



By
Jaggi Vasudev

Ending conflict through Yoga

Though for ages humanity has been taught every kind of morality, you see the world is a living proof that it has not worked. It has not worked because the religions of the world have based themselves on belief systems rather than enlarging their ability to experience life.

When experience of life is limited to the five sense organs, it is limited only to the physical dimensions of life, as sense organs can perceive only that which is physical. All you have is belief in that which is not yet your living experience.

All the conflict on the planet is always between one man's beliefs against another. Once you start believing in that which is not yet in your experience, when you meet others who believe in something else, it invariably leads to conflict. These belief systems have made human beings commit unspeakable atrocities against each other.

Look back at the history of humanity, you will see that people's belief in their gods, in their sense of right and wrong, their color, their creed, their cast, their sex, and other fanciful beliefs, has brought about maximum violence and dreadful cruelty against each other.

Religion is a method to enlarge one's experience beyond the limitations of the physical body, an opportunity and a possibility to experience the oneness of all creation. But for a long time, religions of the world have largely functioned as a sacrilege against life rather than recognize the sanctity of life.

The simple-minded people, innocent of unbridled thought, who were addressed by these religions in their origins, would have been good subjects for the teachings of simple faith. But today's mind of unbridled thought and unstoppable questioning cannot be put aside by simple faith alone.

India as a culture, has for ages explored all possibilities with great depth and understanding. Unfortunately, much distortion happens in transmitting these subjective dimensions, either out of unscrupulousness or over-eagerness.

The very word 'Yoga' means 'union', that is, when the individual begins to experience the universal as himself, that is Yoga. Once you begin to experience the life around you as yourself, the very possibility of violence against each other will not exist.

It is definitely a possibility, but this possibility cannot be whipped up as mass hysteria as religion is being conducted right now. If this has to become a reality, it needs dedicated work in substantial quantum guided by a Realized being.

We could create more sane life for the generations to come. Unless you experience the other as yourself, the violence will not end.

Let us make it happen.