

Your child should do something that you did not even dare to think of in your life.

The first thing to do when bringing up a child is not to touch your children, not to influence their minds with your distorted minds. That is the first step you need to take. Yes, the child can get exposed to many other rotten minds, the possibility is very much there, because they are everywhere in the world. You cannot isolate him totally from that.

Now you are asking: "What should I do? What should my child's education be? How should I bring him up? How should I guide him?" You just encourage him to be intelligent, to be aware. Every being has been given the necessary intelligence to fulfill his life. An ant is born, you study it and see. It has all the intelligence to live an ant's life fully. It may not be able to do what you are doing, but as an ant, the necessary intelligence for being an ant is there for it. The same goes for every creature. You too have the

necessary intelligence to live your life to the fullest.

Now, the problem is that you want your child to be intelligent your way, not his. Your idea of intelligence is that your child should become a doctor. Maybe he would have made a wonderful carpenter, but you want him to become a doctor. Not because doctors are needed in the world, not because you care so much to relieve the suffering that you want your child to dedicate himself as a doctor, but simply

Life afresh with children Sadhguru

because you have a stupid idea in your head that in the social structure, a doctor or an engineer means some kind of prestige or some nonsense for you: "My child is a doctor!" You want to live your life through your children. This is a sure way to destroy children. This is a definite way to destroy children.

Your child need not do what you did in life. Your child should do something that you did not even dare to think of in your life. You did not have the courage to

even nurture a thought like that - your child should do that - only then this world will progress and something will happen, isn't it?

Every child does have the necessary intelligence to live his life fully. You just create an atmosphere for him to grow into his intelligence, rather than imposing your nonsense upon him. When it comes to influencing him, the teachers will have a role, his friends, other sections of the society will have some influence on him. You can't help it; you cannot build a sanatorium for your child, but still, as a parent, you can play a very important role in allowing the child's intelligence to bloom.

First of all, if you have come to the idea that when a child is born, it is time to teach, then you will ruin the child. When a child comes into your life, it is a time to learn, because you have missed much in your life and so much of you has become distorted. Now, a child is just looking at life. You sit with him and look at life afresh. The only thing that you can do to your child is to give him love and support; his intelligence will grow. That is all. Create a loving atmosphere for him where intelligence will naturally flower.

People understand that to bring up a child lovingly means to get him everything that he asks for. If you look at your child with intelligence, do you see that getting him everything that he asks for is sheer stupidity? To this, you have given the name "love". So how should you bring up a child? In whichever situation he is put, he should be able to live joyously, isn't it? That is the way he should be brought up.

If you want to bring up your child well, the first thing is that you should be happy. Right now, you, by yourself, do not know how to be happy. Everyday in your house, there is a demonstration of tension, anger, fear, anxiety and jealousy. Only these things are being demonstrated to your child. What will happen to him? He will learn only this. If you really have the intention of bringing up your child well, you must first change your way of being. If you are incapable of transforming yourself, where is the question of you bringing up your child?

If you make a list of all the things that you consider sin, in let's say, the five major religions of the world; take the top five religions in the world, make a list of all the things that you label as sin, then you will understand, to be alive is a sin. Isn't it?

So, if you don't feel guilty about something you will not go to the temple or church or mosque? Fear and guilt have been two tools with which religion has been running for a long time. If there is no fear in people, there is no guilt in people, very few would go these places. Most of the people are going only because there is fear, guilt and greed. These

are the three forces which are driving you. Look at the prayers, 'Dear God, give me this, give me that, save me, protect me.' What is this? Greed, guilt and fear, isn't it?

They have made the fundamental processes of life as sin, so that you will always feel guilty. So, always you must be going to the temple or church or mosque and pay the necessary money and respects and works and everything, this is how the whole damn thing has been running. Isn't it so?

Bring sense in your life

What I am telling you is - do whatever you want, but please understand for every action that you perform there is a consequence. If you can bear the consequence joyfully, do whatever you please. If you are the kind who will cry when the consequence comes, right now, you need to calibrate your actions. If you are the kind, no matter what happens to you; if you are going to be hanged tomorrow, you will still go blissfully; do whatever you want. What is the problem?

Every single action: whether physical, mental, emotional or the energy action, whatever you perform, has a consequence to it. Are you ready for the consequence? Being a human being, you must have that much fore-thought, isn't it?

There is no sin. So does it mean everything is *punnia*? No. No *papam*, no *punniam*. It's all made up by people to keep you under check and control. Your sense is the best control, not guilt. I believe human intelligence is able to control itself. There is no need for some other God to control all of you. If you allow your intelligence to function it will control you, isn't it? It will bring sense to your life.

Yoga - Taking the next step

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, for example: hatha yoga. Hatha yoga means you start with the body. The body itself has its own attitudes, its own ego, its own nature. Apart from your mind, do you see, your body has its own ego? You have to succumb to it, isn't it? 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 it? It has its own way. So we start with the body. Hatha yoga is 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; all of us are human beings, sitting here. But all of us do not experience life to the same intensity because our energy levels are not the same. Our pranic energies are not the same. Different people experience life in different levels of intensity.

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 sees the Divine in it. Everybody sees. But seeing is not the same because the level of intensity with which you experience life is not the same. So we start with the body because that is something that you know.

The whole process of yoga is to take you from something that you know and take the next step into the unknown. So now I 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. You can only grow by taking the next step, the next step, and the next step from where you are.

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 mix two parts of hydrogen and one part of oxygen; you get water. Even when a great scientist puts it together it is water. Even if an idiot puts it together, it is only water. Similarly, in yoga too, if you do this, this, and this, only this will happen. Whether a great yogi does it or an ignorant person does it, it doesn't matter. If he does the practices and sadhana properly, the result is there to be seen.

In yoga, these systems have been identified. To start with, you work with the body, then you move to the breath, then to the mind, then to the inner self. Like this many steps have been created. They are only different aspects. They are not really branches of yoga. In fact we address all of them at once. It is important that in a very balanced way all of them are addressed at once, as one unit. Otherwise, if you work just with the body, it is only preparatory in nature. So, there is really no division as such. Yoga is a union of all these.

Website: www.ishafoundation.org / www.ishayoga.org
Email: toronto@ishafoundation.org
Phone: 1-866-424-ISHA (4742)