spiritual seekers in India to enhance their spiritual practices

If you are a blacksmith and we gave you a fine computer, what would you do? You would start hammering at it. That is not the way to operate a computer. This body is physically, the highest level of technology you can create in this universe, but you are trying to handle it in crude manner, that's all the problem is. You have to pay enormous attention to this. Only then it will yield. You need to understand this, nothing in this existence will yield to you if you do not pay attention to it. And there is nothing in this existence, which will not yield to you, if you are willing to pay attention to it. If you pay the right kind of attention, everything has to yield.

“Are you looking for wellbeing, or are you looking for liberation; that is the question. Accordingly, you must live.”

Questioner: Sadhguru, in our life, the same pattern of things keeps happening over a period of time. The same kind of emotion, the same kind of situation, how do we come out of that pattern?

Sadhguru: It’s good that you noticed that the same patterns are happening and repeating themselves. Most people do not even see that. They keep repeating the same cycles in different scenery and they think they are okay. Life’s scenery will anyway change. The last time some rubbish happened to you, you were in school. The next time it happened to you, you were in college, so the scenery was different. The next time it happened to you, you were in a job. The next time, you were married. But if you closely observe your life, you will see that the same things are happening.

Suppose you are going to Coimbatore from the Isha Yoga Center and you pass Iruttupallam.⁸ You look around and move on. As you are driving happily, Iruttupallam came again. “Oh, Iruttupallam again? Okay, bad luck.” You keep driving and after some time, Iruttupallam came again – must be coincidence. If Iruttupallam comes another time, you must know that you are not going anywhere – you are going in circles.

8 A small town near the Isha Yoga Center.

If you are looking at human life as just the body, then yes, the body is getting somewhere. Where is your body going? To the grave. Every moment, the body is getting closer to the grave. If you exist here as a physical entity, that is all that is happening. You will see, life will be a play, then it becomes pleasure, then it becomes so many things, then every joint hurts, and then it gets terrified because it is coming to an end. This is the progression of physical life. You do not have to go through it to know it. You have enough intelligence to sit here and see it. Our fortune is that we are not limited to the physical; we have other dimensions to us. In terms of your mental status and emotional status, either they can continue to grow or they can go in circles. You may not be aware yet of other dimensions, but even there you can either go in cycles or you can go somewhere.

When you say, "I notice that my life is going in cycles," you are essentially talking about the situations around you. More than that, you are talking about your own mental and emotional states going through the same cycles. Women cannot miss these cycles; they can notice that this is happening to them. Unfortunately, men do not have menstrual cycles. I am saying unfortunately because if there was such a strong reminder, you would not miss it. Men have to be much more aware; they need to do much more work because otherwise, you will think you are going somewhere, but you are only going to Iruttupallam. Physiologically there is a strong reminder in the female body. This strong reminder is not a curse. It is a blessing if you know how to use it, because any volatile, destabilized situation is a possibility for change. When there is a set process, you cannot change things so easily. When there is a periodic destabilization of the system, there is a great possibility for change.

If you are going through cycles, if you are a very balanced man, your cycles will happen once in twelve or twelve-and-a-quarter years. If you are not so balanced, it will happen in a

quarter of that time – you will face this every three years or a little over three years. If you are not even that balanced, it may happen much more often – every sixteen to eighteen months. If your cycles come below three months, you shouldn't be here, you should be in a mental asylum. For sure, you are dangerous for yourself and everyone around you. You should be either dulled by medicine, or chained to a bed because your cycles are so short, you will become dangerously volatile.

If you do not stand up with a certain level of awareness and determination, and a sense of going somewhere, you will naturally become part of the cycles because everything in this solar system is definitely cyclical – there are various kinds of cycles happening. You could become a part of the longest cycle that is happening here, that is relevant to human life, which is one hundred and forty-four years. Once in one hundred and forty-four years, certain things happen in the solar system. This is why we have a *Maha Kumbha Mela* once every one hundred and forty-four years. The next cycle is twelve-and-a-quarter years. The others are much shorter. These cycles can mean bondage or they can also mean transcendence. You can transcend from one cycle of life to another, or you can repeat the same cycle. That depends on who *you* are.

The difference between astrology and spirituality is this: astrology is trying to tell you how these cycles bind you and that this is the only way to live, while a spiritual process is telling you how you can get away from these cycles. We are not denying the cycles. That would be stupid. The cycles are definitely there, but we are looking at the possibilities of how you can slip away from these cycles. That is the difference. If you live here conscious of the cycles, your life will have a certain equanimity, and a certain level of success, prosperity and wellbeing. If you are constantly looking at how to become free from the cycle, you are looking

for your liberation. Are you looking for just wellbeing or are you looking for liberation? That is the question. Accordingly, you must live.

If you are just looking for wellbeing, then I would say every *Pournami*, come bow down to the *Devi*⁹ and do whatever is relevant there. If you are working towards your liberation, then I say different things. But most people want liberation, and also want to eat the mangoes on the way. From that understanding, we mixed two things. Don't try to logically decipher this because you will invariably come to wrong conclusions. This is a mechanism, this is an engine where all the dimensions are functioning at the same time, but the fundamental force is always liberation. Other things are catered to in a certain way. This is an engine that we have created because we have a phenomenally competent "technology partner," available to us. So, we have built an engine which works in a certain way, which is essentially towards liberation, but it takes care of everything else too.

