The Peel or the Fruit: Choose

BY SADHGURU

So, why does this question arise in your mind? Suppose you are extremely blissful or ecstatic, would you then think about the purpose of this life? No. Somewhere this question troubles you because what you are doing doesn’t mean anything to you at a certain level. And therefore the question - ‘what is the purpose of life?’

Now, let us say you are eating a mango and you taste only the peel. Halfway down the peel you will ask the question - ‘what is the purpose of eating this mango?’ If you had known the sweetness of the mango such questions wouldn’t come up. Aren’t you’re children asking, ‘why should I drink milk?’ That’s because they don’t like it. You give them chocolate. Will they then ask ‘why should I eat chocolate?’ It doesn’t matter why they will just eat it.

These questions are bound to crop up when you’re just eating the peel of the fruit, but had the peel been very bitter then by now all of you would have been enlightened. The problem with the peel is because of its association with the fruit it has imbued a few spots of sweetness. Most people think that they have to somehow extract fruit juice out of the peel. That’s the effort that is going on. That’s the great effort that is going on worldwide. Somehow everyone wants to extract juice out of

What is the purpose of life in this world? Where am I heading?

Another way is to first give people the tools to be blissful in their lives and then tell them what the purpose of life is. We are not teaching people to be blissful. We are teaching people to wake up in the morning and be blissful in their lives...