



Creating Your Life the Way You Want It

Man has spent too much time trying to think about things to which he has no access. When you try to think about that to which you have no access, towards which you have no perception, all you can do is speculate. When you do excessive speculation without any fundamentals, it amounts to hallucination. Because of this, a large part of religion and spirituality in the world has become purely hallucinatory.

If you are really interested in knowing life in its depth, you must see how to enhance your perception. This moment, if you fall asleep, suddenly people around you will disappear, the world will disappear and you

also disappear. You are still alive, everybody around is alive, the existence is on, but in your experience everything disappeared, because these five sense organs have shut down. Right now your whole perception of life is limited to five sense organs - seeing, smelling, hearing, tasting, touching. And these sense organs, in the very nature of things, can perceive only that which is physical.

Now the question of going beyond the physical arises in your life only when you are done with survival. You are not just interested in living a good life; you want to know the very source of life. So it does not matter whether you want to know

the process of creation or you just want to live peacefully - what you need to do is enhance this perception to its ultimate level, to know the Ultimate, or at least enhance your perception to some level where your body, and mind, and emotion, and energy happen the way you want them.

See, anything that is not in your awareness does not exist for you; and only what you are aware of, you can handle and do things about. If you carefully examine, you will see a large part of you is not in your awareness. If you bring more and more of this into your awareness, you will see suddenly your life begins to happen on all levels the way you want it.

So 'Inner Engineering' means having an inner perception of life - a perception which is not limited to the five sense organs. When I say 'an inner perception', am I talking about some airy things? Let us start from the mundane - if your perception is beyond the senses, and food appears in front of you, you can simply know how this food will behave in your system. But this perception is more and more going away from human beings.

From something as simple as that to the ultimate possibility, the inner perception would bring a completely new dimension into one's life. And all the activity that we are doing in our lives - whether you are a doctor, or you are a policeman, or you are an engineer, or whatever you are - fundamentally, your perception of what is right now in front of

you decides the effectiveness of who you are, and how much you do on this planet.

People are always asking me, "Sadhguru, you're talking about so many subjects. Where do you get the time to read?" I say, "I don't read." What is there in front of me, I perceive it as it is and that is it. There is no need to carry the burden of knowledge on your head, if your perception is keen enough.

So perception can be raised to various levels through certain inner instruments. Is it very difficult? Can I rise beyond my

senses? Do I have to withdraw to a Himalayan cave to do this?

There is no such thing; any human being who is willing to dedicate just a few minutes of his life per day can begin to know this. Because it is not sitting somewhere in the Himalayas, it is within you. What is within you is not inaccessible to you. You are just too busy and enamoured with what is happening outside; you never paid any attention to the inside. It is just lack of attention which has denied people this possibility.

If people develop this simple process of paying a little bit of attention to themselves, rather than expecting other people's attention to them, it would definitely change the fundamentals of their life in so many ways. I can show you millions of people, whose lives have been transformed in so many different ways by just spending fifteen to twenty minutes a day on this process. That is all it takes.



Sadhguru is a Realised Master, Yogi and profound Mystic of our times. A visionary, Sadhguru asserts that peace and happiness are not the ultimate goal of life, but the most basic needs in every human being. He developed Isha Yoga as a powerful method for individual transformation leading to human emancipation. A glimpse of his life and work can be found in the books of *Encounter the Enlightened and Mystic's Musings*.

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