

You are your own guide

Sadhguru Jaggi Vasudev

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Others' teachings and writings will mean nothing if you do not know your own inner path

What is spirituality? Right now you have a body and a mind, both physical in nature. But there is a third dimension to you. Those who are exploring this dimension are said to be on the spiritual path. If your experiences in life transcend the limitations of the physical, then you think spiritual.

To cross beyond, one has to be willing. People are taking time to be willing because they are caught in the process of survival -- economic, emotional, psychological, all kinds of survival. A multi-billionaire is also struggling but the difference is that he's raised the bar. What we need to know is that survival should be only physical. We choose the rest consciously.

We are the only ones with the freedom to choose consciously. If we don't make those choices we will only exist as biological entities and follow an animal pattern in our actions: eat, sleep, reproduce and die. There is a freedom we are not exercising, but if we do, we will choose to live in the highest possible way. Once a person is empowered to choose consciously, he will naturally choose well.

It is an insult to human intelligence to be told to be happy. Bobby McFerrin is enough to tell you to don't worry, be happy. A spiritual guru should do more. People need to be provided with the right tool to make a conscious choice. After doing one workshop with us, people wonder how years of conditioning are peeled-off? What modern neuro-scientists are discovering now, we have known it all along -- that you can completely re-wire your brain. It doesn't matter what your past and karma is, or what your chromosome says... you can change everything within you, with a certain live spiritual processes. Then your choices become conscious and you create your destiny.

Spiritual processes around the world have become ridiculous, and people who can think for themselves have come to the conclusion that spiritualism is for idiots. This because most times, spirituality is handled in an uncommitted atmosphere.

Without subjectivity, spirituality is like a stillborn child. There are so many dead children being delivered that people are finding it senseless. From the moment of your birth till now, you have grown. It has happened from the inside, hasn't it? Asking God for this and that is just a survival process. It is not a spiritual process. Heaven is not going to intervene in your survival. Neither will books. Books written about life are of no use unless you have read the greatest living book that is you. You are the creator of your own book, so know it well.

Sadhguru is the founder of the Isha Yoga Foundation.

dnasunday@dnaindia.net