If your life is going in cycles and you are repeatedly coming to Iruttupallam, and if you understand that you are not going to reach anywhere like this, it is time to change the pattern. I want you to observe, is it happening once in three months, once in nine months, once in sixteen to eighteen months, once in three to three-and-a-quarter years, or is it happening once in twelve years? Do not start imagining all kinds of things, but it is happening. Whether you are able to notice it or not, it is happening. It is not happening only with your mental and emotional situations. If you are conscious, even physical situations around you will repeat themselves. It is so uncanny that even physical situations happen exactly the same way.

9 Referring to Linga Bhairavi. Representing the creative and nurturing aspects of the universe, Linga Bhairavi is the ultimate manifestation of the Mother Goddess. The energy of Linga Bhairavi strengthens the three basic chakras in the human system, thus stabilizing one's body, mind and energy system.

Have you heard people say, “A snake’s memory is for twelve years?” It is very common among Kannada and Telugu people. They say “A snake’s vengeance is for twelve years. If you hurt it, it will remember for twelve years and come and bite you.” It is not that that the cobra remembers for twelve years. The cobra goes through certain cycles and it is connected with the serpent within us. I am saying the serpent within us because the core part of your brain is a reptilian brain. Now you know why you are so venomous! This reptilian brain naturally makes you available to this twelve-and-a-quarter-year cycle of the sun because all reptiles are very strongly associated with that cycle. Because a snake is strongly associated with that cycle and there is a twelve-year cycle in your own brain, the snake reminds you.

What can you do about your cycles? They need not manifest with such regularity. If it is manifesting every three months, we can push it to nine months. If it is manifesting every nine months, we can push it to eighteen months. If it is eighteen months, we can push it to three years. Or we can push it to twelve years, or we can push it to one hundred and forty-four years. Or above all, instead of trying to dodge these cycles, we can ride these cycles.

“You must sincerely look at yourself – don’t worry about the social impact, you don’t have to admit it to anybody – within yourself, aren’t you quite insane?”

Questioner: Namaskaram. What does the path of brahmacharya¹⁰ involve? And how can one know if he is capable of that?

Sadhguru: *Brahmacharya* means to be like the breeze – that is, you don’t stick to anything. The breeze is going everywhere but we don’t know where it is coming from right now. It just crossed the oceans and came, here it is, and it keeps going. *Brahmacharya* means simply being life; to live the way you were born – alone. Even if your mother happened to bear twins, you were still born alone. So *brahmacharya* means to be in a very close association with the Divine – to live like that.

Brahmacharya is not a great step; it is just to exist as life is. Marriage is a great step – you are trying to do something, very big! At least, people believe so. *Brahmacharya* means you did nothing, you allowed your life to happen. Just the Creator made you, you don’t make anything out of it.

So there is no step. If you don’t do anything, you are a *brahmachari*. But there is *sadhana*, there are other disciplines, what is that about? That is only to help you stay like that because once you picked up material from this planet, the qualities of this planet will enter you and try to rule you. One basic quality is that

10 The path of the divine. A life of celibacy and studentship on the path of spirituality; the first of four stages of life as per the Varnashrama Dharma.

once you pick up earth, there is something called “inertia.” Even to wake up in the morning there is inertia, isn’t it? To be on the path of the Divine means not to give in to the way of the earth. One thing is inertia, another thing is the compulsive movement. If you pick up a piece of this earth, you become like the earth. It tries to take you in circles. Cyclical movement is the basis of everything that you call as physical in the universe.

If you move in a circle, however large the circle is, you always come back. Even if you are not invited! We don’t know whether the world wants you or not, but you will anyway come back because you are on a circle. Those who have realized that they are not really wanted around here, those who want to be on a straight path, for them, it is the path of the Divine, not the planetary trajectory. One takes *Brahmacharya* as a path and a discipline instead of as a natural process, so that they don’t get into the cyclical motion of life. They don’t want to succumb to this.

What does it involve? If you are very conscious it involves nothing, it is very simple. You wake up every day in the morning like you were just born, you go to sleep like you would die, in between, whatever is useful to everyone you do because you have still not reached that place where you can exist without activity – you need to do something. The idea is that the activity should be never about you, because if it is, you will pile up entanglement. So, you constantly do activity which is not about you. You do so much activity, that when you go to bed you don’t have a moment – you fall like you are dead. Then you wake up before the birds and get busy, the rest will be taken care of by Grace. You need not do too much because we invest a certain amount of energy to “manufacture” a *brahmachari*. Actually, it shouldn’t be necessary. If they simply didn’t do anything, they would be there, but the ways of the earth rule from within because after all, you can’t keep your body down – it has memory, it has a huge *karmic* pile, so it has its tendencies.

These tendencies are not natural to your being, but this vehicle – the body – tends to go like this. Suppose you are driving a car which has a small alignment problem. You have to straighten it, otherwise it will keep pulling one way. The body also has an alignment problem, it always wants to go like this. Once it bends or turns, it is just a question of time before it completes the circle. But because it is taking a certain period of time and one's awareness is not in any great place, every time you pass the same spot it looks like a new place. If you sit somewhere in the afternoon, the whole place looks in one way. If you sit there during sunset, it looks different. If you come at midnight, it looks different. So, you think you have come to a different place every time but no, it is just a question of time, season and short memory.

A dis-aligned vehicle or a vehicle which is attuned to go in circular motion is what you have. Whether you are doing a twelve-year cycle or a three-month cycle, the difference is only a question of percentages of madness. If you are doing a three-month cycle, everyone can see that you are mad. If you are doing twelve-year cycles, people don't make out, but if you are sincere, you know you are crazy. The only thing is you can fool the world into thinking you are okay.

