Clear vision

Do not let confidence affect your clarity. To be content with life you need to be clear about your needs.

BY SADHGURU JAGGI VASudev

Let us say I cannot see clearly, and I need to walk through a group of people, but I am very confident. What will happen if I walk through? A lot of people are walking through their life like this. They cannot see a thing but it does not matter, they are confident. This is disastrous for you and for everyone around you. If there is no clarity in my vision but I have confidence, I am a disaster.

There is a city called Mangaluru on the west coast of India. It is a beautiful, quaint little town and I have been associated with this place for some time. I had not gone there for almost four or five years, and then I happened to visit it. A homoeopathic doctor there was over 75 years of age was still managing a small clinic. I went there, not as a client, but just to see him. The clinic is in the Malabar region—the land of the king cobra—where snake bites are common. Outside the clinic was an advertisement which said, “A common antidote for all types of snakes.”

In India, there are two basic varieties of snake venoms. These are two completely different kinds of chemicals, so there cannot be a common antidote. Today, because people cannot identify the snake, doctors are administering an antidote for both together, which is very damaging for the system.

I went in and was in conversation with the doctor, and I said casually, “How did you allow this board to come up in your clinic? This is not right. Someone is claiming there is a common antidote.”

He is a very wise doctor. He said, “See, almost 90 per cent of the Indian snakes are non-poisonous, and this antidote works 90 per cent of the time.” Confidence is like that. If a snake bites you, just look up at the sky and say, “Darn, doom, die, dit!” the venom will go away... 90 per cent of the time. And people will get more confident because it works 90 per cent of the time. That is a fool’s way to exist, isn’t it? What you need is clarity, not confidence.

Everywhere people are being taught to be confident. We think confidence is a kind of a substitute for clarity. It is not. If we want life to happen the way we want it, the first and foremost requirement is to be clear about what we really want.

Simple practices can go a long way in creating this. Every day when you wake up, sit up on your bed cross-legged, with hands open, eyes closed and just think about everything you are not. Appreciate all that you have gathered—your home, your family, your relationships, your qualifications, your body, your clothes—everything. Be thankful for that. At the same time, identify everything that is not you as “this is what I have gathered” and mentally keep it aside. What you gather can be yours, but it can never be you.

Spend 10 minutes in the morning and 10 minutes in the night every day for this. This will bring clarity. If one is properly initiated by a guru, this particular process can take on a new dimension. But till such an opportunity comes in your life, you can do this by yourself. It will definitely have a big impact upon your clarity.

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