Expectations are limitations

Questioner: What can I do if people expect more than I can give joyously?

Sadhguru: People around you always have expectations. No matter how much you give or do, you will never fulfill anybody’s expectation in this world. Has anybody fulfilled all your expectations? No, and neither will you fulfill anybody else’s expectations. So do not go about trying to fulfill them because their expectations are their limitations and do not ever fulfill people’s limitations. If you support somebody’s limitation, you are digging their grave with very good intentions. Most of the time, please see, you are doing this to people whom you love. You work against your loved ones by always supporting their limitations because you do not have the courage to become unpopular with them, and that is very sad. If you only want to become popular, you are a vested interest. If you truly love somebody, for their wellbeing, you must be willing to become unpopular with them.