

Stress is not of because of work

When I first landed in the US a few years ago, one word that I heard everywhere was stress management. Why would anybody want to manage their stress? I can understand if you want to manage your money, your business, your family, your property. But why would anybody want to manage their stress? It is because you have established a whole culture of believing that stress is a part of your life.

Stress is not a part of your life; it not an essential part of your nature. It is something that you are creating unconsciously for yourself. Stress is something that you are doing because you do not know how to manage yourself. You don't know how to function smoothly within yourself. That is why you are stressful. Have you seen, in many situations, one person would be very stressed out and another person would go through it effortlessly? So stress does not arise from situations. Stress arises because of your inability to manage your inner situation. If your mind, your body and your energies could take instructions from you, and behave the way you want them to behave would you make yourself stressful, no matter what is happening around you?

Generally people think stress is because of work. It is not the nature of work that you are doing which is causing the stress; it is just that you have no control over your systems. Is there any job which one can do joyfully in the world? It looks like there is none because everybody feels that his or her job is stressful. If you ask the Prime Minister of the country, he is stressed. You ask the stock brokers, they are stressed. You ask the chaparrasi, he is also stressed. There is no job in the world which is stressful. If you are experiencing stress in your life, it means you have lost control over your systems.

So you are making yourself stressful because you have not kept control over your fundamental faculties within you. If you could experiment, if you keep your palms facing down and breathe deeply you will see breath will happen one way. If you turn them around, face them up and breathe you will notice your breath will happen in a different way. If your palms are facing down the maximum expansion and contraction



will be in your diaphragm. If you turn them over it will be higher up, in the chest. So just turning your palm over, the very way you breathe is changing. This is not just about your breath, the very way your energies function in the body is changing.

Your body, your mind, your emotion, and your energies - these are the vehicles through which you are traveling through your life. Without any understanding about it, without any control about it, without any subjective experience about it you are trying to

live your life; it is an accidental existence. When you exist accidentally, if you manage to get somewhere in life it would be an accident. So you need to do something about this, you need to get a grasp of your body, mind, emotion and energy. If this does not happen you will live life by accident. You will always hope the situations would work out well. If you are seeking to expand the scope and play your life, if you are seeking challenging situations, then you have to do something about the way you function. Challenging situations means you want to face situations that you have no clue about. If you are going to get stressed naturally you will avoid those situations. When you avoid those situations you will naturally avoid all the growth possible for your business and for yourself.

If you really want to bring quality into your life and to perpetuate that quality into life around you, the first and foremost thing that you do is that

you establish your inner realities in a certain way, with a certain stability that what is within you, your mind, your emotion, your system doesn't go through upheavals to face challenges of life. Only when there are no inner upheavals, you can handle the outside upheavals well; otherwise it is all by accident.

If we were to instill true quality to every human being, especially people who are in the positions of leadership, either in industry or administration or politics or wherever, they have to make up their minds to invest a little bit of time for their inner well-being. If this is done we can see a remarkable change in the way they function.

Sadhguru is a Realised Master, Yogi and profound Mystic of our times. A visionary, Sadhguru asserts that peace and happiness are not the ultimate goals of life, but the most basic needs in every human being. He developed Isha Yoga as a powerful method for individual transformation leading to human emancipation. A glimpse of his life and work can be found in the books of Encounter the Enlightened and Mystic's Musings. For more details visit www.ishafoundation.org