You must sincerely look at yourself – don't worry about the social impact, you don't have to admit it to anyone – within yourself, aren't you quite insane? I want you to sincerely look at this. If you are sincere and straight about yourself, you know you are quite *off*. If you have admitted this to yourself and want to fix it, but you have become so much of a social being that *how you are* doesn't matter, *how you look* is all that matters to you, then you can go on for many lifetimes. If how you are matters to you, if your being has become very important for you, not what someone thinks about you, if it is not another person's opinion which is crafting your life, it is the nature of your being, then you will naturally be on the path of the Divine. You will *want* to be there. There is no other way.

“For everything that nature and people around you are providing, shouldn’t you bow down to everything in absolute gratitude?”

Questioner: Sadhguru, today is the first day of spring, and it is celebrated as Mother’s Day in Lebanon. Can you please say something about mothers?

Sadhguru: If this is the official beginning of spring, that means it is mother earth’s day, not your mother’s day, because your mother can deliver any time. Nature gave this freedom to a human being that he is not seasonal, thinking that he has enough intelligence. The population on the planet says that nature over-estimated human intelligence! So, if it is the beginning of spring, it is definitely mother earth’s day, because this is the time she gets into movement; this is the time life bursts forth. This is not so in India, because this is the time everything dries up in India and summer begins.

Talking about mother earth, in the body that you carry right now, what came out of your mother’s womb is hardly there – it is mostly gone. Today, whatever the number of kilograms you carry, it is all from mother earth. I am not trying to belittle the genetic or biological mother, it is just that if you are a spiritual seeker, it is extremely important you get the right perspective of everything. If you exaggerate things in your mind or with your emotion, you will point yourself in wrong directions and waste a huge amount of time and life. If you love someone, you will exaggerate, if you hate someone, you exaggerate. If you like someone, you exaggerate, if you dislike someone, you

will exaggerate. Exaggeration means, either unconsciously or intentionally, you are deviating from truth. Deviating from truth means you are working against yourself. One who works against himself does not need an enemy. This is called self-help! That is the beauty of your life – you are completely self-reliant.

So, what do I have to say about mothers? We are grateful and we appreciate both – our biological mothers and mother earth. We are here because of this mother and that mother. Every day of your life, you should appreciate all the things and all the people who are contributing to make your life what it is today. When you wake up in the morning, the first thing is to be grateful that you are still alive because from the time you went to sleep till the time you woke up in the morning, thousands of people did not wake up on the planet. But we woke up. Isn't it great? Shouldn't there be gratitude?

“Whom should I be grateful to?” Just look at how many forces are working to keep you in place and keep you alive. The planet itself is like a pressurized compartment maintaining the perfect pressure. This isn't happening because someone is using a remote control and controlling it. Everything that is needed for your wellbeing is being taken care of by the Creator. I want you to understand you are floating in nothingness; you are not standing on solid ground as you believe. The damn solid ground is floating in nothingness and nobody knows the depth of that nothingness and still every day it spins, every day the sun comes up, every day your life goes on. Shouldn't you be grateful? Every moment, every step that you take, the planet is not giving in and breaking up. Every breath that you take, the air is not escaping from the atmosphere and denying you. You don't have to think of all these things every moment, but one must be conscious that this life is not conducted by you. You did not give birth to this; the one who gave birth, you call her the “mother,” the one who caused it, you call him the “father,” but all these millions of motherly or fatherly forces are working every moment of your

life. You did not ask and you are not paying a bill for all these. Simply, everything is provided. So, for everything that nature and people around you are providing, shouldn't you bow down to everything in absolute gratitude? Because you are incapable of conducting your life without all these forces co-operating with you, without even being asked.

If you don't appreciate this, if you have lost your consciousness completely, it is because you are too busy with some rubbish that is happening in your head. That is the only reason anybody can miss all this. Something that is happening in your head is important because you think too much of yourself.

So let's make every day Mother's Day, what is the problem? If you look at it closely enough, there isn't one thing in creation without which you can exist. Look upon everything as a mother. Today is the tree-mother's day, tomorrow is the mountain-mother's day, the next day is your biological mother's day.

The reason why these days have been fixed is because otherwise, people will never think of their mother. Cultures have become like this. But if you are a little more conscious, if you remind yourself and look, "The tree is giving me oxygen. They are supporting me every moment." If you recognize this with everything, everywhere that you walk, you will become conscious. If you are so unconscious that you have no thought for what nourishes you and what will ultimately deliver you, it is better you live as per these days – at least you know you are just a pig. I am not using the word "pig" in any derogatory way. A pig has a great appetite, he can eat well and grunt – it is a quality by itself. A pig celebrates Mother's Day and believes that it is conscious because once a year it is marked, "Today is Mother's Day, let us be grateful to the mothers, let's write a card to the mother." I would say it is better to forget about your mother and one day suddenly when life knocks on your head you will anyway remember – that may be more useful than fixing a day

to remember your mother – rather than give you a false sense of awareness and gratitude.

On one of these Mothers Days, it happened in the United States with a certain old lady who was a grandmother. All the children and grandchildren are supposed to come and visit the grandparents, but as the grandchildren grow up, they become teenagers and don't want to come. But the grandmother always sends a gift to them. They are happy because anyway the gift is coming. They don't want to go and see her; the old woman, who wants to go and see her? For two or three years none of the grandchildren turned up. So the next year when Mother's Day came, the daughter went to visit the old lady but the grandchildren didn't turn up. The daughter apologized "None of my children are willing to come and even see you once a year. I am sorry."

But the old lady was in a very chirpy mood and said, "Don't worry, this year all of them will come."

The daughter asked, "How you are so sure?"

The old lady said "Instead of sending them gifts, I sent them gift cheques this time."

