

BLISS

Rituals - A Solution to Life?

BY SADHGURU

Are rituals a way to become peaceful or are rituals a solution to life? Rituals, if done with a certain scientific element there are a few benefits one can derive. But that is only when you do not know what to do about your own well-being. Rituals were done when most people were ignorant.

When social intellect is sufficiently evolved these things should recede because this is just old technology. We should use other methods that can easily transform a person. But these rituals have been stretched to such exaggerated limits and they have become such a source of exploitation, especially here. I don't wish to make any comments about anybody because it is not total nonsense, there is something to it, but it is overly exaggerated. If you want to be peaceful, there are some simple things that you can do. If you invest just a few minutes a day for yourself, remaining peaceful through the day is very easy. You don't have to conduct a big ritual for which you need 10,000 people to conduct it, or maybe 10,000 rupees and just one person, whichever way, depending on what kind of ritual you are doing. This is stretched way beyond scope.

When the Gujarat earthquake happened, over 100,000 people died. This was a big thing and wherever I went questions were asked: is God angry with us? What nonsense. An earthquake is just Mother Earth stretching herself a little bit. It has always been happening. It is just that in India,

senselessly, irresponsibly we have populated the land. If the smallest thing happens, 100,000 people die. This is because we have excessive concentrated populations. Otherwise, if an earthquake happens somewhere, it would not be an issue at all. It happens in so many parts of the world. Every day tremors happen in California, nobody dies. Almost every day tremors hit Japan, nobody dies; because they have taken the necessary precautions and care when constructing their structures. We have not done anything because we are a country which is still in God's hands. Unless we take it into our hands we will be a total mess.

Now, when this happened, I found that somebody conducted a major ritual on the coast of Andhra Pradesh so that earthquakes don't happen in Andhra Pradesh. Over five lakh people gathered. It was a major event. And I said to myself, why is he performing a ritual to save Andhra Pradesh from earthquakes? The problem in Andhra Pradesh is cyclones. Every year there are cyclones and, if you can, perform a ritual for stopping the cyclones instead; I will bow down to you. Now you do it for earthquakes in Andhra Pradesh, where there have never been earthquakes...

And somebody else was putting posters all over Tamil Nadu at one time, 'If you have any financial problems, come to so and so.' If you do 25,001 rituals, all your financial problems will be over. Somebody's financial problems will

definitely be over, but not yours. If someone has such a wonderful ritual that can solve all financial problems, why doesn't he do one for India? Let all her financial problems finish.

We have wasted too much time, energy and effort in doing all kinds of things, except what is needed; this is a huge problem in this country. People want to do everything other than what is needed. This is a dangerous situation. When I say danger, it does not mean a bomb has to explode, something has to happen. Leaving half the population in poverty that is terrible danger.

Fifty per cent of the population in this country still doesn't eat properly, they are shrunken people, is that not danger enough? Over 300 million people earn way below two dollars per day. That is a disaster of a huge magnitude. One bomb explodes somewhere, one earthquake happens, one Tsunami comes and a few thousand people die; yes, that is a tragedy. But the poverty in this country is a far bigger tragedy and we are just sitting by and letting it happen. We can do something about it, but if we want to take up large responsibilities and do something, the first thing to do is we have to take care of our Self. So it is extremely important that you do some Inner Engineering, strengthen and stabilise yourself first before you step out into the world, otherwise, the world will eat you up in no time.

("Free introductory talk on Inner Engineering on March 10, 2010 at 6:00 p.m. in Panaji. Contact: 9822100305, goa.ishafoundation.org)

