

# Violence Cease

By Sadhguru

Though for ages humanity has been taught to practice morality, the world is living proof that it has not worked. It has not worked because all the world's religions have based themselves on belief systems rather than enlarging their ability to experience life. All you have is belief in that which is not yet your living experience.

If you look at all the conflict on the planet, though it is projected as a fight between good and evil, you will see that the fight is always between one man's beliefs against another. Once you start believing in that which is not yet in your experience, when you meet others who believe in something else, something that contradicts or opposes your beliefs, it invariably leads to conflict. These belief systems have made human beings commit unspeakable atrocities against each other.

Look back at the history of humanity, you will see that people's belief in their gods, in their sense of right and wrong,

their colour, their creed, their cast, their sex and all their fanciful beliefs has breed violence and dreadful cruelty against each other.

Religion is a method to enlarge one's



experience beyond the limitations of the physical body, an opportunity and a possibility to experience the oneness of all creation. But for a long time, religions of the world have largely functioned as a sacrilege against life rather than recognition of the sanctity of life.

It is time that we address the inner complexities of a human being in a

scientific way. India as a culture, has for ages explored these possibilities with great depth and understanding. Unfortunately, much distortion happens in transmitting these subjective dimensions, either out of unscrupulousness or over-eagerness.

The very word yoga means 'union', that is, when the individual begins to experience the universal as himself. That is true yoga. Once you begin to experience life around you, the very possibility of violence against each other will not exist. Is this a utopian idea? Or is it a possibility? It is definitely a possibility, but this possibility cannot be whipped up as mass hysteria on the grounds of religion is being conducted right now. If this has to turn to reality, it needs dedicated work in substantial quantum guided by a 'realised' being. We could create saner life for generations to come. Unless you experience the other as yourself, the violence will not end. Let us all make it happen.

*Next Inner Engineering program in goa starts from 10th December at Gaspar Dias Club, Miramar, Panjim, Free Introductory talk at 6:00 p.m. Contact 9822100305, [goa.ishafoundation.org](http://goa.ishafoundation.org)*

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