"So? Why will they come?"

The old lady replied, "I didn't sign them."



Beyond Life and Death



“Relationships are an opportunity to achieve some kind of union which will pave the way for a greater possibility.”

There is a dimension of relationship which is not of the body or physicality, which is not of companionship or emotional proximity, but simply of basic life energy. If your sense of body, mind and emotions recede to a very minor aspect, you are generally a large sphere of energy. Then you could fit perfectly well and for good. When I say for good, it could be taken beyond life and death. It is in this context that the traditions always held the relationship between a Guru and a *shishya*, or disciple as of the highest order. Not because they love each other more than you loved your child or your husband, but because these three aspects – body, mind and emotion – which are essentially individualistic, have been kept aside. Now it fits. If a relationship is formed on the level of your energy, it does not matter which part of the world you are in, I can still have you shaking, I can still have a certain intimacy which is not possible even if you live with someone for fifty years.

Even on the level of your energy, if you look at it on the surface, each individual energy has its own flavor and they can never match. But the fundamental aspect of the energy is same. If you are capable of penetrating that individual flavor and touching another dimension which is universal in nature, it is in instant rapport. It does not need any conversation or any kind of transaction. It is just a union.

And the only way you can become free is to become inclusive. People always understand freedom as, “I will do what I want to do. I will be where I want to be.” People understand freedom as exclusiveness. If you become exclusive, you will become a

bondage by yourself. Your very existence will become bondage. The more exclusive you make yourself in your thought and emotion, the more excluded from the life process you become.

The only way you can know freedom is by inclusion. The fundamental dimension is inclusion; inclusion not in terms of, "I love you, you love me." That may be needed on the surface to make you willing, but love is a solvent, not a solution. It dissolves the rough edges in you and brings you a little closer to people so that there is a possibility. But it is not the real thing.

Relationships are not about compatibility, companionship or about extracting happiness from each other. Relationships are an opportunity to achieve some kind of union which will pave the way for a greater possibility. If that does not happen, a relationship is more of an encumbrance and hurdle than anything else because when you hold relationships, you become even more exclusive.

When you hold a relationship with someone, the closer it is, the more excluded from the rest of the world you become, because now you have a party to your exclusiveness. You have formed a small clique where you do not have to look out at all. Especially if it is going well, then you become completely excluded from the rest. It is not going to take a human being to a better place. It can only take him to a more entangled situation in life.

If you do not consciously evolve your ability to form relationships with everything around you on that dimension where there is a natural union, you will never know the joy of being in this world. You will only know the fear and anxiety of being in this world. If you know this union with everything around you, just to be in this world can be an absolutely, incredibly ecstatic process. If you can just look at the mountain and burst into tears, if you can look at an insect, and not feel love but just feel it as a part of yourself, if you understand the intensity of life that is happening, that intensity is an explosion which will not allow you to be exclusive; it will naturally make you all inclusive.

“If you become an empty page and remain one, you can project life upon it.”

Every creature here, however small or big, is continually in a relationship with the rest of creation and also with the source of creation. If there already is an inevitable relationship, what is there to do? Just change the quality of the relationship. You can sit here cursing this planet or you can sit here blessing this planet because it is giving you a piece of place to sit down upon. It is a big difference in the way you hold the relationship.

It is about changing the relationship. If the relationship is only on a physical level, you will know certain things. If it is mental, you will know other things. If it is emotional, you will know different kinds of things. But you will still not know what it is. Do you see, from the moment of your birth till now, many things about your body have changed and are continuing to change? Similarly, many things about your mind and emotion are changing and continuing to change. Even if you have “frozen” it, still it is changing.

In a way, the whole spiritual process is about changing your relationship with the existence from being just one of body, mind and emotion, to a subtler dimension of existence. All knowing comes just from this.

It is like this:

A scoundrel is knowledgeable

A fool will know

But a sage is an empty page

Because a sage is an empty page, just about anything can be grasped. If you already wrote something else upon it, it would be confusion.

All the big, elaborate and confusing talk about *karma* that is going on just means that you are not an empty page. Too much is written already so whatever else is written is going to be lost. It does not matter what is written on a page which is already full of stuff; whatever you write and however valuable what you write is, it is going to be messed. That is why in this country, people look at you and say, “*Karma*.”

All the spiritual *sadhana* is not to become knowledgeable, but to become an empty page so that anything can be projected. If you become an empty page and remain one, you can project life upon it. If you have been to the local theater, any number of movies have been played upon that screen, but it does not distort anything because light is a subtle thing. If they had used a crayon or a paint brush, those screens would have been discarded a long time ago.

So it is about moving your relationship with the existence from that which is physical, mental, and emotional – which will leave marks and never allow you to have an empty page – into an etheric state, where your relationship is far deeper and much more profound, but subtle in such a way that you can play any kind of cinema on it. The moment it is off, it is off – not a trace left. If the previous movie left even a little bit of trace upon the screen, the next movie would be a disaster. That is all that is happening right now. The previous movies have left impressions.

Are you ready for a joke? Shankaran Pillai went to the United States. He was sightseeing in Washington D.C. Particularly when you go on tour and when you go sightseeing, for many couples, that is when big arguments happen because the wife wants to express all the suppressed aspirations at that time. She wants to do this, she wants to see that, she wants to eat this, she wants to

go here. Suddenly the husband is having problems with this new woman. This couple was walking on two sides of the street. As usual some long-haired people were protesting against the war in Iraq. Always there is some war and so, “Make love, not war” boards are everywhere in the city. Shankaran Pillai went and looked at it. He said, “Get married, you’ll have both.”

