Pain of Ignorance

Most people don’t know the pain of ignorance because they cover themselves up with their belief systems. Belief systems never liberate you but they will give you solace for today. “Oh! God is looking after me, my father’s *atman* is looking after me.” Such beliefs will make you sleep well but they will not liberate you. If you are seeking liberation, then you must see everything stark, the way it is. The reality is, you don’t know a damn thing about yourself. If you come to that reality and understand the pain of not knowing who you are, where you come from or where you will go, but still go on as if everything is ok, it is a terrible thing to do. If that terrible thing torments you, then you are willing to do anything to know. Then knowing is not far away because it is right here. When you keep on lying to yourself with your belief systems about God, soul, *atman* and *paramatman* — things that you have never experienced — then the longing to know is not there. That is why it is not known.

—Sadhguru, Isha Foundation

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