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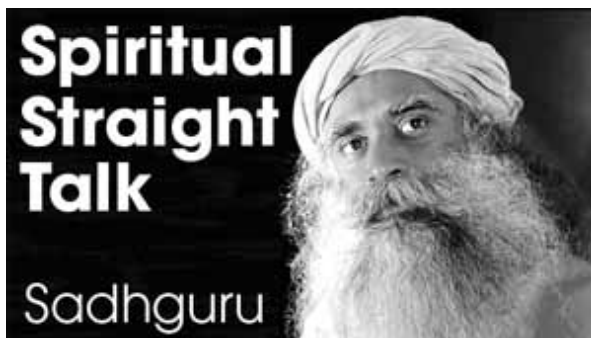
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Spiritual Straight Talk - Sadhguru



Q. Yoga seems to be the health and fitness trend of the millennium. Is yoga an experience beyond exercise?

Sadhguru: Now, the word yoga literally means union. When you experience everything as one in your consciousness, then you are in yoga. To attain to that unity within you there are many ways.

Hatha yoga means to start with the body. Apart from your mind, do you see your body has its own ego? It has its own attitudes. See, you say, 'From tomorrow, I want to get up at five in the morning and walk on the beach.' You set the alarm; the alarm rings. You want to get up but your body says, 'Shut up and sleep.' Doesn't it do this? It has its own way. So in yoga we start with Hatha yoga as a way of working with the body, disciplining the body, purifying the body, preparing the body for higher levels of energy.

All of us are alive, but all of us do not experience life to the same intensity, because our energy levels are not the same. Our vital energies, or prana, are not the same so likewise is our intensity and experience of life. For example, somebody sees a tree. A tree is just a tree. Most people don't even see it. Somebody sees the tree in more detail. An artist sees every shade of it. Somebody else not only sees the tree but also see the divine in it.

The whole process of yoga is to take you from something that you know and take the next step into the unknown. If you talk about something that you do not know, either you have to believe it or disbelieve it, isn't it? Suppose I start talking about God, you either have to believe my God or disbelieve my God, which will only take you into flights of imagination, not into growth.

So now I begin to talk about the body. This is something that you know: you know you have a body. Now you take the body to its peak. Now I talk about the mind. That is also something that you know. Take it to its peak and then the next step.

Realizing where you are right now and taking the next step is growth. So yoga starts like this - with the body, then the breath and then the mind. Now we have made this yogic science almost like a physical science. Suppose you put two parts of hydrogen and one part of oxygen - water will come. Whether a great scientist puts it together, or an idiot puts it together, only water will come. Similarly in yoga, whether a great yogi does it or an ignorant person does it, it doesn't matter. If he does those things properly, the result is there to be seen.

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