

Sunday, October 29, 2006
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Make every endeavour a spiritual one

Divinity is not just about the soul but also about the body says, Sadhguru Jaggi Vasudev



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While raising funds for community work, a group of students knocked at the door of an 88-year-old lady and informed her of the different ways she could contribute to their cause: 'You can make a pledge for the next three years, and you don't have to pay it all up front.' Even before they could finish, the old lady burst out, 'At my age, I don't even buy unripe bananas, let alone make a pledge for three years!'

A person striving to attain spirituality should be just like the old lady — allowing oneself absolutely no free time, not even to buy unripe bananas. You have to be in a hurry. If you slack even a little bit you will lose a lot. This is not the time to take things slow; it's the time to get burnt up quickly.

Whether it's a friend who delays you, an accident that cripples you, or your own laziness that brings you down — it really doesn't matter. You have to make it. And once you do, even if do not fully experience

spirituality, you will at least experience something you can't decipher but which puts you on a higher plane. Every small step is a giant leap towards fulfillment.

Would life not be great if you could stay at the top forever? How would it feel to be free from all the things that pull you down? Or those that push you in the wrong direction? Would it not be wonderful to know that wherever you are is the best place to be?

Science tells us that everything has the same energy. But everything is still not the same. The food that you eat today, what happens to it tomorrow? Energy which drives animalistic instinct can also pave the path to divinity. Divinity is just not about the soul, it is primarily about the body.

The body, mainly seen as a mass of flesh, can be transformed into a divine entity if its systems are reorganised in a particular way. Given sufficient practice, the body can be made to do more than just crave for self-preservation and procreation. It can become something else and function in a different dimension also. The body can always be engineered to become a divine entity, more than just a biological entity. A tremendous amount of energy can be transformed for constructive purposes. It needs steady application — the result soon follows.

Attaining spirituality is not about giving up on worldly things. It does not mean you should not go to the office, that you can't be with your family, or that you give up everything that gives you pleasure. Instead, you must make everything you do a spiritual process; talking to someone, reading, or even exercising regularly, anything.

If every activity is made a spiritual endeavour, in a few months you will find yourself in a completely different space, where your presence is cherished by every living form around you. You just have to constantly keep trying.

Sadhguru Jaggi Vasudev is the founder of the Isha Foundation, a public service organisation. **Monk's day out: You can hit the high notes even while you search for inner peace and the path to divinity**

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