Being in rhythm with nature

‘THE SOUND THAT EMANATES FROM THE STILLNESS HAS NO BEGINNING AND NO END’

Q: Sadhguru, could you talk a bit more about being in rhythm with nature?
Sadhguru: If you listen carefully, there is a rhythm to just about everything in the existence. Even in terms of auditory perception, if you listen carefully, there is a rhythm to it. The insects are buzzing around – there is a rhythm to it.

Whatever sound is emanating from anything has a certain rhythm to it. If there is a rhythm to every sound that you hear, obviously there is a rhythm in the reverberation that causes the sound.

If there is a rhythm to the reverberation, there is a rhythm to the substance that causes the reverberation, and if there is a rhythm to the substance, there is a rhythm to that which is the source of that substance. The question is, what rhythm are you on.

You can see this with music. Dhrupad music has no words, they will go off endlessly with just one ‘aa’. They can do ‘aaaa’ for six hours – just one sound! If you keep listening, you can simply sit still because the music is designed to make you still.

Rhythm can be of many different levels. If it is the rhythm of the body, it is one way. If you touch that of the mind, it will be in a certain way. If you touch that of the inner energies it will be a different way. If the rhythm touches the deepest core of you, you find the rhythm of a certain dimension of existence, one becomes naturally meditative. In a way, that is what you are trying to do with all the kriyas and meditations.

It is just an effort to get into that rhythm – a rhythm of stillness. This is the ultimate rhythm. If it is still, where is the rhythm? That is the rhythm that is ansaadhi (beginning-less). Every sound has a beginning and an end. But the sound that emanates from the stillness has no beginning and no end.

Which nature’s call are you going to answer? If you answer the body, you’ll go in one direction, if it is the mind, you’ll go in another direction. Similarly, with the energy, the earth, or the innermost core, you will go in different directions.

All of them are a certain rhythm of a variety of reverberations, the ultimate reverberation is of stillness which is traditionally referred to as Shiva – the reverberation of stillness, beginning-less. That is why he is referred to as Swayambhu or self-created, because he is beginning-less; he has been there in a non-being state. When he wishes he becomes a being, when he again wishes he becomes a non-being. So he is self-created.

You did not spurt up by yourself, but you can melt down by yourself. If you know how to melt down by yourself then you also know how to spurt up by yourself. One who learns how to dismantle this system systematically also learns how to put it back.

If one leaves in a certain state of intensity or awareness, without knowing the mechanics of his existence, then he leaves for good. But one who leaves consciously, dismantling his own system, understanding the complex layers of rhythm he is made of, if he wishes he can also put himself back.

When a yogi attains to this state, he is considered a nirmanakaya, one who is able to recreate his body. He does not come back through a mother’s womb as a child, he comes back just the way he is in the form that he chooses.

Shiva went away and came back again and again. He dismantled himself and formed himself, sometimes in different ways. At times, when he wanted to meet his wife, he made himself beautiful. Other times he wanted to meet other kind of people, so he made himself fierce. Shiva changed the color of his skin, he changed everything about himself, because from absence to presence he was dismantling and recreating himself.

When you say the rhythm of nature, we are not just talking about the earth’s rhythm.

Earth is an important factor, but it is not all; it is just a small dot in the existence. To live here and conduct certain aspects of our life, it is important to be in rhythm with the earth.

At the same time, to transcend, to know other dimensions of existence, if you know how to move into the rhythm of stillness and come out consciously, you can move there when you want and come out of it when you want. If you are able to go to the core and return to where you are right now, if this freedom is attained, you can touch the whole range of rhythms whichever way you choose.

 Ranked 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.