Why there are so many rules in yoga?

SADHGURU: UNDERSTAND THE GEOMETRY OF YOUR BODY AND USE IT TO ITS FULLEST EXTENT

Q: I'M IN the Hatha Yoga teacher training. Here, we are looking at every detail - how to sit properly, what to eat, even how to breathe. Where is the line between making yourself joyful and making yourself miserable by trying to follow these new regulations?

Sadhguru: First, these are not new, and they are definitely not regulations. In Indian culture, there have never been teachings. God cannot give commandments to Indians, because they will ask too many questions. We have a long tradition of questioning everything.

God himself came down and chose whom to speak to, here. In spite of that, there were endless questions. You know how many questions Arjuna asked Krishna? It was not possible for Krishna to give Arjuna a commandment. He kept trying to convince him, but Arjuna was full of questions.

In Indian culture, we refer to that which governs life as dharma. Unfortunately, today people commonly misunderstand dharma as religion, but dharma means law. There are man-made laws that regulate different aspects of society so that it functions smoothly. But even before there were man-made laws, life carried on in a smooth manner. For that to happen, there must be fundamental laws governing it.

To give an example - if you walk into a jungle, you may not be able to figure out its laws, but the jungle has existed for millions of years. For it to last so long without annihilating itself, there must be some laws governing it.

In this culture, people paid attention to what these laws are that govern the universe, our inner nature, and the process of creation. People figured this out not by imagination or belief, but by sheer observation.

All physical aspects of life have a geometric basis. If you understand the geometry of something, you will know how to use it to its optimum. Every other creature on the planet has figured out the geometry of their body and how to use it to the fullest extent.

Human beings are the only ones paying attention to everything except themselves. So, the instructions in Isha Hatha Yoga are not new. If you pay attention to the geometry of your body, you will sit and stand so that your body functions with maximum impact. The efficiency of physical existence depends on your understanding of its geometry.

Efficiency is not just about doing one particular thing well. As a human being, you have come with intelligence to access the full depth and dimension of being human.

To bring human life to its fruition and, above all, to bring that level of sensitivity where you can experience every dimension of being human - if your diet, posture or mindset does not allow this to happen, I would say this is an inefficient life. Doing the right things is about producing maximum results in one's life.

Two cars crashed into each other. One was driven by a doctor, the other by a lawyer. After the crash, they both crawled out of their vehicles. The lawyer pulled out a bottle of whiskey from his coat and said, "This needs celebration. We had a major crash and both of us are not injured!" He handed over the bottle. The doctor was a little shaken by the accident, so he took a big swig and gave the bottle back to the lawyer. The lawyer put it back in the car. The doctor asked, "Are you not drinking?" The lawyer said, "Oh yes, after the police are gone!"

Sometimes, tricks do work. But if you do these things on a regular basis, life will know what to do with you. If you are not in alignment with the laws that govern life, you will invariably get mauled by the process of life. For most people, life is crushing them from inside. Because of friction within yourself, there is pain and suffering, misery and madness. The amount of friction determines how long your face will become over time. If there is no friction, there will be a smile on your face.

All the possibilities that human beings have opened up are because of a certain framework of laws that nature functions by. If you are in tune with these laws, your system will function with the least amount of friction. If you do not know how to align your system, at least you must lubricate it with grace. Even if you have a beautiful machine, without the necessary lubricants, it will make ugly noises. This is where grace comes in.

Your machine is still not properly aligned, but grace will free it from friction.

**Rusked among the 50 most Influential people in India, Sadhguru is a yogi, mystic, visionary and bestselling author. Sadhguru has been conferred the "Padma Vibhushan", India's highest annual civilian award, by the government of India in 2017, for exceptional and distinguished service.**