

# You can Live like a God!

BY SADHGURU

Today, a fact everyone right from religious fundamentalists to hardcore scientists accepts is that everything in the Existence is the same energy manifesting itself in a million ways. Whether the atheist says, "God is everywhere," or the physics professor says, "It is the same energy," they are talking about the same reality.

God is everywhere and definitely inside you. I am sure you will agree that no matter how many people on this earth you feel emotionally bonded to, you are your closest companion. With the divine hidden within you if you do not look inward to feel it the question of you experiencing it elsewhere amounts to sheer imagination.

Do you know that you can live like a god? Yes. It is a possibility. Let me explain this.

Recently an Israeli scientist discovered something weird. After the end of a prolonged research he found that the human brain resembles a smoking pot the closest! Yes, there are millions of cannabis receptors in the brain, as if everybody in the world is into smoking in a big way. Now, why would that be?

The scientist delved into his analysis once more and found that the body itself produces narcotic, and the brain is fully equipped to receive it. It is only those people who produce reasonable amounts of narcotic in the brain that are really

peaceful and joyful. Those who don't, you know how they are! The stress that gets accumulated in the human brain is balanced and relieved by the narcotic that the cannabis receptors receive from the body.

Yoga has for long maintained that people can be brought to a level akin to intoxication high without any outside chemical. So, I can have people intoxicated without the help of any outside influence.

This level or state of mind is not about just pleasure; it leads to a deep sense of well-being, which sets a foundation for a human to be effective in the fullest possible way - all because the inner well-being is taken care of, because the necessary production of narcotics is happening.

Your body produces narcotics all the time and when the amounts are not sufficient you start wondering why life is so dull. With enough quantities you feel on top of the world.

Disregarding your body's own narcotics, when you supplement the need with external substitutes like tobacco and alcohol, you bring about several negative effects on your own system.

Analyse this... People who smoke have fragile tempers; they fly off the handle ever so easily.

People who are on internal narcotics, on the other hand, are very, very stable; literally unshakable from the outside.

The point I am making here is that yoga has for ages known of, recognised and enforced this concept. Science on the other hand had until recently scoffed at internally happy (drugged) people as ones who were hallucinating. And this is ample proof for all those who need scientific ratification just to direct their belief at a particular reality.

There is an interesting story about a few wanting to play God. They were so confident about their expertise in science that they decided to take over God's job. They met God and they told him, 'Old man, you have done quite a good job with creation, but now we know everything. We can create life. We can create whatever we want. It's high time you retire.' God

asked, 'Oh, you can create anything? What can you create?' They said, "We can create life.' God replied, 'Let me see, give me a demonstration.'

So they picked up a little bit of mud or earth, and using just the right formula, they made it into a live baby. And that was when God said, 'That's Ok. But first get your own mud!'

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