

Lighting Up the World

BY SADHGURU

Always in the world that which people logically understand as "useful" is held as the highest. This is a huge obstruction for humanity, which will not allow them to flower into the consciousness that ultimately is the only solution for human wellbeing. This solution will not be achieved if we idealise things that just patch up life. If for example somebody is sick and we attend to him, it is just a patch-up job. He should not be sick in the first place. If nobody is sick, no patch up is needed. If there are no disasters, there is no need for disaster relief.

Most of the time people get caught up in the problems that exist at that moment, and try to fix them only for short-term benefits. We should not ignore problems; we should not just close our eyes and wish them away – they will not go away. But if you get attached to the problem, you are the problem because you will not let the problems go since you feel your salvation depends on the problem, your satisfaction and pleasure depends on the problem. Once you start enjoying the problem, you constantly think there must be a problem in the world; otherwise, what will you do?

What is the solution, ultimately? If every human being can light up within himself, if every human being becomes a solution by himself, so that he does not create any problems either for himself

or anybody around him, then we do not have to go about solving problems anymore. We have to think how to light up the whole world because that is the ultimate solution. "Oh, that looks like a pipe dream!" – No, it is not. It is just that such possibilities have not been offered on a large scale till now.



What does lighting up the world mean? It has been expressed in so many beautiful ways. Jesus said, "If therefore thine eye be single, thy whole body shall be full of light." It means if you had only one eye instead of two, your whole body would light up. When we say "two eyes," we are not just talking about the visual apparatus; we are talking about the discriminatory mind, the right and the left, the ida and the pingala, the masculine and the feminine that causes duality and confuses you in so

many ways.

All the polarities in the existence are essentially created by your mind. If you transcend the limitations of your logical mind, suddenly there are no polarities – there is one exuberant existence. Transcending the limitations of the discriminatory mind traditionally is referred to as samadhi – that means you have attained an equanimous state; you have become one-eyed. Once you have become one-eyed, you see everything alike. Suddenly, your body is lit up from inside. If you close your eyes, you are not in darkness anymore; it is bright.

When you are looking at your life only as a survival process, discrimination is a must. If you

walk out on the street, you are like any animal in the forest, constantly looking at who is okay, who is not okay; where is the danger, where is a friend, where is an enemy. If you live in that condition, survival gets taken care of; but if this discriminatory process exceeds its limits, everything in existence becomes regimented.

The discriminatory mind is useful only for survival, but it can go to extremes. If you want to perceive life for what it really is, you need one eye, not two. Two will help you to survive – and that is all. It is just that over a period of time the survival process has gotten extremely complicated. At one time survival used to be just food in the stomach. Now it has become many, many things. Constantly going on complicating the survival process will present you with many problems. And of course you could preoccupy yourself with inventing problems and trying to find solutions.

If you become one-eyed, you will see you will light up; otherwise you will remain a blind person for the rest of your life. If you are looking for an external light source, you will always remain a beggar. Unless the source of light comes from within you, you will always be at somebody's mercy. You will always feel inadequate. The idea of walking the spiritual path is to go beyond that inadequacy.

(Next Inner Engineering Program: January 25 to 31 at Vaze Hall, Hotel Navtara Bldg, Mapusa. Contact: 9822100305, goa.ishafoundation.org) Sadhguru, a yogi, is a visionary, humanitarian and a prominent spiritual leader. An author, poet, and internationally-renowned speaker, Sadhguru's wit and piercing logic provoke and widen our perception of life. www.ishafoundation.org