You just have to change your relationship with the existence and with the Creator. How? You need to understand, this is not a relationship of choice. Whichever way, you *have* to hold a relationship, you cannot help it. Can you sit here not connected with any aspect of creation or Creator? You may be unaware of it, but there is no way – unless you transcend everything that is physical absolutely. Otherwise, whichever way you sit, stand, or sleep, you are holding a relationship. You don’t have to try to hold a relationship. So fifty percent of the problem is solved. The other half is very simple – you do not make too much of yourself.

I am not offering a teaching, I am only giving a method. Do you know the distinction between the two? A teaching can be analyzed and understood. A method has to simply be used. It cannot be analyzed or understood. This is just a method. It does not take much effort. You need to constantly see how small a creature you are in this existence.

Look at the mountain and see how small you are, look at the sky and see how small you are. Look at the distance into the sky and see how poor your vision is. Like this, put yourself into the right place. I am not saying depreciate yourself, I am saying be realistic as to who the hell you are in this Creation. You do not have to appreciate or depreciate, you do not have to lie to yourself. Simply see what is your place in the existence and constantly keep reminding yourself, “This is all I am, a speck of nothing in nothing.” Who the hell you are, what you think of yourself, your greatness – these do not mean anything. Even

if you disappear tomorrow morning, the whole world will be fine. This is so for you, this is so for me, this is so for everyone. The more people do not understand this, the more idiotic their lives will be. The more they come to terms with it, the more intelligently they will live.

Intelligence is not about being intellectual. There are intellectual people and there are intelligent people. Intellectuals are knowledgeable. Intelligence is not about being knowledgeable. I know too much nonsense has been fed into you, especially if you come from Western societies, they told you, "God is love." You don't know for sure, isn't it? If life is bugging you, then you will think, "God is torture." If life is going well, you think "God is love." You do not know whether he is love or compassion or all the other nonsense that people talk about him. But if you look at every atom, every cell, every leaf, every tree, every creature, at just about everything in this creation, one thing is manifest, that he is super-intelligent. His love is not manifest. Your neighbors could be loving but you do not want to acknowledge them, so you say God is love.

You do not know about the Creator's love affair but you cannot miss his intelligence. Wherever you see, the Creator's intelligence is manifest. With all these brains of ours, after so many millions of years of evolution, we cannot even put one atom together.

Intelligence is one single quality which is manifest in every possible way. And if you look at this intelligence, one of the foremost qualities of this intelligence is, it is a non-discriminatory intelligence. Discrimination comes to you because of intellect. Intelligence is non-discriminatory. If you just get this one thing going within you, that you are non-discriminatory, it does not matter whether someone is big or small, you look at them the same way. Someone is a man, someone is a woman, you look

at them the same way. Someone is God and someone is demon, you look at them the same way. A mountain and a molehill, you look at the same way.

If you constantly practice this, that you see everything as the same thing, that is devotion – you bow down to whatever you see. To God also you do the same thing, to someone else also you do the same thing. You see a cow, you see a tree, you do the same thing because devotion is a non-discriminatory intelligence. If you become a discriminatory intelligence, then you are moving further away from that which is the Creator and becoming one little fragment of creation; you become a speck of creation – a speck which is bloated within itself, thinking it is too big. You are really nothing and you are not worth anything. In this cosmos, if the whole planet disappears tomorrow it means nothing. It is that insignificant.

If you become a non-discriminatory intelligence, you are getting closer to the Creator act – to that which is the source of creation. There are five layers of the body – physical body, mental body, energy body, etheric body, and the bliss body. Getting closer to that which is the source of creation means, you are moving from physical to mental, mental to energy, energy to etheric, and then, to that which is the source of creation. When you come to the etheric space, your ability to know and perceive is greatly enhanced because you are no longer limited by the physical manifestations. What you call as “time and space” is essentially a physical manifestation. If there was no physicality, space and time would not mean anything. Only because there is physicality, there is something called as the beginning and the ending. Because there is a beginning and ending, there are measurements of time in between. If there was no physical existence, there would be no such thing as big and small. If there is no such thing as big and small, there would be no such thing as space.

These two realities of time and space are what humanity is right now experiencing as life and death. Only because there is time, there is life and there is death. Only because there is space, there is something called as you and me, this and that. Changing the relationship means, everything is just this and this.

“If you are not attached to your body, you are not attached to any-body.”

Questioner: Can I attain mukti¹¹ or liberation while remaining in a marital relationship? Because people get very attached to one another in a marriage.

Sadhguru: In any relationship, there is attachment. Most people know relationships only as attachments. This attachment is not with the other person. Your attachment to your husband or your wife is not a big thing; you are attached because you have no other way. If you had some other way, the attachment would drop. Don't think that giving up your husband or your wife is a very great thing. If the person whom you are attached to suddenly becomes distasteful, your attachment would evaporate. If you don't like that person due to some act they do or something they say, your attachment disappears.

This must be clearly understood. The attachment is not with somebody, the attachment is with *your* body. Because you are deeply attached to *this* body, you get attached to somebody. You don't have to work on your attachments with people around you, you really need to work with your attachment to your own body. As you release yourself from this, you are free from everything.

The sense of body is so big in the human mind. The purpose of a spiritual process is to transcend that because that is the greatest trap. Your identification with the body is the basis of your entanglement with every other body. If you are not entangled with this body, you are not entangled with any-body. In sex-

11 Release, liberation, final absolution of the Self from the chain of death and rebirth.

based relationships, where this body is involved between two people, the attachment always deepens. On the spiritual path, people are talking about *brahmacharya* or not getting into these kinds of relationships, not because they are against relationships and the biology of life, but only because such a relationship deepens the attachment.

