Experience Must Lead To Transformation

It does not matter what kind of spiritual experiences you have had; what experience you have is of no consequence. What transformation the experience brings is what matters. Unless it brings about a transformation in you, experiences are of no consequence, whatever is your experience. It is not that you have to aspire to transform yourself.

If you imbibe, transformation happens. Not everybody is able to get the same amount of nourishment from the same kind of food that they eat. It is a medical fact. Similarly, not everybody imbibes the same volume of anything that is given to them in the same atmosphere. Two children grow up in the same family and they grow up in differently. One goes this way, another goes that way, with the same inputs.

A spiritual process, if it has to become alive, is not about renunciation. It is just about living sensibly. Wrong words have been put by scholars from outside this culture. There is no such word as “renunciation” in any of the Indian languages.

It is the scholars from outside who came and said, “Oh, this man has renounced.” No, he has embraced the whole universe and you think he has renounced. That is your understanding because you cannot think of life without possessing something: “one part of the planet is mine.” Without that you cannot live.

Somebody has embraced the whole universe, so he did not think he has to gather it, because all the stars belong to him. The whole galaxy belongs to him. He did not think it is necessary for him to gather something and keep it in his bag or in his bank. This is not renunciation.

Life must be understood from an inner perspective, not from an objective sense, because whatever you perceive objectively is only good enough for survival. You need a subjective perception for life.

So, every experience in life, you can make it into an enriching process or you can use it to become more resistant towards life. You must choose.

- Sadhguru