Attachment with the body

Soul 2 Soul
Sadhguru
Isha Foundation

Your money, your property, your wife, your husband, your body and your mind – between all these things and you, if there is a little distance, then everything will be okay. But now, it is become such that you do not know which is which. This is not producing any joy, this is just producing pain and anxiety all the time. If you had that little space, you would be joyful and loving. You would be fine. But because there is no space, everything seems to be a problem.

In most people’s experience, if they are not married, that is a big problem; if they get married that is a bigger problem. Once they are married, if they do not have children, that is a big problem; if they have children, that is an endless problem. If they are alive, they experience it as a problem; if they are about to die, that is also a problem. Whatever happens, it is a problem. This is simply because you do not know what is you and what is not you – it is all mixed up. So you will be pushed and pulled by the situations in which you live. If you knew what is you and what is not you, you would handle every situation to the best of your ability. But right now, because your mind, your emotion, your body, and the things around you are all mixed up, there is a whole lot of struggle.

So the spiritual process is about creating a little space from everything. You do not have to throw it away, but keep a little space, not between you and somebody, but between you and your body and mind.

(Named one of India’s 50 most influential people, Sadhguru is a yogi, mystic, a bestselling author & poet. Sadhguru has been conferred the Padma Vibhushan in 2017)