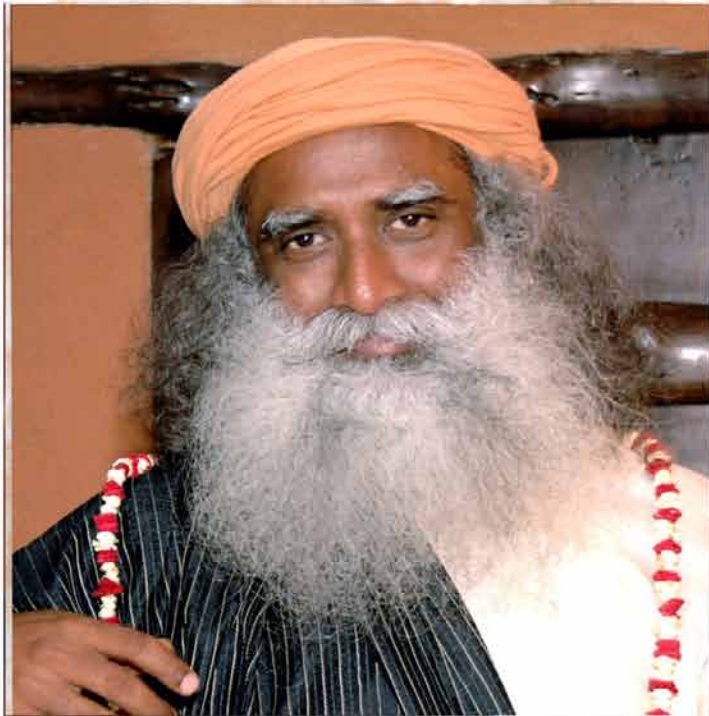


## Anger and Love



Sadhguru is a Realised Master, Yogi and profound Mystic of our times. A visionary, Sadhguru asserts that peace and happiness are not the ultimate goals of life, but the most basic needs in every human being. He developed Isha Yoga as a powerful method for individual transformation leading to human emancipation. A glimpse of his life and work can be found in the books of Encounter the Enlightened and Mystic's Musings.

For more details visit [www.ishafoundation.org](http://www.ishafoundation.org)

## Why Misery?

**Y**ou deal with people and situations effectively only when you are happy. Otherwise, in your unhappiness, it won't matter what good intentions you have, you will only spread misery in the world. Being happy or unhappy is actually your choice. People have chosen to be unhappy because they think that by being unhappy they will get something. Once you are unhappy, whatever you get, what does it matter? If you are happy, if you don't get anything, what does it matter? This is not a philosophy; this is your true nature.

By nature you want to be happy. Every creature wants to be happy. Everything that you are doing, every single act you are performing, is in pursuit of happiness in some way. Why would you want to serve people? Serving people gives you happiness; that is why. Somebody wants to wear good clothes; somebody

wants to make a lot of money, because that gives them happiness. Whatever every human being is doing on this planet, it does not matter what. Even if he is giving away his life for somebody, he is doing it because it gives him Happiness. So happiness is the fundamental goal of life. Why do you want to go to Heaven? Only because you've been told that if you go to heaven, you will be happy.

After everything you do, if happiness is not happening, somewhere you have missed the ABCs of life, the fundamentals. When you were a child, you were simply happy. Without doing anything, you were happy. Then somewhere along the way, you lost this simply because you got deeply identified with many things around you, your body and your mind.

What you call your mind is actually just the stuff you have picked up from social

situations around you. The kind of mind you have depends on the kind of society you have been exposed to. Everything in your mind right now is something you picked up from outside. You got so identified with it and now it is causing you misery.

This body is not yours; you have picked it up from the earth. You were born with a tiny body, which your parents gave you. After that, you ate plants and animals and grew. You borrowed it from the earth; it is not yours. For a while you have to use it, so enjoy it and go. But you have become so deeply identified with it, you think this body is you. No wonder you suffer. The basis of this misery is: you have established yourself in untruth. You are deeply identified with that which you are not. Hence, you go through all the suffering.

The whole process of spirituality is only to de-

identify with that which you are not. When you don't know what you really are, can you search for it? If you search, only your imagination will run wild. If you start thinking "Who am I?," somebody will tell you that you are God's child. Somebody else will tell you that you are the devil's child. Somebody might tell you something else, endless beliefs... So, the only thing that you can do is, whatever you are not, start discounting that. When everything is discounted there is something which cannot be discounted. When you arrive at that, you will see there is no reason for misery in this world.

