

# Karmic Bubble

Bliss

By Sadhguru

If you look up in the sky during the day, you see the sun. That becomes most dominant in your experience. In the night, if you look up, the stars become very dominant in your experience, but both the sun and the stars are little things compared to the vastness of the sky. Generally though, that is never in your perception. This could be compared with our true existence. True existence is the vastness of the sky. The sun, the stars, you and me, are just small happenings.

Modern science informs us that the sun has a life span. Just as the sun is burning its life out, similarly you are burning your life out too, metaphorically of course. So whatever you see as physical existence is just a small happening. True existence is the vastness, the emptiness, the space.

Human beings can be compared to bubbles. Bubbles don't have any substance of their own. Bubbles are just shells created around air. The same goes for people. When these

bubbles finally burst, where does its substance go? The air has reclaimed it; the atmosphere has reclaimed it.

An etheric body, a pranic body, a mental body and a



physical body is like a bubble. The physical body can be disposed of at any moment. It is within our power to just cut the physical body in two if we want to, but the other bodies cannot be manipulated with. Only 'existence' can do it.

The spiritual process is just that. It is a 'deeper suicide,' if I

can call it that. This is not about killing the physical body but attempting to destroy the very fundamentals of creating the body within you. The physical body is possible only because of the necessary karmic substances that are there in the form of etheric, pranic and mental bodies.

So that has to be destroyed through the spiritual process. With your awareness, with your practices, with your love, with your devotion, all you are trying to do is destroy the possibility of taking on another body, destroy the very foundation over which the physical body can be re created. Or, in other words, we are trying to take away the possibility of you going through the recycling bin over and over again. A mother's womb can be called a recycling bag, as the human soul goes through the same process, endlessly through the womb. The spiritual process is wipes out this physical process of birth.

*Next Inner Engineering program in goa starts from 10th December at Gasper Dias Club, Miramar, Panjim, Free Introductory talk at 6:00 p.m. Contact 9822100305, goa.ishafoundation.org*