

Just Like Magic

Sadhguru explores the question of career vs. self-realisation

In our quest to achieve certain goals in our career, for our self-confidence and self-worth, we remain busy. Then how do we take the time out for self-realisation?

Sadhguru: Let us clear our mind of whatever ideas we have about self-realisation. Do you have a cell phone? Do you use a camera? Whatever instrument you use in your life, the more you know about this instrument, the better you handle it, is this not true? You give this camera to somebody who doesn't know how to operate it and he will struggle to switch it on. Now, you give the same camera to somebody who knows about how to use it and he will produce magic so much so that people will be willing to sit in the dark and watch the magic for hours.

Tomorrow, if you drive with me, I will show you what you can do with a car. The more you know about something, what you can do with it is

greatly enhanced. If this is true of everything, then is it not true with your Self? The more you know about it, the better you can handle it. So, do not think of self-realisation as something that happens in a Himalayan cave. It did happen there also, but I want you to understand it from your context.

Self-realisation means just knowing your Self. How could it be against your vocation? How could it be against anything that you wish to do in your life? I am asking you, how can you live an effective life without knowing anything about your Self? People are trying to teach each other how to be confident without knowing anything about the life process. Confidence without clarity is a disaster. The world has recently been going through a cascade of economic meltdowns, which started in the United States, essentially because of people who have phenomenal confidence without clarity.

Unfortunately, we think confidence is a substitute for clarity. Let's say we blindfold you

and ask you to walk around. If you are sensible, you will feel your way around walking slowly. But if you are very confident and you walk without seeing then the rocks are not going to be kind. Life is not going to be kind to you either if you are confident without clarity. To perform, to be successful, you need clarity, not confidence.

So, the more you know about your Self, the greater the things you can do with your Self. Other instruments, you can only know from outside. Your Self, you can know inside out. You can look at it from inside. If you know it inside out, it becomes like magic. Whatever you do will be magic. If you sit, you can do things, if you close your eyes, you can do things, if you sleep, you can do things. If you are awake or asleep, you can still do magical things with this system, once you know it inside out.



(“Free introductory talk on inner engineering on March 10 at 6:00 p.m. at Panaji Contact: 982210 0305, goa.ishafoundation.org)