Oscar award winning film maker Shekhar Kapur asks Sadhguru about the nature of creation and creator, and moving towards the Ultimate.

Shekhar Kapur: Sadhguru, what is the Ultimate?

Sadhguru: If you look around here, there is mud, stones, trees and plants – this is creation. From the same soil, one tree throws out wonderful, fragrant flowers, from the same soil, a mango tree will throw out mangoes, from the same soil, you have come and you make movies. I have come, and I am a Guru. So, there is something here which can make this mud into a tree, into a fruit, into a filmmaker, into a Guru, and into a billion other things. There is something within you which can transform a rice grain or a banana or a piece of bread into a human being. This is the ultimate source of creation. My work as a Guru is just to give you a taste of that Ultimate, so that your life goes into a tizzy, you go crazy, and you want to go for it. You had a taste; now you can’t stop.

Shekhar Kapur: So your work is to drive people mad.

Sadhguru: Yes. Because if people sleep through their life in the name of comfort and security, they are wasting their life. They must go all the way. This is not my desire – it is their desire also. Today, you all have a desire to fulfill one thing. If that happens, you want the next one and the next one and the next one. There is something within you which doesn’t like boundaries. There is something within you which is longing for the Ultimate – always. So, this is not my idea or philosophy that you should seek the Ultimate.

You are anyway seeking the Ultimate in unconscious ways. But if you seek in unconscious ways, you will always remain frustrated and the chances of finding it are remote. It is better to seek what you want in a conscious, focused way.

Shekhar Kapur: So, what is the Ultimate? I am looking for words.

Sadhguru: Whatever we look at, we can only look at it the way you understand it right now. If I say something which is not in your understanding, I’ll be compelling you to believe me or disbelieve me. I’ll never do that to anyone. So let us look at it this way: right now, what you call as “myself,” you actually gathered over a period of time.

Shekhar Kapur: Yeah.

Sadhguru: In terms of your mind, it is a huge heap of impressions. In terms of your body, it is a heap of food that you have eaten. So, you gathered this. What you gather can be yours; can it ever be you?

Shekhar Kapur: No. Then what is the “you” beyond “yours?”

Sadhguru: You are existing here without even knowing “what is me.” This “me” is not a simple me. This “me” is the Ultimate. This same “me” which can make a banana into a human being also created the whole cosmic scape. It is not a different “me.” So, the choice is just this – either you can exist here just as a piece of creation or you can exist here as the very Creator himself.

Sadhguru Vasudeva is a realized master, yogi and mystic, who has founded Isha Foundation, an international public service organization that strives for ultimate human well-being. For world-wide program information, visit www.ishafoundation.org

India’s 50 most influential people, he has addressed prominent global forums on issues as diverse as socio-economic development, leadership and spirituality. He has served as delegate to the United Nations Millennium Peace Summit and the World Peace Congress and has been a special invitee to the World Economic Forum (2006-2009), the Australian Leadership Retreat (2006) and TED (2009). His interviews are featured in The New York Times, BBC, Bloomberg, CNNI and CNBC. He is the author of several books, the subject of four books and co-author of the Amazon Bestseller “Midnights with the Mystic”. His public talks frequently draw crowds of over 300,000 people.

Founded by Sadhguru, Isha Foundation is a non-religious, non-profit organization with over 200 centers worldwide and over one million volunteers. Isha Foundation offers Inner Engineering Online – a practical approach for inner transformation in a fast paced world. The course designed by Sadhguru presents simple, yet powerful tools for an individual to experience life on a deeper level with more awareness, energy, and productivity. This program is an ideal opportunity for those with time and travel constraints to experience the same profound effects of the traditional Inner Engineering program, which has impacted millions of people over the past 25 years. To learn more, visit the free Introductory Talks, or to register visit www.InnerEngineering.com.