What kind of relationships you hold and what you are doing in your life is in one sense irrelevant. But in another sense of creating the necessary supports, it is relevant. Whether we want to create a supportive situation for ourselves or not could vary from person to person. Some people need this kind of relationship to ground them a little bit. Otherwise they would be too disturbed to seek anything in their life. If you are capable of flying, it is beautiful. But when you are not capable of flying and if you are not grounded, you will be lost. It is a kind of grounding – it holds you down. If you look at it, in one way it is a reverse process, but right now it could be useful to you depending upon what stage of life you are in.

I want you to look at it straight – why are you seeking a certain relationship? Don't give it all kinds of meanings which do not exist. You are seeking it because by yourself, you are lost – you need support psychologically and emotionally. You are seeking it because that is the only way you know how to handle your fears and struggles within yourself. These kinds of relationships only create more struggle and conflict externally. But because you don't know how to handle your interiority, you are using the external to handle your interior. That will only be a stop-gap arrangement. It will never work forever for anyone – it cannot.

These relationships have got nothing to do with your spiritual process. Spirituality is something that you do within yourself. How you want to manage your outside is left to you, but as the internal changes, the internal also will naturally show in the exterior. But if you want to manage a certain level of exteriority and want to keep something going, it is up to you what you do with your outside.

“If a relationship transcends the physical limitations, there is a possibility of this relationship extending beyond lifetimes or across lifetimes.”

Questioner: You said some relationships can be taken beyond life and death. Can a relationship between the master and disciple in a previous birth be carried for lifetimes?

Sadhguru: Yes. Definitely. Generally this is the only relationship which can be carried for lifetimes. The work continues. Husbands and wives, lovers, coming together again for lifetimes because their love was so strong, is rare. Generally it is the master-disciple relationship which gets carried for lifetimes. All the other relationships come together for convenience. Once it is over, it just breaks apart.

The possibility of a relationship extending beyond lifetimes or across lifetimes comes only if the relationship transcends the physical limitations. When I say “physical,” I am referring to the mental and emotional structures also as physical. Generally it is only the guru-disciple relationship which extends this way, though there could be a few examples of other relationships going beyond the physical limitations. This is because the guru-disciple relationship is for *always*. Even if the disciple has no idea of the guru’s being, the guru’s business is only with the disciple’s being. This relationship is always energy-based. It is not emotion-based, mind-based, or body-based.

An energy-based relationship does not even realize whether the bodies have changed or if it is the same body. It just continues till the energy reaches dissolution. There is no rebirth for the energy; it is only the body which is reborn. The energy just continues as one flow and accordingly carries the relationship also as such. So, definitely this is one relationship which is carried on.

“A Guru is not someone who holds a torch and shows something to you. He is the torch. He burns.”

Questioner: So if someone had a Guru in a previous lifetime and now they are sitting here with you, then what happened to their Guru?

Sadhguru: If someone had a Guru in their past life, and they are sitting here now, then obviously it has not worked. If they had a Guru, they would not be here today. Maybe those people went to many places, and heard discourses and scholarly expositions, but they have not had a Guru. If they had a Guru and they are here, they are my people; otherwise they cannot be here.

You need to understand what you are talking about. A Guru is not someone who shows you something. The difference between a teacher or a scholar and a Guru is, a teacher or a scholar is someone who holds a torch to something and shows it to you. Because of them you might have seen something. A Guru is not someone who holds a torch and shows something to you. He *is* the torch. He burns. Either you burn with him or you do not. If you did not burn with him, that means you never had a Guru. Maybe you went around – there are ticks in this forest¹²; they have even gotten into me, but I am not their Guru. My blood flows through their veins, but I am not their Guru. Do you understand?

12 Referring to the forest near the Isha Yoga Center.

The question of someone having a Guru and now being here, there is no such drama. A Guru means it is curtains, end of drama. If you want drama you should not go to a Guru. When you want to close the drama that is when you go to the Guru. He is not a pointer, he is the point. It is very different. None of the people here had a Guru, that is why they are here. Or if they had, it was me, that is why they are here, not otherwise.

Questioner: So if someone has come in touch with you, does that mean it's their last life?

Sadhguru: If you are talking in that context, I have initiated more people that I have not physically met than people that I have actually come in contact with because the number of people I have come in touch with are not too many. People may think it is too many, but it is not too many actually. All the people who come to Inner Engineering,¹³ am I their Guru? No. Someone asked me a while ago, "Are only brahmacharis your disciples?" Yes, only they are my disciples. When I say brahmacharis, it is not necessarily only people who got an official initiation. Whether they went through a formal process or not is not the point. In some way, they are on the path. Only brahmacharis are my disciples. If they are not brahmacharis, they are not my disciples anyway. If their interest is something else, where is the question of discipleship? They cannot be anybody's disciple. Being a disciple is not about someone. You are not this person's disciple or that person's disciple. If you are a disciple, you are a disciple, that is all. If you are a devotee, you are a devotee. There is no question of you being a devotee of this God or that God, that is just foolishness. You are a devotee and that is all. That is a quality.

13 The basic program offered by Isha Foundation, providing tools for an individual to re-engineer himself from within, including transmission of the powerful Shambhavi Mahamudra.

