

Inner Voice



The way to grow

Sadhguru

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Life, the process of life, and the basis of life is relentless; it won't stop even for a moment. You may sleep, it doesn't sleep; the life within you doesn't sleep, the source of life within you doesn't sleep. Your body rests; maybe your mind rests, it doesn't actually, but maybe sometimes it rests; but life within you, the source of life within you never rests.

Its agenda is always on; it wants to become boundless, you do what you want. If you work in tune with it, it gives you some ease; if you work against it, it gives you hell.

Look into yourself and see the most basic and the ultimate aspiration in every being is freedom. And you limiting yourself to the limitations of the limited personality that you are right now and enshrining these limitations is a sure way of working against that. Anyone who does not allow this seed to reach its origi-

nal nature, anyone who restrains the longing to become boundless, will not know a moment of ease or peace in his life.

What you are right now is just an accumulation of information; and whatever kind of information you have gathered is a limited possibility. Obeying this limited possibility means, you are just making your life into a recycle of the old nonsense. Who you are right now, what you are right now is just accumulated past.

So, test the waters and see. If whatever someone else or something else is doing or saying works a little better than what your own mind says, it's better to obey that; if it is not, test it somewhere else. But it's always good to be constantly seeking someone or something which is a little larger than yourself and to give yourself to that process. If you become bigger than that, move on and find something bigger; till then you just listen. That's a sure way to grow.