

## Inner Voice

*Fear is own creation***Sadhguru**

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There is really nothing to be done to be joyous. If you stop creating misery, you are naturally joyous. Being joyous is not something you do; it is your natural state of being. But you create misery through your thoughts, emotions and other aspects of you being out of control.

There are many ways to see how one can come out of the present patterns of creating suffering. Suppose today you are not peaceful. The first thing you might do could be a quarrel with your spouse. The next thing may be your yelling at your neighbour. Then you will realise its time to go to the doctor. If you go to the doctor, he will give you a pill. This pill is made up of chemicals.

If you put these chemicals into your body, your body and mind become peaceful. So one way of understanding this is, what you call as peace has a certain kind of chemical background to it. Similarly what you call misery, suffering, fear, anxiety, everything has a certain

chemical basis. As there is a science for external wellbeing, there is a whole science as to how to create your inner chemistry. Yoga has many methods through which you can create the right kind of chemistry where being peaceful and joyous comes naturally to you.

Human beings have been creating suffering, misery, fear and insecurities unconsciously. Why are we creating them and how to leave them behind? We do not have to leave our fears and insecurities because they do not exist. The fundamental reason why fear has arisen in you is because you are a little human being and you do not know the beginning or the end of this vast creation.

As long as you are identified with the physical body, as long as your experience of life is limited to your physical and mental faculties, fear and insecurity are inevitable. Only when a person begins experiencing life beyond his limitations, only then he can be truly free of any sense of insecurity or fear. -  
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