Experience life’s deeper dimensions

It is very important that the spiritual dimension is brought into everyone’s lives. The reason many people have developed an allergy to spirituality is because somebody always told them, “Spirituality means leaving everything and going to the mountains.” Even if you want to go to the mountains, there isn’t enough space anymore for everyone there. So, it is better to learn how to be spiritual in your office, in your home, on the streets, or wherever you are. Because spirituality is about your interiority, not what you do outside.

Spirituality is an inner science to create a conducive inner atmosphere. The quality of your life is dependent on how you are within yourself—on how joyful and peaceful you are. This dimension has been completely neglected in the world. Unless you do something with your interiority, you will not know what it is to be peaceful and joyful; you will not know how to go beyond the limitations of being just a physical body and mind.

Your body is simply an accumulation of the food you’ve eaten. It is a piece of this earth. When you leave, you cannot take an atom of this body. So, this body is not really yours. Your mind is not yours either; it is also just an accumulation, which you have gathered from the backgrounds in which you were brought up in life. So there is something else which needs to be looked at beyond these dimensions.

Even if your memory is erased, you will still be here, isn’t it? Your family, status, business and everything you own in the world will disappear. But still, you are here. So beyond all the things you identify yourself with, there is still something called “You”. That “You” is not subject to what you accumulate from outside. Unfortunately, that “You” has been covered up and crowded so much with other things, that you never allowed yourself to look at that. You always thought that what you are identified with is much more important than who you really are. But if your focus shifts, then the other dimension can start opening up for you.

The whole process of spirituality, and yoga in particular, is to somehow elevate you to an experience that is beyond the five sense organs. When you transcend the limited experience of what you know as yourself, your experience of life is naturally in a different dimension. Then you begin to experience that which is not physical, the spiritual, the Divinity of your true nature. You experience life in a deeper dimension, you begin to experience the joy, the blissfulness of knowing who you really are.

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