YOUR WELLBEING IS THE BASIS OF YOUR SUCCESS

Every human being is interested in well-being. It is just that the scale with which they are looking at life may be different. For one person, well-being may mean just his personal well-being. For another person it may mean him and his family. For somebody else it may be the whole world. So, only the scale is different. But there is nobody who is not interested in well-being.

So what is well-being? When does a human being really feel well? Every human being agrees that they feel really well when they are happy, there is no question about that. Even if you happen to be medically ill, if you are happy, in your experience you are still well. So, well-being essentially means a certain level of pleasantness within you. If you become pleasant in your body, we call this health; if you become very pleasant we call it pleasure. If you become pleasant in your mind we call this peace; if you become very pleasant we call this joy; if you become very pleasant in your emotion we call this love; if you become very pleasant we call this compassion. If you become pleasant in your life energies we call this bliss; if you become very pleasant we call this ecstasy. Every human being, whether he is going to work or he is after money or he has hit the bottle or he wants to go to heaven, this is all he is looking for – pleasantness within, pleasantness outside.

When it comes to outside pleasantness, it depends on many people and nobody can achieve this 100% outside situations are always variable. But with the inside situation there is only one ingredient and that’s you. At least within you what you want must happen. In your body, mind, emotion and life energies, if who you are is happening the way you want, you would keep yourself utterly pleasant and blissful every moment of your life. To bring about this pleasantness within you is most important because it is only when you are feeling truly blissful and absolutely pleasant within yourself that your body and mind function at their highest potential.

Your success on this planet essentially depends on your ability to use your physical body and your mind to their full potential. If your work or what you are doing is important, the first and foremost thing is, you must work upon yourself because that is the basis of everything that we do.

- Sadhguru is a yogi, mystic and visionary, and a prominent spiritual leader.
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