



## Does God exist? What about temples in that context?

**Sadhguru:**

You are questioning me about a phenomenon that has to be experienced to be understood. If I talk about something that is not in your present level of experience, you cannot understand it. Assume you do not have eyes and have no idea what sunlight is all about. No matter how many ways or how long I describe sunlight, it is going to make no difference to you. That is why you cannot comprehend anything that is not in your present level of experience. Your only other option is to believe what I say. But just believing what I say is not going to get you anywhere, for without really knowing you will simply pretend to realise. And disbelieving it still it doesn't get you anywhere, as you will destroy the possibility of knowing something that is not in your experience.

This world used to have believers and non-believers. But today everybody is a believer in something or the other. Every street has about 3 temples; every house a dozen idols. And there is still fear in our

hearts. Does that make sense? Today's belief stems from convenience and custom- because your grandfather and father said so, you believe in God. Have you thought about why with the multitude of gods we have in India, people still live in pathetic conditions? The reason has nothing to do with the gods, and everything to do with our foolishness. None of us ever aspired for the divine, we only aspired for comfort, for wealth, for power, for pleasure, and you think God is a tool to help you achieve all these things. That is why we witness such negligible personal happiness.

Another truth I want you to understand is that in India, temples were not created for worship. Only over a period of time, in the last six or seven centuries, they have become the way they are now. Temple building is a very deep science. The idol, the parikrama, the garbagriha, everything, if properly matched, will have an energy field of its own. There are a few basic aspects - the size of the idol, the shape of the idol, the mudra that the idol holds and the mantras that are used to consecrate this - and when all of these aspects are properly matched, a powerful vortex of positive energy can be created. When I say temple, I am talking about the ancient temples. The modern temples are built just the way you build your shopping complexes.

There is no such tradition that

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asks you to go and pray in a temple, pay money to the agent and ask for a boon. This is a practice people have started now. According to ancient laws you go to a temple early in the morning before venturing out into the world to do your duties, sit quietly for a while and then leave. You are required to sit in the temple because a positive energy field has been created. Today though, you just touch your bottom to the floor and run away. Wrong.

Also, did you know that temples were advised for people who were not on the spiritual path? Tradition has it that if you are steadfast in your journey towards spirituality, you needn't go to a temple. People in the days of yore were never allowed to lead a prayer in a temple for it was not created as a place of God. A temple was not the place to send messages to God, or to fulfill one's greed. Unfortunately, that is the way it is being used today. @

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