Taking Charge of Your Life

BY SADHGURU

Whenever things don’t happen the way you want them to, there is a temptation to blame others. This is a way of dealing with failure. People are trying to console themselves to their present condition. Whatever situations you are living in, to be humane means that you can mould the situations the way you want them. But today, most people in the world are molded by the situations in which they exist. That is simply because they exist in reaction to the situations they are placed in. So their question will be, “Why was I placed in such a situation? Is it my bad luck or is it my destiny?”

Everything that you know now as “myself” is just an accumulation. Your body is just an accumulation of food. What you call “my mind” is an accumulation of impressions that you have gathered through the five senses. What you accumulate can be yours, it can never be you. What is you is yet to come into your experience. It is in an unconscious state. You are not even 100 per cent conscious of what you have accumulated. You are trying to live your life through what you have gathered, not through who you are.

You have acquired certain tendencies depending upon the type of impressions you have gathered. This can be changed. Irrespective of your current tendencies or your past experience of life, your genetics, irrespective of who your parents are, where you were born or where you grew up, if you do certain things with yourself, you can change this. You can completely rewire yourself in twenty-four hours’ time. Any number of people has become totally transformed that way.

So what is wrong with the way you are? There is nothing wrong. If you ask me what is wrong in being limited, there is nothing wrong with it, it is just limited, that’s all. A hundred years ago, many things that people believed to be destiny or God’s will, like a variety of diseases and infections, are in our hands today because we have taken charge of certain things. What we call technology today is just this: within the laws of nature, everything on the outside that can be taken charge of, we will take charge of someday.

As there is an outer technology, there is an inner technology or Inner Engineering. Everything that this life is, is naturally happening to a certain law. If you know what the nature of life within you is, you can completely take charge of the way it happens. If you completely take charge of the way your life happens, would you let any unpleasantness happen to you?

Unpleasantness is happening to you in the form of anger, fear, anxiety and stress, because your basic faculties – your body, your mind, your emotions and your life energies – are doing their own thing as if they don’t belong to you. Your mind and your body are here to serve the life within you. But right now, the life within you is enslaved to your mind and your body. This is a complete distortion of the way life should function.

It does not matter who you are. Life does not work for you unless you do the right things. Existence is not judgmental. You are a good person, so even if you don’t water the tree, will it grow? You are a bad person, if you take care of the tree, won’t it grow? Good, bad, all these judgments are essentially human and socially conditioned. Every society has its own idea of what is good and bad, but existence is treating all of us the same way. Whoever is receptive right now gets the bounty of life. The whole aspect of yoga is to make you receptive.

If your experience of life transcends the limitations of the physical, you become available to grace. Suddenly, you function like magic. Other people may think you are magic but you know you are just beginning to become receptive to a different dimension of life. This possibility is wide open to everybody. When it comes to outside realities, all of us are differently capable. What you can do, somebody else cannot do, what someone else can do, you cannot do. But when it comes to inner possibilities, every human being is equally capable. You are not any less capable than a Buddha or a Jesus or anybody for that matter. All of us have the same inner capabilities – unfortunately never explored, never accessed.

As there is a technology to create outer wellbeing, there is a whole technology to create inner wellbeing. If you explore this, only if you explore this, you can make yourself the way you want yourself to be. You can determine the nature of your experience and your ultimate destiny.

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