Health and Well-being

Stress is Your Creation

BY SADHGURU, ISHA FOUNDATION

Sadhguru: It is not a question of the nature of the work that you are doing which is causing stress; it is just that you don’t know how to function smoothly within yourself. You have no control over your own system. That is why you are stressful. Have you seen that in many situations, one person may be very stressed out but another person seems to go through it effortlessly? So stress does not come because of the external situation. Stress happens because of your inability to manage your inner situation. If your mind, body and energies were taking instructions from you and behaving the way you wanted them to, you wouldn't make yourself stressful no matter what was happening around you, isn’t it?

Your body, mind, emotion and energies are the vehicles through which you are traveling through your life. Without any understanding, control or subjective experience about them, you are trying to live your life. This is an accidental existence. When you exist accidentally, if you manage to get somewhere in life, it will only be by accident. So you need to do something about this; you need to get a grasp of these four. If this does not happen, you will live life by accident. You will always be hoping that situations will work out well.

So especially those people who want to take up challenging jobs and who are constantly looking for challenges in their life - which is what the corporate sector is about in some ways, if they do not equip themselves with an inner stability and an inner sense of joy within themselves by their own nature, they are bound to become disasters over a period of time. They may be successful in their career but as human beings they would have failed because they cannot enjoy the process of their life. They are no longer joyful or peaceful; they have become stressful. If you are stressful, that means in some way you have failed yourself, isn’t it?

Yoga is the science of activating your inner energies in such a way that your body, mind and emotions function at their highest peak. When your body and mind function in a completely different state of relaxation and a certain level of blissfulness, you can be released from so many things that most people are suffering from. Right now, you come and sit in your office and you have a nagging headache. Your headache is not a major disease but it takes away your whole capability for that day; just that throbbing takes away everything. With the practice of yoga, your body and mind can be kept at their highest possible peak and you can be relaxed all the time.

Ranked amongst the fifty most influential people in India, Sadhguru is a yogi, mystic, visionary and bestselling author. Sadhguru has been conferred the ‘Padma Vibhushan’ by the Government of India in 2017, the highest annual civilian award, accorded for exceptional and distinguished service. To know more, visit isha.sadhguru.org