

Article

Yoga, the Ultimate Expression

Yoga means to be in perfect tune. Your body, mind, and spirit, and the existence are in absolute harmony. When you fine-tune yourself to such a point where everything functions so beautifully within you, naturally the best of your abilities will just flow out of you. When you're happy, your energies always function better. Do you see that when you're happy you have endless energy? Even if you don't eat or sleep, it doesn't matter; you can go on and on. Have you noticed this?

There are also other dimensions to yoga. When you activate your energies, you can function in a different way. As you are sitting here right now, you consider yourself to be a person. You are identified with many things, but what you call as "myself" is just a certain amount of energy.

Do you know, modern science is telling you that the whole of existence is just energy manifesting itself in different ways? If this is so, then you're also just a little bit of energy functioning in a particular way. As far as science is concerned, the energy that you know as "myself" is the same energy that sits here as a rock, lies there as mud, stands up as a tree, barks as a dog, or sits here as you. Everything in existence is the same energy, but functioning at different levels of capability.

Similarly as human beings, even though we're all made of the same energy, all of us don't function at the same level of capability. What you call capability or talent, what you call your ability to do things in the world, your creativity, is just a certain way that your energy functions. This energy, in one plant it functions to create rose flowers, in another plant it functions to create jasmines, but it's all the same energy manifesting itself.

If you gain a little bit of mastery over your own energies, you will see, things that you never imagined possible, you will do simply and naturally. This is the experience of any number of people who have started doing these practices. It is the inner technology of creating situations the way you want them.

With the same mud that we build such huge buildings, initially people were building little huts. They thought that's all they could do with it. With the same earth, haven't we built computers? We thought we could dig mud and only make pots or bricks out of it. Now we dig earth and make computers, cars, and even spacecrafts out of it. It is the same energy; we have just started using it for higher and higher possibilities. Similarly, our inner energy is like that. There is a whole technology as to how to use this energy for higher possibilities.

Every human being must explore and know this. Otherwise, life becomes very limited and accidental; you get to do only what you're exposed to. Once you start activating your inner energies, your capabilities happen in a different sphere altogether.

Yoga is a tool to find ultimate expression to life.

By Sadhguru