There are many who set their eyes upon me but did not take me as their Guru right now. They may be hanging around here next time around. I may not be here, but they will hang around here because they smelt it, now they want to eat it. “Guru” means “dispeller of darkness.” “Gu” means darkness, “Ru” means dispeller. When you say you have a Guru, your darkness is dispelled and why would you be here again? Your darkness is dispelled not because you become light. Your darkness is dispelled because you became nothing, you became darkness yourself, so there is no need to dispel anything. If you stay away from it, it is a terrible thing. If you become it, it is a boundless thing.

Darkness is a terrible thing because you are standing here as a little piece of something. If you become darkness, it is a boundless thing. If I bless you, “May you become boundless,” you feel great. If I bless you, “May you become darkness,” you think this is a curse. It is not. Darkness is boundless, boundlessness is darkness. Dispeller of darkness does not mean that he will put a light bulb into you. Scholars and teachers tried to put a light bulb into you so that you can see something. A Guru is not trying to put a light bulb into you, he is seeing how to obliterate you. If you found a Guru, that means your darkness is obliterated because you become a part of it. There is no darkness for you; there is only boundlessness for you.

If you have met your Guru, there is no question of being here again. If you smelt your Guru and are still following him, fine. You like the smell, so you are catching up because you did not really meet him as a Guru, you saw him as a man and you liked the smell, but you did not dare to step into him. If you like the smell of roses, wherever the rose is, you go. You could be here just like that. It does not matter because you have not stepped into anything. Don’t go on sniffing forever. It is time to step into it and burn because if you don’t, you are not using it for the purpose that it is.

If you have an airplane capable of flight but decide to drive it around like a bus, is it wrong? I wouldn't say it is wrong, but it is terrible. To drive an airplane like a car is a terrible and stupid thing to do. Is it wrong to be terrible and stupid? No. Terrible and stupid is bad enough, it need not be wrong. What could take you to a great height, if you use it in a mediocre way, it is just foolish and terrible.

This is not a relationship that endures. If you make this relationship, everything ends. When every-thing ends, when all things end, a dimension which is not a thing will happen. It is that which this being is longing for, when it is seeking expansion. It is a natural goal. It is just that there is too much diversion on the way. And with every diversion that is taken, people start propounding philosophies as to how this is the right diversion.

Suppose you are travelling somewhere and you found the normal route is obstructed and have to take a diversion, everyone in the car will vote for different diversions and start arguing. Doesn't it happen? Once there is no clear-cut marker, everyone will start making up their own thing, everyone will start claiming this is it. A man who smokes says that this is life, a man who drinks says that this is life, a man who is into some other kind of pleasure says that this is life. A man who takes drugs says that this is life, a man who overeats says that this is life – they are all insisting “this is life.” Because of that diversions happen.

If anything is life, if you do more of it, it should be better. But it does not happen like that. If you eat more, if you drink more, if you smoke more, if you copulate more, life does not get better. People have tried all those things and it has not worked. The only thing that you can do endlessly is doing nothing. And that is the only thing a Guru is, because Guru is just an empty space. An empty space is the only thing that can dispel darkness, because it *is* darkness – nothing happens there. Where nothing happens, you can make anything happen if you want.

A Guru is just an empty stage. If you enter there, he sets up whatever kind of drama that is necessary for the day, but he is actually an empty stage – four walls with nothing inside. If you step in, you will also become nothing. There is no other way. You looked at him and listened to him, that is not it. You have got to step into him. That is when he is your Guru. Till then he entertains you because he is setting up the appropriate drama for the day.

If you stepped into it, there is no sitting here once again. Such a thing does not arise. If you have not, you only smelt it from a distance, maybe you have taken an addiction for Gurus so you are following them. But if something deeper than the body and the mind happened to you, there is no sitting here again.



Sadhguru

Yogi, mystic, and visionary, Sadhguru is a spiritual master with a difference. An arresting blend of profundity and pragmatism, his life and work serve as a reminder that yoga is not an esoteric discipline from an outdated past, but a contemporary science, vitally relevant to our times. Probing, passionate and provocative, insightful, logical and unfailingly witty, Sadhguru's talks have earned him the reputation of a speaker and opinion-maker of international renown.

With speaking engagements that take him around the world, he is widely sought after by prestigious global forums to address issues as diverse as human rights, business values, and social, environmental and existential issues. He has been a delegate to the United Nations Millennium World Peace Summit, a member of the World Council of Religious and Spiritual Leaders and Alliance for New Humanity, a special invitee to the Australian Leadership Retreat, Tallberg Forum, Indian Economic Summit 2005-2008, as well as a regular at the World Economic Forum in Davos.

With a celebratory engagement with life on all levels, Sadhguru's areas of active involvement encompass fields as diverse as architecture and visual design, poetry and painting, ecology and horticulture, sports and music. He is the author and designer of several unique buildings and consecrated spaces at the Isha Yoga Center, which have wide attention for their combination of intense sacred power with strikingly innovative eco-friendly aesthetics.

Listeners have been ubiquitously impressed by his astute and incisive grasp of current issues and world affairs, as well as his unerringly scientific approach to the question of human wellbeing. Sadhguru is also the founder of Isha Foundation, a non-profit organization dedicated to the wellbeing of the individual and the world for the past three decades. Isha Foundation does not promote any particular ideology, religion, or race, but transmits inner sciences of universal appeal.

<http://sadhguru.org>

<http://www.youtube.com/sadhguru>

Isha Foundation

Isha Foundation is a non-profit human-service organization, founded by Sadhguru and supported by over two million volunteers in over 150 centers worldwide. Recognizing the possibility of each person to empower another, Isha Foundation has created a massive movement that is dedicated to address all aspects of human wellbeing, without ascribing to any particular ideology, religion or race.

From its powerful yoga programs to its inspiring projects for society and environment, Isha activities are designed to create an inclusive culture that is the basis for global harmony and progress.

