

# longing for oneness

By Sadguru Jaggi Vasudev



**F**or most of you, the way you are right now and the quality of relationships that you maintain in your life largely decides the quality of life that you live. When relationships play such an important role in your life, I think it needs to be looked at more seriously. So what is the basis of a relationship? Why do human beings need a relationship first of all? Relationships are formed on different levels—various types of relationships fulfill different types of needs. The needs may be physical, psychological, emotional, social, financial or political.

#### Diverse needs, varied relationships

Whatever be the nature of the relationship, whatever be the type of relationship, the fundamental aspect is that you have a need to fulfill through a relationship. “No I have nothing to get, I just want to give,” you may say. But let me tell you, giving is also as much a need as receiving. To give something to somebody is as much a need as to receive something from someone. So there is always a need. Needs may be diverse, accordingly relationship could also be diverse.

Needs within a human being rise because there is a certain sense of incompleteness, and people form relationships to experience a sense of completeness within themselves. When you have a good relationship with someone dear to you, you feel complete. But if such a relationship gets strained, you feel incomplete. Why is this so? Why this piece of life, which is a complete entity by itself, feels incomplete? Why it tries to fulfill itself by making a partnership with another piece of life? The fundamental reason is we have not explored this life in its full depth and dimension. Though this is the basis,

there is a complex process of relationships as such. There are expectations and more expectations.

#### Complex process of relationship

Having expectations is expected. Having great expectations sounds great. However, when the expectation is unfulfilled, we get disappointed, we moan and sometimes it may even cause serious problems. It is, therefore, important to understand the source of expectations, otherwise you cannot fulfill them. Understanding the source of these expectations can lead to a very beautiful relationship.

Fundamentally, why do you seek a relationship? It is because without any kind of relationship in your life you would be isolated and eventually depressed. So you seek a relationship basically to be happy, to be joyful. Or, in other words, you are trying to use

**Whatever be the nature of the relationship, the fundamental aspect is that you have a need to fulfill through a relationship.**

the other person as a source of your happiness. When you try to use the other person as a source of your happiness, it means somebody has to push it a little bit, otherwise it will not get started. On the other hand, if you are happy by your own nature, the relationship would become a means for you to express your happiness and not to seek happiness.

Now consider this. If you form a relationship to seek happiness and try to squeeze happiness out of somebody and that person also tries to squeeze happiness out of you, then

the relationship can be a painful one after some time. Initially, it may be fine because something is being fulfilled. But if you get into relationships because you want to express your happiness, nobody is going to complain about you because you are in the process of expressing your joy and not seeking joy from the other person.

### How to make relationships work

So, if your life becomes an expression of your joy, not in pursuit of happiness then relationships will be naturally wonderful. You can get into a million relationships and still hold them good. Now, the question of trying to fulfill somebody's expectations does not arise because if you are an expression of joy anybody would want to be with you. Shifting your life from pursuit of happiness to an expression of joyfulness is what needs to happen if relationships have to really work on all levels—because they are of many kinds.

Your body and mind are made in such a way that they need a relationship. Your emotions are conditioned in such a way that it needs a relationship. On a deeper level, your energies are made in such a way that you need a relationship on that level too. If your body seeks a relationship, it is for sexuality. If your mind goes in search of a relationship, it is for companionship. If your emotions seek a relationship, it is for love. And, if your energies are concurrent in synergy-looking for a relationship, we call it yoga.

All these efforts, whether it is sexuality, companionship, love, or yoga, you try to become one with somebody else because somehow being who you are right now is not enough. So, how can you become one with

somebody else? Physically you may have tried, but though it seemed that you can make it, it fell apart. Mentally you may have tried—many a time you thought you're really there, but you know two minds are never one. Emotionally you thought you really made it, but it didn't happen the way you wanted.

### The right way to become one

So what is the right way to fulfill this longing to become one with someone else? There are many ways to look at it. You may have noticed this some time in your life—suppose you are very joyful, loving or ecstatic and your life energies feel very exuberant, you will feel a certain sense of extension.

What does this extension mean? First of all, what is it that you call as 'myself'? What is the basis for you to know "this is me and this is not me"? Sensation, isn't it? Whatever is within the boundaries of your sensation is you. Whatever is outside the boundaries of this sensation is 'the other'. The other is always the hell. So this is the reason. Since you do not want to experience this 'hell', you want to experience at least a small part of humanity as a part of yourself. This longing to include somebody or the 'other' as a part of your life is what is called a relationship. If you include the 'other', the 'hell' it could be your heaven. To experience that heaven, to have that piece of

heaven in your life is what is the desperation to have relationships.

Whatever is the longing behind any relationship—whether you try through the body, or through the mind, or through your emotion, you will only long for that relationship; you will never know or understand that oneness. You will know moments of oneness but it will never really happen. You can experience this part of life around you as a part of yourself and yoga is the means to experience this oneness. Your existence here will become very

different. When this happens, relationship will only become a way of looking towards the others' need, not about your own because you have no need of your own anymore. Once there is no compulsion within you and

everything that you do becomes conscious, relationship will become a true blessing, no more a longing, no more a struggle. ▲

**Once there is no compulsion within you and everything that you do becomes conscious, relationship will become a true blessing, no more a longing, no more a struggle.**

