

Why are we so Troubled?

BY SADHGURU

Today we are seeing so many people going to psychologists for treatment. Why are we so troubled?

Today, ninety per cent of the people are in different states of mental sickness. It is just that the level of sickness is sometimes manageable and sometimes unmanageable. Once in a while they flare up for some time and then they settle down again. They are managing, but the madness is very much there. All the psychologists and psychiatrists have only studied sick people. People like Freud never found a person who meditates or a Buddha to study. He would have studied only those people who are in different states of mental sickness, either manageably mad or unmanageably mad, whichever way. They only studied mad people, and the one who does the studying is also equally mad – it is not that he has transcended his limitations.

Whatever problem you have – anxiety, fear, psychosis...anything – according to that they put you into the corresponding category and they have a treatment for that. And what kind of treatment it is! They somehow adjust the whole situation and make you manageably mad, not sane. Nobody can make you sane, please know this. From unmanageable madness, they can bring you down to manageable madness. Everybody has learned the trick to manage madness.

The process of spirituality is not about moving into manageable madness. It is about going so

mad that you become sane. You cross the limits of madness, and then you become perfectly sane. You are born with the madness. The very bondages that you have created for yourself, the limitations that you have created for yourself, are they not madness? If there is a mad man who thinks he is tied to this column – there is no rope, there is no chain – but he thinks he is tied to the column, whatever you tell him, he will not listen because he feels he is tied to the column. Isn't this the way everybody is living, tied to some column?

Why a person growing on the spiritual path looks totally crazy is because he is pushing himself to the point beyond madness, where it cannot touch him anymore. It is about blasting yourself into bits until there is no peace and no disturbance within you. Only that can be called as peace. If you get disturbed and then make yourself peaceful, that is not peace, it is just a lull. This peace is like the eye of the hurricane where everything is calm. The hurricane is blowing like mad and in between, suddenly there is total calm. Do not be fooled by this calm, it is just a small respite. The next gust will come again and it will be even worse than before.

Everything in existence is like that. Whatever blows with force is like that. It will blow, then give a little space and then blow again. The mind is also like that. It goes through a phase of disturbance then it comes back to peace. Don't ever think it is peace. It is just a break in the madness.

On the spiritual path, the way of treating madness is very different. Generally, if somebody goes really mad, especially with psychological problems, what they do is take him to the master at a monastery or an ashram. If this person had remained in the family, they would have tried to attend to him too much and do everything for him.

If they take him to the hospital or the asylum, there also people will attend to him, guard him and do many things. If they take him to a Buddhist monastery for example, there, they will just leave him and ignore him completely. He shouts, raves, throws stones, whatever he does, nobody reacts. Everybody just goes about doing their own work, not reacting to any madness. Within a few days this person will settle down and become peaceful because without attention, his madness cannot go on.

Madness is simply an overflowing of your ego. So they would just ignore the man, put him in a corner and not bother about him. They don't even call him for food. If the fellow is really hungry he will come and eat. Otherwise, he will just work out his madness and become okay. The atmosphere is right, the energy is high. Slowly, that man will settle down and then he will come and say, "Teach me meditation." Ignore the madness and it will die by itself.

(Sadhguru, a yogi, is a visionary, humanitarian and a prominent spiritual leader. An author, poet, and internationally-renowned speaker, Sadhguru's wit and piercing logic provoke and widen our perception of life) www.ishafoundation.org

BLISS

