

Learn to be truly happy



Sadhguru

FIRST WE need to know that the basis of our misery is that we have established ourselves in untruth. We are deeply identified with that which we are not. Somewhere along the way we have gotten identified with things around us. We have gotten identified with our body and mind. That is the source of suffering.

Whatever you have known till now, all your experiences, are only limited to your five sense organs. Whatever you have known either of the world or yourself has come to you only by seeing, hearing, smelling, touching and tasting. If these five senses go to sleep, you will neither know the world nor yourself. But they feel everything only in comparison. So this is not a genuine experience.

All yogic practices are fundamentally aimed at giving you an experience beyond the five-sense perceptions. This is not in terms of physical reality; it is in a totally different dimension. That dimension, whether you call it God, or call it Self, it does not matter. Whatever your idea of God is, it is simply coming from the limited experience of who you are right now. It is not coming from any true experience. The only thing that you can experience is that which is within you. And that which is within you, you have never really looked at in real depth.

The whole experience of transcending your limitations must happen within you. If you want to transcend, it can happen — but only if you are truly willing. Otherwise, no power on earth or in heaven can move you.

Spirituality is simply the process of dis-identifying with what we are not, to shed the layers of conditioning so that

we know what we are not. When that is completed, we arrive at something that cannot be discounted. This discovery will be the recognition of divinity, and we will see that there is no reason for misery in the world.

The whole process of yoga is to make your interiority absolutely in your control. It is a possibility to move from a state of external enslavement to inner completeness, which is the state of unboundedness. If your inner nature is unbounded, your life is also unbounded. You can either sit with your eyes closed or you can perform different actions — both ways, your life can be complete.

When a man has reached this state within himself, where his actions are only to the extent required for outer life situations, then he is a complete person. If within you, your inner nature has attained fulfillment regardless of the external situation, we can say that you have become unbounded. This is a state of true happiness.

