Don't let ideology distort your mind, return to reality

Sadhguru

Your deepest sense of attachment is not to your money, house, child or spouse. Your deepest sense of attachment is to your own thought and emotion — always. “No, my wife is dear to me. My child is dear to me.” When your wife or child or the situations around you go against the way you think and the way you feel, all of them will fall apart. Only your thoughts and emotions will stand.

That is what you have really accumulated — your ways of thinking, feeling, ideologies, belief systems, and then it grows to things around you. So this is what you need to drop. Not your house or bank balance. Your way of thinking and personality is real accumulation. That is what you need to throw away. Not your wife, your child or something else.

“I have an idea” means it is not perception or reality. It is just that you have a certain type of imagination. Ideology means organised imagination. Imagination itself is taking you away from reality.

If you start imagining something that is not here, it removes you from the present reality that is around you. When this imagination gets highly organised, it uproots you from reality. You will have no contact with reality because the very organisation is so attractive. Imagination is attractive. When it gets very organised, it is very attractive.

Once you identify with that, it removes you from reality. If you are removed from reality, could you be living a meaningful life? Could you be living in the true sense? Could you be experiencing life? The only way to know life is to perceive it the way it is. The moment your mind is distorted with an ideology, everything you see is according to your ideology.

(Inner Voice comprises contributions from our readers
The views expressed are personal)

innervoice@hindustantimes.com