Have you experienced God, Sadhguru?

*I know this piece of life in its entirety, from its origin to its end. And that is all I know.*

**Question:** Sadhguru, namaskar. I'm a professor at the Tata Institute of Social Sciences. My first query is: have you experienced God?

Sadhguru: A lot of people think “Sadhguru” is a title, but it is actually a description. When you call someone “Sadhguru”, it means that you do not go to him because you want to understand the scriptures – he has not read any. You do not go to him because you want to go to heaven – he has not been there, and he is not interested in going there. Sadhguru literally means “one who comes from within.” I know this piece of life in its entirety, from its origin to its ultimate end.

And that is all I know.

There is a scientific theory called Constructal Law about the design of nature. This theory is trying to prove that an atom is made the same way the cosmos is made. How a single cell is made is how every life is made. In terms of fundamental design, the minutest minuscule of creation and the ultimate creation are the same – it is only the complexity and sophistication that differ. So, all I know is this piece of life entirely. If I talk about myself, you think I’m talking about the cosmos. If I talk about myself, some people think I’m talking about God. These are all their interpretations. I’m only talking about myself.