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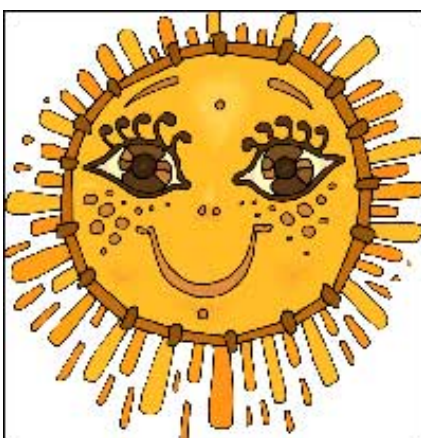
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**Heart Attack-
Knowledge is
Protection**



If you look up in the sky during the day, you see the [sun](#). That becomes most dominant in your experience. In the night, if you look up, the [stars](#) become very dominant in your experience, but both the sun and the stars - and sun also happens to be a star - are very puny little things when compared to the vastness of the [sky](#). Generally though, that is never in your perception. So, true existence is the vastness of the sky. The sun, the stars, you and me are just small happenings, brief happenings, really.

Today, modern [science](#) is telling you that even the sun has a life span. It is going to burn itself out. As you are burning your life out, similarly, the sun is on fever and he is burning his life out too. Your normal temperature is 98.6 degrees Fahrenheit or whatever; his normal temperature is some 98million degrees, but he also has a life span. He is also burning up. One day he will do himself in. So whatever you see as physical

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existence is just a small happening. The true existence is the vastness, the emptiness that is there, the space.

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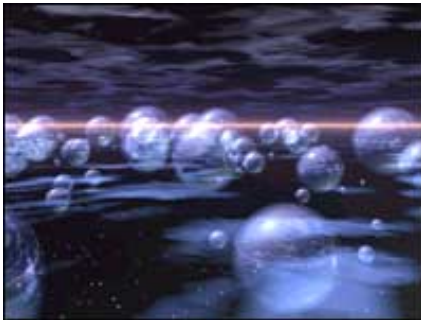
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What you call a person is just like a [bubble](#). This bubble doesn't have any substance of its own. The air was around. It just created a shell around it, so suddenly it has a different quality of its own. There are thick bubbles, there are thin bubbles, there are strong bubbles, there are weak bubbles, there are big bubbles and there are small bubbles - just like people. Just like every other creature too, but when the bubble bursts, the substance that is inside the bubble, where is it? The air has reclaimed it; the atmosphere has reclaimed it. Similarly, a bubble is formed in the form of an etheric body, in the form of a pranic body, a mental body and a [physical body](#). The physical body we can shoot down any moment we want to. It is within our power to just cut the physical body in two if we want to, but the other bodies we are not able to cut. Only what you call as existence, only that can do it.

What you are calling the spiritual process is just that. It is a deeper way of suicide. This is not about killing the physical body. You are trying to destroy the very fundamentals of creating the body within you. You are trying to destroy the very fundamental structure over which a body can form. The physical body is possible only because of the necessary karmic substances that are there in the form of etheric, pranic and mental bodies.

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So you are trying to destroy that through the spiritual process. With your awareness, with your practices, with your love, with your devotion, all you are trying to do is destroy the possibility of taking on another body, destroy the very foundation over which the physical body can happen. Or, in other words, we are trying to take away the possibility of your going through the recycling bin over and over again. A mother's womb is only a recycling bag. Again and again... going through the same process. So we want to take that away.

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Sadhguru Jaggi Vasudev is a realised master, Yogi and a profound mystic of our times. Sadhguru developed Isha Yoga - Yoga of the Divine, a scientifically structured programme, as the vehicle to transmit a deep experience of the Self that changed his life completely about two decades ago.

Belonging to no particular tradition, Sadhguru incorporates what is most valid for the modern seeker. Isha Yoga flourishes today as a spiritual science for hundreds of thousands of initiates around the world.

An accomplished poet and an author of several books, his latest book - '[Mystics Musings](#)' - is one of the most candid unveiling of the mystical dimensions of life.

Isha Foundation, founded by the Sadhguru, also administers the Dhyanalinga multi-religious temple and meditation shrine, an ashram, and a yogic hospital at the Isha Yoga Centre, located on 50 acres at the foothills of the Velliangiri Mountains, 30 km from Coimbatore.

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