

Yoga - The Ultimate Inclusion

BY SADHGURU

There was a time, and even now in some parts of India, when 200, 300 people lived together in one large home, because husband, wife, children, grandfather, grandmother, uncles, aunts, granduncles, grandaunts, cousins, everybody is one family. As we got a little more educated, we dropped these uncles and aunts; we thought family means husband, wife, children and parents. Then after a while we thought of dropping the parents. We thought family meant husband, wife and children. Now children are thinking it is not so.

Now the situation is such that even couples are not able to live together. If they meet once in a while then they are okay. Weekend marriage is all right; through the week - impossible. It has become like because we have become increasingly exclusive, not inclusive. All modern societies are encouraging exclusiveness. Never before has humanity had these kinds of comforts and conveniences. Never before has humanity enjoyed this kind of food and health security. On the other hand never before has humanity been this depressed. They cannot get along with anybody. They have become too exclusive. Inclusiveness is relationship. Exclusiveness naturally leads to depression.

Yoga means ultimate inclusiveness. The word yoga literally means union. When you have become one with everything, it is yoga. Yoga does not mean twisting your body, tying your limbs into knots or



holding your breath or doing some other circus. The word yoga means everything has become one in your experience. How can everything become one? You are you and I am me, isn't it? No question of these two becoming one.

God is everywhere, everything is the same energy - it is the same reality expressed in two different ways. A scientist has not experienced this reality; he has somehow mathematically deduced it. A religious person also has not experienced it, but he believes that it is all God. Now a yogi is somebody not willing to settle for deductions or belief systems, he wants to know it. If you have such a longing, if you are unwilling to settle for other people's deductions or belief systems, then you have to pursue yoga. Anything that leads to the union is called yoga, whichever way. How

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many ways are there to reach your ultimate union with life, or with everything? You can only work with what you have, isn't it? So what is it that you call as myself right now? Your body, your mind, your emotions... Your energies may not be in your experience, but you can easily infer and see, if your body, mind and emotion function like this, there must be some kind of energy making it happen.

So these are the four realities for you - body, mind, emotion and energy. If you employ your body and try to reach your ultimate nature, we call it Karma Yoga - yoga of action. If you employ your intelligence and try to reach your ultimate nature, we call it Gnana Yoga - yoga of intelligence. If you employ your emotion and try to reach your ultimate nature, we call it Bhakti Yoga - yoga of devotion or emotion. If you transform your inner energies and try to reach your ultimate nature, we call it Kriya Yoga - yoga of transforming energies.

All these aspects, body, mind, emotion and energy have to function together, only then you get somewhere. Every one of you is a unique combination of these four things because body, mind, emotion and energy come together in different ways in every person.

So accordingly the right kind of yoga has to be mixed in the right proportion, otherwise it does not work. It is because of this that the yogic tradition laid so much stress on having a living Guru, because it is he who will mix the right concoction for you.