Enlightenment never happens. It is always there. Sadhana helps you to see it. Sadhana in not to construct divinity within you - if you do sadhana with this purpose you will only construct ego.

Sadhana is just a way of opening your eyes; waking up to another level of reality. The two ways for this are either 100 per cent involvement or zero involvement, because then you see the other reality within you.

So never seek enlightenment because you get rooted in this reality. You must work without seeking. When you do not seek anything but still can act with utmost intensity then there is a way. Seeking entangles you and then nothing happens.

People don’t get this distinction. They have a mind which does not allow them to be intense and involved with anything where there is nothing to get. That is the reason why it seems to be a great sadhana or struggle; otherwise, it is nothing.

If you see this aspect, if you can eliminate this single calculation - “What can I get?” and simply throw yourself into everything around you, then 90 per cent of sadhana is complete.

(Sadhguru is a prominent spiritual leader.)