Isha Foundation is also involved in several path-breaking outreach initiatives: Action for Rural Rejuvenation (ARR) enhances the quality of rural life through healthcare and disease prevention, community revitalization, women empowerment, the creation of sustainable livelihoods, and yoga programs. Isha Vidhya empowers rural children with quality education. Project GreenHands (PGH) initiates mass tree planting and creates a culture of care for the environment to keep this planet liveable for future generations. The project was awarded the Government of India's highest environmental accolade, the Indira Gandhi Paryavaran Puraskar.

Isha's unique approach in cultivating human potential has gained worldwide recognition and reflects in Isha Foundation's special consultative status with the Economic and Social Council (ECOSOC) of the United Nations.

The Foundation is headquartered at the Isha Yoga Center, set in the lush rainforest at the base of the Velliangiri Mountains in southern India, and at the Isha Institute of Inner-sciences on the spectacular Cumberland Plateau in central Tennessee, USA.

<http://www.ishafoundation.org>

<http://blog.ishafoundation.org>

Isha Yoga

At the core of the Isha Institute of Inner-sciences' activities is a customized system of yoga called Isha Yoga. Isha Yoga distills powerful, ancient yogic methods for a modern person, creating peak physical, mental, and emotional wellbeing. This basis of total wellbeing accelerates inner growth, allowing each individual to tap the wealth of vibrant life within oneself. Sadhguru's introductory program, Inner Engineering, introduces Shambhavi Mahamudra a simple but powerful *kriya* (inner energy process) for deep inner transformation.

The uniqueness of Isha Yoga is that it is offered as a science. It draws on the ancient yogic principle that the body is the temple of the spirit and that good health is fundamental to personal and spiritual development. Scientifically structured, it promotes beneficial changes in one's inner chemistry to accelerate the release of physical, mental and emotional blocks and produce a life-transforming impact of profound experience, clarity and boundless energy.

Isha Yoga involves a combination of carefully selected purificatory and preparatory practices, including a series of dynamic breathing techniques and meditation in simple sitting postures. The practices that are taught do not demand physical agility or previous experience of yoga. They integrate seamlessly into one's daily life, allowing one to function at the optimum level, making peace and joy one's natural way of being.

Thus, individuals, regardless of their personal situations or backgrounds, have the possibility to integrate a powerful spiritual process into their lives.

<http://www.ishayoga.org>

Inner Engineering

Inner Engineering is offered as an intensive program for personal growth. The program and its environment establish the possibility to explore the higher dimensions of life and offers tools to re-engineer one's self through the inner science of yoga. Once given the tools to rejuvenate, people can optimize all aspects of health, inner growth and success. For those seeking professional and personal excellence, this program offers keys for meaningful and fulfilling relationships at work, home, community, and most importantly, within one's self.

Inner Engineering can be thought of as a synthesis of holistic sciences to help participants establish an inner foundation and vision for all dimensions of life and find the necessary balance between the challenges of a hectic career and the inner longing for peace and wellbeing.

The approach is a modern antidote to stress, and presents simple but powerful processes from yogic science to purify the system and increase health and inner wellbeing. Program components include guided meditations and transmission of the sacred Shambhavi Mahamudra. When practiced on a regular basis, these tools have the potential to enhance one's experience of life on many levels.

Isha Yoga Center

Isha Yoga Center, founded under the aegis of Isha Foundation, is located on 150 acres of lush land at the foothills of the Velliangiri Mountains that are part of the Nilgiris Biosphere, a reserve forest with abundant wildlife.

Created as a powerful *sthana* (a center for inner growth), this popular destination attracts people from all parts of the world. It is unique in its offering of all aspects of yoga – *gnana* (knowledge), *karma* (action), *kriya* (energy), and *bhakti* (devotion) and revives the *Guru-shishya parampara* (the traditional method of knowledge transfer from Master to disciple).

Isha Yoga Center provides a supportive environment for people to shift to healthier lifestyles, improve interpersonal relationships, seek a higher level of self-fulfilment, and realize their full potential.

The Center is located 30 km west of Coimbatore, a major industrial city in South India which is well connected by air, rail, and road. All major national airlines operate regular flights into Coimbatore from Chennai, Delhi, Mumbai, and Bangalore. Train services are available from all major cities in India. Regular bus and taxi services are also available from Coimbatore to the Center.

Visitors are advised to contact the Center for availability and reservation of accommodation beforehand, as it is generally booked well in advance.

Dhyanalinga Yogic Temple

The Dhyanalinga is a powerful and unique energy form created by Sadhguru from the essence of yogic sciences. Situated at the Isha Yoga Center, the Dhyanalinga is the first of its kind to be completed in over 2000 years. The Dhyanalinga Yogic Temple is a meditative space that does not ascribe to any particular faith or belief system nor does it require any ritual, prayer, or worship.

The Dhyanalinga was consecrated by Sadhguru after three years of an intense process of *prana pratishtha*. Housed within an architecturally striking pillarless dome structure, the Dhyanalinga's energies allow even those unaware of meditation to experience a deep state of meditateness, revealing the essential nature of life.

A special feature of the temple complex are the Theerthakunds, consecrated subterranean water bodies, energized by *rasalingas*. A dip in these vibrant pools significantly enhances one's spiritual receptivity and is a good preparation to receive the Grace of the Dhyanalinga. The waters of the Theerthakunds also rejuvenate the body, and bring health and wellbeing.

The Dhyanalinga Yogic Temple draws many thousands of people every week, who converge to experience a deep sense of inner peace.

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