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Yoga

• What is growth?

Whatever the past karma, it is like this: let us say, until the age of 30 you earn 10 million rupees. Now you can either squander it or make it grow. In the past, you might have created some riches within you. In this life you may either add to it or squander it; but definitely some quality of that will be there in your life, though in unconsciousness it may go to waste. So because of your spiritual practices, those riches may manifest now in terms of material comfort, like a good house, the right kind of atmosphere, or maybe good people around you. In spite of all this, you may not make use of it and just become complacent. That is the whole cycle.



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Fropper

Why I repeatedly say that the whole game is like the Snake and Ladder game is: you climb the ladder and there you're happy. The very comfort that comes out of it, that comes out of good karma, may make you complacent and that is it: down through the snake you go. Then once suffering comes, you start looking and grow. You may squander it and go down again. This is the way of the fool, wasting his energy; but someone who has sufficient intelligence in him should even take each breath as a step towards growth. It is very much possible. Even after reminding a person hundreds of times, if he still does not wake up, if he is still lying down in his comforts, what can we do? He will be lost. He has to suffer once again, and then maybe seek growth.

This whole spiritual process is not happening to even one per cent of the population. For all others, when things are going well they are laughing, and when things go bad they are crying. There are very few people in the world who, whichever way it is, are okay and balanced. For them nothing is a great benediction, nothing is a problem. Everything is just another life situation through which they can become free. The rest of the people are all the type who will go the way the situation pushes them. They are like cattle. You have evolved into a human body, but otherwise there is no real difference. Between the way animals live and generally the way people live, is there any great difference qualitatively? Maybe quantitatively there is a lot of difference. There is more variety to your activity; you drive a car, you watch television. All that nonsense you do, but qualitatively, where is the difference?

If the difference has to come, it can only come with awareness; there is no other way. Generally, mental alertness is mistaken for awareness, but awareness is a far deeper dimension than just mental alertness alone. When awareness arises within you, love and compassion will be the natural follow-up; then each breath becomes a step towards growth.

Sadhguru Jaggi Vasudev

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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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