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### Yoga

- [Rule the world or serve the world?](#)



Creating what one wants generally has meant visualising, imagining, dreaming, craving, longing, praying and begging. There is another way to create without asking for anything, without ever thinking about anything, where things just happen. Before we arrive at that, a little bit of fired-up movement is needed. People who have never been on fire will not know the coolness of water. People who have just lived their life in a half-hearted manner, sedately, can never know the other way. Becoming a fanatic at least for a while can be useful for your energies

to reach a boiling point and get moving. Then to transform them into something else is very easy. That is the whole purpose of karma or action.

Why a sadhaka chooses action is just for this reason. We are going to perform action anyway. Now we have the choice whether we want to perform Hitler's or Mahatma Gandhi's type of action. Whichever way we feel is best right now, we will

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do that. That's all there is to it. Anyway we have to perform action, so let us do it whole-heartedly, and let us choose the form of action that we want to do.

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Do you know the self-image that you want? Do you want to rule the world or do you want to serve the world? Ultimately, that is the choice. Normally, everybody wants to rule the world. It is just that, because a man is half-hearted, he is only able to rule his wife. He does not get to rule the world, so all he is able to do is rule his children, wife or something like that, but what he really wants is to rule the world. The fool doesn't have the capacity or the intensity to do it otherwise he would be a potential Hitler. The man who physically abuses his child or wife because they don't conform to his ideas – if tomorrow is made the king of the world, will use a sword instead of a stick. That's all. It is just that he is incapable and doesn't have the intensity to rule the world; otherwise he is already the ruler.

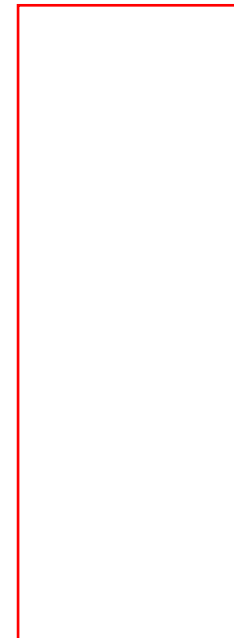
Now the choice is just this – either to rule or to serve. Whichever kind of image you think is most harmonious, the closest to Divinity and closest to realisation, that kind of action you choose. Every moment, do it with tremendous intensity, without giving it a single moment's break. Then a day will come when action is not needed anymore. A man who does not know action - real action, intense action - can never move into inaction. If you try to, inaction will just become lethargy. Only if you have known intense action can you know inaction. People who are always resting in their life must be experts about rest, isn't it? But that is not the truth. Only a man who works intensely can know what rest is. So this non-doing business, if you really want to know it, first you must discover what doing is. You have not done that yet.

In every waking moment of my life, unceasingly, I pursue this work of offering

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myself, physically and mentally. Unceasingly, I pursue it 24 hours of the day, every waking moment and even in my sleep, with tremendous intensity. It is only out of that, that all of this has happened in my life. It has become so powerful simply because it does not mean anything to me, but for 24 hours I am at it. Now this has a different kind of power. That is the whole meaning of sacrifice. It is only out of that, that something else happens - both inside and outside - which can never be put into words.



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.

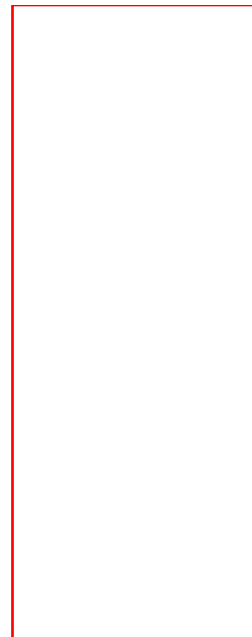
Belonging to no particular tradition, Sadhguru incorporates what is most valid for the modern seeker. Isha Yoga flourishes today as a spiritual science for hundreds of thousands of initiates around the world.

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.

For More details, contact:

Isha Yoga Center,  
Velliangiri Foothills, Semmedu (PO)  
Coimbatore - 641 114, India  
Phone: 91-422-2615345  
Email: [yogacentre@ishafoundation.org](mailto:yogacentre@ishafoundation.org)  
Website: [www.ishafoundation.org](http://www.ishafoundation.org)



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