



Live joyously

Sadhguru

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Q. I want to live a successful life, to be peaceful and help create a peaceful world. Is it enough for me to just be a good person?

Sadhguru: In your life, if your inner nature is peaceful, loving and joyous, it is enough.

You need not attempt to be good. On what basis have you concluded that you are a good person? Only when you see that the people around you are not okay for some reason or the other, or in comparison with them, you can conclude that you are a better person.

You don't have to come to the conclusion that you are a good person. You will just have to see if you have lived a peaceful, loving and joyous life. The so called good people cannot even laugh. That is how they have become. You know why?

Because they are very good people! What to do with this kind of goodness? And being a good bhakta (devoted person) has got nothing to do with you succeeding in elevating your status in society. Now you want God himself to come and run your business to boost it! In

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return, you give your devotion. Stop the barter.

When any being calls, really calls, he will get an answer. If you really reach out, God always answers. With logical minds when you shout God's name, you can do what you want but God is deaf to logic. But when love calls, it is answered.

It is time to look inward and see how to create human well-being. From your own experience of life you can clearly see that true well-being will come only if your interiority changes.

Yoga and meditation is that dimension of science that handles your interiority, where the focus is in creating the right kind of interior so that you can live a joyous and peaceful life. If mankind is your business, you make yourself your first business. (www.ishafoundation.org)