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Breaking limitations

BY SADHGURU

The karmic structure in every human being is essentially cyclical and is not restricted to lifetime-to-lifetime alone. The karmic cycle actually takes force every 40 minutes.

If you are not observant, it may take a cycle of 12 years for you to notice that there is a certain pattern to your life. If you make yourself more conscious, every 40 minutes you will have an opportunity to break your karmic cycle. It is very important to see this. If you see that your life is simply a foolish repetitive cycle, it will take you just two days to realise the futility of the situation. If you observe the cycle once in 12 years, it will take 24 to 48 years before you come to any realisation. The more conscious you become, the more you see that living in an unconscious cycle is no good.

There are three ways to approach the spiritual process.

One: By slowly doing the right things through a few lifetimes, you will get there.

Two: continue in your present circumstances, do the best you can, keep yourself open and focused and make yourself available to your Guru. When the last moment comes, he will take care of it.

Three: By wanting to know something now. By wanting to break your limitations now and go beyond and know life beyond its limitations. For this you should not be concerned about what is happening around you.

In the third case you may become a different person in the end and people may no longer identify with you.

Therefore, the other two options are better for a lot of people.

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